

# FINAL 2007 - CAP-7 Track & Field Honor Roll

May 19<sup>th</sup>, 2007

All times are hand-timed unless otherwise noted. None of the times have been converted, only rounded up to the higher tenth of a second. Times are listed in numerical order even though FAT times are legitimately faster times.

Complied by Mark McLamb- Leesville Road High School

## GIRLS

### 100m

1t	Paige Eley	12.0	Leesville Road
1t	Krista Mangum	12.0	Sanderson
3	Tiffany Downing	12.1	Millbrook
4	Tiffany Tessener	12.5	Millbrook
5	Rameka Gibson	12.6	Wake Forest Rolesville

### 200m

1	Paige Eley	25.2	Leesville Road
2	Tiffany Downing	25.38 FAT	Millbrook
3	Rameka Gibson	26.3	Wake Forest Rolesville
4	Krista Mangum	26.4	Sanderson
5	Kenisha Ward	26.46 FAT	Wakefield

### 400m

1	Rameka Gibson	59.03 FAT	Wake Forest Rolesville
2	Kat Guess	59.9	Sanderson
3	Amy Wentzel	59.91 FAT	Broughton
4	Ciara Houston	1:00.23 FAT	Broughton
5t	Katherine Adams	1:00.4	Millbrook
5t	Amy Wentzel	1:00.4	Broughton

### 800m

1	Kiara Brown	2:21.00 FAT	Millbrook
2	Kristen Eure	2:22.42 FAT	Leesville Road
3	Katie Magee	2:26.12 FAT	Enloe
4	Dasha Karelov	2:28.4	Leesville Road
5	Virginia Gustafson	2:28.5	Broughton

### 1600m

1	Caley Booth	5:23	Broughton
2	Mary George Finch	5:32	Broughton
3	Emily Vasquez	5:33.86 FAT	Leesville Road
4t	Lindsey Wetzel	5:34	Enloe
4t	Allison Cook	5:34	Sanderson

### Mile(1609m)

1	Allison Cook	5:35.24FAT	Sanderson
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### 3200m

1	Mary George Finch	11:40.25 FAT	Broughton
2	Lindsey Wetzel	11:49.21 FAT	Enloe
3	Allison Cook	11:56.08 FAT	Sanderson
4	Caley Booth	12:02	Broughton
5	Elizabeth Currien	12:18.74 FAT	Broughton

**100mH.**

1t	Brandy Furr	15.5	Sanderson
1t	Kat Guess	15.65 FAT	Sanderson
3	Sarah Giles	16.3	Leesville Road
4	Star	17.3	Wakefield
5t	Morenike Kolawole	17.4	Leesville Road
5t	Brittany Dixon	17.4	Broughton

**300m H**

1	Kat Guess	47.5	Sanderson
2	Sarah Giles	48.9	Leesville Road
3	Brandy Furr	49.3	Sanderson
4	Star	49.9	Wakefield
5	Kelsey Kirchman	50.6	Sanderson

**4x1**

1	Millbrook	49.24 FAT
2	Wakefield	50.64 FAT
3	Leesville Road	50.74 FAT
4	Broughton	51.19 FAT
5	Sanderson	51.6

**4x2**

1	Broughton	1:45.37 FAT
2	Leesville Road	1:45.53 FAT
3	Wakefield	1:46.63 FAT
4	Millbrook	1:47.5
5	Enloe	1:53.6

**4x4**

1	Millbrook	3:59.55 FAT
2	Sanderson	4:04.8
3	Broughton	4:07.09 FAT
4	Leesville Road	4:12.8
5	Wakefield	4:20.39 FAT

**4x8**

1	Broughton	9:48.35 FAT
2	Leesville Road	9:58.78 FAT
3	Sanderson	10:15.42 FAT
4	Enloe	10:19.3
5	Millbrook	10:20.8

**Shot Put**

1	Hannah DeGraffinreed	38'11"	Millbrook
2	Caitlynn Quarshire	37'	Millbrook
3	Maggie Tanner	35'1"	Broughton
4	Victoria Tanner	32'1"	Wake Forest Rolesville
5	Chenwua Anunmudu	31'9"	Millbrook

**Discus**

1	Caitlynn Quarshire	106'7"	Millbrook
2	Victoria Tanner	105'6"	Wake Forest Rolesville
3	Ashley Odishoo	101'11 1/2"	Sanderson
4	Hannah DeGraffinreed	101'7 3/4"	Millbrook
5	Jessica Dunston	101'7 1/2"	Enloe

### High Jump

1t	Brandy Furr	5'2"	Sanderson
1t	Terrica Jones	5'2"	Wake Forest Rolesville
1t	Breana Staves	5'2"	Leesville Road
1t	Lauren Towns	5'2"	Leesville Road
5t	Alane Ficalora	5'	Leesville Road
5t	Channel Williams	5'	Millbrook
5t	Jolonda Mitchell	5'	Broughton

### Pole Vault

1	Barbara Wehbie	9'6"	Sanderson
2	Rebecca Mann	9'0"	Broughton
3t	Carlie Hubermann	8'6"	Enloe
3t	Jackie Alvarez	8'6"	Sanderson
5	Melissa Kepke	8'	Enloe

### Long Jump

1	Nicole Larkins	16'10"	Sanderson
2	Jolonda Mitchell	16'7"	Broughton
3	Breana Staves	15'9 1/2"	Leesville Road
4	Lauren Towns	15'6"	Leesville Road
5	Melanie Ramsey	15'2"	Enloe

### Triple Jump

1	Jolonda Mitchell	36'4 1/4"	Broughton
2	Breana Staves	33'3"	Leesville Road
3	Nicole Larkins	33'1"	Sanderson
4	Melanie Ramsey	32'11"	Enloe
5	Joan Yabani	31'5"	Sanderson

## BOYS

### 100m

1	T.J. Graham	10.47 FAT	Wakefield
2	Bayani Jones	10.8	Leesville Road
3	Johnny Evans	10.9	Wakefield
4t	Alex Porter	11.0	Leesville Road
4t	Eric Jones	11.0	Millbrook
4t	Sam Barr	11.0	Wakefield

### 200m

1	T.J. Graham	21.1	Wakefield
2	Sam Barr	22.4	Wakefield
3	Bert Selby	22.7	Sanderson
4	Kevin Rock	22.8	Millbrook
5t	Eric Jones	22.9	Millbrook
5t	Stacey Lucas	22.9	Broughton

### 400m

1	Sam Barr	50.1	Wakefield
2	Brandon Kidd	50.2	Enloe
3	T.J. Graham	50.6	Wakefield
4	Alex Carradine	50.5	Sanderson
5	Kevin Rock	50.9	Millbrook

**800m**

1	Logan Roberts	1:54.1	Broughton
2	Jack Wheless	1:59.93 FAT	Broughton
3t	Sam Mordecai	2:01.4	Broughton
3t	Nick Carter	2:01.4	Enloe
5	Peter Kerkhof	2:02.6	Enloe

**1600m**

1	Sam Mordecai	4:18.71 FAT	Broughton
2	Peter Kerkhof	4:26.5 FAT	Enloe
3	Nick Carter	4:30.6	Enloe
4	Reidy Jones	4:32.33 FAT	Broughton
5	Phil Allen	4:33	Millbrook

**3200m**

1	Phil Allen	9:40.81 FAT	Millbrook
2	Nick Carter	9:43.67 FAT	Enloe
3	Justin Baker	9:50.39 FAT	Millbrook
4	Deaton Jones	9:55.01 FAT	Broughton
5	Logan Roberts	9:56	Broughton

**110m H.**

1	James Robinson	15.15 FAT	Wakefield
2t	David Coe	15.4	Wakefield
2t	Pete Mangum	15.4	Leesville Road
4	Paul Baker	15.6	Wakefield
5	Hartsfield	16.0	Wake Forest Rolesville

**300m H.**

1	James Robinson	39.4	Wakefield
2	Pete Mangum	40.85 FAT	Leesville Road
3t	Josh Denning	41.6	Sanderson
3t	Hartsfield	41.6	Wake Forest Rolesville
5	Paul Baker	41.9	Wakefield

**4x1**

1	Wakefield	43.2
2	Leesville Road	43.3
3	Broughton	43.7
4	Millbrook	44.5
5	Sanderson	45.9

**4x2**

1	Wakefield	1:28.90 FAT
2	Millbrook	1:30.5
3	Broughton	1:31.2
4	Leesville	1:31.8
5	Sanderson	1:33

**4x4**

1	Wakefield	3:22.40 FAT
2	Enloe	3:24.21 FAT
3	Sanderson	3:25.1
4	Broughton	3:30.3
5	Millbrook	3:30.7

**4x8**

1	Millbrook	8:13.15 FAT
2	Broughton	8:13.5
3	Wakefield	8:25
4	Enloe	8:28.4
5	Leesville Road	8:39.6

**Shot Put**

1	Isaiah Hyman	50'8 ¾"	Millbrook
2	Corray Valentine	45'10 ¾"	Leesville Road
3	Ulysses Wallace	45'7 ½"	Broughton
4	Joe Roy	44'9"	Millbrook
5	John Reece	44'1"	Wakefield

**Discus**

1	Corray Valentine	149'9"	Leesville Road
2	John Reese	143'9"	Wakefield
3	Mike Wooten	140'8"	Leesville Road
4	Raji Al'Mahdi	139' ¾"	Enloe
5	Isiah Hymann	117'5"	Millbrook

**High Jump**

1	Alex Carradine	6'6"	Sanderson
2	Lemar Scott	6'4"	Broughton
3	Stephen Cobb	6'3"	Enloe
4	Colby York	6'2"	Leesville Road
5t	Maurice Nash	6'	Wakefield
5t	C'Darris Wright	6'	Broughton
5t	Bayani Jones	6'	Leesville Road

**Pole Vault**

1	David Bloemeke	12'6"	Leesville Road
2	Chad McElreath	12'	Sanderson
3	Thomas Lee	11'6"	Broughton
4t	Will Edmondson	11'	Leesville Road
4t	Thom Crockett	11'	Broughton
4t	Greg Gildhirst	11'	Millbrook

**Long Jump**

1	T.J. Graham	21'3 ½"	Wakefield
2	Bayani Jones	20'11"	Leesville Road
3	Sander	20'9"	Sanderson
4	Sanders Torez	20'8 ¾"	Broughton
5	Daryl Solomon	20'5"	Millbrook

**Triple Jump**

1t	Eric Jones	45'1"	Millbrook
1t	Lee Evans	45'1"	Millbrook
3	Bayani Jones	43'	Leesville Road
4	Jason Zilinski	42'1"	Wake Forest Rolesville
5	Sanders Torez	41' 7 ½"	Broughton