

USATF South Carolina Junior Olympic Association Track & Field Records 2001 to 2011:

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	Record Year	Time Distance	Name	
Sub Bantam Girls															
100m			18.5	16.8	15.7	16.87	17.02	16.24	15.46	16.44	16.11	2009	15.46	Taylor Smith	Summerville Storm
200m				35.92	34.99	34.2	35.17	32.43	32.45	35.15	32.58	2008	32.43	Alisha Smith	Georgetown Track Club
400m			1:31.47	1:24.11	1:23.81	1:21.98	1:37.57	1:16.92	1:20.07	1:24.49	1:18.46	2008	1:16.92	Mikenzie Mullins	Greer All Stars
800m			3:19.82	3:21.85	3:11.57	3:15.44	3:10.06	2:59.08	3:52.16	3:12.94	3:12.71	2008	2:59.08	Mikenzie Mullins	Greer All Stars
1500m			6:59.08	7:00.11	6:48.59	6:28.03	6:04.30	6:28.44	7:47.52	7:07.61	6:48.81	2007	6:04.30	Katie Zeigler	Mt Pleasant Track Club
4x100			1:14.07		1:25.93	1:15.41		1:14.76		1:27.06	1:08.81	2011	1:08.81	Poinsette, Knotts, Richards, Thomas	Summerville Storm
4x400			6:00.28	8:00.00	7:28.58	6:37.33						2003	6:00.28	names not available	Seneca Blazers
Long Jump				2.45	3.53	2.94	2.91	3.09	2.95	2.78	2.91	2005	3.53	Kaleigh Roach	Unattached
Shot			2.86	2.44	4.32	2.81	5.17	3.11	3.63	3.07	4.32	2007	5.17	Carisma Holland	Seneca Gliders
Javelin			9.46	3.64	4.57		10.05	6.42	12.02	11.31	10.06	2009	12.02	Areyanna Scott	Summerville Storm

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	Record Year	Time Distance	Name	
Bantam Girls															
100m	14.98	14.45	15.3	15.32	14.34	14.95	14.83	15.27	14.79	14.83	14.45	2005	14.34	Kristen Burgess	Summerville Storm
200m	30.66	32.67	31.39	31.66	29.15	30.75	30.57	32.83	31.08	30.94	29.77	2005	29.15	Kristen Burgess	Summerville Storm
400m	72.48	74.4	75.34	71.9	70.54	72.38	68.8	1:15.86	1:13.11	1:09.72	1:08.51	2011	1:08.51	Tariney Pepper	Greenville Jets
800m	2:55.92	2:47.57	2:57.54	2:57.79	2:56.42	2:51.31	2:58.20	2:51.97	2:59.60	2:52.10	2:52.94	2002	2:47.57	Katie Inclan	Spartanburg Striders
1500m	6:15.09	5:53.87	6:24.55	6:19.45	6:09.62	6:20.44	5:57.67	6:07.89	6:07.25	6:06.54	5:57.42	2002	5:53.87	Katie Inclan	Spartanburg Striders
1500 Race Walk	10:36.28		13:02.40	11:25.13	11:15.00	14:17.67		12:34.54		13:18.98	11:48.28	2001	10:36.28	Harrison Tiller	Spartanburg Striders
4x100			68.7	64.12		62.21	62.52	1:03.38	1:01.40	1:02.92	58.08	2011	58.08	McDowell, Frank, Portis, Smith	Summerville Storm
4x400			6:22.75	5:15.00		5:30.80		5:31.68				2004	5.15	Holland, Cobb, Holland, Morris	Seneca Blazers
Long Jump		3.57	3.65	3.25	3.94	3.22	3.49	3.38	3.85	3.69	3.56	2005	3.94	Aubrey Smith	Spartanburg
High Jump	1.02	1.27	1.09	0.75	1.05	1.05	1.04	1.01	1.15	1.22	1.22	2002	1.27	Alessia Strappazon	Spartanburg Striders
Shot	3.83	3.33	5.2	6.01	4.62	5.34	5.84	6.44	7	5.74	5.76	2009	7	Carisma Holland	Seneca Gliders
Javelin		8.91	12.16	17.56	12.9	18.52	19.58	9.51	14.29	15.33	13.35	2007	19.58	Kaleigh Roach	Spartanburg Panthers

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	Record Year	Time Distance	Name	
Midget Girls															
100m	15.05	13.9	13.41	13.83	13.72	13.95	13.43	13.45	13.17	13.84	13.86	2009	13.17	Teeasiah Vance	Greenville Jets
200m	29.97	29.32	27.97	28.54	27.85	27.57	27.25	27.3	26.86	28.83	28.11	2009	26.86	Teeasiah Vance	Greenville Jets
400m	68.74	66.14	66.18	66.78	1:01.41	1:01.22	1:04.24	1:03.21	1:02.86	1:08.12	1:03.66	2006	1:01.22	Take Jenkins-Dodd	Greer All Stars
800m	2:43.74	2:46.61	2:40.32	2:44.17	2:35.80	2:36.73	2:50.88	2:46.66	2:34.63	2:39.17	2:41.67	2009	2:34.63	Kelsey Heyward	Greenville Jets
1500m	5:52.77	5:46.13	5:41.55	5:36.50	5:12.89	5:57.24	5:47.80	5:49.34	5:52.58	5:31.60	5:21.66	2005	5:12.89	Meagan Brandli	Mt Pleasant Track Club
3000m	12:49.72	14:04.15	12:39.04	12:04.48	10:51.54	13:34.50	12:18.19	13:30.77	13:13.38	12:57.81	11:50.40	2005	10:51.54	Meagan Brandli	Mt Pleasant Track Club
1500 Race Walk	8:48.83		11:24.79	12:21.95	10:15.86	9:24.96	15.24	12:34.36				2001	8:48.83	Devin Philson	Spartanburg Striders
80m Hurdles	14.08	16.63	14.45	14.59	16.12	16.62		16.52	15.26	16.38	16.34	2001	14.08	Santresa Jamison	Spartanburg Striders
4x100	62.04		55.02	59.67	61.35	55.55	58.94	55.66	58.19	59	57.46	2003	55.02	names not available	Quick Striders
4x400	5:09.19	4:50.84		5:45.00	4:54.21	5:04.21					4:42.50	2011	4:42.50	Goolsby, Bennon, Haywood, Pinson	Greenville Jets
4x800	13:39.83	14:41.22										2001	13:39.83	Narramore, Milliman, Greenway, Few	Personal Best Track Club
Long Jump	3.95	3.96	4.22	4.05	3.98	4.35	4.31	3.84	4.02	4.01	4.13	2006	4.35	Kristen Burgess	Summerville Storm
High Jump	1.27	1.23	1.32	1.22	1.22	1.3	1.3	1.26	1.25	1.2	1.34	2011	1.34	Lauren Jung	Mt Pleasant Track Club
Shot	6.56	6.87	5.55	6.97	7.11	8.33	7.78	9.52	9.29	8.5	9.51	2008	9.52	Majayla Holland	Seneca Gliders
Disc	16.32	15.05	9.26	14.36	16.31	18.05	21.52	23.38	18.25	18.61	13.78	2008	23.38	Majayla Holland	Seneca Gliders
Javelin		12.42	14.94	10.92	27.03	18.58	18.25	17.87	18.86	16.87	19.04	2005	27.03	Caroline Baity	Unattached

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Event	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	Record Year	Time Distance	Name		
Youth Girls																
100m	13.13	12.98	13.42	12.85	12.27	13.05	13.03	13.1	12.81	12.91	12.78	2005	12.27	Jasmin Stowers	Quickstriders	
200m	27.39	27.2	28.6	26.5	25.99	25.34	26.7	26.38	27.01	26.33	25.82	2006	25.34	Briana Nelson	Unattached	
400m	63.58	61.92	64.04	60.76	60.58	59.51	60.81	58.73	1:02.85	1:00.85	59.06	2008	58.73	Takeyra Jenkins-Dodd	Greer All Stars	
800m	2:31.81	2:59.15	2:37.61	2:33.58	2:36.16	2:23.06	2:16.11	2:38.17	2:34.52	2:35.25	2:38.87	2007	2:16.11	Brianna Blanton	Summerville Storm	
1500m	5:34.64	5:41.01	5:58.28	5:24.86	5:23.77	5:00.84	5:10.64	5:53.1	5:12.93	5:13.76	5:22.90	2006	5:00.84	Meagan Brandli	Mt Pleasant Track Club	
3000m	12:52.12	21:32.16	12:35.66	11:34.22	12:59.67	11:25.73	11:25.00	12:57.76	11:40.04	11:36.75	11:57.94	2007	11.25	Sydney Hazel	Summerville Storm	
3000m Race Walk	19:31.36		18:25.00			22:41.26	20:40.85			21:01.38		2003	18.25	Devin Philson	Spartanburg Striders	
100m Hurdles	18.52	16.48	16.97	16.38	15.22	16.3	18.78	19.45	19.28	16.76	16.4	2005	15.22	Jasmin Stowers	Quickstriders	
200m Hurdles	33.8	30.76	31.79	30.07	28.78	36.45	34.26	31.23	35.59	30.77	2:27.88	2005	28.78	Jasmin Stowers	Quickstriders	
4x100	53.36	53.43	57.98	53.77	50.57	52.96		52.65	53.86	51.23	53.1	2005	50.57	Walker, Sullivan, Stowers, Freeman	Quickstriders	
4x400	4:23.45	4:36.69	4:45.83	4:10.00	4:21.83	4:25.79	4:50.53	4:50.05		5:08.88	4:16.20	2004	4.1	Jackson, McKinney, Reid, Jamison	Spartanburg Striders	
4x800	11:03.51							12:42.11	12:15.86			2001	11:03.51	Woodring, Ford, Johnston, Vance	Quickstriders	
Long Jump	4.34	4.03	4.2	4.18	4.64	4.71	4.5	4.91	4.82	4.43	4.18	2008	4.91	Kristen Burgess	Summerville Storm	
Triple Jump	10.07		8.66	9.41				9.35	9.32	9.72	8.59	2001	10.07	Tempest Vance	Quickstriders	
High Jump	1.37	1.38	1.17	1.22	1.47	1.4	1.1	1.52	1.45	1.49	1.38	2008	1.52	Carey Roth	SC Unattached	
Pole Vault	2.64		2.28		2	2.47	1.8	2.45	2.58	2.8	2.6	2010	2.8	Madeline Aune	Rusty Shealy Pole Vault	
Shot	11.44	9.47	8.12	8.58	9.56	8.31	9.09	10.38	11.77	8.44	9.43	2009	11.77	Majayla Holland	Seneca Gliders	
Disc	26.92	22.66	17	20.54	21.95	21.21	23.27	24.52	28.11	16.89	20.45	2009	28.11	Majayla Holland	Seneca Gliders	
Javelin	14.53	23.5	18.21	19.3	19.49	23.88	28.39	26.42	24.54	19.68	17.48	2007	28.39	Caroline Baity	Unattached	

Event	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	Record Year	Time Distance	Name		
Intermediate Girls																
100m	12.64	12.41	15.2	12.59	13.12	12.44	12.03	12.34	12.4	12.84	12.43	2007	12.03	Arnetra Frazier	Spartanburg Striders	
200m	25.37	26.15	26.71	26.54	27.14	25.87	24.87	25.11	25.63	26.14	25.46	2007	24.87	Brianna Nelson	Quick Striders	
400m	59.64	62.75	60.69	60.5	61.79	58.53	55.43	56.26	58.29	2:33.19	58.73	2007	55.43	Brianna Nelson	Quick Striders	
800m	2:33.23	2:49.98	2:25.27	2:24.92	2:23.74	2:24.58	2:24.08	2:26.46	2:18.44	5:08.67	2:26.50	2009	2:18.44	Brianna Blanton	Summerville Storm	
1500m	5:18.26	5:24.38	5:32.11	6:04.57	5:29.77	5:14.05	5:13.08	4:59.14	5:35.79	11:25.75	5:07.41	2008	4:59.14	Tameka Jackson	Seneca Gliders	
3000m	11:45.05	11:52.70	13:42.45	11:59.03	12:10.52	12:53.76	11:20.00	13:27.36	12:34.09	23:28.75	11:12.22	2011	11:12.22	Benjamin Jenerette	Myrtle Beach Track Club	
2000m Steeplechase			9:28.21	8:09.29		9:25.00	9:29.92	10:13.40			8:37.81	2004	8:09.29	Thela Woodring	Quick Striders	
5000m Racewalk	30:47.48	36:36.00	36:37.16	34:6.28	30:30.00	42:44.35						2005	30:30.00	Devin Philson	Spartanburg	
3000m Racewalk									21:10.22	17.13	23:05.07	2009	21:10.22	Mykera Dantzler	Unattached	
100m Hurdles	14.95	15.9	15.44	15.37	18.64	14.4	14.46	15.81	16.43	1:14.23	16.38	2006	14.4	Jasmin Stowers	Quick Striders	
400m Hurdles	66.78	66.08	1:26.13	73.62	1:18.44	1:04.37	1:04.10	1:15.01	1:02.79	50.6	1:10.71	2009	1:02.79	LeAnna Morrison	Peak Performance	
4x100		51.17		55.44	1:00.21	48.86	51.9	50.73	50.1	4:35.85	49.03	2006	48.86	Stowers, Freeman, Henley, Owens	Quick Striders	
4x400				4:09.00	4:11.47	4:21.67	5:40.38	4:12.60	4:23.49		8:07.01	2004	4.09	Fulks, Greenaway, McMichael, Bridgett	Classics Track Club	
4x800					9:59.00		13:12.23				11:02.78	2005	9.59	Pugh, Fulks, Farmer, McMichael	Classics Track Club	
Long Jump		3.24	5.14	5.3	3.22	5.43	3.84	4.97	4.93	4.76	5.07	2006	5.43	Tylia Henley	Quick Striders	
Triple Jump			10.81	10.68	9.23	9.78	9.6	10.99	10.85	9.72	9.88	2008	10.99	Kimberleigh Riggs	A-Head-A-U Track Club	
High Jump	1.47	1.48	1.57	1.47	1.32	1.28	1.58	1.42	1.51	1.37	1.56	2007	1.58	Lauren Ellis	Quick Striders	
Pole Vault	2.79	2.59	2.74	2.13	2.14	3.49	2.9	3.35	2.88	2.8	3.08	2006	3.49	Allison Nicosia	Palmetto Track Club	
Shot	9.11		8.31	9.59	8.27	10.51	10.31	9.05	9.48	9.73	7.98	2006	10.51	Raivyn Chancellor	Quick Striders	
Disc	34.66		26.88	32.9	19.17	33.01	36.73	24.44	27.41	30.42	30.41	2007	36.73	Brittney Waller	Quick Striders	
Hammer								24.7	25.39			2009	25.39	Katherine Stewart	Palmetto Track Club	
Javelin	19.56	18.5	18.32	28.9	26.54	28.4	24.17	24.45	21.77	33.03	23.14	2010	33.03	Sara Sweatt	Myrtle Beach Track Club	



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100m	14.26	12.85	13.91	13.03	13.74	13.1	13.52	12.44	12.9	12.81	13.35	2008	12.44	Davon Anderson	Summerville Storm
200m	29.19	28.15	28.62	28.17	27.9	26.86	27.58	26.06	26.61	26.37	27.62	2008	26.06	Davon Anderson	Summerville Storm
400m	72.01	64.52	69.72	68.5	64.68	62.25	60.9	1:00.16	1:04.05	1:04.44	1:03.67	2007	60.9	Allen Edmond	Unattached
800m	2:43.74	2:39.10	2:50.16	2:41.55	2:38.53	2:34.49	2:28.86	2:34.41	2:36.63	2:29.22	2:35.19	2007	2:28.86	Allen Edmond	Unattached
1500m	5:28.32	5:12.07	5:15.23	5:02.87	5:38.94	5:00.67	5:01.94	5:06.64	5:09.04	5:10.37	5:01.44	2006	5:00.67	Denver Bailey	Summerville Storm
3000m	11:27.83	12:40.54		10:40.54	12:47.56	11:31.23	11:24.24	11:09.45		11:20.30	11:49.15	2004	10:40.54	Reid Allison	Quick Striders
1500m Racewalk		8:40.08	8:50.35	8:56.47		12:18.80					10:29.10	2002	8:40.08	Nick Parker	Spartanburg Striders
80m Hurdles	14.3	12.85	15.74	13.85	15.96	13.91	14.85	15.3	16.7	14.23	14.58	2002	12.85	Tamik Foster	Spartanburg Striders
4x100				60.47	57.34	54.74		53.45	55.24	55.72	54.88	2008	53.45	Byers-Kelley, Johnson, Lewis, Rosemond	G'Vegas Road Runners
4x400				5:35.00		4:46.64		5:15.73				2006	4:46.64	Hamilton, Kinlaw, Lynch, White	Lowcountry Express
4x800				12:40.70								2004	12:40.70	Ogden, Anderson, Rabb, Colucci	Summerville Storm
Long Jump	4.4	4.09	3.35	4.24	4.26	4.5	4.59	4.74	5.19	4.34	4.38	2009	5.19	Desmond Anderson	Upstate T & F
High Jump	1.22	1.18	1.37	1.42	1.2	1.4		1.31	1.35	1.35	1.4	2004	1.42	Andrew Adams	Spartanburg Striders
Shot	8.29	7.76	7.98	7.87	10.72	9.42	9.64	9.94	9.27	9.48	12.19	2011	12.19	Damien Anderson	Sprint Extreme
Disc	19.9	18.61	20.75	17.9	27.8	25.49	18.38	22.9	22.09	20.7	16.82	2005	27.8	Dezmon Venning	Mt Pleasant Track Club
Javelin		22.22	26.57	25.12	10.24	23.96	27.79	32.76	28.03	28.55	38.02	2011	38.02	Keyonte Sessions	Myrtle Beach Track Club

Youth Boys	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	Record Year	Time Distance	Name	
100m	12.06	13.38	11.83	11.87	12.87	12.13	11.75	10.98	11.61	11.47	12.03	2008	10.98	Brandon Sanders	Palmetto Speed
200m	25.5	28.08	24.89	24.57	26.52	25.96	23.59	22.34	23.94	23.75	25.25	2008	22.34	Brandon Sanders	Palmetto Speed
400m	57.15	64.28	61.76	58.09	61.97	56.95	54.05	54.19	54.05	56.49	56.74	2009 &	54.05	DeAndre' Jones/Allen Edmond	Palmetto Track Club/Unattached
800m	2:25.34	2:19.35	2:16.71	2:14.78	2:14.32	2:24.20	2:19.56	2:12.08	2:13.37	2:23.93	2:15.89	2008	2:12.08	Allen Edmond	SC Unattached
1500m	5:02.95	4:47.60	4:40.01	4:35.19	4:32.67	4:49.06	4:54.04	4:35.97	4:46.73	4:51.03	4:52.69	2005	4:32.67	Dexter Monroe	Classics Track Club
3000m	10:56.08	10:25.45	9:59.64	10:17.01	10:03.45	10:54.14	10:39.15	10:04.62	10:39.33	10:38.86	10:49.75	2003	9:59.64	Johnathan Chu	Classics Track Club
3000m Racewalk	17:08.07	20:08.94			16:12.00	16:42.96				20:44.05	19:16.70	2005	16.12	Andrew Adams	SC Unattached
100m Hurdles	14.09	15.63	18.32	15.46	23.87	19.9	15.71	15.45	15.38	16.88	17.28	2001	14.09	Dennis Martin	Quickstriders
200m Hurdles	27.21	30.06	33.15	30.64	35.53	33.65	28.13	28.47	27.76	29.98	30.16	2001	27.21	Antoine Fant	Quickstriders
4x100				50.61	56.23	52.44	49.97	49.84	47	49.38	48.28	2009	47	Bennett, Lewis, Cannon, Johnson	Greenville Jets
4x400	4:17.97			3:55.00	5:04.65	4:35.14	4:40.05	4:32.56	4:09.18			2004	3.55	Brown, Schicolone, Brown, Brown	Quickstriders
4x800	11:56.60					11:53.65			11:19.48			2010	11:19.48	Cagle, Shake, Jones, Truman	Florence Track Club
Long Jump	4.92	5.1	4.9	4.5	4.63	5.51	5.71	5.49	6.01	5.67	5.13	2009	6.01	Elijah Gist	Upstate T & F
Triple Jump	11.47					11.51	11.24	12.42		9.17	10.55	2008	12.42	Ronald Geohaghan	Lowcountry Express
High Jump	1.68	1.32	1.42	1.47	1.47	1.5	1.45	1.47	1.63	1.67	1.4	2001	1.68	Antoine Fant	Quickstriders
Pole Vault	2.79	2.44	2.89	2.89	3.36	2.59	3.05	3.15	1.98	2.6	1.85	2005	3.36	Jaquon Pegues	Cheraw Striders
Shot	10.32	12.32	9.62	11.9	8.31	10.92	12.65	10.6	13.6	12.47	8.5	2009	13.6	George Brown	Mt Pleasant Track Club
Disc	30.82	35.4	32.11	34.38	23.4	36.01	48.01	31.88	31.82	36.85	45.32	2007	48.01	Dezmon Venning	Mt Pleasant Track Club
Javelin	37.19	35.98	24.4	27.42	32.42	31.85	38.78	34.32	35.97	44.6	32.08	2010	44.6	Alvin Deveaux	Summerville Storm

Intermediate Boys	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	Record Year	Time Distance	Name	
100m	10.78	11.8	11.3	11.14	10.97	11.74	11.61	11.54	10.93	10.92	11.64	2001	10.78	Nick Lytle	Spartanburg Striders
200m	22.78	23.62	23.09	22.53	21.98	23.53	23.96	23.08	22.05	22.2	23.75	2005	21.98	Quanterrious Rhode	Unattached

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400m	51.56	52.74	53.49	54.9	53.49	53.64	51.53	50.42	50.19	50.32	50.66	2009	50.19	Byron Mingo	Jump Start
800m	2:05.96	2:08.44	2:09.01	2:06.94	2:09.27	2:06.97	2:02.77	2:05.95	2:04.45	2:05.55	2:00.20	2011	2:00.20	Nathaniel Gordon	Unattached
1500m	4:20.66	4:17.52	4:38.09	4:25.29	4:25.67	4:30.69	4:31.53	4:31.63	4:31.67	4:29.07	4:28.12	2002	4:17.52	Trevor Beesley	Quick Striders
3000m	9:24.92	9:46.86	9:54.42	9:58.84	9:27.62	9:54.82	9:51.23	10:08.28	11:03.69	10:48.53	9:43.52	2001	9:24.92	Matthew Cregger	Carolina Extreme
5000m Racewalk		30:08.18	2:15.99									2003	28:15.99	John Koziel	Unattached
3000m Racewalk								26:19.49				2008	26:19.49	Nehemiah Davis	Classics Track Club
2000m SteepleChase		7:44.36	6:51.86		7:35.00	6:48.06	7:23.96	7:29.69			8:03.03	2006	6:48.06	Mark McFall	Palmetto Track Club
110m Hurdles	15.58	15.38	14.6		15.00	16.66	28.85	16.9	15.6	16.42	14.99	2003	14.6	Dennis Martin	Quick Striders
400m Hurdles	59.57	60.24	56.55		1:03.02	1:02.42	59.82	1:00.63	57.41	57.93	58.15	2003	56.55	Dennis Martin	Quick Striders
4x100	44.89		44.5	45.32	46.09		47.42	47.01	45.42	46.15	44.97	2003	44.5	names not available	Quick Striders
4x400	3:38.97	3:54.04		4:00.00			4:33.14	3:41.45	3:27.18	4:00.82	3:37.77	2009	3:27.18	Foster, Sanders, Gibson, Mingo	Jump Start
4x800		9:57.52	9:52.10			10:25.06						2003	9:52.1	names not available	Pametto Track Club
Long Jump	6.62	5.2	6.07	5.87	6.03	5.99	6.23	6.28	6.42	6.16	6.28	2001	6.62	Irel I Hardy	Sumter Elite Track Club
Triple Jump	12.53	12.3	12.45	10.68	11.23	12.99	13.32	11.33	13.1	11.15	12.35	2007	13.32	James Davidson	Unattached
High Jump	1.83	1.93	1.83	1.47	1.52	1.65	1.75	1.69	1.5	1.82	1.76	2002	1.93	Brock Brigman	Spartanburg Striders
Pole Vault	4.27	3.96	3.5	3.5	3.05	4.09	4.6	3.95	3.63	3.8	3.95	2007	4.6	Jaquon Pegues	Cheraw Striders
Shot	12.29	13.26	11.66	13.34	12.74	12.07	13.03	12.38	12.54	9.89	13.14	2004	13.34	Robert McCracken	Palmetto Track Club
Disc	30.32	24.11	35.36	39.94	34.3	37.53	45.87	42.55	44.05	34.87	42.05	2007	45.87	Charleton Laughlin	Summerville Storm
Javelin	34.26	29.07	27.77	30.36	33.11	41.24	34.8	38.55	40.34	39.63	41.19	2006	41.24	Jerry Blanton	Palmetto Track Club
Hammer								28.15	27.13		25.83	2008	28.15	James Gore	Palmetto Track Club

Young Men	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	Record Year	Time Distance	Name	
100m	10.87	10.84	10.9	10.87	11.04	10.95	11.23	10.56	10.91	11.11	11.04	2008	10.56	Marcus Rowland	SC Unattached
200m	22.53	22.26	21.81	21.7	21.61	22.03	22.55	22.58	22.43	22	22.65	2005	21.61	James Lipscomb	Classics Track Club
400m	53.45	50.19	49.12	48.36	49.52	49.82	48.39	48.48	49.08	48.73	49.45	2004	48.36	Garrett Blackely	Spartanburg Striders
800m	2:04.60	2:09.87	2:03.89	2:07.27	2:00.50	2:00.42	2:02.77	1:59.88	2:02.80	2:05.44	2:00.80	2008	1:59.88	Raymond Eurie	Peak Performance
1500m	4:46.43	4:27.61	4:13.86	4:18.68	4:14.21	4:27.92	4:59.99	4:27.27	4:37.82	4:34.34	4:24.94	2003	4:13.86	Trevor Beesley	Quick Striders
3000m											10:11.05	2011	10:11.05	Ediberto Vergara	Carolina Rockets
5000m	19:44.71	17:35.68	15:47.10	17:23.15		19:39.60	17:54.74	16.34	17:49.90	18:11.03		2003	15:47.10	Trevor Beesley	Quick Striders
3000m Racewalk									22:26.45	16:08.17	17:53.92	2010	16:08.17	Jonathan Hallman	Unattached
110m Hurdles	15.29	15.08	14.79	14.31	14.58	14.26	14.05	14.96	15.44	15.02	14.88	2007	14.05	Marcus Pope	Flyers Track Club
400m Hurdles	59.44	60.17	55.78	56.04	54.28	55.4	53.34	57.03	56.77	1:00.08	55.91	2007	53.34	Marcus Pope	Flyers Track Club
2000m SteepleChase			6:51.86	6:27.21		8:05.07	7:49.80	6:39.30	7.14	6:59.23	7:01.31	2004	6:27.21	Trevor Beesley	Quick Striders
4x100	43.87	43.24	43.34	42.34	43.57	43.47	44.13	43.63	45.46	43.55	42.73	2004	42.34	Brown, Fant, Brown, Ellis	Quick Striders
4x400	3:31.11	3:42.76	3:23.29	3:16.00	3:33.90	3:27.19	4:12.05	3:33.50	3:30.51	3:37.91	3:21.64	2004	3.16	Blackely, Tibbs, Clemons, Jones	Spartanburg Striders
4x800	10:19.41			10.18.42							8:18.43	2011	8:18.43	Shuler, T Williams, H Williams, Collier	Sprint Extreme
Long Jump	5.98	6.44	6.56	7.92	6.44	5.91	6.47	6.78	6.69	6.46	6.66	2004	7.92	Brandon Brown	Quick Striders
Triple Jump		13.61	13.11	14.05	12.9	13.11	14.21	13.35	13.92	14.17	13.95	2007	14.21	Chad Phillips	Quick Striders
High Jump	1.98	1.88	1.92	2.02	1.77	1.85	1.8	2.09	1.81	1.82	1.88	2008	2.09	Perrish Goggins	Upstate Track & Field
Pole Vault	4.57	4.11	4.27	4.27	4.02	4.26	4.55	4.55	4.7	4.55	4.4	2009	4.7	Jaquon Pegues	Cheraw Striders
Shot	13.6	13.35	14.93	14.99	13.02	12.4	15.52	15.62	12.1	12.88	13.56	2008	15.52	Quintin Turner	Mt Pleasant Track Club
Disc	40.22	35.02		44.02	38.65	41.97	41.68	45.15	34.45	37.55	48.9	2011	48.9	Dezmon Venning	Mt Pleasant Track Club
Javelin	30.38		39.36	21.6	37.99	24.38	46.78	51.89	30.13	42.48	39.92	2008	51.89	Jerry Blanton	Palmetto Track Club
Hammer									18.1	21.91	36.08	2011	36.08	Ryan Rafanan	Palmetto Track Club