

Gulf South Conference Indoor T&F Championships 2024  
CrossPlex, Birmingham, AL - 2/15/2024 to 2/16/2024  
Meet Program - Running Events Day 2

Event 17 Heptathlon: #5 Men 60 Meter Hurdles

Friday 2/16/2024 - 9:00 AM				
GSC Indoor R:		8.60	2/18/2020	Timothy Patterson
CrossPlex:		7.80	3/12/2022	Ayden Owens
Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Zane Hopf	FR	Alabama-Hunt	NT
3	David Vick	JR	Montevallo	NT
5	Adolfo Mireles	FR	Alabama-Hunt	NT
7	Caleb Long	SR	Lee (Tenn.)	NT
Section 2 of 3 Finals				
1	Brayden Marlowe	SO	Montevallo	NT
3	Colin Roberson	FR	Alabama-Hunt	NT
5	Matthew Brunner	SO	West Georgia	NT
7	Nate Boleware	SR	Montevallo	NT
Section 3 of 3 Finals				
1	Cameron Stine	SR	Lee (Tenn.)	NT
3	Walter Womack	FR	Montevallo	NT
5	Gabe Gilliland	SO	Alabama-Hunt	NT
7	Will Stroud	FR	Montevallo	NT

Event 17 Heptathlon: #7 Men 1000 Meter Run

Friday 2/16/2024 - 0:00 AM				
GSC Indoor R:		2:42.28	2/18/2020	Marshall Rosenhoover
CrossPlex:		2:31.55	3/12/2022	Ayden Owens
Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Walter Womack	FR	Montevallo	NT
2	Zane Hopf	FR	Alabama-Hunt	NT
3	David Vick	JR	Montevallo	NT
4	Will Stroud	FR	Montevallo	NT
5	Adolfo Mireles	FR	Alabama-Hunt	NT
6	Colin Roberson	FR	Alabama-Hunt	NT
7	Cameron Stine	SR	Lee (Tenn.)	NT
8	Nate Boleware	SR	Montevallo	NT
9	Brayden Marlowe	SO	Montevallo	NT
10	Caleb Long	SR	Lee (Tenn.)	NT
11	Gabe Gilliland	SO	Alabama-Hunt	NT
12	Matthew Brunner	SO	West Georgia	NT

Event 5 Men 1 Mile Run

Friday 2/16/2024 - 11:45 AM				
2-alley start; 2-turn stagger;				
GSC Indoor R:		4:10.52	2/24/2021	Evan Del Rio
CrossPlex:		3:57.04	3/12/2022	Johnathan Davis
Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Brian Kipkosgei	FR	Shorter	4:47.16
2	Anthony Garcia	FR	West Georgia	NT
3	Gabriel Wrye	SO	West Georgia	4:48.93
4	Tim Feezor	SR	West Georgia	4:32.94
5	Kzon Dennis	SO	Shorter	NT
6	Eduardo Ortiz	FR	West Georgia	NT

Section 2 of 3 Finals

1	Felipe Barrios	JR	West Georgia	4:20.65
2	Kenneth Bishop	FR	Lee (Tenn.)	4:24.63
3	Conner Hampton	FR	Alabama-Hunt	4:21.35
4	Bill Archer	JR	Montevallo	4:20.71
5	Josh Stidfole	SO	Montevallo	4:27.77
6	Nate Shingleton	FR	Alabama-Hunt	4:28.14
7	Ryan Cox	FR	Montevallo	4:28.55

Section 3 of 3 Finals

1	Jonah Frey	FR	Alabama-Hunt	4:14.89
2	Cole Benoit	JR	Mississippi	4:09.31
3	Baxter Friedman	SO	Mississippi	4:16.16
4	Carson Smith	FR	Mississippi	4:13.43
5	Ryan Lovelace	SO	Lee (Tenn.)	4:11.62
6	Stephen Clark	SO	Lee (Tenn.)	4:13.47
7	Anton Lindberg	JR	Christian Br	4:15.50
8	Will Anglea	JR	Alabama-Hunt	4:17.84
9	Caleb Guthery	JR	Lee (Tenn.)	4:14.14
10	Nathan Knox	JR	Alabama-Hunt	4:10.65
11	Jacob Hatcher	JR	Lee (Tenn.)	4:04.61
12	Preston Speed	JR	Mississippi	4:15.24

Event 22 Women 1 Mile Run

Friday 2/16/2024 - 12:05 PM				
2-alley start; 2-turn stagger				
GSC Indoor R:		4:56.26	2/15/2023	Aria Hawkins
CrossPlex:		4:33.13	3/11/2022	Sintayehu Vissa
Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Mercy Chebii	JR	Shorter	5:53.40
2	Annageliki Zannetou	FR	Christian Br	5:46.57
3	Paige Wohlgemuth	SR	Alabama-Hunt	5:50.89
4	Laney Pierce	FR	West Georgia	5:47.09
5	April Jacobson	JR	Shorter	NT
Section 2 of 2 Finals				
1	Taylor Benoit	SO	Mississippi	4:54.09
2	Liza Kellerman	SR	Lee (Tenn.)	4:51.14
3	Kathy Hammond	SR	Mississippi	5:12.25
4	Lily Hare	JR	Lee (Tenn.)	4:54.43
5	Sophia Knox	FR	Alabama-Hunt	5:28.98
6	Jazmin Hernandez	SR	Mississippi	4:54.35
7	Lauren Wallace	JR	Mississippi	4:57.84
8	Zoe Brickley	SR	Lee (Tenn.)	4:58.21
9	Haley Hall	SO	Mississippi	5:08.49
10	Mckenna Cavanaugh	SR	Lee (Tenn.)	4:46.90
11	Ashlyn Iliff	JR	Lee (Tenn.)	5:05.83
12	Meghan Turner	JR	Christian Br	5:35.06

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Event 3 Men 400 Meter Dash				
Friday 2/16/2024 - 12:25 PM				
Final on Time				
GSC Indoor R:		47.89	2/15/2023	Niklas Klei
CrossPlex:		44.62	3/12/2022	Randolph Ross
Lane	Name	Yr	School	Seed Time
Section 1 of 5 Finals				
3	Dennis Hill	FR	Shorter	57.08
4	Chase Jarvis	FR	Shorter	56.01
5	Ben Dale	FR	Alabama-Hunt	50.97
6	Brandon Williams	SO	Mississippi	51.12
Section 2 of 5 Finals				
3	J'Brelin Cook	SR	Montevallo	50.90
4	Erin Blount	SR	Shorter	50.89
5	Ian Newman	FR	Lee (Tenn.)	50.27
6	Robert Grames	SR	Mississippi	50.28
Section 3 of 5 Finals				
3	Dantavious Thomas	SR	Alabama-Hunt	50.23
4	Amare Biggers	JR	Christian Br	50.03
5	Eon Morris	FR	Alabama-Hunt	49.51
6	Aiden Shaw	FR	Lee (Tenn.)	49.79
Section 4 of 5 Finals				
3	Andreas Demetriades	JR	Christian Br	49.33
4	Connor Stewart	SO	Mississippi	49.28
5	Juan De La Rosa	JR	Christian Br	48.87
6	Justin Steele	SR	Lee (Tenn.)	49.01
Section 5 of 5 Finals				
3	Niquaine Henry	JR	Lee (Tenn.)	48.79
4	Nokia Masengu	SR	Lee (Tenn.)	48.74
5	Grayson Foster	FR	Mississippi	47.88
6	Chris Thomas	FR	Alabama-Hunt	48.59

Event 20 Women 400 Meter Dash				
Friday 2/16/2024 - 12:45 PM				
Final on Time				
GSC Indoor R:		56.01	2/19/2020	Amber Littlejohn
CrossPlex:		50.69	3/12/2016	Courtney Okolo
Lane	Name	Yr	School	Seed Time
Section 1 of 5 Finals				
4	Jaeva Ridley	SO	West Georgia	NT
5	Maniyah Thomas	SR	West Georgia	1:04.62
6	Treneice Grimes	JR	Shorter	1:05.66
Section 2 of 5 Finals				
4	Delphine Dah	JR	Lee (Tenn.)	1:03.52
5	Chloe Leblanc	FR	West Georgia	1:01.60
6	Shamiya Perry	JR	West Georgia	1:02.22
Section 3 of 5 Finals				
4	Kameron Noble	SO	Shorter	1:01.37
5	Carissa Hall	JR	Lee (Tenn.)	1:00.59
6	Kilaya Lucien	FR	Shorter	1:00.97

Section 4 of 5 Finals				
3	Hilary Udechukwu	JR	Mississippi	1:00.44
4	Chandler Robinson	SR	Alabama-Hunt	59.79
5	Jakara Tobler	FR	Lee (Tenn.)	59.28
6	Talia Pfeifer	JR	Christian Br	59.72
Section 5 of 5 Finals				
3	Isabella Zurita	SO	Christian Br	59.07
4	Aniya Johnson	FR	Alabama-Hunt	58.41
5	Janay Ryan	JR	Lee (Tenn.)	58.11
6	Amiah Murry	FR	Alabama-Hunt	58.28
Event 4 Men 800 Meter Run				
Friday 2/16/2024 - 1:45 PM				
2-alley start; 2-turn stagger				
GSC Indoor R:		1:52.44	2/15/2023	Titus Lagat
CrossPlex:		1:46.46	3/9/2019	Bryce Hoppel
Lane	Name	Yr	School	Seed Time
Section 1 of 4 Finals				
1	Tim Feezor	SR	West Georgia	NT
2	Eduardo Ortiz	FR	West Georgia	2:07.30
3	Justin Olige	JR	Christian Br	2:14.42
4	RJ Harding	FR	Christian Br	2:11.75
5	Kylon Higgins	FR	Christian Br	2:07.03
Section 2 of 4 Finals				
1	Anthony Garcia	FR	West Georgia	2:02.35
2	Keegan Rafferty	JR	Montevallo	2:02.31
3	Drew Thayer	FR	Montevallo	2:03.04
4	Wesley Gibbs	JR	Mississippi	2:06.72
5	Kzon Dennis	SO	Shorter	2:06.62
6	Robert Richardson	FR	Christian Br	2:01.08
Section 3 of 4 Finals				
1	Stephen Clark	SO	Lee (Tenn.)	2:00.91
2	Jonah Frey	FR	Alabama-Hunt	1:58.58
3	Julian Fore	JR	Montevallo	2:00.22
4	Dominic Zana	SO	Alabama-Hunt	1:57.96
5	Caleb Guthery	JR	Lee (Tenn.)	1:59.00
6	Preston Speed	JR	Mississippi	1:57.19
7	Joshua Sleight	FR	West Georgia	2:00.03
8	Jacob Jones	SO	Alabama-Hunt	1:56.78
Section 4 of 4 Finals				
1	Conner Patterson	SO	Alabama-Hunt	1:53.33
2	Titus Lagat	SR	Lee (Tenn.)	1:52.40
3	Cole Benoit	JR	Mississippi	1:50.99
4	Weston Ellison	FR	Alabama-Hunt	1:54.95
5	Jacob Hatcher	JR	Lee (Tenn.)	1:55.25
6	Evan Wrights	FR	Mississippi	1:53.39
7	Gabe Hodson	JR	Mississippi	1:54.76
8	Ryan Lovelace	SO	Lee (Tenn.)	1:55.05

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Event 21 Women 800 Meter Run

Friday 2/16/2024 - 1:55 PM				
2-alley start; 2-turn stagger				
GSC Indoor R: 2:11.27 2/19/2020 Serenity Andrus				
CrossPlex: 2:01.37 3/11/2022 Lindsey Butler				
Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Annaggeliki Zannetou	FR	Christian Br	NT
2	Kathrin Maurer	FR	West Georgia	2:36.34
3	Stephanie Beltran	JR	West Georgia	2:47.35
4	Jordan Jarnot	FR	West Georgia	2:42.85
5	Linda Vasquez	SO	West Georgia	NT

Section 2 of 3 Finals				
1	Leslie Baxter	SR	Mississippi	2:25.05
2	Joycelyn Tifrea	JR	West Georgia	2:32.64
3	Sarah Turner	SO	Montevallo	2:24.42
4	Phoebe Moran	JR	Lee (Tenn.)	2:34.98
5	Ashlyn Iliff	JR	Lee (Tenn.)	2:25.92
6	Holly Sillivant	FR	Alabama-Hunt	2:24.06
7	Danielle Booker	SO	Christian Br	2:27.32
8	Jodie Shusta	JR	Christian Br	2:34.76

Section 3 of 3 Finals				
1	Haley Hall	SO	Mississippi	2:19.63
2	Sarah Delgado	SR	Christian Br	2:18.98
3	Jazmin Hernandez	SR	Mississippi	2:15.84
4	Lily Hare	JR	Lee (Tenn.)	2:16.05
5	Lauren Wallace	JR	Mississippi	2:13.12
6	Liza Kellerman	SR	Lee (Tenn.)	2:18.75
7	Letlhogonolo Magoro	JR	Lee (Tenn.)	2:14.82
8	Taylor Benoit	SO	Mississippi	2:16.09

Event 6 Men 3000 Meter Run

Friday 2/16/2024 - 2:25 PM				
GSC Indoor R: 8:14.08 2/15/2023 Jan Lukas Becker				
CrossPlex: 7:51.46 1/31/2021 Christian Noble				
Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Anton Lindberg	JR	Christian Br	8:35.30
2	Drew Roberts	SR	Montevallo	8:37.70
3	Griffin Stephens	JR	West Georgia	8:42.49
4	Will Clayton	SR	Christian Br	8:50.01
5	Connor Capolupo	FR	West Georgia	10:10.92
6	Jack Elliott	SR	Alabama-Hunt	8:39.24
7	Asa Mazow	SO	Alabama-Hunt	8:43.35
8	Mehari Van der Riet	FR	West Georgia	8:53.23
9	Sean Barry	JR	Christian Br	NT
10	Felipe Barrios	JR	West Georgia	8:48.95
11	Bruno Valdez	FR	West Georgia	8:57.46

Section 2 of 2 Finals

1	Ezekiel Harless	SR	Lee (Tenn.)	8:28.73
2	Berket Mesele	SR	Christian Br	8:29.43
3	Matthew Fowler	SR	Lee (Tenn.)	8:19.19
4	Braedon Methvin	SO	Mississippi	8:26.70
5	Jon Fielding Stogner	SO	Lee (Tenn.)	8:22.67
6	Sam Wilhelm	JR	Alabama-Hunt	8:08.16
7	Jan Lukas Becker	SR	Mississippi	8:18.38
8	Aaron Himes	JR	Lee (Tenn.)	8:19.97
9	Nathan Knox	JR	Alabama-Hunt	8:26.61
10	Owen Pearce	JR	Lee (Tenn.)	8:26.97
11	Nate Pohlsander	SO	Alabama-Hunt	8:34.94
12	Cooper Parmer	SO	Mississippi	8:31.77

Event 23 Women 3000 Meter Run

Friday 2/16/2024 - 2:55 PM				
GSC Indoor R: 9:53.20 2/24/2021 Chloe Flora				
CrossPlex: 8:57.86 3/12/2016 Molly Seidel				
Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Elizabeth Cain	FR	Alabama-Hunt	11:26.84
2	Sonia Chavelas	JR	Christian Br	11:00.65
3	Caroline Perry	SR	Mississippi	10:55.04
4	Josie Whipp	JR	Mississippi	10:43.45
5	Catherine Greer	SO	West Georgia	11:24.92
6	Mercy Chebii	JR	Shorter	11:58.51
7	Paige Wohlgemuth	SR	Alabama-Hunt	12:04.76
8	Madeline Gaskin	SO	West Georgia	11:55.90

Section 2 of 2 Finals

1	Paige Patterson	JR	Lee (Tenn.)	10:07.26
2	Bre Bell	JR	Mississippi	10:05.08
3	Abby Weist	JR	Alabama-Hunt	10:31.48
4	Natalie Warner	JR	Montevallo	10:37.85
5	Mckenna Cavanaugh	SR	Lee (Tenn.)	9:26.93
6	Katie Krueger	JR	Lee (Tenn.)	10:16.37
7	Danielle Horter	SR	Lee (Tenn.)	10:19.01
8	Emily McMurry	SR	Alabama-Hunt	10:03.78
9	Zoe Brickley	SR	Lee (Tenn.)	9:52.48
10	Emily Berry	SR	Mississippi	9:51.51
11	Kristal McQueen	FR	West Georgia	10:37.05
12	Amelia Brady	JR	Alabama-Hunt	10:41.06

Event 9 Men 4x400 Meter Relay

Friday 2/16/2024 - 3:25 PM				
GSC Indoor R:		3:14.67	2/15/2023	Lee (Tenn.)
N Masengu, T Lagat, D Jackson, J Steele				
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				
5	Montevallo			3:26.36
6	Shorter			3:29.65

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Section 2 of 2 Finals...(Event 9 Men 4x400 Meter Relay)			
3	Christian Br	3:18.84	_____
4	Alabama-Hunt	3:15.67	_____
5	Mississippi	3:12.13	_____
6	Lee (Tenn.)	3:13.25	_____

Event 26 Women 4x400 Meter Relay			
Friday 2/16/2024 - 3:40 PM			
GSC Indoor R: 3:50.54 2/15/2023 Christian Bros.			
T Pfeifer, A Iglesias, I Zurita, O Gee			
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	Montevallo	4:31.38	_____
5	Shorter	4:06.70	_____
6	Mississippi	4:10.54	_____
Section 2 of 2 Finals			
3	West Georgia	4:06.70	_____
4	Lee (Tenn.)	3:58.82	_____
5	Alabama-Hunt	3:54.17	_____
6	Christian Br	3:57.84	_____