



2013 UNCG MEN'S TRACK & FIELD

INDOOR TIMES



400 Meter

52.55 - CJ Shook, Hokie Invitational (Jan. 25-26, 2013)
52.60 - CJ Shook, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
52.79 - CJ Shook, SoCon Championships (Feb. 23-24, 2013)
53.90 - Myles White, Hokie Invitational (Jan. 25-26, 2013)
54.25 - Corey Paige, SoCon Championships (Feb. 23-24, 2013)
54.51 - John Elwood, Hilton Garden Invitational (Feb. 1-2, 2013)
55:52 - Myles White, Wake Forest Invitational (1/19/13)
55.97 - Corey Paige, Wake Forest Invitational (1/19/13)

600 Meter

1:26.62 - John Elwood, Hokie Invitational (Jan. 25-26, 2013)

800 Meter

2:00.20 - John Elwood, SoCon Championships (Feb. 23-24, 2013)
2:01.19 - Myles White, SoCon Championships (Feb. 23-24, 2013)
2:02.23 - Chris Murphy, SoCon Championships (Feb. 23-24, 2013)
2:03.32 - Myles White, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
2:03.89 - Chris Murphy, Hilton Garden Invitational (Feb. 1-2, 2013)
2:04.44 - Myles White, Hilton Garden Invitational (Feb. 1-2, 2013)
2:05.96 - Chris Murphy, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
2:06.81 - John Elwood, Wake Forest Invitational (1/19/13)
2:11.26 - Corey Paige, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
2:11.63 - Corey Paige, Hilton Garden Invitational (Feb. 1-2, 2013)

1,000 Meter

2:42.13 - Chris Murphy, Hokie Invitational (Jan. 25-26, 2013)

Mile

4:09.41 - Paul Chelimo, Hilton Garden Invitational (Feb. 1-2, 2013)
4:11.90 - Paul Katam, Wake Forest Invitational (1/19/13)
4:20.10 - Josh Crawford, SoCon Championships (Feb. 23-24, 2013)
4:21.63 - Abraham Kemboi, Hilton Garden Invitational (Feb. 1-2, 2013)
4:26.03 - Josh Crawford, Hilton Garden Invitational (Feb. 1-2, 2013)
4:26.90 - Tyron Alston, SoCon Championships (Feb. 23-24, 2013)
4:27.27 - Eric Williams, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
4:29.21 - Tyron Alston, Hokie Invitational (Jan. 25-26, 2013)
4:29.38 - Brandon Cain, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
4:31.23 - Brandon Cain, SoCon Championships (Feb. 23-24, 2013)
4:31.55 - Eric Williams, Hilton Garden Invitational (Feb. 1-2, 2013)
4:33.64 - Taylor Day, SoCon Championships (Feb. 23-24, 2013)
4:35.94 - Eric Williams, SoCon Championships (Feb. 23-24, 2013)
4:40.89 - Taylor Day, Wake Forest Invitational (1/19/13)
4:43.09 - Brandon Cain, Wake Forest Invitational (1/19/13)
4:43.57 - John Elwood, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
4:59.93 - Chris Murphy, Wake Forest Invitational (1/19/13)

3,000 Meter

8:06.71 - Paul Chelimo, Flotrack Husky Classic (2/9/13)
8:09.07 - Paul Chelimo, SoCon Championships (Feb. 23-24, 2013)
8:10.75 - Paul Katam, SoCon Championships (Feb. 23-24, 2013)
8:11.56 - Paul Katam, Hokie Invitational (Jan. 25-26, 2013)
8:34.17 - Abraham Kemboi, SoCon Championships (Feb. 23-24, 2013)
8:35.23 - Abraham Kemboi, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
8:38.69 - Abraham Kemboi, Wake Forest Invitational (1/19/13)
8:46.22 - Josh Crawford, SoCon Championships (Feb. 23-24, 2013)

8:51.93 - Josh Crawford, Wake Forest Invitational (1/19/13)
8:55.13 - Dylan Belles, SoCon Championships (Feb. 23-24, 2013)
8:59.26 - Eric Williams, Wake Forest Invitational (1/19/13)
9:00.14 - Dylan Belles, Hokie Invitational (Jan. 25-26, 2013)
9:01.18 - Josh Crawford, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
9:11.53 - Tyron Alston, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
9:14.47 - Brandon Cain, Hilton Garden Invitational (Feb. 1-2, 2013)
9:16.07 - Taylor Day, Hokie Invitational (Jan. 25-26, 2013)
9:28.66 - Tyron Alston, Wake Forest Invitational (1/19/13)

5,000 Meter

14:04.03 - Paul Katam, Flotrack Husky Classic (2/8/13)
14:13.77 - Paul Katam, SoCon Championships (Feb. 23-24, 2013)
15:06.23 - Abraham Kemboi, SoCon Championships (Feb. 23-24, 2013)
15:22.74 - Abraham Kemboi, Hokie Invitational (Jan. 25-26, 2013)
15:58.68 - Dylan Belles, Wake Forest Invitational (1/19/13)
16:03.68 - Taylor Day, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
16:09.93 - Brandon Cain, Hokie Invitational (Jan. 25-26, 2013)

Distance Medley Relay

10:36.52 - Tyron Alston, Paul Katam, John Elwood, Taylor Day, Hilton Garden Invitational (Feb. 1-2, 2013)



2013 UNCG WOMEN'S TRACK & FIELD

INDOOR TIMES



60 Meter Dash

8.14 - Mary Caldwell, SoCon Championships (Feb. 23-24, 2013)
8.25 - Mary Caldwell, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
8.35 - Meaisha Bullock, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
8.44 - Mary Caldwell, Hilton Garden Invitational (Feb. 1-2, 2013)
8.53 - Alexis Gardner, Wake Forest Invitational (1/19/13)
8.65 - Cidney Cottle, Hilton Garden Invitational (Feb. 1-2, 2013)
8.73 - Ravin Fisher, SoCon Championships (Feb. 23-24, 2013)
8.76 - Jasmine Miller, SoCon Championships (Feb. 23-24, 2013)
8.90 - Natasha Tyson, Wake Forest Invitational (1/19/13)
9.00 - Ravin Fisher, Hilton Garden Invitational (Feb. 1-2, 2013)
9.03 - Jasmine Miller, Wake Forest Invitational (1/19/13)

200 Meter Dash

28.11 - Cidney Cottle, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
28.29 - Cidney Cottle, SoCon Championships (Feb. 23-24, 2013)
28.30 - A'Myrah Bates, SoCon Championships (Feb. 23-24, 2013)
28.79 - Cidney Cottle, Wake Forest Invitational (1/19/13)
28.84 - Mary Caldwell, Hokie Invitational (Jan. 25-26, 2013)
28.88 - A'Myrah Bates, Wake Forest Invitational (1/19/13)
28.90 - A'Myrah Bates, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
29.01 - Mary Caldwell, Wake Forest Invitational (1/19/13)
29.08 - Meaisha Bullock, SoCon Championships (Feb. 23-24, 2013)
29.83 - Haley Wenos, Hilton Garden Invitational (Feb. 1-2, 2013)
30.10 - Natasha Tyson, SoCon Championships (Feb. 23-24, 2013)
30.15 - Jasmine Miller, Hokie Invitational (Jan. 25-26, 2013)
30.28 - Jasmine Miller, Hilton Garden Invitational (Feb. 1-2, 2013)
30.40 - Meaisha Bullock, Hilton Garden Invitational (Feb. 1-2, 2013)
30.59 - Jasmine Miller, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
30.68 - Natasha Tyson, Hilton Garden Invitational (Feb. 1-2, 2013)
31.07 - Meaisha Bullock, Wake Forest Invitational (1/19/13)

300 Meter

45.86 - Cidney Cottle, Hokie Invitational (Jan. 25-26, 2013)
47.57 - A'Myrah Bates, Hokie Invitational (Jan. 25-26, 2013)

400 Meter

1:03.51 - Haley Wenos, SoCon Championships (Feb. 23-24, 2013)
1:05.26 - Haley Wenos, Hokie Invitational (Jan. 25-26, 2013)
1:09.10 - Haley Wenos, Wake Forest Invitational (1/19/13)
1:14.73 - Meaisha Bullock, Hokie Invitational (Jan. 25-26, 2013)

800 Meter

2:19.20 - Shannon Hall, Wake Forest Invitational (1/19/13)
2:23.36 - Eira Jensen, Wake Forest Invitational (1/19/13)
2:23.40 - Shannon Hall, SoCon Championships (Feb. 23-24, 2013)
2:23.72 - Katlyn Ayers, SoCon Championships (Feb. 23-24, 2013)
2:28.90 - Katlyn Ayers, Wake Forest Invitational (1/19/13)
2:29.29 - Shannon Hall, Hokie Invitational (Jan. 25-26, 2013)
2:31.68 - Katherine Link, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
2:36.63 - Meredith Hicks, SoCon Championships (Feb. 23-24, 2013)

1,000 Meter

3:06.62 - Eira Jensen, Hokie Invitational (Jan. 25-26, 2013)
3:08.85 - Katlyn Ayers, Hokie Invitational (Jan. 25-26, 2013)

Mile Run

4:56.27 - Shaina Sumney, Wake Forest Invitational (1/19/13) (Unattached)
5:02.78 - Chelsea Sumney, Wake Forest Invitational (1/19/13)
5:15.20 - Katherine Link, SoCon Championships (Feb. 23-24, 2013)
5:16.58 - Katherine Link, Wake Forest Invitational (1/19/13)
5:17.69 - Shannon Hall, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
5:18.18 - Kelly Montague, SoCon Championships (Feb. 23-24, 2013)
5:22.56 - Kelly Montague, Wake Forest Invitational (1/19/13)
5:26.89 - Lydia Saina, Hilton Garden Invitational (Feb. 1-2, 2013)
5:27.64 - Katlyn Ayers, Hilton Garden Invitational (Feb. 1-2, 2013)
5:55.06 - Meredith Hicks, Clemson Tiger Paw Invitational (Feb. 8-9, 2013)
5:59.76 - Meredith Hicks, Hilton Garden Invitational (Feb. 1-2, 2013)
6:00.04 - Meredith Hicks, SoCon Championships (Feb. 23-24, 2013)

3,000 Meter

9:52.54 - Chelsea Sumney, Hokie Invitational (Jan. 25-26, 2013)
10:36.52 - Katherine Link, Hokie Invitational (Jan. 25-26, 2013)
10:56.83 - Lydia Saina, Wake Forest Invitational (1/19/13)
10:46.73 - Kelly Montague, Hokie Invitational (Jan. 25-26, 2013)
11:42.05 - Meredith Hicks, Wake Forest Invitational (1/19/13)

5,000 Meter

16:50.84 - Chelsea Sumney, Flotrack Husky Classic (2/8/13)
17:05.51 - Chelsea Sumney, SoCon Championships (Feb. 23-24, 2013)
18:24.78 - Lydia Saina, Hokie Invitational (Jan. 25-26, 2013)
18:42.31 - Kelly Montague, Hilton Garden Invitational (Feb. 1-2, 2013)
18:42.44 - Lydia Saina, SoCon Championships (Feb. 23-24, 2013)
21:30.28 - Meredith Hicks, Hokie Invitational (Jan. 25-26, 2013)

Distance Medley Relay

12:14.22 - Katherine Link, Kelly Montague, Shannon Hall, Chelsea Sumney, Hilton Garden Invitational (Feb. 1-2, 2013)
12:47.38 - Kelly Montague, Haley Wenos, Katlyn Ayers, Lydia Saina