

**NW 3A-4A Conference Championship, 2016 - 4/26/2016****Lenoir Rhyne University****Results****Event 1 Girls Shot Put**

	<b>Name</b>	<b>School</b>	<b>Seed</b>	<b>Finals</b>		<b>Points</b>
<b>Finals</b>						
1	Gardin, Taylor	Freedom	36-00.00	36-07.00	2	10
2	Rhoney, Amy	Freedom	29-11.00	35-05.00	2	8
3	Calloway, Cheyanne	Hibriten	31-06.00	30-08.00	2	6
4	Edmunds, Taia	Fred T. Foard	29-03.00	28-09.00	2	5
5	Mack, Dasha	Patton	30-06.00	28-05.00	2	4
6	Kowalewski, Julia	Fred T. Foard	30-10.00	27-11.00	2	3
7	White, Coree	Hickory	29-05.00	J27-11.00	2	2
8	Winns, Alex	Hickory	27-01.00	27-09.00	2	1
9	Bumgarner, Marissa	St. Stephens	28-09.00	27-07.00	2	
10	Clark, Janai	Freedom	26-04.00	26-10.00	1	
11	Livingston, Phoebe	St. Stephens	29-01.00	26-09.00	2	
12	Dula, Morgan	Hibriten	24-09.00	25-05.00	1	
13	Floody, Nichole	Patton	25-01.00	24-02.00	1	
14	Hilton, Eliza	Fred T. Foard	24-04.00	23-11.00	1	
15	Bollinger, Guyanna	Patton	24-10.00	23-03.00	1	
16	Fox, Rana	Watauga	25-10.00	22-09.00	1	
17	Aldridge, Emma	Watauga	20-07.00	19-08.00	1	
18	Benfield, Lydia	South Caldwell	17-10.00	18-02.00	1	
19	Dighton, McKenzie	St. Stephens		17-09.00	1	

**Event 2 Boys Shot Put**

	<b>Name</b>	<b>School</b>	<b>Seed</b>	<b>Finals</b>		<b>Points</b>
<b>Finals</b>						
1	Lewis, Jon Barrett	Hibriten	45-03.00	44-09.00	2	10
2	Vetter, Aiden	South Caldwell	40-04.50	43-03.00	2	8
3	Muhammad, Khallid	Hickory	42-10.00	42-11.00	2	6
4	Price, Zayquan	Patton	41-11.00	40-05.00	2	5
5	O'Neil, Jammie	Freedom	41-11.00	39-06.00	2	4
6	Hawkins, Marcus	Freedom	38-04.00	39-00.00	2	3
7	Gordon, Jimmy	Hibriten	41-08.00	38-11.00	2	2
8	Barrett, Nicholas	South Caldwell	34-04.00	35-10.00	1	1
9	Church, Avery	Hibriten	31-06.00	34-11.00	1	
10	Wilfong, Cameron	Fred T. Foard	35-02.00	34-06.00	2	
11	Finger, Isaiah	Watauga	38-04.50	33-10.00	2	
12	Rankins, Wanya	St. Stephens	32-08.00	33-09.00	1	
12	Johnson, Riley	Fred T. Foard	33-09.00	33-09.00	1	
14	Rinehardt, Preston	Hickory	32-05.00	32-09.00	1	
14	Wilson, Quan	Fred T. Foard	33-09.00	32-09.00	1	
14	Day, Chase	St. Stephens	34-07.00	32-09.00	1	
17	Kirby, Colton	South Caldwell	36-02.00	32-01.00	2	
18	Sappington, Samuel	Watauga	37-03.00	31-10.00	2	
19	Soloman, Eric	Freedom	39-09.00	31-03.00	2	
20	Ramirez, Luis	Patton	28-09.00	30-00.00	1	
21	Towe, Tanner	St. Stephens	29-10.00	29-06.00	1	
22	Linebarger, Mandel	Hickory	28-02.00	27-08.00	1	
23	Clark, Drew	Patton	28-00.00	26-04.00	1	

**NW 3A-4A Conference Championship, 2016 - 4/26/2016****Lenoir Rhyne University****Results****Event 3 Girls Discus Throw**

	<b>Name</b>	<b>School</b>	<b>Seed</b>	<b>Finals</b>		<b>Points</b>
<b>Finals</b>						
1	Rhoney, Amy	Freedom	88-07	90-00	2	10
2	Calloway, Cheyanne	Hibriten	86-05	88-03	2	8
3	Mack, Dasha	Patton	77-05	82-10	2	6
4	Gardin, Taylor	Freedom		82-03	1	5
5	Foxx, Rana	Watauga	79-08	81-07	2	4
6	Clark, Janai	Freedom	76-09	71-08	2	3
7	Hilton, Eliza	Fred T. Foard	71-05	70-05	2	2
8	Dula, Morgan	Hibriten	74-01	69-00	2	1
9	Bumgarner, Marissa	St. Stephens	77-01	68-00	2	
10	Winns, Alex	Hickory	65-02	66-10	2	
11	Temple, Grace	Watauga	61-07	66-06	1	
12	White, Coree	Hickory	74-02	65-11	2	
13	Stone, Jaziyah	Hibriten	64-09	61-11	1	
14	Aldridge, Emma	Watauga	60-06	61-02	1	
15	Stallings, Michenzy	Fred T. Foard	60-05	61-01	1	
16	Floody, Nichole	Patton	67-08	60-10	2	
17	Livingston, Phoebe	St. Stephens	60-09	59-00	1	
18	Kowalewski, Julia	Fred T. Foard	64-03	53-10	1	
19	Bollinger, Gigi	Patton	43-09	53-02	1	
20	Benfield, Lydia	South Caldwell	58-06	45-05	1	
21	Wade, Julianna	St. Stephens	44-06	39-02	1	

**Event 4 Boys Discus Throw**

	<b>Name</b>	<b>School</b>	<b>Seed</b>	<b>Finals</b>		<b>Points</b>
<b>Finals</b>						
1	Lewis, Jon Barrett	Hibriten	132-07	117-00	2	10
2	Wilson, Quan	Fred T. Foard	115-05	109-03	2	8
3	Wilfong, Cameron	Fred T. Foard	121-10	108-10	2	6
4	Finger, Isaiah	Watauga	101-02	104-03	2	5
5	Price, Zayquan	Patton	118-04	102-00	2	4
6	Kincaid III, Charles	Freedom	103-00	101-03	2	3
7	Luke, Larry	Freedom	104-03	99-07	2	2
8	Church, Avery	Hibriten	102-10	96-10	2	1
9	Barrett, Nicholas	South Caldwell	95-05	93-09	1	
10	Sappington, Samuel	Watauga	83-03	93-02	1	
11	Day, Chase	St. Stephens	103-02	92-04	2	
12	Rash, colby	South Caldwell	106-00	90-09	2	
13	Vetter, Aiden	South Caldwell	96-08	87-10	1	
14	Muhammad, Khallid	Hickory	95-02	87-02	1	
15	Towe, Tanner	St. Stephens	84-03	86-10	1	
16	Rudisill, Tyler	Fred T. Foard	87-05	86-02	1	
17	Barnes, Devin	Hibriten	101-06	84-05	2	
18	Soloman, Eric	Freedom	95-02	83-06	1	
19	Rankins, Wanya	St. Stephens	91-10	81-04	1	
20	Rinehardt, Preston	Hickory	74-01	79-09	1	
21	Clark, Drew	Patton	79-01	74-05	1	
22	Thompson, Jalil	Hickory	58-05	65-02	1	
23	Woolridge, Dawson	Patton	42-09	40-01	1	

**NW 3A-4A Conference Championship, 2016 - 4/26/2016****Lenoir Rhyne University****Results****Event 5 Girls Long Jump**

	<b>Name</b>	<b>School</b>	<b>Seed</b>	<b>Finals</b>	<b>Points</b>
<b>Finals</b>					
1	Davenport, Saidea	Hibriten	14-07.00	14-10.00	10
2	Gantt, Lauren	St. Stephens	15-03.75	14-06.00	8
3	Harshaw, Anjeleigh	Hibriten	14-10.00	14-05.50	6
4	Mills, Montana	Watauga	14-09.50	14-00.50	5
5	Sigmon, Emily	St. Stephens	14-04.00	13-10.00	4
6	Baker, Hannah	Patton	14-09.00	13-06.50	3
7	Alessio, Gabriella	South Caldwell	13-05.50	12-09.50	2
8	Sigmon, Bailey	Fred T. Foard	13-07.50	12-07.00	1
9	Mcginis, Madeline	Freedom	12-02.50	12-03.50	
10	Cummings, Molly	Fred T. Foard	12-11.00	11-11.00	
11	Young, Courtney	Fred T. Foard	13-01.00	11-08.50	
12	Polluck, Emily	South Caldwell	10-08.50	11-05.00	

**Event 6 Boys Long Jump**

	<b>Name</b>	<b>School</b>	<b>Seed</b>	<b>Finals</b>	<b>Points</b>
<b>Finals</b>					
1	Flowers, Tyran	Hickory	19-04.00	20-07.00	2 10
2	Emmons, Bj	Freedom	22-06.00	20-03.50	2 8
3	Holmes, Austin	St. Stephens	20-09.75	19-08.00	2 6
4	Reid, Hunter	Patton		19-08.00	1 5
5	Michaux, Jq	Freedom	19-08.50	19-04.25	2 4
6	Finger, Khalil	St. Stephens	19-00.00	18-10.75	2 3
7	Spears, Jody	South Caldwell	19-01.00	18-07.00	2 2
8	Sheets, Noah	Patton	19-03.00	18-04.25	2 1
9	Ferguson, Jamar	Hibriten	18-00.25	17-10.25	2
10	Vannoy, Jadan	Hibriten	18-06.00	17-07.75	2
11	Lawing, Cody	Fred T. Foard	17-02.00	17-03.00	1
12	Mills, Jerron	Watauga	17-05.50	16-11.75	1
13	Farris, Caleb	South Caldwell	17-01.00	16-09.00	1
14	Haigler, Alex	South Caldwell	18-01.00	16-08.00	2
15	Clark, Noah	Watauga	16-08.00	16-01.00	1
16	Klein, Elijah	Watauga		16-00.25	1
17	Simpkins, Jerome	Fred T. Foard	16-08.00	15-11.50	1
18	Morrison, Dylan	Hickory	15-09.00	15-08.50	1
19	Patel, Kirtan	Fred T. Foard	17-09.00	14-01.50	1

**Event 7 Girls Triple Jump**

	<b>Name</b>	<b>School</b>	<b>Seed</b>	<b>Finals</b>	<b>Points</b>
<b>Finals</b>					
1	Gantt, Lauren	St. Stephens	30-00.25	30-02.50	10
2	Tallent, Malarie	Patton	32-00.00	29-05.00	8
3	Schalk, Marissa	St. Stephens		28-03.00	6
4	Saltman, Emma	Watauga	28-01.00	27-05.50	5
5	Mcginis, Madeline	Freedom	26-10.00	24-06.50	4
6	Buckner, Rebecca	Watauga		24-00.00	3

## NW 3A-4A Conference Championship, 2016 - 4/26/2016

## Lenoir Rhyne University

## Results

**Event 8 Boys Triple Jump**

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Holmes, Austin	St. Stephens	39-07.50	41-02.00	2 10
2 Mcburney, Matthew	South Caldwell	40-08.50	41-00.75	2 8
3 Vannoy, Jadan	Hibriten	38-08.00	39-05.00	2 6
4 Moore, Niguel	Freedom	38-07.50	38-07.50	2 5
5 Mills, Jerron	Watauga	36-05.50	37-10.00	1 4
6 Phillips, Derrien	Hickory	37-11.00	37-06.50	2 3
7 Simon, Miles	Hibriten	36-02.50	37-04.00	1 2
8 McCorkle, Joseph	Hickory	36-03.50	37-01.00	1 1
9 Shultz-Colon, Johannes	Watauga	36-03.00	36-01.50	1
10 Haigler, Alex	South Caldwell	36-01.50	35-07.75	1
11 Spears, Jody	South Caldwell	37-02.00	35-01.50	1
12 Nenow, Andrew	Watauga	35-04.00	33-02.50	1

**Event 9 Girls High Jump**

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Davenport, Saidea	Hibriten	4-10.00	4-08.00	10
2 Clarke, Emma	Watauga	4-10.00	J4-08.00	8
3 Drummonds, Kinley	Watauga		4-04.00	5
3 Phillips, Madison	Patton	4-08.00	4-04.00	5
3 McGinnis, Madeline	Freedom	4-06.00	4-04.00	5
6 Penley, Madison	Freedom	4-08.00	J4-04.00	3
7 Harshaw, Anjeleigh	Hibriten	4-04.00	4-02.00	2

**Event 10 Boys High Jump**

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Walker, Zach	Hickory	6-02.00	6-00.00	10
2 Flowers, Tyran	Hickory	6-02.00	5-10.00	8
3 Haigler, Alex	South Caldwell	5-02.00	J5-10.00	6
4 Westra, Evan	Patton	6-00.00	J5-10.00	4.50
4 Spears, Jody	South Caldwell	5-04.00	J5-10.00	4.50
6 Michaux, Jq	Freedom	5-08.00	5-08.00	3
7 McCorkle, Joseph	Hickory	5-08.00	5-06.00	1.50
7 Sturgis, Jordan	Hibriten	5-08.00	5-06.00	1.50
9 Farris, Caleb	South Caldwell	5-04.00	J5-06.00	
10 Moffett, Romondo	Fred T. Foard	5-02.00	5-02.00	
10 Thompson, Aqui	Fred T. Foard	5-06.00	5-02.00	

**Event 11 Girls Pole Vault**

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Drummonds, Kinley	Watauga	10-00.00	9-00.00	10
2 Watson, Grace	Watauga	7-06.00	7-00.00	8
3 Scarborough, Sydney	Hickory	7-00.00	6-06.00	5.50
3 Shaw, Lauren	Watauga	7-00.00	6-06.00	5.50
5 Blevins, Amanda	South Caldwell	5-06.00	6-00.00	4
6 Alessio, Gabriella	South Caldwell	6-00.25	J6-00.00	3
7 Bliss, Brianna	Fred T. Foard	6-00.00	J6-00.00	2

## NW 3A-4A Conference Championship, 2016 - 4/26/2016

## Lenoir Rhyne University

## Results

## Finals ... (Event 11 Girls Pole Vault)

Name	School	Seed	Finals	Points
8 Lawrence, McKenzie	Hibriten	5-06.00	5-06.00	1
9 Shronce, Anna	Fred T. Foard	5-06.00	J5-06.00	

## Event 12 Boys Pole Vault

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Butler, Jared	Hickory	11-06.00	11-00.00	10
2 Trivett, Grant	South Caldwell	11-00.00	10-06.00	8
3 Navlyt, Michael	Fred T. Foard	9-00.00	10-00.00	6
4 Davis, Andrew	Fred T. Foard	9-06.00	J10-00.00	5
5 Drummonds, Luke	Watauga	10-00.00	9-06.00	4
6 Moffett, Romondo	Fred T. Foard	9-00.00	9-00.00	3
7 Nelson, Nicholas	Hickory	9-00.00	J9-00.00	2
8 Serrano, Alex	Hibriten	9-00.00	8-06.00	1
9 Queen, Caleb	South Caldwell	9-00.00	J8-06.00	
9 Barnes, Jarrett	Hibriten	8-06.00	J8-06.00	
11 Herman, Dustin	South Caldwell	7-06.00	7-06.00	
12 Bennett, Daniel	Hickory	7-00.00	7-00.00	
--- Fulton, Alex	Hibriten		NH	

## Event 13 Girls 4x800 Meter Relay

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Watauga		11:49.10	11:11.05	10
1) Beach, Emma	2) Campbell, Ella	3) Collins, Finley	4) Meadows, Brianna	
2 St. Stephens		11:03.67	11:31.83	8
1) Bolling, Allison	2) Duncan, Ambria	3) Raatz, Courtney	4) Ramirez, Ashley	
3 Fred T. Foard		12:06.80	12:04.02	6
1) Sharpe, Lillian	2) Smith, Maddie	3) Robinson, Hiedi	4) Sigmon, Bailey	
4 South Caldwell		12:37.20	12:44.05	5
1) Johnstone, Emma	2) Demas, Elyse	3) Williams, Brooke	4) Berry, Daniela	
5 Hickory		13:48.91	14:01.30	4
1) De Forest, Sarah	2) Abernethy, Hannah	3) Tanner, Virginia	4) Ryan, Caileigh	

## Event 14 Boys 4x800 Meter Relay

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Watauga		8:54.67	8:41.29	10
1) Corley, John	2) Hellenbrand, Matthew	3) Shultz-Colon, Johannes	4) Williams, Sam	
2 St. Stephens		8:43.73	8:42.98	8
1) Barbee, Brad	2) Barbee, Bryan	3) Harper, Grant	4) Hefner, Jayden	
3 South Caldwell		9:12.40	8:59.94	6
1) Stames, Noah	2) Guess, Carl	3) Dugger, Nate	4) Looper, Lawton	
4 Hickory		9:09.56	9:10.71	5
1) Matthews, Phillip	2) Hirsch, Max	3) Hale, Austin	4) Deffke, Ethan	
5 Patton		9:27.50	9:25.84	4
1) Sanchez, Richard	2) Hernandez, Bryan	3) Palacious, Elliot	4) Scoggins, Bridger	
6 Freedom		9:15.00	9:33.95	3
1) Amos, Spencer	2) Shirley, Leighton	3) Brittain, Dylan	4) Farris, Ryan	
7 Fred T. Foard		9:53.20	9:59.11	2
1) Mejia, Christian	2) Kern, Daniel	3) Hepler, Drew	4) Reinhardt, Parker	

## NW 3A-4A Conference Championship, 2016 - 4/26/2016

## Lenoir Rhyne University

## Results

## Finals ... (Event 14 Boys 4x800 Meter Relay)

Team	Relay	Seed	Finals	Points
--- Hibriten		10:35.48	DNF	
1) Ashburn, Trent	2) Carlson, Logan	3) Teague, Brylan	4) Blevins, Brandon	

## Event 15 Girls 100 Meter Hurdles

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Mills, Montana	Watauga	17.84	17.86	10
2 Saltman, Emma	Watauga	18.14	17.89	8
3 Shronce, Katie	Fred T. Foard	18.58	18.65	6
4 Evans, Lyrec	Hickory	18.74	18.72	5
5 Penley, Madison	Freedom	21.04	19.58	4
6 Speagle, Madison	Fred T. Foard	19.47	19.61	3
7 Scott, Ashlen	Hibriten	22.74	20.61	2
8 Temple, Grace	Watauga	20.52	21.14	1

## Event 16 Boys 110 Meter Hurdles

Name	School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Wilson, Kristoff	Hibriten	16.14	15.77	2	10
2 Mcburney, Matthew	South Caldwell	16.55	16.23	2	8
3 Hicks, Austin	Fred T. Foard	16.48	16.30	2	6
4 Phillips, Derrien	Hickory	16.13	16.72	2	5
5 Simon, Miles	Hibriten	17.74	17.54	2	4
6 Streppa, Mason	Patton	20.34	20.18	2	3
7 Herman, Patrick	Fred T. Foard	20.57	20.34	2	2
8 Herman, Dustin	South Caldwell	23.24	21.43	1	1
9 Marx, Anthony	Fred T. Foard	21.44	21.94	2	

## Event 17 Girls 100 Meter Dash

Name	School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 Killian, Keonna	Hibriten	13.94	13.32 Q	1
2 Knox, Iness	Hickory	13.84	13.88 Q	2
3 Marinez, Paola	St. Stephens	13.74	13.95 Q	3
4 Mills, Montana	Watauga	14.04	13.99 Q	1
5 Phillips, Madison	Patton	14.04	14.28 Q	2
5 Sigmon, Emily	St. Stephens	14.14	14.28 Q	3
7 Lewis, Avery	South Caldwell	14.24	14.08 q	1
8 O'Neil, Chyna	Freedom	14.44	14.33 q	3
9 Loney, Tatyana	Hickory		14.36	2
10 Mchenry, Alaysha	St. Stephens	14.44	14.39	3
11 Rose, Aleia	Patton	14.24	14.50	2
12 Revell, Sydney	Hickory		14.56	1
13 Young, Courtney	Fred T. Foard	14.34	14.60	1
14 Harshaw, Anjeleigh	Hibriten	14.24	14.87	3
15 Carter, Cevyn	Freedom	15.44	14.95	3
16 Polluck, Emily	South Caldwell	14.34	15.00	2
17 Carlton, Logan	Hibriten	14.93	15.14	1
18 Woodie, Karsen	South Caldwell	14.54	15.16	2
19 Thompson, Caitie	Patton	14.74	15.26	1
20 Cummings, Molly	Fred T. Foard	15.64	15.59	3

## NW 3A-4A Conference Championship, 2016 - 4/26/2016

## Lenoir Rhyne University

## Results

**Preliminaries ... (Event 17 Girls 100 Meter Dash)**

Name	School	Seed	Prelims	H#
21 Hicks, Amanda	Watauga		15.91	1
22 Kehl, Maddie	Fred T. Foard	15.17	15.94	2
23 Yarborough, Ava	Watauga	16.80	16.57	2

**Event 17 Girls 100 Meter Dash**

Name	School	Prelims	Finals	Points
<b>Finals</b>				
1 Killian, Keonna	Hibriten	13.32	13.32	10
2 Knox, Iness	Hickory	13.88	13.88	8
3 Lewis, Avery	South Caldwell	14.08	14.02	6
4 Marinez, Paola	St. Stephens	13.95	14.07	5
5 Mills, Montana	Watauga	13.99	14.31	4
6 Phillips, Madison	Patton	14.28	14.33	3
7 O'Neil, Chyna	Freedom	14.33	14.35	2
8 Sigmon, Emily	St. Stephens	14.28	14.44	1

**Event 18 Boys 100 Meter Dash**

Name	School	Seed	Prelims	H#
<b>Preliminaries</b>				
1 Maddox, Kaynmon	South Caldwell	11.05	11.25 Q	2
2 Tallent, Dalton	Patton	11.14	11.26 Q	1
3 Emmons, Bj	Freedom	11.04	11.74 Q	3
4 Starnes, Caleb	South Caldwell	11.34	11.46 Q	1
5 Flowers, Tyran	Hickory	11.54	11.66 Q	2
6 McCluney, Zaveon	Hickory	11.74	12.06 Q	3
7 Bruen-Brown, Amos	St. Stephens	11.84	11.57 q	1
8 Cotton, Jarius	Hibriten	11.84	11.92 q	2
9 Rhinehart, Dre	Hickory	12.14	12.17	1
10 Sturgis, Jordan	Hibriten	12.24	12.18	1
11 Sheets, Noah	Patton	12.04	12.31	3
12 Thompson, Aqui	Fred T. Foard	11.74	12.38	3
13 Sierra-cruz, Omar	Freedom	12.44	12.45	3
14 Shuford, Antwan	St. Stephens	12.04	12.47	2
15 Marx, Anthony	Fred T. Foard	12.41	12.98	2
16 Craig, Samuel	South Caldwell	12.04	13.04	3
17 Catoe, Ryan	Watauga	13.37	13.19	1
18 Patel, Kirtan	Fred T. Foard	12.84	13.36	3

**Event 18 Boys 100 Meter Dash**

Name	School	Prelims	Finals	Points
<b>Finals</b>				
1 Maddox, Kaynmon	South Caldwell	11.25	10.95	10
2 Tallent, Dalton	Patton	11.26	11.08	8
3 Emmons, Bj	Freedom	11.74	11.24	6
4 Starnes, Caleb	South Caldwell	11.46	11.43	5
5 Flowers, Tyran	Hickory	11.66	11.48	4
6 Bruen-Brown, Amos	St. Stephens	11.57	11.49	3
7 McCluney, Zaveon	Hickory	12.06	11.73	2
8 Cotton, Jarius	Hibriten	11.92	11.77	1

**NW 3A-4A Conference Championship, 2016 - 4/26/2016****Lenoir Rhyne University****Results****Event 19 Girls 4x200 Meter Relay**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 St. Stephens		1:54.46	1:55.25	10
1) Gantt, Lauren	2) Sigmon, Emily	3) Marinez, Paola	4) Stiles, Destiney	
2 Hibriten		2:02.50	1:56.08	8
1) Scott, Ashlen	2) Carpenter, Alissa	3) Lawrence, McKenzie	4) Killian, Keonna	
3 Hickory		1:55.10	1:56.12	6
1) Loney, Tatyana	2) Knox, Iness	3) Evans, Lyrec	4) Scarborough, Sydney	
4 Watauga		2:05.28	2:06.51	5
1) Buckner, Rebecca	2) Shaw, Lauren	3) Hicks, Amanda		
5 South Caldwell		2:06.96	2:07.10	4
1) Polluck, Emily	2) Blevins, Amanda	3) Woodie, Karsen	4) Alessio, Gabriella	

**Event 20 Boys 4x200 Meter Relay**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Hickory		1:40.40	1:34.12	10
1) McCluney, Zaveon	2) Rhinehart, Dre	3) Walker, Zach	4) McCorkle, Joseph	
2 South Caldwell		1:33.40	1:34.56	8
1) Trivett, Grant	2) Guess, Carl	3) Craig, Samuel	4) Maddox, Kaynmon	
3 Hibriten		1:35.40	1:35.36	6
1) Cotton, Jarius	2) Simon, Miles	3) Ferguson, Jamar	4) Koeun, Erick	
4 St. Stephens		1:36.80	1:40.58	5
1) Bruen-Brown, Amos	2) Glass, Christian	3) Finger, Khalil	4) Shuford, Antwan	
5 Watauga		1:41.90	1:43.95	4
1) Sinanian, Huxley	2) Badger, Connor	3) Pimentel, Brandon	4) Klein, Elijah	
--- Freedom		1:34.20	DQ	
1) Michaux, Jq	2) Burgess, Darius	3) Ervin, Michael	4) Hemphill, Keyshawn	

**Event 21 Girls 1600 Meter Run**

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Ramirez, Ashley	St. Stephens	5:30.30	5:32.50	10
2 Ryan, Caileigh	Hickory	5:47.80	5:49.01	8
3 Duncan, Ambria	St. Stephens	6:08.10	6:03.35	6
4 Beach, Emma	Watauga	6:00.31	6:06.29	5
5 Sharpe, Lillian	Fred T. Foard	6:05.80	6:08.99	4
6 Opp, Amber	Freedom	5:53.00	6:15.63	3
7 Bolling, Allison	St. Stephens	5:52.10	6:18.04	2
8 Carlson, Ailsa	Hibriten	6:35.95	6:25.70	1
9 Berry, Daniela	South Caldwell	6:37.80	6:40.13	
10 Barrier, Madison	Patton	6:27.50	6:43.64	
11 Frizsell, Emma	South Caldwell	6:51.60	6:48.27	
12 Campbell, Ella	Watauga		6:57.11	
13 Cooper, Sarah	Patton	6:50.10	6:58.44	
14 Ramsdell, Angela	Watauga	6:52.50	7:13.29	
15 Greene, Hannah	Fred T. Foard	7:07.00	7:45.93	
16 Smith, Maddie	Fred T. Foard	8:15.43	8:04.77	
17 Mohamad, Sammar	Patton	7:46.60	8:22.29	
18 Abernethy, Hannah	Hickory	8:04.00	8:51.49	
--- Tanner, Virginia	Hickory	7:06.30	DNF	

## NW 3A-4A Conference Championship, 2016 - 4/26/2016

## Lenoir Rhyne University

## Results

## Event 22 Boys 1600 Meter Run

Name	School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Hellenbrand, Matthew	Watauga	4:37.83	4:35.59	2	10
2 Barbee, Brad	St. Stephens	4:41.50	4:41.51	2	8
3 Deffke, Ethan	Hickory	4:47.51	4:45.42	2	6
4 St. Clair, Price	Watauga	4:46.44	4:48.77	2	5
5 Lamont, Josh	Watauga	4:54.00	4:50.28	2	4
6 Hefner, Jayden	St. Stephens	4:45.95	4:57.43	2	3
7 Looper, Lawton	South Caldwell	5:04.70	5:05.59	2	2
8 Starnes, Noah	South Caldwell	5:07.70	5:08.00	2	1
9 Childers, Jacob	St. Stephens	5:16.21	5:13.26	2	
10 Sanchez, Richard	Patton	5:10.00	5:13.35	2	
11 Farris, Ryan	Freedom	5:04.80	5:13.99	2	
12 Ashburn, Trent	Hibriten	5:47.80	5:27.11	1	
13 Shirley, Leighton	Freedom	5:09.60	5:29.01	2	
14 Amos, Spencer	Freedom	5:14.30	5:33.94	2	
15 May, Ryan	Hickory		5:36.23	1	
16 Patel, Neil	South Caldwell	5:48.50	5:39.19	1	
17 Siemer, Coty	Fred T. Foard	5:51.71	5:47.76	1	
18 Johnson, Mac	Hickory	6:02.20	6:10.51	1	
19 Wise, Austin	Fred T. Foard	6:31.52	6:26.24	1	
20 Chapman, Chandler	Patton	6:34.80	7:04.11	1	
21 Lopez-mateo, Juan	Patton	6:42.60	7:12.87	1	
--- Kern, Daniel	Fred T. Foard	5:46.50	DNF	1	

## Event 23 Girls 4x100 Meter Relay

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Hibriten		55.34	53.80	10
1) Scott, Ashlen	2) Davenport, Saidea	3) Harshaw, Anjeleigh	4) Killian, Keonna	
2 Hickory		53.94	54.45	8
1) Loney, Tatyana	2) Knox, Iness	3) Evans, Lyrec	4) Brockenborough, Sidney	
3 Fred T. Foard		58.74	57.76	6
1) Speagle, Madison	2) Kehl, Maddie	3) Cummings, Molly	4) Young, Courtney	
4 South Caldwell		59.81	58.93	5
1) Polluck, Emily	2) Blevins, Amanda	3) Woodie, Karsen	4) Alessio, Gabriella	
5 Watauga		56.38	1:01.59	4
1) Yarborough, Ava	2) Buckner, Rebecca	3) Shaw, Lauren		
--- St. Stephens		54.94	DQ	
1) Marinez, Paola	2) Wilson, Sevanna	3) Sigmon, Emily	4) Mchenry, Alaysha	

## Event 24 Boys 4x100 Meter Relay

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 South Caldwell		44.74	44.26	10
1) Guess, Carl	2) Starnes, Caleb	3) Craig, Samuel	4) Maddox, Kaynmon	
2 Freedom		44.74	44.43	8
1) Sierra-cruz, Omar	2) Ervin, Michael	3) Hemphill, Keyshawn	4) Emmons, Bj	
3 Hickory		45.14	44.45	6
1) McCluney, Zaveon	2) Walker, Zach	3) Rhinehart, Dre	4) Flowers, Tyran	
4 Hibriten		45.74	44.81	5
1) Cotton, Jarius	2) Ferguson, Jamar	3) Koeun, Erick	4) Wilson, Kristoff	

## NW 3A-4A Conference Championship, 2016 - 4/26/2016

## Lenoir Rhyne University

## Results

## Finals ... (Event 24 Boys 4x100 Meter Relay)

Team	Relay	Seed	Finals	Points
5 Fred T. Foard		46.58	46.64	4
1) Thompson, AQUI	2) Hicks, Austin	3) Green, Shamir	4) Shade, Dwight	
--- Watauga		49.94	DQ	
1) Sinanian, Huxley	2) Klein, Elijah	3) Clark, Noah	4) Catoe, Ryan	
--- St. Stephens		46.72	DQ	
1) Glass, Christian	2) Vo, Think (Lee)			

## Event 25 Girls 400 Meter Dash

Name	School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Best, Devonna	Hickory	1:02.84	1:01.99	2	10
2 Rose, Aleia	Patton	1:06.24	1:04.09	2	8
3 Collins, Finley	Watauga	1:06.54	1:05.02	2	6
4 Stiles, Destiney	St. Stephens		1:05.59	1	5
5 Clarke, Emma	Watauga	1:06.68	1:06.30	2	4
6 Lewis, Avery	South Caldwell	1:26.72	1:06.85	1	3
7 Lawrence, McKenzie	Hibriten		1:09.03	1	2
8 Carlson, Ailsa	Hibriten	1:09.74	1:09.86	2	1
9 Schalk, Marissa	St. Stephens	1:11.64	1:10.68	1	
10 Tallent, Malarie	Patton	1:10.24	1:10.74	2	
11 Baker, McKenzie	Freedom	1:15.34	1:11.04	1	
12 Wilson, Sevanna	St. Stephens	1:11.28	1:11.38	2	
13 Brockenborough, Sidney	Hickory	1:11.54	1:12.78	2	
14 Cotter, Emma	Freedom	1:14.24	1:15.27	1	

## Event 26 Boys 400 Meter Dash

Name	School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Tallent, Dalton	Patton	50.14	49.38	3	10
2 Reid, Hunter	Patton	51.14	49.88	3	8
3 Butler, Hunter	Patton	54.94	53.54	3	6
4 Trivett, Grant	South Caldwell	54.44	53.56	3	5
5 Shultz-Colon, Johannes	Watauga	55.14	55.05	3	4
6 Williams, Dylan	South Caldwell	57.04	55.97	2	3
7 Byland, Jc	South Caldwell	56.24	56.80	2	2
8 Pimentel, Brandon	Watauga	57.53	56.96	2	1
9 Vannoy, Jadan	Hibriten	56.14	58.12	3	
10 Nelson, Nicholas	Hickory	57.68	58.56	2	
11 Jackson, Ziggy	Hibriten	1:01.19	58.96	1	
12 Harrison, Cameron	Freedom	59.84	59.27	2	
13 Harper, Grant	St. Stephens	59.84	59.27	2	
14 Sturgis, Jordan	Hibriten		59.44	1	
15 Freeman, Alexander	Watauga	59.74	1:00.20	2	
16 Avery, Cameron	Freedom	59.94	1:00.64	2	
17 Dagenhardt, Gavin	Hickory	1:03.96	1:01.53	1	
18 Bolling, Jordan	St. Stephens	1:02.64	1:02.47	1	
19 Childers, Jacob	St. Stephens	1:02.34	1:04.63	1	
20 Nance, Ryan	Hickory	1:05.11	1:04.94	1	
21 Davis, John	Fred T. Foard	1:05.24	1:05.46	1	
22 Cervantes, Christopher	Fred T. Foard	1:05.84	1:13.40	1	

## NW 3A-4A Conference Championship, 2016 - 4/26/2016

## Lenoir Rhyne University

## Results

## Event 27 Girls 300 Meter Hurdles

Name	School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Saltman, Emma	Watauga	51.14	50.01	2	10
2 Shronce, Katie	Fred T. Foard	53.84	52.62	2	8
3 Evans, Lyrec	Hickory	52.54	55.94	2	6
4 Mills, Montana	Watauga	54.54	57.13	2	5
5 Penley, Madison	Freedom		57.15	1	4
6 Temple, Grace	Watauga	59.24	59.30	2	3
7 Speagle, Madison	Fred T. Foard	55.92	59.55	2	2
8 Christensen, Faith	St. Stephens	1:02.77	1:02.50	2	1
9 Rutherford, Shakava	Hibriten		1:05.83	1	
--- Gantt, Lauren	St. Stephens	55.84	DNF	2	

## Event 28 Boys 300 Meter Hurdles

Name	School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Wilson, Kristoff	Hibriten	42.24	40.83	2	10
2 Holmes, Austin	St. Stephens	41.54	40.97	2	8
3 Mcburney, Matthew	South Caldwell	41.54	41.07	2	6
4 Hicks, Austin	Fred T. Foard	41.61	41.96	2	5
5 Yelton, Hank	Freedom	46.04	45.36	2	4
6 Drummonds, Luke	Watauga	48.24	46.02	1	3
7 Phillips, Derrien	Hickory	44.44	46.29	2	2
8 Simon, Miles	Hibriten		48.41	1	1
9 Herman, Patrick	Fred T. Foard	49.40	49.46	1	
10 Sinanian, Huxley	Watauga	48.74	49.91	1	
11 Marx, Anthony	Fred T. Foard	47.00	50.18	2	
12 Herman, Dustin	South Caldwell	53.44	53.65	1	
13 Farris, Caleb	South Caldwell	52.44	53.95	1	
--- Streppa, Mason	Patton	49.44	DQ	1	

## Event 29 Girls 800 Meter Run

Name	School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Ramirez, Ashley	St. Stephens	2:36.10	2:30.35	2	10
2 Carlson, Ailsa	Hibriten	2:42.60	2:45.34	2	8
3 Sharpe, Lillian	Fred T. Foard	2:43.64	2:45.40	2	6
4 Beach, Emma	Watauga	2:48.70	2:46.14	2	5
5 Tzotschew, Emma	Watauga	3:04.20	2:48.99	1	4
6 Ryan, Caileigh	Hickory	2:49.10	2:52.39	2	3
7 Barrier, Madison	Patton	2:55.70	2:53.27	2	2
8 Collins, Finley	Watauga		2:53.56	1	1
9 Johnstone, Emma	South Caldwell	2:57.80	2:56.18	2	
10 Demas, Elyse	South Caldwell	2:54.80	2:58.38	2	
11 Le, Macy	St. Stephens	3:06.45	3:00.42	1	
12 Sigmon, Bailey	Fred T. Foard	3:02.10	3:01.44	2	
13 Cooper, Sarah	Patton	3:00.30	3:04.54	2	
14 Raatz, Courtney	St. Stephens	3:02.96	3:05.32	2	
15 Tanner, Virginia	Hickory	3:06.70	3:11.06	1	
16 Greene, Hannah	Fred T. Foard	3:20.76	3:31.51	1	

**NW 3A-4A Conference Championship, 2016 - 4/26/2016****Lenoir Rhyne University****Results****Finals ... (Event 29 Girls 800 Meter Run)**

	Name	School	Seed	Finals	H#	Points
17	De Forest, Sarah	Hickory	3:42.80	3:36.72	1	
18	Mohamad, Sammar	Patton	3:38.00	3:51.55	1	

**Event 30 Boys 800 Meter Run**

	Name	School	Seed	Finals	H#	Points
<b>Finals</b>						
1	Hellenbrand, Matthew	Watauga	2:06.88	2:04.40	2	10
2	Barbee, Brad	St. Stephens	2:07.40	2:06.45	2	8
3	Barbee, Bryan	St. Stephens	2:11.20	2:10.62	2	6
4	Deffke, Ethan	Hickory	2:10.90	2:12.07	2	5
5	Dugger, Nate	South Caldwell	2:14.50	2:12.33	2	4
6	Norman, Elias	Watauga	2:13.46	2:12.44	2	3
7	Williams, Sam	Watauga	2:14.29	2:12.59	2	2
8	Harper, Grant	St. Stephens	2:13.10	2:13.25	2	1
9	Scoggins, Bridger	Patton	2:16.70	2:13.33	2	
10	Brittain, Dylan	Freedom	2:17.40	2:15.47	2	
11	Hale, Austin	Hickory	2:12.80	2:17.13	2	
12	Looper, Lawton	South Caldwell	2:19.00	2:19.25	1	
13	Hawkins, Ethan	Freedom	2:26.00	2:19.52	1	
14	Ross Scott, James	Patton	2:22.30	2:22.40	1	
15	Guess, Carl	South Caldwell	2:13.80	2:22.90	2	
16	Mejia, Christian	Fred T. Foard	2:23.29	2:23.04	1	
17	Burgess, Jacob	Freedom	2:17.40	2:26.05	2	
18	Player, Jordan	Fred T. Foard	2:23.77	2:26.55	1	
19	Palacious, Elliot	Patton	2:31.40	2:28.56	1	
20	Ashburn, Trent	Hibriten	2:43.91	2:29.90	1	
21	Hepler, Drew	Fred T. Foard	2:32.06	2:38.39	1	
22	Patel, Neel	Hickory	2:44.70	2:43.57	1	
---	Lopez-mateo, Juan	Patton	3:01.70	DNF	1	

**Event 31 Girls 200 Meter Dash**

	Name	School	Seed	Finals	H#	Points
<b>Finals</b>						
1	Stiles, Destiney	St. Stephens	27.54	27.41	3	10
2	Killian, Keonna	Hibriten	29.54	28.12	3	8
3	Saltman, Emma	Watauga	28.54	28.19	3	6
4	Knox, Iness	Hickory	29.24	28.96	3	5
5	Lewis, Avery	South Caldwell	28.34	28.98	3	4
6	Marinez, Paola	St. Stephens	28.74	29.17	3	3
7	Shronce, Katie	Fred T. Foard	29.81	29.38	2	2
8	O'Neil, Chyna	Freedom	30.54	29.51	2	1
9	Revell, Sydney	Hickory		29.67	1	
10	Carpenter, Alissa	Hibriten	30.24	30.45	2	
11	Young, Courtney	Fred T. Foard	30.54	30.79	2	
12	Thompson, Caitie	Patton	31.94	31.20	2	
13	Carter, Cevyn	Freedom	32.54	31.40	1	
14	Baker, Hannah	Patton	29.74	31.64	2	
15	Carlton, Logan	Hibriten	31.91	31.68	2	
16	Kehl, Maddie	Fred T. Foard	32.16	32.90	1	
---	Yarborough, Ava	Watauga	34.64	FS	1	

## NW 3A-4A Conference Championship, 2016 - 4/26/2016

## Lenoir Rhyne University

## Results

## Finals ... (Event 31 Girls 200 Meter Dash)

Name	School	Seed	Finals	H#	Points
--- Clarke, Emma	Watauga	29.66	DNF	3	

## Event 32 Boys 200 Meter Dash

Name	School	Seed	Finals	H#	Points
<b>Finals</b>					
1 Tallent, Dalton	Patton	22.44	22.49	3	10
2 Reid, Hunter	Patton	22.84	22.68	3	8
3 Maddox, Kaynmon	South Caldwell	23.14	22.80	3	6
4 Starnes, Caleb	South Caldwell	23.30	23.28	3	5
5 Shade, Dwight	Fred T. Foard	23.34	23.56	3	4
6 Burgess, Darius	Freedom	23.84	23.73	2	3
7 Walker, Zach	Hickory	23.54	24.10	3	2
8 Bruen-Brown, Amos	St. Stephens	24.14	24.32	2	1
9 Koeun, Erick	Hibriten	24.64	24.37	2	
10 McCorkle, Joseph	Hickory	24.45	24.40	2	
11 Hemphill, Keyshawn	Freedom	23.64	24.63	3	
12 Ervin, Michael	Freedom	24.54	24.68	2	
13 Ferguson, Jamar	Hibriten	25.41	24.77	2	
14 Sheets, Noah	Patton		25.17	1	
15 McCluney, Zaveon	Hickory	23.76	25.30	3	
16 Green, Shamir	Fred T. Foard	25.84	26.32	1	
17 Vo, Thinh (Lee)	St. Stephens	26.84	26.44	1	
18 Marx, Anthony	Fred T. Foard	26.04	26.61	1	
19 Catoe, Ryan	Watauga	27.54	27.44	1	
--- Simon, Miles	Hibriten	24.64	DNF	2	
--- Finger, Khalil	St. Stephens	23.84	DNF	2	

## Event 33 Girls 3200 Meter Run

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Ramirez, Ashley	St. Stephens	12:00.00	12:29.19	10
2 Duncan, Ambria	St. Stephens	12:54.04	12:56.94	8
3 Ryan, Caileigh	Hickory	12:27.48	13:10.75	6
4 Opp, Amber	Freedom	12:43.20	13:33.61	5
5 Bolling, Allison	St. Stephens	13:06.10	14:07.99	4
6 Robinson, Heidi	Fred T. Foard	13:35.47	14:09.14	3
7 Frizsell, Emma	South Caldwell	15:15.90	15:27.45	2
8 Kittle, Olivia	Fred T. Foard	16:29.30	18:56.98	1
9 Abernethy, Hannah	Hickory	16:31.40	19:14.16	
--- Berry, Daniela	South Caldwell		DNF	
--- Tzotschew, Emma	Watauga	14:54.40	DNF	

## Event 34 Boys 3200 Meter Run

Name	School	Seed	Finals	Points
<b>Finals</b>				
1 Lamont, Josh	Watauga	10:12.66	10:35.24	10
2 St. Clair, Price	Watauga	10:09.40	10:45.86	8
3 Deffke, Ethan	Hickory	10:45.40	10:53.28	6
4 Hefner, Jayden	St. Stephens	10:53.40	10:55.76	5
5 Barbee, Bryan	St. Stephens	10:47.80	11:07.55	4

**NW 3A-4A Conference Championship, 2016 - 4/26/2016****Lenoir Rhyne University****Results****Finals ... (Event 34 Boys 3200 Meter Run)**

Name	School	Seed	Finals	Points
6 Pilkington, Grant	Watauga	10:51.71	11:23.19	3
7 Squiric, Jacob	Hickory	11:12.50	11:25.21	2
8 Starnes, Noah	South Caldwell	11:20.00	11:31.33	1
9 Hirsch, Max	Hickory	11:37.89	11:37.54	
10 Walters, Brock	St. Stephens	11:43.72	11:46.48	
11 Amos, Spencer	Freedom	11:33.60	11:58.47	
12 Looper, Lawton	South Caldwell	12:58.92	12:04.56	
13 Allen, Glen	Freedom	12:11.40	12:23.94	
14 Reinhardt, Parker	Fred T. Foard	11:56.30	12:38.36	
15 Ashburn, Trent	Hibriten	12:49.30	12:57.86	
16 Ross Scott, James	Patton		13:04.07	
17 Hall, Bennet	Patton	14:47.80	13:12.08	
18 Patel, Neil	South Caldwell	13:18.90	13:32.19	
19 Siemer, Coty	Fred T. Foard	13:22.30	14:15.60	
--- Shirley, Leighton	Freedom	11:04.20	DNF	

**Event 35 Girls 4x400 Meter Relay**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Hibriten		4:58.64	4:36.38	10
1) Carpenter, Alissa	2) Davenport, Saidea	3) Lawrence, McKenzie	4) Carlson, Ailsa	
2 Fred T. Foard		4:43.93	4:37.89	8
1) Speagle, Madison	2) Sharpe, Lillian	3) Sigmon, Bailey	4) Shronce, Katie	
3 St. Stephens		4:45.60	4:42.54	6
1) Wilson, Sevanna	2) Schalk, Marissa	3) Bolling, Allison	4) Ramirez, Ashley	
4 Patton		4:55.56	4:44.07	5
1) Tallent, Malarie	2) Phillips, Madison	3) Barrier, Madison	4) Rose, Aleia	
5 Watauga		4:50.71	4:44.43	4
1) Buckner, Rebecca	2) Temple, Grace	3) Tzotschew, Emma		
6 South Caldwell		5:02.60	5:00.18	3
1) Johnstone, Emma	2) Demas, Elyse	3) Berry, Daniela	4) Lewis, Avery	
7 Freedom		5:00.20	5:04.12	2
1) Penley, Madison	2) Mcginnis, Madeline	3) Cotter, Emma	4) Baker, McKenzie	

**Event 36 Boys 4x400 Meter Relay**

Team	Relay	Seed	Finals	Points
<b>Finals</b>				
1 Patton		3:34.80	3:31.88	10
1) Butler, Hunter	2) Reid, Hunter	3) Hernandez, Bryan	4) Tallent, Dalton	
2 South Caldwell		3:41.40	3:36.09	8
1) Mcburney, Matthew	2) Starnes, Caleb	3) Williams, Dylan	4) Trivett, Grant	
3 Watauga		3:44.60	3:44.17	6
1) Pimentel, Brandon	2) Shultz-Colon, Johannes	3) Williams, Sam		
4 Freedom		3:45.80	3:44.37	5
1) Michaux, Jq	2) Brittain, Dylan	3) Burgess, Darius	4) Hemphill, Keyshawn	
5 Hibriten		3:45.95	3:46.57	4
1) Vannoy, Jadan	2) Koeun, Erick	3) Sturgis, Jordan	4) Wilson, Kevon	
6 St. Stephens		3:57.74	3:52.39	3
1) Holmes, Austin	2) Barbee, Brad	3) Hefner, Jayden	4) Harper, Grant	
7 Hickory		4:02.91	4:04.50	2
1) Phillips, Derrien	2) Dagenhardt, Gavin	3) Nelson, Nicholas	4) Rhinehart, Dre	

**NW 3A-4A Conference Championship, 2016 - 4/26/2016****Lenoir Rhyne University****Results**Women - Team Rankings - 18 Events Scored

1) Watauga	148.5	2) St. Stephens	127
3) Hibriten	104	4) Hickory	77.5
5) Freedom	69	6) Fred T. Foard	68
7) Patton	44	8) South Caldwell	41

Men - Team Rankings - 18 Events Scored

1) South Caldwell	128.5	2) Hickory	108.5
3) Watauga	96	4) Patton	86.5
5) St. Stephens	82	6) Hibriten	74.5
7) Freedom	61	8) Fred T. Foard	51