



Women's Outdoor Track State Individual Event Champions



SHOTPUT

1972	Pope	Southern Nash	36'07.50"	1977	Jozette Lawrence	Lejeune	41'07.50"	1982	Sarah Gardner	Davie County	41'08.25"
1973	Campbell	Hoke County	36'05.50"	1978	Lisa Gray	Ragsdale	43'08.00"	1983	Katrina Swanson	Myers Park	39'11.75"
1974	Xion	Southern Guilford	38'04.50"	1979	Lisa Gray	Ragsdale	43'04.75"	1984	Susan Childers	Havelock	39'04.00"
1975	Dixon	Southern Guilford	38'08.00"	1980	Hubin	Williams	38'04.50"	1985	Ida Pierce	Douglas Byrd	37'05.50"
1976	Dixon	Southern Guilford	41'07.00"	1981	Faye Strothers	Parkland	42'11.50"				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				2A				1A/2A	
1986	Michelle Rhyne	Northwest Cabarrus	38'08.50"	Michelle Rhyne	Northwest Cabarrus	38'08.50"	Janene McClure	Hendersonville	37'03.00"				
1987	Sylvia Crumpler	Cape Fear	38'00.00"	Michelle Rhyne	Northwest Cabarrus	40'00.00"	Janene McClure	Hendersonville	39'09.50"				
1988	Sylvia Crumpler	Cape Fear	39'07.00"	Michelle Rhyne	Northwest Cabarrus	39'02.50"	Janene McClure	Hendersonville	42'05.00"				
1989	Sylvia Crumpler	Cape Fear	38'09.75"	Kelly Sensing	Clyde A. Erwin	37'04.50"	Janet Clark	North Stokes	38'00.00"				
1990	Dashontia Atkinson	Smithfield-Selma	41'01.00"	Ameika Robinson	Concord	36'05.25"	Zondra Johnson	Hendersonville	36'03.75"				
1991	Wendy Utley	Cary	37'03.50"	Nish Neal	Rockingham	38'00.75"	Zondra Johnson	Hendersonville	37'04.00"				
1992	Tracy Connor	South Rowan	39'03.75"	Nish Neal	Rockingham	36'08.75"	Zondra Johnson	Hendersonville	39'02.50"				
1993	Vernia Wilson	Jacksonville	41'05.50"	Nish Neal	Rockingham	35'11.25"	Joyce Land	Williamston	34'04.50"				
1994	Mechelle Clayton	East Forsyth	39'07.75"	Valerie Metz	Asheville	34'05.75"	Kathy Smith	Lincolnton	38'07.50"	Concita Simmons	North Stokes	35'07.00"	
1995	Eve Hammett	Providence	39'05.50"	Myra Williams	South Brunswick	40'01.75"	Leigh Branon	Forbush	36'06.50"	Tonya Owens	Lakewood	33'00.00"	
1996	Latasha Allmond	Pinecrest	38'08.00"	Myra Williams	South Brunswick	42'05.25"	Koletta Harris	Northside	38'11.50"	Lashica Johnson	South Stanly	34'02.00"	
1997	Keisha Boggan	W. Mecklenburg	38'00.00"	Crystal Chamblee	Bertie	37'05.25"	Clifeteana McKiver	East Duplin	36'09.50"	Tracy Pickett	Swansboro	38'08.50"	
1998	Nena Lekwauwa	Mount Tabor	38'09.50"	Kia Sessoms	Hertford	38'01.75"	Tara Clinding	North Rowan	39'04.25"	Kenya Hackett	East Wilkes	34'10.00"	
1999	Jessica Hawkins	SE Raleigh	37'10.00"	Kia Sessoms	Hertford	40'01.00"	Tara Clinding	North Rowan	39'09.00"	Ebony Alston	Louisburg	38'07.25"	
2000	Kristie Boggan	W. Mecklenburg	38'02.00"	Defaye Frazier	Havelock	40'03.50"	Shanara Mintz	Bessemer City	40'06.75"	Beverly Burnett	Cummings	38'10.25"	
2001	Kristie Boggan	W. Mecklenburg	39'01.00"	Geneva Yarborough	Western Guilford	38'03.00"	Katrina Lewis	Southeast Halifax	39'06.50"	Beverly Burnett	Cummings	38'03.25"	
2002	Alesia Walters	Garner	40'05.00"	Lashondria Humphrey	West Brunswick	34'09.50"	Beverly Burnette	Cummings	44'01.50"	Shanara Mintz	Bessemer City	43'04.75"	
2003	Christina Hernandez	A.C. Reynolds	41'05.00"	Sheena Anderson	Parkland	38'01.50"	Nakisha Stewart	Bunn	38'00.50"	Tiffany McGaha	Andrews	37'09.00"	
2004	Kamorean Hayes	Harding	47'07.00"	Adrian Griffin	Harneet Central	36'01.00"	Lily Tallent	West Lincoln	37'01.75"	Kendall Ridenhour	Albemarle	38'11.00"	
2005	Kamorean Hayes	Harding	47'09.00"	LaWanda Henry	Triton	40'07.00"	Nakisha Stewart	Bunn	39'00.00"	Tiffany McGaha	Andrews	38'03.25"	
2006	Kamorean Hayes	Harding	48'07.00"	Chelsey McClean	North Gaston	36'00.50"				Tiffany McGaha	Andrews	37'02.00"	
2007	Kamorean Hayes	Harding	51'03.50"	Courtney Prichard	Havelock	36'11.00"	Morrison Deirdra	Wilkes Central	38'09.00"	Nikia Simmons	North Stokes	34'02.00"	
2008	Aslynn Halvorson	Butler	42'04.00"	Haley Hackett	Southeast Guilford	37'06.00"	Morrison Deirdra	Wilkes Central	40'00.50"	Amanda Cagle	Cherokee	37'00.00"	
2009	Aslynn Halvorson	Butler	44'02.00"	Latoya Wright	Harnett Central	38'05.25"	Gayshawna Watkins	East Rutherford	39'11.50"	Shandellah Martin	North Stokes	32'09.75"	
2010	Clair Watkins	Butler	41'08.50"	Danita Whitaker	Rocky Mount	39'06.00"	Cookie Wingfield	Kinston	41'03.50"	Hailey Cook	Hendersonville	38'10.00"	
2011	Sequoia Watkins	T.C. Roberson	42'05.25"	Kayl Padgett	West Brunswick	42'07.00"	Alisha Bradshaw	Salisbury	39'07.00"	Hailey Cook	Hendersonville	40'02.50"	
2012	Brianna Tate	Grimsley	42'11.25"	Whitney Williams	South Johnston	38'09.75"	Mookie Chavis	Bunn	38'03.25"	Hailey Cook	Hendersonville	42'11.75"	
2013	Breanna Warren	W. Guilford	43'10.25"	Alexis Dickerson	Western Alamance	39'08.25"	Alex Cooke	North Surry	39'10.00"	Hailey Cook	Hendersonville	43'03.50"	
2014	Alycia Springs	Mallard Creek	44'11.00"	Alexis Dickerson	Western Alamance	38'06.50"	Alex Cooke	North Surry	41.09.00"	Samantha Welborn	Starmount	35'10.75"	
2015	Khayla Dawson	Olympic	47'11.00"	Hannah Stokes	Weddington	38'06.00"	Samantha Layko	Croatan	39'06.50"	Kimonta Lloyd	Hayesville	37'03.50"	
2016	Khayla Dawson	Olympic	49'00.00"	Tiana Taylor	Eastern Guilford	39'07.75"	LesLeigh Tabor	Franklin	37'03.00"	Tanazsa Simpson	Pender	39'05.25"	
2017	Kayla Beasley	Hillside	42'10.00"	Kamryn Henderson	Marvin Ridge	40'03.00"	LesLeigh Tabor	Franklin	41'10.00"	Tiffany Holloway	Andrews	41'02.00"	
2018	Veronica Fraley	Wakefield	47'02.00"	Kayla Beasley	Hillside	43'07.50"	Patience Marshall	Anson	42'03.00"	Hydia Davis	Pamlico	39'02.00"	
2019	Kaitlin McGoogan	Ragsdale	38'11.75"	Samantha Ennis	Northwood	42'04.00"	Emily Shain	Lincolnton	43'11.50"	Sonti Robinson	Pender	34'05.50"	
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			
2021	Autumn Judd	SE Raleigh	42'09.00"	Ta'Honny Exum	Eastern Wayne	39'01.50"	Katie Horne	Anson	37'08.00"	Mirachell Maher	Pamlico	36'00.25"	
2022	Tyler Glover	Ardrey Kell	42'01.50"	Emily Hartsoe	Ashe County	37'02.50"	Ta'Honny Exum	Eastern Wayne	42'05.75"	Brittany Ellis	North Rowan	37'02.00"	
2023	Tyler Glover	Ardrey Kell	45'03.25"	Rah'Shea Christopher	Southern Durham	38'10.75"	Ella Riggs	North Surry	40'05.00"	Brittany Ellis	North Rowan	36'08.00"	
2024	Tyler Glover	Ardrey Kell	44'00.00"	Camryn Massey	Ashbrook	45'00.25"	Alena Jimerson	R-S Central	38'02.75"	Brittany Ellis	North Rowan	38'01.25"	



Women's Outdoor Track State Individual Event Champions



1972	Cook	Dudley	103'11.00"	1977	Becky Brown	Myers Park	112'05.00"	1982	Jackie Gandy	Thomasville	128'09.00"
1973	Lynn Cruickshank	Lejeune	107'02.00"	1978	Becky Brown	Myers Park	132'08.00"	1983	Wanda Haythe	J.F. Webb	133'05.00"
1974	Lynn Cruickshank	Lejeune	117'05.00"	1979	Lisa Gray	Ragsdale	132'00.00"	1984	Vanessa Hatch	T.W. Andrews	121'03.00"
1975	Lynn Cruickshank	Lejeune	127'02.00"	1980	Jackie Gandy	Thomasville	124'04.00"	1985	Barbara Myers	West Mecklenburg	117'06.00"
1976	McClenlon	Ragsdale	123'10.00"	1981	Doris Bloxson	Scotland County	128'07.00"				

DISCUS

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A							
1986	Ellen Miller	South Rowan	126'01.00"	1986	Ellen Miller	South Rowan	126'01.00"	1986	Ann Walters	Monroe	112'03.00"				
1987	Sylvia Crumpler	Cape Fear	115'01.00"	1987	Jessie Hoeverman	West Carteret	115'01.00"	1987	Janene McClure	Hendersonville	130'05.00"				
1988	Diana Jones	Cary	117'02.00"	1988	Candy Graves	Cummings	127'00.50"	1988	Janene McClure	Hendersonville	130'06.00"				
1989	Laura Plott	Tuscola	124'06.00"	1989	Candra Gayle	Concord	127'08.00"	1989	Wendy Moss	Murphy	117'03.00"				
1990	Dashontia Atkinson	Smithfield-Selma	141'04.00"	1990	Kim Pakowski	D.H. Conley	119'05.00"	1990	Ebony Lloyd	Murphy	113'08.75"				
1991	Tracy Hoback	North Mecklenburg	119'01.00"	1991	Kim Pakowski	D.H. Conley	115'10.00"	1991	Darlene Vick	Farmville Central	115'10.00"				
1992	Tracy Connor	South Rowan	118'00.00"	1992	Christian Murphy	Rockingham	115'03.00"	1992	Darlene Vick	Farmville Central	118'02.00"				
1993	Alayne Joyner	Broughton	121'04.00"	1993	Elizabeth Harrison	Sun Valley	125'07.00"	1993	Amy Vincent	Farmville Central	120'01.00"				
4A				3A				1A							
1994	Mechelle Clayton	East Forsyth	116'01.00"	1994	Meyetta Grimes	Washington	115'03.00"	1994	Missy Shelton	Madison	127'03.00"	1994	Concita Simmons	North Stokes	132'07.00"
1995	Kelly Karres	Myers Park	114'06.00"	1995	Myra Williams	South Brunswick	125'00.00"	1995	Latoya Mungro	West Caldwell	128'06.00"	1995	Tracy Pickett	Swansboro	106'06.00"
1996	Monica-Gail Baker	Hillside	124'07.00"	1996	Shanna Brown	North Iredell	103'02.00"	1996	Latoya Mungro	West Caldwell	121'10.00"	1996	Tracy Pickett	Swansboro	109'07.00"
1997	Becky Maier	Mount Tabor	121'05.00"	1997	Miriam McCleod	North Gaston	121'08.00"	1997	Clifeteana McKiver	East Duplin	133'01.00"	1997	Tracy Pickett	Swansboro	112'10.00"
1998	Jessica Hawkins	SE Raleigh	126'05.00"	1998	Miriam McCleod	North Gaston	118'02.75"	1998	Clifeteana McKiver	East Duplin	130'11.00"	1998	Michelle Giudici	Elkin	115'07.00"
1999	Sonya Bell	N. Mecklenburg	121'06.00"	1999	Kia Sessoms	Hertford	112'01.75"	1999	Tish Franklin	Madison	117'07.00"	1999	Michelle Giudici	Elkin	126'08.00"
2000	Sonya Bell	N. Mecklenburg	122'10.00"	2000	Danisha Norwood	SW Edgecombe	113'01.00"	2000	Katrina Lewis	Southeast Halifax	103.09.00"	2000	Miranda Long	Cherokee	116'09.50"
2001	Christina Hernandez	A.C. Reynolds	126'03.00"	2001	Brianna Dunston	Southern Nash	116'07.00"	2001	Katrina Lewis	Southeast Halifax	114'06.00"	2001	Miranda Long	Cherokee	118'04.00"
2002	Christina Hernandez	A.C. Reynolds	137'04.00"	2002	Jessica Doyle	West Brunswick	108'03.50"	2002	Whitney McGee	Forest Hills	124'09.00"	2002	Shanara Mintz	Bessemer City	118'00.50"
2003	Christina Hernandez	A.C. Reynolds	139'00.00"	2003	Chanel Raynor	West Carteret	107'03.00"	2003	Diana Rahming	Monroe	117'03.00"	2003	Tiffany McGaha	Andrews	124'00.00"
2004	Kamorean Hayes	Harding	147'02.00"	2004	Jordan Huffman	East Rowan	117'06.00"	2004	Lily Tallent	West Lincoln	122'08.00"	2004	Kendall Ridenhour	Albemarle	126'02.00"
2005	Kamorean Hayes	Harding	142'08.00"	2005	Rachel Karriker	East Rowan	111'01.00"	2005	Lindsey Pate	West Henderson	119'08.00"	2005	Tiffany McGaha	Andrews	134'00.00"
2006	Kamorean Hayes	Harding	155'03.00"	2006	Vicki Mitchell	West Craven	117'09.00"	2006	Lindsey Pate	West Henderson	114'02.00"	2006	Tiffany McGaha	Andrews	139'01.00"
2007	Kamorean Hayes	Harding	148'02.00"	2007	Vicki Mitchell	West Craven	124'10.00"	2007	Aurion Waddell	Southern Vance	121'07.00"	2007	Judith Dillashaw	Avery County	111'06.00"
2008	Aslynn Halvorson	Butler	139'10.00"	2008	Cori Goins	Western Guilford	118'07.00"	2008	Tremonisha Taylor	Southern Vance	113'06.00"	2008	Judith Dillashaw	Avery County	117'09.00"
2009	Aslynn Halvorson	Butler	139'07.00"	2009	Sequoia Watkins	T.C. Roberson	125'00.00"	2009	Tremonisha Taylor	Southern Vance	141'00.00"	2009	Lynn Davis	Williamston	101'00.00"
2010	Sequoia Watkins	T.C. Roberson	142'04.00"	2010	Tremanisha Taylor	Southern Vance	137'00.00"	2010	Alisha Bradshaw	Salisbury	129'11.50"	2010	Hailey Cook	Hendersonville	109'09.00"
2011	Sequoia Watkins	T.C. Roberson	141'06.00"	2011	Kayl Padgett	West Brunswick	133'11.00"	2011	Alisha Bradshaw	Salisbury	119'10.00"	2011	Hailey Cook	Hendersonville	116'10.00"
2012	Breanna Warren	W. Guilford	132'04.00"	2012	Lyssa Wallace-O'Neill	Jacksonville	117'04.00"	2012	Morgan Lau	Cedar Ridge	112'03.00"	2012	Hailey Cook	Hendersonville	117'10.00"
2013	Breanna Warren	W. Guilford	142'07.00"	2013	Lyssa Wallace-O'Neill	Jacksonville	128'03.00"	2013	Samantha Layko	Croatan	122'01.00"	2013	Hailey Cook	Hendersonville	146'05.00"
2014	Bryanna Hames	Myers Park	159'01.00"	2014	Alexis Dickerson	Western Alamance	113'02.00"	2014	Samantha Layko	Croatan	131'05.00"	2014	Samantha Welborn	Starmount	112'10.00"
2015	Alycia Springs	Mallard Creek	142'09.00"	2015	Nakeisha Jones	Hunt	117'08.00"	2015	Samantha Layko	Croatan	128'11.00"	2015	Avianna Hopkins	Queens Grant	119'08.00"
2016	Khayla Dawson	Olympic	140'01.00"	2016	Ania Dawson	Southern Guilford	126'06.00"	2016	Amy Yarborough	Hendersonville	115'09.00"	2016	Avianna Hopkins	Queens Grant	117'01.00"
2017	Candice Whitley	SE Raleigh	142'07.00"	2017	Ne'ja Ervin	East Gaston	122'08.75"	2017	Maya Stanley	Northside-Jax	121'08.00"	2017	Tiffany Holloway	Andrews	128'02.00"
2018	Veronica Fraley	Wakefield	142'02.00"	2018	Amanda Wahler	T.C. Roberson	129'05.00"	2018	Patience Marshall	Anson	134'08.00"	2018	Sarah Pullium	Murphy	121'10.00"
2019	Kaitlin McGoogan	Ragsdale	142'09.00"	2019	Shekinah Cooke	SE Guilford	140'08.00"	2019	Teteateh Snoh	Durham Sch. Arts	143'10.00"	2019	Sarah Pullium	Murphy	126'11.00"
2020	MEET CANCELLED (COVID-19 PANDEMIC)			2020	MEET CANCELLED (COVID-19 PANDEMIC)			2020	MEET CANCELLED (COVID-19 PANDEMIC)			2020	MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Macy Dulaney	Mallard Creek	118'03.00"	2021	Camryn Massey	Ashbrook	140'09.00"	2021	Emily Hartsoe	Ashe County	123'03.00"	2021	Sarah Pullium	Murphy	131'10.00"
2022	Sady Moody	SW Guilford	129'10.00"	2022	Emily Hartsoe	Ashe County	136'08.00"	2022	Clara Willard	East Surry	118'09.00"	2022	Brittany Ellis	North Rowan	107'03.00"
2023	Sady Moody	SW Guilford	137'03.00"	2023	Camryn Massey	Ashbrook	148'02.00"	2023	Karlie Butts	West Stokes	113'04.00"	2023	Brittany Ellis	North Rowan	111'11.00"
2024	Tyler Glover	Ardrey Kell	147'07.00"	2024	Camryn Massey	Ashbrook	154'11.00"	2024	Alena Jimerson	R-S Central	127'02.00"	2024	Mirianna Corea	Eastern Randolph	118'08.00"



Women's Outdoor Track State Individual Event Champions



LONG JUMP

1972	Pinnix	T.W. Andrews	16'00.00"	1977	Belsma	Sanford	18'10.00"	1982	Katrina Grier	West Charlotte	19'06.75"
1973	Kathy McMillian	Hoke County	17'07.00"	1978	McNeill	Cape Fear	19'07.00"	1983	Teresa Allen	Garinger	19'06.75"
1974	Kathy McMillian	Hoke County	18'00.00"	1979	Lisa Staton	Salisbury	18'04.75"	1984	Latanya Wynn	Pincrest	19'01.50"
1975	Kathy McMillian	Hoke County	20'02.50"	1980	Dee Dee Slade	Reidsville	19'03.00"	1985	Kim Austin	Beddingfield	18'10.00"
1976	Kathy McMillian	Hoke County	21'07.00"	1981	Katrina Grier	West Charlotte	20'01.25"				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A				
1986	Kim Austin	Beddingfield	19'11.00"	Kim Austin	Beddingfield	19'11.00"	Linda Bryant	Manteo	18'09.50"			
1987	Pam Frost	Harding	18'01.75"	Sherry Smith	West Henderson	17'10.875"	Sandra Davis	Polk Central	19'02.50"			
1988	Von Ross	West Charlotte	18'09.25"	Anita Curry	Williams	18'01.50"	Christy Cagle	Hayesville	17'09.75"			
1989	Von Ross	West Charlotte	18'04.75"	Tasha Horton	Hibriten	18'02.50"	Nikki Harris	North Stanly	17'11.00"			
1990	Della Taylor	Lumberton	17'11.75"	Tenisha Pinnix	T.W. Andrews	18'10.00"	Christy Cagle	Hayesville	16'10.00"			
1991	Rahma Mateen	Ben L. Smith	19'01.50"	Kim Jones	Statesville	18'08.50"	Nikki Harris	North Stanly	18'04.50"			
1992	Rahma Mateen	Ben L. Smith	18'08.00"	Kim Jones	Statesville	18'06.75"	Nikki Harris	North Stanly	19'02.00"			
1993	Rhonda Parks	Triton	18'11.75"	Michelle Tate	Lexington	18'01.00"	Amanda Johnson	East Carteret	18'07.75"			
4A				3A				2A				
1994	T. Patterson	Enloe	18'08.00"	Keione Covington	Asheboro	17'11.75"	Shana Harris	Southern Guilford	17'09.00"	Marcia Colson	South Stanly	17'04.75"
1995	Devon Armstrong	Leesville Road	18'09.75"	Keione Covington	Asheboro	18'01.75"	DeAnne Davis	Cummings	18'00.50"	Marcia Colson	South Stanly	17'08.25"
1996	Kim Jones	Grimsley	18'04.00"	Keione Covington	Asheboro	18'10.00"	DeAnne Davis	Cummings	18'10.75"	Conova Young	Lejeune	17'00.83"
1997	Kim Jones	Grimsley	19'00.00"	Keione Covington	Asheboro	18'06.50"	Kirsten Bowden	Newton-Conover	17'04.00"	Taneshia Walker	Camden	16'07.00"
1998	Kim Jones	Grimsley	18'08.00"	Toshima Dabbs	Morehead	17'11.00"	Cora Johnson	East Carteret	18'09.75"	Lisa Maliska	Hayesville	17'03.00"
1999	Kim Jones	Grimsley	19'07.00"	Anissa Gainey	Clayton	18'06.00"	Latasha Pharr	North Rowan	18'02.00"	Valesha Small	Dixon	17'02.75"
2000	Ronda White	Olympic	19'08.75"	Meka Battle	Southern Nash	17'07.50"	Cora Johnson	East Carteret	19'04.00"	Virginia Smith	Jordan Matthews	17'03.00"
2001	Kellie Todd	WF-Rolesville	18'10.00"	Sheena Dawkins	T.W. Andrews	17'01.00"	Tiffany Perry	Southern Vance	18'05.50"	Katrelle Armwood	Durham Sch. of Arts	17'05.50"
2002	Anna Raynor	South Johnston	18'00.00"	Chrystal Marsh	Anson	17'10.25"	Sheena Dawkins	T.W. Andrews	18'03.75"	Katrelle Armwood	Durham Sch. of Arts	18'05.25"
2003	Melissa Council	Cary	17'11.00"	Sherina Steele	West Rowan	18'09.75"	Moriah Jones	North Rowan	17'11.50"	Jenny Alyn Scott	Surry Central	16'06.00"
2004	Vonteena Knotts	Butler	19'04.50"	Mae Boone	Hertford	18'11.00"	Alicia Person	Southern Vance	17'04.00"	Gerri-Lena White	Williamston	17'00.50"
2005	Danielle Thorpe	C.E. Jordan	18'03.50"	Kiara Crutchfield	Ragsdale	17'08.00"	Alicia Person	Southern Vance	18'04.00"	Erica Little	North Stokes	17'11.75"
2006	Chirshawn Williams	SE Raleigh	18'07.00"	Dekalah Price	T.W. Andrews	17'09.00"	Taryn Wentz	Forest Hills	18'05.00"	Melanie Frye	West Wilkes	18'01.00"
2007	Ashlynn Chais	Scotland	18'07.00"	Kiara Crutchfield	Ragsdale	18'05.00"	Latoya James	Cummings	18'01.50"	Jasmine Young	East Columbus	17'06.00"
2008	Jacinda Evans	S. Durham	19'09.75"	Jessica Morgan	Parkland	18'11.00"	Sherice Walker	Cummings	19'01.75"	Jasmine Young	East Columbus	17'05.00"
2009	Chirshawn Williams	SE Raleigh	19'04.00"	Jessica Barnes	SW Edgecombe	18'01.75"	Sherice Walker	Cummings	19'03.00"	Jania Bogle	Princeton	17'02.25"
2010	Jessica Morgan	Parkland	18'09.50"	Shauna Terry	Southern Vance	17'10.50"	Briana Haith	Granville Central	17'11.00"	Teaunna Cuthbertson	North Rowan	19'03.25"
2011	Danielle Davis	SE Raleigh	18'11.25"	Tori Elliott	Cox Mill	17'10.00"	Shelby Hall	Graham	17'06.00"	Teaunna Cuthbertson	North Rowan	17'10.00"
2012	Alexis Perry	C.E. Jordan	18'05.00"	Onya Edwards	Charlotte Catholic	16'11.00"	Raven Covington	Cuthbertson	17'04.00"	Teaunna Cuthbertson	North Rowan	17'07.25"
2013	Shakinah Brooks	SE Raleigh	19'05.00"	Courtney Crawford	McMichael	18'08.50"	Julia Scoles	South Iredell	18'00.25"	Kendall Cox	Monroe	17'10.00"
2014	Sydnei Murphy	Apex	19'05.25"	Kacia Vines	Cedar Ridge	17'10.00"	Tainasha Vines	Bunn	18'07.50"	Sydney McCoy	Camden County	17'11.00"
2015	Sydnei Murphy	Apex	20'03.00"	Kacia Vines	Cedar Ridge	18'07.00"	Kenya Majors	Cummings	18'01.25"	Vanisha Wilshire	Louisburg	18'01.00"
2016	Jade Jordan	Pine Forest	18'07.25"	Torri Weathers	Hickory Ridge	18'00.00"	Kenya Majors	Cummings	18'06.50"	Sydney McCoy	Camden County	17'01.50"
2017	Jade Jordan	Pine Forest	19'06.50"	Mackenzie Whitaker	West Carteret	18'07.50"	Kelsia Moore	Cummings	19'01.00"	Eminey Redmond	Southside	17'06.00"
2018	Morgan Smalls	Panther Creek	19'03.50"	M'Smrya Seward	Franklinton	18'09.50"	Nicole Barnes	T.W. Andrews	18'07.50"	Breah Taylor	East Carteret	18'03.00"
2019	Jirah Sidberry	Rocky River	18'11.75"	Ija Mumford	Parkland	18'03.75"	Jydia Faucette	Cummings	18'01.75"	Breah Taylor	East Carteret	17'10.50"
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Amber Jackson	Ardrey Kell	18'01.00"	Chaunesse Barringer	NW Cabarrus	19'01.50"	Kendall Jordan	Cummings	17'10.50"	Latecyia Johnson	East Carteret	18'00.00"
2022	Ija Mumford	Parkland	19'05.00"	Chaunesse Barringer	NW Cabarrus	19'10.25"	Tamesia Pinnix	Cummings	18'06.25"	Zoie Shuler	Robbinsville	18'07.00"
2023	Oluwanifemi Kalejaiye	Athens Drive	18'02.00"	Jada Brown	Hibriten	18'05.75"	Jaylah Jefferson	South Granville	17'00.00"	Zoie Shuler	Robbinsville	17'04.00"
2024	Kori Randle	Garner	19'08.50"	Jada Brown	Hibriten	18'08.00"	Diamond Moore	Cummings	18'09.50"	Annie Driggers	Corvian Comm.	17'04.25"



Women's Outdoor Track State Individual Event Champions



TRIPLE JUMP

1978	Lisa Staton	Salisbury	38'11.00"	1983	Sherrie Clark	Jacksonville	39'05.00"
1979	Sue Heard	Jacksonville	38'09.00"	1984	Mary McKoy	Richmond	39'11.25"
1980	Teretha Coe	North Forsyth	37'10.75"	1985	Debra Alexander	East Forsyth	40'05.50"
1981	Colette Williams	E.E. Smith	40'06.50"				
1982	Colette Williams	E.E. Smith	38'11.25"				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A							
1986	Kim Austin	Beddingfield	39'01.50"	Kim Austin	Beddingfield	39'01.50"	Tafoya Taylor	Albemarle	35'09.00"						
1987	Kiaren Dixon	J.H. Rose	37'00.25"	Samantha Smith	Lincolnton	36'07.50"	Crystal Sherrill	Salisbury	36'04.50"						
1988	Sabrina Hill	Millbrook	38'06.50"	L'Tonya Hall	Washington	38'05.00"	Cheryl Hopkins	Farmville Central	37'07.75"						
1989	Melissa Morrison	A.L. Brown	39'11.75"	Alice Vinson	Sun Valley	39'00.50"	Nikki Friday	Lexington	39'10.50"						
1990	Tonya Avery	Jacksonville	38'09.50"	Nikki Friday	Lexington	42'00.00"	Nikki Harris	North Stanly	36'02.75"						
1991	Tonya Avery	Jacksonville	38'11.00"	Nicole Crews	McMichael	38'00.00"	Nikki Harris	North Stanly	38'05.25"						
1992	Lakesha Bennett	Scotland	38'01.00"	Shawn Hill	Harnett Central	39'00.00"	Nikki Harris	North Stanly	39'04.25"						
1993	Jamila Hunter	Millbrook	38'01.75"	DeAnne Davis	Cummings	38'11.00"	Irene Johnson	West Brunswick	37'00.25"						
4A				3A				2A				1A			
1994	Twyla Smith	Pinecrest	38'11.50"	Keione Covington	Asheboro	37'02.50"	DeAnne Davis	Cummings	38'11.00"	Marcia Colson	South Stanly	34'05.25"			
1995	Twyla Smith	Pinecrest	41'02.50"	Keione Covington	Asheboro	36'10.50"	DeAnne Davis	Cummings	39'09.00"	Marcia Colson	South Stanly	35'06.75"			
1996	Shauntee Hill	Jacksonville	38'00.50"	Lashonda Stubbs	Eastern Randolph	38'06.00"	DeAnne Davis	Cummings	40'02.00"	Crystal Corbett	North Brunswick	34'10.00"			
1997	Toni Kilgor	Huss	39'08.00"	Taressa Davis	Southern Durham	38'07.00"	Kirsten Bowden	Newton-Conover	38'08.50"	Brandy McCullum	Lejeune	33'03.25"			
1998	Toni Kilgor	Huss	39'00.00"	Toshima Dabbs	Morehead	38'04.50"	Latasha Pharr	North Rowan	36'05.50"	Deidre Mapp	Cummings	35'03.50"			
1999	Randi Chapman	N. Durham	39'06.50"	Meka Battle	Southern Nash	40'00.00"	Latasha Pharr	North Rowan	39'00.00"	Katrelle Armwood	Durham Magnet	35'04.75"			
2000	Ronda White	Olympic	41'01.50"	Meka Battle	Southern Nash	39'11.00"	Latasha Pharr	North Rowan	40'09.00"	Paula Moore	Cummings	36'05.25"			
2001	Sharonda Johnson	SE Raleigh	37'09.50"	Tatyana Kirichenko	Western Guilford	38'06.50"	Latasha Pharr	North Rowan	39'11.00"	Paula Moore	Cummings	37'10.25"			
2002	Sharonda Johnson	SE Raleigh	39'03.50"	Nathifa Forde	Ragsdale	37'07.50"	Sheena Dawkins	T.W. Andrews	37'05.75"	Katrelle Armwood	Durham Sch. of Arts	36'03.00"			
2003	Krystal Barringer	Harding	38'00.75"	Camelia Morman	Hillside	39'08.00"	Alicia Person	Southern Vance	37'07.50"	Jazmin Skipper	Mount Airy	34'03.00"			
2004	Brittany Dixson	Millbrook	39'06.50"	Camelia Morman	Hillside	38'07.50"	Sarah Portee	T.W. Andrews	36'05.50"	Eman Al-Aswadi	Durham Sch. of Arts	35'09.75"			
2005	Amelia Black	Millbrook	37'09.50"	Camelia Morman	Hillside	36'10.75"	Alicia Person	Southern Vance	37'00.00"	Eman Al-Aswadi	Durham Sch. of Arts	35'02.00"			
2006	Monique Vines	SE Raleigh	37'05.00"	Dekalah Price	T.W. Andrews	38'04.75"	Taryn Wentz	Forest Hills	37'04.00"	Glasha Covington	Albemarle	35'09.00"			
2007	Chrishawn Williams	SE Raleigh	37'07.00"	Radiance Basden	Western Guilford	38'10.50"	Sherice Walker	Cummings	38'05.50"	Joule Breedlove	Swain County	38'01.25"			
2008	Jacinda Evans	S. Durham	39'01.00"	Radiance Basden	Western Guilford	39'08.50"	Sherice Walker	Cummings	39'03.00"	Glasha Covington	Albemarle	38'03.75"			
2009	Jazie Daniels	Page	39'05.50"	Danielle Butts	South Central	40'11.00"	Sherice Walker	Cummings	39'09.00"	Jennifer Cousart	Highland Tech	34'06.50"			
2010	Shemiah Brooks	SW Guilford	39'10.00"	Danielle Butts	South Central	39'01.00"	Kortney Williams	Cummings	37'01.00"	Jamie Glenn	Monroe	38'01.00"			
2011	Shemiah Brooks	SW Guilford	39'03.00"	Danielle Butts	South Central	40'11.00"	Francesca Evans	Cummings	38'10.50"	Jamie Glenn	Monroe	34'08.50"			
2012	Shemiah Brooks	SW Guilford	28'10.00"	Jackie Reid	North Gaston	37'02.00"	Francesca Evans	Cummings	39'03.00"	Jamie Glenn	Monroe	38'04.00"			
2013	Dejah Hayes	W. Guilford	38'07.00"	Chelsey Hargrave	Williams	39'00.75"	Tainasha Vines	Bunn	38'06.00"	Chryssandra Tatum	Lejeune	39'00.00"			
2014	Sydnei Murphy	Apex	39'07.50"	Lydia Laws	Western Alamance	37'02.50"	Tainasha Vines	Bunn	39'01.50"	Vanisha Wilshire	Louisburg	36'11.00"			
2015	Sydnei Murphy	Apex	40'00.75"	Tamilia Wright	Williams	39'00.50"	Tainasha Vines	Bunn	38'08.75"	Vanisha Wilshire	Louisburg	39'04.00"			
2016	Michelle Cobb	T.C. Roberson	38'08.00"	Imani Bennett	Southern Guilford	39'01.00"	Peighton Simmons	T.W. Andrews	38'00.00"	Emma Frye	North Stokes	35'08.50"			
2017	Michelle Cobb	T.C. Roberson	38'11.50"	Kalynn McNair	Asheboro	38'10.75"	Peighton Simmons	T.W. Andrews	39'00.75"	Breah Taylor	East Carteret	37'05.50"			
2018	Morgan Smalls	Panther Creek	40'07.50"	Kalynn McNair	Asheboro	38'01.00"	Nicole Barnes	T.W. Andrews	36'08.00"	Breah Taylor	East Carteret	38'01.50"			
2019	Morgan Smalls	Panther Creek	40'09.00"	Kaylah Britt	Northside-Jax	39'03.50"	Kendall Jordan	Cummings	40'04.75"	Breah Taylor	East Carteret	38'09.00"			
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)					
2021	Alexis Hastings	South Central	37'09.00"	Jahaila Wright	Central Cabarrus	37'11.00"	Kendall Jordan	Cummings	38'04.00"	Taegan Lowder	North Stanly	36'05.00"			
2022	Ija Mumford	Parkland	38'08.00"	Alexis Willis	Cramer	39'00.50"	Latecyia Johnson	East Carteret	36'07.25"	Zoie Shuler	Robbinsville	39'09.25"			
2023	Kori Randle	Garner	39'07.75"	Alexis Willis	Cramer	39'07.00"	D'Anna Cotton	Cummings	37'06.75"	Zoie Shuler	Robbinsville	37'02.25"			
2024	Kori Randle	Garner	41'03.50"	Jada Brown	Hibriten	39'00.50"	D'Anna Cotton	Cummings	39'00.50"	Zoie Shuler	Robbinsville	37'01.75"			



Women's Outdoor Track State Individual Event Champions



1972	Wall	Dudley	5'02.00"	1977	N. Ray	Western Guilford	5'05.00"	1982	Cindy Floyd	Swansboro	5'06.00"
1973	Robbins	Southeast Guilford	5'00.50"	1978	Vanessa Smith	R.J. Reynolds	5'07.75"	1983	April Cook	Watauga	5'08.25"
1974	Robbins	Southeast Guilford	5'02.00"	1979	Chris Arends	Jordan	5'08.00"	1984	Teri LeBlanc	South Mecklenburg	5'06.00"
1975	Sampson	West Carteret	5'01.00"	1980	N. Ray	Western Guilford	5'06.00"	1985	Marquita Misenheimer	Northwest Cabarrus	5'02.00"
1976	Michelle Langan	South Mecklenburg	5'07.00"	1981	April Cook	Watauga	5'06.00"				

HIGH JUMP

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A					
1986	Jodi Doss	Williams	5'06.00"	Jodi Doss	Williams	5'06.00"	Melissa Rogers	Southwestern Randolph	5'06.00"				
1987	Leshawn Hewitt	Jordan	5'02.00"	Vicki Peek	Enka	5'04.00"	Melissa Rogers	Southwestern Randolph	5'06.00"				
1988	Sabrina Hill	Millbrook	5'04.00"	Nicky Hudson	Harnett Central	5'04.00"	Susie Britt	Albemarle	5'02.00"				
1989	Quicha Floyd	Page	5'04.00"	Tara Lindsay	Asheboro	5'06.00"	Lola Jones	North Rowan	5'04.00"				
1990	Wendy Palmer	Person	5'06.00"	Kim Jones	Statesville	5'06.00"	Shelly Whitaker	Randleman	5'06.00"				
1991	Quicha Floyd	Page	5'06.00"	Kim Jones	Statesville	5'08.00"	Peace Shepherd	Swansboro	5'06.00"				
1992	Wendy Palmer	Person	5'08.00"	Kim Jones	Statesville	5'04.00"	Sandra Teel	East Carteret	5'04.00"				
1993	Jamila Forte	Enloe	5'04.00"	Shana Harris	Southern Guilford	5'04.00"	Kim McPhatter	Union Pines	5'04.00"				
4A				3A				2A					
1994	Rhonda Parks	Triton	5'06.00"	Latosha Etheridge	Fike	5'05.00"	Kim McPhatter	Union Pines	5'06.00"	Caroline Norton	Elkin	5'00.00"	
1995	Adrienne Sims	Douglas Byrd	5'08.50"	Lindsey Ridgeway	Williams	5'05.00"	Joanie Mungro	West Caldwell	5'02.00"	Julie Stackhouse	Hayesville	5'04.50"	
1996	Adrienne Sims	Douglas Byrd	5'08.00"	Monique Judkins	Reidsville	5'06.00"	Crystal Forney	Bunker Hill	5'02.00"	Julie Stackhouse	Hayesville	5'00.00"	
1997	Adrienne Sims	Douglas Byrd	6'00.00"	Monique Judkins	Reidsville	5'08.00"	Ashley Pinnix	SW Guilford	5'00.00"	Julie Stackhouse	Hayesville	5'04.00"	
1998	Sha-Mecca Twitty	West Carteret	5'06.00"	Virginia Lacombe	South Caldwell	5'08.00"	Allison Lentz	Brevard	5'04.00"	Gina Rosser	South Davidson	5'05.00"	
1999	Sha-Mecca Twitty	West Carteret	5'04.00"	Carol Kiser	Concord	5'04.00"	Nancy Hinson	Ledford	5'02.00"	Gina Rosser	South Davidson	5'04.00"	
2000	Joann Jackson	Millbrook	5'06.00"	Ashley Schrimmer	Havelock	5'04.00"	Tiffany Perry	Southern Vance	5'06.00"	Shannon Meadows	Hendersonville	5'02.00"	
2001	Joann Jackson	Millbrook	5'04.00"	Tiffany Mitchell	Western Harnett	5'06.00"	Tiffany Perry	Southern Vance	5'04.00"	Shannon Meadows	Hendersonville	5'08.00"	
2002	Debbie Martin	Apex	5'08.00"	Megan Seehorn	East Lincoln	5'02.00"	Vikki Williams	South Brunswick	5'04.00"	Chevon Keith	Union	5'00.00"	
2003	Anna Raynor	South Johnston	5'09.00"	Ashley Talley	North Iredell	5'08.00"	Leigh Ann Dillon	Eastern Guilford	5'04.00"	Maya Bennett	East Surry	5'05.00"	
2004	Mattie Bethea	Mount Tabor	5'06.00"	Patience Coleman	Southern Durham	5'08.00"	Sarah Portee	T.W. Andrews	5'02.00"	Jessica Peaks	Durham Sch. of Arts	5'02.00"	
2005	Jennifer Webster	Providence	5'06.00"	Patience Coleman	Southern Durham	5'04.00"	Jordan Lee	Cedar Ridge	5'02.00"	Jessica Peaks	Durham Sch. of Arts	5'04.00"	
2006	Patience Coleman	S. Durham	5'10.00"	Ashley Talley	North Iredell	5'08.00"	Danielle Adams	Northside-Jax	5'04.00"	Brittany Alston	Jordan Matthews	5'02.00"	
2007	Patience Coleman	S. Durham	5'08.00"	Laura Langley	Southern Nash	5'08.00"	Jordan Lee	Cedar Ridge	5'06.00"	Sarah Herd	Cherryville	5'02.00"	
2008	Cierra Burdick	S. Mecklenburg	5'05.00"	Laura Langley	Southern Nash	5'04.00"	Danielle Adams	Northside-Jax	5'06.00"	Shaquiela Robinson	South Robeson	5'02.00"	
2009	Brittany Burton	Person	5'06.00"	Shenika Scales	Morehead	5'03.00"	Meredith Foster	West Henderson	5'03.00"	Shaquiela Robinson	South Robeson	5'06.00"	
2010	Sarah Graham	WF-Rolesville	5'06.00"	Danielle Butts	South Central	5'06.00"	Libby Florence	Cedar Ridge	5'03.00"	Shaquiela Robinson	South Robeson	5'04.00"	
2011	Sarah Graham	WF-Rolesville	5'08.00"	Danielle Butts	South Central	5'04.00"	Cheyenne Miller	East Rutherford	5'07.00"	Stephanie Johnson	Andrews	5'04.00"	
2012	Alexis Perry	Jordan	5'08.00"	LaTrondra Murrow	Harding	5'06.00"	Hunter Welborn	Starmount	5'06.00"	Makayla Roten	West Wilkes	5'04.00"	
2013	Gustell Preston	Mount Tabor	5'06.00"	Qizeah Jackson	Westover	5'04.00"	Hunter Welborn	Starmount	5'06.00"	Makayla Roten	West Wilkes	5'06.00"	
2014	Jordyn Brown	Jordan	5'04.00"	Qizeah Jackson	Westover	5'08.00"	Charity Snelling	Franklinton	5'05.00"	Hunter Welborn	Starmount	5'08.00"	
2015	Jordyn Brown	Jordan	5'06.00"	Julia Scoles	South Iredell	5'06.00"	Joya Blackwell	Hertford County	5'06.00"	Kylie Polsgrove	Avery County	5'06.00"	
2016	Kenya Livingston	Rocky River	5'08.00"	Maci Bunting	Asheboro	5'06.00"	Mikel Franklin	T.W. Andrews	5'07.00"	McKenzie Scott	Queens Grant	5'02.00"	
2017	Morgan Smalls	Panther Creek	5'08.00"	Jaelyn Warren	Cuthbertson	5'04.00"	Joya Blackwell	Hertford County	5'04.00"	McKenzie Scott	Queens Grant	5'04.00"	
2018	Morgan Smalls	Panther Creek	6'00.25"	Gabrielle Ryan	Hillside	5'02.00"	Kennedy Conner	Franklin	5'04.00"	Tierra Benders	East Carteret	5'02.00"	
2019	Morgan Smalls	Panther Creek	5'10.00"	Rebekah Smith	Franklinton	5'04.00"	Angel Bowden	Durham Sch. Arts	5'03.00"	Kathlyn Mauck	Mount Airy	5'02.00"	
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			
2021	Amber Jackson	Ardrey Kell	5'06.00"	Mackenzie Kuelz	Weddington	5'06.00"	Macy Miller	South Rowan	5'04.00"	Kat Slade	Northside-Pinetown	5'00.00"	
2022	Cheyly Scott	Butler	5'10.00"	Tyler Collins	West Carteret	5'04.00"	Katarina Kepley	West Davidson	5'02.00"	Lilly Adams	East Wilkes	5'02.00"	
2023	Kirstin Smalls	Panther Creek	5'06.00"	Tyler Collins	West Carteret	5'08.00"	D'Anna Cotton	Cummings	5'06.00"	Zoie Shuler	Robbinsville	5'04.00"	
2024	Audrey Jenkins	Grimasley	5'06.00"	Macy Miller	South Rowan	5'04.00"	D'Anna Cotton	Cummings	5'08.00"	Zoie Shuler & Rachel Key	Robbinsville & Wilson Prep	5'04.00"	



Women's Outdoor Track State Individual Event Champions



POLE VAULT

4A

1999	Becky Post	WF-Rolesville	9'00.00"
2000	Jodie Nettles	Providence	11'00.00"
2001	Erica Dickerson	Millbrook	11'07.00"
2002	Kinsey Batts	Cary	10'06.00"
2003	Tracy Prohoniak	Vance	10'06.00"
2004	Sallie Gurganus	Watauga	11'00.00"
2005	Sallie Gurganus	Watauga	11'08.00"
2006	Sallie Gurganus	Watauga	12'01.00"
2007	Joanna Wright	R.J. Reynolds	11'06.00"
2008	Taylor Cook	Watauga	11'00.00"
2009	Cassie Crawford	Panther Creek	11'06.00"
2010	Cassie Crawford	Panther Creek	12'06.00"
2011	Sydney White	East Forsyth	12'07.00"
2012	Sydney White	East Forsyth	12'09.00"
2013	Kristen Lee	Wakefield	13'00.00"
2014	Anna Eaton	Apex	12'06.00"
2015	Anna Eaton	Apex	12'06.00"
2016	Chesney Ward	Ragsdale	13'02.00"
2017	Olivia Goodwin	Cary	12'06.00"
2018	Lindsay Absher	West Forsyth	13'03.00"
2019	Lindsay Absher	West Forsyth	12'00.00"
2020	MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Maddie Davies	Athens Drive	12'00.00"
2022	Bailey Tart	No. Durham	12'00.00"
2023	Lena Richardson	Panther Creek	12'10.00"
2024	Rachel Riley	Mount Tabor	12'00.00"

3A

Jessica Pierce	Southern Nash	9'00.00"
Michelle Velez	T.C. Roberson	10'00.00"
Tatyana Kirichenko	Western Guilford	11'00.00"
Ashley Marino	North Buncombe	10'06.00"
Amanda Massey	North Buncombe	9'00.00"
Jenny Cambron	Asheville	9'06.00"
Victoria Shobe	Weddington	11'06.00"
Caitlin Thornley	Ragsdale	12'00.00"
Jordan Daywalt	Statesville	11'06.00"
Jordan Daywalt	Statesville	11'06.00"
Ashleigh Culpepper	Franklin	10'00.00"
Ashleigh Culpepper	Franklin	10'06.00"
Sage Proffitt	North Buncombe	11'06.00"
Sage Proffitt	North Buncombe	11'06.00"
Brooke Shelton	Ledford	11'06.00"
Liz Wood	Cuthbertson	11'06.00"
Shaye Stegall	Marvin Ridge	10'06.00"
Tessa Sheets	Northwood	12'01.00"
Tessa Sheets	Northwood	12'06.00"
Riley Felts	Weddington	12'00.00"
Ava Studney	Cuthbertson	11'06.00"
MEET CANCELLED (COVID-19 PANDEMIC)		
Emma Stone	Marvin Ridge	12'06.00"
Caroline Fowlkes	Cedar Ridge	11'00.00"
Lily Houston	NW Cabarrus	11'06.00"
Lily Houston	NW Cabarrus	11'06.00"

2A

Erin Johnson	Swansboro	7'06.00"
Erin Johnson	Swansboro	9'00.00"
Rhonette Phillips	West Brunswick	10'00.00"
Natalie Savewich	Mount Pleasant	9'06.00"
Natalie Savewich	Mount Pleasant	10'00.00"
Melissa Cabe	West Henderson	9'06.00"
Arielle Dawkins	Western Guilford	10'00.50"
Megan Williams	Ledford	10'00.00"
Katrina Krider	Ashe County	9'06.00"
Megan Williams	Ledford	10'06.00"
Raven Stanley	Surry Central	9'00.00"
K.C. Watson	Swansboro	9'03.00"
Raven Stanley	Surry Central	10'00.00"
Korie Bennett	Swansboro	10'06.00"
Liz Wood	Cuthbertson	10'06.00"
Danielle Brown	Franklin	11'02.00"
Josephine Johnson	Draughn	9'06.00"
Leanna Seagraves	Draughn	9'00.00"
Netanya Linares	Parkwood	10'00.00"
Sarah Brown	Surry Central	12'00.00"
Sarah Brown	Surry Central	12'06.50"
MEET CANCELLED (COVID-19 PANDEMIC)		
Abigail Tully	Wilkes Central	10'00.00"
Abigail Tully	Wilkes Central	10'00.00"
Nora Stroud	Nash Central	9'06.00"
Laney Babo	Northwood	11'00.00"

1A

Terri Matthews	Starmount	8'00.00"
Terri Matthews	Starmount	9:06.00"
Susan Shore	Starmount	9'00.00"
Jessica Fowler	Hendersonville	10'06.00"
Susan Shore	Starmount	9'06.00"
Shea Snow	Starmount	10'07.00"
Shea Snow	Starmount	10'00.00"
Melanie Frye	West Wilkes	9'06.00"
Caitlin Ritchie	South Stanly	9'06.00"
Gretta Eller	West Wilkes	9'00.00"
Jasmine Patterson	South Stanly	9'00.00"
Jasmine Patterson	South Stanly	9'06.00"
Tess Rogers	North Stokes	11'00.00"
Tess Rogers	North Stokes	10'06.00"
Tess Rogers	North Stokes	10'06.00"
Moriah Boyette	North Stokes	10'03.00"
Maddie Cole	Robbinsville	10'00.00"
Sarah Hyatt	Swain County	8'06.00"
Hailey Sheppard	North Stokes	9'00.00"
Lakelyn Bass	Hobbton	11'00.00"
Hallah Panther	Cherokee	10'00.00"
MEET CANCELLED (COVID-19 PANDEMIC)		
Amelia Rogers	Swain County	9'06.00"
Amelia Rogers	Swain County	10'00.00"
Amelia Rogers	Swain County	11'00.25"
Abby Burleson	Avery County	11'03.00"



Women's Outdoor Track State Individual Event Champions



100 METER HIGH HURDLES (110 YARDS UNTIL 1980)

1974	Williford	New Bern	15.50	1979	JoAnn Stallings	Holmes	14.80	1984	Teri LeBlanc	South Mecklenburg	13.89
1975	Scott	Page	15.20	1980	Sonya Marshall	Olympic	14.40	1985	Pam Doggett	Dudley	14.50
1976	Stella Johnson	West Charlotte	15.00	1981	Clara Hairston	East Forsyth	13.60				
1977	Stella Johnson	West Charlotte	14.20	1982	Colette Williams	E.E. Smith	13.40				
1978	Williams	Scotland	14.50	1983	Ida Pendergraft	Hillside	14.30				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A							
1986	Pam Doggett	Dudley	13.88	Pam Doggett	Dudley	13.88	Lisa Taylor	Salisbury	15.46						
1987	Melissa Morrison	A.L. Brown	14.78	Laura Hargett	Asheboro	15.93	Lisa Taylor	Salisbury	15.52						
1988	Melissa Morrison	A.L. Brown	15.19	Paige Ingram	Hibriten	15.75	Monica Teeter	Mooresville	15.83						
1989	Melissa Morrison	A.L. Brown	14.09	Angela Williams	Western Guilford	15.44	Beth Burleson	Mitchell	15.73						
1990	Cassandra Adams	Richmond	14.66	Beth Burleson	Mitchell	15.20	Beth Burleson	Mitchell	15.20						
1991	Fay Peteakin	Hoke County	15.19	Christy Rogers	Sun Valley	15.33	Sara White	Surry Central	15.32						
1992	Jennifer Kalanick	Grimsley	15.10	Christy Rogers	Sun Valley	15.16	Sara White	Surry Central	15.31						
1993	Joann Smith	New Bern	15.17	DeAnne Davis	Cummings	14.67	Sara White	Surry Central	15.10						
4A				3A				2A				1A			
1994	Twyla Smith	Pinecrest	14.64	Beverly Ford	High Point Central	15.85	DeAnne Davis	Cummings	14.65	Julie Stackhouse	Hayesville	16.46			
1995	Brenda Taylor	Watauga	14.62	Tishan Melton	Beddingfield	15.11	DeAnne Davis	Cummings	14.56	Julie Stackhouse	Hayesville	15.72			
1996	Brenda Taylor	Watauga	14.53	Marshari Williams	Southern Durham	14.85	DeAnne Davis	Cummings	14.63	Julie Stackhouse	Hayesville	16.02			
1997	Brenda Taylor	Watauga	14.23	Marshari Williams	Southern Durham	15.08	Deidre Mapp	Cummings	15.63	Julie Stackhouse	Hayesville	15.45			
1998	Kim Jones	Grimsley	14.66	Lavernia Chambers	Hillside	14.90	Latasha Pharr	North Rowan	14.43	Deidre Mapp	Cummings	15.75			
1999	Kim Jones	Grimsley	14.03	Ronetta Burgess	Washington	15.90	Latasha Pharr	North Rowan	14.79	Ebony Cunningham	Polk County	15.81			
2000	Candice Sessoms	Jacksonville	14.70	Michelle Velez	T.C. Roberson	15.20	Latasha Pharr	North Rowan	14.06	Katrelle Armwood	Durham Sch.of Arts	15.38			
2001	Ashley Dutch	Broughton	14.70	Lavarnia Chambers	Hillside	14.90	Latasha Pharr	North Rowan	14.19	Chandra Pulliam	Cummings	14.35			
2002	Krystal Barringer	Harding	15.20	Sherina Steele	West Rowan	15.19	Chandra Pulliam	Cummings	14.59	Katrelle Armwood	Durham Sch. of Arts	15.38			
2003	Krystal Barringer	Harding	14.69	Alicia Turner	Hillside	14.95	Arlene Mitchell	Southern Vance	15.22	Melinda Mayfield	Durham Sch. of Arts	15.84			
2004	Krystal Barringer	Harding	15.02	Atir Carter	Hillside	15.00	Dominique Price	Cummings	14.97	Kenya Kerr	Hendersonville	16.41			
2005	Gabby Mayo	SE Raleigh	14.41	Atir Carter	Hillside	15.02	Latoya James	Cummings	14.93	Michelle Bracey	Williamston	16.26			
2006	Gabby Mayo	SE Raleigh	13.60	Manika Gamble	Jacksonville	15.01	Latoya James	Cummings	14.34	Melanie Frye	West Wilkes	16.05			
2007	Gabby Mayo	SE Raleigh	13.73	Sophia Treakle	Asheville	14.90	Latoya James	Cummings	13.98	Joanna Davis	South Stokes	16.25			
2008	Ashley Bethune	Harding	14.28	Sophia Treakle	Asheville	14.87	Sherice Walker	Cummings	14.21	Natalie Moreland	Mount Airy	16.26			
2009	Brittany Carroll	Harding	14.20	Maklisha Ford	NW Cabarrus	15.50	Sherice Walker	Cummings	14.50	Camille Wilkerson	W-S Prep	15.31			
2010	Keni Harrison	Clayton	14.56	Erin Tucker	J.M. Robinson	14.54	Kortney Williams	Cummings	14.66	Teaunna Cuthbertson	North Rowan	15.14			
2011	Keni Harrison	Clayton	13.69	Xaviera Bass	Nash Central	14.89	Nora McKiver	T.W. Andrews	14.60	Meloney Ramos	North Rowan	15.41			
2012	Mollie Williams	Clayton	13.66	Ariel Davis	Northern Guilford	14.39	Nora McKiver	T.W. Andrews	14.22	Reneazia Collins	Monroe	15.48			
2013	Mollie Williams	Clayton	13.98	Kayla Mitchell	Overhills	14.79	Nora McKiver	T.W. Andrews	14.37	Reneazia Collins	Monroe	15.52			
2014	Jacklyn Howell	SE Raleigh	13.52	Kylie McMillan	Southern Guilford	14.11	Kayla Moore	Cummings	14.75	Kylie Polsgrove	Avery County	15.17			
2015	Ebony Williams	Parkland	13.44	Kylie McMillan	Southern Guilford	13.81	Kayla Moore	Cummings	14.38	Kylie Polsgrove	Avery County	14.94			
2016	Akira Rhodes	Mallard Creek	13.76	Sydni Fields	Cleveland	14.98	Kayla Moore	Cummings	13.71	Ashya Smith	Winston-Salem Prep	15.40			
2017	Akira Rhodes	Mallard Creek	13.90	Alion Belvin	Asheville	15.00	Nicole Barnes	T.W. Andrews	14.19	Ashya Smith	Winston-Salem Prep	15.63			
2018	Akira Rhodes	Mallard Creek	13.66	Nyile Facey	Southwest Guilford	14.06	Nicole Barnes	T.W. Andrews	13.99	Shamonda Bell	Princeton	15.43			
2019	Taylor McKinnon	Cardinal Gibbons	13.88	Alexis Patterson	Parkland	13.91	Kendall Jordan	Cummings	14.11	Ja'Ciya Guthrie	Bessemer City	15.04			
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)					
2021	Akala Garrett	Harding Univ.	13.90	Zariyah Black	Eastern Guilford	14.51	Kendall Jordan	Cummings	14.03	Monica Riordan	Swain County	15.13			
2022	Akala Garrett	Harding Univ.	13.69	Emma Hall	West Henderson	15.07	Tamesia Pinnix	Cummings	14.11	Tai'lah Ward	North Rowan	15.46			
2023	Joslyn Hamilton	Rolesville	14.25	Emma Hall	West Henderson	14.42	Mariah Perry	Walkertown	15.12	Akala Garrett	Albemarle	13.52			
2024	Joslyn Hamilton	Rolesville	13.57	Ogechi Ezeigbo	Atkins	14.34	D'Anna Cotton	Cummings	14.78	Aniya Hawkins	Corvian Comm.	14.34			



Women's Outdoor Track State Individual Event Champions



100 METER DASH (100 YARDS UNTIL 1980)

1972	Little	Hoke County	11.60	1977	Stanback	Pinecrest	11.10	1982	Pat Braxton	Jacksonville	12.40
1973	Leak	Bowman	11.10	1978	Stanback	Pinecrest	10.90	1983	Carla McLaughlin	Northern Durham	11.70
1974	Roundtree	Elm City	11.40	1979	Denise Dayle	Hillside	11.00	1984	Carla McLaughlin	Northern Durham	11.88
1975	Kathy McMillian	Hoke County	11.00	1980	Denise Dayle	Hillside	12.00	1985	Lamonda Miller	Chase	11.90
1976	Kathy McMillian	Hoke County	11.10	1981	Mamie Wilson	Northern Durham	11.80				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A							
1986	Adrienne Ferguson	Dudley	11.96	Adrienne Ferguson	Dudley	11.96	Linda Bryant	Manteo	11.90						
1987	Marlene Poole	Grimsley	12.32	San Harrison	T.W. Andrews	12.32	Rachel Small	Lexington	12.26						
1988	Marlene Poole	Grimsley	12.26	Alice Vinson	Sun Valley	12.65	Tammy Ballard	North Brunswick	12.62						
1989	Marlene Poole	Dudley	11.74	Alice Vinson	Sun Valley	12.20	Rachel Small	Lexington	12.63						
1990	Marlene Poole	Dudley	11.95	Alice Vinson	Sun Valley	12.03	Melissa Harris	West Montgomery	12.79						
1991	Tarsha Bess	West Charlotte	11.88	Katrina Jarrett	North Rowan	12.30	Nikki Harris	North Stanly	12.51						
1992	Elisha Marshall	Douglas Byrd	12.18	Sherry Faust	Southern Alamance	12.43	Amanda Johnson	East Carteret	12.59						
1993	Kim Wilson	Grimsley	12.20	Toi Wilson	D.H. Conley	11.83	Amanda Johnson	East Carteret	12.41						
4A				3A				2A				1A			
1994	Elisha Marshall	Douglas Byrd	12.18	Sabrina Thompson	Fike	12.09	Latoya Johnson	Eastern Alamance	12.57	Wendy Wilson	Chatham Central	13.14			
1995	Dana Hoopes	Harding	11.93	Sabrina Thompson	Fike	11.95	Carmen Weldon	Salisbury	12.40	Conova Young	Lejeune	12.91			
1996	Crystal Cox	Pine Forest	11.80	Sabrina Thompson	Fike	11.95	Rashca Barrow	Currituck	12.23	Conova Young	Lejeune	12.67			
1997	Crystal Cox	Pine Forest	11.86	Shirena James	Hickory	12.51	Jenny Cassell	Southern Guilford	12.42	Conova Young	Lejeune	12.48			
1998	Demetria Washington	Terry Sanford	12.10	Anissa Gainey	Clayton	12.20	Michelin Middlebrooks	High Point Central	12.49	Shayla Horne	Bladenboro	12.49			
1999	Danielle Davis	Seventy-First	12.03	Anissa Gainey	Clayton	12.12	Leeanne Minton	West Wilkes	12.78	Shalyce Smith	James Kenan	12.79			
2000	Felicia Fant	Olympic	11.96	Anissa Gainey	Clayton	12.06	Tameka Peterson	Wallace-Rose Hill	12.17	Shalyce Smith	James Kenan	12.62			
2001	Michelle Dixon	Southeast Raleigh	12.18	Nasheena Quick	T.W. Andrews	12.45	Tameka Peterson	Wallace-Rose Hill	12.07	Cynethia Rooks	Northampton-West	12.52			
2002	Shamaya Poe	West Charlotte	***	Tempess Stark	Northwest Cabarrus	12.18	Nashenna Quick	T.W. Andrews	12.37	Evette Brown	South Stokes	12.24			
2003	Joya Rodgers	Harding	12.21	Tempess Stark	Northwest Cabarrus	12.21	Lovetta Perry	Southern Vance	12.39	Cynethia Rooks	Northampton-West	12.33			
2004	Erica Montgomery	Mount Tabor	11.78	Mae Boone	Hertford	12.35	Shontay Dodd	Greene Central	12.25	Evette Brown	South Stokes	12.18			
2005	Shamya Poe	West Charlotte	11.84	Toree Roseboro	East Lincoln	12.22	Ashley McKiver	T.W. Andrews	12.31	Christina Gray	North Brunswick	12.50			
2006	Gabby Mayo	Southeast Raleigh	11.14	Kelsey McCorkle	South Central	11.83	Alexis Jenkins	North Brunswick	12.62	Jania Bogle	Princeton	12.69			
2007	Gabby Mayo	Southeast Raleigh	11.43	Stormy Kendrick	Forestview	11.79	Lindsay Fuller	Cedar Ridge	12.27	Jania Bogle	Princeton	12.35			
2008	Jacinda Evans	Southern Durham	11.77	Kelsey McCorkle	South Central	11.83	Lindsay Fuller	Cedar Ridge	12.40	Jania Bogle	Princeton	12.47			
2009	Nyosha Bryant	West Charlotte	11.92	Stormy Kendrick	Forestview	12.11	Lindsay Fuller	Cedar Ridge	12.44	Jania Bogle	Princeton	12.25			
2010	Vashti Bandy	Butler	12.05	Maleena Reid	North Gaston	11.92	Paisley Simmons	T.W. Andrews	12.08	Leroya Banks	Perquimans	12.30			
2011	Gabrielle Gray	High Point Central	11.94	Nyshedra Brown	West Craven	12.33	Marisa Bellamy	Bunn	11.91	Leroya Banks	Perquimans	12.10			
2012	Alexis Murphy	Apex	11.60	Nyshedra Brown	West Craven	11.77	Paisley Simmons	T.W. Andrews	12.03	Chasity Roberts	Jones	12.41			
2013	Jasmine Dawson	West Johnston	11.70	Qizeah Jackson	Westover	12.18	Paisley Simmons	T.W. Andrews	12.05	Sloan Williams	Winston-Salem Prep	12.33			
2014	Katlin Sherman	Parkland	11.88	Courtney Warner	C.B. Aycock	11.93	Reneazia Collins	Monroe	12.42	Sloan Williams	Winston-Salem Prep	12.18			
2015	Katlin Sherman	Parkland	11.53	Courtney Warner	C.B. Aycock	11.80	Tia Glover	St. Pauls	12.37	Deonica Reid	Winston-Salem Prep	12.43			
2016	Tamara Clark	High Point Central	11.52	Mya Daye	Northern Vance	12.06	Tajah Walston	Cummings	11.94	Sydney McCoy	Camden County	12.17			
2017	Tamara Clark	High Point Central	11.72	Mya Daye	Northern Vance	11.96	Nicole Barnes	T.W. Andrews	12.09	Araybian Lilly	West Montgomery	12.65			
2018	Jonah Ross	Garner	11.84	Alexis Patterson	Parkland	11.78	Tahalia Fairman	Southwest Onslow	12.30	Araybian Lilly	West Montgomery	12.48			
2019	Jonah Ross	Garner	11.83	Alexis Patterson	Parkland	11.95	Allysia Farrar	Cummings	11.92	Ja'Ciya Guthrie	Bessemer City	12.08			
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)					
2021	Shawnti Jackson	Cardinal Gibbons	11.48	Ai'yana Gray Williams	Parkland	12.14	Ryan Selden	Lake Norman Ch.	12.42	Tra'Nijah Pettihomme	Pamlico	12.32			
2022	Shawnti Jackson	Wakefield	11.45	Alaya Gillespie	West Iredell	12.48	Joyasia Smith	R-S Central	12.04	Lauren Tolbert	Highland Tech	12.54			
2023	JaMeesia Ford	Jack Britt	11.49	Janiya Johnson	Statesville	11.70	Shawnti Jackson	South Granville	11.33	Jalee Brown	South Stokes	11.86			
2024	Joslyn Hamilton	Rolesville	11.67	Jalee Brown	Dudley	11.59	Serenity Harvey	Whiteville	12.09	Aniya Edwards	Elkin	12.02			



Women's Outdoor Track State Individual Event Champions



800 METER DASH (880 YARDS UNTIL 1980)

1972	Ralston	Ragsdale	2:43.20	1977	Julie Shea	Cardinal Gibbons	2:16.60	1982	Delphine Mabry	SouthWest Edgecombe	2:13.50
1973	McMais	Southeast Guilford	2:32.80	1978	Briscoe	Chapel Hill	2:17.10	1983	Kathy Ormsby	Richmond	2:18.10
1974	Kittrell	West Carteret	2:27.30	1979	Mary Shea	Cardinal Gibbons	2:13.20	1984	Leah Ann Miller	North Rowan	2:15.73
1975	Julie Shea	Cardinal Gibbons	2:14.40	1980	S. Owens	Western Guilford	2:15.20	1985	Marrianna Carraher	Lee County	2:12.43
1976	Lynn Lashley	Millbrook	2:12.40	1981	Delphine Mabry	SouthWest Edgecombe	2:21.10				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A				
1986	Missie Purgason	Washington	2:18.37	Missy Purgason	Washington	2:18.37	No Record					
1987	Tonya Willis	Morehead	2:18.37	Francine Dumas	T.C. Roberson	2:18.12	Maria Trent		NC Science & Math	2:25.22		
1988	Tomi Ogumba	East Mecklenburg	2:18.34	Jennifer Bennett	West Carteret	2:19.99	Patty Shoaf		West Davidson	2:23.45		
1989	Leslie McCaskill	East Mecklenburg	2:17.66	Jennifer Bennett	West Carteret	2:22.24	Ros Hall		Murphy	2:25.27		
1990	Amy Neal	East Forsyth	2:15.30	Amy Thatcher	Enka	2:23.09	Claudia Newman		East Montgomery	2:18.50		
1991	Amy Clark	North Mecklenburg	2:16.88	Suzanne Black	Sun Valley	2:21.20	Karen Godlock		Polk County	2:19.30		
1992	Michelle McRae	Williams	2:17.13	Mia Richardson	McMichael	2:16.81	Karen Godlock		Polk County	2:17.53		
1993	Winifred Winston	Hoke County	2:18.58	Laura Hughes	Sun Valley	2:22.61	Karen Godlock		Polk County	2:16.34		
4A				3A				2A				
1994	U. McLean	Enloe	2:17.72	Laura Hughes	Sun Valley	2:20.79	Amy Knox	West Henderson	2:25.80	Jill Lawrence	Surry Central	2:31.10
1995	Keeya McManus	Olympic	2:14.90	Mary Osada	T.C. Roberson	2:21.08	Sarah Day	Ledford	2:26.35	Cathy Pryor	South Davidson	2:28.80
1996	Florencia Hunt	Hillside	2:15.86	Amanda Becker	Fuquay-Varina	2:18.60	Jennifer Dimsdale	Polk County	2:20.20	Julie Stackhouse	Hayesville	2:20.70
1997	Ursula McLean	West Charlotte	2:19.46	Amanda Becker	Fuquay-Varina	2:19.01	Sarah Day	Ledford	2:20.62	Julie Stackhouse	Hayesville	2:22.82
1998	Donna Bealer	Watauga	2:16.78	Melinda Dubose	Enka	2:20.14	Kara Gillespie	Surry Central	2:23.67	Jennifer Dimsdale	Polk County	2:21.60
1999	Karen Medlin	Athens Drive	2:18.32	Nayly Bulkeley	Southwest Guilford	2:19.53	Heidi Sloop	West Wilkes	2:25.25	Jennifer Dimsdale	Polk County	2:25.12
2000	Molly Doyle	Sanderson	2:19.10	Kelly Derry	Franklin	2:21.62	Krystal Knoll	North Stanly	2:27.54	Jessica Heitpas	Rosewood	2:26.66
2001	Karen Medlin	Broughton	2:18.79	Jessica Carrol	Harding	2:20.08	Jessica Durrant	North Henderson	2:27.40	Jessica Heitpas	Rosewood	2:24.12
2002	Julia Lucas	Myers Park	2:15.28	Jeretha Massey	Ben L. Smith	2:20.02	Michelle Matthews	Swansboro	2:20.68	Shea Tamey	Murphy	2:21.00
2003	Krystle Medlin	SE Raleigh	2:20.20	Hannah Parks	Glenn	2:21.17	Michelle Matthews	Swansboro	2:23.56	Kayla Robertson	Surry Central	2:22.43
2004	Krystle Medlin	SE Raleigh	2:16.40	Chinelle McFadden	Hillside	2:21.07	Colleen McKown	Brevard	2:22.22	Kayla Robertson	Surry Central	2:24.81
2005	Aja Jackson	Waddell	2:16.90	Stephanie Snyder	Enka	2:18.93	Christina Moore	Pender	2:18.43	Chelsie Dillard	North Stokes	2:26.57
2006	Lindsay Broyhill	Page	2:15.42	Sarah Dugan	T.C. Roberson	2:21.00	Kennedy Wolfe	Cedar Ridge	2:20.01	Chelsie Dillard	North Stokes	2:26.42
2007	Callan Fike	Athens Drive	2:14.60	Brandy Swann	Jacksonville	2:17.14	Kennedy Wolfe	Cedar Ridge	2:22.77	Tara Lindeman	Hendersonville	2:20.83
2008	Maraya Slatter	West Johnston	2:17.83	Ryanna Henderson	Jacksonville	2:15.15	Heather Beichner	Cardinal Gibbons	2:18.61	Tara Lindeman	Hendersonville	2:15.56
2009	Becca Deloache	Myers Park	2:13.87	LeaAnna Godwin	Triton	2:16.81	Morgan Turner	Lincolnton	2:21.03	Chelsea Treadway	Swain County	2:20.47
2010	Jocelyn Keen	Fuquay-Varina	2:12.79	Taryn Stern	Hickory Ridge	2:20.52	Kaylan Lance	Brevard	2:19.76	Chelsea Treadway	Swain County	2:19.50
2011	Shelby Howell	New Hanover	2:13.05	Megan Kunkel	Cardinal Gibbons	2:17.74	Grace Morken	Carrboro	2:13.09	Chelsea Treadway	Swain County	2:14.70
2012	Shelby Howell	New Hanover	2:11.99	Blake Dodge	West Carteret	2:16.03	Grace Morken	Carrboro	2:18.26	Hunter Latimer	Gray Stone Day	2:21.94
2013	Megan Sullivan	Broughton	2:13.29	Blake Dodge	West Carteret	2:13.23	Grace Morken	Carrboro	2:16.71	Malia Ellington	Comm. Sch. Davidson	2:20.37
2014	Lauren Moody	T.C. Roberson	2:12.84	Blake Dodge	West Carteret	2:13.86	Maysa Araba	Carrboro	2:16.41	Malia Ellington	Comm. Sch. Davidson	2:15.87
2015	G'Jasmyne Butler	Leesville Road	2:11.07	Anna Vess	A.C. Reynolds	2:17.41	Maysa Araba	Carrboro	2:15.18	Malia Ellington	Comm. Sch. Davidson	2:12.26
2016	Nevada Mareno	Leesville Road	2:08.51	Anna Vess	A.C. Reynolds	2:13.28	Brittany Stanly	Mount Pleasant	2:13.53	Emma Pindur	Swain County	2:22.77
2017	TiCoiya Gidderon	High Point Central	2:11.93	Emme Fisher	West Carteret	2:15.69	Kaleigh Hanson	Croatan	2:19.28	Emma Pindur	Swain County	2:19.26
2018	TiCoiya Gidderon	High Point Central	2:13.76	Megan Marvin	Chapel Hill	2:12.74	Kaleigh Hanson	Croatan	2:19.43	Victoria Swepson	Research Triangle	2:20.40
2019	Caroline Todd	Cardinal Gibbons	2:15.08	Megan Marvin	Chapel Hill	2:13.26	Faith Younts	Patton	2:21.92	Victoria Swepson	Research Triangle	2:18.84
2020	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
2021	Sanu Jallow	W. Mecklenburg	2:07.78	Alyssa Preisano	Cuthbertson	2:17.46	Angie Allen	North Lincoln	2:15.58	Lauren Tolbert	Highland Tech	2:22.86
2022	Charlotte Bell	Cuthbertson	2:12.23	Lily Yampolsky	Lake Norman	2:17.93	Olivia Overholt	Polk County	2:18.50	Lauren Tolbert	Highland Tech	2:09.37
2023	Charlotte Bell	Cuthbertson	2:08.89	Zoe Dorsey	Terry Sanford	2:15.41	Kelsey Burleson	West Stanly	2:23.32	Dvdaya Swimmer	Cherokee	2:19.71
2024	Charlotte Bell	Cuthbertson	2:08.78	Lily Yampolsky	Lake Norman Ch.	2:13.41	Catherine Parker	NCSSM Durham	2:18.41	Annie Lewis	Swain County	2:14.97



Women's Outdoor Track State Individual Event Champions



1600 METER RUN (1 MILE UNTIL 1980)

1972	Elder	Ragsdale	6:05.60	1977	Julie Shea	Cardinal Gibbons	4:43.10	1982	Kathy Ormsby	Richmond	4:59.00
1973	Taylor	North Pitt	5:22.20	1978	Gail Hafley	Sanderson	5:05.70	1983	Kathy Ormsby	Richmond	4:56.80
1974	Taylor	North Pitt	5:21.10	1979	Mary Shea	Cardinal Gibbons	4:58.00	1984	Wendy McLees	Grimsley	5:05.17
1975	Lashley	Millbrook	5:16.60	1980	Joan Nesbitt	East Mecklenburg	5:05.70	1985	Marriane Carraher	Lee County	5:18.21
1976	Julie Shea	Cardinal Gibbons	4:50.80	1981	Kathy Ormsby	Richmond	4:59.00				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A							
1986	Francine Dumas	T.C. Roberson	5:02.29	Francine Dumas	T.C. Roberson	5:02.29	Amy Bingham	NC Science & Math	5:38.45						
1987	Cessy Hudson	East Burke	5:07.03	Francine Dumas	T.C. Roberson	5:10.69	Maria Trent	NC Science & Math	5:35.90						
1988	Cessy Hudson	East Burke	5:10.38	Charlotte Smith	Shelby	5:23.85	Erin Smyth	Lejeune	5:24.49						
1989	Carrie Hoag	Garinger	5:13.14	Jennifer Olive	Enka	5:16.96	Erin Smyth	Lejeune	5:22.20						
1990	Kelly Clark	Lee County	5:07.79	Mia Richardson	McMichael	5:24.91	Julie Barba	Lejeune	5:20.41						
1991	Ami Herrman	Providence	5:04.42	Mia Richardson	McMichael	5:16.70	Karen Godlock	Polk County	5:08.84						
1992	Ami Herrman	Providence	4:51.59	Mia Richardson	McMichael	5:10.94	Karen Godlock	Polk County	5:06.34						
1993	Ami Herrman	Providence	5:09.92	Rebekah Frick	East Rowan	5:24.84	Karen Godlock	Polk County	5:05.69						
4A				3A				2A				1A			
1994	Francis Warner	E.E. Smith	4:59.92	Laura Hughes	Sun Valley	5:15.67	Amy Knox	West Henderson	5:25.60	Suzanne Shelton	East Surry	5:39.44			
1995	Meredith Faircloth	Broughton	5:09.29	Amanda Becker	Fuquay-Varina	5:08.01	Sarah Day	Ledford	5:25.41	Kristy Whitaker	Murphy	5:31.98			
1996	Florencia Hunt	Hunt	5:09.01	Amanda Becker	Fuquay-Varina	5:05.79	Jennifer Dimmsdale	Polk County	5:08.18	Julie Stackhouse	Hayesville	5:17.00			
1997	Fran Lattie	Lumberton	5:19.31	Sarah Vance Goodman	T.C. Roberson	5:03.05	Sarah Day	Ledford	5:13.97	Kristy Whitaker	Murphy	5:31.46			
1998	Mary Floyd	Enloe	5:12.03	Sarah Vance Goodman	T.C. Roberson	5:03.80	Heidi Sloop	West Wilkes	5:23.26	Jennifer Dimsdale	Polk County	5:19.05			
1999	Alisha Little	East Burke	5:08.40	Christina Berndt	Fred T. Foard	5:10.04	Heidi Sloop	West Wilkes	5:15.55	Ariel Glassman	Hendersonville	5:15.34			
2000	Julia Lucas	Myers Park	5:05.59	Danielle Deines	T.C. Roberson	5:20.73	Heidi Sloop	West Wilkes	5:22.04	Jessie Stackhouse	Hayesville	5:37.39			
2001	Rachel Kitson	Chapel Hill	5:11.93	Alica Valtin	Western Harnett	5:08.69	Heidi Sloop	West Wilkes	5:20.55	Erika Schneble	Hendersonville	5:16.85			
2002	Julia Lucas	Myers Park	5:06.02	Jessica Collins	Eastern Wayne	5:18.76	Christal Rayle	Randleman	5:30.01	Erika Schneble	Hendersonville	5:06.67			
2003	Taylor Steelman	Mount Tabor	5:06.39	Hannah Parks	Glenn	5:19.48	LeighAnn Taylor	Monroe	5:18.65	Kayla Robertson	Surry Central	5:15.49			
2004	Kate Merrill	Jordan	5:07.83	Hannah Parks	Glenn	5:22.07	LeighAnn Taylor	Monroe	5:16.44	Summer Graham	Princeton	5:27.04			
2005	Aja Jackson	Waddell	5:09.76	Hannah Parks	Glenn	5:13.34	Christina Moore	Pender	5:13.07	Elisabeth Elliot	Polk County	5:33.34			
2006	Callan Fike	Athens Drive	5:06.15	Hannah McArdle	T.C. Roberson	5:18.83	Heather Beichner	Cardinal Gibbons	5:08.50	Heather Hoffman	Bishop McGuinness	5:26.78			
2007	Callan Fike	Athens Drive	4:59.83	Ryanna Henderson	Jacksonville	5:14.67	Heather Beichner	Cardinal Gibbons	5:09.50	Anna Hayes	East Wilkes	5:25.99			
2008	Kimberly Spano	N. Mecklenburg	5:07.91	Kenyetta Iyevbele	Olympic	5:07.29	Heather Beichner	Cardinal Gibbons	4:57.05	Jade Farlow	South Stanly	5:19.02			
2009	Carolyn Baskir	East Chapel Hill	4:56.87	Laura Hoer	T.C. Roberson	5:00.31	Halsey Merritt	Cardinal Gibbons	5:16.82	Kristen Stout	Hendersonville	5:20.96			
2010	Samantha George	Millbrook	4:55.67	Sarah Rapp	Cardinal Gibbons	5:04.10	Francesca Perone	Carrboro	5:25.44	Carol Blankenship	East Wilkes	5:06.62			
2011	Samantha George	Millbrook	4:58.75	Sarah Rapp	Cardinal Gibbons	5:07.05	Grace Morken	Carrboro	5:13.09	Kristen Stout	Hendersonville	5:19.32			
2012	Samantha George	Millbrook	4:51.54	Jentzen Jones	Fike	5:13.07	Grace Morken	Carrboro	5:09.13	Elizabeth Lackey	Hendersonville	5:25.27			
2013	Mattie Blue	Broughton	5:02.52	Blake Dodge	West Carteret	4:59.35	Grace Morken	Carrboro	5:13.00	Malia Ellington	Comm. Sch. Davidson	5:01.37			
2014	Blair Ramsey	Grimsley	4:57.20	Anna Vess	A.C. Reynolds	5:00.39	Maysa Araba	Carrboro	5:03.52	Malia Ellington	Comm. Sch. Davidson	4:59.88			
2015	Elly Henes	Green Hope	4:58.84	Anna Vess	A.C. Reynolds	5:03.49	Maysa Araba	Carrboro	4:55.78	Malia Ellington	Comm. Sch. Davidson	5:04.85			
2016	Nevada Mareno	Leesville Road	4:51.57	Anna Vess	A.C. Reynolds	5:00.09	Brittany Stanley	Mount Pleasant	4:59.96	Jo Snow	Mount Airy	5:22.39			
2017	Isabel Zimmerman	Reagan	5:00.46	Sarah LaTour	Cuthbertson	5:03.03	Mariah Howlett	Lake Norman Charter	5:03.80	Caitlyn Burkett	Franklin Academy	5:21.43			
2018	Carmen Alder	Pinecrest	4:57.84	Elise Wright	T.C. Roberson	5:01.52	Mariah Howlett	Lake Norman Charter	5:00.67	Victoria Swepson	Research Triangle	5:21.52			
2019	Carmen Alder	Pinecrest	5:03.98	Hayley Whooley	West Johnston	5:02.12	Angie Allen	North Lincoln	5:10.87	Victoria Swepson	Research Triangle	5:25.68			
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)					
2021	Maddie Huecker	Lake Norman	4:50.36	Alyssa Preisano	Cuthbertson	4:57.34	Angie Allen	North Lincoln	5:05.97	Victoria Swepson	Research Triangle	5:23.84			
2022	Amelia Maughan	Chapel Hill	4:49.69	Caroline Murrell	Northwood	5:07.44	Natalie Almond	West Stanly	5:19.87	Briley Bickerstaff	Riverside-Martin	5:12.30			
2023	Charlotte Bell	Cuthbertson	4:43.27	Eva Rinker	Tuscola	5:03.76	Kelsey Burleson	West Stanly	5:22.22	Arizona Blankenship	Swain County	5:01.10			
2024	Charlotte Bell	Cuthbertson	4:38.92	Olivia Ferraro	North Lincoln	4:54.29	Catherine Parker	NCSSM Durham	5:06.41	Arizona Blankenship	Swain County	5:06.64			



Women's Outdoor Track State Individual Event Champions



200 METER DASH (220 YARDS UNTIL 1980)

1972	Crowell	East Mecklenburg	26.10	1977	Stanback	Pinecrest	25.30	1982	Mamie Wilson	Northern Durham	24.60
1973	Leak	Bowman	25.40	1978	Stanback	Pinecrest	24.60	1983	Carla McLaughlin	Northern Durham	24.30
1974	Kathy McMillian	Hoke County	25.40	1979	Pam Belton	Seventy-First	25.00	1984	Carla McLaughlin	Northern Durham	24.13
1975	Kathy McMillian	Hoke County	25.40	1980	Gwen Ray	Smithfield-Selma	24.30	1985	Lamonda Miller	Chase	24.64
1976	Kathy McMillian	Hoke County	24.40	1981	Pam Belton	Seventy-First	24.80				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A								
1986	Adrienne Ferguson	Dudley	24.40	Adrienne Ferguson	Dudley	24.40	No Record									
1987	Marlene Poole	Grimsley	25.64	San Harrison	T.W. Andrews	25.29	Linda Bryant	Manteo		24.98						
1988	Marlene Poole	Grimsley	24.78	L'Tonya Hall	Washington	25.37	Annette Harris	South Granville		25.85						
1989	Marlene Poole	Dudley	25.04	Alice Vinson	Sun Valley	25.06	Rachel Small	Lexington		25.77						
1990	Marlene Poole	Dudley	24.53	Alice Vinson	Sun Valley	24.81	Annette Harris	South Granville		26.22						
1991	Josette Battle	Millbrook	24.54	Katrina Jarrett	North Rowan	24.95	Cheryl Bowman	Forest Hills		26.58						
1992	Takeisha Quick	Pine Forest	24.86	Alicia Pope	North Lenoir	25.63	Amanda Johnson	East Carteret		25.79						
1993	Kim Wilson	Grimsley	25.13	Katrina Jarrett	North Rowan	24.83	Amanda Johnson	East Carteret		25.79						
4A				3A				2A				1A				
1994	Kim Richardson	New Bern	25.03	Sabrina Thompson	Fike	24.68	Carmen Weldon	Salisbury	25.82	Julie Stackhouse	Hayesville	27.25				
1995	Crystal Cox	Pine Forest	24.39	Sabrina Thompson	Fike	25.16	Carmen Weldon	Salisbury	25.15	Julie Stackhouse	Hayesville	26.98				
1996	Crystal Cox	Pine Forest	24.18	Sabrina Thompson	Fike	24.61	Racheca Barrow	Currituck	25.12	Angela Grissett	South Robeson	25.78				
1997	Crystal Cox	Pine Forest	24.38	Shirena James	Hickory	25.91	Anissa Gainey	Clayton	25.54	Conova Young	Lejeune	26.01				
1998	Demetria Washington	Terry Sanford	24.37	Shirena James	Hickory	25.13	Michelin Middlebrooks	High Point Central	25.61	Rachel McEntyre	Polk County	25.57				
1999	Lasonja Collins	Independence	24.34	Anissa Gainey	Clayton	24.79	Nancy Hinson	Ledford	25.56	Shalyce Smith	James Kenan	26.44				
2000	Felicia Fant	Olympic	24.92	Anissa Gainey	Clayton	25.18	Dana Bembry	Holmes	25.59	Shalyce Smith	James Kenan	25.99				
2001	Bernadette Washington	R.J. Reynolds	24.67	Suzette McSwain	Dudley	25.79	LeTrey Parker	Southern Guilford	25.07	Cynethia Rooks	Northampton-West	25.67				
2002	Phykesha Blackman	Independence	25.40	Tiffany Roberts	Southwest Guilford	24.54	Dana Bembry	Holmes	25.40	Evette Brown	South Stokes	25.52				
2003	Melissa Council	Cary	24.45	Portia Baker	Southwest Guilford	24.39	Terria Sinclair	Saint Pauls	25.44	Ebony Robinson	Durham Sch. of Arts	25.64				
2004	Erica Montgomery	Mount Tabor	24.59	Portia Baker	Southwest Guilford	25.23	Shontay Dodd	Greene Central	25.39	Evette Brown	South Stokes	25.87				
2005	Lamarra Currie	Apex	24.28	Gabrielle Daniel	East Chapel Hill	25.33	Ashley McKiver	T.W. Andrews	25.65	Shaquita Copeland	Perquimans	25.96				
2006	Gabby Mayo	Southeast Raleigh	23.51	Kelsey McCorkle	South Central	24.73	Morgan McEachin	Red Springs	25.70	Shaquita Copeland	Perquimans	26.16				
2007	Gabby Mayo	Southeast Raleigh	23.72	Kelsey McCorkle	South Central	24.79	Maria Johnson	Farmville Central	25.12	Jania Bogle	Princeton	25.99				
2008	Jacinda Evans	Southern Durham	24.47	Kelsey McCorkle	South Central	23.63	Brittany Wilkins	Cummings	25.27	Jania Bogle	Princeton	25.30				
2009	Nyosha Bryant	West Charlotte	24.12	Stormy Kendrick	Forestview	25.13	Marissa Bellamy	Bunn	24.69	Leroya Banks	Perquimans	24.86				
2010	Dominique Weathers	Charlotte Vance	24.45	Maleena Reid	North Gaston	24.91	Briana Haith	Granville Central	24.33	Leroya Banks	Perquimans	25.37				
2011	Alexis Murphy	Apex	24.57	Nyshedra Brown	West Craven	24.91	Marissa Bellamy	Bunn	24.39	Chasity Roberts	Jones	25.38				
2012	Alexis Murphy	Apex	23.96	Nyshedra Brown	West Craven	24.37	Paisley Simmons	T.W. Andrews	24.74	Janieyah Collins	Monroe	25.22				
2013	Tyra Lea	Wakefield	23.95	Qizeah Jackson	Westover	24.54	Paisley Simmons	T.W. Andrews	24.61	Reneazia Collins	Monroe	25.47				
2014	Katlin Sherman	Parkland	24.05	Courtney Warner	C.B. Aycock	24.87	Reneazia Collins	Monroe	25.48	Aaliyah Craft	Walkertown	26.02				
2015	Tamara Clark	High Point Central	23.69	Courtney Warner	C.B. Aycock	24.23	Starbesha Satterwhite	Warren County	25.22	Deonica Reid	Winston-Salem Prep	25.36				
2016	Tamara Clark	High Point Central	23.53	Taylor Henderson	Eastern Guilford	24.40	Payton Russell	North Rowan	24.83	Desire Brown	Heide Trask	25.32				
2017	Tamara Clark	High Point Central	23.59	Mya Daye	Northern Vance	24.69	Payton Russell	North Rowan	25.14	Araybian Lilly	West Montgomery	12.65				
2018	Kyna Robinson	Southeast Raleigh	24.20	Alexis Patterson	Parkland	24.39	Tahalia Fairman	Southwest Onslow	25.39	Araybian Lilly	West Montgomery	25.73				
2019	Jonah Ross	Garner	23.96	Alysia Johnson	Hillside	23.73	Allysia Farrar	Cummings	24.85	Ja'Ciya Guthrie	Bessemer City	25.30				
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)						
2021	Shawnti Jackson	Cardinal Gibbons	23.06	Ai'yana Gray-Williams	Parkland	24.66	Joyasia Smith	R-S Central	25.15	Tra'Nijah Pettihomme	Pamlico	25.48				
2022	Shawnti Jackson	Wakefield	23.19	Sanu Jallow	West Mecklenburg	24.44	Joyasia Smith	R-S Central	25.19	Lauren Tolbert	Highland Tech	25.66				
2023	JaMeesia Ford	Jack Britt	23.47	Janiya Johnson	Statesville	24.18	Shawnti Jackson	South Granville	22.70	Akala Garrett	Albemarle	24.25				
2024	Maya Love	Independence	23.82	Jalee Brown	Dudley	23.80	Serenity Harvey	Whiteville	24.92	Aniya Edwards	Elkin	24.50				



Women's Outdoor Track State Individual Event Champions



400 METER DASH (440 YARDS UNTIL 1980)

1972	Crowell	East Mecklenburg	1:00.30	1977	Sherrill	Jordan	57.90	1982	Tonya White	Page	56.50
1973	Lide	Hoke County	1:00.70	1978	Sherrill	Jordan	54.80	1983	April Cook	Watauga	55.60
1974	Swindell	New Bern	59.30	1979	Sherrill	Jordan	55.10	1984	Vickie Staton	Southwest Edgecombe	56.85
1975	Vickie Bryant	Jacksonville	57.70	1980	V. Weaver	Hillside	57.00	1985	Tanya Fillmore	Garinger	56.54
1976	Vickie Bryant	Jacksonville	56.20	1981	Tonya Jefferies	Page	56.60				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A				
1986	Sonja Thomas	Dudley	56.14	Sonja Thomas	Dudley	56.14	Mia Gibson	North Rowan	58.43			
1987	Sonja Thomas	Dudley	56.27	Clara Russell	Cummings	58.70	Melissa Rogers	Southwestern Randolph	57.37			
1988	Teneen Royal	Smithfield-Selma	57.54	Crystal Littlejohn	East Rutherford	59.66	Kresha Estes	South Granville	58.20			
1989	Monica Hockaday	Hillside	56.11	Wanda Phillips	Tarboro	58.69	April Jackson	North Rowan	59.44			
1990	Tonya Avery	Jacksonville	55.74	Tonie Lazenby	West Iredell	57.78	Charlene Steed	Louisburg	59.32			
1991	Treshell Mayo	Sanderson	55.91	Tonie Lazenby	West Iredell	57.13	Tracey Burwell	South Granville	58.91			
1992	Treshell Mayo	Sanderson	56.92	Toi Wilson	D.H. Conley	59.05	Mikki Dollyhigh	Surry Central	59.91			
1993	Michelle McRae	Williams	55.76	Toi Wilson	D.H. Conley	55.71	Brooke Chapman	Hendersonville	58.93			
4A				3A				2A				
1994	Shawnta Person	Olympic	57.41	Toi Wilson	D.H. Conley	56.84	Brooke Chapman	Hendersonville	58.69	Jill Lawrence	Surry Central	59.92
1995	Crystal Cox	Pine Forest	56.97	Jackie Houston	Kings Mountain	58.68	Brooke Chapman	Hendersonville	57.26	Shalisha Greg	Elkin	1:02.00
1996	Demetria Washington	Terry Sanford	54.35	Jackie Houston	Kings Mountain	56.98	Juanita Highes	South Granville	57.55	Erin Gubitz	Northampton-East	1:01.44
1997	Demetria Washington	Terry Sanford	54.78	Jackie Houston	Kings Mountain	57.09	Edi Ntuon	NC Science & Math	58.91	Julie Stackhouse	Hayesville	57.80
1998	Kennisha Morten	Seventy-First	56.97	Toshima Dabbs	Morehead	58.14	Edi Ntuon	NC Science & Math	58.21	Latoya Walters	Cummings	1:00.08
1999	Carol Merritt	Garner	56.47	Demiko Picott	Hertford	59.49	Catherine Holmes	Charles D. Owen	1:00.30	Kristal Troy	Tar Heel	59.82
2000	Victoria Gadson	N. Mecklenburg	55.76	Jeretha Massey	Ben L. Smith	59.02	Marquita Houston	Monroe	59.42	Vanessa Lambert	Swain County	59.27
2001	Samantha Murrillo	Davie County	56.72	Jeretha Massey	Ben L. Smith	58.16	Amy Steadman	Brevard	59.80	Cynethia Rooks	Northampton-West	57.40
2002	Carlitha Sturdivant	Independence	57.81	Jeretha Massey	Ben L. Smith	57.76	Candrya Sellers	Western Alamance	58.86	Mary Mayfield	Durham Sch. of Arts	57.46
2003	Carlitha Sturdivant	Independence	57.91	Portia Baker	Southwest Guilford	56.79	Italie Murphy	Cedar Ridge	59.06	Cynethia Rooks	Northampton-West	57.41
2004	Janet Carothers	Harding	55.98	Portia Baker	Southwest Guilford	55.82	Italie Murphy	Cedar Ridge	56.27	Christina Gray	North Brunswick	57.75
2005	Ebonie Cunningham	Southeast Raleigh	56.47	Kia Haskins	Hillside	58.27	Italie Murphy	Cedar Ridge	58.02	Christina Gray	North Brunswick	58.04
2006	Ebonie Cunningham	Southeast Raleigh	55.10	Tiaera Reynolds	Dudley	57.02	Brittany Fennell	West Henderson	57.57	Shaquita Copeland	Perquimans	58.66
2007	Ebonie Cunningham	Southeast Raleigh	55.17	Kelsey McCorkle	South Central	56.60	Crystal Smith	Farmville Central	57.79	Chelsea Mudd	South Stokes	1:01.11
2008	Nyosha Bryant	West Charlotte	55.58	Brandy Swann	Jacksonville	56.75	Felisha Garren	North Henderson	56.75	Trisha Bennett	Winston-Salem Prep	58.70
2009	Sanura Eley-O'Reilly	Jack Britt	54.07	Breanna Alston	Southeast Guilford	58.45	Briana Haith	Granville Central	56.85	Trisha Bennett	Winston-Salem Prep	57.56
2010	Sanura Eley-O'Reilly	Jack Britt	53.45	Breahna Morrison	Weddington	55.69	Briana Haith	Granville Central	55.76	Colleen McGuire	NC Science & Math	58.31
2011	Ariah Graham	Wakefield	55.01	Naomi Alston	Douglas Byrd	56.48	Marissa Bellamy	Bunn	56.74	Holly Gaines	Chatham Central	59.06
2012	Ariah Graham	Wakefield	55.14	Naomi Alston	Douglas Byrd	56.01	Marissa Bellamy	Bunn	55.73	Reneazia Collins	Monroe	57.41
2013	Tiana Patillo	Wakefield	55.46	Maya Evans	Fike	55.93	Jaleesa Smoot	Salisbury	56.59	Reneazia Collins	Monroe	56.28
2014	Layla White	Cary	55.41	Nikolete Hurrinus	Cuthbertson	56.98	Reneazia Collins	Monroe	56.39	Shakai Ward	Elkin	57.59
2015	McKinley McNeill	Parkland	54.31	Jasmine Parquet	Eastern Alamance	56.13	Payton Russell	North Rowan	55.70	Shakai Ward	Elkin	57.14
2016	McKinley McNeill	Parkland	53.50	Cambria Shuford	Statesville	56.28	Payton Russell	North Rowan	56.44	Desire Brown	Heide Trask	57.53
2017	Kiya Oviolosun	Southeast Guilford	53.53	Michaela Nelms	Nash Central	55.80	Payton Russell	North Rowan	56.15	Araybian Lilly	West Montgomery	58.33
2018	Maya Singletary	Hoke County	53.42	Dahlia Cutler	Cuthbertson	56.15	Samantha Payne	Ledford	57.30	Araybian Lilly	West Montgomery	57.06
2019	Ella Mainwaring Foster	Providence	55.13	Alysia Johnson	Hillside	53.50	Tahalia Fairman	Southwest Onslow	56.57	Lauren Tolbert	Highland Tech	57.15
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)		
2021	JaMeesia Ford	Jack Britt	54.83	Ariana Daley	Clayton	56.91	Alaya Gillespie	West Iredell	56.86	Lauren Tolbert	Highland Tech	56.81
2022	Shawnti Jackson	Wakefield	52.32	Sanu Jallow	West Mecklenburg	54.40	Rylee Hegedus	Pine Lake Prep	58.53	Damyja Ortiz	Winston-Salem Prep	57.59
2023	JaMeesia Ford	Jack Britt	54.26	Zoe Dorsey	Terry Sanford	54.99	Shawnti Jackson	South Granville	53.02	Jalee Brown	South Stokes	58.08
2024	Maya Love	Independence	53.91	Tianna Spinks	Southern Guilford	54.40	Serenity Harvey	Whiteville	57.05	Aniya Edwards	Elkin	56.16



Women's Outdoor Track State Individual Event Champions



300 METER INTERMEDIATE HURDLES (220 YARDS UNTIL 1980; 200 METERS 1980-1984)

1979	JoAnn Stallings	Holmes	29.50	1984	Pam Doggett	Dudley	27.92
1980	Clara Hairston	East Forsyth	28.50	1985	Pam Doggett	Dudley	44.73
1981	Sandra Nichols	Thomasville	28.30				
1982	Tracy Briston	R.J. Reynolds	28.50				
1983	Ida Pendergraft	Hillside	28.50				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A						
1986	Pam Doggett	Dudley	42.00	Pam Doggett	Dudley	42.00	Pauline Rogers	Southwestern Randolph	46.81					
1987	Wanda Medly	Dudley	45.14	Tara Burns	Cummings	45.98	Denita Watkins	North Stanly	46.26					
1988	Tonya Pope	Fike	44.20	Tara Burns	Cummings	46.10	Lisa Taylor	Salisbury	45.80					
1989	Marseilla McKenzie	Hoke County	44.81	Debbie Hollingsworth	East Henderson	46.91	Zandra Hoyles	Salisbury	47.70					
1990	Marseilla McKenzie	Hoke County	44.41	Vicki Pittman	Tarboro	45.49	Sara White	Surry Central	45.89					
1991	Marseilla McKenzie	Hoke County	44.46	Vicki Pittman	Tarboro	45.43	Lee Anne Ross	South Stanly	46.96					
1992	Cameron Bader	Sanderson	46.29	Laonda McCorkle	High Point Central	46.01	Sara White	Surry Central	46.19					
1993	Joann Smith	New Bern	44.07	DeAnne Davis	Cummings	45.44	Sara White	Surry Central	44.90					
4A				3A				2A				1A		
1994	Twyla Smith	Pinecrest	43.78	Renee Hudson	Tarboro	46.57	DeAnne Davis	Cummings	45.56	Julie Stackhouse	Hayesville	47.86		
1995	Brenda Taylor	Watauga	43.81	Natasha Harris	Asheboro	46.57	DeAnne Davis	Cummings	44.94	Julie Stackhouse	Hayesville	45.83		
1996	Brenda Taylor	Watauga	43.30	Heather Carpenter	Southern Durham	46.21	DeAnne Davis	Cummings	45.40	Deanne Wood	Surry Central	47.50		
1997	Brenda Taylor	Watauga	42.14	Tiffany Smith	Fike	45.29	Lisa Bradsher	Cummings	45.79	Shayla Horne	Bladenboro	46.60		
1998	Melissa Henderson	Jordan	45.40	Tiffany Smith	Fike	44.87	Latoya Burt	South Granville	46.24	Deidre Mapp	Cummings	46.36		
1999	Rolanda Gabriel	Butler	45.39	Tiffany Smith	Fike	45.32	Latasha Pharr	North Rowan	46.93	Katrelle Armwood	Durham Magnet	45.92		
2000	Nneka Martin	Cary	44.23	Leslie Bigelow	Hickory	46.06	Latasha Pharr	North Rowan	44.05	Allison Adams	East Wilkes	47.80		
2001	Ashley Dutch	Broughton	44.94	Leteisha Johnson	Ben L. Smith	46.70	Latasha Pharr	North Rowan	46.09	Chandra Pulliam	Cummings	45.23		
2002	Demetria Powell	Jordan	45.18	Michelle Duffey	Hillside	45.58	Chandra Pulliam	Cummings	44.61	Katrelle Armwood	Durham Sch. of Arts	45.80		
2003	Melissa Council	Cary	43.61	Michelle Duffey	Hillside	43.73	Jessica Sims	West Henderson	46.11	Jessica Autry	Midway	47.47		
2004	Erika Foushee	Enloe	44.02	Michelle Duffey	Hillside	44.22	Morgan Peterson	Mountain Heritage	45.37	Alexis Jenkins	North Brunswick	47.18		
2005	Gabby Mayo	Southeast Raleigh	44.62	Lateasa Michael	Anson	45.14	Latoya James	Cummings	43.96	Alexis Jenkins	North Brunswick	47.18		
2006	Gabby Mayo	Southeast Raleigh	43.56	Manika Gamble	Jacksonville	44.63	Latoya James	Cummings	44.15	Natalie Moreland	Mount Airy	46.69		
2007	Tacara Morrisey	E.E. Smith	44.56	Sophia Treakle	Asheville	44.67	Latoya James	Cummings	43.76	Saresa Hudson	Pender	46.84		
2008	Victoria Robinson	J.H. Rose	45.37	Sophia Treakle	Asheville	43.15	Sherice Walker	Cummings	44.74	Maggie Conner	Polk County	46.54		
2009	Victoria Robinson	J.H. Rose	43.23	Tyler Brockington	Dudley	45.02	Janieyah Collins	Monroe	45.52	Camille Wilkerson	Winston-Salem Prep	44.55		
2010	Keni Harrison	Clayton	42.53	Amber Holloway	West Rowan	44.10	Francesca Evans	Cummings	44.64	Saresa Hudson	Pender	45.58		
2011	Keni Harrison	Clayton	41.41	Rikki Jay	Franklin	44.47	Nora McKiver	T.W. Andrews	43.69	Janieyah Collins	Monroe	45.29		
2012	Tyler Brockington	Dudley	41.81	Lydia Laws	Western Alamance	44.84	Nora McKiver	T.W. Andrews	44.87	Janieyah Collins	Monroe	45.34		
2013	Tametris Morrison	Southeast Raleigh	42.72	Lydia Laws	Western Alamance	43.79	Nora McKiver	T.W. Andrews	42.70	Kylie Polsgrove	Avery County	46.17		
2014	Jacklyn Howell	Southeast Raleigh	44.67	Lydia Laws	Western Alamance	43.62	Kayla Moore	Cummings	45.77	Kylie Polsgrove	Avery County	45.71		
2015	Ebony Williams	Parkland	42.19	Kylie McMillan	Southern Guilford	43.78	Kayla Moore	Cummings	46.07	Kylie Polsgrove	Avery County	45.49		
2016	Shellbi Chapman	Leesville Road	43.17	Sydni Fields	Cleveland	44.59	Kayla Moore	Cummings	43.79	Ashya Smith	Winston-Salem Prep	47.05		
2017	Jessica Wright	Hillside	42.99	Jorja Medders	Marvin Ridge	44.36	Zacora McKnight	T.W. Andrews	44.71	Taniqua Knight	Albemarle	46.89		
2018	Sierra Fletcher	Southeast Raleigh	41.87	Jessica Wright	Hillside	44.50	Nicole Barnes	T.W. Andrews	44.37	Taniqua Knight	Albemarle	46.47		
2019	Lindsay Cooper	N. Mecklenburg	43.64	Karisma Marte	Eastern Alamance	43.26	Kendall Jordan	Cummings	43.03	Somahje Porter	Albemarle	46.76		
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)				
2021	Akala Garrett	Harding Univ.	41.64	Aria Wegh	Marvin Ridge	43.97	Kendall Jordan	Cummings	44.22	Jessie Lohmann	Swain County	48.26		
2022	Akala Garrett	Harding Univ.	41.42	Emma Hall	West Henderson	45.69	Mia McMillen	Surry Central	45.08	Tai'lah Ward	North Rowan	45.70		
2023	Aria Wegh	Marvin Ridg	42.28	Emma Hall	West Henderson	44.42	Shalawn Yates	West Craven	45.35	Akala Garrett	Albemarle	40.26		
2024	Joslyn Hamilton	Rolesville	41.10	Emma Hall	West Henderson	44.51	D'Anna Cotton	Cummings	44.68	Maddy Barret	Avery County	44.11		



Women's Outdoor Track State Individual Event Champions



3200 METER RUN (2 MILE UNTIL 1980)

1978	Mary Shea	Cardinal Gibbons	10:17.50	1983	Kathy Ormsby	Richmond	11:08.40
1979	Mary Shea	Cardinal Gibbons	10:08.40	1984	Charlotte Carlson	Northwest Cabarrus	11:24.14
1980	Karen Thompson	East Henderson	11:20.10	1985	Patty King	St. Stephens	11:28.92
1981	Lene Hestdal	Myers Park	11:37.30				
1982	Charlotte McCall	McDowell County	11:24.40				

3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A								
1986	Cessy Hudson	East Burke	11:09.30	Cessy Hudson	East Burke	11:09.30	No Record									
1987	Stacey Williams	Grimsley	11:11.84	Francine Dumas	T.C. Roberson	11:30.46	Larissa Teigen	Lejeune	11:59.33							
1988	Cessy Hudson	East Burke	11:18.05	Robyn Land	Wilkes Central	11:59.44	Erin Smyth	Lejeune	11:59.32							
1989	Windy McIntyre	Watauga	11:38.79	Jennifer Coffey	St. Stephens	11:49.43	Erin Smyth	Lejeune	12:01.99							
1990	Silica Johnson	Grimsley	11:18.14	Jennifer Coffey	St. Stephens	11:58.60	Alex Reck	NC Science & Math	11:53.91							
1991	Ami Herrman	Providence	11:17.51	Mia Richardson	McMichael	12:00.93	Karen Godlock	Polk County	11:28.84							
1992	Ami Herrman	Providence	11:01.33	Suzanne Black	Sun Valley	11:36.26	Karen Godlock	Polk County	11:25.36							
1993	Ami Herrman	Providence	11:21.85	Rebekah Frick	East Rowan	11:59.26	Karen Godlock	Polk County	11:14.00							
4A				3A				2A				1A				
1994	Jennifer Lakas	S. Mecklenburg	11:26.93	Erin Musson	Wilkes Central	11:46.36	Amy Knox	West Henderson	11:54.40	Jenny Warford	Jordan Matthews	12:31.93				
1995	Meredith Faircloth	Broughton	11:20.53	Sarah Vance Goodman	T.C. Roberson	11:13.75	Debbie Won	NCSSM	12:11.23	Laura Wilson	Murphy	12:01.65				
1996	Angie Morey	Chapel Hill	11:34.43	Sarah Vance Goodman	T.C. Roberson	10:58.42	Debbie Won	NCSSM	11:46.61	Jenny Warford	Jordan Matthews	11:59.59				
1997	Whitney Woods	Watauga	11:30.07	Sarah Vance Goodman	T.C. Roberson	11:16.08	Stphanie Jilcott	NCSSM	12:13.58	Jamie Hollingsworth	Rosewood	12:14.41				
1998	Marina Chase	Watauga	11:21.50	Sarah Vance Goodman	T.C. Roberson	10:54.64	Diana Henderson	North Henderson	11:47.03	Jennifer Dimsdale	Polk County	12:25.39				
1999	Alisha Little	East Burke	11:04.39	Erin Kelley	T.C. Roberson	11:28.52	Diana Henderson	North Henderson	11:18.16	Ariel Glassman	Hendersonville	11:20.78				
2000	Julia Lucas	Myers Park	11:19.49	Danielle Deines	T.C. Roberson	11:30.21	Heidi Sloop	West Wilkes	11:48.97	Erika Schneble	Hendersonville	12:49.26				
2001	Rachel Kitson	Chapel Hill	11:15.32	Alica Valtin	Western Harnett	11:36.94	Heidi Sloop	West Wilkes	11:50.44	Erika Schneble	Hendersonville	11:22.24				
2002	Julia Lucas	Myers Park	10:46.22	Jessica Collins	Eastern Wayne	11:37.86	Shiyrah Mielke	North Henderson	12:12.94	Erika Schneble	Hendersonville	11:00.97				
2003	Katherine Merrill	Jordan	11:09.17	Kate McCarthy	East Chapel Hill	13:25.00	LeighAnn Taylor	Monroe	11:44.13	Kasey Smith	South Stokes	11:51.54				
2004	Kate Merrill	Jordan	11:17.50	Latanya Lesine	Hillside	12:10.62	Lindsay Groce	Wilkes Central	11:32.78	Summer Graham	Princeton	12:03.09				
2005	Brittany Johnson	Green Hope	11:15.59	Clair Kelley	T.C. Roberson	11:39.82	Tria Metzler	Bunn	11:31.90	Elisabeth Elliot	Polk County	12:03.13				
2006	Andie Cozzarelli	Apex	11:01.35	Lindsay Ester	Williams	11:40.07	Tria Metzler	Bunn	11:29.49	Elisabeth Elliot	Polk County	11:57.21				
2007	Andie Cozzarelli	Apex	11:15.90	Caroline Kirby	T.C. Roberson	11:33.33	Morgan Turner	Lincolnton	11:46.24	Elizabeth Humphries	Jordan Matthews	12:03.05				
2008	Lauren Bishop	Pinecrest	11:15.13	Caroline Kirby	T.C. Roberson	11:22.50	Morgan Turner	Lincolnton	11:35.53	Kristen Stout	Hendersonville	11:39.70				
2009	Kimberly Spano	N. Mecklenburg	11:05.07	Kenyetta Iyevbele	Olympic	11:30.23	Halsey Meritt	Cardinal Gibbons	11:46.64	Faith Trammell	Robbinsville	11:49.07				
2010	Laura Hoer	T.C. Roberson	10:46.29	Sarah Rapp	Cardinal Gibbons	11:00.10	Alex Travenier	Northeastern	12:14.27	Carol Blankenship	East Wilkes	11:29.54				
2011	Anna McBride	Davie County	10:46.08	Sarah Rapp	Cardinal Gibbons	11:03.44	Aleshia Reece	Madison	11:43.09	Kristen Stout	Hendersonville	11:53.25				
2012	Anna McBride	Davie County	10:47.82	Mary Grace Doggett	Cardinal Gibbons	11:21.84	Allie Castro	North Lincoln	11:18.62	Kristen Parries	Mount Airy	12:10.51				
2013	Pegah Kamrani	E. Chapel Hill	10:47.60	Sophie Ebihara	Cardinal Gibbons	11:08.52	Callie Wynn	West Davidson	11:12.28	Malia Ellington	Comm.Sch. Davidson	11:42.66				
2014	Kayla Montgomery	Mount Tabor	10:47.74	Anna Vess	A.C. Reynolds	10:52.18	No Record			Malia Ellington	Comm. Sch. Davidson	12:02.69				
2015	Elly Henes	Green Hope	10:39.47	Sophie Ebihara	Cardinal Gibbons	11:06.99	Helen Morken	Carrboro	11:24.70	Malia Ellington	Comm.Sch. Davidson	11:28.59				
2016	Nevada Mareno	Leesville Road	10:17.70	Anna Vess	A.C. Reynolds	11:19.41	Kaitlyn Stone	West Stokes	10:53.80	Michaela Gammon	Lincoln Charter	11:54.64				
2017	Isabel Zimmerman	Reagan	10:47.88	Sarah LaTour	Cuthbertson	11:22.35	Mariah Howlett	Lake Norman Char.	11:02.51	Abigail Hemric	North Stokes	11:55.40				
2018	Carmen Alder	Pinecrest	10:54.80	Anna Bristle	Parkwood	10:56.79	Mariah Howlett	Lake Norman Char.	10:57.13	Caitlyn Burkett	Franklin Academy	12:02.84				
2019	Natalie Tyner	Laney	10:37.34	Jonna Strange	North Iredell	10:53.20	Hannah Preisser	Carrboro	11:31.43	Hannah Oliver	Elkin	11:36.10				
MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)				
2021	Mary Bonner Dalton	Myers Park	10:51.78	Caroline Murrell	Northwood	10:51.83	Angie Allen	North Lincoln	11:13.81	Briley Bickerstaff	Riverside-Martin	11:53.67				
2022	Hannah Rae Shaffer	Car. Gibbons	10:37.09	Caroline Murrell	Northwood	11:07.69	Madison Clay	Patton	11:26.42	Briley Bickerstaff	Riverside-Martin	11:14.47				
2023	Mary Bonner Dalton	Myers Park	10:08.64	Tatum Dermatas	First Flight	10:59.01	Katherine Hopkins	Lincolnton	11:24.40	Arizona Blankenship	Swain County	10:56.58				
2024	Mary Bonner Dalton	Myers Park	10:23.71	Erin Pope	Fike	10:51.45	Catherine Parker	NCSSM Durham	11:16.68	Arizona Blankenship	Swain County	11:00.45				



Women's Outdoor Track State Relay Event Champions



400 METER RELAY (440 YARDS UNTIL 1980)

1972	Hoke County	52.00	1977	Dudley	49.30	1982	East Forsyth	48.10
1973	Hoke County	51.20	1978	East Guilford	49.00	1983	North Mecklenburg	48.40
1974	Ragsdale	51.70	1979	Pinecrest	49.70	1984	Dudley	48.46
1975	T.W. Andrews	49.40	1980	T.W. Andrews	48.80	1985	Jacksonville	48.51
1976	Hoke County	50.30	1981	Goldsboro	48.60			

3A & 4A COMPETED JOINTLY IN 1986

	4A			3A			1A/2A			
1986	Dudley	48.59		Dudley	48.59		Lexington	50.51		
1987	Ashbrook	48.86		T.W. Andrews	49.58		Lexington	49.37		
1988	Ashbrook	48.53		T.C. Roberson	49.71		South Granville	49.59		
1989	New Bern	48.63		Harnett Central	49.64		Lexington	49.27		
1990	New Bern	47.73		Statesville	49.37		Chase	50.73		
1991	New Bern	48.58		North Lenoir	49.71		Chase	50.14		
1992	Pine Forest	48.44		High Point Central	49.01		Forest Hills	50.43		
1993	Dudley	48.34		Cummings	49.83		Forest Hills	49.35		
	4A			3A			1A			
1994	New Bern	48.67		Fike	49.69	2A	Murphy	52.68		
1995	Harding	49.14		Southern Durham	49.29	Salisbury	50.26	South Robeson	52.10	
1996	Pine Forest	48.05		Fike	49.16	Cummings	50.42	Lejeune	50.88	
1997	W. Mecklenburg	47.66		High Point Central	49.70	Cummings	50.12	Lejeune	50.15	
1998	Independence	47.41		Dudley	48.71	Western Guilford	50.25	Lejeune	50.17	
1999	Independence	48.53		Dudley	49.01	East Carteret	49.73	Graham	50.33	
2000	Olympic	47.76		Dudley	49.01	Northern Vance	50.91	Graham	50.90	
2001	Independence	48.05		Hillside	49.71	Holmes	48.86	Northampton	51.71	
2002	Jack Britt	47.99		T.W. Andrews	48.97	Holmes	50.31	Williamston	51.29	
2003	Harding	48.36		Southwest Guilford	49.44	T.W. Andrews	48.87	Williamston	50.69	
2004	Charlotte Vance	47.60		Glenn	48.90	Southern Vance	49.50	Williamston	50.37	
2005	West Charlotte	48.44		Ben L. Smith	49.95	Northside-Jax	48.63	Thomasville	51.34	
2006	Harding	47.22		Glenn	48.9	T.W. Andrews	49.67	Princeton	50.99	
2007	Harding	48.14		Andrews	49.06	Cummings	49.06	Topsail	50.45	
2008	Harding	45.37		Parkland	49.25	Hibriten	50.99	James Kenan	50.27	
2009	SE Raleigh	47.33		South Central	47.24	Hibriten	49.81	Winston-Salem Prep	49.84	
2010	W. Mecklenburg	47.56		Parkland	48.13	Cedar Ridge	49.73	North Rowan	49.48	
2011	W. Mecklenburg	48.11		South Central	46.94	St. Pauls	49.57	North Rowan	48.31	
2012	Parkland	47.73		South Central	47.35	Carver	49.46	Winston-Salem Prep	48.51	
2013	Parkland	47.22		Westover	49.81	St. Pauls	49.52	Winston-Salem Prep	48.93	
2014	Parkland	46.99		Phillip O. Berry	48.68	T.W. Andrews	48.27	Winston-Salem Prep	49.62	
2015	Mallard Creek	46.69		Weddington	49.00	Beddingfield	49.35	Winston-Salem Prep	50.45	
2016	Southeast Raleigh	46.25		Rocky Mount	49.08	Cummings	48.81	Winston-Salem Prep	50.98	
2017	High Point Central	46.54		Cox Mill	48.27	Cummings	48.52	East Carteret	50.18	
2018	Southeast Raleigh	47.33		Clyde A. Erwin	48.32	T.W. Andrews	48.32	Murphy	51.04	
2019	Jahzara Hart Kyna Robinson Ani Judd Tia Outlaw	46.11	Jadai Stevenson-Damon	Parkland	47.10	Aquariah McIntosh	Lexington	48.04	Latecyia Johnson Andralyn Livingston Makayla Brazelton Breah Taylor	49.88
2020	MEET CANCELLED (COVID-19 PANDEMIC)		Diamond Lyerly Del'Nique Penn Ija Mumford	MEET CANCELLED (COVID-19 PANDEMIC)		Ziavia Calvin Ny'Lasia Brown Alyssa Thompson Rowe	MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)	
2021	Hailey Juhasz Taylor Mckinnon Ellie Bowman Shawnti Jackson	Cardinal Gibbons 47.33	Parkland	47.97	Aquariah McIntosh	Lexington	49.26	Timia Smith Carrigan LeMaster Kierra Tutt Tra'Nijah Pettihomme	Pamlico	50.75



Women's Outdoor Track State Relay Event Champions



400 METER RELAY (440 YARDS UNTIL 1980)

	4A			3A			2A			1A		
2022	Abigail Thomas	Hickory Ridge	46.95	Breanna Woods	J.H. Rose	49.46	Jemia Raley	Anson	49.72	Timia Smith	Pamlico	49.48
	Nina Dominique			M'Shya Green			Jamya Covington			Keiarra Tutt		
	Jaila Woodruff			Camya Whitfield			Janiyah Maxwell			Carrigan LeMaster		
	Aniya Woodruff			Melanne Sutton			Malaysia Gabriel			Tra'Nijah Pettihomme		
2023	Promise Davis	Parkland	47.35	Nakirah Adams	Statesville	47.21	Kamaya Speight	Farmville Central	48.35	Olivia Patterson	Mountain Island Ch.	50.03
	Ai'yana Gray-Williams			Alaya Gillespie			Arianah Davis			Harmoni Carter		
	Ziyah Etchison			Sakari Johnson			Kamiyah Wooten			Ajuliah Washington		
	Oteria Dubose			Janiya Johnson			Zimya Croom			Jaida McGrew		
2024	Jalaisia Judd	Clayton	46.19	Jalee Brown	Dudley	47.01	Jamiyah Valentines	Hertford County	49.34	Bailey Wallace	Mountain Island Ch.	49.05
	Selena Carlyle			Nilijah Darden			Jada Lloyd			Natalie Patton		
	Amilia Speller			Gabrielle Cheek			Cashmere Cooper			Ajuliah Washington		
	Kamayiah Bobbitt			Dottie Braswell			Gabby Hayes			Olivia Patterson		



Women's Outdoor Track State Relay Event Champions



800 METER RELAY (880 YARDS UNTIL 1980)

1972	Hoke County	1:48.34	1977	Reid Ross	1:43.00	1982	Northern Durham	1:41.10
1973	New Bern	1:48.30	1978	Reid Ross	1:43.77	1983	Northern Durham	1:42.00
1974	Hoke County	1:45.10	1979	Dudley	1:44.00	1984	Dudley	1:40.24
1975	Hoke County	1:44.00	1980	T.W. Andrews	1:42.00	1985	T.W. Andrews	1:42.89
1976	Hoke County	1:43.40	1981	T.W. Andrews	1:40.50			

3A & 4A COMPETED JOINTLY IN 1986

	4A			3A			1A/2A	
1986	Dudley	1:40.67		Dudley	1:40.67		Lejeune	1:46.69
1987	Grimsley	1:39.41		T.W. Andrews	1:44.10		Albemarle	1:45.45
1988	Richmond	1:42.85		T.C. Robeson	1:45.46		Albemarle	1:46.03
1989	Dudley	1:41.76		Tarboro	1:44.04		Lexington	1:43.20
1990	New Bern	1:42.70		T.W. Andrews	1:43.49		South Granville	1:48.04
1991	Jacksonville	1:41.93		Lexington	1:45.32		Forest Hills	1:47.04
1992	New Bern	1:41.58		North Lenoir	1:44.65		Red Springs	1:46.57
1993	Dudley	1:42.21		High Point Central	1:46.58		Forest Hills	1:44.79
	4A			3A			1A	
1994	North Forsyth	1:42.31		Fike	1:44.74		North Brunswick	1:52.48
1995	Pine Forest	1:42.64		Southern Durham	1:43.19		Union	1:52.70
1996	West Mecklenburg	1:42.61		Fike	1:41.21		Union	1:48.49
1997	Jacksonville	1:41.52		Hickory	1:45.79		Lakewood	1:48.04
1998	West Mecklenburg	1:40.06		Southern Nash	1:42.20		Polk County	1:45.57
1999	Independence	1:39.84		Hickory	1:44.55		Polk County	1:45.12
2000	Independence	1:42.00		T.W. Andrews	1:43.43		Cummings	1:47.80
2001	R.J. Reynolds	1:42.65		T.W. Andrews	1:47.37		Red Springs	1:48.74
2002	Independence	1:44.58		Southwest Guilford	1:42.65		Durham School of Arts	1:44.35
2003	Mount Tabor	1:42.66		Hillside	1:44.41		Durham School of Arts	1:46.47
2004	Harding	1:40.00		Hillside	1:44.77		Durham School of Arts	1:44.60
2005	Harding	1:39.85		Ben L. Smith	1:44.96		Durham School of Arts	1:47.74
2006	Harding	1:29.86		Parkland	1:42.18		Albemarle	1:49.23
2007	Harding	1:54.34		Northeast Guilford	1:42.49		Topsail	1:45.51
2008	Myers Park	1:40.65		Dudley	1:42.08		Winston-Salem Prep	1:43.28
2009	Southeast Raleigh	1:39.14		Dudley	1:41.48		Winston-Salem Prep	1:42.93
2010	Wakefield	1:40.13		South Central	1:39.32		North Rowan	1:44.12
2011	West Mecklenburg	1:40.29		South Central	1:43.61		Monroe	1:42.15
2012	Parkland	1:39.62		Williams	1:44.27		Monroe	1:41.30
2013	Parkland	1:37.83		Phillip O. Berry	1:43.75		Monroe	1:42.66
2014	Parkland	1:36.99		Eastern Guilford	1:42.47		Murphy	1:48.56
2015	Parkland	1:36.43		Rocky Mount	1:43.36		Winston-Salem Prep	1:45.03
2016	Parkland	1:37.05		Eastern Guilford	1:41.59		Bessemer City	1:49.62
2017	Hillside	1:38.16		Northern Guilford	1:42.69		Bessemer City	1:46.30
2018	Southeast Raleigh	1:38.23		Parkland	1:38.96		Southside	1:46.09
2019	Jahzara Hart Kyna Robinson Ani Judd Nneka Udoye	Southeast Raleigh 1:37.30	Ija Mumford Alexis Patterson Del'Nique Penn Diamond Lyerly	Parkland 1:38.29	Chioma Asiegbunam Katie Easley Ryan Selden Jordyn Earl	Lake Norman Charter 1:43.63	Jayla Williams Jessica Gakeri Damyja Ortiz Tamia Johnson	Winston-Salem Prep 1:46.19
2020	MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)	
2021	Sanai Forte Akala Garrett Naiobi White Queen Burnett	Harding University 1:40.91		Parkland 1:40.41	Malaysia Smith Aquariah McIntosh Ny'Lasia Brown Isa Wall	Lexington 1:46.90	Jayla Williams Damyja Ortiz Dajaneen Ortiz Tamia Johnson	Winston-Salem Prep 1:45.91



Women's Outdoor Track State Relay Event Champions



800 METER RELAY (880 YARDS UNTIL 1980)

	4A			3A		2A		1A				
2022	Abigail Thomas Nina Dominique Jaila Woodruff Aniya Woodruff	Hickory Ridge	1:37.40	Kiarrah Williams Kya Walker Kayla Smith Shaliah Jones	South Central	1:46.02	Kamaya Speight Arianah Davis Kamayah Wooten Shakeela Daniels	Farmville Central	1:45.88	Cadence Smith Madison Forsythe Natalie Patton Hope Barwick	Mountain Island Ch.	1:46.72
2023	Oteria Dubose Ziyah Etchison Ai'yana Gray-Williams Megan Hatcher	Parkland	1:37.89	Nakirash Adams Alaya Gillespie Dynasty Hamilton Janiya Johnson	Statesville	1:41.57	Alayah Flowers Serenity Jordan Tania Brandon Shawnti Jackson	South Granville	1:40.41	Olivia Patterson Harmoni Carter Ajuliah Washington Jaida McGrew	Mountain Island Ch.	1:45.03
2024	Jalaisia Judd Selena Carlyle Chloe Trevant Amilia Speller	Clayton	1:37.14	Aa'Niyah Massey Jalee Brown Nilijah Darden Gabrielle Cheek	Dudley	1:37.74	Taylor Jordan Brooke Packingham Honesti Trollinger Diamond Moore	Cummings	1:42.24	Sydney Labenson Bailey Wallace Natalie Patton Olivia Patterson	Mountain Island Ch.	1:44.71



Women's Outdoor Track State Relay Event Champions



1600 METER RELAY 3A & 4A COMPETED JOINTLY IN 1986

4A			3A			1A/2A					
1986	Dudley	3:51.70	Dudley	3:51.70	No Record						
1987	Grimsley	3:50.44	Cummings	4:03.80	No Record						
1988	Ashbrook	3:56.50	Williams	4:08.62	Tryon		4:06.64				
1989	Dudley	3:51.87	Tarboro	4:03.56	Albemarle		4:08.45				
1990	Dudley	3:52.76	Tarboro	4:00.31	Randleman		4:11.22				
1991	Ben L. Smith	3:55.55	Tarboro	4:10.01	Swansboro		4:10.60				
1992	Ben L. Smith	3:58.00	T.W. Andrews	4:09.03	Surry Central		4:11.50				
1993	Jacksonville	3:59.40	Tarboro	4:06.75	Surry Central		4:10.17				
4A			3A			2A			1A		
1994	North Forsyth	3:58.93	Tarboro	4:08.49	Cummings	4:07.34	Surry Central	4:18.16			
1995	Pine Forest	3:56.09	Southern Durham	4:00.14	Cummings	4:06.14	Murphy	4:18.64			
1996	Pine Forest	3:56.87	Fike	4:04.29	East Henderson	4:14.06	Murphy	4:19.92			
1997	Watauga	3:53.84	Southern Nash	4:07.65	South Granville	4:05.51	Murphy	4:17.72			
1998	East Mecklenburg	3:53.54	Dudley	4:00.62	North Rowan	4:14.69	Cummings	4:13.96			
1999	Independence	3:56.73	Ben L. Smith	4:08.53	Currituck	4:14.95	Starmount	4:25.50			
2000	West Charlotte	3:56.33	Ben L. Smith	4:09.13	Holmes	4:08.96	Cummings	4:12.58			
2001	R.J. Reynolds	4:02.29	Ben L. Smith	3:59.91	Swansboro	4:14.28	Cummings	4:16.40			
2002	Independence	3:57.22	Hillside	4:00.96	Northern Vance	4:12.34	Albemarle	4:08.09			
2003	Harding	3:58.44	Hillside	3:57.11	West Wilkes	4:07.91	Southside	4:12.86			
2004	Harding	3:55.88	Hillside	3:56.79	Northside-Jax	4:02.21	Durham School of Arts	4:09.69			
2005	Harding	3:57.30	Hillside	4:07.14	Eastern Alamance	4:01.37	Durham School of Arts	4:12.69			
2006	Harding	3:54.48	Parkland	3:59.47	North Henderson	4:09.32	West Wilkes	4:19.40			
2007	Harding	3:54.34	Dudley	4:01.30	Durham School of Arts	4:10.30	Bishop McGuinness	4:12.66			
2008	Mount Tabor	3:53.40	Dudley	4:00.35	Cardinal Gibbons	4:11.97	Winston-Salem Prep	4:08.85			
2009	Millbrook	3:53.54	Dudley	3:55.47	Swansboro	4:09.03	Bishop McGuinness	4:04.48			
2010	Wakefield	3:49.83	Weddington	4:00.13	Cummings	4:08.64	NC Science & Math	4:08.42			
2011	Wakefield	3:53.69	North Buncombe	4:02.19	Polk County	4:06.40	Monroe	4:10.25			
2012	Wakefield	3:47.72	Marvin Ridge	4:01.96	Polk County	4:02.37	West Wilkes	4:11.29			
2013	Parkland	3:47.70	Westover	3:57.98	Carrboro	4:05.12	Murphy	4:08.52			
2014	Parkland	3:47.88	Westover	3:57.59	No Record		Elkin	4:08.99			
2015	Parkland	3:46.57	Eastern Guilford	3:57.10	Newton-Conover	4:06.82	Comm. Sch. Davidson	4:04.26			
2016	Southeast Raleigh	3:48.73	Nash Central	4:03.00	North Rowan	4:07.76	Swain County	4:16.43			
2017	Hillside	3:44.84	Nash Central	3:59.03	Croatan	4:07.97	Swain County	4:13.10			
2018	Providence	3:51.59	Hillside	3:52.23	Croatan	4:02.93	Polk County	4:05.81			
2019	Nimeesha Coleman Ella Mainwaring Foster Amanda Watson Ariana Rivera	3:50.80	Imari Deloatch Shaliyah Wilkerson Emmaya Waters Alysia Johnson	3:51.26	Breanna Walls Skylar Payne Lyrik Thorne Samantha Payne	4:00.23	Mariah Overholt Marissa Twitty Olivia Overholt Izzy Jackson	4:07.20			
2020	MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)				
2021	T'Sheylah Moore	3:48.86	Weddington	3:59.72	Hope Smith	4:09.39	Tamia Johnson	Winston-Salem Prep	4:14.51		
	Terri Gaston Zyra Shivers Mia Gardner				Maria Sgro Hannah Angel Dylan Garcia		Dajaneen Ortiz Da Jonna Ortiz Damyja Ortiz				
2022	Miahly Harris	3:54.23	Danielle Baus	4:06.97	Caroline Ingram	4:08.23	Alyssa Davis	Elkin	4:14.95		
	Daijion Lee Landon Spencer Shawnti Jackson		Briyana Tillman Armani Kee Holley Johnson		Alessia Addo Campbell Cupples Rylee Hegedus		Ragan Speer Sophie Welborn Aniya Edwards				
2023	Journee Gordon	3:50.32	Ryan Germain	3:59.95	Mille Wymbs	4:04.12	Amari Baldwin	Albemarle	3:57.16		
	Janya Barnes I'Ja Barnes T'Sheylah Moore		Kenley Ballou Tyler Collins Grace Guilford		Kendall Henderson Christyonna Lewis Dashia Canada		Abigail Clayton MaryGrace Krol Akala Garrett				
2024	Brynn Buckowsky	3:54.09	Maya Flynn	3:54.49	Amoni Saunders	4:03.42	Brooke Sullivan	Avery County	4:02.25		
	Natasha Simmons Brooke Rediger Aria Wegh		Eden Barnwell Bailey Barrett Sophia Banks		Jasmine Felton Ayanna Asika Makae'Lee Kuhre		Lillie Ward Renn Herdkoltz Maddy Barrett				



Women's Outdoor Track State Relay Event Champions



3200 METER RELAY 3A & 4A COMPETED JOINTLY IN 1986

4A				3A				1A/2A				
1986	Did Not Offer Event			Did Not Offer Event			Did Not Offer Event			Did Not Offer Event		
1987	Did Not Offer Event			Did Not Offer Event			Did Not Offer Event			Did Not Offer Event		
1988	East Mecklenburg	9:36.07		Washington	9:54.88		Lejeune	10:11.33				
1989	Dudley	9:29.36		Sun Valley	10:02.72		Lejeune	10:00.43				
1990	Hillside	9:44.23		Sun Valley	10:04.21		Polk County	10:04.30				
1991	East Mecklenburg	9:42.31		Sun Valley	10:03.16		Polk County	9:56.36				
1992	Seventy-First	9:51.91		Sun Valley	9:55.40		Polk County	10:06.70				
1993	Cary	9:52.30		Sun Valley	9:48.45		Polk County	10:20.72				
4A				3A				1A				
1994	East Mecklenburg	9:56.42		Sun Valley	9:57.61		West Henderson	10:06.50		Murphy	10:36.79	
1995	East Mecklenburg	9:48.96		Franklin	9:49.93		Charles D. Owen	9:59.70		Murphy	10:16.60	
1996	West Mecklenburg	9:46.00		T.C. Roberson	9:51.76		NC Science & Math	10:07.20		Murphy	10:19.09	
1997	Cary	9:41.61		T.C. Roberson	9:55.17		Southwest Guilford	10:13.09		Murphy	10:14.41	
1998	Watauga	9:34.07		T.C. Roberson	9:44.00		Surry Central	10:19.04		Murphy	10:15.68	
1999	Watauga	9:36.61		Southwest Guilford	9:49.46		North Stanly	10:33.72		Hayesville	10:30.30	
2000	Southeast Raleigh	9:26.84		T.C. Roberson	*****		Charles D. Owen	10:20.54		Hayesville	10:29.10	
2001	Mount Tabor	9:33.50		Hillside	9:47.70		Brevard	10:21.21		Hendersonville	10:09.60	
2002	Mount Tabor	9:32.67		Eastern Wayne	10:07.43		North Henderson	10:06.08		Hendersonville	9:55.25	
2003	Mount Tabor	9:37.08		Hillside	9:30.29		Brevard	10:12.06		South Stokes	10:20.64	
2004	Southeast Raleigh	9:36.41		Hillside	9:34.87		Brevard	9:54.70		Surry Central	10:13.70	
2005	Green Hope	9:44.62		T.C. Roberson	9:52.64		West Henderson	10:03.80		Durham School of Arts	10:15.54	
2006	Myers Park	9:32.59		T.C. Roberson	10:06.17		Cardinal Gibbons	9:39.46		Hayesville	10:08.72	
2007	Northwest Guilford	9:41.38		Sun Valley	9:30.78		Cardinal Gibbons	10:06.39		Hayesville	10:08.37	
2008	Myers Park	9:26.09		T.C. Roberson	9:25.56		Cardinal Gibbons	9:55.84		East Wilkes	9:57.28	
2009	Myers Park	9:11.20		T.C. Roberson	9:40.01		Cardinal Gibbons	9:57.11		East Wilkes	9:53.04	
2010	Cary	9:18.33		Marvin Ridge	9:40.26		Carrboro	9:46.00		NC Science & Math	9:50.11	
2011	Cary	9:06.17		Cardinal Gibbons	9:29.25		Carrboro	9:49.09		Gray Stone Day	9:52.07	
2012	Broughton	9:11.48		Marvin Ridge	9:36.59		Carrboro	9:48.60		Mount Airy	9:42.16	
2013	Broughton	9:10.26		West Carteret	9:22.11		Carrboro	9:42.41		Bishop McGuinness	10:00.91	
2014	Cary	9:09.58		A.C. Reynolds	9:20.23		NCSSM	10:03.05		Bishop McGuinness	9:56.73	
2015	Cary	9:14.45		Marvin Ridge	9:40.82		East Lincoln	9:45.16		Swain County	9:51.83	
2016	Leesville Road	9:06.82		Cuthbertson	9:29.86		Smoky Mountain	9:54.83		Mount Airy	9:48.24	
2017	Mount Tabor	9:26.00		Chapel Hill	9:26.90		First Flight	9:52.86		Swain County	10:10.14	
2018	Cardinal Gibbons	9:26.83		Chapel Hill	9:18.55		North Lincoln	9:48.27		Franklin Academy	10:17.96	
2019	Brenda Gray Sofia Christofaro Beasley Gordon Cora Cooke	Myers Park 9:31.73	Maggie Springer Mara Pirone Virginia Pridgen Megan Marvin	Chapel Hill 9:23.62	Elise Deshusses Madeline Ramsden Rachel Buck Cora Van Raay	Carrboro 9:54.12	Caitlyn Burkett Nicole Rafferty Taylor Roberts Laurel Lapish	Franklin Academy 10:26.82				
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Samantha Troup Reagan Brianna Cottingham Bronwyn Parks Gwen Parks	9:12.53		Cuthbertson 9:18.25	Maggie McNinch Tatum Dermatas Mya Salch Maddy Wagner	10:02.79	Rachel Bowers Alison McKeithan McCarty Hudson Victoria Swepson	Research Triangle 10:13.74				
2022	Lily Fierick Lillian Nasta Gabi Lassiter Alyssa Preisano	Cuthbertson 9:12.43	Alysia Madera Ava Kilpatrick Paisley Stepp Breanna Budzinski	West Henderson 10:00.64	Lindsey Jenkins Karsyn Huskey Tori Thompson Olivia Overholt	9:59.89	Amaya Hicks Gracie Monteith Mazie Helpman Arizona Blankenship	Swain County 10:05.85				
2023	Justine Preisano Josie Schihl Stella Kermes Charlotte Bell	Cuthbertson 9:01.84	Avery Mays Katie Johnson Eden Barnwell Sophia Banks	North Buncombe 9:32.36	Camryn Burton Leah Whiteside Katie Skerpon Marin Sullivan	10:06.18	Amaya Hicks Gracie Monteith Arizona Blankenship Annie Lewis	Swain County 9:45.27				
2024	Eliza Brand Katie McFerrin Rachel Riley Bronwyn Parks	Mount Tabor 9:02.71	Maya Flynn Sophia Banks Katie Johnson Eden Barnwell	North Buncombe 9:25.02	Anusha Kamath Anika Raburn Catherine Parker Carolina Downs	10:04.88	Arizona Blankenship Angelina Lomelli Annie Lewis Emily Grey Stargell	Swain County 9:37.43				