



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
Stephanie Johnson	2011	1A	High Jump	5' 04"
Tiffany Holloway	2017	1A	Shot Put	41' 2"
Tiffany Holloway	2017	1A	Discus	128' 02"

ANSON

Chrystal Marsh	2002	3A	Long Jump	17' 10.25"
Lateasa Michael	2005	3A	300 M Hurdles	45.14
Patience Marshall	2018	2A	Shot Put	42' 3"
Patience Marshall	2018	2A	Discus	134' 08"
Katie Horne	2021	2A	Shot Put	37'08.00"
	2022	2A	4 X 100 Relay	49.72

APEX

Debbie Martin	2002	4A	High Jump	5' 08"
Lamarra Currie	2005	4A	200 M Dash	24.28
Andie Cozzarelli	2006	4A	3200 M Run	11:01.35
Andie Cozzarelli	2007	4A	3200 M Run	11:15.90
Alexis Murphy	2011	4A	200 M Dash	24.57
Alexis Murphy	2012	4A	100 M Dash	11.60
Alexis Murphy	2012	4A	200 M Dash	23.96
Anna Eaton	2014	4A	Pole Vault	12' 06"
Sydnei Murphy	2014	4A	Long Jump	19' 5.25"
Sydnei Murphy	2014	4A	Triple Jump	39' 7.5"
Anna Eaton	2015	4A	Pole Vault	12' 06"
Cara King	2015	4A	Shot Put (WC)	10' 04"
Cara King	2015	4A	Discus (WC)	25' 4"
Cara King	2015	4A	100 M Dash (WC)	22.32
Cara King	2015	4A	200 M Dash (WC)	44.90
Sydnei Murphy	2015	4A	Long Jump	20' 03"
Sydnei Murphy	2015	4A	Triple Jump	40' 0.75"
Sydnei Murphy	2015	4A	MOP	
Cara King	2016	4A	Shot Put (WC)	10' 11"
Cara King	2016	4A	Discus (WC)	26' 9"
Cara King	2016	4A	100 M Dash (WC)	28.80
Cara King	2016	4A	200 M Dash (WC)	50.54
Cara King	2017	4A	Shot Put (WC)	12' 04"
Cara King	2017	4A	Discus (WC)	32' 11"
Cara King	2017	4A	100 M Dash (WC)	23.04
Cara King	2017	4A	200 M Dash (WC)	47.77
Cara King	2018	4A	Shot Put (WC)	13' 7.5"

Cara King	2018	4A	Discus (WC)	34' 9"
Cara King	2018	4A	100 M Dash (WC)	22.42
Cara King	2018	4A	200 M Dash (WC)	42.03

ARDREY KELL

Amber Jackson	2021	4A	High Jump	5'06.00"
Amber Jackson	2021	4A	Long Jump	18'01.00"
Tyler Glover	2022	4A	Shot Put	42'01.50"
Tyler Glover	2023	4A	Shot Put	45'03.25"
Tyler Glover	2024	4A	Shot Put	44'00.00"
Tyler Glover	2024	4A	Discus	147'07"

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"
Camryn Massey	2024	3A	Discus	154'11.00"
Camryn Massey	2024	3A	Shot Put	45'00.25"

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"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Paula Moore	2000	1A	MOP		Kenya Majors	2015	2A	Long Jump	18' 1.25"	Jaelyn Warren	2017	3A	High Jump	5' 04"
	2000	1A	4X200 M Relay	1:47.80		2015	2A	4X100 M Relay	48.81	Sarah LaTour	2017	3A	1600 M Run	5:03.03
	2000	1A	4X400 M Relay	4:12.58	Kayla Moore	2016	2A	100 M Hurdles	13.71	Sarah LaTour	2017	3A	3200 M Run	11:22.35
Beverly Burnette	2001	1A	Shot Put	38' 3.25"	Kayla Moore	2016	2A	300 M Hurdles	42.70	Dahlia Cutler	2018	3A	400 M Dash	56.15
Chandra Pulliam	2001	1A	100 M Hurdles	14.35	Kayla Moore	2016	2A	MOP		Ava Studney	2019	3A	Pole Vault	11' 06"
Chandra Pulliam	2001	1A	300 M Hurdles	45.23	Kenya Majors	2016	2A	Long Jump	18' 6.5"	Alyssa Preisano	2021	3A	800 Meter Run	2:17.46
Paula Moore	2001	1A	Triple Jump	37' 10.25"	Tajah Walston	2016	2A	100 M Dash	11.94	Alyssa Preisano	2021	3A	1600 Meter Run	4:57.34
	2001	1A	4X400 M Relay	4:16.40		2016	2A	4X100 M Relay	48.52		2021	3A	4X800 Relay	9:18.25
Beverly Burnette	2002	2A	Shot Put	44' 1.5"		2016	2A	4X200 M Relay	1:41.59	Charlotte Bell	2022	4A	800M Run	2:12.23
Chandra Pulliam	2002	2A	100 M Hurdles	14.59	Kelsia Moore	2017	2A	Long Jump	19' 01"		2022	4A	4 X 800 Relay	9:12.43
Chandra Pulliam	2002	2A	300 M Hurdles	44.61		2018	2A	4X200 M Relay	1:44.13	Charlotte Bell	2023	4A	800M Run	2:08.89
Dominique Price	2004	2A	100 M Hurdles	14.97	Allysia Farrar	2019	2A	100 M Dash	11.92	Charlotte Bell	2023	4A	1600M Run	4:43.27
Latoya James	2005	2A	100 M Hurdles	14.93	Allysia Farrar	2019	2A	200 M Dash	24.85	Charlotte Bell	2024	4A	1600M Run	4:38.92
Latoya James	2005	2A	300 M Hurdles	43.96	Jydia Faucette	2019	2A	Long Jump	18' 1.75"	Charlotte Bell	2024	4A	800M Run	2:08.78
Latoya James	2006	2A	100 M Hurdles	14.34	Kendall Jordan	2019	2A	Triple Jump	40' 4.75"		2023	4A	4X800 Relay	9:01.84
Latoya James	2006	2A	300 M Hurdles	44.15	Kendall Jordan	2019	2A	100 M Hurdles	14.11					
Latoya James	2006	2A	MOP		Kendall Jordan	2019	2A	300 M Hurdles	43.03					
	2006	2A	4X100 M Relay	49.06	Kendall Jordan	2019	2A	MOP		Kim Pakowski	1990	3A	Discus	119' 05"
	2006	2A	4X200 M Relay	1:42.33	Kendall Jordan	2021	2A	100M Hurdles	14.03	Kim Pakowski	1991	3A	Discus	115' 10"
Latoya James	2007	2A	Long Jump	18' 1.5"	Kendall Jordan	2021	2A	300M Hurdles	44.22	Toi Wilson	1992	3A	400 M Dash	59.05
Latoya James	2007	2A	100 M Hurdles	13.98	Kendall Jordan	2021	2A	Long Jump	17'10.50"	Toi Wilson	1993	3A	100 M Dash	11.83
Latoya James	2007	2A	300 M Hurdles	43.76	Kendall Jordan	2021	2A	Triple Jump	38'04.00"	Toi Wilson	1993	3A	400 M Dash	55.71
Latoya James	2007	2A	MOP		Tamesia Pinnix	2022	2A	100M Hurdles	14.11	Toi Wilson	1994	3A	400 M Dash	56.84
Sherice Walker	2007	2A	Triple Jump	38' 5.5"	Tamesia Pinnix	2022	2A	Long Jump	18' 6.25"					
Brittany Wilkins	2008	2A	200 M Dash	25.27	D'Anna Cotton	2023	2A	High Jump	5'06.00"					
Sherice Walker	2008	2A	Long Jump	19' 1.75"	D'Anna Cotton	2023	2A	Triple Jump	37'06.75"	Sarah Gardner	1982	0	Shot Put	41' 8.25"
Sherice Walker	2008	2A	Triple Jump	39' 03"	D'Anna Cotton	2024	2A	Triple Jump	39'00.50"	Samantha Murrillo	2001	4A	400 M Dash	56.72
Sherice Walker	2008	2A	100 M Hurdles	14.21	D'Anna Cotton	2024	2A	High Jump	5'08.00"	Anna McBride	2011	4A	3200 M Run	10:46.08
Sherice Walker	2008	2A	300 M Hurdles	44.74	D'Anna Cotton	2024	2A	100M Hurdles	14.78	Anna McBride	2012	4A	3200 M Run	10:47.82
Sherice Walker	2008	2A	MOP		D'Anna Cotton	2024	2A	300M Hurdles	44.68					
Sherice Walker	2009	2A	Long Jump	19' 03"	D'Anna Cotton	2024	2A	MOP						
Sherice Walker	2009	2A	Triple Jump	39' 09"	Diamond Moore	2024	2A	Long Jump	18'09.50"	Valesha Small	1999	1A	Long Jump	17' 2.75"
Sherice Walker	2009	2A	100 M Hurdles	14.50		2024	2A	4X200 M Relay	1:42.24					
Sherice Walker	2009	2A	MOP											
Francesca Evans	2010	2A	300 M Hurdles	44.64										
Kortney Williams	2010	2A	Triple Jump	37' 01"	Rachea Barrow	1996	2A	200 M Dash	25.12	Ida Pierce	1985	0	Shot Put	37' 5.5"
Kortney Williams	2010	2A	100 M Hurdles	14.66	Rasheca Barrow	1996	2A	100 M Dash	12.23	Elisha Marshall	1992	4A	100 M Dash	12.18
	2010	2A	4X400 M Relay	4:08.64		1999	2A	4X400 M Relay	4:14.95	Elisha Marshall	1994	4A	100 M Dash	12.18
Francesca Evans	2011	2A	Triple Jump	38' 10.5"						Adrienne Sims	1995	4A	High Jump	5' 8.5"
Francesca Evans	2012	2A	Triple Jump	39' 03"						Adrienne Sims	1996	4A	High Jump	5' 08"
Francesca Evans	2012	2A	MOP		Raven Covington	2012	2A	Long Jump	17' 04"	Adrienne Sims	1997	4A	High Jump	6' 00"
Kayla Moore	2014	2A	100 M Hurdles	14.75	Liz Wood	2013	2A	Pole Vault	10' 06"	Naomi Alston	2011	3A	400 M Dash	56.48
Kayla Moore	2014	2A	300 M Hurdles	45.77	Liz Wood	2014	3A	Pole Vault	11' 06"	Naomi Alston	2012	3A	400 M Dash	56.01
Kayla Moore	2015	2A	100 M Hurdles	14.38	Nikolete Hurrinus	2014	3A	400 M Dash	56.98					
Kayla Moore	2015	2A	300 M Hurdles	46.07		2016	3A	4X800 M Relay	9:29.86	Josephine Johnson	2015	2A	Pole Vault	9' 06"

D.H. CONLEY

DAVIE

DIXON

DOUGLAS BYRD

CURRITUCK

CUTHBERTSON

DRAUGHN



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Leanna Seagraves	2016 2A	Pole Vault	9' 00"	Tyler Brockington	2012 4A	300 M Hurdles	41.81	EAST BURKE			
				Jalee Brown	2024 3A	100 M Dash	11.59	Cessy Hudson	1986 3/4	3200 M Run	11:09.30
				Jalee Brown	2024 3A	200 M Dash	23.80	Cessy Hudson	1987 4A	1600 M Run	5:07.03
				Jalee Brown	2024 3A	MOP		Cessy Hudson	1988 4A	1600 M Run	5:10.38
Cook	1972 O	Discus	103' 11"		2024 3A	4X200 M Relay	1:37.74	Cessy Hudson	1988 4A	3200 M Run	11:18.05
Wall	1972 O	High Jump	5' 02"		2024 3A	4X100 M Relay	47.01	Alisha Little	1999 4A	1600 M Run	5:08.40
	1977 O	4X110 YD Relay	49.30					Alisha Little	1999 4A	3200 M Run	11:04.39
	1979 O	4X220 YD Relay	1:44.00								
Pam Doggett	1984 O	200 M Hurdles	27.92	DURHAM MAGNET							
	1984 O	4X100 M Relay	48.46	Katrelle Armwood	1999 1A	Triple Jump	35' 4.75"	EAST CARTERET			
	1984 O	4X200 M Relay	1:40.24	Katrelle Armwood	1999 1A	300 M Hurdles	45.92	Amanda Johnson	1992 1/2	100 M Dash	12.59
Pam Doggett	1985 O	100 M Hurdles	14.50					Amanda Johnson	1992 1/2	200 M Dash	25.79
Pam Doggett	1985 O	300 M Hurdles	44.73	DURHAM SCHOOL OF ARTS				Saundra Teel	1992 1/2	High Jump	5' 04"
Adrienne Ferguson	1986 3/4	100 M Dash	11.96	Katrelle Armwood	2000 1A	100 M Hurdles	15.38	Amanda Johnson	1993 1/2	Long Jump	18' 7.75"
Adrienne Ferguson	1986 3/4	200 M Dash	24.40	Katrelle Armwood	2001 1A	Long Jump	17' 5.5"	Amanda Johnson	1993 1/2	100 M Dash	12.41
Adrienne Ferguson	1986 3/4	MOP		Katrelle Armwood	2002 1A	Long Jump	18' 5.25"	Amanda Johnson	1993 1/2	200 M Dash	25.79
Pam Doggett	1986 3/4	100 M Hurdles	13.88	Katrelle Armwood	2002 1A	Triple Jump	36' 03"	Cora Johnson	1998 2A	Long Jump	18' 9.75"
Pam Doggett	1986 3/4	300 M Hurdles	42.00	Katrelle Armwood	2002 1A	100 M Hurdles	15.38		1998 2A	4X100 M Relay	49.73
Pam Doggett	1986 3/4	MOP		Katrelle Armwood	2002 1A	300 M Hurdles	45.80		1998 2A	4X200 M Relay	1:44.30
Sonja Thomas	1986 3/4	400 M Dash	56.14	Katrelle Armwood	2002 1A	MOP			1999 2A	4X200 M Relay	1:48.61
	1986 3/4	4X100 M Relay	48.59	Mary Mayfield	2002 1A	400 M Dash	57.46	Cora Johnson	2000 2A	Long Jump	19' 04"
	1986 3/4	4X200 M Relay	1:40.67		2002 1A	4X200 M Relay	1:44.35	Breah Taylor	2017 1A	Triple Jump	37' 5.5"
	1986 3/4	4X400 M Relay	3:51.70	Ebony Robinson	2003 1A	200 M Dash	25.64		2017 1A	4X100 M Relay	50.18
Sonja Thomas	1987 4A	400 M Dash	56.27	Melinda Mayfield	2003 1A	100 M Hurdles	15.84	Breah Taylor	2018 1A	Long Jump	18' 03"
Wanda Medly	1987 4A	300 M Hurdles	45.14		2003 1A	4X200 M Relay	1:46.47	Breah Taylor	2018 1A	Triple Jump	38' 1.5"
Marlene Poole	1989 4A	100 M Dash	11.74	Eman Al-Aswadi	2004 1A	Triple Jump	35' 9.75"	Tierra Benders	2018 1A	High Jump	5' 02"
Marlene Poole	1989 4A	200 M Dash	25.04	Jessica Peaks	2004 1A	High Jump	5' 02"	Breah Taylor	2019 1A	Long Jump	17' 10.5"
	1989 4A	4X200 M Relay	1:41.76		2004 1A	4X200 M Relay	1:44.60	Breah Taylor	2019 1A	Triple Jump	38' 09"
	1989 4A	4X400 M Relay	3:51.87		2004 1A	4X400 M Relay	4:09.69		2019 1A	4X100 M Relay	49.88
	1989 4A	4X800 M Relay	9:29.36	Eman Al-Aswadi	2005 1A	Triple Jump	35' 02"	Latecyia Johnson	2021 1A	Long Jump	18'00.00"
Marlene Poole	1990 4A	100 M Dash	11.95	Jessica Peaks	2005 1A	High Jump	5' 04"	Latecyia Johnson	2022 2A	Triple Jump	36' 7.25"
Marlene Poole	1990 4A	200 M Dash	24.53		2005 1A	4X200 M Relay	1:47.74	EAST CHAPEL HILL			
	1990 4A	4X400 M Relay	3:52.76		2005 1A	4X400 M Relay	4:12.69	Kate McCarthy	2003 3A	3200 M Run	12:25.00
	1993 4A	4X100 M Relay	48.34		2005 1A	4X800 M Relay	10:15.54	Gabrielle Daniel	2005 3A	200 M Dash	25.33
	1993 4A	4X200 M Relay	1:42.21		2007 2A	4X400 M Relay	4:10.30	Carolyn Baskir	2009 4A	1600 M Run	4:56.87
	1998 3A	4X100 M Relay	48.71	Angel Bowden	2019 2A	High Jump	5' 03"	Pegah Kamrani	2013 4A	3200 M Run	10:47.60
	1998 3A	4X400 M Relay	4:00.62	Teteateh Snoh	2019 2A	Discus	143' 10"				
	1999 3A	4X100 M Relay	49.01								
Suzzette McSwain	2001 3A	200 M Dash	25.79	E.E. SMITH				EAST COLUMBUS			
Tiaera Reynolds	2006 3A	400 M Dash	57.02	Colette Williams	1981 O	Triple Jump	40' 6.5"	Jasmine Young	2007 1A	Long Jump	17' 06"
	2007 3A	4X400 M Relay	4:01.30	Colette Williams	1982 O	Triple Jump	38' 11.25"	Jasmine Young	2008 1A	Long Jump	17' 05"
	2008 3A	4X200 M Relay	1:42.08	Colette Williams	1982 O	100 M Hurdles	13.40				
	2008 3A	4X400 M Relay	4:00.35	Francis Warner	1994 4A	1600 M Run	4:59.92	EAST DUPLIN			
Tyler Brockington	2009 3A	300 M Hurdles	45.02	Tacara Morrissey	2007 4A	300 M Hurdles	44.56	Clifeteana McIver	1997 2A	MOP	
	2009 3A	4X200 M Relay	1:41.48		2022 3A	4 X 400 Relay	4:06.97	Clifeteana McKiver	1997 2A	Shot Put	36' 9.5"
	2009 3A	4X400 M Relay	3:55.47					Clifeteana McKiver	1997 2A	Discus	133' 01"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



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	
Marlene Poole	1990 4A	MOP	
Silica Johnson	1990 4A	3200 M Run	11:18.14
Jennifer Kalanick	1992 4A	100 M Hurdles	15.10
Kim Wilson	1993 4A	100 M Dash	12.20
Kim Wilson	1993 4A	200 M Dash	25.13
Kim Jones	1996 4A	Long Jump	18' 04"
Kim Jones	1997 4A	Long Jump	19' 00"
Kim Jones	1998 4A	Long Jump	18' 08"
Kim Jones	1998 4A	100 M Hurdles	14.66
Kim Jones	1998 4A	MOP	
Kim Jones	1999 4A	Long Jump	19' 07"
Kim Jones	1999 4A	100 M Hurdles	14.03
Kim Jones	1999 4A	MOP	
Brianna Tate	2012 4A	Shot Put	42' 11.25"
Blair Ramsey	2014 4A	1600 M Run	4:57.20
Audrey Jenkins	2024 4A	High Jump	5'06.00"

HARDING

Pam Frost	1987 4A	Long Jump	18' 1.75"
Dana Hoopes	1995 4A	100 M Dash	11.93
	1995 4A	4X100 M Relay	49.14
Jessica Carrol	2001 3A	800 M Dash	2:20.08
Krystal Barringer	2002 4A	100 M Hurdles	15.20
Joya Rodgers	2003 4A	100 M Dash	12.21
Krystal Barringer	2003 4A	Triple Jump	38' 0.75"
Krystal Barringer	2003 4A	100 M Hurdles	14.69
	2003 4A	4X100 M Relay	48.36
	2003 4A	4X400 M Relay	3:58.44
Janet Carothers	2004 4A	400 M Dash	55.98

Kamorean Hayes	2004 4A	Shot Put	47' 7"
Kamorean Hayes	2004 4A	Discus	147' 02"
Krystal Barringer	2004 4A	100 M Hurdles	15.02
	2004 4A	4X200 M Relay	1:40.00
	2004 4A	4X400 M Relay	3:55.88
Kamorean Hayes	2005 4A	Shot Put	47' 9"
Kamorean Hayes	2005 4A	Discus	142' 08"
	2005 4A	4X200 M Relay	1:39.85
	2005 4A	4X400 M Relay	3:57.30
Kamorean Hayes	2006 4A	Shot Put	48' 7"
Kamorean Hayes	2006 4A	Discus	155' 03"
	2006 4A	4X100 M Relay	47.22
	2006 4A	4X200 M Relay	1:29.86
	2006 4A	4X400 M Relay	3:54.48
Kamorean Hayes	2007 4A	Shot Put	51' 3.5"
Kamorean Hayes	2007 4A	Discus	148' 02"
	2007 4A	4X100 M Relay	48.14
	2007 4A	4X200 M Relay	1:54.34
	2007 4A	4X400 M Relay	3:54.34
Ashley Bethune	2008 4A	100 M Hurdles	14.28
	2008 4A	4X100 M Relay	45.37
Brittany Carroll	2009 4A	100 M Hurdles	14.20
LaTronda Murrow	2012 3A	High Jump	5' 06"
Akala Garrett	2021 4A	100M Hurdles	13.90
Akala Garrett	2021 4A	300M Hurdles	41.64
	2021 4A	4X200 Relay	1:40.91
Akala Garrett	2022 4A	100M Hurdles	13.69
Akala Garrett	2022 4A	300M Hurdles	41.42

HARNETT CENTRAL

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

HAVELOCK

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

HAYESVILLE

Christy Cagle	1988 1/2	Long Jump	17' 9.75"
Christy Cagle	1990 1/2	Long Jump	16' 10"

Julie Stackhouse	1994 1A	100 M Hurdles	16.46
Julie Stackhouse	1994 1A	200 M Dash	27.25
Julie Stackhouse	1994 1A	300 M Hurdles	47.86
Julie Stackhouse	1994 1A	MOP	
Julie Stackhouse	1995 1A	High Jump	5' 4.5"
Julie Stackhouse	1995 1A	100 M Hurdles	15.72
Julie Stackhouse	1995 1A	200 M Dash	26.98
Julie Stackhouse	1995 1A	300 M Hurdles	45.83
Julie Stackhouse	1995 1A	MOP	
Julie Stackhouse	1996 1A	High Jump	5' 00"
Julie Stackhouse	1996 1A	100 M Hurdles	16.02
Julie Stackhouse	1996 1A	800 M Dash	2:20.70
Julie Stackhouse	1996 1A	1600 M Run	5:17.00
Julie Stackhouse	1996 1A	MOP	
Julie Stackhouse	1997 1A	High Jump	5' 04"
Julie Stackhouse	1997 1A	100 M Hurdles	15.45
Julie Stackhouse	1997 1A	800 M Dash	2:22.82
Julie Stackhouse	1997 1A	400 M Dash	57.80
Julie Stackhouse	1997 1A	MOP	
Lisa Maliska	1998 1A	Long Jump	17' 03"
	1999 1A	4X800 M Relay	10:30.30
Jessie Stackhouse	2000 1A	1600 M Run	5:37.39
	2000 1A	4X800 M Relay	10:29.10
	2006 1A	4X800 M Relay	10:08.72
	2007 1A	4X800 M Relay	10:08.37
Kimonta Lloyd	2015 1A	Shot Put	37' 3.5"

HEIDE TRASK

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

HENDERSONVILLE

Janene McClure	1986 1/2	Shot Put	37' 3"
Janene McClure	1986 1/2	MOP	
Janene McClure	1987 1/2	Shot Put	39' 9.5"
Janene McClure	1987 1/2	Discus	130' 05"
Janene McClure	1987 1/2	MOP	
Janene McClure	1988 1/2	Shot Put	42' 5"
Janene McClure	1988 1/2	Discus	130' 06"
Janene McClure	1988 1/2	MOP	
Zondra Johnson	1990 1/2	Shot Put	36' 3.75"
Zondra Johnson	1991 1/2	Shot Put	37' 4"
Zondra Johnson	1992 1/2	Shot Put	39' 2.5"
Brooke Chapman	1993 1/2	400 M Dash	58.93
Brooke Chapman	1994 2A	400 M Dash	58.69



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Sherrill	1978	O	440 YD Dash	54.80
Chris Arends	1979	O	High Jump	5' 08"
Sherrill	1979	O	440 YD Dash	55.10
Leshawn Hewitt	1987	4A	High Jump	5' 02"
Melissa Henderson	1998	4A	300 M Hurdles	45.40
Demetria Powell	2002	4A	300 M Hurdles	45.18
Katherine Merrill	2003	4A	3200 M Run	11:09.17
Kate Merrill	2004	4A	1600 M Run	5:07.83
Kate Merrill	2004	4A	3200 M Run	11:17.50
Danielle Thorpe	2005	4A	Long Jump	18' 3.5"
Alexis Perry	2012	4A	Long Jump	18' 05"
Alexis Perry	2012	4A	High Jump	5' 08"
Alexis Pery	2012	4A	MOP	
Jordyn Brown	2014	4A	High Jump	5' 04"
Jordyn Brown	2015	4A	High Jump	5' 06"

JORDAN-MATTHEWS

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

KINGS MOUNTAIN

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

KINSTON

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

LAKE NORMAN

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

Mariah Howlett	2017	2A	1600 M Run	5:03.80
Mariah Howlett	2017	2A	3200 M Run	11:02.51
Mariah Howlett	2018	2A	1600 M Run	5:00.67
Mariah Howlett	2018	2A	3200 M Run	10:57.13
	2018	2A	4X100 M Relay	49.56
	2019	2A	4X200 M Relay	1:43.63
Ryan Selden	2021	2A	100 Meter Dash	12.42
Lily Yampolsky	2022	3A	800 M Run	2:17.93
Lily Yampolsky	2024	3A	800 M Run	2:13.41

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
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LEDFORD

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

LEE COUNTY

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

LEESVILLE ROAD

Devon Armstrong	1995	4A	Long Jump	18' 9.75"
G'Jasmyne Butler	2015	4A	800 M Dash	2:11.07
Nevada Mareno	2016	4A	800 M Dash	2:08.51
Nevada Mareno	2016	4A	1600 M Run	4:51.57
Nevada Mareno	2016	4A	3200 M Run	10:17.70
Nevada Mareno	2016	4A	MOP	
Shellbi Chapman	2016	4A	300 M Hurdles	43.17
	2016	4A	4X800 M Relay	9:06.82

LEJEUNE

Lynn Cruickshank	1973	O	Discus	107' 02"
Lynn Cruickshank	1974	O	Discus	117' 05"
Lynn Cruickshank	1975	O	Discus	127' 02"
Jozette Lawrence	1977	O	Shot Put	41' 7.5"
	1986	1/2	4X200 M Relay	1:46.69
Larissa Teigen	1987	1/2	3200 M Run	11:59.33
Erin Smyth	1988	1/2	1600 M Run	5:24.49
Erin Smyth	1988	1/2	3200 M Run	11:59.32
Erin Smyth	1988	1/2	MOP	

1988	1/2	4X800 M Relay	10:11.33
1989	1/2	1600 M Run	5:22.20
1989	1/2	3200 M Run	12:01.99
1989	1/2	MOP	

1989	1/2	4X800 M Relay	10:00.43
1990	1/2	1600 M Run	5:20.41
1990	1/2	MOP	
1995	1A	100 M Dash	12.91
1996	1A	Long Jump	17' 0.83"
1996	1A	100 M Dash	12.67
1996	1A	4X100 M Relay	50.88
1997	1A	Triple Jump	33' 3.25"
1997	1A	100 M Dash	12.48
1997	1A	200 M Dash	26.01
1997	1A	4X100 M Relay	50.15
1998	1A	4X100 M Relay	50.17
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"
1989	1/2	100 M Dash	12.63
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
1990	3A	Triple Jump	42' 00"
1990	3A	MOP	
1991	3A	4X200 M Relay	1:45.32
1993	3A	Long Jump	18' 01"
2019	2A	4X100 M Relay	48.04
2021	2A	4X100 Relay	49.26
2021	2A	4X200 Relay	1:46.90

LINCOLN CHARTER

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

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



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

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

MANTEO

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

MARVIN RIDGE

2010 3A 4X800 M Relay 9:40.26
 2012 3A 4X400 M Relay 4:01.96
 2012 3A 4X800 M Relay 9:36.59
 Shaye Stegall 2015 3A Pole Vault 10' 06"
 2015 3A 4X800 M Relay 9:40.82
 Jorja Medders 2017 3A 300 M Hurdles 44.36
 Kamryn Henderson 2017 3A Shot Put 40' 3"
 Aria Wegh 2021 3A 300M Hurdles 43.97
 Emma Stone 2021 3A Pole Vault 12'06.00"
 Aria Wegh 2023 4A 300 M Hurdles 42.28
 2024 4A 4X400 Relay 3:54.09

Charlotte McCall 1982 O 3200 M Run 11:24.40

MCDOWELL

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"
 Sabrina Hill 1988 4A High Jump 5' 04"
 Sabrina Hill 1988 4A MOP
 Josette Battle 1991 4A 200 M Dash 24.54
 Jamila Hunter 1993 4A Triple Jump 38' 1.75"
 Joann Jackson 2000 4A High Jump 5' 06"
 Erica Dickerson 2001 4A Pole Vault 11' 07"
 Joann Jackson 2001 4A High Jump 5' 04"
 Brittany Dixson 2004 4A Triple Jump 39' 6.5"
 Amelia Black 2005 4A Triple Jump 37' 9.5"
 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
 Jamie Glenn 2010 1A Triple Jump 38' 01"
 Jamie Glenn 2011 1A Triple Jump 34' 8.5"
 Janieyah Collins 2011 1A 300 M Hurdles 45.29
 2011 1A 4X200 M Relay 1:42.15
 2011 1A 4X400 M Relay 4:10.25
 Jamie Glenn 2012 1A Triple Jump 38' 04"
 Janieyah Collins 2012 1A 200 M Dash 25.22
 Janieyah Collins 2012 1A 300 M Hurdles 45.34
 Janieyah Collins 2012 1A MOP
 Reneazia Collins 2012 1A 100 M Hurdles 15.48
 Reneazia Collins 2012 1A 400 M Dash 57.41
 2012 1A 4X200 M Relay 1:41.30

Kendall Cox 2013 1A Long Jump 17' 10"
 Reneazia Collins 2013 1A 100 M Hurdles 15.52
 Reneazia Collins 2013 1A 200 M Dash 25.47
 Reneazia Collins 2013 1A 400 M Dash 56.28
 Reneazia Collins 2013 1A MOP
 2013 1A 4X200 M Relay 1:42.66
 Reneazia Collins 2014 2A 100 M Dash 12.42
 Reneazia Collins 2014 2A 200 M Dash 25.48
 Reneazia Collins 2014 2A 400 M Dash 56.39
 Reneazia Collins 2014 2A MOP
 2014 2A 4X200 M Relay 1:41.65

MOORESVILLE

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Kim Richardson	1994 4A 200 M Dash	25.03	Meleena Reid	2010 3A 200 M Dash	24.91	Taylor	1974 O 1 Mile Run	5:21.10
	1994 4A 4X100 M Relay	48.67	Jackie Reid	2012 3A Triple Jump	37' 02"			

NEW HANOVER

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

NEWTON-CONOVER

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

NORTH BRUNSWICK

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

NORTH BUNCOMBE

	2023 3A 4X800 M Relay	9:32.36
	2024 3A 4X800 M Relay	9:25.02
	2024 3A 4X400 M Relay	3:54.49

NORTH FORSYTH

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

NORTH GASTON

Miriam McCleod	1997 3A Discus	121' 08"
Miriam McCleod	1998 3A Discus	118' 2.75"
Chelsey McClean	2006 3A Shot Put	36' 0.5"
Maleena Reid	2010 3A 100 M Dash	11.92

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

	1991 3A 4X100 M Relay	49.71
	1992 3A 200 M Dash	25.63
Alicia Pope	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
Olivia Ferraro	2024 3A 1600 M Run	4:54.29

NORTH MECKLENBURG

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

NORTH PITT

Taylor	1973 O 1 Mile Run	5:22.20
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NORTH ROWAN

Leah Ann Miller	1984 O 800 M Dash	2:15.73
Mia Gibson	1986 1/2 400 M Dash	58.43
April Jackson	1989 1/2 400 M Dash	59.44
Lola Jones	1989 1/2 High Jump	5' 04"
Katrina Jarrett	1991 3A 100 M Dash	12.30
Katrina Jarrett	1991 3A 200 M Dash	24.95
Katrina Jarrett	1991 3A MOP	
Katrina Jarrett	1993 3A 200 M Dash	24.83
Latasha Pharr	1998 2A Triple Jump	36' 5.5"
Latasha Pharr	1998 2A 100 M Hurdles	14.43
Latasha Pharr	1998 2A MOP	
Tara Clinding	1998 2A Shot Put	39' 4.25"
	1998 2A 4X400 M Relay	4:14.69
Latasha Pharr	1999 2A Long Jump	18' 02"
Latasha Pharr	1999 2A Triple Jump	39' 00"
Latasha Pharr	1999 2A 100 M Hurdles	14.79
Latasha Pharr	1999 2A 300 M Hurdles	46.93
Latasha Pharr	1999 2A MOP	
Tara Clinding	1999 2A Shot Put	39' 9"
Latasha Pharr	2000 2A Triple Jump	40' 09"
Latasha Pharr	2000 2A 100 M Hurdles	14.06
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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



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"
Brittany Ellis	2024	1A	Shot Put	38-01.25"

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

NORTH SURRY

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

NORTHAMPTON COUNTY

2001	1A	4X100 M Relay	51.71
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NORTHAMPTON-EAST

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

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

NORTHEAST GUILFORD

2007	3A	4X200 M Relay	1:42.49
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NORTHEASTERN

Alex Travenier	2010	2A	3200 M Run	12:14.27
	2024	2A	4X400 Relay	4:03.42

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

NORTHERN GUILFORD

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

NORTHERN VANCE

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

NORTHSIDE-JACKSONVILLE

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

NORTHSIDE-PINETOWN

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

Charlotte Carlson	1984	O	3200 M Run	11:24.14
Marquita Misenheimer	1985	O	High Jump	5' 02"
Michelle Rhyne	1986	3/4	Shot Put	38' 8.5"
Michelle Rhyne	1987	3A	Shot Put	40' 0"
Michelle Rhyne	1987	3A	MOP	
Michelle Rhyne	1988	3A	Shot Put	39' 2.5"
Tempess Stark	2002	3A	100 M Dash	12.18
Tempess Stark	2003	3A	100 M Dash	12.21
Jill Moore	2009	3A	1600 M Dash (WC)	5:08.74
Jill Moore	2009	3A	3200 M Dash (WC)	10:34.38
Maklisha Ford	2009	3A	100 M Hurdles	15.50
Jill Moore	2010	3A	1600 M Dash (WC)	4:43.87
Jill Moore	2010	3A	3200 M Dash (WC)	9:58.92
Jill Moore	2011	3A	100 M Dash (WC)	20.63
Jill Moore	2011	3A	200 M Dash (WC)	36.86
Jill Moore	2011	3A	800 M Dash (WC)	2:17.66
Jill Moore	2012	3A	400 M Dash (WC)	1:05.54
Chaunesse Barringer	2021	3A	Long Jump	19'01.50"
Chaunesse Barringer	2022	3A	Long Jump	19' 10.25"
Lily Houston	2023	3A	Pole Vault	11'06.00"
Lily Houston	2024	3A	Pole Vault	11'06.00"

NORTHWEST GUILFORD

2007	4A	4X800 M Relay	9:41.38
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NORTHWOOD

Tessa Sheets	2016	3A	Pole Vault	12' 01"
Tessa Sheets	2017	3A	Pole Vault	12' 06"
Samantha Ennis	2019	3A	Shot Put	42' 4"
Caroline Murrell	2021	3A	3200 Meter Run	10:51.83
Caroline Murrell	2022	3A	1600M Run	5:07.44



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Caroline Murrell 2022 3A 3200M Run 11:07.69
 Laney Babo 2024 2A Pole Vault 11'00.00"

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

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

PAGE

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

PAMLICO COUNTY

Hydia Davis 2018 1A Shot Put 39' 2"
 Mirachell Maher 2021 1A Shot Put 36'00.25"
 Tra'Nijah Pettihomme 2021 1A 100 Meter Dash 12.32
 Tra'Nijah Pettihomme 2021 1A 200 Meter Dash 25.48
 2021 1A 4X100 Relay 50.75
 2022 1A 4 X 100 Relay 49.48

PANTHER CREEK

Cassie Crawford 2009 4A Pole Vault 11' 06"
 Cassie Crawford 2010 4A Pole Vault 12' 06"
 Morgan Smalls 2017 4A High Jump 5' 08"
 Morgan Smalls 2018 4A Long Jump 19' 3.5"
 Morgan Smalls 2018 4A Triple Jump 40' 7.5"
 Morgan Smalls 2018 4A High Jump 6' 0.25"
 Morgan Smalls 2018 4A MOP
 Morgan Smalls 2019 4A Triple Jump 40' 09"
 Morgan Smalls 2019 4A High Jump 5' 10"
 Morgan Smalls 2019 4A MOP
 Kirstin Smalls 2023 4A High Jump 5'06.00"
 Lena Richardson 2023 4A Pole Vault 12'10.00"

PARKLAND

Faye Strothers 1981 O Shot Put 42' 11.5"
 Sheena Anderson 2003 3A Shot Put 38' 1.5"
 2006 3A 4X200 M Relay 1:42.18
 2006 3A 4X400 M Relay 3:59.47
 2007 3A 4X100 M Relay 49.25
 Jessica Morgan 2008 3A Long Jump 18' 11"
 Jessica Morgan 2009 3A 4X100 M Relay 48.13
 Jessica Morgan 2010 4A Long Jump 18' 9.5"
 2012 4A 4X100 M Relay 47.73
 2012 4A 4X200 M Relay 1:39.62
 2013 4A 4X100 M Relay 47.22
 2013 4A 4X200 M Relay 1:37.83
 2013 4A 4X400 M Relay 3:47.70
 Katlin Sherman 2014 4A 100 M Dash 11.88
 Katlin Sherman 2014 4A 200 M Dash 24.05
 Katlin Sherman 2014 4A MOP

2014 4A 4X100 M Relay 46.99
 2014 4A 4X200 M Relay 1:36.99
 2014 4A 4X400 M Relay 3:47.88
 Ebony Williams 2015 4A 100 M Hurdles 13.44
 Ebony Williams 2015 4A 300 M Hurdles 42.19
 Katlin Sherman 2015 4A 100 M Dash 11.53
 McKinley McNeill 2015 4A 400 M Dash 54.31
 2015 4A 4X200 M Relay 1:36.43
 2015 4A 4X400 M Relay 3:46.57

McKinley McNeill 2016 4A 400 M Dash 53.50
 2016 4A 4X200 M Relay 1:37.05
 Alexis Patterson 2018 3A 100 M Dash 11.78
 Alexis Patterson 2018 3A 200 M Dash 24.39
 Alexis Patterson 2018 3A MOP

2018 3A 4X100 M Relay 47.28
 2018 3A 4X200 M Relay 1:38.96
 Alexis Patterson 2019 3A 100 M Hurdles 13.91
 Alexis Patterson 2019 3A 100 M Dash 11.95
 Alexis Patterson 2019 3A MOP
 Ija Mumford 2019 3A Long Jump 18' 3.75"
 2019 3A 4X100 M Relay 47.10
 2019 3A 4X200 M Relay 1:38.29
 Ai'yana Gray-Williams 2021 3A 100 Meter Dash 12.14
 Ai'yana Gray-Williams 2021 3A 200 Meter Dash 24.66
 2021 3A 4X100 Relay 47.97
 2021 3A 4X200 Relay 1:40.41
 Ija Mumford 2022 4A Long Jump 19' 5"
 Ija Mumford 2022 4A Triple Jump 38' 8"
 2023 4A 4X100 Relay 47.35
 2023 4A 4X200 Relay 1:37.89

PARKWOOD

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

PATTON

Faith Younts 2019 2A 800 M Dash 2:21.92
 Madison Clay 2022 2A 3200M Run 11:26.42

PENDER

Christina Moore 2005 2A 800 M Dash 2:18.43
 Christina Moore 2005 2A 1600 M Run 5:13.07
 Saresa Hudson 2007 1A 300 M Hurdles 46.84
 Saresa Hudson 2010 1A 300 M Hurdles 45.58
 Tanazsa Simpson 2016 1A Shot Put 39' 5.25"
 Daisy Hearn 2019 1A Shot Put (WC) 8' 3.75"
 Daisy Hearn 2019 1A Discus (WC) 19' 3"
 Sonti Robinson 2019 1A Shot Put 34' 5.5"
 Daisy Hearn 2021 1A Shot Put (WC) 9'05.00"
 Daisy Hearn 2021 1A Discus (WC) 18'04"

PERQUIMANS

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Tracy Briston	1982	O	200 M Hurdles	28.50
Bernadette Washington	2001	4A	200 M Dash	24.67
Bernadette Washington	2001	4A	MOP	
	2001	4A	4X200 M Relay	1:42.65
	2001	4A	4X400 M Relay	4:02.29
Joanna Wright	2007	4A	Pole Vault	11' 06"

RAGSDALE

Elder	1972	O	1 Mile Run	6:05.60
Ralston	1972	O	880 YD Dash	2:43.20
	1974	O	4X110 YD Relay	51.70
McClenlon	1976	O	Discus	123' 10"
Lisa Gray	1978	O	Shot Put	43' 8"
Lisa Gray	1979	O	Shot Put	43' 4.75"
Lisa Gray	1979	O	Discus	132' 00"
Nathifa Forde	2002	3A	Triple Jump	37' 7.5"
Kiara Crutchfield	2005	3A	Long Jump	17' 08"
Caitlin Thornley	2006	3A	Pole Vault	12' 00"
Kiara Crutchfield	2007	3A	Long Jump	18' 05"
Chesney Ward	2016	4A	Pole Vault	13' 02"
Kaitlin McGoogan	2019	4A	Shot Put	38' 11.75"
Kaitlin McGoogan	2019	4A	Discus	142' 09"

RANDLEMAN

Shelly Whitaker	1990	1/2	High Jump	5' 06"
	1990	1/2	4X400 M Relay	4:11.22
Christal Rayle	2002	2A	1600 M Run	5:30.01

REAGAN

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

RED SPRINGS

	1992	1/2	4X200 M Relay	1:46.57
	2001	1A	4X200 M Relay	1:48.74
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"
Zoie Shuler	2024	1A	Triple Jump	37'01.75"
Zoie Shule	2024	1A	High Jump	5'04.00"

ROCKINGHAM COUNTY

Nish Neal	1991	3A	Shot Put	38' 0.75"
Christian Murphy	1992	3A	Discus	115' 03"
Nish Neal	1992	3A	Shot Put	36' 8.75"
Nish Neal	1993	3A	Shot Put	35' 11.25"

ROCKY MOUNT

Danita Whitaker	2010	3A	Shot Put	39' 6"
	2015	3A	4X100 M Relay	49.08
	2015	3A	4X200 M Relay	1:43.36

ROCKY RIVER

Kenya Livingston	2016	4A	High Jump	5' 08"
Jirah Sidberry	2019	4A	Long Jump	18' 11.75"

ROLESVILLE

Joslyn Hamilton	2023	4A	100 M Hurdles	14.25
Joslyn Hamilton	2024	4A	100 M Hurdles	13.57
Joslyn Hamilton	2024	4A	100 M Dash	11.67
Joslyn Hamilton	2024	4A	300 M Hurdles	41.10
Joslyn Hamilton	2024	4A	MOP	

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"
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WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



SCOTLAND COUNTY

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

SEVENTY-FIRST

Pam Belton	1979	O	220 YD Dash	25.00
Pam Belton	1981	O	200 M Dash	24.80
	1992	4A	4X800 M Relay	9:51.91
Kennisha Morten	1998	4A	400 M Dash	56.97
Danielle Davis	1999	4A	100 M Dash	12.03

SHELBY

Charlotte Smith	1988	3A	1600 M Run	5:23.85
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SMITHFIELD-SELMA

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

SMOKY MOUNTAIN

	2016	2A	4X800 M Relay	9:54.83
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SOUTH BRUNSWICK

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

SOUTH CALDWELL

Virginia Lacombe	1998	3A	High Jump	5' 08"
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SOUTH CENTRAL

Kelsey McCorkle	2006	3A	100 M Dash	11.83
Kelsey McCorkle	2006	3A	200 M Dash	24.73
Kelsey McCorkle	2006	3A	MOP	
Kelsey McCorkle	2007	3A	200 M Dash	24.79
Kelsey McCorkle	2007	3A	400 M Dash	56.60
Kelsey McCorkle	2007	3A	MOP	
Kelsey McCorkle	2008	3A	100 M Dash	11.83
Kelsey McCorkle	2008	3A	200 M Dash	23.63
Kelsey McCorkle	2008	3A	MOP	

Danielle Butts	
Danielle Butts	
Danielle Butts	
Danielle Butts	

Danielle Butts	
Danielle Butts	
Alexis Hastings	

Cathy Pryor	
Gina Rosser	
Gina Rosser	

Vanessa Smith	
Annette Harris	
Kresha Estes	

Tracey Burwell	
Juanita Highes	

Latoya Burt	
Shawnti Jackson	
Shawnti Jackson	
Shawnti Jackson	
Shawnti Jackson	

Jaylah Jefferson	
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Julia Scoles	
Julia Scoles	

Anna Raynor	
Anna Raynor	
Whitney Williams	

2008	3A	4X100 M Relay	47.24
2009	3A	Triple Jump	40' 11"
2010	3A	Triple Jump	39' 01"
2010	3A	High Jump	5' 06"
2010	3A	MOP	
2010	3A	4X100 M Relay	46.94
2010	3A	4X200 M Relay	1:39.32
2011	3A	Triple Jump	40' 11"
2011	3A	High Jump	5' 04"
2011	3A	4X100 M Relay	47.35
2011	3A	4X200 M Relay	1:43.61
2021	4A	Triple Jump	37'09.00"
2022	3A	4 X 200 Relay	1:46.02

SOUTH DAVIDSON

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

SOUTH GRANVILLE

1986	1/2	MOP	
1988	1/2	200 M Dash	25.85
1988	1/2	400 M Dash	58.20
1988	1/2	4X100 M Relay	49.59
1990	1/2	200 M Dash	26.22
1990	1/2	4X200 M Relay	1:48.04
1991	1/2	400 M Dash	58.91
1996	2A	400 M Dash	57.55
1997	2A	4X400 M Relay	4:05.51
1998	2A	300 M Hurdles	46.24
2023	2A	100 Meter Dash	11.33
2023	2A	200 Meter Dash	22.70
2023	2A	400 Meter Dash	53.02
2023	2A	MOP	
2023	2A	4X200 Relay	1:40.41
2023	2A	Long Jump	17'00.00"

SOUTH IREDELL

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

SOUTH JOHNSTON

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

SOUTH MECKLENBURG

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

SOUTH ROBESON

Angela Grissett	1995	1A	4X100 M Relay	52.10
Shaquiela Robinson	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"
Macy Miller	2024	3A	High Jump	5'04.00"

SOUTH STANLY

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

SOUTH STOKES

Evette Brown	2002	1A	100 M Dash	12.24
Evette Brown	2002	1A	200 M Dash	25.52
Kasey Smith	2003	1A	3200 M Run	11:51.54
Kasey Smith	2003	1A	MOP	
	2003	1A	4X800 M Relay	10:20.64
Evette Brown	2004	1A	100 M Dash	12.18
Evette Brown	2004	1A	200 M Dash	25.87
Chelsea Mudd	2007	1A	400 M Dash	1:01.11
Joanna Davis	2007	1A	100 M Hurdles	16.25
Jalee Brown	2023	1A	100 Meter Dash	11.86
Jalee Brown	2023	1A	400 Meter Dash	58.08



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



SOUTHEAST GUILFORD

McMais	1973	0	880 YD Dash	2:32.80
Robbins	1973	0	High Jump	5' 0.5"
Robbins	1974	0	High Jump	5' 02"
Haley Hackett	2008	3A	Shot Put	37' 6"
Breanna Alston	2009	3A	400 M Dash	58.45
Kiya Oviosun	2017	4A	400 M Dash	53.53
Shekinah Cooke	2019	3A	Discus	140' 08"

SOUTHEAST HALIFAX

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

SOUTHEAST RALEIGH

Jessica Hawkins	1998	4A	Discus	126' 05"
Jessica Hawkins	1999	4A	Shot Put	37' 10"
	2000	4A	4X800 M Relay	9:26.84
Michelle Dixon	2001	4A	100 M Dash	12.18
Sharonda Johnson	2001	4A	Triple Jump	37' 9.5"
Sharonda Johnson	2002	4A	Triple Jump	39' 3.5"
Krystle Medlin	2003	4A	800 M Dash	2:20.20
Krystle Medlin	2004	4A	800 M Dash	2:16.40
	2004	4A	4X800 M Relay	9:36.41
Ebonie Cunningham	2005	4A	400 M Dash	56.47
Gabby Mayo	2005	4A	100 M Hurdles	14.41
Gabby Mayo	2005	4A	300 M Hurdles	44.62
Gabby Mayo	2005	4A	MOP	
Chrishawn Williams	2006	4A	Long Jump	18' 07"
Ebonie Cunningham	2006	4A	400 M Dash	55.10
Gabby Mayo	2006	4A	100 M Hurdles	13.60
Gabby Mayo	2006	4A	100 M Dash	11.14
Gabby Mayo	2006	4A	200 M Dash	23.51
Gabby Mayo	2006	4A	300 M Hurdles	43.56
Gabby Mayo	2006	4A	MOP	
Monique Vines	2006	4A	Triple Jump	37' 05"
Chrishawn Williams	2007	4A	Triple Jump	37' 07"
Ebonie Cunningham	2007	4A	400 M Dash	55.17
Gabby Mayo	2007	4A	100 M Hurdles	13.73
Gabby Mayo	2007	4A	100 M Dash	11.43
Gabby Mayo	2007	4A	200 M Dash	23.72
Gabby Mayo	2007	4A	MOP	
Chrishawn Williams	2009	4A	Long Jump	19' 04"
	2009	4A	4X100 M Relay	47.33
	2009	4A	4X200 M Relay	1:39.14

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

SOUTHERN ALAMANCE

Sherry Faust	1992	3A	100 M Dash	12.43
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SOUTHERN DURHAM

	1995	3A	4X100 M Relay	49.29
	1995	3A	4X200 M Relay	1:43.19
	1995	3A	4X400 M Relay	4:00.14
Heather Carpenter	1996	3A	300 M Hurdles	46.21
Marshari Williams	1996	3A	100 M Hurdles	14.85
Marshari Williams	1997	3A	100 M Hurdles	15.08
Taressa Davis	1997	3A	Triple Jump	38' 07"
Patience Coleman	2004	3A	High Jump	5' 08"
Patience Coleman	2005	3A	High Jump	5' 04"
Patience Coleman	2006	4A	High Jump	5' 10"
Patience Coleman	2007	4A	High Jump	5' 08"
Jacinda Evans	2008	4A	Long Jump	19' 9.75"
Jacinda Evans	2008	4A	Triple Jump	39' 01"
Jacinda Evans	2008	4A	100 M Dash	11.77
Jacinda Evans	2008	4A	200 M Dash	24.47
Jacinda Evans	2008	4A	MOP	
Rah'Shea Christopher	2023	3A	Shot Put	38'10.75"

SOUTHERN GUILFORD

Dixon	1974	0	Shot Put	38' 4.5"
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Dixon	1975	0	Shot Put	38' 8"
Dixon	1976	0	Shot Put	41' 7"
Shana Harris	1993	3A	High Jump	5' 04"
Shana Harris	1994	2A	Long Jump	17' 09"
Jenny Cassell	1997	2A	100 M Dash	12.42
LeTreyia Parker	2001	2A	200 M Dash	25.07
Kylie McMillan	2014	3A	100 M Hurdles	14.11
Kylie McMillan	2015	3A	100 M Hurdles	13.81
Kylie McMillan	2015	3A	300 M Hurdles	43.78
Kylie McMillian	2015	3A	MOP	
Ania Dawson	2016	3A	Discus	126' 06"
Imani Bennett	2016	3A	Triple Jump	39' 01"
Tianna Spinks	2024	3A	400 M Dash	54.40

SOUTHERN NASH

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

SOUTHERN VANCE

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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



SOUTHSIDE

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

SOUTHWEST EDGEcombe

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

SOUTHWEST GUILFORD

Ashley Pinnix	1997	2A	High Jump	5' 00"
	1997	2A	4X800 M Relay	10:13.09
Nayly Bulkeley	1999	3A	800 M Dash	2:19.53
	1999	3A	4X800 M Relay	9:49.46
Tiffany Roberts	2002	3A	200 M Dash	24.54
	2002	3A	4X100 M Relay	49.44
	2002	3A	4X200 M Relay	1:42.65
Portia Baker	2003	3A	200 M Dash	24.39
Portia Baker	2003	3A	400 M Dash	56.79
Portia Baker	2004	3A	200 M Dash	25.23
Portia Baker	2004	3A	400 M Dash	55.82
Shemiah Brooks	2010	4A	Triple Jump	39' 10"
Shemiah Brooks	2011	4A	Triple Jump	39' 03"
Shemiah Brooks	2012	4A	Triple Jump	28' 10"
Nyile Facey	2018	3A	100 M Hurdles	14.06
Sady Moody	2022	4A	Discus	129'10.00"
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
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SOUTHWESTERN RANDOLPH

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

ST. PAULS

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

ST. STEPHENS

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

STARMOUNT

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

STATESVILLE

Kim Jones	1990	3A	High Jump	5' 06"
	1990	3A	4X100 M Relay	49.37
	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
	1994	3A	4X800 M Relay	9:57.61
	2007	3A	4X800 M Relay	9:30.78

SURRY CENTRAL

Sara White	1990	1/2	300 M Hurdles	45.89
Sara White	1991	1/2	100 M Hurdles	15.32
Mikki Dollyhigh	1992	1/2	400 M Dash	59.91
Sara White	1992	1/2	100 M Hurdles	15.31
Sara White	1992	1/2	300 M Hurdles	46.19
	1992	1/2	4X400 M Relay	4:11.50
Sara White	1993	1/2	100 M Hurdles	15.10
Sara White	1993	1/2	300 M Hurdles	44.90
	1993	1/2	4X400 M Relay	4:10.17
Jill Lawrence	1994	1A	800 M Dash	2:31.10



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



	2002 2A 4X100 M Relay	48.87		1990 3A 4X400 M Relay	4:00.31	Kim McPhatter	1994 2A High Jump	5' 06"
	2003 2A 4X200 M Relay	1:43.47	Vicki Pittman	1991 3A 300 M Hurdles	45.43			
Sarah Portee	2004 2A Triple Jump	36' 5.5"		1991 3A 4X400 M Relay	4:10.01	<u>VANCE, Z. B. (CHARLOTTE)</u>		
Sarah Portee	2004 2A High Jump	5' 02"		1993 3A 4X400 M Relay	4:06.75	Tracy Prohoniak	2003 4A Pole Vault	10' 06"
Sarah Portee	2004 2A MOP		Renee Hudson	1994 3A 300 M Hurdles	46.57		2004 4A 4X100 M Relay	47.60
Ashley McKiver	2005 2A 100 M Dash	12.31		1994 3A 4X400 M Relay	4:08.49	Dominique Weathers	2010 4A 200 M Dash	24.45
Ashley McKiver	2005 2A 200 M Dash	25.65		<u>TERRY SANFORD</u>				
Ashley McKiver	2005 2A MOP			<u>WADDELL</u>				
	2005 2A 4X100 M Relay	49.67	Demetria Washington	1996 4A 400 M Dash	54.35	Aja Jackson	2005 4A 800 M Dash	2:16.90
Dekalah Price	2006 3A Long Jump	17' 09"	Demetria Washington	1997 4A 400 M Dash	54.78	Aja Jackson	2005 4A 1600 M Run	5:09.76
Dekalah Price	2006 3A Triple Jump	38' 4.75"	Demetria Washington	1998 4A 100 M Dash	12.10	<u>WAKE FOREST (-ROLESVILLE)</u>		
Paisley Simmons	2010 2A 100 M Dash	12.03	Demetria Washington	1998 4A 200 M Dash	24.37	Becky Post	1999 4A Pole Vault	9' 00"
Nora McKiver	2011 2A 100 M Hurdles	14.60	Zoe Dorsey	2023 3A 400 M Dash	54.99	Kellie Todd	2001 4A Long Jump	18' 10"
Nora McKiver	2011 2A 300 M Hurdles	43.69	Zoe Dorsey	2023 3A 800 M Dash	2:15.41	Sarah Graham	2010 4A High Jump	5' 06"
Nora McKiver	2012 2A 100 M Hurdles	14.22		<u>THOMASVILLE</u>				
Nora McKiver	2012 2A 300 M Hurdles	44.87		1980 O Discus	124' 04"	Sarah Graham	2011 4A High Jump	5' 08"
Paisley Simmons	2012 2A 100 M Dash	12.03	Jackie Gandy	1981 O 200 M Hurdles	28.30	Jillian Weidner	2021 4A 100M Dash (WC)	25.50
Paisley Simmons	2012 2A 200 M Dash	24.74	Sandra Nichols	1982 O Discus	128' 09"	Jillian Weidner	2021 4A 200M Dash (WC)	47.47
Nora McKiver	2013 2A 100 M Hurdles	14.37	Jackie Gandy	2005 1A 4X100 M Relay	51.34	Jillian Weidner	2023 4A 100M Dash (WC)	20.48
Nora McKiver	2013 2A 300 M Hurdles	42.70		<u>TOPSAIL</u>				
Nora McKiver	2013 2A MOP			2007 1A 4X100 M Relay	50.45	Jillian Weidner	2023 4A 200M Dash (WC)	39.01
Paisley Simmons	2013 2A 100 M Dash	12.05		2007 1A 4X200 M Relay	1:45.51	Jillian Weidner	2023 4A 400M Dash (WC)	1:13.13
Paisley Simmons	2013 2A 200 M Dash	24.61		<u>TRITON</u>				
	2013 2A 4X100 M Relay	48.27		1993 4A Long Jump	18' 11.75"	Jillian Weidner	2024 4A 100M Dash (WC)	20.79
Mikel Franklin	2016 2A High Jump	5' 07"		1994 4A High Jump	5' 06"	Jillian Weidner	2024 4A 200M Dash (WC)	37.17
Peighton Simmons	2016 2A Triple Jump	38' 00"		2005 3A Shot Put	40' 7"	Jillian Weidner	2024 4A 400M Dash (WC)	1:11.85
Nicole Barnes	2017 2A 100 M Hurdles	14.19	Rhonda Parks	2009 3A 800 M Dash	2:16.81	<u>WAKEFIELD</u>		
Nicole Barnes	2017 2A 100 M Dash	12.09	Rhonda Parks	<u>WAKEFIELD</u>				
Peighton Simmons	2017 2A Triple Jump	39' 0.75"	LaWanda Henry	1988 1/2 4X400 M Relay	4:06.64	Ariah Graham	2010 4A 4X200 M Relay	1:39.14
Zacora McKnight	2017 2A 300 M Hurdles	44.71	LeaAnna Godwin	<u>TRYON</u>				
	2017 2A 4X100 M Relay	48.32		1989 4A Discus	124' 06"	Ariah Graham	2010 4A 4X400 M Relay	3:49.83
	2017 2A 4X200 M Relay	1:40.71		2023 3A 1600 M Run	5:03.76	Ariah Graham	2011 4A 400 M Dash	55.01
Nicole Barnes	2018 2A Long Jump	18' 7.5"		<u>TUSCOLA</u>				
Nicole Barnes	2018 2A Triple Jump	36' 08"		1989 4A Discus	124' 06"	Kristen Lee	2011 4A 4X400 M Relay	3:53.69
Nicole Barnes	2018 2A 100 M Hurdles	13.99		2023 3A 1600 M Run	5:03.76	Kristen Lee	2012 4A 400 M Dash	55.14
Nicole Barnes	2018 2A 300 M Hurdles	44.37	Laura Plott	<u>UNION</u>				
Nicole Barnes	2018 2A MOP		Evan Rinker	1995 1A 4X200 M Relay	1:52.70	Tiana Patillo	2012 4A 4X400 M Relay	3:47.72
	<u>TAR HEEL</u>			1996 1A 4X200 M Relay	1:48.49	Tiana Patillo	2013 4A Pole Vault	13' 00"
Kristal Troy	1999 1A 400 M Dash	59.82		2002 1A High Jump	5' 00"	Tiana Patillo	2013 4A 400 M Dash	55.46
	<u>TARBORO</u>			2002 1A High Jump	5' 00"	Tyra Lea	2013 4A MOP	
Wanda Phillips	1989 3A 400 M Dash	58.69		<u>UNION PINES</u>				
	1989 3A 4X200 M Relay	1:44.04		1993 1/2 High Jump	5' 04"	Tyra Lea	2013 4A 200 M Dash	23.95
	1989 3A 4X400 M Relay	4:03.56	Kim McPhatter	<u>WALKERTOWN</u>				
Vicki Pittman	1990 3A 300 M Hurdles	45.49		1993 1/2 High Jump	5' 04"	Veronica Fraley	2018 4A Shot Put	47' 2"
						Veronica Fraley	2018 4A 400 M Dash	52.32
						Shawnti Jackson	2022 4A 100M Dash	11.45
						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



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Mariah Perry 2023 2A 100 M Hurdles 15.12

WALLACE-ROSE HILL

Tameka Peterson 2000 2A 100 M Dash 12.17

Tameka Peterson 2001 2A 100 M Dash 12.07

WARREN COUNTY

Starbesha Satterwhite 2015 2A 200 M Dash 25.22

WASHINGTON

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

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

L'Tonya Hall 1988 3A 200 M Dash 25.37

1988 3A 4X800 M Relay 9:54.88

Meyetta Grimes 1994 3A Discus 115' 03"

Ronetta Burgess 1999 3A 100 M Hurdles 15.90

WATAUGA

April Cook 1981 0 High Jump 5' 06"

April Cook 1983 0 High Jump 5' 8.25"

April Cook 1983 0 400 M Dash 55.60

Windy McIntyre 1989 4A 3200 M Run 11:38.79

Brenda Taylor 1995 4A 100 M Hurdles 14.62

Brenda Taylor 1995 4A 300 M Hurdles 43.81

Brenda Taylor 1996 4A 100 M Hurdles 14.53

Brenda Taylor 1996 4A 300 M Hurdles 43.30

Brenda Taylor 1996 4A MOP

Brenda Taylor 1997 4A 100 M Hurdles 14.23

Brenda Taylor 1997 4A 300 M Hurdles 42.14

Brenda Taylor 1997 4A MOP

Whitney Woods 1997 4A 3200 M Run 11:30.07

1997 4A 4X400 M Relay 3:53.84

Donna Bealer 1998 4A 800 M Dash 2:16.78

Marina Chase 1998 4A 3200 M Run 11:21.50

1998 4A 4X800 M Relay 9:34.07

1999 4A 4X800 M Relay 9:36.61

Sallie Gurganus 2004 4A Pole Vault 11' 00"

Sallie Gurganus 2005 4A Pole Vault 11' 08"

Sallie Gurganus 2006 4A Pole Vault 12' 01"

Taylor Cook 2008 4A Pole Vault 11' 00"

WEDDINGTON

Victoria Shobe 2005 3A Pole Vault 11' 06"

Breahna Morrison 2010 3A 400 M Dash 55.69

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

Hannah Stokes

Elizabeth Becker

Elizabeth Becker

Elizabeth Becker

Elizabeth Becker

Riley Felts

Mackenzie Kuelz

Irene Johnson

Rhonette Phillips

Jessica Doyle

Lashondria Humphrey

Kayl Padgett

Kayl Padgett

Joanie Mungro

Latoya Mungro

Latoya Mungro

Kittrell

Sampson

Jessie Hoeverman

Jennifer Bennett

Jennifer Bennett

Sha-Mecca Twitty

Sha-Mecca Twitty

Chanel Raynor

Blake Dodge

Blake Dodge

Blake Dodge

Blake Dodge

Blake Dodge

Blake Dodge

Blake Dodge

Emme Fisher

Mackenzie Whitaker

Tyler Collins

Tyler Collins

2010 3A 4X400 M Relay 4:00.13

2014 3A 4X100 M Relay 49.00

2015 3A Shot Put 38' 6"

2017 3A 100 M Dash (WC) 20.48

2017 3A 200 M Dash (WC) 36.82

2017 3A 400 M Dash (WC) 1:12.08

2017 3A 800 M Dash (WC) 2:37.65

2018 3A Pole Vault 12' 00"

2021 3A High Jump 5'06.00"

2021 3A 4X400 Relay 3:59.72

WEST BRUNSWICK

1993 1/2 Triple Jump 37' 0.25"

2001 2A Pole Vault 10' 00"

2002 3A Discus 108' 3.5"

2002 3A Shot Put 34' 9.5"

2011 3A Shot Put 42' 7"

2011 3A Discus 133' 11"

WEST CALDWELL

1995 2A High Jump 5' 02"

1995 2A Discus 128' 06"

1996 2A Discus 121' 10"

1974 0 880 YD Dash 2:27.30

1975 0 High Jump 5' 01"

1987 3A Discus 115' 01"

1988 3A 800 M Dash 2:19.99

1989 3A 800 M Dash 2:22.24

1998 4A High Jump 5' 06"

1999 4A High Jump 5' 04"

2003 3A Discus 107' 03"

2012 3A 800 M Dash 2:16.03

2013 3A 800 M Dash 2:13.23

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

2022 3A High Jump 5' 4"

2023 3A 4X400 Relay 3:59.95

2023 3A High Jump 5'08.00"

WEST CHARLOTTE

Stella Johnson 1976 0 110 YD Hurdles 15.00

Stella Johnson 1977 0 110 YD Hurdles 14.20

Katrina Grier 1981 0 Long Jump 20' 1.25"

Katrina Grier 1982 0 Long Jump 19' 6.75"

Von Ross 1988 4A Long Jump 18' 9.25"

Von Ross 1989 4A Long Jump 18' 4.75"

Tarsha Bess 1991 4A 100 M Dash 11.88

Ursula McLean 1997 4A 800 M Dash 2:19.46

2000 4A 4X400 M Relay 3:56.33

2002 4A 100 M Dash NA

Shamaya Poe 2005 4A 100 M Dash 11.84

Shamaya Poe 2005 4A 4X100 M Relay 48.44

2008 4A 400 M Dash 55.58

Nyosha Bryant 2009 4A 100 M Dash 11.92

Nyosha Bryant 2009 4A 200 M Dash 24.12

Nyosha Bryant 2009 4A MOP

WEST CRAVEN

Vicki Mitchell 2006 3A Discus 117' 09"

Vicki Mitchell 2007 3A Discus 124' 10"

Nyshedra Brown 2011 3A 100 M Dash 12.33

Nyshedra Brown 2011 3A 200 M Dash 24.91

Nyshedra Brown 2012 3A 100 M Dash 11.77

Nyshedra Brown 2012 3A 200 M Dash 24.37

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"

WEST FORSYTH

Lindsay Absher 2018 4A Pole Vault 13' 03"

Lindsay Absher 2019 4A Pole Vault 12' 00"

WEST HENDERSON

Sherry Smith 1987 3A Long Jump 17' 10.875"

Amy Knox 1994 2A 800 M Dash 2:25.80

Amy Knox 1994 2A 1600 M Run 5:25.60

Amy Knox 1994 2A 3200 M Run 11:54.40

Amy Knox 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"



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



Brittany Fennell	2005 2A 4X800 M Relay	10:03.80
Lindsey Pate	2006 2A 400 M Dash	57.57
Meredith Foster	2006 2A Discus	114' 02"
Emma Hall	2009 2A High Jump	5' 03"
Emma Hall	2022 3A 100M Hurdles	15.07
Emma Hall	2022 3A 300M Hurdles	45.69
Emma Hall	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
Emma Hall	2024 3A 300M Hurdles	44.51

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 0 Discus	117' 06"
	1996 4A 4X200 M Relay	1:42.61
	1996 4A 4X800 M Relay	9:46.00
Keisha Boggan	1997 4A Shot Put	38' 0"
	1997 4A 4X100 M Relay	47.66
	1998 4A 4X200 M Relay	1:40.06
Kristie Boggan	2000 4A Shot Put	38' 2"
Kristie Boggan	2001 4A Shot Put	39' 1"
	2010 4A 4X100 M Relay	47.56
	2011 4A 4X100 M Relay	48.11
	2011 4A 4X200 M Relay	1:40.29
Sanu Jallow	2021 4A 800 Meter Run	2:07.78
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	
<u>WEST ROWAN</u>		
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 Burluson	2023 2A 800 Meter Run	2:23.32
Kelsey Burluson	2023 2A 1600 Meter Run	5:22.22
<u>WEST STOKES</u>		
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
Makayla Roten	2013 1A High Jump	5' 06"

WESTERN ALAMANCE

Candyra Sellers	2002 2A 400 M Dash	58.86
Lydia Laws	2012 3A 300 M Hurdles	44.84

Alexis Dickerson	2013 3A Shot Put	39' 8.25"
Lydia Laws	2013 3A 300 M Hurdles	43.79
Alexis Dickerson	2014 3A Shot Put	38' 6.5"
Alexis Dickerson	2014 3A Discus	113' 02"
Lydia Laws	2014 3A Triple Jump	37' 2.5"
Lydia Laws	2014 3A 300 M Hurdles	43.62
Lydia Laws	2014 3A MOP	

WESTERN GUILFORD

N. Ray	1977 0 High Jump	5' 05"
N. Ray	1980 0 High Jump	5' 06"
S. Owens	1980 0 800 M Dash	2:15.20
Angela Williams	1989 3A 100 M Hurdles	15.44
	1997 2A 4X100 M Relay	50.25
	1997 2A 4X200 M Relay	1:45.37
Geneva Yarborough	2001 3A Shot Put	38' 3"
Tatyana Kirichenko	2001 3A Triple Jump	38' 6.5"
Tatyana Kirichenko	2001 3A Pole Vault	11' 00"
Tatyana Krichenko	2001 3A MOP	
Arielle Dawkins	2005 2A Pole Vault	10' 0.5"
Radiance Basden	2007 3A Triple Jump	38' 10.5"
Cori Goins	2008 3A Discus	118' 07"
Radiance Basden	2008 3A Triple Jump	39' 8.5"
Breanna Warren	2012 4A Discus	132' 04"
Breanna Warren	2013 4A Shot Put	43' 10.25"
Breanna Warren	2013 4A Discus	142' 07"
Dejah Hayes	2013 4A Triple Jump	38' 07"

WESTERN HARNETT

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

WESTOVER

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

WHITEVILLE

Serenity Harvey	2024 2A 100 M Dash	12.09
Serenity Harvey	2024 2A 400 M Dash	57.05
Serenity Harvey	2024 2A 200 M Dash	24.92



WOMEN'S OUTDOOR TRACK EVENT CHAMPIONS BY SCHOOL



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	O	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"

WILSON PREP

Rachel Key	2024	1A	High Jump	5'04.00"
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WINSTON-SALEM PREP

Trisha Bennett	2008	1A	400 M Dash	58.70
	2008	1A	4X200 M Relay	1:43.28
	2008	1A	4X400 M Relay	4:08.85
Camille Wilkerson	2009	1A	100 M Hurdles	15.31
Camille Wilkerson	2009	1A	300 M Hurdles	44.55
Camille Wilkerson	2009	1A	MOP	
Trisha Bennett	2009	1A	400 M Dash	57.56
	2009	1A	4X100 M Relay	49.84
	2009	1A	4X200 M Relay	1:42.93

Sloan Williams	2012	1A	4X100 M Relay	48.51
	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