

NCHSAA 3A Midwest Track & Field Regional
East Rowan High School Track
Salisbury, NC
May 13, 2023

MEN'S RESULTS

TEAM SCORES

1 Dudley	133
2 Southern Guilford	68
3 Central Academy of Technology	38
4 Atkins	34
4 Lake Norman Charter	34
6 Parkwood	32
7 Eastern Guilford	31
8 Ben L. Smith	26
8 Ledford	26
10 Asheboro	22.5
11 Concord	20
12 South Rowan	19
13 East Rowan	13.5
14 Jesse Carson	13
15 Montgomery Central	11
16 Northwest Cabarrus	8
16 Central Cabarrus	8
18 Central Davidson	7
19 Northeast Guilford	6
19 Oak Grove High School	6
21 High Point Central	2

Boys Shot Put
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Jason Bethea	11	Ben L. Smith	51-10.50	1	
2 Donte Lipscomb	12	Eastern Guilford	46-0	1	
3 Hayden Lam	11	Northeast Guilford	45-7.75	1	
4 Jacob Butler	11	East Rowan	45-6.50	1	
5 Jiwan Roberson	12	Southern Guilford	41-8.50	1	
6 Dakota Brown	10	High Point Central	41-6.75	1	
7 Brecken Crotts	12	Central Davidson	40-7.50	1	
8 Alston White	12	North Davidson	40-3.50	1	
9 Zion Coalson	9	Northeast Guilford	40-1	1	
10 Sammad Bell	11	Dudley	38-11	1	
11 Zane Ellis	12	Central Davidson	37-8	1	

Boys Discus Throw
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Myles Scott	12	Lake Norman Charter	161-6	1	
2 Jason Bethea	11	Ben L. Smith	146-11	1	
3 Dominic Waugh	12	Atkins	139-10	1	
4 Donte Lipscomb	12	Eastern Guilford	137-0	1	
5 Blake Shinault	12	Oak Grove High School	129-9	1	
6 Brecken Crotts	12	Central Davidson	125-3	1	
7 Morgan Gardner	11	Northeast Guilford	124-5	1	
8 Zion Coalson	9	Northeast Guilford	121-1	1	
9 Abraham Garcia	12	North Davidson	112-10	1	
10 Xavier Todd	11	Ledford	112-7	1	
11 Landon Jacobs	12	West Rowan	94-8	1	

Boys High Jump
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Jerell Reddick	12	Concord	6-2	1	
2 Lance Everhart	11	Asheboro	6-0	1	
3 Devin Mims	10	Dudley	6-0	1	
4 Jayden Diggs	12	Southern Guilford	5-10	1	
4 Devin Keene	12	South Rowan	5-10	1	
6 Emanuel Williams	12	Central Academy	5-10	1	
7 Kobe Watts-Williams	12	Concord	5-10	1	
8 Peter Simpson	12	North Davidson	5-10	1	
9 Isaiah Irvin	10	Northeast Guilford	5-8	1	
9 Matthew MCDOW	12	Parkwood	5-8	1	
11 Cam Burris	12	Concord	5-6	1	

Boys Pole Vault
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Lance Everhart	11	Asheboro	12-6	1	
2 Seth Drake	12	East Rowan	12-0	1	
3 Jenson Pearson	12	Parkwood	10-6	1	
4 Eric FARACI	12	Parkwood	10-0	1	
5 Nicolas Chavez	12	Asheboro	9-6	1	
5 Cohen Self	12	East Rowan	9-6	1	
7 Jackson Walters	11	West Rowan	9-0	1	
7 Nathan Welborn	9	Oak Grove High School	9-0	1	
9 Cesidio Castricone	10	Northwest Cabarrus	8-6	1	
10 Christian Saballos	10	East Rowan	8-0	1	

Boys Long Jump
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Anthony Taylor	12	Dudley	23-1.50	1	
2 Jamari Hooks	12	Ben L. Smith	22-7	1	
3 Dewayne Myles	12	Eastern Guilford	21-11	1	
4 Tylei Woolard	12	Dudley	21-3.50	1	
5 Isaiah Mobley	12	Parkwood	20-5.50	1	
6 Keyaun Dow	11	Dudley	20-2.50	1	
7 Carson Aman	11	Jesse Carson	19-9.50	1	
8 Christian Stockton	11	Northeast Guilford	18-8.25	1	

Boys Triple Jump
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Caleb Lopez	12	Montgomery Central	45-0.50	1	
2 Anthony Taylor	12	Dudley	44-10.75	1	
3 Langston Wood	11	Dudley	43-8.50	1	
4 Isaiah Mobley	12	Parkwood	43-5	1	
5 Tre McNeil	12	Dudley	42-11.50	1	
6 Kobe Watts-Williams	12	Concord	42-10.75	1	
7 Jamari Pemberton	11	Montgomery Central	42-4	1	
8 Jamari Hooks	12	Ben L. Smith	41-1.75	1	
9 Camden Barringer	12	Northwest Cabarrus	39-9	1	
10 Jordan Brooks	11	East Rowan	39-5.50	1	
11 Gavin Palmore	9	Ben L. Smith	38-11.75	1	

Boys 4x800 Meter Relay
Finals

NAME	YR	TEAM	MARK	H#
1		Lake Norman Charter	8:16.55	2
2		Central Academy	8:19.94	2
3		Dudley	8:20.85	2
4		Northwest Cabarrus	8:23.46	2
5		Atkins	8:28.98	2
6		Southern Guilford	8:41.93	1
7		Eastern Guilford	8:43.09	1
8		Rockingham County	8:57.57	1
9		Oak Grove High	9:02.65	2
10		Ledford	9:03.80	1
11		Parkwood	9:07.90	1
12		Montgomery Central	9:21.96	1

Boys 110 meter Hurdles
Finals

NAME	YR	TEAM	MARK	H#	WIND
1	11	Dudley	14.98	1	
2	12	Dudley	15.17	1	
3	12	Southern Guilford	15.54	1	
4	11	Eastern Guilford	15.74	1	
5	12	Asheboro	16.10	1	
6	12	Dudley	16.17	1	

Prelims

NAME	YR	TEAM	MARK	H#	WIND
1	11	Dudley	15.00	1	
2	12	Dudley	15.17	2	
3	12	Asheboro	15.55	2	
4	12	Dudley	15.68	2	
5	12	Southern Guilford	15.78	1	
6	11	Eastern Guilford	15.81	2	
7	12	Central Cabarrus	15.84	1	
8	12	Central Davidson	15.90	1	
9	10	Atkins	16.20	1	

Boys 100 meter Dash
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Cameron Walker	11	Ledford	10.62	1	
2 Nylon Fair-Steele	12	Concord	10.84	1	
3 Rory Baker	12	Dudley	10.86	1	
4 Jakyri Manning	12	Southern Guilford	11.11	1	
5 Zaire Friend	11	Atkins	11.20	1	
6 Curtavis Ervin	12	High Point Central	11.21	1	

Prelims

NAME	YR	TEAM	MARK	H#	WIND
1 Cameron Walker	11	Ledford	10.75	2	
2 Rory Baker	12	Dudley	10.88	1	
3 Nylon Fair-Steele	12	Concord	10.91	2	
4 Zaire Friend	11	Atkins	11.18	1	
5 Jakyri Manning	12	Southern Guilford	11.24	1	
6 Curtavis Ervin	12	High Point Central	11.35	2	
7 Paul Thorne	12	Eastern Guilford	11.43	1	
8 David Neal	11	Atkins	11.50	2	
9 Jadon Moore	10	South Rowan	11.52	1	
10 Denzel Foster	12	Dudley	11.56	2	

Boys 4x200 Meter Relay
Finals

NAME	YR	TEAM	MARK	H#
1 Southern Guilford			1:26.73	2
2 Dudley			1:27.33	2
3 Parkwood			1:31.51	2
4 Atkins			1:31.58	2
5 Central Academy			1:31.93	2
6 Montgomery Central			1:32.09	1
7 Asheboro			1:32.16	1
8 Concord			1:33.29	1
9 Eastern Guilford			1:33.83	1
10 Northwest Cabarrus			1:35.26	1
11 Rockingham County			1:36.92	1

Boys 1600 meter Run
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Will Downs	11	Atkins	4:27.19	1	
2 Nicholas Epps	12	Southern Guilford	4:28.72	1	
3 Gavin Jansen	10	Central Academy	4:30.44	1	
4 Truitt Evely	12	Lake Norman Charter	4:32.32	1	
5 Hunter Creech	9	Oak Grove High	4:33.22	1	
6 Heyden Christensen	10	Central Academy	4:33.46	1	
7 Owen Evans	12	Northwest Cabarrus	4:36.56	1	
8 Connor Price	11	Jesse Carson	4:50.77	1	
9 Lucas O'Neal	11	Atkins	4:52.58	1	

Boys 4x100 Meter Relay
Finals

NAME	YR	TEAM	MARK	H#
1 Dudley			42.07	2
2 Southern Guilford			42.22	2
3 Ledford			43.03	2
4 Parkwood			43.47	1
5 Atkins			43.55	1
6 Eastern Guilford			43.60	2
7 Oak Grove High			43.72	1
8 Central Davidson			44.18	1
9 Lake Norman Charter			44.41	2
10 Concord			44.54	1

Boys 400 meter Dash
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Jayden Diggs	12	Southern Guilford	49.89	2	
2 Asa Bonds	12	Dudley	50.03	2	
3 Justin Bryant	11	Eastern Guilford	50.43	1	
4 Emanuel Williams	12	Central Academy	50.84	2	
5 Issac Oppong Frimpong	12	Southern Guilford	51.24	1	
6 Dewayne Myles	12	Eastern Guilford	51.41	2	
7 Jayden RUTLEDGE	10	Central Academy	51.51	1	
8 Gavin Stinson	12	Oak Grove High	51.93	1	
9 Leland Bishop	10	Concord	51.97	1	
10 Jerron Copper	12	Southern Guilford	55.87	1	

Boys 300 meter Hurdles
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Shawn Seagraves	12	Dudley	40.52	2	
2 Tyler Dunn	12	Central Cabarrus	40.89	2	
3 Donyel Parker	10	Dudley	41.12	1	
4 Nick Blackston	12	Southern Guilford	41.14	2	
5 Langston Wood	11	Dudley	41.16	2	
6 Nicolas Chavez	12	Asheboro	41.87	2	
7 Major Leak	10	Lake Norman Charter	42.77	1	
8 Quinn Mushingon	11	Parkwood	43.01	2	
9 Ta'Vion Bullock	11	Eastern Guilford	43.31	1	
10 Issac Woolfolk	11	Northwest Cabarrus	44.04	1	
11 Jassai Hackett	11	Eastern Guilford	44.04	1	

Boys 800 meter Run
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Drew Johnson	9	Lake Norman Charter	1:58.16	1	
2 Gabe Honeycutt	12	Jesse Carson	1:59.19	1	
3 Austin DeGeorge	12	Central Davidson	1:59.78	1	
4 Bricen Burlison	11	South Rowan	2:00.02	1	
5 Abishek Pradhan	11	Dudley	2:00.53	1	
6 Terrence Oates	12	Dudley	2:03.69	1	
7 Timothy Parsons	9	Central Academy	2:05.80	1	
8 Truitt Evely	12	Lake Norman Charter	2:06.89	1	
9 Hunter Creech	9	Oak Grove High	2:09.29	1	
10 Isaac Brown	10	Central Academy	2:13.77	1	
11 Nicholas Epps	12	Southern Guilford	2:15.77	1	

Boys 200 meter Dash
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Cameron Walker	11	Ledford	22.18	2	
2 Le'Ezra Brown	10	Dudley	22.34	1	
3 Wisdom Holmes	12	Parkwood	22.37	1	
4 Rory Baker	12	Dudley	22.39	2	
5 Jakyri Manning	12	Southern Guilford	22.56	2	
6 Dewayne Myles	12	Eastern Guilford	22.82	1	
7 Zaire Friend	11	Atkins	22.90	2	
8 Nylon Fair-Steele	12	Concord	23.24	1	
9 David Neal	11	Atkins	23.77	1	

Boys 3200 meter Run
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Eli Julian	11	South Rowan	9:39.02	1	
2 Will Downs	11	Atkins	9:52.09	1	
3 Gavin Jansen	10	Central Academy	10:01.98	1	
4 Jorge Clemente-Garcia	10	Jesse Carson	10:12.77	1	
5 Grayson Cromer	11	South Rowan	10:26.79	1	
6 Eric Gillis	9	Jesse Carson	10:33.22	1	
7 Aiden Edwards	9	Oak Grove High	10:47.04	1	
8 Javon Taylor	10	Lake Norman Charter	10:50.22	1	
9 Logan Shaffer	12	Parkwood	11:08.22	1	

Boys 4x400 Meter Relay
Finals

NAME	YR	TEAM	MARK	H#
1 Central Academy			3:27.24	2
2 Southern Guilford			3:27.53	2
3 Dudley			3:29.15	2
4 Northwest Cabarrus			3:32.90	2
5 Oak Grove High			3:33.83	2
6 Concord			3:34.86	1
7 Jesse Carson			3:35.04	1
8 Eastern Guilford			3:36.61	1
9 Parkwood			3:37.86	1
10 Central Cabarrus			3:38.35	1
11 Asheboro			3:40.34	2
12 Rockingham County			3:47.02	1