



NORTH FLORIDA

MEN'S TRACK & FIELD

2024 OUTDOOR RESULTS/PERFORMANCE LIST

2024 SCHEDULE/RESULTS

Date	Event	Location	Result
Mar. 15-16	Bob Hayes Invitational	Jacksonville, Fla.	No team scores
Mar. 29-30	Florida Relays	Gainesville, Fla.	No team scores
Apr. 12-13	Tom Jones Memorial	Gainesville, Fla.	No team scores
Apr. 19-20	Georgia Tech Invitational	Atlanta, Ga.	No team scores
Apr. 26-27	East Coast Relays	Jacksonville, Fla.	No team scores
May 9-11	ASUN Outdoor Championships	Jacksonville, Fla.	6th of 7 teams

2024 PERFORMANCES BY EVENT

* = School Record | P = Prelim

110 METER HURDLES

Time	Name	Meet	Date	Finish
14.57	Rey Hernandez	East Coast Relays	Apr. 26	18
14.62	Rey Hernandez	Georgie Tech Invite	Apr. 19	14

100 METERS

Time	Name	Meet	Date	Finish
10.65	Rey Hernandez	East Coast Relays	Apr. 26	52
10.69	Jonathan Bailey (P)	ASUN Championships	May. 9	9
10.76	Jonathan Bailey	ASUN Championships	May. 10	8
10.80	Jonathan Bailey	East Coast Relays	Apr. 26	62
10.92	Jonathan Bailey	Georgia Tech Invite	Apr. 19	48
10.99	Jonathan Bailey	Bob Hayes Invitational	Mar. 16	2

200 METERS

Time	Name	Meet	Date	Finish
21.62	Rey Hernandez	Bob Hayes Invitational	Mar. 16	2
22.10	Camden Springer	Bob Hayes Invitational	Mar. 16	4
22.22	Jonathan Bailey	East Coast Relays	Apr. 26	74
22.46	Jonathan Bailey	Georgia Tech Invite	Apr. 19	44

400 METERS

Time	Name	Meet	Date	Finish
47.55	Rey Hernandez	Bob Hayes Invitational	Mar. 16	1
48.48	Camden Springer	Bob Hayes Invitational	Mar. 16	3
51.26	Ladarius Tellis	Georgia Tech Invite	Apr. 19	58

400 METER HURDLES

Time	Name	Meet	Date	Finish
52.58	Rey Hernandez	ASUN Championships	May. 10	2
53.01	Rey Hernandez	Georgia Tech Invite	Apr. 19	10
53.09	Rey Hernandez	East Coast Relays	Apr. 26	10
53.46	Rey Hernandez (P)	ASUN Championships	May. 9	2
54.43	Rey Hernandez	Florida Relays	Mar. 29	24

800 METERS

Time	Name	Meet	Date	Finish
1:50.37	Ryan Douihech	ASUN Championships	May. 10	4
1:51.47	Ryan Douihech (P)	ASUN Championships	May. 10	6
1:51.80	Ryan Douihech	Tom Jones Memorial	Apr. 12	45
1:53.86	Ryan Douihech	East Coast Relays	Apr. 26	11
1:55.89	Christian Ruocco	Georgia Tech Invite	Apr. 19	43
1:56.46	Christian Ruocco	East Coast Relays	Apr. 26	28
2:01.42	Ladarius Tellis	Bob Hayes Invitational	Mar. 15	13

1500 METERS

Time	Name	Meet	Date	Finish
3:46.48	Ryan Douihech	Georgia Tech Invite	Apr. 19	4
3:48.47	Ryan Douihech	Florida Relays	Mar. 29	3
3:49.48	Ryan Douihech	East Coast Relays	Apr. 26	4
3:51.67	Gavin O'Brien	Tom Jones Memorial	Apr. 12	26
3:51.92	Ryan Douihech	Bob Hayes Invitational	Mar. 15	2
3:53.32	Ilias El Khattabi	Tom Jones Memorial	Apr. 12	34
3:56.14	Andrew Mahorner	East Coast Relays	Apr. 26	18
3:56.38	Christian Ruocco	Bob Hayes Invitational	Mar. 15	8
3:57.22	Christian Ruocco	East Coast Relays	Apr. 26	22
3:57.24	Ben Tary	East Coast Relays	Apr. 26	23
3:57.31	Christian Ruocco	Georgia Tech Invite	Apr. 19	37
3:58.15	Andrew Mahorner	Bob Hayes Invitational	Mar. 15	10
3:58.77	Thomas Weiler	Bob Hayes Invitational	Mar. 15	11
3:59.15	Andrew Mahorner	Georgia Tech Invite	Apr. 19	46
3:59.35	Christian Ruocco	Florida Relays	Mar. 29	18
4:02.46	Thomas Weiler	Florida Relays	Mar. 29	22
4:02.94	Thomas Weiler	Georgia Tech Invite	Apr. 19	51
4:03.08	Ben Tary	ASUN Championships	May 9	15
4:03.26	Seth Martinez	Georgia Tech Invite	Apr. 19	52
4:03.61	Andrew Mahorner	Florida Relays	Mar. 29	23

2024 PERFORMANCES BY EVENT

* = School Record | P = Prelim

3000 METER STEEPLECHASE

Time	Name	Meet	Date	Finish
8:59.60	Ilias El Khattabi	East Coast Relays	Apr. 26	1
8:59.61	Gavin O'Brien	East Coast Relays	Apr. 26	2
9:00.49	Ilias El Khattabi	Georgia Tech Invite	Apr. 19	3
9:00.51	Cole Perry	East Coast Relays	Apr. 26	3
9:03.21	Cole Perry	ASUN Championships	May. 10	4
9:04.14	Ilias El Khattabi	ASUN Championships	May. 10	5
9:05.34	Cole Perry	Georgia Tech Invite	Apr. 19	5
9:08.38	Ilias El Khattabi	Florida Relays	Mar. 29	3
9:11.75	Gavin O'Brien	Florida Relays	Mar. 29	4
9:16.25	Cole Perry	Florida Relays	Mar. 29	5
9:17.72	Paul Lespasio	Georgia Tech Invite	Apr. 19	14
9:21.49	Gavin O'Brien	ASUN Championships	May. 10	6
9:21.58	Ben Tary	ASUN Championships	May. 10	7
9:22.86	Gavin O'Brien	Georgia Tech Invite	Apr. 19	15
9:30.42	Colton Lawson	Georgia Tech Invite	Apr. 19	22
9:30.61	Ben Tary	Georgia Tech Invite	Apr. 19	23
9:25.16	Ben Tary	Florida Relays	Mar. 29	6
9:29.52	Colton Lawson	East Coast Relays	Apr. 26	8
9:35.93	Colton Lawson	Florida Relays	Mar. 29	7
9:26.91	Gavin O'Brien	Bob Hayes Invitational	Mar. 15	1
9:36.14	Colton Lawson	Bob Hayes Invitational	Mar. 15	2
9:44.44	Ben Tary	Bob Hayes Invitational	Mar. 15	3

10,000 METERS

Time	Name	Meet	Date	Finish
30:17.38	Seth Martinez	Bob Hayes Invitational	Mar. 15	1
30:19.06	Seth Martinez	ASUN Championships	May 9	1
31:18.53	Paul Lespasio	Bob Hayes Invitational	Mar. 15	3
31:30.54	Paul Lespasio	ASUN Championships	May 9	7
31:34.04	Kameron Wallizada	ASUN Championships	May 9	8
31:57.10	Sebastian Hernandez	Bob Hayes Invitational	Mar. 15	6
32:10.76	Colton Lawson	ASUN Championships	May 9	10
32:17.66	Justin Tackling	Bob Hayes Invitational	Mar. 15	10
32:45.90	Martin Ahlstrom	Bob Hayes Invitational	Mar. 15	11

HIGH JUMP

Mark	Name	Meet	Date	Finish
2.00m	Jacob Hippo	Bob Hayes Invitational	Mar. 15	2
1.97m	Jacob Hippo	ASUN Championships	May 9	3
1.97m	Tariq LaJoie	ASUN Championships	May 9	4
1.95m	Tariq LaJoie	Bob Hayes Invitational	Mar. 15	4
1.95m	Jacob Hippo	East Coast Relays	Apr. 26	12
1.95m	Tariq LaJoie	East Coast Relays	Apr. 26	15
1.91m	Tariq LaJoie	Georgia Tech Invite	Apr. 19	10
1.91m	Jacob Hippo	Georgia Tech Invite	Apr. 19	10

5000 METERS

Time	Name	Meet	Date	Finish
14:16.16	Paul Lespasio	Florida Relays	Mar. 29	3
14:17.66	Seth Martinez	East Coast Relays	Apr. 26	2
14:17.76	Seth Martinez	Florida Relays	Mar. 29	4
14:29.53	Seth Martinez	ASUN Championships	May. 10	4
14:30.52	Thomas Weiler	East Coast Relays	Apr. 26	7
14:40.18	Kameron Wallizada	ASUN Championships	May. 10	10
14:40.49	Cole Perry	ASUN Championships	May. 10	10
14:56.42	Paul Lespasio	ASUN Championships	May. 10	18
14:59.14	Sebastian Hernandez	Florida Relays	Mar. 29	11
14:59.75	Justin Tackling	Florida Relays	Mar. 29	12
15:06.80	Sebastian Hernandez	East Coast Relays	Apr. 26	15
15:08.70	Justin Tackling	East Coast Relays	Apr. 26	16
15:09.90	Justin Tackling	Georgia Tech Invite	Apr. 19	37
15:31.34	Sebastian Hernandez	Georgia Tech Invite	Apr. 19	67
15:59.99	Martin Ahlstrom	Georgia Tech Invite	Apr. 19	94

4X400M RELAY

Time	Name	Meet	Date	Finish
3:22.81	Rey Hernandez Ryan Douihech Gavin O'Brien Ben Tary	ASUN Championships	May. 10	7

2024 PERFORMANCES BY INDIVIDUAL

* = School Record | P = Prelim

MARTIN AHLSTROM

5000m

Time	Event	Date	Finish
15:59.99	Georgia Tech Invite	Apr. 19	94

10,000m

Time	Event	Date	Finish
32:45.90	Bob Hayes Invitational	Mar. 15	15

JONATHAN BAILEY

100m

Time	Event	Date	Finish
10.69	ASUN Championships (p)	May 9	9
10.76	ASUN Championships	May. 10	8
10.80	East Coast Relays	Apr. 26	62
10.92	Georgia Tech Invite	Apr. 19	48
10.99	Bob Hayes Invitational	Mar. 16	2

200m

Time	Event	Date	Finish
22.46	Georgia Tech Invite	Apr. 19	44
22.22	East Coast Relays	Apr. 26	74

RYAN DOUIHECH

800m

Time	Event	Date	Finish
1:50.37	ASUN Championships	May. 10	4
1:51.47	ASUN Championships (P)	May. 10	6
1:51.80	Tom Jones Memorial	Apr. 12	45
1:53.86	East Coast Relays	Apr. 26	11

1500m

Time	Event	Date	Finish
3:48.47	Florida Relays	Mar. 29	3
3:49.48	East Coast Relays	Apr. 26	4
3:51.92	Bob Hayes Invitational	Mar. 15	2

ILIAS EL KHATTABI

1500m

Time	Event	Date	Finish
3:53.32	Tom Jones Memorial	Apr. 12	26

3000mS

Time	Event	Date	Finish
8:59.60	East Coast Relays	Apr. 26	1
9:00.49	Georgia Tech Invite	Apr. 19	3
9:04.14	ASUN Championships	May. 10	5
9:08.38	Florida Relays	Mar. 29	34

REY HERNANDEZ

100m

Time	Event	Date	Finish
10.65	East Coast Relays	Apr. 26	52

110mH

Time	Event	Date	Finish
14.57	East Coast Relays	Apr. 26	18
14.62	Georgie Tech Invite	Apr. 19	14

200m

Time	Event	Date	Finish
21.62	Bob Hayes Invitational	Mar. 16	2
10.65	East Coast Relays	Apr. 26	52

400m

Time	Event	Date	Finish
47.55	Bob Hayes Invitational	Mar. 15	1
53.01	Georgia Tech Invite	Apr. 19	10

400mH

Time	Event	Date	Finish
52.58	ASUN Championships	May. 10	2
53.01	Georgia Tech Invite	Apr. 19	10
53.09	East Coast Relays	Apr. 26	10
53.46	ASUN Championships (p)	May 9	2
54.43	Florida Relays	Mar. 29	24

SEBASTIAN HERNANDEZ

5000m

Time	Event	Date	Finish
14:17.66	East Coast Relay	Apr. 26	2
15:06.80	East Coast Relays	Apr. 26	15
15:31.34	Georgia Tech Invite	Apr. 19	67

10,000m

Time	Event	Date	Finish
31:57.10	Bob Hayes Invitational	Mar. 15	6
15:31.34	Georgia Tech Invite	Apr. 19	67

JACOB HIPPO

HJ

Mark	Event	Date	Finish
2.00m (6-6.75)	Bob Hayes Invitational	Mar. 15	2
1.97m (6-5.5)	ASUN Championships	May 9	3
1.95m (6-4.75)	East Coast Relays	Apr. 26	12
1.91m (6-3.25)	Georgia Tech Invite	Apr. 19	10

TARIQ LAJOIE

HJ

Mark	Event	Date	Finish
1.97m (6-5.5)	ASUN Championships	May 9	4
1.95m (6-4.75)	Bob Hayes Invitational	Mar. 15	4
1.95m (6-4.75)	East Coast Relays	Apr. 26	15
1.91m (6-3.25)	Georgia Tech Invite	Apr. 19	10

2024 PERFORMANCES BY INDIVIDUAL

* = School Record | P = Prelim

COLTON LAWSON

3000mS

Time	Event	Date	Finish
9:29.52	East Coast Relays	Apr. 26	8
9:30.42	Georgia Tech Invite	Apr. 19	22
9:35.93	Florida Relays	Mar. 29	7
9:36.14	Bob Hayes Invitational	Mar. 15	2

10,000m

Time	Event	Date	Finish
32:10.76	ASUN Championships	May 9	10

PAUL LESPASIO

1500m

Time	Event	Date	Finish
4:01.68	East Coast Relays	Apr. 28	34

3000mS

Time	Event	Date	Finish
9:17.72	Georgia Tech Invite	Apr. 19	14

5000m

Time	Event	Date	Finish
14:16.16	Florida Relays	Mar. 29	3
14:56.42	ASUN Championships	May. 10	18

10,000m

Time	Event	Date	Finish
31:18.53	Bob Hayes Invitational	Mar. 15	3
31:30.54	ASUN Championships	May 9	7
31:57.10	Bob Hayes Invitational	Mar. 15	6

ANDREW MAHORNER

1500m

Time	Event	Date	Finish
3:56.14	East Coast Relays	Apr. 26	18
3:58.15	Bob Hayes Invitational	Mar. 15	10
3:59.15	Georgia Tech Invite	Apr. 19	4
4:03.61	Florida Relays	Mar. 29	23

SETH MARTINEZ

1500m

Time	Event	Date	Finish
4:03.26	Georgia Tech Invite	Apr. 19	52

5000m

Time	Event	Date	Finish
14:17.76	Florida Relays	Mar. 29	4
14:29.53	ASUN Championships	May. 10	4

10,000m

Time	Event	Date	Finish
30:17.38	Bob Hayes Invitational	Mar. 15	1
30:19.06	ASUN Championships	May 9	1

GAVIN O'BRIEN

1500m

Time	Event	Date	Finish
3:51.67	Tom Jones Memorial	Apr. 12	26

3000mS

Time	Event	Date	Finish
8:59.61	East Coast Relays	Apr. 26	2
9:11.75	Florida Relays	Mar. 29	4
9:21.49	ASUN Championships	May. 10	6
9:22.86	Georgia Tech Invite	Apr. 19	15
9:26.91	Bob Hayes Invitational	Mar. 15	1

AIDAN O'GORMAN

1500m

Time	Event	Date	Finish
3:46.36	East Coast Relays (UNAT)	Apr. 26	2

5000m

Time	Event	Date	Finish
14:15.46	East Coast Relays (UNAT)	Apr. 26	1

ROBERT PEDROZA

800m

Time	Event	Date	Finish
1:50.23	East Coast Relays (UNAT)	Apr. 26	1

1500m

Time	Event	Date	Finish
3:43.91	Bob Hayes Invitational (UNAT)	Mar. 15	1
3:43.91	East Coast Relays (UNAT)	Apr. 26	1

COLE PERRY

3000mS

Time	Event	Date	Finish
9:00.51	East Coast Relays	Apr. 26	3
9:03.21	ASUN Championships	May. 10	4
9:05.34	Georgia Tech Invite	Apr. 19	5
9:16.25	Florida Relays	Mar. 29	5

5000m

Time	Event	Date	Finish
14:40.49	ASUN Championships	May. 10	10

10,000m

Time	Event	Date	Finish
30:57.39	River City Classic	Mar. 16	3

2024 PERFORMANCES BY INDIVIDUAL

* = School Record | P = Prelim

CHRISTIAN RUOCCO

800m

Time	Event	Date	Finish
1:55.89	Georgia Tech Invite	Apr. 19	43
1:56.46	East Coast Relays	Apr. 26	28

1500m

Time	Event	Date	Finish
3:56.38	Bob Hayes Invitational	Mar. 15	8
3:57.22	East Coast Relays	Apr. 26	22
3:57.31	Georgia Tech Invite	Apr. 19	37
3:59.35	Florida Relays	Mar. 29	18

CAMDEN SPRINGER

200m

Time	Event	Date	Finish
22.10	Bob Hayes Invitational	Mar. 16	4

400m

Time	Event	Date	Finish
48.48	Bob Hayes Invitational	Mar. 16	3

JUSTIN TACKLING

5000m

Time	Event	Date	Finish
14:59.75	Florida Relays	Mar. 29	12
15:08.70	East Coast Relays	Apr. 26	16
15:09.90	Georgia Tech Invite	Apr. 19	37

10,000m

Time	Event	Date	Finish
32:17.66	Bob Hayes Invitational	Mar. 15	10

BEN TARY

1500m

Time	Event	Date	Finish
3:57.24	East Coast Relays	Apr. 26	23
4:03.08	ASUN Championships	May 9	15

3000mS

Time	Event	Date	Finish
9:21.58	ASUN Championships	May. 10	7
9:25.16	Florida Relays	Mar. 29	6
9:30.61	Georgia Tech Invite	Apr. 19	23
9:44.44	Bob Hayes Invitational	Mar. 15	2

LADARIUS TELLIS

400m

Time	Event	Date	Finish
49.53	River City Classic	Mar. 17	9
50.18	East Coast Relays	Apr. 29	40
51.26	Georgia Tech Invite	Apr. 19	58

800m

Time	Event	Date	Finish
2:01.42	Bob Hayes Invitational	Mar. 15	13

1500m

Time	Event	Date	Finish
4:03.87	River City Classic	Mar. 16	17

KAMERON WALLIZADA

5000m

Time	Event	Date	Finish
14:40.18	ASUN Championships	May. 10	10
14:46.45	Georgia Tech Invite	Apr. 21	14
14:55.30	East Coast Relays	Apr. 28	8
15:07.60	Florida Relays	Mar. 31	20

10,000m

Time	Event	Date	Finish
31:34.04	ASUN Championships	May 9	8

THOMAS WEILER

800m

Time	Event	Date	Finish
3:58.77	Bob Hayes Invitational	Mar. 15	11

1500m

Time	Event	Date	Finish
4:02.46	Florida Relays	Mar. 29	22
4:02.94	Georgia Tech Invite	Apr. 19	51

5000m

Time	Event	Date	Finish
14:30.52	East Coast Relays	Apr. 26	7