

Gulf South Conference Indoor T&F Championships 2024
CrossPlex, Birmingham, AL - 2/15/2024 to 2/16/2024
Meet Program - Running Events Day 1

Event 17 Heptathlon: #1 Men 60 Meter Dash

Thursday 2/15/2024 - 10:00 AM

GSC Indoor R: 7.08 2/15/2022 Stacen Cunningham
CrossPlex: 6.71 3/11/2022 Andrei Iosivas

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
2	Brayden Marlowe	SO	Montevallo	NT
3	Zane Hopf	FR	Alabama-Hunt	NT
4	David Vick	JR	Montevallo	NT
5	Matthew Brunner	SO	West Georgia	NT
6	Gabe Gilliland	SO	Alabama-Hunt	NT
7	Will Stroud	FR	Montevallo	NT
Section 2 of 2 Finals				
2	Colin Roberson	FR	Alabama-Hunt	NT
3	Nate Boleware	SR	Montevallo	NT
4	Caleb Long	SR	Lee (Tenn.)	NT
5	Adolfo Mireles	FR	Alabama-Hunt	NT
6	Cameron Stine	SR	Lee (Tenn.)	NT
7	Walter Womack	FR	Montevallo	NT

Event 34 Indoor Pentathlon: #1 Women 60 Meter Hurdles

Thursday 2/15/2024 - 10:30 AM

GSC Indoor R: 8.84 2/18/2020 Nadia Davila
CrossPlex: 8.09 3/12/2016 Kendall Williams

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Kiffin Brun	JR	Montevallo	NT
3	Liezl Theron	JR	Lee (Tenn.)	NT
5	Kylie Carroll	JR	Montevallo	NT
7	Lily Brown	FR	Lee (Tenn.)	NT
Section 2 of 2 Finals				
1	Sydney White	JR	Lee (Tenn.)	NT
3	Toni Birden	SO	West Georgia	NT
5	Lauren Dellezay	FR	Montevallo	NT
7	Alexis Doll	JR	West Georgia	NT

Event 34 Indoor Pentathlon: #5 Women 800 Meter Run

Thursday 2/15/2024 - 0:00 PM

GSC Indoor R: 2:28.50 2/15/2022 Liezl Theron
CrossPlex: 2:08.75 3/11/2022 Anna Hall

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Toni Birden	SO	West Georgia	NT
2	Alexis Doll	JR	West Georgia	NT
3	Liezl Theron	JR	Lee (Tenn.)	NT
4	Kiffin Brun	JR	Montevallo	NT
5	Kylie Carroll	JR	Montevallo	NT
6	Lily Brown	FR	Lee (Tenn.)	NT
7	Lauren Dellezay	FR	Montevallo	NT
8	Sydney White	JR	Lee (Tenn.)	NT

Event 7 Men 5000 Meter Run

Thursday 2/15/2024 - 1:30 PM

GSC Indoor R: 14:09.01 2/14/2023 Jan Lukas Becker
CrossPlex: 13:19.01 3/11/2022 Abdihamid Nur

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Corey Adamski	JR	Alabama-Hunt	15:40.89
2	Derek Gallardo	SR	West Georgia	15:44.59
3	Brock Casey	FR	West Georgia	17:09.56
4	Griffin Stephens	JR	West Georgia	15:17.57
5	Brian Kipkosgei	FR	Shorter	NT
6	Mehari Van der Riet	FR	West Georgia	15:42.26
7	Will Clayton	SR	Christian Br	15:25.30
8	Sean Barry	JR	Christian Br	15:05.85
9	Bruno Valdez	FR	West Georgia	15:38.27
10	Drew Roberts	SR	Montevallo	15:20.75
Section 2 of 2 Finals				
1	Jan Lukas Becker	SR	Mississippi	13:54.79
2	Nate Pohlsander	SO	Alabama-Hunt	15:00.18
3	Will Anglea	JR	Alabama-Hunt	14:56.43
4	Sam Wilhelm	JR	Alabama-Hunt	14:19.93
5	Ezekiel Harless	SR	Lee (Tenn.)	14:46.90
6	Luke Gaddis	SO	Lee (Tenn.)	14:57.78
7	Jon Fielding Stogner	SO	Lee (Tenn.)	14:39.27
8	Cooper Parmer	SO	Mississippi	14:58.66
9	Aaron Himes	JR	Lee (Tenn.)	14:18.36
10	Braedon Methvin	SO	Mississippi	14:51.96
11	Matthew Fowler	SR	Lee (Tenn.)	14:24.07
12	Gabe Henneberger	SR	Alabama-Hunt	15:00.54

Event 24 Women 5000 Meter Run

Thursday 2/15/2024 - 2:30 PM

GSC Indoor R: 16:55.48 2/24/2021 Toni Moore
CrossPlex: 15:15.21 3/11/2016 Molly Seidel

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Emily McMurry	SR	Alabama-Hunt	17:30.62
2	Caroline Perry	SR	Mississippi	18:41.45
3	Aylin Vega	FR	Alabama-Hunt	18:43.18
4	Zoe Brickley	SR	Lee (Tenn.)	NT
5	Natalie Warner	JR	Montevallo	18:45.01
6	Kristal McQueen	FR	West Georgia	18:19.91
7	Amelia Brady	JR	Alabama-Hunt	18:20.54
8	Paige Patterson	JR	Lee (Tenn.)	NT
9	Josie Whipp	JR	Mississippi	18:36.71
10	Emily Berry	SR	Mississippi	17:27.41
11	Bre Bell	JR	Mississippi	17:31.81
12	Julia Halterman	SO	Lee (Tenn.)	NT
13	Catherine Greer	SO	West Georgia	19:15.30
14	April Jacobson	JR	Shorter	20:45.76
15	Katie Krueger	JR	Lee (Tenn.)	17:58.28
16	Danielle Horter	SR	Lee (Tenn.)	17:09.64

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Meet Program - Running Events Day 1

Event 1 Men 60 Meter Dash

Thursday 2/15/2024 - 4:15 PM

Top 2 in Heat + Next 2 on Time advance to Finals

GSC Indoor R: 6.70 2/14/2023 Michael Gizzi
CrossPlex: 6.47 3/12/2016 Ronnie Baker

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Kadarius Zachary	JR	West Georgia	NT
2	Noah Lawler	JR	Alabama-Hunt	7.07
3	Jamaric Hill	SR	Mississippi	7.11
4	Christopher Butler	SR	Mississippi	7.19
5	Ja'lon Benson	FR	Montevallo	7.19
6	Michael Gizzi	JR	Alabama-Hunt	6.75
7	Luke Blanchard	FR	Lee (Tenn.)	7.13
8	Nokia Masengu	SR	Lee (Tenn.)	7.04

Heat 2 of 3 Prelims

1	Ke'Andre Campbell	JR	Alabama-Hunt	7.08
2	Doniven Jackson	SR	Lee (Tenn.)	6.89
3	Dedric Gibson	SO	Shorter	NT
4	Erin Blount	SR	Shorter	7.15
5	Wilson McClain	SR	Alabama-Hunt	NT
6	Cale Kassen	SO	Lee (Tenn.)	7.09
7	Damone Daniels	FR	Mississippi	7.14
8	Walter Womack	FR	Montevallo	6.99

Heat 3 of 3 Prelims

1	Tommy Rodriguez	SO	Alabama-Hunt	7.10
2	Amari Lewis	JR	Montevallo	7.07
3	Dwight Bellamy	FR	Montevallo	7.03
4	Robert Grames	SR	Mississippi	7.14
5	Terrior Brown	SO	Christian Br	7.40
6	Trevor Fair	FR	West Georgia	NT
7	Jeremiah Giddens	SR	West Georgia	7.17
8	Elijah Williams	SR	Shorter	6.83

Event 18 Women 60 Meter Dash

Thursday 2/15/2024 - 4:30 PM

Top 2 in Heat + Next 2 on Time advance to Finals

GSC Indoor R: 7.58 2/15/2022 Kristen Blevins
CrossPlex: 7.04 3/11/2022 Julien Alfred

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

2	Madison Rose	JR	Shorter	7.86
3	Keziah Mickler	FR	Alabama-Hunt	7.94
4	Dasani Minter	JR	West Georgia	8.13
5	Jordyn Dortch	FR	Alabama-Hunt	7.78
6	Maniyah Thomas	SR	West Georgia	8.23
7	Nia Harris	SR	Shorter	NT

Heat 2 of 3 Prelims

1	Khila Corrothers	FR	Montevallo	8.04
2	Trinity Rutherford	SO	Shorter	8.48
3	Treneece Grimes	JR	Shorter	8.23
4	Krystalynn Oatman	SR	Alabama-Hunt	7.81
5	Sydney Goode	JR	Montevallo	8.09
6	Alana Green	SO	Mississippi	7.82

Heat 3 of 3 Prelims

1	Katie Gates	FR	Mississippi	8.22
2	Janae Hilliard	FR	Alabama-Hunt	7.88
3	Chandler Robinson	SR	Alabama-Hunt	7.88
4	Kira Montefusco	SR	West Georgia	7.75
5	Madison Flugence	FR	Mississippi	8.22
6	Chioma Uwaomah	JR	West Georgia	NT
7	Taylor Hampton	JR	West Georgia	NT

Event 8 Men 60 Meter Hurdles

Thursday 2/15/2024 - 4:45 PM

Top 2 in Heat + Next 4 on Time advance to Finals

GSC Indoor R: 7.81 2/14/2023 Cale Kassen
CrossPlex: 7.35 3/9/2019 Grant Holloway

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Cale Kassen	SO	Lee (Tenn.)	7.85
2	Isaac Iosia	FR	Lee (Tenn.)	9.39
3	Tyrone Reese	FR	Montevallo	8.62
4	Wes Egalite	SO	Alabama-Hunt	NT
5	Adolfo Mireles	FR	Alabama-Hunt	8.88
6	Tylan Williams	SO	Christian Br	9.05
7	Samuel Groce	SR	Shorter	8.58

Heat 2 of 2 Prelims

2	Kendric Croft	FR	Montevallo	9.06
3	Caleb Long	SR	Lee (Tenn.)	8.74
4	Cameron Stine	SR	Lee (Tenn.)	8.55
5	Wilson McClain	SR	Alabama-Hunt	8.09
6	Ryder Black	FR	Montevallo	8.82
7	Gabe Gilliland	SO	Alabama-Hunt	9.06

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Event 25 Women 60 Meter Hurdles

Thursday 2/15/2024 - 5:00 PM

Top 2 in Heat + Next 4 on Time advance to Finals

GSC Indoor R: 8.66 2/19/2020 Chelsea Walker
CrossPlex: 7.78 3/11/2022 Grace Stark

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Elizabeth Osborne	SO	West Georgia	10.45
2	Ivy Teachey	FR	Alabama-Hunt	8.91
3	Olivia Fulford	JR	West Georgia	10.23
4	Sydney White	JR	Lee (Tenn.)	9.45
5	Madison Flugence	FR	Mississippi	9.60
6	Liezl Theron	JR	Lee (Tenn.)	9.01
7	Anndrea Chester	SR	Alabama-Hunt	9.37
8	Katie Gates	FR	Mississippi	9.31
Heat 2 of 2 Prelims				
2	Toni Birden	SO	West Georgia	9.15
3	Lily Brown	FR	Lee (Tenn.)	9.40
4	Gioia Scopel	SO	Christian Br	9.13
5	Hannah Wright	JR	Lee (Tenn.)	8.89
6	Veleyna Renteri-Silva	FR	West Georgia	9.63
7	Amira Doss	JR	Christian Br	9.90
8	Chioma Uwaomah	JR	West Georgia	9.44

Event 2 Men 200 Meter Dash

Thursday 2/15/2024 - 5:20 PM

Heat Winner + Next 3 on Time advance to Finals

Heat #1 3,4,6,8 Heat #2 1,2,5,7

GSC Indoor R: 21.14 2/14/2023 Michael Gizzi
CrossPlex: 20.34 3/8/2019 Divine Oduduru

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Prelims				
3	Tommy Rodriguez	SO	Alabama-Hunt	22.00
4	Dwight Bellamy	FR	Montevallo	23.35
5	Doniven Jackson	SR	Lee (Tenn.)	21.75
6	Samuel Groce	SR	Shorter	23.04
Heat 2 of 5 Prelims				
3	Robert Grames	SR	Mississippi	22.35
4	Ja'lon Benson	FR	Montevallo	22.95
5	Jeremiah Giddens	SR	West Georgia	NT
6	Elijah Williams	SR	Shorter	21.66
Heat 3 of 5 Prelims				
3	Justin Steele	SR	Lee (Tenn.)	21.72
4	Luke Blanchard	FR	Lee (Tenn.)	23.03
5	Chris Thomas	FR	Alabama-Hunt	22.01
6	Zach Campbell	FR	Alabama-Hunt	23.57
Heat 4 of 5 Prelims				
3	Michael Gizzi	JR	Alabama-Hunt	21.15
4	Erin Blount	SR	Shorter	22.79
5	Walter Womack	FR	Montevallo	22.55

Heat 5 of 5 Prelims

3	Amari Lewis	JR	Montevallo	23.27
4	Aiden Shaw	FR	Lee (Tenn.)	21.95
5	Nokia Masengu	SR	Lee (Tenn.)	21.96
6	Damone Daniels	FR	Mississippi	23.04

Event 19 Women 200 Meter Dash

Thursday 2/15/2024 - 5:40 PM

Heat Winner + Next 3 on Time advance to Finals

Heat #1 3,4,6,8 Heat #2 1,2,5,7

GSC Indoor R: 24.21 2/19/2020 Chelsea Walker
CrossPlex: 22.16 3/12/2022 Abby Steiner

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Prelims				
3	Haley Trammell	JR	West Georgia	NT
4	Chioma Uwaomah	JR	West Georgia	NT
5	Hannah Wright	JR	Lee (Tenn.)	25.74
6	Janay Ryan	JR	Lee (Tenn.)	25.76
Heat 2 of 5 Prelims				
3	Alana Green	SO	Mississippi	25.67
4	Amiah Murry	FR	Alabama-Hunt	25.91
5	Kameron Noble	SO	Shorter	26.58
6	Dasani Minter	JR	West Georgia	NT
Heat 3 of 5 Prelims				
3	Janae Hilliard	FR	Alabama-Hunt	26.16
4	Ana Iglesias	SR	Christian Br	24.99
5	Aniya Johnson	FR	Alabama-Hunt	26.12
Heat 4 of 5 Prelims				
3	Trinity Rutherford	SO	Shorter	NT
4	Madison Rose	JR	Shorter	26.52
5	Jordyn Dortch	FR	Alabama-Hunt	25.17
6	Kira Montefusco	SR	West Georgia	25.94
Heat 5 of 5 Prelims				
3	Shamiya Perry	JR	West Georgia	NT
4	Treneece Grimes	JR	Shorter	26.26
5	Keziah Mickler	FR	Alabama-Hunt	26.04
6	Nia Harris	SR	Shorter	25.06

Event 10 Men Distance Medley

Thursday 2/15/2024 - 6:00 PM

GSC Indoor R: 9:53.04 2/14/2023 Mississippi College

B Kelly, G Stewart, G Hodson, C Benoit

CrossPlex: 9:25.20 3/11/2022 Texas

C Gomez, W Wright, C Carrozza, Y Abdalla

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Alabama-Hunt		9:49.44
2	Lee (Tenn.)		9:47.81
3	Christian Br		NT
4	Mississippi		10:17.61
5	West Georgia		10:34.33
6	Montevallo		10:45.32

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Event 27 Women Distance Medley

Thursday 2/15/2024 - 6:20 PM

GSC Indoor R: 11:39.22 2/14/2023 Lee (Tenn.)

L Kellerman, E Hine, L Hare, A Hawkins

CrossPlex: 10:51.37 3/11/2022 Arkansas

I Van Camp, P Peoples, K Gear, L Jolly

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Alabama-Hunt		13:34.32 _____
2	Lee (Tenn.)		11:42.11 _____
3	West Georgia		13:40.58 _____
4	Christian Br		NT _____
5	Mississippi		11:38.59 _____