



CROSS COUNTRY STATE MEET RECORDS



MEN'S CHAMPIONSHIP MEET TOP INDIVIDUAL TIMES

1A	Zach Boone (Mitchell)	2013	15:51.84
2A	Jason Thomson (North Lincoln)	2019	15:40.66
3A	Philip Hall (Terry Sanford)	2013	15:07.55
4A	Matt Debole (Mount Tabor)	2001	15:01.6

BEST TEAM SCORES

1A	Surry Central	20	2003
2A	West Henderson	29	1983
3A	Sun Valley	22	1987
4A	North Mecklenburg	38	2001

KERNERSVILLE CHAMPIONSHIP COURSE RECORDS

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

1A	Aaron Rovnak (Franklin Academy)	2019	16:05.97
2A	Jason Thomson (North Lincoln)	2019	15:40.66
3A	Avery Cannon (Watauga)	2019	15:39.00
4A	Connor Lane (Cardinal Gibbons)	2016	15:12.57

KERNERSVILLE CHAMPIONSHIP COURSE RECORDS

Ivey M. Redmon Sports Complex (Original Layout)
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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

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

WOMEN'S CHAMPIONSHIP MEET TOP INDIVIDUAL TIMES

1A/2A	Karen Godlock (Polk County)	1992	17:24.9
1A	Ariel Glassman (Hendersonville)	1999	18:17.7
2A	Mariah Howlett (Lake Norman Charter)	2017	18:03.43
3A	Sarah Vance-Goodman (T.C. Roberson)	1996	17:24.7
4A	Sammy George (Millbrook)	2011	17:27.19

BEST TEAM SCORES

1A	Murphy	36	1997
	Franklin Academy	36	2017
2A	Cardinal Gibbons	21	2007
3A	Sun Valley	26	1989
4A	Chapel Hill	28	1984

KERNERSVILLE CHAMPIONSHIP COURSE RECORDS

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1A	Michaela Gammon (Lincoln Charter)	2016	19:15.58
2A	Angie Allen (North Lincoln)	2020	18:05.50
3A	Jonna Strange (North Iredell)	2019	17:57.85
4A	Nevada Mareno (Leesville Road)	2016	17:27.62

KERNERSVILLE CHAMPIONSHIP COURSE RECORDS

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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

TANGLEWOOD PARK CHAMPIONSHIP COURSE RECORDS

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