

Women's Track & Field
NCHSAA 3A State Championship
May 20, 2022
NC A&T Irwin Belk Track, Greensboro, NC

Girls Shot Put Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Emily Hartsoe	10	Ashe County	37-2.50	1	
2	Rah'Shea Christopher	12	Southern Durham	36-3.50	1	
3	Cailin Ames	10	Croatan	36-1.50	1	
4	Madelinn Romsdahl	12	Erwin, Clyde A.	35-4	1	
5	Noelle Millner	10	Dudley	34-8.75	1	
6	Lytic Watkins	10	Dudley	34-8.50	1	
7	Precious Ogboko	12	Durham School / Arts	34-5.25	1	
8	Ashley Lindsey	12	Currituck County	34-5	1	
9	Jasmine Colwell	10	North Brunswick	34-4	1	
10	Charley Seagle	9	Franklin	34-2.25	1	
11	Sam Morgan	10	Pisgah	33-1	1	
12	Shamilia Carpenter	9	Dudley	32-4.75	1	
13	Sarah Adams	12	Union Pines	31-4.25	1	
14	Tamya Hunter	11	Northeast Guilford	30-5.75	1	
15	Audrey Earp	11	Hunt High School	29-10	1	
16	Chasity Hopkins	11	Southern Nash	29-4.50	1	

Girls Discus Throw Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Emily Hartsoe	10	Ashe County	136-8	1	
2	Cierra Williams	12	North Buncombe	121-10	1	
3	Noelle Millner	10	Dudley	114-0	1	
4	Carly Correll	11	North Lincoln	107-7	1	
5	Madelinn Romsdahl	12	Erwin, Clyde A.	101-10	1	
6	Keyonna Wilson-Rhodie	12	Atkins	101-6	1	
7	Ashley Lindsey	12	Currituck County	101-5	1	
8	Bentley Brooks	12	Northwood	95-9	1	
9	Demi Lawing	10	Northwest Cabarrus	93-6	1	
10	Dianna Boykin	11	South Johnston	91-10	1	
11	Cailin Ames	10	Croatan	91-3	1	
12	Kennedy Farmer	9	Rocky Mount	89-11	1	
13	Rebecca Alston	10	Eastern Alamance	87-7	1	
14	Erica Johnson	11	Swansboro	82-10	1	
15	Ciara Major	9	Oak Grove	71-8	1	
	Ka'liyah Speller	9	E.E. Smith		1	

Girls High Jump Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Tyler Collins	10	West Carteret	5-4	1	
2	Madison Bryant	12	Union Pines	5-2	1	
3	Macy Miller	10	South Rowan	5-2	1	
4	MaCaela Claxton	9	Northside (3A)	5-2	1	
4	Lydia Sillies	11	First Flight	5-2	1	
6	Lisa Ferguson	10	Swansboro	5-0	1	
7	Arianna Lovingood-Smith	12	Asheboro	5-0	1	
8	Charity Stroud	10	E.E. Smith	5-0	1	
9	Erica Murdock	11	Northwest Cabarrus	4-10	1	
9	Jahaila Wright	10	Central Cabarrus	4-10	1	
9	Shalyna McCants	10	Western Harnett	4-10	1	
9	Katlyn French	10	Ashe County	4-10	1	
9	Carlen Davis	12	West Henderson	4-10	1	
9	Anneke Lam	12	Tuscola	4-10	1	
9	Ava Cooper	11	Stuart W. Cramer	4-10	1	
	Caroline Thiel	11	Rocky Mount		1	

Girls Pole Vault Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Caroline Fowlkes	12	Cedar Ridge	11-0	1	
2	Alyssa Cooley	12	West Carteret	11-0	1	
3	Sasha Ledford	11	Pisgah	10-0	1	
4	Lily Houston	10	Northwest Cabarrus	10-0	1	
4	Chloe Soorus	12	North Lincoln	10-0	1	
4	Maya Flynn	10	North Buncombe	10-0	1	
4	Sydney Sewell	12	East Henderson	10-0	1	
8	McKenna Panos	10	Swansboro	9-6	1	
9	Jadyn Melby	10	Croatan	8-6	1	
10	Hadley Smith	9	North Davidson	8-0	1	
10	Mattie Berrier	10	North Davidson	8-0	1	
11	Blair Burnette	10	Parkwood	7-6	1	
12	McKylee Wilkerson	11	Union Pines	7-6	1	
13	Daphne Vickers	10	Croatan	7-6	1	
	Danija Jackson	10	Rocky Mount		1	
	Paige Miller	9	Rocky Mount		1	

Girls Long Jump Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Chaunesse Barringer	12	Northwest Cabarrus	19-10.25	1	4.7
2	Alexis Willis	11	Stuart W. Cramer	18-6.25	1	4.4
3	Sydney Krause	10	Central Cabarrus	18-4.25	1	2.4
4	Jahaila Wright	10	Central Cabarrus	17-10.50	1	3
5	Jada Brown	10	Hibriten	17-10	1	5
6	Sha'niyah Gethers	12	West Carteret	17-5	1	
7	Holley Johnson	12	E.E. Smith	16-10.75	1	2.5
8	Annika Stark	10	Union Pines	16-7.75	1	3.3
9	Danaejah Jones	12	South Central	16-0.50	1	1.4

10 Kaliah Asafo-Adjei	11	Northside (3A)	15-10.50	1	2.3
11 Ailena Mykins	11	North Iredell	15-7.75	1	0.9
12 Gabrielle Cheek	10	Dudley	15-2.50	1	0.7
13 Ahnia Cherry	12	Rocky Mount	14-8.50	1	0.2
Alaya Gillespie	11	West Iredell		1	
Ginger Hayden	11	Croatan		1	
Abraonna Williams	12	E.E. Smith		1	

Girls Triple Jump Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Alexis Willis	11	Stuart W. Cramer	39-0.50	1	1.9
2	Sydney Krause	10	Central Cabarrus	38-10	1	1.5
3	Jahaila Wright	10	Central Cabarrus	38-7	1	1.9
4	Arianna Lovingood-Smith	12	Asheboro	36-7.50	1	1.7
5	Gisele Dulnuan-Kersey	10	Franklinton	36-3.75	1	2.3
6	Laura Covarrubias	9	Franklin	36-1	1	1.5
7	Gabrielle Cheek	10	Dudley	35-11.50	1	1.5
8	Danaejah Jones	12	South Central	35-4	1	2.3
9	Savannah Norris	12	Durham School / Arts	35-3	1	1.5
10	Ginger Hayden	11	Croatan	35-2.75	1	2.1
11	Shamari Allen	11	Durham School / Arts	34-6.75	1	1.5
12	Erin Lamoutte	12	North Lincoln	34-3	1	5.4
13	Jainiyah Parris	11	South Central	34-1.25	1	1.1
14	MaryBeth Garrison	9	West Carteret	33-2.75	1	3
15	Angely Soto	10	North Lincoln	32-4.25	1	3.7
16	Annika Stark	10	Union Pines	32-2	1	6

Girls 4x800 Meter Relay Finals NCHSAA 3A

PLACE	TEAM	MARK	H#	WIND
1	West Henderson	10:00.64	1	
2	North Buncombe	10:02.81	1	
3	North Lincoln	10:08.34	1	
4	Durham School / Arts	10:10.38	1	
5	Union Pines	10:23.35	1	
6	Croatan	10:26.69	1	
7	Atkins	10:32.47	1	
8	West Carteret	10:37.86	1	
9	Cedar Ridge	10:41.01	1	
10	Tuscola	10:43.50	1	
11	South Central	10:45.34	1	
12	Central Davidson	10:56.51	1	
13	Northwood	11:07.80	1	
14	Currituck County	11:10.50	1	
15	Lake Norman Charter	11:15.18	1	
16	Oak Grove	11:24.04	1	

Girls 100 meter Hurdles Prelims NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Emma Hall	10	West Henderson	15.25	1	-1.5
2	Sanai Phillips	12	Seventy-First	15.38	2	-2.2
3	Senadzi Rankin	10	Dudley	15.47	2	-2.2
4	Kelli Ward	9	Smithfield-Selma	15.89	1	-1.5
5	Annika Stark	10	Union Pines	15.98	1	-1.5
6	Isabelle Duchemin	11	Franklin	16.13	2	-2.2
7	Madison Crowder	9	Dudley	16.25	2	-2.2
8	Shamari Allen	11	Durham School / Arts	16.51	2	-2.2
9	Emma Barnes	12	Parkwood	16.51	2	-2.2
10	Victoria Mills	11	Forestview	16.76	1	-1.5
11	Tanzania Washington	11	Dudley	16.95	1	-1.5
12	Madison Mitchell	11	Rocky Mount	17.09	1	-1.5
13	La'Shauntia Thomas	11	Rose, J.H.	17.98	2	-2.2
14	Madison White	12	North Henderson	20.64	1	-1.5
	Lisa Ferguson	10	Swansboro		1	-1.5
	MaCaela Claxton	9	Northside (3A)		2	-2.2

Girls 100 meter Hurdles Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Emma Hall	10	West Henderson	15.07	1	-1.2
2	Senadzi Rankin	10	Dudley	15.31	1	-1.2
3	Sanai Phillips	12	Seventy-First	15.39	1	-1.2
4	Isabelle Duchemin	11	Franklin	15.98	1	-1.2
5	Madison Crowder	9	Dudley	16.00	1	-1.2
6	Annika Stark	10	Union Pines	16.37	1	-1.2
7	Shamari Allen	11	Durham School / Arts	16.49	1	-1.2
8	Kelli Ward	9	Smithfield-Selma	19.59	1	-1.2

Girls 100 meter Dash Prelims NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Taniyah Glaspie	11	Southern Wayne	12.47	1	-3.5
2	Sanu Jallow	12	West Mecklenburg	12.65	2	-4.1
3	Alaya Gillespie	11	West Iredell	12.64	1	-3.5
4	Kaydence Daniels	9	Northside (3A)	12.75	2	-4.1
5	A'jaylah Yates	11	Seventy-First	12.67	1	-3.5
6	Chaunesse Barringer	12	Northwest Cabarrus	12.70	1	-3.5
7	Rymiah Sanders	11	Southern Durham	12.82	1	-3.5
8	Zaniya Littlejohn	10	Stuart W. Cramer	12.83	2	-4.1
9	Shaliah Jones	10	South Central	12.85	1	-3.5
10	Tynasia Emory	9	Fike High School	12.86	1	-3.5
11	Gabrielle Cheek	10	Dudley	12.87	1	-3.5
12	Futoria Harris	9	Cape Fear	12.89	2	-4.1
13	Nakirah Adams	9	Statesville	13.00	2	-4.1
14	Zoie Vela	12	Union Pines	13.01	2	-4.1
15	Nilijah Darden	9	Dudley	13.13	2	-4.1
16	Sydney Krause	10	Central Cabarrus	13.18	2	-4.1

Girls 100 meter Dash Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Alaya Gillespie	11	West Iredell	12.48	1	-3.5
2	Sanu Jallow	12	West Mecklenburg	12.53	1	-3.5
3	Taniyah Glaspie	11	Southern Wayne	12.62	1	-3.5
4	Rymiah Sanders	11	Southern Durham	12.75	1	-3.5
5	A'jaylah Yates	11	Seventy-First	12.75	1	-3.5
6	Chaunesse Barringer	12	Northwest Cabarrus	12.76	1	-3.5
7	Zaniya Littlejohn	10	Stuart W. Cramer	12.82	1	-3.5
8	Kaydence Daniels	9	Northside (3A)	12.88	1	-3.5

Girls 4x200 Meter Relay Finals NCHSAA 3A

PLACE	TEAM	MARK	H#	WIND
1	South Central	1:46.02	1	
2	Rose, J.H.	1:46.15	2	
3	West Henderson	1:47.29	2	
4	West Carteret	1:47.49	2	
5	Atkins	1:47.52	2	
6	Franklin	1:47.68	2	
7	Rocky Mount	1:47.86	1	
8	Eastern Guilford	1:47.89	1	
9	Northside (3A)	1:47.95	2	
10	E.E. Smith	1:48.01	2	
11	Franklinton	1:48.52	1	
12	Northwest Cabarrus	1:49.64	1	
13	Statesville	1:50.38	1	
14	Ashe County	1:51.24	1	
15	Terry Sanford	1:51.55	1	
16	Dudley	1:55.02	2	

Girls 1600 meter Run Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Caroline Murrell	12	Northwood	5:07.44	1	
2	Hannah Preisser	12	Carrboro	5:11.01	1	
3	Lily Yampolsky	10	Lake Norman Charter	5:17.28	1	
4	Lori Glavan	12	North Lincoln	5:24.63	1	
5	Natalia Serre	10	Carrboro	5:27.81	1	
6	Macy Parks	11	East Lincoln	5:28.37	1	
7	Cara Castro	12	North Lincoln	5:31.61	1	
8	Katie Deacon	11	Freedom	5:33.29	1	
9	Delaney Horton	9	Swansboro	5:35.78	1	
10	Madison Hilliard	12	Jacksonville	5:38.30	1	
11	Kaitlyn Warner	12	Rockingham County	5:42.14	1	
12	Tatum Dermatas	11	First Flight	5:51.37	1	
13	Taylor Hyman	11	Northwest Cabarrus	6:05.67	1	
	Etta Noel	9	Central Cabarrus		1	
	Margaret Ann Healy	12	Durham School / Arts		1	
	Rachel Kemp	12	North Brunswick		1	

Girls 4x100 Meter Relay Finals NCHSAA 3A

PLACE	TEAM	MARK	H#	WIND
1	Rose, J.H.	49.46	2	
2	West Henderson	50.11	2	
3	Dudley	50.52	2	
4	Southern Durham	50.56	1	
5	South Central	50.56	2	
6	Northwest Cabarrus	50.59	1	
7	E.E. Smith	50.70	1	
8	Scotland County	50.75	2	
9	Rocky Mount	50.87	2	
10	North Henderson	51.06	2	
11	Northside (3A)	51.17	1	
12	West Carteret	51.18	2	
13	Statesville	51.38	1	
14	Central Cabarrus	51.50	1	
15	Ashe County	52.18	1	
16	Atkins	52.35	1	

Girls 400 meter Dash Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Sanu Jallow	12	West Mecklenburg	54.40	2	
2	Grace Guilford	11	West Carteret	57.98	2	
3	Alaya Gillespie	11	West Iredell	58.04	2	
4	Arie'anna Rufus	9	Franklinton	58.30	2	
5	Ja'Naya Linder	10	Atkins	59.75	2	
6	Avery Pardue	12	Central Academy	59.91	1	
7	Rachel Tolbert	9	South Point	59.97	2	
8	Kayla Mitchell	12	Harnett Central	1:00.20	1	
9	Treazure Watson	12	East Wake	1:00.31	1	
10	Jazmine Patterson	12	Eastern Guilford	1:00.59	1	
11	Kayla Smith	12	South Central	1:00.66	1	
12	Briyana Tillman	11	E.E. Smith	1:02.70	2	
13	Brea White	10	Ledford	1:02.94	1	
14	Akira Walker	9	Hunter Huss	1:04.81	1	
	Alyssia Trigleth	11	Croatan		1	
	Holley Johnson	12	E.E. Smith		2	

Girls 300 meter Hurdles Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Emma Hall	10	West Henderson	45.69	2	
2	Keianna Mims	11	Dudley	46.58	2	
3	Emma Barnes	12	Parkwood	46.65	2	
4	Madison Mitchell	11	Rocky Mount	46.80	2	
5	Sanai Phillips	12	Seventy-First	47.14	2	
6	Emmi Cheek	10	Ashe County	47.36	2	
7	Victoria Mills	11	Forestview	48.39	1	
8	Isabelle Duchemin	11	Franklin	48.52	2	
9	Kelli Ward	9	Smithfield-Selma	49.50	2	

10 Saoirse Runne	9	Havelock	49.72	1
11 Peyton Whicker	11	East Rowan	49.97	1
12 Shamari Allen	11	Durham School / Arts	51.23	1
13 Jordyn Curtis	10	Atkins	51.40	1
14 Katie M Wilson	11	Rose, J.H.	52.50	1
Annika Stark	10	Union Pines		1
Tessa McFarland	10	Croatan		1

Girls 800 meter Run Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Lily Yampolsky	10	Lake Norman Charter	2:17.93	1	
2	Jillian Parks	9	Central Davidson	2:20.39	1	
3	Eva Rinker	11	Tuscola	2:21.39	1	
4	Grace Lane	11	Central Academy	2:24.22	1	
5	Bella Green	9	North Lincoln	2:27.54	1	
6	Erica Anderson	12	North Iredell	2:30.48	1	
7	Morgan Anthony	10	Atkins	2:30.53	1	
8	Katie Johnson	10	North Buncombe	2:30.60	1	
9	Courtney Tyndall	12	West Carteret	2:30.64	1	
10	Taylor Long	12	Terry Sanford	2:30.65	1	
11	Margaret Ann Healy	12	Durham School / Arts	2:33.13	1	
12	Madison Quinn	12	South Central	2:34.47	1	
13	Ella Bartlett	12	Durham School / Arts	2:34.75	1	
14	Ryan Germain	10	West Carteret	2:38.99	1	
15	Addison Bartlett	9	Durham School / Arts	2:51.65	1	
	Tatum Dermatas	11	First Flight	2:31.60	1	

Girls 200 meter Dash Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Sanu Jallow	12	West Mecklenburg	24.44	2	-1.8
2	Alaya Gillespie	11	West Iredell	25.08	2	-1.8
3	Taniyah Glaspie	11	Southern Wayne	25.24	2	-1.8
4	Gabrielle Cheek	10	Dudley	25.59	1	-0.2
5	A'jaylah Yates	11	Seventy-First	25.63	2	-1.8
6	Zaniya Littlejohn	10	Stuart W. Cramer	25.67	2	-1.8
7	Zoie Vela	12	Union Pines	26.00	1	-0.2
8	Melanne Sutton	11	Rose, J.H.	26.04	2	-1.8
9	Chaunesse Barringer	12	Northwest Cabarrus	26.06	2	-1.8
10	Avery Pardue	12	Central Academy	26.15	1	-0.2
11	Rymiah Sanders	11	Southern Durham	26.17	2	-1.8
12	Shaliah Jones	10	South Central	26.18	1	-0.2
13	Nakirah Adams	9	Statesville	26.23	1	-0.2
14	Futoria Harris	9	Cape Fear	26.37	1	-0.2
15	Kaliah Asafo-Adjei	11	Northside (3A)	26.61	1	-0.2
	Nilijah Darden	9	Dudley		1	-0.2

Girls 3200 meter Run Finals NCHSAA 3A

PLACE	NAME	GR	TEAM	MARK	H#	WIND
1	Caroline Murrell	12	Northwood	11:07.69	1	
2	Hannah Preisser	12	Carrboro	11:23.42	1	
3	Kelbi Pierce	11	North Lincoln	11:29.92	1	
4	Breanna Budzinski	10	West Henderson	11:41.36	1	
5	Rachel Kemp	12	North Brunswick	11:47.12	1	
6	Lori Glavan	12	North Lincoln	12:05.57	1	
7	Bella Wood	10	North Lincoln	12:11.33	1	
8	Natalia Serre	10	Carrboro	12:12.33	1	
9	Ellie Harrington	10	South Brunswick	12:35.58	1	
10	Trinity Konvalinka	11	Durham School / Arts	12:35.80	1	
11	Madison Hilliard	12	Jacksonville	12:37.74	1	
12	Kaitlyn Warner	12	Rockingham County	13:01.64	1	
13	Jenna Peterson	11	Lake Norman Charter	13:16.68	1	
14	Katie Roberts	9	West Rowan	13:17.77	1	
15	Christie Doucette	9	Dixon	13:23.22	1	
16	Chloe Koper	11	Oak Grove	13:37.23	1	

Girls 4x400 Meter Relay Finals NCHSAA 3A

PLACE	TEAM	MARK	H#	WIND
1	E.E. Smith	4:06.97	2	
2	Atkins	4:08.24	2	
3	West Carteret	4:08.54	2	
4	Central Academy	4:09.85	2	
5	Franklinton	4:12.29	2	
6	Croatan	4:12.33	2	
7	Franklin	4:13.85	2	
8	Northside (3A)	4:14.50	1	
9	East Wake	4:16.93	1	
10	Dudley	4:17.98	1	
11	North Buncombe	4:18.27	1	
12	Union Pines	4:18.89	1	
13	North Lincoln	4:24.49	1	
14	Northwest Cabarrus	4:25.47	1	
15	Rocky Mount	4:28.06	2	
16	Tuscola	4:33.24	1	