

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Event 1 Girls 4x800 Meter Relay**

FACILITY: 9:16.62 \$ 2/5/2016 Leesville Road
Butler, Winchell, Chapman, Chapman
HS Facility: 9:16.62 ! 2/5/2016 Leesville Road
Butler, Winchell, Chapman, Chapman
HOT Series: 9:51.32 % 2016 Green Hope
Hall, Jordan, Williams, Eastwood

| Team | Relay | Finals |
|----------------|-------|----------|
| Finals | | |
| 1 Ashe County | A | 11:05.87 |
| 2 North Stokes | A | 11:09.66 |
| 3 Lexington | A | 11:59.77 |
| 4 Ragsdale | A | 12:11.34 |
| 5 Parkland | A | 13:37.13 |

Event 2 Boys 4x800 Meter Relay

FACILITY: 7:50.17 \$ 3/5/2016 Meridian CC
Austin, Smith, Araiza, Hoodlebrink
HS Facility: 7:55.27 ! 1/13/2018 Green Hope
Peterson, Kehn, Epps, Delgado
HOT Series: 8:34.00 % 2017 Page
Gillespie, Willett, Shanklin, Willett

| Team | Relay | Finals |
|-----------------|-------|---------|
| Finals | | |
| 1 Ragsdale | A | 9:13.84 |
| 2 Ashe County | A | 9:18.37 |
| 3 South Iredell | A | 9:37.98 |
| 4 Parkland | A | 9:55.24 |

Event 3 Girls 55 Meter Hurdles

FACILITY: 7.70 \$ 12/19/2015 Anna Cockrell, Unattached
HS Facility: 7.70 ! 12/19/2015 Anna Cockrell, Unattached
HOT Series: 8.03 % 11/26/2019 Akala Garrett, Harding

| Name | School | Finals | H# |
|--------------------------|---------------|--------|----|
| Finals | | | |
| 1 Thompson Rowe, Alyssa | Lexington | 8.62 | 1 |
| 2 Stevenson-Damon, Jadai | Parkland | 9.04 | 1 |
| 3 Berry, Yah-Zehira | Ragsdale | 9.14 | 1 |
| 4 Rogers, Makala | North Stokes | 10.07 | 1 |
| 5 Howell, Melena | Ashe County | 10.30 | 1 |
| 6 Loyzelle, Taegan | West Davidson | 10.38 | 1 |
| 7 Mitchem, Madeline | Watauga | 10.82 | 2 |
| 8 Kilgore, Ava | Davie County | 11.00 | 2 |
| 9 Graham, Nytashia | Ragsdale | 11.10 | 2 |
| 10 Streeby, Jade | Rural Retreat | 12.20 | 2 |
| 11 Simmons, Kristie | South Iredell | 12.69 | 2 |
| 12 Rajapho, Tara | South Iredell | 12.84 | 2 |
| --- Durr, Emma | Ashe County | DQ | 1 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Event 4 Boys 55 Meter Hurdles**

FACILITY: 7.23 \$ 2/13/2016 **Marcus Krah, Hillside**
HS Facility: 7.23 ! 2/13/2016 **Marcus Krah, Hillside**
HOT Series: 7.64 % 2018 **Bryce Anthony, Ragsdale**

| Name | School | Finals | H# |
|----------------------|---------------|--------|----|
| Finals | | | |
| 1 Bowers, Samuel | Parkland | 8.45 | 1 |
| 2 Louya, Cameron | West Davidson | 8.91 | 1 |
| 3 Rajapho, Taye | South Iredell | 9.14 | 2 |
| 4 Tarlenton, Matthew | West Davidson | 9.54 | 1 |
| 5 Dugger, Isaiah | Ragsdale | 9.85 | 2 |
| 6 Perkins, Nicholas | South Iredell | 9.86 | 2 |
| 7 Smith, Adam | Davie County | 10.54 | 1 |
| 8 Davis, Kamari | Parkland | 10.69 | 1 |
| 9 Deringer, Blake | Davie County | 11.14 | 1 |
| 10 Streeby, Lachen | Rural Retreat | 11.80 | 2 |
| --- McDaniel, Caleb | Davie County | FS | 1 |

Event 5 Girls 55 Meter Dash

FACILITY: 6.89 \$ 2/11/2017 **Tamara Clark, High Point Central**
HS Facility: 6.89 ! 2/11/2017 **Tamara Clark, High Point Central**
HOT Series: 7.21 % 2018 **Alexis Patterson, Parkland**

| Name | School | Finals | H# |
|-----------------------------|---------------|--------|----|
| Finals | | | |
| 1 Thompson Rowe, Alyssa | Lexington | 7.35 | 1 |
| 2 Etchison, Ziyah | Parkland | 7.38 | 1 |
| 3 Calvin, Ziavia | Lexington | 7.40 | 1 |
| 4 Gray-Williams, Aiyana | Parkland | 7.43 | 1 |
| 5 Mumford, Ija | Parkland | 7.51 | 1 |
| 6 Stevenson-Damon, Jadai | Parkland | 7.57 | 1 |
| 7 Stuart, Lauren | Rural Retreat | 7.73 | 1 |
| 8 Fairchild, Gracie | Ashe County | 7.78 | 2 |
| 9 Hilliard, Taylor | Davie County | 7.96 | 1 |
| 10 Castellon-Ramon, Alondra | Parkland | 7.97 | 2 |
| 11 Gusler, Kirsten | South Iredell | 8.11 | 2 |
| 12 Martin, Jezik | Ashe County | 8.12 | 5 |
| 13 Kinnaman, Miranda | Watauga | 8.15 | 2 |
| 14 McIntosh, Aquariah | Lexington | 8.21 | 2 |
| 15 Williams, Isabelle | South Iredell | 8.22 | 3 |
| 16 Green, Annika | Lexington | 8.29 | 2 |
| 17 Ademosel, Folaside | Ragsdale | 8.40 | 2 |
| 17 Blevins, Allie | Ashe County | 8.40 | 4 |
| 19 Boyles, Alesia | West Stokes | 8.49 | 3 |
| 20 Kee, Danielle | Lexington | 8.52 | 4 |
| 21 Harmon, Gabby | Ashe County | 8.56 | 2 |
| 22 Crisp, Caroline | Rural Retreat | 8.74 | 4 |
| 23 Hall, Destiny | Ragsdale | 8.84 | 4 |
| 24 Danneffel, Julia | South Iredell | 8.92 | 5 |
| 25 Ellison, CeNiyah | Ragsdale | 8.98 | 3 |
| 26 Hartle, Reeghan | South Iredell | 9.03 | 4 |
| 27 Miller, Ella | Watauga | 9.15 | 5 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Finals ... (Event 5 Girls 55 Meter Dash)**

| | Name | School | Finals | H# |
|----|-----------------------|---------------|---------------|-----------|
| 28 | Rodriguez, Ruth | Davie County | 9.33 | 3 |
| 29 | Jewell-Miller, Serena | Watauga | 9.43 | 4 |
| 30 | Ostwalt, Olivia | South Iredell | 9.45 | 5 |
| 31 | Lambert, Selana | Ragsdale | 9.50 | 3 |
| 32 | McElreath, Lola | Watauga | 9.57 | 5 |
| 33 | Efird, Alyson | Ashe County | 9.82 | 4 |
| 34 | Gutierrez, Kayllie | West Davidson | 10.05 | 3 |
| 35 | Moreno, Ashlee | Watauga | 10.66 | 4 |
| 36 | Moore, Deonna | Ragsdale | 11.18 | 5 |

Event 6 Boys 55 Meter Dash

FACILITY: 6.24 \$ 2/13/2016 Cravont Charleston, Mallard Creek

HS Facility: 6.24 ! 2/13/2016 Cravont Charleston, Mallard Creek

HOT Series: 6.47 % 2015 Jeremiah Dorsey, Olympic

| | Name | School | Finals | H# |
|---------------|------------------------|---------------|---------------|-----------|
| Finals | | | | |
| 1 | Miles, Justin | Parkland | 6.73 | 1 |
| 2 | Ward, Chandler | Ragsdale | 6.77 | 5 |
| 3 | Misenheimer, Wesley | Ragsdale | 6.79 | 4 |
| 4 | Lytton, Isaiah | Davie County | 6.81 | 1 |
| 5 | Hardin, Josh | Ashe County | 6.82 | 1 |
| 6 | Stevenson, Kaleel | South Iredell | 6.87 | 6 |
| 7 | Turner, Justin | South Iredell | 6.90 | 6 |
| 8 | Lyerly, Devonte | Davie County | 6.91 | 1 |
| 9 | Bowers, Samuel | Parkland | 6.92 | 1 |
| 10 | Payne, Yu'Neeke | Lexington | 6.93 | 1 |
| 11 | Skeen, Elijah | Ragsdale | 6.93 | 1 |
| 12 | Wallace, Jeremiah | Lexington | 6.94 | 1 |
| 13 | Westmoreland, Josh | Davie County | 7.11 | 2 |
| 14 | Sizemore, Chris | Rural Retreat | 7.12 | 2 |
| 15 | Short, Dylan | Ashe County | 7.13 | 2 |
| 16 | Gentle, Tyler | West Davidson | 7.17 | 5 |
| 17 | Lewis, Ta'Vohn | West Davidson | 7.19 | 5 |
| 18 | Lingerfelt, Drew | West Davidson | 7.20 | 2 |
| 19 | Heath, Jackson | North Stokes | 7.22 | 2 |
| 20 | Clark-Kitchen, Michael | South Iredell | 7.26 | 2 |
| 21 | Potter, Torin | Ashe County | 7.27 | 2 |
| 22 | Norfleet, Nigel | Ragsdale | 7.27 | 4 |
| 23 | Hunt, Cameron | West Davidson | 7.45 | 3 |
| 24 | Streeby, Lachen | Rural Retreat | 7.45 | 2 |
| 25 | Shackelford, Haliym | Parkland | 7.48 | 3 |
| 26 | Alexander, Brighton | Rural Retreat | 7.50 | 5 |
| 27 | Elisio, Jack | South Iredell | 7.54 | 5 |
| 28 | Salinas, Tristan | Watauga | 7.62 | 4 |
| 29 | Lyons, Eli | Watauga | 7.62 | 3 |
| 30 | Mayorquin, Aaron | Lexington | 7.65 | 3 |
| 31 | Rakes, Cody | West Stokes | 7.66 | 3 |
| 32 | Worley, Andrew | Ashe County | 7.71 | 3 |
| 33 | Cruz, Jose | Ragsdale | 7.72 | 5 |
| 34 | Tran, Alex | Davie County | 7.83 | 5 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Finals ... (Event 6 Boys 55 Meter Dash)**

| Name | School | Finals | H# |
|-----------------------|---------------|--------|----|
| 35 Deringer, Blake | Davie County | 7.86 | 3 |
| 36 Mallory, Aaron | South Iredell | 7.86 | 5 |
| 37 Knotts, Ben | Ashe County | 7.92 | 3 |
| 38 Black, Zyon | Parkland | 7.94 | 4 |
| 39 Plymale, Mark | West Stokes | 7.96 | 6 |
| 40 Vaspor, Jordan | Parkland | 8.11 | 4 |
| 41 Robertson, Houston | West Stokes | 8.12 | 4 |
| 42 Glanousky, Tyler | West Davidson | 8.61 | 4 |

Event 7 Girls 4x200 Meter Relay

FACILITY: 1:39.40 \$ 2/6/2015 **Parkland**
McNeill, Sherman, Bryant, Williams

HS Facility: 1:39.40 ! 2/6/2015 **Parkland**
McNeill, Sherman, Bryant, Williams

HOT Series: 1:43.73 % 2015 **Wakefield**

Arukwe, Bygrave, Delfino, Enderle

| Team | Relay | Finals |
|-----------------|-------|---------|
| Finals | | |
| 1 Parkland | A | 1:46.54 |
| 2 Lexington | A | 1:48.98 |
| 3 Ragsdale | A | 2:03.67 |
| 4 Watauga | A | 2:04.82 |
| --- Ashe County | A | DQ |

Event 8 Boys 4x200 Meter Relay

FACILITY: 1:27.87 \$ 2/9/2019 **Southeast Raleigh**
Haddock, McRae, Ruffin, Williams

HS Facility: 1:27.87 ! 2/9/2019 **Southeast Raleigh**
Haddock, McRae, Ruffin, Williams

HOT Series: 1:32.00 % 2016 **Green Hope**

Watson, Barnes, Singh, Hoffmann

| Team | Relay | Finals |
|-----------------|-------|---------|
| Finals | | |
| 1 Davie County | A | 1:40.36 |
| 2 South Iredell | A | 1:40.40 |
| 3 Lexington | A | 1:40.45 |
| 4 Ragsdale | A | 1:40.94 |
| 5 Ashe County | A | 1:40.94 |

Event 9 Girls 1600 Meter Run

FACILITY: 4:49.79 \$ 12/20/2014 **Ryen Frazier, Unattached**

HS Facility: 4:49.78 ! 12/20/2014 **Ryen Frazier, Unattached**

HOT Series: 4:59.45 % 2015 **Anna Vess, Ragsdale**

| Name | School | Finals |
|-------------------|---------------|---------|
| Finals | | |
| 1 Broom, Laci | West Davidson | 6:14.09 |
| 2 Marston, Mia | Ragsdale | 6:41.36 |
| 3 Roberts, Landyn | Ragsdale | 6:46.68 |
| 4 Lomax, Sydney | West Davidson | 6:48.39 |
| 5 Miller, Megan | West Stokes | 6:57.07 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Finals ... (Event 9 Girls 1600 Meter Run)**

| Name | School | Finals |
|------------------------|---------------|---------|
| 6 Billings, Sherry | Ashe County | 7:03.53 |
| 7 Toflinski, Elizabeth | South Iredell | 7:17.28 |
| 8 Rodriguez, Suraya | Ragsdale | 7:23.43 |
| 9 Pradhan, Yogita | Ragsdale | 7:33.93 |
| 10 Thomas, Heather | Ashe County | 8:15.21 |
| 11 Bassett, Julia | Ashe County | 8:18.29 |

Event 10 Boys 1600 Meter Run

FACILITY: 4:14.56 \$ 2/9/2013 **Bakri Abushouk, Cary**

HS Facility: 4:14.56 ! 2/9/2013 **Bakri Abushouk, Cary**

HOT Series: 4:25.74 % 11/26/2019 **Avery Cannon, Watauga**

| Name | School | Finals | H# |
|----------------------------|---------------|---------|----|
| Finals | | | |
| 1 Cannon, Avery | Watauga | 4:28.51 | 1 |
| 2 Cannon, Ethan | Watauga | 4:52.81 | 1 |
| 3 Adkins, Jacob | West Stokes | 4:57.83 | 1 |
| 4 Rector, Grady | Ashe County | 5:16.94 | 2 |
| 5 Howell, Conner | Ashe County | 5:20.86 | 1 |
| 6 McConnell, Matthew | South Iredell | 5:21.96 | 2 |
| 7 Marston, Matt | Ragsdale | 5:25.44 | 1 |
| 8 Festa, Zander | North Stokes | 5:27.08 | 1 |
| 9 Zmijewski, Andrew | South Iredell | 5:35.80 | 2 |
| 10 Cox, Mathanael | Watauga | 5:37.48 | 1 |
| 11 Karbo, Kevin | South Iredell | 5:38.14 | 2 |
| 12 Jenkins, Cesar | Ragsdale | 5:40.35 | 2 |
| 13 Taylor, Isaiah | South Iredell | 5:41.26 | 2 |
| 14 Carpenter, Dylan | Ashe County | 5:41.60 | 2 |
| 15 Garcia-Benavides, Jesus | Parkland | 5:46.88 | 2 |
| 16 Roten, Josh | Ashe County | 5:49.65 | 1 |
| 17 Niczad, Kian | Ragsdale | 5:52.08 | 2 |
| 18 Rupp, Oliver | Watauga | 5:52.27 | 1 |
| 19 Young, Jacob | South Iredell | 5:54.50 | 2 |
| 20 Walser, Bretten | West Davidson | 6:41.14 | 2 |

Event 11 Girls 500 Meter Run

FACILITY: 1:11.90 \$ 1/5/2019 **Kayla Davis, Unattached**

HS Facility: 1:11.90 ! 1/5/2019 **Kayla Davis, Unattached**

HOT Series: 1:17.60 % 11/26/2019 **Akala Garrett, Harding**

| Name | School | Finals | H# |
|--|---------------|---------|----|
| Finals | | | |
| 1 Smith, Malaysia | Lexington | 1:28.83 | 1 |
| 2 Franco, Sierra | Parkland | 1:32.82 | 1 |
| 3 Peoples, Anhai | Lexington | 1:35.55 | 1 |
| 4 Crisp, Caroline 1:44.177 (1:44.177) | Rural Retreat | 1:37.14 | 3 |
| 5 Overby, Rachel | North Stokes | 1:37.16 | 2 |
| 6 Streeby, Jade | Rural Retreat | 1:37.24 | 1 |
| 7 Edmond, Makayla | Parkland | 1:37.30 | 2 |
| 8 McClure, Abby | Ashe County | 1:37.59 | 2 |
| 9 Selassie, Jukiah | Parkland | 1:39.38 | 2 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Finals ... (Event 11 Girls 500 Meter Run)**

| | Name | School | Finals | H# |
|----|-------------------|--------------|---------|----|
| 10 | Washington, Kiana | Parkland | 1:42.93 | 2 |
| 11 | Barnes, Ni'Keisia | Lexington | 1:43.75 | 1 |
| 12 | Conway, Marlane | Ragsdale | 1:44.18 | 3 |
| 13 | Stevens, Lydia | North Stokes | 1:44.93 | 3 |
| 14 | Shaw, Alana | North Stokes | 1:45.37 | 2 |
| 15 | Bingman, Emma | North Stokes | 1:45.92 | 2 |
| 16 | Coleman, Destiny | Parkland | 1:47.22 | 1 |
| 17 | Rodriguez, Suraya | Ragsdale | 1:54.22 | 3 |
| 18 | Pradhan, Yogita | Ragsdale | 1:57.42 | 3 |

Event 12 Boys 500 Meter Run

FACILITY: 1:02.36 \$ 12/17/2016 **Chantz Sawyers, Unattached**
HS Facility: 1:02.36 ! 12/17/2016 **Chantz Sawyers, Unattached**
HOT Series: 1:06.53 % 2016 **William Hoffmann, Green Hope**

| | Name | School | Finals | H# |
|---------------|------------------|---------------|---------|----|
| Finals | | | | |
| 1 | Dowell, Chandler | Parkland | 1:15.87 | 1 |
| 2 | Cope, Ransom | Ragsdale | 1:15.95 | 2 |
| 3 | Heath, Jackson | North Stokes | 1:16.35 | 1 |
| 4 | Battle, Zion | South Iredell | 1:16.58 | 2 |
| 5 | Davis, Kamari | Parkland | 1:19.14 | 1 |
| 6 | Adkins, Jacob | West Stokes | 1:19.47 | 2 |
| 7 | Thuong, Seth | Lexington | 1:21.91 | 1 |
| 8 | Worley, Andrew | Ashe County | 1:21.92 | 1 |
| 9 | Frost, Quentin | Davie County | 1:22.47 | 2 |
| 10 | Reyes, Brian | Davie County | 1:22.82 | 2 |
| 11 | Cruz, Jose | Ragsdale | 1:26.52 | 2 |
| 12 | Garcia, Joey | South Iredell | 1:33.29 | 2 |
| 13 | Patel, Vanash | Ragsdale | 1:33.30 | 2 |
| 14 | Patel, Karan | Ragsdale | 1:36.32 | 2 |
| --- | Farmer, Noah | Ashe County | DNF | 1 |

Event 13 Girls 1000 Meter Run

FACILITY: 2:48.32 \$ 2/2/2019 **Hannah Segrave, New Balance**
HS Facility: 2:53.81 ! 2/14/2015 **Nevada Mareno, Leesville Road**
HOT Series: 2:58.73 % 2016 **Elly Henes, Green Hope**

| | Name | School | Finals |
|---------------|-------------------------|---------------|---------|
| Finals | | | |
| 1 | Fowler, Riley | Watauga | 3:20.06 |
| 2 | Hemric, Abigail | North Stokes | 3:24.45 |
| 3 | Young, Kylie | South Iredell | 3:39.00 |
| 4 | Bollman, Moriah | Watauga | 3:49.55 |
| 5 | Marston, Mia | Ragsdale | 3:59.58 |
| 6 | O'Niel, Carlie | South Iredell | 4:00.82 |
| 7 | Hays, Madeline | Watauga | 4:06.92 |
| 8 | Ochoa-Caceres, Gabriela | Parkland | 4:09.58 |
| 9 | Lucas, Piper | South Iredell | 4:13.16 |
| 10 | Hawkins, Jenna | South Iredell | 4:23.21 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Event 14 Boys 1000 Meter Run**

FACILITY: 2:27.47 \$ 12/1/2012 **Thomas Bojanowski, Wake Forest**
HS Facility: 2:28.85 ! 2/8/2019 **Kyle Durham, Weddington**
HOT Series: 2:35.39 % 2017 **Ian Shanklin, Page**

| Name | School | Finals | H# |
|---------------------------|---------------|---------|----|
| Finals | | | |
| 1 Cox, Caleb | Watauga | 2:56.35 | 1 |
| 2 McConnell, Matthew | South Iredell | 3:07.25 | 2 |
| 3 Hunt, Cameron | West Davidson | 3:14.01 | 1 |
| 4 Cary, Joseph | Ashe County | 3:17.90 | 1 |
| 5 Blevins, Trent | Ashe County | 3:19.27 | 1 |
| 6 Powers, Gabe | Ashe County | 3:23.20 | 2 |
| 7 Carpenter, Dylan | Ashe County | 3:24.55 | 2 |
| 8 Garcia-Benavides, Jesus | Parkland | 3:24.66 | 1 |
| 9 Bishop, Nathan | Watauga | 3:24.74 | 1 |
| 10 Collins, Rush | Ragsdale | 3:24.91 | 2 |
| 11 Jenkins, Cesar | Ragsdale | 3:26.65 | 2 |
| 12 Knight, Steven | Watauga | 3:31.73 | 1 |
| 13 Patel, Karan | Ragsdale | 3:52.29 | 2 |
| --- Sheridan, Taky | Parkland | DNF | 1 |

Event 15 Girls 300 Meter Dash

FACILITY: 37.81 \$ 2/11/2017 **Tamara Clark, High Point Central**
HS Facility: 37.81 ! 2/11/2017 **Tamara Clark, High Point Central**
HOT Series: 39.19 % 2015 **Charla Ward, Ragsdale**

| Name | School | Finals | H# |
|----------------------------|---------------|--------|----|
| Finals | | | |
| 1 Etchison, Ziyah | Parkland | 42.65 | 1 |
| 2 Gray-Williams, Aiyana | Parkland | 44.07 | 1 |
| 3 Stuart, Lauren | Rural Retreat | 45.58 | 1 |
| 4 Castellon-Ramon, Alondra | Parkland | 46.40 | 2 |
| 5 Fairchild, Gracie | Ashe County | 46.47 | 2 |
| 6 Rogers, Makala | North Stokes | 47.65 | 2 |
| 7 Hilliard, Taylor | Davie County | 47.71 | 3 |
| 8 Green, Annika | Lexington | 48.06 | 1 |
| 9 Acevedo, Claudia | Ashe County | 48.53 | 3 |
| 10 Loyzelle, Taegan | West Davidson | 48.80 | 3 |
| 11 Powers, Maggie | Ashe County | 48.90 | 3 |
| 12 McIntosh, Aquariah | Lexington | 49.05 | 2 |
| 13 VanBuren, Hannah | South Iredell | 49.36 | 7 |
| 14 Kinnaman, Miranda | Watauga | 50.20 | 4 |
| 15 Russell, Josie | Ashe County | 50.84 | 4 |
| 16 Crisp, Caroline | Rural Retreat | 51.03 | 6 |
| 17 Patterson, Emma | Davie County | 51.19 | 4 |
| 18 Durr, Emma | Ashe County | 51.75 | 7 |
| 19 Streeby, Jade | Rural Retreat | 51.82 | 5 |
| 20 Kee, Danielle | Lexington | 52.48 | 5 |
| 21 Boyles, Alesia | West Stokes | 52.64 | 4 |
| 22 Watlington, Kaila | Parkland | 53.62 | 4 |
| 23 Bingman, Emma | North Stokes | 54.00 | 5 |
| 24 Hall, Destiny | Ragsdale | 54.03 | 7 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Finals ... (Event 15 Girls 300 Meter Dash)**

| | Name | School | Finals | H# |
|----|-----------------------|---------------|---------------|-----------|
| 25 | Kilgore, Ava | Davie County | 54.38 | 5 |
| 26 | Miller, Ella | Watauga | 54.58 | 6 |
| 27 | Osornio, Lizbet | Davie County | 54.74 | 6 |
| 28 | Jewell-Miller, Serena | Watauga | 54.86 | 7 |
| 29 | Miller, Megan | West Stokes | 55.12 | 5 |
| 30 | McElreath, Lola | Watauga | 56.94 | 6 |
| 31 | Shaw, Alana | North Stokes | 57.00 | 5 |
| 32 | Edwards, Emily | North Stokes | 57.56 | 6 |
| 33 | Rodriguez, Ruth | Davie County | 59.33 | 7 |
| 34 | Moreno, Ashlee | Watauga | 1:06.95 | 7 |

Event 16 Boys 300 Meter Dash

FACILITY: 33.85 \$ 2/7/2015 Ryan Clark, Unattached
HS Facility: 33.85 ! 2/7/2015 Ryan Clark, Unattached
HOT Series: 35.44 % 2016 Bryson Godfrey, Alexander Central

| | Name | School | Finals | H# |
|---------------|---------------------|---------------|---------------|-----------|
| Finals | | | | |
| 1 | Hardin, Josh | Ashe County | 36.75 | 1 |
| 2 | Miles, Justin | Parkland | 37.26 | 1 |
| 3 | Payne, Yu'Neeke | Lexington | 38.62 | 1 |
| 4 | Dugger, Isaiah | Ragsdale | 39.61 | 6 |
| 5 | Lingerfelt, Drew | West Davidson | 39.71 | 1 |
| 6 | Pennington, Ethan | Ashe County | 40.15 | 2 |
| 7 | Streeby, Lachen | Rural Retreat | 40.49 | 2 |
| 8 | Lewis, Ta'Vohn | West Davidson | 40.54 | 3 |
| 9 | Heath, Jackson | North Stokes | 40.64 | 2 |
| 10 | Bowers, Samuel | Parkland | 40.92 | 1 |
| 11 | Sizemore, Chris | Rural Retreat | 41.00 | 4 |
| 12 | Festa, Zander | North Stokes | 41.16 | 3 |
| 13 | Gentle, Tyler | West Davidson | 41.23 | 2 |
| 14 | Lyerly, Devonte | Davie County | 41.34 | 2 |
| 15 | Lytton, Isaiah | Davie County | 41.74 | 5 |
| 16 | Rakes, Cody | West Stokes | 42.08 | 4 |
| 17 | Westmoreland, Josh | Davie County | 42.12 | 3 |
| 18 | Lyons, Eli | Watauga | 42.24 | 4 |
| 19 | Adkins, Jacob | West Stokes | 42.61 | 3 |
| 20 | Carmichael, Tyrell | Ragsdale | 42.86 | 7 |
| 21 | Trivette, Trent | Ashe County | 42.96 | 6 |
| 22 | Mayorquin, Aaron | Lexington | 43.02 | 3 |
| 23 | Lester, Josiah | Ragsdale | 43.05 | 7 |
| 24 | Shackelford, Haliym | Parkland | 43.35 | 5 |
| 25 | Tarlenton, Matthew | West Davidson | 43.61 | 4 |
| 26 | Smith, Adam | Davie County | 43.90 | 4 |
| 27 | Rogers, Justin | North Stokes | 44.24 | 5 |
| 28 | Robertson, Houston | West Stokes | 45.98 | 5 |
| 29 | Slade, Jaylen | Ragsdale | 46.33 | 6 |
| 30 | Knotts, Ben | Ashe County | 46.88 | 5 |
| 31 | Vaspor, Jordan | Parkland | 51.58 | 5 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Event 17 Girls 3200 Meter Run**

FACILITY: 10:30.72 \$ 11/23/2019 **Carmen Alder, Pinecrest**
HS Facility: 10:30.73 ! 11/23/2019 **Carmen Alder, Pinecrest**
HOT Series: 11:05.79 % 2014 **Caroline Yarbrough, Page**

| Name | School | Finals |
|--------------------|--------------|----------|
| Finals | | |
| 1 Overby, Rachel | North Stokes | 13:07.09 |
| 2 Hemric, Abigail | North Stokes | 14:24.44 |
| 3 Stevens, Lydia | North Stokes | 14:25.98 |
| 4 Roberts, Landyn | Ragsdale | 15:02.20 |
| 5 Billings, Sherry | Ashe County | 15:31.89 |

Event 18 Boys 3200 Meter Run

FACILITY: 8:59.67 \$ 2/6/2015 **Drew Hunter, Unattached**
HS Facility: 8:59.67 ! 2/6/2015 **Drew Hunter, Unattached**
HOT Series: 9:48.79 % 2016 **Ben Savino, Apex**

| Name | School | Finals |
|---------------------|---------------|----------|
| Finals | | |
| 1 Howell, Conner | Ashe County | 11:43.54 |
| 2 Zmijewski, Andrew | South Iredell | 12:05.66 |
| 3 Farmer, Noah | Ashe County | 12:42.71 |
| 4 Crelin, Colton | South Iredell | 12:47.55 |
| 5 Tang, Elijah | South Iredell | 13:58.47 |
| 6 Niczad, Kian | Ragsdale | 14:11.34 |
| 7 Fetch, Andrew | South Iredell | 14:23.08 |

Event 19 Girls 4x400 Meter Relay

FACILITY: 3:41.61 \$ 1/30/2016 **GW Express/Nike**
HS Facility: 3:48.73 ! 2/11/2017 **Cox, Borwn, Dorr, Haye-Smith**
HOT Series: 3:58.31 % 2015 **High Point Central**
Creary, Gidderon, McPhail, Clark
Wakefield
Bygrave, Ward, Robinson, Medley

| Team | Relay | Finals |
|---------------|-------|---------|
| Finals | | |
| 1 Lexington | A | 4:24.87 |
| 2 Ashe County | A | 4:41.48 |
| 3 Parkland | A | 4:51.35 |
| 4 Watauga | A | 5:06.47 |
| 5 Ragsdale | A | 5:11.62 |

Event 20 Boys 4x400 Meter Relay

FACILITY: 3:11.12 \$ 1/31/2015 **GW Express/Nike**
HS Facility: 3:21.10 ! 2/8/2014 **Hyatt, Bingham, Gibson, Jackson**
HOT Series: 3:36.00 % 2014 **Aikens, Harvey, Johnson, Johnson**
Neale, Popek, Boykins, Fulmore

| Team | Relay | Finals |
|---------------|-------|---------|
| Finals | | |
| 1 Ashe County | A | 3:42.82 |
| 2 Parkland | A | 3:48.55 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Finals ... (Event 20 Boys 4x400 Meter Relay)**

| Team | Relay | Finals |
|-------------|-------|---------|
| 3 Lexington | A | 3:53.37 |
| 4 Ragsdale | A | 3:59.94 |
| 5 Watauga | A | 4:10.98 |

Event 21 Girls High Jump

FACILITY: 1.88m \$ 3/15/2014 **Barbara Szabo, Western State**
HS Facility: 73.00m ! 2/9/2019 **Morgan Smalls, Panther Creek**
HOT Series: 5-02 % 2014 **Jada Bojo, Ragsdale**

| Name | School | Finals |
|--------------------|---------------|-------------|
| Finals | | |
| 1 Loyzelle, Taegan | West Davidson | J4-08.00 \$ |
| 2 Graham, Nytashia | Ragsdale | J4-06.00 \$ |
| 3 Hilliard, Taylor | Davie County | J4-04.00 \$ |
| 4 Frayer, Trinity | South Iredell | J4-04.00 \$ |
| 5 Hewitt, Nora | West Davidson | J4-02.00 \$ |
| 6 Streeby, Jade | Rural Retreat | J4-02.00 \$ |
| --- Nix, Sarah | South Iredell | NH |

Event 22 Boys High Jump

FACILITY: 2.24m \$ 12/1/2012 **Kris Kornegay-Gober, NC State**
HS Facility: 83.00m ! 2/14/2015 **Christopher Garrick, Marvin Ridge**
HOT Series: 6-02 % 2017 **Stephon Dalton, Davie County**

| Name | School | Finals |
|---------------------|---------------|-------------|
| Finals | | |
| 1 Cuthrel, Isaiah | Davie County | 5-10.00 \$ |
| 2 Warstler, Josh | West Davidson | J5-08.00 \$ |
| 3 Rector, Grady | Ashe County | J5-08.00 \$ |
| 4 Ward, Chandler | Ragsdale | 5-06.00 \$ |
| 5 Hendrix, Chris | Ragsdale | J5-02.00 \$ |
| 6 Skeen, Elijah | Ragsdale | J5-02.00 \$ |
| --- Deringer, Blake | Davie County | NH |
| --- Sizemore, Chris | Rural Retreat | NH |
| --- Slade, Jaylen | Ragsdale | NH |
| --- Elisio, Jack | South Iredell | NH |

Event 23 Girls Pole Vault

FACILITY: 4.61m \$ 1/30/2016 **Katie Nageotte, Unattached**
HS Facility: 157.00m ! 1/10/2019 **Lindsay Absher, West Forsyth**
HOT Series: 12-00 % 2015 **Chesney Ward, Ragsdale**

| Name | School | Finals |
|---------------------|--------------|--------------|
| Finals | | |
| 1 Nelsen, Ella | Watauga | J10-00.00 \$ |
| 2 Goode, Sarah | Watauga | J10-00.00 \$ |
| 3 Howell, Melena | Ashe County | J8-00.00 \$ |
| 4 Bingman, Emma | North Stokes | J6-06.00 \$ |
| 5 Phanamchan, Gina | Ragsdale | J6-06.00 \$ |
| 6 Vasasin, Jessie | Ragsdale | J6-00.00 \$ |
| 7 Sprinkle, Tessa | North Stokes | J6-00.00 \$ |
| 8 Conway, Marlane | Ragsdale | J5-00.00 \$ |
| --- Patterson, Emma | Davie County | NH |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Event 24 Boys Pole Vault**

FACILITY: 5.46m \$ 2/2/2019 **Scott Houston, Unattached**
HS Facility: 192.75m ! 2/4/2012 **Jeffrey Linta, N. Myrtle Beach**
HOT Series: 15-00 % **Popek, Utecht, Ragsdale, Apex**

| Name | School | Finals |
|-----------------------|-------------|-------------|
| Finals | | |
| 1 Ward, Chandler | Ragsdale | 14-00.00 \$ |
| 2 Coatney, Henry | Watauga | 12-00.00 \$ |
| 3 Misenheimer, Wesley | Ragsdale | 11-00.00 \$ |
| 4 Lester, Josiah | Ragsdale | J8-00.00 \$ |
| 4 Potter, Torin | Ashe County | J8-00.00 \$ |
| 4 Valdes, Kevin | Ragsdale | J8-00.00 \$ |
| 7 Skeen, Elijah | Ragsdale | J8-00.00 \$ |

Event 25 Girls Long Jump

FACILITY: 6.25m \$ **Julienne McKee, Kate Hall, Unattached**
HS Facility: 239.25m ! 2/9/2019 **Morgan Smalls, Panther Creek**
HOT Series: 18-02 % 2018 **Ija Mumford, Parkland**

| Name | School | Finals | H# |
|-----------------------------|---------------|-------------|----|
| Finals | | | |
| 1 Mumford, Ija | Parkland | 17-06.75 \$ | 2 |
| 2 Etchison, Ziyah | Parkland | 16-10.25 \$ | 2 |
| 3 Stuart, Lauren | Rural Retreat | 16-05.75 \$ | 2 |
| 4 Stevenson-Damon, Jadai | Parkland | 15-07.25 \$ | 2 |
| 5 Gusler, Kirsten | South Iredell | 15-06.00 \$ | 2 |
| 6 Berry, Yah-Zehira | Ragsdale | 15-03.50 \$ | 1 |
| 7 Gray-Williams, Aiyana | Parkland | 15-02.50 \$ | 2 |
| 8 Shabazz, Amirah | Ragsdale | 14-08.75 \$ | 1 |
| 9 Martin, Jezik | Ashe County | 14-03.50 \$ | 2 |
| 10 Ademosel, Folaside | Ragsdale | 14-03.25 \$ | 2 |
| 11 Dailey, Kate | Watauga | 13-09.00 \$ | 2 |
| 12 Green, Annika | Lexington | 13-06.25 \$ | 2 |
| 13 Frayer, Trinity | South Iredell | 13-05.75 \$ | 1 |
| 14 Hardy, Cheyenne - Taylor | Ragsdale | 13-02.25 \$ | 2 |
| 15 Blevins, Allie | Ashe County | 13-01.75 \$ | 1 |
| 16 Rodden, Emily | South Iredell | 12-11.75 \$ | 1 |
| 17 Horine, Grace | Watauga | 12-06.75 \$ | 1 |
| 18 Ashley, Jernee | Ashe County | 12-02.25 \$ | 1 |
| 19 Rothrock, Lydia | Watauga | 12-00.50 \$ | 1 |
| 20 Russell, Josie | Ashe County | 11-11.00 \$ | 1 |
| 21 Crisp, Caroline | Rural Retreat | 11-07.75 \$ | 1 |
| 22 Pryor, Bethany | Watauga | 10-07.75 \$ | 1 |

Event 26 Boys Long Jump

FACILITY: 7.81m \$ 11/16/2013 **Mikese Morse, Unattached**
HS Facility: 293.50m ! 2/9/2019 **Eric Haddock, Southeast Raleigh**
HOT Series: 22-00 % 2019 **Dustin Blevins, West Stokes**

| Name | School | Finals | H# |
|----------------------|--------------|-------------|----|
| Finals | | | |
| 1 Carmichael, Tyrell | Ragsdale | 20-04.25 \$ | 2 |
| 2 Cuthrel, Isaiah | Davie County | 19-06.50 \$ | 2 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Finals ... (Event 26 Boys Long Jump)**

| Name | School | Finals | H# |
|------------------------|---------------|-------------|----|
| 3 Stevenson, Kaleel | South Iredell | 19-00.75 \$ | 1 |
| 4 Norfleet, Nigel | Ragsdale | 18-06.50 \$ | 2 |
| 5 Streeby, Lachen | Rural Retreat | 17-04.00 \$ | 2 |
| 6 Salinas, Tristan | Watauga | 16-00.00 \$ | 1 |
| 7 Dugger, Isaiah | Ragsdale | 15-04.25 \$ | 2 |
| 8 Mallory, Aaron | South Iredell | 15-03.75 \$ | 1 |
| 9 Rogers, Justin | North Stokes | 15-03.25 \$ | 2 |
| 10 Alexander, Brighton | Rural Retreat | 15-03.00 \$ | 2 |
| 11 Frost, Quentin | Davie County | 15-00.00 \$ | 1 |
| 12 Benoit, Jack | South Iredell | 12-00.75 \$ | 1 |
| --- Cruz, Jose | Ragsdale | FOUL | 2 |
| --- Slade, Jaylen | Ragsdale | FOUL | 1 |

Event 27 Girls Triple Jump

FACILITY: 13.08m \$ 2/2/2019

HS Facility: 501.75m ! 2/9/2019

HOT Series: 38-02 % 2019

Imani Oliver, Unattached

Morgan Smalls, Southeast Raleigh

Ija Mumford, Parkland

| Name | School | Finals |
|----------------------------|---------------|--------------|
| Finals | | |
| 1 Mumford, Ija | Parkland | 36-05.50 \$ |
| 2 Rogers, Makala | North Stokes | 33-08.25 \$ |
| 3 Shabazz, Amirah | Ragsdale | 32-00.00 \$ |
| 4 Stuart, Lauren | Rural Retreat | 31-07.75 \$ |
| 5 Horine, Grace | Watauga | 31-04.50 \$ |
| 6 Rodden, Emily | South Iredell | 31-03.25 \$ |
| 7 Martin, Jezik | Ashe County | J30-00.00 \$ |
| 8 VanBuren, Hannah | South Iredell | J30-00.00 \$ |
| 9 Hardy, Cheyenne - Taylor | Ragsdale | 29-06.00 \$ |
| 10 Frayer, Trinity | South Iredell | 29-03.50 \$ |
| --- Coleman, Destiny | Parkland | FOUL |
| --- Pryor, Bethany | Watauga | FOUL |
| --- Ashley, Jernee | Ashe County | FOUL |
| --- Dailey, Kate | Watauga | FOUL |
| --- Rothrock, Lydia | Watauga | FOUL |

Event 28 Boys Triple Jump

FACILITY: 15.85m \$ 2/3/2018

HS Facility: 598.25m ! 2/9/2019

HOT Series: 44-04 % 2019

Michael Tiller, Unattached

Eric Haddock, Southeast Raleigh

Dustin Blevins, West Stokes

| Name | School | Finals |
|-----------------------|---------------|-------------|
| Finals | | |
| 1 Carmichael, Tyrell | Ragsdale | 39-01.25 \$ |
| 2 Norfleet, Nigel | Ragsdale | 38-06.00 \$ |
| 3 Sizemore, Chris | Rural Retreat | 37-10.00 \$ |
| 4 Rector, Grady | Ashe County | 37-09.25 \$ |
| 5 Hardin, Josh | Ashe County | 35-11.00 \$ |
| 6 Salinas, Tristan | Watauga | 35-01.50 \$ |
| 7 Alexander, Brighton | Rural Retreat | 31-01.50 \$ |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Event 29 Girls Shot Put**

FACILITY: 16.80m \$ 2/18/2017 **Amber Monroe, Unattached**
HS Facility: 644.25m ! 12/21/2013 **Raven Saunders, Unattached**
HOT Series: 39-01.50 % 2019 **Samantha Ennis, Northwood**

| Name | School | Finals | H# |
|-----------------------|---------------|-------------|----|
| Finals | | | |
| 1 Hope, Naliah | Ragsdale | 33-08.00 \$ | 2 |
| 2 Ellison, CeNiyah | Ragsdale | 32-09.00 \$ | 2 |
| 3 Stanbery, Josie | North Stokes | 30-03.00 \$ | 2 |
| 4 Wright, Maliya | North Stokes | 27-08.00 \$ | 1 |
| 5 Bowlin, Macy | Ashe County | 27-01.00 \$ | 2 |
| 6 Ashley, Jernee | Ashe County | 26-03.00 \$ | 2 |
| 7 Long, Monica | Davie County | 25-07.00 \$ | 2 |
| 8 Rodden, Emily | South Iredell | 24-03.00 \$ | 2 |
| 9 Abrams, Madison | Davie County | 23-01.00 \$ | 1 |
| 10 Goodman, Chloe | Ashe County | 22-09.00 \$ | 2 |
| 11 Willis, Jenna | West Davidson | 22-05.00 \$ | 2 |
| 12 Henrickson, Kara | West Davidson | 21-06.00 \$ | 2 |
| 13 Julian, Terran | Watauga | 21-04.00 \$ | 2 |
| 14 Lambert, Selana | Ragsdale | 20-09.00 \$ | 1 |
| 15 Turbyfill, Allison | Watauga | 20-07.00 \$ | 1 |
| 16 Moore, Deonna | Ragsdale | 20-06.00 \$ | 1 |
| 17 Frierson, Devan | Watauga | 19-07.00 \$ | 1 |
| 18 Moreno, Emily | Davie County | 19-05.00 \$ | 2 |
| 19 Edwards, Emily | North Stokes | 19-01.00 \$ | 1 |
| 20 Hampton, Leah | Watauga | 18-05.00 \$ | 1 |
| 21 Drummond, Devin | Watauga | 17-11.00 \$ | 1 |
| 22 Gooding, Faith | West Davidson | 17-09.00 \$ | 1 |
| 23 Redmond, Akira | Davie County | 17-00.00 \$ | 1 |
| 24 Swink, Katie | West Davidson | 16-09.00 \$ | 1 |

Event 30 Boys Shot Put

FACILITY: 19.50m \$ 3/15/2014 **Wesley Lavong, Adams State**
HS Facility: 765.25m ! 1/27/2018 **Joshua Sobota, Unattached**
HOT Series: 52-04 % 2015 **Taylor Chetney, Ragsdale**

| Name | School | Finals | H# |
|------------------------|---------------|-------------|----|
| Finals | | | |
| 1 McCloud, Earnest | Ragsdale | 46-06.00 \$ | 1 |
| 2 Norman, Bishop | Davie County | 37-07.00 \$ | 2 |
| 3 Warstler, Josh | West Davidson | 37-06.00 \$ | 2 |
| 4 Miller, Isaac | Ashe County | 37-01.00 \$ | 2 |
| 5 Black, Zyon | Parkland | 36-05.00 \$ | 2 |
| 6 Morales Lopez, Oseas | North Stokes | 36-03.00 \$ | 2 |
| 7 Plymale, Mark | West Stokes | 35-05.00 \$ | 2 |
| 8 Valdes, Kevin | Ragsdale | 34-08.00 \$ | 2 |
| 9 Emswiler, Aiden | North Stokes | 32-09.00 \$ | 2 |
| 10 Davis, Shelton | Parkland | 30-01.00 \$ | 2 |
| 11 Sink, Trent | West Davidson | 28-06.00 \$ | 1 |
| 12 Glanousky, Tyler | West Davidson | 28-04.00 \$ | 1 |
| 13 Hemric, Reed | North Stokes | 26-10.00 \$ | 1 |
| 14 Townsend, Gavin | Davie County | 26-00.00 \$ | 1 |

H.O.T. Chocolate - 12/9/2019**JDL Fast Track****Results****Finals ... (Event 30 Boys Shot Put)**

| | Name | School | Finals | H# |
|----|-----------------|---------------|---------------|-----------|
| 15 | Tevepough, Jake | South Iredell | 25-07.00 \$ | 1 |
| 16 | Calhoun, Jacob | Ashe County | 22-11.00 \$ | 1 |
| 17 | Knotts, Ben | Ashe County | 20-03.00 \$ | 1 |
| 18 | Palmeter, Jadon | South Iredell | 19-02.00 \$ | 1 |

Women - Team Rankings - 15 Events Scored

| | | | |
|------------------|-----|------------------|----|
| 1) Parkland | 117 | 2) Ragsdale | 89 |
| 3) North Stokes | 78 | 4) Lexington | 67 |
| 5) Watauga | 51 | 6) Ashe County | 50 |
| 7) West Davidson | 32 | 8) Rural Retreat | 30 |
| 9) South Iredell | 25 | 10) Davie County | 11 |
| 11) West Stokes | 4 | | |

Men - Team Rankings - 15 Events Scored

| | | | |
|------------------|-----|-----------------|-----|
| 1) Ragsdale | 140 | 2) Ashe County | 103 |
| 3) South Iredell | 70 | 4) Parkland | 61 |
| 5) Watauga | 46 | 6) Davie County | 44 |
| 7) West Davidson | 38 | 8) Lexington | 20 |
| 9) Rural Retreat | 14 | 10) West Stokes | 11 |
| 11) North Stokes | 10 | | |