

Northwest Cabarrus Top Women Track and Field Performers

**=Hand Timed and converted by NFHS rules. Prior to 1980 track events at the State Meet were held in yards and thus those records have been retired.*

100 Meter Dash

Sushannie Blake	11.80	2009
Tempess Stark	11.94	2001, 2002
Ma'Kyia Gayden	12.27	2016
Chaunesse Barringer	12.74	2019
Roslyn Bingley	*12.84	1996
Shaqwetta McBride	13.03	2008
Marisa Black	*13.14	1994
Domonique Wheeler	*13.14	2006
Cheryl Weaks	*13.14	1982
Darlene McCauley	*13.14	1981

200 Meter Dash

Tempess Stark	24.83	2003
Sushannie Blake	*25.54	2008
Ma'Kyia Gayden	*25.94	2016
Roslyn Bingley	26.08	1996
Tori Elliot	26.53	2009
Cheryl Weaks	*26.74	1982
Rochelle Scott	*26.74	1989
Darlene McCauley	*26.84	1981
Cheryl Thrasher	*26.94	1983
Vanda McNeil	26.94	2013

400 Meter Dash

Sushannie Blake	58.14	2008
Roslyn Bingley	59.42	1998
Tempess Stark	*59.74	2003
Bettina Faggart	1:00.39	1995
Gabrielle Mitchell	1:01.66	2009
Maddie Lowe	1:02.24	2013
Monique Jones	*1:02.34	2005
Krista Clark	*1:02.64	1987
Suzie Rogers	*1:04.34	1991
Tricia Robinson	*1:04.54	2018

800 Meter Run

Maddie Lowe	2:20.64	2013
Monique Jones	2:20.78	2005
Charlotte Carlson	*2:26.54	1984
Wendy Jordan	2:26.65	1994
Teal Mclean	2:28.65	2007
Mary Abraham	*2:26.74	1985
Meg Rhoney	*2:27.95	2017
Jennifer Farrar	2:28.90	2012
Jazzmine Cox	*2:29.54	2015
Kara Dunkle	2:30.69	2015

1600 Meter Run

Maddie Lowe	5:11.68	2013
Charlotte Carlson	*5:12.04	1984
Monique Jones	*5:15.54	2005
Teal Mclean	5:26.52	2007
Nicole Sensabaugh	5:29.58	2000
Kara Dunkle	5:30.57	2015
Meg Rhoney	*5:35.13	2017
Ashleigh Thomson	5:36.49	2018
Emma Hand	*5:37.64	2014
Becky Hunter	*5:38.64	1989

3200 Meter Run

Charlotte Carlson	*11:18.84	1984
Maddie Lowe	*11:44.74	2014
Emma Hand	*11:51.24	2014
Teal Mclean	*12:05.74	2007
Nicole Sensabaugh	*12:11.94	2001
Amanda Correll	12:13.76	1993
Sierra Hagl	12:14.23	2010
Eileen Smith	12:15.09	2007
Becky Griffin	12:18.64	2000
Autumn Read	*12:20.04	1998

100 High Hurdles

Maklisha Ford	15.50	2009
Ebony Parris	16.1	1999
Kelly Spraker	16.28	1994
Jaynissa Cauthen	16.59	2019
Meghan Kaiser	16.64	2012
Leah Huneycutt	*16.64	2018
Cheryl Modesitt	*16.84	1984
Rileigh Wauters	17.17	2015
Judy Company	*17.24	1985
Sierra Newhouse	17.30	2015

300 IM Hurdles

Kamesha Atwell	46.91	2009
Kelly Spraker	*48.34	1994
Leah Huneycutt	49.50	2018
Megan Kaiser	49.64	2012
Maklisha Ford	*50.14	2007
Kim Karlon	*50.24	1988
Marjorie Gamble	50.90	2009
Nesha Fleming	*51.64	1987
Bebe Rucker	*51.94	1987
Cheryl Modesitt	*51.94	1985

400m IM Hurdles

Jaynissa Cauthen	1:14.02	2019
Leah Huneycutt	1:16.68	2018
Micah Pellak	1:21.94	2018

Shot Put

Michelle Rhyne	42-05.5	1987
Brittany Coates	35-11	2016
Kretania Morrison	35-05	1996
Roxanne Davis	34-03.5	1987
Makayla Anderson	33-06	2019
Karen Moore	32-10.5	1982
Jordan Blakeney	32-02	2005
Victoria Friel	31-11	2015
Jordan Greene	31-09	2019
Francesca Moten	30-10	2014

Discus

Michelle Rhyne	124-06	1988
Jordan Blakeney	117-00	2007
Roxanne Davis	109-08.5	1988
Makayla Anderson	105-05	2019
Victoria Friel	103-06	2014
Janice Stark	99-08	2003
Karen Moore	96-06	1982
Amelia Johnson	95-01	2008
Deidra Keasler	93-09	1985
Teresa Crowell	93-08	1982
Morgan Mutts	93-05	2003

Pole Vault

Leah Huneycutt	10-06	2018
Rileigh Wauters	10-00	2016
Lilly Garcia	8-03	2019
Jess Hill	8-00	2005
Valinda Burgess	8-00	2002
Anna Therrell	8-00	2007
Leslie Oman	8-00	2011
Maddie Walker	8-00	2018
Melissa Wayne	7-06	2001, 2002
Shannon Lafleur	7-06	2010
Sarah Brown	7-06	2015
Brieana Daniels	7-06	2016

High Jump

Marquita Misenheimer	5-08	1985
Roslyn Bingley	5-05	1996
Lianna Erickson	5-02	2008
Shani Sprague	5-02	1994
Ariana Tucker	5-02	2010
Cherrie Mainer	5-00	1982
Monica Brown	5-00	2000
Samiyah Rasheed	5-00	2016
Aliciah Fields	5-00	2019
Sandra Rodgers	4-10	1984
Melissa Tallent	4-10	1981
Jaynissa Cauthen	4-10	2019

Long Jump

Roslyn Bingley	17-09	1996
Chaunesse Barringer	17-07.5	2019
Bettina Faggart	17-04.5	1995
Birdie Burton	17-02.75	2017
Marquita Misenheimer	17-01.5	1986
Tempess Stark	16-10	2002
Cheryl Weaks	16-10	1983
Maklisha Ford	16-03.5	2009
Gabrielle Echols	16-02	2017
Barbara Davidson	16-00	1983
Connie Wagner	16-00	1980

Triple Jump

Tempess Stark	38-07	2003
Bettina Faggart	37-02	1995
Maklisha Ford	37-02	2009
Cheryl Weaks	34-11	1983
Tiya Rasheed	34-08	2013
Marquita Misenheimer	34-06.5	1986
Barbara Davidson	33-10	1983
Rebecca Dellinger	33-01	2006
Sierra Newhouse	32-08	2015
Silisia Caldwell	32-07.5	1988

4 X 100 Meter Relay

50.35	2019	(Chaunesse Barringer, G.G. Dunn, Bree Leonard-Lott, Naiobi White)
50.55	2016	(Mariah Cason, Ma'Kyia Gayden, Samone Long, Shacoria Mitchell)
50.60	2008	(Shaqwetta McBryde, Gab Mitchell, Maklisha Ford, Sushannie Blake)
*50.64	2016	(Mariah Cason, Ma'Kyia Gayden, Samone Long, Kiana Robinson)
50.70	1999	(Alisha Thompson, Ebony Parris, Roslyn Bingley, D Pegues)
51.37	1989	(Rochelle Scott, Demetra Mercer, Vernethia Caldwell, Lynette Billings)
51.42	2016	(Mariah Cason, Kara Dunkle, Ma'Kyia Gayden, Samone Long)
51.50	2018	(Bree Leonard-Lott, Tricia Robinson, Brooklyn Cooke, Naiobi White)
51.52	2013	(Vanda McNeill, Ty Bost, Samone Long, Ma'Kyia Gayden)
51.55	2017	(Bree Leonard-Lott, Tricia Robinson, Brooklyn Cooke, Birdie Burton)
51.64	2019	(Chaunesse Barringer, Brooke Cooke, Bree Leonard-Lott, Naiobi White)

4 X 200 Meter Relay

1:46.88	2019	(Chaunesse Barringer, Brooke Cooke, Bree Leonard-Lott, Naiobi White)
1:47.00	1982	(Barbara Davidson, Cheryl Weaks, Cherrie Mainer, Cheryl Thrasher)
1:47.40	2008	(Sushannie Blake, Aja'phoni Dixon, Ashley Lotter, Shaqwetta McBride)
1:47.64	2000	(Tempess Stark, Tessa James, Stephanie Wiley, Ebony Parris)
1:47.84	2009	(Sushannie Blake, Aja'phoni Dixon, Gabriell Mitchell, Ariel Esperancilla)
1:48.00	1981	(Cheryl Thrasher, Darlene McCauley, Denise Thrasher, Barbara Davidson)
1:48.40	1983	(Cheryl Thrasher, Barbara Davidson, Cherrie Mainer, Cheryl Weaks)
1:48.45	1989	Rochelle Scott, Demetra Mercer, Vernethia Caldwell, Lynette Billings)
1:48.60	1988	(Krista Clark, Rochelle Scott, Kay Smith, Silisa Caldwell)
1:49.20	1990	(Heather Smith, Susie Rogers, Demetra Mercer, Rochelle Scott)

4 X 400 Meter Relay

4:11.64	2008	(Ariel Mitchell, Gab Mitchell, Liana Erickson, Sushannie Blake)
4:14.01	1994	(Wendy Jordan, Bettina Faggart, Tinisha Sinclair, Brooke Honeycutt)
4:16.10	2016	(Kara Dunkle, Samone Long, Ashleigh Thomson, Meg Rhoney)
4:19.00	2000	(Tempess Stark, Tessa James, Stephanie Wiley, Alicia Steed)
4:19.20	2003	(Tempess Stark, Meagan Davis, Holly West, Nicole Sensabaugh)
4:19.40	1985	(Judy Company, Tina Smith, Cheryl Modesitt, Perren Nolan)
4:19.40	2018	(Amiyah Brown, Meg Rhoney, Leah Huneycutt, Tricia Robinson)
4:19.92	1993	(Alisha Bilskie, Shani Sprague, Kelly Spraker, Wendy Jordan)
4:20.90	2002	(Nicole Sensabaugh, Lauren Goodwin, Tempess Stark, Yvonee Herron)
4:22.24	2019	(Amiyah Brown, Iyana Farrar, Micah Pellak, Naiobi White)

4 X 800 Meter Relay

10:00.90	2014	(Maddie Lowe, Emma Hand, Kara Dunkle, Jazzmine Cox)
10:03.83	1992	(Brooke Honeycutt, Wendy Jordan, Alisha Bilskie, Shani Sprague)
10:06.89	1993	(Brooke Honeycutt, Kelley Correll, Wendy Jordan, Kelly Spraker)
10:10.56	1994	(Kelley Correll, Autumn Read, Holly Shivadecker, Jessica Love)
10:12.54	2015	(Jazzmine Cox, Emma Hand, Anna Silver, Kara Dunkle)
10:17.30	2007	(Teal Mclean, Eileen Smith, Leann Fleming, Samantha Herring)
10:23.23	2016	(Kara Dunkle, Meg Rhoney, Ashleigh Thomson, Mikenzly Specht)
10:23.40	2005	(Monique Jones, Janine Shao, Katherine Clark, Lauren Goodwin)
10:23.50	2013	(Anna Silver, Jazzmine Cox, Maddie Lowe, Kara Dunkle)
10:27.59	2009	(Kameka Atwell, Kamesha Atwell, Samantha Herring, Ariel Mitchell)

Sprint Medley Relay (1-1-2-4)

2:11.03	2017	(Samiyah Rasheed, Tricia Robinson, Bree Leonard-Lott, Amiyah Brown)
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Distance Medley Relay

14:06.56	2016	(Kara Dunkle, Leah Huneycutt, Lindsay Meyer, Ashleigh Thomson)
14:25.92	2017	(Mandy Abbate, Leah Huneycutt, Meg Rhoney, Ashleigh Thomson)

100M Wheelchair

Jill Moore	20.63	2011*
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200M Wheelchair

Jill Moore	36.86	2011*
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400M Wheelchair

Jill Moore	1:05.54	2011*
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800M Wheelchair

Jill Moore	2:17.66	2011*
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1600M Wheelchair

Jill Moore	4:43.87	2010*
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3200M Wheelchair

Jill Moore	9:58.92	2010*
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*State Meet Championship Records