

NCHSAA 3A Indoor Track State Championships - 2/12/2022

JDL Fast Track
Performance List

Event 1 Girls Shot Put

3A Meet Record: 44-11.75 2018

Kayla Beasley, Hillside

State Meet Rec: 48-11.75 2007

Karmorean Hayes, Harding

Name	Year	School	Seed Mark
1 Ashley Lindsey	12	Currituck County	40-05.00
2 Cailin Ames	10	Croatan	34-06.50
3 Noelle Millner	10	Dudley	34-06.00
4 Elaina Irving	12	Jacksonville	33-02.00
5 Cierra Williams	12	North Buncombe	32-11.00
6 Lydia Sillies	11	First Flight	32-11.00
7 Emily Hartsoe	10	Ashe County	32-08.00
8 Renae Younce	11	Franklin	32-01.00
9 Charley Seagle	9	Franklin	31-07.50
10 Alexandra Vaequez	9	West Carteret	31-02.00
11 Shamilia Carpenter	9	Dudley	31-01.00

Event 3 Boys Shot Put

3A Meet Record: 57-11 1990

Ed Robertson, TW Andrews

State Meet Rec: 61-10 2013

Jon Beyle, East Chapel Hill

Name	Year	School	Seed Mark
1 AJ Matas	12	Croatan	50-03.00
2 Will Rouse	12	Croatan	49-08.75
3 Adrian Georgiev	12	Aycock, Charles B	46-02.00
4 James Squires	12	Southern Guilford	45-03.00
5 Nathaniel Rivers	12	Parkwood	44-02.00
6 Noah Munden	12	West Carteret	44-01.00
7 DeAndre Lynch	11	Rocky Mount	44-00.00
8 Matthew Finizio	12	Croatan	43-10.00
9 Jake Bryson	12	West Henderson	43-08.00
10 Amare Chance	11	Scotland County	43-03.00
11 Ayden Chandler	12	North Buncombe	43-01.50
12 Brandon Moody	11	North Brunswick	43-00.75
13 Seth Averill	12	Central Academy of Technology	43-00.50

Event 4 Boys Shot Put Wheelchair Wheelchair

3A Meet Record: 12-06 2018

Brandon Cornell, Mount Tabor

State Meet Rec: 16-06 2019

Ladale Gambrell, Broughton

Name	Year	School	Seed Mark
1 Christian Drawhorn-SI	--	Croatan	10-05.00

Event 5 Girls Long Jump

3A Meet Record: 18-05.75 2/8/2019

Ija Mumford, Parkland

State Meet Rec: 19-11.25 2019

Morgan Smalls, Panther Creek

Name	Year	School	Seed Mark
1 Alaya Gillespie	11	West Iredell	17-05.50
2 Annika Stark	10	Union Pines	16-09.50
3 Alexis Willis	11	Stuart W. Cramer	16-09.50
4 Taylor Robinson	12	Franklinton	16-09.00
5 Holley Johnson	12	E.E. Smith	16-08.00
6 Senadzi Rankin	10	Dudley	16-04.00
7 Sha'nyiah Gethers	12	West Carteret	16-02.75
8 Ginger Hayden	11	Croatan	16-02.00

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Event 6 Boys Long Jump

3AMeetRecord: 23-09.75 1991

Brian Ellis, North Rowan

StateMeetRec: 24-07.25 1997

Marcus O'Neal, Dudley

Name	Year	School	Seed Mark
1 Cameron Snead	12	West Johnston	21-02.00
2 Donnell Privette	11	Franklinton	20-09.00
3 Amir Sanders	12	White Oak	20-07.00

Event 7 Girls Triple Jump

3AMeetRecord: 38-09 2014

Chelsea Hargrave, Williams

StateMeetRec: 41-09.75 2019

Morgan Smalls, Panther Creek

Name	Year	School	Seed Mark
1 Alexis Willis	11	Stuart W. Cramer	37-11.50
2 Annika Stark	10	Union Pines	34-08.00
3 Savannah Norris	12	Durham School of the Arts	34-07.00
4 Serenitie Johnson	9	Dudley	34-05.00
5 Ginger Hayden	11	Croatan	34-04.00
6 Arianna Lovingood-Smith	12	Asheboro	34-00.00
7 Gabrielle Cheek	10	Dudley	33-06.00
8 Tanzania Washington	11	Dudley	33-03.00
9 Gisele Dulnuan-Kersey	10	Franklinton	33-03.00

Event 8 Boys Triple Jump

3AMeetRecord: 49-10 1998

Greg Yeldell, North Rowan

StateMeetRec: 49-10.25 2019

Eric Haddock, East Chapel Hill

Name	Year	School	Seed Mark
1 Cameron Snead	12	West Johnston	45-00.50
2 Seallio Alphonse	11	Rocky Mount	42-07.00
3 Matthew Johnson	12	Southern Durham	41-05.00
4 Amir Sanders	12	White Oak	41-01.00
5 Donovan Estes	11	Franklinton	41-00.00
6 Patrick Scarborough	12	White Oak	40-09.00

Event 9 Girls High Jump

3AMeetRecord: 5-10 2004

Patience Coleman, Southern Durham

StateMeetRec: 6-01 2019

Morgan Smalls, Panther Creek

Name	Year	School	Seed Mark
1 Tyler Collins	10	West Carteret	5-06.00
2 Lydia Sillies	11	First Flight	5-02.00
3 Madison Bryant	12	Union Pines	5-02.00
4 Lisa Ferguson	10	Swansboro	5-00.00
5 Charity Stroud	10	E.E. Smith	5-00.00
6 Ava Cooper	11	Stuart W. Cramer	4-11.00
7 Olivia Owle	10	Franklin	4-10.00
8 Ruby Blue	11	North Buncombe	4-10.00
9 Nevaeh Ingram	9	Northern Nash	4-10.00
10 Isabelle Duchemin	11	Franklin	4-10.00
11 Kattie MacWilson	11	Rose, J.H.	4-10.00
12 Jadiza Jimenez	12	Southern Nash	4-10.00

Event 10 Boys High Jump

3AMeetRecord: 6-11 2015

Christopher Garrick, Marvin Ridge

StateMeetRec: 7-00 2002

Jesse Williams, Broughton

Name	Year	School	Seed Mark
1 Carland Jones	12	E.E. Smith	6-01.00

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Event 10 ... (Boys High Jump)

	Name	Year	School	Seed Mark
2	AJ Matas	12	Croatan	6-00.00
3	Emanuel Williams	11	Central Academy of Technology	6-00.00
4	Seallio Alphonse	11	Rocky Mount	6-00.00
5	Luis Torres	12	Franklin	5-10.00
6	pierce Manhnke	9	Croatan	5-10.00
7	Cameron Snead	12	West Johnston	5-10.00

Event 11 Girls Pole Vault

3A Meet Record: 12-07.50 2018

Riley Felts, Weddington

State Meet Rec: 13-06 2019

Lindsay Absher, West Forsyth

	Name	Year	School	Seed Mark
1	Alyssa Cooley	12	West Carteret	10-06.00
2	Chloe Soorus	12	North Lincoln	10-00.00
3	Jordyn Horan	10	St. Stephens	9-06.00
4	Sydney Sewell	12	East Henderson	9-06.00
5	Sasha Ledford	11	Pisgah	8-06.00
6	Boston Stringer	10	Franklin	8-06.00
7	Natalia Gamez	11	East Henderson	8-06.00
8	Rainy Fizer	12	West Henderson	8-06.00
9	McKenna Panos	10	Swansboro	8-06.00
10	Jadyn Melby	10	Croatan	8-06.00

Event 12 Boys Pole Vault

3A Meet Record: 15-06 2015

Tistian Shaver, Ledford

State Meet Rec: 16-07 2020

Spencer Evans, Lake Norman

	Name	Year	School	Seed Mark
1	Jack Daffron	12	Croatan	12-06.00
2	Jacob Murphy	12	Oak Grove High School	12-00.00
3	Zander Youmans	12	West Henderson	12-00.00
4	Carter Tyree	11	Oak Grove High School	11-06.00
5	Matthew Blake Cassada	11	Franklin	11-06.00
6	Ben Futral	12	Croatan	11-06.00
7	Zach Pruett	12	Croatan	11-06.00

Event 13 Girls 4x800 Meter Relay

3A Meet Record: 9:30.01 2/14/2020

Chapel Hill, Chapel Hill

A Weber, M Pirone, V Pridgen, M Marvin

State Meet Rec: 9:25.42 2015

Leesville Road

T. Hemming, N. Mareno, S. Winchel, J. Butler

	Team	Relay	Seed Time
1	Croatan	A	10:30.82
	1) Cameran Ladd 10	2) Alyssia Trigleth 11	3) Audrey Kirkwood 11
			4) Ayla Zales 10
2	North Lincoln	A	10:30.87
	1) Cara Castro 12	2) Lori Glavan 12	3) Kirsten Putnam 9
			4) Bella Green 9
3	Durham School of the Arts	A	10:34.93
	1) Trinity Konvalinka 11	2) Adriana Garcia 11	3) Elysia Hanson 10
			4) Ella Bartlett 12
4	White Oak	A	10:48.00
	1) Skylar Stack 10	2) Kristina Coons 12	3) Camila Madrid 12
			4) Olivia Pokora 11
5	Currituck County	A	10:48.62
	1) Kylee Dinterman 9	2) Serenity Doran 11	3) Ashley Reinke 12
			4) Reagan Daniel 12
6	First Flight	A	10:49.71
	1) Tatum Dermatias 11	2) Alexa Hallac 9	3) Maggie McNinch 12
			4) Mya Salch 12

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Event 14 Boys 4x800 Meter Relay

3A Meet Record: 7:59.48 2018

Weddington

J. O'Hara, K. Durham J. Toomey, W. Mazur

State Meet Rec: 7:57.23 2015

Southview

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

Team	Relay	Seed Time
1 Currituck County	A	8:32.80
1) Gavin Jessup 11	2) Bryson Green 12	3) Riley Lenz 12
4) camden Lenz 9		
2 Stuart W. Cramer	A	8:34.71
1) Patrick Lamp 12	2) Nicholas Willer 12	3) Jordan Granados 11
4) Zachary Willer 12		
3 Durham School of the Arts	A	8:34.74
1) Jackson Steffens 10	2) Sam Bartlett 12	3) Wilborn Coward 11
4) Liam Markham 10		
4 Central Academy of Technology	A	8:36.63
1) Jonathan Kamenick 12	2) Emanuel Williams 11	3) Ben Wojtkowiak 12
4) Andrew Capatano 10		
5 Orange	A	8:37.00
1) Elijah Danley 12	2) Alden Cathey 10	3) Gabriel Jimison 12
4) Ethan Horton 12		
6 Northwest Cabarrus	A	8:37.22
1) Grant Long 10	2) Braden Patterson 12	3) Jaylen Currence 12
4) Owen Evans 11		
7 Croatan	A	8:38.18
1) James Wallace 11	2) Sean Manning 12	3) Matthew Quispe 10
4) Justin Wax 10		
8 Northwood	A	8:39.73
1) Marco Sanchez 12	2) Colin Henry 12	3) Jackson Adams 11
4) Christian Glick 11		
9 Atkins	A	8:40.36
1) Jackson Lackey 12	2) Lucas O'Neal 10	3) Will Downs 10
4) Ethan Hall 12		
10 White Oak	A	8:42.00
1) Jalen Silapeth 12	2) Mark Pinnock 11	3) Jacob Mueller 11
4) Yomar Cruz Rivera 9		
11 Union Pines	A	8:42.15
1) Hudson Hayes 12	2) Logan Totten-Lancaster 9	3) Brayden Muhly 10
4) Ender Limb 12		
12 First Flight	A	8:43.94
1) Warner Campbell 12	2) Devon Coughlin 12	3) Aiden Pipkin 12
4) Chase Matis 9		

Event 15 Girls 55 Meter Hurdles Prelims

3A Meet Record: 7.96 2/14/2020

Zariyah Black, Eastern Guilford

State Meet Rec: 7.81 2015

Ebony Williams, Parkland

Name	Year	School	Seed Time
1 Isabelle Duchemin	11	Franklin	8.87
2 Emma Hall	10	West Henderson	8.97
3 Senadzi Rankin	10	Dudley	9.01
4 Paige Merrell	11	Croatan	9.02
5 Annika Stark	10	Union Pines	9.04
6 Mackenzie Bunch	11	White Oak	9.04
7 Carly Gordinier	10	Croatan	9.07
8 Caroline Spilliards	11	Smoky Mountain	9.22
9 Madison Bryant	12	Union Pines	9.24
10 Shamari Allen	11	Durham School of the Arts	9.30

Event 16 Boys 55 Meter Hurdles Prelims

3A Meet Record: 7.45 2014

Damian Silver, Nash Central

State Meet Rec: 7.05 2009

Wayne Davis, Southeast Raleigh

Name	Year	School	Seed Time
1 Derrick Buchanan	10	Swansboro	7.94
2 Da'Mare Williams	10	Smoky Mountain	7.95
3 Liam Sutton	11	North Lincoln	8.10
4 Nick Blackston	11	Southern Guilford	8.14

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Event 16 ... (Boys 55 Meter Hurdles Prelims)

	Name	Year	School	Seed Time
5	Nathaniel Larrieu	11	White Oak	8.15
6	Jonathan Smith	12	Dudley	8.21
7	Tayman Howell	9	West Henderson	8.24
8	Mason Carpenter	12	Ashe County	8.31
9	Blaine Conard	11	Tuscola	8.44

Event 17 Girls 55 Meter Dash Prelims

3A Meet Record: 7.00 1996

Sabrina Thompson, Fike

State Meet Rec: 6.87 2007

Gabby Mayo, Southeast Raleigh

	Name	Year	School	Seed Time
1	Sha'niyah Gethers	12	West Carteret	7.17
2	Sadiyah McGregor	12	Dudley	7.26
3	Sanu Jallow	12	West Mecklenburg	7.33
4	Alaya Gillespie	11	West Iredell	7.39
5	Ma'Ryah Hargrove	11	Richlands	7.40
6	Loretta Alston	11	Richlands	7.40
7	Tianna Spinks	9	Southern Guilford	7.41
8	Melanne Sutton	11	Rose, J.H.	7.44
9	Taniyah Glaspie	11	Southern Wayne	7.44

Event 18 Boys 55 Meter Dash Prelims

3A Meet Record: 6.32 2/14/2020

Terrell Robinson Jr, Mount Tabor

State Meet Rec: 6.21 1995

Chris Justice, Grimsley

	Name	Year	School	Seed Time
1	Brendan Henby	11	West Henderson	6.30
2	Nathaniel Larrieu	11	White Oak	6.33
3	Jamarion Montford	12	West Carteret	6.40
4	Josiyah Woods	12	East Wake	6.56
5	Savon Hatchell	10	Jacksonville	6.59
6	Rory Baker	11	Dudley	6.59
7	Kameron Austin	12	Southern Guilford	6.59
8	William Ratliffe	11	Eastern Alamance	6.59
9	Isaiah Monroe	12	Dudley	6.60
10	Durell Jenkins	12	Jacksonville	6.60
11	Joshua Handy	10	Smoky Mountain	6.62
12	Evan Byrd	11	Pisgah	6.63
13	Antoine Humphrey	12	Southern Durham	6.64
14	Jaden Burt	12	Southern Durham	6.64
15	Styles Whitehurst	12	Rose, J.H.	6.64
16	Jaylen Roseboro	10	East Lincoln	6.64
17	Jaqharis Brown	11	Rose, J.H.	6.64

Event 20 Boys 55 Meter Dash Wheelchair Wheelchair

3A Meet Record: 16.47 2/14/2020

Zachary Moore, Sun Valley

State Meet Rec: 14.02 2020

Isaiah Fultz

	Name	Year	School	Seed Time
1	Christian Drawhorn-SI	--	Croatan	16.09

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Event 21 Girls 4x200 Meter Relay

3AMeetRecord: 1:41.95 2/8/2019

Parkland, Parkland

I Mumford, A Patterson, D Penn, D Lyerly

StateMeetRec: 1:39.92 2015

Parkland

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

Team	Relay	Seed Time
1 West Carteret	A	1:48.54
1) Grace Guilford 11	2) Kenley Ballou 10	3) Courtney Tyndall 12
4) Sha'nayah Getters 12		
2 Dudley	A	1:49.41
1) Nilijah Darden 9	2) Sadiyah McGregor 12	3) Nathalya Daniels 11
4) Gabrielle Cheek 10		
3 Croatan	A	1:50.14
1) Logan Besemer 10	2) Cameran Ladd 10	3) Tessa McFarland 10
4) Alyssia Tringleth 11		
4 Rose, J.H.	A	1:50.91
1) Camya Whitfield 10	2) M'Shya Green 11	3) Breanna Woods 12
4) Melanne Sutton 11		
5 West Henderson	A	1:51.01
1) Lindsey Cuevas 11	2) Emma Hall 10	3) Kate Leonard 11
4) Jasmine Banks 10		

Event 22 Boys 4x200 Meter Relay

3AMeetRecord: 1:29.46 2018

Weddington

D. Dracon, M. Conner, D. Livingston, E. Douds

StateMeetRec: 1:27.87 2019

Southeast Raleigh

E. Haddock, R. McRae, C. Ruffin, B. Williams

Team	Relay	Seed Time
1 Dudley	A	1:31.28
1) Le'Ezra Brown 9	2) Koredell Bartley 9	3) Rory Baker 11
4) Isaiah Monroe 12		
2 Rose, J.H.	A	1:32.00
1) Kenderius Geddis 11	2) Jaqharis Brown 11	3) Nazir Nixon 11
4) Sammy Okwosha 12		
3 Croatan	A	1:32.60
1) Nathaniel Boal 10	2) Luke Reardon 12	3) Brayden Stephens 11
4) Justin Wax 10		
4 West Henderson	A	1:33.06
1) Zander Youmans 12	2) Tayman Howell 9	3) Ian Hicks 11
4) Brendan Henby 11		

Event 23 Girls 1600 Meter Run

3AMeetRecord: 5:00.71 2018

Elise Wright, TC Roberson

StateMeetRec: 4:57.77 2015

Nevada Mareno, Leesville Road

Name	Year	School	Seed Time
1 Navaya Zales	12	Croatan	5:00.50
2 Caroline Murrell	12	Northwood	5:04.80
3 Hannah Preisser	12	Carrboro	5:23.31
4 Margaret Ann Healy	12	Durham School of the Arts	5:25.44
5 Cara Castro	12	North Lincoln	5:26.24
6 Caroline Hamrick	12	West Johnston	5:27.45
7 Katie Deacon	11	Freedom	5:28.48
8 Kelbi Pierce	11	North Lincoln	5:34.40

Event 24 Boys 1600 Meter Run

3AMeetRecord: 4:16.06 2018

Cameron Ponder, Mount Tabor

StateMeetRec: 4:10.61 2003

Bobby Mack, North Forsyth

Name	Year	School	Seed Time
1 Elliott Kleckner	12	South Central	4:21.51
2 Cooper Kleckner	12	South Central	4:25.08
3 Quinn Baker	12	Carrboro	4:25.33
4 Spencer Hampton	12	Orange	4:26.08
5 Stephen Ferneti	11	North Lincoln	4:26.28
6 Colten Rodriguez	12	Croatan	4:26.70

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Event 24 ... (Boys 1600 Meter Run)

	Name	Year	School	Seed Time
7	Nicholas Willer	12	Stuart W. Cramer	4:30.45
8	Eli Julian	10	South Rowan	4:33.06
9	Josh Hendren	12	West Johnston	4:33.11
10	Connor Bagwell	10	North Lincoln	4:33.50
11	Liam Markham	10	Durham School of the Arts	4:36.09
12	Will Downs	10	Atkins	4:36.36
13	Zachary Willer	12	Stuart W. Cramer	4:36.77

Event 25 Girls 500 Meter Dash

3A Meet Record: 1:14.05 2/8/2019 Alysia Johnson, Hillside
 State Meet Rec: 1:12.33 2018 Kyna Robinson, Southeast Raleigh

	Name	Year	School	Seed Time
1	Sanu Jallow	12	West Mecklenburg	1:12.62
2	Grace Guilford	11	West Carteret	1:19.55
3	Rachel Kemp	12	North Brunswick	1:21.64
4	Bella Green	9	North Lincoln	1:22.34
5	Audrey Kirkwood	11	Croatan	1:22.40

Event 26 Boys 500 Meter Dash

3A Meet Record: 1:04.45 2018 Khaleb McRae, Souther Durham
 State Meet Rec: 1:03.65 2009 Andrew Hendrix, New Bern

	Name	Year	School	Seed Time
1	Adrien Jacobs	11	Durham School of the Arts	1:04.53
2	Quinn Baker	12	Carrboro	1:06.22
3	Emanuel Williams	11	Central Academy of Technology	1:06.57
4	Riley Lenz	12	Currituck County	1:07.30
5	Matthew Quispe	10	Croatan	1:07.87
6	Giovanni Rincon	12	Union Pines	1:07.92
7	Kenny Lombreglia	12	Croatan	1:08.04
8	Kameron Austin	12	Southern Guilford	1:08.10
9	Isaiah Monroe	12	Dudley	1:08.18

Event 27 Girls 1000 Meter Run

3A Meet Record: 2:58.25 2014 Blake Dodge, West Carteret
 State Meet Rec: 2:53.81 2015 Nevada Mareno, Leesville Road

	Name	Year	School	Seed Time
1	Sanu Jallow	12	West Mecklenburg	2:52.08
2	Navaya Zales	12	Croatan	2:58.91
3	Delaney Horton	9	Swansboro	3:09.90
4	C C Hamrick	12	West Johnston	3:11.71
5	Cara Castro	12	North Lincoln	3:13.85
6	Margaret Ann Healy	12	Durham School of the Arts	3:14.96
7	Rachel Kemp	12	North Brunswick	3:15.72

Event 28 Boys 1000 Meter Run

3A Meet Record: 2:28.85 2/8/2019 Kyle Durham, Weddington H
 State Meet Rec: 2:28.85 2/8/2019 Kyle Durham, Weddington H

	Name	Year	School	Seed Time
1	Warner Campbell	12	First Flight	2:35.65
2	Quinn Baker	12	Carrboro	2:36.29
3	Elliott Kleckner	12	South Central	2:37.50
4	Giovanni Rincon	12	Union Pines	2:38.12
5	Nicholas Willer	12	Stuart W. Cramer	2:38.72

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Event 28 ... (Boys 1000 Meter Run)

	Name	Year	School	Seed Time
6	Stephen Ferneti	11	North Lincoln	2:39.04
7	Cooper Kleckner	12	South Central	2:39.40
8	Riley Lenz	12	Currituck County	2:39.60
9	Mario Delgado	12	South Central	2:39.98
10	James Wallace	11	Croatan	2:40.81
11	Alex Topoly	12	Smithfield-Selma	2:41.19
12	Emanuel Williams	11	Central Academy of Technology	2:41.37
13	Gavin Jessup	11	Currituck County	2:41.40
14	Tristen Alvis	12	Swansboro	2:42.00

Event 29 Girls 300 Meter Dash

3AMeetRecord: 39.32 2/8/2019 Alysia Johnson, Hillside
StateMeetRec: 37.81 2017 Tamara Clark, High Point Central

	Name	Year	School	Seed Time
1	Sanu Jallow	12	West Mecklenburg	38.76
2	Tianna Spinks	9	Southern Guilford	41.96
3	Alaya Gillespie	11	West Iredell	42.21
4	Sadiyah McGregor	12	Dudley	42.29
5	Grace Guilford	11	West Carteret	42.30
6	Alyssia Trigleth	11	Croatan	42.49
7	KeSondra Pickett	10	Rocky Mount	42.74

Event 30 Boys 300 Meter Dash

3AMeetRecord: 34.52 2018 Emerson Douds, Weddington
StateMeetRec: 34.39 2017 J. Johnson, Panther Creek

	Name	Year	School	Seed Time
1	Isaiah Monroe	12	Dudley	35.31
2	Kameron Austin	12	Southern Guilford	35.41
3	Brendan Henby	11	West Henderson	35.96
4	Le'Ezra Brown	9	Dudley	35.97
5	Amir Sanders	12	White Oak	36.04
6	Durell Jenkins	12	Jacksonville	36.24
7	Nathaniel Larrieu	11	White Oak	36.30
8	Peyton Wheeler	9	West Carteret	36.40
9	Will Elkins	12	Fred T. Foard	36.42
10	Adrien Jacobs	11	Durham School of the Arts	36.64

Event 33 Girls 3200 Meter Run

3AMeetRecord: 10:48.48 1998 Sarah Vance Goodman, TC Roberson
StateMeetRec: 10:31.57 2017 Sara Platek, Ragsdale

	Name	Year	School	Seed Time
1	Caroline Murrell	12	Northwood	10:39.44
2	Navaya Zales	12	Croatan	10:54.36
3	Hannah Preisser	12	Carrboro	11:11.77
4	Bella Wood	10	North Lincoln	11:28.83
5	Kylee Dinterman	9	Currituck County	11:32.18
6	Katie Deacon	11	Freedom	11:41.67
7	Kelbi Pierce	11	North Lincoln	11:43.19
8	Lori Glavan	12	North Lincoln	11:50.07
9	Christie Doucette	9	Dixon	11:55.41
10	Margaret Ann Healy	12	Durham School of the Arts	11:57.93

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Event 34 Boys 3200 Meter Run

3A Meet Record: 9:10.96 2010

Jake Hurysz, Eastern Alamance

State Meet Rec: 9:10.96 2010

Jake Hurysz, Eastern Alamance

Name	Year	School	Seed Time
1 Elliott Kleckner	12	South Central	9:14.04
2 Quinn Baker	12	Carrboro	9:17.22
3 Stephen Ferneti	11	North Lincoln	9:30.93
4 Cooper Kleckner	12	South Central	9:32.65
5 Austin Brotemarkle	12	Forestview	9:33.56
6 Zachary Willer	12	Stuart W. Cramer	9:39.21
7 Warner Campbell	12	First Flight	9:43.73
8 Isaac Reyna	12	Ledford	9:44.46
9 Josh Hendren	12	West Johnston	9:48.67
10 Colten Rodriguez	12	Croatan	9:50.49
11 Eli Julian	10	South Rowan	9:52.43
12 Roman Morrell	11	Cedar Ridge	9:53.66
13 Colin Henry	12	Northwood	9:54.86
14 Spencer Hampton	12	Orange	9:58.89
15 Cesar Brawner	11	Swansboro	10:00.00

Event 35 Girls 4x400 Meter Relay

3A Meet Record: 4:00.08 2/8/2019

Hillside, Hillside

State Meet Rec: 3:48.73 2017

E Waters, S Wilkerson, I Deloatch, A Johnson

High Point Central

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

Team	Relay	Seed Time	
1 West Carteret	A	4:12.20	
1) Courtney Tyndall 12	2) Kenley Ballou 10	3) Tyler Collins 10	4) Grace Guilford 11
2 Croatan	A	4:18.68	
1) Cameran Ladd 10	2) Audrey Kirkwood 11	3) Logan Besemer 10	4) Alyssia Tringleth 11
3 North Buncombe	A	4:20.70	
1) Eden Barnwell 10	2) Ruby Blue 11	3) Katie Johnson 10	4) Sophia Banks 9
4 Union Pines	A	4:21.43	
5 Franklin	A	4:21.81	
1) Ashlynn Rylee Cassada 10	2) Laura Covarrubias 9	3) Isabelle Duchemin 11	4) Hope Smith 10
6 White Oak	A	4:23.00	
1) Camila Madrid 12	2) Annabella Rivers 11	3) Karina Morrison 9	4) Skylar Stack 10

Event 36 Boys 4x400 Meter Relay

3A Meet Record: 3:24.21 2018

Weddington

State Meet Rec: 3:21.79 2009

D. Dracon, D. Livingston, K. Durham, E. Douds

New Bern

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

Team	Relay	Seed Time	
1 Croatan	A	3:32.80	
1) Kenny Lombreglia 12	2) Matthew Quispe 10	3) James Wallace 11	4) Brayden Stephens 11
2 West Carteret	A	3:35.20	
1) Hunter Guthrie 11	2) Andrew Chaanine 12	3) Peyton Wheeler 9	4) Jamarion Montford 12
3 Dudley	A	3:35.32	
1) Rory Baker 11	2) Koredell Bartley 9	3) Le'Ezra Brown 9	4) Isaiah Monroe 12
4 Central Academy of Technology	A	3:35.32	
1) Ben Wojtkowiak 12	2) Emanuel Williams 11	3) Jonathan Kamenick 12	4) Evan Brown 12
5 Union Pines	A	3:35.86	
1) Ryan Rubio 12	2) Jameson Rembert 12	3) Ender Limb 12	4) Giovanni Rincon 12

NCHSAA 3A Indoor Track State Championships - 2/12/2022**JDL Fast Track
Performance List****Event 36 ... (Boys 4x400 Meter Relay)**

	Team	Relay	Seed Time
6	Durham School of the Arts	A	3:37.15
	1) Nolan Menanno 12	2) Jackson Steffens 10	3) Liam Markham 10
			4) Adrien Jacobs 11
7	White Oak	A	3:37.90
	1) Nathaniel Larrieu 11	2) Jalen Silapeth 12	3) Amir Sanders 12
			4) Leo Holt 12