

USA South Indoor T&F Championships - 2/23/2024**JDL Fast Track****Results****Women 60 Meter**

Name	Year School	Prelims	H#
Preliminaries			
1 Brooks, Mariah	NC Wesleyan	7.70Q	1
2 Wooten, Kamiyah	NC Wesleyan	7.71Q	2
3 Bryant, Ti'asia	NC Wesleyan	7.89q	1
4 Savage, Lia	Southern Virginia	8.13q	2
5 Gardner, Brandi	Methodist	8.25q	2
6 Curtis, Elise	Southern Virginia	8.45q	1
7 Neal, Erykalyn	Methodist	8.46q	2
8 Hawkins, Quierra	Methodist	8.60q	1
9 Bower, Kaitlin	Mary Baldwin	8.71	1
10 Hengsterman, Abby	Meredith	8.88	1
11 Law, Sedajah	Methodist	8.89	2
12 Romska, Rachel	Meredith	9.16	2
13 Wagner, Claire	Meredith	9.24	1
14 Ott, Maia	Mary Baldwin	9.50	1

Women 60 Meter

Name	Year School	Finals
Finals		
1 Brooks, Mariah	NC Wesleyan	7.70
2 Wooten, Kamiyah	NC Wesleyan	7.72
3 Bryant, Ti'asia	NC Wesleyan	7.75
4 Savage, Lia	Southern Virginia	8.09
5 Gardner, Brandi	Methodist	8.30
6 Curtis, Elise	Southern Virginia	8.47
7 Neal, Erykalyn	Methodist	8.55
8 Hawkins, Quierra	Methodist	8.76

Women 200 Meter

Name	Year School	Finals	H#
1 Wooten, Kamiyah	NC Wesleyan	24.98	1
2 Brooks, Mariah	NC Wesleyan	25.87	1
3 Bryant, Ti'asia	NC Wesleyan	26.31	1
4 Savage, Lia	Southern Virginia	26.82	2
5 Gardner, Brandi	Methodist	27.24	1
6 Curtis, Elise	Southern Virginia	27.79	2
7 Rosario-Watson, Treazure	Methodist	27.80	2
8 Neal, Erykalyn	Methodist	28.37	3
9 Morrison, Katena	Methodist	28.56	3
10 Hawkins, Quierra	Methodist	28.62	2
11 Allman, Shandrey	Southern Virginia	28.88	3
12 Wilborn, Alexandria	William Peace	29.49	5
13 Hengsterman, Abby	Meredith	30.13	3
14 Castillo-Wright, Najila	Mary Baldwin	30.16	5
15 Wagner, Claire	Meredith	30.75	4
16 Carroll, Kendall	Meredith	30.79	4
17 Hengsterman, Avery	Meredith	30.94	4
18 Romska, Rachel	Meredith	31.66	4
19 Ott, Maia	Mary Baldwin	32.90	5

USA South Indoor T&F Championships - 2/23/2024

JDL Fast Track

Results

Women 400 Meter

Name	Year School	Finals	H#
1 Wooten, Kamiyah	NC Wesleyan	58.00	1
2 Lentz, Katelyn	Pfeiffer	1:01.82	1
3 Torres, Folole	Southern Virginia	1:02.06	1
4 Parker, Addie	Southern Virginia	1:02.17	2
5 Rosario-Watson, Treazure	Methodist	1:02.47	1
6 Brooks, Mariah	NC Wesleyan	1:05.77	2
7 Castle, Kamree	Southern Virginia	1:06.52	2
8 Castillo-Wright, Najila	Mary Baldwin	1:09.77	3
9 Hengsterman, Avery	Meredith	1:10.84	3
10 Cervantes, Alyssa	Methodist	1:11.52	2
11 Wilborn, Alexandria	William Peace	1:15.42	3
12 Hobson, Taliyah	Methodist	1:32.11	3

Women 800 Meter

Name	Year School	Finals	H#
1 Miller, Tessa	Southern Virginia	2:19.80	2
2 O'Toole, Carly	Meredith	2:23.11	2
3 Merna, Madelyn	Meredith	2:23.83	2
4 Barton, Heidi	Southern Virginia	2:24.12	2
5 Borst, Makayla	Pfeiffer	2:28.82	2
6 Welborn, Micah	Pfeiffer	2:33.49	2
7 Ball, McKenzie	Southern Virginia	2:39.45	2
8 Busch, Patti	Methodist	2:42.50	2
9 Brown, Caitlin	Meredith	2:49.87	1
10 Sanderford, Kaelin	Meredith	2:51.76	1
11 Johnson, Niya	Methodist	3:00.24	1
12 Brown, Laura	Meredith	3:02.26	1

Women 1 Mile

Name	Year School	Finals
1 Lowery, Madison	Pfeiffer	5:24.13
2 Merna, Madelyn	Meredith	5:28.82
3 Chapin, Savanna	Southern Virginia	5:30.57
4 Bradshaw-Meyer, Kamryn	Southern Virginia	5:32.40
5 Gallegos, Andrea	Meredith	5:32.62
6 Hill, Lissie	Southern Virginia	5:34.56
7 Fowler, Lauren	Southern Virginia	6:09.46
8 Brown, Caitlin	Meredith	6:17.14
9 Sanderford, Kaelin	Meredith	6:27.02
10 Brown, Laura	Meredith	6:30.24
11 Skeen, Angel	Pfeiffer	6:52.57
12 Gaudier, Mya	Mary Baldwin	7:27.82
-- Epperson, Alyssa	Mary Baldwin	DNF

Women 3000 Meter

Name	Year School	Finals
1 Lowery, Madison	Pfeiffer	10:55.51

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2 Gallegos, Andrea	Meredith	11:02.80
3 Bundy, Delaney	Meredith	11:04.78
4 Merna, Madelyn	Meredith	11:19.24
5 Bradshaw-Meyer, Kamryn	Southern Virginia	11:19.91
6 Hill, Lissie	Southern Virginia	11:23.37
7 Dalebout, Lilly	Southern Virginia	11:23.80
8 Hladik, Maddie	Pfeiffer	11:27.96
9 Borst, Hayley	Pfeiffer	12:28.80
10 Joseph, Amethyst	Meredith	12:31.82
11 Dillaway, Johannah	Mary Baldwin	12:57.49
12 Skeen, Angel	Pfeiffer	13:36.24
13 Blakeney, Adriana	Methodist	14:45.49
14 Gallimore, Heather	Pfeiffer	14:56.16

Women 5000 Meter

Name	Year School	Finals
1 Lowery, Madison	Pfeiffer	19:24.86
2 Bundy, Delaney	Meredith	19:45.10
3 Dalebout, Lilly	Southern Virginia	19:51.60
4 Hladik, Maddie	Pfeiffer	19:53.21
5 Joseph, Amethyst	Meredith	21:08.79
6 Borst, Hayley	Pfeiffer	21:20.25
7 West, Jessica	Southern Virginia	22:18.56

Women 60 Meter Hurdles

Name	Year School	Finals
1 Heward, Riley	Southern Virginia	9.95
2 Torres, Folole	Southern Virginia	10.05
3 Allman, Shandrey	Southern Virginia	10.06
4 Morrison, Katena	Methodist	10.11
5 Hearn, Grace	Mary Baldwin	10.20
6 Muhlestein, Taylor	Southern Virginia	11.29
7 Eastridge, Hannah	Mary Baldwin	12.29

Women 4x400 Meter Relay

School	Finals
1 Southern Virginia 'A'	4:10.05
1) Chapin, Savanna	2) Torres, Folole
3) Parker, Addie	4) Miller, Tessa
2 Pfeiffer 'A'	4:15.83
1) Lowery, Madison	2) Welborn, Micah
3) Borst, Makayla	4) Lentz, Katelyn
3 Methodist 'A'	4:16.31
1) Hawkins, Quierra	2) Busch, Patti
3) Morrison, Katena	4) Rosario-Watson, Treasure
4 Meredith 'A'	4:34.98
1) Hengsterman, Avery	2) O'Toole, Carly
3) Gallegos, Andrea	4) Merna, Madelyn
5 Mary Baldwin 'A'	5:18.87

USA South Indoor T&F Championships - 2/23/2024**JDL Fast Track****Results****...Women 4x400 Meter Relay**

- | | |
|----------------------------|---------------------|
| 1) Castillo-Wright, Najila | 2) Epperson, Alyssa |
| 3) Gibbs, Savannah | 4) Basilis, Isabel |

Women Distance Medley

School	Finals
1 Pfeiffer 'A'	12:53.68
1) Borst, Makayla	2) Lentz, Katelyn
3) Welborn, Micah	4) Lowery, Madison
2 Meredith 'A'	13:02.21
1) Merna, Madelyn	2) Gallegos, Andrea
3) O'Toole, Carly	4) Bundy, Delaney
3 Southern Virginia 'A'	14:14.20
1) Hale, Emmalee	2) Castle, Kamree
3) Fowler, Lauren	4) Ball, McKenzie
4 Methodist 'A'	17:33.00
1) Busch, Patti	2) Covin, Nadia
3) Blakeney, Adriana	4) Wilms, Makalyn

Women High Jump

Name	Year School	Finals
1 Holman, Elyssa	Southern Virginia	1.50m
2 Prows, Mikki	Southern Virginia	J1.50m
3 Baker, Jocelyn	Southern Virginia	1.45m
4 Pedersen, Jilane	Southern Virginia	J1.45m
5 Jones, Barresha	Meredith	1.40m
6 Cabaniss, Lola	Pfeiffer	1.35m
6 Curtis, Elise	Southern Virginia	1.35m
-- Ott, Maia	Mary Baldwin	NH

Women Pole Vault

Name	Year School	Finals
1 Baker, Jocelyn	Southern Virginia	2.70m
2 Chapin, Savanna	Southern Virginia	J2.70m
-- Chapman, Gwendalyn	Meredith	NH
-- Turnbow, Alesha	Southern Virginia	NH

Women Long Jump

Name	Year School	Finals
1 Gardner, Brandi	Methodist	5.22m
2 King, Aspen	Pfeiffer	4.84m
3 Baker, Jocelyn	Southern Virginia	4.74m
4 Holman, Elyssa	Southern Virginia	4.52m
5 Bower, Kaitlin	Mary Baldwin	4.44m
6 Hearn, Grace	Mary Baldwin	4.22m
7 Wagner, Claire	Meredith	4.10m
8 Ott, Maia	Mary Baldwin	4.06m
9 Parker, Addie	Southern Virginia	3.99m

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JDL Fast Track

Results

...Women Long Jump

10	Carroll, Kendall	Meredith	3.81m
11	Eastridge, Hannah	Mary Baldwin	3.76m

Women Triple Jump

Name	Year	School	Finals
1	Hearns, Grace	Mary Baldwin	10.46m
2	Holman, Elyssa	Southern Virginia	10.13m
3	King, Aspen	Pfeiffer	9.45m
4	Bower, Kaitlin	Mary Baldwin	9.24m
5	Pedersen, Jilane	Southern Virginia	9.02m
--	Hale, Emmalee	Southern Virginia	FOUL

Women Shot Put

Name	Year	School	Finals	H#
1	Van Norden, Christian	NC Wesleyan	12.57m	2
2	Smith, Majesty	William Peace	10.88m	2
3	Gardner, Katrina	Southern Virginia	10.73m	2
4	Stone-Awong, Ashlyn	Southern Virginia	10.14m	2
5	Mailakeba, Lusiana	Methodist	10.07m	1
6	Stancell, Alex	Pfeiffer	9.60m	2
7	Jones, Elizabeth	Pfeiffer	9.42m	2
8	Prows, Mikki	Southern Virginia	9.33m	2
9	Decker, Janie	Pfeiffer	8.64m	2
10	Dillaway, Johannah	Mary Baldwin	8.42m	2
11	Willis, Alea	Southern Virginia	8.24m	2
12	Basilis, Isabel	Mary Baldwin	8.14m	2
13	Reyes, Jasmin	Mary Baldwin	7.99m	1
14	Lopez, Diana	Methodist	7.63m	1
15	Pecorella, Jordan	Methodist	7.48m	2
16	Carmichael, Samantha	Meredith	7.46m	1
17	Freeman, Nyjia	Mary Baldwin	7.20m	1
18	Valencia-Aidana, Aurora	Mary Baldwin	6.63m	1
19	Barriger, Caidyn	Methodist	5.65m	1
20	Alexander, Daijah Lynn	Pfeiffer	5.18m	1

Women Weight Throw

Name	Year	School	Finals	H#
1	Jones, Elizabeth	Pfeiffer	14.90m	2
2	Stone-Awong, Ashlyn	Southern Virginia	13.90m	2
3	Willis, Alea	Southern Virginia	13.22m	2
4	Stancell, Alex	Pfeiffer	13.17m	2
5	Gardner, Katrina	Southern Virginia	12.31m	2
6	Decker, Janie	Pfeiffer	11.85m	2
7	Van Norden, Christian	NC Wesleyan	10.78m	2
8	Smith, Majesty	William Peace	10.16m	1
9	Freeman, Nyjia	Mary Baldwin	9.84m	2
10	Heward, Riley	Southern Virginia	9.37m	1
11	Pecorella, Jordan	Methodist	9.30m	2
12	Carmichael, Samantha	Meredith	8.84m	2

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JDL Fast Track

Results

...Women Weight Throw

13	Mailakeba, Lusiana	Methodist	8.77m	1
14	Basilis, Isabel	Mary Baldwin	8.75m	2
15	Reyes, Jasmin	Mary Baldwin	8.62m	1
16	Layne, Hedi	Methodist	6.69m	1
17	Valencia-Aidana, Aurora	Mary Baldwin	5.70m	1
18	Gibbs, Savannah	Mary Baldwin	5.54m	1
19	Torez, Jada	Mary Baldwin	5.13m	1

Men 60 Meter

Name	Year	School	Prelims	H#
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Preliminaries

1	Stewart, Tydrick	Methodist	7.10Q	3	7.092
2	Daley, Shevaun	Pfeiffer	7.10Q	2	7.095
3	Nwaneri, Elvis	Southern Virginia	7.23Q	1	
4	Lucas, Andre	Southern Virginia	7.17q	3	
5	Wade, Logan	Methodist	7.24q	2	
6	Worthy, Tyson	Pfeiffer	7.31q	1	
7	Batts, David	Pfeiffer	7.34q	3	
8	Hayes, Christian	NC Wesleyan	7.35q	2	
9	Mainer, A'Jani	Methodist	7.37	1	7.367
9	Aiken, Lavon	Methodist	7.37	3	7.367
11	Vann, Jameel	Mary Baldwin	7.42	3	
12	Cochran, Meshach	Southern Virginia	7.44	2	
13	Hope, Bryan	Southern Virginia	7.47	2	
14	Womble, Solomon	William Peace	7.51	3	
15	Fay, Ethan	NC Wesleyan	7.83	1	
16	Jones, Brandon	Mary Baldwin	7.96	1	
17	Bannasch, Tristen	Mary Baldwin	8.08	3	
18	Crumbly, Calvin	Mary Baldwin	8.20	2	

Men 60 Meter

Name	Year	School	Finals	H#
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Finals

1	Stewart, Tydrick	Methodist	7.06	
2	Nwaneri, Elvis	Southern Virginia	7.14	7.134
3	Daley, Shevaun	Pfeiffer	7.14	7.137
4	Wade, Logan	Methodist	7.15	7.147
5	Lucas, Andre	Southern Virginia	7.15	7.148
6	Worthy, Tyson	Pfeiffer	7.16	
7	Batts, David	Pfeiffer	7.36	
8	Hayes, Christian	NC Wesleyan	7.40	

Men 200 Meter

Name	Year	School	Finals	H#
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1	Daley, Shevaun	Pfeiffer	22.89	1
2	Hayes, Christian	NC Wesleyan	23.18	2
3	Generlette, Jahmare	Methodist	23.41	1
4	Nwaneri, Elvis	Southern Virginia	23.49	3
5	Williams, Torrey	Methodist	23.51	1

USA South Indoor T&F Championships - 2/23/2024**JDL Fast Track****Results****...Men 200 Meter**

6 Vann, Jameel	Mary Baldwin	23.80	1
7 Worthy, Tyson	Pfeiffer	24.05	2
8 Stewart, Tydrick	Methodist	24.07	2
9 Archibald, Max	Southern Virginia	24.08	3
10 Rayche, Din	Mary Baldwin	24.50	4
11 Antoine, Joshua	Methodist	24.54	3
12 Green Jr., Leslie	Mary Baldwin	25.01	3
13 Scott, Lemuel	William Peace	25.06	6
14 Womble, Solomon	William Peace	25.18	5
15 Hope, Bryan	Southern Virginia	25.30	4
16 Crumbley, Calvin	Mary Baldwin	25.51	5
17 King, Elijah	NC Wesleyan	25.62	6
18 Hutchinson, Amir	William Peace	25.69	6
19 Bannasch, Tristen	Mary Baldwin	26.26	5

Men 400 Meter

Name	Year School	Finals	H#
1 Daley, Shevaun	Pfeiffer	51.34	1
2 Williams, Torrey	Methodist	52.19	1
3 Huffman, Andrew	Pfeiffer	52.98	1
4 Carrillo-Mendez, Emmanue	NC Wesleyan	53.46	1
5 Smith, Marques	Pfeiffer	53.83	1
6 Antoine, Joshua	Methodist	53.94	2
7 Ritchie, Cameron	Pfeiffer	54.20	2
8 Baez, Jose	Pfeiffer	54.24	2
9 James, Ari	Southern Virginia	54.70	3
10 Beasley, Branden	Southern Virginia	54.74	2
11 Brown, Quincy	NC Wesleyan	54.85	2
12 Green Jr., Leslie	Mary Baldwin	56.39	4
13 Crumbley, Calvin	Mary Baldwin	57.34	3
14 Scott, Lemuel	William Peace	57.56	4
15 Cortez, Angel	Southern Virginia	58.12	3 58.113
16 Jefferson, Damian	Methodist	58.12	3 58.118
17 Porter, Donaven	Mary Baldwin	1:01.28	4
18 Alexander Jr., Darnell	Methodist	1:02.64	4

Men 800 Meter

Name	Year School	Finals	H#
1 Ezzell, Austin	Methodist	1:59.82	2
2 Hughes, Ethan	Southern Virginia	1:59.98	2
3 Topoly, Alex	Methodist	2:01.72	1
4 Blount, Sharif	William Peace	2:01.75	1
5 Shilengitha, Rafael	Methodist	2:03.98	2
6 Beaver, Brad	Southern Virginia	2:04.65	2
7 Rivers, Trent	Pfeiffer	2:04.67	2
8 Smith, Jared	Southern Virginia	2:06.43	2
9 Plogger, Brendan	Mary Baldwin	2:07.17	2
10 Norcross, Denver	Southern Virginia	2:08.19	1
11 Carrillo-Mendez, Emmanue	NC Wesleyan	2:08.81	2
12 Harris, Elijah	Pfeiffer	2:22.23	1
13 Smith, Joseph	Pfeiffer	2:32.47	1

USA South Indoor T&F Championships - 2/23/2024

JDL Fast Track

Results

...Men 800 Meter

-- Porter, Donaven	Mary Baldwin	DNF	1
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Men 1 Mile

Name	Year	School	Finals
1 May, Dylan		Southern Virginia	4:31.00
2 Hughes, Joseph		Southern Virginia	4:32.57
3 Topoly, Alex		Methodist	4:34.74
4 Helms, Sawyer		Pfeiffer	4:34.81
5 Williams, Logan		Methodist	4:51.57
6 Blount, Sharif		William Peace	4:52.62
7 Mishak, Hayden		Pfeiffer	4:57.89
8 Ahearn-Wood, Micah		Mary Baldwin	5:09.71
9 Johnson, Carter		Southern Virginia	5:13.71
10 Faircloth, Landon		Methodist	5:16.24
11 Meyer, Truman		Southern Virginia	5:30.70
12 Steele, Daniel		William Peace	5:35.49

Men 3000 Meter

Name	Year	School	Finals
1 May, Dylan		Southern Virginia	9:09.68
2 Hughes, Joseph		Southern Virginia	9:12.15
3 Chandler, Kedryn		Southern Virginia	9:15.60
4 Powell, Cannon		Pfeiffer	9:15.77
5 Huggins, Coleman		Pfeiffer	9:27.83
6 Helms, Sawyer		Pfeiffer	9:29.37
7 Barriger, Jackson		Methodist	9:42.49
8 Kemp, Kenyon		Southern Virginia	9:43.66
9 Smith, Caleb		Mary Baldwin	9:56.43
10 Witte, Ethan		Pfeiffer	9:57.65
11 Williams, Logan		Methodist	9:57.99
12 Diaczyszyn, Daniel		Mary Baldwin	10:22.14
13 Mishak, Hayden		Pfeiffer	10:28.24
14 Faircloth, Landon		Methodist	10:29.17
15 Shultz, David		Mary Baldwin	11:42.04

Men 5000 Meter

Name	Year	School	Finals
1 May, Dylan		Southern Virginia	15:37.32
2 Chandler, Kedryn		Southern Virginia	15:39.36
3 Powell, Cannon		Pfeiffer	15:44.23
4 Kemp, Kenyon		Southern Virginia	16:37.44
5 Smith, Caleb		Mary Baldwin	16:52.16
6 Barriger, Jackson		Methodist	16:56.74
7 Shilengitha, Rafael		Methodist	17:28.44
8 Ruder, Landon		Southern Virginia	18:08.89
-- Witte, Ethan		Pfeiffer	DNF

USA South Indoor T&F Championships - 2/23/2024

JDL Fast Track

Results

Men 60 Meter Hurdles

Name	Year School	Finals
1 Wilson, Quinton	Pfeiffer	8.97
2 Ritchie, Cameron	Pfeiffer	9.38
3 Parry, Koby	Southern Virginia	9.70
4 Rayche, Din	Mary Baldwin	10.00

Men 4x400 Meter Relay

School	Finals
1 Methodist 'A'	3:31.58
1) Williams, Torrey	2) Antoine, Joshua
3) Topoly, Alex	4) Ezzell, Austin
2 Pfeiffer 'A'	3:34.13
1) Baez, Jose	2) Smith, Marques
3) Rivers, Trent	4) Huffman, Andrew
3 Southern Virginia 'A'	3:34.80
1) James, Ari	2) Beaver, Brad
3) Beasley, Branden	4) Hughes, Ethan
4 North Carolina Wesleyan 'A'	3:42.77
1) Brown, Quincy	2) Carrillo-Mendez, Emmanuel
3) King, Elijah	4) Hayes, Christian
5 Mary Baldwin 'A'	3:58.33
1) Rayche, Din	2) Bannasch, Tristen
3) Green Jr., Leslie	4) Plogger, Brendan

Men Distance Medley

School	Finals
1 Methodist 'A'	10:48.03
1) Williams, Logan	2) Williams, Torrey
3) Ezzell, Austin	4) Topoly, Alex
2 Pfeiffer 'A'	11:07.01
1) Huggins, Coleman	2) Huffman, Andrew
3) Rivers, Trent	4) Helms, Sawyer
3 Southern Virginia 'A'	11:39.52
1) Norcross, Denver	2) Cortez, Angel
3) Smith, Jared	4) Johnson, Carter
4 Mary Baldwin 'A'	12:18.88
1) Crumbley, Calvin	2) Diaczyszyn, Daniel
3) Plogger, Brendan	4) Ahearn-Wood, Micah

Men High Jump

Name	Year School	Finals
1 Lucas, Andre	Southern Virginia	1.95m
2 Akogo, Komla	Methodist	1.85m
3 Batts, David	Pfeiffer	1.80m
4 Keene, Devin	Pfeiffer	1.75m
5 Rayche, Din	Mary Baldwin	J1.75m
5 Cochran, Meshach	Southern Virginia	J1.75m
7 Jones, Porter	Southern Virginia	1.70m

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Results

...Men High Jump

8	Green Jr., Leslie	Mary Baldwin	J1.70m
9	Brown, Quincy	NC Wesleyan	1.65m
10	Cuthrell, Isaiah	Methodist	1.60m
10	Fay, Ethan	NC Wesleyan	1.60m

Men Pole Vault

Name	Year	School	Finals
1	Arnold, Parker	Southern Virginia	4.50m
2	Hughes, Ethan	Southern Virginia	3.60m
3	Newsome, Reed	Southern Virginia	3.30m
4	Jones, Porter	Southern Virginia	3.15m

Men Long Jump

Name	Year	School	Finals
1	Lucas, Andre	Southern Virginia	6.86m
2	Dennis, David	Pfeiffer	6.26m
3	Green Jr., Leslie	Mary Baldwin	6.15m
4	Freeman, Jeremiah	Methodist	6.11m
5	Cuthrell, Isaiah	Methodist	6.07m
6	Rayche, Din	Mary Baldwin	5.80m
7	King, Elijah	NC Wesleyan	5.70m
8	Aiken, Lavon	Methodist	5.62m
9	McCorvey, Micah	Methodist	5.59m
10	Brown, Quincy	NC Wesleyan	5.35m
11	Hutchinson, Amir	William Peace	4.78m
--	Scott, Lemuel	William Peace	FOUL

Men Triple Jump

Name	Year	School	Finals
1	Freeman, Jeremiah	Methodist	12.98m
2	Rayche, Din	Mary Baldwin	12.67m
3	Dennis, David	Pfeiffer	12.41m
4	Brown, Quincy	NC Wesleyan	12.25m
5	Akogo, Komla	Methodist	11.76m
6	Cuthrell, Isaiah	Methodist	11.74m
7	Opp, Nolan	Southern Virginia	11.73m

Men Shot Put

Name	Year	School	Finals	H#
1	Barnes, Desmond	NC Wesleyan	12.83m	2
2	Facchino, Bryton	Southern Virginia	12.36m	2
3	Lionberger, Derek	Southern Virginia	12.16m	2
4	Troy, Jalan	Southern Virginia	11.98m	2
5	Herbert, E'Manuel	Methodist	11.82m	2
6	Sturdivant, Cameron	Pfeiffer	11.71m	2
7	Smith, Sherfield	NC Wesleyan	11.56m	2
8	Smiley, Owen	Southern Virginia	11.49m	2

USA South Indoor T&F Championships - 2/23/2024**JDL Fast Track****Results****...Men Shot Put**

9 Hazley, Sho	Methodist	11.15m	2
10 Hayes, Isaiah	Pfeiffer	11.02m	1
11 Davis, Andre	Pfeiffer	10.92m	1
12 Reyes, William	Mary Baldwin	10.91m	1
13 Davidson, Curt (Cj)	Southern Virginia	10.77m	2
14 Jones, Brandon	Mary Baldwin	10.15m	1
15 Fritz, Alex	Methodist	10.08m	2
16 Ramirez, Jonathan	Mary Baldwin	9.38m	1
17 Johnson, Hunter	Pfeiffer	9.36m	1
18 Stewart, Sean	William Peace	9.05m	1
-- Bowser, Tristan	Methodist	FOUL	2

Men Weight Throw

Name	Year School	Finals
1 Smiley, Owen	Southern Virginia	14.88m
2 Lionberger, Derek	Southern Virginia	14.17m
3 Davidson, Curt (Cj)	Southern Virginia	13.75m
4 Africa, Matthew	Southern Virginia	12.16m
5 Facchino, Bryton	Southern Virginia	11.67m
6 Davis, Andre	Pfeiffer	11.18m
7 Johnson, Hunter	Pfeiffer	10.99m
8 Sturdivant, Cameron	Pfeiffer	10.50m
9 Jones, Brandon	Mary Baldwin	10.08m
10 Rogers, Caleb	Methodist	9.24m
11 Troy, Jalan	Southern Virginia	8.82m
12 Belk, Romone	Methodist	8.41m
13 Mujald, Jihad	Methodist	7.42m
14 Ramirez, Jonathan	Mary Baldwin	7.27m
15 Bennet, Asheton	Methodist	7.02m
-- Reyes, William	Mary Baldwin	FOUL

Women - Team Rankings - 16 Events Scored

1) Southern Virginia	187.50	2) Pfeiffer	94.50
3) North Carolina Wesleyan	69	4) Meredith	66
5) Methodist	32	6) Mary Baldwin	21
7) William Peace	8		

Men - Team Rankings - 16 Events Scored

1) Southern Virginia	202.50	2) Pfeiffer	112
3) Methodist	107	4) North Carolina Wesleyan	30
5) Mary Baldwin	29.50	6) William Peace	5