

NCHSAA 3A Indoor Track State Championships - 2/10/2023**JDL Fast Track
Performance List****Event 1 Girls Shot Put****3AMeetRecord: 44-11.75 2018****Kayla Beasley, Hillside****StateMeetRec: 48-11.75 2007****Karmorean Hayes, Harding**

	Name	Year	School	Seed Mark
1	Emily Hartsoe	11	Ashe County	39-02.00
2	Camryn Massey	11	Ashbrook	37-09.50
3	Shamilia Carpenter	10	Dudley	36-10.00
4	Charley Seagle	10	Franklin	36-05.00
5	Cailin Ames	11	Croatan	35-09.00
6	Sam Morgan	11	Pisgah	35-07.00
7	Jasmine Colwell	11	North Brunswick	34-06.00
8	Lyric Watkins	11	Dudley	34-00.00
9	Ma'Khayla Moody	11	Rose, J.H.	33-05.00
10	Latia Green	11	Northside (3a)	32-06.00
11	Katherine Cahall	9	Swansboro	32-01.50
12	Ashlyn Lewis	11	West Carteret	32-00.00
13	Maggie Taylor	11	Hibriten	31-11.00
14	Bria Washington	11	Rocky Mount	31-09.00
15	Janiya Brown	12	Southern Guilford	31-05.00

Event 3 Boys Shot Put**3AMeetRecord: 57-11 1990****Ed Robertson, TW Andrews****StateMeetRec: 61-10 2013****Jon Beyle, East Chapel Hill**

	Name	Year	School	Seed Mark
1	Gabriel Urraca	12	Northside (3a)	49-10.00
2	Zahir Mcphail	10	E.E. Smith	46-07.00
3	Daniel Perkins	11	Southern Durham	46-05.00
4	Brandon Moody	12	North Brunswick	46-04.00
5	Jason Bethea	11	Ben L. Smith	45-09.00
6	Khamani Johnson	11	Durham School of the Arts	44-08.50
7	Benjamin Thibodeau	12	Currituck County	44-08.00
8	Matthew Finizio	12	Croatan	43-11.00
9	Antonio Lorenzo	12	Smoky Mountain	43-09.75

Event 5 Girls Long Jump**3AMeetRecord: 18-05.75 2/8/2019****Ija Mumford, Parkland****StateMeetRec: 19-11.25 2019****Morgan Smalls, Panther Creek**

	Name	Year	School	Seed Mark
1	Alexis Willis	12	Stuart W. Cramer	18-02.00
2	Elizabeth Deen	10	Southern Guilford	17-10.50
3	Laura Covarrubias	10	Franklin	17-01.50
4	Shamari Allen	12	Durham School of the Arts	17-01.00
5	Jada Brown	11	Hibriten	16-11.50
6	Senadzi Rankin	11	Dudley	16-08.75
7	Gabrielle Cheek	11	Dudley	16-07.00
8	Ginger Hayden	12	Croatan	16-06.00
9	Tanzania Washington	12	Dudley	16-06.00
10	Kaydence Daniels	12	Northside (3a)	16-03.00
11	Kira Jones	9	Rocky Mount	16-00.00
12	Kaliah Asafo-Adjei	12	Northside (3a)	16-00.00
13	MaryBeth Garrison	10	West Carteret	15-11.50
14	Tyler Collins	11	West Carteret	15-11.00
15	Addison Coker	10	Franklin	15-10.50

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Performance List****Event 5 ... (Girls Long Jump)**

	Name	Year	School	Seed Mark
16	Erica Murdock	12	Northwest Cabarrus	15-10.00
17	Brianna Green	10	Currituck County	15-09.50
18	Gisele Dulnuan-Kersey	11	Franklinton	15-08.50
19	Victoria Simeonova	9	Durham School of the Arts	15-08.25
20	Jezik Martin	12	Ashe County	15-07.00
21	Destiny Russell	11	Northwest Cabarrus	15-07.00
22	Mariah Logan	9	Northwest Cabarrus	15-06.00
23	Annika Stark	11	Union Pines	15-06.00

Event 6 Boys Long Jump**3A Meet Record: 23-09.75 1991****Brian Ellis, North Rowan****State Meet Rec: 24-07.25 1997****Marcus O'Neal, Dudley**

	Name	Year	School	Seed Mark
1	Jayson Hedgepeth	12	White Oak	21-10.00
2	Corwin Armstrong	9	Durham School of the Arts	21-06.75
3	Tylei Woolard	12	Dudley	21-05.75
4	Cameron Walker	11	Ledford	21-05.75
5	Tajon Roberson	11	Eastern Alamance	21-05.50
6	Ryan Larkin	12	Eastern Guilford High School	21-05.00
7	Jamari Hooks	12	Ben L. Smith	21-04.50
8	Kaleb Lucas	12	Durham School of the Arts	21-02.00
9	Donovan Estes	12	Franklinton	21-02.00
10	Donnell Privette	12	Franklinton	21-01.50
11	Dayzhaun Gooding-Williams	12	Jacksonville	21-01.50
12	Langston Wood	11	Dudley	21-01.00
13	Dewayne Myles	12	Eastern Guilford High School	21-01.00
14	Liam Sutton	12	North Lincoln	20-10.50
15	Seallio Alphonse	12	Rocky Mount	20-08.00
16	Aaron Higgins	11	Central Academy of Technology	20-08.00
17	Caleb Mason	12	Richlands	20-05.00
18	Jayden Diggs	12	Southern Guilford	20-05.00
19	Isaac Joyner	11	Southern Nash	20-04.00
20	Tyree Holloway	12	Northside (3a)	20-03.50
21	Kwan Oates	11	Hickory	20-03.00
22	Christian Hackett	10	Union Pines	20-01.50
23	Jeremiah Sellers	11	North Lincoln	19-10.25
24	Jeremy Hinton	12	Fike High School	19-10.00
25	Jassai Hackett	11	Eastern Guilford High School	19-10.00
26	Pierce Mahnke	10	Croatan	19-10.00
27	Dean Massaquoi	10	Swansboro	19-10.00
28	Tristan Sexton	11	Cape Fear	19-08.00
29	Savon Hatchell	11	Jacksonville	19-08.00
30	Tayman Howell	10	West Henderson	19-07.50
31	Jake Dillingham	10	North Lincoln	19-06.00
32	Keyaun Dow	11	Dudley	19-05.50
33	Andrew Cash	12	White Oak	19-05.00
34	Ethan Biggs	11	Union Pines	19-04.50
35	Braylin Smith	11	East Lincoln	19-04.00
36	Jaydon Sterling	9	Union Pines	19-03.25
37	Valentino Mark	11	Asheboro	19-03.00

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Performance List****Event 7 Girls Triple Jump****3A Meet Record: 38-09 2014****Chelsea Hargrave, Williams****State Meet Rec: 41-09.75 2019****Morgan Smalls, Panther Creek**

	Name	Year	School	Seed Mark
1	Alexis Willis	12	Stuart W. Cramer	39-06.75
2	Serenitie Johnson	10	Dudley	36-04.00
3	Briana St Louis	10	Union Pines	36-01.50
4	Shamari Allen	12	Durham School of the Arts	36-01.50
5	Gisele Dulnuan-Kersey	11	Franklinton	35-05.00
6	Laura Covarrubias	10	Franklin	35-03.00
7	Tanzania Washington	12	Dudley	35-02.50
8	Gabrielle Cheek	11	Dudley	34-11.25
9	MaryBeth Garrison	10	West Carteret	34-09.50
10	Sabrena Hogan	11	Cape Fear	34-07.00
11	Ginger Hayden	12	Croatan	34-03.00
12	Erica Murdock	12	Northwest Cabarrus	34-00.00
13	Lydia Norman	12	Smoky Mountain	33-08.50
14	Mariah Logan	9	Northwest Cabarrus	33-02.50
15	Aliya Hicks	10	Franklinton	32-05.25
16	KeSondra Pickett	11	Rocky Mount	32-05.00
17	Jezik Martin	12	Ashe County	32-05.00
18	Tamia Johnson	11	Durham School of the Arts	32-03.50
19	Robyn Ford	11	Jacksonville	32-03.00
20	Molly Scott Cottrell	9	West Carteret	32-00.00

Event 8 Boys Triple Jump**3A Meet Record: 49-10 1998****Greg Yeldell, North Rowan****State Meet Rec: 49-10.25 2019****Eric Haddock, East Chapel Hill**

	Name	Year	School	Seed Mark
1	Donovan Estes	12	Franklinton	44-10.00
2	Seallio Alphonse	12	Rocky Mount	43-05.25
3	Dayzhaun Gooding-Williams	12	Jacksonville	43-03.75
4	Langston Wood	11	Dudley	42-02.25
5	Tylei Woolard	12	Dudley	42-00.00
6	Nick Blackston	12	Southern Guilford	41-02.50
7	Valentino Mark	11	Asheboro	41-01.75
8	Andrew Cash	12	White Oak	40-09.00
9	Jack Nicholson	12	Northwood	40-08.75
10	Camden Barringer	12	Northwest Cabarrus	40-06.50
11	Jamari Hooks	12	Ben L. Smith	40-04.25
12	Devin Dow	9	Dudley	40-03.50
13	Dean Massaquoi	10	Swansboro	40-03.50
14	Jaydon Sterling	9	Union Pines	39-11.50
15	Aj Allen	12	Southern Nash	39-11.00
16	Kwan Oates	11	Hickory	39-10.50
17	Pierce Mahnke	10	Croatan	39-10.00
18	Peyton Heath	10	Croatan	39-06.75
19	Jayson Hedgepeth	12	White Oak	39-06.00
20	Mitchell Jones	12	Southern Nash	39-03.50
21	Nathan Hill	12	Union Pines	39-03.50
22	Caleb Borchelt	12	Smoky Mountain	39-03.25
23	Christian Hackett	10	Union Pines	39-01.00

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JDL Fast Track
Performance List

Event 8 ... (Boys Triple Jump)

	Name	Year	School	Seed Mark
24	Nathan Lindsay	11	Freedom	38-11.75
25	Blake Powell	11	Fred T. Foard	38-06.75
26	Ahnage Vines	11	Northern Nash	38-06.50
27	Donnell Privette	12	Franklinton	38-06.00
28	Seth Daniels	11	First Flight	38-06.00
29	Ashton Sutton	11	Pisgah	38-05.50
30	Jabari Lynch	11	Franklinton	38-05.00

Event 9 Girls High Jump

3A Meet Record: 5-10 2004

Patience Coleman, Southern Durham

State Meet Rec: 6-01 2019

Morgan Smalls, Panther Creek

	Name	Year	School	Seed Mark
1	Tyler Collins	11	West Carteret	5-08.00
2	McKenna Panos	11	Swansboro	5-03.00
3	Macy Miller	11	South Rowan	5-03.00
4	Lisa Ferguson	11	Swansboro	5-02.00
5	Kerrigan Brown	12	Cape Fear	5-02.00
6	Taleyah Palmer	11	White Oak	5-00.00
7	Rachel Key-White	10	Aycock, Charles B	5-00.00
8	Katheryn Scully	11	Orange	5-00.00
9	Madison Leonard	11	Currituck County	5-00.00
10	Ava Cooper	12	Stuart W. Cramer	4-11.00
11	Georgia Trexler	10	North Lincoln	4-10.00
12	Grace Pell	11	Orange	4-10.00
13	Annika Stark	11	Union Pines	4-10.00
14	Kari Parker	9	Dudley	4-10.00
15	Olivia Payne	12	West Henderson	4-10.00
16	Emily Davis	11	West Henderson	4-10.00
17	Alexa Dos Santos	11	East Lincoln	4-10.00
18	Iyana Coats	10	East Wake	4-10.00
19	Madison Crowder	10	Dudley	4-10.00
20	Briley Jordan	9	Tuscola	4-10.00
21	Clara Kellner	11	Union Pines	4-10.00
22	Ginger Hayden	12	Croatan	4-10.00
23	Jordan Johnson	10	Dudley	4-10.00

Event 10 Boys High Jump

3A Meet Record: 6-11 2015

Christopher Garrick, Marvin Ridge

State Meet Rec: 7-00 2002

Jesse Williams, Broughton

	Name	Year	School	Seed Mark
1	Christian Hackett	10	Union Pines	6-04.00
2	Seallio Alphonse	12	Rocky Mount	6-04.00
3	Royce Johnston	10	West Henderson	6-03.00
4	Cal Drake	12	Franklin	6-02.00
5	Kaleb Lucas	12	Durham School of the Arts	6-00.00
6	Pierce Mahnke	10	Croatan	6-00.00
7	Cannon Jahn	12	Union Pines	6-00.00
8	Devin Mims	10	Dudley	6-00.00
9	Damir Miller	11	Jesse Carson	6-00.00
10	Jayden Diggs	12	Southern Guilford	6-00.00
11	Alexander Duncan	11	North Lincoln	5-10.00

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Performance List****Event 10 ... (Boys High Jump)**

	Name	Year	School	Seed Mark
12	Isaac Seymour	12	Orange	5-10.00
13	Adam Rogers	10	Franklin	5-10.00
14	Jeremiah Sellers	11	North Lincoln	5-10.00
15	Bryson Hamlin	10	West Johnston	5-10.00
16	Emanuel Williams	12	Central Academy of Technology	5-10.00
17	Talon Smith	10	Franklin	5-10.00
18	Luke Waldstein	10	Northwood	5-08.00
19	Malachi Keyes	11	Rose, J.H.	5-08.00
20	Jalen Coward	12	Rose, J.H.	5-08.00
21	Tanner Ayers	10	North Lincoln	5-08.00
22	Peyton Heath	10	Croatan	5-08.00
23	Nathan Porter	11	Smoky Mountain	5-08.00
24	Lance Everhart	11	Asheboro	5-08.00

Event 11 Girls Pole Vault**3A Meet Record: 12-07.50 2018****Riley Felts, Weddington****State Meet Rec: 13-06 2019****Lindsay Absher, West Forsyth**

	Name	Year	School	Seed Mark
1	Carly Gordinier	11	Croatan	10-06.00
2	Lily Houston	11	Northwest Cabarrus	10-06.00
3	Maya Flynn	11	North Buncombe	10-00.00
4	Boston Stringer	11	Franklin	10-00.00
5	Sasha Ledford	12	Pisgah	10-00.00
6	McKenna Panos	11	Swansboro	10-00.00
7	Jordyn Horan	11	St. Stephens	9-08.00
8	Sophia Cremeans	12	Northwood	9-06.00
9	Jadyn Melby	11	Croatan	9-00.00
10	Bri Saunders	11	Croatan	9-00.00
11	Sophia Banks	10	North Buncombe	8-06.00
12	Adrian McKinley	11	Franklin	8-00.00
13	McKylee Wilkerson	12	Union Pines	8-00.00
14	Sarah Gorgas	11	West Henderson	8-00.00
15	Danija Jackson	11	Rocky Mount	8-00.00
16	Blair Burnette	11	Parkwood	8-00.00
17	Kaelyn Mangrum	12	West Carteret	8-00.00
18	Anna Johnson	10	West Carteret	8-00.00

Event 12 Boys Pole Vault**3A Meet Record: 15-06 2015****Tistian Shaver, Ledford****State Meet Rec: 16-07 2020****Spencer Evans, Lake Norman**

	Name	Year	School	Seed Mark
1	Blake Cassada	12	Franklin	14-00.00
2	Aaron Jennings	11	Franklin	13-00.00
3	Jake Carroll	11	Croatan	12-06.00
4	Caleb Robbins	11	Hibriten	12-06.00
5	Adam Rogers	10	Franklin	12-00.00
6	Ashton Kirkwood	9	Croatan	11-06.00
7	Logan Jones	12	North Lincoln	11-06.00
8	Aedan Sampey	11	Orange	11-06.00
9	Gabe Ocampo	12	Eastern Alamance	11-06.00
10	Lucas Bush	12	Swansboro	11-06.00

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Performance List****Event 12 ... (Boys Pole Vault)**

	Name	Year	School	Seed Mark
11	Jenson Pearson	12	Parkwood	11-00.00
12	Dylan Metcalf	12	North Buncombe	11-00.00
13	Brian Schoellner	12	Hickory	11-00.00
14	Cohen Self	12	East Rowan	11-00.00
15	Seth Drake	12	East Rowan	11-00.00
16	Colton Ellis	12	West Carteret	11-00.00
17	Hunter Cruise	11	Kings Mountain	10-06.00
18	Lukas Lewis	10	West Carteret	10-06.00
19	Jack Binon	10	Union Pines	10-06.00
20	Robert Wallace	11	Croatan	10-06.00
21	Jonathan Costley	11	North Henderson	10-06.00
22	Nicholas Horn	12	Kings Mountain	10-00.00
23	Jeremy Hinton	12	Fike High School	10-00.00
24	Mathew Kellner	10	White Oak	10-00.00
25	Grayson Bryant	10	Union Pines	10-00.00

Event 13 Girls 4x800 Meter Relay

3A Meet Record: 9:30.01 2/14/2020 Chapel Hill, Chapel Hill
A Weber, M Pirone, V Pridgen, M Marvin
State Meet Rec: 9:25.42 2015 Leesville Road
T. Hemming, N. Mareno, S. Winchel, J. Butler

	Team	Relay	Seed Time
1	First Flight	B	9:53.39
2	West Carteret	A	10:04.47
	1) Isabella Mennella 11	2) Ryan Germain 11	3) Cate Siebert 10
3	North Buncombe	A	10:06.54
	1) Eden Barnwell 11	2) Katie Johnson 11	3) Avery Mays 11
4	West Henderson	A	10:15.53
	1) Alysia Madera 10	2) Noelle Houlihan 10	3) Breanna Budzinski 11
5	North Lincoln	A	10:16.60
	1) Kelbi Pierce 12	2) Kirsten Putnam 10	3) Macy Parks 12
6	First Flight	A	10:30.75
	1) Morgan Miller 9	2) Lucy Stecher 11	3) Moira Furr 9
7	Croatan	A	10:38.00
	1) Ashley Kirkwood 12	2) Audrey Kirkwood 12	3) Cameran Ladd 11
8	Franklin	A	10:51.30
	1) Rylee Cassada 11	2) Hannah Ludwig 12	3) Abigail Pope 9
9	Swansboro	A	10:53.00
	1) Marielle Hirkala 10	2) Kaydince Scalon 10	3) Madilyn Lemke 9
10	Carrboro	A	10:54.32
	1) Casey Greene 11	2) Mila Rappold 10	3) Charlotte Johnson 10
11	Union Pines	A	11:00.13
	1) Janie Spicer 11	2) Alyssa Mabe 10	3) Emily Mila 11
12	Tuscola	A	11:03.59
	1) Luci Snyder Lowe 10	2) Gracie Rinker 10	3) Briley Jordan 9
13	White Oak	A	11:04.00
	1) Skylar Stack 11	2) Olivia Pokora 12	3) Madison Smith 10
14	Ashe County	A	11:04.28
	1) Abigail McClure 12	2) Sherry Billings 12	3) Hannely Bautista 11
15	Durham School of the Arts	A	11:08.39
	1) Addison Bartlett 12	2) Serena Kanu 10	3) Delphine Liu 10

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Performance List****Event 13 ... (Girls 4x800 Meter Relay)**

	Team	Relay	Seed Time
16	Northwest Cabarrus	A	11:09.80
	1) Yamone Oo 10	2) Lily Manion 10	3) Gatsby Goode 11
			4) Taylor Hyman 12
17	Atkins	A	11:17.69
	1) Caroline Downs 10	2) Lauren Shen 10	3) Veronica Sherman 12
			4) Ashley Wang 11
18	Central Academy of Technology	A	11:19.57
	1) Makenna Bahnick 9	2) Grace Lane 12	3) Hannah Metz 9
			4) Isabella Montes 11

Event 14 Boys 4x800 Meter Relay**3A Meet Record: 7:59.48 2018****Weddington****J. O'Hara, K. Durham J. Toomey, W. Mazur****State Meet Rec: 7:57.23 2015****Southview****C. Cotazar, M. Staples, J. Alejandro, P. Hall**

	Team	Relay	Seed Time
1	Croatan	A	8:09.93
	1) Trey Austin 11	2) James Wallace 12	3) Juelz Bernhardt 10
			4) Bryson Caulder 9
2	Northwood	A	8:19.96
	1) Noah Nielson 11	2) Ethan Wilson 12	3) Trey Hudson 10
			4) Jackson Adams 12
3	North Lincoln	A	8:22.90
	1) Stephen Ferneti 12	2) Connor Bagwell 12	3) Logan Richardson 10
			4) Mathew Wittkamp 10
4	Durham School of the Arts	A	8:28.97
	1) Billy Dupree 12	2) Mars Hartmann 10	3) Liam Markham 11
			4) Kabir Zota-Stull 11
5	Franklin	A	8:33.20
	1) Logan Russo 11	2) Barrett Stork 11	3) Isaiah Roots 12
			4) Matheson Post 11
6	West Carteret	A	8:34.03
	1) Landon Gray 12	2) Chance McCubbin 10	3) Jake Knight 10
			4) Seth Nelson 10
7	North Buncombe	A	8:35.00
	1) Jesse Cook 12	2) Cyrus Ervin 12	3) Liam Lawing 11
			4) John Ramirez 12
8	Central Academy of Technology	A	8:35.26
	1) Andrew Catapano 11	2) Heyden Christensen 10	3) Gavin Jansen 10
			4) Timothy Parsons 9
9	Atkins	A	8:39.23
	1) Christopher Allen 11	2) Jake Cartagena 12	3) Lucas O'Neal 11
			4) William Roehrenbeck 9
10	Jesse Carson	A	8:40.96
	1) Connor Price 11	2) James Anderson 11	3) Eric Gillis 9
			4) Gabe Honeycutt 12
11	Union Pines	A	8:41.77
	1) Carter Broderson 12	2) Monte Hay 9	3) Brayden Muhly 10
			4) Logan Totten-Lancaster 10
12	White Oak	A	8:42.00
	1) Jacob Mueller 12	2) Jimmy Owens 10	3) Ian Solono 11
			4) Mark Pinnock 12
13	Kings Mountain	A	8:43.62
	1) Hunter Cruise 11	2) Marty Lovingood 12	3) Max Thompson 10
			4) Elliot Habel 11

Event 15 Girls 55 Meter Hurdles Prelims**3A Meet Record: 7.96 2/14/2020****Zariyah Black, Eastern Guilford****State Meet Rec: 7.81 2015****Ebony Williams, Parkland**

	Name	Year	School	Seed Time
1	Lexi Tripp	9	Croatan	8.10
2	Emma Hall	11	West Henderson	8.30
3	Senadzi Rankin	11	Dudley	8.51
4	Elizabeth Deen	10	Southern Guilford	8.54
5	Isabelle Duchemin	12	Franklin	8.69
6	Tanzania Washington	12	Dudley	8.72
7	Ogechi Ezeigbo	10	Atkins	8.89
8	Madison Crowder	10	Dudley	8.94
9	Annika Stark	11	Union Pines	9.05

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Performance List****Event 15 ... (Girls 55 Meter Hurdles Prelims)**

	Name	Year	School	Seed Time
10	Tessa McFarland	11	Croatan	9.10
11	Caroline Spilliards	12	Smoky Mountain	9.18
12	Shamari Allen	12	Durham School of the Arts	9.18
13	Samone Arrington	9	Southern Durham	9.19
14	Paige Merrell	12	Croatan	9.21
15	Addison Coker	10	Franklin	9.28
16	Jamiah Chapman	10	Northside (3a)	9.34
17	Jy'Asha Cousins	10	Southern Wayne	9.34
18	Emmi Cheek	11	Ashe County	9.35
19	Zaria Burnett	10	Ben L. Smith	9.39
20	Victoria Mills	11	Forestview	9.40

Event 16 Boys 55 Meter Hurdles Prelims**3A Meet Record: 7.45 2014****Damian Silver, Nash Central****State Meet Rec: 7.05 2009****Wayne Davis, Southeast Raleigh**

	Name	Year	School	Seed Time
1	Liam Sutton	12	North Lincoln	7.68
2	Tayman Howell	10	West Henderson	7.74
3	Cooper Stephens	10	Croatan	7.87
4	Kaleb Lucas	12	Durham School of the Arts	7.91
5	Ethan Wilson	12	Northwood	7.91
6	Langston Wood	11	Dudley	7.94
7	Derrick Buchanan	11	Swansboro	7.98
8	Elijah Cochran	11	Franklin	8.16
9	Nick Blackston	12	Southern Guilford	8.21
10	Justin Wax	11	Croatan	8.21
11	Quenton Newkirk	10	Atkins	8.32
12	Nicolas Chavez	12	Asheboro	8.34
13	David Blackmon	12	Dudley	8.34
14	Austin Sawkiw	12	Aycock, Charles B	8.34
15	Shawn Seagraves	12	Dudley	8.34

Event 17 Girls 55 Meter Dash Prelims**3A Meet Record: 7.00 1996****Sabrina Thompson, Fike****State Meet Rec: 6.87 2007****Gabby Mayo, Southeast Raleigh**

	Name	Year	School	Seed Time
1	Janiya Johnson	11	Statesville	7.09
2	Briana St Louis	10	Union Pines	7.11
3	Melanne Sutton	12	Rose, J.H.	7.14
4	Grace Guilford	12	West Carteret	7.21
5	Tianna Spinks	10	Southern Guilford	7.21
6	Kendyll Preston	11	West Carteret	7.27
7	Lexi Tripp	9	Croatan	7.30
8	Janya Moore	12	Ben L. Smith	7.34
9	Jasmine Banks	11	West Henderson	7.34
10	Kaydence Daniels	12	Northside (3a)	7.34
11	Tynasia Emory	10	Fike High School	7.34
12	Nilijah Darden	10	Dudley	7.36
13	Kristian Gwynn	11	Northeast Guilford	7.38
14	Alaya Gillespie	12	Statesville	7.39
15	Oni Ezeigbo	9	Atkins	7.39

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

	Name	Year	School	Seed Time
16	Zamaria Benefield	10	Jacksonville	7.44
17	Nakirah Adams	10	Statesville	7.44
18	Mya Horseley	9	West Charlotte	7.44
19	Jalaya Showers		Asheboro	7.51

Event 18 Boys 55 Meter Dash Prelims

3AMeetRecord: 6.32 2/14/2020 Terrell Robinson Jr, Mount Tabor

StateMeetRec: 6.21 1995 Chris Justice, Grimsley

	Name	Year	School	Seed Time
1	Savon Hatchell	11	Jacksonville	6.34
2	Brendan Henby	12	West Henderson	6.44
3	Yazeare Pearsall-Garcia	12	Cape Fear	6.46
4	William Ratliffe	12	Eastern Alamance	6.46
5	Jayson Hedgepeth	12	White Oak	6.48
6	Cameron Walker	11	Ledford	6.50
7	Bryson Lomick	11	South Point	6.52
8	Rory Baker	12	Dudley	6.53
9	Nazir Nixon	12	Rose, J.H.	6.54
10	Isaiah Silver	10	Rocky Mount	6.54
11	Kenderius Geddis	12	Rose, J.H.	6.54
12	Jordan Bobbitt	12	Northern Nash	6.54
13	Emarion McIntyre-Battle	10	Rose, J.H.	6.54
14	Madison Jones	12	Southern Nash	6.54

Event 21 Girls 4x200 Meter Relay

3AMeetRecord: 1:41.95 2/8/2019 Parkland, Parkland

I Mumford, A Patterson, D Penn, D Lyerly

StateMeetRec: 1:39.92 2015 Parkland
M. Bryant, K. Sherman, S. Cannon, E. Willias

	Team	Relay	Seed Time
1	Dudley	A	1:45.27
	1) Dorothy Braswell 11	2) Gabrielle Cheek 11	3) Nathalya Daniels 12
			4) Nilijah Darden 10
2	Franklin	A	1:46.79
	1) Laura Covarrubias 10	2) Isabelle Duchemin 12	3) Michelle Ortega 9
			4) Hope Smith 11
3	Atkins	A	1:47.44
	1) Oni Ezeigbo 9	2) Ja'Naya Linder 11	3) Aiyana Hale 12
			4) Morgan Anthony 11
4	Statesville	A	1:48.30
	1) Nakirah Adams 10	2) Alaya Gillespie 12	3) Janiya Johnson 11
			4) Dynasty Hamilton 11
5	Northside (3a)	A	1:48.74
	1) Kaliah Asafo-Adjei 12	2) Janiah Boyd 10	3) Julissa Stewart 11
			4) Kaydence Daniels 12
6	Croatan	A	1:49.13
	1) Kennedy Zaiden 12	2) Logan Besemer 11	3) Ashly Case 10
			4) Hailey Hartman 11
7	West Carteret	A	1:49.68
	1) Hubbard Stack 10	2) Kendyll Preston 11	3) Tyler Collins 11
			4) Grace Guilford 12
8	Northeast Guilford	A	1:50.41
	1) Kristen Faith Aleghe 12	2) Navia Coles 9	3) Kristian Gwynn 11
			4) Amina Intchi 11
9	West Henderson	A	1:51.07
	1) Lindsey Cuevas 12	2) Emma Hall 11	3) Kate Leonard 12
			4) Jasmine Banks 11
10	White Oak	A	1:51.34
	1) Skylar Stack 11	2) Amaiya Williams 10	3) Taleyah Palmer 11
			4) Jazaria Nixon 10
11	Rose, J.H.	A	1:51.34
	1) M'Shya Green 12	2) Katie MacWilson 12	3) Melanne Sutton 12
			4) Camya Whitfield 11

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Performance List****Event 21 ... (Girls 4x200 Meter Relay)**

	Team	Relay	Seed Time
12	Southern Wayne	A	1:52.94
	1) Elaina Lane 12	2) Angel Harmon 10	3) Kyren Strong 10
			4) Taniyah Glaspie 12
13	Union Pines	A	1:53.18
	1) McKylee Wilkerson 12	2) Caroline Carver 9	3) Keelyn Finn 9
			4) Janie Spicer 11
14	Northwest Cabarrus	A	1:53.34
	1) Ceaire Barringer 10	2) Natalie Brown 10	3) Erica Murdock 12
			4) Mariah Logan 9
15	Jacksonville	A	1:53.94
	1) Zamaria Benefield 10	2) Laurny Gholston 10	3) Sanaa Mosley 10
			4) Brianna Lofton 9
16	Central Academy of Technology	A	1:53.98
	1) Aaliyah Green 11	2) Natorian Green 10	3) Makenna Bahnick 9
			4) Kiern Peters 9
17	Tuscola	A	1:54.21
	1) Briley Jordan 9	2) Hannah Downs 10	3) Skylar Ball 10
			4) Gracie Rinker 10
18	Pisgah	A	1:54.46
	1) Mattie Dorlan 10	2) Sierra Early 12	3) Sasha Ledford 12
			4) Annika McElreath 12
19	Durham School of the Arts	A	1:54.53
	1) Shamari Allen 12	2) Addie Bitsas 10	3) Malayna McDaniel 11
			4) Tamia Johnson 11

Event 22 Boys 4x200 Meter Relay**3A Meet Record: 1:29.46 2018****Weddington****D. Dracon, M. Conner, D. Livingston, E. Douds****State Meet Rec: 1:27.87 2019****Southeast Raleigh****E. Haddock, R. McRae, C. Ruffin, B. Williams**

	Team	Relay	Seed Time
1	North Lincoln	A	1:31.15
	1) Ernesto Cardenes 10	2) Jake Dillingham 10	3) Aaron Doeden 10
			4) Immanuel Mayner 12
2	Dudley	A	1:31.66
	1) Denzel Foster 12	2) Langston Wood 11	3) Tylei Woolard 12
			4) Kamaal Ryan 9
3	Rose, J.H.	A	1:32.14
	1) Emarion McIntyre-Battle 10	2) Kenderius Geddis 12	3) Nazir Nixon 12
			4) Camdon Best 11
4	West Henderson	A	1:32.24
	1) Brendan Henby 12	2) Tayman Howell 10	3) Will Robinson 11
			4) Ian Hicks 12
5	Southern Guilford	A	1:32.53
	1) Jakyri Manning 12	2) Jayden Diggs 12	3) Jerron Copper 12
			4) Nick Blackston 12
6	Croatan	A	1:32.64
	1) Hunter Poole 11	2) Riley Robinson 9	3) William Reyes 9
			4) Oscar Irizarry 12
7	Rocky Mount	A	1:32.64
	1) Tavoris Parker 9	2) Isaiah Silver 10	3) Micahis Jones 9
			4) Javon Leary 12
8	Williams, Walter M	A	1:32.84
	1) Clifton Davis 12	2) Jacob Marquis 12	3) Caleb Fogleman 12
			4) Zion Amadi 11
9	North Brunswick	A	1:33.44
	1) Dytrick Whithers 9	2) Fabian Mendoza 12	3) Jayden Armstrong 12
			4) Timothy White 11
10	Northern Nash	A	1:33.94
	1) Oka Stevens 11	2) Kaleb Staton 10	3) Danny Sanchez 10
			4) Barian Strickland 10
11	West Carteret	A	1:33.94
	1) Evan Jones 9	2) Hunter Guthrie 12	3) Da-Ryan Williams 12
			4) Peyton Wheeler 10
12	Northside (3a)	A	1:34.24
	1) Lakendrick Venters 12	2) Jessey Ruffin 12	3) Emanuel White 10
			4) Tyree Holloway 12
13	Durham School of the Arts	A	1:34.47
	1) Raymond Allen 12	2) Kaleb Lucas 12	3) Corwin Armstrong 9
			4) Jacob Franke 12
14	Statesville	A	1:34.78
	1) Davin Clarke 11	2) Titus Myers 12	3) Nicholas Porter 10
			4) Jaylen Himes 11
15	Swansboro	A	1:35.34
	1) Derrick Buchanan 11	2) Trevor Martin 11	3) Jeremiah Rodriguez 10
			4) Jack Lees 11

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

	Team	Relay	Seed Time
16	Atkins	A	1:35.40
	1) Zare Friend 11	2) David Neal 11	3) Justin Ju 11
			4) Sekani Carter 9
17	Hunt High School	A	1:35.44
	1) Brandon Batts 10	2) Matthew Jackson, Jr. 11	3) Zymeal Clay 12
			4) Marcell Polk 12
18	Jacksonville	A	1:35.44
	1) Shawn Peterson 11	2) Tyler Alli 10	3) Daevon Almond 11
			4) Savon Hatchell 11
19	White Oak	A	1:35.64
	1) Elin Jennings 11	2) Keenan Mintz 11	3) Eliezer Pineda 11
			4) Jayson Hedgepeth 12
20	Franklin	A	1:35.98
	1) Ty Handley 12	2) Tyler Williams 10	3) Jason Mesa 10
			4) Aaron Ashe 12
21	Central Academy of Technology	A	1:36.22
	1) Cameron Little 10	2) Aaron Higgins 11	3) Matthew Pfister 10
			4) Jayden Rutledge 10

Event 23 Girls 1600 Meter Run

3A Meet Record: 4:59.99 2/12/2022 Navaya Zales, Croatan
 State Meet Rec: 4:57.77 2015 Nevada Mareno, Leesville Road

	Name	Year	School	Seed Time
1	Macy Parks	12	North Lincoln	5:14.50
2	Olivia Ferraro	9	North Lincoln	5:18.26
3	Eva Rinker	12	Tuscola	5:19.41
4	Breanna Budzinski	11	West Henderson	5:21.51
5	Grace Lane	12	Central Academy of Technology	5:24.28
6	Bella Wood	11	North Lincoln	5:29.10
7	Addison Bartlett	12	Durham School of the Arts	5:31.70
8	Ellie Harrington	11	South Brunswick	5:31.71
9	Caroline Downs	10	Atkins	5:33.18
10	Kylee Dinterman	10	Currituck County	5:33.52
11	Natalia Serre	11	Carrboro	5:33.81
12	Noelle Houlihan	10	West Henderson	5:33.85

Event 24 Boys 1600 Meter Run

3A Meet Record: 4:16.06 2018 Cameron Ponder, Mount Tabor
 State Meet Rec: 4:10.61 2003 Bobby Mack, North Forsyth

	Name	Year	School	Seed Time
1	Stephen Ferneti	12	North Lincoln	4:20.61
2	Noah Nielson	11	Northwood	4:23.22
3	Eli Julian	11	South Rowan	4:23.49
4	Harper Clark	12	West Johnston	4:28.00
5	Connor Bagwell	12	North Lincoln	4:28.91
6	Will Downs	11	Atkins	4:30.40
7	Logan Russo	11	Franklin	4:31.17
8	Logan Richardson	10	North Lincoln	4:32.20
9	Hudson Rice	11	West Henderson	4:32.94
10	Andrew Catapano	11	Central Academy of Technology	4:33.07
11	Corbin Weeks	9	Union Pines	4:33.19
12	Tyrese Cone	11	Croatan	4:35.00
13	Caleb Phillips	12	Smoky Mountain	4:35.32
14	Barrett Stork	11	Franklin	4:35.83
15	Jake Knight	10	West Carteret	4:36.00
16	Gavin Jansen	10	Central Academy of Technology	4:36.16
17	Ethan Tolar	12	West Johnston	4:36.40
18	Preston Gantt	12	Western Harnett	4:37.09

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Performance List****Event 25 Girls 500 Meter Dash****3A Meet Record: 1:14.05 2/8/2019****Alysia Johnson, Hillside****State Meet Rec: 1:12.33 2018****Kyna Robinson, Southeast Raleigh**

	Name	Year	School	Seed Time
1	Grace Guilford	12	West Carteret	1:15.30
2	Tianna Spinks	10	Southern Guilford	1:18.97
3	Alyssia Trigleth	12	Croatan	1:19.01
4	Nathalya Daniels	12	Dudley	1:19.02
5	Hope Smith	11	Franklin	1:19.03
6	Sophia Banks	10	North Buncombe	1:19.40
7	Tessa McFarland	11	Croatan	1:19.95
8	Janya Moore	12	Ben L. Smith	1:20.16
9	Grace Lane	12	Central Academy of Technology	1:20.69
10	Gabrielle Cheek	11	Dudley	1:21.22
11	Arie'anna Rufus	10	Franklinton	1:21.54
12	Bella Green	10	North Lincoln	1:22.25
13	Brea White	11	Ledford	1:22.70
14	Ryan Germain	11	West Carteret	1:22.97
15	Rachel Tolbert	10	South Point	1:22.99
16	KeSondra Pickett	11	Rocky Mount	1:23.11
17	Morgan Anthony	11	Atkins	1:23.28
18	Amina Intchi	11	Northeast Guilford	1:23.41
19	Briyana Tillman	12	E.E. Smith	1:23.41
20	Olivia Ferraro	9	North Lincoln	1:23.50
21	Kennedy Zaiden	12	Croatan	1:23.70
22	Isabella Mennella	11	West Carteret	1:23.70

Event 26 Boys 500 Meter Dash**3A Meet Record: 1:04.45 2018****Khaleb McRae, Souther Durham****State Meet Rec: 1:03.65 2009****Andrew Hendrix, New Bern**

	Name	Year	School	Seed Time
1	Adrien Jacobs	12	Durham School of the Arts	1:05.19
2	Matthew Quispe	11	Croatan	1:05.35
3	Luke Nicolajsen	11	Croatan	1:05.72
4	Cooper Stephens	10	Croatan	1:06.10
5	Da-Ryan Williams	12	West Carteret	1:07.21
6	Evan Byrd	11	Pisgah	1:07.36
7	Isaiah Roots	12	Franklin	1:07.57
8	Peyton Wheeler	10	West Carteret	1:07.72
9	Jailen Hicks	12	Dudley	1:07.72
10	Timothy Parsons	9	Central Academy of Technology	1:08.14
11	Austin DeGeorge	12	Central Davidson	1:08.47
12	Landon Gray	12	West Carteret	1:08.51
13	Cyrus Ervin	12	North Buncombe	1:08.64
14	Elijah Cochran	11	Franklin	1:08.71
15	Justin Bryant	11	Eastern Guilford High School	1:08.78
16	Kolton Hodges	12	North Lincoln	1:09.00
17	Corey Burgess	11	Southern Guilford	1:09.00
18	Jaedon Kearney	11	Rocky Mount	1:09.08

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Performance List****Event 27 Girls 1000 Meter Run****3AMeetRecord: 2:58.25 2014****Blake Dodge, West Carteret****StateMeetRec: 2:53.81 2015****Nevada Mareno, Leesville Road**

	Name	Year	School	Seed Time
1	Katie Deacon	12	Freedom	3:02.43
2	Kenley Ballou	11	West Carteret	3:06.98
3	Katie Johnson	11	North Buncombe	3:07.65
4	Delaney Horton	10	Swansboro	3:07.90
5	Eva Rinker	12	Tuscola	3:09.43
6	Macy Parks	12	North Lincoln	3:09.50
7	Jillian Parks	10	Central Davidson	3:10.24
8	Grace Lane	12	Central Academy of Technology	3:11.69
9	Tatum Dermatas	12	First Flight	3:13.41
10	Paisley Stepp	12	West Henderson	3:14.61
11	Olivia Ferraro	9	North Lincoln	3:15.09
12	Addison Bartlett	12	Durham School of the Arts	3:15.92
13	Kylee Dinterman	10	Currituck County	3:16.43
14	Kelbi Pierce	12	North Lincoln	3:16.55
15	Moirra Furr	9	First Flight	3:17.51
16	Ryan Germain	11	West Carteret	3:18.57

Event 28 Boys 1000 Meter Run**3AMeetRecord: 2:28.85 2/8/2019****Kyle Durham, Weddington H****StateMeetRec: 2:28.85 2/8/2019****Kyle Durham, Weddington H**

	Name	Year	School	Seed Time
1	Noah Nielson	11	Northwood	2:32.26
2	Harper Clark	12	West Johnston	2:36.32
3	James Wallace	12	Croatan	2:37.00
4	Ethan Tolar	12	West Johnston	2:37.49
5	Stephen Ferneti	12	North Lincoln	2:37.63
6	Logan Russo	11	Franklin	2:37.68
7	Gavin Jessup	12	Currituck County	2:38.40
8	Noah Guerrero	10	Croatan	2:39.00
9	Jackson Adams	12	Northwood	2:39.06
10	Nicholas Epps	12	Southern Guilford	2:39.25
11	Barrett Stork	11	Franklin	2:40.18
12	Gabe Honeycutt	12	Jesse Carson	2:40.70
13	Connor Bagwell	12	North Lincoln	2:41.22
14	Caleb Phillips	12	Smoky Mountain	2:41.46
15	Max Thompson	10	Kings Mountain	2:41.49
16	John Ramirez	12	North Buncombe	2:41.52
17	Trey Austin	11	Croatan	2:41.67
18	Emanuel Williams	12	Central Academy of Technology	2:41.72
19	Bricen Burleson	11	South Rowan	2:41.94
20	Preston Gantt	12	Western Harnett	2:42.01

Event 29 Girls 300 Meter Dash**3AMeetRecord: 39.32 2/8/2019****Alysia Johnson, Hillside****StateMeetRec: 37.81 2017****Tamara Clark, High Point Central**

	Name	Year	School	Seed Time
1	Tianna Spinks	10	Southern Guilford	39.79
2	Janya Moore	12	Ben L. Smith	40.80
3	Nathalya Daniels	12	Dudley	40.91

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	Name	Year	School	Seed Time
4	Grace Guilford	12	West Carteret	40.94
5	Briana St Louis	10	Union Pines	40.97
6	Gabrielle Cheek	11	Dudley	41.15
7	Alaya Gillespie	12	Statesville	41.30
8	Ja'Naya Linder	11	Atkins	41.56
9	Tyler Collins	11	West Carteret	42.04
10	Hope Smith	11	Franklin	42.24
11	Navia Coles	9	Northeast Guilford	42.32
12	Kira Jones	9	Rocky Mount	42.54
13	Nilijah Darden	10	Dudley	42.67
14	KeSondra Pickett	11	Rocky Mount	42.74
15	Layla Bryant	10	Swansboro	42.82
16	Kennedy Zaiden	12	Croatan	43.04
17	Rachel Tolbert	10	South Point	43.14
18	Kristian Gwynn	11	Northeast Guilford	43.15
19	Zaniya LittleJohn	11	West Charlotte	43.24
20	Re'Anna Falls	10	Fred T. Foard	43.30
21	Ginger Hayden	12	Croatan	43.34
22	Arie'anna Rufus	10	Franklinton	43.39
23	Jasmine Banks	11	West Henderson	43.62

Event 30 Boys 300 Meter Dash

3A Meet Record: 34.22 2/12/2022 **Isaiah Monroe, Dudley**
State Meet Rec: 34.39 2017 **J. Johnson, Panther Creek**

	Name	Year	School	Seed Time
1	Allen Barnes	12	Northern Nash	35.22
2	Adrien Jacobs	12	Durham School of the Arts	35.77
3	Nick Blackston	12	Southern Guilford	35.85
4	Peyton Wheeler	10	West Carteret	35.91
5	Ian Hicks	12	West Henderson	35.92
6	Evan Byrd	11	Pisgah	36.00
7	Jaylen Roseboro	11	East Lincoln	36.04
8	Elijah Cochran	11	Franklin	36.10
9	Kamaal Ryan	9	Dudley	36.21
10	Donovan Estes	12	Franklinton	36.22
11	Brendan Henby	12	West Henderson	36.27
12	Yazeare Pearsall-Garcia	12	Cape Fear	36.33
13	Nicholas Vick	12	East Wake	36.34
14	Isaiah Roots	12	Franklin	36.34
15	Da-Ryan Williams	12	West Carteret	36.34
16	Jayden Diggs	12	Southern Guilford	36.34
17	Liam Sutton	12	North Lincoln	36.54
18	Cameron Walker	11	Ledford	36.60
19	Justin Wax	11	Croatan	36.64
20	Jailen Hicks	12	Dudley	36.66
21	Caleb Mason	12	Richlands	36.74
22	Immanuel Mayner	12	North Lincoln	36.74
23	Curtavis Ervin	12	High Point Central	36.74
24	Jordan Bobbitt	12	Northern Nash	36.75
25	Denzel Foster	12	Dudley	36.79

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Event 30 ... (Boys 300 Meter Dash)

	Name	Year	School	Seed Time
26	Riley Potter	10	Orange	36.80
27	Brayden Stephens	12	Croatan	36.94
28	Titus Myers	12	Statesville	37.03
29	Tylique Aldridge	10	Forestview	37.03
30	Keenan Mintz	11	White Oak	37.04

Event 33 Girls 3200 Meter Run

3A Meet Record: 10:46.69 2/12/2022 Caroline Murrell, Northwood

State Meet Rec: 10:31.57 2017 Sara Platek, Ragsdale

	Name	Year	School	Seed Time
1	Bella Wood	11	North Lincoln	11:26.39
2	Katie Deacon	12	Freedom	11:33.96
3	Natalia Serre	11	Carrboro	11:36.48
4	Morgan Miller	9	First Flight	11:39.00
5	Macy Parks	12	North Lincoln	11:39.31
6	Lucy Stecher	11	First Flight	11:41.28
7	Breanna Budzinski	11	West Henderson	11:47.20
8	Grace Lane	12	Central Academy of Technology	11:47.24
9	Olivia Ferraro	9	North Lincoln	11:51.60
10	Ellie Harrington	11	South Brunswick	11:52.07
11	Avery Mays	11	North Buncombe	11:52.55
12	Rayna Vanness	11	West Henderson	11:57.61
13	Noelle Houlihan	10	West Henderson	11:58.04

Event 34 Boys 3200 Meter Run

3A Meet Record: 9:10.96 2010 Jake Hurysz, Eastern Alamance

State Meet Rec: 9:10.96 2010 Jake Hurysz, Eastern Alamance

	Name	Year	School	Seed Time
1	Stephen Ferneti	12	North Lincoln	9:20.30
2	Harper Clark	12	West Johnston	9:30.55
3	Eli Julian	11	South Rowan	9:35.89
4	Will Downs	11	Atkins	9:47.52
5	Tyrese Cone	11	Croatan	9:50.61
6	Noah Nielson	11	Northwood	9:50.71
7	Connor Bagwell	12	North Lincoln	9:51.85
8	Corbin Weeks	9	Union Pines	9:54.46
9	Hudson Rice	11	West Henderson	9:56.10
10	Caleb Phillips	12	Smoky Mountain	9:57.75
11	Nicholas Epps	12	Southern Guilford	9:58.01
12	Mirko Glavan	12	North Lincoln	9:58.06
13	Gavin Jansen	10	Central Academy of Technology	9:58.20

Event 35 Girls 4x400 Meter Relay

3A Meet Record: 4:00.08 2/8/2019 Hillside, Hillside

E Waters, S Wilkerson, I Deloatch, A Johnson

State Meet Rec: 3:48.73 2017 High Point Central

M. Creary, D. Jones, O. Sharp, A. Graham

	Team	Relay	Seed Time
1	West Carteret	A	4:07.24
	1) Isabella Mennella 11	2) Ryan Germain 11	3) Tyler Collins 11
			4) Grace Guilford 12
2	Croatan	A	4:11.24
	1) Sofia Biedenbach 9	2) Eliana Dettle 10	3) Kayla Hunt 10
			4) Skylar Nawrocki 10

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Performance List****Event 35 ... (Girls 4x400 Meter Relay)**

	Team		Relay	Seed Time
3	Franklin		A	4:12.27
	1) Isabelle Duchemin 12	2) Laura Covarrubias 10	3) Michelle Ortega 9	4) Hope Smith 11
4	North Buncombe		A	4:12.51
	1) Eden Barnwell 11	2) Maya Flynn 11	3) Bailey Barrett 9	4) Sophia Banks 10
5	Atkins		A	4:16.79
	1) Ja'Naya Linder 11	2) Morgan Anthony 11	3) Aiyana Hale 12	4) Oni Ezeigbo 9
6	Dudley		A	4:21.46
	1) Dorothy Braswell 11	2) Tyla Gamble 12	3) Aa'Niyah Massey 10	4) Tanzania Washington 12
7	North Lincoln		A	4:21.53
	1) Haylee Gibson 10	2) Bella Green 10	3) Blythe Jaworsky 10	4) Kennedy Low 10
8	Franklinton		A	4:21.93
	1) Gisele Dulnuan-Kersey 11	2) Aliya Hicks 10	3) Reagan Yeatts 9	4) Arie'anna Rufus 10
9	Pisgah		A	4:23.44
	1) Sierra Early 12	2) Ariel McElreath 12	3) Mattie Dorlan 10	4) Avery Ponder 11
10	Durham School of the Arts		A	4:24.13
	1) Addison Bartlett 12	2) Victoria Simeonova 9	3) Malayna McDaniel 11	4) Kelci Lucas 9
11	White Oak		A	4:24.24
	1) Skylar Stack 11	2) Amaiya Williams 10	3) Taleyah Palmer 11	4) Annabella Rivers 12
12	West Henderson		A	4:25.63
	1) Alysia Madera 10	2) Breanna Budzinski 11	3) Paisley Stepp 12	4) Emma Hall 11
13	Tuscola		A	4:26.72
	1) Skylar Ball 10	2) Hannah Downs 10	3) Olivia Arnold 9	4) Eva Rinker 12
14	Union Pines		A	4:28.23
	1) Janie Spicer 11	2) Clara Kellner 11	3) Annika Stark 11	4) Briana St Louis 10
15	Ashe County		A	4:29.08
	1) Emmi Cheek 11	2) Abigail McClure 12	3) Emma Durr 12	4) Abilene Dollar 11
16	E.E. Smith		A	4:30.05
	1) MiKoyia Murphy 9	2) Armani Kee 12	3) Briyana Tillman 12	4) Imani Kee 12
17	Northwest Cabarrus		A	4:30.86
	1) Ceaire Barringer 10	2) Yamone Oo 10	3) Erica Murdock 12	4) Mariah Logan 9
18	Carrboro		A	4:35.19
	1) Djina Alicante-Stuesse 9	2) Zadi Taylor 10	3) Ava Pierce 10	4) Lillian Lagarde 9

Event 36 Boys 4x400 Meter Relay**3A Meet Record: 3:24.21 2018****Weddington****D. Dracon, D. Livingston, K. Durham, E. Douds****State Meet Rec: 3:21.79 2009****New Bern****A. Hendrix, F. Greene, M. Sparks, A. Hendrix**

	Team		Relay	Seed Time
1	Croatan		A	3:21.24
	1) Cooper Stephens 10	2) Brayden Stephens 12	3) Hunter Poole 11	4) Riley Fahy 10
2	West Carteret		A	3:25.24
	1) Da-Ryan Williams 12	2) Peyton Wheeler 10	3) Hunter Guthrie 12	4) Landon Gray 12
3	Williams, Walter M		A	3:31.96
	1) Clifton Davis 12	2) Zion Amadi 11	3) Jacob Marquis 12	4) Caleb Fogleman 12
4	Northern Nash		A	3:32.35
	1) Jordan Bobbitt 12	2) Paul Mboumien 12	3) Jaden Jones 11	4) Jayvien Fenner 12
5	Franklin		A	3:33.53
	1) Elijah Cochran 11	2) Isaiah Roots 12	3) Barrett Stork 11	4) Logan Russo 11
6	Dudley		A	3:34.70
	1) Denzel Foster 12	2) Terrence Oates 12	3) Kamaal Ryan 9	4) Tylei Woolard 12
7	North Lincoln		A	3:35.28
	1) Caden Ayers 12	2) Jake Dillingham 10	3) Kolton Hodges 12	4) Immanuel Mayner 12

NCHSAA 3A Indoor Track State Championships - 2/10/2023**JDL Fast Track
Performance List****Event 36 ... (Boys 4x400 Meter Relay)**

	Team	Relay	Seed Time
8	Southern Guilford	A	3:35.94
	1) Jakaii Dixon 11	2) Issac Oppong 11	3) Corey Burgess 11
			4) Jerron Copper 12
9	Atkins	A	3:37.23
	1) Zare Friend 11	2) William Roehrenbeck 9	3) Zechariah Duke-Graves 10
			4) David Neal 11
10	Rocky Mount	A	3:37.33
	1) Joe Lewis 11	2) Jaedon Kearney 11	3) Javon Leary 12
			4) Jaylen Williams 10
11	Swansboro	A	3:39.24
	1) Jeremiah Rodriguez 10	2) Rashawn Bell 10	3) Trevor Martin 11
			4) Jack Lees 11
12	Cape Fear	A	3:39.91
	1) Yazeare Pearsall-Garcia 12	2) Taylor Woodard 11	3) Tristan Sexton 11
			4) Khalil Marshall 10
13	Central Academy of Technology	A	3:40.41
	1) Andrew Catapano 11	2) Timothy Parsons 9	3) Gavin Jansen 10
			4) Heyden Christensen 10
14	Franklinton	A	3:41.24
	1) Noah Hannah 9	2) Donovan Estes 12	3) Kyri Davis 9
			4) Donnell Privette 12
15	West Henderson	A	3:42.09
	1) Tayman Howell 10	2) Ian Hicks 12	3) Keagan Saft 10
			4) Brendan Henby 12
16	Orange	A	3:42.16
	1) Leviant Lewis 12	2) Kairee Jones 12	3) Aidan McCollick 12
			4) Riley Potter 10
17	Northwood	A	3:42.47
	1) Ethan Wilson 12	2) William Johnson 9	3) Cabot Priddle 12
			4) Jackson Adams 12
18	North Brunswick	A	3:43.24
	1) William Jones 10	2) Jayden Armstrong 12	3) Timothy White 11
			4) Fabian Mendoza 12
19	North Buncombe	A	3:43.84
	1) Jesse Cook 12	2) Cyrus Ervin 12	3) Gabe Ferguson 10
			4) John Ramirez 12
20	Durham School of the Arts	A	3:43.90
	1) Adrien Jacobs 12	2) Jacob Franke 12	3) Corwin Armstrong 9
			4) Billy Dupree 12
21	White Oak	A	3:44.24
	1) Jacob Mueller 12	2) Keenan Mintz 11	3) Jeremiah Gill 10
			4) Mark Pinnock 12
22	Union Pines	A	3:44.34
	1) Jack Binon 10	2) Jaydon Sterling 9	3) Corbin Weeks 9
			4) Cannon Jahn 12