



January 13, 2025

Athletes nab national-class results on Sunday at the Clemson High School Invitational

CLEMSON, S.C. – Taking center stage with two wins at the Clemson High School Invitational, Ava Kitchings and Demarcus Gaither were no doubt among the most impressive performers on Sunday inside the Clemson Indoor Facility.

Kitchings, a high school junior from Greater Atlanta Christian School and ATL Zoom, scored her first win of the day by earning the nation's fourth-fastest time at 60 meters with an effort of 7.45 seconds in the 17-18 year-old girls division.

But she wasn't done.

Kitchings followed with an even more impressive feat in the long jump, landing with a winning mark of 20 feet, 1.75 inches, which was good for a U.S. No. 3 effort.

Gaither, meanwhile, continued his impressive start to the indoor season with a double in the 60m and 200m, winning the 17-18 year-old boys category with times of 6.80 and 21.48 seconds.

Those efforts were both among the top 10 performances in the nation thus far this indoor season. But Gaither's bid for a sprint triple didn't come to fruition, with Blue Lightning's Cole Strother beating him to the line in the 400 meters with a U.S. No. 4 time of 47.60.

One of the top matchups of the day went down in the 60 meter 15-16 year-old girls category. Two emerging stars from Georgia, Sarah Marshall and Somto Igwilo, went toe-to-toe over the course of seven seconds, with Marshall winning the battle by a hundredth of a second in 7.51.

Marshall would later follow with another win in the 200 meters with a time of 24.25.

Olivia Harris, a high school sophomore from Buford in Georgia, won the 17-18 year-old girls division at 400 meters with a U.S. No. 2 time of 54.53. Her teammate from the Jackrabbit Track Club, Kameron Bethea, meanwhile, won the 15-16 year-old 60 meter boys race in 6.78 – which was the top overall time of the day.

For more, check the top results from the meet below. For full results, [visit Coach O](#).

TOP RESULTS:

Girls 15-16 60mH: Aubrey Guy, Dreamchaserz Track Club, 8.94

Girls 17-18 60mH: Zoe Ziglor, Win Sportswear, 8.56

Girls 15-16 60m: Sarah Marshall, Win Sportswear, 7.51

Girls 17-18 60m: Ava Kitchings, ATL Zoom, 7.45

Girls 17-18 400m: Olivia Harris, Jackrabbit, 54.53

Girls 15-16 200m: Sarah Marshall, Win Sportswear, 24.25

Girls 17-18 200m: Saige Demeritte, RSS Athletics, 23.99

Girls 17-18 Long Jump: Ava Kitchings, ATL Zoom, 20-1.75

Boys 15-16 60mH: Amari Scott, Mark Trail Track Club, 8.09

Boys 17-18 60mH: Jabari Dillard, Unattached, 8.00

Boys 15-16 60m: Kameron Bethea, Jackrabbit, 6.78

Boys 17-18 60m: Damarcus Gaither, Quickfire, 6.80

Boys 17-18 400m: Cole Strother, Blue Lightning, 47.60

Boys 17-18 800m: Macaire Ntwa, Unattached, 1:56.00

Boys 15-16 200m: Jayden Boyd, Team Blaze, 21.76

Boys 17-18 200m: Damarcus Gaither, Quickfire, 21.48

About Coach O Registration and Event Management

Coach O has provided registration, event management and track and field marketing for its North American track and field partners, as well as its international constituents, for nearly 35 years, dating back to its first origins in Knoxville, Tennessee. Charles Oliver, the founder of Coach O and a former NCAA coach, specialized first in athletic bags, team apparel and track and field equipment, before adding registration, event management and promotion. Today, Coach O provides best-in-class solutions across North America for its many track and field partners. For more information, visit coacho.com.



