

Samford Heptathlon/Pentathlon 2025 - 1/16/2025 to 1/17/2025**Sponsored by Samford University****CrossPlex, Birmingham, Alabama****Meet Program - Friday****Event 40 Heptathlon: #5 Men 60 Meter Hurdles****Friday 1/17/2025 - 8:00 AM****Sam Mult Rec: 8.15 1/17/2019 Paris Williams****Crsplx Rec: 7.80 3/12/2022 Ayden Owens**

Lane	Name	School	Seed Time
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Section 1 of 5 Finals

1	Samuel Warriner	South Alabam	NT _____
3	Hans Urizar	West Georgia	NT _____
5	Ethan Womack	Samford	NT _____

Section 2 of 5 Finals

1	Braxton Sanford	Unattached	NT _____
3	Corey Rooks	West Georgia	NT _____
5	Ben Thomason	Samford	NT _____
7	Patrick Daves	Alabama	NT _____

Section 3 of 5 Finals

1	Rhett (Bryson) Howard	West Georgia	NT _____
3	Kelmen deCarvalho	Harding	NT _____
5	Conner Changizi	West Georgia	NT _____
7	Garner Ezell	Samford	NT _____

Section 4 of 5 Finals

1	Hayes Cox	Harding	NT _____
3	Bryce Williamson	Samford	NT _____
5	Blake Allison	Harding	NT _____
7	Heath Whigham	South Alabam	NT _____

Section 5 of 5 Finals

1	Richard Griffin	West Georgia	NT _____
3	Damian Hines	Samford	NT _____
5	Nic Glass	South Alabam	NT _____

Event 40 Heptathlon: #6 Men Pole Vault**Friday 1/17/2025 - 8:00 AM****Sam Mult Rec: 5.00m 1/17/2019 Solomon Simmons****Crsplx Rec: 5.40m 3/12/2016 Zack Ziemek**

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	Hayes Cox	Harding	NH _____
2	Garner Ezell	Samford	NH _____
3	Samuel Warriner	South Alabam	NH _____
4	Blake Allison	Harding	NH _____
5	Ethan Womack	Samford	NH _____
6	Richard Griffin	West Georgia	NH _____
7	Patrick Daves	Alabama	NH _____
8	Hans Urizar	West Georgia	NH _____
9	Heath Whigham	South Alabam	NH _____
10	Nic Glass	South Alabam	NH _____
11	Braxton Sanford	Unattached	NH _____
12	Rhett (Bryson) Howard	West Georgia	NH _____
13	Bryce Williamson	Samford	NH _____
14	Ben Thomason	Samford	NH _____
15	Corey Rooks	West Georgia	NH _____
16	Conner Changizi	West Georgia	NH _____
17	Kelmen deCarvalho	Harding	NH _____
18	Damian Hines	Samford	NH _____

Event 40 Heptathlon: #7 Men 1000 Meter Run**Friday 1/17/2025 - 8:00 AM****Sam Mult Rec: 2:38.18 1/21/2015 Zach Taylor****Crsplx Rec: 2:31.55 3/12/2022 Ayden Owens**

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	Damian Hines	Samford	NT _____
2	Braxton Sanford	Unattached	NT _____
3	Heath Whigham	South Alabam	NT _____
4	Richard Griffin	West Georgia	NT _____
5	Kelmen deCarvalho	Harding	NT _____
6	Nic Glass	South Alabam	NT _____
7	Hans Urizar	West Georgia	NT _____
8	Garner Ezell	Samford	NT _____
9	Patrick Daves	Alabama	NT _____
10	Ben Thomason	Samford	NT _____
11	Samuel Warriner	South Alabam	NT _____
12	Bryce Williamson	Samford	NT _____
13	Corey Rooks	West Georgia	NT _____
14	Ethan Womack	Samford	NT _____
15	Rhett (Bryson) Howard	West Georgia	NT _____
16	Hayes Cox	Harding	NT _____
17	Conner Changizi	West Georgia	NT _____
18	Blake Allison	Harding	NT _____