

NCHSAA 3A Track & Field Championships

North Carolina A&T State University

May 19, 2023

Women - NCHSAA 3A - Team Rankings - 18 Events Scored

1) Dudley	70	2) Statesville	49
3) Franklin	35	3) West Carteret	35
5) West Henderson	34	6) North Buncombe	30.50
7) First Flight	26	8) North Lincoln	23
9) Croatan	21	9) Atkins	21
9) Union Pines	21	12) Terry Sanford	20
13) Ashe County	19	13) Southern Durham	19
13) Southern Guilford	19	13) Stuart W. Cramer	19
17) Tuscola	18	18) E.E. Smith	16
18) Hibriten	16	20) Lake Norman Charter Schoo	15
21) Rocky Mount	14	21) Ashbrook	14
23) Swansboro	13	23) Northwest Cabarrus	13
25) Central Cabarrus	10	25) Aycock, Charles B	10
27) Central Academy of Technol	8	28) South Rowan	6
28) Ben L. Smith	6	30) Central Davidson	5
30) South Johnston	5	30) North Brunswick	5
30) Northside (3A)	5	30) Fike High School	5
30) North Iredell	5	30) St. Stephens	5
30) Forestview	5	30) Durham School of the Arts	5
39) Rose, J.H.	4	39) Cedar Ridge	4
39) Northeast Guilford	4	42) Currituck County	3
42) Lee County	3	42) Pisgah	3
45) Jesse Carson	2	45) Asheboro	2
45) South Point	2	45) Southern Wayne	2
45) Jacksonville	2	50) Northwood	1.50
51) Seventy-First	1	51) South Central	1
51) Freedom	1	51) Cape Fear	1

Girls 100 Meter Dash NCHSAA 3A

8 Advance: Top 2 Each Heat plus Next 4 Best Times
 3A Meet: # 11.77 2012 Nyshedra Brown, West Craven

Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1 Briana St Louis	10	Union Pines	12.45	11.92Q	1.1	1	
2 Janiya Johnson	11	Statesville	11.69	11.94Q	1.1	2	
3 Onyi Ezeigbo	9	Atkins	12.19	12.17Q	1.1	2	
4 Alaya Gillespie	12	Statesville	12.09	12.18Q	1.1	1	
5 Futoria Harris	10	Cape Fear	12.30	12.19q	1.1	2	
6 Tynasia Emory	10	Fike High Sc	12.39	12.22q	1.1	2	
7 Nilijah Darden	10	Dudley	12.23	12.23q	1.1	1	12.222
8 Emma Hall	11	West Henders	11.98	12.23q	1.1	1	12.227
9 Rymiah Sanders	12	Southern Dur	12.37	12.25	1.1	1	
10 Melanne Sutton	12	Rose, J.H.	12.19	12.27	1.1	2	
11 Gabrielle Cheek	11	Dudley	12.39	12.29	1.1	2	
12 Janya Moore	12	Ben L. Smith	12.21	12.36	1.1	1	
13 A'Jaylah Yates	12	Seventy-Firs	12.57	12.38	1.1	1	
14 Zaniya LittleJohn	11	West Charlot	12.25	12.57	1.1	2	
15 Kaydence Daniels	10	Northside (3	12.60	12.79	1.1	2	
16 Taniyah Glaspie	12	Southern Way	12.35	12.86	1.1	1	

Girls 100 Meter Dash NCHSAA 3A

3A Meet: # 11.77 2012 Nyshedra Brown, West Craven

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Janiya Johnson	11	Statesville	11.94	11.70#	0.7	10
2 Briana St Louis	10	Union Pines	11.92	11.88	0.7	8
3 Onyi Ezeigbo	9	Atkins	12.17	11.97	0.7	6
4 Nilijah Darden	10	Dudley	12.23	11.99	0.7	5
5 Alaya Gillespie	12	Statesville	12.18	12.05	0.7	4
6 Emma Hall	11	West Henders	12.23	12.19	0.7	3
7 Tynasia Emory	10	Fike High Sc	12.22	12.26	0.7	2
8 Futoria Harris	10	Cape Fear	12.19	12.31	0.7	1

Girls 200 Meter Dash NCHSAA 3A

3A Meet: # 23.63 2008 Kelsey McCorkle, South Central

Name	Year	School	Seed	Finals	Wind	H#	Points
1 Janiya Johnson	11	Statesville	24.02	24.18	-0.1	2	10
2 Briana St Louis	10	Union Pines	24.61	24.55	-0.1	2	8
3 Janya Moore	12	Ben L. Smith	24.69	24.73	-0.1	2	6
4 Alaya Gillespie	12	Statesville	24.76	24.79	-0.1	2	5
5 Nilijah Darden	10	Dudley	24.94	24.82	-0.1	2	4
6 Onyi Ezeigbo	9	Atkins	25.16	24.82	-0.1	2	3
7 Gabrielle Cheek	11	Dudley	25.44	24.83	0.1	1	2
8 A'Jaylah Yates	12	Seventy-Firs	25.41	25.31	-0.1	2	1
9 Futoria Harris	10	Cape Fear	25.21	25.70	-0.1	2	
10 Rymiah Sanders	12	Southern Dur	25.77	25.86	0.1	1	
11 Zaniya LittleJohn	11	West Charlot	25.53	25.88	0.1	1	
12 Tynasia Emory	10	Fike High Sc	26.41	25.91	0.1	1	
13 Mahogany Spikes	9	North Gaston	25.41	26.01	0.1	1	
14 Kaliah Asafo-Adjei	12	Northside (3	26.66	26.65	0.1	1	
-- Grace Guilford	12	West Cartere	26.03	DNF	0.1	1	

Girls 400 Meter Dash NCHSAA 3A

3A Meet: # 53.50 2019		Alysia Johnson, Hillside				
Name	Year	School	Seed	Finals	H#	Points
1	Zoe Dorsey	9	Terry Sanfor	55.33	54.99	2 10
2	Grace Guilford	12	West Cartere	56.86	56.29	2 8
3	Tianna Spinks	10	Southern Gui	57.27	56.72	2 6
4	Ja'Naya Linder	11	Atkins	56.43	56.95	2 5
5	Nathalya Daniels	12	Dudley	57.27	58.18	2 4
6	Gabrielle Cheek	11	Dudley	58.08	58.60	2 3
7	Rachel Tolbert	10	South Point	59.53	58.76	1 2
8	Kira Jones	9	Rocky Mount	58.19	59.36	2 1
9	Zaniya LittleJohn	11	West Charlot	58.28	1:00.13	2
10	Devyn Soles	9	East Wake	1:01.96	1:01.01	1
11	Arie'anna Rufus	10	Franklinton	1:00.88	1:01.28	1
12	Shailla Hope	9	West Johnsto	1:01.78	1:01.51	1
13	Kennedy Zaiden	12	Croatan	1:00.42	1:02.30	1
14	Ava Cooke	9	Freedom	1:01.84	1:02.77	1
15	Jennieve Davis	9	Enka	1:02.29	1:03.65	1
--	Briyana Tillman	12	E.E. Smith	59.58	DNF	1

Girls 800 Meter Run NCHSAA 3A

3A Meet: # 2:12.74 2018		Megam Marvin, Chaple Hill				
Name	Year	School	Seed	Finals	Points	
1	Zoe Dorsey	9	Terry Sanfor	2:23.73	2:15.41	10
	1:09.796 (1:09.796)		2:15.409 (1:05.613)			
2	Lily Yampolsky	11	Lake Norman	2:17.25	2:15.69	8
	1:06.891 (1:06.891)		2:15.687 (1:08.796)			
3	Eva Rinker	12	Tuscola	2:18.72	2:18.17	6
	1:09.582 (1:09.582)		2:18.165 (1:08.583)			
4	Jillian Parks	10	Central Davi	2:18.12	2:18.36	5
	1:09.989 (1:09.989)		2:18.355 (1:08.366)			
5	Olivia Ferraro	9	North Lincol	2:19.65	2:19.55	4
	1:09.436 (1:09.436)		2:19.545 (1:10.109)			
6	Grace Lane	12	Central Acad	2:21.18	2:19.77	3
	1:09.696 (1:09.696)		2:19.766 (1:10.070)			
7	Eden Barnwell	11	North Buncom	2:19.79	2:21.01	2
	2:21.003 (2:21.003)					
8	Katie Deacon	12	Freedom	2:19.55	2:21.54	1
	1:08.861 (1:08.861)		2:21.537 (1:12.676)			
9	Moira Furr	9	First Flight	2:23.07	2:24.98	
	1:10.114 (1:10.114)		2:24.973 (1:14.859)			
10	Addison Bartlett	12	Durham Schoo	2:27.56	2:27.33	
	1:11.623 (1:11.623)		2:27.326 (1:15.703)			
11	Briyana Tillman	12	E.E. Smith	2:30.00	2:27.42	
	1:10.235 (1:10.235)		2:27.412 (1:17.177)			
12	Cameran Ladd	11	Croatan	2:24.85	2:28.27	
	1:10.854 (1:10.854)		2:28.262 (1:17.408)			
13	Katelyn Lentz	12	West Rowan	2:28.78	2:29.14	
	1:12.007 (1:12.007)		2:29.138 (1:17.131)			
14	Sydney Gray	9	Northwood	2:29.78	2:33.07	
	1:12.206 (1:12.206)		2:33.062 (1:20.856)			
--	Kenley Ballou	11	West Cartere	2:23.18	DNF	
--	Ryan Germain	11	West Cartere	2:24.76	DNF	

Girls 1600 Meter Run NCHSAA 3A

3A Meet: # 4:57.34 2021		Alyssa Preisano, Cuthbertson				
Name	Year	School	Seed	Finals	Points	
1	Eva Rinker	12	Tuscola	5:00.34	5:03.76	10
2	Olivia Ferraro	9	North Lincol	5:01.99	5:04.87	8
3	Lily Yampolsky	11	Lake Norman	5:18.15	5:07.92	6
4	Grace Lane	12	Central Acad	5:19.60	5:14.42	5
5	Katie Johnson	11	North Buncom	5:15.72	5:19.22	4
6	Cameran Ladd	11	Croatan	5:24.08	5:21.28	3
7	Naomi Dyreng	10	Cedar Ridge	5:24.35	5:24.62	2
8	Erin Pope	11	Fike High Sc	5:22.05	5:25.41	1
9	Catherine Parker	10	Eastern Alam	5:27.48	5:31.73	
10	Caroline Downs	10	Atkins	5:46.38	5:33.32	
11	Kylee Dinterman	10	Currituck Co	5:24.50	5:35.49	
12	Adrien Noel	10	Central Caba	5:42.80	5:37.44	
13	Abigail Klaitman	10	Cedar Ridge	5:35.47	5:52.63	
--	Tatum Dermatas	12	First Flight	5:13.48	DNF	
--	Macy Parks	12	North Lincol	5:09.20	DNF	
--	Addison Bartlett	12	Durham Schoo	5:30.58	DNF	

Girls 3200 Meter Run NCHSAA 3A

3A Meet: # 10:51.83 2021		Caroline Murrell, Northwood				
Name	Year	School	Seed	Finals	Points	
1	Tatum Dermatas	12	First Flight	11:37.25	10:59.01	10
2	Morgan Miller	9	First Flight	11:24.88	11:03.85	8
3	Macy Parks	12	North Lincol	11:28.38	11:08.89	6
4	Bella Wood	11	North Lincol	11:22.10	11:18.79	5
5	Breanna Budzinski	11	West Henders	11:36.12	11:29.33	4
6	Avery Mays	11	North Buncom	11:51.47	11:33.04	3
7	Erin Pope	11	Fike High Sc	11:41.73	11:37.47	2
8	Naomi Dyreng	10	Cedar Ridge	12:01.11	11:48.81	1
9	Taylor Hyman	12	Northwest Ca	12:11.15	11:51.24	
10	Natalia Serre	11	Carrboro	12:07.82	12:03.98	
11	Ellie Harrington	11	South Brunsw	11:59.65	12:08.67	
12	Emily Mila	11	Union Pines	12:21.00	12:16.75	
13	Abigail Klaitman	10	Cedar Ridge	12:13.46	12:24.81	
14	Hannah Metz	9	Central Acad	13:08.63	12:49.54	
15	Katie Roberts	10	West Rowan	12:55.68	13:11.11	
16	Caroline Peterson	10	Lake Norman	13:01.42	13:34.40	

Girls 100 Meter Hurdles NCHSAA 3A

8 Advance: Top 2 Each Heat plus Next 4 Best Times

3A Meet: # 13.91 2019		Alexis Patterson, Parkland				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Senadzi Rankin	11	Dudley	14.63	14.57Q	2.2 1
2	Emma Hall	11	West Henders	14.52	14.77Q	1.4 2
3	Elizabeth Deen	10	Southern Gui	14.73	15.28Q	2.2 1
4	Tanzania Washington	12	Dudley	14.94	15.29Q	1.4 2
5	Ashlynn Hudson	9	Southern Dur	15.70	15.41q	2.2 1
6	Rachel Key-White	9	Aycock, Char	16.52	15.46q	2.2 1
7	Ogechi Ezeigbo	10	Atkins	15.27	15.88q	1.4 2
8	Jy'Asha Cousins	10	Southern Way	16.18	16.11q	2.2 1
9	Caroline Spilliards	12	Smoky Mounta	15.83	16.22	2.2 1
10	Paige Merrell	12	Croatan	16.20	16.29	2.2 1
11	Samone Arrington	9	Southern Dur	16.33	16.40	1.4 2
12	Shamari Allen	12	Durham Schoo	17.04	16.43	1.4 2
13	MaCaela Claxton	10	Northside (3	16.38	16.59	1.4 2
14	Heavenly Whitehead-Graha	12	Scotland Cou	16.95	16.75	2.2 1
15	Isabelle Duchemin	12	Franklin	15.87	17.31	1.4 2
16	Jamia Witchertenox	10	Ashbrook	16.01	17.34	1.4 2

Girls 100 Meter Hurdles NCHSAA 3A

3A Meet: # 13.91 2019		Alexis Patterson, Parkland				
Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Emma Hall	11	West Henders	14.77	14.42	1.6 10
2	Senadzi Rankin	11	Dudley	14.57	14.59	1.6 8
3	Elizabeth Deen	10	Southern Gui	15.28	14.86	1.6 6
4	Tanzania Washington	12	Dudley	15.29	14.95	1.6 5
5	Ashlynn Hudson	9	Southern Dur	15.41	15.33	1.6 4
6	Rachel Key-White	9	Aycock, Char	15.46	15.95	1.6 3
7	Jy'Asha Cousins	10	Southern Way	16.11	15.99	1.6 2
8	Ogechi Ezeigbo	10	Atkins	15.88	16.56	1.6 1

Girls 300 Meter Hurdles NCHSAA 3A

3A Meet: # 43.15 2008		Sophia Treakle, Asheville				
Name	Year	School	Seed	Finals	H#	Points
1	Emma Hall	11	West Henders	44.50	44.42	2 10
2	Laura Covarrubias	10	Franklin	45.10	44.65	2 8
3	Keianna Mims	12	Dudley	46.39	45.05	2 6
4	Victoria Mills	12	Forestview	45.11	45.17	2 5
5	Emmi Cheek	11	Ashe County	45.77	45.64	2 4
6	Lexi Tripp	9	Croatan	46.45	47.33	2 3
7	Tanzania Washington	12	Dudley	48.16	47.90	1 2
8	Brianna Lofton	9	Jacksonville	46.53	48.72	2 1
9	Charlotte Langdon	9	Harnett Cent	49.40	49.05	1
10	Elaina Henry	12	Parkwood	48.14	49.23	2
11	Kaeli Brown	10	Northside (3	49.18	49.29	1
12	Paige Merrell	12	Croatan	49.04	49.45	1
13	McKylee Wilkerson	12	Union Pines	49.51	49.95	1
14	Sadie Featherstone	10	East Rowan	48.26	49.98	1
15	Aliya Hicks	10	Franklinton	49.61	51.45	1

Girls 4x100 Meter Relay NCHSAA 3A

3A Meet: # 46.94 2010		South Central, South Central				
School		Seed	Finals	H#	Points	
1	Statesville 'A'	47.59	47.21	2	10	
	1) Nakirah Adams 10	2) Alaya Gillespie 12				
	3) Sakari Johnson 10	4) Janiya Johnson 11				
2	Dudley 'A'	48.72	48.73	2	8	
	1) Dorothy Braswell 11	2) Nilijah Darden 10				
	3) Tanzania Washington 12	4) Senadzi Rankin 11				
3	Franklin 'A'	49.43	49.81	2	6	
	1) Michelle Ortega 9	2) Laura Covarrubias 10				
	3) Hope Smith 11	4) Isabelle Duchemin 12				
4	Southern Durham 'A'	49.56	50.44	2	5	
	1) Samone Arrington 9	2) Marlisha Payne 12				
	3) Ashlynn Hudson 9	4) Rymiah Sanders 12				
5	West Henderson 'A'	49.99	50.47	1	4 50.466	
	1) Arden Sullivan 9	2) Emma Hall 11				
	3) Lindsey Cuevas 12	4) Jasmine Banks 11				
6	Union Pines 'A'	49.81	50.47	2	3 50.469	
	1) Vanessa Monroe 10	2) Melody Brown 10				
	3) Amora Goodin 11	4) Briana St Louis 10				
7	Asheboro 'A'	50.54	50.88	1	2	
	1) Audrey Patterson 12	2) Sion Murrain 11				
	3) Ey'Mya Cheek 9	4) Jalaya Showers 9				
8	Rose, J.H. 'A'	49.66	51.03	2	1	
	1) Cameron Daise 11	2) M'Shya Green 10				
	3) Camya Whitfield 11	4) Melanne Sutton 12				

9	Atkins 'A'		50.38	51.04	1
	1) Madison Pegeuese 11	2) Ja'Nique Linder 9			
	3) Ogechi Ezeigbo 10	4) Onyi Ezeigbo 9			
10	Northside (3a) 'A'		49.65	51.07	2
	1) Kaliah Asafo-Adjei 12	2) Cheyenne Walker 10			
	3) Julissa Stewart 11	4) Kaydence Daniels 10			
11	South Central 'A'		49.96	51.08	1
	1) Kiarrah Williams 12	2) Arin Cox 9			
	3) Jahmya Hargrove 11	4) Shaliah Jones 11			
12	Hunt High School 'A'		50.90	51.09	1
	1) Serenity Frieson 9	2) Chloe Murray 10			
	3) Ti Asia Taylor 11	4) Jaeda Frazier			
13	Scotland County 'A'		49.60	51.38	2
	1) Shamari Armstrong 12	2) Aviona Scott 10			
	3) Heavenly Whitehead-Graham 12	4) Angel Scott 10			
14	Eastern Guilford High School 'A'		50.19	51.62	1
	1) Alexandra Taylor-Ramsey 11	2) Uria Walters 10			
	3) Heaven Richardson 12	4) Raven Womack 10			
15	Western Harnett 'A'		50.41	51.71	1
	1) Leah Smith 12	2) Amanda Moore 11			
	3) Lyric Jean Paul 11	4) Shalyna McCants 11			
16	West Charlotte 'A'		51.51	53.03	1
	1) Zekya Allison 9	2) Mya Horseley 9			
	3) Aniya Higgins 9	4) Jonnae Bennett 10			

Girls 4x200 Meter Relay NCHSAA 3A

3A Meet: # 1:38.29 2019 Parkland, Parkland						
I. Munford, A. Patterson, d. Penn, D. Lyerly						
School		Seed	Finals	H#	Points	
1	Statesville 'A'	1:41.00	1:41.57	2	10	
	1) Nakirah Adams 10	2) Alaya Gillespie 12				
	3) Dynasty Hamilton 11	4) Janiya Johnson 11				
2	Dudley 'A'	1:40.53	1:43.03	2	8	
	1) Nathalya Daniels 12	2) Gabrielle Cheek 11				
	3) Dorothy Braswell 11	4) Nilijah Darden 10				
3	Atkins 'A'	1:43.73	1:44.57	2	6	
	1) Onyi Ezeigbo 9	2) Ja'Naya Linder 11				
	3) Ja'Nique Linder 9	4) Ogechi Ezeigbo 10				
4	Northside (3a) 'A'	1:43.10	1:45.20	2	5	
	1) Kaliah Asafo-Adjei 12	2) Cheyenne Walker 10				
	3) Julissa Stewart 11	4) Kaydence Daniels 10				
5	Franklin 'A'	1:47.63	1:46.52	1	4	
	1) Michelle Ortega 9	2) Isabelle Duchemin 12				
	3) Hope Smith 11	4) Laura Covarrubias 10				
6	Rose, J.H. 'A'	1:45.80	1:46.88	2	3	
	1) Layla Moore 9	2) M'Shya Green 10				
	3) Katie M Wilson 12	4) Melanne Sutton 12				
7	Northeast Guilford 'A'	1:46.35	1:47.29	1	2	
	1) Natalia Bennett	2) Navia Coles 9				
	3) Amina Intchi 11	4) Kristian Gwynn 11				
8	Jacksonville 'A'	1:46.08	1:47.49	2	1	
	1) NaQuayla Stanford 10	2) Lauryn Gholston 10				
	3) Sanaa Mosley 10	4) Brianna Lofton 9				
9	Rocky Mount 'A'	1:45.93	1:49.39	2		
	1) Kimora Bandy 10	2) Kira Jones 9				
	3) Caroline Thiel 12	4) KeSondra Pickett 11				
10	Eastern Guilford High School 'A'	1:46.30	1:50.24	1		
	1) Alexandra Taylor-Ramsey 11	2) Uria Walters 10				
	3) Heaven Richardson 12	4) Raven Womack 10				
11	Western Harnett 'A'	1:47.87	1:50.25	1		
	1) Leah Smith 12	2) Lyric Jean Paul 11				
	3) Amanda Moore 11	4) Shalyna McCants 11				

12 West Charlotte 'A'		1:48.10	1:50.63	1
1) Zekya Allison 9	2) Mya Horseley 9			
3) Aniya Higgins 9	4) Jonnae Bennett 10			
13 Union Pines 'A'		1:47.26	1:52.20	1
1) Amora Goodin 11	2) Vanessa Monroe 10			
3) Melody Brown 10	4) Clara Kellner 11			
14 Ashe County 'A'		1:49.76	1:53.12	1
1) Emmi Cheek 11	2) Katlyn French 11			
3) Jezik Martin 12	4) Paige Overcash 11			
-- Southern Durham 'A'		1:45.90	DNF	2
1) Samone Arrington 9	2) Marlisha Payne 12			
3) Ashlynn Hudson 9	4) Rymiah Sanders 12			

Girls 4x400 Meter Relay NCHSAA 3A

3A Meet: # 3:51.26 2019 Hillside, Hillside					
I. Deloatch, S. Wilkerson, E. Waters, A. Johnson					
School		Seed	Finals	H#	Points
1 West Carteret 'A'		4:01.89	3:59.95	2	10
1) Ryan Germain 11	2) Kenley Ballou 11				
3) Tyler Collins 11	4) Grace Guilford 12				
2:03.262 (2:03.262)	3:04.823 (1:01.561)		3:59.944 (55.121)		
2 North Buncombe 'A'		4:03.67	4:01.97	2	8
1) Maya Flynn 11	2) Eden Barnwell 11				
3) Bailey Barrett 9	4) Sophia Banks 10				
2:01.018 (2:01.018)	3:02.351 (1:01.333)		4:01.962 (59.611)		
3 Dudley 'A'		4:06.39	4:06.95	2	6
1) A'Aniyah Massey	2) Dorothy Braswell 11				
3) Keianna Mims 12	4) Nathalya Daniels 12				
2:04.893 (2:04.893)	3:08.355 (1:03.462)		4:06.950 (58.595)		
4 Rocky Mount 'A'		4:10.20	4:08.32	2	5
1) Kimora Bandy 10	2) Kira Jones 9				
3) KeSondra Pickett 11	4) Caroline Thiel 12				
2:03.711 (2:03.711)	3:05.561 (1:01.850)		4:08.312 (1:02.751)		
5 E.E. Smith 'A'		4:09.48	4:11.25	2	4
1) Armani Kee 12	2) Laila Bricker 10				
3) Jahriell Murchison 10	4) Briyana Tillman 12				
2:08.063 (2:08.063)	3:09.352 (1:01.289)		4:11.242 (1:01.890)		
6 Northwest Cabarrus 'A'		4:12.48	4:11.61	2	3
1) Ceaire Barringer 10	2) Natalie Brown 10				
3) Erica Murdock 12	4) Mariah Logan 9				
2:04.531 (2:04.531)	3:11.886 (1:07.355)		4:11.609 (59.723)		
7 Northeast Guilford 'A'		4:22.69	4:12.89	1	2
1) Amina Intchi 11	2) Navia Coles 9				
3) Kristen Faith Aleghe 12	4) Kristian Gwynn 11				
2:04.056 (2:04.056)	3:10.421 (1:06.365)		4:12.887 (1:02.466)		
8 Ashe County 'A'		4:12.67	4:13.43	1	1
1) Emmi Cheek 11	2) Abigail McClure 12				
3) Katlyn French 11	4) Paige Overcash 11				
2:07.042 (2:07.042)	3:12.319 (1:05.277)		4:13.427 (1:01.108)		
9 Jacksonville 'A'		4:15.46	4:14.07	1	
1) Robyn Ford 11	2) Sydney Ann Deeble 10				
3) Destiny Kalana Hill 9	4) NaQuayla Stanford 10				
2:06.850 (2:06.850)	3:13.231 (1:06.381)		4:14.067 (1:00.836)		
10 North Lincoln 'A'		4:13.10	4:14.79	1	
1) Haylee Gibson 10	2) Kayla Leslie 10				
3) Bella Wood 11	4) Olivia Ferraro 9				
2:07.542 (2:07.542)	3:11.626 (1:04.084)		4:14.782 (1:03.156)		
11 Durham School of the Arts 'A'		4:15.77	4:20.75	1	
1) Addison Bartlett 12	2) Victoria Simeonova 9				
3) Kelci Lucas 9	4) Addie Bitsas				
2:08.960 (2:08.960)	3:15.250 (1:06.290)		4:20.745 (1:05.495)		
12 Pisgah 'A'		4:14.56	4:21.20	1	
1) Chandler Lowery 9	2) Bailey Conner 9				
3) Ariel McElreath 12	4) Avery Ponder 11				

2:09.144 (2:09.144)	3:17.275 (1:08.131)	4:21.192 (1:03.917)
13 Central Davidson 'A'	4:20.28	4:23.77 1
1) Riley Horne 11	2) Preston McCain 11	
3) Anjali Busse 10	4) Jillian Parks 10	
2:12.287 (2:12.287)	3:22.113 (1:09.826)	4:23.770 (1:01.657)
14 Union Pines 'A'	4:22.33	4:24.84 1
1) Clara Kellner 11	2) Selah Kellner 10	
3) Amora Goodin 11	4) Keelyn Finn 9	
2:13.205 (2:13.205)	3:19.911 (1:06.706)	4:24.834 (1:04.923)
-- Croatan 'A'	4:12.36	DQ 2 Assistance
1) Kennedy Zaiden 12	2) Lexi Tripp 9	
3) Paige Merrell 12	4) Logan Bessemer	
2:05.451 (2:05.451)	3:09.447 (1:03.996)	4:34.386 (1:24.939)
-- White Oak 'A'	4:10.61	DQ 2 Assistance
1) Annabella Rivers 12	2) Amaiya Williams 10	
3) Taleyah Palmer 11	4) Skylar Stack 11	
2:07.458 (2:07.458)	3:10.012 (1:02.554)	4:34.077 (1:24.065)

Girls 4x800 Meter Relay NCHSAA 3A

3A Meet: # 9:18.25 2021	Cuthbertson, Cuthbertson	Seed	Finals	Points
1 North Buncombe 'A'	10:01.58	9:32.36	10	
1) Avery Mays 11	2) Katie Johnson 11			
3) Eden Barnwell 11	4) Sophia Banks 10			
2:27.346 (2:27.346)	4:48.099 (2:20.753)	7:10.944 (2:22.845)		
9:32.353 (2:21.409)				
2 First Flight 'A'	10:11.74	9:33.66	8	
1) Lucy Stecher 11	2) Morgan Miller 9			
3) Moira Furr 9	4) Tatum Dermatas 12			
2:25.775 (2:25.775)	4:53.204 (2:27.429)	7:14.397 (2:21.193)		
9:33.651 (2:19.254)				
3 West Carteret 'A'	9:56.66	9:51.38	6	
1) Isabella Mennella 11	2) Riley Preston 12			
3) Kenley Ballou 11	4) Ryan Germain 11			
2:28.694 (2:28.694)	5:03.762 (2:35.068)	7:26.500 (2:22.738)		
9:51.374 (2:24.874)				
4 North Iredell 'A'	10:04.84	10:01.20	5	
1) Mia Sohovich 9	2) Breanna Sturtevant 9			
3) Julia Hollar 10	4) Natalia Nieto 12			
2:29.387 (2:29.387)	5:01.226 (2:31.839)	7:33.744 (2:32.518)		
10:01.192 (2:27.448)				
5 Franklin 'A'	10:05.00	10:16.70	4	
1) Rylee Cassada 11	2) Abigail Pope 9			
3) Amy Mendoza Lopez 9	4) Hope Smith 11			
2:35.092 (2:35.092)	5:09.882 (2:34.790)	7:45.685 (2:35.803)		
10:16.700 (2:31.015)				
6 West Henderson 'A'	10:09.32	10:27.57	3	
1) Alysia Madera 10	2) Amron Rice 9			
3) Paisley Stepp 12	4) Breanna Budzinski 11			
2:35.201 (2:35.201)	5:14.315 (2:39.114)	7:54.594 (2:40.279)		
10:27.563 (2:32.969)				
7 Union Pines 'A'	10:39.02	10:31.85	2	
1) Emily Mila 11	2) Laura Caviness 12			
3) Jacqueline Leone 11	4) Alyssa Mabe 10			
2:34.898 (2:34.898)	5:12.199 (2:37.301)	7:53.496 (2:41.297)		
10:31.849 (2:38.353)				
8 Cedar Ridge 'A'	10:25.02	10:34.94	1	
1) Molly Alverson 10	2) Eliza Klaitman 9			
3) Abigail Klaitman 10	4) Naomi Dyreng 10			
2:36.038 (2:36.038)	5:20.316 (2:44.278)	7:59.644 (2:39.328)		
10:34.940 (2:35.296)				
9 Atkins 'A'	10:39.95	10:36.21		
1) Paige Kiesling 9	2) Taylor Shen 10			
3) Lauren Shen 10	4) Caroline Downs 10			

2:32.535 (2:32.535)	5:16.175 (2:43.640)	8:03.100 (2:46.925)
10:36.202 (2:33.102)		
10 Croatan 'A'	10:30.57	10:37.23
1) Skylar Nawrocki 10	2) Emilie Hayes 11	
3) Lillian Beck 11	4) Eliana Dettle	
2:37.874 (2:37.874)	5:17.104 (2:39.230)	7:55.781 (2:38.677)
10:37.222 (2:41.441)		
11 Northwest Cabarrus 'A'	10:52.08	10:38.49
1) Shaina Chiniwalla 9	2) Erica Murdock 12	
3) Taylor Hyman 12	4) Lily Manion 10	
2:41.715 (2:41.715)	5:21.826 (2:40.111)	8:01.998 (2:40.172)
10:38.489 (2:36.491)		
12 Havelock 'A'	10:32.28	10:43.67
1) Sarah Fedyna 9	2) Kaitlynn Howell 10	
3) Kayla Brashear 11	4) Madelyn Perry 9	
2:33.961 (2:33.961)	5:12.666 (2:38.705)	8:06.381 (2:53.715)
10:43.667 (2:37.286)		
13 Carrboro 'A'	10:52.10	10:48.09
1) Ava Lavelly 11	2) Sydney Manning 11	
3) Charlotte Johnson 10	4) Isabel Fargo 12	
2:41.006 (2:41.006)	5:22.987 (2:41.981)	8:07.493 (2:44.506)
10:48.090 (2:40.597)		
14 Durham School of the Arts 'A'	10:53.36	11:03.14
1) Vivian Walters 9	2) Serena Kanu 10	
3) Eleanor Reamer 12	4) Trinity Konvalinka 12	
2:40.108 (2:40.108)	5:26.025 (2:45.917)	8:13.809 (2:47.784)
11:03.137 (2:49.328)		
15 South Rowan 'A'	10:50.11	11:04.86
1) Madison Beaver 11	2) Brinley Patterson 10	
3) Blythe Elliott 11	4) Madalynn Gullledge 9	
2:43.768 (2:43.768)	5:32.107 (2:48.339)	8:21.495 (2:49.388)
11:04.852 (2:43.357)		
16 North Davidson 'A'	10:51.85	11:19.89
1) Madison Hooker 12	2) Bailey Hicks 10	
3) Charlotte Sullivan 9	4) Lily Sullivan 9	
2:36.408 (2:36.408)	5:27.798 (2:51.390)	8:18.619 (2:50.821)
11:19.890 (3:01.271)		

Girls High Jump NCHSAA 3A

2A Meet: % 5-07					
Name	Year School	Seed	Finals	Points	
1 Tyler Collins	11 West Cartere	5-06.00	5-08.00%	10	
2 Paige Overcash	11 Ashe County	5-02.00	5-06.00	8	
3 Macy Miller	11 South Rowan	5-04.00	J5-02.00	6	
4 Lisa Ferguson	11 Swansboro	5-04.00	J5-02.00	5	
5 Rachel Key-White	9 Aycock, Char	5-04.00	J5-00.00	4	
6 Madison Leonard	11 Currituck Co	5-00.00	J5-00.00	3	
7 Cadi Joyner	9 Jesse Carson	4-10.00	J5-00.00	2	
8 Ava Cooper	12 Stuart W. Cr	5-00.00	J5-00.00	1	
9 Rebecca Wilson	10 Asheboro	4-10.00	J4-10.00		
9 Grace Pell	11 Orange	5-00.00	J4-10.00		
9 Alexa Dos Santos	11 East Lincoln	4-08.00	J4-10.00		
12 Charity Stroud	11 E.E. Smith	5-02.00	J4-10.00		
12 Katlyn French	11 Ashe County	4-08.00	J4-10.00		
14 Kerrigan Brown	12 Cape Fear	5-00.00	J4-10.00		
15 Caroline Thiel	12 Rocky Mount	5-02.00	J4-08.00		
15 Madison Crowder	10 Dudley	4-10.00	J4-08.00		

Girls Pole Vault NCHSAA 3A

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2A Meet: % 12-06.50						
3A Meet: # 12-06 2017 Tessa Sheets, Northwood						
3A Meet: # 12-06 2021 Emma Stone, Marvin Ridge						
Name	Year	School	Seed	Finals	Points	
=====						
1 Lily Houston	11	Northwest Ca	12-00.00	11-06.00	10	
2 McKenna Panos	11	Swansboro	10-00.00	11-00.00	8	
3 Boston Stringer	11	Franklin	9-06.00	10-06.00	6	
4 Jordyn Horan	11	St. Stephens	9-00.00	J10-00.00	5	
5 Carly Gordinier	11	Croatan	11-00.00	J10-00.00	3.50	
5 Maya Flynn	11	North Buncom	10-00.00	J10-00.00	3.50	
7 Jadyn Melby	11	Croatan	8-06.00	J9-06.00	1.50	
7 Sophia Cremeans	12	Northwood	10-00.00	J9-06.00	1.50	
9 Bri Saunders	11	Croatan	9-00.00	J9-00.00		
9 Sarah Gorgas	11	West Henders	9-06.00	J9-00.00		
11 Mattie Berrier	11	North Davids	9-00.00	J9-00.00		
12 McKylee Wilkerson	12	Union Pines	8-00.00	8-06.00		
13 Hadley Smith	10	North Davids	8-06.00	8-00.00		
14 Ivey Pearson	9	Parkwood	8-06.00	J7-06.00		
15 Danija Jackson	11	Rocky Mount	7-06.00	J7-06.00		
-- Laney Babo	9	Northwood	7-06.00	NH		

Girls Long Jump NCHSAA 3A

=====						
2A Meet: % 19-04						
3A Meet: # 19-10.25 2022 Chaunesse Barringer, NW Cabarrus						
Name	Year	School	Seed	Finals	Wind	Points
=====						
1 Jada Brown	11	Hibriten	18-05.00	18-05.75	-0.9	10
2 Alexis Willis	12	Stuart W. Cr	19-01.00	18-05.00	-1.0	8
3 Sydney Krause	11	Central Caba	18-10.00	18-01.25	-1.6	6
4 Elizabeth Deen	10	Southern Gui	17-10.25	17-04.75	-0.3	5
5 Ginger Hayden	12	Croatan	17-10.00	17-01.00	-1.0	4
6 Rachel Key-White	9	Aycock, Char	16-05.50	16-09.75	-1.0	3
7 Laura Covarrubias	10	Franklin	17-06.75	16-04.75	-0.2	2
8 Senadzi Rankin	11	Dudley	17-03.50	16-04.00	-2.1	1
9 Victoria Simeonova	9	Durham Schoo	16-06.00	16-01.75	-0.8	
10 Shamari Allen	12	Durham Schoo	17-03.00	16-00.00	-0.2	
11 Logan Speight	10	Dudley	16-11.00	15-01.75	0.3	
12 Elaina Lane	12	Southern Way	16-01.00	15-01.50	-0.6	
13 Kaydence Daniels	10	Northside (3	17-03.00	15-00.25	-1.8	
14 Typhany Cheek	11	Cedar Ridge	16-03.50	15-00.00	0.4	
15 Kiara Anderson	9	East Lincoln	16-08.75	14-04.50	0.2	
16 Nevaeh Baldwin	10	Lee County	15-07.50	13-06.25	-0.6	

Girls Triple Jump NCHSAA 3A

=====						
2A Meet: % 40-09						
3A Meet: # 42-00 1990 Nikki Friday, Lexington						
Name	Year	School	Seed	Finals	Wind	Points
=====						
1 Alexis Willis	12	Stuart W. Cr	39-04.25	37-10.00	0.2	10
2 Kira Jones	9	Rocky Mount	37-00.50	37-04.25	-0.2	8
3 Jada Brown	11	Hibriten	38-03.00	37-01.50	-0.7	6
4 Shamari Allen	12	Durham Schoo	36-01.00	36-09.25	-0.9	5
5 Sydney Krause	11	Central Caba	38-01.00	36-05.25	-1.4	4
6 Emmanuelle Whitehead	9	Lee County	35-06.25	36-02.25	-0.5	3
7 Elizabeth Deen	10	Southern Gui	37-06.00	35-02.00	-0.2	2
8 Malay Mitchell	11	South Centra	35-00.50	34-11.50	-1.2	1
9 MaryBeth Garrison	10	West Cartere	34-01.00	34-10.00	-0.7	
10 Ginger Hayden	12	Croatan	37-05.50	34-09.75	0.4	
11 Serenitie Johnson	10	Dudley	36-10.25	34-09.25	-1.0	
12 Sasha Bernard	12	Lake Norman	37-09.50	34-05.50	-1.2	
13 Addison Coker	10	Franklin	33-10.50	34-04.00	-0.2	

14 Lydia Norman	12 Smoky Mounta	33-02.00	33-00.25	-1.0
15 KeSondra Pickett	11 Rocky Mount	35-03.00	31-09.25	0.3
16 Cheyenne Walker	10 Northside (3	33-00.50	31-06.00	-1.9

Girls Shot Put NCHSAA 3A

3A Meet: # 43-07.50		2018	Kayla Beasley, Hillside		
Name	Year	School	Seed	Finals	Points
1	Rah'Shea Christopher	11 Southern Dur	39-01.50	38-10.75	10
2	Janna Tupuola	11 E.E. Smith	39-06.75	38-00.25	8
3	Cailin Ames	11 Croatan	38-06.50	37-08.25	6
4	Charley Seagle	10 Franklin	37-05.50	37-05.25	5
5	Camryn Massey	11 Ashbrook	41-01.50	36-01.25	4
6	Sam Morgan	11 Pisgah	36-04.50	36-00.25	3
7	Jasmine Colwell	11 North Brunsw	37-00.25	35-11.25	2
8	Rachel Turner	12 Lake Norman	34-01.00	35-08.50	1
9	Janiya Brown	12 Southern Gui	34-05.75	35-00.25	
10	Emily Hartsoe	11 Ashe County	36-04.00	33-06.50	
11	Alanna Massey	11 Smithfield-S	34-01.25	32-06.00	
12	Re'Ale Walton	11 Northwest Ca	33-05.00	31-08.75	
13	Iyauna Justice	10 Orange	34-07.50	31-08.00	
14	Rebecca Kaba	11 Terry Sanfor	35-00.00	31-05.00	
15	Ashlyn Lewis	11 West Cartere	34-09.50	31-00.50	
16	Lyric Watkins	11 Dudley	33-08.25	29-03.50	

Girls Discus Throw NCHSAA 3A

3A Meet: # 140-09		2021	Camryn Massey, Ashboro		
Name	Year	School	Seed	Finals	Points
1	Camryn Massey	11 Ashbrook	169-10	148-02#	10
2	Noelle Millner	11 Dudley	132-00	133-07	8
3	Emily Hartsoe	11 Ashe County	134-11	131-01	6
4	Dianna Boykin	12 South Johnst	126-09	120-08	5
5	Ka'liyah Speller	10 E.E. Smith	92-05	108-11	4
6	Jasmine Colwell	11 North Brunsw	113-08	107-04	3
7	Mikaela Hyatt	11 Tuscola	104-08	103-08	2
8	Ashlyn Lewis	11 West Cartere	107-09	101-06	1
9	Erica Johnson	12 Swansboro	111-11	95-09.25	
10	Bailey Barrett	9 North Buncom	112-08	94-05.75	
11	Cassie Jay	11 Person	90-10	94-02.50	
12	Skyy Ruben	10 West Rowan	100-02	93-03.50	
13	Cora Hadley	9 Oak Grove Hi	96-03	92-11.75	
14	Amara Bradsher	11 Atkins	105-03	92-08.50	
15	Makayla Thompson	11 Eastern Alam	92-04	84-08.75	

Girls 100 Meter Dash Unified

Name	Year	School	Seed	Finals	Wind
1	Cormauni Morrison	Unified North Br	14.20	14.31	1.7
2	Caroline Marhold	Unified Ashley	14.82	14.92	1.7
3	Alexandra Howard	Unified Ashley	14.58	14.98	1.7
4	Aviana Ray	Unified North Br	15.28	15.21	1.7
5	Brittany Vasquez	Unified EE Smith	16.05	15.82	1.7
6	Loranda Quicksey	Unified Southern	16.50	16.18	1.7
7	Ari'yanna Bullard	Unified Ashley	18.04	17.64	1.7
8	Elizabeth White	Unified Ashley	17.92	18.22	1.7

Girls 200 Meter Dash Unified

Name	Year School	Seed	Finals	Wind
1 Cormauni Morrison	Unified North Br	30.21	30.23	0.3
2 Caroline Marhold	Unified Ashley	31.86	31.57	0.3
3 Antoinetta Mendez	Unified North Br	32.95	31.84	0.3
4 Adrianna Bell	Unified EE Smith	34.14	31.98	0.3
5 Brittney Vasquez	Unified EE Smith	33.29	33.05	0.3
6 Loranda Quicksey	Unified Southern	34.18	33.67	0.3
7 Sage Anderson	Unified North Br	37.65	35.61	0.3
8 Savannah Rubino	Unified Green Ho	35.50	49.18	0.3

Girls Shot Put Unified

Name	Year School	Seed	Finals
1 Jayda Foxworth	Unified Ashley	25-06.00	23-10.75
2 Ruby Moulton	Unified Ashley	23-10.00	23-02.25
3 Kelsie Stafford	Unified Green Ho	22-03.00	21-09.00
4 Anne-Marie Gray	Unified EE Smith	16-09.00	15-06.25
5 Mackenzie Moore	Unified North Br	10-05.00	11-09.00
6 Taylor Evans	Unified Cary	11-09.00	11-07.50
7 Melanie Tutka	Unified Cary	10-04.00	10-08.00
-- Cary Henderson	Unified Cary	31-06.00	FOUL