

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Event 1 Women High Jump

	Name	School	Finals
Finals			
1	Farup, Isabel	Newberry	J1.60m
2	Reid, Charnessa	Winston-Sale	J1.60m
3	Jackson, Meah	Newberry	1.55m
4	Mochi, Fina	Belmont Abbe	J1.50m
4	Lindsey, Caydence	Belmont Abbe	J1.50m
6	Thierfelder, Ann	Belmont Abbe	J1.50m
7	Davis, Jameria	Newberry	J1.50m
8	Kells, Haley	Belmont Abbe	1.40m
---	Starkie, Tania	Livingstone	NH
---	Parnell, Bess	Guilford	NH
---	Gordon, Kierra	Newberry	NH

Event 2 Men High Jump

	Name	School	Finals
Finals			
1	Koelling, Kaleb	Belmont Abbe	1.97m
2	Wadsworth, Jacob	Unattached	1.92m
3	McCrae, Jamir	Livingstone	J1.87m
4	Mulder, Chris	Livingstone	J1.87m
5	Thorson, Rexton	Belmont Abbe	J1.82m
6	Jackson, Jeffrey	Newberry	J1.82m
7	Collins-Johnson, Chandler	Livingstone	J1.82m
8	McCaw, Andrew	Belmont Abbe	1.77m
9	Davis, Jonathan	Cleveland CC	1.67m
---	Tate, Marcus	Guilford	NH
---	Koontz, Namaurion	Catawba	NH
---	Abdul-Haqq, Ahmaad	Guilford	NH

Event 3 Women Shot Put

	Name	School	Finals
Finals			
1	Riggs, Ella	Unattached	12.61m
2	Jimerson, Alena	Unattached	11.88m
3	Butler, Kiori	Newberry	11.09m
4	Nippa, Savannah	Lenoir-Rhyne	10.72m
5	Lawrence, Olivia	Livingstone	10.54m
6	Simmons, Cadence	Wingate	10.53m
7	Stinson, Gracie	Wingate	10.46m
8	Hopson, Kalia	Livingstone	10.33m
9	Holmes, Tamia	Livingstone	10.15m
10	Marshall, ShaNadia	Newberry	10.10m
11	Murray, Amiyah	Winston-Sale	9.94m
12	Bakondi, Maya	Wingate	9.77m
13	Wallace, Macghan	Winston-Sale	9.73m
14	Flure, Lucy	Belmont Abbe	9.21m
15	Redfearn, Morgan	Wingate	9.17m
16	Singleton, Britton	Johnson & Wa	9.15m
17	Barrow, Kyndall	Winston-Sale	8.89m
18	Moody, Alaina	Winston-Sale	7.90m

Event 4 Men Shot Put

	Name	School	Finals
Finals			
1	Wise, Josh	Lenoir-Rhyne	14.44m
2	Byrd, Kolby	Unattached	13.75m
3	Powers, Davis	Belmont Abbe	13.51m
4	Cheeks, Marqui	Livingstone	13.37m
5	Waddell, Harrison	Lenoir-Rhyne	13.12m
6	Alexis, Justin	Livingstone	12.72m
7	Grate, Ezra	Lenoir-Rhyne	12.36m
8	Black, Zyon	Livingstone	12.15m
9	Gattison, Jhayden	Newberry	12.12m
10	Houser, Justin	Cleveland CC	11.68m
11	Scannell, Jacob	Catawba	11.02m
12	Foutz, Aidan	Wingate	11.01m
13	Gore, Westley	Catawba	10.14m
14	Richardson, CeeJai	Wingate	9.88m
15	Gordon, Devonte	Belmont Abbe	9.62m
16	Loynes, Jailen	Newberry	9.52m
17	Kaiuway, Akeem	Guilford	9.51m
18	McElwee, Cristian	Wingate	9.21m
19	Durham, Joshua	Belmont Abbe	9.07m
20	Caggins, Antonio	Belmont Abbe	8.04m
---	Combs, Caleb	Lenoir-Rhyne	FOUL

Event 5 Women Long Jump

	Name	School	Finals
Finals			
1	Egberi, Efemena	Catawba	5.68m 0.8
2	Jackson, Meah	Newberry	5.50m 0.3
3	Ross-Bates, Destiny	Livingstone	5.41m 0.5
4	Brooks, Trinity	Winston-Sale	J5.40m +0.0
5	Owens, Kimberley	Lenoir-Rhyne	J5.40m 0.1
6	Navarrete, Kimberly	Wingate	5.25m +0.0
7	Starkie, Tania	Livingstone	5.18m 0.9
8	Davisson, Claire	Wingate	5.02m 0.2
9	Field, Zaniah	Winston-Sale	4.93m +0.0
9	Kells, Haley	Belmont Abbe	4.93m +0.0
11	Ulanday, Sofia	Lenoir-Rhyne	4.87m 0.7
12	Washington, Haleigh	Catawba	4.85m 0.1
12	Furr, Nariah	Livingstone	4.85m -0.8
12	Banks, Jasmine	Belmont Abbe	4.85m 0.3
15	Feehan, Ella	Belmont Abbe	4.81m +0.0
16	Rose, Leiyana	Newberry	4.79m +0.0
17	Thierfelder, Ann	Belmont Abbe	4.75m 0.6
18	Kone, Holly	Lenoir-Rhyne	4.66m 1.1
19	White, Grace	Lenoir-Rhyne	4.62m +0.0
20	Higgins, Jasmine	Winston-Sale	4.56m +0.0
21	Parnell, Bess	Guilford	4.36m 0.6

Event 6 Men Long Jump

	Name	School	Finals
Finals			
1	Gooding-Williams, Dayzhaun	Belmont Abbe	6.87m 1.2

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track
Hickory, N.C.

Results

Finals ... (Event 6 Men Long Jump)			
Name		School	Finals
2	Brown, Chris	Catawba	6.80m -4.0
3	Woolard, Tylei	Lenoir-Rhyne	6.76m +0.0
4	McCrae, Jamir	Livingstone	6.72m +0.0
5	Cardillo, Nikolas	Lenoir-Rhyne	6.46m -0.7
6	Chapple, Brenton	Ccaa	6.43m 0.7
7	Kuhneman, Mason	Catawba	6.37m 1.6
8	Tucker, Leonardo	Wingate	6.15m +0.0
9	Abdul-Haq, Ahmaad	Guilford	6.12m +0.0
10	Douglas, Nazareth	Livingstone	6.11m +0.0
11	Henriques, Nick	Lenoir-Rhyne	6.01m +0.0
12	Blowe, Cedric	Guilford	5.99m -0.9
13	Moorer, Daytron	Newberry	5.88m +0.0
14	Blagburn, Dominic	Newberry	5.86m 0.2
15	Gulapa, Joshua	Belmont Abbe	5.82m -0.9
16	Bishay, Billy	Newberry	5.62m 1.1
17	Almand, Seth	Guilford	5.41m +0.0
18	Tate, Marcus	Guilford	5.18m +0.0
---	Davis, Albert	Belmont Abbe	FOUL
---	Watson, Mark	Wingate	FOUL

Event 7 Women Javelin Throw			
Name		School	Finals
Finals			
1	Anderson, Miranda	Belmont Abbe	37.22m
2	Karnilowicz, Julia	Lenoir-Rhyne	31.05m
3	Butler, Kiori	Newberry	30.59m
4	Furr, Nariah	Livingstone	29.10m
5	Kells, Haley	Belmont Abbe	29.02m
6	Cartwright, Jasmine	Guilford	28.84m
7	Oxaal, Alexandra	Belmont Abbe	27.51m
8	Nippa, Savannah	Lenoir-Rhyne	27.35m
9	Stinson, Gracie	Wingate	24.98m
10	Grabow, Emily	Lenoir-Rhyne	24.75m
11	Moody, Alaina	Winston-Sale	24.29m
12	Harris, Tabitha	Wingate	24.19m
13	Lensch, Caitlyn	Lenoir-Rhyne	21.32m
14	Wallace, Maeghan	Winston-Sale	20.93m
15	Hester, Nia	Winston-Sale	19.97m
16	Riley, Love	Livingstone	18.76m
17	Bakondi, Maya	Wingate	17.79m
18	Holmes, Tamia	Livingstone	17.12m
---	Barrow, Kyndall	Winston-Sale	FOUL

Event 8 Men Javelin Throw			
Name		School	Finals
Finals			
1	Price, Sean	Newberry	56.39m
2	Wise, Josh	Lenoir-Rhyne	54.30m
3	Gentile, Dominick	Catawba	47.80m
4	McElwee, Cristian	Wingate	47.60m
5	Byrd, Kolby	Unattached	46.97m
6	Grate, Ezra	Lenoir-Rhyne	43.35m
7	McCaw, Andrew	Belmont Abbe	41.51m

8	Thorson, Rexton	Belmont Abbe	40.15m
9	Barrata, Anthony	Catawba	37.43m
10	Gulapa, Joshua	Belmont Abbe	36.43m
11	Phan, Steven	Lenoir-Rhyne	35.25m
12	Black, Zyon	Livingstone	33.30m
13	Alexis, Justin	Livingstone	31.53m
14	Ashiyi, Denzel	Livingstone	31.33m
15	Loynes, Jailen	Newberry	30.57m
16	Durham, Joshua	Belmont Abbe	28.76m
17	Caggins, Antonio	Belmont Abbe	27.11m

Event 9 Women Pole Vault			
Name		School	Finals
Finals			
1	McCoury, Talia	Charlotte	3.45m
2	Fiore, Eleni	Charlotte	3.35m
3	Ballard, Pearl	Lenoir-Rhyne	3.20m
4	Ramsdale, Harper	Lenoir-Rhyne	J3.05m
5	Roy, Ellison	Unattached	J3.05m
6	Opdyke, Elsie	Wingate	J2.75m
7	Dupree, Adair	Lenoir-Rhyne	J2.75m
7	Thompson, Tori	Belmont Abbe	J2.75m
7	Mochi, Fina	Belmont Abbe	J2.75m
10	England, Mackenzie	Wingate	2.60m
11	Reeping, Taylor	Belmont Abbe	2.30m
---	Lensch, Caitlyn	Lenoir-Rhyne	NH
---	Soria, Fatima	Wingate	NH

Event 10 Men Pole Vault			
Name		School	Finals
Finals			
1	Karicher, Mike	Lenoir-Rhyne	4.35m
2	Phan, Steven	Lenoir-Rhyne	4.20m
3	Jennings, Aaron	Lenoir-Rhyne	J4.05m
4	Drake, Seth	Catawba	J4.05m
5	Cruise, Hunter	Cleveland CC	3.90m
6	Holmes, Caleb	Lenoir-Rhyne	J3.30m
7	Hay, Kelly	Belmont Abbe	J3.30m
---	Barber, Quinn	Livingstone	NH
---	Arnold, Twymon	Livingstone	NH
---	Cunningham, Corbyn	Wvu Tech	NH
---	Brown, Javon	Lenoir-Rhyne	NH
---	Rollins, Noah	Cleveland CC	NH
---	Sims, Anthony	Livingstone	NH

Event 11 Women Triple Jump			
Name		School	Finals
Finals			
1	Kone, Holly	Lenoir-Rhyne	11.68m 0.8
2	Goode, Aria	Johnson C. S	11.17m 1.0
3	Brooks, Trinity	Winston-Sale	11.05m 1.1
4	Furr, Nariah	Livingstone	11.01m 0.8
5	Ulanday, Sofia	Lenoir-Rhyne	11.00m 1.0
6	Barrow, Kyndall	Winston-Sale	10.46m 0.8
7	Navarrete, Kimberly	Wingate	10.42m 1.2

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Finals ... (Event 11 Women Triple Jump)

Name	School	Finals
8 Davisson, Claire	Wingate	10.10m 0.5

Event 12 Men Triple Jump

Name	School	Finals
------	--------	--------

Finals

1 Cardillo, Nikolas	Lenoir-Rhyne	14.20m +0.0
2 Henriques, Nick	Lenoir-Rhyne	13.90m 0.8
3 Brown, Chris	Catawba	13.83m 0.8
4 Gooding-Williams, Dayzhaun	Belmont Abbe	13.66m 1.0
5 Mulder, Chris	Livingstone	13.30m 0.7
6 Steele, Joshua	Newberry	13.25m 1.1
7 Coleman, Sekani	Belmont Abbe	12.71m 0.5

Event 13 Women Hammer Throw

Name	School	Finals
------	--------	--------

Finals

1 Pascual Rivera, Andrea	Newberry	51.80m
2 Stroup, Jill	High Point	47.35m
3 Watson-Perez, Irma	Newberry	45.90m
4 Woodruff, Elizabeth	Belmont Abbe	40.72m
5 Nippa, Savannah	Lenoir-Rhyne	40.29m
6 Stinson, Gracie	Wingate	38.63m
7 Nikitsenka, Liza	High Point	38.49m
8 Ball, Mikayla	Johnson C. S	33.66m
9 Flure, Lucy	Belmont Abbe	33.42m
10 Redfearn, Morgan	Wingate	32.32m
11 Simmons, Cadence	Wingate	32.12m
12 Karnilowicz, Julia	Lenoir-Rhyne	31.83m
13 Harris, Tabitha	Wingate	29.38m
14 Myers, Kennedy	Newberry	28.46m
15 Bakondi, Maya	Wingate	25.97m

Event 14 Men Hammer Throw

Name	School	Finals
------	--------	--------

Finals

1 Hoffman, Alex	High Point	55.71m
2 Waddell, Harrison	Lenoir-Rhyne	50.60m
3 Price, Sean	Newberry	48.96m
4 Weiner, Brad	High Point	48.06m
5 Flores, Walker	Newberry	46.68m
6 Brockington, Prince	High Point	46.53m
7 Libretto, Dom	High Point	45.96m
8 Gattison, Jhayden	Newberry	42.50m
9 Richardson, CeeJai	Wingate	40.41m
10 Powers, Davis	Belmont Abbe	37.75m
11 Rizos, Nearchos	Wingate	35.76m
12 Foutz, Aidan	Wingate	35.19m
13 Barley, Caleb	High Point	33.96m
14 Brown, Jeremiah	Johnson C. S	32.28m
15 Combs, Caleb	Lenoir-Rhyne	30.67m
16 McElwee, Cristian	Wingate	26.85m
--- Scannell, Jacob	Catawba	FOUL
--- Chatman, Anthony	Johnson C. S	FOUL

Event 15 Women Discus Throw

Name	School	Finals
------	--------	--------

Finals

1 Jimerson, Alena	Unattached	41.10m
2 Magaard, Elise	High Point	40.81m
3 Ball, Mikayla	Johnson C. S	40.57m
4 Riggs, Ella	Unattached	37.43m
5 Woodruff, Elizabeth	Belmont Abbe	37.19m
6 Nippa, Savannah	Lenoir-Rhyne	33.64m
7 Myers, Kennedy	Newberry	33.39m
8 Moody, Alaina	Winston-Sale	32.16m
9 Flure, Lucy	Belmont Abbe	30.81m
10 Harris, Tabitha	Wingate	30.05m
11 Redfearn, Morgan	Wingate	30.02m
12 Hopson, Kalia	Livingstone	27.39m
13 Stinson, Gracie	Wingate	27.30m
14 Bakondi, Maya	Wingate	27.06m
15 Lawrence, Olivia	Livingstone	25.76m
16 Anderson, Miranda	Belmont Abbe	24.96m
17 Hester, Nia	Winston-Sale	24.57m
18 Wallace, Maeghan	Winston-Sale	23.86m
19 Bowman, Michaela	Johnson C. S	23.58m
20 Holmes, Tamia	Livingstone	22.50m
21 Karnilowicz, Julia	Lenoir-Rhyne	22.22m
22 Simmons, Cadence	Wingate	21.96m

Event 16 Men Discus Throw

Name	School	Finals
------	--------	--------

Finals

1 Hoffman, Alex	High Point	47.96m
2 Barley, Caleb	High Point	45.55m
3 Rizos, Nearchos	Wingate	44.25m
4 Weiner, Brad	High Point	43.90m
5 Grate, Ezra	Lenoir-Rhyne	43.84m
6 Brockington, Prince	High Point	40.86m
7 Chatman, Anthony	Johnson C. S	40.75m
8 Cheeks, Marqui	Livingstone	40.35m
9 Waddell, Harrison	Lenoir-Rhyne	38.02m
10 Brown, Jeremiah	Johnson C. S	36.62m
11 Newman, Alex	Belmont Abbe	35.55m
12 Flores, Walker	Newberry	35.22m
13 Byrd, Kolby	Unattached	34.59m
14 Libretto, Dom	High Point	34.21m
15 McElwee, Cristian	Wingate	32.16m
16 Combs, Caleb	Lenoir-Rhyne	31.26m
17 Gattison, Jhayden	Newberry	28.67m
18 Black, Zyon	Livingstone	27.53m
19 Foutz, Aidan	Wingate	25.63m
20 Gaddist, Kayden	Guilford	25.53m
21 Bolger, Sean	Catawba	25.20m
22 Durham, Joshua	Belmont Abbe	24.39m
23 Gore, Westley	Catawba	22.33m
24 Richardson, CeeJai	Wingate	21.10m
--- Gordon, Devonte	Belmont Abbe	FOUL

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Event 17 Women 5000 Meter Run

Name	School	Finals
Finals		
1 Sicilia, Zoila	Lenoir-Rhyne	18:28.81
2 Gaskin, Isis	Lenoir-Rhyne	18:52.16
3 Overby, Rachel	Catawba	19:23.94
4 Flores-Gutierrez, Daniela	Lenoir-Rhyne	19:43.45

Event 18 Men 5000 Meter Run

Name	School	Finals
Finals		
1 Martinez, Michael	Catawba	15:22.47
2 Wells, Carson	Catawba	15:24.75
3 Burns, Brannon	Catawba	15:25.11
4 Threatt, EJ	Catawba	15:41.22
5 Scheerer, Alec	Railroad Ath	15:53.10
6 Erskine, Kyle	Lenoir-Rhyne	16:14.76
7 Neeley, Dillon	Johnson & Wa	16:25.33
8 Binsteiner, Till	Lenoir-Rhyne	16:30.59
9 Davis, Ethan	Belmont Abbe	16:35.27
10 Shaffer, Logan	Johnson & Wa	16:42.38
11 Bacon, Jalen	Unattached	17:28.02
12 Coffman, Dominic	Belmont Abbe	17:34.75
13 Wendland, Jonah	Newberry	17:51.22
14 Michaud, Dylan	Johnson & Wa	18:28.70
15 Vega, Yahir	Cleveland CC	18:55.60
--- Pedicano, Matthew	Unattached	X15:14.05
--- Barnes, Stevenson	Unattached	X16:18.72

Event 19 Women 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 Kessler, Elizabeth	Lenoir-Rhyne	11:38.65
2 Young, Elizabeth	Belmont Abbe	11:52.48
3 Sanchez, Justine	Catawba	12:28.69
4 DiNapoli, Francesca	Belmont Abbe	13:20.99
5 Moore, Alexis	Belmont Abbe	13:51.42
6 Speas, Emily	Johnson & Wa	14:12.88

Event 20 Men 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 Riggs, Isaac	Lenoir-Rhyne	9:52.86
2 Hubbard, Clinton	Belmont Abbe	10:06.36
3 Nkere, Ireng	Belmont Abbe	10:06.62
4 Sause, Brian	Belmont Abbe	10:24.99
5 Benson, Drew	Newberry	10:25.01
6 Casteel, Ben	Belmont Abbe	10:27.72
7 Adamson, Tiernan	Belmont Abbe	10:48.46
8 May, Charles	Belmont Abbe	11:30.61
9 Waclawik, Mark	Belmont Abbe	11:50.46
10 Bejar Mejia, Raul	Belmont Abbe	12:17.96

Event 21 Women 1500 Meter Run

Name	School	Finals
Finals		
1 Christe, Caitlyn	Lenoir-Rhyne	4:43.03
2 Carmona, Maria	Lenoir-Rhyne	4:44.21
3 Sledge, Madison	Unattached	4:47.59
4 Owczarz, Joanna	Catawba	4:48.01
5 Zuniga, Mia	Belmont Abbe	4:50.24
6 Bryant, Elicia	Winston-Sale	4:52.53
7 Sheppard, Rainn	Winston-Sale	5:07.43
8 McDonnell, Emily	Lenoir-Rhyne	5:22.58
9 Nelson, Jaiyah	Winston-Sale	5:27.78
10 Bumbry, Trinity	Livingstone	5:36.75
11 Nobles, Kayla	Winston-Sale	5:44.45
--- Delano, Leilanni	Cleveland CC	DNF
--- Overholt, Olivia	Lenoir-Rhyne	DNF

Event 22 Men 1500 Meter Run

Name	School	Finals
Finals		
1 Hetzel, John	Belmont Abbe	4:04.33
2 Zuniga, Kolbe	Belmont Abbe	4:06.68
3 Legato, Jake	Belmont Abbe	4:07.77
4 Willett, Adam	Belmont Abbe	4:09.19
5 Neeley, Dillon	Johnson & Wa	4:11.59
6 Jeffers, Brandon	Livingstone	4:13.44
7 Schilter, Sam	Belmont Abbe	4:15.27
8 Bryant, Chase	Lenoir-Rhyne	4:16.38
9 Christopher, Sekou	Livingstone	4:23.81
10 Mattison, Truth	Livingstone	4:25.79
11 Shaffer, Logan	Johnson & Wa	4:27.30
12 Dugan, Keanu	Lenoir-Rhyne	4:27.65
13 Bacon, Jalen	Unattached	4:28.97
14 Tijerina, Eragon	Livingstone	4:29.04
15 Robinson, Liam	Johnson & Wa	4:30.91
16 Reier, Braylon	Newberry	4:32.14
17 Faro, Mohamed	Livingstone	4:32.83
18 Smith, Sullivan	Newberry	4:33.04
19 Hibbert, De'Angelo	Newberry	4:44.42
20 Garcia, Lucas	Livingstone	4:47.18
21 Pineda, Alex	Belmont Abbe	5:46.92
--- Budgen, Lewis	Unattached	X4:06.08
--- Krieger, Zack	Unattached	X4:10.44
--- Barnes, Stevenson	Unattached	X4:22.72

Event 23 Women 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Winston-Salem St.	B	47.02
1) Reid, Charnessa	2) Chapple, Lydia	
3) Field, Zaniah	4) Brooks, Trinity	
2 Belmont Abbey	A	47.95
1) Banks, Jasmine	2) Flores, Isabelle	
3) Feehan, Ella	4) Thomas, Alexandra	

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Finals ... (Event 23 Women 4x100 Meter Relay)

Team	Relay	Finals
3 Johnson & Wa	A	58.81
1) Milne, Sarah	2) Williams, Emoni	
3) Parsells, Elizabeth	4) Townson, Mia	
--- Winston-Salem St.	A	DNF
1) Gabriel, Malaysia	2) Benloss, Brianna	
3) Randolph, Kamauree	4) Cosby, Olivia	
--- Lenoir-Rhyne	A	DQ
1) Priester, Sharonda	2) Alejandro-Ortiz, Damyja	
3) McGrath, Molly	4) Brown, Alexis	

Event 24 Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Johnson C. Smith	A	40.83
1) Wray, Amontae	2) Francis, Nicholas	
3) Newport, Vegas	4) Williams, Tyson	
2 Belmont Abbey	A	41.47
1) Flores, Gavin	2) Hines, Jeremiah	
3) Coleman, Garison	4) Ingle, Tayshawn	
3 Lenoir-Rhyne	A	42.04
1) Reyes, Isaiah	2) Carter, Malachi	
3) Turner Jr, Royce	4) Baker, Corey	
4 Newberry	A	42.34
1) Hillman, Ja Narris	2) Canty, Justin	
3) Tobias, Calvin	4) Bennett, Jamari	
5 Livingstone	A	42.88
1) Burgman, Ameer	2) Crain, Jordan	
3) Dortch-Johnson, Jamari	4) Lewis, Deven	
6 Guilford	A	43.86
1) Swinson, Jadyne	2) Allam, Yassine	
3) Moore, Jerome	4) Blowe, Cedric	

Event 25 Women 100 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Reid, Charnessa	Winston-Sale	13.54Q1.2
2 Flores, Isabelle	Belmont Abbe	14.75Q1.2
3 Priester, Sharonda	Lenoir-Rhyne	14.26Q1.2
4 Murray, Amiyah	Winston-Sale	14.94Q1.2
5 Goode, Aria	Johnson C. S	14.99Q1.2
6 Thomas, Alexandra	Belmont Abbe	15.35Q1.2
7 Feehan, Ella	Belmont Abbe	15.64q 1.2
8 Price, Rihan	Johnson C. S	15.90q 1.2
9 Kells, Haley	Belmont Abbe	16.38 1.2
10 Washington, Haleigh	Catawba	16.57 1.2
11 Greene, Kaitlyn	High Point	16.85 1.2
12 Roy, Ellison	Unattached	17.04 1.2
13 Williams, Madalynn	Newberry	17.17 1.2
14 Jones-Lewis, Zora	High Point	18.51 1.2

Event 25 Women 100 Meter Hurdles

Name	School	Finals
Finals		
1 Reid, Charnessa	Winston-Sale	13.70 1.8
2 Priester, Sharonda	Lenoir-Rhyne	14.35 1.8
3 Flores, Isabelle	Belmont Abbe	14.49 1.8
4 Murray, Amiyah	Winston-Sale	14.89 1.8
5 Thomas, Alexandra	Belmont Abbe	15.23 1.8
6 Feehan, Ella	Belmont Abbe	15.78 1.8
--- Price, Rihan	Johnson C. S	DNF 1.8
--- Goode, Aria	Johnson C. S	DNF 1.8

Event 26 Men 110 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Seward, DaJuan	Unattached	14.19Q-0.4
2 Adoini, Mohamed	Johnson C. S	14.32Q0.8
3 Wadsworth, Jacob	Unattached	14.99Q+0.0
4 Skinner, TJ	Unattached	14.31Q-0.4
5 Coates, Vince	Livingstone	15.23Q0.8
6 Granville, Jahvel	Johnson C. S	15.60Q+0.0
7 Sutton, Liam	Lenoir-Rhyne	14.75q -0.4
8 Demosthenes, Joshua	Livingstone	14.87q -0.4
9 Gulapa, Joshua	Belmont Abbe	15.24 0.8
10 O'Cain, Addison	Newberry	15.40 -0.4
11 Sims, Anthony	Livingstone	15.65 -0.4
12 Shearin IV, John	Catawba	15.88 +0.0
13 Mitchell, Kevin	High Point	16.77 0.8
--- Budham, Kahneil	Lenoir-Rhyne	DNF +0.0

Event 26 Men 110 Meter Hurdles

Name	School	Finals
Finals		
1 Skinner, TJ	Unattached	14.13 1.1
2 Adoini, Mohamed	Johnson C. S	14.25 1.1
3 Sutton, Liam	Lenoir-Rhyne	14.65 1.1
4 Coates, Vince	Livingstone	14.68 1.1
5 Granville, Jahvel	Johnson C. S	14.78 1.1
6 Wadsworth, Jacob	Unattached	14.80 1.1
7 Demosthenes, Joshua	Livingstone	14.83 1.1

Event 27 Women 100 Meter Dash Josh Ring W

Name	School	Prelims
Preliminaries		
1 Brown, Alexis	Lenoir-Rhyne	11.30Q1.9
2 Witherspoon, Mallory	Catawba	11.99Q1.0
3 Udo-Obong, Zanetta	Lenoir-Rhyne	12.07Q0.9
3 Chapple, Lydia	Winston-Sale	12.07Q2.5
5 McGrath, Molly	Lenoir-Rhyne	12.26Q0.3
6 Lewis, Nijah	Johnson C. S	12.13q 1.0
7 Banks, Jasmine	Belmont Abbe	12.27q 1.0
8 Field, Zaniah	Winston-Sale	12.46q 2.5
9 Baisden, Skye	Elite Track	12.55 1.9
10 Powell, Maniah	Johnson C. S	12.59 2.5

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Preliminaries ... (Event 27 Women 100 Meter Dash Josh Ring W)

Name	School	Prelims
11 Garrett, Ty'kira	Livingstone	12.61 2.5
12 Brooks, Trinity	Winston-Sale	12.67 1.0
13 Ross-Bates, Destiny	Livingstone	12.70 0.9
14 Legros, Lea	Catawba	12.72 1.0
15 Burgos, Letsi	Catawba	12.76 2.5
16 Woodward, Bry'anna	Catawba	12.79 0.9
17 Gabriel, Malaysia	Winston-Sale	12.89 0.9
18 Chigwerewe, Tatiana	Catawba	12.91 1.9
19 Randolph, Kamauree	Winston-Sale	13.01 1.9
20 Campbell, Madison	Livingstone	13.03 1.0
21 Ferentinos, Christiana	Unattached	13.22 0.3
22 Miller, Kelis	Winston-Sale	13.30 0.3
23 Ansari, Jaida	Lenoir-Rhyne	13.39 0.9
24 Parsells, Elizabeth	Johnson & Wa	13.70 2.5
25 Soles, Lacey	Lenoir-Rhyne	13.74 1.0
26 Barrow, Kyndall	Winston-Sale	14.64 0.3
27 Williams, Emoni	Johnson & Wa	14.65 0.3
28 Martindale, Catherine	Lenoir-Rhyne	15.03 2.5
29 Cannon, Kirsten	Johnson & Wa	15.48 0.9

Event 27 Women 100 Meter Dash Josh Ring W

Name	School	Finals
Finals		
1 Udo-Obong, Zanetta	Lenoir-Rhyne	12.04 0.7
2 Witherspoon, Mallory	Catawba	12.22 0.7
3 Lewis, Nijah	Johnson C. S	12.29 0.7
4 Chapple, Lydia	Winston-Sale	12.41 0.7
5 Banks, Jasmine	Belmont Abbe	12.61 0.7
6 Field, Zaniah	Winston-Sale	12.81 0.7

Event 28 Men 100 Meter Dash Josh Ring M

Name	School	Prelims
Preliminaries		
1 Porter, Winfred	Catawba	10.43Q-0.1
2 Turner, Darius	Catawba	10.62Q0.9
3 Reyes, Isaiah	Lenoir-Rhyne	10.73Q1.2
4 Crumpler, Marcus	Lenoir-Rhyne	10.85Q1.0
5 Dortch-Johnson, Jamari	Livingstone	10.94Q-0.3
6 Coleman, Garison	Belmont Abbe	11.03Q1.8
7 Hailstock, Jeremiah	Catawba	10.89q 1.0
8 Johnson, Tyler	Catawba	10.93q 1.0
9 Ingle, Tayshawn	Belmont Abbe	10.97 1.2
10 Henby, Brendan	Catawba	10.98 -0.3
11 Roberson, Tye	Lenoir-Rhyne	11.00 -0.3
12 Baker, Corey	Lenoir-Rhyne	11.01 0.9
13 Flores, Gavin	Belmont Abbe	11.03 -0.1
14 Myers, Zalyn	Livingstone	11.04 1.2
15 Dover, Xavier	Unattached	11.05 1.8
15 Turner Jr, Royce	Lenoir-Rhyne	11.05 -0.1
17 Crawford, Samuel	Unattached	11.06 1.0
18 Granville, Jahvel	Johnson C. S	11.07 1.8
18 Gary, Au'Wann	Catawba	11.07 0.9
20 Davis, Albert	Belmont Abbe	11.18 0.9

21 Kuhneman, Mason	Catawba	11.30 -0.1
22 Simmons, Savion	Livingstone	11.31 1.2
23 Goins, Spencer	Dynamic Spee	11.33 0.9
24 Holden, Anthony	Catawba	11.37 -0.1
25 Blowe, Cedric	Guilford	11.42 -0.3
26 Howard, Hunter	Livingstone	11.52 -0.3
27 Moore, Jerome	Guilford	11.54 1.0
28 Gourdine-Moran, Tyjuan	Johnson C. S	11.56 -0.1
29 Williamson, Dylan	Unattached	11.58 1.2
30 Cruise, Hunter	Cleveland CC	11.87 -0.1
31 Mitchell, Mason	Lenoir-Rhyne	11.88 1.2
32 Thomas, Jaleal	Lenoir-Rhyne	12.17 1.2
33 Almand, Seth	Guilford	12.45 0.9
34 Tate, Marcus	Guilford	12.57 -0.3
--- Tabb, Rodney	Lenoir-Rhyne	FS 1.8

Event 28 Men 100 Meter Dash Josh Ring M

Name	School	Finals
Finals		
1 Porter, Winfred	Catawba	10.45 0.9
2 Turner, Darius	Catawba	10.58 0.9
3 Reyes, Isaiah	Lenoir-Rhyne	10.85 0.9
4 Crumpler, Marcus	Lenoir-Rhyne	10.87 0.9
5 Hailstock, Jeremiah	Catawba	10.90 0.9
6 Dortch-Johnson, Jamari	Livingstone	10.97 0.9
7 Coleman, Garison	Belmont Abbe	11.08 0.9

Event 29 Women 400 Meter Dash

Name	School	Finals
Finals		
1 Day, Jani	Lenoir-Rhyne	55.37
2 Smith, Asheika	Winston-Sale	55.48
3 Alejandro-Ortiz, Damyja	Lenoir-Rhyne	55.58
4 Southern, Skylar	Catawba	57.62
5 Burgos, Letsi	Catawba	57.80
6 Lee, Daijion	Winston-Sale	57.89
7 McDonald, Kennedy	Lenoir-Rhyne	58.63
8 Valcent, Thomyka	Livingstone	59.46
9 Owens, Kimberley	Lenoir-Rhyne	1:00.03
10 Adderton, Kamryn	Newberry	1:00.14
11 Romney, Keneah	Livingstone	1:03.29
12 Williams, Athauna	Johnson C. S	1:03.82
13 Williams, Amaya	Livingstone	1:05.10
14 DeJesus, Jayline	Lenoir-Rhyne	1:05.72
15 Milne, Sarah	Johnson & Wa	1:12.08
16 Townson, Mia	Johnson & Wa	1:13.54
17 Wright, Jalynn	Johnson & Wa	1:21.49
--- Thompson, Tori	Belmont Abbe	DNF
--- Arajuo-Cortinas, Aixa	Guilford	DNF

Event 30 Men 400 Meter Dash

Name	School	Finals
Finals		
1 Hyman, Trevor	Livingstone	48.29
2 Johnson, Tyler	Catawba	48.64

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Finals ... (Event 30 Men 400 Meter Dash)

	Name	School	Finals
3	Mack, Brady	Elite Track	49.07
4	Williams, Tyson	Johnson C. S	49.34
5	Baxter, Caleb	Johnson C. S	49.55
6	Chalmers, Maleik	Johnson & Wa	49.81
7	Burgman, Ameer	Livingstone	49.91
8	Thompson, Tavarian	Newberry	50.31
9	McGroarty, Jude	Belmont Abbe	50.45
10	Linton, Lamarion	Livingstone	50.54
11	Foster, Ryan	Elite Track	50.60
12	Davis, Jonathan	Cleveland CC	50.64
13	Canty, Justin	Newberry	50.74
14	Jones, Jaden	Guilford	51.01
15	Basden, Tajer	Johnson C. S	51.48
16	Johnson, Richard	Livingstone	51.94
17	Grant, Jordan	Catawba	52.17
18	Gulapa, Joshua	Belmont Abbe	52.76
19	Allam, Yassine	Guilford	53.29
20	Lowe, Kendel	Guilford	53.69
21	Cruise, Hunter	Cleveland CC	53.81
22	Verity, Alex	Catawba	54.02
23	Neeley, Dillon	Johnson & Wa	55.27
24	White, Timothy	Catawba	55.47
25	Holmes, Caleb	Lenoir-Rhyne	55.54
26	Goins, Spencer	Dynamic Spee	55.76
27	Belk, Colby	Johnson & Wa	1:00.51

Event 31 Women 800 Meter Run

	Name	School	Finals
Finals			
1	Christe, Caitlyn	Lenoir-Rhyne	2:17.88
2	Sheppard, Rainn	Winston-Sale	2:17.95
3	Overholt, Olivia	Lenoir-Rhyne	2:18.09
4	Owczarz, Joanna	Catawba	2:19.31
5	Kelly, Simone	Winston-Sale	2:19.53
6	Carmona, Maria	Lenoir-Rhyne	2:19.61
7	Sledge, Madison	Unattached	2:19.85
8	Bryant, Elicia	Winston-Sale	2:19.98
9	Zuniga, Mia	Belmont Abbe	2:22.32
10	Kessler, Elizabeth	Lenoir-Rhyne	2:24.46
11	McDonnell, Emily	Lenoir-Rhyne	2:27.61
12	Deveau, Annika	Belmont Abbe	2:28.70
13	Hansen, Ruby	Newberry	2:29.86
14	Nobles, Kayla	Winston-Sale	2:31.85
15	Durand, Precious	Johnson C. S	2:32.55
16	Flores-Gutierrez, Daniela	Lenoir-Rhyne	2:35.20
17	Nelson, Jaiyah	Winston-Sale	2:35.65
18	Moore, Alexis	Belmont Abbe	2:39.25
19	Campbell, Piper	Guilford	2:54.68
20	West, Abigail	Livingstone	3:04.03
21	Buerkle, Emily	Belmont Abbe	3:06.84
22	Delano, Leilanni	Cleveland CC	3:09.55
23	Wright, Jalynn	Johnson & Wa	3:19.14
---	Bumbry, Trinity	Livingstone	DNF

Event 32 Men 800 Meter Run

	Name	School	Finals
Finals			
1	Hickman, Harrison	Lenoir-Rhyne	1:53.97
2	Coleman, Jesse	Belmont Abbe	1:53.97
3	Smith, Tanner	Catawba	1:54.27
4	Shumate, Tyler	Newberry	1:55.19
5	Frizzell, Conner	Unattached	1:56.17
6	Legato, Jake	Belmont Abbe	1:57.78
7	Zuniga, Kolbe	Belmont Abbe	1:57.97
8	Crumpler, Sean	Lenoir-Rhyne	1:58.25
9	Willett, Adam	Belmont Abbe	1:58.26
10	Schilter, Sam	Belmont Abbe	1:58.32
11	Williams, Tyvion	Johnson C. S	1:58.56
12	Parkinson, Jacob	Lenoir-Rhyne	1:59.40
13	Hubbard, Clinton	Belmont Abbe	1:59.53
14	Christopher, Sekou	Livingstone	2:01.50
15	Cabascango, Cristian	Lenoir-Rhyne	2:02.14
16	Scott, Larry	Newberry	2:02.25
17	Meneal, James	Livingstone	2:02.33
18	Krieger, Zack	Unattached	2:02.73
19	Thierfelder, Peter	Belmont Abbe	2:03.44
20	Jeffers, Brandon	Livingstone	2:04.07
21	Bryant, Chase	Lenoir-Rhyne	2:05.29
22	Tijerina, Eragon	Livingstone	2:07.56
23	Zuniga, Luke	Belmont Abbe	2:07.89
24	Garcia, Lucas	Livingstone	2:09.75
25	Barnes, Stevenson	Unattached	2:11.63
26	Dugan, Keanu	Lenoir-Rhyne	2:12.22
27	Bejar Mejia, Raul	Belmont Abbe	2:12.45
28	Faro, Mohamed	Livingstone	2:13.33
29	Lovingood, Marty	Cleveland CC	2:14.48
30	Neeley, Dillon	Johnson & Wa	2:15.86
31	Robinson, Liam	Johnson & Wa	2:16.92
32	Yanez, Joseph	Guilford	2:29.79
33	Belk, Colby	Johnson & Wa	2:31.48
34	Barnette, Christian	Cleveland CC	2:33.73
---	Wadsworth, Jacob	Unattached	DNF
---	Caudill, Seth	Catawba	DNF

Event 33 Women 400 Meter Hurdles

	Name	School	Finals
Finals			
1	Priester, Sharonda	Lenoir-Rhyne	1:01.27
2	Maye, Gabrielle	Johnson C. S	1:04.35
3	Flores, Isabelle	Belmont Abbe	1:06.62
4	Price, Rihan	Johnson C. S	1:07.03
5	Chigwerewe, Tatiana	Catawba	1:09.05
6	Davis, Tinasia	Winston-Sale	1:09.56
7	Speight, Kamaya	Johnson C. S	1:09.58
8	Montgomery, Brittany	Newberry	1:12.18
9	Lindsey, Caydence	Belmont Abbe	1:13.09
10	Keghlian, Caitlin	Belmont Abbe	1:13.27
11	Quimby, Nia	Newberry	1:16.73

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Finals ... (Event 33 Women 400 Meter Hurdles)

Name	School	Finals
--- Parnell, Bess	Guilford	DNF

Event 34 Men 400 Meter Hurdles

Name	School	Finals
Finals		
1 Adoini, Mohamed	Johnson C. S	52.21
2 Brown, Shamar	Newberry	54.34
3 Fallin, Jaquan	Livingstone	54.76
4 Coates, Vince	Livingstone	55.17
5 Tucker, Landon	Newberry	55.22
6 Sutton, Liam	Lenoir-Rhyne	55.42
7 Newport, Vegas	Johnson C. S	55.72
8 Budham, Kahneil	Lenoir-Rhyne	55.77
9 Shearin IV, John	Catawba	56.50
10 Ragin, Corey	Lenoir-Rhyne	56.84
11 Sims, Anthony	Livingstone	57.13
12 Simpson, Mikell	Catawba	57.22
13 Demosthenes, Joshua	Livingstone	57.34
14 Crespo, Maquenly	Catawba	57.96
15 Anthony, Bryce	Wingate	58.59
16 Gunn, Cameron	Belmont Abbe	59.05
17 Flores, Gavin	Belmont Abbe	1:02.86
18 Wilson, Dejuan	Belmont Abbe	1:04.01
19 Geremski, Enzo	Guilford	1:04.51
20 Miller, Jonas	Belmont Abbe	1:04.94
21 Hubbard, Clinton	Belmont Abbe	1:05.21
22 Harway, Jeremy	Guilford	1:06.48

Event 35 Women 200 Meter Dash

Name	School	Finals
Finals		
1 Brown, Alexis	Lenoir-Rhyne	22.92 0.1
2 Alejandro-Ortiz, Damyja	Lenoir-Rhyne	24.23 0.1
3 Day, Jani	Lenoir-Rhyne	24.39 1.0
4 Benloss, Brianna	Winston-Sale	24.48 0.1
5 Udo-Obong, Zanetta	Lenoir-Rhyne	24.52 1.0
6 Cosby, Olivia	Winston-Sale	24.95 0.1
7 Lewis, Nijah	Johnson C. S	25.11 1.0
8 Southern, Skylar	Catawba	25.12 0.1
9 Witherspoon, Mallory	Catawba	25.35 1.0
9 Egberi, Efemena	Catawba	25.35 0.1
11 Gabriel, Malaysia	Winston-Sale	25.63 1.0
12 Baisden, Skye	Elite Track	25.66 1.0
13 Banks, Jasmine	Belmont Abbe	25.89 1.0
14 Thomas, Alexandra	Belmont Abbe	26.04 0.5
15 Davis, Jameria	Newberry	26.23 1.0
16 Powell, Maniah	Johnson C. S	26.42 0.5
16 Valcent, Thomyka	Livingstone	26.42 6.4
18 Field, Zaniah	Winston-Sale	26.60 1.0
19 Ferentinos, Christiana	Unattached	26.74 6.4
20 Jones-Lewis, Zora	High Point	26.78 0.5
21 Romney, Keneah	Livingstone	27.01 1.0
22 Campbell, Madison	Livingstone	27.17 0.5

23	Greene, Kaitlyn	High Point	27.20	1.0
24	Feehan, Ella	Belmont Abbe	27.23	0.5
25	Miller, Kelis	Winston-Sale	27.25	1.0
26	Ansari, Jaida	Lenoir-Rhyne	27.37	0.5
27	Parsells, Elizabeth	Johnson & Wa	28.59	1.0
28	Soles, Lacey	Lenoir-Rhyne	28.93	1.0
29	Chapple, Lydia	Winston-Sale	29.54	0.1
30	Williams, Emoni	Johnson & Wa	30.31	0.5
31	Roy, Ellison	Unattached	30.56	6.4
32	Hahn, Alivia	Johnson & Wa	30.79	0.5
33	Milne, Sarah	Johnson & Wa	31.17	0.5
34	Martindale, Catherine	Lenoir-Rhyne	31.68	0.5
35	Townson, Mia	Johnson & Wa	31.76	0.5
---	McGrath, Molly	Lenoir-Rhyne	DNF	1.0

Event 36 Men 200 Meter Dash

Name	School	Finals
Finals		
1 Porter, Winfred	Catawba	21.34 -1.0
2 Crumpler, Marcus	Lenoir-Rhyne	21.49 1.4
3 Dortch-Johnson, Jamari	Livingstone	21.49 1.4
4 Reyes, Isaiah	Lenoir-Rhyne	21.52 1.4
5 Hines, Jeremiah	Belmont Abbe	21.62 -1.0
6 Crawford, Samuel	Unattached	21.97 0.4
7 Ingle, Tayshawn	Belmont Abbe	22.05 -1.0
8 Henby, Brendan	Catawba	22.11 1.4
9 Baker, Corey	Lenoir-Rhyne	22.23 1.4
10 Bennett, Jamari	Newberry	22.29 0.1
11 Hailstock, Jeremiah	Catawba	22.42 -2.2
11 Hyman, Trevor	Livingstone	22.42 0.4
13 Dover, Xavier	Unattached	22.44 0.4
14 Roberson, Tye	Lenoir-Rhyne	22.45 1.6
15 Crain, Jordan	Livingstone	22.74 0.1
16 Foster, Ryan	Elite Track	22.77 1.6
17 Turner Jr, Royce	Lenoir-Rhyne	22.80 -2.2
18 Baxter, Caleb	Johnson C. S	22.85 -2.2
19 Howard, Hunter	Livingstone	22.86 0.4
20 Johnson, Richard	Livingstone	22.87 0.1
21 Tabb, Rodney	Lenoir-Rhyne	22.87 0.1
22 Gary, Au'Wann	Catawba	22.90 -1.2
23 Fallin, Jaquan	Livingstone	22.93 1.1
24 Mack, Brady	Elite Track	23.02 -1.2
25 Tobias, Calvin	Newberry	23.18 0.1
26 Chalmers, Maleik	Johnson & Wa	23.20 0.1
27 Hillman, Ja Narris	Newberry	23.22 0.1
28 Grant, Jordan	Catawba	23.45 -1.2
29 Williamson, Dylan	Unattached	23.48 1.1
30 Basden, Tajer	Johnson C. S	23.50 -1.2
31 Chapple, Brenton	Caaa	23.51 1.1
32 White, Timothy	Catawba	23.61 -1.2
33 Allam, Yassine	Guilford	24.03 -2.1
34 Gouridine-Moran, Tyjuan	Johnson C. S	24.10 -2.1
35 Verity, Alex	Catawba	24.13 -2.1
36 Mitchell, Mason	Lenoir-Rhyne	24.33 1.6
37 Lowe, Kendel	Guilford	24.40 -2.1

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track
Hickory, N.C.

Results

Finals ... (Event 36 Men 200 Meter Dash)				5	Nemanyte, Patricija	Lenoir-Rhyne	4219
Name	School	Finals		6	Stallard, Joyce	Ashland	3899
38	Abdul-Haqq, Ahmaad	Guilford	24.47 -2.1	7	Strouth, Braelynn	Uva-Wise	3838
39	Thomas, Jaleal	Lenoir-Rhyne	24.91 1.6	8	Bugenhagen, Ava	High Point	3767
40	O'Cain, Addison	Newberry	24.97 -1.2	9	Shukla, Rene	High Point	3745
41	Simmons, Savion	Livingstone	39.21 -2.1	10	Lazarus, Olivia	Ashland	3568
Event 37 Women 4x400 Meter Relay				11	Heller, Alaina	Ashland	3523
Team	Relay	Finals		12	Williams, Mia	Belmont Abbe	3336
Finals				13	Soto, Angely	Belmont Abbe	3099
1	Winston-Salem St.	A	3:45.13	Event 39 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon			
1)	Kelly, Simone	2)	Smith, Asheika	Name	School	Finals	
3)	Lee, Daijion	4)	Cosby, Olivia	Finals			
2	Lenoir-Rhyne	A	3:48.36	1	Webb, Sterling	Lincoln Memo	14.26 942
1)	Priester, Sharonda	2)	Day, Jani	2	Fields, Kara	Ashland	14.74 876
3)	McDonald, Kennedy	4)	Alejandro-Ortiz, Damyja	3	Marr, Miranda	Lenoir-Rhyne	14.88 858
3	Winston-Salem St.	B	4:08.78	4	Etienne, Mathilde	Lenoir-Rhyne	15.69 753
1)	Randolph, Kamauree	2)	Sheppard, Rainn	5	Lazarus, Olivia	Ashland	15.73 748
3)	Bryant, Elicia	4)	Simpson, Layla	6	Stallard, Joyce	Ashland	16.04 709
4	Newberry	A	4:12.42	7	Nemanyte, Patricija	Lenoir-Rhyne	16.31 677
1)	Montgomery, Brittany	2)	Hansen, Ruby	7	Bugenhagen, Ava	High Point	16.31 677
3)	Quimby, Nia	4)	Adderton, Kamryn	9	Soto, Angely	Belmont Abbe	16.54 649
5	Lenoir-Rhyne	B	4:13.12	10	Strouth, Braelynn	Uva-Wise	16.56 647
1)	Christe, Caitlyn	2)	Carmona, Maria	11	Shukla, Rene	High Point	17.19 575
3)	Overholt, Olivia	4)	Kessler, Elizabeth	12	Williams, Mia	Belmont Abbe	17.29 564
6	Winston-Salem St.	C	4:23.23	13	Heller, Alaina	Ashland	17.65 525
1)	Reid, Charnessa	2)	Benloss, Brianna	Event 39 Heptathlon: #2 Women High Jump Heptathlon			
3)	Davis, Tinasia	4)	Gabriel, Malaysia	Name	School	Finals	
7	Johnson & Wa	A	5:07.03	Finals			
1)	Milne, Sarah	2)	Williams, Emoni	1	Webb, Sterling	Lincoln Memo	1.66m 806
3)	Townson, Mia	4)	Parsells, Elizabeth	2	Marr, Miranda	Lenoir-Rhyne	1.63m 771
Event 38 Men 4x400 Meter Relay				2	Nemanyte, Patricija	Lenoir-Rhyne	1.63m 771
Team	Relay	Finals		4	Fields, Kara	Ashland	1.54m 666
Finals				5	Etienne, Mathilde	Lenoir-Rhyne	1.51m 632
1	Belmont Abbey	A	3:23.23	6	Stallard, Joyce	Ashland	1.48m 599
1)	McGroarty, Jude	2)	Coleman, Jesse	7	Strouth, Braelynn	Uva-Wise	1.45m 566
3)	Hines, Jeremiah	4)	Coleman, Garison	7	Soto, Angely	Belmont Abbe	1.45m 566
2	Lenoir-Rhyne	B	3:30.91	9	Lazarus, Olivia	Ashland	1.42m 534
1)	Budham, Kahneil	2)	Baker, Corey	9	Bugenhagen, Ava	High Point	1.42m 534
3)	Reyes, Isaiah	4)	Tabb, Rodney	11	Shukla, Rene	High Point	1.39m 502
3	Guilford	A	3:53.59	12	Williams, Mia	Belmont Abbe	1.36m 470
1)	Allam, Yassine	2)	Lowe, Kendel	13	Heller, Alaina	Ashland	1.30m 409
3)	Jones, Jaden	4)	Geremski, Enzo	Event 39 Heptathlon: #3 Women Shot Put Heptathlon			
4	Cleveland CC	A	3:57.53	Name	School	Finals	
1)	Cruise, Hunter	2)	Davis, Jonathan	Finals			
3)	Lovingood, Marty	4)	Rollins, Noah	1	Nemanyte, Patricija	Lenoir-Rhyne	11.71m 642
Event 39 Women Heptathlon				2	Fields, Kara	Ashland	10.89m 588
Name	School	Finals		3	Etienne, Mathilde	Lenoir-Rhyne	10.38m 554
Finals				4	Marr, Miranda	Lenoir-Rhyne	10.27m 547
1	Webb, Sterling	Lincoln Memo	5069	5	Shukla, Rene	High Point	9.42m 492
2	Marr, Miranda	Lenoir-Rhyne	4954	6	Stallard, Joyce	Ashland	8.90m 458
3	Etienne, Mathilde	Lenoir-Rhyne	4625	7	Strouth, Braelynn	Uva-Wise	8.87m 456
4	Fields, Kara	Ashland	4268	8	Webb, Sterling	Lincoln Memo	8.82m 452

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Finals ... (Event 39 Heptathlon: #3 Women Shot Put Heptathlon)

	Name	School	Finals	
9	Heller, Alaina	Ashland	8.70m	445
10	Lazarus, Olivia	Ashland	8.56m	436
11	Bugenhagen, Ava	High Point	8.32m	420
12	Williams, Mia	Belmont Abbe	8.31m	419
13	Soto, Angely	Belmont Abbe	8.10m	406

Event 39 Heptathlon: #4 Women 200 Meter Dash Heptathlon

	Name	School	Finals	
Finals				
1	Webb, Sterling	Lincoln Memo	24.99	888
2	Etienne, Mathilde	Lenoir-Rhyne	25.70	824
3	Stallard, Joyce	Ashland	26.14	785
4	Heller, Alaina	Ashland	26.47	757
5	Marr, Miranda	Lenoir-Rhyne	26.51	753
6	Fields, Kara	Ashland	27.20	695
7	Williams, Mia	Belmont Abbe	27.59	664
8	Lazarus, Olivia	Ashland	27.67	657
9	Bugenhagen, Ava	High Point	28.14	620
10	Nemanyte, Patricija	Lenoir-Rhyne	28.30	607
11	Shukla, Rene	High Point	28.66	580
12	Strouth, Braelynn	Uva-Wise	28.83	567
13	Soto, Angely	Belmont Abbe	29.31	531

Event 39 Heptathlon: #5 Women Long Jump Heptathlon

	Name	School	Finals	
Finals				
1	Webb, Sterling	Lincoln Memo	5.49m	697
2	Marr, Miranda	Lenoir-Rhyne	5.43m	680
3	Etienne, Mathilde	Lenoir-Rhyne	5.26m	631
4	Fields, Kara	Ashland	5.15m	601
5	Heller, Alaina	Ashland	5.07m	578
6	Shukla, Rene	High Point	5.04m	570
6	Strouth, Braelynn	Uva-Wise	5.04m	570
8	Bugenhagen, Ava	High Point	4.95m	546
9	Nemanyte, Patricija	Lenoir-Rhyne	4.87m	524
10	Stallard, Joyce	Ashland	4.84m	516
11	Soto, Angely	Belmont Abbe	4.74m	490
12	Williams, Mia	Belmont Abbe	4.62m	459
13	Lazarus, Olivia	Ashland	4.16m	345

Event 39 Heptathlon: #6 Women Javelin Throw Heptathlon

	Name	School	Finals	
Finals				
1	Strouth, Braelynn	Uva-Wise	36.62m	603
2	Marr, Miranda	Lenoir-Rhyne	35.95m	590
3	Webb, Sterling	Lincoln Memo	31.16m	499
4	Shukla, Rene	High Point	29.31m	464
5	Nemanyte, Patricija	Lenoir-Rhyne	28.58m	450
6	Fields, Kara	Ashland	27.12m	422
7	Etienne, Mathilde	Lenoir-Rhyne	26.29m	407
8	Soto, Angely	Belmont Abbe	24.78m	378
9	Lazarus, Olivia	Ashland	24.09m	365
10	Bugenhagen, Ava	High Point	23.37m	352

11	Stallard, Joyce	Ashland	21.26m	312
11	Heller, Alaina	Ashland	21.26m	312
13	Williams, Mia	Belmont Abbe	19.22m	274

Event 39 Heptathlon: #7 Women 800 Meter Run Heptathlon

	Name	School	Finals	
Finals				
1	Etienne, Mathilde	Lenoir-Rhyne	2:19.95	824
2	Webb, Sterling	Lincoln Memo	2:22.88	785
3	Marr, Miranda	Lenoir-Rhyne	2:25.17	755
4	Bugenhagen, Ava	High Point	2:36.14	618
5	Shukla, Rene	High Point	2:40.94	562
6	Nemanyte, Patricija	Lenoir-Rhyne	2:42.21	548
7	Stallard, Joyce	Ashland	2:44.72	520
8	Heller, Alaina	Ashland	2:46.81	497
9	Williams, Mia	Belmont Abbe	2:47.90	486
10	Lazarus, Olivia	Ashland	2:48.16	483
11	Strouth, Braelynn	Uva-Wise	2:53.34	429
12	Fields, Kara	Ashland	2:54.32	420
13	Soto, Angely	Belmont Abbe	3:41.18	79

Event 40 Men Decathlon

	Name	School	Finals	
Finals				
1	Thatcher, Oliver	Lenoir-Rhyne	6568	
2	Cory, Wyatt	Ashland	6499	
3	Brown, Trent	Unc Pembroke	6097	
4	West, Kahlil	Lenoir-Rhyne	5906	
5	Enongene, Dion	Lenoir-Rhyne	5590	
6	Thompson, Ayden	Belmont Abbe	4879	
7	Hunley, Ryland	Young Harris	4814	
8	Anthony, Bryce	Wingate	4768	
9	Mullen, Gavin	Ashland	4758	
10	Carter, Nolen	King	4672	
11	Thomas, Tyree	Wingate	4115	
12	Howard, Alec	Wvu Tech	3326	
13	Pyle, Samuel	Wvu Tech	3109	

Event 40 Decathlon: #1 Men 100 Meter Dash Decathlon

	Name	School	Finals	
Finals				
1	West, Kahlil	Lenoir-Rhyne	11.17	823
2	Cory, Wyatt	Ashland	11.24	808
3	Thompson, Ayden	Belmont Abbe	11.30	795
4	Thatcher, Oliver	Lenoir-Rhyne	11.35	784
5	Brown, Trent	Unc Pembroke	11.39	776
6	Reeves, Will	High Point	11.46	761
7	Hunley, Ryland	Young Harris	11.59	734
8	Enongene, Dion	Lenoir-Rhyne	11.62	728
9	Anthony, Bryce	Wingate	11.88	675
10	Thomas, Tyree	Wingate	11.90	671
11	Carter, Nolen	King	11.91	669
12	Howard, Alec	Wvu Tech	12.08	635
13	Noel, Avone	Uva-Wise	12.15	622
14	Mullen, Gavin	Ashland	12.20	612

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Finals ... (Event 40 Decathlon: #1 Men 100 Meter Dash Decathlon)

Name	School	Finals	
15 Pyle, Samuel	Wvu Tech	13.08	454

Event 40 Decathlon: #2 Men Long Jump Decathlon

Name	School	Finals	
------	--------	--------	--

Finals

1	West, Kahlil	Lenoir-Rhyne	6.83m	774
2	Thatcher, Oliver	Lenoir-Rhyne	6.69m	741
3	Hunley, Ryland	Young Harris	6.30m	652
4	Cory, Wyatt	Ashland	6.24m	639
5	Enongene, Dion	Lenoir-Rhyne	6.15m	619
6	Brown, Trent	Unc Pembroke	6.07m	602
6	Reeves, Will	High Point	6.07m	602
8	Carter, Nolen	King	6.04m	595
9	Thomas, Tyree	Wingate	5.75m	533
10	Thompson, Ayden	Belmont Abbe	5.72m	527
11	Mullen, Gavin	Ashland	5.58m	498
12	Howard, Alec	Wvu Tech	5.53m	487
12	Noel, Avone	Uva-Wise	5.53m	487
14	Anthony, Bryce	Wingate	5.32m	445
15	Pyle, Samuel	Wvu Tech	4.48m	287

Event 40 Decathlon: #3 Men Shot Put Decathlon

Name	School	Finals	
------	--------	--------	--

Finals

1	Cory, Wyatt	Ashland	12.09m	612
2	Brown, Trent	Unc Pembroke	11.61m	583
3	West, Kahlil	Lenoir-Rhyne	11.47m	574
4	Carter, Nolen	King	11.23m	560
5	Thatcher, Oliver	Lenoir-Rhyne	10.62m	523
5	Enongene, Dion	Lenoir-Rhyne	10.62m	523
7	Thomas, Tyree	Wingate	10.07m	490
8	Reeves, Will	High Point	9.99m	485
9	Hunley, Ryland	Young Harris	8.84m	416
10	Mullen, Gavin	Ashland	8.83m	416
11	Anthony, Bryce	Wingate	8.29m	384
12	Pyle, Samuel	Wvu Tech	8.18m	377
13	Howard, Alec	Wvu Tech	7.86m	358
14	Noel, Avone	Uva-Wise	7.33m	327
15	Thompson, Ayden	Belmont Abbe	7.16m	317

Event 40 Decathlon: #4 Men High Jump Decathlon

Name	School	Finals	
------	--------	--------	--

Finals

1	West, Kahlil	Lenoir-Rhyne	2.03m	831
2	Thatcher, Oliver	Lenoir-Rhyne	1.82m	644
2	Cory, Wyatt	Ashland	1.82m	644
4	Brown, Trent	Unc Pembroke	1.76m	593
4	Enongene, Dion	Lenoir-Rhyne	1.76m	593
4	Reeves, Will	High Point	1.76m	593
4	Carter, Nolen	King	1.76m	593
8	Hunley, Ryland	Young Harris	1.70m	544
9	Thompson, Ayden	Belmont Abbe	1.58m	449
9	Noel, Avone	Uva-Wise	1.58m	449

9	Anthony, Bryce	Wingate	1.58m	449
9	Howard, Alec	Wvu Tech	1.58m	449
13	Thomas, Tyree	Wingate	1.55m	426
13	Mullen, Gavin	Ashland	1.55m	426
15	Pyle, Samuel	Wvu Tech	1.34m	276

Event 40 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	School	Finals	
------	--------	--------	--

Finals

1	Thatcher, Oliver	Lenoir-Rhyne	49.90	819
2	Cory, Wyatt	Ashland	50.17	807
3	Brown, Trent	Unc Pembroke	51.65	740
4	West, Kahlil	Lenoir-Rhyne	52.68	695
5	Enongene, Dion	Lenoir-Rhyne	55.05	597
6	Thompson, Ayden	Belmont Abbe	55.68	572
7	Anthony, Bryce	Wingate	55.76	569
8	Hunley, Ryland	Young Harris	57.13	516
9	Mullen, Gavin	Ashland	57.80	491
10	Carter, Nolen	King	58.47	467
11	Pyle, Samuel	Wvu Tech	58.72	458
12	Noel, Avone	Uva-Wise	59.04	446
13	Thomas, Tyree	Wingate	1:00.62	392
14	Howard, Alec	Wvu Tech	1:01.60	360
---	Reeves, Will	High Point	DNF	

Event 40 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	School	Finals	
------	--------	--------	--

Finals

1	Thompson, Ayden	Belmont Abbe	14.97	853
2	Cory, Wyatt	Ashland	15.43	798
3	West, Kahlil	Lenoir-Rhyne	16.07	725
4	Thatcher, Oliver	Lenoir-Rhyne	16.19	711
5	Brown, Trent	Unc Pembroke	16.41	687
6	Anthony, Bryce	Wingate	16.87	638
7	Enongene, Dion	Lenoir-Rhyne	17.01	623
8	Noel, Avone	Uva-Wise	17.73	550
9	Carter, Nolen	King	18.33	493
10	Mullen, Gavin	Ashland	18.61	467
11	Hunley, Ryland	Young Harris	18.92	439
12	Thomas, Tyree	Wingate	20.58	305
13	Howard, Alec	Wvu Tech	21.36	250
14	Pyle, Samuel	Wvu Tech	22.11	202
---	Reeves, Will	High Point	DNF	0.4

Event 40 Decathlon: #7 Men Discus Throw Decathlon

Name	School	Finals	
------	--------	--------	--

Finals

1	Brown, Trent	Unc Pembroke	40.96m	684
2	Thatcher, Oliver	Lenoir-Rhyne	39.48m	654
3	Thomas, Tyree	Wingate	33.38m	531
4	Enongene, Dion	Lenoir-Rhyne	32.38m	511
5	Reeves, Will	High Point	31.84m	501
6	West, Kahlil	Lenoir-Rhyne	31.68m	498
7	Cory, Wyatt	Ashland	28.62m	437
8	Carter, Nolen	King	24.93m	366

Southside Power & Fitness Invitational - 4/11/2025 to 4/13/2025

Irwin Belk Track

Hickory, N.C.

Results

Finals ... (Event 40 Decathlon: #7 Men Discus Throw Decathlon)

Name	School	Finals
9 Mullen, Gavin	Ashland	23.08m 330
10 Pyle, Samuel	Wvu Tech	20.87m 288
11 Howard, Alec	Wvu Tech	18.69m 248
12 Thompson, Ayden	Belmont Abbe	18.29m 240
12 Hunley, Ryland	Young Harris	18.29m 240
14 Anthony, Bryce	Wingate	17.96m 234
15 Noel, Avone	Uva-Wise	17.82m 231

Event 40 Decathlon: #8 Men Pole Vault Decathlon

Name	School	Finals
Finals		
1 Cory, Wyatt	Ashland	4.53m 769
2 Thatcher, Oliver	Lenoir-Rhyne	3.93m 598
2 Mullen, Gavin	Ashland	3.93m 598
4 Brown, Trent	Unc Pembroke	3.63m 517
5 Hunley, Ryland	Young Harris	3.53m 490
6 Enongene, Dion	Lenoir-Rhyne	3.43m 464
6 Noel, Avone	Uva-Wise	3.43m 464
8 Anthony, Bryce	Wingate	3.23m 413
9 Thompson, Ayden	Belmont Abbe	2.43m 227
10 Carter, Nolen	King	2.33m 206
--- Pyle, Samuel	Wvu Tech	NH
--- Reeves, Will	High Point	NH
--- Thomas, Tyree	Wingate	NH
--- Howard, Alec	Wvu Tech	NH
--- West, Kahlil	Lenoir-Rhyne	NH

Event 40 Decathlon: #9 Men Javelin Throw Decathlon

Name	School	Finals
Finals		
1 Reeves, Will	High Point	48.32m 564
2 Enongene, Dion	Lenoir-Rhyne	44.56m 509
3 Cory, Wyatt	Ashland	43.90m 499
4 Brown, Trent	Unc Pembroke	42.39m 477
5 Thatcher, Oliver	Lenoir-Rhyne	41.65m 466
6 Thomas, Tyree	Wingate	40.47m 449
7 Thompson, Ayden	Belmont Abbe	39.30m 432
8 Mullen, Gavin	Ashland	38.86m 426
9 West, Kahlil	Lenoir-Rhyne	38.58m 422
10 Carter, Nolen	King	37.97m 413
11 Anthony, Bryce	Wingate	35.09m 371
12 Hunley, Ryland	Young Harris	33.99m 356
13 Howard, Alec	Wvu Tech	27.30m 261
14 Pyle, Samuel	Wvu Tech	22.65m 197

Event 40 Decathlon: #10 Men 1500 Meter Run Decathlon

Name	School	Finals
Finals		
1 Thatcher, Oliver	Lenoir-Rhyne	4:48.43 628
2 Anthony, Bryce	Wingate	4:54.84 590
3 Pyle, Samuel	Wvu Tech	4:58.21 570
4 West, Kahlil	Lenoir-Rhyne	4:59.23 564
5 Mullen, Gavin	Ashland	5:11.72 494

6 Cory, Wyatt	Ashland	5:13.27 486
7 Thompson, Ayden	Belmont Abbe	5:16.86 467
8 Brown, Trent	Unc Pembroke	5:22.30 438
9 Hunley, Ryland	Young Harris	5:24.40 427
10 Enongene, Dion	Lenoir-Rhyne	5:25.25 423
11 Thomas, Tyree	Wingate	5:47.24 318
12 Carter, Nolen	King	5:49.19 310
13 Howard, Alec	Wvu Tech	5:56.70 278

Women - Team Rankings - 18 Events Scored

1) Lenoir-Rhyne	198
2) Winston-Salem St.	107
3) Belmont Abbey	88
4) Newberry	62
5) Catawba	46
6) Johnson C. Smith	32
7) Livingstone	24
8) High Point	18
8) Wingate	18
8) Charlotte	18
11) Johnson & Wales (N.C.)	11
12) Guilford	3

Men - Team Rankings - 19 Events Scored

1) Lenoir-Rhyne	168
2) Belmont Abbey	138
3) Catawba	103
4) Livingstone	78
5) Newberry	54
6) High Point	46
7) Johnson C. Smith	45
8) Wingate	12
9) Cleveland CC	9
9) Guilford	9
9) Johnson & Wales (N.C.)	9
12) Elite Track and Field	6
13) Railroad Athletics	4
14) CCAA	3