



Women's Outdoor Track State Individual Event Champions



1972	Pope	Southern Nash	36°07'.50"	1977	Jozette Lawrence	Lejeune	41°07'.50"	1982	Sarah Gardner	Davie County	41°08'.25"
1973	Campbell	Hoke County	36°05'.50"	1978	Lisa Gray	Ragsdale	43°08'.00"	1983	Katrina Swanson	Myers Park	39°11'.75"
1974	Dixon	Southern Guilford	38°04'.50"	1979	Lisa Gray	Ragsdale	43°04'.75"	1984	Susan Childers	Havelock	39°04'.00"
1975	Dixon	Southern Guilford	38°08'.00"	1980	Hubin	Williams	38°04'.50"	1985	Ida Pierce	Douglas Byrd	37°05'.50"
1976	Dixon	Southern Guilford	41°07'.00"	1981	Eave Strothers	Parkland	42°11'.50"				

SHOTPUT

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Michelle Rhyne	Northwest Cabarrus
1987	Sylvia Crumpler	Cape Fear
1988	Sylvia Crumpler	Cape Fear
1989	Sylvia Crumpler	Cape Fear
1990	Dashontia Atkinson	Smithfield-Selma
1991	Wendy Utley	Cary
1992	Tracy Connor	South Rowan
1993	Vernia Wilson	Jacksonville

3A

Northwest Cabarrus	38°08.50"	Janene McClure
Northwest Cabarrus	40°00.00"	Janene McClure
Northwest Cabarrus	39°02.50"	Janene McClure
Clyde A. Erwin	37°04.50"	Janet Clark
Concord	36°05.25"	Zondra Johnson
Rockingham	38°00.75"	Zondra Johnson
Rockingham	36°08.75"	Zondra Johnson
Rockingham	35°11.25"	Joyce Land

1A/2A

Hendersonville	37°03'00"
Hendersonville	39°09'50"
Hendersonville	42°05'00"
North Stokes	38°00'00"
Hendersonville	36°03'75"
Hendersonville	37°04'00"
Hendersonville	39°02'50"
Williamston	34°04'50"

4A

1994	Mechelle Clayton	East Forsyth	39'07.75"
1995	Eve Hammett	Providence	39'05.50"
1996	Latasha Allmond	Pinecrest	38'08.00"
1997	Keisha Boggan	W. Mecklenburg	38'00.00"
1998	Nena Lekwauwa	Mount Tabor	38'09.50"
1999	Jessica Hawkins	SE Raleigh	37'10.00"
2000	Kristie Boggan	W. Mecklenburg	38'02.00"
2001	Kristie Boggan	W. Mecklenburg	39'01.00"
2002	Alesia Walters	Garner	40'05.00"
2003	Christina Hernandez	A.C. Reynolds	41'05.00"
2004	Kamorean Hayes	Harding	47'07.00"
2005	Kamorean Hayes	Harding	47'09.00"
2006	Kamorean Hayes	Harding	48'07.00"
2007	Kamorean Hayes	Harding	51'03.50"
2008	Aslynn Halvorson	Butler	42'04.00"
2009	Aslynn Halvorson	Butler	44'02.00"
2010	Clair Watkins	Butler	41'08.50"
2011	Sequoia Watkins	T.C. Roberson	42'05.25"
2012	Brianna Tate	Grimsley	42'11.25"
2013	Breanna Warren	W. Guilford	43'10.25"
2014	Alycia Springs	Mallard Creek	44'11.00"
2015	Khayla Dawson	Olympic	47'11.00"
2016	Khayla Dawson	Olympic	49'00.00"
2017	Kayla Beasley	Hillside	42'10.00"
2018	Veronica Fraley	Wakefield	47'02.00"
2019	Kaitlin McGoogan	Ragsdale	38'11.75"
2020	MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Autumn Judd	SE Raleigh	42'09.00"
2022	Tyler Glover	Ardrey Kell	42' 1.5"

3A

Valerie Metz	Asheville	34°05'75"	Kathy Smith
Myra Williams	South Brunswick	40°01'75"	Leigh Branor
Myra Williams	South Brunswick	42°05'25"	Koletta Harris
Crystal Chamblee	Bertie	37°05'25"	Clifeteana McKiver
Kia Sessoms	Hertford	38°01'75"	Tara Clinding
Kia Sessoms	Hertford	40°01'00"	Tara Clinding
Defaye Frazier	Havelock	40°03'50"	Shanara Mintz
Geneva Yarborough	Western Guilford	38°03'00"	Katrina Lewis
Lashondria Humphrey	West Brunswick	34°09'50"	Beverly Burnette
Sheena Anderson	Parkland	38°01'50"	Nakisha Stewart
Adrian Griffin	Harneet Central	36°01'00"	Lily Tallent
LaWanda Henry	Triton	40°07'00"	Nakisha Stewart
Chelsey McClean	North Gaston	36°00'50"	
Courtney Prichard	Havelock	36°11'00"	Morrison Deirdra
Haley Hackett	Southeast Guilford	37°06'00"	Morrison Deirdra
Latoya Wright	Harnett Central	38°05'25"	Gayshawna Watkins
Danita Whitaker	Rocky Mount	39°06'00"	Cookie Wingfield
Kayl Padgett	West Brunswick	42°07'00"	Alisha Bradshaw
Whitney Williams	South Johnston	38°09'75"	Mookie Chavis
Alexis Dickerson	Western Alamance	39°08'25"	Alex Cooke
Alexis Dickerson	Western Alamance	38°06'.50"	Alex Cooke
Hannah Stokes	Weddington	38°06'00"	Samantha Layko
Tiana Taylor	Eastern Guilford	39°07'75"	LesLeigh Tabor
Kamryn Henderson	Marvin Ridge	40°03'00"	LesLeigh Tabor
Kayla Beasley	Hillside	43°07'50"	Patience Marshall
Samantha Ennis	Northwood	42°04'00"	Emily Shain
MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (
Ta'Honny Exum	Eastern Wayne	39°01'50"	Katie Horne
Emily Hartsoe	Ashe County	37° 2.5"	Ta'Honny Exum

Lincolnton	38°0'7.50"
Forbush	36°0'6.50"
Northside	38°11'15.50"
East Duplin	36°0'9.50"
North Rowan	39°0'4.25"
North Rowan	39°0'9.00"
Bessemer City	40°0'6.75"
Southeast Halifax	39°0'6.50"
Cummings	44°0'1.50"
Bunn	38°0'0.50"
West Lincoln	37°0'1.75"
Bunn	39°0'0.00"
Wilkes Central	38°0'9.00"
Wilkes Central	40°0'0.50"
East Rutherford	39°1'11.50"
Kinston	41°0'3.50"
Salisbury	39°0'7.00"
Bunn	38°0'3.25"
North Surry	39°1'0.00"
North Surry	41.09.00"
Croatan	39°0'6.50"
Franklin	37°0'3.00"
Franklin	41°1'0.00"
Anson	42°0'3.00"
Lincolnton	43°1'11.50"

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orth Stokes	35°07.00"
inkwood	33°00.00"
outh Stanly	34°02.00"
ansboro	38°08.50"
ast Wilkes	34°10.00"
uisburg	38°07.25"
ummings	38°10.25"
ummings	38°03.25"
essemer City	43°04.75"
ndrews	37°09.00"
bemarle	38°11.00"
ndrews	38°03.25"
ndrews	37°02.00"
orth Stokes	34°02.00"
erookee	37°00.00"
orth Stokes	32°09.75"
endersonville	38°10.00"
endersonville	40°02.50"
endersonville	42°11.75"
endersonville	43°03.50"
armount	35°10.75"
ayesville	37°03.50"
ender	39°05.25"
ndrews	41°02.00"
amlico	39°02.00"
ender	34°05.50"
D-19 PANDEMIC)	
amlico	36°00.25"
orth Rowan	37° 2"



Women's Outdoor Track State Individual Event Champions



DISCUS											
1972	Cook	Dudley	103'11.00"	1977	Becky Brown	Myers Park	112'05.00"	1982	Jackie Gandy	Thomasville	128'09.00"
1973	Lynn Cruickshank	Lejeune	107'02.00"	1978	Becky Brown	Myers Park	132'08.00"	1983	Wanda Haythe	J.F. Webb	133'05.00"
1974	Lynn Cruickshank	Lejeune	117'05.00"	1979	Lisa Gray	Ragsdale	132'00.00"	1984	Vanessa Hatch	T.W. Andrews	121'03.00"
1975	Lynn Cruickshank	Lejeune	127'02.00"	1980	Jackie Gandy	Thomasville	124'04.00"	1985	Barbara Myers	West Mecklenburg	117'06.00"
1976	McClenlon	Ragsdale	123'10.00"	1981	Doris Bloxson	Scotland County	128'07.00"				

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Ellen Miller	South Rowan	126'01.00"	1987	Ellen Miller	South Rowan	126'01.00"	1988	Ann Walters	Monroe	112'03.00"
1987	Sylvia Crumpler	Cape Fear	115'01.00"	1989	Jessie Hoeverman	West Carteret	115'01.00"	1990	Janene McClure	Hendersonville	130'05.00"
1988	Diana Jones	Cary	117'02.00"	1989	Candy Graves	Cummings	127'00.50"	1991	Janene McClure	Hendersonville	130'06.00"
1989	Laura Plott	Tuscola	124'06.00"	1990	Candra Gayle	Concord	127'08.00"	1992	Wendy Moss	Murphy	117'03.00"
1990	Dashontia Atkinson	Smithfield-Selma	141'04.00"	1991	Kim Pakowski	D.H. Conley	119'05.00"	1993	Ebony Lloyd	Murphy	113'08.75"
1991	Tracy Hoback	North Mecklenburg	119'01.00"	1992	Kim Pakowski	D.H. Conley	115'10.00"	1994	Darlene Vick	Farmville Central	115'10.00"
1992	Tracy Connor	South Rowan	118'00.00"	1993	Christian Murphy	Rockingham	115'03.00"	1995	Darlene Vick	Farmville Central	118'02.00"
1993	Alayne Joyner	Broughton	121'04.00"		Elizabeth Harrison	Sun Valley	125'07.00"	1996	Amy Vincent	Farmville Central	120'01.00"

4A

1994	Mechelle Clayton	East Forsyth	116'01.00"	1995	Meyetta Grimes	Washington	115'03.00"	1996	Myra Williams	South Brunswick	125'00.00"
1995	Kelly Karres	Myers Park	114'06.00"	1997	Monica-Gail Baker	Hillside	124'07.00"	1998	Shanna Brown	North Iredell	103'02.00"
1996	Monica-Gail Baker	Hillside	124'07.00"	1997	Becky Maier	Mount Tabor	121'05.00"	1998	Miriam McCleod	North Gaston	121'08.00"
1997	Becky Maier	Mount Tabor	121'05.00"	1998	Jessica Hawkins	SE Raleigh	126'05.00"	1999	Miriam McCleod	North Gaston	118'02.75"
1998	Sonya Bell	N. Mecklenburg	121'06.00"	1999	Sonya Bell	N. Mecklenburg	121'06.00"	2000	Kia Sessoms	Hertford	112'01.75"
2000	Sonya Bell	N. Mecklenburg	122'10.00"	2001	Danisha Norwood	SW Edgecombe	113'01.00"	2002	North Gaston	Clifeteana McKiver	112'01.00"
2001	Christina Hernandez	A.C. Reynolds	126'03.00"	2002	Brianna Dunston	Southern Nash	116'07.00"	2003	Christina Hernandez	East Brunswick	115'03.00"
2002	Christina Hernandez	A.C. Reynolds	137'04.00"	2003	Jessica Doyle	Whitney McGee	108'03.50"	2004	Chanel Raynor	West Carteret	107'03.00"
2003	Christina Hernandez	A.C. Reynolds	139'00.00"	2004	Jordan Huffman	East Rowan	117'06.00"	2005	Rachel Karriker	East Rowan	112'01.00"
2004	Kamorean Hayes	Harding	147'02.00"	2005	Vicki Mitchell	West Craven	117'09.00"	2006	Vicki Mitchell	West Craven	117'09.00"
2005	Kamorean Hayes	Harding	142'08.00"	2007	Vicki Mitchell	West Craven	124'10.00"	2008	Aslynn Halvorson	Cori Goins	118'07.00"
2006	Kamorean Hayes	Harding	155'03.00"	2009	Sequoia Watkins	T.C. Roberson	125'00.00"	2010	Aslynn Halvorson	Butler	139'10.00"
2007	Kamorean Hayes	Harding	148'02.00"	2010	Tremanisha Taylor	Southern Vance	137'00.00"	2011	Aslynn Halvorson	Butler	139'07.00"
2008	Aslynn Halvorson	Butler	139'10.00"	2011	Sequoia Watkins	Alisha Bradshaw	137'00.00"	2012	Tremanisha Taylor	West Brunswick	133'11.00"
2009	Aslynn Halvorson	Butler	139'07.00"	2012	Kayl Padgett	Alisha Bradshaw	133'11.00"	2013	Lyssa Wallace-O'Neill	Jacksonville	117'04.00"
2010	Sequoia Watkins	T.C. Roberson	142'04.00"	2013	Lyssa Wallace-O'Neill	Jacksonville	128'03.00"	2014	Lyssa Wallace-O'Neill	Western Alamance	113'02.00"
2011	Sequoia Watkins	T.C. Roberson	141'06.00"	2014	Alexis Dickerson	Samantha Layko	128'03.00"	2015	Nakeisha Jones	Hunt	117'08.00"
2012	Breanna Warren	W. Guilford	132'04.00"	2015	Nakeisha Jones	Southern Guilford	126'06.00"	2016	Ania Dawson	Amy Yarborough	122'08.00"
2013	Breanna Warren	W. Guilford	142'07.00"	2016	Ne'ja Ervin	East Gaston	122'08.75"	2017	Ne'ja Ervin	Maya Stanley	122'08.75"
2014	Bryanna Hames	Myers Park	159'01.00"	2017	Amanda Wahler	T.C. Roberson	129'05.00"	2018	Shekinah Cooke	SE Guilford	140'08.00"
2015	Alycia Springs	Mallard Creek	142'09.00"	2018	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2019	Teteateh Snoh	Teteateh Snoh	143'10.00"
2016	Khayla Dawson	Olympic	140'01.00"	2019	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2020	Emily Hartsoe	Ashe County	123'03.00"
2017	Candice Whitley	SE Raleigh	142'07.00"	2020	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2021	Emily Hartsoe	Ashe County	123'03.00"
2018	Veronica Fraley	Wakefield	142'02.00"	2021	Camryn Massey	Ashbrook	140'09.00"	2022	Emily Hartsoe	Ashe County	136' 8"
2019	Kaitlin McGoogan	Ragsdale	142'09.00"	2022	Emily Hartsoe	Clara Willard	136' 8"				
2020	MEET CANCELLED (COVID-19 PANDEMIC)										

3A

1977	Becky Brown	Myers Park	132'08.00"	1978	Lisa Gray	Ragsdale	132'00.00"	1979	Jackie Gandy	Thomasville	124'04.00"
1979	Jackie Gandy	Thomasville	124'04.00"	1980	Doris Bloxson	Scotland County	128'07.00"	1981	Doris Bloxson	Scotland County	128'07.00"
1980	Doris Bloxson	Scotland County	128'07.00"	1981	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1982	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1982	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1983	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1984	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1983	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1984	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1985	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)

1A/2A

1982	Jackie Gandy	Thomasville	124'04.00"	1983	Wanda Haythe	J.F. Webb	133'05.00"	1984	Vanessa Hatch	T.W. Andrews	121'03.00"
1983	Vanessa Hatch	West Mecklenburg	117'06.00"	1984	Barbara Myers	West Mecklenburg	117'06.00"	1985	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1984	Barbara Myers	West Mecklenburg	117'06.00"	1985	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1986	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1985	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1986	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1987	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1986	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1987	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1988	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1987	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1988	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1989	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1988	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1989	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1990	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1989	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1990	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1991	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1990	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1991	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1992	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1991	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1992	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1993	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1992	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1993	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1994	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1993	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1994	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1995	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1994	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1995	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1996	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1995	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1996	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1997	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1996	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1997	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1998	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1997	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1998	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1999	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1998	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	1999	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2000	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
1999	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2000	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2001	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
2000	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2001	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2002	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)
2001	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)	2002	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (



Women's Outdoor Track State Individual Event Champions



LONG JUMP											
1972	Pinnix	T.W. Andrews	16'00.00"	1977	Belsma	Sanford	18'10.00"	1982	Katrina Grier	West Charlotte	19'06.75"
1973	Kathy McMillian	Hoke County	17'07.00"	1978	McNeill	Cape Fear	19'07.00"	1983	Teresa Allen	Garinger	19'06.75"
1974	Kathy McMillian	Hoke County	18'00.00"	1979	Lisa Staton	Salisbury	18'04.75"	1984	Latanya Wynn	Pinecrest	19'01.50"
1975	Kathy McMillian	Hoke County	20'02.50"	1980	Dee Dee Slade	Reidsville	19'03.00"	1985	Kim Austin	Beddingfield	18'10.00"
1976	Kathy McMillian	Hoke County	21'07.00"	1981	Katrina Grier	West Charlotte	20'01.25"				

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Kim Austin	Beddingfield	19'11.00"	Kim Austin	Beddingfield	19'11.00"	Linda Bryant	Manteo	18'09.50"
1987	Pam Frost	Harding	18'01.75"	Sherry Smith	West Henderson	17'10.875"	Sandra Davis	Polk Central	19'02.50"
1988	Von Ross	West Charlotte	18'09.25"	Anita Curry	Williams	18'01.50"	Christy Cagle	Hayesville	17'09.75"
1989	Von Ross	West Charlotte	18'04.75"	Tasha Horton	Hibriten	18'02.50"	Nikki Harris	North Stanly	17'11.00"
1990	Della Taylor	Lumberton	17'11.75"	Tenisha Pinnix	T.W. Andrews	18'10.00"	Christy Cagle	Hayesville	16'10.00"
1991	Rahma Mateen	Ben L. Smith	19'01.50"	Kim Jones	Statesville	18'08.50"	Nikki Harris	North Stanly	18'04.50"
1992	Rahma Mateen	Ben L. Smith	18'08.00"	Kim Jones	Statesville	18'06.75"	Nikki Harris	North Stanly	19'02.00"
1993	Rhonda Parks	Triton	18'11.75"	Michelle Tate	Lexington	18'01.00"	Amanda Johnson	East Carteret	18'07.75"

3A

1994	T. Patterson	Enloe	18'08.00"	Keione Covington	Asheboro	17'11.75"	Shana Harris	Southern Guilford	17'09.00"	Marcia Colson	South Stanly	17'04.75"
1995	Devon Armstrong	Leesville Road	18'09.75"	Keione Covington	Asheboro	18'01.75"	DeAnne Davis	Cummings	18'00.50"	Marcia Colson	South Stanly	17'08.25"
1996	Kim Jones	Grimsley	18'04.00"	Keione Covington	Asheboro	18'10.00"	DeAnne Davis	Cummings	18'10.75"	Conova Young	Lejeune	17'00.83"
1997	Kim Jones	Grimsley	19'00.00"	Keione Covington	Asheboro	18'06.50"	Kirsten Bowden	Newton-Conover	17'04.00"	Taneschia Walker	Camden	16'07.00"
1998	Kim Jones	Grimsley	18'08.00"	Toshima Dabbs	Morehead	17'11.00"	Cora Johnson	East Carteret	18'09.75"	Lisa Maliska	Hayesville	17'03.00"
1999	Kim Jones	Grimsley	19'07.00"	Anissa Gainey	Clayton	18'06.00"	Latasha Pharr	North Rowan	18'02.00"	Valesha Small	Dixon	17'02.75"
2000	Ronda White	Olympic	19'08.75"	Meka Battle	Southern Nash	17'07.50"	Cora Johnson	East Carteret	19'04.00"	Virginia Smith	Jordan Matthews	17'03.00"
2001	Kellie Todd	WF-Rolesville	18'10.00"	Sheena Dawkins	T.W. Andrews	17'01.00"	Tiffany Perry	Southern Vance	18'05.50"	Katrellie Armwood	Durham Sch. of Arts	17'05.50"
2002	Anna Raynor	South Johnston	18'00.00"	Chrystal Marsh	Anson	17'10.25"	Sheena Dawkins	T.W. Andrews	18'03.75"	Katrellie Armwood	Durham Sch. of Arts	18'05.25"
2003	Melissa Council	Cary	17'11.00"	Sherina Steele	West Rowan	18'09.75"	Moriah Jones	North Rowan	17'11.50"	Jenny Alyn Scott	Surry Central	16'06.00"
2004	Vonteeana Knotts	Butler	19'04.50"	Mae Boone	Hertford	18'11.00"	Alicia Person	Southern Vance	17'04.00"	Gerri-Lena White	Williamston	17'00.50"
2005	Danielle Thorpe	C.E. Jordan	18'03.50"	Kiara Crutchfield	Ragsdale	17'08.00"	Alicia Person	Southern Vance	18'04.00"	Erica Little	North Stokes	17'11.75"
2006	Chirshaw Williams	SE Raleigh	18'07.00"	Dekalah Price	T.W. Andrews	17'09.00"	Taryn Wentz	Forest Hills	18'05.00"	Melanie Frye	West Wilkes	18'01.00"
2007	Ashlynn Chais	Scotland	18'07.00"	Kiara Crutchfield	Ragsdale	18'05.00"	Latoya James	Cummings	18'01.50"	Jasmine Young	East Columbus	17'06.00"
2008	Jacinda Evans	S. Durham	19'09.75"	Jessica Morgan	Parkland	18'11.00"	Sherice Walker	Cummings	19'01.75"	Jasmine Young	East Columbus	17'05.00"
2009	Chrishawn Williams	SE Raleigh	19'04.00"	Jessica Barnes	SW Edgecombe	18'01.75"	Sherice Walker	Cummings	19'03.00"	Jania Bogle	Princeton	17'02.25"
2010	Jessica Morgan	Parkland	18'09.50"	Shauna Terry	Southern Vance	17'10.50"	Briana Haith	Granville Central	17'11.00"	Teaunna Cuthbertson	North Rowan	19'03.25"
2011	Danielle Davis	SE Raleigh	18'11.25"	Tori Elliott	Cox Mill	17'10.00"	Shelby Hall	Graham	17'06.00"	Teaunna Cuthbertson	North Rowan	17'10.00"
2012	Alexis Perry	C.E. Jordan	18'05.00"	Onya Edwards	Charlotte Catholic	16'11.00"	Raven Covington	Cuthbertson	17'04.00"	Teaunna Cuthbertson	North Rowan	17'07.25"
2013	Shakinah Brooks	SE Raleigh	19'05.00"	Courtney Crawford	McMichael	18'08.50"	Julia Scoles	South Iredell	18'00.25"	Kendall Cox	Monroe	17'10.00"
2014	Sydnei Murphy	Apex	19'05.25"	Kacia Vines	Cedar Ridge	17'10.00"	Tainasha Vines	Bunn	18'07.50"	Sydney McCoy	Camden County	17'11.00"
2015	Sydnei Murphy	Apex	20'03.00"	Kacia Vines	Cedar Ridge	18'07.00"	Kenya Majors	Cummings	18'01.25"	Vanisha Wilshire	Louisburg	18'01.00"
2016	Jade Jordan	Pine Forest	18'07.25"	Torri Weathers	Hickory Ridge	18'00.00"	Kenaye Majors	Cummings	18'06.50"	Sydney McCoy	Camden County	17'01.50"
2017	Jade Jordan	Pine Forest	19'06.50"	Mackenzie Whitaker	West Carteret	18'07.50"	Kelsia Moore	Cummings	19'01.00"	Eminey Redmond	Southside	17'06.00"
2018	Morgan Smalls	Panther Creek	19'03.50"	M'Smrya Seward	Franklinton	18'09.50"	Nicole Barnes	T.W. Andrews	18'07.50"	Breah Taylor	East Carteret	18'03.00"
2019	Jirah Sidberry	Rocky River	18'11.75"	Ija Mumford	Parkland	18'03.75"	Jydia Faquette	Cummings	18'01.75"	Breah Taylor	East Carteret	17'10.50"
2020	MEET CANCELLED (COVID-19 PANDEMIC)											
2021	Amber Jackson	Ardrey Kell	18'01.00"	Chaunesse Barringer	NW Cabarrus	19'01.50"	Kendall Jordan	Cummings	17'10.50"	Latecyia Johnson	East Carteret	18'00.00"
2022	Ija Mumford	Parkland	19' 5"	Chaunesse Barringer	NW Cabarrus	19' 10.25"	Tamesia Pinnix	Cummings	18' 6.25"	Zoie Shuler	Robbinsville	18' 7"

1A/2A

1994	Keione Covington	Asheboro	17'11.75"	Shana Harris	Southern Guilford	17'09.00"	Marcia Colson	South Stanly	17'04.75"			
1995	Keione Covington	Asheboro	18'01.75"	DeAnne Davis	Cummings	18'00.50"	Marcia Colson	South Stanly	17'08.25"			
1996	Keione Covington	Asheboro	18'10.00"	DeAnne Davis	Cummings	18'10.75"	Conova Young	Lejeune	17'00.83"			
1997	Keione Covington	Asheboro	18'06.50"	Kirsten Bowden	Newton-Conover	17'04.00"	Taneschia Walker	Camden	16'07.00"			
1998	Toshima Dabbs	Morehead	17'11.00"	Cora Johnson	East Carteret	18'09.75"	Lisa Maliska	Hayesville	17'03.00"			
1999	Anissa Gainey	Clayton	18'06.00"	Latasha Pharr	North Rowan	18'02.00"	Valesha Small	Dixon	17'02.75"			
2000	Meka Battle	Southern Nash	17'07.50"	Cora Johnson	East Carteret	19'04.00"	Virginia Smith	Jordan Matthews	17'03.00"			
2001	Sheena Dawkins	T.W. Andrews	17'01.00"	Tiffany Perry	Southern Vance	18'05.50"	Katrellie Armwood	Durham Sch. of Arts	17'05.50"			
2002	Chrystal Marsh	Anson	17'10.25"	Sheena Dawkins	T.W. Andrews	18'03.75"	Katrellie Armwood	Durham Sch. of Arts	18'05.25"			
2003	Sherina Steele	West Rowan	18'09.75"	Moriah Jones	North Rowan	17'11.50"	Jenny Alyn Scott	Surry Central	16'06.00"			
2004	Mae Boone	Hertford	18'11.00"	Alicia Person	Southern Vance	17'04.00"	Gerri-Lena White	Williamston	17'00.50"			
2005	Kiara Crutchfield	Ragsdale	17'08.00"	Alicia Person	Southern Vance	18'04.00"	Erica Little	North Stokes	17'11.75"			
2006	Dekalah Price	T.W. Andrews	17'09.00"	Taryn Wentz	Forest Hills	18'05.00"	Melanie Frye	West Wilkes	18'01.00"			
2007	Ashlynn Chais	Ragsdale	18'05.00"	Latoya James	Cummings	18'01.50"	Jasmine Young	East Columbus	17'06.00"			
2008	Jacinda Evans	Parkland	18'11.00"	Sherice Walker	Cummings	19'01.75"	Jasmine Young	East Columbus	17'05.00"			
2009	Chrishawn Williams	SW Edgecombe	18'01.75"	Sherice Walker	Cummings	19'03.00"	Jania Bogle	Princeton	17'02.25"			
2010	Jessica Morgan	Parkland	18'10.50"	Briana Haith	Granville Central	17'11.00"	Teaunna Cuthbertson	North Rowan	19'03.25"			
2011	Danielle Davis	SE Raleigh	18'11.25"	Tori Elliott	Cox Mill	17'10.00"	Teaunna Cuthbertson	North Rowan	17'10.00"			
2012	Alexis Perry	C.E. Jordan	18'05.00"	Onya Edwards	Charlotte Catholic	16'11.00"	Teaunna Cuthbertson	North Rowan	17'07.25"			
2013	Shakinah Brooks	SE Raleigh	19'05.00"	Courtney Crawford	McMichael	18'08.50"	Julia Scoles	South Iredell	18'00.25"			
2014	Sydnei Murphy	Apex	19'05.25"	Kacia Vines	Cedar Ridge	17'10.00"	Tainasha Vines	Bunn	18'07.50"			
2015	Sydnei Murphy	Apex	20'03.00"	Kacia Vines	Cedar Ridge	18'07.00"	Kenya Majors	Cummings	18'01.25"			
2016	Jade Jordan	Pine Forest	18'07.25"	Torri Weathers	Hickory Ridge	18'00.00"	Kenaye Majors	Cummings	18'06.50"			
2017	Jade Jordan	Pine Forest	19'06.50"	Mackenzie Whitaker	West Carteret	18'07.50"	Kelsia Moore	Cummings	19'01.00"			
2018	Morgan Smalls	Panther Creek	19'03.50"	M'Smrya Seward	Franklinton	18'09.50"	Nicole Barnes	T.W. Andrews	18'07.50"			
2019	Jirah Sidberry	Rocky River	18'11.75"	Ija Mumford	Parkland	18'03.75"	Jydia Faquette	Cummings	18'01.75"			
2020	MEET CANCELLED (COVID-19 PANDEMIC)											
2021	Amber Jackson	Ardrey Kell	18'01.00"	Chaunesse Barringer	NW Cabarrus	19'01.50"	Kendall Jordan	Cummings	17'10.50"	Latecyia Johnson	East Carteret	18'00.00"
2022	Ija Mumford	Parkland	19' 5"	Chaunesse Barringer	NW Cabarrus	19' 10.25"	Tamesia Pinnix	Cummings	18' 6.25"	Zoie Shuler	Robbinsville	18' 7"

2A

1994	Keione Covington	Asheboro	17'11.75"	Shana Harris	Southern Guilford	17'09.00"	Marcia Colson	South Stanly	17'04.75"
1995	Keione Covington	Asheboro	18'01.75"	DeAnne Davis	Cummings	18'00.50"	Marcia Colson	South Stanly	17'08.25"
1996	Keione Covington	Asheboro	18'10.00"	DeAnne Davis	Cummings	18'10.75"	Conova Young	Lejeune	17'00.83"
1997	Keione Covington	Asheboro	18'06.50"	Kirsten Bowden	Newton-Conover	17'04.00"	Taneschia Walker	Camden	16'07.00"
1998	Toshima Dabbs	Morehead	17'11.00"	Cora Johnson	East Carteret	18'09.75"	Lisa Maliska	Hayesville	17'03.00"
1999	Anissa Gainey	Clayton	18'06.00"	Latasha Pharr	North Rowan	18'02.00"	Valesha Small	Dixon	17'02.75"
2000	Meka Battle	Southern Nash	17'07.50"	Cora Johnson	East Carteret	19'04.00"	Virginia Smith	Jordan Matthews	17'03.00"
2001	Sheena Dawkins	T.W. Andrews	17'01.00"	Tiffany Perry	Southern Vance	18'05.50"	Katrellie Armwood	Durham Sch. of Arts	17'05.50"
2002	Chrystal Marsh	Anson	17'10.25"	Sheena Dawkins	T.W. Andrews	18'03.75"	Katrellie Armwood	Durham Sch. of Arts	18'05.25"
2003	Sherina Steele	West Rowan	18'09.75"	Moriah Jones	North Rowan	17'11.50"	Jenny Alyn Scott	Surry Central	16'06.00"
2004	Mae Boone	Hertford	18'11.00"	Alicia Person	Southern Vance	17'04.00"	Gerri-Lena White	Williamston	17'00.50"
2005	Kiara Crutchfield	Ragsdale	17'08.00"	Alicia Person	Southern Vance	18'04.00"	Erica Little	North Stokes	17'11.75"



Women's Outdoor Track State Individual Event Champions



TRIPLE JUMP

1978	Lisa Staton	Salisbury	38'11.00"	1983	Sherrie Clark	Jacksonville	39'05.00"
1979	Sue Heard	Jacksonville	38'09.00"	1984	Mary McKoy	Richmond	39'11.25"
1980	Teretha Coe	North Forsyth	37'10.75"	1985	Debra Alexander	East Forsyth	40'05.50"
1981	Colette Williams	E.E. Smith	40'06.50"				
1982	Colette Williams	E.E. Smith	38'11.25"				

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Kim Austin	Beddingfield	39'01.50"	Kim Austin	Beddingfield	39'01.50"
1987	Kiaren Dixon	J.H. Rose	37'00.25"	Samantha Smith	Lincolnton	36'07.50"
1988	Sabrina Hill	Millbrook	38'06.50"	L'Tonya Hall	Washington	38'05.00"
1989	Melissa Morrison	A.L. Brown	39'11.75"	Alice Vinson	Sun Valley	39'00.50"
1990	Tonya Avery	Jacksonville	38'09.50"	Nikki Friday	Lexington	42'00.00"
1991	Tonya Avery	Jacksonville	38'11.00"	Nicole Crews	McMichael	38'00.00"
1992	Lakesha Bennett	Scotland	38'01.00"	Shawn Hill	Harnett Central	39'00.00"
1993	Jamila Hunter	Millbrook	38'01.75"	DeAnne Davis	Cummings	38'11.00"

3A

1994	Twyla Smith	Pinecrest	38'11.50"	Keione Covington	Asheboro	37'02.50"	DeAnne Davis	Cummings	38'11.00"	Marcia Colson	South Stanly	34'05.25"
1995	Twyla Smith	Pinecrest	41'02.50"	Keoine Covington	Asheboro	36'10.50"	DeAnne Davis	Cummings	39'09.00"	Marcia Colson	South Stanly	35'06.75"
1996	Shauntee Hill	Jacksonville	38'00.50"	Lashonda Stubbs	Eastern Randolph	38'06.00"	DeAnne Davis	Cummings	40'02.00"	Crystal Corbett	North Brunswick	34'10.00"
1997	Toni Kilgor	Huss	39'08.00"	Taressa Davis	Southern Durham	38'07.00"	Kirsten Bowden	Newton-Conover	38'08.50"	Brandy McCullum	Lejeune	33'03.25"
1998	Toni Kilgor	Huss	39'00.00"	Toshima Dabbs	Morehead	38'04.50"	Latasha Pharr	North Rowan	36'05.50"	Deidre Mapp	Cummings	35'03.50"
1999	Randi Chapman	N. Durham	39'06.50"	Meka Battle	Southern Nash	40'00.00"	Latasha Pharr	North Rowan	39'00.00"	Katrellie Armwood	Durham Magnet	35'04.75"
2000	Ronda White	Olympic	41'01.50"	Meka Battle	Southern Nash	39'11.00"	Latasha Pharr	North Rowan	40'09.00"	Paula Moore	Cummings	36'05.25"
2001	Sharonda Johnson	SE Raleigh	37'09.50"	Tatyana Kirichenko	Western Guilford	38'06.50"	Latasha Pharr	North Rowan	39'11.00"	Paula Moore	Cummings	37'10.25"
2002	Sharonda Johnson	SE Raleigh	39'03.50"	Nathifa Forde	Ragsdale	37'07.50"	Sheena Dawkins	T.W. Andrews	37'05.75"	Katrellie Armwood	Durham Sch. of Arts	36'03.00"
2003	Krystal Barringer	Harding	38'00.75"	Camelia Morman	Hillside	39'08.00"	Alicia Person	Southern Vance	37'07.50"	Jazmin Skipper	Mount Airy	34'03.00"
2004	Brittany Dixson	Millbrook	39'06.50"	Camelia Morman	Hillside	38'07.50"	Sarah Portee	T.W. Andrews	36'05.50"	Eman Al-Aswadi	Durham Sch. of Arts	35'09.75"
2005	Amelia Black	Millbrook	37'09.50"	Camelia Morman	Hillside	36'10.75"	Alicia Person	Southern Vance	37'00.00"	Eman Al-Aswadi	Durham Sch. of Arts	35'02.00"
2006	Monique Vines	SE Raleigh	37'05.00"	Dekalah Price	T.W. Andrews	38'04.75"	Taryn Wentz	Forest Hills	37'04.00"	Glasha Covington	Albemarle	35'09.00"
2007	Chrishawn Williams	SE Raleigh	37'07.00"	Radience Basden	Western Guilford	38'10.50"	Sherice Walker	Cummings	38'05.50"	Joule Breedlove	Swain County	38'01.25"
2008	Jacinda Evans	S. Durham	39'01.00"	Radience Basden	Western Guilford	39'08.50"	Sherice Walker	Cummings	39'03.00"	Glasha Covington	Albemarle	38'03.75"
2009	Jazie Daniels	Page	39'05.50"	Danielle Butts	South Central	40'11.00"	Sherice Walker	Cummings	39'09.00"	Jennifer Cousart	Highland Tech	34'06.50"
2010	Shemiah Brooks	SW Guilford	39'10.00"	Danielle Butts	South Central	39'01.00"	Kortney Williams	Cummings	37'01.00"	Jamie Glenn	Monroe	38'01.00"
2011	Shemiah Brooks	SW Guilford	39'03.00"	Danielle Butts	South Central	40'11.00"	Francesca Evans	Cummings	38'10.50"	Jamie Glenn	Monroe	34'08.50"
2012	Shemiah Brooks	SW Guilford	28'10.00"	Jackie Reid	North Gaston	37'02.00"	Francesca Evans	Cummings	39'03.00"	Jamie Glenn	Monroe	38'04.00"
2013	Dejah Hayes	W. Guilford	38'07.00"	Chelsey Hargrave	Williams	39'00.75"	Tainasha Vines	Bunn	38'06.00"	Chryssandra Tatum	Lejeune	39'00.00"
2014	Sydnei Murphy	Apex	39'07.50"	Lydia Laws	Western Alamance	37'02.50"	Tainasha Vines	Bunn	39'01.50"	Vanisha Wilshire	Louisburg	36'11.00"
2015	Sydnei Murphy	Apex	40'00.75"	Tamilia Wright	Williams	39'00.50"	Tainasha Vines	Bunn	38'08.75"	Vanisha Wilshire	Louisburg	39'04.00"
2016	Michelle Cobb	T.C. Roberson	38'08.00"	Imani Bennett	Southern Guilford	39'01.00"	Peighton Simmons	T.W. Andrews	38'00.00"	Emma Frye	North Stokes	35'08.50"
2017	Michelle Cobb	T.C. Roberson	38'11.50"	Kalynn McNair	Asheboro	38'10.75"	Peighton Simmons	T.W. Andrews	39'00.75"	Breah Taylor	East Carteret	37'05.50"
2018	Morgan Smalls	Panther Creek	40'07.50"	Kalynn McNair	Asheboro	38'01.00"	Nicole Barnes	T.W. Andrews	36'08.00"	Breah Taylor	East Carteret	38'01.50"
2019	Morgan Smalls	Panther Creek	40'09.00"	Kaylah Britt	Northside-Jax	39'03.50"	Kendall Jordan	Cummings	40'04.75"	Breah Taylor	East Carteret	38'09.00"
2020	MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)			
2021	Alexis Hastings	South Central	37'09.00"	Jahaila Wright	Central Cabarrus	37'11.00"	Kendall Jordan	Cummings	38'04.00"	Taegan Lowder	North Stanly	36'05.00"
2022	Ija Mumford	Parkland	38' 8"	Alexis Willis	Cramer	39' 0.5"	Latecyia Johnson	East Carteret	36' 7.25"	Zoie Shuler	Robbinsville	39' 9.25"

3A

1986	Kim Austin	Beddingfield	39'01.50"	Kim Austin	Beddingfield	39'01.50"	Tafoya Taylor	Albemarle	35'09.00"			
1987	Kiaren Dixon	J.H. Rose	37'00.25"	Samantha Smith	Lincolnton	36'07.50"	Crystal Sherrill	Salisbury	36'04.50"			
1988	Sabrina Hill	Millbrook	38'06.50"	L'Tonya Hall	Washington	38'05.00"	Cheryl Hopkins	Farmville Central	37'07.75"			
1989	Melissa Morrison	A.L. Brown	39'11.75"	Alice Vinson	Sun Valley	39'00.50"	Nikki Friday	Lexington	39'10.50"			
1990	Tonya Avery	Jacksonville	38'09.50"	Nikki Friday	Lexington	42'00.00"	Nikki Harris	North Stanly	36'02.75"			
1991	Tonya Avery	Jacksonville	38'11.00"	Nicole Crews	McMichael	38'00.00"	Nikki Harris	North Stanly	38'05.25"			
1992	Lakesha Bennett	Scotland	38'01.00"	Shawn Hill	Harnett Central	39'00.00"	Nikki Harris	North Stanly	39'04.25"			
1993	Jamila Hunter	Millbrook	38'01.75"	DeAnne Davis	Cummings	38'11.00"	Irene Johnson	West Brunswick	37'00.25"			
1994	Twyla Smith	Pinecrest	38'11.50"	Keione Covington	Asheboro	37'02.50"	DeAnne Davis	Cummings	38'11.00"	Marcia Colson	South Stanly	34'05.25"
1995	Twyla Smith	Pinecrest	41'02.50"	Keoine Covington	Asheboro	36'10.50"	DeAnne Davis	Cummings	39'09.00"	Marcia Colson	South Stanly	35'06.75"
1996	Shauntee Hill	Jacksonville	38'00.50"	Lashonda Stubbs	Eastern Randolph	38'06.00"	DeAnne Davis	Cummings	40'02.00"	Crystal Corbett	North Brunswick	34'10.00"
1997	Toni Kilgor	Huss	39'08.00"	Taressa Davis	Southern Durham	38'07.00"	Kirsten Bowden	Newton-Conover	38'08.50"	Brandy McCullum	Lejeune	33'03.25"
1998	Toni Kilgor	Huss	39'00.00"	Toshima Dabbs	Morehead	38'04.50"	Latasha Pharr	North Rowan	36'05.50"	Deidre Mapp	Cummings	35'03.50"
1999	Randi Chapman	N. Durham	39'06.50"	Meka Battle	Southern Nash	40'00.00"	Latasha Pharr	North Rowan	39'00.00"	Katrellie Armwood	Durham Magnet	35'04.75"
2000	Ronda White	Olympic	41'01.50"	Meka Battle	Southern Nash	39'11.00"	Latasha Pharr	North Rowan	40'09.00"	Paula Moore	Cummings	36'05.25"
2001	Sharonda Johnson	SE Raleigh	37'09.50"	Tatyana Kirichenko	Western Guilford	38'06.50"	Latasha Pharr	North Rowan	39'11.00"	Paula Moore	Cummings	37'10.25"
2002	Sharonda Johnson	SE Raleigh	39'03.50"	Nathifa Forde	Ragsdale	37'07.50"	Sheena Dawkins	T.W. Andrews	37'05.75"	Katrellie Armwood	Durham Sch. of Arts	36'03.00"
2003	Krystal Barringer	Harding	38'00.75"	Camelia Morman	Hillside	39'08.00"	Alicia Person	Southern Vance	37'07.50"	Jazmin Skipper	Mount Airy	34'03.00"
2004	Brittany Dixson	Millbrook	39'06.50"	Camelia Morman	Hillside	38'07.50"	Sarah Portee	T.W. Andrews	36'05.50"	Eman Al-Aswadi	Durham Sch. of Arts	35'09.75"
2005	Amelia Black	Millbrook	37'09.50"	Camelia Morman	Hillside	36'10.75"	Alicia Person	Southern Vance	37'00.00"	Eman Al-Aswadi	Durham Sch. of Arts	35'02.00"
2006	Monique Vines	SE Raleigh	37'05.00"	Dekalah Price	T.W. Andrews	38'04.75"	Taryn Wentz	Forest Hills	37'04.00"	Glasha Covington	Albemarle	35'09.00"
2007	Chrishawn Williams	SE Raleigh	37'07.00"	Radience Basden	Western Guilford	38'10.50"	Sherice Walker	Cummings	38'05.50"	Joule Breedlove	Swain County	38'01.25"
2008	Jacinda Evans	S. Durham	39'01.00"	Radience Basden	Western Guilford	39'08.50"	Sherice Walker	Cummings	39'03.00"	Glasha Covington	Albemarle	38'03.75"
2009	Jazie Daniels	Page	39'05.50"	Danielle Butts	South Central	40'11.00"	Sherice Walker	Cummings	39'09.00"	Jennifer Cousart	Highland Tech	34'06.50"
2010	Shemiah Brooks	SW Guilford	39'10.00"	Danielle Butts	South Central	39'01.00"	Kortney Williams	Cummings	37'01.00"	Jamie Glenn	Monroe	38'01.00"
2011	Shemiah Brooks	SW Guilford	39'03.00"	Danielle Butts	South Central	40'11.00"	Francesca Evans	Cummings	38'10.50"	Jamie Glenn	Monroe	34'08.50"
2012	Shemiah Brooks	SW Guilford	28'10.00"	Jackie Reid	North Gaston	37'02.00"	Francesca Evans	Cummings	39'03.00"	Jamie Glenn	Monroe	38'04.00"
2013	Dejah Hayes	W. Guilford	38'07.00"	Chelsey Hargrave	Williams	39'00.75"	Tainasha Vines	Bunn	38'06.00"	Chryssandra Tatum	Lejeune	39'00.00"
2014	Sydnei Murphy	Apex	39'07.50"	Lydia Laws	Western Alamance	37'02.50"	Tainasha Vines	Bunn	39'01.50"	Vanisha Wilshire	Louisburg	36'11.00"
2015	Sydnei Murphy	Apex	40'00.75"	Tamilia Wright	Williams	39'00.50"	Tainasha Vines	Bunn	38'08.75"	Vanisha Wilshire	Louisburg	39'04.00"
2016	Michelle Cobb	T.C. Roberson	38'08.00"	Imani Bennett	Southern Guilford	39'01.00"	Peighton Simmons	T.W. Andrews	38'00.00"	Emma Frye	North Stokes	35'08.50"
2017	Michelle Cobb	T.C. Roberson	38'11.50"	Kalynn McNair	Asheboro	38'10.75"	Peighton Simmons	T.W. Andrews	39'00.75"	Breah Taylor	East Carteret	37'05.50"
2018	Morgan Smalls	Panther Creek	40'07.50"	Kalynn McNair	Asheboro	38'01.00"	Nicole Barnes	T.W. Andrews	36'08.00"	Breah Taylor	East Carteret	38'01.50"
2019	Morgan Smalls	Panther Creek	40'09.00"	Kaylah Britt	Northside-Jax	39'03.50"	Kendall Jordan	Cummings	40'04.75"	Breah Taylor	East Carteret	38'09.00"
2020	MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)			
2021	Alexis Hastings	South Central	37'09.00"	Jahaila Wright	Central Cabarrus	37'11.00"	Kendall Jordan	Cummings	38'04.00"	Taegan Lowder	North Stanly	36'05.00"
2022	Ija Mumford	Parkland	38' 8"	Alexis Willis	Cramer	39' 0.5"	Latecyia Johnson	East Carteret	36' 7.25"	Zoie Shuler	Robbinsville	39' 9.25"

1A/2A



Women's Outdoor Track State Individual Event Champions



HIGH JUMP											
1972	Wall	Dudley	5'02.00"	1977	N. Ray	Western Guilford	5'05.00"	1982	Cindy Floyd	Swansboro	5'06.00"
1973	Robbins	Southeast Guilford	5'00.50"	1978	Vanessa Smith	R.J. Reynolds	5'07.75"	1983	April Cook	Watauga	5'08.25"
1974	Robbins	Southeast Guilford	5'02.00"	1979	Chris Arends	Jordan	5'08.00"	1984	Teri LeBlanc	South Mecklenburg	5'06.00"
1975	Sampson	West Carteret	5'01.00"	1980	N. Ray	Western Guilford	5'06.00"	1985	Marquita Misenheimer	Northwest Cabarrus	5'02.00"
1976	Michelle Langan	South Mecklenburg	5'07.00"	1981	April Cook	Watauga	5'06.00"				

3A & 4A COMPETED JOINTLY IN 1986

4A

3A

2A

3A

2A

1A/2A

1986	Jodi Doss	Williams	5'06.00"	Jodi Doss	Williams	5'06.00"	Melissa Rogers	Southwestern Randolph	5'06.00"			
1987	Leshawn Hewitt	Jordan	5'02.00"	Vicki Peek	Enka	5'04.00"	Melissa Rogers	Southwestern Randolph	5'06.00"			
1988	Sabrina Hill	Millbrook	5'04.00"	Nicky Hudson	Harnett Central	5'04.00"	Susie Britt	Albemarle	5'02.00"			
1989	Quicha Floyd	Page	5'04.00"	Tara Lindsay	Asheboro	5'06.00"	Lola Jones	North Rowan	5'04.00"			
1990	Wendy Palmer	Person	5'06.00"	Kim Jones	Statesville	5'06.00"	Shelly Whitaker	Randleman	5'06.00"			
1991	Quicha Floyd	Page	5'06.00"	Kim Jones	Statesville	5'08.00"	Peace Shepherd	Swansboro	5'06.00"			
1992	Wendy Palmer	Person	5'08.00"	Kim Jones	Statesville	5'04.00"	Saundra Teel	East Carteret	5'04.00"			
1993	Jamila Forte	Enloe	5'04.00"	Shana Harris	Southern Guilford	5'04.00"	Kim McPhatter	Union Pines	5'04.00"			
1994	Rhonda Parks	Triton	5'06.00"	Latosha Etheridge	Fike	5'05.00"	Kim McPhatter	Union Pines	5'06.00"	Caroline Norton	Elkin	5'00.00"
1995	Adrienne Sims	Douglas Byrd	5'08.50"	Lindsey Ridgeway	Williams	5'05.00"	Joanie Mungro	West Caldwell	5'02.00"	Julie Stackhouse	Hayesville	5'04.50"
1996	Adrienne Sims	Douglas Byrd	5'08.00"	Monique Judkins	Reidsville	5'06.00"	Crystal Forney	Bunker Hill	5'02.00"	Julie Stackhouse	Hayesville	5'00.00"
1997	Adrienne Sims	Douglas Byrd	6'00.00"	Monique Judkins	Reidsville	5'08.00"	Ashley Pinnix	SW Guilford	5'00.00"	Julie Stackhouse	Hayesville	5'04.00"
1998	Sha-Mecca Twitty	West Carteret	5'06.00"	Virginia Lacombe	South Caldwell	5'08.00"	Allison Lentz	Brevard	5'04.00"	Gina Rosser	South Davidson	5'05.00"
1999	Sha-Mecca Twitty	West Carteret	5'04.00"	Carol Kiser	Concord	5'04.00"	Nancy Hinson	Ledford	5'02.00"	Gina Rosser	South Davidson	5'04.00"
2000	Joann Jackson	Millbrook	5'06.00"	Ashley Schrimmer	Havelock	5'04.00"	Tiffany Perry	Southern Vance	5'06.00"	Shannon Meadows	Hendersonville	5'02.00"
2001	Joann Jackson	Millbrook	5'04.00"	Tiffany Mitchell	Western Harnett	5'06.00"	Tiffany Perry	Southern Vance	5'04.00"	Shannon Meadows	Hendersonville	5'08.00"
2002	Debbie Martin	Apex	5'08.00"	Megan Seehorn	East Lincoln	5'02.00"	Vikki Williams	South Brunswick	5'04.00"	Chevon Keith	Union	5'00.00"
2003	Anna Raynor	South Johnston	5'09.00"	Ashley Talley	North Iredell	5'08.00"	Leigh Ann Dillon	Eastern Guilford	5'04.00"	Maya Bennett	East Surry	5'05.00"
2004	Mattie Bethea	Mount Tabor	5'06.00"	Patience Coleman	Southern Durham	5'08.00"	Sarah Portee	T.W. Andrews	5'02.00"	Jessica Peaks	Durham Sch. of Arts	5'02.00"
2005	Jennifer Webster	Providence	5'06.00"	Patience Coleman	Southern Durham	5'04.00"	Jordan Lee	Cedar Ridge	5'02.00"	Jessica Peaks	Durham Sch. of Arts	5'04.00"
2006	Patience Coleman	S. Durham	5'10.00"	Ashley Talley	North Iredell	5'08.00"	Danielle Adams	Northside-Jax	5'04.00"	Brittany Alston	Jordan Matthews	5'02.00"
2007	Patience Coleman	S. Durham	5'08.00"	Laura Langley	Southern Nash	5'08.00"	Jordan Lee	Cedar Ridge	5'06.00"	Sarah Herd	Cherryville	5'02.00"
2008	Cierra Burdick	S. Mecklenburg	5'05.00"	Laura Langley	Southern Nash	5'04.00"	Danielle Adams	Northside-Jax	5'06.00"	Shaquela Robinson	South Robeson	5'02.00"
2009	Brittany Burton	Person	5'06.00"	Shenika Scales	Morehead	5'03.00"	Meredith Foster	West Henderson	5'03.00"	Shaquela Robinson	South Robeson	5'06.00"
2010	Sarah Graham	WF-Rolesville	5'06.00"	Danielle Butts	South Central	5'06.00"	Libby Florence	Cedar Ridge	5'03.00"	Shaquela Robinson	South Robeson	5'04.00"
2011	Sarah Graham	WF-Rolesville	5'08.00"	Danielle Butts	South Central	5'04.00"	Cheyenne Miller	East Rutherford	5'07.00"	Stephanie Johnson	Andrews	5'04.00"
2012	Alexis Perry	Jordan	5'08.00"	LaTrondra Murrow	Harding	5'06.00"	Hunter Welborn	Starmount	5'06.00"	Makayla Roten	West Wilkes	5'04.00"
2013	Gustell Preston	Mount Tabor	5'06.00"	Qizeah Jackson	Westover	5'04.00"	Hunter Welborn	Starmount	5'06.00"	Makayla Roten	West Wilkes	5'06.00"
2014	Jordyn Brown	Jordan	5'04.00"	Qizeah Jackson	Westover	5'08.00"	Charity Snelling	Franklinton	5'05.00"	Hunter Welborn	Starmount	5'08.00"
2015	Jordyn Brown	Jordan	5'06.00"	Julia Scoles	South Iredell	5'06.00"	Joya Blackwell	Hertford County	5'06.00"	Kylie Polsgrove	Avery County	5'06.00"
2016	Kenya Livingston	Rocky River	5'08.00"	Maci Bunting	Asheboro	5'06.00"	Mikel Franklin	T.W. Andrews	5'07.00"	McKenzie Scott	Queens Grant	5'02.00"
2017	Morgan Smalls	Panther Creek	5'08.00"	Jaelyn Warren	Cuthbertson	5'04.00"	Joya Blackwell	Hertford County	5'04.00"	McKenzie Scott	Queens Grant	5'04.00"
2018	Morgan Smalls	Panther Creek	6'00.25"	Gabrielle Ryan	Hillside	5'02.00"	Kennedy Conner	Franklin	5'04.00"	Tierra Benders	East Carteret	5'02.00"
2019	Morgan Smalls	Panther Creek	5'10.00"	Rebekah Smith	Franklin	5'04.00"	Angel Bowden	Durham Sch. Arts	5'03.00"	Kathlyn Mauck	Mount Airy	5'02.00"
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Amber Jackson	Ardrey Kell	5'06.00"	Mackenzie Kuelz	Weddington	5'06.00"	Macy Miller	South Rowan	5'04.00"	Kat Slade	Northside-Pinetown	5'00.00"
2022	Cheyela Scott	Butler	5' 10"	Tyler Collins	West Carteret	5' 4"	Katarina Kepley	West Davidson	5' 2"	Lilly Adams	East Wilkes	5' 2"



Women's Outdoor Track State Individual Event Champions



POLE VAULT

		4A		3A		2A		1A	
1999	Becky Post	WF-Rolesville	9'00.00"	Jessica Pierce	Southern Nash	9'00.00"	Erin Johnson	Swansboro	7'06.00"
2000	Jodie Nettles	Providence	11'00.00"	Michelle Velez	T.C. Roberson	10'00.00"	Erin Johnson	Swansboro	9'00.00"
2001	Erica Dickerson	Millbrook	11'07.00"	Tatyana Kirichenko	Western Guilford	11'00.00"	Rhonette Phillips	West Brunswick	10'00.00"
2002	Kinsey Batts	Cary	10'06.00"	Ashley Marino	North Buncombe	10'06.00"	Natalie Savewich	Mount Pleasant	9'06.00"
2003	Tracy Prohoniak	Vance	10'06.00"	Amanda Massey	North Buncombe	9'00.00"	Natalie Savewich	Mount Pleasant	10'06.00"
2004	Sallie Gurganus	Watauga	11'00.00"	Jenny Cambron	Asheville	9'06.00"	Melissa Cabe	West Henderson	9'06.00"
2005	Sallie Gurganus	Watauga	11'08.00"	Victoria Shobe	Weddington	11'06.00"	Arielle Dawkins	Western Guilford	10'00.50"
2006	Sallie Gurganus	Watauga	12'01.00"	Caitlin Thorney	Ragsdale	12'00.00"	Megan Williams	Ledford	10'00.00"
2007	Joanna Wright	R.J. Reynolds	11'06.00"	Jordan Daywalt	Statesville	11'06.00"	Katrina Krider	Ashe County	9'06.00"
2008	Taylor Cook	Watauga	11'00.00"	Jordan Daywalt	Statesville	11'06.00"	Megan Williams	Ledford	10'06.00"
2009	Cassie Crawford	Panther Creek	11'06.00"	Ashleigh Culpepper	Franklin	10'00.00"	Raven Stanley	Surry Central	9'00.00"
2010	Cassie Crawford	Panther Creek	12'06.00"	Ashleigh Culpepper	Franklin	10'06.00"	K.C. Watson	Swansboro	9'03.00"
2011	Sydney White	East Forsyth	12'07.00"	Sage Proffitt	North Buncombe	11'06.00"	Raven Stanley	Surry Central	10'00.00"
2012	Sydney White	East Forsyth	12'09.00"	Sage Proffitt	North Buncombe	11'06.00"	Korie Bennett	Swansboro	10'06.00"
2013	Kristen Lee	Wakefield	13'00.00"	Brooke Shelton	Ledford	11'06.00"	Liz Wood	Cuthbertson	10'06.00"
2014	Anna Eaton	Apex	12'06.00"	Liz Wood	Cuthbertson	11'06.00"	Danielle Brown	Franklin	11'02.00"
2015	Anna Eaton	Apex	12'06.00"	Shaye Stegall	Marvin Ridge	10'06.00"	Josephine Johnson	Draughn	9'06.00"
2016	Chesney Ward	Ragsdale	13'02.00"	Tessa Sheets	Northwood	12'01.00"	Leanna Seagraves	Draughn	9'00.00"
2017	Olivia Goodwin	Cary	12'06.00"	Tessa Sheets	Northwood	12'06.00"	Netanya Linares	Parkwood	10'00.00"
2018	Lindsay Absher	West Forsyth	13'03.00"	Riley Felts	Weddington	12'00.00"	Sarah Brown	Surry Central	12'00.00"
2019	Lindsay Absher	West Forsyth	12'00.00"	Ava Studney	Cuthbertson	11'06.00"	Sarah Brown	Surry Central	12'06.50"
2020	MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)
2021	Maddie Davies	Athens Drive	12'00.00"	Emma Stone	Marvin Ridge	12'06.00"	Abigail Tully	Wilkes Central	10'00.00"
2022	Bailey Tart	No. Durham	12' 00"	Caroline Fowlkes	Cedar Ridge	11' 00"	Abigail Tully	Wilkes Central	10' 00"



Women's Outdoor Track State Individual Event Champions



100 METER HIGH HURDLES (110 YARDS UNTIL 1980)											
1974	Williford	New Bern	15.50	1979	JoAnn Stallings	Holmes	14.80	1984	Teri LeBlanc	South Mecklenburg	13.89
1975	Scott	Page	15.20	1980	Sonya Marshall	Olympic	14.40	1985	Pam Doggett	Dudley	14.50
1976	Stella Johnson	West Charlotte	15.00	1981	Clara Hairston	East Forsyth	13.60				
1977	Stella Johnson	West Charlotte	14.20	1982	Colette Williams	E.E. Smith	13.40				
1978	Williams	Scotland	14.50	1983	Ida Pendergraft	Hillside	14.30				

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Pam Doggett	Dudley	13.88	Pam Doggett	Dudley	13.88	Lisa Taylor	Salisbury	15.46
1987	Melissa Morrison	A.L. Brown	14.78	Laura Hargett	Asheboro	15.93	Lisa Taylor	Salisbury	15.52
1988	Melissa Morrison	A.L. Brown	15.19	Paige Ingram	Hibriten	15.75	Monica Teeter	Mooresville	15.83
1989	Melissa Morrison	A.L. Brown	14.09	Angela Williams	Western Guilford	15.44	Beth Burleson	Mitchell	15.73
1990	Cassandra Adams	Richmond	14.66	Beth Burleson	Mitchell	15.20	Beth Burleson	Mitchell	15.20
1991	Fay Peteakin	Hoke County	15.19	Christy Rogers	Sun Valley	15.33	Sara White	Surry Central	15.32
1992	Jennifer Kalanick	Grimsley	15.10	Christy Rogers	Sun Valley	15.16	Sara White	Surry Central	15.31
1993	Joann Smith	New Bern	15.17	DeAnne Davis	Cummings	14.67	Sara White	Surry Central	15.10

3A

		3A			2A				

1A/2A

		1A/2A							

1994	Twyla Smith	Pinecrest	14.64	Beverly Ford	High Point Central	15.85	DeAnne Davis	Cummings	14.65	Julie Stackhouse	Hayesville	16.46
1995	Brenda Taylor	Watauga	14.62	Tishan Melton	Beddingfield	15.11	DeAnne Davis	Cummings	14.56	Julie Stackhouse	Hayesville	15.72
1996	Brenda Taylor	Watauga	14.53	Marshari Williams	Southern Durham	14.85	DeAnne Davis	Cummings	14.63	Julie Stackhouse	Hayesville	16.02
1997	Brenda Taylor	Watauga	14.23	Marshari Williams	Southern Durham	15.08	Deidre Mapp	Cummings	15.63	Julie Stackhouse	Hayesville	15.45
1998	Kim Jones	Grimsley	14.66	Lavernia Chambers	Hillside	14.90	Latasha Pharr	North Rowan	14.43	Deidre Mapp	Cummings	15.75
1999	Kim Jones	Grimsley	14.03	Ronetta Burgess	Washington	15.90	Latasha Pharr	North Rowan	14.79	Ebony Cunningham	Polk County	15.81
2000	Candice Sessions	Jacksonville	14.70	Michelle Velez	T.C. Roberson	15.20	Latasha Pharr	North Rowan	14.06	Katrellie Armwood	Durham Sch.of Arts	15.38
2001	Ashley Dutch	Broughton	14.70	Lavernia Chambers	Hillside	14.90	Latasha Pharr	North Rowan	14.19	Chandra Pulliam	Cummings	14.35
2002	Krystal Barringer	Harding	15.20	Sherina Steele	West Rowan	15.19	Chandra Pulliam	Cummings	14.59	Katrellie Armwood	Durham Sch.of Arts	15.38
2003	Krystal Barringer	Harding	14.69	Alicia Turner	Hillside	14.95	Arlene Mitchell	Southern Vance	15.22	Melinda Mayfield	Durham Sch.of Arts	15.84
2004	Krystal Barringer	Harding	15.02	Atir Carter	Hillside	15.00	Dominique Price	Cummings	14.97	Kenya Kerr	Hendersonville	16.41
2005	Gabby Mayo	SE Raleigh	14.41	Atir Carter	Hillside	15.02	Latoya James	Cummings	14.93	Michelle Braceay	Williamston	16.26
2006	Gabby Mayo	SE Raleigh	13.60	Manika Gamble	Jacksonville	15.01	Latoya James	Cummings	14.34	Melanie Frye	West Wilkes	16.05
2007	Gabby Mayo	SE Raleigh	13.73	Sophia Treakle	Asheville	14.90	Latoya James	Cummings	13.98	Joanna Davis	South Stokes	16.25
2008	Ashley Bethune	Harding	14.28	Sophia Treakle	Asheville	14.87	Sherice Walker	Cummings	14.21	Natalie Moreland	Mount Airy	16.26
2009	Brittany Carroll	Harding	14.20	Maklisha Ford	NW Cabarrus	15.50	Sherice Walker	Cummings	14.50	Camille Wilkerson	W-S Prep	15.31
2010	Keni Harrison	Clayton	14.56	Erin Tucker	J.M. Robinson	14.54	Kortney Williams	Cummings	14.66	Teaunna Cuthbertson	North Rowan	15.14
2011	Keni Harrison	Clayton	13.69	Xaviera Bass	Nash Central	14.89	Nora McKiver	T.W. Andrews	14.60	Meloney Ramos	North Rowan	15.41
2012	Mollie Williams	Clayton	13.66	Ariel Davis	Northern Guilford	14.39	Nora McKiver	T.W. Andrews	14.22	Reneazia Collins	Monroe	15.48
2013	Mollie Williams	Clayton	13.98	Kayla Mitchell	Overhills	14.79	Nora McKiver	T.W. Andrews	14.37	Reneazia Collins	Monroe	15.52
2014	Jacklyn Howell	SE Raleigh	13.52	Kylie McMillan	Southern Guilford	14.11	Kayla Moore	Cummings	14.75	Kylie Polsgrove	Avery County	15.17
2015	Ebony Williams	Parkland	13.44	Kylie McMillan	Southern Guilford	13.81	Kayla Moore	Cummings	14.38	Kylie Polsgrove	Avery County	14.94
2016	Akira Rhodes	Mallard Creek	13.76	Sydni Fields	Cleveland	14.98	Kayla Moore	Cummings	13.71	Ashya Smith	Winston-Salem Prep	15.40
2017	Akira Rhodes	Mallard Creek	13.90	Alion Belvin	Asheville	15.00	Nicole Barnes	T.W. Andrews	14.19	Ashya Smith	Winston-Salem Prep	15.63
2018	Akira Rhodes	Mallard Creek	13.66	Nylene Facey	Southwest Guilford	14.06	Nicole Barnes	T.W. Andrews	13.99	Shamonna Bell	Princeton	15.43
2019	Taylor McKinnon	Cardinal Gibbons	13.88	Alexis Patterson	Parkland	13.91	Kendall Jordan	Cummings	14.11	Ja'Ciya Guthrie	Bessemer City	15.04
2020	MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)			
2021	Akala Garrett	Harding Univ.	13.90	Zariyah Black	Eastern Guilford	14.51	Kendall Jordan	Cummings	14.03	Monica Riordan	Swain County	15.13
2022	Akala Garrett	Harding Univ.	13.69	Emma Hall	West Henderson	15.07	Tamesia Pinnix	Cummings	14.11	Tai'lah Ward	North Rowan	15.46





Women's Outdoor Track State Individual Event Champions



100 METER DASH (100 YARDS UNTIL 1980)											
Year	Name	Team	Time	Year	Name	Team	Time	Year	Name	Team	Time
1972	Little	Hoke County	11.60	1977	Stanback	Pinecrest	11.10	1982	Pat Braxton	Jacksonville	12.40
1973	Leak	Bowman	11.10	1978	Stanback	Pinecrest	10.90	1983	Carla McLaughlin	Northern Durham	11.70
1974	Roundtree	Elm City	11.40	1979	Denise Dayle	Hillside	11.00	1984	Carla McLaughlin	Northern Durham	11.88
1975	Kathy McMillian	Hoke County	11.00	1980	Denise Dayle	Hillside	12.00	1985	Lamonda Miller	Chase	11.90
1976	Kathy McMillian	Hoke County	11.10	1981	Mamie Wilson	Northern Durham	11.80				
3A & 4A COMPETED JOINTLY IN 1986											
4A				3A				1A/2A			
1986	Adrienne Ferguson	Dudley	11.96	1986	Adrienne Ferguson	Dudley	11.96	1986	Linda Bryant	Manteo	11.90
1987	Marlene Poole	Grimsley	12.32	1987	San Harrison	T.W. Andrews	12.32	1987	Rachel Small	Lexington	12.26
1988	Marlene Poole	Grimsley	12.26	1988	Alice Vinson	Sun Valley	12.65	1988	Tammy Ballard	North Brunswick	12.62
1989	Marlene Poole	Dudley	11.74	1989	Alice Vinson	Sun Valley	12.20	1989	Rachel Small	Lexington	12.63
1990	Marlene Poole	Dudley	11.95	1990	Alice Vinson	Sun Valley	12.03	1990	Melissa Harris	West Montgomery	12.79
1991	Tarsha Bess	West Charlotte	11.88	1991	Katrina Jarrett	North Rowan	12.30	1991	Nikki Harris	North Stanly	12.51
1992	Elisha Marshall	Douglas Byrd	12.18	1992	Sherry Faust	Southern Alamance	12.43	1992	Amanda Johnson	East Carteret	12.59
1993	Kim Wilson	Grimsley	12.20	1993	Toi Wilson	D.H. Conley	11.83	1993	Amanda Johnson	East Carteret	12.41
4A				3A				2A			
1994	Elisha Marshall	Douglas Byrd	12.18	1994	Sabrina Thompson	Fike	12.09	1994	Latoya Johnson	Eastern Alamance	12.57
1995	Dana Hoope	Harding	11.93	1995	Sabrina Thompson	Fike	11.95	1995	Carmen Weldon	Salisbury	12.40
1996	Crystal Cox	Pine Forest	11.80	1996	Sabrina Thompson	Fike	11.95	1996	Rasheca Barrow	Currituck	12.23
1997	Crystal Cox	Pine Forest	11.86	1997	Shirena James	Hickory	12.51	1997	Jenny Cassell	Southern Guilford	12.42
1998	Demetria Washington	Terry Sanford	12.10	1998	Anissa Gainey	Clayton	12.20	1998	Michelin Middlebrooks	High Point Central	12.49
1999	Danielle Davis	Seventy-First	12.03	1999	Anissa Gainey	Clayton	12.12	1999	Leeanne Minton	West Wilkes	12.78
2000	Felicia Fant	Olympic	11.96	2000	Anissa Gainey	Clayton	12.06	2000	Tameka Peterson	Wallace-Rose Hill	12.17
2001	Michelle Dixon	Southeast Raleigh	12.18	2001	Nasheena Quick	T.W. Andrews	12.45	2001	Tameka Peterson	Wallace-Rose Hill	12.07
2002	Shamaya Poe	West Charlotte	***	2002	Tempess Stark	Northwest Cabarrus	12.18	2002	Nashenna Quick	T.W. Andrews	12.37
2003	Joya Rodgers	Harding	12.21	2003	Tempess Stark	Northwest Cabarrus	12.21	2003	Lovetta Perry	Southern Vance	12.39
2004	Erica Montgomery	Mount Tabor	11.78	2004	Mae Boone	Hertford	12.35	2004	Shontay Dodd	Greene Central	12.25
2005	Shamya Poe	West Charlotte	11.84	2005	Toree Roseboro	East Lincoln	12.22	2005	Ashley McKiver	T.W. Andrews	12.31
2006	Gabby Mayo	Southeast Raleigh	11.14	2006	Kelsey McCorkle	South Central	11.83	2006	Alexis Jenkins	North Brunswick	12.62
2007	Gabby Mayo	Southeast Raleigh	11.43	2007	Stormy Kendrick	Forestview	11.79	2007	Lindsay Fuller	Cedar Ridge	12.27
2008	Jacinda Evans	Southern Durham	11.77	2008	Kelsey McCorkle	South Central	11.83	2008	Lindsay Fuller	Cedar Ridge	12.40
2009	Nyosha Bryant	West Charlotte	11.92	2009	Stormy Kendrick	Forestview	12.11	2009	Lindsay Fuller	Cedar Ridge	12.44
2010	Vashti Bandy	Butler	12.05	2010	Maleena Reid	North Gaston	11.92	2010	Paisley Simmons	T.W. Andrews	12.08
2011	Gabrielle Gray	High Point Central	11.94	2011	Nyshedra Brown	West Craven	12.33	2011	Marisa Bellamy	Bunn	11.91
2012	Alexis Murphy	Apex	11.60	2012	Nyshedra Brown	West Craven	11.77	2012	Paisley Simmons	T.W. Andrews	12.03
2013	Jasmine Dawson	West Johnston	11.70	2013	Qizeah Jackson	Westover	12.18	2013	Paisley Simmons	T.W. Andrews	12.05
2014	Katlin Sherman	Parkland	11.88	2014	Courtney Warner	C.B. Aycock	11.93	2014	Reneazia Collins	Monroe	12.42
2015	Katlin Sherman	Parkland	11.53	2015	Courtney Warner	C.B. Aycock	11.80	2015	Tia Glover	St. Pauls	12.37
2016	Tamara Clark	High Point Central	11.52	2016	Mya Daye	Northern Vance	12.06	2016	Tajah Walston	Cummings	11.94
2017	Tamara Clark	High Point Central	11.72	2017	Mya Daye	Northern Vance	11.96	2017	Nicole Barnes	T.W. Andrews	12.09
2018	Jonah Ross	Garner	11.84	2018	Alexis Patterson	Parkland	11.78	2018	Tahalia Fairman	Southwest Onslow	12.30
2019	Jonah Ross	Garner	11.83	2019	Alexis Patterson	Parkland	11.95	2019	Allysia Farrar	Cummings	11.92
2020	MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Shawnti Jackson	Cardinal Gibbons	11.48	2021	Ai'yana Gray Williams	Parkland	12.14	2021	Ryan Selden	Lake Norman Ch.	12.42
2022	Shawnti Jackson	Wakefield	11.45	2022	Alaya Gillespie	West Iredell	12.48	2022	Joyasia Smith	R-S Central	12.04



Women's Outdoor Track State Individual Event Champions



800 METER DASH (880 YARDS UNTIL 1980)											
1972	Ralston	Ragsdale	2:43.20	1977	Julie Shea	Cardinal Gibbons	2:16.60	1982	Delphine Mabry	SouthWest Edgecombe	2:13.50
1973	McMais	Southeast Guilford	2:32.80	1978	Briscoe	Chapel Hill	2:17.10	1983	Kathy Ormsby	Richmond	2:18.10
1974	Kittrell	West Carteret	2:27.30	1979	Mary Shea	Cardinal Gibbons	2:13.20	1984	Leah Ann Miller	North Rowan	2:15.73
1975	Julie Shea	Cardinal Gibbons	2:14.40	1980	S. Owens	Western Guilford	2:15.20	1985	Marrianne Carraher	Lee County	2:12.43
1976	Lynn Lashley	Millbrook	2:12.40	1981	Delphine Mabry	SouthWest Edgecombe	2:21.10				

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Missie Purgason	Washington	2:18.37	Missy Purgason	Washington	2:18.37	No Record
1987	Tonya Willis	Morehead	2:18.37	Francine Dumas	T.C. Roberson	2:18.12	Maria Trent
1988	Tomi Ogumba	East Mecklenburg	2:18.34	Jennifer Bennett	West Carteret	2:19.99	Patty Shoaf
1989	Leslie McCaskill	East Mecklenburg	2:17.66	Jennifer Bennett	West Carteret	2:22.24	Ros Hall
1990	Amy Neal	East Forsyth	2:15.30	Amy Thatcher	Enka	2:23.09	Claudia Newman
1991	Amy Clark	North Mecklenburg	2:16.88	Suzanne Black	Sun Valley	2:21.20	Karen Godlock
1992	Michelle McRae	Williams	2:17.13	Mia Richardson	McMichael	2:16.81	Karen Godlock
1993	Winifred Winston	Hoke County	2:18.58	Laura Hughes	Sun Valley	2:22.61	Karen Godlock

4A

1994	U. McLean	Enloe	2:17.72	Laura Hughes	Sun Valley	2:20.79	Amy Knox	West Henderson	2:25.80	Jill Lawrence	Surry Central
1995	Keeya McManus	Olympic	2:14.90	Mary Osada	T.C. Roberson	2:21.08	Sarah Day	Ledford	2:26.35	Cathy Pryor	South Davidson
1996	Florencia Hunt	Hillside	2:15.86	Amanda Becker	Fuquay-Varina	2:18.60	Jennifer Dimsdale	Polk County	2:20.20	Julie Stackhouse	Hayesville
1997	Ursula McLean	West Charlotte	2:19.46	Amanda Becker	Fuquay-Varina	2:19.01	Sarah Day	Ledford	2:20.62	Julie Stackhouse	Hayesville
1998	Donna Bealer	Watauga	2:16.78	Melinda Dubose	Enka	2:20.14	Kara Gillespie	Surry Central	2:23.67	Jennifer Dimsdale	Polk County
1999	Karen Medlin	Athens Drive	2:18.32	Nayly Bulkeley	Southwest Guilford	2:19.53	Heidi Sloop	West Wilkes	2:25.25	Jennifer Dimsdale	Polk County
2000	Molly Doyle	Sanderson	2:19.10	Kelly Derry	Franklin	2:21.62	Krystal Knoll	North Stanly	2:27.54	Jessica Heitpas	Rosewood
2001	Karen Medlin	Broughton	2:18.79	Jessica Carroll	Harding	2:20.08	Jessica Durrant	North Henderson	2:27.40	Jessica Heitpas	Rosewood
2002	Julia Lucas	Myers Park	2:15.28	Jeretha Massey	Ben L. Smith	2:20.02	Michelle Matthews	Swansboro	2:20.68	Shea Tamey	Murphy
2003	Krystle Medlin	SE Raleigh	2:20.20	Hannah Parks	Glenn	2:21.17	Michelle Matthews	Swansboro	2:23.56	Kayla Robertson	Surry Central
2004	Krystle Medlin	SE Raleigh	2:16.40	Chinelle McFadden	Hillside	2:21.07	Colleen McKown	Brevard	2:22.22	Kayla Robertson	Surry Central
2005	Aja Jackson	Waddell	2:16.90	Stephanie Snyder	Enka	2:18.93	Christina Moore	Pender	2:18.43	Chelsie Dillard	North Stokes
2006	Lindsay Brodyhill	Page	2:15.42	Sarah Dugan	T.C. Roberson	2:21.00	Kennedy Wolfe	Cedar Ridge	2:20.01	Chelsie Dillard	North Stokes
2007	Callan Fike	Athens Drive	2:14.60	Brandy Swann	Jacksonville	2:17.14	Kennedy Wolfe	Cedar Ridge	2:22.77	Tara Lindeman	Hendersonville
2008	Maraya Slatter	West Johnston	2:17.83	Ryanna Henderson	Jacksonville	2:15.15	Heather Beichner	Cardinal Gibbons	2:18.61	Tara Lindeman	Hendersonville
2009	Becca Deloache	Myers Park	2:13.87	LeaAnna Godwin	Triton	2:16.81	Morgan Turner	Lincolnton	2:21.03	Chelsea Treadway	Swain County
2010	Jocelyn Keen	Fuquay-Varina	2:12.79	Taryn Stern	Hickory Ridge	2:20.52	Kaylan Lance	Brevard	2:19.76	Chelsea Treadway	Swain County
2011	Shelby Howell	New Hanover	2:13.05	Megan Kunkel	Cardinal Gibbons	2:17.74	Grace Morken	Carrboro	2:13.09	Chelsea Treadway	Swain County
2012	Shelby Howell	New Hanover	2:11.99	Blake Dodge	West Carteret	2:16.03	Grace Morken	Carrboro	2:18.26	Hunter Latimer	Gray Stone Day
2013	Megan Sullivan	Broughton	2:13.29	Blake Dodge	West Carteret	2:13.23	Grace Morken	Carrboro	2:16.71	Malia Ellington	Comm. Sch. Davidson
2014	Lauren Moody	T.C. Roberson	2:12.84	Blake Dodge	West Carteret	2:13.86	Maysa Araba	Carrboro	2:16.41	Malia Ellington	Comm. Sch. Davidson
2015	G'Jasmyne Butler	Leesville Road	2:11.07	Anna Vess	A.C. Reynolds	2:17.41	Maysa Araba	Carrboro	2:15.18	Malia Ellington	Comm. Sch. Davidson
2016	Nevada Maren	Leesville Road	2:08.51	Anna Vess	A.C. Reynolds	2:13.28	Brittany Stanly	Mount Pleasant	2:13.53	Emma Pindur	Swain County
2017	TiCoiya Gidderon	High Point Central	2:11.93	Emme Fisher	West Carteret	2:15.69	Kaleigh Hanson	Croatan	2:19.28	Emma Pindur	Swain County
2018	TiCoiya Gidderon	High Point Central	2:13.76	Megan Marvin	Chapel Hill	2:12.74	Kaleigh Hanson	Croatan	2:19.43	Victoria Swepson	Research Triangle
2019	Caroline Todd	Cardinal Gibbons	2:15.08	Megan Marvin	Chapel Hill	2:13.26	Faith Younts	Patton	2:21.92	Victoria Swepson	Research Triangle
2020	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)					MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)	
2021	Sanu Jallow	W. Mecklenburg	2:07.78	Alyssa Preisano	Cuthbertson	2:17.46	Angie Allen	North Lincoln	2:15.58	Lauren Tolbert	Highland Tech
2022	Charlotte Bell	Cuthbertson	2:12.23	Lily Yampolsky	Lake Norman	2:17.93	Olivia Overholt	Polk County	2:18.50	Lauren Tolbert	Highland Tech

3A

1986	Washington	2:18.37	Missy Purgason	Washington	2:18.37	No Record
1987	Morehead	2:18.37	Francine Dumas	T.C. Roberson	2:18.12	Maria Trent
1988	East Mecklenburg	2:18.34	Jennifer Bennett	West Carteret	2:19.99	Patty Shoaf
1989	East Mecklenburg	2:17.66	Jennifer Bennett	West Carteret	2:22.24	Ros Hall
1990	East Forsyth	2:15.30	Amy Thatcher	Enka	2:23.09	Claudia Newman
1991	North Mecklenburg	2:16.88	Suzanne Black	Sun Valley	2:21.20	Karen Godlock
1992	Williams	2:17.13	Mia Richardson	McMichael	2:16.81	Karen Godlock
1993	Hoke County	2:18.58	Laura Hughes	Sun Valley	2:22.61	Karen Godlock

2A

1994	U. McLean	Enloe	2:17.72	Laura Hughes	Sun Valley	2:20.79	Amy Knox	West Henderson	2:25.80	Jill Lawrence	Surry Central
1995	Keeya McManus	Olympic	2:14.90	Mary Osada	T.C. Roberson	2:21.08	Sarah Day	Ledford	2:26.35	Cathy Pryor	South Davidson
1996	Florencia Hunt	Hillside	2:15.86	Amanda Becker	Fuquay-Varina	2:18.60	Jennifer Dimsdale	Polk County	2:20.20	Julie Stackhouse	Hayesville
1997	Ursula McLean	West Charlotte	2:19.46	Amanda Becker	Fuquay-Varina	2:19.01	Sarah Day	Ledford	2:20.62	Julie Stackhouse	Hayesville
1998	Donna Bealer	Watauga	2:16.78	Melinda Dubose	Enka	2:20.14	Kara Gillespie	Surry Central	2:23.67	Jennifer Dimsdale	Polk County
1999	Karen Medlin	Athens Drive	2:18.32	Nayly Bulkeley	Southwest Guilford	2:19.53	Heidi Sloop	West Wilkes	2:25.25	Jennifer Dimsdale	Polk County
2000	Molly Doyle	Sanderson	2:19.10	Kelly Derry	Franklin	2:21.62	Krystal Knoll	North Stanly	2:27.54	Jessica Heitpas	Rosewood
2001	Karen Medlin	Broughton	2:18.79	Jessica Carroll	Harding	2:20.08	Jessica Durrant	North Henderson	2:27.40	Jessica Heitpas	Rosewood
2002	Julia Lucas	Myers Park	2:15.28	Jeretha Massey	Ben L. Smith	2:20.02	Michelle Matthews	Swansboro	2:20.68	Shea Tamey	Murphy
2003	Krystle Medlin	SE Raleigh	2:20.20	Hannah Parks	Glenn	2:21.17	Michelle Matthews	Swansboro	2:23.56	Kayla Robertson	Surry Central
2004	Krystle Medlin	SE Raleigh	2:16.40	Chinelle McFadden	Hillside	2:21.07	Colleen McKown	Brevard	2:22.22	Kayla Robertson	Surry Central
2005	Aja Jackson	Waddell	2:16.90	Stephanie Snyder	Enka	2:18.93	Christina Moore	Pender	2:18.43	Chelsie Dillard	North Stokes
2006	Lindsay Brodyhill	Page	2:15.42	Sarah Dugan	T.C. Roberson	2:21.00	Kennedy Wolfe	Cedar Ridge	2:20.01	Chelsie Dillard	North Stokes
2007	Callan Fike	Athens Drive	2:14.60	Brandy Swann	Jacksonville	2:17.14	Kennedy Wolfe	Cedar Ridge	2:22.77	Tara Lindeman	Hendersonville
2008	Maraya Slatter	West Johnston	2:17.83	Ryanna Henderson	Jacksonville	2:15.15	Heather Beichner	Cardinal Gibbons	2:18.61	Tara Lindeman	Hendersonville
2009	Becca Deloache	Myers Park	2:13.87	LeaAnna Godwin	Triton	2:16.81	Morgan Turner	Lincolnton	2:21.03	Chelsea Treadway	Swain County
2010	Jocelyn Keen	Fuquay-Varina	2:12.79	Taryn Stern	Hickory Ridge	2:20.52	Kaylan Lance	Brevard	2:19.76	Chelsea Treadway	Swain County
2011	Shelby Howell	New Hanover	2:13.05	Megan Kunkel	Cardinal Gibbons	2:17.74	Grace Morken	Carrboro	2:13.09	Chelsea Treadway	Swain County
2012	Shelby Howell	New Hanover	2:11.99	Blake Dodge	West Carteret	2:16.03	Grace Morken	Carrboro	2:18.26	Hunter Latimer	Gray Stone Day
2013	Megan Sullivan	Broughton	2:13.29	Blake Dodge	West Carteret	2:13.23	Grace Morken	Carrboro	2:16.71	Malia Ellington	Comm. Sch. Davidson
2014	Lauren Moody	T.C. Roberson	2:12.84	Blake Dodge	West Carteret	2:13.86	Maysa Araba	Carrboro	2:16.41	Malia Ellington	Comm. Sch. Davidson
2015	G'Jasmyne Butler	Leesville Road	2:11.07	Anna Vess	A.C. Reynolds	2:17.41	Maysa Araba	Carrboro	2:15.18	Malia Ellington	Comm. Sch. Davidson
2016	Nevada Maren	Leesville Road	2:08.51	Anna Vess	A.C. Reynolds	2:13.28	Brittany Stanly	Mount Pleasant	2:13.53	Emma Pindur	Swain County
2017	TiCoiya Gidderon	High Point Central	2:11.93	Emme Fisher	West Carteret	2:15.69	Kaleigh Hanson	Croatan	2:19.28	Emma Pindur	Swain County
2018	TiCoiya Gidderon	High Point Central	2:13.76	Megan Marvin	Chapel Hill	2:12.74	Kaleigh Hanson	Croatan	2:19.43	Victoria Swepson	Research Triangle
2019	Caroline Todd	Cardinal Gibbons	2:15.08	Megan Marvin	Chapel Hill	2:13.26	Faith Younts	Patton	2:21.92	Victoria Swepson	Research Triangle
2020	MEET CANCELLED (COVID-19 PANDEMIC)	MEET CANCELLED (COVID-19 PANDEMIC)					MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)	
2021	Sanu Jallow	W. Mecklenburg	2:07.78	Alyssa Preisano	Cuthbertson	2:17.46	Angie Allen	North Lincoln	2:15.58	Lauren Tolbert	Highland Tech
2022	Charlotte Bell	Cuthbertson	2:12.23	Lily Yampolsky	Lake Norman	2:17.93	Olivia Overholt	Polk County	2:18.50	Lauren Tolbert	Highland Tech

1A/2A

1994	U. McLean	Enloe	2:17.72	Laura Hughes	Sun Valley	2:20.79	Amy Knox	West Henderson	2:25.80	Jill Lawrence	Surry Central
1995	Keeya McManus	Olympic	2:14.90	Mary Osada	T.C. Roberson	2:21.08	Sarah Day	Ledford	2:26.35	Cathy Pryor	South Davidson
1996	Florencia Hunt	Hillside	2:15.86	Amanda Becker	Fuquay-Varina	2:18.60	Jennifer Dimsdale	Polk County	2:20.20	Julie Stackhouse	Hayesville
1997	Ursula McLean	West Charlotte	2:19.46	Amanda Becker	Fuquay-Varina	2:19.01	Sarah Day	Ledford	2:20.62	Julie Stackhouse	Hayesville
1998	Donna Bealer	Watauga	2:16.78	Melinda Dubose	Enka	2:20.14	Kara Gillespie	Surry Central	2:23.67	Jennifer Dimsdale	Polk County
1999	Karen Medlin	Athens Drive	2:18.32	Nayly Bulkeley	Southwest Guilford	2:19.53	Heidi Sloop	West Wilkes	2:25		



Women's Outdoor Track State Individual Event Champions



1600 METER RUN (1 MILE UNTIL 1980)

1972	Elder	Ragsdale	6:05.60	1977	Julie Shea	Cardinal Gibbons	4:43.10	1982	Kathy Ormsby	Richmond	4:59.00
1973	Taylor	North Pitt	5:22.20	1978	Gail Hafley	Sanderson	5:05.70	1983	Kathy Ormsby	Richmond	4:56.80
1974	Taylor	North Pitt	5:21.10	1979	Mary Shea	Cardinal Gibbons	4:58.00	1984	Wendy McLees	Grimsley	5:05.17
1975	Lashley	Millbrook	5:16.60	1980	Joan Nesbitt	East Mecklenburg	5:05.70	1985	Marriane Carraher	Lee County	5:18.21
1976	Julie Shea	Cardinal Gibbons	4:50.80	1981	Kathy Ormsby	Richmond	4:59.00				

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Francine Dumas	T.C. Roberson	5:02.29	Francine Dumas	T.C. Roberson	5:02.29	Amy Bingham	NC Science & Math	5:38.45
1987	Cessy Hudson	East Burke	5:07.03	Francine Dumas	T.C. Roberson	5:10.69	Maria Trent	NC Science & Math	5:35.90
1988	Cessy Hudson	East Burke	5:10.38	Charlotte Smith	Shelby	5:23.85	Erin Smyth	Lejeune	5:24.49
1989	Carrie Hoag	Garinger	5:13.14	Jennifer Olive	Enka	5:16.96	Erin Smyth	Lejeune	5:22.20
1990	Kelly Clark	Lee County	5:07.79	Mia Richardson	McMichael	5:24.91	Julie Barba	Lejeune	5:20.41
1991	Ami Herrman	Providence	5:04.42	Mia Richardson	McMichael	5:16.70	Karen Godlock	Polk County	5:08.84
1992	Ami Herrman	Providence	4:51.59	Mia Richardson	McMichael	5:10.94	Karen Godlock	Polk County	5:06.34
1993	Ami Herrman	Providence	5:09.92	Rebekah Frick	East Rowan	5:24.84	Karen Godlock	Polk County	5:05.69

3A

1994	Francis Warner	E.E. Smith	4:59.92	Laura Hughes	Sun Valley	5:15.67	Amy Knox	West Henderson	5:25.60	Suzanne Shelton	East Surry	5:39.44
1995	Meredith Faircloth	Broughton	5:09.29	Amanda Becker	Fuquay-Varina	5:08.01	Sarah Day	Ledford	5:25.41	Kristy Whitaker	Murphy	5:31.98
1996	Florencia Hunt	Hunt	5:09.01	Amanda Becker	Fuquay-Varina	5:05.79	Jennifer Dimmsdale	Polk County	5:08.18	Julie Stackhouse	Hayesville	5:17.00
1997	Fran Lattie	Lumberton	5:19.31	Sarah Vance Goodman	T.C. Roberson	5:03.05	Sarah Day	Ledford	5:13.97	Kristy Whitaker	Murphy	5:31.46
1998	Mary Floyd	Enloe	5:12.03	Sarah Vance Goodman	T.C. Roberson	5:03.80	Heidi Sloop	West Wilkes	5:23.26	Jennifer Dimmsdale	Polk County	5:19.05
1999	Alisha Little	East Burke	5:08.40	Christina Berndt	Fred T. Foard	5:10.04	Heidi Sloop	West Wilkes	5:15.55	Ariel Glassman	Hendersonville	5:15.34
2000	Julia Lucas	Myers Park	5:05.59	Danielle Deines	T.C. Roberson	5:20.73	Heidi Sloop	West Wilkes	5:22.04	Jessie Stackhouse	Hayesville	5:37.39
2001	Rachel Kitson	Chapel Hill	5:11.93	Alica Valtin	Western Harnett	5:08.69	Heidi Sloop	West Wilkes	5:20.55	Erika Schnble	Hendersonville	5:16.85
2002	Julia Lucas	Myers Park	5:06.02	Jessica Collins	Eastern Wayne	5:18.76	Christal Rayle	Randleman	5:30.01	Erika Schnble	Hendersonville	5:06.67
2003	Taylor Steelman	Mount Tabor	5:06.39	Hannah Parks	Glenn	5:19.48	LeighAnn Taylor	Monroe	5:18.65	Kayla Robertson	Surry Central	5:15.49
2004	Kate Merrill	Jordan	5:07.83	Hannah Parks	Glenn	5:22.07	LeighAnn Taylor	Monroe	5:16.44	Summer Graham	Princeton	5:27.04
2005	Aja Jackson	Waddell	5:09.76	Hannah Parks	Glenn	5:13.34	Christina Moore	Pender	5:13.07	Elisabeth Elliot	Polk County	5:33.34
2006	Callan Fike	Athens Drive	5:06.15	Hannah McArdle	T.C. Roberson	5:18.83	Heather Beichner	Cardinal Gibbons	5:08.50	Heather Hoffman	Bishop McGuinness	5:26.78
2007	Callan Fike	Athens Drive	4:59.83	Ryanna Henderson	Jacksonville	5:14.67	Heather Beichner	Cardinal Gibbons	5:09.50	Anna Hayes	East Wilkes	5:25.99
2008	Kimberly Spano	N. Mecklenburg	5:07.91	Kenyetta Iyevbele	Olympic	5:07.29	Heather Beichner	Cardinal Gibbons	4:57.05	Jade Farlow	South Stanly	5:19.02
2009	Carolyn Baskir	East Chapel Hill	4:56.87	Laura Hoer	T.C. Roberson	5:00.31	Halsey Merritt	Cardinal Gibbons	5:16.82	Kristen Stout	Hendersonville	5:20.96
2010	Samantha George	Millbrook	4:55.67	Sarah Rapp	Cardinal Gibbons	5:04.10	Francesca Perone	Carrboro	5:25.44	Carol Blankenship	East Wilkes	5:06.62
2011	Samantha George	Millbrook	4:58.75	Sarah Rapp	Cardinal Gibbons	5:07.05	Grace Morken	Carrboro	5:13.09	Kristen Stout	Hendersonville	5:19.32
2012	Samantha George	Millbrook	4:51.54	Jentzen Jones	Fike	5:13.07	Grace Morken	Carrboro	5:09.13	Elizabeth Lackey	Hendersonville	5:25.27
2013	Mattie Blue	Broughton	5:02.52	Blake Dodge	West Carteret	4:59.35	Grace Morken	Carrboro	5:13.00	Malia Ellington	Comm. Sch. Davidson	5:01.37
2014	Blair Ramsey	Grimsley	4:57.20	Anna Vess	A.C. Reynolds	5:00.39	Maysa Araba	Carrboro	5:03.52	Malia Ellington	Comm. Sch. Davidson	4:59.88
2015	Elly Henes	Green Hope	4:58.84	Anna Vess	A.C. Reynolds	5:03.49	Maysa Araba	Carrboro	4:55.78	Malia Ellington	Comm.Sch. Davidson	5:04.85
2016	Nevada Mareno	Leesville Road	4:51.57	Anna Vess	A.C. Reynolds	5:00.09	Brittany Stanley	Mount Pleasant	4:59.96	Jo Snow	Mount Airy	5:22.39
2017	Isabel Zimmerman	Reagan	5:00.46	Sarah LaTour	Cuthbertson	5:03.03	Mariah Howlett	Lake Norman Charter	5:03.80	Caitlyn Burkett	Franklin Academy	5:21.43
2018	Carmen Alder	Pinecrest	4:57.84	Elise Wright	T.C. Roberson	5:01.52	Mariah Howlett	Lake Norman Charter	5:00.67	Victoria Swepson	Research Triangle	5:21.52
2019	Carmen Alder	Pinecrest	5:03.98	Hayley Whoolery	West Johnston	5:02.12	Angie Allen	North Lincoln	5:10.87	Victoria Swepson	Research Triangle	5:25.68
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Maddie Huecker	Lake Norman	4:50.36	Alyssa Preisano	Cuthbertson	4:57.34	Angie Allen	North Lincoln	5:05.97	Victoria Swepson	Research Triangle	5:23.84
2022	Amelia Maughan	Chapel Hill	4:49.69	Caroline Murrell	Northwood	5:07.44	Natalie Almond	West Stanly	5:19.87	Briley Bickerstaff	Riverside-Martin	5:12.30

2A

1A/2A

1986	Francine Dumas	T.C. Roberson	5:02.29	Amy Bingham	NC Science & Math	5:38.45
1987	Cessy Hudson	East Burke	5:07.03	Maria Trent	NC Science & Math	5:35.90
1988	Cessy Hudson	East Burke	5:10.38	Erin Smyth	Lejeune	5:24.49
1989	Carrie Hoag	Garinger	5:13.14	Erin Smyth	Lejeune	5:22.20
1990	Kelly Clark	Lee County	5:07.79	Julie Barba	Lejeune	5:20.41
1991	Ami Herrman	Providence	5:04.42	Karen Godlock	Polk County	5:08.84
1992	Ami Herrman	Providence	4:51.59	Karen Godlock	Polk County	5:06.34
1993	Ami Herrman	Providence	5:09.92	Karen Godlock	Polk County	5:05.69
1994	Francis Warner	E.E. Smith	4:59.92	Amy Bingham	NC Science & Math	5:38.45
1995	Meredith Faircloth	Broughton	5:09.29	Maria Trent	NC Science & Math	5:35.90
1996	Florencia Hunt	Hunt	5:09.01	Erin Smyth	Lejeune	5:24.49
1997	Fran Lattie	Lumberton	5:19.31	Erin Smyth	Lejeune	5:22.20
1998	Mary Floyd	Enloe	5:12.03	Julie Barba	Lejeune	5:20.41
1999	Alisha Little	East Burke	5:08.40	Karen Godlock	Polk County	5:08.84
2000	Julia Lucas	Myers Park	5:05.59	Karen Godlock	Polk County	5:06.34
2001	Rachel Kitson	Chapel Hill	5:11.93	Karen Godlock	Polk County	5:05.69
2002	Julia Lucas	Myers Park	5:06.02	Karen Godlock	Polk County	5:05.69
2003	Taylor Steelman	Mount Tabor	5:06.39	Karen Godlock	Polk County	5:05.69
2004	Kate Merrill	Jordan	5:07.83	Karen Godlock	Polk County	5:05.69
2005	Aja Jackson	Waddell	5:09.76	Karen Godlock	Polk County	5:05.69
2006	Callan Fike	Athens Drive	5:06.15	Karen Godlock	Polk County	5:05.69
2007	Callan Fike	Athens Drive	4:59.83	Karen Godlock	Polk County	5:05.69
2008	Kimberly Spano	N. Mecklenburg	5:07.91	Karen Godlock	Polk County	5:05.69
2009	Carolyn Baskir	East Chapel Hill	4:56.87	Karen Godlock	Polk County	5:05.69
2010	Samantha George	Millbrook	4:55.67	Karen Godlock	Polk County	5:05.69
2011	Samantha George	Millbrook	4:58.75	Karen Godlock	Polk County	5:05.69
2012	Samantha George	Millbrook	4:51.54	Karen Godlock	Polk County	5:05.69
2013	Mattie Blue	Broughton	5:02.52	Karen Godlock	Polk County	5:05.69
2014	Blair Ramsey	Grimsley	4:57.20	Karen Godlock	Polk County	5:05.69
2015	Elly Henes	Green Hope	4:58.84	Karen Godlock	Polk County	5:05.69
2016	Nevada Mareno	Leesville Road	4:51.57	Karen Godlock	Polk County	5:05.69
2017	Isabel Zimmerman	Reagan	5:00.46	Karen Godlock	Polk County	5:05.69
2018	Carmen Alder	Pinecrest	4:57.84	Karen Godlock	Polk County	5:05.69
2019	Carmen Alder	Pinecrest	5:03.98	Karen Godlock	Polk County	5:05.69
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Maddie Huecker	Lake Norman	4:50.36	Angie Allen	North Lincoln	5:05.97
2022	Amelia Maughan	Chapel Hill	4:49.69	Angie Allen	North Lincoln	5:05.97
				Natalie Almond	West Stanly	5:19.87



Women's Outdoor Track State Individual Event Champions



200 METER DASH (220 YARDS UNTIL 1980)

1972	Cowell	East Mecklenburg	26.10	1977	Stanback	Pinecrest	25.30	1982	Mamie Wilson	Northern Durham	24.60
1973	Leak	Bowman	25.40	1978	Stanback	Pinecrest	24.60	1983	Carla McLaughlin	Northern Durham	24.30
1974	Kathy McMillian	Hoke County	25.40	1979	Pam Belton	Seventy-First	25.00	1984	Carla McLaughlin	Northern Durham	24.13
1975	Kathy McMillian	Hoke County	25.40	1980	Gwen Ray	Smithfield-Selma	24.30	1985	Lamonda Miller	Chase	24.64
1976	Kathy McMillian	Hoke County	24.40	1981	Pam Belton	Seventy-First	24.80				

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Adrienne Ferguson	Dudley	24.40	1986	Adrienne Ferguson	Dudley	24.40	1986	No Record		
1987	Marlene Poole	Grimsley	25.64	1987	San Harrison	T.W. Andrews	25.29	1987	Linda Bryant	Manteo	24.98
1988	Marlene Poole	Grimsley	24.78	1988	L'Tonya Hall	Washington	25.37	1988	Annette Harris	South Granville	25.85
1989	Marlene Poole	Dudley	25.04	1989	Alice Vinson	Sun Valley	25.06	1989	Rachel Small	Lexington	25.77
1990	Marlene Poole	Dudley	24.53	1990	Alice Vinson	Sun Valley	24.81	1990	Annette Harris	South Granville	26.22
1991	Josette Battle	Millbrook	24.54	1991	Katrina Jarrett	North Rowan	24.95	1991	Cheryl Bowman	Forest Hills	26.58
1992	Takeisha Quick	Pine Forest	24.86	1992	Alicia Pope	North Lenoir	25.63	1992	Amanda Johnson	East Carteret	25.79
1993	Kim Wilson	Grimsley	25.13	1993	Katrina Jarrett	North Rowan	24.83	1993	Amanda Johnson	East Carteret	25.79

3A

1986	Adrienne Ferguson	Dudley	24.40	1986	Adrienne Ferguson	Dudley	24.40	1986	No Record		
1987	Marlene Poole	Grimsley	25.64	1987	San Harrison	T.W. Andrews	25.29	1987	Linda Bryant	Manteo	24.98
1988	Marlene Poole	Grimsley	24.78	1988	L'Tonya Hall	Washington	25.37	1988	Annette Harris	South Granville	25.85
1989	Marlene Poole	Dudley	25.04	1989	Alice Vinson	Sun Valley	25.06	1989	Rachel Small	Lexington	25.77
1990	Marlene Poole	Dudley	24.53	1990	Alice Vinson	Sun Valley	24.81	1990	Annette Harris	South Granville	26.22
1991	Josette Battle	Millbrook	24.54	1991	Katrina Jarrett	North Rowan	24.95	1991	Cheryl Bowman	Forest Hills	26.58
1992	Takeisha Quick	Pine Forest	24.86	1992	Alicia Pope	North Lenoir	25.63	1992	Amanda Johnson	East Carteret	25.79
1993	Kim Wilson	Grimsley	25.13	1993	Katrina Jarrett	North Rowan	24.83	1993	Amanda Johnson	East Carteret	25.79

4A

1994	Kim Richardson	New Bern	25.03	1994	Sabrina Thompson	Fike	24.68	1994	Carmen Weldon	Salisbury	25.82
1995	Crystal Cox	Pine Forest	24.39	1995	Sabrina Thompson	Fike	25.16	1995	Carmen Weldon	Salisbury	25.15
1996	Crystal Cox	Pine Forest	24.18	1996	Sabrina Thompson	Fike	24.61	1996	Rachecca Barrow	Currituck	25.12
1997	Crystal Cox	Pine Forest	24.38	1997	Shirena James	Hickory	25.91	1997	Anissa Gainey	Clayton	25.54
1998	Demetria Washington	Terry Sanford	24.37	1998	Shirena James	Hickory	25.13	1998	Michelin Middlebrooks	High Point Central	25.61
1999	Lasonja Collins	Independence	24.34	1999	Anissa Gainey	Clayton	24.79	1999	Nancy Hinson	Ledford	25.56
2000	Felicia Fant	Olympic	24.92	2000	Anissa Gainey	Clayton	25.18	2000	Dana Bembry	Holmes	25.59
2001	Bernadette Washington	R.J. Reynolds	24.67	2001	Suzzette McSwain	Dudley	25.79	2001	LeTreyia Parker	Southern Guilford	25.07
2002	Phykesha Blackman	Independence	25.40	2002	Tiffany Roberts	Southwest Guilford	24.54	2002	Dana Bembry	Holmes	25.40
2003	Melissa Council	Cary	24.45	2003	Portia Baker	Southwest Guilford	24.39	2003	Terria Sinclair	Saint Pauls	25.44
2004	Erica Montgomery	Mount Tabor	24.59	2004	Portia Baker	Southwest Guilford	25.23	2004	Shontay Dodd	Greene Central	25.39
2005	Lamarra Currie	Apex	24.28	2005	Gabrielle Daniel	East Chapel Hill	25.33	2005	Ashley McKiver	T.W. Andrews	25.65
2006	Gabby Mayo	Southeast Raleigh	23.51	2006	Kelsey McCorkle	South Central	24.73	2006	Morgan McEachin	Red Springs	25.70
2007	Gabby Mayo	Southeast Raleigh	23.72	2007	Kelsey McCorkle	South Central	24.79	2007	Maria Johnson	Farmville Central	25.12
2008	Jacinda Evans	Southern Durham	24.47	2008	Kelsey McCorkle	South Central	23.63	2008	Brittany Wilkins	Cummings	25.27
2009	Nyosha Bryant	West Charlotte	24.12	2009	Stormy Kendrick	Forestview	25.13	2009	Marissa Bellamy	Bunn	24.69
2010	Dominique Weahers	Charlotte Vance	24.45	2010	Maleena Reid	North Gaston	24.91	2010	Briana Haith	Granville Central	24.33
2011	Alexis Murphy	Apex	24.57	2011	Nyshedra Brown	West Craven	24.91	2011	Marissa Bellamy	Bunn	24.39
2012	Alexis Murphy	Apex	23.96	2012	Nyshedra Brown	West Craven	24.37	2012	Paisley Simmons	T.W. Andrews	24.74
2013	Tyra Lea	Wakefield	23.95	2013	Qizeah Jackson	Westover	24.54	2013	Paisley Simmons	T.W. Andrews	24.61
2014	Katlin Sherman	Parkland	24.05	2014	Courtney Warner	C.B. Aycock	24.87	2014	Reneazia Collins	Monroe	25.48
2015	Tamara Clark	High Point Central	23.69	2015	Courtney Warner	C.B. Aycock	24.23	2015	Starbesha Satterwhite	Warren County	25.22
2016	Tamara Clark	High Point Central	23.53	2016	Taylor Henderson	Eastern Guilford	24.40	2016	Payton Russell	North Rowan	24.83
2017	Tamara Clark	High Point Central	23.59	2017	Mya Daye	Northern Vance	24.69	2017	Payton Russell	North Rowan	25.14
2018	Kyna Robinson	Southeast Raleigh	24.20	2018	Alexis Patterson	Parkland	24.39	2018	Tahalia Fairman	Southwest Onslow	25.39
2019	Jonah Ross	Garner	23.96	2019	Alysia Johnson	Hillside	23.73	2019	Allyvia Farrar	Cummings	24.85
2020	MEET CANCELLED (COVID-19 PANDEMIC)			2020	MEET CANCELLED (COVID-19 PANDEMIC)			2020	MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Shawnti Jackson	Cardinal Gibbons	23.06	2021	Ai'yana Gray-Williams	Parkland	24.66	2021	Joyasia Smith	R-S Central	25.15
2022	Shawnti Jackson	Wakefield	23.19	2022	Sanu Jallow	West Mecklenburg	24.44	2022	Joyasia Smith	R-S Central	25.19

3A

1986	Adrienne Ferguson	Dudley	24.40	1986	Adrienne Ferguson	Dudley	24.40	1986	No Record		
1987	Marlene Poole	Grimsley	25.64	1987	San Harrison	T.W. Andrews	25.29	1987	Linda Bryant	Manteo	24.98
1988	Marlene Poole	Grimsley	24.78	1988	L'Tonya Hall	Washington	25.37	1988	Annette Harris	South Granville	25.85
1989	Marlene Poole	Dudley	25.04	1989	Alice Vinson	Sun Valley	25.06	1989	Rachel Small	Lexington	25.77
1990	Marlene Poole	Dudley	24.53	1990	Alice Vinson	Sun Valley	24.81	1990	Annette Harris	South Granville	26.22
1991	Josette Battle	Millbrook	24.54	1991	Katrina Jarrett	North Rowan	24.95	1991	Cheryl Bowman	Forest Hills	26.58
1992	Takeisha Quick	Pine Forest	24.86	1992	Alicia Pope	North Lenoir	25.63	1992	Amanda Johnson	East Carteret	25.79
1993	Kim Wilson	Grimsley	25.13	1993	Katrina Jarrett	North Rowan	24.83	1993	Amanda Johnson	East Carteret	25.79
1994	Kim Richardson	New Bern	25.03	1994	Sabrina Thompson	Fike	24.68	1994	Carmen Weldon	Salisbury	25.82
1995	Crystal Cox	Pine Forest	24.39	1995	Sabrina Thompson	Fike	25.16	1995	Carmen Weldon	Salisbury	25.15
1996	Crystal Cox	Pine Forest	24.18	1996	Sabrina Thompson	Fike	24.61	1996	Rachecca Barrow	Currituck	25.12
1997	Crystal Cox	Pine Forest	24.38	1997	Shirena James	Hickory	25.91	1997	Anissa Gainey	Clayton	25.54
1998	Demetria Washington	Terry Sanford	24.37	1998	Shirena James	Hickory	25.13	1998	Michelin Middlebrooks	High Point Central	25.61
1999	Lasonja Collins	Independence	24.34	1999	Anissa Gainey	Clayton	24.79	1999	Nancy Hinson	Ledford	25.56
2000	Felicia Fant	Olympic	24.92	2000	Anissa Gainey	Clayton	25.18	2000	Dana Bembry	Holmes	25.59
2001	Bernadette Washington	R.J. Reynolds	24.67	2001	Suzzette McSwain	Dudley	25.79	2001	LeTreyia Parker	Southern Guilford	25.07
2002	Phykesha Blackman	Independence	25.40	2002	Tiffany Roberts	Southwest Guilford	24.54	2002	Dana Bembry	Holmes	25.40
2003	Melissa Council	Cary	24.45	2003	Portia Baker	Southwest Guilford	24.39	2003	Terria Sinclair	Saint Pauls	25.44
2004	Erica Montgomery	Mount Tabor	24.59	2004	Portia Baker	Southwest Guilford	25.23	2004	Shontay Dodd	Greene Central	25.39
2005	Lamarra Currie	Apex	24.28	2005	Gabrielle Daniel	East Chapel Hill	25.33	2005	Ashley McKiver	T.W. Andrews	25.65
2006	Gabby Mayo	Southeast Raleigh	23.51	2006	Kelsey McCorkle	South Central	24.73	2006	Morgan McEachin	Red Springs	25.70
2007	Gabby Mayo	Southeast Raleigh	23.72	2007	Kelsey McCorkle	South Central	24.79	2007	Maria Johnson	Farmville Central	25.12
2008	Jacinda Evans	Southern Durham	24.47	2008	Kelsey McCorkle	South Central	23.63	2008	Brittany Wilkins	Cummings	25.27
2009	Nyosha Bryant	West Charlotte	24.12	2009	Stormy Kendrick	Forestview	25.13	2009	Marissa Bellamy	Bunn	24.69
2010	Dominique Weahers	Charlotte Vance	24.45	2010	Maleena Reid	North Gaston	24.91	2010	Briana Haith	Granville Central	24.33
2011	Alexis Murphy	Apex	24.57	2011	Nyshedra Brown	West Craven	24.91	2011	Marissa Bellamy	Bunn	24.39
2012	Alexis Murphy	Apex	23.96	2012	Nyshedra Brown	West Craven	24.37	2012	Paisley Simmons	T.W. Andrews	24.74
2013	Tyra Lea	Wakefield	23.95	2013	Qizeah Jackson	Westover	24.54	2013	Paisley Simmons	T.W. Andrews	24.61
2014	Katlin Sherman	Parkland	24.05	2014	Courtney Warner	C.B. Aycock	24.87	2014	Reneazia Collins	Monroe	25.48
2015	Tamara Clark	High Point Central	23.69	2015	Courtney Warner	C.B. Aycock	24.23	2015	Starbesha Satterwhite	Warren County	25.22
2016	Tamara Clark	High Point Central	23.53	2016	Taylor Henderson	Eastern Guilford	24.40	2016	Payton Russell	North Rowan	24.83
2017	Tamara Clark	High Point Central	23.59	2017	Mya Daye	Northern Vance	24.69	2017	Payton Russell	North Rowan	25.14
2018	Kyna Robinson	Southeast Raleigh	24.20	2018	Alexis Patterson	Parkland	24.39	2018	Tahalia Fairman	Southwest Onslow	25.39
2019	Jonah Ross	Garner	23.96	2019	Alysia Johnson	Hillside	23.73	2019	Allyvia Farrar	Cummings	24.85
2020	MEET CANCELLED (COVID-19 PANDEMIC)			2020	MEET CANCELLED (COVID-19 PANDEMIC)			2020	MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Shawnti Jackson	Cardinal Gibbons	23.06	2021	Ai'yana Gray-Williams	Parkland	24.66	2021	Joyasia Smith	R-S Central	25.15
2022											



Women's Outdoor Track State Individual Event Champions



400 METER DASH (440 YARDS UNTIL 1980)												
Year	Name	Team	Time	Year	Name	Team	Time	Year	Name	Team	Time	
1972	Cowell	East Mecklenburg	1:00.30	1977	Sherrill	Jordan	57.90	1982	Tonya White	Page	56.50	
1973	Lide	Hoke County	1:00.70	1978	Sherrill	Jordan	54.80	1983	April Cook	Watauga	55.60	
1974	Swindell	New Bern	59.30	1979	Sherrill	Jordan	55.10	1984	Vickie Staton	Southwest Edgecombe	56.85	
1975	Vickie Bryant	Jacksonville	57.70	1980	V. Weaver	Hillside	57.00	1985	Tanya Fillmore	Garinger	56.54	
1976	Vickie Bryant	Jacksonville	56.20	1981	Tonya Jefferies	Page	56.60					
3A & 4A COMPETED JOINTLY IN 1986												
4A				3A				1A/2A				
1986	Sonja Thomas	Dudley	56.14	1986	Sonja Thomas	Dudley	56.14	1986	Mia Gibson	North Rowan	58.43	
1987	Sonja Thomas	Dudley	56.27	1987	Clara Russell	Cummings	58.70	1987	Melissa Rogers	Southwestern Randolph	57.37	
1988	Teneen Royal	Smithfield-Selma	57.54	1988	Crystal Littlejohn	East Rutherford	59.66	1988	Kresha Estes	South Granville	58.20	
1989	Monica Hockaday	Hillside	56.11	1989	Wanda Phillips	Tarboro	58.69	1989	April Jackson	North Rowan	59.44	
1990	Tonya Avery	Jacksonville	55.74	1990	Tonie Lazenby	West Iredell	57.78	1990	Charlene Steed	Louisburg	59.32	
1991	Treshell Mayo	Sanderson	55.91	1991	Tonie Lazenby	West Iredell	57.13	1991	Tracey Burwell	South Granville	58.91	
1992	Treshell Mayo	Sanderson	56.92	1992	Toi Wilson	D.H. Conley	59.05	1992	Mikki Dollyhigh	Surry Central	59.91	
1993	Michelle McRae	Williams	55.76	1993	Toi Wilson	D.H. Conley	55.71	1993	Brooke Chapman	Hendersonville	58.93	
4A				3A				1A				
1994	Shawnta Person	Olympic	57.41	1994	Toi Wilson	D.H. Conley	56.84	1994	Brooke Chapman	Hendersonville	58.69	
1995	Crystal Cox	Pine Forest	56.97	1995	Jackie Houston	Kings Mountain	58.68	1995	Brooke Chapman	Hendersonville	57.26	
1996	Demetria Washington	Terry Sanford	54.35	1996	Jackie Houston	Kings Mountain	56.98	1996	Juanita Highes	South Granville	57.55	
1997	Demetria Washington	Terry Sanford	54.78	1997	Jackie Houston	Kings Mountain	57.09	1997	Edi Ntoun	NC Science & Math	58.91	
1998	Kennisha Morten	Seventy-First	56.97	1998	Toshima Dabbs	Morehead	58.14	1998	Edi Ntoun	NC Science & Math	58.21	
1999	Carol Merritt	Garner	56.47	1999	Demiko Picott	Hertford	59.49	1999	Catherine Holmes	Charles D. Owen	1:00.30	
2000	Victoria Gadson	N. Mecklenburg	55.76	2000	Jeretha Massey	Ben L. Smith	59.02	2000	Marquita Houston	Monroe	59.42	
2001	Samantha Murrillo	Davie County	56.72	2001	Jeretha Massey	Ben L. Smith	58.16	2001	Amy Steadman	Brevard	59.80	
2002	Carlitha Sturdvant	Independence	57.81	2002	Jeretha Massey	Ben L. Smith	57.76	2002	Candyra Sellers	Western Alamance	58.86	
2003	Carlitha Sturdvant	Independence	57.91	2003	Portia Baker	Southwest Guilford	56.79	2003	Italie Murphy	Cedar Ridge	59.06	
2004	Janet Carothers	Harding	55.98	2004	Portia Baker	Southwest Guilford	55.82	2004	Italie Murphy	Cedar Ridge	56.27	
2005	Ebonie Cunningham	Southeast Raleigh	56.47	2005	Kia Haskins	Hillside	58.27	2005	Italie Murphy	Cedar Ridge	58.02	
2006	Ebonie Cunningham	Southeast Raleigh	55.10	2006	Tiaera Reynolds	Dudley	57.02	2006	Brittany Fennell	West Henderson	57.57	
2007	Ebonie Cunningham	Southeast Raleigh	55.17	2007	Kelsey McCorkle	South Central	56.60	2007	Crystal Smith	Farmville Central	57.79	
2008	Nyosha Bryant	West Charlotte	55.58	2008	Brandy Swann	Jacksonville	56.75	2008	Felisha Garren	North Henderson	56.75	
2009	Sanura Eley-O'Reilly	Jack Britt	54.07	2009	Breanna Alston	Southeast Guilford	58.45	2009	Briana Haith	Granville Central	56.85	
2010	Sanura Eley-O'Reilly	Jack Britt	53.45	2010	Breahna Morrison	Weddington	55.69	2010	Briana Haith	Granville Central	55.76	
2011	Ariah Graham	Wakefield	55.01	2011	Naomi Alston	Douglas Byrd	56.48	2011	Marissa Bellamy	Bunn	56.74	
2012	Ariah Graham	Wakefield	55.14	2012	Naomi Alston	Douglas Byrd	56.01	2012	Marissa Bellamy	Bunn	55.73	
2013	Tiana Patillo	Wakefield	55.46	2013	Maya Evans	Fike	55.93	2013	Jaleesa Smoot	Salisbury	56.59	
2014	Layla White	Cary	55.41	2014	Nikolete Hurrinus	Cuthbertson	56.98	2014	Reneazia Collins	Monroe	56.39	
2015	McKinley McNeill	Parkland	54.31	2015	Jasmine Parquet	Eastern Alamance	56.13	2015	Payton Russell	North Rowan	55.70	
2016	McKinley McNeill	Parkland	53.50	2016	Cambria Shuford	Statesville	56.28	2016	Payton Russell	North Rowan	56.44	
2017	Kiya Oviosun	Southeast Guilford	53.53	2017	Michaela Nelms	Nash Central	55.80	2017	Payton Russell	North Rowan	56.15	
2018	Maya Singletary	Hoke County	53.42	2018	Dahlia Cutler	Cuthbertson	56.15	2018	Samantha Payne	Ledford	57.30	
2019	Ella Mainwaring Foster	Providence	55.13	2019	Alyisia Johnson	Hillside	53.50	2019	Tahalia Fairman	Southwest Onslow	56.57	
2020	MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)				MEET CANCELLED (COVID-19 PANDEMIC)			
2021	JaMeesia Ford	Jack Britt	54.83	2021	Ariana Daley	Clayton	56.91	2021	Alaya Gillespie	West Iredell	56.86	
2022	Shawnti Jackson	Wakefield	52.32	2022	Sanu Jallow	West Mecklenburg	54.40	2022	Rylee Hegedus	Pine Lake Prep	58.53	



Women's Outdoor Track State Individual Event Champions



300 METER INTERMEDIATE HURDLES (220 YARDS UNTIL 1980; 200 METERS 1980-1984)						
1979	JoAnn Stallings	Holmes	29.50	1984	Pam Doggett	Dudley
1980	Clara Hairston	East Forsyth	28.50	1985	Pam Doggett	Dudley
1981	Sandra Nichols	Thomasville	28.30			
1982	Tracy Briston	R.J. Reynolds	28.50			
1983	Ida Pendergraft	Hillside	28.50			

3A & 4A COMPETED JOINTLY IN 1986

SA & HSCAP LATED JUNIOR IN 1986											
4A			3A			2A			1A/2A		
1986	Pam Doggett	Dudley	42.00	Pam Doggett	Dudley	42.00	Pauline Rogers	Southwestern Randolph	46.81		
1987	Wanda Medly	Dudley	45.14	Tara Burns	Cummings	45.98	Denita Watkins	North Stanly	46.26		
1988	Tonya Pope	Fike	44.20	Tara Burns	Cummings	46.10	Lisa Taylor	Salisbury	45.80		
1989	Marseilla McKenzie	Hoke County	44.81	Debbie Hollingsworth	East Henderson	46.91	Zandra Hoyles	Salisbury	47.70		
1990	Marseilla McKenzie	Hoke County	44.41	Vicki Pittman	Tarboro	45.49	Sara White	Surry Central	45.89		
1991	Marseilla McKenzie	Hoke County	44.46	Vicki Pittman	Tarboro	45.43	Lee Anne Ross	South Stanly	46.96		
1992	Cameron Bader	Sanderson	46.29	Laonda McCorkle	High Point Central	46.01	Sara White	Surry Central	46.19		
1993	Joann Smith	New Bern	44.07	DeAnne Davis	Cummings	45.44	Sara White	Surry Central	44.90		
4A			3A			2A			1A		
1994	Twyla Smith	Pinecrest	43.78	Renee Hudson	Tarboro	46.57	DeAnne Davis	Cummings	45.56	Julie Stackhouse	Hayesville
1995	Brenda Taylor	Watauga	43.81	Natasha Harris	Asheboro	46.57	DeAnne Davis	Cummings	44.94	Julie Stackhouse	Hayesville
1996	Brenda Taylor	Watauga	43.30	Heather Carpenter	Southern Durham	46.21	DeAnne Davis	Cummings	45.40	Deanne Wood	Surry Central
1997	Brenda Taylor	Watauga	42.14	Tiffany Smith	Fike	45.29	Lisa Bradsher	Cummings	45.79	Shayla Horne	Bladenboro
1998	Melissa Henderson	Jordan	45.40	Tiffany Smith	Fike	44.87	Latoya Burt	South Granville	46.24	Deidre Mapp	Cummings
1999	Rolanda Gabriel	Butler	45.39	Tiffany Smith	Fike	45.32	Latasha Pharr	North Rowan	46.93	Katrellie Armwood	Durham Magnet
2000	Nneka Martin	Cary	44.23	Leslie Bigelow	Hickory	46.06	Latasha Pharr	North Rowan	44.05	Allison Adams	East Wilkes
2001	Ashley Dutch	Broughton	44.94	Leteisha Johnson	Ben L. Smith	46.70	Latasha Pharr	North Rowan	46.09	Chandra Pulliam	Cummings
2002	Demetria Powell	Jordan	45.18	Michelle Duffey	Hillside	45.58	Chandra Pulliam	Cummings	44.61	Katrellie Armwood	Durham Sch. of Arts
2003	Melissa Council	Cary	43.61	Michelle Duffey	Hillside	43.73	Jessica Sims	West Henderson	46.11	Jessica Autry	Midway
2004	Erika Foushee	Enloe	44.02	Michelle Duffey	Hillside	44.22	Morgan Peterson	Mountain Heritage	45.37	Alexis Jenkins	North Brunswick
2005	Gabby Mayo	Southeast Raleigh	44.62	Lateasa Michael	Anson	45.14	Latoya James	Cummings	43.96	Alexis Jenkins	North Brunswick
2006	Gabby Mayo	Southeast Raleigh	43.56	Manika Gamble	Jacksonville	44.63	Latoya James	Cummings	44.15	Natalie Moreland	Mount Airy
2007	Tacara Morrisey	E.E. Smith	44.56	Sophia Treakle	Asheville	44.67	Latoya James	Cummings	43.76	Saresa Hudson	Pender
2008	Victoria Robinson	J.H. Rose	45.37	Sophia Treakle	Asheville	43.15	Sherice Walker	Cummings	44.74	Maggie Conner	Polk County
2009	Victoria Robinson	J.H. Rose	43.23	Tyler Brockington	Dudley	45.02	Janieyah Collins	Monroe	45.52	Camille Wilkerson	Winston-Salem Prep
2010	Keni Harrison	Clayton	42.53	Amber Holloway	West Rowan	44.10	Francesca Evans	Cummings	44.64	Saresa Hudson	Pender
2011	Keni Harrison	Clayton	41.41	Rikki Jay	Franklin	44.47	Nora McKiver	T.W. Andrews	43.69	Janieyah Collins	Monroe
2012	Tyler Brockington	Dudley	41.81	Lydia Laws	Western Alamance	44.84	Nora McKiver	T.W. Andrews	44.87	Janieyah Collins	Monroe
2013	Tametris Morrison	Southeast Raleigh	42.72	Lydia Laws	Western Alamance	43.79	Nora McKiver	T.W. Andrews	42.70	Kylie Polsgrove	Avery County
2014	Jacklyn Howell	Southeast Raleigh	44.67	Lydia Laws	Western Alamance	43.62	Kayla Moore	Cummings	45.77	Kylie Polsgrove	Avery County
2015	Ebony Williams	Parkland	42.19	Kylie McMillan	Southern Guilford	43.78	Kayla Moore	Cummings	46.07	Kylie Polsgrove	Avery County
2016	Shellbi Chapman	Leesville Road	43.17	Sydni Fields	Cleveland	44.59	Kayla Moore	Cummings	43.79	Ashya Smith	Winston-Salem Prep
2017	Jessica Wright	Hillside	42.99	Jorja Medders	Marvin Ridge	44.36	Zacora McKnight	T.W. Andrews	44.71	Taniqua Knight	Albemarle
2018	Sierra Fletcher	Southeast Raleigh	41.87	Jessica Wright	Hillside	44.50	Nicole Barnes	T.W. Andrews	44.37	Taniqua Knight	Albemarle
2019	Lindsay Cooper	N. Mecklenburg	43.64	Karisma Marte	Eastern Alamance	43.26	Kendall Jordan	Cummings	43.03	Somahje Porter	Albemarle
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)	
2021	Akala Garrett	Harding Univ.	41.64	Aria Wegh	Marvin Ridge	43.97	Kendall Jordan	Cummings	44.22	Jessie Lohmann	Swain County
2022	Akala Garrett	Harding Univ.	41.42	Emma Hall	West Henderson	45.69	Mia McMillen	Surry Central	45.08	Tai'lah Ward	North Rowan



Women's Outdoor Track State Individual Event Champions



3200 METER RUN (2 MILE UNTIL 1980)							
1978	Mary Shea	Cardinal Gibbons	10:17.50	1983	Kathy Ormsby	Richmond	11:08.40
1979	Mary Shea	Cardinal Gibbons	10:08.40	1984	Charlotte Carlson	Northwest Cabarrus	11:24.14
1980	Karen Thompson	East Henderson	11:20.10	1985	Patty King	St. Stephens	11:28.92
1981	Lene Hestdal	Myers Park	11:37.30				
1982	Charlotte McCall	McDowell County	11:24.40				

3A & 4A COMPETED JOINTLY IN 1986

4A

Year	First Name	Last Name	Time	Winner	
1986	Cessy	Hudson	East Burke	11:09.30	Cessy Hudson
1987	Stacey	Williams	Grimsley	11:11.84	Francine Dumas
1988	Cessy	Hudson	East Burke	11:18.05	Robyn Land
1989	Windy	McIntyre	Watauga	11:38.79	Jennifer Coffey
1990	Silica	Johnson	Grimsley	11:18.14	Jennifer Coffey
1991	Ami	Herrman	Providence	11:17.51	Mia Richardson
1992	Ami	Herrman	Providence	11:01.33	Suzanne Black
1993	Ami	Herrman	Providence	11:21.85	Rebekah Frick

3A

East Burke	11:09.30	No Record
T.C. Roberson	11:30.46	Larissa Teigen
Wilkes Central	11:59.44	Erin Smyth
St. Stephens	11:49.43	Erin Smyth
St. Stephens	11:58.60	Alex Reck
McMichael	12:00.93	Karen Godlock
Sun Valley	11:36.26	Karen Godlock
East Rowan	11:59.26	Karen Godlock

1A/2A

Lejeune	11:59.33
Lejeune	11:59.32
Lejeune	12:01.99
NC Science & Math	11:53.91
Polk County	11:28.84
Polk County	11:25.36
Polk County	11:14.00

A

Year	Participant Name	School	Time	Winner
1994	Jennifer Lakas	S. Mecklenburg	11:26.93	Erin Musson
1995	Meredith Faircloth	Broughton	11:20.53	Sarah Vance Goodm
1996	Angie Morey	Chapel Hill	11:34.43	Sarah Vance Goodm
1997	Whitney Woods	Watauga	11:30.07	Sarah Vance Goodm
1998	Marina Chase	Watauga	11:21.50	Sarah Vance Goodm
1999	Alisha Little	East Burke	11:04.39	Erin Kelley
2000	Julia Lucas	Myers Park	11:19.49	Danielle Deines
2001	Rachel Kitson	Chapel Hill	11:15.32	Alica Valtin
2002	Julia Lucas	Myers Park	10:46.22	Jessica Collins
2003	Katherine Merrill	Jordan	11:09.17	Kate McCarthy
2004	Kate Merrill	Jordan	11:17.50	Latanya Lesine
2005	Brittany Johnson	Green Hope	11:15.59	Clair Kelley
2006	Andie Cozzarelli	Apex	11:01.35	Lindsay Ester
2007	Andie Cozzarelli	Apex	11:15.90	Caroline Kirby
2008	Lauren Bishop	Pinecrest	11:15.13	Caroline Kirby
2009	Kimberly Spano	N. Mecklenburg	11:05.07	Kenyetta Iyevbele
2010	Laura Hoer	T.C. Roberson	10:46.29	Sarah Rapp
2011	Anna McBride	Davie County	10:46.08	Sarah Rapp
2012	Anna McBride	Davie County	10:47.82	Mary Grace Doggett
2013	Pegah Kamrani	E. Chapel Hill	10:47.60	Sophie Ebihara
2014	Kayla Montgomery	Mount Tabor	10:47.74	Anna Vess
2015	Elly Henes	Green Hope	10:39.47	Sophie Ebihara
2016	Nevada Marenco	Leesville Road	10:17.70	Anna Vess
2017	Isabel Zimmerman	Reagan	10:47.88	Sarah LaTour
2018	Carmen Alder	Pinecrest	10:54.80	Anna Bristle
2019	Natalie Tyner	Laney	10:37.34	Jonna Strange
MEET CANCELLED (COVID-19 PANDEMIC)				
2021	Mary Bonner Dalton	Myers Park	10:51.78	MEET CANCELLED
2022	Hannah Rae Shaffer	Car Gibbons	10:37.09	Caroline Murrell

3A

Wilkes Central	11:46.36	Amy Knox
T.C. Roberson	11:13.75	Debbie Won
T.C. Roberson	10:58.42	Debbie Won
T.C. Roberson	11:16.08	Stephanie Jilcott
T.C. Roberson	10:54.64	Diana Henderson
T.C. Roberson	11:28.52	Diana Henderson
T.C. Roberson	11:30.21	Heidi Sloop
Western Harnett	11:36.94	Heidi Sloop
Eastern Wayne	11:37.86	Shiyrah Mielke
East Chapel Hill	13:25.00	LeighAnn Taylor
Hillside	12:10.62	Lindsay Groce
T.C. Roberson	11:39.82	Tria Metzler
Williams	11:40.07	Tria Metzler
T.C. Roberson	11:33.33	Morgan Turner
T.C. Roberson	11:22.50	Morgan Turner
Olympic	11:30.23	Halsey Merritt
Cardinal Gibbons	11:00.10	Alex Travenier
Cardinal Gibbons	11:03.44	Aleshia Reece
Cardinal Gibbons	11:21.84	Allie Castro
Cardinal Gibbons	11:08.52	Callie Wynn
A.C. Reynolds	10:52.18	No Record
Cardinal Gibbons	11:06.99	Helen Morken
A.C. Reynolds	11:19.41	Kaitlyn Stone
Cuthbertson	11:22.35	Mariah Howlett
Parkwood	10:56.79	Mariah Howlett
North Iredell	10:53.20	Hannah Preisser
(COVID-19 PANDEMIC)		MEET CANCELLED
Northwood	10:51.83	Angie Allen
Northwood	11:07.69	Madison Clay

n	West Henderson	11:54
n	NCSSM	12:11
n	NCSSM	11:46
lcott	NCSSM	12:13
erson	North Henderson	11:47
erson	North Henderson	11:18
	West Wilkes	11:48
lkle	West Wilkes	11:50
aylor	North Henderson	12:12
nce	Monroe	11:44
r	Wilkes Central	11:32
r	Bunn	11:31
rner	Bunn	11:29
rner	Lincolnton	11:46
tt	Lincolnton	11:35
ier	Cardinal Gibbons	11:46
ce	Northeastern	12:14
	Madison	11:43
	North Lincoln	11:18
	West Davidson	11:12
en	Carrboro	11:24
ne	West Stokes	10:53
lyett	Lake Norman Char.	11:02
lyett	Lake Norman Char.	10:57
isser	Carrboro	11:31
ELLED (COVID-19 PANDEMIC)		
ov	North Lincoln	11:13
ov	Patton	11:26

1

	Jordan Matthews	12:31.93
	Murphy	12:01.65
	Jordan Matthews	11:59.59
h	Rosewood	12:14.41
	Polk County	12:25.39
	Hendersonville	11:20.78
	Hendersonville	12:49.26
	Hendersonville	11:22.24
	Hendersonville	11:00.97
	South Stokes	11:51.54
	Princeton	12:03.09
	Polk County	12:03.13
es	Polk County	11:57.21
	Jordan Matthews	12:03.05
	Hendersonville	11:39.70
	Robbinsville	11:49.07
	East Wilkes	11:29.54
	Hendersonville	11:53.25
	Mount Airy	12:10.51
	Comm.Sch.Davidson	11:42.66
	Comm. Sch. Davidson	12:02.69
	Comm.Sch. Davidson	11:28.59
	Lincoln Charter	11:54.64
	North Stokes	11:55.40
	Franklin Academy	12:02.84
	Elkin	11:36.10
(COVID-19 PANDEMIC)		
	Riverside-Martin	11:53.67
	Riverside-Martin	11:14.47

MEET CANCELLED (COVID-19 PANDEMIC)

IET CANCELLED (COVID-19 PANDEMIC)

MEET CANCELLED (COVID-19 PANDEMIC)

MEET CANCELLED (COVID-19 PANDEMIC)

2021 Mary Bonner Dalton Myers Park 10:51.78 Caroline Murrell Northwood 10:51.83 Angie Allen North Lincoln 11:13.81 Briley Bickerstaff Riverside-Martin 11:53.67
2022 Hannah Rae Shaffer Car. Gibbons 10:37.09 Caroline Murrell Northwood 11:07.69 Madison Clay Patton 11:26.42 Briley Bickerstaff Riverside-Martin 11:14.47



Women's Outdoor Track State Relay Event Champions



400 METER RELAY (440 YARDS UNTIL 1980)

1972	Hoke County	52.00	1977	Dudley	49.30	1982	East Forsyth	48.10
1973	Hoke County	51.20	1978	East Guilford	49.00	1983	North Mecklenburg	48.40
1974	Ragsdale	51.70	1979	Pinecrest	49.70	1984	Dudley	48.46
1975	T.W. Andrews	49.40	1980	T.W. Andrews	48.80	1985	Jacksonville	48.51
1976	Hoke County	50.30	1981	Goldsboro	48.60			

3A & 4A COMPETED JOINTLY IN 1986

	4A		3A		3A		2A		1A/2A		
1986	Dudley	48.59		Dudley	48.59				Lexington	50.51	
1987	Ashbrook	48.86		T.W. Andrews	49.58				Lexington	49.37	
1988	Ashbrook	48.53		T.C. Roberson	49.71				South Granville	49.59	
1989	New Bern	48.63		Harnett Central	49.64				Lexington	49.27	
1990	New Bern	47.73		Statesville	49.37				Chase	50.73	
1991	New Bern	48.58		North Lenoir	49.71				Chase	50.14	
1992	Pine Forest	48.44		High Point Central	49.01				Forest Hills	50.43	
1993	Dudley	48.34		Cummings	49.83				Forest Hills	49.35	
	4A		3A		3A		2A		1A		
1994	New Bern	48.67		Fike	49.69		Salisbury	50.26	Murphy	52.68	
1995	Harding	49.14		Southern Durham	49.29		Cummings	50.42	South Robeson	52.10	
1996	Pine Forest	48.05		Fike	49.16		Cummings	50.12	Lejeune	50.88	
1997	W. Mecklenburg	47.66		High Point Central	49.70		Western Guilford	50.25	Lejeune	50.15	
1998	Independence	47.41		Dudley	48.71		East Carteret	49.73	Lejeune	50.17	
1999	Independence	48.53		Dudley	49.01		Northern Vance	50.91	Graham	50.33	
2000	Olympic	47.76		Hillside	49.71		Holmes	48.86	Graham	50.90	
2001	Independence	48.05		T.W. Andrews	48.97		Holmes	50.31	Northampton	51.71	
2002	Jack Britt	47.99		Southwest Guilford	49.44		T.W. Andrews	48.87	Williamston	51.29	
2003	Harding	48.36		Glenn	48.90		Southern Vance	49.50	Williamston	50.69	
2004	Charlotte Vance	47.60		Ben L. Smith	49.95		Northside-Jax	48.63	Williamston	50.37	
2005	West Charlotte	48.44		Glenn	48.9		T.W. Andrews	49.67	Thomasville	51.34	
2006	Harding	47.22		Andrews	49.06		Cummings	49.06	Princeton	50.99	
2007	Harding	48.14		Parkland	49.25		Hibriten	50.99	Topsail	50.45	
2008	Harding	45.37		South Central	47.24		Hibriten	49.81	James Kenan	50.27	
2009	SE Raleigh	47.33		Parkland	48.13		Cedar Ridge	49.73	Winston-Salem Prep	49.84	
2010	W. Mecklenburg	47.56		South Central	46.94		St. Pauls	49.57	North Rowan	49.48	
2011	W. Mecklenburg	48.11		South Central	47.35		Carver	49.46	North Rowan	48.31	
2012	Parkland	47.73		Westover	49.81		St. Pauls	49.52	Winston-Salem Prep	48.51	
2013	Parkland	47.22		Phillip O. Berry	48.68		T.W. Andrews	48.27	Winston-Salem Prep	48.93	
2014	Parkland	46.99		Weddington	49.00		Beddingfield	49.35	Winston-Salem Prep	49.62	
2015	Mallard Creek	46.69		Rocky Mount	49.08		Cummings	48.81	Winston-Salem Prep	50.45	
2016	Southeast Raleigh	46.25		Cox Mill	48.27		Cummings	48.52	Winston-Salem Prep	50.98	
2017	High Point Central	46.54		Clyde A. Erwin	48.32		T.W. Andrews	48.32	East Carteret	50.18	
2018	Southeast Raleigh	47.33		Parkland	47.28		Lake Norman Char.	49.56	Murphy	51.04	
2019	Jahzara Hart	Southeast Raleigh	46.11	Jadai Stevenson-Damon Parkland	47.10	Aquariah McIntosh	Lexington	48.04	Latecyia Johnson	49.88	
	Kyna Robinson			Diamond Lyerly		Zavia Calvin			Andralyn Livingston		
	Ani Judd			Del'Nique Penn		Ny'Lasia Brown			Makayla Brazelton		
	Tia Outlaw			Ija Mumford		Alyssa Thompson Rowe			Breah Taylor		
2020	MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)		MEET CANCELLED (COVID-19 PANDEMIC)			MEET CANCELLED (COVID-19 PANDEMIC)		
2021	Hailey Juhasz	Cardinal Gibbons	47.33	Parkland	47.97	Aquariah McIntosh	Lexington	49.26	Timia Smith	50.75	
	Taylor McKinnon					Malaysia Smith			Carrigan LeMaster		
	Ellie Bowman					Ny'Lasia Brown			Kierra Tutt		
	Shawnti Jackson					Alyssa Thompson Rowe			Tra'Nijah Pettihomme		
2022	Abigail Thomas	Hickory Ridge	46.95	Breanna Woods	J.H. Rose	49.46	Jenia Raley	Anson	49.72	Timia Smith	49.48
	Nina Dominique			M'Shya Green		Jamya Covington			Keiarra Tutt		
	Jaila Woodruff			Camya Whitfield		Janiyah Maxwell			Carrigan LeMaster		
	Aniya Woodruff			Melanee Sutton		Malaysia Gabriel			Tra'Nijah Pettihomme		



Women's Outdoor Track State Relay Event Champions



800 METER RELAY (880 YARDS UNTIL 1980)

1972	Hoke County	1:48.34	1977	Reid Ross	1:43.00	1982	Northern Durham	1:41.10
1973	New Bern	1:48.30	1978	Reid Ross	1:43.77	1983	Northern Durham	1:42.00
1974	Hoke County	1:45.10	1979	Dudley	1:44.00	1984	Dudley	1:40.24
1975	Hoke County	1:44.00	1980	T.W. Andrews	1:42.00	1985	T.W. Andrews	1:42.89
1976	Hoke County	1:43.40	1981	T.W. Andrews	1:40.50			

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Dudley	1:40.67
1987	Grimsley	1:39.41
1988	Richmond	1:42.85
1989	Dudley	1:41.76
1990	New Bern	1:42.70
1991	Jacksonville	1:41.93
1992	New Bern	1:41.58
1993	Dudley	1:42.21

3A

	Dudley	1:40.67
	T.W. Andrews	1:44.10
	T.C. Robeson	1:45.46
	Tarboro	1:44.04
	T.W. Andrews	1:43.49
	Lexington	1:45.32
	North Lenoir	1:44.65
	High Point Central	1:46.58

1A/2A

	Lejeune	1:46.69
	Albemarle	1:45.45
	Albemarle	1:46.03
	Lexington	1:43.20
	South Granville	1:48.04
	Forest Hills	1:47.04
	Red Springs	1:46.57
	Forest Hills	1:44.79

4A

1994 North Forsyth 1:42.31

1995 Pine Forest 1:42.64

1996 West Mecklenburg 1:42.61

1997 Jacksonville 1:41.52

1998 West Mecklenburg 1:40.06

1999 Independence 1:39.84

2000 Independence 1:42.00

2001 R.J. Reynolds 1:42.65

2002 Independence 1:44.58

2003 Mount Tabor 1:42.66

2004 Harding 1:40.00

2005 Harding 1:39.85

2006 Harding 1:29.86

2007 Harding 1:54.34

2008 Myers Park 1:40.65

2009 Southeast Raleigh 1:39.14

2010 Wakefield 1:40.13

2011 West Mecklenburg 1:40.29

2012 Parkland 1:39.62

2013 Parkland 1:37.83

2014 Parkland 1:36.99

2015 Parkland 1:36.43

2016 Parkland 1:37.05

2017 Hillside 1:38.16

2018 Southeast Raleigh 1:38.23

2019 Jahzara Hart Southeast Raleigh 1:37.30

3A

Fike 1:44.74

Southern Durham 1:43.19

Fike 1:41.21

Hickory 1:45.79

Southern Nash 1:42.20

Hickory 1:44.55

T.W. Andrews 1:43.43

T.W. Andrews 1:47.37

Southwest Guilford 1:42.65

Hillside 1:44.41

Hillside 1:44.77

Ben L. Smith 1:44.96

Parkland 1:42.18

Northeast Guilford 1:42.49

Dudley 1:42.08

Dudley 1:41.48

South Central 1:39.32

South Central 1:43.61

Williams 1:44.27

Phillip O. Berry 1:43.75

Eastern Guilford 1:42.47

Rocky Mount 1:43.36

Eastern Guilford 1:41.59

Northern Guilford 1:42.69

Parkland 1:38.96

Ija Mumford Parkland 1:38.29

2A

Cummings 1:46.27

Cummings 1:44.71

Cummings 1:45.71

Western Guilford 1:45.37

East Carteret 1:44.30

East Carteret 1:48.61

Northern Vance 1:45.00

Southern Vance 1:45.41

Southern Vance 1:45.49

T.W. Andrews 1:43.47

Northside-Jax 1:43.09

Eastern Alamance 1:43.66

Cummings 1:42.33

Hibriten 1:47.13

Ashe County 1:50.62

Cedar Ridge 1:43.91

Saint Pauls 1:43.70

Saint Pauls 1:44.54

Saint Pauls 1:44.24

Saint Pauls 1:43.29

Monroe 1:41.65

Kinston 1:44.88

Cummings 1:41.59

T.W. Andrews 1:40.71

Cummings 1:44.13

Chioma Asiegbunam Lake Norman Charter 1:43.63

Jayla Williams Winston-Salem Prep 1:46.19

Katie Eisley Jessica Gakera

Ryan Selden Damya Ortiz

Jordyn Earl Tamia Johnson

MEET CANCELLED (COVID-19 PANDEMIC) MEET CANCELLED (COVID-19 PANDEMIC)

MEET CANCELLED (COVID-19 PANDEMIC) Winston-Salem Prep 1:45.91

1A

North Brunswick 1:52.48

Union 1:52.70

Union 1:48.49

Lakewood 1:48.04

Polk County 1:45.57

Polk County 1:45.12

Cummings 1:47.80

Red Springs 1:48.74

Durham School of Arts 1:44.35

Durham School of Arts 1:46.47

Durham School of Arts 1:44.60

Durham School of Arts 1:47.74

Albemarle 1:49.23

Topsail 1:45.51

Bessemer City 1:49.62

Bessemer City 1:46.30

Bessemer City 1:46.09

Southside 1:46.72

Winston-Salem Prep 1:46.19

Jayla Williams Winston-Salem Prep 1:45.91

Damya Ortiz

Dajaneen Ortiz

Tamia Johnson

Cadence Smith Madison Forsythe

Natalie Patton Hope Barwick

2020	MEET CANCELLED (COVID-19 PANDEMIC)							
2021	Sanai Forte Harding University 1:40.91		Parkland 1:40.41		Malaysia Smith Lexington 1:46.90		Jayla Williams Winston-Salem Prep 1:45.91	
	Akala Garrett				Aquariah McIntosh		Damya Ortiz	
	Naiobi White				Ny'Lasia Brown		Dajaneen Ortiz	
	Queen Burnett				Isa Wall		Tamia Johnson	
2022	Abigail Thomas Hickory Ridge 1:37.40	Kiarrah Williams	South Central 1:46.02	Kamaya Speight Farmville Central 1:45.88	Arianah Davis	Cadence Smith Madison Forsythe	Mountain Island Ch. 1:46.72	
	Nina Dominique	Kya Walker			Kamiyah Wooten	Natalie Patton		
	Jaila Woodruff	Kayla Smith			Shakeela Daniels	Hope Barwick		
	Aniya Woodruff	Shaliah Jones						



Women's Outdoor Track State Relay Event Champions



1600 METER RELAY

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Dudley	3:51.70
1987	Grimsley	3:50.44
1988	Ashbrook	3:56.50
1989	Dudley	3:51.87
1990	Dudley	3:52.76
1991	Ben L. Smith	3:55.55
1992	Ben L. Smith	3:58.00
1993	Jacksonville	3:59.40

3A

Dudley	3:51.70
Cummings	4:03.80
Williams	4:08.62
Tarboro	4:03.56
Tarboro	4:00.31
Tarboro	4:10.01
T.W. Andrews	4:09.03
Tarboro	4:06.75

1A/2A

No Record	
No Record	
Tryon	4:06.64
Albemarle	4:08.45
Randleman	4:11.22
Swansboro	4:10.60
Surry Central	4:11.50
Surry Central	4:10.17

4A

1994	North Forsyth	3:58.93
1995	Pine Forest	3:56.09
1996	Pine Forest	3:56.87
1997	Watauga	3:53.84
1998	East Mecklenburg	3:53.54
1999	Independence	3:56.73
2000	West Charlotte	3:56.33
2001	R.J. Reynolds	4:02.29
2002	Independence	3:57.22
2003	Harding	3:58.44
2004	Harding	3:55.88
2005	Harding	3:57.30
2006	Harding	3:54.48
2007	Harding	3:54.34
2008	Mount Tabor	3:53.40
2009	Millbrook	3:53.54
2010	Wakefield	3:49.83
2011	Wakefield	3:53.69
2012	Wakefield	3:47.72
2013	Parkland	3:47.70
2014	Parkland	3:47.88
2015	Parkland	3:46.57
2016	Southeast Raleigh	3:48.73
2017	Hillside	3:44.84
2018	Providence	3:51.59
2019	Nimeesha Coleman Providence	3:50.80
	Ella Mainwaring Foster	
	Amanda Watson	
	Ariana Rivera	
2020	MEET CANCELLED (COVID-19 PANDEMIC)	
2021	T'Sheylah Moore Olympic	3:48.86
	Terri Gaston	
	Zyra Shivers	
	Mia Gardner	
2022	Miahly Harris Wakefield	3:54.23
	Daijon Lee	
	Landon Spencer	
	Shawnti Jackson	

3A

Tarboro	4:08.49
Southern Durham	4:00.14
Fike	4:04.29
Southern Nash	4:07.65
Dudley	4:00.62
Ben L. Smith	4:08.53
Ben L. Smith	4:09.13
Ben L. Smith	3:59.91
Hillside	4:00.96
Hillside	3:57.11
Hillside	3:56.79
Hillside	4:07.14
Parkland	3:59.47
Dudley	4:01.30
Dudley	4:00.35
Dudley	3:55.47
Weddington	4:00.13
North Buncombe	4:02.19
Marvin Ridge	4:01.96
Westover	3:57.98
Westover	3:57.59
Eastern Guilford	3:57.10
Nash Central	4:03.00
Nash Central	3:59.03
Hillside	3:52.23
Imari Deloatch Hillside	3:51.26
Shaliyah Wilkerson	
Emmayra Waters	
Alyria Johnson	
MEET CANCELLED (COVID-19 PANDEMIC)	
Weddington	3:59.72
E.E. Smith	4:06.97
Danielle Baus	
Briyana Tillman	
Armani Kee	
Holley Johnson	

2A

Cummings	4:07.34
Cummings	4:06.14
East Henderson	4:14.06
South Granville	4:05.51
North Rowan	4:14.69
Currituck	4:14.95
Holmes	4:08.96
Swansboro	4:14.28
Northern Vance	4:12.34
West Wilkes	4:07.91
Northside-Jax	4:02.21
Eastern Alamance	4:01.37
North Henderson	4:09.32
Durham School of Arts	4:10.30
Cardinal Gibbons	4:11.97
Swansboro	4:09.03
Cummings	4:08.64
Polk County	4:06.40
Polk County	4:02.37
Carrboro	4:05.12
No Record	
Newton-Conover	4:06.82
North Rowan	4:07.76
Croatan	4:07.97
Croatan	4:02.93
Ledford	4:00.23
Breanna Walls	
Skylar Payne	
Lyrik Thorne	
Samantha Payne	
MEET CANCELLED (COVID-19 PANDEMIC)	
Hope Smith	Franklin
Maria Sgro	
Hannah Angel	
Dylan Garcia	
Caroline Ingram	Pine Lake Prep
Alessia Addo	
Campbell Cupples	
Rylee Hegedus	

1A

Surry Central	4:18.16
Murphy	4:18.64
Murphy	4:19.92
Murphy	4:17.72
Cummings	4:13.96
Starmount	4:25.50
Cummings	4:12.58
Albemarle	4:08.09
Southside	4:12.86
Durham School of Arts	4:09.69
Durham School of Arts	4:12.69
West Wilkes	4:19.40
Bishop McGuinness	4:12.66
Winston-Salem Prep	4:08.85
Bishop McGuinness	4:04.48
NC Science & Math	4:08.42
Monroe	4:10.25
West Wilkes	4:11.29
Murphy	4:08.52
Elkin	4:08.99
Comm. Sch. Davidson	4:04.26
Swain County	4:16.43
Swain County	4:13.10
Polk County	4:05.81
Polk County	4:07.20
Mariah Overholt	
Marissa Twitty	
Olivia Overholt	
Izzy Jackson	
MEET CANCELLED (COVID-19 PANDEMIC)	
Tamia Johnson	Winston-Salem Prep
Dajaneen Ortiz	
Da Jonna Ortiz	
Damyja Ortiz	
Alyssa Davis	Elkin
Ragan Speer	
Sophie Welborn	
Aniya Edwards	



Women's Outdoor Track State Relay Event Champions



3200 METER RELAY

3A & 4A COMPETED JOINTLY IN 1986

4A

1986	Did Not Offer Event			
1987	Did Not Offer Event			
1988	East Mecklenburg	9:36.07		
1989	Dudley	9:29.36		
1990	Hillside	9:44.23		
1991	East Mecklenburg	9:42.31		
1992	Seventy-First	9:51.91		
1993	Cary	9:52.30		

4A

1994	East Mecklenburg	9:56.42		
1995	East Mecklenburg	9:48.96		
1996	West Mecklenburg	9:46.00		
1997	Cary	9:41.61		
1998	Watauga	9:34.07		
1999	Watauga	9:36.61		
2000	Southeast Raleigh	9:26.84		
2001	Mount Tabor	9:33.50		
2002	Mount Tabor	9:32.67		
2003	Mount Tabor	9:37.08		
2004	Southeast Raleigh	9:36.41		
2005	Green Hope	9:44.62		
2006	Myers Park	9:32.59		
2007	Northwest Guilford	9:41.38		
2008	Myers Park	9:26.09		
2009	Myers Park	9:11.20		
2010	Cary	9:18.33		
2011	Cary	9:06.17		
2012	Broughton	9:11.48		
2013	Broughton	9:10.26		
2014	Cary	9:09.58		
2015	Cary	9:14.45		
2016	Leesville Road	9:06.82		
2017	Mount Tabor	9:26.00		
2018	Cardinal Gibbons	9:26.83		
2019	Brenda Gray Myers Park	9:31.73	Maggie Springer	Chapel Hill
	Sofia Christofaro		Mara Pirone	
	Beasley Gordon		Virginia Pridgen	
	Cora Cooke		Megan Marvin	
2020	MEET CANCELLED (COVID-19 PANDEMIC)			
2021	Samantha Troup Reagan	9:12.53	Cuthbertson	9:18.25
	Brianna Cottingham			
	Bronwyn Parks			
	Gwen Parks			
2022	Lily Fierick	9:12.43	Alysia Madera	West Henderson
	Lillian Nasta		Ava Kilpatrick	
	Gabi Lassiter		Paisley Stepp	
	Alyssa Preisano		Breanna Budzinski	

3A

1986	Did Not Offer Event		
1987	Did Not Offer Event		
1988	Washington	9:54.88	
1989	Sun Valley	10:02.72	
1990	Sun Valley	10:04.21	
1991	Sun Valley	10:03.16	
1992	Sun Valley	9:55.40	
1993	Sun Valley	9:48.45	

2A

1994	West Henderson	10:06.50		
1995	Charles D. Owen	9:59.70		
1996	NC Science & Math	10:07.20		
1997	Southwest Guilford	10:13.09		
1998	Surry Central	10:19.04		
1999	North Stanly	10:33.72		
2000	Charles D. Owen	10:20.54		
2001	Brevard	10:21.21		
2002	North Henderson	10:06.08		
2003	Brevard	10:12.06		
2004	Brevard	9:54.70		
2005	West Henderson	10:03.80		
2006	Cardinal Gibbons	9:39.46		
2007	Cardinal Gibbons	10:06.39		
2008	Cardinal Gibbons	9:55.84		
2009	Cardinal Gibbons	9:57.11		
2010	Carrboro	9:46.00		
2011	Carrboro	9:49.09		
2012	Carrboro	9:48.60		
2013	Carrboro	9:42.41		
2014	NCSSM	10:03.05		
2015	East Lincoln	9:45.16		
2016	Smoky Mountain	9:54.83		
2017	First Flight	9:52.86		
2018	North Lincoln	9:48.27		
2019	Carrboro	9:54.12		
2020	MEET CANCELLED (COVID-19 PANDEMIC)			
2021	Elise Deshusses			
	Madeline Ramsden			
	Rachel Buck			
	Cora Van Raay			
	MEET CANCELLED (COVID-19 PANDEMIC)			
2022	Maggie McNinch	First Flight	10:02.79	
	Tatum Dermatas			
	Mya Salch			
	Maddy Wagner			
	Lindsey Jenkins	Polk County	9:59.89	
	Karsyn Huskey			
	Tori Thompson			
	Olivia Overholt			

1A/2A

1986	Did Not Offer Event			
1987	Did Not Offer Event			
1988	Lejeune	10:11.33		
1989	Lejeune	10:00.43		
1990	Polk County	10:04.30		
1991	Polk County	9:56.36		
1992	Polk County	10:06.70		
1993	Polk County	10:20.72		
1994	Murphy	10:36.79		
1995	Murphy	10:16.60		
1996	Murphy	10:19.09		
1997	Murphy	10:14.41		
1998	Murphy	10:15.68		
1999	Hayesville	10:30.30		
2000	Hayesville	10:29.10		
2001	Hendersonville	10:09.60		
2002	Hendersonville	9:55.25		
2003	South Stokes	10:20.64		
2004	Surry Central	10:13.70		
2005	Durham School of Arts	10:15.54		
2006	Hayesville	10:08.72		
2007	Hayesville	10:08.37		
2008	East Wilkes	9:57.28		
2009	East Wilkes	9:53.04		
2010	NC Science & Math	9:50.11		
2011	Gray Stone Day	9:52.07		
2012	Mount Airy	9:42.16		
2013	Bishop McGuinness	10:00.91		
2014	Bishop McGuinness	9:56.73		
2015	Swain County	9:51.83		
2016	Mount Airy	9:48.24		
2017	Swain County	10:10.14		
2018	Franklin Academy	10:17.96		
2019	Franklin Academy	10:26.82		
2020	MEET CANCELLED (COVID-19 PANDEMIC)			
2021	Caitlyn Burkett			
	Nicole Rafferty			
	Taylor Roberts			
	Laurel Lapish			
	MEET CANCELLED (COVID-19 PANDEMIC)			
2022	Rachel Bowers	Research Triangle	10:13.74	
	Alison McKeithan			
	McCarty Hudson			
	Victoria Swepson			
	Amaya Hicks	Swain County	10:05.85	
	Gracie Monteith			
	Mazie Helpman			
	Arizona Blankenship			