

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"
Akala Garrett	2023	1A	200 Meter Dash	24.25
Akala Garrett	2023	1A	100 M Hurdles	13.52
Akala Garrett	2023	1A	300 M Hurdles	40.26
Akala Garrett	2023	1A	MOP	
	2023	1A	4X400 Relay	3:57.16

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"
MOP	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	42'01.50"
Tyler Glover	2023	4A	Shot Put	45'03.25"

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	140'09.00"
Camryn Massey	2023	3A	Discus	148'02.00"

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



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"
Akala Garrett	2023	1A	200 Meter Dash	24.25
Akala Garrett	2023	1A	100 M Hurdles	13.52
Akala Garrett	2023	1A	300 M Hurdles	40.26
Akala Garrett	2023	1A	MOP	
	2023	1A	4X400 Relay	3:57.16

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
Amber Jackson	2021	4A	High Jump	5'06.00"
Amber Jackson	2021	4A	Long Jump	18'01.00"
Tyler Glover	2022	4A	Shot Put	42'01.50"
Tyler Glover	2023	4A	Shot Put	45'03.25"

ARDREY KELL

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	140'09.00"
Camryn Massey	2023	3A	Discus	148'02.00"

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Sophia Treakle	2007	3A	300 M Hurdles	44.67
Sophia Treakle	2007	3A	MOP	
Sophia Treakle	2008	3A	100 M Hurdles	14.87
Sophia Treakle	2008	3A	300 M Hurdles	43.15
Alion Belvin	2017	3A	100 M Hurdles	15.00

ATHENS DRIVE

Karen Medlin	1999	4A	800 M Dash	2:18.32
Callan Fike	2006	4A	1600 M Run	5:06.15
Callan Fike	2007	4A	800 M Dash	2:14.60
Callan Fike	2007	4A	1600 M Run	4:59.83
Maddie Davies	2021	4A	Pole Vault	12'00.00"
Oluwanifemi Kalejaiye	2023	4A	Long Jump	18'02.00"

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

1997	3A	Shot Put	37' 5.25"
------	----	----------	-----------

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
	2019	1A	100 M Hurdles	15.04
	2019	1A	100 M Dash	12.08
	2019	1A	200 M Dash	25.30
	2019	1A	MOP	

BISHOP MCGUINNESS

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

BLADENBORO

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

BOWMAN

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

BREVARD

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

BROUGHTON

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

BUNKER HILL

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

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Lamonda Miller	1985 O	100 M Dash	11.90	Malia Ellington	2014 1A	800 M Dash	2:15.87	DeAnne Davis	1993 3A	Triple Jump	38' 11"
Lamonda Miller	1985 O	200 M Dash	24.64	Malia Ellington	2014 1A	1600 M Run	4:59.88	DeAnne Davis	1993 3A	100 M Hurdles	14.67
	1990	1/2 4X100 M Relay	50.73	Malia Ellington	2014 1A	3200 M Run	12:02.69	DeAnne Davis	1993 3A	300 M Hurdles	45.44
	1991	1/2 4X100 M Relay	50.14	Maria Ellington	2014 1A	MOP		DeAnne Davis	1993 3A	MOP	
				Malia Ellington	2015 1A	800 M Dash	2:12.26		1993 3A	4X100 M Relay	49.83
				Malia Ellington	2015 1A	1600 M Run	5:04.85	DeAnne Davis	1994 2A	Triple Jump	38' 11"
Wendy Wilson	1994 1A	100 M Dash	13.14	Malia Ellington	2015 1A	3200 M Run	11:28.59	DeAnne Davis	1994 2A	100 M Hurdles	14.65
Holly Gaines	2011 1A	400 M Dash	59.06	Maria Ellington	2015 1A	MOP		DeAnne Davis	1994 2A	300 M Hurdles	45.56
					2015 1A	4X400 M Relay	4:04.26	DeAnne Davis	1994 2A	MOP	
Miranda Long	2000 1A	Discus	116' 9.5"		2023 2A	4X800 Relay	10:06.18		1994 2A	4X200 M Relay	1:46.27
Miranda Long	2001 1A	Discus	118' 04"						1994 2A	4X400 M Relay	4:07.34
Amanada Cagle	2008 1A	Shot Put	37' 00"					DeAnne Davis	1995 2A	Long Jump	18' 0.5"
Hallah Panther	2019 1A	Pole Vault	10' 00"	Candra Gayle	1989 3A	Discus	127' 08"	DeAnne Davis	1995 2A	Triple Jump	39' 09"
Dvdaya Swimmer	2023 1A	400 Meter Dash	2:19.71	Candra Gayle	1989 3A	MOP		DeAnne Davis	1995 2A	100 M Hurdles	14.56
				Ameika Robinson	1990 3A	Shot Put	36' 5.25"				
				Carol Kiser	1999 3A	High Jump	5' 04"	DeAnne Davis	1995 2A	300 M Hurdles	44.94
Sarah Herd	2007 1A	High Jump	5' 02"					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
Anissa Gainey	1997 2A	200 M Dash	25.54	Tori Elliott	2011 3A	Long Jump	17' 10"		1995 2A	4X200 M Relay	1:44.71
Anissa Gainey	1998 3A	100 M Dash	12.20	Tori Elliott	2011 3A	MOP		DeAnne Davis	1996 2A	Long Jump	18' 10.75"
Anissa Gainey	1999 3A	Long Jump	18' 06"		2016 3A	4X100 M Relay	48.27	DeAnne Davis	1996 2A	Long Jump	18' 10.75"
Anissa Gainey	1999 3A	100 M Dash	12.12					DeAnne Davis	1996 2A	Triple Jump	40' 02"
Anissa Gainey	1999 3A	200 M Dash	24.79	Alexis Willis	2022 3A	Triple Jump	39'00.50"	DeAnne Davis	1996 2A	100 M Hurdles	14.63
Anissa Gainey	1999 3A	MOP		Alexis Willis	2023 3A	Triple Jump	37'10.00"	DeAnne Davis	1996 2A	300 M Hurdles	45.40
Anissa Gainey	2000 3A	100 M Dash	12.06					DeAnne Davis	1996 2A	MOP	
Anissa Gainey	2000 3A	200 M Dash	25.18						1996 2A	4X100 M Relay	50.12
Keni Harrison	2010 4A	100 M Hurdles	14.56	Samantha Layko	2013 2A	Discus	122' 01"	Deidre Mapp	1996 2A	4X200 M Relay	1:45.71
Keni Harrison	2010 4A	300 M Hurdles	42.53	Samantha Layko	2014 2A	Discus	131' 05"	Lisa Bradsher	1997 2A	100 M Hurdles	15.63
Keni Harrison	2010 4A	MOP		Samantha Layko	2015 2A	Shot Put	39' 6.5"	Deidre Mapp	1997 2A	300 M Hurdles	45.79
Keni Harrison	2011 4A	100 M Hurdles	13.69	Samantha Layko	2015 2A	Discus	128' 11"	Deidre Mapp	1998 1A	Triple Jump	35' 3.5"
Keni Harrison	2011 4A	300 M Hurdles	41.41	Kaleigh Hanson	2017 2A	800 M Dash	2:19.28	Deidre Mapp	1998 1A	100 M Hurdles	15.75
Keni Harrison	2011 4A	MOP		Kaleigh Hanson	2017 2A	4X400 M Relay	4:07.97	Latoya Walters	1998 1A	300 M Hurdles	46.36
Mollie Williams	2012 4A	100 M Hurdles	13.66	Kaleigh Hanson	2017 2A	800 M Dash	2:19.43		1998 1A	400 M Dash	1:00.08
Mollie Williams	2013 4A	100 M Hurdles	13.98		2018 2A	800 M Dash	2:19.43		1998 1A	4X400 M Relay	4:13.96
Ariana Daley	2021 3A	400 Meter Dash	56.91		2018 2A	4X400 M Relay	4:02.93	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
Sydni Fields	2016 3A	100 M Hurdles	14.98	Clara Russell	1987 3A	400 M Dash	58.70		2001 1A	Shot Put	38' 3.25"
Sydni Fields	2016 3A	300 M Hurdles	44.59	Tara Burns	1987 3A	300 M Hurdles	45.98	Beverly Burnette	2001 1A	Shot Put	38' 3.25"
					1987 3A	4X400 M Relay	4:03.80	Chandra Pulliam	2001 1A	100 M Hurdles	14.35
				Candy Graves	1988 3A	Discus	127' 0.5"	Chandra Pulliam	2001 1A	300 M Hurdles	45.23
				Candy Graves	1988 3A	MOP		Paula Moore	2001 1A	Triple Jump	37' 10.25"
				Tara Burns	1988 3A	300 M Hurdles	46.10		2001 1A	4X400 M Relay	4:16.40
								Beverly Burnette	2002 2A	Shot Put	44' 1.5"

CHATHAM CENTRAL

CHEROKEE

CHERRYVILLE

CLAYTON

CONCORD

COX MILL

CRAMER

CROATAN

CUMMINGS

CUMMINGS (CONTINUED)



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Chandra Pulliam	2002	2A	100 M Hurdles	14.59		2016	2A	4X200 M Relay	1:41.59		D.H. CONLEY					
Chandra Pulliam	2002	2A	300 M Hurdles	44.61	Kelsia Moore	2017	2A	Long Jump	19' 01"	Kim Pakowski	1990	3A	Discus	119' 05"		
Dominique Price	2004	2A	100 M Hurdles	14.97		2018	2A	4X200 M Relay	1:44.13	Kim Pakowski	1991	3A	Discus	115' 10"		
Latoya James	2005	2A	100 M Hurdles	14.93	Allysia Farrar	2019	2A	100 M Dash	11.92	Toi Wilson	1992	3A	400 M Dash	59.05		
Latoya James	2005	2A	300 M Hurdles	43.96	Allysia Farrar	2019	2A	200 M Dash	24.85	Toi Wilson	1993	3A	100 M Dash	11.83		
Latoya James	2006	2A	100 M Hurdles	14.34	Jydia Faucette	2019	2A	Long Jump	18' 1.75"	Toi Wilson	1993	3A	400 M Dash	55.71		
Latoya James	2006	2A	300 M Hurdles	44.15	Kendall Jordan	2019	2A	Triple Jump	40' 4.75"	Toi Wilson	1994	3A	400 M Dash	56.84		
Latoya James	2006	2A	MOP		Kendall Jordan	2019	2A	100 M Hurdles	14.11							
	2006	2A	4X100 M Relay	49.06	Kendall Jordan	2019	2A	300 M Hurdles	43.03							
	2006	2A	4X200 M Relay	1:42.33	Kendall Jordan	2019	2A	MOP		Sarah Gardner	1982	0	Shot Put	41' 8.25"		
Latoya James	2007	2A	Long Jump	18' 1.5"	Kendall Jordan	2021	2A	100M Hurdles	14.03	Samantha Murrillo	2001	4A	400 M Dash	56.72		
Latoya James	2007	2A	100 M Hurdles	13.98	Kendall Jordan	2021	2A	300M Hurdles	44.22	Anna McBride	2011	4A	3200 M Run	10:46.08		
Latoya James	2007	2A	300 M Hurdles	43.76	Kendall Jordan	2021	2A	Long Jump	17'10.50"	Anna McBride	2012	4A	3200 M Run	10:47.82		
Latoya James	2007	2A	MOP		Kendall Jordan	2021	2A	Triple Jump	38'04.00"							
	CUMMINGS (CONTINUED)					CUMMINGS (CONTINUED)							DIXON			
Sherice Walker	2007	2A	Triple Jump	38' 5.5"	Tamesia Pinnix	2022	2A	100M Hurdles	14.11	Valesha Small	1999	1A	Long Jump	17' 2.75"		
Brittany Wilkins	2008	2A	200 M Dash	25.27	Tamesia Pinnix	2022	2A	Long Jump	18' 6.25"							
Sherice Walker	2008	2A	Long Jump	19' 1.75"	D'Anna Cotton	2023	2A	High Jump	5'06.00"				DOUGLAS BYRD			
Sherice Walker	2008	2A	Triple Jump	39' 03"	D'Anna Cotton	2023	2A	Triple Jump	37'06.75"	Ida Pierce	1985	0	Shot Put	37' 5.5"		
Sherice Walker	2008	2A	100 M Hurdles	14.21						Elisha Marshall	1992	4A	100 M Dash	12.18		
Sherice Walker	2008	2A	300 M Hurdles	44.74						Elisha Marshall	1994	4A	100 M Dash	12.18		
Sherice Walker	2008	2A	MOP		Racheca Barrow	1996	2A	200 M Dash	25.12	Adrienne Sims	1995	4A	High Jump	5' 8.5"		
Sherice Walker	2009	2A	Long Jump	19' 03"	Rasheca Barrow	1996	2A	100 M Dash	12.23	Adrienne Sims	1996	4A	High Jump	5' 08"		
Sherice Walker	2009	2A	Triple Jump	39' 09"						Adrienne Sims	1997	4A	High Jump	6' 00"		
Sherice Walker	2009	2A	100 M Hurdles	14.50						Naomi Alston	2011	3A	400 M Dash	56.48		
Sherice Walker	2009	2A	MOP							Naomi Alston	2012	3A	400 M Dash	56.01		
Francesca Evans	2010	2A	300 M Hurdles	44.64	Raven Covington	2012	2A	Long Jump	17' 04"							
Kortney Williams	2010	2A	Triple Jump	37' 01"	Liz Wood	2013	2A	Pole Vault	10' 06"				DRAUGHN			
Kortney Williams	2010	2A	100 M Hurdles	14.66	Liz Wood	2014	3A	Pole Vault	11' 06"	Josephine Johnson	2015	2A	Pole Vault	9' 06"		
	2010	2A	4X400 M Relay	4:08.64	Nikolete Hurrinus	2014	3A	400 M Dash	56.98	Leanna Seagraves	2016	2A	Pole Vault	9' 00"		
Francesca Evans	2011	2A	Triple Jump	38' 10.5"												
Francesca Evans	2012	2A	Triple Jump	39' 03"	Jaelyn Warren	2016	3A	4X800 M Relay	9:29.86							
Francesca Evans	2012	2A	MOP		Sarah LaTour	2017	3A	High Jump	5' 04"				DUDLEY			
Kayla Moore	2014	2A	100 M Hurdles	14.75	Sarah LaTour	2017	3A	1600 M Run	5:03.03	Cook	1972	0	Discus	103' 11"		
Kayla Moore	2014	2A	300 M Hurdles	45.77	Dahlia Cutler	2017	3A	3200 M Run	11:22.35	Wall	1972	0	High Jump	5' 02"		
Kayla Moore	2015	2A	100 M Hurdles	14.38	Ava Studney	2018	3A	400 M Dash	56.15				1977	0	4X110 YD Relay	49.30
Kayla Moore	2015	2A	300 M Hurdles	46.07	Alyssa Preisano	2019	3A	Pole Vault	11' 06"				1979	0	4X220 YD Relay	1:44.00
Kenya Majors	2015	2A	Long Jump	18' 1.25"	Alyssa Preisano	2021	3A	800 Meter Run	2:17.46	Pam Doggett	1984	0	200 M Hurdles	27.92		
	2015	2A	4X100 M Relay	48.81		2021	3A	1600 Meter Run	4:57.34				1984	0	4X100 M Relay	48.46
Kayla Moore	2016	2A	100 M Hurdles	13.71	Charlotte Bell	2021	3A	4X800 Relay	9:18.25				1984	0	4X200 M Relay	1:40.24
Kayla Moore	2016	2A	300 M Hurdles	42.70		2022	4A	800M Run	2:12.23	Pam Doggett	1985	0	100 M Hurdles	14.50		
Kayla Moore	2016	2A	MOP		Charlotte Bell	2022	4A	4 X 800 Relay	9:12.43	Pam Doggett	1985	0	300 M Hurdles	44.73		
Kenya Majors	2016	2A	Long Jump	18' 6.5"	Charlotte Bell	2023	4A	800M Run	2:08.89	Adrienne Ferguson	1986	3/4	100 M Dash	11.96		
Tajah Walston	2016	2A	100 M Dash	11.94	Charlotte Bell	2023	4A	1600M Run	4:43.27	Adrienne Ferguson	1986	3/4	200 M Dash	24.40		
	2016	2A	4X100 M Relay	48.52		2023	4A	4X800 Relay	9:01.84	Adrienne Ferguson	1986	3/4	MOP			
										Pam Doggett	1986	3/4	100 M Hurdles	13.88		



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Pam Doggett	1986	3/4 300 M Hurdles	42.00		2002	1A 4X200 M Relay	1:44.35	Breah Taylor	2017	1A Triple Jump	37' 5.5"
Pam Doggett	1986	3/4 MOP		Ebony Robinson	2003	1A 200 M Dash	25.64		2017	1A 4X100 M Relay	50.18
Sonja Thomas	1986	3/4 400 M Dash	56.14	Melinda Mayfield	2003	1A 100 M Hurdles	15.84	Breah Taylor	2018	1A Long Jump	18' 03"
	1986	3/4 4X100 M Relay	48.59		2003	1A 4X200 M Relay	1:46.47	Breah Taylor	2018	1A Triple Jump	38' 1.5"
	1986	3/4 4X200 M Relay	1:40.67	Eman Al-Aswadi	2004	1A Triple Jump	35' 9.75"	Tierra Benders	2018	1A High Jump	5' 02"
	1986	3/4 4X400 M Relay	3:51.70	Jessica Peaks	2004	1A High Jump	5' 02"	Breah Taylor	2019	1A Long Jump	17' 10.5"
Sonja Thomas	1987	4A 400 M Dash	56.27		2004	1A 4X200 M Relay	1:44.60	Breah Taylor	2019	1A Triple Jump	38' 09"
Wanda Medly	1987	4A 300 M Hurdles	45.14		2004	1A 4X400 M Relay	4:09.69		2019	1A 4X100 M Relay	49.88
Marlene Poole	1989	4A 100 M Dash	11.74	Eman Al-Aswadi	2005	1A Triple Jump	35' 02"	Latecyia Johnson	2021	1A Long Jump	18'00.00"
Marlene Poole	1989	4A 200 M Dash	25.04	Jessica Peaks	2005	1A High Jump	5' 04"	Latecyia Johnson	2022	2A Triple Jump	36' 7.25"
	1989	4A 4X200 M Relay	1:41.76		2005	1A 4X200 M Relay	1:47.74				
	1989	4A 4X400 M Relay	3:51.87		2005	1A 4X400 M Relay	4:12.69				
	1989	4A 4X800 M Relay	9:29.36		2005	1A 4X800 M Relay	10:15.54				
Marlene Poole	1990	4A 100 M Dash	11.95		2007	2A 4X400 M Relay	4:10.30	Kate McCarthy	2003	3A 3200 M Run	12:25.00
Marlene Poole	1990	4A 200 M Dash	24.53	Angel Bowden	2019	2A High Jump	5' 03"	Gabrielle Daniel	2005	3A 200 M Dash	25.33
	1990	4A 4X400 M Relay	3:52.76	Teteateh Snoh	2019	2A Discus	143' 10"	Carolyn Baskir	2009	4A 1600 M Run	4:56.87
	1993	4A 4X100 M Relay	48.34					Pegah Kamrani	2013	4A 3200 M Run	10:47.60

DUDLEY (CONTINUED)

	1993	4A 4X200 M Relay	1:42.21	Colette Williams
	1998	3A 4X100 M Relay	48.71	Colette Williams
	1998	3A 4X400 M Relay	4:00.62	Colette Williams
	1999	3A 4X100 M Relay	49.01	Francis Warner
Suzzette McSwain	2001	3A 200 M Dash	25.79	Tacara Morrissey
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	Cessy Hudson
Tyler Brockington	2009	3A 300 M Hurdles	45.02	Cessy Hudson
	2009	3A 4X200 M Relay	1:41.48	Cessy Hudson
	2009	3A 4X400 M Relay	3:55.47	Cessy Hudson
Tyler Brockington	2012	4A 300 M Hurdles	41.81	Alisha Little

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

E.E. SMITH

1981	O	Triple Jump	40' 6.5"
1982	O	Triple Jump	38' 11.25"
1982	O	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

Amanda Johnson	1992	1/2 100 M Dash	12.59
Amanda Johnson	1992	1/2 200 M Dash	25.79
Saundra Teel	1992	1/2 High Jump	5' 04"
Amanda Johnson	1993	1/2 Long Jump	18' 7.75"
Amanda Johnson	1993	1/2 100 M Dash	12.41
Amanda Johnson	1993	1/2 200 M Dash	25.79
Cora Johnson	1998	2A Long Jump	18' 9.75"
	1998	2A 4X100 M Relay	49.73
	1998	2A 4X200 M Relay	1:44.30
	1999	2A 4X200 M Relay	1:48.61
Cora Johnson	2000	2A Long Jump	19' 04"

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

EAST GASTON

Ne'ja Ervin	2017	3A Discus	122' 8.75"
-------------	------	-----------	------------

EAST HENDERSON

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



				2009 1A 4X800 M Relay	9:53.04			ELM CITY		
	EAST LINCOLN		Carol Blankenship	2010 1A 1600 M Run	5:06.62	Roundtree	1974 O	100 YD Dash	11.40	
Megan Seehorn	2002 3A High Jump	5' 02"	Carol Blankenship	2010 1A 3200 M Run	11:29.54					
Toree Roseboro	2005 3A 100 M Dash	12.22	Lilly Adams	2022 1A High Jump	5' 2"			ENKA		
	2015 2A 4X800 M Relay	9:45.16				Vicki Peek	1987 3A	High Jump	5' 04"	
	EAST MECKLENBURG			EASTERN ALAMANCE		Jennifer Olive	1989 3A	1600 M Run	5:16.96	
Crowell	1972 O 220 YD Dash	26.10	Latoya Johnson	1994 2A 100 M Dash	12.57	Amy Thatcher	1990 3A	800 M Dash	2:23.09	
Crowell	1972 O 440 YD Dash	1:00.30		2005 2A 4X200 M Relay	1:43.66	Melinda Dubose	1998 3A	800 M Dash	2:20.14	
Joan Nesbitt	1980 O 1600 M Run	5:05.70	Jasmine Parquet	2005 2A 4X400 M Relay	4:01.37	Stephanie Snyder	2005 3A	800 M Dash	2:18.93	
Tomi Ogumba	1988 4A 800 M Dash	2:18.34	Karisma Marte	2015 3A 400 M Dash	56.13			ENLOE		
	1988 4A 4X800 M Relay	9:36.07		2019 3A 300 M Hurdles	43.26	Jamila Forte	1993 4A	High Jump	5' 04"	
Leslie McCaskill	1989 4A 800 M Dash	2:17.66		EASTERN GUILFORD		T. Patterson	1994 4A	Long Jump	18' 08"	
	1991 4A 4X800 M Relay	9:42.31		1978 O 4X110 YD Relay	49.00	U. McLean	1994 4A	800 M Dash	2:17.72	
	1994 4A 4X800 M Relay	9:56.42	Leigh Ann Dillon	2003 2A High Jump	5' 04"	Mary Floyd	1998 4A	1600 M Run	5:12.03	
	1995 4A 4X800 M Relay	9:48.96		2014 3A 4X200 M Relay	1:42.47	Erika Foushee	2004 4A	300 M Hurdles	44.02	
	1998 4A 4X400 M Relay	3:53.54		2015 3A 4X400 M Relay	3:57.10			ERWIN		
	EAST MONTGOMERY		Taylor Henderson	2016 3A 200 M Dash	24.40	Kelly Sensing	1989 3A	Shot Put	37' 4.5"	
Claudia Newman	1990 1/2 800 M Dash	2:18.50	Tiana Taylor	2016 3A Shot Put	39' 7.75"		2017 3A	4X100 M Relay	48.32	
	EAST ROWAN			EASTERN GUILFORD (CONTINUED)				FARMVILLE CENTRAL		
Rebekah Frick	1993 3A 1600 M Run	5:25.84	Zariyah Black	2016 3A 4X200 M Relay	1:41.59	Cheryl Hopkins	1988 1/2	Triple Jump	37' 7.75"	
Rebekah Frick	1993 3A 3200 M Run	11:59.26		2021 3A 110M Hurdles	14.51	Darlene Vick	1991 1/2	Discus	115' 10"	
Jordan Huffman	2004 3A Discus	117' 06"		EASTERN RANDOLPH		Darlene Vick	1992 1/2	Discus	118' 02"	
Rachel Karriker	2005 3A Discus	111' 01"	Lashonda Stubbs	1996 3A Triple Jump	38' 06"	Amy Vincent	1993 1/2	Discus	120' 01"	
Taylor Kirk	2014 3A Shot Put (WC)	9' 02"		EASTERN WAYNE		Crystal Smith	2007 2A	400 M Dash	57.79	
Taylor Kirk	2016 3A Shot Put (WC)	8' 11.5"	Jessica Collins	2002 3A 1600 M Run	5:18.76	Maria Johnson	2007 2A	200 M Dash	25.12	
	EAST RUTHERFORD		Jessica Collins	2002 3A 3200 M Run	11:37.86		2022 2A	4 X 200 Relay	1:45.88	
Crystal Littlejohn	1988 3A 400 M Dash	59.66		2002 3A 4X800 M Relay	10:07.43		2023 2A	4X100 Relay	48.35	
Gayshawna Watkins	2009 2A Shot Put	39' 11.5"	Ta'Honny Exum	2021 3A Shot Put	39'01.50"			FIKE		
Cheyenne Miller	2011 2A High Jump	5' 07"	Ta'Honny Exum	2022 2A Shot Put	42' 5.75"	Tonya Pope	1988 4A	300 M Hurdles	44.20	
	EAST SURRY			ELKIN		Latosha Etheridge	1994 3A	High Jump	5' 05"	
Suzanne Shelton	1994 1A 1600 M Run	5:39.44	Caroline Norton	1994 1A High Jump	5' 00"	Sabrina Thompson	1994 3A	100 M Dash	12.09	
Maya Bennett	2003 1A High Jump	5' 05"	Shalisha Greg	1995 1A 400 M Dash	1:02.00	Sabrina Thompson	1994 3A	200 M Dash	24.68	
Clara Willard	2022 2A Discus	118' 9"	Michelle Giudici	1998 1A Discus	115' 07"	Sabrina Thompson	1994 3A	MOP		
	EAST WILKES		Michelle Giudici	1999 1A Discus	126' 08"		1994 3A	4X100 M Relay	49.69	
Kenya Hackett	1998 1A Shot Put	34' 10"	Shakai Ward	2014 1A 400 M Dash	57.59		1994 3A	4X200 M Relay	1:44.74	
Allison Adams	2000 1A 300 M Hurdles	47.80	Shakai Ward	2014 1A 4X400 M Relay	4:08.99	Sabrina Thompson	1995 3A	100 M Dash	11.95	
Anna Hayes	2007 1A 1600 M Run	5:25.99	Hannah Oliver	2015 1A 400 M Dash	57.14	Sabrina Thompson	1995 3A	200 M Dash	25.16	
	2008 1A 4X800 M Relay	9:57.28		2019 1A 3200 M Run	11:36.10	Sabrina Thompson	1995 3A	MOP		
				2022 1A 4 X 400 Relay	4:14.95	Sabrina Thompson	1996 3A	100 M Dash	11.95	
						Sabrina Thompson	1996 3A	200 M Dash	24.61	
						Sabrina Thompson	1996 3A	MOP		



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



	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
Tatum Dermatas	2023 3A 3200 M Run	10:59.01

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

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"

Caitlyn Burkett
Caitlyn Burkett

Charity Snelling
M'Smrya Seward
Rebekah Smith

Christina Berndt

Amanda Becker
Amanda Becker
Amanda Becker
Amanda Becker
Jocelyn Keen

Teresa Allen
Tanya Fillmore
Carrie Hoag

Carol Merritt
Alesia Walters
Jonah Ross
Jonah Ross
Jonah Ross
Kori Randle

Hannah Parks
Hannah Parks
Hannah Parks
Hannah Parks

2021 2A 4X400 Relay 4:09.39

FRANKLIN ACADEMY

	2017 1A 1600 M Run	5:21.43
	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

	2014 2A High Jump	5' 05"
	2018 3A Long Jump	18' 9.5"
	2019 3A High Jump	5' 04"

FRED T. FOARD

	1999 3A 1600 M Run	5:10.04
--	--------------------	---------

FUQUAY-VARINA

	1995 3A 1600 M Run	5:08.01
	1996 3A 800 M Dash	2:18.60
	1996 3A 1600 M Run	5:05.79
	1997 3A 800 M Dash	2:19.01
	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
	2023 4A Triple Jump	39'07.75"

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

GRAHAM

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

GRANVILLE CENTRAL

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

GRAY STONE DAY

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

GREEN HOPE

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

GREENE CENTRAL

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

GRIMSLEY

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

GRIMSLEY (CONTINUED)

Marlene Poole	1990 4A MOP	
Silica Johnson	1990 4A 3200 M Run	11:18.14
Jennifer Kalanick	1992 4A 100 M Hurdles	15.10
Kim Wilson	1993 4A 100 M Dash	12.20
Kim Wilson	1993 4A 200 M Dash	25.13
Kim Jones	1996 4A Long Jump	18' 04"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



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

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

LAKEWOOD

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

LANEY

Natalie Tyner 2019 4A 3200 M Run 10:37.34

LEDFORD

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

LEE COUNTY

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

LEESVILLE ROAD

Devon Armstrong 1995 4A Long Jump 18' 9.75"
 G'Jasmyne Butler 2015 4A 800 M Dash 2:11.07
 Nevada Mareno 2016 4A 800 M Dash 2:08.51
 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 0 Discus 107' 02"
 Lynn Cruickshank 1974 0 Discus 117' 05"
 Lynn Cruickshank 1975 0 Discus 127' 02"
 Jozette Lawrence 1977 0 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)

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
 1987 1/2 100 M Dash 12.26
 1987 1/2 4X100 M Relay 49.37
 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"
 Katherine Hopkins 2023 2A 3200 Meter Run 11:24.40

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Alycia Springs	2014	4A	Shot Put	44' 11"	Sabrina Hill	1988	4A	High Jump	5' 04"	Reneazia Collins	2013	1A	MOP	
Alycia Springs	2015	4A	Discus	142' 09"	Sabrina Hill	1988	4A	MOP			2013	1A	4X200 M Relay	1:42.66
	2015	4A	4X100 M Relay	46.69	Josette Battle	1991	4A	200 M Dash	24.54	Reneazia Collins	2014	2A	100 M Dash	12.42
Akira Rhodes	2016	4A	100 M Hurdles	13.76	Jamila Hunter	1993	4A	Triple Jump	38' 1.75"	Reneazia Collins	2014	2A	200 M Dash	25.48
Akira Rhodes	2017	4A	100 M Hurdles	13.90	Joann Jackson	2000	4A	High Jump	5' 06"	Reneazia Collins	2014	2A	400 M Dash	56.39
Akira Rhodes	2018	4A	100 M Hurdles	13.66	Erica Dickerson	2001	4A	Pole Vault	11' 07"	Reneazia Collins	2014	2A	MOP	
Macy Dulaney	2021	4A	Discus	118'03"	Joann Jackson	2001	4A	High Jump	5' 04"		2014	2A	4X200 M Relay	1:41.65

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"
Aria Wegh	2023	4A	300 M Hurdles	42.28

MCDOWELL

Charlotte McCall	1982	O	3200 M Run	11:24.40
------------------	------	---	------------	----------

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
---------------	------	----	---------------	-------

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"

	1988	4A	High Jump	5' 04"
	1988	4A	MOP	
	1991	4A	200 M Dash	24.54
	1993	4A	Triple Jump	38' 1.75"
	2000	4A	High Jump	5' 06"
	2001	4A	Pole Vault	11' 07"
	2001	4A	High Jump	5' 04"
	2004	4A	Triple Jump	39' 6.5"
	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

	2013	1A	MOP	
	2013	1A	4X200 M Relay	1:42.66
Reneazia Collins	2014	2A	100 M Dash	12.42
Reneazia Collins	2014	2A	200 M Dash	25.48
Reneazia Collins	2014	2A	400 M Dash	56.39
Reneazia Collins	2014	2A	MOP	
	2014	2A	4X200 M Relay	1:41.65

MOORESVILLE

Monica Teeter	1988	1/2	100 M Hurdles	15.83
---------------	------	-----	---------------	-------

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	



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



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
-----------------	---------	---------------	-------

MOUNTAIN ISLAND CHARTER

	2022 1A	4X200 Relay	1:46.72
	2023 1A	4X100 Relay	50.03
	2023 1A	4X200 Relay	1:45.03

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
	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
Jordan Oliver	2023 1A	100M WC	43.25

Jordan Oliver	2023 1A	Shot Put WC	7'05.00"
Jordan Oliver	2023 1A	Discus WC	15'03.50"

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
Mary Bonner Dalton	2023 4A	3200 Meter Run	10:08.64

NASH CENTRAL

Xavieria 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

Nora Stroud	2023 2A	Pole Vault	9'06.00"
-------------	---------	------------	----------

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"		

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

				Williford	1974 O	110 YD Hurdles	15.50		
					1989 4A	4X100 M Relay	48.63		
					1990 4A	4X100 M Relay	47.73		

					1990 4A	4X200 M Relay	1:42.70		
					1991 4A	4X100 M Relay	48.58		
					1992 4A	4X200 M Relay	1:41.58		

				Joann Smith	1993 4A	100 M Hurdles	15.17		
				Joann Smith	1993 4A	300 M Hurdles	44.07		
				Joanna Smith	1993 4A	MOP			

				Kim Richardson	1994 4A	200 M Dash	25.03		
					1994 4A	4X100 M Relay	48.67		

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

								NEWTON-CONOVER	
					1997 2A	Long Jump	17' 04"		
					1997 2A	Triple Jump	38' 8.5"		

				Kirsten Bowden	2015 2A	4X400 M Relay	4:06.82		
--	--	--	--	----------------	---------	---------------	---------	--	--

								NORTH BRUNSWICK	
				Tammy Ballard	1988 1/2	100 M Dash	12.62		
					1994 1A	4X200 M Relay	1:52.48		

				Crystal Corbett	1996 1A	Triple Jump	34' 10"		
				Alexis Jenkins	2004 1A	300 M Hurdles	47.18		
				Christina Gray	2004 1A	400 M Dash	57.75		

				Alexis Jenkins	2005 1A	300 M Hurdles	47.18		
				Christina Gray	2005 1A	100 M Dash	12.50		
				Christina Gray	2005 1A	400 M Dash	58.04		

				Christina Gray	2005 1A	MOP			
				Alexis Jenkins	2006 2A	100 M Dash	12.62		
				Ashley Marino	2002 3A	Pole Vault	10' 06"		

				Amanda Massey	2003 3A	Pole Vault	9' 00"		
				Sage Proffitt	2011 3A	Pole Vault	11' 06"		
					2011 3A	4X400 M Relay	4:02.19		

				Sage Proffitt	2012 3A	Pole Vault	11' 06"		
				Sage Proffitt	2012 3A	MOP			



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



NORTH BUNCOMBE

2023 3A 4X800 M Relay 9:32.36

NORTH FORSYTH

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

NORTH GASTON

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

NORTH HENDERSON

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

NORTH IREDELL

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

NORTH LENOIR

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

NORTH LINCOLN

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

NORTH MECKLENBURG

Amy Clark 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"
Latasha Pharr 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
Brittany Ellis 2023 1A Shot Put 36'08.00"
Brittany Ellis 2023 1A Discus 111'11.00"

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"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Shandellah Martin	2009	1A	Shot Put	32' 9.75"	Bailey Tart	2022	4A	Pole Vault	12' 00"	Jill Moore	2012	3A	400 M Dash (WC)	1:05.54
Tess Rogers	2011	1A	Pole Vault	11' 00"						Chaunesse Barringer	2021	3A	Long Jump	19'01.50"
Tess Rogers	2012	1A	Pole Vault	10' 06"						Chaunesse Barringer	2022	3A	Long Jump	19' 10.25"
Tess Rogers	2013	1A	Pole Vault	10' 06"	Ariel Davis	2012	3A	100 M Hurdles	14.39	Lily Houston	2023	3A	Pole Vault	11'06.00"
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"										

NORTHERN GUILFORD

NORTHERN VANCE

NORTHWEST GUILFORD

NORTH SURRY

Alex Cooke	2013	2A	Shot Put	39' 10"	Mya Daye
Alex Cooke	2014	2A	Shot Put	41' 9"	Mya Daye
Ella Riggs	2023	2A	Shot Put	40'05.00"	Mya Daye

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

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

NORTHAMPTON COUNTY

2001	1A	4X100 M Relay	51.71
------	----	---------------	-------

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"

NORTHAMPTON-EAST

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

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

NORTHSIDE-PINETOWN

Kat Slade	2021	1A	High Jump	5'00"
-----------	------	----	-----------	-------

NORTHWEST CABARRUS

NORTHEAST GUILFORD

2007	3A	4X200 M Relay	1:42.49
------	----	---------------	---------

NORTHEASTERN

Alex Travenier	2010	2A	3200 M Run	12:14.27
----------------	------	----	------------	----------

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

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

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"

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

OLYMPIC

Sonya Marshall	1980	O	100 M Hurdles	14.40
Shawnta Person	1994	4A	400 M Dash	57.41
Keeya McManus	1995	4A	800 M Dash	2:14.90
Felicia Fant	2000	4A	100 M Dash	11.96
Felicia Fant	2000	4A	200 M Dash	24.92
Felicia Fant	2000	4A	MOP	
Ronda White	2000	4A	Long Jump	19' 8.75"
Ronda White	2000	4A	Triple Jump	41' 1.5"
	2000	4A	4X100 M Relay	47.76
Kenyetta Iyevbele	2008	3A	1600 M Run	5:07.29
Kenyetta Iyevbele	2009	3A	3200 M Run	11:30.23
Khayla Dawson	2015	4A	Shot Put	47' 11"
Khayla Dawson	2016	4A	Shot Put	49' 0"
Khayla Dawson	2016	4A	Discus	140' 01"
	2021	4A	4X400 Relay	3:48.86
	2023	4A	4X200 Relay	3:50.32

OVERHILLS

Kayla Mitchell	2013	3A	100 M Hurdles	14.79
----------------	------	----	---------------	-------

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



PINECREST

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

PINECREST (CONTINUED)

Martha Stanback	1978	O	100 YD Dash	10.90
Martha 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"
--------------	------	-----	-----------	----------

POLK COUNTY

	1990	1/2	4X800 M Relay	10:04.30
Karen Godlock	1991	1/2	800 M Dash	2:19.30
Karen Godlock	1991	1/2	1600 M Run	5:08.84
Karen Godlock	1991	1/2	3200 M Run	11:28.84
Karen Godlock	1991	1/2	MOP	
	1991	1/2	4X800 M Relay	9:56.36
Karen Godlock	1992	1/2	800 M Dash	2:17.53
Karen Godlock	1992	1/2	1600 M Run	5:06.34
Karen Godlock	1992	1/2	3200 M Run	11:25.36
Karen Godlock	1992	1/2	MOP	
	1992	1/2	4X800 M Relay	10:06.70
Karen Godlock	1993	1/2	800 M Dash	2:16.34
Karen Godlock	1993	1/2	1600 M Run	5:05.69
Karen Godlock	1993	1/2	3200 M Run	11:14.00
Karen Godlock	1993	1/2	MOP	
	1993	1/2	4X800 M Relay	10:20.72
Jennifer Dimsdale	1996	2A	800 M Dash	2:20.20
Jennifer Dimsdale	1996	2A	1600 M Run	5:08.18
Jennifer Dimsdale	1998	1A	800 M Dash	2:21.60
Jennifer Dimsdale	1998	1A	1600 M Run	5:19.05
Jennifer Dimsdale	1998	1A	3200 M Run	12:25.39

Jennifer Dimsdale	1998	1A	MOP	
Rachel McEntyre	1998	1A	200 M Dash	25.57
	1998	1A	4X200 M Relay	1:45.57
Ebony Cunningham	1999	1A	100 M Hurdles	15.81

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



REAGAN

Isabel Zimmerman	2017	4A	1600 M Run	5:00.46
Isabel Zimmerman	2017	4A	3200 M Run	10:47.88
	2021	4A	4X800 Relay	9:12.53

RED SPRINGS

	1992	1/2	4X200 M Relay	1:46.57
	2001	1A	4X200 M Relay	1:48.74
Morgan McEachin	2006	2A	200 M Dash	25.70

REID ROSS

	1977	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
	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"
Zoie Shuler	2023	1A	High Jump	5'04.00"
Zoie Shuler	2023	1A	Long Jump	17'04.00
Zoie Shuler	2023	1A	Triple Jump	37'02.25"

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"

ROLESVILLE

Joslyn Hamilton	2023	4A	100 M Hurdles	14.25
-----------------	------	----	---------------	-------

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
	2023	2A	4X400 Relay	4:04.12

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"
--------	------	---	-----------	---------

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
-----------------	------	----	------------	---------

SMITHFIELD-SELMA

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

SMOKY MOUNTAIN

	2016	2A	4X800 M Relay	9:54.83
--	------	----	---------------	---------

SOUTH BRUNSWICK

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



SOUTH CALDWELL

Virginia Lacombe 1998 3A High Jump 5' 08"

SOUTH CENTRAL

Kelsey McCorkle 2006 3A 100 M Dash 11.83
 Kelsey McCorkle 2006 3A 200 M Dash 24.73
 Kelsey McCorkle 2006 3A MOP
 Kelsey McCorkle 2007 3A 200 M Dash 24.79
 Kelsey McCorkle 2007 3A 400 M Dash 56.60
 Kelsey McCorkle 2007 3A MOP

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
 Shawnti Jackson 2023 2A 100 Meter Dash 11.33

Shawnti Jackson 2023 2A 200 Meter Dash 22.70
 Shawnti Jackson 2023 2A 400 Meter Dash 53.02
 Shawnti Jackson 2023 2A MOP

SOUTH IREDELL

Jaylah Jefferson 2023 2A Long Jump 17'00.00"
 Julia Scoles 2013 2A Long Jump 18' 0.25"
 Julia Scoles 2015 3A High Jump 5' 06"

SOUTH JOHNSTON

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

SOUTH MECKLENBURG

Michelle Langan 1976 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"

SOUTH STOKES

100 M Dash 12.24
 200 M Dash 25.52
 3200 M Run 11:51.54
 MOP
 4X800 M Relay 10:20.64
 100 M Dash 12.18
 200 M Dash 25.87
 400 M Dash 1:01.11
 100 M Hurdles 16.25
 100 Meter Dash 11.86
 400 Meter Dash 58.08

SOUTHEAST GUILFORD

880 YD Dash 2:32.80
 High Jump 5' 0.5"
 High Jump 5' 02"
 Shot Put 37' 6"
 400 M Dash 58.45
 400 M Dash 53.53
 Discus 140' 08"

SOUTHEAST HALIFAX

Discus 103' 09"
 Shot Put 39' 6.5"
 Discus 114' 06"

SOUTHEAST RALEIGH

Discus 126' 05"
 Shot Put 37' 10"
 4X800 M Relay 9:26.84
 100 M Dash 12.18
 Triple Jump 37' 9.5"
 Triple Jump 39' 3.5"
 800 M Dash 2:20.20
 800 M Dash 2:16.40
 4X800 M Relay 9:36.41
 400 M Dash 56.47
 100 M Hurdles 14.41
 300 M Hurdles 44.62
 MOP
 Long Jump 18' 07"
 400 M Dash 55.10



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Gabby Mayo	2006	4A	100 M Hurdles	13.60	Marshari Williams	1996	3A	100 M Hurdles	14.85	Tiffany Perry	2001	2A	High Jump	5' 04"
Gabby Mayo	2006	4A	100 M Dash	11.14	Marshari Williams	1997	3A	100 M Hurdles	15.08		2001	2A	4X200 M Relay	1:45.41
Gabby Mayo	2006	4A	200 M Dash	23.51	Taressa Davis	1997	3A	Triple Jump	38' 07"		2002	2A	4X200 M Relay	1:45.49
Gabby Mayo	2006	4A	300 M Hurdles	43.56	Patience Coleman	2004	3A	High Jump	5' 08"	Alicia Person	2003	2A	Triple Jump	37' 7.5"
Gabby Mayo	2006	4A	MOP		Patience Coleman	2005	3A	High Jump	5' 04"	Arlene Mitchell	2003	2A	100 M Hurdles	15.22
Monique Vines	2006	4A	Triple Jump	37' 05"	Patience Coleman	2006	4A	High Jump	5' 10"	Lovetta Perry	2003	2A	100 M Dash	12.39
Chrishawn Williams	2007	4A	Triple Jump	37' 07"	Patience Coleman	2007	4A	High Jump	5' 08"		2003	2A	4X100 M Relay	49.50
Ebonie Cunningham	2007	4A	400 M Dash	55.17	Jacinda Evans	2008	4A	Long Jump	19' 9.75"	Alicia Person	2004	2A	Long Jump	17' 04"
Gabby Mayo	2007	4A	100 M Hurdles	13.73	Jacinda Evans	2008	4A	Triple Jump	39' 01"	Alicia Person	2005	2A	Long Jump	18' 04"
Gabby Mayo	2007	4A	100 M Dash	11.43	Jacinda Evans	2008	4A	100 M Dash	11.77	Alicia Person	2005	2A	Triple Jump	37' 00"
Gabby Mayo	2007	4A	200 M Dash	23.72	Jacinda Evans	2008	4A	200 M Dash	24.47	Aurion Waddell	2007	2A	Discus	121' 07"
Gabby Mayo	2007	4A	MOP		Jacinda Evans	2008	4A	MOP		Tremonisha Taylor	2008	2A	Discus	113' 06"
Chrishawn Williams	2009	4A	Long Jump	19' 04"	Rah'Shea Christopher	2023	3A	Shot Put	38' 10.75"	Tremonisha Taylor	2009	2A	Discus	141' 00"
	2009	4A	4X100 M Relay	47.33						Shauna Terry	2010	3A	Long Jump	17' 10.5"
	2009	4A	4X200 M Relay	1:39.14						Tremanisha Taylor	2010	3A	Discus	137' 00"
<u>SOUTHEAST RALEIGH (CONTINUED)</u>					<u>SOUTHERN GUILFORD</u>					<u>SOUTHSIDE</u>				
Deja Barber	2010	4A	Shot Put (WC)	5' 4.25"	Dixon	1974	0	Shot Put	38' 4.5"		2003	1A	4X400 M Relay	4:12.86
Danielle Davis	2011	4A	Long Jump	18' 11.25"	Dixon	1975	0	Shot Put	38' 8"		2017	1A	Long Jump	17' 06"
Deja Barber	2011	4A	Shot Put (WC)	5' 00"	Dixon	1976	0	Shot Put	41' 7"	Eminey Redmond	2017	1A	Long Jump	17' 06"
Deja Barber	2011	4A	100 M Dash (WC)	45.58	Shana Harris	1993	3A	High Jump	5' 04"		2018	1A	4X200 M Relay	1:46.09
Deja Barber	2012	4A	Shot Put (WC)	5' 04"	Shana Harris	1994	2A	Long Jump	17' 09"	<u>SOUTHWEST EDGECOMBE</u>				
Deja Barber	2012	4A	100 M Dash (WC)	41.04	Jenny Cassell	1997	2A	100 M Dash	12.42	Delphine Mabry	1981	0	800 M Dash	2:21.10
Shakinah Brooks	2013	4A	Long Jump	19' 05"	Le'Treya Parker	2001	2A	200 M Dash	25.07	Delphine Mabry	1982	0	800 M Dash	2:13.50
Tametris Morrison	2013	4A	300 M Hurdles	42.72	Kylie McMillan	2014	3A	100 M Hurdles	14.11	Vickie Staton	1984	0	400 M Dash	56.85
Jacklyn Howell	2014	4A	100 M Hurdles	13.52	Kylie McMillan	2015	3A	100 M Hurdles	13.81	Danisha Norwood	2000	3A	Discus	113' 01"
Jacklyn Howell	2014	4A	300 M Hurdles	44.67	Kylie McMillian	2015	3A	300 M Hurdles	43.78	Jessica Barnes	2009	3A	Long Jump	18' 1.75"
	2016	4A	4X100 M Relay	46.25	Ania Dawson	2016	3A	Discus	126' 06"	Catherine Armstrong	2012	2A	100 M Dash (WC)	28.59
	2016	4A	4X400 M Relay	3:48.73	Imani Bennett	2016	3A	Triple Jump	39' 01"	Catherine Armstrong	2012	2A	200 M Dash (WC)	54.97
Candice Whitley	2017	4A	Discus	142' 07"						Catherine Armstrong	2012	2A	800 M Dash (WC)	3:38.28
Kyna Robinson	2018	4A	200 M Dash	24.20	<u>SOUTHERN NASH</u>					Catherine Armstrong	2013	2A	Shot Put (WC)	7' 04"
Sierra Fletcher	2018	4A	300 M Hurdles	41.87	Pope	1972	0	Shot Put	36' 7.5"	Catherine Armstrong	2013	2A	Discus (WC)	18' 6"
	2018	4A	4X100 M Relay	47.33		1997	3A	4X400 M Relay	4:07.65	Catherine Armstrong	2013	2A	100 M Dash (WC)	29.28
	2018	4A	4X200 M Relay	1:38.23		1998	3A	4X200 M Relay	1:42.20	Catherine Armstrong	2013	2A	400 M Dash (WC)	50.09
	2019	4A	4X100 M Relay	46.11	Jessica Pierce	1999	3A	Pole Vault	9' 00"	Catherine Armstrong	2013	2A	800 M Dash (WC)	3:45.52
	2019	4A	4X200 M Relay	1:37.30	Meka Battle	1999	3A	Triple Jump	40' 00"	Catherine Armstrong	2014	2A	100 M Dash (WC)	30.14
Autumn Judd	2021	4A	Shot Put	42' 09.00"	Meka Battle	2000	3A	Long Jump	17' 7.5"	Catherine Armstrong	2014	2A	800 M Dash (WC)	3:43.69
					Meka Battle	2000	3A	Triple Jump	39' 11"	Catherine Armstrong	2014	2A	1600 Meters (WC)	7:31.10
					Brianna Dunston	2001	3A	Discus	116' 07"	<u>SOUTHWEST GUILFORD</u>				
Sherry Faust	1992	3A	100 M Dash	12.43	Laura Langley	2007	3A	High Jump	5' 08"	Ashley Pinnix	1997	2A	High Jump	5' 00"
					Laura Langley	2008	3A	High Jump	5' 04"		1997	2A	4X800 M Relay	10:13.09
<u>SOUTHERN ALAMANCE</u>					<u>SOUTHERN VANCE</u>					Nayly Bulkeley	1999	3A	800 M Dash	2:19.53
	1995	3A	4X100 M Relay	49.29	Tiffany Perry	2000	2A	High Jump	5' 06"		1999	3A	4X800 M Relay	9:49.46
	1995	3A	4X200 M Relay	1:43.19	Tiffany Perry	2001	2A	Long Jump	18' 5.5"	Tiffany Roberts	2002	3A	200 M Dash	24.54
	1995	3A	4X400 M Relay	4:00.14							2002	3A	4X100 M Relay	49.44
Heather Carpenter	1996	3A	300 M Hurdles	46.21										



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



	2002	3A	4X200 M Relay	1:42.65	Hunter Welborn
Portia Baker	2003	3A	200 M Dash	24.39	Hunter Welborn
Portia Baker	2003	3A	400 M Dash	56.79	Hunter Welborn
Portia Baker	2004	3A	200 M Dash	25.23	Samantha Welborn
Portia Baker	2004	3A	400 M Dash	55.82	Samantha Welborn
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	129'10.00"	
Sady Moody	2023	4A	Discus	137'03.00"	

SOUTHWEST ONSLOW

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

SOUTHWESTERN RANDOLPH

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

ST. PAULS

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

ST. STEPHENS

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

STARMOUNT

Terri Matthews	1999	1A	Pole Vault	8' 00"	
	1999	1A	4X400 M Relay	4:25.50	
Terri Matthews	2000	1A	Pole Vault	9' 06"	
Susan Shore	2001	1A	Pole Vault	9' 00"	
Susan Shore	2003	1A	Pole Vault	9' 06"	
Shea Snow	2004	1A	Pole Vault	10' 07"	
Shea Snow	2005	1A	Pole Vault	10' 00"	

	2012	2A	High Jump	5' 06"	
	2013	2A	High Jump	5' 06"	
	2014	1A	High Jump	5' 08"	
	2014	1A	Shot Put	35' 10.75"	
	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	
Janiya Johnson	2023	3A	100 M Dash	11.70	
Janiya Johnson	2023	3A	200 M Dash	24.18	
Janiya Johnson	2023	3A	MOP		
	2023	3A	4X100 Relay	47.21	
	2023	3A	4X200 Relay	1:41.57	

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	

Sara White	1994	3A	4X800 M Relay	9:57.61	
	2007	3A	4X800 M Relay	9:30.78	
	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	

SWAIN COUNTY

Vanessa Lambert	2000	1A	400 M Dash	59.27	
Joule Breedlove	2007	1A	Triple Jump	38' 1.25"	
Joule Breedlove	2007	1A	MOP		
Chelsea Treadway	2009	1A	800 M Dash	2:20.47	
Chelsea Treadway	2010	1A	800 M Dash	2:19.50	
Chelsea Treadway	2011	1A	800 M Dash	2:14.70	
	2015	1A	4X800 M Relay	9:51.83	
Emma Pindur	2016	1A	800 M Dash	2:22.77	
Sarah Hyatt	2016	1A	Pole Vault	8' 06"	
	2016	1A	4X400 M Relay	4:16.43	
Emma Pindur	2017	1A	800 M Dash	2:19.26	
	2017	1A	4X400 M Relay	4:13.10	
	2017	1A	4X800 M Relay	10:10.14	
Amelia Rogers	2021	1A	Pole Vault	9'06"	



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Jessie Lohmann	2021	1A	300M Hurdles	48.26		1998	3A	4X800 M Relay	9:44.00	Tenisha Pinnix	1990	3A	Long Jump	18' 10"
Monica Riordan	2021	1A	100M Hurdles	15.13	Erin Kelley	1999	3A	3200 M Run	11:28.52		1990	3A	4X200 M Relay	1:43.49
Amelia Rogers	2022	1A	Pole Vault	10' 0"	Danielle Deines	2000	3A	1600 M Run	5:20.73		1992	3A	4X400 M Relay	4:09.03
	2022	1A	4 X 800 Relay	10:05.85	Danielle Deines	2000	3A	3200 M Run	11:30.21		2000	3A	4X200 M Relay	1:43.43
Arizona Blankenship	2023	1A	1600 M Run	5:01.10	Michelle Velez	2000	3A	Pole Vault	10' 00"	Nasheena Quick	2001	3A	100 M Dash	12.45
Arizona Blankenship	2023	1A	3200 M Run	10:56.58	Michelle Velez	2000	3A	100 M Hurdles	15.20	Sheena Dawkins	2001	3A	Long Jump	17' 01"
	2023	1A	4X800 Relay	9:45.27	Michelle Velez	2000	3A	MOP			2001	3A	4X100 M Relay	48.97
Amelia Rogers	2023	1A	Pole Vault	11'00.25"		2000	3A	4X800 M Relay	NA		2001	3A	4X200 M Relay	1:47.37

SWANSBORO

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

T.C. ROBERSON

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

Clair Kelley

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"

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	O	Long Jump	16' 00"
	1975	O	4X110 YD Relay	49.40
	1980	O	4X100 M Relay	48.80
	1980	O	4X200 M Relay	1:42.00
	1981	O	4X200 M Relay	1:40.50
	1984	O	Discus	121' 03"
	1985	O	4X200 M Relay	1:42.89
San Harrison	1987	3A	100 M Dash	12.32
San Harrison	1987	3A	200 M Dash	25.29
	1987	3A	4X100 M Relay	49.58
	1987	3A	4X200 M Relay	1:44.10

	2005	3A	3200 M Run	11:39.82	Nashenna Quick	2002	2A	100 M Dash	12.37
	2005	3A	4X800 M Relay	9:52.64	Sheena Dawkins	2002	2A	Long Jump	18' 3.75"
	2006	3A	1600 M Run	5:18.83	Sheena Dawkins	2002	2A	Triple Jump	37' 5.75"
	2006	3A	800 M Dash	2:21.00	Sheena Dawkins	2002	2A	MOP	
	2006	3A	4X800 M Relay	10:06.17		2002	2A	4X100 M Relay	48.87
	2007	3A	3200 M Run	11:33.33		2002	2A	4X200 M Relay	1:43.47
	2008	3A	3200 M Run	11:22.50	Sarah Portee	2004	2A	Triple Jump	36' 5.5"
	2008	3A	4X800 M Relay	9:25.56	Sarah Portee	2004	2A	High Jump	5' 02"
	2009	3A	1600 M Run	5:00.31	Sarah Portee	2004	2A	MOP	
	2009	3A	MOP		Ashley McKiver	2005	2A	100 M Dash	12.31
	2009	3A	Discus	125' 00"	Ashley McKiver	2005	2A	200 M Dash	25.65
	2009	3A	4X800 M Relay	9:40.01	Ashley McKiver	2005	2A	MOP	
	2010	4A	3200 M Run	10:46.29		2005	2A	4X100 M Relay	49.67
	2010	4A	Discus	142' 04"	Dekalah Price	2006	3A	Long Jump	17' 09"
	2011	4A	Shot Put	42' 5.25"	Dekalah Price	2006	3A	Triple Jump	38' 4.75"
	2011	4A	Discus	141' 06"	Paisley Simmons	2010	2A	100 M Dash	12.03
	2014	4A	800 M Dash	2:12.84	Nora McKiver	2011	2A	100 M Hurdles	14.60
	2016	4A	Triple Jump	38' 08"	Nora McKiver	2011	2A	300 M Hurdles	43.69
					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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Nicole Barnes	2018	2A	Long Jump	18' 7.5"		1988	1/2 4X400 M Relay	4:06.64	Tyra Lea	2013	4A	200 M Dash	23.95
Nicole Barnes	2018	2A	Triple Jump	36' 08"					Veronica Fraley	2018	4A	Shot Put	47' 2"
Nicole Barnes	2018	2A	100 M Hurdles	13.99					Veronica Fraley	2018	4A	Discus	142' 02"
Nicole Barnes	2018	2A	300 M Hurdles	44.37	Laura Plott	1989	4A Discus	124' 06"	Shawnti Jackson	2022	4A	100M Dash	11.45
Nicole Barnes	2018	2A	MOP		Evan Rinker	2023	3A 1600 M Run	5:03.76	Shawnti Jackson	2022	4A	200M Dash	23.19
									Shawnti Jackson	2022	4A	400M Dash	52.32
										2022	4A	4 X 400 Relay	3:54.23
<u>TARHEEL</u>													
Kristal Troy	1999	1A	400 M Dash	59.82									
<u>TARBORO</u>													
Wanda Phillips	1989	3A	400 M Dash	58.69	Chevon Keith	2002	1A High Jump	5' 00"	Aaliyah Craft	2014	1A	200 M Dash	26.02
	1989	3A	4X200 M Relay	1:44.04					Mariah Perry	2023	2A	100 M Hurdles	15.12
	1989	3A	4X400 M Relay	4:03.56	Kim McPhatter	1993	1/2 High Jump	5' 04"					
Vicki Pittman	1990	3A	300 M Hurdles	45.49	Kim McPhatter	1994	2A High Jump	5' 06"	Tameka Peterson	2000	2A	100 M Dash	12.17
	1990	3A	4X400 M Relay	4:00.31					Tameka Peterson	2001	2A	100 M Dash	12.07
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									
<u>TERRY SANFORD</u>													
Demetria Washington	1996	4A	400 M Dash	54.35	Aja Jackson	2005	4A 800 M Dash	2:16.90	Missie Purgason	1986	3/4	800 M Dash	2:18.37
Demetria Washington	1997	4A	400 M Dash	54.78	Aja Jackson	2005	4A 1600 M Run	5:09.76	L'Tonya Hall	1988	3A	Triple Jump	38' 05"
Demetria Washington	1998	4A	100 M Dash	12.10					L'Tonya Hall	1988	3A	200 M Dash	25.37
Demetria Washington	1998	4A	200 M Dash	24.37						1988	3A	4X800 M Relay	9:54.88
Zoe Dorsey	2023	3A	400 M Dash	54.99					Meyetta Grimes	1994	3A	Discus	115' 03"
Zoe Dorsey	2023	3A	800 M Dash	2:15.41					Ronetta Burgess	1999	3A	100 M Hurdles	15.90
<u>THOMASVILLE</u>													
Jackie Gandy	1980	0	Discus	124' 04"	Jillian Weidner	2021	4A 100M Dash (WC)	25.50					
Sandra Nichols	1981	0	200 M Hurdles	28.30	Jillian Weidner	2021	4A 200M Dash (WC)	47.47					
Jackie Gandy	1982	0	Discus	128' 09"	Jillian Weidner	2023	4A 100M Dash (WC)	20.48					
	2005	1A	4X100 M Relay	51.34	Jillian Weidner	2023	4A 200M Dash (WC)	39.01					
					Jillian Weidner	2023	4A 400M Dash (WC)	1:13.13					
<u>TOPSAIL</u>													
	2007	1A	4X100 M Relay	50.45									
	2007	1A	4X200 M Relay	1:45.51									
<u>TRITON</u>													
Rhonda Parks	1993	4A	Long Jump	18' 11.75"	Ariah Graham	2011	4A 400 M Dash	55.01	Brenda Taylor	1995	4A	100 M Hurdles	14.62
Rhonda Parks	1994	4A	High Jump	5' 06"					Brenda Taylor	1995	4A	300 M Hurdles	43.81
LaWanda Henry	2005	3A	Shot Put	40' 7"	Kristen Lee	2013	4A Pole Vault	13' 00"	Brenda Taylor	1996	4A	100 M Hurdles	14.53
LeaAnna Godwin	2009	3A	800 M Dash	2:16.81	Tiana Patillo	2013	4A 400 M Dash	55.46	Brenda Taylor	1996	4A	300 M Hurdles	43.30
					Tiana Patillo	2013	4A MOP		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
<u>TRYON</u>													

TUSCOLA

UNION

UNION PINES

VANCE, Z. B. (CHARLOTTE)

WADDELL

WAKE FOREST (-ROLESVILLE)

WAKEFIELD

WALKERTOWN

WALLACE-ROSE HILL

WARREN COUNTY

WASHINGTON

WATAUGA

WATAUGA (CONTINUED)



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



	1998	4A	4X800 M Relay	9:34.07	Blake Dodge
	1999	4A	4X800 M Relay	9:36.61	
Sallie Gurganus	2004	4A	Pole Vault	11' 00"	Blake Dodge
Sallie Gurganus	2005	4A	Pole Vault	11' 08"	Emme Fisher
Sallie Gurganus	2006	4A	Pole Vault	12' 01"	Mackenzie Whitaker
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	O	880 YD Dash	2:27.30	
Sampson	1975	O	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	

	2013	3A	MOP		
	2013	3A	4X800 M Relay	9:22.11	
	2014	3A	800 M Dash	2:13.86	
	2017	3A	800 M Dash	2:15.69	
	2017	3A	Long Jump	18' 7.5"	

WEST CARTERET

Tyler Collins	2022	3A	High Jump	5' 4"	
	2023	3A	4X400 Relay	3:59.95	
Tyler Collins	2023	3A	High Jump	5'08.00"	

WEST CHARLOTTE

Stella Johnson	1976	O	110 YD Hurdles	15.00	
Stella Johnson	1977	O	110 YD Hurdles	14.20	
Katrina Grier	1981	O	Long Jump	20' 1.25"	
Katrina Grier	1982	O	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"	

WEST CRAVEN (CONTINUED)

Nyshedra Brown	2011	3A	100 M Dash	12.33	
Nyshedra Brown	2011	3A	200 M Dash	24.91	
Nyshedra Brown	2012	3A	100 M Dash	11.77	
Nyshedra Brown	2012	3A	200 M Dash	24.37	
Shalawn Yates	2023	2A	300 M Hurdles	45.35	

WEST DAVIDSON

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

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

WEST HENDERSON

Sherry Smith	1987	3A	Long Jump	17' 10.875"	
Amy Knox	1994	2A	800 M Dash	2:25.80	
Amy Knox	1994	2A	1600 M Run	5:25.60	
Amy Knox	1994	2A	3200 M Run	11:54.40	
	1994	2A	4X800 M Relay	10:06.50	
Jessica Sims	2003	2A	300 M Hurdles	46.11	
Melissa Cabe	2004	2A	Pole Vault	9' 06"	
Lindsey Pate	2005	2A	Discus	119' 08"	
	2005	2A	4X800 M Relay	10:03.80	
Brittany Fennell	2006	2A	400 M Dash	57.57	
Lindsey Pate	2006	2A	Discus	114' 02"	
Meredith Foster	2009	2A	High Jump	5' 03"	
Emma Hall	2022	3A	100M Hurdles	15.07	
Emma Hall	2022	3A	300M Hurdles	45.69	
	2022	3A	4 X 800 Relay	10:00.64	
Emma Hall	2023	3A	100M Hurdles	14.42	
Emma Hall	2023	3A	300M Hurdles	44.42	

WEST IREDELL

Tonie Lazenby	1990	3A	400 M Dash	57.78	
Tonie Lazenby	1991	3A	400 M Dash	57.13	
Alaya Gillespie	2021	2A	400 Meter Dash	56.86	
Alaya Gillespie	2022	3A	100M Dash	12.48	

WEST JOHNSTON

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

WEST LINCOLN

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

WEST MECKLENBURG

Barbara Myers	1985	O	Discus	117' 06"	
	1996	4A	4X200 M Relay	1:42.61	
	1996	4A	4X800 M Relay	9:46.00	
Keisha Boggan	1997	4A	Shot Put	38' 0"	
	1997	4A	4X100 M Relay	47.66	
	1998	4A	4X200 M Relay	1:40.06	



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Kristie Boggan	2000 4A Shot Put	38' 2"
Kristie Boggan	2001 4A Shot Put	39' 1"
	2010 4A 4X100 M Relay	47.56
	2011 4A 4X100 M Relay	48.11
	2011 4A 4X200 M Relay	1:40.29
Sanu Jallow	2021 4A 800 Meter Run	2:07.78
Sanu Jallow	2022 3A 200M Dash	24.44
Sanu Jallow	2022 3A 400M Dash	54.40

WEST MONTGOMERY

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

WEST ROWAN

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

WEST STANLY

Natalie Almond	2022 2A 1600M Run	5:19.87
Kelsey Burleson	2023 2A 800 Meter Run	2:23.32
Kelsey Burleson	2023 2A 1600 Meter Run	5:22.22

WEST STOKES

Courtney Booze	2014 2A Shot Put (WC)	7' 07"
Courtney Booze	2014 2A Discus (WC)	22' 03"
Kaitlyn Stone	2016 2A 3200 M Run	10:53.80
Karlie Butts	2023 2A Discus	113'04.00"

WEST WILKES

Heidi Sloop	1998 2A 1600 M Run	5:23.26
Heidi Sloop	1999 2A 800 M Dash	2:25.25
Heidi Sloop	1999 2A 1600 M Run	5:15.55
Leeanne Minton	1999 2A 100 M Dash	12.78
Heidi Sloop	2000 2A 1600 M Run	5:22.04
Heidi Sloop	2000 2A 3200 M Run	11:48.97
Heidi Sloop	2001 2A 1600 M Run	5:20.55
Heidi Sloop	2001 2A 3200 M Run	11:50.44
	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
	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"
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"

			<u>WESTOVER</u>	
			2012 3A 4X100 M Relay	49.81
			2013 3A High Jump	5' 04"
			2013 3A 100 M Dash	12.18
			2013 3A 200 M Dash	24.54
			2013 3A 4X400 M Relay	3:57.98
			2014 3A High Jump	5' 08"
			2014 3A 4X400 M Relay	3:57.59

WILKES CENTRAL

Robyn Land	1988 3A 3200 M Run	11:59.44
Robyn Land	1988 3A MOP	
Erin Musson	1994 3A 3200 M Run	11:46.36
Lindsay Groce	2004 2A 3200 M Run	11:32.78
Morrison Deirdra	2007 2A Shot Put	38' 9"
Morrison Deirdra	2008 2A Shot Put	40' 0.5"
Abigail Tully	2021 2A Pole Vault	10'00.00"
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
Tamilia Wright	2015 3A Triple Jump	39' 0.5"
Anita Curry	1988 3A Long Jump	18' 1.5"
	1988 3A 4X400 M Relay	4:08.62
Michelle McRae	1992 4A 800 M Dash	2:17.13
	2012 3A 4X200 M Relay	1:44.27
Chelsey Hargrave	2013 3A Triple Jump	39' 0.75"

WILLIAMSTON

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

WINSTON-SALEM PREP

Trisha Bennett	2008 1A 400 M Dash	58.70
	2008 1A 4X200 M Relay	1:43.28
	2008 1A 4X400 M Relay	4:08.85
Camille Wilkerson	2009 1A 100 M Hurdles	15.31



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Camille Wilkerson	2009	1A	300 M Hurdles	44.55
Camille Wilkerson	2009	1A	MOP	
Trisha Bennett	2009	1A	400 M Dash	57.56
	2009	1A	4X100 M Relay	49.84
	2009	1A	4X200 M Relay	1:42.93
	2012	1A	4X100 M Relay	48.51
Sloan Williams	2013	1A	100 M Dash	12.33
	2013	1A	4X100 M Relay	48.93
Sloan Williams	2014	1A	100 M Dash	12.18
	2014	1A	4X100 M Relay	49.62
Deonica Reid	2015	1A	100 M Dash	12.43
Deonica Reid	2015	1A	200 M Dash	25.36
	2015	1A	4X100 M Relay	50.45
	2015	1A	4X200 M Relay	1:45.03
Ashya Smith	2016	1A	100 M Hurdles	15.40
Ashya Smith	2016	1A	300 M Hurdles	47.05
	2016	1A	4X100 M Relay	50.98
Ashya Smith	2017	1A	100 M Hurdles	15.63
	2019	1A	4X200 M Relay	1:46.19
	2021	1A	4X200 Relay	1:45.91
	2021	1A	4X400 Relay	4:14.51
Damyja Ortiz	2022	1A	400M Dash	57.59