

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Event 1 Girls Shot Put**

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Alexandra Taylor-Ramsey	11	Eastern Guilford High School	31-00.00
2	Emma Hadley	9	Oak Grove High School	31-02.00
3	Jadah Pringle	10	Central Academy of Technology	32-02.00
4	Tamya Hunter	12	Northeast Guilford	32-03.00
5	Nicole Fossati	12	Parkwood	32-03.00
6	Kaosi Ezeigbo	12	Central Cabarrus	32-08.00
7	Skyy Ruben	10	West Rowan	33-02.00
8	Re'Ale Walton	11	Northwest Cabarrus	33-08.00
9	Lyric Watkins	11	Dudley	34-00.00
10	Rachel Turner	12	Lake Norman Charter School	34-03.00
11	Shamilia Carpenter	10	Dudley	34-10.00
12	Janiya Brown	12	Southern Guilford	36-01.00

Event 2 Boys Shot Put

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Zion Coalson	9	Northeast Guilford	41-08.00
2	Sammad Bell	11	Dudley	42-04.00
3	Jiwan Roberson	12	Southern Guilford	42-08.00
4	Brecken Crotts	12	Central Davidson	43-01.50
5	Dakota Brown	10	High Point Central	45-01.00
6	Hayden Lam	11	Northeast Guilford	45-06.00
7	Zane Ellis	12	Central Davidson	46-00.00
8	Jacob Butler	11	East Rowan	46-02.00
9	Alston White	12	North Davidson	46-11.00
10	Donte Lipscomb	12	Eastern Guilford High School	47-03.00
11	Myles Scott	12	Lake Norman Charter School	47-04.00
12	Jason Bethea	11	Ben L. Smith	51-02.00

Event 3 Girls Discus Throw

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Demi Lawing	11	Northwest Cabarrus	93-05
2	Tamya Hunter	12	Northeast Guilford	93-06
3	Janiya Brown	12	Southern Guilford	94-01
4	Summer Weddle	11	Parkwood	94-03.50
5	Cora Hadley	9	Oak Grove High School	96-11
6	Rachel Turner	12	Lake Norman Charter School	97-07
7	Amara Bradsher	11	Atkins	99-01
8	Lyric Watkins	11	Dudley	99-04
9	Kaosi Ezeigbo	12	Central Cabarrus	99-06
10	Ciara Major	10	Oak Grove High School	102-01
11	Skyy Ruben	10	West Rowan	108-08
12	Noelle Millner	11	Dudley	120-02

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Event 4 Boys Discus Throw**

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Xavier Todd	11	Ledford	122-03
2	Brecken Crotts	12	Central Davidson	123-08
3	Blake Shinault	12	Oak Grove High School	126-07
4	Landon Jacobs	12	West Rowan	128-01
5	Abraham Garcia	12	North Davidson	131-00
6	Zion Coalson	9	Northeast Guilford	131-05
7	Donte Lipscomb	12	Eastern Guilford High School	133-00
8	Dominic Waugh	12	Atkins	134-05
9	Landon Cornell	12	Lake Norman Charter School	137-06
10	Morgan Gardner	11	Northeast Guilford	139-01
11	Jason Bethea	11	Ben L. Smith	150-07
12	Myles Scott	12	Lake Norman Charter School	165-02

Event 5 Girls High Jump

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Emma Hadley	9	Oak Grove High School	4-07.00
2	Azianne Lynch	12	Southern Guilford	4-08.00
3	Amara Bradsher	11	Atkins	4-08.00
4	Anaria Parker	11	Eastern Guilford High School	4-08.00
5	Nicole Fossati	12	Parkwood	4-08.00
6	Kiyah Sherman	10	Northeast Guilford	4-10.00
7	Madison Crowder	10	Dudley	4-10.00
8	Natalia Bemnet	11	Northeast Guilford	4-10.00
9	Rebecca Wilson	10	Asheboro	5-00.00
10	Cadi Joyner	9	Jesse Carson	5-00.00
11	Erica Murdock	12	Northwest Cabarrus	5-02.00
12	Macy Miller	11	South Rowan	5-05.00

Event 6 Boys High Jump

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Isaiah Irvin	10	Northeast Guilford	6-00.00
2	Matthew McDow	12	Parkwood	6-00.00
3	Nathan Carr	12	Ledford	6-00.00
4	Emanuel Williams	12	Central Academy of Technology	6-00.00
5	Devin Keene	12	South Rowan	6-00.00
6	Cam Burris	12	Concord	6-00.00
7	Peter Simpson	12	North Davidson	6-02.00
8	Lance Everhart	11	Asheboro	6-02.00
9	Jayden Diggs	12	Southern Guilford	6-02.00
10	Kobe Watts-Williams	12	Concord	6-02.00
11	Devin Mims	10	Dudley	6-04.00
12	Jerell Reddick	12	Concord	6-04.00

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Event 7 Girls Pole Vault**

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Riley Elliott	9	Central Davidson	6-11.00
2	Bella Turner	12	East Rowan	7-00.00
3	Jadyn Featherstone	11	East Rowan	7-00.00
4	Shiyah Morgan	11	Parkwood	7-06.00
5	Anna Harrison	12	West Rowan	7-06.00
6	Ivey Pearson	9	Parkwood	8-00.00
7	Blair Burnette	10	Parkwood	8-06.00
8	Jasmyne Brown	10	East Rowan	8-06.00
9	Hadley Smith	10	North Davidson	8-06.00
10	Kaylyn Harvey	10	Northwest Cabarrus	8-06.00
11	Mattie Berrier	11	North Davidson	9-06.00
12	Lily Houston	11	Northwest Cabarrus	11-06.00

Event 8 Boys Pole Vault

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Jackson Walters	11	West Rowan	9-06.00
2	Nathan Welborn	9	Oak Grove High School	9-06.00
3	Cesidio Castricone	10	Northwest Cabarrus	9-06.00
4	Christian Saballos	10	East Rowan	10-00.00
5	Eric Faraci	12	Parkwood	10-06.00
6	Nicolas Chavez	12	Asheboro	10-06.00
7	Cohen Self	12	East Rowan	11-00.00
8	Lance Everhart	11	Asheboro	11-05.00
9	Jenson Pearson	12	Parkwood	12-03.00
10	Seth Drake	12	East Rowan	13-06.00

Event 9 Girls Long Jump

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Destiny Russell	11	Northwest Cabarrus	15-10.50
2	Sion Murrain	11	Asheboro	16-00.00
3	Azaria Martin	11	Montgomery Central	16-00.50
4	Iyanna Lynch Berry	10	East Rowan	16-03.50
5	Mariah Logan	9	Northwest Cabarrus	16-05.00
6	Natalia Bemnet	11	Northeast Guilford	16-10.00
7	Serenitie Johnson	10	Dudley	17-00.25
8	Logan Speight	10	Dudley	17-05.50
9	Senadzi Rankin	11	Dudley	17-10.00
10	Sydney Krause	11	Central Cabarrus	18-05.50
11	Elizabeth Deen	10	Southern Guilford	18-07.00

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Event 10 Boys Long Jump**

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Antonio Vincent	12	High Point Central	20-09.00
2	Lance Everhart	11	Asheboro	20-10.00
3	Christian Stockton	11	Northeast Guilford	20-10.50
4	Carson Aman	11	Jesse Carson	21-00.00
5	Keyaun Dow	11	Dudley	21-03.00
6	Dewayne Myles	12	Eastern Guilford High School	21-05.50
7	Cameron Walker	11	Ledford	21-06.75
8	Tylei Woolard	12	Dudley	22-00.00
9	Isaiah Mobley	12	Parkwood	22-02.50
10	Jamari Hooks	12	Ben L. Smith	22-11.00
11	Anthony Taylor	12	Dudley	23-05.00

Event 11 Girls Triple Jump

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Karsyn Wilson	10	Rockingham County	31-05.00
2	Jasmyne Brown	10	East Rowan	31-05.00
3	Adyson Howard	9	South Rowan	32-10.50
4	Elaina Henry	12	Parkwood	33-00.50
5	Erica Murdock	12	Northwest Cabarrus	34-05.00
6	Logan Speight	10	Dudley	35-04.00
7	Sasha Bernard	12	Lake Norman Charter School	35-05.50
8	Jordan Johnson	10	Dudley	35-08.00
9	Iyanna Lynch Berry	10	East Rowan	35-11.00
10	Elizabeth Deen	10	Southern Guilford	36-06.00
11	Serenitie Johnson	10	Dudley	37-02.75
12	Sydney Krause	11	Central Cabarrus	38-08.00

Event 12 Boys Triple Jump

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Jordan Brooks	11	East Rowan	41-10.00
2	Kobe Watts-Williams	12	Concord	42-03.00
3	Tre McNeil	12	Dudley	42-03.00
4	Gavin Palmore	9	Ben L. Smith	42-04.50
5	Langston Wood	11	Dudley	42-07.00
6	Camden Barringer	12	Northwest Cabarrus	42-11.50
7	Tyquan Watts	12	Montgomery Central	43-00.50
8	Jamari Pemberton	11	Montgomery Central	43-06.50
9	Jamari Hooks	12	Ben L. Smith	43-09.00
10	Isaiah Mobley	12	Parkwood	43-09.50
11	Anthony Taylor	12	Dudley	45-04.00
12	Caleb Lopez	12	Montgomery Central	45-04.00

NCHSAA 3A Midwest Regionals - 5/13/2023

East Rowan High School
Meet Program

Event 13 Girls 4x800 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Central Academy of Technology	A	11:08.75
	1) Brynnlee Butters 9	2) Andrea Martinez-Sanchez 11	3) Hannah Metz 9
2	West Rowan	A	11:10.58
	1) Marion Blake 10	2) Jayden Carter 10	3) Katie Roberts 10
3	Lake Norman Charter School	A	11:13.00
	1) Claire Gustafson 11	2) Sofia Moreta 10	3) Daianah Raczui 9
4	Concord	A	11:56.86
	1) Kaylin Williams 10	2) Ciara O'Connor 12	3) Sophia Guerriero 12
5	East Rowan	A	12:48.33
	1) Caylea Cline 9	2) Addison Duncan 10	3) Makayla Williams 10
6	Montgomery Central	A	12:51.79
	1) Brionna Saunders 10	2) Ashley Marquez-Bello 11	3) Marla Medina 11
Section 2 of 2 Timed Finals			
1	Atkins	A	10:33.00
	1) Paige Kiesling 9	2) Taylor Shen 10	3) Lauren Shen 10
2	Northwest Cabarrus	A	10:43.96
	1) Shaina Chiniwalla 9	2) Morgan Hill 11	3) Taylor Hyman 12
3	Oak Grove High School	A	10:59.82
	1) Natalia Everhart 11	2) Rachel Vannoy 12	3) Melody Murray 11
4	Dudley	A	11:00.18
	1) Zariah Jones 9	2) Christina McKinney 9	3) Isabella Payne 11
5	North Davidson	A	11:01.35
	1) Bailey Hicks 10	2) Charlotte Sullivan 9	3) Lily Sullivan 9
6	South Rowan	A	11:04.26
	1) Madison Beaver 11	2) Brinley Patterson 10	3) Blythe Elliott 11

Event 14 Boys 4x800 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Southern Guilford	A	9:00.96
	1) Corey Burgess 11	2) Jakaii Dixon 11	3) Issac Oppong Frimpong 12
2	Eastern Guilford High School	A	9:04.32
	1) Aaron Thompson 11	2) Austin Drewery 11	3) Paul Evans-Robinson 11
3	Parkwood	A	9:08.24
	1) Logan Shaffer 12	2) Austen Plyler 9	3) Jeanmal Lamont 11
4	Ledford	A	9:13.32
	1) Jose Ontiveros 11	2) Austin Watson 10	3) Jorge Gamez-Santillan 12
5	Montgomery Central	A	9:15.33
	1) Alexander Guzman Medina 10	2) Carlos Vargas 11	3) Francisco Silva-Pina 11
6	Rockingham County	A	9:18.30
	1) TJ Garrett 11	2) Zachary Lewis 12	3) Jeremy Everitt 12

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Section 2 of 2 Timed Finals...(Event 14 Boys 4x800 Meter Relay)**

1	Central Academy of Technology	A	8:14.40	
	1) Gavin Jansen 10	2) Timothy Parsons 9	3) Heyden Christensen 10	4) Emanuel Williams 12
2	Northwest Cabarrus	A	8:27.04	
	1) Blake Andrews 12	2) Grant Long 11	3) Cameron Beaver 12	4) Owen Evans 12
3	Atkins	A	8:30.00	
	1) Christopher Allen 11	2) Jake Cartagena 12	3) Lucas O'Neal 11	4) William Roehrenbeck 9
4	Lake Norman Charter School	A	8:30.10	
	1) Truitt Evelyn 12	2) Drew Johnson 9	3) Javon Taylor 10	4) Cooper Wozniak 11
5	Dudley	A	8:32.73	
	1) Jaharice Paschal 10	2) Abishek Pradhan 11	3) Aaron Spears 11	4) Terrence Oates 12
6	Oak Grove High School	A	8:38.14	
	1) Mason McMillan 12	2) Aiden Edwards 9	3) Evan Messer 11	4) Hunter Creech 9

Event 15 Girls 100 Meter Hurdles

Lane	Name	Year	School	Seed Time
Heat 1 of 2 Prelims				
1	Peyton Whicker	12	East Rowan	17.14
2	Madison Crowder	10	Dudley	16.66
3	Sydney Krause	11	Central Cabarrus	15.83
4	Natalie Brown	10	Northwest Cabarrus	16.64
5	Sadie Featherstone	10	East Rowan	16.78
6	Kiyah Sherman	10	Northeast Guilford	17.24
Heat 2 of 2 Prelims				
1	Ogechi Ezeigbo	10	Atkins	15.34
2	Elizabeth Deen	10	Southern Guilford	14.74
3	Senadzi Rankin	11	Dudley	14.46
4	Tanzania Washington	12	Dudley	14.69
5	Zaria Burnett	10	Ben L. Smith	15.25
6	Layla Jones	10	Lake Norman Charter School	15.65

Event 16 Boys 110 Meter Hurdles

Lane	Name	Year	School	Seed Time
Heat 1 of 2 Prelims				
1	Aiden Roberts	10	Northeast Guilford	16.10
2	Nicolas Chavez	12	Asheboro	15.84
3	Jaylyn Smith	12	Central Davidson	15.67
4	Quinn Mushington	11	Parkwood	15.77
5	Tyler Dunn	12	Central Cabarrus	16.08
6	Sam Kamara	11	Northeast Guilford	16.30
Heat 2 of 2 Prelims				
1	David Blackmon	12	Dudley	15.26
2	Nick Blackston	12	Southern Guilford	15.07
3	Shawn Seagraves	12	Dudley	14.59
4	Langston Wood	11	Dudley	14.62
5	Jassai Hackett	11	Eastern Guilford High School	15.10
6	Quenton Newkirk	10	Atkins	15.62

NCHSAA 3A Midwest Regionals - 5/13/2023

East Rowan High School
Meet Program

Event 17 Girls 100 Meter Dash

Lane	Name	Year	School	Seed Time
Heat 1 of 2 Prelims				
1	Azaria Martin	11	Montgomery Central	12.77
2	Dorothy Braswell	11	Dudley	12.72
3	Jalaya Showers	9	Asheboro	12.45
4	Navia Coles	9	Northeast Guilford	12.50
5	Ceaire Barringer	10	Northwest Cabarrus	12.73
6	Heaven Richardson	12	Eastern Guilford High School	12.80
Heat 2 of 2 Prelims				
1	Kristian Gwynn	11	Northeast Guilford	12.30
2	Janya Moore	12	Ben L. Smith	12.01
3	Onyi Ezeigbo	9	Atkins	11.90
4	Nilijah Darden	10	Dudley	11.92
5	Gabrielle Cheek	11	Dudley	12.10
6	Mesiyah Howell	11	South Rowan	12.39

Event 18 Boys 100 Meter Dash

Lane	Name	Year	School	Seed Time
Heat 1 of 2 Prelims				
1	Paul Thorne	12	Eastern Guilford High School	11.12
2	Curtavis Ervin	12	High Point Central	10.96
3	Zaire Friend	11	Atkins	10.78
4	Denzel Foster	12	Dudley	10.87
5	Jadon Moore	10	South Rowan	10.97
6	David Neal	11	Atkins	11.15
Heat 2 of 2 Prelims				
1	Nylon Fair-Steele	12	Concord	10.72
2	Le'Ezra Brown	10	Dudley	10.68
3	Cameron Walker	11	Ledford	10.56
4	Rory Baker	12	Dudley	10.60
5	Wisdom Holmes	12	Parkwood	10.70
6	Jakyri Manning	12	Southern Guilford	10.75

Event 19 Girls 4x200 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	East Rowan	A	1:54.48
	1) Anaya Blakeney 11	2) Madi Fadden 12	3) Katherine Otten 12
			4) Savannah Wise 10
2	Central Academy of Technology	A	1:53.81
	1) Aaliyah Green 11	2) Natorian Green 10	3) Kasye Reed-Williams 9
			4) Akheri McDaniels 9
3	Rockingham County	A	1:53.00
	1) Shirley Tinsley 12	2) Makenzi Willis 9	3) Karsyn Wilson 10
			4) Bailey O'Neal 11
4	Southern Guilford	A	1:53.39
	1) Rachel Timbo 9	2) Esther Olla 10	3) Taylor Price 9
			4) Jeanyiah DePriest 10
5	Concord	A	1:54.03
	1) Niema Fair 10	2) Nyasia Bostic 9	3) Jayla Robertson 10
			4) Kaylin Williams 10
6	Ledford	A	1:54.50
	1) Laura Evans 12	2) Annabelle Evans 12	3) Alyssa Huntley 10
			4) Brea White 11

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Section 2 of 2 Timed Finals...(Event 19 Girls 4x200 Meter Relay)**

1	Northwest Cabarrus	A	1:49.19	
	1) Ceaire Barringer 10	2) Natalie Brown 10	3) Mariah Logan 9	4) Erica Murdock 12
2	Eastern Guilford High School	A	1:46.96	
	1) Alexandra Taylor-Ramsey 11	2) Raven Womack 10	3) Heaven Richardson 12	4) Anaria Parker 11
3	Dudley	A	1:40.69	
	1) Dorothy Braswell 11	2) Nathalya Daniels 12	3) Nilijah Darden 10	4) Keianna Mims 12
4	Atkins	A	1:43.96	
	1) Onyi Ezeigbo 9	2) Ja'Naya Linder 11	3) Ja'Nique Linder 9	4) Ogechi Ezeigbo 10
5	Northeast Guilford	A	1:48.20	
	1) Kristian Gwynn 11	2) Navia Coles 9	3) Kristen Faith Aleghe 12	4) Kiyah Sherman 10
6	Asheboro	A	1:49.51	
	1) Jalaya Showers 9	2) Ey'Mya Cheek 9	3) Nyla Price 9	4) Sion Murrain 11

Event 20 Boys 4x200 Meter Relay

Lane	Team	Relay	Seed Time	
Section 1 of 2 Timed Finals				
1	Rockingham County	A	1:34.00	
	1) maleek bryant 11	2) Elijah Ward 10	3) Hayden Stanley 11	4) cole chandler 12
2	Northwest Cabarrus	A	1:33.97	
	1) Eddie Conover 11	2) Jason Gonzalez 10	3) Micheal Hobbs 10	4) Daylen Lott 11
3	Concord	A	1:32.85	
	1) Andrew Davis Jr. 9	2) Leland Bishop 10	3) Keyon Phillips 11	4) Nylon Fair-Steele 12
4	Montgomery Central	A	1:33.36	
	1) Tyler Smith 10	2) Rchavious Jemission 11	3) Ja'mies Collins 9	4) Anthony Ewing 12
5	Eastern Guilford High School	A	1:34.00	
	1) Ta'Vion Bullock 11	2) Jassai Hackett 11	3) Paul Thorne 12	4) Caleb Creech 10
6	Asheboro	A	1:34.94	
	1) Elijah Woodle 10	2) Kai Matthews 11	3) Zacheus Jones 10	4) Valentino Mark 11
Section 2 of 2 Timed Finals				
1	Oak Grove High School	A	1:32.60	
	1) Connor Creech 11	2) Sam Bennett 10	3) Talib Tuttle 12	4) Evan Walters 12
2	Parkwood	A	1:31.48	
	1) Isaiah Mobley 12	2) Wisdom Holmes 12	3) Jenson Pearson 12	4) Quinn Mushingon 11
3	Southern Guilford	A	1:27.06	
	1) Jakyri Manning 12	2) Jayden Diggs 12	3) Jerron Copper 12	4) Nick Blackston 12
4	Dudley	A	1:27.33	
	1) Rory Baker 12	2) Asa Bonds 12	3) Le'Ezra Brown 10	4) Denzel Foster 12
5	Atkins	A	1:31.77	
	1) Zaire Friend 11	2) David Neal 11	3) Sekani Carter 9	4) Justin Ju 11
6	Central Academy of Technology	A	1:32.79	
	1) Aaron Higgins 11	2) Matthew Pfister 10	3) Jayden Rutledge 10	4) Cameron Little 10

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Event 21 Girls 1600 Meter Run**

Lane	Name	Year	School	Seed Time
Section 1 of 1 Timed Finals				
1	Grace Lane	12	Central Academy of Technology	5:09.05
2	Lily Yampolsky	11	Lake Norman Charter School	5:13.83
3	Caroline Downs	10	Atkins	5:29.28
4	Adrien Noel	10	Central Cabarrus	5:38.39
5	Paige Kiesling	9	Atkins	5:51.62
6	Hannah Metz	9	Central Academy of Technology	5:52.07
7	Chloe Koper	12	Oak Grove High School	5:58.20
8	Bailey Hicks	10	North Davidson	5:58.34
9	Taylor Shen	10	Atkins	6:00.43
10	Makayla Borst	12	Jesse Carson	6:07.48
11	Shaina Chiniwalla	9	Northwest Cabarrus	6:08.50
12	Daianah Raczui	9	Lake Norman Charter School	6:17.65

Event 22 Boys 1600 Meter Run

Lane	Name	Year	School	Seed Time
Section 1 of 1 Timed Finals				
1	Will Downs	11	Atkins	4:25.36
2	Eli Julian	11	South Rowan	4:26.93
3	Andrew Catapano	11	Central Academy of Technology	4:28.41
4	Gavin Jansen	10	Central Academy of Technology	4:32.94
5	Truitt Evelyn	12	Lake Norman Charter School	4:34.50
6	Lucas O'Neal	11	Atkins	4:34.80
7	Nicholas Epps	12	Southern Guilford	4:36.13
8	Hunter Creech	9	Oak Grove High School	4:37.24
9	Owen Evans	12	Northwest Cabarrus	4:37.65
10	Heyden Christensen	10	Central Academy of Technology	4:39.19
11	Bricen Burleson	11	South Rowan	4:42.56
12	Connor Price	11	Jesse Carson	4:42.92

Event 23 Girls 4x100 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Rockingham County	A	53.97
	1) Caylie Surles 10	2) Vironica Williams 10	3) Karsyn Wilson 10
			4) Bailey O'Neal 11
2	Southern Guilford	A	52.97
	1) Rachel Timbo 9	2) Esther Olla 10	3) Taylor Price 9
			4) Jeanyiah DePriest 10
3	Concord	A	52.61
	1) LaDonna Smith 12	2) Niema Fair 10	3) Jayla Robertson 10
			4) Donye Alexander 10
4	Lake Norman Charter School	A	52.66
	1) Layla Jones 10	2) Anjolaoluwa Olabode 12	3) TaNiyha Sanders 10
			4) Samaria Watson 10
5	East Rowan	A	53.12
	1) Anaya Blakeney 11	2) Madi Fadden 12	3) Savannah Wise 10
			4) Katherine Otten 12
6	Oak Grove High School	A	55.17
	1) Trista Charles 10	2) Summer Griffin 10	3) Gerogia Barnett 10
			4) Emma Sechrist 10

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Section 2 of 2 Timed Finals...(Event 23 Girls 4x100 Meter Relay)**

1	Central Cabarrus	A	51.36	
	1) Leila Sifford 10	2) Rysiah Jones 10	3) Halle Whylly 11	4) Sydney Krause 11
2	Eastern Guilford High School	A	50.32	
	1) Alexandra Taylor-Ramsey 11	2) Uria Walters 10	3) Heaven Richardson 12	4) Anaria Parker 11
3	Dudley	A	47.85	
	1) Dorothy Braswell 11	2) Tanzania Washington 12	3) Senadzi Rankin 11	4) Nilijah Darden 10
4	Atkins	A	49.86	
	1) Aiyana Hale 12	2) Ja'Nique Linder 9	3) Ogechi Ezeigbo 10	4) Onyi Ezeigbo 9
5	Asheboro	A	51.17	
	1) Audrey Patterson 12	2) Sion Murrain 11	3) Ey'Mya Cheek 9	4) Jalaya Showers 9
6	Northwest Cabarrus	A	51.66	
	1) Destiny Russell 11	2) Aspen King 12	3) Janae Hobbs 11	4) Ceaire Barringer 10

Event 24 Boys 4x100 Meter Relay

Lane	Team	Relay	Seed Time	
Section 1 of 2	Timed Finals			
1	Asheboro	A	44.34	
	1) Jaylon Moore 11	2) Elijah Woodle 10	3) Kai Matthews 11	4) Valentino Mark 11
2	Atkins	A	44.25	
	1) Justin Ju 11	2) David Neal 11	3) Sekani Carter 9	4) Zaire Friend 11
3	Oak Grove High School	A	43.83	
	1) Connor Creech 11	2) Karson Williams 10	3) Zane Womack 10	4) Talib Tuttle 12
4	Concord	A	44.10	
	1) Andrew Davis Jr. 9	2) Keyon Phillips 11	3) Jerell Reddick 12	4) Nylon Fair-Steele 12
5	Central Davidson	A	44.34	
	1) Amir Craven 11	2) Wesley Deloatch 12	3) Peyton Melton 12	4) Jaylyn Smith 12
6	Parkwood	A	44.36	
	1) Isaiah Mobley 12	2) Wisdom Holmes 12	3) Jenson Pearson 12	4) Quinn Mushington 11

Section 2 of 2 Timed Finals

1	Eastern Guilford High School	A	43.49	
	1) Ta'Vion Bullock 11	2) Paul Thorne 12	3) Caleb Creech 10	4) Dewayne Myles 12
2	Ledford	A	43.43	
	1) Shay Ragland 11	2) Ethan Hairston 12	3) Nathan Carr 12	4) Cameron Walker 11
3	Southern Guilford	A	42.13	
	1) Jakyri Manning 12	2) Jayden Diggs 12	3) Jerron Copper 12	4) Nick Blackston 12
4	Dudley	A	42.21	
	1) Rory Baker 12	2) Le'Ezra Brown 10	3) Denzel Foster 12	4) Sofiyan Oumarou 11
5	Lake Norman Charter School	A	43.47	
	1) Ryker Atkinson 9	2) Noah Best 10	3) Sir Thomas Lawson 11	4) Dorian Morgan 9
6	Northwest Cabarrus	A	43.59	
	1) Eddie Conover 11	2) Micheal Hobbs 10	3) Porter Branham 10	4) Camden Barringer 12

Event 25 Girls 400 Meter Dash

Lane	Name	Year	School	Seed Time
Section 1 of 2 Timed Finals				
1	Amina Intchi	11	Northeast Guilford	1:04.41
2	Mariah Logan	9	Northwest Cabarrus	1:02.31
3	Aaliyah Green	11	Central Academy of Technology	1:01.45
4	Brea White	11	Ledford	1:01.92
5	Aa'Niyah Massey	10	Dudley	1:02.34
6	Emilie Bedard	11	Parkwood	1:04.48

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Section 2 of 2 Timed Finals...(Event 25 Girls 400 Meter Dash)**

1	Janya Moore	12	Ben L. Smith	59.79
2	Nathalya Daniels	12	Dudley	57.96
3	Ja'Naya Linder	11	Atkins	56.78
4	Gabrielle Cheek	11	Dudley	57.94
5	Tianna Spinks	10	Southern Guilford	59.35
6	Azaria Martin	11	Montgomery Central	1:00.89

Event 26 Boys 400 Meter Dash

Lane	Name	Year	School	Seed Time
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Section 1 of 2 Timed Finals

1	Jerron Copper	12	Southern Guilford	52.04
2	Jayden Rutledge	10	Central Academy of Technology	51.52
3	Leland Bishop	10	Concord	51.38
4	Justin Bryant	11	Eastern Guilford High School	51.49
5	Issac Oppong Frimpong	12	Southern Guilford	51.58
6	Gavin Stinson	12	Oak Grove High School	52.81

Section 2 of 2 Timed Finals

1	Kamaal Ryan	9	Dudley	51.29
2	Asa Bonds	12	Dudley	50.96
3	Jailen Hicks	12	Dudley	47.76
4	Jayden Diggs	12	Southern Guilford	50.06
5	Emanuel Williams	12	Central Academy of Technology	51.00
6	Dewayne Myles	12	Eastern Guilford High School	51.33

Event 27 Girls 300 Meter Hurdles

Lane	Name	Year	School	Seed Time
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Section 1 of 2 Timed Finals

1	Kiyah Sherman	10	Northeast Guilford	50.80
2	Kaelin Brown	11	Dudley	49.93
3	Peyton Whicker	12	East Rowan	49.81
4	Natalie Brown	10	Northwest Cabarrus	49.86
5	Zaria Burnett	10	Ben L. Smith	50.11
6	Raven Womack	10	Eastern Guilford High School	51.24

Section 2 of 2 Timed Finals

1	Elaina Henry	12	Parkwood	49.31
2	Sadie Featherstone	10	East Rowan	48.89
3	Keianna Mims	12	Dudley	45.44
4	Tanzania Washington	12	Dudley	48.54
5	Lindsey Shaw	9	High Point Central	49.14
6	Ogechi Ezeigbo	10	Atkins	49.34

Event 28 Boys 300 Meter Hurdles

Lane	Name	Year	School	Seed Time
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Section 1 of 2 Timed Finals

1	Jaylyn Smith	12	Central Davidson	42.54
2	Major Leak	10	Lake Norman Charter School	42.05
3	Ta'Vion Bullock	11	Eastern Guilford High School	41.84
4	Jassai Hackett	11	Eastern Guilford High School	42.04
5	Donyel Parker	10	Dudley	42.54
6	Issac Woolfolk	11	Northwest Cabarrus	42.75

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Section 2 of 2 Timed Finals...(Event 28 Boys 300 Meter Hurdles)**

1	Quinn Mushington	11	Parkwood	41.62
2	Langston Wood	11	Dudley	40.72
3	Shawn Seagraves	12	Dudley	39.33
4	Nick Blackston	12	Southern Guilford	39.90
5	Tyler Dunn	12	Central Cabarrus	41.62
6	Nicolas Chavez	12	Asheboro	41.64

Event 29 Girls 800 Meter Run

Lane	Name	Year	School	Seed Time
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Section 1 of 1 Timed Finals

1	Lily Yampolsky	11	Lake Norman Charter School	2:15.95
2	Grace Lane	12	Central Academy of Technology	2:20.81
3	Jillian Parks	10	Central Davidson	2:21.60
4	Caroline Downs	10	Atkins	2:26.22
5	Katelyn Lentz	12	West Rowan	2:28.71
6	Brea White	11	Ledford	2:33.50
7	Madalynn Gulledege	9	South Rowan	2:35.46
8	Hannah Metz	9	Central Academy of Technology	2:35.67
9	Lily Manion	10	Northwest Cabarrus	2:36.08
10	Adrien Noel	10	Central Cabarrus	2:36.85
11	Amina Intchi	11	Northeast Guilford	2:37.60
12	Haylee Griffin	9	Parkwood	2:39.94

Event 30 Boys 800 Meter Run

Lane	Name	Year	School	Seed Time
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Section 1 of 1 Timed Finals

1	Drew Johnson	9	Lake Norman Charter School	1:57.87
2	Truitt Evelyn	12	Lake Norman Charter School	1:59.10
3	Austin DeGeorge	12	Central Davidson	1:59.80
4	Hunter Creech	9	Oak Grove High School	2:00.20
5	Nicholas Epps	12	Southern Guilford	2:01.00
6	Abishek Pradhan	11	Dudley	2:01.64
7	Gabe Honeycutt	12	Jesse Carson	2:02.81
8	Terrence Oates	12	Dudley	2:03.68
9	Owen Evans	12	Northwest Cabarrus	2:04.03
10	Bricen Burleson	11	South Rowan	2:04.97
11	Timothy Parsons	9	Central Academy of Technology	2:05.25
12	Isaac Brown	10	Central Academy of Technology	2:05.47

Event 31 Girls 200 Meter Dash

Lane	Name	Year	School	Seed Time
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Section 1 of 2 Timed Finals

1	Azaria Martin	11	Montgomery Central	26.59
2	Navia Coles	9	Northeast Guilford	26.14
3	Mesiyah Howell	11	South Rowan	25.69
4	Kristian Gwynn	11	Northeast Guilford	25.79
5	Nathalya Daniels	12	Dudley	26.17
6	Aaliyah Green	11	Central Academy of Technology	26.92

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Section 2 of 2 Timed Finals...(Event 31 Girls 200 Meter Dash)**

1	Ja'Naya Linder	11	Atkins	25.28
2	Gabrielle Cheek	11	Dudley	25.06
3	Janya Moore	12	Ben L. Smith	24.70
4	Nilijah Darden	10	Dudley	24.91
5	Onyi Ezeigbo	9	Atkins	25.21
6	Ja'Nique Linder	9	Atkins	25.28

Event 32 Boys 200 Meter Dash

Lane	Name	Year	School	Seed Time
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Section 1 of 2 Timed Finals

1	Curtavis Ervin	12	High Point Central	22.74
2	Wisdom Holmes	12	Parkwood	22.32
3	Le'Ezra Brown	10	Dudley	22.10
4	Dewayne Myles	12	Eastern Guilford High School	22.30
5	Nylon Fair-Steele	12	Concord	22.56
6	David Neal	11	Atkins	22.84

Section 2 of 2 Timed Finals

1	Jakyri Manning	12	Southern Guilford	21.94
2	Cameron Walker	11	Ledford	21.89
3	Jailen Hicks	12	Dudley	21.64
4	Rory Baker	12	Dudley	21.73
5	Zaire Friend	11	Atkins	21.93
6	Nick Blackston	12	Southern Guilford	21.97

Event 33 Girls 3200 Meter Run

Lane	Name	Year	School	Seed Time
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Section 1 of 1 Timed Finals

1	Grace Lane	12	Central Academy of Technology	11:44.93
2	Taylor Hyman	12	Northwest Cabarrus	12:08.12
3	Caroline Peterson	10	Lake Norman Charter School	13:10.46
4	Hannah Metz	9	Central Academy of Technology	13:14.42
5	Katie Roberts	10	West Rowan	13:15.42
6	Bailey Hicks	10	North Davidson	13:15.87
7	Chloe Koper	12	Oak Grove High School	13:25.32
8	Rachel Vannoy	12	Oak Grove High School	13:25.60
9	Natalie Hege	9	Lake Norman Charter School	14:03.64
10	Jadyn Featherstone	11	East Rowan	14:30.21
11	Veronica Sherman	12	Atkins	14:36.03
12	Reagan Tucker	10	Rockingham County	17:00.00

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Event 34 Boys 3200 Meter Run**

Lane	Name	Year	School	Seed Time
Section 1 of 1 Timed Finals				
1	Will Downs	11	Atkins	9:40.21
2	Andrew Catapano	11	Central Academy of Technology	9:44.73
3	Eli Julian	11	South Rowan	9:49.18
4	Nicholas Epps	12	Southern Guilford	9:52.83
5	Gavin Jansen	10	Central Academy of Technology	9:53.33
6	Jorge Clemente-Garcia	10	Jesse Carson	10:06.27
7	Heyden Christensen	10	Central Academy of Technology	10:13.98
8	Grayson Cromer	11	South Rowan	10:23.43
9	Eric Gillis	9	Jesse Carson	10:25.69
10	Aiden Edwards	9	Oak Grove High School	10:26.80
11	Javon Taylor	10	Lake Norman Charter School	10:38.85
12	Logan Shaffer	12	Parkwood	10:42.14

Event 35 Girls 4x400 Meter Relay

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Eastern Guilford High School	A	4:36.00
	1) Khaleah Gattis 10	2) Aniyah Pettiford 10	3) Lamyia Morehead 10 4) Faith Richardson 10
2	Northeast Guilford	A	4:31.88
	1) Kristian Gwynn 11	2) Navia Coles 9	3) Kristen Faith Aleghe 12 4) Amina Intchi 11
3	Lake Norman Charter School	A	4:26.05
	1) Sasha Bernard 12	2) Lily Yampolsky 11	3) Layla Jones 10 4) Ella Kroger 9
4	East Rowan	A	4:29.49
	1) Jadyn Featherstone 11	2) Sadie Featherstone 10	3) Katherine Otten 12 4) Peyton Whicker 12
5	Parkwood	A	4:35.32
	1) Kaitlyn Henry 12	2) Haylee Griffin 9	3) Emilie Bedard 11 4) Elaina Henry 12
6	Concord	A	4:40.27
	1) Sophia Guerriero 12	2) Ciara O'Connor 12	3) Natalie Nebrich 10 4) Kaylin Williams 10
Section 2 of 2 Timed Finals			
1	South Rowan	A	4:24.56
	1) Railyn Wright 10	2) Brinley Patterson 10	3) Hannah Dellinger 10 4) Mesiyah Howell 11
2	Northwest Cabarrus	A	4:17.11
	1) Ceaire Barringer 10	2) Elly Selmer 10	3) Natalie Brown 10 4) Mariah Logan 9
3	Atkins	A	4:07.60
	1) Ja'Naya Linder 11	2) Ja'Nique Linder 9	3) Caroline Downs 10 4) Madison Pegeuese 11
4	Dudley	A	4:07.73
	1) Dorothy Braswell 11	2) Gabrielle Cheek 11	3) Nathalya Daniels 12 4) Keianna Mims 12
5	Central Davidson	A	4:22.20
	1) Anjali Busse 10	2) Riley Horne 11	3) Preston McCain 11 4) Jillian Parks 10
6	Central Academy of Technology	A	4:25.17
	1) Aaliyah Green 11	2) Grace Lane 12	3) Kasye Reed-Williams 9 4) Kensyen Reed-William 9

NCHSAA 3A Midwest Regionals - 5/13/2023**East Rowan High School
Meet Program****Event 36 Boys 4x400 Meter Relay**

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Central Cabarrus	A	3:42.74
	1) Tyree Gatling 12	2) Tyler Dunn 12	3) Antoine Ferrone 12
2	Parkwood	A	3:41.81
	1) Treshawn Staton 10	2) Markayden Truesdale 9	3) Austen Plyler 9
3	Jesse Carson	A	3:36.99
	1) Gabe Honeycutt 12	2) James Anderson 11	3) Connor Price 11
4	Concord	A	3:41.21
	1) Keyon Phillips 11	2) E'Llijah Williams 9	3) Zayne Martin 11
5	Rockingham County	A	3:42.00
	1) Brice Baker 11	2) Jeremy Everette 12	3) Zachary Lewis 12
6	Eastern Guilford High School	A	3:43.00
	1) Austin Drewery 11	2) Izaiah Ascencio 10	3) Robert Quarles Jr. 9
Section 2 of 2 Timed Finals			
1	Northwest Cabarrus	A	3:36.16
	1) Jackson Murphy 10	2) Samay Chiniwalla 11	3) Owen Evans 12
2	Central Academy of Technology	A	3:33.22
	1) Cameron Little 10	2) Timothy Parsons 9	3) Jayden Rutledge 10
3	Southern Guilford	A	3:27.51
	1) Corey Burgess 11	2) Issac Oppong Frimpong 12	3) Jayden Diggs 12
4	Dudley	A	3:27.95
	1) Koredell Bartley 10	2) Asa Bonds 12	3) Jailen Hicks 12
5	Oak Grove High School	A	3:34.94
	1) Connor Creech 11	2) Hunter Creech 9	3) Joshua Vogl 10
6	Asheboro	A	3:36.80
	1) Kai Matthews 11	2) Valentino Mark 11	3) Cayne Duranceau 11