

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List**Event 1 Girls Shot Put (24)**

4A Record: 48-11.75 2007 **Karmorean Hayes, Harding**
State Record: 48-11.75 2007 **Karmorean Hayes, Harding**

	Name	Year	School	Seed Mark
1	Sydney Freeman	10	Millbrook	41-00.50
2	Destiny Griffin	12	West Forsyth	39-06.00
3	Autumn Judd	10	Southeast Raleigh	38-09.00
4	Kaitlin Mcgoogan	12	Ragsdale	38-07.00
5	Olivia Rogers	10	Reagan	37-07.00
6	Tyler Gaither	12	Reagan	36-09.00
7	S'Khaja Charles	11	Z.B. Vance	36-04.00
8	Erin Cartner	12	Davie County	35-01.50
9	Renara Sears	12	Olympic	34-08.00
10	Erika Mercer	12	Millbrook	34-02.00
11	Jordan Middleton	11	Athens Drive	33-06.00
12	Mellany Scott	12	East Forsyth	33-06.00
13	Taayler Clark	12	Rolesville High School	33-05.00
14	Alyssa Sohn	10	Leesville Road	33-03.50
15	Layla Graham	12	Butler	33-01.00
16	Majesty Smith	9	South View	33-00.00
17	Paris McGill	12	Providence	33-00.00
18	Naliah Hope	10	Ragsdale	32-11.00
19	Asia Robinson	11	Olympic	32-07.00
20	Janai Davis	12	Richmond Senior	32-04.50
21	Asia Mccray	12	Northwest Guilford	32-02.00
22	Rol Desir-moxeaw	11	High Point Central	32-01.00
23	Sierra St. John	12	Butler	32-01.00
24	Jaree Legins	11	R.J. Reynolds	31-09.00

Event 3 Boys Shot Put (10)

4A Record: 61-10 2013 **Jon Beyle, East Chapel Hill**
State Record: 61-10 2013 **Jon Beyle, East Chapel Hill**

	Name	Year	School	Seed Mark
1	Mason Ellis	11	West Forsyth	60-03.50
2	Timon Edelen	12	Wakefield	53-09.00
3	Chancelor Crawford	12	Mallard Creek	53-08.00
4	Nathan Myers	12	West Forsyth	53-00.25
5	Jeremiah Williams	11	R.J. Reynolds	51-04.00
6	Davin Vann	11	Cary	50-02.00
7	Dontae Mack	12	Olympic	47-05.00
8	Jahvaree Ritzie	10	Glenn	46-06.00
9	Chrystian Smith	11	Jordan	45-08.00
10	Bryce Anthony	12	Ragsdale	45-07.00

Event 4 Boys Shot Put Wheelchair Wheelchair (2)

	Name	Year	School	Seed Mark
1	Christopher Coke	12	Ragsdale	13-08.00
2	Ladale Gambrell	11	Broughton	12-10.00

Event 5 Girls Long Jump (23)

4A Record: 19-07 2015 **Sydnei Murphy, Apex**
State Record: 19-07 2015 **Sydnei Murphy, Apex**

	Name	Year	School	Seed Mark
1	Morgan Smalls	11	Panther Creek	19-03.25

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 5 ... (Girls Long Jump (23))

	Name	Year	School	Seed Mark
2	Jirah Sidberry	12	Rocky River High School	19-02.00
3	Veronique Woodson	12	Hoke County	18-01.00
4	Kelly Smith	11	Panther Creek	18-00.50
5	Addie Renner	12	Myers Park	17-07.75
6	Djamila Peterson	12	Pine Forest	17-04.00
7	Tionna Wilson	11	South View	17-01.50
8	Ashleigh Fields	12	East Mecklenburg	16-11.00
9	Asia Phillips	10	West Forsyth	16-10.00
10	Trinity McDuffie	11	Butler	16-08.50
11	Armani Blair	10	Harding University	16-08.25
12	Destiny Hill	12	West Forsyth	16-08.00
13	Diana Garland	11	Panther Creek	16-07.50
14	Alana Mack	12	North Mecklenburg	16-06.75
15	Eve English	12	Olympic	16-05.75
16	Ty'Nasia Walker	11	Olympic	16-05.00
17	Na'Zyia Evans	12	Olympic	16-04.75
18	Ajile Flynt	10	West Forsyth	16-04.25
19	Imunique Archie	11	North Mecklenburg	16-04.00
20	Kendall Rowland	9	Cardinal Gibbons	16-04.00
21	Gail White	12	Grimsley	16-03.50
22	Omare McBride	11	Apex	16-02.50
23	Asia Adams	12	Pinecrest	16-02.00

Event 6 Boys Long Jump (17)

4A Record: 24-07.25 1997

Marcus O'Neal, Dudley

State Record: 24-07.25 1997

Marcus O'Neal, Dudley

	Name	Year	School	Seed Mark
1	Eric Haddock	12	Southeast Raleigh	24-05.00
2	Christopher Alexander	12	Rocky River High School	23-03.00
3	Miles Grant	12	Myers Park	21-10.00
4	Collius Ray	12	Middle Creek	21-10.00
5	Christian Sanders	11	Cary	21-09.25
6	Xavier Smith	9	Jordan	21-07.00
7	Justin Fuchs	12	Northwest Guilford	21-05.00
8	Jordan Payne	11	Panther Creek	21-04.50
9	Charles McBride	12	Apex	21-03.00
10	Kendall Artis	11	Rolesville High School	21-01.50
11	Jaymond Payne	12	Reagan	21-01.00
12	T Jaden Gaddy	11	Pinecrest	21-01.00
13	Eric Brown	10	Enloe	21-01.00
14	Mason Bradley	11	Independence	20-11.00
15	Jared Harrell	9	Panther Creek	20-09.50
16	Edgar Faulkner	11	Leesville Road	20-08.25
17	Chase Hattley	10	Panther Creek	20-06.00

Event 7 Girls Triple Jump (16)

4A Record: 40-11.50 1995

Twyla Smith, Pinecrest

State Record: 40-11.50 1995

Twyla Smith, Pinecrest

	Name	Year	School	Seed Mark
1	Morgan Smalls	11	Panther Creek	40-00.00
2	Djamila Peterson	12	Pine Forest	38-05.00

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 7 ... (Girls Triple Jump (16))

Name	Year	School	Seed Mark
3	Na'Zyia Evans	12 Olympic	37-00.00
4	Eve English	12 Olympic	36-10.00
5	Tionna Wilson	11 South View	36-07.50
6	Joidon Boddie	11 Enloe	36-05.50
7	Asia Phillips	10 West Forsyth	36-01.00
8	Jirah Sidberry	12 Rocky River High School	36-01.00
9	Kelly Smith	11 Panther Creek	35-10.50
10	Omare McBride	11 Apex	35-09.00
11	Veronique Woodson	12 Hoke County	35-00.00
12	Trinity McDuffie	11 Butler	34-10.50
13	Amber Jackson	10 Ardrey Kell	34-10.00
14	Destiny Hill	12 West Forsyth	34-06.00
15	Asia Adams	12 Pinecrest	34-03.50
16	Teyanni Ashley	12 Page	34-00.00

Event 8 Boys Triple Jump (25)

4A Record: 49-08.25 1989

Tyrell Rairr, Scotland

State Record: 49-10 1998

Greg Yeldell, North Rowan

Name	Year	School	Seed Mark
1	Christopher Alexander	12 Rocky River High School	49-03.50
2	Eric Haddock	12 Southeast Raleigh	47-08.75
3	Charles McBride	12 Apex	46-04.50
4	Kolby Merritt	12 Z.B. Vance	46-01.50
5	Jordan Payne	11 Panther Creek	46-00.00
6	Ivan Poag	10 Davie County	44-05.50
7	Marquize Woodson	11 Hoke County	43-09.50
8	Miles Grant	12 Myers Park	43-07.00
9	Bryce Parker	11 Mallard Creek	43-06.00
10	Tashawn Parker	11 Providence	43-02.00
11	Patrick Smith	12 Page	43-02.00
12	T Jaden Gaddy	11 Pinecrest	43-01.00
13	Isaiah Chapman	12 Southeast Raleigh	43-01.00
14	Collius Ray	12 Middle Creek	42-10.00
15	Justin Fuchs	12 Northwest Guilford	42-02.00
16	Armond Hopkins	10 Butler	42-01.50
17	Mason Bradley	11 Independence	41-08.50
18	Edgar Faulkner	11 Leesville Road	41-08.00
19	Isaiah Rozier	11 Hoke County	41-07.75
20	Jared Harrell	9 Panther Creek	41-06.50
21	Myles Coble	11 Athens Drive	41-06.50
22	Kendall Artis	11 Rolesville High School	41-04.00
23	Rahiem Kirkman	12 Ragsdale	41-03.00
24	Javier Gomez-Wilson	11 South View	41-01.50
25	Chase Hattley	10 Panther Creek	41-01.00

Event 9 Girls High Jump (16)

4A Record: 5-10 2004

Patience Coleman, Southern Durham

State Record: 5-10 2004

Patience Coleman, Southern Durham

Name	Year	School	Seed Mark
1	Addie Renner	12 Myers Park	5-10.00
2	Morgan Smalls	11 Panther Creek	5-10.00

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 9 ... (Girls High Jump (16))

	Name	Year	School	Seed Mark
3	Eve English	12	Olympic	5-07.00
4	Amber Jackson	10	Ardrey Kell	5-05.00
5	Aubry Dreikosen	12	Green Hope	5-04.50
6	Kennedy Alexander	12	Mallard Creek	5-04.00
7	Taylor Turner	11	Apex Friendship	5-04.00
8	Jade Houston	11	Rolesville High School	5-02.00
9	Merrick Graf	11	Holly Springs	5-00.00
10	Isabella Levering	11	Apex Friendship	5-00.00
11	Imani Boyd	11	Z.B. Vance	5-00.00
12	Christina Carlisle	11	Rolesville High School	5-00.00
13	Erica Hwang	12	Apex	5-00.00
14	Alexandria Hudspeth	12	Pine Forest	5-00.00
15	Crysten Jordan	12	Rolesville High School	5-00.00
16	D'Nahjah Harrell	11	Mooresville	5-00.00

Event 10 Boys High Jump (15)

4A Record: 7-00 2002

Jesse Williams, Broughton

State Record: 7-00 2002

Jesse Williams, Broughton

	Name	Year	School	Seed Mark
1	Randolph Ross	12	Garner	6-08.00
2	Charles McBride	12	Apex	6-08.00
3	Idris Bernard	12	Mallard Creek	6-08.00
4	Kendall Artis	11	Rolesville High School	6-06.00
5	Dillan Lucas	12	West Forsyth	6-04.00
6	Chase Hattley	10	Panther Creek	6-04.00
7	Miles Grant	12	Myers Park	6-02.00
8	Ray Goldsbrough	11	Pine Forest	6-02.00
9	Wonderful Jireh Ngwenah	12	Harding University	6-02.00
10	Adam Kaakati	11	Green Hope	6-02.00
11	Paulvin Horton	11	Garner	6-02.00
12	Mark Riegel	12	Cardinal Gibbons	6-00.00
13	Isaiah Ryle	10	Mooresville	6-00.00
14	Timothy Mercaldo	11	Rolesville High School	6-00.00
15	Bryce Parker	11	Mallard Creek	6-00.00

Event 11 Girls Pole Vault (19)

4A Record: 12-06 2016

Chesney Ward, Ragsdale

State Record: 12-07 2017

Tessa Sheets, Northwood

	Name	Year	School	Seed Mark
1	Lindsay Absher	12	West Forsyth	13-02.00
2	Mckenna Brunick	11	Leesville Road	12-06.00
3	Elise Hall	12	Leesville Road	11-07.00
4	Maura Lane	12	Panther Creek	11-07.00
5	Diana Hill	12	Jordan	11-07.00
6	Susannah Truitt	11	Panther Creek	11-00.00
7	Maddie Davies	9	Athens Drive	11-00.00
8	Lucy Dowdle	12	Apex Friendship	10-06.00
9	Skyela Amsberry	11	West Forsyth	10-06.00
10	Maggie Mccarter	12	Providence	10-06.00
11	Samia Rhodes	11	West Forsyth	10-00.00
12	Naudia Thompson	12	Northwest Guilford	10-00.00

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 11 ... (Girls Pole Vault (19))

Name	Year	School	Seed Mark
13 Maddie Shockley	9	Green Hope	9-07.00
14 Payton Tucker	11	Mooresville	9-03.00
15 Isabella Gillespie	12	Northwest Guilford	9-00.00
16 Madeline Gillis	12	Northwest Guilford	9-00.00
17 Kayla Gifford	10	Green Hope	9-00.00
18 Rebecca Karriker	12	Mooresville	9-00.00
19 Katherine Bone	12	Green Hope	9-00.00

Event 12 Boys Pole Vault (20)

4A Record: 16-06 2008			Scott Houston, Northwest Guilford
State Record: 16-06 2008			Scott Houston, Northwest Guilford
Name	Year	School	Seed Mark
1 Spencer Evans	11	Lake Norman	15-05.00
2 Ellis Woodyard	12	Broughton	14-07.00
3 Tommy Keech	12	Wakefield	14-01.00
4 Chandler Ward	11	Ragsdale	14-00.00
5 Jeremy Huang	12	Apex	13-06.00
6 Ben Blackburn	12	Leesville Road	13-06.00
7 Nate Marsh		Sanderson	13-06.00
8 Tristan Malatlian	11	Reagan	13-00.00
9 Ben Oh	11	Panther Creek	13-00.00
10 Elijah Bulaitan	12	West Forsyth	13-00.00
11 Aidan Seidman	12	Providence	12-06.00
12 Jonathan Beck	12	Leesville Road	12-06.00
13 Ethan Clawson	10	Leesville Road	12-00.00
14 Michael Stone	10	Millbrook	12-00.00
15 Landon Hartis	11	Reagan	12-00.00
16 Tanner Knox	11	Providence	12-00.00
17 Bryce Anthony	12	Ragsdale	11-06.00
18 Drew Evans	9	Lake Norman	11-06.00
19 Jack Marchiando	10	Green Hope	11-06.00
20 Jacob Scrattish	12	Reagan	11-06.00

Event 13 Girls 4x800 Meter Relay (15)

4A Record: 9:25.42 2015			Leesville Road
State Record: 9:25.42 2015			T. Hemming, N. Mareno, S. Winchel, J. Butler
			Leesville Road
			T. Hemming, N. Mareno, S. Winchel, J. Butler
Team	Relay		Seed Time
1 Reagan	A		9:28.57
1) Gwen Parks 10	2) Ainsley Cooper 12	3) Samantha Troup 10	4) Sophie Faircloth 11
2 Cardinal Gibbons	A		10:00.16
3 Apex Friendship	A		10:02.79
1) Abby Cowell 9	2) Asmaa Bekkare 12	3) Chloe Gee 10	4) Sydney Turner 11
4 West Forsyth	A		10:03.98
1) Zavera Basrai 12	2) Shelby Lowder 9	3) Bailey Reutinger 10	4) Eliza Broce 10
5 Myers Park	A		10:04.59
1) Sofia Christofaro 9	2) Brenda Gray 11	3) Sarah Holshouser 10	4) Megan Merritt 10
6 Green Hope	A		10:08.94
7 Sanderson	A		10:09.06
1) Kristen Clodgo 10	2) Mackenzie Merritt 11	3) Rachel Strawn 12	4) Maslan Vogelsberg 9

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 13 ... (Girls 4x800 Meter Relay (15))

Event	Team	Relay	Seed Time
8	Wake Forest HS	A	10:11.03
	1) Isabella Frey 9	2) Reghan Flores 12	3) Hope Dominique 11
			4) Erin Spreen 12
9	Pinecrest	A	10:12.27
	1) Emory Bradley 12	2) Helen West 11	3) Emma Overton 9
			4) Isabelle Vibbert 12
10	Apex	A	10:15.53
	1) Abby Farrell 12	2) Lindsay Hayden 12	3) Libby Borchert 10
			4) Isabella Duffy 12
11	Southeast Raleigh	A	10:16.85
	1) Lauren Clark 11	2) Jordan Chambers 11	3) Shyloh Blanco 11
			4) Alayna Suite 11
12	Panther Creek	A	10:16.90
	1) Addison Baker 11	2) Shannon Sefton 12	3) Julia Patterson 10
			4) Avantika Pandita 10
13	Northwest Guilford	A	10:20.49
	1) Ysantis McKenzie 10	2) Haily Irwin 10	3) Sidney Tsui 10
			4) Diana Leib 12
14	Holly Springs	A	10:22.77
	1) Caitlyn Morton 12	2) Gretchen Bingham 12	3) Cayleigh Nelson 11
			4) Randi Martinez 12
15	Leesville Road	A	10:24.56
	1) Hannah Comeskey 12	2) Abigail Mabe 10	3) Caroline Comeskey 10
			4) Lucy Caraballo 10

Event 14 Boys 4x800 Meter Relay (18)

4A Record: 7:57.23 2015

Southview

C. Cotazar, M. Staples, J. Alejandro, P. Hall

State Record: 7:57.23 2015

Southview

C. Cotazar, M. Staples, J. Alejandro, P. Hall

Event	Team	Relay	Seed Time
1	Panther Creek	A	8:18.73
	1) Justin Hayes 10	2) Ian Harrison 11	3) Casper Serrano 11
			4) Elijah Cernoch 12
2	Holly Springs	A	8:19.18
	1) Bryan (Dexter) Hill 12	2) Jackson McIntyre 11	3) Adam Kanning 12
			4) Ryan O'Hare 12
3	Broughton	A	8:20.64
4	Green Hope	A	8:21.03
	1) Thomas Vo 11	2) Reed Blackman 12	3) Justin Polonio 12
			4) Michael Taylor 11
5	Myers Park	A	8:21.32
	1) Tristan Wick 11	2) Erik Seuster 11	3) Gant Renner 12
			4) Maddon Muhammad 10
6	Cardinal Gibbons	A	8:21.68
7	Apex Friendship	A	8:22.86
	1) Naim Bell 12	2) Joshua Carlson 11	3) Keagan Donovan 10
			4) Teiari Matthews 12
8	Millbrook	A	8:23.68
9	Ardrey Kell	A	8:23.92
	1) Charlie Walker 10	2) Steven Sobus 11	3) Murphy Smith 10
			4) Noah Caldwell 12
10	West Forsyth	A	8:24.61
	1) Will Atkins 11	2) Moheb Ghobrial 10	3) Brock Newsome 12
			4) Jackson Nichols 10
11	Apex	A	8:24.88
	1) Emmett Lynch 11	2) Jacob Vehslage 12	3) Austin Dewey 12
			4) Simon Griggs 12
12	Cary	A	8:24.94
	1) Stephen Atkinson 12	2) Nathan Flexman 10	3) Anton Idhammar 12
			4) Jackson Martin 12
13	Reagan	A	8:27.95
	1) Spencer Baldwin 10	2) Jay Keeley 9	3) Sam Graham 11
			4) Aaron Dorer 12
14	Independence	A	8:28.97
	1) Nicholas O'Brien-Pifer 10	2) Nicholas Cleveland 10	3) Shane Henderson 11
			4) Carter Schenck 11
15	Leesville Road	A	8:30.53
	1) Jack Fuhrer 11	2) Austin Groom 10	3) Gabriel Mann 9
			4) Jamal Mohamad 11
16	Pinecrest	A	8:31.53
	1) Adrian Archer 9	2) Luis Garcia 11	3) Caleb Nocton 11
			4) Spencer Lykins 11
17	Providence	A	8:32.10

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 14 ... (Boys 4x800 Meter Relay (18))

Team	Relay	Seed Time
18 Garner	A	8:32.41

Event 15 Girls 55 Meter Hurdles (9) Prelims

4A Record: 7.81 2015			Ebony Williams, Parkland	
State Record: 7.81 2015			Ebony Williams, Parkland	
Name	Year	School	Seed Time	
1	Sierra Fletcher	12	Southeast Raleigh	7.95
2	Ariana Rivera	12	Providence	8.43
3	Tashayla White	12	Athens Drive	8.44
4	Veronique Woodson	12	Hoke County	8.49
5	Addie Renner	12	Myers Park	8.57
6	Jasmine Richardson	12	South View	8.59
7	Gail White	12	Grimsley	8.61
8	Imani Boyd	11	Z.B. Vance	8.64
9	Ari Carroll	12	West Forsyth	8.85

Event 16 Boys 55 Meter Hurdles (21) Prelims

4A Record: 7.05 2009			Wayne Davis, Southeast Raleigh	
State Record: 7.05 2009			Wayne Davis, Southeast Raleigh	
Name	Year	School	Seed Time	
1	Kyle Lind	12	Olympic	7.52
2	Justin Leaston	12	Millbrook	7.60
3	Bryce Anthony	12	Ragsdale	7.64
4	Dominique Alexander	11	Millbrook	7.77
5	Elijah Perez	12	Independence	7.86
6	Jakobe Bussey	12	Enloe	7.88
7	Brandon Johnson	10	East Forsyth	7.90
8	Anthony Sawyers	12	Reagan	7.90
9	Xavier Smith	9	Jordan	8.01
10	Elijah Cole	11	Olympic	8.01
11	Mark Anthony Ababio	12	Ardrey Kell	8.01
12	Tyquez Royal	12	South View	8.04
13	Carson Varner	12	Ardrey Kell	8.05
14	Justin Fuchs	12	Northwest Guilford	8.06
15	William Daniels	11	Ardrey Kell	8.06
16	John Allen	10	Davie County	8.12
17	Blaise Atkinson	9	North Mecklenburg	8.14
18	Eric Brown	10	Enloe	8.14
19	Jovon Langley	11	Overhills	8.18
20	Za'hier Pierson-Mace	11	Reagan	8.23
21	Leon McGee	12	Mallard Creek	8.24

Event 17 Girls 55 Meter Dash (20) Prelims

Name	Year	School	Seed Time	
1	Amori Reid	10	Hickory Ridge	7.14
2	Mekyll Robinson	12	West Mecklenburg	7.15
3	Jahzara Hart	9	Southeast Raleigh	7.18
4	Taylor Boykin-Roach	12	Apex	7.19
5	Zhamoura McPhail	11	High Point Central	7.20
6	Jonah Ross	11	Garner	7.20
7	Lia Love	10	Jordan	7.22
8	Lu Kamara	10	Z.B. Vance	7.23

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 17 ... (Girls 55 Meter Dash (20) Prelims)

	Name	Year	School	Seed Time
9	Alana Mack	12	North Mecklenburg	7.24
10	Monasia Kearns	11	Richmond Senior	7.24
11	Ani Judd	11	Southeast Raleigh	7.26
12	Jaidyn Ramsey	9	Rolesville High School	7.27
13	Amaya Gaddy	12	Olympic	7.30
14	Destiny Wallace	12	Ragsdale	7.31
15	Nneka Udoye	9	Southeast Raleigh	7.32
16	Ronee Tudor	11	Z.B. Vance	7.32
17	Amari Taylor	10	Pine Forest	7.34
18	Armani Blair	10	Harding University	7.34
19	Maya Dulaney	11	Mallard Creek	7.34
20	Liberty Anderson	11	Mallard Creek	7.34

Event 18 Boys 55 Meter Dash (20) Prelims

4A Record: 6.21 1996 Chris Justice, Grimsley				
State Record: 6.21 1996 Chris Justice, Grimsley				
	Name	Year	School	Seed Time
1	Michael Gupton	9	Rolesville High School	6.24
2	Felix Patterson	12	Pine Forest	6.34
3	Royal Burris	12	Harding University	6.39
4	Khafre Brown	12	West Mecklenburg	6.40
5	Grant Scott-Colvin	12	Overhills	6.44
6	Isaiah Gadson	11	Hickory Ridge	6.44
7	Cameron Rose	11	Hickory Ridge	6.44
8	Jalen White	12	Mallard Creek	6.44
9	Tyler Wagner	11	Hopewell	6.44
10	Keshaun Black	11	Mooreville	6.45
11	Reggie Barlow	12	Wakefield	6.48
12	Daniel Moyer Jr	11	Reagan	6.49
13	Mizell Hall	12	East Forsyth	6.50
14	David Lampkin	9	Mallard Creek	6.53
15	Romell McRae	11	Southeast Raleigh	6.53
16	Maleik Faust	11	Harding University	6.54
17	Xavier Smith	9	Jordan	6.54
18	Malcolm Bailey	12	Garinger	6.54
19	Trevin Moyer	9	North Mecklenburg	6.54
20	Julian Gray	10	Hopewell	6.54

Event 19 Girls 55 Meter Dash Wheelchair Wheelchair (1)

4A Record: 6.87 2007 Gabby Mayo, Southeast Raleigh				
State Record: 6.87 2007 Gabby Mayo, Southeast Raleigh				
	Name	Year	School	Seed Time
1	Caroline Backus	11	Independence	20.53

Event 20 Boys 55 Meter Dash Wheelchair Wheelchair (2) Prelims

	Name	Year	School	Seed Time
1	Ladale Gambrell	11	Broughton	15.97
2	Christopher Coke	12	Ragsdale	17.52

NCHSAA 4A Indoor Track State Championships - 2/9/2019
JDL Fast Track
Performance List

Event 21 Girls 4x200 Meter Relay (12)

4A Record: 1:39.92 2015

Parkland

M. Bryant, K. Sherman, S. Cannon, E. Willias

State Record: 1:39.92 2015

Parkland

M. Bryant, K. Sherman, S. Cannon, E. Willias

Team	Relay	Seed Time
1 Southeast Raleigh	A	1:39.56
1) Sierra Fletcher 12	2) Jahzara Hart 9	3) Ani Judd 11
4) Kyna Robinson 12		
2 Providence	A	1:43.04
1) Nimeesha Coleman 11	2) Holly Klug 11	3) Ella Mainwaring Foster 11
4) Ariana Rivera 12		
3 Z.B. Vance	A	1:45.05
4 Olympic	A	1:45.06
1) Amaya Gaddy 12	2) Na'Zyia Evans 12	3) Zyra Shivers 10
4) Carson Strother 12		
5 Panther Creek	A	1:45.30
1) Morgan Smalls 11	2) Diana Garland 11	3) Jada Mundine 12
4) Janiyah Fields 10		
6 West Mecklenburg	A	1:45.79
7 West Forsyth	A	1:45.80
1) Shannaya Davis 10	2) Ajile Flynt 10	3) Destiny Hill 12
4) Asia Phillips 10		
8 Garner	A	1:46.76
9 East Mecklenburg	A	1:46.90
1) Ayana Dalton 11	2) Ashleigh Fields 12	3) Azariah Stewart 11
4) Khadija Woods 10		
10 Richmond Senior	A	1:47.40
1) Maddisyn Diggs 11	2) Monasia Kearns 11	3) Dymond Meneal 11
4) Aniya Robinson 10		
11 Berry, Phillip O.	A	1:47.89
1) Jaia McGee 10	2) Sanu Jallow 9	3) Ramya Fuller 12
4) Mylena Beckham 10		
12 Mallard Creek	A	1:48.00
1) Maya Dulaney 11	2) Isha Hawkins 12	3) Sydney Spellman 9
4) Gabrielle Thomas 9		

Event 22 Boys 4x200 Meter Relay (15)

State Record: 1:30.18 2/10/2018

**Southeast Raleigh, Southeast Ra
R McRae, C McKay, T Williams, B Williams**

4A Record: 1:30.18 2/10/2018

**Southeast Raleigh, Southeast Ra
R McRae, C McKay, T Williams, B Williams**

4A Record: 1:30.18 2017

**Parkland
S. Hayes, T. Barnes, J. Littlejohn, J. Burnette**

State Record: 1:30.18 2017

**Parkland
S. Hayes, T. Barnes, J. Littlejohn, J. Burnette**

Team	Relay	Seed Time
1 Reagan	A	1:28.73
1) Keasean Dirks 12	2) Tazhae Woods 10	3) Dylan James 12
4) Daniel Moyer Jr 11		
2 Southeast Raleigh	A	1:28.73
1) Eric Haddock 12	2) Romell McRae 11	3) Christian Ruffin 10
4) Brian Williams 11		
3 Independence	A	1:30.03
1) Mason Bradley 11	2) Elijah Perez 12	3) Elijah Puranda 10
4) Xavier Williams 11		
4 Rolesville High School	A	1:31.14
5 Hickory Ridge	A	1:31.20
6 North Mecklenburg	A	1:31.80
7 Athens Drive	A	1:31.80
8 Z.B. Vance	A	1:31.87
9 East Mecklenburg	A	1:32.10
1) Dj Austin 10	2) Lee Campbell 10	3) Mykul Edwards 12
4) Gabriel Roberts 11		
10 Cary	A	1:32.20
1) Nathan Flexman 10	2) Aj Archie 11	3) Christian Sanders 11
4) Andrew Smith 11		
11 Pine Forest	A	1:32.30
1) Jamison Glass-Fraser 9	2) Ethan Ward 11	3) Ray Goldsbrough 11
4) Felix Patterson 12		

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 22 ... (Boys 4x200 Meter Relay (15))

Team	Relay	Seed Time
12 Ardrey Kell	A	1:32.49
1) Mark Anthony Ababio 12	2) Jacob Kline 11	3) Samari Liggins 12
4) Carson Varner 12		
13 Panther Creek	A	1:32.90
1) Kepha Alvarez 12	2) Brandon Clarke 12	3) Minho Hyun 12
4) Jinsung Hur 9		
14 Harding University	A	1:32.95
15 Garinger	A	1:33.00
1) Teddy Suakollie 12	2) Lashawn Audrey 11	3) Quantaz Beverly 12
4) Malcolm Bailey 12		

Event 23 Girls 1600 Meter Run (13)

4A Record: 4:57.77 2015

Nevada Mareno, Leesville Road

State Record: 4:57.77 2015

Nevada Mareno, Leesville Road

Name	Year	School	Seed Time
1 Carmen Alder	10	Pinecrest	4:58.82
2 Sophie Faircloth	11	Reagan	5:01.70
3 Ainsley Cooper	12	Reagan	5:09.15
4 Katharine Priu	12	Cardinal Gibbons	5:15.32
5 Emma Kincaid	12	Grimsley	5:15.67
6 Jade Martin	12	Apex Friendship	5:16.20
7 Gwen Parks	10	Reagan	5:16.69
8 Eliza Broce	10	West Forsyth	5:17.48
9 Caroline Todd	12	Cardinal Gibbons	5:17.88
10 Shannon Sefton	12	Panther Creek	5:19.63
11 Molly McGowan	12	Cardinal Gibbons	5:23.62
12 Erin Spreen	12	Wake Forest HS	5:23.68
13 Ashley Tysiac	12	Leesville Road	5:24.16

Event 24 Boys 1600 Meter Run (18)

4A Record: 4:10.61 2003

Bobby Mack, North Forsyth

State Record: 4:10.61 2003

Bobby Mack, North Forsyth

Name	Year	School	Seed Time
1 Anton Idhammar	12	Cary	4:12.42
2 Carson Williams	11	Cardinal Gibbons	4:19.78
3 Tim Haughton	11	Apex Friendship	4:20.15
4 Stephen Atkinson	12	Cary	4:23.38
5 Ian Harrison	11	Panther Creek	4:23.41
6 Aj Williams	11	Pinecrest	4:25.38
7 Jackson Martin	12	Cary	4:26.63
8 Preston Jones	12	Leesville Road	4:26.86
9 Jack Rooney	11	Broughton	4:26.88
10 Thomas Vo	11	Green Hope	4:27.35
11 Clay Summers	12	Davie County	4:28.12
12 Matthew Bauer	11	Pinecrest	4:28.20
13 Lowell Hensgen	12	Cardinal Gibbons	4:29.18
14 Scott Kennedy	11	Apex	4:29.20
15 Andrew Edney	12	Apex	4:29.50
16 James Blizzard	10	Leesville Road	4:29.96
17 Casper Serrano	11	Panther Creek	4:30.39
18 Reed Blackman	12	Green Hope	4:30.79

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 25 Girls 500 Meter Dash (8)

4A Record: 1:12.33 2/10/2018

Kyna Robinson, Southeast Ra

State Record: 1:12.33 2/10/2018

Kyna Robinson, Southeast Ra

Name	Year	School	Seed Time
1 Kyna Robinson	12	Southeast Raleigh	1:14.67
2 Lorien Bathgate	10	Grimsley	1:18.55
3 Sydney Turner	11	Apex Friendship	1:18.98
4 Ella Mainwaring Foster	11	Providence	1:19.06
5 Nimeesha Coleman	11	Providence	1:19.16
6 Beasley Gordon	10	Myers Park	1:19.17
7 Mekyll Robinson	12	West Mecklenburg	1:19.26
8 Aniya Woodruff	9	Hickory Ridge	1:19.60

Event 26 Boys 500 Meter Dash (11)

4A Record: 1:03.65 2009

Andrew Hendrix, New Bern

State Record: 1:03.65 2009

Andrew Hendrix, New Bern

Name	Year	School	Seed Time
1 Kyle Goodman	12	East Mecklenburg	1:04.00
2 Randolph Ross	12	Garner	1:04.88
3 Danny Renard	11	Heritage	1:06.73
4 Dekerius DaiQuan Thompson	11	Harding University	1:07.00
5 Jaedon Barnett	11	Page	1:07.23
6 Christian Ruffin	10	Southeast Raleigh	1:07.26
7 Nathan Flexman	10	Cary	1:07.40
8 Jalen White	12	Mallard Creek	1:07.48
9 Murad Creary	11	High Point Central	1:07.58
10 Dylan Marrotte	12	Fuquay-Varina	1:07.59
11 Noah Larios	12	Southeast Raleigh	1:07.66

Event 27 Girls 1000 Meter Run (16)

4A Record: 2:53.81 2015

Nevada Mareno, Leesville Road

State Record: 2:53.81 2015

Nevada Mareno, Leesville Road

Name	Year	School	Seed Time
1 Carmen Alder	10	Pinecrest	2:58.94
2 Gwen Parks	10	Reagan	2:59.36
3 Cora Cooke	10	Myers Park	2:59.45
4 Sophie Faircloth	11	Reagan	3:00.88
5 Caroline Todd	12	Cardinal Gibbons	3:04.04
6 Bailey Fowler	12	Green Hope	3:05.57
7 Emma Kincaid	12	Grimsley	3:06.07
8 Amanda Watson	12	Providence	3:07.02
9 Erin Spreen	12	Wake Forest HS	3:07.32
10 Eliza Broce	10	West Forsyth	3:07.82
11 Jade Martin	12	Apex Friendship	3:07.87
12 Joelle Ryan	12	Myers Park	3:08.53
13 Samantha Troup	10	Reagan	3:08.55
14 Lauren Richards	10	Hickory Ridge	3:09.10
15 Lyann Le	12	Ragsdale	3:09.20
16 Ashley Tysiac	12	Leesville Road	3:09.55

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 28 Boys 1000 Meter Run (16)

4A Record: 2:29.03 2008

Dylan Ferris, East Forsyth

State Record: 2:29.03 2008

Dylan Ferris, East Forsyth

Name	Year	School	Seed Time
1	Anton Idhammar	12 Cary	2:29.88
2	Stephen Atkinson	12 Cary	2:33.23
3	Will Atkins	11 West Forsyth	2:33.86
4	Aj Williams	11 Pinecrest	2:33.90
5	Pace Clark	12 Providence	2:34.38
6	Joshua Hairston	12 Northwest Guilford	2:34.50
7	Preston Jones	12 Leesville Road	2:35.38
8	Carson Williams	11 Cardinal Gibbons	2:35.64
9	Matthew Bauer	11 Pinecrest	2:35.73
10	Scott Kennedy	11 Apex	2:36.24
11	Thomas Vo	11 Green Hope	2:37.10
12	Chase Shanafelt	12 Hough, William A	2:37.50
13	Tim Haughton	11 Apex Friendship	2:37.76
14	Bryan (Dexter) Hill	12 Holly Springs	2:38.54
15	Ethan Boyd	12 Rolesville High School	2:38.66
16	Casper Serrano	11 Panther Creek	2:38.74

Event 29 Girls 300 Meter Dash (9)

4A Record: 37.81 2017

Tamara Clark, High Point Central

State Record: 37.81 2017

Tamara Clark, High Point Central

Name	Year	School	Seed Time
1	Jonah Ross	11 Garner	38.64
2	Kyna Robinson	12 Southeast Raleigh	39.20
3	Sierra Fletcher	12 Southeast Raleigh	39.85
4	Ariana Rivera	12 Providence	39.99
5	Zhamoura McPhail	11 High Point Central	40.32
6	Ani Judd	11 Southeast Raleigh	40.60
7	Amari Taylor	10 Pine Forest	40.70
8	Sanu Jallow	9 Berry, Phillip O.	41.47
9	Theresa Davis	12 Millbrook	41.54

Event 30 Boys 300 Meter Dash (13)

4A Record: 34.39 2017

J. Johnson, Panther Creek

State Record: 34.39 2017

J. Johnson, Panther Creek

Name	Year	School	Seed Time
1	Randolph Ross	12 Garner	33.80
2	Romell McRae	11 Southeast Raleigh	34.86
3	Brian Williams	11 Southeast Raleigh	35.14
4	Royal Burris	12 Harding University	35.24
5	Michael O'Leary	12 Athens Drive	35.24
6	Cameron Rose	11 Hickory Ridge	35.52
7	Dominique Alexander	11 Millbrook	35.58
8	Christian Ruffin	10 Southeast Raleigh	35.61
9	Keasean Dirks	12 Reagan	35.62
10	Jaime Halton	11 Z.B. Vance	35.64
11	Daniel Moyer Jr	11 Reagan	35.73
12	Jalen White	12 Mallard Creek	35.75
13	Titus Jackson	11 Sanderson	35.94

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 33 Girls 3200 Meter Run (19)

4A Record: 10:31.57 2017

Sara Platek, Ragsdale

State Record: 10:31.57 2017

Sara Platek, Ragsdale

Name	Year	School	Seed Time
1	Carmen Alder	10 Pinecrest	10:29.18
2	Katharine Priu	12 Cardinal Gibbons	10:34.40
3	Shannon Sefton	12 Panther Creek	11:11.22
4	Erin Spreen	12 Wake Forest HS	11:15.21
5	Gwen Parks	10 Reagan	11:15.56
6	Jade Martin	12 Apex Friendship	11:17.87
7	Ainsley Cooper	12 Reagan	11:19.30
8	Alexis McDonnell	12 Hough, William A	11:20.33
9	Emma Kincaid	12 Grimsley	11:27.18
10	Bailey Reutingger	10 West Forsyth	11:28.32
11	Kendall Phillips	10 West Forsyth	11:29.51
12	Ashley Tysiac	12 Leesville Road	11:30.95
13	Alexandra Montoya	12 Cary	11:31.30
14	Samantha Troup	10 Reagan	11:36.98
15	Julia Priu	10 Cardinal Gibbons	11:39.15
16	Isabella Frey	9 Wake Forest HS	11:41.01
17	Dalia Hasan	11 Leesville Road	11:43.80
18	Hope Dominique	11 Wake Forest HS	11:44.09
19	Lila Peters	12 Sanderson	11:44.11

Event 34 Boys 3200 Meter Run (22)

4A Record: 9:14.71 2000

Ricky Brookshire, Watauga

State Record: 9:10.96 2010

Jake Hurysz, Eastern Alamance

Name	Year	School	Seed Time
1	Carson Williams	11 Cardinal Gibbons	9:14.72
2	Tim Haughton	11 Apex Friendship	9:16.31
3	Nickolas Scudder	12 Millbrook	9:18.94
4	Ian Harrison	11 Panther Creek	9:19.62
5	Brian Picone	12 Cary	9:19.76
6	John Malach	11 Broughton	9:21.41
7	Lowell Hensgen	12 Cardinal Gibbons	9:22.44
8	Wesley Haws	10 Cardinal Gibbons	9:27.02
9	Jack Holbrook	11 R.J. Reynolds	9:31.75
10	Pace Clark	12 Providence	9:32.31
11	Jackson Martin	12 Cary	9:32.55
12	John Paynter	12 R.J. Reynolds	9:36.98
13	James Blizzard	10 Leesville Road	9:38.42
14	Ted Sielatycki	12 Cary	9:38.51
15	Carson Helmer	10 Sanderson	9:39.84
16	Joshua Navarro	10 Millbrook	9:42.52
17	Damien Gonzalez	11 Mooresville	9:43.06
18	Murphy Smith	10 Ardrey Kell	9:43.84
19	Benjamin Seeber	12 Grimsley	9:46.39
20	Justin Polonio	12 Green Hope	9:46.45
21	Michael Taylor	11 Green Hope	9:46.60
22	Spencer Cowley	12 Green Hope	9:47.15

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 35 Girls 4x400 Meter Relay (11)

4A Record: 3:48.73 2017

High Point Central

M. Creary, D. Jones, O. Sharp, A. Graham

State Record: 3:48.73 2017

High Point Central

M. Creary, D. Jones, O. Sharp, A. Graham

Team	Relay	Seed Time
1 Providence	A	4:02.02
2 Southeast Raleigh	A	4:05.83
1) Jordan Chambers 11	2) Lauren Clark 11	3) Sierra Fletcher 12
4) Ani Judd 11		
3 Berry, Phillip O.	A	4:08.83
1) Jaia McGee 10	2) Sanu Jallow 9	3) Ramya Fuller 12
4) Mylena Beckham 10		
4 Panther Creek	A	4:11.02
1) Addison Baker 11	2) Jada Mundine 12	3) Janiyah Fields 10
4) Julia Patterson 10		
5 West Mecklenburg	A	4:11.18
6 Pine Forest	A	4:12.38
1) Djamilia Peterson 12	2) Elizabeth Long 11	3) Olivia Long 11
4) Amari Taylor 10		
7 Mallard Creek	A	4:12.39
1) Isha Hawkins 12	2) Casey Green 11	3) Saniya Smith 11
4) Sydney Spellman 9		
8 Holly Springs	A	4:13.00
1) Olivia Hime 11	2) Gretchen Bingham 12	3) Averie Ottaly 9
4) Kassie Jesrani 10		
9 Pinecrest	A	4:13.20
1) Arianna Russell 10	2) Isabelle Vibbert 12	3) Emory Bradley 12
4) Helen West 11		
10 Myers Park	A	4:14.28
1) Sofia Christofaro 9	2) Cora Cooke 10	3) Beasley Gordon 10
4) Joelle Ryan 12		
11 Reagan	A	4:15.93
1) Gwen Parks 10	2) Layla Hibma 12	3) Sokhna Fall 11
4) Nytrinitey Jenkins 11		

Event 36 Boys 4x400 Meter Relay (18)

4A Record: 3:21.79 2009

New Bern

A. Hendrix, F. Greene, M. Sparks, A. Hendrix

State Record: 3:21.79 2009

New Bern

A. Hendrix, F. Greene, M. Sparks, A. Hendrix

Team	Relay	Seed Time
1 Southeast Raleigh	A	3:22.94
1) Christian Ruffin 10	2) Romell McRae 11	3) Brian Williams 11
4) Noah Larios 12		
2 Cary	A	3:30.06
1) Stephen Atkinson 12	2) Nathan Flexman 10	3) Anton Idhammar 12
4) Evan Padiak 10		
3 Berry, Phillip O.	A	3:31.19
1) Jaylen Chappelle 12	2) Jordyn Smith 9	3) Jaden Lockhart 10
4) Alex Hancock 11		
4 Olympic	A	3:31.72
1) Davion Tate 12	2) Jaryen Little 10	3) Isaiah Vanderberg 12
4) Jaylen Hall 12		
5 Rolesville High School	A	3:32.31
6 Reagan	A	3:32.55
1) Keasean Dirks 12	2) Dylan James 12	3) Daniel Moyer Jr 11
4) Tazhae Woods 10		
7 Apex Friendship	A	3:32.82
1) Aidan Gallagher 11	2) Tyler Green 10	3) Teiari Matthews 12
4) Jack Parker 11		
8 Z.B. Vance	A	3:33.00
9 Fuquay-Varina	A	3:33.36
1) Dylan Marrotte 12	2) Tyson King 11	3) Jalen Alston 12
4) Zwannah Houston-Chesson 12		
10 Millbrook	A	3:33.54
11 Independence	A	3:33.56
1) Elijah Puranda 10	2) Elijah Perez 12	3) Carter Schenck 11
4) Xavier Williams 11		
12 Athens Drive	A	3:33.80

NCHSAA 4A Indoor Track State Championships - 2/9/2019

JDL Fast Track
Performance List

Event 36 ... (Boys 4x400 Meter Relay (18))

	Team	Relay	Seed Time
13	West Forsyth	A	3:33.95
	1) Brock Newsome 12	2) Don Robinson 9	3) Braxton Ware 11
			4) Will Atkins 11
14	East Mecklenburg	A	3:34.00
	1) Lee Campbell 10	2) Mykul Edwards 12	3) Jordan Grant 10
			4) Kyle Goodman 12
15	Mooreville	A	3:34.37
16	Hopewell	A	3:34.63
	1) Elijah Smith 12	2) Cedric Collins 11	3) Sa'maree Jackson 12
			4) Demarcus Acker 12
17	Ardrey Kell	A	3:34.69
	1) Mark Anthony Ababio 12	2) Jacob Kline 11	3) Samari Liggins 12
			4) Carson Varner 12
18	Holly Springs	A	3:35.02
	1) Brennen Willis 10	2) Logan Jones 12	3) Jackson McIntyre 11
			4) Bryan (Dexter) Hill 12