

Wake Forest Invitational

Date: 01-10-15 Venue: JDL Fast Track - Winston-Salem

Men's Compiled Results

Events: 60 | 200 | 400 | 800 | Mile | 3000 | 5000 | 60H | 4x4 | 4000DMR | HJ | PV | LJ | TJ | SP | Weight

Men 60m Dash

Finals:

Rank	Overall	Name	Year	Team	Time	Score
1	1	Campbell, Shadaey	SR-4	Jacksonville	7.57	-
2	2	Walker, Courtney	SR-4	Jacksonville	7.59	-
3	3	Crooke, Shenel	SO-2	Morgan State	7.70	-
4	4	Farr, Jessica	SR	Unattached	7.74	-
5	5	Shufford, Jenira	JR-3	Jacksonville	7.74	-
6	6	Ruth, Asha	SR	Unattached	7.75	-
7	7	White, Lauren	JR	Unattached	7.79	-
8	8	Boldin, Casandra	SR	Unattached	7.81	-

Preliminaries: Heat #1 ↑ UP

Rank	Overall	Name	Year	Team	Time	Score
1	2	Farr, Jessica	SR	Unattached	7.65	
2	8	Boldin, Casandra	SR	Unattached	7.83	
3	11	McNeill, Tajanel	SR-4	Winston-Salem St.	7.95	
4	14	Sturgis, Cambrea	FR	Unattached	8.05	
5	19	Hinton, Maya	FR-1	Wake Forest	8.14	
6	36	Dykhoff, Rebecca	FR-1	St. Benedict	8.74	
		Singleton, Sakari	JR	Unattached	DNF	

Preliminaries: Heat #2 ↑ UP

Rank	Overall	Name	Year	Team	Time	Score
1	1	Campbell, Shadaey	SR-4	Jacksonville	7.56	
2	5	White, Lauren	JR	Unattached	7.76	
3	17	Ervin, Daijia	SO-2	Winston-Salem St.	8.12	
4	28	Clintsman, Valerie	JR-3	St. Benedict	8.38	
5	30	Austin, Leah	FR-1	North Greenville	8.50	
6	31	Ruff, Kaylah	SR	Unattached	8.56	
		Shakir, Rahni	FR-1	Livingstone	DNF	

Preliminaries: Heat #3 ↑ UP

Rank	Overall	Name	Year	Team	Time	Score
1	3	Walker, Courtney	SR-4	Jacksonville	7.66	
2	12	Gibson, Argja	SO-2	UNC-Asheville	7.98	
3	15	Pierre, Kassandra	JR-3	UNC-Asheville	8.08	
4	18	Meads, Brittany	FR-1	Morgan State	8.13	

5	23	Gill, Kaytlyn	FR-1	Appalachian State	8.25
6	34	Attaway, Deja	SO-2	Converse	8.72
7	35	Stavedahl, Jordan	FR-1	St. Benedict	8.73

Preliminaries: Heat #4 **↑UP**=====

	Overall	Name	Year	Team	Time	Score
1	4	Ruth, Asha	SR	Unattached	7.71	
2	22	Smith, Breann	JR-3	Webber	8.21	
3	26	Glenn, Chrishana	FR-1	Livingstone	8.29	
4	29	WOODS, JADA	JR	Unattached	8.44	
5	33	Legg, Alex	FR-1	Converse	8.70	
6	37	Miller, Rashaundra	FR-1	North Greenville	8.96	
		Hanks, Micah	FR-1	Appalachian State	DNF	

Preliminaries: Heat #5 **↑UP**=====

	Overall	Name	Year	Team	Time	Score
1	6	Crooke, Shenel	SO-2	Morgan State	7.79	
2	10	Chung, Chynna Monica	JR-3	Jacksonville	7.95	
3	16	Owie, Osayi	FR-1	Morgan State	8.11	
4	21	Dawkins, Artisha	SO-2	Webber	8.18	
5	25	Wynn, Anene	SR	Unattached	8.28	
6	27	Adams, Suzi	JR-3	St. Benedict	8.30	
7	38	Whetsone, Jackia	SR-4	North Greenville	9.08	

Preliminaries: Heat #6 **↑UP**=====

	Overall	Name	Year	Team	Time	Score
1	7	Shufford, Jenira	JR-3	Jacksonville	7.80	
2	9	Lumb, Ke'von	SO-2	Morgan State	7.91	
3	13	Roberts, Hunter	SO-2	Wake Forest	8.04	
4	20	Clarke, Krystal	SO-2	Appalachian State	8.17	
5	24	Turner, Bria	JR-3	Elon	8.28	
6	32	Fricke, Audrey	SR-4	St. Benedict	8.67	

Women 200m Run

Finals: Heat #1=====

	Overall	Name	Year	Team	Time	Score
1	1	Farr, Jessica	SR	Unattached	25.08	-
2	3	Campbell, Shadaey	SR-4	Jacksonville	25.45	-
3	4	Michaux, Nya	SR-4	Winston-Salem St.	25.68	-
4	6	Crooke, Shenel	SO-2	Morgan State	26.01	-
5	14	Watson, Rowanna	SO-2	Morgan State	26.73	-

Finals: Heat #2 **↑UP**=====

	Overall	Name	Year	Team	Time	Score
1	2	Ruth, Asha	SR	Unattached	25.30	-
2	7	Hampton, Ty-Leah	FR-1	Winston-Salem St.	26.09	-
3	8	Chung, Chynna Monica	JR-3	Jacksonville	26.31	-

4 11 Vital, Keren FR-1 Morgan State 26.46 -

Finals: Heat #3 **↑UP**=====

›	Overall	Name	Year	Team	Time	Score
1	9	Covington, Raven	JR-3	Winston-Salem St.	26.39	-
2	16	Smoot, Jaleesa		Unattached	26.78	-
3	17	Hinton, Maya	FR-1	Wake Forest	27.02	-
4	18	Ervin, Daijia	SO-2	Winston-Salem St.	27.11	-
5	28	Meads, Brittany	FR-1	Morgan State	28.08	-

Finals: Heat #4 **↑UP**=====

›	Overall	Name	Year	Team	Time	Score
1	5	White, Lauren		JR Unattached	25.84	-
2	13	Esposito, Jennifer		JR-3 Elon	26.62	-
3	15	Davis, Ariel		SR Unattached	26.77	-
4	23	Jones-Thames, Shaniece		Sophomore Unattached	27.77	-
5	24	Turner, Bria		JR-3 Elon	27.80	-

Finals: Heat #5 **↑UP**=====

›	Overall	Name	Year	Team	Time	Score
1	10	Boldin, Casandra	SR	Unattached	26.45	-
2	12	Sturgis, Cambrea	FR	Unattached	26.61	-
3	19	Gelbach, Anna	JR-3	UNC-Asheville	27.39	-
4	20	Dawkins, Artisha	SO-2	Webber	27.57	-
5	21	Shaw, Ambria	JR-3	North Greenville	27.65	-

Finals: Heat #6 **↑UP**=====

›	Overall	Name	Year	Team	Time	Score
1	22	Wynn, Anene	SR	Unattached	27.75	-
2	25	Austin, Leah	FR-1	North Greenville	27.83	-
3	29	Smith, Breann	JR-3	Webber	28.62	-
4	32	Thompson, Tara	FR-1	UNC-Asheville	29.82	-
		Drakeford, Lydia	SO-2	Queens (N.C.)	DNF	-

Finals: Heat #7 **↑UP**=====

›	Overall	Name	Year	Team	Time	Score
1	27	Ruff, Kaylah	SR	Unattached	27.99	-
2	30	Whitfield, Kathi	SO-2	Webber	29.45	-
3	33	Anderson, Alexis	SO	Unattached	30.12	-
4	34	Attaway, Deja	SO-2	Converse	30.16	-

Finals: Heat #8 **↑UP**=====

›	Overall	Name	Year	Team	Time	Score
1	26	Cooper-Robinson, Mikhala	FR-1	Converse	27.94	-
2	31	Legg, Alex	FR-1	Converse	29.70	-
3	35	Whetsone, Jackia	SR-4	North Greenville	30.93	-

Men 400m Run

Finals: Heat #1

Rank	Overall	Name	Year	Team	Time	Score
1	1	Hayes, Quanera	SR-4	Livingstone	56.00	-
2	2	Ruth, Asha	SR	Unattached	56.10	-
3	5	Hurrinus, Nikolette	FR-1	Wake Forest	59.00	-
4	10	Vital, Keren	FR-1	Morgan State	1:01.09	-
5	19	Ware, Aiyana	FR-1	Morgan State	1:03.62	-

Finals: Heat #2

Rank	Overall	Name	Year	Team	Time	Score
1	3	Esposito, Jennifer	JR-3	Elon	58.20	-
2	6	Wilson, Mia	FR-1	Wake Forest	59.94	-
3	7	Owie, Osayi	FR-1	Morgan State	1:00.43	-
4	14	Watson, Rowanna	SO-2	Morgan State	1:01.60	-
5	24	Webley, Brittney	SO-2	Jacksonville	1:05.35	-

Finals: Heat #3

Rank	Overall	Name	Year	Team	Time	Score
1	8	Vargas-Sullivan, Cruz	SR-4	Winston-Salem St.	1:00.78	-
2	9	Barnes, Kristoni	JR	Unattached	1:01.01	-
3	11	Hodnett, Tatyana	FR-1	Jacksonville	1:01.33	-
4	15	Hart, Asia	FR-1	Queens (N.C.)	1:01.69	-

Finals: Heat #4

Rank	Overall	Name	Year	Team	Time	Score
1	4	Gamble, Lydia	JR	Unattached	58.55	-
2	12	Brekke, Brooke	SO-2	Appalachian State	1:01.51	-
3	17	Atwater, Marie	FR-1	Appalachian State	1:02.87	-
4	22	Covington, Raven	JR-3	Winston-Salem St.	1:04.24	-
5	25	Zajac, Janine	FR-1	Jacksonville	1:05.50	-

Finals: Heat #5

Rank	Overall	Name	Year	Team	Time	Score
1	13	Laws, Lydia	FR-1	Elon	1:01.52	-
2	16	Drakeford, Lydia	SO-2	Queens (N.C.)	1:01.99	-
3	21	Shaw, Ambria	JR-3	North Greenville	1:04.08	-
4	28	Dixon, Emily	FR-1	Elon	1:07.17	-
5	29	Pierce, Bre'Shea	SO-2	Webber	1:08.99	-

Finals: Heat #6

Rank	Overall	Name	Year	Team	Time	Score
1	18	Joseph, Marly	FR-1	Webber	1:03.48	-
2	20	Greenwalt, Casey	FR-1	UNC-Asheville	1:03.67	-
3	23	Etheridge, Lauren	SO-2	UNC-Asheville	1:04.25	-
4	26	Lacy, Mady	FR-1	St. Benedict	1:05.91	-

5	27	Adams, Suzi	JR-3	St. Benedict	1:06.57	-
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Finals: Heat #7 **↑UP**=====

Rank	Overall	Name	Year	Team	Time	Score
1	30	Bell, Krika	FR-1	Livingstone	1:09.87	-
2	31	Dabney, Kaelyn	FR-1	St. Benedict	1:18.38	-
		Walker, Valerie	FR-1	UNC-Asheville	DQ	-

Women 800m Run

Finals: Heat #1=====

Rank	Overall	Name	Year	Team	Time	Score
1	1	Shaw, Kelly		GW Express/Nike	2:17.10	-
2	2	Cooley, Tere	JR-3	Morgan State	2:17.45	-
3	3	James, LaToya		GW Express/Nike	2:20.53	-
4	4	Morrison, Tametris	FR-1	Winston-Salem St.	2:23.72	-
5	5	Hamilton, Raven	SO-2	Winston-Salem St.	2:23.83	-
6	6	Lowe, Maddie	FR-1	UNC-Asheville	2:27.64	-
7	8	Ott, Alexandra	JR	Unattached	2:32.53	-
8	9	London, April		GW Express/Nike	2:33.50	-
		Engwall, Zoe	SO-2	North Greenville	DNF	-

Finals: Heat #2 **↑UP**=====

Rank	Overall	Name	Year	Team	Time	Score
1	7	Averette, Lydia	FR	Unattached	2:29.03	-
2	10	Whitfield, Kathi	SO-2	Webber	2:34.08	-
3	11	Gamble, Katie	SO-2	UNC-Asheville	2:34.24	-
4	12	Banks, Marissa	SO-2	UNC-Asheville	2:36.59	-
5	13	Morris, Lauren	SO-2	Converse	2:37.39	-
6	14	Earl, Ines	SR-4	Winston-Salem St.	2:38.81	-
7	15	Durbin, Morgan	FR-1	St. Benedict	2:41.29	-
8	16	Moss, Zariyah	FR-1	Livingstone	2:44.16	-
9	23	Pierce, Bre'Shea	SO-2	Webber	3:01.48	-

Finals: Heat #3 **↑UP**=====

Rank	Overall	Name	Year	Team	Time	Score
1	17	Valenciano, Nayeley	FR-1	North Greenville	2:50.36	-
2	18	Kazebee, Kris	SR	Unattached	2:50.58	-
3	19	Joseph, Marly	FR-1	Webber	2:52.51	-
4	20	Samson, Sherri	SO-2	Livingstone	2:53.00	-
5	21	Macsay, Jane	FR-1	Converse	2:53.28	-
6	22	Thornton, Jeanette	SO-2	St. Benedict	2:54.21	-
		Sedesky, Marie	FR-1	St. Benedict	DNF	-

Women 1 Mile Run

Finals: Heat #1=====

Rank	Overall	Name	Year	Team	Time	Score
1	1	Howell, Shelby	SO-2	Appalachian State	5:15.60	-

2	2	Sukramani, Natalie	SR-4	Wake Forest	5:19.11	-
3	3	Knous, Kendal	JR-3	Wake Forest	5:21.68	-
4	4	Wright, Meagan		Unattached	5:26.56	-
5	5	Heisner, Sarah	SO-2	UNC-Asheville	5:26.84	-
6	6	Corbo, Allison	JR	Unattached	5:32.57	-
7	9	Zimmerman, Micalyne	SO-2	Winston-Salem St.	5:46.51	-
8	10	Wiggins, Danisha	JR-3	Winston-Salem St.	5:48.63	-
9	11	Turner, Michelle	SR-4	Winston-Salem St.	6:00.33	-
		Byrd, Raven	SR-4	Winston-Salem St.	DNF	-

Finals: Heat #2 **↑UP**

Rank	Overall	Name	Year	Team	Time	Score
1	7	Steward, April	JR-3	Morgan State	5:37.52	-
2	8	Stone, Autumn	FR-1	Converse	5:39.51	-
3	12	Nygren, Lauren	SR-4	Webber	6:02.62	-
4	13	Quintanilla, Melissa	SR-4	St. Benedict	6:04.71	-
5	14	Byrd, Emily		Unattached	6:06.06	-
6	15	Johnson, Dayna	JR-3	St. Benedict	6:06.83	-
7	16	Sandifer, Brittany	FR-1	Converse	6:17.60	-
8	17	Canniff, Ellen	FR-1	North Greenville	6:37.33	-
9	18	Fredrick, Rachel	SO-2	Webber	6:51.47	-
10	19	Popek, Grace	SR-4	Converse	7:22.14	-

Men 3000m Run

Finals: Heat #1

Rank	Overall	Name	Year	Team	Time	Score
1	1	Strehler, Barbara		Unattached	9:42.54	-
2	2	Brubaker, Ashley	JR-3	Wake Forest	10:19.34	-
3	3	Borton, Chandler	SO-2	Wake Forest	10:27.76	-
4	4	Swain, Ishakeema	SR-4	Morgan State	10:27.94	-
5	5	Moser, Torre	SO-2	Appalachian State	10:38.54	-
6	6	Merritt, Gabrielle	SO-2	Wake Forest	10:41.62	-
7	7	Price, Mallary	SO-2	Appalachian State	10:54.68	-
8	10	Leonard, Kerry	FR-1	Appalachian State	11:33.79	-
		Zimmerman, Micalyne	SO-2	Winston-Salem St.	DNF	-
		Columbus, Nynneya	SR-4	Morgan State	DNF	-
		Escobedo, Karen	FR-1	Morgan State	DNF	-
		Wiggins, Danisha	JR-3	Winston-Salem St.	DNF	-

Finals: Heat #2 **↑UP**

Rank	Overall	Name	Year	Team	Time	Score
1	8	Kile, Natalie	SO-2	Appalachian State	10:56.92	-
2	9	Keller-Miller, Kathryn	SR-4	St. Benedict	11:12.13	-
3	11	Ward, Amanda	SO-2	North Greenville	11:36.26	-
4	12	Nygren, Lauren	SR-4	Webber	11:40.95	-
5	13	Schoenbauer, Lauren	JR-3	St. Benedict	11:41.28	-
6	14	Lynch, Haley	SR-4	St. Benedict	11:53.16	-
7	15	Shannon-Tamrat, Selam	JR-3	St. Benedict	11:58.16	-

Bonham, Rachel	FR-1	Winston-Salem St.	DNF	-
Chery, Akenah	FR-1	Winston-Salem St.	DNF	-
Canniff, Ellen	FR-1	North Greenville	DNF	-

Women 5000m Run

Finals:

Rank	Overall	Name	Year	Team	Time	Score
1	1	Solis, Katy	SO-2	Jacksonville	17:56.25	-
2	2	Rasmussen, Brooke	FR-1	St. Benedict	18:32.47	-
3	3	Ratcliffe, Hana	FR-1	Appalachian State	18:34.66	-
4	4	Holland, Robyn		Unattached	18:39.58	-
5	5	Marino, Caitlin	SO-2	Jacksonville	18:51.68	-
6	6	Simmons, Madison	SO-2	Appalachian State	18:56.33	-
7	7	Harrow, Leigh	FR-1	Appalachian State	20:12.32	-
8	8	Byrd, Emily		Unattached	20:38.25	-
9	9	Peters, Alison	FR-1	Appalachian State	20:55.74	-
10	10	Martin, Melanie	JR-3	Converse	20:56.39	-

Women 60m Hurdles

Finals:

Rank	Overall	Name	Year	Team	Time	Score
1	1	Newton, Kendra		Unattached	8.50	-
2	2	Walker, Shanique	SR-4	Jacksonville	8.50	-
3	3	Boldin, Casandra	SR	Unattached	8.58	-
4	4	Davis, Ariel	SR	Unattached	8.82	-
5	5	Roberts, Hunter	SO-2	Wake Forest	8.89	-
6	6	Richard, Ja'Mesha	JR-3	Jacksonville	9.00	-
7	7	Webley, Brittney	SO-2	Jacksonville	9.01	-
8	8	Dixon, Emily	FR-1	Elon	9.15	-

Preliminaries: Heat #1 **↑ UP**

Rank	Overall	Name	Year	Team	Time	Score
1	1	Walker, Shanique	SR-4	Jacksonville	8.51	
2	6	Webley, Brittney	SO-2	Jacksonville	8.96	
3	16	Bonham, Rachel	FR-1	Winston-Salem St.	9.80	
4	20	Sundstrom, Megan	FR-1	St. Benedict	10.49	
5	22	Miller, Rashaundra	FR-1	North Greenville	11.87	

Preliminaries: Heat #2 **↑ UP**

Rank	Overall	Name	Year	Team	Time	Score
1	3	Newton, Kendra		Unattached	8.71	
2	9	Golden, Montasia	SR-4	Wake Forest	9.25	
3	13	Ruff, Kaylah	SR	Unattached	9.61	
4	14	Ware, Aiyana	FR-1	Morgan State	9.70	
5	21	Earl, Ines	SR-4	Winston-Salem St.	11.16	
		Munkacsy, Petra	SR-4	Jacksonville	DNF	

Preliminaries: Heat #3 **↑UP**

	Overall	Name	Year	Team	Time	Score
1	2	Boldin, Casandra	SR	Unattached	8.59	
2	4	Davis, Ariel	SR	Unattached	8.78	
3	11	Wynn, Anene	SR	Unattached	9.53	
4	12	Ejindu, Lekasha	FR-1	Appalachian State	9.60	
5	15	Collins, Amy	SO-2	Wake Forest	9.72	
6	19	Cubero, Dez	SO-2	Converse	10.05	

Preliminaries: Heat #4 **↑UP**

	Overall	Name	Year	Team	Time	Score
1	5	Richard, Ja'Mesha	JR-3	Jacksonville	8.88	
2	7	Roberts, Hunter	SO-2	Wake Forest	8.97	
3	8	Dixon, Emily	FR-1	Elon	9.20	
4	10	Laws, Lydia	FR-1	Elon	9.33	
5	17	Westendorf, Micayla	JR-3	St. Benedict	9.89	
6	18	Frier, Natalie	FR-1	St. Benedict	9.97	

Men's 4 x 400m Relay

Finals: Heat #1

	Overall	Name	Year	Team	Time	Score
1	1	,		Jacksonville	3:56.63	-
2	2	,		Morgan State	3:58.37	-
3	3	,		Wake Forest	4:00.16	-
4	4	,		Winston-Salem St.	4:03.48	-
5	5	,		Jacksonville	4:05.58	-

Finals: Heat #2 **↑UP**

	Overall	Name	Year	Team	Time	Score
1	6	,		Winston-Salem St.	4:08.46	-
2	7	,		Livingstone	4:15.68	-
3	8	,		UNC-Asheville	4:16.24	-
4	9	,		UNC-Asheville	4:22.10	-
5	10	,		St. Benedict	4:23.18	-

Finals: Heat #3 **↑UP**

	Overall	Name	Year	Team	Time	Score
1	12	,		North Greenville	4:33.64	-
2	13	,		Converse	4:44.41	-
3	14	,		North Greenville	5:05.00	-

Men's 4,000m Distance Medley

Finals:

	Overall	Name	Year	Team	Time	Score
1	1	,		UNC-Asheville	12:27.79	-
2	2	,		Morgan State	12:27.86	-

3	3	,	St. Benedict	12:54.43	-
4	4	,	UNC-Asheville	12:59.33	-
5	5	,	Converse	13:12.06	-
6	6	,	North Greenville	14:27.40	-

Men High Jump

Finals:

Rank	Overall	Name	Year	Team	Height	Score
1	1	Mason, Jailah	FR-1	Morgan State	1.70m	-
2	2	Olesen, Elizabeth	SR	Unattached	1.65m	-
3	3	Laird, Haley	SR-4	Elon	1.65m	-
4	3	Welborn, Hunter	FR-1	Appalachian State	1.65m	-
5	5	Roten, Makayla	SO-2	Appalachian State	1.65m	-
6	6	Kirschling, Megan	JR-3	Elon	1.65m	-
7	7	Florence, Audrey	SO-2	Appalachian State	1.65m	-
8	8	Collins, Amy	SO-2	Wake Forest	1.60m	-
9	9	Dixon, Emily	FR-1	Elon	1.55m	-
10	9	Fraser, Shiobhan	SR-4	North Greenville	1.55m	-
11	11	Lewis, Kylah	FR-1	Winston-Salem St.	1.50m	-
12	11	Good, Alexis	JR-3	St. Benedict	1.50m	-
13	11	Fredrick, Rachel	SO-2	Webber	1.50m	-
14	11	Byrd, Raven	SR-4	Winston-Salem St.	1.50m	-
15	15	Evenson, Alicia	JR-3	St. Benedict	1.45m	-
16	15	Bonham, Rachel	FR-1	Winston-Salem St.	1.45m	-
		Dennard, Charrie	SO-2	Webber	NH	-

Men Pole Vault

Finals:

Rank	Overall	Name	Year	Team	Height	Score
1	1	McDonald, Alina	SR	Unattached	3.50m	-
2	2	Bragg, Madison	SO-2	Wake Forest	3.40m	-
3	2	Farr, Chelsea	SR-4	Appalachian State	3.40m	-
4	4	Cook, Sydney	SR-4	Appalachian State	3.30m	-
5	4	Domermuth, Debra	SR-4	Appalachian State	3.30m	-
6	6	Smith, Claire	SR-4	Elon	3.20m	-
7	7	Barnes, Amanda		Unattached	3.20m	-
8	8	Hersey, Melinda	SR-4	Elon	3.00m	-
9	8	Engwall, Zoe	SO-2	North Greenville	3.00m	-
10	10	Goodson, Megan	SO-2	North Greenville	3.00m	-
11	11	Stelten, London	SO-2	St. Benedict	2.90m	-
		Huskey, Hannah	FR-1	North Greenville	NH	-
		Parris, Kelsi	FR-1	North Greenville	NH	-
		Davis, Anna	FR-1	St. Benedict	NH	-

Men Long Jump

Finals: Flight #1

Rank	Overall	Name	Year	Team	Distance	Score
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1	10	Byrd, Raven	SR-4	Winston-Salem St.	4.86m	-
2	12	Dunlap, Natalyia	FR-1	Converse	4.85m	-
3	13	Dennard, Charrie	SO-2	Webber	4.84m	-
4	14	Chery, Akenah	FR-1	Winston-Salem St.	4.83m	-
5	15	VanErp, Samantha	JR-3	St. Benedict	4.82m	-
6	19	Fricke, Audrey	SR-4	St. Benedict	4.73m	-
7	20	WOODS, JADA	JR	Unattached	4.69m	-
8	21	Davis, Sequoya	FR-1	Converse	4.52m	-
9	21	Goodson, Megan	SO-2	North Greenville	4.52m	-
10	23	Dawkins, Artisha	SO-2	Webber	4.38m	-
11	24	Eggerichs, Marissa	FR-1	St. Benedict	4.30m	-
12	25	Stavedahl, Jordan	FR-1	St. Benedict	4.19m	-
13	26	Kovarik, Aileen	FR-1	Converse	4.10m	-

Finals: Flight #2 **↑UP**

	Overall	Name	Year	Team	Distance	Score
1	1	Walker, Courtney	SR-4	Jacksonville	5.72m	-
2	2	Lumb, Ke'von	SO-2	Morgan State	5.45m	-
3	3	McNeill, Tajanel	SR-4	Winston-Salem St.	5.36m	-
4	4	Gill, Kaytlyn	FR-1	Appalachian State	5.29m	-
5	5	Laws, Lydia	FR-1	Elon	5.15m	-
6	6	Dixon, Emily	FR-1	Elon	5.15m	-
7	7	Hanks, Micah	FR-1	Appalachian State	5.15m	-
8	8	Clarke, Krystal	SO-2	Appalachian State	5.12m	-
9	9	Abraham, Carrie	JR-3	Elon	5.11m	-
10	10	Shufford, Jenira	JR-3	Jacksonville	4.86m	-
11	16	Miller, Jermika	SO-2	Morgan State	4.80m	-
12	17	Moore, Kierra	FR-1	Morgan State	4.79m	-
13	18	Pierce, Bre'Shea	SO-2	Webber	4.76m	-

Men Triple Jump

Finals: Flight #1

	Overall	Name	Year	Team	Distance	Score
1	3	Smith, Tiaona	SO-2	Jacksonville	11.06m	-
2	5	Gibson, Argia	SO-2	UNC-Asheville	10.90m	-
3	8	WOODS, JADA	JR	Unattached	10.76m	-
4	11	Banks, Jordan	FR-1	Wake Forest	10.44m	-
5	12	Sundstrom, Megan	FR-1	St. Benedict	10.20m	-
6	14	Davis, Sequoya	FR-1	Converse	10.08m	-
7	15	VanErp, Samantha	JR-3	St. Benedict	9.93m	-
8	16	Kovarik, Aileen	FR-1	Converse	9.80m	-
9	17	Eggerichs, Marissa	FR-1	St. Benedict	9.33m	-

Finals: Flight #2 **↑UP**

	Overall	Name	Year	Team	Distance	Score
1	1	Walker, Shanique	SR-4	Jacksonville	12.13m	-
2	2	Golden, Montasia	SR-4	Wake Forest	11.17m	-
3	4	Dennard, Charrie	SO-2	Webber	10.93m	-

4	6	Dunlap, Natalyia	FR-1	Converse	10.80m	-
5	7	Coyle, Jayna	SO-2	Elon	10.77m	-
6	9	Richard, Ja'Mesha	JR-3	Jacksonville	10.73m	-
7	10	Abraham, Carrie	JR-3	Elon	10.67m	-
8	13	Fraser, Shiobhan	SR-4	North Greenville	10.09m	-

Women Shot Put

Finals: Flight #1

Rank	Overall	Name	Year	Team	Distance	Score
1	16	Thompson, Dacia	SO-2	Queens (N.C.)	11.42m	-
2	17	Wingo, Ashley	FR-1	Livingstone	11.40m	-
3	21	Charley, Angela	FR-1	St. Benedict	10.22m	-
4	22	Earl, Ines	SR-4	Winston-Salem St.	10.15m	-
5	23	Gloster, Cheyenne	FR-1	Winston-Salem St.	10.13m	-
6	24	Love, Emma	JR	Unattached	10.06m	-
7	26	Oyugi, Tracy	FR-1	North Greenville	9.34m	-
8	27	Montray, Kirsten	SR-4	St. Benedict	9.20m	-
9	28	Collins, Amy	SO-2	Wake Forest	9.01m	-
10	29	Pattio, Alaja	JR-3	Livingstone	8.55m	-
11	30	Washington, Sydney	JR	Unattached	8.40m	-
12	31	Greene, Ariel	SO-2	Converse	8.34m	-
13	32	Kimbrough, Cameran	FR-1	Livingstone	8.13m	-
14	33	Berg, Lauren	FR-1	St. Benedict	8.05m	-
15	34	Bryant, Emily	FR-1	North Greenville	7.86m	-

Finals: Flight #2

Rank	Overall	Name	Year	Team	Distance	Score
1	8	Clark, Kree	JR-3	Jacksonville	12.39m	-
2	9	Vahoua, Andrea	FR-1	Wake Forest	12.10m	-
3	10	Hames, Bryanna	FR-1	Elon	12.06m	-
4	12	Futch, Sally Marie	SR-4	Jacksonville	11.80m	-
5	13	Scott, Shanquane	SO-2	Webber	11.64m	-
6	13	Campbell, Emily	FR-1	Wake Forest	11.64m	-
7	18	Holland, Majayla	FR-1	Elon	11.26m	-
8	20	Moore, Ebony	SO-2	Livingstone	10.99m	-
9	25	Dula, DaVona	SR-4	Winston-Salem St.	9.91m	-

Finals: Flight #3

Rank	Overall	Name	Year	Team	Distance	Score
1	1	Tate, Brianna	JR-3	Appalachian State	14.32m	-
2	2	Dawson, Khayla	JR	Unattached	13.79m	-
3	3	Turner, Samantha	SO-2	Jacksonville	13.42m	-
4	4	Suydam, Jasmine	SR-4	Appalachian State	12.88m	-
5	5	St.John, Jess	FR-1	Morgan State	12.84m	-
6	6	Muschiatti, Ashley	FR-1	Appalachian State	12.66m	-
7	7	Warren, Breanna	SO-2	Elon	12.57m	-
8	11	Bursey, Angela	JR-3	Morgan State	12.05m	-
9	15	Hall, Jasmyn	FR-1	Morgan State	11.51m	-

Men Weight Throw

Finals: Flight #1

	Overall	Name	Year	Team	Distance	Score
1	8	Burse, Angela	JR-3	Morgan State	13.65m	-
2	12	Ihekweme, Favour	FR-1	Morgan State	11.90m	-
3	13	Jarvis, Jennifer	SR-4	Elon	11.77m	-
4	14	Montray, Kirsten	SR-4	St. Benedict	11.52m	-
5	15	Scott, Shanquane	SO-2	Webber	11.05m	-
6	16	Holland, Majayla	FR-1	Elon	10.98m	-
7	17	Wingo, Ashley	FR-1	Livingstone	10.42m	-
8	18	Love, Emma	JR	Unattached	10.08m	-
9	19	Bryant, Emily	FR-1	North Greenville	9.58m	-
10	20	Washington, Sydney	JR	Unattached	9.03m	-
11	21	Charley, Angela	FR-1	St. Benedict	8.25m	-
12	22	Oyugi, Tracy	FR-1	North Greenville	8.02m	-
13	23	Berg, Lauren	FR-1	St. Benedict	6.75m	-

Finals: Flight #2 ↑ UP

	Overall	Name	Year	Team	Distance	Score
1	1	Clark, Kree	JR-3	Jacksonville	19.19m	-
2	2	Turner, Samantha	SO-2	Jacksonville	17.21m	-
3	3	Callahan-Howard, Casidy	SO-2	Wake Forest	15.92m	-
4	4	Tate, Brianna	JR-3	Appalachian State	15.45m	-
5	5	Vahoua, Andrea	FR-1	Wake Forest	15.28m	-
6	6	McWhorter, India	SO-2	Appalachian State	14.19m	-
7	7	O'Grady, Briana	SO-2	Elon	13.82m	-
8	9	Muschiatti, Ashley	FR-1	Appalachian State	13.43m	-
9	10	Futch, Sally Marie	SR-4	Jacksonville	13.18m	-
10	11	Thompson, Dacia	SO-2	Queens (N.C.)	12.46m	-

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