

THE BOWERMAN MEN'S FINALIST



Randolph Ross Jr.

School	North Carolina A&T
Class	Junior
Event(s)	Sprints
Hometown	Garner, N.C.
High School	Garner



2022 PERFORMANCE LEDGER

Event	Date	Rnd	Mark	Overall	Race	Notes	Meet	Location
INDOOR								
200m	Jan 28		20.57	(2)	2h1		Bob Pollock Invitational	Clemson, S.C.
400m	Jan 15	FNL	45.37	1	1s1		Clemson Inv	Clemson, S.C.
400m	Feb 11	FNL	44.83	1	1s1		Tiger Paw	Clemson, S.C.
400m	Mar 11	p	45.44	(1)	1h1		NCAA DI Indoor	Birmingham, Ala.
400m	Mar 12	FNL	44.62	1	1s2		NCAA DI Indoor	Birmingham, Ala.
4x400	Jan 29	FNL	3:03.39	2	2s1		Bob Pollock Invitational	Clemson, S.C.
4x400	Mar 12	FNL	3:06.91	9	4s2	46.46 split	NCAA DI Indoor	Birmingham, Ala.
OUTDOOR								
200m	Mar 31	FNL	20.42	(w: 0.0)	4	3s1	Florida Relays	Gainesville, Fla.
200m	Apr 22	FNL	20.51	(w: -0.3)	1	1s1	Aggie Classic (NCA&T)	Greensboro, N.C.
200m	May 9	p	20.50	(w: -0.9)	(2)	1h4	Big South Championships	High Point, N.C.
200m	May 11	FNL	20.26	(w: 1.7)	2	2h1	Big South Championships	High Point, N.C.
400m	Apr 15	FNL	45.15		1	1s1	Tom Jones	Gainesville, Fla.
400m	Apr 27	FNL	44.95		1	1s3	Drake Relays	Des Moines, Iowa
400m	May 10	p	45.73	(1)	1h2		Big South Championships	High Point, N.C.
400m	May 11	FNL	44.61		1	1s1	Big South Championships	High Point, N.C.
400m	May 25	p	45.86	(7)	2h5		NCAA DI East	Bloomington, Ind.
400m	May 27	qf	44.23	(1)	1h3		NCAA DI East	Bloomington, Ind.
400m	Jun 8	sf	44.43	(4)	2h2		NCAA DI Outdoor	Eugene, Ore.
400m	Jun 11	FNL	44.13		1	1s1	NCAA DI Outdoor	Eugene, Ore.
4x100	Mar 26	FNL	DNF	2nd leg	--	s3	Raleigh Relays	Raleigh, N.C.
4x100	Apr 2	FNL	DQ	2nd leg	--	s1	Florida Relays	Gainesville, Fla.
4x100	Apr 16	FNL	38.61	2nd leg	3/1c	1s2	Tom Jones	Gainesville, Fla.
4x100	Apr 29	p	38.84	2nd leg	(1)	1h3	Drake Relays	Des Moines, Iowa
4x100	Apr 30	FNL	39.65	2nd leg	2	2s1	Drake Relays	Des Moines, Iowa
4x100	May 11	FNL	38.74	2nd leg	1	1s1	Big South Championships	High Point, N.C.
4x100	May 28	qf	39.37	2nd leg	(3)	1h3	NCAA DI East	Bloomington, Ind.
4x100	Jun 11	sf	38.98	2nd leg	(8)	4h2	NCAA DI Outdoor	Eugene, Ore.
4x100	Jun 11	FNL	39.35	2nd leg	8		NCAA DI Outdoor	Eugene, Ore.
4x400	Apr 2	FNL	3:03.11	leadoff	2	2s1	Florida Relays	Gainesville, Fla.
4x400	Apr 30	FNL	3:05.81	2nd leg	1	1s1	Drake Relays	Des Moines, Iowa
4x400	May 28	qf	3:01.59	2nd leg	(4)	2h3	NCAA DI East	Bloomington, Ind.
4x400	Jun 11	sf	3:02.74	2nd leg	(6)	2h2	NCAA DI Outdoor	Eugene, Ore.
4x400	Jun 11	FNL	3:03.15	2bd keg	8	8s1	NCAA DI Outdoor	Eugene, Ore.

2022 HIGHLIGHTS & NOTES

- **NCAA DI Indoor Champion - 400 Meters**
- **NCAA DI Outdoor Champion - 400 Meters**
- Big South Outdoor Champion - 400 Meters
- Big South Outdoor Champion - 4x100 Relay

FINAL POSITIONS ON 2022 COLLEGIATE LIST

- #1 Indoor 400 Meters (No. 3 All-Time)
(2 all-time top-10 performances)
- #1 Outdoor 400 Meters
(1 all-time top-10 performance)
- #6 Indoor 200 Meters
(#12 Outdoor 200 Meters)

WIN-LOSS RECORD

- **8-3 in event finals versus collegians**
- 4-0 in 400 meters outdoors
- 3-0 in 400 meters indoors
- 1-2 in 200 meters outdoors
- 0-1 in 200 meters indoors

HIGHLIGHTS

- **NCAA DI Outdoor Championships (June 8-11)**
Capped undefeated season - and year - against collegians over 400 meters with his 44.13 winner in Eugene, Oregon. That was also the sixth-fastest performance in meet history and the ninth-fastest performance in collegiate history.
- **NCAA DI East Preliminary Round (May 25-28)**
Fastest qualifier out of region in 400 meters at 44.23, which set an all-time East Preliminary Round best.
- **NCAA DI Indoor Championships (March 11-12)**
Capped undefeated season against collegians over 400 meters with his 44.62 winner in Birmingham, Alabama. That mark of 44.62 is the third-fastest in both collegiate history and world history.
- **Clemson Tiger Paw Invitational (February 11-12)**
Won 400 meters in 44.83, which is now the seventh-fastest performance in collegiate history.
- Progressively got faster throughout the outdoor season: 45.15 at Tom Jones Memorial; 44.95 at Drake Relays; 44.61 at Big South Outdoor Championships; 44.23 at NCAA DI East Preliminary Round; 44.13 at NCAA Outdoor Championships.
- Only male athlete in collegiate history with two all-time top-10 marks in indoor 400.

(or X or CR), #C - Position on the all-time collegiate performers list (CR is collegiate record; X denotes ranked with better mark), all-time collegiate performance rank

(ex. 2, 4C means the performer is No. 2 on the all-time collegiate list, while their time is ranked No. 4 all-time among collegiate marks - the performer above them has multiple marks better)

(a-c: #, #C) - All-conditions ranking in collegiate history, including wind-aided performances ==# or #C is a tie on performer/performance list

CB - Combined event result; underlined marks indicate season's best in that event