



# 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
Ali Currie	2022	1A	Triple Jump	46' 8"

## 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

## ANDREWS (CONTINUED)

Stephanie Johnson	2011	1A	High Jump	5' 04"
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"
	2022	2A	4 X 100 Relay	49.72

## 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"
Tyler Glover	2022	4A	Shot Put	42' 1.5"

## ASHBROOK

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

## ASHE COUNTY

Katrina Krider	2007	2A	Pole Vault	9' 06"
	2008	2A	4X200 M Relay	1:50.62
Emily Hartsoe	2021	2A	Discus	123'03"
Emily Hartsoe	2022	3A	Discus	136' 8"
Emily Hartsoe	2022	3A	Shot Put	37' 2.5"

## 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



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## ATHENS DRIVE (CONTINUED)

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"

## 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"
	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
	2013	4A	1600 M Run	5:02.52
Mattie Blue	2013	4A	800 M Dash	2:13.29
Megan Sullivan	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
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
Cheyla Scott	2022	4A	High Jump	5' 10"

## 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	
Hannah Rae Shaffer	2022	4A	3200M Run	10:37.09	

## 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	
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
2022	3A	Pole Vault	11' 00"	Caroline Fowlkes

## 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	
2022	4A	1600M Run	4:49.69	Amelia Maughan

## 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

## CRAMER

Alexis Willis	2022	3A	Triple Jump	39' 0.5"
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## 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

## CUMMINGS (CONTINUED)

DeAnne Davis	1995	2A	300 M Hurdles	44.94
DeAnne Davis	1995	2A	MOP	
	1995	2A	4X100 M Relay	50.42
	1995	2A	4X200 M Relay	1:44.71
	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	
	1996	2A	4X100 M Relay	50.12
	1996	2A	4X200 M Relay	1:45.71
Deidre Mapp	1997	2A	100 M Hurdles	15.63
Lisa Bradsher	1997	2A	300 M Hurdles	45.79
Deidre Mapp	1998	1A	Triple Jump	35' 3.5"
Deidre Mapp	1998	1A	100 M Hurdles	15.75
Deidre Mapp	1998	1A	300 M Hurdles	46.36
Latoya Walters	1998	1A	400 M Dash	1:00.08
	1998	1A	4X400 M Relay	4:13.96
Beverly Burnette	2000	1A	Shot Put	38' 10.25"
Paula Moore	2000	1A	Triple Jump	36' 5.25"
Paula Moore	2000	1A	MOP	
	2000	1A	4X200 M Relay	1:47.80
	2000	1A	4X400 M Relay	4:12.58
Beverly Burnette	2001	1A	Shot Put	38' 3.25"
Chandra Pulliam	2001	1A	100 M Hurdles	14.35
Chandra Pulliam	2001	1A	300 M Hurdles	45.23
Paula Moore	2001	1A	Triple Jump	37' 10.25"
	2001	1A	4X400 M Relay	4:16.40
Beverly Burnette	2002	2A	Shot Put	44' 1.5"
Chandra Pulliam	2002	2A	100 M Hurdles	14.59
Chandra Pulliam	2002	2A	300 M Hurdles	44.61
Dominique Price	2004	2A	100 M Hurdles	14.97
Latoya James	2005	2A	100 M Hurdles	14.93
Latoya James	2005	2A	300 M Hurdles	43.96
Latoya James	2006	2A	100 M Hurdles	14.34
Latoya James	2006	2A	300 M Hurdles	44.15
Latoya James	2006	2A	MOP	
	2006	2A	4X100 M Relay	49.06
	2006	2A	4X200 M Relay	1:42.33
Latoya James	2007	2A	Long Jump	18' 1.5"
Latoya James	2007	2A	100 M Hurdles	13.98
Latoya James	2007	2A	300 M Hurdles	43.76
Latoya James	2007	2A	MOP	



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## CUMMINGS (CONTINUED)

Sherice Walker	2007	2A	Triple Jump	38' 5.5"
Brittany Wilkins	2008	2A	200 M Dash	25.27
Sherice Walker	2008	2A	Long Jump	19' 1.75"
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"

## CUMMINGS (CONTINUED)

Tamesia Pinnix	2022	2A	100M Hurdles	14.11
Tamesia Pinnix	2022	2A	Long Jump	18' 6.25"
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
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
Charlotte Bell	2022	4A	800M Run	2:12.23
	2022	4A	4 X 800 Relay	9:12.43
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

## D.H. CONLEY

## 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



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## DUDLEY (CONTINUED)

	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
	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

1981	0	Triple Jump	40' 6.5"
1982	0	Triple Jump	38' 11.25"
1982	0	100 M Hurdles	13.40
1994	4A	1600 M Run	4:59.92
2007	4A	300 M Hurdles	44.56
2022	3A	4 X 400 Relay	4:06.97

## EAST BURKE

1986	3/4	3200 M Run	11:09.30
1987	4A	1600 M Run	5:07.03
1988	4A	1600 M Run	5:10.38
1988	4A	3200 M Run	11:18.05
1999	4A	1600 M Run	5:08.40
1999	4A	3200 M Run	11:04.39

## EAST CARTERET

1992	1/2	100 M Dash	12.59
1992	1/2	200 M Dash	25.79
1992	1/2	High Jump	5' 04"
1993	1/2	Long Jump	18' 7.75"
1993	1/2	100 M Dash	12.41
1993	1/2	200 M Dash	25.79
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
2000	2A	Long Jump	19' 04"
2017	1A	Triple Jump	37' 5.5"
2017	1A	4X100 M Relay	50.18
2018	1A	Long Jump	18' 03"
2018	1A	Triple Jump	38' 1.5"
2018	1A	High Jump	5' 02"
2019	1A	Long Jump	17' 10.5"
2019	1A	Triple Jump	38' 09"
2019	1A	4X100 M Relay	49.88
2021	1A	Long Jump	18'00.00"
2022	2A	Triple Jump	36' 7.25"

## EAST CHAPEL HILL

2003	3A	3200 M Run	12:25.00
2005	3A	200 M Dash	25.33
2009	4A	1600 M Run	4:56.87
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	0	200 M Hurdles	28.50
Clara Hairston	1981	0	100 M Hurdles	13.60
	1982	0	4X100 M Relay	48.10
Debra Alexander	1985	0	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	0	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	0	220 YD Dash	26.10
Crowell	1972	0	440 YD Dash	1:00.30
Joan Nesbitt	1980	0	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





# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## EAST MONTGOMERY

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

## 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"

## 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"  
 Clara Willard 2022 2A Discus 118' 9"

## 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  
 Lilly Adams 2022 1A High Jump 5' 2"

## 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"

## EASTERN GUILFORD (CONTINUED)

Zariyah Black 2016 3A 4X200 M Relay 1:41.59  
 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"  
 Ta'Honny Exum 2022 2A Shot Put 42' 5.75"

## 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  
 2022 1A 4 X 400 Relay 4:14.95

## 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  
 2022 2A 4 X 200 Relay 1:45.88

## 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  
 1994 3A 4X100 M Relay 49.69  
 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  
 1996 3A 4X100 M Relay 49.16  
 1996 3A 4X200 M Relay 1:41.21  
 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



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## FOREST HILLS (CONTINUED)

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

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

1983 O	Long Jump	19' 6.75"
1985 O	400 M Dash	56.54
1989 4A	1600 M Run	5:13.14

## GARNER

1999 4A	400 M Dash	56.47
2002 4A	Shot Put	40' 5"
2018 4A	100 M Dash	11.84
2019 4A	100 M Dash	11.83
2019 4A	200 M Dash	23.96

## GLENN

2003 3A	800 M Dash	2:21.17
2003 3A	1600 M Run	5:19.48
2003 3A	4X100 M Relay	48.90
2004 3A	1600 M Run	5:22.07
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

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

## GRAY STONE DAY

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

## GREEN HOPE

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

## GREENE CENTRAL

2004 2A	100 M Dash	12.25
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





# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## HARDING (CONTINUED)

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"
	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
Akala Garrett	2022	4A	100M Hurdles	13.69
Akala Garrett	2022	4A	300M Hurdles	41.42

## 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
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"

## HENDERSONVILLE (CONTINUED)

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
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"



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## 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

## HICKORY RIDGE

Taryn Stern	2010	3A	800 M Dash	2:20.52
Torri Weathers	2016	3A	Long Jump	18' 00"
	2022	4A	4 X 100 Relay	46.95
	2022	4A	4 X 200 Relay	1:37.40

## 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

## HIGHLAND TECH (CONTINUED)

Lauren Tolbert	2022	1A	100M Dash	12.54
Lauren Tolbert	2022	1A	200M Dash	25.66
Lauren Tolbert	2022	1A	800M Run	2:09.37

## 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
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

## HILLSIDE (CONTINUED)

	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"
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



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## HOLMES, JOHN A. (CONTINUED)

	2000	2A	4X400 M Relay	4:08.96
	2001	2A	4X100 M Relay	50.31
Dana Bembyr	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
	2002	4A	4X200 M Relay	1:44.58
	2002	4A	4X400 M Relay	3:57.22
Carlitha Sturdivant	2003	4A	400 M Dash	57.91

## 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"
Victoria Robinson	2008	4A	300 M Hurdles	45.37
Victoria Robinson	2009	4A	300 M Hurdles	43.23
	2022	3A	4 X 100 Relay	49.46

## JACK BRITT

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

## JACKSONVILLE

Vickie Bryant	1975	0	440 YD Dash	57.70
Vickie Bryant	1976	0	440 YD Dash	56.20
Sue Heard	1979	0	Triple Jump	38' 09"

## JACKSONVILLE (CONTINUED)

Pat Braxton	1982	0	100 M Dash	12.40
Sherrie Clark	1983	0	Triple Jump	39' 05"
	1985	0	4X100 M Relay	48.51
Tonya Avery	1990	4A	Triple Jump	38' 9.5"
Tonya Avery	1990	4A	400 M Dash	55.74
Tonya Avery	1991	4A	Triple Jump	38' 11"
Tonya Avery	1991	4A	MOP	
	1991	4A	4X200 M Relay	1:41.93
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"
	1997	4A	4X200 M Relay	1:41.52
Candice Sessoms	2000	4A	100 M Hurdles	14.70
Manika Gamble	2006	3A	100 M Hurdles	15.01
Manika Gamble	2006	3A	300 M Hurdles	44.63
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
Ryanna Henderson	2008	3A	800 M Dash	2:15.15
Lyssa Wallace-O'Neill	2012	3A	Discus	117' 04"
Lyssa Wallace-O'Neill	2013	3A	Discus	128' 03"

## JAMES KENAN

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

## JAY M. ROBINSON

Erin Tucker	2010	3A	100 M Hurdles	14.54
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## IONES

Chasity Roberts	2011	1A	200 M Dash	25.38
Chasity Roberts	2012	1A	100 M Dash	12.41

## JORDAN

Sherrill	1977	0	440 YD Dash	57.90
Sherrill	1978	0	440 YD Dash	54.80
Chris Arends	1979	0	High Jump	5' 08"
Sherrill	1979	0	440 YD Dash	55.10
Leshawn Hewitt	1987	4A	High Jump	5' 02"
Melissa Henderson	1998	4A	300 M Hurdles	45.40

## JORDAN (CONTINUED)

Demetria Powell	2002	4A	300 M Hurdles	45.18
Katherine Merrill	2003	4A	3200 M Run	11:09.17
Kate Merrill	2004	4A	1600 M Run	5:07.83
Kate Merrill	2004	4A	3200 M Run	11:17.50
Danielle Thorpe	2005	4A	Long Jump	18' 3.5"
Alexis Perry	2012	4A	Long Jump	18' 05"
Alexis Perry	2012	4A	High Jump	5' 08"
Alexis Pery	2012	4A	MOP	
Jordyn Brown	2014	4A	High Jump	5' 04"
Jordyn Brown	2015	4A	High Jump	5' 06"

## JORDAN-MATTHEWS

Jenny Warfford	1994	1A	3200 M Run	12:31.93
Jenny Warfford	1996	1A	3200 M Run	11:59.59
Elizabeth Humphries	2007	1A	3200 M Run	12:03.05
Virginia Smith	2000	1A	Long Jump	17' 03"
Brittany Alston	2006	1A	High Jump	5' 02"

## KINGS MOUNTAIN

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

## KINSTON

Cookie Wingfield	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
Ryan Selden	2021	2A	100 Meter Dash	12.42
Lily Yampolsky	2022	3A	800M Run	2:17.93

## LAKESWOOD

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





# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## LANEY

Natalie Tyner 2019 4A 3200 M Run 10:37.34

## 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 O 1600 M Run 5:18.21  
 Marriane Carraher 1985 O 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  
 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

## LEJEUNE (CONTINUED)

Julie Barba 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  
 Chryssandra 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"  
 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

## 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



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## 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 Dixon	2004	4A	Triple Jump	39' 6.5"
Amelia Black	2005	4A	Triple Jump	37' 9.5"
	2009	4A	4X400 M Relay	3:53.54
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

## MONROE (CONTINUED)

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
	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

Kendall Cox	2013	1A	Long Jump	17' 10"
Monica Teeter	1988	1/2	100 M Hurdles	15.83

## MOORESVILLE

## MOREHEAD

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

## MOUNT AIRY

Jazmin Skipper	2003	1A	Triple Jump	34' 03"
Natalie Moreland	2006	1A	300 M Hurdles	46.69
Natalie Moreland	2008	1A	100 M Hurdles	16.26
Kristen Parries	2012	1A	3200 M Run	12:10.51
	2012	1A	4X800 M Relay	9:42.16
Jo Snow	2016	1A	1600 M Run	5:22.39
	2016	1A	4X800 M Relay	9:48.24
Kathlyn Mauck	2019	1A	High Jump	5' 02"

## MOUNT PLEASANT

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

## MOUNT TABOR

Becky Maier	1997	4A	Discus	121' 05"
Nena Lekwauwa	1998	4A	Shot Put	38' 9.5"
	2001	4A	4X800 M Relay	9:33.50
	2002	4A	4X800 M Relay	9:32.67
Taylor Steelman	2003	4A	1600 M Run	5:06.39
	2003	4A	4X200 M Relay	1:42.66
	2003	4A	4X800 M Relay	9:37.08
Erica Montgomery	2004	4A	100 M Dash	11.78
Erica Montgomery	2004	4A	200 M Dash	24.59
Erica Montgomery	2004	4A	MOP	
Mattie Bethea	2004	4A	High Jump	5' 06"
	2008	4A	4X400 M Relay	3:53.40
Gustell Preston	2013	4A	High Jump	5' 06"
Kayla Montgomery	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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## MOUNTAIN ISLAND CHARTER

	2022	1A	4 X 200 Relay	1:46.72
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## MURPHY

Ros Hall	1989	1/2	800 M Dash	2:25.27
Wendy Moss	1989	1/2	Discus	117' 03"
Ebony Lloyd	1990	1/2	Discus	113' 8.75"
Ebony Lloyd	1990	1/2	MOP	
	1994	1A	4X100 M Relay	52.68
	1994	1A	4X800 M Relay	10:36.79
Kristy Whitaker	1995	1A	1600 M Run	5:31.98
Laura Wilson	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
Kristy Whitaker	1997	1A	1600 M Run	5:31.46
	1997	1A	4X400 M Relay	4:17.72
	1997	1A	4X800 M Relay	10:14.41



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## MURPHY (CONTINUED)

	1998	1A	4X800 M Relay	10:15.68
Shea Tamey	2002	1A	800 M Dash	2:21.00
	2013	1A	4X400 M Relay	4:08.52
	2014	1A	4X200 M Relay	1:48.56
Sarah Pullium	2018	1A	Discus	121' 10"
	2018	1A	4X100 M Relay	51.04
Sarah Pullium	2019	1A	Discus	126' 11"
Sarah Pullium	2021	1A	Discus	131'10"
Jordan Oliver	2022	1A	100M WC	43.93

## MYERS PARK

Becky Brown	1977	O	Discus	112' 05"
Becky Brown	1978	O	Discus	132' 08"
Lene Hestdal	1981	O	3200 M Run	11:37.30
Katrina Swanson	1983	O	Shot Put	39' 11.75"
Kelly Karres	1995	4A	Discus	114' 06"
Julia Lucas	2000	4A	1600 M Run	5:05.59
Julia Lucas	2000	4A	3200 M Run	11:19.49
Julia Lucas	2002	4A	800 M Dash	2:15.28
Julia Lucas	2002	4A	1600 M Run	5:06.02
Julia Lucas	2002	4A	3200 M Run	10:46.22
Julia Lucas	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
Becca Deloache	2009	4A	800 M Dash	2:13.87
	2009	4A	4X800 M Relay	9:11.20
Bryanna Hames	2014	4A	Discus	159' 01"
	2019	4A	4X800 M Relay	9:31.73
Mary Bonner Dalton	2021	4A	3200 Meter Run	10:51.78

## 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 - DURHAM

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

## NC SCHOOL OF SCIENCE & MATH - DURHAM (CONT)

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

Swindell	1973	O	4X220 YD Relay	1:48.30
Williford	1974	O	440 YD Dash	59.30
	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

## NORTH BRUNSWICK (CONTINUED)

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

Teretha Coe	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





# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## 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

	1983 O	4X100 M Relay	48.40
Amy Clark	1991 4A	800 M Dash	2:16.88
Tracy Hoback	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
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

## NORTH ROWAN (CONTINUED)

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"
Teaunna Cuthbertson	2010 1A	Long Jump	19' 3.25"
Teaunna Cuthbertson	2010 1A	100 M Hurdles	15.14
Teaunna 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	
Teaunna Cuthbertson	2011 1A	Long Jump	17' 10"
	2011 1A	4X100 M Relay	48.31
Teaunna 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
Brittany Ellis	2022 1A	Discus	107' 3"
Brittany Ellis	2022 1A	Shot Put	37' 2"
Tai'lah Ward	2022 1A	100M Hurdles	15.46
Tai'lah Ward	2022 1A	300M Hurdles	45.70

## 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"
	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	

## NORTH STOKES (CONTINUED)

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 Gubitza	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 O	100 M Dash	11.80
Mamie Wilson	1982 O	200 M Dash	24.60
	1982 O	4X200 M Relay	1:41.10
Carla McLaughlin	1983 O	100 M Dash	11.70



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## NORTHERN DURHAM (CONTINUED)

Carla McLaughlin	1983	O	200 M Dash	24.30
	1983	O	4X200 M Relay	1:42.00
Carla McLaughlin	1984	O	100 M Dash	11.88
Carla McLaughlin	1984	O	200 M Dash	24.13
Randi Chapman	1999	4A	Triple Jump	39' 6.5"
Bailey Tart	2022	4A	Pole Vault	12' 00"

## 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	O	3200 M Run	11:24.14
Marquita Misenheimer	1985	O	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	
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

## NORTHWEST CABARRUS (CONTINUED)

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"
Chaunesse Barringer	2022	3A	Long Jump	19' 10.25"

## 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
Caroline Murrell	2022	3A	1600M Run	5:07.44
Caroline Murrell	2022	3A	3200M Run	11:07.69

## 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 Iyevebele	2008	3A	1600 M Run	5:07.29
Kenyetta Iyevebele	2009	3A	3200 M Run	11:30.23
Khayla Dawson	2015	4A	Shot Put	47' 11"
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
	2022	1A	4 X 100 Relay	49.48

## 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
	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



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## PARKLAND (CONTINUED)

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
Ija Mumford	2022	4A	Long Jump	19' 5"
Ija Mumford	2022	4A	Triple Jump	38' 8"

## 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
Madison Clay	2022	2A	3200M Run	11:26.42

## 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
Tanazsa Simpson	2016	1A	Shot Put	39' 5.25"

## PENDER (CONTINUED)

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"
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

## PERQUIMANS

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

## PERSON

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

## PINE LAKE PREP

Rylee Hegedus	2022	2A	400M Dash	58.53
	2022	2A	4 X 400 Relay	4:08.23

## PINECREST

Stanback	1977	O	100 YD Dash	11.10
Stanback	1977	O	220 YD Dash	25.30

## PINECREST (CONTINUED)

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

Karen Godlock	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





# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## POLK COUNTY (CONTINUED)

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
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
Olivia Overholt	2022	2A	800M Run	2:18.50
	2022	2A	4 X 800 Relay	9:59.89

## 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"

## R-S CENTRAL

Joyasia Smith	2021	2A	200 Meter Dash	25.15
Joyasia Smith	2022	2A	100M Dash	12.04
Joyasia Smith	2022	2A	200M Dash	25.19

## R.J. REYNOLDS

Vanessa Smith	1978	O	High Jump	5' 7.75"
Tracy Briston	1982	O	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	O	1 Mile Run	6:05.60
Ralston	1972	O	880 YD Dash	2:43.20
	1974	O	4X110 YD Relay	51.70
McClenlon	1976	O	Discus	123' 10"
Lisa Gray	1978	O	Shot Put	43' 8"
Lisa Gray	1979	O	Shot Put	43' 4.75"
Lisa Gray	1979	O	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
2006	2A	200 M Dash	25.70

## REID ROSS

1977	O	4X220 YD Relay	1:43.00
1978	O	4X220 YD Relay	1:43.77

## REIDSVILLE

Dee Dee Slade	1980	O	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
Victoria Swepson	2021	1A	4X800 Relay	10:13.74

## RICHMOND

Kathy Ormsby	1981	O	1600 M Run	4:59.00
Kathy Ormsby	1982	O	1600 M Run	4:59.00
Kathy Ormsby	1983	O	800 M Dash	2:18.10
Kathy Ormsby	1983	O	1600 M Run	4:56.80
Kathy Ormsby	1983	O	3200 M Run	11:08.40
Mary McKoy	1984	O	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
Briley Bickerstaff	2022	1A	1600M Run	5:12.30
Briley Bickerstaff	2022	1A	3200M Run	11:14.47

## ROBBINSVILLE

Faith Trammell	2009	1A	3200 M Run	11:49.07
Maddie Cole	2015	1A	Pole Vault	10' 00"
Zoie Shuler	2022	1A	Long Jump	18' 7"
Zoie Shuler	2022	1A	Triple Jump	39' 9.25"



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## 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	O	Triple Jump	38' 11"
Lisa Staton	1979	O	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	O	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	O	Long Jump	18' 10"
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## SCOTLAND COUNTY

Williams	1978	O	110 YD Hurdles	14.50
Doris Bloxson	1981	O	Discus	128' 07"
Lakesha Bennett	1992	4A	Triple Jump	38' 01"
Ashlynn Chais	2007	4A	Long Jump	18' 07"

## SEVENTY-FIRST

Pam Belton	1979	O	220 YD Dash	25.00
Pam Belton	1981	O	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

## SHELBY

Charlotte Smith	1988	3A	1600 M Run	5:23.85
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## 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
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## 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"
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## 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	

## SOUTH CENTRAL (CONTINUED)

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"
	2022	3A	4 X 200 Relay	1:46.02

## 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"



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## SOUTH MECKLENBURG

Michelle Langan	1976	0	High Jump	5' 07"
Teri LeBlanc	1984	0	High Jump	5' 06"
Teri LeBlanc	1984	0	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

	1995	1A	4X100 M Relay	52.10
Angela Grissett	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	0	880 YD Dash	2:32.80
Robbins	1973	0	High Jump	5' 0.5"
Robbins	1974	0	High Jump	5' 02"
Haley Hackett	2008	3A	Shot Put	37' 6"
Breanna Alston	2009	3A	400 M Dash	58.45
Kiya Oviosun	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
Krystle Medlin	2004	4A	800 M Dash	2:16.40
	2004	4A	4X800 M Relay	9:36.41
Ebonie Cunningham	2005	4A	400 M Dash	56.47
Gabby Mayo	2005	4A	100 M Hurdles	14.41
Gabby Mayo	2005	4A	300 M Hurdles	44.62
Gabby Mayo	2005	4A	MOP	
Chrishawn Williams	2006	4A	Long Jump	18' 07"
Ebonie Cunningham	2006	4A	400 M Dash	55.10
Gabby Mayo	2006	4A	100 M Hurdles	13.60
Gabby Mayo	2006	4A	100 M Dash	11.14
Gabby Mayo	2006	4A	200 M Dash	23.51
Gabby Mayo	2006	4A	300 M Hurdles	43.56
Gabby Mayo	2006	4A	MOP	
Monique Vines	2006	4A	Triple Jump	37' 05"
Chrishawn Williams	2007	4A	Triple Jump	37' 07"
Ebonie Cunningham	2007	4A	400 M Dash	55.17
Gabby Mayo	2007	4A	100 M Hurdles	13.73
Gabby Mayo	2007	4A	100 M Dash	11.43
Gabby Mayo	2007	4A	200 M Dash	23.72
Gabby Mayo	2007	4A	MOP	
Chrishawn Williams	2009	4A	Long Jump	19' 04"
	2009	4A	4X100 M Relay	47.33
	2009	4A	4X200 M Relay	1:39.14

## SOUTHEAST RALEIGH (CONTINUED)

Deja Barber	2010	4A	Shot Put (WC)	5' 4.25"
Danielle Davis	2011	4A	Long Jump	18' 11.25"
Deja Barber	2011	4A	Shot Put (WC)	5' 00"
Deja Barber	2011	4A	100 M Dash (WC)	45.58
Deja Barber	2012	4A	Shot Put (WC)	5' 04"
Deja Barber	2012	4A	100 M Dash (WC)	41.04
Shakinah Brooks	2013	4A	Long Jump	19' 05"
Tametris Morrison	2013	4A	300 M Hurdles	42.72
Jacklyn Howell	2014	4A	100 M Hurdles	13.52
Jacklyn Howell	2014	4A	300 M Hurdles	44.67
	2016	4A	4X100 M Relay	46.25
	2016	4A	4X400 M Relay	3:48.73
Candice Whitley	2017	4A	Discus	142' 07"
Kyna Robinson	2018	4A	200 M Dash	24.20
Sierra Fletcher	2018	4A	300 M Hurdles	41.87
	2018	4A	4X100 M Relay	47.33
	2018	4A	4X200 M Relay	1:38.23
	2019	4A	4X100 M Relay	46.11
	2019	4A	4X200 M Relay	1:37.30
Autumn Judd	2021	4A	Shot Put	42'09.00"

## SOUTHERN ALAMANCE

Sherry Faust	1992	3A	100 M Dash	12.43
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## SOUTHERN DURHAM

	1995	3A	4X100 M Relay	49.29
	1995	3A	4X200 M Relay	1:43.19
	1995	3A	4X400 M Relay	4:00.14
Heather Carpenter	1996	3A	300 M Hurdles	46.21
Marshari Williams	1996	3A	100 M Hurdles	14.85
Marshari Williams	1997	3A	100 M Hurdles	15.08
Taressa Davis	1997	3A	Triple Jump	38' 07"
Patience Coleman	2004	3A	High Jump	5' 08"
Patience Coleman	2005	3A	High Jump	5' 04"
Patience Coleman	2006	4A	High Jump	5' 10"
Patience Coleman	2007	4A	High Jump	5' 08"
Jacinda Evans	2008	4A	Long Jump	19' 9.75"
Jacinda Evans	2008	4A	Triple Jump	39' 01"
Jacinda Evans	2008	4A	100 M Dash	11.77
Jacinda Evans	2008	4A	200 M Dash	24.47
Jacinda Evans	2008	4A	MOP	





# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## SOUTHERN GUILFORD

Dixon	1974	0	Shot Put	38' 4.5"
Dixon	1975	0	Shot Put	38' 8"
Dixon	1976	0	Shot Put	41' 7"
Shana Harris	1993	3A	High Jump	5' 04"
Shana Harris	1994	2A	Long Jump	17' 09"
Jenny Cassell	1997	2A	100 M Dash	12.42
LeTroya Parker	2001	2A	200 M Dash	25.07
Kylie McMillan	2014	3A	100 M Hurdles	14.11
Kylie McMillan	2015	3A	100 M Hurdles	13.81
Kylie McMillan	2015	3A	300 M Hurdles	43.78
Kylie McMillan	2015	3A	MOP	
Ania Dawson	2016	3A	Discus	126' 06"
Imani Bennett	2016	3A	Triple Jump	39' 01"

## SOUTHERN NASH

Pope	1972	0	Shot Put	36' 7.5"
	1997	3A	4X400 M Relay	4:07.65
	1998	3A	4X200 M Relay	1:42.20
Jessica Pierce	1999	3A	Pole Vault	9' 00"
Meka Battle	1999	3A	Triple Jump	40' 00"
Meka Battle	2000	3A	Long Jump	17' 7.5"
Meka Battle	2000	3A	Triple Jump	39' 11"
Brianna Dunston	2001	3A	Discus	116' 07"
Laura Langley	2007	3A	High Jump	5' 08"
Laura Langley	2008	3A	High Jump	5' 04"

## SOUTHERN VANCE

Tiffany Perry	2000	2A	High Jump	5' 06"
Tiffany Perry	2001	2A	Long Jump	18' 5.5"
Tiffany Perry	2001	2A	High Jump	5' 04"
	2001	2A	4X200 M Relay	1:45.41
	2002	2A	4X200 M Relay	1:45.49
Alicia Person	2003	2A	Triple Jump	37' 7.5"
Arlene Mitchell	2003	2A	100 M Hurdles	15.22
Lovetta Perry	2003	2A	100 M Dash	12.39
	2003	2A	4X100 M Relay	49.50
Alicia Person	2004	2A	Long Jump	17' 04"
Alicia Person	2005	2A	Long Jump	18' 04"
Alicia Person	2005	2A	Triple Jump	37' 00"
Aurion Waddell	2007	2A	Discus	121' 07"
Tremonisha Taylor	2008	2A	Discus	113' 06"
Tremonisha Taylor	2009	2A	Discus	141' 00"
Shauna Terry	2010	3A	Long Jump	17' 10.5"
Tremanisha Taylor	2010	3A	Discus	137' 00"

## SOUTHSIDE

	2003	1A	4X400 M Relay	4:12.86
Eminey Redmond	2017	1A	Long Jump	17' 06"
	2018	1A	4X200 M Relay	1:46.09

## SOUTHWEST EDGECOMBE

Delphine Mabry	1981	0	800 M Dash	2:21.10
Delphine Mabry	1982	0	800 M Dash	2:13.50
Vickie Staton	1984	0	400 M Dash	56.85
Danisha Norwood	2000	3A	Discus	113' 01"
Jessica Barnes	2009	3A	Long Jump	18' 1.75"
Catherine Armstrong	2012	2A	100 M Dash (WC)	28.59
Catherine Armstrong	2012	2A	200 M Dash (WC)	54.97
Catherine Armstrong	2012	2A	800 M Dash (WC)	3:38.28
Catherine Armstrong	2013	2A	Shot Put (WC)	7' 04"
Catherine Armstrong	2013	2A	Discus (WC)	18' 6"
Catherine Armstrong	2013	2A	100 M Dash (WC)	29.28
Catherine Armstrong	2013	2A	400 M Dash (WC)	50.09
Catherine Armstrong	2013	2A	800 M Dash (WC)	3:45.52
Catherine Armstrong	2014	2A	100 M Dash (WC)	30.14
Catherine Armstrong	2014	2A	800 M Dash (WC)	3:43.69
Catherine Armstrong	2014	2A	1600 Meters (WC)	7:31.10

## 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
Sady Moody	2022	4A	Discus	129' 10"

## 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	0	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



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## 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
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
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

## SURRY CENTRAL (CONTINUED)

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"
Mia McMillen	2022	2A	300M Hurdles	45.08
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
	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
Amelia Rogers	2022	1A	Pole Vault	10' 0"
	2022	1A	4 X 800 Relay	10:05.85
Cindy Floyd	1982	0	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"

## SWANSBORO

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
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"



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## T.C. ROBERSON (CONTINUED)

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	0	Long Jump	16' 00"
	1975	0	4X110 YD Relay	49.40
	1980	0	4X100 M Relay	48.80
	1980	0	4X200 M Relay	1:42.00
	1981	0	4X200 M Relay	1:40.50
Vanessa Hatch	1984	0	Discus	121' 03"
	1985	0	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
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

## T.W. ANDREWS (CONTINUED)

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	
			<b><u>TAR HEEL</u></b>	
Kristal Troy	1999	1A	400 M Dash	59.82
			<b><u>TARBORO</u></b>	
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
			<b><u>TERRY SANFORD</u></b>	
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
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## **TUSCOLA**

Laura Plott	1989	4A	Discus	124' 06"
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## **UNION**

	1995	1A	4X200 M Relay	1:52.70
	1996	1A	4X200 M Relay	1:48.49
Chevon Keith	2002	1A	High Jump	5' 00"

## **UNION PINES**

Kim McPhatter	1993	1/2	High Jump	5' 04"
Kim McPhatter	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 Weathers	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"





# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## WAKE FOREST (-ROLESVILLE) (CONTINUED)

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  
 Aria Graham 2011 4A 400 M Dash 55.01  
 2011 4A 4X400 M Relay 3:53.69  
 Aria Graham 2012 4A 400 M Dash 55.14  
 2012 4A 4X400 M Relay 3:47.72  
 Kristen Lee 2013 4A Pole Vault 13' 00"  
 Tiana Patillo 2013 4A 400 M Dash 55.46  
 Tiana Patillo 2013 4A MOP  
 Tyra Lea 2013 4A 200 M Dash 23.95  
 Veronica Fraley 2018 4A Shot Put 47' 2"  
 Veronica Fraley 2018 4A Discus 142' 02"  
 Shawnti Jackson 2022 4A 100M Dash 11.45  
 Shawnti Jackson 2022 4A 200M Dash 23.19  
 Shawnti Jackson 2022 4A 400M Dash 52.32  
 Shawnti Jackson 2022 4A 4 X 400 Relay 3:54.23

### 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

## WATAUGA (CONTINUED)

Brenda Taylor 1995 4A 100 M Hurdles 14.62  
 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  
 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 CARTERET

Tyler Collins 2022 3A High Jump 5' 4"

### 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  
 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"



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## WEST CRAVEN (CONTINUED)

Nyshedra Brown	2011	3A	100 M Dash	12.33	Barbara Myers
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	Keisha Boggan

## WEST DAVIDSON

Patty Shoaf	1988	1/2	800 M Dash	2:23.45	Kristie Boggan
Callie Wynn	2013	2A	3200 M Run	11:12.28	Kristie Boggan
Katarina Kepley	2022	2A	High Jump	5' 2"	

## WEST FORSYTH

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

## WEST HENDERSON

Sherry Smith	1987	3A	Long Jump	17' 10.875"	
Amy Knox	1994	2A	800 M Dash	2:25.80	Melissa Harris
Amy Knox	1994	2A	1600 M Run	5:25.60	Araybian Lilly
Amy Knox	1994	2A	3200 M Run	11:54.40	Araybian Lilly
	1994	2A	4X800 M Relay	10:06.50	Araybian Lilly
Jessica Sims	2003	2A	300 M Hurdles	46.11	Araybian Lilly
Melissa Cabe	2004	2A	Pole Vault	9' 06"	Araybian Lilly
Lindsey Pate	2005	2A	Discus	119' 08"	Araybian Lilly
	2005	2A	4X800 M Relay	10:03.80	Araybian Lilly
Brittany Fennell	2006	2A	400 M Dash	57.57	
Lindsey Pate	2006	2A	Discus	114' 02"	
Meredith Foster	2009	2A	High Jump	5' 03"	Sherina Steele
Emma Hall	2022	3A	100M Hurdles	15.07	Sherina Steele
Emma Hall	2022	3A	300M Hurdles	45.69	Sherina Steele
	2022	3A	4 X 800 Relay	10:00.64	Amber Holloway

## WEST IREDELL

Tonie Lazenby	1990	3A	400 M Dash	57.78	Natalie Almond
Tonie Lazenby	1991	3A	400 M Dash	57.13	
Alaya Gillespie	2021	2A	400 Meter Dash	56.86	
Alaya Gillespie	2022	3A	100M Dash	12.48	Courtney Booze
					Courtney Booze
					Kaitlyn Stone

## 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	Heidi Sloop

## WEST LINCOLN

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

## WEST MECKLENBURG

1985	0	Discus	117' 06"
1996	4A	4X200 M Relay	1:42.61
1996	4A	4X800 M Relay	9:46.00
1997	4A	Shot Put	38' 0"
1997	4A	4X100 M Relay	47.66
1998	4A	4X200 M Relay	1:40.06
2000	4A	Shot Put	38' 2"
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
2021	4A	800 Meter Run	2:07.78
2022	3A	200M Dash	24.44
2022	3A	400M Dash	54.40

## WEST MONTGOMERY

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

## WEST ROWAN

2002	3A	MOP	
2002	3A	100 M Hurdles	15.19
2003	3A	Long Jump	18' 9.75"
2010	3A	300 M Hurdles	44.10

## WEST STANLY

2022	2A	1600M Run	5:19.87
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## WEST STOKES

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

## WEST WILKES

1998	2A	1600 M Run	5:23.26
1999	2A	800 M Dash	2:25.25
1999	2A	1600 M Run	5:15.55
1999	2A	100 M Dash	12.78

## WEST WILKES (CONTINUED)

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
	2003	2A	4X400 M Relay	4:07.91
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"
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"



# WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



## WESTERN GUILFORD (CONTINUED)

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

Qizeah Jackson 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  
 Qizeah Jackson 2013 3A 4X400 M Relay 3:57.98  
 Qizeah Jackson 2014 3A High Jump 5' 08"  
 Qizeah Jackson 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"  
 Abigail Tully 2022 2A Pole Vault 10' 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  
 Tamilya Wright 2015 3A Triple Jump 39' 0.5"  
 Anita Curry 1988 3A Long Jump 18' 1.5"  
 Anita Curry 1988 3A 4X400 M Relay 4:08.62  
 Michelle McRae 1992 4A 800 M Dash 2:17.13  
 Michelle McRae 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"  
 Joyce Land 2002 1A 4X100 M Relay 51.29  
 Joyce Land 2003 1A 4X100 M Relay 50.69  
 Gerri-Lena White 2004 1A Long Jump 17' 0.5"

## WILLIAMSTON (CONTINUED)

Michelle Bracey 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  
 Trisha Bennett 2008 1A 4X200 M Relay 1:43.28  
 Trisha Bennett 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  
 Trisha Bennett 2009 1A 4X100 M Relay 49.84  
 Trisha Bennett 2009 1A 4X200 M Relay 1:42.93  
 Sloan Williams 2012 1A 4X100 M Relay 48.51  
 Sloan Williams 2013 1A 100 M Dash 12.33  
 Sloan Williams 2013 1A 4X100 M Relay 48.93  
 Sloan Williams 2014 1A 100 M Dash 12.18  
 Sloan Williams 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  
 Deonica Reid 2015 1A 4X100 M Relay 50.45  
 Deonica Reid 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  
 Ashya Smith 2016 1A 4X100 M Relay 50.98  
 Ashya Smith 2017 1A 100 M Hurdles 15.63  
 Ashya Smith 2019 1A 4X200 M Relay 1:46.19  
 Ashya Smith 2021 1A 4X200 Relay 1:45.91  
 Ashya Smith 2021 1A 4X400 Relay 4:14.51  
 Damyja Ortiz 2022 1A 400M Dash 57.59