

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

WOMEN'S RESULTS

TEAM SCORES

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1 Dudley	136
2 Atkins	69
3 Northwest Cabarrus	48
4 Lake Norman Charter School	43
5 Southern Guilford	39
6 Central Cabarrus	30
7 South Rowan	24
8 North Davidson	21
9 Central Academy of Technology	20
9 Ben L. Smith	20
11 West Rowan	18
12 Parkwood	16
13 Eastern Guilford	14
13 Central Davidson	14
15 Asheboro	11
16 Northeast Guilford	9
17 East Rowan	8
17 Jesse Carson	8
19 Oak Grove High	7
20 Montgomery Central	2

Girls Shot Put  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Janiya Brown	12	Southern Guilford	34-5.75	1	
2 Rachel Turner	12	Lake Norman Charter	34-1	1	
3 Lyric Watkins	11	Dudley	33-8.25	1	
4 Re'Ale Walton	11	Northwest Cabarrus	33-5	1	
5 Nicole FOSSATI	12	Parkwood	32-5.50	1	
6 Kaosi Ezeigbo	12	Central Cabarrus	32-2.75	1	
7 Shamilia Carpenter	10	Dudley	31-11	1	
8 Jadah Pringle	10	Central Academy	30-10.50	1	
9 Skyy Ruben	10	West Rowan	30-4.50	1	
10 Emma Hadley	9	Oak Grove High	29-3.50	1	
11 Alexandra Taylor-Ramsey	11	Eastern Guilford	28-1.50	1	

Girls Discus Throw  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Noelle Millner	11	Dudley	132-0	1	
2 Amara Bradsher	11	Atkins	105-3	1	
3 Skyy Ruben	10	West Rowan	100-2	1	
4 Cora Hadley	9	Oak Grove High	96-3	1	
5 Demi Lawing	11	Northwest Cabarrus	95-8	1	
6 Janiya Brown	12	Southern Guilford	90-8	1	
7 Summer Weddle	11	Parkwood	88-1	1	
8 Lyric Watkins	11	Dudley	86-11	1	
9 Ciara Major	10	Oak Grove High	85-4.75	1	
10 Kaosi Ezeigbo	12	Central Cabarrus	84-0.50	1	
11 Rachel Turner	12	Lake Norman Charter	79-4	1	

Girls High Jump  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Macy Miller	11	South Rowan	5-4	1	
2 Cadi Joyner	9	Jesse Carson	4-10	1	
3 Madison Crowder	10	Dudley	4-10	1	
4 Rebecca Wilson	10	Asheboro	4-10	1	
5 Erica Murdock	12	Northwest Cabarrus	4-8	1	
6 Amara Bradsher	11	Atkins	4-6	1	
7 Natalia Bemnet	11	Northeast Guilford	4-6	1	
8 Azianne Lynch	12	Southern Guilford	4-4	1	
9 Anaria Parker	11	Eastern Guilford	4-4	1	

Girls Pole Vault  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Lily Houston	11	Northwest Cabarrus	12-0	1	
2 Mattie Berrier	11	North Davidson	9-0	1	
3 Hadley Smith	10	North Davidson	8-6	1	
4 Jasmyne Brown	10	East Rowan	8-6	1	
4 Ivey Pearson	9	Parkwood	8-6	1	
6 Blair Burnette	10	Parkwood	8-0	1	
6 Shiyah Morgan	11	Parkwood	8-0	1	
8 Jadya Featherstone	11	East Rowan	8-0	1	
8 Kaylyn Harvey	10	Northwest Cabarrus	8-0	1	
10 Riley Elliott	9	Central Davidson	7-0	1	
10 Anna Harrison	12	West Rowan	7-0	1	
12 Bella Turner	12	East Rowan	6-0	1	

Girls Long Jump  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Sydney Krause	11	Central Cabarrus	18-10	1	
2 Elizabeth Deen	10	Southern Guilford	17-10.25	1	
3 Senadzi Rankin	11	Dudley	17-3.50	1	
4 Logan Speight	10	Dudley	16-11	1	
5 Sion Murrain	11	Asheboro	16-6	1	
6 Mariah Logan	9	Northwest Cabarrus	16-0.50	1	
7 Serenitie Johnson	10	Dudley	15-9	1	
8 Natalia Bemnet	11	Northeast Guilford	15-4.50	1	
9 Iyanna Lynch Berry	10	East Rowan	15-2.75	1	
10 Destiny Russell	11	Northwest Cabarrus	15-1.50	1	
11 Azaria Martin	11	Montgomery Central	14-5.75	1	

Girls Triple Jump  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Sydney Krause	11	Central Cabarrus	38-1	1	
2 Sasha Bernard	12	Lake Norman Charter	37-9.50	1	
3 Elizabeth Deen	10	Southern Guilford	37-6	1	
4 Serenitie Johnson	10	Dudley	36-10.25	1	
5 Jordan Johnson	10	Dudley	35-5.50	1	
6 Erica Murdock	12	Northwest Cabarrus	35-5	1	
7 Logan Speight	10	Dudley	35-5	1	
8 Iyanna Lynch Berry	10	East Rowan	33-7	1	
9 Karsyn Wilson	10	Rockingham County	33-0.25	1	
10 Adyson Howard	9	South Rowan	32-7	1	
11 Elaina Henry	12	Parkwood	31-6.75	1	
12 Jasmyne Brown	10	East Rowan	31-0.50	1	

Girls 4x800 Meter Relay  
Finals

NAME	YR	TEAM	MARK	H#
1 Atkins			10:39.95	2
2 South Rowan			10:50.11	2
3 North Davidson			10:51.85	2
4 Northwest Cabarrus			10:52.08	2
5 Dudley			10:56.07	2
6 Oak Grove High			10:57.95	2
7 Lake Norman Charter			11:23.04	1
8 Concord			11:35.31	1
9 East Rowan			12:52.01	1
10 Montgomery Central			13:15.32	1

Girls 100 meter Hurdles  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Senadzi Rankin	11	Dudley	14.63	1	
2 Elizabeth Deen	10	Southern Guilford	14.73	1	
3 Tanzania Washington	12	Dudley	14.94	1	
4 Ogechi Ezeigbo	10	Atkins	15.27	1	
5 Sydney Krause	11	Central Cabarrus	17.08	1	

Prelims

NAME	YR	TEAM	MARK	H#	WIND
1 Senadzi Rankin	11	Dudley	14.95	2	
2 Tanzania Washington	12	Dudley	14.97	1	
3 Elizabeth Deen	10	Southern Guilford	15.50	1	
4 Ogechi Ezeigbo	10	Atkins	15.54	2	
5 Layla Jones	10	Lake Norman Charter	15.91	1	
6 Sydney Krause	11	Central Cabarrus	16.02	1	
7 Zaria Burnett	10	Ben L. Smith	16.07	2	
8 Madison Crowder	10	Dudley	16.55	2	
9 Sadie Featherstone	10	East Rowan	16.79	1	
10 Natalie Brown	10	Northwest Cabarrus	17.12	2	
11 Peyton Whicker	12	East Rowan	17.16	1	

Girls 100 meter Dash  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Onyi Ezeigbo	9	Atkins	12.19	1	
2 Janya Moore	12	Ben L. Smith	12.21	1	
3 Nilijah Darden	10	Dudley	12.23	1	
4 Gabrielle Cheek	11	Dudley	12.39	1	
5 Mesiyah Howell	11	South Rowan	12.71	1	
6 Kristian Gwynn	11	Northeast Guilford	13.11	1	

Prelims

NAME	YR	TEAM	MARK	H#	WIND
1 Onyi Ezeigbo	9	Atkins	12.22	2	
2 Gabrielle Cheek	11	Dudley	12.34	2	
3 Nilijah Darden	10	Dudley	12.36	1	
4 Janya Moore	12	Ben L. Smith	12.46	1	
5 Mesiyah Howell	11	South Rowan	12.64	1	
6 Kristian Gwynn	11	Northeast Guilford	12.73	2	
7 Jalaya Showers	9	Asheboro	12.78	1	
8 Dorothy Braswell	11	Dudley	12.81	2	
9 Heaven Richardson	12	Eastern Guilford	13.02	2	
10 Navia Coles	9	Northeast Guilford	13.03	2	
11 Ceaire Barringer	10	Northwest Cabarrus	13.03	1	
12 Azaria Martin	11	Montgomery Central	13.35	1	

Girls 4x200 Meter Relay  
Finals

NAME	YR	TEAM	MARK	H#
1 Dudley			1:40.53	2
2 Atkins			1:43.73	2
3 Eastern Guilford			1:46.30	2
4 Northeast Guilford			1:46.35	2
5 Northwest Cabarrus			1:46.49	2
6 Asheboro			1:48.11	2
7 Southern Guilford			1:50.58	1
8 Central Academy			1:51.99	1
9 East Rowan			1:53.15	1
10 Concord			1:53.20	1
11 Rockingham County			1:54.49	1

Girls 1600 meter Run  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Lily Yampolsky	11	Lake Norman Charter	5:18.15	1	
2 Grace Lane	12	Central Academy	5:19.60	1	
3 Adrien Noel	10	Central Cabarrus	5:42.80	1	
4 Caroline Downs	10	Atkins	5:46.38	1	
5 Hannah Metz	9	Central Academy	5:54.72	1	
6 Paige Kiesling	9	Atkins	5:57.86	1	
7 Shaina Chiniwalla	9	Northwest Cabarrus	5:59.79	1	
8 Chloe Koper	12	Oak Grove High	6:00.22	1	
9 Taylor Shen	10	Atkins	6:03.72	1	
10 Daianah Raczui	9	Lake Norman Charter	6:06.61	1	

Girls 4x100 Meter Relay  
Finals

NAME	YR	TEAM	MARK	H#
1 Dudley			48.72	2
2 Eastern Guilford			50.19	2
3 Atkins			50.38	2
4 Asheboro			50.54	2
5 Northwest Cabarrus			50.61	2
6 Lake Norman Charter			51.58	1
7 Central Cabarrus			51.74	2
8 Concord			52.49	1
9 East Rowan			53.28	1
10 Oak Grove High			53.49	1
11 Rockingham County			55.66	1

Girls 400 meter Dash  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Ja'Naya Linder	11	Atkins	56.43	2	
2 Nathalya Daniels	12	Dudley	57.27	2	
3 Tianna Spinks	10	Southern Guilford	57.27	2	
4 Gabrielle Cheek	11	Dudley	58.08	2	
5 Azaria Martin	11	Montgomery Central	1:00.39	2	
6 Mariah Logan	9	Northwest Cabarrus	1:02.50	1	
7 Aaliyah Green	11	Central Academy	1:03.19	1	
8 Amina Intchi	11	Northeast Guilford	1:03.35	1	
9 Aa'Niyah Massey	10	Dudley	1:03.44	1	
10 Emilie Bedard	11	Parkwood	1:04.63	1	

Girls 300 meter Hurdles  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Keianna Mims	12	Dudley	46.39	2	
2 Elaina Henry	12	Parkwood	48.14	2	
3 Tanzania Washington	12	Dudley	48.16	2	
4 Sadie Featherstone	10	East Rowan	48.26	2	
5 Zaria Burnett	10	Ben L. Smith	48.69	1	
6 Natalie Brown	10	Northwest Cabarrus	48.97	1	
7 Ogechi Ezeigbo	10	Atkins	49.11	2	
8 Peyton Whicker	12	East Rowan	49.35	1	
9 Lindsey Shaw	9	High Point Central	49.97	2	
10 Raven Womack	10	Eastern Guilford	51.67	1	
11 Kaelin Brown	11	Dudley	52.27	1	

Girls 800 meter Run  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Lily Yampolsky	11	Lake Norman Charter	2:17.25	1	
2 Jillian Parks	10	Central Davidson	2:18.12	1	
3 Grace Lane	12	Central Academy	2:21.18	1	
4 Katelyn Lentz	12	West Rowan	2:28.78	1	
5 Haylee GRIFFIN	9	Parkwood	2:35.89	1	
6 Adrien Noel	10	Central Cabarrus	2:38.11	1	
7 Brea White	11	Ledford	2:38.94	1	
8 Lily Manion	10	Northwest Cabarrus	2:39.89	1	
9 Madalynn Gulledege	9	South Rowan	2:47.14	1	
10 Amina Intchi	11	Northeast Guilford	3:07.61	1	

Girls 200 meter Dash  
Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Janya Moore	12	Ben L. Smith	24.69	2	
2 Nilijah Darden	10	Dudley	24.94	2	
3 Onyi Ezeigbo	9	Atkins	25.16	2	
4 Gabrielle Cheek	11	Dudley	25.44	2	
5 Mesiyah Howell	11	South Rowan	25.88	1	
6 Ja'Naya Linder	11	Atkins	25.92	2	
7 Nathalya Daniels	12	Dudley	26.06	1	
8 Kristian Gwynn	11	Northeast Guilford	26.56	1	
9 Navia Coles	9	Northeast Guilford	26.70	1	
10 Ja'Nique Linder	9	Atkins	27.71	2	
11 Aaliyah Green	11	Central Academy	27.88	1	

Girls 3200 meter Run

Finals

NAME	YR	TEAM	MARK	H#	WIND
1 Taylor Hyman	12	Northwest Cabarrus	12:11.15	1	
2 Katie Roberts	10	West Rowan	12:55.68	1	
3 Caroline Peterson	10	Lake Norman Charter	13:01.42	1	
4 Hannah Metz	9	Central Academy	13:08.63	1	
5 Chloe Koper	12	Oak Grove High	13:22.69	1	
6 Bailey Hicks	10	North Davidson	13:56.38	1	
7 Natalie Hege	9	Lake Norman Charter	14:16.35	1	
8 Rachel Vannoy	12	Oak Grove High	14:20.47	1	
9 Veronica Sherman	12	Atkins	15:21.12	1	

Girls 4x400 Meter Relay

Finals

NAME	YR	TEAM	MARK	H#
1 Dudley			4:06.39	2
2 Northwest Cabarrus			4:12.48	2
3 Central Davidson			4:20.28	2
4 Northeast Guilford			4:22.69	1
5 South Rowan			4:26.50	2
6 East Rowan			4:27.84	1
7 Central Academy			4:27.94	2
8 Parkwood			4:29.83	1
9 Eastern Guilford			4:30.40	1
10 Concord			4:42.26	1
11 Lake Norman Charter			4:42.46	1