Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
Meet Director:

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#4	1 Women's Weigh	t Throw	(cont'd)			
	Name		Team		Mark	F(PI)
11	Harris, Hilary		Col. of Charleston	า	14.58m <i>47' 10"</i>	3(9)
12	Nelson, Samara		Troy		14.24m <i>46′ 8³⁄</i> ₄	2(3)
13	Brown , Kayla		N. Carolina A&T		14.11m <i>46′ 3¹⁄</i> 2	2(4)
14	Johnson, Sarah		Christopher New	oort	13.85m <i>45' 51/</i> 4	2(5)
15	Swepson, Candace		Catawba		13.61m <i>44' 8"</i>	2(6)
16	Bussey, Lydia		Col. of Charleston	า	13.26m <i>43' 6"</i>	2(7)
17	Travis, Summer		Cumberlands		13.06m 42′ 10 <sup>1</sup> / <sub>4</sub>	2(8)
18	Wingo, Ashley		Livingstone		12.98m <i>42' 7"</i>	2(9)
19	Ortiz, Danielle		Catawba		12.71m 41′ 8½	1(1)
20	Strazdite, Kristine		Elon		12.67m <i>41' 7"</i>	1(2)
21	Weber, Madeline		Col. of Charleston	า	12.38m 40′ 7½	2(10)
22	Moseley, Sydne		Bridgewater (Va.)	)	12.34m <i>40' 6"</i>	1(3)
	Rasheed, Samiyah		Catawba		12.02m <i>39' 51/4</i>	1(4)
	Perry, Courtnie		Webber		10.76m <i>35' 3<sup>3</sup>/</i> <sub>4</sub>	1(5)
	Werner, Danielle		Bridgewater (Va.)	)	10.25m 33' 7½	1(6)
26	Stephens, Hannah		N.C. Central		8.83m <i>28' 11<sup>3</sup>/</i> <sub>4</sub>	1(7)
	Shablom, Briana		USC-Beaufort		NM	1
	Lamond, Toni		High Point		NM	1
	Hall, Dianthony		N.C. Central		NM	1
	Burke, Paulette		Webber		NM	1
	Cope, Autumn		Elon		NM	1
	Hopkins, Avianna		Queens (N.C.)		NM	2
	Schultz, Gabby		Queens (N.C.)		NM	3
	Carmichael, To'mara		Queens (N.C.)		NM	3
#2	2 Men's 60 Meters	;				
	JDL Fast Track	6.61	Sean McLean	Nike	1/19/20	015
\$	JDL Fast Track	6.61	Ramon Gittens	Unattached	1/30/20	016
!	College Facility	6.62	Keitavious Walter	Hinds CC	3/5/20	16
	Camel City	6.61	Ramon Gittens	Unattached	2016	
	nals					
	Name		Team		Time	
	Yang, Chun-Han		Adidas		6.75	
	Smith, Demarius		Cumberlands		6.80	
3	Gore, Paul		High Point		6.88	
4	Womack, Davonta		Bridgewater (Va.)	)	6.89	
	Croom-McFadden, M	alcolm	N. Carolina A&T		6.90	
	Lester-Harris, Joshua		Montreat		6.96	
7	Brown, Rasheem		Milligan		7.00	
	Bishop, Quinest		Troy		FS	
	-		·			
Pr	elims					
	Name		Team		Time H(PI)	
	Yang, Chun-Han		Adidas		6.80Q 4(1)	
	Bishop, Quinest		Troy		6.88Q 3(1)	
3	Smith, Demarius		Cumberlands		6.89Q 2(1)	

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#2	2 Men's 60 Mete	ers (cont'd)					
	elims						
_ <u>Pl</u>	Name		Team		Time	H(PI)	
4	Croom-McFadden	, Malcolm	N. Carolina A&T		6.90Q	1(1)	
5	Womack, Davonta	a	Bridgewater (Va.)		6.94q	3(2)	
6	Gore, Paul		High Point		6.95q	1(2)	
7	Lester-Harris, Josh	hua	Montreat		6.95q	2(2)	
8	Brown, Rasheem		Milligan		6.97q	3(3)	
9	Turner, Darius		Catawba		7.01	1(3)	
10	Fenner, Devine		Virginia-Lynchburg		7.02	3(4)	
11	Noble, Rashaun		Catawba		7.04	2(3)	
	Likely, Matthew		Troy		7.05	4(2)	
	Reed, Tyree		Troy		7.05	2(4)	
	Bulik, Sven		Mount Olive		7.06	1(4)	
	Jones, Ezekiel		Bryant & Stratton College		7.07	3(5)	
	Polk, Joshua		N.C. Central		7.07	4(3)	
	Newman, Tomas		Virginia-Lynchburg		7.00	4(4)	
	Jones, Dirk		Bridgewater (Va.)		7.11		
	•		N.C. Central			4(5)	
	Hartsfield , Blake				7.12	2(5)	
	Burnette, Justin		Catawba		7.14	3(6)	
	Cunningham , Car		Livingstone		7.15	3(7)	
	Graham, Kamarior	n	UNCW		7.16	4(6)	
	Mfikwa, Xavier		N.C. Central		7.17	1(5)	
	Roberts, Issac		N.C. Central		7.18	2(6)	
	Mitchell , Kadari		USC-Beaufort		7.18 7.21	4(7)	
	Allen-McDuffie, Ka	aleb	Troy			2(7)	
27	Davenport, Curtis		Cumberlands	Cumberlands		4(8)	
	Moses, Bryan		Virginia-Lynchburg		DNS	1	
	McClam, Joshua		Unattached		DNS	1	
	Anderson, Jordan		Anderson (S.C.)		DNS	1	
	Ragland II, Vincen	nt	Unattached		DNS	2	
	Shabazz, Emmanu	ual	Cumberlands		DNS	3	
#1	2 Men's 60 Mete	ers Qualifyi	ing				
\$	JDL Fast Track	6.61	Sean McLean	Nike		1/19/2015	
\$	JDL Fast Track	6.61	Ramon Gittens	Unattached		1/30/2016	
!	College Facility	6.62	Keitavious Walter	Hinds CC		3/5/2016	
@	Camel City	6.61	Ramon Gittens	Unattached		2016	
	Name		Team		Time	H(PI)	
	Smith, Demarius		Cumberlands		6.88	1(1)	
	Croom-McFadden	. Malcolm	N. Carolina A&T		6.90	1(2)	
	Womack, Davonta		Bridgewater (Va.)		6.94	1(3)	
	Bishop, Quinest	•	Troy		6.96	2(1)	
	Gore, Paul		High Point		6.97	3(1)	
	Lester-Harris, Josh	hua	Montreat		6.97	2(2)	
		iiua					
	Likely, Matthew		Troy		7.00	2(3)	
	Polk, Joshua		N.C. Central		7.01	3(2)	
9	Jones, Ezekiel		Bryant & Stratton College		7.02	3(3)	

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#12 Men's 60 Meters Qualifying (cont'd)			
PI Name	Team	Time	H(PI)
10 Ragland II, Vincent	Unattached	7.02	1(4)
11 Turner, Darius	Catawba	7.02	1(5)
12 Fenner, Devine	Virginia-Lynchburg	7.03	4(1)
13 Bulik, Sven	Mount Olive	7.04	4(2)
14 Reed, Tyree	Troy	7.04	2(4)
15 Graham, Kamarion	UNCW	7.05	4(3)
16 Mitchell , Kadari	USC-Beaufort	7.05	4(4)
17 Noble, Rashaun	Catawba	7.06	4(5)
18 Brown, Rasheem	Milligan	7.07	2(5)
19 McClam, Joshua	Unattached	7.07	3(4)
20 Burnette, Justin	Catawba	7.09	3(5)
21 Mfikwa, Xavier	N.C. Central	7.10	4(6)
22 Hartsfield , Blake	N.C. Central	7.12	4(7)
23 Jones, Dirk	Bridgewater (Va.)	7.13	5(1)
24 Davenport, Curtis	Cumberlands	7.13	5(2)
25 Roberts, Issac	N.C. Central	7.14	3(6)
26 Anderson, Jordan	Anderson (S.C.)	7.14	4(8)
27 Cunningham , Cameron	Livingstone	7.15	5(3)
28 Shabazz, Emmanual	Cumberlands	7.17	1(6)
29 Moses, Bryan	Virginia-Lynchburg	7.18	5(4)
30 Allen-McDuffie, Kaleb	Troy	7.19	5(5)
31 Newman, Tomas	Virginia-Lynchburg	7.20	2(6)
32 Dillard, Devyn	Unattached	7.20	5(6)
33 Faulcon, Gabriel	N. Carolina A&T	7.22	5(7)
34 Poole, Ashton	Queens (N.C.)	7.23	6(1)
35 Chisholm, Tayshaun	Louisburg College	7.23	9(1)
36 Murrell, Jordon	Webber	7.26	6(2)
37 Newman, Lorenzo	Webber	7.28	6(3)
38 Rigdon, Caleb	Coe	7.29	5(8)
39 Kanney, Brad	High Point	7.32	6(4)
40 Burns, Tyler	Louisburg College	7.33	6(5)
40 Hartshorne, Hunter	Coe	7.33	7(1)
42 Ray, Ronnell	Webber	7.34	6(6)
43 Askew, Jaylen	Livingstone	7.36	9(2)
44 Kirtley, Azavier	Montreat	7.37	7(2)
45 Schwartzhoff, Rodney	Coe	7.38	6(7)
46 Corrales, Matthew	Bryant & Stratton College	7.40	8(1)
47 Mathis, Darrel	Livingstone	7.41	7(3)
48 Ritter, Donovan	Louisburg College	7.42	7(4)
49 Dormestoir, Ricardo	Webber	7.42	6(8)
50 Mitchell, Josephus	Unattached	7.45	3(7)
51 Ndiaye, Pape	Belmont Abbey	7.48	7(5)
52 Bowman, Ezekiel	Unattached	7.51	7(6)
53 Zgoda, Michael	Queens (N.C.)	7.53	8(2)
53 Winfrey, Kerry	Davidson	7.53	8(2)
55 Blackley, Jahkwan	Bryant & Stratton College	7.63	2(7)
<b>-,,</b> <del></del>	,		\·/

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#12 Men's 60 Meters Qualifying	g (cont'd)		
Pl Name	Team	Time	H(PI)
56 Carr, James	Bryant & Stratton College	7.66	8(4)
57 Dillard, Aspen	Belmont Abbey	7.70	9(3)
58 Bryant, Andrew	Belmont Abbey	7.78	8(5)
59 Duncan, Connor	Montreat	7.80	8(6)
60 Parks, Tyrese	Unattached	8.02	8(7)
Lewis, Kendrick	Louisburg College	DNF	7
Lindo, Akeem	N. Carolina A&T	DNS	1
Bogle, Daniel	High Point	DNS	2
Bell, Michael	N. Carolina A&T	DNS	1
Weber, Jayden	Coe	DNS	7
Roach, Ethan	Wake Forest	DNS	3
Patillo, Josh	Belmont Abbey	DNS	8

	,					
#	#6 Men's 200 Meter	S				
\$		21.08	Lamar Hargrove	Tiffin		3/15/2014
!	College Facility	21.08	Lamar Hargrove	Tiffin		3/15/2014
(	Camel City	21.85	Nicholas Deshong	Unattached		2017
	Pl_Name		Team		Time	H(PI)
	1 Smith, Demarius		Cumberlands		21.91	1(1)
	2 Lewis, Gordon		N.C. Central		22.04	1(2)
	3 Blackley, Jahkwan		Bryant & Stratton College		22.07	15(1)
	4 Middlebrooks, Johnn	ny	Mount Olive		22.29	2(1)
	5 Hayes, Jared		Troy		22.30	1(3)
	6 Harris, Amir		Troy		22.37	2(2)
	7 Miles, Malik		N.C. Central		22.39	3(1)
	8 Womack, Davonta		Bridgewater (Va.)		22.40	6(1)
	9 Jones, Ezekiel		Bryant & Stratton College		22.43	4(1)
	10 Leppelsack, Arne		Mount Olive		22.47	4(2)
	11 Burnette, Justin		Catawba		22.52	5(1)
	12 Roach, Ethan		Wake Forest		22.64	6(2)
	13 Reid, Aveon		Louisburg College		22.76	9(1)
	14 Philippot, Ronan		Milligan		22.85	2(3)
	15 Davenport, Curtis		Cumberlands		22.87	7(1)
	16 Mitchell , Kadari		USC-Beaufort		22.97	8(1)
	17 Gamble, Orlandus		Louisburg College		23.02	9(2)
	18 Savage, Daniel		Bryant & Stratton College		23.04	10(1)
	19 Bulik, Sven		Mount Olive		23.05	4(3)
	20 Hartsfield , Blake		N.C. Central		23.11	3(2)
	21 Osifo, Tyler		Catawba		23.16	8(2)
	22 Rigdon, Caleb		Coe		23.19	5(2)
	23 Coker, DeJon		Bryant & Stratton College		23.21	15(2)
	24 Pittman, Brien		Catawba		23.24	16(1)
	25 Berry, Brandon		Christopher Newport		23.26	7(2)
	26 Harrison, Kevin		Queens (N.C.)		23.28	6(3)
	26 Allen-McDuffie, Kale	b	Troy		23.28	9(3)
	28 Fisher, Richard		Mount Olive		23.36	5(3)

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#6 Men's 200 Meters (cont'd)		
PI Name	Team	Time H(PI)
29 Anderson, Jordan	Anderson (S.C.)	23.39 5(4)
30 Long, Jakari	Unattached	23.43 15(3)
31 Mukoro, Josh	North Carolina	23.47 3(3)
32 Murrell, Jordon	Webber	23.51 4(4)
32 Cobb, Nigel	Louisburg College	23.51 11(1)
34 Mayo, James	Bridgewater (Va.)	23.55 10(2)
35 Blount , Stevenson	Webber	23.56 10(3)
36 Lovelace, Anthony	Bridgewater (Va.)	23.70 6(4)
36 Thierfelder, James	Belmont Abbey	23.70 16(2)
38 Walker, Jahbriel	Catawba	23.71 11(2)
39 Hartshorne, Hunter	Coe	23.77 8(3)
40 Moses, Bryan	Virginia-Lynchburg	23.81 16(3)
41 Newman, Lorenzo	Webber	23.93 8(4)
41 Schwartzhoff, Rodney	Coe	23.93 11(3)
41 Merida , Elijah	USC-Beaufort	23.93 13(1)
44 Newman, Tomas	Virginia-Lynchburg	23.95 16(4)
45 Poole, Ashton	Queens (N.C.)	23.97 9(4)
45 Winfrey, Kerry	Davidson	23.97 10(4)
47 Alexander, Derrick	N.C. Central	23.99 12(1)
48 Ray, Ronnell	Webber	24.01 11(4)
49 Weber, Jayden	Coe	24.12 12(2)
50 Bowman, Ezekiel	Unattached	24.17 12(3)
51 Okonne, Marvelous	Belmont Abbey	24.28 13(2)
52 Loyd, Jacobi	UNCW	24.54 7(3)
53 Whitehead, Kevon	Virginia-Lynchburg	24.78 13(3)
54 Reynolds, Cole	Davidson	24.84 12(4)
55 Howard, Daveon	Livingstone	24.87 13(4)
56 White, Justin	High Point	24.89 14(1)
57 Jones, Robert	Anderson (S.C.)	24.98 14(2)
58 Ndiaye, Pape	Belmont Abbey	25.33 14(3)
59 Patillo, Josh	Belmont Abbey	26.85 15(4)
Peeples, Nick	Davidson	DQ 3
Braswell, Brandon	High Point	DQ 7
Lattimore, Mark	Montreat	DNS 14
#20 Men's 400 Meters		

\$	JDL Fast Track	46.81	Dane Hyatt	Unattached	2/25/2012
!	College Facility	47.24	Josh Edmonds	St. Augustine's	2/25/2012
@	Camel City	48.70	Justin Hamilton	North Carolina A&T	2016
_PI	Name		Team	Time	H(PI)
1	Middlebrooks, John	nny	Mount Olive	49.17	1(1)
2	Shannon, Tedric		Mount Olive	49.58	2(1)
3	Leppelsack, Arne		Mount Olive	49.87	3(1)
4	Fisher, Richard		Mount Olive	50.15	1(2)
5	Klei, Niklas		Queens (N.C.)	50.21	4(1)
6	McCleskey, Jordan	Ì	Troy	50.27	2(2)

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#20 Men's 400 Meters (cont'd)			
Pl_Name	Team	Time	H(PI)
7 Hayes, Jared	Troy	50.39	1(3)
8 Harris, Amir	Troy	50.39	1(4)
9 Bonham, Chase	N. Carolina A&T	50.67	3(2)
10 Harrison, Kevin	Queens (N.C.)	50.74	2(3)
11 Felix, Brandy	N. Carolina A&T	50.80	3(3)
12 Simmons, Evan	Wake Forest	50.91	5(1)
13 Ingram, Da'Mon	N.C. Central	51.10	3(4)
14 Jean-Pierre, Wilhemson	Webber	51.59	2(4)
15 Pittman, Brien	Catawba	51.62	4(2)
16 Crooks, Duran	Webber	51.68	3(5)
17 Hicks, Kevin	Unattached	51.68	5(2)
18 Berry, Brandon	Christopher Newport	52.34	5(3)
19 Difrancesco, Matthew	Belmont Abbey	52.37	9(1)
20 Ray, Zachary	UNCW	52.72	6(1)
21 Mayo, James	Bridgewater (Va.)	52.89	6(2)
22 Martin, Andre	Bridgewater (Va.)	52.89	7(1)
23 Peeples, Nick	Davidson	53.09	4(3)
24 Ford, Braxton	Catawba	53.11	6(3)
25 Blount , Stevenson	Webber	53.38	9(2)
26 Kalo, Mozart	Bryant & Stratton College	53.82	9(3)
27 Braswell, Brandon	High Point	53.83	6(4)
28 Abalos, Alex	Belmont Abbey	53.85	4(4)
29 Terry, RahQuan	Catawba	53.94	7(2)
30 Ingalls, Noah	Queens (N.C.)	54.33	5(4)
31 Williamson, Tyquandarius	Catawba	54.83	7(3)
32 Freeman, Xavier	High Point	55.21	8(1)
33 Bowman, Ezekiel	Unattached	55.45	8(2)
34 Reynolds, Cole	Davidson	55.89	6(5)
35 Bobbitt, Tommy	Queens (N.C.)	55.94	7(4)
36 Gantz, David	Belmont Abbey	57.21	8(3)
37 Carr, James	Bryant & Stratton College	57.52	8(4)
38 Pandy, Jimmy	Belmont Abbey	1:02.03	8(5)
Ameer, Jelani	Bryant & Stratton College	FS	9
Broome, Dominque	Webber	DNS	5
Philippot, Ronan	Milligan	DNS	4
Jarvis, Michael	N.C. Central	DNS	7

416	Monio	600	Matare	

\$		JDL Fast Track	1:19.21	Jaymes Dennison	Monroe College	3/5/2016
!		College Facility	1:19.21	Jaymes Dennison	Monroe College	3/5/2016
	Ы	Name		Team	Time	H(PI)
	1	Dupell III, Bobby 25.75 (25.75)	28.67 (5	High Point 54.42) 29.51 (1:23.92)	1:23.92	1(1)
	2	Coleman, Simeon 25.40 (25.40)	29.07 (5	Cumberlands 54.47) 29.91 (1:24.38)	1:24.38	1(2)
	3	Robinson, Qua-Ronz	<u> </u>	Louisburg Coll	lege 1:24.61	1(3)

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#16 Men's 60	00 Meters	(cont'd)			
Pl_Name	00 (26.00)	29.37 (55.36)	<b>Team</b> 29.26 (1:24.61)	Time	H(PI)
4 Bryant, Kale	, ,	29.37 (35.36)	29.26 (1:24.61)  Wake Forest	1:24.77	1(4)
•	89 (25.89)	29.49 (55.38)	29.40 (1:24.77)		• •
5 Ewell, Antoi	ne 44 (25.44)	28.37 (53.81)	Livingstone 31.84 (1:25.65)	1:25.65	3(1)
6 Jordan, Zair	e 51 (26.51)	29.09 (55.60)	Louisburg College 30.22 (1:25.82)	1:25.82	2(1)
7 Sasso, Anth	nony 37 (27.37)	28.58 (55.95)	High Point 30.19 (1:26.14)	1:26.14	3(2)
8 Coleman, N	ico 27 (26.27)	28.44 (54.71)	Duke 31.50 (1:26.21)	1:26.21	2(2)
9 Brown, Mich	nael 88 (25.88)	30.78 (56.65)	Bryant & Stratton College 29.66 (1:26.31)	1:26.31	4(1)
10 Perryman, A	Ahmad 01 (24.01)	28.71 (52.71)	Montreat 34.20 (1:26.91)	1:26.91	2(3)
11 Connolly, Jo 26.	ohn 74 (26.74)	29.35 (56.08)	Louisburg College 31.74 (1:27.82)	1:27.82	2(4)
12 Kirtley, Azav	vier 95 (25.95)	29.03 (54.98)	Montreat 33.18 (1:28.15)	1:28.15	2(5)
13 Koonce, Lev 26.	vin 85 (26.85)	29.95 (56.79)	Louisburg College 31.40 (1:28.19)	1:28.19	1(5)
14 Allen, Jahm	on 94 (25.94)	30.38 (56.31)	N.C. Central 31.89 (1:28.20)	1:28.20	4(2)
15 Trainor, Sea 25.	an 74 (25.74)	30.61 (56.34)	Webber 32.64 (1:28.98)	1:28.98	5(1)
16 Thornburg, 27.	Caleb 14 (27.14)	29.66 (56.79)	Montreat 32.21 (1:29.00)	1:29.00	3(3)
17 Vilcheck, Di	marcus 61 (27.61)	30.24 (57.84)	Belmont Abbey 32.09 (1:29.93)	1:29.93	3(4)
18 Eichorn, Tho	omas 69 (28.69)	29.70 (58.38)	Belmont Abbey 31.70 (1:30.08)	1:30.08	5(2)
19 Smith, Isaia 26.	h 30 (26.30)	30.83 (57.13)	N.C. Central 32.98 (1:30.10)	1:30.10	4(3)
20 Perezchica,	Andres 67 (26.67)	28.50 (55.17)	Unattached 35.05 (1:30.21)	1:30.21	2(6)
21 Greggory, N	late 36 (27.36)	29.95 (57.31)	High Point 33.31 (1:30.62)	1:30.62	4(4)
22 Carnevale, 28.	Trey 34 (28.34)	30.53 (58.86)	Queens (N.C.) 32.21 (1:31.07)	1:31.07	4(5)
23 Jones, Robe	ert 40 (28.40)	30.16 (58.56)	Anderson (S.C.) 33.95 (1:32.50)	1:32.50	5(3)
24 Ameer, Jela 26.	ni 26 (26.26)	30.61 (56.87)	Bryant & Stratton College 36.24 (1:33.10)	1:33.10	4(6)
25 Binkley, Ste	phen 20 (29.20)	31.96 (1:01.16)	High Point 33.20 (1:34.35)	1:34.35	3(5)
26 Mata, Carlo	s		Belmont Abbey	1:36.78	5(4)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
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## **RESULTS**

18 McLean, Joshua

#	16 Men's 600 Mete	ers (cont'd	)				
	Pl_Name	`		Team		Time	H(PI)
	28.63 (28.63)	31.41 (1:0	00.03)	36.75 (1:36.78)			
2	27 Osifo, Tyler 29.64 (29.64)	32.68 (1:0	)2.31)	Cataw 35.42 (1:37.73)	ba	1:37.73	3(6)
	Gantz, David			Belmo	nt Abbey	DNS	5
	Mudge, Jared			Bryan	t & Stratton Colleg	pe DNS	5
#4	4 Men's 800 Meter	S					
\$	JDL Fast Track	1:48.27	Bran	don Johnson		Nike	1/31/2015
!	College Facility	1:48.94	Eliud	Rutto		Mid Tenn State	2/4/2017
@	Camel City	1:48.27	Bran	don Johnson		Nike	2015
_F	Pl_Name			Team		Time	H(PI)
	1 Anthony, Seb				ns (N.C.)	1:53.32	2(1)
	27.53 (27.53)	27.92 (5	55.45)	28.91 (1:24.36)	28.96 (1:53.32)		
:	2 Woods, Theo			Unatta		1:54.64	1(1)
	28.50 (28.50)	28.85 (5	57.34)	28.98 (1:26.31)	28.33 (1:54.64)		
;	3 Smith, Jordan			Troy		1:55.67	1(2)
	28.24 (28.24)	28.71 (5	6.94)	29.67 (1:26.61)	29.07 (1:55.67)		
	4 Pina Cardona, Siro			High F	Point	1:55.95	1(3)
	28.36 (28.36)	28.71 (5	57.07)	28.75 (1:25.81)	30.14 (1:55.95)		
!	5 Wosahla, Adam			Christ	opher Newport	1:56.00	2(2)
	28.06 (28.06)	28.75 (5	6.80)	29.23 (1:26.03)	29.98 (1:56.00)		
(	6 Dunn, Jake			High F	Point	1:57.15	1(4)
	28.10 (28.10)	28.63 (5	56.73)	29.43 (1:26.15)	31.00 (1:57.15)		
	7 Lane, Jonah			Davids	son	1:57.86	2(3)
	28.36 (28.36)	28.80 (5	57.15)	29.92 (1:27.07)	30.79 (1:57.86)		
	8 Baird, Cooper			Washi	ngton and Lee	1:57.96	2(4)
	28.71 (28.71)	29.21 (5	57.92)	30.25 (1:28.16)	29.81 (1:57.96)		
9	9 Joyce, Tom			Cataw	ba	1:58.06	1(5)
	28.95 (28.95)	29.00 (5	57.95)	29.59 (1:27.53)	30.53 (1:58.06)		
1	0 Van Der Cruyssen, F	Patrick		High F	Point	1:58.11	3(1)
	29.21 (29.21)	29.50 (5	8.71)	29.92 (1:28.62)	29.49 (1:58.11)		
1	1 Alvarez-Orlachia, Da	niel		Davids	son	1:58.20	1(6)
	28.56 (28.56)	28.80 (5	57.35)	29.10 (1:26.45)	31.76 (1:58.20)		
1	2 Shore, Ezekiel			UNCV	V	1:59.68	2(5)
	28.48 (28.48)	29.41 (5	57.89)	30.48 (1:28.36)	31.32 (1:59.68)		• •
1	3 Trainor, Sean			Webb	er	2:00.43	1(7)
	28.43 (28.43)	29.07 (5	57.50)	30.68 (1:28.17)	32.26 (2:00.43)		` '
1	4 Owens-Hunter, Cam	eron		Ander	son (S.C.)	2:00.48	1(8)
	28.76 (28.76)	29.11 (5	57.87)	29.94 (1:27.80)	32.68 (2:00.48)		` '
1	5 Izer, Ryan			Coe		2:00.70	2(6)
•	28.16 (28.16)	29.34 (5	57.49)	31.21 (1:28.70)	32.01 (2:00.70)		` '
1	6 Peter, Lukas			Mount	Olive	2:01.13	4(1)
	28.83 (28.83)	30.64 (5	59.47)	31.86 (1:31.32)	29.82 (2:01.13)	2.510	(.,)
1	7 DuToit, Pieter			SCAD	Atlanta	2:01.24	5(1)
'	30.21 (30.21)	30.77 (1:0	00.97)	30.52 (1:31.49)	29.76 (2:01.24)	2.01.24	<b>(</b> 1)

2:01.69 4(2)

N.C. Central

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
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#4 N	Men's 800 Meters	(cont'd)			
	Name		Team 24 49 (4:20 44) 24 55 (2:4	Time	H(PI)
	28.41 (28.41)	30.26 (58.67)	31.48 (1:30.14) 31.55 (2:0		2(2)
19 \	Yrelus, Mackenson 29.44 (29.44)	30.21 (59.65)	N.C. Central 31.74 (1:31.38) 31.03 (2:0	2:02.40	3(2)
20 (	Grosch, Daniel 29.60 (29.60)	30.37 (59.97)	Belmont Abbey 31.54 (1:31.51) 31.00 (2:0	2:02.51	3(3)
21 F	Felton, Rontrel 29.98 (29.98)	30.43 (1:00.41)	Catawba 30.66 (1:31.07) 32.19 (2:0	2:03.25	3(4)
22 F	Floyd, Noah 30.24 (30.24)	30.49 (1:00.73)	Unattached 31.24 (1:31.97) 31.50 (2:0	2:03.47	3(5)
23 E	Brown, Michael		Bryant & Stratto	n College 2:03.56	5(2)
24 E	29.19 (29.19) Eichorn, Thomas	30.43 (59.62)	32.00 (1:31.62) 31.95 (2:0 Belmont Abbey	2:03.99	4(3)
25 N	29.44 (29.44) Marticke, Michele	31.11 (1:00.55)	31.99 (1:32.54) 31.46 (2:0	2:04.03	4(4)
	28.07 (28.07)	30.46 (58.52)	32.40 (1:30.92) 33.12 (2:0	04.03)	•
26 N	Moore, Christopher 29.75 (29.75)	31.04 (1:00.79)	Bridgewater (Va 32.71 (1:33.50) 30.65 (2:0		4(5)
27 \	Watson, Nick 29.92 (29.92)	30.17 (1:00.08)	Washington and 31.56 (1:31.64) 32.66 (2:0		3(6)
28 \$	Schick, Spencer 28.83 (28.83)	29.83 (58.65)	Cumberlands 31.41 (1:30.06) 34.38 (2:0	2:04.43	2(7)
29 (	Camden, Ryan 29.60 (29.60)	31.12 (1:00.72)	UNCW 32.65 (1:33.36) 31.34 (2:0	2:04.69	4(6)
30 H	Hunter, Dylan 28.89 (28.89)	30.78 (59.66)	Louisburg Collection 32.53 (1:32.19) 32.82 (2:0	ge 2:05.01	5(3)
31 .	Jones, Tim 28.70 (28.70)	30.57 (59.27)	Mount Olive 32.80 (1:32.06) 33.26 (2:0	2:05.31	4(7)
32 N	McMahon, Kane		Montreat	2:05.54	5(4)
33 I	29.65 (29.65) Hall, Eli	30.39 (1:00.03)	32.55 (1:32.58) 32.97 (2:0	2:06.60	4(8)
34 \	29.66 (29.66) Varney, Jackson	31.12 (1:00.77)	32.90 (1:33.66) 32.94 (2:0	2:08.94	3(7)
35 A	29.27 (29.27) Anderson, Edwin	30.80 (1:00.07)	33.23 (1:33.29) 35.65 (2:0 Louisburg Colleg		5(5)
	31.04 (31.04) Perry, Montrell	31.17 (1:02.21)	33.62 (1:35.82) 33.20 (2:0	•	4(9)
	29.06 (29.06)	31.05 (1:00.10)	33.63 (1:33.73) 37.02 (2:1	10.75)	
37 H	Helberg, Harris 31.38 (31.38)	32.81 (1:04.18)	Queens (N.C.) 35.11 (1:39.28) 34.18 (2:1	2:13.45	5(6)
38 I	nman, Jacob 30.96 (30.96)	32.83 (1:03.78)	Montreat 37.01 (1:40.79) 35.72 (2:1	2:16.50	5(7)
39 (	Chinwendu, Bayete 31.74 (31.74)	34.12 (1:05.85)	SCAD Atlanta 36.50 (1:42.35) 36.68 (2:1	2:19.03	5(8)
40 F	Pandy, Jimmy 31.58 (31.58)	34.26 (1:05.83)	Belmont Abbey 39.39 (1:45.21) 42.84 (2:2	2:28.05	5(9)
(	Gomez, Antonio		Montreat	DNS	2

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

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	Men's 800 Meters	s (cont'd)		_	11(20)
<u>Pl</u>	Name Burgess, Matthew		Team Anderson (S.C.)	Time DNS	<b>H(PI)</b> 3
	Dargooo, Matthon		7 (110010011 (0.0.)	Divide the second secon	
#2	8 Men's Camel Ci	ity Elite 800			
\$	JDL Fast Track	1:48.27	Brandon Johnson	Nike	1/31/2015
!	College Facility	1:48.94	Eliud Rutto	Mid Tenn State	2/4/2017
@	Camel City	1:48.27	Brandon Johnson	Nike	2015
	Name		Team	Time	
1	Murphy, Clayton 25.99 (25.99)	25.80 (51.78	Nike Oregon Projec 3) 26.83 (1:18.61) 27.31 (1:45.92)	t \$1:45.92	
2	Giesting, Chris 26.43 (26.43)	26.15 (52.58	Hoka NJNY TC 3) 27.67 (1:20.25) 28.51 (1:48.76)	! 1:48.76	
3	Wisner, Matt 26.69 (26.69)	26.97 (53.65	Duke 5) 27.81 (1:21.46) 27.76 (1:49.22)	1:49.22	
4	Piazza, Drew 26.25 (26.25)	26.02 (52.27	Nike OTC Elite 7) 27.74 (1:20.01) 29.25 (1:49.26)	1:49.26	
5	Mosavel-Lo, Bashir 26.57 (26.57)	26.33 (52.89	Virginia Tech 9) 27.78 (1:20.67) 28.80 (1:49.46)	1:49.46	
6	Amankwah, Alex 26.84 (26.84)	27.10 (53.93	Ghana 3) 27.97 (1:21.90) 30.34 (1:52.24)	1:52.24	
7	Rotich, Nickson 26.16 (26.16)	25.86 (52.01	Eastern Kentucky	1:52.50	
	Beach, Curtis		Albuquerque	DNF	
	O Men's 1000 Met JDL Fast Track College Facility	2:27.47	Thomas Bojanowski Thomas Bojanowski	Wake Forest Wake Forest	12/1/2012 12/1/2012
	Name		Team	Time	H(PI)
1	Greenwalt, Dakota 28.41 (28.41)	30.43 (58.8	Wake Forest 34) 31.02 (1:29.85) 30.77 (2:00.62	2:29.66	1(1)
2	Grandperrin, Nicolas 29.87 (29.87)	30.37 (1:00.2	Cumberlands 24) 30.49 (1:30.72) 29.96 (2:00.68	2:30.92	1(2)
3	Cornu, Altan 29.65 (29.65)	30.22 (59.8	Mount Olive 37) 30.34 (1:30.20) 31.10 (2:01.29	2:32.06	1(3)
4	Gomez, Antonio 30.14 (30.14)	30.33 (1:00.4	Montreat 47) 30.95 (1:31.42) 31.23 (2:02.65	2:33.40 5) 30.75 (2:33.40)	1(4)
5	Politis, Matt 29.39 (29.39)	30.19 (59.	<b>Duke</b> 58) 30.32 (1:29.89) 31.67 (2:01.56	2:35.44 s) 33.88 (2:35.44)	1(5)
6	Hirsch, Walker 29.50 (29.50)	31.26 (1:00.7	Louisburg College 76) 31.27 (1:32.03) 32.33 (2:04.36	2:35.48	1(6)
7	Smucker, Spencer 29.08 (29.08)		High Point	2:36.32	1(7)
	,,	31.04 (1:00.1	12) 31.52 (1:31.63) 32.47 (2:04.10		
8	Sasso, Anthony 29.88 (29.88)	31.04 (1:00. <sup>2</sup> 30.44 (1:00. <sup>2</sup>	High Point	2:39.25	1(8)
		31.04 (1:00.3 30.44 (1:00.3 30.76 (1:01.2	High Point 31) 30.81 (1:31.12) 32.44 (2:03.55 Unattached	5) 35.70 (2:39.25) 2:44.65	1(8)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

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#10 Me	n's 1000 Mete	rs (cont'd)					
_PI_Nam	е		Team			Time	H(PI)
	30.94 (30.94)	33.59 (1:04.53)	35.59 (1:40.11)	34.11 (2:14.21)	30.82 (2:45.03)		
11 Hall,	Anthony		Louisb	ourg College		2:45.05	2(2)
	29.97 (29.97)	32.28 (1:02.24)	33.58 (1:35.82)	34.88 (2:10.70)	34.36 (2:45.05)		
12 Arms	trong, Knute		Unatta	ached		2:49.51	2(3)
	32.05 (32.05)	33.05 (1:05.10)	34.30 (1:39.39)	34.61 (2:13.99)	35.52 (2:49.51)		
13 Snell	, Nick		Belmo	nt Abbey		2:49.97	2(4)
	33.38 (33.38)	33.82 (1:07.19)	35.22 (1:42.40)	34.91 (2:17.31)	32.66 (2:49.97)		
14 Smal	I, Maleik		Louisb	ourg College		2:50.26	2(5)
	30.64 (30.64)	32.21 (1:02.85)	35.87 (1:38.72)	37.66 (2:16.37)	33.90 (2:50.26)		
15 Hartu	ıng, Kenan		North	Carolina		2:51.84	2(6)
	30.86 (30.86)	32.31 (1:03.16)	35.42 (1:38.57)	36.55 (2:15.12)	36.72 (2:51.84)		
16 Garc	ia, Christopher		Montre	eat		2:52.16	2(7)
	32.80 (32.80)	33.21 (1:06.01)	34.85 (1:40.85)	36.51 (2:17.36)	34.80 (2:52.16)		
17 Mata	, Carlos		Belmo	nt Abbey		3:00.94	2(8)
	31.34 (31.34)	34.36 (1:05.70)	37.22 (1:42.91)	39.55 (2:22.46)	38.48 (3:00.94)		
18 Rezk	, Zack		Belmo	nt Abbey		3:06.51	2(9)
	32.15 (32.15)	36.05 (1:08.19)	40.21 (1:48.40)	40.17 (2:28.56)	37.95 (3:06.51)		

\$	JDL Fast Track	3:53.85	Edward Cheserek		Skechers		2/3/2
Ψ	College Facility	3:59.57	Vincent Ciattei		Virginia T		2/3/201
·	,	3.33.31	Tea	m	viigiilla i	Time	2/3/2010
	Cheserek, Edward			chers		! 3:55.74	
	30.22 (30.22)	28.08 (58.		29.59 (1:56.90)	29.65 (2:26.55)	29.70 (2:56.24)	
	30.18 (3:26.42)	29.32 (3:55.	74)	, ,		, ,	
2	Zarate, Diego		Virgi	nia Tech		4:03.37	
	31.10 (31.10)	29.51 (1:00.	60) 30.19 (1:30.79)	31.50 (2:02.29)	31.35 (2:33.63)	30.59 (3:04.22)	
	29.82 (3:34.03)	29.34 (4:03.	37)				
3	Hurt, Tripp		Una	ttached		4:03.44	
	31.11 (31.11)	28.99 (1:00.	09) 29.76 (1:29.85)	31.30 (2:01.14)	31.66 (2:32.80)	30.96 (3:03.76)	
	30.13 (3:33.88)	29.57 (4:03.	44)				
2	Young, Benjamin		Kent	tucky		4:04.11	
	30.86 (30.86)	29.34 (1:00.	19) 30.49 (1:30.68)	31.35 (2:02.02)	31.39 (2:33.41)	30.58 (3:03.99)	
	30.35 (3:34.33)	29.78 (4:04.	11)				
5	Lagat, Festus		lowa	State		4:04.99	
	31.02 (31.02)	29.41 (1:00.	43) 29.63 (1:30.06)	30.90 (2:00.95)	31.62 (2:32.57)	31.94 (3:04.51)	
	31.64 (3:36.14)	28.85 (4:04.	99)				
6	Heppenstall, Robert		Wak	e Forest		4:07.79	
	30.64 (30.64)	29.30 (59.	93) 30.53 (1:30.45)	32.06 (2:02.51)	32.11 (2:34.61)	31.67 (3:06.28)	
	31.17 (3:37.45)	30.35 (4:07.	79)				
7	Paulson, William		Arizo	ona State		4:08.36	
	30.38 (30.38)	28.17 (58.	55) 29.07 (1:27.61)	30.02 (1:57.63)	31.35 (2:28.97)	32.40 (3:01.37)	
	33.00 (3:34.36)	34.01 (4:08.	36)				
8	Tatezawa, Ryoji		Toka	ai University		4:10.88	
	30.70 (30.70)	28.45 (59.	15) 30.37 (1:29.51)	31.89 (2:01.40)	32.33 (2:33.73)	32.32 (3:06.04)	
	32.90 (3:38.93)	31.95 (4:10.	88)				

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
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1	#30 Men's Camel Cit	ty Elite Mile (d	cont'd)				
	Pl_Name	`	Tea	m		Time	
	9 O'Toole, Garrett		Una	ttached		4:13.53	
	31.21 (31.21)	29.65 (1:00.85)	30.73 (1:31.58)	31.58 (2:03.15)	33.11 (2:36.25)	34.03 (3:10.28)	
	33.13 (3:43.40)	30.14 (4:13.53)					
	10 Adams, Ryan		Furr	man		4:14.92	
	31.33 (31.33)	29.69 (1:01.01)	30.03 (1:31.03)	31.39 (2:02.42)	31.77 (2:34.19)	31.95 (3:06.14)	
	33.43 (3:39.56)	35.36 (4:14.92)					
	11 Sanchez, Ryan		Pue	rto Rico		4:29.16	
	30.24 (30.24)	28.61 (58.85)	30.43 (1:29.27)	32.96 (2:02.23)	34.29 (2:36.52)	36.92 (3:13.43)	
	38.21 (3:51.63)	37.53 (4:29.16)					
	Nowak, Craig		Furr	man Elite		DNF	

	Nowak, Craig		Furman	Elite		DNF		
#2	2 Men's 1 Mile Rur	1						
\$	JDL Fast Track	3:53.85 Edv	vard Cheserek		Skechers		2/3/2018	
!	College Facility	3:59.57 Vind	cent Ciattei		Virginia Tech		2/3/2018	
_P	Name		Team			Time	H(PI)	
1	Fink, Willy		VT Elite				1(1)	
	31.20 (31.20)	28.14 (59.34)	30.28 (1:29.62)	31.66 (2:01.27)	31.58 (2:32.84)	30.95 (3:03.79	9)	
	30.86 (3:34.65)	31.21 (4:05.85)						
2	Nowak, Craig		Furman				1(2)	
	31.37 (31.37)	28.44 (59.81)	30.18 (1:29.98)	31.51 (2:01.49)	31.56 (2:33.04)	31.41 (3:04.4	5)	
	31.41 (3:35.86)	30.87 (4:06.72)						
3	Jaskowak, Daniel		Unattac				1(3)	
	31.57 (31.57)	29.27 (1:00.84)	30.61 (1:31.44)	31.55 (2:02.98)	32.14 (2:35.11)	33.26 (3:08.3	77)	
	31.37 (3:39.73)	29.34 (4:09.06)						
4	Gaynor, Gavin			arolina St.			1(4)	
	32.20 (32.20)	29.54 (1:01.73)	30.99 (1:32.72)	31.67 (2:04.38)	32.06 (2:36.43)	32.02 (3:08.4	5)	
	30.93 (3:39.37)	29.75 (4:09.12)						
5	Ponder, Cameron		Furman				1(5)	
	31.97 (31.97)	29.53 (1:01.50)	30.90 (1:32.39)	31.63 (2:04.02)	32.24 (2:36.26)	31.99 (3:08.2	4)	
	31.00 (3:39.24)	30.47 (4:09.70)						
6	Wallis, Daniel	00.50 (4.04.00)	Queens		00.00 (0.05.00)		1(6)	
	31.77 (31.77)	29.52 (1:01.28)	30.90 (1:32.17)	31.63 (2:03.80)	32.03 (2:35.82)	32.23 (3:08.0	5)	
	31.93 (3:39.97)	30.96 (4:10.92)						
7	Rutto, Edwin	20.26 (4.02.46)		arolina St.	24.05 (2:27.00)		2(1)	
	31.80 (31.80) 31.97 (3:40.61)	30.36 (1:02.16) 31.76 (4:12.37)	31.37 (1:33.52)	32.54 (2:06.06)	31.85 (2:37.90)	30.75 (3:08.6	<del>(4</del> )	
_	, ,	31.70 (4.12.37)				4.40.40	4(7)	
8	31.22 (31.22)	29.77 (1:00.99)	North C 30.95 (1:31.93)	arolina St. 31.60 (2:03.53)	32.53 (2:36.05)	4:12.48 32.49 (3:08.54	1(7)	
	32.20 (3:40.73)	31.76 (4:12.48)	50.35 (1.51.35)	31.00 (2.03.33)	JZ.JJ (Z.JU.UJ)	J2.43 (J.UO.)	<del>, -</del> )	
_	, , ,	31.70 (4.12.40)	N	analina Ot		4.44.00	0(0)	
9	Epps, Ares 31.84 (31.84)	31.09 (1:02.93)	North C 32.31 (1:35.24)	arolina St. 32.60 (2:07.84)	32.34 (2:40.17)	4:14.63 32.06 (3:12.2)	2(2)	
	31.98 (3:44.20)	30.44 (4:14.63)	32.3. (00.24)		02.0. (2.40.11)	52.00 (0.12.2)	<del>-</del> ,	
4		33 (4.14.00)	Charre	o Ctata		4.44.00	2/2)	
10	O Farmer, Seth 32.40 (32.40)	30.97 (1:03.36)	Shawne 31.40 (1:34.76)	ee State 31.91 (2:06.67)	31.86 (2:38.52)	4:14.80 32.16 (3:10.6)	2(3) 8)	
	32.52 (3:43.19)	31.61 (4:14.80)	2 ( 0)	2 (2.00.01)	1.100 (2.00.02)	22.10 (0.10.0)	-,	
4	,	3 ()	Milliann			4:14.06	2/4)	
1	1 Thacker, Tim		Milligan			4:14.96	2(4)	

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
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#2 M	en's 1 Mile Run	(cont'd)				
PI N	lame	<u> </u>	Team			Time H(PI)
	32.64 (32.64)	31.47 (1:04.11)	32.00 (1:36.10)	32.18 (2:08.28)	32.45 (2:40.72)	31.95 (3:12.67)
	31.95 (3:44.62)	30.35 (4:14.96)				
12 G	randperrin, Nicolas		Cumb	erlands		4:15.29 2(5)
	32.77 (32.77)	31.03 (1:03.80)	31.79 (1:35.58)	32.35 (2:07.93)	31.73 (2:39.65)	31.37 (3:11.01)
	31.63 (3:42.64)	32.65 (4:15.29)				
13 Y	uro, Noah		Richm	ond		4:16.27 2(6)
	32.43 (32.43)	31.14 (1:03.57)	31.54 (1:35.10)	32.03 (2:07.13)	31.62 (2:38.74)	32.58 (3:11.31)
	32.61 (3:43.91)	32.36 (4:16.27)				
14 M	loskowitz, Elijah		Unatta	ached		4:16.42 2(7)
	31.42 (31.42)	30.35 (1:01.76)	30.98 (1:32.73)	31.92 (2:04.65)	32.21 (2:36.85)	33.12 (3:09.97)
	32.99 (3:42.95)	33.47 (4:16.42)				
15 W	/ammetsberger, Felix	·	Oueer	ns (N.C.)		4:17.08 1(8)
.5 11	32.31 (32.31)	29.70 (1:02.00)	30.95 (1:32.94)	31.68 (2:04.62)	32.21 (2:36.83)	33.22 (3:10.05)
	34.03 (3:44.07)	33.01 (4:17.08)		. ,	. ,	•
16 5		/	1100 1	Beaufort		A:19.50 2/9\
10 F	reed, Bret 32.25 (32.25)	31.66 (1:03.91)	31.95 (1:35.85)	32.72 (2:08.56)	32.78 (2:41.34)	4:18.50 2(8) 33.83 (3:15.17)
	32.64 (3:47.80)	30.70 (4:18.50)	33 (1.00.00)	222 (2.00.00)	52 5 (2)	23.00 (0.10.11)
4-7.	, ,	30.73 (4.10.30)	<b>A.</b> 1	0		4.40.00 (20)
17 W	/illiamson, Marshall 32.11 (32.11)	31.28 (1:03.38)	North 31.94 (1:35.32)	Carolina 32.75 (2:08.06)	32.29 (2:40.35)	4:18.68 2(9) 32.38 (3:12.72)
	33.05 (3:45.77)		31.94 (1.33.32)	32.73 (2.00.00)	32.29 (2.40.33)	32.30 (3.12.72)
	, ,	32.91 (4:18.68)	_			
18 D	uppich, Yannik	00 54 (4 00 50)		ns (N.C.)	00.57 (0.00.40)	4:19.03 2(10)
	32.08 (32.08)	30.51 (1:02.59)	31.51 (1:34.09)	32.53 (2:06.61)	32.57 (2:39.18)	32.20 (3:11.37)
	33.36 (3:44.72)	34.31 (4:19.03)				
19 F	amiglietti, Anthony		Unatta			4:19.97 2(11)
	31.66 (31.66)	31.13 (1:02.79)	31.96 (1:34.74)	32.68 (2:07.41)	32.46 (2:39.87)	33.52 (3:13.39)
	33.32 (3:46.70)	33.27 (4:19.97)				
20 P	earson, Max		Davids	son		4:22.95 2(12)
	31.88 (31.88)	31.26 (1:03.14)	31.88 (1:35.01)	32.61 (2:07.62)	32.73 (2:40.34)	33.67 (3:14.01)
	35.06 (3:49.06)	33.90 (4:22.95)				
21 C	haundy, Turner		Unatta	ached		4:23.11 3(1)
	34.20 (34.20)	1:07.89 (1:42.08)	34.44 (2:16.52)	33.20 (2:49.71)	33.63 (3:23.34)	30.73 (3:54.06)
	29.05 (4:23.11)					
22 M	loini, Ian		North	Carolina		4:24.73 1(9)
1	32.44 (32.44)	29.81 (1:02.25)	30.94 (1:33.18)	31.78 (2:04.96)	32.69 (2:37.64)	33.91 (3:11.54)
	35.36 (3:46.89)	37.84 (4:24.73)				
22 M	lagiera, Andrew		Maka	Forest		4:25.10 3(2)
23 IVI	33.77 (33.77)	33.59 (1:07.36)	34.41 (1:41.77)	34.24 (2:16.00)	33.26 (2:49.26)	33.41 (3:22.67)
	32.25 (3:54.92)	30.19 (4:25.10)	- ()	(=:::::-)		/
04.5	, ,		0-4	de a		4.05.00 0/0\
24 B	emis, Ethan 33.63 (33.63)	33.53 (1:07.16)	Cataw 34.42 (1:41.57)	'ba 34.38 (2:15.94)	33.20 (2:49.14)	4:25.33 3(3) 33.73 (3:22.86)
			JT.TZ (1.41.J1)	JT.JU (2.1J.34)	33.20 (2.43.14)	00.10 (0.22.00)
	31.48 (3:54.33)	31.00 (4:25.33)				
25 H	obart, Keller	00 00 (4 07 00)	Unatta		00.07 (0.10.00)	4:25.87 3(4)
	34.10 (34.10)	33.83 (1:07.93)	34.44 (1:42.36)	34.55 (2:16.90)	33.07 (2:49.96)	33.51 (3:23.47)
	32.38 (3:55.84)	30.03 (4:25.87)				
26 S	taehle, Matthew		Unatta	ached		4:26.04 3(5)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

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#2	Men's 1 Mile Run	(cont'd)				
	Name	(55111 4)	Team			Time H(PI)
	33.58 (33.58)	34.04 (1:07.62)	34.76 (1:42.38)	34.40 (2:16.78)	33.12 (2:49.89)	33.85 (3:23.74)
	31.97 (3:55.70)	30.34 (4:26.04)				
27	Garrett, Stephen		Duke			4:26.90 2(13)
	32.52 (32.52)	31.24 (1:03.75)	31.69 (1:35.44)	32.36 (2:07.80)	33.68 (2:41.47)	34.74 (3:16.21)
	35.76 (3:51.96)	34.95 (4:26.90)				
28	Putnam, Jason		Christo	opher Newport		4:27.15 3(6)
	34.22 (34.22)	34.14 (1:08.36)	34.37 (1:42.72)	34.63 (2:17.35)	33.17 (2:50.51)	33.55 (3:24.05)
	32.23 (3:56.28)	30.88 (4:27.15)				
29	Bernstein, Ethan		Washi	ngton and Lee		4:27.42 3(7)
	34.35 (34.35)	33.20 (1:07.55)	34.36 (1:41.90)	33.89 (2:15.79)	33.10 (2:48.89)	34.87 (3:23.75)
	33.03 (3:56.78)	30.65 (4:27.42)				
30	Smucker, Spencer		High F	Point		4:27.88 4(1)
	34.72 (34.72)	33.12 (1:07.84)	33.01 (1:40.85)	34.90 (2:15.74)	34.35 (2:50.08)	33.45 (3:23.52)
	32.29 (3:55.81)	32.08 (4:27.88)				
31	Deckard, Thryceton		Shawr	nee State		4:28.47 3(8)
	33.16 (33.16)	33.72 (1:06.87)	34.83 (1:41.70)	35.04 (2:16.74)	33.74 (2:50.47)	33.87 (3:24.34)
	32.54 (3:56.88)	31.60 (4:28.47)				
32	Graham, Noah		North	Carolina St.		4:28.71 3(9)
<i>-</i>	1:07.21 (1:07.21)	34.64 (1:41.84)	34.61 (2:16.45)	33.08 (2:49.53)	33.60 (3:23.12)	32.19 (3:55.31)
	33.40 (4:28.71)					
33	Eckmann, AJ		Duke			4:29.77 3(10)
00	1:07.65 (1:07.65)	34.34 (1:41.99)	34.77 (2:16.75)	33.49 (2:50.24)	34.26 (3:24.49)	32.96 (3:57.45)
	32.32 (4:29.77)					
34	Richards, Nathan		Montre	aat		4:31.36 4(2)
04	34.98 (34.98)	33.04 (1:08.01)	33.15 (1:41.16)	34.56 (2:15.72)	34.66 (2:50.37)	34.04 (3:24.41)
	34.29 (3:58.70)	32.67 (4:31.36)	, ,	, ,	, ,	, ,
25	Slaton, Cristian	, ,	LISC E	Beaufort		4:21 40 4/2)
33	34.87 (34.87)	33.47 (1:08.34)	33.23 (1:41.57)	34.88 (2:16.45)	34.52 (2:50.96)	4:31.49 4(3) 34.25 (3:25.21)
	33.84 (3:59.05)	32.45 (4:31.49)	(,	(=::::)	(=)	0 1120 (0120121)
26		, ,	Dridge	water (\/e\)		4.22.06 4(4)
36	Haizel-Cobbina, Johnr 33.73 (33.73)	1y 33.05 (1:06.77)	33.81 (1:40.58)	ewater (Va.) 34.93 (2:15.50)	34.66 (2:50.15)	4:32.06 4(4) 34.39 (3:24.54)
	34.94 (3:59.47)	32.59 (4:32.06)	00.01 (1.40.00)	04.00 (2.10.00)	04.00 (2.00.10)	04.00 (0.24.04)
	, ,	32.33 (4.32.00)	0.4			4.00.50 4/5)
37	Bemis, Logan 34.65 (34.65)	33 50 (1:09 15)	Cataw 33.24 (1:41.39)		34.56 (2:50.68)	4:32.58 4(5) 33.91 (3:24.58)
		33.50 (1:08.15)	33.24 (1:41.39)	34.74 (2:16.13)	34.56 (2:50.68)	33.91 (3.24.56)
	34.03 (3:58.60)	33.99 (4:32.58)				
38	Ready, Ethan	00.50 (4.00.45)	Duke	04.04.(0.47.00)	00.00./0.50.00;	4:33.04 3(11)
	34.56 (34.56)	33.59 (1:08.15)	34.14 (1:42.29)	34.81 (2:17.09)	33.82 (2:50.90)	34.50 (3:25.40)
	33.55 (3:58.95)	34.09 (4:33.04)				
39	Cope, Daniel			ngton and Lee		4:33.09 3(12)
	34.53 (34.53)	33.49 (1:08.01)	34.49 (1:42.50)	33.76 (2:16.25)	33.76 (2:50.00)	34.26 (3:24.25)
	34.34 (3:58.59)	34.51 (4:33.09)				
40	Dolwick, Alex			ngton and Lee		4:33.20 4(6)
	35.36 (35.36)	33.71 (1:09.07)	33.49 (1:42.56)	34.87 (2:17.43)	33.98 (2:51.40)	34.26 (3:25.65)
	34.46 (4:00.11)	33.09 (4:33.20)				
41	Silver, Caleb		Montre	eat		4:36.34 4(7)

Winston-Salem, NC JDL Fast Track

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#2 Men's 1 Mile R	un (cont' <u>d)</u>				
Pl_Name		Team			Time H(PI)
32.99 (32.9		33.75 (1:40.20)	35.08 (2:15.27)	35.14 (2:50.40)	34.71 (3:25.11)
34.19 (3:59.2	9) 37.05 (4:36.34)				
42 Horne, Luke		Ander	son (S.C.)		4:36.49 4(8)
35.35 (35.3	5) 33.24 (1:08.59)	33.23 (1:41.81)	34.60 (2:16.41)	33.38 (2:49.79)	34.51 (3:24.29)
36.65 (4:00.9	3) 35.57 (4:36.49)				
43 Bennison, Andy		Unatta	ached		4:36.68 4(9)
35.08 (35.0	8) 33.45 (1:08.53)	33.53 (1:42.05)	35.08 (2:17.12)	34.56 (2:51.68)	35.39 (3:27.06)
35.35 (4:02.4	0) 34.28 (4:36.68)				
44 Griffin, Michael		Unatta	ached		4:38.13 3(13)
33.96 (33.9	6) 34.39 (1:08.35)	34.65 (1:43.00)	34.64 (2:17.64)	34.28 (2:51.91)	35.84 (3:27.75)
35.76 (4:03.5	0) 34.63 (4:38.13)				
45 Lake, Drew		Cataw	<sub>r</sub> ha		4:38.39 5(1)
35.82 (35.8	2) 34.51 (1:10.33)	34.92 (1:45.24)	35.41 (2:20.65)	36.40 (2:57.05)	35.91 (3:32.96)
34.55 (4:07.5		/	,/	,/	,
	, 22.23 (1.00.00)	\A/= - t-1	naton or dier		4.20 44 2/44)
46 Woodfolk, Drew 34.42 (34.4	2) 33.42 (1:07.84)	Washi 34.36 (1:42.19)	ington and Lee 34.82 (2:17.01)	33.73 (2:50.74)	4:38.44 3(14) 34.73 (3:25.47)
		34.30 (1.42.13)	J7.02 (2.17.01)	33.73 (2.30.74)	JT.1 J (J.ZJ.41)
35.64 (4:01.1	1) 37.34 (4:38.44)				
47 Larsen, Jace	04.00 (4.40.40)	Unatta		00.00 (0.50.50)	4:39.25 4(10)
35.83 (35.8		34.61 (1:44.70)	35.88 (2:20.58)	36.02 (2:56.59)	35.73 (3:32.32)
34.80 (4:07.1	2) 32.13 (4:39.25)				
48 Brooks, McKinney		Unatta			4:39.81 4(11)
35.18 (35.1	8) 33.62 (1:08.79)	33.50 (1:42.29)	34.91 (2:17.20)	34.97 (2:52.17)	35.47 (3:27.64)
36.51 (4:04.1	5) 35.66 (4:39.81)				
49 Wells, Jacob		Unatta	ached		4:41.53 5(2)
36.08 (36.0	8) 34.51 (1:10.58)	34.87 (1:45.45)	35.43 (2:20.88)	36.38 (2:57.26)	36.26 (3:33.51)
34.44 (4:07.9	5) 33.58 (4:41.53)				
50 McCheskey, Denr	nis	Louish	ourg College		4:45.97 5(3)
35.94 (35.9		34.68 (1:44.93)	34.93 (2:19.85)	36.39 (2:56.24)	37.14 (3:33.37)
36.44 (4:09.8	0) 36.17 (4:45.97)				
51 Snide, Austin		Cataw	<sub>r</sub> ha		4:46.27 4(12)
35.66 (35.6	(6) 33.77 (1:09.42)	33.68 (1:43.10)	35.31 (2:18.40)	37.07 (2:55.47)	37.78 (3:33.24)
37.63 (4:10.8		,/	,/	, ,	,
	,	1.0 -4- 5	D=1=4		4.47.50 4/40\
52 Sherwin, Philip 36.02 (36.0	2) 34.39 (1:10.41)	High F 34.47 (1:44.87)	oint 36.49 (2:21.35)	36.24 (2:57.59)	4:47.53 4(13) 37.36 (3:34.95)
		54.47 (1.44.01)	JU.43 (Z.Z1.JJ)	30.24 (2.37.38)	31.30 (3.34.33)
37.47 (4:12.4	33.12 (4.47.33)				
53 Miller, Garrett	0) 0404(440.50)		Carolina	07.70 (0.00.04)	4:49.95 5(4)
36.18 (36.1		35.27 (1:45.78)	36.49 (2:22.26)	37.78 (3:00.04)	37.92 (3:37.96)
38.00 (4:15.9	6) 34.00 (4:49.95)				
54 Garcia, Christophe		Montre			4:52.08 5(5)
36.49 (36.4	9) 34.27 (1:10.76)	35.20 (1:45.96)	35.19 (2:21.15)	36.55 (2:57.69)	39.26 (3:36.94)
40.06 (4:16.9	9) 35.09 (4:52.08)				
55 Martinez, Deric		East 0	Carolina		4:54.45 5(6)
36.01 (36.0	1) 34.03 (1:10.04)	34.99 (1:45.02)	35.94 (2:20.96)	37.80 (2:58.75)	39.12 (3:37.86)
38.91 (4:16.7	37.69 (4:54.45)				
56 Jones, Tyreese		Living	stone		4:57.81 5(7)
00 001100, 1 y10000		Living	0.0.10		0(1)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

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#2 Men's 1 Mile R	un (cont'd)				
Pl_Name		Team			Time H(PI)
36.81 (36.8	35.45 (1:12.26)	36.37 (1:48.63)	37.71 (2:26.34)	38.92 (3:05.25)	38.59 (3:43.84)
38.89 (4:22.7	35.08 (4:57.81)				
57 Toney, Michael		Living	stone		4:58.41 5(8)
38.05 (38.0	34.75 (1:12.79)	36.30 (1:49.09)	37.57 (2:26.65)	39.01 (3:05.66)	38.61 (3:44.27)
38.99 (4:23.2	26) 35.16 (4:58.41)				
58 Seidi, Suhail		Belmo	ont Abbey		4:58.76 5(9)
36.94 (36.9	34.99 (1:11.92)	36.34 (1:48.26)	37.88 (2:26.13)	38.72 (3:04.85)	38.97 (3:43.82)
38.09 (4:21.9	36.87 (4:58.76)				
59 Haggerty, Justin		Belmo	ont Abbey		4:59.25 5(10)
36.39 (36.3	34.92 (1:11.31)	36.23 (1:47.53)	38.13 (2:25.65)	39.16 (3:04.80)	40.16 (3:44.95)
39.36 (4:24.3	34.95 (4:59.25)				
60 O'Dell, Daniel		Montr	eat		4:59.89 4(14)
35.57 (35.5	34.07 (1:09.64)	35.93 (1:45.57)	37.23 (2:22.79)	38.88 (3:01.66)	39.64 (3:41.30)
39.67 (4:20.9	38.93 (4:59.89)				
61 Tuten, Hayden		Ander	rson (S.C.)		5:02.08 5(11)
38.34 (38.3	36.61 (1:14.94)	37.61 (1:52.55)	37.97 (2:30.52)	38.35 (3:08.87)	38.09 (3:46.95)
38.61 (4:25.5	36.53 (5:02.08)				
62 Rezk, Zack		Relmo	ont Abbey		5:05.06 5(12)
37.82 (37.8	35.20 (1:13.02)	36.77 (1:49.79)	37.85 (2:27.64)	39.93 (3:07.56)	40.37 (3:47.92)
39.42 (4:27.3					
63 Rolon, David		Ander	rson (S.C.)		5:06.19 5(13)
36.76 (36.7	(6) 34.88 (1:11.64)	36.31 (1:47.95)	37.97 (2:25.92)	39.16 (3:05.07)	40.03 (3:45.10)
40.90 (4:25.9		. ,	. ,	. ,	
•	,	Unatta	achad		5:07.74 5(14)
64 Passiglia, Sammy 35.84 (35.8		35.85 (1:46.34)	38.95 (2:25.29)	40.98 (3:06.26)	5:07.74 5(14) 41.43 (3:47.68)
40.81 (4:28.4			(2.20.20)	(0.00.20)	- /
	30.20 (0.07.7.4)	Dalee	ant Abbarr		F.00 CC
65 Condello, Frank 37.06 (37.0	96) 35.36 (1:12.42)	36.47 (1:48.88)	ont Abbey 38.15 (2:27.03)	39.65 (3:06.68)	5:08.66 5(15) 41.55 (3:48.23)
41.93 (4:30.1	, , ,	33 (1.40.00)	00.10 (2.27.00)	00.00 (0.00.00)	(8.18129)
•	5, 55.51 (5.55.55)	11. 0			DNE 4
Combs, Aaron		Unatta			DNF 1
Reeder, Troy			an Elite		FS 1
Jordan, Andrew		lowa			DNS 1
Baldwin, Tanis			Carolina St.		DNS 2
Creel , Ryan		Unatta	ached		DNS 4
#18 Men's 3000 M	leters				
\$ JDL Fast Track	7:45.49 Pau	l Chelimo		US Army	2/4/2017
! College Facility	7:54.26 Luis	Vargas		NC State	1/30/2016
@ Camel City	7:45.49 Pau	l Chelimo		U.S. Army	2017
Pl_Name		Team			Time H(PI)
1 Fleming, Ben		Virgin	ia Tech		8:15.78 1(1)
32.71 (32.7	71) 33.41 (1:06.12)	33.18 (1:39.29)	32.88 (2:12.16)	33.07 (2:45.22)	33.11 (3:18.33)
33.21 (3:51.5	33.11 (4:24.64)	32.59 (4:57.23)	32.52 (5:29.75)	32.93 (6:02.67)	32.67 (6:35.34)
33.47 (7:08.8	33.57 (7:42.37)	33.41 (8:15.78)			
2 Sheehan, Patrick		North	Carolina St.		8:16.66 1(2)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
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DePaul Mittman
Timing:
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#1	8 Men's 3000 Mete	ers (cont'd)				
	Name	, (John L)	Team			Time H(PI)
	32.27 (32.27)	33.35 (1:05.62)	32.90 (1:38.52)	32.96 (2:11.47)	33.10 (2:44.56)	33.11 (3:17.67)
	33.15 (3:50.82)	33.07 (4:23.88)	33.11 (4:56.99)	32.75 (5:29.73)	33.21 (6:02.93)	33.78 (6:36.70)
	34.19 (7:10.89)	34.10 (7:44.98)	31.68 (8:16.66)			
3	Joyce, Jack		Virgini	a Tech		8:17.41 1(3)
	32.12 (32.12)	33.41 (1:05.52)	32.77 (1:38.29)	33.00 (2:11.29)	33.05 (2:44.33)	33.12 (3:17.45)
	33.18 (3:50.62)	33.12 (4:23.74)	33.12 (4:56.86)	33.15 (5:30.00)	33.21 (6:03.21)	33.30 (6:36.50)
	34.18 (7:10.67)	34.11 (7:44.78)	32.64 (8:17.41)			
4	Bouchrak, El Hocine		High F	Point		8:19.25 1(4)
-	32.41 (32.41)	33.38 (1:05.79)	32.97 (1:38.75)	33.03 (2:11.78)	33.01 (2:44.79)	33.11 (3:17.90)
	33.20 (3:51.09)	33.11 (4:24.19)	33.53 (4:57.72)	33.75 (5:31.46)	34.45 (6:05.91)	34.41 (6:40.31)
	33.81 (7:14.11)	33.36 (7:47.47)	31.79 (8:19.25)			
5		, ,		Carolina St		9:20 07 1/5)
5	Barrett, Ben 32.65 (32.65)	33.52 (1:06.16)	33.28 (1:39.44)	Carolina St. 33.10 (2:12.53)	33.26 (2:45.79)	8:20.97 1(5) 32.98 (3:18.76)
	33.31 (3:52.07)	33.28 (4:25.34)	33.08 (4:58.41)	33.74 (5:32.14)	34.26 (6:06.39)	34.60 (6:40.99)
	34.45 (7:15.43)	34.30 (7:49.72)	31.25 (8:20.97)	00.74 (0.02.14)	04.20 (0.00.00)	04.00 (0.40.00)
_		0 <del>1</del> .00 (1.43.12)				0.00.47 (40)
6	Goldman, Andrew	33 60 (4:06 66)	Unatta		32 E0 (2:4E 0E)	8:22.17 1(6)
	32.97 (32.97)	33.69 (1:06.66)	33.41 (1:40.06)	33.40 (2:13.45)	32.50 (2:45.95)	33.11 (3:19.05)
	33.46 (3:52.51)	33.40 (4:25.90)	33.59 (4:59.49)	34.10 (5:33.58)	34.31 (6:07.88)	34.22 (6:42.10)
	34.96 (7:17.06)	34.06 (7:51.12)	31.05 (8:22.17)			
7	Flavin, JP			Carolina St.		8:23.24 1(7)
	32.46 (32.46)	33.36 (1:05.81)	33.13 (1:38.94)	33.26 (2:12.20)	33.33 (2:45.52)	33.01 (3:18.53)
	33.26 (3:51.79)	33.27 (4:25.06)	33.12 (4:58.18)	33.76 (5:31.93)	34.31 (6:06.24)	34.53 (6:40.77)
	34.53 (7:15.30)	34.32 (7:49.61)	33.64 (8:23.24)			
8	Ciaccia, Nicholas		East C	Carolina		8:31.61 1(8)
	32.86 (32.86)	33.58 (1:06.43)	33.18 (1:39.60)	33.25 (2:12.85)	33.27 (2:46.11)	33.32 (3:19.43)
	33.38 (3:52.80)	33.94 (4:26.73)	34.36 (5:01.09)	34.72 (5:35.80)	34.91 (6:10.71)	35.10 (6:45.81)
	35.27 (7:21.07)	35.51 (7:56.58)	35.04 (8:31.61)			
9	Seyoum, Fitsum		Virgini	a Tech		8:33.88 1(9)
	32.55 (32.55)	33.40 (1:05.94)	33.16 (1:39.10)	32.90 (2:11.99)	33.02 (2:45.01)	33.09 (3:18.09)
	33.22 (3:51.31)	33.14 (4:24.44)	33.45 (4:57.89)	33.80 (5:31.68)	34.99 (6:06.66)	35.94 (6:42.60)
	36.84 (7:19.44)	37.48 (7:56.91)	36.97 (8:33.88)			
10	) Huelvan, Lucas		Cumbi	erlands		8:34.02 2(1)
. `	34.33 (34.33)	35.37 (1:09.70)	34.60 (1:44.30)	34.12 (2:18.41)	33.99 (2:52.39)	34.47 (3:26.86)
	34.41 (4:01.26)	34.07 (4:35.33)	34.77 (5:10.09)	34.81 (5:44.90)	34.51 (6:19.40)	33.38 (6:52.78)
	33.91 (7:26.68)	33.74 (8:00.42)	33.61 (8:34.02)	,	,	•
4.		,		Carolina		8.35.63 2/2\
1	1 Ciaccia, Andrew 34.02 (34.02)	35.12 (1:09.13)	34.55 (1:43.67)	34.87 (2:18.53)	34.52 (2:53.05)	8:35.63 2(2) 34.43 (3:27.48)
	34.56 (4:02.03)	35.02 (4:37.05)	34.89 (5:11.93)	35.17 (5:47.09)	35.46 (6:22.55)	34.94 (6:57.48)
	33.52 (7:31.00)	33.21 (8:04.21)	31.43 (8:35.63)	55.17 (5.47.05)	00.40 (0.22.00)	37.07 (0.07.70)
		JJ.21 (J.U4.21)	, ,	(11.0.)		0.07.07
12	2 Sanchez, Erick	35 01 (4:00 77)		ns (N.C.)	34 39 (3-53 33)	8:37.87 2(3)
	33.76 (33.76)	35.01 (1:08.77)	34.44 (1:43.20)	34.76 (2:17.95)	34.28 (2:52.23)	34.62 (3:26.84)
	34.87 (4:01.71)	34.20 (4:35.91)	34.59 (5:10.49)	35.02 (5:45.51)	35.58 (6:21.08)	34.67 (6:55.75)
	34.94 (7:30.69)	34.03 (8:04.71)	33.17 (8:37.87)			
13	3 Garrett, Stephen		Duke			8:38.77 2(4)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
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Meet Director:
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Pl_Name			Team			Time H(PI)
	33.89 (33.89)	35.01 (1:08.90)	34.44 (1:43.33)	34.76 (2:18.09)	34.34 (2:52.42)	34.64 (3:27.06)
	34.81 (4:01.86)	34.55 (4:36.40)	34.81 (5:11.21)	35.01 (5:46.21)	35.40 (6:21.61)	35.90 (6:57.50)
	34.65 (7:32.15)	34.37 (8:06.51)	32.27 (8:38.77)			
/lontcla	air, Sam		Unatta	ched		8:38.81 2(5)
	34.68 (34.68)	34.89 (1:09.57)	34.39 (1:43.96)	34.76 (2:18.72)	34.61 (2:53.32)	34.06 (3:27.37)
	34.96 (4:02.33)	34.99 (4:37.31)	34.12 (5:11.43)	34.49 (5:45.91)	34.83 (6:20.74)	35.17 (6:55.91)
	35.67 (7:31.57)	33.86 (8:05.42)	33.39 (8:38.81)			
Rosas,	lose		Oueen	s (N.C.)		8:40.95 2(6)
, 110000,	33.55 (33.55)	34.64 (1:08.18)	34.55 (1:42.73)	34.72 (2:17.44)	34.11 (2:51.55)	34.52 (3:26.06)
	34.67 (4:00.72)	34.38 (4:35.10)	34.85 (5:09.95)	35.18 (5:45.12)	35.76 (6:20.88)	35.96 (6:56.84)
	35.05 (7:31.88)	35.06 (8:06.94)	34.02 (8:40.95)			
Raftic	Anthony		Oueen	s (N.C.)		8:42.21 2(7)
rtaitis, i	33.82 (33.82)	34.74 (1:08.56)	34.43 (1:42.98)	34.75 (2:17.73)	34.12 (2:51.84)	34.46 (3:26.30)
	34.69 (4:00.98)	33.87 (4:34.84)	34.91 (5:09.75)	34.94 (5:44.69)	35.80 (6:20.49)	35.80 (6:56.28)
	36.00 (7:32.28)	36.92 (8:09.20)	33.01 (8:42.21)	. ,	. ,	, ,
Hiegel,		. ,		water (Va.)		8:42.40 1(10
i liegei,	32.93 (32.93)	33.50 (1:06.42)	33.43 (1:39.85)	33.36 (2:13.20)	33.15 (2:46.35)	33.49 (3:19.83)
	33.41 (3:53.24)	34.28 (4:27.51)	35.76 (5:03.27)	36.71 (5:39.98)	36.93 (6:16.91)	37.42 (6:54.33)
	37.55 (7:31.87)	36.69 (8:08.55)	33.85 (8:42.40)	, ,	, ,	,
MoEno		/	, ,	Carolina		0.40.20 2/0\
O IVICETIES	aney, Jake 34.05 (34.05)	35.17 (1:09.22)	ΝΟπη ( 34.27 (1:43.48)	Carolina 34.87 (2:18.34)	34.17 (2:52.50)	8:48.20 2(8) 34.52 (3:27.02)
	34.46 (4:01.47)	34.20 (4:35.67)	34.60 (5:10.27)	35.04 (5:45.30)	35.32 (6:20.62)	35.64 (6:56.25)
	36.36 (7:32.60)	37.60 (8:10.20)	38.01 (8:48.20)	,212 (31.0.00)	(0.20.02)	22.2. (3.00.20)
Dotrick		(		agton and Lac		0.40 40 2/4)
Patrick,	, напк 34.04 (34.04)	35.42 (1:09.46)	vvasnir 35.80 (1:45.26)	ngton and Lee 36.26 (2:21.51)	35.93 (2:57.43)	8:48.40 3(1) 35.54 (3:32.97)
	34.99 (4:07.95)	36.12 (4:44.07)	36.61 (5:20.67)	36.10 (5:56.77)	35.61 (6:32.38)	35.33 (7:07.70)
	35.22 (7:42.92)	34.05 (8:16.97)	31.44 (8:48.40)	, , , , , , , , , , , , , , , , , , , ,	(0.02.00)	(
Code	, ,	555 (5.10.51)		ab a d		0.40.04 0/0\
Sodano	o, Daniel 34.42 (34.42)	35.71 (1:10.13)	Unatta 35.98 (1:46.11)	ched 36.02 (2:22.13)	36.40 (2:58.52)	8:49.01 3(2) 35.90 (3:34.41)
	35.41 (4:09.82)	35.71 (1.10.13)	36.12 (5:21.44)	36.67 (5:58.10)	35.30 (6:33.40)	35.55 (7:08.94)
	34.70 (7:43.64)			30.07 (3.36.10)	JJ.JU (0.JJ.4U)	33.33 (1.00.94)
		34.36 (8:17.99)	31.02 (8:49.01)			
Alejand	dro, Javier	25 12 (1:00 22)	Catawl		24 24 (2.52 04)	8:49.42 2(9)
	34.22 (34.22)	35.12 (1:09.33)	34.57 (1:43.90)	34.74 (2:18.64)	34.31 (2:52.94)	34.71 (3:27.65)
	35.29 (4:02.94)	35.24 (4:38.18)	35.76 (5:13.93)	36.29 (5:50.22)	37.14 (6:27.36)	36.72 (7:04.08)
	36.88 (7:40.95)	35.97 (8:16.91)	32.51 (8:49.42)			
2 Willis, J			Mount			8:51.48 2(10)
	33.94 (33.94)	34.72 (1:08.66)	34.44 (1:43.10)	34.76 (2:17.85)	34.19 (2:52.04)	34.58 (3:26.61)
	35.04 (4:01.65)	35.42 (4:37.06)	35.96 (5:13.01)	36.09 (5:49.10)	36.91 (6:26.01)	37.06 (7:03.07)
	37.06 (7:40.12)	36.28 (8:16.40)	35.08 (8:51.48)			
Smith,			Mount	Olive		8:51.73 1(11)
	33.07 (33.07)	33.89 (1:06.95)	33.40 (1:40.35)	33.94 (2:14.29)	33.90 (2:48.18)	35.13 (3:23.31)
	35.07 (3:58.37)	35.83 (4:34.20)	35.82 (5:10.02)	36.41 (5:46.42)	36.52 (6:22.93)	37.05 (6:59.98)
	37.29 (7:37.27)	37.25 (8:14.51)	37.22 (8:51.73)			

Winston-Salem, NC JDL Fast Track

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#18 Men's 3000 Mete	ers (cont'd)				
Pl_Name		Team			Time H(PI)
34.19 (34.19)	34.81 (1:09.00)	34.43 (1:43.42)	34.78 (2:18.19)	34.47 (2:52.66)	34.58 (3:27.23)
34.88 (4:02.11)	35.24 (4:37.34)	35.23 (5:12.57)	36.85 (5:49.42)	37.00 (6:26.41)	37.15 (7:03.56)
36.95 (7:40.50)	36.90 (8:17.39)	34.97 (8:52.36)			
25 Ready, Ethan		Duke			8:53.12 3(3)
35.35 (35.35)	36.48 (1:11.83)	35.45 (1:47.28)	35.90 (2:23.17)	35.73 (2:58.90)	35.78 (3:34.67)
34.73 (4:09.40)	35.60 (4:45.00)	36.18 (5:21.18)	36.63 (5:57.81)	35.36 (6:33.16)	36.72 (7:09.87)
35.83 (7:45.69)	34.87 (8:20.56)	32.57 (8:53.12)			
26 Carver, Jake		Davids	son		8:53.66 3(4)
33.75 (33.75)	35.37 (1:09.11)	35.59 (1:44.70)	36.39 (2:21.08)	36.39 (2:57.47)	35.85 (3:33.32)
35.51 (4:08.82)	35.82 (4:44.64)	35.71 (5:20.35)	36.72 (5:57.07)	36.21 (6:33.27)	36.07 (7:09.33)
36.50 (7:45.82)	34.35 (8:20.16)	33.50 (8:53.66)			
27 Combs, Ryan		North	Carolina		8:55.96 3(5)
33.53 (33.53)	35.75 (1:09.28)	35.71 (1:44.98)	36.34 (2:21.32)	36.49 (2:57.80)	35.80 (3:33.60)
34.70 (4:08.29)	36.07 (4:44.35)	36.56 (5:20.91)	36.50 (5:57.41)	35.54 (6:32.94)	36.66 (7:09.59)
36.48 (7:46.07)	35.66 (8:21.72)	34.24 (8:55.96)			
28 Hageman, Ethan		Fast C	Carolina		8:58.40 2(12)
34.42 (34.42)	35.01 (1:09.42)	34.31 (1:43.72)	34.46 (2:18.18)	34.06 (2:52.23)	34.44 (3:26.67)
34.58 (4:01.24)	34.84 (4:36.08)	34.81 (5:10.89)	35.81 (5:46.69)	37.83 (6:24.52)	38.92 (7:03.43)
39.02 (7:42.45)	38.00 (8:20.44)	37.97 (8:58.40)			
29 Richards, Nathan		Montre	at		8:59.80 4(1)
35.11 (35.11)	37.17 (1:12.28)	36.36 (1:48.64)	36.36 (2:24.99)	36.61 (3:01.60)	36.87 (3:38.47)
37.09 (4:15.56)	36.99 (4:52.54)	35.65 (5:28.19)	36.25 (6:04.44)	37.41 (6:41.85)	35.46 (7:17.30)
35.31 (7:52.61)	34.71 (8:27.31)	32.50 (8:59.80)			
30 Burleson, Trey	, ,	Richm	and		9:00.38 2(13)
34.20 (34.20)	34.49 (1:08.69)	34.47 (1:43.15)	34.72 (2:17.87)	34.07 (2:51.93)	34.48 (3:26.41)
34.62 (4:01.02)	34.41 (4:35.43)	34.65 (5:10.07)	35.41 (5:45.48)	36.96 (6:22.43)	39.20 (7:01.63)
40.31 (7:41.94)	40.14 (8:22.07)	38.31 (9:00.38)	, ,	, ,	
31 Quillen, Philip	, ,		son (S.C.)		9:02.73 4(2)
35.38 (35.38)	37.35 (1:12.72)	36.08 (1:48.80)	36.66 (2:25.46)	35.95 (3:01.40)	36.79 (3:38.18)
37.09 (4:15.27)	36.84 (4:52.11)	35.63 (5:27.73)	36.41 (6:04.14)	37.91 (6:42.04)	36.04 (7:18.08)
36.32 (7:54.39)	35.18 (8:29.57)	33.17 (9:02.73)	,,	( /	,
	ζ /	, ,	ne (NIC)		0.03.23 2/14\
32 Kipkemei, Nick 34.76 (34.76)	34.94 (1:09.69)	Queer 34.45 (1:44.13)	ns (N.C.) 34.65 (2:18.78)	34.76 (2:53.54)	9:03.23 2(14) 33.91 (3:27.44)
35.27 (4:02.70)	35.29 (4:37.99)	35.67 (5:13.65)	37.08 (5:50.72)	38.55 (6:29.27)	39.50 (7:08.76)
39.15 (7:47.91)	38.32 (8:26.23)	37.00 (9:03.23)	(0.00 2)		
	33.32 (3.23.23)	, ,	a a b a al		0.04.24 2/6\
33 Mouat, Gavin 35.77 (35.77)	36.40 (1:12.16)	Unatta 35.75 (1:47.91)	35.60 (2:23.51)	36.55 (3:00.05)	9:04.21 3(6) 35.27 (3:35.32)
36.14 (4:11.46)	35.92 (4:47.37)	36.96 (5:24.32)	36.66 (6:00.98)	35.93 (6:36.91)	36.65 (7:13.55)
37.25 (7:50.79)	37.34 (8:28.12)	36.09 (9:04.21)	20.00 (0.00.00)	00.00 (0.00.01)	23.22 (6.65)
	07.07 (0.20.12)		(0.0)		0.00.00 4(0)
34 Sutcliffe, Thomas 35.90 (35.90)	37.87 (1:13.76)	Ander: 36.65 (1:50.40)	son (S.C.) 36.15 (2:26.55)	36.21 (3:02.75)	9:06.63 4(3) 37.00 (3:39.74)
37.02 (4:16.76)	36.76 (4:53.52)	36.76 (5:30.27)	36.18 (6:06.44)	37.46 (6:43.89)	37.79 (7:21.68)
37.45 (7:59.12)	34.30 (8:33.41)	33.22 (9:06.63)	50.10 (0.00.44)	57. TO (0.40.09)	01.10 (1.21.00)
, ,	34.30 (0.33.41)				0.07.00
35 Husen, Spencer		Unatta	ached		9:07.06 4(4)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
Meet Director:

Meet Director:
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Timing:
Timing Inc.



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18 Men's 3000 Met Pl Name		Team			Time H(PI)
35.63 (35.63)	37.24 (1:12.87)	36.25 (1:49.12)	36.56 (2:25.67)	36.18 (3:01.85)	36.78 (3:38.62)
37.13 (4:15.75)	36.49 (4:52.23)	35.84 (5:28.06)	36.50 (6:04.56)	37.79 (6:42.34)	37.48 (7:19.82)
37.51 (7:57.32)	36.08 (8:33.40)	33.66 (9:07.06)			
Hall, Jay		Mount	Olive		9:08.01 3(7)
34.37 (34.37)	35.59 (1:09.96)	35.56 (1:45.52)	36.33 (2:21.85)	36.25 (2:58.09)	35.87 (3:33.96)
35.94 (4:09.89)	36.81 (4:46.70)	37.50 (5:24.20)	37.67 (6:01.86)	37.83 (6:39.68)	38.40 (7:18.08)
38.49 (7:56.56)	37.60 (8:34.16)	33.85 (9:08.01)			
<sup>7</sup> Bennison, Ryan 34.89 (34.89)	35.94 (1:10.82)	Unatta 36.15 (1:46.97)	ched 36.41 (2:23.37)	36.56 (2:59.93)	9:08.08 3(8) 36.12 (3:36.05)
36.77 (4:12.82)	36.91 (4:49.73)	37.27 (5:27.00)	37.49 (6:04.48)	37.69 (6:42.17)	37.64 (7:19.80)
37.28 (7:57.08)	36.53 (8:33.61)	34.48 (9:08.08)	01110 (0.01110)	0.100 (0.12111)	01.01 (11.0.00)
Gray, Stephen		High P			9:08.61 4(5)
35.17 (35.17)	36.83 (1:11.99)	36.28 (1:48.26)	36.38 (2:24.63)	36.51 (3:01.13)	36.68 (3:37.80)
37.17 (4:14.97)	37.40 (4:52.37)	36.42 (5:28.78)	36.50 (6:05.27)	37.40 (6:42.67)	37.13 (7:19.79)
38.04 (7:57.83)	36.77 (8:34.59)	34.02 (9:08.61)			
9 England, Jacob			erlands		9:09.31 4(6)
35.80 (35.80)	37.60 (1:13.40)	36.24 (1:49.64)	36.52 (2:26.15)	35.93 (3:02.08)	36.88 (3:38.95)
36.94 (4:15.89)	36.93 (4:52.81)	36.42 (5:29.23)	36.62 (6:05.84)	37.48 (6:43.31)	37.94 (7:21.25)
37.24 (7:58.48)	36.78 (8:35.25)	34.06 (9:09.31)			
0 Ackerman, Alex		Davids	on		9:11.38 5(1)
34.63 (34.63)	36.05 (1:10.68)	35.87 (1:46.55)	36.19 (2:22.73)	36.36 (2:59.08)	36.82 (3:35.89)
36.87 (4:12.76)	37.11 (4:49.87)	37.12 (5:26.98)	37.39 (6:04.37)	37.84 (6:42.21)	37.69 (7:19.89)
37.71 (7:57.60)	37.22 (8:34.81)	36.58 (9:11.38)			
1 Eckmann, AJ		Duke			9:11.46 4(7)
35.19 (35.19)	37.24 (1:12.42)	35.96 (1:48.39)	36.51 (2:24.89)	36.50 (3:01.39)	36.66 (3:38.05)
37.08 (4:15.13)	37.33 (4:52.45)	35.96 (5:28.41)	36.48 (6:04.88)	37.28 (6:42.16)	37.49 (7:19.64)
37.90 (7:57.54)	37.59 (8:35.12)	36.34 (9:11.46)			
2 Marx, Freddie		Washii	ngton and Lee		9:12.27 3(9)
35.07 (35.07)	35.88 (1:10.95)	35.64 (1:46.58)	36.03 (2:22.61)	36.93 (2:59.53)	35.47 (3:35.00)
36.27 (4:11.26)	36.70 (4:47.96)	36.53 (5:24.48)	37.86 (6:02.34)	38.16 (6:40.49)	39.49 (7:19.98)
39.22 (7:59.20)	38.24 (8:37.43)	34.84 (9:12.27)			
3 Silver, Caleb		Montre	eat		9:14.94 3(10)
35.59 (35.59)	36.56 (1:12.15)	36.02 (1:48.17)	36.57 (2:24.74)	37.35 (3:02.08)	36.49 (3:38.57)
37.06 (4:15.62)	37.65 (4:53.27)	37.25 (5:30.51)	38.07 (6:08.58)	39.10 (6:47.68)	38.73 (7:26.40)
38.27 (8:04.67)	37.00 (8:41.66)	33.28 (9:14.94)	( /	ζ/	,
	()		ahad		0.15.67 2/44\
4 Moosbrugger, Ryan 35.21 (35.21)	36.32 (1:11.52)	Unatta 36.15 (1:47.67)	36.91 (2:24.57)	37.28 (3:01.84)	9:15.67 3(11) 37.42 (3:39.26)
37.36 (4:16.61)	37.60 (4:54.21)	38.27 (5:32.47)	38.33 (6:10.80)	37.75 (6:48.54)	38.13 (7:26.67)
38.32 (8:04.99)	36.90 (8:41.89)	33.79 (9:15.67)			
5 Cox, Hayden 35.46 (35.46)	37.69 (1:13.15)	Unatta 36.23 (1:49.38)	ched 36.28 (2:25.65)	36.48 (3:02.13)	9:18.01 4(8) 37.11 (3:39.23)
36.94 (4:16.17)	37.12 (4:53.28)	36.49 (5:29.77)	36.81 (6:06.57)	37.57 (6:44.14)	38.69 (7:22.83)
40.05 (8:02.88)	39.55 (8:42.42)	35.60 (9:18.01)	, ,	. ,	, ,
	, ,		ha		0.19.26 2/42\
Rhodes, Kyle		Catawl	ua		9:18.26 3(12)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS
Meet Director:

Meet Director:
DePaul Mittman
Timing:
Timing Inc.



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#18 Men's 3000 Mete	ers (cont'd)				
Pl_Name		Team			Time H(PI)
34.47 (34.47)	35.76 (1:10.23)	35.99 (1:46.21)	35.57 (2:21.77)	36.49 (2:58.26)	35.95 (3:34.21)
35.94 (4:10.14)	36.18 (4:46.32)	37.76 (5:24.07)	38.36 (6:02.42)	38.93 (6:41.35)	39.63 (7:20.98)
39.70 (8:00.67)	40.05 (8:40.72)	37.55 (9:18.26)			
47 Morales, TJ		High F	Point		9:19.16 5(2)
35.29 (35.29)	36.41 (1:11.70)	36.60 (1:48.30)	37.10 (2:25.40)	37.03 (3:02.42)	36.52 (3:38.93)
37.53 (4:16.46)	37.31 (4:53.77)	37.84 (5:31.61)	38.42 (6:10.02)	39.16 (6:49.17)	39.21 (7:28.38)
38.21 (8:06.59)	36.63 (8:43.22)	35.95 (9:19.16)			
48 Wedge, Jackson		Unatta	ached		9:21.20 3(13)
35.09 (35.09)	36.37 (1:11.45)	36.25 (1:47.70)	36.74 (2:24.44)	37.16 (3:01.60)	37.38 (3:38.97)
37.38 (4:16.35)	37.71 (4:54.06)	38.68 (5:32.73)	38.32 (6:11.05)	38.21 (6:49.25)	38.32 (7:27.57)
39.23 (8:06.80)	38.48 (8:45.27)	35.93 (9:21.20)			
49 Maddox, Daquan		N. Cai	rolina A&T		9:22.93 4(9)
36.18 (36.18)	37.82 (1:13.99)	37.18 (1:51.17)	36.38 (2:27.54)	36.75 (3:04.29)	37.06 (3:41.35)
37.59 (4:18.93)	38.05 (4:56.98)	37.34 (5:34.31)	37.50 (6:11.80)	38.01 (6:49.81)	38.86 (7:28.67)
37.30 (8:05.97)	38.86 (8:44.82)	38.12 (9:22.93)			
50 Drake, Ashton	,	N.C. C	`entral		9:22.99 5(3)
34.49 (34.49)	36.28 (1:10.77)	36.97 (1:47.74)	38.26 (2:25.99)	37.82 (3:03.81)	9.22.99 5(5) 38.33 (3:42.14)
38.73 (4:20.87)	38.55 (4:59.41)	38.45 (5:37.86)	38.55 (6:16.41)	38.80 (6:55.21)	38.75 (7:33.96)
39.04 (8:12.99)	36.94 (8:49.93)	33.07 (9:22.99)	,	,	
, ,	(0.1010)		a a b a d		0.22.00
51 Schneider, Will 35.88 (35.88)	36.22 (1:12.09)	Unatta 36.82 (1:48.91)	37.74 (2:26.64)	38.33 (3:04.97)	9:23.00 5(4) 38.73 (3:43.70)
38.96 (4:22.65)	39.16 (5:01.81)	38.59 (5:40.40)	38.79 (6:19.18)	38.40 (6:57.58)	38.31 (7:35.88)
38.63 (8:14.51)	37.19 (8:51.70)	31.31 (9:23.00)	00.70 (0.70.70)	00.10 (0.07.00)	55.51 (1.55.55)
, ,	07.10 (0.01.70)		(0.0.)		0.00.50 0(4.4)
52 Teachout, Joey 34.70 (34.70)	35.75 (1:10.44)	Ander 36.09 (1:46.53)	son (S.C.) 36.41 (2:22.93)	36.86 (2:59.79)	9:23.53 3(14) 36.69 (3:36.48)
37.55 (4:14.03)	38.06 (4:52.08)	38.72 (5:30.80)	38.81 (6:09.60)	39.31 (6:48.91)	38.89 (7:27.80)
39.65 (8:07.45)	39.11 (8:46.55)	36.98 (9:23.53)	00.01 (0.00.00)	00.01 (0.40.01)	00.00 (1.21.00)
	33.11 (0.40.33)				2.22.22
53 O'Dell, Daniel 34.83 (34.83)	26 22 (1:11 15)	Montre	eat 37.83 (2:25.85)	37.24 (3:03.08)	9:23.93 5(5) 38.38 (3:41.46)
	36.32 (1:11.15)	36.89 (1:48.03)		39.36 (6:57.91)	38.41 (7:36.32)
39.05 (4:20.50)	38.97 (4:59.47)	39.63 (5:39.09)	39.48 (6:18.56)	39.30 (0.37.91)	36.41 (7.30.32)
38.65 (8:14.96)	36.66 (8:51.62)	32.31 (9:23.93)			
54 Mclain, Noah	20 16 (4:44 40)		son (S.C.)	27 10 (2:05 27)	9:25.55 4(10)
36.24 (36.24)	38.16 (1:14.40)	36.90 (1:51.30)	36.98 (2:28.27)	37.10 (3:05.37)	36.98 (3:42.34)
37.63 (4:19.96)	38.05 (4:58.01)	38.45 (5:36.46)	38.41 (6:14.86)	38.43 (6:53.29)	38.98 (7:32.27)
38.52 (8:10.79)	38.14 (8:48.93)	36.63 (9:25.55)			
55 Kimble, Morris	07.44 (4:40.54)		rolina A&T	26.42.(0:04.05)	9:30.54 4(11)
35.43 (35.43)	37.11 (1:12.54)	36.33 (1:48.86)	36.37 (2:25.22)	36.43 (3:01.65)	36.69 (3:38.34)
37.10 (4:15.43)	37.30 (4:52.73)	36.73 (5:29.46)	37.26 (6:06.72)	38.47 (6:45.18)	40.18 (7:25.36)
41.14 (8:06.49)	42.22 (8:48.71)	41.84 (9:30.54)			
56 Parker, Jacob		Montre			9:31.03 4(12)
35.91 (35.91)	38.11 (1:14.01)	36.91 (1:50.91)	37.03 (2:27.94)	36.31 (3:04.25)	37.66 (3:41.91)
37.50 (4:19.40)	38.31 (4:57.71)	38.50 (5:36.21)	39.75 (6:15.95)	40.76 (6:56.71)	39.74 (7:36.44)
41.86 (8:18.29)	38.19 (8:56.48)	34.55 (9:31.03)			
57 Miracle, Mitchell		Cumb	erlands		9:33.52 5(6)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



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#18 Men's 3000 Meter		Team			Time H(
35.50 (35.50)	36.13 (1:11.62)	36.67 (1:48.29)	37.39 (2:25.67)	37.07 (3:02.74)	36.76 (3:39.49)
37.37 (4:16.86)	38.70 (4:55.56)	39.78 (5:35.34)	40.61 (6:15.95)	40.34 (6:56.28)	40.30 (7:36.58)
39.53 (8:16.11)	39.41 (8:55.52)	38.01 (9:33.52)			
Carmack, Curtis		Cataw	ba		9:33.90 4(
35.94 (35.94)	37.49 (1:13.42)	36.61 (1:50.03)	36.77 (2:26.80)	36.78 (3:03.57)	37.36 (3:40.93)
38.55 (4:19.48)	38.09 (4:57.57)	39.14 (5:36.70)	39.08 (6:15.78)	40.21 (6:55.99)	40.36 (7:36.34)
40.91 (8:17.25)	39.99 (8:57.23)	36.68 (9:33.90)			
9 Swepson, Michal		Cataw	ba		9:37.81 3(
34.19 (34.19)	35.64 (1:09.82)	36.04 (1:45.86)	36.51 (2:22.36)	37.23 (2:59.59)	37.97 (3:37.56)
39.12 (4:16.67)	40.03 (4:56.70)	40.53 (5:37.22)	40.54 (6:17.76)	39.93 (6:57.69)	40.19 (7:37.87)
40.94 (8:18.81)	40.05 (8:58.85)	38.96 (9:37.81)			
0 Sabo, Kevin		Unatta	iched		9:43.78 5(7
36.14 (36.14)	36.47 (1:12.60)	37.35 (1:49.95)	37.69 (2:27.63)	38.81 (3:06.44)	38.55 (3:44.99)
38.17 (4:23.16)	38.43 (5:01.59)	39.15 (5:40.74)	39.98 (6:20.71)	39.86 (7:00.57)	41.09 (7:41.65)
42.77 (8:24.42)	43.42 (9:07.84)	35.95 (9:43.78)	. ,	, ,	, -,
61 Horton, Joshua	, ,	Unatta	schod		9:49.30 5(8
36.45 (36.45)	36.46 (1:12.91)	37.43 (1:50.34)	38.09 (2:28.43)	38.90 (3:07.33)	39.19 (3:46.51)
39.38 (4:25.88)	40.08 (5:05.96)	40.44 (5:46.39)	40.69 (6:27.07)	41.69 (7:08.76)	41.52 (7:50.27)
41.79 (8:32.05)	39.87 (9:11.92)	37.38 (9:49.30)		( ,	(1.02)
	(002)		rolina ART		0.50.50 4/4
62 Mustafaa, Hakeem 35.66 (35.66)	37.37 (1:13.03)	N. Car 36.41 (1:49.43)	olina A&T 36.46 (2:25.89)	36.41 (3:02.29)	9:50.58 4(° 36.92 (3:39.21)
37.20 (4:16.41)	37.39 (4:53.80)	38.73 (5:32.52)	38.95 (6:11.47)	44.02 (6:55.48)	46.10 (7:41.57)
43.64 (8:25.20)	43.19 (9:08.39)	42.20 (9:50.58)	30.33 (0.11.47)	44.02 (0.55.46)	40.10 (7.41.57)
	40.10 (0.00.00)		(0.0)		
63 Wilson, Brandon	20 47 (4.45 05)		son (S.C.)	20.00 (2:44.70)	9:55.00 5(9
37.79 (37.79)	38.17 (1:15.95)	39.04 (1:54.99)	37.92 (2:32.90)	38.89 (3:11.79)	39.78 (3:51.57)
39.72 (4:31.29)	40.19 (5:11.48)	40.39 (5:51.86)	40.43 (6:32.29)	41.20 (7:13.48)	41.74 (7:55.21)
41.52 (8:36.72)	40.75 (9:17.47)	37.54 (9:55.00)			
64 Gilbert, Grant		High P			9:58.04 4(
35.50 (35.50)	37.70 (1:13.19)	37.85 (1:51.04)	37.73 (2:28.77)	37.88 (3:06.65)	38.48 (3:45.12)
39.37 (4:24.49)	40.15 (5:04.64)	40.50 (5:45.14)	41.49 (6:26.62)	42.10 (7:08.72)	42.48 (7:51.19)
43.32 (8:34.51)	42.34 (9:16.84)	41.21 (9:58.04)			
65 Toney, Michael		Livings	stone		10:06.69 5(
36.20 (36.20)	37.34 (1:13.53)	38.24 (1:51.76)	38.89 (2:30.65)	39.98 (3:10.62)	40.34 (3:50.95)
41.62 (4:32.57)	40.02 (5:12.58)	42.54 (5:55.11)	42.59 (6:37.70)	42.62 (7:20.32)	44.51 (8:04.82)
45.01 (8:49.83)	42.29 (9:32.11)	34.58 (10:06.69)			
66 Genao, Edward		Belmo	nt Abbey		10:07.21 5(
37.19 (37.19)	39.22 (1:16.41)	39.74 (1:56.14)	40.23 (2:36.37)	40.23 (3:16.60)	40.00 (3:56.59)
41.34 (4:37.93)	41.33 (5:19.25)	41.88 (6:01.13)	41.51 (6:42.63)	42.25 (7:24.88)	42.73 (8:07.60)
43.11 (8:50.70)	42.02 (9:32.72)	34.49 (10:07.21)			
67 Haggerty, Justin		Belmo	nt Abbey		10:15.91 5( <sup>2</sup>
37.07 (37.07)	40.05 (1:17.11)	39.51 (1:56.61)	39.40 (2:36.01)	39.54 (3:15.55)	39.42 (3:54.96)
41.02 (4:35.98)	42.23 (5:18.21)	42.23 (6:00.43)	43.26 (6:43.69)	43.18 (7:26.86)	43.40 (8:10.26)
43.94 (8:54.20)	42.44 (9:36.63)	39.28 (10:15.91)			
68 Keghlian, Christian		Relmo	nt Abbey		10:27.45 5(
oo regiman, Omistian		ספוווט	III ADDOY		10.21.40 0(

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



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#1	8 Men's 3000 Me	ters (cont'c	d)						
P	Name			Tea			Time		PI)
	37.53 (37.53)	39.88 (1:17		39.68 (1:57.08)	39.64 (2:36.71)	39.51 (3:16.22)	39.70 (3:55.		
	42.01 (4:37.92)	42.56 (5:20		43.20 (6:03.67)	43.96 (6:47.62)	44.45 (7:32.06)	44.04 (8:16.	10)	
	44.64 (9:00.73)	44.73 (9:45	5.46)	42.00 (10:27.45)					
	Jaskowak, Daniel			Una	ttached		DNF	1	
	Moskowitz, Elijah			Una	ttached		DNF	1	
	Byars, Daeton			Beln	nont Abbey		DNF	5	
	Abushouk, Dean			East	t Carolina		DNS	2	
#2	6 Men's Camel C	ity Elite 30	00						
\$	JDL Fast Track	7:45.49		Chelimo		US Army			2/4/2017
!	College Facility	7:54.26	Luis	Vargas		NC State			1/30/2016
@	Camel City	7:45.49		Chelimo		U.S. Army			2017
	Name	-		Tea	m	,	Time		
	Tiernan, Patrick			Nike		,	! 7:48.86		
•	29.86 (29.86)	30.78 (1:00.6	63)	33.55 (1:34.17)	31.54 (2:05.71)	31.44 (2:37.15)	32.25 (3:09.39)		
	32.00 (3:41.39)	32.36 (4:13.7	75)	31.64 (4:45.39)	30.84 (5:16.22)	30.47 (5:46.69)	30.57 (6:17.25)		
	30.56 (6:47.81)	30.66 (7:18.4	46)	30.40 (7:48.86)					
2	Masters, Riley			Nike	<u> </u>		7:54.43		
_	30.47 (30.47)	31.21 (1:01.6	68)	32.68 (1:34.35)	31.84 (2:06.19)	31.69 (2:37.88)	32.01 (3:09.89)		
	32.28 (3:42.16)	32.13 (4:14.2	29)	31.63 (4:45.91)	30.89 (5:16.79)	30.73 (5:47.52)	31.33 (6:18.84)		
	31.21 (6:50.04)	31.93 (7:21.9	97)	32.47 (7:54.43)					
3	Erassa, Kirubel			Ame	erican Distance Pr		7:57.77		
3	30.02 (30.02)	30.91 (1:00.9	92)	33.64 (1:34.56)	31.69 (2:06.25)	31.24 (2:37.49)	32.17 (3:09.66)		
	32.05 (3:41.70)	32.35 (4:14.0	05)	31.61 (4:45.66)	30.87 (5:16.53)	30.73 (5:47.25)	32.03 (6:19.27)		
	32.63 (6:51.89)	33.13 (7:25.0		32.75 (7:57.77)	•		. ,		
1	Sugira , James	•			tern Kentucky		7:58.19		
4	30.58 (30.58)	30.83 (1:01.4	41)	33.37 (1:34.78)	32.11 (2:06.88)	31.43 (2:38.31)	32.05 (3:10.36)		
	32.37 (3:42.72)	32.03 (4:14.7		31.82 (4:46.56)	31.74 (5:18.29)	32.19 (5:50.48)	32.37 (6:22.84)		
	32.36 (6:55.19)	32.32 (7:27.5		30.69 (7:58.19)	, ,	. ,	. ,		
E	Kurgat, Edwin	,	•		a State		7:59.22		
5	30.26 (30.26)	30.90 (1:01.1	15)	33.61 (1:34.76)	32.01 (2:06.76)	31.93 (2:38.69)	7.59.22 32.15 (3:10.83)		
	32.37 (3:43.20)	31.85 (4:15.0		32.13 (4:47.17)	31.66 (5:18.82)	31.71 (5:50.53)	32.16 (6:22.68)		
	32.17 (6:54.85)	32.49 (7:27.3		31.89 (7:59.22)	,,	,	(= ==)		
e	Coleman, Jamaine	- (	,		nan Elite		7:59.76		
0	30.20 (30.20)	31.20 (1:01.3	39)	33.60 (1:34.99)	32.06 (2:07.05)	31.07 (2:38.11)	32.02 (3:10.12)		
	32.29 (3:42.41)	32.10 (4:14.5		31.71 (4:46.21)	31.84 (5:18.05)	32.42 (5:50.47)	32.67 (6:23.14)		
	34.30 (6:57.43)	32.72 (7:30.1		29.61 (7:59.76)	22. (20.00)	(00)	(3.20.14)		
_		522 (1.50.)	. 3,		inia Taak		7.50.00		
7	Seufer, Peter 31.15 (31.15)	31.22 (1:02.3	36)	Virg 33.33 (1:35.69)	inia Tech 31.99 (2:07.68)	31.84 (2:39.51)	7:59.90 31.95 (3:11.46)		
	32.35 (3:43.81)	31.62 (4:15.4		31.67 (4:47.09)	32.15 (5:19.24)	31.76 (5:51.00)	32.20 (6:23.20)		
	32.74 (6:55.93)	32.76 (7:28.6	,	31.07 (4.47.09)	J2. 10 (J. 13.24)	31.70 (3.31.00)	JZ.ZU (U.ZJ.ZU)		
_		JZ.10 (1.20.0	55)				0.00.04		
8	Reeder, Troy 30.29 (30.29)	31.31 (1:01.6	30)	Furr 33.22 (1:34.81)	man Elite 31.83 (2:06.63)	31.83 (2:38.46)	8:00.34 32.14 (3:10.59)		
	32.37 (3:42.96)	31.88 (4:14.8		32.08 (4:46.90)	31.79 (5:18.69)	32.60 (5:51.28)	33.53 (6:24.80)		
	33.45 (6:58.25)	31.92 (7:30.1		30.17 (8:00.34)	31.73 (3.10.03)	52.00 (5.51.20)	55.55 (0.24.60)		
_		31.32 (1.30.)	. / )		u - di - d		0.04.00		
9	Templeton, Aaron			Una	ttached		8:04.69		

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



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Pl_Name	ity Elite 3000	(cont'd)			_	
	21 72 (1:02 40)	768		31 71 (3:30 00)	Time	
30.76 (30.76)	31.73 (1:02.49)	33.26 (1:35.75)	31.63 (2:07.37)	31.71 (2:39.08)	32.02 (3:11.10)	
32.29 (3:43.39)	31.92 (4:15.31)	32.22 (4:47.52)	32.37 (5:19.89)	32.35 (5:52.23)	33.04 (6:25.26)	
33.75 (6:59.01)	33.32 (7:32.32)	32.37 (8:04.69)				
10 Shanklin, lan			th Carolina St.		8:09.46	
31.01 (31.01)	31.12 (1:02.12)	33.40 (1:35.52)	32.36 (2:07.88)	31.95 (2:39.82)	32.14 (3:11.96)	
32.11 (3:44.06)	32.11 (4:16.17)	32.70 (4:48.87)	32.76 (5:21.63)	33.90 (5:55.52)	34.38 (6:29.90)	
34.18 (7:04.07)	33.64 (7:37.70)	31.76 (8:09.46)				
11 Chemadi, Kigen			Tenn. State		8:13.75	
30.40 (30.40)	31.30 (1:01.70)	33.51 (1:35.20)	32.06 (2:07.26)	31.65 (2:38.90)	32.15 (3:11.05)	
32.36 (3:43.41)	32.63 (4:16.03)	32.46 (4:48.49)	32.95 (5:21.44)	34.48 (5:55.92)	34.54 (6:30.45)	
34.41 (7:04.86)	35.50 (7:40.35)	33.41 (8:13.75)				
12 Long, Zach		Ten	nessee		8:14.53	
30.90 (30.90)	31.39 (1:02.29)	33.06 (1:35.34)	32.15 (2:07.49)	31.80 (2:39.29)	32.00 (3:11.28)	
32.35 (3:43.62)	31.99 (4:15.61)	31.87 (4:47.48)	32.21 (5:19.68)	32.94 (5:52.61)	33.91 (6:26.51)	
35.45 (7:01.96)	36.10 (7:38.05)	36.48 (8:14.53)				
13 Lara, Frank		Furr	man		8:21.67	
30.65 (30.65)	31.30 (1:01.95)	33.47 (1:35.41)	32.59 (2:08.00)	32.05 (2:40.05)	32.12 (3:12.16)	
32.29 (3:44.44)	32.25 (4:16.69)	33.13 (4:49.82)	33.97 (5:23.79)	35.56 (5:59.34)	35.87 (6:35.21)	
35.89 (7:11.09)	35.71 (7:46.80)	34.87 (8:21.67)				
14 Onizuka, Shota		Una	ttached		8:24.79	
29.55 (29.55)	30.85 (1:00.40)	33.48 (1:33.87)	31.61 (2:05.47)	31.48 (2:36.95)	32.24 (3:09.18)	
32.82 (3:42.00)	33.67 (4:15.66)	34.35 (4:50.01)	36.11 (5:26.11)	36.46 (6:02.57)	36.43 (6:39.00)	
35.71 (7:14.70)	35.32 (7:50.02)	34.78 (8:24.79)				
15 Choge, Jacob		Mid	Tenn. State		8:30.29	
31.03 (31.03)	31.08 (1:02.10)	33.82 (1:35.92)	32.55 (2:08.46)	32.08 (2:40.53)	32.41 (3:12.94)	
33.32 (3:46.25)	34.05 (4:20.30)	34.41 (4:54.71)	36.10 (5:30.80)	36.70 (6:07.50)	36.60 (6:44.09)	
36.50 (7:20.59)	35.66 (7:56.25)	34.04 (8:30.29)				
16 Kipchumba, Enock	,		tern Kentucky		8:38.43	
30.70 (30.70)	31.16 (1:01.86)	33.23 (1:35.09)	32.13 (2:07.21)	32.05 (2:39.26)	32.51 (3:11.77)	
33.62 (3:45.38)	34.88 (4:20.26)	36.10 (4:56.35)	37.52 (5:33.87)	37.73 (6:11.59)	37.08 (6:48.66)	
37.24 (7:25.90)	36.63 (8:02.53)	35.91 (8:38.43)	. ,	. ,	, ,	
	(/	VT I	Elito		DNF	
Fink, Willy		VII	_III. <del>U</del>		DINE	
/// / Manula 5000-14	4					
#14 Men's 5000 Me		. 5				0/1/2017
A IDI E := :		vin Batt		Adams St		3/14/2014
\$ JDL Fast Track		. 5				
! College Facility	14:06.24 Ke	vin Batt		Adams St		3/14/2014
! College Facility @ Camel City	14:06.24 Ke	ad Hort		Adams St North Flor	rida	3/14/2014 2017
! College Facility @ Camel City Pl Name	14:06.24 Ke	ad Hort <b>Te</b> a			rida <b>Time</b>	
! College Facility @ Camel City PI Name 1 Humeida, Osman	14:06.24 Ke 14:45.15 Bra	ad Hort <b>Tea</b> Virg	inia Tech	North Flor	rida <b>Time</b> @ 14:44.48	
! College Facility @ Camel City PI Name 1 Humeida, Osman 36.13 (36.13)	14:06.24 Ker 14:45.15 Bra 35.91 (1:12.03)	ad Hort Tea Virg 35.89 (1:47.91)	inia Tech 35.33 (2:23.23)	North Flor 34.70 (2:57.93)	Time  @ 14:44.48 35.75 (3:33.67)	
Pl Name  1 Humeida, Osman 36.13 (36.13) 35.82 (4:09.48)	14:06.24 Ket 14:45.15 Bra 35.91 (1:12.03) 35.40 (4:44.88)	Tea Virg 35.89 (1:47.91) 35.90 (5:20.77)	inia Tech 35.33 (2:23.23) 35.54 (5:56.31)	North Flor 34.70 (2:57.93) 35.18 (6:31.48)	Time @ 14:44.48 35.75 (3:33.67) 35.80 (7:07.27)	
! College Facility @ Camel City PI Name  1 Humeida, Osman 36.13 (36.13) 35.82 (4:09.48) 36.26 (7:43.53)	14:06.24 Ket 14:45.15 Bra 35.91 (1:12.03) 35.40 (4:44.88) 35.68 (8:19.20)	Tea Virg 35.89 (1:47.91) 35.90 (5:20.77) 35.27 (8:54.47)	inia Tech 35.33 (2:23.23) 35.54 (5:56.31) 35.50 (9:29.97)	34.70 (2:57.93) 35.18 (6:31.48) 35.56 (10:05.52)	Time  @ 14:44.48 35.75 (3:33.67) 35.80 (7:07.27) 36.16 (10:41.68)	
Pl College Facility  Camel City  Pl Name  1 Humeida, Osman 36.13 (36.13) 35.82 (4:09.48) 36.26 (7:43.53) 36.24 (11:17.92)	14:06.24 Ket 14:45.15 Bra 35.91 (1:12.03) 35.40 (4:44.88)	Tea Virg 35.89 (1:47.91) 35.90 (5:20.77)	inia Tech 35.33 (2:23.23) 35.54 (5:56.31)	North Flor 34.70 (2:57.93) 35.18 (6:31.48)	Time @ 14:44.48 35.75 (3:33.67) 35.80 (7:07.27)	
! College Facility @ Camel City PI Name  1 Humeida, Osman 36.13 (36.13) 35.82 (4:09.48) 36.26 (7:43.53)	14:06.24 Ket 14:45.15 Bra 35.91 (1:12.03) 35.40 (4:44.88) 35.68 (8:19.20)	Tea Virg 35.89 (1:47.91) 35.90 (5:20.77) 35.27 (8:54.47)	inia Tech 35.33 (2:23.23) 35.54 (5:56.31) 35.50 (9:29.97)	34.70 (2:57.93) 35.18 (6:31.48) 35.56 (10:05.52)	Time  @ 14:44.48 35.75 (3:33.67) 35.80 (7:07.27) 36.16 (10:41.68)	

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



OFFICIAL MEET REPORT printed: 2/2/2019 4:06 PM

	4 Men's 5000 Me	ters (cont'd)				
<u>_Pl</u>	Name 34.04 (34.04)	35.69 (1:09.72)	<b>Te</b> a	35.66 (2:21.37)	2E 46 (0.50 00)	Time
	34.04 (34.04)				35.46 (2:56.82)	35.67 (3:32.48)
	35.93 (4:08.41)	35.40 (4:43.81)	35.70 (5:19.51)	35.99 (5:55.49)	35.47 (6:30.96)	36.66 (7:07.61)
	36.47 (7:44.08)	35.78 (8:19.86)	34.97 (8:54.82)	35.40 (9:30.21)	35.59 (10:05.80)	36.19 (10:41.98)
	36.22 (11:18.20)	36.02 (11:54.21)	36.58 (12:30.78)	35.24 (13:06.02)	34.02 (13:40.04)	33.13 (14:13.17)
	31.84 (14:45.00)					
3	Griffen, Will		Virg	ginia Tech		14:49.90
	36.02 (36.02)	35.75 (1:11.77)	35.86 (1:47.63)	35.35 (2:22.97)	34.66 (2:57.63)	35.75 (3:33.38)
	35.84 (4:09.21)	35.40 (4:44.60)	35.92 (5:20.52)	35.52 (5:56.03)	35.16 (6:31.18)	35.92 (7:07.09)
	36.15 (7:43.24)	35.66 (8:18.89)	35.27 (8:54.16)	35.49 (9:29.64)	35.58 (10:05.22)	36.14 (10:41.35)
	36.30 (11:17.65)	35.98 (11:53.63)	36.57 (12:30.19)	36.21 (13:06.40)	36.22 (13:42.62)	35.71 (14:18.32)
	31.58 (14:49.90)					
4	Gonzalez, Jacob		Moi	unt Olive		15:11.06
7	35.53 (35.53)	35.42 (1:10.94)	35.81 (1:46.75)	35.74 (2:22.49)	36.03 (2:58.51)	36.03 (3:34.54)
	35.49 (4:10.03)	35.66 (4:45.68)	35.74 (5:21.42)	35.25 (5:56.66)	35.72 (6:32.38)	36.17 (7:08.54)
	36.46 (7:45.00)	36.61 (8:21.61)	36.51 (8:58.11)	37.31 (9:35.41)	37.15 (10:12.55)	37.94 (10:50.49)
	37.08 (11:27.56)	37.93 (12:05.49)	38.24 (12:43.72)	38.00 (13:21.71)	37.96 (13:59.67)	36.88 (14:36.55)
	34.51 (15:11.06)	37.33 (12.03.43)	30.27 (12.43.12)	50.00 (13.21.71)	07.00 (10.00.07)	30.00 (14.30.33)
	, ,		_			
5	Willette, Dax	07.07/1.10.5.0		AD Atlanta	00.00 (0.04.55)	15:17.06
	36.47 (36.47)	37.07 (1:13.54)	35.61 (1:49.14)	35.98 (2:25.12)	36.38 (3:01.50)	36.53 (3:38.03)
	36.86 (4:14.88)	37.04 (4:51.91)	37.04 (5:28.95)	36.39 (6:05.34)	36.74 (6:42.07)	38.05 (7:20.12)
	37.34 (7:57.46)	37.46 (8:34.92)	37.12 (9:12.04)	37.17 (9:49.21)	37.32 (10:26.52)	37.45 (11:03.97)
	37.26 (11:41.22)	37.62 (12:18.83)	37.53 (12:56.35)	37.11 (13:33.46)	36.07 (14:09.53)	35.26 (14:44.79)
	32.27 (15:17.06)					
6	Borger, Peter		Ric	hmond		15:21.94
	34.57 (34.57)	35.80 (1:10.37)	35.85 (1:46.21)	35.70 (2:21.90)	35.08 (2:56.97)	35.77 (3:32.74)
	35.94 (4:08.68)	35.40 (4:44.07)	35.71 (5:19.78)	35.96 (5:55.73)	35.11 (6:30.84)	36.53 (7:07.36)
	36.43 (7:43.79)	35.76 (8:19.54)	35.95 (8:55.48)	37.09 (9:32.57)	37.97 (10:10.53)	38.41 (10:48.94)
	38.86 (11:27.80)	38.77 (12:06.56)	39.26 (12:45.82)	39.22 (13:25.03)	38.85 (14:03.88)	39.02 (14:42.89)
	39.05 (15:21.94)	,		,		,
7			NAO	unt Olive		15:33.30
1	Francken, Daniel 35.67 (35.67)	35.43 (1:11.10)	35.86 (1:46.96)	35.78 (2:22.74)	35.94 (2:58.67)	36.08 (3:34.74)
	35.72 (4:10.46)	35.86 (4:46.32)	35.59 (5:21.91)	36.03 (5:57.93)	36.64 (6:34.56)	36.89 (7:11.45)
					, ,	, ,
	37.41 (7:48.85)	37.57 (8:26.41)	37.93 (9:04.34)	38.37 (9:42.70)	38.83 (10:21.53)	39.34 (11:00.86)
	38.98 (11:39.84)	39.37 (12:19.21)	39.12 (12:58.33)	39.38 (13:37.70)	38.86 (14:16.55)	38.87 (14:55.42)
	37.89 (15:33.30)					
8	Mortimer, Alex			igan		15:34.76
	36.44 (36.44)	36.55 (1:12.99)	35.52 (1:48.50)	35.10 (2:23.60)	36.15 (2:59.75)	36.11 (3:35.86)
	36.51 (4:12.36)	36.92 (4:49.28)	37.29 (5:26.56)	37.58 (6:04.13)	37.72 (6:41.85)	38.55 (7:20.39)
	37.72 (7:58.11)	38.05 (8:36.16)	37.60 (9:13.75)	37.85 (9:51.60)	39.01 (10:30.60)	38.22 (11:08.82)
	38.80 (11:47.61)	38.46 (12:26.07)	38.19 (13:04.25)	37.96 (13:42.21)	38.20 (14:20.41)	37.92 (14:58.32)
	36.44 (15:34.76)					
9	Russell, Matthew		Fas	st Carolina		15:37.70
9						

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



OFFICIAL MEET REPORT printed: 2/2/2019 4:06 PM

#14 Men's 5000 Me	ters (cont'd)						
Pl_Name		Tea			Time		
34.83 (34.83)	35.80 (1:10.62)	35.86 (1:46.48)	35.74 (2:22.21)	36.01 (2:58.22)	35.89 (3:34.11)		
35.99 (4:10.09)	35.98 (4:46.07)	36.24 (5:22.30)	36.87 (5:59.17)	36.92 (6:36.09)	38.23 (7:14.31)		
38.01 (7:52.32)	39.26 (8:31.58)	38.91 (9:10.48)	38.85 (9:49.33)	38.52 (10:27.85)	38.78 (11:06.63)		
39.46 (11:46.08)	39.91 (12:25.98)	39.80 (13:05.78)	39.69 (13:45.46)	39.61 (14:25.06)	37.53 (15:02.59)		
35.11 (15:37.70)							
10 Kinne, Austin		Wa	shington and Le		15:41.08		
36.57 (36.57)	36.85 (1:13.41)	35.75 (1:49.15)	36.32 (2:25.47)	36.43 (3:01.89)	36.60 (3:38.49)		
36.86 (4:15.34)	36.99 (4:52.33)	37.03 (5:29.35)	37.04 (6:06.39)	36.33 (6:42.72)	37.87 (7:20.59)		
37.74 (7:58.32)	37.30 (8:35.61)	37.54 (9:13.15)	37.72 (9:50.86)	38.12 (10:28.97)	37.41 (11:06.38)		
38.56 (11:44.93)	39.03 (12:23.95)	39.56 (13:03.50)	39.75 (13:43.25)	39.83 (14:23.08)	39.95 (15:03.02)		
38.06 (15:41.08)							
11 Spare, Joshua 35.20 (35.20)	36.04 (1:11.24)	Eas 35.96 (1:47.19)	st Carolina 35.77 (2:22.96)	35.84 (2:58.79)	15:44.55 35.54 (3:34.33)		
35.44 (4:09.76)	35.60 (4:45.36)	36.36 (5:21.71)	37.19 (5:58.90)	36.85 (6:35.74)	38.84 (7:14.57)		
38.07 (7:52.63)	38.75 (8:31.38)	38.67 (9:10.05)	39.81 (9:49.85)	38.81 (10:28.65)	40.45 (11:09.09)		
40.08 (11:49.17)	40.53 (12:29.70)	40.27 (13:09.96)	39.77 (13:49.73)	40.11 (14:29.84)	38.89 (15:08.72)		
35.84 (15:44.55)							
12 Knepple, Paul		Ric	hmond		15:47.57		
34.36 (34.36)	35.75 (1:10.11)	35.88 (1:45.99)	35.66 (2:21.65)	35.04 (2:56.68)	35.54 (3:32.22)		
35.93 (4:08.15)	35.41 (4:43.55)	35.72 (5:19.27)	36.50 (5:55.76)	36.21 (6:31.97)	36.85 (7:08.81)		
37.63 (7:46.43)	37.46 (8:23.89)	38.54 (9:02.42)	39.40 (9:41.81)	39.40 (10:21.21)	40.19 (11:01.40)		
39.77 (11:41.16)	40.30 (12:21.46)	40.35 (13:01.80)	41.71 (13:43.51)	42.12 (14:25.62)	41.38 (15:07.00)		
40.58 (15:47.57)							
Hughes, Ryan		Virg	ginia Tech		DNF		
Hefner, Jayden			attached		DNF		
Cardel, Patrick		Una	attached		DNS		
#8 Men's 60m Hurd	es						
JDL Fast Track		leec Harris		adidas		1/31/2015	
College Facility		/lichael Dickson		North Ca	rolina A&T	2/4/2017	
@ Camel City		Alec Harris		Adidas		2015	
Finals							
Pl Name		Tea	am		Time		
1 Brown, Rasheem			igan		7.96		
2 dutch, johnny			attached		7.99		
3 Chisholm, Tayshaun			isburg College		8.06		
4 Tawiah, Casimir		Tro			8.23		
5 Gaither, Cory			/idson		8.28		
6 Martin-Rogers, Julia	n	Tro			8.44		
7 Romero , Pablo			h Point		8.51		
8 Rosenthal, Chase		_	dgewater (Va.)		8.71		
			-				
Prelims		<b></b>			<b>T</b> :	LL(DI)	
Pl Name 1 dutch, johnny		Tea	<u>am</u> attached			H(PI)	
					8.03q	2(1)	
2 Tawiah, Casimir		Tro	у		8.06q	1(1)	
							DirectAthletics MeetPro

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

1) Fisher, Richard

3) Leppelsack, Arne 2:29.165 (50.148)

49.764 (49.764)

Host: JDL Fast Track 2/1/2019 - 2/2/2019

#### MEET OFFICIALS

Meet Director:
DePaul Mittman
Timing:
Timing Inc.



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## **RESULTS**

#8 Men's 60m Hurdles (con	t'd)		
Prelims			
Pl Name	Team	Time	H(PI)
3 Brown, Rasheem	Milligan	8.14q	2(2)
4 Chisholm, Tayshaun	Louisburg College	8.38q	5(1)
5 Martin-Rogers, Julian	Troy	8.44q	1(2)
6 Gaither, Cory	Davidson	8.46q	3(1)
7 Rosenthal, Chase	Bridgewater (Va.)	8.53q	2(3)
8 Romero , Pablo	High Point	8.55q	1(3)
9 Noble, Rashaun	Catawba	8.55	3(2)
10 Brown, Darian	Unattached	8.57	1(4)
11 Davis, Dementrius	USC-Beaufort	8.60	3(3)
12 Dennis, Brian	N.C. Central	8.62	4(1)
13 Romero, Jonathan	Virginia-Lynchburg	8.65	4(2)
14 Caveney, Sean	Davidson	8.75	4(3)
15 Mcguire, Raymond	Livingstone	8.75	2(4)
16 Philippot, Ronan	Milligan	8.78	5(2)
17 Jungmichel, Stefan	Queens (N.C.)	8.85	3(4)
18 McGuire, Stockton	Davidson	9.09	1(5)
19 Barbier, Clement	Queens (N.C.)	9.17	5(3)
20 Mitchell, Devonte	Bryant & Stratton College	9.18	1(6)
21 Gieseler, John	Bridgewater (Va.)	9.19	5(4)
22 Locklear, Tristan	N.C. Central	9.36	5(5)
23 Yelton, Hank	Montreat	9.37	3(5)
24 Rodgers, Nathan	UNCW	9.44	1(7)
25 Fulani, Muhammad	Virginia-Lynchburg	9.62	4(4)
26 Duncan, Connor	Montreat	9.63	2(5)
27 Binkley, Stephen	High Point	9.98	2(6)
28 Bowman, Ezekiel	Unattached	10.06	4(5)
29 Livingston, Keenan	Bryant & Stratton College	10.18	5(6)
30 Lloyd, Jonathan	UNCW	10.98	1(8)
Reid, Aveon	Louisburg College	DQ	3
Blanding, Jarvis	N.C. Central	FS	3
Klei, Niklas	Queens (N.C.)	DNS	2
Holmes, Maurice	UNCW	DNS	4
Danielsson, Gudmundur	Queens (N.C.)	DNS	4
Stainback, Gabriel	High Point	DNS	5
·	Ç		
#2100 Men's 4 x 400m Rela	av		
S JDL Fast Track 3:11.12		GW Express/Nike	1/31/2015
College Facility 3:12.35		North Carolina	2/15/2014
@ Camel City 3:11.12		G.W.Express/Nike	2015
PI Team	,, <u> </u>	F	Time H(PI)
1 Mount Olive (A)			i:17.71 1(1)
		•	` '

2) Middlebrooks, Johnny

1:39.018 (49.255)

4) Shannon, Tedric 3:17.702 (48.537)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



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#2100 Men's 4 x 400m Relay (co	nra)	The	LI/DI\
Pl Team 2 Davidson (A)		3:21.67	<b>H(PI)</b> 2(1)
Davidson (A)     NcGuire, Stockton	2) Kalsu, Bryce	3.21.07	۷(۱)
51.607 (51.607)	1:42.417 (50.810)		
3) Gaither, Cory 2:32.458 (50.041)	4) Hostetler, Jacob 3:21.669 (49.211)		
3 Cumberlands (A)		3:23.39	1(2)
1) Shabazz, Emmanual 52.313 (52.313)	2) Smith, Demarius 1:42.096 (49.784)		
3) Coleman, Simeon 2:32.776 (50.680)	4) Davenport, Curtis 3:23.381 (50.605)		
4 Troy (A)		3:24.32	1(3)
1) Harris, Amir 52.219 (52.219)	2) McCleskey, Jordan 1:42.156 (49.938)		
3) Hayes, Jared 2:33.282 (51.126)	4) Smith, Jordan 3:24.311 (51.030)		
5 Louisburg College (A)		3:24.73	2(2)
1) Koonce, Levin 51.680 (51.680)	2) Robinson, Qua-Ronz 1:42.427 (50.748)		
3) Connolly, John 2:33.935 (51.508)	4) Reid, Aveon 3:24.727 (50.793)		
6 Coe (A)		3:31.17	2(3)
1) Weber, Jayden 54.219 (54.219)	2) Hartshorne, Hunter 1:47.215 (52.996)		
3) Izer, Ryan 2:39.406 (52.191)	4) Varney, Jackson 3:31.166 (51.760)		
7 Catawba (A)		3:32.38	3(1)
1) Burnette, Justin 53.548 (53.548)	2) Terry, RahQuan 1:46.373 (52.825)		
3) Pittman, Brien 2:40.207 (53.835)	4) Ford, Braxton 3:32.372 (52.165)		
8 Bryant & Stratton College (A)		3:32.80	3(2)
1) Ameer, Jelani 54.644 (54.644)	2) Corrales, Matthew 1:47.452 (52.809)		
3) Brown, Michael 2:41.286 (53.834)	4) Savage, Daniel 3:32.797 (51.511)		
Livingstone (A)		FS	2
1) Ewell, Antoine	2) Mcguire, Raymond		
<ol> <li>Cunningham , Cameron Webber (A)</li> </ol>	4) Thompson, Aaron	DNS	1
· ,	2) Joan Biorro Wilhoman	רווס	ı
1) Crooks, Duran	2) Jean-Pierre, Wilhemson		
Broome, Dominque     Virginia-Lynchburg (A)	4) Hill, Dakari	DNS	3
1) Romero, Jonathan	2) Fulani, Muhammad	DNS	J
3) Whitehead, Kevon	4) Fenner, Devine		
3) Willelieau, Nevoli	Tolliel, Deville		

#32 Men's Unseeded High Jump

Meckes, Ricko Locklear, Tristan

Ibrahim, Joseph

Dillard, Aspen

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019

MEET OFFICIALS

Meet Director:
DePaul Mittman
Timing:
Timing Inc.



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## **RESULTS**

\$						
	JDL Fast Track	9:34.24	Manahan, DeRay, Engels, Tobin	Ole Miss	2/18/2017	
!	College Facility	9:34.24	Manahan, DeRay, Engels, Tobin	Ole Miss	2/18/2016	
@	Camel City	10:00.53	Kipruto, Cooper, Fisher, Kirui	Campbell	2017	
_P	l Team				Time	
1	Mount Olive (A)				10:14.39	
	1) Willis, Jacob 3:09.017 (3:09	9.017)	2) Peter, Lukas 3:58.357 (49.340)			
	3) Cornu, Altan 5:54.797 (1:56	6.440)	4) Smith, Tai 10:14.386 (4:19.589)			
2	2 Duke (A)				10:22.66	
	1) Cullen, Joe 3:09.661 (3:09	9.661)	2) Cox, Nick 4:01.143 (51.482)			
	3) Connell, Devir 6:02.096 (2:00		4) Ungvarsky, Mike 10:22.652 (4:20.556)			
3	Christopher Newpo	ort (A)			10:27.50	
	1) Edwards, Clar 3:04.380 (3:04	·k I.380)	2) Berry, Brandon 3:56.665 (52.285)			
	3) Wosahla, Ada 5:53.745 (1:57		4) Putnam, Jason 10:27.500 (4:33.755)			
4	USC-Beaufort (A)				10:44.99	
	1) Freed, Bret 3:08.651 (3:08	3.651)	2) Davis, Dementrius 4:02.905 (54.254)			
	3) Merida , Elijah 6:08.905 (2:06		4) Slaton, Cristian 10:44.987 (4:36.082)			
5	Belmont Abbey (A)	)			11:45.15	
	1) Grosch, Danie 3:17.016 (3:17		2) Vilcheck, Dimarcus 4:11.739 (54.723)			
	3) Snell, Nick 6:24.134 (2:12	2.395)	4) Seidi, Suhail 11:45.142 (5:21.008)			
	High Point (A)				DNF	
	1) Pina Cardona	, Siro	2) Dupell III, Bobby			
	3) Dunn, Jake		4) Van Der Cruyssen, Patri	ck		

\$	JDL Fast Track	2.24m	Kris Kornegay-Gober	NC State	12/1/2012	
!	College Facility	2.24m	Kris Kornegay-Gober	NC State	12/1/2012	
@	Camel City	2.17m	Avion Jones	East Carolina	2016	
_P	Name		Team		Mark	
1	Holmes, Maurice		UNCW		2.00m 6' 6 <sup>3</sup> / <sub>4</sub>	
2	Gentry, Clayton		Unattached		1.95m <i>6' 4<sup>3</sup>/</i> <sub>4</sub>	
2	Ross, Benjamin		Duke		1.95m <i>6' 4<sup>3</sup>/</i> <sub>4</sub>	
4	Maclemore, Philip		Davidson		1.90m 6' 2 <sup>3</sup> / <sub>4</sub>	
5	Davis, Rashon		Bridgewater (Va.)		1.85m <i>6' 0<sup>3/</sup></i> 4	
5	Singleton, John		High Point		1.85m <i>6' 0<sup>3/</sup></i> 4	
5	Wood, Dylan		UNCW		1.85m 6' 0 <sup>3</sup> / <sub>4</sub>	
	Danielsson, Gudmur	ndur	Queens (N.C.)		NH	

NH

NH

NH

NH

Queens (N.C.)

North Carolina

Belmont Abbey

N.C. Central

#32 Men's Unseeded High Jump (cont'd)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019

### MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



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PI	Name		,	Team		Mark	
	Gieseler, John			Bridgewater (Va.)		NH	
	Lane, Josiah			Catawba		NH	
	Klei, Niklas			Queens (N.C.)		NH	
	Hupp, Luke			Cumberlands		NH	
#4	4 Men's High Jum	р					
	JDL Fast Track	2.24m	Kris Kornegay	-Gober	NC State	12/1/2012	
!	College Facility	2.24m	Kris Kornegay	-Gober	NC State	12/1/2012	
@	Camel City	2.17m	Avion Jones		East Carolina	2016	
_PI	Name			Team		Mark	
1	Kornegay-Gober, Kris	S		Unattached	@	② 2.20m <i>7' 2¹⁄₂</i>	
2	Gamble, Orlandus			Louisburg College		2.10m <i>6' 10<sup>3</sup>/</i> <sub>4</sub>	
2	Sizemore, Titus			Troy		2.10m <i>6' 10<sup>3</sup>/</i> <sub>4</sub>	
4	Jones, Marvin			N.C. Central		2.05m 6' 8 <sup>3</sup> / <sub>4</sub>	
4	Crist, Draven			North Carolina		2.05m <i>6' 8<sup>3</sup>/</i> <sub>4</sub>	
4	Jones, Avion			Unattached		2.05m <i>6' 8<sup>3</sup>/</i> <sub>4</sub>	
7	Diaz, Israel			Montreat		2.00m <i>6' 6<sup>3</sup>/</i> <sub>4</sub>	
7	Smalls, Omega			N.C. Central		2.00m 6' 6 <sup>3</sup> / <sub>4</sub>	
7	Hill, Dakari			Webber		2.00m 6' 6 <sup>3</sup> / <sub>4</sub>	
	Jones, Tony			Wake Forest		NH	
#34	4 Men's Pole Vau	lt					
\$	JDL Fast Track	5.45m	Scott Houston		Unattached	2/4/2017	
!	College Facility	5.31m	Tray Oates		Samford	2/20/2016	
@	Camel City	5.45m	Scott Houston		Unattached	2017	
_PI	Name			Team		Mark	
1	Houston, Scott			Unattached	;	\$ 5.46m <i>17' 11"</i>	
2	Howe, Keon			Unattached		5.00m <i>16' 4<sup>3</sup>/</i> <sub>4</sub>	
	Suarez, Esteban			Duke		5.00m <i>16' 4<sup>3/</sup></i> 4	
4	Aldrich, Kane			Wake Forest		4.70m <i>15' 5"</i>	
4	٥,			High Point		4.70m <i>15' 5"</i>	
6	*			Duke		4.70m <i>15' 5"</i>	
7	,			High Point		4.55m <i>14' 11"</i>	
8	Evans, Spencer			Unattached		4.40m <i>14' 5</i> <sup>1</sup> / <sub>4</sub>	
9				Unattached		4.40m <i>14' 5<sup>1/4</sup></i>	
	Romero , Pablo			High Point		4.40m <i>14' 5<sup>1</sup>/</i> <sub>4</sub>	
	Danielsson, Gudmun	dur		Queens (N.C.)		4.10m <i>13' 5<sup>1</sup>/</i> <sub>4</sub>	
	Lieberman, Troy			Montreat		3.95m <i>12' 111</i> / <sub>2</sub>	
	Kohler, Stefan			Queens (N.C.)		3.80m <i>12' 51/2</i>	
	Hood, David			Unattached		3.80m <i>12' 51/2</i>	
15	Vann, Dallas			Catawba		3.50m <i>11' 5<sup>3</sup>/</i> <sub>4</sub>	
	Evans, Drew			Unattached		NH	
	Pautler, Dominic			Belmont Abbey		NH	
	Meckes, Ricko			Queens (N.C.)		NH	
	Fitzgerald, Tyler			Montreat		NH	
	Matheson, Micah			Montreat		NH	

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



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#:	36 Men's Long Jum	np						
\$	JDL Fast Track	7.81m	Mikese Morse		Unattached	11/	16/2013	
!	College Facility	7.76m	Andre Dorsey		Kennesaw State	2/2	1/2014	
@	Camel City	7.52m	Kenneth Fishe	r	Bethune-Cookman	n 201	6	
F	Name			Team		Mark	F(PI)	
•	McClam, Joshua			Unattached		7.11m <i>23' 4"</i>	3(1)	
2	Bell, Michael			N. Carolina A&T		6.73m <i>22' 1"</i>	3(2)	
(	3 Jungmichel, Stefan			Queens (N.C.)		6.66m 21' 10 <sup>1</sup> / <sub>2</sub>	4 3(3)	
4	1 Crutchfield, Da'Rod			UNCW		6.61m <i>21' 81/4</i>	3(4)	
į	Coker, DeJon			Bryant & Stratton College		6.61m <i>21' 81/4</i>	1(1)	
ţ	5 Carter, Samual			Catawba		6.61m <i>21' 81/4</i>	2(1)	
-	7 Bise , Noah			Milligan		6.38m <i>20' 111</i>	4 3(5)	
8	B Hepburn, Nathan			Cumberlands		6.35m <i>20' 10"</i>	3(6)	
9	Womack, Davonta			Bridgewater (Va.)		6.33m <i>20' 91/4</i>	3(7)	
1	0 Romero, Jonathan			Virginia-Lynchburg		6.25m <i>20' 61/4</i>	2(3)	
1	1 Kohler, Stefan			Queens (N.C.)		6.19m <i>20' 3<sup>3</sup>/</i> <sub>4</sub>	2(4)	
1	2 Rosenthal, Chase			Bridgewater (Va.)		6.18m <i>20' 31/</i> 2	2(5)	
1	3 Davis, Thomas			Catawba		6.13m <i>20' 11/</i> 2	1(2)	
1	4 Pledger, Carson			North Carolina		6.11m <i>20' 01/2</i>	2(6)	
1	5 Klei, Niklas			Queens (N.C.)		6.10m <i>20' 01/4</i>	2(7)	
1	6 Shaffer, Jayce			Cumberlands		6.08m 19' 111	2 3(8)	
1	7 Stringer, Jeremiah			Webber		6.05m 19' 10 <sup>1</sup> / <sub>2</sub>	4 2(8)	
1	8 Blackshear, Kenyon			Livingstone		5.96m <i>19' 63/</i> 4	3(9)	
1	9 Mitchell , Kadari			USC-Beaufort		5.94m <i>19' 6"</i>	1(3)	
2	0 Davis, Dementrius			USC-Beaufort		5.79m <i>19' 0"</i>	1(4)	
2	1 Fulani, Muhammad			Virginia-Lynchburg		5.77m 18' 111	4 1(5)	
2	2 Jones, Dirk			Bridgewater (Va.)		5.73m <i>18' 93/</i> <sub>4</sub>	2(9)	
2	3 Livingston, Keenan			Bryant & Stratton College		5.70m 18' 81/2	1(6)	
2	4 Shirikjian, Max			High Point		5.63m <i>18' 5<sup>3</sup>/</i> <sub>4</sub>	2(11)	
2	5 Thompson, Torrence	<b>;</b>		Virginia-Lynchburg		5.58m <i>18' 3<sup>3</sup>/</i> <sub>4</sub>	1(7)	
	6 Glover, Emmil			Webber		5.56m <i>18' 3"</i>	1(8)	
2	7 Kanney, Brad			High Point		5.54m <i>18' 21/4</i>	2(12)	
2	8 Bryant, Andrew			Belmont Abbey		5.52m 18' 1½	1(9)	
2	9 Page, Cameron			Unattached		5.52m 18' 1½	1(9)	
3	0 Lloyd, Jonathan			UNCW		5.48m 17' 11 <sup>3</sup> / <sub>2</sub>	4 1(11)	
	Pryor, Markel			Webber		NM	2	
	Hartung, Kenan			North Carolina		NM	1	
	Smalls, Omega			N.C. Central		NM	2	
	Pelletier, Owen			UNCW		NM	2	
	Sims-McCray, Justice	е		N. Carolina A&T		NM	1	
	Stainback, Gabriel			High Point		NM	3	
	Johnson, Terrell			Catawba		NM	3	
	Sanford, Jonathan			Unattached		NM	3	

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019

#### MEET OFFICIALS

Meet Director:
DePaul Mittman
Timing:
Timing Inc.



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## **RESULTS**

#38 Men's Triple Jump

#30 1416113 11						
\$ JDL Fast Tr		Michael Tiller	Unattached	2/3/20		
! College Fac	-	Anthony Campbell	Charlotte	12/5/2		
@ Camel City	15.85m	Michael Tiller	Unattached	2/3/20	018	
Pl_Name		Team		Mark	F(PI)	
<ol> <li>Carter, San</li> </ol>	nual	Catawba		13.98m <i>45′ 101⁄</i> 2	2(1)	
<ol><li>Prater, Jace</li></ol>	ob	Montreat		13.63m <i>44' 83</i> / <sub>4</sub>	2(2)	
3 Sims-McCr	ay, Justice	N. Carolina A&T		13.52m 44′ 41/ <sub>4</sub>	2(3)	
4 Rosenthal,	Chase	Bridgewater (Va.)		13.30m <i>43' 73/</i> 4	2(4)	
5 Sylla, Yamo	oussa	Unattached		13.24m <i>43' 51/4</i>	2(5)	
6 Lane, Josia	h	Catawba		13.23m <i>43' 5"</i>	1(1)	
7 Glover, Em	nmil	Webber		13.17m <i>43' 21/</i> 2	2(6)	
8 Stephens, I	_angston	Davidson		12.69m <i>41' 73/</i> 4	2(7)	
9 Wood, Dyla	ın	UNCW		12.65m <i>41' 6"</i>	1(2)	
10 Stringer, Je	remiah	Webber		12.47m <i>40' 11"</i>	1(3)	
11 Lee, Daunta	ae	Catawba		12.46m 40′ 10½	1(4)	
12 Moore, Chr	istopher	Bridgewater (Va.)		12.33m 40′ 5½	1(5)	
13 Cowman, J	ack	UNCW		12.26m 40′ 2 <sup>3</sup> / <sub>4</sub>	1(6)	
14 Davis, Rasl		Bridgewater (Va.)		12.19m <i>40' 0"</i>	1(7)	
15 Mitchell, De	evonte	Bryant & Stratton C	College	12.11m <i>39' 83/</i> 4	1(8)	
Pelletier, O	wen	UNCW	· ·	NM	1	
Corrales, M	latthew	Bryant & Stratton 0	College	NM	1	
Thompson,	Torrence	Virginia-Lynchburg	-	NM	1	
Pryor, Mark		Webber	,	NM	2	
		Milligan		NM	2	
Ferguson.						
Ferguson, <sup>-</sup> Pledger, Ca						
Pledger, Ca		North Carolina		NM	2	
Pledger, Ca	arson					
Pledger, Ca	hot Put	North Carolina	Adama Stata	NM	2	
#40 Men's S  \$ JDL Fast Tr	hot Put ack 19.50m	North Carolina Wesley Lavong	Adams State	NM 3/15/2	2014	
#40 Men's S \$ JDL Fast Tr ! College Face	hot Put ack 19.50m illity 19.50m	North Carolina  Wesley Lavong Wesley Lavong	Adams State	NM 3/15/2 3/15/2	2014	
#40 Men's S \$ JDL Fast Tr ! College Fac @ Camel City	hot Put ack 19.50m	Wesley Lavong Wesley Lavong Jake Deaton		NM 3/15/2 3/15/2 2015	2014	
#40 Men's S  \$ JDL Fast Tr ! College Fac @ Camel City PI Name	hot Put ack 19.50m ility 19.50m 18.22m	North Carolina  Wesley Lavong Wesley Lavong Jake Deaton Team	Adams State	NM 3/15/2 3/15/2 2015 <b>Mark</b>	2 2014 2014 <b>F(PI)</b>	
#40 Men's S  \$ JDL Fast Tr ! College Fac @ Camel City PI Name 1 Wilkerson,	hot Put ack 19.50m ility 19.50m 18.22m  Aaron	Wesley Lavong Wesley Lavong Jake Deaton  Team N. Carolina A&T	Adams State	NM  3/15/2 3/15/2 2015  Mark  16.13m 52' 11"	2 2014 2014 <b>F(PI)</b> 3(1)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Fac @ Camel City PI Name 1 Wilkerson, 2 Caraher, Pl	hot Put ack 19.50m 19.50m 18.22m  Aaron nil	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached	Adams State	3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0"	2 2014 2014 <b>F(PI)</b> 3(1) 3(2)	
#40 Men's S  \$ JDL Fast Tr ! College Fac @ Camel City PI Name 1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obid	hot Put ack 19.50m illity 19.50m 18.22m  Aaron nill	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T	Adams State	3/15/2 3/15/2 2015 <b>Mark</b> 16.13m <i>52'</i> 11" 15.54m <i>51'</i> 0" 15.41m <i>50'</i> 6 <sup>3</sup> / <sub>4</sub>	2014 2014 F(PI) 3(1) 3(2) 2(1)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Fact @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obid 4 Jacobsen,	hot Put ack 19.50m 18.22m  Aaron nill e Jess	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy	Adams State	3/15/2 3/15/2 2015 Mark 16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 6 <sup>3</sup> / <sub>4</sub> 15.36m 50' 4 <sup>3</sup> / <sub>4</sub>	2014 2014 <b>F(PI)</b> 3(1) 3(2) 2(1) 3(3)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Fact @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obic 4 Jacobsen, 3 5 Mann, Britte	hot Put ack 19.50m 18.22m  Aaron nil e Jess	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point	Adams State	3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 6 <sup>3</sup> / <sub>4</sub> 15.36m 50' 4 <sup>3</sup> / <sub>4</sub> 15.21m 49' 11"	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Face @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obic 4 Jacobsen, 5 Mann, Britte 6 Wheeler, D	hot Put ack 19.50m ility 19.50m 18.22m  Aaron nil e Jess on errick	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T	Adams State Unattached	3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 63/4 15.36m 50' 43/4 15.21m 49' 11" 15.12m 49' 71/4	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5)	
#40 Men's S  \$ JDL Fast Tr ! College Face @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obic 4 Jacobsen, 5 Mann, Britte 6 Wheeler, D 7 Boyers, Zac	hot Put ack 19.50m illity 19.50m 18.22m  Aaron nill e Jess on errick ch	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College	Adams State Unattached	3/15/2 3/15/2 2015 Mark 16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 6 <sup>3</sup> / <sub>4</sub> 15.36m 50' 4 <sup>3</sup> / <sub>4</sub> 15.21m 49' 11" 15.12m 49' 7 <sup>1</sup> / <sub>4</sub> 14.86m 48' 9"	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Face @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obic 4 Jacobsen, 5 Mann, Britte 6 Wheeler, D 7 Boyers, Zac 8 Snyder, Au	hot Put  ack 19.50m 19.50m 18.22m  Aaron nil e Jess on errick ch	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy	Adams State Unattached	3/15/2 3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 6 <sup>3</sup> / <sub>4</sub> 15.36m 50' 4 <sup>3</sup> / <sub>4</sub> 15.21m 49' 11" 15.12m 49' 7 <sup>1</sup> / <sub>4</sub> 14.86m 48' 9" 14.71m 48' 3 <sup>1</sup> / <sub>4</sub>	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Fac @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obic 4 Jacobsen, 5 Mann, Britte 6 Wheeler, D 7 Boyers, Zac 8 Snyder, Au 9 Joseph, Do	hot Put  ack 19.50m 19.50m 18.22m  Aaron nil e Jess on errick ch stin minick	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy Cumberlands	Adams State Unattached	3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 6 <sup>3</sup> / <sub>4</sub> 15.36m 50' 4 <sup>3</sup> / <sub>4</sub> 15.21m 49' 11" 15.12m 49' 7 <sup>1</sup> / <sub>4</sub> 14.86m 48' 9" 14.71m 48' 3 <sup>1</sup> / <sub>4</sub> 14.14m 46' 4 <sup>3</sup> / <sub>4</sub>	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7) 3(8)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Fact @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obic 4 Jacobsen, 4 5 Mann, Britte 6 Wheeler, D 7 Boyers, Zac 8 Snyder, Au 9 Joseph, Do 10 Faison , 1	hot Put ack 19.50m 18.22m  Aaron nil e Jess on errick ch stin minick Joshua	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy Cumberlands N. Carolina A&T	Adams State Unattached	3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 6 <sup>3</sup> / <sub>4</sub> 15.36m 50' 4 <sup>3</sup> / <sub>4</sub> 15.21m 49' 11" 15.12m 49' 7 <sup>1</sup> / <sub>4</sub> 14.86m 48' 9" 14.71m 48' 3 <sup>1</sup> / <sub>4</sub> 14.14m 46' 4 <sup>3</sup> / <sub>4</sub> 13.67m 44' 10 <sup>1</sup> / <sub>4</sub>	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7) 3(8) 2(2)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Fac @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obid 4 Jacobsen, 3 5 Mann, Britte 6 Wheeler, D 7 Boyers, Zac 8 Snyder, Au 9 Joseph, Do 10 Faison , 3 11 Washburn,	hot Put ack 19.50m 18.22m  Aaron nil e Jess on errick ch stin minick Joshua Jacob	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy Cumberlands N. Carolina A&T Cumberlands	Adams State Unattached	3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 6 <sup>3</sup> / <sub>4</sub> 15.36m 50' 4 <sup>3</sup> / <sub>4</sub> 15.21m 49' 11" 15.12m 49' 7 <sup>1</sup> / <sub>4</sub> 14.86m 48' 9" 14.71m 48' 3 <sup>1</sup> / <sub>4</sub> 14.14m 46' 4 <sup>3</sup> / <sub>4</sub> 13.67m 44' 10 <sup>1</sup> / <sub>4</sub> 13.34m 43' 9 <sup>1</sup> / <sub>4</sub>	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7) 3(8) 2(2) 2(3)	
#40 Men's S  #40 Men's S  \$ JDL Fast Tr ! College Face @ Camel City PI Name  1 Wilkerson, 2 Caraher, Pl 3 Taylor, Obic 4 Jacobsen, 5 Mann, Britte 6 Wheeler, D 7 Boyers, Zac 8 Snyder, Au 9 Joseph, Do 10 Faison 11 Washburn, 12 Seymour, J	hot Put ack 19.50m 19.50m 18.22m  Aaron nil e Jess on errick ch stin minick Joshua Jacob osh	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy Cumberlands N. Carolina A&T Cumberlands Coe	Adams State Unattached	NM  3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 634 15.36m 50' 434 15.21m 49' 11" 15.12m 49' 714 14.86m 48' 9" 14.71m 48' 314 14.14m 46' 434 13.67m 44' 1014 13.34m 43' 914 13.31m 43' 8"	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7) 3(8) 2(2) 2(3) 2(4)	
#40 Men's S  #40 Men's S  #5 JDL Fast Tr  College Face Camel City PI Name  Wilkerson, Caraher, Pl Taylor, Obic Jacobsen, Mann, Britte Wheeler, D Boyers, Zace Snyder, Au Joseph, Do Taison Mashburn, Seymour, J Poole, Jord	hot Put ack 19.50m 19.50m 18.22m  Aaron nil e Jess on errick ch stin minick Joshua Jacob osh	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy Cumberlands N. Carolina A&T Cumberlands Coe Troy	Adams State Unattached	NM  3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 634 15.36m 50' 434 15.21m 49' 11" 15.12m 49' 71/4 14.86m 48' 9" 14.71m 48' 31/4 14.14m 46' 43/4 13.34m 43' 91/4 13.34m 43' 91/4 13.31m 43' 8" 13.30m 43' 73/4	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7) 3(8) 2(2) 2(3) 2(4) 3(9)	
#40 Men's S  #40 Men's S  #5 JDL Fast Tr  College Face Camel City PI Name  Wilkerson, Caraher, Pl Taylor, Obic Jacobsen, Mann, Britte Wheeler, D Boyers, Zace Snyder, Au Joseph, Do Taison Mashburn, Seymour, J Seymour, J Auvil, Josh	hot Put ack 19.50m illity 19.50m 18.22m  Aaron nill e Jess on errick ch stin minick Joshua Jacob osh an	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy Cumberlands N. Carolina A&T Cumberlands Coe Troy Montreat	Adams State Unattached	NM  3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 634 15.36m 50' 434 15.21m 49' 11" 15.12m 49' 714 14.86m 48' 9" 14.71m 48' 314 14.14m 46' 434 13.67m 44' 1014 13.34m 43' 914 13.31m 43' 8"	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7) 3(8) 2(2) 2(3) 2(4) 3(9) 2(5)	
#40 Men's S  #40 Men's S  #5 JDL Fast Tr  College Face Camel City PI Name  Wilkerson, Caraher, Pl Taylor, Obic Jacobsen, Mann, Britte Wheeler, D Boyers, Zace Snyder, Au Joseph, Do Taison Mashburn, Seymour, J Poole, Jord	hot Put ack 19.50m illity 19.50m 18.22m  Aaron nill e Jess on errick ch stin minick Joshua Jacob osh an	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy Cumberlands N. Carolina A&T Cumberlands Coe Troy	Adams State Unattached	NM  3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 634 15.36m 50' 434 15.21m 49' 11" 15.12m 49' 71/4 14.86m 48' 9" 14.71m 48' 31/4 14.14m 46' 43/4 13.34m 43' 91/4 13.34m 43' 91/4 13.31m 43' 8" 13.30m 43' 73/4	2014 2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7) 3(8) 2(2) 2(3) 2(4) 3(9) 2(5) 2(6)	
#40 Men's S  #40 Men's S  #5 JDL Fast Tr  College Face Camel City PI Name  Wilkerson, Caraher, Pl Taylor, Obic Jacobsen, Mann, Britte Wheeler, D Boyers, Zace Snyder, Au Joseph, Do Taison Washburn, Seymour, J Seymour, J Auvil, Josh	hot Put  ack 19.50m 19.50m 18.22m  Aaron nil e Jess on errick ch stin minick Joshua Jacob osh an  Dallas	Wesley Lavong Wesley Lavong Jake Deaton  Team  N. Carolina A&T Unattached N. Carolina A&T Troy High Point N. Carolina A&T Louisburg College Troy Cumberlands N. Carolina A&T Cumberlands Coe Troy Montreat	Adams State Unattached	NM  3/15/2 3/15/2 3/15/2 2015  Mark  16.13m 52' 11" 15.54m 51' 0" 15.41m 50' 6 <sup>3</sup> / <sub>4</sub> 15.36m 50' 4 <sup>3</sup> / <sub>4</sub> 15.21m 49' 11" 15.12m 49' 7 <sup>1</sup> / <sub>4</sub> 14.86m 48' 9" 14.71m 48' 3 <sup>1</sup> / <sub>4</sub> 14.14m 46' 4 <sup>3</sup> / <sub>4</sub> 13.67m 44' 10 <sup>1</sup> / <sub>4</sub> 13.34m 43' 9 <sup>1</sup> / <sub>4</sub> 13.31m 43' 8" 13.30m 43' 7 <sup>3</sup> / <sub>4</sub> 13.18m 43' 3"	2014 2014 F(PI) 3(1) 3(2) 2(1) 3(3) 3(4) 3(5) 3(6) 3(7) 3(8) 2(2) 2(3) 2(4) 3(9) 2(5)	

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

#40 Men's Shot Put (cont'd)

Host: JDL Fast Track 2/1/2019 - 2/2/2019

MEET OFFICIALS
Meet Director:

Mark

12.62m 41'5"

DePaul Mittman
Timing:
Timing Inc.

Team

Livingstone



F(PI)

3(10)

OFFICIAL MEET REPORT printed: 2/2/2019 4:06 PM

## **RESULTS**

17 Johnson, Kelvin

Pl Name

	8 Kyles, Jam	nison			Louisburg College		12.16m <i>39' 10³/</i> ₄	1(1)
1	8 Huffman, C	Corey			Bridgewater (Va.)		12.16m <i>39' 10<sup>3</sup>/</i> <sub>4</sub>	2(8)
2	0 Lenear, Xa	avier			N.C. Central		11.92m <i>39' 11/4</i>	2(9)
2	1 Lotts, Mich	ael			Bridgewater (Va.)		11.73m <i>38' 6"</i>	1(2)
2	2 Savage, Da	aniel			Bryant & Stratton Colle	ge	11.62m <i>38' 11/2</i>	1(3)
2	3 Slade, Terr	rence			Virginia-Lynchburg		11.41m <i>37' 51/</i> 4	1(4)
2	4 English, Tir	mothy			Louisburg College		11.21m <i>36′ 9¹⁄</i> 2	1(5)
2	5 Ogletree, C	Cameron			Livingstone		10.83m <i>35' 61/2</i>	1(6)
2	6 Villavicenci	io, Anthon	у		High Point		10.42m 34' 21/4	1(7)
2	7 Ramsey, C	Christopher	r		Montreat		10.36m <i>34' 0"</i>	1(8)
2	7 Thomas, E	ilijah			Catawba		10.36m <i>34' 0"</i>	1(8)
2	9 Lilly, Bradir	n			Belmont Abbey		8.18m <i>26' 10"</i>	1(10)
3	0 Davis, Min	g			Belmont Abbey		7.05m 23′ 13⁄4	1(11)
	McClinton,	Thomas			Catawba		NM	1
	Osborne, E	Ben			Queens (N.C.)		NM	2
	Wright, Eva	ans			Queens (N.C.)		NM	2
	Knauer, Ma	artin			Queens (N.C.)		NM	3
#	42 Men's V	Veight Tl	hrow					
\$	JDL Fast Ti	rack	23.24m	Josh Davis		NC State	12/3/201	7
!	College Fac	cility	23.24m	Josh Davis		NC State	12/3/201	7
	O City		24 40m	Andy Fryman		Linattochod	2014	
@	Camel City		21.49m	Andy Fryman		Unattached	2014	
	Pl_Name		21.49111	Andy Fryman	Team	Unallached	Mark	F(PI)
لـ	•		21.49111	Andy Fryman	Team N. Carolina A&T	Unallached		<b>F(PI)</b> 2(1)
	Name	Derrick	21.49111	Andy Fryman		Unattached	Mark	• •
	Name Wheeler, D	Derrick leb	21.49111	Aliuy Fryillali	N. Carolina A&T	Unallached	<b>Mark</b> 19.51m <i>64' 0</i> 1/4	2(1)
_ <b></b>	Name Nheeler, D Brown, Cal	Derrick leb Aaron	21.49111	Allay Fryillali	N. Carolina A&T Troy	Unallached	Mark 19.51m <i>64' 0<sup>1</sup>/</i> 4 18.72m <i>61' 5"</i>	2(1) 2(2)
	Name Wheeler, D Brown, Cal Wilkerson,	Derrick leb Aaron ton	21.49111	Allay Fryillali	N. Carolina A&T Troy N. Carolina A&T	Unallached	Mark 19.51m <i>64' 0<sup>1</sup></i> / <sub>4</sub> 18.72m <i>61' 5"</i> 16.08m <i>52' 9<sup>1</sup></i> / <sub>4</sub>	2(1) 2(2) 2(3)
<u>. I</u>	Name Nheeler, D Brown, Cal Wilkerson, Mann, Britt	Derrick leb Aaron ton Gevin	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point	Unallached	Mark  19.51m 64' 0 <sup>1</sup> / <sub>4</sub> 18.72m 61' 5"  16.08m 52' 9 <sup>1</sup> / <sub>4</sub> 15.92m 52' 2 <sup>3</sup> / <sub>4</sub>	2(1) 2(2) 2(3) 1(1)
_ <u></u>	Pl Name  Wheeler, D  Brown, Cal  Wilkerson,  Mann, Britt  Fofanah, K	Derrick leb Aaron ton Kevin	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T	Unallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"	2(1) 2(2) 2(3) 1(1) 2(4)
	Pl Name  Wheeler, Cal Brown, Cal Wilkerson, Mann, Britt Fofanah, K Snyder, Au	Derrick leb Aaron ton Cevin Jetin	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy	Unallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2	2(1) 2(2) 2(3) 1(1) 2(4) 2(5)
	Pl Name  Wheeler, Ca Brown, Cal Wilkerson, Mann, Britt Fofanah, K Snyder, Au Washburn,	Derrick leb Aaron ton Kevin ustin , Jacob	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands	Unallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6)
	Pl Name  Wheeler, C  Brown, Cal  Wilkerson,  Mann, Britt  Fofanah, K  Snyder, Au  Washburn,  Poole, Joro	Derrick leb Aaron ton Kevin ustin , Jacob dan Lotu	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy	Unallached	Mark  19.51m 64' 014  18.72m 61' 5"  16.08m 52' 914  15.92m 52' 234  15.34m 50' 4"  15.00m 49' 212  14.90m 48' 1034  14.77m 48' 512	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7)
	Pl Name  Wheeler, C  Brown, Cal  Wilkerson,  Mann, Britt  Fofanah, K  Snyder, Au  Washburn,  Poole, Jore  Ahomana,	Derrick leb Aaron ton Kevin ustin , Jacob dan Lotu Josh	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe	Unallached	Mark  19.51m 64' 014  18.72m 61' 5"  16.08m 52' 914  15.92m 52' 234  15.34m 50' 4"  15.00m 49' 212  14.90m 48' 1034  14.77m 48' 512  13.67m 44' 1014	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2)
1	Pl Name  Wheeler, D Brown, Cal Wilkerson, Mann, Britt Fofanah, K Snyder, Au Washburn, Poole, Jord Ahomana, Seymour, S	Derrick leb Aaron ton Gevin ustin , Jacob dan Lotu Josh	21.49111	Allay Fryillall	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe	Unallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.67m 44' 101/4  13.26m 43' 6"	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8)
	Pl Name  Wheeler, Ca Brown, Cal Wilkerson, Mann, Britt Fofanah, K Snyder, Au Washburn, Poole, Joro Ahomana, Seymour, Cal Auvil, Josh	Derrick leb Aaron ton Cevin Jacob dan Lotu Josh	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat	Unallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.67m 44' 101/4  13.26m 43' 6"  13.25m 43' 53/4	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9)
	Pl Name  Wheeler, Ca Brown, Cal Wilkerson, Mann, Britt Fofanah, K Snyder, Au Washburn, Poole, Joro Ahomana, Seymour, Cal Auvil, Josh Aleruchi, A	Derrick leb Aaron ton Kevin ustin , Jacob dan Lotu Josh unthony	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.)	Unallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.26m 43' 6"  13.25m 43' 53/4  13.23m 43' 5"	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3)
11 11 11	Pl Name  Wheeler, Ca Brown, Cal Wilkerson, Mann, Britt Fofanah, K Snyder, Au Washburn, Poole, Jord Ahomana, Seymour, Auvil, Josh Aleruchi, A Francis, Ev	Derrick leb Aaron ton Kevin Jacob dan Lotu Josh Inthony van	21.49111	Allay Flyman	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.) Anderson (S.C.)	Unallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.67m 44' 101/4  13.26m 43' 6"  13.25m 43' 53/4  13.23m 43' 5"  12.94m 42' 51/2	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3) 1(4)
11 11 11 11 11	Pl Name  Wheeler, C  Brown, Cal  Wilkerson,  Mann, Britt  Fofanah, K  Snyder, Au  Washburn,  Poole, Jord  Ahomana,  Seymour,  Auvil, Josh  Aleruchi, A  Francis, Ev  Mullinax, P	Derrick leb Aaron ton Kevin Jacob dan Lotu Josh Inthony van Paul J Dallas	21.49111	Allay Fryillall	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.) Davidson	Unallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.67m 44' 101/4  13.26m 43' 6"  13.25m 43' 5"  12.94m 42' 51/2  12.76m 41' 101/2	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3) 1(4) 1(5)
11 11 11 11 11	Pl Name  Wheeler, C  Brown, Cal  Wilkerson,  Mann, Britt  Fofanah, K  Snyder, Au  Washburn,  Poole, Jord  Ahomana,  Seymour,  Auvil, Josh  Aleruchi, A  Francis, Ev  Mullinax, P  McFarland	Derrick leb Aaron ton Kevin ustin , Jacob dan Lotu Josh unthony van Paul , Dallas Corey	21.49111	Allay Fryillall	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.) Anderson (S.C.) Davidson Coe	Onallached	Mark  19.51m 64' 01'4  18.72m 61' 5"  16.08m 52' 91'4  15.92m 52' 23'4  15.34m 50' 4"  15.00m 49' 21'2  14.90m 48' 103'4  14.77m 48' 51'2  13.67m 44' 101'4  13.26m 43' 6"  13.25m 43' 53'4  13.23m 43' 5"  12.94m 42' 51'2  12.76m 41' 101'2  12.72m 41' 83'4	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3) 1(4) 1(5) 1(6)
11 11 11 11 11 11 11 11 11 11 11 11 11	Pl Name  Wheeler, C  Brown, Cal  Wilkerson,  Mann, Britt  Fofanah, K  Snyder, Au  Washburn,  Poole, Jorc  Ahomana,  Seymour,  Auvil, Josh  Aleruchi, A  Francis, Ev  Mullinax, P  McFarland  Huffman, C	Derrick leb Aaron ton Gevin ustin , Jacob dan Lotu Josh unthony van Paul , Dallas Corey	21.49111	Allay Fryillall	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.) Anderson (S.C.) Davidson Coe Bridgewater (Va.)	Onallached	Mark  19.51m 64' 01'4  18.72m 61' 5"  16.08m 52' 91'4  15.92m 52' 23'4  15.34m 50' 4"  15.00m 49' 21'2  14.90m 48' 103'4  14.77m 48' 51'2  13.67m 44' 101'4  13.25m 43' 5"  12.94m 42' 51'2  12.76m 41' 101'2  12.72m 41' 83'4  12.04m 39' 6"	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3) 1(4) 1(5) 1(6) 1(7)
11 11 11 11 11 11 11 11 11 11 11 11 11	Pl Name  Wheeler, Ca Brown, Cal Wilkerson, Mann, Britt Fofanah, K Snyder, Au Washburn, And Homana, Seymour, Auvil, Josh Aleruchi, A Francis, Ev Mullinax, P McFarland Huffman, C Brown, Jose	Derrick leb Aaron ton Gevin Josh Lotu Josh Anthony van Paul , Dallas Corey sh	21.49111	Allay Fryillall	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.) Anderson (S.C.) Davidson Coe Bridgewater (Va.) High Point	Onallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.67m 44' 101/4  13.26m 43' 6"  13.25m 43' 53/4  13.23m 43' 5"  12.94m 42' 51/2  12.76m 41' 101/2  12.72m 41' 83/4  12.04m 39' 6"  11.25m 36' 11"	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3) 1(4) 1(5) 1(6) 1(7) 1(8)
11 11 11 11 11 11 11 11 11 11 11 11 11	Pl Name  Wheeler, Ca Brown, Cal Wilkerson, Mann, Britt Fofanah, K Snyder, Au Washburn, Poole, Jore Ahomana, Seymour, Auvil, Josh Aleruchi, A Francis, Ev Mullinax, P McFarland Huffman, C Brown, Jos Thomas, E	Derrick leb Aaron ton Gevin Josh Lotu Josh Anthony van Paul , Dallas Corey sh		Allay Fryillall	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.) Anderson (S.C.) Davidson Coe Bridgewater (Va.) High Point Catawba	Onallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.67m 44' 101/4  13.26m 43' 6"  13.25m 43' 5"  12.94m 42' 51/2  12.76m 41' 101/2  12.72m 41' 83/4  12.04m 39' 6"  11.25m 36' 11"  11.25m 36' 11"	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3) 1(4) 1(5) 1(6) 1(7) 1(8) 1(8)
11 11 11 11 12 22	Pl Name  Wheeler, C  Brown, Cal  Wilkerson,  Mann, Britt  Fofanah, K  Snyder, Au  Washburn,  Ahomana,  Seymour,  Auvil, Josh  Aleruchi, A  Francis, Ev  Mullinax, P  McFarland  Huffman, C  Brown, Jos  Thomas, E  Lotts, Mich	Derrick leb Aaron ton Kevin Jacob dan Lotu Josh Anthony van Paul Dorey sh Elijah Jacel Christopher		Allay Fryillall	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.) Anderson (S.C.) Davidson Coe Bridgewater (Va.) High Point Catawba Bridgewater (Va.)	Onallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.67m 44' 101/4  13.25m 43' 5"  12.94m 42' 51/2  12.76m 41' 101/2  12.72m 41' 83/4  12.04m 39' 6"  11.25m 36' 11"  10.54m 34' 7"	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3) 1(4) 1(5) 1(6) 1(7) 1(8) 1(8) 1(10)
	Pl Name  Wheeler, C  Brown, Cal  Wilkerson,  Mann, Britt  Fofanah, K  Snyder, Au  Washburn,  Poole, Jord  Ahomana,  Seymour, A  Hullinax, P  Mullinax, P  McFarland  Huffman, C  Brown, Jos  Thomas, E  Lotts, Mich  Ramsey, C	Derrick leb Aaron ton Kevin ustin , Jacob dan Lotu Josh unthony van Paul , Dallas Corey sh tilijah hael Christopher		Allay Fryillall	N. Carolina A&T Troy N. Carolina A&T High Point N. Carolina A&T Troy Cumberlands Troy Coe Coe Montreat Anderson (S.C.) Anderson (S.C.) Davidson Coe Bridgewater (Va.) High Point Catawba Bridgewater (Va.) Montreat	Onallached	Mark  19.51m 64' 01/4  18.72m 61' 5"  16.08m 52' 91/4  15.92m 52' 23/4  15.34m 50' 4"  15.00m 49' 21/2  14.90m 48' 103/4  14.77m 48' 51/2  13.67m 44' 101/4  13.26m 43' 5"  12.94m 42' 51/2  12.76m 41' 101/2  12.72m 41' 83/4  12.04m 39' 6"  11.25m 36' 11"  10.54m 34' 7"  10.13m 33' 3"	2(1) 2(2) 2(3) 1(1) 2(4) 2(5) 2(6) 2(7) 1(2) 2(8) 2(9) 1(3) 1(4) 1(5) 1(6) 1(7) 1(8) 1(8) 1(10) 1(11)

Winston-Salem, NC JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track 2/1/2019 - 2/2/2019 MEET OFFICIALS

Meet Director: DePaul Mittman Timing: Timing Inc.



OFFICIAL MEET REPORT printed: 2/2/2019 4:06 PM

#42 Men's Weight Throw (cont'd)				
Pl Name	Team	Mark	F(PI)	
Villavicencio, Anthony	High Point	NM	1	
White, Andrew	Wake Forest	NM	2	
Osborne, Ben	Queens (N.C.)	NM	2	
Knauer, Martin	Queens (N.C.)	NM	2	
Wright, Evans	Queens (N.C.)	NM	2	