

## CROSS COUNTRY

### STATE RECORDS

(updated through 2013 meets)

#### MEN

| CLASS | NAME         | SCHOOL          | YEAR | TIME     |
|-------|--------------|-----------------|------|----------|
| 1A    | Zach Boone   | Mitchell        | 2013 | 15:51.84 |
| 2A    | Aaron Keller | North Henderson | 1996 | 15:41.0  |
| 3A    | Philip Hall  | Terry Sanford   | 2013 | 15:07.55 |
| 4A    | Matt Debole  | Mount Tabor     | 2001 | 15:01.6  |

#### BEST TEAM SCORES

| CLASS | SCHOOL            | SCORE | YEAR |
|-------|-------------------|-------|------|
| 1A    | Surry Central     | 20    | 2003 |
| 2A    | West Henderson    | 29    | 1983 |
| 3A    | Sun Valley        | 22    | 1987 |
| 4A    | North Mecklenburg | 38    | 2001 |

#### WOMEN

| CLASS | NAME                | SCHOOL         | YEAR | TIME     |
|-------|---------------------|----------------|------|----------|
| 1A    | Ariel Glassman      | Hendersonville | 1999 | 18:17.7  |
| 2A    | Maysa Araba         | Carrboro       | 2013 | 18:03.56 |
| 1A/2A | Karen Godlock       | Polk County    | 1992 | 17:24.9  |
| 3A    | Sarah Vance-Goodman | T.C. Roberson  | 1996 | 17:24.7  |
| 4A    | Sammy George        | Millbrook      | 2011 | 17:27.19 |

#### BEST TEAM SCORES

| CLASS | SCHOOL           | SCORE | YEAR |
|-------|------------------|-------|------|
| 1A    | Murphy           | 36    | 1997 |
| 2A    | Cardinal Gibbons | 21    | 2007 |
| 3A    | Sun Valley       | 26    | 1989 |
| 4A    | Chapel Hill      | 28    | 1984 |

**KERNERSVILLE CHAMPIONSHIP COURSE RECORDS**  
Ivey M. Redmon Sports Complex, formerly known as Beeson Park

| <b>WOMEN</b> |                    |                  |             |             |
|--------------|--------------------|------------------|-------------|-------------|
| <b>CLASS</b> | <b>NAME</b>        | <b>SCHOOL</b>    | <b>YEAR</b> | <b>TIME</b> |
| 1A           | Carol Blankenship  | East Wilkes      | 2010        | 18:48.75    |
| 2A           | Maysa Araba        | Carrboro         | 2013        | 18:03.56    |
| 3A           | Mary Grace Doggett | Cardinal Gibbons | 2013        | 17:57.07    |
| 4A           | Sammy George       | Millbrook        | 2011        | 17:27.19    |

| <b>MEN</b>   |                |               |             |             |
|--------------|----------------|---------------|-------------|-------------|
| <b>CLASS</b> | <b>NAME</b>    | <b>SCHOOL</b> | <b>YEAR</b> | <b>TIME</b> |
| 1A           | Zach Boone     | Mitchell      | 2013        | 15:51.84    |
| 2A           | A.J. Tucker    | Cedar Ridge   | 2012        | 15:53.03    |
| 3A           | Phillip Hall   | Terry Sanford | 2013        | 15:07.55    |
| 4A           | Bakri Abushouk | Cary          | 2012        | 15:13.57    |

**TANGLEWOOD PARK CHAMPIONSHIP COURSE RECORDS**

| <b>WOMEN</b> |                   |                   |             |             |
|--------------|-------------------|-------------------|-------------|-------------|
| <b>CLASS</b> | <b>NAME</b>       | <b>SCHOOL</b>     | <b>YEAR</b> | <b>TIME</b> |
| 1A           | Zatha Loewen      | Topsail           | 2006        | 19:22.76    |
| 2A           | Heather Beichner  | Cardinal Gibbons  | 2007        | 18:48.58    |
| 3A           | Kenyatta Iyerbele | Olympic           | 2008        | 19:06.86    |
| 4A           | Kim Spano         | North Mecklenburg | 2008        | 18:04.02    |

| <b>MEN</b>   |               |               |             |             |
|--------------|---------------|---------------|-------------|-------------|
| <b>CLASS</b> | <b>NAME</b>   | <b>SCHOOL</b> | <b>YEAR</b> | <b>TIME</b> |
| 1A           | Kyle Ingram   | Hayesville    | 2006        | 16:21.30    |
| 2A           | Miguel Ocampo | Surry Central | 2005        | 16:09.36    |
| 3A           | Ryan Hill     | Hickory       | 2007        | 15:30.75    |
| 4A           | Jack Bolas    | Chapel Hill   | 2005        | 15:33.10    |