



2013 UNCG MEN'S TRACK & FIELD

OUTDOOR TIMES



400 Meter

51.94 - CJ Shook, Raleigh Relays, (March 29-30, 2013)
52.31 - CJ Shook, High Point VertKlasse Meet (March 22-23, 2013)
52.87 - John Elwood, High Point VertKlasse Meet (March 22-23, 2013)
53.34 - John Elwood, UNCW Seahawk Invitational (March 8-9, 2013)
53.55 - CJ Shook, UNCW Seahawk Invitational (March 8-9, 2013)
54.71 - Myles White, UNCW Seahawk Invitational (March 8-9, 2013)
54.83 - Corey Paige, UNCW Seahawk Invitational (March 8-9, 2013)
55.36 - Corey Paige, SoCon Outdoor Championships (April 20-21, 2013)
56.02 - Corey Paige, Duke Invitational (April 5-6, 2013)

800 Meter

1:54.93 - Josh Crawford, High Point VertKlasse Meet (March 22-23, 2013)
1:54.98 - Tyron Alston, Wake Forest Open, (March 15-16, 2013)
1:56.93 - Abraham Kemboi, High Point VertKlasse Meet (March 22-23, 2013)
1:56.98 - Josh Crawford, UNCW Seahawk Invitational (March 8-9, 2013)
1:59.20 - Chris Murphy, UNCW Seahawk Invitational (March 8-9, 2013)
2:00.77 - John Elwood, SoCon Outdoor Championships (April 20-21, 2013)
2:03.94 - CJ Shook, Wake Forest Open, (March 15-16, 2013)
2:09.36 - Corey Paige, Wake Forest Open, (March 15-16, 2013)
2:10.61 - CJ Shook, SoCon Outdoor Championships (April 20-21, 2013)
2:14.03 - Myles White, SoCon Outdoor Championships (April 20-21, 2013)

1500 Meter

3:49.26 - Paul Chelimo, Wake Forest Open, (March 15-16, 2013)
3:49.43 - Paul Katam, Wake Forest Open, (March 15-16, 2013)
3:51.51 - Paul Katam, SoCon Outdoor Championships (April 20-21, 2013)
3:53.21 - Josh Crawford, Wake Forest Open, (March 15-16, 2013)
3:55.19 - Tyron Alston, SoCon Outdoor Championships (April 20-21, 2013)
3:57.86 - Josh Crawford, Duke Invitational (April 5-6, 2013)
3:57.91 - Josh Crawford, SoCon Outdoor Championships (April 20-21, 2013)
3:58.17 - Tyron Alston, Raleigh Relays, (March 29-30, 2013)
3:59.16 - Tyron Alston, Duke Invitational (April 5-6, 2013)
4:00.50 - Tyron Alston, UNCW Seahawk Invitational (March 8-9, 2013)
4:00.86 - Abraham Kemboi, UNCW Seahawk Invitational (March 8-9, 2013)
4:03.27 - Brandon Cain, SoCon Outdoor Championships (April 20-21, 2013)
4:05.51 - Taylor Day, Wake Forest Open, (March 15-16, 2013)
4:05.82 - Dylan Belles, UNCW Seahawk Invitational (March 8-9, 2013)
4:06.41 - Brandon Cain, UNCW Seahawk Invitational (March 8-9, 2013)
4:07.92 - Paul Katam, UNCW Seahawk Invitational (March 8-9, 2013)
4:11.16 - Chris Murphy, Raleigh Relays, (March 29-30, 2013)
4:12.31 - Chris Murphy, SoCon Outdoor Championships (April 20-21, 2013)
4:14.74 - John Elwood, Raleigh Relays, (March 29-30, 2013)

Mile

4:08.06 - Paul Chelimo, High Point VertKlasse Meet (March 22-23, 2013)
4:11.06 - Paul Katam, High Point VertKlasse Meet (March 22-23, 2013)
4:19.13 - Tyron Alston, High Point VertKlasse Meet (March 22-23, 2013)
4:23.84 - Dylan Belles, High Point VertKlasse Meet (March 22-23, 2013)
4:29.27 - Taylor Day, High Point VertKlasse Meet (March 22-23, 2013)
4:31.07 - Brandon Cain, High Point VertKlasse Meet (March 22-23, 2013)

3000 Meter

8:43.63 - Abraham Kemboi, Wake Forest Open, (March 15-16, 2013)
9:08.33 - Dylan Belles, Wake Forest Open, (March 15-16, 2013)
9:17.28 - Brandon Cain, Wake Forest Open, (March 15-16, 2013)

5000 Meter

13:36.27 - Paul Chelimo, Payton Jordan Invitational (April 28, 2013)
13:40.41 - Paul Chelimo, NCAA Championships (June 8, 2013)
13:42.03 - Paul Chelimo, Stanford Invitational (March 29-30, 2013)
13:49.94 - Paul Chelimo, NCAA East Regional (May 25, 2013)
13:57.00 - Paul Katam, Payton Jordan Invitational (April 28, 2013)
14:44.98 - Abraham Kemboi, Duke Invitational (April 5-6, 2013)
14:55.50 - Abraham Kemboi, SoCon Outdoor Championships (April 20-21, 2013)
15:00.54 - Dylan Belles, Raleigh Relays, (March 29-30, 2013)
15:29.76 - Josh Crawford, Raleigh Relays, (March 29-30, 2013)
15:47.97 - Brandon Cain, Raleigh Relays, (March 29-30, 2013)
15:57.91 - Dylan Belles, SoCon Outdoor Championships (April 20-21, 2013)

10000 Meter

29:21.87 - Paul Katam, Stanford Invitational (March 29-30, 2013)
29:41.27 - Paul Katam, NCAA Championships (June 6, 2013)
29:50.22 - Paul Katam, NCAA East Regional (May 23, 2013)
30:52.19 - Abraham Kemboi, Raleigh Relays, (March 29-30, 2013)
31:14.12 - Dylan Belles, Duke Invitational (April 5-6, 2013)
31:59.61 - Abraham Kemboi, SoCon Outdoor Championships (April 20-21, 2013)
32:09.66 - Dylan Belles, SoCon Outdoor Championships (April 20-21, 2013)

4X400 Meter Relay

3:30.95 - John Elwood, Corey Paige, Myles White, CJ Shook, UNCW Seahawk Invitational (March 8-9, 2013)

3000 Steeplechase

9:52.52 - Taylor Day, Duke Invitational (April 5-6, 2013)
9:54.45 - Eric Williams, Duke Invitational (April 5-6, 2013)
9:55.28 - Taylor Day, SoCon Outdoor Championships (April 20-21, 2013)
9:55.47 - Eric Williams, SoCon Outdoor Championships (April 20-21, 2013)
10:01.56 - Eric Williams, Raleigh Relays, (March 29-30, 2013)
10:11.51 - Taylor Day, Raleigh Relays, (March 29-30, 2013)



2013 UNCG WOMEN'S TRACK & FIELD

OUTDOOR TIMES



100 Meter

12.81 - Mary Caldwell, UNCW Seahawk Invitational (March 8-9, 2013)
13.01 - Mary Caldwell, SoCon Outdoor Championships (April 20-21, 2013)
13.02 - A'Myrah Bates, Duke Invitational (April 5-6, 2013)
13.05 - Mary Caldwell, Wake Forest Open, (March 15-16, 2013)
13.46 - A'Myrah Bates, UNCW Seahawk Invitational (March 8-9, 2013)
13.53 - A'Myrah Bates, Wake Forest Open, (March 15-16, 2013)
13.89 - Natasha Tyson, SoCon Outdoor Championships (April 20-21, 2013)
13.92 - Jasmine Miller, UNCW Seahawk Invitational (March 8-9, 2013)
14.00 - Jasmine Miller, SoCon Outdoor Championships (April 20-21, 2013)
14.04 - Ravin Fisher, Wake Forest Open, (March 15-16, 2013)
14.08 - Ravin Fisher, UNCW Seahawk Invitational (March 8-9, 2013)
14.13 - Jasmine Miller, Duke Invitational (April 5-6, 2013)
14.26 - Natasha Tyson, Duke Invitational (April 5-6, 2013)
14.42 - Ravin Fisher, High Point VertKlasse Meet (March 22-23, 2013)

200 Meter

26.31 - Mary Caldwell, Wake Forest Open, (March 15-16, 2013)
26.46 - Mary Caldwell, SoCon Outdoor Championships (April 20-21, 2013)
26.79 - Mary Caldwell, Duke Invitational (April 5-6, 2013)
26.85 - Mary Caldwell, High Point VertKlasse Meet (March 22-23, 2013)
27.11 - A'Myrah Bates, Wake Forest Open, (March 15-16, 2013)
27.28 - Meaisha Bullock, SoCon Outdoor Championships (April 20-21, 2013)
27.77 - Meaisha Bullock, High Point VertKlasse Meet (March 22-23, 2013)
27.91 - Cidney Cottle, Duke Invitational (April 5-6, 2013)
28.00 - Meaisha Bullock, Wake Forest Open, (March 15-16, 2013)
28.22 - Meaisha Bullock, UNCW Seahawk Invitational (March 8-9, 2013)
29.38 - Jasmine Miller, High Point VertKlasse Meet (March 22-23, 2013)

400 Meter

58.11 - Shannon Hall, High Point VertKlasse Meet (March 22-23, 2013)
58.51 - Shannon Hall, SoCon Outdoor Championships (April 20-21, 2013)
59.53 - Shannon Hall, UNCW Seahawk Invitational (March 8-9, 2013)
1:05.28 - Meaisha Bullock, Wake Forest Open, (March 15-16, 2013)
1:06.23 - Haley Wenos, UNCW Seahawk Invitational (March 8-9, 2013)

800 Meter

2:13.01 - Shannon Hall, SoCon Outdoor Championships (April 20-21, 2013) - Preliminaries
2:13.03 - Shannon Hall SoCon Outdoor Championships (April 20-21, 2013) - Finals
2:14.57 - Shannon Hall, Duke Invitational (April 5-6, 2013)
2:19.96 - Eira Jensen, High Point VertKlasse Meet (March 22-23, 2013)
2:21.05 - Eira Jensen, UNCW Seahawk Invitational (March 8-9, 2013)
2:25.86 - Katlyn Ayers, UNCW Seahawk Invitational (March 8-9, 2013)
2:27.31 - Katlyn Ayers, High Point VertKlasse Meet (March 22-23, 2013)
2:36.63 - Meredith Hicks, SoCon Outdoor Championships (April 20-21, 2013)
2:36.71 - Meredith Hicks, UNCW Seahawk Invitational (March 8-9, 2013)
2:37.03 - Meredith Hicks, High Point VertKlasse Meet (March 22-23, 2013)

1500 Meter

4:33.27 - Chelsea Sumney, Duke Invitational (April 5-6, 2013) - Unattached
4:40.60 - Eira Jensen, SoCon Outdoor Championships (April 20-21, 2013)
4:41.07 - Eira Jensen, Duke Invitational (April 5-6, 2013)
4:44.80 - Lydia Saina, High Point VertKlasse Meet (March 22-23, 2013)
4:48.52 - Katherine Link, High Point VertKlasse Meet (March 22-23, 2013)
4:48.53 - Kelly Montague, High Point VertKlasse Meet (March 22-23, 2013)
4:49.39 - Katherine Link, Duke Invitational (April 5-6, 2013)

4:50.78 - Lydia Saina, UNCW Seahawk Invitational (March 8-9, 2013)
4:52.43 - Katherine Link, UNCW Seahawk Invitational (March 8-9, 2013)
4:52.69 - Kelly Montague, Duke Invitational (April 5-6, 2013)
4:53.89 - Kelly Montague, UNCW Seahawk Invitational (March 8-9, 2013)
4:58.96 - Katlyn Ayers, SoCon Outdoor Championships (April 20-21, 2013)
4:59.19 - Katlyn Ayers, Duke Invitational (April 5-6, 2013)
5:23.62 - Meredith Hicks, Raleigh Relays, (March 29-30, 2013)

3000 Meter

9:49.65 - Chelsea Sumney, Wake Forest Open, (March 15-16, 2013) - Unattached
10:24.67 - Lydia Saina, Wake Forest Open, (March 15-16, 2013)
10:29.98 - Kelly Montague, Wake Forest Open, (March 15-16, 2013)
10:36.95 - Katherine Link, Wake Forest Open, (March 15-16, 2013)

5000 Meter

16:36.03 - Chelsea Sumney, Raleigh Relays, (March 29-30, 2013) - Unattached
17:26.71 - Lydia Saina, SoCon Outdoor Championships (April 20-21, 2013)
17:48.05 - Lydia Saina, Duke Invitational (April 5-6, 2013)
18:05.90 - Katherine Link, SoCon Outdoor Championships (April 20-21, 2013)
18:11.11 - Kelly Montague, Raleigh Relays, (March 29-30, 2013)
18:17.58 - Katherine Link, Raleigh Relays, (March 29-30, 2013)
18:41.38 - Kelly Montague, SoCon Outdoor Championships (April 20-21, 2013)

100 Meter Hurdles

18.13 - A'Myrah Bates, High Point VertKlasse Meet (March 22-23, 2013)

400 Meter Hurdles

1:09.07 - Haley Wenos, Wake Forest Open, (March 15-16, 2013)
1:10.00 - Haley Wenos, High Point VertKlasse Meet (March 22-23, 2013)
1:10.01 - Haley Wenos, SoCon Outdoor Championships (April 20-21, 2013)
1:10.16 - Haley Wenos, Duke Invitational (April 5-6, 2013)

4X400 Meter Relay

4:11.48 - Katlyn Ayers, Shannon Hall, Eira Jensen, Haley Wenos, UNCW Seahawk Invitational (March 8-9, 2013)