

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Event 1 Mixed 3000 Meter Race Walk

DNF cutoff = 25:00

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	Nehnevaj, Daniel	M Unattached	12:55.00
2	Trefts, Izabelle	W Columbia (Sc)	14:56.30
3	Heiser-Whatley, Victoria	W Columbia (Sc)	15:27.41
4	Ehlers, Natalie	W Unattached	15:35.00
5	Meacham, Stefanie	W Unattached	15:39.00
6	Heiser-Whatley, Jessica	W Columbia (Sc)	15:53.34
7	Winn, Shelby	W Columbia (Sc)	16:24.98
8	Wilson, Wyatt	M Montreat	17:59.97
9	Blankenship, Matthew	M Bluefield	19:44.77
10	Nicely, John	M Wvu Tech	19:59.45
11	Gruttadauro, Annmarie	W Wvu Tech	20:36.93
12	Huggins, Gabrielle	W Columbia (Sc)	20:42.10
13	Kennedy, Joseph	M Columbia (Sc)	21:13.83
14	Holtry, Matthew	M Unattached	22:00.00
15	Overton, Aliyah	W Columbia (Sc)	NT

Event 2 Women 60 Meter Hurdles

Facility: 7.95 2016 S. Nelvis/B. Rollins
 College: 8.12 3/15/2014 Danielle Williams
 Meet: 8.20 2013 Danielle Williams

Lane	Name	School	Seed Time
Heat 1 of 5 Prelims			
1	Weaver, Lucheyona	NC A&T	8.35
2	Marr, Miranda	Lenoir-Rhyne	10.73
3	Toulemonde, Emma	Unattached	9.00
4	Davis, Anna	Davidson	9.01
5	Anderson, Keziah	Johnson C. Smith	9.56
6	Johnson, Benaë	Virginia Union	10.49
7	Conner, Kennedy	Lenoir-Rhyne	9.50
Heat 2 of 5 Prelims			
1	Garrett, Akala	Unattached	8.39
2	LaPlante, Emily	Unattached	9.48
3	Carson, Josalynn	Columbia (Sc)	NT
4	Jones, Melody	Lenoir-Rhyne	8.86
5	Barnett, Makenna	Unattached	9.05
6	Reese-Yom, Kaitlyn	Limestone	11.10
7	Sexton, Taylor	Wvu Tech	10.44
8	Reed, Talayna	Johnson C. Smith	9.64

Heat 3 of 5 Prelims

1	Jones, Maisonne	Usc-Beaufort	9.25
2	Erickson, Deya	Unattached	8.48
3	Williams, Arianna	Coker	9.80
4	Thompson, Lauryn	Mount Olive	10.36
5	Donaldson, Brene'	Johnson C. Smith	8.84
6	Brown, Cortney	Piedmont	NT
7	Starks, Jasmine	Columbia (Sc)	9.47
8	Davis, Zykirah	Columbia (Sc)	11.24

Heat 4 of 5 Prelims

1	Stelly, Zamia	NC A&T	8.50
2	Wright, Aniah	Usc-Beaufort	NT
3	Rogers, Makayla	Mars Hill	10.32
4	Belton, Daeja	Converse	8.79
5	Raleigh, Aaliyah	Unattached	9.45
6	Blake, La'Miya	Mars Hill	11.79
7	McKiethan, Taya	Unc Pembroke	10.01
8	Venancio, Leticia	Lenoir-Rhyne	9.27

Heat 5 of 5 Prelims

1	Hannans, Asia	St. Aug's	NT
2	Mueller, Alina	Mars Hill	10.27
3	Watson, Jamara	Virginia Union	NT
4	Scott, Chalayna	Limestone	10.09
5	Kinloch, Amanda	NC A&T	9.34
6	Connor, Mckenzie	Mount Olive	8.64
7	Smith, Amari	Limestone	9.33
8	Harrison, Quanterra	Unc Pembroke	8.73

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track
Meet Program**Event 3 Men 60 Meter Hurdles**

Facility: 7.55 1/31/2015 Aleec Harris
College: 7.63 2/4/2017 Michael Dickson
Meet: 7.73 2013 Eric Keddo

Lane	Name	School	Seed Time
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Heat 1 of 4 Prelims

1	Parker-Boatwright, Richard	Columbia (Sc)	9.29
2	Casto, Carson	Wvu Tech	8.82
3	Gunter, Jeffrey	Unc Pembroke	8.82
4	Stomme, Philip	Lenoir-Rhyne	8.40
5	Anthony, Bryce	Davidson	8.18
6	Aguirre, Roberto	Converse	9.18
7	McGriff, Cedric	NC A&T	7.85

Heat 2 of 4 Prelims

1	McCoy, Tyler	Coker	8.88
2	Yelton, Hank	Montreat	8.81
3	Callahan, Tayvon	Unc Pembroke	8.40
4	Yeargin, Jamieryon	Converse	9.15
5	Hendricks, Zoryan	Usc Upstate	7.93
6	Graham, Charles	Unattached	8.16
7	White, Eric	Virginia Union	NT
8	Robinson, Justice	Lenoir-Rhyne	9.29

Heat 3 of 4 Prelims

1	Coates, Vince	Limestone	8.88
2	Smith, Jayden	Davidson	7.95
3	Shorter, Justin	Limestone	8.73
4	Thatcher, Oliver	Lenoir-Rhyne	9.02
5	Linen, Xavier	Columbia (Sc)	11.35
6	Gaither, Cory	Davidson	8.09
7	Smith, Cameron	Usc Upstate	8.40
8	Holden Wingate, William	Davidson	9.30

Heat 4 of 4 Prelims

1	Lytte, Richard	Virginia Union	9.39
2	Williams, Warren	Johnson C. Smith	8.07
3	Drummond, Devine	Lenoir-Rhyne	8.56
4	Martin, Jordan	Mount Olive	8.70
5	Davis, Kaleb	Lenoir-Rhyne	9.48
6	Willis-Howard, Davian	Montreat	9.01
7	Gray, William	Limestone	8.03
8	Jefferson, Brandon	Montreat	9.01

Event 4 Women 60 Meter Dash Qualifying

Facility: 7.18 1/20/2013 Barbara Pierre
College: 7.31 2/16/2019 Kiara Grant
Meet: 7.24 2016 Barbara Pierre

Lane	Name	School	Seed Time
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Section 1 of 6 Finals

1	Wilson, Destini	Tusculum	8.18
2	Ryan, Jazmine	William Peace	8.11
3	Sanders, Brianna	Unc Pembroke	8.08
4	Darity, Micaiah	Unc Pembroke	8.05
5	Humphries, Marquia	Davidson	8.06
6	Hall, Zaria	Lenoir-Rhyne	8.09
7	White, Ashley	Virginia Union	8.14
8	Lottimore, Syriah	Coker	8.20

Section 2 of 6 Finals

1	Lane, Jade	Virginia Union	8.30
2	Goode, Anyha	W-S State	8.28
3	Ebron, Nykaya	W-S State	8.24
4	Perryman, Nia	Montreat	8.20
5	Blackwell, Bethany	Barton	8.22
6	Carter, Kaynashia	Tusculum	8.27
7	Jackson, Alera	Coker	8.28
8	Bah, Silvia	Tusculum	8.31

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Meet Program

Section 3 of 6 Finals...(Event 4 Women 60 Meter Dash Qualifying)

1	Black, Oshamiya	W-S State	8.58
2	Baker-Morgan, Seire	Columbia (Sc)	8.50
3	Nsah, Abby	Limestone	8.39
4	Lottie, Destiny	Tusculum	8.31
5	Faucette, Jydia	Johnson C. Smith	8.32
6	Owens, Tehraja	Columbia (Sc)	8.40
7	Santana, Claudia	Bluefield	8.51
8	Wilson, Tiara	Johnson C. Smith	8.60

Section 4 of 6 Finals

1	Dodson, Jaela	Piedmont	8.85
2	Wagstaff, Zoe	Queens (Nc)	8.75
3	Watson, Jamara	Virginia Union	8.62
4	Knowles, Domanique	Johnson C. Smith	8.60
5	Robinette, Faith	Tusculum	8.62
6	Goode, Aria	Johnson C. Smith	8.70
7	Matusik, Madeline	Usc-Beaufort	8.76

Section 5 of 6 Finals

1	Exum, Nya	Coker	NT
2	Drouin, Victoria	Piedmont	9.54
3	Myrick, Emani	Virginia Union	9.05
4	Cox, Anyjah	William Peace	9.00
5	Gutierrez, Jasseli	William Peace	9.00
6	Sexton, Taylor	Wvu Tech	9.33
7	Rodriguez, Ceci	Davidson	NT

Section 6 of 6 Finals

1	Corso, Meghan	Davidson	NT
2	Carnevale, Kate	Davidson	NT
3	Casteal, Zhaire	Columbia (Sc)	NT
4	Shatouny, Marcella	Usc-Beaufort	NT
5	Clark, Shellece	St. Aug's	NT
6	Beverley, Airiana	Ferrum	NT
7	Yates, Tejah	Ferrum	NT

Event 5 Men 60 Meter Dash Qualifying

Facility:	6.61	2016	R Gittens/S McLean
College:	6.62	3/5/2016	Keitavious Walter
Meet:	6.61	2016	Ramon Gittens

Lane	Name	School	Seed Time
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Section 1 of 8 Finals

1	Watson, Malik	Usc Upstate	7.08
2	Cathcart, Nathan	Unattached	7.06
3	Thomas, Jaidin	Unc Pembroke	7.05
4	Ford-Hendley, Dakwan	Johnson C. Smith	7.03
5	Clark, Isaiah	Ferrum	7.05
6	Morrow, Travon	Unc Pembroke	7.05
7	Cox Jr., Zephaniah	Johnson C. Smith	7.08
8	Donsereaux, Chris	Piedmont	7.08

Section 2 of 8 Finals

1	Kimbrough, Jeremiah	Mount Olive	7.11
2	Gaynor, Jerome	St. Aug's	7.10
3	Archie jr, Anthony	St. Aug's	7.10
4	Besong, Lucas	Lenoir-Rhyne	7.09
5	Lewis, Gordon	NC Central	7.10
6	Miles, Justin	NC Central	7.10
7	Dupuy, Pierre	Tusculum	7.10
8	Harrison, Jarrell	Emory & Henry	7.12

JDL Flat Is Fast Invitational - 1/23/2022**JDL Fast Track****Meet Program****Section 3 of 8 Finals...(Event 5 Men 60 Meter Dash Qualifying)**

1	Coleman, Jaloren	Bluefield	7.15
2	German, Jerimil	Coker	7.14
3	Persen, Kristoffer	Coker	7.13
4	Sebree, Davion	Coker	7.13
5	Ebron, JaQuan	Bluefield	7.13
6	Walker, Kamari	Mount Olive	7.13
7	Ellerbe, Joshua	Ferrum	7.15
8	Benson, Jordan	Davidson	7.15

Section 4 of 8 Finals

1	Simpson, Bryce	Unattached	7.21
2	Hammonds, Matthew	Mount Olive	7.20
3	Okeke, Chinedu	Davidson	7.17
4	Bynum, Isaac	Davidson	7.15
5	Long, Damazhay	Limestone	7.17
6	Carlie, Jordan	Montreat	7.20
7	Jordan, Anthony	Piedmont	7.20
8	McClain, Jackson	Mars Hill	7.22

Section 5 of 8 Finals

1	Summers, Jimere	Barton	7.35
2	Gregory, Brandon	Piedmont	7.29
3	Pineiro, Alberto	Ferrum	7.25
4	Clark, Cameron	Davidson	7.23
5	Hatchett, Damaj	Mount Olive	7.24
6	Womble, Solomon	William Peace	7.25
7	McNeil, Lamont	Montreat	7.35
8	Artis, Jo'Sean	William Peace	7.35

Section 6 of 8 Finals

1	Simpson, Joel	Montreat	7.47
2	Tillman, Kam	William Peace	7.40
3	Jones-Benson, Tyrone	Unattached	7.36
4	Bonilla, Darrian	Montreat	7.36
5	Cobler, Bryce	Emory & Henry	7.36
6	Robinson, Ronnie	Barton	7.39
7	Martin, Colby	Emory & Henry	7.45
8	Bailes, Brandon	Mars Hill	7.53

Section 7 of 8 Finals

1	Green, Earl	NC Central	8.20
2	Smith, Terrel	Emory & Henry	7.65
3	Beasley, Zaccacus	Coker	7.60
4	lewis, brandell	Unattached	7.60
5	Yelton, Hank	Montreat	7.60
6	Turnage, Tiyun	Unattached	7.64
7	Wright, Jordan	Columbia (Sc)	7.80

Section 8 of 8 Finals

1	Fontaine, Braxton	Barton	NT
2	Johnson, Neco	NC Central	NT
3	Durham, Jacques	Barton	NT
4	Casto, Carson	Wvu Tech	8.20
5	Cromwell, Andre	Bluefield	NT
6	Pitts, Chris	St. Aug's	NT
7	Tarver, Robert	Ferrum	NT

Event 6 Women 4x800 Meter Relay

DNF cutoff = 11:00

Facility: 9:16.62 2/5/2016

Butler, Chapman, Chapman, Winchel

College: 9:33.00 12/5/2015

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Flagler	A	NT
2	Elon	A	9:25.00
3	W-S State	A	NT
4	Milligan	A	9:21.42

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Meet Program**Event 7 Men 4x800 Meter Relay**

DNF cutoff = 9:00

Facility: 7:50.17 3/5/2016

Austin, Smith, Araiza, Hoodlebrink

College: 7:50.17 3/5/2016

Austin, Smith, Araiza, Hoodlebrink

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Flagler	A	9:00.59
2	Milligan	A	7:42.00
3	Ferrum	A	NT

Event 8 Women 3000 Meter Run

DNF cutoff = 12:30

Facility: 8:51.49 2/8/2020 Jenny Simpson

College: 9:01.26 1/30/2016 Wesley Frazier

Meet: 9:33.50 2018 Sarah Sears

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	MacCary, Katherine	Cptc-Tracksmith	9:42.43
2	Peters, Clare	Unattached	10:09.00
3	Fuller, Breila	Davidson	10:15.00
4	Berquist, Anne	Davidson	10:30.00
5	Ward, Margaret	Charlotte	10:35.00
6	Wilson, Anna Catherine	Davidson	10:45.00
7	Sirover, Lilly	Davidson	10:45.00
8	Vaughn, Elizabeth	Charlotte	10:45.00
9	Coger, Ciara	Davidson	10:45.89
10	Kubai, Monika	Flagler	10:50.00
11	Angel, Valeria	Piedmont	11:00.00
12	Henkel, Emily	Davidson	11:02.44
13	Babcock, Georgia	Unattached	11:04.92
14	Ortiz, Javiera	Tusculum	11:14.09
15	Sosa, Ashley	Converse	11:15.00
16	Heck, Aubrie	Converse	11:15.00
17	Goldbach, Sarah	Unattached	11:15.00
18	Towe, Carson	Converse	11:15.25

Section 2 of 2 Finals

1	Griffith, Nicole	Tusculum	11:25.00
2	Grant, Piper	Converse	11:25.00
3	Turner, Jetta	Converse	11:25.00
4	Jensen, Kirsten	Unattached	11:30.00
5	DeYoung, Savanna	Flagler	11:30.00
6	Brooks, Samantha	Charlotte	11:34.02
7	George, Josey	Piedmont	11:37.78
8	Chellah, Judy	Tusculum	11:40.00
9	feld, marlea	Unattached	11:48.00
10	Allen, Michelle	Unattached	11:50.00
11	Jones, Anna	Milligan	11:51.08
12	McDermott, Annie Kate	Milligan	11:51.28
13	Lopez, Elizabeth	Mount Olive	12:01.86
14	McHone, Annalyse	Emory & Henry	12:45.00
15	Van Etten, Megan	Mars Hill	13:54.36
16	Jepkohei, Ruth	St. Aug's	NT
17	Jepleting, Joyce	St. Aug's	NT
18	Hansen, Katie	Barton	NT

Event 9 Men 3000 Meter Run

DNF cutoff = 10:15

Facility: 7:45.49 2/4/2017 Paul Chelimo

College: 7:53.72 2/8/2020 Peter Seuffer

Meet: 8:31.70 2017 Ramsey Ritchie

Lane	Name	School	Seed Time
Section 1 of 4 Finals			
1	Jackson, Zane	Unattached	8:30.00
2	Mitchell, Coleman	Unattached	8:35.00
3	Stamey, Ethan	Montreat	8:40.00
4	Upton, Christopher	Montreat	8:53.26
5	Martin, Jackson	Charlotte	8:54.25
6	Moran, Shane	Mount Olive	8:55.00
7	Clark, Zach	Mount Olive	8:55.00
8	Archer, Caleb	Tusculum	8:55.00
9	Richardson, Ray	Tusculum	8:55.00
10	Stinson, Kennedy	Limestone	8:58.00
11	Topoly, Drew	Unattached	8:58.81
12	Hamilton, William	Montreat	8:59.00
13	Williams-Maybin, Antonio	Limestone	8:59.00
14	Livesay, Bryson	Tusculum	9:00.00

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Meet Program

Section 2 of 4 Finals...(Event 9 Men 3000 Meter Run)

1	Hernandez-Perez, Luis	Mount Olive	9:00.00
2	Tsegay, Aman	Mount Olive	9:00.00
3	Olmstead, Ashton	Mount Olive	9:00.00
4	Levy, Hunter	Unc Pembroke	9:00.69
5	Keester, John	Unattached	9:03.00
6	Marci, Mattia	Mount Olive	9:05.58
7	Moranos, Connor	Piedmont	9:10.00
8	King, Daniel	Unattached	9:10.00
9	Reyna, Aidan	Montreat	9:10.00
10	Navarro, Josh	Unattached	9:14.00
11	Lootens, Alec	Unattached	9:14.00
12	Hincher, Keaton	Milligan	9:15.00
13	Post, Chris	Unattached	9:15.00
14	Phieffer, Jack	Unc Pembroke	9:16.13
15	Paliotti, John	Unattached	9:19.00

Section 3 of 4 Finals

1	Ross, Gavin	Flagler	9:20.00
2	Stamey, Nathan	Montreat	9:20.00
3	Junker, Norman	Unc Pembroke	9:20.00
4	Rios Brena, Luis	Converse	9:23.87
5	Mathis, Rex	Unattached	9:25.00
6	Stiff, Robert	Flagler	9:30.00
7	Nesi, Joel	Flagler	9:30.00
8	Dozier, Sebastian	Converse	9:30.00
9	Nervo, Lucas	Unc Pembroke	9:30.00
10	Tank, Ethan	Flagler	9:30.00
11	Bierly, Nathanael	Mount Olive	9:30.88
12	Broud, David	Unattached	9:31.00
13	Stokes, A'Jani	Flagler	9:32.09
14	Lucy, Nathan	Converse	9:33.92
15	Kipruto, Micah	Virginia Union	9:35.37

Section 4 of 4 Finals

1	Klapak, Matthew	Emory & Henry	9:45.00
2	Irwin, Noah	Piedmont	9:45.00
3	Gonzales, Jadon	Piedmont	9:55.00
4	Marshall, Justin	Barton	9:57.18
5	Stanford, Clayton	Ferrum	9:57.96
6	Hornbuckle, Eli	Milligan	9:58.00
7	Helmandollar, Wesley	Wvu Tech	9:58.86
8	Capelle, Walker	Piedmont	10:05.00
9	Sligh, Peter	Piedmont	10:05.00
10	Snyder, Hunter	Mars Hill	11:25.82
11	Carr, Jesse	Unattached	20:20.00
12	Dupree, Saeed	Johnson C. Smith	NT
13	Drake, Ashton	NC Central	NT
14	Gonzalez, Damien	Barton	NT
15	Cheruiyot, Bethwel	St. Aug's	NT

Event 12 Women 600 Meter Run

Facility:	1:31.34	1/16/2016	Abby Farley
College:	1:31.47	2/17/2017	Hannah Segrave
Meet:	1:31.34	2016	Abby Farley

Lane Name School Seed Time

Section 1 of 5 Finals

2	Hood, Sophia	Davidson	1:39.00
3	Waters, Emmaya	NC Central	1:37.90
4	Harris, Khasmine	Limestone	1:37.00
5	Brown, Carolyn	NC A&T	1:35.02
6	Gbolade, Ayoola	NC A&T	1:35.18

Section 2 of 5 Finals

1	Christian, Megan	Milligan	1:42.30
2	Harrell, Ariana	NC Central	1:41.00
3	Sarkisian, Leah	Davidson	1:40.65
4	Jones, Jayla	NC A&T	1:40.05
5	Darce, Isabella	Davidson	1:40.00
6	Paynter, Maliyah	Davidson	1:40.00

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Meet Program

Section 3 of 5 Finals...(Event 12 Women 600 Meter Run)

1	Forrester, Stephani	Coker	1:48.60
2	Ingram, Destiny	Coker	1:47.98
3	Mickens, Shawntez	William Peace	1:45.00
4	Slaughter, Kaelyn	Milligan	1:44.50
5	Wood, Kiley	Milligan	1:42.60
6	Oliver, Laniyah	NC Central	1:43.00

Section 4 of 5 Finals

1	Williams, Madalyn	Piedmont	1:53.00
2	Head, Jordyn	Johnson C. Smith	1:52.97
3	Wright, Grace	Columbia (Sc)	1:50.20
4	Ekundayo, Esther	Columbia (Sc)	1:49.70
5	Brown, Kerri	Columbia (Sc)	1:48.76
6	Glover, Rebecca	Milligan	1:49.00

Section 5 of 5 Finals

1	Hernandez, Oriana	Usc-Beaufort	NT
2	Mack, Jaida	Columbia (Sc)	NT
3	Brutton, Itiana	Usc-Beaufort	NT
4	Lodge, Kayleigh	Columbia (Sc)	NT
5	Babcock, Scarlett	Unattached	1:57.18
6	Gonzalez, Natalie-Edith	Piedmont	2:05.00

Event 13 Men 600 Meter Run

Facility:	1:17.98	2/7/2020	CJ Jones
College:	1:19.21	3/5/2016	Jaymes Dennison
Meet:	1:21.99	2016	Kevin Hicks

Lane	Name	School	Seed Time
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Section 1 of 4 Finals

2	Floyd, Noah	Davidson	1:23.00
3	Muldoon, Jack	Davidson	1:23.00
4	Degenero, Raphael	Davidson	1:23.00
5	Debrock, Augustin	Limestone	1:21.00
6	Gordon Sniffen, Ben	Davidson	1:22.00

Section 2 of 4 Finals

1	Gibbs, Greg	Barton	1:27.00
2	Brewer, Stephen	Tusculum	1:26.00
3	Valladares, Mikel	Milligan	1:25.00
4	Bruno, Nate	Unattached	1:24.29
5	Hodges, Will	Limestone	1:24.00
6	Koko, Samir	Milligan	1:24.00

Section 3 of 4 Finals

1	Valle, Issac	Barton	1:34.76
2	Emig, Tyrel	Flagler	1:31.29
3	Smith, Zane	Piedmont	1:30.00
4	Vital, Marcus	Wvu Tech	1:29.49
5	Huff, Matt	Milligan	1:27.75
6	Saruni, David	Tusculum	1:28.00

Section 4 of 4 Finals

1	Grayson, Brandon	Columbia (Sc)	NT
2	Linen, Xavier	Columbia (Sc)	NT
3	Avant, Nicholas	Columbia (Sc)	NT
4	Durham, Camron	William Peace	1:46.16
5	Gamboia, Brian	Columbia (Sc)	1:36.87
6	Blankenship, Matthew	Bluefield	1:43.16

Event 14 Women 400 Meter Dash

No blocks in these sections

Facility:	52.96	1/26/2019	Kayla Davis
College:	53.90	3/15/2014	Kayon Robinson
Meet:	55.93	2014	Quanera Hayes

Lane	Name	School	Seed Time
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Section 1 of 7 Finals

2	Lottie, Destiny	Tusculum	1:00.00
3	Porter, Saleia	Usc Upstate	1:00.00
4	Moody, Jaiden	Mount Olive	59.62
5	Grisolfi-McCready, Aleia	Davidson	59.00
6	Suber, Quiana	Converse	59.54

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2	Stubbs, Kenisha	Tusculum	1:01.63
3	Briggs, Vinesha	Mount Olive	1:01.13
4	Boyd, Krishayla	Converse	1:01.00
5	Tsudis, Nella	Davidson	1:00.24
6	Robinson, Bayley	Converse	1:00.59

Section 3 of 7 Finals

2	Diaz, Michelle	Emory & Henry	1:04.02
3	Moise, Jaqueeta	Unc Pembroke	1:03.50
4	Middleton, Camara	Columbia (Sc)	1:03.31
5	Bah, Silvia	Tusculum	1:02.00
6	Hairston, Jordan	Ferrum	1:03.00

Section 4 of 7 Finals

2	Doyle, Jahkida	Piedmont	1:04.98
3	Hicks, Reece	Unc Pembroke	1:04.72
4	Clinton, Angel	Barton	1:04.64
5	Thiam, Lat	Mount Olive	1:04.13
6	Jones, Chloe	Emory & Henry	1:04.43

Section 5 of 7 Finals

1	Pemberton, Kiwana	Mount Olive	1:06.56
2	Thompson, Lauryn	Mount Olive	1:05.71
3	Santana, Claudia	Bluefield	1:05.67
4	Boone, Kaliah	Emory & Henry	1:05.24
5	Kramer, Tessa	Converse	1:05.22
6	Tatum, Imani	W-S State	1:05.23

Section 6 of 7 Finals

1	Brooks, Ileyna	Piedmont	1:07.80
2	Rice, Jalynn	Johnson C. Smith	1:07.73
3	Perry, Valentia	Emory & Henry	1:07.72
4	Dobson, Emmalee	Converse	1:07.51
5	Lugg, Tiana	Virginia Union	1:06.95
6	Fox, Aalliya	Barton	1:07.08

Section 7 of 7 Finals

1	Oates, Taniyah	W-S State	NT
2	Ojeda, Stephanie	Ferrum	NT
3	Baker-Morgan, Seire	Columbia (Sc)	NT
4	Hoyte, Jaria	St. Aug's	NT
5	Seymour, Samantha	Piedmont	1:10.00
6	Odom, Johnnea	Columbia (Sc)	1:10.44

Event 15 Men 400 Meter Dash**No blocks in these sections**

Facility:	46.81	2/25/2012	Dane Hyatt
College:	47.24	2/25/2012	Josh Edmonds
Meet:	47.93	2014	Joshua Edmonds

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Seed Time</u>
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Section 1 of 9 Finals

2	Spellman, Chris	Unc Pembroke	50.60
3	Anthony, Bryce	Davidson	50.55
4	Hamm, Michael	Ferrum	50.50
5	Morell, Joshua	Mount Olive	50.39
6	Mabe, Walker	Unc Pembroke	50.50

Section 2 of 9 Finals

2	Daniel, Isaiah	Unc Pembroke	51.81
3	Chalmers, Jakel	Unc Pembroke	51.20
4	Kuhnemann, Wyatt	Unc Pembroke	51.18
5	Witcher, Kwajay	Ferrum	51.00
6	Williams, Ja'Quan	Milligan	51.01

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track
Meet Program

Section 3 of 9 Finals...(Event 15 Men 400 Meter Dash)

2	Shaffer, Seth	Ferrum	52.17
3	Nixon, Andrew	Mount Olive	52.04
4	Stephens, Josh	Tusculum	52.00
5	Burns, Tyler	Barton	51.91
6	Simpkins, Gary	Coker	52.00

Section 4 of 9 Finals

1	Mitchell, Josh	Unattached	53.00
2	Stadler, Garrett	Piedmont	52.94
3	Oglesby, Hayden	Emory & Henry	52.53
4	Philpot, Dominick	Ferrum	52.50
5	Turnage, Tiyun	Unattached	52.35
6	Pearson, Byrnes	Unattached	52.40

Section 5 of 9 Finals

1	Thompson-Williams, Eric	Barton	53.73
2	Bonilla, Darrian	Montreat	53.72
3	Yeboah, Zedrick	Emory & Henry	53.66
4	Cuthbertson, Gavan	Mount Olive	53.44
5	Lytte, Richard	Virginia Union	53.04
6	Williams, Corey	Mount Olive	53.40

Section 6 of 9 Finals

1	Hinton, Jalen	Virginia Union	54.38
2	Hughes, Elijah	Barton	54.22
3	Robinson, Andrew	Mount Olive	54.20
4	Banks, Marek	Bluefield	53.99
5	Boyd, James	Virginia Union	53.78
6	Banks, Mykkel	Bluefield	53.80

Section 7 of 9 Finals

1	Costner, Isaiah	William Peace	56.00
2	Todd, Sean	William Peace	56.00
3	Williams, Khalid	Emory & Henry	55.88
4	Valle, Jezreel	Barton	55.67
5	Payeur, Ben	Queens (Nc)	54.56
6	Thacker, Isaac	Piedmont	54.82

Section 8 of 9 Finals

1	Smith, Terrel	Emory & Henry	57.87
2	Treharne, Patrick	Converse	57.76
3	Helmandollar, Wesley	Wvu Tech	57.00
4	Martin, Colby	Emory & Henry	56.99
5	Carter, Ramon	Barton	56.26
6	Bates, Andrew	William Peace	56.66

Section 9 of 9 Finals

1	Pierce, Eric	Virginia Union	NT
2	Hinton, Willie	Virginia Union	NT
3	Thompson, Diante	Unattached	58.85
4	Hollingsworth, Isaiah	Columbia (Sc)	58.54
5	Schwartz, Cameron	Unattached	58.01
6	Scott, Kingston	Johnson C. Smith	58.53

Event 16 Women 400 Meter Dash Seeded

Facility:	52.96	1/26/2019	Kayla Davis
College:	53.90	3/15/2014	Kayon Robinson
Meet:	55.93	2014	Quanera Hayes

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

2	Andrews, Olivia	NC Central	57.00
3	Nolde-Lopez, Bianca	Davidson	56.60
4	Perry, Mykayla	NC A&T	56.50
5	McDuffie, Delecia	NC A&T	54.00
6	Scott, Pebbles	NC A&T	55.95

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Section 2 of 2 Finals...(Event 16 Women 400 Meter Dash Seeded)

2	Smith, Tiarra	W-S State	58.87
3	McLean, Tamia	W-S State	58.85
4	Gavaghan, Kara	Lenoir-Rhyne	58.12
5	Frederick, Nia	NC A&T	57.62
6	Bell, Kianna	NC Central	58.00

Event 17 Men 400 Meter Dash Seeded

Facility:	46.81	2/25/2012	Dane Hyatt
College:	47.24	2/25/2012	Josh Edmonds
Meet:	47.93	2014	Joshua Edmonds

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

2	Hardin, Josh	Davidson	48.34
3	Wadsworth, Jacob	Lenoir-Rhyne	48.16
4	Sisson, John	Lenoir-Rhyne	48.16
5	Carter, Donnell	NC Central	47.90
6	Green, Earl	NC Central	48.00

Section 2 of 3 Finals

2	Alfred, Darren	St. Aug's	49.10
3	Chapman, Isaiah	St. Aug's	49.10
4	Kalawan, Sean	St. Aug's	49.10
5	Nelson, Zack	Tusculum	48.80
6	Markos, Amit	Davidson	49.00

Section 3 of 3 Finals

2	Sutherland, Quaid	Unattached	50.30
3	Hayles, Reheem	NC A&T	49.90
4	Crumpler, Marcus	Lenoir-Rhyne	49.56
5	Stephens, Skylan	Milligan	49.34
6	Chambers, Shemar	NC A&T	49.43

Event 18 Women 800 Meter Run

Facility:	1:59.26	2/2/2019	Ajee' Wilson
College:	2:03.31	2/4/2017	Hanna Green
Meet:	2:10.68	2017	Michelle Howell

Lane	Name	School	Seed Time
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Section 1 of 4 Finals

1	Coddington, Emily	Tusculum	2:22.00
2	Robinson, Bayley	Converse	2:21.51
3	Whiteman, Monique	Mount Olive	2:25.00
4	Bryant, D'Amani	Charlotte	2:20.00
5	Meadows, Taylor	Lenoir-Rhyne	2:18.90
6	Castellanos, Yessenia	Montreat	2:23.00
7	Hanson, Kaleigh	Charlotte	2:20.00
8	Standifer, Emily	Montreat	2:24.82
9	McNally, Celine	Tusculum	2:25.00

Section 2 of 4 Finals

1	Pethers, Corey	Unc Pembroke	2:29.23
2	Badami, Samantha	Unc Pembroke	2:29.63
3	Shelton, Vennise	Mount Olive	2:30.00
4	Peele, Madison	Flagler	2:26.55
5	Vanness, Riley	Unattached	2:31.00
6	Hood, Maddi	Flagler	2:29.00
7	Bogdanova, Valeria	Columbia (Sc)	2:27.86
8	Kempf, Marissa	Flagler	2:28.00
9	Abouzaid, Laila	Mount Olive	2:25.00
10	Farley, Olivia	Flagler	2:28.33

Section 3 of 4 Finals

1	Slack, Catherine	Montreat	2:32.00
2	Thompson, Madelyn	Unattached	2:40.46
3	Layne, Mahri	Unattached	2:32.00
4	Jones, Vanessa	W-S State	2:38.92
5	Noel, Etta	Unattached	2:37.92
6	Fleurilus, Celine	Mount Olive	2:34.60
7	Hasty, Kilia	Montreat	2:32.00
8	Mackey, Elana	Mars Hill	2:34.30
9	Morgan, Alana	William Peace	2:38.24
10	Felkel, Caroline	Converse	2:31.49

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Section 4 of 4 Finals...(Event 18 Women 800 Meter Run)

1	McGovern, Abigail	Ferrum	2:58.12
2	Michelangelo, Caitlin	Converse	NT
3	Bishop, Madeline	Emory & Henry	2:43.84
4	Stample, Wynter	W-S State	2:42.30
5	weeks, Ashley	St. Aug's	NT
6	Pratt, Ariana	Columbia (Sc)	2:50.00
7	Davis, Tinasia	W-S State	2:44.79
8	Babcock, Scarlett	Unattached	2:57.66
9	Kuchmak, Alisa	Wvu Tech	2:45.00
10	Mueller, Alina	Mars Hill	2:50.10

Event 19 Men 800 Meter Run

Facility: 1:45.92 2/2/2019 Clayton Murphy
College: 1:48.94 2/4/2017 Eliud Rutto
Meet: 1:53.31 2014 Donald Cowart

Lane	Name	School	Seed Time
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Section 1 of 4 Finals

1	Hunter, Isaiah	NC Central	1:56.73
2	Kopmels, Cas	Mount Olive	1:55.58
3	Burkhart, Delsin	Unc Pembroke	1:54.35
4	Yrelus, Mackenson	NC Central	1:55.62
5	Silver, Caleb	Montreat	1:53.65
6	Breiter, Graham	Davidson	1:55.00
7	Aparicio, Antonio	Tusculum	1:55.27
8	Scarver, Leroy	NC Central	1:56.73

Section 2 of 4 Finals

1	Gilbride, Aidan	Mount Olive	1:58.86
2	Creedon, Connor	Piedmont	1:57.85
3	Stamp, Chandelor	Lenoir-Rhyne	1:57.88
4	Smith, Darius	Piedmont	1:57.85
5	Czisnik, Till	Lenoir-Rhyne	1:58.76
6	Makemson, Zach	Unattached	2:00.40
7	Bendig, Alex	Unattached	1:58.28
8	Balot, Jacob	Piedmont	1:59.90

Section 3 of 4 Finals

1	Hinton, Willie	Virginia Union	2:07.81
2	Melson, Luke	Unattached	2:06.00
3	Monseur, Jared	Unattached	2:05.00
4	Kirby, Spenser	Converse	2:08.00
5	Guyton, DreQuan	Converse	2:03.61
6	Sakowski, Daniel	Unattached	2:00.65
7	Andrews, Mahliqe	Coker	2:01.59
8	Luster, Ah'Aron	Johnson C. Smith	2:04.00

Section 4 of 4 Finals

1	Swinton, Akel	Virginia Union	NT
2	Kipruto, Micah	Virginia Union	2:10.86
3	Thomas, Connor	William Peace	2:24.74
4	Rotich, Enos	Virginia Union	2:27.86
5	Jones, TJ	Unattached	2:20.00
6	White, Eric	Virginia Union	NT
7	Newlon, Aaron	Mars Hill	NT
8	Pooser, William	Mars Hill	NT
9	Elrod, Cole	Piedmont	2:08.12

Event 20 Women 1000 Meter Run

Facility: 2:48.32 2/1/2019 Hannah Segrave
College: 2:49.00 12/1/2012 Cydney Ross

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	Hollifield, Makayla	Columbia (Sc)	3:15.06
2	Melton, Love'	NC A&T	3:14.05
3	Slaughter, Kaelyn	Milligan	3:18.24
4	Thompson, Katelyn	Unattached	3:20.00
5	Irwin, Haley	Unattached	3:05.14
6	Harris, Khasmine	Limestone	3:20.00
7	Pineiro, Genesis	Ferrum	3:20.88
8	DeWolf Burton, Avery	Milligan	3:04.13
9	Ekundayo, Esther	Columbia (Sc)	3:24.24
10	Troutman, Kelsey	Davidson	2:56.00
11	Allen, Gracie	Milligan	3:10.40
12	Herring, Camille	NC A&T	3:15.05

JDL Flat Is Fast Invitational - 1/23/2022**JDL Fast Track****Meet Program****Section 2 of 2 Finals...(Event 20 Women 1000 Meter Run)**

1	Grimmett, Madelyn	Wvu Tech	3:55.00
2	Pride, Hannah	Wvu Tech	3:45.00
3	Reed, Isabel	Barton	NT
4	Lane, Morgan	Barton	NT
5	Glover, Rebecca	Milligan	3:29.00
6	York, Jessica	Wvu Tech	3:40.00
7	Huggins, Gabrielle	Columbia (Sc)	NT
8	Trefts, Izabelle	Columbia (Sc)	NT
9	Kikivarakis, Nia	St. Aug's	NT
10	Marotta, Taylor	Coker	3:42.00
11	Leegins, Caroline	Barton	NT
12	Lodge, Kayleigh	Columbia (Sc)	3:40.44

Event 21 Men 1000 Meter Run

Facility: 2:24.02 2/20/2021 Robert Heppenstall
College: 2:27.47 12/1/2012 Thomas Bojanowski

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	Hodges, Will	Limestone	2:32.00
2	Valladares, Mikel	Milligan	2:35.00
3	Baker, Nathan	Milligan	2:31.46
4	Koko, Samir	Milligan	2:34.00
5	Huff, Matt	Milligan	2:38.00
6	Debrock, Augustin	Limestone	2:29.00
7	Stockley, Will	Milligan	2:29.00
8	Lekki, Owen	Davidson	2:30.00
9	Chambers, Sylas	Milligan	2:31.00
10	Crow, Jake	Milligan	2:33.00
11	Branch, Dylan	Montreat	2:31.76

Section 2 of 3 Finals

1	Archer, Caleb	Tusculum	2:43.93
2	Rapp, Matt	Unattached	2:40.00
3	Huguley, Trey	Piedmont	2:48.00
4	Richardson, Ray	Tusculum	2:45.00
5	Waite, Emory	Unattached	2:45.00
6	McMahon, Kane	Montreat	2:40.00
7	Bates, Austin	Coker	2:43.64
8	Bogus, Xavion	Tusculum	2:42.00
9	Buckner, Silas	Unattached	2:43.00
10	Gotschi, Tysen	Ferrum	2:45.00
11	Livesay, Bryson	Tusculum	2:45.00

Section 3 of 3 Finals

1	Robbins, Robert	Columbia (Sc)	2:50.23
2	Casey, Adam	Barton	NT
3	Davis, Ethan	William Peace	3:30.00
4	Thomas, Lee	Barton	NT
5	Crouch, Greyson	Ferrum	NT
6	Kennedy, Joseph	Columbia (Sc)	NT
7	Mathis, Rex	Unattached	2:50.00
8	Garcia, Charles	NC Central	2:50.00
9	Gutkowski, Justin	Unattached	2:55.00
10	Johnson, Neco	NC Central	2:52.65
11	Timmerman, Patrick	Columbia (Sc)	2:50.46
12	Swaney, Noah	Ferrum	NT

Event 22 Women 200 Meter Dash

No blocks in these sections

Facility: 23.80 3/15/2014 Danielle Williams
College: 23.80 3/15/2014 Danielle Williams
Meet: 24.05 2014 Shana Cox

Lane	Name	School	Seed Time
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Section 1 of 10 Finals

2	Gavaghan, Kara	Lenoir-Rhyne	25.78
3	Blau, Cassandra	Davidson	25.75
4	Horowitz, Rachel	Davidson	25.74
5	Davis, Anna	Davidson	25.30
6	Carnevale, Kate	Davidson	25.70

Section 2 of 10 Finals

2	McNeill, Kierra	Mount Olive	26.04
3	Corso, Meghan	Davidson	26.00
4	Thomas, Jaela	Unc Pembroke	26.00
5	Glover, Kalyn	Limestone	25.83
6	Lazare, Calene	Coker	25.94

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track
Meet Program**Section 3 of 10 Finals...(Event 22 Women 200 Meter Dash)**

2	Johnson, Tamia	Limestone	26.26
3	Moody, Jaiden	Mount Olive	26.23
4	Anderson, Keziah	Johnson C. Smith	26.20
5	Blackwell, Bethany	Barton	26.14
6	Stewart, Azariah	Unc Pembroke	26.20

Section 4 of 10 Finals

2	Briggs, Vinesha	Mount Olive	26.94
3	Hernandez, Oriana	Usc-Beaufort	26.83
4	Wilson, Destini	Tusculum	26.79
5	Porter, Saleia	Usc Upstate	26.35
6	Lee, Kayla	Virginia Union	26.50

Section 5 of 10 Finals

2	Ryan, Jazmine	William Peace	27.45
3	Perryman, Nia	Montreat	27.14
4	Wood, Kiley	Milligan	27.13
5	Carter, Kaynashia	Tusculum	27.06
6	White, Ashley	Virginia Union	27.08

Section 6 of 10 Finals

2	Lottimore, Syriah	Coker	27.90
3	Hicks, Reece	Unc Pembroke	27.63
4	Wagstaff, Zoe	Queens (Nc)	27.55
5	Fox, Aalliya	Barton	27.47
6	Moise, Jaqueta	Unc Pembroke	27.50

Section 7 of 10 Finals

2	Robinette, Faith	Tusculum	28.52
3	Williams, Arianna	Coker	28.50
4	Jackson, Alera	Coker	28.40
5	Ebron, Nykaya	W-S State	28.11
6	Diaz, Michelle	Emory & Henry	28.21

Section 8 of 10 Finals

1	Reese-Yom, Kaitlyn	Limestone	29.40
2	Jones, Chloe	Emory & Henry	29.12
3	Jones, Talya	Columbia (Sc)	28.89
4	Owens, Tehraja	Columbia (Sc)	28.82
5	Black, Oshamiya	W-S State	28.60
6	Boone, Kaliah	Emory & Henry	28.72

Section 9 of 10 Finals

1	Casteal, Zhaire	Columbia (Sc)	NT
2	Drouin, Victoria	Piedmont	38.00
3	Dodson, Jaela	Piedmont	33.60
4	Brown, Cortney	Piedmont	31.30
5	Perry, Valentia	Emory & Henry	29.62
6	Myrick, Emani	Virginia Union	29.96

Section 10 of 10 Finals

1	Yates, Tejah	Ferrum	NT
2	Rogers, Makayla	Mars Hill	NT
3	Davis, Zykirah	Columbia (Sc)	NT
4	Shatouny, Marcella	Usc-Beaufort	NT
5	Matusik, Madeline	Usc-Beaufort	NT
6	Clinton, Angel	Barton	NT

JDL Flat Is Fast Invitational - 1/23/2022**JDL Fast Track
Meet Program****Event 23 Men 200 Meter Dash****No blocks in these sections**

Facility: 21.08 3/15/2014 Lamar Hargrove
College: 21.08 3/15/2014 Lamar Hargrove
Meet: 21.36 2014 Manteo Mitchell

Lane	Name	School	Seed Time
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Section 1 of 14 Finals

3	Watson, Malik	Usc Upstate	22.13
4	Coker, Preston	Unc Pembroke	22.10
5	Besong, Lucas	Lenoir-Rhyne	22.07
6	Sisson, John	Lenoir-Rhyne	22.08

Section 2 of 14 Finals

3	Hinton, Jalen	Virginia Union	22.38
4	Clark, Isaiah	Ferrum	22.30
5	Tompkins, Nick	Davidson	22.15
6	Clark, Jaden	Ferrum	22.20

Section 3 of 14 Finals

3	Stephens, Skylan	Milligan	22.53
4	Hearst, Gerard	Tusculum	22.50
5	Hart, Devan	Tusculum	22.42
6	Clark, Cameron	Davidson	22.47

Section 4 of 14 Finals

3	Smith, Jayden	Davidson	22.77
4	Walker, Kamari	Mount Olive	22.67
5	Dupuy, Pierre	Tusculum	22.54
6	Ellerbe, Joshua	Ferrum	22.55

Section 5 of 14 Finals

3	Summers, Jimere	Barton	22.84
4	Hodges, Justin	Limestone	22.83
5	Miles, Justin	NC Central	22.80
6	Thomas, Jaidin	Unc Pembroke	22.80

Section 6 of 14 Finals

3	Ebron, JaQuan	Bluefield	23.05
4	Morell, Joshua	Mount Olive	22.99
5	Oglesby, Hayden	Emory & Henry	22.90
6	Morrow, Travon	Unc Pembroke	22.90

Section 7 of 14 Finals

3	Callahan, Tayvon	Unc Pembroke	23.19
4	Lee, Kamdyn	Milligan	23.17
5	Nixon, Andrew	Mount Olive	23.07
6	Harrison, Jarrell	Emory & Henry	23.15

Section 8 of 14 Finals

3	Coleman, Jaloren	Bluefield	23.58
4	Pineiro, Alberto	Ferrum	23.50
5	Donsereaux, Chris	Piedmont	23.20
6	Kimbrough, Jeremiah	Mount Olive	23.40

JDL Flat Is Fast Invitational - 1/23/2022**JDL Fast Track****Meet Program****Section 9 of 14 Finals...(Event 23 Men 200 Meter Dash)**

3	Williams, Khalid	Emory & Henry	23.74
4	Robinson, Ronnie	Barton	23.68
5	Cathcart, Nathan	Unattached	23.62
6	Lytle, Richard	Virginia Union	23.63

Section 10 of 14 Finals

2	Tillman, Kam	William Peace	23.89
3	Womble, Solomon	William Peace	23.85
4	Williams, Ja'Quan	Milligan	23.84
5	Simmons, Elijah	Ferrum	23.75
6	Payeur, Ben	Queens (Nc)	23.84

Section 11 of 14 Finals

2	Wilkes, Kenny	William Peace	24.24
3	Boyd, James	Virginia Union	24.14
4	Cobler, Bryce	Emory & Henry	24.06
5	Yeboah, Zedrick	Emory & Henry	23.95
6	Carter, Ramon	Barton	23.99

Section 12 of 14 Finals

2	Frith, Alayne	Montreat	25.00
3	Fox, William	William Peace	24.73
4	Gregory, Brandon	Piedmont	24.60
5	Willis-Howard, Davian	Montreat	24.43
6	Turnage, Tiyun	Unattached	24.54

Section 13 of 14 Finals

2	Yeargin, Jamieryon	Converse	NT
3	Wright, Jordan	Columbia (Sc)	25.44
4	Fontaine, Braxton	Barton	25.34
5	Mitchell, Josh	Unattached	25.00
6	Jefferson, Brandon	Montreat	25.16

Section 14 of 14 Finals

2	Pierce, Eric	Virginia Union	NT
3	Vereen, Joshua	Mars Hill	NT
4	Alfred, Darren	St. Aug's	NT
5	Aguirre, Roberto	Converse	NT
6	Reinsel, Rhyan	Columbia (Sc)	NT

Event 24 Women 200 Meter Dash Seeded

Facility:	23.80	3/15/2014	Danielle Williams
College:	23.80	3/15/2014	Danielle Williams
Meet:	24.05	2014	Shana Cox

<u>Lane</u>	<u>Name</u>	<u>School</u>	<u>Seed Time</u>
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Section 1 of 4 Finals

3	Manigault, Tracey	NC Central	24.80
4	Scott, Pebbles	NC A&T	24.70
5	Southern, Aisha	NC A&T	23.95
6	Florence, Nilaja	NC A&T	24.52

Section 2 of 4 Finals

3	Braxton, Jordan	NC Central	25.00
4	Barr, Aasiyah	NC A&T	24.93
5	Glaspie, Takeitha	Barton	24.80
6	Johnson, Erin	NC Central	24.90

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track
Meet Program**Section 3 of 4 Finals...(Event 24 Women 200 Meter Dash Seeded)**

2	Reeves, Jaylin	Mount Olive	25.32
3	Marshall, Kierra	Davidson	25.25
4	Penn, Del'Nique	NC Central	25.18
5	Bly, Asia	NC Central	25.00
6	Conner, Desiree	Limestone	25.03

Section 4 of 4 Finals

2	McCormick, Dy'Air	Unc Pembroke	25.60
3	Humphries, Marquia	Davidson	25.41
4	Griffin, Jaera	NC A&T	25.40
5	Shealey, Jordan	Lenoir-Rhyne	25.38
6	Jones, Melody	Lenoir-Rhyne	25.39

Event 25 Men 200 Meter Dash Seeded

Facility:	21.08	3/15/2014	Lamar Hargrove
College:	21.08	3/15/2014	Lamar Hargrove
Meet:	21.36	2014	Manteo Mitchell

Lane Name School Seed Time**Section 1 of 5 Finals**

3	Guervil, Widchard	Tusculum	21.46
4	Burnette, Justen	Mount Olive	21.16
5	Davis, Marlin	Lenoir-Rhyne	20.78
6	Wadsworth, Jacob	Lenoir-Rhyne	21.01

Section 2 of 5 Finals

3	Lewis, Gordon	NC Central	21.70
4	Lawrence, Sky	St. Aug's	21.70
5	Turner, Kendall	NC A&T	21.48
6	Nya, Brandon	NC A&T	21.70

Section 3 of 5 Finals

3	Baldwin, Caleb	Unc Pembroke	21.90
4	Turner Jr, Royce	Lenoir-Rhyne	21.83
5	Jackson, Sean	NC A&T	21.75
6	Hardin, Josh	Davidson	21.81

Section 4 of 5 Finals

3	Good, Diallo	NC A&T	21.96
4	Burns, Tyler	Barton	21.94
5	Gaither, Cory	Davidson	21.90
6	Clark, Jordan	Limestone	21.91

Section 5 of 5 Finals

3	Carter, Donnell	NC Central	22.00
4	Archie jr, Anthony	St. Aug's	22.00
5	Gumbs, Jaeden	NC A&T	22.00
6	Gaynor, Jerome	St. Aug's	22.00

Event 26 Women 1 Mile Run

DNF cutoff = 6:30

Facility:	4:22.66	1/31/2015	Shannon Rowbury
College:	4:36.10	2/18/2017	Grace Barnett
Meet:	4:56.27	2013	Shaina Sumney

Lane Name School Seed Time**Section 1 of 4 Finals**

1	Levy, Beatrice	Davidson	5:15.00
2	Dahlberg, Kylie	Lenoir-Rhyne	5:09.27
3	Bearzi, Alyssa	Milligan	5:05.00
4	Edwards, Anna	Unattached	5:15.00
5	Fredericks, Emma	Charlotte	5:10.00
6	Cisneros, Alexandra	Davidson	5:15.00
7	Dominy, Caitlin	Milligan	5:11.72
8	Neese, Abby	Davidson	5:15.00
9	Newman, Jenna	Charlotte	5:10.00
10	Whitworth, Frances	Davidson	5:10.00
11	MacCary, Katherine	Cptc-Tracksmith	5:04.00
12	Burkett, Caitlyn	Charlotte	5:13.98
13	Garcia, Dylan	Montreat	5:12.00

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Section 2 of 4 Finals...(Event 26 Women 1 Mile Run)

1	Babcock, Georgia	Unattached	5:39.54
2	Adams, Grace	Unattached	5:33.00
3	Sosa, Ashley	Converse	5:44.00
4	Grant, Piper	Converse	5:44.00
5	Turner, Jetta	Converse	5:44.00
6	Kelly, Fajr	NC A&T	5:15.05
7	Bjerkness, Adie	Lenoir-Rhyne	5:25.91
8	Heck, Aubrie	Converse	5:44.00
9	Angel, Valeria	Piedmont	5:35.00
10	Dingman, Kasey	Unattached	5:15.00
11	Burns, Ali	Milligan	5:27.27
12	Kessler, Elizabeth	Lenoir-Rhyne	5:35.76
13	Mallory, Jenna	Montreat	5:34.00
14	Connick, Jessie	Charlotte	5:16.33

Section 3 of 4 Finals

1	McHone, Annalyse	Emory & Henry	5:50.00
2	Schipper, Deike	Mount Olive	5:50.00
3	Teter, Addison	Montreat	5:50.00
4	Hanson, Taylor	NC Central	5:55.66
5	Smith, Raquel	Montreat	5:48.00
6	Hairston-Waller, Cajazzalyn	NC Central	5:55.00
7	Townsend, Chayil	NC Central	5:45.00
8	Lane, Morgan	Barton	5:57.02
9	Russell, Hailey	Barton	5:44.35
10	Macdonald, Sydney	Mount Olive	5:49.41
11	Towe, Carson	Converse	5:44.00
12	Cann, Catherine	Coker	5:57.20
13	Abramowicz, Natasha	Unattached	5:49.00
14	George, Josey	Piedmont	5:51.97

Section 4 of 4 Finals

1	Lopez, Elizabeth	Mount Olive	5:59.87
2	Davis, Tinasia	W-S State	NT
3	Easthom, Greta	Unattached	6:00.00
4	Jones, Vanessa	W-S State	NT
5	Jepleting, Joyce	St. Aug's	NT
6	Segura, Andrea	Limestone	6:20.53
7	Bishop, Madeline	Emory & Henry	6:20.00
8	Phillips, Chloe	Unc Pembroke	NT
9	Jepkohei, Ruth	St. Aug's	NT
10	Taylor, Alexis	Lenoir-Rhyne	5:58.92
11	Reed, Isabel	Barton	6:17.78
12	Allen, Michelle	Unattached	6:03.80
13	Lawrence, LeeAnn	Piedmont	6:00.37
14	Sanchez, Kristina	Bluefield	7:27.20

Event 27 Men 1 Mile Run

DNF cutoff = 5:30

Facility: 3:53.85 2/3/2018 Edward Cheserek
 College: 3:59.57 2/3/2018 Vincent Ciattei
 Meet: 4:11.90 2013 Paul Katam

Lane	Name	School	Seed Time
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Section 1 of 4 Finals

1	Upton, Christopher	Montreat	4:30.00
2	Hodges, Kyler	Tusculum	4:15.00
3	McCarthy, Aidan	Unattached	4:25.00
4	Simmons, Lucas	Unattached	4:30.16
5	Rivas, Pablo	Milligan	4:29.80
6	Scarver, Leroy	NC Central	4:30.85
7	Thomas, Wyatt	Unattached	4:29.96
8	Aparicio, Antonio	Tusculum	4:15.00
9	Halverson, Gary	Piedmont	4:25.00
10	Richardson, Jordan	NC A&T	4:25.90
11	Naseh, Ahmad	Unattached	4:29.00
12	Budgen, Lewis	Lenoir-Rhyne	4:24.39
13	Monseur, Jared	Unattached	4:25.00
14	Topoly, Drew	Unattached	4:26.64
15	Brittain, Alex	Milligan	4:24.00

JDL Flat Is Fast Invitational - 1/23/2022**JDL Fast Track****Meet Program****Section 2 of 4 Finals...(Event 27 Men 1 Mile Run)**

1	Incardona, Sean	Lenoir-Rhyne	4:32.75
2	Rios Brena, Luis	Converse	4:35.00
3	Olmstead, Ashton	Mount Olive	4:35.00
4	Stinson, Kennedy	Limestone	4:34.63
5	Tsegay, Aman	Mount Olive	4:35.00
6	Williams-Maybin, Antonio	Limestone	4:38.84
7	Silver, Caleb	Montreat	4:31.71
8	Stamey, Nathan	Montreat	4:40.00
9	Abell, Ryan	Unattached	4:39.00
10	Kennedy, Scott	Unattached	4:35.00
11	Phieffer, Jack	Unc Pembroke	4:37.11
12	Clark, Zach	Mount Olive	4:35.00
13	Hunter, Isaiah	NC Central	4:35.00
14	Moran, Shane	Mount Olive	4:32.69
15	Tamez, Rene	Montreat	4:35.00

Section 3 of 4 Finals

1	Kipruto, Micah	Virginia Union	4:42.40
2	Guyton, DreQuan	Converse	4:48.14
3	Lucy, Nathan	Converse	4:40.00
4	Kuhn, Zimri	Milligan	4:42.21
5	Dozier, Sebastian	Converse	4:45.00
6	Jones, Ethan	Unattached	4:48.00
7	Moranos, Connor	Piedmont	4:43.00
8	Levy, Hunter	Unc Pembroke	4:43.85
9	Bierly, Nathanael	Mount Olive	4:45.00
10	Joanico, Arat	Coker	4:45.49
11	Nervo, Lucas	Unc Pembroke	4:45.00
12	Julian, Noah	Lenoir-Rhyne	4:42.36
13	Ellis, Melchior	NC Central	4:45.00
14	Junker, Norman	Unc Pembroke	4:40.00
15	Hickman, Harrison	Lenoir-Rhyne	4:49.10

Section 4 of 4 Finals

1	Denoncourt, Matthew	Unattached	4:50.00
2	Patel, Carson	Unattached	5:00.00
3	Williams, Devon	NC A&T	NT
4	Edwards, Robert	St. Aug's	NT
5	Ferguson, Nathaniel	Montreat	4:50.00
6	Klapak, Matthew	Emory & Henry	4:50.00
7	Chin, Jalen	NC A&T	NT
8	Irving, Jacob	NC Central	5:05.54
9	Thomas, Lee	Barton	NT
10	Swinton, Akel	Virginia Union	NT
11	Casey, Adam	Barton	NT
12	Longhurst, Whit	Unattached	5:25.00
13	Ferguson, Damihj'e	Converse	NT
14	Zeigler, Josh	Coker	5:10.95
15	Hough, Ethan	Limestone	5:11.13

Event 28 Women 4x400 Meter Relay**Facility: 3:41.61 1/30/2016****Cox, Brown, Dorr, Haye-Smith****College: 3:43.33 3/15/2014****Elliott, Julius-Williams, Campbell, Jenkins****Meet: 3:43.90 2014****Cox, Haye, Shaw, Bernard**

<u>Lane</u>	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>
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Section 1 of 3 Finals

2	Unc Pembroke	A	4:01.35
3	Limestone	A	4:00.00
4	NC Central	A	3:58.26
5	NC A&T	A	3:39.00
6	Lenoir-Rhyne	A	3:58.25

Section 2 of 3 Finals

2	Montreat	A	4:14.38
3	Tusculum	A	4:10.00
4	Mount Olive	A	4:10.00
5	W-S State	A	4:04.89
6	Barton	A	4:09.92

JDL Flat Is Fast Invitational - 1/23/2022**JDL Fast Track****Meet Program****Section 3 of 3 Finals...(Event 28 Women 4x400 Meter Relay)**

1	Virginia Union	A	NT
2	St. Aug's	A	NT
3	William Peace	A	4:39.55
4	Piedmont	A	4:33.00
5	W-S State	B	4:04.89
6	Tusculum	B	4:18.00

Event 29 Men 4x400 Meter Relay

Facility: 3:11.12 1/31/2015

Hyatt, Bingham, Gibson, Jackson

College: 3:12.35 2/15/2014

Sutton, Alowonle, Ways, Lipsey

Meet: 3:15.90 2014

Bingham, Jackson, Hyatt, Scott

Lane	Team	Relay	Seed Time
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Section 1 of 4 Finals

2	Unc Pembroke	A	3:19.80
3	Tusculum	A	3:19.00
4	NC Central	A	3:17.00
5	NC A&T	A	3:07.00
6	Lenoir-Rhyne	A	3:12.95

Section 2 of 4 Finals

2	Tusculum	B	3:26.00
3	Mount Olive	A	3:25.12
4	Unc Pembroke	B	3:25.00
5	Limestone	A	3:22.00
6	Lenoir-Rhyne	B	3:22.27

Section 3 of 4 Finals

2	Coker	A	3:30.99
3	St. Aug's	A	3:29.92
4	Piedmont	A	3:29.00
5	Ferrum	A	3:26.41
6	William Peace	A	3:27.07

Section 4 of 4 Finals

2	Virginia Union	A	NT
3	Emory & Henry	A	NT
4	Piedmont	B	3:47.00
5	Bluefield	A	3:32.46
6	Mount Olive	B	3:35.00

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Event 30 Women High Jump

Opening height = 1.43m; progressions 0.05m

Facility: 1.92m 2/7/2020 Erika Kinsey
 College: 1.88m 3/15/2014 Barbara Szabo
 Meet: 1.85m 2020 Nicole Greene

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Dodd, Riley	Davidson	NH
2	Knowles, Domanique	Johnson C. Smith	NH
3	Hester, Nia	W-S State	NH
4	Johnson, Benae	Virginia Union	1.25m
5	Bedell, Jaelyn	Virginia Union	1.30m
6	Lane, Jade	Virginia Union	1.30m
7	Hernandez, Oriana	Usc-Beaufort	1.43m
8	McKeever, Iyana	Usc-Beaufort	1.43m
9	Curtis, Nialla	Bluefield	1.43m
10	Wright, Aniah	Usc-Beaufort	1.43m
11	Wright, Grace	Columbia (Sc)	1.46m
12	Creque, Ashlee	Usc Upstate	1.46m
13	Pinckney, Janyia	Converse	1.51m
14	Marr, Miranda	Lenoir-Rhyne	1.51m
15	Lindsay, Anyae	NC Central	1.52m
16	McKiethan, Taya	Unc Pembroke	1.54m
17	Sanders, Brianna	Unc Pembroke	1.55m
18	Urraca, Alejandra	NC Central	1.56m
19	Morgan, Kara	William Peace	1.57m
20	Conner, Kennedy	Lenoir-Rhyne	1.59m
21	Ferguson, Amber	Usc Upstate	1.60m
22	Ferguson, Brooke	Usc Upstate	1.60m
23	Gayton, Destiny	Lenoir-Rhyne	1.63m
24	Salmon, Paula	NC A&T	1.76m
25	Reddick, Nazah	NC A&T	1.76m
26	Wilson, Kenady	NC A&T	1.79m

Event 31 Men High Jump

Opening height = 1.78m; progressions 0.05m

Facility: 2.24m 12/1/2012 Kris Kornegay-Gober
 College: 2.24m 12/1/2012 Kris Kornegay-Gober
 Meet: 2.10m 2017 Lawrence Russell, Jr.

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Roper, Kadain	St. Aug's	NH
2	Pressley, Amiryon	Columbia (Sc)	NH
3	Lavender, Demonte	Mount Olive	1.70m
4	Tyler, Teahrian	Virginia Union	1.80m
5	White, Maxwell	Montreat	1.81m
6	Harris, Isaiah	Johnson C. Smith	1.83m
7	Finger, Brenden	NC Central	1.86m
8	Cummings, Khiree	Usc Upstate	1.86m
9	Robinson, Dataveus	Johnson C. Smith	1.87m
10	Dohrendorf, Guner	Limestone	1.87m
11	Curry II, Gregory	Montreat	1.90m
12	Tompkins, Nick	Davidson	1.91m
13	Johnson, Kamden	Mount Olive	1.93m
14	Ebron, JaQuan	Bluefield	1.93m
15	Thatcher, Oliver	Lenoir-Rhyne	1.94m
16	Wilson Smalls, Jordon	Limestone	1.95m
17	Wilkes, Kenny	William Peace	1.97m
18	Higgins, Levi	Mars Hill	2.01m
19	Ferguson, Channing	Usc Upstate	2.01m
20	Ravenell, Bryce	Usc Upstate	2.01m
21	Kemp, Austin	Limestone	2.04m
22	Jones, Marvin	NC Central	2.11m
23	Gamble, Orlandus	Unc Pembroke	2.11m

Event 32 Women Pole Vault

Opening height = 2.85m; progressions 0.15m

Facility: 4.61m 1/30/2016 Katie Nageotte
 College: 4.40m 1/29/2016 Megan Clark
 Meet: 4.05m 2015 Alina McDonald

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Valmassei, Annika	Davidson	NH
2	Howell, Melena	Lenoir-Rhyne	2.77m
3	Prevette, Peggy	Queens (Nc)	2.90m
4	DeAugustino, Emily	Queens (Nc)	2.92m
5	Flax, Caroline	Unc Pembroke	3.00m
6	Ballard, Pearl	Lenoir-Rhyne	3.05m
7	Triplett, Lacey	Lenoir-Rhyne	3.10m
8	Hawkins, Halie	Milligan	3.21m
9	Hill, Ana	Charlotte	3.25m
10	Richardson, Allyson	Charlotte	3.40m
11	Fay, Hannah	Davidson	3.50m
12	Newsome, Natalie	Unattached	3.70m
13	Burkholder, Meghan	Davidson	3.71m
14	Harris, Camryn	Limestone	3.72m

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Event 33 Men Pole Vault

Opening height = 3.45m; progressions 0.15m

Facility: 5.46m 2/1/2019 Scott Houston
 College: 5.35m 12/8/2019 Keon Howe
 Meet: 5.35m 2018 Austin Miller

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Halverson, Bill	Unattached	3.65m
2	Thatcher, Oliver	Lenoir-Rhyne	3.78m
3	McClellan, Edward	Montreat	3.80m
4	Baker, Luke	Coker	3.80m
5	Crotty, Stephen	Queens (Nc)	3.90m
6	Smith, Tanner	Mount Olive	4.05m
7	Duke, Tommy	Charlotte	4.05m
8	Downey, Quante	Barton	4.11m
9	Nicol, Davis	Montreat	4.15m
10	Thomas, Cole	Unc Pembroke	4.25m
11	Karicher, Mike	Lenoir-Rhyne	4.30m
12	Addressi, Chris	Limestone	4.30m
13	Stomme, Philip	Lenoir-Rhyne	4.30m
14	Matheson, Micah	Montreat	4.80m
15	Davis, Jake	Unattached	5.02m
16	Cole, Elijah	Unattached	5.35m
17	Howe, Keon	Unattached	5.59m

Event 34 Women Long Jump

Facility: 6.40m 2/22/2020 Aliyah Whisby
 College: 6.25m 2/11/2020 Monae Nichols
 Meet: 5.95m 2014 Taylor Story

Pos	Name	School	Seed Mark
Flight 1 of 3 Finals			
1	Starks, Jasmine	Columbia (Sc)	4.64m
2	Beverley, Airiana	Ferrum	ND
3	Goode, Anyha	W-S State	ND
4	Curtis, Nialla	Bluefield	4.52m
5	Mueller, Alina	Mars Hill	4.24m
6	Baldwin, Erykah	W-S State	4.64m
7	Wright, Aniah	Usc-Beaufort	ND
8	Beeman, Bailey	Mars Hill	4.25m
9	Ryan, Jazmine	William Peace	4.34m
10	Rogers, Makayla	Mars Hill	4.47m
11	Hannans, Asia	St. Aug's	ND
12	Hatchett, Kiana	Mount Olive	4.69m
13	Dodd, Riley	Davidson	ND
14	Watkins, Darien	Columbia (Sc)	4.02m

Flight 2 of 3 Finals

1	LaPlante, Emily	Unattached	5.17m
2	Howell, Jamesha	Mount Olive	5.13m
3	Gakeri, Jessica	Montreat	4.92m
4	Goodman, Kamarie	Columbia (Sc)	4.84m
5	Rowland, Kendall	Converse	5.18m
6	Conner, Kennedy	Lenoir-Rhyne	4.99m
7	Fields, Shaniya	Limestone	4.99m
8	Stauffer, Jael	Coker	4.75m
9	Small, Taylor	NC Central	5.15m
10	Knowles, Domanique	Johnson C. Smith	5.12m
11	Williams, Jordan	Lenoir-Rhyne	5.13m
12	Johnson, Benae	Virginia Union	4.91m
13	Lamar, Laurie	Limestone	5.11m
14	Fulton, Micah	NC Central	5.15m

Flight 3 of 3 Finals

1	Faucette, Jydia	Johnson C. Smith	5.31m
2	Goode, Aria	Johnson C. Smith	5.20m
3	Lane, Jade	Virginia Union	5.35m
4	Harper, Arrieya	NC A&T	5.24m
5	Wilson, Destini	Tusculum	5.43m
6	King, Jade	NC A&T	5.65m
7	Jones, Melody	Lenoir-Rhyne	5.42m
8	Harbaugh, Cambree	Unattached	6.20m
9	Gillespie, Alaya	Unattached	5.31m
10	Darity, Micaiah	Unc Pembroke	5.40m
11	Fisher, Charlene	Unc Pembroke	5.20m
12	Kelley, Zinzili	NC Central	5.34m
13	Okoduwa, Eseose	Converse	5.36m
14	Smith, Mora	Mount Olive	5.31m

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Event 35 Men Long Jump

Facility: 7.81m 11/16/2013 Mikese Morse
 College: 7.76m 2/21/2014 Andre Dorsey
 Meet: 7.55m 2017 Joshua McClam

Pos	Name	School	Seed Mark
Flight 1 of 3 Finals			
1	Pressley, Amiriyon	Columbia (Sc)	5.01m
2	Payne, Rah'Quan	Ferrum	ND
3	Waters, Isaiah	Ferrum	ND
4	Coleman, Jaloren	Bluefield	ND
5	Chapple, Brenton	St. Aug's	ND
6	Taylor, Donovan	Montreat	5.06m
7	Rozier, Isaiah	St. Aug's	5.91m
8	Johnson, Neco	NC Central	5.56m
9	Schwartz, Cameron	Unattached	6.01m
10	Dill, Mikal	Johnson C. Smith	ND
11	Ebron, JaQuan	Bluefield	6.18m
12	Wright, Jordan	Columbia (Sc)	4.81m
13	Robinson, Dataveus	Johnson C. Smith	5.83m

Flight 2 of 3 Finals

1	Jenkins, Trevon	Limestone	6.67m
2	Curry II, Gregory	Montreat	6.34m
3	Hamlett, Jaleal	Mount Olive	6.53m
4	Michaux, Jayquan	Charlotte	6.69m
5	Reed, Aeneas	NC A&T	6.44m
6	McFarlane, Sadiki	Johnson C. Smith	6.50m
7	Anthony, Bryce	Davidson	6.30m
8	Vereen, Joshua	Mars Hill	6.65m
9	Dohrendorf, Guner	Limestone	6.29m
10	Ameres, Dylan	Davidson	6.64m
11	Tompkins, Nick	Davidson	6.23m
12	Tyler, Teahrian	Virginia Union	6.44m
13	Lee, Kamdyn	Milligan	6.41m

Flight 3 of 3 Finals

1	Blevins, Dustin	Montreat	7.55m
2	Stomne, Philip	Lenoir-Rhyne	6.98m
3	Lawler, Anderson	Charlotte	6.70m
4	Lewis, Kendrick	Unc Pembroke	6.92m
5	Blanc, Jaelyn	NC Central	6.72m
6	Johnson, Kamden	Mount Olive	6.80m
7	Faison, Jerome	NC Central	6.72m
8	Wadsworth, Jacob	Lenoir-Rhyne	7.50m
9	Hicklin, Brandon	NC A&T	7.91m
10	Bennett, Brandon	Limestone	6.80m
11	Blue, Zion	Unc Pembroke	6.70m
12	Henriques, Nick	Lenoir-Rhyne	6.73m
13	Jordan, Anthony	Piedmont	6.85m
14	Pray, Nykie	Mount Olive	6.72m

Event 36 Women Triple Jump

Facility: 13.08m 2/2/2019 Imani Oliver
 College: 13.01m 3/15/2014 Kearah Danville
 Meet: 12.63m 2017 Storm Phillips

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	Hatchett, Kiana	Mount Olive	10.60m
2	Alexander, Kennedy	W-S State	ND
3	Gakeri, Jessica	Montreat	10.14m
4	Hester, Nia	W-S State	10.09m
5	Morgan, Kara	William Peace	10.00m
6	Rowland, Kendall	Converse	10.64m
7	King, Jade	NC A&T	ND
8	Howell, Jamesha	Mount Olive	10.52m
9	Warren, Nashayla	Converse	10.47m
10	Watkins, Darien	Columbia (Sc)	ND
11	Bedell, Jaelyn	Virginia Union	ND
12	Grubb, Marinda	Piedmont	9.00m

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Flight 2 of 2 Finals...(Event 36 Women Triple Jump)

1	Williams, Jordan	Lenoir-Rhyne	10.77m
2	Smith, Mora	Mount Olive	11.13m
3	Goode, Aria	Johnson C. Smith	11.56m
4	Wilson, Tiara	Johnson C. Smith	11.06m
5	Lindsay, Anyae	NC Central	11.47m
6	Hunt, Serenity	Converse	11.35m
7	Fields, Shaniya	Limestone	11.08m
8	Small, Taylor	NC Central	11.40m
9	Whiteside, Mackenzie	Converse	10.87m
10	Faucette, Jydia	Johnson C. Smith	11.23m
11	Kelley, Zinzili	NC Central	11.46m
12	Harper, Arrieya	NC A&T	12.33m

Event 37 Men Triple Jump

Facility:	15.85m	2/3/2018	Michael Tiller
College:	15.83m	12/5/2015	Anthony Campbell
Meet:	15.38m	2016	Muhammad Halim

Pos	Name	School	Seed Mark
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Flight 1 of 2 Finals

1	Wilkes, Kenny	William Peace	12.92m
2	Chapple, Brenton	St. Aug's	ND
3	McDaniel, Cameron	Lenoir-Rhyne	ND
4	Payne, Rah'Quan	Ferrum	ND
5	Waters, Isaiah	Ferrum	ND
6	Birchett, TJ	Unattached	13.00m
7	Ray, Gabriel	Montreat	12.50m
8	Beam, Sincere	Coker	12.49m
9	Pehot, Jonathan	Montreat	12.51m
10	Johnson, Kamden	Mount Olive	13.09m

Flight 2 of 2 Finals

1	Bennett, Brandon	Limestone	14.18m
2	Harris, Isaiah	Johnson C. Smith	13.30m
3	Jenkins, Trevon	Limestone	13.93m
4	Blanc, Jaelyn	NC Central	14.25m
5	Hamlett, Jaleal	Mount Olive	14.03m
6	Pray, Nykie	Mount Olive	14.10m
7	Ameres, Dylan	Davidson	14.81m
8	Tyler, Teahrian	Virginia Union	13.60m
9	Henriques, Nick	Lenoir-Rhyne	13.96m
10	Curtin, John	Davidson	13.38m
11	Rozier, Isaiah	St. Aug's	14.20m

Event 38 Women Shot Put

Facility:	17.84m	2/8/2020	Raven Saunders
College:	16.29m	3/5/2016	Portious Warren
Meet:	16.25m	2019	Brittany Cox

Pos	Name	School	Seed Mark
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Flight 1 of 3 Finals

1	Card, Mackenzie	Montreat	7.57m
2	singleton, ayania	Virginia Union	7.09m
3	Anderson, Makayla	Montreat	7.78m
4	Martinez, Iliana	Milligan	8.01m
5	Greubel, Wren	Piedmont	7.80m
6	Hope, Naliah	NC Central	ND
7	Beeman, Bailey	Mars Hill	7.96m
8	Mauldin, Abby	Piedmont	7.05m
9	Barajas, Briana	Mars Hill	7.27m
10	Word, Avery	Emory & Henry	8.85m
11	Barnes, Alexa	Queens (Nc)	8.44m
12	Roper, Zykharria	Johnson C. Smith	8.29m
13	McCollough, Ikia	Coker	9.24m

Flight 2 of 3 Finals

1	Jackson, Olivia	Lenoir-Rhyne	10.91m
2	Bryan, Allayah	Usc-Beaufort	10.11m
3	Smith, Majesty	William Peace	9.50m
4	Reks, Joy	Milligan	10.39m
5	Feltus, Allie	Piedmont	9.50m
6	Townes, Eriana	W-S State	9.79m
7	St. John, Sierra	Usc Upstate	10.39m
8	Hogan, Amber	Tusculum	9.99m
9	Angol, Shanee	Tusculum	10.03m
10	Barden, Jana	Usc-Beaufort	10.56m
11	Dawson, Darci	Columbia (Sc)	10.87m
12	Nippa, Savannah	Lenoir-Rhyne	9.75m
13	O'Neill, Saniah	NC Central	10.59m
14	Thomas, Taylor	Usc Upstate	9.31m

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JDL Fast Track
Meet Program

Flight 3 of 3 Finals...(Event 38 Women Shot Put)

1	Watkins, Makayla	NC A&T	12.69m
2	Farmer, Alyssa	W-S State	10.92m
3	Carson, Zaida	Columbia (Sc)	11.74m
4	Bromell, Aleah	Columbia (Sc)	12.80m
5	Artman, Alycia	Unc Pembroke	11.26m
6	Lampe, Asia	W-S State	11.77m
7	Sutton, Kaliya	Mount Olive	12.79m
8	James, Loren	NC A&T	16.07m
9	Evans, Raigan	Unc Pembroke	12.06m
10	Davis, Rachel	Usc Upstate	12.15m
11	Keck, Mary Brigid	Mount Olive	13.47m
12	Jenkins, Jasmine	NC A&T	12.41m
13	Roche, Bekki	Lenoir-Rhyne	12.91m
14	Parrish, Katlyn	Mount Olive	11.48m

Event 39 Men Shot Put

Facility: 19.50m 3/15/2014 Wesley Lavong
College: 19.50m 3/15/2014 Wesley Lavong
Meet: 18.14m 2015 Jake Deaton

Pos	Name	School	Seed Mark
Flight 1 of 3 Finals			
1	Melton, Logan	Montreat	9.91m
2	Rice, Gavin	Columbia (Sc)	11.10m
3	Ganda, Maurice	Montreat	ND
4	Gainey, Ashtin	Mars Hill	9.13m
5	Dudley, Jarvis	St. Aug's	ND
6	Wright, Jordan	Limestone	ND
7	Holden Wingate, William	Davidson	10.50m
8	Bradley, Sebastian	Unc Pembroke	ND
9	Cromwell, Andre	Bluefield	7.18m
10	Reid, Isaiah	Mars Hill	ND
11	McDonald, Daylon	Columbia (Sc)	9.79m
12	Anderson, David	Piedmont	7.85m
13	Lopez, Cristobal	Converse	8.94m

Flight 2 of 3 Finals

1	Scott, Justin	William Peace	11.34m
2	Roth, Brady	Montreat	11.41m
3	Moyer, Jamaree	Virginia Union	13.06m
4	Ghee, Chianti	Barton	12.71m
5	Tolbert, Dorian	Mount Olive	13.06m
6	Oxendine, Bennie	Unc Pembroke	12.62m
7	Hoilman, Kade	Milligan	12.14m
8	Greeson, Corey	Milligan	11.92m
9	Anderson, Nelson	NC Central	12.44m
10	Lenear, Xavier	NC Central	12.00m
11	Davis, Kaleb	Lenoir-Rhyne	11.20m
12	Miles, Dalair	Virginia Union	12.58m
13	Lee, Gavin	Emory & Henry	12.76m

Flight 3 of 3 Finals

1	Cloud, Nick	Mount Olive	14.50m
2	Hodgest, Brayden	NC A&T	15.00m
3	Swepson, Matthew	NC Central	14.17m
4	Johnson, Jacoby	Limestone	13.37m
5	Hatley, Dalton	Lenoir-Rhyne	13.72m
6	Horton, Ellis	Lenoir-Rhyne	13.27m
7	Klima, Walter	Limestone	14.09m
8	Smith, Bennie	Limestone	15.14m
9	Stajos, Jack	Davidson	13.09m
10	Walker, Justin	Unc Pembroke	13.70m
11	Carswell, Anthony	Usc Upstate	14.01m
12	Goodlett, Ben	Mars Hill	13.09m
13	Wallace, Zavery	Emory & Henry	13.55m
14	Faison, Josh	Mount Olive	16.03m

JDL Flat Is Fast Invitational - 1/23/2022

JDL Fast Track

Meet Program

Event 40 Women Weight Throw

Facility: 23.58m 1/29/2016 Amber Campbell
 College: 21.18m 2/26/2017 Marthaline Cooper
 Meet: 20.21m 2017 Kelsey Arnold

Pos	Name	School	Seed Mark
Flight 1 of 3 Finals			
1	Smith, Majesty	William Peace	9.50m
2	Martinez, Iliana	Milligan	9.01m
3	Jeffery, Ashley	Piedmont	7.70m
4	Anderson, Reaghan	Piedmont	9.88m
5	Anderson, Makayla	Montreat	9.26m
6	Martino, Mariya	Usc-Beaufort	8.86m
7	Pitt, Lauryn	Barton	8.51m
8	Card, Mackenzie	Montreat	8.12m
9	Word, Avery	Emory & Henry	9.07m
10	Downs, Trinity	Limestone	ND
11	McCollough, Ikia	Coker	8.36m
Flight 2 of 3 Finals			
1	Teilborg, Ashley	Barton	11.37m
2	Carson, Zaida	Columbia (Sc)	13.12m
3	Thomas, Taylor	Usc Upstate	11.61m
4	Reks, Joy	Milligan	9.89m
5	Dawson, Darci	Columbia (Sc)	11.39m
6	Simpson, Bianca	Usc-Beaufort	12.27m
7	Feltus, Allie	Piedmont	11.00m
8	O'Neill, Saniah	NC Central	10.54m
9	Nippa, Savannah	Lenoir-Rhyne	11.32m
10	Hogan, Amber	Tusculum	12.00m
11	St. John, Sierra	Usc Upstate	12.59m
Flight 3 of 3 Finals			
1	James, Loren	NC A&T	17.92m
2	Keck, Mary Brigid	Mount Olive	16.29m
3	Evans, Raigan	Unc Pembroke	16.16m
4	Kenan, Kaitlin	Mount Olive	14.03m
5	Johnson, Jade	Limestone	16.08m
6	Jackson, Olivia	Lenoir-Rhyne	14.36m
7	Artman, Alycia	Unc Pembroke	14.41m
8	Jenkins, Jasmine	NC A&T	15.78m
9	Roche, Bekki	Lenoir-Rhyne	13.63m
10	Bromell, Aleah	Columbia (Sc)	15.10m
11	Beach, Jessa	Usc Upstate	13.65m
12	Lockett, Candy	Mount Olive	15.77m

Event 41 Men Weight Throw

Facility: 23.24m 12/2/2017 Josh Davis
 College: 23.24m 12/2/2017 Josh Davis
 Meet: 21.55m 2019 Michael Shanahan

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	Melton, Logan	Montreat	9.73m
2	Wright, Jordan	Limestone	ND
3	Geer, Matthew	Unc Pembroke	ND
4	Webb, Omega	Bluefield	ND
5	Walker, Justin	Unc Pembroke	11.38m
6	Roth, Cooper	Montreat	11.35m
7	McDonald, Daylon	Columbia (Sc)	7.61m
8	Lee, Gavin	Emory & Henry	11.78m
9	Bradley, Sebastian	Unc Pembroke	10.13m
10	Anderson, Nelson	NC Central	10.41m
11	Scott, Justin	William Peace	11.00m
12	Anderson, David	Piedmont	7.85m
13	Rice, Gavin	Columbia (Sc)	10.21m
14	Prescott, Lee	Mars Hill	ND
Flight 2 of 2 Finals			
1	Roth, Brady	Montreat	13.70m
2	Carswell, Anthony	Usc Upstate	16.28m
3	Klima, Walter	Limestone	14.85m
4	Johnson, Jacoby	Limestone	14.83m
5	Smith-Forte, Alex	Mount Olive	15.44m
6	Swepson, Matthew	NC Central	13.28m
7	Smith, Bennie	Limestone	15.67m
8	Hatley, Dalton	Lenoir-Rhyne	14.02m
9	Horton, Ellis	Lenoir-Rhyne	15.14m
10	Wojcuich, Jon	Mount Olive	19.15m
11	Hodgest, Brayden	NC A&T	12.79m
12	Ghee, Chianti	Barton	15.75m
13	Lenear, Xavier	NC Central	12.50m
14	Davis, Ryan	Unattached	22.00m
15	Tolbert, Dorian	Mount Olive	14.25m