

CAROLINA

2019 TRACK & FIELD

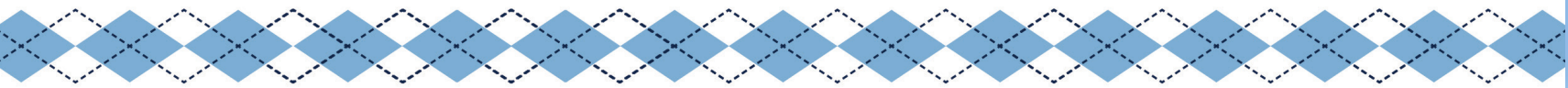


NICOLE GREENE

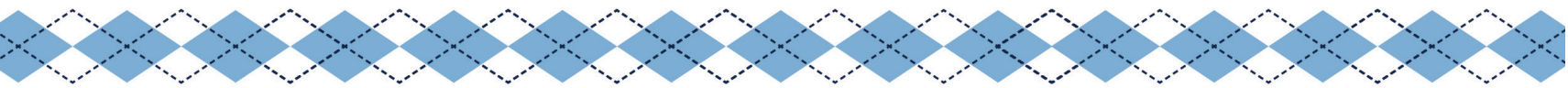


2018 NCAA NATIONAL CHAMPION
WOMEN'S INDOOR HIGH JUMP





Class of 2019



Carolina Quick Facts

Location: Chapel Hill, N.C.
Established: December 11, 1789 (UNC is the oldest public university in the United States)
Enrollment: 18,814 undergraduates
Chancellor: Dr. Carol Folt
Director of Athletics: Bubba Cunningham
Track & Field Administrators: Dwight Hollier, Cricket Lane & Jaci Field
National Affiliation: NCAA Division I
Conference: Atlantic Coast Conference
Nickname: Tar Heels
Mascot: Rameses the Ram
School Colors: Carolina Blue and White
Athletic Department Website: GoHeels.com

Carolina Track & Field Information

Head Coach/Director of Track & Field and Cross Country - Throws: Harlis Meaders
Meaders's Office Phone: (919) 962-5199
Meaders's Email: meaders@unc.edu

Head Cross Country Coach | Assistant Coach - Distance: Andrea Grove-McDonough
Grove-McDonough's Office Phone: (919) 962-5215
Grove-McDonough's Email: coachmcd@email.unc.edu

Coordinator of Sprints, Hurdles & Relays: Abigi Id-Deen
Id-Deen's Email: aiddeen@email.unc.edu

Assistant Coach - Sprints, Hurdles & Relays: Kia Id-Deen
Id-Deen's Office Phone: (919) 962-5234
Id-Deen's Email: kiddeen@email.unc.edu

Assistant Coach - Multis/High Jump: Nicole Hudson
Hudson's Office Phone: (919) 962-5195
Hudson's Email: coach.huddy@unc.edu

Assistant Coach - Cross Country/Distance: Bobby Lockhart
Lockhart's Office Phone: (919)-962-5222
Lockhart's Email: lockhart@unc.edu

Indoor Home Facility: Eddie Smith Field House
Outdoor Home Facility (Former): Irwin Belk Track at Fetzer Field
New Outdoor Track & Field Complex to be completed mid-2019
Track & Field Athletic Training Staff: Kelly Fleming, Allison Barnes, Joshua Barnhill, Jonas Singer & Alexandra Lovegren
Team Physician: Dr. Harry Stafford
Orthopedic Surgeon: Dr. Ganesh Kamath
Academic Advisor: Kym Orr
Head Strength & Conditioning Coach: Greg Gatz
Nutritionist: Rachel Manor
Compliance Director: Tom Timmermans, Rachel Strassner & Alex Keddle

UNC Athletic Communications Staff

Track & Field Contact: Kendall Harden
Email address: kmh@live.unc.edu
Cell Phone: (919) 475-0956
Mailing address: P.O. Box 2126, Chapel Hill, NC 27515
Shipping address: 300 Bowles Drive, Chapel Hill, NC 27514

GoHeels.com: Official Home of the Tar Heels On the Web

Media and fans can follow the North Carolina track and field teams and the entire UNC athletics program from anywhere in the world on the official World Wide Website of North Carolina athletics. GoHeels.com offers schedules, rosters, results, features, podcasts, interactive yearbooks and game notes plus much more for all 28 of Carolina's varsity sports.

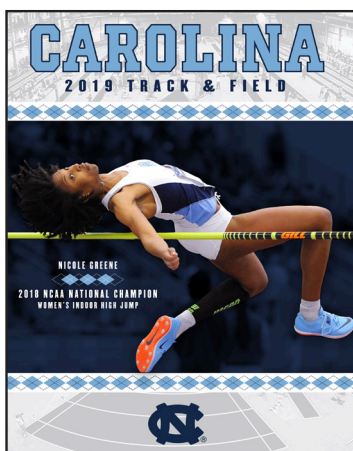
GOHEELS.COM

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Nike Supports UNC Athletics

The University of North Carolina at Chapel Hill and Nike Inc. signed a new 10-year contract for Nike to be the exclusive supplier of athletic footwear, apparel and accessory products to the Tar Heels effective July 1, 2008. Nike provides the athletic department with shoes, uniforms, coaching gear, balls and other equipment. In addition to the apparel and equipment, which constitutes the majority of the value of the contract, Nike gives the University \$2 million for the Chancellor's Academic Enhancement Fund. Chancellor Carol Folt has directed the funds to faculty support. Nike also provides support for team tours, travel and the hosting regular-season tournaments in several sports, including the 2013 Nike Carolina Classic at Fetzer Field August 30 and September 1. The athletic department also received \$1 million for signing the contract, with those funds having been used to overhaul lighting and sound at the Dean E. Smith Center.



2019 North Carolina Track & Field Yearbook

The 2019 University of North Carolina track and field yearbook was written and edited by Kendall Harden and designed by Tony Tucker and Kendall Harden of the Athletic Communications office. Head shots of student-athletes, coaches, and staff by Jeffrey A. Camarati, athletic department photographer. Photography for covers and interior pages contributed by Jeffrey A. Camarati. Covers by Dana Gelin. University, Chapel Hill, and Academic/CLA interior spreads designed by Dana Gelin. Special thanks to B&J Printing for their assistance in printing this yearbook.

CAROLINA



Back Row: Nicole Kiszenia, Madeline Kraft, Peighton Simmons, Emerson Porter, Nicole Greene, Olivia Bene, Mary Nebrich, McKinley McNeill
Third Row: Enyaeva Michelin, Ashley Smith, Emily Malone, Kathryn Mayo, Katlin Sherman, Brianna Duncan, Nia Lecky, Charlotte Bassett, Camryn Petit
Second Row: Erin Edmundson, Alex Cooke, Aliyah Taylor, Anna Keefer, Kristin Hall, Brianna Isles, Nicole Barnes, Mady Clahane, Lindsey Lanier
Front Row: Morgan Ilse, Casey Greenwalt, Blair Ramsey, Lauryn Hall, LaTessa Johnson, Anna Eaton, Dorriann Coleman, Jill Shippee

Name	Year	Events	Hometown (Previous School)
Nicole Barnes	Fr.	Sprints/Hurdles/Jumps	High Point, N.C. (T.W. Andrews)
Charlotte Bassett	R-Fr.	Distance	Melbourne, Australia ((The MacRobertson Girls' High School)
Olivia Bene	Fr.	Distance	Greensboro, N.C. (Northern Guilford)
Mady Clahane	R-So.	Distance	Mechanicsburg, Pa. (Cumberland Valley)
Dorriann Coleman	Fr.	Mid-Distance	Southfield, Mich. (Oak Park)
Alex Cooke	Gr.	Throws	Lowgap, N.C. (North Surry)
Brianna Duncan	Jr.	Sprints/Jumps	Cambridge, Mass. (Cambridge Rindge and Latin)
Anna Eaton	Sr.	Pole Vault	Cary, N.C. (Apex)
Erin Edmundson	R-So.	Distance	Prospect, Ky. (North Oldham)
Nicole Greene	Sr.	High Jump	Ponte Vedra, Fla. (Ponte Vedra)
Casey Greenwalt	R-Sr.	Distance	Asheville, N.C. (TC Roberson)
Kristin Hall	Sr.	Sprints/Hurdles	Powder Springs, Ga. (McEachern)
Lauryn Hall	Fr.	Sprints	Harvest, Ala. (Sparkman High School)
Morgan Ilse	Sr.	Distance	Dunwoody, Ga. (Marist)
Brianna Isles	Jr.	Hurdles/Jumps	Lawrenceville, Ga. (Brookwood)
LaTessa Johnson	Sr.	Sprints	Dallas, Texas / Richardson
Anna Keefer	So.	Sprints/Jumps	St. Michael Albertville, Minn. (St. Michael Albertville)
Nicole Kiszenia	R-Sr.	Throws	Lowell, Ind. (Lowell)
Madeline Kraft	So.	Distance	Winston-Salem, N.C. (Mount Tabor)
Lindsey Lanier	So.	Distance	Charlotte, N.C. (Providence Senior)
Nia Lecky	Fr.	Sprints	Coral Spring, Fla. (Hallandale)
Emily Malone	Fr.	Throws	Missoula, Mont. (Sentinel)
Kathryn Mayo	So.	Distance	Charlottesville, Va. (Albemarle)
McKinley McNeill	Jr.	Sprints	Winston-Salem, N.C. (Parkland)
Enyaeva Michelin	Fr.	Distance	Evanston, Ill. (Evanston Township)
Mary Nebrich	Fr.	Multis	Lexington, N.C. (West Davidson)
Camryn Petit	Fr.	Distance	Hoschton, Ga. (Mill Creek)
Emerson Porter	So.	Pole Vault/Hurdles	Charlotte, N.C. (Providence Day)
Blair Ramsey	R-So.	Distance	Greensboro, N.C. (Grimsley)
Tasha Regan	Jr.	Distance	Huntersville, N.C. (Hopewell)
Katlin Sherman	Sr.	Sprints	Winston-Salem, N.C. (Parkland)
Jill Shippee	So.	Throws	Clifton Park, N.Y. (Shenendehowa)
Peighton Simmons	So.	Sprints/Jumps	High Point, N.C. (T. Wingate Andrews)
Ashley Smith	R-So.	Distance	Clemmons, N.C. (West Forsyth)
Aliyah Taylor	Fr.	Sprints	Browns Mills, N.J. (Rancocas Valley Regional)
Maiah Walker	Fr.	Sprints	Lake Wales, Fla. (Lake Wales)
Madison Wiltrout	R-Fr.	Javelin	Connellsville, Pa. (Connellsville Area)

TAR HEELS

2019 Men's Roster



Back Row: Brodie Modini, Daniel McArthur, Draven Crist, Carson Pledger, Brandon Cachon, Luke Peterson, Joseph Ibrahim
Fourth Row: Jared Martin, Bailey Frederick, Amari DeVaughn, Drew Pederson, Zay Paschall, Darryl Shaw, Onyedikachi Ohia-Enya, Liam Dixon
Third Row: Mitch Resor, Jack McEneaney, Andrew Brooks, Brandon Tubby, Ryan Saint-Germain, Cameron Douglas, Tristan Shलगren, Yaw Sackey
Second Row: Dontavian Smith, Marshall Williamson, Ian Moini, Isaiah Palmer, Nick Golebiowski, Jesse Hunt, Kenan Hartung, Joey Souza
Front Row: Marcus Krah, Will Eskew, Harrison Young, Ari Cogdell, Madias Loper, Jadon Johnson, Qhiyal Towns, Saypadia DeSaussure II

Name	Year	Events	Hometown (Previous School)
Andrew Brooks	R-Fr.	Distance	Raleigh, N.C. (Broughton)
Jeremy Brown	Jr.	Distance	Raleigh, N.C. (Broughton)
Brandon Cachon	Jr.	Sprints/Hurdles	Naples, Fla. (Barron Collier)
Ryan Campbell	Fr.	Distance	Newtown, Pa. (Council Rock High School North)
Ari Cogdell	Sr.	Sprints	Miami Gardens, Fla. (American)
Ryan Combs	Fr.	Distance	Chapel Hill, N.C. (Chapel Hill)
Draven Crist	R-Jr.	High Jump	Burlington, N.C. (The Burlington School)
Saypadia DeSaussure II	Fr.	Sprints	Apopka, Fla. (Apopka)
Amari DeVaughn	Sr.	Sprints	High Point, N.C. (T. Wingate Andrews)
Liam Dixon	Jr.	Pole Vault	Mooreville, N.C. (Mooreville)
Cameron Douglas	Jr.	Sprints	Loganville, Ga. (Grayson)
Will Eskew	Jr.	Multis	Nashville, Tenn. (Montgomery Bell Academy)
Bailey Frederick	Jr.	Pole Vault	Waxhaw, N.C. (Marvin Ridge)
Nick Golebiowski	Gr.	Distance	St. Cloud, Minn. (St. Cloud Cathedral)
Kenan Hartung	Fr.	Multis	Salisbury, N.C. (Gray Stone Day School)
Jesse Hunt	So.	Distance	Perth, Western Australia (John Septimus Roe Anglican)
Joseph Ibrahim	Jr.	Multis	Clemmons, N.C. (West Forsyth)
Jadon Johnson	So.	Sprints	Lewisville, Texas (Lewisville)
Marcus Krah	R-So.	Sprints/Hurdles	Durham, N.C. (Hillside)
Madias Loper	So.	Throws	Fayetteville, Ga. (Whitewater High School)
Jared Martin	R-Jr.	Javelin	Greensboro, N.C. (Page)
Daniel McArthur	Jr.	Throws	Mooreville, N.C. (Mooreville)
Jake McEneaney	R-Fr.	Distance	Naperville, Ill. (Neuqua Valley)
Alex Milligan	Jr.	Distance	State College, Pa. (State College)
Roman Mitchell	Fr.	Javelin	Garner, N.C. (Southeast Raleigh)
Brodie Modini	R-So.	Distance	Queensland, Australia (St. Andrew's Anglican College)
Ian Moini	So.	Distance	Princeton, N.J. (Pennington School)
Joshua Mukoro	So.	Sprints	Houston, Texas (Fort Bend Travis)
Mark Myers	R-So.	Distance	Lake Forest, Ill. (Lake Forest)
Onyedikachi Ohia-Enya	Fr.	Sprints	Tarrytown, N.Y. (Hackley School)
Isaiah Palmer	So.	Sprints	Plano, Texas (Liberty)
Zay Paschall	Sr.	Sprints/Jumps	Harrisburg, Pa. (Carlisle)
Drew Pedersen	Sr.	Pole Vault	Apex, N.C. (Apex)
Connor Peebles	R-So.	Distance	Raleigh, N.C. (Cardinal Gibbons)
Luke Peterson	Jr.	Distance	Treasure Island, Fla. (Shorecrest Preparatory School)
Carson Pledger	So.	Sprints/Jumps	Charlotte, N.C. (Mountain Island Charter)
Mitch Resor	Jr.	Distance	Charlotte, N.C. (Weddington)
Yaw Sackey	Jr.	Throws	Apex, N.C. (Porter Ridge)
Ryan Saint-Germain	So.	Sprints	Jacksonville, Fla. (Paxon School)
Darryl Shaw	Sr.	Jumps	Fayetteville, N.C. (Jack Britt)
Tristan Shलगren	Fr.	Distance	Boxford, Mass. (St. John's Preparatory)
Dontavian Smith	So.	Sprints	Roxboro, N.C. (Person)
Joey Souza	R-Jr.	Jumps	Kingsburg, Calif. (Kingsburg)
Matt Thornton	Jr.	Distance	Cary, N.C. (Cary)
Qhiyal Towns	Fr.	Sprints	Newport News, Va. (Heritage)
Brandon Tubby	Jr.	Distance	Hillsborough, N.J. (Hillsborough)
Marshall Williamson	Fr.	Distance	Charlotte, N.C. (Myers Park)
Harrison Young	Jr.	Sprints	Chapel Hill, N.C. (Chapel Hill)

CAROLINA

2019 Indoor Track & Field Schedule

Date	Meet	Location
Sun., Dec. 2, 2018.....	JDL Early Bird Duals	Winston Salem, N.C.
Fri., Jan. 11	Gene Anderson Invitational.....	Chapel Hill, N.C.
Sat., Jan. 12	Dick Taylor Carolina Cup	Chapel Hill, N.C.
Fri., Jan. 18	Gamecock Invitational Day 1	Columbia, S.C.
Sat., Jan. 19	Gamecock Invitational Day 2	Columbia, S.C.
Fri., Jan. 25	Tiger Paw Invitational Day 1	Clemson, S.C.
Sat., Jan. 26	Tiger Paw Invitational Day 2	Clemson, S.C.
Fri., Feb. 1.....	Camel City Invitational Day 1.....	Winston-Salem, N.C.
Fri., Feb. 1.....	Virginia Tech "Doc Hale" Elite Meet	Blacksburg, Va.
Sat., Feb. 2.....	Camel City Invitational Day 2.....	Winston-Salem, N.C.
Sat., Feb. 2.....	Virginia Tech "Doc Hale" Elite Meet	Blacksburg, Va.
Fri., Feb. 8.....	Bob Pollock Invitational Day 1	Nashville, Tenn.
Sat., Feb. 9.....	Bob Pollock Invitational Day 2	Clemson, S.C.

ACC Indoor Track & Field Championships

Thu., Feb. 21.....	ACC Indoor Championships Day 1	Blacksburg, Va
Fri., Feb. 22.....	ACC Indoor Championships Day 2	Blacksburg, Va
Sat., Feb. 23.....	ACC Indoor Championships Day 3	Blacksburg, Va

NCAA Indoor Track & Field Championships

Fri., March 8	NCAA Indoor Championships Day 1	Birmingham, Ala.
Sat., March 9	NCAA Indoor Championships Day 2	Birmingham, Ala.

Directions to Eddie Smith Field House

From RDU and points east:

- Take I-40 West to exit 273A. Follow 54 West toward Chapel Hill. After passing under the 15-501 overpass, the road will go uphill and into campus. The track facilities will be on your left, behind the intramural playing fields and shortly after the traffic light at the corner of campus.

From points north of Chapel Hill:

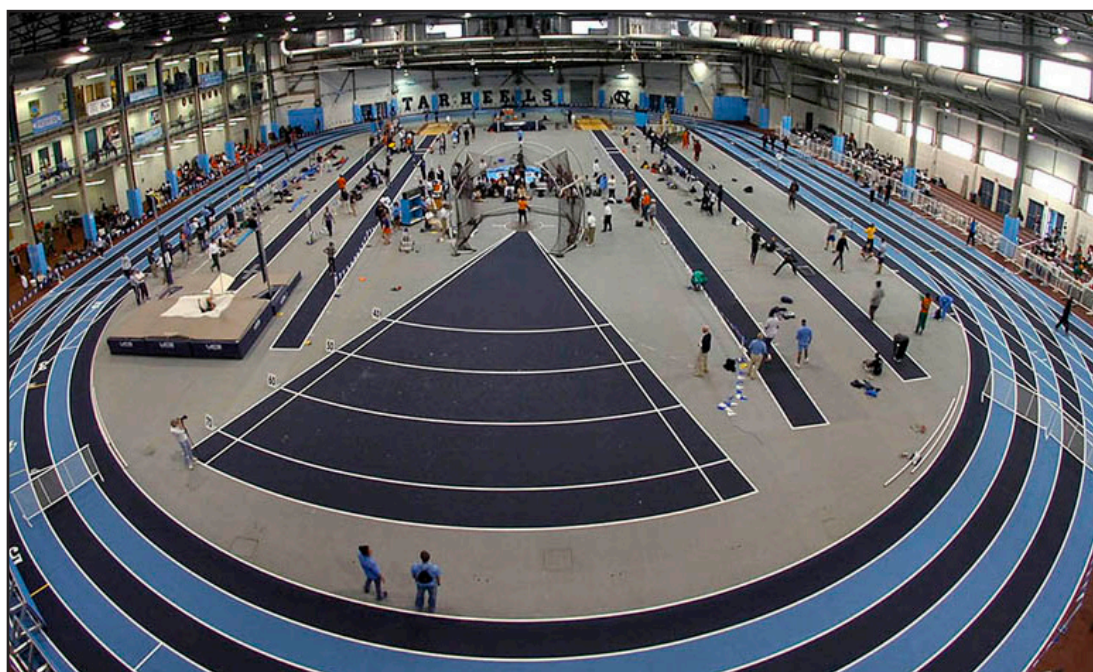
- Follow I-85 South toward Durham. At exit 174, stay in the left-hand lane to get on 15-501 South. Follow 15-501 South to the Highway 54 junction, where you will exit right, following signs for the UNC campus. Proceed up the hill into campus. The facilities will be on your left.

From points west of Chapel Hill:

- Take I-85 North to I-40 East. Follow I-40 East to exit 270, 15-501 South. Follow 15-501 South into Chapel Hill to the Highway 54 junction, where you will exit right, following signs for the UNC campus. Proceed up the hill into campus. The facilities will be on your left.

From points south of Chapel Hill:

- Take I-77 North to I-85 North to I-40 East. Follow I-40 East to exit 270, 15-501 South. Follow 15-501 South into Chapel Hill to the Highway 54 junction, where you will exit to the right, following signs for the UNC campus. Proceed up the hill into campus. The facilities will be on your left.



Directions to Outdoor Track & Field Complex

From RDU and points east:

- Take I-40 West to exit 273A. Follow 54 West toward Chapel Hill. Before the 15-501 overpass, turn left onto Finley Golf Course Road. The track facilities will be on your right, past the UNC Finley Golf Club and next to the Finley South Practice Fields.

From points north of Chapel Hill:

- Follow I-85 South toward Durham. At exit 174, stay in the left-hand lane to get on 15-501 South. Follow 15-501 South to the Old Mason Farm Road intersection just past the Highway 54 junction. Turn left at the stoplight and the facility will be on your left.

From points west of Chapel Hill:

- Take I-85 North to I-40 East. Follow I-40 East to exit 270, 15-501 South. Follow 15-501 South to the Old Mason Farm Road intersection just past the Highway 54 junction. Turn left at the stoplight and the facility will be on your left.

From points south of Chapel Hill:

- Take I-77 North to I-85 North to I-40 East. Follow I-40 East to exit 270, 15-501 South. Follow 15-501 South to the Old Mason Farm Road intersection past the Highway 54 junction. Turn left at the stoplight and the facility will be on your left.

2019 Outdoor Track & Field Schedule

Date	Meet	Location
Fri., March 15	Yellow Jacket Invitational Day 1	Atlanta, Ga.
Sat., March 16	Yellow Jacket Invitational Day 2	Atlanta, Ga.
Thu., March 28	Florida Relays Day 1	Gainesville, Fla.
Fri., March 29	Florida Relays Day 2	Gainesville, Fla.
Sat., March 30	Florida Relays Day 3	Gainesville, Fla.
Sat., April 6	Battle of the Blues	Durham, N.C.
Fri., April 12	Hurricane Collegiate Invitational	Coral Gables, Fla.
Fri., April 19	Virginia Challenge Day 1	Charlottesville, Va.
Sat., April 20	Virginia Challenge Day 2	Charlottesville, Va.

ACC Outdoor Track & Field Championships

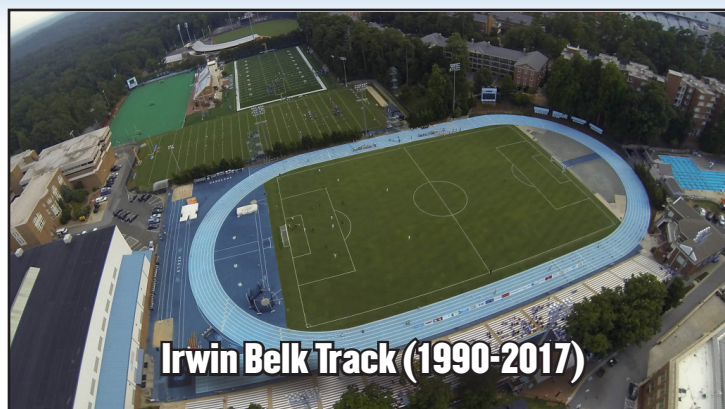
Thu., May 9	ACC Outdoor Championships Day 1	Charlottesville, Va.
Fri., May 10	ACC Outdoor Championships Day 2	Charlottesville, Va.
Sat., May 11	ACC Outdoor Championships Day 3	Charlottesville, Va.

NCAA Outdoor Track & Field Championships

Thu., May 23	NCAA East Preliminary Round Day 1	Jacksonville, Fla.
Fri., May 24	NCAA East Preliminary Round Day 2	Jacksonville, Fla.
Sat., May 25	NCAA East Preliminary Round Day 3	Jacksonville, Fla.
Wed., June 5	NCAA Outdoor Championships Day 1	Austin, Texas
Thu., June 6	NCAA Outdoor Championships Day 2	Austin, Texas
Fri., June 7	NCAA Outdoor Championships Day 3	Austin, Texas
Sat., June 8	NCAA Outdoor Championships Day 4	Austin, Texas



CAROLINA



Irwin Belk Track (1990-2017)

New Outdoor Track & Field Complex
(To be completed mid-2019)

The University of North Carolina is home to some of the finest track & field facilities in the nation, and in 2018 those facilities are once again undergoing a transformation. As part of a larger, campus-wide infrastructure overhaul in 2017-18 that will see facilities upgraded for 12 sport programs, track and field is receiving a state-of-the-art, dedicated complex that will provide the program with its own outdoor home.

The track & field complex will be located along Old Mason Farm Road near UNC Finley Golf Course and will include an eight-lane Beynon 400-meter track, a one-kilometer warm-up track, LED sport lighting, an LED video board, 500 seats for meet viewing and ample parking.

"With the completion of our new facility, like many of the top programs in the country, we will have a facility dedicated to only track & field," says Head Coach Harlis Meaders. "The facility will allow us to host more home competitions and, once completely developed, help us to continue to attract some of the top prospects in the country."

During the indoor season, the Tar Heels call the Eddie Smith Field House home. Currently in its 17th season of use, the Eddie Smith Field House is one of the best of its kind in the country. Housed inside it are the Dick Taylor Track - a six-lane, 200-meter Mondo track, - and the John Pope Practice Field, which is used by the football team. The facility hosted its third ACC Indoor Championships in six years in 2008. It was completed in December 2001

and includes locker rooms, coaching offices and a 10-by-20 foot scoreboard.

Irwin Belk Track at Fetzer Field, the former home of North Carolina track and field, sat proudly as the centerpiece of the Carolina landscape and, owing to its top-notch quality, hosted many prestigious events. The ACC Outdoor Championships have come to Chapel Hill on a number of occasions, most recently in 2014. The track has also hosted the North Carolina High School Athletic Association track and field championships. In 1996, Carolina welcomed the U.S. Olympic Team to its facilities to train for the Atlanta Games.

The \$1.6 million construction project that renovated Irwin Belk Track to its pristine state was completed in October 1990 and dedicated on

April 6, 1991. The track received its name in honor of Irwin "Ike" Belk, a former letterman whose assistance made the vision of the facility a reality. Renovations included leveling of the field surface as well as installation of a new track, bleachers, lights, scoreboards, throwing circles and runways. Belk Track was an international-style track, which means the turns were European-style. The turns were wider than most American tracks, which meant broader curves and faster times, especially in the 200 and 400. In 2003, the track surface was renovated, and a new surface was installed. It was updated once more in 2010. Several new pieces of equipment were also added in 2013-14, including new landing mats for the high jump and pole vault.

The list of world-class athletes that hold the facility records at UNC is as impressive as the facilities themselves. 1996 Olympic gold medalist Allen Johnson holds both the indoor 60-meter hurdles record and the outdoor 110-meter hurdles record. Erin Gilreath broke her own world record in the weight throw during the 2005 indoor season. Monique Hennagan, a two-time Olympic gold medalist in the 1,600-meter relay, holds the outdoor 400 record. Other Tar Heel Olympians who hold facility records include Shalane Flanagan (indoor 3,000), Crystal Cox (outdoor 200), Joan Nesbit (outdoor 5,000, outdoor 10,000) and Vikas Gowda (indoor discus).

The final facility that the Tar Heels use is the Ranson-Hamrick Cross Country Course. The course, which runs near Finley Golf Course, was dedicated on Sept. 13, 2003. Dale Ranson was the Carolina track coach from 1925-1963, and Gordon Hamrick was a letterman in both track and cross country.



Eddie Smith Field House (2001-Present)

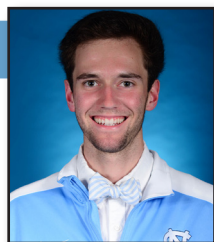
Eddie Smith Field House Facility Records (as of Jan. 1, 2019) - Women

60	Damola Osayomi - Nike	7.19	2008
200	Krista Simkins - Miami	23.65	2008
400	Shreese Woods - Charisma Sports	53.21	2008
800	Alice Schmidt - UNC	2:05.54	2003
Mile	Susan Kuijken - Florida State	4:36.91	2008
3000	Shalane Flanagan - UNC	9:17.41	2002
5000	Maddie McKeever - Unattached	16:06.54	2008
60H	Tiffany Lott-Hogan - adidas	7.99	2004
4x4	Miami	3:39.21	2005
DMR	Florida State	11:11.03	2008
HJ	Chaunte Howard - Georgia Tech	6-2 3/4	2005
PV	Megan Clark, Duke	14-3 1/4	2016
LJ	Eloyse Lesueur - High Frequency	21-9 1/2	2008
TJ	Shakeema Welsh - Team Velocity	44-7	2008
SP	Kimberli Barrett - Miami	59-8 1/4	2005
WT	Erin Gilreath - NY Athletic Club	79-1 1/4	2005
Pent.	Hyleas Fountain - Nike	4,417	2005

Eddie Smith Field House Facility Records (as of Jan. 1, 2019) - Men

60	C.J. Spiller - Clemson	6.58	2008
200	Walter Dix - Florida State	21.12	2005
400	Carnell Coleman - Unattached	47.30	2003
800	Tim Harris - Miami	1:50.05	2008
Mile	Nicholas Kurgat - Global Mbio	4:06.34	2005
3000	Brian Baker - New Balance	8:11.79	2002
5000	Joey Tigchelaar - Florida State	14:15.60	2003
60H	Allen Johnson - Unattached	7.55	2004
4x4	St. Augustine's	3:11.49	2004
DMR	Virginia	9:46.59	2008
HJ	Adam Shunk - UNC	7-4 1/2	2002
	Avion Jones, ECU	7-4 1/2	2016
PV	Stephan Munz - Virginia Tech	17-10 1/2	2014
LJ	Dexter Adams - NC State	25-7 1/2	2008
TJ	Tim Russan - St. Augustine's	53-1	2002
SP	Mitchell Pope - NC State	64-8 3/4	2007
WT	Spyridon Jullien - Virginia Tech	75-9 1/2	2005
Hept.	Ryan Harlan - Unattached	6,102	2005

TAR HEELS



ANDREW BROOKS

Redshirt Freshman
Distance
Raleigh, N.C.
Broughton



Personal Records

XC 5K – 15:49 • 3,200m – 9:34.9 • Mile – 4:18 • 1,000m – 2:31.8 • 800m – 1:53.3

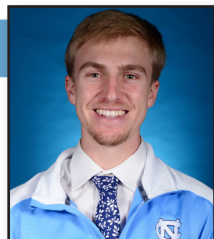
2018 XC: Did not compete during the cross country season.

2017-18: Did not compete during the indoor and outdoor seasons • Named to the ACC Academic Honor Roll.

2017 XC: Did not compete during the cross country season.

Prep: Was state champion in the 800 as a senior • Two-time all-state in the 1600 • His team won the cross country state championship in 2014 and 2016 • Cross country team captain as a senior • Set school records in the 800 and 1,000 • Named Broughton's athlete of the year as a senior • News & Observer All-Metro Athlete for outdoor track as a senior • Competed in cross country, indoor track and field and outdoor track and field all four years • Member of the National Honor Society • Named to the all-A honor roll • An International Baccalaureate Programme graduate.

Personal: Andrew Nicholas Brooks is the son of Clayton and Nikki Brooks • Born June 2 • Plays the piano.



JEREMY BROWN

Junior
Distance
Raleigh, N.C.
Broughton



Personal Records

XC 10k – 30:39.2 • XC 8k – 24:28.1 • XC 6k – 18:40 • XC 5k – 15:34.1 • 5,000m (O) – 14:46.04 • 3,000m (I) – 8:40.14 • 3,000m (O) – 8:35.93 • 1,500m – 4:03.28 • 3,000m Steeplechase – 9:37.82

2018 XC: One of Carolina's top-three finishers in each of the five competitions • Placed 48th at the NCAA Southeast Regional • Earned UNC's best men's finish at the ACC Championships, clocking a personal-best 8k time of 24:28.1 for 31st • Was

also Carolina's top finisher at the Penn State National Open.

2017-18: Ran a personal-best 1,500 at the Raleigh Relays in a time of 4:03.28 • Finished the 3,000-meter steeplechase in 9:37.82 for eighth-place honors at the Battle of the Blues.

2017 XC: Led the Tar Heels in the final four meets of the cross country season • Finished 50th at the ACC Cross Country Championships • Took 53rd at the NCAA Southeast Regional on his way to a 10k personal best of 30:39.2 • Competed in five total meets.

2016-17: Competed in five meets during the outdoor season • Set a personal best of 8:35.93 in the 3,000 at the Battle of the Blues • Set a personal best in the 5000 at the Raleigh Relays of 14:46.04 • Did not compete during the indoor season • Ran in five cross country meets for the Tar Heels • Began his cross country career at UNC by earning 24th place at the Adidas XC Challenge • Ran an 8k personal best of 24:35 at the ACC Cross Country Championships, placing 59th • Qualified for the NCAA Southeast Regional and took 128th place with a time of 32:13.

Prep: Competed on the track and field and cross country teams all four years • 2-time NCHSAA 4A State Champion • Helped lead his cross country team to three NCHSAA 4A Team Titles.

Personal: Jeremy Thomas Brown is the son of Suzanne and Jeff Brown • Born August 7.



BRANDON CACHON

Junior
Sprints/Hurdles
Naples, Fla.
Barron Collier



NCAA EAST PRELIMINARY ROUND QUALIFIER • ACC CHAMPION • 2-TIME ALL-ACC

Personal Records

200m (I) – 22.15 • 200m (O) – 21.23 • 400m (I) – 47.68 • 400m (O) – 46.76 • 600m – 1:21.14 • 800m (O) – 1:55.1 • 400H – 52.02

2017-18: Qualified for the NCAA East Preliminary Round in the men's 4x400 • Ran a leg of the winning ACC Outdoor Championship relay that clocked 3:07.66 to take the title • Also finished 14th in the 400 hurdles at ACC Outdoors • Was a member of the top relay at the indoor Notre Dame Invitational as well as the outdoor Virginia Grand Prix and the Miami Hurricane Collegiate Invitational • Ran a career-best 800 time of 1:56.74 at the UCF Black and Gold Challenge • Set a new personal record of 22.15 in the 200 at the Notre Dame Invitational • Named to the ACC Academic Honor Roll.

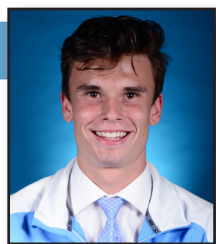
2016-17: Finished 44th at the NCAA East Preliminary Round in the 400H and competed as member of the 4x400 relay that took 16th • Scored at the ACC Outdoor Track & Field Championships, finished eighth in the 400H with a personal best 52.02 • Also ran a leg in the 4x100 that placed fifth at the conference meet • Had three top-five finishes in the 400H • Took 12th in the 400m at the ACC Indoor Track & Field Championships and ran a leg in the 4x400 that was Second-Team All-ACC • At the Clemson Tiger Paw Indoor, ran a leg of the 4x400 which had the fifth-fastest time in UNC history of 3:09.29 • Competed in five meets during the indoor season in the 200, 400, 600 and 4x400.

Prep: Totaled four state championships across three events (2-time 400, 300H, and 4x800) • State runner-up in the 200 and the 4x400 • Helped lead his team to a second-place finish at the state championship in 2016 • 10-time state medalist • Placed third at the Brooks PR in the 400 in 2016 • 2015 New Balance All-American in the 400 taking fifth • 2015 Great Southwest 400 and 4x400 champion • Competed in track and field for four years • Played cornerback for three years • Wrestled for two years.

Personal: Brandon Alexander Cachon is the son of Lisa and Carlos Cachon • Born August 18 • Father was born in Cuba.



CAROLINA



RYAN CAMPBELL

**Freshman
Distance
Newtown, Pa.
Council Rock North**



Personal Records

XC 5k - 15:28 • 5,000m - 15:10 • 3,200m - 9:14 • 1,600m - 4:24

2018 XC: Did not compete for Carolina during the cross country season.

Prep: Earned first-team all-state honors and third-team NXN Northeast in cross country • Received first-team accolades in the Suburban One Conference in cross country and track • Placed fourth in the Penn Relays DMR Championship of America • Two-time top-10 finished in the PIAA State Cross Country Championships • Finished the 3,200m at the PIAA State Track & Field Championships in eighth place • Member of the 2016 Cross Country State Championship team • Named to the Honor Roll.

Personal: Ryan William Campbell is the son of Craig and Kathy Campbell • Born July 21.



ARI COGDELL

**Senior
Sprints
Miami Gardens, Fla.
Tennessee/American**



Personal Records

400m - 46.27 • 200m - 21.12

2017-18 at Tennessee: Ran a leg of three 4x400 relays that went on to take the title at the 2017 Hoosier Open, the 2018 Indiana vs. Tennessee Duals, and the UAB Vulcan Invitational • Finished second in the 400 at the Indiana vs. Tennessee Duals with a time of 48.02 • Redshirted the outdoor season.

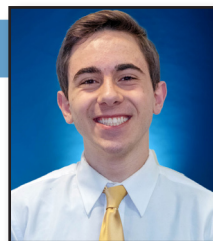
2016-17 at Tennessee: Named USTFCCCA First-Team All-America for the men's 4x400 meter relay • Ran a time of 47.55 in the 400m at the SEC Indoor Championship • Crossed the line of the 400m race in 47.35 at the Razorback Invitational while running the first leg of the indoor 4x400m relay team which posted the third fastest time in school history with a mark of 3:06.30 • Notched a second-place finish at the Commodore Invitational by running the fifth-fastest indoor 400m time in school history as he crossed the line in 46.89 • Anchored the 4x400 that ran the fourth-fastest time in school history (3:03.65) at the Florida Relays • Ran the second leg for the men's 4x400m relay team which finished 14th with a time of 3:06.00 at the NCAA Outdoor Championships as he earned second-team All-America honors • Finished 45th at the NCAA East Prelims with a 400m time of 48.89 • Posted a 19th place finish with a time of 47.00 at the SEC Outdoor Championship.

2015-16 at Tennessee: Ran second leg on the United States' gold medal winning 4x400m relay team in Poland at the IAAF Under-20 World Championship in 2016 • Ran first leg on the 4x400 meter relay team that posted a fifth place finish at the NCAA Indoor Championships with a time of 3:06.29, the second fastest time in program history in the 4x400 meter relay • Ran first leg on the 4x400 meter relay team that placed second at the SEC Indoor Championships with a time of 3:07.07 • Set a new personal best time of 47.18 in the 400 meters at the Tyson Invitational on Feb. 12, finishing fifth in what was the tenth fastest 400 meter time in program history • Named SEC Freshman of the Week on Jan. 19 for his showing at the Virginia Tech Invitational • Won the 500 meters at the Virginia Tech Invitational with a personal best time of 1:02.97, the third fastest 500 meter run in program history • Ran first leg on the 4x400 meter relay team that posted a eighth place finish (3:05.21) at the NCAA Outdoor Championships • Set a PR in the 400 meters at the NCAA East Prelims (46.27), finishing 14th • Ran first leg on the 4x400 meter relay

team that placed third (3:04.24) at the SEC Outdoor Championships with the sixth fastest outdoor 4x400 meter relay time in program history • Placed 16th at the SEC Outdoor Championships in the 400 meters (47.39) • Set a PR in the 200 meters at the Seminole Invitational (21.12).

Prep: 2015 All-Dade Track Athlete of the Year.

Personal: Ari Di'Ondre Cogdell is the son of Tamakia Days and Andre Cogdell • Born May 17 • Writes and performs poetry.



RYAN COMBS

**Freshman
Distance
Chapel Hill, N.C.
Chapel Hill**



Personal Records

XC 5k - 15:37 • 1,600m - 4:25

Prep: 2017 Conference Runner of the Year • Team MVP in 2017 • Member of the 2016 state championship XC team and the 2015 state runner-up team • Five-time All-Conference • Three-time All-Region in XC and track • Five-time state qualifier in indoor and outdoor track • Ran cross country and track all four years of high school.

Personal: Ryan David Combs is the son of Chris and Rania Combs • Born March 8 in Houston, Texas • Served as community director of a local hunger relief program • Also worked as a part-time home chef • Avid supporter of Arsenal Football Club.



DRAVEN CRIST

**Redshirt-Junior
High Jump
Burlington, N.C.
WCU/The Burlington School**



NCAA EAST PRELIMINARY ROUND QUALIFIER

Personal Records

High Jump (I) - 7-0 ¼ (2.14 meters) • High Jump (O) - 6-11 ½ (2.12 meters)

2017-18: Qualified for the NCAA East Preliminary Round and jumped 6-9 (2.06 meters) for 21st • Notched seventh-place finishes in the high jump at both the ACC Indoor Championships and the ACC Outdoor Championships with heights of 6-10 ¼ (2.09 meters) and 6-9 ½ (2.07 meters), respectively • Took first at the Art and Linda Maillet UNC Open with a personal-best high jump mark of 7-0 ¼ (2.14 meters) • Went on to win three more regular season individual high jump titles • Won the high jump at the UCF Black and Gold Challenge, Battle the Blues and the Miami Hurricanes Collegiate Invitational.

2016-17: Did not compete during the outdoor season • Competed at the Art & Linda Maillett UNC Open during the indoor season.

2015-16 at Western Carolina: Competed for one year in the the multi events • Set a personal best of 5858 points in the decathlon and his personal best of 6-8 ½ (2.05 meters) in the high jump at the Southern Conference Outdoor Track & Field Championships • Scored 4614 points in the heptathlon at the indoor conference meet.

Prep: Competed on his high school's track and cross country teams and played center for the basketball team • Won a state championship with the basketball team.

Personal: Draven Scott Crist is the son of Kevin and Victoria Crist • Born July 28 • His father jumped 7-6 at Florida State and his uncle John Crist competed in the Olympics.

TAR HEELS



SAYPADIA DESAUSSURE

**Freshman
Sprints**
Apopka, Fla.
Apopka



Personal Records

100m – 10.48 • 200m – 21.95

Prep: Three-time AAU Junior Olympic All-America • USATF Junior Olympic All-America • Apopka High School record holder in the 100 • Member of the National Honor Society, National English Society, and the National Art Honor Society • National Beta Club • National McKnight Achiever.

Personal: Saypadia LeMans DeSaussure II is the son of Juaniece DeSaussure • Born September 1.



AMARI DeVAUGHN

**Senior
Sprints**
High Point, N.C.
T. Wingate Andrews



Personal Records

200m (I) – 22.85 • 200m (O) – 21.94 • 400m (I) – 48.17 • 400m (O) – 47.74 • 400H – 54.68

2017-18: Earned second-team All-ACC honors after finishing second in the 4x400 with a time of 3:08.27 at the ACC Indoor Championships • Competed in the 400 at ACC Outdoors • Captured back-to-back titles in the first two meets of the indoor season • Took first in the 400 at the Carolina Cup after running a 49.73 • Ran a leg of the first-place finishing 4x400 relay at the Notre Dame Invitational that finished in 3:09.73 • Placed third at the Battle of the Blues with a new career record 400 time of 47.74.

2016-17: Took 23rd in the 400 at the ACC Outdoor Track & Field Championships • Ran a personal best 47.90 in the 400 at the Virginia Grand Prix • Began competing in the 400H • Ran a leg in the DMR that finished 11th at the ACC Indoor Track & Field Championships • Won the 400 at the Dick Taylor Carolina Cup • Named to the ACC Academic Honor Roll.

2015-16: A part of the men's 4x400 relay that took second at the ACC Indoor Track & Field Championships • A part of the 4x400 relay that finished first at the Doc Hale VT Elite • A part of the men's 4x100m that took first at the Battle of the Blues.

Prep: 2013 Outdoor North Carolina High School 2A State Champion in the 400 • 2014 Indoor North Carolina High School 1A/2A State Champion in the 500 • New Balance Nationals Outdoor Qualifier in the 400 • Finished third in the USATF regional meet in the 400 in 2013 • Played corner for the 2013 state championship football team • Graduated magna cum laude with a 4.28 GPA • Graduated in the top 5% of his class.

Personal: Amari Nassir DeVaughn is the son of Vida and Alvin DeVaughn • Born October 18 • His cousin won gold in the 1967 Pan American Games as part of the United States' 4x400 relay • He taught himself how to juggle.



LIAM DIXON

**Junior
Pole Vault**
Mooresville, N.C.
Mooresville



Personal Records

Pole Vault (I) – 15-8 (4.78 meters) • Pole Vault (O) – 15-11 (4.85 meters) • Javelin – 115-3 (35.14 meters) • Shot Put – 30-5 ¼ (9.29 meters)

2017-18: Cleared 14-9 (4.50 meters) at the ACC Indoor Championships for 11th-place accolades in the pole vault • Competed at the ACC Outdoor Championships (NH) • Set a new personal record of 15-1 (4.85 meters) at the Weems Baskin Relays • Captured his first meet title in his last regular season appearances, hitting a mark of 15-8 ¼ (4.78 meters).

2016-17: Competed in the pole vault at the ACC Outdoor Track & Field Championships (NH).

Prep: Played football for two years and competed in track & field for four years during high school • 4-time national qualifier in the pole vault • Took second in the Emerging Elite section of New Balance Nationals his junior year.

Personal: Liam Dixon is the son of William and Beth Dixon • Born November 3 • Sister is on the UNCW track & field team.



CAMERON DOUGLAS

**Junior
Sprints**
Loganville, Ga.
Grayson



Personal Records

60m – 6.86 • 100m – 10.52 • 200m – 21.32

2017-18: Just missed his PR at the ACC Indoor Track & Field Championships after running 6.88 in the 60 for 17th • Collected three top-three finishes in the 4x400 at the UCF Black and Gold Challenge, the Battle of the Blues, and the Miami Hurricane Collegiate Invitational.

2016-17: Competed twice during the outdoor season • Finished 19th in the 60 and 23rd in the 200 at the ACC Indoor Track & Field Championships.

Prep: Attended Grayson High School in Loganville, Ga. • Competed on the track & field team during his last three years of high school • Placed eighth in the 200 at the GHSA 6A State Championships • Won the 100 and placed second in the 200 at the KYA HS Indoor Classic • Set a PR of 11.08 in the 100 at the 2016 Coaches Invitational • Finished 11th in the 400 at the GA 6A Region 8 Championships • Primarily participated in the sprints, but also did the long jump and triple jump during his sophomore year.

Personal: Cameron Douglas is the son of Winsome and Paul Douglas • Born on July 22, 1998, in Grayson, Ga. • Majoring in Psychology • Has two siblings, Paul Jr. and Shanyne.



CAROLINA



WILL ESKEW

**Junior
Multis**
Nashville, Tenn.
Montgomery Bell Academy



Personal Records

Heptathlon - 4,418 points • Decathlon – 6,333 points •
Javelin - 177-5 (54.08 meters)

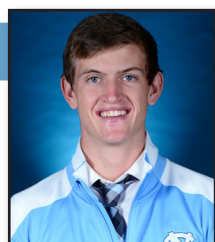
2018-19: Eskew represents the men's track & field team on the Student-Athlete Advisory Council.

2017-18: Finished 14th in the javelin with a mark of 175-11 (53.62 meters) at the ACC Outdoor Championships • Placed 12th in the men's heptathlon at the ACC Indoor Championships with a third place finish in the 1,000 meter (2:46.16) • Set a personal record in the 600 after running 1:28.08 for sixth at the Clemson Bob Pollock Invitational • Earned two career bests at the Battle of the Blues, running the 110-meter hurdles in 16.22 for seventh and throwing 177-5 (54.08 meters) in the javelin for sixth • Named to the ACC Academic Honor Roll.

2016-17: Finished ninth in the decathlon at the ACC Outdoor Track & Field Championships • Took 12th in the heptathlon at the ACC Indoor Track & Field Championships, winning the 1,000 • Named to the ACC Academic Honor Roll.

Prep: Competed in track and field for three years • Played on his high school basketball and football teams • Placed 8th at New Balance Nationals in the pentathlon • Took first place in the shot put at the Nashville City Championships in 2016 • Runner-up at the Tennessee Outdoor State Championships in the decathlon • Gold Medals earner on the National German Exam for three years • Founded the Disc Golf and Outdoor Clubs at his high school • President of the Honor Council.

Personal: William Bailiff Eskew is the son of Susan and Joe Eskew • Born November 26.



BAILEY FREDERICK

**Junior
Pole Vault**
Waxhaw, N.C.
Marvin Ridge



Personal Records

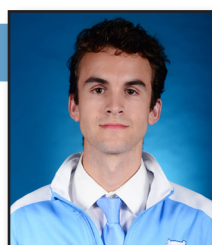
Pole Vault (I) - 15-10 ¾ (4.85 meters) • Pole Vault (O) – 16-1 (4.90 meters)

2017-18: Finished ninth at the ACC Outdoor Track & Field Championships with a height of 15-7 (4.75 meters) in the pole vault • Placed tenth at the indoor conference championships after clearing 15-3 (4.65 meters) • Named to the ACC Academic Honor Roll.

2016-17: Competed in the pole vault at the ACC Outdoor Track & Field Championships (NH) • Finished 11th in the pole vault at the indoor conference meet • Won the pole vault at the Doc Hale VT Elite • Named to the ACC Academic Honor Roll.

Prep: Helped his team to three state championships in 2014 and 2015 • 2016 NCHSAA 3A State Champion in the pole vault outdoors • Qualified for New Balance Nationals Indoor and Outdoor in 2015 and 2016 • Emerging Elite Indoor Champion in 2015 • Also played soccer for four years and helped his team to a state championship in 2013 • National English Honor Society • Founded Service Club at his high school to give high school students opportunities to give back to their communities.

Personal: Bailey Jordan Frederick is the son of Bob and Cindy Frederick • Born May 4 • Father ran cross country at Bucknell.



NICK GOLEBIOWSKI

**Graduate Student
Distance**
St. Cloud, Minn.
St. Cloud



NCAA EAST PRELIMINARY ROUND QUALIFIER • 2018 BIG EAST OUTDOOR CHAMPION • ALL-BIG EAST

Personal Records

XC 10k — 30:58.0 • XC 8.4k — 24:46 • XC 8K — 24:32 • 1,500m — 3:50.13 (O) •
Mile — 4:08.54 (I) • 3,000m — 8:16.3 • 5,000m — 14:22.65 (O) •
10,000m — 29:59.37 (O)

2018 XC: Finished 36th at the NCAA Southeast Regional for Carolina's top finish and set a new personal 10k record of 30:58.0 • Placed 36th at the ACC Championships, tying his career best 8k time • Took 16th at the Battle in Beantown while running a career-fastest 8k time of 24:32 • Also placed 47th at the Penn State National Open when Carolina's top four men finished within five seconds of one another.

2017-18 at Georgetown: Captured the 10,000 meter conference title at the Big East Outdoor Track & Field Championships • Set a new personal record in the 1,500 after running a second-place time of 3:50.13 at the Kehoe Twilight meet • Ran a career-best time in the 5,000 at the Penn Relays • Ran a PR time of 29:59.37 at the Stanford Invitational 10,000-meter race • Finished the 3,000 competition at the Dr. Sander Invitational Columbia Challenge in 8:16.33 • Competed in a quartet of meets during the cross country season • Finished 16th to earn Second Team All-BIG EAST honors at the conference cross country championships where the Hoyas clinched their third-straight team title • Recorded a 28th-place finish at the NCAA Mid-Atlantic Region Championships.

2016-17 at Georgetown: Opened his year at the Navy Invitational, an indoor meet • Finished eighth in the 5,000-meter run in a career-best time to score points for the Blue & Gray • During the outdoor season, managed a fourth-place showing, his best performance at a BIG EAST meet, in the 10,000-meter run in a career-best time.

2015-16 at Georgetown: Participated in three meets during the cross country season through the pre-national meet, including a 14th-place finish at the Paul Short Run • Turned in a 13th-place finish in the 5,000-meter finals with a PR at the BIG EAST indoor championships • Recorded a PR in the 10,000-meter finals to take 10th place at the BIG EAST outdoor championships.

2014-15 at Georgetown: Competed in two meets during the cross country season, opening with a 41st-place finish at the Harry Groves Spiked Shoe Meet (college section).

Prep: Finished second in the 3,200-meter run at the 2014 Minnesota Class A State Meet • Finished second in the 1,600-meter run at the 2013 Minnesota Class A State Meet • Finished third in the 1,600-meter run at the 2012 Minnesota Class A State Meet • Finished fourth at the 2012 Minnesota Class A State Cross Country Championships.

Personal: Nicholas Andrew Golebiowski is the son of Andy and Brigid Golebiowski • Born September 2 • Currently in his first year in the Kenan-Flagler Business School Masters of Accounting (MAC) Program.



Nick Golebiowski



KENAN HARTUNG

Freshman
Multis
Salisbury, N.C.
Gray Stone Day School




Personal Records
Pole Vault - 9-6 • 400m - 50.00 • XC 5k - 17:18.00

Prep: Two-time captain of the track & field team • Was a member of the 2016 outdoor track & field conference championship team • Named All-Region twice in outdoor track & field as a junior and a senior • Competed in outdoor track all four years and indoor track his final two • Also ran cross country as a senior after three years of soccer • Science Olympiad Club • AP Scholar • Graduated with Highest Honors.

Personal: Kenan Roger Hartung is the son of Christopher Hartung and Beverly Broadwell • Born January 18 in Salisbury, N.C. • His father threw javelin for UNC.



JESSE HUNT

Sophomore
Distance
Perth, Western Australia
Western Australia/
John Septimus Roe Anglican




Personal Records
XC 8.4k - 26:26 • XC 8k - 25:54.4 • XC 5k - 15:48.2 • 800m - 1:52.40 •
1,500m - 3:49.53 • 3,000m - 8:24.22 • 5,000m - 14:54.26

2018 XC: Finished 108th at the ACC Championships • Finished third in the open 5k race at the Battle in Beantown • Also competed in the Penn State National Open and the Charlotte Opener.

2017-18 at Western Australia: Was a 2017 Oceania Champion in Suva, Fiji • Zatopek Championship Silver Medalist in the 3,000 • Australian National Junior Medalist in the 800 • Six-time state champion and a 12-time state championship medalist • Six-time member of the state team for the national championships.

Prep: Received high school academic colors • Finished in the top ten percent of Australian high school students in his final year of studies.

Personal: Jesse Hunt is the son of Martin and Sara Hunt • Born July 28.



JOSEPH IBRAHIM

Junior
Multis
Clemmons, N.C.
West Forsyth




Personal Records
Heptathlon - 4,197 points • High Jump - 6-8 (2.03 meters) • 400m - 51.0

2017-18: Named to the ACC Academic Honor Roll.

2016-17: Competed once during the outdoor season at the Dennis Craddock Carolina Relays • Finished second in the heptathlon at the Clemson Tiger Paw Indoor with 4,197 points • Named to the ACC Academic Honor Roll.

Prep: Indoor and outdoor state champion in the high jump in 2016 • 2016 Indoor and Outdoor New Balance Nationals Competitor • Honors graduate • Earned a 3.95 unweighted GPA and a 5.0 weighted GPA • Member of the National, Math and Science Honor Societies.

Personal: Joseph Mohy Ibrahim is the son of Jehan Ibrahim and Mohy Hashem • Born January 25 • His parents were born in Egypt • He speaks fluent Arabic.



JADON JOHNSON

Sophomore
Sprints
Lewisville, Texas
Lewisville




Personal Records
200m - 21.6 • 400m - 47.09

2017-18: Helped the 4x400 relay qualify for the NCAA East Preliminary Round and finished 23rd (3:26.07) • Ran a leg of a 4x100 that finished in 40.33 and placed sixth at the ACC Outdoor Championships • Also finished 22nd in the 400 (49.07) • Earned second-team All-ACC honors at the indoor conference championships after running a leg of the second-place 4x400 relay that finished in 3:08.27 • Also placed 24th in the 400 at ACC Indoors with a time of 48.59 • Ran a leg of the fourth-fastest indoor 4x400 relay in school history (3:07.57) that placed second at the Music City Challenge • Finished first in the 4x400 relay at the Virginia Grand Prix with a time of 3:07.03 and helped the 4x100 finish in 40.09 to move into fifth all-time in the Carolina record books • Set a career record in the 200 in his first ever collegiate competition, running 22.51 for third at the Dick Taylor Carolina Cup • Ran a personal-best 400 time of 47.78 at the Virginia Grand Prix for fourth-place • Helped a 4x400 relay win the Miami Hurricanes Collegiate Invitational with a time of 3:08.56.

Prep: Twice finished top five in the state in the 400 • Track & field team captain • Also played running back and wide receiver for the football team • Earned A honors.

Personal: Jadon Myles Johnson is the son of Darrel Johnson and Cheryl Johnson • Born February 11 • Used to play the guitar and the drums.



CAROLINA



MARCUS KRAH

Redshirt Sophomore
Sprints/Hurdles
Durham, N.C.
Hillside



ALL-ACC • IAAF WORLD U20 CHAMPION • U.S. JUNIOR CHAMPION • HIGH SCHOOL NATIONAL CHAMPION

Personal Records

60H - 7.91 • 110H (39") - 13.25 • 110H (42") - 14.21 • 200m (O) - 22.58 • Long Jump (O) - 23-7 (7.19 meters) • Triple Jump (O) - 48-10 (14.88 meters)

2018-19: Krah represents the men's track & field team on the Student-Athlete Advisory Council.

2017-18: Earned second-team All-ACC accolades with a sixth-place finish and a time of 14.32 in the 110-meter hurdles at the ACC Outdoor Championships • Competed at ACC Indoors in the 60-meter hurdles, running 7.99 for 11th place • Ran a career-best 60H at the Notre Dame Invitational, finishing with the sixth-fastest time in UNC history of 7.91 • Ran the 200 at the Weems Baskin Relays in a personal record time of 22.58 • Won the Battle of the Blues 110H competition with a career-fastest time of 14.21 • Won his first ever collegiate race, finishing the 60H in a time of 7.92 at the indoor season opener • Represented the men's track and field team on the UNC Student-Athlete Advisory Council.

2016-17: Did not compete during the season.

Prep: 2016 IAAF World U20 110-meter hurdles Champion • U.S. Junior National Champion in the 110-meter hurdles • 10-Time NCHSAA 4A State Champion • New Balance Nationals Champion in the 110-meter hurdles • Began competing in track & field at five years old • Was a standout wide receiver for the Hillside football team • Founded the Impact Education Foundation- an initiative that aims to improve and advance public education in North Carolina • Honors student.

Personal: Marcus Krah is the son of Myer and Joanna Krah • Born October 30 • Father played professional soccer in Liberia • Mother attended the University of North Carolina • Older brothers played collegiate football.



MADIAS LOPER

Sophomore
Throws
Lithia Springs, Ga.
US Air Force Preparatory/Whitewater



Personal Records

Shot put - 54-2 1/2 • Weight Throw - 55-1 1/2 • Discus (1.6k) - 182-10 • Hammer Throw (12lb) - 187-3

Prep: Graduate of the United States Air Force Academy Preparatory School • USATF Indoor National Champion in the shot put • Four-time USATF All-America • Two-time AAU All-American • 2017 New Balance All-American in the shot put • Holds his high school records in all throwing events • Two-time state champion • Four-time Region Champion • Four-time County Champion • Georgia Athlete of the Year for Throws • Member of the GA All-Metro Track Team (All-State) • 2017 Wendy's Heisman Winner • Two-time Track & Field MVP • Two-time team captain • Served on the DECA Executive Board and as Club President • An Honor Graduate and a Science Olympiad • Member of the National Beta Club.

Personal: Madias Dionne Loper is the son of Vasna and Madias Loper • Born May 10 • His parents own their own throwing club, Peach State Throwers.



JARED MARTIN

Redshirt Junior
Javelin
Greensboro, N.C.
Page



NCAA EAST PRELIMINARY ROUND QUALIFIER • ALL-ACC

Personal Records

Javelin - 220-10 (67.31 meters)

2018-19: Martin represents the men's track & field team on the Student-Athlete Advisory Council.

2017-18: Qualified for the NCAA East Preliminary Round in the javelin throw, finishing with a mark of 185-2 (56.45 meters) • Set a personal best of 220-10 (67.31 meters) at the ACC Outdoor Championships to earn first-team All-ACC honors and a second-place finish • Won the javelin competition at the Miami Hurricanes Collegiate Invitational after throwing 211-3 (64.60 meters) • Named a USTFCCA All-Academic Individual • Named to the ACC Academic Honor Roll.

2016-17: Scored in the javelin at the ACC Outdoor Track & Field Championships, finishing eighth with a personal-best throw of 186-0 1/2 (56.70 meters) • First year ever on a track & field team or throwing a javelin • Was a 2016 Tar Heel Scholar-Athlete • Named to the ACC Academic Honor Roll.

2015-16: Member of the 2015-16 UNC Swimming and Diving Team • Named to the 2015-16 ACC Academic Honor Roll.

Prep: USA Swimming Scholastic All-America from 2013-15 • Metro 4A Conference Swimmer of the Year three straight years from 2013-15 • Page High School MVP from 2012-15 • Page record holder in 100-yard backstroke and 100-yard butterfly • Captain of 2015 team • Coached by Nicole Krasowski • National AP Scholar • North Carolina Academic Scholar • National Honor Society member • Mu Alpha Theta Math Honor Society • Student council member • Also played baseball in high school.

Personal: William Jared Martin is the son of Bill and Trish Martin • Born December 17 • Sister, Hannah, was a swimmer at Vanderbilt University • His father, uncle and six cousins were collegiate athletes • Member of Honors Carolina.



DANIEL MCARTHUR

Junior
Throws
Mooresville, N.C.
Mooresville



NCAA EAST PRELIMINARY QUALIFIER • 3-TIME ALL-ACC

Personal Records

Shot Put (I) - 60-1 1/4 (18.32 meters) • Shot Put (O) - 62-8 1/4 (19.11 meters) • Discus - 184-1 (56.10 meters) • Hammer Throw - 141-9 1/4 (43.23 meters) • Weight Throw - 54-7 (16.64 meters)

2017-18: Qualified for the NCAA East Preliminary Round in both the shot put and the discus throw • Finished 24th in the shot put with a mark of 59-6 1/4 (18.15 meters) • Earned second-team All-ACC accolades after throwing 56-9 1/4 (17.30 meters) for sixth in the shot put at ACC Outdoors • Also finished 17th in the discus at the outdoor conference championships • Won both of his events at the Miami Hurricanes Collegiate Invitational, throwing the shot put 59-5 1/4 (18.13 meters) and the discus 184-1 (56.10 meters), the latter being a personal record and the third-best mark in school history • Captured the shot put title at the Battle of the Blues, at the Raleigh Relays and at the UCF Black and Gold Challenge • Did not compete during the indoor season.

TAR HEELS

2016-17: Finished 27th in the shot put at the NCAA East Preliminary Round after injuring his hand at the ACC Outdoor Track & Field Championships • Earned second-team All-ACC honors in shot put at the outdoor conference meet after finishing fourth and throwing a personal-best 62-8 ¼ (19.11 meters) • That throw ranks second in UNC history • Also competed in the weight throw at the outdoor conference meet • Won the shot put at the Duke Invitational • Took fourth in the shot put at the ACC Indoor Track & Field Championships, earning second-team All-ACC honors with a personal-best 60-1 ¼ (18.32 meters) throw that ranks fifth in UNC history • Won the shot put and the discus at the Kent Taylor Invite • Also won the shot put at the Dick Taylor Carolina Cup.

Prep: Competed in four different sports during his high school career (football, lacrosse, track and field and wrestling) • Indoor state champion in the shot put • Indoor New Balance Nationals competitor • New Balance Nationals Outdoor qualifier • 3-Time Regional Champion • 2-Time All-Conference in track and field.

Personal: Daniel Patrick McArthur is the son of Jennifer and Richard McArthur • Born March 17 • Father played football and competed on the track and field team at NC State • Brother plays collegiate soccer at Mars Hill University.



JAKE McENEANEY

Redshirt Freshman
Distance
Naperville, Ill.
Neuqua Valley




Personal Records

XC 10k - 33:08.7 • XC 8.4k - 27:53 • XC 8k - 25:03.4 • XC 5k - 16:33.4 • 3,200m - 9:11 • Mile - 4:17.14 • 800m - 1:56.1

2018-19: McEneaney represents the men's cross country team on the Student-Athlete Advisory Council.

2018 XC: Competed in the Charlotte Opener.

2017-18: Did not compete during the indoor and outdoor seasons.

2017 XC: Finished 174th at the NCAA Southeast Regional • Took 73rd at the ACC Cross Country Championships • Competed in the final five meets of the season.

Prep: Earned all-state honors in cross country and the 1,600 as a senior. • Was a member of the 4x800 state championship team as a senior • Cross country team won the state championship and the Midwest Nike Regional in 2015 • Indian Prairie Scholar • Illinois State Scholar • Six-time academic all-conference.

Personal: Son of James and Kristi McEneaney • Born November 19 • Two-time USA Triathlon All-American • Two-time USA Triathlon All-American • Younger sister was a USATF national qualifier in cross country • Both parents have completed multiple IRONMAN races.



ALEX MILLIGAN

Junior
Distance
State College, Pa.
State College




NCAA EAST PRELIMINARY ROUND QUALIFIER

Personal Records

XC 10k - 31:13.1 • XC 8.4k - 25:47 • XC 8k - 24:28.8 • XC 6k - 18:56 • XC 5k - 16:08.1 • 3,000m (I) - 8:22.50 • 3,000m (O) - 8:21.81 • Mile - 4:10.12 • 1,500m - 3:44.69 • 800m (I) - 1:53.82 • 800m (O) - 1:52

2018 XC: Ended the season with three-straight performances as Carolina's second-best finisher • Placed 45th at the NCAA Southeast Regional • Bested his personal-best 8k time by over 45 seconds at the ACC Championships, finishing 32nd with 24:28.8 on the clock • Ran 25:47 for 43rd at the Penn State National Open • Also scored for Carolina in his first ever 8k race at the Battle in Beantown.

2017-18: Finished 15th at the NCAA East Preliminary Round with a 1,500 meter time of 3:45.55 • Headed into the ACC Outdoor Championship 1,500 final ranked sixth and finished the final in 3:49.73 for seventh-place • Ran a leg of the DMR that finished 12th at the ACC Indoor Championships and also completed the mile in 4:14.60 for 22nd • Won the Virginia Grand Prix 1,500-meter competition with a personal-best time of 3:44.69 • Set another career record at the Battle of the Blues, running the 3,000 in a time of 8:21.81 for seventh • Won the 1,500 at the Weems Baskin Relays with a time of 3:54.90 • Selected as a USTFCCA All-Academic Individual • Named to the ACC Academic Honor Roll.

2017 XC: Competed in the Elon Opener, taking ninth.

2016-17: Did not compete during the outdoor season • Set a personal best of 4:10.12 in the mile at the ACC Indoor Track and Field Championships, taking 14th • Also competed in the DMR at the ACC Indoor Championships • Had six top-10 finishes during the indoor season • Did not compete in cross country • Named to the ACC Academic Honor Roll.

Prep: Competed in track & field for all four years, cross country for three years and soccer for one • Captained his cross country team his senior year • 3-time state champion (1,600, and 4x800) • Helped guide his team to a PIAA State Championship • 3-time New Balance All-American in the 4x800 and the mile • Finished in the top ten percent of his class • Earned the Coaches' Award twice and the Principle's Award twice.

Personal: Alexander James Milligan is the son of Roberta and Michael Milligan • Born September 2 • Mother is a doctor at Penn State Hershey Medical • Father is a professor at Penn State University.



ROMAN MITCHELL

Freshman
Javelin
Garner, N.C.
Southeast Raleigh




Personal Records

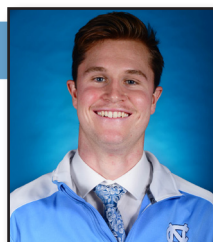
Javelin - 63.25m (207-6)

Prep: Six-time All-America • Set a new meet record to earn the title of 2015 New Balance Outdoor Champion • Four-time North Carolina state champion • 2017 American JavFest Champion (Boys HS Elite Division) • Earned 2017 New Balance Outdoors HS Nationals All-American honors after finishing in sixth place • Placed fifth at the 2017 Caribbean Scholastic Invitational in Havana and at the 2017 Iron Wood Throws in Coeur d'Alene, Idaho • Finished seventh at the 2017 New Balance Outdoor Nationals in the Championships Division • Set a new meet record to become the 2016 USATF Junior Olympic Boys 15-16 Champion • Placed third at the 2016 Dennis Craddock Carolina Relays at the 2016 Duke Invitational • Placed eighth at the 2016 Adidas Raleigh Relays • 2016 Campbell Invitational and Aggie Invitational Champion • 2015 New Balance Outdoor Nationals Champion in the Boys' Javelin (Jr. High Division) • Member of the NSAF Project Javelin Gold Team • Recipient of the Kappa Scholar Award in 2016 • Named to the Academic Honor Roll.

Personal: Roman Alexander Mitchell is the son of Natalie and Joseph Mitchell • Born September 19.



CAROLINA



BRODIE MODINI

**Redshirt Sophomore
Distance
Queensland, Australia
St. Andrew's Anglican College**



Personal Records

**XC 10k - 31:45.1 • XC 8k - 25:04 • XC 6k - 19:37 • XC 5k - 15:34.5 •
3,000m - 8:21.82 • Mile - 4:06.61 • 1,500m - 3:50**

2018 XC: Finished 69th at the NCAA Southeast Regional with a career-best 10k time of 31:45.1 • Came back from a mid-season injury to finish 79th at the ACC Championships • Set a personal record in the 8k at the Battle in Beantown, running 25:03.1 • Placed eighth at the Charlotte Opener.

2017-18: Ran a leg of the DMR that placed 12th at the ACC Indoor Track & Field Championships with a time of 10:09.31 • Did not finish the mile at ACC Indoors • Ran a personal-best mile time of 4:06.61 at the Music City Challenge for third-place honors • Set a new career record of 8:21.82 in the 3,000 meters at the Notre Dame Invitational, again finishing third • Won the 3,000 meter competition at the season-opening Dick Taylor Carolina Cup • Took first at the Art and Linda Maillet UNC Open after running a 4:13.21 mile • Did not compete during the outdoor season • Named to the ACC Academic Honor Roll.

2017 XC: Finished 192nd at the NCAA Southeast Regional • Took 95th at the ACC Cross Country Championships, finishing with an 8k personal best of 25:34.0 • Competed in every meet for the Tar Heels during the cross country season.

2016-17: Did not compete during the season • Named to the ACC Academic Honor Roll.

Prep: Bronze medalist in the 1,500 at the Commonwealth Youth Games • 5-time Australian Junior Champion in the 1,500 • Queensland State Open Champion • Cum Laude Award and Salutatorian • Top of subject in Chinese and P.E. • School prefect.

Personal: Brodie Alexander Modini is the son of Mary and Howard Modini • Born April 22.



IAN MOINI

**Sophomore
Distance
Princeton, N.J.
Pennington School**



Personal Records

**XC 10k - 33:09.3 • XC 8.4k - 26:39 • XC 8k - 25:03.1 • XC 5k - 15:36.1 •
5,000m (O) - 15:15.13 • 3,000m (I) - 8:43.58 • 3,000m (O) - 8:27.00 •
3,000m Steeplechase - 9:57.89 • Mile - 4:15.1 • 1,500m - 3:59.04**

2018 XC: Placed 145th at the NCAA Southeast Regional • Scored for Carolina at the ACC Championships, finishing 75th with a career record of 25:03.1 in 8k competition • Opened the season with a ninth-place finish at the Charlotte Opener.

2017-18: Set five new personal bests in his first season as a Tar Heel • Ran the mile in 4:26.15 for second-place at the UNC Open • Set a career record in the 5,000 at the Raleigh Relays and another in the 3,000 at the Battle of the Blues the following week • Finished the 3,000-meter steeplechase in a personal-best time of 9:57.89 at the Duke Invitational • Placed 16th at the Virginia Grand Prix, running a 3:59.04 for a career best 1,500 performance • Named to the ACC Academic Honor Roll.

2017 XC: Did not compete during the cross country season.

Prep: Won a combined five New Jersey Prep indoor state championships in the 800, 1,600, 3,200, and 4x400 • New Jersey Prep outdoor state champion in the

800 and 1,600 • New Balance Nationals EE mile champion in 2016 • New Balance Nationals qualifier in the indoor mile • Set school records in the 800, 1,600, mile and 3,200 • Was the cross country and track and field team captain as a junior and a senior • Competed in cross country during each year of high school, in indoor and outdoor track and field as a junior and a senior, and on the varsity hockey team as a freshman and a sophomore • Member of Model UN.

Personal: Ian Marshall Moini is the son of Laurie Barker and Ahmad Moini • Born May 29 • Favorite movie is "Love Guru."



JOSHUA MUKORO

**Sophomore
Sprints
Houston, Texas
Fort Bend Travis**



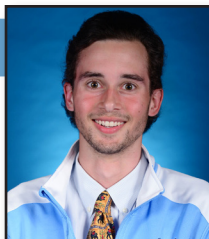
Personal Records

400m (O) - 48.46 • 200m (O) - 22.10

2017-18: Ran a personal record 200 time of 22.10 for 14th place at the Virginia Grand Prix • Finished 17th at the Virginia Challenge with a collegiate-best time of 50.23 in the 400.

Prep: 2017 New Balance Indoor Qualifier • Played point guard for his high school as a freshman • Only ran track as a junior and the summer before enrolling at Carolina.

Personal: Joshua Mukoro is the son of Emmanuel and Ekugbere Mukoro • Born October 24 • Born in Lagos, Nigeria • Has two younger brothers.



MARK MYERS

**Redshirt Sophomore
Distance
Lake Forest, Ill.
Lake Forest**



NCAA EAST PRELIMINARY QUALIFIER

Personal Records

**XC 10k - 31:38.9 • XC 8.4k - 26:37 • XC 8k - 24:34 • XC 6k - 18:57 • 10,000m -
30:27.05 • 5,000m (I) - 15:13.24 • 5,000m (O) - 14:52.84 • 3,200m - 9:24**

2018 XC: Finished 110th at the ACC Championships • Also competed at the Battle in Beantown and the Penn State National Open.

2017-18: Finished the 10,000 meter competition in 32:13.61 for 22nd at the ACC Outdoor Championships • Ran a career-fastest 10,000-meter race at the Raleigh Relays, clocking in at 30:27.05 • Set a personal record in the 5,000 at the Weems Baskin Relays with a fourth-place time of 14:52.84.

2017 XC: Finished 99th at the NCAA Southeast Regional with a personal-best 31:38.9 10k • Took 79th at the ACC Cross Country Championships • Competed in every cross country meet for the Tar Heels.

2016-17: Did not compete during the indoor or outdoor seasons • Placed 38th at the Adidas XC Challenge in his first collegiate cross country meet • Fastest 8k time of the season was at the ACC Cross Country Championships where he ran a time of 24:34 • Qualified for the NCAA Southeast Regional and placed 125th, clocking in at 32:10 • Finished 38th at the Adidas XC Challenge.

Prep: Competed on the track and field and cross country teams all four years • Team captain • 3-time Illinois All-State • Big 2 Little mentor • 2-time Honor Roll recipient.

Personal: Mark Kendrick Myers is the son of Suzanna and Mike Myers • Born November 14.

TAR HEELS



ONYEDIKACHI OHIA-ENYA

Freshman
Sprints
Tarrytown, N.C.
Hackley School



Personal Records

200m - 21.95 • 400m - 46.71

Prep: Ranked eighth in the nation in the 400 • NY State Federation 400m Runner-Up • Qualified for indoor nationals in the 400 • Broke the emerging elite SMR relay record at Nationals • New York State Association of Independent Schools Champion in the 200 and 400 • Eastern States Champion in the 200 and 400 • First-Team All-County and a Westchester All-Star in the 200 and 400 • Holds his high school's records in the indoor 300, 400 and 600 competitions as well as the outdoor 400 • Named the Hackley School Indoor and Outdoor Track and Field MVP • Also played soccer for 12 years and basketball for five seasons.

Personal: Onyedikachi Kenneth Ohia-Enya is the son of Roseline and Kenny Enya • Born April 29.



ISAIAH PALMER

Sophomore
Sprints
Plano, Texas
Liberty



NCAA EAST PRELIMINARY ROUND QUALIFIER • 3-TIME ALL-ACC

Personal Records

200m (O) - 21.78 • 400m (I) - 47.14 • 400m (O) - 46.55 • 600m - 1:17.70

2017-18: Qualified for the NCAA East Preliminary Round in the 400 and the 4x400 • Finished his NCAA prelim appearance with a personal-best time of 46.40 for a 17th-place finish in the 400 and a 4x400 relay time of 3:26.07 for 23rd • Captured two first-team All-ACC honors at his first ever ACC Outdoor Championships, including a conference championship title in the 4x400 relay that ran a time of 3:07.66 • Also ran a third-place time of 46.55 in the 400 and a leg of the sixth-place 4x100 relay that finished in 40.33 at ACC Outdoors • Earned second-team All-ACC accolades after placing second in the ACC Indoor Championship 4x400 with a time of 3:08.27 • Ran the 400 in 47.51 at ACC Indoors for 11th place • Won two events at the Notre Dame Invitational, setting a new career record of 1:17.70 in the 600 and helping the 4x400 finish in 3:09.73 • Took home two first-place finishes at the Battle of the Blues, running the 400 in a time of 47.03 and clocking a total time of 40.63 in the 4x100 relay • Also helped the 4x400 line-up at the Miami Hurricanes Collegiate Invitational win the event in a time of 3:08.56 • Helped both the 4x100 and 4x400 relays win at the Virginia Grand Prix in times of 40.09 and 3:07.03, respectively, which moved Palmer and the rest of the 4x100 relay into fifth all-time at UNC • Named to the All-ACC Academic Team for the indoor season.

Prep: 4-time 400m & 4x400m district champion • 2017 UIL 5A 400m runner-up • Competed with Frisco Burner Nation from 2014-17 • Made the honor roll every year.

Personal: Isaiah Gabriel Palmer is the son of Duane Ephrain Palmer and Celina Palmer-Ruliffson • His stepfather is Jon Ruliffson • Born July 17 • Played wing for the Plano Rugby Club from 2011-14 • Plays the trumpet.



ZAY PASCHALL

Senior
Sprints/Jumps
Carlisle, Pa.
Carlisle



NCAA EAST PRELIMINARY ROUND QUALIFIER • 3-TIME All-ACC

Personal Records

Long Jump (I) - 24-2 ½ (7.38 meters) • Long Jump (O) - 25-0 ½ (7.63 meters) • Triple Jump (I) - 51-1 ¾ (15.59 meters) • Triple Jump (O) - 50-7 ½ (15.43 meters)

2017-18: Qualified for the NCAA East Preliminary Round in both the long jump and the triple jump, finishing with marks of 22-11 ¾ (7.00 meters) and 49-1 ½ (14.97 meters) • Earned second-team All-ACC honors in the triple jump at the ACC Indoor Championships with a sixth-place mark of 50-7 ¾ (15.42 meters) • Also jumped 23-4 (7.11 meters) in the long jump at conference indoors • Finished 10th in the triple jump, 49-1 ¾ (14.98 meters), and 11th in the long jump, 23-4 (7.11 meters), at ACC Outdoors • Won the long jump at the Virginia Grand Prix, 24-7 ¾ (7.51 meters).

2016-17: Finished 38th in the long jump at the NCAA East Preliminary Round • Earned second-team All-ACC honors, taking fifth in the long jump at the ACC Outdoor Track & Field Championships • Also competed in the triple jump at the outdoor conference meet (NP) • Ran a leg of the 4x100 that took first at the Virginia Grand Prix and jumped a personal-best 25-0 ½ (7.63 meters) in the long jump that ranks fifth in Carolina history • Took first in the long jump at the Battle of the Blues • Also took fifth in the long jump at the indoor conference meet to earn second-team All-ACC honors; finished 12th in the triple jump • Won the triple jump at the Doc Hale VT Elite, setting a personal best of 51-1 ¾ (15.59 meters), a mark that ranks fifth in UNC history.

2015-16: Placed 19th in the long jump and 14th in the triple jump at the ACC Outdoor Track & Field Championships • Placed third in the Battle of the Blues in the long jump • Took third in the triple jump at the Iowa State Classic • Finished 12th in the triple jump at the ACC Indoor Track & Field Championships.

Prep: Competed in track and field while also playing football for two years as a wide receiver and safety • 2-time Mid-Penn champion • 2-time district champion • 2015 Pennsylvania Indoor State Champion in the triple jump • Helped lead his team to two-straight conference titles, two-straight district titles and a runner-up state championship finish • Named a national elite as as Junior Olympics competitor • New Balance Nationals Competitor • Broke the school record in the long jump, triple jump, 55-meter dash, 60-meter dash, and 4x100 • Helped lead his football team to an undefeated season and a Midwest National Championship while starting at running back and safety/linebacker at age 13 years old • Honor roll student.

Personal: Isa "Zay" Shamir Paschall is the son of Marilyn McFadden and Harry Paschall • Born November 6 • He is ambidextrous • Oldest of three siblings • His uncle competed in the Penn Relays • His grandfather was on the cross country, track & field and basketball teams at La Salle • Grandmother sprinted in the Junior Olympics.



DREW PEDERSEN

Senior
Pole Vault
Apex, N.C.
Apex



Personal Records

Pole Vault - 16-5 (5.00 meters) • Javelin - 130-7 ¾ (39.82 meters)

2017-18: Finished fourth in the pole vault at the UNC Open with a height of 14-5 ¾ (4.40 meters) • Cleared 13-11 ¾ (4.25 meters) for ninth at the UCS Invitational.

2016-17: Threw javelin during the outdoor season • Took second in the pole vault at the Doc Hale VT Elite • Named a 2016 Tar Heel Scholar-Athlete and to the ACC Academic Honor Roll.

2015-16: Had a season-best clearance at the ACC Indoor Track & Field Championships where he finished 12th • Took second in the vault at the Battle of the Blues • Named to the ACC Academic Honor Roll.

Prep: Set a North Carolina state outdoor pole vault record clearing 16-5 in 2014 • 2014 North Carolina High School 4A Outdoor State Champion in the pole vault • 4-time National Qualifier • 2-time NCHSAA runner up • 2014 News & Observer Men's Track and Field Player of the year • MileSplit Performer of the Week • Member of the National Honors Society • Key Club member • Earned academic all-conference for four years • Played football for three years and wrestled for one.

Personal: Andrew "Drew" Timothy Pedersen is the son of Cindy and Doug Pedersen • Born February 24.



CONNOR PEEPLES

Redshirt Sophomore
Distance
Raleigh, N.C.
Cardinal Gibbons




Personal Records
Mile – 4:15 • 1,500m – 3:54.76 • 800m – 1:52.22

2018-19: Peeples represents the men's cross country team on the Student-Athlete Advisory Council.

2018 XC: Did not compete during the cross country season.

2017-18: Ran a college-best mile time of 4:17.52 for seventh-place at the Notre Dame Invitational • Collected three sixth-place finishes, including two in the 800 and one in the 1,500 • Named to the ACC Academic Honor Roll.

2017 XC: Did not compete during the cross country season • A representative of the men's cross country team on the UNC Student-Athlete Advisory Council.

2016-17: Competed in the 800 at the ACC Outdoor Track and Field Championships, taking 23rd and setting a personal-best 1:52.22 • Set his personal-best 3:54.76 in the 1,500 at the Virginia Grand Prix • Did not compete during the indoor or cross country seasons • Named to the ACC Academic Honor Roll.

Prep: 1000 NCHSAA 4A Indoor State Champion • Led his high school to a NCHSAA 4A Cross Country State Championship • Specialized in the 800 and mile • Was a team captain • Played football and basketball for one year • National Honor Society Member • AP Scholar with Distinction.

Personal: Connor James Peeples is the son of Christine and Ken Peeples • Born May 6.



LUKE PETERSON

Junior
Distance
Treasure Island, Fla.
Shorecrest Preparatory School




Personal Records
XC 8.4K – 26:33 • XC 8k – 25:25.7 • XC 6k – 19:28 • XC 5k – 15:55.4 • Mile – 4:14.03 • 1,500m – 3:58.51 • 800m (I) – 1:55.04 • 800m (O) – 1:53.21

2018-19: Peterson represents the men's cross country team on the Student-Athlete Advisory Council.

2018 XC: Set a new personal record at the ACC Championships, running the 8k course in 25:25.7 • First improved his 8k time at the Battle in Beantown earlier in the season.

2017-18: Ran a leg of the DMR that ran a time of 10:09.31 for 12th-place honors at the ACC Indoor Championship and finished the mile in a time of 4:15.58 for 26th • Ran a personal-best 1,500 at the Raleigh Relays, clocking in at 3:58.51 • Finished the 800 at the Duke Invitational with a new career record of 1:53.21 • Named to the ACC Academic Honor Roll.

2017 XC: Competed in five meets during the cross country season • Finished 109th at the ACC Cross Country Championships • A representative of the men's cross country team on the UNC Student-Athlete Advisory Council.

2016-17: Did not compete during the outdoor season • Set his personal-best 4:14.03 while finishing 21st in the mile at the ACC Indoor Track and Field Championships, also competed in the DMR • Set his personal-best 1:55.04 in the 800 at the Notre Dame Invitational • Did not compete in cross country • Named to the ACC Academic Honor Roll.

Prep: School record holder in the 800, 1,600, 3,200, 5k and 4x800 • 10-time state medalist • 3-time State Champion (800, 1,600, and 4x800) • 2015 Cross Country state runner up • Captained his team his last two years • Also played soccer in high school • National Honor Society Vice President • Mu Alpha Theta Vice President • Spanish National Honor Society • Cum Laude society • Made the Headmaster's list with a 4.68 GPA.

Personal: Luke Andrew Peterson is the son of Andy and Janet Peterson • Born April 4 • Has been playing the piano for 11 years • An avid Seattle Seahawks fan.



CARSON PLEDGER

Sophomore
Sprints/Jumps
Charlotte, N.C.
Mountain Island Charter




Personal Records
Long Jump (I) – 20-0 ½ (6.11 meters) • Long Jump (O) – 21-3 (6.68 meters) • Triple Jump (I) – 43-2 ½ (13.18 meters) • Triple Jump (O) – 46-2 (14.07 meters)

2017-18: Opened his collegiate career with a new personal-best mark of 20-0 ½ (6.11 meters) in the long jump and also finished second in the triple jump at the Dick Taylor Carolina Cup • Jumped 43-6 ½ (13.27 meters) to finish 13th in the Duke Invitational triple jump competition • Named to the ACC Academic Honor Roll.

Prep: New Balance Nationals competitor • 2017 1A outdoor triple jump runner-up • 2-time 1A Southern Piedmont Conference triple jump champion • 2017 1A West Regional triple jump & long jump champion • Named to the all-conference and all-region teams as a senior • Broke the conference triple jump record • Set new school records in the long jump, triple jump, 300H, 400 and 4x400 • Named Milesplit US Second Team Silver Standard as a senior • Competed in track and field as a junior and a senior • Competed in cross country all four years, played basketball from freshman to junior year, was a wide receiver, punter and kicker of the football team for three years and played soccer as a freshman • Was team captain for each sport and each year he competed • Was named to the Charlotte Observer's All-Observer First Team as a punter • Was Valedictorian with a 5.23 GPA and the National Honor Society VP.

Personal: Carson Joseph Pledger is the son of Joe and Kelly Pledger • Born April 29 • Both of his parents are Carolina graduates.

TAR HEELS



MITCH RESOR

**Junior
Distance
Charlotte, N.C.
Weddington**



Personal Records

XC 10k – 32:54.4 • XC 8.4k – 25:48 • XC 8k – 24:35 • XC 5k – 15:23 • 5,000m (I) – 14:54.34 • 5,000m (O) – 14:47.46 • 3,000m – 8:26.44 • Mile – 4:16 • 1,500m – 3:59.96

2018 XC: Placed 133rd at the NCAA Southeast Regional • Finished the ACC Championship 8k in 80th • Was one of Carolina's top-three finishers in each of his regular season appearances • Took third at the Charlotte Opener, matching his personal-best 5k time • Clocked another career best at the Battle in Beantown and ran the 8k course in 24:34.2 for 20th.

2017-18: Finished the 3,000 at the ACC Indoor Track & Field Championships in a time of 8:43.57 for 36th • Won the mile at the Dick Taylor Carolina Cup, crossing the finish line in a personal-best 4:16.13 for fourth • Ran the 3,000 in career-record timing, clocking in at 8:26.44 to place 16th at the Clemson Bob Pollock Invitational • Also set a new personal record in the 5,000 at the Weems Baskin after finishing second with a time of 14:47.46 • Took first in the UNC Open 5,000-meter competition.

2017 XC: Finished 113th at the NCAA Southeast Regional • Took 77th at the ACC Cross Country Championships • Was the top finisher for the Tar Heels in the first two meets of the season, taking fifth at the Elon Opener and second in the Mountains to Sea Open • Earned ACC Freshman of the Week honors on September 20 after leading Carolina to a Mountains to Sea Open victory.

2016-17: Set his personal-best 14:54.34 in the 5,000 at the Raleigh Relays • Ran the 1,500 at the Battle of the Blues, finishing in 3:59.96 • Set his personal-best 8:38.17 at the Dennis Craddock Carolina Relays • He had four top-10 finishes during the year • Did not compete in cross country.

Prep: Competed on the track and field and cross country teams all four years • 6-time NCHSAA State Champion • Helped lead his cross country team to a third-place finish at 2015 NXR South East.

Personal: Jerry Mitchell Resor is the son of Cissy and Jerry Resor • Born May 13.



YAW SACKEY

**Junior
Throws
Apex, N.C.
Porter Ridge**



Personal Records

Shot Put (O) – 47-7 ½ • Discus (O) – 137-6

2017-18: Threw for personal records in both of his collegiate appearances • Finished third in the discus throw with a mark of 132-10 (40.48 meters) at the Battles of the Blues • Placed fifth in the shot put at the Art and Linda Mallet UNC Open.

2016-17: Member of the UNC Club Track & Field team.

Prep: Set school records for indoor and outdoor shot put at Porter Ridge • 4-time all-conference selection • Also played football as a wide receiver and defensive end for four years • A/B Honor Roll all four years • Member of the National Honor Society and the National Math Honor Society • Graduated Magna Cum Laude

Personal: Yaw Sackey is the son of Sam and Ekua Sackey • Born September 18 • Was born in Accra, Ghana.



RYAN SAINT-GERMAIN

**Sophomore
Sprints
Jacksonville, Fla.
Paxon School**



Personal Records

200m – 21.21 • 400m – 47.18

2017-18: Finished the 200 in 21.61 for 22nd at the ACC Outdoor Championships • Ran a leg of the DMR that placed 12th at the ACC Indoor Championship meet with a time of 10:09.31 • Ran a personal-best 200 time at the UCF Black and Gold Challenge, clocking in at 21.52 • Placed eighth at the Virginia Grand Prix in the 400 after finishing the lap in a career-record time of 48.15 • Kicked off the 4x400 relay that ran the fourth-fastest time in UNC history, clocking in at 3:07.57 at the Music City Challenge • Helped the 4x100 relay capture the Battle of the Blues title in 40.63 • Won his first collegiate 200 race with a time of 22.46.

Prep: 3-time All-Conference • Helped his team to a runner-up finish in the state championship meet as a sophomore • Took fifth in the 400 at the state championships as a senior • 2017 Golden South 200 and 4x400 champion • Graduated Magna Cum Laude.

Personal: Ryan Christian Saint-Germain is the son of Rosemond Saint-Germain and Madelyne Saint-Germain • Born June 20 • His two younger sisters also compete in track & field.



DARRYL SHAW

**Senior
Jumps
Fayetteville, N.C.
Jack Britt**



NCAA EAST PRELIMINARY ROUND QUALIFIER • 2-TIME ALL-ACC • 2-TIME USTFCCCA ALL-ACADEMIC INDIVIDUAL

Personal Records

Long Jump (I) – 22-11 (6.99 meters) • Long Jump (O) – 23-5 (7.14 meters) • Triple Jump (I) – 51-3 ¾ (15.64 meters) • Triple Jump (O) – 51-8 ¾ (15.76 meters)

2017-18: Set a new personal record if 51-3 ¾ (15.64 meters) in the indoor triple jump at the Clemson Bob Pollock Invitational for a runner-up finish • Won his first competition of the season, jumping 49-1 (14.96 meters) in the triple jump at the Dick Taylor Carolina Cup • Captured the triple jump title with a mark of 49-0 ¾ (14.95 meters) at the Battle of the Blues while also earning second in the long jump • Named a USTFCCCA All-Academic Individual • Earned All-ACC Academic Team honors for the indoor season • Named to the ACC Academic Honor Roll.

2016-17: Finished 18th in the long jump at the NCAA East Preliminary Round • Finished third and set a personal-best 51-8 ¾ (15.76 meters) in the triple jump at the ACC Outdoor Track & Field Championships, earning first-team All-ACC honors • That jump ranks fifth in UNC history • Also finished 11th in the long jump at the outdoor conference meet • Set a personal best in the long jump of 23-5 (7.14 meters) at the Virginia Challenge, taking first • Earned second-team All-ACC honors in the triple jump, taking sixth at ACC Indoor Track & Field Championships • Also finished 12th in the long jump at the indoor conference meet • Moved into fourth place in school history with his 51-2 ¾ jump at the Clemson Tiger Paw Indoor • Won the triple jump at the Dick Taylor Carolina Cup • Named a 2016 Tar Heel Scholar-Athlete • Named to the All-ACC Academic Team for the indoor and outdoor seasons • USTFCCCA All-Academic Individual • Named to the ACC Academic Honor Roll.

2015-16: Scored a point for the men's team in the triple jump at the ACC Outdoor Track & Field Championships, placing eighth • Took 15th in the long jump at the outdoor conference meet • Won three events throughout the year • Made the

CAROLINA

finals of the triple jump at the ACC Indoor Track & Field Championships and finished ninth • Took 16th in the long jump at the indoor conference meet • Jumped 50-3 ¼ (15.32 meters) in the triple jump at the Doc Hale VT Elite taking third in the event • Placed first in the triple jump at the Dick Taylor Carolina Cup • USTFCCA All-Academic Individual • Named to the ACC Academic Honor Roll.

Prep: 2015 North Carolina 4A Indoor and Outdoor State Champion in the triple jump • Played football for three years as a defensive back • Earned 2014 defensive back of the year in his conference • Earned all-conference in football • 4.6 GPA in high school • Attended governor's school • Member of the National Honor Society.

Personal: Darryl Sean Shaw Jr. is the son of Darryl and Pamela Shaw • Born January 31 • Mother was all-state in high school track and field • Can solve a Rubik's Cube in less than 25 seconds.



TRISTAN SHELGREN

**Freshman
Distance
Kingsburg, Cali.
Kingsburg**



Personal Records

XC 5k - 15:10 • 1,600m - 4:15 • 3,200m - 9:10

2018 XC: Did not compete during the cross country season.

Prep: 2017 Massachusetts Indoor Mile Champion • 2017 New England Mile Champion • Massachusetts Gatorade Cross Country Runner of the Year • Won the Foot Locker XC Northeast Regional in 2016 • Earned All-America honors in the steeplechase • Captained the high school cross country team for two seasons • 9-time Catholic Conference All-Star • Holds the school records in both the indoor and outdoor mile.

Personal: Tristan Robert Shelgren is the son of Steven and Robin Shelgren • Born July 16.



DONTAVIAN SMITH

**Sophomore
Sprints
Roxboro, N.C.
Person**



Personal Records

60m - 6.80 • 100m - 10.47 • 200m (I) - 21.85 • 200m (O) - 21.02

2017-18: Ran the fifth-fastest time in UNC history in the 60-meter preliminaries, clocking in at 6.80 to tie for third all-time at Carolina and for an eighth seed in the final at the ACC Indoor Championships • Finished eighth with a final time of 6.91 • Also competed in three ACC Outdoor Championship events, including a sixth-place 4x100 time of 40.33, a seventh-place 200 time of 21.31 (WA), and a 12th-place 100 time of 60.67 • Captured three titles at the Virginia Grand Prix after setting a new personal record of 21.02 in the 200, clocking 10.50 in the 100 and running a leg of the 4x100 that finished with fifth-fastest time in school history (40.09) • Also ran a career-fastest 100 time of 10.47 at the Miami Hurricanes Collegiate Invitational • Won both of his events at the Battle of the Blues with times of 10.48 in the 100 and 40.63 in the 4x100.

Prep: 2-time All-America • 2016 AAU Indoor 60m & 200m champion • 2016 NCHSAA 4A 200m state champion • 3-time NCHSAA 4A all-state • Played wide receiver and kick returner for Person's football team • Member of the National Honor Society • Graduated with honors.

Personal: Dontavian Tiyae Smith is the son of Chad Raglin and Latoya Smith • Born December 3 • He wants to recognize Willie and Careatha Williams for playing such a large role in his life.



JOEY SOUZA

**Redshirt Junior
Jumps
Kingsburg, Cali.
Kingsburg**



2-TIME NCAA PRELIMINARY ROUND QUALIFIER

Personal Records

**Long Jump - 25-7, WA (7.80 meters) 25-3 ½, WL (7.71 meters) •
60m - 6.92 • 100m - 10.69 • 200m - 22.01**

2017-18: Did not compete during the indoor and outdoor seasons.

2016-17: Finished 15th in the long jump at the NCAA East Preliminary Round • Took 10th in the long jump and ran a leg of the 4x100 that finished fifth at the ACC Outdoor Track & Field Championships • Won the long jump with a personal best 25-3 ½ (7.71 meters) that is tied for third in school history and helped the 4x100 to a victory at the Virginia Grand Prix • Finished 21st in the long jump at the ACC Indoor Track & Field Championships • Won the long jump at the Dick Taylor Carolina Cup • Competed in the 60 four times.

2015-16: Finished 33rd at the NCAA East Preliminary Round in the long jump • Placed sixth in the long jump at the ACC Outdoor Track & Field Championships • Placed ninth in the long jump at the indoor conference meet • Named to the ACC Academic Honor Roll • Competed in the long jump and once in the 100m.

Prep: Competed in the long jump, 100, 200 and 4x100 • Helped his track and field team earn a conference championship in 2013 and '14 • State runner-up in the long jump • Competed at the California state meet all four years • Competed in junior nationals during his junior year of high school • Maintained a 3.0 GPA throughout his entire high school career.

Personal: Joey Johnathan Souza is the son of Joey and April Souza • Born August 18 • He's the first person in his family to go to college.



MATT THORNTON

**Junior
Distance
Cary, N.C.
Cary**



Personal Records

**XC 10k - 31:39.1 • XC 8.4k - 26:01 • XC 8k - 24:58.8 • XC 6k - 18:53 •
10,000m - 30:57.32 • 5,000m - 14:48.02 • 3,000m - 8:35.40 • Mile - 4:23**

2018 XC: Placed 93rd at the NCAA Southeast Regional • Finished 71st at the ACC Championships, setting a new personal record of 24:58.8 in 8k competition • Scored points for Carolina in both the Charlotte Opener (11th) and the Penn State National Open (59th).

2017-18: Set a new personal record in the 3,000 after finishing in 8:35.40 at the Clemson Bob Pollock Invitational • Ran a career-best 10,000-meter race at the Virginia Challenge, clocking in at 30:57.32 • Named to the ACC Academic Honor Roll.

2017 XC: Finished 100th at the NCAA Southeast Regional • Took 78th in the ACC Cross Country Championships with a personal best 25:09.8 • Finished in the top six for the Tar Heels in each meet.

2016-17: Set his personal-best 8:38.57 in the 3,000 at the Dennis Craddock Carolina Relays • Ran the 5,000 in 14:48.02 at the Raleigh Relays • Competed in five meets during his opening season with the Tar Heels • Kicked off the season at the Adidas XC Challenge where he placed 34th, clocking in at 18:53 • Ran a personal best of

TAR HEELS

2019 Tar Heel Profiles

25:51 at the ACC Cross Country Championships to take 103rd place • Finished 199th at the Nuttycombe Wisconsin Invitational • Named to the ACC Academic Honor Roll.

Prep: Team captain and 4-time All-Conference • 3-time All-Metro • 2-time All-Region • All-State recognition • National Honor Society member • Member of the Speech and Debate clubs • An Eagle Scout • Junior Marshal.

Personal: Matthew McCombs Thornton is the son of Peter Thornton and Kim McCombs-Thornton • Born January 5.



QHIYAL TOWNS

Freshman Sprints
Newport News, Va.
Heritage



Personal Records

55m - 6.34 • 100m 10.51 • 200m - 21.33 • 400m - 48.44

Prep: Ranked sixth in the nation in the 60 • AAU Junior Olympic All-American • Four-time state champion • Holds the Virginia 4-A State records in the 55 and the 100 • Was a member of the high school track team for three years after playing one season of varsity basketball.

Personal: Qhiyal Lcon Towns is the son of Carolyn and Quintin Towns • Born November 20.



BRANDON TUBBY

Junior Distance
Hillsborough, N.J.
Penn State/Hillsborough



Personal Records

XC 10k - 31:46.4 • XC 8.4k - 26:48 • XC 8k - 26:11 • XC 6k - 18:53 • XC 5k - 16:29.1 • 5,000m (O) - 14:48.81 • 3,000m (I) - 8:27.67 • Mile - 4:10.46 • 1,500m - 3:46.45 • 800m (O) - 1:53.36

2018 XC: Set a personal record in 8k competition at the Battle in Beantown • Completed in each of the three regular season meets.

2017-18: Finished 25th in the 1,500 and 33rd in the 5,000 at the ACC Outdoor Championships with respective times of 3:56.60 and 15:44.07 • Ran a personal-best 5,000 at the Raleigh Relays after finishing the event in a time of 14:59.73 • Placed fifth at the Virginia Grand Prix with a career record of 3:46.45 in the 1,500 • Did not compete in the indoor season • Named to the ACC Academic Honor Roll.

2017 XC: Competed in the ACC Cross Country Championships (DNF) • Ran an 8k personal best of 26:18.16 in the Louisville Classic.

2016-17 at Penn State: Competed in the 1,500 and the 5,000 outdoors • Finished 17th in the mile at the Big Ten Indoor Track & Field Championships • Also competed in the 3,000 during the indoor season • Finished 49th at the NCAA Mid-Atlantic Regional Championships in 31:46.4 • Placed 85th at the Big Ten Cross Country Championships in 26:34.6 • Earned Penn State cross country freshman-of-the-year honors.

Prep: Somerset County XC Team Championship as a senior • Cross country county champion • Top 12 at the Meet of Champions • All-Group Four first team • All-state second team • Thompson Park school record holder • Skyland Conference/Somerset county record in the 1,600 and 3,200 • Conference, county and Group Four meet champion in the 1,600 • Two-time Group Four outdoor champion in the 1,600 • All-America at the New Balance Indoor Nationals in the mile • Earned

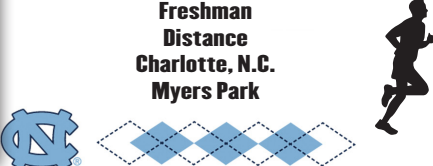
track/cross country MVP honors six times • Named the Hillsborough High School senior male athlete of the year • Earned the Hillsborough High School Outstanding Achievement in English Scholarship Award.

Personal: Brandon Douglas Tubby is the son of Doug and Michele Tubby • Born April 27.



MARSHALL WILLIAMSON

Freshman Distance
Charlotte, N.C.
Myers Park



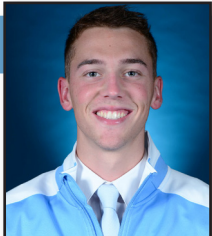
Personal Records

XC 5k - 15:48 • 3,200m - 9:17 • Mile - 4:24

2018 XC: Did not compete for Carolina during the cross country season.

Prep: All-State recognition in cross country and track (3,200m) following his senior year • 3-time team captain of the cross country team • 2-time team captain of the track and field squad • Ran cross country all four years of high school and competed primarily in the 1,600 and the 3,200 in track for three years • Played midfield for his high school lacrosse team for one season • Graduate of the IB program • Recipient of the Myers Park High School 'Most Athletic' award in 2018 • An Eagle Scout.

Personal: Marshall Pickens Williamson is the son of Marshall and Andrea Williamson • Born June 14.



HARRISON YOUNG

Junior Sprints
Chapel Hill, N.C.
Chapel Hill



Personal Records

200m - 22.6 • 400m - 49.12

2017-18: Ran a leg of the 4x400 that placed second at the Dick Taylor Carolina Cup with a time of 3:18.66 • Also competed in the 400 at the Carolina Cup and finished in 51.57 for seventh • Named to the ACC Academic Honor Roll.

2016-17: Set a personal best of 49.12 in the 400 at the Notre Dame Invitational, taking 10th • Helped the 4x400 squad to wins at the Battle of the Blues • Helped the 4x400 win the Dick Taylor Carolina Cup • Named to the ACC Academic Honor Roll • Named to the Dean's List in the fall and spring.

Prep: Captained his track and field team for two years and earned team MVP • Led the team to county, conference and regional titles • Named Conference Runner of the Year in 2016 • 7-time conference champion and 4-time county champion • Academic All-Conference all four years • State finalist in the 400 in 2015 and 2016 • Holds school records in the 300, 400 and 500 • Played wide receiver for three years • President and co-founder of school's UNICEF club • Given the high school athletic booster club's male scholar athlete award • National Honor Society, National French Honor Society and Tri-M Music Honor Society member.

Personal: Harrison John Young is the son of Kelly and Randy Young • Born October 28 • Father ran track and played football at Dartmouth College • Grandfather played football at UNC • Sister, Alexa, ran track at Emory.

CAROLINA



NICOLE BARNES

**Freshman
Sprints/Hurdles/Jumps
High Point, N.C.
T.W. Andrews**



Personal Records

60m – 7.69 • 60H – 8.57 • 100m – 12.04 • 100H – 13.65 • Long Jump – 19-0

Prep: 13-time 2A state champion • Holds three state titles in the long jump • Two-time state champion in the 55-meter, 100-meter hurdles, and triple jump • Also earned one state title in the 100-meter, 55-meter hurdles, 300-meter hurdles, and the 4x100 relay

Personal: Nicole Dametria Barnes is the daughter of Janelle and Earl Barnes • Born September 26.



CHARLOTTE BASSETT

**Redshirt Freshman
Distance
Melbourne, Australia
The MacRobertson Girl's
High School**



Personal Records

XC 6k – 21:24 • 3,000m – 9:54

2018 XC: Finished 117th at the NCAA Southeast Regional with a personal best time of 21:59.8 • Placed 84th at her first ACC Cross Country Championships • Made her first appearance in collegiate competition at the Penn State National Open.

2017-18: Did not compete during the indoor and outdoor seasons.

2017 XC: Did not compete during the cross country season.

Prep: Two-time Victorian State Cross Country Champion • Two-time Victorian State Track Champion in the 3,000 • Two-time Victorian State School Champion in the 1,500 • 2016 U20 Australian Cross Country Championships 6k Runner-Up • Finished third in the 4k at the U18 Australian National Cross Country Championships • Victorian State Schools (17-20 years) Cross Country Champion in the 3k • Recipient of a General Excellence Award.

Personal: Charlotte Bassett is the daughter of Julie and Lindsay Bassett • Born October 6.



OLIVIA BENE

**Freshman
Distance
Greensboro, N.C.
Northern Guilford**



Personal Records

XC 5k – 19:54 • XC 6k – 23:35.5 • 800m – 2:13.75 • 1,600m – 5:27.77

2018 XC: Finished 124th at the ACC Championships • Competed in both the Battle in Beantown and the Penn State National Open.

Prep: New Balance Nationals Outdoor Qualifier • Anchored the 4x800 relay that finished second at the outdoor state championships and ran the second leg of the runner-up 4x400 relay • Finished third at state in the 800 • Helped her high school track team finish third at the outdoor state competition • Holds her high school records in the 800, 1000, 4x400, and 4x800 • Captained the cross country, track and swim teams all four years • Also excelled in the pool • North Carolina Zone Swim Team Qualifier • Back-to-back MVP of her conference swim meet • Finished second in the 200-meter free relay at the swimming state championships • Holds the school record in the 200-meter free relay, 200-meter medley relay, 100-meter breaststroke, and 400-meter free relay • AP National Scholar with Distinction • Member of the National Honors Society and the National Arts Honors Society • Recipient of the Service Learning Diploma for completing over 450 hours of community service • Leader of the ELDA Club (Embracing Leadership and Diversity in Athletics) • President of the Art Club • Honorable Mention in the Congressional Arts Competition.

Personal: Olivia Marilyn Bene is the daughter of Lisa and George Bene • Born August 3 • Began competing for a year-round USA Swimming Club at age six • Her father is a 10-time Boston Marathon qualifier and a two-time Ironman World Championship qualifier • Her mother also has a couple half marathons under her belt and ran the Chicago Marathon in 2010 • Her parents competitively raced cars in the 1990s • Her older brother Jacques is attending Guilford Technical Community College to earn his Journeyman's Certificate and Associate's Degree for Metal Manufacturing and currently works for a machining company called MSI • Her younger sister Sophie is an avid rower for a crew team in Greensboro.



MADY CLAHANE

**Redshirt Sophomore
Distance
Mechanicsburg, Pa.
Cumberland Valley**



Personal Records

XC 6k – 21:30 • XC 5k – 17:28 • XC 4k – 14:25 • 3,000m – 9:48.15 • Mile – 4:46 • 1,500m – 4:32.27 • 800m – 2:13

2018 XC: Did not compete during the cross country season.

2017-18: Did not compete during the indoor and outdoor seasons.

2017 XC: Finished 71st at the ACC Cross Country Championships • Competed in the NCAA Southeast Regional where she finished 109th • Was the top finisher for the Tar Heels in the first meet of the year when she finished fifth at the Elon Opener.

2016-17: Finished 10th with the DMR squad and took 21st in the 3000 at the ACC Indoor Track Championships • Ran the 1200 leg in the DMR that took first at the Camel City invitational • Had two top-three finishes in the 3000 and one in the mile • Kicked off her collegiate career with top 20 finishes at the Elon Opener and the Adidas XC Invitational • Clocked a personal best at the 5k distance with a time of 17:44 at the Joe Plane Invitational • Placed 56th at the ACC Cross Country Championships with a time of 21:30 • Competed in the NCAA Southeast Regional, where she placed 59th • Won the EJ Evans Award • Named to the ACC Academic Honor Roll.

Prep: 1600m State Champion • 4-time New Balance National qualifier in track and field • Earned All-American honors in the outdoor mile • 3-time Penn Relays individual event qualifier • 3-time Millrose Games high school mile qualifier • National Honor Society Member • AP Scholar with Distinction • Wendy's High School Heisman State winner • US Army Reserve National Scholar Athlete Award winner.

Personal: Madeleine Grace Clahane is the daughter of James and Tamara Clahane • Born January 16 • Member of Team IMPACT, CIRCLE Lab and the Carolina Leadership Academy • Has been playing the flute for eight years • Currently volunteers at the North Carolina Therapeutic Riding Center.

TAR HEELS

2019 Tar Heel Profiles



DORRIANN COLEMAN

Freshman
Mid-Distance
Southfield, Mich.
Oak Park

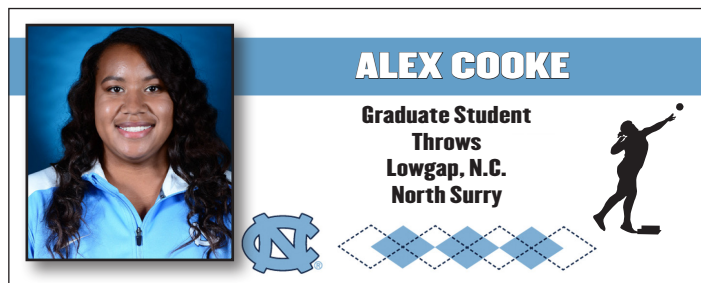


Personal Records

400m (I) – 55.86 • 400m (O) – 2:10.2 • 800m (O) – 55.24

Prep: 12-time New Balance Nationals Indoor and Outdoor All-American • Five-time All-America in the 4x400m, four-time in the 1600m medley relay, and three-time in the 4x800 • 11-time Oakland County Champion • 10-time MHSAA State Champion • 2015 LP DI 4X800m State Champion • 2018 LP DI 800m State Champion • 2015 New Balance Outdoors 400m Freshman Champion • Member of three state-title-winning teams in 2015, 2016, and 2018 • Recipient of the 2018 Oak Park High School Student-Athlete Award • Holds her high school's records in the 4x400, 4x800, and 1600m medley • Graduated cum laude and named to the 2018 honor roll.

Personal: Dorrian D. Coleman is the daughter of Ursula and Derrick Coleman • Born February 23 • Her father was a member of the Michigan State track and field program and also won the DI 800m state title while attending high school in Michigan.



ALEX COOKE

Graduate Student
Throws
Lowgap, N.C.
North Surry



NCAA EAST PRELIMINARY ROUND QUALIFIER • FIRST-TEAM ALL-ACC

Personal Records

Shot Put (I) - 43-0 ¾ (13.13 meters) • Shot Put (O) – 43-4 ¾ (13.22 meters) • Weight Throw – 66-6 (20.27 meters) • Discus – 122-10 (37.43 meters) • Hammer – 196-7 (59.91 meters) • Javelin - 108-5 (33.05 meters)

2018-19: Cooke represents the women's track & field team on the Student-Athlete Advisory Council.

2017-18: Finished 20th at the NCAA Outdoor East Preliminary Round in the hammer throw with a mark of 194-2 (59.19 meters) • Ranks fifth all-time in the women's hammer after throwing a personal best 196-7 (59.91 meters) at the Battle of the Blues • Capped her indoor season with first-team All-ACC honors after finishing second in the weight throw at the ACC Championships with a new personal record of 66-6 (20.27 meters) • Moved into second all-time in the women's weight throw at UNC following her conference championship performance • Won the weight throw competitions at the UNC Open and at the Notre Dame Invitational • Had a top-five finish in all seven of her indoor appearances • Racked up a total of six top-five outdoor finishes in the shot put, hammer throw and javelin • Represented women's track and field on the UNC Student-Athlete Advisory Council.

2016-17: Took ninth in hammer at the ACC Outdoor Track & Field Championships, setting a new personal best of 181-11, which ranks fifth in UNC history • Had two top-five finishes in hammer and one in shot put during the outdoor season • Scored at the indoor conference meet in weight throw, finishing eighth • Moved into second place in UNC history in the weight throw with her throw of 64-9 ¾ (19.74 meters) at the Doc Hale VT Elite • Had four top-five finishes in the weight throw • Named to the ACC Academic Honor Roll.

2015-16: Set personal records in the shot put, weight throw, hammer and discus • Took 11th in the hammer at the outdoor conference meet • Finished 16th in shot put at the ACC Outdoor Track & Field Championships • Reached the podium four times during the outdoor season • Threw for a lifetime best 58-8 ¾ (17.90



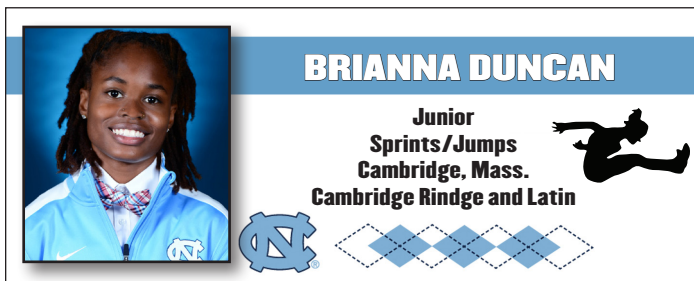
AlexCooke

meters) in the weight throw at the ACC Indoor Track & Field Championships and took 11th in the competition • Finished third in the weight throw at the Kent Taylor Invitational • Placed first in the weight throw and the shot put at the Joe Hilton Invitational picking up her first collegiate wins • Named to the ACC Academic Honor Roll.

2014-15: Redshirted the indoor and outdoor seasons.

Prep: Four-year letter-winner in track and field and volleyball • 3-time NCHSAA 2A state champion in the shot put • 2012 NCHSAA 2A Volleyball state champions • Member of the National Honors Society, National Society of High School Scholars, DREAM team/TRU club, and Magma Cum Laude • A North Carolina Scholar and an honor graduate.

Personal: Alexandria Danielle Cooke is the daughter of Tabitha and Kevin Senter • Born February 21 • Participated in the 2017 Coach For College program • She used to compete competitively in cheerleading for Cheer Extreme.



BRIANNA DUNCAN

Junior
Sprints/Jumps
Cambridge, Mass.
Cambridge Rindge and Latin



NCAA EAST PRELIMINARY ROUND QUALIFIER • 2-TIME ALL-ACC • CAROLINA RECORD HOLDER • USATF JUNIOR CHAMPIONSHIPS COMPETITOR

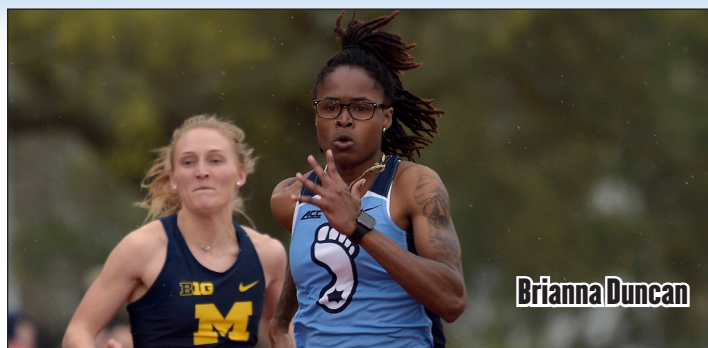
Personal Records

60m - 7.29 • 100m – 11.27 • 200m (O) - 23.13 • Long Jump (I) - 19-7 (5.97 meters) • Long Jump (O) – 20-3 (6.17 meters) • Triple Jump (I) - 39-0 (11.89 meters) • Triple Jump (O) – 40-2 (12.24 meters)

2017-18: Claimed three No. 1 spots in the Carolina record books over the course of the indoor and outdoor seasons • Competed in three events (100, 200, 4x400) at the NCAA Outdoor East Preliminary Round where she ran a UNC- and career-best time of 23.03 in the 200 • Opened the indoor season by setting a new school record in the 60 with a first-place time of 7.29 • Set a new UNC record of 11.27 in the women's outdoor 100 at the Virginia Grand Prix • At the ACC Outdoor Championships, earned second-team All-ACC honors with a fifth-place finish in the 100 and jumped for a new personal record of 19-9 (6.02 meters) to finish seventh in the long jump • Finished fifth in the 4x100 relay and seventh in the 200 at ACC Outdoors • Ran the first leg of the 4x100 relay at the Miami Hurricanes Collegiate Invitational and helped capture the fifth-fastest time (44.29) in Carolina history • Finished sixth in the 60 at ACC Indoors for second-team All-ACC accolades and also placed 23rd in the long jump • Took the long jump title at the UNC Open with a mark of 19-2 ¾ (5.86 meters) • Earned a total of 11 top-five finishes during the indoor and outdoor seasons.

2016-17: Competed in the long jump at the 2017 USATF Junior Championships, finishing 14th • Took 15th at the ACC Outdoor Track & Field Championships in the Long Jump and competed in the 100 (NT) • Ran a personal best of 11.82 in the 100 at the Tennessee Relays • Scored in the long jump at the ACC Indoor Track & Field Championships, finishing eighth • Also finished 13th in the 60 and 17th in the triple jump at the indoor conference meet • Her personal-best time of 7.51 in the 60 at

CAROLINA

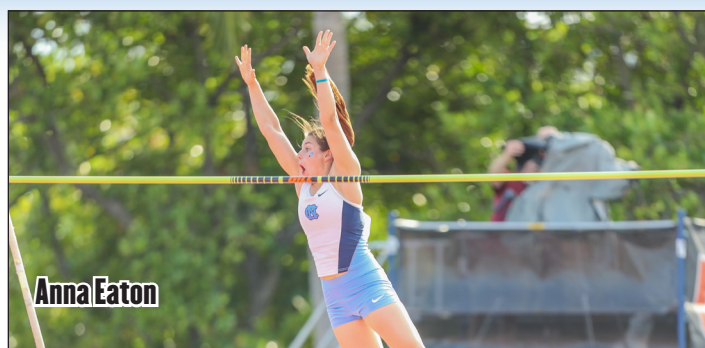


Brianna Duncan

the conference meet moved her into fifth place all-time at Carolina • Had two top-three finishes in the 60 and long jump, and once in the 100.

Prep: 8-time MIAA State Champion • Gatorade Player of the Year in 2015 • 2015 Boston Globe All-Scholastic Track Athlete of the Year for the indoor and outdoor seasons • New England champion in the long jump and triple jump • All-American in the triple jump • Helped lead her team to a MIAA State Championship in 2015 • First female to win three separate events at the MIAA State Championships in the same year.

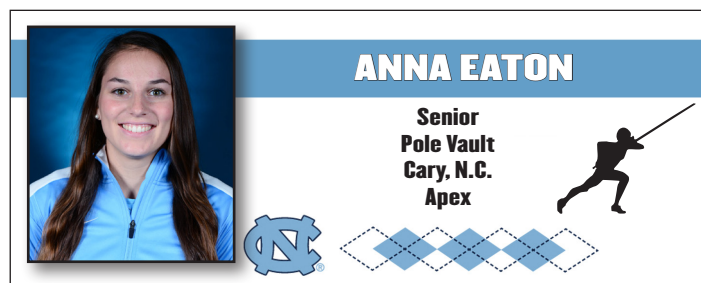
Personal: Brianna Darla Duncan is the daughter of Nathalie Jean Simon and Dunstant Duncan • Born October 6 • Mother is from Haiti and father is from Jamaica • Oldest of four children.



Anna Eaton

three years of indoor track and field • Competed in gymnastics her freshman and sophomore years • Honor roll student all four years • National Honor Society member.

Personal: Anna Kathryn Eaton is the daughter of Chris and Annette Eaton • Born December 24.



HONORABLE MENTION ALL-AMERICA • NCAA CHAMPIONSHIPS COMPETITOR • NCAA EAST PRELIMINARY QUALIFIER • SECOND-TEAM ALL-ACC

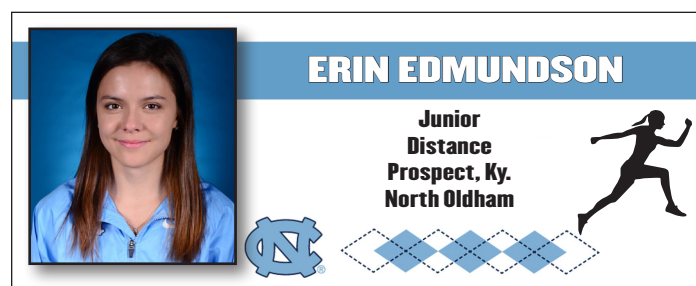
Personal Records
Pole Vault – 13-10 ½ (4.23 meters)

2017-18: Finished 12th at the ACC Indoor Track & Field Championships and later 18th at ACC Outdoors • Placed third in the pole vault at the Dick Taylor Carolina Cup in her first appearance back from her 2017 NCAA injury • Collected three more top-five finishes over the course of the indoor and outdoor seasons • Named to the ACC Academic Honor Roll.

2016-17: Earned honorable mention All-America honors • Qualified for the NCAA Outdoor Track & Field Championships in the pole vault, but was injured on her first attempt in Eugene, Ore. • Finished 8th at the NCAA East Preliminary Round • Competed at the ACC Outdoor Track & Field Championships (NP) • Made her lifetime-best jump of 13-10 ½ (4.23 meters) to take first at the Virginia Grand Prix and move into second place in UNC history • Also captured the win at the Dennis Craddock Carolina Relays • Took fifth at the ACC Indoor Track & Field Championships in the pole vault to earn second-team All-ACC honors and move into fifth place in UNC history • Named to the USTFCCA All-Academic Team • Named Academic All-ACC for indoors and outdoors • Was a 2016 Tar Heel Scholar-Athlete • Named to the ACC Academic Honor Roll.

2015-16: Had a season-best performance at the Iowa State Classic clearing 13-3 ½ (4.05 meters) • Finished 11th in the pole vault at the ACC Indoor Track & Field Championships • Finished fourth in the pole vault at the Dick Taylor Carolina Cup • Placed eighth at the outdoor conference meet • Won the Wolfpack Last Chance in the pole vault • Named to the ACC Academic Honor Roll.

Prep: 2015 Indoor New Balance Nationals All-American • 2015 Outdoor New Balance Nationals All-American • 2014 North Carolina Indoor and Outdoor High School Pole Vault 4A State Champion • 2015 North Carolina 4A State Champion • Competed in outdoor track and field all four years of high school, while doing



USA JUNIOR CHAMPIONSHIPS COMPETITOR

Personal Records
XC 6k – 21:46 • XC 5k – 18:06.39 • XC 4k – 14:52 • Mile – 4:52.89 •
1,500m – 4:28.90 • 800m – 2:08.54

2018 XC: Placed 130th at the NCAA Southeast Regional • Was Carolina's third women's finisher at the ACC Championships and finished 76th overall • Finished sixth in the season opener • Scored for UNC in four of five competitions.

2017-18: Set a personal record in the mile at the ACC Indoor Track & Field Championships and finished 14th • Racked up five top-five finishes from seven appearances during her indoor season • Finished 26th in the 1,500-meter at the ACC Outdoor Championships.

2017 XC: Finished 74th at the NCAA Southeast Regional • Took 73rd at the ACC Cross Country Championships • Set a 4k personal best of 14:52 at the Elon Opener and a 5k personal best of 18:06.39 at the Louisville Classic.

2016-17: Set a new personal-best of 4:28.90, finishing 12th, in the 1500 and competed in the 800 at the USA Junior Championships • Took 13th place in the 800 at the ACC Outdoor Track and Field Championships • Set a new personal best of 2:08.54 in the 800 at the Virginia Challenge • Kicked off the outdoor season by winning the 800 at the Dennis Craddock Carolina Relays • Had four top-five finishes during the outdoor season • Did not compete during the indoor season • Took 65th place at the NCAA Southeast Regional • Finished in 74th at the ACC Cross Country Championships • Ran a personal best of 18:11 for the 5k distance at the Joe Plane Invitational • Placed ninth during her first collegiate cross country meet at the Elon Opener • Named a USTFCCA All-Academic Individual • Named to the ACC Academic Honor Roll.

Prep: Captained her cross country and track and field teams for two years • Led her outdoor track team to state championship titles in 2014 and 2015 • Ran a leg in the 4x400 to help earn the state championship in the event in 2014 and 2015 • 800 and 1600 state champion in 2016 • National Honor Society Member • AP Scholar with Distinction • Graduated Summa Cum Laude • 2015 Kentucky National Guard Best and Brightest Award • 8th Region Scholar Athlete of the Year.

Personal: Erin Frances Edmundson is the daughter of Doan and Jeanette Edmundson • Born April 28 • Has been playing the violin for eight years • Her mother swam for UNC her freshman year before getting injured.



2018 NCAA INDOOR NATIONAL CHAMPION

3-TIME ALL-AMERICA • NCAA CHAMPIONSHIPS COMPETITOR • 2-TIME NCAA EAST PRELIMINARY ROUND QUALIFIER • USATF CHAMPIONSHIPS COMPETITOR • IAAF WORLD U20 CHAMPIONSHIPS COMPETITOR • ACC CHAMPION • 5-TIME ALL-ACC • ACADEMIC ALL-ACC

Personal Records

High Jump – 6-2 (1.88 meters) • Long Jump – 20-5 (6.22 meters) • Triple Jump – 40-0 ¼ (12.19 meters) • 200m – 26.08

2018-19: Greene represents the women's track & field team on the Student-Athlete Advisory Council.

2017-18: Joined the "University of National Champions" after earning the NCAA title and first-team All-America honors in the indoor high jump with a mark of 6-1 ½ (1.87 meters) • Matched her personal-best height of 6-2 (1.88 meters) to win the high jump at the ACC Indoor Championships • Received first-team All-ACC honors for her first-place performance • Named ACC Women's Indoor Field Performer of the Year • Named the ACC Indoor Performer of the Week two times (Jan. 16, Feb. 20) • Now tied for second all-time in the women's high jump at UNC after setting a new career record of 6-2 (1.88 meters) at the Dick Taylor Carolina Cup • Tied her career best to finish third at the USATF Indoor Championships • Cleared 6-0 ¾ (1.85 meters) at the Clemson Bob Pollock Invitational for first-place accolades • Earned a spot on the podium in each of her 2018 indoor appearances including four meet titles • Competed for UNAT-North Carolina at the Duke Invitational and took first in the high jump • Named ACC Women's Indoor Scholar-Athlete of the Year and joined four Carolina teammates on the All-ACC Academic Team for the indoor season • Named to the ACC Academic Honor Roll and selected as a USTFCCA All-Academic Individual • Represented the women's track & field team on the Student-Athlete Advisory Council.

2016-17: Competed at the 2017 USATF Senior Championships in the high jump (NH) • Finished 23rd in the high jump at the NCAA East Preliminary Round • Was the runner-up in the high jump at the ACC Outdoor Track & Field Championships, earning first-team All-ACC honors with a jump of 5-11 ½ (1.82 meters), which is tied for fifth in UNC history • Earned first-team All-America honors at the NCAA Indoor Track & Field Championships, finishing fifth in the high jump at 6-0 ½ (1.84 meters) • Was the high jump runner-up at the indoor conference meet, earning first-team All-ACC honors • Moved into a tie for fourth place in UNC history with her high jump of 6-0 ¼, a collegiate best she reached three times during the indoor season • Was named an ACC field performer of the week three times during the season (Jan. 24, Feb. 7 and Feb. 14) • Won the high jump twice outdoors and four times during the indoor season • Was a 2016 Tar Heel Scholar-Athlete • Named to the USTFCCA All-Academic team • Named to the indoor and outdoor All-ACC Academic Team as well as the ACC Academic Honor Roll.

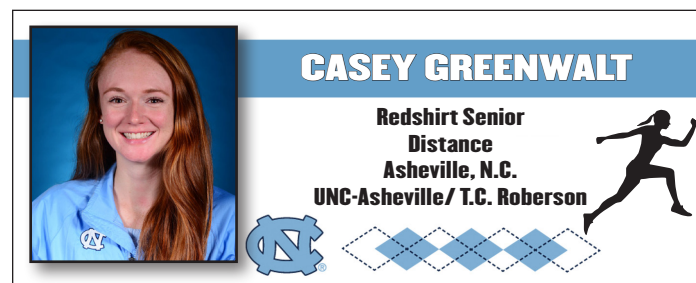
2015-16: Earned All-America Honors after taking 12th in the high jump at the NCAA



Indoor Championships • Jumped 5-11 ¼ (1.81 meters) at the Dick Taylor Carolina Cup taking first in the event • Earned ACC Co-Field Performer of the Week on January 12 • Jumped 6-0 ½ (1.84 meters) at the Doc Hale VT Elite finishing second in the meet • Earned All-ACC honors for placing second in the high jump at the ACC Indoor Track & Field Championships • Reached the podium with a third-place finish in the high jump at the ACC Outdoor Track & Field Championships • Won the high jump competition at the Battle of the Blues • Narrowly missed qualifying for the NCAA Outdoor Track and Field Championships after taking 13th at the NCAA East Preliminary Round • Took fifth at the IAAF U20 World Junior Championships • USTFCCA All-Academic Team • Named to the ACC Academic Honor Roll • Named to the All-ACC Academic Indoor and Outdoor Teams.

Prep: 2015 New Balance Nationals Outdoor and Indoor champion in the high jump • 2012, '13, '15 Florida State Champion in the high jump • 2015 triple and long jump 3A state champion • Ranked first overall in the indoor high jump during 2015 • Ranked second overall in the outdoor high jump during 2015 • Part of the National Scholastic Athletics Foundation Team that went to Cuba during the summer of 2015 • Ran in the 200 and 400 during high school as well • 2014 Vice President of her school's National Honor Society • Member of the National Honor Society • A part of the Biotechnology Club • Graduated with Rho Kappa and Mu Alpha Theta honors • A 4.0 GPA scholar all four years of high school.

Personal: Nicole Louise Greene is the daughter of Dr. Trevor Greene and Dr. Deborah Price • Born May 2 • Certified as an assistant biotechnician through the Biotechnology and Medical Research Academy • Father grew up in Barbados and played cricket and soccer • Mom grew up in Maryland and was in chorus • Her brother, Christopher, competes in the triple jump on the University of Cincinnati track and field team.



Personal Records

XC 6k – 21:56.2 • XC 5k – 17:59.01 • XC 4k – 14:53 • 5,000m (I) – 18:46.30 • 5,000m (O) – 18:28.35 • 3,000m (I) – 10:37.11 • Mile – 5:07.95 • 1,500m – 4:31.50 • 800m (I) – 2:19.06 • 800m (O) – 2:13

2018 XC: Finished 113th at the NCAA Southeast Regional, missing her career-fastest 6k time by less than two seconds • Placed 62nd at the ACC Championships with a time just one one-hundredth of a second off her PR • Ran a career best 6k at the Penn State National Open, clocking 21:56.1 for 104th • Earned a seventh-place finish at the Charlotte Opener • Scored for Carolina in all five races.

2017-18: Set two personal records in the mile and the 3,000 meter at the Bob Pollock Invitational • Ran a career-best time of 4:31.50 in the 1,500 at the Virginia Grand Prix • Finished 31st in the 1,500 at the ACC Outdoor Championships • Earned six top-ten finishes over the course of both the 2018 seasons.

2017 XC: Finished in the team's top seven in all six meets • Finishing 148th at the NCAA Southeast Regional • Set a 6k personal best of 22:21.78 at the ACC Cross Country Championships, finishing 88th.

2016-17: Set a personal best in the 800 of 2:15.96 at the Duke Invitational and a personal best of 5:10.64 in the mile at the Dennis Craddock Carolina Relays • Competed in three indoor meets and five outdoor meets for the Tar Heels.

2014-16 at UNC-Asheville: Competed in the Big South Conference Championships for cross country, indoor and outdoor track and field • Helped the DMR team to take second at the Big South Indoor Track and Field Championships • Competed in the 800m, 1500m, and 5000m • Made the Dean's List both years.

Prep: All-American in the DMR • Broke the North Carolina state record in the 1000m and ranks No. 8 in the US • Qualified for New Balance Nationals indoor and outdoor • National Honor Society member.

Personal: Casey Erin Greenwalt is the daughter of Leslie and Jamie Greenwalt • Born December 27.

CAROLINA



KRISTIN HALL

Senior
Sprints/Hurdles
Powder Springs, Ga.
McEachern



Personal Records

60m - 8.04 • 100m - 12.65 • 200m - 26.18 • 400m - 59.94 • 60H - 8.07 • 100H - 14.22 • 400H - 1:01.33

2018-19: Hall represents the women's track & field team on the Student-Athlete Advisory Council.

2017-18: Secured a career-best time of 59.26 in the 400 at the UCS Invitational • Earned eight top-ten finishes during the indoor and outdoor seasons • Ran the first leg of the 4x400 that placed first at the Art and Linda Mallet UNC Open with a time of 4:03.03 • Competed the indoor 200 and 400 and appeared in four outdoor 400-meter hurdle races • Named to the ACC Academic Honor Roll.

2016-17: Finished 21st in the 400H at the ACC Outdoor Track & Field Championships • Won the 400H at the Dennis Craddock Carolina Relays • Competed in the 200, 60H and 4x400 during the indoor season • Named to the ACC Academic Honor Roll.

2015-16: Took 22nd in the 400H at the ACC Outdoor Track & Field Championships.

Prep: Lettered all four years in track and field and softball • Helped her 4x100 relay team take the state championship in 2014 • Helped the 4x400 earn state championships in 2013, 2014 and 2015, breaking the state record each year • Captained her track and field team for two years • Recipient of the Rajaan Bennet Award for Leadership and Work Ethic • County winner senior year in the 100 hurdles and 300 hurdles • 2-time Cobb County All-Country Team • Earned Atlanta Track Club Award for 4x400 • Played softball for 14 years in various positions • Was team captain for her softball team for three years • National Beta Club member • Member of the student council • Part of her school's HOSA program.

Personal: Kristin Denise Hall is the daughter of Pamela and Joseph Hall • Born May 30 • She graduated in the top 10 percent of her class.



LAURYN HALL

Freshman
Sprints
Harvest, Ala.
Sparkman



Personal Records

60m - 7.56 • 100m - 11.55 • 200m - 23.68

Prep: Earned AAU All-America honors in 2016 • USATF All-America • Five-time state champion • Two-time AAU and USATF Regional Champion • Wendy's Heisman State Finalist • Ranked sixth nationally in the 200 and 12th in the 100 • Was a member of National Honor Society.

Personal: Laurnyn Dorae Hall is the daughter of Lamar and Rhonda Hall • Born September 27 • She was a four-year captain of the cheerleading team and can still do several cheerleading jumps in a row.



MORGAN ILSE

Senior
Distance
Dunwoody, Ga.
The Marist School



NCAA OUTDOOR CHAMPIONSHIP QUALIFIER • HONORABLE MENTION ALL-AMERICA • NCAA EAST PRELIMINARY ROUND QUALIFIER • ALL-REGION • 4-TIME ALL-ACC

Personal Records

XC 6k - 20:26.3 • XC 5k - 16:48.0 • XC 4k - 13:58 • 5,000m (I) - 16:16.77 • 5,000m (O) - 16:05.83 • 3,000m (I) - 9:12.18 • 3,000m (O) - 9:24.88 • 3,000m Steeplechase - 10:26.80 • Mile - 4:48.27 • 1,500m - 4:20.57 • 800m (O) - 2:15.72

2018 XC: Did not compete during the cross country season.

2017-18: Earned Honorable Mention All-America honors in the 5,000 meter with a 22nd-place finish and a time of 16:08.83 in her first ever NCAA Outdoor Track & Field Championships • Placed 12th in the second heat of the 5,000 at the NCAA East Preliminary Round to capture the final championship ticket • Finished fourth in the 5,000 to earn second-team All-ACC honors at ACC Indoors • Holds the UNC record in the women's indoor 5,000 meter after running 16:16.77 at the Music City Challenge • Ran the 3,000 at the Battle of the Blues in 9:24.88, the fourth-fastest time in school history • Also ranks fourth all-time at Carolina in the women's indoor 3,000 with a time of 9:12.18 at the Camel City Challenge • Won the 3,000-meter steeplechase at the Virginia Grand Prix with a time of 10:29.65 • Collected eight top-five finishes throughout the seasons.

2017 XC: Was All-Region with her 12th-place finish at the NCAA Southeast Regional • Named All-ACC after finishing 11th at the ACC Cross Country Championships and setting a 6k personal best of 20:26.3 • Was fifth out of 177 in the Penn State National and ninth out of 328 runners in the Louisville Classic where she set a 5k personal best of 16:51.17 • Kicked off the season by winning the Mountains To Sea Open by 29 seconds and leading the Tar Heels to victory.

2016-17: Finished 43rd at the NCAA East Preliminary Round in the 5000 • Took ninth in the 5,000 at the ACC Outdoor Track and Field Championships with a time of 16:40.5 • Set her personal best of 16:21.58 in the 5,000 at the Virginia Challenge and her 1500 personal best of 4:25.10 at the Battle of Blues • Earned second-team All-ACC honors by placing fifth in the 3,000 at the ACC Indoor Championships - also competed in the DMR • Won the 3000 and the mile at the Dick Taylor Carolina Cup and picked up a win in the DMR at the Camel City Invitational • Set a mile personal best of 4:56.47 at the Carolina Cup • Finished third at the Adidas XC Challenge • Earned All-ACC honors at the ACC Cross Country Championships after leading the Tar Heels with a 16th-place finish • Competed at the NCAA Southeast Regional, where she placed 36th with a time of 21:32 • Fastest 5k race came at the Joe Plane Invitational where she ran a personal best time of 16:48.

2015-16: Six top-10 finishes in the 1500m and the 3000m during the outdoor



Morgan Ilse

TAR HEELS

2019 Tar Heel Profiles

season • Placed 21st in the mile at the ACC Indoor Track & Field Championships • Took first in the mile at the UCS Invitational • Finished third in her first collegiate cross country race at the Hokie Invite • Placed 15th at the Adidas XC Challenge • Finished 34th at the Princeton Inter-Regional • Took 59th at the ACC Cross Country Championship • Placed 52nd at the Southeast Regional meet • Fastest 6k race came at the Wisconsin Adidas Invitational where she ran 21:40 • Honored as the Freshman of the Year and the Most Improved female distance runner • Named to the ACC Academic Honor Roll.

Prep: Helped her track and field team win three state titles • 9-time Georgia High School Individual State Champion • Led her team to four straight GHSA Cross Country team championships • XC 4A individual state champion during her sophomore, junior and senior years • Track and field 4A state champion in the 1,600 and 3,200 for three straight years (2013-2015) • Earned All-American honors in 2015 in the 3,200 • New Balance Nationals Outdoor Qualifier • Lettered in track and field and cross country all four years • An honor roll student • Was voted class president for her sophomore and junior years.

Personal: Morgan Elizabeth Ilse is the daughter of Angela and Paul Ilse • Born July 25.



BRIANNA ISLES

Junior
Hurdles/Jumps
Lawrenceville, Ga.
Brookwood



Personal Records

Long Jump (I) - 17-0 ¼ (5.19 meters) • **Long Jump (O)** - 17-5 ¾ (5.33 meters) • **Triple Jump (I)** - 39-5 (12.02 meters) • **Triple Jump (O)** - 40-0 ¾ (12.19 meters) • **200m** - 26.24 • **100H** - 14.27

2017-18: Competed in the triple jump at the ACC Indoor Championships and finished 16th with a mark of 39-3 (11.96 meters) • Set a personal record of 39-5 ¾ (12.02 meters) in the triple jump at the Bob Pollock Invitational • Collected four top-three triple jump finishes over the course of the season • Named to the ACC Academic Honor Roll.

2016-17: Competed in the long jump and the triple jump • Won the triple jump at the Kent Taylor Invite and finished third at the Battle of the Blues.

Prep: 2016 Georgia 6A Triple Jump State Champion • Took first in the triple jump at the Meet of Champions • Rated Most Improved by Milesplit in the triple jump her senior year • Gwinnett Daily Post Field Performer of the Year • All-County Champion • Honor Graduate • Scholar Athlete.

Personal: Brianna Elisse Isles is the daughter of May Harrison-Isles and Bryan Isles • Born July 21.



LATESSA JOHNSON

Senior
Sprints
Dallas, Texas
SMU/Richardson



ALL-AMERICA • ALL-AMERICA HONORABLE MENTION • 3-TIME NCAA WEST PRELIMINARY ROUND QUALIFIER • 5-TIME ALL-AAC • 2-TIME SMU RECORD HOLDER • AAC INDOOR CHAMPIONSHIP RECORD HOLDER

Personal Records

60m — 7.42 • **100m** — 11.36 • **200m** — 22.77

2017-18 at SMU: Set meet record, school record and personal record with first-place 23.17 mark in 200m at American Athletic Conference Indoor Championships • Finished fourth in 60m dash (7.42) and fifth as member of 4x400 relay (3:46.91) at AAC Indoor Championships • Ran a 7.56 in 60m and placed fifth in 200m, setting a PR and SMU record, with a 23.29 mark at Tyson Invitational • Placed fifth in 60m (7.54) and member of the second-place 4x400 relay (3:56.32) at the Houston Invitational • Finished 11th in 60m (7.67), second in 200m (23.67) and third as member of 4x400 (3:47.82) at Red Raider Invitational • Placed seventh in 60m (7.53) at Arkansas Invitational • Recipient of the 2018 AAC Women's Indoor Track Most Outstanding Performance Award • Earned All-America Honorable Mention with a time of 23.14 in the 200m at the NCAA Outdoor Championships • Ran a 11.36 for 16th in the 100m and a 22.92 in the 200m to qualify for nationals at the NCAA West Preliminary • Earned All-Conference in the 100m (11.36) and 200m (22.77), breaking a 100m stadium record and her own 200m school record, at American Conference Outdoor Championships • Took second behind teammate Francis in 100m at Bobcat Classic (11.25w) • Ran the 100m and 200m invitational sections at Mt. SAC Relays, finishing ninth (11.43) and second (22.92) overall • Qualified for finals in 100m dash (11.25w) and part of 18th-place 4x100 (46.53) at Texas Relays • Finished third in 100m dash (11.42), one of three Mustangs in top 10, and ran part of second-place 4x100 (45.48) at Arkansas Spring Invitational • Ran the 100m in 11.35w for first-place finish at the TCU Invitational.

2016-17 at SMU: Finished 17th overall in the 200m (23.33w) at the NCAA West Preliminary Round • Claimed the 200m gold medal at the American Athletic Conference Championship setting a stadium record in a time of 23.10w • Placed seventh in the 100m (11.58) at the conference championship and was a member of the sixth place 4x400m relay (3:44.03) and eighth place 4x100m relay (45.48) • Ran a season best 100m (11.48w) at the Michael Johnson Invitational to finish fourth • Finished 13th in the 200m (23.66w) and 14th in the 100m (11.73w) at the Mt. SAC Relays • Named The American Athlete of the Week (April 4) after winning the 200m (23.12w) and placing fifth in the 100m (11.49w) at the Bobcat Invitational • Member of the winning 4x400m relay (3:46.19) and placed sixth in the 100m (11.72) at the Bobby Lane Invitational • Opened the season with a fourth place finish in the 100m (11.54) at the TCU Invitational • Redshirted her outdoor season.

2015-16 at SMU: Broke the school's and conference meet 200-meter record at the American Athletic Conference Indoor Championship (AAC), clocking a time of 23.48 to win her first conference individual title • Placed sixth in the 60-meter dash at the AAC Indoor Championship with a time of 7.50 after running a season-best time of 7.49 in the prelims • Broke the school record in the 200-meter dash with a time of 22.80 at the NCAA West Preliminary Round • Placed ninth overall in the 200-meters (23.22) at the NCAA Championships to earn Second Team All-American honors • Finished second in the 200-meters at the AAC Championships with a time of 23.06 • Earned a sixth place finish in the 100-meter dash with a time of 11.58 at conference championships • Ran a personal-best time of 11.52 in the 100-meters to win the UT-Arlington Bobby Lane Invitational.

Prep: Finished the 200-meter dash in fifth place at the 2013 Junior Olympics • Placed third in the 200-meter and fifth in the 100-meter dash at the 2013-14 UIL Texas Track and Field meet • District and Area champion in the 100 and 200-meter dash in 2014.

Personal: LaTessa Charleszetta Johnson is the daughter of David and Kristina Johnson • Born April 13 • Her mother was a high school state champion in the 300m hurdles.



Anna Keefer

CAROLINA



ANNA KEEFER

**Sophomore
Sprints/Jumps**
St. Michael Albertville, Minn.
St. Michael Albertville



**NCAA OUTDOOR CHAMPIONSHIP QUALIFIER • SECOND-TEAM ALL-AMERICA •
NCAA EAST PRELIMINARY ROUND QUALIFIER • ACC CHAMPION • FIRST-TEAM
ALL-ACC • MINNESOTA GATORADE PLAYER OF THE YEAR • USATF JUNIOR
CHAMPIONSHIPS COMPETITOR**

Personal Records

**100m – 11.59 • 200m (O) – 23.89 • Long Jump (I) – 20-2 ½ (6.16 meters) •
Long Jump (O) – 20-9 (6.32 meters) • Triple Jump (O) – 38-0 (11.58 meters)**

2017-18: Qualified for the NCAA Outdoor Track & Field Championships in her first season as a Tar Heel • Earned second-team All-America accolades in the long jump with a 15th-place finish and a personal-best wind-legal mark of 20-3 (6.17 meters) • Competed in the long jump and 4x400 competitions at the NCAA East Prelims, finishing with a mark of 20-2 ½ (6.16 meters) for 11th and a time of 44.84 for 16th • Jumped a then-PR 20-2 ½ (6.16 meters) to win the ACC Indoor Championship long jump title and first-team All-ACC honors • Earned second-team All-ACC honors in the women's long jump after placing sixth at the ACC Outdoor Championships with a mark of 19-10 ¼ • Ran a career-best 100 at the Virginia Grand Prix, taking third in 11.66 • Finished eighth in the 200 at the Miami Hurricane Collegiate Invitational with a PR 23.89 • Won the long jump competitions at the Notre Dame Invitational and the Virginia Challenge • Also won the long jump at the Battle of the Blues with a wind-aided (+2.5) mark of 20-9 (6.32 meters) • Ran a leg of the 4x100 relay that ran 44.73 for first-place at the Virginia Challenge • Competed in five different events in her first year and accumulated a total of 13 top-five finishes.

Prep: 2017 Minnesota Gatorade Track & Field Player of the Year • Six-time state champion – long jump (2x), 4x100m (2x), 200m, 100m • Team won the state championship in 2017 • Broke the long jump state record • Finished third in the long jump at the 2017 USATF Junior Championships • 2016 AAU Junior Olympic long jump champion • Named to the honor roll all four years • Her high school coach was her mom, Tiffini.

Personal: Anna Jade Keefer is the daughter of Tim and Tiffini Keefer • Born December 26 • Her mother was track and field All-America at South Dakota State • Her father played football at Augustana University.



NICOLE KISZENIA

**Redshirt Senior
Throws**
Lowell, Ind.
Lowell



Personal Records

**Discus - 137-1 (41.78 meters) • Shot Put (I) - 39-8 ¾ (12.11m) •
Shot Put (O) - 40-2 (12.24 meters) • Weight Throw - 46-4 ¾ (14.13 meters) •
Javelin - 75-3 ¾ (22.96 meters)**

2017-18: Opened her indoor season at the UNC Open with a third-place finish and a personal-best mark of 39-8 ¾ (12.11m) in the shot put • Threw 137-1 (41.78m) in the discus to capture the Battle of the Blues title and another career record.

2016-17: Set a personal best of 129-4 ¾ (39.44 meters) in the discus at the Dennis Craddock Carolina Relays • Threw the javelin for the first time at the Battle of the Blues with a throw of 75-3 ¾ (22.96 meters) • Named a 2016 Tar Heel Scholar-Athlete • Named to the ACC Academic Honor Roll.

2015-16: Finished second in the weight throw, setting a personal best of 46-4 ¾ (14.13 meters), and took third in the shot put at the Joe Hilton Invite • Set a

personal best of 128-6 (39.17 meters) in the discus at the Raleigh Relays • Named to the ACC Academic Honor Roll.

2014-15: Redshirted the indoor and outdoor season • Named to the ACC Academic Honor Roll.

Prep: Four-year letter-winner for track and field and basketball • Captained the track and field team as well as the basketball team • All-Conference Honors for track and field • All-Academic Honors for track and field and basketball • L-Club President • Was a peer mentor and volunteered in the community often.

Personal: Nicole Renee Kiszenia is the daughter of Rachel and Chris Kiszenia • Born April 12.



MADELINE KRAFT

**Sophomore
Distance**
Winston-Salem, N.C.
Mount Tabor



Personal Records

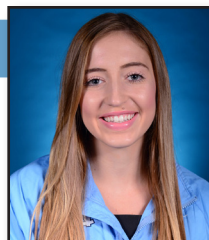
1,000m - 3:09.33 • 800m - 2:12.00 • 400m - 57.97 • 200m - 26.44

2018 XC: Did not compete during the cross country season.

2017-18: Ran a personal-best 800 time of 2:12.00 at the Virginia Grand Prix for seventh-place • Won the 800 with a time of 2:17.40 and ran a leg of the first-place finishing 4x400 that ran 4:03.03 at the Art and Linda Mallet UNC Open • Named to the ACC Academic Honor Roll.

Prep: Her 4x800 team won the outdoor state championship and finished second at the indoor state championships • Broke the school record in the outdoor 4x800 • Indoor state qualifier in the 500, 1,000, 4x200 (2x), 4x400 (2x) and 4x800 • Outdoor state qualifier in the 800, 4x200 (2x), 4x400 (2x) and 4x800 (2x) • Competed in the 4x400 and 4x800 at the Penn Relays • Three-year starter in volleyball, named all-conference and team captain senior year • Two-year starter in women's lacrosse and was named to the all-conference team as a sophomore.

Personal: Madeline Kraft is the daughter of Bob and Betsy Kraft • Born September 7 • She is learning Swahili and hopes to return to Tanzania as a Peace Corps volunteer.



LINDSEY LANIER

**Sophomore
Distance**
Charlotte, N.C.
Providence Senior



Personal Records

**XC 6k - 21:25.1 • XC 5k - 18:08.84 • XC 4k - 15:19 • 5,000m (O) - 17:12.38 •
3,000m (I) - 10:15.14 • 3,000m (O) - 9:43.36 • Mile - 5:04.89**

2018 XC: Finished 68th at the NCAA Southeast Regional with a huge personal-best time of 21:25.1 — nearly a whole minute off her original career record • Placed 93rd at the ACC Championships • Ran a then-PR time of 22:19 at the Penn State National Open • Also competed at the Battle in Beantown.

2017-18: Finished 28th in the 5,000 meters with a time of 17:43.30 at the ACC Outdoor Championships • Ran a career-best mile time of 5:04.89 for 13th at the Clemson Tiger Paw Invitational • Set two outdoor personal records in back-to-back meets — 9:43.36 in the Battle of the Blues 3,000 and 17:12.38 in the Virginia Challenge 5,000.

TAR HEELS

2019 Tar Heel Profiles

2017 XC: Finished 167th at the NCAA Southeast Regional • Took 93rd in the ACC Cross Country Championships • Set a 5k personal best of 18:08.84 in the Mountains to Sea Open • Competed in each meet during the season.

Prep: Lettered in cross country, indoor track and outdoor track all four years of high school • Earned all-state honors in the indoor 1,600 and the outdoor 4x800, was the conference champion in the 1,600, 800, 3,200 and 4x800 and the regional champion in the 3,200 and 4x800 as a senior • Was the conference champion and all-region in cross country as a senior • Earned all-conference honors all four years in cross country and track and field • Was the Providence High School female athlete of the year as a senior • Member of the National Honors Society and National German Honors Society.

Personal: Lindsey Kate Lanier is the daughter of Scott Lanier and Ginger Marquis • Born January 17 • A member of Honors Carolina • Grandfather competed in track and field at Florida State • Swam year-round for eight years prior to running.



NIA LECKY

Freshman Sprints
Coral Spring, Fla.
Hallandale




Personal Records
100m – 11.77 • 200m – 24.54

Prep: BCAA Champion in the 100m • Regional Runner-up • District Champion • County Champion.

Personal: Nia Lecky is the daughter of Ardia Lecky • Born July 6 • Played the cello from third grade to eighth grade.



EMILY MALONE

Freshman Throws
Missoula, Mont.
Sentinel




Personal Records
Javelin - 146-6 • Discus - 134-2 • Shot Put - 38-7

Prep: Montana USATF Female Athlete of the Year in 2016 and 2017 • Made numerous Montana AA High School Championships • Finished second in the javelin and discus as well as third in the shot put in 2017 • Named the top field athlete in the 2016 AA High School Championships with a seventh-place javelin finish and a fifth-place shot put • Earned Freshman MVP honors at the 2015 high school championships after placing third in the javelin throw • Racked up multiple USATF Junior Olympic Accomplishments • Placed fourth in the javelin at the 2017 Hershey Junior Olympics National Championships and ninth in the discus • Threw for championship titles in the javelin, discus and shot put at both the 2016 Association Championships and the 2016 Regional Championships • Was the 2017 Regional Championships Champion in the javelin, discus and shot put while also earning runner-up honors in the same three events at the 2017 Association Championships • Lettered in track (3x), soccer (3x) and softball (1x) during her high school athletics career • Six-sport athlete • National Honor Society • Spartan Ambassador Freshmen Mentor from 2015 to 2017 • Member of student government during the 2016-17 academic year.

Personal: Emily Thelma Malone is the daughter of Patrick and Tawnie Malone • Born February 24 • She is the first collegiate athlete in her family.



KATHRYN MAYO

Sophomore Distance
Charlottesville, Va.
Abermarle




Personal Records
XC 5k – 21:13.6 • 1,600m – 5:04 • 1,000m – 2:58 • 800m – 2:11

2018-19: Mayo represents the women's cross country team on the Student-Athlete Advisory Council.

2018 XC: Competed in the Charlotte Opener.

2017-18: Set two personal records at the Bob Pollock Invitational • Ran the 800 in 2:15.62 for 11th and then finished the mile in 5:13.27 for 22nd-place honors • Did not compete during the outdoor season • Named to the ACC Academic Honor Roll.

Prep: Three-time VHSL 5A state champion in the 800 • VHSL 5A state champion in the 1,000 and the 4x800 in 2016 • Three-time New Balance Nationals qualifier • Placed 14th in the 800 at New Balance Nationals in 2016 • Set school records in the 800, 1,000, 500 and 4x800 • Named the Region 5A North Track Athlete of the Year in 2016 • Was the Charlottesville Newsplex Student Athlete of the Year for 2016-17 • Named the Overall Female MVP of Albemarle High School in 2017 • Named the MVP of the indoor and outdoor track teams following each of her four years • Captained the track and field and field hockey teams as a junior and a senior • Was second-team all-state in field hockey in 2016 • Played center midfield for the field hockey team • Was a National AP Scholar, president of the Spanish Honor Society and a member of the National Honor Society, Key Club and Patriot Athletic Leaders • Four-time all-A honor roll.

Personal: Kathryn Elizabeth Mayo is the daughter of Marty and Mary Anne Mayo • Born April 12 • Graduated high school with a 4.72 weighted GPA • Her father competed in long jump, high jump and triple jump at Clemson • She is a third-generation Tar Heel.



MCKINLEY MCNEILL

Junior Sprints
Winston-Salem, N.C.
Parkland




NCAA EAST PRELIMINARY ROUND QUALIFIER • SECOND-TEAM ALL-ACC

Personal Records
200m (I) - 25.16 • 200m (O) - 24.23 • 400m (I) - 53.96 • 400m (O) - 53.40 • 500m - 1:13.02 • 600m - 1:30.98

2017-18: Qualified for the NCAA East Preliminary Round in the 4x400 and finished 15th with a time of 3:37.46 • Earned second-team All-ACC honors as the first leg of the 4x400 relay that finished third at the ACC Outdoor Championships in 3:34.97, the fifth-fastest time in Carolina's history • Also competed in the 400 at ACC Outdoors, placing 16th with a time of 55.69 • Appeared in the same two events at the ACC Indoor Championships, setting a personal record of 53.96 in the 400 to move into fifth all-time at Carolina and finishing fifth in the 4x400 with a time of 3:38.15 • Ran a career best 600 in a time of 1:30.98 at the Notre Dame Invitational for second-place honors • Helped the same 4x400 relay win back-to-back meets, first at the Carolina Cup and again at the Notre Dame Invitational • Placed third at the Clemson Bob Pollock Invitational after running the fourth-fastest indoor 4x400 time of 3:37.19 in UNC history • Collected 14 top-five finishes throughout her seasons • Named to the All-ACC Academic Team for the outdoor season and to the ACC Academic Honor Roll • Named to the list of USTFCCA All-Academic individuals.

CAROLINA

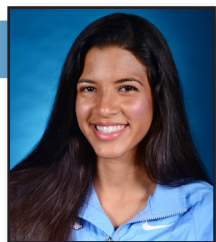


McKinley McNeill

2016-17: Ran a leg of the 4x400 that finished sixth at the ACC Outdoor Track & Field Championships in 3:37.00, the fifth-fastest time in UNC history • Also took 17th in the 400 at the outdoor conference meet • Ran a leg of the 4x400 that took fifth at the ACC Indoor Track & Field Championships and finished 13th in the 400 • Won the 400 at the Camel City Invitational • Had four top-three finishes in the 400 • Named to the ACC Academic Honor Roll.

Prep: Attended Parkland High School in Winston-Salem, N.C. • Ran the 100, 200, 400, 4x400, 4x200, 4x400 and 4x800 during high school • The 400 state champion in 2015 and 2016 • Served as team captain during her senior season • Recorded the #1 North Carolina all-time ranking in the 500 (1:13.02), the #2 time in the outdoor 400 (53.40) and the #3 all-time ranking in the indoor 400 (54.64) • The 500 state champion in 2016 • Recorded a PR of 53.40 in the 400 at the New Balance Outdoor Nationals • Named the Athlete of the Year.

Personal: The daughter of Reginald and Deborah Washington McNeill • Birthday is January 16 • Born in Winston-Salem, N.C. • A member of the National Honors Society and Youth and Government • Graduated in the top six percent of her class with a cumulative GPA of 5.43 • Qualified for Governor's School in two different areas • Can play the flute • Was a camp counselor.



ENYAEVA MICHELIN

**Freshman
Distance
Evanston, Ill.
Evanston Township**



ALL-REGION • SECOND-TEAM ALL-ACC

Personal Records

XC 6k — 20:19.3 • XC 5k — 16:29.07 • 3,200m — 10:16 • 1,600m — 4:44 • 800m — 2:08

2018 XC: Earned All-Region accolades at the NCAA Southeast Regional after clocking a personal-best time of 20:19.3 for 12th place • Also finished 12th at the ACC Championships to receive second-team All-ACC honors • Was Carolina's top women's finisher in all five competitions • Placed 14th at the Penn State National Open in her first ever 6k race • Ran a career-best 5k at the Battle in Beantown to take 31st overall • Opened the season with a fifth-place finish at the Charlotte Opener.

Prep: 2018 IHSA 3-A 800m State Champion • 2018 IHSA 3-A 1600m Runner-Up • 2017 USATF 1500m National Champion • 2017 IHSA 3-A Cross Country Runner-Up • 1600m Champion at the Midwest Distance Classic • Earned a Central Suburban League Championships title • Runner-up in the 800m at the Prep Top Times Indoor Championships • Recipient of the Central Suburban League Sportsmanship Award • Named the 2017 Palatine Relays Most Valuable Athlete • Two-time Evanston Township High School Most Valuable Runner • Named Athlete of the Month by the Chicago Tribune • Finished seventh in the 2017 IHSA 800m competition • Named to the High Honor Roll • Named Principal's Student of the Month in September 2016 • Recipient of the P.M.L.A Outstanding Leadership Award • Also received the A.P. Chemistry Achievement Through Outstanding Motivation Award.

Personal: Enyaeva Michelin is the daughter of Melina and Donald Michelin • Born July 23 • Some of her favorite foods are oatmeal, almond butter, sweet potatoes, and kale.



Enyaeva Michelin



MARY NEBRICH

**Freshman
Multis
Lexington, N.C.
West Davidson**

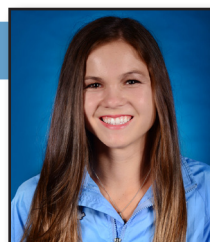


Personal Records

High Jump - 5-6 • Shot Put - 30-3

Prep: 2018 2A Midwest Regional Champion in high jump • 2018 & 2017 CCC Conference Champion • 2018 & 2017 Davidson County Champion in high jump • Two-time CCC All-Conference in track & field in 2017 & 2018 • Was named MVP of the 2018 outdoor track & field team as well as co-MVP of the 2018 indoor season • Earned All-County and CCC All-Conference honors in basketball as a senior after finishing All-Conference her sophomore and junior seasons • Three-time MVP of the basketball team • Captained the basketball team her senior year • Ran cross country her first two years of high school before joining the track & field team as a sophomore • Was also a four-year center for the varsity basketball team and swam her senior year, specializing in the 50 and 100 freestyles • Was named an Edward Jones Student-Athlete of the Month • Beta Club • A-Honor Roll • Recipient of the Davidson County AP Scholar Award.

Personal: Mary Caroline Nebrich is the daughter of Bill and Christy Nebrich • Born April 14 in Lexington, N.C. • Both of her parents played basketball at Methodist University.



CAMRYN PETIT

**Freshman
Distance
Hoschton, Ga.
Mill Creek**



Personal Records

XC 6k — 22:09.8 • XC 5k — 18:35 • 1,600m — 5:13 • 3,200m — 11:01

2018 XC: Ended the season with a personal-best 6k time of 22:09.8 for 131st at the NCAA Southeast Regional • Finished 83rd at the ACC Championships • Scored for Carolina in each of the regular season meets, placing as high as 10th in the season opener.

Prep: Captain of the track team in 2018 and the cross country team in 2016 and 2017 • Led the women's cross country team to its first ever Class 6-A State Championship title in 2015 • Holds the school record in the 4x1600, 4x800, and DMR • Also ranks second her high school's history in cross country • 2015 Regional Champion and County Champion in the 3200 • 2015 Regional Champion and County Champion in cross country • Regional champion in the 1600 in both 2015 and 2016 • 2016 Regional champion in the 3200 • Earned top-ten finishes in each of her three cross country state meet appearances in 2014, 2015, and 2016 • Finished among the top ten 3200-meter competitors at the track state meet in 2015, 2016, and 2018 • Named to the first-region and first-county track teams •

TAR HEELS

2019 Tar Heel Profiles

Ended up graduating first in her class but recognized as salutatorian • AP Scholar with Distinction • National Merit Commendation • National Honors Society and National Spanish Honors Society • President of BETA Club • Junior and Senior Class President • iLead Student Mentor • Volunteer at Children's Hospital • Interned for Cisco Systems during the summer of 2017.

Personal: Camryn Burton Petit is the daughter of Rex and Julie Petit • Born June 4 • Her twin sister, Marisa, is on the cross country and track & field teams at the University of Georgia and her older sister, Hannah, runs for Georgia Tech • Her father wrestled at Purdue University • Her brother, Ryan, has special needs and inspires her daily with his ability to smile and keep a positive attitude in any situation • Played clarinet during her junior high school years • Played basketball competitively from kindergarten until eighth grade.



EMERSON PORTER

Sophomore
Pole Vault/Hurdles
Charlotte, N.C.
Providence Day



Personal Records
100H – 15.48 • 400H – 1:06.15 • Pole Vault (I) – 12-5 ½ (3.80 meters) • Pole Vault (O) – 12-10 ¼ (3.92 meters)

2017-18: Finished 16th at the ACC Outdoor Championships with a mark of 12-3 ½ (3.75 meters) • Cleared 12-5 ½ (3.80 meters) for 18th-place at the ACC Indoor Championships • Won the Miami Hurricane Collegiate Invitational pole vault competition with a height of 12-6 ¾ (3.82 meters) • Set a personal record of 12-10 ¼ (3.92 meters) at the Battle of the Blues, finishing third • Was the runner-up at both the Virginia Grand Prix and the Weems Baskin Relays • Made ten pole vault appearances during her freshman season • Named to the ACC Academic Honor Roll.

Prep: 2-time NCISAA 3A Pole Vault Champion • 2017 100H, 300H, 4x200 NCISAA 3A Champion • Member of the 2016 Penn Relays CISAA Division 4x400 Champions that set a new high school record • 2016 USATF NC State Pole Vault Champion • 2016 USATF Regional Pole Vault Runner-Up • Named to the 2017 All-Mecklenburg Girls Track Team • Led Providence Day to back-to-back state championships in 2016 & 2017 • Was a team captain as a senior • 2-time Magna Cum Laude • Commended National Merit Scholar • Named to the Headmasters List every year • Member of the National Honor Society & the National Chinese Honor Society.

Personal: Emerson Makenna Porter is the daughter of Ed and Kathy Porter • Born June 3 • Was a competitive gymnast for 13 years and competed in the NC State Championships, the USA Olympic Regional Championships and was an alternate for the USA Junior Olympic Nationals • Transitioned to track and field as a junior in high school • Has three siblings – Katie, Kelsey & Jake • Katie graduated from the US Naval Academy in 2016, where she played varsity tennis and is now a Naval Flight Officer • Kelsey was a four-year member of the Carolina dance team.



BLAIR RAMSEY

Redshirt Sophomore
Distance
Greensboro, N.C.
Grimsley



Personal Records
XC 6k – 22:10.3 • XC 5k – 17:39.8 • XC 4k – 14:21 • 3,200m – 10:44 • Mile – 4:50 • 1,500m – 4:28.41 • 800m – 2:15

2018-19: Ramsey represents the women's cross country team on the Student-Athlete Advisory Council.

2018 XC: Did not compete during the cross country season.

2017-18: Did not compete during the indoor and outdoor seasons.

2017 XC: Competed through the first three meets before going out due to injury • A representative of the women's cross country team on the UNC Student-Athlete Advisory Council.

2016-17: Set a personal-best 4:28.41 in the 1,500 at the ACC Outdoor Track and Field Championships, placing 15th • Had three top-10 finishes during the outdoor season • Did not compete during the indoor season • Placed fifth at the Elon Opener in her first collegiate cross country meet • Ran a personal best of 17:39 at the 5k at the Joe Plane Invitational, which earned her a 92nd place finish • Finished in 123rd place at the ACC Cross Country Championships • Ran at the NCAA Southeast Regional, where she placed 130th with a time of 22:52 • Named to the ACC Academic Honor Roll • Named to the Dean's List both semesters.

Prep: 3-time NCHSAA State Champion in the 1,600 • 2-time Junior Nationals qualifier • Ran in the Junior National 1,500 at Hayward Field • Placed 10th in the mile at the Outdoor New Balance Nationals in 2016 • National Honor Society member • Tri-M Music Honor Society • Summa Cum Laude graduate • Service Learning Diploma • AP Scholar with Distinction • Best All-Around Female Athlete at Grimsley • Bachtell Glenn Vocal Music Award winner • Member of the Grimsley High School Madrigal singers • Student Ambassador • President of the Brooks Buddies Mentoring Program.

Personal: Elizabeth Blair Ramsey is the daughter of David and Terri Ramsey • Born December 1 • She is a representative for the cross country team on the Student Athlete Advisory Council • Involved in the Richard A. Baddour Carolina Leadership Academy through Carolina Accelerate and as a mentor to freshman student-athletes through Carolina Navigate • She is a Buckley Public Service Scholar • Has been playing the piano for nine years and teaches lessons Chapel Hill-area students through Musical Empowerment • She is a volunteer teacher for the UNC Hospital School • Participated in a cultural immersion trip to the Yucatan Peninsula.



TASHA REGAN

Junior
Distance
Huntersville, N.C.
Hopewell



Personal Records
XC 5k – 18:39 • 3,200m – 11:31.62 • 3,000m – 10:52.57 • 1,600m – 5:17.71

2018 XC: Did not compete during the cross country season.

2017-18: Did not compete during the indoor and outdoor seasons.

2017 XC: Did not compete during cross country season.

2016-17: Only raced in the 3,000 at the Dennis Craddock Carolina Relays, finishing in 10:52.57 and taking second place • Did not compete during the indoor or cross country seasons • Named to the ACC Academic Honor Roll.

Prep: Attended Hopewell High School in Huntersville, N.C. • Lettered in cross country and track during all four years of high school • Competed on the varsity swim team for three years • Served as the captain of her cross country and track and field team • Named the Female Athlete of the Year during her senior year • Earned All-Conference honors during all four years • Was the All-Regional runner up during her senior season • Named the Most Valuable Player of the cross country team all four years • Holds the school record in the 1,600 and 3,200 • Named the Most Important Player for the swim team her sophomore season.

Personal: The daughter of Rory and Kelly Regan • Born September 23 in Minot, N.D. • Member of the National Honor Society and the National English Honor Society • Recipient of the Presidential Silver Service Award • Served as the chairman of Race for a Reason 5k, a race sponsored by her high school's DECA club to raise money to send a student with muscular dystrophy to a local summer camp • Was an AP Scholar with Honors • Received the Highest Achievement Award for Honors Spanish IV • Has done taekwondo for five years and has earned a black belt • Her sister earned a bachelor's degree from UNC and has returned to Chapel Hill to get a doctorate in special education • Both of her parents were in the Air Force • Her father retired after 20 years of service with the rank of Master Sergeant.

CAROLINA



KATLIN SHERMAN

Senior
Sprints
Winston-Salem, N.C.
Parkland



Personal Records

60m – 7.63 • 100m – 11.5 • 200m (I) – 24.03 • 200m (O) – 23.60 • 400m (I) – 58.65
• 400m (O) – 57.83

2018-19: Sherman represents the women's track & field team on the Student-Athlete Advisory Council.

2017-18: Finished 16th at the NCAA East Preliminary Round in the 4x100 • Ran a leg of the 4x100 that placed fifth at ACC Outdoors • Won both of her events at the Virginia Challenge with times of 23.93 in the 200 and 44.73 in the 4x100 • Set a new personal record of 57.83 in the 400 at the UCF Black and Gold Challenge • Represented the women's track & field team on the UNC Student-Athlete Advisory Council.

2016-17: Finished 17th in the 200 at the ACC Indoor Track & Field Championships • Won the 200 at the Duke Invitational, the Battle of the Blues and the Camel City Invitational.

2015-16: Finished 16th in the 100 and the 200 at the ACC Outdoor Track & Field Championships • Scored for the Tar Heels in the 200 at the ACC Indoor Track & Field Championships, taking seventh with the fifth-fastest time in school history at 24.03 • Also finished 20th in the 60 and ran a leg for the 4x400 that finished ninth at the indoor conference meet • Won the 200 at the Dick Taylor Carolina Cup and the Camel City Invitational.

Prep: Three-sport athlete between track and field, basketball and volleyball • Played four years of high school volleyball playing both outside and middle • Played two years of high school basketball • Lettered four years in track and field • Led her team to four state championship titles • 2-time individual state champion in the 100 • 200 state champion • 3-time All-American in the 200 • Honor roll student • National Honor Society member.

Personal: Katlin Breonna Sherman is the daughter of Jennifer and Brian Sherman • Born May 7 • All three of her brothers went to college on athletic scholarships to Howard, UNC-Pembroke and South Carolina.



JILL SHIPPEE

Sophomore
Throws
Clifton Park, N.Y.
Shenendehowa



NCAA OUTDOOR CHAMPIONSHIP QUALIFIER • SECOND-TEAM ALL-AMERICA • SECOND-TEAM ALL-ACC • USATF WORLD JUNIOR CHAMPIONSHIP FINALIST • 3-TIME HIGH SCHOOL NATIONAL CHAMPION

Personal Records

Shot Put (I) – 43-1 ¼ (13.14 meters) • Shot Put (O) – 45-10 ½ (13.98 meters) • Weight Throw – 65-6 (19.96 meters) • Hammer Throw – 207-4 (63.19 meters) • Discus – 123-7 (37.67 meters)

2017-18: Earned second-team All-America honors in the hammer throw at the NCAA Outdoor Track & Field Championships with a 14th-place mark of 200-5 (61.10 meters) • Punched her ticket to Eugene, Ore. at the NCAA East Preliminary Round by throwing 204-0 (62.18 meters) for fifth • Earned second-team All-ACC honors after throwing 202-2 (61.63 meters) for fourth at ACC Outdoors in the women's hammer throw • Competed in both the shot put and the weight throw at ACC

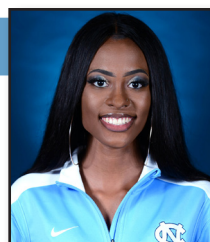


Jill Shippee

Indoor Championships, finishing 15th with a mark of 41-10 ½ (12.76 meters) in the former and seventh with a personal best 63-11 (19.48 meters) in the latter • Won the hammer throw at back-to-back competitions, first at the Miami Hurricane Collegiate invitational and then at the Virginia Challenge • Hit a career record mark of 43-3 (13.18 meters) in the shot put at the Battle of the Blues • Threw 199-6 (60.82 meters) at the UCF Black and Gold Challenge to win the hammer throw competition • Totaled 14 top-five finishes as a freshman • Finished second with a new career record of 210-6 (64.16 meters) at USATF Junior Outdoor Championship hammer throw to qualify for IAAF Worlds • Initially placed 13th in the IAAF World U20 Championship preliminaries, but an official error led to her inclusion in the final • Moved up six seeds in the final to finish sixth with a mark of 201-4 (61.38 meters).

Prep: 2-time New Balance Nationals hammer throw All-America & national champion • 2017 New Balance Nationals weight throw national champion • 2-time All-America in weight throw (2016 runner-up) • 2017 NY indoor shot put & weight throw state champion • 2-time NY Section 2 indoor & outdoor shot put and weight throw champion • 2017 NY Section 2 discus champion • 3-time NY all-state in outdoor and indoor shot put • 2-time NY all-state in indoor weight throw • Set the NY state records for indoor weight throw and hammer throw • Team won the 2017 NY outdoor state championship • Competed in indoor and outdoor throws all four years – team captain as a junior and senior • Was also a four-year soccer goalkeeper – 3-year varsity letter winner, 2016 NY Suburban Council Champions, twice named to the NY Suburban Council All-Star Team and was team captain as a senior • Member of the National Honor Society and National Science Honor Society • Founded and served as president of the Student Athlete Advisory Council • High honor roll student.

Personal: Jillian Elise Shippee is the daughter of David and Bonnie Shippee • Born April 19 • Her brother, Jonathan, played baseball for Monmouth from 2009-12.



PEIGHTON SIMMONS

Sophomore
Sprints/Jumps
High Point, N.C.
T. Wingate Andrews



NCAA EAST PRELIMINARY ROUND QUALIFIER • HIGH SCHOOL NATIONAL CHAMPION

Personal Records

200m (O) – 24.54 • Triple Jump (I) – 40-7 (12.37 meters) • Triple Jump (O) – 41-7 ¼ (12.68 meters)

2017-18: Qualified for the NCAA East Preliminary Round in the triple jumps as well as the 4x100 relay • Finished seventh at the ACC Outdoor Championships after jumping 41-5 ¼ (12.63 meters) in the triple jump • Also competed in the triple jump at the ACC Indoor Championships, finishing 12th with a mark of 40-4 (12.29 meters) • Set career bests in both the 200 and the triple jump at the Virginia Grand Prix, finishing the 200 in 24.62 and hitting 41-5 ¼ (12.64 meters) in the triple • Won the UCS Invitational triple jump competition with a distance of 40-7 (12.37 meters).

Prep: 2-time AAU National triple jump champion • 5-time triple jump 2A state

champion • Helped her team to two indoor and outdoor 2A women's titles • Competed in triple jump and on the relays • Graduated with a 4.4 GPA to become a co-salutatorian • Was president of the National Honor Society.

Personal: Peighton Nicole Simmons is the daughter of Penny and Zallo Simmons • Born December 14 • Father played collegiate basketball at Lenoir-Rhyne • Sister was a sprinter at NC State.



ASHLEY SMITH

Redshirt Sophomore
Distance
Clemmons, N.C.
West Forsyth




Personal Records

XC 6k - 21:54.0 • XC 5k - 18:36 • XC 4k - 15:31 • 5,000m (O) - 18:18.15 • 3,000m (I) - 10:27.68 • 3,000m (O) - 10:26.44 • Mile - 5:16.98 • 1,000m - 3:04.93 • 800m (O) - 2:22.17

2018 XC: Finished 107th with a career-best performance at the NCAA Southeast Regional • Placed 82nd at the ACC Championships • Competed in all five competitions • Improved her event times in each of her appearances, besting her 5k time once and 6k twice.

2017-18: Kicked off the indoor season with a career-best mile time of 5:16.98 at the Dick Taylor Carolina Cup • Ran a personal record in the 5,000 at the Raleigh Relays, finishing in 18:18.15 • Earned another personal top-time of 10:26.44 in the 3,000 meter competition at the Battle of the Blues • Named to the ACC Academic Honor Roll.

2017 XC: Finished 114th at the ACC Cross Country Championships • Set a 5k personal best of 18:45.98 in the Mountains to Sea Open.

2016-17: Did not compete during the season • Named to the ACC Academic Honor Roll.

Prep: Attended West Forsyth High School in Clemmons, N.C. • Lettered in swimming, cross country and track and field during all four years of high school • 4-time state qualifier for cross country • 3-time state qualifier for track and field • 3-time state qualifier for swimming • Served as a captain of the cross country and track and field team during her junior and senior seasons • Competed at the New Balance Nationals in 2013 and 2014.

Personal: Ashley Smith is the daughter of Clare and Lindsey Smith • Born September 7 in Clemmons, N.C. • Graduated with honors from high school with a 4.0 unweighted GPA • Was a National AP Scholar • Was president of the Math Honor Society • Earned Academic All-America honors as a member of her high school's swim team • Has one younger sister, Kelly • Coaches a swim team in the summer.



ALIYAH TAYLOR

Freshman
Sprints
Browns Mills, N.J.
Rancocas Valley Regional




Personal Records

60m - 7.57 • 100m - 11.95 • 200m - 24.61 • 400m - 55.13

Prep: New Balance All-American • Champion in the 55m and the 200m competitions at the Meet of Champs • Holds the New Jersey Meet facility and meet records in the indoor 200 • Two-time Milrose Games Qualifier in the 200 • Ranked in the top five of all women's 300m competitors in the state of New Jersey • Four-

time Individual Group State Champion • Captained the track and field team her senior year • Also played one season of soccer as a fullback.

Personal: Aliyah Taylor is the daughter of Chenese and Horace Taylor • Born November 30.



MAIAH WALKER

Freshman
Sprints
Lake Wales, Fla.
Lake Wales




Personal Records

400m - 53.27 • 200m - 23.86

Prep: 2016 State Champion in the 400 • Nationally ranked eighth in the 400 and 13th in the 200 • Member of Elite Mentoring and Hygiene of Humanity at her high school • Member of the National Honor Society.

Personal: Maiah Tamara Walker is the daughter of Marcus and LaShelia Walker • Born October 24.



MADISON WILTROUT

Redshirt Freshman
Javelin
Connellsville, Pa.
Connellsville Area




2-TIME PENNSYLVANIA GATORADE PLAYER OF THE YEAR • HIGH SCHOOL NATIONAL CHAMPION • USATF JUNIOR CHAMPIONSHIPS COMPETITOR

Personal Records

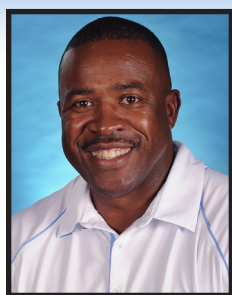
Javelin - 185-8 (56.59 meters)

2017-18: Made her first appearance back from injury at the USATF Junior Outdoor Championships in Bloomington, Ind. • Finished third with a collegiate-best mark of 173-5 (52.86 meters) in her final javelin throw • Did not compete for Carolina during the indoor and outdoor seasons.

Prep: 2-time Pennsylvania Gatorade Player of the Year • 2017 New Balance Nationals javelin champion • 3-time All-America in javelin • Finished third in javelin at the 2017 USATF Junior Outdoor Championships • 2017 Penn Relays javelin champion • 4-time PIAA javelin state champion • 4-time WPIAL javelin champion • Set the national high school javelin record, the Pennsylvania javelin state record and the WPIAL javelin record • Played point guard all four years • Member of the National Honor Society, German Honor Society • Named an Academic All-Star • Samaritans Purse volunteer and Pennsylvania Adopt-a-Highway Litter Control volunteer.

Personal: Madison Elizabeth Wilttrout is the daughter of Tom and Amy Wilttrout • Born June 4 • Her aunt played basketball in Sweden for two years after playing college basketball at UPenn • Her brother graduated from Penn State where he was a pitcher on the baseball team.

CAROLINA



Harlis Meaders • Seventh Season Head Coach & Director of Track & Field / Cross Country Throws

Harlis Meaders is in his seventh season as the head coach of the track and field and cross country programs. Meaders returned to coach at his alma mater in 2012 after an 18-year stint at Florida State that saw him rise to the program's associate head coach in 2004 while coaching the throwers and coordinating recruiting operations.

"I'm extremely delighted to have the opportunity to reunite with the Carolina family," said Meaders in the summer of 2012, "I'm a product of North Carolina track and field. I was born and raised in this state and had the privilege to compete at the University of North Carolina. If you've ever worn the Carolina blue and white, you know how I feel. Carolina is an extremely special place and it's an honor to give back to the university and the community that has given so much to me."

Meaders' tenure at Carolina has been defined by excellence both in the oval and within the classroom. In 2017-18, 25 Tar Heels collectively earned 29 All-ACC accolades, four ACC titles, five All-America honors and a national title over the course of the cross country and track & field seasons. Nicole Greene was finally crowned an NCAA National Champion in the women's indoor high jump and received her third straight All-America nod. At the 2018 NCAA Outdoor Track & Field Championships, Kenny Selmon earned his highest NCAA finish, clocking a personal best 48.12 in the men's 400-meter hurdles for the runner-up spot and another first-team All-America nod. Four women — Caroline Alcorta, Morgan Ilse, Anna Keefer and Jill Shippee — also made the trip to Eugene, Ore. for their first ever NCAA Championships. Alcorta (10,000m), Keefer (long jump) and Shippee (hammer throw) all earned second-team All-America nods for their performances while Ilse finished an honorable mention All-America.

While the Heels found success in athletics, their academic ventures were just as noteworthy. Led by Nicole Greene who was named the ACC Women's Indoor Scholar-Athlete of the Year, 48 members of the track & field and cross country teams were named to the ACC Academic Honor Roll. Additionally, eight individuals were recognized by the USTFCCA and eight student-athletes earned nine spots on All-ACC Academic teams.

In throwing events, Meaders coached then-freshman Jill Shippee to her first ever NCAA Outdoor Championships. Shippee collected her first second-team All-America nod after earning second-team All-ACC honors at the ACC Outdoor Championships. Alex Cooke finished second in the weight throw to finish first-team All-ACC in indoors and Daniel McArthur had another second-team All-ACC performance.

The 2016-17 editions of the Carolina track & field and cross country teams exemplified the very best of what his student-athletes have accomplished. In competition, 17 Tar Heels earned a combined 29 All-ACC honors, two won ACC titles and six gained All-America distinctions. Kenny Selmon took home first-team All-America honors

after taking fourth in the 400-meter hurdles at the NCAA Outdoor Track & Field Championships by breaking a 22-year-old school record in the event. Nicole Greene finished fifth in the high jump at the NCAA Indoor Track & Field Championships to also claim first-team All-America honors. Sarah Howard took home second-team All-America honors in the shot put, and RJ Alowonle (400H), Anna Eaton (pole vault) and Ceo Ways (400) were named honorable-mention All-America. Ten individuals and three relays established 17 new marks in the top five in the UNC record books.

For their efforts in the classroom in 2016-17, nine student-athletes were named Academic All-ACC, eight individuals and the women's team were honored by the USTFCCA for their academic accomplishments, and 50 Tar Heels earned spots on the ACC Academic Honor Roll. RJ Alowonle, Emily Godwin and Sarah Howard were also recognized by CoSIDA with Academic All-District Honors, with Alowonle and Howard going on to be named Academic All-America.

In the throwing events for the Tar Heels in 2016-17, Meaders led senior Sarah Howard to second-team All-America honors in the shot put for the second time in her career. Howard also earned first-team All-ACC honors in the shot put at both conference championship meets and improved her mark that ranks second in Carolina history. Freshman Daniel McArthur took home second-team All-ACC honors

in the shot put from both conference meets and already has the second-best outdoor shot put throw in UNC History. Alex Cooke scored for Carolina at the indoor conference meet and moved up second in weight throw in the UNC record book.

During the 2015-16 season, the track and field program performed well in the ACC and at the national level under the guidance of Meaders. Kenny Selmon earned first-team All-America honors, while Javonte Lipsey was named to the second team. At conference championships, 23 Tar Heels earned All-ACC honors and the men's 4x400 (Javonte Lipsey,

Kenny Selmon, Cory Nicholls and Ceo Ways) captured the title at the ACC Outdoor Track & Field Championships for the fourth consecutive year. Five student-athletes were named to the All-ACC Academic Team (Tory Kemp, Avana Story, Nicole Greene, Houston Summers and Javonte Lipsey) and 24 were on the 2015-16 ACC Academic Honor Roll.

In the throws for 2015-16, Meaders led Houston Summers, Avana Story and Zach Gray to All-ACC outdoor honors and Sarah Howard to All-ACC indoor honors. AJ Hicks qualified for the NCAA Indoor Championships where he took first-team All-America honors after finishing sixth in the weight throw. AJ Hicks had a throw of 218-10, which increased his No. 3 all-time mark in UNC history. Story notched a 200-9 to take over second place in the UNC record book, while Alex Cooke threw a 181-8 to increase her No. 5 all-time mark.

The Tar Heels found success on the national level in 2014-15 with eight first-team All-Americas (Lizzy Whelan, Sean Sutton, Xenia Rahn [twice], Javonte Lipsey, Ceo Ways [twice] and Kenny Selmon). Additionally, AJ Hicks, Kenny Selmon, Javonte Lipsey and



TAR HEELS

Sarah Howard earned second-team All-America honors. The team hauled in 26 All-ACC honorees including ACC champions Xenia Rahn (pentathlon and heptathlon), Paul Haley (heptathlon) and the men's 4x400 relay (RJ Alowonle, Javonte Lipsey, Kenny Selmon and Ceo Ways). The team also excelled in the classroom with 46 individuals making the 2014-15 ACC Academic Honor Roll.

In the throws for 2014-15, Meaders coached AJ Hicks and Sarah Howard to second-team All-America honors. Hicks eclipsed the second place mark on the school's all-time list in the weight throw. He earned All-ACC honors for finishing third in the event and took 10th at the NCAA Indoor Championships. Howard earned second-team All-America honors in the shot put during the outdoor season.

During the 2013-14 track and field seasons, Meaders led the Tar Heel program to four ACC individual titles, a 4x400 conference championship and 19 All-ACC individuals. On the national level, 26 individuals and three relays qualified for the NCAA East Preliminary Round and 10 advanced to the NCAA National Championships. Five Tar Heels earned first-team All-America honors - RJ Alowonle (4x400, 400-meter hurdles), Sean Sutton (4x400), Javonte Lipsey (4x400), Ceo Ways (4x400) and Xenia Rahn (Heptathlon) - and seven were named second-team All-America - Isaac Presson (Mile, 5,000), Lizzy Whelan (1,500), Annie LeHardy (Mile, DMR), Cori Floyd (DMR), Lianne Farber (DMR), Javonte Lipsey (400-hurdles) and Sarah Howard (shot put). The Tar Heels also excelled in the classroom as 22 earned All-ACC Academic honors and 40 student-athletes were named to the ACC Academic Honor Roll.

In the throws for 2013-14, Meaders coached the unit to several personal records and a few top-five school marks. Meaders guided AJ Hicks to an ACC Championship in the weight throw and ACC Indoor Field Event MVP honors. Sarah Howard threw a new personal record under his direction that ranked 10th among all NCAA athletes in 2014.

Meaders is a 1992 graduate who competed in the discus, shot put and 35-pound weight throw. While competing, he won back-to-back ACC outdoor titles in the discus in 1991 and 1992 as well as an indoor conference crown in the weight throw in 1992. Meaders was a high school All-America who became a NCAA and Olympic Trials qualifier while at UNC. He set the school record in discus with a throw of 186-10 (56.95 meters), a mark that stood for 23 years, and now ranks second on the UNC all-time list. Meaders was also a captain on the 1992 track & field team that won the ACC outdoor title.

The Monroe, N.C., native began his coaching career at Western Carolina where he spent three years as an assistant coach while earning his master's degree in physical education. While there, Meaders also instructed courses in the physical education department. He coached several Western Carolina track and field athletes to multiple Southern Conference individual titles.

During his 18 years at Florida State, Meaders helped the Seminoles win the U.S. Track & Field and Cross Country Coaches Association's NCAA Division I men's program of the year award for two consecutive years in 2011 and 2012. As the throws coach, Meaders guided 11 different Florida State throwers to 22 All-America honors and 22 ACC titles. The male and female athletes he coached established more than three-

quarters of the top-10 all-time school bests in the discus, javelin, shot put and weight throws during his tenure. In 2005, Meaders was named the East Regional Assistant Coach of the Year for his success with the Seminoles throwing corps.

Meaders also coached two-time NCAA Champion Garrett Johnson, who is widely considered the greatest student-athlete in Florida State school history. In the fall of 2005, Johnson was honored as the second Rhodes Scholar in school history as well as the first for a student-athlete. In the spring of 2005, Johnson claimed NCAA indoor and outdoor titles in the shot put for the Seminoles' first national championships in the event. Johnson also set school, conference and NCAA East Regional records that year. Johnson would go on to compete in the 2008 U.S. Olympic Trials, earning a ranking of 14th in the world.

Olympian Dorian Scott was also one of Meaders' stand-out student-athletes at Florida State. A native of Jamaica, he became the first Jamaican to ever reach the final of the men's shot put at an Olympics, throwing 66-6 (20.31 meters) to qualify, and ultimately finished 10th with a throw of 67-6 (20.61 meters) in London in 2012. Scott has an all-time best shot throw of 70-4 ½ (21.45 meters) which he set in March 2008 in Tallahassee, Fla.

In addition to leading student-athletes to competitive success, Meaders has also taught student-athletes who have gone on to become successful coaches: Gregg Jack is the throws coach at CSUN, David Price is the throws coach East Carolina, B.J. Linnenbrink is the associate head coach at Duke, Dorian Scott is an assistant coach at Florida State and Makiba Batten is an assistant coach at Wayne State. Karen Rademeyer is a former Meaders' pupil who also went on to coach.

Meaders also brought with him to Carolina a deep commitment to academic success. From 2007 to 2012, his student-athletes earned 19 Academic All-America honors. He was also the co-founder of R.E.A.L. Men (Reliable, Educated, Approachable Leaders), a leadership program at Florida State for male student-athletes. Along with his coaching duties at FSU, Meaders oversaw daily operations, including team travel and budget, as well as acting as the program's liaison with athletic department administration, compliance, facilities, admission, financial aid and the business office.





Andrea Grove-McDonough • First Season Assistant Coach, Head Cross Country Coach Distance

Grove-McDonough joins Carolina after a five-year stint as the head cross country and assistant men's and women's track and field coach at Iowa State University. During her time with the Cyclones, she directed the training of all cross country and long distance events ranging from 800 meters to 10,000 meters.

Grove-McDonough also oversaw recruiting for the women's programs in her events.

The Minnesota graduate led the Iowa State women's cross country team to the last five NCAA Championships and even coached the 2014 roster to a runner-up finish. Her cross country program has won four of the past five Big 12 Conference Championships, and she has helped develop 11 All-America competitors across the cross country and indoor and outdoor track and field programs. Nine of her athletes achieved the coveted title of conference champions and two of her relays captured conference gold.

Academically, Grove-McDonough's programs at Iowa State excelled just as much in the classroom as on the course. For five consecutive years, her teams received USTFCCCA All-Academic recognition and the women's programs held the highest team GPA across all women's programs at the

university.

Prior to her position at Iowa State, Grove-McDonough held the same set of roles at the University of Connecticut beginning in October 2008. While with the Huskies, she led the women's cross country team to their first ever appearance at the NCAA Cross Country Championships and recorded an eighth-place finish at the 2012 NAAs. Six of her athletes on the indoor and outdoor track and field teams achieved All-America status while 12 individuals and three relays qualified for both NCAA Indoor and Outdoor Track and Field Championships. Grove-McDonough's athletes at Connecticut were also awarded All-Academic team honors by the USTFCCCA from 2009 to 2012.

Due to her success with her two previous universities, Grove-McDonough is a four-time Big 12 Conference Women's Cross Country Coach of the Year, a three-time USTFCCCA Midwest Region Cross Country Coach of the Year, and a two-time USTFCCCA Northeast Region Assistant Indoor Track and Field Coach of the Year. In 2012, she was named Big East Conference Coach of the Year and USTFCCCA Northeast Region Coach of the Year for cross country. The Big East also awarded the Connecticut indoor track and field coaching staff the honor of Coaching Staff of the Year in 2009.



Abigi Id-Deen • Second Season Assistant Coach Coordinator of Sprints, Hurdles & Relays

Abigi Id-Deen is in his second year as the coordinator of men's and women's sprints, hurdles and relays. Prior to the 2018 season, Id-Deen joined Carolina with 13 years of coaching experience at the Division I level and 37 All-America student-athletes.

Last season, Coach Id-Deen worked with all sprinters, hurdlers and horizontal jumpers, making a huge impact on the Carolina record books. Cierra Dunston, McKinley McNeill, Dontavian Smith and Kenny Selmon all qualified for at least one ACC Indoor Championship final and each earned a spot among the top-five all-time marks at UNC. Brianna Duncan broke the school record in the 60-meter, clocking in at 7.29, before setting two more Carolina records in the outdoor season — a time of 11.27 in the 100 and 23.03 in the 200. Both the men's and women's outdoor 4x100 relays also ran times that rank in the top-five in the history of Carolina track & field and a number of athletes qualified for the NCAA East Preliminary Round. Anna Keefer won indoor ACC long jump title as a freshman and earned second-team All-America honors during outdoor season. Most notably, Id-Deen coached Kenny Selmon who went on to claim the NCAA runner-up title in the 400-meter hurdles after clocking in a new school record time of 48.12 at the NCAA Outdoor Track & Field Championships. Kenny also went on to win the USATF 400H title in Des Moines, Iowa.

A native of Staten Island, N.Y., raised in Arizona, Id-Deen most recently spent two years as an assistant coach for sprints at Tennessee from 2015-17 where he specialized in long sprints, hurdles and relays. With the Volunteers, Id-Deen coached 400-meter student-athletes Nathan Strother (45.07) and Felicia Majors (51.29) and two 4x400 teams to All-America honors in 2016. Also during the 2016 season, the Volunteer women broke the 4x400 school record on their way to winning the SEC Indoor Championship.

Under Id-Deen, freshman Ari Cordell ran 46.27 to become of a member of the United States Junior 4x400 team, which win the gold medal at the 2016 U-20 World Championships in Poland. He also coached freshman Brooklynn Broadwater to the seventh-fastest time in Tennessee history in the 400-meter hurdles when she finished in 58.20 at the 2017 NCAA East Preliminary Round.

Prior to Tennessee, Id-Deen spent nine years at George Mason, beginning his stint there as an assistant coach. In 2011, Id-Deen was promoted to associate head coach after guiding student-athletes to 10 All-America performances in the Patriot sprints and jumps and the men's team to Colonial Athletic Association titles in 2010 and 2011.

Following the promotion, Id-Deen earned the USTFCCCA Southeast

Region Assistant Coach of the Year Award after helping the Patriot men to their third consecutive CAA title. Eleven of his athletes qualified for the NCAA East Region Championships that year, with two moving on to the National Championships. Also in 2012, Id-Deen coached LaVell Handy to the Most Outstanding Field Performer Award at the CAA Championships. Handy qualified for the NCAA Indoor and Outdoor Championships in the long jump and took part in the Olympic Trials at the end of the season.

In 2013, Id-Deen coached the Patriot men's 4x400-meter relay team to All-America honors at the NCAA Indoor Championships. Sprinter David Verburg was second-team All-America during the indoor season and earned first-team honors during the outdoor campaign in the 400. Verburg would go on to the USA Championships where his 400 time of 44.75 earned a place at the World Championships in Moscow, Russia. The women's 4x400 also picked up second-team All-America honors that season.

In 2014, the Patriot women's squad claimed the Atlantic 10 Indoor and Outdoor Championships. Three of Id-Deen's athletes seized individual titles at the A-10 Outdoor Championships, as did the men's and women's 4x400 relay teams.

In total, Id-Deen coached 21 All-America individuals, six All-America relays, 48 individual conference champions and 18 conference relay champions in his nine seasons at George Mason.

Prior to George Mason, Id-Deen spent two years as a member of the University of Richmond's track and field staff, working primarily with the sprints, jumps and hurdle events. During his two-year tenure, his athletes broke 17 school records and earned five all-conference selections.

Id-Deen coached Richmond's Jessica Young to the World Junior Championships and five school records, including the 60, 200, and indoor 400, and outdoor 200 and 400. Young was the first female sprinter in Spider history to qualify for the NCAA Indoor Championships in the 400 and the NCAA East Regional Championships in the 200 and 400.

Before becoming a member of the Richmond staff, he served two years as a volunteer assistant at Phoenix College (Ariz.), primarily working with the sprints and jumps.

Id-Deen competed in track and field at Central Arizona College from 1997-99 prior to transferring to Arizona State. He set a long jump personal best of 24-06, ran the 200 meters in 21.32 and set a personal mark of 47.50 in the 400 meters. He graduated from ASU in 2002. He and his wife, Kia (formerly Kia Davis) were married in August of 2014; Kia is a 2008 Olympian for Liberia, where she holds six-national records.

Id-Deen is a USATF level I and II certified instructor in sprints, hurdles, jumps and combined events. He also holds USTFCCCA certification in advanced strength and conditioning.



Nicole Hudson • Seventh Season Assistant Coach Multis/High Jump

Nicole Hudson enters her seventh season as an assistant coach for the University of North Carolina. After serving as a coach for jumps, sprints, hurdles, and relays for five seasons, Hudson focused her efforts on multis and high jump beginning in 2017-18.

After two straight seasons of earning indoor All-America honors, Nicole Greene finally achieved the ultimate goal under the guidance of Coach Hudson — the title of NCAA National Champion. Greene took first in the 2018 NCAA Indoor Championship high jump competition just weeks after claiming her first ACC Indoor title in the event.

In 2016-17, Hudson led Nicole Greene to the NCAA Indoor Track & Field Championships in the high jump. However, this year Greene finished fifth to earn first-team All-America honors. Greene also took second in the high jump at both ACC Championships and moved into the top-five in UNC history in the indoor high jump. Emily Godwin earned first-team All-ACC honors in the high jump by taking third at the indoor conference meet, while Alexis Gannon earned second-team honors in the triple jump. Cierra Dunston (400), Gannon (triple jump), Greene (high jump) and the women's 4x400 (Natisha Dixon, Jewel Christian, Dunston, McKinley McNeill) also qualified for the NCAA East Preliminary Round.

During the 2015-16 season, Hudson coached Nicole Greene to second-team All-America honors in the high jump at the NCAA Indoor Track & Field Championships and All-ACC honors during both seasons, as well as a top-five outdoor jump in the UNC record books. Greene just barely missed qualifying for the NCAA Outdoor Track and Field Championships, as she cleared 5-9 ¼ to finish in 13th place. Emily Godwin also earned All-ACC honors and the women's 4x400 (Natisha Dixon, Jewel Christian, Kendra Douglas, Cierra Dunston) finished in sixth place at the ACC Outdoor Championships with a time of 3:40.22.

In 2014-15, Hudson guided Steve Dunbar to a third-place finish in the men's high jump at the ACC Outdoor Track and Field Championships earning All-ACC honors. Hudson also saw freshman Natisha Dixon finish seventh in the 100-meter hurdles at the conference championship while the 4x400 team placed ninth.

During her first season in 2013, Hudson helped guide six jumpers, two sprinters, two hurdlers and one relay to the NCAA East Preliminary with two Tar Heels advancing to the NCAA National Championships. In 2014, Hudson helped multiple Tar Heels reach personal records while guiding Philip Morris and Cori Floyd to the NCAA East Preliminary Round.

Hudson is a native North Carolinian, born in Goldsboro. Throughout her life she has maintained a passion for athletics and education. In high school she was a two-sport athlete for the Harnett Central Trojans, playing basketball and

competing in track and field. In her senior season she was selected to the All-Region team in basketball and was the 1988 NC 3A high jump state champion.

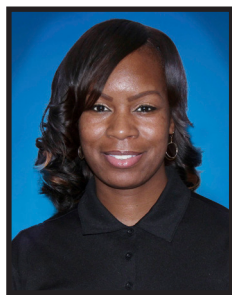
Hudson attended the University of North Carolina at Chapel Hill on a North Carolina Teaching Fellows Scholarship. While at UNC, she majored in mathematics education and was a member of the track and field team. During her collegiate track career she was a four-year letterwinner, a three-time ACC Champion, a two-time All-American and a 1992 Olympic Trials finalist in the heptathlon. She held the ACC record in the heptathlon for 15 years and held the UNC record in the event for 23 years.

After her graduation in 1992, Hudson spent nine years teaching and coaching in Georgia and North Carolina at Chattahoochee High School, Myers Park High School and Chapel Hill High School while continuing in her own athletic pursuits. In 1996 she was a finalist in the high jump at the U.S. Olympic Trials. In 2001, she began her graduate work at UNC in sport administration. After completing her masters' coursework and thesis titled, "The History and Significance of the Women's Central Intercollegiate Athletic Association (CIAA) Basketball Tournament," she became the Director of Training and Recruitment for Competitive Resources Group in Lawrenceville, Ga. During that time she conducted career development workshops for various colleges across the country. She also had an opportunity to work with professional sports leagues like the WNBA and the NBDL.

She returned to the classroom once again in 2004 and served as the head boys' and girls' track coach at Alpharetta High School in Georgia for eight years. In that time, the Raiders were 2006 Region 6AAAAA Runner-ups, 2007 Region 6AAAAA Champions, three-time Fulton County Champions (2006-08) and posted state championship team finishes of fourth, seventh and eighth place. The Raiders were mainstays of the Georgia State Track & Field Championships, and Hudson coached two-time Georgia state champion Dylan Hassett in the 3,200.

In 2011, Hudson joined the faculty of Eastside High School in Greenville, S.C. As an assistant cross country coach, she aided the Eagles in winning their first state championship. During the track and field season she coached the third-place high jump finisher, Katie Anderson, and the 2012 State 400-meter hurdles champion, Sydney Smith.

Hudson has coached numerous high school athletes who have gone on to compete at the collegiate level, including Drew Branch (University of Georgia), Dylan Hassett (William and Mary), Keturah Williams (ETSU), Ama Larbi (Georgia Tech), Brandon Terry (Wake Forest), Breanna Radford (University of South Carolina), Daniel Jester (West Point) and Audris Williams (Murray State, who was named Rookie of the Year).



Kia Id-Deen • First Season Assistant Coach Sprints, Hurdles & Relays

Kia Id-Deen, a volunteer assistant coach during the 2018 season, joined the full-time coaching staff as an assistant coach for the 2018-19 seasons. In her new role, Id-Deen will oversee short sprints and hurdles for both the men's and women's teams.

As a volunteer at Carolina, Kia Id-Deen (formerly Kia Davis) assisted with the development of all sprinters and hurdlers, making a huge impact on the Carolina record books. Cierra Dunston, McKinley McNeill, Dontavian Smith and Kenny Selmon all qualified for at least one ACC Indoor Championship final and each earned a spot among the top-five all-time marks at UNC. Brianna Duncan broke the school record in the 60-meter, clocking in at 7.29, before setting two more Carolina records in the outdoor season — 100-meter with a time of 11.27 and 200-meter in 23.03. Both the men's and women's outdoor 4x100 relays also ran times that rank in the top-five in the history of Carolina track & field and a number of athletes qualified for the NCAA East Preliminary Round. Most notably, Id-Deen helped train Kenny Selmon who went on to claim the NCAA runner-up title in the 400-meter hurdles after clocking in a new school record time of 48.12 at the NCAA Outdoor Track & Field Championships.

Id-Deen found much coaching success at the collegiate and high school levels prior to coming to Carolina. She was the head boys and girls coach at Farragut High School in Farragut, Tenn., from 2015-17 and she spent the 2014 season at George Mason University as an assistant coach for sprints and hurdles with the Patriots. At George Mason, Id-Deen led student-athletes to personal bests and A-10 honors on the way to helping both the men and women to Atlantic-10 outdoor titles. She also coached the men's 4x100 to a conference championship.

From 2010-14, Id-Deen was the assistant head coach for sprints and hurdles

with the Pittsburgh Panthers. Under her counsel, Id-Deen led Panthers to Big East titles in the 200, 100 and 4x100 and helped Pittsburgh send two individuals to national championship meets. Id-Deen also guided the women's 4x100 to the NCAA Outdoor Championships in 2014, and helped the men's team win that same relay at the Big East Championships for the first time in 10 years. In her first season with the Panthers, Id-Deen guided the women's 4x100 team to a Big East record and NCAA Honorable Mention accolades.

Other highlights from her time with the Panthers include coaching Joshua Thompson to a spot on the 2012 USA World Junior Team after claiming a silver medal at the USA Junior Championships in the 110-meter hurdles as well as leading Cambrya Jones to three school records (indoor 200, 100, 200), second-team All-America honors, two Big East titles (100, 200), Big East Most Valuable Athlete honors and a spot on the USA NACAC U-23 team.

From 2007-09, Id-Deen was an assistant coach at Bethune-Cookman University where she helped produce numerous conference champions, NCAA Regional qualifiers, All-Americans and the first-ever NCAA Championships appearance for the BCU women.

A 2002 graduate of St. Augustine's College, Id-Deen was exceptional in sprints and hurdles. She won six NCAA Division II National Championships, claiming the 55-meter hurdles at the Indoor Championships and added top finishes in the 100-meter hurdles and the 200 at the Outdoor Championships. Id-Deen was also CIAA Conference Champion in both the 55-meter hurdles and the 200.

Id-Deen represented Liberia in the 2008 Olympic Games, competing in the 200 and 400. She was also a semifinalist at the 2008 World Indoor Championships in the 60-meter hurdles and a silver medalist at the 2006 World Indoor Championships with the USA 4x400 squad.



Bobby Lockhart • First Season Assistant Coach Cross Country & Distance

A renowned assistant coach at Oklahoma State and a standout runner at the University of Wisconsin, Bobby Lockhart has more than proven himself in the track & field and cross country spheres.

A native of Winchester, Va., Lockhart played a pivotal role in the Cowboys' success throughout his 10-year coaching career at Oklahoma State University. During his time at Oklahoma State,

the men's cross country team won three NCAA National Championship titles in 2009, 2010, and 2012 and two more top-three finishes in 2011 and 2013. The men's program also won the NCAA Midwest Regional Cross-Country Championships eight times between 2008-2016 and racked up nine-consecutive Big 12 Conference Championship titles during that same time period.

Throughout the years, Lockhart's men have completely dominated the OSU record books, taking over the top-10 in the indoor mile, all but one of the top-10 spots in the indoor 3000 and all but three spots in the 1500. Their success twice earned them a second-place finish in the USTFCCA National Program of the Year standings and following the 2015-16 academic year, both the men and women found themselves among the top-10 programs in the rankings.

In 2015, Lockhart helped coach the women's cross country team to wins at both the NCAA Midwest Regional Cross Country Championships and the Big 12 Cross Country Championship before the team took seventh at the NCAA National Cross Country Championships.

The teams also found success during the track and field seasons with the men finishing sixth at the 2014 NCAA Indoor National Championships and eighth at 2013 NCAA Indoors in 2013 while also capturing two Big 12 Indoor Track & Field Championships in 2014 and 2016.

While his teams won title after title, Lockhart's student-athletes found just as much success as individual competitors. Having helped coach 103 distance runners to All-America honors and 73 distance runners to Big 12 titles, it comes as no surprise that Lockhart's middle distance training set Chad Noelle on the path to an NCAA Outdoor Championship title in the men's 1,500 in 2015. Oklahoma State had four more NCAA individual champions in the middle distance events during Lockhart's tenure, including Kaela Edwards in the 2016 indoor mile and Natalja Piliusina and German Fernandez in the 2013 and 2009 1500m competitions. Fernandez (2008 and 2011), Ryan Vail (2009), Girma Mecheso (2010), Kirubel Erassa (2014) and Vegard Oelstad (2015) were also crowned as Big 12 individual cross country champions.

Under Lockhart's decade at Oklahoma State, the men have managed nine-straight cross country titles, six regional titles and a plethora of recognitions.

Middle-distance runner Josh Thompson earned three All-America honors for the first time in 20 years and Hassan Abdi won Big 12 Newcomer of the Year in 2017. Lockhart's guidance led Craig Nowak to the Indoor High-Point Award.

In 2016, Lockhart assisted coaching transfer Josh Thompson into a national contender, bringing his personal-best mile time down from 4:15 at the beginning of the season to 3:58.33. Thompson went on to win two Big 12 titles in his debut indoor season and anchored the distance medley relay team to the third-fastest time in NCAA history, as well as a fifth-place finish at the NCAA Championships. Thompson's breakout season under Lockhart earned him the USTFCCA Midwest Region's Male Athlete of the Year award, as well as Big 12 Newcomer of the Year in Cross Country.

Cerake Geberkidane won two Big 12 titles at the 2016 Outdoor Championships which earned him Freshman of the Year honors. Geberkidane also won an indoor title in the 5,000 and took home all-conference honors at the Big 12 Cross Country Championships this season.

Academically, Lockhart's teams have shown just as much dedication to their studies. The men's cross country rosters have earned USTFCCA Academic All-Americas honors in seven of the last eight years with the 2009 and 2012 teams being named USTFCCA Scholar Team of the Year. The women's cross country program bested the men's streak by one and have now earned USTFCCA Academic All-America honors for eight straight years.

An impactful competitor at Wisconsin and former national high school athlete of the year, Lockhart came to Stillwater from the University of Oklahoma, where he served as an assistant coach for the Sooners track and field/cross country program in 2007-08.

A 2007 graduate, Lockhart helped Wisconsin win a national cross country championship in 2005 after finishing runner-up for three consecutive years. He was also part of 11 Big Ten championship-winning cross country, indoor track and outdoor track teams.

Twice an NCAA All-American at Wisconsin, Lockhart earned the honor once in cross country and once in outdoor track (10,000-meter run). He was twice named to the All-Big Ten Conference Cross Country Team.

Bursting onto the scene as one of the nation's most talented high school distance runners, Lockhart was a member of Team USA at the 2002 World Cross Country Championships and was named a Nike Athlete of the Year after winning the two-mile run at the Nike Indoor Nationals and two-mile run at the Adidas Outdoor Classic. Lockhart was also runner-up at the 2001 Foot Locker National Cross Country Championships and won 19 state titles in Virginia, including a record four in cross country. He was inducted into the Virginia High School Hall of Fame in 2015.



Jeff Gorski • Second Season Volunteer Assistant Coach Javelin

Jeff Gorski, a 1977 Carolina graduate and three-time All-ACC performer in javelin, is a highly-respected javelin instructor around the world having worked with elite athletes from high school national champions to Olympians.

Prior to volunteering for Carolina's 2017-18 season, Gorski was the javelin development

chair for The National Scholastic Athletic Foundation, where he coached and trained some of the most talented high school javelin athletes in the country from 2011-2017.

From 1999-03, Gorski served as the men's javelin development chair for USA Track & Field (later the USATF High Performance program), the highest-ranking individual event position at the national level.

That opportunity followed his success as an independently-contracted coach, during which time he notably worked with six-time U.S. javelin champion and 1992 and 1996 Olympian Tom Pukstys. Under Gorski's tutelage, Pukstys set six American records in the javelin and was ranked in the top 10 in the world for three years.

Gorski's first opportunity to coach the javelin came at Carolina, where he periodically worked from 1981-91 as an assistant coach, coaching many stand-out student-athletes including All-Americans Lynda Lipson, Sherrie MacKinney and Sean Murray. Gorski was also the throws coach for Meaders, who during his time at UNC won back-to-back ACC titles in the discus (1991-92), earned a conference crown in the weight throw in 1992, made the 1992 Olympic Trials

and set a Carolina discus record that stood for 23 years.

He has coached elite javelin throwers from his Chapel Hill home since 1992, when Lipson and Murray came to him requesting additional training. Adding a weight room, 70' javelin runway and other facilities, Gorski began to equip his property to serve and train top javelin high school, collegiate and post-collegiate athletes from around the U.S. In 2000, he founded Klub Keihas and began to officially run clinics and training camps for athletes and coaches to learn the basics of throws technique and training. The goal of Klub Keihas is to develop top athletes while teaching the skills to become future leaders and role models.

Gorski is a native of Clark, N.J., and has lived in Chapel Hill since 1981.

"It's exciting to have Coach Gorski rejoin the Carolina family," head coach Harlis Meaders said. "He is part of our history and is going to help us write the future of the program. Coach Gorski is an extremely decorated coach. He's probably one of the better javelin coaches in the country, and for him to volunteer his time to be part of our staff is really flattering. Coach Gorski of course coached me as a collegiate athlete and mentored me while I was here so it's great to have a father figure here to sort of help me guide the program too. I'm really excited about what he brings to the program. Even though he will be the senior coach on the staff, he is one of the most energetic coaches, highly animated, very colorful. He just loves what he does. He's got a great passion not only for the javelin, but a great passion for working with the kids. I think he's going to be a tremendous asset to everything we're trying to accomplish."



Kenny Selmon • First Season Volunteer Assistant Coach Sprints, Hurdles & Relays

After capturing a World Cup title in London, Kenny Selmon joins Carolina track & field once again, this time as a volunteer assistant coach. Selmon will also continue training with Coach Abigi Id-Deen as he starts his professional track career and his former coaches, now coworkers, are thrilled to see what he will bring to the team in his new roles.

The 2018 Athletics World Cup Champion and the 2018 USATF National Champion in the 400-meter hurdles, Selmon has plenty of experience to share with his former teammates and the freshmen athletes striving to achieve success at the highest levels. During his time at Carolina, Selmon qualified for four NCAA East Preliminary Rounds and five NCAA Championships while collecting five All-America accolades, 10 All-ACC honors and six spots in the UNC top-five all-time records.

Selmon repeatedly set the bar from the moment he stepped on campus up until his final race in a UNC singlet. At the end of his senior season, he earned a career-best NCAA runner-up finish in the 400-meter hurdles at the 2018 NCAA Outdoor Track & Field Championships. Selmon clocked a new personal-best time of 48.12 in the final, one year after breaking a 22-year-old school record in the 2017 NCAA Outdoors. Selmon also captured his fourth and fifth conference titles at the 2018 ACC Outdoor Championships, cruising through the 400-meter hurdles and running a leg of the winning 4x400 relay.

Selmon earned two other top-five all-time marks in his final season. He ran

Carolina's fourth-fastest indoor 400 time of 46.63 and helped a second indoor 4x400 lineup go down in history with the fourth-fastest time of 3:07.57. Prior to those stellar performances, Selmon had earned two spots in the relay records during his freshman year — a third all-time ranking in both the indoor and outdoor 4x400 relays. Two years later in 2017, Selmon reunited with two of the members of the historic 2015 outdoor relay and anchored the 2017 4x400 relay whose time of 3:04.27 ranks second all-time at UNC.

As if winning conference titles and setting school records was not impressive enough, Selmon finished first in each of his 400H appearances in 2018 before the NCAA final.

Selmon began his international career well before taking the world 400H title in London, England. As a sophomore in college, he took 13th in the 400H semifinals at the 2016 U.S. Olympic Trials with a time of 50.76. In 2015, Selmon won the 400H competition as captain of the USA Junior Track & Field Team and he was a silver medalist at the Pan-American Junior Athletics Championships.

Even in high school, the Mableton, Ga. native stood out, committing to Carolina as the No. 1 hurdler in his class. Selmon was a seven-time state champion and three-time All-America in the 400H. To top it all off, he captained the 2014 World Junior USA Team, earned the title of 400H national champion in 2014 and earned bronze at the 2013 World Youth Championships in the 400H.

Kenneth Joseph Selmon is the son of Angela and Bill Selmon. His father, Bill, was an All-American wrestler for Nebraska and his brother played basketball for Bates College.



Bobby Hostler Volunteer Assistant Coach Pole Vault

Bobby Hostler is in his first year as a volunteer assistant coach for the Carolina track & field team. With over a decade of experience for Wake County Public Schools, Hostler has more than proven himself both as a coach and trainer.

Hostler's career as a pole-vault trainer and coach began in 2006 at Millbrook High School in Raleigh, N.C. where he established the pole vault program. Just two years into his tenure, three of his pole vaulters swept the 2008 NCHSAA Indoor State Championships and finished first, second and third in the competition. In 2012, Hostler founded yet another pole vaulting program when his teaching career took him to Sanderson High School. Though he no longer taught at Millbrook, Hostler's prominence as a coach — and his emphasis on teamwork and unity — allowed him to oversee the pole vaulters at both Millbrook and Sanderson where he produced numerous conference, regional and state championship competitors.

As his program continued to gain momentum, Hostler found himself taking

in athletes from other Wake County high schools who did not have pole vaulting programs. To date, Hostler has produced a New Balance All-American, three NCHSAA state champions and nine top-three state finalists. Additionally, he has coached five regional champions, six conference champions, five high school record holders and 12 regional finalists. Five of his athletes also rank among the top 25 high school pole vaulters of all-time in the state of North Carolina.

As both an educator and coach, Hostler stresses the importance of academic success. Hostler offers tutoring and study hall sessions to his student-athletes to ensure they thrive academically and keep the door open for taking their skills to the collegiate level.

Hostler is a graduate of Fayetteville State University where he ran cross-country and served as the team's captain. During his time at Chapel Hill High School, Hostler set multiple records and even won the pole vault competition at the 1991 North Carolina High School State Championships. Hostler lives in Raleigh, N.C. with his wife and daughter.

Carolina Track & Field Support Staff



Dwight Hollier
Primary Sport
Administrator



Cricket Lane
Secondary Sport
Administrator



Jaci Field
Secondary Sport
Administrator



Kym Orr
Academic Advisor



Shelly Streett
Administrative
Assistant



Rachel Manor
Nutritionist



Kelly Fleming
Head Athletic Trainer



Kendall Harden
Athletic
Communications



Jeffrey Camarati
Athletic
Communications

CAROLINA



Casey Greenwalt
336



Enyaeva Michelin



Ashley Smith
334



Erin Edmundson
335



Enyaeva Michelin



Camryn Petit
335



Mitch Resor
353



Alex Milligan
343



Jeremy Brown
343



Nick Golebiowski
343

2018 UNC Women's Cross Country Results

Charlotte Opener • 5K Aug. 31, 2018 • Concord, N.C.

Enyaeva Michelin	18:41.4	5th
Erin Edmundson	18:46.1	6th
Casey Greenwalt	18:46.7	7th
Camryn Petit	18:51.3	10th
Ashley Smith	19:05.1	14th
Kathryn Mayo	21:13.6	54th
Team: 2nd of 5	40 points	

Battle in Beantown • 5K Sept. 21, 2018 • Jamaica Plain, Mass.

Enyaeva Michelin	17:53	31st
Casey Greenwalt	18:26	83rd
Erin Edmundson	18:32	88th
Ashley Smith	18:36	93rd
Camryn Petit	18:38	103rd
Lindsey Lanier	19:22	169th
Olivia Bene	19:54	196th
Team: 14th of 24	372 points	

Penn State National XC Open • 6K Oct. 12, 2018 • State College, Pa.

Enyaeva Michelin	21:01	14th
Casey Greenwalt	21:57	104th
Camryn Petit	22:12	124th
Lindsey Lanier	22:19	136th
Erin Edmundson	22:26	142nd
Charlotte Bassett	22:27	146th
Ashley Smith	22:58	179th
Olivia Bene	24:00	274th
Team: 19th of 28	520 points	

ACC XC Championships • 6K Oct. 26, 2018 • Jamaica Plain, Mass.

Enyaeva Michelin	20:45.2	12th
Casey Greenwalt	21:56.2	62nd
Erin Edmundson	22:06.5	76th
Ashley Smith	22:11.1	82nd
Camryn Petit	22:12.4	83rd
Charlotte Bassett	22:13.9	84th
Lindsey Lanier	22:20.0	93rd
Olivia Bene	23:25.5	124th
Team: 11th of 15	294 points	

NCAA Southeast Regional • 6K Nov. 9, 2018 • Rock Hill, S.C.

Enyaeva Michelin	20:19.3	12th
Lindsey Lanier	21:25.1	68th
Ashley Smith	21:54.0	107th
Casey Greenwalt	21:58.1	113th
Charlotte Bassett	21:59.8	117th
Camryn Petit	22:09.8	119th
Erin Edmundson	22:11.3	130th
Team: 14th of 33	417 points	

2018 UNC Men's Cross Country Results

Charlotte Opener • 5K Aug. 31, 2018 • Concord, N.C.

Mitch Resor	15:23.5	3rd
Jeremy Brown	15:34.1	7th
Brodie Modini	15:34.5	8th
Ian Moini	15:36.1	9th
Matt Thornton	15:37.1	11th
Luke Peterson	15:55.4	16th
Alex Milligan	16:08.1	23rd
Jesse Hunt	16:17.9	29th
Brandon Tubby	16:29.1	35th
Jake McEneaney	16:33.4	36th
Team: 2nd of 7	38 points	

Battle in Beantown • 8K Sept. 21, 2018 • Jamaica Plain, Mass.

Nick Golebiowski	24:32	16th
Mitch Resor	24:35	20th
Jeremy Brown	24:46	27th
Brodie Modini	25:04	41st
Alex Milligan	25:15	51st
Matt Thornton	25:21	58th
Luke Peterson	25:53	114th
Mark Myers	25:58	123rd
Brandon Tubby	26:11	144th
Ian Moini	26:22	157th
Team: 5th of 23	153 points	

Penn State National XC Open • 5.2 Miles Oct. 12, 2018 • State College, Pa.

Jeremy Brown	25:44	37th
Alex Milligan	25:47	43rd
Mitch Resor	25:48	45th
Nick Golebiowski	25:49	47th
Matt Thornton	26:01	59th
Jesse Hunt	26:26	98th
Luke Peterson	26:33	105th
Mark Myers	26:37	130th
Ian Moini	26:39	134th
Brandon Tubby	26:48	146th
Team: 6th of 21	231 points	

ACC Championships • 8K Oct. 26, 2018 • Jamaica Plain, Mass.

Jeremy Brown	24:28.1	31st
Alex Milligan	24:28.8	32nd
Nick Golebiowski	24:32.4	36th
Matt Thornton	24:58.8	71st
Ian Moini	25:03.1	75th
Brodie Modini	25:08.5	79th
Mitch Resor	25:10.7	80th
Luke Peterson	25:25.7	94th
Jesse Hunt	25:54.4	108th
Mark Myers	25:57.2	110th
Team: 9th of 15	232 points	

NCAA Southeast Regional • 10K Nov. 9, 2018 • Rock Hill, S.C.

Nick Golebiowski	30:58.0	36th
Alex Milligan	31:13.1	45th
Jeremy Brown	31:13.9	48th
Brodie Modini	31:45.1	69th
Matt Thornton	32:04.9	93rd
Mitch Resor	32:54.4	133rd
Ian Moini	33:09.3	145th
Team: 11th of 33	291 points	

Men's 2018 Indoor Top Marks

60 Meters	6.80	Dontavian Smith
200 Meters	21.85	Dontavian Smith
400 Meters	46.63	Kenny Selmon
600 Meters	1:17.70	Isaiah Palmer
800 Meters	1:54.48	Alex Milligan
Mile	4:06.61	Brodie Modini
3,000 Meters	8:21.82	Brodie Modini
5,000 Meters	14:54.47	Mitch Resor
60-Meter Hurdles	7.91	Marcus Krah
4x400	3:07.57	Saint-Germain, Johnson, Palmer, Selmon
DMR	10:09.31	Milligan, Saint-Germain, Peterson, Modini
High Jump	7-0 ¼	Draven Crist
Long Jump	23-4	Zay Paschall
Triple Jump	51-3 ¾	Darryl Shaw
Shot Put	45-9 ¼	Daniel Ligons
Pole Vault	15-9	Bailey Frederick
Heptathlon	4,107	Will Eskew

Women's 2018 Indoor Top Marks

60 Meters	7.29	Brianna Duncan
200 Meters	24.68	Cierra Dunston
400 Meters	53.36	Cierra Dunston
600 Meters	1:30.98	McKinley McNeill
800 Meters	2:07.02	Blake Dodge
Mile	4:45.13	Caroline Alcorta
3,000 Meters	9:12.18	Morgan Ilse
5,000 Meters	16:16.77	Morgan Ilse
60-Meter Hurdles	8.34	Natisha Dixon
4x400	3:37.19	McNeill, Christian, Dixon, Dunston
DMR	11:13.86	Edmundson, Christian, Dodge, Alcorta
High Jump	6-2	Nicole Greene
Long Jump	20-2 ½	Anna Keefer
Triple Jump	41-1 ½	Alexis Gannon
Shot Put	43-1 ½	Jill Shippee
Weight Throw	66-6	Alex Cooke
Pole Vault	12-11 ½	Anna Eaton

Men's 2018 Outdoor Top Marks

100 Meters	10.47	Dontavian Smith
200 Meters	20.83	Brandon Reddick
400 Meters	46.40	Isaiah Palmer
800 Meters	1:50.88	Cory Nicholls
1,500 Meters	3:44.69	Alex Milligan
3,000 Meters	8:21.81	Alex Milligan
5,000 Meters	14:47.46	Mitch Resor
10,000 Meters	30:27.05	Mark Myers
3,000-Meter Steeple	9:37.82	Jeremy Brown
110-Meter Hurdles	14.21	Marcus Krah
400-Meter Hurdles	48.12	Kenny Selmon
4x100	40.09	Reddick, Smith Johnson, Palmer
4x400	3:07.03	Johnson, Palmer, Cachon, Selmon
4x800	7:37.88	Milligan, Nicholls, Peterson, Carroll
High Jump	6-11 ½	Draven Crist
Long Jump	24-7 ¾	Zay Paschall
Triple Jump	50-7 ½	Zay Paschall
Discus	184-1	Dnaiel McArthur
Javelin	220-10	Jared Martin
Shot Put	60-1 ¾	Daniel McArthur
Pole Vault	15-11	Liam Dixon

Women's 2018 Outdoor Top Marks

100 Meters	11.27	Brianna Duncan
200 Meters	23.03	Brianna Duncan
400 Meters	52.40	Cierra Dunston
800 Meters	2:07.25	Blake Dodge
1,500 Meters	4:20.57	Morgan Ilse
3,000 Meters	9:24.88	Morgan Ilse
5,000 Meters	16:01.59	Caroline Alcorta
10,000 Meters	33:54.23	Caroline Alcorta
3,000-Meter Steeple	10:26.80	Morgan Ilse
100-Meter Hurdles	13.46w	Natisha Dixon
400-Meter Hurdles	58.79	Natisha Dixon
4x100	44.29	Duncan, Sherman, Keefer, Dunston
4x300	2:35.49	Keefer, Christian, Sherman, Simmons
4x400	3:34.97	Christian, Dunston, Dixon, McNeill
High Jump	5-6 ½	Emily Godwin
Long Jump	20-9w	Anna Keefer
Triple Jump	41-5 ¾	Peighton Simmons
Javelin	122-0	Emily Godwin
Shot Put	43-3	Jill Shippee
Discus	137-1	Nicole Kiszania
Hammer Throw	207-4	Jill Shippee
Pole Vault	12-10 ¼	Emerson Porter

North Carolina Track & Field 2017-18 Honors

2017 All-ACC Cross Country

Morgan Ilse (11th)
Caroline Alcorta (12th)

2017 All-Region Cross Country

Morgan Ilse (12th)
Caroline Alcorta (17th)

2017 All-ACC Academic Cross Country

Caroline Alcorta

ACC Women's Indoor Field Performer of the Year

Nicole Greene

ACC Indoor Champions

Nicole Greene (High Jump)
Anna Keefer (Long Jump)

All-ACC Indoor

First Team

Alex Cooke (Weight Throw, 2nd)
Nicole Greene (High Jump, 1st)
Anna Keefer (Long Jump, 1st)

Second Team

Zay Paschall (Triple Jump, 6th)
Kenny Selmon (400m, 4th)
Darryl Shaw (Triple Jump, 5th)
Amari DeV Vaughn, Isaiah Palmer, Jadon Johnson, Kenny Selmon (4x400, 2nd)
Caroline Alcorta (5,000m, 6th)
Blake Dodge (800m, 6th)
Brianna Duncan (60m, 6th)
Cierra Dunston (400m, 4th)
Morgan Ilse (5,000m, 4th)

ACC Women's Indoor Scholar-Athlete of the Year

Nicole Greene

All-ACC Academic Indoor

Isaiah Palmer
Kenny Selmon
Darryl Shaw
Nicole Greene
Alex Cooke

ACC Indoor Performer of the Week

Nicole Greene (High Jump) - Jan. 16; Feb. 20

NCAA Indoor National Champion

Nicole Greene (High Jump)

NCAA Indoor All-America

First Team

Nicole Greene (High Jump, 1st)

ACC Outdoor Champions

Kenny Selmon (400m Hurdles)
Men's 4x400 - Brandon Cachon, Isaiah Palmer, Cory Nicholls, Kenny Selmon

All-ACC Outdoor

First Team

Emily Godwin (High Jump, T-3rd)
Jared Martin (Javelin, 2nd)
Isaiah Palmer (400m, 3rd)
Kenny Selmon (400m Hurdles, 1st)
Men's 4x400 - Brandon Cachon, Isaiah Palmer, Cory Nicholls, Kenny Selmon (1st)

Second Team

Marcus Krah (110m Hurdles, 6th)
Daniel McArthur (Shot Put, 6th)
Brandon Reddick (200m, 6th)
Caroline Alcorta (1500m, 6th)
Brianna Duncan (100m, 5th)
Cierra Dunston (400m, 4th)
Natisha Dixon (400m Hurdles, 6th)
Anna Keefer (Long Jump, 6th)
Jill Shippee (Hammer Throw, 4th)
Jewel Christian, Cierra Dunston, Natisha Dixon, McKinley McNeill (4x400, 3rd)

ACC Outdoor Performer of the Week

Kenny Selmon (400m Hurdles) - Apr. 17, May 2

All-ACC Academic Outdoor

Jared Martin
Kenny Selmon
Emily Godwin
McKinley McNeill

NCAA East Preliminary Round Qualifiers

Draven Crist (High Jump)
Jared Martin (Javelin)
Dnaiel McArthur (Discus, Shot Put)
Alex Milligan (1,500m)
Isaiah Palmer (400m)
Zay Paschall (Triple Jump, Long Jump)
Brandon Reddick (200m)
Kenny Selmon (400m Hurdles)
Men's 4x400 -
Caroline Alcorta (5,000m, 10,000m)
Alex Cooke (Hammer Throw)
Natisha Dixon (400m Hurdles, 100m Hurdles)
Blake Dodge (800m)
Brianna Duncan (100m, 200m)
Cierra Dunston (400m)
Alexis Gannon (Long Jump)
Morgan Ilse (5,000m)
Anna Keefer (Long Jump)
Jill Shippee (Hammer Throw)

Peighton Simmons (Triple Jump)

Women's 4x100 - Brianna Duncan, Katlin Sherman, Anna Keefer, Peighton Simmons
Women's 4x400 - Jewel Christian, Cierra Dunston, Natisha Dixon, McKinley McNeill

NCAA Championship Qualifiers

Kenny Selmon (400m Hurdles)
Caroline Alcorta (10,000m)
Morgan Ilse (5,000m)
Anna Keefer (Long Jump)
Jill Shippee (Hammer Throw)

NCAA Outdoor All-America

First Team

Kenny Selmon (400m Hurdles, 2nd)

Second Team

Caroline Alcorta (10,000m, 14th)
Anna Keefer (Long Jump, 15th)
Jill Shippee (Hammer Throw, 14th)

Honorable Mention

Morgan Ilse (5,000m, 22nd)

ACC Academic Honor Roll

Carolina Alcorta
Emma Astrike-Davis
Charlotte Bassett
Jon Beyle
Andrew Brooks
Brandon Cachon
Logan Carroll
Jewel Christian
Mady Clahane
Alex Cooke
Natisha Dixon
Blake Dodge
Cierra Dunston
Anna Eaton
Will Eskew
Bailey Frederick
Alexis Gannon
Carl Geiger
Emily Godwin
Nicole Greene
Kristin Hall
Joseph Ibrahim
Brianna Isles
Madeline Kraft
Lindsey Lanier
Jared Martin
Kathryn Mayo
James McEneaney
McKinley McNeill
Alex Milligan
Samuel Miner
Brodie Modini
Ian Moini
Lauren Moody

Drew Pedersen
Cooper Peebles
Luke Peterson
Carson Pledger
Emerson Porter
Blair Ramsey
Brandon Reddick
Tasha Regan
Kenny Selmon
Darryl Shaw
Ashley Smith
Matt Thornton
Brandon Tubby
Harrison Young

USATF Outdoor Championships Competitors

Senior Championships

Kenny Selmon (400m Hurdles, 1st)

Junior Championships

Jill Shippee (Hammer Throw, 2nd)
Madison Wiltout (Javelin, 3rd)

USTFCCCA All-Academic Individuals

Jared Martin
Alex Milligan
Darryl Shaw
Caroline Alcorta
Alexis Gannon
Nicole Greene
Blake Dodge
McKinley McNeill

Athletic Director's Scholar-Athlete

Emma Astrike-Davis (Women's XC)
Logan Carroll (Men's XC)
Emily Godwin (Women's T&F)
Jared Martin (Men's T&F)

EJ Evans Award - For Excellence in Leadership

Joey Souza
Mady Clahane

Freshman of the Year

Daniel McArthur
McKinley McNeill

Most Improved Athlete

Darryl Shaw
Anna Eaton

Most Inspirational Athlete

Paul Haley
Logan Carroll (XC)

Most Valuable Performer

Kenny Selmon
Nicole Greene

CAROLINA

ACC Men's Indoor Championships
February 22-24, 2018
Clemson, S.C. - Clemson

1. Florida State	111
2. Virginia Tech	107
3. Clemson	76
4. Syracuse	62
5. NC State	52
6. Virginia	49
7. Louisville	44
8. Georgia Tech	37
9. Notre Dame	35
10. Duke	25
11. North Carolina	23
12. Miami	21
13. Wake Forest	11
14. Pitt	9
15. Boston College	DNS

Second-Team All-ACC

Zay Paschall - Triple Jump (6th) • **Kenny Selmon** - 400m (4th) •
Darryl Shaw - Triple Jump (5th) • **Men's 4x400** - Amari DeV Vaughn,
 Isaiah Palmer, Jadon Johnson, Kenny Selmon (2nd)

ACC Women's Indoor Championships
February 22-24, 2018
Clemson, S.C. - Clemson

1. Florida State	91
2. Virginia Tech	81
T3. Louisville	73
T3. Clemson	73
5. North Carolina	61
T6. Miami	48
T6. Duke	48
8. NC State	36
9. Virginia	34.5
10. Notre Dame	31
11. Syracuse	27.5
12. Pitt	26
13. Georgia Tech	14
14. Wake Forest	10
15. Boston College	9

ACC Champions

Nicole Greene - High Jump • **Anna Keefer** - Long Jump

First-Team All-ACC

Alex Cooke - Weight Throw (2nd) • **Nicole Greene** - High Jump (1st) •
Anna Keefer - Long Jump (1st)

Second-Team All-ACC

Caroline Alcorta - 5,000m (6th) • **Blake Dodge** - 800m (6th) •
Brianna Duncan - 60m (6th) • **Cierra Dunston** - 400m (4th) •
Morgan Ilse - 5,000m (4th)

NCAA Men's Indoor Championships
March 9-10, 2018
College State, Texas - Texas A&M

1. Florida	40
2. USC	37
3. Georgia	32
4. Virginia Tech	31
5. Texas A&M	29.5
6. Texas Tech	28
7. Houston	26
8. Auburn	24
9. Alabama	22
T10. Syracuse	18
T10. Penn State	18

NCAA Women's Indoor Championships
March 9-10, 2018
College State, Texas - Texas A&M

1. Georgia	61
2. Arkansas	49
3. Kentucky	34
4. Florida	32
5. Oregon	31
6. LSU	29
7. USC	28
8. Stanford	24
9. Missouri	20
T10. New Mexico	17
T10. Texas A&M	17
T23. North Carolina	10

NCAA Champions

Nicole Greene - High Jump

All-America Honorees

Nicole Greene - High Jump (First Team, 1st)

ACC Men's Outdoor Championships May 10-12, 2018 Miami, Fl. - Miami

1. Florida State	116
2. Syracuse.....	108
3. Virginia Tech	105.5
4. Louisville	71
5. Clemson.....	56
6. Virginia	55
7. North Carolina	51.5
8. NC State.....	49
T9. Miami	45
T9. Duke.....	45
11. Pitt	41.5
12. Notre Dmae	35.5
13. Georgia Tech	33
14. Wake Forest.....	4
15. Boston College.....	DNS

ACC Champions

Kenny Selmon - 400m Hurdles • **Men's 4x400** - Brandon Cachon,
Isaiah Palmer, Cory Nicholls, Kenny Selmon

First-Team All-ACC

Jared Martin - Javelin (2nd) • **Isaiah Palmer** - 400m (3rd) •
Kenny Selmon - 400m Hurdles (1st) • **Men's 4x400** - Brandon Cachon,
Isaiah Palmer, Cory Nicholls, Kenny Selmon (1st)

Second-Team All-ACC

Marcus Krah - 110m Hurdles (6th) • **Daniel McArthur** - Shot Put (6th)
• **Brandon Reddick** - 200m (6th)

ACC Women's Outdoor Championships May 10-12, 2018 Miami, Fl. - Miami

1. Miami	117
2. Virginia Tech	111
3. Florida State	102.5
4. Clemson.....	74
5. Louisville.....	69.5
6. Virginia	63
7. Duke	51.5
8. North Carolina	50.5
9. Notre Dame.....	49
10. NC State.....	37
11. Pitt	25
12. Syracuse.....	21
13. Georgia Tech.....	19
14. Wake Forest.....	16
15. Boston College.....	12

First-Team All-ACC

Emily Godwin - High Jump (T-3rd)

Second-Team All-ACC

Caroline Alcorta - 1,500m (6th) • **Brianna Duncan** - 100m (5th) •
Cierra Dunston - 400m (4th) • **Natisha Dixon** - 400m Hurdles (6th) •
Anna Keefer - Long Jump (6th) • **Jill Shippee** - Hammer Throw (4th)
• **Women's 4x400** - Jewel Christian, Cierra Dunston, Natisha Dixon,
McKinley McNeill (3rd)

NCAA Men's Outdoor Championships June 6-9, 2018 Eugene, Ore. – University of Oregon

1. Georgia	52
2. Florida.....	42
3. Houston	35
4. USC	34
T5. Texas Tech	33
T5. Alabama.....	33
7. Texas A&M.....	29
T8. Stanford	28
T8. LSU.....	28
10. Mississippi State	26
T35. North Carolina	8

All-America Honorees

Kenny Selmon - 400m Hurdles (First Team, 2nd)

NCAA Women's Outdoor Championships June 6-9, 2018 Eugene, Ore. – University of Oregon

1. USC	53
2. Georgia	52
3. Stanford	51
4. Kentucky.....	46
5. Florida.....	42
6. LSU.....	41
7. Oregon.....	39
8. Purdue	34
9. Arizona State	22
10. Virginia Tech	21.5
North Carolina.....	DNS

All-America Honorees

Caroline Alcorta - 10,000m (Second Team, 14th) •
Anna Keefer - Long Jump (Second Team, 15th) •
Jill Shippee - Hammer Throw (Second Team, 14th) •
Morgan Ilse - 5,000m (Honorable Mention)

A Great Tradition

North Carolina's great tradition in track and field traces its roots back to 1900 when the men's team overwhelmed Davidson 125½ to 11½ team points in the first state championship at Horner's Park in Oxford.

In 1901, the Tar Heels won the Southern Intercollegiate Athletic Association meet in New Orleans, and in 1904 Carolina participated in its first Penn Relays. Carolina hosted its first dual meet in 1908 on what was then known as Lake Track, the state's first cinder track, built by Harry S. Lake in 1898.

The track and field program continued to grow and thrive in the 1920s under the expert tutelage of coach and athletic director Robert A. Fetzer. Along with one of his early protégés, Dale Ranson, Fetzer helped form the foundations for a golden era of Tar Heel track.

The Dixie Flyer

Galen "The Dixie Flyer" Elliott was one of the first track standouts to call Chapel Hill home. He turned in the nation's fastest time in the mile in 1926. He received All-America honors in 1927 and 1928, the first of a long list of Carolina performers to earn such national recognition. In 1928, Elliott also teamed up with Hoyt Pritchett, Minor Barkley and June Fisher to win the national championship in the 4xMile relay, marking the first national title in UNC track and field history. It would be 19 years until Jack Milne won the NCAA cross country title to become the second Carolina national champion.

Early Tar Heel Olympians

Williamson distinguished himself as Carolina's first-ever Olympian at the 1936 Berlin Games. He finished sixth in the 800 meters as part of the Jesse Owens-led American contingent, which dominated the field in Germany. "Chunk" Simmons, who competed in five different events for Carolina, was the bronze medalist in the decathlon at the 1948 London Olympics and the first Tar Heel to win an Olympic track medal. He repeated as bronze medalist four years later at the 1952 Helsinki Games to become UNC's first two-time Olympic medalist.

"Wild Bill" Albans

"Wild Bill" Albans, who won more blue ribbons and set more school and conference records than anyone else in Carolina track history, joined Simmons at the 1948 London Games to compete as a triple jumper. Albans then returned to Chapel Hill and led the Tar Heels to the 1949 Southern Conference indoor championship with five first-place finishes in sprinting, hurdling and jumping events. The next year he continued to prove his extreme athletic prowess, scoring more points than any other competitor at the NCAA Championships. His national championship in the 220-yard low hurdles helped Carolina to a third-place national finish.



Harry Williamson is the first Tar Heel ever to represent UNC at the Olympics, competing at the 1936 Berlin Games where he finished sixth in the 800.

Carolina's First World Record

At the 1949 Penn Relays, Albans and teammates Jack Moody, Dick Taylor and Bob Morrow set an American and world record of 58.6 seconds in the shuttle hurdle relay. The Tar Heels' track and field team further enhanced their national standing the following year during the 1950 Penn Relays, when Bob Kirk won the javelin for the second consecutive year and the shuttle hurdles team of Albans, Moody, Morrow and Garrett Fitzgibbons repeated as champions.

Tar Heel Distance Domination

All-America middle distance runner Dave Scurlock competed from 1955-1959 and won three straight Atlantic Coast Conference indoor and outdoor half-mile championships and placed second in the 1955 NCAA outdoor championships. Another standout of the 1950s was distance runner

Jim Beatty, who became the first man to ever break the indoor four-minute mile barrier with a blistering mark of 3:58.9. He completely dominated his events in the ACC, winning the conference indoor mile and two-mile races three consecutive years and the outdoor mile title twice.

Beatty initially retired from running after college but returned to the sport under the guidance of legendary Hungarian coach Mihaly Igloi.

Beatty made the 1960 Olympic Team in the 5,000 meters, but a foot injury

hampered him during his race. In 1962, he set three world records, including in the indoor mile and outdoor two mile. That same year, Beatty had a mind-blowing 16-day stretch during which he set American records in the 1,500, mile, 3,000, three mile and 5,000, helping him to become the first American to simultaneously hold records in all events from the 1,500 to the 5,000. Beatty was awarded the James A. Sullivan Award that year as the nation's top amateur athlete. He remains the only Tar Heel athlete ever to receive this illustrious award.

Coach Joe Hilton

Joe Hilton, an integral member of the Carolina staff since 1946, took the job as head coach in 1963. Hilton replaced Dale Ranson, who had been head coach since 1952 – but whose coaching and competing career at UNC dated back to the 1920s. Hilton guided the Tar Heel program until he retired in 1981, a 19-year run that saw an astounding 77 individual ACC champions, two national champions and five All-Americans.

Reggie McAfee

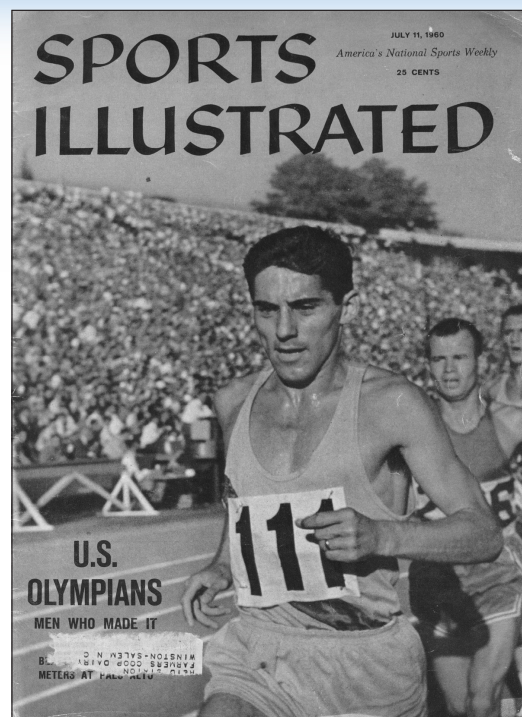
Reggie McAfee, a three-time All-America in his era, is the Carolina record-holder for the 880-yard and 300-meter runs. McAfee won the ACC outdoor mile championship twice and also won the indoor mile and the 100-yard dash. The runner-up in the mile at the 1972 and 1973 NCAA indoor championships, McAfee finished third in the indoor mile at the 1973 national meet. In the 1973 World University Games, McAfee placed second in the 1,500.

In 2013 McAfee was honored with the inaugural McAfee Mile at Carolina's Joe Hilton Outdoor Invitational. Junior Isaac Presson won the event in 4:02.22 just missing the 40th-anniversary mark of McAfee's sub-four minute mile.

Tony Waldrop

Another mile specialist, Tony Waldrop, stunned the track world by running 11 consecutive sub-four minute miles in competitive races. During the streak, Waldrop set the world record mark at 3:55.0 at the San Diego Games and later ran a personal record of 3:53.2 at the Penn Relays.

The incredible Waldrop won the 1973 indoor 1,000-yard run and the 1974 NCAA indoor mile championship, six ACC titles and a gold medal in the 1,500 at the Pan American Games. He received All-America honors in cross country, indoor track and outdoor track. Waldrop was named the



Jim Beatty ran the first sub-four minute indoor mile in 1962 and was inducted into the North Carolina Sports Hall of Fame "Greatest Moments" in May 2012.

TAR HEELS



Bill Albans was an early stand-out for Carolina track and field, claiming five first-place finishes in sprint, hurdles and jumping events during his Tar Heel days.

1974 ACC Athlete of the Year and was honored by the NCAA for his academic performance. He also garnered the Patterson Medal, symbolic of the University's most outstanding senior athlete.

The Distance King

Ralph King, another member of Carolina's outstanding distance runner lineage, won four indoor and four outdoor ACC championships. The three-time All-America won the indoor mile title three times, the 1,500 and 5,000 twice each and the indoor two mile once. He also won the 1977 ACC cross country championship and owned the Penn Relays 5K record of 13:32.5 until 2003.

The Dennis Craddock Era

Dennis Craddock left Virginia for Chapel Hill in 1985, and the Tar Heel women's program took off to never look

back. Over a 27-year career with Carolina, Craddock coached his teams to an impressive trophy case of honors, championships and international success: 45 ACC Championship titles, 51 NCAA Championship performances by 31 Tar Heels including 20 national individual titles, and 23 Olympic appearances accounting for four gold and three bronze medals. The 45 ACC titles are more than any other coach in any sport in the history of the conference. He was voted the National Coach of the Year in 1995 for men's indoor track and field. Craddock was also elected the ACC Coach of the Year 31 times in his career, 26 of which were during his tenure with the Tar Heels.

Under Craddock, Carolina was the first school to win the ACC "Triple Crown" -- first-place finishes in cross country, indoor and outdoor track and field in the same academic year. The Tar Heel women have won the trifecta twice, in the 1994-95 and 2003-04 seasons.

Carolina's 20 national individual titles coached under Craddock include: Allen Johnson (1992, 55-meter hurdles); Ken Harnden (1995, 400-meter hurdles); Milton Campbell, Harnden, Tony McCall and Henry McKoy (1995, 4x400); Monique Hennagan (1996, 400 meters and 800 meters); Eric Bishop (1996 and 1997, high jump); Shalane Flanagan (2002 and 2003, cross country; 2003, 3000 meters); Laura Gerraughty (2003, 2004 indoors and outdoors and 2006 shot put); Vikas Gowda (2006, discus); Justin Ryncavage (2006 and 2007, javelin); Brie Felnagle (2007, 1,500 meters); and Felnagle, Tyra Johnson, Kaltenbach and Kloss (2007, distance medley relay).

Craddock was award the Priceless Gem from the UNC Athletic Department on October 27, 2012 following his retirement at the conclusion of the 2011-12 season. The award is among the highest given by the department and recognizes those who have given a lifetime of service, passion and commitment to Tar Heel athletics.

The U.S. Track & Field and Cross Country Coaches Association inducted Craddock into the Coaches' Hall of Fame in December 2013 for his career accomplishments.

A Family Affair

From 1986-90 the Tar Heels won five consecutive ACC decathlon championships, and all five titles belong to one family: brothers Kevin and Dennis McGorty accounted for the five conference titles. Kevin won the ACC decathlon from 1986-88, tying the then-conference record for most decathlon titles won and Dennis won two championships in 1989-90.

Allen Johnson

In 1992, Allen Johnson won the NCAA championship in the 55-meter indoor hurdles in a meet-record and Hoosier Dome-best 7.07 seconds. At the time, it was just the fourth individual national title in UNC track history. Johnson finished second at the NCAA Championships as a senior in both the 55-meter indoor hurdles and the 110-meter outdoor hurdles. He also set an ACC record in the long jump at the indoor championships when he sailed 26-8 1/2 to break the oldest existing conference record.

Tony McCall

Sprinter Tony McCall earned a pair of All-America honors as a freshman, as he was sixth in the 100 and seventh in the 200 at the NCAA Outdoor Championships. That was only the beginning. During his career from 1994-97, McCall earned All-America honors a remarkable 11 times. He also took home national championships in the 1,600-meter relay in 1995 and the 400-meter relay in 1996. McCall is still the fastest man in Carolina history. His record time of 10.08 in the 100 meters has stood since 1997, and his record time of 20.44 in the 200 has stood since 1995. During McCall's freshman year, the Tar Heels brought home the ACC outdoor title for the second time in three years in one of the most exciting finishes in history. The title was not secured until Ken Harnden held off a Florida State competitor down the backstretch in the 1,600-meter relay. Harnden edged the Seminole by a step and Carolina held on to beat Florida State by a mere four points to win the team title.

Two Titles in 1995

The 1995 season was one of the most successful in Tar Heel men's track history. Carolina claimed the ACC title both indoors and outdoors, tied for 11th place at the NCAA Indoor Championships and finished seventh at the NCAA Outdoor Championships. Harnden won the NCAA title in the 400-meter hurdles, the first NCAA outdoor crown by a Tar Heel since Albans in 1950. He also teamed up with Milton Campbell, Henry McKoy and McCall to win the NCAA indoor title in the 1,600-meter relay.



Coach Dennis Craddock was awarded the Priceless Gem by the UNC Athletic Department in October 2012. He is the most decorated coach in the ACC in any sport with a total 45 team titles for the league championships. Craddock was inducted into the USTFCCA Coaches Hall of Fame in December 2013.

Milton Campbell

Milton Campbell was one of the leaders of the powerhouse teams of the mid-1990s, and is the most decorated man in Carolina track history in terms of All-America honors. Campbell finished his career a 13-time All-America, including six indoors and seven outdoors. Additionally, he was a member of two national champion relay teams and won nine ACC titles. Campbell went on to win the 400 at both the 2004 and 2006 National Indoor Championships.

**Eric Bishop**

After Tony Waldrop's two national titles in 1973 and 1974, it took 23 years before another Tar Heel man won multiple individual national championships. That man was high jumper Eric Bishop (left), who captured the outdoor high jump crown in 1996, then won the indoor event the following winter. Bishop's 10 points for the win in 1996 helped lead the men's team to a fourth place overall finish, still its best ever performance at the NCAA Championships.

Feats of Strength

Around the turn of the century, throwers dominated Carolina men's track and field. Allen Bradd was a two-time All-America in the shot

put, and won six ACC titles in the shot put and the hammer. Kestutis Celesius was a 2000 All-America in the javelin, finishing third at the NCAA Championships, the highest ever finish for a Tar Heel in that event. Sal Gigante was an All-America in the weight throw, and Ian Douglas won four ACC shot put titles.

A Title Worth the Wait

At the 2003 NCAA Indoor Championships, high jumper Adam Shunk jumped 7-2 1/2 to what he thought was a second place finish. Months later, however, just before the NCAA Outdoor Championships that year, the man who beat Shunk was ruled ineligible, and the title was justly awarded to the Tar Heel.

Mateo Sossah

Carolina's domination of the men's multis events returned in French-national Mateo Sossah. He won the ACC decathlon title four times from 2008-11 and the ACC heptathlon once, accounting him five combined events titles -- the most by any male in the conference. Sossah finished in the top-10 at the NCAA Championships for the heptathlon twice and the decathlon four times. Sossah was a two-time runner-up in the NCAA Outdoor Championships to future Olympic gold-medalist and world-record holder Ashton Eaton of Oregon.

Sossah holds the UNC record for the decathlon 8,044 making him the first Tar Heel to ever break the 8,000-point mark. He broke the mark at the 2009 NCAA Championship.

Sossah was a winner of the ACC Post-Graduate Academic Scholarship, which he is using in his native country while continuing to compete in multis events. Sossah was a 2011 recipient of the Patterson Medal, Carolina's most prestigious award given to student-athletes for this athletic accomplishments, sportsmanship and leadership successes.

Kenny Selmon

Over the course of his four years at Carolina, Kenny Selmon embodied the true spirit of a Tar Heel student-athlete.

A five-time All-America, five-time ACC Champion, and 14-time All-ACC competitor, Selmon wrapped up his NCAA Outdoor Championship career with a personal-best run in the men's 400-meter hurdles. The fourth-fastest time of 2018 in the world, his mark of 48.12 gave the senior his highest NCAA Outdoor finish (second place) and set a new UNC record

in the event. Earlier in the year, Selmon had earned the title of 2018 USTFCCA Southeast Regional Athlete of the Year. He also competed in the 2016 Olympic Trials and placed 13th in the 400-meter hurdles as just a sophomore. The business administration major received All-ACC Academic honors in both his final indoor and outdoor track seasons.

Soon after his last NCAA competition, Selmon finally captured that coveted title of national champion at the USA Track and Field Outdoor Championships, earning him a spot on Team USA. His remarkable finish to his decorated collegiate career was enough to convince the university



to award him the Patterson Medal, the most prestigious athletic honor at the University of North Carolina.

Selmon swapped his Carolina blue singlet for the red, white, and blue before heading off to London, England for the 2018 Athletics World Cup where Selmon became the world champion in the men's 400-meter hurdles after a photo finish.

The Carolina record holder in the men's 400-meter hurdles and fourth all-time in the men's indoor 400 meters, Selmon was also a member of four different relays (two outdoor 4x400 and two indoor 4x400) that rank among the top five in UNC's all-time records.

Tar Heel Women Enter the Fray

The Carolina women's program was formed in 1975 and has steadily improved to the point where it stands today: one of the elite track and field teams in the country on a yearly basis.

The first women's All-America arrived in 1981 as long jumper Lisa Staton placed seventh at the AIAW indoor nationals. Karen Stevenson set 14 school records and excelled in the classroom, as well. She was a two-time recipient of the Jim Tatum Award for her athletic and academic leadership. As well, Stevenson was a Morehead Scholar, Phi Beta Kappa graduate and became the first black woman to receive a Rhodes Scholarship.

All-America Times Three

Joan Nesbit was one of the greatest distance runners in Carolina history. At one point she held the school record in all four major distance events - the 1,500, 3,000, 5,000 and 10,000. She was the first Tar Heel woman to earn All-America honors in cross country, indoor track and outdoor track. She also took ACC titles in the 3,000 and the 10,000 in 1984.

Kim Austin

From 1986-1990, Kim Austin had one of the greatest careers in Carolina and ACC history. She was a six-time All-America and an eight-time ACC champion in the triple jump and the 55- and 100-meter hurdles. During that time, Austin's teams won six ACC team titles and had a top-10 finish at the NCAA Indoor Championships in 1989. By the end of her career, she had established three ACC meet records and two school records.

Kendra Mackey

Kendra Mackey was one of the greatest sprinters in school history. An eight-time All-America, Mackey earned honors individually in the 200 and was a member of All-America 400- and 1,600-meter relay teams. Mackey

TAR HEELS

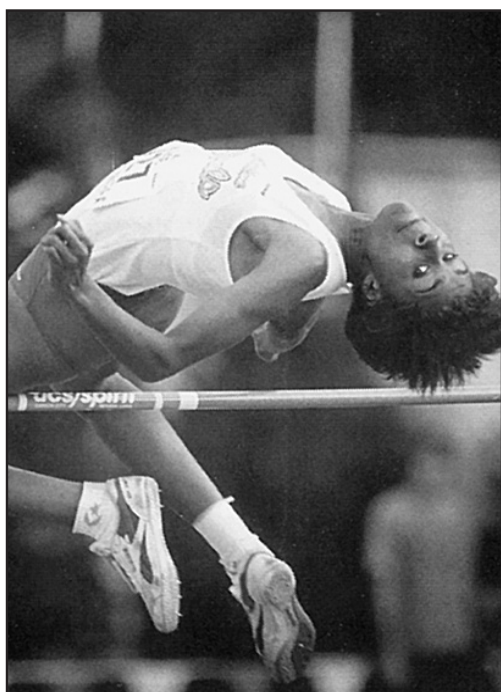
won 13 individual and relay ACC titles and still ranks in the Carolina top five in five different events, including the 100 meters, an event in which she still possesses the record.

Couch Takes Patterson Medal

Sharon Couch became the first Tar Heel women's track student-athlete to win the coveted Patterson Medal, awarded to the University's most outstanding senior athlete. Couch won eight ACC titles on her way to claiming MVP honors at three ACC Championships. She placed third in the long jump at the U.S. Olympic Trials in June 1992 to become Carolina's first female track Olympian, taking sixth place at the Barcelona Games. Couch would again reach the Olympics in 2000, this time as a 100-meter hurdler.

Waller Wows 'Em

High jumper Tisha Waller rewrote the record book during the 1991 season. Waller won both the indoor and outdoor ACC Championships, finished second at both of the NCAA meets and set ACC records both indoors and outdoors. Waller leaped 6-4 two consecutive weeks indoors and cleared 6-3 1/2 at Texas in the spring.



Tisha Waller set UNC school records for both in the indoor and outdoor high jump, events in which she won multiple conference titles in as well as All-America honors.

The South Boston, Va., native also set the meet record at the prestigious Penn Relays and placed third at the TAC (now USA Track and Field) National Championships. Waller's school indoor and outdoor records still stand, as does her ACC outdoor record. She would end her career with five All-America honors and was the first Carolina woman ever to win an international medal at the 1991 World University Games.

Tar Heels Throw, Hurdle to Success in Early Nineties

Carolina swept the ACC Championships in 1993 and 1994 behind a pair of All-Americans. Thrower Lynda Lipson established an ACC record in the discus and was a three-time All-America in the discus and javelin. She also finished in the top eight overall at the USA Track and Field Championships in both events, a rare and impressive throwing double. Lipson's teammate Ayo Atterberry was a four-time All-America, scoring in the NCAA meet three times as a hurdler and once in the 400-meter relay.

Best Team in History?

During the 1994-95 school year, Carolina produced what was arguably the greatest women's track team in ACC history. That team was the first in league history to win the ACC Triple Crown - titles in cross country, indoor track and outdoor track. Only the 2003-04 version of the Tar Heels has done it since. The legendary team was led by three future Olympians - LaTasha Colander, Monique Hennagan and Marion Jones. Carolina dominated both the indoor and outdoor ACC meets, winning the indoor meet by a whopping 104 points and the outdoor meet by a similarly staggering 81 points.

First (And Second) Women's Title

Since its launch in 1975, the Carolina women's track and field team compiled a number of great feats in its first two decades. However, for the first 21 years of the program's existence, it had failed to win an NCAA title. That stigma was shattered in a big way in 1996 when Monique Hennagan won not one but two national championships. During the indoor season, she took the 400 meters title and then followed that up with the 800 crown in the outdoor season. Hennagan collected seven All-America honors in her career and represented the United States in both the 2000 and 2004 Olympics, winning gold in the 1,600-meter relay in 2000.

Colander Stellar Indoors

LaTasha Colander, who joined Hennagan on the 2000 and 2004 Olympic teams, finished her career with more indoor All-America honors than any other student-athlete in Carolina history. She would collect eight in total, including three in the 55-meter hurdles. She was named the Most Outstanding Performer at the 1995, 1997 and 1998 ACC Indoor Championships, as well as the 1997 outdoor event. Colander was also a four-time outdoor All-America, including back-to-back honors in the 100-meter hurdles in 1995 and 1996.

Jones and Moore Jump To Glory

North Carolina established itself as a women's jump powerhouse in the nineties behind the incomparable efforts of Marion Jones and Tyra Moore. Jones was twice a long jump All-America and won a pair of ACC titles in the event. Moore was a seven-time All-America in the long jump and triple jump, and a five-time ACC champion.

Christopher and Gamble Carry the Torch

Where Jones and Moore left off, LaShonda Christopher and Nicole Gamble picked right back up. From 1996-1999, the duo owned the jumping events in the ACC. Christopher would finish with six ACC titles, Gamble with eight. Christopher earned 12 All-America honors to 13 for Gamble, two of the highest totals in school history. The crowning achievement for the Tar Heel jumpers came in 1999, when Nicole Gamble was the NCAA champion in the indoor triple jump.



Nicole Gamble concluded her career as a Tar Heel with eight ACC titles, 13 All-America honors and a national championship in the indoor triple jump.

ACC 50th Anniversary Celebration

To commemorate the 50th anniversary of the Atlantic Coast Conference, the league chose the all-time greatest performers in each sport, as well as a list of the 50 Greatest Athletes in ACC history. UNC dominated the lists, and the storied Tar Heel track and field program played a big part in that domination.

North Carolina sported a combined 63 selections from men's and women's indoor track, outdoor track and cross country teams. The Tar Heels also had three track stars named to the 50 Greatest Athletes on the all-sports list. Jim Beatty made the list on the men's side, while Monique Hennagan and Marion Jones were honored on the women's side.

Shalane Flanagan

Flanagan won four straight ACC cross country titles and led the team to four consecutive NCAA berths, helping establish Carolina as a veritable distance force. In 2002, she became the first UNC cross country national champion in 55 years and the first woman to ever accomplish the feat. Before her arrival, no Tar Heel had ever finished higher than 15th - Flanagan finished in the top four three times. In 2003, she became only the third woman in history to defend her NCAA cross country crown, concluding her cross country career as a four-time All-America.

Her success, however, was not limited only to the outdoor trails. She earned 10 All-America honors in just three years of indoor and outdoor track. In 2003, she became a dual national indoor champion, winning the 3,000 meters then teaming up to triumph in the distance medley relay. Flanagan was an All-America at every distance from the 1,500 to the 5,000.

After redshirting the indoor and outdoor seasons in 2004, she decided to turn professional just weeks before the U.S. Olympic Trials. In her first race as a professional, Flanagan took third in the 5,000 meters, earning a spot on the Olympic team and a trip to the 2004 Athens Games. She has continued to be an international cross country, indoor and outdoor distance mainstay on the international circuit competing in multiple IAAF World Championships. Flanagan also competed at the 2008, 2012 and 2016 Olympics, winning a silver in Beijing in 2008 in the 10,000. She owns American records in the indoor 3,000, indoor 5,000 and 15K road race, and she has also placed top-10 in the Olympic marathon twice with a sixth-place finish coming in Rio de Janeiro.



Shalane Flanagan set four individual UNC records and helped set four relay records, she was a two-time NCAA cross country champion, a 10-time All-American and a two-time indoor track national champion.

Flanagan finished her Carolina career as the most decorated distance athlete in school history and one of the most decorated in the ACC and NCAA. She was named the NCAA Cross Country Athlete of the Year three times, helped set an American record in the distance medley relay and established four individual school records. She capped her stellar career by winning the Patterson Medal, the highest honor bestowed on a student-athlete at UNC.

In early November of 2017, Flanagan captured the awe of all

Americans when she became the first American woman in 40 years to win the New York City Marathon in 2:26:53. The victory puts Flanagan up with some of the top professional athletes to ever come out of Carolina, joining the ranks of athletes like Michael Jordan and Mia Hamm who have left Chapel Hill and gone on to be among the very best in their discipline.

Alice Schmidt

Alice Schmidt's career as a standout on both the track and the cross country course culminated in a second-straight Patterson Medal for a female student-athlete from the track and field program. One of the greatest middle distance runners in ACC history, Schmidt became the first Tar Heel woman since Nicole Gamble to win an outdoor national championship, taking the 800 meter crown in 2002. Then, in 2003, she did something no Carolina woman had ever done in Tar Heel track and field history - she became a national champion for a second time in the same event, winning the 800 in a school- and ACC-record time of 2:01.16.

That 800 title actually marked Schmidt's third NCAA title, as she earlier teamed up with Flanagan, Anissa Gainey and Erin Donohue to take the distance medley relay title. Schmidt finished her career as an 11-time All-America.

She won six ACC titles, including the indoor 800 three times and the outdoor 800 twice. She was a multiple Penn Relays champion, a member of the American-record-setting distance medley relay team that finished second at the 2002 NCAA Championships, and twice earned All-ACC honors for her cross country performances.

Schmidt also thrived in the classroom. She was awarded CoSIDA Academic All-America honors for the 2003-04 school year and was named to the ACC Academic Honor Roll four times.

Schmidt has continued her athletic success post-graduation, competing in multiple international competitions including the 2008 Beijing and 2012 London Games.

Laura Gerraughty

Gerraughty came to UNC from Nashua, N.H., with quite a lofty reputation from her high school days. Suffice it to say she more than lived up to that billing, graduating from Carolina as one of the top Tar Heel performers of all time - regardless of sport - and indeed leaving a legacy on the ACC unlike anyone before her.

The numbers are undeniably staggering. She won four NCAA titles - in 2003 (outdoor shot put), 2004 (indoor and outdoor shot put) and 2006 (outdoor shot put). She earned 10 All-America honors and won a remarkable 13 Atlantic Coast Conference individual event championships. A member of the 2004 United States Olympic Team, Gerraughty set UNC records in five events and was the all-time collegiate record-holder in the indoor shot put until 2013.

Additionally, Gerraughty was named MVP of the 2006 ACC Championships after winning three throws events (discus, shot and hammer). She also was named 2006 Southeast Region Track and Field Athlete of the Year and won the shot at the prestigious Penn Relays for the fourth time, a feat only five women have ever accomplished at that meet.

The field of competition was not the only place Gerraughty excelled, though; the biology major was a first-team Academic All-America three times and received the ACC's Jim and Pat Thacker postgraduate scholarship. She also became the third straight woman from the track and field program to win UNC's illustrious Patterson Medal, following Shalane Flanagan and Alice Schmidt, respectively.

"In 40 years of coaching, I've never had a person, student and athlete combination like Laura," said UNC track and field coach Dennis Craddock. "She was an Olympian as a college student, won NCAA titles and set a national record, was a tremendous student and leader, and an even better person and friend. She did everything we ever asked of her and more."

Olympic Tradition Unlike Any Other

The Carolina Olympic tradition has existed for more than 70 years. Harry Williamson was the first Tar Heel Olympian, competing in the 800 meters at the 1936 Berlin Games. Though overshadowed by Olympic

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teammate Jesse Owens that year, Williamson finished sixth and gave birth to what would fast become a rich and storied history.

Four years later, Floyd "Chunk" Simmons became the first Carolina track medalist, taking bronze in the decathlon. In Helsinki in 1952, Simmons again won bronze, as American decathletes swept the competition for the "World's Greatest Athlete".

Despite the abundance of great athletes who called Chapel Hill home over the next four decades, it would be 44 years before a Tar Heel brought an Olympic medal back to UNC. In 1996, Allen Johnson triumphed in the 110-meter hurdles, setting off what would become the "golden" age for Carolina athletes in the Olympics.

Carolina's International Connections

Much of the Olympic success connected to former Carolina track athletes has occurred under the flag of the United States. In fact, all six medalists have won while competing for the American team. However, UNC has produced a number of Olympians that have proudly represented other nations.

The 1996 Atlanta Games featured two international stars - Eddie Neufville of Liberia and Ken Harnden of Zimbabwe. Neufville competed in the 400-meter relay, while Harnden ran the 400-meter hurdles, an event in which he won the NCAA title while at Carolina. Dominic Demeritte of the Bahamas and Nadine Faustin joined Neufville and Harnden at the 2000 Sydney Games. They ran in the 200 and 100-meter hurdles, respectively. One of the biggest moments in Demeritte's career came when he was crowned the 2004 Indoor World Champion in the 200 in Budapest. Faustin, the national record holder in five different events for the Republic of Haiti, was crowned the Central America and Caribbean Games gold medal winner in the 100-meter hurdles in 2005. Both Demeritte and Faustin competed in the 2004 Olympic Games where Faustin advanced to the semi-finals in the 100-meter hurdles and Demeritte advanced to the quarter-finals in the 200. Faustin also competed in the 2008 Beijing Games.

Another Tar Heel, Vikas Gowda, competed in the Olympics while still in school. Gowda, then a junior at Carolina, competed in the discus for his home nation of India in 2004 Athens Games. Gowda has gone on to compete in the 2008 Beijing Games, the 2012 London Games and the 2016 Rio de Janeiro Games. In April 2012, he tossed a world-leading mark of 217-5 in the discus at the Old Style Discus Challenge in Norman, Okla.



Carolina has a multitude of Olympians, but the 2004 UNC team had three athletes compete in the Athens Games -- Shalane Flanagan, Vikas Gowda and Laura Gerraugty.

A New Home

As UNC eagerly awaits the completion of their new outdoor track & field complex, forty-one individuals, including seven Tar Heels, and four relays will forever have their names etched in the history of Carolina track & field.

The estimated \$15.7 million project will provide student-athletes with brand new running surface and throwing fields to develop their performance. The new outdoor track & field complex will feature a 400-meter, eight-lane track by Benyon and a one-kilometer warm-up track, 500 seats for meet viewing, LED sport lighting and an LED video scoreboard.

Neighboring the track and field facility will be two synthetic practice fields for the Carolina soccer and lacrosse teams.

The new outdoor track & field complex is set to be completed mid-2019.

Belk Track/Fetzer Field Facility Records (as of Jan. 1, 2018) - Women

100	Kesha Jett - Nike	11.20	2000
200	Crystal Cox - Nike	22.70	2004
400	Monique Hennagan - Doyle Management	50.54	2004
800	Tina Krebs - Clemson	2:02.81	1984
	Charmaine Howell - Speed Elite		2000
1500	Brie Felnagle - UNC	4:08.54	2008
3000	Gina Procaccio - Sallie Mae TC	8:54.45	1993
Steeple	Carol Henry - UNC	10:02.22	2004
5000	Joan Nesbit - New Balance	15:31.24	1996
10K	Juliet Bottorfft - Duke	32:53.72	2014
100H	Melissa Morrison - Reebok	12.89	2000
400H	Debbie Ann Parris - Unattached	55.90	2000
4x1	Southern California	43.69	1999
4x4	Notre Dame	3:33.70	2014
HJ	Chaunte Howard - Georgia Tech	6-4 3/4	2004
LJ	Cordell Smith - NC State	23-8	1998
TJ	Tiombe Hurd - Nike International	45-9 3/4	2000
PV	Martina Schultze - Virginia Tech	14-4 1/2	2014
SP	Connie Price-Smith - Nike International	60-8 3/4	2000
DT	Pam Dukes - Unattached	188-1	1995
JT	Laverne Eve - Speed Dynamics	199-3	2000
HT	Lisa Misipeka - South Carolina	218-6	1999
Hept.	Grete Sadeiko - Florida State	5,706	2014

Belk Track/Fetzer Field Facility Record (as of Jan. 1, 2018) - Men

100	Kenny Brokenburr - Unattached	10.11	1996
200	Floyd Heard - Unattached	20.18	2000
400	Brandon Coutts - Baylor	45.21	2000
800	Rich Kenah - Reebok	1:45.91	1996
1500	Brian Hyde - William & Mary	3:35.84	1995
Steeple	Anthony Famigliette - adidas	8:31.91	2004
5000	Bob Henes - NC State	13:46.93	1991
10K	Martin Hehir - Syracuse	29:10.12	2014
110H	Allen Johnson - Unattached	13.19	1997
400H	Torrance Zellner - Asics	48.43	1996
4x1	NC State	39.14	1991
4x4	George Mason	3:04.10	1991
HJ	Tony Barton - Unattached	7-6	1992
	Randy Jenkins - Tennessee		1994
LJ	Joseph Allen - EHI	26-5 1/2	2004
TJ	Tim Russant - Unattached	54-11 1/2	2004
PV	Tim Mack - Ultimate AC	19-0 3/4	2000
SP	C.J. Hunter - Nike	70-0 1/4	1999
DT	Vikas Gowda - Unattached	205-4	2004
JT	Tom Pukstys - adidas	256-5	2000
HT	Stuart Rendell - Unattached	241-10	2000
Dec.	Kevin McGorty - UNC	7,520	1986

Hall of Honor

When excellence abounds, it can be all too easy for the glory of the past to slip away amid the brilliance of the present. The UNC Track and Field Hall of Honor, however, ensures that such a fate will never befall the many Tar Heel track and field greats who have made their mark on the sport while donning Carolina Blue. Housed on the third floor of the Eddie Smith Field House, the hall pays tribute to the myriad of accomplishments of past UNC teams and athletes via a remarkable setup of trophy cases, displays, exhibits and photos.

While special recognition is given to standout teams as well as those UNC athletes who earned All-America honors, competed internationally, or won NCAA Championships, the hall also shows a deep acknowledgement and appreciation of the contributions of all the athletes who have helped take the Carolina track and field program to the echelons of the elite. More than anything, the hall makes clear the immutable truth that all the accomplishments achieved at UNC in the past will forever intersect with the paths of all athletes who choose to come to Chapel Hill.



CAROLINA

Carolina's Olympians

Olympics	Athlete	Country	Event
1936 Berlin	Harry Williamson	United States	800 meters
1948 London	Floyd "Chunk" Simmons	United States	Decathlon
	Bill Albans	United States	Triple jump
1952 Helsinki	Floyd "Chunk" Simmons	United States	Decathlon
1960 Rome	Jim Beatty	United States	5000 meters
1992 Barcelona	Sharon Couch-Seagrave	United States	Long jump
1996 Atlanta	Allen Johnson	United States	110-meter hurdles
	Tisha Waller	United States	High jump
	Joan Nesbit	United States	10,000 meters
	Eddie Neufville	Liberia	4x100
	Ken Harnden	Zimbabwe	400-meter hurdles
2000 Sydney	LaTasha Colander	United States	4x400, 400
	Sharon Couch-Seagrave	United States	100-meter hurdles
	Nadine Faustin	Haiti	100-meter hurdles
	Dominic Demeritte	Bahamas	200 meters
	Nicole Gamble	United States	Triple jump
	Ken Harnden	Zimbabwe	400-meter hurdles
	Monique Hennagan	United States	4x400, 400
	Curtis Johnson	United States	100 meters
	Allen Johnson	United States	110-meter hurdles
	Lynda Lipson-Blutreich	United States	Javelin
2004 Athens	Eddie Neufville	Liberia	4x100
	LaTasha Colander	United States	100 meters
	Crystal Cox	United States	4x400
	Dominic Demeritte	Bahamas	200 meters
	Nadine Faustin	Haiti	100-meter hurdles
	Shalane Flanagan	United States	5,000 meters
	Laura Gerraughty	United States	Shot Put
	Vikas Gowda	India	Discus
	Monique Hennagan	United States	4x400, 400
	Allen Johnson	United States	110-meter hurdles
	Tisha Waller	United States	High jump
2008 Beijing	Dominic Demeritte	Bahamas	200 meters
	Erin Donohue	United States	1,500 meters
	Shalane Flanagan	United States	5,000 meters, 10,000
	Nadine Faustin	Haiti	100-meter hurdles
	Vikas Gowda	India	Discus
	Blake Russell	United States	Marathon
	Alice Schmidt	United States	800 meters
2012 London	Shalane Flanagan	United States	Marathon
	Alice Schmidt	United States	800 meters
	Vikas Gowda	India	Discus
	Ola Sesay	Sierra Leone	Long Jump
2016 Rio de Janeiro	Shalane Flanagan	United States	Marathon
	Vikas Gowda	India	Discus

ALL-AMERICAS	
1926 Galen Elliott	1963 Holly Murray • Glen Sparrow
1927 Galen Elliott	1964 Jim Farmer • Holly Murray Joan Nesbit • George Nicholas
1947 Jack Milne	1965 Jim Farmer
1950 Bill Albans	1966 Dave Fuhrmann • Kevin McGoroy George Nicholas
1954 Jim Beatty	1967 John Boakes • Jim Farmer Dave Fuhrmann
1955 Jim Beatty	1968 Jim Farmer • Jill Harty Kendra Mackey • Sharrie MacKinnon Kevin McGoroy • Shelly Moorman Mia Pollard
1956 Jim Beatty	1969 Kim Austin • Penny Blackwell Sharon Couch • Kendra Mackey Kari Krehenbrink • Sean Murray Mia Pollard • Rebecca Russell Sonya Thomas
1957 Jim Beatty • Dave Scurlock	1970 Kim Austin • Penny Blackwell Sharon Couch • Kendra Mackey Kari Krehenbrink • Sean Murray Mia Pollard • Rebecca Russell Sonya Thomas • Tisha Waller
1971 Tony Waldrop	1971 Tony Waldrop
1972 Reggie McAfee • Tony Waldrop	1972 Reggie McAfee
1973 Reggie McAfee	1973 Reggie McAfee
1974 Tony Waldrop	1974 Tony Waldrop
1976 Ralph King	1976 Ralph King
1977 Ralph King	1977 Ralph King
1978 Ralph King	1978 Ralph King
1979 Gary Hofstetter	1979 Gary Hofstetter
1981 Wayne Miller	1981 Wayne Miller
Jimmy Cooper • Holly Murray Nesbit • Lisa Stancin	

World Championship Qualifiers

Year	Athlete	Event
1991 Tokyo	Tisha Waller	High Jump
1995 England	Joan Nesbit	Cross Country
1995 Sweden	Sharon Couch	Long Jump
	Ken Harnden	400-meter hurdles
	Allen Johnson	110-meter hurdles
	Tony McCall	4x100
	Tisha Waller	High Jump
1995 Barcelona	Allen Johnson	60-meter hurdles
	Joan Nesbit	3,000 meters
1996 Cape Town	Joan Nesbit	Cross Country
1997 Paris	Michelle Faherty	800 meters
1997 Athens	Allen Johnson	110-meter hurdles
	Ken Harnden	400-meter hurdles
	Rebecca Russell Buchanan	400-meter hurdles
	Lynda Lipson	Javelin
	Milton Campbell	4x400
	Sharon Couch	Long Jump
	Eddie Neufville	4x100
		110-meter hurdles
1998 Morocco	Joan Nesbit	Cross Country
1999 Belfast	Joan Nesbit	Cross Country
1999 Seville	Allen Johnson	110-meter hurdles
	Tisha Waller	High jump
	Ken Harnden	400-meter hurdles
	Jeff Ellis	400-meter hurdles
	Lynda Lipson-Blutreich	Javelin
	Tony McCall	Alt. 4x100
	Nadine Faustin	100-meter hurdles
	Dominic Demeritte	200 meters
	Curtis Johnson	Alt. 4x100
2001 Lisbon	Dominic Demeritte	200 meters
	Nadine Faustin	60-meter hurdles
	Monique Hennagan	400 meters
2001 Edmonton	Allen Johnson	110-meter hurdles
	Nadine Faustin	110-meter hurdles
	Dominic Demeritte	200 meters
	Curtis Johnson	100 meters
	Monique Hennagan	400 meters
2003 Birmingham	Allen Johnson	60-meter hurdles
	Dominic Demeritte	200 meters
	Nadine Faustin	60-meter hurdles
	Monique Hennagan	400 meters

Year	Athlete	Event
2003 Paris	Allen Johnson	110-meter hurdles
	Tisha Waller	High Jump
	Crystal Cox	4x400
	Dominic Demeritte	200 meters
	Nadine Faustin	100-meter hurdles
2004 Brussels	Shalane Flanagan	Cross Country
2004 Budapest	Nadine Faustin	60-meter hurdles
	Dominic Demeritte	200 meters
	Allen Johnson	60-meter hurdles
2005 France	Shalane Flanagan	Cross Country
	Blake Russell	Cross Country
2005 Helsinki	Allen Johnson	110-meter hurdles
	Dominic Demeritte	200 meters
	Nadine Faustin-Parker	100-meter hurdles
	LaTasha Colander	200 meters
	Monique Hennagan	4x400
	Vikas Gowda	Discus
	Alice Schmidt	800 meters
	Shalane Flanagan	5,000 meters
	Blake Russell	10,000 meters
2006 Fukuoka	Blake Russell	Cross Country
2006 Moskva	Nadine Faustin-Parker	60-meter hurdles
2007 Osaka	Erin Donohue	1,500 meters
	Nadine Faustin-Parker	100-meter hurdles
	Shalane Flanagan	5,000 meters
	Vikas Gowda	Discus
	Monique Hennagan	4x400
	Alice Schmidt	800 meters
	Shalane Flanagan	5,000 meters
2008 Valencia	Allen Johnson	60-meter hurdles
2009 Berlin	Mateo Sossah	Decathlon
	Ola Sesay	Long Jump
	Shalane Flanagan	10,000 meters
2010 Bydgoszcz	Shalane Flanagan	Cross Country
2010 Doha	Erin Donohue	1,500 meters
2011 Punta Umbria	Shalane Flanagan	Cross Country
	Blake Russell	Cross Country
2011 Daegu	Shalane Flanagan	10,000 meters
	Alice Schmidt	800 meters
	Ola Sesay	Long Jump
	Vikas Gowda	Discus
2012 Kavarna	Shalane Flanagan	Half Marathon
2013 Moscow	Shalane Flanagan	10,000 meters
	Vikas Gowda	Discus
2014 Sopot	Clayton Parros	4x400
2015 Beijing	Shalane Flanagan	10,000
	Vikas Gowda	Discus

Other International Competition

Year	Athlete	Event
World University Games		
1991	Tisha Waller	High Jump Bronze Medalist
1995	Rebecca Russell	400-meter hurdles
1997	Tony McCall	100 meters
	Emily Carlsten	Javelin
1999	Nicole Gamble	Triple Jump
NACAC Under-23 Championships		
2000	Nicole Gamble	Triple Jump Gold Medalist
2004	Laura Gerraughty	Shot Put Gold Medalist
2006	Nick Owens	Hammer Throw Gold Medalist
	Cassie King	Steeplechase Silver Medalist
2010	Ashley Verplank	1,500 meters
Pan American Junior Championships		
2011	Jake Hurysz	5,000 meters Gold Medalist
2011	Sandi Morris	Pole Vault Silver Medalist
2011	Isaac Presson	1,500 meters Silver Medalist
2011	Roy Smith	110 hurdles Silver Medalist
2013	Avana Story	Hammer Throw Silver Medalist
2015	Kenny Selmon	400 hurdles Silver Medalist
2015	Hannah Christen	Steeplechase Silver Medalist
2015	Caroline Alcorta	5,000 meters Bronze Medalist
Other Junior International Competitions		
2000	Shalane Flanagan	Cross Country
2007	Mateo Sossah	Decathlon
2011	Joe Hutchinson	Combined Events, Shot Put, 110m Hurdles
2016	Nicole Greene	High Jump
2016	Marcus Krah	110m Hurdles
2018	Jill Shippee	Hammer Throw
Other International Competitions		
2018	Kenny Selmon	400-meter hurdles Gold Medalist

World Record Holders

Year	Athlete	Event	Time
1949	Bill Albans	Shuttle Hurdle Relay	58.6
	Jack Moody		
	Bob Morrow		
	Dick Taylor		
1962	Jim Beatty	Indoor mile	3:58.9
	Jim Beatty	Two mile	8:29.8
1974	Tony Waldrop	Indoor mile	3:55.0

Carolina's Olympic Medalists

Year	Athlete	Event	Medal
1948	"Chunk" Simmons	Decathlon	Bronze
1952	"Chunk" Simmons	Decathlon	Bronze
1996	Allen Johnson	110-meter Hurdles	Gold
	LaTasha Colander	4x400	Gold
	Monique Hennagan	4x400	Gold
2004	Monique Hennagan	4x400	Gold
2008	Shalane Flanagan	10,000	Silver

CAROLINA

All-Time NCAA Indoor Qualifiers

NCAA Women's Indoor Qualifiers

Ayo Atterberry		Mile (7th)*	2001	60-meter hurdles (8th)*	2009	Xenia Rahn	
55-meter hurdles (5th)*	1993	DMR (2nd)*	2001	60-meter hurdles (8th)*	2010	Pentathlon (3rd)*	2015
55-meter hurdles (7th)*	1994	Mile (3rd)*	2002	Christine Johnson		Karley Rempel	
Kim Austin		3,000 meters (6th)*	2002	4x400 (8th)*	2009	DMR (11th)**	2014
Triple Jump (2nd)*	1989	DMR (2nd)*	2002	Tyra Johnson		Danielle Rodgers	
Triple Jump (4th)*	1990	3,000 meters (1st)*	2003	DMR (1st)*	2007	DMR (4th)*	2005
Long Jump (7th)*	1990	DMR (1st)*	2003	Kim Jones		DMR (1st)*	2006
55-meter hurdles (6th)*	1990	Tiffany Flomo		High Jump (7th)*	1995	Rebecca Russell	
Mel Benner		4x400 (8th)*	2003	High Jump (8th)*	1996	4x400 (6th)*	1989
3,200-meter relay (2nd)*	1991	Cori Floyd		Megan Kaltenbach		4x800 (5th)*	1990
Penny Blackwell		DMR (11th)**	2014	DMR (1st)*	2006	800 meters (4th, semis)*	1990
Long Jump (10th)**	1991	Anissa Gainey		DMR (1st)*	2007	4x800 (2nd)*	1991
Angela Boice		DMR (2nd)*	2002	Cassie King		Zoey Russell	
High Jump (8th)*	1992	4x400 (8th)*	2003	DMR (4th)*	2005	4x400 (9th)**	2012
Danielle Brock		Nicole Gamble		Georgia Kloss		Ola Sesay	
4x400 (9th)**	2012	Triple Jump (8th)*	1996	DMR (4th)*	2005	Long Jump (9th)**	2000
LaShonda Christopher		Triple Jump (4th)*	1997	800 meters (8th)*	2006	Long Jump (8th)*	2001
Long Jump (9th)**	1996	Triple Jump (2nd)*	1998	DMR (1st)*	2006	Alice Schmidt	
Triple Jump (9th)**	1996	Long Jump (10th)**	1998	DMR (1st)*	2007	800 meters (2nd)*	2001
Long Jump (11th)**	1997	Triple Jump (1st)*	1999	Kari Krehnbrink		DMR (2nd)*	2001
Triple Jump (10th)**	1998	Long Jump (2nd)*	1999	4x800 (5th)*	1989	800 meters (3rd)*	2002
Long Jump (7th)*	1998	Joy Ganes		4x800 (5th)*	1990	DMR (2nd)*	2002
Triple Jump (9th)**	1999	High Jump (9th)**	1998	Annie LeHardy		DMR (1st)*	2003
LaTasha Colander		High Jump (7th)*	2000	Mile (16th)**	2014	800 meters (4th)*	2003
55-meter hurdles (2nd)*	1995	High Jump (T-8th)*	2001	DMR (11th)**	2014	800 meters (5th)*	2004
DMR (5th)*	1995	Beth George		Kendra Mackey		Trudy Stallings	
55-meter hurdles (4th)*	1996	DMR (2nd)*	2001	4x400 (5th)*	1988	4x800 (4th)*	1993
4x400 (7th)*	1996	Laura Gerraughty		4x400 (6th)*	1989	Tasha Stanley	
55-meter hurdles (6th)*	1997	Shot Put (1st)*	2003	200 meters (7th)*	1990	4x400 (8th)*	2009
DMR (6th)*	1997	Shot Put (1st)*	2004	Leslie McCaskill		800 (14th)**	2012
55-meter hurdles (8th)*	1998	Weight Throw (7th)*	2003	4x800 (4th)*	1993	4x400 (9th)**	2012
200 meters (12th)**	1998	Weight Throw (7th)*	2005	Susanna Matsen		Lisa Staton	
Sharon Couch		Shot Put (2nd)*	2006	3,000 meters (8th)*	1994	Long Jump	1982
55-meter hurdles (4th)*	1991	Karen Godlock		Tyra Moore		Sonya Thomas	
DeAnne Davis		DMR (5th)*	1995	Triple Jump (4th)*	1995	4x400 (6th)*	1989
Triple Jump (12th)**	1997	DMR (6th)*	1997	Long Jump (14th)**	1996	Ashley Verplank	
Triple Jump (6th)*	1999	Sheena Gordon		Triple Jump (13th)**	1996	DMR (8th)*	2009
Triple Jump (4th)*	2000	High Jump (4th)*	2005	Shelby Moorman		Mile (9th)**	2011
Leigh Dickson		High Jump (1st)*	2006	4x400 (5th)*	1988	Tisha Waller	
4x400 (7th)*	1996	Andrea Green		4x400 (6th)*	1989	High Jump (2nd)*	1991
Kelly Donahoe		4x800 (2nd)*	1991	Sandi Morris		High Jump (3rd)*	1992
DMR (5th)*	1995	4x800 (4th)*	1993	Pole Vault (11th)**	2011	Lizzy Whelan	
Erin Donohue		Nicole Greene		Pole Vault (11th)**	2012	Mile (10th)**	2014
DMR (2nd)*	2002	High Jump (12th)**	2016	Elizabeth Mott		800 (6th)*	2015
Mile (10th)*	2002	Hogh Jump (5th)*	2017	4x400 (8th)*	2009	Chrishawn Williams	
DMR (1st)*	2003	High Jump (1st)*	2018	DMR (2nd)*	2009	Long Jump (8th)*	2013
Mile (4th)*	2005	Erin Hayes		4x400 (9th)**	2012	Monica Witterholt	
Michelle Faherty		DMR (6th)*	1997	Jennifer Nelms		4x800 (5th)*	1989
4x800 (5th)*	1989	Monique Hennagan		4x400 (8th)*	2003	Kameese Wright	
4x800 (5th)*	1990	400 meters (1st)*	1996	Joan Nesbit		4x400 (8th)*	2003
4x800 (2nd)*	1991	4x400 (7th)*	1996	3,000 meters (7th)*	1984		
Lianne Farber		400 meters (6th)*	1997	Edi Ntuen		*First-Team All-America	
DMR (11th)**	2014	Carol Henry		DMR (2nd)*	2001	**Second-Team All-America	
Nadine Faustin		3,000 meters (7th)*	2002	Blake Phillips			
55-meter hurdles (9th)**	1998	Sarah Howard		DMR (6th)*	1997		
Brie Felnagle		Shot Put (14th)**	2014	Mia Pollard			
DMR (1st)*	2006	Monique Hunt		800 meters (4th)*	1988		
DMR (1st)*	2007	4x800 (4th)*	1993	4x400 (5th)*	1988		
3,000 meters (1st)*	2007	DMR (5th)*	1995	4x800 (5th)*	1989		
3,000 meters (2nd)*	2008	4x400 (7th)*	1996	4x800 (5th)*	1990		
Mile (5th)*	2009	Jill Irizarry		Callie Pottinger			
DMR (2nd)*	2009	4x400 (5th)*	1988	4x400 (8th)*	2009		
Shalane Flanagan		Vanneisha Ivy		DMR (2nd)*	2009		

NCAA Men's Indoor Qualifiers

RJ Alowonle		Sal Gigante		Javonte Lipsey		Kenny Selmon	
4x400 (5th)*	2014	35-lb. Weight (4th)*	2002	4x400 (5th)*	2014	4x400 (6th)*	2015
Rob Bates		Vikas Gowda		4x400 (6th)*	2015	Adam Shunk	
Heptathlon (11th)**	2005	Shot Put (6th)*	2005	Reggie McAfee		High Jump (2nd)*	2002
Eric Bishop		Shot Put (5th)*	2006	Mile (2nd)*	1972	High Jump (1st)*	2003
High Jump (1st)*	1997	Reggie Harris		Mile (2nd)*	1973	Maurice Smith	
High Jump (7th)*	1998	200 meters (4th)*	1991	Tony McCall		Long Jump (11th)**	1995
Chad Black		200 meters (4th)*	1992	4x400 (1st)*	1995	Parker Smith	
55-meter hurdles (5th)*	1993	Ken Harnden		55 meters (5th)*	1995	Pole Vault (T8th)*	2012
Johan Boakes		4x400 (1st)*	1995	55 meters (6th)*	1996	Mateo Sossah	
1,000 meters (6th)*	1987	Walter Henning		Henry McKoy		Heptathlon (2nd)*	2010
Allen Bradd		Weight Throw (3rd)*	2008	4x400 (1st)*	1995	Heptathlon (12th)**	2011
Shot Put (13th)**	1999	AJ Hicks		Wayne Miller		Marcus Stokes	
Milton Campbell		Weight Throw (10th)**	2015	400 meters (6th)*	1981	55-meter hurdles (6th)*	1996
4x400 (1st)*	1995	Weight Throw (6th)*	2016	Kendrick Morgan		Sean Sutton	
400 meters (8th)*	1995	Allen Johnson		Triple Jump (12th)**	1995	4x400 (5th)*	2014
400 meters (7th)*	1996	55-meter hurdles (1st)*	1992	Triple Jump (11th)**	1996	4x400 (6th)*	2015
400 meters (4th)*	1997	55-meter hurdles (2nd)*	1993	Nick Owens		Tony Waldrop	
200 meters (2nd)*	1998	Curtis Johnson		Weight Throw (8th)*	2005	Mile (1st)*	1974
400 meters (4th)*	1998	55 meters (5th)*	1996	Weight Throw (3rd)*	2007	Ceo Ways	
Charles Cox		Randy Jordan		Clayton Parros		4x400 (5th)*	2014
400 meters (6th)*	2011	55 meters (4th)*	1993	400 meters (7th)*	2010	4x400 (6th)*	2015
Austin Davis		Daniel Keller		Shannon Pope		*First-Team All-America	
Triple Jump (7th)*	2009	Heptathlon (7th)*	2009	Pole Vault (5th)*	1995	**Second-Team All-America	
Jim Farmer		Ralph King		Isaac Presson			
3,000 meters (2nd)*	1988	Mile (5th)*	1976	Mile (11th)**	2014		
Dave Fuhrmann		Two mile (5th)*	1978	Clay Ragan			
1000 meters (7th)*	1987	5,000 meters	1978	800 meters (12th)**	2006		

NCAA Women's Outdoor Qualifiers

Caroline Alcorta	
10,000 meters (14th)**	2018
Ayo Atterberry	
100-meter hurdles (5th)*	1994
4x100 (5th)*	1994
Kim Austin	
Triple Jump (3rd)*	1989
Triple Jump (6th)*	1990
Penny Blackwell	
Triple Jump (9th)**	1990
Triple Jump (7th)*	1991
Emily Carlsten	
Javelin (5th)*	1997
LaShonda Christopher	
Long Jump (11th)**	1997
Triple Jump (10th)**	1997
Long Jump (3rd)*	1996
Triple Jump (5th)*	1996
Triple Jump (5th)*	1998
Triple Jump (8th)*	1999
LaTasha Colander	
4x100 (5th)*	1995
100-meter hurdles (6th)*	1995
100-meter hurdles (8th)*	1996
4x100 (8th)*	1998
Patience Coleman	
High Jump (9th)**	2008
Sharon Couch	
Long Jump (10th)*	1990
4x100 (5th)*	1990
Long Jump (9th)**	1991
Crystal Cox	
4x100 (8th)*	1998
DeAnne Davis	
Triple Jump (7th)*	2000
Erin Donohue	
1,500 meters (4th)*	2005
Anna Eaton	
Pole Vault (NH)	2017
Sandi Everett	
Heptathlon (9th)**	1994
Lianne Farber	
1,500 (19th)	2013
1,500 (21st)	2015
Nadine Faustin	
4x100 (8th)*	1998
Brie Feltnagle	
1,500 meters (1st)*	2007
1,500 meters (9th)**	2008
Shalane Flanagan	
1,500 meters (10th)**	2001
1,500 meters (3rd)*	2002
5,000 meters (2nd)*	2003
Nicole Gamble	
Triple Jump (6th)*	1996
Long Jump (8th)*	1996
Long Jump (14th)**	1997
Triple Jump (6th)*	1997
Triple Jump (3rd)*	1998
Triple Jump (4th)*	1999
Long Jump (2nd)*	1999
Joy Ganes	
High Jump (6th)*	1999
High Jump (5th)*	2000
High Jump (7th)*	2001
Laura Gerraughty	
Shot Put (12th)**	2002
Shot Put (2nd)*	2003
Hammer Throw (7th)*	2003
Shot Put (1st)*	2004
Shot Put (1st)*	2006
Karen Godlock	
3,000 meters (10th)**	1997

Sheena Gordon	
High Jump (7th)*	2005
Triple Jump (9th)**	2005
High Jump (2nd)*	2006
Ingrid Hantho	
Discus (4th)*	1994
Monique Hennagan	
400 meters (8th)*	1995
800 meters (1st)*	1996
400 meters (5th)*	1997
400 meters (7th)*	1998
Carol Henry	
3,000-steeplechase (3rd)*	2002
3,000-steeplechase (7th)*	2003
Sarah Howard	
Shot Put (18th)	2014
Shot Put (14th)**	2015
Shot Put (12th)**	2017
Briana Hudson	
Triple Jump (19th)	2013
Nicky Hudson	
Heptathlon (7th)*	1991
Heptathlon (6th)*	1992
Monique Hunt	
800 meters (6th)*	1995
4x100 (5th)*	1995
800 meters (7th)*	1996
Morgan Ilse	
5,000 meters (22nd)	2018
Vanneisha Ivy	
100-meter hurdles (6th)*	2009
100-meter hurdles (8th)*	2011
Dominique Jackson	
800 meters (7th)*	2009
LaToya James	
400-meter hurdles (4th)*	2008
4x400 (6th)*	2011
Tristine Johnson	
Triple Jump (20th)	2011
Triple Jump (23rd)	2012
Kim Jones	
High Jump (T-7th)*	1995
Marion Jones	
Long Jump (2nd)*	1994
100 meters (4th, heat)	1994
4x100 (5th)*	1994
200 meters (6th)*	1994
Long Jump (4th)*	1995
4x100 (5th)*	1995
Anna Keefer	
Long Jump (15th)**	2018
Cassie King	
Steeplechase (8th)*	2005
Annie LeHardy	
5,000 (18th)	2015
Lynda Lipson	
Javelin (2nd)*	1992
Discus (8th)*	1992
Javelin (6th)*	1993
Kendra Mackey	
4x400 (7th)*	1989
200 meters (5th)*	1990
400-meter relay (5th)*	1990
4x400 (3rd)*	1990
4x400 (6th)*	1991
Sherrie MacKinney	
Javelin (5th)*	1988
Susanna Matsen	
3000 meters (11th)**	1994
Tyra Moore	
Triple Jump (10th)**	1995
55-meter hurdles (10th)**	1995
Long Jump (13th)**	1995
Triple Jump (8th)*	1996

Sandi Morris	
Pole Vault (11th)**	2012
Elizabeth Mott	
4x400 (6th)*	2011
Bobbie Jo Munson	
800 meters (15th)**	2001
Joan Nesbit	
10,000 meters (4th)*	1984
Cameron Overstreet	
Pole Vault (16th)**	2013
Mia Pollard	
4x400 (7th)*	1989
4x400 (3rd)*	1990
Cammie Putman	
4x400 (3rd)*	1990
4x100 (5th)*	1990
Takeshia Quick	
4x100 (5th)*	1994
100 meters (9th)**	1996
Xenia Rahn	
Heptathlon (8th)*	2014
Heptathlon (7th)*	2015
Rebecca Russell	
4x400 (7th)*	1989
4x400 (3rd)*	1990
4x400 (6th)*	1991
400-meter hurdles (7th)*	1992
Zoe Russell	
4x400 (6th)*	2011
Ola Sesay	
Long Jump (10th)**	2000
Alice Schmidt	
800 meters (11th)**	2001
800 meters (1st)*	2002
800 meters (1st)*	2003
800 meters (3rd)*	2004
Jillian Shippee	
Hammer Throw (14th)**	2018
Tasha Stanley	
4x400 (6th)*	2011
800 (17th)	2012
Sonya Thomas	
4x400 (7th)*	1989
4x100 (5th)*	1990
4x400 (6th)*	1991
Terri Vann	
4x100 (8th)*	1998
Tisha Waller	
High Jump (6th)*	1990
High Jump (2nd)*	1991
High Jump (3rd)*	1992
Tiffany Weatherford	
4x100 (5th)*	1994
4x100 (5th)*	1995
Lizzy Whelan	
1,500 (17th)	2014
Jocelyn White	
Discus (5th)*	2005
Euba Wilkerson	
4x400 (6th)*	1991
Chrishawn Williams	
Long Jump (22nd)	2012

*First-Team All-America
**Second-Team All-America

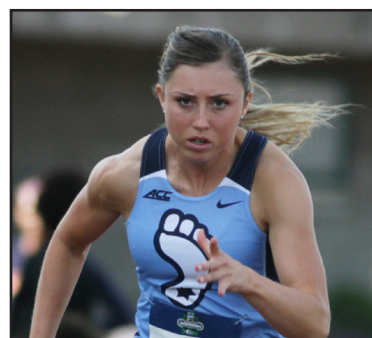
2018 NCAA Outdoor Qualifiers



Caroline Alcorta - 10,000 meters (14th)



Jill Shippee - Hammer Throw (14th)



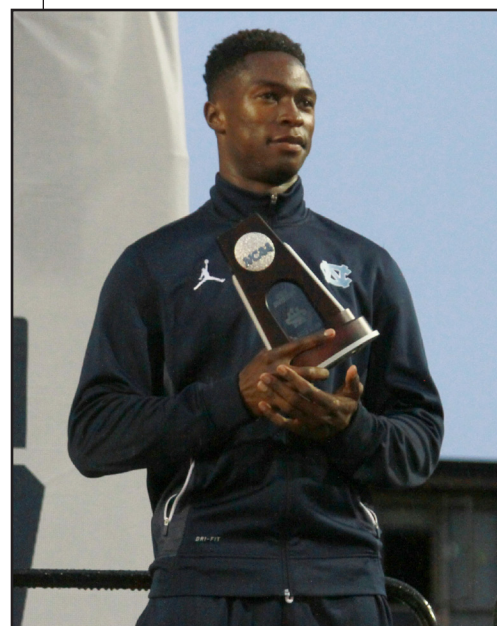
Anna Keefer - Long Jump (15th)



Morgan Ilse - 5,000 meters (22nd)

NCAA Men's Outdoor Qualifiers

Bill Albans 200-yard low hurdles (1st)*	1950	Ralph King 5,000 meters (6th)*	1977	400-meter hurdles (3rd)*	2016
RJ Alowonle 400-meter hurdles (5th)*	2014	Jeff Kluttz High Jump (8th)*	1995	4x400 (23rd)	2016
4x400 (18th)	2014	Javonte Lipsey 4x400 (16th)**	2012	400-meter hurdles (4th)*	2017
400-meter hurdles (20th)	2015	400-meter hurdles (17th)	2012	400-meter hurdles (2nd)*	2018
400-meter hurdles (23rd)	2017	400-meter hurdles (10th)**	2014	Adam Shunk High Jump (5th)*	2002
Mike Ballard 4x100 (4th)*	1999	4x400 (18th)	2014	High Jump (6th)*	2003
Jim Beatty Two mile (2nd)*	1955	400-meter hurdles (10th)**	2015	Matt Smith Steeplechase (20th)	1996
5,000 yard (2nd)*	1956	4x400 (23rd)	2015	Parker Smith Pole Vault (T4th)*	2011
Two mile	1957	400-meter hurdles (14th)**	2016	Mateo Sossah Decathlon (2nd)*	2009
Eric Bishop High Jump (1st)*	1996	4x400 (23rd)	2016	Decathlon (8th)*	2010
High Jump (8th)*	1997	Reggie McAfee Mile (3rd) *	1973	Decathlon (7th)*	2011
Chad Black 4x100 (6th)*	1995	Tony McCall 200 meters (6th) *	1994	Glenn Sparrow 10,000 meters (10th)**	1983
Allen Bradd Shot Put (10th)**	1999	100 meters (7th) *	1994	Marcus Stokes 4x100 (1st)*	1996
Kevin Brown Pole Vault (4th) *	1994	200 meters (4th)*	1995	Sean Sutton 4x400 (16th)**	2012
Milton Campbell 4x100 (6th)*	1995	100 meters (6th)*	1995	Slade Trabucco 4x400 (8th)*	1997
4x400 (7th)*	1995	4x100 (6th)*	1995	Tony Waldrop 800 meters (3rd)*	1972
400 meters (10th)**	1996	4x100 (1st)*	1996	1,000 yards (1st)*	1974
4x100 (1st)*	1996	100 meters (3rd) *	1997	Mile (2nd)*	1973
400 meters (4th)*	1997	200 meters (5th)*	1997	Mile (3rd)*	1974
4x400 (8th)*	1997	John McCaskill 4x400 (7th)*	1995	O'Neal Wanliss 4x400 (16th)**	2012
400 meters (3rd)*	1998	Kevin McGorty Decathlon (8th)*	1986	Ceo Ways 4x400 (18th)	2014
Devon Carter 4x400 (18th)	2014	Decathlon (4th)*	1988	200 (24th)	2015
Kestutis Celestius Javelin (3rd)*	2000	Henry McKoy 4x400 (7th)*	1995	400 (7th)*	2015
Jimmy Cooper 3,000-meter steeplechase	1982	Jackson Miranda 4x400 (8th)*	1997	4x400 (23rd)	2015
Michael Cvelbar Decathlon (6th)*	2001	Adam Montague Javelin (2nd)*	2007	400 (20th)	2016
Austin Davis Triple Jump (8th)*	2008	Kendrick Morgan Triple Jump (11th)**	1993	4x400 (23rd)	2016
Dominic Demeritte 4x400 (8th)*	1997	Triple Jump (9th)**	1994	400 (22nd)	2017
4x100 (4th)*	1999	Triple Jump (7th)*	1995	Andre Williams 5,000 meters (10th)**	1992
Galen Elliott Mile	1926	Triple jump (4th)*	1996	5,000 meters (7th, heat)	1994
Mile (2nd) *	1927	Sean Murray Javelin (11th)**	1989	*First-Team All-America	
Mile (4th) *		Javelin (8th)*	1990	**Second-Team All-America	
Jim Farmer 5,000 meters (7th)*	1987	Javelin (6th)*	1992		
5,000 meters (4th)*	1988	Donte Nall High Jump (5th)*	2008		
Paul Foxson Decathlon (6th)*	1992	George Nicholas 5,000 meters (4th)*	1986		
Dave Fuhrmann 800 meters (8th)*	1986	Cory Nicholls 4x400 (23rd)	2015		
Vikas Gowda Discus (5th)*	2003	4x400 (23rd)	2016		
Discus (2nd)*	2005	Marcus O'Neal 4x100 (4th)*	1999		
Discus (1st)*	2006	Nick Owens Hammer Throw (3rd)*	2005		
Ken Harnden 4x400 (7th)*	1995	Hammer Throw (3rd) *	2006		
400-meter hurdles (1st)*	1995	Hammer Throw (2nd)*	2007		
Reggie Harris 400 meters (2nd)*	1992	Clayton Parros 400 (23rd)	2012		
Addis Huyler 4x100 (4th)*	1999	4x400 (16th)**	2012		
Allen Johnson 110-meter hurdles (3rd)*	1992	400 (18th)	2013		
110-meter hurdles (2nd)*	1993	Shannon Pope Pole Vault (T8th)*	1995		
Curtis Johnson 4x100 (6th)*	1995	Pole vault (8th)*	1996		
4x100 (1st)*	1996	Isaac Presson 5,000 (13th)**	2014		
Daniel Keller Decathlon (8th)*	2009	Justin Ryncavage Javelin (1st)*	2006		
Decathlon (11th)**	2010	Javelin (2nd)*	2007		
		Dave Scurlock Half Mile (2nd)*	1957		
		Kenny Selmon 400-meter hurdles (12th)**	2015		
		4x400 (23rd)	2015		



Kenny Selmon
2018 NCAA Outdoor Track & Field Championships
400m Hurdles Runner-Up

TAR HEELS

Carolina's NCAA National Champions

Year	Athlete(s)	Event	Mark
1928	Hoyt Pritchett, Minor Barkley, June Fisher, Galen Elliott	Four-Mile Relay	
1947	Jack Milne	Cross Country	20:41.1
1950	Bill Albans	220-Yard Hurdles	23.8
1973	Tony Waldrop	Indoor 1,000 Yards	2:10.0
1974	Tony Waldrop	Indoor Mile	3:59.5
1992	Allen Johnson	Indoor 55-Meter Hurdles	7.07
1995	Tony McCall, Milton Campbell, Henry McKoy, Ken Harnden	Indoor 4x400	3:06.36
	Ken Harnden	400-Meter Hurdles	48.72
1996	Monique Hennagan	Indoor 400 Meters	52.57
	Monique Hennagan	800 Meters	2:03.27
	Eric Bishop	High Jump	7-6
	Marcus Stokes, Tony McCall, Milton Campbell, Curtis Johnson II	4x100	39.05
1997	Eric Bishop	Indoor High Jump	7-6
1999	Nicole Gamble	Indoor Triple Jump	46-1 1/4
2002	Alice Schmidt	800 Meters	2:04.73
	Shalane Flanagan	Cross Country	19:36.0
2003	Adam Shunk	Indoor High Jump	7-2 1/2
	Alice Schmidt	800 Meters	2:01.16
	Shalane Flanagan	3,000 Meters	9:01.05
	Laura Gerraughty	Shot Put	59-2
	Erin Donohue, Shalane Flanagan, Anissa Gaaney, Alice Schmidt	DMR	11:00.2
	Shalane Flanagan	Cross Country	19:30.4
2004	Laura Gerraughty	Indoor Shot Put	62-10
		Outdoor Shot Put	59-11
2006	Sheena Gordon	Indoor High Jump	6-1 1/4
	Megan Kaltenbach, Georgia Kloss, Danielle Rodgers, Brie Feltnagle	DMR	11:01.97
	Laura Gerraughty	Outdoor Shot Put	60-1 1/4
	Vikas Gowda	Discus	198-8
	Justin Ryncavage	Javelin	243-4
2007	Brie Feltnagle	1,500 Meters	4:09.93
	Megan Kaltenbach, Tyra Johnson, Georgia Kloss, Brie Feltnagle	DMR	10:59.46
	Justin Ryncavage	Javelin	241-5

Conference Team Championships

13-Time Southern Conference Men's Indoor Champions

1931 • 1932 • 1934 • 1935 • 1937 • 1939 • 1940 • 1941 • 1942 • 1949 • 1950 • 1951 • 1952

14-Time Southern Conference Men's Outdoor Champions

1926 • 1930 • 1933 • 1934 • 1935 • 1938 • 1939 • 1940 • 1942 • 1943 • 1947 • 1948 • 1949 • 1950

13-Time Southern Conference Men's Cross Country Champions

1926 • 1927 • 1928 • 1929 • 1931 • 1934 • 1936 • 1937 • 1938 • 1939 • 1940 • 1941 • 1946

Nine-Time ACC Men's Cross Country Champions

1956 • 1957 • 1960 • 1961 • 1962 • 1963 • 1971 • 1979 • 1985

Three-Time ACC Men's Indoor Champions

1955 • 1995 • 1996

Five-Time ACC Men's Outdoor Champions

1955 • 1992 • 1994 • 1995 • 1999

15-Time ACC Women's Indoor Champions

1988 • 1989 • 1990 • 1991 • 1993 • 1994 • 1995 • 1996 • 1997 • 1998 • 1999 • 2000 • 2001 • 2003 • 2004

14-Time ACC Women's Outdoor Champions

1988 • 1989 • 1990 • 1992 • 1993 • 1994 • 1995 • 1996 • 1997 • 1998 • 2001 • 2002 • 2003 • 2004

Four-Time ACC Women's Cross Country Champions

1994 • 1999 • 2003 • 2014

Men's NCAA Indoor Finishes

Year	Finish
1967	T-39th
1972	T-14th
1973	5th
1974	15th
1978	T-43rd
1981	T-56th
1986	T-46th
1988	T-21st
1991	T-41st
1992	7th
1993	T-9th
1995	T-11th
1996	T-19th
1997	T-13th
1998	T-14th
2002	T-12th
2003	T-21st
2005	T-40th
2006	T-41st
2007	T-32nd
2008	T-38th
2009	T-41st
2010	T-20th
2011	50th
2012	T-65th
2014	T-45th
2015	T-51st
2016	51st

Women's NCAA Indoor Finishes

Year	Finish
1988	T-18th
1989	8th
1990	24th
1991	8th
1992	T-26th
1993	T-21st
1994	T-39th
1995	T-8th
1996	T-10th
1997	15th
1998	T-19th
1999	10th
2000	30th
2001	10th
2002	T-5th
2003	4th
2004	T-13th
2005	11th
2006	4th
2007	16th
2008	T-21st
2009	T-12th
2010	T-56th
2013	T-52nd
2015	T-26th
2017	T-41st
2018	T-23rd

Men's NCAA Outdoor Finishes

Year	Finish
1955	T-21st
1956	T-22nd
1972	T-34th
1973	T-13th
1974	T-31st
1977	T-55th
1978	T-35th
1982	T-8th
1983	T-85th
1986	T-38th
1987	T-66th
1988	T-24th
1990	T-68th
1992	24th
1993	T-34th
1994	T-26th
1995	7th
1996	4th
1997	T-13th
1998	T-38th
1999	T-42nd
2000	T-36th
2001	T-57th
2002	T-48th
2003	T-32nd
2005	T-19th
2006	T-9th
2007	6th
2008	T-42nd
2009	30th
2010	T-69th
2011	40th
2014	T-55th
2015	T-68th
2016	T-36th
2017	T-51st
2018	T-35th

Women's NCAA Outdoor Finishes

Year	Finish
1984	T-38th
1988	T-38th
1989	T-29th
1990	14th
1991	T-10th
1992	12th
1993	T-44th
1994	6th
1995	16th
1996	5th
1997	24th
1998	T-18th
1999	34th
2000	T-38th
2001	74th
2002	8th
2003	7th
2004	14th
2005	T-18th
2006	T-14th
2007	T-21st
2008	T-46th
2009	T-47th
2010	T-66th
2011	T-54th
2014	T-59th
2015	T-59th
2018	DNS

2018 CrossCountry NCAA Finishes & Conference Team Championships

All-Time ACC Champions

Men's Indoor ACC Champions

1954	Jeff Newton	60 Yards	6.2
1955	Jim Beatty	Mile	4:16.3
	Jim Beatty	Two Mile	9:25.5
1956	Jim Beatty	Mile	4:23.3
	Jim Beatty	Two Mile	9:24.5
1957	Jim Beatty	Mile	4:16.9
	Jim Beatty	Two Mile	9:32.2
	Dave Scurlock	880 Yards	1:57.1
	Williams, Sylvester	Mile Relay	3:29.9
	McFaddin, Scurlock		
1958	Dave Scurlock	600 Yards	1:12.7
	Dave Scurlock	880 Yards	1:59.9
1959	Dave Scurlock	880 Yards	1:52.7
	Wayne Bishop	Two Mile	9:19.3
1960	Paul Masem	Two mile	9:24.6
1961	Gerry Stuver	880 Yards	1:54.7
	Rett Everett	Two Mile	9:27.5
	John O'Bannon	Long Jump	22-0 1/8
1962	Bob Hart	600 Yards	1:13.0
	Scott Brent	880 Yards	1:58.7
	Tom Clark	High Jump	6-7 3/4
	Little, Folk	Two Mile Relay	8:00.2
	Bennett, Brent		
1963	Carmine Lunetta	Two Mile	9:44.5
	Tom Clark	High Jump	6-6
	Henry, Maillet	Two Mile Relay	7:54.2
	Bennett, Stuver		
1964	Ed White	60 Yards	6.2
	Art Maillet	Mile	4:17.2
	Tom Clark	High Jump	6-6
1965	Dale White	60 Yards	6.3
	Charlie Little	Mile	4:20.4
1966	John Levin	60 Yards	6.3
	Mike Williams	Mile	4:17.3
1967	Mike Williams	Mile	4:13.9
1968	Mike Williams	Mile	4:11.6
	Bill Bassett	1,000 Yards	2:14.6
1969	Pryor, Covington	Two Mile Relay	7:49.4
	Lynch, Autry		
1970	Terry Sellers	600 Yards	1:13.3
	John Jessup	Shot Put	56-2
1971	Tony Waldrop	1,000 Yards	2:09.7
	Larry Widgeon	Two Mile	8:53.4
	Bob Kaczka	600 Yards	11:13.9
1972	Tony Waldrop	1,000 Yards	2:10.7
	Reggie McAfee	Mile	4:03.8
	Larry Widgeon	Two Mile	8:55.1
	Darryl Kelly	Long Jump	22-4
1973	Reggie McAfee	1,000 Yards	2:10.9
	Darryl Kelly	Triple Jump	49-2 1/4
1974	Tony Waldrop	Mile	3:56.4
	Mike Voight	60-Yard Hurdles	7.4
	Sam Beasley	Long Jump	24-4 1/4
1976	Ralph King	Mile	4:01.8
	William Southerland	1,000 Yards	2:13.2
1977	Delbert Powell	60 Yards	6.3
	Ralph King	Mile	4:02.9
	Cox, Tucker	DMR	10:08.5
	Thompson, Slack		
1978	Ralph King	Mile	4:11.7
	Lee Shuler	Two Mile	8:52.7
	Ralph King	Two Mile	8:52.7
1979	Doug Slack	Mile	4:08.4
	Gary Hofstetter	Two Mile	8:52.2
1980	Lee Shuler	High Jump	7-1
1987	Dave Fuhrmann	1,000 Yards	2:07.54
	Clive Harriott	600 Yards	1:09.92
	Farmer, Lowe	Two Mile Relay	7:30.9
	Harriott, Boakes		
1988	Jim Farmer	3,000 Meters	8:10.33
	Farmer, Harriott	Two Mile Relay	7:33.94
	Hussey, Lowe		
1989	Tim Swaim	Pole Vault	16-4
1990	Reggie Harris	400 Meters	46.69
	Sean Murray	Weight Throw	58-11 1/2
	Kevin Brown	Pole Vault	16-0 3/4
1991	Sean Murray	Weight Throw	62-2 1/2
	Rob Rothwell	Pole Vault	17-1
1992	Reggie Harris	200 Meters	20.69
	Reggie Harris	400 Meters	45.94
	Allen Johnson	Long Jump	25-5 1/4
	Harlis Meaders	Weight Throw	59-2 1/4
	William Darity	High Jump	7-1
1993	Allen Johnson	Long Jump	26-8 1/2
1994	Obaro Ibru	Weight Throw	56-3 1/4

1995	Milton Campbell	400 Meters	47.42
	Milton Campbell	800 Meters	1:54.27
	Jerry Ingram	Shot Put	55-0 3/4
	Obaro Ibru	Weight Throw	56-4
	Maurice Smith	Long Jump	25-5 1/4
	Eric Bishop	High Jump	7-1
	Kendrick Morgan	Triple Jump	52-4
	Shannon Pope	Pole Vault	17-2 3/4
	Marcus Stokes	55-Meter Hurdles	7.39
1996	Milton Campbell	400 Meters	47.53
	Eric Bishop	High Jump	7-1
	Kendrick Morgan	Triple Jump	52-1
	Shannon Pope	Pole Vault	17-1 1/2
1997	Milton Campbell	400 Meters	48.86
	Milton Campbell	200 Meters	21.45
	Tony McCall	55 Meters	6.28
	Eric Bishop	High Jump	7-1
1998	Milton Campbell	200 Meters	20.56
	Eric Bishop	High Jump	6-11 1/2
	Allen Bradd	Shot Put	57-4 3/4
	Patrick Kranick	Long Jump	15-11 3/4
1999	Allen Bradd	Shot Put	57-1
2000	Brent Callaway	Pole Vault	16-9 1/2
	Ian Douglas	Shot Put	58-3
2001	Brent Callaway	Pole Vault	17 3/4
	Ian Douglas	Shot Put	59 1/4
	Jeff Ellis	800 Meters	1:49.52
	Blair Woodward	Long Jump	25-05 1/2
2002	Sal Gigante	Weight Throw	67-2 1/4
	Adam Shunk	High Jump	7-3
	Blair Woodward	Long Jump	24-11
	Ian Douglas	Shot Put	60-10 1/2
2003	Andrew Craycraft	800 Meters	1:52.49
	Adam Shunk	High Jump	7-3
	Kevin Watson	60-Meter Hurdles	8.00
	Blair Woodward	Long Jump	24-8 1/2
2004	Nick Owens	Weight Throw	61-1 1/2
2005	Vikas Gowda	Shot Put	64-3 3/4
	Rob Bates	Heptathlon	5,404 points
2006	Booker, Durana	DMR	9:52.40
	Newman, Peterson		
2007	Nick Owens	Weight Throw	67-7
	Berry, Booker	4x400	3:15.00
	McCrary, Ragan		
2008	Walter Henning	Weight Throw	71-0 3/4
	Donte Nall	High Jump	6-10 1/4
2009	Austin Davis	Triple Jump	53-5 3/4
	Booker, Cunningham	DMR	9:51.79
	Milks, Smith		
2010	Mateo Sossah	Heptathlon	5,779
	Donte Nall	High Jump	7-1
	Clayton Parros	400 Meters	47.02
	Parros, Cox	4x400	3:09.96
	Goettel, Williamson		
2011	Clayton Parros	400 Meters	47.14
2012	Lipsey, Sutton	4x400	3:13.69
	Wanliss, Parros		
2014	Isaac Presson	Mile	4:08.19
	Isaac Presson	3,000	8:15.20
	AJ Hicks	Weight Throw	67-5 1/4
2015	Paul Haley	Heptathlon	5,500

Men's Outdoor ACC Champions

1954	Boyd Newnam	880 Yards	1:55.5
	Roger Morris	Discus	150-1 1/4
	Charlie Yarborough	Pole Vault	12-6
	Harry Brown	Javelin	199-3 4/10
1955	Jim Beatty	Mile	4:16.6
	Roger Morris	Shot Put	51-4
	Roger Morris	Discus	153-10 7/8
	Richard Waters	Pole Vault	13-0
	Charlie Yarborough	Pole Vault	13-0
1956	Jim Beatty	Mile	4:09.4
	Charlie Yarborough	Long Jump	23-4 1/2
1957	Dave Scurlock	440 Yards	49.1
	Dave Scurlock	880 Yards	1:55.6
	Dick Bartulski	Javelin	208-2
	Moss, Sylvester	Mile Relay	3:22.0
	McFaddin, Scurlock		
1958	Dave Scurlock	440 Yards	48.1
	Dave Scurlock	880 Yards	1:56.1
	Wayne Bishop	Two Mile	9:19.9
	Ray Stanley	Long Jump	22-5 1/2
1959	Dave Scurlock	440 Yards	48.0
	Dave Scurlock	880 Yards	1:52.9
	Ray Stanley	Long Jump	23-4 1/4

TAR HEELS

All-Time ACC Champions

1960	Ray Stanley	Long Jump	23-1 1/4	1997	Shannon Pope	Pole Vault	17-7 1/4
	Colin Smith	Discus	145-4 1/2		Milton Campbell	400 Meters	44.83
1961	Rett Everett	Two Mile	9:20.5		Brian Calloway	Steeplechase	9:05.05
	Jim Brown	220-Yard Hurdles	23.8		Eric Bishop	High Jump	6-11 3/4
1962	John O'Bannon	Long Jump	23-6 1/2		Kevin Crittendon	Triple Jump	49-5
	Tom Clark	High Jump	6-5 3/4		Allen Bradd	Shot Put	56-1 1/4
1963	Jim Brown	120-Yard Hurdles	14.3	1998	Milton Campbell	400 Meters	45.18
	Tom Clark	High Jump	6-6 1/8		Allen Bradd	Shot Put	59-4 3/4
1964	Tom Clark	High Jump	6-6 3/4		Allen Bradd	Hammer Throw	194-2
	Dale White	100 Yards	10.1		Patrick Kranick	Pole Vault	16-7 1/4
	Dale White	220 Yards	21.5		Kevin Crittendon	Triple Jump	50-4 3/4
	Mike Folk	Two Mile	9:25.2	1999	Allen Bradd	Shot Put	60-3 1/3
	Nick Street	Javelin	210-11		Allen Bradd	Hammer	188-8
1965	Dale White	100 Yards	9.9		Brent Callaway	Pole Vault	16-10 3/4
1966	Mike Williams	Mile	4:15.7		Kevin Crittendon	Triple Jump	51-0 1/4
1967	Mike Williams	880 Yards	1:51.4		Terrance Wilson	400-Meter Hurdles	50.89
	Mike Williams	Mile	4:10.6	2000	Ian Douglas	Shot Put	56-8 1/2
	David Lassiter	High Jump	6-7		Sal Gigante	Discus	175-5
1968	Mike Williams	880 Yards	1:52.6	2001	Brent Callaway	Pole Vault	16-10 3/4
	Gary Iverson	440-Yard Hurdles	51.3		Ian Douglas	Shot Put	58-10 3/4
1969	Terry Sellers	440 Yards	49.0	2002	Brent Callaway	Pole Vault	17-2 3/4
	Rick Wilson	Pole Vault	15-6 1/4		Michael Cvelbar	Decathlon	7,211
1970	Darryl Kelly	Triple Jump	49-9		Sal Gigante	Discus	182-5
1971	Darryl Kelly	Triple Jump	47-7 1/4		Sal Gigante	Shot Put	58-0 1/2
1972	Tony Waldrop	880 Yards	1:49.7		Adam Shunk	High Jump	7-3 3/4
	Reggie McAfee	Mile	4:04.8	2003	Vikas Gowda	Discus	187-5
	Hubert West	Long Jump	23-11		Adam Shunk	High Jump	7-1 3/4
1973	Tony Waldrop	880 Yards	1:48.3		Blair Woodward	Long Jump	24-9 1/2
	Reggie McAfee	Mile	3:59.3	2004	Daniel Harris	Triple Jump	52-4
1974	Sam Beasley	Long Jump	24-9 3/4		Nick Owens	Hammer	195-1
	Danny Deacon	Pole Vault	15-6		Noah Cosby	Pole Vault	17-0 1/2
	Terry Taylor	Discus	153-1 1/2	2005	Vikas Gowda	Discus	203-5
	Tony Waldrop	Mile	3:59.8	2006	Vikas Gowda	Discus	197-4
1976	Dave Robinson	Pole Vault	16-0		Justin Ryncavage	Javelin	240-1
1977	Gary Hofstetter	10,000 Meters	30:09.0	2007	Nick Owens	Hammer Throw	223-3
	Ralph King	1,500 Meters	3:45.3		Justin Ryncavage	Javelin	233-5
	Ralph King	5,000 Meters	14:15.9		Mateo Sossah	Decathlon	7,310
	Don Lockerbie	800 Meters	1:53.1	2008	Charles Cox	400 Meters	45.95
1978	Ralph King	1,500 Meters	3:48.1		Walter Henning	Hammer Throw	225-5
	Ralph King	5,000 Meters	14:03.18		Brian Moore	Javelin	213-10
1979	Wayne Miller	400 Meters	46.77		Donte Nall	High Jump	7-0 1/2
	Gary Hofstetter	10,000 Meters	29:16.10	2009	Mateo Sossah	Decathlon	7,821
	Lee Shuler	High Jump	7-0	2010	Mateo Sossah	Decathlon	7,667
1980	Lee Shuler	High Jump	7-2		Donte Nall	High Jump	6-11 3/4
	Wayne Miller	400 Meters	47.67	2011	Reynaldo Radlin	400-Meter Hurdles	51.89
1981	Wayne Miller	400 Meters	46.58		Mateo Sossah	Decathlon	7,773
1982	Chris Mand	Pole Vault	16-8 1/2	2012	Javonte Lipsey	400-Meter Hurdles	50.67
1983	Curt Sheaffer	Javelin	248-11		Sean Sutton	400 Meters	46.82
	Chris Mand	Pole Vault	15-4 1/2	2013	Joe Hutchinson	Decathlon	7,103
1985	Curt Sheaffer	Javelin	244-11		RJ Alowonle	400-Meter Hurdles	51.55
1986	Kevin McGorty	Decathlon	7,520		Alowonle, Radlin,	4x400	3:09.34
	Dave Fuhrmann	800 Meters	1:50.74	2014	Sutton, Parros		
	George Nicholas	10,000 Meters	29:29.16		RJ Alowonle	400-Meter Hurdles	50.23
	Kevin McGorty	Pole Vault	15-5		Alowonle, Donyinah,	4x400	3:05.89
	Tim Goad	Shot Put	55-8 1/4	2015	Lipsey, Ways		
1987	Jim Farmer	5,000 Meters	14:14.44		Alowonle, Selmon	4x400	3:04.55
	Reggie Harris	10,000 Meters	30:04.03	2016	Lipsey, Ways		
	Kevin McGorty	Decathlon	7,254		Ceo Ways	400 Meters	45.86
1988	Donald Colson	400 Meters	46.78		Ways, Lipsey,		
	Jim Farmer	5,000 Meters	13:58.15		Selmon, Nicholls	4x400	3:06.03
	Scott Morris	High Jump	6-10 1/4	2017	Kenny Selmon	400-Meter Hurdles	48.76
	Kevin McGorty	Decathlon	7,417		Ceo Ways	400 Meters	45.55
1989	Sean Murray	Javelin	231-3	2018	Kenny Selmon	400-Meter Hurdles	49.33
	Dennis McGorty	Decathlon	6,572		Cachon, Palmer,	4x400	3:07.66
1990	Eric Hichman	Steeplechase	8:47.2		Nicholls, Selmon		
	Dennis McGorty	Decathlon	7,092	Men's ACC Cross Country Champions			
1991	Reggie Harris	400 Meters	46.09	1954	Jim Beatty		18:08
	Allen Johnson	Long Jump	25-6 3/4	1955	Jim Beatty		20:43
	Harlis Meaders	Discus	175-1	1956	Jim Beatty		18:55
1992	Kevin Brown	Pole Vault	17-0 3/4	1958	Wayne Robinson		18:40
	Reggie Harris	400 Meters	45.41	1960	Rett Everett		17:53
	Harlis Meaders	Discus	182-5	1962	Larry Henry		20:44
	Sean Murray	Javelin	240-8	1963	Art Maillet		21:19
1993	Allen Johnson	110-Meter Hurdles	13.55	1966	Mike Williams		20:33
	Andre Williams	10,000 Meters	30:04.57	1977	Ralph King		29:52
	Rubin Patel	High Jump	7-1 3/4	1978	Gary Hofstetter		30:06
1994	Jeff Kluttz	High Jump	7-1 3/4	1979	Gary Hofstetter		30:42
	Marcus Jones	Discus	162-9	1985	George Nicholas		24:20.6
1995	Tony McCall	100 Meters	10.26	1992	Andre Williams		24:48.1
	Milton Campbell	400 Meters	45.99	1997	John Cline		24:06.6
	Ken Harnden	400-Meter Hurdles	49.76				
	Jeff Kluttz	High Jump	7-3 1/4				
	Kendrick Morgan	Triple Jump	53-2 3/4				
	Shannon Pope	Pole Vault	16-6 3/4				
	Black, Campbell	4x100	39.02				
1996	McCall, Johnson						
	Kendrick Morgan	Triple Jump	51-11				

Women's Indoor ACC Champions

1987	Kim Austin	60-Yard Hurdles	7.88
	Mia Pollard	600 Yards	1:20.03
	Miller, Chambers	Two Mile Relay	8:57.6
1988	Verinder, Pollard		
	Kendra Mackey	55 Meters	7.06
	Sharon Couch	55-Meter Hurdles	7.89
	Sharon Couch	Long Jump	20-6 1/4
	Kendra Mackey	200 Meters	24.46
	Shelby Moorman	400 Meters	55.69
	Michelle Faherty	800 Meters	2:08.3
1989	Kim Austin	55-Meter Hurdles	7.79
	Kendra Mackey	200 Meters	24.05
	Sonya Thomas	400 Meters	54.81
	Kim Austin	Triple Jump	42-0 1/2
	Pollard, Thomas	4x400	3:44.62
1990	Russell, Mackey		
	Sharon Couch	55-Meter Hurdles	7.65
	Kendra Mackey	200 Meters	23.79
	Rebecca Russell	400 Meters	53.81
	Mia Pollard	800 Meters	2:09.97
	Kim Austin	Triple Jump	41-10 1/2
	Tisha Waller	High Jump	5-8 3/4
	Penny Blackwell	Long Jump	20-9 3/4
	McCaskill, Krehnbrink	4x800	9:07.63
	Boulter, Pollard		
	Putman, Russell	4x400	3:44.37
1991	Wilkerson, Pollard		
	Sharon Couch	55-Meter Hurdles	7.63
	Michelle Faherty	Mile	4:51.26
	Penny Blackwell	Long Jump	20-10 3/4
	Penny Blackwell	Triple Jump	42-5 1/2
	Tisha Waller	High Jump	6-2
	Thomas, Wilkerson	4x400	3:41.99
	Russell, Mackey		
	Green, Faherty	4x800	8:56.06
1992	Benner, Russell		
	Rebecca Russell	800 Meters	2:06.62
	Lynda Lipson	Shot Put	48-4 1/2
1993	Ayo Atterberry	55-Meter Hurdles	7.78
	Lynda Lipson	Shot Put	47-2 1/4
1994	Ayo Atterberry	55-Meter Hurdles	7.95
	Susanna Matsen	3,000 Meters	9:37.32
	Ingrid Hantho	Shot Put	45-10 3/4
	Tyra Moore	Triple Jump	41-8
1995	LaTasha Colander	55-Meter Hurdles	7.77
	LaTasha Colander	200 Meters	24.10
	Tiffany Weatherford	400 Meters	55.25
	Monique Hunt	800 Meters	2:13.59
	Susanna Matsen	5,000 Meters	17:02.51
	Kim Jones	High Jump	5-10 1/2
	Tyra Moore	Triple Jump	42-5 1/2
	Morrison, Hunt	4x400	3:44.82
1996	Dickson, Weatherford		
	Takeshia Quick	55 Meters	6.99
	LaTasha Colander	55-Meter Hurdles	7.76
	Tiffany Weatherford	200 Meters	24.33
	Monique Hennagan	400 Meters	53.64
	LaShonda Christopher	Long Jump	20-10 1/2
	Tyra Moore	Triple Jump	42-4
1997	LaTasha Colander	55-Meter Hurdles	7.73
	LaTasha Colander	55 Meters	6.91
	LaTasha Colander	200 Meters	24.05
	Nicole Gamble	Triple Jump	43-3 3/4
	Nicole Gamble	Long Jump	20-5
	Monique Hennagan	400 Meters	54.16
1998	Monique Hennagan	400 Meters	53.47
	Joy Ganes	High Jump	5-8 1/2
	LaTasha Colander	200 Meters	23.50
	LaTasha Colander	60-Meter Hurdles	8.15
	Stefani Dixon	Pole Vault	10-2
	LaShonda Christopher	Long Jump	20-7 3/4
	Nicole Gamble	Triple Jump	43-2 1/2
	Mandy Schnupp	Shot Put	49-5 1/2
	Pollard, Moorman,	4x400	3:47.73
	Irizarry, Mackeey		
1999	Nicole Gamble	Triple Jump	44-8 1/4
	Nicole Gamble	Long Jump	20-10 3/4
	Joy Ganes	High Jump	5-11 1/4
2000	DeAnne Davis	Triple Jump	44-6
	DeAnne Davis	60-Meter Hurdles	8.37
	Trish Nervo	3,000 Meters	9:30.65
	Ola Sesay	Long Jump	21-2 3/4
	Joy Ganes	High Jump	6-0
2001	Shalane Flanagan	Mile	4:37.41
	Joy Ganes	High Jump	5-11 1/2

2002	Alice Schmidt	800 Meters	2:06.63
	Lutisha Shittu	60-Meter Hurdles	8.37
	Shalane Flanagan	Mile	4:42.35
	Shalane Flanagan	3,000 Meters	9:19.85
	Alice Schmidt	800 Meters	2:07.02
	Schmidt, Flanagan	DMR	11:39.98
2003	Munson, Flomo		
	Shalane Flanagan	Mile	4:38.25
	Tiffany Flomo	400 Meters	54.81
	Anissa Gainey	200 Meters	24.27
	Laura Gerraughty	Shot Put	57-8
	Laura Gerraughty	Weight Throw	64-10
	Alice Schmidt	800 Meters	2:05.54
	Flanagan, Henry	DMR	11:36.20
2004	Nelms, Schmidt		
	Laura Gerraughty	Shot Put	59-11 3/4
	Laura Gerraughty	Weight Throw	65-0 3/4
	Tatyana Kirichenko	Pole Vault	12-11 1/2
2005	Erin Donohue	800 Meters	2:10.98
	Laura Gerraughty	Weight Throw	70-3 3/4
2006	Georgia Kloss	800 Meters	2:06.47
	Brie Felnagle	Mile	4:45.23
	Sheena Gordon	High Jump	6-2
	Laura Gerraughty	Shot Put	61-11
2007	Brie Felnagle	800 Meters	2:06.27
2009	Brie Felnagle	3000 Meters	9:25.97
	Johnson, Mott	4x100	3:38.21
	Pottinger, Stanley		
2011	Patience Coleman	High Jump	5-11 1/2
2012	Tasha Stanley	800 Meters	2:08.18
2013	Lianne Farber	Mile	4:42.62
2014	Annie LeHardy	3,000 Meters	9:20.03
2015	Xenia Rahn	Pentathlon	4,273
2018	Nicole Greene	High Jump	6-2
	Anna Keefer	Long Jump	20-2 1/2

Women's Outdoor ACC Champions

1983	Cashwell, Houk	4x100	
1984	Morehead, Staton		
	Diane Thomas	100-Meter Hurdles	14:06
	Kelly Houk	400 Meters	55.21
	Joan Nesbit	3,000 Meters	9:24.77
	Joan Nesbit	10,000 Meters	33:00.53
	Felicia Carter	Long Jump	19-7
	Katy Lichota	Discus	144-10
	Sherrie MacKinney	Javelin	150-5
	Shunta Robinson	Shot Put	44-7
1985	Holly Murray	5,000 Meters	16:19.38
	Shunta Robinson	Shot Put	43-8 1/4
1986	Diane Thomas	100 Hurdles	14:59
1987	Kim Austin	100-Meter Hurdles	14:05
	Jill Irizarry	Heptathlon	4,968
	Moorman, Krehnbrink	4x400	3:47.84
1988	Irizarry, Pollard		
	Kendra Mackey	100 Meters	23.84
	Kendra Mackey	200 Meters	
	Tracy Cooke	100-Meter Hurdles	13.73
	Shelby Moorman	400 Meters	55.21
	Jill Irizarry	400-Meter Hurdles	59.2
	Mia Pollard	800 Meters	2:09.00
	Heidi Halbert	Discus	137-10
	Jill Irizarry	Heptathlon	5,051
	Krehnbrink, Pollard	4x400	3:43.35
1989	Moorman, Mackey		
	Kim Austin	100-Meter Hurdles	13.79
	Kendra Mackey	400 Meters	53.56
	Mia Pollard	800 Meters	2:07.99
	Sharon Couch	Long Jump	20-1 1/2
	Kim Austin	Triple Jump	42-4
	Tisha Waller	High Jump	5-10
	Thomas, Couch	4x100	45.53
	Austin, Mackey		
	Thomas, Russell	4x400	3:40.85
1990	Mackey, Pollard		
	Sharon Couch	100-Meter Hurdles	13.40
	Kendra Mackey	400 Meters	53.37
	Sonya Thomas	400-Meter Hurdles	59.64
	Mia Pollard	800 Meters	2:08.93
	Jeanne Peterson	10,000 Meters	34:42.84
	Kim Austin	Triple Jump	43-9 1/4
	Nicky Hudson	Heptathlon	5,024
	Russell, Pollard	4x400	3:41.69
	Putman, Mackey		
1991	Kendra Mackey	100 Meters	11.62
	Sharon Couch	100-Meter Hurdles	13.54
	Rebecca Russell	800 Meters	2:04.90
	Jeanne Peterson	10,000 Meters	34:31.94

TAR HEELS

	Tisha Waller	High Jump	6-1 1/2
	Lynda Lipson	Javelin	144-8
	Nicky Hudson	Heptathlon	5,506
1992	Rebecca Russell	400-Meter Hurdles	57.03
	Nicky Hudson	Heptathlon	5,431
	Lynda Lipson	Discus	169-10
	Tisha Waller	High Jump	6-2 3/4
1993	Andrea Green	800 Meters	2:09.00
	Lynda Lipson	Javelin	162-6
	Lynda Lipson	Shot Put	46-3 1/4
1994	Marion Jones	100 Meters	11.62
	Ayo Atterberry	100-Meter Hurdles	13.41
	Karen Godlock	1,500 Meters	4:28.04
	Susanna Matsen	3,000 Meters	9:36.08
	Susanna Matsen	5,000 Meters	16:34.25
	Marion Jones	Long Jump	20-3 3/4
	Tyra Moore	Triple Jump	40-1 1/2
	Ingrid Hantho	Discus	180-10
	Price Russell	Javelin	168-10
	Morrison, Jones	4x100	45.39
	Weatherford, Quick		
1995	LaTasha Colander	100-Meter Hurdles	13.50
	Monique Hennagan	400 Meters	52.58
	Monique Hunt	800 Meters	2:06.83
	Marion Jones	Long Jump	20-10 1/2
	Kim Jones	High Jump	5-9 1/4
	Tyra Moore	Triple Jump	42-8 1/4
	Price Russell	Javelin	164-11
1996	Takeshia Quick	100 Meters	11.31
	Takeshia Quick	200 Meters	22.84
	Monique Hennagan	400 Meters	51.44
	Karen Godlock	1,500 Meters	4:28.26
	LaTasha Colander	100-Meter Hurdles	13.27
	LaShonda Christopher	Long Jump	20-4 1/4
	LaShonda Christopher	Triple Jump	44-0
	Faustin, Quick	4x100	44.70
	Vann, Smith		
1997	LaTasha Colander	200 Meters	23.21
	LaTasha Colander	100-Meter Hurdles	13.49
	Blake Phillips	1,500 Meters	4:18.82
	Blake Phillips	5,000 Meters	16:55.55
	Nicole Gamble	Triple Jump	44-2 3/4
	LaShonda Christopher	Long Jump	20-10
	Colander, Quick	4x100	44.11
	Vann, Hennagan		
1998	Monique Hennagan	400 Meters	52.17
	Joy Ganes	High Jump	5-8
	Stefani Dixon	Pole Vault	10-10
	Nicole Gamble	Triple Jump	44-7
	Amber Jones	Discus	166-6
	Faustin, Cox	4x100	44.88
	Vann, Colander		
1999	LaShonda Christopher	Long Jump	20-10
	Nicole Gamble	Triple Jump	43-7 3/4
	Joy Ganes	High Jump	5-10 1/2
2000	DeAnne Davis	400-Meter Hurdles	59.07
	DeAnne Davis	Triple Jump	43-1 3/4
	Jill Pedretti	Discus	170-1
	Ola Sesay	Long Jump	20-5
	Lutisha Shittu	100-Meter Hurdles	13.45
2001	Alice Schmidt	800 Meters	2:06.50
	Shalane Flanagan	1,500 Meters	4:18.12
	Shalane Flanagan	5,000 Meters	16:29.68
	Joy Ganes	High Jump	5-10 3/4
	Ola Sesay	Long Jump	20-6 1/4
2002	Eti Ntuen	400 Meters	52.78
	Alice Schmidt	800 Meters	2:04.74
	Shalane Flanagan	1,500 Meters	4:16.19
	Tiffany Flomo	400-Meter Hurdles	58.24
	Ntuen, Bond	4x400	52.78
	Schmidt, Flomo		
2003	Erin Donohue	Javelin	144-3
	Shalane Flanagan	1,500 Meters	4:13.05
	Shalane Flanagan	5,000 Meters	15:47.75
	Tiffany Flomo	400-Meter Hurdles	59.06
	Laura Gerraughty	Shot Put	58-6
	Laura Gerraughty	Hammer Throw	191-3
	Tatyana Kirichenko	Heptathlon	5,136
	Jill Pedretti	Discus	172-6
2004	Laura Gerraughty	Discus	173-11
	Laura Gerraughty	Shot Put	58-1
	Carol Henry	Steeplechase	10:02.22
	Amy Parulis	Hammer Throw	194-8
	Tiffany Flomo	400-Meter Hurdles	57.31
2005	Erin Donohue	800 Meters	2:09.06
	Rhian Jenks	Pole Vault	12-9 1/2
2006	Georgia Kloss	800 Meters	2:04.53

	Laura Gerraughty	Shot Put	61-0
	Laura Gerraughty	Discus	179-0
	Laura Gerraughty	Hammer Throw	204-5
2007	Brie Felnagle	800 Meters	2:04.93
	Brie Felnagle	1,500 Meters	4:22.28
2008	Patience Coleman	High Jump	5-10
	Brie Felnagle	1,500 Meters	4:19.94
	Brie Felnagle	5,000 Meters	16:22.66
2009	Patience Coleman	High Jump	5-10
	Gabby Gioia	Heptathlon	5,334
	Dominique Jackson	800 Meters	2:08.27
2010	Dominique Jackson	800 Meters	2:06.16
2011	LaToya James	400-Meter Hurdles	55.83
	James, Johnson	4x400	3:34.42
	Stanley, Russell		
2012	Tasha Stanley	800 Meters	2:03.52
	Ashley Verplank	1,500 Meters	4:25.04
2013	Lianne Farber	1,500 Meters	4:19.86
2015	Xenia Rahn	Heptathlon	6,057

Women's ACC Cross Country Champions

1994	Karen Godlock	17:03.5
1995	Karen Godlock	17:23.8
1996	Karen Godlock	16:22.8
2000	Shalane Flanagan	17:38.1
2001	Shalane Flanagan	20:34.3
2002	Shalane Flanagan	19:36.0
2003	Shalane Flanagan	19:30.4
2011	Kendra Schaaf	19:45.3

All-Time ACC Champions

UNC Men's Indoor School Records

60 Meters

1. Zach Brown	6.72	2010
2. Marcus O'Neal	6.79	1999
3. Dontavian Smith	6.80	2018
Kedrick Davis	6.80	2016
5. Mike Ballard	6.81	1998
Dominic Demeritte	6.81	1999

200 Meters

1. Milton Campbell	20.56	1998
2. Reggie Harris	20.60	1992
3. Dominic Demeritte	21.07	1999
4. Ceo Ways	21.14	2014
5. Allen Johnson	21.20	1992

400 Meters

1. Reggie Harris	45.94	1992
2. Clayton Parros	46.22	2010
3. Milton Campbell	46.30	1997
4. Kenny Selmon	46.63	2018
5. Ceo Ways	46.73	2015

800 Meters

1. Andrew Craycraft	1:48.91	2003
2. Clay Ragan	1:48.96	2006
3. O'Neal Wanliss	1:49.03	2012
4. Jeff Ellis	1:49.06	2001
5. Cory Nicholls	1:49.51	2015

Mile

1. Tony Waldrop	3:55.0	1974
(Waldrop ran 11 other sub-four-minute miles)		
2. Reggie McAfee	4:00.2	1973
3. Isaac Presson	4:00.79	2013
4. Adam Cunningham	4:00.92	2010
5. Ralph King	4:01.8	1976

3,000 Meters

1. Jim Farmer	7:53.32	1988
2. Reggie McAfee	7:56.9	1973
3. George Nicholas	7:57.20	1986
4. Ralph King	7:59.6	1977
5. Jake Hurysz	8:01.97	2011

5,000 Meters

1 Glenn Sparrow	13:57.76	1983
2. Ryan Walling	14:01.49	2015
3. Pat Schellberg	14:03.42	2013
4. Mark Derrick	14:03.66	2015
5. Gary Hofstetter	14:09.1	1980

60-Meter Hurdles

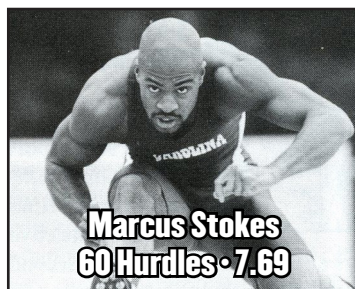
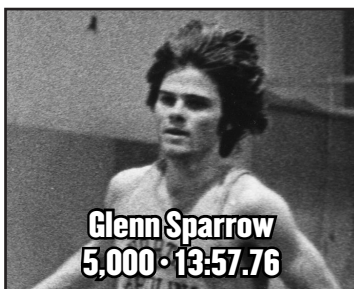
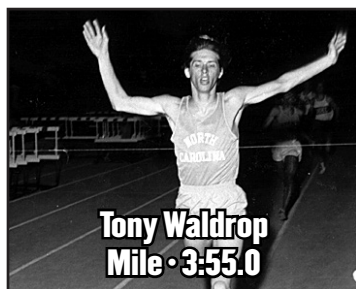
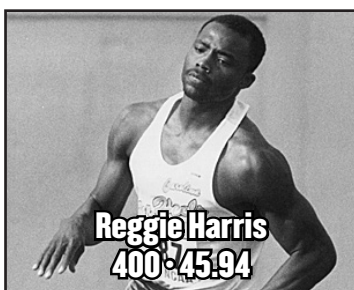
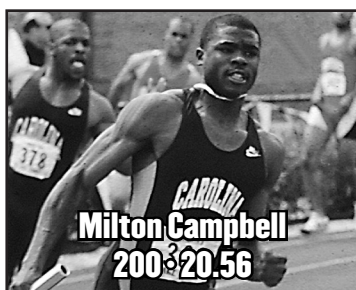
1. Marcus Stokes	7.69	1997
2. Allen Johnson	7.75	1993
3. Roy Smith	7.87	2014
Devon Carter	7.87	2014
5. Kevin Watson	7.88	2005
6. Marcus Krah	7.91	2018

4x400-Meters

1. 1995 - McCall, Campbell, McKoy, Harnden	3:06.36
2. 2014 - Alowonle, Sutton, Lipsey, Ways	3:06.49
3. 2015 - Sutton, Ways, Selmon, Lipsey	3:07.05
4. 2018 - Saint-Germain, Johnson, Palmer, Selmon	3:07.57
5. 1998 - Campbell, Huyler, Trabucco, Foster	3:07.73

4x800-Meters

1. 1991 - Pflaum, Hemery, Buchanan, Mathis	7:26.99
2. 1987 - Boakes, Fuhrmann, Harriott, Hussey	7:28.10
3. 1993 - Mathis, Hemery, Cuthrell, O'Brien	7:28.36
4. 1988	7:30.20
5. 1991	7:32.39



UNC Men's Indoor School Records

Distance Medley Relay

1. 2012 - Driggs, Parros, Wanliss, Presson	9:40.21
2. 1988 - Hussey, Hembrick, Boakes, Farmer	9:41.3
3. 2014 - Driggs, Wanliss, Sutton, Presson	9:43.65
4. 1993 - Mathis, Hemery, O'Brien, Miranda	9:45.70
5. 2014 - Driggs, Ways, Wanliss, Presson	9:50.19

Long Jump

1. Allen Johnson	26-8 ½	1993
2. Blair Underwood	25-5 ½	2001
3. Maurice Smith	25-5 ¼	1995
4. Ed Baldwin III	25-0	2010
5. Marcus Stokes	24-9 ¼	1997

Triple Jump

1. Austin Davis	53-5 ¾	2009
2. Kendrick Morgan	53-5 ½	1995
3. Darryl Kelly	51-4 ½	1971
4. Darryl Shaw	51-3 ¾	2017
5. Zay Paschall	51-1 ¾	2017

High Jump

1. Eric Bishop	7-6	1997
2. Adam Shunk	7-4 ½	2002
3. Jeff Kluttz	7-2 ½	1995
Rubin Patel	7-2 ½	1993
William Darity	7-2 ½	1992

Shot Put

1. Vikas Gowda	64-3 ¾	2005
2. Allen Bradd	61-5	1999
3. Tim Goad	61-1	1989
4. Ian Douglas	60-10	2002
5. Daniel McArthur	60-1 ¼	2017

35-Pound Weight Throw

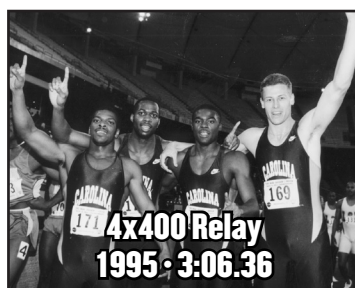
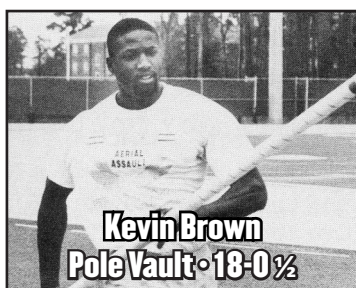
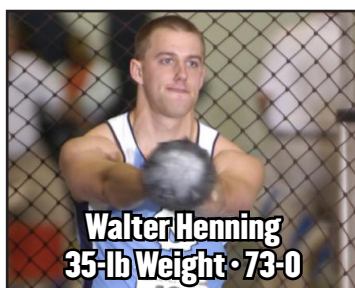
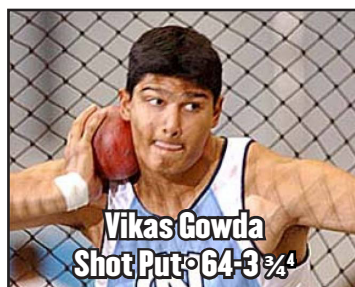
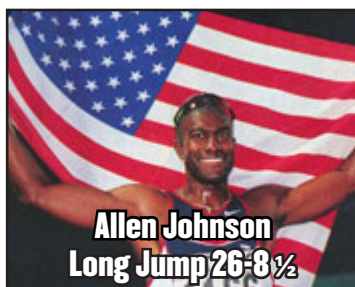
1. Walter Henning	73-0	2008
2. Nick Owens	72-2 ¾	2007
3. Sal Gigante	71-8	2002
4. AJ Hicks	71-3 ¾	2016
5. Sean Murray	64-0	1991

Pole Vault

1. Kevin Brown	18-0 ½	1993
2. Shannon Pope	17-8 ½	1995
Parker Smith	17-8 ½	2012
4. Rob Rothwell	17-3 ¾	1992
5. Brent Callaway	17-3	2002

Heptathlon

1. Mateo Sossah	5,886	2010
2. Daniel Keller	5,605	2009
3. Paul Haley	5,508	2017
4. Rob Bates	5,404	2005
5. Ryan Ramsey	5,374	2015



CAROLINA

UNC Women's Indoor School Records

60 Meters

1. Brianna Duncan	7.29	2018
2. Crystal Cox	7.41	1998
3. Tyra Johnson	7.47	2007
4. Nadine Faustin	7.49	1998
Anissa Gainey	7.49	2001

200 Meters

1. LaTasha Colander	23.50	1998
2. Kendra Mackey	23.70	1991
3. Crystal Cox	23.76	1998
4. Anissa Gainey	23.94	2003
5. Katlin Sherman	24.03	2016

400 Meters

1. Monique Hennagan	52.53	1996
2. Cierra Dunston	53.36	2018
3. Edi Ntuen	53.67	2001
4. Rebecca Russell	53.81	1990
5. McKinley McNeill	53.96	2018

800 Meters

1. Lizzy Whelan	2:03.85	2015
2. Alice Schmidt	2:04.64	2004
3. Tasha Stanley	2:04.70	2012
4. Georgia Kloss	2:05.60	2007
5. Brie Felnagle	2:06.27	2007

Mile

1. Brie Felnagle	4:32.17	2009
2. Ashley Verplank	4:36.17	2011
3. Shalane Flanagan	4:37.41	2001
4. Lianne Farber	4:38.00	2013
5. Lizzy Whelan	4:38.41	2014

3,000 Meters

1. Shalane Flanagan	9:00.22	2003
2. Brie Felnagle	9:00.31	2008
3. Joan Nesbit	9:06.5*	1984
4. Morgan Ilse	9:12.18	2018
5. Caroline Alcorta	9:12.61	2018

* converted from two mile time

5,000 Meters

1. Morgan Ilse	16:16.77	2018
2. Addie Bracy	16:20.38	2008
3. Carol Henry	16:33.03	2005
4. Jeanne Peterson	16:38.36	1991
5. Kendra Schaaf	16:39.14	2012

60-Meter Hurdles

1. Vanneisha Ivy	8.10	2010
2. LaTasha Colander	8.15	1998
3. LaToya James	8.31	2008
4. Porscha Dobson	8.32	2006
5. DeAnne Davis	8.33	1999

4x400-Meters

1. 2012 - Brock, Stanley, Russell, Mott	3:33.97
2. 2003 - Flomo, Schmidt, Nelms, Gainey	3:35.01
3. 1991 - Russell, Thomas, Wilkerson, Mackey	3:36.99
4. 2018 - McNeill, Christian, Dixon, Dunston	3:37.19
5. 1996 - Dickson, Colander, Hunt, Hennagan	3:37.35

4x800-Meters

1. 1993 - Hunt, Green, McCaskill, Stallings	8:38.71
2. 1989 - Krehnbrink, Witterhold, Faherty, Pollard	8:39.04
3. 1991 - Faherty, Green, Benner, Russell	8:39.59
4. 1990 - Faherty, Russell, Krehnbrink, Pollard	8:41.70
5. 2015 - Blue, Dodge, Rempel, Whelan	8:49.10



TAR HEELS

UNC Women's Indoor School Records

UNC School Records

Distance Medley Relay

1. 2009 - Felnagle, Mott, Pottinger, Verplank	10:56.19
2. 2007 - Kaltenbach, Johnson, Kloss, Felnagle	10:59.46
3. 2002 - Donohue, Gaine, Schmidt, Flanagan	10:59.76
4. 2006 - Kaltenbach, Rodgers, Kloss, Felnagle	11:01.97
5. 2001- George, Ntuen, Schmidt, Flanagan	11:11.11

Long Jump

1. Sharon Couch	21-3	1991
2. Ola Sesay	21-2 ¾	2000
3. Penny Blackwell	21-1 ½	1991
4. Nicole Gamble	20-10 ¾	1999
5. LaShonda Christopher	20-10 ½	1996

Triple Jump

1. Nicole Gamble	46-1 ¾	1999
2. DeAnne Davis	44-6	2000
3. Sheena Gordon	43-1	2006
4. Tyra Moore	42-11 ½	1995
5. LaShonda Christopher	42-8	1999

High Jump

1. Tisha Waller	6-4	1991
2. Nicole Greene	6-2	2018
Sheena Gordon	6-2	2006
4. Nicole Hudson	6-1 ¼	1991
5. Angela Boice	6-0 ¾	1992

Pole Vault

1. Cameron Overstreet	13-11	2015
2. Sandi Morris	13-10 ½	2012
3. Brittany Hull	13-4 ¼	2015
Amanda Benninghoff	13-4 ¼	2016
5. Anna Eaton	13-3 ¾	2017

20-Pound Weight Throw

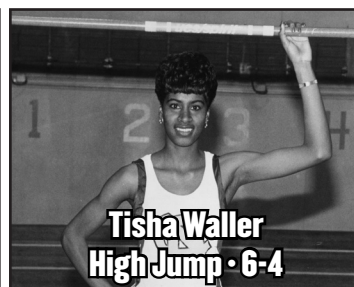
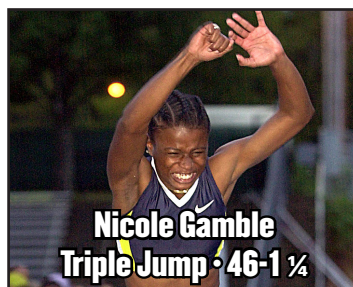
1. Laura Gerraughty	70-3 ¾	2005
2. Alex Cooke	66-6	2018
3. Jill Shippee	63-11	2018
4. Avana Story	61-6 ¾	2015
5. Ibiene Bilaye-Benibo	61-3 ½	2003

Shot Put

1. Laura Gerraughty	62-10	2004
2. Sarah Howard	55-8 ½	2014
3. Becky O'Brien	50-9 ½	2009
4. Ibiene Bilaye-Benibo	50-8 ¼	2002
5. Kelly Fazekas	50-4	2007

Pentathlon

1. Xenia Rahn	4,450	2015
2. Emily Godwin	4,069	2016
3. Tory Kemp	4,052	2016
4. Ariel Roberts	3,916	2011
5. Gabby Gioia	3,884	2011



CAROLINA

UNC Men's Outdoor School Records

100 Meters (All-Conditions)

1. Tony McCall	10.08	1997
2. Curtis L. Johnson	10.38	1993
3. Dominic Demeritte	10.39w	1999
4. Curtis Johnson II	10.40	1995
5. Reggie Harris	10.43w	1991

200 Meters (All-Conditions)

1. Tony McCall	20.44	1995
2. Ceo Ways	20.53	2014
3. Reggie Harris	20.60	1992
4. Dominic Demeritte	20.64w	1999
5. Milton Campbell	20.73w	1998

400 Meters

1. Milton Campbell	44.67	1997
2. Reggie Harris	45.41	1992
3. Ceo Ways	45.49	2015
4. Charles Cox	45.62	2010
5. Clayton Parros	45.73	2013

800 Meters

1. Reggie McAfee	1:47.14	1973
2. Tony Waldrop	1:47.54	1973
3. Keith Mathis	1:47.57	1991
4. Dave Scurlock	1:47.74	1957
5. Dave Fuhrmann	1:48.09	1986

1,500 Meters

1. Tony Waldrop	3:35.44*	1974
2. Reggie McAfee	3:39.54*	1973
3. Ralph King	3:40.14	1978
4. Isaac Presson	3:40.16	2012
5. Todd McCallister	3:42.04	1981

Mile

1. Tony Waldrop	3:53.2	1974
(Waldrop ran 10 other sub-4:00 miles)		
2. Reggie McAfee	3:57.3	1973
3. Isaac Presson	3:58.67	2013
4. Jim Beatty	4:06.2	1957
Ralph King	4:06.2	1975
6. Charlie Little	4:08.0	1965

3,000 Meters

1. Jimmy Cooper	7:56.8	1982
2. Reggie McAfee	8:03.5	1973
3. Tony Waldrop	8:10.7	1973
4. John Clark	8:10.8	1981
5. Mark Derrick	8:13.2	2016

* Converted times from a mile distance

5,000 Meters

1. Ralph King	13:32.50	1977
2. Jim Farmer	13:50.10	1987
3. George Nicholas	13:52.50	1986
4. Isaac Presson	13:52.93	2014
5. Mark Derrick	13:54.71	2016

10,000 Meters

1. Glenn Sparrow	28:55.4	1983
2. John Clark	29:11.95	1981
3. Mark Derrick	29:12.27	2017
4. Gary Hofstetter	29:15.10	1979
5. John Raneri	29:16.23	2015

3,000-Meter Steeplechase

1. Jimmy Cooper	8:34.47	1982
2. Matt Smith	8:46.96	1996
3. Eric Hichman	8:47.2	1990
4. Jack Morgan	8:48.6	1984
5. Kent Taylor	8:50.0	1973

110-Meter Hurdles (All-Conditions)

1. Allen Johnson	13.47	1993
2. Marcus Stokes	13.72	1996
3. Chad Black	13.80	1995
4. Devon Carter	13.91	2014
5. Willie Cummings	13.94	1981
Roy Smith	13.94	2014

400-Meter Hurdles

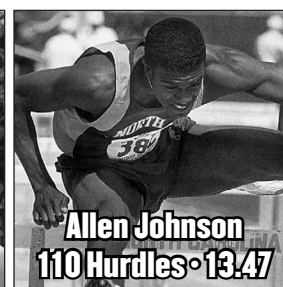
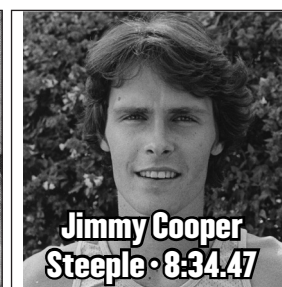
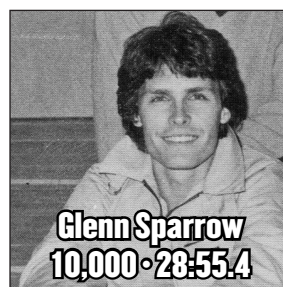
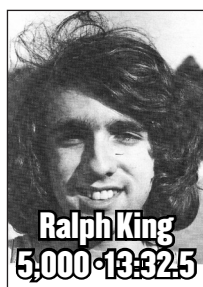
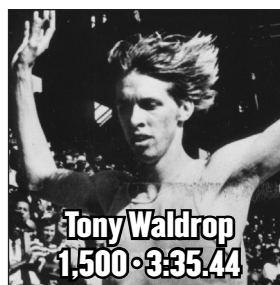
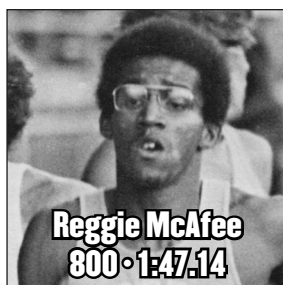
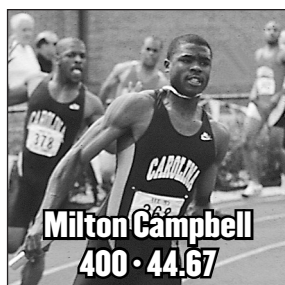
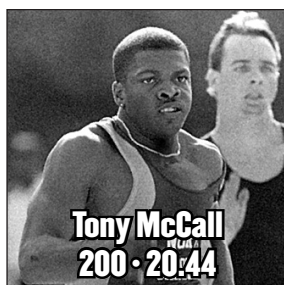
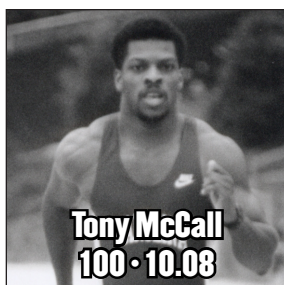
1. Kenny Selmon	48.12	2018
2. Ken Harnden	48.72	1995
3. Javonte Lipsey	49.65	2015
4. Jeff Ellis	50.00	2000
5. RJ Alowonle	50.02	2015

4x100-Meters

1. 1995 - Black, McCall, Campbell, Johnson II	39.02
2. 1996 - Stokes, McCall, Campbell, Johnson II	39.05
3. 1994 - Black, McCall, Johnson II, C.L. Johnson	39.39
4. 1993 - A. Johnson, C.L. Johnson, Brooks, Black	39.52
5. 2018 - Reddick, Smith, Johnson, Palmer	40.09

4x400-Meters

1. 2015 - Alowonle, Sutton, Lipsey, Ways	3:04.06
2. 2017 - Alowonle, Donyinah, Ways, Selmon	3:04.27
3. 2015 - Alowonle, Lipsey, Selmon, Ways	3:04.55
4. 1995 - McCaskill, Campbell, McKoy, Harnden	3:04.70
1998 - Allsopp, Huyler, Campbell, Ballard	3:04.70



TAR HEELS

UNC Men's Outdoor School Records

UNC School Records

4x800-Meters

1.	1987 - Boakes, Fuhrmann, Harriott, Hussey	7:25.50
2.	1981 - Plunner, McCalister, Kominsky	7:25.7
3.	2003 - D. Victor, Smith, Craycraft, Z. Victor	7:28.82
4.	1993 - Mathis, Hemery, Cuthrell, O'Brien	7:29.34
5.	1991 - Pflaum, Hemery, Mathis, Buchanan	7:29.90

4x1,500-Meters

1.	1982	15:10.1
2.	1991 - Hemery, Buchanan, Mathis, Williams	15:20.89
3.	1993 - Hemery, Mathis, Williams, O'Brien	15:26.01
4.	1988	15:27.50
5.	1992 - Hemery, Williams, Cuthrell, Neas	15:30.84

Distance Medley Relay

1.	1988 - Harriott, Vineyard, Boakes, Farmer	9:33.5
2.	1972	9:39.4
3.	1972	9:49.9
4.	2003 - Durana, Therrien, Craycraft, McGovern	9:51.06
5.	1979	9:52.4

Sprint Medley Relay

1.	1992 - Brown, Black, Harris, Mathis	3:14.86
2.	1987	3:20.24
3.	1996	3:20.26
4.	1995	3:21.80
5.	1980	3:22.94
	1981	3:22.94

Pole Vault

1.	Kevin Brown	18-1 ½	1993
2.	Brent Callaway	17-9	2001
	Shannon Pope	17-9	1995
4.	Maxwell Thompson	17-6 ½	1992
	Rob Rothwell	17-6 ½	1992

High Jump

1.	Eric Bishop	7-6	1996
2.	William Darity	7-3 ¾	1992
	Jeff Kluttz	7-3 ¾	1995
4.	Adam Shunk	7-3	2002
5.	Lee Shuler	7-2 ½	1980
	Donte Nall	7-2 ½	2008

Long Jump (All-Conditions)

1.	Allen Johnson	25-11 ½	1993
2.	Edward Baldwin III	25-5 ½	2009
3.	Joey Souza	25-3 ½	2017
	Blair Woodward	25-3 ½	2002
5.	Marcus O'Neal	25-0 ½ w	1999
	Zay Paschall	25-0 ½	2017

Triple Jump (All-Conditions)

1.	Kendrick Morgan	54-6	1994
2.	Austin Davis	53-3	2008
3.	Darryl Kelly	52-8 ¾	1972
4.	Daniel Harris	52-6 ¾	2004
5.	Darryl Shaw	51-8 ½	2017

Shot Put

1.	Vikas Gowda	64-4 ½	2006
2.	Daniel McArthur	62-8 ½	2017
3.	Allen Bradd	61-0	1999
4.	Ian Douglas	60-6 ¾	2002
5.	Kwabena Keene	58-11 ½	2012

Javelin

1.	Justin Ryncavage	243-4	2006
2.	Sean Murray	240-8	1992
3.	Kestutis Celiesius	239-6	2000
4.	Houston Summers	233-0	2016
5.	Adam Montague	232-8	2007

Discus

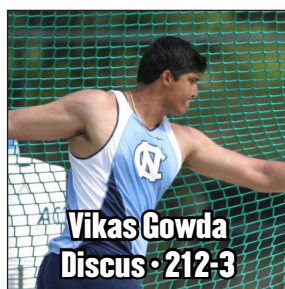
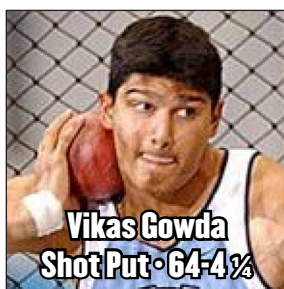
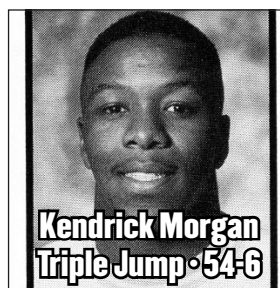
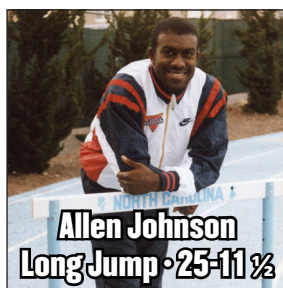
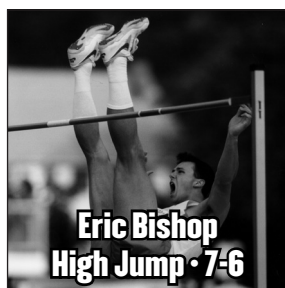
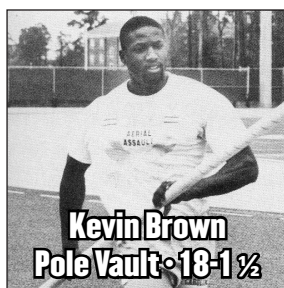
1.	Vikas Gowda	212-3	2005
2.	Harlis Meaders	186-10	1992
3.	Daniel McArthur	184-1	2018
4.	Sal Gigante	183-11	2002
5.	Nick Owens	183-5	2007

Hammer

1.	Nick Owens	229-9	2006
2.	Walter Henning	225-5	2008
3.	AJ Hicks	218-10	2016
4.	Sal Gigante	204-4	2001
5.	Allen Bradd	194-2	1998

Decathlon

1.	Mateo Sossah	8,044	2009
2.	Paul Foxson	7,878	1992
3.	Kevin McGorty	7,833	1988
4.	Daniel Keller	7,631	2009
5.	Mike Cvelbar	7,504	2001



CAROLINA

UNC Women's Outdoor School Records

100 Meters (All-Conditions)

1. Brianna Duncan	11.27	2018
2. Kendra Mackey	11.37w	1991
3. Marion Jones	11.40	1994
4. Takeshia Quick	11.45	1996
5. Crystal Cox	11.46w	1999

200 Meters (All-Conditions)

1. Brianna Duncan	23.03	2018
2. LaTasha Colander	23.21	1997
3. Kendra Mackey	23.24	1989
4. Crystal Cox	23.25	1998
5. Marion Jones	23.32	1994

400 Meters

1. Monique Hennagan	51.11	1998
2. Kendra Mackey	52.16	1989
3. Cierra Dunston	52.40	2018
4. Anissa Gainey	52.71	2003
5. Edi Ntuen	52.78	2002

800 Meters

1. Alice Schmidt	2:01.16	2003
2. Monique Hennagan	2:02.50	1996
3. Tasha Stanley	2:03.52	2012
4. Lizzy Whelan	2:03.76	2015
5. Dominique Jackson	2:03.99	2009

1,500 Meters

1. Brie Felnagle	4:08.54	2008
2. Shalane Flanagan	4:11.60	2003
3. Lianne Farber	4:13.16	2015
4. Annie LeHardy	4:13.76	2015
5. Ashley Verplank	4:14.10	2010

3,000 Meters

1. Joan Nesbit	9:12.50	1984
2. Shalane Flanagan	9:13.51	2002
3. Carol Henry	9:18.33	2002
4. Morgan Ilse	9:24.88	2018
5. Holly Murray	9:25.02	1986

3,000-Meter Steeplechase

1. Carol Henry	9:51.16	2002
2. Cassie King	10:08.70	2005
3. Stella Radford	10:13.48	2015
4. Anna Hay	10:17.38	2005
5. Addie Bracy	10:19.21	2009

5,000 Meters

1. Shalane Flanagan	15:20.54	2003
2. Kendra Schaaf	15:52.33	2011
3. Annie LeHardy	15:52.65	2015
4. Joan Nesbit	15:52.90	1984
5. Brie Felnagle	15:55.29	2010

10,000 Meters

1. Joan Nesbit	32:54.19	1984
2. Caroline Alcorta	33:49.81	2018
3. Kendra Schaaf	33:57.81	2011
4. Heather Tanner	34:21.22	2000
5. Hannah Christen	34:23.40	2016

100-Meter Hurdles (All-Conditions)

1. Vanneisha Ivy	13.06w	2010
2. LaTasha Colander	13.07	1996
3. Lutisha Shittu	13.12w	2000
4. Nadine Faustin	13.31	1998
5. Ayo Atterberry	13.33	1994

400-Meter Hurdles

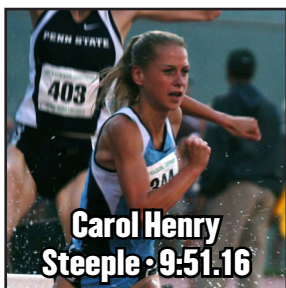
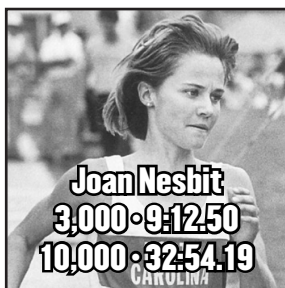
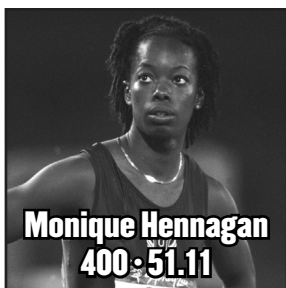
1. LaToya James	56.38	2009
2. Rebecca Russell	56.86	1992
3. Tiffany Flomo	57.31	2004
4. Jill Irizarry	57.74	1988
5. Sonya Thomas	58.25	1989

4x100-Meters

1. 1997 - Colander, Quick, Vann, Hennagan	44.11
2. 1998 - Faustin, Cox, Vann, Colander	44.15
3. 1995 - Colander, M. Jones, Weatherford, Quick	44.24
4. 1996 - Faustin, Quick, Vann, Smith	44.26
5. 2018 - Duncan, Sherman, Keefer, Dunston	44.29

4x400-Meters

1. 1990 - Russell, Pollard, Putman, Mackey	3:32.17
2. 1998 - Hennagan, Colander, Faustin, Cox	3:33.58
3. 1989 - Thomas, Pollard, Russell, Mackey	3:34.52
4. 2018 - Christian, Dunston, Dixon, McNeill	3:34.97
5. 1995 - Morrison, Hunt, Weatherford, Hennagan	3:35.21



TAR HEELS

UNC Women's Outdoor School Records

UNC School Records

Distance Medley Relay

1. 2003 - Donohue, Gainey, Schmidt, Flanagan	10:56.67
2. 2001 - George, Ntue, Schmidt, Flanagan	11:03.52
3. 2005 - Kaltenbach, Rodgers, Kloss, Donohue	11:11.48
4. 2013 - LeHardy, Floyd, Whelan, Farber	11:12.92
5. 2015 - Farber, Douglas, Whelan, LeHardy	11:17.29

Sprint Medley Relay

1. 1996 - Colander, Quick, Hennagan, Hunt	3:45.86
2. 2001 - Sesay, Gainey, Ntuen, Munson	3:47.25
3. 1991 - Thomas, Wilkerson, Mackey, Russell	3:47.71
4. 1989 - Mackey, Thomas, Russell, Pollard	3:51.30
5. 2007 - Johnson, Bataille, Anderson, Kloss	3:52.22

4x800-Meters

1. 2003 - Donohue, Flanagan, Munson, Schmidt	8:26.71
2. 2001 - Munson, George, Flanagan, Schmidt	8:29.77
3. 2005 - Kloss, M. Kaltenbach, Rodgers, Donohue	8:32.40
4. 1990 - Krehnbrink, Faherty, Russell, Pollard	8:36.13
5. 1998	8:36.70

4x1,500-Meters

1. 2003 - Donohue, Henry, Schmidt, Flanagan	17:20.18
2. 2015 - Rempel, Whelan, LeHardy, Farber	17:30.22
3. 2004 - Owen, Donohue, Henry, Schmidt	17:37.23
4. 1997 - Phillips, Godlock, Majka, Hayes	18:09.98
5. 2000 - George, Smith, Tanner, Nervo	18:14.13

Pole Vault

1. Sandi Morris	14-1 ½	2011
2. Anna Eaton	13-10 ½	2017
3. Cameron Overstreet	13-8 ½	2014
4. Caroline Brailsford	13-4 ½	2014
5. Amanda Benninghoff	13-3 ¾	2016

Long Jump (All-Conditions)

1. Marion Jones	22-1 ¾	1994
2. LaShonda Christopher	21-7 ½	1999
3. Sharon Couch	21-5 ¾	1991
4. Ola Sesay	21-5 ¾ w	2000
5. Jacinda Evans	21-1 ¾ w	2013

Triple Jump (All-Conditions)

1. Nicole Gamble	46-2w	1999
2. LaShonda Christopher	44-1 ¾	1996
3. Kim Austin	43-9 ¾	1990
4. Sheena Gordon	43-7	2005
5. DeAnne Davis	43-6 ½	2000

High Jump

1. Tisha Waller	6-3 ½	1992
2. Sheena Gordon	6-3 ¾	2005
3. Nicky Hudson	6-0 ¾	1992
4. Kim Jones	6-0 ¾	1995
5. Angela Boice	5-11 ½	1992
Nicole Greene	5-11 ½	2017

Shot Put

1. Laura Gerraughty	61-9	2003
2. Sarah Howard	55-11	2017
3. Kelly Fazekas	51-0 ¾	2007
4. Becky O'Brien	50-8 ¾	2009
5. Ibiene Bilaye-Benibo	49-11 ¾	2001

Javelin

1. Karen Wyzykowski	176-8	2003
2. Emily Carlsen	175-2	1997
3. Sherrie MacKinney	174-8	1988
4. Lynda Lipson	173-11	1993
5. Price Russell	168-10	1994

Discus

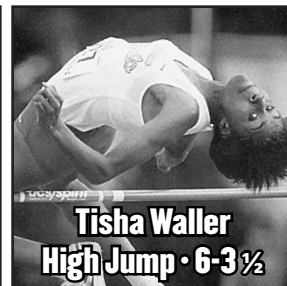
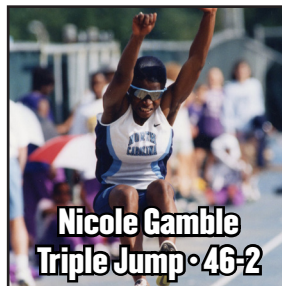
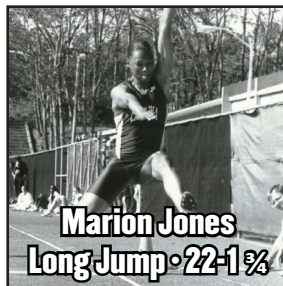
1. Laura Gerraughty	181-11	2006
2. Lynda Lipson	181-0	1993
3. Ingrid Hantho	180-10	1993
4. Jocelyn White	180-2	2008
5. Amber Jones	179-3	1998

Hammer

1. Jill Shippee	210-6	2018
2. Laura Gerraughty	205-8	2003
3. Avana Story	200-9	2016
4. Amy Parulis	198-5	2004
5. Alex Cooke	196-7	2018

Heptathlon

1. Xenia Rahn	6,057	2015
2. Nicky Hudson	5,578	1992
3. Emily Godwin	5,367	2015
4. Tory Kemp	5,366	2014
5. Alexandra Coppadge	5,340	2009



ACADEMIC EXCELLENCE

*Advancing to graduation,
Building Character,
Developing leadership*



LOUDERMILK CENTER
FOR EXCELLENCE

ACADEMIC SUPPORT PROGRAM for STUDENT-ATHLETES

The Academic Support Program for Student-Athletes (ASPSA) reports directly to the Office of the Executive Vice Chancellor and Provost and is uniquely positioned to collaborate with faculty, the Department of Athletics and the campus community to support student-athletes as they excel in the classroom and compete in athletics. The ASPSA helps student-athletes explore their academic interests and abilities as well as provides numerous academic services including tutoring, secondary academic and career advising, assistance with University and NCAA eligibility, and coordination of academic honors and awards. In addition to the Director/Assistant Provost, the ASPSA staff includes 12 academic counselors, three learning specialists, and an office manager.

ASPSA staff work together to guide and support student-athletes throughout their career at Carolina, beginning with an introduction to academics at UNC during the recruiting process through graduation and beyond. All incoming student-athletes, as well as those in need of more intensive academic support, participate in the My Academic Plan (MAP) program. Academic counselors and learning specialists work with each student-athlete to customize his or her MAP based on academic preparedness, course schedule, and individual need.



The Academic Support Program is housed in the Loudermilk Center for Excellence, a 150,000-square-foot facility that serves all of Carolina's nearly 800 student-athletes across 28 varsity sports. The Loudermilk Center's largest feature is the John W. Pope Student-Athlete Academic Support Center. This facility provides classrooms for teaching and tutoring, study lounges, office space and a computer lab.

The floor also includes offices for the Student-Athlete Development program, which guides students in personal development, leadership development and career development.

2017-18 All-ACC Academic Teams



Caroline Alcorta
Cross Country



Alex Cooke
Indoor Track



Emily Godwin
Outdoor Track



Nicole Greene
Indoor Track



Jared Martin
Outdoor Track



McKinley McNeill
Outdoor Track



Isaiah Palmer
Indoor Track



Kenny Selmon
Indoor and Outdoor Track



Darryl Shaw
Indoor Track

NICOLE GREENE

**2018 Atlantic Coast Conference
Indoor Track & Field
Scholar-Athlete of the Year**



2017-18 USTFCCA All-Academic

Caroline Alcorta, Blake Dodge, Alexis Gannon, Nicole Greene, Jared Martin, McKinley McNeill, Alex Milligan, Darryl Shaw

2017-18 Athletic Director's Scholar-Athletes

Women's Cross Country: Emma Astrike-Davis

Men's Cross Country: Logan Carroll

Women's Track and Field: Emily Godwin

Men's Track and Field: Jared Martin

RICHARD A. BADDOUR CAROLINA LEADERSHIP ACADEMY



Leadership Academy Framework

Carolina **NAVIGATE** helps first-year student-athlete navigate the Carolina CREED Statement.

Carolina **ACCELERATE** helps participants to accelerate their leadership development process and leadership efforts.

Carolina **INCUBATE** helps participants to incubate the leadership experience in a safe, controlled environment.

Carolina **ACTIVATE** helps participants to activate the resources to co-lead the team with fellow leaders and coaches.

Carolina **CULTIVATE** develops participants as mentors. The program helps participants to cultivate the first-year experience for participants in Carolina NAVIGATE.

Richard A. Baddour Carolina Leadership Academy

The Richard A. Baddour Carolina Leadership Academy develops world-class leaders for a lifetime of service and success. In 2004, its launch marked the first leadership development program in collegiate athletics, and in the intervening years, it has prided itself on being the premier leadership development program in collegiate athletics. It was the first and continues to stand as the best of its kind.

Programming is based upon descriptive and applied frameworks. A descriptive framework describes how student-athletes progress through the programming. It is a leadership depth chart and pipeline. An applied leadership framework provides a language and an architecture with which to speak about leadership. UNC features an applied framework which is unique to Carolina and uniquely Carolina. The frameworks showcase the interdependence of leading self and leading with others.

THE CAROLINA CREED

As a University of North Carolina student-athlete I pledge to make every effort to abide by the Carolina CREED as a show of my commitment to the University, the Department of Athletics, my team, and myself.

C I will know and embrace the tradition and culture of this great university and its athletics department

R I will respect myself and others

E I will pursue excellence in my academic work by striving to reach my academic potential while preparing for a career of significance

E I will excel athletically by committing myself to performance excellence, team success, and continual improvement

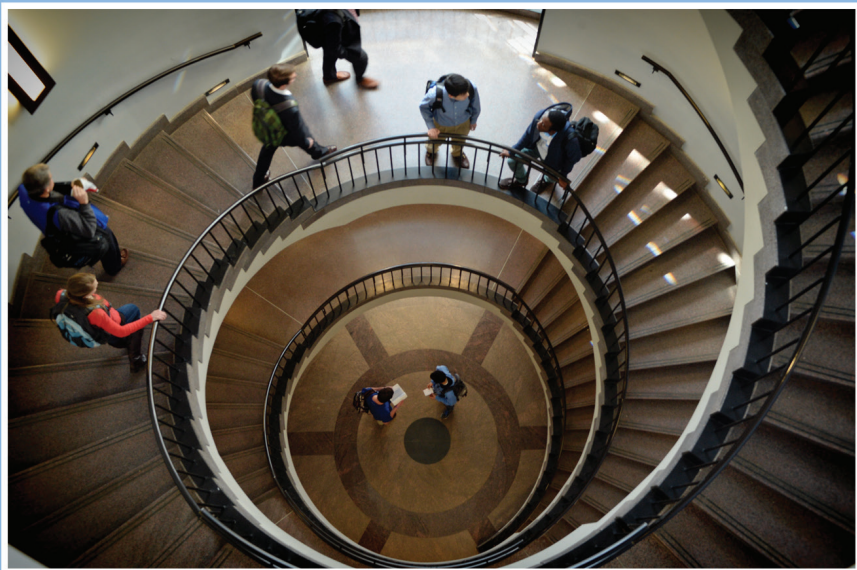
D I will develop the capacity to effectively lead myself and others



Tar Heel Leaders of Distinction

A total of 24 members of the cross country and track & field teams have been honored on 28 occasions as Tar Heel Leaders of Distinction, the highest honor bestowed by the Richard A. Baddour Leadership Academy. The most recent honorees are (left to right) Kenny Selmon in 2017-18 and R.J. Alowonle and Karley Rempel in 2015-16.

THE UNIVERSITY OF NORTH CAROLINA

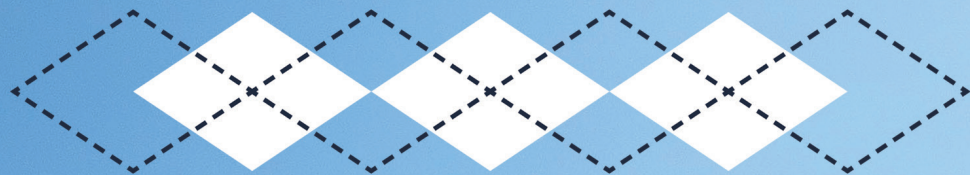


1st

among the 100 best U.S. public colleges and universities that offer students high-quality academics at an affordable price
(*KIPLINGER'S PERSONAL FINANCE MAGAZINE*, 17TH YEAR)

"If a moviemaker needs an idyllic setting for a film about college life, Chapel Hill just might take the prize."
– *Newsweek* magazine





FIRST and FINEST

Nation's
1st
public university –
chartered Dec. 11, 1789

18,814
undergraduates
More than **75**
majors and minors in
60 departments

750+
student-athletes
28
varsity athletic teams

11th
in annual research volume
among U.S. public and
private universities,
according to the National
Science Foundation

5,200+
Hours of community service
by student-athletes in 2017-18

13:1 student-faculty ratio
87% of classes have fewer than 50 students

391
UNC student-athletes
named to the ACC
Academic Honor Roll in
2017-18. The total
is an all-time high.

58
Members of the Student-
Athlete Advisory Council,
at least two from each
team, who meet monthly to
provide input on student-
athlete life and
department policies



More than one-third
of UNC undergraduates study in other countries before graduation, one of the
highest study-abroad rates among public universities nationwide. UNC offers a
variety of programs, making study abroad an option for all students

For more, please go to www.UNC.edu



CHAPEL HILL HOME FOR A LIFETIME

Often referred to as “The Southern Part of Heaven,” Chapel Hill has been called the perfect college town by several publications, including *Sports Illustrated*.

55,000

Tar Heel fans flooded Franklin Street to celebrate the 2017 NCAA Championship in men’s basketball.

- Chapel Hill has been ranked the Most Livable Small City (less than 100,000) in America.
- Chapel Hill has a population of approximately 60,000, with neighboring Carrboro adding another 20,000 residents.
- The Chapel Hill/Carrboro area offers a wealth of dining, shopping and entertainment options, with many more located nearby in Hillsborough, Durham and Raleigh.
- Chapel Hill’s location is ideal, within an easy drive of North Carolina’s beautiful beaches and mountains.



ATHLETIC HERITAGE REPRESENTING UNC WITH CLASS



Men's Basketball
2017 NCAA Champion



Field Hockey
2018 NCAA and ACC Champion



Women's Fencing
2018 ACC Champion



Men's Lacrosse
2016 NCAA Champion, 2017 ACC Champion



Women's Tennis
2016, 2017, 2018 ACC Champion



Women's Lacrosse
2016 NCAA Champion, 2017 & 2018 ACC Champion

19
times in the past 25 years UNC has finished in
the top 15 of the Directors' Cup, a national
measure of NCAA postseason success.



NCAA Champion Nicole Greene
2018 Indoor High Jump



Women's Soccer
2017 ACC Champion

**UNC has won more national championships and more
conference championships than any other school
in the Atlantic Coast Conference.**

Through your gifts to scholarships, facilities, team support and unrestricted annual giving, you provide Carolina student-athletes with life-changing experiences.

TAKE A LOOK AT WHAT YOU HAVE HELPED ACCOMPLISH.

28

VARSITY SPORTS

(Fourth most among Power 5 institutions)

800

STUDENT-ATHLETES

450

**STUDENT-ATHLETES RECEIVING
SCHOLARSHIP ASSISTANCE**

44 NCAA CHAMPIONSHIPS

(most in ACC history)

66

**INDIVIDUAL OR RELAY
NATIONAL CHAMPIONSHIPS**

276

ACC CHAMPIONSHIPS
(most in ACC history)

15 TEAMS

**WITH A PERFECT 1,000
APR SCORE**

20

**TOP 10 FINISHES IN THE
LEARFIELD DIRECTORS CUP**
(out of 25 years)

113

**TAR HEELS HAVE COMPETED
IN THE OLYMPIC GAMES**

391

**TAR HEELS HONORED IN 2017-18
ACC ACADEMIC HONOR ROLL**

**YOUR GIFTS IMPACT STUDENT-ATHLETES
FOR THE REST OF THEIR LIVES**



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*for the best student-athletes to attend the best university, to compete in the best facilities, and to play
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JILL SHIPPEE
THROWS
SECOND-TEAM ALL-AMERICA



ANNA KEEFER
SPRINTS/JUMPS
2018 ACC CHAMPION - LONG JUMP
SECOND-TEAM ALL-AMERICA



MORGAN ILSE
DISTANCE
HONORABLE MENTION ALL-AMERICA



ISAIAH PALMER
SPRINTS
2018 ACC CHAMPION - 4X400
3-TIME ALL-ACC



BRANDON CACHON
SPRINTS/HURDLES
2018 ACC CHAMPION - 4X400
2-TIME ALL-ACC



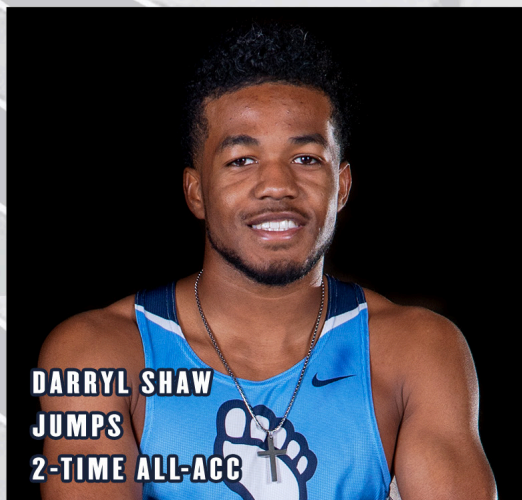
DANIEL MCARTHUR
THROWS
3-TIME ALL-ACC



ANNA EATON
POLE VAULT
HONORABLE MENTION ALL-AMERICA



ZAY PASCHALL
SPRINTS/JUMPS
3-TIME ALL-ACC



DARRYL SHAW
JUMPS
2-TIME ALL-ACC



ALEX COOKE
THROWS
FIRST-TEAM ALL-ACC



JARED MARTIN
JAVELIN
FIRST-TEAM ALL-ACC