

NCHSAA 5A and 7A - 5/15/2026
Track & Field State Championships
NC A&T University Trusit Stadium
Performance List

Event 1 Girls Shot Put NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Maddison Davis	11	Atkins	43-02.50
2	Leylah Diggs	12	Rockingham County	38-04.50
3	Alonna Frederick	11	Charles B. Aycock	37-10.00
4	Emma Hadley	12	Oak Grove High School	36-07.00
5	Naveah Foust	9	Southeast Alamance High School	35-11.00
6	Kylie Brock	10	South Brunswick	35-07.00
7	O'Lora Krupcy	11	Havelock	35-03.00
8	Michelle Pringley	9	Cedar Ridge	34-10.00
9	Cora Hadley	12	Oak Grove High School	34-07.00
10	Bailey Barrett	12	North Buncombe	34-02.00
11	Lily Wilson	11	North Buncombe	33-08.00
12	Ella Raby	10	Franklin	32-09.00
13	Baily Salter	12	West Carteret	32-08.00
14	Annaya Mcadoo	10	Southeast Alamance High School	32-08.00
15	Shania Wilson	10	Rocky Mount	32-07.50
16	Sara Thingvoll	12	Enka	31-02.00

Event 2 Boys Shot Put NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Zion Coulson	12	Northeast Guilford	61-10.00
2	Hunter Zetl	12	North Lincoln	55-10.00
3	Tommy McKinney	11	Enka	55-04.00
4	William Seth Cowan	12	Charles B. Aycock	53-01.00
5	Jaidyn Covington	12	Jay M Robinson	52-03.00
6	Devinn Harris	11	Durham School of the Arts	52-00.50
7	Keanu Mcleod	10	Currituck County	51-09.00
8	Micahis Jones	12	Rocky Mount	49-01.50
9	Garrett Young	10	Franklin	48-00.00
10	Dylan Watkins	12	Seaforth High School	47-10.00
11	Grayson Rush	12	North Davidson	47-09.00
12	Julian Lanning	11	North Buncombe	47-06.00
13	Chandler Hannah	12	Oak Grove High School	47-04.00
14	Jayden Hammonds	10	Currituck County	47-02.00
15	Darrell Shrewsbury	11	East Rowan	46-11.00
16	Jmari Hand	11	Oak Grove High School	46-03.00

Event 3 Girls Discus Throw NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Maddison Davis	11	Atkins	153-05
2	Faith Yon	11	Durham School of the Arts	127-09
3	Bailey Barrett	12	North Buncombe	127-00
4	Kylie Brock	10	South Brunswick	119-08
5	Leylah Diggs	12	Rockingham County	117-10
6	Cora Hadley	12	Oak Grove High School	115-06
7	Alonna Frederick	11	Charles B. Aycock	115-05
8	Chianne Jones	12	West Carteret	114-10

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Event 3 ... (Girls Discus Throw NCHSAA 5A)

	Name	Year	School	Seed Mark
9	Michelle Pringley	9	Cedar Ridge	113-02
10	Emma Hadley	12	Oak Grove High School	112-01
11	Jules Pisano	11	Enka	109-01
12	Annaya Mcadoo	10	Southeast Alamance High School	105-04
13	Sydney Cannon	11	Enka	105-03
14	Morgan Burgess	12	Southern Guilford	101-00
15	Abena Jantuah	12	Jay M Robinson	101-00
16	Daeysha Allen	11	Parkwood	98-11

Event 4 Boys Discus Throw NCHSAA 5A**Friday 5/15/2026 - 10:00 AM**

	Name	Year	School	Seed Mark
1	Zion Coulson	12	Northeast Guilford	194-05
2	Tommy McKinney	11	Enka	186-01
3	Hunter Zettl	12	North Lincoln	164-07
4	Nash Gates	12	West Henderson	153-07
5	Aiden Black	12	Jay M Robinson	151-09
6	Dylan Watkins	12	Seaforth High School	145-09
7	William Seth Cowan	12	Charles B. Aycock	145-07
8	Micahis Jones	12	Rocky Mount	145-03
9	Grayson Rush	12	North Davidson	144-03
10	Jmari Hand	11	Oak Grove High School	143-07
11	Gregor Brock	12	South Brunswick	143-06
12	Keanu Mcleod	10	Currituck County	143-00
13	Samson Hudson	11	Parkwood	142-01
14	Devinn Harris	11	Durham School of the Arts	141-09
15	Everett Fitzsimmons	12	Croatan	140-04
16	Christian Grant	11	Smoky Mountain	139-07

Event 5 Girls Long Jump NCHSAA 5A**Friday 5/15/2026 - 10:00 AM**

	Name	Year	School	Seed Mark
1	Ashlee Worrell	10	Atkins	19-00.50
2	Breana Allison	12	Montgomery Central	18-03.00
3	Mariah Logan	12	Northwest Cabarrus	18-00.50
4	Navia Coles	12	Northeast Guilford	17-11.50
5	Jalayah Bradley	12	Havelock	17-06.00
6	Aysha Howell	11	Southeast Alamance High School	17-01.50
7	Amiah Thomas	9	Dixon	17-01.50
8	Amber Brown	9	Seaforth High School	17-00.00
9	Taylor Walker	11	Monroe	16-09.75
10	Taylor Cooper	11	Northside (5a)	16-09.50
11	Kamden Reis	11	Franklin	16-09.50
12	Lelu Hill	11	East Rowan	16-09.00
13	Caylin Camp	10	Southern Guilford	16-05.00
14	Alexa Youngdahl	10	Croatan	16-02.00
15	Torrin Everhart	10	West Rowan	15-10.75
16	Sierra Dunn	12	Northwest Cabarrus	15-09.00

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Event 6 Boys Long Jump NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Zyking Patillo	12	Havelock	23-01.50
2	Micah Allen	11	Monroe	22-07.50
3	Antonio Williamson	12	Southeast Alamance High School	22-05.50
4	Ryan Donahue	12	Southern Guilford	22-04.50
5	Landis Brown	12	North Davidson	22-02.50
6	Malachi Bryant	10	Rockingham County	22-02.00
7	Josh Thomas	12	East Lincoln	21-11.25
8	Douglas Kittrels	12	Eastern Alamance	21-09.50
9	Dillon Smith	12	West Rowan	21-09.00
10	De'Maris Willaims	12	Monroe	21-09.00
11	Gabe Harrison	10	Franklin	21-08.25
12	Andrew Davis Jr.	12	Concord	21-05.50
13	Gavin Tinto	11	Parkwood	21-02.25
14	Ivory Moore	11	Southern Wayne	21-01.50
15	Elijah Long	12	J.F. Webb	21-01.50
16	Devin Suggs	12	St. Pauls	20-06.50

Event 7 Girls Triple Jump NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Taylor Cooper	11	Northside (5a)	39-00.00
2	Mariah Logan	12	Northwest Cabarrus	37-00.25
3	Kira Jones	12	Rocky Mount	35-10.00
4	Breana Allison	12	Montgomery Central	35-07.00
5	Kamden Reis	11	Franklin	35-01.50
6	Alexa Youngdahl	10	Croatan	35-01.00
7	Zarriya York	11	Jay M Robinson	34-03.00
8	Layla Tyrell	9	West Carteret	34-01.50
9	Laila Branch	11	Northwest Cabarrus	33-09.75
10	Taylor Walker	11	Monroe	33-07.50
11	Makaila Davidson	9	West Rowan	33-07.25
12	Micha Blackmon	12	Jay M Robinson	33-02.00
13	Taesen Perkins	11	Jesse Carson	32-11.00
14	Jordan McGee	11	Northwest Cabarrus	32-10.25
15	Leana Baldwin	11	Jesse Carson	32-03.00
16	Irihanna Graves	12	Rockingham County	32-00.50

Event 8 Boys Triple Jump NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Jaden Haney	12	Rocky Mount	48-04.00
2	Julian Williams	11	Northwest Cabarrus	48-04.00
3	Josh Thomas	12	East Lincoln	46-05.25
4	Samual Raphael	11	Eastern Alamance	45-11.50
5	Yamir Lilly	11	Montgomery Central	44-11.00
6	Douglas Kittrels	12	Eastern Alamance	44-08.50
7	Micah Allen	11	Monroe	43-09.50
8	Nehemiah Chung	12	Jay M Robinson	43-06.00

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Event 8 ... (Boys Triple Jump NCHSAA 5A)

	Name	Year	School	Seed Mark
9	Ryan Donahue	12	Southern Guilford	42-10.00
10	Jayden Howard	12	Havelock	42-09.50
11	D'Koda Rooks	12	Southern Nash	42-07.50
12	Jamir Mitchell	11	Northside (5a)	42-05.00
13	Teohn Clyburn	12	Monroe	42-04.00
14	Landon Hunter	11	Northwest Cabarrus	42-02.00
15	Rushawn McDonald	11	West Carteret	42-00.50
16	Josh Hicks	11	Concord	41-09.00

Event 9 Girls High Jump NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Emory Haase	9	Enka	5-02.00
2	Kaylen Cannon	9	Jay M Robinson	5-02.00
3	Layla Tyrell	9	West Carteret	5-02.00
4	Keysha Mizzell	12	Rocky Mount	5-00.00
5	Kiara Hill	11	Southern Guilford	5-00.00
6	Ariana Washington	10	Northside (5a)	5-00.00
7	Briya Bullock	11	Hunt High School	5-00.00
8	Isabella Shope	12	Franklin	4-10.00
9	Stella Kiernan	11	North Buncombe	4-10.00
10	Victoria Salas	11	Croatan	4-10.00
11	Sloane Hollowman	12	Hunt High School	4-10.00
12	Presley Hiatt	11	Parkwood	4-10.00
13	Syria Johnson	12	Clyde A Erwin High School	4-10.00
14	Natalie Ingold	10	Orange	4-08.00
15	Piper Aldridge	9	Oak Grove High School	4-06.00
16	Zy'Asia Martin	9	Monroe	4-06.00

Event 10 Boys High Jump NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Kyzen Coleman	12	Concord	6-08.00
2	Dwain Francis	9	West Henderson	6-04.00
3	Emanuel White	12	Northside (5a)	6-02.00
4	Zyking Patillo	12	Havelock	6-02.00
5	Montavious Davis	12	South Point	6-02.00
6	Aiden Alexander	10	Richlands	6-02.00
7	Joshua Carlton	11	East Rowan	6-02.00
8	Konnor Karriker	11	Jesse Carson	6-00.00
9	Jeffrey Jones	10	Havelock	6-00.00
10	Julian Williams	11	Northwest Cabarrus	6-00.00
11	Zaiden Cornwell	10	East Rowan	6-00.00
12	Banks Griffin	9	Parkwood	6-00.00
13	Michael Breth	10	Richlands	6-00.00
14	Heath Hartman	12	Croatan	6-00.00
15	Jaden Haney	12	Rocky Mount	6-00.00

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Event 11 Girls Pole Vault NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Clara Fowlkes	11	Orange	11-00.00
2	Lelu Hill	11	East Rowan	10-00.00
3	Maya Carrickhoff	10	Northwest Cabarrus	9-00.00
4	Elizabeth Surface	10	Durham School of the Arts	9-00.00
5	Marleigh Patton	12	West Carteret	8-06.00
6	Adrianna Stewart	9	Franklin	8-06.00
7	Kierstyn Pate	12	Orange	8-00.00
8	Kadence Parton	10	West Henderson	8-00.00
9	Raelie Melton	11	West Henderson	8-00.00
10	Avynlee Anderson	10	Franklin	8-00.00
11	Alexis Lanning	12	North Davidson	8-00.00
12	Renna Linn	12	Jesse Carson	7-06.00
13	Isabella Di Benedetto-Wilson	11	Northwest Cabarrus	7-06.00
14	Kayla Loftis	11	Jay M Robinson	7-06.00
15	Haddy Ndong	10	Rocky Mount	7-00.00
16	Kylie Fassnacht	10	Hunt High School	6-06.00

Event 12 Boys Pole Vault NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Mark
1	Ryan Yoder	12	Seaforth High School	16-00.00
2	Levi Maness	11	West Carteret	14-03.00
3	Ashton Kirkwood	12	Croatan	14-00.00
4	Mason Short	11	Northwest Cabarrus	14-00.00
5	Logan Carlson	12	Croatan	14-00.00
6	Nathan Welborn	12	Oak Grove High School	13-00.00
7	Cooper Elmore	12	North Lincoln	12-06.00
8	Kaleo Tolentino	11	East Rowan	12-06.00
9	Oliver Shank	11	East Rowan	12-06.00
10	Alex Adams	12	West Henderson	12-06.00
11	James Nestor	11	Fike High School	12-00.00
12	Owen Grant	12	Orange	12-00.00
13	Ender Buchanan	12	Cedar Ridge	12-00.00
14	Jonah Brant	12	Franklin	12-00.00
15	Noah Cerino	11	West Carteret	12-00.00
16	Dominick Adams	10	Clyde A Erwin High School	11-00.00

Event 13 Girls 4x800 Meter Relay NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Team	Relay	Seed Time
1	Croatan	A	9:57.35
2	Orange	A	10:10.05
3	Franklin	A	10:14.85
4	Jesse Carson	A	10:16.53
5	North Lincoln	A	10:16.83
6	Jay M Robinson	A	10:23.05
7	Durham School of the Arts	A	10:23.24
8	Parkwood	A	10:26.49

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Event 13 ... (Girls 4x800 Meter Relay NCHSAA 5A)

	Team	Relay	Seed Time
9	West Carteret	A	10:26.74
10	Seaforth High School	A	10:29.27
11	Cedar Ridge	A	10:31.49
12	East Rowan	A	10:37.85
13	Enka	A	10:46.99
14	East Lincoln	A	10:48.59
15	Currituck County	A	11:01.33
16	Oak Grove High School	A	11:02.45

Event 14 Boys 4x800 Meter Relay NCHSAA 5A

Friday 5/15/2026 - 10:00 AM

	Team	Relay	Seed Time
1	Oak Grove High School	A	8:04.26
2	Croatan	A	8:11.28
3	West Carteret	A	8:12.52
4	West Rowan	A	8:14.15
5	Atkins	A	8:21.24
6	Enka	A	8:24.73
7	Charles B. Aycock	A	8:26.18
8	Currituck County	A	8:28.40
9	North Lincoln	A	8:29.10
10	Cedar Ridge	A	8:33.80
11	Durham School of the Arts	A	8:34.09
12	Rockingham County	A	8:37.79
13	Hunt High School	A	8:38.38
14	Northwest Cabarrus	A	8:39.57
15	Orange	A	8:39.84
16	West Henderson	A	8:43.64

Event 15 Girls 100 Meter Hurdles NCHSAA 5A Prelims

Friday 5/15/2026 - 10:00 AM

	Name	Year	School	Seed Time
1	Lexi Tripp	12	Croatan	15.15
2	Anna Timan	11	Franklin	15.19
3	Emory Haase	9	Enka	15.76
4	Taesen Perkins	11	Jesse Carson	16.19
5	Miley Carrico	11	East Rowan	16.23
6	Bailey Barrett	12	North Buncombe	16.58
7	Nylah Roberts	10	Rocky Mount	16.72
8	Shaniya King	10	Northeast Guilford	16.73
9	Adallyn Lankas	9	Dixon	17.07
10	Azurre White	10	Jay M Robinson	17.15
11	Kaleeya Fearrington	11	Orange	17.24
12	Jenna Holden	11	Franklin	17.72
13	Gianna Long	11	Durham School of the Arts	17.79
14	Laura Davila	12	East Lincoln	17.87
15	Aiyana Monserrate	10	Northside (5a)	17.90
16	Ja'selynn Bolling	9	Rockingham County	18.04

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Event 16 Boys 110 Meter Hurdles NCHSAA 5A Prelims**Friday 5/15/2026 - 10:00 AM**

	Name	Year	School	Seed Time
1	Demarcus Henderson	12	Currituck County	14.75
2	Demonte Barr	12	Jay M Robinson	14.79
3	Markes Hardin	12	Oak Grove High School	14.80
4	Braxston Riley	12	Hunt High School	14.93
5	Montavious Davis	12	South Point	15.04
6	Josh Hicks	11	Concord	15.21
7	Jonas Phillips	12	Franklin	15.23
8	Joshua Williams	9	South Point	15.36
9	Terryk Pittman	10	Rocky Mount	15.36
10	Max Boyko	10	Enka	15.40
11	Gerran Green	12	North Lincoln	15.68
12	Imon Freeman	12	Montgomery Central	15.70
13	London Hill	10	Currituck County	15.70
14	Jace Williams	12	Northeast Guilford	15.74
15	Heath Hartman	12	Croatan	15.75
16	Antonio Arnold	12	St. Pauls	16.18

Event 17 Girls 100 Meter Dash NCHSAA 5A Prelims**Friday 5/15/2026 - 10:00 AM**

	Name	Year	School	Seed Time
1	Coryn Tucker	12	Jay M Robinson	11.94
2	Lela Besemer	11	Croatan	12.34
3	Oliva Easton	10	South Point	12.34
4	Arianna Woodley	9	Currituck County	12.42
5	Jalayah Bradley	12	Havelock	12.44
6	Layla Rushing	10	Forest Hills	12.46
7	Onyi Ezeigbo	12	Atkins	12.50
8	Taylor Price	12	Southern Guilford	12.60
9	Amani Dawson	12	Currituck County	12.66
10	Micha Blackmon	12	Jay M Robinson	12.69
11	Treasure Duff	10	Northeast Guilford	12.75
12	Jada Parks	9	West Rowan	12.80
13	Journi Douglas	11	South Brunswick	12.81
14	Serenity Frieson	12	Hunt High School	12.84
15	Qui'Nyah Murphy	12	East Lincoln	12.84
16	Syria Johnson	12	Clyde A Erwin High School	12.87

Event 18 Boys 100 Meter Dash NCHSAA 5A Prelims**Friday 5/15/2026 - 10:00 AM**

	Name	Year	School	Seed Time
1	Cameron Tucker	12	Jay M Robinson	10.51
2	Khamari Crawford	12	South Point	10.61
3	Kamarion Dye	11	Forestview	10.84
4	Israel Aladekoba	12	Hunter Huss	10.92
5	Tyler Clouatre	12	Richlands	10.96
6	Ethan King	12	East Lincoln	10.97
7	Jamian Johnson	11	Northside (5a)	11.04
8	Asa Ostman	12	West Henderson	11.10

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Event 18 ... (Boys 100 Meter Dash NCHSAA 5A Prelims)

	Name	Year	School	Seed Time
9	Majay Thompson	12	Crest	11.12
10	Kemaury Pinkston	12	Jay M Robinson	11.13
11	Demarion Stokes	12	Monroe	11.16
12	Marquis Burnette	12	Southeast Alamance High School	11.16
13	Jason Bell	12	Hunt High School	11.17
14	Joseph Gibbs	10	Southeast Alamance High School	11.20
15	Elam Penny	11	Rocky Mount	11.24
16	Savion Brooks	12	Northeast Guilford	11.35

Event 19 Girls 4x200 Meter Relay NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Team	Relay	Seed Time
1	Northeast Guilford	A	1:42.97
2	Franklin	A	1:44.82
3	Croatan	A	1:45.22
4	North Lincoln	A	1:45.34
5	Atkins	A	1:45.69
6	Forest Hills	A	1:46.50
7	Durham School of the Arts	A	1:46.76
8	Currituck County	A	1:47.21
9	Southern Guilford	A	1:47.36
10	Northside (5a)	A	1:47.49
11	North Davidson	A	1:47.70
12	Enka	A	1:47.71
13	Orange	A	1:47.97
14	Rocky Mount	A	1:47.99
15	Jay M Robinson	A	1:48.74
16	Monroe	A	1:49.57

Event 20 Boys 4x200 Meter Relay NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Team	Relay	Seed Time
1	Rocky Mount	A	1:27.96
2	Monroe	A	1:28.21
3	Rockingham County	A	1:29.27
4	Concord	A	1:29.35
5	Atkins	A	1:29.85
6	Franklin	A	1:29.89
7	Northeast Guilford	A	1:29.93
8	Hunt High School	A	1:30.08
9	Northside (5a)	A	1:30.18
10	North Forsyth	A	1:30.18
11	Southern Guilford	A	1:30.42
12	West Rowan	A	1:30.77
13	Jay M Robinson	A	1:31.14
14	Parkwood	A	1:31.30
15	Northwest Cabarrus	A	1:31.47
16	Douglas Byrd	A	1:31.68

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Event 21 Girls 1600 Meter Run NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Name	Year	School	Seed Time
1	Olivia Ferraro	12	North Lincoln	5:03.13
2	Elan Eurey	11	North Lincoln	5:05.49
3	Kate Evonuk	9	North Lincoln	5:08.10
4	Reagan Clifton	10	Croatan	5:09.72
5	Kamrey Watkins	12	Richlands	5:14.89
6	Amy Mendoza Lopez	12	Franklin	5:15.77
7	Morgan Cress	11	Franklin	5:16.18
8	Paige Kiesling	12	Atkins	5:17.16
9	Ava Bishop	10	Orange	5:18.29
10	Megan Stowe	11	North Buncombe	5:22.92
11	Sarah Fedyna	12	Havelock	5:29.69
12	Brooklyn Rice	9	Southern Nash	5:30.71
13	Ellie Miller	10	Smoky Mountain	5:36.46
14	Adley Taylor	10	West Henderson	5:42.06
15	Ila Diaz	10	Cedar Ridge	5:47.18
16	Kennedy Ramsey	9	Western Alamance	5:52.06

Event 22 Boys 1600 Meter Run NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Name	Year	School	Seed Time
1	Michael Ferguson	12	North Buncombe	4:16.21
2	Bryce Cooke	11	Parkwood	4:19.66
3	Myles Jermyn	12	Orange	4:20.80
4	Eli Rush	11	North Lincoln	4:21.05
5	Ethan Hooks	11	Parkwood	4:21.12
6	Hunter Creech	12	Oak Grove High School	4:21.20
7	Chase Tompkins	12	Jay M Robinson	4:22.35
8	Luke Vannoy	12	Oak Grove High School	4:24.82
9	Aiden Edwards	12	Oak Grove High School	4:25.25
10	Grant Schmid Jr	11	Orange	4:27.86
11	Cameron Bitts	10	Havelock	4:31.97
12	John Ngunjiri Jr.	12	Cedar Ridge	4:32.84
13	Zach Guerrero	10	Croatan	4:33.51
14	Alexander Juarez-Lopez	11	Durham School of the Arts	4:35.10
15	Brayden Julian	11	West Carteret	4:38.80
16	Austin Hudgins	12	East Lincoln	4:39.97

Event 23 Girls 4x100 Meter Relay NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Team	Relay	Seed Time
1	Atkins	A	48.45
2	Western Alamance	A	49.46
3	Jay M Robinson	A	49.50
4	West Rowan	A	49.61
5	Franklin	A	49.73
6	Fike High School	A	49.90
7	Forest Hills	A	50.06
8	Currituck County	A	50.07

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Event 23 ... (Girls 4x100 Meter Relay NCHSAA 5A)

	Team	Relay	Seed Time
9	Northeast Guilford	A	50.09
10	Southern Guilford	A	50.16
11	North Davidson	A	51.14
12	Southeast Alamance High School	A	51.14
13	Monroe	A	51.16
14	Havelock	A	51.32
15	Northside (5a)	A	51.37
16	East Lincoln	A	51.49

Event 24 Boys 4x100 Meter Relay NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Team	Relay	Seed Time
1	Franklin	A	42.69
2	Southeast Alamance High School	A	42.98
3	Monroe	A	42.99
4	Concord	A	43.04
5	Rockingham County	A	43.05
6	St. Pauls	A	43.13
7	Jay M Robinson	A	43.20
8	Hunt High School	A	43.35
9	Richlands	A	43.40
10	Havelock	A	43.48
11	West Henderson	A	43.50
12	Rocky Mount	A	43.55
13	Forestview	A	43.56
14	Northside (5a)	A	43.72
15	Hunter Huss	A	43.86
16	Southern Guilford	A	43.93

Event 25 Girls 400 Meter Dash NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Name	Year	School	Seed Time
1	Coryn Tucker	12	Jay M Robinson	56.30
2	Lela Besemer	11	Croatan	57.01
3	Oliva Easton	10	South Point	57.45
4	Piper Jillings	11	Hickory	57.81
5	Kira Jones	12	Rocky Mount	58.43
6	Kamryn Putnam	9	North Lincoln	58.94
7	Madison Huey	9	Southern Nash	59.31
8	Gisele Goldston	10	Durham School of the Arts	1:00.43
9	Amber Brown	9	Seaforth High School	1:00.56
10	Reagan Brown	11	Northeast Guilford	1:00.72
11	Kelci Lucas	12	Durham School of the Arts	1:01.07
12	Emma Batchelor	11	Southern Nash	1:01.19
13	Kayla Willey	12	Orange	1:01.69
14	Victoria Salas	11	Croatan	1:01.77
15	Elsie Handy	11	North Lincoln	1:01.87
16	Jazziah Knight	12	Rockingham County	1:02.62

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Event 26 Boys 400 Meter Dash NCHSAA 5A

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	Name	Year	School	Seed Time
1	Cameron Tucker	12	Jay M Robinson	45.93
2	Mason Coleman	12	Jay M Robinson	49.08
3	Jaden Tolliver	11	Northwest Cabarrus	49.45
4	Reid Laseter	10	Franklin	49.56
5	Eric Archie Jr.	11	North Forsyth	49.56
6	Ryan Donohue	12	Southern Guilford	49.68
7	Daivion Hall	12	Southern Guilford	49.82
8	Kenan Barnes	12	Rocky Mount	49.82
9	Chris Moore	11	Atkins	50.42
10	Messiah Davis	11	Northwest Cabarrus	50.49
11	Andrew Frazier	12	Northside (5a)	50.61
12	Peter Sauveur	12	Douglas Byrd	50.74
13	William Cardine	12	North Buncombe	50.77
14	Charles Martin III	11	Parkwood	50.83
15	Jude Richardson	11	High Point Central	51.16
16	Ethan Hughes	11	Croatan	51.26

Event 27 Girls 300 Meter Hurdles NCHSAA 5A

Friday 5/15/2026 - 1:00 PM

	Name	Year	School	Seed Time
1	Anna Timan	11	Franklin	46.08
2	Lexi Tripp	12	Croatan	46.19
3	Kaylen Cannon	9	Jay M Robinson	46.81
4	Mariah Logan	12	Northwest Cabarrus	47.78
5	Miley Carrico	11	East Rowan	47.89
6	Trinity Duff	10	Northeast Guilford	47.91
7	Makenzee Montgomery	12	Hunter Huss	48.62
8	Jenna Holden	11	Franklin	48.74
9	Marleigh Patton	12	West Carteret	48.87
10	Nylah Roberts	10	Rocky Mount	48.92
11	Ashlee Worrell	10	Atkins	49.01
12	Ja"Siyah Leary	11	Forest Hills	49.19
13	Amanda Lutz	11	North Lincoln	49.41
14	Jalayah Russ	10	Forestview	49.55
15	Jordan McGee	11	Northwest Cabarrus	50.42
16	Adallyn Lankas	9	Dixon	50.61

Event 28 Boys 300 Meter Hurdles NCHSAA 5A

Friday 5/15/2026 - 1:00 PM

	Name	Year	School	Seed Time
1	Jonas Phillips	12	Franklin	39.00
2	Demonte Barr	12	Jay M Robinson	39.51
3	William McKinney	12	Enka	39.71
4	Montavious Davis	12	South Point	39.99
5	Skervenson Aphael	12	Southern Wayne	40.12
6	Josiah McGill	11	Hunter Huss	40.55
7	Markes Hardin	12	Oak Grove High School	40.97
8	Jack Gibson	12	North Lincoln	41.08

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Event 28 ... (Boys 300 Meter Hurdles NCHSAA 5A)

Name	Year	School	Seed Time
9 Alijah Best	11	Hunt High School	41.11
10 Jacob Kirk	11	West Rowan	41.21
11 Xavier Lewis	12	Northside (5a)	41.41
12 Josh Hicks	11	Concord	41.58
13 London Hill	10	Currituck County	41.59
14 TyQuavious Allen	11	Monroe	41.61
15 Finn Sadowski	10	West Carteret	41.76
16 Tae™Shaun Harrison	12	Rockingham County	42.20

Event 29 Girls 800 Meter Run NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

Name	Year	School	Seed Time
1 Bella Jaworsky	9	North Lincoln	2:13.81
2 Ella Myers	10	North Lincoln	2:17.75
3 Olivia Ferraro	12	North Lincoln	2:18.08
4 Amron Rice	12	West Henderson	2:19.14
5 Kamrey Watkins	12	Richlands	2:19.78
6 Brooklyn Rice	9	Southern Nash	2:21.82
7 Joli Rossi	11	Croatan	2:22.77
8 Paige Kiesling	12	Atkins	2:23.51
9 Amy Mendoza Lopez	12	Franklin	2:24.05
10 Ambrin Saft	9	West Henderson	2:24.69
11 Callie Copeland	11	Jay M Robinson	2:25.58
12 Ayla Henry	10	Cedar Ridge	2:26.13
13 Sasha Helmer	12	Seaforth High School	2:26.47
14 Emily Jump	11	Seaforth High School	2:26.60
15 Maisy Stephens	11	Croatan	2:27.26
16 Amatha Reddy	9	Orange	2:27.60

Event 30 Boys 800 Meter Run NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

Name	Year	School	Seed Time
1 Hunter Creech	12	Oak Grove High School	1:54.87
2 Michael Ferguson	12	North Buncombe	1:56.14
3 Drew Puryear	11	Atkins	1:57.09
4 Cole Usery	12	Parkwood	1:57.20
5 Simeon Henson	12	Enka	1:57.30
6 Dennis Graham	10	Charles B. Aycock	1:57.30
7 Caleb Trotter	11	North Lincoln	1:57.43
8 Jonathan Bohannon	12	North Lincoln	1:59.15
9 Alexander Juarez-Lopez	11	Durham School of the Arts	1:59.83
10 Jonathan Medina	11	West Rowan	2:00.94
11 Cameron Bitts	10	Havelock	2:01.00
12 Jackson Hentz	10	Oak Grove High School	2:01.21
13 Lawrence Cole	11	West Carteret	2:02.03
14 John Ngunjiri Jr.	12	Cedar Ridge	2:02.25
15 Christos Gkoulioumis-Mantzouk	11	Durham School of the Arts	2:02.48
16 Christian Bess	12	North Lincoln	2:03.41

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Event 31 Girls 200 Meter Dash NCHSAA 5A

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	Name	Year	School	Seed Time
1	Coryn Tucker	12	Jay M Robinson	24.85
2	Navia Coles	12	Northeast Guilford	25.07
3	Onyi Ezeigbo	12	Atkins	25.64
4	Layla Rushing	10	Forest Hills	25.68
5	Oliva Easton	10	South Point	25.78
6	Jada Webb	10	Western Alamance	25.89
7	Jalayah Bradley	12	Havelock	25.91
8	Piper Jillings	11	Hickory	25.95
9	Treasure Duff	10	Northeast Guilford	26.17
10	Jada Chapman	9	Enka	26.38
11	Journi Douglas	11	South Brunswick	26.40
12	Michelle Ortega	12	Franklin	26.45
13	Madison Huey	9	Southern Nash	26.47
14	Serenity Frieson	12	Hunt High School	26.48
15	Samara Gourdine	9	Atkins	26.51
16	Gisele Goldston	10	Durham School of the Arts	26.62

Event 32 Boys 200 Meter Dash NCHSAA 5A

Friday 5/15/2026 - 1:00 PM

	Name	Year	School	Seed Time
1	Cameron Tucker	12	Jay M Robinson	20.95
2	Khamari Crawford	12	South Point	21.77
3	Demarion Stokes	12	Monroe	22.10
4	Kamarion Dye	11	Forestview	22.25
5	Jamian Johnson	11	Northside (5a)	22.26
6	Tyler Clouatre	12	Richlands	22.28
7	Elam Penny	11	Rocky Mount	22.48
8	Kylon Richardson	11	Western Alamance	22.54
9	Adric Canty	10	Atkins	22.56
10	Messiah Davis	11	Northwest Cabarrus	22.58
11	Asa Ostman	12	West Henderson	22.66
12	Savion Brooks	12	Northeast Guilford	22.67
13	Daivion Hall	12	Southern Guilford	22.70
14	Khalil Robinson	10	Concord	22.71
15	Alex Bolden	10	Rockingham County	22.81
16	Kenan Barnes	12	Rocky Mount	23.01

Event 33 Girls 3200 Meter Run NCHSAA 5A

Friday 5/15/2026 - 1:00 PM

	Name	Year	School	Seed Time
1	Finley Evans	9	North Lincoln	11:22.60
2	Kate Evonuk	9	North Lincoln	11:25.93
3	Ava Bishop	10	Orange	11:26.89
4	Amron Rice	12	West Henderson	11:28.45
5	Cambelle Reffner	11	North Lincoln	11:33.64
6	Reagan Clifton	10	Croatan	11:34.79
7	Kara Crotts	11	Jesse Carson	11:38.90
8	Amy Mendoza Lopez	12	Franklin	11:57.91

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Event 33 ... (Girls 3200 Meter Run NCHSAA 5A)

	Name	Year	School	Seed Time
9	Caidence Bazemore	12	Seaforth High School	12:00.25
10	Isabella Taylor-Hall	10	Cedar Ridge	12:02.82
11	Morgan Cress	11	Franklin	12:05.65
12	Lydia Goldstein	10	Enka	12:12.83
13	Abigail Timan	9	Franklin	12:13.86
14	Sarah Fedyna	12	Havelock	12:17.20
15	Kennedy Gordon	12	South Brunswick	12:28.86
16	Eliza Porter	11	Durham School of the Arts	12:36.78

Event 34 Boys 3200 Meter Run NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Name	Year	School	Seed Time
1	Eric Gillis	12	Jesse Carson	9:28.31
2	Myles Jermyn	12	Orange	9:35.72
3	Bryce Cooke	11	Parkwood	9:37.06
4	Luke Vannoy	12	Oak Grove High School	9:39.14
5	Chase Tompkins	12	Jay M Robinson	9:41.60
6	Ethan Hooks	11	Parkwood	9:42.61
7	Jonathan Marsden	12	North Buncombe	9:44.91
8	Grant Schmid Jr	11	Orange	9:47.63
9	Lee Monroe	10	Atkins	9:49.70
10	Henry Alexander	12	Cedar Ridge	9:50.90
11	Bryson Vann	10	Oak Grove High School	9:53.01
12	Mason Moore	9	Oak Grove High School	9:57.48
13	Zach Guerrero	10	Croatan	10:10.19
14	Cameron Bitts	10	Havelock	10:19.35
15	Mason Gesell	12	Hunt High School	10:20.15
16	Greyson Williams	11	West Carteret	10:26.57

Event 35 Girls 4x400 Meter Relay NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Team	Relay	Seed Time
1	Jay M Robinson	A	4:00.41
2	North Lincoln	A	4:00.72
3	Croatan	A	4:05.04
4	Durham School of the Arts	A	4:08.72
5	Franklin	A	4:10.30
6	Rocky Mount	A	4:11.34
7	Orange	A	4:13.05
8	Southern Nash	A	4:13.70
9	Currituck County	A	4:14.18
10	Enka	A	4:15.89
11	West Henderson	A	4:15.99
12	West Carteret	A	4:17.42
13	East Rowan	A	4:18.56
14	North Buncombe	A	4:21.04
15	Atkins	A	4:23.13
16	North Davidson	A	4:24.45

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Event 36 Boys 4x400 Meter Relay NCHSAA 5A**Friday 5/15/2026 - 1:00 PM**

	Team	Relay	Seed Time
1	Jay M Robinson	A	3:22.11
2	Franklin	A	3:24.09
3	Northwest Cabarrus	A	3:24.46
4	Southern Guilford	A	3:24.96
5	Atkins	A	3:26.17
6	Douglas Byrd	A	3:27.30
7	Parkwood	A	3:27.44
8	Enka	A	3:27.72
9	West Carteret	A	3:29.28
10	Croatan	A	3:29.62
11	Monroe	A	3:30.80
12	West Rowan	A	3:30.90
13	Northside (5a)	A	3:31.08
14	North Lincoln	A	3:31.67
15	South Point	A	3:31.69
16	Oak Grove High School	A	3:32.92