



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



A.C. REYNOLDS

Christina Hernandez	2001	4A	Discus	126' 03"
Christina Hernandez	2002	4A	Discus	137' 04"
Christina Hernandez	2003	4A	Shot Put	41' 5"
Christina Hernandez	2003	4A	Discus	139' 00"
Anna Vess	2014	3A	1600 M Run	5:00.39
Anna Vess	2014	3A	3200 M Run	10:52.18
	2014	3A	4X800 M Relay	9:20.23
Anna Vess	2015	3A	800 M Dash	2:17.41
Anna Vess	2015	3A	1600 M Run	5:03.49
Anna Vess	2016	3A	800 M Dash	2:13.28
Anna Vess	2016	3A	1600 M Run	5:00.09
Anna Vess	2016	3A	3200 M Run	11:19.41

A.L. BROWN

Melissa Morrison	1987	4A	100 M Hurdles	14.78
Melissa Morrison	1988	4A	100 M Hurdles	15.19
Melissa Morrison	1989	4A	Triple Jump	39' 11.75"
Melissa Morrison	1989	4A	100 M Hurdles	14.09

ALBEMARLE

Tafoya Taylor	1986	1/2	Triple Jump	35' 09"
	1987	1/2	4X200 M Relay	1:45.45
Susie Britt	1988	1/2	High Jump	5' 02"
	1988	1/2	4X200 M Relay	1:46.03
	1989	1/2	4X400 M Relay	4:08.45
	2002	1A	4X400 M Relay	4:08.09
Kendall Ridenhour	2004	1A	Shot Put	38' 11"
Kendall Ridenhour	2004	1A	Discus	126' 02"
Glasha Covington	2006	1A	Triple Jump	35' 09"
	2006	1A	4X200 M Relay	1:49.23
Glasha Covington	2008	1A	Triple Jump	38' 3.75"
Taniqua Knight	2017	1A	300 M Hurdles	46.89
Taniqua Knight	2018	1A	300 M Hurdles	46.47
Somahje Porter	2019	1A	300 M Hurdles	46.76

ANDREWS

Tiffany McGaha	2003	1A	Shot Put	37' 9"
Tiffany McGaha	2003	1A	Discus	124' 00"
Tiffany McGaha	2005	1A	Shot Put	38' 3.25"
Tiffany McGaha	2005	1A	Discus	134' 00"
Tiffany McGaha	2006	1A	Shot Put	37' 2"
Tiffany McGaha	2006	1A	Discus	139' 01"
	2006	3A	4X100 M Relay	49.06
Stephanie Johnson	2011	1A	High Jump	5' 04"

ANDREWS (CONTINUED)

Tiffany Holloway	2017	1A	Shot Put	41' 2"
Tiffany Holloway	2017	1A	Discus	128' 02"

ANSON

Chrystal Marsh	2002	3A	Long Jump	17' 10.25"
Lateasa Michael	2005	3A	300 M Hurdles	45.14
Patience Marshall	2018	2A	Shot Put	42' 3"
Patience Marshall	2018	2A	Discus	134' 08"
Katie Horne	2021	2A	Shot Put	37'08.00"

APEX

Debbie Martin	2002	4A	High Jump	5' 08"
Lamarra Currie	2005	4A	200 M Dash	24.28
Andie Cozzarelli	2006	4A	3200 M Run	11:01.35
Andie Cozzarelli	2007	4A	3200 M Run	11:15.90
Alexis Murphy	2011	4A	200 M Dash	24.57
Alexis Murphy	2012	4A	100 M Dash	11.60
Alexis Murphy	2012	4A	200 M Dash	23.96
Anna Eaton	2014	4A	Pole Vault	12' 06"
Sydnei Murphy	2014	4A	Long Jump	19' 5.25"
Sydnei Murphy	2014	4A	Triple Jump	39' 7.5"
Anna Eaton	2015	4A	Pole Vault	12' 06"
Cara King	2015	4A	Shot Put (WC)	10' 04"
Cara King	2015	4A	Discus (WC)	25' 4"
Cara King	2015	4A	100 M Dash (WC)	22.32
Cara King	2015	4A	200 M Dash (WC)	44.90
Sydnei Murphy	2015	4A	Long Jump	20' 03"
Sydnei Murphy	2015	4A	Triple Jump	40' 0.75"
Sydnei Murphy	2015	4A	MOP	

Cara King	2016	4A	Shot Put (WC)	10' 11"
Cara King	2016	4A	Discus (WC)	26' 9"
Cara King	2016	4A	100 M Dash (WC)	28.80
Cara King	2016	4A	200 M Dash (WC)	50.54
Cara King	2017	4A	Shot Put (WC)	12' 04"
Cara King	2017	4A	Discus (WC)	32' 11"
Cara King	2017	4A	100 M Dash (WC)	23.04
Cara King	2017	4A	200 M Dash (WC)	47.77
Cara King	2018	4A	Shot Put (WC)	13' 7.5"
Cara King	2018	4A	Discus (WC)	34' 9"
Cara King	2018	4A	100 M Dash (WC)	22.42
Cara King	2018	4A	200 M Dash (WC)	42.03

ARDREY KELL

Amber Jackson	2021	4A	High Jump	5'06.00"
Amber Jackson	2021	4A	Long Jump	18'01.00"

ASHBROOK

Camryn Massey	1987	4A	4X100 M Relay	48.86
	1988	4A	4X100 M Relay	48.53
	1988	4A	4X400 M Relay	3:56.50
	2021	3A	Discus	140'09"

ASHE COUNTY

Katrina Krider	2007	2A	Pole Vault	9' 06"
Emily Hartsoe	2008	2A	4X200 M Relay	1:50.62
	2021	2A	Discus	123'03"

ASHEBORO

Laura Hargett	1987	3A	100 M Hurdles	15.93
Tara Lindsay	1989	3A	High Jump	5' 06"
Keione Covington	1994	3A	Long Jump	17' 11.75"
Keione Covington	1994	3A	Triple Jump	37' 2.5"
Keione Covington	1995	3A	Long Jump	18' 1.75"
Keione Covington	1995	3A	Triple Jump	36' 10.5"
Natasha Harris	1995	3A	300 M Hurdles	46.57
Keione Covington	1996	3A	Long Jump	18' 10"
Keione Covington	1997	3A	Long Jump	18' 6.5"
Maci Bunting	2016	3A	High Jump	5' 06"
Kalynn McNair	2017	3A	Triple Jump	38' 10.75"
Kalynn McNair	2018	3A	Triple Jump	38' 01"

ASHEVILLE

Valerie Metz	1994	3A	Shot Put	34' 5.75"
Jenny Cambron	2004	3A	Pole Vault	9' 06"
Sophia Treakle	2007	3A	100 M Hurdles	14.90
Sophia Treakle	2007	3A	300 M Hurdles	44.67
Sophia Treakle	2007	3A	MOP	
Sophia Treakle	2008	3A	100 M Hurdles	14.87
Sophia Treakle	2008	3A	300 M Hurdles	43.15
Alion Belvin	2017	3A	100 M Hurdles	15.00

ATHENS DRIVE

Karen Medlin	1999	4A	800 M Dash	2:18.32
Callan Fike	2006	4A	1600 M Run	5:06.15
Callan Fike	2007	4A	800 M Dash	2:14.60
Callan Fike	2007	4A	1600 M Run	4:59.83
Maddie Davies	2021	4A	Pole Vault	12'00.00"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



AVERY COUNTY

Judith Dillashaw	2007 1A Discus	111' 06"
Judith Dillashaw	2008 1A Discus	117' 09"
Kylie Polsgrove	2013 1A 300 M Hurdles	46.17
Kylie Polsgrove	2014 1A 100 M Hurdles	15.17
Kylie Polsgrove	2014 1A 300 M Hurdles	45.71
Kylie Polsgrove	2015 1A High Jump	5' 06"
Kylie Polsgrove	2015 1A 100 M Hurdles	14.94
Kylie Polsgrove	2015 1A 300 M Hurdles	45.49

BEDDINGFIELD

Kim Austin	1985 O Long Jump	18' 10"
Kim Austin	1986 3/4 Long Jump	19' 11"
Kim Austin	1986 3/4 Triple Jump	39' 1.5"
Kim Austin	1986 3/4 MOP	
Tishan Melton	1995 3A 100 M Hurdles	15.11
	2014 2A 4X100 M Relay	49.35

BEN L. SMITH

Rahma Mateen	1991 4A Long Jump	19' 1.5"
	1991 4A 4X400 M Relay	3:55.55
Rahma Mateen	1992 4A Long Jump	18' 08"
	1992 4A 4X400 M Relay	3:58.00
	1999 3A 4X400 M Relay	4:08.53
Jeretha Massey	2000 3A 400 M Dash	59.02
	2000 3A 4X400 M Relay	4:09.13
Jeretha Massey	2001 3A 400 M Dash	58.16
Leteisha Johnson	2001 3A 300 M Hurdles	46.70
	2001 3A 4X400 M Relay	3:59.91
Jeretha Massey	2002 3A 800 M Dash	2:20.02
Jeretha Massey	2002 3A 400 M Dash	57.76
	2004 3A 4X100 M Relay	49.95
	2005 3A 4X200 M Relay	1:44.96

BERRY

	2013 3A 4X100 M Relay	48.68
	2013 3A 4X200 M Relay	1:43.75

BERTIE

Crystal Chamblee	1997 3A Shot Put	37' 5.25"
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BESSEMER CITY

Shanara Mintz	2000 2A Shot Put	40' 6.75"
Shanara Mintz	2002 1A Shot Put	43' 4.75"
Shanara Mintz	2002 1A Discus	118' 0.5"

BESSEMER CITY (CONTINUED)

	2016 1A 4X200 M Relay	1:49.62
	2017 1A 4X200 M Relay	1:46.30
Ja'Ciya Guthrie	2019 1A 100 M Hurdles	15.04
Ja'Ciya Guthrie	2019 1A 100 M Dash	12.08
Ja'Ciya Guthrie	2019 1A 200 M Dash	25.30
Ja'Ciya Guthrie	2019 1A MOP	

BISHOP MCGUINNESS

Heather Hoffman	2006 1A 1600 M Run	5:26.78
	2007 1A 4X400 M Relay	4:12.66
	2009 1A 4X400 M Relay	4:04.48
	2013 1A 4X800 M Relay	10:00.91
	2014 1A 4X800 M Relay	9:56.73

BLADENBORO

Shayla Horne	1997 1A 300 M Hurdles	46.60
Shayla Horne	1998 1A 100 M Dash	12.49

BOWMAN

Leak	1973 O 100 YD Dash	11.10
Leak	1973 O 220 YD Dash	25.40

BREVARD

Allison Lentz	1998 2A High Jump	5' 04"
Amy Steadman	2001 2A 400 M Dash	59.80
	2001 2A 4X800 M Relay	10:21.21
	2003 2A 4X800 M Relay	10:12.06
Colleen McKown	2004 2A 800 M Dash	2:22.22
	2004 2A 4X800 M Relay	9:54.70
Kaylan Lance	2010 2A 800 M Dash	2:19.76

BROUGHTON

Alayne Joyner	1993 4A Discus	121' 04"
Meredith Faircloth	1995 4A 1600 M Run	5:09.29
Meredith Faircloth	1995 4A 3200 M Run	11:20.53
Ashley Dutch	2001 4A 100 M Hurdles	14.70
Ashley Dutch	2001 4A 300 M Hurdles	44.94
Karen Medlin	2001 4A 800 M Dash	2:18.79
	2012 4A 4X800 M Relay	9:11.48
Mattie Blue	2013 4A 1600 M Run	5:02.52
Megan Sullivan	2013 4A 800 M Dash	2:13.29
	2013 4A 4X800 M Relay	9:10.26

BUNKER HILL

Crystal Forney	1996 2A High Jump	5' 02"
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BUNN

Nakisha Stewart	2003 2A Shot Put	38' 0.5"
Nakisha Stewart	2005 2A Shot Put	39' 0"
Tria Metzler	2005 2A 3200 M Run	11:31.90
Tria Metzler	2006 2A 3200 M Run	11:29.49
Marissa Bellamy	2009 2A 200 M Dash	24.69

BUNN (CONTINUED)

Marisa Bellamy	2011 2A 100 M Dash	11.91
Marisa Bellamy	2011 2A MOP	
Marissa Bellamy	2011 2A 200 M Dash	24.39
Marissa Bellamy	2011 2A 400 M Dash	56.74
Marissa Bellamy	2012 2A 400 M Dash	55.73
Mookie Chavis	2012 2A Shot Put	38' 3.25"
Tainasha Vines	2013 2A Triple Jump	38' 06"
Tainasha Vines	2014 2A Long Jump	18' 7.5"
Tainasha Vines	2014 2A Triple Jump	39' 1.5"
Tainasha Vines	2015 2A Triple Jump	38' 8.75"

BUTLER

Rolanda Gabriel	1999 4A 300 M Hurdles	45.39
Vonteena Knotts	2004 4A Long Jump	19' 4.5"
Aslynn Halvorson	2008 4A Shot Put	42' 4"
Aslynn Halvorson	2008 4A Discus	139' 10"
Aslynn Halvorson	2009 4A Shot Put	44' 2"
Aslynn Halvorson	2009 4A Discus	139' 07"
Clair Watkins	2010 4A Shot Put	41' 8.5"
Vashti Bandy	2010 4A 100 M Dash	12.05

C.B. AYCOCK

Courtney Warner	2014 3A 100 M Dash	11.93
Courtney Warner	2014 3A 200 M Dash	24.87
Courtney Warner	2015 3A 100 M Dash	11.80
Courtney Warner	2015 3A 200 M Dash	24.23

CAMDEN COUNTY

Taneshia Walker	1997 1A Long Jump	16' 07"
Sydney McCoy	2014 1A Long Jump	17' 11"
Sydney McCoy	2016 1A Long Jump	17' 1.5"
Sydney McCoy	2016 1A 100 M Dash	12.17



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



CAPE FEAR

McNeill	1978	O	Long Jump	19' 07"	Francesca Perone
Sylvia Crumpler	1987	4A	Shot Put	38' 0"	
Sylvia Crumpler	1987	4A	Discus	115' 01"	Grace Morken
Sylvia Crumpler	1987	4A	MOP		Grace Morken
Sylvia Crumpler	1988	4A	Shot Put	39' 7"	
Sylvia Crumpler	1989	4A	Shot Put	38' 9.75"	Grace Morken
					Grace Morken

CARDINAL GIBBONS

Julie Shea	1975	O	880 YD Dash	2:14.40	Grace Morken
Julie Shea	1976	O	1 Mile Run	4:50.80	Grace Morken
Julie Shea	1977	O	880 YD Dash	2:16.60	
Julie Shea	1977	O	1 Mile Run	4:43.10	
Mary Shea	1978	O	2 Mile Run	10:17.50	Maysa Araba
Mary Shea	1979	O	880 YD Dash	2:13.20	Maysa Araba
Mary Shea	1979	O	1 Mile Run	4:58.00	Helen Morken
Mary Shea	1979	O	2 Mile Run	10:08.40	Maysa Araba
Heather Beichner	2006	2A	1600 M Run	5:08.50	Maysa Araba
	2006	2A	4X800 M Relay	9:39.46	Maysa Araba
Heather Beichner	2007	2A	1600 M Run	5:09.50	Hannah Preisser
	2007	2A	4X800 M Relay	10:06.39	
Heather Beichner	2008	2A	800 M Dash	2:18.61	
Heather Beichner	2008	2A	1600 M Run	4:57.05	
	2008	2A	4X400 M Relay	4:11.97	
	2008	2A	4X800 M Relay	9:55.84	
Halsey Merritt	2009	2A	3200 M Run	11:46.64	
Halsey Merritt	2009	2A	1600 M Run	5:16.82	Diana Jones
	2009	2A	4X800 M Relay	9:57.11	Wendy Utley
Sarah Rapp	2010	3A	1600 M Run	5:04.10	
Sarah Rapp	2010	3A	3200 M Run	11:00.10	
Megan Kunkel	2011	3A	800 M Dash	2:17.74	Nneka Martin
Sarah Rapp	2011	3A	1600 M Run	5:07.05	Kinsey Batts
Sarah Rapp	2011	3A	3200 M Run	11:03.44	Melissa Council
	2011	3A	4X800 M Relay	9:29.25	Melissa Council
Mary Grace Doggett	2012	3A	3200 M Run	11:21.84	Melissa Council
Sophie Ebihara	2013	3A	3200 M Run	11:08.52	Melissa Council
Sophie Ebihara	2015	3A	3200 M Run	11:06.99	
	2018	4A	4X800 M Relay	9:26.83	
Caroline Todd	2019	4A	800 M Dash	2:15.08	Layla White
Taylor McKinnon	2019	4A	100 M Hurdles	13.88	
Shawnti Jackson	2021	4A	100 Meter Dash	11.48	
Shawnti Jackson	2021	4A	200 Meter Dash	23.06	Olivia Goodwin
	2021	4A	4X100 Relay	47.33	

CARRBORO

2010	2A	1600 M Run	5:25.44	
2010	2A	4X800 M Relay	9:46.00	
2011	2A	800 M Dash	2:13.09	
2011	2A	1600 M Run	5:13.09	
2011	2A	4X800 M Relay	9:49.09	
2012	2A	800 M Dash	2:18.26	
2012	2A	1600 M Run	5:09.13	
2012	2A	4X800 M Relay	9:48.60	
2013	2A	800 M Dash	2:16.71	
2013	2A	1600 M Run	5:13.00	
2013	2A	4X400 M Relay	4:05.12	
2013	2A	4X800 M Relay	9:42.41	
2014	2A	800 M Dash	2:16.41	
2014	2A	1600 M Run	5:03.52	
2015	2A	3200 M Run	11:24.70	
2015	2A	800 M Dash	2:15.18	
2015	2A	1600 M Run	4:55.78	
2015	2A	MOP		
2019	2A	3200 M Run	11:31.43	
2019	2A	4X800 M Relay	9:52.12	

CARVER

2011	2A	4X100 M Relay	49.46	
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CARY

1988	4A	Discus	117' 02"	
1991	4A	Shot Put	37' 3.5"	
1993	4A	4X800 M Relay	9:52.30	
1997	4A	4X800 M Relay	9:41.61	
2000	4A	300 M Hurdles	44.23	
2002	4A	Pole Vault	10' 06"	
2003	4A	Long Jump	17' 11"	
2003	4A	200 M Dash	24.45	
2003	4A	300 M Hurdles	43.61	
2003	4A	MOP		
2010	4A	4X800 M Relay	9:18.33	
2011	4A	4X800 M Relay	9:06.17	
2014	4A	400 M Dash	55.41	
2014	4A	4X800 M Relay	9:09.58	
2015	4A	4X800 M Relay	9:14.45	
2017	4A	Pole Vault	12' 06"	

CEDAR RIDGE

2003	2A	400 M Dash	59.06	Italie Murphy
2004	2A	400 M Dash	56.27	Italie Murphy
2005	2A	400 M Dash	58.02	Italie Murphy
2005	2A	High Jump	5' 02"	Jordan Lee
2006	2A	800 M Dash	2:20.01	Kennedy Wolfe
2007	2A	High Jump	5' 06"	Jordan Lee
2007	2A	800 M Dash	2:22.77	Kennedy Wolfe
2007	2A	100 M Dash	12.27	Lindsay Fuller
2008	2A	100 M Dash	12.40	Lindsay Fuller
2009	2A	100 M Dash	12.44	Lindsay Fuller
2009	2A	4X100 M Relay	49.73	
2009	2A	4X200 M Relay	1:43.91	
2010	2A	High Jump	5' 03"	Libby Florence
2012	2A	Discus	112' 03"	Morgan Lau
2014	3A	Long Jump	17' 10"	Kacia Vines
2015	3A	Long Jump	18' 07"	Kacia Vines

CENTRAL CABARRUS

2021	3A	Triple Jump	37'11.00"	Jahaila Wright
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CHAPEL HILL

1978	O	880 YD Dash	2:17.10	Briscoe
1996	4A	3200 M Run	11:34.43	Angie Morey
2001	4A	1600 M Run	5:11.93	Rachel Kitson
2001	4A	3200 M Run	11:15.32	Rachel Kitson
2017	3A	4X800 M Relay	9:26.90	
2018	3A	800 M Dash	2:12.74	Megan Marvin
2018	3A	4X800 M Relay	9:18.55	
2019	3A	800 M Dash	2:13.26	Megan Marvin
2019	3A	4X800 M Relay	9:23.62	

CHARLOTTE CATHOLIC

2012	3A	Long Jump	16' 11"	Onya Edwards
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CHASE

1985	O	100 M Dash	11.90	Lamonda Miller
1985	O	200 M Dash	24.64	Lamonda Miller
1990	1/2	4X100 M Relay	50.73	
1991	1/2	4X100 M Relay	50.14	

CHATHAM CENTRAL

1994	1A	100 M Dash	13.14	Wendy Wilson
2011	1A	400 M Dash	59.06	Holly Gaines



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



CHEROKEE

Miranda Long	2000	1A	Discus	116' 9.5"
Miranda Long	2001	1A	Discus	118' 04"
Amanada Cagle	2008	1A	Shot Put	37' 00"
Hallah Panther	2019	1A	Pole Vault	10' 00"

CHERRYVILLE

Sarah Herd	2007	1A	High Jump	5' 02"
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CLAYTON

Anissa Gainey	1997	2A	200 M Dash	25.54
Anissa Gainey	1998	3A	100 M Dash	12.20
Anissa Gainey	1999	3A	Long Jump	18' 06"
Anissa Gainey	1999	3A	100 M Dash	12.12
Anissa Gainey	1999	3A	200 M Dash	24.79
Anissa Gainey	1999	3A	MOP	
Anissa Gainey	2000	3A	100 M Dash	12.06
Anissa Gainey	2000	3A	200 M Dash	25.18
Keni Harrison	2010	4A	100 M Hurdles	14.56
Keni Harrison	2010	4A	300 M Hurdles	42.53
Keni Harrison	2010	4A	MOP	
Keni Harrison	2011	4A	100 M Hurdles	13.69
Keni Harrison	2011	4A	300 M Hurdles	41.41
Keni Harrison	2011	4A	MOP	
Mollie Williams	2012	4A	100 M Hurdles	13.66
Mollie Williams	2013	4A	100 M Hurdles	13.98
Ariana Daley	2021	3A	400 Meter Dash	56.91

CLEVELAND

Sydni Fields	2016	3A	100 M Hurdles	14.98
Sydni Fields	2016	3A	300 M Hurdles	44.59

COMMUNITY SCHOOL OF DAVIDSON

Malia Ellington	2013	1A	800 M Dash	2:20.37
Malia Ellington	2013	1A	1600 M Run	5:01.37
Malia Ellington	2013	1A	3200 M Run	11:42.66
Malia Ellington	2014	1A	800 M Dash	2:15.87
Malia Ellington	2014	1A	1600 M Run	4:59.88
Malia Ellington	2014	1A	3200 M Run	12:02.69
Maria Ellington	2014	1A	MOP	
Malia Ellington	2015	1A	800 M Dash	2:12.26
Malia Ellington	2015	1A	1600 M Run	5:04.85
Malia Ellington	2015	1A	3200 M Run	11:28.59
Maria Ellington	2015	1A	MOP	
	2015	1A	4X400 M Relay	4:04.26

CONCORD

Candra Gayle	1989	3A	Discus	127' 08"
Candra Gayle	1989	3A	MOP	
Ameika Robinson	1990	3A	Shot Put	36' 5.25"
Carol Kiser	1999	3A	High Jump	5' 04"

COX MILL

Tori Elliott	2011	3A	Long Jump	17' 10"
Tori Elliott	2011	3A	MOP	
	2016	3A	4X100 M Relay	48.27

CROATAN

Samantha Layko	2013	2A	Discus	122' 01"
Samantha Layko	2014	2A	Discus	131' 05"
Samantha Layko	2015	2A	Shot Put	39' 6.5"
Samantha Layko	2015	2A	Discus	128' 11"
Kaleigh Hanson	2017	2A	800 M Dash	2:19.28
	2017	2A	4X400 M Relay	4:07.97
Kaleigh Hanson	2018	2A	800 M Dash	2:19.43
	2018	2A	4X400 M Relay	4:02.93

CUMMINGS

Clara Russell	1987	3A	400 M Dash	58.70
Tara Burns	1987	3A	300 M Hurdles	45.98
	1987	3A	4X400 M Relay	4:03.80
Candy Graves	1988	3A	Discus	127' 0.5"
Candy Graves	1988	3A	MOP	
Tara Burns	1988	3A	300 M Hurdles	46.10
DeAnne Davis	1993	3A	Triple Jump	38' 11"
DeAnne Davis	1993	3A	100 M Hurdles	14.67
DeAnne Davis	1993	3A	300 M Hurdles	45.44
DeAnne Davis	1993	3A	MOP	
	1993	3A	4X100 M Relay	49.83
DeAnne Davis	1994	2A	Triple Jump	38' 11"
DeAnne Davis	1994	2A	100 M Hurdles	14.65
DeAnne Davis	1994	2A	300 M Hurdles	45.56
DeAnne Davis	1994	2A	MOP	
	1994	2A	4X200 M Relay	1:46.27
	1994	2A	4X400 M Relay	4:07.34
DeAnne Davis	1995	2A	Long Jump	18' 0.5"
DeAnne Davis	1995	2A	Triple Jump	39' 09"
DeAnne Davis	1995	2A	100 M Hurdles	14.56
DeAnne Davis	1995	2A	300 M Hurdles	44.94
DeAnne Davis	1995	2A	MOP	
	1995	2A	4X100 M Relay	50.42

CUMMINGS (CONTINUED)

DeAnne Davis	1995	2A	4X200 M Relay	1:44.71
DeAnne Davis	1995	2A	4X400 M Relay	4:06.14
DeAnne Davis	1996	2A	Long Jump	18' 10.75"
DeAnne Davis	1996	2A	Triple Jump	40' 02"
DeAnne Davis	1996	2A	100 M Hurdles	14.63
DeAnne Davis	1996	2A	300 M Hurdles	45.40
DeAnne Davis	1996	2A	MOP	
DeAnne Davis	1996	2A	4X100 M Relay	50.12
DeAnne Davis	1996	2A	4X200 M Relay	1:45.71
DeAnne Davis	1997	2A	100 M Hurdles	15.63
DeAnne Davis	1997	2A	300 M Hurdles	45.79
DeAnne Davis	1998	1A	Triple Jump	35' 3.5"
DeAnne Davis	1998	1A	100 M Hurdles	15.75
DeAnne Davis	1998	1A	300 M Hurdles	46.36
DeAnne Davis	1998	1A	400 M Dash	1:00.08
DeAnne Davis	1998	1A	4X400 M Relay	4:13.96
DeAnne Davis	2000	1A	Shot Put	38' 10.25"
DeAnne Davis	2000	1A	Triple Jump	36' 5.25"
DeAnne Davis	2000	1A	MOP	
DeAnne Davis	2000	1A	4X200 M Relay	1:47.80
DeAnne Davis	2000	1A	4X400 M Relay	4:12.58
DeAnne Davis	2001	1A	Shot Put	38' 3.25"
DeAnne Davis	2001	1A	100 M Hurdles	14.35
DeAnne Davis	2001	1A	300 M Hurdles	45.23
DeAnne Davis	2001	1A	Triple Jump	37' 10.25"
DeAnne Davis	2001	1A	4X400 M Relay	4:16.40
DeAnne Davis	2002	2A	Shot Put	44' 1.5"
DeAnne Davis	2002	2A	100 M Hurdles	14.59
DeAnne Davis	2002	2A	300 M Hurdles	44.61
DeAnne Davis	2004	2A	100 M Hurdles	14.97
DeAnne Davis	2005	2A	100 M Hurdles	14.93
DeAnne Davis	2005	2A	300 M Hurdles	43.96
DeAnne Davis	2006	2A	100 M Hurdles	14.34
DeAnne Davis	2006	2A	300 M Hurdles	44.15
DeAnne Davis	2006	2A	MOP	
DeAnne Davis	2006	2A	4X100 M Relay	49.06
DeAnne Davis	2006	2A	4X200 M Relay	1:42.33
DeAnne Davis	2007	2A	Long Jump	18' 1.5"
DeAnne Davis	2007	2A	100 M Hurdles	13.98
DeAnne Davis	2007	2A	300 M Hurdles	43.76
DeAnne Davis	2007	2A	MOP	
DeAnne Davis	2007	2A	Triple Jump	38' 5.5"
DeAnne Davis	2008	2A	200 M Dash	25.27
DeAnne Davis	2008	2A	Long Jump	19' 1.75"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



CUMMINGS (CONTINUED)

Sherice Walker	2008	2A	Triple Jump	39' 03"
Sherice Walker	2008	2A	100 M Hurdles	14.21
Sherice Walker	2008	2A	300 M Hurdles	44.74
Sherice Walker	2008	2A	MOP	
Sherice Walker	2009	2A	Long Jump	19' 03"
Sherice Walker	2009	2A	Triple Jump	39' 09"
Sherice Walker	2009	2A	100 M Hurdles	14.50
Sherice Walker	2009	2A	MOP	
Francesca Evans	2010	2A	300 M Hurdles	44.64
Kortney Williams	2010	2A	Triple Jump	37' 01"
Kortney Williams	2010	2A	100 M Hurdles	14.66
	2010	2A	4X400 M Relay	4:08.64
Francesca Evans	2011	2A	Triple Jump	38' 10.5"
Francesca Evans	2012	2A	Triple Jump	39' 03"
Francesca Evans	2012	2A	MOP	
Kayla Moore	2014	2A	100 M Hurdles	14.75
Kayla Moore	2014	2A	300 M Hurdles	45.77
Kayla Moore	2015	2A	100 M Hurdles	14.38
Kayla Moore	2015	2A	300 M Hurdles	46.07
Kenya Majors	2015	2A	Long Jump	18' 1.25"
	2015	2A	4X100 M Relay	48.81
Kayla Moore	2016	2A	100 M Hurdles	13.71
Kayla Moore	2016	2A	300 M Hurdles	42.70
Kayla Moore	2016	2A	MOP	
Kenya Majors	2016	2A	Long Jump	18' 6.5"
Tajah Walston	2016	2A	100 M Dash	11.94
	2016	2A	4X100 M Relay	48.52
	2016	2A	4X200 M Relay	1:41.59
Kelsia Moore	2017	2A	Long Jump	19' 01"
	2018	2A	4X200 M Relay	1:44.13
Allysia Farrar	2019	2A	100 M Dash	11.92
Allysia Farrar	2019	2A	200 M Dash	24.85
Jydia Faucette	2019	2A	Long Jump	18' 1.75"
Kendall Jordan	2019	2A	Triple Jump	40' 4.75"
Kendall Jordan	2019	2A	100 M Hurdles	14.11
Kendall Jordan	2019	2A	300 M Hurdles	43.03
Kendall Jordan	2019	2A	MOP	
Kendall Jordan	2021	2A	100M Hurdles	14.03
Kendall Jordan	2021	2A	300M Hurdles	44.22
Kendall Jordan	2021	2A	Long Jump	17'10.50"
Kendall Jordan	2021	2A	Triple Jump	38'04.00"

CURRITUCK

Racheca Barrow	1996	2A	200 M Dash	25.12
Rasheca Barrow	1996	2A	100 M Dash	12.23
	1999	2A	4X400 M Relay	4:14.95

CUTHBERTSON

Raven Covington	2012	2A	Long Jump	17' 04"
Liz Wood	2013	2A	Pole Vault	10' 06"
Liz Wood	2014	3A	Pole Vault	11' 06"
Nikolete Hurrinus	2014	3A	400 M Dash	56.98
	2016	3A	4X800 M Relay	9:29.86
Jaelyn Warren	2017	3A	High Jump	5' 04"
Sarah LaTour	2017	3A	1600 M Run	5:03.03
Sarah LaTour	2017	3A	3200 M Run	11:22.35
Dahlia Cutler	2018	3A	400 M Dash	56.15
Ava Studney	2019	3A	Pole Vault	11' 06"
Alyssa Preisano	2021	3A	800 Meter Run	2:17.46
Alyssa Preisano	2021	3A	1600 Meter Run	4:57.34
	2021	3A	4X800 Relay	9:18.25

D.H. CONLEY

Kim Pakowski	1990	3A	Discus	119' 05"
Kim Pakowski	1991	3A	Discus	115' 10"
Toi Wilson	1992	3A	400 M Dash	59.05
Toi Wilson	1993	3A	100 M Dash	11.83
Toi Wilson	1993	3A	400 M Dash	55.71
Toi Wilson	1994	3A	400 M Dash	56.84

DAVIE

Sarah Gardner	1982	O	Shot Put	41' 8.25"
Samantha Murrillo	2001	4A	400 M Dash	56.72
Anna McBride	2011	4A	3200 M Run	10:46.08
Anna McBride	2012	4A	3200 M Run	10:47.82

DIXON

Valesha Small	1999	1A	Long Jump	17' 2.75"
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DOUGLAS BYRD

Ida Pierce	1985	O	Shot Put	37' 5.5"
Elisha Marshall	1992	4A	100 M Dash	12.18
Elisha Marshall	1994	4A	100 M Dash	12.18
Adrienne Sims	1995	4A	High Jump	5' 8.5"
Adrienne Sims	1996	4A	High Jump	5' 08"
Adrienne Sims	1997	4A	High Jump	6' 00"
Naomi Alston	2011	3A	400 M Dash	56.48
Naomi Alston	2012	3A	400 M Dash	56.01

DRAUGHN

Josephine Johnson	2015	2A	Pole Vault	9' 06"
Leanna Seagraves	2016	2A	Pole Vault	9' 00"

DUDLEY

Cook	1972	O	Discus	103' 11"
Wall	1972	O	High Jump	5' 02"
	1977	O	4X110 YD Relay	49.30
	1979	O	4X220 YD Relay	1:44.00
Pam Doggett	1984	O	200 M Hurdles	27.92
	1984	O	4X100 M Relay	48.46
	1984	O	4X200 M Relay	1:40.24
Pam Doggett	1985	O	100 M Hurdles	14.50
Pam Doggett	1985	O	300 M Hurdles	44.73
Adrienne Ferguson	1986	3/4	100 M Dash	11.96
Adrienne Ferguson	1986	3/4	200 M Dash	24.40
Adrienne Ferguson	1986	3/4	MOP	
Pam Doggett	1986	3/4	100 M Hurdles	13.88
Pam Doggett	1986	3/4	300 M Hurdles	42.00
Pam Doggett	1986	3/4	MOP	
Sonja Thomas	1986	3/4	400 M Dash	56.14
	1986	3/4	4X100 M Relay	48.59
	1986	3/4	4X200 M Relay	1:40.67
	1986	3/4	4X400 M Relay	3:51.70
Sonja Thomas	1987	4A	400 M Dash	56.27
Wanda Medly	1987	4A	300 M Hurdles	45.14
Marlene Poole	1989	4A	100 M Dash	11.74
Marlene Poole	1989	4A	200 M Dash	25.04
	1989	4A	4X200 M Relay	1:41.76
	1989	4A	4X400 M Relay	3:51.87
	1989	4A	4X800 M Relay	9:29.36
Marlene Poole	1990	4A	100 M Dash	11.95
Marlene Poole	1990	4A	200 M Dash	24.53
	1990	4A	4X400 M Relay	3:52.76
	1993	4A	4X100 M Relay	48.34
	1993	4A	4X200 M Relay	1:42.21
	1998	3A	4X100 M Relay	48.71
	1998	3A	4X400 M Relay	4:00.62
	1999	3A	4X100 M Relay	49.01
Suzzette McSwain	2001	3A	200 M Dash	25.79
Tiaera Reynolds	2006	3A	400 M Dash	57.02
	2007	3A	4X400 M Relay	4:01.30
	2008	3A	4X200 M Relay	1:42.08
	2008	3A	4X400 M Relay	4:00.35
Tyler Brockington	2009	3A	300 M Hurdles	45.02



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



DUDLEY (CONTINUED)

	2009	3A	4X200 M Relay	1:41.48
	2009	3A	4X400 M Relay	3:55.47
Tyler Brockington	2012	4A	300 M Hurdles	41.81

DURHAM MAGNET

Katrelle Armwood	1999	1A	Triple Jump	35' 4.75"
Katrelle Armwood	1999	1A	300 M Hurdles	45.92

DURHAM SCHOOL OF ARTS

Katrelle Armwood	2000	1A	100 M Hurdles	15.38
Katrelle Armwood	2001	1A	Long Jump	17' 5.5"
Katrelle Armwood	2002	1A	Long Jump	18' 5.25"
Katrelle Armwood	2002	1A	Triple Jump	36' 03"
Katrelle Armwood	2002	1A	100 M Hurdles	15.38
Katrelle Armwood	2002	1A	300 M Hurdles	45.80
Katrelle Armwood	2002	1A	MOP	
Mary Mayfield	2002	1A	400 M Dash	57.46
	2002	1A	4X200 M Relay	1:44.35
Ebony Robinson	2003	1A	200 M Dash	25.64
Melinda Mayfield	2003	1A	100 M Hurdles	15.84
	2003	1A	4X200 M Relay	1:46.47
Eman Al-Aswadi	2004	1A	Triple Jump	35' 9.75"
Jessica Peaks	2004	1A	High Jump	5' 02"
	2004	1A	4X200 M Relay	1:44.60
	2004	1A	4X400 M Relay	4:09.69
Eman Al-Aswadi	2005	1A	Triple Jump	35' 02"
Jessica Peaks	2005	1A	High Jump	5' 04"
	2005	1A	4X200 M Relay	1:47.74
	2005	1A	4X400 M Relay	4:12.69
	2005	1A	4X800 M Relay	10:15.54
	2007	2A	4X400 M Relay	4:10.30
Angel Bowden	2019	2A	High Jump	5' 03"
Teteateh Snoh	2019	2A	Discus	143' 10"

E.E. SMITH

Colette Williams	1981	O	Triple Jump	40' 6.5"
Colette Williams	1982	O	Triple Jump	38' 11.25"
Colette Williams	1982	O	100 M Hurdles	13.40
Francis Warner	1994	4A	1600 M Run	4:59.92
Tacara Morrisey	2007	4A	300 M Hurdles	44.56

EAST BURKE

Cessy Hudson	1986	3/4	3200 M Run	11:09.30
Cessy Hudson	1987	4A	1600 M Run	5:07.03

EAST BURKE (CONTINUED)

Cessy Hudson	1988	4A	1600 M Run	5:10.38
Cessy Hudson	1988	4A	3200 M Run	11:18.05
Alisha Little	1999	4A	1600 M Run	5:08.40
Alisha Little	1999	4A	3200 M Run	11:04.39

EAST CARTERET

Amanda Johnson	1992	1/2	100 M Dash	12.59
Amanda Johnson	1992	1/2	200 M Dash	25.79
Saundra Teel	1992	1/2	High Jump	5' 04"
Amanda Johnson	1993	1/2	Long Jump	18' 7.75"
Amanda Johnson	1993	1/2	100 M Dash	12.41
Amanda Johnson	1993	1/2	200 M Dash	25.79
Cora Johnson	1998	2A	Long Jump	18' 9.75"
	1998	2A	4X100 M Relay	49.73
	1998	2A	4X200 M Relay	1:44.30
	1999	2A	4X200 M Relay	1:48.61
Cora Johnson	2000	2A	Long Jump	19' 04"
Breah Taylor	2017	1A	Triple Jump	37' 5.5"
	2017	1A	4X100 M Relay	50.18
Breah Taylor	2018	1A	Long Jump	18' 03"
Breah Taylor	2018	1A	Triple Jump	38' 1.5"
Tierra Benders	2018	1A	High Jump	5' 02"
Breah Taylor	2019	1A	Long Jump	17' 10.5"
Breah Taylor	2019	1A	Triple Jump	38' 09"
	2019	1A	4X100 M Relay	49.88
Latecyia Johnson	2021	1A	Long Jump	18'00.00"

EAST CHAPEL HILL

Kate McCarthy	2003	3A	3200 M Run	12:25.00
Gabrielle Daniel	2005	3A	200 M Dash	25.33
Carolyn Baskir	2009	4A	1600 M Run	4:56.87
Pegah Kamrani	2013	4A	3200 M Run	10:47.60

EAST COLUMBUS

Jasmine Young	2007	1A	Long Jump	17' 06"
Jasmine Young	2008	1A	Long Jump	17' 05"

EAST DUPLIN

Clifeteana McIver	1997	2A	MOP	
Clifeteana McKiver	1997	2A	Shot Put	36' 9.5"
Clifeteana McKiver	1997	2A	Discus	133' 01"
Clifeteana McKiver	1998	2A	Discus	130' 11"

EAST FORSYTH

Clara Hairston	1980	O	200 M Hurdles	28.50
Clara Hairston	1981	O	100 M Hurdles	13.60
	1982	O	4X100 M Relay	48.10
Debra Alexander	1985	O	Triple Jump	40' 5.5"
Amy Neal	1990	4A	800 M Dash	2:15.30
Mechelle Clayton	1994	4A	Shot Put	39' 7.75"
Mechelle Clayton	1994	4A	Discus	116' 01"
Sydney White	2011	4A	Pole Vault	12' 07"
Sydney White	2012	4A	Pole Vault	12' 09"

EAST GASTON

Ne'ja Ervin	2017	3A	Discus	122' 8.75"
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EAST HENDERSON

Karen Thompson	1980	O	3200 M Run	11:20.10
Debbie Hollingsworth	1989	3A	300 M Hurdles	46.91
	1996	2A	4X400 M Relay	4:14.06

EAST LINCOLN

Megan Seehorn	2002	3A	High Jump	5' 02"
Toree Roseboro	2005	3A	100 M Dash	12.22
	2015	2A	4X800 M Relay	9:45.16

EAST MECKLENBURG

Crowell	1972	O	220 YD Dash	26.10
Crowell	1972	O	440 YD Dash	1:00.30
Joan Nesbitt	1980	O	1600 M Run	5:05.70
Tomi Ogumba	1988	4A	800 M Dash	2:18.34
	1988	4A	4X800 M Relay	9:36.07
Leslie McCaskill	1989	4A	800 M Dash	2:17.66
	1991	4A	4X800 M Relay	9:42.31
	1994	4A	4X800 M Relay	9:56.42
	1995	4A	4X800 M Relay	9:48.96
	1998	4A	4X400 M Relay	3:53.54

EAST MONTGOMERY

Claudia Newman	1990	1/2	800 M Dash	2:18.50
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EAST ROWAN

Rebekah Frick	1993	3A	1600 M Run	5:25.84
Rebekah Frick	1993	3A	3200 M Run	11:59.26
Jordan Huffman	2004	3A	Discus	117' 06"
Rachel Karriker	2005	3A	Discus	111' 01"
Taylor Kirk	2014	3A	Shot Put (WC)	9' 02"
Taylor Kirk	2016	3A	Shot Put (WC)	8' 11.5"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



EAST RUTHERFORD

Crystal Littlejohn 1988 3A 400 M Dash 59.66
 Gayshawna Watkins 2009 2A Shot Put 39' 11.5"
 Cheyenne Miller 2011 2A High Jump 5' 07"

EAST SURRY

Suzanne Shelton 1994 1A 1600 M Run 5:39.44
 Maya Bennett 2003 1A High Jump 5' 05"

EAST WILKES

Kenya Hackett 1998 1A Shot Put 34' 10"
 Allison Adams 2000 1A 300 M Hurdles 47.80
 Anna Hayes 2007 1A 1600 M Run 5:25.99
 2008 1A 4X800 M Relay 9:57.28
 2009 1A 4X800 M Relay 9:53.04
 Carol Blankenship 2010 1A 1600 M Run 5:06.62
 Carol Blankenship 2010 1A 3200 M Run 11:29.54

EASTERN ALAMANCE

Latoya Johnson 1994 2A 100 M Dash 12.57
 2005 2A 4X200 M Relay 1:43.66
 2005 2A 4X400 M Relay 4:01.37
 Jasmine Parquet 2015 3A 400 M Dash 56.13
 Karisma Marte 2019 3A 300 M Hurdles 43.26

EASTERN GUILFORD

Leigh Ann Dillon 1978 O 4X110 YD Relay 49.00
 2003 2A High Jump 5' 04"
 2014 3A 4X200 M Relay 1:42.47
 2015 3A 4X400 M Relay 3:57.10
 Taylor Henderson 2016 3A 200 M Dash 24.40
 Tiana Taylor 2016 3A Shot Put 39' 7.75"
 2016 3A 4X200 M Relay 1:41.59
 Zariyah Black 2021 3A 110M Hurdles 14.51

EASTERN RANDOLPH

Lashonda Stubbs 1996 3A Triple Jump 38' 06"

EASTERN WAYNE

Jessica Collins 2002 3A 1600 M Run 5:18.76
 Jessica Collins 2002 3A 3200 M Run 11:37.86
 2002 3A 4X800 M Relay 10:07.43
 Ta'Honny Exum 2021 3A Shot Put 39'01.50"

ELKIN

Caroline Norton 1994 1A High Jump 5' 00"
 Shalisha Greg 1995 1A 400 M Dash 1:02.00
 Michelle Giudici 1998 1A Discus 115' 07"
 Michelle Giudici 1999 1A Discus 126' 08"
 Shakai Ward 2014 1A 400 M Dash 57.59
 2014 1A 4X400 M Relay 4:08.99
 Shakai Ward 2015 1A 400 M Dash 57.14
 Hannah Oliver 2019 1A 3200 M Run 11:36.10

ELM CITY

Roundtree 1974 O 100 YD Dash 11.40

ENKA

Vicki Peek 1987 3A High Jump 5' 04"
 Jennifer Olive 1989 3A 1600 M Run 5:16.96
 Amy Thatcher 1990 3A 800 M Dash 2:23.09
 Melinda Dubose 1998 3A 800 M Dash 2:20.14
 Stephanie Snyder 2005 3A 800 M Dash 2:18.93

ENLOE

Jamila Forte 1993 4A High Jump 5' 04"
 T. Patterson 1994 4A Long Jump 18' 08"
 U. McLean 1994 4A 800 M Dash 2:17.72
 Mary Floyd 1998 4A 1600 M Run 5:12.03
 Erika Foushee 2004 4A 300 M Hurdles 44.02

ERWIN

Kelly Sensing 1989 3A Shot Put 37' 4.5"
 2017 3A 4X100 M Relay 48.32

FARMVILLE CENTRAL

Cheryl Hopkins 1988 1/2 Triple Jump 37' 7.75"
 Darlene Vick 1991 1/2 Discus 115' 10"
 Darlene Vick 1992 1/2 Discus 118' 02"
 Amy Vincent 1993 1/2 Discus 120' 01"
 Crystal Smith 2007 2A 400 M Dash 57.79
 Maria Johnson 2007 2A 200 M Dash 25.12

FIKE

Tonya Pope 1988 4A 300 M Hurdles 44.20
 Latosha Etheridge 1994 3A High Jump 5' 05"
 Sabrina Thompson 1994 3A 100 M Dash 12.09
 Sabrina Thompson 1994 3A 200 M Dash 24.68
 Sabrina Thompson 1994 3A MOP

FIKE (CONTINUED)

Sabrina Thompson 1994 3A 4X100 M Relay 49.69
 Sabrina Thompson 1994 3A 4X200 M Relay 1:44.74
 Sabrina Thompson 1995 3A 100 M Dash 11.95
 Sabrina Thompson 1995 3A 200 M Dash 25.16
 Sabrina Thompson 1995 3A MOP
 Sabrina Thompson 1996 3A 100 M Dash 11.95
 Sabrina Thompson 1996 3A 200 M Dash 24.61
 Sabrina Thompson 1996 3A MOP
 Tiffany Smith 1996 3A 4X100 M Relay 49.16
 Tiffany Smith 1996 3A 4X200 M Relay 1:41.21
 Tiffany Smith 1996 3A 4X400 M Relay 4:04.29
 Tiffany Smith 1997 3A 300 M Hurdles 45.29
 Tiffany Smith 1998 3A 300 M Hurdles 44.87
 Tiffany Smith 1999 3A 300 M Hurdles 45.32
 Jentzen Jones 2012 3A 1600 M Run 5:13.07
 Maya Evans 2013 3A 400 M Dash 55.93

FIRST FLIGHT

2017 2A 4X800 M Relay 9:52.86
 2021 2A 4X800 Relay 10:02.79

FORBUSH

Leigh Branon 1995 2A Shot Put 36' 6.5"

FOREST HILLS

Cheryl Bowman 1991 1/2 200 M Dash 26.58
 1991 1/2 4X200 M Relay 1:47.04
 1992 1/2 4X100 M Relay 50.43
 1993 1/2 4X100 M Relay 49.35
 1993 1/2 4X200 M Relay 1:44.79
 Whitney McGee 2002 2A Discus 124' 09"
 Taryn Wentz 2006 2A Long Jump 18' 05"
 Taryn Wentz 2006 2A Triple Jump 37' 04"

FORESTVIEW

Stormy Kendrick 2007 3A 100 M Dash 11.79
 Stormy Kendrick 2009 3A 100 M Dash 12.11
 Stormy Kendrick 2009 3A 200 M Dash 25.13

FRANKLIN

Kelly Derry 1995 3A 4X800 M Relay 9:49.93
 Ashleigh Culpepper 2000 3A 800 M Dash 2:21.62
 Ashleigh Culpepper 2009 3A Pole Vault 10' 00"
 Ashleigh Culpepper 2010 3A Pole Vault 10' 06"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



FRANKLIN (CONTINUED)

Rikki Jay	2011	3A	300 M Hurdles	44.47
Danielle Brown	2014	2A	Pole Vault	11' 02"
LesLeigh Tabor	2016	2A	Shot Put	37' 3"
LesLeigh Tabor	2017	2A	Shot Put	41' 10"
Kennedy Conner	2018	2A	High Jump	5' 04"
	2021	2A	4X400 Relay	4:09.39

FRANKLIN ACADEMY

Caitlyn Burkett	2017	1A	1600 M Run	5:21.43
Caitlyn Burkett	2018	1A	3200 M Run	12:02.84
	2018	1A	4X800 M Relay	10:17.96
	2019	1A	4X800 M Relay	10:26.82

FRANKLINTON

Charity Snelling	2014	2A	High Jump	5' 05"
M'Smrya Seward	2018	3A	Long Jump	18' 9.5"
Rebekah Smith	2019	3A	High Jump	5' 04"

FRED T. FOARD

Christina Berndt	1999	3A	1600 M Run	5:10.04
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FUQUAY-VARINA

Amanda Becker	1995	3A	1600 M Run	5:08.01
Amanda Becker	1996	3A	800 M Dash	2:18.60
Amanda Becker	1996	3A	1600 M Run	5:05.79
Amanda Becker	1997	3A	800 M Dash	2:19.01
Jocelyn Keen	2010	4A	800 M Dash	2:12.79

GARINGER

Teresa Allen	1983	O	Long Jump	19' 6.75"
Tanya Fillmore	1985	O	400 M Dash	56.54
Carrie Hoag	1989	4A	1600 M Run	5:13.14

GARNER

Carol Merritt	1999	4A	400 M Dash	56.47
Alesia Walters	2002	4A	Shot Put	40' 5"
Jonah Ross	2018	4A	100 M Dash	11.84
Jonah Ross	2019	4A	100 M Dash	11.83
Jonah Ross	2019	4A	200 M Dash	23.96

GLENN

Hannah Parks	2003	3A	800 M Dash	2:21.17
Hannah Parks	2003	3A	1600 M Run	5:19.48
	2003	3A	4X100 M Relay	48.90

GLENN (CONTINUED)

Hannah Parks	2004	3A	1600 M Run	5:22.07
Hannah Parks	2005	3A	1600 M Run	5:13.34
	2005	3A	4X100 M Relay	48.90

GOLDSBORO

	1981	O	4X100 M Relay	48.60
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GRAHAM

	1999	1A	4X100 M Relay	50.33
	2000	1A	4X100 M Relay	50.90
	2011	2A	Long Jump	17' 06"

GRANVILLE CENTRAL

Briana Haith	2009	2A	400 M Dash	56.85
Briana Haith	2010	2A	Long Jump	17' 11"
Briana Haith	2010	2A	200 M Dash	24.33
Briana Haith	2010	2A	400 M Dash	55.76
Briana Heath	2010	2A	MOP	

GRAY STONE DAY

Hunter Latimer	2011	1A	4X800 M Relay	9:52.07
	2012	1A	800 M Dash	2:21.94

GREEN HOPE

Brittany Johnson	2005	4A	3200 M Run	11:15.59
	2005	4A	4X800 M Relay	9:44.62
Elly Henes	2015	4A	1600 M Run	4:58.84
Elly Henes	2015	4A	3200 M Run	10:39.47

GREENE CENTRAL

Shontay Dodd	2004	2A	100 M Dash	12.25
Shontay Dodd	2004	2A	200 M Dash	25.39

GRIMSLEY

Wendy McLees	1984	O	1600 M Run	5:05.17
Marlene Poole	1987	4A	100 M Dash	12.32
Marlene Poole	1987	4A	200 M Dash	25.64
Marlene Poole	1987	4A	MOP	
Stacey Williams	1987	4A	3200 M Run	11:11.84
	1987	4A	4X200 M Relay	1:39.41
	1987	4A	4X400 M Relay	3:50.44
Marlene Poole	1988	4A	100 M Dash	12.26
Marlene Poole	1988	4A	200 M Dash	24.78
Marlene Poole	1988	4A	MOP	
Marlene Poole	1989	4A	MOP	

GRIMSLEY (CONTINUED)

Marlene Poole	1990	4A	MOP	
Silica Johnson	1990	4A	3200 M Run	11:18.14
Jennifer Kalanick	1992	4A	100 M Hurdles	15.10
Kim Wilson	1993	4A	100 M Dash	12.20
Kim Wilson	1993	4A	200 M Dash	25.13
Kim Jones	1996	4A	Long Jump	18' 04"
Kim Jones	1997	4A	Long Jump	19' 00"
Kim Jones	1998	4A	Long Jump	18' 08"
Kim Jones	1998	4A	100 M Hurdles	14.66
Kim Jones	1998	4A	MOP	
Kim Jones	1999	4A	Long Jump	19' 07"
Kim Jones	1999	4A	100 M Hurdles	14.03
Kim Jones	1999	4A	MOP	
Brianna Tate	2012	4A	Shot Put	42' 11.25"
Blair Ramsey	2014	4A	1600 M Run	4:57.20

HARDING

Pam Frost	1987	4A	Long Jump	18' 1.75"
Dana Hoope	1995	4A	100 M Dash	11.93
	1995	4A	4X100 M Relay	49.14
Jessica Carrol	2001	3A	800 M Dash	2:20.08
Krystal Barringer	2002	4A	100 M Hurdles	15.20
Joya Rodgers	2003	4A	100 M Dash	12.21
Krystal Barringer	2003	4A	Triple Jump	38' 0.75"
Krystal Barringer	2003	4A	100 M Hurdles	14.69
	2003	4A	4X100 M Relay	48.36
	2003	4A	4X400 M Relay	3:58.44
Janet Carothers	2004	4A	400 M Dash	55.98
Kamorean Hayes	2004	4A	Shot Put	47' 7"
Kamorean Hayes	2004	4A	Discus	147' 02"
Krystal Barringer	2004	4A	100 M Hurdles	15.02
	2004	4A	4X200 M Relay	1:40.00
	2004	4A	4X400 M Relay	3:55.88
Kamorean Hayes	2005	4A	Shot Put	47' 9"
Kamorean Hayes	2005	4A	Discus	142' 08"
	2005	4A	4X200 M Relay	1:39.85
	2005	4A	4X400 M Relay	3:57.30
Kamorean Hayes	2006	4A	Shot Put	48' 7"
Kamorean Hayes	2006	4A	Discus	155' 03"
	2006	4A	4X100 M Relay	47.22
	2006	4A	4X200 M Relay	1:29.86
	2006	4A	4X400 M Relay	3:54.48
Kamorean Hayes	2007	4A	Shot Put	51' 3.5"
Kamorean Hayes	2007	4A	Discus	148' 02"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



HARDING (CONTINUED)

	2007 4A	4X100 M Relay	48.14
	2007 4A	4X200 M Relay	1:54.34
	2007 4A	4X400 M Relay	3:54.34
Ashley Bethune	2008 4A	100 M Hurdles	14.28
	2008 4A	4X100 M Relay	45.37
Brittany Carroll	2009 4A	100 M Hurdles	14.20
LaTronda Murrow	2012 3A	High Jump	5' 06"
Akala Garrett	2021 4A	100M Hurdles	13.90
Akala Garrett	2021 4A	300M Hurdles	41.64
	2021 4A	4X200 Relay	1:40.91

HARNETT CENTRAL

Nicky Hudson	1988 3A	High Jump	5' 04"
	1989 3A	4X100 M Relay	49.64
Shawn Hill	1992 3A	Triple Jump	39' 00"
Adrian Griffin	2004 3A	Shot Put	36' 1"
Latoya Wright	2009 3A	Shot Put	38' 5.25"

HAVELOCK

Susan Childers	1984 O	Shot Put	39' 4"
Ashley Schrimmer	2000 3A	High Jump	5' 04"
Defaye Frazier	2000 3A	Shot Put	40' 3.5"
Courtney Prichard	2007 3A	Shot Put	36' 11"

HAYESVILLE

Christy Cagle	1988 1/2	Long Jump	17' 9.75"
Christy Cagle	1990 1/2	Long Jump	16' 10"
Julie Stackhouse	1994 1A	100 M Hurdles	16.46
Julie Stackhouse	1994 1A	200 M Dash	27.25
Julie Stackhouse	1994 1A	300 M Hurdles	47.86
Julie Stackhouse	1994 1A	MOP	
Julie Stackhouse	1995 1A	High Jump	5' 4.5"
Julie Stackhouse	1995 1A	100 M Hurdles	15.72
Julie Stackhouse	1995 1A	200 M Dash	26.98
Julie Stackhouse	1995 1A	300 M Hurdles	45.83
Julie Stackhouse	1995 1A	MOP	
Julie Stackhouse	1996 1A	High Jump	5' 00"
Julie Stackhouse	1996 1A	100 M Hurdles	16.02
Julie Stackhouse	1996 1A	800 M Dash	2:20.70
Julie Stackhouse	1996 1A	1600 M Run	5:17.00
Julie Stackhouse	1996 1A	MOP	
Julie Stackhouse	1997 1A	High Jump	5' 04"
Julie Stackhouse	1997 1A	100 M Hurdles	15.45
Julie Stackhouse	1997 1A	800 M Dash	2:22.82

HAYESVILLE (CONTINUED)

Julie Stackhouse	1997 1A	400 M Dash	57.80
Julie Stackhouse	1997 1A	MOP	
Lisa Maliska	1998 1A	Long Jump	17' 03"
	1999 1A	4X800 M Relay	10:30.30
Jessie Stackhouse	2000 1A	1600 M Run	5:37.39
	2000 1A	4X800 M Relay	10:29.10
	2006 1A	4X800 M Relay	10:08.72
	2007 1A	4X800 M Relay	10:08.37
Kimonta Lloyd	2015 1A	Shot Put	37' 3.5"

HEIDE TRASK

Desire Brown	2016 1A	200 M Dash	25.32
Desire Brown	2016 1A	400 M Dash	57.53

HENDERSONVILLE

Janene McClure	1986 1/2	Shot Put	37' 3"
Janene McClure	1986 1/2	MOP	
Janene McClure	1987 1/2	Shot Put	39' 9.5"
Janene McClure	1987 1/2	Discus	130' 05"
Janene McClure	1987 1/2	MOP	
Janene McClure	1988 1/2	Shot Put	42' 5"
Janene McClure	1988 1/2	Discus	130' 06"
Janene McClure	1988 1/2	MOP	
Zondra Johnson	1990 1/2	Shot Put	36' 3.75"
Zondra Johnson	1991 1/2	Shot Put	37' 4"
Zondra Johnson	1992 1/2	Shot Put	39' 2.5"
Brooke Chapman	1993 1/2	400 M Dash	58.93
Brooke Chapman	1994 2A	400 M Dash	58.69
Brooke Chapman	1995 2A	400 M Dash	57.26
Ariel Glassman	1999 1A	1600 M Run	5:15.34
Ariel Glassman	1999 1A	3200 M Run	11:20.78
Ariel Glassman	1999 1A	MOP	
Erika Schneble	2000 1A	3200 M Run	12:49.26
Shannon Meadows	2000 1A	High Jump	5' 02"
Erika Schneble	2001 1A	1600 M Run	5:16.85
Erika Schneble	2001 1A	3200 M Run	11:22.24
Shannon Meadows	2001 1A	High Jump	5' 08"
	2001 1A	4X800 M Relay	10:09.60
Erika Schneble	2002 1A	1600 M Run	5:06.67
Erika Schneble	2002 1A	3200 M Run	11:00.97
Jessica Fowler	2002 1A	Pole Vault	10' 06"
	2002 1A	4X800 M Relay	9:55.25
Kenya Kerr	2004 1A	100 M Hurdles	16.41
Tara Lindeman	2007 1A	800 M Dash	2:20.83

HENDERSONVILLE (CONTINUED)

Kristen Stout	2008 1A	3200 M Run	11:39.70
Tara Lindeman	2008 1A	800 M Dash	2:15.56
Kristen Stout	2009 1A	1600 M Run	5:20.96
Hailey Cook	2010 1A	Shot Put	38' 10"
Hailey Cook	2010 1A	Discus	109' 09"
Hailey Cook	2011 1A	Shot Put	40' 2.5"
Hailey Cook	2011 1A	Discus	116' 10"
Kristen Stout	2011 1A	1600 M Run	5:19.32
Kristen Stout	2011 1A	3200 M Run	11:53.25
Elizabeth Lackey	2012 1A	1600 M Run	5:25.27
Hailey Cook	2012 1A	Shot Put	42' 11.75"
Hailey Cook	2012 1A	Discus	117' 10"
Hailey Cook	2013 1A	Shot Put	43' 3.5"
Hailey Cook	2013 1A	Discus	146' 05"
Amy Yarborough	2016 2A	Discus	115' 09"

HERTFORD

Kia Sessoms	1998 3A	Shot Put	38' 1.75"
Demiko Picott	1999 3A	400 M Dash	59.49
Kia Sessoms	1999 3A	Shot Put	40' 1"
Kia Sessoms	1999 3A	Discus	112' 1.75"
Mae Boone	2004 3A	Long Jump	18' 11"
Mae Boone	2004 3A	MOP	
Mae Boone	2004 3A	100 M Dash	12.35
Joya Blackwell	2015 2A	High Jump	5' 06"
Joya Blackwell	2017 2A	High Jump	5' 04"

HIBRITEN

Paige Ingram	1988 3A	100 M Hurdles	15.75
Tasha Horton	1989 3A	Long Jump	18' 2.5"
	2007 2A	4X100 M Relay	50.99
	2007 2A	4X200 M Relay	1:47.13
	2008 2A	4X100 M Relay	49.81

HICKORY

Shirena James	1997 3A	100 M Dash	12.51
Shirena James	1997 3A	200 M Dash	25.91
Shrinea James	1997 3A	MOP	
	1997 3A	4X200 M Relay	1:45.79
Shirena James	1998 3A	200 M Dash	25.13
	1999 3A	4X200 M Relay	1:44.55
Leslie Bigelow	2000 3A	300 M Hurdles	46.06



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



HICKORY RIDGE

Taryn Stern	2010	3A	800 M Dash	2:20.52
Torri Weathers	2016	3A	Long Jump	18' 00"

HIGH POINT CENTRAL

Laonda McCorkle	1992	3A	300 M Hurdles	46.01
	1992	3A	4X100 M Relay	49.01
	1993	3A	4X200 M Relay	1:46.58
Beverly Ford	1994	3A	100 M Hurdles	15.85
	1997	3A	4X100 M Relay	49.70
Michelin Middlebrooks	1998	2A	100 M Dash	12.49
Michelin Middlebrooks	1998	2A	200 M Dash	25.61
Gabrielle Gray	2011	4A	100 M Dash	11.94
Tamara Clark	2015	4A	200 M Dash	23.69
Tamara Clark	2016	4A	100 M Dash	11.52
Tamara Clark	2016	4A	200 M Dash	23.53
Tamara Clark	2017	4A	100 M Dash	11.72
Tamara Clark	2017	4A	200 M Dash	23.59
TiCoiya Gidderon	2017	4A	800 M Dash	2:11.93
	2017	4A	4X100 M Relay	46.54
TiCoiya Gidderon	2018	4A	800 M Dash	2:13.76

HIGHLAND TECH

Jennifer Cousart	2009	1A	Triple Jump	34' 6.5"
Lauren Tolbert	2019	1A	400 M Dash	57.15
Lauren Tolbert	2021	1A	400 Meter Dash	56.81
Lauren Tolbert	2021	1A	800 Meter Run	2:22.86

HILLSIDE

Denise Dayle	1979	O	100 YD Dash	11.00
Denise Dayle	1980	O	100 M Dash	12.00
V. Weaver	1980	O	400 M Dash	57.00
Ida Pendergraft	1983	O	100 M Hurdles	14.30
Ida Pendergraft	1983	O	200 M Hurdles	28.50
Monica Hockaday	1989	4A	400 M Dash	56.11
	1990	4A	4X800 M Relay	9:44.23
Florencia Hunt	1996	4A	800 M Dash	2:15.86
Florencia Hunt	1996	4A	1600 M Run	5:09.01
Monica-Gail Baker	1996	4A	Discus	124' 07"
Lavernia Chambers	1998	3A	100 M Hurdles	14.90
	2000	3A	4X100 M Relay	49.71
Lavernia Chambers	2001	3A	100 M Hurdles	14.90
	2001	3A	4X800 M Relay	9:47.70
Michelle Duffey	2002	3A	300 M Hurdles	45.58
	2002	3A	4X400 M Relay	4:00.96

HILLSIDE (CONTINUED)

Alicia Turner	2003	3A	100 M Hurdles	14.95
Camelia Morman	2003	3A	Triple Jump	39' 08"
Michelle Duffey	2003	3A	300 M Hurdles	43.73
Michelle Duffey	2003	3A	MOP	
	2003	3A	4X200 M Relay	1:44.41
	2003	3A	4X400 M Relay	3:57.11
	2003	3A	4X800 M Relay	9:30.29
Atir Carter	2004	3A	100 M Hurdles	15.00
Camelia Morman	2004	3A	Triple Jump	38' 7.5"
Chinelle McFadden	2004	3A	800 M Dash	2:21.07
Latanya Lesine	2004	3A	3200 M Run	12:10.62
Michelle Duffey	2004	3A	300 M Hurdles	44.22
	2004	3A	4X200 M Relay	1:44.77
	2004	3A	4X400 M Relay	3:56.79
	2004	3A	4X800 M Relay	9:34.87
Atir Carter	2005	3A	100 M Hurdles	15.02
Atir Carter	2005	3A	MOP	
Camelia Morman	2005	3A	Triple Jump	36' 10.75"
Kia Haskins	2005	3A	400 M Dash	58.27
	2005	3A	4X400 M Relay	4:07.14
Jessica Wright	2017	4A	300 M Hurdles	42.99
Kayla Beasley	2017	4A	Shot Put	42' 10"
	2017	4A	4X200 M Relay	1:38.16
	2017	4A	4X400 M Relay	3:44.84
Gabrielle Ryan	2018	3A	High Jump	5' 02"
Jessica Wright	2018	3A	300 M Hurdles	44.50
Kayla Beasley	2018	3A	Shot Put	43' 7.5"
	2018	3A	4X400 M Relay	3:52.23
Alysia Johnson	2019	3A	200 M Dash	23.73
Alysia Johnson	2019	3A	400 M Dash	53.50
	2019	3A	4X400 M Relay	3:51.26

HOBBTON

Lakelyn Bass	2018	1A	Pole Vault	11' 00"
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HOKE COUNTY

Little	1972	O	100 YD Dash	11.60
	1972	O	4X110 YD Relay	52.00
	1972	O	4X220 YD Relay	1:48.34
Campbell	1973	O	Shot Put	36' 5.5"
Kathy McMillian	1973	O	Long Jump	17' 07"
Lide	1973	O	440 YD Dash	1:00.70
	1973	O	4X110 YD Relay	51.20
Kathy McMillian	1974	O	Long Jump	18' 00"

HOKE COUNTY (CONTINUED)

Kathy McMillian	1974	O	220 YD Dash	25.40
	1974	O	4X220 YD Relay	1:45.10
Kathy McMillian	1975	O	Long Jump	20' 2.5"
Kathy McMillian	1975	O	100 YD Dash	11.00
Kathy McMillian	1975	O	220 YD Dash	25.40
	1975	O	4X220 YD Relay	1:44.00
Kathy McMillian	1976	O	Long Jump	21' 07"
Kathy McMillian	1976	O	100 YD Dash	11.10
Kathy McMillian	1976	O	220 YD Dash	24.40
	1976	O	4X110 YD Relay	50.30
	1976	O	4X220 YD Relay	1:43.40
Marseilla McKenzie	1989	4A	300 M Hurdles	44.81
Marseilla McKenzie	1990	4A	300 M Hurdles	44.41
Fay Peteakin	1991	4A	100 M Hurdles	15.19
Marseilla McKenzie	1991	4A	300 M Hurdles	44.46
Winifred Winston	1993	4A	800 M Dash	2:18.58
Maya Singletary	2018	4A	400 M Dash	53.42

HOLMES, JOHN A.

JoAnn Stallings	1979	O	110 YD Hurdles	14.80
JoAnn Stallings	1979	O	220 YD Hurdles	29.50
Dana Bembry	2000	2A	200 M Dash	25.59
	2000	2A	4X100 M Relay	48.86
	2000	2A	4X400 M Relay	4:08.96
	2001	2A	4X100 M Relay	50.31
Dana Bembry	2002	2A	200 M Dash	25.40

HUNT

Nakeisha Jones	2015	3A	Discus	117' 08"
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HUSS, HUNTER

Toni Kilgor	1997	4A	Triple Jump	39' 08"
Toni Kilgor	1998	4A	Triple Jump	39' 00"

INDEPENDENCE

	1998	4A	4X100 M Relay	47.41
Lasonja Collins	1999	4A	200 M Dash	24.34
	1999	4A	4X100 M Relay	48.53
	1999	4A	4X200 M Relay	1:39.84
	1999	4A	4X400 M Relay	3:56.73
	2000	4A	4X200 M Relay	1:42.00
	2001	4A	4X100 M Relay	48.05
Carlitha Sturdivant	2002	4A	400 M Dash	57.81
Phykesha Blackman	2002	4A	200 M Dash	25.40



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



INDEPENDENCE (CONTINUED)

	2002	4A	4X200 M Relay	1:44.58	Shalyce Smith
	2002	4A	4X400 M Relay	3:57.22	Shalyce Smith
Carlitha Sturdivant	2003	4A	400 M Dash	57.91	Shalyce Smith Shalyce Smith

J.F. WEBB

Wanda Haythe	1983	0	Discus	133' 05"	
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J.H. ROSE

Kiaren Dixon	1987	4A	Triple Jump	37' 0.25"	Erin Tucker
Victoria Robinson	2008	4A	300 M Hurdles	45.37	
Victoria Robinson	2009	4A	300 M Hurdles	43.23	Chasity Roberts Chasity Roberts

JACK BRITT

	2002	4A	4X100 M Relay	47.99	
Sanura Eley-O'Reilly	2009	4A	400 M Dash	54.07	Sherrill
Sanura Eley-O'Reilly	2010	4A	400 M Dash	53.45	Sherrill
JaMeesia Ford	2021	4A	400 Meter Dash	54.83	Chris Arends Sherrill

JACKSONVILLE

Vickie Bryant	1975	0	440 YD Dash	57.70	Leshawn Hewitt
Vickie Bryant	1976	0	440 YD Dash	56.20	Melissa Henderson
Sue Heard	1979	0	Triple Jump	38' 09"	Demetria Powell
Pat Braxton	1982	0	100 M Dash	12.40	Katherine Merrill
Sherrie Clark	1983	0	Triple Jump	39' 05"	Kate Merrill
	1985	0	4X100 M Relay	48.51	Kate Merrill
Tonya Avery	1990	4A	Triple Jump	38' 9.5"	Danielle Thorpe
Tonya Avery	1990	4A	400 M Dash	55.74	Alexis Perry
Tonya Avery	1991	4A	Triple Jump	38' 11"	Alexis Perry
Tonya Avery	1991	4A	MOP		Jordyn Brown
	1991	4A	4X200 M Relay	1:41.93	Jordyn Brown
Vernia Wilson	1993	4A	Shot Put	41' 5.5"	
	1993	4A	4X400 M Relay	3:59.40	
Shauntee Hill	1996	4A	Triple Jump	38' 0.5"	Jenny Warfford
	1997	4A	4X200 M Relay	1:41.52	Jenny Warfford
Candice Sessoms	2000	4A	100 M Hurdles	14.70	Elizabeth Humphries
Manika Gamble	2006	3A	100 M Hurdles	15.01	Virginia Smith
Manika Gamble	2006	3A	300 M Hurdles	44.63	Brittany Alston
Brandy Swann	2007	3A	800 M Dash	2:17.14	
Ryanna Henderson	2007	3A	1600 M Run	5:14.67	
Brandy Swann	2008	3A	400 M Dash	56.75	Jackie Houston
Ryanna Henderson	2008	3A	800 M Dash	2:15.15	Jackie Houston
Lyssa Wallace-O'Neill	2012	3A	Discus	117' 04"	Jackie Houston
Lyssa Wallace-O'Neill	2013	3A	Discus	128' 03"	

JAMES KENAN

	1999	1A	100 M Dash	12.79	Cookie Wingfield
	1999	1A	200 M Dash	26.44	
	2000	1A	100 M Dash	12.62	
	2000	1A	200 M Dash	25.99	
	2008	1A	4X100 M Relay	50.27	

JAY M. ROBINSON

	2010	3A	100 M Hurdles	14.54	Mariah Howlett
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	2011	1A	200 M Dash	25.38	Mariah Howlett
	2012	1A	100 M Dash	12.41	Mariah Howlett

JORDAN

	1977	0	440 YD Dash	57.90	Ryan Selden
	1978	0	440 YD Dash	54.80	
	1979	0	High Jump	5' 08"	Tonya Owens
	1979	0	440 YD Dash	55.10	
	1987	4A	High Jump	5' 02"	
	1998	4A	300 M Hurdles	45.40	
	2002	4A	300 M Hurdles	45.18	Natalie Tyner
	2003	4A	3200 M Run	11:09.17	
	2004	4A	1600 M Run	5:07.83	
	2004	4A	3200 M Run	11:17.50	
	2005	4A	Long Jump	18' 3.5"	
	2012	4A	Long Jump	18' 05"	
	2012	4A	High Jump	5' 08"	
	2012	4A	MOP		
	2014	4A	High Jump	5' 04"	
	2015	4A	High Jump	5' 06"	

JORDAN-MATTHEWS

	1994	1A	3200 M Run	12:31.93	
	1996	1A	3200 M Run	11:59.59	
	2007	1A	3200 M Run	12:03.05	
	2000	1A	Long Jump	17' 03"	
	2006	1A	High Jump	5' 02"	

KINGS MOUNTAIN

	1995	3A	400 M Dash	58.68	
	1996	3A	400 M Dash	56.98	
	1997	3A	400 M Dash	57.09	

KINSTON

	2010	2A	Shot Put	41' 3.5"	
	2015	2A	4X200 M Relay	1:44.88	

LAKE NORMAN

Maddie Huecker	2021	4A	1600 Meter Run	4:50.36	
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LAKE NORMAN CHARTER

Mariah Howlett	2017	2A	1600 M Run	5:03.80	
Mariah Howlett	2017	2A	3200 M Run	11:02.51	
Mariah Howlett	2018	2A	1600 M Run	5:00.67	
Mariah Howlett	2018	2A	3200 M Run	10:57.13	
	2018	2A	4X100 M Relay	49.56	
	2019	2A	4X200 M Relay	1:43.63	
	2021	2A	100 Meter Dash	12.42	

LAKEWOOD

	1995	1A	Shot Put	33' 0"	
	1997	1A	4X200 M Relay	1:48.04	

LANEY

Natalie Tyner	2019	4A	3200 M Run	10:37.34	
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LEDFORD

Sarah Day	1995	2A	800 M Dash	2:26.35	
Sarah Day	1995	2A	1600 M Run	5:25.41	
Sarah Day	1997	2A	800 M Dash	2:20.62	
Sarah Day	1997	2A	1600 M Run	5:13.97	
Nancy Hinson	1999	2A	High Jump	5' 02"	
Nancy Hinson	1999	2A	200 M Dash	25.56	
Megan Williams	2006	2A	Pole Vault	10' 00"	
Megan Williams	2008	2A	Pole Vault	10' 06"	
Brooke Shelton	2013	3A	Pole Vault	11' 06"	
Samantha Payne	2018	2A	400 M Dash	57.30	
	2019	2A	4X400 M Relay	4:00.23	

LEE COUNTY

Marriane Carraher	1985	0	1600 M Run	5:18.21	
Marriane Carraher	1985	0	800 M Dash	2:12.43	
Kelly Clark	1990	4A	1600 M Run	5:07.79	

LEESVILLE ROAD

Devon Armstrong	1995	4A	Long Jump	18' 9.75"	
G'Jasmyne Butler	2015	4A	800 M Dash	2:11.07	
Nevada Mareno	2016	4A	800 M Dash	2:08.51	



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



LEESVILLE ROAD (CONTINUED)

Nevada Mareno	2016	4A	1600 M Run	4:51.57
Nevada Mareno	2016	4A	3200 M Run	10:17.70
Nevada Mareno	2016	4A	MOP	
Shellbi Chapman	2016	4A	300 M Hurdles	43.17
	2016	4A	4X800 M Relay	9:06.82

LEJEUNE

Lynn Cruickshank	1973	O	Discus	107' 02"
Lynn Cruickshank	1974	O	Discus	117' 05"
Lynn Cruickshank	1975	O	Discus	127' 02"
Jozette Lawrence	1977	O	Shot Put	41' 7.5"
	1986	1/2	4X200 M Relay	1:46.69
Larissa Teigen	1987	1/2	3200 M Run	11:59.33
Erin Smyth	1988	1/2	1600 M Run	5:24.49
Erin Smyth	1988	1/2	3200 M Run	11:59.32
Erin Smyth	1988	1/2	MOP	
	1988	1/2	4X800 M Relay	10:11.33
Erin Smyth	1989	1/2	1600 M Run	5:22.20
Erin Smyth	1989	1/2	3200 M Run	12:01.99
Erin Smyth	1989	1/2	MOP	
	1989	1/2	4X800 M Relay	10:00.43
Julie Barba	1990	1/2	1600 M Run	5:20.41
Julie Barba	1990	1/2	MOP	
Conova Young	1995	1A	100 M Dash	12.91
Conova Young	1996	1A	Long Jump	17' 0.83"
Conova Young	1996	1A	100 M Dash	12.67
	1996	1A	4X100 M Relay	50.88
Brandy McCullum	1997	1A	Triple Jump	33' 3.25"
Conova Young	1997	1A	100 M Dash	12.48
Conova Young	1997	1A	200 M Dash	26.01
	1997	1A	4X100 M Relay	50.15
	1998	1A	4X100 M Relay	50.17
Chrissyandra Tatum	2013	1A	Triple Jump	39' 00"

LEXINGTON

	1986	1/2	4X100 M Relay	50.51
Rachel Small	1987	1/2	100 M Dash	12.26
	1987	1/2	4X100 M Relay	49.37
Nikki Friday	1989	1/2	Triple Jump	39' 10.5"
Rachel Small	1989	1/2	100 M Dash	12.63
Rachel Small	1989	1/2	200 M Dash	25.77
	1989	1/2	4X100 M Relay	49.27
	1989	1/2	4X200 M Relay	1:43.20
Nikki Friday	1990	3A	Triple Jump	42' 00"

LEXINGTON (CONTINUED)

Nikki Friday	1990	3A	MOP	
	1991	3A	4X200 M Relay	1:45.32
Michelle Tate	1993	3A	Long Jump	18' 01"
	2019	2A	4X100 M Relay	48.04
	2021	2A	4X100 Relay	49.26
	2021	2A	4X200 Relay	1:46.90

LINCOLN CHARTER

Michaela Gammon	2016	1A	3200 M Run	11:54.64
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LINCOLNTON

Samantha Smith	1987	3A	Triple Jump	36' 7.5"
Kathy Smith	1994	2A	Shot Put	38' 7.5"
Morgan Turner	2007	2A	3200 M Run	11:46.24
Morgan Turner	2008	2A	3200 M Run	11:35.53
Morgan Turner	2009	2A	800 M Dash	2:21.03
Emily Shain	2019	2A	Shot Put	43' 11.5"

LOUISBURG

Charlene Steed	1990	1/2	400 M Dash	59.32
Ebony Alston	1999	1A	Shot Put	38' 7.25"
Vanisha Wilshire	2014	1A	Triple Jump	36' 11"
Vanisha Wilshire	2015	1A	Long Jump	18' 01"
Vanisha Wilshire	2015	1A	Triple Jump	39' 04"

LUMBERTON

Della Taylor	1990	4A	Long Jump	17' 11.75"
Fran Lattie	1997	4A	1600 M Run	5:19.31

MADISON

Missy Shelton	1994	2A	Discus	127' 03"
Tish Franklin	1999	2A	Discus	117' 07"
Aleshia Reece	2011	2A	3200 M Run	11:43.09

MALLARD CREEK

Alycia Springs	2014	4A	Shot Put	44' 11"
Alycia Springs	2015	4A	Discus	142' 09"
	2015	4A	4X100 M Relay	46.69
Akira Rhodes	2016	4A	100 M Hurdles	13.76
Akira Rhodes	2017	4A	100 M Hurdles	13.90
Akira Rhodes	2018	4A	100 M Hurdles	13.66
Macy Dulaney	2021	4A	Discus	118' 03"

MANTEO

Linda Bryant	1986	1/2	Long Jump	18' 9.5"
Linda Bryant	1986	1/2	100 M Dash	11.90
Linda Bryant	1987	1/2	200 M Dash	24.98

MARVIN RIDGE

	2010	3A	4X800 M Relay	9:40.26
	2012	3A	4X400 M Relay	4:01.96
	2012	3A	4X800 M Relay	9:36.59
Shaye Stegall	2015	3A	Pole Vault	10' 06"
	2015	3A	4X800 M Relay	9:40.82
Jorja Medders	2017	3A	300 M Hurdles	44.36
Kamryn Henderson	2017	3A	Shot Put	40' 3"
Aria Wegh	2021	3A	300M Hurdles	43.97
Emma Stone	2021	3A	Pole Vault	12'06.00"

MCDOWELL

Charlotte McCall	1982	O	3200 M Run	11:24.40
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MCMICHAEL

Mia Richardson	1990	3A	1600 M Run	5:24.91
Mia Richardson	1991	3A	1600 M Run	5:16.70
Mia Richardson	1991	3A	3200 M Run	12:00.93
Nicole Crews	1991	3A	Triple Jump	38' 00"
Mia Richardson	1992	3A	800 M Dash	2:16.81
Mia Richardson	1992	3A	1600 M Run	5:10.94
Mia Richardson	1992	3A	MOP	
Courtney Crawford	2013	3A	Long Jump	18' 8.5"

MIDWAY

Jessica Autry	2003	1A	300 M Hurdles	47.47
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MILLBROOK

Lashley	1975	O	1 Mile Run	5:16.60
Lynn Lashley	1976	O	880 YD Dash	2:12.40
Sabrina Hill	1988	4A	Triple Jump	38' 6.5"
Sabrina Hill	1988	4A	High Jump	5' 04"
Sabrina Hill	1988	4A	MOP	
Josette Battle	1991	4A	200 M Dash	24.54
Jamila Hunter	1993	4A	Triple Jump	38' 1.75"
Joann Jackson	2000	4A	High Jump	5' 06"
Erica Dickerson	2001	4A	Pole Vault	11' 07"
Joann Jackson	2001	4A	High Jump	5' 04"
Brittany Dixson	2004	4A	Triple Jump	39' 6.5"
Amelia Black	2005	4A	Triple Jump	37' 9.5"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



MILLBROOK (CONTINUED)

	2009	4A	4X400 M Relay	3:53.54	Monica Teeter
Samantha George	2010	4A	1600 M Run	4:55.67	
Samantha George	2011	4A	1600 M Run	4:58.75	
Samantha George	2012	4A	1600 M Run	4:51.54	

MITCHELL

Beth Burleson	1989	1/2	100 M Hurdles	15.73	
Beth Burleson	1990	3A	100 M Hurdles	15.20	
Beth Burleson	1990	1/2	100 M Hurdles	15.20	

MONROE

Ann Walters	1986	1/2	Discus	112' 03"	
Marquita Houston	2000	2A	400 M Dash	59.42	
Diana Rahming	2003	2A	Discus	117' 03"	
Leigh Ann Taylor	2003	2A	MOP		
LeighAnn Taylor	2003	2A	1600 M Run	5:18.65	
LeighAnn Taylor	2003	2A	3200 M Run	11:44.13	
LeighAnn Taylor	2004	2A	1600 M Run	5:16.44	
Janieyah Collins	2009	2A	300 M Hurdles	45.52	
Jamie Glenn	2010	1A	Triple Jump	38' 01"	
Jamie Glenn	2011	1A	Triple Jump	34' 8.5"	
Janieyah Collins	2011	1A	300 M Hurdles	45.29	
	2011	1A	4X200 M Relay	1:42.15	
	2011	1A	4X400 M Relay	4:10.25	
Jamie Glenn	2012	1A	Triple Jump	38' 04"	
Janieyah Collins	2012	1A	200 M Dash	25.22	
Janieyah Collins	2012	1A	300 M Hurdles	45.34	
Janieyah Collins	2012	1A	MOP		
Reneazia Collins	2012	1A	100 M Hurdles	15.48	
Reneazia Collins	2012	1A	400 M Dash	57.41	
	2012	1A	4X200 M Relay	1:41.30	
Kendall Cox	2013	1A	Long Jump	17' 10"	
Reneazia Collins	2013	1A	100 M Hurdles	15.52	
Reneazia Collins	2013	1A	200 M Dash	25.47	
Reneazia Collins	2013	1A	400 M Dash	56.28	
Reneazia Collins	2013	1A	MOP		
	2013	1A	4X200 M Relay	1:42.66	
Reneazia Collins	2014	2A	100 M Dash	12.42	
Reneazia Collins	2014	2A	200 M Dash	25.48	
Reneazia Collins	2014	2A	400 M Dash	56.39	
Reneazia Collins	2014	2A	MOP		
	2014	2A	4X200 M Relay	1:41.65	

MOORESVILLE

	1988	1/2	100 M Hurdles	15.83	Ros Hall
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MOREHEAD

	1987	4A	800 M Dash	2:18.37	
	1998	3A	Long Jump	17' 11"	
	1998	3A	Triple Jump	38' 4.5"	
	1998	3A	400 M Dash	58.14	
	2009	3A	High Jump	5' 03"	

MOUNT AIRY

	2003	1A	Triple Jump	34' 03"	
	2006	1A	300 M Hurdles	46.69	
	2008	1A	100 M Hurdles	16.26	
	2012	1A	3200 M Run	12:10.51	
	2012	1A	4X800 M Relay	9:42.16	
	2016	1A	1600 M Run	5:22.39	
	2016	1A	4X800 M Relay	9:48.24	
	2019	1A	High Jump	5' 02"	

MOUNT PLEASANT

	2002	2A	Pole Vault	9' 06"	
	2003	2A	Pole Vault	10' 00"	
	2016	2A	800 M Dash	2:13.53	
	2016	2A	1600 M Run	4:59.96	

MOUNT TABOR

	1997	4A	Discus	121' 05"	
	1998	4A	Shot Put	38' 9.5"	
	2001	4A	4X800 M Relay	9:33.50	
	2002	4A	4X800 M Relay	9:32.67	
	2003	4A	1600 M Run	5:06.39	
	2003	4A	4X200 M Relay	1:42.66	
	2003	4A	4X800 M Relay	9:37.08	
	2004	4A	100 M Dash	11.78	
	2004	4A	200 M Dash	24.59	
	2004	4A	MOP		
	2004	4A	High Jump	5' 06"	
	2008	4A	4X400 M Relay	3:53.40	
	2013	4A	High Jump	5' 06"	
	2014	4A	3200 M Run	10:47.74	
	2017	4A	4X800 M Relay	9:26.00	

MOUNTAIN HERITAGE

Morgan Peterson	2004	2A	300 M Hurdles	45.37	
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MURPHY

	1989	1/2	800 M Dash	2:25.27	
	1989	1/2	Discus	117' 03"	
	1990	1/2	Discus	113' 8.75"	
	1990	1/2	MOP		
	1994	1A	4X100 M Relay	52.68	
	1994	1A	4X800 M Relay	10:36.79	
	1995	1A	1600 M Run	5:31.98	
	1995	1A	3200 M Run	12:01.65	
	1995	1A	4X400 M Relay	4:18.64	
	1995	1A	4X800 M Relay	10:16.60	
	1996	1A	4X400 M Relay	4:19.92	
	1996	1A	4X800 M Relay	10:19.09	
	1997	1A	1600 M Run	5:31.46	
	1997	1A	4X400 M Relay	4:17.72	
	1997	1A	4X800 M Relay	10:14.41	
	1998	1A	4X800 M Relay	10:15.68	
	2002	1A	800 M Dash	2:21.00	
	2013	1A	4X400 M Relay	4:08.52	
	2014	1A	4X200 M Relay	1:48.56	
	2018	1A	Discus	121' 10"	
	2018	1A	4X100 M Relay	51.04	
	2019	1A	Discus	126' 11"	
	2021	1A	Discus	131' 10"	

MYERS PARK

	1977	0	Discus	112' 05"	
	1978	0	Discus	132' 08"	
	1981	0	3200 M Run	11:37.30	
	1983	0	Shot Put	39' 11.75"	
	1995	4A	Discus	114' 06"	
	2000	4A	1600 M Run	5:05.59	
	2000	4A	3200 M Run	11:19.49	
	2002	4A	800 M Dash	2:15.28	
	2002	4A	1600 M Run	5:06.02	
	2002	4A	3200 M Run	10:46.22	
	2002	4A	MOP		
	2006	4A	4X800 M Relay	9:32.59	
	2008	4A	4X200 M Relay	1:40.65	
	2008	4A	4X800 M Relay	9:26.09	
	2009	4A	800 M Dash	2:13.87	
	2009	4A	4X800 M Relay	9:11.20	
	2014	4A	Discus	159' 01"	
	2019	4A	4X800 M Relay	9:31.73	
	2021	4A	3200 Meter Run	10:51.78	



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



NASH CENTRAL

Xaviera Bass	2011 3A 100 M Hurdles	14.89
	2016 3A 4X400 M Relay	4:03.00
Michaela Nelms	2017 3A 400 M Dash	55.80
	2017 3A 4X400 M Relay	3:59.03

NC SCHOOL OF SCIENCE & MATH

Maria Trent	1987 1/2 800 M Dash	2:25.22
Amy Bingham	1986 1/2 1600 M Run	5:38.45
Maria Trent	1987 1/2 1600 M Run	5:35.90
Maria Trent	1987 1/2 MOP	
Alex Reck	1990 1/2 3200 M Run	11:53.91
Debbie Won	1995 2A 3200 M Run	12:11.23
Debbie Won	1996 2A 3200 M Run	11:46.61
	1996 2A 4X800 M Relay	10:07.20
Edi Ntuon	1997 2A 400 M Dash	58.91
Stephanie Jilcott	1997 2A 3200 M Run	12:13.58
Edi Ntuon	1998 2A 400 M Dash	58.21
Colleen McGuire	2010 1A 400 M Dash	58.31
	2010 1A 4X400 M Relay	4:08.42
	2010 1A 4X800 M Relay	9:50.11
	2014 2A 4X800 M Relay	10:03.05

NEUSE CHARTER

Alyssa Lynch	2017 1A Shot Put (WC)	14' 5.75"
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NEW BERN

	1973 O 4X220 YD Relay	1:48.30
Swindell	1974 O 440 YD Dash	59.30
Williford	1974 O 110 YD Hurdles	15.50
	1989 4A 4X100 M Relay	48.63
	1990 4A 4X100 M Relay	47.73
	1990 4A 4X200 M Relay	1:42.70
	1991 4A 4X100 M Relay	48.58
	1992 4A 4X200 M Relay	1:41.58
Joann Smith	1993 4A 100 M Hurdles	15.17
Joann Smith	1993 4A 300 M Hurdles	44.07
Joanna Smith	1993 4A MOP	
Kim Richardson	1994 4A 200 M Dash	25.03
	1994 4A 4X100 M Relay	48.67

NEW HANOVER

Shelby Howell	2011 4A 800 M Dash	2:13.05
Shelby Howell	2012 4A 800 M Dash	2:11.99

NEWTON-CONOVER

Kirsten Bowden	1997 2A Long Jump	17' 04"
Kirsten Bowden	1997 2A Triple Jump	38' 8.5"
	2015 2A 4X400 M Relay	4:06.82

NORTH BRUNSWICK

Tammy Ballard	1988 1/2 100 M Dash	12.62
	1994 1A 4X200 M Relay	1:52.48
Crystal Corbett	1996 1A Triple Jump	34' 10"
Alexis Jenkins	2004 1A 300 M Hurdles	47.18
Christina Gray	2004 1A 400 M Dash	57.75
Alexis Jenkins	2005 1A 300 M Hurdles	47.18
Christina Gray	2005 1A 100 M Dash	12.50
Christina Gray	2005 1A 400 M Dash	58.04
Christina Gray	2005 1A MOP	
Alexis Jenkins	2006 2A 100 M Dash	12.62
Ashley Marino	2002 3A Pole Vault	10' 06"
Amanda Massey	2003 3A Pole Vault	9' 00"
Sage Proffitt	2011 3A Pole Vault	11' 06"
	2011 3A 4X400 M Relay	4:02.19
Sage Proffitt	2012 3A Pole Vault	11' 06"
Sage Proffitt	2012 3A MOP	

NORTH FORSYTH

	1980 O Triple Jump	37' 10.75"
	1994 4A 4X200 M Relay	1:42.31
	1994 4A 4X400 M Relay	3:58.93

NORTH GASTON

Miriam McCleod	1997 3A Discus	121' 08"
Miriam McCleod	1998 3A Discus	118' 2.75"
Chelsey McClean	2006 3A Shot Put	36' 0.5"
Maleena Reid	2010 3A 100 M Dash	11.92
Meleena Reid	2010 3A 200 M Dash	24.91
Jackie Reid	2012 3A Triple Jump	37' 02"

NORTH HENDERSON

Diana Henderson	1998 2A 3200 M Run	11:47.03
Diana Henderson	1999 2A 3200 M Run	11:18.16
Jessica Durrant	2001 2A 800 M Dash	2:27.40
Shiyrah Mielke	2002 2A 3200 M Run	12:12.94
	2002 2A 4X800 M Relay	10:06.08
	2006 2A 4X400 M Relay	4:09.32
Felisha Garren	2008 2A 400 M Dash	56.75

NORTH IREDELL

Shanna Brown	1996 3A Discus	103' 02"
Ashley Talley	2003 3A High Jump	5' 08"
Ashley Talley	2006 3A High Jump	5' 08"
Jonna Strange	2019 3A 3200 M Run	10:53.20

NORTH LENOIR

Alicia Pope	1991 3A 4X100 M Relay	49.71
	1992 3A 200 M Dash	25.63
	1992 3A 4X200 M Relay	1:44.65

NORTH LINCOLN

Allie Castro	2012 2A 3200 M Run	11:18.62
	2018 2A 4X800 M Relay	9:48.27
Angie Allen	2019 2A 1600 M Run	5:10.87
Angie Allen	2021 2A 800 Meter Run	2:15.58
Angie Allen	2021 2A 1600 Meter Run	5:05.97
Angie Allen	2021 2A 3200 Meter Run	11:13.81

NORTH MECKLENBURG

Amy Clark	1983 O 4X100 M Relay	48.40
Tracy Hoback	1991 4A 800 M Dash	2:16.88
Sonya Bell	1991 4A Discus	119' 01"
Sonya Bell	1999 4A Discus	121' 06"
Sonya Bell	2000 4A Discus	122' 10"
Victoria Gadson	2000 4A 400 M Dash	55.76
Kimberly Spano	2008 4A 1600 M Run	5:07.91
Kimberly Spano	2009 4A 3200 M Run	11:05.07
Lindsay Cooper	2019 4A 300 M Hurdles	43.64

NORTH PITT

Taylor	1973 O 1 Mile Run	5:22.20
Taylor	1974 O 1 Mile Run	5:21.10

NORTH ROWAN

Leah Ann Miller	1984 O 800 M Dash	2:15.73
Mia Gibson	1986 1/2 400 M Dash	58.43
April Jackson	1989 1/2 400 M Dash	59.44
Lola Jones	1989 1/2 High Jump	5' 04"
Katrina Jarrett	1991 3A 100 M Dash	12.30
Katrina Jarrett	1991 3A 200 M Dash	24.95
Katrina Jarrett	1991 3A MOP	
Katrina Jarrett	1993 3A 200 M Dash	24.83
Latasha Pharr	1998 2A Triple Jump	36' 5.5"
Latasha Pharr	1998 2A 100 M Hurdles	14.43



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



NORTH ROWAN (CONTINUED)

Latasha Pharr	1998	2A	MOP	
Tara Clinding	1998	2A	Shot Put	39' 4.25"
	1998	2A	4X400 M Relay	4:14.69
Latasha Pharr	1999	2A	Long Jump	18' 02"
Latasha Pharr	1999	2A	Triple Jump	39' 00"
Latasha Pharr	1999	2A	100 M Hurdles	14.79
Latasha Pharr	1999	2A	300 M Hurdles	46.93
Latasha Pharr	1999	2A	MOP	
Tara Clinding	1999	2A	Shot Put	39' 9"
Latasha Pharr	2000	2A	Triple Jump	40' 09"
Latasha Pharr	2000	2A	100 M Hurdles	14.06
Latasha Pharr	2000	2A	300 M Hurdles	44.05
Latasha Pharr	2000	2A	MOP	
Latasha Pharr	2001	2A	Triple Jump	39' 11"
Latasha Pharr	2001	2A	100 M Hurdles	14.19
Latasha Pharr	2001	2A	300 M Hurdles	46.09
Latasha Pharr	2001	2A	MOP	
Moriah Jones	2003	2A	Long Jump	17' 11.5"
Teanna Cuthbertson	2010	1A	Long Jump	19' 3.25"
Teanna Cuthbertson	2010	1A	100 M Hurdles	15.14
Teanna Cuthbertson	2010	1A	MOP	
	2010	1A	4X100 M Relay	49.48
	2010	1A	4X200 M Relay	1:44.12
Meloney Ramos	2011	1A	100 M Hurdles	15.41
Meloney Ramos	2011	1A	MOP	
Teanna Cuthbertson	2011	1A	Long Jump	17' 10"
	2011	1A	4X100 M Relay	48.31
Teanna Cuthbertson	2012	1A	Long Jump	17' 7.25"
Payton Russell	2015	2A	400 M Dash	55.70
Payton Russell	2016	2A	200 M Dash	24.83
Payton Russell	2016	2A	400 M Dash	56.44
	2016	2A	4X400 M Relay	4:07.76
Payton Russell	2017	2A	200 M Dash	25.14
Payton Russell	2017	2A	400 M Dash	56.15

NORTH STANLY

Denita Watkins	1987	1/2	300 M Hurdles	46.26
Nikki Harris	1989	1/2	Long Jump	17' 11"
Nikki Harris	1990	1/2	Triple Jump	36' 2.75"
Nikki Harris	1991	1/2	Long Jump	18' 4.5"
Nikki Harris	1991	1/2	Triple Jump	38' 5.25"
Nikki Harris	1991	1/2	100 M Dash	12.51
Nikki Harris	1992	1/2	Long Jump	19' 02"
Nikki Harris	1992	1/2	Triple Jump	39' 4.25"

NORTH STANLY (CONTINUED)

	1999	2A	4X800 M Relay	10:33.72
Krystal Knoll	2000	2A	800 M Dash	2:27.54
Taegan Lowder	2021	1A	Triple Jump	36'05.00"

NORTH STOKES

Janet Clark	1989	1/2	Shot Put	38' 00"
Janet Clark	1989	1/2	MOP	
Concita Simmons	1994	1A	Shot Put	35' 7"
Concita Simmons	1994	1A	Discus	132' 07"
Chelsie Dillard	2005	1A	800 M Dash	2:26.57
Erica Little	2005	1A	Long Jump	17' 11.75"
Chelsie Dillard	2006	1A	800 M Dash	2:26.42
Nikia Simmons	2007	1A	Shot Put	34' 2"
Shandellah Martin	2009	1A	Shot Put	32' 9.75"
Tess Rogers	2011	1A	Pole Vault	11' 00"
Tess Rogers	2012	1A	Pole Vault	10' 06"
Tess Rogers	2013	1A	Pole Vault	10' 06"
Moriah Boyette	2014	1A	Pole Vault	10' 03"
Emma Frye	2016	1A	Triple Jump	35' 8.5"
Abigail Hemric	2017	1A	3200 M Run	11:55.40
Hailey Sheppard	2017	1A	Pole Vault	9' 00"

NORTH SURRY

Alex Cooke	2013	2A	Shot Put	39' 10"
Alex Cooke	2014	2A	Shot Put	41' 9"

NORTHAMPTON COUNTY

	2001	1A	4X100 M Relay	51.71
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NORTHAMPTON-EAST

Erin Gubitz	1996	1A	400 M Dash	1:01.44
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NORTHAMPTON-WEST

Cyethia Rooks	2001	1A	MOP	
Cynethia Rooks	2001	1A	100 M Dash	12.52
Cynethia Rooks	2001	1A	200 M Dash	25.67
Cynethia Rooks	2001	1A	400 M Dash	57.40
Cynethia Rooks	2003	1A	100 M Dash	12.33
Cynethia Rooks	2003	1A	400 M Dash	57.41

NORTHEAST GUILFORD

	2007	3A	4X200 M Relay	1:42.49
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NORTHEASTERN

Alex Travenier	2010	2A	3200 M Run	12:14.27
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NORTHERN DURHAM

Mamie Wilson	1981	0	100 M Dash	11.80
Mamie Wilson	1982	0	200 M Dash	24.60
	1982	0	4X200 M Relay	1:41.10
Carla McLaughlin	1983	0	100 M Dash	11.70
Carla McLaughlin	1983	0	200 M Dash	24.30
	1983	0	4X200 M Relay	1:42.00
Carla McLaughlin	1984	0	100 M Dash	11.88
Carla McLaughlin	1984	0	200 M Dash	24.13
Randi Chapman	1999	4A	Triple Jump	39' 6.5"

NORTHERN GUILFORD

Ariel Davis	2012	3A	100 M Hurdles	14.39
	2017	3A	4X200 M Relay	1:42.69

NORTHERN VANCE

	1999	2A	4X100 M Relay	50.91
	2000	2A	4X200 M Relay	1:45.00
	2002	2A	4X400 M Relay	4:12.34
Mya Daye	2016	3A	100 M Dash	12.06
Mya Daye	2017	3A	100 M Dash	11.96
Mya Daye	2017	3A	200 M Dash	24.69

NORTHSIDE-JACKSONVILLE

Koletta Harris	1996	2A	Shot Put	38' 11.5"
	2004	2A	4X100 M Relay	48.63
	2004	2A	4X200 M Relay	1:43.09
	2004	2A	4X400 M Relay	4:02.21
Danielle Adams	2006	2A	High Jump	5' 04"
Danielle Adams	2008	2A	High Jump	5' 06"
Maya Stanley	2017	2A	Discus	121' 08"
Kaylah Britt	2019	3A	Triple Jump	39' 3.5"

NORTHSIDE-PINETOWN

Kat Slade	2021	1A	High Jump	5'00"
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NORTHWEST CABARRUS

Charlotte Carlson	1984	0	3200 M Run	11:24.14
Marquita Misenheimer	1985	0	High Jump	5' 02"
Michelle Rhyne	1986	3/4	Shot Put	38' 8.5"
Michelle Rhyne	1987	3A	Shot Put	40' 0"
Michelle Rhyne	1987	3A	MOP	



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



NORTHWEST CABARRUS (CONTINUED)

Michelle Rhyne	1988	3A	Shot Put	39' 2.5"
Tempess Stark	2002	3A	100 M Dash	12.18
Tempess Stark	2003	3A	100 M Dash	12.21
Jill Moore	2009	3A	1600 M Dash (WC)	5:08.74
Jill Moore	2009	3A	3200 M Dash (WC)	10:34.38
Maklisha Ford	2009	3A	100 M Hurdles	15.50
Jill Moore	2010	3A	1600 M Dash (WC)	4:43.87
Jill Moore	2010	3A	3200 M Dash (WC)	9:58.92
Jill Moore	2011	3A	100 M Dash (WC)	20.63
Jill Moore	2011	3A	200 M Dash (WC)	36.86
Jill Moore	2011	3A	800 M Dash (WC)	2:17.66
Jill Moore	2012	3A	400 M Dash (WC)	1:05.54
Chaunesse Barringer	2021	3A	Long Jump	19'01.50"

NORTHWEST GUILFORD

	2007	4A	4X800 M Relay	9:41.38
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NORTHWOOD

Tessa Sheets	2016	3A	Pole Vault	12' 01"
Tessa Sheets	2017	3A	Pole Vault	12' 06"
Samantha Ennis	2019	3A	Shot Put	42' 4"
Caroline Murrell	2021	3A	3200 Meter Run	10:51.83

OLYMPIC

Sonya Marshall	1980	O	100 M Hurdles	14.40
Shawnta Person	1994	4A	400 M Dash	57.41
Keeya McManus	1995	4A	800 M Dash	2:14.90
Felicia Fant	2000	4A	100 M Dash	11.96
Felicia Fant	2000	4A	200 M Dash	24.92
Felicia Fant	2000	4A	MOP	
Ronda White	2000	4A	Long Jump	19' 8.75"
Ronda White	2000	4A	Triple Jump	41' 1.5"
	2000	4A	4X100 M Relay	47.76
Kenyetta Iyevbele	2008	3A	1600 M Run	5:07.29
Kenyetta Iyevbele	2009	3A	3200 M Run	11:30.23
Khayla Dawson	2015	4A	Shot Put	47' 11"

OLYMPIC (CONTINUED)

Khayla Dawson	2016	4A	Shot Put	49' 0"
Khayla Dawson	2016	4A	Discus	140' 01"
	2021	4A	4X400 Relay	3:48.86

OVERHILLS

Kayla Mitchell	2013	3A	100 M Hurdles	14.79
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OWEN

	1995	2A	4X800 M Relay	9:59.70
Catherine Holmes	1999	2A	400 M Dash	1:00.30
	2000	2A	4X800 M Relay	10:20.54

PAGE

Scott	1975	O	110 YD Hurdles	15.20
Tonya Jefferies	1981	O	400 M Dash	56.60
Tonya White	1982	O	400 M Dash	56.50
Quicha Floyd	1989	4A	High Jump	5' 04"
Quicha Floyd	1991	4A	High Jump	5' 06"
Lindsay Broyhill	2006	4A	800 M Dash	2:15.42
Jazie Daniels	2009	4A	Triple Jump	39' 5.5"

PAMLICO COUNTY

Hydia Davis	2018	1A	Shot Put	39' 2"
Mirachell Maher	2021	1A	Shot Put	36'00.25"
Tra'Nijah Pettihomme	2021	1A	100 Meter Dash	12.32
Tra'Nijah Pettihomme	2021	1A	200 Meter Dash	25.48
	2021	1A	4X100 Relay	50.75

PANTHER CREEK

Cassie Crawford	2009	4A	Pole Vault	11' 06"
Cassie Crawford	2010	4A	Pole Vault	12' 06"
Morgan Smalls	2017	4A	High Jump	5' 08"
Morgan Smalls	2018	4A	Long Jump	19' 3.5"
Morgan Smalls	2018	4A	Triple Jump	40' 7.5"
Morgan Smalls	2018	4A	High Jump	6' 0.25"
Morgan Smalls	2018	4A	MOP	
Morgan Smalls	2019	4A	Triple Jump	40' 09"
Morgan Smalls	2019	4A	High Jump	5' 10"
Morgan Smalls	2019	4A	MOP	

PARKLAND

Faye Strothers	1981	O	Shot Put	42' 11.5"
Sheena Anderson	2003	3A	Shot Put	38' 1.5"
	2006	3A	4X200 M Relay	1:42.18
	2006	3A	4X400 M Relay	3:59.47
	2007	3A	4X100 M Relay	49.25
Jessica Morgan	2008	3A	Long Jump	18' 11"
	2009	3A	4X100 M Relay	48.13
Jessica Morgan	2010	4A	Long Jump	18' 9.5"
	2012	4A	4X100 M Relay	47.73
	2012	4A	4X200 M Relay	1:39.62
	2013	4A	4X100 M Relay	47.22

PARKLAND (CONTINUED)

	2013	4A	4X200 M Relay	1:37.83
	2013	4A	4X400 M Relay	3:47.70
Katlin Sherman	2014	4A	100 M Dash	11.88
Katlin Sherman	2014	4A	200 M Dash	24.05
Katlin Sherman	2014	4A	MOP	
	2014	4A	4X100 M Relay	46.99
	2014	4A	4X200 M Relay	1:36.99
	2014	4A	4X400 M Relay	3:47.88
Ebony Williams	2015	4A	100 M Hurdles	13.44
Ebony Williams	2015	4A	300 M Hurdles	42.19
Katlin Sherman	2015	4A	100 M Dash	11.53
McKinley McNeill	2015	4A	400 M Dash	54.31
	2015	4A	4X200 M Relay	1:36.43
	2015	4A	4X400 M Relay	3:46.57
McKinley McNeill	2016	4A	400 M Dash	53.50
	2016	4A	4X200 M Relay	1:37.05
Alexis Patterson	2018	3A	100 M Dash	11.78
Alexis Patterson	2018	3A	200 M Dash	24.39
Alexis Patterson	2018	3A	MOP	
	2018	3A	4X100 M Relay	47.28
	2018	3A	4X200 M Relay	1:38.96
Alexis Patterson	2019	3A	100 M Hurdles	13.91
Alexis Patterson	2019	3A	100 M Dash	11.95
Alexis Patterson	2019	3A	MOP	
Ija Mumford	2019	3A	Long Jump	18' 3.75"
	2019	3A	4X100 M Relay	47.10
	2019	3A	4X200 M Relay	1:38.29
Ai'yana Gray-Williams	2021	3A	100 Meter Dash	12.14
Ai'yana Gray-Williams	2021	3A	200 Meter Dash	24.66
	2021	3A	4X100 Relay	47.97
	2021	3A	4X200 Relay	1:40.41

PARKWOOD

Netanya Linares	2017	2A	Pole Vault	10' 00"
Anna Bristle	2018	3A	3200 M Run	10:56.79

PATTON

Faith Younts	2019	2A	800 M Dash	2:21.92
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PENDER

Christina Moore	2005	2A	800 M Dash	2:18.43
Christina Moore	2005	2A	1600 M Run	5:13.07
Saresa Hudson	2007	1A	300 M Hurdles	46.84
Saresa Hudson	2010	1A	300 M Hurdles	45.58



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



PENDER (CONTINUED)

Tanazsa Simpson	2016	1A	Shot Put	39' 5.25"
Daisy Hearn	2019	1A	Shot Put (WC)	8' 3.75"
Daisy Hearn	2019	1A	Discus (WC)	19' 3"
Sonti Robinson	2019	1A	Shot Put	34' 5.5"
Daisy Hearn	2021	1A	Shot Put (WC)	9'05.00"
Daisy Hearn	2021	1A	Discus (WC)	18'04"

PERQUIMANS

Shaquita Copeland	2005	1A	200 M Dash	25.96
Shaquita Copeland	2006	1A	200 M Dash	26.16
Shaquita Copeland	2006	1A	400 M Dash	58.66
Leroya Banks	2009	1A	200 M Dash	24.86
Leroya Banks	2010	1A	100 M Dash	12.30
Leroya Banks	2010	1A	200 M Dash	25.37
Leroya Banks	2011	1A	100 M Dash	12.10

PERSON

Wendy Palmer	1990	4A	High Jump	5' 06"
Wendy Palmer	1992	4A	High Jump	5' 08"
Brittany Burton	2009	4A	High Jump	5' 06"

PINE FOREST

Takeisha Quick	1992	4A	200 M Dash	24.86
	1992	4A	4X100 M Relay	48.44
Crystal Cox	1995	4A	200 M Dash	24.39
Crystal Cox	1995	4A	400 M Dash	56.97
Crystal Cox	1995	4A	MOP	
	1995	4A	4X200 M Relay	1:42.64
	1995	4A	4X400 M Relay	3:56.09
Crystal Cox	1996	4A	100 M Dash	11.80
Crystal Cox	1996	4A	200 M Dash	24.18
	1996	4A	4X100 M Relay	48.05
	1996	4A	4X400 M Relay	3:56.87
Crystal Cox	1997	4A	100 M Dash	11.86
Crystal Cox	1997	4A	200 M Dash	24.38
Jade Jordan	2016	4A	Long Jump	18' 7.25"
Jade Jordan	2017	4A	Long Jump	19' 6.5"

PINECREST

Stanback	1977	O	100 YD Dash	11.10
Stanback	1977	O	220 YD Dash	25.30
Stanback	1978	O	100 YD Dash	10.90
Stanback	1978	O	220 YD Dash	24.60
	1979	O	4X110 YD Relay	49.70

PINECREST (CONTINUED)

Latanya Wynn	1984	O	Long Jump	19' 1.5"
Twyla Smith	1994	4A	Triple Jump	38' 11.5"
Twyla Smith	1994	4A	100 M Hurdles	14.64
Twyla Smith	1994	4A	300 M Hurdles	43.78
Twyla Smith	1994	4A	MOP	
Twyla Smith	1995	4A	Triple Jump	41' 2.5"
Latasha Allmond	1996	4A	Shot Put	38' 8"
Lauren Bishop	2008	4A	3200 M Run	11:15.13
Carmen Alder	2018	4A	1600 M Run	4:57.84
Carmen Alder	2018	4A	3200 M Run	10:54.80
Carmen Alder	2019	4A	1600 M Run	5:03.98

POLK CENTRAL

Sandra Davis	1987	1/2	Long Jump	19' 2.5"
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POLK COUNTY

	1990	1/2	4X800 M Relay	10:04.30
Karen Godlock	1991	1/2	800 M Dash	2:19.30
Karen Godlock	1991	1/2	1600 M Run	5:08.84
Karen Godlock	1991	1/2	3200 M Run	11:28.84
Karen Godlock	1991	1/2	MOP	
	1991	1/2	4X800 M Relay	9:56.36
Karen Godlock	1992	1/2	800 M Dash	2:17.53
Karen Godlock	1992	1/2	1600 M Run	5:06.34
Karen Godlock	1992	1/2	3200 M Run	11:25.36
Karen Godlock	1992	1/2	MOP	
	1992	1/2	4X800 M Relay	10:06.70
Karen Godlock	1993	1/2	800 M Dash	2:16.34
Karen Godlock	1993	1/2	1600 M Run	5:05.69
Karen Godlock	1993	1/2	3200 M Run	11:14.00
Karen Godlock	1993	1/2	MOP	
	1993	1/2	4X800 M Relay	10:20.72
Jennifer Dimsdale	1996	2A	800 M Dash	2:20.20
Jennifer Dimsdale	1996	2A	1600 M Run	5:08.18
Jennifer Dimsdale	1998	1A	800 M Dash	2:21.60
Jennifer Dimsdale	1998	1A	1600 M Run	5:19.05
Jennifer Dimsdale	1998	1A	3200 M Run	12:25.39
Jennifer Dimsdale	1998	1A	MOP	
Rachel McEntyre	1998	1A	200 M Dash	25.57
	1998	1A	4X200 M Relay	1:45.57
Ebony Cunningham	1999	1A	100 M Hurdles	15.81
Jennifer Dimsdale	1999	1A	800 M Dash	2:25.12
	1999	1A	4X200 M Relay	1:45.12
Elisabeth Elliot	2005	1A	1600 M Run	5:33.34

POLK COUNTY (CONTINUED)

Elisabeth Elliot	2005	1A	3200 M Run	12:03.13
Elisabeth Elliot	2006	1A	3200 M Run	11:57.21
Maggie Conner	2008	1A	300 M Hurdles	46.54
	2011	2A	4X400 M Relay	4:06.40
	2012	2A	4X400 M Relay	4:02.37
	2018	1A	4X400 M Relay	4:05.81
	2019	1A	4X400 M Relay	4:07.20

PRINCETON

Summer Graham	2004	1A	1600 M Run	5:27.04
Summer Graham	2004	1A	3200 M Run	12:03.09
Summer Graham	2004	1A	MOP	
Jania Bogle	2006	1A	100 M Dash	12.69
	2006	1A	4X100 M Relay	50.99
Jania Bogle	2007	1A	100 M Dash	12.35
Jania Bogle	2007	1A	200 M Dash	25.99
Jania Bogle	2008	1A	100 M Dash	12.47
Jania Bogle	2008	1A	200 M Dash	25.30
Jania Bogle	2008	1A	MOP	
Jania Bogle	2009	1A	Long Jump	17' 2.25"
Jania Bogle	2009	1A	100 M Dash	12.25
Shamonda Bell	2018	1A	100 M Hurdles	15.43

PROVIDENCE

Ami Herrman	1991	4A	1600 M Run	5:04.42
Ami Herrman	1991	4A	3200 M Run	11:17.51
Ami Herrman	1992	4A	1600 M Run	4:51.59
Ami Herrman	1992	4A	3200 M Run	11:01.33
Amy Herman	1992	4A	MOP	
Ami Herrman	1993	4A	1600 M Run	5:09.92
Ami Herrman	1993	4A	3200 M Run	11:21.85
Eve Hammett	1995	4A	Shot Put	39' 5.5"
Jodie Nettles	2000	4A	Pole Vault	11' 00"
Jennifer Webster	2005	4A	High Jump	5' 06"
	2018	4A	4X400 M Relay	3:51.59
Ella Mainwaring Foster	2019	4A	400 M Dash	55.13
	2019	4A	4X400 M Relay	3:50.80

QUEEN'S GRANT

Avianna Hopkins	2015	1A	Discus	119' 08"
Avianna Hopkins	2016	1A	Discus	117' 01"
McKenzie Scott	2016	1A	High Jump	5' 02"
McKenzie Scott	2017	1A	High Jump	5' 04"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



R-S CENTRAL

Joyasia Smith 2021 2A 200 Meter Dash 25.15

R.J. REYNOLDS

Vanessa Smith 1978 0 High Jump 5' 7.75"

Tracy Briston 1982 0 200 M Hurdles 28.50

Bernadette Washington 2001 4A 200 M Dash 24.67

Bernadette Washington 2001 4A MOP

2001 4A 4X200 M Relay 1:42.65

2001 4A 4X400 M Relay 4:02.29

Joanna Wright 2007 4A Pole Vault 11' 06"

RAGSDALE

Elder 1972 0 1 Mile Run 6:05.60

Ralston 1972 0 880 YD Dash 2:43.20

1974 0 4X110 YD Relay 51.70

McClenlon 1976 0 Discus 123' 10"

Lisa Gray 1978 0 Shot Put 43' 8"

Lisa Gray 1979 0 Shot Put 43' 4.75"

Lisa Gray 1979 0 Discus 132' 00"

Nathifa Forde 2002 3A Triple Jump 37' 7.5"

Kiara Crutchfield 2005 3A Long Jump 17' 08"

Caitlin Thornley 2006 3A Pole Vault 12' 00"

Kiara Crutchfield 2007 3A Long Jump 18' 05"

Chesney Ward 2016 4A Pole Vault 13' 02"

Kaitlin McGoogan 2019 4A Shot Put 38' 11.75"

Kaitlin McGoogan 2019 4A Discus 142' 09"

RANDLEMAN

Shelly Whitaker 1990 1/2 High Jump 5' 06"

1990 1/2 4X400 M Relay 4:11.22

Christal Rayle 2002 2A 1600 M Run 5:30.01

REAGAN

Isabel Zimmerman 2017 4A 1600 M Run 5:00.46

Isabel Zimmerman 2017 4A 3200 M Run 10:47.88

2021 4A 4X800 Relay 9:12.53

RED SPRINGS

1992 1/2 4X200 M Relay 1:46.57

2001 1A 4X200 M Relay 1:48.74

Morgan McEachin 2006 2A 200 M Dash 25.70

REID ROSS

1977 0 4X220 YD Relay 1:43.00

1978 0 4X220 YD Relay 1:43.77

REIDSVILLE

Dee Dee Slade 1980 0 Long Jump 19' 03"

Monique Judkins 1996 3A High Jump 5' 06"

Monique Judkins 1997 3A High Jump 5' 08"

RESEARCH TRIANGLE

Victoria Swepson 2018 1A 800 M Dash 2:20.40

Victoria Swepson 2018 1A 1600 M Run 5:21.52

Victoria Swepson 2019 1A 800 M Dash 2:18.84

Victoria Swepson 2019 1A 1600 M Run 5:25.68

Victoria Swepson 2021 1A 1600 Meter Run 5:23.84

2021 1A 4X800 Relay 10:13.74

RICHMOND

Kathy Ormsby 1981 0 1600 M Run 4:59.00

Kathy Ormsby 1982 0 1600 M Run 4:59.00

Kathy Ormsby 1983 0 800 M Dash 2:18.10

Kathy Ormsby 1983 0 1600 M Run 4:56.80

Kathy Ormsby 1983 0 3200 M Run 11:08.40

Mary McKoy 1984 0 Triple Jump 39' 11.25"

1988 4A 4X200 M Relay 1:42.85

Cassandra Adams 1990 4A 100 M Hurdles 14.66

RIVERSIDE-MARTIN

Briley Brickerstaff 2021 1A 3200 Meter Run 11:53.67

ROBBINSVILLE

Faith Trammell 2009 1A 3200 M Run 11:49.07

Maddie Cole 2015 1A Pole Vault 10' 00"

ROCKINGHAM COUNTY

Nish Neal 1991 3A Shot Put 38' 0.75"

Christian Murphy 1992 3A Discus 115' 03"

Nish Neal 1992 3A Shot Put 36' 8.75"

Nish Neal 1993 3A Shot Put 35' 11.25"

ROCKY MOUNT

Danita Whitaker 2010 3A Shot Put 39' 6"

2015 3A 4X100 M Relay 49.08

2015 3A 4X200 M Relay 1:43.36

ROCKY RIVER

Kenya Livingston 2016 4A High Jump 5' 08"

Jirah Sidberry 2019 4A Long Jump 18' 11.75"

ROSEWOOD

Jamie Hollingsworth 1997 1A 3200 M Run 12:14.41

Jessica Heitpas 2000 1A 800 M Dash 2:26.66

Jessica Heitpas 2001 1A 800 M Dash 2:24.12

SALISBURY

Lisa Staton 1978 0 Triple Jump 38' 11"

Lisa Staton 1979 0 Long Jump 18' 4.75"

Lisa Taylor 1986 1/2 100 M Hurdles 15.46

Crystal Sherrill 1987 1/2 Triple Jump 36' 4.5"

Lisa Taylor 1987 1/2 100 M Hurdles 15.52

Lisa Taylor 1988 1/2 300 M Hurdles 45.80

Zandra Hoyles 1989 1/2 300 M Hurdles 47.70

Carmen Weldon 1994 2A 200 M Dash 25.82

1994 2A 4X100 M Relay 50.26

Carmen Weldon 1995 2A 100 M Dash 12.40

Carmen Weldon 1995 2A 200 M Dash 25.15

Alisha Bradshaw 2010 2A Discus 129' 11.5"

Alisha Bradshaw 2011 2A Shot Put 39' 7"

Alisha Bradshaw 2011 2A Discus 119' 10"

Jaleesa Smoot 2013 2A 400 M Dash 56.59

SANDERSON

Gail Hafley 1978 0 1 Mile Run 5:05.70

Treshell Mayo 1991 4A 400 M Dash 55.91

Cameron Bader 1992 4A 300 M Hurdles 46.29

Treshell Mayo 1992 4A 400 M Dash 56.92

Molly Doyle 2000 4A 800 M Dash 2:19.10

SANFORD

Belsma 1977 0 Long Jump 18' 10"

SCOTLAND COUNTY

Williams 1978 0 110 YD Hurdles 14.50

Doris Bloxson 1981 0 Discus 128' 07"

Lakesha Bennett 1992 4A Triple Jump 38' 01"

Ashlynn Chais 2007 4A Long Jump 18' 07"

SEVENTY-FIRST

Pam Belton 1979 0 220 YD Dash 25.00

Pam Belton 1981 0 200 M Dash 24.80

1992 4A 4X800 M Relay 9:51.91

Kennisha Morten 1998 4A 400 M Dash 56.97

Danielle Davis 1999 4A 100 M Dash 12.03



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



SHELBY

Charlotte Smith 1988 3A 1600 M Run 5:23.85

SMITHFIELD-SELMA

Gwen Ray 1980 O 200 M Dash 24.30
Teneen Royal 1988 4A 400 M Dash 57.54
Dashontia Atkinson 1990 4A Shot Put 41' 1"
Dashontia Atkinson 1990 4A Discus 141' 04"
Dashontia Atkinson 1990 4A MOP

SMOKY MOUNTAIN

2016 2A 4X800 M Relay 9:54.83

SOUTH BRUNSWICK

Myra Williams 1995 3A Shot Put 40' 1.75"
Myra Williams 1995 3A Discus 125' 00"
Myra Williams 1996 3A Shot Put 42' 5.25"
Vikki Williams 2002 2A High Jump 5' 04"

SOUTH CALDWELL

Virginia Lacombe 1998 3A High Jump 5' 08"

SOUTH CENTRAL

Kelsey McCorkle 2006 3A 100 M Dash 11.83
Kelsey McCorkle 2006 3A 200 M Dash 24.73
Kelsey McCorkle 2006 3A MOP
Kelsey McCorkle 2007 3A 200 M Dash 24.79
Kelsey McCorkle 2007 3A 400 M Dash 56.60
Kelsey McCorkle 2007 3A MOP
Kelsey McCorkle 2008 3A 100 M Dash 11.83
Kelsey McCorkle 2008 3A 200 M Dash 23.63
Kelsey McCorkle 2008 3A MOP
2008 3A 4X100 M Relay 47.24
Danielle Butts 2009 3A Triple Jump 40' 11"
Danielle Butts 2010 3A Triple Jump 39' 01"
Danielle Butts 2010 3A High Jump 5' 06"
Danielle Butts 2010 3A MOP
2010 3A 4X100 M Relay 46.94
2010 3A 4X200 M Relay 1:39.32
Danielle Butts 2011 3A Triple Jump 40' 11"
Danielle Butts 2011 3A High Jump 5' 04"
2011 3A 4X100 M Relay 47.35
2011 3A 4X200 M Relay 1:43.61
Alexis Hastings 2021 4A Triple Jump 37'09.00"

SOUTH DAVIDSON

Cathy Pryor 1995 1A 800 M Dash 2:28.80
Gina Rosser 1998 1A High Jump 5' 05"
Gina Rosser 1999 1A High Jump 5' 04"

SOUTH GRANVILLE

Vanessa Smith 1986 1/2 MOP
Annette Harris 1988 1/2 200 M Dash 25.85
Kresha Estes 1988 1/2 400 M Dash 58.20
1988 1/2 4X100 M Relay 49.59
Annette Harris 1990 1/2 200 M Dash 26.22
1990 1/2 4X200 M Relay 1:48.04
Tracey Burwell 1991 1/2 400 M Dash 58.91
Juanita Highes 1996 2A 400 M Dash 57.55
1997 2A 4X400 M Relay 4:05.51
Latoya Burt 1998 2A 300 M Hurdles 46.24

SOUTH IREDELL

Julia Scoles 2013 2A Long Jump 18' 0.25"
Julia Scoles 2015 3A High Jump 5' 06"

SOUTH JOHNSTON

Anna Raynor 2002 4A Long Jump 18' 00"
Anna Raynor 2003 4A High Jump 5' 09"
Whitney Williams 2012 3A Shot Put 38' 9.75"

SOUTH MECKLENBURG

Michelle Langan 1976 O High Jump 5' 07"
Teri LeBlanc 1984 O High Jump 5' 06"
Teri LeBlanc 1984 O 100 M Hurdles 13.89
Jennifer Lakes 1994 4A 3200 M Run 11:26.93
Cierra Burdick 2008 4A High Jump 5' 05"

SOUTH ROBESON

Angela Grissett 1995 1A 4X100 M Relay 52.10
1996 1A 200 M Dash 25.78
Shaquiela Robinson 2008 1A High Jump 5' 02"
Shaquiela Robinson 2009 1A High Jump 5' 06"
Shaquiela Robinson 2010 1A High Jump 5' 04"

SOUTH ROWAN

Ellen Miller 1986 3/4 Discus 126' 01"
Tracy Connor 1992 4A Shot Put 39' 3.75"
Tracy Connor 1992 4A Discus 118' 00"
Macy Miller 2021 2A High Jump 5'04.00"

SOUTH STANLY

Lee Anne Ross 1991 1/2 300 M Hurdles 46.96
Marcia Colson 1994 1A Long Jump 17' 4.75"
Marcia Colson 1994 1A Triple Jump 34' 5.25"
Marcia Colson 1995 1A Long Jump 17' 8.25"
Marcia Colson 1995 1A Triple Jump 35' 6.75"
Lashica Johnson 1996 1A Shot Put 34' 2"
Caitlin Ritchie 2007 1A Pole Vault 9' 06"
Jade Farlow 2008 1A 1600 M Run 5:19.02
Jasmine Patterson 2009 1A Pole Vault 9' 00"
Jasmine Patterson 2010 1A Pole Vault 9' 06"

SOUTH STOKES

Evette Brown 2002 1A 100 M Dash 12.24
Evette Brown 2002 1A 200 M Dash 25.52
Kasey Smith 2003 1A 3200 M Run 11:51.54
Kasey Smith 2003 1A MOP
2003 1A 4X800 M Relay 10:20.64
Evette Brown 2004 1A 100 M Dash 12.18
Evette Brown 2004 1A 200 M Dash 25.87
Chelsea Mudd 2007 1A 400 M Dash 1:01.11
Joanna Davis 2007 1A 100 M Hurdles 16.25

SOUTHEAST GUILFORD

McMais 1973 O 880 YD Dash 2:32.80
Robbins 1973 O High Jump 5' 0.5"
Robbins 1974 O High Jump 5' 02"
Haley Hackett 2008 3A Shot Put 37' 6"
Breanna Alston 2009 3A 400 M Dash 58.45
Kiya Ovosun 2017 4A 400 M Dash 53.53
Shekinah Cooke 2019 3A Discus 140' 08"

SOUTHEAST HALIFAX

Katrina Lewis 2000 2A Discus 103' 09"
Katrina Lewis 2001 2A Shot Put 39' 6.5"
Katrina Lewis 2001 2A Discus 114' 06"

SOUTHEAST RALEIGH

Jessica Hawkins 1998 4A Discus 126' 05"
Jessica Hawkins 1999 4A Shot Put 37' 10"
2000 4A 4X800 M Relay 9:26.84
Michelle Dixon 2001 4A 100 M Dash 12.18
Sharonda Johnson 2001 4A Triple Jump 37' 9.5"
Sharonda Johnson 2002 4A Triple Jump 39' 3.5"
Krystle Medlin 2003 4A 800 M Dash 2:20.20



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



SOUTHWEST GUILFORD

Ashley Pinnix	1997	2A	High Jump	5' 00"
	1997	2A	4X800 M Relay	10:13.09
Nayly Bulkeley	1999	3A	800 M Dash	2:19.53
	1999	3A	4X800 M Relay	9:49.46
Tiffany Roberts	2002	3A	200 M Dash	24.54
	2002	3A	4X100 M Relay	49.44
	2002	3A	4X200 M Relay	1:42.65
Portia Baker	2003	3A	200 M Dash	24.39
Portia Baker	2003	3A	400 M Dash	56.79
Portia Baker	2004	3A	200 M Dash	25.23
Portia Baker	2004	3A	400 M Dash	55.82
Shemiah Brooks	2010	4A	Triple Jump	39' 10"
Shemiah Brooks	2011	4A	Triple Jump	39' 03"
Shemiah Brooks	2012	4A	Triple Jump	28' 10"
Nyile Facey	2018	3A	100 M Hurdles	14.06

SOUTHWEST ONSLOW

Tahalia Fairman	2018	2A	100 M Dash	12.30
Tahalia Fairman	2018	2A	200 M Dash	25.39
Tahalia Fairman	2019	2A	400 M Dash	56.57

SOUTHWESTERN RANDOLPH

Melissa Rogers	1986	1/2	High Jump	5' 06"
Pauline Rogers	1986	1/2	300 M Hurdles	46.81
Melissa Rogers	1987	1/2	High Jump	5' 06"
Melissa Rogers	1987	1/2	400 M Dash	57.37

ST. PAULS

Terria Sinclair	2003	2A	200 M Dash	25.44
	2010	2A	4X100 M Relay	49.57
	2010	2A	4X200 M Relay	1:43.70
	2011	2A	4X200 M Relay	1:44.54
	2012	2A	4X100 M Relay	49.57
	2012	2A	4X200 M Relay	1:44.24
	2013	2A	4X200 M Relay	1:43.29
Tia Glover	2015	2A	100 M Dash	12.37

ST. STEPHENS

Patty King	1985	O	3200 M Run	11:28.92
Jennifer Coffey	1989	3A	3200 M Run	11:49.43
Jennifer Coffey	1990	3A	3200 M Run	11:58.60

STARMOUNT

Terri Matthews	1999	1A	Pole Vault	8' 00"
	1999	1A	4X400 M Relay	4:25.50
Terri Matthews	2000	1A	Pole Vault	9' 06"
Susan Shore	2001	1A	Pole Vault	9' 00"
Susan Shore	2003	1A	Pole Vault	9' 06"
Shea Snow	2004	1A	Pole Vault	10' 07"
Shea Snow	2005	1A	Pole Vault	10' 00"
Hunter Welborn	2012	2A	High Jump	5' 06"
Hunter Welborn	2013	2A	High Jump	5' 06"
Hunter Welborn	2014	1A	High Jump	5' 08"
Samantha Welborn	2014	1A	Shot Put	35' 10.75"
Samantha Welborn	2014	1A	Discus	112' 10"

STATESVILLE

Kim Jones	1990	3A	High Jump	5' 06"
	1990	3A	4X100 M Relay	49.37
Kim Jones	1991	3A	Long Jump	18' 8.5"
Kim Jones	1991	3A	High Jump	5' 08"
Kim Jones	1992	3A	Long Jump	18' 6.75"
Kim Jones	1992	3A	High Jump	5' 04"
Jordan Daywalt	2007	3A	Pole Vault	11' 06"
Jordan Daywalt	2008	3A	Pole Vault	11' 06"
Cambria Shuford	2016	3A	400 M Dash	56.28

SUN VALLEY

Alice Vinson	1988	3A	100 M Dash	12.65
Alice Vinson	1989	3A	Triple Jump	39' 0.5"
Alice Vinson	1989	3A	100 M Dash	12.20
Alice Vinson	1989	3A	200 M Dash	25.06
Alice Vinson	1989	3A	MOP	
	1989	3A	4X800 M Relay	10:02.72
Alice Vinson	1990	3A	100 M Dash	12.03
Alice Vinson	1990	3A	200 M Dash	24.81
Alice Vinson	1990	3A	MOP	
	1990	3A	4X800 M Relay	10:04.21
Christy Rogers	1991	3A	100 M Hurdles	15.33
Suzanne Black	1991	3A	800 M Dash	2:21.20
	1991	3A	4X800 M Relay	10:03.16
Christy Rogers	1992	3A	100 M Hurdles	15.16
Suzanne Black	1992	3A	3200 M Run	11:36.26
	1992	3A	4X800 M Relay	9:55.40
Elizabeth Harrison	1993	3A	Discus	125' 07"
Laura Hughes	1993	3A	800 M Dash	2:22.61
	1993	3A	4X800 M Relay	9:48.45

SUN VALLEY (CONTINUED)

Laura Hughes	1994	3A	800 M Dash	2:20.79
Laura Hughes	1994	3A	1600 M Run	5:15.67
	1994	3A	4X800 M Relay	9:57.61
	2007	3A	4X800 M Relay	9:30.78

SURRY CENTRAL

Sara White	1990	1/2	300 M Hurdles	45.89
Sara White	1991	1/2	100 M Hurdles	15.32
Mikki Dollyhigh	1992	1/2	400 M Dash	59.91
Sara White	1992	1/2	100 M Hurdles	15.31
Sara White	1992	1/2	300 M Hurdles	46.19
	1992	1/2	4X400 M Relay	4:11.50
Sara White	1993	1/2	100 M Hurdles	15.10
Sara White	1993	1/2	300 M Hurdles	44.90
	1993	1/2	4X400 M Relay	4:10.17
Jill Lawrence	1994	1A	800 M Dash	2:31.10
Jill Lawrence	1994	1A	400 M Dash	59.92
	1994	1A	4X400 M Relay	4:18.16
Deanne Wood	1996	1A	300 M Hurdles	47.50
Kara Gillespie	1998	2A	800 M Dash	2:23.67
	1998	2A	4X800 M Relay	10:19.04
Jenny Alyn Scott	2003	1A	Long Jump	16' 06"
Kayla Robertson	2003	1A	800 M Dash	2:22.43
Kayla Robertson	2003	1A	1600 M Run	5:15.49
Kayla Robertson	2004	1A	800 M Dash	2:24.81
	2004	1A	4X800 M Relay	10:13.70
Raven Stanley	2009	2A	Pole Vault	10' 00"
Raven Stanley	2011	2A	Pole Vault	10' 00"
Sarah Brown	2018	2A	Pole Vault	12' 00"
Sarah Brown	2019	2A	Pole Vault	12' 6.5"

SWAIN COUNTY

Vanessa Lambert	2000	1A	400 M Dash	59.27
Joule Breedlove	2007	1A	Triple Jump	38' 1.25"
Joule Breedlove	2007	1A	MOP	
Chelsea Treadway	2009	1A	800 M Dash	2:20.47
Chelsea Treadway	2010	1A	800 M Dash	2:19.50
Chelsea Treadway	2011	1A	800 M Dash	2:14.70
	2015	1A	4X800 M Relay	9:51.83
Emma Pindur	2016	1A	800 M Dash	2:22.77
Sarah Hyatt	2016	1A	Pole Vault	8' 06"
	2016	1A	4X400 M Relay	4:16.43
Emma Pindur	2017	1A	800 M Dash	2:19.26
	2017	1A	4X400 M Relay	4:13.10



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



SWAIN COUNTY (CONTINUED)

	2017	1A	4X800 M Relay	10:10.14
Amelia Rogers	2021	1A	Pole Vault	9'06"
Jessie Lohmann	2021	1A	300M Hurdles	48.26
Monica Riordan	2021	1A	100M Hurdles	15.13

SWANSBORO

Cindy Floyd	1982	O	High Jump	5' 06"
Peace Shepherd	1991	1/2	High Jump	5' 06"
	1991	1/2	4X400 M Relay	4:10.60
Tracy Pickett	1995	1A	Discus	106' 06"
Tracy Pickett	1996	1A	Discus	109' 07"
Tracy Pickett	1997	1A	Shot Put	38' 8.5"
Tracy Pickett	1997	1A	Discus	112' 10"
Erin Johnson	1999	2A	Pole Vault	7' 06"
Erin Johnson	2000	2A	Pole Vault	9' 00"
	2001	2A	4X400 M Relay	4:14.28
Michelle Matthews	2002	2A	800 M Dash	2:20.68
Michelle Matthews	2003	2A	800 M Dash	2:23.56
	2009	2A	4X400 M Relay	4:09.03
K.C. Watson	2010	2A	Pole Vault	9' 03"
Korie Bennett	2012	2A	Pole Vault	10' 06"

T.C. ROBERSON

Francine Dumas	1986	3/4	1600 M Run	5:02.29
Francine Dumas	1987	3A	800 M Dash	2:18.12
Francine Dumas	1987	3A	1600 M Run	5:10.69
Francine Dumas	1987	3A	3200 M Run	11:30.46
Francine Dumas	1987	3A	MOP	
	1988	3A	4X100 M Relay	49.71
	1988	3A	4X200 M Relay	1:45.46
Mary Osada	1995	3A	800 M Dash	2:21.08
Sarah Vance Goodman	1995	3A	3200 M Run	11:13.75
Sarah Vance Goodman	1996	3A	3200 M Run	10:58.42
	1996	3A	4X800 M Relay	9:51.76
Sarah Vance Goodman	1997	3A	1600 M Run	5:03.05
Sarah Vance Goodman	1997	3A	3200 M Run	11:16.08
Sarah Vance Goodman	1997	3A	MOP	
	1997	3A	4X800 M Relay	9:55.17
Sarah Vance Goodman	1998	3A	1600 M Run	5:03.80
Sarah Vance Goodman	1998	3A	3200 M Run	10:54.64
Sarah Vance Goodman	1998	3A	MOP	
	1998	3A	4X800 M Relay	9:44.00
Erin Kelley	1999	3A	3200 M Run	11:28.52
Danielle Deines	2000	3A	1600 M Run	5:20.73

T.C. ROBERSON (CONTINUED)

Danielle Deines	2000	3A	3200 M Run	11:30.21
Michelle Velez	2000	3A	Pole Vault	10' 00"
Michelle Velez	2000	3A	100 M Hurdles	15.20
Michelle Velez	2000	3A	MOP	
	2000	3A	4X800 M Relay	NA
Clair Kelley	2005	3A	3200 M Run	11:39.82
	2005	3A	4X800 M Relay	9:52.64
Hannah McArdle	2006	3A	1600 M Run	5:18.83
Sarah Dugan	2006	3A	800 M Dash	2:21.00
	2006	3A	4X800 M Relay	10:06.17
Caroline Kirby	2007	3A	3200 M Run	11:33.33
Caroline Kirby	2008	3A	3200 M Run	11:22.50
	2008	3A	4X800 M Relay	9:25.56
Laura Hoer	2009	3A	1600 M Run	5:00.31
Laura Hoer	2009	3A	MOP	
Sequoia Watkins	2009	3A	Discus	125' 00"
	2009	3A	4X800 M Relay	9:40.01
Laura Hoer	2010	4A	3200 M Run	10:46.29
Sequoia Watkins	2010	4A	Discus	142' 04"
Sequoia Watkins	2011	4A	Shot Put	42' 5.25"
Sequoia Watkins	2011	4A	Discus	141' 06"
Lauren Moody	2014	4A	800 M Dash	2:12.84
Michelle Cobb	2016	4A	Triple Jump	38' 08"
Michelle Cobb	2017	4A	Triple Jump	38' 11.5"
Amanda Wahler	2018	3A	Discus	129' 05"
Elise Wright	2018	3A	1600 M Run	5:01.52

T.W. ANDREWS

Pinnix	1972	O	Long Jump	16' 00"
	1975	O	4X110 YD Relay	49.40
	1980	O	4X100 M Relay	48.80
	1980	O	4X200 M Relay	1:42.00
	1981	O	4X200 M Relay	1:40.50
Vanessa Hatch	1984	O	Discus	121' 03"
	1985	O	4X200 M Relay	1:42.89
San Harrison	1987	3A	100 M Dash	12.32
San Harrison	1987	3A	200 M Dash	25.29
	1987	3A	4X100 M Relay	49.58
	1987	3A	4X200 M Relay	1:44.10
Tenisha Pinnix	1990	3A	Long Jump	18' 10"
	1990	3A	4X200 M Relay	1:43.49
	1992	3A	4X400 M Relay	4:09.03
	2000	3A	4X200 M Relay	1:43.43
Nasheena Quick	2001	3A	100 M Dash	12.45

T.W. ANDREWS (CONTINUED)

Sheena Dawkins	2001	3A	Long Jump	17' 01"
	2001	3A	4X100 M Relay	48.97
	2001	3A	4X200 M Relay	1:47.37
Nashenna Quick	2002	2A	100 M Dash	12.37
Sheena Dawkins	2002	2A	Long Jump	18' 3.75"
Sheena Dawkins	2002	2A	Triple Jump	37' 5.75"
Sheena Dawkins	2002	2A	MOP	
	2002	2A	4X100 M Relay	48.87
	2003	2A	4X200 M Relay	1:43.47
Sarah Portee	2004	2A	Triple Jump	36' 5.5"
Sarah Portee	2004	2A	High Jump	5' 02"
Sarah Portee	2004	2A	MOP	
Ashley McKiver	2005	2A	100 M Dash	12.31
Ashley McKiver	2005	2A	200 M Dash	25.65
Ashley McKiver	2005	2A	MOP	
	2005	2A	4X100 M Relay	49.67
Dekalah Price	2006	3A	Long Jump	17' 09"
Dekalah Price	2006	3A	Triple Jump	38' 4.75"
Paisley Simmons	2010	2A	100 M Dash	12.03
Nora McKiver	2011	2A	100 M Hurdles	14.60
Nora McKiver	2011	2A	300 M Hurdles	43.69
Nora McKiver	2012	2A	100 M Hurdles	14.22
Nora McKiver	2012	2A	300 M Hurdles	44.87
Paisley Simmons	2012	2A	100 M Dash	12.03
Paisley Simmons	2012	2A	200 M Dash	24.74
Nora McKiver	2013	2A	100 M Hurdles	14.37
Nora McKiver	2013	2A	300 M Hurdles	42.70
Nora McKiver	2013	2A	MOP	
Paisley Simmons	2013	2A	100 M Dash	12.05
Paisley Simmons	2013	2A	200 M Dash	24.61
	2013	2A	4X100 M Relay	48.27
Mikel Franklin	2016	2A	High Jump	5' 07"
Peighton Simmons	2016	2A	Triple Jump	38' 00"
Nicole Barnes	2017	2A	100 M Hurdles	14.19
Nicole Barnes	2017	2A	100 M Dash	12.09
Peighton Simmons	2017	2A	Triple Jump	39' 0.75"
Zacora McKnight	2017	2A	300 M Hurdles	44.71
	2017	2A	4X100 M Relay	48.32
	2017	2A	4X200 M Relay	1:40.71
Nicole Barnes	2018	2A	Long Jump	18' 7.5"
Nicole Barnes	2018	2A	Triple Jump	36' 08"
Nicole Barnes	2018	2A	100 M Hurdles	13.99
Nicole Barnes	2018	2A	300 M Hurdles	44.37
Nicole Barnes	2018	2A	MOP	



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



TAR HEEL

Kristal Troy 1999 1A 400 M Dash 59.82

TARBORO

Wanda Phillips 1989 3A 400 M Dash 58.69

1989 3A 4X200 M Relay 1:44.04

1989 3A 4X400 M Relay 4:03.56

Vicki Pittman 1990 3A 300 M Hurdles 45.49

1990 3A 4X400 M Relay 4:00.31

Vicki Pittman 1991 3A 300 M Hurdles 45.43

1991 3A 4X400 M Relay 4:10.01

1993 3A 4X400 M Relay 4:06.75

Renee Hudson 1994 3A 300 M Hurdles 46.57

1994 3A 4X400 M Relay 4:08.49

TERRY SANFORD

Demetria Washington 1996 4A 400 M Dash 54.35

Demetria Washington 1997 4A 400 M Dash 54.78

Demetria Washington 1998 4A 100 M Dash 12.10

Demetria Washington 1998 4A 200 M Dash 24.37

THOMASVILLE

Jackie Gandy 1980 0 Discus 124' 04"

Sandra Nichols 1981 0 200 M Hurdles 28.30

Jackie Gandy 1982 0 Discus 128' 09"

2005 1A 4X100 M Relay 51.34

TOPSAIL

2007 1A 4X100 M Relay 50.45

2007 1A 4X200 M Relay 1:45.51

TRITON

Rhonda Parks 1993 4A Long Jump 18' 11.75"

Rhonda Parks 1994 4A High Jump 5' 06"

LaWanda Henry 2005 3A Shot Put 40' 7"

LeaAnna Godwin 2009 3A 800 M Dash 2:16.81

TRYON

1988 1/2 4X400 M Relay 4:06.64

TUSCOLA

Laura Plott 1989 4A Discus 124' 06"

UNION

1995 1A 4X200 M Relay 1:52.70

1996 1A 4X200 M Relay 1:48.49

2002 1A High Jump 5' 00"

UNION PINES

1993 1/2 High Jump 5' 04"

1994 2A High Jump 5' 06"

VANCE, Z. B. (CHARLOTTE)

Tracy Prohoniak 2003 4A Pole Vault 10' 06"

2004 4A 4X100 M Relay 47.60

Dominique Weahers 2010 4A 200 M Dash 24.45

WADDELL

Aja Jackson 2005 4A 800 M Dash 2:16.90

Aja Jackson 2005 4A 1600 M Run 5:09.76

WAKE FOREST (-ROLESVILLE)

Becky Post 1999 4A Pole Vault 9' 00"

Kellie Todd 2001 4A Long Jump 18' 10"

Sarah Graham 2010 4A High Jump 5' 06"

Sarah Graham 2011 4A High Jump 5' 08"

Jillian Weidner 2021 4A 100M Dash (WC) 25.50

Jillian Weidner 2021 4A 200M Dash (WC) 47.47

WAKEFIELD

2010 4A 4X200 M Relay 1:39.14

2010 4A 4X400 M Relay 3:49.83

2011 4A 400 M Dash 55.01

2011 4A 4X400 M Relay 3:53.69

2012 4A 400 M Dash 55.14

2012 4A 4X400 M Relay 3:47.72

2013 4A Pole Vault 13' 00"

2013 4A 400 M Dash 55.46

2013 4A MOP

2013 4A 200 M Dash 23.95

2018 4A Shot Put 47' 2"

2018 4A Discus 142' 02"

WALKERTOWN

Aaliyah Craft 2014 1A 200 M Dash 26.02

WALLACE-ROSE HILL

Tameka Peterson 2000 2A 100 M Dash 12.17

Tameka Peterson 2001 2A 100 M Dash 12.07

WARREN COUNTY

Starbesha Satterwhite 2015 2A 200 M Dash 25.22

WASHINGTON

Missie Purgason 1986 3/4 800 M Dash 2:18.37

L'Tonya Hall 1988 3A Triple Jump 38' 05"

L'Tonya Hall 1988 3A 200 M Dash 25.37

1988 3A 4X800 M Relay 9:54.88

Meyetta Grimes 1994 3A Discus 115' 03"

Ronetta Burgess 1999 3A 100 M Hurdles 15.90

WATAUGA

April Cook 1981 0 High Jump 5' 06"

April Cook 1983 0 High Jump 5' 8.25"

April Cook 1983 0 400 M Dash 55.60

Windy McIntyre 1989 4A 3200 M Run 11:38.79

Brenda Taylor 1995 4A 100 M Hurdles 14.62

WATAUGA (CONTINUED)

Brenda Taylor 1995 4A 300 M Hurdles 43.81

Brenda Taylor 1996 4A 100 M Hurdles 14.53

Brenda Taylor 1996 4A 300 M Hurdles 43.30

Brenda Taylor 1996 4A MOP

Brenda Taylor 1997 4A 100 M Hurdles 14.23

Brenda Taylor 1997 4A 300 M Hurdles 42.14

Brenda Taylor 1997 4A MOP

Whitney Woods 1997 4A 3200 M Run 11:30.07

1997 4A 4X400 M Relay 3:53.84

Donna Bealer 1998 4A 800 M Dash 2:16.78

Marina Chase 1998 4A 3200 M Run 11:21.50

1998 4A 4X800 M Relay 9:34.07

1999 4A 4X800 M Relay 9:36.61

Sallie Gurganus 2004 4A Pole Vault 11' 00"

Sallie Gurganus 2005 4A Pole Vault 11' 08"

Sallie Gurganus 2006 4A Pole Vault 12' 01"

Taylor Cook 2008 4A Pole Vault 11' 00"

WEDDINGTON

Victoria Shobe 2005 3A Pole Vault 11' 06"

Breahna Morrison 2010 3A 400 M Dash 55.69

Lindsey Good 2010 3A 800 M Dash (WC) 3:09.52

2010 3A 4X400 M Relay 4:00.13

2014 3A 4X100 M Relay 49.00

Hannah Stokes 2015 3A Shot Put 38' 6"

Elizabeth Becker 2017 3A 100 M Dash (WC) 20.48

Elizabeth Becker 2017 3A 200 M Dash (WC) 36.82



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



WEDDINGTON (CONTINUED)

Elizabeth Becker	2017	3A	400 M Dash (WC)	1:12.08
Elizabeth Becker	2017	3A	800 M Dash (WC)	2:37.65
Riley Felts	2018	3A	Pole Vault	12' 00"
Mackenzie Kuelz	2021	3A	High Jump	5'06.00"
	2021	3A	4X400 Relay	3:59.72

WEST BRUNSWICK

Irene Johnson	1993	1/2	Triple Jump	37' 0.25"
Rhonette Phillips	2001	2A	Pole Vault	10' 00"
Jessica Doyle	2002	3A	Discus	108' 3.5"
Lashondria Humphrey	2002	3A	Shot Put	34' 9.5"
Kayl Padgett	2011	3A	Shot Put	42' 7"
Kayl Padgett	2011	3A	Discus	133' 11"

WEST CALDWELL

Joanie Mungro	1995	2A	High Jump	5' 02"
Latoya Mungro	1995	2A	Discus	128' 06"
Latoya Mungro	1996	2A	Discus	121' 10"
Kittrell	1974	0	880 YD Dash	2:27.30
Sampson	1975	0	High Jump	5' 01"
Jessie Hoeverman	1987	3A	Discus	115' 01"
Jennifer Bennett	1988	3A	800 M Dash	2:19.99
Jennifer Bennett	1989	3A	800 M Dash	2:22.24
Sha-Mecca Twitty	1998	4A	High Jump	5' 06"
Sha-Mecca Twitty	1999	4A	High Jump	5' 04"
Chanel Raynor	2003	3A	Discus	107' 03"
Blake Dodge	2012	3A	800 M Dash	2:16.03
Blake Dodge	2013	3A	800 M Dash	2:13.23
Blake Dodge	2013	3A	1600 M Run	4:59.35
Blake Dodge	2013	3A	MOP	
	2013	3A	4X800 M Relay	9:22.11
Blake Dodge	2014	3A	800 M Dash	2:13.86
Emme Fisher	2017	3A	800 M Dash	2:15.69
Mackenzie Whitaker	2017	3A	Long Jump	18' 7.5"

WEST CHARLOTTE

Stella Johnson	1976	0	110 YD Hurdles	15.00
Stella Johnson	1977	0	110 YD Hurdles	14.20
Katrina Grier	1981	0	Long Jump	20' 1.25"
Katrina Grier	1982	0	Long Jump	19' 6.75"
Von Ross	1988	4A	Long Jump	18' 9.25"
Von Ross	1989	4A	Long Jump	18' 4.75"
Tarsha Bess	1991	4A	100 M Dash	11.88
Ursula McLean	1997	4A	800 M Dash	2:19.46

WEST CHARLOTTE (CONTINUED)

Shamaya Poe	2000	4A	4X400 M Relay	3:56.33
Shamaya Poe	2002	4A	100 M Dash	NA
Shamaya Poe	2005	4A	100 M Dash	11.84
	2005	4A	4X100 M Relay	48.44
Nyosha Bryant	2008	4A	400 M Dash	55.58
Nyosha Bryant	2009	4A	100 M Dash	11.92
Nyosha Bryant	2009	4A	200 M Dash	24.12
Nyosha Bryant	2009	4A	MOP	

WEST CRAVEN

Vicki Mitchell	2006	3A	Discus	117' 09"
Vicki Mitchell	2007	3A	Discus	124' 10"
Nyshedra Brown	2011	3A	100 M Dash	12.33
Nyshedra Brown	2011	3A	200 M Dash	24.91
Nyshedra Brown	2012	3A	100 M Dash	11.77
Nyshedra Brown	2012	3A	200 M Dash	24.37

WEST DAVIDSON

Patty Shoaf	1988	1/2	800 M Dash	2:23.45
Callie Wynn	2013	2A	3200 M Run	11:12.28

WEST FORSYTH

Lindsay Absher	2018	4A	Pole Vault	13' 03"
Lindsay Absher	2019	4A	Pole Vault	12' 00"

WEST HENDERSON

Sherry Smith	1987	3A	Long Jump	17' 10.875"
Amy Knox	1994	2A	800 M Dash	2:25.80
Amy Knox	1994	2A	1600 M Run	5:25.60
Amy Knox	1994	2A	3200 M Run	11:54.40
	1994	2A	4X800 M Relay	10:06.50
Jessica Sims	2003	2A	300 M Hurdles	46.11
Melissa Cabe	2004	2A	Pole Vault	9' 06"
Lindsey Pate	2005	2A	Discus	119' 08"
	2005	2A	4X800 M Relay	10:03.80
Brittany Fennell	2006	2A	400 M Dash	57.57
Lindsey Pate	2006	2A	Discus	114' 02"
Meredith Foster	2009	2A	High Jump	5' 03"

WEST IREDELL

Tonie Lazenby	1990	3A	400 M Dash	57.78
Tonie Lazenby	1991	3A	400 M Dash	57.13
Alaya Gillespie	2021	2A	400 Meter Dash	56.86

WEST JOHNSTON

Maraya Slatter	2008	4A	800 M Dash	2:17.83
Jasmine Dawson	2013	4A	100 M Dash	11.70
Hayley Whoolery	2019	3A	1600 M Run	5:02.12

WEST LINCOLN

Lily Tallent	2004	2A	Shot Put	37' 1.75"
Lily Tallent	2004	2A	Discus	122' 08"

WEST MECKLENBURG

Barbara Myers	1985	0	Discus	117' 06"
	1996	4A	4X200 M Relay	1:42.61
	1996	4A	4X800 M Relay	9:46.00
Keisha Boggan	1997	4A	Shot Put	38' 0"
	1997	4A	4X100 M Relay	47.66
	1998	4A	4X200 M Relay	1:40.06
Kristie Boggan	2000	4A	Shot Put	38' 2"
Kristie Boggan	2001	4A	Shot Put	39' 1"
	2010	4A	4X100 M Relay	47.56
	2011	4A	4X100 M Relay	48.11
	2011	4A	4X200 M Relay	1:40.29
Sanu Jallow	2021	4A	800 Meter Run	2:07.78

WEST MONTGOMERY

Melissa Harris	1990	1/2	100 M Dash	12.79
Araybian Lilly	2017	1A	100 M Dash	12.65
Araybian Lilly	2017	1A	200 M Dash	25.65
Araybian Lilly	2017	1A	400 M Dash	58.33
Araybian Lilly	2018	1A	100 M Dash	12.48
Araybian Lilly	2018	1A	200 M Dash	25.73
Araybian Lilly	2018	1A	400 M Dash	57.06
Araybian Lilly	2018	1A	MOP	

WEST ROWAN

Sherina Steele	2002	3A	MOP	
Sterina Steele	2002	3A	100 M Hurdles	15.19
Sherina Steele	2003	3A	Long Jump	18' 9.75"
Amber Holloway	2010	3A	300 M Hurdles	44.10

WEST STOKES

Courtney Booze	2014	2A	Shot Put (WC)	7' 07"
Courtney Booze	2014	2A	Discus (WC)	22' 03"
Kaitlyn Stone	2016	2A	3200 M Run	10:53.80



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



WEST WILKES

Heidi Sloop	1998	2A	1600 M Run	5:23.26
Heidi Sloop	1999	2A	800 M Dash	2:25.25
Heidi Sloop	1999	2A	1600 M Run	5:15.55
Leeanne Minton	1999	2A	100 M Dash	12.78
Heidi Sloop	2000	2A	1600 M Run	5:22.04
Heidi Sloop	2000	2A	3200 M Run	11:48.97
Heidi Sloop	2001	2A	1600 M Run	5:20.55
Heidi Sloop	2001	2A	3200 M Run	11:50.44
Melanie Frye	2006	1A	Long Jump	18' 01"
Melanie Frye	2006	1A	Pole Vault	9' 06"
Melanie Frye	2006	1A	100 M Hurdles	16.05
Melanie Frye	2006	1A	MOP	
	2006	1A	4X400 M Relay	4:19.40
Gretta Eller	2008	1A	Pole Vault	9' 00"
Makayla Roten	2012	1A	High Jump	5' 04"
	2012	1A	4X400 M Relay	4:11.29
Makayla Roten	2013	1A	High Jump	5' 06"

WESTERN ALAMANCE

Candyra Sellers	2002	2A	400 M Dash	58.86
Lydia Laws	2012	3A	300 M Hurdles	44.84
Alexis Dickerson	2013	3A	Shot Put	39' 8.25"
Lydia Laws	2013	3A	300 M Hurdles	43.79
Alexis Dickerson	2014	3A	Shot Put	38' 6.5"
Alexis Dickerson	2014	3A	Discus	113' 02"
Lydia Laws	2014	3A	Triple Jump	37' 2.5"
Lydia Laws	2014	3A	300 M Hurdles	43.62
Lydia Laws	2014	3A	MOP	

WESTERN GUILFORD

N. Ray	1977	0	High Jump	5' 05"
N. Ray	1980	0	High Jump	5' 06"
S. Owens	1980	0	800 M Dash	2:15.20
Angela Williams	1989	3A	100 M Hurdles	15.44
	1997	2A	4X100 M Relay	50.25
	1997	2A	4X200 M Relay	1:45.37
Geneva Yarborough	2001	3A	Shot Put	38' 3"
Tatyana Kirichenko	2001	3A	Triple Jump	38' 6.5"
Tatyana Kirichenko	2001	3A	Pole Vault	11' 00"
Tatyana Krichenko	2001	3A	MOP	
Arielle Dawkins	2005	2A	Pole Vault	10' 0.5"
Radiance Basden	2007	3A	Triple Jump	38' 10.5"
Cori Goins	2008	3A	Discus	118' 07"

WESTERN GUILFORD (CONTINUED)

Radiance Basden	2008	3A	Triple Jump	39' 8.5"
Breanna Warren	2012	4A	Discus	132' 04"
Breanna Warren	2013	4A	Shot Put	43' 10.25"
Breanna Warren	2013	4A	Discus	142' 07"
Dejah Hayes	2013	4A	Triple Jump	38' 07"

WESTERN HARNETT

Alica Valtin	2001	3A	1600 M Run	5:08.69
Alica Valtin	2001	3A	3200 M Run	11:36.94
Tiffany Mitchell	2001	3A	High Jump	5' 06"

WESTOVER

	2012	3A	4X100 M Relay	49.81
Qizeah Jackson	2013	3A	High Jump	5' 04"
Qizeah Jackson	2013	3A	100 M Dash	12.18
Qizeah Jackson	2013	3A	200 M Dash	24.54
	2013	3A	4X400 M Relay	3:57.98
Qizeah Jackson	2014	3A	High Jump	5' 08"
	2014	3A	4X400 M Relay	3:57.59

WILKES CENTRAL

Robyn Land	1988	3A	3200 M Run	11:59.44
Robyn Land	1988	3A	MOP	
Erin Musson	1994	3A	3200 M Run	11:46.36
Lindsay Groce	2004	2A	3200 M Run	11:32.78
Morrison Deirdra	2007	2A	Shot Put	38' 9"
Morrison Deirdra	2008	2A	Shot Put	40' 0.5"
Abigail Tully	2021	2A	Pole Vault	10'00.00"

WILLIAMS, WALTER M.

Hubin	1980	0	Shot Put	38' 4.5"
Jodi Doss	1986	3/4	High Jump	5' 06"
Michelle McRae	1993	4A	400 M Dash	55.76
Lindsey Ridgeway	1995	3A	High Jump	5' 05"
Lindsay Ester	2006	3A	3200 M Run	11:40.07
Tamilia Wright	2015	3A	Triple Jump	39' 0.5"
Anita Curry	1988	3A	Long Jump	18' 1.5"
	1988	3A	4X400 M Relay	4:08.62
Michelle McRae	1992	4A	800 M Dash	2:17.13
	2012	3A	4X200 M Relay	1:44.27
Chelsey Hargrave	2013	3A	Triple Jump	39' 0.75"

WILLIAMSTON

Joyce Land	1993	1/2	Shot Put	34' 4.5"
	2002	1A	4X100 M Relay	51.29
	2003	1A	4X100 M Relay	50.69
Gerri-Lena White	2004	1A	Long Jump	17' 0.5"
	2004	1A	4X100 M Relay	50.37
Michelle Bracey	2005	1A	100 M Hurdles	16.26
Lynn Davis	2009	1A	Discus	101' 00"

WINSTON-SALEM PREP

Trisha Bennett	2008	1A	400 M Dash	58.70
	2008	1A	4X200 M Relay	1:43.28
	2008	1A	4X400 M Relay	4:08.85
Camille Wilkerson	2009	1A	100 M Hurdles	15.31
Camille Wilkerson	2009	1A	300 M Hurdles	44.55
Camille Wilkerson	2009	1A	MOP	
Trisha Bennett	2009	1A	400 M Dash	57.56
	2009	1A	4X100 M Relay	49.84
	2009	1A	4X200 M Relay	1:42.93
	2012	1A	4X100 M Relay	48.51
Sloan Williams	2013	1A	100 M Dash	12.33
	2013	1A	4X100 M Relay	48.93
Sloan Williams	2014	1A	100 M Dash	12.18
	2014	1A	4X100 M Relay	49.62
Deonica Reid	2015	1A	100 M Dash	12.43
Deonica Reid	2015	1A	200 M Dash	25.36
	2015	1A	4X100 M Relay	50.45
	2015	1A	4X200 M Relay	1:45.03
Ashya Smith	2016	1A	100 M Hurdles	15.40
Ashya Smith	2016	1A	300 M Hurdles	47.05
	2016	1A	4X100 M Relay	50.98
Ashya Smith	2017	1A	100 M Hurdles	15.63
	2019	1A	4X200 M Relay	1:46.19
	2021	1A	4X200 Relay	1:45.91
	2021	1A	4X400 Relay	4:14.51