

NCHSAA OUTDOOR TRACK AND FIELD STATE CHAMPIONS

WOMEN CLASS A/AA

EVENT	YEAR	NAME	SCHOOL	RECORD
SHOTPUT	1986	Janene McClure	Hendersonville	37' 03.00"
	1987	Janene McClure	Hendersonville	39'09.50"
	1988	Janene McClure	Hendersonville	42' 05.00"
	1989	Janet Clark	North Stokes	38' 00.00"
	1990	Zondra Johnson	Hendersonville	36' 03.75"
	1991	Zondra Johnson	Hendersonville	37' 04.00"
	1992	Zondra Johnson	Hendersonville	39' 02.50"
	1993	Joyce Land	Williamston	34' 04.50"
DISCUS	1986	Ann Walters	Monroe	112' 03.00"
	1987	Janene McClure	Hendersonville	130' 05.00"
	1988	Janene McClure	Hendersonville	130' 06.50"
	1989	Wendy Moss	Murphy	117' 03.00"
	1990	Ebony Lloyd	Murphy	113' 08.75"
	1991	Darlene Vick	Farmville Central	115' 10.00"
	1992	Darlene Vick	Farmville Central	118' 02.00"
	1993	Amy Vincent	Farmville Central	120' 01.00"
LONG JUMP	1986	Linda Bryant	Manteo	18' 09.50"
	1987	Sandra Davis	Polk Central	19' 02.50"
	1988	Christy Cagle	Hayesville	17' 09.75"
	1989	Nikki Harris	North Stanly	17' 11.00"
	1990	Christy Cagle	Hayesville	16' 10.00"
	1991	Nikki Harris	North Stanly	18' 04.50"
	1992	Nikki Harris	North Stanly	19' 02.00"
	1993	Amanda Johnson	East Carteret	18' 07.75"
TRIPLE JUMP	1986	Tafoya Taylor	Albemarle	35' 09.00"
	1987	Crystal Sherrill	Salisbury	36' 04.50"
	1988	Cheryl Hopkins	Farmville Central	37' 07.75"
	1989	Nikki Friday	Lexington	39' 10.50"
	1990	Nikki Harris	North Stanly	36' 02.75"
	1991	Nikki Harris	North Stanly	38' 05.25"
	1992	Nikki Harris	North Stanly	39' 04.25"
	1993	Irene Johnson	West Brunswick	37' 00.25"
HIGH JUMP	1986	Melissa Rogers	SW Randolph	5' 06.00"
	1987	Melissa Rogers	Richlands	5' 06.00"
	1988	Susie Britt	Albemarle	5' 02.00"
	1989	Lola Jones	North Rowan	5' 04.00"
	1990	Shelly Whitaker	Randleman	5' 06.00"
	1991	Peace Shepherd	Swansboro	5' 06.00"
	1992	Saundra Teel	East Carteret	5' 04.00"
	1993	Kim McPhatter	Union Pines	5' 04.00"
3200 METER RELAY	1986	Did Not Offer Event		
	1987	Did Not Offer Event		
	1988		Lejeune	10: 11.33
	1989		Lejeune	10: 00.43
	1990		Polk County	10: 04.30
	1991		Polk County	9: 56.36
	1992		Polk County	10: 06.70
	1993		Polk County	10: 20.72
100 METER HIGH HURDLES	1986	Lisa Taylor	Salisbury	15.46
	1987	Lisa Taylor	Salisbury	15.52
	1988	Monica Teeter	Mooresville	15.83
	1989	Beth Burleson	Mitchell	15.73
	1990	Beth Burleson	Mitchell	15.20
	1991	Sara White	Surry Central	15.32
	1992	Sara White	Surry Central	15.31
	1993	Sara White	Surry Central	15.10
100 METER DASH	1986	Linda Bryant	Manteo	11.90

1987	Rachel Small	Lexington	12.26
1988	Tammy Ballard	North Brunswick	12.62
1989	Rachel Small	Lexington	12.63
1990	Melissa Harris	West Montgomery	12.79
1991	Nikki Harris	North Stanly	12.51
1992	Amanda Johnson	East Carteret	12.59
1993	Amanda Johnson	East Carteret	12.41

800 METER RUN	1986			
	1987	Maria Trent	NCSSM	2: 25.22
	1988	Patty Shoaf	West Davidson	2: 23.45
	1989	Ros Hall	Murphy	2: 25.27
	1990	Claudia Newman	East Montgomery	2: 18.50
	1991	Karen Godlock	Polk County	2: 19.30
	1992	Karen Godlock	Polk County	2: 17.53
	1993	Karen Godlock	Polk County	2: 16.34
3200 METER RUN	1986			
	1987	Larissa Teigen	Lejeune	11: 59.33
	1988	Erin Smyth	Lejeune	11: 59.32
	1989	Erin Smyth	Lejeune	12: 01.99
	1990	Alex Reck	NCSSM	11: 53.91
	1991	Karen Godlock	Polk County	11: 28.84
	1992	Karen Godlock	Polk County	11: 25.36
	1993	Karen Godlock	Polk County	11: 14.00
200 METER DASH	1986			
	1987	Linda Bryant	Manteo	24.98
	1988	Annette Harris	South Granville	25.85
	1989	Rachel Small	Lexington	25.77
	1990	Annette Harris	South Granville	26.22
	1991	Cheryl Bowman	Forest Hills	26.58
	1992	Amanda Johnson	East Carteret	25.79
	1993	Amanda Johnson	East Carteret	25.79
400 METER DASH	1986	Mia Gibson	North Rowan	58.43
	1987	Melissa Rogers	Southwestern Randolph	57.37
	1988	Kresha Estes	South Granville	58.20
	1989	April Jackson	North Rowan	59.44
	1990	Charlene Steed	Louisburg	59.32
	1991	Tracey Burwell	South Granville	58.91
	1992	Mikki Dollyhigh	Surry Central	59.91
	1993	Brooke Chapman	Hendersonville	58.93
300 METER INT. HURDLES	1986	Pauline Rogers	Southwestern Randolph	46.81
	1987	Denita Watkins	North Stanly	46.26
	1988	Lisa Taylor	Salisbury	45.80
	1989	Zandra Hoyles	Salisbury	47.70
	1990	Sara White	Surry Central	45.89
	1991	Lee Anne Ross	South Stanly	46.96
	1992	Sara White	Surry Central	46.19
	1993	Sara White	Surry Central	44.90
800 METER RELAY	1986		Lejeune	1: 46.69
	1987		Albemarle	1: 45.45
	1988		Albemarle	1: 46.03
	1989		Lexington	1: 43.20
	1990		South Granville	1: 48.04
	1991		Forest Hills	1: 47.04
	1992		Red Springs	1: 46.57
	1993		Forest Hills	1: 44.79
1600 METER RUN	1986	Amy Bingham	NCSSM	5: 38.45
	1987	Maria Trent	NCSSM	5: 35.90
	1988	Erin Smyth	Lejeune	5: 24.49
	1989	Erin Smyth	Lejeune	5: 22.20
	1990	Julie Barba	Lejeune	5: 20.41
	1991	Karen Godlock	Polk County	5: 08.84
	1992	Karen Godlock	Polk County	5: 06.34
	1993	Karen Godlock	Polk County	5: 05.69
400 METER RELAY	1986		Lexington	50.51
	1987		Lexington	49.37
	1988		South Granville	49.59
	1989		Lexington	49.27
	1990		Chase	50.73
	1991		Chase	50.14
	1992		Forest Hills	50.43
	1993		Forest Hills	49.35

1600 METER RELAY

1986		
1987		
1988	Tryon	4: 06.64
1989	Albemarle	4: 08.45
1990	Randleman	4: 11.22
1991	Swansboro	4: 10.60
1992	Surry Central	4: 11.50
1993	Surry Central	4: 10.17

A/AA CLASS DIVIDED INTO TWO SEPARATE CLASSES

**WOMEN
CLASS A**

EVENT	YEAR	NAME	SCHOOL	RECORD
POLEVAULT	1999	Terri Matthews	Starmount	8' 00.00"
	2000	Terri Matthews	Starmount	9' 06.00"
	2001	Susan Shore	Starmount	9' 00.00"
	2002	Jessica Fowler	Hendersonville	10' 06.00"
	2003	Susan Shore	Starmount	9'06. 00"
	2004	Shea Snow	Starmount	10' 07.00"
	2005	Shea Snow	Starmount	10'00.00"
	2006	Melanie Frye	West Wilkes	9'06.00"
	2007	Caitlin Ritchie	South Stanly	9'06.00"
	2008	Gretta Eller	West Wilkes	9'00.00"
	2009	Jasmine Patterson	South Stanly	9'00.00"
	2010	Jasmine Patterson	South Stanly	9'06.00"
	2011	Tess Rogers	North Stokes	11'00.00"
	2012	Tess Rogers	North Stokes	10'06.00"
SHOTPUT	1994	Concita Simmons	North Stokes	35' 07.00"
	1995	Tonya Owens	Lakewood	33' 00.00"
	1996	Lashica Johnson	South Stanly	34' 02.00"
	1997	Tracy Pickett	Swansboro	38' 08.50"
	1998	Kenya Hackett	East Wilkes	34' 10.00"
	1999	Ebony Alston	Louisburg	38' 07.25"
	2000	BeverlyBurnett	Cummings	38' 10.25"
	2001	Beverly Burnett	Cummings	38' 03.25"
	2002	Shanara Mintz	Bessemer City	43' 04.75"
	2003	Tiffany McGaha	Andrews	37'09.00"
	2004	Kendall Ridenhour	Albermarle	38' 11.00"
	2005	Tiffany McGaha	Andrews	38'03.25"
	2006	Tiffany McGaha	Andrews	37'02.00"
	2007	Nikia Simmons	North Stokes	34'02.00"
	2008	Amanda Cagle	Cherokee	37'00.00"
	2009	Shandellah Martin	North Stokes	32'09.75"
	2010	Hailey Cook	Hendersonville	38'10.00"
	2011	Hailey Cook	Hendersonville	40'02.50"
	2012	Hailey Cook	Hendersonville	42'11.75"
DISCUS	1994	Concita Simmons	North Stokes	132' 07.00"
	1995	Tracy Pickett	Swansboro	106' 06.00"
	1996	Tracy Pickett	Swansboro	109' 07.00"
	1997	Tracy Pickett	Swansboro	112' 10.00"
	1998	Michelle Giudici	Elkin	115' 07.00"
	1999	Michelle Giudici	Elkin	126' 08.00"
	2000	Miranda Long	Cherokee	116' 09.50"
	2001	Miranda Long	Cherokee	118' 04.00"
	2002	Shanara Mintz	Bessemer City	118' 00.50"
	2003	Tiffany McGaha	Andrews	124'00.00"
	2004	Kendall Ridenhour	Albermarle	126'02.00"
	2005	Tiffany McGaha	Andrews	134'00.00"
	2006	Tiffany McGaha	Andrews	139'01.00"
	2007	Judith Dillashaw	Avery County	111'06.00"
	2008	Judith Dillashaw	Avery County	117'09.00"
	2009	Lynn Davis	Williamston	101'00.00"
	2010	Hailey Cook	Hendersonville	109'09.00"
	2011	Hailey Cook	Hendersonville	116'10.00"
	2012	Hailey Cook	Hendersonville	117'10.00"
LONG JUMP	1994	Marcia Colson	South Stanly	17' 04.75"
	1995	Marcia Colson	South Stanly	17' 08.25"
	1996	Conova Young	Lejeune	17' 00.83"
	1997	Taneshia Walker	Camden	16' 07.00"
	1998	Lisa Maliska	Haysville	17' 03.00"
	1999	Valesha Small	Dixon	17' 02.75"
	2000	Virginia Smith	Jordan Matthews	17' 03.00"
	2001	Katrelle Armwood	Durham School of the Arts	17' 05.50"
	2002	Katrelle Armwood	Durham School of the Arts	18' 05.25"
	2003	Jenny Alyn Scott	Surry Central	16'06.00"
	2004	Gerri-Lena White	Williamston	17' 00.50"
	2005	Erica Little	North Stokes	17'11.75"

	2006	Melanie Frye	West Wilkes	18'01.00"
	2007	Jasmine Young	East Columbus	17'06.00"
	2008	Jasmine Young	East Columbus	17'05.00"
	2009	Jania Bogle	Princeton	17'02.25"
	2010	Teaunna Cuthbertson	North Rowan	19'03.25"
	2011	Teaunna Cuthbertson	North Rowan	17'10.00"
	2012	Teaunna Cuthbertson	North Rowan	17'07.25"
TRIPLE JUMP	1994	Marcia Colson	South Stanly	34' 05.25"
	1995	Marcia Colson	South Stanly	35' 06.75"
	1996	Crystal Corbett	North Brunswick	34' 10.00"
	1997	Brandy McCullum	Lejeune	33' 03.25"
	1998	Deidre Mapp	Cummings	35' 03.50"
	1999	Katrelle Armwood	Durham Magnet	35' 04.75"
	2000	Paula Moore	Cummings	36' 05.25"
	2001	Paula Moore	Cummings	37' 10.25"
	2002	Katrelle Armwood	Durham School of the Arts	36' 03.00"
	2003	Jazmin Skipper	Mount Airy	34'03.00"
	2004	Eman Al-Aswadi	Durham School of the Arts	35' 09.75"
	2005	Eman Al-Aswadi	Durham School of the Arts	35'02.00"
	2006	Glasha Covington	Albemarle	35'09.00"
	2007	Joule Breedlove	Swain County	38'01.25"
	2008	Glasha Covington	Albemarle	38'03.75"
	2009	Jennifer Cousart	Highland Tech	34'06.50"
	2010	Jamie Glenn	Monroe	38'01.00"
	2011	Jamie Glenn	Monroe	34'08.50"
	2012	Jamie Glenn	Monroe	38'04.00"
HIGH JUMP	1994	Caroline Norton	Elkin	5' 00.00"
	1995	Julie Stackhouse	Hayesville	5' 04.50"
	1996	Julie Stackhouse	Hayesville	5' 00.00"
	1997	Julie Stackhouse	Hayesville	5' 04.00"
	1998	Gina Rosser	South Davidson	5' 05.00"
	1999	Gina Rosser	South Davidson	5' 04.00"
	2000	Shannon Meadows	Hendersonville	5' 02.00"
	2001	Shannon Meadows	Hendersonville	5' 08.00"
	2002	Chevon Keith	Union	5' 00.00"
	2003	Maya Bennett	East Surry	5' 05.00"
	2004	Jessica Peaks	Durham School of the Arts	5' 02.00"
	2005	Jessica Peaks	Durham School of the Arts	5'04.00"
	2006	Brittany Alston	Jordan-Matthews	5'02.00"
	2007	Sarah Herd	Cherryville	5'02.00"
	2008	Shaquiela Robinson	South Robeson	5'02.00"
	2009	Shaquiela Robinson	South Robeson	5'06.00"
	2010	Shaquiela Robinson	South Robeson	5'04.00"
	2011	Stephanie Johnson	Andrews	5'04.00"
	2012	Makayla Roten	West Wilkes	5'04.00"
3200 METER RELAY	1994		Murphy	10: 36.79
	1995		Murphy	10: 16.60
	1996		Murphy	10: 19.09
	1997		Murphy	10: 14.41
	1998		Murphy	10: 15.68
	1999		Hayesville	10: 30.30
	2000		Hayesville	10: 29.10
	2001		Hendersonville	10: 09.60
	2002		Hendersonville	9: 55.25
	2003		South Stokes	10:20:64
	2004		Surry Central	10:13.70
	2005		Durham School of the Arts	10:15.54
	2006		Hayesville	10:08.72
	2007		Hayesville	10:08.37
	2008		East Wilkes	9:57.28
	2009		East Wilkes	9:53.04
	2010		NC Science & Math	9:50.11
	2011		Gracy Stone Day	9:52.07
	2012		Mount Airy	9:42.16
100 METER HIGH HURDLES	1994	Julie Stackhouse	Hayesville	16.46
	1995	Julie Stackhouse	Hayesville	15.72
	1996	Julie Stackhouse	Hayesville	16.02
	1997	Julie Stackhouse	Hayesville	15.45
	1998	Deidre Mapp	Cummings	15.75

	1999	Ebony Cunningham	Polk County	15.81
	2000	Katrelle Armwood	Durham School of the Arts	15.64
	2001	Chandra Pulliam	Cummings	14.35
	2002	Katrelle Armwood	Durham School of the Arts	15.38
	2003	Melinda Mayfield	Durham School of the Arts	15.84
	2004	Kenya Kerr	Hendersonville	16.41
	2005	Michelle Bracey	Williamston	16.26
	2006	Melanie Frye	West Wilkes	16.05
	2007	Joanna Davis	South Stokes	16.25
	2008	Natalie Moreland	Mount Airy	16.262
	2009	Camille Wilkerson	Winston-Salem Prep	15.31
	2010	Teaunna Cuthbertson	North Rowan	15.14
	2011	Meloney Ramos	North Rowan	15.41
	2012	Reneazia Collins	Monroe	15.48
100 METER DASH	1994	Wendy Wilson	Chatham Central	13.14
	1995	Conova Young	Lejeune	12.91
	1996	Conova Young	Lejeune	12.67
	1997	Conova Young	Lejeune	12.48
	1998	Shayla Horne	Bladenboro	12.49
	1999	Shalyce Smith	James Kenan	12.79
	2000	Shalyce Smith	James Kenan	12.62
	2001	Cynethia Rooks	Northampton-West	12.52
	2002	Evette Brown	South Stokes	12.24
	2003	Cynethia Rooks	Northampton-West	12.33
	2004	Evette Brown	South Stokes	12.18
	2005	Christina Gray	North Brunswick	12.50
	2006	Jania Bogle	Princeton	12.69
	2007	Jania Bogle	Princeton	12.35
	2008	Jania Bogle	Princeton	12.47
	2009	Jania Bogle	Princeton	12.25
	2010	Leroya Banks	Perquimans	12.30
	2011	Leroya Banks	Perquimans	12.10
	2012	Chasity Roberts	Jones	12.41
800 METER RUN	1994	Jill Lawrence	Surry Central	2: 31.1
	1995	Cathy Pryor	South Davidson	2: 28.8
	1996	Julie Stackhouse	Hayesville	2: 20.70
	1997	Julie Stackhouse	Hayesville	2: 22.82
	1998	Jennifer Dimsdale	Polk County	2: 21.60
	1999	Jennifer Dimsdale	Polk County	2: 25.12
	2000	Jessica Heitpas	Rosewood	2: 26.66
	2001	Jessica Heitpas	Rosewood	2: 24.12
	2002	Shea Tamey	Murphy	2: 21.00
	2003	Kayla Robertson	Surry Central	2: 22.43
	2004	Kayla Robertson	Surry Central	2:24.81
	2005	Chelsie Dillard	North Stokes	2:26.57
	2006	Chelsie Dillard	North Stokes	2:26.42
	2007	Tara Lindeman	Hendersonville	2:20.83
	2008	Tara Lindeman	Hendersonville	2:15.56
	2009	Chelsea Treadway	Swain County	2:20.47
	2010	Chelsea Treadway	Swain County	2:19.50
	2011	Chelsea Treadway	Swain County	2:14.70
	2012	Hunter Latimer	Gray Stone	2:21.94
3200 METER RUN	1994	Jenny Warford	Jordan-Matthews	12: 31.93
	1995	Laura Wilson	Murphy	12: 01.65
	1996	Jenny Warford	Jordan-Matthews	11: 59.59
	1997	Jamie Hollingsworth	Rosewood	12: 14.41
	1998	Jennifer Dimsdale	Polk County	12: 25.39
	1999	Ariel Glassman	Hendersonville	11: 20.78
	2000	Erika Schneble	Hendersonville	12: 49.26
	2001	Erika Schneble	Hendersonville	11: 22.24
	2002	Erika Schneble	Hendersonville	11: 00.97
	2003	Kasey Smith	South Stokes	11: 51.54
	2004	Summer Graham	Princeton	12:03.09
	2005	Elisabeth Elliot	Polk County	12:03.13
	2006	Elisabeth Elliot	Polk County	11:57.21
	2007	Elizabeth Humphries	Jordan-Matthews	12:03.05
	2008	Kristen Stout	Hendersonville	11:39.70
	2009	Faith Trammell	Robinsville	11:49.07
	2010	Carol Blankenship	East Wilkes	11:29.54
	2011	Kristen Stout	Hendersonville	11:53.25

	2012	Kristen Parries	Mount Airy	12:10.51
200 METER DASH	1994	Julie Stackhouse	Hayesville	27.25
	1995	Julie Stackhouse	Hayesville	26.98
	1996	Angela Grissett	South Robeson	25.78
	1997	Conova Young	Lejeune	26.01
	1998	Rachel McEntyre	Polk County	25.57
	1999	Shalyce Smith	James Kenan	26.44
	2000	Shalyce Smith	James Kenan	25.99
	2001	Cynethia Rooks	Northampton-West	25.67
	2002	Evette Brown	South Stokes	25.52
	2003	Ebony Robinson	Durham School of the Arts	25.64
	2004	Evette Brown	South Stokes	25.87
	2005	Shaquita Copeland	Perquimans	25.96
	2006	Shaquita Copeland	Perquimans	26.16
	2007	Jania Bogle	Princeton	25.99
	2008	Jania Bogle	Princeton	25.30
	2009	Leroya Banks	Perquimans	24.86
	2010	Leroya Banks	Perquimans	25.37
	2011	Chasity Roberts	Jones	25.38
	2012	Janieyah Collins	Monroe	25.22
400 METER DASH	1994	Jill Lawrence	Surry Central	59.92
	1995	Shalisha Greg	Elkin	1:02.00
	1996	Erin Gubit	Northhampton East	1:01.44
	1997	Julie Stackhouse	Hayesville	57.80
	1998	Latoya Walters	Cummings	1:00.08
	1999	Kristal Troy	Tar 'Heel	59.82
	2000	Vanessa Lambert	Swain County	59.27
	2001	Cynethia Rooks	Northampton-West	57.40
	2002	Mary Mayfield	Durham School of the Arts	57.46
	2003	Cynethia Rooks	Northhampton-West	57.41
	2004	Christina Gray	North Brunswick	57.75
	2005	Christina Gray	North Brunswick	58.04
	2006	Shaquita Copeland	Perquimans	58.66
	2007	Chelsea Mudd	South Stokes	1:01.11
	2008	Trisha Bennett	Winston-Salem Prep	58.70
	2009	Trisha Bennett	Winston-Salem Prep	57.56
	2010	Colleen McGuire	NC Science & Math	58.31
	2011	Holly Gaines	Chatham Central	59.06
	2012	Reneazia Collins	Monroe	57.41
300 METER INT HURDLES	1994	Julie Stackhouse	Hayesville	47.86
	1995	Julie Stackhouse	Hayesville	45.83
	1996	Deanne Wood	Surry Central	47.50
	1997	Shayla Horne	Bladenboro	46.60
	1998	Deidre Mapp	Cummings	46.36
	1999	Katrelle Armwood	Durham Magnet	45.92
	2000	Allison Adams	East Wilkes	47.80
	2001	Chandra Pulliam	Cummings	45.23
	2002	Katrelle Armwood	Durham School of the Arts	45.80
	2003	Jessica Autry	Midway	47.47
	2004	Alexis Jenkins	North Brunswick	47.18
	2005	Alexis Jenkins	North Brunswick	47.18
	2006	Natalie Moreland	Mount Airy	46.69
	2007	Saresa Hudson	Pender	46.84
	2008	Maggie Conner	Polk County	46.54
	2009	Camille Wilkerson	Winston-Salem Prep	44.55
	2010	Sararesa Hudson	Pender	45.58
	2011	Janieyah Collins	Monroe	45.29
	2012	Janieyah Collins	Monroe	45.34
800 METER RELAY	1994		North Brunswick	1:52.48
	1995		Union	1:52.70
	1996		Union	1:48.49
	1997		Lakewood	1:48.04
	1998		Polk County	1:45.57
	1999		Polk County	1:45.12
	2000		Cummings	1:47.80
	2001		Red Springs	1:48.74
	2002		Durham School of the Arts	1:44.35
	2003		Durham School of the Arts	1:46.47
	2004		Durham School of the Arts	1:44.60

	2005		Durham School of the Arts	1:47.74
	2006		Albemarle	1:49.23
	2007		Topsail	1:45.51
	2008		Winson-Salem Prep	1:43.28
	2009		Winston-Salem Prep	1:42.93
	2010		North Rowan	1:44.12
	2011		Monroe	1:42.15
	2012		Monroe	1:41.30
1600 METER RUN	1994	Suzanne Shelton	East Surry	5:39.44
	1995	Kristy Whitaker	Murphy	5:31.98
	1996	Julie Stackhouse	Hayesville	5:17.00
	1997	Kristy Whitaker	Murphy	5:31.46
	1998	Jennifer Dimsdale	Polk County	5:19.05
	1999	Ariel Glassman	Hendersonville	5:15.34
	2000	Jessie Stackhouse	Hayesville	5:37.39
	2001	Erika Schneble	Hendersonville	5:16.85
	2002	Erika Schneble	Hendersonville	5:06.67
	2003	Kayla Robertson	Surry Central	5:15.49
	2004	Summer Graham	Princeton	5:27.04
	2005	Elisabeth Elliot	Polk County	5:33.34
	2006	Heather Hoffman	McGuinness	5:26.78
	2007	Anna Hayes	East Wilkes	5:25.99
	2008	Jade Farlow	South Stanley	5:19.02
	2009	Kristen Stout	Hendersonville	5:20.96
	2010	Carol Blakenship	East Wilkes	5:06.62
	2011	Kristen Stout	Hendersonville	5:19.32
	2012	Elizabeth Lackey	Hendersonville	5:25.27
400 METER RELAY	1994		Murphy	52.68
	1995		South Robeson	52.10
	1996		Lejeune	50.88
	1997		Lejeune	50.15
	1998		Lejeune	50.17
	1999		Graham	50.33
	2000		Graham	50.90
	2001		Northampton	51.71
	2002		Williamston	51.29
	2003		Williamston	50.69
	2004		Williamston	50.37
	2005		Thomasville	51.34
	2006		Princeton	50.99
	2007		Topsail	50.45
	2008		James Kenan	50.27
	2009		Winston-Salem Prep	49.84
	2010		North Rowan	49.48
	2011		North Rowan	48.31
	2012		Winston-Salem Prep	48.51
1600 METER RELAY	1994		Surry Central	4:18.16
	1995		Murphy	4:18.64
	1996		Murphy	4:19.92
	1997		Murphy	4:17.72
	1998		Cummings	4:13.96
	1999		Starmount	4:25.50
	2000		Cummings	4:12.58
	2001		Cummings	4:16.40
	2002		Albermarle	4:08.09
	2003		Southside	4:12.86
	2004		Durham School of the Arts	4:09.69
	2005		Durham School of the Arts	4:12.69
	2006		West Wilkes	4:19.40
	2007		Bishop McGuinness	4:12.66
	2008		Winston-Salem Prep	4:08.85
	2009		Bishop McGuinness	4:04.48
	2010		NC Science & Math	4:08.42
	2011		Monroe	4:10.25
	2012		West Wilkes	4:11.29

**WOMEN
CLASS AA**

EVENT	YEAR	NAME	SCHOOL	RECORD
POLEVAULT	1999	Erin Johnson	Swansboro	7' 06.00"
	2000	Erin Johnson	Swansboro	9' 00.00"
	2001	Rhonette Phillips	West Brunswick	10' 00.00"
	2002	Natalie Savewich	Mount Pleasant	9' 06.00"
	2003	Natalie Savewich	Mount Pleasant	10'00.00"
	2004	Melissa Cabe	West	9' 06.00"
	2005	Arielle Dawkins	Western Guilford	10'00.50"
	2007	Katrina Krider	Ashe County	9'06.00"
	2008	Megan Williams	Ledford	10'06.00"
	2009	Raven Stanley	Surry Central	9'00.00"
	2010	K.C. Watson	Swansboro	9'03.00"
	2011	Raven Stanley	Surry Central	10'00.00"
	2012	Korie Bennett	Swansboro	10'06.00"
SHOTPUT	1994	Kathy Smith	Lincolnton	38' 07.50"
	1995	Leigh Branon	Forbush	36' 06.50"
	1996	Koletta Harris	Northside	38' 11.50"
	1997	Clifeteana McKiver	East Duplin	36' 09.50"
	1998	Tara Clinding	North Rowan	39' 04.25"
	1999	Tara Clinding	North Rowan	39' 09.00"
	2000	Shanara Mintz	Bessemer City	40' 06.75"
	2001	Katrina Lewis	Southeast Halifax	39' 06.50"
	2002	Beverly Burnette	Cummings	44' 01.50"
	2003	Nakisha Stewart	Bunn	38' 00.50"
	2004	Lily Tallent	West Lincoln	37' 01.75"
	2005	Nakisha Stewart	Bunn	39'00.00"
	2007	Morrison Deirdra	Wilkes Central	38'09.00"
	2008	Morrison Deirdra	Wilkes Central	40'00.50"
	2009	Gayshawna Watkins	East Rutherford	39'11.50"
	2010	Cookie Wingfield	Kinston	41'03.50"
	2011	Alisha Bradshaw	Salisbury	39'07.00"
	2012	Mookie Chavis	Bunn	38'03.25"
DISCUS	1994	Missy Shelton	Madison	127' 03.00"
	1995	Latoya Mungro	West Caldwell	128' 06.00"
	1996	Latoya Mungro	West Caldwell	121' 10.00"
	1997	Clifeteana McKiver	East Duplin	133' 01.00"
	1998	Clifeteana McKiver	East Duplin	130' 11.00"
	1999	Tish Franklin	Madison	117' 07.00"
	2000	Katrina Lewis	Southeast Halifax	103' 09.00"
	2001	Katrina Lewis	Southeast Halifax	114' 06.00"
	2002	Whitney McGee	Forest Hills	124' 09.00"
	2003	Diana Rahming	Monroe	117' 03.00"
	2004	Lily Tallent	West Lincoln	122' 08.00"
	2005	Lindsey Pate	West Henderson	119'08.00"
	2007	Aurion Waddell	Southern Vance	121'07.00"
	2008	Tremonisha Taylor	Southern Vance	113'06.00"
	2009	Tremonisha Taylor	Southern Vance	141'00.00"
	2010	Alisha Bradshaw	Salisbury	129'11.50"
	2011	Alisha Bradshaw	Salisbury	119'10.00"
	2012	Morgan Lau	Cedar Ridge	112'03.00"
LONG JUMP	1994	Shana Harris	Southern Guilford	17' 09.00"
	1995	DeAnne Davis	Cummings	18' 00.50"
	1996	DeAnne Davis	Cummings	18' 10.75"
	1997	Kirsten Bowden	Newton-Conover	17' 04.00"
	1998	Cora Johnson	East Carteret	18' 09.75"
	1999	Latasha Pharr	North Rowan	18' 02.00"
	2000	Cora Johnson	East Carteret	19' 04.00"
	2001	Tiffany Perry	Southern Vance	18' 05.50"
	2002	Sheena Dawkins	TW Andrews	18' 03.75"
	2003	Moriah Jones	North Rowan	17' 11.50"
	2004	Alicia Person	Southern Vance	17' 04.00"
	2005	Alicia Person	Southern Vance	18'04.00"
	2007	Latoya James	Cummings	18'01.50"
	2008	Sherice Walker	Cummings	19'01.75"

	2009	Sherice Walker	Cummings	19'03.00"
	2010	Briana Haith	Granville Central	17'11.00"
	2011	Shelby Hall	Graham	17'06.00"
	2012	Raven Covington	Cuthbertson	17'04.00"
TRIPLE JUMP	1994	DeAnne Davis	Cummings	38' 11.00"
	1995	DeAnne Davis	Cummings	39' 09.00"
	1996	DeAnne Davis	Cummings	40' 02.00"
	1997	Kirsten Bowden	Newton-Conover	38' 08.50"
	1998	Latasha Pharr	North Rowan	36' 05.50"
	1999	Latasha Pharr	North Rowan	39' 00.00"
	2000	Latasha Pharr	North Rowan	40' 09.00"
	2001	Latasha Pharr	North Rowan	39' 11.00"
	2002	Sheena Dawkins	TW Andrews	37' 05.75"
	2003	Alicia Person	Southern Vance	37' 07.50"
	2004	Sarah Portee	TW Andrews	36' 05.50"
	2005	Alicia Person	Southern Vance	37'00.00"
	2007	Sherice Walker	Cummings	38'05.50"
	2008	Sherice Walker	Cummings	39'03.00"
	2009	Sherice Walker	Cummings	39'09.00"
	2010	Kortney Williams	Cummings	37'01.00"
	2011	Francesca Evans	Cummings	38'10.50"
	2012	Francesca Evans	Cummings	39'03.00"
HIGH JUMP	1994	Kim McPhatter	Union Pines	5' 06.00"
	1995	Joanie Mungro	West Caldwell	5' 02.00"
	1996	Crystal Forney	Bunker Hill	5' 02.00"
	1997	Ashley Pinnix	Southwest Guilford	5' 00.00"
	1998	Allison Lentz	Brevard	5' 04.00"
	1999	Nancy Hinson	Ledford	5' 02.00"
	2000	Tiffany Perry	Southern Vance	5' 06.00"
	2001	Tiffany Perry	Southern Vance	5' 04.00"
	2002	Vikki Williams	South Brunswick	5' 04.00"
	2003	Leigh Ann Dillon	Eastern Guilford	5' 04.00"
	2004	Sarah Portee	TW Andrews	5' 02.00"
	2005	Jordan Lee	Cedar Ridge	5'02.00"
	2007	Jordan Lee	Cedar Ridge	5'06.00"
	2008	Danielle Adams	Northside (Jax)	5'06.00"
	2009	Meredith Foster	West Henderson	5'03.00"
	2010	Libby Florence	Cedar Ridge	5'03.00"
	2011	Cheyenne Miller	E. Rutherford	5'07.00"
	2012	Hunter Welborn	Starmount	5'06.00"
3200 METER RELAY	1994		West Henderson	10: 06.50
	1995		Charles D. Owen	9: 59.70
	1996		NCSSM	10: 07.20
	1997		Southwest Guilford	10 :13.09
	1998		Surry Central	10: 19.04
	1999		North Stanly	10:33.72
	2000		Charles D. Owen	10: 20.54
	2001		Brevard	10: 21.21
	2002		North Henderson	10: 06.08
	2003		Brevard	10:12.06
	2004		Brevard	9: 54.70
	2005		West Henderson	10:03.80
	2006		Cardinal Gibbons	9:39.46
	2007		Cardinal Gibbons	10:06.39
	2008		Cardinal Gibbons	9:55.84
	2009		Cardinal Gibbons	9:57.11
	2010		Carrboro	9:46.00
	2011		Carrboro	9:49.09
	2012		Carrboro	9:48.60
100 METER HIGH HURDLES	1994	DeAnne Davis	Cummings	14.65
	1995	DeAnne Davis	Cummings	14.56
	1996	DeAnne Davis	Cummings	14.63
	1997	Deidre Mapp	Cummings	15.63
	1998	Latasha Pharr	North Rowan	14.43
	1999	Latasha Pharr	North Rowan	14.79
	2000	Latasha Pharr	North Rowan	14.06
	2001	Latasha Pharr	North rowan	14.19
	2002	Chandra Pulliam	Cummings	14.59
	2003	Arlene Mitchell	Sothern Vance	15.22

	2004	Dominique Price	Cummings	14.97
	2005	Latoya James	Cummings	14.93
	2006	Latoya James	Cummings	14.34
	2007	Latoya James	Cummings	13.98
	2008	Sherice Walker	Cummings	14.21
	2009	Sherice Walker	Cummings	14.50
	2010	Kortney Williams	Cummings	14.66
	2011	Nora McKiver	T.W. Andrews	14.60
	2012	Nora McKiver	T.W. Andrews	14.22
100 METER DASH	1994	Latoya Johnson	Eastern Alamance	12.57
	1995	Carmen Weldon	Salisbury	12.40
	1996	Rasheca Barrow	Currituck	12.23
	1997	Jenny Cassell	Southern Guilford	12.42
	1998	Michelin Middlebrooks	High Point Central	12.49
	1999	Leeann Minton	West Wilkes	12.78
	2000	Tameka Peterson	Wallace-Rose Hill	12.17
	2001	Tameka Peterson	Wallace-Rose Hill	12.07
	2002	Nashenna Quick	TW Andrews	12.37
	2003	Lovetta Perry	Southern Vance	12.39
	2004	Shontay Dodd	Greene	12.25
	2005	Ashley McKiver	TW Andrews	12.31
	2006	Alexis Jenkins	North Brunswick	12.62
	2007	Lindsay Fuller	Cedar Ridge	12.27
	2008	Lindsey Fuller	Cedar Ridge	12.40
	2009	Lindsey Fuller	Cedar Ridge	12.44
	2010	Paisley Simmons	T.W. Andrews	12.08
	2011	Marisa Bellamy	Bunn	11.91
	2012	Paisley Simmons	T.W. Andrews	12.03
800 METER RUN	1994	Amy Knox	West Henderson	2: 25.80
	1995	Sarah Day	Ledford	2: 26.35
	1996	Jennifer Dimsdale	Polk County	2: 20.20
	1997	Sarah Day	Ledford	2: 20.62
	1998	Kara Gillespie	Surry Central	2: 23.67
	1999	Heidi Sloop	West Wilkes	2:25:25
	2000	Krystal Knoll	North Stanly	2:27.54
	2001	Jessica Durrant	North Henderson	2: 27.40
	2002	Michelle Matthews	Swansboro	2: 20.68
	2003	Michelle Matthews	Swansboro	2:23.56
	2004	Colleen McKown	Brevard	2:22.22
	2005	Christina Moore	Pender	2:18.43
	2006	Kennedy Wolfe	Cedar Ridge	2:20.01
	2007	Kennedy Wolfe	Cedar Ridge	2:22.77
	2008	Heather Beichner	Cardinal Gibbons	2:18.61
	2009	Morgan Turner	Lincolnton	2:21.03
	2010	Kaylan Lance	Brevard	2:19.76
	2011	Grace Morken	Carrboro	2:13.09
	2012	Grace Morken	Carrboro	2:18.26
3200 METER RUN	1994	Amy Knox	West Henderson	11: 54.40
	1995	Debbie Won	NCSSM	12: 11.23
	1996	Debbie Won	NCSSM	11: 46.61
	1997	Stephanie Jilcott	NCSSM	12: 13.58
	1998	Diana Henderson	North Henderson	11: 47.03
	1999	Diana Henderson	North Henderson	11:18:16
	2000	Heidi Sloop	West Wilkes	11: 48.97
	2001	Heidi Sloop	West Wilkes	11:50.44
	2002	Shiyrah Mielke	North Henderson	12: 12.94
	2003	LeighAnn Taylor	Monroe	11:44.13
	2004	Lindsay Groce	Wilkes	11: 32.78
	2005	Tria Metzler	Bunn	11:31.90
	2006	Tria Metzler	Bunn	11:29.49
	2007	Morgan Turner	Lincolnton	11:46.24
	2008	Morgan Turner	Lincolnton	11:35.53
	2009	Halsey Meritt	Cardinal Gibbons	11:46.64
	2010	Alex Tavenier	Northeastern High	12:14.27
	2011	Aleshia Reece	Madison	11:43.09
	2012	Allie Castro	North Lincoln	11:18.62
200 METER DASH	1994	Carmen Weldon	Salisbury	25.82
	1995	Carmen Weldon	Salisbury	25.15
	1996	Rachea Barrow	Currituck	25.12

	1997	Anissa Gainey	Clayton	25.54
	1998	Michelin Middlebrooks	High Point Central	25.61
	1999	Nancy Hinson	Ledford	25.56
	2000	Dana Bemby	Edenton Holmes	25.59
	2001	LeTrey Parker	Southern Guilford	25.07
	2002	Dana Bemby	Edenton Holmes	25.40
	2003	Terria Sinclair	Saint Pauls	25.44
	2004	Shontay Dodd	Greene	25.39
	2005	Ashley McKiver	TW Andrews	25.65
	2006	Morgan McEachin	Red Springs	25.70
	2007	Maria Johnson	Farmville Central	25.12
	2008	Brittany Wilkins	Cummings	25.27
	2009	Marissa Bellamy	Bunn	24.69
	2010	Briana Haith	Granville Central	24.33
	2011	Marisa Bellamy	Bunn	24.39
	2012	Paisley Simmons	T.W. Andrews	24.74
400 METER DASH	1994	Brooke Chapman	Hendersonville	58.69
	1995	Brooke Chapman	Hendersonville	57.26
	1996	Juanita Hughes	South Granville	57.55
	1997	Edi Ntuen	NCSSM	58.91
	1998	Edi Ntuen	NCSSM	58.21
	1999	Catherine Holmes	Charles D. Owen	1: 00.30
	2000	Marquita Houston	Monroe	59.42
	2001	Amy Steadman	Brevard	59.80
	2002	Candyra Sellers	Western Alamance	58.86
	2003	Italie Murphy	Cedar Ridge	59.06
	2004	Italie Murphy	Cedar Ridge	56.27
	2005	Italie Murphy	Cedar Ridge	58.02
	2006	Brittany Fennell	West Henderson	57.57
	2007	Crystal Smith	Farmville Central	57.79
	2008	Felisha Garren	North Henderson	56.75
	2009	Briana Haith	Granville Central	56.85
	2010	Briana Haith	Granville Central	55.76
	2011	Marisa Mellamy	Bunn	56.74
	2012	Marisa Mellamy	Bunn	55.73
300 METER INT HURDLES	1994	DeAnne Davis	Cummings	45.56
	1995	DeAnne Davis	Cummings	44.94
	1996	DeAnne Davis	Cummings	45.40
	1997	Lisa Bradsher	Cummings	45.79
	1998	Latoya Burt	South Granville	46.24
	1999	Latasha Pharr	North Rowan	46.93
	2000	Latasha Pharr	North Rowan	44.05
	2001	Latasha Pharr	North Rowan	46.09
	2002	Chandra Pulliam	Cummings	44.61
	2003	Jessica Sims	West Henderson	46.11
	2004	Morgan Peterson	Mountain Heritage	45.37
	2005	Latoya James	Cummings	43.96
	2006	Latoya James	Cummings	44.15
	2007	Latoya James	Cummings	43.76
	2008	Sherice Walker	Cummings	44.74
	2009	Janieyah Collins	Monroe	45.52
	2010	Francesca Evans	Cummiings	44.64
	2011	Nora McKiver	T.W. Andrews	43.69
	2012	Nora McKiver	T.W. Andrews	44.87
800 METER RELAY	1994		Cummings	1: 46.27
	1995		Cummings	1: 44.71
	1996		Cummings	1: 45.71
	1997		Western Guilford	1: 45.37
	1998		East Carteret	1: 44.30
	1999		East Carteret	1:48:61
	2000		Northern Vance	1: 45.00
	2001		Southern Vance	1:45.41
	2002		Southern Vance	1:45.49
	2003		T. W. Andrews	1:43.47
	2004		Northside Onslow	1: 43.09
	2005		Eastern Alamance	1:43.66
	2006		Cummings	1:42.33
	2007		Hibriton	1:47.13
	2008		Ashe County	1:50.62
	2009		Cedar Ridge	1:43.91

	2010		St. Paul's	1:43.70
	2011		St. Paul's	1:44.54
	2012		St. Paul's	1:44.24
1600 METER RUN	1994	Amy Knox	West Henderson	5: 25.60
	1995	Sarah Day	Ledford	5: 25.41
	1996	Jennifer Dimsdale	Polk County	5: 08.18
	1997	Sarah Day	Ledford	5: 13.97
	1998	Heidi Sloop	West Wilkes	5: 23.26
	1999	Heidi Sloop	West Wilkes	5:15:55
	2000	Heidi Sloop	West Wilkes	5: 22.04
	2001	Heidi Sloop	West Wilkes	5: 20.55
	2002	Christal Rayle	Randleman	5:30.01
	2003	LeighAnn Taylor	Monroe	5: 18.65
	2004	LeighAnn Taylor	Monroe	5: 16.44
	2005	Christina Moore	Pender	5:13.07
	2006	Heather Beichner	Cardinal Gibbons	5:08.50
	2007	Heather Beichner	Cardinal Gibbons	5:09.50
	2008	Heather Beichner	Cardinal Gibbons	4:57.05
	2009	Halsey Merritt	Cardinal Gibbons	5:16.82
	2010	Francesca Perone	Carrboro	5:25.44
	2011	Grace Morken	Carrboro	5:13.09
	2012	Grace Morken	Carrboro	5:09.13
400 METER RELAY	1994		Salisbury	50.26
	1995		Cummings	50.42
	1996		Cummings	50.12
	1997		Western Guilford	50.25
	1998		East Carteret	49.73
	1999		Northern Vance	50.91
	2000		Edenton Holmes	48.86
	2001		Edenton-Holmes	50.31
	2002		T.W. Andrews	48.87
	2003		Southern Vance	49.50
	2004		Northside Onslow	48.63
	2005		T.W. Andrews	49.67
	2006		Cummings	49.06
	2007		Hibriten	50.99
	2008		Hibriten	49.81
	2009		Cedar Ridge	49.73
	2010		St. Pauls	49.57
	2011		Carver	49.46
	2012		St. Paul's	49.52
1600 METER RELAY	1994		Cummings	4: 07.34
	1995		Cummings	4: 06.14
	1996		East Henderson	4: 14.06
	1997		South Granville	4: 05.51
	1998		North Rowan	4: 14.69
	1999		Currituck	4:14:95
	2000		Edenton Holmes	4:08.96
	2001		Swansboro	4: 14.28
	2002		Northern Vance	4:12.34
	2003		West Wilkes	4:07.91
	2004		Northside Onslow	4: 02.21
	2005		Eastern Alamance	4:01.37
	2006		North Henderson	4:09.32
	2007		Durham School of the Arts	4:10.30
	2008		Cardinal Gibbons	4:11.97
	2009		Swansboro	4:09.03
	2010		Cummings	4:08.64
	2011		Polk County	4:06.40
	2012		Polk County	4:02.37

CLASS 3A AND 4A COMPETED JOINTLY IN 1986

**WOMEN
CLASS AAA**

EVENT	YEAR	NAME	SCHOOL	RECORD
POLEVAULT	1999	Jessica Pierce	Southern Nash	9' 00.00"
	2000	Michelle Velez	T.C. Roberson	10' 00.00"
	2001	Tatyana Kirichenko	Western Guilford	11' 00.00"
	2002	Ashley Marino	North Buncombe	10' 06.00"
	2003	Amanda Massey	Noth Buncombe	9'00.00"
	2004	Jenny Cambron	Asheville	9' 06.00"
	2005	Victoria Shobe	Weddington	11'06.00"
	2006	Caitlin Thornley	Ragsdale	12'00.00"
	2007	Jordan Daywalt	Statesville	11'06.00"
	2008	Jordan Daywalt	Statesville	11'06.00"
	2009	Ashleigh Culpepper	Franklin	10'00.00"
	2010	Ashleigh Culpepper	Franklin	10'06.00"
	2011	Sage Proffitt	North Buncombe	11'06.00"
	2012	Sage Proffitt	North Buncombe	11'06.00"
SHOTPUT	1986	Michelle Rhyne	Northwest Cabarrus	38' 08.50"
	1987	Michelle Rhyne	Northwest Cabarrus	40' 00.00"
	1988	Michelle Rhyne	Northwest Cabarrus	39' 02.50"
	1989	Kelly Sensing	Clyde Erwin	37' 04.50"
	1990	Ameika Robinson	Concord	36' 05.25"
	1991	Nish Neal	Rockingham	38' 00.75"
	1992	Nish Neal	Rockingham	36' 08.75"
	1993	Nish Neal	Rockingham	35' 11.25"
	1994	Valerie Metz	Asheville	34' 05.75"
	1995	Myra Williams	South Brunswick	40' 01.75"
	1996	Myra Williams	South Brunswick	42' 05.25"
	1997	Crystal Chamblee	Bertie	37' 05.25"
	1998	Kia Sessoms	Hertford	38' 01.75"
	1999	Kia Sessoms	Hertford	40' 01.00"
	2000	Defaye Frazier	Havelock	40' 03.50"
	2001	Geneva Yarborough	Western Guilford	38' 03.00"
	2002	Lashondria Humphrey	West Brunswick	34' 09.50"
	2003	Sheena Anderson	Parkland	38' 01.50"
	2004	Adrian Griffin	Harnett	36' 01.00"
	2005	LaWanda Henry	Triton	40'07.00"
	2006	Chelsey McClean	North Gaston	36'00.50"
	2007	Courtney Prichard	Havelock	36'11.00"
	2008	Haley Hackett	Southeast Guilford	37'06.00"
	2009	Latoya Wright	Harnett Central	38'05.25"
	2010	Danita Whitaker	Rocky Mount	39'06.00"
	2011	Kayl Padgett	West Brunswick	42'07.00"
	2012	Whitney Williams	South Johnston	38'09.75"
DISCUS	1986	Ellen Miller	South Rowan	126' 01.00"
	1987	Jessie Hoeverman	West Carteret	115' 01.00"
	1988	Candy Graves	Cummings	127' 00.50"
	1989	Candra Gayle	Concord	127' 08.00"
	1990	Kim Pakowski	D. H. Conley	119' 05.00"
	1991	Kim Pakowski	D. H. Conley	115' 10.00"
	1992	Christian Murphy	Rockingham	115' 03.00"
	1993	Elizabeth Harrison	Sun Valley	125' 07.00"
	1994	Meyetta Grimes	Washington	115' 00.00"
	1995	Myra Williams	South Brunswick	125' 00.00"
	1996	Shanna Brown	North Iredell	103' 02.00"
	1997	Miriam McCleod	North Gaston	121' 08.00"
	1998	Miriam McCleod	North Gaston	118' 02.75"
	1999	Kia Sessoms	Hertford	112' 01.75"
	2000	Danisha Norwood	Southwest Edgecombe	113' 01.00"
	2001	Brianna Dunston	Southern Nash	116' 07.00"
	2002	Jessica Doyle	West Brunswick	108' 03.50"
	2003	Chanel Raynor	West Carteret	107'03.00"
	2004	Jordan Huffman	East Rowan	117' 06.00"
	2005	Rachel Karriker	East Rowan	111'01.00"
	2006	Vivki Mitchell	West Craven	117'09.00"
	2007	Vicki Mitchell	West Craven	124'10.00"
	2008	Cori Goins	Western Guilford	118'07.00"
	2009	Sequoia Watkins	T.C. Roberson	125'00.00"

	2010	Tremanisha Taylor	Southern Vance	137'00.00"
	2011	Kayl Padgett	West Brunswick	133'11.00"
	2012	Lyssa Wallace-o'Neill	Jacksonville	117'04.00"
LONG JUMP	1986	Kim Austin	Beddingfield	19' 11.000"
	1987	Sherry Smith	West Henderson	17'10.875"
	1988	Anita Curry	Williams	18'01 500"
	1989	Tasha Horton	Hibriten	18'02.500"
	1990	Tenisha Pinnix	T. W. Andrews	18'10.000"
	1991	Kim Jones	Statesville	18'08.500"
	1992	Kim Jones	Statesville	18'06.750"
	1993	Michelle Tate	Lexington	18'01.000"
	1994	Keione Covington	Asheboro	17'11.750"
	1995	Keione Covington	Asheboro	18'01.750"
	1996	Keione Covington	Asheboro	18'10.000"
	1997	Keione Covington	Asheboro	18'06.500"
	1998	Toshima Dabbs	Morehead	17'11.000"
	1999	Anissa Gainey	Clayton	18' 06.00"
	2000	Meka Battle	Southern Nash	17'07.50"
	2001	Sheena Dawkins	T.W. Andrews	17'01.00"
	2002	Chrystal Marsh	Anson	17'10.25"
	2003	Sherina Steele	West Rowan	18' 09.75"
	2004	Mae Boone	Herford	18'11.00"
	2005	Kiara Crutchfield	Ragsdale	17'08.00"
	2006	Dekalah Price	Andrews	17'09.00"
	2007	Kiara Crutchfield	Ragsdale	18'05.00"
	2008	Jessica Morgan	Parkland	18'11.00"
	2009	Jessica Barnes	Southwest Edgeco	18'01.75"
	2010	Shauna Terry	Southern Vance	17'10.50"
	2011	Tori Elliot	Cox Mill	17'10.00"
	2012	Onya Edwards	Charlotte Catholic	16'11.00"
TRIPLE JUMP	1986	Kim Austin	Beddingfield	39' 01.50"
	1987	Samantha Smith	Lincolnton	36' 07 .50"
	1988	L' Tonya Hall	Washington	38' 05 .00"
	1989	Alice Vinson	Sun Valley	39' 00 .50"
	1990	Nikki Friday	Lexington	42' 00 .00"
	1991	Nicole Crews	McMichael	38' 00 .00"
	1992	Shawn Hill	Harnett Central	39' 00 .00"
	1993	DeAnne Davis	Cummings	38' 11 .00"
	1994	Keione Covington	Asheboro	37' 02 .50"
	1995	Keione Covington	Asheboro	36' 10 .50"
	1996	Lashonda Stubbs	Eastern Randolph	38' 06.00"
	1997	Taressa Davis	Southern Durham	38' 07.00"
	1998	Toshima Dabbs	Morehead	38' 04.50"
	1999	Meka Battle	Southern Nash	40' 00.00"
	2000	Meka Battle	Southern Nash	39' 11.00"
	2001	Tatyana Kirichenko	Western Guilford	38' 06.50"
	2002	Nathifa Forde	Ragsdale	37' 07.50"
	2003	Camelia Morman	Hillside	39' 08.00"
	2004	Camelia Morman	Hillside	38' 07.50"
	2005	Camelia Morman	Hillside	36'10.75"
	2006	Dekalah Price	Andrews	38'04.75"
	2007	Radiance Basden	Western Guilford	38'10.50"
	2008	Radiance Basden	Western Guilford	39'08.50"
	2009	Danielle Butts	South Central	40'11.00"
	2010	Danielle Butts	South Central	39'01.00"
	2011	Danielle Butts	South Central	40'11.00"
	2012	Jackie Reid	North Gaston	37'02.00"
HIGH JUMP	1986	Jodi Doss	Walter Williams	5' 06.00"
	1987	Vicki Peek	Enka	5' 04.00"
	1988	Nicky Hudson	Harnett Central	5' 04.00"
	1989	Tara Lindsay	Asheboro	5' 06.00"
	1990	Kim Jones	Statesville	5' 06.00"
	1991	Kim Jones	Statesville	5' 08.00"
	1992	Kim Jones	Statesville	5' 04.00"
	1993	Shana Harris	Southern Guilford	5' 04.00"
	1994	Latosha Etheridge	Fike	5' 05.00"
	1995	Lindsey Ridgeway	Walter Williams	5' 05.00"
	1996	Monique Judkins	Reidsville	5' 06.00"
	1997	Monique Judkins	Reidsville	5' 08.00"
	1998	Virginia Lacombe	South Caldwell	5' 08.00"

	1999	Carol Kiser	Concord	5' 04.00"
	2000	Ashley Schrimmer	Havelock	5'04.00"
	2001	Tiffany Mitchell	Western Harnett	5' 06.00"
	2002	Megan Seehorn	East Lincoln	5' 02.00"
	2003	Ashley Talley	North Iredell	5' 08.00"
	2004	Patience Coleman	Southern Durham	5' 08.00"
	2005	Patience Coleman	Southern Durham	5'04.00"
	2006	Ashley Talley	North Iredell	5'08.00"
	2007	Laura Langley	Southern Nash	5'08.00"
	2008	Laura Langley	Southern Nash	5'04.00"
	2009	Shenika Scales	Morehead	5'03.00"
	2010	Danielle Butts	South Central	5'06.00"
	2011	Danielle Butts	South Central	5'04.00"
	2012	LaTrondra Murrow	Harding	5'06.00"
3200 METER RELAY	1986	Did Not Offer Event		
	1987	Did Not Offer Event		
	1988		Washington	9: 54.88
	1989		Sun Valley	10: 02.72
	1990		Sun Valley	10: 04.21
	1991		Sun Valley	10: 03.16
	1992		Sun Valley	9: 55.40
	1993		Sun Valley	9: 48.45
	1994		Sun Valley	9: 57.61
	1995		Franklin	9: 49.93
	1996		T.C. Roberson	9: 51.76
	1997		T.C. Roberson	9: 55.17
	1998		T.C. Roberson	9: 44.00
	1999		Southwest Guilford	9:49.46
	2000		T.C. Roberson	*****
	2001		Hillside	9:47.7h
	2002		Eastern Wayne	10: 07.43
	2003		Hillside	9: 30.29
	2004		Hillside	9:34.87
	2005		T.C. Robeson	9:52.64
	2006		T.C. Roberson	10:06.17
	2007		Monroe Sun Valley	9:30.78
	2008		T.C. Roberson	9:25.56
	2009		T.C. Roberson	9:40.01
	2010		Marvin Ridge	9:40.26
	2011		Cardinal Gibbons	9:29.25
	2012		Marvin Ridge	9:36.59
100 METER HIGH HURDLES	1986	Pam Doggett	Dudley	13.88
	1987	Laura Hargett	Asheboro	15.93
	1988	Paige Ingram	Hibriten	15.75
	1989	Angela Williams	Western Guilford	15.44
	1990	Beth Burleson	Mitchell	15.20
	1991	Christy Rogers	Sun Valley	15.33
	1992	Christy Rogers	Sun Valley	15.16
	1993	DeAnne Davis	Cummings	14.67
	1994	Beverly Ford	High Point Central	15.85
	1995	Tishan Melton	Beddingfield	15.11
	1996	Marshari Williams	Southern Durham	14.85
	1997	Marshari Williams	Southern Durham	15.08
	1998	Lavernia Chambers	Hillside	14.70
	1999	Ronetta Burgess	Washington	15.90
	2000	Michelle Velez	T.C. Roberson	15.20
	2001	Lavernia Chambers	Hillside	14.90
	2002	Sherina Steele	West Rowan	15.19
	2003	Alicia Turner	Hillside	14.95
	2004	Atir Carter	Hillside	15.00
	2005	Atir Carter	Hillside	15.02
	2006	Manika Gamble	Jacksonville	15.01
	2007	Sophia Treakle	Asheville	14.90
	2008	Sophia Treakle	Asheville	14.87
	2009	Maklisha Ford	Northwest Cabarrus	15.50
	2010	Erin Tucker	Robinson, J.	14.54
	2011	Xaviera Bass	Nash Central	14.89
	2012	Ariel Davis	Northern Guilford	14.39
100 METER DASH	1986	Adrienne Ferguson	Dudley	11.96
	1987	San Harrison	T. W. Andrews	12.32

1988	Alice Vinson	Sun Valley	12.65
1989	Alice Vinson	Sun Valley	12.20
1990	Alice Vinson	Sun Valley	12.03
1991	Katrina Jarrett	North Rowan	12.30
1992	Sherry Faust	Southern Alamance	12.43
1993	Toi Wilson	D. H. Conley	11.83
1994	Sabrina Thompson	Fike	12.09
1995	Sabrina Thompson	Fike	11.95
1996	Sabrina Thompson	Fike	11.95
1997	Shirena James	Hickory	12.51
1998	Anissa Gainey	Clayton	12.20
1999	Anissa Gainey	Clayton	12.12
2000	Anissa Gainey	Clayton	12.06
2001	Nasheena Quick	T.W. Andrews	12.45
2002	Tempess Stark	Northwest Cabarrus	12.18
2003	Tempess Stark	Northwest Cabarrus	12.21
2004	Mae Boone	Hertford	12.35
2005	Toree Roseboro	East Lincoln	12.22
2006	Kelsey McCorkle	South Central	11.79
2007	Stormy Kendrick	Gast Forestview	12.14
2008	Kelsey McCorkle	South Central	11.83
2009	Stormy Kendrick	Forestview	12.11
2010	Maleena Reid	North Gaston	11.92
2011	Nyshedra Brown	West Craven	12.33
2012	Nyshedra Brown	West Craven	11.77

800 METER RUN

1986	Missy Purgason	Washington	2: 18.37
1987	Francine Dumas	T. C. Roberson	2: 18.12
1988	Jennifer Bennett	West Carteret	2: 19.99
1989	Jennifer Bennett	West Carteret	2: 22.24
1990	Amy Thatcher	Enka	2: 23.09
1991	Suzanne Black	Sun Valley	2: 21.20
1992	Mia Richardson	McMichael	2: 16.81
1993	Laura Hughes	Sun Valley	2: 22.61
1994	Laura Hughes	Sun Valley	2: 20.79
1995	Mary Osada	T. C. Roberson	2: 21.08
1996	Amanda Becker	Fuquay -Varina	2: 18.60
1997	Amanda Becker	Fuquay- Varina	2: 19.01
1998	Melinda Dubose	Enka	2: 20.14
1999	Nayly Bulkeley	Southwest Guilford	2: 19.53
2000	Kelly Derry	Franklin	2: 21.62
2001	Jessica Carrol	Harding	2: 20.08
2002	Jeretha Massey	Ben L. Smith	2: 20.02
2003	Hannah Parks	Glenn	2: 21.17
2004	Chinelle McFadden	Hillside	2:21.07
2005	Stephanie Snyder	Enka	2:18.93
2006	Sarah Dugan	T.C. Roberson	2:21.00
2007	Brandy Swann	Jacksonville	2:17.14
2008	Ryanna Henderson	Jacksonville	2:15.15
2009	LeaAnna Godwin	Triton	2:16.81
2010	Taryn Stern	Hickory Ridge	2:20.52
2011	Megan Kunkel	Cardinal Gibbons	2:17.74
2012	Blake Dodge	West Carteret	2:16.03

3200 METER RUN

1986	Cessy Hudson	East Burke	11: 09.30
1987	Francine Dumas	T. C. Roberson	11: 30.46
1988	Robyn Land	Wilkes Central	11: 59.44
1989	Jennifer Coffey	St. Stephens	11: 49.43
1990	Jennifer Coffey	St. Stephens	11: 58.60
1991	Mia Richardson	McMichael	12: 00.93
1992	Suzanne Black	Sun Valley	11: 36.26
1993	Rebekah Frick	East Rowan	11: 59.26
1994	Erin Musson	Wilkes Central	11: 46.36
1995	Sarah Vance Goodman	T. C. Roberson	11: 13.75
1996	Sarah Vance Goodman	T. C. Roberson	10: 58.42
1997	Sarah Vance Goodman	T. C. Roberson	11: 16.08
1998	Sarah Vance Goodman	T. C. Roberson	10: 54.64
1999	Erin Kelley	T.C. Roberson	11:28.52
2000	Danielle Deines	T.C. Roberson	11: 30.21
2001	Alica Valtin	Western Harnett	11: 36.94
2002	Jessica Collins	Eastern Wayne	11: 37.86
2003	Kate McCarthy	East Chapel Hill	13: 25.00
2004	Latanya Lesine	Hillside	12:10.62

	2005	Clair Kelley	T.C. Robeson	11:39.82
	2006	Lindsay Ester	Williams	11:40.07
	2007	Caroline Kirby	Ash Roberson	11:33.33
	2008	Caroline Kirby	Ash Roberson	11:22.50
	2009	Kenyetta Iyevbele	Olympic	11:30.23
	2010	Sarah Rapp	Cardinal Gibbons	11:00.10
	2011	Sarah Rapp	Cardinal Gibbons	11:03.44
	2012	Mary Grace Doggett	Cardinal Gibbons	11:21.84
200 METER DASH	1986	Adrienne Ferguson	Dudley	24.40
	1987	San Harrison	T. W. Andrews	25.29
	1988	L' Tonya Hall	Washington	25.37
	1989	Alice Vinson	Sun Valley	25.06
	1990	Alice Vinson	Sun Valley	24.81
	1991	Katrina Jarrett	North Rowan	24.95
	1992	Alicia Pope	North Lenoir	25.63
	1993	Katrina Jarrett	North Rowan	24.83
	1994	Sabrina Thompson	Fike	24.68
	1995	Sabrina Thompson	Fike	25.16
	1996	Sabrina Thompson	Fike	24.61
	1997	Shirena James	Hickory	25.91
	1998	Shirena James	Hickory	25.13
	1999	Anissa Gainey	Clayton	24.79
	2000	Anissa Gainey	Clayton	25.18
	2001	Suzzette McSwain	Dudley	25.79
	2002	Tiffany Roberts	Southwest Guilford	24.54
	2003	Portia Baker	Southwest Guilford	24.39
	2004	Portia Baker	Southwest Guilford	25.23
	2005	Gabrielle Daniel	East Chapel Hill	25.33
	2006	Kelsey McCorkle	South Central	24.73
	2007	Kelsey McCorkle	South Central	24.79
	2008	Kelsey McCorkle	South Central	23.63
	2009	Stormy Kendrick	Forestview	25.13
	2010	Maleena Reid	North Gaston	24.91
	2011	Nyshedra Brown	West Craven	24.91
	2012	Nyshedra Brown	West Craven	24.37
400 METER DASH	1986	Sonja Thomas	Dudley	56.14
	1987	Clara Russell	Cummings	58.70
	1988	Crystal Littlejohn	East Rutherford	59.66
	1989	Wanda Phillips	Tarboro	58.69
	1990	Tonie Lazenby	West Iredell	57.78
	1991	Tonie Lazenby	West Iredell	57.13
	1992	Toi Wilson	D.H. Conley	59.05
	1993	Toi Wilson	D.H. Conley	55.71
	1994	Toi Wilson	D.H. Conley	56.84
	1995	Jackie Houston	Kings Mountain	58.68
	1996	Jackie Houston	Kings Mountain	56.98
	1997	Jackie Houston	Kings Mountain	57.09
	1998	Toshima Dabbs	Morehead	58.14
	1999	Demiko Picott	Hertford	59.49
	2000	Jeretha Massey	Ben L. Smith	59.02
	2001	Jeretha Massey	Ben L. Smith	58.16
	2002	Jeretha Massey	Ben L. Smith	57.76
	2003	Portia Baker	Southwest Guilford	56.79
	2004	Portia Baker	Southwest Guilford	55.82
	2005	Kia Haskins	Hillside	58.27
	2006	Tiaera Reynolds	Dudley	57.02
	2007	Kelsey McCorkle	South Central	56.60
	2008	Brandy Swann	Jacksonville	56.75
	2009	Breanna Alston	Southeast Guilford	58.45
	2010	Breahna Morrison	Weddington	55.69
	2011	Naomi Alston	Douglas Byrd	56.48
	2012	Naomi Alston	Douglas Byrd	56.01
300 METER INT. HURDLES	1986	Pam Doggett	Dudley	42.00
	1987	Tara Burns	Cummings	45.98
	1988	Tara Burns	Cummings	46.10
	1989	Debbie Hollingsworth	East Henderson	46.91
	1990	Vicki Pittman	Tarboro	45.49
	1991	Vicki Pittman	Tarboro	45.43
	1992	Lavonda McCorkle	High Point Central	46.01
	1993	DeAnne Davis	Cummings	45.44

1994	Renee Hudson	Tarboro	46.57
1995	Natasha Harris	Asheboro	46.57
1996	Heather Carpenter	Southern Durham	46.21
1997	Tiffany Smith	Fike	45.29
1998	Tiffany Smith	Fike	44.87
1999	Tiffany Smith	Fike	45.32
2000	Leslie Bigelow	Hickory	46.06
2001	Leteisha Johnson	Ben L. Smith	46.70
2002	Michelle Duffey	Hillside	45.58
2003	Michelle Duffey	Hillside	43.73
2004	Michelle Duffey	Hillside	44.22
2005	Lateasa Michael	Anson County	45.14
2006	Manika Gamble	Jacksonville	44.63
2007	Sophia Treakle	Asheville	44.67
2008	Sophia Treakle	Asheville	43.15
2009	Tyler Brockington	Dudley	45.02
2010	Amber Holloway	West Rowan	44.10
2011	Rikki Jay	Franklin	44.47
2012	Lydia Laws	Western Alamance	44.84

800 METER RELAY

1986		Dudley	1: 40.67
1987		T. W. Andrews	1: 44.10
1988		T. C. Roberson	1: 45.46
1989		Tarboro	1: 44.04
1990		T. W. Andrews	1: 43.49
1991		Lexington	1: 45.32
1992		North Lenoir	1: 44.65
1993		High Point Central	1: 46.58
1994		Fike	1: 44.74
1995		Southern Durham	1: 43.19
1996		Fike	1: 41.21
1997		Hickory	1: 45.79
1998		Southern Nash	1: 42.20
1999		Hickory	1:44.55
2000		T.W. Andrews	1: 43.43
2001		T.W. Andrews	1: 47.37
2002		Southwest Guilford	1: 42.65
2003		Hillside	1: 44.41
2004		Hillside	1:44.77
2005		Ben L. Smith	1:44.96
2006		Parkland	1:42.18
2007		Northeast Guilford	1:42.49
2008		Dudley	1:42.08
2009		Dudley	1:41.48
2010		South Central	1:39.32
2011		South Central	1:43.61
2012		Walter M. Williams	1:44.27

1600 METER RUN

1986	Francine Dumas	T. C. Roberson	5: 02.29
1987	Francine Dumas	T. C. Roberson	5: 10.69
1988	Charlotte Smith	Shelby	5: 23.85
1989	Jennifer Olive	Enka	5: 16.96
1990	Mia Richardson	McMichael	5: 24.91
1991	Mia Richardson	McMichael	5: 16.70
1992	Mia Richardson	McMichael	5: 10.94
1993	Rebekah Frick	East Rowan	5: 24.84
1994	Laura Hughes	Sun Valley	5: 15.67
1995	Amanda Becker	Fuquay-Varina	5: 08.01
1996	Amanda Becker	Fuquay-Varina	5: 05.79
1997	Sarah Vance Goodman	T.C. Roberson	5: 03.05
1998	Sarah Vance Goodman	T.C. Roberson	5: 03.80
1999	Christina Berndt	Fred T. Foard	5:10.04
2000	Danielle Deines	T.C. Roberson	5: 20.73
2001	Alica Valtin	Western Harnett	5: 08.69
2002	Jessica Collins	Eastern Wayne	5:18.76
2003	Hannah Parks	Glenn	5: 19.48
2004	Hannah Parks	Glenn	5:22.07
2005	Hannah Parks	Glenn	5:13.34
2006	Hannah McArdle	T.C. Roberson	5:18.83
2007	Ryanna Henderson	Jacksonville	5:14.67
2008	Kenyetta Iyevbele	Olympic	5:07.29
2009	Laura Hoer	T.C. Roberson	5:00.31
2010	Sarah Rapp	Cardinal Gibbons	5:04.10

	2011	Sarah Rapp	Cardinal Gibbons	5:07.05
	2012	Jentzen Jones	Fike	5:13.07
400 METER RELAY	1986		Dudley	48.59
	1987		T. W. Andrews	49.58
	1988		T. C. Roberson	49.71
	1989		Harnett Central	49.64
	1990		Statesville	49.37
	1991		North Lenoir	49.71
	1992		High Point Central	49.01
	1993		Cummings	49.83
	1994		Fike	49.69
	1995		Southern Durham	49.29
	1996		Fike	49.16
	1997		High Point Central	49.70
	1998		Dudley	48.71
	1999		Dudley	49.01
	2000		Hillside	49.71
	2001		TW Andrews	48.97
	2002		Southwest Guilford	49.44
	2003		Glenn	49.66
	2004		Ben L. Smith	49.95
	2005		Glenn	48.90
	2006		Andrews	49.06
	2007		W-S Parkland	49.25
	2008		South Central	47.24
	2009		Parkland	48.13
	2010		South Central	46.94
	2011		South Central	47.35
	2012		Westover	49.81
1600 METER RELAY	1986		Dudley	3: 51.70
	1987		Cummings	4: 03.80
	1988		Walter Williams	4: 08.62
	1989		Tarboro	4: 03.56
	1990		Tarboro	4: 00.31
	1991		Tarboro	4: 10.01
	1992		T. W. Andrews	4: 09.03
	1993		Tarboro	4: 06.75
	1994		Tarboro	4: 08.49
	1995		Southern Durham	4: 00.14
	1996		Fike	4: 04.29
	1997		Southern Nash	4: 07.65
	1998		Dudley	4: 00.62
	1999		Ben L. Smith	4: 08.53
	2000		Ben L. Smith	4: 09.13
	2001		Ben L. Smith	3: 59.91
	2002		Hillside	4:00.96
	2003		Hillside	3:57.11
	2004		Hillside	3:56.79
	2005		Hillside	4:07.14
	2006		Parkland	3:59.47
	2007		Dudley	4:01.30
	2008		Dudley	4:00.35
	2009		Dudley	3:55.47
	2010		Weddington	4:00.13
	2011		North Buncombe	4:02.19
	2012		Marvin Ridge	4:01.96
CLASS 3A AND 4A COMPETED JOINTLY IN 1986				

**WOMEN
CLASS AAAA**

EVENT	YEAR	NAME	SCHOOL	RECORD
POLEVAULT	1999	Becky Post	Wake Forest-Rolesville	9' 00.00"
	2000	Jodie Nettles	Providence	11' 00.00"
	2001	Erica Dickerson	Millbrook	11' 07.00"
	2002	Kinsey Batts	Cary	10' 06.00"
	2003	Tracy Prohoniak	Vance	10'06.00"
	2004	Sallie Gurganus	Watauga	11' 00.00"
	2005	Sallie Gurganus	Watauga	11'08.00"
	2006	Sallie Gurganus	Watauga	12'01.00"
	2007	Joanna Wright	R.J. Reynolds	11'06.00"
	2008	Taylor Cook	Watauga	11'00.00"
	2009	Cassie Crawford	Panther Creek	11'06.00"
	2010	Cassie Crawford	Panther Creek	12'06.00"
	2011	Sydney White	East Forsyth	12'07.00"
	2012	Sydney White	East Forsyth	12'09.00"
SHOTPUT	1972	Pope	Southern Nash	36' 07.50"
	1973	Campbell	Hoke County	36' 05.50"
	1974	Dixon	Southern Guilford	38' 04.50"
	1975	Dixon	Southern Guilford	38' 08.00"
	1976	Dixon	Southern Guilford	41' 07.00"
	1977	Jozette Lawrence	Lejeune	41' 07.50"
	1978	Lisa Gray	Ragsdale	43' 08.00"
	1979	Lisa Gray	Ragsdale	43' 04.75"
	1980	Hubin	Williams	38' 04.50"
	1981	Faye Strothers	Parkland	42' 11.50"
	1982	Sarah Gardner	Davie County	41' 08.25"
	1983	Katrina Swanson	Myers Park	39' 11.75"
	1984	Susan Childers	Havelock	39' 04.00"
	1985	Ida Pierce	Byrd	37' 05.50"
	1986	Michelle Rhyne	NW Cabarrus	38' 08.50"
	1987	Sylvia Crumpler	Cape Fear	38' 00.00"
	1988	Sylvia Crumpler	Cape Fear	39' 07.00"
	1989	Sylvia Crumpler	Cape Fear	38' 09.75"
	1990	Dashontia Atkinson	Smithfield-Selma	41' 01.00"
	1991	Wendy Utley	Cary	37' 03.50"
	1992	Tracy Connor	South Rowan	39' 03.75"
	1993	Vernia Wilson	Jacksonville	41' 05.50"
	1994	Mechelle Clayton	East Forsyth	39' 07.75"
	1995	Eve Hammett	Providence	39' 05.50"
	1996	Latasha Allmond	Pinecrest	38' 08.00"
	1997	Keisha Boggan	West Mecklenburg	38' 00.00"
	1998	Nena Lekwauwa	Mount Tabor	38' 09.50"
	1999	Jessica Hawkins	Southeast Raleigh	37' 10.00"
	2000	Kristie Boggan	West Mecklenburg	38' 02.00"
	2001	Kristie Boggan	West Mecklenburg	39' 01.00"
	2002	Alesia Walters	Garner	40' 05.00"
	2003	Christina Hernandez	A.C. Reynolds	41'05.00"
	2004	Kamorean Hayes	Harding University	47' 07.00"
	2005	Kamorean Hayes	Harding University	47'09.00"
	2006	Kamorean Hayes	Harding University	48'07.00"
	2007	Kamorean Hayes	Harding University	51'03.50"
	2008	Aslynn Halvorson	Butler	42'04.00"
	2009	Aslynn Halvorson	Butler	44'02.00"
	2010	Clair Watkins	Butler	41'08.50"
	2011	Sequoia Watkins	Roberson, T.C.	42'05.25"
	2012	Brianna Tate	Grimsley	42'11.25"
DISCUS	1972	Cook	Dudley	103' 11.00"
	1973	Lynn Cruickshank	Lejeune	107' 02.00"
	1974	Lynn Cruickshank	Lejeune	117' 05.00"
	1975	Lynn Cruickshank	Lejeune	127' 02.00"
	1976	McClenlon	Ragsdale	123' 10.00"
	1977	Becky Brown	Myers Park	112' 05.00"
	1978	Becky Brown	Myers Park	132' 08.00"
	1979	Lisa Gray	Ragsdale	132' 00.00"
	1980	Jackie Gandy	Thomasville	124' 04.00"

1981	Doris Bloxson	Scotland County	128' 07.00"
1982	Jackie Gandy	Thomasville	128' 09.00"
1983	Wanda Haythe	Oxford Webb	133' 05.00"
1984	Vanessa Hatch	T.W. Andrews	121' 03.00"
1985	Barbara Myers	West Mecklenburg	117' 06.00"
1986	Ellen Miller	South Rowan	126' 01.00"
1987	Sylvia Crumpler	Cape Fear	115' 01.00"
1988	Diana Jones	Cary	117' 02.00"
1989	Laura Plott	Tuscola	124' 06.00"
1990	Dashontia Atkinson	Smithfield-Selma	141' 04.00"
1991	Tracy Hoback	North Mecklenburg	119' 01.00"
1992	Tracy Connor	South Rowan	118' 00.00"
1993	Alayne Joyner	Broughton	121' 04.00"
1994	Mechelle Clayton	East Forsyth	116' 01.00"
1995	Kelly Karres	Myers Park	114' 06.00"
1996	Monica-Gail Baker	Hillside	124' 07.00"
1997	Becky Maier	Mount Tabor	121' 05.00"
1998	Jessica Hawkins	Southeast Raleigh	126' 05.00"
1999	Sonya Bell	North Mecklenburg	121' 06.00"
2000	Sonya Bell	North Mecklenburg	122' 10.00"
2001	Christina Hernandez	A.C. Reynolds	126' 03.00"
2002	Christina Hernandez	A.C. Reynolds	137' 04.00"
2003	Christina Hernandez	A.C. Reynolds	139'00.00"
2004	Kamorean Hayes	Harding University	147' 02.00"
2005	Kamorean Hayes	Harding University	142'08.00"
2006	Kamorean Hayes	Harding University	155'03.00"
2007	Kamorean Hayes	Harding University	148'02.00"
2008	Aslynn Halvorson	Butler	139'10.00"
2009	Aslynn Halvorson	Butler	139'07.00"
2010	Sequoia Watkins	Roberson, T.C.	142'04.00"
2011	Sequoia Watkins	Roberson, T.C.	141'06.00"
2012	Breanna Warren	Western Guilford	132'04.00"

LONG JUMP

1972	Pinnix	T.W. Andrews	16' 00.00"
1973	Kathy McMillian	Hoke County	17' 07.00"
1974	Kathy McMillian	Hoke County	18' 00.00"
1975	Kathy McMillian	Hoke County	20' 02.50"
1976	Kathy McMillian	Hoke County	21' 07.00"
1977	Belsma	Sanford	18' 10.00"
1978	McNeill	Cape Fear	19' 07.00"
1979	Lisa Staton	Salisbury	18' 04.75"
1980	Dee Dee Slade	Reidsville	19' 03.00"
1981	Katrina Grier	West Charlotte	20' 01.25"
1982	Katrina Grier	West Charlotte	19' 06.75"
1983	Teresa Allen	Garinger	19' 06.75"
1984	Latanya Wynn	Pinecrest	19' 01.50"
1985	Kim Austin	Beddingfield	18' 10.00"
1986	Kim Austin	Beddingfield	19' 11.00"
1987	Pam Frost	Harding	18' 01.75"
1988	Von Ross	West Charlotte	18' 09.25"
1989	Von Ross	West Charlotte	18' 04.75"
1990	Della Taylor	Lumberton	17' 11.75"
1991	Rahma Mateen	Ben L. Smith	19' 01.50"
1992	Rahma Mateen	Ben L. Smith	18' 08.00"
1993	Rhonda Parks	Triton	18' 11.75"
1994	T. Patterson	Enloe	18' 08.00"
1995	Devon Armstrong	Leesville Road	18' 09.75"
1996	Kim Jones	Grimsley	18' 04.00"
1997	Kim Jones	Grimsley	19' 00.00"
1998	Kim Jones	Grimsley	18' 08.00"
1999	Kim Jones	Grimsley	19' 07.00"
2000	Ronda White	Olympic	19' 08.75"
2001	Kellie Todd	Wake Forest-Rolesville	18' 10.00"
2002	Anna Raynor	South Johnston	18' 00.00"
2003	Melissa Council	Cary	17'11.00"
2004	Vonteena Knotts	David W.	19' 04.50"
2005	Danielle Thorpe	Charles E. Jordan	18'03.50"
2006	Chirshawn Williams	SE Raleigh	18'07.00"
2007	Ashlynn Chavis	Scotland	18'07.00"
2008	Jacinda Evans	Southern Durham	19'09.75"
2009	Chirshawn Williams	SE Raleigh	19'04.00"
2010	Jessica Morgan	Parkland	18'09.50"
2011	Danielle Davis	Southeast Raleigh	18'11.25"

	2012	Alexis Perry	Jordan	18'05.00"
TRIPLE JUMP	1978	Lisa Staton	Salisbury	38' 11.00"
	1979	Sue Heard	Jacksonville	38' 09.00"
	1980	Teretha Coe	North Forsyth	37' 10.75"
	1981	Colette Williams	E.E. Smith	40' 06.50"
	1982	Colette Williams	E.E. Smith	38' 11.25"
	1983	Sherrie Clark	Jacksonville	39' 05.00"
	1984	Mary McKoy	Richmond Se nior	39' 11.25"
	1985	Debra Alexander	East Forsyth	40' 05.50"
	1986	Kim Austin	Beddingfield	39' 01.50"
	1987	Karen Dixon	Rose	37' 00.25"
	1988	Sabrina Hill	Millbrook	38' 06.50"
	1989	Melissa Morrison	A. L. Brown	39' 11.75"
	1990	Tonya Avery	Jacksonville	38' 09.50"
	1991	Tonya Avery	Jacksonville	38' 11.00"
	1992	Lakesha Bennett	Scotland	38' 01.00"
	1993	Jamila Hunter	Millbrook	38' 01.75"
	1994	Twyla Smith	Pinecrest	38' 11.50"
	1995	Twyla Smith	Pinecrest	41' 02.50"
	1996	Shauntee Hill	Jacksonville	38' 00.50"
	1997	Toni Kilgore	Hunter Huss	39' 08.00"
	1998	Toni Kilgore	Hunter Huss	39' 00.00"
	1999	Randi Chapman	Northern Durham	39' 06.50"
	2000	Ronda White	Olympic	41' 01.50"
	2001	Sharonda Johnson	Southeast Raleigh	37' 09.50"
	2002	Sharonda Johnson	Southeast Raleigh	39' 03.50"
	2003	Krystal Barringer	Harding	38'00.75"
	2004	Brittany Dixon	Millbrook	39' 06.50"
	2005	Amelia Black	Millbrook	37'09.50"
	2006	Monique Vines	SE Raleigh	37'05.00"
	2007	Chrishawn Williams	SE Raleigh	37'07.00"
	2008	Jacinda Evans	Southern Durham	39'01.00"
	2009	Jazie Daniels	Page	39'05.50"
	2010	Shemiah Brooks	Southwest Guilford	39'10.00"
	2011	Shemiah Brooks	Southwest Guilford	39'03.00"
	2012	Shemiah Brooks	Southwest Guilford	28'10.00"
HIGH JUMP	1972	Wall	Dudley	5' 02.00"
	1973	Robbins	Southeast Guilford	5' 00.50"
	1974	Robbins	Southeast Guilford	5' 02.00"
	1975	Sampson	West Cartaret	5' 01.00"
	1976	Michelle Langan	South Mecklenburg	5' 07.00"
	1977	N. Ray	Western Guilford	5' 05.00"
	1978	Vanessa Smith	R.J. Reynolds	5' 07.75"
	1979	Chris Arends	Jordan	5' 08.00"
	1980	N. Ray	Western Guilford	5' 06.00"
	1981	April Cook	Watauga	5' 06.00"
	1982	Cindy Floyd	Swansboro	5' 06.00"
	1983	April Cook	Watauga	5' 08.25"
	1984	Teri LeBlanc	South Mecklenburg	5' 06.00"
	1985	Marquita Misenheimer	Northwest Cabarrus	5' 02.00"
	1986	Jodi Doss	Walter Williams	5' 06.00"
	1987	Leshawn Hewitt	Durham Jordan	5' 02.00"
	1988	Sabrina Hill	Millbrook	5' 04.00"
	1989	Quicha Floyd	Page	5' 04.00"
	1990	Wendy Palmer	Person	5' 06.00"
	1991	Quicha Floyd	Page	5' 06.00"
	1992	Wendy Palmer	Person	5' 08.00"
	1993	Jamila Forte	Enloe	5' 04.00"
	1994	Rhonda Parks	Triton	5' 06.00"
	1995	Adrianne Sims	Douglas Byrd	5' 08.50"
	1996	Adrianne Sims	Douglas Byrd	5' 08.00"
	1997	Adrianne Sims	Douglas Byrd	6' 00.00"
	1998	Sha-Mecca Twitty	West Carteret	5' 06.00"
	1999	Sha-Mecca Twitty	West Carteret	5' 04.00"
	2000	Joann Jackson	Millbrook	5' 06.00"
	2001	Joann Jackson	Millbrook	5' 04.00"
	2002	Debbie Martin	Apex	5' 08.00"
	2003	Anna Raynor	South Johnston	5'09.00"
	2004	Mattie Bethea	Mount Tabor	5' 06.00"
	2005	Jennifer Webster	Providence	5'06.00"
	2006	Patience Coleman	Southern Durham	5'10.00"

	2007	Patience Coleman	Southern Durham	5'08.00"
	2008	Cierra Burdick	South Mecklenburg	5'05.00"
	2009	Brittany Burton	Person	5'06.00"
	2010	Sarah Graham	Wake Forest-Rolesville	5'06.00"
	2011	Sarah Graham	Wake Forest-Rolesville	5'08.00"
	2012	Alexis Perry	Jordan	5'08.00"
3200 METER RELAY	1986	Did Not Offer Event		
	1987	Did Not Offer Event		
	1988		East Mecklenburg	9: 36.07
	1989		Dudley	9: 29.36
	1990		Hillside	9: 44.23
	1991		East Mecklenburg	9: 42.31
	1992		Seventy-First	9: 51.91
	1993		Cary	9: 52.30
	1994		East Mecklenburg	9: 56.42
	1995		East Mecklenburg	9: 48.96
	1996		West Mecklenburg	9: 46.00
	1997		Cary	9: 41.61
	1998		Watauga	9: 34.07
	1999		Watauga	9: 36.61
	2000		Southeast Raleigh	9: 26.84
	2001		Mount Tabor	9: 33.50
	2002		Mount Tabor	9: 32.67
	2003		Mount Tabor	9:37.08
	2004		Southeast Raleigh	9: 36.41
	2005		Green Hope	9:44.62
	2006		Myers Park	9:32.59
	2007		NW Guilford	9:41.38
	2008		Myers Park	9:26.09
	2009		Myers Park	9:11.20"
	2010		Cary	9:18.33"
	2011		Cary	9:06.17
	2012		Broughton	9:11.48
100 METER HIGH HURDLES (110 yards until 1980)	1974	Williford	New Bern	15.50
	1975	Scott	Page	15.20
	1976	Stella Johnson	West Charlotte	15.00
	1977	Stella Johnson	West Charlotte	14.20
	1978	Williams	Scotland County	14.50
	1979	JoAnn Stallings	Holmes	14.80
	1980	Sonya Marshall	Olympic	14.40
	1981	Clara Hairston	East Forsyth	13.60
	1982	Colette Williams	E.E. Smith	13.40
	1983	Ida Pendergraft	Hillside	14.30
	1984	Teri LeBlanc	South Mecklenburg	13.89
	1985	Pam Doggett	Dudley	14.50
	1986	Pam Doggett	Dudley	13.88
	1987	Melissa Morrison	A. L. Brown	14.78
	1988	Melissa Morrison	A. L. Brown	15.19
	1989	Melissa Morrison	A. L. Brown	14.09
	1990	Cassandra Adams	Richmond Senior	14.66
	1991	Fay Peteakin	Hoke County	15.19
	1992	Jennifer Kalanick	Grimsley	15.10
	1993	Joann Smith	New Bern	15.17
	1994	Twyla Smith	Pinecrest	14.64
	1995	Brenda Taylor	Watauga	14.62
	1996	Brenda Taylor	Watauga	14.53
	1997	Brenda Taylor	Watauga	14.23
	1998	Kim Jones	Grimsley	14.66
	1999	Kim Jones	Grimsley	14.03
	2000	Candice Sessoms	Jacksonville	14.70
	2001	Ashley Dutch	Broughton	14.70
	2002	Krystal Barringer	Harding University	15.20
	2003	Krystal Barringer	Harding University	14.69
	2004	Krystal Barringer	Harding University	15.02
	2005	Gabby Mayo	Southeast Raleigh	14.41
	2006	Gabby Mayo	Southeast Raleigh	13.60
	2007	Gabby Mayo	Southeast Raleigh	13.73
	2008	Ashley Bethune	Harding University	14.28
	2009	Brittany Carroll	Harding University	14.20
	2010	Keni Harrison	Clayton	14.56
	2011	Keni Harrison	Clayton	13.69

	2012	Mollie Williams	Clayton	13.66
100 METER DASH (100 yards until 1980)	1972	Little	Hoke County	11.60
	1973	Leak	Bowman	11.10
	1974	Roundtree	Elm City	11.40
	1975	Kathy McMillian	Hoke County	11.00
	1976	Kathy McMillian	Hoke County	11.10
	1977	Stanback	Pinecrest	11.10
	1978	Stanback	Pinecrest	10.90
	1979	Denise Dayle	Hillside	11.00
	1980	Denise Dayle	Hillside	12.00
	1981	Mamie Wilson	Northern Durham	11.80
	1982	Pat Braxton	Jacksonville	12.40
	1983	Carla McLaughlin	Northern Durham	11.70
	1984	Carla McLaughlin	Northern Durham	11.88
	1985	Lamonda Miller	Chase	11.90
	1986	Adrienne Ferguson	Dudley	11.96
	1987	Marlene Poole	Grimsley	12.32
	1988	Marlene Poole	Grimsley	12.26
	1989	Marlene Poole	Dudley	11.74
	1990	Marlene Poole	Dudley	11.95
	1991	Tarsha Bess	West Charlotte	11.88
	1992	Elisha Marshall	Douglas Byrd	12.09
	1993	Kim Wilson	Grimsley	12.20
	1994	Elisha Marshall	Douglas Byrd	12.18
	1995	Dana Hope	Harding	11.93
	1996	Crystal Cox	Pine Forest	11.80
	1997	Crystal Cox	Pine Forest	11.86
	1998	Demetria Washington	Terry Sanford	12.10
	1999	Danielle Davis	Seventy First	12.03
	2000	Felicia Fant	Olympic	11.96
	2001	Michelle Dixon	Southeast Raleigh	12.18
	2002	Shamaya Poe	West Charlotte	
	2003	Joya Rodgers	Harding	12.21
	2004	Erica Montgomery	Mount Tabor	11.78
	2005	Shamaya Poe	West Charlotte	11.84
	2006	Gabby Mayo	Southeast Raleigh	11.14
	2007	Gabby Mayo	Southeast Raleigh	11.43
	2008	Jacinda Evans	Southern Durham	11.77
	2009	Nyosha Bryant	West Charlotte	11.92
	2010	Vashti Bandy	Butler	12.05
	2011	Gabrielle Gray	High Point Central	11.94
	2012	Alexis Murphy	Apex	11.66
800 METER RUN (880 yards until 1980)	1972	Ralston	Ragsdale	2: 43.20
	1973	McMais	Southeast Guilford	2: 32.80
	1974	Kittrell	West Carteret	2: 27.30
	1975	Julie Shea	Cardinal Gibbons	2: 14.40
	1976	Lynn Lashley	Millbrook	2: 12.40
	1977	Julie Shea	Cardinal Gibbons	2: 16.60
	1978	Briscoe	Chapel Hill	2: 17.10
	1979	Mary Shea	Cardinal Gibbons	2: 13.20
	1980	S. Owens	Western Guilford	2: 15.20
	1981	Delphine Mabry	SouthWest Edgecombe	2: 21.10
	1982	Delphine Mabry	SouthWest Edgecombe	2: 13.50
	1983	Kathy Ormsby	Richmond County	2: 18.10
	1984	Leah Ann Miller	North Rowan	2: 15.73
	1985	Marrienne Carraher	Lee County	2: 12.43
	1986	Missie Purgason	Washington	2: 18.37
	1987	Tonya Willis	Eden Morehead	2: 18.37
	1988	Tomi Ogumba	East Mecklenburg	2: 18.34
	1989	Leslie McCaskill	East Mecklenburg	2: 17.66
	1990	Amy Neal	East Forsyth	2: 15.30
	1991	Amy Clark	North Mecklenburg	2: 16.88
	1992	Michelle McRae	Walter Williams	2: 17.13
	1993	Winifred Winston	Hoke Co.	2: 18.58
	1994	U. McLean	Enloe	2: 17.72
	1995	Keeya McManus	Olympic	2: 14.90
	1996	Florencia Hunt	Hillside	2: 15.86
	1997	Ursula McLean	West Charlotte	2: 19.46
	1998	Donna Bealer	Watauga	2: 16.78
	1999	Karen Medlin	Athens Drive	2: 18.32
	2000	Molly Doyle	Sanderson	2: 19.10

	2001	Karen Medlin	Broughton	2: 18.79
	2002	Julia Lucas	Myers Park	2: 15.28
	2003	Krystle Medlin	Southeast Raleigh	2:20.20
	2004	Krystle Medlin	Southeast Raleigh	2: 16.40
	2005	Aja Jackson	Waddell	2:16.90
	2006	Lindsay Broyhill	Page	2:15.42
	2007	Callan Fike	Athens Drive	2:14.60
	2008	Maraya Slatter	West Johnston	2:17.83
	2009	Becca Deloache	Myers Park	2:13.87
	2010	Jocelyn Keen	Fuquay-Varina	2:12.79
	2011	Shelby Howell	New Hanover	2:13.05
	2012	Shelby Howell	New Hanover	2:11.99
3200 METER RUN (2 mile run until 1980)	1978	Mary Shea	Cardinal Gibbons	10: 17.50
	1979	Mary Shea	Cardinal Gibbons	10: 08.40
	1980	Karen Thompson	East Henderson	11: 20.10
	1981	Lene Hestdal	Myers Park	11: 37.30
	1982	Charlotte McCall	McDowell County	11: 24.40
	1983	Kathy Ormsby	Richmond County	11: 08.40
	1984	Charlotte Carlson	NW Cabarrus	11: 24.14
	1985	Patty King	St. Stephens	11: 28.92
	1986	Cessy Hudson	East Burke	11: 09.30
	1987	Stacey Williams	Grimsley	11: 11.84
	1988	Cessy Hudson	East Burke	11: 18.05
	1989	Windy McIntyre	Watauga	11: 38.79
	1990	Silica Johnson	Grimsley	11:18.14
	1991	Ami Herrman	Providence	11: 17.51
	1992	Ami Herrman	Providence	11: 01.33
	1993	Ami Herrman	Providence	11: 21.85
	1994	Jennifer Lakas	South Mecklenburg	11: 26.93
	1995	Meredith Faircloth	Broughton	11: 20.53
	1996	Angie Morey	Chapel Hill	11: 34.43
	1997	Whitney Woods	Watauga	11: 30.07
	1998	Marina Chase	Watauga	11: 21.50
	1999	Alisha Little	East Burke	11: 04.39
	2000	Julia Lucas	Myers Park	11: 19.49
	2001	Rachel Kitson	Chapel Hill	11: 15.32
	2002	Julia Lucas	Myers Park	10: 46.22
	2003	Katherine Merrill	Jordan	11:09.17
	2004	Kate Merrill	Jordan	11: 17.50
	2005	Brittany Johnson	Green Hope	11:15.59
	2006	Andie Cozzarelli	Apex	11:01.35
	2007	Andie Cozzarelli	Apex	11:15.90
	2008	Lauren Bishop	Pinecrest	11:15.13
	2009	Kimberly Spano	Morth Mecklenburg	11:05.07
	2010	Laura Hoer	Roberson, T.C.	10:46.29
	2011	Anna McBride	Davie County	10:46.08
	2012	Anna McBride	Davie County	10:47.82
200 METER DASH (220 yards until 1980)	1972	Crowell	East Mecklenburg	26.10
	1973	Leak	Bowman	25.40
	1974	Kathy McMillian	Hoke County	25.40
	1975	Kathy McMillian	Hoke County	25.40
	1976	Kathy McMillian	Hoke County	24.40
	1977	Stanback	Pinecrest	25.30
	1978	Stanback	Pinecrest	24.60
	1979	Pam Belton	Seventy-First	25.00
	1980	Gwen Ray	Smithfield-Selma	24.30
	1981	Pam Belton	Seventy-First	24.80
	1982	Mamie Wilson	Northern Durham	24.60
	1983	Carla McLaughlin	Northern Durham	24.30
	1984	Carla McLaughlin	Northern Durham	24.13
	1985	Lamonda Miller	Chase	24.64
	1986	Adrienne Ferguson	Dudley	24.40
	1987	Marlene Poole	Grimsley	25.64
	1988	Marlene Poole	Grimsley	24.78
	1989	Marlene Poole	Dudley	25.04
	1990	Marlene Poole	Dudley	24.53
	1991	Josette Battle	Millbrook	24.54
	1992	Takeisha Quick	Pine Forest	24.86
	1993	Kim Wilson	Grimsley	25.13
	1994	Kim Richardson	New Bern	25.03
	1995	Crystal Cox	Pine Forest	24.39

	1996	Crystal Cox	Pine Forest	24.18
	1997	Crystal Cox	Pine Forest	24.38
	1998	Demetria Washington	Terry Sanford	24.37
	1999	Lasonja Collins	Independence	24.34
	2000	Felicia Fant	Olympic	24.92
	2001	Bernadette Washington	R.J. Reynolds	24.67
	2002	Phykesha Blackman	Independence	25.40
	2003	Melissa Council	Cary	24.45
	2004	Erica Montgomey	Mount Tabor	24.59
	2005	Lamarra Currie	Apex	24.28
	2006	Gabby Mayo	Southeast Raleigh	23.51
	2007	Gabby Mayo	Southeast Raleigh	23.72
	2008	Jacinda Evans	Southern Durham	24.47
	2009	Nyosha Bryant	West Charlotte	24.12
	2010	Dominique Weathers	Vance, Z.B.	24.45
	2011	Alexis Murphy	Apex	24.57
	2012	Alexis Murphy	Apex	23.96
400 METER DASH (440 yards until 1980)	1972	Crowell	East Mecklenburg	60.30
	1973	Lide	Hoke County	60.70
	1974	Swindell	New Bern	59.30
	1975	Vickie Bryant	Jacksonville	57.70
	1976	Vickie Bryant	Jacksonville	56.20
	1977	Sherrill	Jordan	57.90
	1978	Sherrill	Jordan	54.80
	1979	Sherrill	Jordan	55.10
	1980	V. Weaver	Hillside	57.00
	1981	Tonya Jefferies	Page	56.60
	1982	Tonya White	Page	56.50
	1983	April Cook	Watauga	55.60
	1984	Vickie Staton	Southwest Edgecombe	56.85
	1985	Tanya Fillmore	Garinger	56.54
	1986	Sonja Thomas	Dudley	56.14
	1987	Sonja Thomas	Dudley	56.27
	1988	Teneen Royal	Smithfield-Selma	57.54
	1989	Monica Hockaday	Hillside	56.11
	1990	Tonya Avery	Jacksonville	55.74
	1991	Treshell Mayo	Sanderson	55.91
	1992	Treshell Mayo	Sanderson	56.92
	1993	Michelle McRae	Walter Williams	55.76
	1994	Shawnta Person	Olympic	57.41
	1995	Crystal Cox	Pine Forest	56.97
	1996	Demetria Washington	Terry Sanford	54.35
	1997	Demetria Washington	Terry Sanford	54.78
	1998	Kennisha Morten	Seventy-First	56.97
	1999	Carol Merritt	Garner	56.47
	2000	Victoria Gadson	North Mecklenburg	55.76
	2001	Samantha Murrillo	Davie County	56.72
	2002	Carlitha Sturdivant	Independence	57.81
	2003	Carlitha Sturdivant	Independence	57.91
	2004	Janet Carothers	Harding University	55.98
	2005	Ebonie Cunningham	Southeast Raleigh	56.47
	2006	Ebonie Cunningham	Southeast Raleigh	55.10
	2007	Ebonie Cunningham	Southeast Raleigh	55.17
	2008	Nyosha Bryant	West Charlotte	55.58
	2009	Sanura Eley-O'Reilly	Britt, Jack	54.07
	2010	Sanura Eley-O'Reilly	Britt, Jack	53.45
	2011	Ariah Graham	Wakefield	55.01
	2012	Ariah Graham	Wakefield	55.14
300 METER INT. HURDLES (220 yards until 1980) (200 m 1980-1984)	1979	JoAnn Stallings	Holmes	29.50
	1980	Clara Hairston	East Forsyth	28.50
	1981	Sandra Nichols	Thomasville	28.30
	1982	Tracy Briston	R.J. Reynolds	28.50
	1983	Ida Pendergraft	Hillside	28.50
	1984	Pam Doggett	Dudley	27.92
	1985	Pam Doggett	Dudley	44.73
	1986	Pam Doggett	Dudley	42.00
	1987	Wanda Medly	Dudley	45.14
	1988	Tonya Pope	Fike	44.20
	1989	Marseilla McKenzie	Hoke County	44.81
	1990	Marseilla McKenzie	Hoke County	44.41
	1991	Marseilla McKenzie	Hoke County	44.46

1992	Cameron Bader	Sanderson	46.29
1993	Joann Smith	New Bern	44.07
1994	Twyla Smith	Pinecrest	43.78
1995	Brenda Taylor	Watauga	43.81
1996	Brenda Taylor	Watauga	43.30
1997	Brenda Taylor	Watauga	42.14
1998	Melissa Henderson	Jordan	45.40
1999	Rolanda Gabriel	Butler	45.39
2000	Nneka Martin	Cary	44.23
2001	Ashley Dutch	Broughton	44.94
2002	Demetria Powell	Jordan	45.18
2003	Melissa Council	Cary	43.61
2004	Erika Foushee	Enloe	44.02
2005	Gabby Mayo	Southeast Raleigh	44.62
2006	Gabby Mayo	Southeast Raleigh	43.56
2007	Tacara Morrissey	Smith, E.E.	44.56
2008	Victoria Robinson	Rose, J.H.	45.37
2009	Victoria Robinson	Rose, J.H.	43.23
2010	Keni Harrison	Clayton	42:53
2011	Keni Harrison	Clayton	41.41
2012	Tyler Brockington	Dudley	41.81

800 METER RELAY
(880 yards until 1980)

1972		Hoke County	1: 48.34
1973		New Bern	1: 48.30
1974		Hoke County	1: 45.10
1975		Hoke County	1: 44.00
1976		Hoke County	1: 43.40
1977		Reid Ross	1: 43.00
1978		Reid Ross	1: 43.77
1979		Dudley	1: 44.00
1980		T.W. Andrews	1: 42.00
1981		T.W. Andrews	1: 40.50
1982		Northern Durham	1: 41.10
1983		Northern Durham	1: 42.00
1984		Dudley	1: 40.24
1985		T.W. Andrews	1: 42.89
1986		Dudley	1: 40.67
1987		Grimsley	1: 39.41
1988		Richmond Senior	1: 42.85
1989		Dudley	1: 41.76
1990		New Bern	1: 42.70
1991		Jacksonville	1: 41.93
1992		New Bern	1: 41.58
1993		Dudley	1: 42.21
1994		North Forsyth	1: 42.31
1995		Pine Forest	1: 42.64
1996		West Mecklenburg	1: 42.61
1997		Jacksonville	1: 41.52
1998		West Mecklenburg	1: 40.06
1999		Independence	1: 39.84
2000		Independence	1: 42.00
2001		R.J. Reynolds	1: 42.65
2002		Independence	1: 44.58
2003		Mount Tabor	1:42.66
2004		Harding University	1:40.00
2005		HardingUniversity	1:39.85
2006		Harding University	1:29.86
2007		Harding University	3:54.34
2008		Myers Park	1:40.65
2009		Southeast Raleigh	1:39.14
2010		Wakefield	1:40.13
2011		West Mecklenburg	1:40.29
2012		Parkland	1:39.62

1600 METER RUN
(1mile until 1980)

1972	Elder	Ragsdale	6: 05.60
1973	Taylor	North Pitt	5: 22.20
1974	Taylor	North Pitt	5: 21.10
1975	Lashley	Millbrook	5: 16.60
1976	Julie Shea	Cardinal Gibbons	4: 50.80
1977	Julie Shea	Cardinal Gibbons	4: 43.10
1978	Gail Hafley	Sanderson	5: 05.70
1979	Mary Shea	Cardinal Gibbons	4: 58.00
1980	Joan Nesbitt	East Mecklenburg	5: 05.70

1981	Kathy Ormsby	Richmond County	4: 59.00
1982	Kathy Ormsby	Richmond County	4: 59.00
1983	Kathy Ormsby	Richmond County	4: 56.80
1984	Wendy McLees	Grimsley	5: 05.17
1985	Marriane Carraher	Lee County	5: 18.21
1986	Francine Dumas	T. C. Roberson	5: 02.29
1987	Cessy Hudson	East Burke	5: 97.03
1988	Cessy Hudson	East Burke	5: 10.38
1989	Carrie Hoag	Garinger	5: 13.14
1990	Kelly Clark	Lee County	5: 07.79
1991	Ami Herrman	Providence	5: 04.42
1992	Ami Herrman	Providence	4: 51.59
1993	Ami Herrman	Providence	5: 09.92
1994	Francis Warner	E.E. Smith	4: 59.92
1995	Meredith Faircloth	Broughton	5: 09.29
1996	Florencia Hunt	Hunt	5: 09.01
1997	Fran Lattie	Lumberton	5: 19.31
1998	Mary Floyd	Enloe	5: 12.03
1999	Alisha Little	East Burke	5: 08.40
2000	Julia Lucas	Myers Park	5: 05.59
2001	Rachel Kitson	Chapel Hill	5: 11.93
2002	Julia Lucas	Myers Park	5: 06.02
2003	Taylor Steelman	Mount Tabor	5:06.39
2004	Kate Merrill	Jordan	5: 07.83
2005	Aja Jackson	Waddell	5:09.76
2006	Callan Fike	Athens Drive	5:06.15
2007	Callan Fike	Athens Drive	4:59.83
2008	Kimberly Spano	North Mecklenburg	5:07.91
2009	Carolyn Baskir	East Chapel Hill	4:56.87
2010	Samantha George	Millbrook	4:55.67
2011	Samantha George	Millbrook	4:58.75
2012	Samantha George	Millbrook	4:51.54

400 METER RELAY
(440 yards until 1980)

1972	Hoke County	52.00
1973	Hoke County	51.20
1974	Ragsdale	51.70
1975	T.W. Andrews	49.40
1976	Hoke County	50.30
1977	Dudley	49.30
1978	East Guilford	49.00
1979	Pinecrest	49.70
1980	T.W. Andrews	48.80
1981	Goldsboro	48.60
1982	East Forsyth	48.10
1983	North Mecklenburg	48.40
1984	Dudley	48.46
1985	Jacksonville	48.51
1986	Dudley	48.59
1987	Ashbrook	48.86
1988	Ashbrook	48.53
1989	New Bern	48.63
1990	New Bern	47.73
1991	New Bern	48.58
1992	Pine Forest	48.44
1993	Dudley	48.34
1994	New Bern	48.67
1995	Harding	49.14
1996	Pine Forest	48.05
1997	West Mecklenburg	47.66
1998	Independence	47.41
1999	Independence	48.53
2000	Olympic	47.76
2001	Independence	48.05
2002	Jack Britt	47.99
2003	Harding	48.36
2004	Zebulon B. Vance	47.60
2005	West Charlotte	48.44
2006	Harding University	47.22
2007	Harding University	48.14
2008	Harding University	45.37
2009	Southeast Raleigh	47.33
2010	West Mecklenburg	47.56
2011	West Mecklenburg	48.11

	2012	Parkland	47.73
1600 METER RELAY	1986	Dudley	3: 51.70
	1987	Grimsley	3: 50.44
	1988	Ashbrook	3: 56.50
	1989	Dudley	3: 51.87
	1990	Dudley	3: 52.76
	1991	Ben L. Smith	3: 55.55
	1992	Ben L. Smith	3: 58.00
	1993	Jacksonville	3: 59.40
	1994	North Forsyth	3: 58.93
	1995	Pine Forest	3: 56.09
	1996	Pine Forest	3: 56.87
	1997	Watauga	3: 53.84
	1998	East Mecklenburg	3:53.54
	1999	Independence	3: 56.73
	2000	West Charlotte	3: 56.33
	2001	R. J. Reynolds	4: 02.29
	2002	Independence	3:57.22
	2003	Harding University	3:58.44
	2004	Harding University	3:55 .88
	2005	Harding University	3:57.30
	2006	Harding University	3:54.48
	2007	Harding University	3:54.34
	2008	Mount Tabor	3:53.40
	2009	Millbrook	3:53.54
	2010	Wakefield	3:49.83
	2011	Wakefield	3:53.69
	2012	Wakefield	3:47.72