



SOUTH ALABAMA
TRACK & FIELD
2023



KYLE RADEMEYER



KIRAMI YEGO



ADELE MAGAUD



KIARA RISHER





Table of Contents & Quick Facts

Table of Contents

Table of Contents.....	2
2022 Men's Sun Belt Conference Championship Review.....	3
2023 Track & Field Schedule.....	4
Coaching Staff.....	5-9
2022 Cross Country Rosters.....	10
2022 Cross Country Results.....	10
2022 Cross Country Review.....	11-21
Cross Country Individual Career Charts.....	22-27
Cross Country History.....	28-32
Men's History.....	28-29
Women's History.....	30-31
2023 Track & Field Rosters.....	33-34
Men's Roster.....	33
Women's Roster.....	34
Student-Athlete Biographies.....	35-74
Men's Biographies.....	35-57
Women's Biographies.....	58-74
School Records.....	75-79
Indoor Records.....	75-76
Outdoor Records.....	77-79
Track & Field History.....	80-82
2022 Track & Field Review.....	83-84
Indoor Top Times/Marks.....	83
Outdoor Top Times/Marks.....	84
All-SBC Performers.....	83-84

Quick Facts

Name: University of South Alabama
Location: Mobile, Ala.
Founded: 1963 **Enrollment:** 13,463
President: Jo Bonner (Alabama, 1982)
Athletics Director: Dr. Joel Erdmann
 (South Dakota State '86)
Athletics Department Phone: (251) 460-7121
Nickname: Jaguars
Colors: Blue, Red and White
Affiliation: NCAA Division I
Conference: Sun Belt

Track & Field Coaching Staff

TRACK & FIELD COACHING STAFF
Head Coach: Paul Brueske (South Alabama '98)
Assistant Coach: Parker Cowles (Air Force '09)
Assistant Coach: Aaron James (Baylor '87)
Assistant Coach: Lyndell Farmer (South Alabama '16)
Assistant Coach: Reagen Beal (Kennesaw State '14)
Volunteer Coach: Hannah Higgins
Volunteer Coach: Roelof Swanepoel

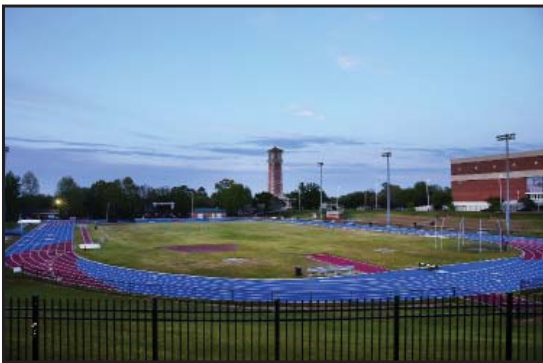
CREDITS

The 2022-23 University of South Alabama track & field fact book is a production of the University of South Alabama Strategic Communications Office.

Cover: Scott Donaldson
Written and edited: Nolan Kolita and Phil Hiatt
Layout and design: Nolan Kolita and Phil Hiatt
Editorial Assistance: The Strategic Communications staff
Photography: Scott Donaldson, Bobby McDuffie, Brad McPherson, Brad Puckett and the Strategic Communications archives

Strategic Communications

Associate Athletic Director: Travis Jarome
 Office: (251) 414-8032
 E-mail: tjarome@southalabama.edu
Associate Director (XC Contact): Kevin Beasley
 Office: (251) 414-8033
 E-mail: kbeasley@southalabama.edu
Assistant (Track & Field Contact): Phil Hiatt
 Office: 251-414-8022
 Cell: 801-708-9311
 E-mail: phiatt@southalabama.edu
Athletics Website: USAJaguars.com



2022 MEN'S SUN BELT OUTDOOR CHAMPIONSHIP



The South Alabama men's track & field team won its first-ever Sun Belt Outdoor Track & Field Championship in 2022, with a final score of 148.5 points. Head Coach Paul Brueske was named the men's conference coach of the year for the first time in his career.

The Jags were led by three repeat champions in individual events. Christian Ellis won the triple jump with a distance of 15.58 meters, making it his third-straight conference championship. Francois Prinsloo retained the discus crown with a mark of 54.67 meters, while Kyle Rademeyer defended his spot atop the pole vault competition, registering a height of 5.33 meters. Kirami Yego won both the 5000m (14:21.24) and the 10,000m (29:20.13), and Teagan Flanagan joined him on the podium in the two events. A plethora of other podium and top-eight finishes added to the Jags' championship score.

"I'm so proud of the student-athletes and all of their hard work to get us to this point," said Coach Paul Brueske. "It was nice to finally get over the hump and win a championship on the men's side after getting close and finishing in the top three a few times. [Director of Athletics] Dr. [Joel] Erdmann asked me a while back if we could win the championship, and I've always had full faith in these student-athletes. With so much talent returning and the fresh crop of newcomers, we plan to continue our run atop the Sun Belt Conference."

The Jaguars' attempt for a repeat conference championship will be bolstered by the returns of Prinsloo, Rademeyer, Yego, Flanagan, Sebastian Löschner, Dorian Curry and many other athletes who lead the Sun Belt in their respective events.





2023 TRACK & FIELD SCHEDULE

Indoor

<u>Date</u>	<u>Meet</u>	<u>Location</u>
Dec. 3, 2022 (Sat.)	Sharon Colyear Invitational	Boston, Mass.
Jan. 13 (Fri.)	UAB Invitational	Birmingham, Ala.
Jan. 19-20 (Thur.-Fri.)	Samford Multis/Clash	Birmingham, Ala.
Feb. 5 (Sun.)	South Alabama Invitational	Birmingham, Ala.
Feb. 20-21 (Mon.-Tue.)	Sun Belt Indoor Conference Championships	Birmingham, Ala.
Mar. 10-11 (Fri.-Sat.)	NCAA Indoor Championships	Albuquerque, N.M.

Outdoor

<u>Date</u>	<u>Meet</u>	<u>Location</u>
Mar. 2-3 (Th.-Fri.)	Jaguar Throws/Vault Open	Mobile, Ala.
Mar. 17-18 (Fri.-Sat.)	South Alabama Invitational	Mobile, Ala.
Mar. 23-25 (Thur.-Sat.)	Raleigh Relays *	Raleigh, N.C.
Mar. 25 (Sat.)	LSU Battle on the Bayou	Baton Rouge, La.
Mar. 29-Apr. 1 (Thur.-Sat.)	Texas Relays *	Austin, Texas
Mar. 31-Apr. 1 (Fri.-Sat.)	Golden Eagle Invitational	Hattiesburg, Miss.
Apr. 8 (Sat.)	University of Mobile Meet	Mobile, Ala.
Apr. 12-15 (Wed.-Sat.)	Mt. SAC Relays *	Los Angeles, Calif.
Apr. 14 (Fri.)	Samford Invitational	Birmingham, Ala.
Apr. 21-22 (Fri.-Sat.)	Crimson Classic	Tuscaloosa, Ala.
Apr. 28-29 (Fri.-Sat.)	Jace Lacoste Invitational	Starkville, Miss.
May 11-13 (Thur.-Sat.)	Sun Belt Outdoor Conference Championships	Myrtle Beach, S.C.
May 24-27 (Wed.-Sat.)	NCAA Championships – Regionals	Jacksonville, Fla.
Jun. 7-10 (Wed.-Sat.)	NCAA Championships – Finals	Austin, Texas

**Minimum standards required to travel to these meets*



PAUL BRUESKE
Head Coach — Throws

Paul Brueske enters his 16th season with South Alabama's track & field program, and his 15th season as head coach for both programs.

In 2022, Brueske led the men's team to their first ever Sun Belt Outdoor Championship, and he was named the 2022 Sun Belt Men's Coach of the Year.

Under his direction, the Jaguar cross country and track & field teams have produced 134 All-SBC performers and 93 student-athletes who have participated in the NCAA East Region Preliminary Round. Since

the spring of 2011, 12 individuals have advanced to the NCAA Indoor and Outdoor Track & Field Championships on 15 occasions, with Renaldo Frechou, Lindsay Schwartz, Sean Collins, Emilie Berge and Kyle Rademeyer earning first- or second-team All-American honors multiple times. Jan-Lou Kotze earned first-team All-American honors in 2016, while Kaitlyn Beans received second-team All-American accolades that same season. Autavia Fluker and Francois Prinsloo earned second-team All-American honors in 2021 with record-breaking performances at the NCAA East Preliminary Round.

Brueske was honored in 2016 as the Sun Belt Conference Women's Coach of the Year – the first of his career – after leading the Jaguars to their first ever outright conference championship as the South Alabama women's track and field team took home the team title at the outdoor championship.

Since Brueske's arrival, Jaguar student-athletes have set 62 school records, while breaking four league standards and two NCAA records.

In throwing events, South has claimed 28 individual titles at Sun Belt Championships with Jaguar student-athletes collecting all-league honors on 90 occasions. Every school record in the throwing events, except the men's javelin, has been broken during Brueske's tenure.

The Jaguars had an all-conference performer in the men's discus for 10 consecutive years (2008-2017), and seven of those seasons included a Sun Belt champion in the event. Francois Prinsloo has won the Sun Belt Championship for the past two years (2021-22).

A highlight of one of Brueske's more recent recruiting classes, Fluker was named to the NCAA All-American team in 2021. She won three Sun Belt Conference Championships in two events – shot put and hammer throw – over a three-year span while with the program. The seven-time All-Sun Belt selection and two-time Sun Belt Most Outstanding Field Performer broke multiple program records, including her own, in the hammer throw (70.02m/229-08) and shot put (16.22m/53-02.75) events. Fluker set a NCAA record with her 70.02m hammer throw which qualified her for the 2021 US Olympic Trials. She went on to finish 11th in the Olympic Trials Finals in Eugene, Ore., in the summer of 2021.

A remnant of Brueske's first recruiting class at the university, Schwartz was a three-time NCAA All-American, a USTFCCA Division I Academic All-American, a three-time SBC outdoor heptathlon and two-time indoor pentathlon champion, the 2011 SBC Most Outstanding Female Field Performer and the 2011-12 USA Female Student-Athlete of the Year. After post-

ing a then-school-record 5,606 points in the heptathlon at the Texas Relays, Schwartz qualified to compete at the 2012 United States Olympic Trials in Eugene, Ore., where she set a new school record with 5,614 points through seven total events for 14th overall.

12 Sun Belt individual champions in throwing events under Brueske include: Prinsloo (discus, 2021, 2022; weight throw, 2022), Sebastian Loschner (outdoor shot put, 2022), Rickssen Opont (indoor shot put, 2020, outdoor shot put 2021), Michaela Preachuck (weight throw, 2018; hammer, 2018-19), Fluker (indoor shot put, 2019-20; outdoor shot put 2019, hammer throw 2021), Hanna-Mai Vaikla (javelin, 2018), Frechou (hammer, 2014-15), Leah Hixon (javelin, 2014), Kotze (discus 2013-15), Angela McCord (javelin, 2010), Joey Torres (discus, 2010-12; hammer, 2011; weight throw, 2011), and Bobbie Williamson (hammer, 2013).

In all, 39 Jaguars have qualified for the NCAA regional round in the throws events, with six advancing to the national championships. Fluker earned a Second-Team All-American accolades in her first postseason appearance, which was followed by a US Olympic Trials Finals appearance. Prinsloo received second-team All-American honors in his first NCAA Championship appearance. Frechou would pick up first-team All-American accolades after finishing seventh in his first trip to the NCAA Outdoor Championships, then improving the following season finishing fifth, while Torres – a native of Bayamon, Puerto Rico – set a national record in the discus with a mark of 56.23m that also broke the Sun Belt record. Kotze was a first-team All-American in 2016 placing fifth in the discus at the NCAA Outdoor Championships.



The Jaguars have experienced academic success under Brueske's watch as well. South has been named a USTFCCA All-Academic Team on eight occasions, while the Jags have received the team award for the highest grade-point average in the Sun Belt including sweeping honors for both women and men during the 2014-15 academic year. A total of 16 individuals have received all-academic recognition from the USTFCCA, and Kotze became the first member of the men's program to be named Academic All-American by the College Sports Information Directors of America and was awarded the Elite 90 Award as the top student-athlete GPA at the 2016 NCAA Outdoor Championships. The men's team has won top academic Sun Belt honors for the best men's track team GPA three consecutive years (2015-17).

Formerly the head coach of the boys' track program at St. Paul's Episcopal High School in Mobile, Ala., Brueske led the team to back-to-back Alabama High School Athletic Association Class 5A outdoor state championships in 2006 and 2007. The Saints were also the 2007 indoor champions. Additionally, 15 student-athletes earned individual state titles during his tenure.

Prior to his arrival at St. Paul's High, Brueske worked with the UMS-Wright Preparatory track & field program in Mobile, helping the Bulldogs to three consecutive state high school championships in both the girls and boys divisions. At UMS-Wright, he primarily coached the field events and worked with 15 individual 4A state champions in the throws, high jump and pole vault. He helped

UMS-Wright athletes establish new school records in the pole vault, javelin and shot put. Brueske was also an assistant with the UMS-Wright varsity football team that compiled a 38-4 winning record and won the 2002 4A state championship.

Brueske spent two seasons (2000-02) as the field events coach at Ferris State University in Big Rapids, Mich. At Ferris State, he produced 14 NCAA qualifiers, three All-Americans and 22 all-conference performers. As an assistant coach, Brueske was in charge of recruiting and coaching all field event athletes.



COACHING STAFF

He also helped design strength training programs for the Ferris State golf, hockey and volleyball programs.

A native of Gulf Breeze, Fla., Brueske began coaching at McGill-Toolen Catholic High School in Mobile, where he spent three seasons. As the assistant head coach, Brueske helped build McGill-Toolen into a 6A county and sectional champion.

A 1998 graduate of South Alabama where he was a member of the track team, Brueske holds USA Track & Field Level II certification in the throwing, jumping and combined events. He is a certified specialist in Sports Conditioning by the International Sports Science Association, a USA (Olympic) weightlifting certified club coach, and a USA Track & Field Level I Instructor. He worked for five years as strength coach for the tennis program at the University of South Alabama. He is a member of the Optimist Club of Mobile and the National Throws Coaches Association. Brueske is also the USA Track & Field Coaching Education Chairman in Alabama. He has been named a Certified Throws Specialist by the United States Track and Field and Cross Country Coaches Association. He is also a USAW Certified Sports Performance Coach, USTFCCA Certified Track and Field Technical Coach, and he formerly served as Coaches Education Chairman for the state of Alabama.

US Olympic Trial Qualifiers Under Brueske



Autavia Fluker - 2021



Lindsay Schwartz - 2012



AARON JAMES

Assistant Coach — Combined Events / Vertical Jumps

Aaron James was named assistant track and field coach in October 2012. James came to South Alabama with 30-plus years of track and field experience with his USATF Level I Coaching Certification. He is responsible for jumps, combined events and men's pole vault for the Jaguars.

Most recently, James' tenure has been highlighted by the performance of Kyle Rademeyer. The standout pole vaulter placed eighth at the 2022 NCAA Division I Outdoor Championships, is a two-time All-American, and holds the school record in both the indoor and outdoor pole vault event.

James joined the staff coming from a private real estate business and serving at Athens Christian School in Athens, Ga., where he was as an assistant coach and teacher. While at ACS, he specialized in sprints, pole vault, and relays while also coaching women's basketball and junior varsity football. He also led the boys' and girls' track and field teams to six Class A state titles.

Prior to that, James was an assistant coach at Georgia from 1999-2006, where he handled recruiting and developed the training regime for pole vault and combined events. During his stint there, the Bulldog women's team won the 2006 Southeastern Conference indoor and outdoor championships. He coached three individual NCAA national champions, as well as 13 NCAA All-Americans and six academic All-Americans. Hyleas Fountain and Thorey Ellisdottir went on to become Olympians as Hyleas finished with a silver medal in the heptathlon in 2008 and Thorey — who set the NCAA indoor pole vault record in 2001 — finished fifth for Iceland in the 2004 games. They were both NCAA Champions for Georgia in these events. Hyleas also won the NCAA outdoor long jump and Fanni Juhasz picked up a championship in the indoor pole vault.



From 1994-99 James was an assistant at Clemson, where he performed similar duties. There he developed the training program for all field and multi-event student-athletes. While there, Clemson's men's team amassed five Atlantic Coast Conference championships – three indoor and two outdoor – and had two NCAA All-American student-athletes. Olympian Sean Crawford was a top recruit and performer for the Tigers winning gold in the 200m in Athens Greece in 2004. He also picked up silver in the 4x100m relay in 2004 and in the 200m at the 2008 Olympics. Duane Ross and Carlton Chambers were fellow Tigers and Olympians.

James began his coaching career in Brownfield Texas in 1983, teaching and coaching football, girls' basketball, track and field, and volleyball at the local junior high school. James says he had a "nice introduction to his career" by having Sheryl Swoopes, WNBA MVP and Olympic gold medalist, as one of his first seventh grade athletes.

In 1984, James became the Athletic Coordinator at Woodsboro Junior High School, coaching football, basketball and track and field, helping the varsity team to a regional championship. In a move closer to home, James coached pole vaulters at Big Spring High School in Big Spring, Texas, in 1985. From there he went on to a graduate assistant position for men's and women's track at Baylor from 1986-87 under track coaching legend Clyde Hart. 1996 Gold medalist and World Record holder Michael Johnson was a freshman member of a team that finished top 10 at the NCAA Championships.

He also served as an assistant coach as well as assistant to the athletic director at Wayland Baptist in Plainview, Texas, for two years. The team amassed three National Championships, two runner-up finishes, 66 NAIA All-Americans, 20 national event champions and his first Olympic medalist. Olympian Devon Morris took silver in the 1988 games on Jamaica's 4X400m relay. His final stop before Clemson was a stint as assistant coach at Liberty University in Lynchburg, Va., from 1989-94. Where he helped develop three NCAA All-Americans, seven IC4A event champions, 22 Big South event champions and 29 school records. Todd Pettyjohn set an NCAA event record in the decathlon pole vault for the Flames, a first for James.

In addition to that coaching experience, James has also served as USATF Pole Vault Development Chair and has worked in camps and clinics. During his time at Georgia, he directed the UGA pole vault camps. He has also managed and directed meets and has assisted in officiating and results.

LYNDELL FARMER

Assistant Coach — Women's Pole Vault / Combined Events / Vertical Jumps

Lyndell Farmer came to South Alabama in 2011 from St. Paul's Episcopal School in Mobile Ala., where he served as boys' and girls' assistant track coach since 2002. Farmer is a USA Track & Field (USTFA) Level I Certified Coach who was recently awarded with U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) certification in Sprints and Hurdles.

Most recently, Farmer worked with 2019 Sun Belt Conference 110-meter hurdle champion Hunter Appling, who broke the school record at the outdoor championships. Appling also scored in the 60-meter hurdles at the 2019 Sun Belt Indoor Championships while posting the seventh fastest time in program history.

Farmer also worked alongside Head Coach Paul Brueske, as the two coached the St. Paul's boys' and girls' teams to back-to-back state championships in 2006 and '07 during Brueske's tenure with the Saints. After Brueske was hired by South Alabama, however, Farmer remained as the Saints' girls' team stretched their dominance through 2008, '09 and '10, and the boys' team also claimed state titles in 2008 and '10.

Prior to his tenure at St. Paul's, Farmer served as the boys' and girls' assistant track coach at Mobile Christian School, where he helped the Leopards' boys' team to three straight state titles in 2000, '01 and '02.



While at Mobile Christian, Farmer coached eventual South Alabama decathlete Brandon Oliver, who was the 2004 Sun Belt Conference Indoor pole vault champion. Also, Jag decathlete and pole vaulter Ashton Krause was a product of Farmer's at St. Paul's. Krause's younger brother, Taylor, also a Jag vaulter, received numerous accolades under the coaching tenure of Farmer.

Farmer's 2013 highlights include helping improve times in the men's and women's relays, hurled and pole vault. He oversaw four NCAA qualifiers in jumping events -- Briana Aiken, Shayna McCarver, Connor Smith and Nick Farrell. He also coached SBC Champions Leah Hixon in the heptathlon and Farrell in the pole vault.



COACHING STAFF



PARKER COWLES

Assistant Coach — Distance / Head Cross Country Coach

Parker Cowles joined the South Alabama Athletic program on Sept. 14, 2017. He serves as the head coach of both the Jaguar men's and women's cross country teams and as an assistant coach with the track and field team developing the distance runners.

Cowles' tenure has been highlighted by standout runner Kirami Yego. Yego earned All-America honors in the 2022 cross country season, finishing 37th at the NCAA XC Championships. He finished in the top-100 at the NCAA Cross Country Championships in 2021, and was named first-team All-Sun Belt for his performances in the 5000m and 10,000m in the 2022 outdoor season.

Cowles brought seven years of collegiate coaching experience to Mobile and was most recently an assistant coach for the track and field and cross country teams at the University of Texas-Rio Grande Valley working with the middle and long distance student-athletes.

In one season at UTRGV, Cowles coached two Western Athletic Conference champions, Jennifer Zapata and Krysta Martinez, each of whom also set individual UTRGV records (Zapata in the 3000m steeplechase and Martinez in the 1500m). Cowles also coached the women's distance medley relay team to its fastest time in program history.

Before arriving in Edinburg, Texas, Cowles held coaching positions at the United States Air Force Academy, Barton County Community College and Idaho State University.

During the 2015-16 season – his only season coaching at the Air Force Academy – Cowles served as the track and field team's Director of Operations. He was responsible for home meet planning and execution, and managed team logistics to include travel and coordination of training schedules. He also advised the Head Cross Country coach on aspects pertaining to cadet military life and assisted with administering workouts as needed. With his assistance, the men's team won the Mountain West Cross Country championship and each of the men's and women's programs posted a NCAA Division I Cross Country All-American.

Prior to his time at Air Force, Cowles spent two seasons at Barton County Community College in Great Bend, Kan., as a cross country coach and track and field assistant coach. While there, he developed the women's 2014 NJCAA Cross Country Champion, Lydia Mato. Over his two seasons he also coached 16 NJCAA National Champions and 24 NJCAA Track & Field All-Americans.

Cowles began his coaching career as a graduate student/assistant coach at Idaho State, where he spent three seasons as an assistant cross country and track and field coach focusing on all steeplechase, 5,000m and 10,000m student-athletes. He guided Audrey Urlacher to a Big Sky Championship in the 5000m run in 2011 and also a seventh-place finish at the USATF Junior National Championships. While in Pocatello, Id., Cowles also guided five women's and four men's NCAA West Regional track & field qualifiers. In his first year at Idaho State, Erica Wendt-Richardson became the school's first women's cross country runner to win the Big Sky Cross Country championship. That same year, the Bengal women placed third at the Big Sky Championships.

After going to high school at Ramstein Air Force Base in Germany, Cowles earned his Bachelors of Science in American History from the U.S. Air Force Academy in 2009 and his Masters of Physical Education in Sports Administration and Leadership from Idaho State University in 2011.

As a student-athlete at the Air Force Academy, Cowles earned eight varsity letters as a Division I long distance runner and competed in six Mountain West cross country and track and field championships, where he recorded two podium finishes. Cowles was a runner-up at the 2008 Drake Relays in the 10,000 meters. His career best in the 10,000 meters was 30:31 at the 2009 Mt. SAC Relays, while his best in the 5,000 meters was 14:35 and his best in the 3,000 meters was 8:33.

After graduating from the Academy, Cowles served a brief stint as an Air Force officer. He planned Columbus Air Force Base public relation events and coordinated and scheduled media coverage for the annual air show. He also wrote articles for the Columbus Air Force Base weekly paper, Silver Wings.

Cowles joins the USA coaching family with his wife Emily and their two children.

COACHING STAFF



REAGEN BEAL
Assistant Coach — Sprints / Hurdles / Horizontal Jumps

Reagen Beal joined the Jaguar coaching staff in July 2022 after coaching at USC Upstate the previous three years. Beal has received USTFCCCA Strength and Conditioning, Science of Speed Power Events and Technical certifications.

During his time at USC Upstate, Beal coached seven NCAA First Round qualifiers, 11 Big South champions, 26 all-conference performers, and the Big South record holders in the men's 110m hurdles (13.49) and the women's 100 meters (11.41) – each beating the previous record by over one second.

Prior to USC Upstate, Beal serves as an assistant coach at McKendree University from August 2015 – May 2018. Under Beal, the team produced 11 NCAA DII All-Americans and seven GLVC Conference Athlete of the Year distinctions. In addition to the results, Beal was responsible for creating and directing the training program for the student-athletes.

Beal served as a volunteer sprint coach at Kennesaw State for the 2014-15 season. At each of his previous three stops, he has coordinated recruiting visits and collaborated with the academic faculty to improve the team's overall GPA.

Beal received a bachelor of science in psychology from Kennesaw State University in 2014. He continued his education, earning a masters in clinical mental-health counseling from McKendree University in 2018. In addition to his work as a track coach, Beal has experience working as a residential mentor at IMG Academy and as a Counselor at Refuge for Kids.

VOLUNTEER ASSISTANT COACHES



HANAH HIGGINS
Coaching Intern – Throws



ROELOF SWANEPOEL
Long Sprints



CROSS COUNTRY ROSTERS & RESULTS

2022 Cross Country Rosters

WOMEN

Name	Ht.	Class	Hometown (Previous School / High School)
Clervie Chagot	5-0	So.	Bretagne, France (Lycée Sévigné)
Starlynn Costa	5-2	Sr.	South St. Paul, Minn. (University of Mary)
Shay Lee	5-4	Sr.	Bradenton, Fla. (Lakewood Ranch HS)
Macy Livingston	5-5	So.	The Woodlands, Texas (Medina Valley HS)
Adele Magaud	5-6	Jr.	Martigues, France (College Marcel Pagnol / Lycee Paul Langevin)
Saraphine Spalding	5-4	So.	Webberville, Mich. (Webberville HS)
Emma Tonsberg	5-8	So.	Lemvig, Denmark (Lemvig Gymnasium)
Abbey Weitenbeck	5-6	Jr.	Huntsville, Ala. (Huntsville HS)

MEN

Name	Ht.	Class	Hometown (Previous School / High School)
Lance Cunigan	5-11	Jr.	Kellytown, Ala. (Benjamin Russell HS)
Giacomo Deluca III	6-0	Gr.	Newark, Del. (Mississippi State)
Tyler Doty	5-11	So.	Cumming, Ga. (West Forsyth HS)
Teagan Flanagan	5-8	Jr.	Wichita, Kan. (Hutchinson CC / Kingman HS)
Xavier Johnson	6-1	So.	Victoria, Australia (Cornish College)
Amos Pkemoi	5-4	Fr.	West Pokot, Kenya (St. Daniel Comboni Kaptabuk)
Nate Pudner	5-11	Sr.	Auburn, Ala. (Auburn HS)
Jake Thompson	6-3	Fr.	Brookhaven, Miss. (Brookhaven HS)
Kirami Yego	5-10	So.	Kapenguria, Kenya (St. Anthony's Boys HS)

Coaching staff

Head Coach (Cross Country): Parker Cowles (Air Force, '09)

Head Coach (Track & Field / Cross Country): Paul Brueske (South Alabama, '98)

2022 Cross Country Results

WOMEN

Date	Meet	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 9 (Fri.)	Azalea City Classic	Mobile, Ala.	5k	1st	Adele Magaud	1st	19:02.6
Sept. 16 (Fri.)	South Region Preview	Huntsville, Ala.	5k	22nd	Adele Magaud	20th	17:13.69
Sept. 30 (Fri.)	Joe Piane Invitational	Notre Dame, Ind.	5k	15th	Adele Magaud	7th	17:10.9
Oct. 14 (Fri.)	Crimson Classic	Tuscaloosa, Ala.	6k	14th	Adele Magaud	13th	20:47.9
Oct. 28 (Fri.)	Sun Belt Conference Championship	Foley, Ala.	5k	7th	Adele Magaud	10th	17:38.8
Nov. 11 (Fri.)	NCAA South Regional	Huntsville, Ala.	6k	—	Adele Magaud	35th	20:43.3
Nov. 19 (Sat.)	NCAA Championships	Stillwater, Okla.	6k	—	—	—	—

MEN

Date	Meet	Location	Distance	Team Finish	Top Individual	Finish	Time
Sept. 9 (Fri.)	Azalea City Classic	Mobile, Ala.	5k	1st	Xavier Johnson	1st	15:38.8
Sept. 16 (Fri.)	South Region Preview	Huntsville, Ala.	8k	9th	Kirami Yego	2nd	23:25.64
Sept. 30 (Fri.)	Joe Piane Invitational	Notre Dame, Ind.	5 mile	8th	Kirami Yego	1st	23:23.2
Oct. 14 (Fri.)	Crimson Classic	Tuscaloosa, Ala.	8k	6th	Kirami Yego	2nd	23:25.4
Oct. 28 (Fri.)	Sun Belt Conference Championship	Foley, Ala.	8k	3rd	Kirami Yego	1st	22:55.9
Nov. 11 (Fri.)	NCAA South Regional	Huntsville, Ala.	10k	—	Kirami Yego	T-3rd	29:28.7
Nov. 19 (Sat.)	NCAA Championships	Stillwater, Okla.	10k	—	Kirami Yego	37th	29:34.2



AZALEA CITY CLASSIC — Sept. 9

Host: South Alabama

Brookley by the Bay | Mobile, Ala. | Women's 5k | Men's 5k

The South Alabama men's and women's cross country teams each took the top spot in their respective races at the Azalea City Classic on Friday evening at Brookley by the Bay.

Adele Magaud was the top finisher in the women's 5k, repeating her performance from last year's event and crossing the finish line in 19:02.6. Emma Tonsberg, Abbey Weitenbeck and Clervie Chagot rounded out the top 5 to help give the Jaguars the victory.

On the men's side, Xavier Johnson earned his first victory for South Alabama. He recorded a time of 15:38.8 in the 5k race. Fellow freshman Amos Pkemoi and redshirt freshman Tyler Doty also finished in the top five with times of 15:41.7 and 16:26.3, respectively.

NOTES

- This was the first race of the season for the Jaguars, who have three more races before the Sun Belt Conference Championships in Foley, Ala.
- The race marked the 48th running of the Azalea City Classic.
- The win was Magaud's second career victory, each coming at the Azalea City Classic.
- Tonsberg posted a new personal best in the 5k, beating her previous time by 12 seconds.
- This was the first career race for Johnson, Pkemoi, Doty and Jake Thompson.
- This was the first race at South Alabama for Giacomo DeLuca III, who transferred from Mississippi State.
- Johnson's victory in the men's race marks the fifth straight time, and eighth in the last ten years, a South Alabama runner has paced the field.
- Magaud's win means a Jaguar runner has won the women's race at the Azalea City Classic for the last eight years.

SOUTH REGION PREVIEW — Sept. 16

Host: North Alabama

John Hunt Cross Country Running Park | Huntsville, Ala. | Women's 5k | Men's 8k

South Alabama runners Kirami Yego and Teagan Flanagan each opened up their 2022 season with new personal bests and a top-5 finish, and the men's team finished ninth, as the men's and women's cross country teams competed at the North Alabama Showcase at John Hunt Park Friday morning.

Yego and Flanagan put up performances that place in the top-10 all-time at South Alabama for the men's 8k event. Redshirt freshman Tyler Doty and freshmen Xavier Johnson, Amos Pkemoi and Jake Thompson competed in the first 8k race of their collegiate careers, helping the men's team to their top-10 finish.

On the women's side, Adele Magaud paced the Jaguars, finishing 20th with a time of 17:13.69, a new personal best. Abbey Weitenbeck, Clervie Chagot and Emma Tonsberg all set new career highs as well, as the women's team raced to finish 22nd out of 39 teams.

Alabama, Kentucky and Georgia Tech finished 1-2-3 in both the men's and women's competitions. The Crimson Tide scored 74 points on the men's side and 73 points on the women's side. Kentucky's Perri Bockrath finished first among the women, crossing the line in 16:24.54, while Victor Kiprof of Alabama won the men's race in 23:18.30.

NOTES

- Yego's performance ranks third all-time for a South Alabama runner in the 8k. He passes Micah Tirop and his time of 23:27 at the Brook's Memphis Twilight Classic in 2006.
- Flanagan moved into the all-time top-10 as well. His time of 23:35 is good for eighth in the Jaguar history books.
- Yego and Flanagan improved on their finishes at this event last season by two and five spots, respectively.
- Yego set a new personal best in the 8k, beating his previous time by 18 seconds.
- Flanagan also set a new personal best by 50 seconds, beating his time of 24:24 set at last year's Live in LOU Classic.
- This was the first collegiate 8k race for Pkemoi, Johnson, Doty and Thompson.
- Magaud, Weitenbeck and Chagot beat their previous personal bests by over 15 seconds.
- Tonsberg improved on her personal best by five seconds.
- All five runners on the women's side improved on their times they set at the Azalea City Classic last week.
- John Hunt Park will host the NCAA South Regional Championships on Nov. 11.



CROSS COUNTRY REVIEW

JOE PIANE INVITATIONAL — Sept. 30

Host: Notre Dame

Burk Golf Course | South Bend, Ind. | Women's 5k | Men's 5 Mile

South Alabama runners Kirami Yego and Teagan Flanagan took the top two spots in the men's gold 5-mile race, and Adele Magaud finished seventh in the women's gold 5k race at the Joe Piane Invitational held at Burk Golf Course in South Bend, Ind., Friday afternoon.

The men's team placed in the top-10 for the third time this season, finishing eighth. Along with Yego and Flanagan, freshmen runners Amos Pkemoi, Xavier Johnson, Tyler Doty and Jake Thompson raced in their first 5-mile competition of the season.

Magaud once again set a new personal best with a time of 17:10.9, surpassing her time of 17:14 at the North Alabama Showcase two weeks ago. Clervie Chagot beat her previous personal best by only one second, while Emma Tonesberg cleared her old personal best by three seconds. These performances helped the women's team to a finish just inside the top-15.

Youngstown State placed atop the men's gold 5-mile group with 60 points. UC Riverside and IUPUI placed second and third with 113 and 123 points, respectively. Ed Buck of San Francisco rounded out the top three with a time of 24:01.5. In the women's race, Nebraska's Alea Hardie placed first with a time of 16:44.2. Camila Noe of Montana State finished second at 16:57.4, and Collette Lowengrub from UC Riverside finished third with a time of 17:03.4. The top three teams were separated by only five points. Nebraska had 70, Cal Poly close behind at 71 points and Montana State finished third with 75.

NOTES

- Yego notched his fourth first-place finish of his career and eighth top-five finish.
- This is the second time Yego and Flanagan have finished as the top two runners in the same race. The only other time was in the Azalea City Classic on Sept. 10, 2021.
- Yego and Flanagan led throughout, holding the top two positions at each of the splits throughout the race.
- This was the first 5-mile race for the men this season.
- Magaud moved up two spots in the final 1000m of the race.
- South's runners continue to improve on the season. Three on the women's team set new personal bests, and two runners on the men's team (Yego and Doty) beat their comparable 8k personal bests.
- The men's and women's teams improved on their finishes from the last time they ran a race hosted by Notre Dame (2006). The men moved up from 12th to eighth, and the women improved from 20th to 15th.
- Magaud, Tonesberg and Chagot set new personal bests in the 5k for the second time this season.

CRIMSON CLASSIC — Oct. 14

Host: University of Alabama

Harry Pritchett Running Course | Tuscaloosa, Ala. | Women's 6k | Men's 8k

South Alabama cross country runner Kirami Yego (23:25.4) finished second for the second time this season, while Teagan Flanagan (23:57.3) finished seventh in the men's 8k, and Adele Magaud placed 13th in the women's 6k to pace the Jaguars at the Crimson Classic held at the Harry Pritchett Running Course Friday morning.

The men's team placed in the top-10 for the fourth time this season, finishing sixth. Along with Yego and Flanagan, Amos Pkemoi finished in the top-30 in the 8k race with his time of 24:48.9. Magaud finished in the top 20 for the fourth time this season with a time of 20:47.9, a new personal best in the 6k and a top five time in school history.

Alabama took first place in both the men's and women's races. Victor Kiprof of Alabama placed first in the men's 8k with a time of 23:16.9. He was followed by Yego, and Ahmed Muhumed, running unattached, finished third (23:30.3). On the women's side, Alabama took the top three finishes. Amaris Tyynismaa took the top spot with a time of 19:39.8. Hilda Olemomoi and Mercy Chelangat finished quickly behind their teammate with times of 19:40.0 and 19:42.1, respectively.

NOTES

- Yego tied his personal best in the 8k
- His time of 23:25 tied his effort at the North Alabama Showcase earlier this year for fourth place all time in school history for the distance
- This was Yego's third finish in the top two this season
- Flanagan has finished in the top-10 in all of his races this season (three)
- Pkemoi had his fourth top-50 finish of the fall
- Tyler Doty (26:42.5) beat his previous personal best by one second
- Lance Cunigan competed in his first race of the season and Giacomo DeLuca II ran in his second collegiate race
- This was the first 6k race for the women's team this season
- Magaud's time is good for second-fastest in the distance in program history, surpassing Andonet Cheruiyot's time of 20:49 ran at the Blazer Classic in Monetvallo, Ala. (10/18/19)

CROSS COUNTRY REVIEW



SUN BELT CONFERENCE CHAMPIONSHIPS — Oct. 28

Host: Foley Sports Tourism

Graham Creek Nature Preserve | Foley, Ala. | Women's 5k | Men's 8k

South Alabama men's runner Kirami Yego won his second straight individual title, while Teagan Flanagan (first team) and Adele Magaud (second team) also earned all-conference honors Friday afternoon at the Sun Belt Cross Country Championships held at the Graham Creek Nature Preserve.

Yego crossed the line in the men's 8k in 22:55.9, a new Sun Belt Conference Championship meet record in the 8k, besting the previous record set by Nicholas Aliwell (23:25.48) of Western Kentucky in 1996, the first year the competition ran the 8k. Yego's time is also a new school record in the distance, eclipsing Vincent Rono's time of 23:05 set in 2006.

Flanagan placed second with a time of 23:38, while Amos Pkemoi and Giacomo DeLuca II finished in the top-20 as well with times of 25:18.5 and 25:20.3, respectively. DeLuca's time was a personal best this season.

The Jag women were paced by Magaud who crossed the line with a time of 17:38 to finish 10th.

South Alabama's men's team finished third with 58 points, marking the second-straight year the Jaguars have placed third at the conference championships, while the women finished seventh.

NOTES

- Yego ran the first ever sub-23-minute 8k race in Jaguars history
- Yego became the first runner in South Alabama history to be named first-team all-conference three separate times, since the conference began separating the all-conference teams in 2012.
- Yego was the first repeat individual conference champion for South Alabama since Micha Triop (07-08), and the first league runner to do so since Coastal Carolina's Nadeel Wildschutt, who won the title in 2017, '18 and '19
- With the repeat performance, Yego becomes the seventh male runner to win multiple Sun Belt individual titles
- Yego's time was 56 seconds faster than his winning effort in last year's championship race (23:51.3)
- South Alabama still holds the most Sun Belt team titles among current conference members with nine.
- This is the second straight year the men's team has finished third.
- This is the third time the men's team has had two runners, earn first-team all-conference honors in the same season since 2014 and '15 when
- Yego has finished first or second in all four of his races this season
- Flanagan's time was the fifth-fastest time for the team this season at the 8k distance
- Magaud's time was the third fastest of the season for her and for South Alabama
- The women's team has placed in the top-10 at the Sun Belt Championship for 15 straight years, dating back to 2008. In that timeframe, they have not finished below seventh
- The second-team honor marks Magaud's second all-conference accolade, as she earned first-team honors last fall
- Tonsberg set a new personal best by seven seconds
- Chagot also set a new personal best in the 5k, besting her previous best of 18:52 set at the Joe Piane Invitational earlier this season

NCAA SOUTH REGIONAL — Nov. 11

Host: North Alabama and assisted by the Huntsville Sports Commission and the City of Huntsville

John Hunt Cross Country Running Park | Huntsville, Ala. | Women's 6k | Men's 10k

South Alabama cross country runners Kirami Yego and Teagan Flanagan both recorded top-10 finishes in the men's 10K race Friday morning at the NCAA South Regional held at the John Hunt Cross Country Course and hosted by the University of North Alabama with assistance from the Huntsville Sports Commission and the City of Huntsville.

Yego (29:28.70) – who tied with Tennessee's Dylan Jacobs – earned an automatic advancement to the NCAA Championships meet held in Stillwater, Okla., next Saturday, while Flanagan's time of 29:48.90 and 10th-place result position him for a possible at-large selection to the championship event.

Adele Magaud also had a solid showing at the regional as she finished 35th with a time of 20:43.30.

NOTES

- Yego now qualifies for the NCAA Championships for the second-straight year, the first male runner to do so since Micah Triop who did so 2007-09
- Yego's third-place finish marked his second-straight top-10 placement at the regional as he also finished eighth at last fall's regional meet
- The third-place finish by Yego is the highest by a male runner since Tonny Okello placed second at the 2006 meet, which is also the last time South had two runners record Top-10 finishes at the regional as Vincent Rono placed close behind Okello in fourth
- Okello (first) and Rono (fifth) also placed inside the top 10 at the 2005 regional meet
- Yego joins Triop (2007-09), Okello (2004-06) and Rono (2005-06) as the only runners in program history to do so in consecutive seasons
- Should Flanagan earn an at-large selection to the NCAA Championships, it will mark the first time since the 2009 season and just the fourth in program history, in which South Alabama has had multiple runners advance to the event in the same season
- Zach Edwards and Triop last did so during the 2009 season
- Yego's time marked a new personal best in the distance, while it was also the fifth-fastest 10k time in program history
- Yego has now finished third or better in all four of his races this season and the third-place finish marked the 11th Top-10 placement of his career, of which 10 have been in the top 5
- Flanagan also set a new personal best 10K time, while is now just three spots behind Yego in eighth on South's all-time list
- Flanagan has finished inside the top 10 in all four of his races this fall and six times in his two seasons at South
- Magaud – who set a new personal best – and her time of 20:43.3 in the 6k marked the fastest time ever run in the 6k at an NCAA Regional by a Jaguar female
- It was also the second-fastest time in program history in the distance
- The finish marked the 15th top 35 finish in Magaud's 20 career cross country races
- Magaud improved her time at the event by nearly a minute and moved up 25 spots from a season ago, as she finished 61st with a time of 21:31 at the 2021 postseason event



CROSS COUNTRY REVIEW

NCAA CHAMPIONSHIPS — Nov. 19

Host: Oklahoma State

Griener Family OSU Cross Country Course | Stillwater, Okla. | Women's 6k | Men's 10k

South Alabama cross country runner Kirami Yego was named an All-American after competing in his second straight NCAA Cross Country Championships, hosted by Oklahoma State University at the Griener Family OSU Cross Country Course Saturday morning. Teagan Flanagan also competed in his first NCAA Division I championship race after receiving an at-large bid.

Yego crossed the finish line in 29:34.2, a time that is seventh in program history in the 10k distance. He finished in 37th place, and he is the first Jaguar runner to be named All-American since Tonny Okello in 2005.

Flanagan ran in his first NCAA Championships after being named a NJCAA All-American multiple times before transferring to South Alabama. He crossed the line in 122nd place with a time of 30:25.2.

Charles Hicks of Stanford was the individual champion, crossing the line in 28:43.6. Northern Arizona won the team competition for the third straight year and six out of the last seven seasons. Both Northern Arizona and Oklahoma State scored 83 points, but Northern Arizona won the head-to-head tiebreaker.

NOTES

- Yego improved 15 spots, from 41st to 26th, between the 3k and 4k marks.
- Yego was 28th at the end of 8k, and Flanagan was in 108th.
- Yego is the fourth runner in school history to be named an All-American. He joins Tonny Okello (2004, 2005), David Kimani (1999) and Jeff Campbell (1991).
- His time is the second-fastest of his career in the 10k.
- Yego now owns three of the top-10 times in the 10k distance in school history.
- He also owns three of the top-10 times in the 8k distance.
- Flanagan was the 10th different Jaguar runner to participate in the NCAA Championships.
- Flanagan also recorded the second-fastest 10k time of his career at South Alabama.
- This was the first ever tie-breaker finish in NCAA Cross Country Championship history.
- Stanford's Hicks set a new course record with his time of 28:43.6.- His finish was the highest by a South runner at the meet since Zac Edwards finished 79th during the 2009 season.



Xavier Johnson, Jake Thompson and Giacomo DeLuca

WOMEN'S CROSS COUNTRY STATS



AZALEA CITY CLASSIC

5k | Sept. 9, 2022 | Brookley by the Bay – Mobile, Ala.

2 Teams | 21 Runners

Team Results

1. South Alabama (17); 2. Mobile (38)

Individual

Top 10 Results

1. Adele Magaud, South Alabama (19:02.6); 2. Emma Tonsberg, South Alabama (19:08.4); 3. Starlynn Costa, unattached (19:08.6); 4. Abbey Weitenbeck, South Alabama (19:20.1); 5. Clervie Chagot, South Alabama (19:45.2); 6. Madeline Knightly, Spring Hill (21:03.2); 7. Madelyn Gortemoller, Mobile (21:51.4); 8. Kayley Burgess, Mobile (22:23.5); 9. Catherine Dule, Spring Hill (22:29.7); 10. Shay Lee, South Alabama (22:53.0)

South Alabama Results

1. Adele Magaud (19:02.6); 2. Emma Tonsberg (19:08.4); 4. Abbey Weitenbeck (19:20.1); 5. Clervie Chagot (19:45.2); 10. Shay Lee (22:53.0)

South Alabama Unattached Results

3. Starlynn Costa (19:08.6)

SOUTH REGION PREVIEW

5k | Sept. 16, 2022 | John Hunt Cross Country Running Park – Huntsville, Ala.

39 Teams | 389 Runners

Team Results

1. Alabama (73); 2. Kentucky (78); 3. Georgia Tech (110); 4. Auburn (125); 5. Kennesaw State (189); 6. Southern Miss (196); 7. Lee (Tenn.) (204); 8. Eastern Kentucky (251); 9. UCF (255); 10. Samford (264).
22. South Alabama (615)

Individual

Top 10 Results

1. Perri Bockrath, Kentucky (16:24.54); 2. Hilda Olemomoi, Alabama (16:30.02); 3. Tori Herman, Kentucky (16:33.65); 4. Liz Galarza, Georgia Tech (16:38.96); 5. Jone Zabaleta Larranaga, Eastern Kentucky (16:41.90); 6. Gene Coetzee, Auburn (16:42.76); 7. Helena Lindsay, Georgia Tech (16:49.08); 8. Oliwia Wawrzyniak, Southern Miss (16:50.33); 9. Elka Machan, Alabama (16:56.30); 10. McKenzie Hogue, Samford (16:56.69).
20. Adele Magaud, South Alabama (17:13.69)

South Alabama Results

20. Adele Magaud (17:13.69); 133. Abbey Weitenbeck (18:43.47); 150. Clervie Chagot (18:53.34); 171. Emma Tonsberg (19:03.32); 328. Shay Lee (21:55.05).

JOE PIANE INVITATIONAL

5k | Sept. 30, 2022 | Burk Golf Course – South Bend, Ind.

19 Teams | 168 Runners

Team Results

1. Nebraska (70); 2. Cal Poly (71); 3. Montana State (75); 4. Pittsburgh (153); 5. UC Riverside (170); 6. San Diego State (182); 7. Milwaukee (221); 8. Youngstown State (236); 9. Texas Tech (248); 10. Western Michigan (264).
15. South Alabama (384)

Individual

Top 10 Results

1. Alea Hardie, Nebraska (16:44.2); 2. Camila Noe, Montana State (16:57.4); 3. Collette Lowengrub, UC Riverside (17:03.4); 4. Julia Heckey, Cal Poly (17:06.1); 5. Morgan Cole, Youngstown State (17:07.6); 6. Jessica Kain, San Diego State (17:08.4); 7. Adele Magaud, South Alabama (17:10.9); 8. Kayla Schiera, Western Michigan (17:11.5); 9. Mya Dube, Montana State (17:16.8); 10. Brynna McQuillen, Nebraska (17:18.4)

South Alabama Results

7. Adele Magaud (17:10.9); 78. Clervie Chagot (18:52.0); 88. Emma Tonesberg (19:00.9); 89. Abbey Weitenbeck (19:01.1); 145. Shay Lee (21:56.6).



WOMEN'S CROSS COUNTRY STATS

CRIMSON CLASSIC

6k | Oct. 14, 2022 | Harry Pritchett Running Course – Tuscaloosa, Ala.
19 Teams | 207 Runners

Team Results

1. Alabama (26); 2. Auburn (79); 3. Mid. Tenn. State (120); 4. South Carolina (134); 5. Samford (151); 6. Southern Miss (153); 7. Belmont (177); 8. Florida State (214); 9. Georgia (243); 10. North Florida (249).
14. South Alabama (379)

Individual

Top 10 Results

1. Amaris Tyynismaa, Alabama (19:39.8); 2. Hilda Olemomoi, Alabama (19:40.0); 3. Mercy Chelangat, Alabama (19:42.1); 4. Lauren Tinkler, unattached (19:58.1); 5. McKenzie Hogue, Samford (20:19.2); 6. Isabela Ross, Southern Miss (20:21.3). 7. Stellah Kiptui, Alcorn State (20:29.9); 8. Gene Coetzee, Auburn (20:31.5); 9. Samantha Rogers, Auburn (20:32.8); 10. Flomena Asekol, Alabama (20:33.2)
13. Adele Magaud, South Alabama (20:47.9).

South Alabama Results

13. Adele Magaud (20:47.9); 77. Clervie Chagot (22:21.7); 113. Abbey Weitenbeck (23:22.1); 118. Macy Livingston (23:27.3); 163. Shay Lee (26:25.5).

SUN BELT CONFERENCE CHAMPIONSHIP

5k | Oct. 28, 2022 | Graham Creek Nature Preserve – Foley, Ala.
13 Teams | 89 Runners

Team Results

1. Southern Miss (44); 2. Arkansas State (71); 3. James Madison (83); 4. Marshall (104); 5. Appalachian State (117); 6. Coastal Carolina (155); 7. South Alabama (203); 8. ULM (210); 9. Louisiana (220); 10. Troy (288).

Individual

Top 10 Results

1. Molly Jones, Coastal Carolina (16:29.5); 2. Sophie Daigle, Louisiana (16:36.2); 3. Oliwia Wawrzyniak, Southern Miss (16:42.2); 4. Abby Herring, Marshall (16:56.2); 5. Isabela Ross, Southern Miss (17:03.5); 6. Miranda Stanhope, JMU (17:05.9). 7. Jaybe Shufelberger, Arkansas State (17:12.8); 8. Sophie Leathers, Arkansas State (17:28.8); 9. Erin Phelps, Southern Miss (17:35.1); 10. Adele Magaud, South Alabama (17:38.8).

South Alabama Results

10. Adele Magaud (17:38.8); 37. Clervie Chagot (18:39.3); 43. Emma Tonsberg (18:54.5); 50. Abbey Weitenbeck (19:07.8); 63. Macy Livingston (19:35.4).

NCAA SOUTH REGIONAL CHAMPIONSHIPS

6k | Nov. 11, 2022 | John Hunt Cross Country Running Park – Huntsville, Ala.
32 Teams | 231 Runners

Team Results

1. Alabama (34); 2. Florida State (88); 3. Ole Miss (124); 4. Lipscomb (131); 5. Tennessee (144); 6. Georgia Tech (165); 7. Florida (167); 8. Southern Miss (287); 9. Middle Tennessee (318); 10. Vanderbilt (327)
-- South Alabama (No Team Score)

Individual

Top 10 Results

1. Parker Valby, Florida (19:17.20); 2. Amaris Tyynismaa, Alabama (19:35.10); 3. Hilda Olemomoi, Alabama (19:35.30); 4. Mercy Chelangat, Alabama (19:35.60); 5. Flomena Asekol, Alabama (19:41.50); 6. Emmy van den Berg, Florida State (19:47.70); 7. Lydia Miller, Lipscomb (19:52.40); 8. Liz Galarza, Georgia Tech (19:55.40); 9. Ryann Helmers, Ole Miss (19:57.90); 10. Kayla Gholar, Tennessee (19:58.50).
35. Adele Magaud, South Alabama (20:43.30)

South Alabama Results

35. Adele Magaud (20:43.30); 193. Macy Livingston (23:29.08); --. Clervie Chagot (DNF)

MEN'S CROSS COUNTRY STATS



AZALEA CITY CLASSIC

5k | Sept. 9, 2022 | Brookley by the Bay – Mobile, Ala.

3 Teams | 23 Runners

Team Results

1. South Alabama (27); 2. Mobile (39); 3. Spring Hill (62)

Individual

Top 10 Results

1. Xavier Johnson, South Alabama (15:38.8); 2. Amos Pkemoi, South Alabama (15:41.7); 3. Nate Pudner, Unattached (15:51.8); 4. Tyler Doty, South Alabama (16:26.3); 5. Preston Webb, Mobile (16:32.5); 6. William Tate, Spring Hill (16:34.9); 7. Jack Tyner, Mobile (16:57.5); 8. Jake Thompson, South Alabama (17:10.2); 9. Joseph Jones, Mobile (17:18.9); 10. Myles Cook, Spring Hill (17:33.8).

South Alabama Results

1. Xavier Johnson (15:38.8); 2. Amos Pkemoi (15:41.7); 4. Tyler Doty (16:26.3); 7. Jake Thompson (17:10.2); 14. Giacomo DeLuca III (18:07.9).

South Alabama Unattached Results

3. Nate Pudner (15:51.8).

SOUTH REGION PREVIEW

8k | Sept. 16, 2022 | John Hunt Cross Country Running Park – Huntsville, Ala.

37 Teams | 366 Runners

Team Results

1. Alabama (74); 2. Kentucky (94); 3. Georgia Tech (109); 4. Lee (Tenn.) (141); 5. Memphis (188); 6. Auburn (221); 7. Eastern Kentucky (259); 8. Mississippi College (274); 9. South Alabama (277); 10. Georgia (327).

Individual

Top 10 Results

1. Victor Kiprof, Alabama (23:18.30); 2. Kirami Yego, South Alabama (23:25.64); 3. Hillary Cheruiyot, Alabama (23:30.13); 4. Teagan Flanagan, South Alabama (23:35.04); 5. Eliud Kipsang, Alabama (23:41.77); 6. George Wheeler, Lamar (23:50.93); 7. Jason Bowers, Cumberland (23:51.57); 8. Ryan Kinnane, Auburn (23:58.82); 9. Hunter Kurz, Mississippi College (24:00.61); 10. John Higinbotham, Georgia Tech (24:00.86).

South Alabama Results

2. Kirami Yego (23:25.64); 4. Teagan Flanagan (23:35.04); 44. Amos Pkemoi (24:31.71); 81. Xavier Johnson (24:56.14); 208. Tyler Doty (26:43.24); 272. Jake Thompson (27:58.24).

JOE PIANE INVITATIONAL

5 Mile | Sept. 30, 2022 | Burk Golf Course – South Bend, Ind.

37 Teams | 353 Runners

Team Results

1. Youngstown State (60); 2. UC Riverside (113); 3. IUPUI (123); 4. Texas Tech (142); 5. Nebraska (144); 6. Loyola Marymount (150); 7. Buffalo (181); 8. South Alabama (200); 9. San Francisco (204); 10. Milwaukee (200).

Individual

Top 10 Results

1. Kirami Yego, South Alabama (23:23.2); 2. Teagan Flanagan, South Alabama (23:54.1); 3. Ed Buck, San Francisco (24:01.5); 4. Chase Easterling, Youngstown State (24:17.6); 5. Bailey Timmons, Nebraska (24:35.1); 6. Aiden Davis, UC Riverside (24:35.5); 7. Hunter Christopher, Youngstown State (24:35.8); 8. Trevor Wenzel, Milwaukee (24:35.9); 9. Edward Rush, Texas Tech (24:36.8). 10. Adam Trafecanty, Loyola Marymount (24:37.2).

South Alabama Results

1. Kirami Yego (23:23.2); 2. Teagan Flanagan (23:54.1); 45. Amos Pkemoi (25:27.5); 77. Xavier Johnson (26:15.0); 79. Tyler Doty (26:20.6); 109. Jake Thompson (29:14.0).



MEN'S CROSS COUNTRY STATS

CRIMSON CLASSIC

8k | Oct. 14, 2022 | Harry Pritchett Running Course – Tuscaloosa, Fla.

16 Teams | 177 Runners

Team Results

1. Alabama (31); 2. North Florida (91); 3. Mid. Tenn. State (100); 4. Clemson (121); 5. Auburn (128); 6. South Alabama (142); 7. Belmont (157); 8. Georgia (159); 9. Florida State (210); 10. Samford (276).

Individual

Top 10 Results

1. Victor Kiprop, Alabama (23:16.9); 2. Kirami Yego, South Alabama (23:25.4); 3. Ahmed, Muhumed, unattached (23:30.3); 4. Eliud Kipsang, Alabama (23:36.9); 5. Hillary Cheruiyot, Alabama (23:39.6); 6. Ryan Kinnane, Auburn (23:42.7); 7. Teagan Flanagan, South Alabama (23:57.3); 8. Jacob Harris, Alabama (24:11.5); 9. Aidan O’Gorman, North Florida (24:17.3); 10. Sam Bowers, Georgia (24:18.9).

South Alabama Results

2. Kirami Yego (23:25.4); 7. Teagan Flanagan (23:57.3); 27. Amos Pkemoi (24:48.9); 60. Giacomo DeLuca (25:37.5); 73. Xavier Johnson (25:59.1); 85. Lance Cunigan (26:27.3); 92. Tyler Doty (26:42.5); 110. Jake Thompson (28:15.5).

SUN BELT CONFERENCE CHAMPIONSHIP

8k | Oct. 28, 2022 | Graham Creek Nature Preserve – Foley, Ala.

9 Teams | 61 Runners

Team Results

1. Arkansas State (32); 2. Appalachian State (46); 3. South Alabama (58); 4. Marshall (97); 5. Louisiana (139); 6. ULM (190); 7. Coastal Carolina (210); 8. Troy (217); 9. Texas State (229).

Individual

Top 10 Results

1. Kirami Yego, South Alabama (22:55.9); 2. Teagan Flanagan, South Alabama (23:38.1); 3. Grayson Young, Arkansas State (24:21.1); 4. Dawson Mayberry, Arkansas State (24:25.5); 5. Oliver Wilson-Cook, App State (24:28.2); 6. Jacob Pyeatt, Arkansas State (24:33.2); 7. Natnael Enright, Arkansas State (24:37.9); 8. Ryan Brown, App State (24:40.9); 9. Garrett Bivens, App State (24:44.9); 10. Chase Burrell, App State (24:45.2).

South Alabama Results

1. Kirami Yego (22:55.9); 2. Teagan Flanagan (23:38.1); 16. Amos Pkemoi (25:18.5); 17. Giacomo DeLuca (25:20.3); 22. Xavier Johnson (25:38.3); 40. Lance Cunigan (26:57.3); 43. Tyler Doty (27:13.2).

NCAA SOUTH REGIONAL CHAMPIONSHIPS

10k | Nov. 11, 2022 | John Hunt Cross Country Running Park – Huntsville, Ala.

22 Teams | 188 Runners

Team Results

1. Tennessee (39); 2. Ole Miss (69); 3. Alabama (73); 4. Florida State (134); 5. Auburn (204); 6. Lipscomb (206); 7. Georgia Tech (229); 8. North Florida (234); 9. Georgia (249); 10. East Tennessee State (261).
-- South Alabama (No Team Score)

Individual

Top 10 Results

1. Victor Kiprop, Alabama (29:21.20); Yaseen Abdalla, Tennessee (29:28.60); T-3. Dylan Jacobs, Tennessee (29:28.70); T-3. Kirami Yego, South Alabama (29:28.70); 5. Anthony Camerieri Ole Miss (29:28.90); 6. Fearghal Curtin, Florida State (29:30.00); 7. Ryan Kinnane, Auburn (29:33.20); 8. Hillary Cheruiyot, Alabama (29:38.60); 9. Nate Kawalec, Tennessee (29:45.50); 10. Teagan Flanagan, South Alabama (29:48.90).

South Alabama Results

T-3. Kirami Yego (29:28.70); 10. Teagan Flanagan (29:48.90).

MEN'S CROSS COUNTRY STATS



NCAA CHAMPIONSHIPS

10k | Nov. 19, 2022 | Greiner Family OSU Cross Country Course – Stillwater, Okla.

26 Teams | 253 Runners

Team Results

1. Northern Arizona (83); 2. Oklahoma State (83); 3. BYU (132); 4. Stanford (195); 5. Wake Forest (204); 6. Wisconsin (212); 7. Air Force (264); 8. Colorado (281); 9. Tulsa (304); 10. North Carolina (323).

-- South Alabama (no team score)

Individual

Top 10 Results

1. Charles Hicks, Stanford (28:43.6); 2. Nico Young, Northern Arizona (28:44.5); 3. Drew Bosley, Northern Arizona (28:55.9); 4. Dylan Jacobs, Tennessee (28:58.0); 5. Alex Maier, Oklahoma State (28:58.2); 6. Graham Blanks, Harvard (28:58.4); 7. Casey Clinger, BYU (28:58.7); 8. Isai Rodriguez, Oklahoma State (28:59.9); 9. Parker Wolfe, North Carolina (29:00.4); 10. Ky Robinson, Stanford (29:07.4).

37. Kirami Yego, South Alabama (29:34.2)

South Alabama Results

37. Kirami Yego (29:34.2); 122. Teagan Flanagan (30:25.2)



Teagan Flanagan



Kirami Yego



WOMEN'S CROSS COUNTRY TOP TIMES

5 KILOMETERS

Time	Athlete	Meet	Date	Finish
1. 17:10.9	Adele Magaud	Joe Piane Invitational	9/30	7th
2. 17:13.7	Adele Magaud	North Alabama Showcase	9/16	20th
3. 17:38.8	Adele Magaud	Sun Belt Conference Championship	10/28	10th
4. 18:39.3	Clervie Chagot	Sun Belt Conference Championship	10/28	37th
5. 18:43.5	Abbey Weitenbeck	North Alabama Showcase	9/16	133rd
6. 18:52.0	Clervie Chagot	Joe Piane Invitational	9/30	76th
7. 18:54.5	Emma Tonesberg	Sun Belt Conference Championship	10/28	43rd
8. 19:00.9	Emma Tonesberg	Joe Piane Invitational	9/30	85th
9. 19:01.1	Abbey Weitenbeck	Joe Piane Invitational	9/30	86th
10. 19:02.6	Adele Magaud	Azalea City Classic	9/9	1st

6 KILOMETERS

Time	Athlete	Meet	Date	Finish
1. 20:43.3	Adele Magaud	NCAA South Regional	11/11	35th
2. 20:47.9	Adele Magaud	Crimson Classic	10/14	13th
3. 22:21.7	Clervie Chagot	Crimson Classic	10/14	77th
4. 23:22.1	Abbey Weitenbeck	Crimson Classic	10/14	113th
5. 23:27.3	Macy Livingston	Crimson Classic	10/14	118th
6. 23:29.0	Macy Livingston	NCAA South Regional	11/11	193rd
7. 26:25.5	Shay Lee	Crimson Classic	10/14	163rd



Adele Magaud

MEN'S CROSS COUNTRY TOP TIMES



5 KILOMETERS

<u>Time</u>	<u>Athlete</u>	<u>Meet</u>	<u>Date</u>	<u>Finish</u>
1. 15:38.8	Xavier Johnson	Azalea City Classic	9/9	1st
2. 15:41.7	Amos Pkemoi	Azalea City Classic	9/9	2nd
3. 16:26.3	Tyler Doty	Azalea City Classic	9/9	4th
4. 17:10.2	Jake Thompson	Azalea City Classic	9/9	8th
5. 18:07.9	Giacomo DeLuca III	Azalea City Classic	9/9	16th

5 MILES

<u>Time</u>	<u>Athlete</u>	<u>Meet</u>	<u>Date</u>	<u>Finish</u>
1. 23:23.2	Kirami Yego	Joe Piane Invitational	9/30	1st
2. 23:54.1	Teagan Flanagan	Joe Piane Invitational	9/30	2nd
3. 25:27.5	Amos Pkemoi	Joe Piane Invitational	9/30	45th
4. 26:15.0	Xavier Johnson	Joe Piane Invitational	9/30	75th
5. 26:20.6	Tyler Doty	Joe Piane Invitational	9/30	77th
6. 29:14.0	Jake Thompson	Joe Piane Invitational	9/30	96th

8 KILOMETERS

<u>Time</u>	<u>Athlete</u>	<u>Meet</u>	<u>Date</u>	<u>Finish</u>
1. 22:55.9	Kirami Yego	Sun Belt Conference Championship	10/28	1st
2. 23:25.4	Kirami Yego	Crimson Classic	10/14	2nd
3. 23:25.6	Kirami Yego	North Alabama Classic	9/16	2nd
4. 23:38.1	Teagan Flanagan	Sun Belt Conference Championship	10/28	2nd
5. 23:35.0	Teagan Flanagan	North Alabama Classic	9/16	4th
6. 23:57.3	Teagan Flanagan	Crimson Classic	10/14	7th
7. 24:31.8	Amos Pkemoi	North Alabama Classic	9/16	44th
8. 24:48.9	Amos Pkemoi	Crimson Classic	9/16	27th
9. 24:56.1	Xavier Johnson	North Alabama Classic	9/16	81st
10. 25:18.5	Amos Pkemoi	Sun Belt Conference Championship	10/28	16th

10 KILOMETERS

<u>Time</u>	<u>Athlete</u>	<u>Meet</u>	<u>Date</u>	<u>Finish</u>
1. 29:28.7	Kirami Yego	NCAA South Regional	11/11	T-3rd
2. 29:34.2	Kirami Yego	NCAA Championships	11/19	37th
3. 29:48.9	Teagan Flanagan	NCAA South Regional	11/11	10th
4. 30:25.2	Teagan Flanagan	NCAA Championships	11/19	122nd



WOMEN'S CROSS COUNTRY CAREER CHART

Clervie Chagot – So.

6k PB: 20:48 – 10/14/22 – Crimson Classic

5k PB: 18:39 – 10/28/22 – Sun Belt Conference Championship

Date	Meet	Distance	Place	Time
11/11/22	NCAA South Regional Championships	6k	DNF	DNF
10/28/22	Sun Belt Conference Championship	5k	37th	18:39
10/14/22	Crimson Classic	6k	77th	22:22
9/30/22	Joe Piane Invitational	5k	76th	18:52
9/16/22	North Alabama Showcase	5k	150th	18:53
9/9/22	Azalea City Classic	5k	5th	19:45
10/29/21	Sun Belt Conference Championship	5k	45th	19:36
10/15/21	FSU XC Invite / Pre-Nationals	6k	--	DNF
10/2/21	20th Annual Live in LOU Classic	5k	279th	19:57
9/17/21	South Region Preview	5k	113th	19:37
9/10/21	Azalea City Classic	5k	9th	21:15

Starlynn Costa – Sr.

6k PB: 21:23 – 11/23/19 – NCAA Division II Cross Country Championships

5k PB: 18:42 – 10/8/21 – Jimmie Invitational

Date	Meet	Distance	Place	Time
9/9/22	Azalea City Classic (Unattached)	5k	3rd	19:09
11/20/21	NCAA Division II Championships	6k	82nd	22:01
11/6/21	NCAA Division II Central Region Championships	6k	23rd	21:41
10/23/21	Northern Sun Intercollegiate Conference Championships	6k	20th	22:51
10/8/21	Jimmie Invitational	5k	5th	18:42
9/24/21	Griak Invitational	6k	15th	23:06
9/10/21	MSU Moorhead Dragon Twilight Invitational	4k	6th	14:49

-- Did not compete during the 2020 season --

11/23/19	NCAA Division II Championships	6k	69th	21:23
11/9/19	NCAA Division II Central Region Championships	6k	11th	21:43
10/26/19	Northern Sun Intercollegiate Conference Championship	6k	5th	22:23
9/28/19	Roy Griak Invitational	6k	6th	22:42
9/6/19	MSU Moorhead - Dragon Twilight	4k	3rd	14:19

Shaleiya (Shay) Lee – Sr.

6k PB: 23:58 – 10/12/18 – UAB Classic

5k PB: 19:58 – 9/17/21 – South Region Preview

Date	Meet	Distance	Place	Time
10/14/22	Crimson Classic	6k	163rd	26:26
9/30/22	Joe Piane Invitational	5k	130th	21:56
9/16/22	North Alabama Showcase	5k	330th	21:55
9/9/22	Azalea City Classic	5k	10th	22:53
10/29/21	Sun Belt Conference Championship	5k	61st	20:35
10/15/21	FSU XC Invite / Pre-Nationals	6k	244th	25:58
10/2/21	20th Annual Live in LOU Classic	5k	287th	20:09
9/17/21	South Region Preview	5k	130th	19:58
9/10/21	Azalea City Classic	5k	14th	21:51
10/16/20	Blazer Classic	6k	91st	25:31
9/11/20	Azalea City Classic	5k	33rd	21:47
11/15/19	NCAA South Regional	6k	193rd	24:52
10/18/19	Blazer Classic	6k	138th	23:58
10/5/19	14th Annual Foothills Invitational	5k	31st	20:09
9/20/19	5th Annual Wingfoot Classic	5k	47th	20:30



WOMEN'S CROSS COUNTRY CAREER CHART

10/27/18	Sun Belt Conference Championship	5k	62nd	20:20
10/12/18	UAB Classic	6k	88th	23:58
9/22/18	30th Annual Chile Pepper Festival	5k	193rd	20:11
9/7/18	Azalea City Classic	5k	23rd	22:02
8/31/18	Challenge of Champions	5k	3rd	20:07

Macy Livingston – So.

6k PB: 23:27 – 10/14/22 – Crimson Classic

5k PB: 19:13 – 9/17/21 – South Region Preview

Date	Meet	Distance	Place	Time
11/11/22	NCAA South Regional Championships	6k	193rd	23:30
10/28/22	Sun Belt Conference Championship	5k	63rd	19:35
10/14/22	Crimson Classic	6k	118th	23:27

10/29/21	Sun Belt Conference Championship	5k	--	DNF
10/15/21	FSU XC Invite / Pre-Nationals	6k	--	DNF
10/2/21	20th Annual Live in LOU Classic	5k	254th	19:27
9/17/21	South Region Preview	5k	94th	19:13
9/10/21	Azalea City Classic	5k	4th	20:29

Adele Magaud – Jr.

6k PB: 20:43 – 11/11/22 – NCAA South Regional

5k PB: 17:11 – 9/30/22 – Joe Piane Invitational

Date	Meet	Distance	Place	Time
11/11/22	NCAA South Regional Championships	6k	35th	20:43
10/28/22	Sun Belt Conference Championship	5k	10th	17:39
10/14/22	Crimson Classic	6k	13th	20:48
9/30/22	Joe Piane Invitational	5k	7th	17:11
9/16/22	North Alabama Showcase	5k	20th	17:14
9/9/22	Azalea City Classic	5k	1st	19:03

11/12/21	NCAA South Regional	6k	61st	21:31
10/29/21	Sun Belt Conference Championship	5k	T-4th	17:39
10/15/21	FSU XC Invite / Pre-Nationals	6k	48th	22:10
10/2/21	20th Annual Live in LOU Classic	5k	126th	18:24
9/17/21	South Region Preview	5k	17th	17:29
9/10/21	Azalea City Classic	5k	1st	18:45

10/31/20	Sun Belt Conference Championship	5k	16th	18:22
10/2/20	FSU Invitational	5k	21st	18:48
9/11/20	Azalea City Classic	5k	4th	18:52

11/2/19	Sun Belt Conference Championship	5k	29th	18:45
10/18/19	Blazer Classic	6k	83rd	22:39
10/5/19	14th Annual Foothills Invitational	5k	9th	18:30
9/20/19	5th Annual Wingfoot Classic	5k	14th	18:39
9/6/19	Azalea City Classic	5k	5th	19:20

Saraphine Spalding – (RS) Fr.

6k PB: ---/--/--

5k PB: 19:48 – 9/17/21 – South Region Preview

-- Did not compete during the 2022 season --

-- Redshirted the 2021 season --



WOMEN'S CROSS COUNTRY CAREER CHART

Emma Tonsberg – Jr.

6k PB: 24:31 – 10/15/21 – FSU XC Invite / Pre-Nationals

5k PB: 18:55 – 10/28/22 – Sun Belt Conference Championship

Date	Meet	Distance	Place	Time
10/28/22	Sun Belt Conference Championship	5k	43rd	18:55
9/30/22	Joe Piane Invitational	5k	85th	19:01
9/16/22	North Alabama Showcase	5k	171th	19:03
9/9/22	Azalea City Classic	5k	2nd	19:08
10/29/21	Sun Belt Conference Championship	5k	38th	19:20
10/15/21	FSU XC Invite / Pre-Nationals	6k	201st	24:31
10/2/21	20th Annual Live in LOU Classic	5k	289th	20:11
9/17/21	South Region Preview	5k	121st	19:48

Abbey Weitenbeck – Jr.

6k PB: 22:28 – 10/18/19 – Blazer Classic

5k PB: 18:43 – 9/16/22 – North Alabama Showcase

Date	Meet	Distance	Place	Time
10/28/22	Sun Belt Conference Championship	5k	50th	19:08
10/14/22	Crimson Classic	6k	113th	23:22
9/30/22	Joe Piane Invitational	5k	86th	19:01
9/16/22	North Alabama Showcase	5k	133th	18:43
9/9/22	Azalea City Classic	5k	4th	19:20
10/29/21	Sun Belt Conference Championship	5k	43rd	19:29
10/15/21	FSU XC Invite / Pre-Nationals	6k	223rd	25:01
10/2/21	20th Annual Live in LOU Classic	5k	269th	19:40
9/17/21	South Region Preview	5k	97th	19:17
9/10/21	Azalea City Classic	5k	11th	21:28
10/31/20	Sun Belt Conference Championship	5k	61st	20:59
10/16/20	Blazer Classic	6k	76th	24:13
10/2/20	FSU Invitational	5k	50th	19:51
9/11/20	Azalea City Classic	5k	18th	20:21
11/15/19	NCAA South Regional	6k	183rd	24:09
10/18/19	Blazer Classic	6k	74th	22:28
10/5/19	14th Annual Foothills Invitational	5k	27th	19:43
9/20/19	5th Annual Wingfoot Classic	5k	20th	19:02
9/6/19	Azalea City Classic	5k	7th	20:16

MEN'S CROSS COUNTRY CAREER CHART



Lance Cunigan – So.

10k PB: 33:14 – 11/12/21 – NCAA South Regional

8k PB: 25:28 – 10/18/19 – Blazer Classic

6k PB: --:-- --/--/-- --

5k PB: 16:28 – 9/6/19 – Azalea City Classic

Date	Meet	Distance	Place	Time
10/28/22	Sun Belt Conference Championship	8k	40th	26:57
10/14/22	Crimson Classic	8k	85th	26:27
11/12/21	NCAA South Regional	10k	122nd	33:14
10/29/21	Sun Belt Conference Championship	8k	37th	26:46
10/15/21	FSU XC Invite / Pre-Nationals	8k	296th	25:54
10/2/21	20th Annual Live in LOU Classic	8k	216th	26:00
9/17/21	South Region Preview	8k	112th	27:26
9/10/21	Azalea City Classic	5k	9th	16:53
9/11/20	Azalea City Classic	5k	19th	17:05
11/2/19	Sun Belt Conference Championship	8k	41st	26:36
10/18/19	Blazer Classic	8k	41st	25:28
10/5/19	14th Annual Foothills Invitational	8k	11th	26:39
9/20/19	5th Annual Wingfoot Classic	8k	23rd	26:41
9/6/19	Azalea City Classic	5k	6th	16:28

Giacomo DeLuca – Sr.

10k PB: --:-- --/--/-- --

8k PB: 25:20 – 10/28/22 – Sun Belt Conference Championship

6k PB: --:-- --/--/-- --

5k PB: 18:08 – 9/9/22 – Azalea City Classic

Date	Meet	Distance	Place	Time
10/28/22	Sun Belt Conference Championship	8k	17th	25:20
10/14/22	Crimson Classic	8k	60th	25:38
9/9/22	Azalea City Classic	5k	16th	18:08

Tyler Doty – (RS) Fr.

10k PB: --:-- --/--/-- --

8k PB: 26:43 – 9/16/22 – North Alabama Showcase

6k PB: --:-- --/--/-- --

5k PB: 16:26 – 9/9/22 – Azalea City Classic

Date	Meet	Distance	Place	Time
10/28/22	Sun Belt Conference Championship	8k	43rd	27:13
10/14/22	Crimson Classic	8k	92nd	26:43
9/30/22	Joe Piane Invitational	5-Mile	77th	26:21
9/16/22	North Alabama Showcase	8k	208th	26:43
9/09/22	Azalea City Classic	5k	4th	16:26

-- Redshirted the 2021 Season --

9/10/21	Azalea City Classic (Unattached)	5k	14th	18:03
---------	----------------------------------	----	------	-------

Teagan Flanagan – Jr.

10k PB: 29:49 – 11/11/22 – NCAA South Regional

8k PB: 23:35 – 9/16/22 – North Alabama Showcase

6k PB: --:-- --/--/-- --

5k PB: 15:41 – 9/10/21 – Azalea City Classic

Date	Meet	Distance	Place	Time
11/11/22	NCAA South Regional Championships	10k	10th	29:49
10/28/22	Sun Belt Conference Championship	8k	2nd	23:38
10/14/22	Crimson Classic	8k	7th	23:57



MEN'S CROSS COUNTRY CAREER CHART

9/30/22	Joe Piane Invitational	5-Mile	2nd	23:54
9/16/22	North Alabama Showcase	8k	4th	23:35

11/12/21	NCAA South Regional	10k	54th	31:21
10/29/21	Sun Belt Conference Championship	8k	16th	25:22
10/15/21	FSU XC Invite / Pre-Nationals	8k	--	DNF
10/2/21	20th Annual Live in LOU Classic	8k	49th	24:24
9/17/21	South Region Preview	8k	9th	24:26
9/10/21	Azalea City Classic	5k	2nd	15:41

Xavier Johnson – Fr.

10k PB: --:-- --/--/-- --

8k PB: 24:56 – 9/16/22 – North Alabama Showcase

6k PB: --:-- --/--/-- --

5k PB: 15:39 – 9/9/22 – Azalea City Classic

Date	Meet	Distance	Place	Time
10/28/22	Sun Belt Conference Championship	8k	22nd	25:38
10/14/22	Crimson Classic	8k	73rd	25:59
9/30/22	Joe Piane Invitational	5-Mile	75th	26:15
9/16/22	North Alabama Showcase	8k	81st	24:56
9/9/22	Azalea City Classic	5k	1st	15:39

Amos Pkemoi – Fr.

10k PB: --:-- --/--/-- --

8k PB: 24:32 – 9/16/22 – North Alabama Showcase

6k PB: --:-- --/--/-- --

5k PB: 15:42 – 9/9/22 – Azalea City Classic

Date	Meet	Distance	Place	Time
10/28/22	Sun Belt Conference Championship	8k	16th	25:19
10/14/22	Crimson Classic	8k	27th	24:49
9/30/22	Joe Piane Invitational	5-Mile	45th	25:27
9/16/22	North Alabama Showcase	8k	44th	24:32
9/9/22	Azalea City Classic	5k	2nd	15:42

Jake Thompson – Fr.

10k PB: --:-- --/--/-- --

8k PB: 27:58 – 9/16/22 – North Alabama Showcase

6k PB: --:~ --/--/-- --

5k PB: 17:10 – 9/9/22 – Azalea City Classic

Date	Meet	Distance	Place	Time
10/14/22	Crimson Classic	8k	110th	28:16
9/30/22	Joe Piane Invitational	5-Mile	96th	29:14
9/16/22	North Alabama Showcase	8k	272nd	27:58
9/09/22	Azalea City Classic	5k	8th	17:10

Nate Pudner – Sr.

10k PB: 33:19 – 11/12/21 – NCAA South Regional

8k PB: 25:18 – 2x, last 10/2/21 – 20th Annual Live in LOU Classic

6k PB: --:~ --/--/-- --

5k PB: 15:43 – 9/11/20 – Azalea City Classic

Date	Meet	Distance	Place	Time
9/09/22	Azalea City Classic (Unattached)	5k	3rd	15:51
11/12/21	NCAA South Regional	10k	94th	33:19
10/29/21	Sun Belt Conference Championship	8k	19th	25:50
10/15/21	FSU XC Invite / Pre-Nationals	8k	277th	25:54
10/2/21	20th Annual Live in LOU Classic	8k	145th	25:18
9/17/21	South Region Preview	8k	46th	25:46
9/10/21	Azalea City Classic	5k	3rd	16:10

MEN'S CROSS COUNTRY CAREER CHART



10/31/20	Sun Belt Conference Championship	8k	11th	25:22
10/16/20	Blazer Classic	8k	45th	25:46
10/2/20	FSU Invitational	8k	8th	25:50
9/11/20	Azalea City Classic	5k	4th	15:43
11/15/19	NCAA South Regional	10k	130th	33:42
11/2/19	Sun Belt Conference Championship	8k	35th	26:14
10/18/19	Blazer Classic	8k	37th	25:18
10/5/19	14th Annual Foothills Invitational	8k	4th	25:58
9/20/19	5th Annual Wingfoot Classic	8k	10th	25:42
9/6/19	Azalea City Classic	5k	4th	16:10
10/27/18	Sun Belt Conference Championship	8k	29th	26:24
10/12/18	UAB Classic	8k	42nd	26:08
9/22/18	30th Annual Chile Pepper Festival	8k	86th	26:16
9/7/18	Azalea City Classic	8k	6th	27:16
8/31/18	Challenge of Champions	5k	2nd	16:04
10/13/17	Crimson Classic	8k	120th	26:43
9/30/17	Greater Louisville Classic	8k	32nd	26:42
9/8/17	Azalea City Classic	6k	13th	19:11

Kirami Yego – So.

10k PB: 29:29 – 11/11/22 – NCAA South Regional

8k PB: 22:56 – 10/28/22 – Sun Belt Conference Championship

6k PB: --:-- --:-- --:-- --:--

5k PB: 15:18 – 9/10/21 – Azalea City Classic

Date	Meet	Distance	Place	Time
11/19/22	NCAA Championships	10k	37th	29:34
11/11/22	NCAA South Regional Championships	10k	T-3rd	29:29
10/28/22	Sun Belt Conference Championship	8k	1st	22:56
10/14/22	Crimson Classic	8k	2nd	23:25
9/30/22	Joe Piane Invitational	5-Mile	1st	23:23
9/16/22	North Alabama Showcase	8k	2nd	23:26
11/20/21	NCAA Championships	10k	98th	30:08
11/12/21	NCAA South Regional	10k	8th	29:43
10/29/21	Sun Belt Conference Championship	8k	1st	23:51
10/15/21	FSU XC Invite / Pre-Nationals	8k	49th	23:51
10/2/21	20th Annual Live in LOU Classic	8k	13th	23:43
9/17/21	South Region Preview	8k	4th	23:47
9/10/21	Azalea City Classic	5k	1st	15:18
10/31/20	Sun Belt Conference Championship	8k	3rd	24:50
10/16/20	Blazer Classic	8k	12th	24:40
10/2/20	FSU Invitational	8k	2nd	25:19
9/11/20	Azalea City Classic	5k	1st	15:24



CROSS COUNTRY HISTORY

Cross Country All-Americans, All-SBC Performers and NCAA Qualifiers- Men

All-Americans

<u>Athlete</u>	<u>Year</u>
Campbell, Jeff	1991
Kimani, David	1999
Okello, Tonny	2004, 2005
Yego, Kirami	2022

All-SBC

<u>Athlete</u>	<u>Year</u>
Abruscato, Bobby	1978, 1980, 1981
Allaire, Parris	1984, 1985, 1986, 1988
Bieniecki, Jaroslaw	2001
Bortey, Seth	2003
Campbell, Jeff	1991, 1993
Clay, Dan	1982, 1983, 1984
Dyoyi, Katleho	2015, 2016
Eastman, Darryl	1980, 1981
Edwards, Zac	2009
Fisher, Gordon	1999
Fitts, Barry	1982
Flanagan, Teagan	2022
Good, Brian	1996
Gowan, Neil	1997
Graf, Christoph	2014, 2015
Gratton, Joe	2013
Hinton, Ricky	1978
Hubbard, Steve	1980, 1981
Jones, Kevin	1994, 1995, 1996
Kemboi, Onesmus	2019, 2021
Kenney, Kevin	1993, 1994
Keren, Eli	1994, 1995, 1996
Kimani, David	1999
Kipchrichir, Samson	2003
Larubi, Harry	2004, 2005, 2006
Lasiter, Scott	2010
Lee, Hank	1984, 1985, 1986, 1987
Lopatjuk, Alex	1999, 2000
Malone, Frank	1982, 1983
Massie, John	1992
Murray, Brian	1999, 2000
Okello, Tonny	2004, 2005, 2006
Pajak, Jeff	1990
Piennar, Michael	2014
Potgieter, Warno	2017, 2018, 2019
Reitz, Stuart	1983
Rohr, Patrick	2012, 2013, 2014, 2015
Rono, Vincent	2005, 2006
Salah, Saber	2009
Sand, Thomas	2019
Schmidt, Chris	1997, 1998
Stoos, Kevin	1990, 1991
Strydom, Migael	2017
Sugut, Antipah	2007, 2008
Tirop, Micah	2006, 2007, 2008, 2009
Weir, Terry	1991, 1993
Weppler, Jason	1996, 1997
Woodward, Billy	1990
Yego, Kirami	2020, 2021, 2022
Zerressen, Mike	1980, 1981, 1982

NCAA Qualifiers

<u>Athlete</u>	<u>Year</u>	<u>Result</u>
Allaire, Parris	1988	Regional: 40th
	1986	Regional: 59th
	1985	Regional: 99th
Baxter, David	1986	Regional: 138th
	1985	Regional: 165th
Bolivert, Joe	1995	Regional: 69th
Bordelon, Ian	2012	Regional: 126th
Buchanan, Paul	1986	Regional: 137th
	1984	Regional: 132nd
Campbell, Jeff	1991	Championship: 32nd
		Regional: 9th
Carmona, Joseph	1999	Regional: 73rd
Carter, Daniel	2015	Regional: 99th
	2014	Regional: 117th
Chandler, Bryan	1987	Regional: 146th
	1986	Regional: 171st
Chepkwony, Gideon	1999	Regional: 57th
Clay, Dan	1984	Regional: 122nd
	1983	Regional: 87th
	1982	Regional: 73rd
Cooper, Daniel	2011	Regional: 100th
Cunigan, Lance	2021	Regional: 122nd
Currie, Doug	1985	Regional: 168th
Davis, Paul	1997	Regional: 75th
	1996	Regional: 155th
	1994	Regional: 186th
	1993	Regional: 214th
Dover, Woody	1998	Regional: 131st
Dyoyi, Katleho	2016	Regional: 41st
	2015	Regional: 58th
Edwards, Zac	2009	Championship: 79th
		Regional: 5th
Ellis, Cameron	2015	Regional: 120th
Fielding, Luke	2017	Regional: 99th
Fisher, Gordon	1999	Regional: 106th
Fitts, Barry	1982	Regional: 120th
Flanagan, Teagan	2022	Championship: 122nd
		Regional: 10th
	2021	Regional: 54th
Friedlander, Phillip	2017	Regional: 135th
	2016	Regional: 123rd
	2015	Regional: 137th
Giroux, David	1988	Regional: 173rd
Good, Brian	1996	Regional: 55th
Gowan, Neil	1997	Regional: 110th
	1996	Regional: 238th
Graf, Christoph	2015	Regional: 32nd
	2014	Championship: 185th
		Regional: 9th
Gratton, Joe	2014	Regional: 88th
	2013	Regional: 110th
Gullickson, Brian	1990	Regional: 33rd
	1988	Regional: 62nd
	1987	Regional: 91st
	1986	Regional: 126th
Gunder, Chris	1992	Regional: 139th
Herring, Joseph	1999	Regional: 42nd
Housley, Justin	2014	Regional: 110th
	2013	Regional: 100th
	2012	Regional: 96th
	2011	Regional: 95th
Jernigan, Chuck	1985	Regional: 114th
Jones, Kevin	1996	Regional: 44th
	1995	Regional: 90th
	1994	Regional: 83rd

CROSS COUNTRY HISTORY



Cross Country NCAA Qualifiers - Men (cont'd)

<u>Athlete</u>	<u>Year</u>	<u>Result</u>			
Kemboi, Onesmus	2019	Regional: 21st	Remich, Michael	2015	Regional: 127th
	2021	Regional: 34th	Riech, Nathan	2016	Regional: 103rd
	1995	Regional: 82nd	Robinson, Ryan	2006	Regional: 161st
Kenney, Kevin	1994	Regional: 76th	Rodgers, Derrick	2009	Regional: 64th
	1992	Regional: 110th	Rohr, Patrick	2015	Regional: 46th
	1991	Regional: 110th		2013	Regional: 56th
	1996	Regional: 18th	Rolader, Ben	2012	Regional: 63rd
Keren, Eli	1995	Regional: 25th	Rono, Vincent	2017	Regional: 127th
	1994	Regional: 35th		2006	Championship: 180th
	1993	Regional: 25th			Regional: 4th
	1999	Championship: 1st		2005	Championship: 138th
Kimani, David		Regional: 1st	Rumore, John Paul	2017	Regional: 5th
	2003	Regional: 104th	Ryan, Mike	1990	Regional: 129th
Labrato, Justin	1997	Regional: 134th	Salah, Saber	2009	Regional: 135th
Larubi, Harry	2006	Regional: 25th	Sand, Thomas	2019	Regional: 31st
	2005	Regional: 30th	Scanlon, Anthony	1995	Regional: 67th
	2004	Regional: 23rd		1994	Regional: 59th
Larubi, Stephen	2006	Regional: 99th	Schmidt, Chris	1998	Regional: 88th
	2010	Regional: 39th		1997	Regional: 24th
Lasiter, Scott	2009	Regional: n/a		1996	Regional: 38th
	2010	Regional: 60th	Shields, Alex	1994	Regional: 264th
Lee, Damien	1987	Regional: 15th		1994	Regional: 132nd
Lee, Hank	1986	Regional: 22nd		2013	Regional: 120th
	1985	Regional: 60th		2012	Regional: 124th
	1994	Regional: 218th	Simmons, Scott	2011	Regional: 81st
Long, Maury	1993	Regional: 71st	Slaughter, Charlie	1985	Regional: 170th
	1999	Regional: 17th	Smith, Caleb	2021	Regional: 113th
	1984	Regional: 168th	Smith, PJ	2019	Regional: 140th
Lopatyyuk, Alex	1983	Regional: 79th	Soto, Buddy	2006	Regional: 159th
	1982	Regional: 116th		2014	Regional: 136th
	2014	Regional: 71st		2013	Regional: 128th
Mann, Robert	2013	Regional: 79th		2012	Regional: 152nd
	2011	Regional: 130th	Staples, Robert	1983	Regional: 149th
	1992	Regional: 95th		1982	Regional: 134th
Massie, John	1990	Regional: 94th	Stoops, Kevin	1990	Regional: 36th
	1989	Regional: 113th		1989	Regional: 40th
	1988	Regional: 144th		1988	Regional: 119th
	1987	Regional: 145th	Strydom, Migael	2017	Regional: 75th
	2010	Regional: 68th	Sugut, Antipah	2008	Regional: 46th
Mattics, Steve	2000	Championship: 134th		2007	Regional: 33rd
		Regional: 9th	Sullivan, Mark	2010	Regional: 106th
	1999	Regional: 54th	Tirop, Micah	2009	Championship: 98th
	1998	Regional: 17th			Regional: 10th
	1997	Championship 134th		2008	Championship: 132nd
Miller, Matt		Regional: 28th		2007	Regional: 9th
	2006	Championship: 41st			Championship: 85th
	2005	Regional: 2nd			Regional: 9th
	2004	Championship: 25th	Troub, Brandon	2006	Regional: 16th
		Regional: 1st	Weir, Terry	2011	Regional: 144th
Murray, Brian		Championship: 23rd		1990	Regional: 131st
		Regional: 3rd	Weppler, Jason	1989	Regional: 98th
	1999	Regional: 100th		1997	Regional: 42nd
	1998	Regional: 148th		1996	Regional: 118th
	1997	Regional: 51st	Westbrook, Derek	2013	Regional: 111th
Okello, Tonny		Regional: 26th		2011	Regional: 131st
	2006	Regional: 129th	Wickel, Devin	1995	Regional: 166th
	2005	Regional: 113th	Wilson, Ronny	2012	Regional: 85th
	2004	Regional: 11th		2011	Regional: 120th
		Regional: 155th	Winegar, Paul	1998	Regional: 112th
O'Quinn, Shannon	1997	Regional: 74th	Woodard, Billy	1990	Regional: 232nd
	1983	Regional: DNF		1989	Regional: 38th
	1989	Regional: 77th		1988	Regional: 93rd
	1997	Regional: 77th	Yego, Kirami	1987	Regional: 114th
	2019	Regional: 130th		2022	Championship: 37th
Parker, David	2021	Regional: 94th			Regional: T-3rd
	1990	Regional: 94th	Zerressen, Mike	2021	Championship: 98th
	1989	Regional: 115th			Regional: 8th
	1990	Regional: 95th			Regional: 8th
	1983	Regional: 95th			Regional: 43rd
Pajak, Jeff	1982	Regional: 152nd			
	1989	Regional: 26th			
Peaslee, Jared	2021	Regional: 129th			
	1983	Regional: 113th			
	2014	Regional: 11th			
	1992	Regional: 155th			
	2019	Regional: 74th			
Peveto, Mike	2018	Regional: DNF			
	2017	Regional: 77th			
	2019	Regional: 74th			
	2018	Regional: DNF			
	2017	Regional: 77th			
Pienaar, Michael	2014	Regional: 11th			
	1992	Regional: 155th			
Plasencia, Rene	2019	Regional: 74th			
	2018	Regional: DNF			
Potgieter, Warno	2017	Regional: 77th			
	2019	Regional: 74th			
Pudner, Nate	2019	Regional: 130th			
	2021	Regional: 94th			
Rauch, Michael	1998	Regional: 115th			
	1983	Regional: 95th			
Reitz, Stuart	1982	Regional: 152nd			
	1982	Regional: 152nd			



CROSS COUNTRY HISTORY

Cross Country All-SBC Performers - Women

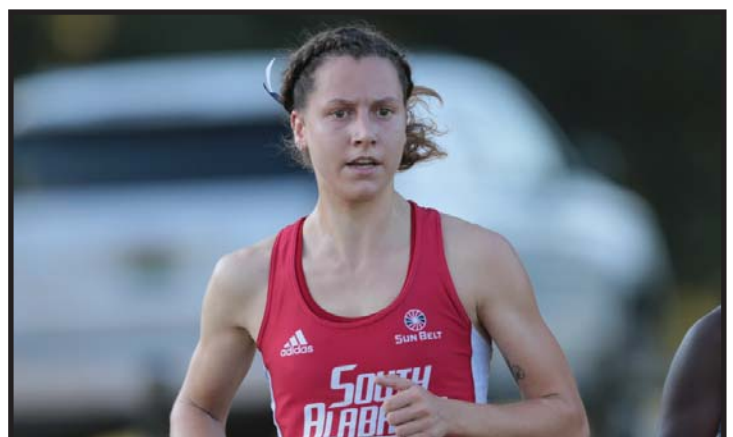
<u>Athlete</u>	<u>Year</u>
Beverly, Rebecca	1996, 1997, 1998
Buchanan, Jeanette	1985
Chepkoech, Magrina	2008, 2009
Cheruiyot, Andonet	2018, 2019
Cunningham, Michelle	1991, 1993
Dahmer, DeAnne	1986, 1987, 1988
Davis, Wendy	1999, 2000
Dewey, Lindsay	2003
Durham, Nicole	2015
Farley, Denise	1990
Grundler, Megan	1992, 1993
Heitling, Ashley	2015, 2016
Huff, Kris	1985
Jones, Angela	1998
Kenney, Coleen	1991, 1993
Labuschaigne, Laura	2015, 2016, 2017
Lawson, Tori	2009, 2010, 2011
Lecoq, Salome	2012
Lemon, Beth	1989, 1992
Lindstad, Silje	2019
Martin, Laura	1997
Magaud, Adele	2021, 2022
McCoy, Joanna	2015
Millenaar, Carolien	2017, 2019
O'Conner, Betsy	1988
O'Dea, Grainne	1998
Parry, Kristin	2013
Ramirez, Angelica	2003
Rone, Carrie	1991
Schmidt, Marjorie	1996
Soto, Valerie	1992
Van Der Merwe, Nicole	2017
Vieira, Jennifer	1996
Walker, Barbara	1992, 1993, 1994



Andonet Cheruiyot



Onesmus Kemboi



Carolien Millenaar

CROSS COUNTRY HISTORY



Cross Country NCAA Qualifiers - Women

<u>Athlete</u>	<u>Year</u>	<u>Result</u>			
			Lawson, Tori	2013	Regional: 79th
				2011	Regional: 30th
				2010	Regional: 57th
Ankerson, Katherine	1997	Regional: 141st		2009	Regional: 37th
Arenas, Erica	2011	Regional: 191st		2012	Regional: 59th
Barrett, Kim	1991	Regional: 181st	Lecoq, Salome	2019	Regional: 193rd
	1990	Regional: n/a	Lee, Shay	1992	Regional: 96th
Beverly, Rebecca	1998	Regional: 20th	Lemon, Beth	1989	Regional: 67th
	1997	Regional: 63rd		1988	Regional: 157th
	1996	Regional: 21st		2018	Regional: 118th
Bounds, Donna	1985	Regional: 132nd	Lindstad, Silje	2022	Regional: 193rd
Bryars, Alivia	2013	Regional: 174th	Livingston, Macy	2010	Regional: 184th
	2012	Regional: 182nd	Lowe, Kendra	2010	Regional: 181st
Buchanan, Jeanette	1988	Regional: 123rd	Mackie, Jessie	1985	Regional: 122nd
	1987	Regional: 138th	MacMillan, LeeAnn	2022	Regional: 35th
	1985	Regional: 105th	Magaud, Adele	2021	Regional: 61st
Cain, Abigail	2016	Regional: 210th		1997	Championship: 127th
Chastain, Ivy	2016	Regional: 152nd	Martin, Laura	1995	Regional: 4th
	2015	Regional: 139th		2015	Regional: 131st
	2014	Regional: 149th		2014	Regional: 23rd
	2013	Regional: 147th	McCoy, Joanna	2013	Regional: 162nd
Chepkoech, Magrina	2011	Regional: 53rd		2013	Regional: 129th
	2009	Regional: 75th		1985	Regional: 135th
	2008	Regional: 58th	McLeod, Kim	2019	Regional: 44th
Cheruiyot, Andonet	2019	Regional: 37th	Millenaar, Carolien	2017	Regional: 84th
	2018	Regional: 32nd		2000	Regional: 51st
Cunningham, Michelle	1991	Regional: 84th	Milton, Shaveatta	1988	Regional: 165th
	1990	Regional: n/a	Moffatt, MyLan	1991	Regional: 141st
Dahmer, DeAnne	1988	Regional: 55th	O'Conner, Betsy	1989	Regional: 102nd
	1987	Regional: 20th		1988	Regional: 94th
	1986	Regional: 20th		1987	Regional: 81st
Davis, Wendy	2000	Regional: 17th		2013	Regional: 39th
	1999	Regional: 14th	Parry, Kristin	2011	Regional: 159th
Durham, Nicole	2016	Regional: 102nd		1989	Regional: 149th
	2015	Regional: 151st	Proffitt, Mary Beth	1988	Regional: 124th
	2014	Regional: 102nd		1987	Regional: 150th
	2013	Regional: 119th		2019	Regional: 114th
Farley, Denise	1989	Regional: 90th	Pudner, Susanna	2017	Regional: 183rd
Finn, Mary	2011	Regional: 112th		2003	Regional: 67th
Forester, Brooke	2000	Regional: 105th	Ramirez, Angelica	1991	Regional: 99th
Fulton, Cindy	1994	Regional: 144th	Rone, Carre	1990	Regional: n/a
Grady, Shannon	1994	Regional: 165th		2010	Regional: 185th
Grundler, Megan	1992	Regional: 131st	Sanders, Faith	1987	Regional: 61st
Hanna, Tracy	1988	Regional: 127th	Savell, Lisa	1997	Regional: 51st
	1987	Regional: 124th	Schmidt, Marjorie	1996	Regional: 128th
Harris, Marcie	1991	Regional: 161st		1995	Regional: 146th
Hawke, Rachel	1997	Regional: 112th		1994	Regional: 212nd
Heitling, Ashley	2016	Regional: 44th		1985	Regional: 146th
	2015	Regional: 35th	Shalor, Regina	1985	Regional: 128th
	2014	Regional: 135th	Shalor, Phyllis	1996	Regional: 131st
	2013	Regional: 138th	Shanklyn, Caroline	1994	Regional: 203rd
Henry, Alysse	2019	Regional: 94th		2017	Regional: 154th
Horton, Sherry	1995	Regional: 245th	Sharp, Gillianne	2016	Regional: 173rd
Jones, Angela	1997	Regional: 82nd		1995	Regional: 162nd
	1996	Regional: 162nd	Shrauner, Katy	1994	Regional: 162nd
	1995	Regional: 207th		1996	Regional: 259th
Kenney, Coleen	1991	Regional: 32nd	Spies, Robin	2017	Regional: 112th
	1990	Regional: n/a	Van Der Merwe, Nicole	1996	Regional: 178th
	1989	Regional: 118th	Vieira, Jennifer	1995	Regional: 57th
Kieffer, Courtney	2010	Regional: 182nd		1994	Regional: 89th
Kiminski, Kailee	2017	Regional: 138th		1993	Regional: 171st
	2015	Regional: 196th		2011	Regional: 97th
Kyzar, Kim	1992	Regional: 199th	Wachob, Crystal	1994	Regional: 36th
	1991	Regional: 202nd	Walker, Barbara	1993	Regional: 158th
Labuschaigne, Laura	2017	Regional: 58th		1992	Regional: 169th
	2016	Regional: 29th	Weitenbeck, Abby	2019	Regional: 183rd
	2015	Regional: 79th	Westmoreland, Brittany	2010	Regional: 131st
			Weyer, Shannen	2014	Regional: 163rd
			Wheeler, Kayla	2014	Regional: 185th



CROSS COUNTRY HISTORY

ALL-TIME XC TOP 10 PERFORMANCES (WOMEN)

5 KILOMETERS

	Time	Athlete	Date	Meet	Location
1.	17:10	Adele Magaud	9/30/22	Joe Piane Invitational	South Bend Ind.
2.	17:12	Carolien Millenaar	10/31/20	Sun Belt Conference Championships	Mobile, Ala.
3.	17:14	Adele Magaud	9/16/22	North Alabama Showcase	Huntsville, Ala.
4.	17:17	DeAnne Dahmer	10/15/88	Tulane Invitational	New Orleans, La.
5.	17:26	Andonet Cheruiyot	10/27/18	Sun Belt Conference Championships	Mobile, Ala.
6.	17:29	Adele Magaud	9/17/21	South Region Preview	Huntsville, Ala.
	17:29	Laura Labuschaigne	9/8/17	Azalea City Classic	Mobile, Ala.
8.	17:30	Andonet Cheruiyot	10/5/19	14th Annual Foothills Invitational Classic	Oxford, Ala.
9.	17:34	Carolien Millenaar	10/2/20	FSU Invitational	Tallahassee, Fla.
10.	17:35	Laura Labuschaigne	10/28/17	Sun Belt Conference Championships	Boone, N.C.
	17:35	Ashley Heitling	10/16/15	Crimson Classic	Tuscaloosa, Ala.

6 KILOMETERS

	Time	Athlete	Date	Meet	Location
1.	20:15	Laura Labuschaigne	10/14/16	Crimson Classic	Tuscaloosa, Ala.
2.	20:43	Adele Magaud	11/11/22	NCAA South Regional	Huntsville, Ala.
3.	20:48	Adele Magaud	10/14/22	Crimson Classic	Tuscaloosa, Ala.
4.	20:49	Andonet Cheruiyot	10/18/19	Blazer Classic	Montevallo, Ala.
5.	20:54	Carolien Millenaar	10/16/20	Blazer Classic	Hoover, Ala.
6.	20:58	Joanna McCoy	11/13/15	NCAA South Regional	Tuscaloosa, Ala.
7.	21:01	Laura Labuschaigne	11/11/16	NCAA South Regional	Tallahassee, Fla.
8.	21:02	Joanna McCoy	9/11/15	Azalea City Classic	Mobile, Ala.
9.	21:07	Andonet Cheruiyot	11/15/19	NCAA South Regional	Hoover, Ala.10.
10.	21:19	Ashley Heitling	11/13/15	NCAA South Regional	Tuscaloosa, Ala.

ALL-TIME XC TOP 10 PERFORMANCES (MEN)

8 KILOMETERS

	Time	Athlete	Date	Meet	Location
1.	22:55	Kirami Yego	10/28/22	Sun Belt Conference Championship	Foley, Ala.
2.	23:05	Vincent Rono	10/7/06	Brook's Memphis Twilight Classic	Memphis, Tenn.
3.	23:06	Tonny Okello	10/7/06	Brook's Memphis Twilight Classic	Memphis, Tenn.
4.	23:23	Kirami Yego	9/30/22	Joe Piane Invitational	South Bend, Ind.
5.	23:25	Kirami Yego	9/16/22	North Alabama Showcase	Huntsville, Ala.
6.	23:27	Micah Tirop	10/7/06	Brook's Memphis Twilight Classic	Memphis, Tenn.
7.	23:30	Vincent Rono	10/1/05	Notre Dame Invitational	South Bend, Ind.
8.	23:33	Vincent Rono	10/6/05	13th Annual Auburn Invitational	Auburn, Ala.
	23:33	Tonny Okello	10/1/05	Notre Dame Invitational	South Bend, Ind.
9.	23:35	Teagan Flanagan	9/16/22	North Alabama Showcase	Huntsville, Ala.
10.	23:38	Teagan Flanagan	10/28/22	Sun Belt Conference Championship	Foley, Ala.

10 KILOMETERS

	Time	Athlete	Date	Meet	Location
1.	28:43	Vincent Rono	10/15/05	Chile Pepper Invitational	Fayetteville, Ark.
2.	28:55	Tonny Okello	10/15/05	Chile Pepper Invitational	Fayetteville, Ark.
3.	29:16	David Kimani	11/13/99	NCAA South Regional	Auburn, Ala.
4.	29:24	David Kimani	10/16/99	Chile Pepper Invitational	Fayetteville, Ark.
5.	29:29	Kirami Yego	11/11/22	NCAA South Regional	Huntsville, Ala.
6.	29:31	Tonny Okello	11/12/05	NCAA South Regional	Gainesville, Fla.
7.	29:34	Kirami Yego	11/19/22	NCAA Championships	Stillwater, Okla.
8.	29:43	Kirami Yego	11/12/21	NCAA South Regional	Huntsville, Ala.
9.	29:49	Teagan Flanagan	11/11/22	NCAA South Regional	Huntsville, Ala.
10.	30:06	David Kimani	11/22/99	NCAA Championships	Bloomington, Ind.

2022-23 TRACK & FIELD ROSTER



Men's Roster

<u>Name</u>	<u>Event</u>	<u>Ht.</u>	<u>Class</u>	<u>Hometown (Previous School)</u>
Jalen Boyd	Sprints	6-5	Sr.	Pensacola, Fla. (Escambia HS)
Avery Childress	Combined Events	6-2	Fr.	Pelham, Ala. (Pelham HS)
Graham Collins	Combined Events	5-10	Jr.	Mobile, Ala. (McGill-Toolen Catholic HS)
Kobe Cox	Combined Events	6-3	Jr.	Eglin, Fla. (Lakenheath HS)
Antuan Crowder	Sprints	5-7	Sr.	Eastaboga, Ala. (Coker University)
Lance Cunigan	Distance	5-11	Jr.	Kellytown, Ala. (Benjamin Russell HS)
Dorian Curry	Jumps	6-4	Jr.	Mobile, Ala. (Mobile Christian School)
Lester Davison	Hurdles	6-2	Jr.	Mobile, Ala. (Mary G. Montgomery HS)
Giacomo Deluca III	Distance	6-0	Gr.	Newark, Del. (Mississippi State)
David Dolan	Pole Vault	5-11	Jr.	Mobile, Ala. (McGill-Toolen Catholic HS)
Tyler Doty	Distance	5-11	So.	Cumming, Ga. (West Forsyth HS)
Phillip Douglas III	Throws	5-8	So.	Birmingham, Ala. (Calera HS)
Ryan Faut	Throws	6-4	So.	Glenview, Ill. (Glenbrook South HS)
Evans Finnorn	Pole Vault	6-0	Jr.	Mobile, Ala. (McGill-Toolen HS)
Teagan Flanagan	Distance	5-8	Jr.	Kingman, Kan. (Hutchinson CC)
David Garcia	Hurdles	6-5	Fr.	Pontevedra, Spain (Sek Atlántico)
Hilton Gibson	Throws	5-11	Fr.	Davidson, N.C. (IMG Academy)
Nic Glass	Combined Events	6-3	So.	Cullman, Ala. (Cullman HS)
Javon Glenn	Distance	6-0	So.	Anniston, Ala. (Oxford HS)
Juan Hill	Sprints	6-3	Fr.	Mobile, Ala. (Davidson HS)
Walker Hughes	Javelin	6-2	Fr.	Birmingham, Ala. (Oak Mountain HS)
Trevor Hunziker	Combined Events	6-6	So.	Madison, Ala. (James Clemens HS)
Xavier Johnson	Distance	6-2	So.	Victoria, Australia (Cornish College)
Jean Pierre Le Roux	Distance	6-2	So.	Madison, Ala. (Bob Jones HS)
Sebastian Löschner	Throws	6-2	Jr.	Stockholm, Sweden (Sjölin's Gymnasium)
Dimitrios Manesiotis	Throws	5-11	Jr.	Glenview, Ill. (Glenbrook South HS)
Chris Martinez	Throws	6-1	Fr.	Mobile, Ala. (Mobile Christian School)
Cade Marty	Javelin	5-11	Sr.	Birmingham, Ala. (Oak Mountain HS)
Sam Mika	Throws	6-5	Fr.	Naperville, Ill. (Waubonsie Valley HS)
Josh Norris	Sprints	5-8	Jr.	Auburn, Ala. (Auburn HS)
Amos Pkemoi	Distance	5-4	Fr.	West Pokot, Kenya (St. Daniel Comboni Kaptabuk)
Francois Prinsloo	Throws	6-3	Jr.	Worcester, South Africa (Worcester Gymnasium HS)
Nathaniel Pudner	Distance	5-11	Sr.	Auburn, Ala. (Auburn HS)
Kyle Rademeyer	Pole Vault	6-0	Jr.	Paarl, South Africa (Paarl Gymnasium)
Sebastian Reyneke	Combined Events	6-2	So.	Cape Town, South Africa (Luther College)
Xavier Rogers	Sprints	5-7	Sr.	Prattville, Ala. (Stanhope Elmore HS)
Thomas Sensley	Sprints	6-5	Fr.	Gulfport, Miss. (Biloxi HS)
Brylan Shirley	Combined Events	6-3	Sr.	Northport, Ala. (Sipsey Valley HS)
Korey Shively	Distance	5-5	Sr.	Madison, Ala. (James Clemens HS)
Cameron Stewart	Sprints	6-2	Sr.	Mobile, Ala. (Davidson HS)
Jake Thompson	Distance	6-3	Fr.	Brookhaven, Miss. (Brookhaven HS)
Carter Tinnerman	Pole Vault	5-10	Fr.	West Milton, Ohio (Milton-Union HS)
Bo Webb	Hurdles	6-0	Fr.	Vestavia Hills, Ala. (Vestavia Hills HS)
Jacob Wentz	Javelin	6-2	So.	Fort Walton Beach, Fla. (Choctawhatchee HS)
Kendall White	Sprints	5-7	So.	Mobile, Ala. (McGill-Toolen Catholic HS)
Tashod Wingfield	Jumps	5-9	So.	Dothan, Ala. (Godby HS)
Kirami Yego	Distance	5-10	Jr.	Kapenguria, Kenya (St. Anthony's Boys HS)

Coaching staff

Head Coach — throws: Paul Brueske (South Alabama '98)

Assistant Coach — vertical jumps/combined events: Aaron James (Baylor '87)

Assistant Coach — women's pole vault/combined events/vertical jumps: Lyndell Farmer (South Alabama '16)

Assistant Coach — distance: Parker Cowles (Air Force '09)

Assistant Coach — sprints/hurdles/horizontal jumps: Reagen Beal (Kennesaw State University '14)

Coaching Intern — throws: Hannah Higgins (Arkansas State '21)

Volunteer Assistant Coach — long sprints: Roelof Swanpoel



2022-23 TRACK & FIELD ROSTER

Women's Roster

<u>Name</u>	<u>Event</u>	<u>Ht.</u>	<u>Class</u>	<u>Hometown (Previous School)</u>
Isabella Baker	Pole Vault	5-2	So.	Montgomery, Ala. (Montgomery Academy)
Kira Benkmann	Throws	5-6	Gr.	Berlin, Germany (Schul-und Leistungssportzentrum Berlin)
Riandi Boshoff	Throws	5-6	Fr.	Potchefstroom, South Africa (Potchefstroom Gimnasium)
Clervie Chagot	Distance	5-0	So.	Bretagne, France (Lycée Sévigné)
Rocio Chaparro	Combined Events	5-7	Jr.	Asunción, Paraguay (School of Tomorrow)
Bradyn Coarsey	Pole Vault	5-10	So.	Mobile, Ala. (McGill-Toolen Catholic HS)
Starlynn Costa	Distance	5-2	Sr.	South St. Paul, Minn. (University of Mary)
Bodine Degli-Umberti	Throws	5-10	Jr.	Pretoria, South Africa (Die Hoërskool Menlopark)
Ina Edstrom	Pole Vault	5-6	Jr.	Austin, Texas (Vandegrift HS)
Mia Evensen	Combined Events	5-8	Fr.	Ridabu, Norway (Stange Videregående Skole)
Allie Germann	Sprints	5-7	Fr.	Winfield, W. Va. (Winfield HS)
Alexis Gratia	Pole Vault	5-10	So.	Metairie, La. (Fontainebleau HS)
Nichole Harting	Javelin	5-9	Jr.	Madison, Ala. (Bob Jones HS)
Rachel Hunter	Distance	5-6	Jr.	Yorkville, Ill. (Yorkville HS)
Iyana Johnson	Throws/Jumps	5-8	Fr.	Eight Mile, Ala. (Davidson HS)
Shay Lee	Distance	5-4	Sr.	Bradenton, Fla. (Lakewood Ranch HS)
Macy Livingston	Distance	5-5	So.	The Woodlands, Texas (Medina Valley HS)
Adele Magaud	Distance	5-5	Jr.	Martigues, France (College Marcel Pagnol)
Morgan Matthews	Hurdles	5-7	Fr.	Milton, Fla. (Central HS)
Savannah Morgan	Pole Vault	5-4	Jr.	Fairhope, Ala. (Fairhope HS)
Mallory Norton	Javelin	5-8	Fr.	Slidell, La. (Pope John Paul II HS)
Josie Pry	Sprints	5-7	Jr.	New Philadelphia, Ohio (New Philadelphia HS)
Lucy Raynor	Throws	5-8	Jr.	Enid, Okla. (Chisholm HS)
Kiara Risher	Jumps	5-3	Jr.	Madison, Ala. (James Clemens HS)
Kamdyn Skinner	Sprints	5-10	Jr.	Pass Christian, Miss. (Pass Christian HS)
Sara Spalding	Distance	5-5	So.	Fowlerville, Mich. (Webberville HS)
Lauren Tinkler	Distance	5-7	Sr.	Kildare, Ireland (Holy Family Community School)
Emma Tonsberg	Distance	5-8	So.	Lemvig, Denmark (Lemvig Gymnasium)
Collete Uys	Throws	5-7	Jr.	Riebeeckstad, South Africa (Riebeeckstad HS)
Hanna-Mai Vaikla	Combined Events	5-8	Sr.	Tallinn, Estonia (Audentes Sports Gymnasium)
Abbey Weitenbeck	Distance	5-6	Jr.	Huntsville, Ala. (Hunsville HS)
Taviana Williams	Jumps	5-1	Jr.	Douglasville, Ga. (Alexander HS)
Grace Wolf	Sprints	5-6	So.	Milton, Ga. (Cambridge HS)

Coaching staff

Head Coach — **throws:** Paul Brueske (South Alabama '98)

Assistant Coach — **vertical jumps/combined events:** Aaron James (Baylor '87)

Assistant Coach — **women's pole vault/combined events/vertical jumps:** Lyndell Farmer (South Alabama '16)

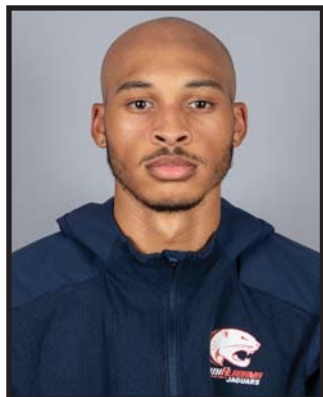
Assistant Coach — **distance:** Parker Cowles (Air Force '09)

Assistant Coach — **sprints/hurdles/horizontal jumps:** Reagen Beal (Kennesaw State University '14)

Coaching Intern — **throws:** Hannah Higgins (Arkansas State '21)

Volunteer Assistant Coach — **long sprints:** Roelof Swanpoel

MEN'S BIOGRAPHIES



JALEN BOYD

Sprints • 6-5 • Senior (Indoor/Outdoor) • Pensacola, Fla. • Escambia HS

2022: Outdoor — Claimed a victory at the UAB Green and Gold Invite in the 400m after stopping the clock at 49.25 seconds ... Set a personal record in the 400m at the Crimson Tide Invitational, clocking a time of 48.29 seconds ... Helped the 4x400 relay team (3:13.41) to a top-5 finish at the Sun Belt Outdoor Championships, a finish that secured the first men's title in program history. **Indoor** — Broke his personal record in the 500m with a time of 1:07.01 at the UAB Blazer Invitational.

2021: Outdoor — Helped the 4x400 relay team to a runner-up finish at the LSU Boots Garland Invitational (3:13.67) ... Took third place and earned All-SBC honors with the 4x400 relay (3:15.30) team at the Sun Belt Outdoor Track & Field Championships ... Earned fourth place at the SLU Pre-Conference Tune Up after finishing the 400m in 49.20 seconds. **Indoor** — Set a new personal record in the 300m (36.22 seconds) at the UAB Blazer Invitational ... Picked up a sixth-place finish in the 400m at the Sun Belt Indoor Track & Field Championships, crossing the finish line in 50.53 seconds.

2020: Outdoor — Placed second in the 200m at the Jaguar Opener (22.44 seconds). **Indoor** — Crossed the line in 49.44 seconds in the 400m in preliminaries and helped the 4x400 relay team place fourth (3:19.04) in finals of the event at the Sun Belt Championships ... Helped the Jaguar 4x400 relay team place fourth at the Samford Bulldog Invite (3:22.82) ... Recorded a personal-best in the 400m (49.25 seconds) at the Clemson Bob Pollock Invitational ... Helped the Jaguars place third in the 4x400 relay at the Samford January Invite with a time of 3:18.73.

2019: Outdoor — Was part of the 4x400 relay team which earned a third-place finish and All-Sun Belt recognition with a season-best time of 3:13.19 at the conference championships ... Took the top spot in the 400m (49.24 seconds) and third in the 200m (21.92 seconds, a personal best) at the South Alabama Invitational ... Won the 400m at Samford's Alabama Track Challenge, crossing the line in 49.59 seconds, and finished third in the 200m (22.25 seconds) ... Helped the Jaguar 4x400 relay team to victories at the South Alabama Invitational and Jaguar Opener. **Indoor** — Ran the 10th-fastest 200m in program history at Samford's Bulldog Invite, crossing the line in 22.48 seconds ... Recorded a season-best 400m time of 50.45 seconds at the Vanderbilt Invitational ... Claimed second-team all-conference honors as part of the 4x400 relay team which took the runner-up spot at the Sun Belt Indoor Championships with a time of 3:18.17.

High School: Lettered four years in track at Escambia High School in Pensacola, Fla. ... Was the 400m district champion and a state qualifier in the 400m and 4x400 relay.

Personal: Full name is Jalen Boyd ... Born June 29, 2000, in Durham, N.C. ... Son of Derrick and Nicole Boyd ... Has a sister, Amiya ... Dad played football at the University of Virginia ... Favorites— movie: "The Fast and the Furious"; athletes: LeBron James, Odell Beckham Jr. and Fred Kerley ... Likes cars, video games, and music.

Major: Sport management & recreation studies



AVERY CHILDRESS

Combined Events • 6-2 • Freshman (Indoor/Outdoor) • Pelham, Ala. • Pelham HS

High School: Lettered in outdoor track & field for four years, indoor track & field three years, basketball two years and football one year ... Left holding the high school record for the indoor 400m, the 4x400 relay, and the pentathlon ... Also has the record for the outdoor 400m, 4x400 relay, and the decathlon ... Won the state championship in the 4x400 relay.

Personal: Full name is Jason Avery Childress ... Born November 5, 2003 ... Son of Jason and Magan Childress ... Has one younger brother ... Favorite athletes are Marcell Jacobs and Noah Lyles ... Favorite movies are "Madagascar 1, 2, and 3".

Major: Exercise science



MEN'S BIOGRAPHIES



GRAHAM COLLINS

Combined Events • 6-1 • Senior (Indoor/Outdoor) • Mobile, Ala. • McGill-Toolen Catholic HS

2022: Outdoor — Recorded a second-place finish in the 110m hurdles (15.32 seconds, wind-assisted) and a fifth-place finish in the pole vault (4.20m) at the South Alabama Invitational ... Scored 6,599 points and finished fifth in the decathlon at the Sun Belt Outdoor Championships. **Indoor** — Placed sixth in the heptathlon, scoring 4,983 points, at the Sun Belt Conference Indoor Championships.

2021: Outdoor — Placed third with the 4x400 relay (3:20.18) team at the USA Invitational ... Recorded a personal best in the 110m hurdles at the USA Invitational, crossing the finish line in 14.58 seconds ... Finished third in the decathlon with 6,369 points at the Sun Belt Conference Outdoor Track & Field Championships. **Indoor** — Won the heptathlon, marked a personal and school record of 5,444 points at the Sun Belt Conference Indoor Track & Field Championships ... Set a personal record in the 60m hurdles with a time of 8.30 seconds at the Jaguar Invitational.

2020: Outdoor/Indoor— Did not compete.

2019: Outdoor — Was unable to complete the Sun Belt Outdoor Championships decathlon due to injury ... Scored 6,836 points to win the decathlon at Samford's Alabama Track Challenge, taking second place in the all-time Jags record book; finished first in the 100m (11.14 seconds), 400m (49.56 seconds), pole vault (4.45m), javelin (44.36m) and 1500m (4:53.30) ... Placed second in the South Alabama Invitational long jump (6.86m), third in the pole vault (4.65m) and fifth in the discus (31.94m) ... Recorded personal-best performances in the Jaguar Opener 100m (10.90 seconds) and 110m hurdles (15.10 seconds) and the Southern Miss Invitational high jump (1.88m). **Indoor** — Earned third-team all-conference honors and set a new Jaguar heptathlon record with 5,166 points at the Sun Belt Conference Championships; won the 60m (7.13 seconds) and pole vault (4.60m) portions of the event and finished second in the 1000m (2:48.93) ... Scored 5,122 points to win the LSU Bayou Bengal Invitational heptathlon; took first place in the long jump (6.72m) and pole vault (4.50m) during the meet ... Had a career-long high jump of 1.90m at the UAB Blazer Invitational.

High School: Lettered two years in cross country and three years in track & field at McGill-Toolen Catholic High School in Mobile, Ala. ... Won the 2018 AHSAA Decathlon state title ... Holds school records in the 60m hurdles, 110m hurdles, 300m hurdles, indoor high jump, indoor pentathlon and decathlon.

Personal: Full name is Graham Collins ... Born April 26, 2000, in Ocean Springs, Miss. ... Son of Charles and Elizabeth Collins ... Has three brothers and a sister ... Older brother, Sean, was also a member of the Jaguar track & field team ... Favorite movie is "Star Wars: Episode V" ... Would most like to meet Robert Downey, Jr., Chris Pratt, and Lionel Messi.

Major: History



KOBE COX

Combined Events • 6-3 • Senior (Indoor/Outdoor) • Eglin, Fla. • Lakenheath HS

2022: Outdoor — Broke his personal record in the javelin throw (59.60m) and placed ninth at the Sun Belt Conference Outdoor Championships ... Reached 1.98 meters in the high jump at the UAB Green and Gold Invite, earning second place ... Four top-5 finishes during the outdoor season. **Indoor** — Placed sixth in the high jump at the Sun Belt Conference Indoor Championships after recording a 1.93m height.

2021: Outdoor — Set a personal record while placing eighth in the javelin throw (58.41m) at the Sun Belt Conference Outdoor Track & Field Championships ... Took second place in the high jump (1.91m) and third in the javelin throw (56.96m) at the SLU Pre-Conference Tune Up ... Recorded a personal-best 12.49m triple jump and finished fourth at the USA Invitational. **Indoor** — Marked a personal-best 2.01m high jump in a sixth-place finish at the Jaguar Invitational.

2020: Outdoor — Won the high jump (1.89m) and placed fourth in the javelin throw (51.70m) at the Jaguar Opener.

Indoor — Did not compete.

2019: Outdoor — Took fourth place at the Sun Belt Outdoor Championships with a 52.23m javelin throw ... Competed unattached at the South Alabama Invitational, where he finished fourth in the javelin (49.63m) and eighth in the long jump (6.37m). **Indoor** — Did not compete.

High School: Lettered three years in basketball and track & field at Lakenheath High School in England ... Left holding the school long jump and triple jump records.

Personal: Full name is Kobe Cox ... Born May 2, 2000, in Eglin, Fla. ... Son of Christopher Cox and Amanda Buning ... Has one brother and three sisters ... Favorites— movie: "The Longest Yard"; pro sports team: New Orleans Saints ... Likes pizza.

Major: Accounting

MEN'S BIOGRAPHIES



ANTUAN CROWDER

Sprints • 5-8 • Senior (Indoor/Outdoor) • Eastaboga, Ala. • Coker University

2022: Outdoor — Claimed a victory with the 4x100 relay team at the Southern Miss Invitational (40.88 seconds) ... Clocked a personal best in the 100m (10.85 seconds) at the Southern Miss Invitational ... Placed second with the 4x100 relay team (42.19 seconds) at the South Alabama Invitational. **Indoor** — His season-best 60m time (7.05 seconds) came at the South Alabama Invitational ... Finished second with the 4x200 relay (1:32.44) team at the UAB Blazer Invitational.

Coker University: Competed for Coker University in 2019-20 ... Appeared in five meets as a freshman ... Recorded personal bests in the 60m (7.04 seconds) and 200m (22.53 seconds) at the South Carolina Invitational.

High School: Competed in the Junior Olympics in 2014-15 ... Finished eighth in the state in the 100m (10.96 seconds) and 10th in the 200m (22.3 seconds) ... Graduated from Oxford High School in Oxford, Ala., in 2018.

Club: Ran for Fast Feet in Anniston, Ala., from 2013 to 2016 ... Named best sprinter from 2013-16.

Personal: Full name is Antuan Tyrese Crowder ... Born April 16, 1999 ... Son of Shawnee Miller ... Has one twin brother ... Chose South for a better opportunity to achieve greatness and start a legacy for his family ... Favorites— book: “50th Law”; movie: “300”; pro sports team: Pittsburgh Steelers; athletes: Justin Gatlin and Andre Ward; music artists: J. Cole, Nas and Jay-Z; foods: steak and mac and cheese; class: history ... Best part of playing sports to him is running fast ... Would like to meet 50 Cent and Ryan Holiday ... Thankful for the breath he breathes everyday ... Goals for this season include competing at nationals.

Major: Interdisciplinary studies



LANCE CUNIGAN

Distance • 5-11 • Junior (Indoor/Outdoor/XC) • Kellytown, Ala. • Benjamin Russell HS

2022: Outdoor — Set two personal records in the 3000m steeplechase (9:50.42) and the 1500m (3:57.07) while taking first and third place, respectively, at the Tiger Track Classic ... Took the runner-up spot while clocking a personal-best time (15:21.96) in the 5000m at the UAB Green and Gold Invite ... Broke his personal 3000m record at the Jaguar Opener with a time of 8:43.20 and placed third ... Clocked a personal-best mile time of 4:27.68 at the Jaguar Invitational. **Indoor** — Did not compete. **XC** — Ran the 8k in 26:27 at the Crimson Classic ... Finished the SBC Championship race with a time of 26:57.

2021: Outdoor — Recorded a personal-best time in a sixth-place finish in the 3000m (9:14.91) and a fourth-place finish in the 1500m (4:07.45) at the Jaguar Opener ... Finished in the runner-up spot while setting a personal record in the 1500m after crossing the finish line in 4:00.50 at the Auburn Tiger Track Classic ... Set a personal record in the 800m (1:57.22) at the Crimson Tide Invitational ... Marked a personal-best time in the 3000m (10:04.41) at the SLU Pre-Conference Tune Up. **Indoor** — Did not compete. **XC** — Took ninth place in at the Azalea City Classic XC Collegiate after crossing the finish line in 16:53.3.

2020: Outdoor — Finished second in the 3000m with a time of 9:05.45 at the Jaguar Opener. **Indoor** — Placed third in the mile (4:23.62) at the Samford Bulldog Open. **XC** — Competed in the Azalea City Classic, finishing the 5k in 17:05.

2019: XC — Competed in all five cross country meets as a true freshman ... Finished sixth at the Azalea City Classic in his first collegiate meet as he crossed the line with a 5k time of 16:28 ... Best finish in the 8k came at the 14th Annual Foothills Invitational where he recorded a time of 26:39 ... Season-best time in the 8k came at the Blazer Classic where he posted a time of 25:28.

High School: Lettered three seasons in cross country and four seasons in track & field at Benjamin Russell High School in Alexander City, Ala. ... Left holding the program record in the 800m ... Finished as the 6A runner up at the state championship meet ... Posted prep career best times in the 800m (1:57), 1600m (4:26) and 3200m (9:46) ... Also lettered three seasons in basketball for the Wildcats.

Personal: Full name is Christian Lance Cunigan ... Born August 24, 2001 in Alexander City, Ala. ... Son of Jackie and Natalie Cunigan ... Oldest of two children in his family ... Has a younger brother, Dallas ... Favorites— movie: “Captain America: The Winter Soldier”; book: “Percy Jackson: The Last Champion”; sports team: Miami Heat; athletes: Klay Thompson and Damian Lillard; musical artists: Drake and Lil’ Wayne; foods: Chicken Alfredo and waffles; classes: anatomy and physiology.

Major: Exercise science



MEN'S BIOGRAPHIES



DORIAN CURRY

High Jump • 6-4 • Junior (Indoor/Outdoor) • Mobile, Ala. • Mobile Christian School

2022: Outdoor — Broke his personal record and set a new school record in a victory in the high jump at the UAB Green and Gold Invite with a mark of 2.17 meters ... Claimed a victory at the South Alabama Invitational (2.05m) ... Took fourth place, recording a 2.08m mark at the Sun Belt Conference Championships ... Jumped 2.05m in his second NCAA East Preliminary appearance ... Finished in the top-5 six times during the season. **Indoor** — Took home two victories, and set the program record at the UAB Blazer Invitational (2.11m) and the Samford Invite (2.10m) ... Placed second at the USA Invitational with a season-best 2.13m mark, beating the previous program record.

2021: Outdoor — Took the runner-up spot in the high jump at the Jaguar Opener after posting a 1.99m jump ... Set a personal record in the triple jump (12.45m) in a fifth-place finish at the USA Invitational ... Finished in fifth place in the high jump with a height of 1.97m at the Southern Miss Invitational ... Marked a personal best and set a school record with a height of 2.10m in the high jump at the Crimson Tide Invitational. **Indoor** — Finished second in the high jump (2.00m) and third in the triple jump (12.17m) at the UAB Invitational ... Recorded a fourth-place finish in the high jump at the ASU Scarlett and Black Invitational with a 2.01m mark ... Placed third in the high jump (2.08m) and set a program record at the Sun Belt Indoor Track & Field Championships.

High School: Lettered one year in basketball and track & field at Mobile Christian School in Mobile, Ala. ... Won the state high jump competition with the Leopards in 2020 ... Graduated from MCS in 2020 while holding the records for most blocks in a basketball game.

Personal: Full name is Dorian Rashaud Curry ... Born July 24, 2002 in Mobile, Ala. ... Son of Randy and Deborah Curry ... Has two older brothers — Devin and Randy ... Hobbies include hanging out with friends, playing his ukulele, longboarding and making YouTube videos ... Chose South for the coaching staff, team and facilities that will help him meet his goal of a seven-foot jump ... Favorites— movie: “Sandlot”; book: “The Indian in the Cupboard”; pro sports team: Atlanta United; athlete: Kevin Durant; music artist: Juice WRLD; food: pizza; class: math ... Likes video games ... Dislikes reading ... Wears the same socks every time he competes in the high jump ... The best part about competing in sports to him is the community ... Most people don't know that he can juggle and backflip ... Most thankful for his family ... Would like to be working at ESPN in the next five years.

Major: Communication



LESTER DAVISON

Hurdles • 6-2 • Junior (Indoor/Outdoor) • Mobile, Ala. • Mary G. Montgomery HS

2022: Outdoor — Placed third and set a personal record of 14.41 seconds in the 110m hurdles ... Placed in the top-3 five times during the season. **Indoor** — Set a personal record in the 60m hurdles (8.29 seconds) in an eighth-place finish at the Jaguar Invitational.

2021: Outdoor — Set a personal record while taking first place in the triple jump (12.93m) at the Jaguar Opener ... Posted two personal best records in the 110m hurdles (14.70 seconds) and the 400m hurdles (59.77 seconds) at the Sun Belt Conference Outdoor Championships. **Indoor** — Placed fifth in a preliminary 60m hurdles race at the UAB Blazer Invitational, posting a time of 8.48 seconds.

2020: Outdoor — Posted a personal best in the 400m hurdles (1:01.62) at the Jaguar Opener. **Indoor** — Recorded personal bests in the 200m (23.46 seconds) and in the 60m hurdles (8.44 seconds) at the Samford Bulldog Invite ... Helped the 4x400 relay team cross the line at 3:27.81 at the Jaguar Invitational.

High School: Lettered in basketball and track & field two years at Mary G. Montgomery High School in Mobile, Ala. ... Set the school records in the 110m and 300m hurdles and was a part of the school's 4x400 relay team.

Personal: Full name is Lester Earl Davison ... Born June 19, 2001 in Mobile, Ala. ... Son of Lester and Luz Davison ... Is the youngest of three boys ... Favorite movie is “Titanic” ... Favorite pro sports teams are the New England Patriots and the San Antonio Spurs ... Favorite athlete is Kawhi Leonard ... Favorite musical artist is NBA Young Boy ... Favorite food is pizza.

Major: CIS health informatics

MEN'S BIOGRAPHIES



GIACOMO DELUCA III

Distance • 5-11 • Graduate (Indoor/Outdoor/XC) • Newark, Del. • Mississippi State

2022: Outdoor — Named to the all-conference third-team in the 1,500 meters ... Placed third in the 1500m (3:52.07) at the Sun Belt Outdoor Championships ... Ran the 5000m in 14:32.02 at the Raleigh Relays. **Indoor** — Finished third at the Sun Belt Indoor Championships in the 3000m with a time of 8:22.04 ... Placed ninth in the mile (4:24.37) at the conference indoor championships ... At the conference championships, was part of the distance medley relay that finished fifth (10:14.10). **XC** — Ran the 5k at the Azalea City Classic in 18:08 ... Recorded a top-60 time at the Crimson Classic (25:37) ... Finished 17th at the SBC Championship with a time of 25:20.

Mississippi State: Lettered in track & field for three years.

High School: Lettered four years in track & field, two years in cross country and one year in soccer at George County High School in Lucedale, Miss. ... Graduated in 2017.

Personal: Full name is Giacomo DeLuca III ... Born Dec. 3, 1998, in Newark, Del. ... Oldest son of Giacomo DeLuca Jr. and Monica Davis.

Major: Environmental toxicology



DAVID DOLAN

Pole Vault • 5-11 • Junior (Indoor/Outdoor) • Mobile, Ala. • McGill-Toolen Catholic HS

2022: Outdoor — Recorded a season-best pole vault mark of 4.45 meters at the Crimson Tide Invitational. **Indoor** — Marked a season-best 4.05m height at the UAB Blazer Invitational.

2021: Outdoor — Named second-team all-conference after taking second place at the Sun Belt Conference Outdoor Championship in the pole vault (5.11m) ... Took second while posting a personal-best 5.30m pole vault at the Southern Miss Invitational ... Finished in second place in the pole vault (4.95m) at the 93rd Clyde Littlefield Texas Relays ... Took first in the pole vault after posting a 5.25m mark at the USA Invitational ... Took the runner-up spot in the pole vault (5.20m) at the Jaguar Opener ... Finished fifth at the Crimson Tide Invitational in the pole vault (5.10m) ... Recorded a 4.90m height and placed fourth in the pole vault at the SLU Pre-Conference Tune Up. **Indoor** — Finished second at the UAB Blazer Invitational after recording a 4.75m mark in the pole vault ... Finished fourth in the pole vault (4.92m) at the Jaguar Invitational ... Marked a height of 5.06m in the pole vault and finished fourth at the Sun Belt Conference Indoor Track & Field Championships.

2020: Outdoor — Finished fourth in the pole vault (4.50m) at the Jaguar Opener ... **Indoor** — Placed fifth in the pole vault (4.70m) at the Samford Bulldog Invite ... Claimed third in the pole vault by clearing 4.47m at the Jaguar Invitational ... Recorded a personal best in the pole vault (4.80m) at the Clemson Bob Pollock Invitational ... Took third in the pole vault (4.55m) at the Samford January Invite.

High School: Competed in track & field at McGill-Toolen High School in Mobile, Ala.

Personal: Full name is David Charles Dolan ... Born Nov. 17, 2000 in Mobile, Ala. ... Son of Steve and Jenny Dolan ... He is the seventh of nine children ... Likes fishing and hunting ... Favorite food is tacos.

Major: Sport management & recreation studies



MEN'S BIOGRAPHIES



TYLER DOTY

Distance • 5-11 • Sophomore (Outdoor) / RS-Freshman (Indoor/XC) • Cumming, Ga. • West Forsyth HS

2022: Outdoor — Appeared in the 3000m at the Jaguar Opener and stopped the clock at 9:03.45. **Indoor** — Did not compete. **XC** — Placed fourth at the Azalea City Classic 5k (16:26) ... Ran the 8k at the North Alabama Showcase in 26:43 ... Ran the 5-mile race at the Joe Piane Invitational in 26:20 ... Finished top-100 at the Crimson Classic with a time of 26:42 ... Crossed the finish line at the SBC Championship in 27:13.

2021: XC — Competed as an unattached runner and finished 14th in the 5k (18:03.0) at the Azalea City Classic.

High School: Lettered four years in both cross country and track & field at West Forsyth High School in Cumming, Ga. ... Left holding the program records in the 4x800 and 4x1600, while also setting the fastest cross country time by a sophomore for the 5k and the 1600m ... Also left holding the fourth fastest 5k time overall and the third fastest time in 1600m in school history ... Played soccer six years for United Futbol Academy through

the beginning of his freshman year ... Highlight of prep career was finishing third at the region meet during his senior season and then 17th at the state meet.

Personal: Full name is Tyler Kent Doty ... Born December 31, 2002 in Baton Rouge, La. ... Son of Andy and Sheryl Doty ... Has a younger sister, Kelsey ... Hobbies are soccer, football, frisbee, video games and skiing ... Favorite movie is "Maze Runner" ... List favorite books as the "Percy Jackson and the Olympians" series ... Favorite professional teams are the New Orleans Saints, New Orleans Pelicans, Atlanta United, Atlanta Hawks and Chelsea FC ... Favorite athletes are Drew Brees, Eden Hazard, Alvin Kamara, Cam Jordan, Josef Martinez and Trae Young ... Favorite musical artists are Juice WRLD and One Republic, along with several country music artists ... Favorite foods include donuts, cinnamon rolls, waffles, yogurt, fruit and pizza ... Favorite classes include math and science ... Pre-competition ritual is to drink pickle juice before every cross country race.

Major: Exercise science



PHILLIP DOUGLAS III

Throws • 5-10 • Sophomore (Indoor/Outdoor) • Birmingham, Ala. • Calera HS

2022: Outdoor — Placed fourth in the shot put at the UAB Green and Gold Invite after posting a 13.97m mark ... Recorded his personal best shot put attempt (14.24m) at the Sun Belt Outdoor Championships. **Indoor** — Recorded a personal record in the weight throw (13.15m) at the Jaguar Invitational.

High School: Lettered four years in track & field and football at Calera High School in Calera, Ala. ... Graduated in 2019 while holding the shot put record with a 14.93m mark.

Club: Competed with the Bay Area Bombers for two years.

Personal: Full name is Phillip Douglas III ... Born Dec. 17, 2000 in Birmingham, Ala. ... Phillip Jr. and Tonda Douglas ... Has one younger sister, Jordan ... Chose South for its engineering program.

Major: Mechanical engineering



MEN'S BIOGRAPHIES



RYAN FAUT

Throws • 6-3 • Sophomore (Indoor/Outdoor) • Glenview, Ill. • Glenbrook South HS

2022: Outdoor/Indoor — Did not compete.

High School: Lettered two years in football and three years in track & field at Glenbrook South High School in Glenview, Ill. ... Graduated from the program in 2021 while holding the discus record and second-best shot put performance ... Won the Illinois 3A state meet in the discus event and placed fifth in the shot put.

Personal: Full name is Ryan Thomas Faut ... Born March 5, 2000 ... Son of Brian and Patty Faut ... Has an older brother and sister ... Father played football at Ohio University for four years, and mother played volleyball for two years at the University of Minnesota.

Major: Computer science



EVANS FINNORN

Pole Vault • 6-0 • Junior (Indoor/Outdoor) • Mobile, Ala. • McGill-Toolen HS

2022: Outdoor — Recorded a season-high 4.81m pole vault at the 2022 Mississippi State Maroon and White Invitational ... Placed second at the South Alabama Invitational with a clearance of 4.80m ... Finished third at the UAB Green and Gold Invite, reaching 4.56 meters. **Indoor** — Cleared 4.77 meters at the USA Jaguar Invitational.

2021: Outdoor — Marked a new personal-best height in the pole vault (5.05m) at the SLU Pre-Conference Tune Up and placed third ... Finished fourth at the USA Invitational with a 4.65m pole vault ... Finished in fourth place at the Jaguar Opener after recording a 4.80m pole vault ... Placed eighth at the Sun Belt Conference Outdoor track and Field Championships with a 4.86m clearance. **Indoor** — Marked a 4.60m pole vault attempt at the UAB Blazer Invitational and finished in third place.

2020: Outdoor — Recorded a personal-best in the pole vault (4.95m) at the Jaguar Opener. **Indoor** — Finished sixth in the pole vault (4.81m) at the Sun Belt Championships ... Placed third in the pole vault with distance of 4.55m at

the Samford Bulldog Open.

High School: Lettered three years in track & field at McGill-Toolen High School.

Personal: Full name is William Evans Finnorn ... Born July 26, 1999 in Mobile, Ala. ... Son of Tim and Mary Finnorn ... Has two sisters, Anna and Sarah ... Favorite movie is "The Shawshank Redemption" ... Favorite book is "Night" ... Favorite pro sports team is the New Orleans Saints ... Favorite food is spaghetti.

Major: Mechanical engineering





MEN'S BIOGRAPHIES



TEAGAN FLANAGAN

Distance • 5-8 • Junior/Senior (Indoor/Outdoor/XC) • Kingman, Kan. • Hutchinson CC (Kan.)

2022: Outdoor — Named to the all-conference second-team in the 10,000 meters ... Earned two top-three finishes at the Sun Belt Outdoor Championships - second in the 10,000m (30:10.95) and third in the 5000m (14:36.59) ... Placed third at the Crimson Tide Invitational in the 5000m (14:10.78) ... Second place finish in the 3000m (8:32.33) at the South Alabama Invitational. **Indoor** — Did not compete. **XC** — Earned an at-large invitation to the NCAA Championship ... Finished the 10k at nationals with a time of 30:25, finishing 122nd ... Named first-team all-conference after placing second at the SBC Championship (23:38) ... Finished the 10k at the NCAA South Regional Championship in 10th place (29:48), ninth-fastest in program history ... Placed fourth and set a new personal-best in the 8k at the North Alabama Showcase with a time of 23:35 ... Finished second in the 5-mile race at the Joe Piane Invitational (23:54) ... Placed seventh at the Crimson Classic with a time of 23:57.

2021: XC — Finished second and set a personal-best in the 5k at the Azalea City City Classic XC Collegiate after crossing the finish line in 15:40.9 ... Posted three top-15 finishes ... Just missed All-Sun Belt honors, placing 16th at the SBC Championships with a time of 25:22 in the 8k.

Hutchinson Community College (Kan.): Lettered two years in both cross country and track & field at Hutchinson Community College in Hutchinson, Kan. ... Earned NJCAA All-American honors six times while with the Blue Dragons ... Was an eight-time all-region and all-conference honoree as well during his career at Hutchinson ... A first-team All-American selection after finishing fifth at the 2020 NJCAA DI Cross Country Championships ... Finished inside the top-5 in all five of his cross country events in 2020 ... Named the United States Track and Field and Cross Country Association's NJCAA Division I National Male Athlete of the Week on Oct. 8, 2020, as well as Jayhawk Conference Men's Cross Country Runner of the Week and the National Junior College Athletic Association Runner of the Week, after winning the race and posting the 11th-fastest 8,000-meter run time in Blue Dragon history (25:07) at the Allen Community College Red Devil Relays ... Also recorded three runner-up finishes during his sophomore season at the Muthama-Rogers Invite on Sept. 19, at the Terry Masterson Twilight Classic on Sept. 17 and at the Nebraska Kearney Cross Country Invitational Oct. 16 ... Placed fourth and set a new 8k personal-best with a time of 24:58.5 at the Region VI Cross Country Championships ... Earned All-Regional VI and All-Jayhawk West honors in cross country as a freshman ... Left holding the program record in the indoor 5k (14:48), 3k (8:30) and outdoor 10k (30:11).

High School: Lettered four years in track & field and three years in cross country at Kingman High School in Kingman, Kan. ... Won the Class 3A Regional as a senior ... Held a mile time of 4:31, a 2-mile time of 9:39, a 5k time of 16:03 and an 800m time of 2:00 ... Captured the Central Kansas League cross country title and won the Class 3A regional ... Finished 11 seconds out of first and placed second at the state meet posting a career-best time of 16:15.5 at the state meet ... Also lettered two seasons in basketball and football with the Eagles.

Personal: Full name is Teagan Mitchell Flanagan ... Born February 27, 2000 in Wichita, Kan. ... Grandson of Troy and Kathryn Shawl ... Has a twin brother, Traegan, and three younger sisters, Justice, Ashley and Rylnn ... Favorite professional sports team is the Kansas City Chiefs ... Favorite food are listed as chicken tenders with gravy ... Hopes to go into coaching one day.

Major: Interdisciplinary studies



DAVID GARCIA

Hurdles • 6-5 • Freshman (Indoor/Outdoor) • Pontevedra, Spain • Sek Atlético

High School: Placed third in Spain U18 competition ... Member of the Playas de Castellón club for two years and was part of a national championship team.

Personal: Full Name is David Vicente Garcia ... Born February 7, 2004 in Pontevedra, Spain ... Son of Emilio and Silvia Garcia ... Has one brother, Pablo ... Favorite athlete is Asier Martinez ... Favorite book is "The Da Vinci Code" ... Favorite food is octopus.

Major: Pre-Business

MEN'S BIOGRAPHIES



HILTON GIBSON

Throws • 5-9 • Freshman (Indoor/Outdoor) • Davidson, N.C. • IMG Academy (Bradenton, Fla.)

High School: Lettered in track & field ... Competed at Nike Nationals ... Marked 52.45m in the hammer throw and 31.1m in the discus.

Personal: Full name is Hilton Thomas Gibson ... Born March 8, 2004 ... Son of John and Alicia Gibson ... Has one brother (Gavin) and one sister (Ellie) ... Favorite athlete is Mondo Duplantis ... Favorite movie is "Project Almanac" ... Favorite book is "Defiance of the Fall"

Major: Exercise science



NIC GLASS

Combined Events • 6-2 • Sophomore (Indoor/Outdoor) • Cullman, Ala. • Cullman HS

2021-2022: Indoor/Outdoor — Did not compete.

High School: Lettered five years in outdoor track, two year in basketball and one year in indoor track, football and golf at Cullman High School in Cullman, Ala. ... Graduated from the program in 2021 while holding records in the 60m, long jump and 4x100 relay ... Qualified for state in the pole vault, triple jump and long jump in each of his first two years.

Personal: Full name is Nicholas Keith Glass ... Born Dec. 26, 2002 in Cullman, Ala. ... Son of Keith and Susan Glass ... Has two younger siblings – Issac and Olivia ... Chose South for the campus, coaches and facilities ... Favorites – movie: "Talladega Nights"; books: "The Bible" and "The Indian in the Cupboard"; music artists: Morgan Whalen and Luke Combs ... Likes naps, structure and time to relax ... Gets pumped for meets by listening to music and always prays ... Best part of playing sports to him is competing.

Major: Business administration



JAVON GLENN

Sprints/Hurdles • 5-11 • Sophomore (Indoor/Outdoor) • Anniston, Ala. • Oxford HS

2022: Outdoor — Set new personal bests in the 200m (21.86 seconds) and the 400m hurdles (57.93 seconds) at the 2022 Mississippi State Maroon and White Invitational ... Set PR in the 400m at the Crimson Tide Invitational with a time of 49.63 seconds ... Helped the 4x400 relay team to a second place finish at the Jaguar Opener (3:38.92).

Indoor — Set a personal best in the 300m (35.81 seconds) at the UAB Blazer Invitational ... With the 4x400 relay team, placed sixth at the Sun Belt Indoor Championships (3:21.55).

High School: Lettered four years in track and one year in football at Oxford High School in Oxford, Ala. ... Graduated in 2021 while holding the 200m and 400m records ... Won the 400m state championship in 2020.

Personal: Full name is Javon Malik Glenn ... Born Oct. 10, 2001 ... Son of Ricarlos and Tamicka Jones ... Has two sisters – Briuanna and Terria ... Favorites – movie: "Pacific Rim"; book: "Bone"; pro sports team: Los Angeles Lakers; athletes: Amari Cooper and Kyler Korver; music artist: Andy Mineo; foods: chicken nachos and hamburgers;

class: math ... Likes painting, sports and food ... Dislikes heights ... Gets pumped for meets with music during his warm-ups ... Best part of playing sports to him is the feeling he gets while running ... Most people don't know he is a good singer and artist ... Most thankful for family and food ... Three wishes are living in space, successful life and for his mother to have a wish.

Major: Art



MEN'S BIOGRAPHIES



JUAN HILL

Sprints • 6-6 • Freshman (Indoor/Outdoor) • Mobile, Ala. • Davidson HS

High School: Lettered in track & field and football ... 100m PR 10.76 seconds (wind aided) ... 200m personal-best 22.95 seconds ... Won sectionals in the 100m.

Personal: Full name is Juan Eric Hill ... Born March 29, 2004 ... Son of Juan and Lanore Hill ... Two sisters, Kayla and Kendra ... Dad played cornerback at Alabama State University ... Favorite movie is "Treasure Planet" ... Favorite athletes are Fred Kerley, Shelly-Ann Fraser-Pryce, and Ja Morant ... Favorite food is shrimp fried rice.

Major: Information technology



WALKER HUGHES

Javelin • 6-1 • Freshman (Indoor/Outdoor) • Birmingham, Ala. • Oak Mountain HS

High School: Lettered in track & field and baseball ... Graduated with the school record in javelin (174 feet, 53.04 meters) ... Placed second in the state in the javelin throw.

Personal: Full name is Walker Hughes Harrell ... Born December 2, 2003 ... Son of Darrell and Patty Hughes ... Has two older brothers, Spencer and Turner ... Favorite movie is "Troy" ... Favorite athlete is Thomas Röhler ... Favorite food is sushi ... does not like to drive.

Major: Information systems



TREVOR HUNZIKER

Combined Events • 6-7 • Sophomore (Indoor/Outdoor) • Madison, Ala. • James Clemens HS

2022: Outdoor — Set a new PR in the discus throw (46.57 meters) at the 2022 Mississippi State Maroon and White Invitational ... Placed sixth in the discus at the UAB Green and Gold Invite with a throw of 44.72m ... Reached 46.14m in the javelin throw at the Jaguar Opener. **Indoor** — Did not compete.

2021: Outdoor/Indoor — Did not compete.

2020: Outdoor — Did not compete. **Indoor** — Recorded personal-bests in the 60m hurdles (9.19 seconds) and in the high jump (1.85m) at the Samford Bulldog Invite ... Finished third in the pole vault (3.20m) and recorded a personal best in the long jump (5.36m) at the Jaguar Invitational ... Posted a personal best in the shot put with a 11.73m distance at the Clemson Bob Pollock Invitational.

High School: Competed in football and track & field at James Clemens High School in Madison Ala.

Personal: Full name is Trevor Hunziker ... Born February 21, 2001 in Anchorage, Alaska ... Son of Dennis and Carey Hunziker ... Favorite pro sports team is the Denver Broncos ... Favorite athletes are Mike Evans and Alex Morgan ... Favorite food is waffles.

Major: Exercise science

MEN'S BIOGRAPHIES



XAVIER JOHNSON

Distance • 6-2 • Sophomore (Indoor/Outdoor/XC) • Victoria, Australia • Cornish College

2022: XC — Won the Azalea City Classic with a time of 15:39 ... Had a top-100 finish in his first collegiate 8k race at the North Alabama Showcase (24:56) ... Had another top-100 finish in the 5-mile race at the Joe Piane Invitational (26:15) ... Was top-100 again at the Crimson Classic (25:59) ... Crossed the finish line at the SBC Championship in 25:38.

High School: Played AFL Football, touch rugby, track and cross country ... Two-time SIS XC Champion and SIS Track Carnival 1500m winner as a 16-year-old ... Runner-up in his first individual state meet ... Placed fifth in his first ever national competition ... Participated in Victorian U20 5000m Championships.

Club: Ran with the Mentone Athletic Club for three years ... Two-time silver medalist at the state 4x1500 relay ... Ranked seventh in the 5000m national U20 at the end of the 2020-21 season ... Placed second in the national 5000m U20 in February 2021 and third in December 2021.

Personal: Full name is Xavier James Johnson ... Born October 4, 2002 ... Son of James and Vanessa Johnson ... Two younger brothers (Flynn and Spencer) ... Favorite athletes are Morgan McDonald, Robert Brandt, and Lachie Neale ... Favorite Movie is "Hot Rod" ... Wears the same t-shirt for every warm-up.

Major: Exercise science



JEAN-PIERRE LE ROUX

Distance • 6-2 • Sophomore (Indoor/XC) / Junior (Outdoor) • Madison, Ala. • Bob Jones HS

2022: Outdoor — Placed fifth with the 4x400 relay team at the Sun Belt Outdoor Championships (3:13.41) ... Set a new PR in the 800m (1:54.01) at the Crimson Tide Invitational ... Set a new PR and placed third in the 400m with a time of 49.66 seconds at the Jaguar Opener. **Indoor** — With the 4x400 relay, placed sixth at the Sun Belt Indoor Championships (3:21.55) ... Had a top-10 finish in the 800m at the Samford Invite 2022 (2:02.17). **XC** - Did not compete.

2021: Outdoor — Finished 10th in the 1500m with a time of 4:28.29 at the Jaguar Opener. **Indoor** — Did not compete. **XC** — Did not compete.

2020: XC — Did not compete.

High School: Lettered five seasons in both cross country and track & field at Bob Jones High School in Madison, Ala. ... Was a member of the 4x800 meter relay team who placed third at the indoor state meet in 2017 ... Ended his prep career holding a pair of school records (4x800 relay and indoor 3200m).

Personal: Full name is Jean-Piere George Le Roux ... Born on May 1, 2001 in Huntsville, Ala. ... Son of Pierre and Wanda Le Roux ... Second of three children in his family ... Has an older sister, Morné, and a younger brother Francois ... Favorite movie is "Good Will Hunting" ... Lists favorite athletes as Craig Mottram and Alan Webb ... Favorite musical artist is Childish Gambino ... Lists favorite food as anything sweet ... Best part of sports in his opinion is the feeling you have after your hard work pays off ... Hobbies include playing guitar and working on his truck ... Plans on attending med school one day.

Major: Civil engineering



MEN'S BIOGRAPHIES



SEBASTIAN LÖSCHNER

Throws • 6-5 • Junior (Indoor/Outdoor) • Stockholm, Sweden • Sjölings Gymnasium

2022: Outdoor — Earned first-team all-conference honors with a personal-best and first place finish in the shot put (17.63m) at the Sun Belt Outdoor Championships, which is third in program history ... Placed third in the discus at the conference championships with a throw of 52.82 meters ... Participated at the NCAA East Preliminary Round, throwing 16.35m in the shot put and 51.09m in the discus ... Set a new PR in the discus of 56.83m at the South Alabama Invitational ... Had a combined seven top-5 finishes in the shot put and discus events throughout the season ... Placed first in the discus at the 2022 Mississippi State Maroon and White Invitational (53.55m) and at the Southern Miss Invitational (52.05m) ... Also placed third in the shot put at those same two events, 16.91m and 16.26m respectively. **Indoor** — Placed third in the shot put at the Sun Belt Indoor Championships with a toss of 16.82m ... Set a new PR in the weight throw, reaching 16.19m at the Samford Invite 2022.

2021: Outdoor — Earned second-team all-conference honors with a then personal-best distance of 17.05m in the shot put at the Sun Belt Conference Outdoor Championships ... Set a personal record at the Sun Belt Championships with a 52.89-meter discus throw ... Took the runner-up spot in the discus (50.07m) and third place in the shot put (15.87m) at the Jaguar Opener ... Threw a 49.06m discus mark for third place and a 16.04m shot put for fifth at the USA Invitational ... Finished third in the discus (51.79m) at the Auburn Tiger Track Classic ... Picked up a victory in the shot put (16.40m) and a second-place finish in the discus (47.07m) at the Southern Miss Invitational ... Threw a 52.51m discus for fourth place and a 16.76m shot put for seventh at the Crimson Tide Invitational ... Took second in both the shot put (16.48m) and the discus (48.92m) at the LSU Boots Garland Invitational ... Marked a 16.15m shot put throw at the SLU Pre-Conference Tune Up for fourth place. **Indoor** — Recorded a second-place finish in the shot put (15.71m) and a fourth-place finish in the weight throw (13.45m) at the UAB Blazer Invitational ... Recorded a personal-best weight throw mark of 14.36m and placed sixth in the shot put (15.42m) at the Jaguar Invitational ... Finished third in the shot put (15.62m) at the Sun Belt Indoor Track and Field Championships to earn all-league honors.

High School: Attended Sjölings Gymnasium in Stockholm, Sweden ... Competed two years in club track & field at Spårvägen FK.

Personal: Full name is Sebastian Richard Löschner ... Born Jan. 22, 2000, in Stockholm, Sweden ... Son of Jens and Lena Löschner ... Favorites: movie: "Pumping Iron"; athletes: Daniel Ståhl and Ricky Brusch; book: "Doctor Glas".

Major: Civil engineering



DIMITRIOS MANESIOTIS

Throws • 5-10 • Junior (Indoor/Outdoor) • Glenview, Ill. • Glenbrook South HS

2022: Outdoor — Set new personal records in the shot put (15.59m) and the hammer throw (55.88m) at the Sun Belt Outdoor Championships ... Placed fourth in the hammer throw (53.81m) at the 2022 Mississippi State Maroon and White Invitational ... Placed second in the shot put at the UAB Green and Gold Invite (14.98m) ... At the Southern Miss Invitational, placed fifth in the shot put (15.22m) and third in the hammer throw (54.84m) ... Placed fourth in the shot put (14.72m) at the South Alabama Invitational. **Indoor** — Reached a personal-best 15.78m in the weight throw at the Sun Belt Indoor Championships, good for ninth ... At the Samford Invite 2022, placed eighth in the shot put (15.31m) and in the weight throw (15.31m).

2021: Outdoor — Marked a then personal-best hammer throw (54.04m) and finished 11th at the Sun Belt Conference Outdoor Championships ... Set a new PR in the shot put (15.15m) and an eighth-place finish at the SLU Pre-Conference Tune Up ... Posted a personal-best discus (34.59m) mark in an 18th-place finish at the Southern Miss Invitational. **Indoor** — Notched a then personal record in the weight throw (15.54m) and finished seventh at the Sun Belt Indoor Championships ... Took third place in the shot put (14.29m) and the weight throw (13.46m) at the UAB Blazer Invitational.

2020: Outdoor — Placed third in the discus throw (37.73m) and fifth in the shot put (13.99m) and the hammer throw (46.85m) at the Jaguar Opener. **Indoor** — Did not compete.

High School: Competed in track & field at Glenbrook South High School in Glenview, Ill. ... Set the school records in the indoor and outdoor shot put.

Personal: Full name is Dimitrios Nikolaus Manesiotis ... Born Sept. 26, 2000 in Glenview, Ill. ... Favorite movie is "The Godfather" ... Favorite book is "The Things They Carried" ... Favorite athlete is Tom Walsh ... Favorite food is Greek.

Major: Exercise science

MEN'S BIOGRAPHIES



CHRIS MARTINEZ

Throws • 6-1 • Freshman (Indoor/Outdoor) • Mobile, Ala. • Mobile Christian School

High School: Lettered for three years in track & field ... Was a runner-up in the state outdoor competition in 2022 ... Had personal highs of 148' 7" (45.29m) in the discus and 50' 3" (15.32m) in the shot put.

Club: Member of the Bay Area Bombers for two years.

Personal: Full name is Christopher Martinez-Fuenmayor ... Born June 23, 2004 ... Son of David Martinez and Maria Odom ... Youngest of four siblings (Maria, David, Daniel) ... Chose South Alabama in part so he could stay in his hometown ... Favorite movie is "Thor: Ragnarok" ... Favorite sports team is The Los Angeles Lakers ... Favorite athlete is Ryan Crouser ... Favorite food is sushi ... Enjoys listening to music before every track meet.

Major: Pre-nursing



CADE MARTY

Javelin • 5-11 • Senior (Outdoor) • Birmingham, Ala. • Oak Mountain HS

2022: Outdoor — Placed second in the javelin at the South Alabama Invitational (57.03m) ... Marked 56.28m in the javelin at the Sun Belt Outdoor Championships ... Finished third at the Southern Miss Invitational with a javelin throw of 51.89m. **Indoor** — Did not compete.

2021: Outdoor — Posted a career-high 61.32m javelin mark while finishing sixth at the Sun Belt Outdoor Championships ... Placed fourth in the javelin throw (56.65m) at the USA Invitational. **Indoor** — Did not compete.

2020: Outdoor — Finished second in the javelin throw (53.41m) at the Jaguar Opener. **Indoor** — Did not compete.

2019: Outdoor — Won the Jaguar Opener javelin competition with a 51.64-meter throw and finished third at the South Alabama Invitational with a 51.61m mark ... Placed fourth in the javelin at the Southeastern Louisiana Strawberry Relays (50.58m) and Samford's Alabama Track Challenge (50.04m) ... Previous personal-best javelin throw of 53.57m came at Auburn's Tiger Track Classic. **Indoor** — Did not compete.

High School: Lettered two years in track & field and one year in wrestling at Oak Mountain High School in Birmingham, Ala. ... Placed seventh in the javelin at the 2018 AHSAA 7A State Championship.

Personal: Full name is Cade Marty ... Born Sept. 14, 1999, in Birmingham, Ala. ... Son of Dan and Melissa Marty ... Is the oldest of three children ... Likes fishing, food, and music ... Favorite athlete is Chipper Jones ... Favorite class is math ... Dislikes driving.

Major: Civil engineering



SAM MIKA

Throws • 6-5 • Freshman (Indoor/Outdoor) • Naperville, Ill. • Waubonsie Valley HS

High School: Lettered four years in track & field and two years in football ... Named all-state in track & field ... Reached a discus mark of 171' 9" (52.35m) and a shot put mark of 55' 7.25" (16.95m).

Personal: Full name is Samuel Joseph Mika ... Born on Jan. 7, 2004 ... Son of Randall and Suzanne Mika ... Has one brother, Maxwell ... Favorite movie is "Step Brothers" ... Favorite book is "The Maze Runner" ... Volunteered at a homeless shelter for four years.

Major: Pre-Business



MEN'S BIOGRAPHIES



JOSH NORRIS

Sprints • 5-7 • Junior (Indoor/Outdoor) • Auburn Ala. • Auburn HS

2022: Outdoor — Set a new personal-best in the 200m (21.95 seconds) at the Crimson Tide Invitational ... Helped the 4x100 relay team to first place at the Southern Miss Invitational (40.88 seconds) ... Reached 6.28m in the long jump at the Tiger Track Classic 2022. **Indoor** — Ran the 60m in 7.01 seconds at the USA Jaguar Invitational ... On the 4x200 relay team that placed second at the UAB Blazer Invitational (1:32.44).

2021: Outdoor — Took first place with the 4x100 relay team (40.80 seconds) at the Southern Miss Invitational ... Finished in the runner-up spot in the long jump (6.60m) and third in the 4x100 relay (41.30 seconds) and the 100m (10.76 seconds) at the Jaguar Opener ... Helped the 4x100 relay team to a third-place finish with a time of 41.06 seconds at the Auburn Tiger Track Classic ... Set a personal record in the 100m (10.64 seconds) while finishing 10th at the Crimson Tide Invitational ... Recorded a personal-best time of 21.98 seconds in the 200m and took fifth with the 4x100 relay team (40.80 seconds) at the LSU Boots Garland Invitational ... Took fourth place with the 4x100 relay team (41.08 seconds) at the SLU Pre-Conference Tune Up. **Indoor** — Set a personal-best long jump

mark of 6.92 meters at the Sun Belt Indoor Championships ... Clocked a personal record and a seventh-place finish in the 60m (6.96 seconds) and a fourth-place finish in the long jump (6.63m) at the UAB Blazer Invitational.

2020: Outdoor — Recorded a personal-best in the 100m (11.06 seconds), placed fifth in the 200m (22.80 seconds) and helped the Jaguar 4x100 relay team earn a victory with a time of 41.77 seconds at the Jaguar Opener. **Indoor** — Posted personal-bests in the 60m (7.15 seconds) and in the 200m (22.47 seconds) at the Samford Bulldog Invite ... Finished seventh in the 200m (22.84 seconds) at the Samford January Invite.

High School: Competed in football, basketball, and track & field at Auburn High School in Auburn, Ala.

Personal: Full name is Joshua Dewitt Norris ... Born May 22, 2001 in Auburn, Ala. ... Son of the late Stephanie Norris ... Favorite movie is "42" ... Favorite pro sports team is the New England Patriots ... Favorite food is fried chicken.

Major: Interdisciplinary studies



AMOS PKEMOI

Distance • 5-1 • Freshman (Indoor/Outdoor/XC) • West Pokot, Kenya • St. Daniel Comboni Kaptabuk

2022: XC — Finished second at the Azalea City Classic 5k (15:42) ... Had two top-45 finishes at the North Alabama Showcase (24:32, 8k) and the Joe Piane Invitational (25:27, 5-mile) ... Placed top-30 in the 8k at the Crimson Classic with a time of 24:48 ... Finished 16th at the SBC Championship (25:18, 8k).

High School: Ran the 3000 meters.

Personal: Full name is Amos Pkemoi Ngoletukei ... Born February 8, 1999 ... Son of John Lopsikou and Selina Ngoletukei ... Favorite food is chapati.

Major: Pre-Nursing

MEN'S BIOGRAPHIES



FRANCOIS PRINSLOO

Throws • 6-3 • Junior (Indoor/Outdoor) • Worcester, South Africa • Worcester Gimnasium

2022: Outdoor — Earned first-team All-Sun Belt recognition and placed first in the discus at the Sun Belt Outdoor Championships with a throw of 54.67 meters ... Placed second at the conference championships in the hammer throw (61.04m) ... Competed at the NCAA East Preliminary Round, reaching 48.36m in the discus and 60.45m in the hammer throw ... Set a new PR in the hammer throw, and third in program history, reacing 63.66m at the Tiger Track Classic 2022 ... Won three more discus competitions - the Crimson Tide Invitational (62.74m), the Tiger Track Classic 2022 (59.91m), and the South Alabama Invitational (60.36m) ... Had five other top-five finishes in discus/hammer throw events. **Indoor** — Took first place at the Sun Belt Indoor Championships with a new program record in the weight throw (19.54m) ... Placed sixth at the conference championships in the shot put with a mark of 15.76 meters ... Finished fifth in the weight throw (18.39m) at the USA Jaguar Invitational ... Finished fourth at the Samford Invite 2022 in the weight throw (17.88m).

2021: Outdoor — Took first and earned second-team All-American honors in the discus while setting a school record with a 65.85m throw at the NCAA East Preliminary ... Earned first-team all-conference honors with a 55.63m discus throw and placed fifth while setting a PR in the hammer throw (58.74m) at the Sun Belt Outdoor Championships ... Reached 60.17m in the discus and finished first, while also taking the runner-up spot in the hammer throw (57.32m) at the SLU Pre-Conference Tune Up ... Won the discus throw (52.76m) at the LSU Boots Garland Invitational ... Finished first in the discus throw (55.25m) and second in both the hammer throw (53.24m) and shot put (15.46m) at the Southern Miss Invitational ... Marked a first-place throw in the discus (55.71m) at the 93rd Clyde Littlefield Texas Relays ... Recorded a then-PR with a sixth-place shot put (16.05m) finish and took second in the discus (56.16m) at the Auburn Tiger Track Classic ... Took first place in both home meets in the discus, throwing 54.03m at the USA Invitational and 52.81m at the Jaguar Open. **Indoor** — Set a PR in the weight throw (18.02m) while placing fourth at the indoor conference championships ... Took first in the weight throw with a 16.42m mark at the UAB Blazer Invitational.

2020: Outdoor — Recorded personal-bests in the shot put (14.57m) and in the discus throw (57.11m) at the Jaguar Opener. **Indoor** — Did not compete.

High School: Lettered three years in rugby and four years in track & field at Worcester Gimnasium in Worcester, South Africa ... Set the school record in the discus ... Was a two-time South African national discus champion in 2018 and 2019 ... Won the 2018 African Games championship in the discus.

Personal: Full name is Francois Otieno Prinsloo ... Born November 11, 2001 in Nairobi, Kenya ... Son of Francois and Florence Prinsloo ... Favorite movie is “Shrek” ... Favorite book is “Rangers Apprentice” ... Favorite sports team is the Springboks ... Favorite foods include pizza, spaghetti, meat loaf, watermelon and beef stew.

Major: Biology





MEN'S BIOGRAPHIES



NATE PUDNER

Distance • 6-1 • Senior (Indoor/Outdoor/XC) • Auburn, Ala. • Auburn HS

2022: Outdoor — Set a new personal-best at the Sun Belt Outdoor Championships and placed seventh in the 10,000m (31:50.81) ... Set a personal-best in the 1500m (4:02.80) at the 2022 Mississippi State Maroon and White Invitational ... placed first and set a new PR in the 5000m with a time of 14:59.84 at the Crimson Tide Invitational ... Finished third at the South Alabama Invitational in the 3000m (8:44.94). **Indoor** — Recorded a ninth-place finish in the 5000m (15:05.04) at the Sun Belt Indoor Championships ... finished seventh at the UAB Blazer Invitational in the 3000m (8:47.15). **XC** — Ran unattached at the Azalea City Classic 5k (15:51).

2021: Outdoor — Set a PR in the 10,000m with a time of 32:05.49 and earned a 10th place finish at the Sun Belt Conference Outdoor Track and Field Championships ... Established a PR in his 12th place finish in the 1500m at the Southern Miss Invitational and crossed the finish line at 4:09.40 ... Recorded a 10th place finish in the 1500m at the SLU Pre-Conference Tune Up after running the race in 4:11.33. **Indoor** — Recorded a PR in the 3000m

(8:40.04) and finished third at the Jaguar Invitational ... Took fifth in the 3000m at the UAB Blazer Invitational, recording a time of 8:44.30. **XC** — Participated in the NCAA South Region Cross Country Championships and recorded a time of 32:18 in the 10k ... Finished the 8k in 25:50 at the Sun Belt Conference Championships ... At the Louisville Classic, crossed the line in the 8k at 25:18 ... Ran the 5k in 16:09 at the Azalea City Classic XC.

2020: Outdoor— Did not compete. **Indoor**— Recorded a personal-best in the mile (4:26.52) at the Jaguar Invitational ... Placed fourth in the 5000m (15:13.03) at the Clemson Bob Pollock Invitational ... Crossed the line in 8:52.31 in the 3000m at the Samford January Invite. **XC**— Earned third-team All-SBC honors while helping the Jaguar men capture the program's ninth Sun Belt Conference title and first since 2014 ... Recorded a personal-best in the 5k race (15:43.4) at the Azalea City Classic while finishing fourth ... Placed eighth in the 8k race at the Florida State Invitational with a time of 25:49.6 ... Finished 11th at the Sun Belt Championships crossing the line with a time of 25:22, a season-best time in the 8k.

2019: Outdoor — Earned top-10 finishes in the Jaguar Opener 3000m (ninth, 9:10.09) and South Alabama Invitational 1500m (sixth, 4:13.01) ... Crossed the 5000m line in 15:59.66 at Auburn's Tiger Track Classic. **Indoor** — Ran the 5000m in a personal-best 15:46.03 at the Vanderbilt Invitational ... Completed the Jaguar Invitational 3000m in a personal-best 8:56.65. **XC** — Competed in all six events during the fall ... Finished inside the top-10 in each of the first three meets of the season ... Placed fourth in the 5k at the Azalea City Classic to open the season with a time of 16:10, just four seconds off his personal-best ... Placed 10th in the 8k with a time of 25:42 at the 5th Annual Wingfoot Classic ... Finished fourth at the 14th Annual Foothills Invitational ... Recorded his best time of the fall in the 8k at the Blazer Classic, where he ran crossed the line at 25:18.

2018: Outdoor — Redshirted his first year with the program ... Competed unattached in three meets ... Won the Jaguar Opener 3000m in 8:57.36 ... Finished fifth in the 3000m at the Jaguar Classic, crossing the line in 9:05.69 ... Claimed the runner-up spot in the Southern Miss Open 3000m with a time of 9:09.69. **Indoor** — Ran the mile in 4:26.75 at the Samford January Invitational ... Ran the 3000m in 9:03.13 at the Jaguar Invitational. **XC** — Took the runner-up spot in the Challenge of Champions 5k (16:04) and placed sixth in the Azalea City Classic 8k (27:16) ... Crossed the line in a personal-best 26:07 in the UAB Blazer Classic 8k.

2017: XC — Finished 13th in the Azalea City Classic 6k with a time of 19:11 ... Completed the 8k in 26:41 at the Louisville Classic and 26:43 at the Crimson Classic.

High School: Lettered in cross country and track & field for four years at Auburn High School in Auburn, Ala. ... Was a member of the 2015 and 2016 indoor and the 2016 outdoor state track champion teams ... Finished in the top five at the AHSAA cross country state championships to help capture the 2016 state title.

Personal: Full name is Nathaniel Luke Pudner ... Born July, 16, 1998, in Charlottesville, Va. ... Son of John and Kalynne Pudner ... Has four brothers and sisters ... Sister, Susanna, was also on the South Alabama cross country and track & field teams ... Favorite movie is "Fargo" ... Favorite sports team is Tottenham Hotspur FC ... Favorite athletes are Alexander Gustafsson and Harry Kane ... Favorite musical artist is CAKE.

Major: Chemical engineering

MEN'S BIOGRAPHIES



KYLE RADEMEYER

Pole Vault • 6-1 • Junior (Indoor/Outdoor) • Paarl, South Africa • Paarl Gimnasium

2022: Outdoor — Named First-Team All-American and placed eighth at the NCAA Division I Outdoor Track & Field Championships with a height of 5.50 meters ... Named to the first-team all-conference for the second year in a row ... Repeated as conference pole vault champion with a clearance of 5.33m ... Placed second at the NCAA East Preliminary Round (5.39m) ... Placed first at the Southern Miss Invitational and set a new school record with his height of 5.55m. **Indoor** — Set a new school record and PR (5.60m) and placed sixth at the NCAA Division I Indoor Track & Field Championships ... Placed first at the Sun Belt Indoor Championships (5.37m) and the UAB Blazer Invitational (5.56m).

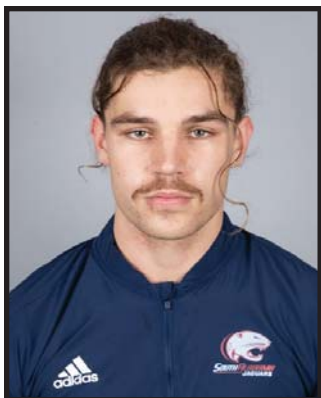
2021: Outdoor — Earned first-team all-conference honors with a 5.31m pole vault at the Sun Belt Outdoor Championships ... Set a school record in the pole vault (5.40m) at the 93rd Clyde Littlefield Texas Relays ... Recorded a 5.30m pole vault to finish first at the Southern Miss Invitational ... Won the pole vault competition with a 5.20m clearance at the Jaguar Opener ... Took third in the pole vault (5.20m) at the Crimson Tide Invitational.

Indoor — Earned first-team all-conference honors in the pole vault (5.36m) at the league indoor championships ... Took first place and set a school record with a 5.53m pole vault at the Jaguar Invitational ... Marked a 5.30m pole vault at the UAB Blazer Invitational for first place.

High School: Lettered in track & field for four years at Paarl Gimnasium in Paarl, South Africa ... Broke the African U20 record with a 5.55m height in the pole vault ... Won the 2019 South African Youth title with a 5.30m mark in the pole vault.

Personal: Son of Radus Rademeyer and Melani Redameyer ... Has two older siblings ... Favorite book is "How Champions Think" ... Favorite food is burgers ... Likes to listen to music before meets ... Enjoys fishing, hunting and being adventurous.

Major: Civil engineering



SEBASTIAN REYNEKE

Combined Events • 6-3 • Sophomore (Indoor/Outdoor) • Cape Town, South Africa • Luther College (Melbourne, Australia)

2022: Outdoor — Set a personal-best in the decathlon at the Sun Belt Outdoor Championships, reaching 6,181 points, placing first in the shot put (13.87m) and the high jump (1.99m) events ... Reached personal-bests in the 110m hurdles (15.45 seconds) and the long jump (7.06 meters, wind-assisted) at the Crimson Tide Invitational ... Marked 41.32m in the discus at the Jaguar Opener. **Indoor** — Set a PR in the heptathlon with 5,356 points at the Sun Belt Indoor Championships ... Won the heptathlon event at the Samford Multis 2022 with a score of 5,263 points, which is second-highest in program history.

High School: Competed in multiple sports, including track & field at Luther College in Melbourne, Australia ... Graduated in 2019 while holding the 100m hurdles, high jump, shot put, long jump and javelin records.

Club: Competed for St. Kevin's Amateur Athletic Club in Melbourne, Australia for three years.

Personal: Son of Ivan and Megan Reyneke ... Born in Cape Town, South Africa on March 25, 2001 ... Has one older sister, Tamsyn.

Major: Civil engineering



MEN'S BIOGRAPHIES



XAVIER ROGERS

Sprints • 5-8 • Senior (Indoor/Outdoor) • Prattville, Ala. • Stanhope Elmore HS

2022: Outdoor — Part of the winning 4x100 relay team at the Southern Miss Invitational with a time of 40.88 seconds ... Finished fifth in the 400m (48.27 seconds) at the 2022 Mississippi State Maroon and White Invitational ... Placed fifth in the 4x400 relay at the Sun Belt Outdoor Championships (3:13.41) and finished seventh in the 400m with a time of 48.12 seconds. **Indoor** — Placed eighth in the 400m (54.35 seconds) at the Sun Belt Indoor Championships ... Finished fourth at the USA Jaguar Invitational in the 400m with a time of 48.69 seconds.

2021: Outdoor — Clocked a personal-best time of 46.60 seconds in the 400m and finished third in the 4 x 400 medley relay (3:15.30) at the Sun Belt Outdoor Championships ... Set two PRs in the 100m (10.76 seconds) and the 200m (21.42 seconds) while also taking first with the 4x100 relay team at the Southern Miss Invitational (40.80 seconds) ... Took fourth in the 200m (21.67 seconds) and with the 4x100 relay team at the SLU Pre-Conference Tune Up (41:08 seconds) ... Finished in the runner-up spot with the 4x400 (3:13.67) relay team and took fifth in both the 4x100 relay (40.80 seconds) and 400m (47.65 seconds) at the LSU Boots Garland Invitational ... Took a

third-place finish in the 4x100 relay (41.06 seconds), fourth in the 4x400 (3:14.76) and fifth in the 400m (47.99 seconds) at the Auburn Tiger Track Classic ... Claimed third place with the 4x100 relay team (41.30 seconds) at the Jaguar Opener. **Indoor** — Set a personal record in the 60m (7.08 seconds) at the Jaguar Invitational ... Took the runner-up spot in the 400m with a time of 48.74 seconds at the KMS Open ... Clocked a PR in the 300m (34.50 seconds) at the UAB Blazer Invitational.

2020: Outdoor — Earned victories in the 100m (10.93 seconds), in the 200m (21.77 seconds) and in the 4x100 (41.77 seconds) at the Jaguar Opener. **Indoor** — Recorded a personal best with the 4x400 relay team (49.04 seconds) at the Sun Belt Championships ... Placed fifth in the 400m (49.14 seconds) at the Samford Bulldog Invite ... Posted personal bests in the 60m (7.14 seconds) and the 200m (22.23 seconds) at the Jaguar Invitational ... Helped the 4x400 relay team cross the line in 3:18.73 at the Samford January Invite.

2019: Outdoor — Claimed third-team All-Sun Belt recognition as part of the 4x400 relay team which ran a season-best 3:13.19 at the conference championships ... Finished second in the 200m (22.12 seconds) and fourth in the 400m (50.10 seconds) and helped the Jaguar 4x100 relay team to a victory (41.40 seconds) at Samford's Alabama Track Challenge ... Earned the runner-up spot in the 200m (21.91 seconds) at the South Alabama Invitational ... Ran a career-best 44.84 seconds in the 400m at the War Eagle Invitational ... Took first place as part of the 4x400 relay teams at the South Alabama Invitational (3:18.16) and Jaguar Opener (3:18.72). **Indoor** — Helped the Jaguar 4x400 relay team to a runner-up finish and all-conference honors with a time of 3:18.17 at the Sun Belt Indoor Championships; was part of the distance medley relay team which crossed the line in 10:21.72 at the same meet ... Had season-best performances at the Vanderbilt Invitational in the 400m (49.40 seconds) and 4x400 relay (3:17.51).

High School: Lettered three years in cross country and four years in track at Stanhope Elmore High School in Millbrook, Ala. ... Holds school records for the indoor and outdoor 200m and 400m. ... Won the 2018 AHSAA 6A 400m state championship.

Personal: Full name is Xavier Davante' Rogers ... Born April 4, 2000, in Coosada, Ala. ... Son of Yumekia Rogers-Lawrence ... Favorite movie is "Black Panther" ... Would like to meet Usain Bolt and Christian Coleman.

Major: Management



THOMAS SENSLEY

Sprints • 6-5 • Freshman (Indoor/Outdoor) • Gulfport, Miss. • Biloxi HS

High School: Lettered in track & field and basketball at Biloxi High School ... competed at the state meet in track his junior and senior year ... graduated with the school record in the 4x400 meter relay.

Personal: Full name is Thomas Matthew Sensley ... Born February 20, 2004, in San Antonio, Texas ... Son of Benjamin Simmons and Madonna Shannon ... Has two brothers ... brother, Josh Simmons, played basketball for four years at Colorado State ... cousin, Terry Cummings, played in the NBA for 18 years ... favorite movie is "Cloudy With a Chance of Meatballs" ... Favorite sports teams are the Dallas Mavericks and the New Orleans Saints ... Favorite athlete is Giannis Antetokounmpo ... Favorite food is chicken tenders ... Believes that running or playing with his hair down is bad luck.

Major: Computer engineering

MEN'S BIOGRAPHIES



BRYLAN SHIRLEY

Combined Events • 5-11 • RS-Junior (Indoor)/ Senior (Outdoor) • Northport, Ala. • Sipse Valley HS

2022: Outdoor — Set a personal record in the decathlon with 6,451 points at the Sun Belt Outdoor Championships, finishing sixth ... Finished sixth in the high jump (1.92m) at the 2022 Mississippi State Maroon and White Invitational ... Part of the 4x400 relay team that finished fourth at the Southern Miss Invitational with a time of 3:33.47 ... Placed third in the pole vault at the Jaguar Opener (4.20m). **Indoor** — Finished seventh with a personal-best in the heptathlon at the Sun Belt Indoor Championships (4,973 points) ... Placed ninth at the Samford Multis 2022 in the heptathlon with 4,105 points.

2021: Outdoor — Set a personal-record in the pole vault with a 4.20-meter clearance and finished fifth in the high jump (1.89m) at the Jaguar Opener ... Finished fifth and set a PR in the decathlon with 6,183 points at the Crimson Tide Invitational ... Took fifth place in the decathlon with 6,086 points at the Sun Belt Outdoor Championships. **Indoor** — Recorded a personal-best 4,641 point performance in the heptathlon at the Sun Belt Indoor Championships.

2020: Outdoor — Took the runner-up spot in the high jump (1.89m), set a PR in a third-place finish in the 110m hurdles (16.10 seconds) and finished fifth in the long jump with a 6.14m mark at the Jaguar Opener. **Indoor** — Finished the 60m hurdles race in 9.17 seconds for a fourth-place finish at the Clemson Bob Pollock Invitational ... Set a PR in the 60m hurdles (9.04 seconds) at the Jaguar Invitational.

2019: Outdoor — Competed unattached and recorded a 6.57m long jump to finish eighth at the Jaguar Opener. **Indoor** — Redshirted during his first year with the program.

High School: Played football and ran track at Sipse Valley High School in Northport, Ala. ... Won the AHSAA State Indoor 4A-5A long jump championship in 2016 and 2018.

Personal: Full name is Charles Brylan Shirley ... Born December 2, 1999, in Northport, Ala. ... Son of Joe and Kim Shirley ... Is the oldest of three children ... Favorite pro sports team is the New Orleans Saints ... Favorite music artist is Kenny Chesney ... Likes humble people and adventures.

Major: Biology



KOREY SHIVELY

Distance • 5-6 • Senior (Indoor/Outdoor) • Madison, Ala. • James Clemens HS

2022: Outdoor — Set a personal record in the 800m, crossing the line in 2:00.49 at the 2022 Mississippi State Maroon and White Invitational ... Finished second in the 800m (2:02.98) at the South Alabama Invitational ... Ran as part of the 4x400 relay at the Jaguar Opener, finishing second (3:38.92). **Indoor** — Did not compete. **XC** — Did not compete.

2021: Outdoor — Competed in the 800m (2:06.86) at the Southern Miss Invitational. **Indoor** — Did not compete.

2020: Outdoor — Did not compete. **Indoor** — Crossed the line at 2:09.67 in the 800m at the Jaguar Invitational ... Finished eighth in the 800m (2:05.49) at the Samford January Invite.

2019: Outdoor — Redshirted his first year with the program. **Indoor** — Ran the 800m in 2:02.73 at Samford's Bulldog Invite and 2:03.16 at the Jaguar Invitational. **XC** — Placed 18th in the Challenge of Champions 5k (18:14) ... Ran his best 8k of the season at the UAB Classic, crossing the line in 28:12.

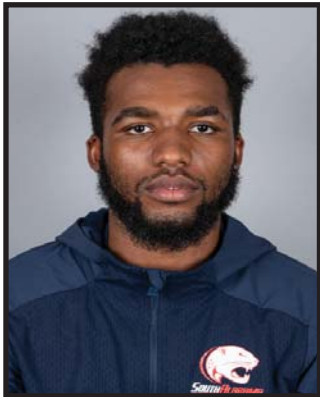
High School: Competed in varsity track and cross country for James Clemens High School in Madison, Ala. ... Was part of the 2015 cross country section championship team ... Graduated while holding school records in the indoor 800m and indoor and outdoor 4x800m.

Personal: Full name is Korey Sean Shively ... Born Jan. 10, 2000, in Atlanta, Ga. ... Son of Sean and Lisa Shively ... Has a younger brother, Kody ... Favorite pro sports teams are the Atlanta Braves and Atlanta Falcons ... Favorite music artists are Thomas Rhett, Sam Hunt, and Brett Young ... Likes lasagna and mountain biking.

Major: Medicine



MEN'S BIOGRAPHIES



CAM STEWART

Sprints • 6-2 • Senior (Indoor/Outdoor) • Mobile, Ala. • Davidson HS

2022: Outdoor — Ran with the 4x400 relay team ... Placed fifth at the Sun Belt Outdoor Championships (3:13.41) and seventh at the Crimson Tide Invitational (3:14.01). **Indoor** — Placed fifth in the 400m (48.93 seconds) at the USA Jaguar Invitational ... Helped the distance medley relay team finish fifth at the Sun Belt Indoor Championships (10:14.10).

2021: Outdoor — Helped the 4x400 relay team to a fourth-place finish (3:15.30) at the Sun Belt Conference Outdoor Championships ... Set a personal record while finishing fourth in the 100m (10.92 seconds) at the Jaguar Opener ... Recorded a personal-best time of 21.89 seconds in a seventh-place finish in the 200m at the SLU Pre-Conference Tune Up ... Finished in fourth with the 4x100 relay team (41.08 seconds) at the SLU Pre-Conference Tune Up ... Ran a 3:14.76 time with the 4x400 relay team at the Auburn Tiger Track Classic ... Finished in second with the 4x400 relay team (3:13.67) and fifth with the 4x100 relay team (40.80 seconds) at the LSU Boots Garland Invitational. **Indoor** — Set a PR in the 400m (48.68 seconds) preliminary round at the conference indoor

championship ... Clocked a personal-best time in the 300m (34.77 seconds) at the UAB Invitational.

2020: Outdoor — Was part of the 4x100 relay team which placed third at the Jaguar Opener (43.64 seconds). **Indoor** — Helped the Jaguars to fourth-place finishes in the 4x400 relay (3:19.04) and the distance medley relay (10:22.72) at the Sun Belt Championships ... Recorded a personal-best in the 400m (49.79 seconds) at the Samford Bulldog Invite ... Finished third in the 4x400 relay with a time of 3:18.73 at the Samford January Invite.

2019: Outdoor — Helped the Jaguar 4x400 relay team to capture third-team All-Sun Belt honors with a season-best effort of 3:13.19 at the conference championships and victories at the South Alabama Invitational (3:18.16) and Jaguar Opener (3:18.72) ... Earned top-five finishes in the 400m at the South Alabama Invitational (49.53 seconds) and Samford's Alabama Track Challenge (50.41 seconds) ... Ran a personal-best 49.15-second 400m at Auburn's War Eagle Invitational. **Indoor** — Was part of the 4x400 relay teams which earned second-team all-conference honors with a 3:18.17 effort at the Sun Belt Championships and ran a season-best 3:17.51 at the Vanderbilt Invitational ... Recorded a career-best 400m time of 50.51 seconds at the Jaguar Invitational ... Completed the Vanderbilt Invitational 200m in 23.36 seconds and 400m in 50.88 seconds.

High School: Lettered four years in track & field and two years in football at Davidson High School in Mobile, Ala.

Personal: Full name is Cameron Adonis Martin-Stewart ... Born Sept. 18, 1999, in Mobile, Ala. ... Son of De'Anthony and Veronica Edwards ... Has two brothers and a sister.

Major: Collaborative teacher 6-12 special education



JAKE THOMPSON

Distance • 6-1 • Freshman (Indoor/Outdoor/XC) • Brookhaven, Miss. • Brookhaven HS

2022: XC — Ran the 5k at the Azalea City Classic in 17:10 ... Ran the 8k at the North Alabama Showcase in 27:58 ... Crossed the finish line at the Joe Piane Invitational 5-mile race in 29:14 ... Finished the Crimson Classic with a time of 28:15.

High School: Lettered five years in cross country and four years in track & field ... Won cross country state championships in 2017, 2019, 2020, and 2021 ... Track state champion in 2022 ... holds high school record in the 4x800 relay.

Personal: Full name is Jacob Layton Thompson ... Born July 25, 2004 ... Son of Anthony and Lauren Thompson ... Has one sister, Elia ... Favorite movie is "Back to the Future Part II" ... Favorite book is "Unbroken" ... Favorite music artist is the Eagles.

Major: Civil engineering

MEN'S BIOGRAPHIES



CARTER TINNEMAN

Pole Vault • 5-10 • Freshman (Indoor/Outdoor) • West Milton, Ohio • Milton-Union HS

High School: Four-year letter-winner in track & field and lettered one year in both golf and football ... Regional champion in the pole vault ... Broke his high school pole vault record by over a foot ... Was a district and regional champ as well as national qualifier.

Personal: Full name is Carter Jay Tinnerman ... Born January 8, 2004 ... Son of Jason and Nikki Tinnerman ... Has three brothers ... Favorite book is "The Mountain is You" ... Favorite athletes are Mondo Duplantis and Matt Ludwig.

Major: Business administration



BO WEBB

Hurdles • 6-0 • Freshman (Indoor/Outdoor) • Vestavia Hills, Ala. • Vestavia Hills HS

High School: Lettered five years in track & field ... Holds the school record for 60m hurdles, 300m hurdles, and the 4x400 relay ... Won the state championship in the 300m hurdles ... Team won the outdoor state championship in 2021, was state indoor runner-up in 2021 and 2022 and the outdoor runner-up in 2022.

Personal: Full name is Bo Campbell Webb ... Born July 21, 2004 ... Son of Kevin and Kimberly Webb ... Youngest of 4 children (Stanton, Russell, and Katie) ... Favorite athletes are Marlon Humphrey and Grant Holloway ... Favorite movie is "Hot Rod" ... Favorite book is "The Murder of Roger Ackroyd" ... Eats a peanut butter and honey sandwich before every meet.

Major: Health sciences



JACOB WENTZ

Javelin • 6-3 • Sophomore (Indoor/Outdoor) • Fort Walton Beach, Fla. • Choctawhatchee HS

2022: Outdoor — Set a PR at the 2022 Mississippi State Maroon and White Invitational with a javelin throw of 51.72 meters ... Placed fifth in the javelin (50.03m) at the Southern Miss Invitational. **Indoor** — Did not compete.

High School: Graduated from Choctawhatchee High School in 2021.

Personal: Full name is Jacob Wentz ... Born July 2, 2003 in Fort Walton Beach, Fla. ... Son of Aaron and Susan Wentz ... Youngest of four siblings ... Brother, Andy Wentz, played soccer at West Florida for four years.

Major: Biology



MEN'S BIOGRAPHIES



KENDAL WHITE

Sprints • 5-8 • Sophomore (Indoor/Outdoor) • Mobile, Ala. • McGill-Toolen Catholic HS

2022: Outdoor — Placed first in the 100m (10.38 seconds) and second in the 110m hurdles (14.34 seconds) at the Jaguar Opener ... Set a PR in the 110m hurdles (14.32 seconds) and placed first at the Southern Miss Invitational ... Set a PR in the 200m (21.94 seconds) at the UAB Green and Gold Invite ... Set a PR in the 100m (10.62 seconds) at the Crimson Tide Invitational ... Set a PR and placed fourth in the 400m hurdles (52.62 seconds) at the Sun Belt Outdoor Championships. **Indoor** — Set a PR in the 60m hurdles (8.07 seconds) and finished fifth at the Sun Belt Indoor Championships ... Set a PR in the 60m (7.06 seconds) at the UAB Blazer Invitational ... Helped the 4x200 relay team earn second place at the UAB Blazer Invitational (1:32.44).

High School: Lettered four years in football and three years in track & field at McGill-Toolen High School in Mobile, Ala. ... Recorded a personal-best in the 60m hurdles (8.16 seconds) at the 2020 Crossplex Last Chance Invitational ... Posted a personal-best in the 60m (7.21 seconds) at the 2020 Icebreaker Invitational ... Won the 110m hurdles (14.22 seconds) and ran a personal-best in the 300m hurdles (38.83 seconds) at the 2019 AHSAA 7A State Championships ... Left the program holding records in the 60m hurdles, 110m hurdles, 300m hurdles and 4x100 relay.

Personal: Full name is Kendall Lee White ... Born Feb. 4, 2002, in Mobile, Ala. ... Son of Kenneth White and Ursula Broadnax ... Favorite movie is "Wanted" ... Favorite pro sports team is the Philadelphia Eagles ... Would most likely want to meet Sydney McLaughlin ... Favorite food is mac and cheese.

Major: Exercise science



TASHOD WINGFIELD

Jumps • 5-8 • Sophomore (Indoor/Outdoor) • Dothan, Ala. • Godby HS

2022: Outdoor — Set a PR in the long jump at the Jaguar Opener (6.83m) and placed second ... Set a PR in the triple jump with a mark of 14.56m at the Sun Belt Outdoor Championships ... Finished second in the triple jump (13.88m) at the South Alabama Invitational. **Indoor** — Helped the 4x200 relay team place second (1:32.44) at the UAB Blazer Invitational ... Finished sixth in the triple jump (13.57m) at the Samford Invite 2022.

High School: Lettered two years in track & field and football at Godby High School in Tallahassee, Fla., where he graduated in 2020.

Club: Competed for Tallahassee Zoom from 2019 to 2020.

Personal: Full name is Tashod Nataniel Wingfield ... Born November 8, 2001 in Dothan, Ala. ... Son of Kelvin Lynn and Tanika Wilson ... Youngest of three siblings.

Major: Exercise science

MEN'S BIOGRAPHIES



KIRAMI YEGO

Distance • 5-8 • Junior (Indoor/Outdoor/XC) • Kapenguria, Kenya • St. Anthony's Boys HS

2022: Outdoor — Named a member of the first-team All-Sun Belt ... Won the 5000m (14:21.24) and the 10,000m (29:20.13, PR) at the Sun Belt Outdoor Championships ... Placed first in the 5000m (14:01.07) at the Crimson Tide Invitational and in the 3000m (8:22.32) at the South Alabama Invitational ... Set new personal records in the 1500m (4:00.35) at the UAB Green and Gold Invite and in the 5000m (14:00.77) at the Raleigh Relays.

Indoor — Won both the 3000m (8:18.73) and the 5000m (14:05.26) at the Sun Belt Indoor Championships ... Set a PR in the 3000m (8:13.31) and finished in first place at the USA Jaguar Invitational ... Also won the 3000m at the Samford Invite 2022 (8:18.36) ... finished second in the 3000m at the UAB Blazer Invitational (8:25.24). **XC** — Finished 37th at the NCAA National Championships and was named an All-American, finishing the 10k race in 29:34, seventh-fastest in school history ... Finished T-3rd at the NCAA South Regionals with a time of 29:28.7, a personal-best in the 10k and fifth-fastest in program history ... Won his second straight SBC individual championship and set a conference championship record at the 8k distance with a time of 22:55, a time that is also a new school

record and personal best ... Named first-team all-conference for the third year ... Set a new personal-best in the 8k at the North Alabama Showcase (23:26) and finished second ... Placed first at the Joe Piane Invitational 5-mile race (23:23) ... Named SBC Runner of the Week on October 5th ... Finished second at the Crimson Classic 8k in 23:25, a time that is fourth place in school history.

2021: Outdoor — Set a PR at the Sun Belt Conference Outdoor Track and Field Championships in the 5000m with a time of 14:34.24, which was good for seventh place ... Finished in second in the 5000m (15:13.74) at the SLU Pre-Conference Tune Up ... Took third in the 3000m at the LSU Boots Garland Invitational after running the race in 8:53.12. **Indoor** — Did not compete. **XC** — Earned first-team all-conference honors for the second year in a row after winning the 8k (23:51.3) at the Sun Belt Conference Championships and was named the Sun Belt Runner of the Year ... Became the 11th male runner in program history to win an individual title and the first since Christoph Graf at the 2014 meet ... Finished inside the top-5 three times while also setting a new personal-best on three occasions ... Also set a pair of program top-10 times in the 8k ... Was a three-time Sun Belt Conference Runner of the Week selection – 9/15, 9/22, 10/6 ... First SBC runner to be named league runner of the week three times in a season since Louisiana's Stanley Limoh (2017) and is one of three runners in program history to receive the honor three or more times in a season, Micah Tirop (2008) and Vincent Rono (2005) ... One of only five runners at South to receive the honor three or more times in their career (Tirop [8], Rono [6], Samson Kipchirchir [4] and Tonny Okello [3]) ... One of eight runners in program history to advance to the NCAA Championships and the 15th overall appearance by a male runner where he finished inside the top-100 ... Finished eighth and posted a PR in the 10k after crossing the finish line in 29:42.9 at the NCAA South Region Championships ... Set a personal-best in the 8k with a time of 23:42.8 at the Louisville Classic ... Won the 5k with a personal-best time of 15:18.2 at the Azalea City Classic ... Led South Alabama in all seven races during the season.

2020: Outdoor — Won the 3000m with a time of 9:04.97 at the Jaguar Opener. **Indoor** — Recorded a personal best in the 3000m (8:37.93) and helped the distance medley race (10:22.72) place fourth at the Sun Belt Championships ... Crossed the line in the 3000m at 8:45.39 at the Samford Bulldog Invite. **XC** — Named Sun Belt Conference Freshman and Newcomer of the Year ... Earned first-team all-league honors ... Led the Jaguars to the program's ninth conference title and their first since 2014 ... Was the first Jaguar to cross the line in three of South's four meets during the fall ... Recorded a new personal-best and a third-place finish at the Sun Belt Conference Cross Country Championships after posting a time of 24:39.1 in the 8k race ... Set a new PB of 15:23.6 in the 5k race at the Azalea City Classic ... Finished second at the Florida State Invitational in the 8k after crossing the finish line at 25:19.2.

High School: Attended and competed at St. Anthony's Boys High School.

Personal: Full name is Kirami Collin Yego ... Born on March 23, 1999, in West Pokot, Kenya ... Son of Joseph Nguran and Lucy Chemokucho ... One of six children in his family ... Has three brothers, Rotich, Shedrack and Meshack, along with two sisters, Sheillah and Chepkite ... Favorite television series is "The Black List" ... Favorite book is "Siku Njema" ... Favorite professional sports team is Chelsea F.C. ... Favorite athlete is Lionel Messi ... Favorite musical artist is Quavo ... Favorite food is Chai ... Favorite classes are math and biology.

Major: Nursing



WOMEN'S BIOGRAPHIES



ISABELLA BAKER

Pole Vault • 5-4 • Junior (Indoor) / Sophomore (Outdoor) • Montgomery, Ala. • Montgomery Academy

2022: Outdoor — Placed fifth in the pole vault (3.06m) at the Southern Miss Invitational. **Indoor** — Cleared 3.20 meters at the USA Jaguar Invitational.

2021: Outdoor— Did not compete. **Indoor**— Placed fifth in the pole vault (3.30m) at the UAB Blazer Invitational.

High School: Lettered two years in cheer and four years in track & field at Montgomery Academy in Montgomery, Ala. ... Competed three years in track & field at the Peak Athletics club ... Placed sixth in the pole vault (3.04m) at the 2019 USATF Alabama Association Junior Olympic Championships ... Finished third in the pole vault (3.04m) and fourth in the pole vault (3.20m) at the 2018 USATF Junior Olympic Championships ... Claimed third in the pole vault (2.59m) at the 2017 USATF Junior Olympic Championships ... Left the program holding the record in the pole vault (3.42m).

Personal: Full name is Isabella Blanche Baker ... Born Sept. 20, 2001, in Birmingham, Ala. ... Daughter of Ben and Kimberly Baker ... Enjoys playing the piano ... Has two younger brothers.

Majors: Chemistry



KIRA BENKMANN

Throws • 5-6 • Graduate (Indoor/Outdoor) • Berlin, Germany • Schul-und Leistungssportzentrum Berlin

2022: Outdoor — Placed eighth at the Sun Belt Championships with 53.52m in the hammer throw ... Set a season-high in the hammer throw (54.27m) and placed third at the 2022 Mississippi State Maroon and White Invitational. **Indoor** — Set a PR in the weight throw (15.56m) at the Samford Invite 2022.

McNeese State: Competed at McNeese State for four years ... Threw a personal-best hammer throw mark of 58.52m at the McNeese State Last Chance ... Recorded a PR in the weight throw (16.52m) at the Samford Open Indoor ... Named 2018 All-Academic All-Louisiana second team ... Made it to the NCAA East Region Qualifier in 2018.

High School: Graduated from Schul-und Leistungssportzentrum Berlin in 2017.

Personal: Full name is Kira Anna Benkman ... Born Feb. 23, 1998, in Berlin, Germany ... Daughter of Ralph and Ingrid Benkmann ... Second of two children.

Major: MGT-General management



RIANDI BOSHOFF

Throws • 5-6 • Freshman (Indoor/Outdoor) • Potchefstroom, South Africa • Potchefstroom Gimnasium

High School: Lettered in track & field and field hockey for four years ... Holds the school record in the discus throw ... Placed second at the national championships in the discus event ... Was a provincial winner with her track & field team.

Personal: Born May 19, 2004 in Johannesburg, South Africa ... Daughter of Leon and Evelyn Boshoff ... One older brother, Franco ... Father played on the Lions Super Rugby team from 1998-2003 ... Favorite movie is "High School Musical" ... Favorite foods are sushi and papaya.

Major: Exercise science and kinesiology

WOMEN'S BIOGRAPHIES



CLERVIE CHAGOT

Distance • 5-0 • Sophomore (Indoor/Outdoor/XC) • Bretagne, France • Lycée Sévigné

2022: Outdoor — Ran a personal-best in the 3000m (10:47.79) and placed second at the South Alabama Invitational ... Set a PR in the 1500m (5:08.25) at the UAB Green and Gold Invite ... Set a PR in the 5000m (19:35.06) at the Crimson Tide Invitational. **Indoor** — Ran the 3000m twice, (11:06.63) at the Samford Invite 2022, and (11:08.18) at the USA Jaguar Invitational. **XC** — Finished fifth in the Azalea City Classic 5k (19:45) ... Set a new personal-best at the North Alabama Showcase (18:53) and then beat it in the following race at the Joe Piane Invitational (18:52) ... Ran the 6k in 22:21.7 at the Crimson Classic ... Set a new personal best in the 5k (18:39.3) at the SBC Championship.

2021: XC — Posted a personal best in the 5k (19:35.8) at the Sun Belt Conference Championships ... Placed ninth in the 5k after crossing the finish line in 21:14.7 at the Azalea City Classic XC Collegiate.

High School: Lettered three seasons in both cross country and track & field at Lycée Sévigné in Cesson Sévigné, France ... Member of the cross country team that captured a gold medal at the 2020 French Championships ... Also ran for the club Haute Bretagne Athletisme for 10 years where they won gold at the Youth French Championships in 2019 and 2020.

Personal: Full name is Clervie Laurianne Christele Chagot ... Born March 13, 2002 in Rennes, Bretagne, France ... Daughter of Olivier and Laurence Chagot ... Has an older brother, Clément ... Hobbies include traveling, taking pictures, cooking, dancing and trying different sports ... Lists favorite athletes as Renelle Lamotte, Floria Guei, Sasha Zhoya and Emma Coburn ... Favorite types of foods are listed as healthy foods and Mexican ... Favorite classes are Spanish and math ... Has traveled to 25 different countries during her athletic career ... Served as the communications manager for her club team, managing the social media platforms and writing the press releases.

Major: Business administration



ROCIO CHAPARRO

Combined Events • 5-7 • Junior (Indoor/Outdoor) • Asunción, Paraguay • School of Tomorrow

2022: Outdoor — Placed fifth in the heptathlon at the Sun Belt Championships (4,674 points) ... Finished fifth in the 100m hurdles (14.99 seconds) at the Tiger Track Classic 2022 ... Placed third in the 100m hurdles (15.14 seconds) at the South Alabama Invitational ... Finished second in the 100m hurdles (15.00 seconds) at the Jaguar Opener. **Indoor** — Set a new personal record in the pentathlon at the Sun Belt Indoor Championships with a score of 3,356 points and a sixth-place finish.

2021: Outdoor — Set a personal record in the heptathlon (4,828 points) and finished eighth at the Crimson Tide Invitational ... Placed third in the javelin throw (40.09 meters) and fifth in the 100m hurdles (14.87 seconds) at the Jaguar Opener ... Clocked a 14.48-second time in the 100m hurdles for fifth at the SLU Pre-Conference Tune Up. **Indoor** — Set a PR at the Sun Belt Indoor Championships in the pentathlon with 3,322 points and an eighth-place finish ... Placed fourth in the 60m hurdles after posting a time of 9.16 seconds at the UAB Blazer Invitational.

2020: Outdoor — Finished second in high jump (1.49m) and javelin throw (38.13m), and placed fourth in the 100m hurdles (15.41 seconds) at the Jaguar Opener. **Indoor** — Scored 3,311 points in the pentathlon at the Sun Belt Championships ... Crossed the line in the 60m hurdles with a time of 9.63 seconds and recorded a jump of 5.27 meters in the long jump at the Samford Bulldog Invitational ... Posted a time of 9.80 seconds in the 60m hurdles and recorded a height of 5.11 meters in the long jump at the Jaguar Invitational.

High School: Lettered two years in handball at Campoverde in Asuncion, Paraguay ... Competed for one year in club handball at Nacional and three years in club track at Sole de America ... Finished second in the regional championship in club handball ... Won the 2018 National Club Championship in track & field.

Personal: Full name is Rocio Beatriz Chaparro Ruiz-Diaz ... Born on Oct. 6, 2000, in Asuncion, Paraguay ... Daughter of Agustin Chaparro and Mirta Ruiz-Diaz ... Has two younger siblings ... Favorite movie is "The Princess and the Frog" ... Favorite food is pasta ... Favorite book is "The Alchemist".

Major: Chemistry



WOMEN'S BIOGRAPHIES



BRADYN COARSEY

Pole Vault • 5-8 • Sophomore (Indoor/Outdoor) • Mobile, Ala. • McGill-Toolen Catholic HS

2022: Outdoor — Set a PR in the pole vault with a clearance of 3.62 meters at the Crimson Tide Invitational ... Placed tenth at the Sun Belt Championships with a height of 3.42m. **Indoor** — Cleared 3.51m at the Sun Belt Indoor Championships.

High School: Lettered in track & field for five years at McGill-Toolen Catholic HS in Mobile, Ala. ... 2018 indoor state champion ... State runner-up in 2019 and 2020 ... 2021 state indoor and outdoor triple jump runner-up.

Club: Competed for Port City Rain Track Club in Mobile, Ala., for two years (2018, 2021) ... Finished 11th in the pole vault at the Junior Olympics ... Claimed a Second Association Championship.

Personal: Full name is Bradyen Rouge Coarsey ... Born December 10, 2002 ... Daughter of Stan and Amy Coarsey ... Third of four children ... Chose USA for athletic and academic growth opportunities.

Major: Exercise science



STARLYNN COSTA

Distance • 5-5 • Senior (Indoor/Outdoor) • South St. Paul, Minn • University of Mary

2022: XC — Ran unattached at the Azalea City Classic 5k with a time of 19:08.

University of Mary: Lettered four years at Division II University of Mary ... Personal-bests in the 1500m (4:56.73), the 3000m (10:08.40), the 5000m (17:32.88), and the 3000m steeplechase (11:00.62).

High School: Attended South Saint Paul Secondary ... Lettered in cross country for four years and gymnastics and track for three years ... Ran the 3200m in 10:56 at the State meet after suffering a stress fracture.

Personal: Full name is Starlynn Love Costa ... Born February 17, 2000 in St. Paul, Minn. ... Daughter of Dorina Costa ... Has three half-siblings: Logan, Alyssa, and Kaylee ... Transferred to South Alabama in part to get away from the snow and months of treadmill running ... Favorite book is "Alice's Adventures in Wonderland" ... Favorite music artist is Snoop Daws ... Enjoys listening to and writing her own music.

Major: Communication



Abbey Weitenbeck, Starlynn Costa, Emma Tonsberg, Adele Magaud



BODINE DEGLI-UMBERTI

Throws • 5-9 • Junior (Indoor/Outdoor) • Pretoria, South Africa • Die Hoërskool Menlopark

2022: Outdoor — Placed first in the discus and set a personal-best and school record with a throw of 52.69 meters at the 2022 UCSD Triton Invitational ... Had a discus throw of 49.16m at the NCAA East Preliminary Round ... Finished fifth at the Sun Belt Championships in the discus (50.26m) and the hammer throw (54.14m) ... Set a personal-best in the hammer throw (56.21m) at the Crimson Tide Invitational ... At the Southern Miss Invitational, placed first in the discus (49.67m) and second in the hammer throw (54.59m). **Indoor** — Set a PR in the weight throw (18.31m) at the Samford Invite 2022 while finishing second ... Placed fourth in the shot put at the Samford Invite 2022 (14.47m).

2021: Outdoor — Placed fifth in the shot put (14.80m) and sixth in the discus (49.23m) while qualifying for the NCAA East Preliminaries at the Sun Belt Outdoor Championships ... Won the discus (46.92m) while placing third in the shot put (14.36m) and the hammer throw with a personal-best mark of 52.78 meters at the Jaguar

Opener ... Took second and set a program record in the discus (51.19m) and third in the shot put (15.59m), both of which were personal-best marks at the USA Invitational ... Finished fourth in the discus with a 48.28m throw at the Auburn Tiger Track Classic ... Placed second in the discus (47.99m), third in the shot put (14.10m) and fourth in the hammer throw (50.48m) at the SLU Pre-Conference Tune Up. **Indoor** — Took third in the shot put (13.35m) and the weight throw (15.48m) at the UAB Blazer Invitational ... Set a personal best in the weight throw with a 17.02m-mark at the Jaguar Invitational.

High School: Attended Die Hoërskool Menlopark in Pretoria, South Africa ... Played softball and netball in addition to track & field ... Threw 47 meters in the discus and 14 meters in the shot put ... Named Victor Ludorum (top performer) in the discus, shot put, and hammer throw.

Personal: Full name is Bodine Degli-Umberti ... Born January 31, 2002 in Pretoria, South Africa ... Daughter of Gustavo and Magda Degli-Umberti ... Youngest of five siblings – Tian, Janine, Chene, and Sheldon ... Her cousin, Franco Mostert, has been a member of the South African National Rugby team (Springboks) for the past three years, making 65 appearances ... Favorite movie is “The Devil Wears Prada” ... Favorite book is “The Memoirs of an Amnesiac” ... Favorite athletes are Sandra Perkovic and Anita Wlodarczyk ... Always puts her left shoe on before her right when she is getting ready to throw ... Wants to be a forensic anthropologist ... Has visited Dubai and Kenya.

Major: Anthropology



INA EDSTROM

Pole Vault • 5-7 • Junior (Indoor/Outdoor) • Austin, Texas • Vandegrift HS

2022: Outdoor — Finished in eighth place at the Sun Belt Championships with a clearance of 3.57 meters ... Placed second in pole vault (3.66m) at the Jaguar Opener. **Indoor** — Reached an indoor season-high in pole vault (3.56m) at the Samford Invite 2022.

2021: Outdoor — Took first place in the pole vault with a 3.81m mark at the USA Invitational ... Placed third in the pole vault (3.75m) at the SLU Pre-Conference Tune Up ... Set a personal-record with a clearance of 3.83 meters at the Sun Belt Outdoor Championships. **Indoor** — Won the pole vault with a 3.75m mark at the UAB Blazer Invitational ... Placed third in the pole vault (3.81m) at the Sun Belt Indoor Championships.

2020: Outdoor — Won the pole vault (3.81m) at the Jaguar Opener. **Indoor** — Posted a personal-best in the pole vault (3.80m) at the Sun Belt Championships ... Recorded a height of 3.50m in the pole vault at the Samford Bulldog Invitational ... Placed seventh in the pole vault (3.65m) at the Jaguar Invitational ... Recorded a height of 3.37m in

the pole vault at the Samford January Invitational.

High School: Lettered in track & field three years at Vandegrift High School ... Graduated as the school record holder in the pole vault.

Personal: Full name is Ina June Edstrom ... Born Jan. 1, 2001, in Santa Clara, Calif. ... Daughter of Per and Jenna Edstrom ... Has two younger brothers, Glenn and Victor ... Favorite athlete is Mondo Duplantis ... Favorite food is tacos ... Knows how to ride a unicycle.

Major: Computer science



WOMEN'S BIOGRAPHIES



MIA EVENSEN

Combined Events • 5-8 • Freshman (Indoor/Outdoor) • Ridabu, Norway • Stange Videregående

High School: Competed as a sprinter and long jumper ... Member of FIK Orion club for over eight years.

Personal: Full name is Mia Popovic Evensen ... Born November 25, 2002 ... Daughter of Knut and Tatjana Evensen ... One younger brother, Jacob ... Favorite movie is "The Lord of the Rings" ... Favorite athletes are Ada Hegeberg, Shelly-Ann Fraser-Pryce, and Karsten Warholm.

Major: Biology



ALLIE GERMANN

Sprints • 5-6 • Freshman (Indoor/Outdoor) • Winfield, W. Va. • Winfield HS

High School: Participated in cheerleading, soccer, cross country and track & field ... Three-time state track champion (2019, '21, '22) ... Won the High Point at the state track meet in 2019, 2021, and 2022 ... Won the 2021 state cross country championships ... Won 2018 state cheer championships ... Graduated with the records in the 100m (12.39 seconds), 200m (25.56 seconds), and the long jump (17' 10.25") ... Ran the 400m in 59.02 seconds.

Club: Competed with the Capital City Striders in Charleston, W. Va. for two years.

Personal: Full name is Allison Kate Germann ... Born Sept. 30, 2004 ... Daughter of Joshua and Amanda Germann ... Has one brother, Caden ... Favorite book is "Kite Runner" ... Favorite athletes are Sydney McLaughlin, Simone Biles, Allison Felix, and Aly Raisman ... has lived in seven different states.

Major: Exercise science



ALEXIS GRATIA

Pole Vault • 5-8 • Sophomore (Indoor/Outdoor) • Metairie, La. • Fontainebleau HS

2022: Outdoor — Set a PR in the pole vault (3.77 meters) at the Crimson Tide Invitational and placed third ... Won the pole vault (3.66m) at the Southern Miss Invitational and the South Alabama Invitational with the same height ... Set a personal-best in the 200m (26.82 seconds) at the Southern Miss Invitational. **Indoor** — Reached a pole vault height of 3.65 meters at the USA Jaguar Invitational.

High School: Lettered for four years in track & field at Fontainebleau High School, where she graduated in 2021.

Club: Competed for Louisiana Pole Vault Compound for four years.

Personal: Full name is Alexis Kathryn Gratia ... Born Aug. 25, 2003, in Metairie, La. ... Daughter of Kevin and Sharon Gratia ... Second of two children.

Major: Pre-Nursing

WOMEN'S BIOGRAPHIES



NICHOLE HARTING

Javelin • 5-9 • Freshman (Indoor) / Junior (Outdoor) • Madison, Ala. • Bob Jones HS

2022: Outdoor — Set a new personal-best in the javelin and placed third at the South Alabama Invitational (39.30 meters) ... Had a throw of 37.50m at the Sun Belt Championships. **Indoor** — Did not compete.

2021: Outdoor — Placed third in the javelin throw (37.21m) at the Southern Miss Invitational ... Finished fourth in the javelin throw after posting a mark of 35.48 meters at the Jaguar Opener. **Indoor** — Did not compete.

2020: Outdoor — Finished third in the javelin throw (38.07m) at the Jaguar Opener. **Indoor** — Did not compete.

High School: Lettered one year in softball and four years in track & field at Bob Jones High School ... Graduated as the school record holder in the javelin.

Personal: Full name is Nichole Leigh Harting ... Born July 6, 2001 ... Daughter of Scott and Lori Harting ...

Has one brother, Zach ... Brother competed in swimming at Louisville ... Favorite movie is "Hot Rod" ... Favorite musical artist is Post Malone ... Favorite food is Italian.

Major: Secondary education, math



RACHEL HUNTER

Distance • 5-7 • Sophomore (Indoor) / Junior (Outdoor) • Yorkville, Ill. • Yorkville HS

2022: Outdoor — Set a personal-best in the 400m hurdles (1:02.47) at the Sun Belt Championships ... Placed second in the 4x400 relay (3:59.20) at the UAB Green and Gold Invite ... set a PR in the javelin throw (27.79 meters) at the Tiger Track Classic 2022 ... Placed first in the 400m hurdles at the South Alabama Invitational (1:05.56) and the Jaguar Opener (1:04.99). **Indoor** — Did not compete.

2021: Outdoor — Set a personal record and placed third in the 400m hurdles (1:03.70) at the Jaguar Opener ... Finished third with the 4x400 relay team (4:02.61) at the USA Invitational. **Indoor** — Finished in third place with the distance medley relay team in 12:02.09 and set a personal-best in the 400m (58.30 seconds) at the Sun Belt Indoor Championships ... Recorded a personal-best time of 42.00 seconds in the 300m at the UAB Blazer Invitational.

High School: Lettered two years in volleyball and four years in track at Yorkville High School in Yorkville, Ill. ... Left the program holding records in the long jump (5.34m), the 200m (26.83 seconds), the 300m hurdles (45.41 seconds), the 55m (7.55 seconds) and the 4x100 relay (49.66 seconds) ... Competed five years in track & field as a member of the Aurora Flyers Track Club ... Claimed first place at the USATF National Youth Outdoor Championship in the 400m hurdles, posting a time of 1:04.07 ... Placed fifth at the 2017 AAU Junior Olympics All-American in the 400m hurdles, crossing the finish line at 1:04.83.

Personal: Full name is Rachel Diane Hunter ... Born Dec. 29, 2001, in Aurora, Ill. ... Daughter of Fred and Mindy Hunter ... Favorite class is science ... Favorite book is "Mind Gym" ... Favorite food is spaghetti casserole.

Major: Biology



WOMEN'S BIOGRAPHIES



IYANA JOHNSON

Throws/Jumps • 5-9 • Freshman (Indoor/Outdoor) • Mobile, Ala. • Davidson HS

High School: Named the 2021-22 Gatorade Alabama Girls Track & Field Player of the Year ... Won the bronze medal at the New Balance Nationals Outdoor in the long jump (41-6.5in, 12.66 meters) ... Double gold medalist at the 2022 Class 7A state meet, winning shot put (12.31m) and the triple jump (41-1.25in, 12.53 meters) ... Named the 2022 Mobile Optimist Club 7A Female Track Athlete of the Year ... Three-time individual state champion.

Personal: Full name is Iyana Denise Johnson ... Born September 11, 2004 ... Daughter of Marcus and Consuella Johnson ... Has two younger siblings.

Major: CIS health informatics



SHAY LEE

Distance • 5-5 • Senior (Indoor/Outdoor/XC) • Bradenton, Fla. • Lakewood Ranch High School

2022: Outdoor — Placed third in the 800m (2:19.07) at the 2022 Mississippi State Maroon and White Invitational ... Season-best 5:08.69 in the 1500m at the South Alabama Invitational ... Helped 4x400 relay place second (4:15.59) at the South Alabama Invitational. **Indoor** — Ran 2:18.96 in the 800m at the Sun Belt Indoor Championships ... Helped 4x400 relay place second (4:12.89) at the Samford Invite 2022. **XC** — Placed 10th at the Azalea City Classic 5k (22:53.0) ... Finished the North Alabama Showcase 5k in 21:55 ... Had a similar time at the Joe Piane Invitational 5k (21:56.6) ... Competed in the 6k at the Crimson Classic, finishing with a time of 26:25.5.

2021: Outdoor — Clocked a new personal-best in the 800m with a time of 2:16.47 and finished 11th at the Sun Belt Conference Outdoor Track and Field Championships ... Set a PR in her ninth-place finish in the 1500m (4:59.50) and took sixth in the 4x400 relay with a 4:94.87 mark ... Finished in the runner-up position in the 800m after running the race in 2:18.06 at the SLU Pre-Conference Tune Up ... Crossed the finish line in 2:19.69 in the 800m and finished in third place at the USA Invitational. **Indoor** — Finished in third place with the distance medley relay

team in 12:02.09, and notched a 10th place finish in both the 4x400 relay (4:02.45) and 800m (2:18.37) events at the Sun Belt Indoor Track and Field Championships ... Recorded a PR and fifth-place finish in the 1000m at the UAB Blazer Invitational with a 3:10.97 mark ... Took fifth in the 4x400 relay (4:04.13) and ninth in the 800m (2:20.39) at the Jaguar Invitational. **XC**— Finished 14th in the 5k with a time of 21:51.1 at the Azalea City Classic XC Collegiate ... Set a PR in the 5k (19:58.7) at the North Alabama Showcase ... Competed in five races during the season.

2020: Outdoor — Did not compete. **Indoor** — Earned third-team all-conference honors with the distance medley relay (12:09.63) team and crossed the 800m line with a time of 2:21.89 at the Sun Belt Championships ... Recorded a personal best in the 800m (2:17.00) at the Samford Bulldog Invite. **XC** — Saw time on the course in two races – Azalea City Classic and Blazer Classic ... Best time and finish came during opening week as she paced 33rd with a time of 21:47 at the Azalea City Classic.

2019: Outdoor — Claimed a season-best time and a top-five finish in the South Alabama Invitational 800m (2:24.73, fourth) ... Ran the Southern Miss Open 400m in 1:02.89 and 1500m in 5:25.44. **Indoor** — Finished sixth in the Samford Bulldog Invite 800m with a personal-best time of 2:21.95 and covered the same distance in 2:22.15 at the Vanderbilt Invitational ... Was part of the 4x400 relay team which ran a season-best 4:06.20 at the Jaguar Invitational. **XC** — Competed in four of South's six races during the fall ... Best finish and time of the season came when she placed 31st at the 14th Annual Foothills Invitational with a time of 20:09, just two seconds off her personal best.

2018: XC — Ran a season-best 20:07 to finish third in the Challenge of Champions 5k ... Crossed the 5k line in 20:11 at the 30th Annual Chile Pepper Festival and 20:20 at the Sun Belt Conference Championships.

High School: Earned letters in cross country, track, and basketball at Lakewood Ranch High School in Bradenton, Fla. ... Was the district champion and placed third at regionals in the 800m in 2017-18 ... Finished seventh in the 800m at the 2018 state meet.

Personal: Full name is Shayleiya Lee ... Born November 6, 1999, in Bradenton, Fla. ... Daughter of William and Kristina Lee ... Is an only child ... Likes to watch Netflix and play with her dogs ... Favorite movie is "White Chicks" ... Likes math and giraffes.

Major: Early childhood education

WOMEN'S BIOGRAPHIES



MACY LIVINGSTON

Distance • 5-5 • Sophomore (Indoor/Outdoor/XC) • The Woodlands, Texas • Medina Valley HS

2022: Outdoor — Set three PRs, 1500m (5:08.04) at the UAB Green and Gold Invite, 18:51.10 in the 5000m at the Tiger Track Classic 2022, and in the 3000m (10:48.90) at the South Alabama Invitational. **Indoor** — Set a personal-best in the mile (5:34.75) at the Samford Invite 2022. **XC** — Competed in the 6k at the Crimson Classic (23:27.3) ... Finished the SBC Championship with a time of 19:35.4 ... Recorded a time of 23:29 in the 6k at the NCAA South Regional Championships.

2021: XC — Set a personal record in the 5k (19:12.8) at the North Alabama Showcase ... Placed fourth at the Azalea City Classic XC Collegiate, crossing the finish line in 20:28.8.

High School: Lettered four years in track & field and three years in cross country at Medina Valley High School in Castroville, Texas ... Member of three cross country district championship teams (2018-20) ... Also helped the Panther track & field team to a district and area championship as a senior ... Left Medina Valley holding school cross country records in the 5k (18:28), the 3200m (11:07.88) and the 1600m (5:18.02) ... Lists prep career highlight as winning the 2018 Region IV 5A Cross Country Championship ... Also ran for Celerity Performance based in San Antonio, Texas, for two seasons ... Lettered three seasons in volleyball.

Personal: Full name is Macy Jane Livingston ... Born June 10, 2003 in San Antonio, Texas ... Daughter of Brad and Julie Livingston ... Second of three children in her family ... Has an older sister, Susanna, and a younger brother, Kyle ... Father played baseball at East Texas Baptist University (1991) ... Lists favorite movie as "Crazy Rich Asians" ... Favorite book is "Strong" by Kara Goucher ... Favorite professional sports teams are listed as the Dallas Cowboys, the San Antonio Spurs and the Houston Astros ... Favorite athletes are Emma Coburn, Colleen Quigley and Grayson Murphy ... Lists favorite foods as smoothies and Tex-Mex ... Favorite classes are math and world history ... Is left-handed, along with every second-born child in her family ... Wants to run competitively around the world at the conclusion of her collegiate career.

Major: Business administration



Abbey Weitenbeck, Clervie Chagot, Adele Magaud, Emma Tonsberg



WOMEN'S BIOGRAPHIES



ADELE MAGAUD

Distance • 5-5 • Junior (Indoor/Outdoor/XC) • Martigues, France • Lycee Paul Langevin

2022: Outdoor — Placed fourth at the Sun Belt Championships in two events, 5000m (18:00.51) and 10,000m (PR 37:38.78) ... Placed first at the Tiger Track Classic in the 5000m with a new personal-best of 17:18.14 ... Set a new PR and placed first in the 1500m (4:42.56) at the South Alabama Invitational. **Indoor** — Placed third in the 3000m (9:57.77) and fourth in the 5000m (17:21.34) at the Sun Belt Championships ... Set a new PR in the mile (5:01.04) at the Samford Invite 2022 ... Recorded a personal-best in the 3000m at the UAB Blazer Invitational (9:52.58).

XC — Named Second-Team All-Sun Belt with her performance in the SBC Championship meet (17:38.8) ... Won the Azalea City Classic with a time of 19:03 ... Set a personal best in the North Alabama Showcase (17:14) and finished 20th ... Finished seventh and set a school record in the 5k with a time of 17:10 at the Joe Piane Invitational ... Placed 13th in the 6k at the Crimson Classic with a time of 20:47.9 ... Placed 35th at the NCAA South Regional Championship with a time of 20:43.

2021: Outdoor — Set a PR at the Sun Belt Conference Outdoor Track and Field Championships in the 10,000m, posting a time of 38:39.69 ... Recorded a personal-best and a fifth-place finish in the 1500m at the SLU Pre-Conference Tune Up with a time of 4:49.36 ... Set a PR and finished eighth in the 5000m, posting a time of 17:53.61 at the Crimson Tide Invitational ... Finished ninth in the 1500m with a time of 4:56.77 at the USA Invitational ... Ran the 1500m in 4:50.29 and finished fifth at the Southern Miss Invitational. **Indoor** — Set a PR and recorded a fourth-place finish in the 3000m with a time of 10:01.76 at the Jaguar Invitational. **XC** — Won the 5k with a time of 17:28.8 at the Azalea City Classic XC Collegiate ... Finished the 5k in 17:28.8 at the North Alabama Showcase ... Placed fifth in the 5k, earning first-team all-Sun Belt honors after crossing the finish line in 17:39.0 at the Sun Belt Championships ... Clocked a personal-best in the 6k (21:30.6) at the NCAA South Region Cross Country Championships ... Led the Jags in six races this season.

2020: Outdoor — Did not compete. **Indoor** — Helped the distance medley relay finish third at the Sun Belt Championship (12:09.63) ... Finished eighth in the 3000m with a time of 10:08.33 at the Samford Bulldog Invite ... Placed sixth in the 5000m (18:07.90) at the Jaguar Invitational ... Recorded a personal-best in the mile (5:19.80) at the Clemson Bob Pollock Invitational ... Crossed the line in the 3000m with a time of 10:20.18 at the Samford January Invite. **XC** — Posted a 18:51.6 time and a fourth-place finish in the Azalea City Classic ... Finished 21st with a 5k time of 18:48 at the FSU Invitational ... Ran a season-best 5k time of 18:22 at the Sun Belt Championships, just missing out on all-conference honors, placing 16th.

2019: XC — Competed in five races during the fall ... Opened up the season with three top-15 finishes ... Finished fifth at the Azalea City Classic in her first collegiate race ... Ran a then-season-best 18:39 and placed 14th at the 5th Annual Wingfoot Classic ... Bested that time in her next race as she recorded a time of 18:30 and placed ninth two weeks later at the 14th Annual Foothills Invitational.

High School: Attended College Marcel Pagnol in Martigues, France, and Lycee Paul Langevin in Martigues, France ... Posed a 10k time of 36:37 ... Was also a member of the Martigues Sports Athleticisme for 11 years.

Personal: Full name is Adèle Juliette Jacqueline Magaud ... Born April 5, 2000 in Martigues, France ... Daughter of Frederic Magaud and Anne-Claire Auril ... Second of three children in her family ... Has an older brother, Augustin, and a younger brother Oscar ... Favorite movie is "Forrest Gump" ... Favorite athlete is Laura Muir ... Favorite musical artist is Grace Vanderwaal ... Favorite food is Italian pasta.

Major: Geology



MORGAN MATTHEWS

Hurdles • 5-6 • Freshman (Indoor/Outdoor) • Milton, Fla. • Central HS

High School: Lettered in track & field and basketball for six years and volleyball for four years ... Holds the school record for the 300m hurdles (45.11 seconds) and the 4x400 relay ... Regional and district champ in 2021 and 2022 ... Placed at state twice.

Personal: Full name is Morgan Trinity Matthews ... Born on January 31, 2004 ... Daughter of Trent and Sharon Matthews ... Oldest of four kids (Lucas, Laney, and Caleb) ... Favorite movie is "Divergent" ... Favorite book is "The Giver" ... Favorite athletes are Sydney McLaughlin and Steph Curry.

Major: Chemistry

WOMEN'S BIOGRAPHIES



SAVANNAH MORGAN

Pole Vault • 5-4 • Sophomore (Indoor) / Junior (Outdoor) • Fairhope, Ala. • Fairhope HS

2022: Outdoor — Placed fourth at the Sun Belt Outdoor Championships with a personal-best in the pole vault (3.72 meters) ... Placed second at the Southern Miss Invitational (3.66m) ... Also recorded vault heights of 3.56m, 3.51m and 3.50m. **Indoor** — Did not compete.

2021: Outdoor — Placed second in the pole vault (3.20m) at the Southern Miss Invitational. **Indoor** — Recorded a 3.15m pole vault at the UAB Blazer Invitational.

2020: Outdoor — Finished third in the pole vault with a height of 3.51 meters at the Jaguar Opener. **Indoor** — Placed 11th in the pole vault (3.45m) at the Sun Belt Championships ... Cleared 3.05 meters in the pole vault at the Samford Bulldog Invite ... Took eighth at the Jaguar Invitational pole vault (3.50m) ... Posted a personal-best in the pole vault with a 3.67 meter clearance at the Clemson Bob Pollock Invitational ... Finished sixth in the pole

vault (3.35m) at the Samford January Invite.

High School: Lettered in track & field for four years at Fairhope High School ... Upon graduating, she was the school record holder in the indoor and outdoor pole vault ... Was the 2019 7A indoor and outdoor state champion in the pole vault.

Personal: Full name is Savannah Tate Morgan ... Born Aug. 3, 2001, in Mobile, Ala. ... Daughter of Jay and Debbie Morgan ... Is the second of six children ... Favorite movie is "Miracle" ... Favorite Athlete is Aly Raisman ... Favorite food is ice cream.

Major: Psychology



MALLORY NORTON

Javelin • 5-6 • Freshman (Indoor/Outdoor) • Slidell, La. • Pope John Paul II HS

High School: Lettered in volleyball and track & field ... Two-time state champion in volleyball ... Third in the state in track ... Marked 130.6 feet (39.80 meters) in the javelin throw.

Club: Competed with the Southeast Louisiana Roadrunners for five years ... Two-time AAU National Champion ... Four-time AAU All-American.

Personal: Full name is Mallory Erin Norton ... Born Aug. 2, 2004 in Slidell, La. ... Daughter of Robert and Joelle Norton ... Has one older sister, Madison ... Favorite movie is "Star Wars" ... Favorite book is "The Great Gatsby" ... Favorite athletes are Drew Brees and Tom Brady.

Major: Pre-Business



WOMEN'S BIOGRAPHIES



JOSIE PRY

Sprints • 5-7 • Junior (Indoor/Outdoor) • New Philadelphia, Ohio • New Philadelphia HS

2022: Outdoor — Set a new PR in the 100m hurdles (14.44 seconds) at the Sun Belt Outdoor Championships ... Placed first in 100m hurdles at the Jaguar Opener (14.40 seconds) ... Helped 4x400 relay (3:49.00) to a sixth-placed finish at the conference championships ... Season-best 1:03.98 in the 400m hurdles at the 2022 Mississippi State Maroon and White Invitational. **Indoor** — Set a new personal-best in the 60m hurdles (8.82 seconds) at the Sun Belt Indoor Conference Championships ... Set a new PR in the 400m (1:00.88) at the USA Jaguar Invitational ... Placed first at the Samford Invite 2022 60m hurdles (9.03 seconds).

2021: Outdoor — Helped the 4x100 relay team (47.59 seconds) to a first-place finish and the 4x400 relay team (4:02.61) to a third-place finish at the USA Invitational ... Ran with the 4x100 relay team (47.21 seconds) to a runner-up finish and set a personal record in the 100m (12.37 seconds) at the Southern Miss Invitational ... Clocked a personal-best time of 1:03.76 in the 400m hurdles at the Crimson Tide Invitational ... Notched a PR in the 100m hurdles (14.60 seconds) at the Sun Belt Outdoor Championships. **Indoor** — Recorded a personal-best time in the 300m (42.83 seconds) at the UAB Blazer Invitational ... Set a PR in the 60m hurdles (8.89 seconds) at the Sun Belt Indoor Championships.

High School: Lettered four years in volleyball, basketball and track at New Philadelphia High School in New Philadelphia, Ohio ... Placed second in the 400m (1:02.90) at the 2020 Mount Union HS Qualifier #1 Meet ... Crossed the line in 9.28 seconds in the 60m hurdles at the 2020 OATCCC D1 Indoor State Championships ... Won the 100m hurdles (14.76 seconds) and finished second in the 300m hurdles (44.47 seconds) at the 2019 Tuscarawas County Classic ... Claimed second in the 100m hurdles (15.62 seconds) and in the 300m hurdles (46.75 seconds) at the 2018 Tuscarawas County Classic.

Personal: Full name is Josie Lucille Pry ... Born Feb. 14, 2002, in New Philadelphia, Ohio ... Daughter of Joe and Carla Pry ... Favorite movie is “Mulan” ... Favorite book is “The Hunger Games” ... Favorite music artist is Taylor Swift.

Major: Biology



LUCY RAYNOR

Throws • 5-7 • Junior (Indoor/Outdoor) • Enid, Okla. • Chisholm HS

2022: Outdoor — Set a PR in the hammer (40.20m) at the South Alabama Invitational ... Threw 14.10m in the shot put and 40.92m in the discus at the Sun Belt Outdoor Championships. **Indoor** — Set a personal-best in the weight throw (14.98m) at the Sun Belt Indoor Conference Championships ... Placed 16th in the shot put at the conference championships (13.06m).

2021: Outdoor — Threw a personal-best 35.89m hammer throw at the Jaguar Opener ... Recorded a PR in the shot put (14.15m) at the USA Invitational ... Picked up third place in the shot put (13.37m) and fourth place in the discus (40.90m) at the Southern Miss Invitational ... Set a PR in the discus (43.96m) at the Crimson Tide Invitational. **Indoor** — Notched a PR in the weight throw (14.21m) at the ASU Scarlett and Black Invitational.

2020: Outdoor — Competed unattached at the Jaguar Opener, finishing seventh in the shot put (10.82m) and fifth in the discus throw (35.70m). **Indoor** — Did not compete.

High School: Lettered one year in softball, three years in basketball and four years in track & field at Chisholm High School ... Graduated as the school record holder in the shotput and the discus.

Personal: Full name is Lucy Claire Raynor ... Born Feb. 23, 2001, in Oklahoma City, Okla. ... Daughter of Robert and Kimberly Raynor ... Has two sisters, Riley and Emily ... Father played football at Oklahoma State ... Favorite movie is “Mamma Mia” ... Favorite book is “Adventures of Huckleberry Finn” ... Favorite athlete is Michelle Carter ... Favorite musical artists Nicki Minaj and Ariana Grande.

Major: Communication

WOMEN'S BIOGRAPHIES



KIARA RISHER

Jumps • 5-3 • Junior (Indoor/Outdoor) • Madison, Ala. • James Clemens HS

2022: Outdoor — Recorded the top eight high jump results on the team, topping out at 1.81 meters (second in program history) and winning the 2022 Mississippi State Maroon and White Invitational ... Reached 1.71m at the NCAA East Preliminary Round ... Tied for third at the Sun Belt Outdoor Championships (1.73m) ... Placed first at the Southern Miss Invitational (1.73m), the UAB Green and Gold Invite (1.71m), and the South Alabama Invitational (1.68m) ... Placed second in the high jump at the Tiger Track Classic (1.76m) and Crimson Tide Invitational (1.76m). **Indoor** — Placed fifth at the Sun Belt Conference Indoor Championships in the high jump (1.72m) ... Placed second at the UAB Blazer invitational with a jump of 1.71 meters ... A jump of the same height won the USA Jaguar Invitational ... Tied for second at the Samford Invite 2022 (1.68m).

2021: Outdoor — At the Jaguar Opener, finished first in the high jump (1.69m) and third in the 100m (12.39 seconds) ... Helped the 4x100 relay team (47.59 seconds) to a first-place finish, took third in the high jump (1.64m) and set a personal record in the 200m (25.79 seconds) at the USA Invitational ... Placed fifth in the high jump (1.66m) at the Auburn Tiger Track Classic ... Finished in the runner-up spot in the high jump (1.68m) and with the 4x100 relay team (47.21 seconds) at the Southern Miss Invitational ... Clocked a personal-best time of 12.34 seconds in the 100m at the Crimson Tide Invitational ... Finished second in the high jump (1.63m) at the LSU Boots Garland Invitational ... Took third in the high jump at the SLU Pre-Conference Tune Up with a height of 1.68 meters. **Indoor** — Took second place in the high jump with a 1.65m jump at the ASU Scarlett and Black Invitational ... Finished second in the high jump (1.69m) at the Jaguar Invitational ... Picked up third place after recording a 1.68m high jump mark at the UAB Blazer Invitational ... Set a PR in the high jump (1.72m) in a fifth-place finish at the Sun Belt Indoor Championships.

2020: Outdoor — Recorded a personal-best in the 100m (12.47 seconds) and placed third in the 200m (26.49 seconds) at the Jaguar Opener. **Indoor** — At the Sun Belt Championships, posted a personal best in the 60m (7.86 seconds) ... Recorded a time of 26.90 seconds in the 200m at the Jaguar Invitational ... Finished fifth in the high jump with a personal-best 1.50m at the Samford January Invite.

High School: Participated in track & field at James Clemens High School ... Graduated as the school record holder in the high jump ... Was the 2019 outdoor Alabama state champion in the high jump.

Personal: Full name is Kiara Alexis Risher ... Born June 29, 2001, in Madison, Ala. ... Daughter of Darryl and Katrina Risher ... Favorite movie is "The Breakfast Club" ... Favorite book is "And Then There Were None" ... Favorite musical artist is J Cole ... Favorite food is pancakes.

Major: Electrical engineering



KAMDYN SKINNER

Jumps • 5-9 • Junior (Indoor/Outdoor) • Pass Christian, Miss. • Pass Christian HS

2022: Outdoor — Reached 1.60 meters in the high jump at the Sun Belt Outdoor Championships. **Indoor** — Did not compete.

2021: Outdoor/Indoor — Did not compete.

2020: Outdoor/Indoor — Did not compete.

High School: Lettered two years in cross country and four years in soccer, cheer and track & field at Pass Christian High School in Pass Christian, Miss. ... Recorded a personal best in the 300m hurdles (48.49 seconds) ... Won the 200m (27.08 seconds), the high jump (1.62m) and the triple jump (10.21m) at the 2019 Olan Welch Invitational ... Won the high jump (1.62m) and finished second in the triple jump (10.51m) at the MHSAA 4A Region 4 Meet ... Placed second in the 300m hurdles (50.23 seconds) at the MHSAA 4A South State Meet.

Personal: Full name is Kamdyn Elaina Skinner ... Born July 31, 2002, in Pass Christian, Miss. ... Daughter of Kentucky and Natalie Skinner ... Favorite foods are sushi and pasta ... Favorite athlete is Cam Newton ... Favorite class is history.

Major: Biomedical sciences



WOMEN'S BIOGRAPHIES



SARAPHINE SPALDING

Distance • 5-4 • Sophomore (Indoor/Outdoor/XC) • Fowlerville, Mich. • Webberville HS

2022: Outdoor/Indoor — Did not compete. **XC** - Did not compete.

2021: XC — Did not compete.

High School: Lettered four years in cross country and one season in track & field at Webberville High School in Webberville, Mich. ... Graduated while holding the program record in the cross country 5k (19:37), 1600m (5:32) and 3200m (11:29) ... Finished as the runner-up at the 2020 MHSAA LP XC Girls D4 Championship and in the 3200 meters.

Personal: Full name is Saraphine Katelin Spalding ... Born in Fowlerville, Mich. ... Daughter of Rich and Belinda Spalding ... Youngest of three children in her family ... Has two older sisters, Stephanie and Sophia ... Favorite books are the first, second and third books in the "Harry Potter" series ... Favorite foods are seafood and grilled chicken ... Favorite classes are history and English.

Major: Biology



LAUREN TINKLER

Distance • 5-7 • Senior (Outdoor) • Kildare, Ireland • Holy Family Community School

High School: Ran for six years at the Holy Family Community School ... Also ran with the Dublin City Harriers for two years ... Was a member of the National Ireland U23 Cross Country team for European competitions.

Personal: Full name is Lauren Mary Tinkler ... Born on July 13, 1999 in Dublin, Ireland ... Daughter of Kenneth and Susan Tinkler ... Has one older brother, Adam ... Favorite movie is "Forrest Gump" ... Favorite athlete is Eammon Coughlan ... Favorite food is pasta ... Has a pasta dish for dinner the night before every race ... Loves to paint.

Major: Interdisciplinary studies



EMMA TONSBERG

Distance • 5-7 • Sophomore (Indoor/Outdoor/XC) • Lemvig, Denmark • Lemvig Gymnasium

2022: Outdoor/Indoor — Did not compete. **XC** — Finished second in the 5k at the Azalea City Classic (19:08) ... Set a new personal-best in each of the first three races: at the Azalea City Classic, the North Alabama Showcase (19:03) and the Joe Piane Invitational (19:00) ... Set another new personal-best at the SBC Championship with her time of 18:54.5.

2021: XC — Set a personal record in the 6k with a time of 24:31.4 at the FSU Invite/Pre-Nats ... Posted a personal best in the 5k (19:20.0) at the Sun Belt Conference Championships.

High School: Attended Lemvig Gymnasium in Lemvig, Denmark.

Personal: Full name is Emma Nyrup Tonsberg ... Born December 14, 1996 in Lemvig, Denmark ... Daughter of Niels and Charlotte Nyrup Tonsberg ... Second of four children in her family ... Has two brothers, Emil and Jeppe, and a sister Julie ... Hobbies include baking and knitting, as well as running ... Favorite book as "I Let You go" by Clare Mackintosh ... Favorite types of food are Indian and Italian.

Major: Psychology

WOMEN'S BIOGRAPHIES



COLLETE UYS

Throws • 5-7 • Junior (Indoor/Outdoor) • Riebeeckstad, South Africa • University of the Free State

2022: Outdoor — Named second-team all-conference in the shot put event ... Had the team's eight best shot put throws on the season ... Set a new shot put personal-best and second highest in school history with her second-place finish at the Sun Belt Outdoor Championships (15.69m) ... Placed third at the Sun Belt Outdoor Championship in discus (51.80m) and fourth in the hammer throw (55.96m) ... Set a new discus PR and second in program history of 52.63 meters at the 2022 UCSD Triton Invitational ... Threw shot put (14.52m), discus (48.97m), and hammer (57.99m) at the NCAA East Preliminary Round ... At the Tiger Track Classic, placed second in shot put (15.69m), third in the discus (51.62m), and twelfth in the hammer throw (49.06m). **Indoor** — Placed second in shot put at the Sun Belt Indoor Championships (15.42m), and ninth in the weight throw with a new personal-best (16.99m).

2021: Outdoor — Won the discus with a 48.27m throw and took third in the hammer throw (51.46m) at the SLU Pre-Conference Tune Up ... Set personal records in the shot put (14.87m) and the hammer throw (56.09m) while finishing fourth in both events at the Sun Belt Outdoor Championships ... Marked a personal-best and took third in the discus (50.47m) at the 93rd Clyde Littlefield Texas Relays ... Placed third in the discus with a 49.66m throw at the USA Invitational. **Indoor** — Threw for fifth place in the shot put (12.78m) at the UAB Blazer Invitational ... Set a PR in the weight throw (15.93m) at the Jaguar Invitational.

University of the Free State: Competed at the University of the Free State in track & field and volleyball for two years.

High School: Lettered in track & field and netball for four years at Riebeeckstad High School in Riebeeckstad, South Africa ... Helped her team to national championships in all four years ... Earned a southern region championship in discus.

Personal: Full name is Collette Uys ... Born April 20, 2000, in Welkom, Free State, South Africa ... Daughter of Francois and Louette Uys ... Oldest of three children.

Major: Interdisciplinary studies





WOMEN'S BIOGRAPHIES



HANNA-MAI VAIKLA

Combined Events • 5-8 • Senior (Indoor/Outdoor) • Tallinn, Estonia • Audentes Sports Gymnasi-

2022: Outdoor — Placed second at the UAB Green and Gold Invite in the heptathlon with 4,773 points ... Had the second best javelin throw at the Southern Miss Invitational (40.09m). **Indoor** — Reached 5.75m in the long jump, placing fourth at the USA Jaguar Invitational ... Competed in two events at the Sun Belt Indoor Championships, marking 1.59m in the high jump and 5.79m in the long jump.

2021: Outdoor — Set a personal record while earning second-team all-conference honors in the heptathlon (5,441 points) and took fifth place in the javelin throw (44.93m) at the Sun Belt Outdoor Championship ... Took second place in the long jump (5.74m) and fourth in the javelin throw (42.82m) at the SLU Pre-Conference Tune Up ... Won the heptathlon with 5,411 points at the Crimson Tide Invitational ... Took first place in the javelin throw (44.21m) at the USA Invitational ... Finished fourth in the high jump with a 1.59m mark at the Jaguar Opener.

Indoor— Took third-team all-conference honors with four top-five finishes in five pentathlon events: 60m hurdles (9.15 seconds), high jump (1.63m), shot put (12.52m) and long jump (5.65m) at the Sun Belt Indoor Champi-

ships.

2020: Outdoor — Did not compete. **Indoor** — Earned third-team honors and earned top-five finishes in all five pentathlon events: 60m hurdles (9.08 seconds), high jump (1.62m), long jump (5.64m), 800m (2:29.84), and won shot put (12.65m) to place third in the Sun Belt Championship pentathlon (3,792 points) ... Recorded a 5.51m distance in the long jump at the Sun Belt Championships ... Finished sixth in the long jump (5.59m) and placed seventh in the shot put (12.54m) at the Samford Bulldog Invite ... Claimed third in the long jump with a 5.59m distance at the Jaguar Invitational ... At the Clemson Bob Pollock Invitational, earned top-three finishes in three of the pentathlon events: shot put (12.31m), long jump (5.52m) and 60m hurdles (9.09 seconds) to finish third in the pentathlon (3,644 points) ... Won the long jump (5.70m) and placed seventh in the shot put (12.08m) at the Samford January Invite.

2019: Outdoor — Qualified for the NCAA Division I East Region Preliminary Round in the javelin event, where she recorded a 44.25m throw to finish 30th ... At the Sun Belt Championships, earned second-team all-conference recognition and sixth place in the all-time Jaguar records with 5,100 heptathlon points (including wins in the shot put (13.39m) and javelin (44.48m) and personal-best performances in the high jump (1.56m), 200m (26.67 seconds) and 800m (2:33.58)) ... took second place in the individual javelin competition with a 46.05m effort and recorded the 10th-longest shot put mark in South Alabama history (13.63m) to finish sixth overall at the same meet ... Moved to second on the all-time Jaguar performance list with a first-place, 48.42m javelin throw and finished third in the long jump (5.40m) at the Southern Miss Invitational ... Won the Jaguar Opener javelin throw with a 47.60m effort ... Claimed first place in the javelin (43.74m) and fourth in the long jump (5.60m, a season-best) at Samford's Alabama Track Challenge. **Indoor** — Took third place in the LSU Bayou Bengal Invitational pentathlon, scoring 3,502 points with a 1.55m high jump and a career-long 12.31m shot put mark ... Recorded a season-best 5.65m individual long jump at the Sun Belt Indoor Championships; also scored 3,394 pentathlon points and had her best 60m hurdles (9.39 seconds) and 800m (2:32.17) efforts of the year, while finishing fourth with an 11.51m shot put mark ... Placed sixth in the Samford Bulldog Invite long jump (5.44m).

2018: Outdoor — Qualified for the NCAA Division I East Region Preliminary Round, where she had the fourth-longest javelin throw in Jaguar history (46.92m) ... Won the javelin throw with a 46.61m mark and claimed first-team all-conference honors at the Sun Belt Conference Championships ... Recorded javelin wins at the Southern Miss Open (42.30m), Jaguar Classic (43.78m) and Jaguar Opener (46.51m). **Indoor** — Earned third-team all-conference honors in the long jump (5.80m) and pentathlon (3,645 points) at Sun Belt Conference Championships, the fifth-best pentathlon point total in Jaguar history ... Had top-five finishes in the pentathlon in the long jump (5.57m), shot put (11.50m), high jump (1.58m), and 800m (2:28.98) ... Placed third in the long jump with a 5.59m mark at the Samford January Invitational.

High School: Competed for four years in track & field for Audentes Sports Gymnasium in Tallinn, Estonia.

Personal: Full name is Hanna-Mai Vaikla ... Born May 31, 1997, in Voru, Estonia ... Daughter of Elmer Horak and Maigi Vaikla ... Has a younger brother, Hendrik ... Likes shopping and hanging out with friends.

Major: Exercise science

WOMEN'S BIOGRAPHIES



ABBEY WEITENBECK

Distance • 5-7 • Junior (Indoor/Outdoor/XC) • Huntsville, Ala. • Huntsville HS

2022: Outdoor — Posted new PRs in the 800m (2:20.07) and the 1500m (4:40.79) at the Crimson Tide Invitational ... Took first place in the 3000m (10:20.86) at the South Alabama Invitational ... Placed seventh (2:22.52) in the 800m and tenth (4:51.73) in the 1500m at the UAB Green and Gold Invite. **Indoor** — Season-best 2:21.52 in the 800m at the USA Jaguar Invitational ... Finished sixth at the Sun Belt Conference Indoor Championships in the mile (5:01.37) ... Helped distance medley relay to eighth place finish at the conference championships (12:32.13). **XC** — finished fourth at the Azalea City Classic 5k to open the season (19:20) ... Set a new 5k personal-best at the North Alabama Showcase with a time of 18:43 ... Finished in the top-100 in the 5k at the Joe Piane Invitational (19:01) ... Ran the 6k at the Crimson Classic in 23:22.1 ... Finished with a time of 19:07.8 at the SBC Championships.

2021: Outdoor — Notched a new personal-best in the 1500m at the Sun Belt Conference Outdoor Track and Field Championships with a time of 4:52.43 in her 18th place finish ... Set a PR at the Crimson Tide Invitational in the 800m with a 2:21.46 time ... Finished in fifth-place in the 1500m (5:01.36) and sixth in the 800m (2:25.18) at the

Jaguar Opener ... Recorded an eighth-place finish in the 1500m with a time of 4:52.76 at the USA Invitational ... Took sixth place in the 4x400 relay (4:04.87) and seventh in the 800m (2:22.37) at the Southern Miss Invitational. **Indoor** — Helped the distance medley relay team finish in 12:02.09 and take third place at the Sun Belt Conference Indoor Track and Field Championships ... Ran the mile in 5:34.65 and finished 10th at the UAB Blazer Invitational. **XC** — Finished 11th in the 5k, crossing the finish line in 21:27.6 at the Azalea City Classic XC Collegiate ... Competed in five meets during the season.

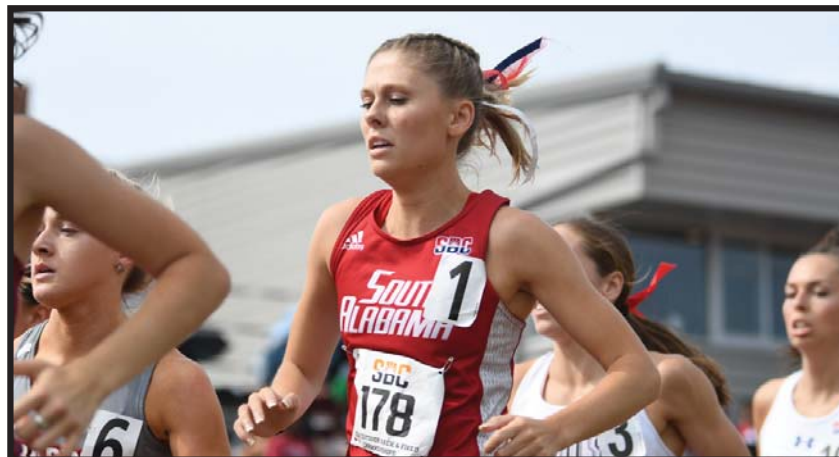
2020: Outdoor — Did not compete. **Indoor** — Helped the Jags place third in the distance medley race with a time of 12:09.63 at the Sun Belt Championships ... Ran a personal-best in the mile with a time of 5:14.09 at the Samford Bulldog Invite ... Recorded a personal-best in the 800m (2:26.83) at the Jaguar Invitational ... Helped the 4x400 relay team cross the line at 4:10.87 at the Samford January Invite. **XC** — Competed in all four races during the fall ... Placed 18th at the Azalea City Classic with a time of 20:21 ... Ran a season-best 5k time of 19:51 the following week at the FSU Invitational.

2019: XC — Competed in five races as a freshman ... Finished inside the top-30 on three occasions ... Registered a seventh-place finish in her first collegiate race at the Azalea City Classic ... Best 6k time came in her second race as she crossed the line with a time of 19:02 and placed 20th at the 5th Annual Wingfoot Classic.

High School: Lettered six years in track & field and cross country at Huntsville High School in Huntsville, Ala. ... Upon graduating, was the program record holder in the 800m, 1600m, 3200m, 5000m and as part of the 4x800 relay team ... Was a 2016 Alabama state cross country champion, and was a member of the 2017 outdoor Alabama state champion 4x800 relay team.

Personal: Full name is Abbey Leigh Weitenbeck ... Born Sept. 28, 2000, in Huntsville, Ala. ... Daughter of Jeff and Elizabeth Weitenbeck ... Has one sister, Brooke ... Dad, Jeff, ran track & field and cross country at Troy ... Favorite movie is “High School Musical” ... Favorite book is “Wonder” ... Favorite pro sports team is the USA Women’s National Soccer Team ... Favorite athletes are Emma Goburn and Alex Morgan ... Favorite class is math.

Major: Exercise science





WOMEN'S BIOGRAPHIES



TAVIANNA WILLIAMS

Jumps • 5-1 • Junior (Indoor/Outdoor) • Douglasville, Ga. • Alexander HS

2022: Outdoor — Set a season-high in the long jump (5.56m) at the Crimson Tide Invitational, placing 10th ... Top-10 finish in the long jump (5.46m) at the Tiger Track Classic 2022 ... Reached a mark of 11.38 meters in the Triple Jump at the Sun Belt Outdoor Championships. **Indoor** — Eighth in the long jump at the USA Jaguar Invitational (5.51m).

2021: Outdoor — Set a personal-record in the long jump (5.81m) at the Sun Belt Outdoor Championships ... Clocked a PR of 13.08 seconds in the 100m at the Southern Miss Invitational ... Helped the 4x400 relay team (4:02.61) to a third-place finish at the USA Invitational ... Took the runner-up spot in the long jump with a 5.58m mark at the Jaguar Opener. **Indoor** — Marked a personal-best in the triple jump (11.38m) at the Sun Belt Indoor Championships ... Ran with the 4x400 relay team (4:04.13) and finished fifth at the Jaguar Invitational ... Jumped 5.45m for fifth-place at the ASU Scarlett and Black Invitational ... Took fourth-place in the triple jump (11.37m) at the UAB Blazer Invitational.

High School: Lettered four years in cheerleading and track & field at Alexander High School in Douglasville, Ga. ... Claimed second in the long jump with a 5.09m distance at the Rome Invitational ... Finished second in the long jump (5.47m) at the 2019 GHSA Region 5-6A ... Competed two years in track & field at the New Era Track Club ... Placed fifth in the long jump (5.30m) at the 2020 Wanda Lee Memorial ... Ran the 100m in 12.86 seconds at the 2019 Georgia Games Track and Field Championships.

Personal: Full name is Taviana Nashae Williams ... Born July 29, 2002, in Douglasville, Ga. ... Daughter of Ernie and Tekisha Williams ... Favorite movie is "White Chicks" ... Favorite athletes are Allyson Felix and Sydney McLaughlin ... Favorite class is math ... Favorite foods are seafood and pasta.

Major: Biology



GRACE WOLF

Sprints & Hurdles • 5-6 • Sophomore (Indoor) / Junior (Outdoor) • Milton, Ga. • Cambridge HS

2022: Outdoor — Posted a new PR, and team season-high, in the 100m (11.96 seconds) and placed second at the Southern Miss Invitational ... Top-ten finish in the 100m hurdles at the Southern Miss Invitational (14.94 seconds) ... Set a new PR of 1:03.14 in the 400m hurdles at the 2022 Mississippi State Maroon and White Invitational. **Indoor** — Competed in 60m and 60m hurdles ... Posted season best 7.61 seconds in the 60m at the Sun Belt Conference Indoor Championships ... Best time in 60m hurdles (8.89 seconds) occurred at the conference championships.

2021: Outdoor — Set a personal record in the 400m hurdles, posting a time of 1:05.38 at the Sun Belt Outdoor Championships ... Placed fifth in the 400m hurdles race, crossing the finish line in 1:09.05 at the SLU Pre-Conference Tune Up ... Clocked a PR in the 100m (12.36 seconds) and helped the 4x100 relay team (47.21 seconds) to a second-place finish at the Southern Miss Invitational ... Won with the 4x100 relay team (47.59 seconds) and set a PR in the 100m hurdles (16.09 seconds) at the USA Invitational ... Recorded a PR in the 400m (1:02.26) at the

Jaguar Invitational. **Indoor** — Did not compete.

High School: Lettered four years in track & field at Cambridge High School in Milton, Ga. ... Placed second in the 300m hurdles (44.99 seconds) at the Big Mouth Signs/Shuma Sports Archer Invitational ... Finished second in the 100m hurdles (17.12 seconds) at the Centennial Home Meet #2 ... Recorded a personal best in the 400m with a time of 1:02.99 at the Cambridge HS Meet #2 ... Placed second in the 400m hurdles (1:02.99) at the Mount Pisgah HS Home Meet ... Claimed second in the 100m hurdles (16.53 seconds) at the 2019 Creekview Last Chance Meet ... Graduated holding the record in the 300m hurdles (44.61 seconds) at the GHSA 6A State Championships ... Competed four years in track & field at the Major Impact Track Club.

Personal: Full name is Grace Marie Wolf ... Born Feb. 9, 2002, in Alpharetta, Ga. ... Daughter of Matthew and Trisha Wolf ... Favorite movie is "Mulan" ... Favorite class is math ... Favorite music artist is Juice WRLD ... Favorite athletes are Sydney McLaughlin and Chari Hawkins.

Major: Exercise science

SCHOOL RECORDS



Current Jaguars in **bold**

* indicates Sun Belt Conference record

Men's Indoor Records

60-meter Dash

Rafael Scott	6.59	2017
Ahmed Awesu	6.74	2007
Steve Wright	6.78	1978
Rico Tilley	6.79	2001
Anton Graphenreed	6.84	2012

60-meter Hurdles

Jody Huddleston	7.95	1977
Hunter Appling	8.01	2020
Samy Barka	8.03	2001
Christophe DuMee	8.07	2007
Kendal White	8.07	2022

200-meters

Rico Tilley	21.11	2001
Anton Graphenreed	21.18	2012
Rafael Scott	21.24	2016
Xavier Rodgers	21.82	2021
Kwesi Byrd	21.89	2004

400-meters

Oluwagbenga Awoleye	47.43	2007
Laronious Reddix	47.74	2006
Anthony Murphy	47.77	2005
Twan Jackson	47.81	2001
Mark Watts	48.02	2015

800-meter Run

Stephen Larubi	1:49.90	2006
Harry Larubi	1:50.77	2007
Vincent Rono	1:52.20	2006
Larry Lombard	1:52.46	2019
Stuart Muirhead	1:53.36	2001

Mile Run

Vincent Rono	4:02.69	2006
David Kimani	4:03.67	2000
Darryl Eastman	4:04.40	1983
Christoph Graf	4:06.14	2015
Tonny Okello	4:09.24	2007

3,000-meter Run

David Kimani	7:55.12*	2000
Vincent Rono	7:59.58	2007
Darryl Eastman	8:07.13	1983
Eli Keren	8:07.39	1997
Kirami Yego	8:13.31	2022

5,000-meter Run

David Kimani	13:42.23*	2000
Kirami Yego	14:05.26	2022
Zac Edwards	14:06.94	2009
Micah Tirop	14:20.32	2007
Vincent Rono	14:21.68	2007

4x400-meter Relay

Felix Okello		
Laronious Reddix	3:12.96	2004
Jeremiah Carter		
Arthur Franklin		

Distance Medley

Vincent Rono		
Anthony Murphy	9:36.91*	2006
Harry Larubi		
Tonny Okello		

High Jump

Dorian Curry	2.13m/6-11.75	2022
Dorian Curry	2.11m/6-11.00	2022
Dorian Curry	2.10m/6-10.75	2022
Dorian Curry	2.08m/6-9.75	2022
Harry Barthelemy	2.08m/6-09.75	2020

Long Jump

Ezra Bailey	7.21m/23-08.75	2006
Josh Jones	7.13m/23-04.75	2010
Phillip Jacobs	7.13m/23-04.75	1986
Javin Dodd	7.12m/23-04.50	2009
Steve Wright	7.11m/23-04.00	1977

Triple Jump

Christian Ellis	15.73m/51-07.25	2020
Lezyon Legarde	15.27m/50-01.25	2017
Christian Ellis	15.26m/50-0.75	2022
Christian Ellis	15.24m/50-0.0	2022
Christian Ellis	15.13m/49-7.75	2022

Pole Vault

Kyle Rademeyer	5.60m/18-04.50*	2022
Kyle Rademeyer	5.56m/18-2.75	2022
Kyle Rademeyer	5.50m/18-0.5	2022
Sean Collins	5.45m/17-10.50	2016
Kyle Rademeyer	5.40m/17-8.5	2022

Shot Put

Rickssen Opont	17.43m/57-02.25	2020
Thomas Boyd	16.88m/55-04.50	2018
Matt Weinhold	16.84m/55-02.75	2017
Sebastian Loschner	16.82m/55-2.25	2022
Sebastian Loschner	16.75m/54-11.5	2022

Weight Throw (35 lbs.)

Francois Prinsloo	19.54m/64-01.25	2022
Francois Prinsloo	19.10m/62-8	2022
Francois Prinsloo	18.95m/62-2.25	2022
Francois Prinsloo	18.92m/62-1	2022
Jan-Louw Kotze	18.62m/61-01.25	2016

Heptathlon

Graham Collins	5,444 pts.	2021
Sebastian Reyneke	5,356 pts.	2022
Sebastian Reyneke	5,263 pts.	2022
Ariel Atias	5,172 pts.	2021
Garrett Schumacher	5,103 pts.	2014

*Sun Belt Conference Record



Francois Prinsloo



SCHOOL RECORDS

Women's Indoor Records

60-meter Dash

Cierra Hedrick	7.59	2022
Cierra Hedrick	7.59	2022
Marie Woodward	7.59	1999
Carla Hanna	7.59	1997
Cierra Hedrick	7.60	2022

60-meter Hurdles

Shemeeka Hopkins	8.32	2000
Lindsay Schwartz	8.59	2012
Christian Burrell	8.67	2009
Olga Mencnarowska	8.69	1998
Berta Lucas	8.72	2016

200-meters

Shemeeka Hopkins	24.13	2001
Tyeshia Mose	24.37	2003
Ajoke Odumosu	24.64	2007
Cierra Hedrick	24.73	2021
Marie Woodward	24.80	1999

400-meters

Ajoke Odumosu	53.66*	2006
Dado Kamissoko	55.01	2001
Clarisse Moh	55.09	2007
Marie Woodward	55.68	1999
Chigocie Nna	56.06	2004

800-meter Run

Clarisse Moh	2:06.92	2008
Bibiche Mankatu	2:09.18	2002
Louise Faye	2:12.30	2009
Carolien Millenaar	2:14.28	2021
Wendy Davis	2:14.30	2000

Mile Run

Laura Martin	4:50.90	1997
Laura Labuschaigne	4:50.90	2017
Salome Lecoq	4:52.45	2013
Lisa Savell	4:53.05	1987
Joanna McCoy	4:53.92	2016

3,000-meter Run

Carolien Millenaar	9:40.27	2021
Kristin Parry	9:41.56	2014
Joanna McCoy	9:47.13	2016
Laura Martin	9:48.83	1998
Tori Lawson	9:51.54	2012

5,000-meter Run

Carolien Millenaar	16:50.52	2020
Joanna McCoy	16:58.16	2016
Ashley Heitling	16:59.55	2016
Kristin Parry	17:01.90	2014
Tori Lawson	17:12.89	2012

4x400-meter Relay

Clarisse Moh		
Nicole Knox	3:42.84	2006
Ajoke Odumosu		
Courtney Golston		

Distance Medley

Rachel Hunter		
Shay Lee	12:02.08	2021
Silje Lindstad		
Abbey Weitenbeck		

High Jump

Nicole Knox	1.78m/5-10.00	2007
Olivia Swan	1.78m/5-10.00	2018
Emilie Berge	1.78m/5-10.00	2019
Taylor Dames	1.76m/5-09.25	2018
Kiara Risher	1.72m/5-7.75	2022

Long Jump

Kaitlyn Beans	6.14m/20-01.75	2017
Emilie Berge	6.03m/19-09.50	2019
Briana Aiken	6.01m/19-08.75	2013
Consuela Hamilton	5.99m/19-07.75	2004
Lindsay Schwartz	5.94m/19-06.00	2012

Triple Jump

Kaitlyn Beans	12.89m/42-03.50	2016
Briana Aiken	12.50m/41-00.25	2013
Krisztina Szabo	12.29m/40-03.75	2017
Ariel Johnson	12.05m/39-06.50	2016
Louise Faye	12.00m/39-04.50	2009

Pole Vault

Jordan Friz	4.06m/13-03.75	2016
Erin Kinnear	3.87m/12-08.25	2007
Riley Caudill	3.86m/12-08	2022
Megan James	3.82m/12-06.25	2018
Ina Edstrom	3.81m/12-06	2021

Shot Put

Autavia Fluker	15.47m/50-09.25	2020
Colette Uys	15.42m/50-7.25	2022
Colette Uys	15.28m/50-1.75	2022
Colette Uys	15.22m/49-11.25	2022
Latifah Johnson	14.94m/49-00.25	2013

Weight Throw (20 lbs.)

Michaela Preachuk	19.44m/63-09.50	2018
Latifah Johnson	19.14m/62-09.50	2013
Autavia Fluker	18.83m/61-09.50	2020
Bodine Degli-Umberti	18.31m/60-01.00	2022
Bodine Degli-Umberti	17.64m/57-10.50	2022

Pentathlon

Emilie Berge	4,203 pts.*	2019
Lindsay Schwartz	3,996 pts.	2012
Hanna-Mai Vaikla	3,792 pts.	2020
Florence Edi	3,763 pts.	2005
Noelle Jones	3,721 pts.	2014

SCHOOL RECORDS



Men's Outdoor Records

100-meter Dash

Rafael Scott	10.25	2018
Rico Tilley	10.33	2000
Alex Elam	10.33	2018
Thad Porter	10.43	2018
Kwesi Byrd	10.46	2004

110-meter Hurdles

Hunter Appling	14.00	2019
Matt Dillon	14.06	2016
Samy Barka	14.11	2001
Ravaughn Pope	14.17	2014
Jesse Weems	14.22	1982
Anthony Greer	14.22	1995
Chris DuMee	14.22	2007

200-meters

Rico Tilley	20.71	2000
Kwesi Byrd	20.80	2003
Rafael Scott	20.80	2016
Anton Graphenreed	20.86	2011
Keith Davis	21.13	2018

400-meters

LaRonious Reddix	46.48	2005
Xavier Rogers	46.60	2021
Oluwagbenga Awoleye	46.79	2007
Mark Watts	47.06	2015
Arthur Franklin	47.27	2003

400-meter Hurdles

Nathaniel Garcia	50.61	2001
Samy Barka	50.61	2002
Jessie Thompkins	50.93	1984
Spencer Anderson	52.12	2015
Tevin Barnett	52.40	2014

800-meter Run

Vincent Rono	1:48.00	2006
David Kimani	1:49.21	2000
Stephen Larubi	1:49.67	2005
Larry Lombard	1:51.39	2019
Darryl Eastman	1:51.61	1982

1,500-meter Run

Vincent Rono	3:37.96*	2007
David Kimani	3:40.58	2000
Tonny Okello	3:42.69	2006
Saber Salah	3:43.50	2010
Darryl Eastman	3:44.22	1982

3,000-meter Steeplechase

Darryl Eastman	8:54.10	1981
Patrick Rohr	8:55.79	2015
Neil Gowan	8:57.80	1997
Chris Schmidt	9:00.08	1997
Katleho Dyoyi	9:00.79	2016

5,000-meter Run

David Kimani	13:25.37*	2000
Vincent Rono	13:49.31	2007
Zac Edwards	13:56.76	2009
Kirami Yego	14:00.77	2022
Kirami Yego	14:01.07	2022

10,000-meter Run

Vincent Rono	28:57.51	2007
Micah Tirop	29:18.86	2010
Kirami Yego	29:20.13	2022
Jeff Pajak	29:46.00	1990
Tonny Okello	30:00.11	2005

4x100-meter Relay

Keith Davis		
Rafael Scott	40.29	2018
Thad Porter		
Alex Elam		

4x400-meter Relay

Anthony Murphy		
Arthur Franklin	3:08.14	2005
LaRonious Reddix		
Stephen Larubi		

High Jump

Dorian Curry	2.17m/7-1.5	2022
Dorian Curry	2.14m/7-0.25	2022
Dorian Curry	2.10m/6-10.75	2022
Dorian Curry	2.10m/6-10.75	2021
Harry Barthelmey	2.08m/6-10	2019

Long Jump

Javin Dodd	7.52m/24-08.25	2009
Terrance Logan	7.46m/24-06.00	1994
Kelvin Sykes	7.41m/24-04.00	1984
Michael Bagby	7.26m/23-10.00	2006
Ezra Bailey	7.18m/23-06.75	2005

Triple Jump

Christian Ellis	15.75m/51-08.25	2019
Christian Ellis	15.68m/51-5.50	2022
Kelvin Sykes	15.53m/50-11.75	1984
Christian Ellis	15.52m/50-11.00	2022
Christian Ellis	15.49m/50-10.00	2022

Pole Vault

Kyle Rademeyer	5.55m/18-02.50	2022
Sean Collins	5.53m/18-01.75	2019
Kyle Rademeyer	5.50m/18-0.50	2022
Kyle Rademeyer	5.40m/17-8.50	2022
Kyle Rademeyer	5.40m/17-8.50	2022
Niel Giliomee	5.40m/17-8.50	2018

Shot Put

Rickssen Opont	18.84m/61-09.75	2021
Demetre Baker	17.72m/58-01.75	2012
Sebastian Loschner	17.63m/57-10.25	2022
Sebastian Loschner	17.34m/56-10.75	2022
Sebastian Loschner	17.32m/56-10.00	2022

Discus

Francois Prinsloo	65.85m/216*	2021
Francois Prinsloo	62.84m/206-2	2022
Francois Prinsloo	62.74m/205-10	2022
Jan-Louw Kotze	62.11m/203-09	2016
Francois Prinsloo	61.62m/202-2	2022



SCHOOL RECORDS

Men's Outdoor Records (continued)

Javelin

Justin Cummins	69.63m/228-05	2004
Josh Estes	66.25m/217-04	2022
Glen Odom	65.90m/216-03	2011
Josh Estes	64.42m/211-4	2022
Stephen Calgorides	63.92m/209-08	2012

Hammer Throw

Renaldo Frechou	69.67m/228-07*	2015
Zach Blahnik	65.92m/216-03	2017
Francois Prinsloo	63.66m/208-10	2022
Francois Prinsloo	61.64m/202-3	2022
Francois Prinsloo	61.48m/201-8	2022

Decathlon

Garrett Schumacher	7,086 pts.	2014
Graham Collins	6,836 pts.	2019
Brandon Otts	6,812 pts.	2001
Tom Esslinger	6,760 pts.	2001
Graham Collins	6,599 pts.	2022

Women's Outdoor Records

100-meter Dash

Shemeeka Hopkins	11.59	2000
Monica Norwood	11.64	1997
Cierra Hedrick	11.66	2021
Elysa Griffin	11.85	2018
Erikka Williams	11.90	2013

100-meter Hurdles

Olga Mencnarowska	13.35	1999
Berta Lucas	13.83	2015
Lindsay Schwartz	13.94	2012
Taylor Dames	13.94	2018
Tasha Russell	13.96	2014

200-meters

Shemeeka Hopkins	23.54	2000
Ajoke Odumosu	23.96	2007
Tyeshia Mose	23.97	2003
Monica Norwood	24.14	1997
Natalie Dixon	24.17	2008

400-meters

Ajoke Odumosu	50.46*	2007
Dado Kamissoko	53.78	2002
Natalie Dixon	53.88	2008
Louise Faye	55.12	2009
Monica Norwood	56.09	1994

400-meter Hurdles

Ajoke Odumosu	55.37*	2007
Olivia Swan	59.48	2018
Keyshonda Garland	1:00.56	2001
Lindsay Schwartz	1:01.37	2012
Marina Swanepoel	1:01.77	2014

800-meter Run

Bibiche Mankatu	2:06.93	2002
Clarisse Moh	2:09.10	2006
Louise Faye	2:11.51	2009
Carolien Millenaar	2:12.57	2019
Laura Labuschaigne	2:13.15	2017

1,500-meter Run

Laura Labuschaigne	4:24.50	2016
Laura Martin	4:26.05	1997
Salome Lecoq	4:29.95	2013
Tori Lawson	4:32.88	2012
Silje Lindstad	4:33.21	2021

3,000-meter Steeplechase

Carolien Millenaar	10:22.37	2021
Shannen Weyer	11:00.12	2012
Silje Lindstad	11:03.31	2019
Tori Lawson	11:29.90	2010
Meredith Bass	11:47.08	2021

5,000-meter Run

Ashley Heitling	16:51.50	2016
Carolien Millenaar	16:53.74	2021
Joanna McCoy	16:54.52	2016
Tori Lawson	17:08.54	2012
Adele Magaud	17:18.14	2022

10,000-meter Run

Coleen Kenney	35:24.16	1994
Ashley Heitling	36:09.11	2016
Tori Lawson	36:38.81	2012
Joanna McCoy	36:40.18	2016
Marjorie Schmidt	36:42.08	1996

4x100-meter Relay

Kristen Williams		
Shemeeka Hopkins	45.06	2000
Chassity Thrash		
Jucenda Anglin		

4x400-meter Relay

Kristen Williams		
Shemeeka Hopkins	3:39.40	1999
Angel Roby		
Markissha Frazier		

High Jump

Nicole Knox	1.81m/5-11.25	2006
Kiara Risher	1.81m/5-11.25	2022
Kiara Risher	1.79m/5-10.5	2022
Emilie Berge	1.79m/5-10.50	2019
Taylor Dames	1.79m/5-10.50	2018
Olivia Swan	1.79m/5-10.50	2018

Long Jump

Gina South	6.22m/20-04.75	1998
Shayna McCarver	6.16m/20-02.50	2013
Kaitlyn Beans	6.11m/20-00.50	2014
Briana Aiken	6.04m/19-09.75	2013
Louise Faye	6.01m/19-08.75	2008

Triple Jump

Kaitlyn Beans	13.38m/43-10.75	2016
Briana Aiken	12.75m/41-10.00	2013
Krisztina Szabo	12.60m/41-04.00	2016
Shayna McCarver	12.54m/41-01.75	2013
Louise Faye	12.47m/40-11.00	2008

SCHOOL RECORDS



Women's Outdoor Records (continued)

Pole Vault

Jordan Friz	4.10m/13-05.25	2016
Kayla Carlile	4.05m/13-03.50	2016
Megan James	4.00m/13-01.00	2017
Riley Caudill	3.92m/12-10.25	2022
Erin Kinnear	3.92m/12-10.25	2004

Shot Put

Autavia Fluker	16.22m/53-02.75	2019
Colette Uys	15.69m/51-05.75	2022
Colette Uys	15.69m/51-5.75	2022
Colette Uys	15.68m/51-5.5	2022
LaMia Miller	15.68m/51-05.25	2015

Discus

Bodine Degli-Umberti	52.69m/172-10	2022
Colette Uys	52.63m/172-08	2022
Bodine Degli-Umberti	52.61m/172-06	2022
Colette Uys	51.80m/169-11	2022
Phoebe Dowson	50.77m/166-06.75	2015

Javelin

Barbara Rivera	50.39m/165-04	2017
Hanna-Mai Vaikla	48.42m/158-10	2019
Leah Hixon	48.42m/158-10	2014
Noelle Jones	48.39m/158-09	2014
Angela McCord	46.84m/153-08	2010

Hammer Throw

Autavia Fluker	70.02m/229-08*	2021
Michaela Preachuk	61.59m/202-00.75	2019
Latifah Johnson	61.32m/201-02	2012
Bobbie Williamson	59.79m/196-02	2014
Colette Uys	58.73m/192-08	2022

Heptathlon

Emilie Berge	5,718 pts.*	2019
Lindsay Schwartz	5,606 pts.	2012
Hanna-Mai Vaikla	5,411 pts.	2021
Noelle Jones	5,381 pts.	2014
Leah Hixon	5,295 pts.	2014



Bodine Delgi-Umberti



Colette Uys



Kiara Risher



TRACK & FIELD HISTORY

Track & Field All-Americans and NCAA Qualifiers

All-Americans

Athlete	Year	Event
Sean Collins	2018	Pole Vault
	2017	Pole Vault
Jan-Louw Kotze	2016	Discus
	2015 (HM)	
Frechou, Renaldo	2016 (2nd)	Hammer Throw
	2015	
	2014	
Kimani, David	2000	1,500m
		3,000m
		5,000m
Okello, Tonny	2007	5,000m
	2006	5,000m
Prinsloo, Francois	2021	Discus
Rademeyer, Kyle	2022	Pole Vault
	2021 (2nd)	
Rono, Vincent	2007	1,500m
	2006	1,500m

NCAA Qualifiers

Athlete	Year	Event/Result
Allen, Andrew	2018	Regional: Hammer/45th
	2017	Regional: Javelin/22nd
Appling, Hunter	2019	Regional: 110mH/39th
	2021	Regional: 110mH/42nd
Baker, Demetre	2012	Regional: Discus/25th
	2011	Regional: Shot Put/33rd
		Regional: Discus/34th
		Regional: Shot Put /43rd
Barka, Samy	2001	Regional: 400m
Bialy, Ezra	2005	Regional: Triple Jump
Blahnik, Zach	2017	Regional: Hammer/23rd
	2016	Regional: Hammer
Boyd, Thomas	2019	Regional: Hammar (DNF)
Byrd, Kwesi	2004	Regional: 100m/20th
	2003	Regional: 4x400m Relay
Calogrides, Stephen	2012	Regional: Javelin/33rd
	2011	Regional: Javelin/29th
	2008	Regional: Javelin/18th
Carter, Jeremiah	2005	Regional: 4x400m Relay/13th
	2003	Regional: 4x400m Relay
Collins, Sean	2019	Regional: Pole Vault/6th
		Championship: Pole Vault (DNF)
	2018	Regional: Pole Vault/T2nd
		Championship: Pole Vault/T11th
	2017	Regional: Pole Vault/8th
	2005	Regional: Javelin/5th
Cummins, Justin	2005	Regional: High Jump/25th
Curry, Dorian	2022	Regional: High Jump/32nd
	2021	Regional: Long Jump/28th
Dodd, Javin	2009	Regional: Pole Vault/34th
Dolan, David	2021	Regional: Pole Vault/34th
DuMee, Christopher	2007	Regional: 100mH
Edwards, Zac	2009	Regional: 5,000m/15th
Elam, Alex	2018	Regional: 100m/47th
Ellis, Christian	2022	Regional: Triple Jump/16th
	2021	Regional: Triple Jump/38th
	2019	Regional: Triple Jump/24th
Farrell, Nick	2013	Regional: Pole Vault/NH
Finau, Jobi	2019	Regional: Discus
Fowlkes, Thomas	2006	Regional: Pole Vault/10th
	2005	Regional: Pole Vault
	2004	Regional: Pole Vault
	2003	Regional: Pole Vault
Franklin, Arthur	2005	Regional: 4x400m Relay/13th
	2003	Regional: 400m
		Regional: 4x400m Relay
Fraser, Everett	2003	Regional: 4x400m Relay
Frechou, Renaldo	2014	Championship: Hammer/7th
	2015	Regional: Hammer/5th
		Championship: Hammer/5th
	2016	Regional: Hammer/10th
		Championship: Hammer/16th
		Regional: Hammer/11th
Garcia, Nathaniel	2001	Regional: 400mH



Kyle Rademeyer

Gilomee, Niel	2018	Regional: Pole Vault/19th
Gilstrap, Arius	2017	Regional: 400mH/45th
Graphenreed, Anton	2011	Regional: 200m/17th
Keren, Eli	1997	Championship: 3,000m
Kimani, David	2000	Championship: 3,000m/1st
		Championship: 5,000m/1st
		Championship: 1,500m/4th
Kotze, Jan-Louw	2016	Regional: Discus/6th
		Championship: Discus/6th
	2015	Regional: Discus/7th
		Championship: Discus/20th
	2014	Regional: Discus/13th
	2013	Regional: Discus/15th
Larubi, Harry	2006	Championship: DMR/9th
	2005	Regional: 800m
		Regional: 1,500m
Larubi, Stephen	2005	Regional: 800m
		Regional: 4x400m Relay/13th
Law, Matthew	2003	Regional: 4x400m Relay
Legarde, Lezyon	2017	Regional: Triple Jump/41st
Loschner, Sebastian	2022	Regional: Discus/39th
		Regional: Shot Put/41st
		Regional: Pole Vault/23rd
Mumme, Noah	2021	Championship: DMR/9th
Murphy, Anthony	2006	Regional: 4x400m Relay/13th
	2005	Regional: Hammer/32nd
Nobles, Steven	2011	Regional: Javelin/28th
Odom, Glen	2011	Regional: 400m/16th
Okello, Felix	2005	Regional: 4x400m Relay/13th
		Championship: 5,000m/5th
Okello, Tonny	2007	Regional: 5,000m/5th
		Championship: DMR - 9th
	2006	Championship: 5,000m/8th
		Regional: 1,500m/2nd
		Regional: 5,000m/2nd
	2005	Regional: 1,500m
		Regional: 5,000m
Oluwagbenga, Awoleye	2007	Regional: 400m
		Regional: 800m
Opont, Rickssen	2021	Regional: Shot Put/19th
		Regional: Hammer/47th
Patterson, Adam	2014	Regional: Hammer/29th
Prinsloo, Francois	2022	Regional: Discus/39th
		Regional: Hammer/31st
	2021	Regional: Discus/1st
		Championship: Discus/11th
Rademeyer, Kyle	2022	Regional: Pole Vault/2nd
		Championship: Pole Vault/8th
	2021	Regional: Pole Vault/9th
		Championship: Pole Vault/11th
		*Championship: Pole Vault/11th
		Regional: 400m
Reddix, LaRonious	2005	Regional: 4x400m Relay/13th
		Regional: 4x400m Relay
Rogers, Xavier	2021	Regional: 400m/38th
Rohr, Patrick	2014	Regional: Steeplechase/44th

TRACK & FIELD HISTORY



Track & Field All-Americans and NCAA Qualifiers

Men

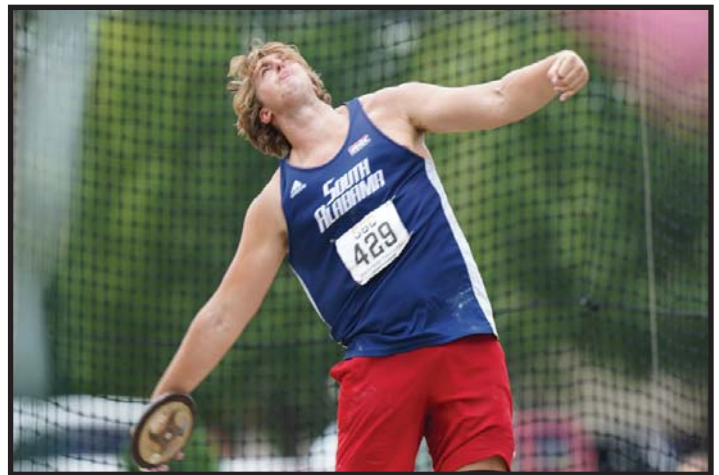
NCAA Qualifiers (Continued)

<u>Athlete</u>	<u>Year</u>	<u>Event/Result</u>
Rono, Vincent	2007	Championship: 1,500m/4th Regional: 800m
	2006	Regional: 10,000m Championship: DMR/9th Championship: 1,500m/1st Regional: 1,500m/1st
Salah, Saber	2010	Regional: 1,500m/13th
Scott, Rafael	2018	Regional: 100m/39th
Smith, Connor	2014	Regional: Pole Vault/35th
	2013	Regional: Pole Vault/35th
Tilley, DeRico	2001	Regional: 55m Championship: 200m
	2000	Championship: 200m
Tirop, Micah	2010	Regional: 10,000m/22nd
	2007	Regional: Steeplechase/14th
Torres, Joey	2012	Regional: Discus/15th
	2012	Regional: Hammer/38th
	2011	Regional: Discus/13th
	2009	Regional: Discus/28th

*Indoor Track and Field Competition



Kirami Yego



Sebastian Loschner



Dorian Curry



TRACK & FIELD HISTORY

All-Americans

<u>Athlete</u>	<u>Year</u>	<u>Event</u>
Beans, Kaitlyn	2016 (2nd) 2015 (HM) 2014 (HM)	Triple Jump
Berge, Emilie	2019	Heptathlon Pentathlon
Fluker, Autavia	2021	Hammer Throw
Odumosu, Ajoke	2007	400mH
Schwartz, Lindsay	2012 2011	Heptathlon Heptathlon

NCAA Qualifiers

<u>Athlete</u>	<u>Year</u>	<u>Event/Result</u>
Aiken, Briana	2013	Regional: Triple Jump/26th
Anglin, Jucenda	2000	Regional: 4x100m Relay
Beans, Kaitlyn	2017 2014	Championship: Triple Jump/17th Regional: Triple Jump/7th
Berge, Emilie	2019 2018	Championship: Heptathlon/15th Championship: Heptathlon/19th
Bobakova, Veronka	2005	Regional: 400mH
Dames, Taylor	2019 2018	Regional: High Jump/T26th Regional: High Jump/T22nd
Degli-Umberti, Bodine	2022	Regional: Discus/28th
Dixon, Natalie	2021	Regional: Discus/44th
Edi, Florence	2008 2005	Regional: 400m/21st Championship: Heptathlon/26th
English, Latoria	2007	Regional: Long Jump
Faye, Louise	2008	Regional: Triple Jump/21st
Fluker, Autavia	2019 2021	Regional: Hammer/45th Regional: Shot Put/ 20th Regional: Hammer/1st Championship: Hammer/11th
Hixon, Leah	2018 2014 2013 2012	Regional: Shot Put/33rd Regional: Javelin/25th Regional: Javelin/16th Regional: Javelin/38th
Hopkins, Shemeeka	2001 2000	Regional: 200m Regional: 100mH
Johnson, Latifah	1999 2012	Regional: 4x100m Relay Championship: 60mH Championship: Hammer/17th
Jones, Noelle	2011 2010 2014	Regional: Hammer/5th Regional: Hammer/28th Regional: Hammer/35th Regional: High Jump/NH
Kamissoko, Dado	2011 2010	Regional: Javelin/13th Regional: Javelin /44th Regional: Javelin
Kinnear, Erin	2003 2001 2005 2004	Regional: 400m Regional: 400m Regional: Pole Vault Regional: Pole Vault/11th

Knox, Nicole	2009 2008 2007	Regional: High Jump/13th Regional: High Jump/7th Regional: High Jump Regional: 4x400m Relay/11th
Mankatu, Bibiche	2003	Regional: 800m
Matthews, Cassandra	2003	Regional: Long Jump
McCarver, Shayna	2013	Regional: Triple Jump/32nd Regional: Long Jump/42nd
McCord, Angela	2012 2010	Regional: Javelin/22nd Regional: Javelin/20th
Mencnarowska, Olga	1999	Championship: 100mH/20th
Miller, Jessica	2007	Regional: 4x400m Relay/11th Regional: 400mH
Moh, Clarisse	2008 2007	Regional: 800m/21st Regional: 4x400m Relay/11th
Mose, Tyeshia	2006 2003	Regional: 800m Regional: 400m
Obijiaku, Michaela	2018	Regional: 200m
Odumosu, Ajoke	2007	Regional: Shot Put/45th Championship: 400mH/8th Regional: 400mH/2nd Regional: 200m
Perkins, Cassandra	2006 2005	Regional: 4x400m Relay/11th Championship: 400mH Regional: 400mH/3rd Regional: 400m
Preachuk, Michaela	2004 2007	Championship: 400m/19th Regional: 400m Regional: 400mH Regional: 4x400m Relay/11th
Risher, Kiara	2019 2018 2022	Regional: Hammer/27th Regional: Hammer/31st Regional: High Jump/25th
Sawyer, Emily	2009	Regional: Pole Vault
Schwartz, Lindsay	2012	Championship: Heptathlon/10th Championship: Pentathlon/13th
Swan, Olivia	2011 2019	Championship: Heptathlon/13th Regional: High Jump/40th Regional: 400mH/47th
Thrash, Chassity	2018	Regional: High Jump/T22nd
Uys, Colette	2000 2022	Regional: 4x100m Relay Regional: Discus/28th Regional: Hammer/30th Regional: Shot Put/43rd
Vaikla, Hanna-Mai	2021 2019 2018	Regional: Discus/43rd Regional: Javelin/30th Regional: Javelin/16th
Williams, Kristen	2000	Regional: 4x100m Relay
Williamson, Bobbie	2014 2013	Regional: Hammer/13th Regional: Hammer/31st



2022 Indoor Track & Field Review

Men

Top Times/Marks

<u>Event</u>	<u>Athlete</u>	<u>Time/Mark</u>
60m	Norris, Josh	7.01
200m	Rogers, Xavier	22.06
300m	Stewart, Cameron	35.39
400m	Rodgers, Xavier	48.69
500m	Boyd, Jalen	1:07.01
800m	Le Roux, Jean-Pierre	1:58.19
1,000m	Slaughter, Charlie	2:31.94
1 Mile	Slaughter, Charlie	4:14.26
3,000m	Yego, Kirami	8:13.31
5,000m	Yego, Kirami	14:05.26
60m H	White, Kendal	8.07
4 x 400m Relay		3:21.55
Distance Medley Relay		10:14.10
High Jump	Curry, Dorian	2.13m*
Pole Vault	Rademeyer, Kyle	5.60m*
Long Jump	Reyneke, Sebastian	6.79m
Triple Jump	Ellis, Christian	15.26m
Shot Put	Löschner, Sebastian	16.82m
Weight Throw	Prinsloo, Francois	19.54m*
Heptathlon	Reyneke, Sebastian	5,365 pts.

* indicates school record

All-SBC Performers

<u>Athlete</u>	<u>Event</u>	<u>Result</u>
DeLuca, Giacomo	3,000m	3rd/Third Team All-SBC
Ellis, Chrisitan	Triple Jump	2nd/Second Team All-SBC
Löschner, Sebastian	Shot Put	3rd/Third Team All-SBC
Rademeyer, Kyle	Pole Vault	1st/First Team All-SBC
Prinsloo, Francois	Weight Throw	1st/First Team All-SBC
Yego, Kirami	3,000m 5,000m	1st/First Team All-SBC

Women

Top Times/Marks

<u>Event</u>	<u>Athlete</u>	<u>Time/Mark</u>
60m	Hedrick, Cierra	7.59*
200m	Hedrick, Cierra	24.83
400m	Ruffin, Ariana	58.76
800m	Lee, Shay	2:18.05
1000m	Lee, Shay	3:11.17
1 Mile	Magaud, Adele	5:01.04
3,000m	Magaud, Adele	9:52.58
5,000m	Magaud, Adele	17:21.34
60m H	Pry, Josie	8.82
4 x 400m Relay		3:54.91
Distance Medley Relay		12:32.13
High Jump	Risher, Kiara	1.72m
Pole Vault	Caudill, Riley	3.86m
Long Jump	Vaikla, Hanna-Mai	5.79m
Triple Jump	N/A	
Shot Put	Uys, Colette	15.42m
Weight Throw	Degli-Umberti, Bodine	18.31m
Pentathlon	Chaparro, Rocio	3,356 pts.

* indicates school record

All-SBC Performers

<u>Athlete</u>	<u>Event</u>	<u>Result</u>
Caudill, Riley	Pole Vault	2nd/Second Team All-SBC
Magaud, Adele	5,000m	3rd/Third Team All-SBC
Uys, Colette	Shot Put	2nd/Second Team All-SBC



2022 REVIEW

2022 Outdoor Track & Field Review

Men

Top Times/Marks

<u>Event</u>	<u>Athlete</u>	<u>Time/Mark</u>
100m	White, Kendal	10.62
200m	Glen, Javon	21.86
400m	Rodgers, Xavier	48.04
800m	Le Roux, Jean-Pierre	1:54.01
1,500m	DeLuca, Giacomo	3:48.86
1 Mile	N/A	
3,000m	Yego, Kirami	8:22.32
5,000m	Yego, Kirami	14:00.77
10,000m	Yego, Kirami	29:20.13
110m H	White, Kendal	14.32
400m H	White, Kendal	52.62
3,000m Steeple	Cunigan, Lance	9:50.42
4 x 100m Relay		40.88
4 x 400m Relay		3:13.41
High Jump	Curry, Dorian	2.17m*
Pole Vault	Rademeyer, Kyle	5.55m*
Long Jump	Reyneke, Sebastian	6.85m
Triple Jump	Ellis, Christian	15.68m
Shot Put	Löschner, Sebastian	17.63m
Discus	Prinsloo, Francois	62.84m
Hammer Throw	Prinsloo, Francois	63.66m
Javelin	Estes, Josh	66.25m
Decathlon	Collins, Graham	6,599 pts.

* indicates school record

All-SBC Performers

<u>Athlete</u>	<u>Event</u>	<u>Result</u>
DeLuca, Giacomo	1,500m	3rd/Third Team All-SBC
Ellis, Christian	Triple Jump	1st/First Team All-SBC
Estes, Josh	Javelin	3rd/Third Team All-SBC
Flanagan, Teagan	10,000m	2nd/Second Team All-SBC
Löschner, Sebastian	Shot Put	1st/First Team All-SBC
Rademeyer, Kyle	Pole Vault	1st/First Team All-SBC
Prinsloo, Francois	Discus	1st/First Team All-SBC
Yego, Kirami	5,000m 10,000m	1st/First Team All-SBC

Women

Top Times/Marks

<u>Event</u>	<u>Athlete</u>	<u>Time/Mark</u>
100m	Wolf, Gracie	11.96
200m	Hedrick, Cierra	24.72
400m	Ruffin, Ariana	57.08
800m	Lee, Shay	2:18.32
1,500m	Weitenbeck, Abbey	4:40.79
1 Mile	N/A	
3,000m	Weitenbeck, Abbey	10:20.86
5,000m	Magaud, Adele	17:18.14
10,000m	Magaud, Adele	37:38.78
100m H	Pry, Josie	14.44
400m H	Hunter, Rachel	1:02.47
3,000m Steeple	N/A	
4 x 100m Relay		46.32
4 x 400m Relay		3:49.00
High Jump	Risher, Kiara	1.81m*
Pole Vault	Caudill, Riley	3.92m
Long Jump	Williams, Taviana	5.56m
Triple Jump	Williams, Taviana	11.38m
Shot Put	Uys, Colette	15.69m
Discus	Degli-Umberti, Bodine	52.69m*
Hammer Throw	Uys, Colette	58.73m
Javelin	Vaikla, Hanna-Mai	40.09m
Heptathlon	Vaikla, Hanna-Mai	4,773 pts.

* indicates school record

All-SBC Performers

<u>Athlete</u>	<u>Event</u>	<u>Result</u>
Uys, Colette	Shot Put	2nd/Second Team All-SBC