

## Southside Power &amp; Fitness Invitational - 4/14/2023 to 4/16/2023

## Irwin Belk Track

## Hickory, N.C.

## Results

## Event 1 Women Discus Throw

Name	School	Finals
<b>Finals</b>		
1 Coleman, Adrionna	Southern Wes	39.97m
2 Plummer, Megan	Appalachian	38.28m
3 Arnold, Graysen	Appalachian	35.48m
4 Cooper, Daiyanna	Appalachian	34.84m
5 Walker, Marlesia	Lenoir-Rhyne	32.88m
6 Nippa, Savannah	Lenoir-Rhyne	31.90m
7 Davis, Devon	Lees-McRae	30.74m
8 Riggs, Ella	Unattached	30.45m
9 Harris, Jaeda	Appalachian	29.48m
10 Smith, Thialand	Lees-McRae	28.61m
11 Davis, Jamiah	UofSC Club C	24.35m
12 Jackson, Olivia	Lenoir-Rhyne	24.24m
13 Messick, Kaylee	Lees-McRae	14.14m

## Event 2 Men Discus Throw

Name	School	Finals
<b>Finals</b>		
1 Mathis, Connor	Wake Forest	48.83m
2 Wainscott, Christopher	Appalachian	48.51m
3 Stajos, Jack	Davidson	48.32m
4 Horton, Ellis	Lenoir-Rhyne	46.19m
5 Karl, Nate	Appalachian	45.76m
6 Burch Jr., Jeremiah	Appalachian	40.96m
7 Gordy, Luke	Southern Wes	40.21m
8 Scott, Monte	Lenoir-Rhyne	39.76m
9 Ehersman, Joshua	Lees-McRae	37.67m
10 Keen, Michael	Lees-McRae	33.72m
11 Cline, Khan	Lees-McRae	32.99m
12 Beeker, Colby	Lenoir-Rhyne	32.23m
13 Lassiter, Quadrez	Johnson C. S	27.94m
14 Williams, Daniel	Southern Wes	20.78m

## Event 3 Women High Jump

Name	School	Finals
<b>Finals</b>		
1 Byrd, Nadiyah	Appalachian	1.65m
2 Lanina, Sofia	Lenoir-Rhyne	1.60m
3 Wilson, Destini	Lenoir-Rhyne	1.55m
4 Dodd, Riley	Davidson	J1.55m
5 Castillo, Isabela	Southern Wes	1.50m
6 Kells, Haley	Belmont Abbe	J1.50m
7 Smith, Alyson	Belmont Abbe	1.45m
8 Elswick, Gavi	Southern Wes	1.40m

## Event 4 Men High Jump

Name	School	Finals
<b>Finals</b>		
1 Green, Jayden	Lees-McRae	1.95m
2 Descartes, Orlando	Lenoir-Rhyne	1.90m
2 Harris, Isaiah	Johnson C. S	1.90m
4 Hall, Yates	Appalachian	1.80m

4 Stack, Dean	UofSC Club C	1.80m
4 Koelling, Kaleb	Belmont Abbe	1.80m
7 Gulapa, Joshua	Belmont Abbe	1.75m
8 Travis, Jack	UofSC Club C	1.70m
--- Whittle, Chandler	Southern Wes	NH

## Event 5 Women Shot Put

Name	School	Finals
<b>Finals</b>		
1 Cooper, Daiyanna	Appalachian	12.64m
2 Jackson, Olivia	Lenoir-Rhyne	12.63m
3 Arnold, Graysen	Appalachian	12.01m
4 Plummer, Megan	Appalachian	11.72m
5 Riggs, Ella	Unattached	11.41m
6 Walker, Marlesia	Lenoir-Rhyne	10.58m
7 Nippa, Savannah	Lenoir-Rhyne	10.34m
8 Casey, Hannah	Davidson	10.05m
9 Harris, Jaeda	Appalachian	10.04m
10 Smith, Thialand	Lees-McRae	9.64m
11 Dodd, Riley	Davidson	9.11m
12 Davis, Devon	Lees-McRae	8.59m
13 Davis, Jamiah	UofSC Club C	7.79m
14 Fletcher, Lindsey	Lees-McRae	5.83m
--- Coleman, Adrionna	Southern Wes	FOUL
--- Boyd, Madison	Southern Wes	FOUL

## Event 6 Men Shot Put

Name	School	Finals
<b>Finals</b>		
1 Wainscott, Christopher	Appalachian	17.89m
2 Ellis, Mason	Wake Forest	17.10m
3 Karl, Nate	Appalachian	15.94m
4 Mathis, Connor	Wake Forest	14.99m
5 Stajos, Jack	Davidson	14.58m
6 Burch Jr., Jeremiah	Appalachian	14.08m
7 Lassiter, Quadrez	Johnson C. S	12.67m
8 Keen, Michael	Lees-McRae	12.66m
9 Horton, Ellis	Lenoir-Rhyne	12.54m
10 Cline, Khan	Lees-McRae	11.71m
11 Scott, Monte	Lenoir-Rhyne	9.21m
--- Ehersman, Joshua	Lees-McRae	FOUL

## Event 7 Women Pole Vault

Name	School	Finals
<b>Finals</b>		
1 Studney, Ava	Appalachian	3.75m
2 Agee, Celia	Appalachian	3.65m
3 O'Brien, Molly	Davidson	3.45m
4 Fowlkes, Caroline	Appalachian	3.35m
4 Valmassei, Annika	Davidson	3.35m
4 Ballard, Pearl	Lenoir-Rhyne	3.35m
7 Triplett, Lacey	Lenoir-Rhyne	2.90m
8 Howell, Melena	Lenoir-Rhyne	2.75m
8 Horan, Jordyn	Unattached	2.75m
8 Jorgensen, Stacie	Lenoir-Rhyne	2.75m

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## Finals ... (Event 7 Women Pole Vault)

Name	School	Finals
8 walker, Jocelyn	Lees-McRae	2.75m
12 Dupree, Adair	Lenoir-Rhyne	2.60m
13 Reeping, Taylor	Belmont Abbe	2.45m
--- Brown, Stephenie	Lenoir-Rhyne	NH
--- Mitchell, Tyra	Lees-McRae	NH

## Event 8 Men Pole Vault

Name	School	Finals
<b>Finals</b>		
1 Bigelow, Matthew	Appalachian	4.75m
2 Underwood, Braden	Appalachian	4.65m
3 Fox, Taylor	Appalachian	J4.65m
4 Stomne, Philip	Lenoir-Rhyne	4.20m
5 Hay, Kelly	Belmont Abbe	J4.20m
6 Karicher, Mike	Lenoir-Rhyne	J4.20m
7 Duarte, Christopher	Belmont Abbe	3.90m
8 Holmes, Caleb	Unattached	3.30m
--- Rhodes, Noah	Lenoir-Rhyne	NH

## Event 9 Women Triple Jump

Name	School	Finals
<b>Finals</b>		
1 Petersen, Djamila	Appalachian	11.62m 0.5
2 Yao, Siby	Appalachian	11.53m 1.3
2 Posey, Jazmine	Appalachian	11.53m 0.4
4 Taylor, BreaH	Appalachian	11.15m 0.4
5 White, McKayla	Catawba	11.09m +0.0
6 Dillon, Lora	Lees-McRae	10.91m 1.0
7 Kells, Haley	Belmont Abbe	10.85m 1.1
8 Onwuzuruike, Mycherie	Southern Wes	10.69m 1.0
9 Love, Kayla	Southern Wes	10.63m 1.6
10 Pittman, Jada	Southern Wes	9.95m 0.4
11 Lanina, Sofia	Lenoir-Rhyne	9.58m 1.9

## Event 10 Men Triple Jump

Name	School	Finals
<b>Finals</b>		
1 Ameres, Dylan	Davidson	14.43m 0.4
2 Wilkins, Ja'Qun	Johnson C. S	14.34m 0.4
3 Henriques, Nick	Lenoir-Rhyne	14.15m 1.3
4 Curtin, John	Davidson	13.67m 0.6
5 Wilson, Jordae	Johnson C. S	13.63m 0.5
6 Partee, Xavier	Unattached	13.43m 0.4
7 Harris, Alijah	Southern Wes	12.76m 1.4
8 Walker, Valante	Southern Wes	12.69m +0.0
9 Hay, Kelly	Belmont Abbe	12.05m 0.5
--- Harris, Isaiah	Johnson C. S	FOUL
--- Gomez-Wilson, Javier	Catawba	FOUL
--- Bargaineer, Christian	Lees-McRae	FOUL

## Event 11 Women Long Jump

Name	School	Finals
<b>Finals</b>		
1 Onwuzuruike, Mycherie	Southern Wes	6.16m -1.8
2 Smith, Taylor	Appalachian	6.09m -2.6
3 Yao, Siby	Appalachian	6.03m -1.1
4 Branch, Jada	Appalachian	6.02m -2.3
5 White, McKayla	Catawba	5.75m 1.5
6 Fryer, Allysa	Livingstone	5.66m -2.8
7 Villanueva, Cristina	Belmont Abbe	5.59m -2.2
8 Wilson, Destini	Lenoir-Rhyne	5.43m -0.7
9 Pittman, Jada	Southern Wes	5.27m NWI
10 Dillon, Lora	Lees-McRae	5.22m -1.9
10 Casey, Hannah	Davidson	5.22m -0.9
12 Kells, Haley	Belmont Abbe	5.05m NWI
13 Smith, Alyson	Belmont Abbe	4.86m -1.6
14 Washington, Haleigh	Catawba	4.62m -1.4
15 Knudsen, Elliana	UofSC Club C	4.04m -1.7
16 Davis, Jamiah	UofSC Club C	2.97m -0.8
--- Rose, Sydney	UofSC Club C	FOUL

## Event 12 Men Long Jump

Name	School	Finals
<b>Finals</b>		
1 Gomez-Wilson, Javier	Catawba	6.96m NWI
2 Howard, Antonio	Catawba	6.86m 0.5
3 Wilkins, Ja'Qun	Johnson C. S	6.74m -0.2
4 Wilson, Jordae	Johnson C. S	6.69m +0.0
5 Harris, Isaiah	Johnson C. S	6.63m -1.9
6 Jackson, Elijah	Belmont Abbe	6.57m +0.0
7 Woods, Sam	Southern Wes	6.13m -1.3
8 Costello, Drew	Catawba	5.97m +0.0
9 Karicher, Mike	Lenoir-Rhyne	5.73m +0.0

## Event 13 Women Hammer Throw

Name	School	Finals
<b>Finals</b>		
1 Cooper, Daiyanna	Appalachian	55.93m
2 Boyd, Madison	Southern Wes	48.84m
3 Arnold, Graysen	Appalachian	45.42m
4 Holcombe, Selah	Southern Wes	38.25m
5 Walker, Marlesia	Lenoir-Rhyne	36.70m
6 Harris, Jaeda	Appalachian	36.61m
7 Nippa, Savannah	Lenoir-Rhyne	34.96m
8 Davis, Jamiah	UofSC Club C	19.63m

## Event 14 Men Hammer Throw

Name	School	Finals
<b>Finals</b>		
1 Wainscott, Christopher	Appalachian	52.49m
2 Campbell, Aidan	Southern Wes	48.82m
3 Horton, Ellis	Lenoir-Rhyne	47.34m
4 Scott, Monte	Lenoir-Rhyne	40.56m
5 Burch Jr., Jeremiah	Appalachian	40.40m

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## Finals ... (Event 14 Men Hammer Throw)

Name	School	Finals
6 Simmons, Gavin	Southern Wes	38.11m

## Event 15 Women Javelin Throw

Name	School	Finals
<b>Finals</b>		
1 Triplett, Lacey	Lenoir-Rhyne	34.73m
2 Dodd, Riley	Davidson	31.25m
3 Kanjian, Hannah	Davidson	31.07m
4 Long, Lakin	Southern Wes	27.81m
5 Casey, Hannah	Davidson	25.40m
6 Thiel, Sophie	Southern Wes	25.30m
7 Kinoshita, Abigail	Lenoir-Rhyne	22.76m
8 Nippa, Savannah	Lenoir-Rhyne	22.20m
9 Holcombe, Selah	Southern Wes	19.82m
10 Jorgensen, Stacie	Lenoir-Rhyne	16.06m
11 Messick, Kaylee	Lees-McRae	14.12m
12 LaPrade, Bailey	Lees-McRae	12.24m
--- Dupree, Adair	Lenoir-Rhyne	FOUL

## Event 16 Men Javelin Throw

Name	School	Finals
<b>Finals</b>		
1 Fernandez, Calvin	Southern Wes	61.60m
2 Gordy, Luke	Southern Wes	55.93m
3 Wise, Josh	Lenoir-Rhyne	53.19m
4 Thierfelder, Luke	Belmont Abbe	52.46m
5 Descartes, Orlando	Lenoir-Rhyne	52.03m
6 Masterman, Nick	Davidson	44.51m
7 Beeker, Colby	Lenoir-Rhyne	40.36m
8 Riggs, Isaac	Lenoir-Rhyne	36.77m
9 Scott, Kingston	Johnson C. S	34.83m
10 Lauradin, Rinoldi	Johnson C. S	23.65m

## Event 17 Men 10000 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Parkinson, Jacob	Lenoir-Rhyne	31:21.82
2 Budgen, Lewis	Lenoir-Rhyne	31:41.54

## Event 18 Women 10000 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Ewald, Paige	Lenoir-Rhyne	37:05.90
2 Polke, Kathrin	Lenoir-Rhyne	38:42.48
3 Amundsens, Annie	Appalachian	39:23.30
4 Nikolajsen, Nanette	Lenoir-Rhyne	39:48.05
5 Granberg, Abby	Appalachian	39:55.93
6 Vesely, Teresa	Lenoir-Rhyne	40:01.09
--- Christy, Madison	Appalachian	DNF
--- Maynard, Linnea	Appalachian	DNF
--- Breault, Catherine	Appalachian	DNF

## Event 19 Women 400 Meter Hurdles

Name	School	Finals
<b>Finals</b>		
1 Flores, Isabelle	Belmont Abbe	1:01.43
2 Gisolfi-McCready, Aleia	Davidson	1:01.44
3 White, Olivia	Belmont Abbe	1:06.02
4 Lema, Kayla	Southern Wes	1:06.67
5 Castillo, Isabela	Southern Wes	1:06.83
6 Espinoza, Araceli	Lenoir-Rhyne	1:07.23
7 Triplett, Lacey	Lenoir-Rhyne	1:07.88

## Event 20 Men 400 Meter Hurdles

Name	School	Finals
<b>Finals</b>		
1 Anthony, Bryce	Davidson	52.61
2 Crumpler, Marcus	Lenoir-Rhyne	52.90
3 Gore, Christian	Appalachian	53.08
4 Dalton, Jabari	Appalachian	53.67
5 Bynum, Isaac	Davidson	54.42
6 Gunn, Cameron	Belmont Abbe	55.51
7 Stomne, Philip	Lenoir-Rhyne	56.57
8 Markos, Amit	Davidson	56.61
9 Robinson, Harrison	Appalachian	57.41
10 Valley, Lukas	Davidson	57.54
11 Newport, Vegas	Johnson C. S	59.27
12 Eatmon, Cori	Lees-McRae	59.64
13 Gulapa, Joshua	Belmont Abbe	1:01.01

## Event 21 Men 5000 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Torres, Peter	Unattached	15:27.29
2 Reyna, Isaac	Lees-McRae	15:35.19
3 Geckler, Max	Lees-McRae	15:37.47
4 Henry, Colin	Lees-McRae	15:49.67
5 Cromer, Landon	Lees-McRae	17:06.70
6 Burleson, Bricen	Unattached	17:09.48
7 Key, Parker	Lees-McRae	17:22.66
8 Olson, Jackson	Lees-McRae	17:49.79
9 Rezk, Zack	Belmont Abbe	18:29.83
10 Gao, Richard	Lenoir-Rhyne	18:52.85

## Event 22 Women 5000 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Betzer, Deanna	Lees-McRae	18:33.80
2 Teran-Romagosa, Claudia	Lenoir-Rhyne	18:44.08
3 Fleig, Sabrina	Lenoir-Rhyne	19:08.47
4 Farris, Lana	Appalachian	19:34.40
5 Rihova, Eliska	Lenoir-Rhyne	19:41.56
6 Kraver, Kaylee	Lees-McRae	20:46.71
--- Taylor, Alexis	Lenoir-Rhyne	DNF

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## Results

## Event 23 Women 4x100 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Appalachian State	A	45.60
1) Smith, Jelannie	2) Robinson, Hunter	
3) Smith, Taylor	4) Atwater, Mariah	
2 Lenoir-Rhyne	A	45.87
1) McGrath, Molly	2) Kinoshita, Abigail	
3) Kone, Holly	4) Brown, Alexis	
3 Southern Wesleyan	A	46.20
1) Wilson, Makayla	2) Beugre, Michele	
3) Marlow, Deborah	4) Onwuzuruike, Mycherie	
4 Appalachian State	B	46.36
1) Yao, Siby	2) Branch, Jada	
3) McCord, Mariah	4) Talley, Daye	
5 Davidson	A	46.65
1) Horowitz, Rachel	2) Blau, Cassandra	
3) Marshall, Kierra	4) Carnevale, Kate	

## Event 24 Men 4x100 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Lenoir-Rhyne	A	39.93
1) Davis, Trent	2) Wadsworth, Jacob	
3) Besong, Lucas	4) Matau, Dario	
2 Appalachian State	A	41.52
1) Gore, Christian	2) Krehnbrink, Cole	
3) Hale, Luke	4) Johnson, Jayvion	
3 Lenoir-Rhyne	B	41.53
1) White, Shane	2) Roberson, Tye	
3) Heath, Carlo	4) Turner Jr, Royce	
4 Lenoir-Rhyne	C	41.63
1) Reyes, Isaiah	2) Crumpler, Marcus	
3) Sisson, John	4) Payne, Jordan	
5 Lees-McRae	A	42.50
1) Bargaineer, Christian	2) Eatmon, Cori	
3) Green, Jayden	4) Kirby, Aaron	

## Event 25 Women 1500 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Copeman, Bianca	Appalachian	4:51.19
2 Shoop, Mary	Davidson	4:53.24
3 Berquist, Anne	Davidson	4:53.57
4 Cisneros, Alexandra	Davidson	4:55.39
5 Kessler, Elizabeth	Lenoir-Rhyne	4:57.40
6 Mason, Claire	Appalachian	4:59.11
7 Sirover, Lilly	Davidson	5:01.55
8 Henkel, Emily	Davidson	5:02.41
9 DiBlasi, Angelina	Appalachian	5:06.17
10 McManus, Pierson	Lenoir-Rhyne	5:08.69
11 Kane, Karsyn	Unattached	5:11.58
12 Julian, Hope	Unattached	5:12.50
13 Toth, Elizabeth	UofSC Club C	5:13.66

14	McFalls, Alyssa	Unattached	5:20.55
15	Landis, Macy	Lenoir-Rhyne	6:16.90
---	Arrington, Tate	Davidson	DNF

## Event 26 Men 1500 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Sangster, Tucker	Appalachian	3:58.00
2 Haskett, Ry	Appalachian	3:59.04
3 Guest, Calbert	Appalachian	4:00.79
4 Julian, Eli	Unattached	4:03.66
5 Pierce, Brennen	Lees-McRae	4:04.97
6 Julian, Noah	Lenoir-Rhyne	4:09.61
7 Lakeman, Jon	Lenoir-Rhyne	4:24.20
8 Grantham, Ben	UofSC Club C	4:41.08
9 Johnson, Kohen	Cleveland CC	4:51.43

## Event 27 Women 100 Meter Hurdles

Name	School	Finals
<b>Finals</b>		
1 Garrett, Akala	Purpose Dri	13.74 1.4
2 Kanjian, Hannah	Davidson	14.64 1.4
3 Lay, TraVon	Southern Wes	15.08 1.4
4 Kinoshita, Abigail	Lenoir-Rhyne	15.51 1.4
5 Dodd, Riley	Davidson	15.85 1.4
6 Kells, Haley	Belmont Abbe	16.08 1.4
7 Thierfelder, Ann	Belmont Abbe	16.85 1.4
8 Lema, Kayla	Southern Wes	17.19 2.4
9 Smith, Alyson	Belmont Abbe	17.74 1.4
10 Washington, Haleigh	Catawba	20.34 2.4

## Event 28 Men 110 Meter Hurdles

Name	School	Finals	
<b>Finals</b>			
1 Smith, Jayden	Davidson	13.85 1.2	
2 Benson, Jordan	Davidson	13.94 1.2	
3 Anthony, Bryce	Davidson	14.23 1.2	
4 Bynum, Isaac	Davidson	14.56 1.2	
5 Bargaineer, Christian	Lees-McRae	15.25 1.2	
6 Gulapa, Joshua	Belmont Abbe	15.61 1.2	
7 Gunn, Cameron	Belmont Abbe	15.69 1.2	
8 Stomne, Philip	Lenoir-Rhyne	15.91 1.2	
9 Harris, Isaiah	Johnson C. S	17.13 1.2	
---	Robinson, Harrison	Appalachian	DNF 1.2

## Event 29 Women 100 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Brown, Alexis	Lenoir-Rhyne	11.34 +0.0
2 Carnevale, Kate	Davidson	12.02 0.1
3 Onwuzuruike, Mycherie	Southern Wes	12.07 +0.0
4 Yao, Siby	Appalachian	12.09 +0.0
4 Pittman, Jada	Southern Wes	12.09 0.1
6 McCord, Mariah	Appalachian	12.10 +0.0
7 Wilson, Makayla	Southern Wes	12.15 0.1

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## Finals ... (Event 29 Women 100 Meter Dash)

Name	School	Finals
8 Talley, Daye	Appalachian	12.22 0.1
8 Adams, Jayla	Purpose Driv	12.22 +0.0
10 Razzak, Khalilal	Appalachian	12.24 0.1
11 McGrath, Molly	Lenoir-Rhyne	12.41 0.1
11 Chapple, Lydia	Livingstone	12.41 +0.0
13 Owens, Kimberley	Lenoir-Rhyne	12.64 0.7
14 Lay, TraVon	Southern Wes	12.64 0.7
15 Judd, Ani	Appalachian	12.65 0.1
16 Osaji, Tonia	Lenoir-Rhyne	12.68 0.7
17 Espinoza, Araceli	Lenoir-Rhyne	12.71 0.7
18 Blau, Cassandra	Davidson	12.77 0.1
19 Taylor, Symone	Lees-McRae	12.89 0.7
20 Cofield-Jackson, Eshone	Lees-McRae	13.02 0.7
21 Ansari, Jaida	Lenoir-Rhyne	13.69 0.7
22 Martindale, Catherine	Lenoir-Rhyne	14.33 0.7

## Event 30 Men 100 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Davis, Trent	Lenoir-Rhyne	10.34 1.3
2 Cox Jr., Zephaniah	Johnson C. S	10.56 1.3
3 Turner Jr, Royce	Lenoir-Rhyne	10.71 1.3
4 Roberson, Tye	Lenoir-Rhyne	10.72 -0.2
5 Meadows, Noah	Southern Wes	10.77 1.3
6 Hale, Luke	Appalachian	10.78 1.3
7 Johnson, Jayvion	Appalachian	10.80 1.3
7 Okeke, Chinedu	Davidson	10.80 1.3
9 Howard, Antonio	Catawba	10.90 -0.2
10 White, Shane	Lenoir-Rhyne	10.91 -0.2
11 Heath, Carlo	Lenoir-Rhyne	10.97 -0.2
12 Kirby, Aaron	Lees-McRae	11.00 -0.2
13 Reyes, Isaiah	Lenoir-Rhyne	11.06 +0.0
14 Jenkins, Durell	Lenoir-Rhyne	11.34 +0.0
15 Tabb, Rodney	Lenoir-Rhyne	11.38 +0.0
16 Fernandes, Nathan	UofSC Club C	11.57 0.9
17 Cullen, Mark	Unattached	11.59 +0.0
17 Thomas, Jaleal	Lenoir-Rhyne	11.59 0.9
19 Nickelson, Trae	Appalachian	11.61 -0.2
20 Helmicki, William	UofSC Club C	11.66 +0.0
21 Karicher, Mike	Lenoir-Rhyne	11.70 0.9
22 Wininger, Matthew	Lenoir-Rhyne	12.02 0.9

## Event 31 Women 400 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Garrett, Akala	Purpose Dri	55.16
2 Beugre, Michele	Southern Wes	55.58
3 Atwater, Mariah	Appalachian	56.74
4 Alejandro-Ortiz, Damyja	Lenoir-Rhyne	57.24
5 Smith, Jelonnie	Appalachian	57.66
6 Wright, Cierra	Southern Wes	58.32
7 Troutman, Kelsey	Davidson	58.80
8 Johnson, Kyla	Southern Wes	58.86

9 Marlow, Deborah	Southern Wes	58.88
10 Robinson, Hunter	Appalachian	58.96
11 Simms, Liz	Davidson	59.02
12 Day, Jani	Lenoir-Rhyne	1:02.26
13 Tate, Lauryn	Southern Wes	1:04.08
14 Dula, Paiden	Lees-McRae	1:21.75

## Event 32 Men 400 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Matau, Dario	Lenoir-Rhyne	46.87
2 Krehnbrink, Cole	Appalachian	48.08
3 Besong, Lucas	Lenoir-Rhyne	48.16
4 Gore, Christian	Appalachian	48.79
5 Kinney, Parker	Appalachian	48.85
6 Crumpler, Marcus	Lenoir-Rhyne	49.11
7 Sisson, John	Lenoir-Rhyne	49.18
8 Warner, Jaden	Southern Wes	49.49
9 Towah, Terry	Johnson C. S	49.96
10 McGill, Clarence	Lenoir-Rhyne	50.15
11 Crumpler, Sean	Unattached	51.05
12 Moore, Donald	Purpose Driv	51.88
13 Owens, Jackson	Lenoir-Rhyne	52.18
14 Gordon, Joshua	Johnson C. S	52.68
15 Helmicki, William	UofSC Club C	52.70
16 Gaskin, Aziah	Southern Wes	53.21
--- Dalton, Jabari	Appalachian	DNF

## Event 33 Women 800 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Fuller, Breila	Davidson	2:16.53
2 Ollendick-Smith, Addison	Appalachian	2:16.86
3 Hood, Sophia	Davidson	2:17.12
4 Paynter, Maliyah	Davidson	2:17.22
5 Darce, Isabella	Davidson	2:17.69
6 Zavala, Lycia	Southern Wes	2:18.60
7 Overholt, Olivia	Lenoir-Rhyne	2:18.68
8 Dille, Campbell	Lees-McRae	2:24.92
9 Quinn, Maddie	Lees-McRae	2:25.81
10 Kornke, Morgan	Appalachian	2:25.90
11 Hodge, Regan	Appalachian	2:32.20
12 Garcia, Lucia	Unattached	2:35.04
13 Fox, Rebecca	Lenoir-Rhyne	2:39.68
14 Holdren, Julia	Lenoir-Rhyne	2:40.00
15 Toth, Elizabeth	UofSC Club C	2:40.55
16 Rowe, Kaitlyn	Lees-McRae	2:53.42

## Event 34 Men 800 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Gillis, Josh	Lees-McRae	1:53.74
2 Harris, Ryan	Davidson	1:55.21
3 Brannen, Miller	Unattached	1:55.24
4 Kominsky, Miles	Davidson	1:55.51

## Southside Power &amp; Fitness Invitational - 4/14/2023 to 4/16/2023

## Irwin Belk Track

## Hickory, N.C.

## Results

## Finals ... (Event 34 Men 800 Meter Run)

Name	School	Finals
5 Eheman, Kenny	Davidson	1:55.88
6 Lekki, Owen	Davidson	1:56.84
7 Hickman, Harrison	Lenoir-Rhyne	1:57.70
8 Arendash, Silas	Lees-McRae	1:59.24
9 Martinez, Leonardo	Lenoir-Rhyne	2:00.25
10 Gibbons, Casey	UofSC Club C	2:02.09
11 Julian, Noah	Lenoir-Rhyne	2:03.39
12 Gribbins, Ben	Lees-McRae	2:03.88
13 Newport, Vegas	Johnson C. S	2:10.72
14 Johnson, Kohen	Cleveland CC	2:21.09
15 Whitehead, Jason	Lenoir-Rhyne	2:21.27
16 Sizemore, Hunter	Lees-McRae	2:26.99
17 McIntrye, Tucker	Cleveland CC	2:40.95
--- Jones, Vance	Momentum Ath	DNF

## Event 35 Women 200 Meter Dash

Name	School	Finals
1 Brown, Alexis	Lenoir-Rhyne	23.11 +0.0
2 Atwater, Mariah	Appalachian	24.18 +0.0
3 Robinson, Hunter	Appalachian	24.37 +0.0
4 Horowitz, Rachel	Davidson	24.42 +0.0
5 Marshall, Kierra	Davidson	24.43 +0.0
6 McCord, Mariah	Appalachian	24.82 +0.0
7 Adams, Jayla	Purpose Driv	24.91 +0.0
8 Smith, Jelonnice	Appalachian	24.99 +0.0
9 Fryer, Allysa	Livingstone	25.12 1.5
10 Chapple, Lydia	Livingstone	25.26 +0.0
11 Talley, Daye	Appalachian	25.28 +0.0
12 Gisolfi-McCready, Aleia	Davidson	25.32 +0.0
13 Razzak, Khalilal	Appalachian	25.84 1.2
14 Owens, Kimberley	Lenoir-Rhyne	26.02 1.2
15 Johnson, Kyla	Southern Wes	26.17 1.5
16 McGrath, Molly	Lenoir-Rhyne	26.40 1.2
17 Wright, Cierra	Southern Wes	26.47 1.5
18 Osaji, Tonia	Lenoir-Rhyne	26.60 1.2
19 Day, Jani	Lenoir-Rhyne	26.66 0.1
20 Cofield-Jackson, Eshone	Lees-McRae	26.74 1.2
21 Judd, Ani	Appalachian	26.74 1.2
22 Troutman, Kelsey	Davidson	26.82 0.1
23 Tate, Lauryn	Southern Wes	27.21 0.1
24 Nelson, Chris-Ann	Davidson	27.33 1.2
25 Taylor, Symone	Lees-McRae	27.61 0.1
26 Ansari, Jaida	Lenoir-Rhyne	28.72 1.8
27 Thierfelder, Ann	Belmont Abbe	28.72 1.8
28 Martindale, Catherine	Lenoir-Rhyne	30.47 1.8

## Event 36 Men 200 Meter Dash

Name	School	Finals
1 Matau, Dario	Lenoir-Rhyne	20.83 +0.0
2 Davis, Trent	Lenoir-Rhyne	21.09 +0.0
3 Besong, Lucas	Lenoir-Rhyne	21.61 +0.0

4 Hale, Luke	Appalachian	21.66 +0.0
5 Meadows, Noah	Southern Wes	21.68 +0.0
6 Smith, Jayden	Davidson	21.70 +0.0
7 Krehnbrink, Cole	Appalachian	22.01 +0.0
8 Johnson, Jayvion	Appalachian	22.03 -0.4
9 Sisson, John	Lenoir-Rhyne	22.08 +0.0
10 Green, Jayden	Lees-McRae	22.24 -0.4
11 Heath, Carlo	Lenoir-Rhyne	22.46 -0.4
12 Roberson, Tye	Lenoir-Rhyne	22.48 +0.0
13 Kinney, Parker	Appalachian	22.55 -0.4
14 Kirby, Aaron	Lees-McRae	22.78 +0.0
15 Warner, Jaden	Southern Wes	22.85 -0.4
16 Jenkins, Durell	Lenoir-Rhyne	22.91 +0.0
17 Crumpler, Sean	Unattached	23.25 +0.0
18 Owens, Jackson	Lenoir-Rhyne	23.46 +0.0
19 Gaskin, Aziah	Southern Wes	23.57 1.2
20 Cullen, Mark	Unattached	23.59 +0.0
21 Helmicki, William	UofSC Club C	23.70 1.2
22 Nickelson, Trae	Appalachian	23.77 +0.0
22 Fernandes, Nathan	UofSC Club C	23.77 +0.0
24 Gordon, Joshua	Johnson C. S	23.82 +0.0
25 Thomas, Jaleal	Lenoir-Rhyne	24.54 1.2
--- White, Shane	Lenoir-Rhyne	DNF +0.0

## Event 38 Men 3000 Meter Steeplechase

Name	School	Finals
1 Freeman, Rien	Lees-McRae	9:45.80
2 Adair, Cameron	Lees-McRae	10:00.06
3 Riggs, Eli	Lenoir-Rhyne	10:25.21
4 Riggs, Isaac	Lenoir-Rhyne	10:29.62
--- Famiglietti, Anthony	Unattached	DNF

## Event 39 Women 4x400 Meter Relay

Team	Relay	Finals
1 Southern Wesleyan	A	3:51.39
1) Johnson, Kyla	2) Wright, Cierra	
3) Marlow, Deborah	4) Beugre, Michele	
2 Lenoir-Rhyne	A	3:54.27
1) Espinoza, Araceli	2) Overholt, Olivia	
3) Alejandro-Ortiz, Damyja	4) Kone, Holly	
3 UofSC Club C	A	4:43.35
1) Knudsen, Elliana	2) Toth, Elizabeth	
3) Rose, Sydney	4) Cappuccio, Maddie	

## Event 40 Men 4x400 Meter Relay

Team	Relay	Finals
1 Davidson	A	3:16.14
1) Anthony, Bryce	2) Bynum, Isaac	
3) Markos, Amit	4) Hardin, Josh	
2 Lees-McRae	A	3:29.26
1) Gillis, Josh	2) Eatmon, Cori	
3) Green, Jayden	4) Bargaineer, Christian	

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Hickory, N.C.

## Results

## Finals ... (Event 40 Men 4x400 Meter Relay)

Team	Relay	Finals
3 Unattached	A	3:30.22
4 Davidson	B	3:31.85
1) Kominsky, Miles	2) Eheman, Kenny	
3) Muldoon, Jack	4) Lekki, Owen	
5 Lenoir-Rhyne	A	3:35.56
1) Martinez, Leonardo	2) Hickman, Harrison	
3) Budgen, Lewis	4) Julian, Noah	

## Event 41 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Bush, Anna	Wake Forest	13.98 981
2 Berry, Addison	Wake Forest	14.27 941
3 Fallenius, Clara	Wake Forest	14.51 907
4 Conner, Kennedy	Lenoir-Rhyne	14.91 854
5 Marr, Miranda	Lenoir-Rhyne	15.86 732
6 Bishop, Carmen	Catawba	16.33 674
7 Ulanday, Sofia	Lenoir-Rhyne	18.99 391

## Event 41 Heptathlon: #2 Women High Jump Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Conner, Kennedy	Lenoir-Rhyne	1.66m 806
2 Bush, Anna	Wake Forest	1.60m 736
2 Berry, Addison	Wake Forest	1.60m 736
2 Fallenius, Clara	Wake Forest	1.60m 736
5 Marr, Miranda	Lenoir-Rhyne	1.54m 666
6 Bishop, Carmen	Catawba	1.48m 599
7 Ulanday, Sofia	Lenoir-Rhyne	1.36m 470

## Event 41 Heptathlon: #3 Women Shot Put Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Berry, Addison	Wake Forest	11.82m 649
2 Bush, Anna	Wake Forest	11.23m 610
3 Marr, Miranda	Lenoir-Rhyne	10.26m 546
4 Bishop, Carmen	Catawba	9.97m 527
5 Fallenius, Clara	Wake Forest	9.64m 506
6 Conner, Kennedy	Lenoir-Rhyne	8.75m 448
7 Ulanday, Sofia	Lenoir-Rhyne	7.08m 340

## Event 41 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Bush, Anna	Wake Forest	25.23 866
2 Berry, Addison	Wake Forest	25.36 854
3 Fallenius, Clara	Wake Forest	26.42 761
4 Bishop, Carmen	Catawba	26.92 718
5 Marr, Miranda	Lenoir-Rhyne	27.00 712
6 Conner, Kennedy	Lenoir-Rhyne	27.05 708
7 Ulanday, Sofia	Lenoir-Rhyne	27.79 647

## Event 41 Heptathlon: #5 Women Long Jump Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Fallenius, Clara	Wake Forest	5.68m 753
2 Berry, Addison	Wake Forest	5.46m 688
3 Conner, Kennedy	Lenoir-Rhyne	5.37m 663
4 Bishop, Carmen	Catawba	4.87m 524
5 Marr, Miranda	Lenoir-Rhyne	4.82m 511
--- Ulanday, Sofia	Lenoir-Rhyne	FOUL

## Event 41 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Bishop, Carmen	Catawba	36.85m 607
2 Marr, Miranda	Lenoir-Rhyne	34.19m 556
3 Berry, Addison	Wake Forest	28.47m 448
4 Conner, Kennedy	Lenoir-Rhyne	28.31m 445
5 Ulanday, Sofia	Lenoir-Rhyne	23.76m 359
6 Fallenius, Clara	Wake Forest	22.60m 337

## Event 41 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	School	Finals
<b>Finals</b>		
1 Berry, Addison	Wake Forest	2:22.68 787
2 Conner, Kennedy	Lenoir-Rhyne	2:38.35 592
3 Marr, Miranda	Lenoir-Rhyne	2:38.49 590
4 Ulanday, Sofia	Lenoir-Rhyne	2:41.26 558
5 Fallenius, Clara	Wake Forest	2:41.77 553
6 Bishop, Carmen	Catawba	2:51.59 447

## Event 42 Decathlon: #1 Men 100 Meter Dash Decathlon

Name	School	Finals
<b>Finals</b>		
1 Schronce, Jesse	Catawba	11.27 801
2 Husic, Paris	Unattached	11.32 791
3 Enongene, Dion	Lenoir-Rhyne	11.58 736
4 Darden, Erik	Lenoir-Rhyne	12.47 562
5 Thatcher, Oliver	Lenoir-Rhyne	16.34 63

## Event 42 Decathlon: #2 Men Long Jump Decathlon

Name	School	Finals
<b>Finals</b>		
1 Husic, Paris	Unattached	6.47m 691
2 Enongene, Dion	Lenoir-Rhyne	6.38m 670
3 Schronce, Jesse	Catawba	5.58m 498
4 Darden, Erik	Lenoir-Rhyne	5.42m 465
--- Thatcher, Oliver	Lenoir-Rhyne	FOUL

## Event 42 Decathlon: #3 Men Shot Put Decathlon

Name	School	Finals
<b>Finals</b>		
1 Husic, Paris	Unattached	14.46m 757
2 Thatcher, Oliver	Lenoir-Rhyne	11.88m 599
3 Enongene, Dion	Lenoir-Rhyne	10.27m 502
4 Schronce, Jesse	Catawba	9.91m 480

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## Results

**Finals ... (Event 42 Decathlon: #3 Men Shot Put Decathlon)**

Name	School	Finals	
5 Darden, Erik	Lenoir-Rhyne	9.68m	466

**Event 42 Decathlon: #4 Men High Jump Decathlon**

Name	School	Finals	
<b>Finals</b>			
1 Schronce, Jesse	Catawba	1.87m	687
2 Thatcher, Oliver	Lenoir-Rhyne	1.81m	636
2 Husic, Paris	Unattached	1.81m	636
4 Enongene, Dion	Lenoir-Rhyne	1.75m	585
5 Darden, Erik	Lenoir-Rhyne	1.66m	512

**Event 42 Decathlon: #5 Men 400 Meter Dash Decathlon**

Name	School	Finals	
<b>Finals</b>			
1 Enongene, Dion	Lenoir-Rhyne	52.62	698
2 Schronce, Jesse	Catawba	53.01	681
3 Husic, Paris	Unattached	54.80	607
4 Darden, Erik	Lenoir-Rhyne	58.69	459
5 Thatcher, Oliver	Lenoir-Rhyne	1:23.51	

**Event 42 Decathlon: #6 Men 110 Meter Hurdles Decathlon**

Name	School	Finals	
<b>Finals</b>			
1 Enongene, Dion	Lenoir-Rhyne	17.48	575
2 Schronce, Jesse	Catawba	17.57	566
3 Husic, Paris	Unattached	19.25	411
4 Darden, Erik	Lenoir-Rhyne	19.41	397
--- Thatcher, Oliver	Lenoir-Rhyne	DNF	2.6

**Event 42 Decathlon: #7 Men Discus Throw Decathlon**

Name	School	Finals	
<b>Finals</b>			
1 Thatcher, Oliver	Lenoir-Rhyne	39.10m	646
2 Husic, Paris	Unattached	38.41m	632
3 Enongene, Dion	Lenoir-Rhyne	26.63m	399
4 Darden, Erik	Lenoir-Rhyne	25.40m	375
5 Schronce, Jesse	Catawba	23.23m	333

**Event 42 Decathlon: #8 Men Pole Vault Decathlon**

Name	School	Finals	
<b>Finals</b>			
1 Husic, Paris	Unattached	4.00m	617
2 Schronce, Jesse	Catawba	3.40m	457
3 Thatcher, Oliver	Lenoir-Rhyne	3.30m	431
3 Enongene, Dion	Lenoir-Rhyne	3.30m	431
5 Darden, Erik	Lenoir-Rhyne	2.70m	286

**Event 42 Decathlon: #9 Men Javelin Throw Decathlon**

Name	School	Finals	
<b>Finals</b>			
1 Husic, Paris	Unattached	47.67m	554
2 Thatcher, Oliver	Lenoir-Rhyne	40.66m	452
3 Schronce, Jesse	Catawba	33.52m	349
4 Enongene, Dion	Lenoir-Rhyne	32.25m	331

5 Darden, Erik	Lenoir-Rhyne	26.94m	256
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**Event 42 Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	School	Finals	
<b>Finals</b>			
1 Darden, Erik	Lenoir-Rhyne	5:09.29	507
2 Schronce, Jesse	Catawba	5:22.02	440
3 Enongene, Dion	Lenoir-Rhyne	5:26.46	417
4 Husic, Paris	Unattached	5:30.68	396
5 Thatcher, Oliver	Lenoir-Rhyne	6:05.51	242