

Polar Express - 12/3/2021**JDL Fast Track****Results****Event 1 Girls 4x800 Meter Relay**

Facility: 9:16.62 \$ 2/5/2016 , Leesville Road
 Butler, Chapman, Chapman, Winchel
 HS Facility: 9:16.62 ! 2/5/2016 , Leesville Road
 Butler, Chapman, Chapman, Winchel

Team	Relay	Finals
Finals		
1 Heritage	A	10:17.53
2 Middle Creek	A	10:18.26
3 Holly Springs	A	10:39.47
4 Apex Friendship	A	10:47.25
5 Green Level	A	11:22.30
6 Cary	A	12:10.85

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
 Petersen, Kehn, Epps, Delgado

Team	Relay	Finals
Finals		
1 Apex Friendship	A	8:37.58
2 Holly Springs	A	8:52.91
3 Green Level	A	9:27.13
4 Middle Creek	A	9:27.54
5 Apex	A	9:37.19
6 Millbrook	A	9:37.34
7 Green Hope	A	9:44.24
8 Enloe	A	9:48.45
9 Cary	A	11:26.69

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

Name	Yr	School	Finals	H#
Finals				
1 Alexa Nestor	11	Green Level	8.41	3
2 Jayda Lewis	9	Panther Creek	8.89	3
3 Lena Richardson	11	Panther Creek	9.14	3
4 Kendall Rowland	12	Cardinal Gibbons	9.62	3
5 Mia Hazelett	10	Apex	9.97	3
6 Sarah Kuller	12	Sanderson	10.14	1
7 Sophia Heskamp	11	Sanderson	10.29	1
8 A'Mauri Anderson	10	Millbrook	10.32	1
9 Nya Folk		Cardinal Gibbons	10.36	1
10 Lauryn Taylor	12	Green Level	10.45	2
11 Jordan Henderson	9	Heritage	10.76	2
12 Avelina Doucette	9	Panther Creek	10.92	2
13 Jammie Smith	12	Middle Creek	11.14	3
14 Grace Kester	10	Apex	11.24	2
15 Shelby Postrk-Bradley	12	Enloe	11.26	1

Polar Express - 12/3/2021**JDL Fast Track****Results****Finals ... (Event 3 Girls 55 Meter Hurdles)**

Name	Yr	School	Finals	H#
16 Hannah Webber	10	Millbrook	12.25	2
17 Hannah Durham	12	Green Level	12.49	1
--- Laila Morris		Enloe	DNF	2

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

Name	Yr	School	Finals	H#
Finals				
1 Jack McGrath	10	Panther Creek	8.95	2
2 Jeremiah Oluka	9	Green Level	9.17	1
3 Jameson Hill	12	Middle Creek	9.31	2
4 Toby Alain	10	Panther Creek	9.56	2
5 Neil Batra	12	Apex	9.98	2
6 Garrett Fox		Apex	10.22	1
7 Parker Scoglio	10	Panther Creek	10.58	2
8 Nigel Best	9	Enloe	11.10	1
9 Jason Hernandez	12	Enloe	11.13	1
--- Timothy Richardson		Knightdale	DNF	2

Event 5 Girls 55 Meter Dash

Facility: 6.87 \$ 11/20/2021 Kaniya Johnson, High Point Central

HS Facility: 6.87 ! 11/20/2021 Kaniya Johnson, Unattached

Name	Yr	School	Finals	H#
Finals				
1 Laveyah Hill	12	Green Level	7.51	5
2 Hailey Juhasz		Cardinal Gibbons	7.58	5
3 Jayda Lewis	9	Panther Creek	7.61	3
4 Ellie Bowman	11	Cardinal Gibbons	7.70	1
5 Sydney Petersen	10	Holly Springs	7.74	5
6 Alana Daily	10	Green Level	7.75	5
7 Kelly MacBride	9	Panther Creek	7.77	3
8 Haile Clayton	12	Apex Friendship	7.78	4
9 Jayden Henderson	10	Cary	7.83	5
10 Hope Troiano	12	Green Hope	7.84	4
11 Ky Nelms	10	Panther Creek	7.84	2
12 Emily Vick		Cardinal Gibbons	7.86	4
13 Brooke Mays		Apex	7.86	3
14 Mira Coles	12	Knightdale	7.87	5
15 Caroline Davison	10	Holly Springs	7.89	4
16 Felicia Etchi	11	Middle Creek	7.92	5
17 Emeili Tarpy	10	Green Hope	8.00	2
18 Alexandra Dawson	9	Apex Friendship	8.01	5
19 Britney Akpaka	12	Heritage	8.06	4
20 Myla Wallace	12	Holly Springs	8.08	2
21 Kelsey Simmons	9	Heritage	8.08	3
22 Sophia Heskamp	11	Sanderson	8.09	1
23 Morgan Mays		Apex	8.15	3
24 India Smith	12	Millbrook	8.16	1
25 Ali Kennedy	11	Knightdale	8.18	3

Polar Express - 12/3/2021**JDL Fast Track****Results****Finals ... (Event 5 Girls 55 Meter Dash)**

Name	Yr	School	Finals	H#
26 Corinne Isaacs	9	Green Hope	8.20	1
27 Jubilee Okonkwo	9	Heritage	8.26	2
28 Ayzia Jefferson	9	Millbrook	8.28	1
29 Amaya Rodgers	10	Cary	8.30	4
30 Avery Dille	12	Green Level	8.30	3
31 Lorelei Jone	10	Sanderson	8.31	1
32 Shelby Postrk-Bradley	12	Enloe	8.31	2
33 Kiran Gibbs	11	Apex	8.44	3
34 Jacqueline Hung	9	Enloe	8.49	1
35 Airyn Boyd	9	Middle Creek	8.89	2
36 Lelani Williamson	11	Cary	9.01	4
37 Addison Doran	9	Apex Friendship	9.08	4
38 Janely Martinez	10	Knightdale	9.18	2
39 Amaya Boyd	9	Middle Creek	9.30	1

Event 6 Boys 55 Meter Dash

Facility: 6.22 \$ 2/15/2020 Michael Gupton, Rolesville

HS Facility: 6.22 ! 2/15/2020 Michael Gupton, Rolesville

Name	Yr	School	Finals	H#
Finals				
1 Cameron Chatmon	12	Green Level	6.71	5
2 Ethan Clinkscales	12	Panther Creek	6.76	3
3 Roy Enyeji		Knightdale	6.76	4
4 Jared Harrell	12	Panther Creek	6.79	5
5 Samari Robinson	11	Green Level	6.80	5
6 Joshua Alston		Enloe	6.80	4
7 Cole Carter	So	Cardinal Gibbons	6.81	1
8 Jake Montgomery	11	Holly Springs	6.82	4
9 Michael Beatty	10	Middle Creek	6.83	5
10 Javion Watson		Apex	6.84	5
11 Owen Diamond		Cardinal Gibbons	6.86	3
12 Chris Eluhu	12	Cary	6.86	4
13 LaDainian Person	9	Heritage	6.91	4
14 Crawford Griffin		Cardinal Gibbons	6.91	3
15 Cameron Artis	10	Apex	6.91	4
16 Kenyon Hurd	11	Heritage	6.97	4
17 Christian Wright	11	Green Hope	6.97	1
18 Gabe Rivera	10	Panther Creek	7.00	3
19 Gabriel Jones	12	Apex Friendship	7.00	3
20 Trevon Person	11	Heritage	7.09	3
21 Johnathan Bowens	10	Middle Creek	7.11	5
22 William Benditz	11	Holly Springs	7.14	2
23 Will Rudisill	11	Middle Creek	7.15	5
24 Joel Huang		Apex	7.19	4
25 Carson Steele	12	Apex Friendship	7.24	3
26 Charles Curle	10	Millbrook	7.25	1
27 Eric Keel	12	Enloe	7.25	2
28 Kaiden Anderson	9	Sanderson	7.34	2
29 Michael Schifano	10	Green Hope	7.36	2
30 Cobe Wright	10	Green Hope	7.38	2

Polar Express - 12/3/2021**JDL Fast Track****Results****Finals ... (Event 6 Boys 55 Meter Dash)**

Name	Yr	School	Finals	H#
31 Bryce Ferguson	12	Apex Friendship	7.44	2
32 Brandon Carr	10	Millbrook	7.52	1
33 William Clay	9	Millbrook	7.52	1
34 Elvis Mazariegos	10	Cary	7.56	3
35 David Montaguue	9	Sanderson	7.68	2
36 Marquis Fenton	10	Enloe	7.93	1

Event 7 Girls 4x200 Meter Relay

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

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

Team	Relay	Finals	H#
Finals			
1 Green Level	A	1:49.57	2
2 Cardinal Gibbons	A	1:51.86	3
3 Panther Creek	A	1:52.52	2
4 Holly Springs	A	1:53.84	3
5 Apex	A	1:54.01	3
6 Millbrook	A	1:54.54	1
7 Heritage	A	1:56.20	3
8 Green Hope	A	1:57.51	2
9 Cary	A	1:58.38	1
10 Apex Friendship	A	1:59.87	2
11 Knightdale	A	2:01.75	1
12 Middle Creek	A	2:02.52	1
13 Sanderson	A	2:02.54	1

Event 8 Boys 4x200 Meter Relay

Facility: 1:27.87 \$ 2/9/2019 , SE Raleigh
Haddock, McRae, Ruffin, Chapman

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

Team	Relay	Finals	H#
Finals			
1 Middle Creek	A	1:37.40	2
2 Cardinal Gibbons	A	1:37.93	2
3 Heritage	A	1:39.75	2
4 Panther Creek	A	1:39.84	1
5 Apex Friendship	A	1:40.03	2
6 Green Hope	A	1:41.06	1
7 Holly Springs	A	1:41.40	1
8 Cary	A	1:42.75	2
9 Sanderson	A	1:46.06	1
10 Enloe	A	1:52.26	1
11 Green Level	A	1:52.30	1
--- Apex	A	DNF	2

Polar Express - 12/3/2021**JDL Fast Track****Results****Event 9 Girls 1600 Meter Run**

Facility: 4:49.78 \$ 12/20/2014 Ryen Frazier, Unattached

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

Name	Yr	School	Finals	H#
Finals				
1 Campbell Dille	12	Green Level	5:30.60	3
2 Emma Elkan	10	Cary	5:35.11	3
3 Eliza Greengrass	10	Green Level	5:35.45	3
4 Ishi Varshney	10	Panther Creek	5:38.02	3
5 Kate Slobodnyak	9	Leesville Road	5:38.83	3
6 Elissa Cesky	9	Leesville Road	5:39.87	3
7 Clara Davis	9	Leesville Road	5:44.09	3
8 Lily Rogers	11	Middle Creek	5:48.12	3
9 Madison Groves	9	Heritage	5:52.61	1
10 Riley Petersen	11	Apex Friendship	5:55.00	2
11 Stella Brewer	9	Millbrook	5:55.43	2
12 Sarah Galdi	10	Apex	5:56.66	2
13 Claire Hann	11	Cary	5:59.37	3
14 Ella White	10	Heritage	6:03.42	2
15 Lexi McLaughlin	12	Apex	6:06.31	2
16 Adele Guta	12	Holly Springs	6:09.07	3
17 Aidan Worrell	12	Panther Creek	6:09.76	3
18 Sadie Boyer	11	Apex	6:12.20	1
19 Phoebe Greengrass	9	Green Level	6:16.51	2
20 Erica Rash	9	Cary	6:16.57	2
21 Daniela Rodriguez	11	Panther Creek	6:18.61	1
22 Gabrielle Santomartino	11	Heritage	6:18.61	2
23 Francely Hernandez-Gaspar	12	Enloe	6:22.74	1
24 Ella Gamache	10	Millbrook	6:23.90	2
25 Lucy Shearer	11	Millbrook	6:24.25	2
26 Mary Eston Everhart	10	Apex Friendship	6:26.99	2
27 Emily Jong		Enloe	6:29.64	1
28 Rachel Goss	12	Holly Springs	6:34.47	1
29 Kaitlin Elliott	10	Green Hope	6:39.24	1
30 Kaitlyn Quinn	12	Apex Friendship	6:39.53	1
31 Adelyn Allara	12	Green Hope	6:57.80	1
32 Lonna Harbertson	12	Holly Springs	6:59.63	1

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

Name	Yr	School	Finals	H#
Finals				
1 Finn McKee	12	Apex Friendship	4:31.40	3
2 Alex Fernandez	11	Green Level	4:31.65	3
3 Matthew Martin	12	Cary	4:42.75	3
4 Prithvi Kotapati	11	Panther Creek	4:46.04	3
5 Marco Evans	11	Cary	4:48.14	3
6 Gus Rutledge	11	Apex Friendship	4:49.99	3
7 Kamron Kedzierzawski	10	Millbrook	4:55.57	3
8 Drew Mobley	12	Apex	4:57.81	3

Polar Express - 12/3/2021**JDL Fast Track****Results****Finals ... (Event 10 Boys 1600 Meter Run)**

Name	Yr	School	Finals	H#
9 Carter Boxell	11	Apex	4:57.85	3
10 Trevor Davis	12	Holly Springs	4:59.80	3
11 Matt Mercer	11	Leesville Road	4:59.95	2
12 Silas Mann	10	Millbrook	5:00.29	2
13 Luke Nordone	10	Millbrook	5:00.36	2
14 Spencer Thompson	11	Heritage	5:02.76	2
15 Akhil Karunakaran	12	Panther Creek	5:05.82	2
16 Sujay Murthi	12	Apex Friendship	5:07.74	3
17 Connor Meigs	12	Enloe	5:09.60	2
18 Tyler Fink	12	Panther Creek	5:11.26	2
19 Carlos Sanchez	12	Middle Creek	5:15.78	2
20 Griffin Mchogh		Enloe	5:16.37	1
21 Sam Brown	9	Leesville Road	5:17.37	1
22 John Pohlman	11	Leesville Road	5:18.05	2
23 Brendan Athy	9	Holly Springs	5:18.44	1
24 Zack Holmes	10	Holly Springs	5:18.61	1
25 Kalib Atkins	9	Heritage	5:20.72	1
26 Brody Cox	10	Middle Creek	5:21.34	1
27 Steffen Oosten	12	Enloe	5:24.43	2
28 Seamus O'Driscoll	9	Green Hope	5:29.61	1
29 Jacob Emrath	9	Middle Creek	5:37.41	2
30 Alex Roer	10	Heritage	5:37.74	1

Event 11 Girls 500 Meter Dash

Facility: 1:11.90 \$ 1/5/2019

Kayla Davis, Unattached

HS Facility: 1:11.90 ! 1/5/2019

Kayla Davis, Unattached

Name	Yr	School	Finals	H#
Finals				
1 Raylee Grieco	11	Leesville Road	1:20.38	4
2 Nia Kane	11	Apex Friendship	1:22.26	4
3 Madelyn Flower	10	Apex	1:22.33	4
4 Ainsley Donovan	11	Heritage	1:22.52	4
5 Sophia Deluca	12	Cardinal Gibbons	1:23.10	4
6 Ella Arnold	11	Apex	1:24.15	4
7 Addie Fornes	10	Apex	1:25.45	4
8 Emma Urton	12	Heritage	1:27.94	3
9 Taylor Crawford	10	Panther Creek	1:28.21	3
10 Bridget Fagan	10	Holly Springs	1:29.16	2
11 Haley Evenson	9	Apex Friendship	1:29.19	3
12 Brooke Alexander	12	Green Level	1:29.82	3
13 Claire Barnes	11	Sanderson	1:30.07	1
14 Caylee Gilbert	10	Apex Friendship	1:30.28	3
15 Lexi Blount	9	Green Hope	1:30.54	1
16 Ashley Goode	12	Green Level	1:30.69	2
17 Adeline Lewis	11	Millbrook	1:31.80	1
18 Ava Marchand	9	Heritage	1:32.38	2
19 Brinley Zalc	10	Green Hope	1:33.25	2
20 Alise Caldwell	9	Holly Springs	1:35.38	2
21 Sarah Smith	9	Green Hope	1:36.96	2
22 Francely Hernandez-Gaspar	12	Enloe	1:37.61	1

Polar Express - 12/3/2021**JDL Fast Track****Results****Finals ... (Event 11 Girls 500 Meter Dash)**

	Name	Yr	School	Finals	H#
23	Jacqueline Hung	9	Enloe	1:38.04	1
24	Caylin Eiden	9	Panther Creek	1:39.82	2
25	Ava Lynch	10	Panther Creek	1:41.28	3
26	Caroline Pickett	11	Millbrook	1:43.41	1
27	Sydney Phillips	10	Millbrook	1:58.96	1
---	Kaylie Dziedzina	11	Green Level	DQ	3

Event 12 Boys 500 Meter Dash

Facility: 1:02.36 \$ 12/17/2016 Chantz Sawyers, Unattached

HS Facility: 1:02.36 ! 12/17/2016 Chantz Sawyers, Unattached

	Name	Yr	School	Finals	H#
Finals					
1	Jaden Miller	So	Cardinal Gibbons	1:10.15	1
2	Gabe Matthews	11	Enloe	1:10.23	5
3	Nick Johnson	11	Green Level	1:11.42	5
4	Advaith Cheruvu	11	Green Level	1:12.00	5
5	Chase Harrison	10	Leesville Road	1:12.11	4
6	Zachary Edwards	12	Sanderson	1:13.26	4
7	Shannon Nehemiah	12	Knightdale	1:13.38	4
8	Jason McIntyre		Knightdale	1:13.73	4
9	Matt Pickover	11	Green Level	1:14.05	4
10	Owen Pearson	11	Apex Friendship	1:14.45	3
11	Landon Turrick		Apex	1:14.56	5
12	Brody Price	11	Heritage	1:15.80	3
13	Joseph Porter	12	Holly Springs	1:15.96	4
14	Jace Wynn	9	Middle Creek	1:16.69	3
15	Patrick Guinan	12	Green Hope	1:17.11	2
16	David-Chuku Agwu		Enloe	1:17.98	3
17	Jeb Durden	9	Panther Creek	1:18.17	3
18	Ryan Hammer	10	Apex	1:18.47	2
19	Ryan Bereda	9	Green Hope	1:18.50	1
20	Reid Coleman	11	Cary	1:18.68	5
21	Andrew Abreu	12	Heritage	1:18.85	3
22	Bryce Ferguson	12	Apex Friendship	1:20.42	2
23	Matt Mercer	11	Leesville Road	1:20.67	2
24	John Pohlman	11	Leesville Road	1:20.92	2
25	Zuhair Abouelkheir	10	Middle Creek	1:21.06	4
26	Grant Ozaki		Cardinal Gibbons	1:21.14	2
27	Seth Truett	9	Holly Springs	1:21.44	2
28	Andrew Valgardson	9	Heritage	1:21.54	2
29	Ethan Williams	11	Millbrook	1:21.66	1
30	Omar Rodriguez	10	Millbrook	1:21.73	5
31	Arjun Kancharla	9	Enloe	1:21.83	1
32	Kevin Liao	9	Apex	1:22.09	1
33	Luis Aguillon	9	Middle Creek	1:22.23	1
34	Henry Letourneau	11	Cary	1:22.59	5
35	Baneet Singh	10	Panther Creek	1:24.64	3
36	Alex Adams	9	Millbrook	1:24.73	1

Polar Express - 12/3/2021**JDL Fast Track****Results****Event 13 Girls 1000 Meter Run**

Facility: 2:48.32 \$ 2/1/2019 Hannah Segrave, New Balance

HS Facility: 2:53.81 ! 2/14/2015 Nevada Mareno, Leesville Road

Name	Yr	School	Finals	H#
Finals				
1	11	Middle Creek	3:17.60	3
2	12	Panther Creek	3:19.70	3
3	11	Heritage	3:19.87	3
4	11	Heritage	3:21.47	3
5	11	Heritage	3:24.45	3
6	12	Middle Creek	3:25.28	3
7	12	Panther Creek	3:27.58	3
8	10	Leesville Road	3:28.87	3
9	10	Green Level	3:29.86	2
10	12	Apex Friendship	3:30.54	3
11	10	Holly Springs	3:33.55	2
12	12	Millbrook	3:36.26	2
13	9	Holly Springs	3:36.56	2
14	12	Holly Springs	3:38.31	2
15	11	Apex Friendship	3:38.46	2
16	10	Millbrook	3:38.50	2
17	11	Apex Friendship	3:41.10	3
18	10	Millbrook	3:41.81	2
19	11	Leesville Road	3:42.25	2
20	10	Cary	3:44.64	1
21	10	Cary	3:45.02	1
22	11	Apex	3:48.24	2
23	12	Enloe	3:49.76	1
24	11	Green Level	3:50.89	1
25	9	Green Level	3:51.05	1
26	10	Green Hope	3:51.85	1
27		Enloe	3:53.19	1
28	12	Apex	3:54.20	1
29	11	Apex	4:06.74	1

Event 14 Boys 1000 Meter Run

Facility: 2:24.02 \$ 2/20/2021 Robert Heppenstall, District Track Club

HS Facility: 2:28.85 ! 2/8/2019 Kyle Durham, Weddington

Name	Yr	School	Finals	H#
Finals				
1	12	Apex Friendship	2:47.07	3
2	11	Panther Creek	2:47.30	3
3	12	Enloe	2:50.81	3
4	11	Panther Creek	2:50.85	3
5	11	Apex Friendship	2:53.06	3
6	12	Apex Friendship	2:55.08	3
7	12	Leesville Road	2:55.39	3
8	12	Holly Springs	2:56.48	3
9	12	Millbrook	2:56.60	3
10	11	Leesville Road	2:57.42	3
11	12	Holly Springs	2:58.72	2

Polar Express - 12/3/2021**JDL Fast Track****Results****Finals ... (Event 14 Boys 1000 Meter Run)**

Name	Yr	School	Finals	H#
12 Matthew Ulicny	9	Millbrook	3:01.15	3
13 David-Chuku Agwu		Enloe	3:01.58	2
14 Charlie Vickery	10	Apex	3:01.82	2
15 Aiden Caudill	10	Apex	3:04.52	2
16 Maxton Bohm	10	Apex	3:04.80	2
17 Abbott Sherwin	11	Heritage	3:06.75	2
18 Joe Ward	10	Holly Springs	3:13.33	2
19 Jack Dwyer	9	Green Level	3:14.06	1
20 Oliver Nordam	11	Heritage	3:15.71	1
21 Robert (Nick) Cox	10	Middle Creek	3:16.33	2
22 Davis Helmer	9	Sanderson	3:17.46	1
23 David Alvarez	12	Middle Creek	3:17.67	2
24 Rachit Keyal	12	Panther Creek	3:21.84	1
25 Souvik Milligan		Enloe	3:22.94	1
26 Tyler Herrick	9	Green Hope	3:22.95	1
27 Samvedh Cheruvu	9	Green Level	3:26.82	1
28 Josh Sheehan	10	Sanderson	3:26.98	1
29 Tristen Dunn	9	Sanderson	3:27.10	1
30 Rajveer Sharma	10	Green Hope	3:42.89	1

Event 15 Girls 300 Meter Dash

Facility: 37.70 \$ 1/11/2020 Kayla Davis, Unattached

HS Facility: 37.70 ! 1/11/2020 Kayla Davis, Unattached

Name	Yr	School	Finals	H#
Finals				
1 Danielle Sanchez	12	Millbrook	42.42	7
2 Laveyah Hill	12	Green Level	42.51	7
3 Kendall Johnson	11	Millbrook	43.60	7
4 Kayla Matthews		Enloe	43.82	7
5 Hailey Juhasz		Cardinal Gibbons	44.31	1
6 Isabella Grace Logan	11	Apex Friendship	44.71	6
7 Jordan Henderson	9	Heritage	44.72	6
8 Alana Daily	10	Green Level	45.35	4
9 Morgan Mays		Apex	46.05	5
10 Piper Collum	10	Apex	46.28	4
11 Victoria Kappel	9	Apex Friendship	46.62	6
12 Ashleighe Wilkonson	12	Cardinal Gibbons	46.68	7
13 Kelly MacBride	9	Panther Creek	46.80	3
14 Felicia Etchi	11	Middle Creek	46.87	2
15 Grace Teborek		Apex	46.89	3
16 Britney Akpaka	12	Heritage	47.01	6
17 Sofia Ulanday	12	Holly Springs	47.23	6
18 Kelsey Simmons	9	Heritage	47.47	3
19 Lauryn Taylor	12	Green Level	47.48	5
20 Claire Barnes	11	Sanderson	47.55	1
21 Sydney Carpenter	11	Panther Creek	48.00	3
22 Janelle Caldeira	9	Cary	48.09	4
23 Kendall Fahs	9	Holly Springs	48.11	5
24 Ayzia Jefferson	9	Millbrook	48.70	1
25 Zoe James	9	Apex Friendship	49.15	5

Polar Express - 12/3/2021**JDL Fast Track****Results****Finals ... (Event 15 Girls 300 Meter Dash)**

Name	Yr	School	Finals	H#
26 Arianna Stone	9	Knightdale	49.16	2
27 Peyton Whitley	10	Holly Springs	49.76	4
28 Ali Kennedy	11	Knightdale	50.38	1
29 Lanyjah Gunter	11	Knightdale	51.25	3
30 Briana Mazariegos	12	Cary	51.82	2
31 Makenna Kovac	11	Panther Creek	52.09	3
32 Lorelei Jone	10	Sanderson	52.22	1
33 Celine Hemingway	11	Green Hope	54.09	2

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

Name	Yr	School	Finals	H#
Finals				
1 Joshua Alston		Enloe	36.65	7
2 Jaden Miller	So	Cardinal Gibbons	36.73	6
3 Jonathan Barta	11	Apex Friendship	38.19	7
4 Crawford Griffin		Cardinal Gibbons	38.31	6
5 Jack McGrath	10	Panther Creek	38.70	6
6 Roy Enyeji		Knightdale	38.72	5
7 Toby Alain	10	Panther Creek	38.85	6
8 Kenyon Hurd	11	Heritage	38.96	6
9 Edward Falco	11	Apex Friendship	39.12	5
10 Samari Robinson	11	Green Level	39.40	7
11 Carmelo Sinegal	12	Panther Creek	39.59	5
12 Cameron Chatmon	12	Green Level	39.78	7
13 Nikolas Lewis		Apex	40.02	6
14 Ian Songer	Jr	Cardinal Gibbons	40.03	4
15 LaDainian Person	9	Heritage	40.30	5
16 Charles Curle	10	Millbrook	40.81	2
17 Kingston Davis	9	Holly Springs	41.16	4
18 Brody Price	11	Heritage	41.18	5
19 James Heavner	12	Apex Friendship	41.21	5
20 Graham Williams	11	Green Hope	41.65	4
21 William Clay	9	Millbrook	41.72	2
22 Ethan Kohn	11	Cary	41.73	7
23 Kaiden Anderson	9	Sanderson	41.76	1
24 Ryan Pigora	10	Green Hope	42.35	2
25 Andrew Katafiasz	10	Middle Creek	42.39	2
26 David Montaguue	9	Sanderson	42.47	1
27 Brandon Carr	10	Millbrook	42.82	2
28 Jeremiah Oluka	9	Green Level	43.08	4
29 Sean Roberts	11	Holly Springs	43.40	3
30 Augustus Teborek		Apex	43.41	3
31 Jam Graham-campbell		Knightdale	43.59	4
32 Cory Braswell	11	Holly Springs	43.73	3
33 Gavin McCullough	10	Cary	43.74	4
34 Mason Zanone		Apex	44.11	3
35 Jaden Anokye	12	Knightdale	44.81	3
36 Ethan Deloach	10	Middle Creek	44.91	3

Polar Express - 12/3/2021**JDL Fast Track****Results****Finals ... (Event 16 Boys 300 Meter Dash)**

Name	Yr	School	Finals	H#
37 Shreyan Kancharla	2	Enloe	45.80	1
38 Xavier Deloach	10	Middle Creek	47.32	2

Event 17 Girls 3200 Meter Run

Facility: 10:30.73 \$ 11/23/2019 Carmen Alder, Pinecrest

HS Facility: 10:30.73 ! 11/23/2019 Carmen Alder, Pinecrest

Name	Yr	School	Finals
Finals			
1 Emily Yeh	11	Apex Friendship	12:09.78
2 Camryn Quinn	9	Panther Creek	12:14.11
3 Becca Hinds	12	Apex Friendship	12:41.07
4 Sarah Novak	10	Millbrook	12:41.67
5 Ashton Layh	10	Leesville Road	12:49.44
6 Carrine Karyani	10	Apex	12:51.63
7 Emily Spies	12	Middle Creek	13:29.36
8 Chloe White	9	Heritage	13:35.80
9 Clare McCommons	9	Heritage	13:44.83

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

Name	Yr	School	Finals
Finals			
1 Carlos Haring	12	Apex Friendship	10:31.13
2 Gabriel Mann	12	Millbrook	10:31.38
3 Kevin Moskey	12	Apex Friendship	10:37.30
4 Spencer Thompson	11	Heritage	11:04.75
5 James Hung	12	Enloe	11:37.34
6 Nolan Zerda	9	Enloe	11:43.08

Event 19 Girls 4x400 Meter Relay

Facility: 3:41.61 \$ 1/30/2016 , GW Express/Nike

Cox, Brown, Dorr, Haye-Smith

HS Facility: 3:48.73 ! 2/11/2017 , High Point Central

Creary, Gidderon, McPhail, Clark

Team	Relay	Finals	H#
Finals			
1 Apex	A	4:23.45	2
2 Green Level	A	4:27.50	2
3 Cardinal Gibbons	A	4:29.07	1
4 Apex Friendship	A	4:29.31	2
5 Millbrook	A	4:33.59	1
6 Cary	A	4:33.66	1
7 Holly Springs	A	4:33.75	2
8 Panther Creek	A	4:34.91	2
9 Green Hope	A	4:42.90	1

Polar Express - 12/3/2021**JDL Fast Track****Results****Event 20 Boys 4x400 Meter Relay**

Facility: 3:11.12 \$ 1/31/2015 , GW Express/Nike
 Hyatt, Bingham, Gibson, Jackson
 HS Facility: 3:21.10 ! 2/8/2014 , Knightdale
 Aikens, Harvey, Johnson, Johnson

Team	Relay	Finals	H#
Finals			
1 Green Level	A	3:40.59	2
2 Apex Friendship	A	3:47.00	2
3 Knightdale	A	3:49.87	1
4 Cary	A	3:54.11	2
5 Panther Creek	A	3:55.86	2
6 Apex	A	3:58.24	2
7 Middle Creek	A	4:00.63	1
8 Green Hope	A	4:03.82	1
9 Millbrook	A	4:06.13	1
10 Enloe	A	4:21.64	1

Event 21 Girls High Jump

Facility: 6-03.50 \$ 2/7/2020 Erika Kinsey, Puma
 HS Facility: 6-01 ! 2/9/2019 Morgan Small, Panther Creek

Name	Yr	School	Finals
Finals			
1 Faith Spencer	12	Panther Creek	5-02.00
2 Isabella Alvarez	11	Holly Springs	5-00.00
3 Natalie Griffith	11	Apex Friendship	4-10.00
4 Laveyah Hill	12	Green Level	J4-10.00
5 Bailey Watson	12	Middle Creek	J4-10.00
6 Dakota Bagaasen	9	Panther Creek	4-02.00
--- Celine Hemingway	11	Green Hope	NH

Event 22 Boys High Jump

Facility: 7-04.25 \$ 12/1/2012 Kris Kornegay-Gober, NC State
 HS Facility: 6-11 ! 2/14/2015 Christopher Garrick, Marvin Ridge

Name	Yr	School	Finals
Finals			
1 Jermaine Johnson		Knightdale	5-09.00
2 Reagan Wise	12	Panther Creek	5-07.00
3 Logan Steele	10	Apex Friendship	5-05.00
4 Jameson Hill	12	Middle Creek	5-03.00
5 Jeremiah Oluka	9	Green Level	J5-01.00
5 Davis Richardson	10	Middle Creek	J5-01.00
--- Nigel Best	9	Enloe	NH
--- Carmelo Sinegal	12	Panther Creek	NH
--- Larry Zhao	9	Green Hope	NH
--- Tayvian Mellott	10	Green Hope	NH

Polar Express - 12/3/2021**JDL Fast Track****Results****Event 23 Girls Pole Vault**

Facility: 15-01.50 \$ 1/30/2016 Katie Nageotte, Unattached
 HS Facility: 13-06 ! 2/9/2019 Lindsay Absher, West Forsyth

Name	Yr	School	Finals
Finals			
1	Lena Richardson	11 Panther Creek	11-00.00
2	Sarah Smith	Apex	9-06.00
3	Sarah Kuller	12 Sanderson	8-00.00
4	Jane Gray Zechini	Fr Cardinal Gibbons	J7-06.00
5	Shelby Postrk-Bradley	12 Enloe	J7-06.00
6	Hannah Frederick	10 Millbrook	J6-06.00
7	Anastasia Jeffcoat	11 Green Hope	J6-06.00
8	Alyssa Alvarez	9 Middle Creek	J6-00.00
8	Ella Patchin	11 Millbrook	J6-00.00
10	Sarah Smith	9 Green Hope	5-06.00

Event 24 Boys Pole Vault

Facility: 17-11 \$ 2/1/2019 Scott Houston, Unattached
 HS Facility: 16-07 ! 2/15/2020 Spencer Evans, Lake Norman

Name	Yr	School	Finals
Finals			
1	Luke Holloway	12 Leesville Road	13-06.00
2	Mason Coon	12 Green Level	12-00.00
3	Sebastian Percival-shim	10 Green Hope	10-06.00
4	Noah Smith	11 Leesville Road	9-06.00
4	Creighton Recavarren	12 Apex	9-06.00
6	Joseph Beck	9 Apex	9-00.00
7	Blake Burgiss	10 Middle Creek	8-00.00
8	Lucas Allara	9 Green Hope	6-06.00

Event 25 Girls Long Jump

Facility: 21-00 \$ 2/22/2020 Aliyah Whisby, Unattached
 HS Facility: 20-02.50 ! 2/2/2020 Morgan Smalls, Panther Creek

Name	Yr	School	Finals	H#
Finals				
1	Alexa Nestor	11 Green Level	18-00.00	2
2	Sarah Smith	Apex	16-01.25	2
3	Sofia Ulanday	12 Holly Springs	15-09.50	2
4	Nya Folk	Cardinal Gibbons	14-11.25	1
5	Isabella Grace Logan	11 Apex Friendship	J14-11.25	1
6	Mira Coles	12 Knightdale	14-10.25	2
7	Brynn Zivitz	Cardinal Gibbons	14-08.00	2
8	Lanyjah Gunter	11 Knightdale	14-07.00	2
9	Faith Spencer	12 Panther Creek	14-04.50	2
10	Kayla Matthews	Enloe	13-11.00	2
11	Ky Nelms	10 Panther Creek	13-08.75	1
12	Bailey Watson	12 Middle Creek	13-08.00	2
13	Courtney McKinnon	Apex	13-04.25	1
14	Haley Evenson	9 Apex Friendship	13-02.00	1
15	Anastasia Jeffcoat	11 Green Hope	11-00.50	1
16	Jenna Costa	9 Green Hope	10-06.75	1

Polar Express - 12/3/2021**JDL Fast Track****Results****Event 26 Boys Long Jump**

Facility: 25-07.50 \$ 11/16/2013 Mikese Morse, Unattached

HS Facility: 24-05.50 ! 2/9/2019 Eric Haddock, SE Raleigh

Name	Yr	School	Finals	H#
Finals				
1 Cole Carter	So	Cardinal Gibbons	J19-10.00	1
2 Ian Songer	Jr	Cardinal Gibbons	J19-10.00	1
3 Jared Harrell	12	Panther Creek	19-07.50	2
4 Tyson King	10	Apex Friendship	J19-06.00	1
5 Darius King	12	Green Level	J19-06.00	2
6 Alex Kennedy	12	Apex Friendship	19-04.50	2
7 Gabe Matthews	11	Enloe	19-01.50	2
8 Cameron Artis	10	Apex	19-01.00	2
9 Joel Huang		Apex	18-09.00	2
10 Michael Beatty	10	Middle Creek	18-08.00	2
11 Reagan Wise	12	Panther Creek	18-01.50	1
12 Jermaine Johnson		Knightdale	18-00.00	2
13 Ryan Bereda	9	Green Hope	16-05.00	1
14 Cameron Chatmon	12	Green Level	16-03.00	1
15 Christopher Tate	11	Middle Creek	16-00.50	2
16 Farhad Bhatti	11	Green Hope	14-04.00	1

Event 27 Girls Triple Jump

Facility: 42-11 \$ 2/2/2019 Imani Oliver, Unattached

HS Facility: 41-09.75 ! 2/9/2019 Morgan Smalls, Panther Creek

Name	Yr	School	Finals
Finals			
1 Lena Richardson	11	Panther Creek	34-05.50
2 Sofia Ulanday	12	Holly Springs	32-11.00
3 Kendall Rowland	12	Cardinal Gibbons	32-08.50
4 Kayla Matthews		Enloe	32-05.00
5 Brynn Zivitz		Cardinal Gibbons	30-03.50
6 Courtney McKinnon		Apex	29-05.00
7 Sydney Carpenter	11	Panther Creek	27-11.00
8 Margot Nestor	11	Green Level	27-03.00

Event 28 Boys Triple Jump

Facility: 52-00 \$ 2/3/2018 Michael Tiller, Unattached

HS Facility: 49-10.25 ! 2/9/2019 Eric Haddock, SE Raleigh

Name	Yr	School	Finals
Finals			
1 Joshua Alston		Enloe	42-09.50
2 Gabe Matthews	11	Enloe	39-09.00
3 Darius King	12	Green Level	39-08.50
4 Joel Huang		Apex	38-08.00
5 Jameson Hill	12	Middle Creek	37-07.00
6 Carson Parker	10	Apex Friendship	37-04.00
7 Kyle Scalfani	12	Apex Friendship	35-05.00
8 Ethan Clinkscales	12	Panther Creek	34-03.00
9 Elijah Jeoung	10	Panther Creek	33-05.00
10 Andrew Katafiasz	10	Middle Creek	28-09.00

Polar Express - 12/3/2021**JDL Fast Track****Results****Event 29 Girls Shot Put**

Facility: 58-05.50 \$ 2/8/2020 Raven Saunders, Nike

HS Facility: 53-08.25 ! 12/21/2013 Raven Saunders, Unattached

Name	Yr	School	Finals	H#
Finals				
1 Toria Roundtree	12	Green Hope	36-09.50	2
2 Andie Ackles	11	Holly Springs	28-06.50	2
3 Merkenzee Wells		Enloe	27-11.00	2
4 Natalie Griffith	11	Apex Friendship	25-00.50	1
5 Cassandra Stevens	11	Panther Creek	24-10.50	2
6 Zaniyah Brown	11	Knightdale	24-09.50	2
7 Grace Koehler	11	Sanderson	24-09.00	1
8 Margaret Sternberg	10	Apex Friendship	24-06.00	2
9 Sarah Demos	11	Cardinal Gibbons	23-07.00	1
10 Alexa Nestor	11	Green Level	23-03.50	1
11 Karly Stevens	9	Panther Creek	22-10.50	1
12 Jayden Henderson	10	Cary	22-08.50	2
13 Avery Freyer	10	Holly Springs	22-01.00	2
14 MacKenna Telfaire	9	Enloe	19-03.00	1
14 Kathleen Digraitis	11	Cardinal Gibbons	19-03.00	1
16 Sruthi Anne	10	Green Hope	18-08.50	1

Event 30 Boys Shot Put

Facility: 63-11.75 \$ 3/15/2014 Wesley Lavong, Adams State

HS Facility: 63-09.25 ! 1/27/2018 Joshua Sobota, Unattached

Name	Yr	School	Finals
Finals			
1 Josiah Hill	12	Sanderson	47-07.00
2 Zekhi Mills	12	Green Level	38-04.50
3 Christopher Simmons	12	Knightdale	36-02.00
4 Zachary Ware	12	Cary	35-03.00
5 Ifediora Nwaku		Enloe	34-08.50
6 Jamon Rouse	12	Knightdale	33-10.50
7 Hayden Minter	12	Panther Creek	32-01.00
8 Justice Durrett	10	Middle Creek	30-00.50
9 Thomas Smith		Enloe	29-02.00
10 Jalen Ruffin	12	Apex Friendship	29-00.50
11 Devin Sehgal	12	Apex Friendship	27-11.50
12 Cam Macdonald	11	Cardinal Gibbons	27-04.00
13 Ethan Deloach	10	Middle Creek	25-04.00
14 Gregorio Maestas	9	Holly Springs	24-10.00

Women - Team Rankings - 15 Events Scored

1) Panther Creek	91	2) Green Level	86
3) Cardinal Gibbons	62	4) Apex Friendship	54
5) Apex	51	6) Holly Springs	47
7) Heritage	36	8) Millbrook	32.5
9) Middle Creek	28.5	10) Leesville Road	24
11) Enloe	20	12) Cary	14
13) Sanderson	13	13) Green Hope	13

Polar Express - 12/3/2021

JDL Fast Track

Results

15) Knightdale

7

Men - Team Rankings - 15 Events Scored

1) Apex Friendship	93	2) Green Level	86.5
3) Panther Creek	80	4) Enloe	60
5) Cardinal Gibbons	51	6) Middle Creek	38.5
7) Knightdale	37	8) Apex	28.5
9) Cary	21	10) Leesville Road	20.5
11) Green Hope	13	11) Millbrook	13
11) Sanderson	13	14) Heritage	12
14) Holly Springs	12		