

2024 NC High School 4A East Regional - 5/11/2024
Track and Field Meet
Willow Springs High School
Performance List

Event 37 Girls 100 Meter Dash Wheelchair Wheel Chair			
Name	School	Seed Time	
1 Weidner, Jillian	Wake Forest	22.01	

Event 39 Girls 200 Meter Dash Wheelchair Wheel Chair			
Name	School	Seed Time	
1 Weidner, Jillian	Wake Forest	40.38	

Event 43 Girls 400 Meter Dash Wheelchair Wheel Chair			
Name	School	Seed Time	
1 Weidner, Jillian	Wake Forest	1:22.12	

Event 5 Girls 100 Meter Dash NCHSAA 4A Prelims			
Name	School	Seed Time	
1 Carlyle, Selena	Clayton	11.64	
2 Hamilton, Joslyn	Rolesville H	11.71	
3 Sharp, Imani	Wakefield	11.87	
4 Trevant, Chloe	Clayton	11.88	
5 Cofield Wade, Ra'Keya	Rolesville H	12.03	
6 Grice, Makayla	Ashley High	12.21	
7 Creecy, Jordyn	Garner	12.22	
8 Singleton, Zyriah	New Bern	12.24	
9 Hinton, Kennedy	Cleveland Hi	12.25	
10 Atkinson, Londyn	Rolesville H	12.27	
11 Shields, Saniyah	Southeast Ra	12.39	
12 McKinnon, Seni	Cleveland Hi	12.50	
13 Bobbitt, Kamayiah	Clayton	12.53	
14 Jefferson, Ayzia	Millbrook	12.54	
15 Olu, Elizabeth	Wake Forest	12.54	
16 Kareem, Amaris	Athens Drive	12.78	

Event 19 Girls 200 Meter Dash NCHSAA 4A			
Name	School	Seed Time	
1 Carlyle, Selena	Clayton	23.91	
2 Trevant, Chloe	Clayton	24.30	
3 Judd, Jalaisia	Clayton	24.92	
4 Sharp, Imani	Wakefield	24.97	
5 Hinton, Kennedy	Cleveland Hi	25.01	
6 Cofield Wade, Ra'Keya	Rolesville H	25.03	
7 Ingraham, Shaune	Garner	25.11	
8 Jefferson, Ayzia	Millbrook	25.52	
9 Shields, Saniyah	Southeast Ra	25.55	
10 Creecy, Jordyn	Garner	25.65	
11 Cueto, Gabriella	Leesville Ro	25.69	
12 Grice, Makayla	Ashley High	25.86	
13 Steverson, Kirsten	Leesville Ro	25.94	
14 Olu, Elizabeth	Wake Forest	26.04	
15 Lundin, Meagan	New Hanover	26.31	
16 Swanson, Callie	Cardinal Gib	26.42	

Event 13 Girls 400 Meter Dash NCHSAA 4A			
Name	School	Seed Time	
1 Ingraham, Shaune	Garner	57.49	
2 Okonkwo, Alicia	Enloe	57.67	
3 Speller, Amilia	Clayton	57.90	

4 Banks, Glitter	Athens Drive	58.84	
5 Toy, Ana	Cleveland Hi	59.01	
6 Brown, Michaela	Heritage	59.05	
7 Cueto, Gabriella	Leesville Ro	59.21	
8 Judd, Jalaisia	Clayton	59.79	
9 Hope, Shaila	Enloe	59.85	
10 Wills, Leigh	Millbrook	1:00.04	
11 Hess, Ella	Fuquay-Varin	1:00.18	
12 Dick, Gianna	Enloe	1:00.70	
13 McIver, Jahzara	Corinth Hold	1:00.70	
14 Middleton, Dekyjah	Cleveland Hi	1:00.70	
15 Breeden, Garren	Knightdale	1:00.94	

Event 17 Girls 800 Meter Run NCHSAA 4A			
Name	School	Seed Time	
1 Betz, Louisa	Broughton	2:09.46	
2 Moore, Savannah	Hoggard	2:16.91	
3 Mead, River	Hoggard	2:17.26	
4 Anderson, Ella	Athens Drive	2:18.73	
5 White, Ella	Heritage	2:19.02	
6 Warren, Ella	Laney	2:19.82	
7 Mulligan, Annie	Hoggard	2:19.97	
8 Pollard, Mandi	Corinth Hold	2:21.03	
9 Whitham, Maggie	Cardinal Gib	2:21.55	
10 Dokulil, Elizabeth	Leesville Ro	2:22.61	
11 Raitano, Allie	Wake Forest	2:23.04	
12 Jong, Emily	Enloe	2:24.16	
13 Kaiser, Alyssa	Leesville Ro	2:24.18	
14 Lyon, Margaret	Broughton	2:24.49	
15 Povsic, Mikaela	Cardinal Gib	2:25.80	

Event 9 Girls 1600 Meter Run NCHSAA 4A			
Name	School	Seed Time	
1 Betz, Louisa	Broughton	4:48.81	
2 Oversmith, Addie	Broughton	4:56.67	
3 Mall, Janie	Broughton	4:57.31	
4 Mitchell, Addy	Cardinal Gib	4:58.10	
5 Metaferia, Ruth	Leesville Ro	4:58.68	
6 White, Ella	Heritage	5:05.06	
7 Whitham, Maggie	Cardinal Gib	5:05.13	
8 Dokulil, Elizabeth	Leesville Ro	5:17.64	
9 Etheridge, Zoe	Leesville Ro	5:21.28	
10 Lorelle, Catherine	Cardinal Gib	5:25.38	
11 Jong, Emily	Enloe	5:25.90	
12 Engell, Sofie	Enloe	5:29.80	
13 Keeler, Samantha	Hoggard	5:32.00	
14 Tuccelli, Audrey	Clayton	5:35.80	
15 Hung, Jacqueline	Enloe	5:51.42	

Event 21 Girls 3200 Meter Run NCHSAA 4A			
Name	School	Seed Time	
1 Shaffer, Hannah Rae	Cardinal Gib	10:24.93	
2 Oversmith, Addie	Broughton	10:39.05	
3 Metaferia, Ruth	Leesville Ro	10:41.47	
4 Betz, Louisa	Broughton	10:43.73	

2024 NC High School 4A East Regional - 5/11/2024
Track and Field Meet
Willow Springs High School
Performance List

Event 21 ... (Girls 3200 Meter Run NCHSAA 4A)

Name	School	Seed Time
5 Summers, Ashlei	Hoggard	10:48.18
6 Mall, Janie	Broughton	10:49.81
7 Pagorek, Katherine	Cardinal Gib	11:12.20
8 Medlin, Amelia	Hoggard	11:19.57
9 Corl, Addison	Clayton	11:21.96
10 West, Lucia	Cardinal Gib	11:34.50
11 Oates, Camryn	Laney	11:38.46
12 Pollard, Morgan	Corinth Hold	11:44.25
13 Jong, Emily	Enloe	11:49.46
14 O'Malley, Mary Katherine	Laney	11:49.93
15 Hagg, Lauren	Athens Drive	11:50.99
16 Gleason, Maeli	Athens Drive	11:51.03
17 Layh, Ashton	Leesville Ro	11:56.36
18 Hunneyman, Elise	Hoggard	11:58.15
19 Etheridge, Zoe	Leesville Ro	11:59.53

Event 3 Girls 100 Meter Hurdles NCHSAA 4A Prelims

Name	School	Seed Time
1 Hamilton, Joslyn	Rolesville H	13.74
2 Carlyle, Selena	Clayton	14.05
3 Henderson, Jordan	Heritage	14.48
4 Randle, Kori	Garner	14.56
5 Rochester, Jordan	Rolesville H	14.62
6 Spencer, Landon	Wakefield	14.76
7 Edwards, Selah	Southeast Ra	14.91
8 Hughes-Thompson, Kennedy	Millbrook	15.41
9 McCu;ough, Carleigh	Southeast Ra	15.60
10 Reed, Deija	Willow Sprin	16.37
11 Feehan, Ella	Hoggard	16.54
12 Mayhew, Alexis	Athens Drive	16.56
13 Washington, Makenzie	D.H. Conley	17.40
14 Bentley, Janise	Garner	17.41
15 Canter, Kiley	Laney	17.59
16 Ongwacho, Idah	Sanderson	17.78

Event 15 Girls 300 Meter Hurdles NCHSAA 4A

Name	School	Seed Time
1 Hamilton, Joslyn	Rolesville H	43.73
2 Henderson, Jordan	Heritage	44.13
3 Spencer, Landon	Wakefield	44.52
4 Carter, Leah	Leesville Ro	45.37
5 Hughes-Thompson, Kennedy	Millbrook	45.99
6 Edwards, Selah	Southeast Ra	46.30
7 Lee, Landry	Cleveland Hi	47.37
8 McCullough, Carleigh	Southeast Ra	48.57
9 Johnson, Kisinda	South Garner	48.96
10 Canter, Kiley	Laney	49.95
11 Lomholt, Emma	Corinth Hold	50.01
12 Morton, Mackenzie	Ashley High	50.02
13 Davis, Isabelle	Laney	50.63
14 Vaughan, Lydia	Laney	51.21
15 Ongwacho, Idah	Sanderson	51.28
16 Suing, Emma	Cardinal Gib	51.52

Event 11 Girls 4x100 Meter Relay NCHSAA 4A

Team	Relay	Seed Time
1 Clayton	A	46.14
2 Rolesville H	A	46.40
3 Cleveland Hi	A	47.38
4 Wakefield	A	47.94
5 Leesville Ro	A	47.97
6 Willow Sprin	A	49.04
7 Southeast Ra	A	49.13
8 Enloe	A	49.30
9 Hoggard	A	49.98
10 New Bern	A	51.04
11 Wake Forest	A	51.06
12 Cardinal Gib	A	51.15
13 Laney	A	51.18
14 Topsail	A	51.35
15 Knightdale	A	51.66
16 Fuquay-Varin	A	51.81

Event 7 Girls 4x200 Meter Relay NCHSAA 4A

Team	Relay	Seed Time
1 Clayton	A	1:36.58
2 Rolesville H	A	1:40.11
3 Cleveland Hi	A	1:41.65
4 Wakefield	A	1:42.20
5 Garner	A	1:42.44
6 Southeast Ra	A	1:43.34
7 Willow Sprin	A	1:43.56
8 Leesville Ro	A	1:44.26
9 Enloe	A	1:44.46
10 Millbrook	A	1:45.26
11 Athens Drive	A	1:45.44
12 Hoggard	A	1:46.90
13 Topsail	A	1:48.15
14 Cardinal Gib	A	1:48.21
15 Wake Forest	A	1:48.71
16 Corinth Hold	A	1:48.72

Event 23 Girls 4x400 Meter Relay NCHSAA 4A

Team	Relay	Seed Time
1 Athens Drive	A	3:59.70
2 Clayton	A	4:00.18
3 Hoggard	A	4:05.46
4 Cleveland Hi	A	4:06.18
5 Wakefield	A	4:08.11
6 Millbrook	A	4:08.20
7 Enloe	A	4:09.52
8 Garner	A	4:09.66
9 Rolesville H	A	4:09.87
10 Heritage	A	4:10.19
11 Cardinal Gib	A	4:11.08
12 Laney	A	4:11.23
13 Corinth Hold	A	4:13.08
14 Leesville Ro	A	4:13.13

2024 NC High School 4A East Regional - 5/11/2024
Track and Field Meet
Willow Springs High School
Performance List

Event 23 ...(Girls 4x400 Meter Relay NCHSAA 4A)

Team	Relay	Seed Time
15 Topsail	A	4:21.33
16 Broughton	A	4:21.84

Event 1 Girls 4x800 Meter Relay NCHSAA 4A

Team	Relay	Seed Time
1 Hoggard	A	9:37.77
2 Broughton	A	9:44.69
3 Athens Drive	A	9:58.62
4 Leesville Ro	A	10:05.54
5 Wakefield	A	10:10.98
6 Cardinal Gib	A	10:13.01
7 Corinth Hold	A	10:14.22
8 Laney	A	10:16.36
9 Ashley High	A	10:16.98
10 Clayton	A	10:21.03
11 Garner	A	10:30.48
12 Cleveland Hi	A	10:36.85
13 D.H. Conley	A	10:38.46
14 Willow Sprin	A	10:39.21
15 Sanderson	A	10:51.35

Event 25 Girls High Jump NCHSAA 4A

Name	School	Seed Mark
1 Chesson, Zoe	Fuquay-Varin	5-04.00
2 Rouse, Alauna	Broughton	5-04.00
3 Mohanraja, Harshini	Enloe	5-02.00
4 Fulk, Chloe	Leesville Ro	5-02.00
5 Lewis, Finley	Leesville Ro	5-02.00
6 Mayhew, Alexis	Athens Drive	5-02.00
7 Edwards, Kennedy	Wake Forest	5-02.00
8 Edwards, Selah	Southeast Ra	5-02.00
9 Vaughan, Olivia	Enloe	5-01.00
10 Manning, Parice	Garner	5-00.00
11 Corderman, Avery	Broughton	5-00.00
12 Greenberg, Lily	Millbrook	5-00.00
13 Spencer, Tatiana	Enloe	5-00.00
14 Hampton, Kendall	Willow Sprin	5-00.00
15 Grullon, Kayleen	Willow Sprin	5-00.00

Event 27 Girls Pole Vault NCHSAA 4A

Name	School	Seed Mark
1 Leonard, Isabella	Cardinal Gib	11-06.00
2 Kranick, Tessa	Cardinal Gib	10-06.00
3 Sasser, Kylie	Hoggard	9-09.00
4 Palmquist, Isabella	Broughton	9-00.00
5 Thunell, Addison	Cleveland Hi	8-06.00
6 Hulls, Lillian	Hoggard	8-06.00
7 Vaughan, Lydia	Laney	8-06.00
8 Buonocore, Morgan	Laney	8-06.00
9 Rouleau, Maggie	Hoggard	8-00.00
10 Humayun, Mahnoor	Corinth Hold	7-00.00
11 Wayne, Ava	Willow Sprin	7-00.00
12 Talavera Lara, Elizabeth	Laney	7-00.00

13 Thoma, Alyssia Corinth Hold 6-06.00

Event 29 Girls Long Jump NCHSAA 4A

Name	School	Seed Mark
1 Randle, Kori	Garner	19-00.75
2 Rouse, Alauna	Broughton	18-00.75
3 Paliotti, Jency	Topsail	17-10.00
4 Williams, Alora	Willow Sprin	17-01.50
5 Dade, Diamond	New Bern	17-01.00
6 Feehan, Ella	Hoggard	17-01.00
7 Matthews, Kayla	Enloe	16-11.00
8 Hampton, Kendall	Willow Sprin	16-10.75
9 Rochester, Jordan	Rolesville H	16-10.00
10 Lundin, Meagan	New Hanover	16-10.00
11 Nesbitt, DeAnna	Rolesville H	16-09.50
12 De Pena-Peralta, Anays	Millbrook	16-09.00
13 Brown, Michaela	Heritage	16-09.00
14 Steverson, Kirsten	Leesville Ro	16-08.25
15 Ziglar, Reagan	Fuquay-Varin	16-08.00
16 Stone, Saidee	Cleveland Hi	16-07.75
17 Folk, Nya	Cardinal Gib	16-07.50
18 Hope, Shaila	Enloe	16-07.00
19 Allen, Zoe	Knightdale	16-06.00

Event 31 Girls Triple Jump NCHSAA 4A

Name	School	Seed Mark
1 Randle, Kori	Garner	40-05.25
2 Williams, Alora	Willow Sprin	36-05.50
3 Matthews, Kayla	Enloe	36-04.00
4 Confidente, Lisandra	South Garner	35-07.75
5 Paliotti, Jency	Topsail	35-05.00
6 Allen, Zoe	Knightdale	34-09.25
7 Folk, Nya	Cardinal Gib	34-06.00
8 De Pena-Peralta, Anays	Millbrook	34-03.50
9 Mohanraja, Harshini	Enloe	34-01.00
10 Washington, Makenzie	D.H. Conley	34-01.00
11 Sanyi, Nathania	Cleveland Hi	34-00.00
12 Hinton, Taylor	Cleveland Hi	33-06.50
13 Ebron, Summer	Wake Forest	33-03.00
14 Nesbitt, DeAnna	Rolesville H	33-02.50
15 Fox, Olivia	Hoggard	33-00.50

Event 35 Girls Shot Put NCHSAA 4A

Name	School	Seed Mark
1 Willard, Bailey	Laney	39-11.50
2 Estes, Peyton	Rolesville H	37-07.00
3 Williams, Journie	Willow Sprin	36-05.00
4 Blue, Taylor	Corinth Hold	36-02.00
5 Gibson, Halle	Leesville Ro	36-00.00
6 Hobbs, Ashlynn	Cleveland Hi	35-02.00
7 Hoke, Nataya	Clayton	34-07.00
8 Epp, Hannah	Fuquay-Varin	34-05.50
9 Chance, Anna Kate	Hoggard	34-05.00
10 Brown, Rania	Leesville Ro	33-06.50
11 Mitchell, Heaven	Enloe	33-05.50

2024 NC High School 4A East Regional - 5/11/2024
Track and Field Meet
Willow Springs High School
Performance List

Event 35 ...(Girls Shot Put NCHSAA 4A)

	Name	School	Seed Mark
12	Sheppard, Alanna	Rolesville H	33-04.00
13	Stough, Jillian	Laney	32-10.50
14	Gulley, Kianna	Athens Drive	32-08.00
15	Holloman, Abigail	Topsail	31-11.00
16	Walter, Alice	Leesville Ro	31-07.75

Event 33 Girls Discus Throw NCHSAA 4A

	Name	School	Seed Mark
1	Willard, Bailey	Laney	140-05
2	Telfaire, Mackenna	Enloe	112-01
3	Estes, Peyton	Rolesville H	111-02
4	Stough, Jillian	Laney	110-04
5	Hamilton, Jacqueline	Rolesville H	106-09
6	Holloman, Abigail	Topsail	106-05
7	Gibson, Halle	Leesville Ro	105-00
8	Sheppard, Alanna	Rolesville H	104-01
9	Ifidon, Patience	South Garner	101-09
10	Brown, Rania	Leesville Ro	101-07
11	Chance, Anna Kate	Hoggard	99-10
12	Blue, Taylor	Corinth Hold	98-06
13	Harrington, Aevri	Fuquay-Varin	97-03
14	Swan, Anna	Topsail	97-00
15	Williams, Journie	Willow Sprin	93-09
16	Yellock, Danica	Wakefield	90-08

Event 6 Boys 100 Meter Dash NCHSAA 4A Prelims

	Name	School	Seed Time
1	Beckwith, Laden	Willow Sprin	10.55
2	Harper, Dominic	Garner	10.62
3	Smith, Leland	D.H. Conley	10.63
4	Williams, Shawn	Cleveland Hi	10.66
5	James, Cashmere	New Hanover	10.67
6	Boykin, Anthony	Enloe	10.68
7	Sykes, Isaiah	South Garner	10.74
8	Long, Daniel	Rolesville H	10.81
9	McMillan, Joshua	Cleveland Hi	10.81
10	Gulley, Jordan	Cleveland Hi	10.90
11	Berry, Markwon	New Bern	10.94
12	Carter, Cole	Cardinal Gib	10.94
13	McLean, James	Corinth Hold	10.96
14	Longmire, Jt	Willow Sprin	11.00
15	Gary, Au'Wann	New Hanover	11.03
16	Martin, Manny	Clayton	11.03

Event 20 Boys 200 Meter Dash NCHSAA 4A

	Name	School	Seed Time
1	Harper, Dominic	Garner	21.17
2	Harrison, Chase	Leesville Ro	21.56
3	James, Cashmere	New Hanover	21.56
4	Boykin, Anthony	Enloe	21.80
5	Williams, Shawn	Cleveland Hi	21.81
6	Smith, Leland	D.H. Conley	21.87
7	Beckwith, Laden	Willow Sprin	21.88

8	McLean, James	Corinth Hold	21.91
9	Simms-Lassiter, Tristian	Wake Forest	21.94
10	Taylor, Kaishawn	New Bern	21.94
11	Carr, Brandon	Millbrook	22.09
12	Carter, Cole	Cardinal Gib	22.16
13	Laws, Cha'den	Garner	22.22
14	Sykes, Isaiah	South Garner	22.29
15	Holman, Nick	Corinth Hold	22.37
16	Perry, Jayden Lee	Leesville Ro	22.41

Event 14 Boys 400 Meter Dash NCHSAA 4A

	Name	School	Seed Time
1	James, Cashmere	New Hanover	47.83
2	Harrison, Chase	Leesville Ro	48.09
3	Martin, Manny	Clayton	48.82
4	Boykin, Anthony	Enloe	49.21
5	Gray, Jeremiah	Willow Sprin	49.44
6	Hyman, Trevor	Clayton	49.45
7	Gray, Josiah	Willow Sprin	49.73
8	Sloan, Alex	Wake Forest	50.14
9	Hankins II, Derrick	Garner	50.30
10	Broadus, Zachary	Clayton	50.55
11	Weston, Walker	Hoggard	50.73
12	Cannon, Ja'Quinn	Wakefield	50.74
13	Webster, Alan	Willow Sprin	50.81
14	Rhinehart, Wesley	Topsail	50.92
15	Boykin, Charles	Ashley High	50.97
16	Rogers, Justin	Hoggard	51.02

Event 18 Boys 800 Meter Run NCHSAA 4A

	Name	School	Seed Time
1	Cooper, Joshua	Willow Sprin	1:55.88
2	Holmes, William	Hoggard	1:55.98
3	Johnston, Elliott	Hoggard	1:56.77
4	Leacock, Brandon	Millbrook	1:57.50
5	Kreacic, Grant	Enloe	1:58.39
6	Ishii, Ken	Leesville Ro	1:58.57
7	Pickelsimer, James	Topsail	1:58.77
8	Blizzard, Banks	Leesville Ro	1:58.79
9	Coughlin, Chase	Clayton	1:59.28
10	Jensen, Bryce	Athens Drive	1:59.60
11	Barlow, Henry	Sanderson	2:00.00
12	O'Toole, Connor	Athens Drive	2:00.26
13	Andrews, Aiden	Hoggard	2:00.39
14	Mitchell, Blair	Cardinal Gib	2:00.54
15	Lian, Rowan	New Hanover	2:00.75

Event 10 Boys 1600 Meter Run NCHSAA 4A

	Name	School	Seed Time
1	Venable, Will	Broughton	4:09.09
2	Valyo, Noah	Athens Drive	4:11.00
3	Farfour, Wells	Broughton	4:20.46
4	Michaels, Andre	Leesville Ro	4:20.60
5	Kuss, Cam	Broughton	4:21.33
6	Reece, Owen	Topsail	4:21.96

2024 NC High School 4A East Regional - 5/11/2024
Track and Field Meet
Willow Springs High School
Performance List

Event 10 ...(Boys 1600 Meter Run NCHSAA 4A)

Name	School	Seed Time
7 Williams, Brandon	Fuquay-Varin	4:22.60
8 Malek, Lukas	Laney	4:23.08
9 Dokulil, Jacob	Leesville Ro	4:24.52
10 Ibarra, Ryan	Hoggard	4:26.23
11 Blizzard, Banks	Leesville Ro	4:27.02
12 Nalepa, Jake	Hoggard	4:27.63
13 Dill, Grayson	Topsail	4:29.52
14 Mistak, Toby	Wake Forest	4:30.00
15 Perry, Isaiah	Ashley High	4:30.26
16 Pearce, Wyatt	Millbrook	4:30.44

Event 22 Boys 3200 Meter Run NCHSAA 4A

Name	School	Seed Time
1 Venable, Will	Broughton	8:57.89
2 Michaels, Andre	Leesville Ro	9:18.73
3 Valyo, Noah	Athens Drive	9:18.80
4 Guerrant, Pierson	Hoggard	9:19.71
5 Kuss, Cam	Broughton	9:25.48
6 Williams, Brandon	Fuquay-Varin	9:26.98
7 Dokulil, Jacob	Leesville Ro	9:28.58
8 Reece, Owen	Topsail	9:41.00
9 Farfour, Wells	Broughton	9:41.68
10 DiParisi, Benjamin	Hoggard	9:41.95
11 Farr, Callin	Wakefield	9:43.10
12 Lisk, Sawyer	Leesville Ro	9:45.39
13 Archibald, Gabriel	Hoggard	9:45.98
14 Elliott, James	Cardinal Gib	9:58.77
15 Lorelle, Vincent	Cardinal Gib	10:01.01
16 padnos, Barrett	Enloe	10:03.60

Event 4 Boys 110 Meter Hurdles NCHSAA 4A Prelims

Name	School	Seed Time
1 McCoy, Jackson	Garner	14.76
2 Fields, Thomas	Rolesville H	14.84
3 DeAngelo, Dominick	Millbrook	15.04
4 Randle, Aroson	Garner	15.34
5 Chapman-evans, Alexander	Enloe	15.39
6 Townsend, Carson	Cleveland Hi	15.60
7 Panz, Ethan	Hoggard	15.72
8 Saunders, Andre	South Garner	15.86
9 Valencia, Carlos	Topsail	15.91
10 Jackson, Amad	Athens Drive	15.92
11 Ortiz, Joshua	Willow Sprin	15.92
12 Armstrong, Lloyd	Wakefield	15.94
13 Sandiford, Noah	Laney	15.96
14 Jordan, Tyler	Rolesville H	16.00
15 McAllister, Ryan	Hoggard	16.02
16 Lewis, Chris	Clayton	16.14

Event 16 Boys 300 Meter Hurdles NCHSAA 4A

Name	School	Seed Time
1 McCoy, Jackson	Garner	39.28
2 DeAngelo, Dominick	Millbrook	39.99

3 Sandiford, Noah	Laney	40.17
4 Randle, Aroson	Garner	40.24
5 Ortiz, Joshua	Willow Sprin	40.93
6 Brewington, Jaelan	Ashley High	40.97
7 Fields, Thomas	Rolesville H	41.24
8 Mann, Eddie	Willow Sprin	41.34
9 Thomas, Malachi	Cleveland Hi	41.37
10 Townsend, Carson	Cleveland Hi	41.87
11 Milano, Jacob	Athens Drive	42.00
12 Armstrong, Lloyd	Wakefield	42.17
13 Phipps, Michael	Garner	42.21
14 DeLuca, Dominic	Cardinal Gib	42.26
15 Jordan, Tyler	Rolesville H	42.51
16 Saunders, Andre	South Garner	42.66

Event 12 Boys 4x100 Meter Relay NCHSAA 4A

Team	Relay	Seed Time
1 Cleveland Hi	A	41.69
2 Leesville Ro	A	42.41
3 Garner	A	42.46
4 Enloe	A	42.54
5 Willow Sprin	A	42.58
6 New Hanover	A	42.70
7 D.H. Conley	A	42.71
8 Cardinal Gib	A	42.79
9 South Garner	A	42.79
10 Clayton	A	42.96
11 Rolesville H	A	42.99
12 Corinth Hold	A	43.05
13 New Bern	A	43.34
14 Millbrook	A	43.48
15 Hoggard	A	43.68
16 Knightdale	A	43.77

Event 8 Boys 4x200 Meter Relay NCHSAA 4A

Team	Relay	Seed Time
1 Cleveland Hi	A	1:26.88
2 Leesville Ro	A	1:27.98
3 Garner	A	1:28.57
4 Southeast Ra	A	1:29.07
5 Clayton	A	1:29.22
6 Enloe	A	1:29.45
7 South Garner	A	1:29.72
8 Hoggard	A	1:29.87
9 New Bern	A	1:29.90
10 Willow Sprin	A	1:30.03
11 Millbrook	A	1:30.26
12 Corinth Hold	A	1:30.30
13 Rolesville H	A	1:30.44
14 D.H. Conley	A	1:30.69
15 Wakefield	A	1:30.78
16 Cardinal Gib	A	1:30.79

2024 NC High School 4A East Regional - 5/11/2024

Track and Field Meet
Willow Springs High School
Performance List

Event 24 Boys 4x400 Meter Relay NCHSAA 4A

	Team	Relay	Seed Time
1	Garner	A	3:20.62
2	Willow Sprin	A	3:22.01
3	Clayton	A	3:22.10
4	Hoggard	A	3:24.81
5	Cleveland Hi	A	3:26.17
6	Leesville Ro	A	3:27.24
7	South Garner	A	3:27.46
8	Millbrook	A	3:27.62
9	Topsail	A	3:28.77
10	Southeast Ra	A	3:29.38
11	Wakefield	A	3:29.80
12	Sanderson	A	3:30.66
13	Heritage	A	3:30.92
14	Wake Forest	A	3:31.45
15	Athens Drive	A	3:32.16
16	Corinth Hold	A	3:32.26

Event 2 Boys 4x800 Meter Relay NCHSAA 4A

	Team	Relay	Seed Time
1	Clayton	A	8:14.53
2	Broughton	A	8:20.39
3	Sanderson	A	8:21.20
4	Athens Drive	A	8:21.57
5	Willow Sprin	A	8:22.38
6	Hoggard	A	8:23.09
7	Corinth Hold	A	8:23.18
8	Leesville Ro	A	8:23.20
9	Heritage	A	8:23.26
10	Cleveland Hi	A	8:24.54
11	Cardinal Gib	A	8:24.62
12	Wake Forest	A	8:25.37
13	Millbrook	A	8:26.66
14	Topsail	A	8:30.45
15	D.H. Conley	A	8:32.80
16	Ashley High	A	8:33.25

Event 26 Boys High Jump NCHSAA 4A

	Name	School	Seed Mark
1	Terrell, Xavion	Willow Sprin	6-06.00
2	Skinner, Theodore	South Garner	6-06.00
3	Chapman-evans, Alexander	Enloe	6-06.00
4	Martinez, Matthew	Garner	6-04.00
5	Hamilton, Michael	Millbrook	6-04.00
6	Wiggins, Justin	New Bern	6-04.00
7	Smith, Ivion	New Bern	6-04.00
8	Travis, Jackson	Hoggard	6-03.00
9	Walker, Zion	Wake Forest	6-02.00
10	Martin, Taden	Wakefield	6-02.00
11	Covington, Jacori	Garner	6-02.00
12	Ross, Randolph	South Garner	6-02.00
13	Kaulback, Dillon	Leesville Ro	6-01.00

Event 28 Boys Pole Vault NCHSAA 4A

	Name	School	Seed Mark
1	Tan, Jack	Wakefield	15-01.00
2	Kaulback, Dillon	Leesville Ro	14-02.00
3	Thomas, Cooper	Cleveland Hi	13-06.00
4	Panz, Ethan	Hoggard	13-06.00
5	Moffat, Glen	Millbrook	12-00.00
6	Armstrong, Lloyd	Wakefield	12-00.00
7	Steiner, Hudson	Ashley High	12-00.00
8	Christensen, Flynn	Hoggard	12-00.00
9	Ingram, Zalin	Cleveland Hi	12-00.00
10	Wheeler, Jack	Broughton	11-00.00
11	Thompson, Blake	Hoggard	11-00.00
12	Nicol, Dylan	Laney	11-00.00
13	Haswell, Cory	Cleveland Hi	10-06.00
14	Jizi, Indiana	Laney	10-06.00
15	Meinig, Mason	Leesville Ro	10-06.00
16	Lane, Blake	Willow Sprin	10-00.00

Event 30 Boys Long Jump NCHSAA 4A

	Name	School	Seed Mark
1	Chapman-evans, Alexander	Enloe	22-06.00
2	Smith, Leland	D.H. Conley	22-02.50
3	Owen, Jack	Fuquay-Varin	22-02.00
4	Saunders, Adam	Southeast Ra	22-02.00
5	Davis, Zi'Myier	Wakefield	22-01.50
6	Patterson, Carlton	Broughton	22-00.00
7	Covington, Jacori	Garner	21-09.50
8	Skinner, Theodore	South Garner	21-09.25
9	Carter, Cole	Cardinal Gib	21-08.00
10	Travis, Jackson	Hoggard	21-07.75
11	Peters, Josiah	Cleveland Hi	21-05.00
12	White, Chase	Enloe	21-04.50
13	Stephens, Brayden	Hoggard	21-03.50
14	Parks, Evan	Knightdale	21-01.50
15	Armour, Elijah	Hoggard	21-00.00
16	Hope, Brian	Enloe	21-00.00

Event 32 Boys Triple Jump NCHSAA 4A

	Name	School	Seed Mark
1	Simms-Lassiter, Tristian	Wake Forest	47-06.50
2	Chapman-evans, Alexander	Enloe	46-08.50
3	Patterson, Carlton	Broughton	45-09.50
4	Blue, Dorian	Southeast Ra	45-00.00
5	Boykin, Anthony	Enloe	44-09.00
6	Fields, Thomas	Rolesville H	44-03.50
7	Crumpton, Derek	Athens Drive	43-09.00
8	McCormick, Terrance	New Bern	43-06.50
9	Skinner, Theodore	South Garner	42-09.50
10	Martinez, Matthew	Garner	42-09.00
11	Parks, Evan	Knightdale	42-06.00
12	Armour, Elijah	Hoggard	42-04.00
13	Jordan, Tyler	Rolesville H	42-04.00
14	Stephens, Brayden	Hoggard	42-00.00

2024 NC High School 4A East Regional - 5/11/2024

Track and Field Meet
Willow Springs High School
Performance List

Event 32 ...(Boys Triple Jump NCHSAA 4A)

	Name	School	Seed Mark	
15	Herman, Evan	Clayton	41-10.75	_____
16	Thomas, Malachi	Cleveland Hi	41-10.50	_____

Event 36 Boys Shot Put NCHSAA 4A

	Name	School	Seed Mark	
1	Mangum, Kedar	Cleveland Hi	54-07.00	_____
2	Pawlak, Brad	Corinth Hold	54-02.00	_____
3	Graham, Ethan	Athens Drive	53-08.00	_____
4	Sosanya, Israel	Wakefield	52-09.50	_____
5	Hinton, Gates	Fuquay-Varin	51-01.00	_____
6	Stancil, Keyshawn	Clayton	49-07.00	_____
7	Buddin, Trip	Fuquay-Varin	48-01.00	_____
8	Kirby, Elijah	D.H. Conley	48-01.00	_____
9	Kotynski, Adam	Wake Forest	47-10.00	_____
10	Sheehan, Jack	Cardinal Gib	46-10.00	_____
11	Willis, James	Heritage	46-04.00	_____
12	West, Malakahi	Hoggard	45-11.50	_____
13	Williams, Alex	Leesville Ro	45-08.00	_____
14	Haynesworth, Mark	Willow Sprin	45-02.00	_____
15	Austin, Garrett	Topsail	45-01.50	_____
16	Simmons, Seven	Clayton	44-11.00	_____

Event 34 Boys Discus Throw NCHSAA 4A

	Name	School	Seed Mark	
1	Hinton, Gates	Fuquay-Varin	206-09.50	_____
2	Pawlak, Brad	Corinth Hold	174-04	_____
3	Alston, Barry	Cleveland Hi	163-08	_____
4	Sosanya, Israel	Wakefield	145-09	_____
5	Milchuck, Ollie	Athens Drive	141-11	_____
6	Russell, Joel	Corinth Hold	140-09	_____
7	Haynesworth, Mark	Willow Sprin	139-02	_____
8	Williams, Alex	Leesville Ro	138-07	_____
9	Murray, Jabreel	Laney	138-06	_____
10	Graham, Ethan	Athens Drive	138-05	_____
11	Austin, Garrett	Topsail	138-02	_____
12	Kotynski, Adam	Wake Forest	137-00	_____
13	Willis, James	Heritage	134-08	_____
14	Groff, Colton	Leesville Ro	133-01	_____
15	Richardson, Tyric	Clayton	132-01	_____
16	Wooden, Alex	D.H. Conley	131-00	_____