

NCHSAA 3A Indoor Track State Championships - 2/10/2023

JDL Fast Track

Results

Event 1 Girls Shot Put

| Name | Yr | School | Finals |
|----------------------|----|--------------|-------------|
| Finals | | | |
| 1 Camryn Massey | 11 | Ashbrook | 38-05.25 10 |
| 2 Emily Hartsoe | 11 | Ashe County | 37-00.75 8 |
| 3 Cailin Ames | 11 | Croatan | 35-08.25 6 |
| 4 Jasmine Colwell | 11 | N. Brunswick | 35-07.25 5 |
| 5 Sam Morgan | 11 | Pisgah | 34-09.00 4 |
| 6 Charley Seagle | 10 | Franklin | 34-00.25 3 |
| 7 Ashlyn Lewis | 11 | W. Carteret | 33-09.50 2 |
| 8 Lyric Watkins | 11 | Dudley | 33-07.00 1 |
| 9 Shamilia Carpenter | 10 | Dudley | 33-05.50 |
| 10 Janiya Brown | 12 | S. Guilford | 31-03.50 |
| 11 Maggie Taylor | 11 | Hibriten | 30-05.75 |
| 12 Katherine Cahall | 9 | Swansboro | 30-02.25 |
| 13 Latia Green | 11 | Northside (3 | 29-09.00 |
| 14 Bria Washington | 11 | Rocky Mount | 25-10.25 |

Event 3 Boys Shot Put

| Name | Yr | School | Finals |
|----------------------|----|-----------------|-------------|
| Finals | | | |
| 1 Gabriel Urraca | 12 | Northside (3 | 50-06.00 10 |
| 2 Daniel Perkins | 11 | S. Durham | 50-04.00 8 |
| 3 Zahir Mcphail | 10 | E.E. Smith | 46-10.25 6 |
| 4 Brandon Moody | 12 | N. Brunswick | 45-11.50 5 |
| 5 Antonio Lorenzo | 12 | Smoky Mtn | 44-09.00 4 |
| 6 Khamani Johnson | 11 | Durham Sch Arts | 44-00.50 3 |
| 7 Benjamin Thibodeau | 12 | Currituck Co | 43-07.25 2 |
| 8 Jason Bethea | 11 | Ben L. Smith | 43-02.50 1 |
| 9 Matthew Finizio | 12 | Croatan | 42-11.75 |

Event 5 Girls Long Jump

| Name | Yr | School | Finals |
|-------------------------|----|-----------------|-------------|
| Finals | | | |
| 1 Alexis Willis | 12 | Stuart Cramer | 18-00.50 10 |
| 2 Laura Covarrubias | 10 | Franklin | 17-05.00 8 |
| 3 Jada Brown | 11 | Hibriten | 17-01.00 6 |
| 4 Elizabeth Deen | 10 | S. Guilford | 16-07.75 5 |
| 5 Senadzi Rankin | 11 | Dudley | 16-06.50 4 |
| 6 Kaydence Daniels | 12 | Northside (3 | 16-04.00 3 |
| 7 Kira Jones | 9 | Rocky Mount | 16-03.00 2 |
| 8 Gisele Dulnuan-Kersey | 11 | Franklinton | 16-01.75 1 |
| 9 Addison Coker | 10 | Franklin | 16-01.50 |
| 10 Mariah Logan | 9 | NW Cabarrus | 15-11.00 |
| 10 Tanzania Washington | 12 | Dudley | 15-11.00 |
| 12 Annika Stark | 11 | Union Pines | 15-10.00 |
| 13 Shamari Allen | 12 | Durham Sch Arts | 15-08.25 |
| 14 Erica Murdock | 12 | NW Cabarrus | 15-06.50 |
| 15 Kaliah Asafo-Adjei | 12 | Northside (3 | 15-06.25 |
| 16 Destiny Russell | 11 | NW Cabarrus | 15-02.25 |
| 17 Gabrielle Cheek | 11 | Dudley | 15-01.00 |
| 18 MaryBeth Garrison | 10 | W. Carteret | 15-00.25 |
| 19 Victoria Simeonova | 9 | Durham Sch Arts | 14-11.25 |
| 20 Tyler Collins | 11 | W. Carteret | 14-09.75 |
| 21 Brianna Green | 10 | Currituck Co | 14-09.00 |

| | | | | |
|----|---------------|----|-------------|----------|
| 22 | Ginger Hayden | 12 | Croatan | 14-06.50 |
| 23 | Jezi Martin | 12 | Ashe County | 14-03.25 |

Event 6 Boys Long Jump

| Name | Yr | School | Finals | |
|-----------------------------|------------------|-----------------|-------------|------|
| Finals | | | | |
| 1 Cameron Walker | 11 | Ledford | 21-09.00 10 | |
| 2 Kaleb Lucas | 12 | Durham Sch Arts | 21-07.50 8 | |
| 3 Jayson Hedgepeth | 12 | White Oak | 21-03.25 6 | |
| 4 Donovan Estes | 12 | Franklinton | 21-02.75 5 | |
| 5 Corwin Armstrong | 9 | Durham Sch Arts | 21-02.50 4 | |
| 6 Dayzhaun Gooding-Williams | 12 | Jacksonville | 21-02.25 3 | |
| 7 Donnell Privette | 12 | Franklinton | 20-09.25 2 | |
| 8 Savon Hatchell | 11 | Jacksonville | 20-08.50 1 | |
| 9 Langston Wood | 11 | Dudley | 20-06.25 | |
| 10 Aaron Higgins | 11 | Central Acad | 20-04.50 | |
| 11 Dewayne Myles | 12 | E. Guilford | 20-04.25 | |
| 12 Kwan Oates | 11 | Hickory | 20-02.25 | |
| 13 Dean Massaquoi | 10 | Swansboro | 20-01.00 | |
| 14 Jamari Hooks | 12 | Ben L. Smith | 20-00.25 | |
| 15 Liam Sutton | 12 | N. Lincoln | 20-00.00 | |
| 16 Jassai Hackett | 11 | E. Guilford | 19-10.50 | |
| 17 Ethan Biggs | 11 | Union Pines | 19-10.00 | |
| 18 Jayden Diggs | 12 | S. Guilford | 19-08.25 | |
| 19 Jaydon Sterling | 9 | Union Pines | 19-05.75 | |
| 20 Jeremiah Sellers | 11 | N. Lincoln | 19-03.50 | |
| 21 Tajon Roberson | 11 | E. Alamance | 19-03.25 | |
| 21 Tylei Woolard | 12 | Dudley | 19-03.25 | |
| 23 Jake Dillingham | 10 | N. Lincoln | 19-02.75 | |
| 24 Christian Hackett | 10 | Union Pines | 19-02.00 | |
| 25 Tristan Sexton | 11 | Cape Fear | 18-10.25 | |
| 26 Braylin Smith | 11 | East Lincoln | 18-08.50 | |
| 27 Ryan Larkin | 12 | E. Guilford | 18-08.25 | |
| 28 Keyaun Dow | 11 | Dudley | 18-08.00 | |
| 29 Jeremy Hinton | 12 | Fike High Sc | 18-05.00 | |
| 30 Caleb Mason | 12 | Richlands | 18-04.75 | |
| 31 Andrew Cash | 12 | White Oak | 18-02.50 | |
| --- | Seallio Alphonse | 12 | Rocky Mount | FOUL |

Event 7 Girls Triple Jump

| Name | Yr | School | Finals |
|-------------------------|----|-----------------|-------------|
| Finals | | | |
| 1 Alexis Willis | 12 | Stuart Cramer | 39-07.00 10 |
| 2 Shamari Allen | 12 | Durham Sch Arts | 36-06.50 8 |
| 3 Serenitie Johnson | 10 | Dudley | 36-05.00 6 |
| 4 Briana St Louis | 10 | Union Pines | 36-00.50 5 |
| 5 Laura Covarrubias | 10 | Franklin | 35-08.00 4 |
| 6 Gisele Dulnuan-Kersey | 11 | Franklinton | 35-06.00 3 |
| 7 Gabrielle Cheek | 11 | Dudley | 35-02.00 2 |
| 8 Tanzania Washington | 12 | Dudley | 34-09.00 1 |
| 9 Lydia Norman | 12 | Smoky Mtn | 34-05.00 |
| 10 Erica Murdock | 12 | NW Cabarrus | 33-07.25 |
| 11 MaryBeth Garrison | 10 | W. Carteret | 33-01.50 |
| 12 Ginger Hayden | 12 | Croatan | 33-00.00 |
| 13 Molly Scott Cottrell | 9 | W. Carteret | 32-10.00 |
| 14 Aliya Hicks | 10 | Franklinton | 32-00.00 |

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Results

Finals ... (Event 7 Girls Triple Jump)

| Name | Yr | School | Finals |
|----------------------|----|-----------------|----------|
| 15 Mariah Logan | 9 | NW Cabarrus | 31-10.50 |
| 16 Jezik Martin | 12 | Ashe County | 31-07.50 |
| 17 Robyn Ford | 11 | Jacksonville | 31-02.25 |
| 18 Tamia Johnson | 11 | Durham Sch Arts | 30-08.00 |
| --- Sabrena Hogan | 11 | Cape Fear | FOUL |
| --- KeSondra Pickett | 11 | Rocky Mount | FOUL |

Event 8 Boys Triple Jump

| Name | Yr | School | Finals |
|-----------------------------|----|--------------|-------------|
| 1 Seallio Alphonse | 12 | Rocky Mount | 43-10.25 10 |
| 2 Donovan Estes | 12 | Franklinton | 43-08.00 8 |
| 3 Dean Massaquoi | 10 | Swansboro | 43-05.50 6 |
| 4 Dayzhaun Gooding-Williams | 12 | Jacksonville | 42-09.00 5 |
| 5 Jamari Hooks | 12 | Ben L. Smith | 42-07.50 4 |
| 6 Jack Nicholson | 12 | Northwood | 41-08.00 3 |
| 7 Tylei Woolard | 12 | Dudley | 40-09.50 2 |
| 8 Mitchell Jones | 12 | S. Nash | 40-09.00 1 |
| 9 Kwan Oates | 11 | Hickory | 40-08.00 |
| 10 Aj Allen | 12 | S. Nash | 40-01.50 |
| 11 Langston Wood | 11 | Dudley | 40-01.00 |
| 12 Nick Blackston | 12 | S. Guilford | 39-11.75 |
| 13 Nathan Lindsay | 11 | Freedom | 39-10.25 |
| 14 Jaydon Sterling | 9 | Union Pines | 39-08.25 |
| 15 Ahnage Vines | 11 | N. Nash | 39-08.00 |
| 16 Devin Dow | 9 | Dudley | 39-02.75 |
| 17 Peyton Heath | 10 | Croatan | 39-01.50 |
| 18 Pierce Mahnke | 10 | Croatan | 38-11.50 |
| 19 Jabari Lynch | 11 | Franklinton | 38-10.50 |
| 20 Caleb Borchelt | 12 | Smoky Mtn | 38-04.25 |
| 21 Andrew Cash | 12 | White Oak | 38-04.00 |
| 22 Nathan Hill | 12 | Union Pines | 38-03.00 |
| 23 Blake Powell | 11 | Fred T Foard | 38-02.25 |
| 24 Christian Hackett | 10 | Union Pines | 38-01.25 |
| 25 Ashton Sutton | 11 | Pisgah | 37-11.50 |
| 26 Donnell Privette | 12 | Franklinton | 37-01.50 |
| 27 Seth Daniels | 11 | First Flight | 35-08.25 |
| --- Valentino Mark | 11 | Asheboro | FOUL |
| --- Camden Barringer | 12 | NW Cabarrus | FOUL |

Event 9 Girls High Jump

| Name | Yr | School | Finals |
|--------------------|----|---------------|--------------|
| 1 Tyler Collins | 11 | W. Carteret | 5-08.00 10 |
| 2 Lisa Ferguson | 11 | Swansboro | 5-04.00 8 |
| 3 Rachel Key-White | 10 | Aycock, Char | 5-02.00 6 |
| 4 Macy Miller | 11 | South Rowan | J5-02.00 5 |
| 5 Kerrigan Brown | 12 | Cape Fear | 5-00.00 4 |
| 6 Grace Pell | 11 | Orange | J5-00.00 2.5 |
| 6 Clara Kellner | 11 | Union Pines | J5-00.00 2.5 |
| 8 Ava Cooper | 12 | Stuart Cramer | J5-00.00 1 |
| 9 McKenna Panos | 11 | Swansboro | J5-00.00 |
| 10 Briley Jordan | 9 | Tuscola | 4-10.00 |
| 10 Iyana Coats | 10 | East Wake | 4-10.00 |

| | | | |
|----------------------|----|--------------|----------|
| 12 Annika Stark | 11 | Union Pines | 4-08.00 |
| 12 Madison Leonard | 11 | Currituck Co | 4-08.00 |
| 12 Ginger Hayden | 12 | Croatan | 4-08.00 |
| 15 Taleyah Palmer | 11 | White Oak | J4-08.00 |
| 16 Madison Crowder | 10 | Dudley | 4-06.00 |
| 17 Emily Davis | 11 | W. Henderson | J4-06.00 |
| 18 Jordan Johnson | 10 | Dudley | J4-06.00 |
| 18 Olivia Payne | 12 | W. Henderson | J4-06.00 |
| --- Georgia Trexler | 10 | N. Lincoln | NH |
| --- Alexa Dos Santos | 11 | East Lincoln | NH |

Event 10 Boys High Jump

| Name | Yr | School | Finals |
|---------------------|----|-----------------|--------------|
| 1 Christian Hackett | 10 | Union Pines | 6-04.00 10 |
| 2 Cal Drake | 12 | Franklin | 6-02.00 8 |
| 3 Emanuel Williams | 12 | Central Acad | 6-00.00 6 |
| 4 Royce Johnston | 10 | W. Henderson | J6-00.00 5 |
| 5 Devin Mims | 10 | Dudley | 5-10.00 4 |
| 6 Jayden Diggs | 12 | S. Guilford | J5-10.00 3 |
| 7 Bryson Hamlin | 10 | W. Johnston | J5-10.00 1.5 |
| 7 Talon Smith | 10 | Franklin | J5-10.00 1.5 |
| 9 Pierce Mahnke | 10 | Croatan | J5-10.00 |
| 10 Kaleb Lucas | 12 | Durham Sch Arts | 5-08.00 |
| 10 Damir Miller | 11 | Jesse Carson | 5-08.00 |
| 12 Lance Everhart | 11 | Asheboro | J5-08.00 |
| 12 Cannon Jahn | 12 | Union Pines | J5-08.00 |
| 14 Isaac Seymour | 12 | Orange | J5-08.00 |
| 15 Luke Waldstein | 10 | Northwood | 5-06.00 |
| 15 Alexander Duncan | 11 | N. Lincoln | 5-06.00 |
| 15 Nathan Porter | 11 | Smoky Mtn | 5-06.00 |
| 18 Jeremiah Sellers | 11 | N. Lincoln | J5-06.00 |
| --- Tanner Ayers | 10 | N. Lincoln | NH |
| --- Peyton Heath | 10 | Croatan | NH |
| --- Adam Rogers | 10 | Franklin | NH |

Event 11 Girls Pole Vault

| Name | Yr | School | Finals |
|-----------------------|----|--------------|-------------|
| 1 Boston Stringer | 11 | Franklin | 10-06.00 10 |
| 2 Carly Gordinier | 11 | Croatan | J10-06.00 8 |
| 3 Lily Houston | 11 | NW Cabarrus | J10-06.00 6 |
| 4 Jordyn Horan | 11 | St. Stephens | 10-00.00 5 |
| 5 McKenna Panos | 11 | Swansboro | J10-00.00 4 |
| 6 Sasha Ledford | 12 | Pisgah | J10-00.00 3 |
| 7 Maya Flynn | 11 | N. Buncombe | J10-00.00 2 |
| 8 Sophia Cremeans | 12 | Northwood | 9-06.00 1 |
| 9 Bri Saunders | 11 | Croatan | 9-00.00 |
| 10 Sophia Banks | 10 | N. Buncombe | 8-06.00 |
| 11 Jady Melby | 11 | Croatan | J8-06.00 |
| 12 Anna Johnson | 10 | W. Carteret | J8-06.00 |
| 13 Danija Jackson | 11 | Rocky Mount | 7-06.00 |
| 14 Blair Burnette | 11 | Parkwood | J7-06.00 |
| --- Sarah Gorgas | 11 | W. Henderson | NH |
| --- McKylee Wilkerson | 12 | Union Pines | NH |
| --- Kaelyn Mangrum | 12 | W. Carteret | NH |

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JDL Fast Track

Results

Finals ... (Event 11 Girls Pole Vault)

| Name | Yr | School | Finals |
|---------------------|----|----------|--------|
| --- Adrian McKinley | 11 | Franklin | NH |

Event 12 Boys Pole Vault

| Name | Yr | School | Finals |
|---------------------|----|--------------|-------------|
| Finals | | | |
| 1 Blake Cassada | 12 | Franklin | 13-06.00 10 |
| 2 Adam Rogers | 10 | Franklin | 13-00.00 8 |
| 3 Seth Drake | 12 | East Rowan | J13-00.00 6 |
| 4 Aaron Jennings | 11 | Franklin | 12-06.00 5 |
| 5 Logan Jones | 12 | N. Lincoln | J12-06.00 4 |
| 6 Caleb Robbins | 11 | Hibriten | J12-06.00 3 |
| 7 Ashton Kirkwood | 9 | Croatan | 12-00.00 2 |
| 8 Jenson Pearson | 12 | Parkwood | J12-00.00 1 |
| 9 Lucas Bush | 12 | Swansboro | 11-06.00 |
| 10 Jeremy Hinton | 12 | Fike High Sc | J11-06.00 |
| 11 Aedan Sampey | 11 | Orange | J11-06.00 |
| 12 Jonathan Costley | 11 | N. Henderson | 11-00.00 |
| 12 Brian Schoellner | 12 | Hickory | 11-00.00 |
| 14 Jake Carroll | 11 | Croatan | J11-00.00 |
| 14 Hunter Cruise | 11 | Kings Mtn | J11-00.00 |
| 16 Gabe Ocampo | 12 | E. Alamance | 10-06.00 |
| 17 Robert Wallace | 11 | Croatan | J10-06.00 |
| 18 Mathew Kellner | 10 | White Oak | 10-00.00 |
| 19 Jack Binon | 10 | Union Pines | J10-00.00 |
| 20 Grayson Bryant | 10 | Union Pines | 9-06.00 |
| 20 Nicholas Horn | 12 | Kings Mtn | 9-06.00 |
| 20 Cohen Self | 12 | East Rowan | 9-06.00 |
| --- Lukas Lewis | 10 | W. Carteret | NH |
| --- Dylan Metcalf | 12 | N. Buncombe | NH |

Event 13 Girls 4x800 Meter Relay

| Team | Relay | Finals |
|-------------------------|------------------------|------------|
| Finals | | |
| 1 North Buncombe | A | 9:56.32 10 |
| 1) Eden Barnwell 11 | 2) Katie Johnson 11 | |
| 3) Avery Mays 11 | 4) Sophia Banks 10 | |
| 2 First Flight | A | 9:57.73 8 |
| 1) Morgan Miller 9 | 2) Lucy Stecher 11 | |
| 3) Moira Furr 9 | 4) Tatum Dermatas 12 | |
| 3 North Lincoln | A | 10:13.32 6 |
| 1) Kelbi Pierce 12 | 4) Blythe Jaworsky 10 | |
| 4 West Henderson | A | 10:14.12 5 |
| 1) Alysia Madera 10 | 2) Noelle Houlihan 10 | |
| 3) Breanna Budzinski 11 | 4) Paisley Stepp 12 | |
| 5 West Carteret | A | 10:26.33 4 |
| 1) Isabella Mennella 11 | 2) Ryan Germain 11 | |
| 3) Cate Siebert 10 | | |
| 6 Croatan | A | 10:31.62 3 |
| 1) Ashley Kirkwood 12 | 2) Audrey Kirkwood 12 | |
| 3) Cameran Ladd 11 | | |
| 7 Franklin | A | 10:38.47 2 |
| 1) Rylee Cassada 11 | 2) Hannah Ludwig 12 | |
| 3) Abigail Pope 9 | 4) Amy Mendoza Lopez 9 | |

| | | |
|-------------------------|-----------------------|------------|
| 8 Union Pines | A | 10:43.59 1 |
| 1) Janie Spicer 11 | 2) Alyssa Mabe 10 | |
| 3) Emily Mila 11 | 4) Laura Caviness 12 | |
| 9 Ashe County | A | 10:49.76 |
| 1) Abigail McClure 12 | 2) Sherry Billings 12 | |
| 3) Hannely Bautista 11 | 4) Abilene Dollar 11 | |
| 10 Durham Sch Arts | A | 11:02.75 |
| 1) Addison Bartlett 12 | 2) Serena Kanu 10 | |
| 3) Delphine Liu 10 | 4) Anna Long 9 | |
| 11 Swansboro | A | 11:10.30 |
| 1) Marielle Hirkala 10 | 2) Kaydince Scalon 10 | |
| 3) Madilyn Lemke 9 | 4) Delaney Horton 10 | |
| 12 Tuscola | A | 11:10.43 |
| 1) Luci Snyder Lowe 10 | 2) Gracie Rinker 10 | |
| 3) Briley Jordan 9 | 4) Olivia Arnold 9 | |
| 13 Atkins | A | 11:14.48 |
| 1) Caroline Downs 10 | 2) Lauren Shen 10 | |
| 3) Veronica Sherman 12 | 4) Ashley Wang 11 | |
| 14 White Oak | A | 11:31.05 |
| 1) Skylar Stack 11 | 2) Olivia Pokora 12 | |
| 3) Madison Smith 10 | 4) E. Schubnel 12 | |
| --- Northwest Cabarrus | A | DQ |
| 1) Yamone Oo 10 | 2) Lily Manion 10 | |
| 4) Taylor Hyman 12 | | |
| --- Carrboro | A | DQ |
| 1) Casey Greene 11 | 2) Mila Rappold 10 | |
| 3) Charlotte Johnson 10 | 4) Isabel Fargo 12 | |

Event 14 Boys 4x800 Meter Relay

| Team | Relay | Finals |
|-------------------------|--------------------------|------------|
| Finals | | |
| 1 Croatan | A | 8:12.53 10 |
| 1) Trey Austin 11 | 2) James Wallace 12 | |
| 3) Matthew Quispe 11 | 4) Luke Nicolajsen 11 | |
| 2 Central Acad | A | 8:26.50 8 |
| 1) Andrew Catapano 11 | 2) Heyden Christensen 10 | |
| 3) Gavin Jansen 10 | | |
| 3 Northwood | A | 8:29.62 6 |
| 1) Noah Nielson 11 | 4) Jackson Adams 12 | |
| 3) Trey Hudson 10 | | |
| 4 Franklin | A | 8:29.76 5 |
| 1) Logan Russo 11 | 2) Barrett Stork 11 | |
| 3) Isaiah Roots 12 | 4) Matheson Post 11 | |
| 5 Jesse Carson | A | 8:37.14 4 |
| 1) Connor Price 11 | 2) James Anderson 11 | |
| 3) Eric Gillis 9 | 4) Gabe Honeycutt 12 | |
| 6 North Buncombe | A | 8:46.59 3 |
| 1) Jesse Cook 12 | 2) Cyrus Ervin 12 | |
| 3) Liam Lawing 11 | 4) John Ramirez 12 | |
| 7 Atkins | A | 8:47.47 2 |
| 1) Christopher Allen 11 | 2) Jake Cartagena 12 | |
| 3) Lucas O'Neal 11 | 4) William Roehrenbeck 9 | |
| 8 Durham Sch Arts | A | 8:48.52 1 |
| 1) Billy Dupree 12 | 2) Mars Hartmann 10 | |
| 3) Liam Markham 11 | 4) Kabir Zota-Stull 11 | |

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Results

Finals ... (Event 14 Boys 4x800 Meter Relay)

| Team | Relay | Finals |
|------------------------|------------------------------|----------|
| 9 White Oak | A | 8:49.83 |
| 1) Jacob Mueller 12 | 2) Jimmy Owens 10 | |
| 3) Ian Solono 11 | 4) Mark Pinnock 12 | |
| 10 Union Pines | A | 8:52.08 |
| 1) Carter Broderson 12 | 2) Monte Hay 9 | |
| 3) Brayden Muhly 10 | 4) Logan Totten-Lancaster 10 | |
| 11 North Lincoln | A | 9:19.63 |
| | 2) Connor Bagwell 12 | |
| | 4) Mathew Wittkamp 10 | |
| 12 Kings Mountain | A | 10:04.53 |
| 1) Hunter Cruise 11 | 2) Marty Lovingood 12 | |
| 3) Max Thompson 10 | 4) Elliot Habel 11 | |
| --- West Carteret | A | DQ |
| 1) Landon Gray 12 | 2) Chance McCubbin 10 | |
| 3) Jake Knight 10 | 4) Seth Nelson 10 | |

Event 15 Girls 55 Meter Hurdles

| Name | Yr | School | Prelims |
|------------------------|----|-----------------|---------|
| Preliminaries | | | |
| 1 Emma Hall | 11 | W. Henderson | 8.17q |
| 2 Senadzi Rankin | 11 | Dudley | 8.25q |
| 3 Elizabeth Deen | 10 | S. Guilford | 8.47q |
| 4 Tanzania Washington | 12 | Dudley | 8.57q |
| 5 Isabelle Duchemin | 12 | Franklin | 8.85q |
| 6 Madison Crowder | 10 | Dudley | 8.86q |
| 7 Zaria Burnett | 10 | Ben L. Smith | 8.88q |
| 8 Shamari Allen | 12 | Durham Sch Arts | 9.02q |
| 9 Annika Stark | 11 | Union Pines | 9.09 |
| 10 Lexi Tripp | 9 | Croatan | 9.12 |
| 11 Addison Coker | 10 | Franklin | 9.17 |
| 12 Jy'Asha Cousins | 10 | S. Wayne | 9.31 |
| 13 Caroline Spilliards | 12 | Smoky Mtn | 9.33 |
| 14 Paige Merrell | 12 | Croatan | 9.41 |
| 15 Tessa McFarland | 11 | Croatan | 9.42 |
| 16 Emmi Cheek | 11 | Ashe County | 9.81 |
| 17 Victoria Mills | 11 | Forestview | 9.84 |
| 18 Samone Arrington | 9 | S. Durham | 9.96 |
| 19 Jamiyah Chapman | 10 | Northside (3) | 10.58 |

Event 15 Girls 55 Meter Hurdles

| Name | Yr | School | Finals |
|-----------------------|----|-----------------|---------|
| Finals | | | |
| 1 Emma Hall | 11 | W. Henderson | 8.15 10 |
| 2 Senadzi Rankin | 11 | Dudley | 8.28 8 |
| 3 Tanzania Washington | 12 | Dudley | 8.54 6 |
| 4 Elizabeth Deen | 10 | S. Guilford | 8.58 5 |
| 5 Isabelle Duchemin | 12 | Franklin | 8.74 4 |
| 6 Shamari Allen | 12 | Durham Sch Arts | 8.92 3 |
| 7 Zaria Burnett | 10 | Ben L. Smith | 9.08 2 |

Event 16 Boys 55 Meter Hurdles

| Name | Yr | School | Prelims |
|----------------------|----|------------|---------|
| Preliminaries | | | |
| 1 Liam Sutton | 12 | N. Lincoln | 7.57q |

| | | | |
|---------------------|----|-----------------|-------|
| 2 Tayman Howell | 10 | W. Henderson | 7.75q |
| 3 Kaleb Lucas | 12 | Durham Sch Arts | 7.85q |
| 4 Elijah Cochran | 11 | Franklin | 7.88q |
| 5 Langston Wood | 11 | Dudley | 7.91q |
| 6 Shawn Seagraves | 12 | Dudley | 8.04q |
| 7 Austin Sawkiw | 12 | Aycock, Char | 8.10q |
| 8 Nick Blackston | 12 | S. Guilford | 8.12q |
| 9 Quenton Newkirk | 10 | Atkins | 8.17 |
| 10 Ethan Wilson | 12 | Northwood | 8.39 |
| 11 Nicolas Chavez | 12 | Asheboro | 8.39 |
| 12 David Blackmon | 12 | Dudley | 8.47 |
| 13 Justin Wax | 11 | Croatan | 8.53 |
| 14 Cooper Stephens | 10 | Croatan | 8.54 |
| 15 Derrick Buchanan | 11 | Swansboro | 8.58 |

Event 16 Boys 55 Meter Hurdles

| Name | Yr | School | Finals |
|-------------------|----|-----------------|---------|
| Finals | | | |
| 1 Liam Sutton | 12 | N. Lincoln | 7.57 10 |
| 2 Tayman Howell | 10 | W. Henderson | 7.63 8 |
| 3 Kaleb Lucas | 12 | Durham Sch Arts | 7.73 6 |
| 4 Langston Wood | 11 | Dudley | 7.85 5 |
| 5 Elijah Cochran | 11 | Franklin | 7.93 4 |
| 6 Austin Sawkiw | 12 | Aycock, Char | 8.00 3 |
| 7 Nick Blackston | 12 | S. Guilford | 8.07 2 |
| 8 Shawn Seagraves | 12 | Dudley | 8.14 1 |

Event 17 Girls 55 Meter Dash

| Name | Yr | School | Prelims |
|----------------------|----|---------------|---------|
| Preliminaries | | | |
| 1 Janiya Johnson | 11 | Statesville | 7.02q |
| 2 Briana St Louis | 10 | Union Pines | 7.09q |
| 3 Tianna Spinks | 10 | S. Guilford | 7.17q |
| 4 Tynasia Emory | 10 | Fike High Sc | 7.29q |
| 5 Janya Moore | 12 | Ben L. Smith | 7.30q |
| 6 Kaydence Daniels | 12 | Northside (3) | 7.33q |
| 7 Melanne Sutton | 12 | Rose, J.H. | 7.35q |
| 8 Oni Ezeigbo | 9 | Atkins | 7.36q |
| 9 Nakirah Adams | 10 | Statesville | 7.39 |
| 10 Jasmine Banks | 11 | W. Henderson | 7.47 |
| 11 Mya Horseley | 9 | W. Charlotte | 7.49 |
| 12 Nilijah Darden | 10 | Dudley | 7.51 |
| 13 Grace Guilford | 12 | W. Carteret | 7.54 |
| 14 Kristian Gwynn | 11 | NE Guilford | 7.59 |
| 15 Jalaya Showers | | Asheboro | 7.61 |
| 16 Lexi Tripp | 9 | Croatan | 7.89 |
| 17 Kendyll Preston | 11 | W. Carteret | 7.93 |
| 18 Zamaria Benefield | 10 | Jacksonville | 8.51 |

Event 17 Girls 55 Meter Dash

| Name | Yr | School | Finals |
|-------------------|----|-------------|---------|
| Finals | | | |
| 1 Janiya Johnson | 11 | Statesville | 7.00 10 |
| 2 Briana St Louis | 10 | Union Pines | 7.07 8 |
| 3 Tianna Spinks | 10 | S. Guilford | 7.17 6 |
| 4 Melanne Sutton | 12 | Rose, J.H. | 7.32 5 |

NCHSAA 3A Indoor Track State Championships - 2/10/2023

JDL Fast Track

Results

Finals ... (Event 17 Girls 55 Meter Dash)

| Name | Yr | School | Finals | |
|--------------------|----|--------------|--------|---|
| 5 Tynasia Emory | 10 | Fike High Sc | 7.37 | 4 |
| 6 Kaydence Daniels | 12 | Northside (3 | 7.41 | 3 |
| 7 Janya Moore | 12 | Ben L. Smith | 7.42 | 2 |
| 8 Oni Ezeigbo | 9 | Atkins | 7.46 | 1 |

Event 18 Boys 55 Meter Dash

| Name | Yr | School | Prelims | |
|---------------------------|----|--------------|---------|--|
| Preliminaries | | | | |
| 1 William Ratliffe | 12 | E. Alamance | 6.43q | |
| 2 Cameron Walker | 11 | Ledford | 6.46q | |
| 3 Brendan Henby | 12 | W. Henderson | 6.51q | |
| 4 Rory Baker | 12 | Dudley | 6.52q | |
| 5 Yazeare Pearsall-Garcia | 12 | Cape Fear | 6.56q | |
| 6 Jordan Bobbitt | 12 | N. Nash | 6.57q | |
| 7 Bryson Lomick | 11 | South Point | 6.58q | |
| 8 Emarion McIntyre-Battle | 10 | Rose, J.H. | 6.62q | |
| 9 Savon Hatchell | 11 | Jacksonville | 6.67 | |
| 10 Isaiah Silver | 10 | Rocky Mount | 6.75 | |
| 11 Jayson Hedgepeth | 12 | White Oak | 6.76 | |
| 12 Kenderius Geddis | 12 | Rose, J.H. | 6.79 | |
| 13 Nazir Nixon | 12 | Rose, J.H. | 6.81 | |
| --- Madison Jones | 12 | S. Nash | DQ | |

Event 18 Boys 55 Meter Dash

| Name | Yr | School | Finals | |
|---------------------------|----|--------------|--------|----|
| Finals | | | | |
| 1 William Ratliffe | 12 | E. Alamance | 6.39 | 10 |
| 2 Rory Baker | 12 | Dudley | 6.48 | 8 |
| 3 Cameron Walker | 11 | Ledford | 6.50 | 6 |
| 4 Brendan Henby | 12 | W. Henderson | 6.50 | 5 |
| 5 Yazeare Pearsall-Garcia | 12 | Cape Fear | 6.52 | 4 |
| 6 Bryson Lomick | 11 | South Point | 6.56 | 3 |
| 7 Jordan Bobbitt | 12 | N. Nash | 6.59 | 2 |
| 8 Emarion McIntyre-Battle | 10 | Rose, J.H. | 6.62 | 1 |

Event 21 Girls 4x200 Meter Relay

| Team | Relay | Finals | |
|--------------------------|-------------------------|---------|----|
| Finals | | | |
| 1 Franklin | A | 1:45.48 | 10 |
| 1) Laura Covarrubias 10 | 2) Isabelle Duchemin 12 | | |
| 3) Michelle Ortega 9 | 4) Hope Smith 11 | | |
| 2 Atkins | A | 1:48.37 | 8 |
| 1) Oni Ezeigbo 9 | 2) Ja'Naya Linder 11 | | |
| 3) Aiyana Hale 12 | 4) Morgan Anthony 11 | | |
| 3 Dudley | A | 1:49.18 | 6 |
| 1) Dorothy Braswell 11 | 2) Tyla Gamble 12 | | |
| 3) Nathalya Daniels 12 | 4) Nilijah Darden 10 | | |
| 4 Northside (3a) | A | 1:50.13 | 5 |
| 1) Kaliah Asafo-Adjei 12 | 2) Janiah Boyd 10 | | |
| 3) Julissa Stewart 11 | 4) Kaydence Daniels 12 | | |
| 5 Statesville | A | 1:50.37 | 4 |
| 1) Nakirah Adams 10 | | | |
| 3) Janiya Johnson 11 | 4) Dynasty Hamilton 11 | | |

| | | | |
|----------------------------|-----------------------|---------|---|
| 6 West Henderson | A | 1:51.18 | 3 |
| 1) Lindsey Cuevas 12 | 2) Emma Hall 11 | | |
| 3) Kate Leonard 12 | 4) Jasmine Banks 11 | | |
| 7 Northeast Guilford | A | 1:51.42 | 2 |
| 1) Kristen Faith Aleghe 12 | 2) Navia Coles 9 | | |
| 3) Kristian Gwynn 11 | 4) Amina Intchi 11 | | |
| 8 Croatan | A | 1:52.43 | 1 |
| 1) Kennedy Zaiden 12 | 2) Tessa McFarland 11 | | |
| 3) Lexi Tripp 9 | 4) Paige Merrell 12 | | |
| 9 Northwest Cabarrus | A | 1:52.68 | |
| 1) Ceaire Barringer 10 | 2) Natalie Brown 10 | | |
| 3) Erica Murdock 12 | 4) Mariah Logan 9 | | |
| 10 Jacksonville | A | 1:53.70 | |
| 1) Zamaria Benefield 10 | 2) Lauryn Gholston 10 | | |
| 3) Sanaa Mosley 10 | 4) Brianna Lofton 9 | | |
| 11 Durham Sch Arts | A | 1:53.88 | |
| 1) Shamari Allen 12 | 2) Addie Bitsas 10 | | |
| 3) Malayna McDaniel 11 | 4) Tamia Johnson 11 | | |
| 12 Pisgah | A | 1:54.12 | |
| 1) Mattie Dorlan 10 | 2) Sierra Early 12 | | |
| 13 West Carteret | A | 1:54.83 | |
| 1) Hubbard Stack 10 | 2) Kendyll Preston 11 | | |
| 14 White Oak | A | 1:55.34 | |
| 1) Skylar Stack 11 | 2) Amaiya Williams 10 | | |
| 3) Taleyah Palmer 11 | 4) Jazaria Nixon 10 | | |
| 15 Central Acad | A | 1:56.04 | |
| 1) Aaliyah Green 11 | 2) Natorian Green 10 | | |
| 3) Makenna Bahnick 9 | 4) Kieryn Peters 9 | | |
| 16 Tuscola | A | 1:56.64 | |
| 1) Briley Jordan 9 | 2) Hannah Downs 10 | | |
| 3) Skylar Ball 10 | 4) Gracie Rinker 10 | | |
| 17 Union Pines | A | 1:58.88 | |
| 1) McKylee Wilkerson 12 | 2) Caroline Carver 9 | | |
| 3) Keelyn Finn 9 | | | |

Event 22 Boys 4x200 Meter Relay

| Team | Relay | Finals | |
|-------------------------------|------------------------|---------|----|
| Finals | | | |
| 1 Dudley | A | 1:32.39 | 10 |
| 1) Denzel Foster 12 | 2) Langston Wood 11 | | |
| 3) Rory Baker 12 | 4) Kamaal Ryan 9 | | |
| 2 Statesville | A | 1:33.15 | 8 |
| 1) Davin Clarke 11 | 2) Titus Myers 12 | | |
| 3) Nicholas Porter 10 | 4) Jaylen Himes 11 | | |
| 3 Durham Sch Arts | A | 1:33.16 | 6 |
| | 2) Kaleb Lucas 12 | | |
| 3) Corwin Armstrong 9 | 4) Jacob Franke 12 | | |
| 4 Williams, Walter M | A | 1:34.07 | 5 |
| 1) Clifton Davis 12 | 2) Jacob Marquis 12 | | |
| 3) Caleb Fogleman 12 | 4) Zion Amadi 11 | | |
| 5 West Henderson | A | 1:34.31 | 4 |
| 1) Brendan Henby 12 | 2) Tayman Howell 10 | | |
| 3) Will Robinson 11 | 4) Ian Hicks 12 | | |
| 6 Rose, J.H. | A | 1:35.29 | 3 |
| 1) Emarion McIntyre-Battle 10 | 2) Kenderius Geddis 12 | | |
| 3) Nazir Nixon 12 | 4) Camdon Best 11 | | |

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Results

Finals ... (Event 22 Boys 4x200 Meter Relay)

| Team | Relay | Finals |
|--------------------------|----------------------------|-----------|
| 7 Atkins | A | 1:35.94 2 |
| 1) Zare Friend 11 | 2) David Neal 11 | |
| 3) Justin Ju 11 | 4) Sekani Carter 9 | |
| 8 Croatan | A | 1:36.40 1 |
| 1) Hunter Poole 11 | 2) Cooper Stephens 10 | |
| 3) Justin Wax 11 | 4) Oscar Irizarry 12 | |
| 9 Northern Nash | A | 1:36.50 |
| 2) Kaleb Staton 10 | | |
| 4) Barian Strickland 10 | | |
| 10 Central Acad | A | 1:36.53 |
| 1) Cameron Little 10 | 2) Aaron Higgins 11 | |
| 3) Matthew Pfister 10 | 4) Jayden Rutledge 10 | |
| 11 Hunt High School | A | 1:37.80 |
| 1) Brandon Batts 10 | 2) Matthew Jackson, Jr. 11 | |
| 3) Zymeal Clay 12 | 4) Marcell Polk 12 | |
| 12 Jacksonville | A | 1:38.10 |
| 1) Shawn Peterson 11 | 2) Tyler Alli 10 | |
| 3) Daevon Almond 11 | 4) Savon Hatchell 11 | |
| 13 Swansboro | A | 1:38.67 |
| 1) Derrick Buchanan 11 | 2) Trevor Martin 11 | |
| 3) Jeremiah Rodriguez 10 | 4) Jack Lees 11 | |
| 14 White Oak | A | 1:39.57 |
| 1) Eline Jennings 11 | 2) Keenan Mintz 11 | |
| 3) Eliezer Pineda 11 | 4) Jayson Hedgepeth 12 | |
| 15 Franklin | A | 1:40.06 |
| 1) Ty Handley 12 | 2) Tyler Williams 10 | |
| 3) Jason Mesa 10 | 4) Aaron Ashe 12 | |
| 16 Northside (3a) | A | 1:40.90 |
| 1) Lakendrick Venters 12 | 2) Jessey Ruffin 12 | |
| 3) Emanuel White 10 | | |
| 17 Southern Guilford | A | 1:45.44 |
| 1) Jakyri Manning 12 | 2) Jayden Diggs 12 | |
| 3) Jerron Copper 12 | 4) Nick Blackston 12 | |
| --- Rocky Mount | A | DQ |
| 1) Tavoris Parker 9 | 2) Isaiah Silver 10 | |
| | 4) Javon Leary 12 | |
| --- North Lincoln | A | DQ |
| 2) Jake Dillingham 10 | | |
| 4) Immanuel Mayner 12 | | |
| --- North Brunswick | A | DQ |
| 1) Dytrick Whithers 9 | 2) Fabian Mendoza 12 | |
| 3) Jayden Armstrong 12 | 4) Timothy White 11 | |
| --- West Carteret | A | DQ |
| 1) Evan Jones 9 | 2) Hunter Guthrie 12 | |
| 3) Da-Ryan Williams 12 | 4) Peyton Wheeler 10 | |

Event 23 Girls 1600 Meter Run

| Name | Yr | School | Finals |
|---------------------|----|--------------|------------|
| Finals | | | |
| 1 Olivia Ferraro | 9 | N. Lincoln | 5:10.74 10 |
| 2 Macy Parks | 12 | N. Lincoln | 5:15.06 8 |
| 3 Eva Rinker | 12 | Tuscola | 5:19.22 6 |
| 4 Grace Lane | 12 | Central Acad | 5:20.64 5 |
| 5 Breanna Budzinski | 11 | W. Henderson | 5:26.57 4 |

| | | | |
|---------------------|----|-----------------|-----------|
| 6 Addison Bartlett | 12 | Durham Sch Arts | 5:32.50 3 |
| 7 Noelle Houlihan | 10 | W. Henderson | 5:36.48 2 |
| 8 Caroline Downs | 10 | Atkins | 5:40.92 1 |
| 9 Kylee Dinterman | 10 | Currituck Co | 5:42.31 |
| 10 Ellie Harrington | 11 | S. Brunswick | 5:57.96 |

Event 24 Boys 1600 Meter Run

| Name | Yr | School | Finals |
|--------------------|----|--------------|------------|
| Finals | | | |
| 1 Stephen Ferneti | 12 | N. Lincoln | 4:26.46 10 |
| 2 Noah Nielson | 11 | Northwood | 4:26.56 8 |
| 3 Harper Clark | 12 | W. Johnston | 4:28.39 6 |
| 4 Connor Bagwell | 12 | N. Lincoln | 4:29.51 5 |
| 5 Will Downs | 11 | Atkins | 4:29.80 4 |
| 6 Logan Richardson | 10 | N. Lincoln | 4:35.76 3 |
| 7 Logan Russo | 11 | Franklin | 4:36.38 2 |
| 8 Andrew Catapano | 11 | Central Acad | 4:36.55 1 |
| 9 Hudson Rice | 11 | W. Henderson | 4:39.81 |
| 10 Preston Gantt | 12 | W. Harnett | 4:39.86 |
| 11 Caleb Phillips | 12 | Smoky Mtn | 4:41.57 |
| 12 Jake Knight | 10 | W. Carteret | 4:42.05 |
| --- Ethan Tolar | 12 | W. Johnston | DNF |
| --- Eli Julian | 11 | South Rowan | DNF |

Event 25 Girls 500 Meter Dash

| Name | Yr | School | Finals |
|---------------------|----|-------------|------------|
| Finals | | | |
| 1 Tianna Spinks | 10 | S. Guilford | 1:16.91 10 |
| 2 Grace Guilford | 12 | W. Carteret | 1:17.02 8 |
| 3 Nathalya Daniels | 12 | Dudley | 1:18.45 6 |
| 4 Gabrielle Cheek | 11 | Dudley | 1:19.39 5 |
| 5 Arie'anna Rufus | 10 | Franklinton | 1:19.75 4 |
| 6 Rachel Tolbert | 10 | South Point | 1:20.20 3 |
| 7 Sophia Banks | 10 | N. Buncombe | 1:22.60 2 |
| 8 Brea White | 11 | Ledford | 1:23.38 1 |
| 9 KeSondra Pickett | 11 | Rocky Mount | 1:23.50 |
| 10 Briyana Tillman | 12 | E.E. Smith | 1:23.72 |
| 11 Morgan Anthony | 11 | Atkins | 1:24.61 |
| 12 Hope Smith | 11 | Franklin | 1:25.70 |
| 13 Bella Green | 10 | N. Lincoln | 1:26.31 |
| 14 Amina Intchi | 11 | NE Guilford | 1:29.24 |
| --- Ryan Germain | 11 | W. Carteret | DNF |
| --- Tessa McFarland | 11 | Croatan | DNF |

Event 26 Boys 500 Meter Dash

| Name | Yr | School | Finals |
|--------------------|----|-----------------|------------|
| Finals | | | |
| 1 Adrien Jacobs | 12 | Durham Sch Arts | 1:05.20 10 |
| 2 Matthew Quispe | 11 | Croatan | 1:05.60 8 |
| 3 Luke Nicolajsen | 11 | Croatan | 1:06.70 6 |
| 4 Isaiah Roots | 12 | Franklin | 1:07.29 5 |
| 5 Jailen Hicks | 12 | Dudley | 1:07.89 4 |
| 6 Da-Ryan Williams | 12 | W. Carteret | 1:07.96 3 |
| 7 Cooper Stephens | 10 | Croatan | 1:08.22 2 |
| 8 Austin DeGeorge | 12 | Cent Davidson | 1:08.76 1 |
| 9 Justin Bryant | 11 | E. Guilford | 1:08.87 |

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Results

Finals ... (Event 26 Boys 500 Meter Dash)

| Name | Yr | School | Finals |
|--------------------|----|--------------|---------|
| 10 Jaedon Kearney | 11 | Rocky Mount | 1:09.04 |
| 11 Evan Byrd | 11 | Pisgah | 1:09.20 |
| 12 Kolton Hodges | 12 | N. Lincoln | 1:09.77 |
| 13 Timothy Parsons | 9 | Central Acad | 1:10.28 |
| 14 Cyrus Ervin | 12 | N. Buncombe | 1:10.51 |
| 15 Corey Burgess | 11 | S. Guilford | 1:10.64 |
| 16 Landon Gray | 12 | W. Carteret | 1:11.96 |

Event 27 Girls 1000 Meter Run

| Name | Yr | School | Finals |
|--------------------|----|-----------------|------------|
| 1 Katie Deacon | 12 | Freedom | 3:04.24 10 |
| 2 Jillian Parks | 10 | Cent Davidson | 3:05.03 8 |
| 3 Katie Johnson | 11 | N. Buncombe | 3:07.06 6 |
| 4 Delaney Horton | 10 | Swansboro | 3:07.19 5 |
| 5 Tatum Dermatas | 12 | First Flight | 3:07.99 4 |
| 6 Olivia Ferraro | 9 | N. Lincoln | 3:11.88 3 |
| 7 Moira Furr | 9 | First Flight | 3:14.91 2 |
| 8 Addison Bartlett | 12 | Durham Sch Arts | 3:16.90 1 |
| 9 Macy Parks | 12 | N. Lincoln | 3:17.08 |
| 10 Eva Rinker | 12 | Tuscola | 3:19.85 |
| 11 Kelbi Pierce | 12 | N. Lincoln | 3:20.89 |
| 12 Paisley Stepp | 12 | W. Henderson | 3:22.40 |
| 13 Kylee Dinterman | 10 | Currituck Co | 3:27.10 |

Event 28 Boys 1000 Meter Run

| Name | Yr | School | Finals |
|---------------------|----|--------------|------------|
| 1 Ethan Tolar | 12 | W. Johnston | 2:35.48 10 |
| 2 Nicholas Epps | 12 | S. Guilford | 2:36.04 8 |
| 3 James Wallace | 12 | Croatan | 2:36.69 6 |
| 4 Stephen Ferneti | 12 | N. Lincoln | 2:36.84 5 |
| 5 Logan Russo | 11 | Franklin | 2:38.30 4 |
| 6 Noah Guerrero | 10 | Croatan | 2:39.36 3 |
| 7 Bricen Burleson | 11 | South Rowan | 2:40.59 2 |
| 8 Gavin Jessup | 12 | Currituck Co | 2:40.66 1 |
| 9 Max Thompson | 10 | Kings Mtn | 2:42.22 |
| 10 Connor Bagwell | 12 | N. Lincoln | 2:44.04 |
| 11 Barrett Stork | 11 | Franklin | 2:44.04 |
| 12 John Ramirez | 12 | N. Buncombe | 2:44.51 |
| 13 Jackson Adams | 12 | Northwood | 2:52.54 |
| 14 Gabe Honeycutt | 12 | Jesse Carson | 2:54.17 |
| 15 Trey Austin | 11 | Croatan | 2:54.98 |
| 16 Emanuel Williams | 12 | Central Acad | 2:57.33 |
| 17 Noah Nielson | 11 | Northwood | 3:02.05 |
| --- Preston Gantt | 12 | W. Harnett | DNF |
| --- Harper Clark | 12 | W. Johnston | DNF |

Event 29 Girls 300 Meter Dash

| Name | Yr | School | Finals |
|------------------|----|--------------|----------|
| 1 Tianna Spinks | 10 | S. Guilford | 39.96 10 |
| 2 Janya Moore | 12 | Ben L. Smith | 40.36 8 |
| 3 Ja'Naya Linder | 11 | Atkins | 41.49 6 |

| | | | |
|----------------------|----|--------------|---------|
| 4 Briana St Louis | 10 | Union Pines | 41.57 5 |
| 5 Gabrielle Cheek | 11 | Dudley | 42.04 4 |
| 6 Kira Jones | 9 | Rocky Mount | 42.93 3 |
| 7 Navia Coles | 9 | NE Guilford | 42.97 2 |
| 8 Rachel Tolbert | 10 | South Point | 43.00 1 |
| 9 Arie'anna Rufus | 10 | Franklinton | 43.13 |
| 10 Nathalya Daniels | 12 | Dudley | 43.33 |
| 11 Nilijah Darden | 10 | Dudley | 43.39 |
| 12 Layla Bryant | 10 | Swansboro | 43.68 |
| 13 Jasmine Banks | 11 | W. Henderson | 44.04 |
| 14 Zaniya LittleJohn | 11 | W. Charlotte | 44.09 |
| 15 Re'Anna Falls | 10 | Fred T Foard | 44.37 |
| 16 Tyler Collins | 11 | W. Carteret | 44.43 |
| 17 Grace Guilford | 12 | W. Carteret | 44.53 |
| 18 Ginger Hayden | 12 | Croatan | 45.52 |
| 19 Kristian Gwynn | 11 | NE Guilford | 45.69 |
| 20 KeSondra Pickett | 11 | Rocky Mount | 48.68 |
| --- Hope Smith | 11 | Franklin | DNF |

Event 30 Boys 300 Meter Dash

| Name | Yr | School | Finals |
|---------------------------|----|-----------------|----------|
| 1 Allen Barnes | 12 | N. Nash | 35.07 10 |
| 2 Jaylen Roseboro | 11 | East Lincoln | 35.93 8 |
| 3 Elijah Cochran | 11 | Franklin | 36.04 6 |
| 4 Nick Blackston | 12 | S. Guilford | 36.19 5 |
| 5 Riley Potter | 10 | Orange | 36.43 4 |
| 6 Ian Hicks | 12 | W. Henderson | 36.43 3 |
| 7 Adrian Jacobs | 12 | Durham Sch Arts | 36.46 2 |
| 8 Brendan Henby | 12 | W. Henderson | 36.59 1 |
| 9 Yazeare Pearsall-Garcia | 12 | Cape Fear | 36.60 |
| 10 Peyton Wheeler | 10 | W. Carteret | 36.66 |
| 11 Kamaal Ryan | 9 | Dudley | 36.71 |
| 12 Jayden Diggs | 12 | S. Guilford | 36.72 |
| 13 Cameron Walker | 11 | Ledford | 36.80 |
| 14 Donovan Estes | 12 | Franklinton | 36.81 |
| 15 Curtavis Ervin | 12 | HP Central | 36.84 |
| 16 Titus Myers | 12 | Statesville | 37.00 |
| 17 Jailen Hicks | 12 | Dudley | 37.22 |
| 18 Denzel Foster | 12 | Dudley | 37.24 |
| 19 Nicholas Vick | 12 | East Wake | 37.31 |
| 20 Justin Wax | 11 | Croatan | 37.77 |
| 21 Evan Byrd | 11 | Pisgah | 37.96 |
| 22 Isaiah Roots | 12 | Franklin | 38.17 |
| 23 Caleb Mason | 12 | Richlands | 38.41 |
| 24 Tylique Aldridge | 10 | Forestview | 38.46 |
| --- Jordan Bobbitt | 12 | N. Nash | DNF |
| --- Keenan Mintz | 11 | White Oak | DNF |

Event 33 Girls 3200 Meter Run

| Name | Yr | School | Finals |
|---------------------|----|--------------|-------------|
| 1 Morgan Miller | 9 | First Flight | 11:29.20 10 |
| 2 Bella Wood | 11 | N. Lincoln | 11:31.82 8 |
| 3 Avery Mays | 11 | N. Buncombe | 11:45.14 6 |
| 4 Breanna Budzinski | 11 | W. Henderson | 11:47.60 5 |

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Results

Finals ... (Event 33 Girls 3200 Meter Run)

| Name | Yr | School | Finals |
|---------------------|----|--------------|------------|
| 5 Grace Lane | 12 | Central Acad | 11:51.62 4 |
| 6 Macy Parks | 12 | N. Lincoln | 11:56.81 3 |
| 7 Olivia Ferraro | 9 | N. Lincoln | 12:05.33 2 |
| 8 Rayna Vanness | 11 | W. Henderson | 12:11.61 1 |
| 9 Noelle Houlihan | 10 | W. Henderson | 12:16.84 |
| 10 Ellie Harrington | 11 | S. Brunswick | 12:46.74 |

Event 34 Boys 3200 Meter Run

| Name | Yr | School | Finals |
|--------------------|----|--------------|------------|
| Finals | | | |
| 1 Eli Julian | 11 | South Rowan | 9:35.88 10 |
| 2 Harper Clark | 12 | W. Johnston | 9:54.41 8 |
| 3 Will Downs | 11 | Atkins | 9:56.32 6 |
| 4 Stephen Ferneti | 12 | N. Lincoln | 10:02.38 5 |
| 5 Caleb Phillips | 12 | Smoky Mtn | 10:03.18 4 |
| 6 Gavin Jansen | 10 | Central Acad | 10:06.42 3 |
| 7 Hudson Rice | 11 | W. Henderson | 10:10.53 2 |
| 8 Tyrese Cone | 11 | Croatan | 10:12.87 1 |
| 9 Mirko Glavan | 12 | N. Lincoln | 10:27.66 |
| 10 Noah Nielson | 11 | Northwood | 10:34.35 |
| --- Connor Bagwell | 12 | N. Lincoln | DNF |

Event 35 Girls 4x400 Meter Relay

| Team | Relay | Finals |
|-------------------------|---------------------------|------------|
| Finals | | |
| 1 West Carteret | A | 4:06.92 10 |
| 1) Isabella Mennella 11 | 2) Ryan Germain 11 | |
| 3) Tyler Collins 11 | 4) Grace Guilford 12 | |
| 2 Franklin | A | 4:12.03 8 |
| 1) Isabelle Duchemin 12 | 2) Laura Covarrubias 10 | |
| 3) Michelle Ortega 9 | 4) Hope Smith 11 | |
| 3 North Buncombe | A | 4:12.67 6 |
| 1) Eden Barnwell 11 | 2) Maya Flynn 11 | |
| 3) Bailey Barrett 9 | 4) Sophia Banks 10 | |
| 4 Atkins | A | 4:13.51 5 |
| 1) Ja'Naya Linder 11 | 2) Morgan Anthony 11 | |
| 3) Aiyana Hale 12 | 4) Oni Ezeigbo 9 | |
| 5 North Lincoln | A | 4:18.63 4 |
| 1) Haylee Gibson 10 | 2) Bella Green 10 | |
| 3) Blythe Jaworsky 10 | 4) Kirsten Putnam 10 | |
| 6 West Henderson | A | 4:21.72 3 |
| 1) Alysia Madera 10 | 2) Jasmine Banks 11 | |
| 3) Paisley Stepp 12 | 4) Emma Hall 11 | |
| 7 Durham Sch Arts | A | 4:21.75 2 |
| 1) Addison Bartlett 12 | 2) Victoria Simeonova 9 | |
| 3) Malayna McDaniel 11 | 4) Kelci Lucas 9 | |
| 8 Dudley | A | 4:24.36 1 |
| 1) Dorothy Braswell 11 | 2) Tyla Gamble 12 | |
| 3) Nilijah Darden 10 | 4) Tanzania Washington 12 | |
| 9 Northwest Cabarrus | A | 4:24.51 |
| 1) Ceaire Barringer 10 | 2) Yamone Oo 10 | |
| 3) Erica Murdock 12 | 4) Mariah Logan 9 | |

| | | |
|-----------------------------|------------------------|---------|
| 10 White Oak | A | 4:26.14 |
| 1) Skylar Stack 11 | 2) Amaiya Williams 10 | |
| 3) Taleyah Palmer 11 | 4) Annabella Rivers 12 | |
| 11 E.E. Smith | A | 4:26.39 |
| 1) MiKoyia Murphy 9 | 2) Armani Kee 12 | |
| 3) Briyana Tillman 12 | | |
| 12 Tuscola | A | 4:27.18 |
| 1) Skylar Ball 10 | 2) Hannah Downs 10 | |
| 3) Olivia Arnold 9 | 4) Eva Rinker 12 | |
| 13 Ashe County | A | 4:27.67 |
| 1) Emmi Cheek 11 | 2) Abigail McClure 12 | |
| 3) Emma Durr 12 | 4) Abilene Dollar 11 | |
| 14 Franklinton | A | 4:29.85 |
| 1) Gisele Dulnuan-Kersey 11 | 2) Aliya Hicks 10 | |
| 3) Reagan Yeatts 9 | 4) Arie'anna Rufus 10 | |
| 15 Union Pines | A | 4:36.45 |
| 1) Janie Spicer 11 | 2) Clara Kellner 11 | |
| 3) Annika Stark 11 | 4) Briana St Louis 10 | |
| 16 Carrboro | A | 4:40.88 |
| 1) Djina Alicante-Stuesse 9 | 2) Zadi Taylor 10 | |
| 3) Mila Rappold 10 | 4) Lillian Lagarde 9 | |
| --- Pisgah | A | DQ |
| 1) Sierra Early 12 | 2) Ariel McElreath 12 | |
| 3) Mattie Dorlan 10 | 4) Avery Ponder 11 | |
| --- Croatan | A | DQ |
| 1) Paige Merrell 12 | 2) Tessa McFarland 11 | |
| 3) Kennedy Zaiden 12 | 4) Lexi Tripp 9 | |

Event 36 Boys 4x400 Meter Relay

| Team | Relay | Finals |
|-----------------------------|--------------------------|------------|
| Finals | | |
| 1 Croatan | A | 3:26.47 10 |
| 1) Cooper Stephens 10 | 2) Brayden Stephens 12 | |
| 3) Luke Nicolajsen 11 | 4) Matthew Quispe 11 | |
| 2 Williams, Walter M | A | 3:30.86 8 |
| 1) Clifton Davis 12 | 2) Zion Amadi 11 | |
| 3) Jacob Marquis 12 | 4) Caleb Fogleman 12 | |
| 3 West Carteret | A | 3:31.25 6 |
| 1) Da-Ryan Williams 12 | 2) Peyton Wheeler 10 | |
| 3) Hunter Guthrie 12 | 4) Landon Gray 12 | |
| 4 Southern Guilford | A | 3:33.98 5 |
| 1) Jakai Dixon 11 | 2) Issac Oppong 11 | |
| 3) Corey Burgess 11 | 4) Jerron Copper 12 | |
| 5 North Lincoln | A | 3:35.26 4 |
| 1) Caden Ayers 12 | 4) Immanuel Mayner 12 | |
| 3) Kolton Hodges 12 | | |
| 6 Atkins | A | 3:35.36 3 |
| 1) Zare Friend 11 | 2) William Roehrenbeck 9 | |
| 3) Zechariah Duke-Graves 10 | 4) David Neal 11 | |
| 7 Franklin | A | 3:37.66 2 |
| 1) Elijah Cochran 11 | 2) Isaiah Roots 12 | |
| 3) Adam Rogers 10 | 4) Logan Russo 11 | |
| 8 Dudley | A | 3:38.17 1 |
| 1) Denzel Foster 12 | 2) Terrence Oates 12 | |
| 3) Shawn Seagraves 12 | 4) Rory Baker 12 | |

NCHSAA 3A Indoor Track State Championships - 2/10/2023

JDL Fast Track

Results

Finals ... (Event 36 Boys 4x400 Meter Relay)

| Team | Relay | Finals |
|-------------------------------|------------------------|---------|
| 9 Cape Fear | A | 3:40.03 |
| 1) Yazeare Pearsall-Garcia 12 | 2) Taylor Woodard 11 | |
| 3) Tristan Sexton 11 | 4) Khalil Marshall 10 | |
| 10 Durham Sch Arts | A | 3:41.26 |
| 1) Adrien Jacobs 12 | 2) Jacob Franke 12 | |
| 3) Liam Markham 11 | | |
| 11 West Henderson | A | 3:41.31 |
| 1) Tayman Howell 10 | 2) Ian Hicks 12 | |
| | 4) Brendan Henby 12 | |
| 12 North Brunswick | A | 3:41.41 |
| 1) William Jones 10 | 2) Jayden Armstrong 12 | |
| 3) Timothy White 11 | 4) Fabian Mendoza 12 | |
| 13 Northwood | A | 3:41.59 |
| 1) Ethan Wilson 12 | 2) William Johnson 9 | |
| 3) Cabot Priddle 12 | 4) Jackson Adams 12 | |
| 14 Central Acad | A | 3:42.25 |
| | 2) Timothy Parsons 9 | |
| 15 Northern Nash | A | 3:42.56 |
| 1) Jordan Bobbitt 12 | 2) Allen Barnes 12 | |
| 3) Jaden Jones 11 | 4) Jayvien Fenner 12 | |
| 16 North Buncombe | A | 3:46.46 |
| 1) Jesse Cook 12 | 2) Cyrus Ervin 12 | |
| 3) Gabe Ferguson 10 | 4) John Ramirez 12 | |
| 17 Swansboro | A | 3:46.82 |
| 1) Jeremiah Rodriguez 10 | 2) Rashawn Bell 10 | |
| 3) Trevor Martin 11 | 4) Jack Lees 11 | |
| 18 Union Pines | A | 3:47.59 |
| 1) Jack Binon 10 | 2) Jaydon Sterling 9 | |
| | 4) Cannon Jahn 12 | |
| 19 Orange | A | 3:47.85 |
| 1) Leviant Lewis 12 | 2) Kairee Jones 12 | |
| 3) Aidan McCollick 12 | 4) Riley Potter 10 | |
| 20 White Oak | A | 3:49.00 |
| 1) Jacob Mueller 12 | 2) Keenan Mintz 11 | |
| 3) Jeremiah Gill 10 | 4) Mark Pinnock 12 | |
| 21 Rocky Mount | A | 3:51.31 |
| 1) Joe Lewis 11 | 2) Jaedon Kearney 11 | |
| 3) Javon Leary 12 | 4) Jaylen Williams 10 | |
| --- Franklinton | A | DQ |
| 1) Noah Hannah 9 | 2) Donovan Estes 12 | |
| 3) Kyri Davis 9 | 4) Donnell Privette 12 | |

Women - Team Rankings - 15 Events Scored

| | |
|----------------------|------|
| 1) Dudley | 50 |
| 2) Franklin | 49 |
| 3) North Lincoln | 44 |
| 4) Southern Guilford | 36 |
| 5) West Carteret | 34 |
| 6) West Henderson | 33 |
| 7) North Buncombe | 32 |
| 8) First Flight | 24 |
| 9) Union Pines | 21.5 |
| 10) Atkins | 21 |
| 10) Stuart W. Cramer | 21 |
| 12) Croatan | 18 |

| | |
|-----------------------------------|-----|
| 13) Durham School of the Arts | 17 |
| 13) Swansboro | 17 |
| 15) Statesville | 14 |
| 16) Ben L. Smith | 12 |
| 17) Northside (3A) | 11 |
| 18) Freedom | 10 |
| 18) Ashbrook | 10 |
| 20) Central Academy of Technology | 9 |
| 21) Central Davidson | 8 |
| 21) Ashe County | 8 |
| 21) Franklinton | 8 |
| 24) Pisgah | 7 |
| 25) Hibrten | 6 |
| 25) Aycock, Charles B | 6 |
| 25) Northwest Cabarrus | 6 |
| 25) Tuscola | 6 |
| 29) Rose, J.H. | 5 |
| 29) Rocky Mount | 5 |
| 29) South Rowan | 5 |
| 29) North Brunswick | 5 |
| 29) St. Stephens | 5 |
| 34) South Point | 4 |
| 34) Cape Fear | 4 |
| 34) Fike High School | 4 |
| 34) Northeast Guilford | 4 |
| 38) Orange | 2.5 |
| 39) Northwood | 1 |
| 39) Ledford | 1 |

Men - Team Rankings - 15 Events Scored

| | |
|----------------------------------|------|
| 1) Franklin | 60.5 |
| 2) Croatan | 49 |
| 3) North Lincoln | 46 |
| 4) Durham School of the Arts | 40 |
| 5) Dudley | 35 |
| 6) West Henderson | 28 |
| 7) West Johnston | 25.5 |
| 8) Southern Guilford | 23 |
| 9) Central Academy of Technology | 18 |
| 10) Northwood | 17 |
| 10) Atkins | 17 |
| 12) Ledford | 16 |
| 13) Franklinton | 15 |
| 14) Williams, Walter M | 13 |
| 15) South Rowan | 12 |
| 15) Northern Nash | 12 |
| 17) Union Pines | 10 |
| 17) Eastern Alamance | 10 |
| 17) Rocky Mount | 10 |
| 17) Northside (3A) | 10 |
| 21) Jacksonville | 9 |
| 21) West Carteret | 9 |
| 23) East Lincoln | 8 |
| 23) Smoky Mountain | 8 |
| 23) Statesville | 8 |
| 23) Southern Durham | 8 |
| 27) East Rowan | 6 |
| 27) E.E. Smith | 6 |
| 27) Swansboro | 6 |
| 27) White Oak | 6 |

NCHSAA 3A Indoor Track State Championships - 2/10/2023

JDL Fast Track

Results

| | |
|-----------------------|---|
| 31) North Brunswick | 5 |
| 31) Ben L. Smith | 5 |
| 33) Jesse Carson | 4 |
| 33) Cape Fear | 4 |
| 33) Orange | 4 |
| 33) Rose, J.H. | 4 |
| 37) South Point | 3 |
| 37) North Buncombe | 3 |
| 37) Aycock, Charles B | 3 |
| 37) Hibriten | 3 |
| 37) Currituck County | 3 |
| 42) Parkwood | 1 |
| 42) Central Davidson | 1 |
| 42) Southern Nash | 1 |