

Gulf South Conference Indoor T&F Championships 2026
CrossPlex, Birmingham, AL - 2/19/2026 to 2/20/2026

Results**Women 60 Meter Dash**

GSC Indoor R: 7.49 M 2/20/2025 **Jordyn Dortch**
CrossPlex: 7.04 C 3/11/2022 **Julien Alfred**

Name	Yr	School	Prelims
Preliminaries			
1	J'da Williams	FR West Alabama	7.52Q
2	Liz Lannom	SO Lee (Tenn.)	7.67Q
3	Maddox Mayfield	SO Lee (Tenn.)	7.79Q
4	Deja Hines	SO Alabama-Hunt	7.70Q
5	Adria Burrell	FR West Alabama	7.72Q
6	Alana Green	SR Mississippi	7.86Q
7	Jadlyn Debardlabon	JR Alabama-Hunt	7.77q
8	Deserae Thomas	FR Montevallo	7.87q
9	Khila Corrothers	JR Montevallo	7.88
10	Jydia Faucette	SR Lee (Tenn.)	7.89
11	Elyse Dorris	FR Mississippi	7.89
12	D'Kota Hudson	FR West Alabama	7.96
13	Destiny Betton	SR Montevallo	8.00
14	Summer Sutherlin	SO Alabama-Hunt	8.02
15	Makayla Amador	FR Montevallo	8.06
16	Samantha Bennett	SO Montevallo	8.07
17	Shaniya Hudson	FR Trevecca Naz	8.10
18	Emily Taylor	FR Mississippi	8.19
19	Madison Woolridge	SR Christian Br	8.45
20	Micaiah Halliburton	SR Christian Br	8.50
21	Jackelin Ruiz	SR Christian Br	8.74

Women 60 Meter Dash

GSC Indoor R: 7.49 M 2/20/2025 **Jordyn Dortch**
CrossPlex: 7.04 C 3/11/2022 **Julien Alfred**

Name	Yr	School	Finals
Finals			
1	Liz Lannom	SO Lee (Tenn.)	7.50
2	J'da Williams	FR West Alabama	7.55
3	Adria Burrell	FR West Alabama	7.68
4	Alana Green	SR Mississippi	7.70
5	Deserae Thomas	FR Montevallo	7.82
6	Jadlyn Debardlabon	JR Alabama-Hunt	7.83
7	Deja Hines	SO Alabama-Hunt	7.88
8	Maddox Mayfield	SO Lee (Tenn.)	8.10

Women 200 Meter Dash

GSC Indoor R: 23.96 M 2/21/2025 **Jordyn Dortch**
CrossPlex: 22.16 C 3/12/2022 **Abby Steiner**

Name	Yr	School	Prelims
Preliminaries			
1	Amiah Murry	JR Alabama-Hunt	24.22q
2	Deja Hines	SO Alabama-Hunt	24.91q
3	J'da Williams	FR West Alabama	24.95q
4	Liz Lannom	SO Lee (Tenn.)	24.99q
5	Jocelyn Randle	FR West Alabama	25.03q
6	Maddox Mayfield	SO Lee (Tenn.)	25.08q
7	Adria Burrell	FR West Alabama	25.25q
8	Alana Green	SR Mississippi	25.26q
9	Jydia Faucette	SR Lee (Tenn.)	25.62

10	Ka'Mya Jackson	FR Montevallo	25.82
11	Addison Bleisath	FR Lee (Tenn.)	26.09
12	Elyse Dorris	FR Mississippi	26.17
13	Haylei Mason	FR Mississippi	26.35
14	Summer Sutherlin	SO Alabama-Hunt	26.45
15	D'Kota Hudson	FR West Alabama	26.46
16	Samantha Bennett	SO Montevallo	26.85
17	Shaniya Hudson	FR Trevecca Naz	27.03

Women 200 Meter Dash

GSC Indoor R: 23.96 M 2/21/2025 **Jordyn Dortch**
CrossPlex: 22.16 C 3/12/2022 **Abby Steiner**

Name	Yr	School	Finals
Finals			
1	Amiah Murry	JR Alabama-Hunt	24.27
2	Liz Lannom	SO Lee (Tenn.)	24.39
3	J'da Williams	FR West Alabama	24.72
4	Deja Hines	SO Alabama-Hunt	24.87
5	Alana Green	SR Mississippi	24.89
6	Jocelyn Randle	FR West Alabama	25.03
7	Adria Burrell	FR West Alabama	25.73
8	Maddox Mayfield	SO Lee (Tenn.)	26.59

Women 400 Meter Dash

GSC Indoor R: 56.01 M 2/19/2020 **Amber Littlejohn**
CrossPlex: 50.69 C 3/12/2016 **Courtney Okolo**

Name	Yr	School	Finals
Finals			
1	Amiah Murry	JR Alabama-Hunt	54.42M
2	Maddox Mayfield	SO Lee (Tenn.)	54.74M
3	Deja Hines	SO Alabama-Hunt	56.72
4	Ka'Mya Jackson	FR Montevallo	58.41
5	Addison Bleisath	FR Lee (Tenn.)	58.45
6	Kilaya Lucien	JR West Alabama	59.13
7	Grace Hampel	SR Alabama-Hunt	59.40
8	Annika Barrett	FR Lee (Tenn.)	59.53
9	Hannah Jackson	JR Mississippi	59.82
10	Amelia Wedemeyer	FR Lee (Tenn.)	59.85
11	Anna Tucker	JR Mississippi	59.88
12	Jocelyn Randle	FR West Alabama	59.93
13	Jane-Matthew Reed	FR Mississippi	1:00.62
14	Kacey Green	FR West Alabama	1:02.12
15	Brookelyn Bidinger	SO Mississippi	1:02.27
16	Madison Woolridge	SR Christian Br	1:07.72
---	Aniya Johnson	JR Alabama-Hunt	DNS
---	Jamaya Dancy	SO West Alabama	DNS

Women 800 Meter Run

GSC Indoor R: 2:09.85 M 2/21/2025 **Aria Hawkins**
CrossPlex: 2:01.37 C 3/11/2022 **Lindsey Butler**

Name	Yr	School	Finals
Finals			
1	Aria Hawkins	SR Lee (Tenn.)	2:12.14
2	Lauren Wallace	SR Mississippi	2:13.66
3	Kaylen Owen	FR Lee (Tenn.)	2:13.98
4	Katie Beam	JR Lee (Tenn.)	2:16.63

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Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
5 Anna Katherine Hopkins	SO	Alabama-Hunt	2:16.65
6 Lindsey Barnes	FR	Alabama-Hunt	2:17.59
7 Lilly Jensen	FR	Mississippi	2:21.42
8 Sarah Turner	SR	Montevallo	2:21.65
9 Catherine Wallace	FR	Mississippi	2:21.99
10 Lucy Guthrie	FR	Lee (Tenn.)	2:23.05
11 Isabella Bailey	FR	Mississippi	2:24.15
12 Laura De Llano	JR	Christian Br	2:25.79
13 Phoebe Steel	FR	Christian Br	2:27.94
14 Ashlynn Beery	SO	Alabama-Hunt	2:28.18
15 Abi Moore	SO	Lee (Tenn.)	2:31.24
--- Kayliana Martin	FR	Trevecca Naz	DNS
--- Annageliki Zannetou	JR	Christian Br	DNS

Women 1 Mile Run

GSC Indoor R: 4:45.72 M 2/16/2022 Celine Ritter

CrossPlex: 4:33.13 C 3/11/2022 Sintayehu Vissa

Name	Yr	School	Finals
1 Aria Hawkins	SR	Lee (Tenn.)	4:51.33
2 Lauren Wallace	SR	Mississippi	4:56.13
3 Katie Beam	JR	Lee (Tenn.)	5:01.01
4 Catherine Wallace	FR	Mississippi	5:03.56
5 Lucy Guthrie	FR	Lee (Tenn.)	5:09.49
6 Audrey Mayatte	FR	Mississippi	5:13.19
7 Abi Moore	SO	Lee (Tenn.)	5:14.61
8 Sophia Knox	JR	Alabama-Hunt	5:14.99
9 Phoebe Steel	FR	Christian Br	5:15.55
10 Hadar Biger	FR	Trevecca Naz	5:16.16
11 Lucy Horne	SO	Alabama-Hunt	5:20.77
12 Shana Sellers	SR	Mississippi	5:25.23
13 Emma McCrea	FR	Alabama-Hunt	5:25.48
14 Sable George	FR	Montevallo	5:25.79
15 Kaley Byrd	FR	Christian Br	5:28.09
16 Ximena Acosta	SO	Trevecca Naz	5:29.28
17 Hope Ilias	JR	Trevecca Naz	5:33.95
18 Abigail Vega	JR	West Alabama	5:40.44
19 Sarah Arnold	SO	Trevecca Naz	5:45.74
--- Annageliki Zannetou	JR	Christian Br	DNF

Women 3000 Meter Run

GSC Indoor R: 9:53.20 M 2/24/2021 Chloe Flora

CrossPlex: 8:57.86 C 3/12/2016 Molly Seidel

Name	Yr	School	Finals
1 Aria Hawkins	SR	Lee (Tenn.)	9:47.55M
2 Taylor Benoit	SR	Mississippi	9:49.83M
3 Bre Bell	SR	Mississippi	9:57.29
4 Ava Sparks	FR	Lee (Tenn.)	10:01.61
5 Capucine Cureau	FR	Lee (Tenn.)	10:01.75
6 Catherine Truemper	JR	Alabama-Hunt	10:02.98
7 Tamsyn Gibbs	SO	Alabama-Hunt	10:04.67
8 Kinley Harris	SO	Mississippi	10:18.03
9 Lexi Hinote	SO	Alabama-Hunt	10:24.49

10 Sadia Wielfaert	FR	Lee (Tenn.)	10:24.66
11 Sawyer Simmons	FR	Lee (Tenn.)	10:29.36
12 Autumn Betts	SO	Alabama-Hunt	10:32.29
13 Ava Taylor	FR	Montevallo	10:32.54
14 Kathryn Finch	SO	Mississippi	10:40.91
15 Rita Walker	SO	West Alabama	10:55.62
16 Lauren Blyth	SO	Christian Br	10:59.59
17 Ashley Alsvig	JR	Trevecca Naz	11:07.16
18 Kaley Byrd	FR	Christian Br	11:08.13
19 Julia Gosline	JR	West Alabama	11:09.36
20 Miriam Dominguez-Tellez	SO	West Alabama	11:48.55
--- Elizabeth Cain	JR	Alabama-Hunt	DNS

Women 5000 Meter Run

GSC Indoor R: 16:55.48 M 2/24/2021 Toni Moore

CrossPlex: 15:15.21 C 3/11/2016 Molly Seidel

Name	Yr	School	Finals
1 Aria Hawkins	SR	Lee (Tenn.)	17:50.27
2 Ava Sparks	FR	Lee (Tenn.)	17:50.71
3 Capucine Cureau	FR	Lee (Tenn.)	17:51.01
4 Hadar Biger	FR	Trevecca Naz	17:54.22
5 Catherine Truemper	JR	Alabama-Hunt	17:59.23
6 Ava Taylor	FR	Montevallo	18:08.00
7 Lexi Hinote	SO	Alabama-Hunt	18:12.26
8 Sadia Wielfaert	FR	Lee (Tenn.)	18:17.17
9 Autumn Betts	SO	Alabama-Hunt	18:27.77
10 Sawyer Simmons	FR	Lee (Tenn.)	18:30.62
11 Kinley Harris	SO	Mississippi	18:31.66
12 Juliette Edwards	FR	Alabama-Hunt	18:38.62
13 Gabrielle Jeffery	FR	Mississippi	18:39.04
14 Kathryn Finch	SO	Mississippi	18:48.63
15 Andi Kate Holley	FR	Mississippi	18:57.34
16 Lauren Blyth	SO	Christian Br	19:29.47
17 Sarah Arnold	SO	Trevecca Naz	19:58.90
--- Madison Harvey	FR	Alabama-Hunt	DNF

Women 60 Meter Hurdles

GSC Indoor R: 8.60 M 2/13/2022 Tytavia Hardy

CrossPlex: 7.78 C 3/11/2022 Grace Stark

Name	Yr	School	Prelims
1 Liz Lannom	SO	Lee (Tenn.)	8.61Q
2 Haylei Mason	FR	Mississippi	9.04Q
3 Madison Flugence	JR	Mississippi	8.80Q
4 Ivy Teachey	JR	Alabama-Hunt	9.11Q
5 Marisa Hennix	JR	Lee (Tenn.)	9.19q
6 Hekla MagnUSDottir	FR	Alabama-Hunt	9.25q
7 Lily Brown	JR	Lee (Tenn.)	9.36q
8 Annika Barrett	FR	Lee (Tenn.)	9.45q
9 Hallie Harrell	SO	Montevallo	9.50
10 Amelia Wedemeyer	FR	Lee (Tenn.)	9.62
11 Natania Nasieku	FR	Montevallo	9.83
--- Ashanti Slaughter	SO	Alabama-Hunt	DNS

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Women 60 Meter Hurdles

GSC Indoor R: 8.60 M 2/13/2022 Tytavia Hardy
CrossPlex: 7.78 C 3/11/2022 Grace Stark

Name	Yr	School	Finals
Finals			
1 Liz Lannom	SO	Lee (Tenn.)	8.40M
2 Madison Flugence	JR	Mississippi	8.88
3 Haylei Mason	FR	Mississippi	8.91
4 Ivy Teachey	JR	Alabama-Hunt	8.99
5 Marisa Hennix	JR	Lee (Tenn.)	9.38
6 Lily Brown	JR	Lee (Tenn.)	9.42
7 Annika Barrett	FR	Lee (Tenn.)	9.74
--- Hekla Magnusdottir	FR	Alabama-Hunt	DNS

Women 4x400 Meter Relay

GSC Indoor R: 3:50.54 M 2/15/2023 Christian Bros.
 T Pfeifer, A Iglesias, I Zurita, O Gee
CrossPlex: 3:27.23 C 3/12/2022 Arkansas
 R Effiong, J Hollis, S Maloney, B Wilson

Team	Relay	Finals
Finals		
1 West Alabama		3:57.18
2 Mississippi College		3:58.41
3 Lee (Tenn.)		3:59.60
4 Alabama-Huntsville		4:01.08
5 Montevallo		4:17.83
6 Christian Bros.		4:17.86
7 Trevecca Nazarene		4:29.01

Women Distance Medley

GSC Indoor R: 11:24.74 M 2/20/2025 Lee (Tenn.)
 A Campos, M Mayfield, L Hare, A Hawkins
CrossPlex: 10:51.37 C 3/11/2022 Arkansas
 I Van Camp, P Peoples, K Gear, L Jolly

Team	Relay	Finals
Finals		
1 Mississippi College		11:39.65
2 Lee (Tenn.)		11:57.17
3 Alabama-Huntsville		12:12.77
4 West Alabama		12:53.13
5 Christian Bros.		12:53.65
6 Trevecca Nazarene		13:19.04

Women High Jump

GSC Indoor R: 1.71m M 2/20/2025 Liezl Theron
CrossPlex: 1.98m C 1/16/2016 Chaunte Lowe

Name	Yr	School	Finals
Finals			
1 Mallory Dial	FR	Mississippi	1.63m
2 Gioia Scopel	SR	Christian Br	1.60m
2 Aniya Johnson	JR	Alabama-Hunt	1.60m
4 Liz Lannom	SO	Lee (Tenn.)	1.55m
4 Ashlyn Rock	SO	Alabama-Hunt	1.55m
6 Saskia Rhind	FR	Montevallo	1.55m
7 Alexis Goodman	SR	Christian Br	1.55m

8 Caroline Sanders	FR	Alabama-Hunt	1.50m
8 Kaitlyn Stephens	FR	Montevallo	1.50m
8 Claire Hurt	FR	Alabama-Hunt	1.50m
11 Brooke Jones	FR	Lee (Tenn.)	1.50m
12 Mari Sofie Een	FR	Montevallo	1.50m
12 Hekla Magnusdottir	FR	Alabama-Hunt	1.50m
14 Margaret Chauncy	FR	Trevecca Naz	1.40m
--- Asta Hagglund	FR	Montevallo	NH
--- Bailey Keef	FR	West Alabama	NH

Women Pole Vault

GSC Indoor R: 3.85m M 2/19/2026 Brynn Depinet
CrossPlex: 4.63m C 3/12/2016 Alexis Weeks

Name	Yr	School	Finals
Finals			
1 Brynn Depinet	SR	Lee (Tenn.)	3.85mM
2 Addison Kohlmeier	FR	Lee (Tenn.)	3.80m
3 Ayla Misavage	SO	Lee (Tenn.)	3.50m
4 Leah Dendy	SR	Montevallo	3.35m
5 Isabella Magyar	FR	Mississippi	3.05m
5 Margaret Chauncy	FR	Trevecca Naz	3.05m
7 Gabby Stout	FR	Alabama-Hunt	3.05m
8 Caroline Sanders	FR	Alabama-Hunt	2.75m
--- Kyla Rohling	SO	Alabama-Hunt	NH
--- Claire Hurt	FR	Alabama-Hunt	NH

Women Long Jump

GSC Indoor R: 5.82m M 2/14/2023 Carissa Hall
CrossPlex: 6.80m C 3/11/2016 Quanesha Burks

Name	Yr	School	Finals
Finals			
1 Jadlyn Debardlabon	JR	Alabama-Hunt	5.74m
2 Aubrey Anderson	FR	Lee (Tenn.)	5.61m
3 Caroline Sanders	FR	Alabama-Hunt	5.54m
4 Hekla Magnusdottir	FR	Alabama-Hunt	5.46m
5 Tamarah Rice	FR	Alabama-Hunt	5.42m
6 Madison Flugence	JR	Mississippi	5.39m
7 Hallie Harrell	SO	Montevallo	5.27m
8 Makayla Amador	FR	Montevallo	5.09m
9 Khila Corrothers	JR	Montevallo	5.06m
10 Jydia Faucette	SR	Lee (Tenn.)	5.02m
11 Emily Taylor	FR	Mississippi	5.02m
12 Marisa Hennix	JR	Lee (Tenn.)	5.00m
13 Hannah Jackson	JR	Mississippi	4.94m
14 Asta Hagglund	FR	Montevallo	4.93m
15 Bailey Keef	FR	West Alabama	4.80m
16 Denise Brouwer	SO	Christian Br	4.71m
17 Jackelin Ruiz	SR	Christian Br	4.60m
18 Claire Hurt	FR	Alabama-Hunt	4.59m

Women Triple Jump

GSC Indoor R: 12.07m M 2/24/2021 Tytavia Hardy
CrossPlex: 14.57m C 3/12/2022 Jasmine Moore

Name	Yr	School	Finals
Finals			
1 Tamarah Rice	FR	Alabama-Hunt	11.56m

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Finals ... (Women Triple Jump)

Name	Yr	School	Finals
2	Caroline Sanders	FR Alabama-Hunt	11.54m
3	Natania Nasieku	FR Montevallo	11.54m
4	Aubrey Anderson	FR Lee (Tenn.)	11.41m
5	Jydia Faucette	SR Lee (Tenn.)	11.09m
6	Kyla Rohling	SO Alabama-Hunt	11.08m
7	Alana Coleman	SO Alabama-Hunt	10.88m
8	Marisa Hennix	JR Lee (Tenn.)	10.73m
9	Brooke Jones	FR Lee (Tenn.)	10.56m
10	Claire Hurt	FR Alabama-Hunt	10.52m
11	Farrah Hawkins	JR Montevallo	10.48m
12	Kaitlyn Stephens	FR Montevallo	10.44m
13	Makayla Amador	FR Montevallo	10.17m
14	Deserae Thomas	FR Montevallo	9.96m

Women Shot Put

GSC Indoor R: 14.27m M 2/20/2025 Gracie Waite

CrossPlex: 19.08m C 3/12/2022 Jordine Van Klinken

Name	Yr	School	Finals
1	Gracie Waite	SO Lee (Tenn.)	13.88m
2	Cesleigh Martin	FR Montevallo	12.72m
3	Samara Brinks	SR Lee (Tenn.)	12.57m
4	Hekla Magnusdottir	FR Alabama-Hunt	12.45m
5	A'cynthia Brown	SO Alabama-Hunt	12.10m
6	Kennedy Thompson	JR Mississippi	11.96m
7	Sarah Tang	JR Alabama-Hunt	11.90m
8	McKenna Jackson	SO Montevallo	11.64m
9	Morgan Thrift	SO Mississippi	11.27m
10	Cooper Garrett	FR Alabama-Hunt	11.20m
11	Saskia Rhind	FR Montevallo	11.02m
12	Katie Wilkerson	SO Montevallo	10.68m
13	Rebekah Zweerink	SO Mississippi	10.63m
14	Hallie Harrell	SO Montevallo	10.59m
15	Skylar Kirby	FR Trevecca Naz	6.62m
---	Brooklyn Rader	FR Trevecca Naz	FOUL

Women Weight Throw

GSC Indoor R: 18.50m M 2/16/2024 Nyla Shipman

CrossPlex: 25.55m C 3/12/2022 Shey Taiwo

Name	Yr	School	Finals
1	Samara Brinks	SR Lee (Tenn.)	17.62m
2	Kennedy Thompson	JR Mississippi	16.31m
3	A'cynthia Brown	SO Alabama-Hunt	16.30m
4	Sarah Tang	JR Alabama-Hunt	15.91m
5	Keva Thomas	SO Mississippi	15.76m
6	Gracie Waite	SO Lee (Tenn.)	15.45m
7	Hailley Smith	SR Alabama-Hunt	15.14m
8	Rebekah Zweerink	SO Mississippi	14.69m
9	Kylie Rinke	SR Alabama-Hunt	13.89m
10	McKenna Jackson	SO Montevallo	13.37m
11	Cesleigh Martin	FR Montevallo	13.06m
12	Morgan Thrift	SO Mississippi	12.94m
13	Avery Kline	FR Montevallo	10.83m

14	Brooklyn Rader	FR Trevecca Naz	9.47m
---	Briana DeLaughter	JR Trevecca Naz	DNS

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

GSC Indoor R: 2:26.50 M 2/20/2025 Hope Collins

CrossPlex: 2:08.75 C 3/11/2022 Anna Hall

Name	Yr	School	Finals
1	Caroline Sanders	FR Alabama-Hunt	2:27.04 730
2	Amelia Wedemeyer	FR Lee (Tenn.)	2:28.36 714
3	Hope Collins	SO Alabama-Hunt	2:29.25 702
4	Lily Brown	JR Lee (Tenn.)	2:31.30 677
5	Brooke Jones	FR Lee (Tenn.)	2:32.48 662
6	Liz Lannom	SO Lee (Tenn.)	2:33.20 653
7	Hekla Magnusdottir	FR Alabama-Hunt	2:34.28 640
8	Saskia Rhind	FR Montevallo	2:34.64 636
9	Ann Cobb	SO Mississippi	2:36.01 619
10	Asta Hagglund	FR Montevallo	2:38.10 595
11	Nina Willoughby	SR Trevecca Naz	2:46.97 496
12	Makala Sims	FR Montevallo	2:48.44 480
13	Hallie Harrell	SO Montevallo	2:50.22 461
14	Campbell Johnson	SR Trevecca Naz	2:53.99 423

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

GSC Indoor R: 8.51 M 2/19/2026 Liz Lannom

CrossPlex: 8.09 C 3/12/2016 Kendall Williams

Name	Yr	School	Finals
1	Liz Lannom	SO Lee (Tenn.)	8.51M 1,015
2	Caroline Sanders	FR Alabama-Hunt	8.97 916
3	Hekla Magnusdottir	FR Alabama-Hunt	9.02 906
4	Amelia Wedemeyer	FR Lee (Tenn.)	9.42 824
5	Lily Brown	JR Lee (Tenn.)	9.43 822
6	Saskia Rhind	FR Montevallo	9.60 789
7	Hallie Harrell	SO Montevallo	9.73 763
8	Hope Collins	SO Alabama-Hunt	9.78 754
9	Makala Sims	FR Montevallo	9.81 748
10	Asta Hagglund	FR Montevallo	9.95 721
11	Campbell Johnson	SR Trevecca Naz	10.24 668
12	Brooke Jones	FR Lee (Tenn.)	10.31 655
13	Nina Willoughby	SR Trevecca Naz	11.50 457
14	Ann Cobb	SO Mississippi	13.48 201

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

GSC Indoor R: 1.71m M 2/20/2025 Liezl Theron

CrossPlex: 1.92m C 1/23/2016 Akela Jones

Name	Yr	School	Finals
1	Liz Lannom	SO Lee (Tenn.)	1.68m 830
2	Saskia Rhind	FR Montevallo	1.62m 759
3	Hekla Magnusdottir	FR Alabama-Hunt	1.59m 724
3	Caroline Sanders	FR Alabama-Hunt	1.59m 724
5	Asta Hagglund	FR Montevallo	1.53m 655
6	Brooke Jones	FR Lee (Tenn.)	1.50m 621
7	Hallie Harrell	SO Montevallo	1.41m 523
7	Campbell Johnson	SR Trevecca Naz	1.41m 523

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Finals ... (Indoor Pentathlon: #2 Women High Jump Indoor Pen

Name	Yr	School	Finals
9 Nina Willoughby	SR	Trevecca Naz	1.38m 491
10 Lily Brown	JR	Lee (Tenn.)	1.35m 460
10 Ann Cobb	SO	Mississippi	1.35m 460
10 Makala Sims	FR	Montevallo	1.35m 460
13 Hope Collins	SO	Alabama-Hunt	1.32m 429
--- Amelia Wedemeyer	FR	Lee (Tenn.)	NH

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

GSC Indoor R: 5.74m M 2/19/2026 Caroline Sanders
CrossPlex: 6.80m C 3/11/2016 Akela Jones

Name	Yr	School	Finals
Finals			
1 Caroline Sanders	FR	Alabama-Hunt	5.74mM 771
2 Hekla Magnusdottir	FR	Alabama-Hunt	5.62m 735
3 Hallie Harrell	SO	Montevallo	5.42m 677
4 Liz Lannom	SO	Lee (Tenn.)	5.25m 628
5 Saskia Rhind	FR	Montevallo	4.93m 540
6 Asta Hagglund	FR	Montevallo	4.92m 538
7 Hope Collins	SO	Alabama-Hunt	4.88m 527
8 Ann Cobb	SO	Mississippi	4.83m 514
9 Makala Sims	FR	Montevallo	4.77m 498
10 Amelia Wedemeyer	FR	Lee (Tenn.)	4.69m 477
11 Brooke Jones	FR	Lee (Tenn.)	4.60m 454
12 Lily Brown	JR	Lee (Tenn.)	4.50m 428
13 Campbell Johnson	SR	Trevecca Naz	4.42m 408
14 Nina Willoughby	SR	Trevecca Naz	4.20m 355

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

GSC Indoor R: 12.13m M 2/19/2026 Hekla Magnusdottir
CrossPlex: 18.56m C 1/23/2016 Akela Jones

Name	Yr	School	Finals
Finals			
1 Hekla Magnusdottir	FR	Alabama-Hunt	12.13mM 670
2 Hallie Harrell	SO	Montevallo	11.06m 599
3 Saskia Rhind	FR	Montevallo	10.74m 578
4 Lily Brown	JR	Lee (Tenn.)	9.86m 520
5 Campbell Johnson	SR	Trevecca Naz	9.79m 516
6 Liz Lannom	SO	Lee (Tenn.)	9.50m 497
7 Asta Hagglund	FR	Montevallo	9.01m 465
8 Brooke Jones	FR	Lee (Tenn.)	8.87m 456
9 Caroline Sanders	FR	Alabama-Hunt	8.38m 424
10 Makala Sims	FR	Montevallo	8.26m 416
11 Hope Collins	SO	Alabama-Hunt	8.06m 403
12 Ann Cobb	SO	Mississippi	7.66m 377
13 Amelia Wedemeyer	FR	Lee (Tenn.)	6.94m 331
14 Nina Willoughby	SR	Trevecca Naz	5.13m 216

Women Indoor Pentathlon

GSC Indoor R: 3675 M 2/19/2026 Hekla Magnusdottir
CrossPlex: 4703 C 3/11/2016 Kendall Williams

Name	Yr	School	Finals
Finals			
1 Hekla Magnusdottir	FR	Alabama-Hunt	3675M
2 Liz Lannom	SO	Lee (Tenn.)	3623

3 Caroline Sanders	FR	Alabama-Hunt	3565
4 Saskia Rhind	FR	Montevallo	3302
5 Hallie Harrell	SO	Montevallo	3023
6 Asta Hagglund	FR	Montevallo	2974
7 Lily Brown	JR	Lee (Tenn.)	2907
8 Brooke Jones	FR	Lee (Tenn.)	2848
9 Hope Collins	SO	Alabama-Hunt	2815
10 Makala Sims	FR	Montevallo	2602
11 Campbell Johnson	SR	Trevecca Naz	2538
12 Amelia Wedemeyer	FR	Lee (Tenn.)	2346
13 Ann Cobb	SO	Mississippi	2171
14 Nina Willoughby	SR	Trevecca Naz	2015

Men 60 Meter Dash

GSC Indoor R: 6.70 M 2/14/2023 Michael Gizzi
CrossPlex: 6.47 C 3/12/2016 Ronnie Baker

Name	Yr	School	Prelims
Preliminaries			
1 Brodie Roberts	FR	Mississippi	6.86Q
2 Zion Griffin	JR	Trevecca Naz	6.90Q
3 Cooper Giddens	SO	Lee (Tenn.)	6.91Q
4 Jeremiah Fails	SR	Montevallo	6.91Q
5 Amari Lewis	SR	Montevallo	6.94Q
6 Gage Whited	FR	Lee (Tenn.)	6.99Q
7 Collin Henderson	SO	Alabama-Hunt	6.95q
8 Tyrie Payne	JR	West Alabama	6.97q
9 Tommy Rodriguez	SR	Alabama-Hunt	6.99
10 Aiden Shaw	JR	Lee (Tenn.)	7.01
11 Walter Womack	JR	Montevallo	7.03
12 Nicholas Nash	SO	West Alabama	7.05
13 Chason Howard	SO	Montevallo	7.05
14 Lawrence Walker	SR	West Alabama	7.06
15 Braxton Williams	FR	West Alabama	7.08
16 Jamell Beatty	FR	Montevallo	7.09
17 Calvin Wall	FR	Trevecca Naz	7.10
18 Shaw Helfrich	FR	Lee (Tenn.)	7.16
19 Carvarious Bowers	FR	Trevecca Naz	7.23
20 Grant Allen	JR	Trevecca Naz	7.24
21 Ryan Sims	JR	Christian Br	7.37
22 Logan Hamilton	FR	Trevecca Naz	7.46

Men 60 Meter Dash

GSC Indoor R: 6.70 M 2/14/2023 Michael Gizzi
CrossPlex: 6.47 C 3/12/2016 Ronnie Baker

Name	Yr	School	Finals
Finals			
1 Brodie Roberts	FR	Mississippi	6.81
2 Tyrie Payne	JR	West Alabama	6.92
3 Zion Griffin	JR	Trevecca Naz	6.96
4 Amari Lewis	SR	Montevallo	6.99
5 Collin Henderson	SO	Alabama-Hunt	7.02
6 Jeremiah Fails	SR	Montevallo	7.04
7 Cooper Giddens	SO	Lee (Tenn.)	7.04
8 Gage Whited	FR	Lee (Tenn.)	7.06

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Men 200 Meter Dash

GSC Indoor R: 21.14 M 2/14/2023 Michael Gizzi
CrossPlex: 20.34 C 3/8/2019 Divine Oduduru

Name	Yr	School	Prelims
Preliminaries			
1 Aiden Shaw	JR	Lee (Tenn.)	21.25q
2 Cooper Giddens	SO	Lee (Tenn.)	21.55q
3 Gage Whited	FR	Lee (Tenn.)	21.68q
4 Jeremiah Fails	SR	Montevallo	21.77q
5 Amari Lewis	SR	Montevallo	21.91q
6 Jaiden Young	JR	Alabama-Hunt	22.00q
7 Tommy Rodriguez	SR	Alabama-Hunt	22.02q
8 Braedon Goode	FR	Alabama-Hunt	22.04q
9 Davion Smith	SR	Mississippi	22.11
9 Dwight Bellamy	JR	Montevallo	22.11
11 Collin Henderson	SO	Alabama-Hunt	22.37
12 Bryan Singleton	SR	Alabama-Hunt	22.50
13 Grant Allen	JR	Trevecca Naz	22.58
14 Zion Griffin	JR	Trevecca Naz	22.58
15 Braxton Williams	FR	West Alabama	22.61
16 Rayvious Williams	FR	Mississippi	22.65
17 Calvin Wall	FR	Trevecca Naz	22.71
18 Jamell Beatty	FR	Montevallo	22.77
19 Lawrence Walker	SR	West Alabama	22.84
20 Jordan Jarrett	SR	Christian Br	23.24
21 Aidan Ellis	FR	Trevecca Naz	23.58
22 Leburu Leburu	SR	Christian Br	24.57
--- Kenneth Beck	JR	West Alabama	DNF
--- Andrew Ewing	FR	Trevecca Naz	DNS
--- Ryan Sims	JR	Christian Br	DNS

Men 200 Meter Dash

GSC Indoor R: 21.14 M 2/14/2023 Michael Gizzi
CrossPlex: 20.34 C 3/8/2019 Divine Oduduru

Name	Yr	School	Finals
Finals			
1 Gage Whited	FR	Lee (Tenn.)	21.53
2 Aiden Shaw	JR	Lee (Tenn.)	21.54
3 Cooper Giddens	SO	Lee (Tenn.)	21.62
4 Jaiden Young	JR	Alabama-Hunt	21.91
5 Amari Lewis	SR	Montevallo	22.03
6 Jeremiah Fails	SR	Montevallo	22.11
7 Tommy Rodriguez	SR	Alabama-Hunt	22.12
8 Braedon Goode	FR	Alabama-Hunt	22.43

Men 400 Meter Dash

GSC Indoor R: 47.89 M 2/15/2023 Niklas Klei
CrossPlex: 44.62 C 3/12/2022 Randolph Ross

Name	Yr	School	Finals
Finals			
1 Jaiden Young	JR	Alabama-Hunt	48.09
2 Aiden Shaw	JR	Lee (Tenn.)	48.10
3 Drew Cheslock	SO	Montevallo	48.11
4 Eli Cobble	JR	Lee (Tenn.)	48.53
5 Cooper Giddens	SO	Lee (Tenn.)	49.09

6 Jeremiah Fails	SR	Montevallo	49.41
7 Matias Vasquez	SR	Mississippi	49.41
8 Liam Wilkerson	SO	Mississippi	49.66
9 Braedon Goode	FR	Alabama-Hunt	49.72
10 Bryan Singleton	SR	Alabama-Hunt	49.78
11 Andrew DeLorenzo	FR	Lee (Tenn.)	50.02
12 Yannick Daude	FR	Christian Br	50.03
13 Dominic Zana	FR	Alabama-Hunt	50.05
14 Samuel Evans	FR	Mississippi	50.14
15 Leighton Varden	FR	Trevecca Naz	50.29
16 Tyrese Pitts	FR	West Alabama	50.48
17 Jacob Narlo	FR	Alabama-Hunt	50.58
18 Patrick Sherrill	SR	Montevallo	51.18
19 Travis Coley	FR	Lee (Tenn.)	51.49
20 Jadon Hickman	JR	Trevecca Naz	52.26
21 Isaac Temko	SR	Trevecca Naz	53.04
22 Davion Jones	SO	Christian Br	55.38
23 Juan Catalan	SO	Trevecca Naz	55.55
24 Terrial Griffin	FR	Christian Br	55.99
--- Landon Laphand	FR	West Alabama	DNS

Men 800 Meter Run

GSC Indoor R: 1:52.44 M 2/15/2023 Titus Lagat
CrossPlex: 1:46.46 C 3/9/2019 Bryce Hoppel

Name	Yr	School	Finals
Finals			
1 Gabe Hodson	SR	Mississippi	1:49.86M
2 Adam Taylor	SO	Alabama-Hunt	1:51.82M
3 Caleb DeHart	FR	Alabama-Hunt	1:52.69
4 Weston Ellison	JR	Alabama-Hunt	1:53.06
5 William Adkins	SO	Lee (Tenn.)	1:53.24
6 Parker Campbell	SO	Lee (Tenn.)	1:53.61
7 Kilian Daude	JR	Christian Br	1:54.43
8 Cannon Peters	SO	Alabama-Hunt	1:54.61
9 Benjamin Hodson	FR	Mississippi	1:54.68
10 Dylan Dryer	SO	Alabama-Hunt	1:55.51
11 Caden Meeks	JR	Trevecca Naz	1:56.00
12 Evan Wrights	JR	Mississippi	1:56.49
13 Samuel Evans	FR	Mississippi	1:58.80
14 Nathan Fontan	JR	Lee (Tenn.)	1:58.91
15 Etienne Barou	JR	Christian Br	1:58.99
16 ShaKenye Darden	JR	West Alabama	1:59.00
17 Erwan Rostan	JR	Christian Br	1:59.10
18 Harley Kirkpatrick	SO	Trevecca Naz	1:59.62
19 Josh Stidfole	SR	Montevallo	1:59.65
20 Samuel Hodson	SO	Mississippi	1:59.89
21 Estan Wrights	FR	Montevallo	2:01.29
22 Stephen Clark	JR	Lee (Tenn.)	2:01.79
23 Garrett Wilson	JR	Trevecca Naz	2:02.75
24 Blake Lance	SO	Trevecca Naz	2:03.80
25 Kylon Higgins	JR	Christian Br	2:04.83
26 John Womack	SO	Lee (Tenn.)	2:06.26
--- Jackson Allen	FR	Montevallo	DNS

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Men 1 Mile Run

GSC Indoor R: 4:04.98 M 2/14/2022 Christian Noble

CrossPlex: 3:57.04 C 3/12/2022 Johnathan Davis

Name	Yr	School	Finals
Finals			
1 Pierre Chauveau	SO	Lee (Tenn.)	4:04.09M
2 Zak Ferguson	FR	Montevallo	4:05.22
3 Parker Campbell	SO	Lee (Tenn.)	4:09.13
4 Stephen Clark	JR	Lee (Tenn.)	4:09.62
5 Nathan Fontan	JR	Lee (Tenn.)	4:11.40
6 Winston McGhee	SO	Alabama-Hunt	4:11.95
7 Gary Mata	SR	West Alabama	4:15.37
8 Erwan Rostan	JR	Christian Br	4:16.89
9 Matthew Meadows	FR	Mississippi	4:18.91
10 Preston Speed	SR	Mississippi	4:21.51
11 Conner Patterson	SR	Alabama-Hunt	4:22.21
12 Keegan Verble	SR	Alabama-Hunt	4:23.96
13 Ryan Cox	SO	Montevallo	4:24.45
14 Etienne Barou	JR	Christian Br	4:25.48
15 Joseph Arriaga	SR	Christian Br	4:26.81
16 Julian Council	FR	West Alabama	4:28.41
17 CJ Jeffords	FR	Lee (Tenn.)	4:28.99
18 Cannon Peters	SO	Alabama-Hunt	4:30.24
19 Nate Shingleton	JR	Alabama-Hunt	4:30.82
20 Christian Balcer	SR	Mississippi	4:36.43
21 McCaden Selby	SO	Trevecca Naz	4:54.35
--- Sidney Stegall	SO	Mississippi	DNS

Men 3000 Meter Run

GSC Indoor R: 7:57.48 M 2/21/2025 Sam Wilhelm

CrossPlex: 7:51.46 C 1/31/2021 Christian Noble

Name	Yr	School	Finals
Finals			
1 Pierre Chauveau	SO	Lee (Tenn.)	8:16.00
2 Tucker Wright	JR	Lee (Tenn.)	8:17.28
3 Edimo Ninteretse	JR	Lee (Tenn.)	8:19.86
4 Jonah Frey	JR	Alabama-Hunt	8:20.58
5 Cole Robinson	SO	Alabama-Hunt	8:23.64
6 Zak Ferguson	FR	Montevallo	8:27.28
7 Kylian Boulanger	FR	Lee (Tenn.)	8:28.58
8 Dakota Frank	SO	Alabama-Hunt	8:28.63
9 Nate Pohlsander	SR	Alabama-Hunt	8:30.81
10 Braedon Methvin	SR	Mississippi	8:37.32
11 Mathis Breton	JR	West Alabama	8:38.48
12 Cooper Parmer	SR	Mississippi	8:40.50
13 Shepp Collier	SO	Alabama-Hunt	8:43.66
14 Preston Speed	SR	Mississippi	8:56.69
15 Joshua Novotny	SO	Trevecca Naz	8:56.73
16 Matthew Singletary	JR	Mississippi	8:57.57
17 Nathaniel Loving	SR	Montevallo	9:02.29
18 Caleb Whipp	FR	Mississippi	9:02.62
19 Jack Jaeger	SO	Trevecca Naz	9:14.95
20 Joel White	JR	Trevecca Naz	9:20.40
21 John Dalton	SO	Trevecca Naz	9:25.95
22 Dominic Paliaro	SO	Trevecca Naz	9:34.81

---	Gary Mata	SR	West Alabama	DNF
---	Chris Ross	FR	Lee (Tenn.)	DNF
---	James Holcombe	JR	Christian Br	DNS

Men 5000 Meter Run

GSC Indoor R: 13:54.05 M 2/15/2024 Jan Lukas Becker

CrossPlex: 13:19.01 C 3/11/2022 Abdihamid Nur

Name	Yr	School	Finals
Finals			
1 Edimo Ninteretse	JR	Lee (Tenn.)	14:35.08
2 Tucker Wright	JR	Lee (Tenn.)	14:35.09
3 Kylian Boulanger	FR	Lee (Tenn.)	14:46.17
4 Luke Gaddis	SR	Lee (Tenn.)	14:52.06
5 Cole Robinson	SO	Alabama-Hunt	14:54.06
6 Chris Ross	FR	Lee (Tenn.)	14:54.25
7 Dakota Frank	SO	Alabama-Hunt	14:57.34
8 Nate Pohlsander	SR	Alabama-Hunt	15:00.11
9 Braedon Methvin	SR	Mississippi	15:15.34
10 Cooper Parmer	SR	Mississippi	15:15.93
11 Evan Christopher	FR	Alabama-Hunt	15:20.18
12 Tripp Miller	JR	Alabama-Hunt	15:22.35
13 Mathis Breton	JR	West Alabama	15:24.44
14 Joshua Novotny	SO	Trevecca Naz	15:34.73
15 James Holcombe	JR	Christian Br	15:38.20
16 Matthew Singletary	JR	Mississippi	15:43.47
17 Jonathan Phillips	JR	West Alabama	15:56.07
18 Charlie Rook	JR	Mississippi	16:15.90
19 Joel White	JR	Trevecca Naz	16:22.06
20 John Dalton	SO	Trevecca Naz	16:40.00
21 Anthony Kosinski	JR	Trevecca Naz	18:59.81

Men 60 Meter Hurdles

GSC Indoor R: 7.81 M 2/14/2023 Cale Kassen

CrossPlex: 7.35 C 3/9/2019 Grant Holloway

Name	Yr	School	Prelims	
Preliminaries				
1 Tristan Jusino-Lansing	FR	Mississippi	8.02Q	
2 Wes Egalite	SR	Alabama-Hunt	8.09Q	
3 Jake McMillan	FR	Mississippi	8.20Q	
4 Jalen Green	FR	West Alabama	8.33Q	
5 Caden Howard	JR	Alabama-Hunt	8.44q	
6 Isaac Iosia	JR	Lee (Tenn.)	8.48q	
7 Cristian Gibson	SO	Alabama-Hunt	8.64q	
8 Silas Fulford	FR	Lee (Tenn.)	8.66q	
9 Eran Foye	SR	Montevallo	8.72	
10 Shaw Helfrich	FR	Lee (Tenn.)	8.74	
11 Jadon Hickman	JR	Trevecca Naz	8.84	
12 Ryder Black	JR	Montevallo	8.90	
13 Tyrone Reese	JR	Montevallo	8.91	
---	Kendric Croft	JR	Montevallo	FS
---	Slate Rohrer	SO	Montevallo	DQ

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Men 60 Meter Hurdles

GSC Indoor R: 7.81 M 2/14/2023 Cale Kassen
CrossPlex: 7.35 C 3/9/2019 Grant Holloway

Name	Yr	School	Finals
Finals			
1	Tristan Jusino-Lansing	FR Mississippi	7.96
2	Wes Egalite	SR Alabama-Hunt	8.15
3	Jake McMillan	FR Mississippi	8.30
4	Jalen Green	FR West Alabama	8.32
5	Isaac Iosia	JR Lee (Tenn.)	8.47
6	Caden Howard	JR Alabama-Hunt	8.47
7	Cristian Gibson	SO Alabama-Hunt	8.62
8	Silas Fulford	FR Lee (Tenn.)	8.80

Men 4x400 Meter Relay

GSC Indoor R: 3:14.18 M 2/16/2024 Mississippi College
F Palmieri, G Hodson, C Stewart, G Foster
CrossPlex: 3:04.16 C 3/12/2022 Texas A&M
C Hanson, O Etiwe, B Miller, E Bamidele

Team	Relay	Finals
Finals		
1	Mississippi College	3:13.51M
2	Alabama-Huntsville	3:14.86
3	Lee (Tenn.)	3:15.14
4	Montevallo	3:19.10
5	Trevecca Nazarene	3:23.78
6	West Alabama	3:25.34
7	Christian Bros.	3:31.73

Men Distance Medley

GSC Indoor R: 9:41.03 M 2/20/2025 Alabama-Huntsville
C Patterson, E Morris, A Taylor, S Wilhelm
CrossPlex: 9:25.20 C 3/11/2022 Texas
C Gomez, W Wright, C Carrozza, Y Abdalla

Team	Relay	Finals
Finals		
1	Lee (Tenn.)	9:44.24
2	Alabama-Huntsville	9:55.50
3	Mississippi College	9:59.09
4	Christian Bros.	10:13.52
5	West Alabama	10:16.59
6	Montevallo	10:24.88
7	Trevecca Nazarene	10:26.15

Men High Jump

GSC Indoor R: 2.13m M 2/16/2024 Cale Kassen
CrossPlex: 2.32m C 3/11/2022 Vernon Turner

Name	Yr	School	Finals
Finals			
1	Lenny Fabulas	SR Lee (Tenn.)	2.01m
2	Jack Pesarchick	FR Montevallo	2.01m
3	Malik Turner	SR Alabama-Hunt	1.98m
4	Eran Foye	SR Montevallo	1.95m
5	Jake McMillan	FR Mississippi	1.95m
6	Corey Perkins	JR Montevallo	1.95m

7	Jordan Harmon	FR Montevallo	1.90m
8	Jayden Smith	FR Montevallo	1.85m
9	Cameron Stine	SR Lee (Tenn.)	1.85m
10	Jacob Salters	SO Lee (Tenn.)	1.85m
11	Miles Major	FR Alabama-Hunt	1.80m
12	Brennen Mortensen	FR Trevecca Naz	1.80m
13	Jaxson Lovelace	SO West Alabama	1.75m
13	Caden Howard	JR Alabama-Hunt	1.75m
---	Braylen Hendrix-Collins	FR Trevecca Naz	NH
---	Hudson Hunt	SO Lee (Tenn.)	NH
---	Griffin Cooper	FR Alabama-Hunt	DNS

Men Pole Vault

GSC Indoor R: 4.81m M 2/15/2024 Benjamin Woolhouse
CrossPlex: 5.83m C 3/8/2019 Mondo Duplantis

Name	Yr	School	Finals
Finals			
1	Shaw Helfrich	FR Lee (Tenn.)	4.80m
2	Ben Rouse	FR Alabama-Hunt	4.70m
3	Alonzo Abara	FR Montevallo	4.60m
4	Kian Johns	SO Alabama-Hunt	4.50m
5	Silas Fulford	FR Lee (Tenn.)	4.35m
6	Jacob Atkinson	SO Lee (Tenn.)	4.35m
7	Noah Dobbs	FR Alabama-Hunt	4.35m
8	Wyatt Irvine	FR Lee (Tenn.)	4.35m
9	Ben Fix	FR Alabama-Hunt	4.20m
10	Tyson Morgan	SR Alabama-Hunt	4.20m
11	Ethan Belcher	SO Mississippi	4.20m

Men Long Jump

GSC Indoor R: 7.34m M 2/15/2024 Caleb Kariuki
CrossPlex: 8.11m C 1/11/2014 Ngoni Makusha

Name	Yr	School	Finals
Finals			
1	Malik Turner	SR Alabama-Hunt	6.95m
2	Jeremiah Fails	SR Montevallo	6.74m
3	Corey Perkins	JR Montevallo	6.72m
4	Schyler Chambers	FR Mississippi	6.72m
5	Jake McMillan	FR Mississippi	6.41m
6	Julius Williams III	SO Alabama-Hunt	6.37m
7	Jacob Salters	SO Lee (Tenn.)	6.36m
8	Timothy Doolittle	SO Lee (Tenn.)	6.33m
9	Wes Egalite	SR Alabama-Hunt	6.30m
10	Hudson Hunt	SO Lee (Tenn.)	6.26m
11	Brandon Sims	SO Alabama-Hunt	6.20m
12	Alex Malone	SR Montevallo	6.11m
13	Jaxson Lovelace	SO West Alabama	6.10m
14	Francesco Messina	JR Trevecca Naz	5.57m

Men Triple Jump

GSC Indoor R: 14.48m M 2/19/2020 Dashaun Morgan
CrossPlex: 16.89m C 3/9/2019 Jordan Scott

Name	Yr	School	Finals
Finals			
1	Schyler Chambers	FR Mississippi	14.93mM
2	Drew Cheslock	SO Montevallo	13.85m

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Finals ... (Men Triple Jump)

Name	Yr	School	Finals
3 Malik Turner	SR	Alabama-Hunt	13.69m
4 Julius Williams III	SO	Alabama-Hunt	13.20m
5 Miles Major	FR	Alabama-Hunt	13.15m
6 Jordon Harmon	FR	Montevallo	12.65m
7 Aidan Baker	SR	Montevallo	12.46m
8 Caleb Vann	SR	West Alabama	12.34m
9 Francesco Messina	JR	Trevecca Naz	12.14m
10 Kodie Bogle	FR	Alabama-Hunt	11.93m
11 Andrew DeLorenzo	FR	Lee (Tenn.)	11.88m
--- Jacob Salters	SO	Lee (Tenn.)	FOUL
--- Cristian Gibson	SO	Alabama-Hunt	FOUL
--- Lenny Fabulas	SR	Lee (Tenn.)	FOUL
--- Cameron Parker	SR	Montevallo	DNS

Men Shot Put

GSC Indoor R: 17.75m M 2/18/2020 Zach Hancock

CrossPlex: 21.71m C 3/8/2019 Payton Otterdahl

Name	Yr	School	Finals
1 Dedric Hicks	SR	West Alabama	17.48m
2 Bryan Puckett	JR	Mississippi	16.07m
3 Cooper Myl	FR	Montevallo	15.92m
4 Caleb Newell	JR	Montevallo	15.81m
5 Jamar Bankhead	FR	West Alabama	15.56m
6 Christopher Johnson	SR	Montevallo	15.41m
7 Steven Conrad	SR	Mississippi	15.01m
8 Ian Trill	JR	Lee (Tenn.)	14.94m
9 Spencer Myren	FR	Lee (Tenn.)	14.53m
10 Rhett McDonald	SO	Alabama-Hunt	14.30m
11 Rodney Ngezimani	JR	Lee (Tenn.)	14.06m
12 Jordyn Beverly	SO	Alabama-Hunt	13.72m
13 Joshua Dabney	SO	Christian Br	13.48m
14 Avery Peterson	FR	West Alabama	13.00m
15 Brett Tyler	FR	Mississippi	12.58m
16 Jacob Keese	JR	Mississippi	12.50m
17 Noah Pierce	FR	Alabama-Hunt	12.26m
18 Carrington Tate	JR	Lee (Tenn.)	12.19m
19 James Miller	SR	Mississippi	12.03m
20 Landon Mason	SO	Trevecca Naz	11.90m
21 Elijah Nicholson	JR	Trevecca Naz	10.82m
--- Will Shirley	JR	Montevallo	FOUL

Men Weight Throw

GSC Indoor R: 19.12m M 2/13/2022 Zach Hancock

CrossPlex: 24.15m C 1/14/2022 Bobby Colantonio

Name	Yr	School	Finals
1 James Miller	SR	Mississippi	18.61m
2 Jacob Keese	JR	Mississippi	17.68m
3 Carrington Tate	JR	Lee (Tenn.)	17.59m
4 Christopher Johnson	SR	Montevallo	16.72m
5 Bryan Puckett	JR	Mississippi	16.65m
6 Jamar Bankhead	FR	West Alabama	16.10m
7 Ian Trill	JR	Lee (Tenn.)	15.75m

8 Caleb Newell	JR	Montevallo	15.52m
9 Will Shirley	JR	Montevallo	15.24m
10 Rhett McDonald	SO	Alabama-Hunt	15.19m
11 Jordyn Beverly	SO	Alabama-Hunt	14.84m
12 Hayden Floyd	SR	Alabama-Hunt	14.75m
13 Landon Mason	SO	Trevecca Naz	14.60m
14 Noah Pierce	FR	Alabama-Hunt	14.50m
15 Rodney Ngezimani	JR	Lee (Tenn.)	14.40m
16 Joshua Dabney	SO	Christian Br	14.20m
17 Shawn Nelson	SO	Alabama-Hunt	14.19m
18 Brett Tyler	FR	Mississippi	13.74m
19 Spencer Myren	FR	Lee (Tenn.)	12.45m
20 Avery Peterson	FR	West Alabama	10.94m
21 Grayden Merrill	FR	Trevecca Naz	10.12m
--- Preston Bennett	SR	Montevallo	FOUL
--- Steven Conrad	SR	Mississippi	FOUL

Heptathlon: #1 Men 60 Meter Dash Heptathlon

GSC Indoor R: 7.06 M 2/19/2026 Shaw Helfrich

CrossPlex: 6.71 C 3/11/2022 Andrei Iosivas

Name	Yr	School	Finals
1 Shaw Helfrich	FR	Lee (Tenn.)	7.06M 861
2 Adolfo Mireles	JR	Alabama-Hunt	7.18 819
3 Dayton Floyd	SR	Trevecca Naz	7.19 816
4 Jake McMillan	FR	Mississippi	7.21 809
5 Sage Robertson	JR	Alabama-Hunt	7.22 806
6 Timothy Doolittle	SO	Lee (Tenn.)	7.31 775
7 Silas Fulford	FR	Lee (Tenn.)	7.34 765
8 Garrett Ross	FR	Mississippi	7.38 752
9 Cameron Stine	SR	Lee (Tenn.)	7.41 742
10 Nathan Janes	FR	Alabama-Hunt	7.66 662
--- Colin Roberson	JR	Alabama-Hunt	DNS

Heptathlon: #7 Men 1000 Meter Run Heptathlon

GSC Indoor R: 2:41.27 M 2/15/2024 Matthew Brunner

CrossPlex: 2:31.55 C 3/12/2022 Ayden Owens

Name	Yr	School	Finals
1 Nathan Janes	FR	Alabama-Hunt	2:40.86M 864
2 Dayton Floyd	SR	Trevecca Naz	2:48.77 778
3 Adolfo Mireles	JR	Alabama-Hunt	2:49.02 776
4 Sage Robertson	JR	Alabama-Hunt	2:53.64 728
5 Jake McMillan	FR	Mississippi	2:54.32 721
6 Garrett Ross	FR	Mississippi	2:56.32 701
7 Cameron Stine	SR	Lee (Tenn.)	2:58.08 683
8 Shaw Helfrich	FR	Lee (Tenn.)	3:05.07 615
9 Silas Fulford	FR	Lee (Tenn.)	3:08.43 584
10 Timothy Doolittle	SO	Lee (Tenn.)	4:14.16 127
--- Colin Roberson	JR	Alabama-Hunt	DNS

Gulf South Conference Indoor T&F Championships 2026
CrossPlex, Birmingham, AL - 2/19/2026 to 2/20/2026

Results

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

GSC Indoor R: 8.24 M 2/19/2026 Jake McMillan
 CrossPlex: 7.80 C 3/12/2022 Ayden Owens

Name	Yr	School	Finals
Finals			
1	Jake McMillan	FR Mississippi	8.24M 922
2	Silas Fulford	FR Lee (Tenn.)	8.64 827
3	Shaw Helfrich	FR Lee (Tenn.)	8.74 804
4	Cameron Stine	SR Lee (Tenn.)	8.82 786
5	Garrett Ross	FR Mississippi	9.05 735
6	Adolfo Mireles	JR Alabama-Hunt	9.21 700
7	Sage Robertson	JR Alabama-Hunt	9.28 685
8	Dayton Floyd	SR Trevecca Naz	9.37 666
9	Timothy Doolittle	SO Lee (Tenn.)	9.89 562
10	Nathan Janes	FR Alabama-Hunt	10.24 497
---	Colin Roberson	JR Alabama-Hunt	DNS

Heptathlon: #4 Men High Jump Heptathlon

GSC Indoor R: 2.01m M 2/14/2023 Cameron Stine
 CrossPlex: 2.18m C 3/12/2022 Asani Hylton

Name	Yr	School	Finals
Finals			
1	Jake McMillan	FR Mississippi	1.92m 731
2	Cameron Stine	SR Lee (Tenn.)	1.89m 705
3	Sage Robertson	JR Alabama-Hunt	1.74m 577
3	Shaw Helfrich	FR Lee (Tenn.)	1.74m 577
5	Adolfo Mireles	JR Alabama-Hunt	1.68m 528
5	Dayton Floyd	SR Trevecca Naz	1.68m 528
5	Silas Fulford	FR Lee (Tenn.)	1.68m 528
8	Garrett Ross	FR Mississippi	1.65m 504
9	Timothy Doolittle	SO Lee (Tenn.)	1.56m 434
10	Nathan Janes	FR Alabama-Hunt	1.47m 367
---	Colin Roberson	JR Alabama-Hunt	DNS

Heptathlon: #6 Men Pole Vault Heptathlon

GSC Indoor R: 4.45m M 2/18/2020 Daniel Surman
 CrossPlex: 5.40m C 3/12/2013 Zack Ziemek

Name	Yr	School	Finals
Finals			
1	Silas Fulford	FR Lee (Tenn.)	4.60mM 790
2	Shaw Helfrich	FR Lee (Tenn.)	4.50mM 760
3	Cameron Stine	SR Lee (Tenn.)	4.20m 673
4	Adolfo Mireles	JR Alabama-Hunt	4.10m 645
4	Jake McMillan	FR Mississippi	4.10m 645
6	Nathan Janes	FR Alabama-Hunt	4.00m 617
7	Sage Robertson	JR Alabama-Hunt	3.90m 590
8	Garrett Ross	FR Mississippi	3.20m 406
8	Dayton Floyd	SR Trevecca Naz	3.20m 406
10	Timothy Doolittle	SO Lee (Tenn.)	2.80m 309
---	Colin Roberson	JR Alabama-Hunt	DNS

Heptathlon: #2 Men Long Jump Heptathlon

GSC Indoor R: 6.84m M 2/14/2023 Nate Boleware
 CrossPlex: 7.75m C 3/11/2022 Leo Neugebauer

Name	Yr	School	Finals
Finals			
1	Jake McMillan	FR Mississippi	6.59m 718
2	Adolfo Mireles	JR Alabama-Hunt	6.32m 657
2	Silas Fulford	FR Lee (Tenn.)	6.32m 657
4	Dayton Floyd	SR Trevecca Naz	6.23m 637
5	Timothy Doolittle	SO Lee (Tenn.)	6.21m 632
6	Shaw Helfrich	FR Lee (Tenn.)	6.15m 619
7	Garrett Ross	FR Mississippi	6.13m 615
8	Cameron Stine	SR Lee (Tenn.)	6.12m 613
9	Sage Robertson	JR Alabama-Hunt	6.09m 606
10	Nathan Janes	FR Alabama-Hunt	5.55m 492
---	Colin Roberson	JR Alabama-Hunt	DNS

Heptathlon: #3 Men Shot Put Heptathlon

GSC Indoor R: 12.30m M 2/14/2023 Caleb Long
 CrossPlex: 15.72m C 3/12/2022 Leo Neugebauer

Name	Yr	School	Finals
Finals			
1	Shaw Helfrich	FR Lee (Tenn.)	12.21m 619
2	Adolfo Mireles	JR Alabama-Hunt	11.07m 550
3	Sage Robertson	JR Alabama-Hunt	11.00m 546
4	Garrett Ross	FR Mississippi	10.79m 533
5	Cameron Stine	SR Lee (Tenn.)	10.61m 522
6	Jake McMillan	FR Mississippi	10.44m 512
7	Timothy Doolittle	SO Lee (Tenn.)	9.82m 475
8	Silas Fulford	FR Lee (Tenn.)	9.30m 444
9	Nathan Janes	FR Alabama-Hunt	9.13m 434
10	Dayton Floyd	SR Trevecca Naz	8.92m 421
---	Colin Roberson	JR Alabama-Hunt	DNS

Men Heptathlon

GSC Indoor R: 4940 M 2/15/2024 Cameron Stine
 CrossPlex: 6211 C 3/12/2022 Ayden Owens

Name	Yr	School	Finals
Finals			
1	Jake McMillan	FR Mississippi	5058M
2	Shaw Helfrich	FR Lee (Tenn.)	4855
3	Cameron Stine	SR Lee (Tenn.)	4724
4	Adolfo Mireles	JR Alabama-Hunt	4675
5	Silas Fulford	FR Lee (Tenn.)	4595
6	Sage Robertson	JR Alabama-Hunt	4538
7	Dayton Floyd	SR Trevecca Naz	4252
8	Garrett Ross	FR Mississippi	4246
9	Nathan Janes	FR Alabama-Hunt	3933
10	Timothy Doolittle	SO Lee (Tenn.)	3314