

SSAC/Sun Indoor Conference T&F Championships 2023
CrossPlex, Birmingham, AL - 2/6/2023
Meet Program - Running Events

Event 78 Women 4x800 Meter Relay Sun Conf**Monday 2/6/2023 - 9:00 AM**

SSAC SUN: 9:40.86 2/7/2022 Southeastern U.

J Rohm, J Blaser, E Woltjer, C Gales

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Southeastern		NT
2	SCAD Savanna		NT

Event 34 Women 4x800 Meter Relay Southern States**Monday 2/6/2023 - 9:00 AM**

SSAC SUN: 10:09.25 2/7/2022 William Carey

A Opre, S Olamide, P Anderson, B Contesa

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
3	Loyola-New O		11:02.53
4	Talladega		NT
5	Dalton State		NT
6	William Care		NT
7	Mobile		NT
8	Life		NT

Event 79 Men 4x800 Meter Relay Sun Conf**Monday 2/6/2023 - 9:25 AM**

SSAC SUN: 8:18.25 2/7/2022 SCAD Savannah

J Jones, J Smith, S Dosunmu, C Philbin

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Webber		NT
2	Southeastern		NT
3	SCAD Savanna		NT
4	Thomas (Ga.)		NT
5	Keiser		NT

Event 35 Men 4x800 Meter Relay Southern States**Monday 2/6/2023 - 9:25 AM**

SSAC SUN: 9:04.10 2/7/2022 Brewton-Parker

M Smith, J Hackett, E Smith, A Pinckard

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
6	William Care		NT
7	Life		NT
8	Brewton-Park		NT
9	Talladega		NT

Event 60 Women 60 Meter Dash Sun Conf**8 Advance: Top 1 Each Heat plus Next 5 Best Times****Monday 2/6/2023 - 9:45 AM**

Heat Winner + Next 5 on Time advance to Finals

SSAC SUN: 7.64 2/7/2022 Shikyla Walcott

CrossPlex: 7.04 3/11/2022 Julien Alfred

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Denai Wilson	SR	Florida Memo	7.68
2	Gayneil Sands	JR	Florida Memo	8.06
3	Marcelina Powalka	SO	Ave Maria	9.70
4	Anitria Sangster	JR	Florida Memo	7.77
5	Staicha Larose	NA	Keiser	NT
6	Dinae Hemmings	FR	Webber	8.00
Heat 2 of 3 Prelims				
2	Nicole Johnson	JR	Warner	7.52
3	Tessa Shriver	SO	Webber	8.27
4	Shanice Fleurimond	FR	Keiser	7.89
5	Oluwafikayomi Lawrence	JR	Southeastern	7.92
6	Acheline Delhomme	SO	Warner	8.41
Heat 3 of 3 Prelims				
3	Annalyse Rogers	FR	Southeastern	7.98
4	Irmiris Mendez	SO	Southeastern	7.60
5	Azora Williams	JR	Webber	8.77
6	Sabrina Davis	JR	Warner	NT
7	Shanya Donaldson	SO	Webber	7.87
8	Briana Ramos	JR	Southeastern	8.15

Event 18 Women 60 Meter Dash Southern States**8 Advance: Top 1 Each Heat plus Next 5 Best Times****Monday 2/6/2023 - 9:45 AM**

Heat Winner + Next 5 on Time advance to Finals

SSAC SUN: 7.55 2/7/2022 Fredricka McKenzie

CrossPlex: 7.04 3/11/2022 Julien Alfred

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Jerenie Jackson	SO	Mobile	7.98
2	Ja'niya Mouton	FR	William Care	8.14
3	Kennedy Daniels	SO	Loyola-New O	NT
4	Maya Smith-Speed	JR	Life	7.82
5	Fredricka McKenzie	JR	William Care	7.49
6	Dalajah Long	JR	Life	7.78
Heat 2 of 3 Prelims				
2	Tyeese Smith	FR	William Care	7.65
3	Patrice Oatis	FR	William Care	8.47
4	Briana Ray	JR	Dalton State	9.99
5	Samantha Mansur	SR	Mobile	7.91
6	Megan Williams	FR	Mobile	7.95
7	Latavia Jack	SO	Mobile	7.59

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Heat 3 of 3 Prelims...(Event 18 Women 60 Meter Dash Southern State)

1	Jada Siroun-Myers	FR	Life	8.02
2	Kayce Darby	FR	Life	7.79
3	Wayonna Brooks-Wells	FR	Talladega	7.81
4	Myla Edwards	JR	Mobile	8.03
5	Talayla Davis	JR	Life	7.43
6	Machaeda Linton	FR	William Care	NT
7	Jazzmyn Shelton	FR	Dalton State	NT

Event 42 Men 60 Meter Dash Sun Conf**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Monday 2/6/2023 - 9:50 AM

Heat Winner + Next 5 on Time advance to Finals

SSAC SUN: 6.77 2/7/2022 Melvin Johnson

CrossPlex: 6.47 3/12/2016 Ronnie Baker

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Ahmad Strong	FR	Warner	7.46
2	Jaylyn Session	SO	Florida Memo	6.73
3	Alexander Brown	FR	Warner	7.12
4	Darian Mills	FR	Thomas (Ga.)	7.03
5	Michael Eady	FR	Thomas (Ga.)	6.92
6	Kaden Angulo	FR	Ave Maria	NT
7	Kasahn Rivers	FR	Thomas (Ga.)	7.24

Heat 2 of 3 Prelims

1	Saminu Abdul-Rasheed	SO	Florida Memo	NT
2	Keylon Leno	FR	Southeastern	7.26
3	Jacob Buatu	FR	Keiser	7.05
4	Hugo Biget	FR	Keiser	NT
5	Melvin Johnson	SR	Keiser	6.80
6	Joseph Taylor	JR	Southeastern	6.80
7	LaShawn Powell	FR	Warner	7.24
8	Kyron Belton	FR	Thomas (Ga.)	7.10

Heat 3 of 3 Prelims

1	Davien Worrels	SO	Southeastern	6.98
2	Caleb Balado Maldonado	SO	Webber	7.20
3	La'Trevious Williams	FR	Webber	7.15
4	Donte Brooks	FR	Ave Maria	7.47
5	Derrick Jackson	SO	Warner	7.50
6	Cliff Desir	SO	Keiser	6.93
7	James Williamson III	SO	Southeastern	6.62

Event 1 Men 60 Meter Dash Southern States**Top 8 Advance by Time**

Monday 2/6/2023 - 9:50 AM

Heat Winner + Next 5 on Time advance to Finals

SSAC SUN: 6.91 2/7/2022 Joseph Moses III

CrossPlex: 6.47 3/12/2016 Ronnie Baker

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Christian Louis	FR	Talladega	6.82
2	Garrick Randolph	SR	William Care	7.15
3	Cameron Alexander	SR	Mobile	7.08
4	Joseph Moses III	SR	Mobile	7.02
5	NiShawn Wise	FR	Brewton-Park	7.15
7	Warren Hollis	SO	Brewton-Park	NT

Heat 2 of 3 Prelims

1	Jaleel Murphy	SO	Mobile	7.11
2	Jaidon Shelby	SO	William Care	7.11
3	Alex Gordon	FR	Mobile	6.98
4	Ty'Sheem Denton	SO	Brewton-Park	7.01
6	Aaron McFadden	SO	Loyola-New O	7.28

Heat 3 of 3 Prelims

1	Colt Brantley	SR	Brewton-Park	7.09
2	Elijah Kennedy	FR	William Care	NT
3	Sammy Samuel	FR	Life	7.01
4	Markanthony Hayes	FR	Life	6.97
5	Marvin Jean-Francois	JR	Life	7.15
6	Blair Turner	FR	Loyola-New O	7.27

Event 67 Women 60 Meter Hurdles Sun Conf**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Monday 2/6/2023 - 10:00 AM

Heat Winner + Next 6 on Time advance to Finals

SSAC SUN: 9.28 2/7/2022 Quinzel Bazilio

CrossPlex: 7.78 3/12/2022 Grace Stark

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Tenae Grigsby	SR	Southeastern	9.05
2	Victoria Morris	JR	Southeastern	9.09
3	Alexandrea Gaetz	JR	Webber	9.34
4	Jessica Murr	JR	SCAD Savanna	12.09
5	Quinzel Bazilio	JR	Florida Memo	9.54
6	Yasmyne Williams	FR	Florida Memo	8.79
7	Sophia Alexander	SO	Thomas (Ga.)	11.36

Heat 2 of 2 Prelims

2	Jolie Caya	JR	Warner	9.31
3	Irmiris Mendez	SO	Southeastern	8.89
4	Amaya Kier	JR	Southeastern	9.01
5	Kailyn Kelly	SO	Keiser	10.17
6	Isabella Zaro	FR	SCAD Savanna	10.53
7	Selena Johnson	JR	Warner	9.25
8	Faith Joseph	FR	Florida Memo	NT

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Event 49 Men 60 Meter Hurdles Sun Conf**8 Advance: Top 1 Each Heat plus Next 6 Best Times****Monday 2/6/2023 - 10:10 AM****Heat Winner + Next 6 on Time advance to Finals**

SSAC SUN: 8.15 2/7/2022 Glenn Rodgers
 CrossPlex: 7.35 3/9/2019 Grant Holloway

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Taylor Gulley	SO	Warner	8.76
2	Raziel Smith	SO	Southeastern	8.86
3	Rickkem Henry	FR	Warner	10.13
4	Antonio Thomas	JR	Florida Memo	8.30
5	Davonte Vanterpool	SR	Southeastern	7.81
6	Darian Mills	FR	Thomas (Ga.)	8.34
7	Joey Zizza	SR	SCAD Savanna	9.72

Heat 2 of 2 Prelims

2	Nigel Steenwinkel	SO	Keiser	8.74
3	Jaquim Evans	SO	Thomas (Ga.)	9.39
4	Cole Wilson	SO	Keiser	8.75
5	Glenn Rodgers	JR	Southeastern	8.05
6	Jacob Buatu	FR	Keiser	9.24
7	Darion Carter	SR	Southeastern	8.05

Event 8 Men 60 Meter Hurdles Southern States**8 Advance: Top 1 Each Heat plus Next 6 Best Times****Monday 2/6/2023 - 10:10 AM****Heat Winner + Next 6 on Time advance to Finals**

SSAC SUN: 8.10 2/7/2022 Brandon Schultz
 CrossPlex: 7.35 3/9/2019 Grant Holloway

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

4	Jamon Tymes	SR	Brewton-Park	8.44
5	Marvin Jean-Francois	JR	Life	8.40
6	Jalin Brown	FR	William Care	8.86
7	Me'khi Gibson	FR	Brewton-Park	8.96
8	Dakyren Sullivan	FR	Mobile	NT

Heat 2 of 2 Prelims

1	Bradley Taylor	JR	Brewton-Park	8.55
2	Wes Egalite	FR	Mobile	8.61
3	Calab Williams	JR	Brewton-Park	9.00
4	Emmanuel Niang	JR	Talladega	8.03
5	Braddock Lord	SO	Loyola-New O	9.14

Event 66 Women 5000 Meter Run Sun Conf**Monday 2/6/2023 - 10:20 AM****2-alley start; 2-turn stagger;**

SSAC SUN: 18:49.72 2/7/2022 Talia Sullivan
 CrossPlex: 15:15.21 3/11/2016 Molly Seidel

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Talia Sullivan	SO	SCAD Savanna	18:05.29
2	Julia Gralki	SO	SCAD Savanna	18:41.30
3	Sarah Maddux-Hensley	FR	Southeastern	19:40.41
4	Madison Lilienthal	SR	Southeastern	19:43.10
5	Abbie Baker	SO	Southeastern	20:04.19
6	Emma McLaughlin	JR	Southeastern	20:14.24
7	Marlee Irvin	FR	Southeastern	20:32.29
8	Stef Baracaldo	SO	SCAD Savanna	20:56.95
9	Sophie Robinson	FR	Southeastern	21:15.85
10	Cassandra Richards	SO	Thomas (Ga.)	21:39.03
11	Caitlin Michelangelo	SO	SCAD Savanna	26:00.30

Event 24 Women 5000 Meter Run Southern States**Monday 2/6/2023 - 10:20 AM****2-alley start; 2-turn stagger**

SSAC SUN: 19:11.33 2/7/2022 Riley Jo Ford
 CrossPlex: 15:15.21 3/11/2016 Molly Seidel

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Lina May	SR	William Care	16:57.07
2	Riley Jo Ford	JR	Dalton State	19:17.26
3	Isabelle Wheeler	SO	William Care	19:24.56
4	Marlene Paez	FR	Dalton State	20:31.19
5	Ella Coley	SO	Dalton State	21:08.94
6	Olivia Pitts	JR	William Care	NT
7	Kaitlin Ivey	JR	Life	NT

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Meet Program - Running Events

Event 48 Men 5000 Meter Run Sun Conf**Monday 2/6/2023 - 11:10 AM**

2-alley start; 2-turn stagger;

SSAC SUN: 15:57.42 2/7/2022 Jake Barraclough

CrossPlex: 13:37.39 1/24/2021 Christian Noble

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	John Perez-Dunn	JR	Southeastern	15:07.38
2	Justin Tomison	JR	Thomas (Ga.)	15:53.15
3	Jordan Hierholzer	FR	Southeastern	16:00.58
4	Juan Perez	SR	Keiser	16:01.79
5	Joshua Shields	JR	Southeastern	16:15.52
6	David Milburn	JR	Southeastern	16:19.45
7	Juan Felipe Ledesma	FR	Southeastern	17:03.13
8	Diego Diaz	SO	Keiser	17:06.62
9	Haven Honeycutt	JR	SCAD Savanna	17:20.66
10	Andrew Rodriguez	FR	Webber	17:39.53
11	Emilio Ancaya	FR	Southeastern	17:42.73
12	Daniel Garza	FR	SCAD Savanna	18:08.41
13	Daniel Morgan	FR	Southeastern	NT
14	Ryan Bradley	JR	SCAD Savanna	NT

Event 7 Men 5000 Meter Run Southern States**Monday 2/6/2023 - 11:10 AM**

2-alley start; 2-turn stagger

SSAC SUN: 15:22.24 2/7/2022 Carson Barlow

CrossPlex: 13:37.39 1/24/2021 Christian Noble

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Carson Barlow	SO	William Care	14:55.63
2	Christian Colon	SR	Life	15:16.92
3	Seth Kramlich	SO	William Care	15:29.84
4	Preston Webb	JR	Mobile	15:57.56
5	Jacob Harned	SO	Mobile	16:26.10
6	Jacob Hackenberry	FR	Brewton-Park	16:57.34
7	Eric Smith	SO	Brewton-Park	NT
8	Connor Meigs	FR	Loyola-New O	NT
9	Ian Tablan	SO	Mobile	NT

Event 64 Women 1 Mile Run Sun Conf**Monday 2/6/2023 - 11:50 AM**

2-alley start; 2-turn stagger;

SSAC SUN: 5:16.49 2/7/2022 Julia Rohm

CrossPlex: 4:33.13 3/11/2022 Sintayehu Vissa

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Julia Rohm	SR	Southeastern	5:08.21
2	Ella Hodges	FR	SCAD Savanna	5:13.90
3	Montserrat De Santiago	SR	SCAD Savanna	5:17.01
4	Emma Woltjer	JR	Southeastern	5:30.15
5	Grace Feder	SO	Southeastern	5:37.86
6	Eva Camp	FR	Southeastern	5:57.35
7	Kathy Macedo	JR	Southeastern	5:59.42
8	Anne Scheck	SO	Ave Maria	6:00.19
9	Grace Carpenter	JR	Southeastern	6:08.11
10	Gabrielle Sjostedt	FR	Ave Maria	6:08.60
11	Victoria Richards	SO	Thomas (Ga.)	6:14.66
12	Joselyn Leon	SO	SCAD Savanna	7:36.16
13	Sydney Slagel	JR	Southeastern	8:15.73
14	Felicity Foxhoven	FR	Ave Maria	NT

Event 22 Women 1 Mile Run Southern States**Monday 2/6/2023 - 11:50 AM**

2-alley start; 2-turn stagger

SSAC SUN: 5:16.88 2/7/2022 Kathryn Vradenburgh

CrossPlex: 4:33.13 3/11/2022 Sintayehu Vissa

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Madisyn Acosta	JR	Loyola-New O	5:26.40
2	Kathryn Vradenburgh	SR	Dalton State	5:13.16
3	Kayley Burgess	JR	Mobile	NT
4	Sarah Olamide	JR	William Care	5:27.27
5	Blanca Conesa	SO	William Care	NT
6	Trinity Page	FR	Mobile	NT
7	Paige Anderson	JR	William Care	NT
8	Darcy Picker	SR	Life	5:41.02
9	Amber Byrd	JR	Loyola-New O	5:54.28

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Event 46 Men 1 Mile Run Sun Conf**Monday 2/6/2023 - 12:10 PM**

2-alley start; 2-turn stagger;

SSAC SUN: 4:22.97 2/7/2022 Tomoki Scharber
 CrossPlex: 3:57.04 3/12/2022 Johnathan Davis

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Ethan Campbell	SO	Southeastern	4:34.19
2	Justin Hernandez	FR	Thomas (Ga.)	4:34.28
3	Drew Knobl	SO	Southeastern	4:36.13
4	Joseph Perreault	JR	Ave Maria	4:38.16
5	Seth Humphries	FR	Thomas (Ga.)	4:38.45
6	Nathan Evans	FR	Southeastern	4:40.12
7	Erik Albin	FR	Keiser	4:40.84
8	Luke Callery	SO	Southeastern	4:42.43
9	Jonathan Dinkins	SO	Southeastern	4:45.16
10	Jaden Simpson	FR	Southeastern	4:46.29
11	Wyatt Friend	FR	Webber	4:52.89
12	Gage Rassmussen	JR	Keiser	4:55.64
13	Jacob Smith	SR	SCAD Savanna	4:58.24
14	Xavier Rios	SO	Warner	5:02.97

Event 5 Men 1 Mile Run Southern States**Monday 2/6/2023 - 12:10 PM**

2-alley start; 2-turn stagger;

SSAC SUN: 4:33.02 2/7/2022 Christian Hanson
 CrossPlex: 3:57.04 3/12/2022 Johnathan Davis

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Joshua Wagner	SR	Life	4:11.06
2	Lance Wells	FR	Life	4:16.42
3	Owen Jensen	SO	William Care	4:31.50
4	Alex Medina	JR	Loyola-New O	4:37.80
5	Denzel Sawyer	FR	Mobile	4:41.12
6	Hunter Milhollin	SO	Brewton-Park	4:51.55
7	Briley Reyes	FR	Brewton-Park	4:53.06
8	Joey Jones	FR	Mobile	NT

Event 62 Women 400 Meter Dash Sun Conf**Monday 2/6/2023 - 12:25 PM**

Final on Time

SSAC SUN: 57.58 2/7/2022 Shyann Jackson
 CrossPlex: 50.69 3/12/2016 Courtney Okolo

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
5	Erin Landis	FR	SCAD Savanna	1:11.56
6	Sabine Danner	FR	SCAD Savanna	1:12.17
Section 2 of 2 Finals				
3	Monique Woods	JR	Florida Memo	1:04.56
4	Oluwafikayomi Lawrence	JR	Southeastern	58.57
5	Namiah Simpson	SR	Southeastern	57.31
6	Samaya Caurthens	FR	Keiser	58.42

Event 20 Women 400 Meter Dash Southern States**Monday 2/6/2023 - 12:25 PM**

Final on Time

SSAC SUN: 55.04 2/7/2022 Joy Abu
 CrossPlex: 50.69 3/12/2016 Courtney Okolo

Lane	Name	Yr	School	Seed Time
Section 1 of 4 Finals				
4	Shanice Battle	SO	Talladega	NT
5	Joy Abu	JR	William Care	NT
6	Raegan Latiolais	FR	Mobile	NT
Section 2 of 4 Finals				
3	Dhaenia Pinnock	FR	Talladega	NT
4	Dhenecia Pinnock	FR	Talladega	NT
5	Yasmin Pines	SO	Mobile	1:08.46
6	Sabrina Richman	JR	Life	NT
Section 3 of 4 Finals				
3	Ashlyn Broussard	FR	Mobile	1:08.20
4	An'Janae Latchinson	FR	William Care	1:02.58
6	LaToria Spence	FR	William Care	1:02.34
Section 4 of 4 Finals				
3	Sadiya Shamsid-Deen	FR	Mobile	59.60
4	Feja Hodges	SR	William Care	59.57
5	Brianna Florvilus	SR	Life	55.57
6	Breanna Pratt	SR	Life	58.74

Event 44 Men 400 Meter Dash Sun Conf**Monday 2/6/2023 - 12:35 PM**

Final on Time

SSAC SUN: 48.38 2/7/2022 Shamar Deacon
 CrossPlex: 44.62 3/12/2022 Randolph Ross

Lane	Name	Yr	School	Seed Time
Section 1 of 5 Finals				
4	Garvens Jerome	FR	Webber	NT
5	Patrick Peel	SR	Keiser	NT
6	Ethan Mason	SO	Webber	NT
Section 2 of 5 Finals				
3	Demetrius Headley	FR	Keiser	55.33
4	Josiah Williams	FR	Webber	53.43
5	Clayton Scheetz	SO	Keiser	52.09
6	Emmanuel Consbruck	FR	Ave Maria	53.07
Section 3 of 5 Finals				
3	Kasahn Rivers	FR	Thomas (Ga.)	51.93
4	Darrien Smith	FR	Webber	51.54
5	Daniel Ermilus	FR	Florida Memo	50.37
6	Daniel Caldwell	FR	Florida Memo	50.89
Section 4 of 5 Finals				
3	Jonathan Moulton	SR	Southeastern	50.31
4	James Turner	FR	Southeastern	49.95
5	Keishon Franklin	SR	Southeastern	49.13
6	Brandon Baker	SR	Keiser	49.95

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Section 5 of 5 Finals...(Event 44 Men 400 Meter Dash Sun Conf)

3	Davien Worrels	SO	Southeastern	48.59
4	Omar Kelly	SO	Florida Memo	48.46
5	Vindero Lightfoot	JR	Keiser	47.59
6	Joseph Taylor	JR	Southeastern	47.65

Event 3 Men 400 Meter Dash Southern States

Monday 2/6/2023 - 12:35 PM

Final on Time

SSAC SUN: 48.33 2/7/2022 Malique Savery
 CrossPlex: 44.62 3/12/2022 Randolph Ross

Lane	Name	Yr	School	Seed Time
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Section 1 of 4 Finals

4	Eduardo Vidal	FR	Talladega	NT
5	Brendnado Strachan	FR	Mobile	NT
6	Cameron Johnson	JR	Loyola-New O	NT

Section 2 of 4 Finals

4	Joevonie Reid	FR	Mobile	NT
5	Cornelius Catlin	SR	Talladega	NT
6	Malique Savery	SO	William Care	NT

Section 3 of 4 Finals

3	Braddock Lord	SO	Loyola-New O	55.54
4	Jacob Hobson	SO	Mobile	54.98
5	Warren Hollis	SO	Brewton-Park	51.47
6	Jer'Myah Stuckey	FR	William Care	51.63

Section 4 of 4 Finals

3	Jonathan Meadows	SO	Talladega	50.69
4	Shemar Palmer	FR	William Care	49.31
5	Jacob Ulrich	SR	Life	47.33
6	Ngoni Chadyiwa	SR	Life	48.70

Event 25 Women 60 Meter Hurdles Southern States

Monday 2/6/2023 - 1:10 PM

Final on Time

SSAC SUN: 8.44 2/7/2022 Selieci Myles
 CrossPlex: 7.78 3/12/2022 Grace Stark

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Amia Montgomery	FR	Talladega	11.15
2	Nonia Reguera	SO	William Care	9.74
3	Anna Cabrera	SR	Mobile	8.99
4	Salieci Myles	SO	William Care	8.38
5	Joy Abu	JR	William Care	8.41
6	An'Janae Latchinson	FR	William Care	9.10
7	Ariana Madison	JR	Life	10.09
8	Tyler Simpson	FR	Dalton State	NT

Event 76 Women 600 Meter Run Sun Conf

Monday 2/6/2023 - 1:25 PM

Final on Time

SSAC SUN: 1:38.07 2/7/2022 Courtney Gales

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

4	Grace Carpenter	JR	Southeastern	1:53.41
5	Amari Graham	SO	Southeastern	1:52.47
6	Regina Pirolli	FR	Ave Maria	1:52.97

Section 2 of 2 Finals

3	Abigail Rall	SO	Ave Maria	1:49.17
4	Carol Long	FR	Ave Maria	1:48.15
5	Marie Marc	JR	Keiser	1:43.36
6	Natalie Rohm	FR	Southeastern	1:45.56

Event 36 Women 600 Meter Run Southern States

Monday 2/6/2023 - 1:25 PM

Final on Time

SSAC SUN: 1:46.38 2/7/2022 Rayvion Williams

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

2	Breanna Pratt	SR	Life	NT
3	Kayla Mattox	JR	Dalton State	NT
4	Yecenia Solorzano	SO	Brewton-Park	NT
5	Brianna Florvilus	SR	Life	NT
6	Jasmine Martinez	JR	Loyola-New O	NT

Section 2 of 2 Finals

1	Amia Montgomery	FR	Talladega	NT
2	Kayla Phipps	FR	Brewton-Park	2:01.08
3	Amber Byrd	JR	Loyola-New O	1:52.42
4	Madelyn Gortemoller	FR	Mobile	1:45.30
5	Maria Simancas	JR	William Care	1:40.22
6	Dagbjort Magnusdottir	SO	Life	1:41.66

Event 58 Men 600 Meter Run Sun Conf

Monday 2/6/2023 - 1:40 PM

Final on Time

SSAC SUN: 1:24.13 2/7/2022 Shamar Deacon

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

3	Rolf Sius	FR	Keiser	1:34.83
4	Jonathan Steinrock	FR	Ave Maria	1:33.49
5	Zachary Dale	SO	Ave Maria	1:29.57
6	Andre Nembhard	FR	Thomas (Ga.)	1:32.90

Section 2 of 3 Finals

3	Andrew Carrera	SO	Southeastern	1:28.24
4	Sterling St-Cyr	SO	Thomas (Ga.)	1:27.09
5	Sebastian Lebron	FR	Southeastern	1:26.68
6	Nikola Vukelja	FR	Keiser	1:26.74

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Section 3 of 3 Finals...(Event 58 Men 600 Meter Run Sun Conf)

1	Hector Perez	FR	Warner	1:26.67
2	Devin Crews	SR	Thomas (Ga.)	1:25.94
3	Ali Milline	SO	Florida Memo	1:25.30
4	Micah Grooms	FR	Webber	1:25.10
5	Omario Windett	SO	Keiser	1:21.59
6	James Turner	FR	Southeastern	1:22.82

Event 37 Men 600 Meter Run Southern States**Monday 2/6/2023 - 1:40 PM****Final on Time**

SSAC SUN: 1:24.81 2/7/2022 Bryson Smith

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

2	Brandon Bell	FR	William Care	NT
3	Kristopher Augustin	FR	William Care	NT
5	Joshua Rollerson	FR	Life	NT
6	Laterrica Woods Jr.	SR	Talladega	NT

Section 2 of 2 Finals

1	Jer'Myiah Stuckey	FR	William Care	NT
2	Chris Smith	FR	Brewton-Park	1:34.23
3	Mason Smith	SO	Brewton-Park	1:34.13
4	Kyler Wright	FR	Mobile	1:26.65
5	Jacob Ulrich	SR	Life	1:17.13
6	DeMario Thomas	JR	Brewton-Park	1:26.26

Event 63 Women 800 Meter Run Sun Conf**Monday 2/6/2023 - 1:50 PM****2-alley start; 2-turn stagger;**

SSAC SUN: 2:12.78 2/7/2022 Harriet Tuson

CrossPlex: 2:01.37 3/11/2022 Lindsey Butler

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Jillian Blaser	SO	Southeastern	2:30.33
2	Kaitlyn Vorkapich	JR	Southeastern	2:30.74
3	Monique Brown	JR	Florida Memo	2:29.45
4	Bella Edwards	JR	SCAD Savanna	2:51.67
5	Kailyn Kelly	SO	Keiser	2:39.10
6	Theresa Long	FR	Ave Maria	2:19.31
7	Philippine Rey	FR	Keiser	2:37.77
8	Emma Perreault	SO	Ave Maria	2:33.54
9	Maggie Froning	SO	SCAD Savanna	2:24.02

Event 21 Women 800 Meter Run Southern States**Monday 2/6/2023 - 1:50 PM****2-alley start; 2-turn stagger**

SSAC SUN: 2:27.86 2/7/2022 Rebecca Poe

CrossPlex: 2:01.37 3/11/2022 Lindsey Butler

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Sarah Olamide	JR	William Care	NT
2	Mallory Foret	JR	Loyola-New O	NT
3	Rebecca Poe	SR	Dalton State	NT
4	Isabel Esteb	SO	Loyola-New O	2:42.93
5	Marie Ann Escobar	SR	Life	3:07.97
6	Angela Opare	SR	William Care	2:36.32
7	Reese Prestridge	FR	Mobile	NT
8	Kyja Williams	FR	Life	2:23.01

Event 45 Men 800 Meter Run Sun Conf**Monday 2/6/2023 - 2:00 PM****2-alley start; 2-turn stagger;**

SSAC SUN: 1:58.46 2/7/2022 Shamar Deacon

CrossPlex: 1:46.46 3/9/2019 Bryce Hoppel

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Jonathan Dinkins	SO	Southeastern	2:08.39
2	Adam Paga	FR	Ave Maria	1:59.26
3	Vijay Weedon	FR	Thomas (Ga.)	2:00.88
4	Shammah Dosunmu	SO	SCAD Savanna	2:04.75
5	Ali Milline	SO	Florida Memo	2:03.50
6	Darin Hinshaw	SO	Keiser	2:08.76
7	Jonathan Fitzgerald	JR	Southeastern	2:01.53
8	Samuel Paga	FR	Ave Maria	2:03.71

Event 4 Men 800 Meter Run Southern States**Monday 2/6/2023 - 2:00 PM****2-alley start; 2-turn stagger**

SSAC SUN: 2:01.73 2/7/2022 Zachary Fielder

CrossPlex: 1:46.46 3/9/2019 Bryce Hoppel

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Jordan Hackett	JR	Brewton-Park	2:10.36
2	Daniel McNabb	SR	Life	2:01.55
3	Abedelemejid Kerebo	FR	Life	1:59.43
4	Zachary Fielder	SR	William Care	NT
5	Alex Medina	JR	Loyola-New O	NT
6	Alex Beeler	FR	William Care	2:02.54
7	Jabril Muhammad	FR	Brewton-Park	2:01.45

Event 81 Men 3000 Meter Race Walk Sun Conf**Monday 2/6/2023 - 2:10 PM**

SSAC SUN: 17:34.40 2/7/2022 TJ Sanders

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	TJ Sanders	SO	Southeastern	NT
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Event 77 Women 1000 Meter Run Sun Conf**Monday 2/6/2023 - 2:30 PM**

2-alley start; 2-turn stagger;

SSAC SUN: 3:00.52 2/7/2022 Emma Woltjer

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Jillian Blaser	SO	Southeastern	3:10.72
2	Emma Woltjer	JR	Southeastern	3:14.49
3	Kathy Macedo	JR	Southeastern	3:25.30
4	Eva Camp	FR	Southeastern	3:29.52
5	Victoria Richards	SO	Thomas (Ga.)	3:33.32
6	Sydney Slagel	JR	Southeastern	4:47.05
7	Maggie Froning	SO	SCAD Savanna	NT

Event 40 Women 1000 Meter Run Southern States**Monday 2/6/2023 - 2:30 PM**

2-alley start; 2-turn stagger;

SSAC SUN: 3:09.71 2/7/2022 Kathryn Vradenburgh

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Kyja Williams	FR	Life	3:09.56
2	Darcy Picker	SR	Life	3:15.24
3	Madisyn Acosta	JR	Loyola-New O	3:17.28
4	Kathryn Vradenburgh	SR	Dalton State	NT
5	Angela Opore	SR	William Care	NT

Event 59 Men 1000 Meter Run Sun Conf**Monday 2/6/2023 - 2:40 PM**

2-alley start; 2-turn stagger;

SSAC SUN: 2:37.39 2/7/2022 John Perez-Dunn

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Ethan Campbell	SO	Southeastern	2:35.33
2	Seth Humphries	FR	Thomas (Ga.)	2:36.49
3	Justin Hernandez	FR	Thomas (Ga.)	2:38.30
4	Erik Albin	FR	Keiser	2:39.22
5	Drew Knobl	SO	Southeastern	2:39.42
6	Nathan Evans	FR	Southeastern	2:41.84
7	Nikola Vukelja	FR	Keiser	2:42.94
8	Jaden Simpson	FR	Southeastern	2:45.36
9	Emmanuel Tovar-Negrete	SO	Thomas (Ga.)	2:52.28
10	Maximiliano Kittsteiner	SO	Southeastern	2:52.90
11	Kevin Barrett	FR	Ave Maria	3:14.78
12	Omario Windett	SO	Keiser	NT
13	James Brewster	FR	Ave Maria	NT

Event 41 Men 1000 Meter Run Southern States**Monday 2/6/2023 - 2:40 PM**

2-alley start; 2-turn stagger;

SSAC SUN: 2:48.70 2/7/2022 Zachary Fielder

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Lance Wells	FR	Life	2:31.12
2	Johnathan Turner	FR	Mobile	2:45.18
3	DeMario Thomas	JR	Brewton-Park	2:45.76
4	Hunter Milhollin	SO	Brewton-Park	2:45.94
5	Briley Reyes	FR	Brewton-Park	2:52.55
6	Jabril Muhammad	FR	Brewton-Park	NT
7	Alex Medina	JR	Loyola-New O	NT
8	Zachary Fielder	SR	William Care	NT
9	Joshua Wagner	SR	Life	NT

Event 61 Women 200 Meter Dash Sun Conf**Monday 2/6/2023 - 2:50 PM**

Final on Time

SSAC SUN: 24.67 2/7/2022 Denai Wilson

CrossPlex: 22.16 3/12/2022 Abby Steiner

Lane	Name	Yr	School	Seed Time
Section 1 of 7 Finals				
4	Shanice Fleurimond	FR	Keiser	NT
5	Marcelina Powalka	SO	Ave Maria	33.15
6	Sabrina Davis	JR	Warner	NT
Section 2 of 7 Finals				
3	Isabella Zaro	FR	SCAD Savanna	30.40
4	Natalie Randall	SO	SCAD Savanna	29.72
5	Acheline Delhomme	SO	Warner	28.28
6	Ah'leeyah Strappier	JR	Keiser	28.33
Section 3 of 7 Finals				
3	Tessa Shriver	SO	Webber	27.21
4	Dinae Hemmings	FR	Webber	27.12
5	Briana Ramos	JR	Southeastern	27.01
6	Yasmyne Williams	FR	Florida Memo	27.07
Section 4 of 7 Finals				
3	Monique Woods	JR	Florida Memo	27.00
4	Kaylee Higgins	JR	Florida Memo	26.84
5	Marie Marc	JR	Keiser	26.73
6	Shanya Donaldson	SO	Webber	26.74
Section 5 of 7 Finals				
3	Samaya Caurthens	FR	Keiser	26.70
4	Tenae Grigsby	SR	Southeastern	26.64
5	Qunizel Bazilio	JR	Florida Memo	26.22
6	Amaya Kier	JR	Southeastern	26.38
Section 6 of 7 Finals				
3	Annalyse Rogers	FR	Southeastern	26.13
4	Gayneil Sands	JR	Florida Memo	26.08
5	Oluwafikayomi Lawrence	JR	Southeastern	25.76
6	Namiah Simpson	SR	Southeastern	25.84

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Section 7 of 7 Finals...(Event 61 Women 200 Meter Dash Sun Conf)

3	Irmiris Mendez	SO	Southeastern	25.42
4	Nicole Johnson	JR	Warner	25.31
5	Denai Wilson	SR	Florida Memo	24.62
6	Anitria Sangster	JR	Florida Memo	25.25

Event 19 Women 200 Meter Dash Southern States**Monday 2/6/2023 - 2:50 PM****Final on Time**

SSAC SUN:	24.08	2/7/2022	Joy Abu
CrossPlex:	22.16	3/12/2022	Abby Steiner

Lane	Name	Yr	School	Seed Time
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Section 1 of 6 Finals

5	Jazzmyn Shelton	FR	Dalton State	NT
6	Dhaenia Pinnock	FR	Talladega	NT

Section 2 of 6 Finals

3	Sabrina Richman	JR	Life	NT
4	Feja Hodges	SR	William Care	NT
5	Briana Ray	JR	Dalton State	35.52
6	Tyler Simpson	FR	Dalton State	NT

Section 3 of 6 Finals

3	Kennedy Daniels	SO	Loyola-New O	31.64
4	Nonia Reguera	SO	William Care	27.97
5	Shanice Battle	SO	Talladega	27.46
6	Dheneccia Pinnock	FR	Talladega	27.64

Section 4 of 6 Finals

3	Megan Williams	FR	Mobile	27.06
4	Jerenie Jackson	SO	Mobile	26.65
5	Kayce Darby	FR	Life	26.41
6	Samantha Mansur	SR	Mobile	26.52

Section 5 of 6 Finals

3	Wayonna Brooks-Wells	FR	Talladega	26.03
4	Myla Edwards	JR	Mobile	25.74
5	Maya Smith-Speed	JR	Life	25.14
6	Dalajah Long	JR	Life	25.42

Section 6 of 6 Finals

3	Salieci Myles	SO	William Care	25.04
4	Latavia Jack	SO	Mobile	24.80
5	Fredricka McKenzie	JR	William Care	24.67
6	Talayla Davis	JR	Life	24.71

Event 43 Men 200 Meter Dash Sun Conf**Monday 2/6/2023 - 3:05 PM****Final on Time**

SSAC SUN:	21.50	2/7/2022	Joseph Taylor
CrossPlex:	20.34	3/8/2019	Divine Oduduru

Lane	Name	Yr	School	Seed Time
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Section 1 of 7 Finals

4	Owen Campione	FR	Ave Maria	NT
5	Antonio Thomas	JR	Florida Memo	NT

Section 2 of 7 Finals

3	Donte Brooks	FR	Ave Maria	25.72
4	Derrick Jackson	SO	Warner	24.90
5	Caleb Balado Maldonado	SO	Webber	23.41
6	La'Trevious Williams	FR	Webber	23.82

Section 3 of 7 Finals

3	LaShawn Powell	FR	Warner	23.13
4	Daniel Caldwell	FR	Florida Memo	23.10
5	Sebastian Lebron	FR	Southeastern	23.05
6	Xavier Williams	SO	Keiser	23.08

Section 4 of 7 Finals

3	Kyron Belton	FR	Thomas (Ga.)	22.82
4	Alexander Brown	FR	Warner	22.79
5	Daniel Ermilus	FR	Florida Memo	22.60
6	Deondre Randall	FR	Southeastern	22.78

Section 5 of 7 Finals

3	Omar Kelly	SO	Florida Memo	22.42
4	Cliff Desir	SO	Keiser	22.13
5	Saminu Abdul-Rasheed	SO	Florida Memo	22.04
6	Darian Mills	FR	Thomas (Ga.)	22.10

Section 6 of 7 Finals

3	Jaylyn Session	SO	Florida Memo	22.03
4	Michael Eady	FR	Thomas (Ga.)	22.01
5	Vindero Lightfoot	JR	Keiser	21.79
6	Keishon Franklin	SR	Southeastern	21.99

Section 7 of 7 Finals

3	Davien Worrels	SO	Southeastern	21.51
4	Melvin Johnson	SR	Keiser	21.40
5	James Williamson III	SO	Southeastern	21.05
6	Joseph Taylor	JR	Southeastern	21.39

Event 2 Men 200 Meter Dash Southern States**Monday 2/6/2023 - 3:05 PM****Final on Time**

SSAC SUN:	22.06	2/7/2022	Shedrack Akpeki
CrossPlex:	20.34	3/8/2019	Divine Oduduru

Lane	Name	Yr	School	Seed Time
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Section 1 of 6 Finals

4	Jonathan Meadows	SO	Talladega	NT
5	Cameron Johnson	JR	Loyola-New O	25.76
6	Aaron McFadden	SO	Loyola-New O	29.07

Section 2 of 6 Finals

3	Braddock Lord	SO	Loyola-New O	24.51
4	Jalin Brown	FR	William Care	23.42
5	Warren Hollis	SO	Brewton-Park	23.35
6	Blair Turner	FR	Loyola-New O	23.35

Section 3 of 6 Finals

3	Jaleel Murphy	SO	Mobile	23.24
4	Elijah Kennedy	FR	William Care	23.09
5	Ty'Sheem Denton	SO	Brewton-Park	22.93
6	NiShawn Wise	FR	Brewton-Park	23.00

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Section 4 of 6 Finals...(Event 2 Men 200 Meter Dash Southern States)

3	Bradley Taylor	JR	Brewton-Park	22.84
4	Kevin Richardson	SR	Mobile	22.82
5	Garrick Randolph	SR	William Care	22.75
6	Simphiwe Mashaba	FR	William Care	22.80

Section 5 of 6 Finals

3	Donald Evans III	SR	Mobile	22.71
4	Sammy Samuel	FR	Life	22.65
5	Markanthony Hayes	FR	Life	22.46
6	Jaidon Shelby	SO	William Care	22.47

Section 6 of 6 Finals

3	Marvin Jean-Francois	JR	Life	22.18
4	Shemar Palmer	FR	William Care	21.83
5	Ngoni Chadyiwa	SR	Life	21.73
6	Christian Louis	FR	Talladega	21.76

Event 69 Women Distance Medley Sun Conf**Monday 2/6/2023 - 3:20 PM**

SSAC SUN: 12:53.53 2/7/2022 SCAD Savannah

S Foreman, M Froning, M De Santiago, T Sullivan

CrossPlex: 10:53.43 3/11/2019 Oregon

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Southeastern		NT
2	SCAD Savanna		NT
3	Ave Maria		NT

Event 27 Women Distance Medley Southern States**Monday 2/6/2023 - 3:20 PM**

SSAC SUN: 13:36.51 2/7/2022 Dalton State

H Tillery, R Poe, K Mattox, K Vradenburgh

CrossPlex: 10:53.43 3/11/2019 Oregon

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

4	Life		NT
5	Dalton State		13:17.53

Event 51 Men Distance Medley Sun Conf**Monday 2/6/2023 - 3:50 PM**

SSAC SUN: 11:09.22 2/7/2022 SCAD Savannah

T Scharber, S Dosunmu, C Philbin, J Barraclough

CrossPlex: 9:27.27 3/11/2016 Oregon

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Warner		NT
2	Keiser		NT
3	Webber		NT
4	Thomas (Ga.)		NT
5	Southeastern		NT
6	Ave Maria		NT
7	SCAD Savanna		NT

Event 10 Men Distance Medley Southern States**Monday 2/6/2023 - 3:50 PM**

SSAC SUN: 11:43.54 2/7/2022 William Carey

Z Fielder, G Randolph, J Lee, O Jensen

CrossPlex: 9:27.27 3/11/2016 Oregon

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

8	Life		10:21.30
9	Brewton-Park		10:50.35
10	William Care		NT
11	Mobile		NT

Event 65 Women 3000 Meter Run Sun Conf**Monday 2/6/2023 - 4:15 PM**

2-alley start; 2-turn stagger;

SSAC SUN: 10:33.97 2/7/2022 Talia Sullivan

CrossPlex: 8:57.86 3/12/2016 Molly Seidel

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Julia Rohm	SR	Southeastern	10:13.41
2	Talia Sullivan	SO	SCAD Savanna	10:30.71
3	Montserrat De Santiago	SR	SCAD Savanna	10:41.19
4	Sarah Maddux-Hensley	FR	Southeastern	11:16.51
5	Abbie Baker	SO	Southeastern	11:16.89
6	Ella Hodges	FR	SCAD Savanna	11:19.64
7	Madison Lilienthal	SR	Southeastern	11:26.03
8	Marlee Irvin	FR	Southeastern	11:46.01
9	Emma McLaughlin	JR	Southeastern	11:51.74
10	Cassandra Richards	SO	Thomas (Ga.)	11:58.03
11	Stef Baracaldo	SO	SCAD Savanna	11:58.56
12	Sophie Robinson	FR	Southeastern	12:16.92
13	Maria Talafuse	FR	Ave Maria	12:48.87
14	Emma Giddens	FR	SCAD Savanna	13:13.49

Event 23 Women 3000 Meter Run Southern States**Monday 2/6/2023 - 4:15 PM**

2-alley start; 2-turn stagger

SSAC SUN: 10:47.29 2/7/2022 Blanca Contesa

CrossPlex: 8:57.86 3/12/2016 Molly Seidel

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Sarah Olamide	JR	William Care	10:22.30
2	Blanca Conesa	SO	William Care	10:33.19
3	Darcy Picker	SR	Life	11:16.01
4	Paige Anderson	JR	William Care	11:17.91
5	Giselle Dominguez	SO	Dalton State	11:21.28
6	Lina May	SR	William Care	NT
7	Isabelle Wheeler	SO	William Care	NT
8	Ella Coley	SO	Dalton State	NT
9	Marlene Paez	FR	Dalton State	NT
10	Emma Watson	FR	Dalton State	NT

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Event 47 Men 3000 Meter Run Sun Conf**Monday 2/6/2023 - 4:45 PM**

2-alley start; 2-turn stagger;

SSAC SUN: 9:11.49 2/7/2022 Jake Barraclough

CrossPlex: 7:51.46 1/31/2021 Christian Noble

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Justin Tomison	JR	Thomas (Ga.)	9:00.29
2	David Fuller	SR	SCAD Savanna	9:06.65
3	John Perez-Dunn	JR	Southeastern	9:15.48
4	David Milburn	JR	Southeastern	9:17.15
5	Jordan Hierholzer	FR	Southeastern	9:21.78
6	Nathan Evans	FR	Southeastern	9:23.69
7	Juan Perez	SR	Keiser	9:23.72
8	Luke Callery	SO	Southeastern	9:26.05
9	Landon Watts	FR	Thomas (Ga.)	9:39.33
10	Diego Diaz	SO	Keiser	9:42.19
11	Emilio Ancaya	FR	Southeastern	9:48.24
12	Juan Felipe Ledesma	FR	Southeastern	9:50.37
13	John Halvorsen	FR	Ave Maria	9:55.39
14	James Halvorsen	FR	Ave Maria	9:56.57
15	Gage Rassmussen	JR	Keiser	10:04.51
16	TJ Sanders	SO	Southeastern	10:38.88
17	Ryan Bradley	JR	SCAD Savanna	NT

Event 6 Men 3000 Meter Run Southern States**Monday 2/6/2023 - 4:45 PM**

2-alley start; 2-turn stagger

SSAC SUN: 9:00.87 2/7/2022 Carson Barlow

CrossPlex: 7:51.46 1/31/2021 Christian Noble

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Joshua Wagner	SR	Life	8:27.33
2	Carson Barlow	SO	William Care	8:35.95
3	Seth Kramlich	SO	William Care	8:50.38
4	Owen Jensen	SO	William Care	9:06.72
5	Jacob Hackenberry	FR	Brewton-Park	9:40.08
6	Christian Colon	SR	Life	NT

Event 68 Women 4x400 Meter Relay Sun Conf**Monday 2/6/2023 - 5:10 PM**

SSAC SUN: 3:56.89 2/7/2022 Southeastern U.

N Simpson, M Ford, O Lawrence, C Gales

CrossPlex: 3:27.23 3/12/2022 Arkansas

R Effiong, J Hollis, S Maloney, B Wilson

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
4	SCAD Savanna		NT
5	Thomas (Ga.)		4:50.11
6	Webber		NT

Section 2 of 2 Finals

2	Warner	4:36.11
3	Ave Maria	4:21.22
4	Keiser	4:10.28
5	Southeastern	3:53.95
6	Florida Memo	4:00.34

Event 26 Women 4x400 Meter Relay Southern States**Monday 2/6/2023 - 5:10 PM**

SSAC SUN: 4:06.31 2/7/2022 William Carey

J Williams, S Myles, N Jones, F Hodges

CrossPlex: 3:27.23 3/12/2022 Arkansas

R Effiong, J Hollis, S Maloney, B Wilson

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Loyola-New O		NT
2	Talladega		NT
3	Mobile		NT
4	Dalton State		4:49.31
5	William Care		3:53.88
6	Life		3:57.34

Event 50 Men 4x400 Meter Relay Sun Conf**Monday 2/6/2023 - 5:20 PM**

SSAC SUN: 3:18.95 2/7/2022 Southeastern U.

D Worrels, J Taylor, J Moulton, I Palmer

CrossPlex: 3:04.16 3/12/2022 Texas A&M

C Hanson, O Etiwe, B Miller, E Bamidele

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
4	Florida Memo		NT
5	Ave Maria		3:51.73
6	SCAD Savanna		NT
Section 2 of 2 Finals			
2	Webber		3:30.38
3	Warner		3:28.89
4	Thomas (Ga.)		3:23.92
5	Southeastern		3:16.81
6	Keiser		3:22.39

Event 9 Men 4x400 Meter Relay Southern States**Monday 2/6/2023 - 5:20 PM**

SSAC SUN: 3:22.08 2/7/2022 William Carey

S Akpeki, M Savery, J Shelby, Z Fielder

CrossPlex: 3:04.16 3/12/2022 Texas A&M

C Hanson, O Etiwe, B Miller, E Bamidele

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Loyola-New O		NT
2	Mobile		NT
3	Talladega		3:43.42
4	Brewton-Park		3:37.84
5	Life		3:12.59
6	William Care		3:16.06