

3000 - XC

	Time	Year	Athlete	Meet
1	11:14.80	2018	Jade Martin	8 Way Meet at WakeMed
2	11:24.27	2024	Addison Doran	5 Way Meet at WakeMed
3	11:24.55	2025	Ella Chamberlain	6 Way Meet at WakeMed
4	11:30.89	2024	Meredith Wildes	5 Way Meet at WakeMed
5	11:31.29	2025	Payton Rice	6 Way Meet at WakeMed
6	11:35.80	2024	Rey Baran	5 Way Meet at WakeMed
7	11:36.34	2022	Riley Petersen	4 Way Meet at WakeMed
8	11:46.51	2025	Olivia Boyette	6 Way Meet at WakeMed
9	11:48.20	2019	Rachel Heinzerling	Bay6 Kickoff Classic
10	11:54.36	2021	Ella Kate Clodfelter	5 Way Meet at WakeMed

5000 - XC

	Time	Year	Athlete	Meet
1	18:43.70	2018	Jade Martin	Great American
2	18:49.72	2025	Meredith Wildes	8A East Regional
3	19:04.97	2025	Ella Chamberlain	8A East Regional
4	19:08.57	2025	Payton Rice	8A East Regional
5	19:11.20	2024	Addison Doran	SWAC Championship Meet
6	19:29.46	2024	Rey Baran	4A Mideast Regional
7	19:30.40	2024	Olivia Boyette	Adidas
8	19:35.70	2019	Chloe Gee	Nike Cross Nationals SE Regional
9	19:43.62	2025	Alexis Kim	8A East Regional
10	19:46.21	2022	Riley Peterson	NCRunners Elite Invitational

5000 Class Record

Freshman	2024	Olivia Boyette	19:30.40	Adidas
Sophomore	2025	Payton Rice	19:08.57	8A East Regional
Junior	2025	Meredith Wildes	18:49.72	8A East Regional
Senior	2018	Jade Martin	18:43.70	Great American

3000 Class Record

Freshman	2024	Payton Rice	11:48.84	Bay6 Kickoff Classic
Sophomore	2024	Meredith Wildes	11:30.89	5 Way Meet at WakeMed
Junior	2025	Ella Chamberlain	11:24.55	6 Way Meet at WakeMed
Senior	2018	Jade Martin	11:14.80	8 Way Meet at WakeMed

3K - Girls			
9th Grade	10th Grade	11th Grade	12th Grade
1 11:48.84 - Payton Rice (2024)	1 11:30.89 - Meredith Wildes (2024)	1 11:24.55 - Ella Chamberlain (2025)	1 11:14.80 - Jade Martin (2018)
2 11:57.78 - Olivia Boyette (2024)	2 11:31.29 - Payton Rice (2025)	2 11:24.27 - Addison Doran (2024)	2 11:04.97 - Ella Chamberlain (2025)
3 11:59.79 - Alexis Kim (2025)	3 11:39.25 - Jack Martin (2016)	3 11:35.80 - Rey Baran (2024)	3 11:04.58 - Jack Martin (2017)
4 12:26.66 - Abby Cowell (2018)	4 11:46.51 - Olivia Boyette (2025)	4 11:37.30 - Jack Martin (2017)	4 10:53.00 - Chloe Gee (2020)
5 12:26.39 - Blakely Ainsley (2024)	5 12:00.80 - Abby Cowell (2019)	5 11:54.36 - Ella Kate Clodfelter (2021)	5 11:35.70 - Chloe Gee (2019)
6 12:27.28 - Meredith Wildes (2025)	6 12:10.02 - Nicole Van Lee (2016)	6 11:59.12 - Makenna Haire (2025)	6 20:09.50 - Emily Yeh (2022)
7 12:50.43 - Morgan Bradbury (2017)	7 12:11.89 - Ella Chamberlain (2024)	7 12:19.94 - Rose Carroll (2025)	7 20:12.90 - Ella Chamberlain (2024)
8 12:51.86 - Kristen Fitzgerald (2016)	8 12:13.60 - Blakely Ainsley (2025)	8 12:24.93 - Riley Petersen (2021)	8 20:29.40 - Riley Petersen (2020)
9 12:52.30 - Riley Petersen (2019)	9 12:17.36 - Rose Carroll (2024)	9 12:28.59 - Cate McGee (2021)	9 20:32.10 - Makenna Haire (2025)
10 12:52.35 - Amelia Carr (2024)	10 12:33.30 - Adie White (2019)	10 12:29.28 - Nicole Van Lee (2017)	10 20:32.07 - Chloe Gee (2018)

3K - Boys			
9th Grade	10th Grade	11th Grade	12th Grade
1 9:55.35 - Mason Shanahan (2025)	1 9:28.59 - Sam Cowell (2024)	1 9:06.13 - Sam Cowell (2025)	1 9:20.55 - William Newman (2022)
2 10:10.54 - Samuel Goodie (2025)	2 9:48.34 - Tim Houghton (2017)	2 9:22.95 - Tim Houghton (2018)	2 9:31.97 - Jack Elchik (2025)
3 10:15.40 - Sam Cowell (2023)	3 9:52.29 - Scott Pali (2023)	3 9:36.71 - Isaac Cowell (2023)	3 9:33.80 - Tim Houghton (2019)
4 10:31.30 - Connor Uenking (2019)	4 9:55.58 - Jack Elchik (2025)	4 9:39.89 - Jack Elchik (2024)	4 9:38.50 - John Curcio (2019)
5 10:32.40 - Tim Houghton (2016)	5 9:55.67 - Matt Wesker (2024)	5 9:43.25 - Tyler Riehl (2025)	5 9:40.66 - Finn McKee (2021)
6 10:34.80 - Tyler Riehl (2023)	6 10:10.80 - Isaac Cowell (2022)	6 9:39.00 - Scott Pali (2024)	6 9:41.19 - Pritesh Chappidi (2024)
7 10:46.50 - William Newman (2019)	7 10:13.35 - Carter Reed (2018)	7 9:50.48 - Cameron Tierney (2024)	7 9:42.56 - Cameron Tierney (2025)
8 10:47.42 - Cole Boquin (2015)	8 10:19.25 - Ryan Cunningham (2015)	8 9:59.50 - David Elchik (2025)	8 9:43.64 - Isaac Cowell (2024)
9 10:52.70 - Matthew Wesker (2023)	9 10:22.03 - Cameron Adair (2016)	9 9:58.00 - Joshua Carlson (2018)	9 9:47.56 - Connor Uenking (2022)
10 11:07.11 - Maddux Carr (2023)	10 10:28.60 - John Joyner (2018)	10 9:58.60 - Carter Reed (2019)	10 9:48.77 - Alec Athberry (2017)

3K - Girls			
9th Grade	10th Grade	11th Grade	12th Grade
1 11:48.84 - Payton Rice (2024)	1 11:30.89 - Meredith Wildes (2024)	1 11:24.55 - Ella Chamberlain (2025)	1 11:14.80 - Jade Martin (2018)
2 11:57.78 - Olivia Boyette (2024)	2 11:31.29 - Payton Rice (2025)	2 11:24.27 - Addison Doran (2024)	2 11:04.97 - Ella Chamberlain (2025)
3 11:59.79 - Alexis Kim (2025)	3 11:39.25 - Jack Martin (2016)	3 11:35.80 - Rey Baran (2024)	3 11:04.58 - Jack Martin (2017)
4 12:26.66 - Abby Cowell (2018)	4 11:46.51 - Olivia Boyette (2025)	4 11:37.30 - Jack Martin (2017)	4 10:53.00 - Chloe Gee (2020)
5 12:26.39 - Blakely Ainsley (2024)	5 12:00.80 - Abby Cowell (2019)	5 11:54.36 - Ella Kate Clodfelter (2021)	5 11:35.70 - Chloe Gee (2019)
6 12:27.28 - Meredith Wildes (2025)	6 12:10.02 - Nicole Van Lee (2016)	6 11:59.12 - Makenna Haire (2025)	6 20:09.50 - Emily Yeh (2022)
7 12:50.43 - Morgan Bradbury (2017)	7 12:11.89 - Ella Chamberlain (2024)	7 12:19.94 - Rose Carroll (2025)	7 20:12.90 - Ella Chamberlain (2024)
8 12:51.86 - Kristen Fitzgerald (2016)	8 12:13.60 - Blakely Ainsley (2025)	8 12:24.93 - Riley Petersen (2021)	8 20:29.40 - Riley Petersen (2020)
9 12:52.30 - Riley Petersen (2019)	9 12:17.36 - Rose Carroll (2024)	9 12:28.59 - Cate McGee (2021)	9 20:32.10 - Makenna Haire (2025)
10 12:52.35 - Amelia Carr (2024)	10 12:33.30 - Adie White (2019)	10 12:29.28 - Nicole Van Lee (2017)	10 20:32.07 - Chloe Gee (2018)

3K - Boys			
9th Grade	10th Grade	11th Grade	12th Grade
1 9:55.35 - Mason Shanahan (2025)	1 9:28.59 - Sam Cowell (2024)	1 9:06.13 - Sam Cowell (2025)	1 9:20.55 - William Newman (2022)
2 10:10.54 - Samuel Goodie (2025)	2 9:48.34 - Tim Houghton (2017)	2 9:22.95 - Tim Houghton (2018)	2 9:31.97 - Jack Elchik (2025)
3 10:15.40 - Sam Cowell (2023)	3 9:52.29 - Scott Pali (2023)	3 9:36.71 - Isaac Cowell (2023)	3 9:33.80 - Tim Houghton (2019)
4 10:31.30 - Connor Uenking (2019)	4 9:55.58 - Jack Elchik (2025)	4 9:39.89 - Jack Elchik (2024)	4 9:38.50 - John Curcio (2019)
5 10:32.40 - Tim Houghton (2016)	5 9:55.67 - Matt Wesker (2024)	5 9:43.25 - Tyler Riehl (2025)	5 9:40.66 - Finn McKee (2021)
6 10:34.80 - Tyler Riehl (2023)	6 10:10.80 - Isaac Cowell (2022)	6 9:39.00 - Scott Pali (2024)	6 9:41.19 - Pritesh Chappidi (2024)
7 10:46.50 - William Newman (2019)	7 10:13.35 - Carter Reed (2018)	7 9:50.48 - Cameron Tierney (2024)	7 9:42.56 - Cameron Tierney (2025)
8 10:47.42 - Cole Boquin (2015)	8 10:19.25 - Ryan Cunningham (2015)	8 9:59.50 - David Elchik (2025)	8 9:43.64 - Isaac Cowell (2024)
9 10:52.70 - Matthew Wesker (2023)	9 10:22.03 - Cameron Adair (2016)	9 9:58.00 - Joshua Carlson (2018)	9 9:47.56 - Connor Uenking (2022)
10 11:07.11 - Maddux Carr (2023)	10 10:28.60 - John Joyner (2018)	10 9:58.60 - Carter Reed (2019)	10 9:48.77 - Alec Athberry (2017)

5K - Girls			
9th Grade	10th Grade	11th Grade	12th Grade
1 19:30.40 - Olivia Boyette (2024)	1 19:08.57 - Payton Rice (2025)	1 18:49.72 - Meredith Wildes (2025)	1 18:43.70 - Jade Martin (2018)
2 19:38.70 - Payton Rice (2024)	2 19:14.84 - Jade Martin (2016)	2 19:04.97 - Ella Chamberlain (2025)	2 19:11.20 - Addison Doran (2024)
3 19:43.62 - Alexis Kim (2025)	3 19:31.20 - Meredith Wildes (2024)	3 19:16.58 - Jack Martin (2017)	3 19:44.21 - Riley Petersen (2022)
4 19:46.54 - Jack Martin (2025)	4 19:31.80 - Olivia Boyette (2025)	4 19:29.49 - Rey Baran (2024)	4 19:33.00 - Chloe Gee (2020)
5 20:03.98 - Abby Cowell (2018)	5 19:59.62 - Abby Cowell (2019)	5 19:35.70 - Chloe Gee (2019)	5 20:06.99 - Sydney Turner (2019)
6 20:09.50 - Nicole Van Lee (2016)	6 20:03.40 - Blakely Ainsley (2025)	6 20:09.50 - Emily Yeh (2022)	6 20:07.07 - Rey Baran (2025)
7 20:09.70 - Riley Petersen (2019)	7 20:12.90 - Ella Chamberlain (2024)	7 20:29.70 - Addison Doran (2025)	7 20:12.20 - Becca Hinds (2021)
8 20:40.43 - Meredith Wildes (2023)	8 20:29.40 - Riley Petersen (2020)	8 20:32.10 - Rachel Heinzerling (2018)	8 20:19.57 - Cate McGee (2025)
9 20:40.43 - Morgan Bradbury (2017)	9 20:31.10 - Mackenzie Boyd (2025)	9 20:32.70 - Makenna Haire (2025)	9 20:22.10 - Rachel Heinzerling (2019)
10 20:55.10 - Blakely Ainsley (2024)	10 20:32.07 - Chloe Gee (2018)	10 20:34.30 - Abby Cowell (2020)	10 20:27.00 - Astma Bekker (2018)

5K - Boys			
9th Grade	10th Grade	11th Grade	12th Grade
1 16:15.50 - Sam Cowell (2023)	1 15:29.98 - Sam Cowell (2024)	1 15:21.56 - Sam Cowell (2025)	1 15:41.73 - Wesley Probst (2017)
2 16:47.06 - Tim Houghton (2016)	2 16:02.40 - Tim Houghton (2017)	2 15:42.18 - Tim Houghton (2018)	2 15:48.26 - Cameron Tierney (2025)
3 16:50.60 - Mason Shanahan (2025)	3 16:06.00 - Wesley Probst (2025)	3 15:42.24 - Matthew Wesker (2025)	3 15:49.08 - William Newman (2022)
4 16:59.09 - Samuel Goodie (2025)	4 16:39.39 - Scott Pali (2023)	4 16:01.49 - Wesley Probst (2016)	4 15:53.38 - Alec Athberry (2017)
5 17:21.00 - Cole Boquin (2015)	5 16:40.28 - Carter Reed (2018)	5 16:13.81 - Isaac Cowell (2023)	5 16:01.94 - Finn McKee (2021)
6 17:21.09 - Matthew Wesker (2022)	6 16:44.52 - Cameron Adair (2016)	6 16:14.45 - Cameron Tierney (2024)	6 16:02.19 - Isaac Cowell (2024)
7 17:27.32 - Carter Reed (2017)	7 16:49.57 - Jack Elchik (2023)	7 16:18.37 - Jack Elchik (2024)	7 16:08.49 - Cole Schmidt (2025)
8 17:27.40 - Connor Uenking (2019)	8 16:54.70 - Sean Bizard (2020)	8 16:19.84 - Tyler Riehl (2025)	8 16:13.80 - Tim Houghton (2019)
9 17:27.70 - William Newman (2019)	9 16:58.00 - Jacob Beck (2017)	9 16:29.31 - Finn McKee (2020)	9 16:20.94 - Pritesh Chappidi (2024)
10 18:03.66 - Joshua Carlson (2016)	10 17:00.70 - Connor Uenking (2020)	10 16:32.24 - Alec Athberry (2016)	10 16:26.86 - Jack Elchik (2025)

3000 - XC					
	Time	Year	Athlete	Meet	
1	9:06.13	2025	Sam Cowell	6 Way Meet at WakeMed (8/26)	
2	9:20.55	2022	William Newman	4 Way Meet at WakeMed (8/31)	
3	9:22.95	2018	Tim Haughton	Bay6 Kickoff Classic	
4	9:31.97	2025	Jack Elchik	6 Way Meet at WakeMed (8/26)	
5	9:36.71	2023	Isaac Cowell	Bay6 Kickoff Classic	
6	9:38.30	2019	John Curcio	8/28 Meet at WakeMed	
7	9:40.66	2021	Finn McKee	5 Way Meet at WakeMed	
8	9:41.19	2024	Pritish Chappidi	5 Way Meet at WakeMed	
9	9:42.56	2025	Cameron Tierney	6 Way Meet at WakeMed (8/26)	
10	9:43.25	2025	Tyler Riedl	6 Way Meet at WakeMed (8/26)	
5000 - XC					
	Time	Year	Athlete	Meet	
1	15:21.56	2025	Sam Cowell	8A East Regional	
2	15:41.73	2017	Wesley Provost	4A Mideast Regional	
3	15:42.18	2018	Tim Haughton	4A Mideast Regional	
4	15:43.24	2025	Matthew Wexler	8A East Regional	
5	15:48.26	2025	Cameron Tierney	8A East Regional	
6	15:49.08	2022	William Newman	4A Mideast Regional	
7	15:53.88	2017	Alec Atteberry	4A Mideast Regional	
8	16:01.94	2021	Finn McKee	4A Mideast Regional	
9	16:05.19	2024	Isaac Cowell	SWAC Championship	
10	16:08.49	2025	Cole Schmidt	8A East Regional	
5000 Class Record					
Freshman		2023	Sam Cowell	16:15.50	4A Mideast Regional
Sophomore		2024	Sam Cowell	15:29.98	SWAC Championship
Junior		2025	Sam Cowell	15:21.56	8A East Regional
Senior		2017	Wesley Provost	15:41.73	4A Mideast Regional
3000 Class Record					
Freshman		2025	Mason Shanahan	9:55.35	6 Way Meet at WakeMed (8/26)
Sophomore		2024	Sam Cowell	9:28.59	5 Way Meet at WakeMed
Junior		2025	Sam Cowell	9:06.13	6 Way Meet at WakeMed (8/26)
Senior		2022	William Newman	9:20.55	8/31 at WakeMed

Top 10 - 5K Course at WakeMed

Girls

	Time	Year	Athlete	Meet
1	18:43.70	2018	Jade Martin	Great American
2	18:49.72	2025	Meredith Wildes	NCHSAA 8A East Regional
3	19:04.97	2025	Ella Chamberlain	NCHSAA 8A East Regional
4	19:08.57	2025	Payton Rice	NCHSAA 8A East Regional
5	19:11.20	2024	Addison Doran	SWAC Conference Championship
6	19:29.46	2024	Rey Baran	NCHSAA 4A Mideast Regional
7	19:30.40	2024	Olivia Boyette	Adidas
8	19:35.70	2019	Chloe Gee	Nike Cross Nationals SE Regional
9	19:43.62	2025	Alexis Kim	NCHSAA 8A East Regional
10	19:53.46	2022	Riley Petersen	NCHSAA 4A Mideast Regional

Boys

	Time	Year	Athlete	Meet
1	15:21.56	2025	Sam Cowell	NCHSAA 8A East Regional
2	15:41.73	2017	Wesley Provost	NCHSAA 4A Mideast Regional
3	15:43.24	2025	Matthew Wexler	NCHSAA 8A East Regional
4	15:45.50	2018	Tim Haughton	Great American
5	15:48.26	2025	Cameron Tierney	NCHSAA 8A East Regional
6	15:53.38	2017	Alec Atteberry	NCHSAA 4A Mideast Regional
7	16:05.19	2024	Isaac Cowell	SWAC Conference Championship
8	16:08.49	2025	Cole Schmidt	NCHSAA 8A East Regional
9	16:18.37	2024	Jack Elchik	NCHSAA 4A Mideast Regional
10	16:20.94	2024	Pritesh Chappidi	SWAC Conference Championship

Girls - 3K

	Time	Year	Athlete	Meet
1	11:14.80	2018	Jade Martin	8 Way Meet at WakeMed
2	11:24.27	2024	Addison Doran	5 Way Meet at WakeMed
3	11:24.55	2025	Ella Chamberlain	6 Way Meet at WakeMed
4	11:30.89	2024	Meredith Wildes	5 Way Meet at WakeMed
5	11:31.29	2025	Payton Rice	6 Way Meet at WakeMed
6	11:35.80	2024	Rey Baran	5 Way Meet at WakeMed
7	11:36.34	2022	Riley Petersen	4 Way Meet at WakeMed
8	11:46.51	2025	Olivia Boyette	6 Way Meet at WakeMed
9	11:48.20	2019	Rachel Heinzerling	Wake County Kickoff
10	11:54.36	2021	Ella Kate Clodfelter	5 Way Meet at WakeMed

Boys - 3K

	Time	Year	Athlete	Meet
1	9:06.13	2025	Sam Cowell	6 Way Meet at WakeMed
2	9:20.55	2022	William Newman	4 Way Meet at WakeMed (8/31)
3	9:22.95	2018	Tim Haughton	Bay6 Kickoff Classic
4	9:31.97	2025	Jack Elchik	6 Way Meet at WakeMed
5	9:36.71	2023	Isaac Cowell	Bay6 Kickoff Classic
6	9:38.30	2019	John Curcio	8/28 Meet at WakeMed
7	9:40.66	2021	Finn McKee	5 Way Meet at WakeMed
8	9:41.19	2024	Pritish Chappidi	5 Way Meet at WakeMed

9	9:42.56	2025	Cameron Tierney	6 Way Meet at WakeMed
10	9:43.25	2025	Tyler Riedl	6 Way Meet at WakeMed

Girls				
	Time	Year	Athlete	Meet
1	19:25.61	2025	Ella Chamberlain	NCHSAA State Championship
2	19:28.63	2016	Jade Martin	NCHSAA State Championship
3	19:31.80	2025	Olivia Boyette	NCHSAA State Championship
4	19:35.59	2025	Meredith Wildes	NCHSAA State Championship
5	19:38.70	2024	Payton Rice	Friday Night Lights
6	19:46.21	2022	Riley Petersen	NC Runners Elite
7	19:49.44	2024	Rey Baran	NCHSAA State Championship
8	19:54.78	2024	Addison Doran	NCHSAA State Championship
9	20:06.99	2019	Sydney Turner	NCHSAA State Championship
10	20:13.13	2025	Blakely Ainsley	NCHSAA State Championship

Boys				
	Time	Year	Athlete	Meet

1	15:43.27	2025	Sam Cowell	NCHSAA State Championship
2	15:48.26	2017	Wesley Provost	NCHSAA State Championship
3	16:10.69	2017	Alec Atteberry	NCHSAA State Championship
4	16:11.96	2017	Tim Haughton	NCHSAA State Championship
5	16:22.18	2025	Cameron Tierney	NCHSAA State Championship
6	16:26.56	2024	Isaac Cowell	NCHSAA State Championship
7	16:33.33	2025	Cole Schmidt	NCHSAA State Championship
8	16:37.6	2025	Jack Elchik	Friday Night Lights
9	16:51.70	2025	Tyler Riedl	Friday Night Lights
10	16:55.16	2017	Cameron Adair	NCHSAA State Championship

Girls				
	Time	Year	Athlete	Meet
1	19:59.62	2019	Abby Cowell	SWAC Championship Meet
2	20:35.39	2019	Riley Peterson	SWAC Championship Meet
3	20:49.39	2019	Chloe Gee	SWAC Championship Meet
4	20:53.98	2019	Sydney Turner	SWAC Championship Meet
5	20:56.20	2023	Meredith Wildes	Battle for Apex
6	21:20.23	2019	Rachel Heinzerling	SWAC Championship Meet
7	21:22.80	2015	Nicole Van Liew	We've Got Class Invitational
8	21:23.40	2015	Jade Martin	We've Got Class Invitational
9	21:27.03	2019	Natalie Rodriguez	SWAC Championship Meet
10	21:57.7	2023	Maddison Moyer	Battle for Apex
Boys				
	Time	Year	Athlete	Meet
1	16:28.84	2019	Tim Houghton	SWAC Championship Meet
2	16:48.90	2019	John Curcio	SWAC Championship Meet
3	16:49.00	2017	Alec Atteberry	We've Got Class Invitational
4	16:58.00	2017	Wesley Provost	We've Got Class Invitational
5	17:07.17	2019	Carter Reed	SWAC Championship Meet
6	17:17.90	2023	Isaac Cowell	Battle for Apex
7	17:22.11	2019	Joshua Carlson	SWAC Championship Meet
8	17:27.84	2019	Keagan Donovan	SWAC Championship Meet
9	17:30.00	2023	Alex Dempsey	Battle for Apex
10	17:38.00	2017	Cameron Adair	We've Got Class Invitational

Girls				
	Time	Year	Athlete	Meet
1	19:20.81	2025	Payton Rice	Hagan Stone XC Classic
2	19:50.66	2025	Meredith Wildes	Hagan Stone XC Classic
3	19:59.30	2025	Ella Chamberlain	Hagan Stone XC Classic
4	20:41.05	2025	Olivia Boyette	Hagan Stone XC Classic
5	20:42.77	2025	Alexis Kim	Hagan Stone XC Classic
6	20:45.05	2025	Rose Carroll	Hagan Stone XC Classic
7	20:51.77	2025	Makenna Haire	Hagan Stone XC Classic
8	20:53.69	2025	Rey Baran	Hagan Stone XC Classic
9	20:54.21	2025	Blakely Ainsley	Hagan Stone XC Classic
10	21:29.21	2025	Cate McGee	Hagan Stone XC Classic

Boys				
	Time	Year	Athlete	Meet
1	15:40.57	2025	Sam Cowell	Hagan Stone XC Classic
2	16:03.82	2025	Cameron Tierney	Hagan Stone XC Classic
3	16:19.84	2025	Tyler Riedl	Hagan Stone XC Classic
4	16:26.86	2025	Jack Elchik	Hagan Stone XC Classic
5	16:47.27	2025	Cole Schmidt	Hagan Stone XC Classic
6	16:54.61	2025	David Elchik	Hagan Stone XC Classic
7	17:06.32	2025	Sam Goode	Hagan Stone XC Classic
8	17:16.05	2025	Matthew Wexler	Hagan Stone XC Classic
9	17:30.18	2025	Ford Motley	Hagan Stone XC Classic
10	17:44.60	2025	Scout Pali	Hagan Stone XC Classic

Girls				
	Time	Year	Athlete	Meet
1	21:50.34	2025	Aaliya Cuales	Jordan, WS, AF
2	22:48.14	2025	Addison Thorne	Jordan, WS, AF
3	23:14.86	2025	Julia Trybus	Jordan, WS, AF
4	23:29.38	2025	Eva Perdue	Jordan, WS, AF
5	24:36.16	2025	Addy Savage	Jordan, WS, AF
6	25:04.72	2025	Adalyn Childs	Jordan, WS, AF
7	25:05.11	2025	Isabelle Roy	Jordan, WS, AF
8	25:31.29	2025	Ava Overman	Jordan, WS, AF
9	26:04.99	2025	Emily Mecouch	Jordan, WS, AF
10	28:20.70	2025	Elizabeth Bang	Jordan, WS, AF

Boys				
	Time	Year	Athlete	Meet
1	18:30.88	2025	Joshua Cockerham	Jordan, WS, AF
2	19:32.92	2025	Nico Berkas	Jordan, WS, AF
3	19:38.66	2025	Nicholas Copersito	Jordan, WS, AF
4	19:54.41	2025	Nathaniel Nieters	Jordan, WS, AF
5	20:05.25	2025	Sawyer Brush	Jordan, WS, AF
6	20:11.45	2025	Liam Rice	Jordan, WS, AF
7	20:50.10	2025	Kody Ludlow	Jordan, WS, AF
8	20:55.15	2025	Antonio Fernandez	Jordan, WS, AF
9	21:38.16	2025	Asher Wilkinson	Jordan, WS, AF
10	21:50.99	2025	Owen Brush	Jordan, WS, AF

Girls				
	Time	Year	Athlete	Meet
1	20:22.60	2019	Abby Cowell	4A Mideast Regionals
2	20:22.70	2019	Chloe Gee	4A Mideast Regionals
3	20:59.20	2019	Riley Petersen	4A Mideast Regionals
4	21:08.20	2019	Sydney Turner	4A Mideast Regionals
5	21:38.90	2019	Rachel Heinzerling	4A Mideast Regionals
6	21:51.20	2019	Natalie Rodriguez	4A Mideast Regionals
7	23:23.80	2019	Samantha Weitzel	4A Mideast Regionals
8	24:01.54	2019	Lauren Allen	Patriot Derby
9	25:11.84	2019	Lauren Langston	Patriot Derby
10	26:02.45	2019	Meredith Abbott	Patriot Derby
Boys				
	Time	Year	Athlete	Meet
1	16:59.61	2019	Tim Haughton	4A Mideast Regionals
2	17:00.61	2019	John Curcio	4A Mideast Regionals
3	17:57.87	2019	Keagan Donovan	4A Mideast Regionals
4	18:07.78	2019	Connor Uenking	4A Mideast Regionals
5	18:22.33	2019	Connor McElroy	Patriot Derby
6	17:36.00	2019	Carter Reed	4A Mideast Regionals
7	18:04.44	2019	Finn McKee	4A Mideast Regionals
8	18:00.66	2019	Joshua Carlson	4A Mideast Regionals
9	18:55.39	2019	William Newman	Patriot Derby
10	18:58.04	2019	Fernando Bickley	Patriot Derby

Event	Year	Time/Mark	Athlete	Meet	55M Hurdles	Runner	Time	Meet	Shot Put	Athlete	Distance	Meet
55M Hurdles	2018	8.64	Destiny Smith	NCHSAA 4A Indoor States	9th Grade	Alex Dawson	8.64	JDL Governor's Classic	9th Grade	Zanna Christian	25-0	Apex Friendship Polar Bear
55M Dash	2025	2:24	Trinity Barrino	NCHSAA 4A Indoor States	10th Grade	Alex Dawson	8.16	Snowball Invitational	10th Grade	Margaret Sternberg	24-41	Reindeer Classic
300M Dash	2025	4:58	Trinity Barrino	JDL Governor's Classic	11th Grade	Alex Dawson	9.5	Reindeer Classic-JDL	11th Grade	Clara Sternberg	31-4	JDL HS Team Challenge
500M Run	2019	1:18.98	Sydney Turner	Eastern High School Challenge	12th Grade	Destiny Smith	8.64	NCHSAA 4A Indoor State Championship Meet	12th Grade	Natalie Griffith	31-11.5	Snowball Invitational
1000M Run	2025	3:52.68	Meredith Wildes	Virginia Showcase	55M Dash	Runner	Time	Meet	Long Jump	Athlete	Distance	Meet
1500M Run	2025	3:22.81	Meredith Wildes	JDL Just Don't Lose	9th Grade	Trinity Barrino	7.61	JDL Polar Express	9th Grade	Kalina Ilieva	15-9	JDL Reindeer Classic
3200M Run	2018	11:17.87	Jade Martin	Reagan Polar Bear Meet	10th Grade	Trinity Barrino	7.54	NCHSAA 4A Indoor States	10th Grade	Kalina Ilieva	16-1	JDL Governor's Classic
One Mile	2025	5:18.20	Payton Rice	Nike Indoor Nationals	11th Grade	Destiny Smith	7.54	Wake County Invitational #2	11th Grade	Kalina Ilieva	16-3.75	JDL Governor's Classic
					12th Grade	Destiny Smith	7.47	NCRunners Holiday Invitational	12th Grade	Moniah Jackson	15-8.5	Green Hope Polar Bear
4200	2025	1:47.27	Ashlyn Adams	Green Hope Last Chance Meet	300M Dash	Runner	Time	Meet	Triple Jump	Athlete	Distance	Meet
			Trinity Barrino		9th Grade	Ashlyn Adams	42.8	JDL Reindeer Classic	9th Grade	Taylor Turner	30-2	SWAC Polar Bear
			Mahabet Kofekegn		10th Grade	Trinity Barrino	41.98	JDL Governor's Classic	10th Grade	Taylor Turner	33-10.5	Wake County Invitational #2
			Ava Kate Starr		11th Grade	Sydney Turner	42.98	Mondo Elite HS Invitational	11th Grade	Kalina Ilieva	30-2.25	Green Hope Polar Bear
43400	2023	4:05.26	Nia Kane	Apex Polar Bear	12th Grade	Destiny Smith	42.241	Cardinal Gibbons Last Chance	12th Grade	Moniah Jackson	32-7.5	Green Hope Polar Bear
			Lauren Artman		500m	Runner	Time	Meet	High Jump	Athlete	Height	Meet
			Devan Veach		9th Grade	Nia Kane	1:21.60	NCHSAA 4A Championships	9th Grade	Kalina Ilieva	4-10	JDL Reindeer Classic
			Ava Rodriguez		10th Grade	Ava Kate Starr	1:23.36	JDL Reindeer Classic (12/24)	10th Grade	Isabella Levering/Taylor Turner	5-9	
44800	2025	3:36.36	Meredith Wildes	NCHSAA 4A Indoor States	11th Grade	Sydney Turner	1:18.98	Mondo Elite HS Invitational Eastern High School Challenge	11th Grade	Taylor Turner	5-4	NCHSAA 4A Indoor State Championship Meet
			Ella Chamberlain		12th Grade	Sydney Turner	1:20.38	JDL HS Team Challenge	12th Grade	Taylor Turner/Isabella Levering/Natalie Griffith	5-4	
			Olivia Boyette		1000m	Runner	Time	Meet	Pole Vault	Athlete	Height	Meet
			Payton Rice		9th Grade	Payton Rice	3:08.97	Apex Last Chance Polar Bear	9th Grade	Ava Nichols	8-4	JDL Polar Express
DMR	2025	13:13.57	Meredith Wildes	VA Showcase	10th Grade	Olivia Boyette	5:09.32	JDL Governor's Classic	10th Grade	Lucy Dowdle	9-0	SWAC Polar Bear
			Olivia Boyette		11th Grade	Meredith Wildes	5:02.68	Virginia Showcase	11th Grade	Emma Keris	10-7	JDL Governor's Classic
			Payton Rice		12th Grade	Jade Martin	3:07.87	Wake County Invitational #2	12th Grade	Lucy Dowdle	11-0	NCHSAA 4A Indoor State Championship Meet
			Ella Chamberlain		1600m	Runner	Time	Meet				
SMR	2025	3:41.04	Ashlyn Adams	VA Showcase	9th Grade	Payton Rice	5:22.68	JDL Governor's Classic				
			Olivia Boyette		10th Grade	Olivia Boyette	5:22.09	JDL Just Don't Lose				
			Payton Rice		11th Grade	Meredith Wildes	5:19.43	JDL Just Don't Lose				
			Ella Chamberlain		12th Grade	Jade Martin	5:12.79	NCHSAA 4A Indoor State Championship Meet				
Shot Put	2023	31-11.5	Natalie Griffith	Snowball Invitational JDL	4200m	Runner	Time	Meet				
Long Jump	2025	38-04.25	Kalina Ilieva	JDL Governor's Classic	9th Grade	Alex Sim	45-00.5	NCHSAA 4A Indoor States				
Triple Jump	2017	33-10.5	Taylor Turner	Wake County Invite #2	10th Grade	Jade Martin	11:54.05	Reagan Polar Bear				
High Jump		5-04.00	Taylor Turner/Isabella Levering/Natalie Griffith		11th Grade	Ella Chamberlain	11:37.88	JDL Governor's Classic				
Pole Vault	2019	11-00.0	Lucy Dowdle	NCHSAA 4A Indoor States	12th Grade	Jade Martin	11:17.87	Reagan Polar Bear				

55m Hurdles		300m		1000m		3200m		Long Jump		High Jump	
1. Destiny Smith	8.64	1. Trinity Barrino	41.98	1. Meredith Wildes	3:02.58	1. Jade Martin	11:17.87	1. Kalina Ilieva	16-05.75	1. Isabella Levering	5-04.00
2. Alex Dawson	9.04	2. Destiny Smith	42.24h	2. Chloe Gee	3:06.55	2. Ella Chamberlain	11:37.88	2. Emma Kertis	16-00.50	1. Natalie Griffith	5-04.00
3. Haley Evenson	9.41	3. Ashtyn Adams	42.8	3. Jade Martin	3:07.87	3. Rey Baran	11:49.85	3. Moniah Jackson	15-08.5	1. Taylor Turner	5-04.00
4. Cara Dawson	9.66	4. Sydney Turner	42.98	4. Payton Rice	3:08.67	4. Alexis Kim	11:55.06	4. Jenna Epplin	15-07.00	4. Emma Kertis	5-01.00
5. Sophia Atteberry	10.04h	5. Devan Veach	43.06	5. Olivia Boyette	3:09.32	5. Abby Cowell	11:57.66	4. Madison Wilson	15-07.00	5. Kalina Ilieva	4-11.00
5. Katie Linville	10.04	6. Luci Banyas	43.12	6. Sydney Turner	3:09.50	6. Chloe Gee	12:02.72	6. Isabella Logan	15-02.00	6. Abby Goff	4-10.00
7. Zoe James	10.29	7. Mia Cosentino	43.52	7. Ella Chamberlain	3:12.62	7. Emily Yeh	12:09.78	7. Kylie Gutierrez	14-11.5	7. Faith Kane	4-06.00
8. Becca Hinds	11.04h	8. Nia Kane	43.8	8. Lauren Artman	3:13.80	8. Addison Doran	12:10.78	8. Natalie Griffith	14-10.75	8. Tyler Reilly	4-06.00
9. Hailey Barbour	11.09	9. Christian Nightingale	44.02	9. Amelia Carr	3:16.66	9. Asmaa Bekkare	12:16.86	9. Taylor Reynolds	14-08.00	9. Mae Spoltz	4-04.00
9. Delaney Yeung	11.09	10. Ava Rodriguez	44.04	10. Rey Baran	3:16.86	10. Riley Petersen	12:17.43	10. Haley Evenson	14-07.00	10. Sophia Carlson	4-02.00
								10. Taylor Turner	14-07.00		
55m Dash		500m		1600m		Pole Vault		Triple Jump		Shot Put	
1. Trinity Barrino	7.23	1. Sydney Turner	1:18.98	1. Meredith Wildes	5:12.63	1. Lucy Dowdle	11-00.0	1. Taylor Turner	33-10.5	1. Natalie Griffith	31-11.5
2. Destiny Smith	7.47	2. Devan Veach	1:20.96	2. Jade Martin	5:12.79	2. Emma Kertis	10-07.00	2. Kalina Ilieva	33-8.75	2. Clara Sternberg	31-04.00
3. Mia Cosentino	7.62	3. Ava Rodriguez	1:21.48	3. Olivia Boyette	5:22.09	3. Camryn Beltz	9-00.0	3. Madison Wilson	32-09.50	3. Gabby Newby	28-09.5
4. Luci Banyas	7.64h	4. Nia Kane	1:21.60	4. Payton Rice	5:22.68	4. Sophia Attebery	6-06.00	4. Moniah Jackson	32-07.50	4. Julia Goff	26-03.00
5. Haile Clayton	7.73	5. Haley Evenson	1:21.81	5. Addison Doran	5:22.84	4. Ava Nichols	6-06.00	5. Taylor Reynolds	31-10.50	5. Zanna Christian	25-00.00
5. Alex Dawson	7.73	6. Ava Kate Starr	1:23.56	6. Ella Chamberlain	5:24.66			6. Lucy Dowdle	30-07.5	6. Margaret Sternberg	24-11.0
7. Laura Fouana	7.74	7. Christian Nightingale	1:24.10	7. Chloe Gee	5:27.23			7. Emma Kertis	29-02.00	7. Laiyana Davis	24-8.5
7. Madyson Rivera	7.74	8. Luci Banyas	1:24.40	8. Alexis Kim	5:29.08					8. Kaitlyn Powell	24-04.5
9. Mabalet Keefelegn	7.8	9. Addison Hughes	1:26.37	9. Asmaa Bekkare	5:34.66					9. Emma Hair	24-01.0
10. Sydney Turner	7.84	10. Chloe Gee	1:26.49	10. Makenna Haire	5:35.84					10. Rishika Jayaraj	22-08.50
10. Mandy Williams	7.84										

Event	Year	Time/Mark	Athlete	Meet
55M Hurdle	2026	7:57	Haden Reasener	AFHS Polar Bear
55M Dash	2026	6:51	Quinn Offensaker	Virginia Showcase
100M Dash	2026	33.06	Quinn Offensaker	NCHSAA 8A Indoor States
500M Run	2026	1:07.14	Quinn Offensaker	AFHS Polar Bear
1000M Run	2020	2:32.44	Tim Haughton	Virginia Showcase
1600M Run	2020	4:18.19	Tim Haughton	Virginia Showcase
3200M Run	2026	9:14.42	Sam Cowell	Dash For Doobie
One Mile	2020	4:19.72	Tim Haughton	Virginia Showcase
Two Mile	2026	9:34.41	Sam Cowell	Virginia Showcase
4x200	2025	1:29.35	Tim Criddle Hayden Foss Isiah Barrino Quinn Offensaker	Apex Last Chance Meet
4x400	2026	3:27.88	Jeremiah Hoyt Samuel Pickus Jack Elchik Quinn Offensaker	Green Hope Last Chance Meet
4x800	2026	7:06.88	Jack Elchik Scout Pali Tyler Riehl Cole Schmidt	NCHSAA 8A Indoor States
DMR	2025	10:45.18	Isaac Cowell Pritish Chappidi Jack Elchik Sam Cowell	VA Showcase
Shot Put	2018	43-8.25	Zach Simpson	Wake County Invitational #2
Long Jump	2024	22-03.50	Amir El-Amin	NCHSAA 4A Indoor State Championship
Triple Jump	2017	42-07.00	Charles McBride	Eastern High School Challenge
High Jump	2021	6-01.00	Alex Kennedy	Reindeer Classic
Pole Vault	2025	14-06.00	Owen Lee	JDL Stay in Your Lane

55M Hurdle	Runner	Time	Meet
9th Grade	Hayden Nichols	8:36	Quad City 7 Polar Bear #1
10th Grade	Kevin Cartwright	8:34	Governor's Classic JDL
11th Grade	Haden Reasener	8:71	Cary SWAC Meet
12th Grade	Haden Reasener	7:57	AFHS Polar Bear
55M Dash	Runner	Time	Meet
9th Grade	Terari Matthews	6:91	Wake County Invitational #1
10th Grade	Jeremiah Hoyt	6:84	JDL Reindeer Classic
11th Grade	Quinn Offensaker	6:6	JDL Reindeer Classic
12th Grade	Quinn Offensaker	6:51	Virginia Showcase
300M Dash	Runner	Time	Meet
9th Grade	Jonathan Bartra	37.86	JDL HS Dual Meet Challenge
10th Grade	Jeremiah Hoyt	37.92	Quad City 7 Polar Bear #2
11th Grade	Quinn Offensaker	35.78	Apex SWAC Meet
12th Grade	Quinn Offensaker	35.06	NCHSAA 8A Indoor States
500M	Runner	Time	Meet
9th Grade	Domnie Williams	1:11.99	Wake County Invitational #1
10th Grade	Terari Matthews	1:08.4	SWAC Polar Bear
11th Grade	Terari Matthews	1:07.34	Cardinal Gibbons Last Chance
12th Grade	Quinn Offensaker	1:07.14	AFHS Polar Bear
1000M	Runner	Time	Meet
9th Grade	Sam Cowell	2:15.26	Mondo Elite HS Invitational
10th Grade	Wesley Provost	2:10.60	SWAC Polar Bear
11th Grade	Tim Haughton	2:37.76	JDL HS Dual Meet Challenge
12th Grade	Tim Haughton	2:32.44	VA Showcase
1600M	Runner	Time	Meet
9th Grade	Tim Haughton	4:11.73	Wake County Invitational #1
10th Grade	Sam Cowell	4:29.83	JDL Reindeer Classic
11th Grade	Tim Haughton	4:20.15	JDL Distance Classic
12th Grade	Tim Haughton	4:18.19	VA Showcase
3200M	Runner	Time	Meet
9th Grade	Sam Cowell	10:12.91	JDL Governor's Classic
10th Grade	Sam Cowell	9:25.71	Fleet Feet Dash for Doobie
11th Grade	Sam Cowell	9:13.42	Dash for Doobie
12th Grade	Wesley Provost	9:32.62	Reagan Polar Bear

Shot Put	Athlete	Distance	Meet
9th Grade	George Robinson	31-2.5	Green Level Polar Bear
10th Grade	Landon Davis	38-02.25	Reindeer Classic
11th Grade	Grant Green	32-10	JDL High School Challenge
12th Grade	Zach Simpson	43-8.25	Wake County Invitational #2
Long Jump	Athlete	Distance	Meet
9th Grade	Carter Stojed	18-3	Quad City 7 Polar Bear #1
10th Grade	Tyuan King	19-6	Polar Express
11th Grade	Ed McLain	20-09.5	Quad City 7 Polar Bear #1
12th Grade	Amir El-Amin	22-03.50	NCHSAA 4A Indoor State Meet
Triple Jump	Athlete	Distance	Meet
9th Grade	N/A		
10th Grade	Charles McBride	42-7	2017 Eastern High School Challenge
11th Grade	Alan Josephson	38-3	Apex Polar Bear
12th Grade	Jack Parker	42-5	Apex Polar Bear
High Jump	Athlete	Height	Meet
9th Grade	JD Nizzi	5-0	Apex Polar Bear
10th Grade	Charles McBride	6-0	SWAC Polar Bear
11th Grade	Haden Reasener	5-11	Green Hope Polar Bear
12th Grade	Alex Kennedy	6-1	Reindeer Classic
Pole Vault	Athlete	Height	Meet
9th Grade	N/A		
10th Grade	Owen Lee	12-6	Governor's Classic
11th Grade	Owen Lee	13-6	Mondo Elite HS Invitational
12th Grade	Owen Lee	14-6	JDL Stay in Your Lane

55m Hurdles		300m		1000m		3200m		Shot Put		Long Jump	
1. Haden Reasoner	7.87	1. Quinn Offenbaker	35.06	1. Tim Haughton	2:32.44	1. Sam Cowell	9:13.42	1. Zach Simpson	43-8.25	1. Amir El-Amin	22-03.50
2. Daniel Griffith	8.14	2. Isaiah Barrino	35.58	2. Cole Schmidt	2:35.12	2. Tim Haughton	9:16.31	2. Kaydin Thomas	40-3	2. BJ McLean	20-10.5
3. Jonny Barta	8.33	3. Kasim Cosgrove	35.84h	3. Finn McKee	2:37.86	3. Matthew Wexler	9:30.05	3. Chase McPherson	38-7.5	3. Alex Kennedy	20-07
4. Jalen Lewis	8.6	4. Donny Williams	36.25	4. Jack Elchik	2:38.09	4. Wesley Provost	9:32.62	4. Landon Davis	38-2.25	4. Austin Zugay	20-05.75
5. Gavin Cartwright	8.76	5. Timothy Criddle	36.72	5. Keagan Donovan	2:38.10	5. Isaac Cowell	9:35.96	5. Josh Haughton	37-6.5	5. Tyson King	19-11
6. Nate Scudder	8.91	6. Hayden Reasoner	36.73	6. Connor Uenking	2:38.16	6. Finn McKee	9:38.17	6. Ben Danuck	35-10	6. Caleb Watson	19-10.75
7. Camden Gatlin	9.04h	7. Teiari Matthews	36.77	7. Alec Atteberry	2:38.52	7. Alec Atteberry	9:42.27	7. Tyler DiVito	35-5	7. Mauricio Cedillo-Monrov	19-09.5
8. Hayden Nichols	9.36	8. Amir El-Amin	36.78	8. Wesley Provost	2:39.33	8. Cameron Tierney	9:59.01	8. George Robinson	34-1.5	8. Kyle Sclafani	19-03.75
9. Samuel Pickus	9.59	9. Jack Parker	36.93	9. Matt Wexler	2:39.83	9. Jack Elchik	10:03.90	9. Carson Parker	34-0	9. Charles McBride	18-11
10. Tyler Melby	10	10. Jeremiah Hoyt	37.02	10. Tyler Riedl	2:40.19	10. John Curcio	10:04.02	10. Grant Green	32-10	10. Lucas Meinel	18-08
55m Dash		500m		1600m		Pole Vault		High Jump		Triple Jump	
1. Quinn Offenbaker	6.51	1. Quinn Offenbaker	1:07.14	1. Tim Haughton	4:18.19	1. Owen Lee	14-06.00	1. Alex Kennedy	6-01.00	1. Charles McBride	42-07
2. Tayshawn Ingle	6.52	2. Teiari Matthews	1:07.30	2. Finn McKee	4:21.41	2. Tyler Melby	12-06.00	2. Charles McBride	6-00.00	2. Jack Parker	42-05
3. Amir El-Amin	6.58	3. Tim Haughton	1:07.80	3. Matthew Wexler	4:22.84	3. Silas Minh	12-00.00	2. Caleb Watson	6-00.00	3. Haden Reasoner	40-7
4. Garrett Schreiber	6.64	4. Andrew Timm	1:08.33	4. Sam Cowell	4:23.54	4. Ziggy Ganzhorn	10-00.00	2. Daniel Griffith	6-00.00	4. Caleb Watson	38-09.75
5. Kasim Cosgrove	6.65	5. Samuel Pickus	1:08.34	5. Alec Atteberry	4:24.85	5. Alan Josephson	9-06.00	5. Hayden Reasoner	5-11.00	5. Alan Josephson	38-03
6. Timothy Criddle	6.66	6. Jeremiah Hoyt	1:09.31	6. Wesley Provost	4:27.90	6. Logan Raye	8-00.00	6. Jesse Witorsch	5-10.00	6. Carson Parker	37-09.5
7. Isaiah Barrino	6.72	7. Eddie Falco	1:09.43	7. Isaac Cowell	4:29.20	6. Cooper Hough	8-00.00	6. Logan Steel	5-10.00	7. Kyle Sclafani	36-06.5
8. Chuck Jean-Charles	6.81	8. Austin Zugay	1:09.62	8. John Curcio	4:31.60			6. Tyson King	5-10.00		
9. Foster Williams	6.84	9. Asher Yetter	1:10.53	9. Cole Schmidt	4:34.23			9. Joshua Nizzi	5-8.00		
9. Jeremiah Hoyt	6.84	10. Yassine Aallam	1:10.58	10. Cameron Tierney	4:35.69			10. Angelo Lauria	5-6.00		

100m Hurdles		300m Hurdles		400m		1600m		Discus		Long Jump		High Jump	
1. Destiny Smith	15.04	1. Destiny Smith	45.37	1. Ava Rodriguez	57.98	1. Meredith Wildes	5:05.63	1. Natalie Griffith	115-01	1. Kalina Ilieva	17-0	1. Taylor Turner	05-05
2. Alex Dawson	15.45	2. Nia Kane	46.61	2. Luci Banyas	58.48	2. Jade Martin	5:09.54	2. Dari Pore	114-2	2. Jenna Eppin	16-5.5	1. Lia Anderson	05-05
3. Haley Evenson	16.59	3. Haley Evenson	46.65	3. Ashlyn Adams	59.24	3. Payton Rice	5:10.80	3. Jasmine Nivar	98-5	2. Emma Kertis	16-5.5	3. Isabella Levering	05-03
4. Katie Linville	17.51	4. Ava Rodriguez	47.71	4. Sarah Haynes	1:00.39	4. Olivia Boyette	5:18.26	4. Cheyenne Rogers	92-11	3. Katie Linville	16-4.5	3. Emma Kertis	5-3
5. Cara Dawson	17.59	5. Katie Linville	47.78	5. Devan Veach	1:00.55	5. Chloe Gee	5:18.73	5. Julia Goff	92-8	5. Alex Dawson	16-2.5	5. Natalie Griffith	5-02.25
6. Nia Kane	18.06	6. Alex Dawson	49.65	6. Victoria Kappel	1:00.93	6. Addison Doran	5:23.00	6. Aneisa McIntyre	90-11	6. Moniah Jackson	16-00.5	6. Kalina Ilieva	05-02
7. Emma Frank	18.49	7. Emma Frank	52.47	7. Trinity Barrino	1:01.08	7. Ella Chamberlain	5:24.00	7. Hanna Huber	88-0	7. Emma Frank	15-11	7. Indya Nivar	5-0
8. Natalie Griffith	18.72	8. Meredith Wildes	53.1	8. Sydney Turner	1:01.09	8. Becca Hinds	5:26.10	8. Jessica Ogbonna	87-03	8. Madison Wilson	15-07.75	8. Cierra Revelle	4-10
9. Ellis Harshbarger	19.13	9. Cara Dawson	53.13	9. Nia Kane	1:01.96	9. Asmaa Bekkare	5:26.67	9. Kaveri Patel	79-0	9. Marz Josephson	15-05.5	8. Abby Goff	4-10
10. Delaney Yeung	19.6	10. Lauren Langston	53.64h	10. Addison Hughes	1:02.30	10. Riley Petersen	5:28.02	10. Clara Sternberg	78-08	10. Taylor Reynolds & Natalie Griffith	15-2	8. Emma Mackie	4-10
												8. Katie Linville	4-10
100m Dash		200m		800m		3200m		Shot Put		Triple Jump		Pole Vault	
1. Trinity Barrino	12.13	1. Trinity Barrino	25.09	1. Meredith Wildes	2:18.21	1. Jade Martin	11:13.32	1. Indya Nivar	36-9	1. Moniah Jackson	34-10.5	1. Emma Kertis	11-09
2. Destiny Smith	12.54h	2. Destiny Smith	25.94h	2. Payton Rice	2:18.91	2. Ella Chamberlain	11:27.91	2. Jasmine Nivar	34-2.5	2. Kalina Ilieva	34-4.5	2. Lucy Dowdle	11-0
3. Helen Major	12.78	3. Luci Banyas	26.06	3. Chloe Gee	2:20.88	3. Alexis Kim	11:32.73	3. Jessica Ogbonna	32-0	3. Taylor Turner	33-10.5	3. Camryn Belz	9-6
4. Luci Banyas	12.84h	4. Helen Major	26.4	4. Ashlyn Adams	2:22.62	4. Meredith Wildes	11:37.90	4. Gabby Newby	31-1.25	4. Madison Wilson	33-01	4. Sophia Atteberry	8-6
5. Sydney Turner	12.92	5. Ashlyn Adams	26.97	5. Olivia Boyette	2:23.11	5. Rey Baran	11:41.14	5. Clara Sternberg	31-0	5. Taylor Reynolds	31-06	5. Brook Brantly	7-0
6. Katie Linville	12.94h	6. Addison Heintz	27.01	6. Sydney Turner	2:24.15	6. Addison Doran	11:42.31	6. Aneisa McIntyre	30-10.25	6. Emma Kertis	31-00.5	5. Ava Nichols	7-0
7. Mia Cosentino	13	7. Ava Kate Starr	27.07	7. Jade Martin	2:25.33	7. Payton Rice	11:42.86	7. Natalie Griffith	30-8	7. Lucy Dowdle	30-11	7. Eden Goins	6-6
8. Laura Fouana	13.05	8. Alex Dawson	27.14h	8. Lauren Artman	2:25.56	8. Nicole Van Liew	11:53.98	8. Kayla Hagen	29-5.5	8. Brooke Brantly	28-0	8. Eva Garcia	6-0
9. Ameliz Walls	13.14h	9. Devan Veach	27.15	9. Ella Chamberlain	2:25.66	9. Becca Hinds	11:55.92	9. Julia Goff	28-7	9. Maya Blair	24-02		
9. Alex Dawson	13.14h	10. Sydney Turner	27.34h	10. Devan Veach	2:26.69	10. Cate McGee	11:58.20	10. Dari Pore	28-2				
400m Hurdles		2000 SC		Mile									
1. Haley Evenson	1:06.48	1. Meredith Wildes	7:19.09	1. Meredith Wildes	5:09.77								
		2. Payton Rice	7:46.08	2. Payton Rice	5:10.80								
		3. Mackenzie Boyd	8:03.61	3. Olivia Boyette	5:20.40								
				4. Jade Martin	5:25.38								
				5. Ella Chamberlain	5:25.43								
				6. Rey Baran	5:31.39								
				7. Addison Doran	5:32.37								
				8. Cate McGee	5:32.52								
				9. Alexis Kim	5:33.59								
				10. Makenna Haire	5:35.93								

Event	Year	Time/Mark	Athlete	Meet
100M Hurdles	2024	24.2	Timmy Thompson	AFHS Quad City Meet
200M Hurdles	2024	57.79	David Griffith	All American Track Classic
400M Hurdles	2024	1:07.4	Tayshawn Ingle	NCHSAA 4A Midweek Regional
800M Dash	2024	21.6	Tayshawn Ingle	Green Level vs. APHS 2024
1600M Run	2018	50.03	Kasin Cogswore	SWAC Championship 2018
3200M Run	2018	1:27.78	Alex Althiberry	Patriot Invitational 2018
6400M Run	2023	4:18.66	Finn McKee	Apex Lions Relay 2023
12800M Relay	2017	6:11.27	Alex Althiberry	Carolina Relays
25600M Run	2019	9:14.88	Tim Hamilton	adidas Raleigh Relays
51200M Run	2024	1:21.18	Alex Althiberry	Sam M. Taber Mile

Long Jump	2024	29.02.25	Amir El Amin	SWAC Conference Championships
Triple Jump	2017	46-2	Charles McBride	NCHSAA 4A Midweek Regional
High Jump	2023	5-6	Charles McBride	AFHS vs. MHR 2023
Pub. Vault	2025	15-8	Owen Lee	NCHSAA 4A State Championship
Discus	2023	128-8	Ty Kassernd	SWAC Conference Championships
Shot Put	2017	46-90	Zach Simpson	AFHS vs. AHSR 12/17/17

Event	Year	Time/Mark	Athlete	Meet
5000M Dash	2024	2:46.04	Timmy Thompson	Cherry Creek Relays 2024
10000M Dash	2024	5:56.28	Timmy Thompson	Cherry Creek Relays 2024
15000M Dash	2024	8:46.28	Timmy Thompson	Cherry Creek Relays 2024

Event	Year	Time/Mark	Athlete	Meet
Distance Medley	2017	10:40.51	Ryan Cunningham	Apex Lions' Relays
			Tim Hamilton	
			Tim Hamilton	

4x1000	2018	17:59.04	Alex Althiberry	Apex Lions' Relays
			Wesley Prewitt	
			Tim Hamilton	
			Michael Condie	

Mixed 4x400	2025	4:09.79	Maverick Palumbo	2025 Patriots Invitational
			Lauren Artman	
			Gavin Cartwright	
			Haley Davidson	

Event	Year	Time/Mark	Athlete	Meet
4x100M Relay	2024	2:46.04	Timmy Thompson	Cherry Creek Relays
			Timmy Thompson	
			Timmy Thompson	

Event	Year	Time/Mark	Athlete	Meet
100M Hurdles	2024	24.2	Timmy Thompson	NCHSAA 4A East Regionals
200M Hurdles	2024	57.79	David Griffith	All American Track Classic
400M Hurdles	2024	1:07.4	Tayshawn Ingle	NCHSAA 4A Midweek Regional
800M Dash	2024	21.6	Tayshawn Ingle	Green Level vs. APHS 2024
1600M Run	2018	50.03	Kasin Cogswore	SWAC Championship 2018
3200M Run	2018	1:27.78	Alex Althiberry	Patriot Invitational 2018
6400M Run	2023	4:18.66	Finn McKee	Apex Lions Relay 2023
12800M Relay	2017	6:11.27	Alex Althiberry	Carolina Relays
25600M Run	2019	9:14.88	Tim Hamilton	adidas Raleigh Relays
51200M Run	2024	1:21.18	Alex Althiberry	Sam M. Taber Mile

Long Jump	2024	29.02.25	Amir El Amin	SWAC Conference Championships
Triple Jump	2017	46-2	Charles McBride	NCHSAA 4A Midweek Regional
High Jump	2023	5-6	Charles McBride	AFHS vs. MHR 2023
Pub. Vault	2025	15-8	Owen Lee	NCHSAA 4A State Championship
Discus	2023	128-8	Ty Kassernd	SWAC Conference Championships
Shot Put	2017	46-90	Zach Simpson	AFHS vs. AHSR 12/17/17

Event	Year	Time/Mark	Athlete	Meet
5000M Dash	2024	2:46.04	Timmy Thompson	Cherry Creek Relays 2024
10000M Dash	2024	5:56.28	Timmy Thompson	Cherry Creek Relays 2024
15000M Dash	2024	8:46.28	Timmy Thompson	Cherry Creek Relays 2024

Event	Year	Time/Mark	Athlete	Meet
Distance Medley	2017	10:40.51	Ryan Cunningham	Apex Lions' Relays
			Tim Hamilton	
			Tim Hamilton	

4x1000	2018	17:59.04	Alex Althiberry	Apex Lions' Relays
			Wesley Prewitt	
			Tim Hamilton	
			Michael Condie	

Mixed 4x400	2025	4:09.79	Maverick Palumbo	2025 Patriots Invitational
			Lauren Artman	
			Gavin Cartwright	
			Haley Davidson	

Event	Year	Time/Mark	Athlete	Meet
4x100M Relay	2024	2:46.04	Timmy Thompson	Cherry Creek Relays
			Timmy Thompson	
			Timmy Thompson	

Event	Year	Time/Mark	Athlete	Meet
110M Hurdles	2024	22.28	Garrett Schreiber	SWAC Meet #1 @ Apex (2024)
200M Hurdles	2024	55.5	Haiden Rossmore	AFHS vs. Cary (2024)
400M Hurdles	2024	1:15.81	Haiden Rossmore	SWAC Championships (2024)

Event	Year	Time/Mark	Athlete	Meet
110M Hurdles	2024	22.28	Garrett Schreiber	SWAC Championships (2024)
200M Hurdles	2024	55.5	Haiden Rossmore	AFHS vs. Cary (2024)
400M Hurdles	2024	1:15.81	Haiden Rossmore	SWAC Championships (2024)

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200M Hurdles	2024	55.5	Haiden Rossmore	AFHS vs. Cary (2024)
400M Hurdles	2024	1:15.81	Haiden Rossmore	SWAC Championships (2024)

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400M Hurdles	2024	1:15.81	Haiden Rossmore	SWAC Championships (2024)

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200M Hurdles	2024	55.5	Haiden Rossmore	AFHS vs. Cary (2024)
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400M Hurdles	2024	1:15.81	Haiden Rossmore	SWAC Championships (2024)

Event	Year	Time/Mark	Athlete	Meet
110M Hurdles	2024	22.28	Garrett Schreiber	SWAC Championships (2024)

110m Hurdles		300m Hurdles		400m		1600m		Discus		Long Jump		High Jump	
1. Haden Reasoner	15.14	1. Haden Reasoner	39.81	1. Kasim Cosgrove	50.03	1. Finn McKee	4:18.96	1. Ty Kauserud	138-8	1. Amir El-Amin	23-2.25	1. Charles McBride	6-5
2. Daniel Griffith	15.42	2. Jonathan Barta	39.9	2. Isaiah Barrino	50.46	2. Wesley Provost	4:20.35	2. Brendan Fahey	130-8	2. Lucas Meinel	21-2	2. Jesse Witorsch	6-4
3. Alex Kennedy	15.61	3. Gavin Cartwright	39.91	3. Jeremiah Hoyt	50.49	3. Tim Haughton	4:20.74	3. Jack Gentile	129-11	3. Tyson King	21-0.5	3. Daniel Griffith	6-3
4. Gavin Cartwright	15.62	4. Daniel Griffith	40.35	4. Quinn Offenbaker	50.54	4. Isaac Cowell	4:22.62	4. Nolan Foss	119-6	4. Alex Kennedy	20-9.5	4. Alex Kennedy	6-2
5. Jonathan Barta	15.83	5. Jalen Lewis	42.25	5. Hayden Nichols	50.59	5. Sam Cowell	4:23.23	5. Zach Simpson	116-9	5. Austin Zugay	20-8.5	5. Haden Reasoner	6-0
6. Nathan Scudder	16.12	6. Nathan Scudder	42.71	6. Teiari Matthews	51.31	6. Alec Atteberry	4:25.30	6. Cade Hanson	116-6	5. Mauricio Cedillo-Mc	20-8.5	6. Scott Sidney	5-10
7. Jalen Lewis	16.32	7. Zach Cuales	43.17	7. Hayden Foss	51.36	7. Matthew Wexler	4:26.09	7. Ethan Fahey	116-5	7. TJ Ali	20-3.0	6. Joshua Nizzi	5-10
8. Daniel Santiago	16.94h	8. Tyson King	43.95	8. Amir El-Amin	51.81	8. Cameron Tierney	4:32.83	8. Nate Antonik	114-5	8. Charles McBride	20-2	6. Raynel Butler	5-10
9. Camden Gatlin	17.21	9. Jacob Beck	44.24h	9. Donny Williams	52.12	9. Cole Schmidt	4:33.24	9. Luke Cerasi	114-4	8. Scott Sidney	20-2	6. Caleb Watson	5-10
10. Tyler Melby	18.64h	10. Camden Gatlin	44.76	10. Andrew Timm	52.13	10. Ford Motley	4:36.03	10. George Robinson	113-6	10. BJ McLean	20-0.25	6. Tyson King	5-10
												6. Landon Henke	5-10
100m Dash		200m		800m		3200m		Shot Put		Triple Jump		Pole Vault	
1. Tayshawn Ingle	10.74	1. Tayshawn Ingle	21.6	1. Alec Atteberry	1:57.78	1. Tim Haughton	9:14.88	1. Zach Simpson	46-10	1. Charles McBride	46-2	1. Owen Lee	15-6
2. Garrett Schrieber	10.85	2. Quinn Offenbaker	22.24	2. Jack Elchik	1:58.72	2. Wesley Provost	9:20.03	2. Kaydin Thomas	45-8.75	2. Tyson King	43-0	2. Tyler Melby	14-0
3. Quinn Offenbaker	10.86	3. Garrett Schrieber	22.36	3. Cole Schmidt	1:58.92	3. Finn McKee	9:25.09	3. Luke Cerasi	43-3	3. BJ McLean	43-0	3. Silas Minh	12-0
4. Amir Al-Amin	10.94h	4. Isaiah Barrino	22.48	4. Tim Haughton	1:59.50	4. Sam Cowell	9:27.82	4. Tsadiq Jones	42-06.5	4. Austin Zugay	41-11.5	4. Tyler Collins	11-0
5. Isaiah Barrino	11.03	5. Kasim Cosgrove	22.57	5. Connor Uenking	1:59.75	5. Isaac Cowell	9:44.37	5. Landon Davis	42-2	5. Michael Mallard	41-6	5. Alan Josephson	10-0
6. Kasim Cosgrove	11.14h	6. Hayden Nichols	22.68	6. Michael Hiller	1:59.82	6. Cameron Tierney	9:47.16	6. Justin Reed	41-4	6. TJ Ali	41-4.5	5. Ziggy Ganzhorn	10-0
7. Hayden Nichols	11.3	7. Amir El-Amin	22.88	7. Pritesh Chappidi	1:59.85	7. Michael Curcio	9:53.32	7. Cade Hanson	40-11.5	7. Haden Reasoner	41-3	7. Ethan McMullen	9-6
8. James Heavner	11.34h	8. Austin Zugay	22.97	8. Finn McKee	2:00.02	8. Matt Wexler	9:54.12	8. Brendan Fahey	39-9	8. Jaden Roundtree	39-5	8. Jacob Beck	9-0
8. Jeremiah Hoyt	11.34	9. Hayden Foss	23	9. Scout Pali	2:00.18	9. Jonathan Cedeno	10:04.11	9. Chase McPherson	39-7	9. Gian Dela Rosa	39-5	8. Ryan Keilholz	9-0
10. Damarius McKoy	11.35	10. Donny Williams	23.14h	10. Andrew Timm	2:00.30	10. Cameron Adair	10:05.80	10. Caden Mazur	39-0	10. Alan Josephson	38-10	10. Caleb Watson	8-6
												10. Cooper Hough	8-6
400m Hurdles		2000 SC				Mile							
1. Daniel Griffith	57.79	1. Alec Atteberry	6:31.27			1. Matt Wexler	4:21.28						
2. Haden Reasoner	59.47	2. Cameron Adair	6:36.68			2. Sam Cowell	4:24.67						
		3. Sam Cowell	6:46.39			3. William Newman	4:28.22						
		4. Isaac Cowell	6:50.16			4. Alec Atteberry	4:28.49						
		5. Scout Pali	6:54.51			5. Wesley Provost	4:30.18						
		6. Ryan Cunningham	7:01.10			6. Isaac Cowell	4:30.81						
						7. Jack Elchik	4:31.17						
						8. Cole Schmidt	4:31.31						
						9. Cameron Tierney	4:33.33						
						10. Sam Goode	4:37.52						