

Southern Conference Indoor Performance List

60m (Men)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|----------------|------|----------------|------|--------------------|-----------|
| 39 | Murphy, Chris | SO-2 | UNC-Greensboro | 7.88 | Hokie Invitational | 01/24/14 |
| 41 | Williams, Eric | JR-3 | UNC-Greensboro | 8.35 | Hokie Invitational | 01/24/14 |

60m (Women)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|------------------|------|----------------|------|------------------------------|-----------|
| 27 | Green, Tiana | SO-2 | UNC-Greensboro | 8.18 | UNCG Spartans Team Challenge | 01/26/14 |
| 36 | Bates, A'Myrah | SO-2 | UNC-Greensboro | 8.58 | Hokie Invitational | 01/24/14 |
| 36 | Gardner, Alexis | SO-2 | UNC-Greensboro | 8.58 | UCS Invitational | 02/14/14 |
| 40 | Bullock, Meaisha | SO-2 | UNC-Greensboro | 8.85 | Hokie Invitational | 01/24/14 |

200m (Women)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|------------------|------|----------------|---------|--|-----------|
| 38 | Green, Tiana | SO-2 | UNC-Greensboro | 27.01 # | UNCG Spartans Team Challenge | 01/26/14 |
| 49 | Gardner, Alexis | SO-2 | UNC-Greensboro | 28.34 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 53 | Bullock, Meaisha | SO-2 | UNC-Greensboro | 29.08 # | Wake Forest Invitational | 01/11/14 |
| 54 | Wenos, Haley | JR-3 | UNC-Greensboro | 29.15 # | 2014 Liberty Open | 01/17/14 |
| 56 | Bates, A'Myrah | SO-2 | UNC-Greensboro | 29.24 # | 2014 Liberty Open | 01/17/14 |

400m (Men)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|-----------------|------|----------------|-----------|--|-----------|
| 28 | Alston, Tyron | SR-4 | UNC-Greensboro | 52.80 # | 2014 Liberty Open | 01/17/14 |
| 31 | Hodge, Jonathan | SO-2 | UNC-Greensboro | 53.13 # | Wake Forest Invitational | 01/11/14 |
| 36 | Ridley, Quentin | FR-1 | UNC-Greensboro | 53.68 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 40 | Murphy, Chris | SO-2 | UNC-Greensboro | 54.35 # | 2014 Liberty Open | 01/17/14 |
| 45 | Williams, Eric | JR-3 | UNC-Greensboro | 57.22 # | UCS Invitational | 02/14/14 |
| 48 | Ramsey, Andrew | SO-2 | UNC-Greensboro | 1:05.27 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |

400m (Women)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|------------------|------|----------------|-----------|--|-----------|
| 34 | Hall, Shannon | SR-4 | UNC-Greensboro | 1:01.16 # | 2014 Liberty Open | 01/17/14 |
| 44 | Green, Tiana | SO-2 | UNC-Greensboro | 1:03.16 # | Hilton Garden Innvitational | 01/31/14 |
| 52 | Wenos, Haley | JR-3 | UNC-Greensboro | 1:04.88 # | Hilton Garden Innvitational | 01/31/14 |
| 53 | Bullock, Meaisha | JR-3 | UNC-Greensboro | 1:04.90 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 54 | Wilson, Samiiah | SO-2 | UNC-Greensboro | 1:05.02 # | 2014 Liberty Open | 01/17/14 |
| 62 | Bates, A'Myrah | SO-2 | UNC-Greensboro | 1:11.73 # | Wake Forest Invitational | 01/11/14 |

800m (Men)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|---------------|------|----------------|-----------|--|-----------|
| 14 | Alston, Tyron | SR-4 | UNC-Greensboro | 1:57.97 # | Hilton Garden Innvitational | 01/31/14 |
| 15 | Murphy, Chris | SO-2 | UNC-Greensboro | 1:58.11 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 17 | Elwood, John | SO-2 | UNC-Greensboro | 1:58.51 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |

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|----|-----------------|------|----------------|-----------|--|----------|
| 22 | Shipp, Dakarai | SO-2 | UNC-Greensboro | 2:00.18 # | UCS Invitational | 02/14/14 |
| 25 | Hodge, Jonathan | FR-1 | UNC-Greensboro | 2:01.04 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 29 | Guthrie, David | SO-2 | UNC-Greensboro | 2:02.56 # | Hilton Garden Innvitational | 01/31/14 |
| 31 | Korir, Geoffrey | FR-1 | UNC-Greensboro | 2:04.28 # | UNCG Spartans Team Challenge | 01/26/14 |
| 35 | Kemboi, Abraham | SR-4 | UNC-Greensboro | 2:07.24 # | Wake Forest Invitational | 01/11/14 |
| 36 | Williams, Eric | JR-3 | UNC-Greensboro | 2:07.66 # | Wake Forest Invitational | 01/11/14 |

800m (Women)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|-----------------|------|----------------|-----------|--|-----------|
| 14 | Sumney, Chelsea | SR-4 | UNC-Greensboro | 2:16.45 # | Dennis Craddock Invitational | 02/22/14 |
| 16 | Hall, Shannon | SR-4 | UNC-Greensboro | 2:16.64 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 36 | Montague, Kelly | SR-4 | UNC-Greensboro | 2:24.50 # | 2014 Liberty Open | 01/17/14 |
| 41 | Jensen, Eira | SO-2 | UNC-Greensboro | 2:25.33 # | 2014 Liberty Open | 01/17/14 |
| 51 | Wilson, Samiiah | FR-1 | UNC-Greensboro | 2:27.21 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 54 | Wenos, Haley | JR-3 | UNC-Greensboro | 2:27.90 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 58 | Ayers, Katlyn | SO-2 | UNC-Greensboro | 2:28.59 # | Wake Forest Invitational | 01/11/14 |
| 69 | Adkins, Katlyn | SO-2 | UNC-Greensboro | 2:36.32 # | UNCG Spartans Team Challenge | 01/26/14 |
| 76 | Hicks, Meredith | SO-2 | UNC-Greensboro | 2:42.68 # | UNCG Spartans Team Challenge | 01/26/14 |
| 81 | Pressley, Sarah | SO-2 | UNC-Greensboro | 2:52.88 # | 2014 Liberty Open | 01/17/14 |

Mile (Men)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|------------------|------|----------------|-----------|--|-----------|
| 9 | Belles, Dylan | JR-3 | UNC-Greensboro | 4:16.76 # | Hilton Garden Innvitational | 01/31/14 |
| 11 | Alston, Tyron | SR-4 | UNC-Greensboro | 4:18.13 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 19 | Cain, Brandon | JR-3 | UNC-Greensboro | 4:23.17 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 21 | Crawford, Josh | SO-2 | UNC-Greensboro | 4:23.51 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 24 | Shipp, Dakarai | SO-2 | UNC-Greensboro | 4:27.38 # | Hilton Garden Innvitational | 01/31/14 |
| 29 | Bergstrom, Max | SR-4 | UNC-Greensboro | 4:33.02 # | 2014 Liberty Open | 01/17/14 |
| 31 | Guthrie, David | FR-1 | UNC-Greensboro | 4:34.65 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 32 | Kemboi, Abraham | SR-4 | UNC-Greensboro | 4:36.59 # | 2014 Liberty Open | 01/17/14 |
| 33 | O'Grady, Patrick | SO-2 | UNC-Greensboro | 4:39.47 # | 2014 Liberty Open | 01/17/14 |
| 35 | Elwood, John | SO-2 | UNC-Greensboro | 4:41.44 # | UCS Invitational | 02/14/14 |
| 38 | Chandler, Max | SO-2 | UNC-Greensboro | 4:48.92 # | 2014 Liberty Open | 01/17/14 |

Mile (Women)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|-----------------|------|----------------|-----------|--|-----------|
| 2 | Sumney, Shaina | SR-4 | UNC-Greensboro | 4:50.85 # | Dennis Craddock Invitational | 02/22/14 |
| 6 | Sumney, Chelsea | SR-4 | UNC-Greensboro | 4:57.61 # | 2014 Liberty Open | 01/17/14 |
| 14 | Hall, Shannon | SR-4 | UNC-Greensboro | 5:06.28 # | UCS Invitational | 02/14/14 |
| 18 | Link, Katy | SO-2 | UNC-Greensboro | 5:06.95 # | UCS Invitational | 02/14/14 |
| 22 | Ayers, Katlyn | SO-2 | UNC-Greensboro | 5:08.07 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 25 | Montague, Kelly | SR-4 | UNC-Greensboro | 5:08.32 # | UCS Invitational | 02/14/14 |
| 57 | Miller, Kate | FR-1 | UNC-Greensboro | 5:40.65 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 59 | Wilson, Samiiah | FR-1 | UNC-Greensboro | 5:50.56 # | Dennis Craddock Invitational | 02/22/14 |
| 60 | Adkins, Katlyn | FR-1 | UNC-Greensboro | 5:53.48 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 62 | Hicks, Meredith | SO-2 | UNC-Greensboro | 6:18.80 # | Wake Forest Invitational | 01/11/14 |

3000m (Men)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|------------------|------|----------------|-----------|-----------------------------|-----------|
| 13 | Belles, Dylan | JR-3 | UNC-Greensboro | 8:37.92 | Hokie Invitational | 01/24/14 |
| 21 | Crawford, Josh | SO-2 | UNC-Greensboro | 8:42.43 # | Hilton Garden Innvitational | 01/31/14 |
| 31 | Cain, Brandon | SO-2 | UNC-Greensboro | 8:55.86 # | Hilton Garden Innvitational | 01/31/14 |
| 39 | Bergstrom, Max | SR-4 | UNC-Greensboro | 9:12.63 | Hokie Invitational | 01/24/14 |
| 40 | O'Grady, Patrick | SO-2 | UNC-Greensboro | 9:13.03 # | Wake Forest Invitational | 01/11/14 |
| 44 | Shipp, Dakarai | SO-2 | UNC-Greensboro | 9:25.07 # | Wake Forest Invitational | 01/11/14 |
| 46 | Guthrie, David | SO-2 | UNC-Greensboro | 9:32.39 # | Wake Forest Invitational | 01/11/14 |
| 47 | Chandler, Max | SO-2 | UNC-Greensboro | 9:50.99 # | Wake Forest Invitational | 01/11/14 |

3000m (Women)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|----------------|------|----------------|---------|--------------------|-----------|
| 6 | Sumney, Shaina | SR-4 | UNC-Greensboro | 9:47.37 | Hokie Invitational | 01/24/14 |

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|----|-----------------|------|----------------|------------|-----------------------------|----------|
| 8 | Sumney, Chelsea | SR-4 | UNC-Greensboro | 9:50.67 | Hokie Invitational | 01/24/14 |
| 17 | Link, Katy | SO-2 | UNC-Greensboro | 10:15.22 | Hokie Invitational | 01/24/14 |
| 32 | Montague, Kelly | SR-4 | UNC-Greensboro | 10:31.08 # | Hilton Garden Innvitational | 01/31/14 |
| 56 | Adkins, Katlyn | SO-2 | UNC-Greensboro | 11:52.01 # | Hilton Garden Innvitational | 01/31/14 |
| 59 | Hicks, Meredith | SO-2 | UNC-Greensboro | 12:07.56 # | 2014 Liberty Open | 01/17/14 |

5000m (Men)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|------------------|------|----------------|------------|--|-----------|
| 8 | Belles, Dylan | JR-3 | UNC-Greensboro | 14:49.28 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 28 | O'Grady, Patrick | SO-2 | UNC-Greensboro | 16:05.66 | Hokie Invitational | 01/24/14 |

5000m (Women)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|-----------------|------|----------------|------------|--|-----------|
| 1 | Sumney, Shaina | SR-4 | UNC-Greensboro | 16:31.43 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |
| 9 | Sumney, Chelsea | SR-4 | UNC-Greensboro | 17:29.85 | Iowa State Classic | 02/14/14 |
| 17 | Link, Katy | SO-2 | UNC-Greensboro | 18:08.37 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |

60H (Men)

| RANK | ATHLETE | YEAR | TEAM | TIME | MEET | MEET DATE |
|------|--------------|------|----------------|-------|------------------------------|-----------|
| 21 | Elwood, John | SO-2 | UNC-Greensboro | 10.53 | UNCG Spartans Team Challenge | 01/26/14 |

4 x 400 Relay (Men)

| RANK | TEAM | TIME | MEET | MEET DATE |
|------|----------------|-----------|------------------------------|-----------|
| 9 | UNC-Greensboro | 3:35.02 # | UNCG Spartans Team Challenge | 01/26/14 |

4 x 400 Relay (Women)

| RANK | TEAM | TIME | MEET | MEET DATE |
|------|----------------|-----------|------------------------------|-----------|
| 11 | UNC-Greensboro | 4:28.28 # | UNCG Spartans Team Challenge | 01/26/14 |

Distance Medley (Men)

| RANK | TEAM | TIME | MEET | MEET DATE |
|------|----------------|------------|--|-----------|
| 7 | UNC-Greensboro | 10:29.02 # | Southern Conference Indoor Track & Field Championships | 03/01/14 |

Distance Medley (Women)

| RANK | TEAM | TIME | MEET | MEET DATE |
|------|----------------|------------|--------------------------|-----------|
| 5 | UNC-Greensboro | 12:07.27 # | Wake Forest Invitational | 01/11/14 |