



# CROSS COUNTRY STATE MEET RECORDS



## MEN'S CHAMPIONSHIP MEET TOP INDIVIDUAL TIMES

|    |                                   |      |          |
|----|-----------------------------------|------|----------|
| 1A | Blake Nicholson (Christ The King) | 2023 | 15:36.84 |
| 2A | Jason Thomson (North Lincoln)     | 2019 | 15:40.66 |
| 3A | Philip Hall (Terry Sanford)       | 2013 | 15:07.55 |
| 4A | Matt Debole (Mount Tabor)         | 2001 | 15:01.6  |

## BEST TEAM SCORES

|    |                   |    |      |
|----|-------------------|----|------|
| 1A | Surry Central     | 20 | 2003 |
| 2A | West Henderson    | 29 | 1983 |
| 3A | Sun Valley        | 22 | 1987 |
| 4A | North Mecklenburg | 38 | 2001 |

## KERNERSVILLE CHAMPIONSHIP COURSE RECORDS

Ivey M. Redmon Sports Complex (Revised Layout, starting 2015)  
(formerly known as Beeson Park)

|    |                                   |      |          |
|----|-----------------------------------|------|----------|
| 1A | Blake Nicholson (Christ The King) | 2023 | 15:36.84 |
| 2A | Jason Thomson (North Lincoln)     | 2019 | 15:40.66 |
| 3A | Gabriel Schmid (Orange)           | 2023 | 15:14.75 |
| 4A | Noah Valyo (Athens Drive)         | 2023 | 15:05.45 |

## KERNERSVILLE CHAMPIONSHIP COURSE RECORDS

Ivey M. Redmon Sports Complex (Original Layout)  
(formerly known as Beeson Park)

|    |                              |      |          |
|----|------------------------------|------|----------|
| 1A | Zach Boone (Mitchell)        | 2013 | 15:51.84 |
| 2A | A.J. Tucker (Cedar Ridge)    | 2012 | 15:53.03 |
| 3A | Phillip Hall (Terry Sanford) | 2013 | 15:07.55 |
| 4A | Bakri Abushouk (Cary)        | 2012 | 15:13.57 |

## TANGLEWOOD PARK CHAMPIONSHIP COURSE RECORDS

|    |                               |      |          |
|----|-------------------------------|------|----------|
| 1A | Kyle Ingram (Hayesville)      | 2006 | 16:21.30 |
| 2A | Miguel Ocampo (Surry Central) | 2005 | 16:09.36 |
| 3A | Ryan Hill (Hickory)           | 2007 | 15:30.75 |
| 4A | Jack Bolas (Chapel Hill)      | 2005 | 15:33.10 |

## WOMEN'S CHAMPIONSHIP MEET TOP INDIVIDUAL TIMES

|       |                                      |      |          |
|-------|--------------------------------------|------|----------|
| 1A/2A | Karen Godlock (Polk County)          | 1992 | 17:24.9  |
| 1A    | Ariel Glassman (Hendersonville)      | 1999 | 18:17.7  |
| 2A    | Mariah Howlett (Lake Norman Charter) | 2017 | 18:03.43 |
| 3A    | Sarah Vance-Goodman (T.C. Roberson)  | 1996 | 17:24.7  |
| 4A    | Mary Bonner Dalton (Myers Park)      | 2023 | 16:54.06 |

## BEST TEAM SCORES

|    |                  |    |      |
|----|------------------|----|------|
| 1A | Murphy           | 36 | 1997 |
|    | Franklin Academy | 36 | 2017 |
| 2A | Cardinal Gibbons | 21 | 2007 |
| 3A | Sun Valley       | 26 | 1989 |
| 4A | Chapel Hill      | 28 | 1984 |

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Ivey M. Redmon Sports Complex (Revised Layout, starting 2015)  
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|    |                                      |      |          |
|----|--------------------------------------|------|----------|
| 1A | Nicole Alferts (Christ the King)     | 2023 | 18:37.21 |
| 2A | Mariah Howlett (Lake Norman Charter) | 2017 | 18:03.43 |
| 3A | Jonna Strange (North Iredell)        | 2019 | 17:57.85 |
| 4A | Mary Bonner Dalton (Myers Park)      | 2023 | 16:54.06 |

## KERNERSVILLE CHAMPIONSHIP COURSE RECORDS

Ivey M. Redmon Sports Complex (Original Layout)  
(formerly known as Beeson Park)

|    |                                       |      |          |
|----|---------------------------------------|------|----------|
| 1A | Carol Blankenship (East Wilkes)       | 2010 | 18:48.75 |
| 2A | Maysa Araba (Carrboro)                | 2013 | 18:03.56 |
| 3A | Mary Grace Doggett (Cardinal Gibbons) | 2013 | 17:57.07 |
| 4A | Sammy George (Millbrook)              | 2011 | 17:27.19 |

## TANGLEWOOD PARK CHAMPIONSHIP COURSE RECORDS

|    |                                     |      |          |
|----|-------------------------------------|------|----------|
| 1A | Zatha Loewen (Topsail)              | 2006 | 19:22.76 |
| 2A | Heather Beichner (Cardinal Gibbons) | 2007 | 18:48.58 |
| 3A | Kenyatta Iyerbele (Olympic)         | 2008 | 19:06.86 |
| 4A | Kim Spano (North Mecklenburg)       | 2008 | 18:04.02 |