

Athlete	Time / Mark	Meet
55 Meters		
Shavar Watson	6.65#*	ASU Open
Shavar Watson	6.68	NCCAA Champs
Richard Ibeh	6.72	NCCAA Champs
Diverne Ingraham	6.76	NCCAA Champs
Quarderius Clark	6.92	NCCAA Champs
Quarderius Clark	7.02	ASU Open
60 Meters		
Richard Ibeh	7.2	Niswonger Inv.
Richard Ibeh	7.22	UNC Inv.
Diverne Ingraham	7.28	Niswonger Inv.
Diverne Ingraham	7.36	UNC Inv.
Quarderius Clark*	7.44	UNC Inv.
200 Meters		
Richard Ibeh	23.42#	NCCAA Champs
Richard Ibeh	23.62#*	UNC Inv.
Quarderius Clark	24.17#	UNC Inv.
Quarderius Clark	24.23#	Niswonger Inv.
Diverne Ingraham	24.5#	UNC Inv.
Quarderius Clark	24.83	ASU Open
Diverne Ingraham	24.44#	Niswonger Inv.
400 Meters		
Shavar Watson	50.61#*	ASU Open
Shavar Watson	51.34	NCCAA Champs
Ryan Williamson	51.6#*	Niswonger Inv.
Ryan Williamson	50.86*	ASU Open
Shavar Watson	51.97#*	UNC Inv.
Ryan Williamson	52.2	NCCAA Champs
Ryan Williamson	52.39*	UNC Inv.
Shavar Watson	52.86*	Niswonger Inv.
Richard Ibeh	54	Niswonger Inv.
Alfonso Banks	54.99#	UNC Inv.
800 Meters		
Ryan Williamson	02:04.3	Niswonger Inv.
David Smith	2:05.62#	UNC Inv.
Tyler Stanley	2:07.67#	ASU Open
Tyler Stanley	02:11.2	UNC Inv.
Tyler Stanley	02:12.0	Niswonger Inv.
Mile		
Daniel Hamilton	4:32.52#*!	UNC Inv.
Justin Humpherys	4:35.33#	NCCAA Champs
Justin Humpherys	4:38.95#	UNC Inv.
3,000 Meters		
Ryan Pierce	8:56.49#*!	UNC Inv.

Naseem Haje	8:58.91#*	UNC Inv.
Ryan Pierce	9:04.1#!	Niswonger Inv.
Ryan Pierce	09:06.7	NCCAA Champs
Naseem Haje	9:08.6#*	Niswonger Inv.
Andrew Dibb	9:16.50#	UNC Inv.
Justin Humpherys	9:21.6#	Niswonger Inv.

5,000 Meters

Naseem Haje	15:54.05#!	NCCAA Champs.
Daniel Hamilton	16:15.9	NCCAA Champs.
Andrew Dibb	16:18.38#	NCCAA Champs.
Mykal Miller	17:20.1#	Niswonger Inv.

55 Meter Hurdles

Alfonso Banks	8.45#	NCCAA Champs
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60 Meter Hurdles

Alfonso Banks	9.2	UNC Inv.
Brando Jarnigan	10.74	UNC Inv.

4 x 400 Meters Relay

King (Williamson, Watson, Ibeh, Johnson)	3:27.2*	Niswonger Inv.
King (Williamson, Watson, Ibeh, Johnson)	3:28.35*	UNC Inv.
King	03:34.5	ASU Open

Distance Medley Relay

King (Humphreys, Ibeh, Smith, Pierce)	10:54.03!	NCCAA Champs
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4 x 200 Meters Relay

King (Watson, Banks, Ibeh, Ingraham)	1:36.13!	NCCAA Champs
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Long Jump

Shavar Watson	6.27m/20-07.00ft.#	NCCAA Champs
Shavar Watson	6.24m/20-05.75ft.#*	UNC Inv.
Quarderius Clark	6.20m/20-04.25#	NCCAA Champs
Quarderius Clark	5.95m/19-06.25ft.#*	UNC Inv.
Quarderius Clark	5.42m/17-09.50ft.#	ASU Open

Weight Throw

Derek Nave	15.35m/50-04.00ft.#!	NCCAA Champs.
Derek Nave	15.16m/49-09.00ft.#*!	UNC Inv.
Derek Nave	14.45m/47-05.00ft.*	ASU Open
Derek Nave	14.38m/47-02.25ft.*	Niswonger Inv.

Shot Put

Derek Nave	12.94m/42-05.50ft.*	ASU Open
Derek Nave	12.91m/42-04.25ft.*	UNC Inv.
Derek Nave	12.47m/40-11.00ft.*	NCCAA Champs.

High Jump

Logan Kemp

1.75m/5-08.75

NCCAA Champs.

Key:

School Record - !

Indoor Personal - #

NCCAA National Quailifier - *

NCCAA All-American