

# 2019 Men's Indoor Track & Field Results

Updated March 12, 2019

\* denotes Duke Record; (2) - No. 2 at Duke; (3) - No. 3 at Duke; (4) - No. 4 at Duke; (5) - No. 5 at Duke

## 60 METERS

7.17..... Miles Mingo (5th)..... Carolina Cup (1/12)  
7.19..... Miles Mingo (23rd)..... Hokie Invite (1/19)

## 200 METERS

21.94 (4)..... Miles Mingo (22nd-pre)..... Tiger Paw Invite (2/8)

## 300 METERS

34.40 (2)..... Miles Mingo (4th)..... Hokie Invite (1/19)

## 400 METERS

48.05 (4)..... Miles Mingo (10th-pre)..... ACC Championship (2/23)  
48.22..... Miles Mingo (10th)..... Tiger Paw Invite (2/8)  
49.04..... Miles Mingo (16th)..... Armory Collegiate (1/26)  
51.21..... Michael McCullom (6th)..... Carolina Cup (1/12)  
53.24..... Sean Rafique (7th)..... Carolina Cup (1/12)

## 600 METERS

1:22.01..... Nick Cox (9th)..... Hokie Invite (1/19)  
1:26.21..... Nico Coleman (8th)..... Camel City Invite (2/2)

## 800 METERS

1:48.57\*..... Matt Wisner (3rd)..... ACC Championship (2/23)  
1:49.22..... Matt Wisner (3rd)..... Camel City Invite (2/2)  
1:49.39 (2)..... Charles Cooper (6th)..... ACC Championship (2/23)  
1:49.88..... Matt Wisner (11th-pre)..... NCAA Championships (3/8)  
1:50.50..... Matt Wisner (1st)..... Hokie Invite (1/19)  
1:51.74..... Charles Cooper (8th-pre)..... ACC Championship (2/23)  
1:53.02..... Matt Wisner (4th-pre)..... ACC Championship (2/23)  
1:53.86..... Nick Cox (10th)..... Armory Collegiate (1/26)  
1:54.13..... Carter Dillon (6th)..... Hokie Invite (1/19)  
1:54.84..... Nick Cox (3rd)..... JDL DMR Invite (2/16)  
1:55.18..... Charles Cooper (1st)..... Carolina Cup (1/12)  
1:57.07..... Nick Cox (3rd)..... Carolina Cup (1/12)  
1:57.38..... Joe Cullen (20th)..... Armory Collegiate (1/26)  
1:58.55..... Matt Politis (8th)..... JDL DMR Invite (2/16)  
1:58.63..... Devin Connell (25th)..... Armory Collegiate (1/26)  
1:59.15..... Devin Connell (11th)..... JDL DMR Invite (2/16)  
1:59.86..... Nick Cox (27th-pre)..... ACC Championship (2/23)  
2:00.29..... Charles Cooper (16th)..... Hokie Invite (1/19)  
2:00.32..... Joe Cullen (5th)..... Carolina Cup (1/12)  
2:00.51..... Nico Coleman (13th)..... JDL DMR Invite (2/16)  
2:02.23..... Devin Connell (6th)..... Carolina Cup (1/12)  
2:02.31..... Nico Coleman (7th)..... Carolina Cup (1/12)

## 1,000 METERS

2:26.23..... Matt Wisner (2nd)..... Hokie Invite (1/19)  
2:26.78..... Charles Cooper (5th)..... Hokie Invite (1/19)  
2:35.44..... Matt Politis (5th)..... Camel City Invite (2/2)

## 1 MILE RUN

4:09.75..... Alex Miley (10th)..... Hokie Invite (1/19)  
4:10.27..... Alex Miley (15th-pre)..... ACC Championship (2/23)  
4:10.89..... Josh Romine (11th)..... Hokie Invite (1/19)  
4:11.29..... Carter Dillon (13th)..... Hokie Invite (1/19)  
4:12.53..... Charles Cooper (4th)..... Tiger Paw Invite (2/8)  
4:13.08..... Dillon Carter (5th)..... Tiger Paw Invite (2/8)  
4:13.15..... Dillon Carter (19th-pre)..... ACC Championship (2/23)  
4:13.32..... Matt Wisner (1st)..... Carolina Cup (1/12)  
4:15.14..... Carter Dillon (3rd)..... Carolina Cup (1/12)  
4:15.74..... Josh Romine (12th)..... Armory Collegiate (1/26)  
4:17.74..... Alex Miley (4th)..... Carolina Cup (1/12)  
4:26.90..... Stephen Garrett (27th)..... Camel City Invite (2/2)  
4:29.13..... AJ Eckmann (18th)..... JDL DMR Invite (2/16)  
4:29.77..... AJ Eckmann (33rd)..... Camel City Invite (2/2)  
4:29.96..... Joe Cullen (20th)..... JDL DMR Invite (2/16)  
4:33.04..... Ethan Ready (38th)..... Camel City Invite (2/2)

## 3,000 METER RUN

8:15.45..... Paul Dellinger (4th)..... Armory Collegiate (1/26)  
8:15.66..... CJ Ambrosio (5th)..... Armory Collegiate (1/26)  
8:15.96..... CJ Ambrosio (12th)..... ACC Championship (2/23)

8:19.96..... Josh Romine (4th)..... Tiger Paw Invite (2/8)  
8:20.39..... Nikhil Pulimood (5th)..... Tiger Paw Invite (2/8)  
8:22.95..... Dalton Randall (10th)..... Armory Collegiate (1/26)  
8:23.08..... Josh Romine (1st)..... Carolina Cup (1/12)  
8:23.70..... CJ Ambrosio (2nd)..... Carolina Cup (1/12)  
8:25.97..... CJ Ambrosio (7th)..... Tiger Paw Invite (2/8)  
8:26.20..... Paul Dellinger (3rd)..... Carolina Cup (1/12)  
8:26.47..... Cole Hoff (12th)..... Armory Collegiate (1/26)  
8:26.68..... Cole Hoff (4th)..... Carolina Cup (1/12)  
8:28.11..... Nikhil Pulimood (2nd)..... JDL DMR Invite (2/16)  
8:34.92..... Josh Romine (33rd)..... ACC Championship (2/23)  
8:38.06..... Michael Ungvasky (19th)..... Armory Collegiate (1/26)  
8:38.12..... Nikhil Pulimood (9th)..... Hokie Invite (1/19)  
8:38.77..... Stephen Garrett (13th)..... Camel City Invite (2/2)  
8:46.37..... Michael Ungvasky (17th)..... JDL DMR Invite (2/16)  
8:46.92..... Stephen Garrett (19th)..... JDL DMR Invite (2/16)  
8:47.62..... Ethan Ready (22nd)..... JDL DMR Invite (2/16)  
8:53.09..... Paul Dellinger (46th)..... ACC Championship (2/23)  
8:53.12..... Ethan Ready (25th)..... Camel City Invite (2/2)  
9:11.46..... AJ Eckmann (41st)..... Camel City Invite (2/2)

## 5,000 METER RUN

14:30.44..... Dalton Randall (15th)..... ACC Championship (2/23)  
14:45.17..... Dalton Randall (1st)..... Hokie Invite (1/19)  
14:56.70..... Cole Hoff (26th)..... ACC Championship (2/23)  
14:57.67..... Michael Ungvasky (2nd)..... Hokie Invite (1/19)  
15:07.20..... Stephen Garrett (4th)..... Hokie Invite (1/19)  
15:39.60..... Ethan Ready (9th)..... Hokie Invite (1/19)  
16:26.21..... AJ Eckmann (15th)..... Hokie Invite (1/19)

## DISTANCE MEDLEY RELAY

9:41.88..... 2nd..... Armory Collegiate (1/26)  
(Charles Cooper, Carter Dillon, Miles Mingo, Matt Wisner)  
9:47.29..... 3rd..... ACC Championship (2/23)  
(Charles Cooper, Miles Mingo, Nick Cox, Matt Wisner)  
10:04.39..... 8th..... JDL DMR Invite (2/16)  
(Charles Cooper, Miles Mingo, Carter Dillon, Matt Wisner)  
10:22.66..... 2nd..... Camel City Invite (2/2)  
(Joe Cullen, Nick Cox, Devin Connell, Michael Ungvasky)  
10:26.71..... 2nd..... Carolina Cup (1/12)  
(Charles Cooper, Sean Rafique, Joe Cullen, Nikhil Pulimood)

## 4 X 1 MILE RELAY

16:58.57..... 4th..... Armory Collegiate (1/26)  
(Charles Cooper, Carter Dillon, Alex Miley, Matt Wisner)

## HIGH JUMP

7-1.00 (2.16) (2)..... Rivers Ridout (3rd)..... ACC Championship (2/23)  
6-8.25 (2.04)..... Rivers Ridout (6th)..... Armory Collegiate (1/26)  
6-8.00 (2.03)..... Rivers Ridout (2nd)..... Carolina Cup (1/12)  
6-7.00 (2.01)..... Rivers Ridout (3rd)..... Hokie Invite (1/19)  
6-7.00 (2.01)..... Bryant Lewis (5th)..... Hokie Invite (1/19)  
6-6.75 (2.00)..... Bryant Lewis (8th)..... Tiger Paw Invite (2/8)  
6-5.00 (1.96)..... Benjamin Ross (8th)..... Hokie Invite (1/19)  
6-4.75 (1.95)..... Bryant Lewis (13th)..... ACC Championship (2/23)  
6-4.75 (1.95)..... Benjamin Ross (2nd)..... Camel City Invite (2/2)  
6-4.25 (1.94)..... Bryant Lewis (15th)..... Armory Collegiate (1/26)  
6-2.75 (1.90)..... Benjamin Ross (4th)..... Carolina Cup (1/12)  
6-2.75 (1.90)..... Benjamin Ross (15th)..... Tiger Paw Invite (2/8)  
6-0.75 (1.85)..... Bryant Lewis (5th)..... Carolina Cup (1/12)

## POLE VAULT

16-10.75 (5.15) (T4)..... Esteban Suarez (3rd)..... ACC Championship (2/23)  
16-6.75 (5.05)..... Esteban Suarez (6th)..... VT Challenge (2/16)  
16-4.75 (5.00)..... Esteban Suarez (3rd)..... Camel City Invite (2/2)  
16-4.75 (5.00)..... Esteban Suarez (6th)..... Hokie Invite (1/19)  
16-2.75 (4.95)..... Cole Rowan (16th)..... ACC Championship (2/23)  
15-11.00 (4.85)..... Esteban Suarez (1st)..... Carolina Cup (1/12)  
15-7.00 (4.75)..... Cole Rowan (9th)..... VT Challenge (2/16)  
15-5.00 (4.70)..... Cole Rowan (6th)..... Camel City Invite (2/2)  
15-3.00 (4.65)..... Esteban Suarez (12th)..... Armory Collegiate (1/26)  
15-1.00 (4.60)..... Cole Rowan (4th)..... Hokie Invite (1/19)

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14-11.50 (4.56) ..... Cole Rowan (t16th) ..... Tiger Paw Invite (2/8)  
14-9.00 (4.50) ..... Cole Rowan (15th) ..... Armory Collegiate (1/26)

### SHOT PUT

55-5.00 (16.89) ..... Ben Beatty (6th) ..... Armory Collegiate (1/26)  
55-3.50 (16.85) ..... Ben Beatty (5th) ..... Hokie Invite (1/19)  
54-9.25 (16.69) ..... Ben Beatty (9th) ..... ACC Championship (2/23)  
54-7.25 (16.64) ..... Ben Beatty (13th) ..... Tiger Paw Invite (2/8)  
54-3.25 (16.54) ..... Ben Beatty (3rd) ..... Carolina Cup (1/12)  
53-8.50 (16.37) ..... Ben Beatty (4th) ..... VT Challenge (2/16)

### WEIGHT THROW

60-10.50 (18.55)\* ..... Iyin Battle (2nd) ..... VT Challenge (2/16)  
59-11.00 (18.26) ..... Iyin Battle (8th) ..... ACC Championship (2/23)  
59-5.75 (18.13) ..... Iyin Battle (1st) ..... Carolina Cup (1/12)  
58-8.00 (17.88) ..... Iyin Battle (7th) ..... Hokie Invite (1/19)  
57-9.75 (17.62) ..... Iyin Battle (14th) ..... Tiger Paw Invite (2/8)  
56-2.50 (17.13) ..... Iyin Battle (10th) ..... Armory Collegiate (1/26)  
55-0.00 (16.76) (4) ..... Ben Beatty (4th) ..... VT Challenge (2/16)  
54-9.25 (16.69) ..... Ben Beatty (11th) ..... Armory Collegiate (1/26)  
54-1.75 (16.50) ..... Ben Beatty (3rd) ..... Carolina Cup (1/12)  
53-2.75 (16.22) ..... Ben Beatty (16th) ..... ACC Championship (2/23)  
52-7.25 (16.03) ..... Ben Beatty (11th) ..... Hokie Invite (1/19)  
50-8.75 (15.46) ..... Ben Beatty (21st) ..... Tiger Paw Invite (2/8)

## 2019 Women's Indoor Track &amp; Field Results

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## 60 METERS

7.44*	India Lowe (8th-pre)	Tiger Paw Invite (2/8)
7.49	India Lowe (21st-pre)	Tiger Paw Invite (2/8)
7.52	India Lowe (8th)	Armory Collegiate (1/26)
7.52	India Lowe (6th-pre)	Armory Collegiate (1/26)
7.53	India Lowe (2nd)	Carolina Cup (1/12)
7.54 (3)	Kelcie Simmons (16th-pre)	ACC Championship (2/23)
7.56 (4)	Domonique Panton (17th-pre)	ACC Championship (2/23)
7.58	India Lowe (10th)	Hokie Invite (1/19)
7.62	Kelcie Simmons (12th)	Hokie Invite (1/19)
7.64	Kelcie Simmons (14th)	Armory Collegiate (1/26)
7.65	Domonique Panton (t25th)	Tiger Paw Invite (2/8)
7.66	Domonique Panton (t15th)	Armory Collegiate (1/26)
7.68	Kelcie Simmons (3rd)	Carolina Cup (1/12)
7.76	Natalie Simmons (21st)	Hokie Invite (1/19)
7.79	Domonique Panton (5th)	Carolina Cup (1/12)
7.81	Domonique Panton (24th)	Hokie Invite (1/19)
7.82	Natalie Simmons (6th)	Carolina Cup (1/12)

## 200 METERS

24.17 (4)	Kelcie Simmons (8th)	Tiger Paw Invite (2/8)
24.20	India Lowe (9th)	Tiger Paw Invite (2/8)
24.27	India Lowe (t6th)	Armory Collegiate (1/26)
24.27	Kelcie Simmons (t6th)	Armory Collegiate (1/26)
24.46	India Lowe (1st)	Carolina Cup (1/12)
24.53	Kelcie Simmons (14th-pre)	ACC Championship (2/23)
24.62	Natalie Simmons (4th)	Hokie Invite (1/19)
25.14	Nikki Merritt (23rd)	Armory Collegiate (1/26)
25.79	Simi Gbadegesin (40th)	Armory Collegiate (1/26)
25.83	MacKenzie Kerr (4th)	Carolina Cup (1/12)
25.84	Simi Gbadegesin (39th)	Tiger Paw Invite (2/8)

## 300 METERS

38.21*	India Lowe (1st)	Hokie Invite (1/19)
39.29	Kelcie Simmons (6th)	Hokie Invite (1/19)

## 400 METERS

53.24	India Lowe (3rd)	ACC Championship (2/23)
53.66	India Lowe (2nd-pre)	ACC Championship (2/23)
55.38	MacKenzie Kerr (14th-pre)	ACC Championship (2/23)
56.20	MacKenzie Kerr (15th)	Tiger Paw Invite (2/8)
56.21	Brittany Aveni (1st)	Carolina Cup (1/12)
56.41	MacKenzie Kerr (5th)	VT Challenge (2/16)
57.10	Lauren Hoffman (19th)	Armory Collegiate (1/26)
57.21	Natalie Simmons (22nd)	Tiger Paw Invite (2/8)
57.26	Nikki Merritt (23rd)	Tiger Paw Invite (2/8)
57.59	Kelcie Simmons (26th)	Tiger Paw Invite (2/8)
57.83	Simi Gbadegesin (29th)	Tiger Paw Invite (2/8)
58.54	Simi Gbadegesin (29th)	Armory Collegiate (1/26)
59.19	Simi Gbadegesin (3rd)	Carolina Cup (1/12)

## 600 METERS

1:29.90 (2)	Brittany Aveni (1st)	Hokie Invite (1/19)
1:37.12	MacKenzie Kerr (5th)	Hokie Invite (1/19)
1:45.73	Ellen Hirsberg (11th)	Hokie Invite (1/19)

## 800 METERS

2:08.58	Brittany Aveni (2nd)	Tiger Paw Invite (2/8)
2:08.66	Brittany Aveni (3rd)	Armory Collegiate (1/26)
2:09.53	Brittany Aveni (7th)	ACC Championship (2/23)
2:09.91	Brittany Aveni (7th-pre)	ACC Championship (2/23)
2:13.06	Leigha Torino (1st)	Hokie Invite (1/19)
2:14.77	Virginia Capehart (18th-pre)	ACC Championship (2/23)
2:15.92	Virginia Capehart (21st)	Tiger Paw Invite (2/8)
2:18.90	Sarah Armstrong (13th)	Hokie Invite (1/19)
2:19.75	Rylee Bowen (5th)	JDL DMR Invite (2/16)
2:20.92	Erin Marsh (5th-pent)	ACC Championship (2/23)
2:21.09	Sarah Armstrong (14th)	Camel City Invite (2/2)
2:22.20	Kate Kutzer (7th-pent)	ACC Championship (2/23)
2:22.86	Ellen Hirsberg (19th)	Hokie Invite (1/19)
2:23.03	Kate Kutzer (2nd-pent)	Armory Collegiate (1/26)

2:23.75	Virginia Capehart (38th)	Armory Collegiate (1/26)
2:29.50	Erin Marsh (7th-pent)	Armory Collegiate (1/26)
2:29.74	Veronica Brtek (3rd)	Carolina Cup (1/12)
2:30.39	Ellen Hirsberg (15th)	JDL DMR Invite (2/16)
2:35.92	Erin Marsh (16th-pent)	NCAA Championships (3/8)

## 1,000 METERS

2:57.94	Sarah Armstrong (10th)	Hokie Invite (1/19)
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## 1 MILE RUN

4:47.92	Michael Reinhart (4th)	Tiger Paw Invite (2/8)
4:48.09	Leigha Torino (14th-pre)	ACC Championship (2/23)
4:48.23	Kim Hollowes (5th)	Hokie Invite (1/19)
4:48.26	Kim Hollowes (8th)	Camel City Invite (2/2)
4:48.28	Kim Hollowes (15th-pre)	ACC Championship (2/23)
4:48.55	Leigha Torino (5th)	Tiger Paw Invite (2/8)
4:51.20	Leigha Torino (7th)	Hokie Invite (1/19)
4:51.49	Liz Lansing (1st)	Camel City Invite (2/2)
4:51.58	Leigha Torino (2nd)	Camel City Invite (2/2)
4:56.53	Liz Lansing (22nd-pre)	ACC Championship (2/23)
5:00.00	Sarah Armstrong (16th)	Tiger Paw Invite (2/8)
5:01.62	Sarah Armstrong (28th-pre)	ACC Championship (2/23)
5:01.63	Clara Savchik (11th)	Camel City Invite (2/2)
5:03.41	Olivia Gwynn (13th)	Camel City Invite (2/2)
5:06.46	Elizabeth Reneau (15th)	Camel City Invite (2/2)
5:21.40	Rylee Bowen (31st)	Camel City Invite (2/2)
5:22.31	Veronica Brtek (23rd)	Hokie Invite (1/19)
5:23.28	Rylee Bown (24th)	Hokie Invite (1/19)

## 3,000 METER RUN

9:29.29	Michaela Reinhart (8th)	ACC Championship (2/23)
9:31.82	Michaela Reinhart (2nd)	Camel City Invite (2/2)
9:38.79	Michaela Reinhart (1st)	Hokie Invite (1/19)
9:43.26	Clara Savchik (3rd)	Tiger Paw Invite (2/8)
9:49.63	Leigha Torino (2nd)	Carolina Cup (1/12)
9:52.02	Clara Savchik (27th)	ACC Championship (2/23)
9:54.68	Elizabeth Reneau (9th)	Tiger Paw Invite (2/8)
9:55.26	Clara Savchik (5th)	Hokie Invite (1/19)
9:55.80	Lindsay Billings (3rd)	JDL DMR Invite (2/16)
9:58.93	Elizabeth Reneau (7th)	Hokie Invite (1/19)
10:06.23	Elizabeth Reneau (32nd)	ACC Championship (2/23)
10:08.15	Lindsay Billings (10th)	Hokie Invite (1/19)
10:08.39	Helen Williams (11th)	Hokie Invite (1/19)
10:10.51	Helen Williams (5th)	Carolina Cup (1/12)
10:17.65	Amanda Beach (16th)	Hokie Invite (1/19)
10:21.30	Olivia Gwyn (17th)	Hokie Invite (1/19)

## 5,000 METER RUN

17:04.88	Michaela Reinhart (17th)	ACC Championship (2/24)
17:08.81	Amanda Beach (16th)	ACC Championship (2/23)
17:11.46	Amanda Beach (2nd)	Tiger Paw Invite (2/8)
17:11.78	Helen Williams (3rd)	Tiger Paw Invite (2/8)
17:14.33	Lindsay Billings (4th)	Tiger Paw Invite (2/8)
17:38.06	Helen Williams (27th)	ACC Championship (2/23)

## 60 METER HURDLES

8.40	Erin Marsh (2nd-pent)	ACC Championship (2/23)
8.42	Erin Marsh (4th-pent)	NCAA Championships (3/8)
8.47	Erin Marsh (14th-pre)	ACC Championship (2/23)
8.52	Erin Marsh (1st)	Carolina Cup (1/12)
8.54	Lauren Hoffman (18th-pre)	ACC Championship (2/23)
8.58	Erin Marsh (1st-pent)	Armory Collegiate (1/26)
8.58	Erin Marsh (18th-pre)	Tiger Paw Invite (2/8)
8.64	Erin Marsh (9th)	Hokie Invite (1/19)
8.65	Erin Marsh (4th)	Camel City Invite (2/2)
8.65	Erin Marsh (4th-pre)	Camel City Invite (2/2)
8.67	Lauren Hoffman (21st-pre)	Tiger Paw Invite (2/8)
8.67	Erin Marsh (1st-pre)	Carolina Cup (1/12)
8.69	Nikki Merritt (14th-pre)	Armory Collegiate (1/26)
8.71	Lauren Hoffman (3rd)	Carolina Cup (1/12)
8.71	Lauren Hoffman (15th-pre)	Armory Collegiate (1/26)

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8.80.....	Nikki Merritt (25th-pre).....	Tiger Paw Invite (2/8)
8.81.....	Lauren Hoffman (3rd-pre).....	Carolina Cup (1/12)
8.86.....	Nikki Merritt (4th).....	Carolina Cup (1/12)
8.87.....	Lauren Hoffman (19th).....	Hokie Invite (1/19)
8.88.....	Jaida Lemmons (5th).....	Carolina Cup (1/12)
8.90.....	Nikki Merritt (4th-pre).....	Carolina Cup (1/12)
8.92.....	Kate Kutzer (27th-pre).....	Tiger Paw Invite (2/8)
8.95.....	Jaida Lemmons (6th-pre).....	Carolina Cup (1/12)
8.99.....	Kate Kutzer (7th-pent).....	ACC Championship (2/23)
9.04.....	Kate Kutzer (7th).....	Carolina Cup (1/12)
9.06.....	Kate Kutzer (5th-pent).....	Armory Collegiate (1/26)
9.10.....	Jaida Lemmons (26th).....	Hokie Invite (1/19)
9.11.....	Kate Kutzer (7th-pre).....	Carolina Cup (1/12)
9.21.....	Kate Kutzer (15th-pre).....	Camel City Invite (2/2)
9.53.....	Kate Kutzer (32nd).....	Hokie Invite (1/19)

**DISTANCE MEDLEY RELAY**

11:15.14.....	4th.....	JDL DMR Invite (2/16)
(Liz Lansing, Lauren Hoffman, Brittany Aveni, Kim Hallowes)		
11:15.82.....	5th.....	ACC Championship (2/23)
(Kim Hallowes, Lauren Hoffman, Leigha Torino, Michaela Reinhart)		
11:32.90.....	1st.....	Hokie Invite (1/19)
(Kim Hallowes, MacKenzie Kerr, Brittany Aveni, Michaela Reinhart)		
12:35.50.....	1st.....	Carolina Cup (1/12)
(Veronica Brtek, Virginia Capehart, Ellen Hirsberg, Michaela Reinhart)		

**4 X 400 METER RELAY**

3:38.14 (5).....	10th.....	Tiger Paw Invite (2/8)
(India Lowe, Brittany Aveni, Kelcie Simmons, MacKenzie Kerr)		
3:38.38.....	3rd.....	ACC Championship (2/23)
(India Lowe, Brittany Aveni, Lauren Hoffman, MacKenzie Kerr)		
3:41.03.....	2nd.....	Armory Collegiate (1/26)
(Natalie Simmons, India Lowe, Brittany Aveni, Lauren Hoffman)		
3:44.95.....	15th.....	Tiger Paw Invite (2/8)
(Nikki Merritt, Lauren Hoffman, Natalie Simmons, Virginia Capehart)		
3:52.13.....	4th.....	Carolina Cup (1/12)
(Lauren Hoffman, Nikki Merritt, Simi Gbadegesin, Virginia Capehart)		

**HIGH JUMP**

5-8.75 (1.75) (3).....	Erin Marsh (2nd).....	ACC Championship (2/23)
5-8.75 (1.75).....	Erin Marsh (9th-pent).....	NCAA Championships (3/8)
5-8.00 (1.73).....	Erin Marsh (2nd-pent).....	ACC Championship (2/23)
5-7.00 (1.70).....	Cassie Martin (1st-jump off).....	Carolina Cup (1/12)
5-7.00 (1.70).....	Erin Marsh (1st-pent).....	Armory Collegiate (1/26)
5-6.00 (1.68).....	Cassie Martin (1st).....	Hokie Invite (1/19)
5-5.00 (1.65).....	Cassie Martin (t6th).....	Armory Collegiate (1/26)
5-5.00 (1.65).....	Cassie Martin (1st).....	Carolina Cup (1/12)
5-4.50 (1.64).....	Cassie Martin (t4th).....	ACC Championship (2/23)
5-4.50 (1.64).....	Erin Marsh (t14th).....	Tiger Paw Invite (2/8)
5-4.50 (1.64).....	Cassie Martin (t14th).....	Tiger Paw Invite (2/8)
5-3.25 (1.61).....	Kate Kutzer (8th-pent).....	ACC Championship (2/23)
5-3.00 (1.60).....	Rivka Arbiv (14th).....	Armory Collegiate (1/26)
5-3.00 (1.60).....	Erin Marsh (T-3rd).....	Carolina Cup (1/12)
5-3.00 (1.60).....	Jaida Lemmons (T-3rd).....	Carolina Cup (1/12)
5-0.50 (1.54).....	Tracy Jander (t19th).....	Tiger Paw Invite (2/8)
5-0.50 (1.54).....	Kate Kutzer (t19th).....	Tiger Paw Invite (2/8)
4-11.00 (1.50).....	Tracy Jander (3rd).....	Camel City Invite (2/2)
4-11.00 (1.50).....	Kate Kutzer (7th).....	Carolina Cup (1/12)
4-10.50 (1.49).....	Kate Kutzer (14th-pent).....	Armory Collegiate (1/26)

**LONG JUMP**

19-1.25 (5.82).....	Jaida Lemmons (8th).....	Hokie Invite (1/19)
19-0.75 (5.81).....	Erin Marsh (2nd-pent).....	ACC Championship (2/23)
18-11.75 (5.78).....	Nikki Merritt (3rd).....	Armory Collegiate (1/26)
18-10.50 (5.75).....	Kate Kutzer (9th).....	Hokie Invite (1/19)
18-9.25 (5.72).....	Kate Kutzer (16th).....	Tiger Paw Invite (2/8)
18-9.25 (5.72).....	Kate Kutzer (4th-pent).....	ACC Championship (2/23)
18-6.00 (5.64).....	Kate Kutzer (2nd-pent).....	Armory Collegiate (1/26)
18-3.00 (5.56).....	Erin Marsh (3rd-pent).....	Armory Collegiate (1/26)
18-2.50 (5.55).....	Kelcie Simmons (13th).....	Hokie Invite (1/19)
18-1.50 (5.52).....	Kate Kutzer (4th).....	Camel City Invite (2/2)
18-1.50 (5.52).....	Erin Marsh (22nd).....	Tiger Paw Invite (2/8)

18-1.00 (5.51).....	Jaida Lemmons (t18th).....	ACC Championship (2/23)
18-1.00 (5.51).....	Kelcie Simmons (t18th).....	ACC Championship (2/23)
17-11.75 (5.48).....	Erin Marsh (16th-pent).....	NCAA Championships (3/8)
17-11.50 (5.47).....	Nikki Merritt (24th).....	Tiger Paw Invite (2/8)
17-11.50 (5.47).....	Nikki Merritt (3rd).....	Carolina Cup (1/12)
17-11.00 (5.46).....	Erin Marsh (18th).....	Hokie Invite (1/19)
17-11.00 (5.46).....	Kelcie Simmons (4th).....	Carolina Cup (1/12)
17-10.25 (5.44).....	Natalie Simmons (9th).....	Armory Collegiate (1/26)
17-7.00 (5.36).....	Erin Marsh (6th).....	Camel City Invite (2/2)
17-5.50 (5.32).....	Kate Kutzer (21st).....	ACC Championship (2/23)

**TRIPLE JUMP**

42-4.00 (12.90)*.....	Domonique Panton (4th).....	ACC Championship (2/23)
41-7.00 (12.67).....	Domonique Panton (2nd).....	Armory Collegiate (1/26)
41-3.75 (12.59).....	Domonique Panton (4th).....	Hokie Invite (1/19)
40-4.00 (12.29).....	Domonique Panton (9th).....	Tiger Paw Invite (2/8)
40-0.50 (12.20).....	Domonique Panton (1st).....	Carolina Cup (1/12)
35-1.00 (10.69).....	Natalie Simmons (4th).....	Carolina Cup (1/12)

**POLE VAULT**

14-1.25 (4.30) (3).....	Laura Marty (1st).....	Camel City Invite (2/2)
13-9.25 (4.20).....	Laura Marty (t2nd).....	Armory Collegiate (1/26)
13-8.50 (4.18).....	Rivka Arbiv (4th).....	ACC Championship (2/23)
13-8.50 (4.18).....	Nati Sheppard (5th).....	ACC Championship (2/23)
13-4.50 (4.08).....	Laura Marty (7th).....	ACC Championship (2/23)
13-0.75 (3.98).....	Nati Sheppard (t5th).....	Tiger Paw Invite (2/8)
13-0.75 (3.98).....	Chesney Ward (t5th).....	Tiger Paw Invite (2/8)
13-0.75 (3.98).....	Rivka Arbiv (10th).....	Tiger Paw Invite (2/8)
12-11.00 (3.94).....	Rivka Arbiv (4th).....	Hokie Invite (1/19)
12-10.25 (3.92).....	Rivka Arbiv (t6th).....	VT Challenge (2/16)
12-10.25 (3.92).....	Nati Sheppard (t6th).....	VT Challenge (2/16)
12-9.50 (3.90).....	Nati Sheppard (5th).....	Armory Collegiate (1/26)
12-9.50 (3.90).....	Nati Sheppard (T-3rd).....	Carolina Cup (1/12)
12-9.50 (3.90).....	Laura Marty (T-3rd).....	Carolina Cup (1/12)
12-7.50 (3.85).....	Rivka Arbiv (t4th).....	Camel City Invite (2/2)
12-7.50 (3.85).....	Chesney Ward (t4th).....	Camel City Invite (2/2)
12-7.50 (3.85).....	Nati Sheppard (t4th).....	Camel City Invite (2/2)
12-5.50 (3.80).....	Rivka Arbiv (5th).....	Carolina Cup (1/12)
12-5.25 (3.79).....	Laura Marty (T-5th).....	Hokie Invite (1/19)
12-5.25 (3.79).....	Nati Sheppard (T-5th).....	Hokie Invite (1/19)
12-3.50 (3.75).....	Chesney Ward (7th).....	Armory Collegiate (1/26)
11-9.75 (3.60).....	Rivka Arbiv (t12th).....	Armory Collegiate (1/26)

**SHOT PUT**

37-2.25 (11.33).....	Erin Marsh (12th-pent).....	NCAA Championships (3/8)
36-9.00 (11.20).....	Jaida Lemmons (12th).....	Hokie Invite (1/19)
36-7.75 (11.17).....	Kate Kutzer (3rd-pent).....	Armory Collegiate (1/26)
36-3.50 (11.06).....	Erin Marsh (3rd-pent).....	ACC Championship (2/23)
35-10.50 (10.93).....	Erin Marsh (13th).....	Hokie Invite (1/19)
33-11.50 (10.35).....	Kate Kutzer (16th).....	Hokie Invite (1/19)
33-11.25 (10.34).....	Erin Marsh (6th-pent).....	Armory Collegiate (1/26)
32-3.75 (9.85).....	Kate Kutzer (9th-pent).....	ACC Championship (2/23)

**WEIGHT THROW**

63-4.25 (19.31)*.....	Stefani Vukajlovic (8th).....	ACC Championship (2/23)
60-8.50 (18.50).....	Stefani Vukajlovic (17th).....	Tiger Paw Invite (2/8)
60-4.50 (18.40).....	Stefani Vukajlovic (4th).....	VT Challenge (2/16)
58-8.50 (17.89).....	Stefani Vukajlovic (5th).....	Carolina Cup (1/12)
56-7.25 (17.25).....	Stefani Vukajlovic (11th).....	Hokie Invite (1/19)

**PENTATHLON**

4,132 (2).....	Erin Marsh (2nd).....	ACC Championship (2/23)
3,883.....	Erin Marsh (16th).....	NCAA Championships (3/8)
3,823.....	Erin Marsh (2nd).....	Armory Collegiate (1/26)
3,738.....	Kate Kutzer (4th).....	ACC Championship (2/23)
3,637.....	Kate Kutzer (3rd).....	Armory Collegiate (1/26)

## 2019 Men's Outdoor Track &amp; Field Results

Updated April 29, 2019

\* denotes Duke Record; (2) - No. 2 at Duke; (3) - No. 3 at Duke; (4) - No. 4 at Duke; (5) - No. 5 at Duke

## 100M DASH

10.95.....	Marquis Waters (14th).....	Virginia Grand Prix (4/27)
11.08.....	Marquis Waters (26th).....	Duke Invite (4/20)
11.20.....	Miles Mingo (12th).....	HPU VertKlasse Meet (3/23)

## 200M DASH

21.76.....	Miles Mingo (11th).....	Duke Invite (4/20)
22.11.....	Miles Mingo (11th).....	HPU VertKlasse Meet (3/23)
22.50.....	Miles Mingo (2nd).....	Battle of the Blues (4/6)
22.52.....	Marquis Waters (23rd).....	Virginia Grand Prix (4/27)
22.88.....	Marquis Waters (60th).....	Duke Invite (4/20)
23.26.....	Michael McCullom (24th).....	Virginia Grand Prix (4/27)
23.42.....	Sean Rafique (25th).....	HPU VertKlasse Meet (3/23)
23.64.....	Sean Rafique (74th).....	Duke Invite (4/20)
24.00.....	Christian Friis (35th).....	HPU VertKlasse Meet (3/23)

## 400M DASH

47.53.....	Miles Mingo (2nd).....	Battle of the Blues (4/6)
47.62.....	Miles Mingo (6th).....	Raleigh Relays (3/30)
47.85.....	Miles Mingo (5th).....	Duke Invite (4/20)
50.77.....	Michael McCullom (17th).....	Virginia Grand Prix (4/27)
51.46.....	Michael McCullom (64th).....	Duke Invite (4/20)
51.58.....	Sean Rafique (61st).....	Raleigh Relays (3/30)
51.89.....	Sean Rafique (67th).....	Duke Invite (4/20)
52.16.....	Sean Rafique (4th).....	Battle of the Blues (4/6)
52.17.....	Sean Rafique (10th).....	HPU VertKlasse Meet (3/23)

## 800M RUN

1:49.32.....	Matt Wisner (2nd).....	Duke Invite (4/20)
1:50.70.....	Matt Wisner (6th).....	Tennessee Relays (4/13)
1:51.14.....	Charles Cooper (7th).....	Tennessee Relays (4/13)
1:53.26.....	Charles Cooper (2nd).....	Battle of the Blues (4/6)
1:53.46.....	Charles Cooper (20th).....	Duke Invite (4/20)
1:54.03.....	Nick Cox (24th).....	Duke Invite (4/20)
1:55.49.....	Nick Cox (36th).....	Tennessee Relays (4/13)
1:56.33.....	Nick Cox (5th).....	Battle of the Blues (4/6)
1:56.68.....	Joe Cullen (39th).....	Tennessee Relays (4/13)
1:56.92.....	Matt Wisner (2nd).....	Battle of the Blues (4/6)
1:57.22.....	Devin Connell (6th).....	Battle of the Blues (4/6)
1:57.58.....	Joe Cullen (7th).....	Battle of the Blues (4/6)
1:57.86.....	Devin Connell (60th).....	Duke Invite (4/20)
1:59.10.....	Nico Coleman (61st).....	Duke Invite (4/20)
1:59.35.....	Nico Coleman (8th).....	Battle of the Blues (4/6)
2:01.52.....	Devin Connell (46th).....	Tennessee Relays (4/13)
2:04.24.....	Nico Coleman (47th).....	Tennessee Relays (4/13)

## 1,500M RUN

3:48.09.....	Charles Cooper (16th).....	Raleigh Relays (3/30)
3:52.48.....	Carter Dillon (37th).....	Raleigh Relays (3/30)
3:52.75.....	Alex Miley (40th).....	Raleigh Relays (3/30)
3:53.89.....	Nikhil Pulimood (28th).....	Tennessee Relays (4/13)
3:54.64.....	Alex Miley (32nd).....	Tennessee Relays (4/13)
3:56.18.....	Tom Sullivan (36th).....	Tennessee Relays (4/13)
3:56.49.....	Charles Cooper (1st).....	Battle of the Blues (4/6)
3:57.65.....	Carter Dillon (3rd).....	Battle of the Blues (4/6)
3:58.25.....	Carter Dillon (39th).....	Tennessee Relays (4/13)
3:59.01.....	Tom Sullivan (19th).....	Duke Invite (4/20)
4:01.58.....	Matt Politis (48th).....	Tennessee Relays (4/13)
4:03.48.....	Matt Politis (5th).....	Battle of the Blues (4/6)
4:04.25.....	Matt Politis (36th).....	Duke Invite (4/20)
4:05.04.....	Ethan Ready (43rd).....	Duke Invite (4/20)

## 3,000M RUN

8:23.74.....	CJ Ambrosio (1st).....	Battle of the Blues (4/6)
8:26.70.....	Chris Theodore (2nd).....	Battle of the Blues (4/6)
8:26.94.....	Tom Sullivan (3rd).....	Battle of the Blues (4/6)
8:46.62.....	Cole Hoff (4th).....	Battle of the Blues (4/6)

## 3,000M STEEPLECHASE

8:50.89 [4].....	Alex Miley (3rd).....	Penn Relays (4/27)
8:59.11.....	Alex Miley (1st).....	Battle of the Blues (4/6)

9:02.04.....	Michael Ungvarsky (11th).....	Penn Relays (4/27)
9:09.24.....	Michael Ungvarsky (2nd).....	Battle of the Blues (4/6)
9:09.69.....	Ethan Ready (19th).....	Penn Relays (4/27)
9:13.25.....	Ethan Ready (3rd).....	Battle of the Blues (4/6)
9:19.43.....	Stephen Garrett (7th).....	Duke Invite (4/20)
9:22.71.....	Michael Ungvarsky (41st).....	Raleigh Relays (3/30)
9:24.14.....	Ethan Ready (43rd).....	Raleigh Relays (3/30)
9:30.65.....	Stephen Garrett (5th).....	Battle of the Blues (4/6)
9:30.82.....	Stephen Garrett (49th).....	Raleigh Relays (3/30)
9:44.13.....	AJ Eckmann (6th).....	Battle of the Blues (4/6)
9:46.91.....	AJ Eckmann (4th).....	Tennessee Relays (4/13)

## 5,000M RUN

14:09.81.....	Dalton Randall (7th).....	Duke Invite (4/20)
14:13.40.....	Nikhil Pulimood (10th).....	Duke Invite (4/20)
14:13.61.....	CJ Ambrosio (9th).....	Penn Relays (4/27)
14:18.36.....	Paul Dellinger (14th).....	Duke Invite (4/20)
14:32.00.....	Josh Romine.....	Penn Relays (4/27)
14:34.61.....	Josh Romine (77th).....	Raleigh Relays (3/30)
14:38.62.....	Chris Theodore (39th).....	Penn Relays (4/27)
14:39.36.....	Josh Romine (2nd).....	Tennessee Relays (4/13)
14:49.09.....	Chris Theodore (5th).....	Tennessee Relays (4/13)
14:51.31.....	CJ Ambrosio (42nd).....	Raleigh Relays (3/30)
14:53.72.....	Paul Dellinger (114th).....	Raleigh Relays (3/30)
14:56.65.....	Tom Sullivan (60th).....	Penn Relays (4/27)
15:24.74.....	Cole Hoff (16th).....	Tennessee Relays (4/13)

## 10,000M RUN

30:11.76.....	Nikhil Pulimood (11th).....	Raleigh Relays (3/30)
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## 110M HURDLES

14.79.....	Christian Friis (2nd).....	Battle of the Blues (4/6)
15.43.....	Jacob Sobota (3rd).....	Battle of the Blues (4/6)

## 400M HURDLES

1:09.45.....	Sean Rafique (1st).....	Battle of the Blues (4/6)
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## 4X200M RELAY

## 4X400M RELAY

3:17.94.....	2nd.....	Battle of the Blues (4/6)
(Miles Mingo, Jacob Sobota, Christian Friis, Matt Wisner)		

## 4X800M RELAY

7:31.38.....	1st.....	Raleigh Relays (3/30)
(Carter Dillon, Nick Cox, Charles Cooper, Matt Wisner)		
7:37.07.....	9th.....	Penn Relays (4/27)
(Carter Dillon, Nick Cox, Charles Cooper, Matt Wisner)		
7:45.86.....	5th.....	Tennessee Relays (4/13)
(Tom Sullivan, Matt Politis, Joe Cullen, Nick Cox)		
7:49.15.....	16th.....	Raleigh Relays (3/30)
(Alex Connell, Joe Cullen, Matt Politis, Nico Coleman)		

## 4X1,500M RELAY

15:50.14.....	3rd.....	Raleigh Relays (3/30)
(Chris Theodore, Tom Sullivan, Alex Miley, Michael Ungvarsky)		

## 4XMILE RELAY

## DISTANCE MEDLEY RELAY

9:56.16.....	12th.....	Penn Relays (4/27)
(Charles Cooper, Miles Mingo, Carter Dillon, Mat Wisner)		
9:59.89.....	8th.....	Tennessee Relays (4/13)
(Charles Cooper, Nick Cox, Carter Dillon, Alex Miley)		

## SPRINT MEDLEY RELAY

## HIGH JUMP

7-0.25 (2.14).....	Rivers Ridout (1st).....	Virginia Grand Prix (4/27)
6-11.50 (2.12).....	Rivers Ridout (1st).....	Battle of the Blues (4/6)
6-10.25 (2.09).....	Rivers Ridout (2nd).....	HPU VertKlasse Meet (3/23)

# 2019 Men's Outdoor Track & Field Results

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6-10.25 (2.09).....	Rivers Ridout (T4th).....	Texas Relays (3/30)
6-9.00 (2.06).....	Rivers Ridout (5th).....	Duke Invite (4/20)
6-6.75 (2.00).....	Bryant Lewis (4th).....	Raleigh Relays (3/30)
6-6.75 (2.00).....	Benjamin Ross (3rd).....	Raleigh Relays (3/30)
6-5.00 (1.96).....	Bryant Lewis (T1st).....	Virginia Grand Prix (4/27)
6-5.00 (1.96).....	Bryant Lewis (5th).....	HPU VertKlasse Meet (3/23)
6-4.00 (1.93).....	Bryant Lewis (2nd).....	Battle of the Blues (4/6)
6-3.50 (1.92).....	Benjamin Ross (14th).....	Duke Invite (4/20)
6-3.25 (1.91).....	Benjamin Ross (9th).....	HPU VertKlasse Meet (3/23)
6-2.00 (1.88).....	Benjamin Ross (3rd).....	Battle of the Blues (4/6)
6-1.25 (1.86).....	Benjamin Ross (5th).....	Virginia Grand Prix (4/27)

## LONG JUMP

## POLE VAULT

16-0.75 (4.90).....	Cole Rowan (3rd).....	Virginia Grand Prix (4/27)
16-0.75 (4.90).....	Esteban Suarez (8th).....	Duke Invite (4/20)
15-10.00 (4.83).....	Esteban Suarez (5th).....	Virginia Grand Prix (4/27)
15-9.00 (4.80).....	Jacob Sobota (1st).....	Battle of the Blues (4/6)
15-7.00 (4.75).....	Cole Rowan (T8th).....	Tennessee Relays (4/13)
15-1.00 (4.60).....	Esteban Suarez (4th).....	Battle of the Blues (4/6)
15-1.00 (4.60).....	Cole Rowan (5th).....	Battle of the Blues (4/6)
14-7.50 (4.46).....	Cole Rowan (T7th).....	HPU VertKlasse Meet (3/23)

## SHOT PUT

58-3.25 (17.76) [T4]..	Ben Beatty (2nd).....	Virginia Grand Prix (4/27)
57-9.75 (17.62).....	Ben Beatty (2nd).....	Raleigh Relays (3/30)
56-10.25 (17.33).....	Ben Beatty (4th).....	Duke Invite (4/20)
52-10.25 (16.11).....	Ben Beatty (2nd).....	Battle of the Blues (4/6)
44-5.25 (13.54).....	Iyin Battle (3rd).....	Battle of the Blues (4/6)

## HAMMER THROW

193-5.00 (58.96).....	Iyin Battle (1st).....	Battle of the Blues (4/6)
186-0.00 (56.69).....	Iyin Battle (8th).....	Raleigh Relays (3/30)
186-5.00 (56.82).....	Iyin Battle (6th).....	Virginia Grand Prix (4/27)
183-5.00 (55.91).....	Iyin Battle (4th).....	HPU VertKlasse Meet (3/23)
180-1 (54.90).....	Iyin Battle (10th).....	Duke Invite (4/20)
170-11.00 (52.11).....	Ben Beatty (2nd).....	Battle of the Blues (4/6)

## JAVELIN THROW

221-0.00 (67.37).....	Kiegan Lenihan (2nd).....	Raleigh Relays (3/30)
217-1.00 (66.16) [4]..	Michael Marsack (2nd).....	HPU VertKlasse Meet (3/23)
216-10 (66.09).....	Kiegan Lenihan (1st).....	Duke Invite (4/20)
212-3.00 (64.69).....	Michael Marsack (1st).....	Battle of the Blues (4/6)
208-1.00 (63.42).....	Michael Marsack (6th).....	Texas Relays (3/30)
198-5.00 (60.47).....	Kiegan Lenihan (2nd).....	Battle of the Blues (4/6)
194-10.00 (59.39).....	Kiegan Lenihan (4th).....	Virginia Grand Prix (4/27)
193-2 (58.88).....	Michael Marsack (5th).....	Duke Invite (4/20)

## DISCUS THROW

155-8.00 (47.44).....	Iyin Battle (3rd).....	Battle of the Blues (4/6)
139-2 (42.43).....	Iyin Battle (24th).....	Duke Invite (4/20)
128-4.00 (39.11).....	Ben Beatty (4th).....	Battle of the Blues (4/6)

## DECATHLON

## 2019 Women's Outdoor Track &amp; Field Results

Updated April 29, 2019

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## 100M DASH

11.75 [4]	Kelcie Simmons (2nd)	Battle of the Blues (4/6)
11.76 [5]	Domonique Panton (7th)	Virginia Grand Prix (4/27)
11.78	Domonique Panton (3rd)	Battle of the Blues (4/6)
11.78	Domonique Panton (4th)	HPU VertKlasse Meet (3/23)
11.87	Domonique Panton (47th)	Texas Relays (3/30)
11.94	Domonique Panton (9th)	Duke Invite (4/20)
12.28	Natalie Simmons (11th)	HPU VertKlasse Meet (3/23)
12.37	Natalie Simmons (5th)	Battle of the Blues (4/6)

## 200M DASH

24.00	Kelcie Simmons (2nd)	Battle of the Blues (4/6)
24.17	Kelcie Simmons (3rd)	HPU VertKlasse Meet (3/23)
24.45	Brittany Aveni (5th)	HPU VertKlasse Meet (3/23)
24.49	Erin Marsh (1st-hept)	Texas Relays (3/30)
24.52	Erin Marsh (8th)	HPU VertKlasse Meet (3/23)
24.67	MacKenzie Kerr (8th)	Duke Invite (4/20)
24.71	Nikki Merritt (19th)	Tennessee Relays (4/13)
24.83	Simi Gbadegesin (11th)	Virginia Grand Prix (4/27)
24.92	MacKenzie Kerr (3rd)	Battle of the Blues (4/6)
25.09	Simi Gbadegesin (22nd)	Duke Invite (4/20)
25.27	Nikki Merritt (36th)	Duke Invite (4/20)
25.56	Simi Gbadegesin (12th)	HPU VertKlasse Meet (3/23)
25.65	Simi Gbadegesin (4th)	Battle of the Blues (4/6)
25.70	Isabel Wakefield (15th)	HPU VertKlasse Meet (3/23)
25.74	Virginia Capehart (17th)	HPU VertKlasse Meet (3/23)
25.80	Isabel Wakefield (13th-hept)	Texas Relays (3/30)
26.13	Kate Kutzer (65th)	Duke Invite (4/20)
26.26	Kate Kutzer (18th-hept)	Texas Relays (3/30)
26.32	Kate Kutzer (33rd)	HPU VertKlasse Meet (3/23)
26.43	Virginia Capehart (5th)	Battle of the Blues (4/6)
27.26	Rivka Arbib (85th)	Duke Invite (4/20)

## 400M DASH

54.56	Brittany Aveni (2nd)	Duke Invite (4/20)
54.82	MacKenzie Kerr (7th)	Duke Invite (4/20)
54.83	Brittany Aveni (2nd)	HPU VertKlasse Meet (3/23)
56.25	MacKenzie Kerr (3rd)	Battle of the Blues (4/6)
56.85	Simi Gbadegesin (10th)	Virginia Grand Prix (4/27)
56.88	Simi Gbadegesin (18th)	Raleigh Relays (3/30)
56.95	Virginia Capehart (22nd)	Duke Invite (4/20)
56.99	Simi Gbadegesin (2nd)	HPU VertKlasse Meet (3/23)
57.00	Simi Gbadegesin (4th)	Battle of the Blues (4/6)
57.17	Virginia Capehart (11th)	HPU VertKlasse Meet (3/23)
57.17	Virginia Capehart (24th)	Raleigh Relays (3/30)
57.69	Simi Gbadegesin (35th)	Duke Invite (4/20)
58.99	Lauren Hoffman (3rd)	Tennessee Relays (4/13)

## 800M RUN

2:06.49	Brittany Aveni (1st)	Battle of the Blues (4/6)
2:06.59	Brittany Aveni (3rd)	Duke Invite (4/20)
2:10.21	Kim Hallows (6th)	Virginia Grand Prix (4/27)
2:10.31	Liz Lansing (12th)	Raleigh Relays (3/30)
2:13.09	Virginia Capehart (3rd)	Battle of the Blues (4/6)
2:13.53	Virginia Capehart (10th)	Virginia Grand Prix (4/27)
2:14.29	Virginia Capehart (26th)	Duke Invite (4/20)
2:21.42	Kate Kutzer (11th-hept)	Texas Relays (3/30)
2:26.55	Isabel Wakefield (13th-hept)	Texas Relays (3/30)
2:28.69	Rylee Bowen (87th)	Duke Invite (4/20)

## 1,500M RUN

4:20.55	Liz Lansing (1st)	Virginia Grand Prix (4/27)
4:23.39	Kim Hallows (16th)	Raleigh Relays (3/30)
4:25.04	Kim Hallows (3rd)	Tennessee Relays (4/13)
4:25.18	Michaela Reinhart (2nd)	Virginia Grand Prix (4/27)
4:25.18	Liz Lansing (4th)	Tennessee Relays (4/13)
4:25.57	Liz Lansing (4th)	Duke Invite (4/20)
4:27.66	Kim Hallows (6th)	Duke Invite (4/20)
4:27.82	Sara Platek (3rd)	Virginia Grand Prix (4/27)
4:30.54	Leigha Torino (5th)	Virginia Grand Prix (4/27)
4:34.20	Sarah Armstrong (11th)	Virginia Grand Prix (4/27)

4:34.81	Leigha Torino (18th)	Duke Invite (4/20)
4:35.44	Leigha Torino (20th)	Tennessee Relays (4/13)
4:35.70	Elizabeth Reneau (13th)	Virginia Grand Prix (4/27)
4:37.27	Sarah Armstrong (22nd)	Duke Invite (4/20)
4:37.42	Clara Savchik (14th)	Virginia Grand Prix (4/27)
4:39.30	Elizabeth Reneau (2nd)	Battle of the Blues (4/6)
4:49.50	Rylee Bowen (140th)	Raleigh Relays (3/30)
4:50.07	Sheridan Wilbur (26th)	Virginia Grand Prix (4/27)
4:56.06	Sheridan Wilbur (151st)	Raleigh Relays (3/30)
4:57.89	Rylee Bowen (4th)	Battle of the Blues (4/6)
5:00.96	Gabrielle Richichi (5th)	Battle of the Blues (4/6)
5:07.35	Rylee Bowen (81st)	Duke Invite (4/20)

## 3,000M RUN

9:32.14	Sara Platek (1st)	Battle of the Blues (4/6)
9:50.06	Helen Williams (2nd)	Battle of the Blues (4/6)
9:53.75	Lindsay Billings (3rd)	Battle of the Blues (4/6)
10:18.87	Gabrielle Richichi (5th)	Battle of the Blues (4/6)
10:31.68	Sheridan Wilbur (7th)	Battle of the Blues (4/6)

## 3,000M STEEPLECHASE

10:26.77	Michaela Reinhart (6th)	Raleigh Relays (3/30)
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## 5,000M RUN

16:16.01	Michaela Reinhart (3rd)	Duke Invite (4/20)
16:27.78	Sara Platek (4th)	Duke Invite (4/20)
16:38.86	Clara Savchik (7th)	Duke Invite (4/20)
16:45.62	Monica Hebner (13th)	Penn Relays (4/27)
16:47.00	Helen Williams (14th)	Penn Relays (4/27)
16:53.79	Lindsay Billings (16th)	Penn Relays (4/27)
17:11.53	Elizabeth Reneau (45th)	Raleigh Relays (3/30)
17:15.24	Lindsay Billings (13th)	Raleigh Relays (3/30)
17:21.85	Helen Williams (19th)	Raleigh Relays (3/30)
17:35.44	Elizabeth Reneau (15th)	Duke Invite (4/20)
18:16.76	Gabrielle Richichi (14th)	Duke Invite (4/20)

## 10,000M RUN

34:20.90	Monica Hebner (1st)	Raleigh Relays (3/30)
35:06.09	Amanda Beach (29th)	Raleigh Relays (3/30)

## 100M HURDLES

13.49	Erin Marsh (1st)	Duke Invite (4/20)
13.51 [2]	Erin Marsh (1st-hept)	Texas Relays (3/30)
13.53	Erin Marsh (4th)	Penn Relays (4/27)
13.61	Erin Marsh (3rd-prelims)	Penn Relays (4/27)
13.72	Lauren Hoffman (4th)	Duke Invite (4/20)
13.76	Lauren Hoffman (13th)	Tennessee Relays (4/13)
13.82	Erin Marsh (2nd)	HPU VertKlasse Meet (3/23)
13.98	Lauren Hoffman (3rd)	HPU VertKlasse Meet (3/23)
13.99	Lauren Hoffman (1st)	Battle of the Blues (4/6)
14.03	Lauren Hoffman (32nd)	Raleigh Relays (3/30)
14.20	Isabel Wakefield (20th)	Tennessee Relays (4/13)
14.30	Isabel Wakefield (9th-hept)	Texas Relays (3/30)
14.35	Nikki Merritt (2nd)	Battle of the Blues (4/6)
14.44	Nikki Merritt (13th)	Duke Invite (4/20)
14.47	Isabel Wakefield (14th)	Duke Invite (4/20)
14.59	Nikki Merritt (27th)	Tennessee Relays (4/13)
14.91	Kate Kutzer (3rd)	Battle of the Blues (4/6)
14.93	Kate Kutzer (29th)	Tennessee Relays (4/13)
14.94	Kate Kutzer (15th)	Virginia Grand Prix (4/27)
14.97	Kate Kutzer (20th-hept)	Texas Relays (3/30)
14.89	Isabel Wakefield (8th)	HPU VertKlasse Meet (3/23)
15.25	Kate Kutzer (11th)	HPU VertKlasse Meet (3/23)
15.99	Rivka Arbib (19th)	Virginia Grand Prix (4/27)
17.03	Rivka Arbib (5th)	Battle of the Blues (4/6)
20.01	Isabel Wakefield (6th)	Battle of the Blues (4/6)

## 400M HURDLES

57.58*	India Lowe (1st)	Battle of the Blues (4/6)
58.51 [4]	Lauren Hoffman (1st)	Duke Invite (4/20)
58.60	India Lowe (1st)	HPU VertKlasse Meet (3/23)
58.65	Lauren Hoffman (2nd)	Battle of the Blues (4/6)

## 2019 Women's Outdoor Track &amp; Field Results

Updated April 29, 2019

\* denotes Duke Record; (2) - No. 2 at Duke; (3) - No. 3 at Duke; (4) - No. 4 at Duke; (5) - No. 5 at Duke

58.94	Lauren Hoffman (2nd)	HPU VertKlasse Meet (3/23)
59.05	India Lowe (5th-pre)	Texas Relays (3/30)
1:00.04	India Lowe (7th)	Texas Relays (3/30)
1:00.34	India Lowe (5th)	Tennessee Relays (4/13)
1:01.20	Lauren Hoffman (19th-pre)	Texas Relays (3/30)

**4X100M RELAY**

45.19	1st	Battle of the Blues (4/6)
	(Domonique Panton, India Lowe, Kelcie Simmons, Nikki Merritt)	
45.72	7th pre	Texas Relays (3/30)
	(Domonique Panton, India Lowe, Natalie Simmons, Kelcie Simmons)	
46.70	2nd	HPU VertKlasse Meet (3/23)
	(Domonique Panton, India Lowe, Natalie Simmons, Kelcie Simmons)	

**4X200M RELAY****4X400M RELAY**

3:36.06	1st	Battle of the Blues (4/6)
	(India Lowe, MacKenzie Kerr, Lauren Hoffman, Brittany Aveni)	
3:37.75	4th	Penn Relays (4/27)
	(Lauren Hoffman, MacKenzie Kerr, Kelcie Simmons, Brittany Aveni)	
3:38.57	2nd-prelims	Penn Relays (4/27)
	(Lauren Hoffman, MacKenzie Kerr, Kelcie Simmons, Brittany Aveni)	
3:39.02	6th	Texas Relays (3/30)
	(India Lowe, MacKenzie Kerr, Kelcie Simmons, Brittany Aveni)	
3:43.31	5th pre	Texas Relays (3/30)
	(India Lowe, Brittany Aveni, Lauren Hoffman, MacKenzie Kerr)	
3:59.04	21st	Raleigh Relays (3/30)
	(Virginia Capehart, Rylee Bowen, Kim Hallowses, Liz Lansing)	

**4X800M RELAY**

8:57.75	5th	Tennessee Relays (4/13)
	(Kim Hallowses, Liz Lansing, Leigha Torino, Kate Kutzer)	

**4X1,500M RELAY****4XMILE RELAY****DISTANCE MEDLEY RELAY****SHUTTLE HURDLE RELAY**

56.66	2nd	Penn Relays (4/27)
	(Erin Marsh, Isabel Wakefield, Nikki Merritt, Lauren Hoffman)	

**SPRINT MEDLEY RELAY**

3:54.21	6th	Texas Relays (3/30)
	(India Lowe, Kelcie Simmons, MacKenzie Kerr, Brittany Aveni)	

**HIGH JUMP**

5-7.75 (1.72) [T5]	Erin Marsh (6th-hept)	Texas Relays (3/30)
5-7.25 (1.71)	Cassie Martin (1st)	Raleigh Relays (3/30)
5-7.25 (1.71)	Cassie Martin (2nd)	HPU VertKlasse Meet (3/23)
5-6.50 (1.69)	Erin Marsh (1st)	Battle of the Blues (4/6)
5-6.00 (1.68)	Cassie Martin (1st)	Duke Invite (4/20)
5-6.00 (1.68)	Erin Marsh (6th)	Duke Invite (4/20)
5-4.50 (1.64)	Cassie Martin (2nd)	Battle of the Blues (4/6)
5-3.75 (1.62)	Cassie Martin (T2nd)	Virginia Grand Prix (4/27)
5-3.00 (1.60)	Isabel Wakefield (12th-hept)	Texas Relays (3/30)
5-1.25 (1.56)	Isabel Wakefield (8th)	HPU VertKlasse Meet (3/23)
5-1.25 (1.56)	Tracy Jander (9th)	HPU VertKlasse Meet (3/23)
5-1.00 (1.55)	Tracy Jander (T12th)	Raleigh Relays (3/30)
5-1.00 (1.55)	Rivka Arbiv (9th)	Duke Invite (4/20)
5-0.50 (1.54)	Rivka Arbiv (3rd)	Battle of the Blues (4/6)
4-11.75 (1.52)	Rivka Arbiv (T8th)	Virginia Grand Prix (4/27)
4-11.75 (1.52)	Kate Kutzer (11th)	Virginia Grand Prix (4/27)
4-11.00 (1.50)	Isabel Wakefield (T11th)	Duke Invite (4/20)
4-11.00 (1.50)	Tracy Jander (T11th)	Duke Invite (4/20)
4-9.00 (1.45)	Kate Kutzer (23rd-hept)	Texas Relays (3/30)

**LONG JUMP**

19-5.25 (5.92) [5]	Kate Kutzer (2nd)	Battle of the Blues (4/6)
18-10.00 (5.74)	Kate Kutzer (6th-hept)	Texas Relays (3/30)
18-8.00 (5.69)	Isabel Wakefield (4th)	Battle of the Blues (4/6)
18-8.00 (5.69)	Kelcie Simmons (5th)	Battle of the Blues (4/6)
18-8.00 (5.69)	Jaida Lemmons (3rd)	Battle of the Blues (4/6)
18-8.00 (5.69)	Erin Marsh (8th-hept)	Texas Relays (3/30)
18-6.50 (5.65)	Isabel Wakefield (10th-hept)	Texas Relays (3/30)
18-5.75 (5.63)	Isabel Wakefield (22nd)	Tennessee Relays (4/13)
18-4.50 (5.60)	Erin Marsh (13th)	Penn Relays (4/27)
16-1.00 (4.90)	Rivka Arbiv (23rd)	Duke Invite (4/20)

**TRIPLE JUMP**

42-2.75 (12.87) [1]	Domonique Panton (2nd)	Virginia Grand Prix (4/27)
41-11.50 (12.79)	Domonique Panton (2nd)	Duke Invite (4/20)
39-11.50 (12.18)	Domonique Panton (2nd)	Battle of the Blues (4/6)
39-8.50 (12.10)	Jaida Lemmons (8th)	Duke Invite (4/20)
39-6.50 (12.05)	Domonique Panton (8th)	Texas Relays (3/30)
38-8.25 (11.79) [4]	Jaida Lemmons (3rd)	Battle of the Blues (4/6)

**POLE VAULT**

13-10.50 (4.23) [4]	Nati Sheppard (2nd)	Virginia Grand Prix (4/27)
13-9.75 (4.21)	Nati Sheppard (T5th)	Texas Relays (3/30)
13-7.25 (4.21)	Nati Sheppard (6th)	Tennessee Relays (4/13)
13-3.50 (4.05)	Nati Sheppard (5th)	Duke Invite (4/20)
13-1.50 (4.00)	Nati Sheppard (2nd)	Battle of the Blues (4/6)
12-8.00 (3.86)	Nati Sheppard (5th)	HPU VertKlasse Meet (3/23)
12-5.50 (3.80)	Chesney Ward (T8th)	Duke Invite (4/20)

**SHOT PUT**

38-4.75 (11.70)	Erin Marsh (3rd)	Battle of the Blues (4/6)
36-3.50 (11.06)	Kate Kutzer (15th-hept)	Texas Relays (3/30)
34-11.25 (10.65)	Erin Marsh (27th)	Duke Invite (4/20)
34-1.25 (10.39)	Isabel Wakefield (22nd-hept)	Texas Relays (3/30)
32-2.75 (9.82)	Erin Marsh (24th-hept)	Texas Relays (3/30)
32-0.75 (9.77)	Kate Kutzer (28th)	Duke Invite (4/20)
32-0.00 (9.75)	Rivka Arbiv (7th)	Battle of the Blues (4/6)
31-4.00 (9.55)	Rivka Arbiv (29th)	Duke Invite (4/20)
27-5.50 (8.37)	Isabel Wakefield (30th)	Duke Invite (4/20)

**HAMMER THROW**

213-1.00 (64.95)*	Stefani Vukajlovic (2nd)	Duke Invite (4/20)
206-3.00 (62.86)	Stefani Vukajlovic (3rd)	Virginia Grand Prix (4/27)
205-10.00 (62.73)	Stefani Vukajlovic (3rd)	HPU VertKlasse Meet (3/23)
204-3.00 (62.25)	Stefani Vukajlovic (6th)	Texas Relays (3/30)
203-9.00 (62.11)	Stefani Vukajlovic (2nd)	Battle of the Blues (4/6)

**JAVELIN THROW**

160-0.00 (48.77) [4]	Dana Baker (2nd)	HPU VertKlasse Meet (3/23)
143-5.00 (43.72)	Ashleigh Rodriguez (4th)	HPU VertKlasse Meet (3/23)
137-6.00 (41.90)	Ashleigh Rodriguez (5th)	Virginia Grand Prix (4/27)
135-7.00 (41.33)	Jaida Lemmons (3rd)	Battle of the Blues (4/6)
134-8.00 (41.04)	Ashleigh Rodriguez (4th)	Battle of the Blues (4/6)
133-1.00 (40.57)	Isabel Wakefield (5th)	Battle of the Blues (4/6)
130-9.00 (39.86)	Ashleigh Rodriguez (7th)	Duke Invite (4/20)
130-3.00 (39.70)	Kate Kutzer (6th)	Battle of the Blues (4/6)
128-8.00 (39.23)	Ashleigh Rodriguez (15th)	Raleigh Relays (3/30)
116-2.00 (35.42)	Erin Marsh (7th)	Battle of the Blues (4/6)
107-5.00 (32.75)	Erin Marsh (14th-hept)	Texas Relays (3/30)
121-5.00 (37.01)	Kate Kutzer (6th-hept)	Texas Relays (3/30)
92-8.00 (28.25)	Isabel Wakefield (21st-hept)	Texas Relays (3/30)

**DISCUS THROW**

101-8.00 (30.98)	Stefani Vukajlovic (4th)	Battle of the Blues (4/6)
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**HEPTATHLON**

4,971	Kate Kutzer (11th)	Texas Relays (3/30)
4,967	Isabel Wakefield (13th)	Texas Relays (3/30)