

CROSS COUNTRY

STATE RECORDS

(updated through 2015 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 (original layout)

WOMEN

CLASS	NAME	SCHOOL	YEAR	TIME
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

MEN

CLASS	NAME	SCHOOL	YEAR	TIME
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

KERNERSVILLE CHAMPIONSHIP COURSE RECORDS

Ivey M. Redmon Sports Complex, formerly known as Beeson Park (revised layout, starting 2015))

WOMEN

CLASS	NAME	SCHOOL	YEAR	TIME
1A	Michaela Gammon	Lincoln Charter	2016	19:15.58
2A	Anna-Kathryn Kilby	Forbush	2016	18:54.77
3A	Emme Fisher	West Carteret	2016	18:26.82
4A	Nevada Mareno	Leesville Road	2016	17:27.62

MEN

CLASS	NAME	SCHOOL	YEAR	TIME
1A	Luke Bennett	Voyager Academy	2016	16:22.34
2A	Noah Graham	Brevard	2016	16:03.01
3A	David Melville	Northern Guilford	2016	15:39.24
4A	Connor Lane	Cardinal Gibbons	2016	15:12.57

TANGLEWOOD PARK CHAMPIONSHIP COURSE RECORDS

WOMEN

CLASS	NAME	SCHOOL	YEAR	TIME
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

MEN

CLASS	NAME	SCHOOL	YEAR	TIME
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

