



Women's Outdoor Track Multiple Event Champions



1)	Julie Stackhouse 1A High Jump 1A 100 M Hurdles 1A 800 Meters 1A 1600 Meters 1A 200 Meters 1A 400 Meters 1A 300 M Hurdles	Hayesville 1995, 1996, 1997 1994, 1995, 1996, 1997 1996, 1997 1996 1994, 1995 1997 1994, 1995	15	T8)	Hailey Cook 1A Shot Put 1A Discus	Hendersonville 2010, 2011, 2012, 2013 2010, 2011, 2012, 2013	8	T21)	Nicole Barnes 2A Long Jump 2A Triple Jump 2A 100 M Hurdles 2A 100 Meters 2A 300 M Hurdles	T.W. Andrews 2018 2018 2017, 2018 2017 2018	6
2)	DeAnne Davis 2A Long Jump 2A Triple Jump 3A Triple Jump 2A 100 M Hurdles 3A 100 M Hurdles 2A 300 M Hurdles 3A 300 M Hurdles	Cummings 1995, 1996 1994, 1995, 1996 1993 1994, 1995, 1996 1993 1994, 1995, 1996 1993	14	T8)	Kamorean Hayes 4A Shot Put 4A Discus	Harding 2004, 2005, 2006, 2007 2004, 2005, 2006, 2007	8	T21)	Keione Covington 3A Long Jump 3A Triple Jump	Asheboro 1994, 1995, 1996, 1997 1994, 1995	6
				T8)	Marlene Poole 4A 100 Meters 4A 200 Meters	Grimsley/Dudley 1987, 1988, 1989, 1990 1987, 1988, 1989, 1990	8	T21)	Crystal Cox 4A 100 Meters 4A 200 Meters 4A 400 Meters	Pine Forest 1996, 1997 1995, 1996, 1997 1995	6
				T8)	Sherice Walker 2A Long Jump 2A Triple Jump 2A 100 M Hurdles 2A 300 M Hurdles	Cummings 2008, 2009 2007, 2008, 2009 2008, 2009 2008	8	T21)	Jennifer Dimsdale 1A 800 Meters 2A 800 Meters 1A 1600 Meters 2A 1600 Meters 1A 3200 Meters	Polk County 1998, 1999 1996 1998 1996 1998	6
3)	Latasha Pharr 2A Long Jump 2A Triple Jump 2A 100 M Hurdles 2A 300 M Hurdles	North Rowan 1999 1998, 1999, 2000, 2001 1998, 1999, 2000, 2001 1999, 2000, 2001	12	T21)	Jania Bogle 1A Long Jump 1A 100 Meters 1A 200 Meters	Princeton 2009 2006, 2007, 2008, 2009 2007, 2008	7				
T4)	Malia Ellington 1A 800 Meters 1A 1600 Meters 1A 3200 Meters	C.S. Davidson 2013, 2014, 2015 2013, 2014, 2015 2013, 2014, 2015	9	T21)	Anissa Gainey 3A Long Jump 3A 100 Meters 2A 200 Meters 3A 200 Meters	Clayton 1999 1998, 1999, 2000 1997 1999, 2000	7	T21)	Ami Herrman 4A 1600 Meters 4A 3200 Meters	Providence 1991, 1992, 1993 1991, 1992, 1993	6
T4)	Karen Godlock 1A/2A 800 Meters 1A/2A 1600 Meters 1A/2A 3200 Meters	Polk County 1991, 1992, 1993 1991, 1992, 1993 1991, 1992, 1993	9	T21)	Nikki Harris 1A/2A Long Jump 1A/2A Triple Jump 1A/2A 100 Meters	North Stanly 1989, 1991, 1992 1990, 1991, 1992 1991	7	T21)	Kim Jones 4A Long Jump 4A 100 M Hurdles	Grimsley 1996, 1997, 1998, 1999 1998, 1999	6
T4)	Gabby Mayo 4A 100 M Hurdles 4A 100 Meters 4A 200 Meters 4A 300 M Hurdles	Southeast Raleigh 2005, 2006, 2007 2006, 2007 2006, 2007 2005, 2006	9	T21)	Latoya James 2A Long Jump 2A 100 M Hurdles 2A 300 M Hurdles	Cummings 2007 2005, 2006, 2007 2005, 2006, 2007	7	T21)	Araybian Lilly 1A 100 Meters 1A 200 Meters 1A 400 Meters Kelsey McCorkle 3A 100 Meters 3A 200 Meters 3A 400 Meters	West Montgomery 2017, 2018 2017, 2018 2017, 2018 South Central 2006, 2008 2006, 2007, 2008 2007	6
T4)	Kathy McMillian Open Long Jump Open 100 YD Dash Open 220 YD Dash	Hoke County 1973, 1974, 1975, 1976 1975, 1976 1974, 1975, 1976	9	T21)	Kendall Jordan 2A Triple Jump 2A 100 M Hurdles 2A 300 M Hurdles 2A Long Jump	Cummings 2019, 2021 2019, 2021 2019, 2021 2021	7	T21)	Tiffany McGaha 1A Shot Put 1A Discus	Andrews 2003, 2005, 2006 2003, 2005, 2006	6
T8)	Katrelle Armwood 1A Long Jump 1A Triple Jump 1A 100 M Hurdles 1A 300 M Hurdles	Durham School of Arts 2001, 2002 1999, 2002 2000, 2002 1999, 2002	8	T21)	Heidi Sloop 2A 800 Meters 2A 1600 Meters 2A 3200 Meters	West Wilkes 1999 1998, 1999, 2000, 2001 2000, 2001	7	T21)	Nora McKiver 2A 100 M Hurdles 2A 300 M Hurdles	T.W. Andrews 2011, 2012, 2013 2011, 2012, 2013	6
T8)	Reneazia Collins 1A 100 M Hurdles 1A 200 Meters 1A 400 Meters 2A 100 Meters 2A 200 Meters 2A 400 Meters	Monroe 2012, 2013 2013 2012, 2013 2014 2014 2014	8	T21)	Anna Vess 3A 800 Meters 3A 1600 Meters 3A 3200 Meters	A.C. Reynolds 2015, 2016 2014, 2015, 2016 2014, 2016	7	T21)	Kayla Moore 2A 100 M Hurdles 2A 300 M Hurdles	Cummings 2014, 2015, 2016 2014, 2015, 2016	6
								T21)	Grace Morken 2A 800 Meters 2A 1600 Meters	Carrboro 2011, 2012, 2013 2011, 2012, 2013	6
								T21)	Kylie Polsgrove 1A High Jump 1A 100 M Hurdles 1A 300 M Hurdles	Avery County 2015 2014, 2015, 2013, 2014, 2015	6



Women's Outdoor Track Multiple Event Champions



T21)	Morgan Smalls 4A Long Jump 4A Triple Jump 4A High Jump	Panther Creek 2018 2018, 2019 2017, 2018, 2019	6	T41)	Kim Jones 3A Long Jump 3A High Jump	Statesville 1991, 1992 1990, 1991, 1992	5	T59)	Maysa Araba 2A 800 Meters 2A 1600 Meters	Carrboro 2014, 2015 2014, 2015	4
T21)	Brenda Taylor 4A 100 M Hurdles 4A 300 M Hurdles	Watauga 1995, 1996, 1997 1995, 1996, 1997	6	T41)	Julia Lucas 4A 800 Meters 4A 1600 Meters 4A 3200 Meters	Myers Park 2002 2000, 2002 2000, 2002	5	T59)	Portia Baker 3A 200 Meters 3A 400 Meters	Southwest Guilford 2003, 2004 2003, 2004	4
T21)	Sabrina Thompson 3A 100 Meters 3A 200 Meters	Fike 1994, 1995, 1996 1995, 1995, 1996	6	T41)	Janene McClure 1A/2A Shot Put 1A/2A Discus	Hendersonville 1986, 1987, 1988 1987, 1988	5	T59)	Leroya Banks 1A 100 Meters 1A 200 Meters	Perquimans 2010, 2011 2009, 2010	4
T21)	Lauren Tolbert 1A 100 Meter Dash 1A 200 Meter Dash 1A 400 Meters 1A 800 Meters	Highland Tech 2022 2022 2019, 2021 2021, 2022	6	T41)	Kathy Ormsby Open 800 Meters Open 1600 Meters Open 3200 Meters	Richmond 1983 1981, 1982, 1983 1983	5	T59)	Krystal Barringer 4A Triple Jump 4A 100 Meters	Harding 2003 2002, 2003, 2004	4
T21)	Sarah Vance Goodman 3A 1600 Meters 3A 3200 Meters	T.C. Roberson 1997, 1998 1995, 1996, 1997, 1998	6	T41)	Mia Richardson 3A 800 Meters 3A 1600 Meters 3A 3200 Meters	McMichael 1992 1990, 1991, 1992 1991	5	T59)	Heather Beichner 2A 800 Meters 2A 1600 Meters	Cardinal Gibbons 2008 2006, 2007, 2008	4
T21)	Alice Vinson 3A Triple Jump 3A 100 Meters 3A 200 Meters	Sun Valley 1989 1988, 1989, 1990 1989, 1990	6	T41)	Cynethia Rooks 1A 100 Meters 1A 200 Meters 1A 400 Meters	Northampton-West 2001, 2003 2001 2001, 2003	5	T59)	Evette Brown 1A 100 Meters 1A 200 Meters	South Stokes 2002, 2004 2002, 2004	4
T21)	Sara White 1A/2A 100 M Hurdles 1A/2A 300 M Hurdles	Surry Central 1991, 1992, 1993 1990, 1992, 1993	6	T41)	Payton Russell 2A 200 Meters 2A 400 Meters	North Rowan 2016, 2017 2015, 2016, 2017	5	T59)	Nyshedra Brown 3A 100 Meters 3A 200 Meters	West Craven 2011, 2012 2011, 2012	4
T41)	Marisa Bellamy 2A 100 Meters 2A 200 Meters 2A 400 Meters	Bunn 2011 2009, 2011 2011, 2012	5	T41)	Erika Schneble 1A 1600 Meters 1A 3200 Meters	Hendersonville 2001, 2002 2000, 2001, 2002	5	T59)	Patience Coleman 3A High Jump 4A High Jump	Southern Durham 2004, 2005 2006, 2007	4
T41)	Danielle Butts 3A Triple Jump 3A High Jump	South Central 2009, 2010, 2011 2010, 2011	5	T41)	Paisley Simmons 2A 100 Meters 2A 200 Meters	T.W. Andrews 2010, 2012, 2013 2012, 2013	5	T59)	Janieyah Collins 1A 200 Meters 1A 300 M Hurdles 2A 300 M Hurdles	Monroe 2012 2011, 2012 2009	4
T41)	Tamara Clark 4A 100 Meters 4A 200 Meters	High Point Central 2016, 2017 2015, 2016, 2017	5	T41)	Victoria Swepson 1A 800 Meters 1A 1600 Meters	Research Triangle 2018, 2019 2018, 2019, 2021	5	T59)	Marcia Colson 1A Long Jump 1A Triple Jump	South Stanly 1994, 1995 1994, 1995	4
T41)	Pam Doggett Open 100 M Hurdles 3A/4A 100 M Hurdles Open 200 M Hurdles Open 300 M Hurdles 3A/4A 300 M Hurdles	Dudley 1985 1986 1984 1985 1986	5	T41)	Breah Taylor 1A Long Jump 1A Triple Jump	East Carteret 2018, 2019 2017, 2018, 2019	5	T59)	Sylvia Crumpler 4A Discus 4A Shot Put	Cape Fear 1987 1987, 1988, 1989	4
T41)	Shawnti Jackson 4A 100 Meter Dash 4A 200 Meters 4A 400 Meters	C.Gibbons/Wakefield 2021, 2022 2021, 2022 2022	5	T41)	Conova Young 1A Long Jump 1A 100 Meters 1A 200 Meters	Lejeune 1996 1995, 1996, 1997 1997	5	T59)	Teaunna Cuthbertson 1A Long Jump 1A 100 M Hurdles	North Rowan 2010, 2011, 2012 2010	4
T41)	Amanda Johnson 1A/2A Long Jump 1A/2A 100 Meters 1A/2A 200 Meters	East Carteret 1993 1992, 1993 1992, 1993	5	T59)	Angie Allen 2A 800 Meters 2A 1600 Meters 2A 3200 Meters	North Lincoln 2021 2019, 2021 2021	4	T59)	Sarah Day 2A 800 Meters 2A 1600 Meters	Ledford 1995, 1997 1995, 1997	4
								T59)	Blake Dodge 3A 800 Meters 3A 1600 Meters	West Carteret 2012, 2013, 2014 2013	4



Women's Outdoor Track Multiple Event Champions



T59)	Francine Dumas 3A/4A 1600 Meters 3A 800 Meters 3A 1600 Meters 3A 3200 Meters	T.C. Roberson 1986 1987 1987 1987	4	T59)	Carla McLaughlin Open 100 Meters Open 200 Meters	Northern Durham 1983, 1984 1983, 1984	4	T59)	Stanback Open 100 Yards Open 220 Yards	Pinecrest 1977, 1978 1977, 1978	4
T59)	Jacinda Evans 4A Long Jump 4A Triple Jump 4A 100 Meters 4A 200 Meters	Southern Durham 2008 2008 2008 2008	4	T59)	Melissa Morrison 4A Triple Jump 4A 100 Meters	A.L. Brown 1989 1987, 1988, 1989	4	T59)	Kristen Stout 1A 1600 Meters 1A 3200 Meters	Hendersonville 2009, 2011 2008, 2011	4
T59)	Briana Haith 2A Long Jump 2A 200 Meters 2A 400 Meters	Granville Central 2010 2010 2009, 2010	4	T59)	Sydnei Murphy 4A Long Jump 4A Triple Jump	Apex 2014, 2015 2014, 2015	4	T59)	Sophia Treakle 3A 100 M Hurdles 3A 300 M Hurdles	Asheville 2007, 2008 2007, 2008	4
T59)	Aslynn Halvorson 4A Discus 4A Shot Put	Butler 2008, 2009 2008, 2009	4	T59)	Hannah Parks 3A 800 Meters 3A 1600 Meters	Glenn 2003 2003, 2004, 2005	4	T59)	Tainasha Vines 2A Long Jump 2A Triple Jump	Bunn 2014 2013, 2014, 2015	4
T59)	Keni Harrison 4A 100 M Hurdles 4A 300 M Hurdles	Clayton 2010, 2011 2010, 2011	4	T59)	Alexis Patterson 3A 100 M Hurdles 3A 100 Meters 3A 200 Meters	Parkland 2019 2018, 2019 2018	4	T59)	Courtney Warner 3A 100 Meters 3A 200 Meters	C.B. Aycock 2014, 2015 2014, 2015	4
T59)	Christina Hernandez 4A Discus 4A Shot Put	A.C. Reynolds 2001, 2002, 2003 2003	4	T59)	Alicia Person 2A Long Jump 2A Triple Jump	Southern Vance 2004, 2005 2003, 2005	4	T59)	Demetria Washington 4A 100 Meters 4A 200 Meters 4A 400 Meters	Terry Sanford 1998 1998 1996, 1997	4
T59)	Mariah Howlett 2A 1600 Meters 2A 3200 Meters	Lake Norman Charter 2017, 2018 2017, 2018	4	T59)	Tracy Pickett 1A Discus 1A Shot Put	Swansboro 1995, 1996, 1997 1997	4	T59)	Sequoia Watkins 3A Discus 4A Discus 4A Shot Put	T.C. Roberson 2009 2010, 2011 2011	4
T59)	Cessy Hudson 3A/4A 3200 Meters 4A 1600 Meters 4A 3200 Meters	East Burke 1986 1987, 1988 1988	4	T59)	Chandra Pulliam 1A 100 M Hurdles 2A 100 M Hurdles 1A 300 M Hurdles 2A 300 M Hurdles	Cummings 2001 2002 2001 2002	4	T59)	Toi Wilson 3A 100 Meters 3A 400 Meters	D.H. Conley 1993 1992, 1993, 1994	4
T59)	Qizeah Jackson 3A High Jump 3A 100 Meters 3A 200 Meters	Westover 2013, 2014 2013 2013	4	T59)	Sarah Rapp 3A 1600 Meters 3A 3200 Meters	Cardinal Gibbons 2010, 2011 2010, 2011	4	T110)	87 tied		3
T59)	Lydia Laws 3A Triple Jump 3A 300 M Hurdles	Western Alamance 2014 2012, 2013, 2014	4	T59)	Julie Shea Open 880 Yards Open 1 Mile	Cardinal Gibbons 1975, 1977 1976, 1977	4	T197)	245 tied		2
T59)	Samantha Layko 2A Discus 2A Shot Put	Croatan 2013, 2014, 2015 2015	4	T59)	Mary Shea Open 880 Yards Open 1 Mile Open 2 Miles	Cardinal Gibbons 1979 1979 1978, 1979	4				
T59)	Deidre Mapp 1A Triple Jump 1A 100 M Hurdles 2A 100 M Hurdles 1A 300 M Hurdles	Cummings 1998 1998 1997 1998	4	T59)	Shalyce Smith 1A 100 Meters 1A 200 Meters	James Kenan 1999, 2000 1999, 2000	4				
T59)	Jeretha Massey 3A 400 Meters 3A 800 Meters	Ben L. Smith 2000, 2001, 2002 2002	4	T59)	Twyla Smith 4A Triple Jump 4A 100 M Hurdles 4A 300 M Hurdles	Pinecrest 1994, 1995 1994 1994	4				
				T59)	Erin Smyth 1A/2A 1600 Meters 1A/2A 3200 Meters	Lejeune 1988, 1989 1988, 1989	4				