

January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Event 1 Women High Jump**

Name	Team	Finals	
Finals			
1 Olesen, Elizabeth	Unattached	1.70m	5-07.00
2 Williams, Kristen	Prime Track	1.40m	4-07.00
3 mack, llyric	Unattached	1.35m	4-05.00
4 Mumford, Kiara	Tri City Relays Track Club	1.10m	3-07.25
--- Sledge, Kacie	Charlotte	NH	

Event 2 Men High Jump

Name	Team	Finals	
Finals			
1 Swan, Nick	Charlotte	2.00m	6-06.75
2 Thomas, Will	Charlotte	1.95m	6-04.75
3 Swanson, Taylor	Unattached	1.80m	5-10.75
4 Utley, Dandrell	Masonboro Track Club	1.70m	5-07.00
4 Harris, James	Charlotte	1.70m	5-07.00
6 Kayes, Mike	Unattached	1.40m	4-07.00
7 Horton, Saadiq	Charlotte Flights	1.30m	4-03.25
8 Valle, Mike	Unattached	1.10m	3-07.25

Event 3 Women Long Jump

Name	Team	Finals	
Finals			
1 Blakney, Joann	Charlotte	5.87m	19-03.25
2 Carlton, Chelsie	Charlotte	5.57m	18-03.25
3 Davis, Alexis	Prime Track	4.92m	16-01.75
4 Woods, Jada	Unattached	4.81m	15-09.50
5 Richardson, Regina	Atlanta Track Club	4.67m	15-04.00
6 Light, Bailie	Slipstream Track Club	4.45m	14-07.25
7 mack, llyric	Unattached	4.39m	14-05.00
8 Gaddy, Amaya	Prime Track	4.29m	14-01.00
9 Morrison, Emily	Tri City Relays Track Club	3.92m	12-10.50
10 Tillery, Nia	NC Elite	3.77m	12-04.50
11 Tillery, Jada	NC Elite	3.58m	11-09.00
12 Mumford, Ija	Tri City Relays Track Club	3.52m	11-06.75

Event 4 Men Long Jump

Name	Team	Finals	
Finals			
1 Stearns, Desmond	Charlotte	6.28m	20-07.25
2 Harris, James	Charlotte	6.22m	20-05.00
3 Thomas, Will	Charlotte	5.98m	19-07.50
4 barnette, roman	Unattached	5.93m	19-05.50
5 Washington, Jaylen	Masonboro Track Club	5.87m	19-03.25
6 Kayes, Mike	Unattached	4.64m	15-02.75
7 Wilson, Jeremiah	RV Tigers Track Club	4.55m	14-11.25
8 Horton, Saadiq	Charlotte Flights	4.53m	14-10.50
9 Knight-Tabron, Nigel	Tri City Relays Track Club	2.96m	9-08.50
10 Mack, Kobe	Tri City Relays Track Club	2.89m	9-05.75
--- Swan, Nick	Charlotte	FOUL	



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Event 5 Women Triple Jump**

Name	Team	Finals	
Finals			
1 Davis, Alexis	Prime Track	11.19m	36-08.50
2 Smith, Teshlyn	Winston Salem State University	10.80m	35-05.25
3 Woods, Jada	Unattached	10.28m	33-08.75
4 mack, llyric	Unattached	10.07m	33-00.50
5 Richardson, Regina	Atlanta Track Club	9.69m	31-09.50
6 Light, Bailie	Slipstream Track Club	9.65m	31-08.00
7 Kolawski, Cassandra	Prime Track	9.59m	31-05.75

Event 6 Men Triple Jump

Name	Team	Finals	
Finals			
1 warren, jordan	Unattached	14.25m	46-09.00
2 Stearns, Desmond	Charlotte	12.66m	41-06.50
3 Washington, Jaylen	Masonboro Track Club	12.66m	41-06.50
4 Thomas, Will	Charlotte	12.48m	40-11.50

Event 7 Women Shot Put

Name	Team	Finals	
Finals			
1 Wingo, Ashley	Higher Power AC	11.87m	38-11.50
2 Dula, DaVona	Winston Salem State University	11.42m	37-05.75
3 Earl, Ines	Winston Salem State University	10.46m	34-04.00
4 Segers, Kamyra	Winston Salem State University	9.98m	32-09.00
5 Vann, Sabrina	Winston Salem State University	9.65m	31-08.00
6 Fraley, Veronica	Unattached	9.38m	30-09.25
7 McNeill, Tajanel	Winston Salem State University	8.89m	29-02.00
8 Hubbard, Kaitlen	Slipstream Track Club	8.54m	28-00.25
9 Washington, Sydney	Higher Power AC	8.45m	27-08.75
10 Settles, Sylvia	Winston Salem State University	8.25m	27-01.00
11 Byrd, Raven	Winston Salem State University	7.02m	23-00.50
12 Canty, Channing	Prime Track	6.92m	22-08.50
13 Wilson, Rachael	Unattached	5.83m	19-01.50
--- Flick, Mikalea	Neuce Charter School	FOUL	

Event 8 Men Shot Put

Name	Team	Finals	
Finals			
1 Halvorson, Andrew	Higher Power AC	12.80m	42-00.00
2 Ruebel, Noel	Unattached	12.37m	40-07.00
3 Cross, Mike	Charlotte	11.82m	38-09.50
4 Moore, Wesley	Tri City Relays Track Club	11.70m	38-04.75
5 Valle, Mike	Unattached	10.79m	35-05.00
6 Cockerham, Chris	Carolina Track and Field Club	10.36m	34-00.00
7 Swan, Nick	Charlotte	9.67m	31-08.75
8 Gramley, William	Unattached	9.56m	31-04.50



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Event 9 Women Pole Vault**

Name	Team	Finals	
Finals			
1 Dingler, Carson	Unattached	3.35m	10-11.75
2 Utley, Katie	Unattached	3.20m	10-06.00
3 Ward, Leah	Unattached	3.05m	10-00.00
3 Fell, Sara	Charlotte	3.05m	10-00.00
5 Lupi, Jessica	Team VA	2.75m	9-00.25
6 Watts, Elise	Unattached	2.60m	8-06.25
7 Dey, Brandes	Charlotte	2.45m	8-00.50
7 Lizotte, Kendra	Charlotte	2.45m	8-00.50
--- Patterson, Jasmine	Charlotte	NH	
--- Thomason, Catherine	Unattached	NH	

Event 10 Men Pole Vault

Name	Team	Finals	
Finals			
1 Wenk, James	Unattached	4.90m	16-00.75
2 Oosthuysen, Scott	Charlotte	4.25m	13-11.25
3 Ransom, Tyler	Charlotte	3.95m	12-11.50
4 Rosa, Brenton	Unattached	3.65m	11-11.75
5 Zampetti, Louis	Charlotte	3.65m	11-11.75
6 Modzelewski, Gabriel	Team VA	3.65m	11-11.75
7 powers-eaton, lee	Unattached	3.50m	11-05.75
8 Wenk, Jim	Unattached	3.35m	10-11.75
8 Cross, Mike	Charlotte	3.35m	10-11.75
10 Hubble, David	Unattached	3.05m	10-00.00
10 Krumel, Curtis	Unattached	3.05m	10-00.00
10 Kayes, Mike	Unattached	3.05m	10-00.00
13 Ruebel, Noel	Unattached	2.90m	9-06.25
14 ritchie, james	kinesis	2.75m	9-00.25
15 Polhamus, Charlie	Unattached	2.30m	7-06.50
--- Ruble, William	Charlotte	NH	

Event 12 Men 5000 Meter Run

Name	Team	Finals
Finals		
1 Birkhofer Jr., David	Iredell County Speed	24:54.20

Event 13 Women 60 Meter Hurdles

Name	Team	Finals
Finals		
1 Taylor, Latiffia	Unattached	9.17
2 Carpenter, Athena	Unattached	9.18
3 Laws, Lydia	Unattached	9.46
4 McLean, Corbin	High Point Panthers	10.28

Event 14 Men 60 Meter Hurdles

Name	Team	Finals
Finals		
1 Dunston, Joshua	Charlotte	8.49



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Finals ... (Event 14 Men 60 Meter Hurdles)**

Name	Team	Finals
2 Drummond, Don	Atlanta Track Club	8.62
3 Cross, Mike	Charlotte	9.10
4 Jones Sr, Michael D.	Unattached	9.14
5 Harris, James	Charlotte	9.98
6 Kayes, Mike	Unattached	10.72
7 Wilson, Jeremiah	RV Tigers Track Club	11.00

Event 15 Women 400 Meter Dash

Name	Team	Finals	H#
Finals			
1 Alexander, Niata	Unattached	58.77	1
2 Baptiste, Kristi	Winston Salem State University	59.83	1
3 Jenkins-Dodd, Takeyra	Unattached	1:00.99	1
4 Michaux, Nya	Winston Salem State University	1:02.21	2
5 Covington, Raven	Winston Salem State University	1:02.34	2
6 Carpenter, Athena	Unattached	1:02.64	3
7 Rivers, Cynette	Winston Salem State University	1:02.69	2
8 Murphy, Toccata	Carolinas Track and Field	1:03.28	4
9 Hamilton, Raven	Winston Salem State University	1:03.44	2
10 Ervin, Daijia	Winston Salem State University	1:03.55	4
11 Walker, Valerie	Unattached	1:04.15	3
12 Cox, Claudia	Unattached	1:04.62	3
13 Roux, Maryline	Athena	1:05.92	4
14 Brown, Ashton	Prime Track	1:06.37	3
15 Strong, Blake	Charlotte Flights	1:06.59	5
16 Carpenter, Amy	Unattached	1:06.90	6
17 Dowd, Jada	Lights Out Track & Field Club	1:07.43	6
18 Marshall, Elisabeth	Platinum Sports	1:08.65	5
19 Flynt, Ajile	Tri City Relays Track Club	1:09.87	7
20 Samuelsson, Marika	Neuce Charter School	1:09.98	4
21 Hubbard, Kaitlen	Slipstream Track Club	1:10.11	5
22 Hairston-Waller, Ca'Jazzalyn	High Point Panthers	1:11.39	6
23 Chaplin, Lesley	Atlanta Track Club	1:12.72	6
24 Wilson, Rachael	Unattached	1:12.76	6
25 Epps, Zhane'	Tri City Relays Track Club	1:16.49	7
26 Washington, Alizah	Roanoke Valley Tigers Track Cl	1:17.63	4
27 Flick, Mikalea	Neuce Charter School	1:25.38	7
28 Tillery, Aja	NC Elite	1:29.27	7
29 staab, angela	Piedmont Pacers	2:12.26	7
--- Williams, Kristen	Prime Track	FS	1

Event 16 Men 400 Meter Dash

Name	Team	Finals	H#
Finals			
1 Sepulveda, Ezequiel	Peak Performance Track Club	51.65	1
2 Jones, Woodrow	Peak Performance Track Club	53.98	1
3 Cladd, Qamar	Lights Out TC	55.12	1
4 Carpenter, mike	Unattached	57.88	1
5 O'Riley, Tim	Carolinas T & F	57.96	2



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Finals ... (Event 16 Men 400 Meter Dash)**

Name	Team	Finals	H#
6 Pack, Rick	Carolina Godiva Track Club	58.90	1
7 Cooley, Ian	Unattached	58.99	2
8 Hilliard, Tyree	High Point Panthers	59.13	2
9 Patrick, Grant	Platinum Sports	1:09.25	2
10 Miller, David	Greensboro Gladiators	1:14.94	2
11 Miller, Daniel	Greensboro Gladiators	1:32.29	2

Event 17 Women 1 Mile Run

Name	Team	Finals
Finals		
1 Frazier, Ryen	Unattached	5:02.05
2 Cox, Chloe	Unattached	5:43.42
3 Harrison, Lindsay	Waxhaw Track Club	5:44.16
4 Wiggins, Danisha	Winston Salem State University	5:46.62
5 Romine, Olivia	Greensboro Pacesetters	5:50.93
6 Priu, Katharine	Unattached	5:56.20
7 Stephenson, Sara	Neuce Charter School	6:15.17
8 Stephenson, Lauren	Neuce Charter School	6:33.09
9 Hayes, abbey	Greensboro Gladiators	6:55.71

Event 18 Men 1 Mile Run

Name	Team	Finals
Finals		
1 Freeman, Joel	Grimsley High School	4:49.28
2 Townsend, Hunter	Unattached	5:05.09
3 Banner, James	Twin City Track Club	5:16.16
4 Scott, Robert	Unattached	5:25.94
5 Farris, Ryan	Unattached	5:37.08
6 Cook, Dixon	Piedmont Pacers	5:45.71
7 Williams, Anthony	Unattached	6:08.49
8 Smith, Jay	Fleet Feet Elite Racing	6:15.90
9 Klisiewicz, Alexander	Neuce Charter School	7:05.54
10 Birkhofer Jr., David	Iredell County Speed	7:08.49

Event 19 Women 60 Meter Dash

Name	Team	Finals	H#
Finals			
1 Blakney, Joann	Charlotte	7.48	1
2 Murphy, Sydney	Unat-Murphy	7.81	1
3 McNeill, McKinley	Platinum Sports	7.82	1
4 Williams, Sloan	Unattached	7.92	1
5 Council, Alexandria	Murphy	8.07	1
6 Carlton, Chelsie	Charlotte	8.07	1
7 Jenkins-Dodd, Takeyra	Unattached	8.14	1
8 Jones-Thames, Shaniece	Unattached	8.18	1
9 Gaddy, Amaya	Prime Track	8.36	2
10 Hubbard, Kaitlen	Slipstream Track Club	8.54	2
11 Vanderpool, Gabby	Charlotte Flights	8.56	2
12 Hutchison, Khalani	Charlotte Flights	8.69	2



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Finals ... (Event 19 Women 60 Meter Dash)**

Name	Team	Finals	H#
13 Kearny, Chole	Charlotte Flights	8.71	2
14 Flynt, Ajile	Tri City Relays Track Club	8.82	3
15 Tillery, Nia	NC Elite	8.85	2
16 Strong, Blake	Charlotte Flights	8.88	2
16 Walker, Melanie	Carolinas Track and Field	8.88	3
18 Mumford, Ija	Tri City Relays Track Club	9.15	3
19 Richardson, Regina	Atlanta Track Club	9.28	3
20 Davis, Chrystal	Platinum Sports	9.34	3
21 Morrison, Emily	Tri City Relays Track Club	9.36	3
22 Canty, Channing	Prime Track	9.54	2
23 Brewer, Nina	Platinum	9.63	4
24 Tillery, Jada	NC Elite	9.67	3
25 Wallace, Ya'Naree	Tri City Relays Track Club	9.95	4
26 Williams, Ne'Dira	Tri City Relays Track Club	10.01	4
27 Mumford, Kiara	Tri City Relays Track Club	10.26	3
28 Barnett, Makenna	Platinum Sports Academy	10.33	4
29 Morrison, Emma	Unattached	10.97	4
30 Murphy, Tyler	Tri City Relays Track Club	12.59	4
31 Smith, Jala	Tri City Relays Track Club	13.76	4

Event 20 Men 60 Meter Dash

Name	Team	Finals	H#
Finals			
1 Estrada, Daniel	Platinum	6.89	1
2 Greer, Daniel	Charlotte	7.08	1
3 Pearson, Joshua	Platinum Sports	7.09	1
4 Chisholm, Xzavier	Unattached	7.15	1
5 Sepulveda, Ezequiel	Peak Performance Track Club	7.22	1
6 warren, jordan	Unattached	7.26	3
7 Johnson, Ray	Carolina Track and Field Club	7.35	2
8 Ross, Carlos	Unattached	7.36	1
9 johnson sr, corey	Unattached	7.37	2
10 Daniels, Twone	Unattached	7.48	2
11 Jones, Woodrow	Peak Performance Track Club	7.49	2
12 Harris, James	Charlotte	7.50	2
13 Chisholm, Darius	Unattached	7.53	2
14 Drummond, Don	Atlanta Track Club	7.56	2
15 Scales, Chris	Platinum	7.73	3
16 Padgett, Calvin	Atlanta Track Club	7.79	3
17 Estrada Jr, Erik	Platinum	7.84	2
18 Rainwater, Marvin	Unattached	7.92	3
19 barnette, roman	Unattached	8.00	3
20 Johnson, Mychael	Atlanta Track Club	8.11	3
21 Cooley, Ian	Unattached	8.15	4
22 Marshall, Ahmani	Unattached	8.24	3
23 Brewer, Chance	Platinum	8.34	3
24 Seay, Eric	Unattached	8.35	4
25 johnson jr, corey	Unattached	8.55	4
26 Harris, Jack	Unattached	8.75	4



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Finals ... (Event 20 Men 60 Meter Dash)**

Name	Team	Finals	H#
27 Wilson, Jeremiah	RV Tigers Track Club	8.82	4
28 Tyler, Joshua	Platinum	8.84	4
29 Horton, Saadiq	Charlotte Flights	8.84	4
30 Shannon, David	Unattached	9.10	5
31 Barnett III, Alonza	Platinum Sports Academy	9.31	5
32 Chaplin, Calan	Unattached	9.63	6
33 jones, jaquan	Greensboro Gladiators	9.88	4
34 Bush, Corey	Tri City Relays Track Club	9.96	6
35 Murphy III, William	Tri City Relays Track Club	9.96	6
36 Mack, Kobe	Tri City Relays Track Club	9.97	6
37 Knight-Tabron, Nigel	Tri City Relays Track Club	10.56	5
38 Little, Horice	Tri City Relays Track Club	12.60	5
39 Stewart, Amare	Tri City Relays Track Club	13.20	5
40 Smith, Jamil	Tri City Relays Track Club	13.68	5
--- Evans, Casey	Charlotte	FS	1

Event 21 Women 800 Meter Run

Name	Team	Finals	H#
Finals			
1 Greenwalt, Casey	Unattached	2:20.81	1
2 Zimmerman, Micalyne	Winston Salem State University	2:28.42	1
3 Morrison, Tametris	Unattached	2:29.15	1
4 Bomkamp, Sarah	Platinum Sports	2:29.92	2
5 Turner, Michelle	Winston Salem State University	2:31.83	1
6 Rivers, Cynette	Winston Salem State University	2:37.41	1
7 Vargas-Sullivan, Cruz	Winston Salem State University	2:40.66	1
8 Chaplin, Lesley	Atlanta Track Club	2:43.70	2
9 Dowd, Jada	Lights Out Track & Field Club	2:46.01	2
10 Michaux, Nya	Winston Salem State University	2:46.31	1
11 Samuelsson, Marika	Neuce Charter School	2:48.23	2
12 Cox, Claudia	Unattached	2:50.02	1
13 Hamilton, Raven	Winston Salem State University	2:57.51	1
14 Wilton, Lane	Carolina Track and Field	2:58.29	2
15 Hairston-Waller, Ca'Jazzalyn	High Point Panthers	3:01.53	2
16 Ervin, Daijia	Winston Salem State University	3:03.52	1
17 Covington, Raven	Winston Salem State University	3:03.67	1
18 Cox, Chloe	Unattached	3:12.51	1
19 Washington, Alizah	Roanoke Valley Tigers Track Cl	3:16.02	2

Event 22 Men 800 Meter Run

Name	Team	Finals
Finals		
1 Bomkamp, Matthew	Platinum Sports	2:02.03
2 Cabean, Miles	Unattached	2:05.73
3 Lisle, Shaffer	Masonboro Track Club	2:06.89
4 Reinke, Jeff	Unattached	2:09.26
5 Patrick, Nolan	Platinum Sports	2:13.00
6 Cross, Mike	Charlotte	2:16.44
7 Hilliard, Tyree	High Point Panthers	2:35.68



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Finals ... (Event 22 Men 800 Meter Run)**

Name	Team	Finals
8 O'Riley, Tim	Carolinas T & F	2:37.74
9 Cook, Dixon	Piedmont Pacers	2:38.55
10 Farris, Ryan	Unattached	2:40.28
11 Williams, Anthony	Unattached	2:43.72
12 Smith, Jay	Fleet Feet Elite Racing	2:44.47
13 Patrick, Grant	Platinum Sports	2:44.81
14 johnson, brad	Piedmont Pacers	3:02.95
15 Braschwitz, Eric	Unattached	3:59.52
--- McDonald, Maurice	Carolina Godiva TC	DNF

Event 23 Women 200 Meter Dash

Name	Team	Finals	H#
Finals			
1 Murphy, Sydnei	Unat-Murphy	25.53	1
2 McNeill, McKinley	Platinum Sports	26.32	1
3 Laws, Lydia	Unattached	27.11	3
4 Williams, Kristen	Prime Track	27.14	2
5 Jenkins-Dodd, Takeyra	Unattached	27.16	1
6 Murphy, Toccata	Carolinas Track and Field	27.47	3
7 Council, Alexandria	Murphy	27.74	2
8 McLean, Corbin	High Point Panthers	27.84	4
9 Walker, Valerie	Unattached	28.63	3
10 Brown, Ashton	Prime Track	28.66	2
11 Woods, Jada	Unattached	28.87	1
12 Hubbard, Kaitlen	Slipstream Track Club	29.04	4
13 Kearny, Chole	Charlotte Flights	29.33	4
14 Hutchison, Khalani	Charlotte Flights	29.44	5
15 Walker, Melanie	Carolinas Track and Field	29.51	4
16 Vanderpool, Gabby	Charlotte Flights	29.69	3
17 Roux, Maryline	Athena	29.76	4
18 Carpenter, Amy	Unattached	29.79	6
19 Epps, Zhane'	Tri City Relays Track Club	29.97	5
20 Tillery, Nia	NC Elite	30.22	3
21 Flynt, Ajile	Tri City Relays Track Club	30.46	5
22 Kolawski, Cassandra	Prime Track	30.58	2
23 Marshall, Elisabeth	Platinum Sports	30.92	5
24 Light, Bailie	Slipstream Track Club	31.06	4
25 Mumford, Ija	Tri City Relays Track Club	31.40	6
26 Wilson, Rachael	Unattached	32.07	5
27 Morrison, Emily	Tri City Relays Track Club	32.13	6
28 Brewer, Nina	Platinum	32.38	5
29 Davis, Chrystal	Platinum Sports	32.86	6
30 Wallace, Ya'Naree	Tri City Relays Track Club	33.87	7
31 Tillery, Jada	NC Elite	34.35	6
32 Williams, Ne'Dira	Tri City Relays Track Club	34.75	7
33 Barnett, Makenna	Platinum Sports Academy	35.28	7
34 Tillery, Aja	NC Elite	35.41	7
35 Stewart, Leila	Tri City Relays Track Club	40.89	6
36 staab, angela	Piedmont Pacers	56.55	7



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Event 24 Men 200 Meter Dash**

Name	Team	Finals	H#
Finals			
1 Estrada, Daniel	Platinum	22.73	2
2 Pearson, Joshua	Platinum Sports	23.09	2
3 Chisholm, Xzavier	Unattached	23.43	1
4 Cladd, Qamar	Lights Out TC	23.72	1
5 Ross, Carlos	Unattached	23.95	1
6 Washington, Jaylen	Masonboro Track Club	24.84	1
7 Johnson, Ray	Carolina Track and Field Club	24.89	2
8 johnson sr, corey	Unattached	25.04	3
9 Estrada Jr, Erik	Platinum	25.52	3
10 Padgett, Calvin	Atlanta Track Club	25.78	3
11 Chisholm, Darius	Unattached	25.81	3
12 Scales, Chris	Platinum	25.81	4
13 Pack, Rick	Carolina Godiva Track Club	25.84	4
14 Carpenter, mike	Unattached	25.99	5
15 Cooley, Ian	Unattached	26.31	4
16 Rainwater, Marvin	Unattached	26.51	4
17 Jones Sr, Michael D.	Unattached	26.55	5
18 Johnson, Mychael	Atlanta Track Club	27.21	6
19 Marshall, Ahmani	Unattached	27.48	4
20 Seay, Eric	Unattached	28.40	6
21 johnson jr, corey	Unattached	29.56	5
22 Tyler, Joshua	Platinum	29.58	6
23 Shannon, David	Unattached	30.78	7
24 Miller, David	Greensboro Gladiators	31.51	7
25 Barnett III, Alonza	Platinum Sports Academy	31.53	6
26 jones, jaquan	Greensboro Gladiators	34.59	5
27 Murphy III, William	Tri City Relays Track Club	36.64	7
28 Mack, Kobe	Tri City Relays Track Club	36.73	6
29 Miller, Daniel	Greensboro Gladiators	39.13	7

Event 25 Women 3000 Meter Run

Name	Team	Finals
Finals		
1 Priu, Katharine	Unattached	11:42.13
2 Wiggins, Danisha	Winston Salem State University	12:02.48
3 Jones, Aquila	Winston Salem State University	12:16.25
4 Zimmerman, Micalyne	Winston Salem State University	12:49.47
5 Baptiste, Kristi	Winston Salem State University	12:50.12
6 Stephenson, Sara	Neuce Charter School	12:54.34
7 Stephenson, Lauren	Neuce Charter School	13:04.38
8 Turner, Michelle	Winston Salem State University	13:42.82

Event 26 Men 3000 Meter Run

Name	Team	Finals
Finals		
1 Griggs, Alex	Unattached	9:14.35
2 Freeman, Joel	Grimsley High School	9:39.55



January All-Comers Meet - 1/12/2014**JDL Indoor Fast Track****Winston-Salem, NC****Results****Finals ... (Event 26 Men 3000 Meter Run)**

Name	Team	Finals
3 Scott, Robert	Unattached	10:51.16

Event 29 Women Weight Throw

Name	Team	Finals
Finals		
1 Wingo, Ashley	Higher Power AC	11.85m 38-10.50
2 Washington, Sydney	Higher Power AC	8.33m 27-04.00

Event 30 Men Weight Throw

Name	Team	Finals
Finals		
1 Valle, Mike	Unattached	14.22m 46-08.00
2 Gramley, William	Unattached	12.53m 41-01.50
3 Cockerham, Chris	Carolina Track and Field Club	10.32m 33-10.25
4 Halvorson, Andrew	Higher Power AC	9.68m 31-09.25

