



February 16 2017 • 03:00 PM • www.tfrrs.org

UNC-Greensboro

Men's Performances

100m

ATHLETE	YEAR	TIME	MEET	MEET DATE	WIND
Williams, Ny-Juan	FR-1	11.31	2016 Southern Conference Outdoor T&F Championships	05/12/16	0.1
Williams, Ny-Juan	FR-1	11.31	2016 Southern Conference Outdoor T&F Championships	05/12/16	0.1
Williams, Ny-Juan	FR-1	11.43	Duke Invitational	04/22/16	0.8
Williams, Ny-Juan	FR-1	11.43	Duke Invitational	04/22/16	0.8
Williams, Ny-Juan	FR-1	11.52	Coach O Coastal Carolina University Invitational	03/11/16	1.6
Williams, Ny-Juan	FR-1	11.52	Coach O Coastal Carolina University Invitational	03/11/16	1.6
Garr, Matthew	FR-1	11.66	Coach O Coastal Carolina University Invitational	03/11/16	1.6
Garr, Matthew	FR-1	11.66	Coach O Coastal Carolina University Invitational	03/11/16	1.6
Beane, Jeffrey	SO-2	11.82	High Point VertKlasse Meeting	04/01/16	1.3
Beane, Jeffrey	SO-2	11.82	High Point VertKlasse Meeting	04/01/16	1.3
Beane, Jeffrey	SO-2	11.90	Duke Invitational	04/22/16	0.8
Beane, Jeffrey	SO-2	11.90	Duke Invitational	04/22/16	0.8
Beane, Jeffrey	SO-2	11.97	Coach O Coastal Carolina University Invitational	03/11/16	0.5
Beane, Jeffrey	SO-2	11.97	Coach O Coastal Carolina University Invitational	03/11/16	0.5

200m

ATHLETE	YEAR	TIME	MEET	MEET DATE	WIND
Williams, Ny-Juan	FR-1	23.45	High Point VertKlasse Meeting	04/01/16	1.9
Williams, Ny-Juan	FR-1	23.45	High Point VertKlasse Meeting	04/01/16	1.9
Dupree, Palmer	FR-1	23.53	2016 Southern Conference Outdoor T&F Championships	05/12/16	0.5
Dupree, Palmer	FR-1	23.53	2016 Southern Conference Outdoor T&F Championships	05/12/16	0.5
Williams, Ny-Juan	FR-1	23.62	Coach O Coastal Carolina University Invitational	03/11/16	1.9
Williams, Ny-Juan	FR-1	23.62	Coach O Coastal Carolina University Invitational	03/11/16	1.9
Williams, Ny-Juan	FR-1	23.63	UNCW Seahawk Invitational	03/12/16	1.8
Williams, Ny-Juan	FR-1	23.63	UNCW Seahawk Invitational	03/12/16	1.8
Garr, Matthew	FR-1	23.65	UNCW Seahawk Invitational	03/12/16	0.2
Garr, Matthew	FR-1	23.65	UNCW Seahawk Invitational	03/12/16	0.2
Beane, Jeffrey	SO-2	23.70	High Point VertKlasse Meeting	04/01/16	1.9
Beane, Jeffrey	SO-2	23.70	High Point VertKlasse Meeting	04/01/16	1.9
Garr, Matthew	FR-1	23.77	Coach O Coastal Carolina University Invitational	03/11/16	1.4
Garr, Matthew	FR-1	23.77	Coach O Coastal Carolina University Invitational	03/11/16	1.4
Dupree, Palmer	FR-1	23.82	Duke Invitational	04/22/16	1.2
Dupree, Palmer	FR-1	23.82	Duke Invitational	04/22/16	1.2
Dupree, Palmer	FR-1	23.99	Coach O Coastal Carolina University Invitational	03/11/16	1.3
Dupree, Palmer	FR-1	23.99	Coach O Coastal Carolina University Invitational	03/11/16	1.3
Beane, Jeffrey	SO-2	24.00	UNCW Seahawk Invitational	03/12/16	1.7
Beane, Jeffrey	SO-2	24.00	UNCW Seahawk Invitational	03/12/16	1.7
Beane, Jeffrey	SO-2	24.21	2016 Southern Conference Outdoor T&F Championships	05/12/16	0.5
Beane, Jeffrey	SO-2	24.21	2016 Southern Conference Outdoor T&F Championships	05/12/16	0.5
Dupree, Palmer	FR-1	24.47	High Point VertKlasse Meeting	04/01/16	1.9
Dupree, Palmer	FR-1	24.47	High Point VertKlasse Meeting	04/01/16	1.9
Glenn, Keeton	FR-1	24.60	Coach O Coastal Carolina University Invitational	03/11/16	1.9
Glenn, Keeton	FR-1	24.60	Coach O Coastal Carolina University Invitational	03/11/16	1.9

400m

ATHLETE	YEAR	TIME	MEET	MEET DATE
Garr, Matthew	FR-1	51.17	2016 Southern Conference Outdoor T&F Championships	05/12/16
Garr, Matthew	FR-1	51.17	2016 Southern Conference Outdoor T&F Championships	05/12/16
Douglas, Kameron	FR-1	52.05	UNCW Seahawk Invitational	03/12/16
Douglas, Kameron	FR-1	52.05	UNCW Seahawk Invitational	03/12/16
Garr, Matthew	FR-1	52.10	Duke Invitational	04/22/16
Garr, Matthew	FR-1	52.10	Duke Invitational	04/22/16
Hodge, Jonathan	JR-3	52.12	Duke Invitational	04/22/16

Hodge, Jonathan	JR-3	52.12	Duke Invitational	04/22/16
Hodge, Jonathan	JR-3	52.44	UNCW Seahawk Invitational	03/12/16
Hodge, Jonathan	JR-3	52.44	UNCW Seahawk Invitational	03/12/16
Glenn, Keeton	FR-1	53.63	UNCW Seahawk Invitational	03/12/16
Glenn, Keeton	FR-1	53.63	UNCW Seahawk Invitational	03/12/16
Sandin, William	FR-1	54.19	UNCW Seahawk Invitational	03/12/16
Sandin, William	FR-1	54.19	UNCW Seahawk Invitational	03/12/16
Sandin, William	FR-1	54.24	Coach O Coastal Carolina University Invitational	03/11/16
Sandin, William	FR-1	54.24	Coach O Coastal Carolina University Invitational	03/11/16
Whyms, Bryan	SO-2	55.33	UNCW Seahawk Invitational	03/12/16
Whyms, Bryan	SO-2	55.33	UNCW Seahawk Invitational	03/12/16
Guthrie, David	JR-3	56.17	UNCW Seahawk Invitational	03/12/16
Guthrie, David	JR-3	56.17	UNCW Seahawk Invitational	03/12/16
King, Brandon	SO-2	1:01.66	UNCW Seahawk Invitational	03/12/16
King, Brandon	SO-2	1:01.66	UNCW Seahawk Invitational	03/12/16
Ramsey, Andrew	JR-3	1:07.25	UNCW Seahawk Invitational	03/12/16
Ramsey, Andrew	JR-3	1:07.25	UNCW Seahawk Invitational	03/12/16

800m

ATHLETE	YEAR	TIME	MEET	MEET DATE
Glenn, Keeton	FR-1	1:57.50	2016 Southern Conference Outdoor T&F Championships	05/12/16
Glenn, Keeton	FR-1	1:57.50	2016 Southern Conference Outdoor T&F Championships	05/12/16
Hodge, Jonathan	JR-3	1:57.64	Duke Invitational	04/22/16
Hodge, Jonathan	JR-3	1:57.64	Duke Invitational	04/22/16
Hodge, Jonathan	JR-3	1:59.29	2016 Southern Conference Outdoor T&F Championships	05/12/16
Hodge, Jonathan	JR-3	1:59.29	2016 Southern Conference Outdoor T&F Championships	05/12/16
Sandin, William	FR-1	1:59.67	Duke Invitational	04/22/16
Sandin, William	FR-1	1:59.67	Duke Invitational	04/22/16
Hodge, Jonathan	JR-3	1:59.76	Mountaineer Outdoor Open Meet	04/30/16
Hodge, Jonathan	JR-3	1:59.76	Mountaineer Outdoor Open Meet	04/30/16
Glenn, Keeton	FR-1	2:00.73	Duke Invitational	04/22/16
Glenn, Keeton	FR-1	2:00.73	Duke Invitational	04/22/16
Douglas, Kameron	FR-1	2:00.79	Mountaineer Outdoor Open Meet	04/30/16
Douglas, Kameron	FR-1	2:00.79	Mountaineer Outdoor Open Meet	04/30/16
Douglas, Kameron	FR-1	2:01.29	Duke Invitational	04/22/16
Douglas, Kameron	FR-1	2:01.29	Duke Invitational	04/22/16
Douglas, Kameron	FR-1	2:01.34	2016 Southern Conference Outdoor T&F Championships	05/12/16
Douglas, Kameron	FR-1	2:01.34	2016 Southern Conference Outdoor T&F Championships	05/12/16
Glenn, Keeton	FR-1	2:04.89	Mountaineer Outdoor Open Meet	04/30/16
Glenn, Keeton	FR-1	2:04.89	Mountaineer Outdoor Open Meet	04/30/16
Sandin, William	FR-1	2:07.80	Mountaineer Outdoor Open Meet	04/30/16
Sandin, William	FR-1	2:07.80	Mountaineer Outdoor Open Meet	04/30/16
Teclé, Robel	SO-2	2:07.93	Coach O Coastal Carolina University Invitational	03/11/16
Teclé, Robel	SO-2	2:07.93	Coach O Coastal Carolina University Invitational	03/11/16
Garr, Matthew	FR-1	2:08.59	High Point VertKlasse Meeting	04/01/16
Garr, Matthew	FR-1	2:08.59	High Point VertKlasse Meeting	04/01/16

1500m

ATHLETE	YEAR	TIME	MEET	MEET DATE
Whyms, Bryan	SO-2	3:55.98	2016 Southern Conference Outdoor T&F Championships	05/12/16
Whyms, Bryan	SO-2	3:55.98	2016 Southern Conference Outdoor T&F Championships	05/12/16
Shipp, Dakarai	JR-3	3:58.89	Duke Invitational	04/22/16
Shipp, Dakarai	JR-3	3:58.89	Duke Invitational	04/22/16
Whyms, Bryan	SO-2	4:00.21	Duke Invitational	04/22/16
Whyms, Bryan	SO-2	4:00.21	Duke Invitational	04/22/16
Whyms, Bryan	SO-2	4:00.27	High Point VertKlasse Meeting	04/01/16
Whyms, Bryan	SO-2	4:00.27	High Point VertKlasse Meeting	04/01/16
Whyms, Bryan	SO-2	4:03.19	2016 Southern Conference Outdoor T&F Championships	05/12/16
Whyms, Bryan	SO-2	4:03.19	2016 Southern Conference Outdoor T&F Championships	05/12/16
Shipp, Dakarai	JR-3	4:03.75	Mountaineer Outdoor Open Meet	04/30/16
Shipp, Dakarai	JR-3	4:03.75	Mountaineer Outdoor Open Meet	04/30/16
Shipp, Dakarai	JR-3	4:05.80	Coach O Coastal Carolina University Invitational	03/11/16
Shipp, Dakarai	JR-3	4:05.80	Coach O Coastal Carolina University Invitational	03/11/16
Sumerford, Luke	SO-2	4:07.62	Coach O Coastal Carolina University Invitational	03/11/16
Sumerford, Luke	SO-2	4:07.62	Coach O Coastal Carolina University Invitational	03/11/16
Whyms, Bryan	SO-2	4:07.86	Mountaineer Outdoor Open Meet	04/30/16
Whyms, Bryan	SO-2	4:07.86	Mountaineer Outdoor Open Meet	04/30/16
Shipp, Dakarai	JR-3	4:08.98	2016 Southern Conference Outdoor T&F Championships	05/12/16
Shipp, Dakarai	JR-3	4:08.98	2016 Southern Conference Outdoor T&F Championships	05/12/16
Sandin, William	FR-1	4:11.32	2016 Southern Conference Outdoor T&F Championships	05/12/16
Sandin, William	FR-1	4:11.32	2016 Southern Conference Outdoor T&F Championships	05/12/16
Sandin, William	FR-1	4:11.36	Duke Invitational	04/22/16
Sandin, William	FR-1	4:11.36	Duke Invitational	04/22/16
King, Brandon	SO-2	4:11.74	Duke Invitational	04/22/16
King, Brandon	SO-2	4:11.74	Duke Invitational	04/22/16

Sandin, William	FR-1	4:15.17	Mountaineer Outdoor Open Meet	04/30/16
Sandin, William	FR-1	4:15.17	Mountaineer Outdoor Open Meet	04/30/16
Teclé, Robel	SO-2	4:17.67	Mountaineer Outdoor Open Meet	04/30/16
Teclé, Robel	SO-2	4:17.67	Mountaineer Outdoor Open Meet	04/30/16
O'Grady, Patrick	JR-3	4:17.69	Coach O Coastal Carolina University Invitational	03/11/16
O'Grady, Patrick	JR-3	4:17.69	Coach O Coastal Carolina University Invitational	03/11/16
Sandin, William	FR-1	4:18.39	High Point VertKlasse Meeting	04/01/16
Sandin, William	FR-1	4:18.39	High Point VertKlasse Meeting	04/01/16
Teclé, Robel	SO-2	4:20.19	Duke Invitational	04/22/16
Teclé, Robel	SO-2	4:20.19	Duke Invitational	04/22/16
Guthrie, David	JR-3	4:21.13	Mountaineer Outdoor Open Meet	04/30/16
Guthrie, David	JR-3	4:21.13	Mountaineer Outdoor Open Meet	04/30/16
Hodge, Jonathan	JR-3	4:22.43	High Point VertKlasse Meeting	04/01/16
Hodge, Jonathan	JR-3	4:22.43	High Point VertKlasse Meeting	04/01/16
Glenn, Keeton	FR-1	4:30.30	High Point VertKlasse Meeting	04/01/16
Glenn, Keeton	FR-1	4:30.30	High Point VertKlasse Meeting	04/01/16
Douglas, Kameron	FR-1	4:51.31	High Point VertKlasse Meeting	04/01/16
Douglas, Kameron	FR-1	4:51.31	High Point VertKlasse Meeting	04/01/16
Ramsey, Andrew	JR-3	5:06.98	Coach O Coastal Carolina University Invitational	03/11/16
Ramsey, Andrew	JR-3	5:06.98	Coach O Coastal Carolina University Invitational	03/11/16

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ATHLETE	YEAR	TIME	MEET	MEET DATE
Shipp, Dakarai	JR-3	4:22.81	UNCW Seahawk Invitational	03/12/16
Shipp, Dakarai	JR-3	4:22.81	UNCW Seahawk Invitational	03/12/16
Sumerford, Luke	SO-2	4:30.29	UNCW Seahawk Invitational	03/12/16
Sumerford, Luke	SO-2	4:30.29	UNCW Seahawk Invitational	03/12/16
O'Grady, Patrick	JR-3	4:42.43	UNCW Seahawk Invitational	03/12/16
O'Grady, Patrick	JR-3	4:42.43	UNCW Seahawk Invitational	03/12/16

5000m

ATHLETE	YEAR	TIME	MEET	MEET DATE
Sumerford, Luke	SO-2	14:56.37	High Point VertKlasse Meeting	04/01/16
Sumerford, Luke	SO-2	14:56.37	High Point VertKlasse Meeting	04/01/16
Sumerford, Luke	SO-2	15:01.99	2016 Southern Conference Outdoor T&F Championships	05/12/16
Sumerford, Luke	SO-2	15:01.99	2016 Southern Conference Outdoor T&F Championships	05/12/16
Sumerford, Luke	SO-2	15:26.88	Duke Invitational	04/22/16
Sumerford, Luke	SO-2	15:26.88	Duke Invitational	04/22/16
O'Grady, Patrick	JR-3	15:34.85	Duke Invitational	04/22/16
O'Grady, Patrick	JR-3	15:34.85	Duke Invitational	04/22/16
Guthrie, David	JR-3	15:38.42	Charlotte 49er Classic	03/17/16
Guthrie, David	JR-3	15:38.42	Charlotte 49er Classic	03/17/16
Shipp, Dakarai	JR-3	15:46.22	High Point VertKlasse Meeting	04/01/16
Shipp, Dakarai	JR-3	15:46.22	High Point VertKlasse Meeting	04/01/16
O'Grady, Patrick	JR-3	15:54.38	High Point VertKlasse Meeting	04/01/16
O'Grady, Patrick	JR-3	15:54.38	High Point VertKlasse Meeting	04/01/16
O'Grady, Patrick	JR-3	15:55.73	2016 Southern Conference Outdoor T&F Championships	05/12/16
O'Grady, Patrick	JR-3	15:55.73	2016 Southern Conference Outdoor T&F Championships	05/12/16
King, Brandon	SO-2	16:14.32	High Point VertKlasse Meeting	04/01/16
King, Brandon	SO-2	16:14.32	High Point VertKlasse Meeting	04/01/16
Guthrie, David	JR-3	16:21.95	High Point VertKlasse Meeting	04/01/16
Guthrie, David	JR-3	16:21.95	High Point VertKlasse Meeting	04/01/16
Guthrie, David	JR-3	16:34.92	Coach O Coastal Carolina University Invitational	03/11/16
Guthrie, David	JR-3	16:34.92	Coach O Coastal Carolina University Invitational	03/11/16
Teclé, Robel	SO-2	16:48.98	High Point VertKlasse Meeting	04/01/16
Teclé, Robel	SO-2	16:48.98	High Point VertKlasse Meeting	04/01/16
King, Brandon	SO-2	16:56.13	Coach O Coastal Carolina University Invitational	03/11/16
King, Brandon	SO-2	16:56.13	Coach O Coastal Carolina University Invitational	03/11/16

10,000m

ATHLETE	YEAR	TIME	MEET	MEET DATE
Belles, Dylan	SR-4	30:46.71	Virginia Challenge	04/22/16
Belles, Dylan	SR-4	30:46.71	Virginia Challenge	04/22/16
Sumerford, Luke	SO-2	32:14.17	2016 Southern Conference Outdoor T&F Championships	05/12/16
Sumerford, Luke	SO-2	32:14.17	2016 Southern Conference Outdoor T&F Championships	05/12/16
King, Brandon	SO-2	34:20.87	2016 Southern Conference Outdoor T&F Championships	05/12/16
King, Brandon	SO-2	34:20.87	2016 Southern Conference Outdoor T&F Championships	05/12/16
O'Grady, Patrick	JR-3	35:36.85	2016 Southern Conference Outdoor T&F Championships	05/12/16
O'Grady, Patrick	JR-3	35:36.85	2016 Southern Conference Outdoor T&F Championships	05/12/16

4 x 400 Relay

TIME	MEET	MEET DATE
3:25.97	2016 Southern Conference Outdoor T&F Championships	05/12/16
3:25.97	2016 Southern Conference Outdoor T&F Championships	05/12/16
3:37.43	UNCW Seahawk Invitational	03/12/16
3:37.43	UNCW Seahawk Invitational	03/12/16

4 x 800 Relay

TIME	MEET	MEET DATE
8:22.46	Coach O Coastal Carolina University Invitational	03/11/16
8:22.46	Coach O Coastal Carolina University Invitational	03/11/16