

MOST INDIVIDUAL TRACK CHAMPIONSHIPS-WOMEN

Deanne Davis (21 individual: 14 outdoor, 7 indoor; 23 total w/relays)Cummings (2A)

Outdoor

Triple Jump	1993,1994,1995,1996	**2 relays
100 M High Hurdles	1993,1994,1995,1996	4x100 in '93
300 M Int. Hurdles	1993,1994,1995,1996	4X400 in '94
Long Jump	1995,1996	

Indoor

60 Yard Hurdles	1993,1994
55 M High Hurdles	1995,1996
Triple Jump	1994,1996
Long Jump	1996

Karen Godlock (17 total: 9 outdoor, 5 indoor, 3 CC) Polk County (2A)

Outdoor

800 M Run	1991,1992,1993
3200 M Run	1991,1992,1993
1600 M Run	1991,1992,1993

Indoor

2 Mile Run	1992,1993
1 Mile Run	1992,1993
1000 Yard Run	1991

Cross Country

1990,1991,1992

Marlene Poole (16 total: 8 outdoor, 8 indoor)

Grimsley in '87,'88 (4A)

Dudley in '89,'90 (4A)

Outdoor

100 M Dash	1987,1988,1989,1990
200 M Dash	1987,1988,1989,1990

Indoor

1 Mile Relay	1987,1988,1989
60 Yard Dash	1988,1989
300 Yard Dash	1988,1989
600 Yard Run	1990

Julie Stackhouse (16 total: 15 outdoor, 1 CC)

Hayesville (1A)

Outdoor

High Jump	1995,1996,1997
100 M High Hurdles	1994,1995,1996, 1997
200 M Dash	1994,1995
300 M Int. Hurdles	1994,1995
800 M Run	1996,1997
1600 M Run	1996
400 M Run	1997

Cross Country

1995

Latasha Pharr (16 total: 12 outdoor, 4 indoor) North Rowan (2A)

Outdoor

Long Jump	1999
Triple Jump	1998,1999,2000, 2001
100 M High Hurdles	1998,1999,2000, 2001
300 M Int. Hurdles	1999,2000, 2001

Indoor

55 M High Hurdles	1998,2000
Triple Jump	1999,2000

Sherice Walker (15 total: 8 outdoor, 7 indoor; 17 total w/relays) Cummings (2A)

Outdoor

Long Jump	2008, 2009	**Relays	
Triple Jump	2007, 2008, 2009	4X100	2006
100 M High Hurdles	2008, 2009	4X200	2006
300 M Int. Hurdles	2008		

Indoor

Long Jump	2008, 2009
Triple Jump	2007, 2008, 2009
55 M High Hurdles	2008, 2009

Kim Jones (10 total: 5 outdoor, 5 indoor) Statesville (3A)

Outdoor

High Jump	1990,1991,1992
Long Jump	1991,1992

Indoor

High Jump	1989,1990,1991,1992
Long Jump	1991

Sabrina Thompson (10 total, 6 outdoor, 4 indoor—also 4 relays) Wilson Fike (3A)

Outdoor

100 Meters	1994, 1995,1996
200 Meters	1994,1995, 1996

Indoor

55 Yards	1994
300 Yards	1994
55 Meters	1995, 1996

note: also anchored 400 relay in outdoor in 1994 and '96, anchored 800 in '94 and '96

Ami Herrman (10 total: 6 outdoor, 2 indoor, 2 CC) Providence (4A)

Outdoor

3200 M Run	1991,1992,1993
1600 M Run	1991,1992,1993

Cross Country

1991,1992

Indoor

1000 Yard Run	1993
2 Mile Relay	1993

Gabby Mayo (10 total: 7 indoor, 3 indoor) Southeast Raleigh (4A)

Outdoor

100 Hurdles	2005, 2006, 2007
100 M Dash	2006
200 M Dash	2006
300 M Hurdles	2005, 2006

Indoor

55 M Dash	2006
300 M Dash	2006
55 M High Hurdles	2006

Latoya James (8 total: 7 outdoor, 1 indoor; 10 total w/relays) Cummings (2A)

Outdoor

Long Jump	2007	**Relays	
100 M High Hurdles	2005, 2006, 2007	4X100	2006
300 M Int. Hurdles	2005, 2006, 2007	4X200	2006

Indoor

55 M High Hurdles	2007
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Heidi Sloop 8 total West Wilkes (2A)

800	1999
3200	2000
1600	1998,1999, 2000, 2001
cross country	1999, 2000

Kamorean Hayes 8 total Harding University (4A)

Discus	2004, 2005, 2006, 2007
Shot Put	2004, 2005, 2006, 2007

Nikki Harris (7 total: all outdoor) North Stanly (2A)

Long Jump	1989,1991,1992
Triple Jump	1990,1991,1992
100 M Dash	1991

Katrelle Armwood (7 total: all outdoor) Durham Sch. of the Arts (1A)

Long Jump	2001,2002
Triple Jump	2002
100 M High Hurdles	2000,2002
300 M Int. Hurdles	1999,2002

Chandra Pulliam (6 total: 4 outdoor, 2 indoor; 9 total w/relays) Cummings (1A)(2A)

Outdoor

100 M High Hurdles	2001, 2002	**Relays	
300 M Int. Hurdles	2001, 2002,	4X200	2000
		4X400	2000.

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Indoor

55 M High Hurdles	2002. 2003
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Sara White (6 total: all outdoor) Surry Central (1A)

100 M High Hurdles	1991,1992,1993
300 M Int. Hurdles	1990,1992,1993

Anissa Gainey (6 total: all outdoor) Clayton (3A)

Long Jump	1999
100 M Dash	1998,1999,2000
200 M Dash	1999,2000

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Darius Brewington, (11 total: 6 outdoor, 5 indoor) T. W. Andrews (3A)

Outdoor

100 M Dash 1990,1991,1993

200 M Dash 1990,1991,1993

Indoor

1 Mile Relay 1990,1991,1992

60 Yard Dash 1992

300 Yard Dash 1992

Greg Yeldell, (11 total: 7 outdoor, 4 indoor) North Rowan (2A)

Outdoor

Long Jump 1996,1997,1998

Triple Jump 1995,1996,1997,1998

Indoor

High Jump 1998

Long Jump 1998

Triple Jump 1996,1998

A.J. Davis Northern Durham

Jon Weldon (8 total: 6 outdoor, 2 indoor) Thomasville (2A)

Outdoor

1600 M Run 1992,1993,1994

3200 M Run 1991,1992,1994

Indoor

1 Mile Run 1994

1000 Yard Run 1994

Randy Jordan (6 total: all outdoor) Warren County (3A)

Long Jump 1987,1988

100 M Dash 1987,1988

200 M Dash 1987,1988

Michael Hinton (5 total: all outdoor) Cummings (1A)(2A)

Triple Jump 2001

110 M Hurdles 2001

300 M Int. Hurdles 1999, 2001, 2002

Eric Riddick (4 total: all outdoor) Richlands (1A)

Triple Jump 1993,1994

Long Jump 1993,1994

Antonio King (4 total: all outdoor) Cummings (1A)

Triple Jump 2000
110 M Hurdles 2000
300 M Int. Hurdles 1998, 2000

Steven Enoch (4 total: all outdoor) Cummings (1A)

Long Jump 1998. 1999
Triple Jump 1998. 1999