

Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Girls 55 Meter Dash**

| Name | Yr | School | Seed | Finals | H# |
|---------------------------|----|--------------------|-------|--------|----|
| Finals | | | | | |
| 1 Bowman, Jahnae | 12 | Parkland | 7.28 | 7.36 | 1 |
| 2 Brooks, Isis | 12 | East Forsyth | 7.25 | 7.43 | 1 |
| 3 Reid, Deja | 11 | Winston-Salem Prep | 7.30 | 7.64 | 1 |
| 4 Sims, Gabrielle | 12 | Atkins | 7.60 | 7.66 | 1 |
| 5 Evans, Sykonza | 12 | Carver | 7.32 | 7.66 | 1 |
| 6 Smith, Ashya | 11 | Winston-Salem Prep | 7.79 | 7.66 | 2 |
| 7 Francis, Zjinaiya | 11 | Parkland | 7.56 | 7.71 | 1 |
| 8 Randleman, Destiny | 11 | Parkland | 7.71 | 7.73 | 2 |
| 9 Mack, Llyric | 12 | Winston-Salem Prep | 7.60 | 7.80 | 1 |
| 9 Cooper, Alex | 10 | Reynolds, R. J. | 7.85 | 7.80 | 2 |
| 11 Penn, Del'Nique | 09 | Parkland | 7.86 | 7.82 | 2 |
| 12 Pitts, Zarea | 11 | Reynolds, R. J. | 7.85 | 7.93 | 2 |
| 13 Valverde, Ivonne | 10 | Glenn | 8.22 | 8.04 | 3 |
| 14 Blue, Nascha | 11 | Glenn | | 8.07 | 6 |
| 15 Hawkins, Janiya | 09 | East Forsyth | 8.13 | 8.19 | 3 |
| 16 Brooks, Dazah | 12 | Winston-Salem Prep | 7.80 | 8.27 | 2 |
| 17 Towery, Jessica | 12 | Reagan | 8.18 | 8.30 | 3 |
| 18 Onumah, Cecilia | 10 | Mount Tabor | 8.34 | 8.34 | 3 |
| 19 Gilmore, Nyree | 11 | Reynolds, R. J. | 8.36 | 8.35 | 4 |
| 20 Haver, Sara | 09 | Mount Tabor | 8.24 | 8.38 | 3 |
| 21 Doty, Meghan | 10 | West Forsyth | 8.10 | 8.47 | 3 |
| 22 Castillo, Alejandra | 11 | West Forsyth | 8.65 | 8.48 | 4 |
| 23 Specht, Lydia | 09 | Bishop McGuinness | 8.66 | 8.66 | 4 |
| 24 Meagher, Reilly | 11 | West Forsyth | 8.27 | 8.77 | 3 |
| 25 Woodard, Morgan | 10 | Glenn | 9.12 | 8.89 | 5 |
| 26 Hagler, Julia | 09 | Bishop McGuinness | 9.16 | 9.10 | 5 |
| 27 Vessel, Denazia | 09 | Glenn | 8.99 | 9.23 | 4 |
| 28 Odom, Adrianna | 09 | Atkins | 9.29 | 9.27 | 5 |
| 29 Thomas, Taylor | 09 | West Forsyth | 9.09 | 9.31 | 4 |
| 30 Batista, Melissa | 11 | Reagan | 9.12 | 9.39 | 4 |
| 31 Soltis, Lauren | 09 | Bishop McGuinness | 9.37 | 9.62 | 5 |
| 32 Gravely, Acadia | 09 | Reagan | 9.83 | 9.74 | 5 |
| 33 Mossed, Veronica | 11 | Reagan | | 10.04 | 6 |
| 34 Perez-Fernandes, Belen | 09 | Bishop McGuinness | 10.51 | 10.72 | 5 |
| 35 Chuknedebe, Adaeze | 09 | Bishop McGuinness | 10.74 | 11.04 | 5 |

Girls 300 Meter Dash

| Name | Yr | School | Seed | Finals | H# |
|---------------------|----|--------------|-------|--------|----|
| Finals | | | | | |
| 1 McNeill, McKinley | 12 | Parkland | 39.92 | 40.55 | 1 |
| 2 Davis, Kimani | 11 | Parkland | 41.37 | 41.82 | 1 |
| 3 Brooks, Isis | 12 | East Forsyth | 40.99 | 43.66 | 1 |
| 4 Cannon, Shanone | 11 | Parkland | 42.50 | 44.47 | 1 |



Forsyth County meet # 3 - 1/7/2016

JDL Fast Track

Results - Forsyth #3

Finals ... (Girls 300 Meter Dash)

| Name | Yr | School | Seed | Finals | H# |
|------------------------|----|--------------------|---------|---------|----|
| 5 Evans, Sykonza | 12 | Carver | 45.78 | 44.71 | 3 |
| 6 Blue, Nascha | 11 | Glenn | 44.76 | 45.27 | 2 |
| 7 Patterson, Alexis | 09 | Mount Tabor | 44.23 | 45.67 | 2 |
| 8 Goodman, Aaliyah | 11 | Mount Tabor | 44.97 | 45.72 | 2 |
| 9 O'Neal, Kendall | 09 | West Forsyth | 44.80 | 45.81 | 2 |
| 10 Kraft, Madeline | 11 | Mount Tabor | 43.97 | 45.88 | 1 |
| 11 Smith, Beonca | 11 | Reynolds, R. J. | 45.65 | 46.27 | 2 |
| 12 Valverde, Ivonne | 10 | Glenn | 46.54 | 46.39 | 3 |
| 13 Settle, Avery | 11 | Reagan | 47.03 | 46.87 | 3 |
| 14 Simington, Amari | 09 | Parkland | 45.72 | 47.72 | 2 |
| 15 Valentine, Kienle | 12 | Bishop McGuinness | 47.81 | 48.09 | 4 |
| 16 Cooper, Alex | 10 | Reynolds, R. J. | 47.15 | 48.71 | 3 |
| 17 Price, Alyssa | 09 | West Forsyth | 48.74 | 48.80 | 4 |
| 18 Brooks, Dazah | 12 | Winston-Salem Prep | 48.00 | 49.01 | 4 |
| 19 Hawkins, Janiya | 09 | East Forsyth | | 49.75 | 8 |
| 20 Basel, Jenna | 12 | Bishop McGuinness | 49.01 | 50.53 | 4 |
| 21 Onumah, Cecilia | 10 | Mount Tabor | 51.20 | 50.96 | 5 |
| 22 Woodard, Morgan | 10 | Glenn | 53.74 | 51.87 | 6 |
| 23 Murphy, Mya | 09 | Reynolds, R. J. | 52.00 | 52.51 | 5 |
| 24 Bernard, Lilly | 09 | Bishop McGuinness | 52.78 | 52.69 | 6 |
| 25 Meagher, Reilly | 11 | West Forsyth | 50.65 | 52.84 | 5 |
| 26 Scott, Sarah | 09 | Reagan | 53.92 | 53.71 | 6 |
| 27 Steven, Sommer | 09 | Atkins | 53.01 | 53.79 | 6 |
| 28 Delrio, Lissete | 12 | West Forsyth | 51.17 | 54.03 | 5 |
| 29 Koon, Jessica | 09 | Walkertown | 55.90 | 56.70 | 6 |
| 30 Rodriguez, Glorimel | 10 | Mount Tabor | 51.76 | 57.05 | 5 |
| 31 Long, Sydney | 09 | Reagan | | 57.36 | 8 |
| 32 Odom, Adrianna | 09 | Atkins | 56.79 | 57.46 | 6 |
| 33 Anthony, Jada | 10 | East Forsyth | 57.91 | 57.72 | 7 |
| 34 Falls, Yancine | 09 | Reynolds, R. J. | 56.91 | 57.80 | 7 |
| 35 Gravely, Acadia | 09 | Reagan | | 58.05 | 8 |
| 36 Vessel, Denazia | 09 | Glenn | 58.82 | 1:00.82 | 7 |
| 37 Mossed, Veronica | 11 | Reagan | 1:04.25 | 1:07.24 | 7 |
| --- Reid, Deja | 11 | Winston-Salem Prep | 47.10 | DNF | 3 |

Girls 500 Meter Run

| Name | Yr | School | Seed | Finals | H# |
|---------------------|----|--------------|---------|---------|----|
| Finals | | | | | |
| 1 McNeill, McKinley | 12 | Parkland | 1:14.27 | 1:16.75 | 1 |
| 2 Sheets, Jordan | 12 | Reagan | 1:22.25 | 1:22.99 | 1 |
| 3 Kraft, Madeline | 11 | Mount Tabor | 1:23.28 | 1:23.14 | 1 |
| 4 Timberlake, Sarah | 11 | West Forsyth | 1:25.40 | 1:24.24 | 1 |
| 5 Cannon, Shanone | 11 | Parkland | 1:20.00 | 1:24.60 | 1 |
| 6 Moore, Karla | 10 | Atkins | 1:31.42 | 1:30.98 | 2 |
| 7 Mitchell, Sacacia | 10 | Parkland | 1:33.99 | 1:31.72 | 2 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Girls 500 Meter Run)**

| Name | Yr | School | Seed | Finals | H# |
|------------------------|----|-------------------|---------|---------|----|
| 8 Penn, Brooklyn | 11 | Parkland | 1:28.27 | 1:31.75 | 1 |
| 9 Elhadidy, Nandie | 11 | West Forsyth | 1:33.53 | 1:31.92 | 2 |
| 10 Thompson, Ashley | 09 | West Forsyth | | 1:34.82 | 4 |
| 11 Saunders, Trinity | 09 | Reagan | 1:38.57 | 1:36.13 | 2 |
| 12 Hardy, I'Nayja | 10 | North Forsyth | 1:45.97 | 1:37.53 | 3 |
| 13 Patterson, Alexis | 09 | Mount Tabor | 1:29.87 | 1:37.74 | 1 |
| 14 Ampodini, Elizabeth | 10 | Reynolds, R. J. | 1:38.00 | 1:39.36 | 2 |
| 15 Medina, Michelle | 11 | West Forsyth | 1:37.81 | 1:40.42 | 2 |
| 16 Cooper, KeYanna | 10 | Parkland | 1:40.00 | 1:41.18 | 2 |
| 17 Curri, Danielle | 12 | Bishop McGuinness | 1:37.78 | 1:41.30 | 2 |
| 18 Dust, Patricia | 10 | Mount Tabor | 1:25.60 | 1:41.82 | 1 |
| 19 Green, Keaira | 12 | North Forsyth | | 1:43.07 | 4 |
| 20 Forish, Grace | 09 | Bishop McGuinness | 1:42.22 | 1:44.38 | 3 |
| 21 Wilson, Karia | 09 | North Forsyth | | 1:45.40 | 4 |
| 22 Townsend, Alicia | 09 | Reagan | 1:41.54 | 1:46.64 | 3 |
| 23 Fore, Emily | 11 | Reagan | 1:51.33 | 1:58.15 | 3 |
| 24 Nelson, Ashanti | 11 | North Forsyth | 1:58.64 | 2:00.83 | 3 |
| 25 Pass, Hattie | 10 | Reynolds, R. J. | 2:00.00 | 2:23.59 | 3 |
| --- McDaniel, Alexis | 09 | Glenn | 1:37.09 | DNF | 2 |

Girls 1000 Meter Run

| Name | Yr | School | Seed | Finals | H# |
|--------------------------|----|-------------------|---------|---------|----|
| Finals | | | | | |
| 1 Zimmermann, Isabel | 11 | Reagan | 3:10.47 | 3:12.71 | 1 |
| 2 Cook, Sallie | 11 | Reagan | 3:21.30 | 3:15.66 | 1 |
| 3 Spencer, Ellen | 12 | West Forsyth | 3:06.80 | 3:18.75 | 1 |
| 4 Patterson-Mills, Tiara | 11 | Mount Tabor | 3:25.00 | 3:23.11 | 1 |
| 5 Kilby, Payton | 12 | Reagan | 3:29.00 | 3:23.44 | 1 |
| 6 Lineberry, Jenna | 10 | Mount Tabor | 3:25.00 | 3:27.09 | 1 |
| 7 Basrai, Zavera | 09 | West Forsyth | 3:28.19 | 3:31.48 | 1 |
| 8 Johnson, Sarah Grace | 12 | Bishop McGuinness | 3:27.91 | 3:32.51 | 1 |
| 9 Messenkopf, Leah | 10 | Mount Tabor | 3:30.00 | 3:37.40 | 2 |
| 10 Coats, Meghan | 09 | West Forsyth | 3:34.22 | 3:40.88 | 2 |
| 11 Reichert, Emily | 12 | Mount Tabor | 3:30.00 | 3:41.52 | 2 |
| 12 Nommsen, Madi | 10 | Mount Tabor | 3:35.00 | 3:42.66 | 2 |
| 13 Brito-Milian, Yazud | 09 | Parkland | 3:48.56 | 3:43.75 | 2 |
| 14 Tomlinson, Lexi | 09 | West Forsyth | 3:37.58 | 3:44.70 | 2 |
| 15 Hiatt, Ashley | 12 | West Forsyth | 3:36.00 | 3:46.03 | 2 |
| 16 Richter, Caroline | 09 | Reagan | 3:40.00 | 3:46.08 | 2 |
| 17 Cruzat, Monica | 09 | Parkland | 3:48.14 | 3:48.97 | 2 |
| 18 Cunningham, Madeline | 09 | Reagan | 3:39.00 | 3:55.39 | 2 |
| 19 Alexander, Ashley | 09 | Walkertown | | 3:57.76 | 3 |
| 20 McKay, Abbigale | 09 | Parkland | 3:49.00 | 4:01.84 | 3 |
| 21 Ocampo, Brenda | 09 | North Forsyth | 3:57.90 | 4:04.17 | 3 |
| 22 Beltran, Yoana | 12 | North Forsyth | | 4:15.90 | 3 |



Forsyth County meet # 3 - 1/7/2016

JDL Fast Track

Results - Forsyth #3

Finals ... (Girls 1000 Meter Run)

| Name | Yr | School | Seed | Finals | H# |
|------------------------|----|-----------------|---------|---------|----|
| 23 Deeny, Madison | 11 | East Forsyth | 4:21.68 | 4:16.13 | 3 |
| 24 Camarillo, Arisbeth | 10 | Parkland | 4:17.60 | 4:17.14 | 3 |
| 25 Sheriff, Millennium | 11 | Reynolds, R. J. | 4:19.13 | 4:18.38 | 3 |
| 26 McKey, Katarah | 10 | Parkland | | 4:29.05 | 3 |

Girls 1600 Meter Run

| Name | Yr | School | Seed | Finals | H# |
|------------------------|----|-------------------|---------|---------|----|
| Finals | | | | | |
| 1 Zimmermann, Isabel | 11 | Reagan | 5:20.00 | 5:12.75 | 1 |
| 2 Smith, Ashley | 12 | West Forsyth | 5:21.14 | 5:21.73 | 1 |
| 3 Cox, Ashley | 12 | Reynolds, R. J. | 6:15.00 | 5:21.87 | 1 |
| 4 Holmes, Kiley | 10 | West Forsyth | 6:01.27 | 5:52.82 | 1 |
| 5 Spencer, Sarah | 11 | West Forsyth | 5:50.63 | 5:56.59 | 1 |
| 6 Hughes, Lydia | 11 | Reagan | 5:55.12 | 5:59.58 | 1 |
| 7 Coyte, Elizabeth | 12 | Bishop McGuinness | 5:39.18 | 6:02.30 | 1 |
| 8 Fearn, Jessica | 10 | West Forsyth | 6:05.98 | 6:04.79 | 1 |
| 9 Paulsen, Kathryn | 10 | East Forsyth | 6:11.39 | 6:06.14 | 1 |
| 10 Daggett, Emmaline | 09 | Reynolds, R. J. | | 6:18.25 | 2 |
| 11 Plybon, Anna | 11 | East Forsyth | 6:30.00 | 6:23.58 | 2 |
| 12 Roope, Kaylee | 10 | Reagan | 6:31.50 | 6:26.32 | 2 |
| 13 Bethea, Ashlyne | 09 | Atkins | 5:50.06 | 6:28.72 | 1 |
| 14 Thompson, Deanna | 12 | Reagan | 6:18.34 | 6:31.89 | 1 |
| 15 Scott, Bridgette | 10 | West Forsyth | 6:46.69 | 6:33.52 | 2 |
| 16 Gaither, Linzey | 10 | Walkertown | 6:53.57 | 6:36.19 | 2 |
| 17 Kelley, Kaela | 11 | Parkland | 6:41.01 | 6:44.83 | 2 |
| 18 Reichert, Stephanie | 09 | Mount Tabor | 6:15.00 | 6:49.78 | 1 |
| 19 Brooks, Mya | 09 | Parkland | | 7:03.85 | 2 |
| 20 Kump, Rachel | 11 | Reagan | 6:58.38 | 7:04.36 | 2 |
| 21 Martinez, Nancy | 12 | North Forsyth | 7:52.79 | 7:52.88 | 2 |

Girls 3200 Meter Run

| Name | Yr | School | Seed | Finals | H# |
|-----------------------|----|-------------------|----------|----------|----|
| Finals | | | | | |
| 1 Cox, Ashley | 12 | Reynolds, R. J. | 14:00.00 | 11:53.21 | |
| 2 Anderson, Kathryn | 10 | West Forsyth | 12:26.54 | 12:41.41 | |
| 3 Cartwright, Jenna | 11 | West Forsyth | 13:28.69 | 14:12.18 | |
| 4 Caress, Elizabeth | 09 | Bishop McGuinness | 14:34.53 | 15:11.78 | |
| 5 Anderson, Cassie | 11 | West Forsyth | 14:18.19 | 15:18.18 | |
| 6 Lopez, Jessica | 10 | Parkland | 17:50.75 | 15:53.64 | |
| 7 Yanes-Segura, Paula | 11 | Parkland | | 16:45.54 | |
| --- McKee, Marielle | 09 | East Forsyth | | DNF | |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Girls 55 Meter Hurdles**

| Name | Yr | School | Seed | Finals |
|--------------------|----|--------------------|-------|--------|
| Finals | | | | |
| 1 Smith, Ashya | 11 | Winston-Salem Prep | 8.70 | 8.86 |
| 2 Smith, Beonca | 11 | Reynolds, R. J. | 9.13 | 9.00 |
| 3 Blue, Nascha | 11 | Glenn | 9.25 | 9.15 |
| 4 Simington, Amari | 09 | Parkland | 9.96 | 10.29 |
| 5 Emmerson, Sierra | 11 | Parkland | 9.96 | 11.24 |
| 6 Scott, Sarah | 09 | Reagan | 11.59 | 11.72 |
| --- Davis, Kimani | 11 | Parkland | 8.74 | FS |

Girls 4x200 Meter Relay

| Team | Relay | Seed | Finals |
|-------------------------|-----------------------|----------------------|----------------------|
| Finals | | | |
| 1 Parkland | A | 1:40.21 | 1:50.15 |
| 1) Francis, Zjinaiya 11 | 2) Davis, Kimani 11 | 3) Hill, Destiny 09 | 4) Bowman, Jahnae 12 |
| 2 Winston-Salem Prep | A | 1:55.01 | 1:52.30 |
| 1) Brooks, Dazah 12 | 2) Mack, Llyric 12 | 3) Reid, Deja 11 | 4) Smith, Ashya 11 |
| 3 Reynolds, R. J. | A | 1:53.39 | 1:54.52 |
| 1) Cooper, Alex 10 | 2) Smith, Beonca 11 | 3) Pitts, Zarea 11 | 4) Rucker, Erica 11 |
| 4 Reagan | A | | 1:56.43 |
| 5 West Forsyth | A | 1:56.52 | 2:00.12 |
| 1) Chapman, Alexia 10 | 2) Wilson, Yasmine 12 | 3) Jones, Kennedy 12 | 4) Janzef, Eliza 09 |
| 6 Bishop McGuinness | A | 2:01.38 | 2:04.79 |
| 1) Bernard, Lilly 09 | 2) Bernard, Molly 11 | 3) Gann, Carson 12 | 4) Iruela, Jenny 10 |

Girls 4x400 Meter Relay

| Team | Relay | Seed | Finals | H# |
|-------------------------|-------------------------|-------------------------|------------------------------|----|
| Finals | | | | |
| 1 Parkland | A | 3:54.64 | 4:16.19 | 1 |
| 1) Davis, Kimani 11 | 2) Cannon, Shanone 11 | 3) McNeill, McKinley 12 | 4) Francis, Zjinaiya 11 | |
| 2 West Forsyth | A | 4:23.29 | 4:23.37 | 1 |
| 1) O'Neal, Kendall 09 | 2) Timberlake, Sarah 11 | 3) Janzef, Eliza 09 | 4) Spencer, Ellen 12 | |
| 3 Reagan | A | 4:31.85 | 4:24.60 | 1 |
| 1) Saunders, Trinity 09 | 2) Settle, Avery 11 | 3) Sheets, Jordan 12 | 4) Griffin, Kaili 12 | |
| 4 Mount Tabor | A | 4:16.25 | 4:26.75 | 1 |
| 1) Lineberry, Jenna 10 | 2) Nommsen, Madi 10 | 3) Messenkopf, Leah 10 | 4) Patterson-Mills, Tiara 11 | |
| 5 Parkland | B | 4:30.00 | 4:42.58 | 1 |
| 1) Emmerson, Sierra 11 | 2) Penn, Brooklyn 11 | 3) Penn, Del'Nique 09 | 4) Mitchell, Sacacia 10 | |
| 6 West Forsyth | B | 4:30.00 | 4:44.31 | 1 |
| 1) Chapman, Alexia 10 | 2) Coats, Meghan 09 | 3) Giordano, Ashley 11 | 4) Smith, Ashley 12 | |
| 7 Bishop McGuinness | A | 4:40.00 | 4:54.30 | 2 |
| 1) Basel, Jenna 12 | 2) Coyte, Caroline 09 | 3) Darnell, Lauren 09 | 4) Valentine, Kienle 12 | |
| 8 North Forsyth | A | | 4:58.08 | 2 |
| 1) Mickens, Shawntez 10 | 2) Wilson, Karia 09 | 3) Green, Keaira 12 | 4) Hardy, I'Nayja 10 | |
| 9 Reagan | B | | 5:39.54 | 2 |
| 1) Comer, Ashlyn 09 | 2) Paulin, Haylie 09 | 3) Inman, Caroline 10 | 4) Settle, Lauren 09 | |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Girls 4x400 Meter Relay)**

| Team | Relay | Seed | Finals | H# |
|--|---------------------------|-----------------------|------------------------------------|----|
| 10 North Forsyth 1) Ocampo, Brenda 09 | B 2) Beltran, Yoana 12 | 3) Martinez, Nancy 12 | 5:58.81 4) Hernandez, Amelia 12 | 2 |

Girls 4x800 Meter Relay

| Team | Relay | Seed | Finals |
|--|--------------------------------|------------------------------------|--|
| Finals | | | |
| 1 Mount Tabor 1) Lineberry, Jenna 10 | A 2) Messenkopf, Leah 10 | 10:34.79 3) Reichert, Emily 12 | 10:31.00 4) Patterson-Mills, Tiara 11 |
| 2 West Forsyth 1) Basrai, Zavera 09 | A 2) Anderson, Kathryn 10 | 10:29.63 3) Giordano, Ashley 11 | 10:38.88 4) Elhadidy, Nandie 11 |
| 3 Parkland 1) Cannon, Shanone 11 | A 2) Brito-Milian, Yazud 09 | 10:59.86 3) Cruzat, Monica 09 | 11:36.24 4) McKay, Abbigale 09 |
| 4 Reagan 1) Cunningham, Madeline 09 | A 2) Richter, Caroline 09 | 10:14.00 3) Roope, Kaylee 10 | 11:42.65 4) Thompson, Deanna 12 |
| 5 West Forsyth 1) Anderson, Cassie 11 | B 2) Cannon, Ansley 12 | 11:15.00 3) Hiatt, Ashley 12 | 11:59.93 4) Medina, Michelle 11 |
| 6 Reynolds, R. J. 1) Cox, Ashley 12 | A 2) Silva, Johanna 11 | 11:27.34 3) McLean, Sarah 11 | 12:42.27 4) Irvin, Lizzy 12 |
| 7 Parkland 1) Mitchell, Sacacia 10 | B 2) McKey, Katarah 10 | 12:00.00 3) Brooks, Mya 09 | 12:48.96 4) Cooper, KeYanna 10 |
| 8 Reagan 1) Hudgens, Lydia 12 | B 2) Mathis, Lauren 12 | | 12:50.26 4) Lambe, Emily 09 |
| 9 North Forsyth 1) Ocampo, Brenda 09 | A 2) Beltran, Yoana 12 | 12:30.03 3) Martinez, Nancy 12 | 13:51.28 4) Hernandez, Amelia 12 |
| 10 North Forsyth 1) Hardy, I'Nayja 10 | B 2) Green, Keaira 12 | 3) Wilson, Karia 09 | 14:08.61 4) Mickens, Shawntez 10 |

Girls High Jump

| Name | Yr School | Seed | Finals |
|-----------------------|-----------------|---------|---------|
| Finals | | | |
| 1 Timberlake, Sarah | 11 West Forsyth | 5-04.00 | 5-04.00 |
| 2 Taylor, Kailey | 11 East Forsyth | 5-00.00 | 5-00.00 |
| 3 Griffin, Kaili | 12 Reagan | 4-10.00 | 4-10.00 |
| 4 Settle, Avery | 11 Reagan | 4-10.00 | 4-08.00 |
| 5 Randleman, Destiny | 11 Parkland | 4-02.00 | 4-04.00 |
| 6 Penn, Del'Nique | 09 Parkland | | 4-00.00 |
| --- Covington, Camryn | 10 Parkland | | NH |
| --- Clark, Aniya | 11 Parkland | | NH |

Girls Pole Vault

| Name | Yr School | Seed | Finals |
|----------------------|-----------------|---------|---------|
| Finals | | | |
| 1 Crissman, Olivia | 11 Reagan | 7-06.00 | 7-06.00 |
| 2 Spencer, Katherine | 09 West Forsyth | 7-00.00 | 7-00.00 |
| 2 Noyes, Bri | 11 West Forsyth | 7-06.00 | 7-00.00 |
| 4 Reynolds, Abby T. | 11 Mount Tabor | 7-00.00 | 6-06.00 |
| 4 Bell, Susannah | 10 Mount Tabor | 7-00.00 | 6-06.00 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Girls Pole Vault)**

| Name | Yr | School | Seed | Finals |
|---------------------------|----|--------------|---------|---------|
| 6 Piper, Maya | 09 | Mount Tabor | | 6-00.00 |
| --- Brickner, Alaina | 12 | Reagan | | NH |
| --- Chambers, Meredith | 10 | Reagan | | NH |
| --- Wood, Elizabeth | 09 | Mount Tabor | | NH |
| --- Whittington, Miki | 12 | Mount Tabor | 8-00.00 | NH |
| --- Madison-Cooper, Emily | 12 | West Forsyth | 8-06.00 | NH |
| --- Doty, Meghan | 10 | West Forsyth | | NH |

Girls Long Jump

| Name | Yr | School | Seed | Finals |
|----------------------|----|--------------------|----------|----------|
| Finals | | | | |
| 1 Bowman, Jahnae | 12 | Parkland | 16-08.75 | 16-10.00 |
| 2 Reid, Deja | 11 | Winston-Salem Prep | | 16-01.00 |
| 3 Evans, Sykonza | 12 | Carver | 16-09.00 | 16-00.75 |
| 4 Simington, Amari | 09 | Parkland | 14-11.00 | 15-05.75 |
| 5 Mack, Llyric | 12 | Winston-Salem Prep | 15-00.50 | 14-11.50 |
| 6 Wilson, Yasmine | 12 | West Forsyth | 15-06.00 | 14-02.00 |
| 7 Piper, Maya | 09 | Mount Tabor | 13-01.00 | 13-11.50 |
| 8 Covington, Nyhanna | 10 | Parkland | 13-10.50 | 13-08.00 |
| 9 Jeffreys, Jaylen | 11 | Reynolds, R. J. | 10-08.00 | 13-00.00 |
| 10 Bernard, Molly | 11 | Bishop McGuinness | 12-09.00 | 11-09.00 |

Girls Triple Jump

| Name | Yr | School | Seed | Finals |
|------------------------|----|--------------------|----------|----------|
| Finals | | | | |
| 1 Bowman, Jahnae | 12 | Parkland | 34-11.25 | 34-03.00 |
| 2 Simington, Amari | 09 | Parkland | 31-04.50 | 32-00.00 |
| 3 Wilson, Yasmine | 12 | West Forsyth | 32-03.00 | 31-06.00 |
| --- Mack, Llyric | 12 | Winston-Salem Prep | 33-11.00 | FOUL |
| --- Cambell, Janai | 12 | West Forsyth | | FOUL |
| --- Covington, Nyhanna | 10 | Parkland | | FOUL |

Girls Shot Put

| Name | Yr | School | Seed | Finals |
|----------------------|----|---------------|----------|----------|
| Finals | | | | |
| 1 Gambrell, Briyonna | 12 | North Forsyth | 35-00.00 | 34-08.00 |
| 2 Peters, Maggie | 12 | East Forsyth | 29-07.00 | 30-00.00 |
| 3 Cambell, Janai | 12 | West Forsyth | 28-04.00 | 27-07.00 |
| 3 Cruise, Cyerra | 10 | Atkins | 27-08.00 | 27-07.00 |
| 5 Kendricks, Alex | 10 | West Forsyth | 27-11.00 | 25-10.00 |
| 6 Keith, Darrius | 11 | Reagan | 27-00.00 | 25-07.00 |
| 7 Martin, Kayla | 11 | West Forsyth | 25-02.00 | 24-09.00 |
| 8 Still, Katelyn | 10 | Walkertown | | 24-02.00 |
| 9 Bevel, Jasmine | 09 | West Forsyth | 25-00.00 | 23-04.00 |
| 10 Hall, Amaya | 11 | Parkland | 24-11.00 | 21-10.00 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Girls Shot Put)**

| Name | Yr | School | Seed | Finals |
|-----------------------|----|--------------|----------|----------|
| 11 Stinson, Makayla | 11 | West Forsyth | 26-03.00 | 21-06.00 |
| 12 Kearsse, Jonaizyon | 09 | Parkland | 19-02.00 | 20-03.00 |
| 13 Caudill, Alyssa | 09 | East Forsyth | 17-11.00 | 18-11.00 |
| 14 Vambe, Savinance | 10 | Mount Tabor | 16-10.00 | 14-08.00 |

Boys 55 Meter Dash

| Name | Yr | School | Seed | Finals | H# |
|----------------------|----|--------------------|------|--------|----|
| Finals | | | | | |
| 1 Hondos, Dimitri | 10 | West Forsyth | 6.71 | 6.68 | 1 |
| 2 Tims, Kalen | 12 | Glenn | 6.66 | 6.70 | 1 |
| 3 Jackson, Quan | 11 | Carver | 6.80 | 6.72 | 1 |
| 4 Graham, Thomas | 11 | North Forsyth | 6.75 | 6.77 | 1 |
| 5 Littlejohn, Joseph | 10 | Winston-Salem Prep | 6.40 | 6.80 | 1 |
| 6 Blacknall, Adondre | 12 | Parkland | 6.79 | 6.82 | 1 |
| 7 Phillips, Darius | 12 | Parkland | 6.76 | 6.84 | 1 |
| 8 Pebbles, Haywood | 12 | Atkins | 6.89 | 6.87 | 2 |
| 9 Childs, Nick | 09 | East Forsyth | 6.90 | 6.89 | 2 |
| 10 Lee, Marvin | 12 | Reynolds, R. J. | 6.96 | 6.93 | 2 |
| 11 Crowell, Amari | 11 | Carver | 7.01 | 6.95 | 3 |
| 12 Yount, Alex | 12 | West Forsyth | 7.20 | 6.96 | 4 |
| 13 Cobbs, Jacob | 12 | Winston-Salem Prep | 6.65 | 6.96 | 1 |
| 14 McMillan, Zyquez | 09 | Mount Tabor | 7.06 | 6.97 | 3 |
| 15 Parker, Kemai | 12 | Reynolds, R. J. | 6.89 | 6.98 | 2 |
| 16 Walker, Khyllil | 12 | Reynolds, R. J. | | 6.98 | 7 |
| 17 Burnette, Justen | 12 | Parkland | | 6.99 | 7 |
| 18 Brannon, Javon | 12 | Glenn | | 7.01 | 6 |
| 19 Mayes, Evan | 10 | Reagan | 7.11 | 7.04 | 3 |
| 20 Hayes, Savien | 11 | Parkland | 7.09 | 7.05 | 3 |
| 21 Pasche, Sam | 12 | Mount Tabor | 7.01 | 7.06 | 3 |
| 22 Clark, Jordan | 11 | Mount Tabor | 7.13 | 7.06 | 4 |
| 23 McAlister, Josh | 12 | West Forsyth | 7.09 | 7.07 | 3 |
| 24 Reynolds, Joshua | 09 | North Forsyth | 7.13 | 7.08 | 3 |
| 25 Sutton, Jaden | 09 | Glenn | | 7.12 | 7 |
| 26 Odom, Charles | 12 | Atkins | 7.10 | 7.13 | 3 |
| 27 Brown, Jeremy | 09 | Carver | 7.38 | 7.17 | 5 |
| 28 Roberts, Corey | 10 | Reagan | 7.13 | 7.18 | 4 |
| 29 Barnes, Zachary | 11 | Atkins | 7.37 | 7.19 | 5 |
| 30 Barnes, Trequan | 11 | Parkland | 7.21 | 7.21 | 4 |
| 31 Miller, Josh | 12 | West Forsyth | 7.22 | 7.24 | 4 |
| 32 Xu, Jarvis | 12 | Bishop McGuinness | 7.20 | 7.30 | 4 |
| 33 Webster, Xavier | 09 | Reagan | 7.30 | 7.36 | 4 |
| 34 Ewell, Tanner | 09 | Reagan | 7.47 | 7.49 | 5 |
| 35 Kelly, Xavier | 10 | Atkins | 7.43 | 7.50 | 5 |
| 36 Murphy, Zach | 09 | Bishop McGuinness | 7.63 | 7.56 | 6 |
| 37 Robinson, Collin | 12 | Reynolds, R. J. | 7.46 | 7.57 | 5 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Boys 55 Meter Dash)**

| Name | Yr | School | Seed | Finals | H# |
|---------------------|----|--------------------|------|--------|----|
| 38 Younger, Trent | 10 | Atkins | 7.50 | 7.58 | 5 |
| 39 Teza, James | 09 | Bishop McGuinness | 7.52 | 7.60 | 6 |
| 40 Ross, Treshawn | 12 | Winston-Salem Prep | 7.40 | 7.63 | 5 |
| 41 Cobb, Sierras | 09 | Glenn | 7.62 | 7.66 | 6 |
| 42 Ruth, Raquan | 12 | Winston-Salem Prep | 7.60 | 7.69 | 6 |
| 43 Turner, Chris | 09 | North Forsyth | | 7.91 | 6 |
| 44 LaSalle, Malcolm | 09 | North Forsyth | 7.98 | 8.04 | 6 |

Boys 300 Meter Dash

| Name | Yr | School | Seed | Finals | H# |
|------------------------|----|--------------------|-------|--------|----|
| Finals | | | | | |
| 1 Graise, Lorenzo | 12 | Parkland | 35.10 | 35.58 | 1 |
| 2 Littlejohn, Joseph | 10 | Winston-Salem Prep | 35.10 | 36.78 | 1 |
| 3 Hayes, Chris | 12 | Parkland | 36.88 | 37.53 | 1 |
| 4 Hammonds, Gabe | 12 | Reynolds, R. J. | | 37.75 | 9 |
| 5 Blacknall, Adondre | 12 | Parkland | 37.79 | 37.87 | 2 |
| 6 Barnes, Trequan | 11 | Parkland | 37.55 | 38.06 | 1 |
| 7 Chambers, Malik | 10 | Mount Tabor | 37.10 | 38.08 | 1 |
| 8 Hayes, Savien | 11 | Parkland | 38.68 | 38.14 | 3 |
| 9 Johnson, Jordan | 12 | East Forsyth | 37.74 | 38.21 | 2 |
| 10 Pebbles, Haywood | 12 | Atkins | 37.62 | 38.53 | 2 |
| 11 Jones, Dashawntreas | 09 | Mount Tabor | 37.33 | 38.56 | 1 |
| 12 Drane, Casen | 11 | West Forsyth | 39.38 | 38.89 | 4 |
| 13 Sutton, Jaden | 09 | Glenn | 38.87 | 38.91 | 3 |
| 14 Flynt, James | 11 | Mount Tabor | 38.90 | 39.20 | 3 |
| 15 McAlister, Josh | 12 | West Forsyth | 38.88 | 39.28 | 3 |
| 16 Crowell, Amari | 11 | Carver | 39.67 | 39.32 | 4 |
| 17 Cobbs, Jacob | 12 | Winston-Salem Prep | 38.44 | 39.35 | 2 |
| 18 Tims, Kalen | 12 | Glenn | 38.89 | 39.60 | 3 |
| 19 Jordan, Jamel | 12 | West Forsyth | 40.14 | 39.82 | 5 |
| 20 Childs, Nick | 09 | East Forsyth | 39.88 | 40.84 | 5 |
| 21 Patterson, Jarrell | 11 | Mount Tabor | 39.88 | 41.12 | 5 |
| 22 Osbey, Shayne | 09 | East Forsyth | 41.01 | 41.16 | 6 |
| 23 Ross, Treshawn | 12 | Winston-Salem Prep | 39.80 | 41.21 | 5 |
| 24 Brown, Jeremy | 09 | Carver | 41.99 | 41.21 | 6 |
| 25 Reynolds, Joshua | 09 | North Forsyth | 41.67 | 41.25 | 6 |
| 26 Clark, Jordan | 11 | Mount Tabor | 41.78 | 41.34 | 6 |
| 27 Barnes, Zachary | 11 | Atkins | | 41.64 | 9 |
| 28 Carr, Alexander | 10 | Reagan | 41.33 | 41.97 | 6 |
| 29 Perez, Marcus | 09 | West Forsyth | | 42.86 | 9 |
| 30 Murphy, Zach | 09 | Bishop McGuinness | 44.59 | 43.16 | 7 |
| 31 Cobb, Sierras | 09 | Glenn | 43.36 | 43.70 | 7 |
| 32 Kelly, Daniel | 09 | Bishop McGuinness | 43.92 | 44.13 | 7 |
| 33 Sheng, Brandon | 12 | Reagan | 45.16 | 44.46 | 8 |
| 34 Morrison, Christian | 12 | Atkins | 46.59 | 45.34 | 8 |



Forsyth County meet # 3 - 1/7/2016

JDL Fast Track

Results - Forsyth #3

Finals ... (Boys 300 Meter Dash)

| Name | Yr | School | Seed | Finals | H# |
|----------------------|----|--------------------|-------|--------|----|
| 35 Ruth, Raquan | 12 | Winston-Salem Prep | | 45.84 | 9 |
| 36 Payne, Jaymond | 09 | Reagan | 44.17 | 46.08 | 7 |
| 37 Pugh, Ronnie | 10 | Walkertown | 45.85 | 46.24 | 8 |
| 38 Robinson, Kennard | 10 | Reagan | 45.00 | 46.35 | 8 |
| 39 LaSalle, Malcolm | 09 | North Forsyth | 47.58 | 50.35 | 8 |
| --- Reaves, Bryan | 12 | Walkertown | 39.47 | DNF | 4 |

Boys 500 Meter Run

| Name | Yr | School | Seed | Finals | H# |
|-----------------------|----|-------------------|---------|---------|----|
| Finals | | | | | |
| 1 Graise, Lorenzo | 12 | Parkland | 1:07.12 | 1:08.17 | 1 |
| 2 Ford, Braxton | 10 | Parkland | 1:11.25 | 1:12.91 | 1 |
| 3 Kankula, Jeremy | 10 | Atkins | 1:10.55 | 1:13.33 | 1 |
| 4 Parrish, Drew | 10 | East Forsyth | 1:12.79 | 1:14.31 | 1 |
| 5 Hucks, Ben | 12 | Parkland | 1:11.01 | 1:14.41 | 1 |
| 6 Chilson, Matt | 10 | West Forsyth | 1:14.82 | 1:14.66 | 2 |
| 7 Barber, Quartez | 12 | Parkland | 1:13.00 | 1:14.99 | 1 |
| 8 Simmons, Noah | 09 | West Forsyth | 1:15.87 | 1:15.69 | 2 |
| 9 Davis, Arinton | 12 | West Forsyth | 1:12.46 | 1:15.71 | 1 |
| 10 Jackson, Quan | 11 | Carver | 1:18.00 | 1:16.40 | 3 |
| 11 Crawford, Samuel | 09 | Reagan | 1:14.00 | 1:16.88 | 2 |
| 12 Smith, Kephren | 10 | Mount Tabor | 1:19.47 | 1:17.09 | 3 |
| 13 Dela Rosa, Elvin | 11 | Parkland | 1:13.00 | 1:17.14 | 1 |
| 14 Osbey, Shayne | 09 | East Forsyth | 1:17.80 | 1:17.18 | 2 |
| 15 Wallace, Jaquan | 11 | Glenn | 1:17.64 | 1:17.19 | 2 |
| 16 Keith, Nassir | 10 | North Forsyth | 1:18.34 | 1:17.33 | 3 |
| 17 Sheets, Justin | 10 | Reagan | 1:16.80 | 1:17.76 | 2 |
| 18 LeGrande, Jevante | 10 | Mount Tabor | 1:13.42 | 1:17.99 | 2 |
| 19 Ortiz, Tony | 11 | North Forsyth | 1:20.05 | 1:19.26 | 3 |
| 20 Canty, Austin | 11 | Mount Tabor | 1:17.85 | 1:19.37 | 3 |
| 21 Handwerk, Noah | 11 | West Forsyth | 1:20.10 | 1:20.54 | 4 |
| 22 Singletary, Keonte | 12 | Glenn | 1:18.25 | 1:20.76 | 3 |
| 23 Ritenour, Matthew | 10 | Reagan | 1:19.22 | 1:22.02 | 3 |
| 24 Matusevics, Carson | 10 | Reagan | 1:18.78 | 1:22.38 | 3 |
| 25 McQueen, Kamry | 09 | East Forsyth | 1:26.63 | 1:24.30 | 4 |
| 26 Paynter, John | 09 | Reynolds, R. J. | 1:28.00 | 1:24.35 | 4 |
| 27 Turner, Chris | 09 | North Forsyth | | 1:25.21 | 4 |
| 28 Kelly, Daniel | 09 | Bishop McGuinness | 1:23.76 | 1:26.13 | 4 |
| 29 Green, Jireh | 10 | North Forsyth | 1:32.59 | 1:28.28 | 4 |
| 30 Francis, Freddie | 10 | East Forsyth | | 1:32.65 | 4 |

Boys 1000 Meter Run

| Name | Yr | School | Seed | Finals | H# |
|------------------|----|-------------|---------|---------|----|
| Finals | | | | | |
| 1 Kneisel, Kenny | 12 | Mount Tabor | 2:34.00 | 2:34.30 | 1 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Boys 1000 Meter Run)**

| Name | Yr | School | Seed | Finals | H# |
|-------------------------|----|-------------------|---------|---------|----|
| 2 Moerk, Michael | 10 | Mount Tabor | 2:36.00 | 2:38.43 | 1 |
| 3 Foley, Ian | 12 | Mount Tabor | 2:36.00 | 2:38.79 | 1 |
| 4 Holbrook, Todd | 11 | Reynolds, R. J. | 2:49.00 | 2:40.14 | 1 |
| 5 Hanna, Isaiah | 12 | Reagan | 2:43.22 | 2:42.84 | 1 |
| 6 Abdul-Rahman, Isa | 12 | Glenn | 2:48.65 | 2:48.62 | 1 |
| 7 McGuire, Tristan | 12 | Parkland | 2:45.07 | 2:51.63 | 1 |
| 8 Bullard, Matthew | 12 | Reagan | 2:50.36 | 2:52.72 | 1 |
| 9 Watts, Daniel | 12 | Parkland | 2:40.38 | 2:53.77 | 1 |
| 10 Molina, Nicholas | 11 | Glenn | 3:08.52 | 2:54.23 | 2 |
| 11 Jamison, Donwill | 12 | Walkertown | 3:00.16 | 2:54.41 | 2 |
| 12 Coty, Heath | 12 | Mount Tabor | 2:38.00 | 2:57.42 | 1 |
| 13 Rodriguez, Juan | 11 | Parkland | 2:57.16 | 2:57.79 | 2 |
| 14 Penn, Brandon | 10 | Mount Tabor | 2:55.00 | 2:59.23 | 2 |
| 15 Dorer, Aaron | 09 | Reagan | 2:58.00 | 3:00.66 | 2 |
| 16 Harper, Nick | 10 | West Forsyth | 3:02.96 | 3:01.51 | 2 |
| 17 Burkhalter, Cameron | 09 | West Forsyth | 3:04.00 | 3:06.33 | 2 |
| 18 Autrey, Jacob | 12 | Reagan | 2:59.96 | 3:06.40 | 2 |
| 19 Kuhn-Lain, Douglas | 12 | East Forsyth | 3:14.15 | 3:11.19 | 3 |
| 20 Nelson, Elijah | 10 | Atkins | 3:10.85 | 3:11.43 | 2 |
| 21 Gonzalez, Bruno | 10 | West Forsyth | 3:11.74 | 3:13.12 | 2 |
| 22 Schell, Sefa | 10 | East Forsyth | 3:14.49 | 3:16.32 | 3 |
| 23 Mburu, Eluid | 11 | Parkland | | 3:17.60 | 4 |
| 24 Ross, Thomas | 09 | Atkins | 3:19.20 | 3:19.89 | 3 |
| 25 Perez, Daniel | 11 | North Forsyth | | 3:23.19 | 4 |
| 26 Martinez-Ayala, Jose | 09 | North Forsyth | 3:23.58 | 3:23.24 | 3 |
| 27 Slawter, James | 09 | Reynolds, R. J. | | 3:23.58 | 4 |
| 28 Williams, Mikael | 12 | Walkertown | 3:19.95 | 3:24.64 | 3 |
| 29 Lintner, Robert | 09 | Reagan | | 3:24.88 | 4 |
| 30 Sloyan, Henry | 09 | Bishop McGuinness | 3:26.06 | 3:26.98 | 3 |
| 31 Loy, Elijah | 09 | Walkertown | 3:29.48 | 3:29.48 | 3 |
| 32 Westcott, Ben | 09 | Reynolds, R. J. | 3:27.81 | 3:29.74 | 3 |
| 33 Choyce, Alex | 12 | Reynolds, R. J. | 3:28.27 | 3:30.55 | 3 |
| 34 Crim, Alonzo | 09 | Glenn | 3:30.89 | 3:39.28 | 4 |
| 35 Menijvar, Rene | 12 | North Forsyth | | 3:46.30 | 4 |
| 36 Slozer, Jarred | 09 | Reynolds, R. J. | 3:56.48 | 4:16.14 | 4 |

Boys 1600 Meter Run

| Name | Yr | School | Seed | Finals | H# |
|--------------------|----|-----------------|---------|---------|----|
| Finals | | | | | |
| 1 Ponder, Cameron | 10 | Mount Tabor | 4:35.00 | 4:30.60 | 1 |
| 2 Tatter, John | 12 | Reynolds, R. J. | 4:35.00 | 4:38.73 | 1 |
| 3 Bullard, Matthew | 12 | Reagan | 4:44.75 | 4:47.69 | 1 |
| 4 Rogers, Matthew | 12 | Walkertown | | 4:47.79 | 2 |
| 5 Nickel, Ian | 12 | Mount Tabor | 4:45.00 | 4:50.30 | 1 |
| 6 Carter, Logan | 10 | Walkertown | 4:59.39 | 4:51.44 | 1 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Boys 1600 Meter Run)**

| Name | Yr | School | Seed | Finals | H# |
|--------------------------|----|-------------------|---------|---------|----|
| 7 Anthony, Thomas | 11 | Reynolds, R. J. | 4:50.00 | 4:55.88 | 1 |
| 8 Marsh, Mason | 12 | Reagan | 4:48.00 | 4:57.72 | 1 |
| 9 Jamison, Donwill | 12 | Walkertown | 5:03.10 | 5:02.65 | 1 |
| 10 Ward, Anderson | 10 | Reynolds, R. J. | 5:03.19 | 5:02.89 | 1 |
| 11 Whicker, Tanner | 11 | East Forsyth | 5:17.45 | 5:04.95 | 2 |
| 12 Brewer, Daniel | 12 | West Forsyth | 5:16.58 | 5:10.68 | 2 |
| 13 Turner, William | 10 | Mount Tabor | 5:02.03 | 5:11.80 | 1 |
| 14 Jones, Michael | 10 | West Forsyth | 5:15.95 | 5:13.67 | 2 |
| 15 Pomper, Samuel | 09 | Mount Tabor | 5:20.48 | 5:15.33 | 2 |
| 16 Busarto, Raul | 12 | Glenn | 5:28.65 | 5:16.40 | 2 |
| 17 Mueller, Matt | 11 | Glenn | 5:04.70 | 5:18.67 | 1 |
| 18 Newsome, Brock | 09 | West Forsyth | 5:19.91 | 5:19.06 | 2 |
| 19 Ross, Thomas | 09 | Atkins | 5:22.84 | 5:22.07 | 2 |
| 20 Marsh, Will | 11 | Reagan | 5:15.00 | 5:23.57 | 2 |
| 21 Nelson, Elijah | 10 | Atkins | 5:14.23 | 5:29.42 | 2 |
| 22 Mohr, Brendan | 11 | West Forsyth | 5:21.74 | 5:32.65 | 2 |
| 23 Stowers, Gage | 11 | Reynolds, R. J. | 5:22.70 | 5:33.94 | 2 |
| 24 Penner, Clark | 10 | West Forsyth | | 5:35.30 | 3 |
| 25 Pahun, Morton | 11 | Parkland | 5:35.89 | 5:36.05 | 3 |
| 26 Rudel, Conner | 10 | Atkins | 5:33.21 | 5:36.63 | 2 |
| 27 Ceballos, Alexis | 09 | Parkland | 5:36.27 | 5:42.33 | 3 |
| 28 Reece, Elliott | 11 | Reagan | 5:34.00 | 5:46.15 | 2 |
| 29 Roques, Emeilano | 09 | Glenn | 5:41.01 | 5:46.67 | 3 |
| 30 Warren, Evan | 10 | Reynolds, R. J. | 5:56.00 | 5:46.83 | 3 |
| 31 Ganzert, Robert | 10 | Bishop McGuinness | 5:44.27 | 5:54.72 | 3 |
| 32 Hernandez, Kenny | 09 | North Forsyth | | 6:01.30 | 3 |
| 33 Salinas Bernal, Kevin | 09 | Parkland | 6:04.77 | 6:03.63 | 3 |
| 34 Cummings, Jacob | 09 | Reagan | 5:54.00 | 6:22.21 | 3 |
| 35 Rickard, Zachary | 09 | East Forsyth | 6:37.37 | 6:35.24 | 3 |
| 36 Kreber, Luke | 09 | Bishop McGuinness | 6:20.11 | 6:43.21 | 3 |

Boys 3200 Meter Run

| Name | Yr | School | Seed | Finals |
|----------------------|----|-----------------|----------|----------|
| Finals | | | | |
| 1 Tatter, John | 12 | Reynolds, R. J. | 10:11.64 | 9:58.66 |
| 2 Pace, Charles | 10 | Mount Tabor | 10:15.00 | 10:10.49 |
| 3 Romero, Andy | 12 | North Forsyth | | 10:18.43 |
| 4 Parmesano, Daniel | 12 | Walkertown | 10:42.71 | 10:38.61 |
| 5 Wrobel, Jacob | 11 | Reagan | 10:17.00 | 10:39.17 |
| 6 Cunningham, Dalton | 12 | Reagan | 10:21.00 | 10:46.10 |
| 7 Freeman, Blake | 10 | Walkertown | 10:50.78 | 10:46.96 |
| 8 Kirse, Sam | 11 | Mount Tabor | 10:40.00 | 10:55.56 |
| 9 Fischer, Christian | 12 | Reagan | 11:02.87 | 10:55.94 |
| 10 Anthony, Thomas | 11 | Reynolds, R. J. | 10:20.00 | 10:57.89 |
| 11 Marshall, Alex | 10 | West Forsyth | 10:55.00 | 10:59.73 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Boys 3200 Meter Run)**

| Name | Yr | School | Seed | Finals |
|-------------------------|----|-------------------|----------|----------|
| 12 Nesbit, Matthew | 11 | Reagan | 10:47.00 | 11:04.22 |
| 13 McKee, Gus | 11 | East Forsyth | 12:04.59 | 11:15.89 |
| 14 Warren, James | 10 | Walkertown | | 11:15.96 |
| 15 Stepnoski, John Paul | 12 | Bishop McGuinness | 11:16.17 | 11:20.22 |
| 16 Burkhalter, Cameron | 09 | West Forsyth | 11:26.10 | 11:31.05 |
| 17 Kummer, Ethan | 09 | Mount Tabor | | 11:43.26 |
| 18 Kirse, Jake | 11 | Mount Tabor | 10:50.00 | 11:44.61 |
| 19 Roques, Emeilano | 09 | Glenn | 12:09.56 | 12:22.46 |
| 20 Vest, Andrew | 09 | Mount Tabor | | 12:50.05 |
| 21 Martinez-Ayala, Jose | 09 | North Forsyth | 12:37.81 | 13:13.03 |
| 22 McLean, Roark | 12 | Parkland | 11:47.19 | 13:15.67 |
| 23 Hernandez, Kenny | 09 | North Forsyth | | 14:02.98 |
| 24 Miner, Jonathan | 09 | Reagan | | 14:11.99 |
| 25 Perez, Daniel | 11 | North Forsyth | 12:55.07 | 14:17.78 |
| 26 Menijvar, Rene | 12 | North Forsyth | | 14:58.48 |
| --- Ward, Anderson | 10 | Reynolds, R. J. | 11:00.10 | DNF |

Boys 55 Meter Hurdles

| Name | Yr | School | Seed | Finals | H# |
|----------------------|----|-----------------|-------|--------|----|
| Finals | | | | | |
| 1 Hammonds, Gabe | 12 | Reynolds, R. J. | 7.84 | 7.95 | 1 |
| 2 Reaves, Bryan | 12 | Walkertown | 8.91 | 8.50 | 1 |
| 3 Neiters, Jack | 11 | West Forsyth | 8.88 | 8.61 | 1 |
| 4 Patterson, Jarrell | 11 | Mount Tabor | 9.30 | 8.70 | 1 |
| 5 Jackson, Trey | 10 | West Forsyth | 9.55 | 8.81 | 2 |
| 6 Gonzalez, Jason | 12 | Parkland | 8.95 | 8.92 | 1 |
| 7 Fero, Tyler | 12 | West Forsyth | 9.50 | 9.20 | 1 |
| 8 Underdal, Andrew | 11 | West Forsyth | 9.58 | 9.64 | 2 |
| 9 Palmer, K'Evon | 10 | Parkland | 9.87 | 9.68 | 2 |
| 10 Pierce, Benjamin | 12 | Reagan | 10.14 | 10.17 | 2 |
| 11 Nofziger, Josh | 12 | Atkins | | 10.29 | 2 |
| 12 Dunwood, Dejuane | 11 | East Forsyth | 8.95 | 10.70 | 1 |
| 13 Barber, Tyrone | 09 | Parkland | 11.40 | 10.74 | 2 |
| 14 Colaire, Aamani | 09 | Parkland | 10.33 | 10.79 | 2 |

Boys 4x200 Meter Relay

| Team | Relay | Seed | Finals |
|--------------------------|------------------------|-------------------------|------------------------|
| Finals | | | |
| 1 Parkland | A | | 1:34.76 |
| 1) Blacknall, Adondre 12 | 2) Graise, Lorenzo 12 | 3) Phillips, Darius 12 | 4) Monell, Julian 10 |
| 2 Atkins | A | 1:38.33 | 1:41.25 |
| 1) Nofziger, Josh 12 | 2) Odom, Charles 12 | 3) Davis, Tony 12 | 4) Pebbles, Haywood 12 |
| 3 Reagan | A | 1:41.00 | 1:42.45 |
| 1) Roberts, Corey 10 | 2) Crawford, Samuel 09 | 3) Eqwatu, Chris 11 | 4) Saunders, David 12 |
| --- West Forsyth | A | 1:35.69 | DNF |
| 1) Jordan, Jamel 12 | 2) McAlister, Josh 12 | 3) Segers, Dionysius 11 | 4) Yount, Alex 12 |



Forsyth County meet # 3 - 1/7/2016

JDL Fast Track

Results - Forsyth #3

Finals ... (Boys 4x200 Meter Relay)

| Team | Relay | Seed | Finals |
|------------------------|--------------------------|----------------------|--------------------|
| --- Winston-Salem Prep | A | 1:41.00 | DQ |
| 1) Cobbs, Jacob 12 | 2) Littlejohn, Joseph 10 | 3) Ross, Treshawn 12 | 4) Ruth, Raquan 12 |

Boys 4x400 Meter Relay

| Team | Relay | Seed | Finals | H# |
|------------------------|------------------------|----------------------------|---------------------------|----|
| Finals | | | | |
| 1 Parkland | A | 3:28.67 | 3:36.60 | 1 |
| 1) Ford, Braxton 10 | 2) Hayes, Chris 12 | 3) Graise, Lorenzo 12 | 4) Hucks, Ben 12 | |
| 2 Atkins | A | 3:44.25 | 3:42.87 | 1 |
| 1) Pebbles, Haywood 12 | 2) Davis, Tony 12 | 3) Lawson, Maiz 10 | 4) Kankula, Jeremy 10 | |
| 3 Parkland | B | 3:28.67 | 3:44.61 | 1 |
| 1) Barber, Quartez 12 | 2) Barnes, Trequan 11 | 3) Martin, James 12 | 4) Blacknall, Adondre 12 | |
| 4 Mount Tabor | A | 3:40.30 | 3:48.25 | 1 |
| 1) Chambers, Malik 10 | 2) Pasche, Sam 12 | 3) LeGrande, Jevante 10 | 4) Jones, Dashawntreas 09 | |
| 5 Bishop McGuinness | A | 3:43.00 | 3:53.00 | 1 |
| 1) Fohn, Samuel 11 | 2) Herndon, Matthew 11 | 3) Lininger, Tyler 11 | 4) Teza, James 09 | |
| 6 Reagan | A | 4:00.00 | 3:57.50 | 2 |
| 1) Knight, Elijah 09 | 2) Crawford, Samuel 09 | 3) Matusевичs, Carson 10 | 4) Hanna, Isaiah 12 | |
| 7 North Forsyth | A | 3:48.41 | 4:06.69 | 2 |
| 1) Ortiz, Tony 11 | 2) Reynolds, Joshua 09 | 3) Graham, Thomas 11 | 4) Keith, Nassir 10 | |
| 8 Bishop McGuinness | B | 3:50.00 | 4:21.27 | 2 |
| 1) Ganzert, Robert 10 | 2) Herndon, Jackson 09 | 3) Stepnoski, John Paul 12 | 4) Kelly, Daniel 09 | |
| 9 North Forsyth | B | 4:03.00 | 4:30.59 | 2 |
| 1) Green, Jireh 10 | 2) LaSalle, Malcolm 09 | 3) Briggs, Solon 10 | 4) Turner, Chris 09 | |
| --- Glenn | A | 3:44.43 | DNF | 1 |
| 1) Goolsby, Chris 11 | 2) Wallace, Jaquan 11 | 3) Singletary, Keonte 12 | 4) Abdul-Rahman, Isa 12 | |

Boys 4x800 Meter Relay

| Team | Relay | Seed | Finals |
|------------------------|----------------------------|-----------------------|----------------------------|
| Finals | | | |
| 1 Parkland | A | 9:16.03 | 8:48.66 |
| 1) Watts, Daniel 12 | 2) McGuire, Tristan 12 | 3) Hucks, Ben 12 | 4) Mburu, Eluid 11 |
| 2 West Forsyth | A | 8:35.00 | 8:56.52 |
| 1) Marshall, Alex 10 | 2) Chilson, Matt 10 | 3) Spaventa, JP 12 | 4) Harper, Nick 10 |
| 3 Atkins | A | 8:57.75 | 9:18.07 |
| 1) Rudel, Conner 10 | 2) Kankula, Jeremy 10 | 3) Davis, Tony 12 | 4) Nelson, Elijah 10 |
| 4 East Forsyth | A | 9:27.94 | 9:30.15 |
| 1) Parrish, Drew 10 | 2) Osbey, Shayne 09 | 3) Whicker, Tanner 11 | 4) McKee, Gus 11 |
| 5 Mount Tabor | A | 9:20.00 | 9:36.64 |
| 1) Dunn, Alex 10 | 2) Dosell, Colin 12 | 3) Brown, Dillon 11 | 4) Madden, John 10 |
| 6 Bishop McGuinness | A | 9:55.41 | 9:42.22 |
| 1) Herndon, Jackson 09 | 2) Herndon, Matthew 11 | 3) Lininger, Tyler 11 | 4) Stepnoski, John Paul 12 |
| 7 Reagan | A | 9:10.00 | 9:42.32 |
| 1) Autrey, Jacob 12 | 2) Cumbo, Henry 12 | 3) Cummings, Jacob 09 | 4) Dorer, Aaron 09 |
| 8 North Forsyth | A | 10:12.39 | 9:43.15 |
| 1) Ortiz, Tony 11 | 2) Martinez-Ayala, Jose 09 | 3) Keith, Nassir 10 | 4) Romero, Andy 12 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Boys 4x800 Meter Relay)**

| Team | Relay | Seed | Finals |
|--|-----------------------------|---------|--|
| 9 Walkertown 1) Carter, Logan 10 | A 2) Rogers, Matthew 12 | 8:57.44 | 9:56.46 4) Jamison, Donwill 12 |
| 10 Parkland 1) Ford, Braxton 10 | B 2) Ceballos, Alexis 09 | 9:16.03 | 9:58.13 4) Salinas Bernal, Kevin 09 |
| 11 Reynolds, R. J. 1) Paynter, John 09 | A 2) Westcott, Ben 09 | 8:26.74 | 10:34.48 4) Choyce, Alex 12 |
| 12 North Forsyth 1) Hernandez, Kenny 09 | B 2) Green, Jireh 10 | | 11:09.63 4) Perez, Daniel 11 |

Boys High Jump

| Name | Yr School | Seed | Finals |
|----------------------|----------------------|---------|---------|
| Finals | | | |
| 1 Ibrahim, Joseph | 12 West Forsyth | 6-06.00 | 6-04.00 |
| 2 Underdal, Andrew | 11 West Forsyth | 6-00.00 | 6-00.00 |
| 3 Combs, Ryan | 10 East Forsyth | 5-06.00 | 5-06.00 |
| 3 Walston, Harold | 12 Mount Tabor | 5-07.00 | 5-06.00 |
| 5 Dunwood, Dejuane | 11 East Forsyth | 5-04.00 | 5-02.00 |
| 6 Xu, Jarvis | 12 Bishop McGuinness | | 5-00.00 |
| --- Burnette, Justen | 12 Parkland | | NH |

Boys Pole Vault

| Name | Yr School | Seed | Finals |
|--------------------|-----------------|----------|----------|
| Finals | | | |
| 1 Sonik, Timin | 11 Mount Tabor | 11-06.00 | 11-00.00 |
| 2 Combs, Ryan | 10 East Forsyth | 9-06.00 | 10-00.00 |
| 2 Lennon, Alex | 11 Mount Tabor | 11-00.00 | 10-00.00 |
| 2 Lerner, Ryan | 12 Reagan | 10-06.00 | 10-00.00 |
| 2 Wood, Owen | 12 Mount Tabor | 10-06.00 | 10-00.00 |
| 6 Freeman, Patrick | Mount Tabor | | 9-06.00 |
| 6 Whitaker, Jay | 10 Mount Tabor | 9-06.00 | 9-06.00 |
| 8 Burke, Landon | 10 West Forsyth | 10-00.00 | 9-00.00 |
| 8 Penner, Grant | 12 West Forsyth | 9-00.00 | 9-00.00 |
| 8 Shaw, Matthew | 10 Mount Tabor | | 9-00.00 |
| 11 Shell, Connor | Mount Tabor | | 8-06.00 |
| 12 Osbey, Shayne | 09 East Forsyth | | 8-00.00 |
| 13 Schell, Sefa | 10 East Forsyth | 7-00.00 | 7-06.00 |
| 14 McClain, Andy | Mount Tabor | | 7-00.00 |

Boys Long Jump

| Name | Yr School | Seed | Finals |
|-------------------|-----------------|----------|----------|
| Finals | | | |
| 1 Johnson, Jordan | 12 East Forsyth | 22-03.00 | 21-07.00 |
| 2 Pasche, Sam | 12 Mount Tabor | 19-08.75 | 18-10.00 |
| 3 Brannon, Javon | 12 Glenn | | 18-09.25 |
| 4 Reaves, Bryan | 12 Walkertown | 18-08.00 | 18-05.00 |
| 5 Davis, Arinton | 12 West Forsyth | 19-04.50 | 18-00.00 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Boys Long Jump)**

| Name | Yr | School | Seed | Finals | |
|----------------------|----|--------------------|----------|----------|---|
| 6 Neiters, Jack | 11 | West Forsyth | 18-04.50 | 17-11.75 | 2 |
| 7 Littlejohn, Joseph | 10 | Winston-Salem Prep | 18-07.75 | 17-08.25 | 2 |
| 8 Molina, Nicholas | 11 | Glenn | | 17-07.50 | 1 |
| 9 Miller, Josh | 12 | West Forsyth | 17-02.25 | 17-05.50 | 2 |
| 10 Martin, James | 12 | Parkland | | 17-02.00 | 1 |
| 11 Sutton, Jaden | 09 | Glenn | 17-06.50 | 17-01.75 | 2 |
| 12 Pearson, Isaiah | 12 | Atkins | 17-09.00 | 17-01.25 | 2 |
| 13 Knight, Elijah | 09 | Reagan | 16-00.25 | 17-00.25 | 1 |
| 14 Canty, Austin | 11 | Mount Tabor | 17-02.75 | 16-11.75 | 2 |
| 15 Palmer, K'Evon | 10 | Parkland | 16-02.00 | 15-10.00 | 2 |
| 16 Murphy, Zach | 09 | Bishop McGuinness | 15-02.25 | 15-08.50 | 1 |
| 17 Monell, Julian | 10 | Parkland | 16-11.00 | 15-07.50 | 2 |
| 18 Barber, Tyrone | 09 | Parkland | | 14-11.00 | 1 |
| 19 Jones, Chase | 09 | Atkins | 16-02.50 | 14-08.25 | 2 |
| 20 Ghobrial, Ramez | 09 | West Forsyth | 14-05.25 | 14-05.50 | 1 |
| 21 Martin, Tyson | 10 | Reagan | 13-00.50 | 13-06.75 | 1 |
| 22 McQueen, Kamry | 09 | East Forsyth | 10-01.75 | 12-09.50 | 1 |
| 23 Scotland, Jack | 10 | Reagan | 12-05.00 | 9-11.25 | 1 |

Boys Triple Jump

| Name | Yr | School | Seed | Finals |
|-------------------|----|--------------|----------|----------|
| Finals | | | | |
| 1 Johnson, Jordan | 12 | East Forsyth | 41-05.50 | 43-05.50 |
| 2 Martin, James | 12 | Parkland | 37-05.00 | 39-00.00 |
| 3 Pasche, Sam | 12 | Mount Tabor | 36-01.25 | 37-01.50 |
| 4 Reaves, Bryan | 12 | Walkertown | 36-08.00 | 36-08.00 |
| 5 Palmer, K'Evon | 10 | Parkland | 34-07.00 | 34-11.75 |
| 6 Monell, Julian | 10 | Parkland | 36-01.00 | 34-09.25 |

Boys Shot Put

| Name | Yr | School | Seed | Finals | |
|-----------------------|----|--------------------|----------|----------|---|
| Finals | | | | | |
| 1 Harrison, Austin | 11 | West Forsyth | 49-02.00 | 47-08.00 | 2 |
| 2 Joyce, George | 11 | Atkins | 38-04.00 | 41-04.00 | 2 |
| 3 Moore, Wesley | 12 | Atkins | 38-03.50 | 39-06.00 | 2 |
| 4 Tuttle, Sage | 10 | West Forsyth | 38-11.00 | 38-01.00 | 2 |
| 5 McCray, Johnell | 11 | Carver | 35-04.00 | 37-04.00 | 2 |
| 6 Conrad, Traquan | 11 | Winston-Salem Prep | 38-02.00 | 37-02.00 | 2 |
| 7 Douthit, Trajan | 12 | Atkins | 38-05.00 | 36-08.00 | 2 |
| 8 Desnoyers, Victor | | Atkins | | 34-08.00 | 1 |
| 9 Grant, Jason | 09 | Reagan | 30-11.00 | 33-00.00 | 2 |
| 10 Sanchez, Sebastian | 10 | Reagan | 30-09.00 | 32-10.00 | 2 |
| 11 Johnson, Leshod | 11 | Atkins | 33-08.00 | 32-09.00 | 2 |
| 12 Briggs, Solon | 10 | North Forsyth | 31-08.00 | 32-08.00 | 2 |
| 13 Phillips, Brandon | 10 | Parkland | 29-04.00 | 32-03.00 | 1 |



Forsyth County meet # 3 - 1/7/2016**JDL Fast Track****Results - Forsyth #3****Finals ... (Boys Shot Put)**

| | Name | Yr | School | Seed | Finals | |
|----|-------------------------|-----------|--------------------|-------------|---------------|---|
| 14 | Davis, Gordon | 12 | Mount Tabor | 30-06.00 | 32-02.00 | 1 |
| 15 | Arora, Amrit | 12 | Reagan | 30-04.00 | 32-00.00 | 1 |
| 16 | Ruth, Jaquan | 11 | Winston-Salem Prep | | 31-11.00 | 1 |
| 16 | Love, Terrance | 11 | Winston-Salem Prep | 31-00.00 | 31-11.00 | 2 |
| 18 | Jones, Camaury | 09 | Reagan | 29-02.50 | 31-10.00 | 1 |
| 19 | Moses, Corey | 09 | East Forsyth | 31-09.00 | 30-08.00 | 2 |
| 20 | Bruton, Deshawn | 10 | Atkins | 26-10.00 | 30-06.00 | 1 |
| 21 | Ruth, Raquan | 12 | Winston-Salem Prep | 29-06.00 | 29-09.00 | 1 |
| 22 | Muhammad, Jahi | 12 | Parkland | 26-09.00 | 28-00.00 | 1 |
| 23 | Olajide, Tinposi | 11 | Parkland | 23-07.00 | 24-05.00 | 1 |
| 24 | Oparanozie, Chigoemecha | 09 | Parkland | | 23-06.00 | 1 |

