

2009 CAP-7 Track & Field Honor Roll #11.

FINAL HONOR for 2009

May 25th, 2009

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.
Compiled by Mark McLamb- Leesville Road High School. mmclamb@wcpss.net

GIRLS

100m

1	Paige Eley	11.8	Leesville Road
2	Tiffany Downing	12.1	Millbrook
3	Cassye Stukes	12.3	Wakefield
4	DD Hockaday	12.4	Enloe
4	Hailey Blackburn	12.4	Leesville Road
6	Ariah Graham	12.5	Wakefield
6	Alyssa Townsend	12.5	Millbrook
8	Gigi Alston	12.7	Millbrook
9	Brittany Woolard	12.8	Wake Forest Rolesville
9	Desiree Fisher	12.8	Wakefield
11	Alex Crosslin	13.0	Millbrook
12	Halston	13.1	Broughton
12	Roshel Bygrave	13.1	Millbrook
12	Krista Mangum	13.1	Sanderson

200m

1	Paige Eley	24.44 (FAT)	Leesville Road
2	Tiffany Downing	24.6	Millbrook
3	Ciara Houston	25.2	Broughton
4	Alyssa Townsen	25.5	Millbrook
5	DD Hockaday	25.7	Enloe
6	Ariah Graham	26.14 (FAT)	Wakefield
7	Roshel Bygrave	26.3	Millbrook
8	Alex Crosslin	26.4	Millbrook
9	Sarah Jones	26.5	Leesville Road
10	Cassye Stukeks	26.68 (FAT)	Wakefield
11	Krista Mangum	26.8 (FAT)	Sanderson
12	Danielle Smith	26.8	Leesville Road
13	Hailey Blackburn	26.9	Leesville Road
13	Gigi Alston	26.9	Millbrook
15	Timmesha Carter	27.13 (FAT)	Sanderson
16	K. Watson	27.6	Enloe

400m

1	Alyssa Omile	57.43 (FAT)	Enloe
2	Ciara Houston	57.59 (FAT)	Broughton
3	Ariah Graham	57.90 (FAT)	Wakefield
4	Roshel Bygrave	58.9	Millbrook
5	Michaela Birek	59.4	Wakefield
6	Tiffany Downing	1:00.7	Millbrook

7	Samantha George	1:01	Millbrook
8	Paige Eley	1:01.6	Leesville Road
9	Danielle Smith	1:01.78 (FAT)	Leesville Road
10	Alyssa Townsen	1:02	Millbrook
11	Kaitlyn Quirk	1:02.9	Leesville Road
12	Shamane McAdams	1:02.9	Enloe
13	Jessie Malek	1:03.2	Millbrook
14	Katie Magee	1:03.6	Enloe
15	Megan Gidron	1:03.9	Enloe

800m

1	Samantha George	2:18	Millbrook
2	Allison Cook	2:21.79 (FAT)	Sanderson
3	Logan Hand	2:23.61 (FAT)	Broughton
4	Katie Magee	2:24.37 (FAT)	Enloe
5	Lauren Strapp	2:26.7	Leesville Road
6	Alissa Locke	2:27.61 (FAT)	Leesville Road
7	Roshel Bygrave	2:28	Millbrook
8	Alex Wells	2:29.2	Wakefield
9	Alanna Albrecht	2:30.6	Wakefield
9	Megan Corbally	2:30.6	Millbrook
11	Kyndal Boykin	2:30.83 (FAT)	Broughton
12	Michaela Birek	2:34.5	Wakefield
13	Hannah Norwood	2:35.22 (FAT)	Millbrook
14	Cayla Echols	2:35.45 (FAT)	Enloe
15	Madeleine Divittorio	2:36.49 (FAT)	Sanderson
16	Mary Katherine Ryan	2:36.49 (FAT)	Sanderson
17	Lindsay Wetzel	2:37	Enloe

1600m

1	Samantha George	5:05.9	Millbrook
2	Lauren Strapp	5:12.7	Leesville Road
3	Katie Magee	5:14.5	Enloe
4	Allison Cook	5:19.5	Sanderson
5	Alex Wells	5:29.7	Wakefield
6	Lindsay Wetzel	5:36.7	Enloe
7	Annie Holmes	5:40.46 (FAT)	Broughton
8	Devon Enderle	5:41	Wakefield
8	Stacey Gonzalez	5:41	Sanderson
10	Alissa Locke	5:43	Leesville Road
11	Allora Burke	5:43.25 (FAT)	Millbrook
12	Madeleine Divittorio	5:44.7	Sanderson
13	Meredith Cook	5:45.77 (FAT)	Broughton
14	Monica Litsas	5:45.8	Sanderson
15	Natalie Thomas	5:47.35 (FAT)	Enloe
16	Devon Enderle	5:50.33 (FAT)	Wakefield

3200m

1	Samantha George	10:56.76 (FAT)	Millbrook
2	Lauren Strapp	11:18.70 (FAT)	Leesville Road
3	Stacey Gonzalez	11:26.19 (FAT)	Sanderson
4	Timmons Williams	11:41.50 (FAT)	Broughton
5	Meredith Cook	12:07.10 (FAT)	Broughton
6	Alissa Locke	12:19.6	Leesville Road
7	Lindsay Witzel	12:27.46 (FAT)	Enloe
8	Allison Cook	12:27.6	Sanderson

9	Natalie Thomas	12:30.73 (FAT)	Enloe
10	Allora Burke	12:38	Millbrook
11	Meredith Cook	12:39.8	
12	Hayley Bogue	12:40.6	Wakefield
13	Katie Magee	12:40.7	Enloe
14	Devon Enderle	12:54.81 (FAT)	Wakefield
<u>100mH.</u>			
1	Chantal Scott	14.90 (FAT)	Wakefield
2	Krista Mangum	15.01 (FAT)	Sanderson
3	Roshel Bygrave	15.02 (FAT)	Millbrook
4	Sarah Graham	15.38 (FAT)	Wake Forest Rolesville
5	Sarah Giles	15.5	Leesville Road
6	Amanda Williams	17.4	Sanderson
7	Kim Moreno	18.1	Millbrook
8	Moe Kolawole	18.1	Leesville Road
9	Carly Weaver	18.8	Broughton
10	Megan Kern	19.5	Sanderson
<u>300m H</u>			
1	Roshel Bygrave	46.00 (FAT)	Millbrook
2	Sarah Giles	46.8	Leesville Road
3	Chantal Scott	47.48 (FAT)	Wakefield
4	Sarah Graham	48.4	Wake Forest Rolesville
5	Tia Tate	50.25 (FAT)	Sanderson
6	Kim Moreno	53	Millbrook
7	Carly Weaver	53.58 (FAT)	Broughton
8	Janet Watson	53.66 (FAT)	Enloe
9	Michelle Leung	55.00 (FAT)	Enloe
10	Megan Kern	56.0	Sanderson
<u>4x1</u>			
1	Millbrook	47.7	
2	Leesville Road	49.42 (FAT)	
3	Wakefield	50.25 (FAT)	
4	Sanderson	50.71 (FAT)	
5	Enloe	52.19 (FAT)	
6	Broughton	54.8	
7	Wake Forest Rolesville	55.0	
<u>4x2</u>			
1	Millbrook	1:41.15 (FAT)	
2	Leesville Road	1:42.91 (FAT)	
3	Broughton	1:48.4	
4	Sanderson	1:48.5	
5	Enloe	1:49	
6	Wakefield	1:54.2	
7	Wake Forest Rolesville	2:01	
<u>4x4</u>			
1	Millbrook	3:53.54 (FAT)	
2	Enloe	4:04.73 (FAT)	
3	Broughton	4:07.94 (FAT)	
4	Wakefield	4:11.3	
5	Leesville Road	4:16.52 (FAT)	
6	Sanderson	4:18.3	
7	Wake Forest Rolesville	5:03.4	
<u>4x8</u>			
1	Sanderson	9:45.58 (FAT)	

2	Enloe	10:00.0
3	Broughton	10:01.08 (FAT)
4	Wakefield	10:03.14 (FAT)
5	Millbrook	10:17
6	Leesville Road	10:25.8
7	Wake Forest Rolesville	12:04

Shot Put

1	Jessica Dunston	40'7"	Enloe
2	Alyssa Dunn	33'7.5"	Enloe
3	Dee Jones	32'7.5"	Sanderson
4	Kyairra Hartsfield	31'.5"	Wake Forest Rolesville
5	Onya Daye	30'11"	Millbrook
6	Jordan McCarty	30'9"	Sanderson
7	Schayal Hopkins	29'11"	Leesville Road
8	Lancaster	28'7"	Sanderson
9	Caitlynn Shaw	27'4"	Millbrook
10	Erica Werner	27'3"	Wakefield
11	Jen Rolow	26'4.5"	Wake Forest Rolesville
11	Brianna Beatty	26'4.5"	Enloe
13	Shabree Jackson	26'3.75"	Millbrook
14	Stephanie Aikens	26'3"	Wake Forest Rolesville
14	Kayla Douglas	26'3"	Enloe

Discus

1	Alyssa Dunn	103'6"	Enloe
2	Jessica Dunston	98'11"	Enloe
3	Brianna Beatty	95'11"	Enloe
4	Dee Jones	94'4"	Sanderson
5	Kyairra Hartsfield	92'4"	Wake Forest Rolesville
6	Erica Werner	85'4"	Wakefield
7	Onya Daye	83'8"	Millbrook
8	Kayla Douglas	77'2"	Enloe
9	Megan Pendergraft	75'10"	Leesville Road
10	Jordan McCarty	73'6"	Sanderson
11	Caitlynn Shaw	72'1"	Millbrook
12	Stephanie Aikens	69'7"	Wake Forest Rolesville
13	Brittany Green	63'9"	Millbrook
14	Erica Werder	65'2"	Wakefield

High Jump

1	Michaela Birek	5'4"	Wakefield
2	Breana Staves	5'2"	Leesville Road
3	Sarah Graham	5'0"	Wake Forest Rolesville
3	Christina Zapolski	5'0"	Broughton
3	Michaela Birek	5'0"	Wakefield
3	Alex Crosslin	5'0"	Millbrook
7	Connor Cook	4'10"	Sanderson
7	DD Hockaday	4'10"	Enloe
7	Timmesia Carter	4'10"	Sanderson
7	J. Watson	4'10"	Enloe
7	Kelly Blake	4'10"	Millbrook

Pole Vault

1	Katherine Franchi	10'	Wakefield
2	Marlee Cadwell	9'	Broughton
2	Anna Thirakul	9'	Millbrook
2	Nikki Glass	9'	Millbrook

2	Shelby Ward	9'	Broughton
2	Lillian Wyss	9'	Millbrook
7	Annie Alvarez	8'6"	Sanderson
8	Marley Caldwell	8'	Broughton
8	Stephanie Williams	8'	Leesville Road
8	Kelsey Anderson	8'	Leesville Road

Long Jump

1	Hailey Blackburn	16'8.5"	Leesville Road
2	Chantal Scott	15'10.75"	Wakefield
3	Roshel Bygrave	15'10"	Millbrook
4	Breana Staves	15'9.75"	Leesville Road
5	Thaila St.Lott	15'9"	Leesville Road
6	Alex Crosslin	15'7"	Millbrook
7	Connor Cook	15'6.75"	Sanderson
8	Joan Yabani	15'6"	Sanderson
9	Tia Tate	15'4"	Sanderson
10	Katherine Franchi	15'1"	Wakefield
11	Sarah Jones	15'	Leesville Road
12	Tamara Scott	14'10"	Wakefield
13	Christina Zapolski	14'8.75"	Broughton

Triple Jump

1	Joan Yabani	35'2"	Sanderson
2	Alexis Williams	34'11"	Sanderson
3	Breana Staves	34'	Leesville Road
4	Connor Cook	33'1"	Sanderson
5	Katherine Franchi	32'1"	Wakefield
6	Thaila St. Lott	31'6.5"	Leesville Road
7	Alex Crosslin	30'3"	Millbrook
8	Cambria Lee	29'	Leesville Road
8	Shannon Renzulli	29'	Millbrook
8	Lilian Wyss	29'	Millbrook

BOYS

100m

1	Tim Howard	10.7	Wake Forest Rolesville
1	Stacey Lucas	10.7	Broughton
1	Rob Foster	10.7	Broughton
1	Moyo Olusesi	10.7	Wakefield
5	Kevin Johnson	10.8	Leesville Road
6	Shawn Murray	10.9	Wakefield
6	Tripp Foreman	10.9	Wakefield
8	Tim Burnette	11.0	Millbrook
8	Reggie Angry	11.0	Millbrook
8	Bilal Corbin	11.0	Millbrook
8	Tray Branch	11.0	Wakefield
8	Johnnie Council	11.0	Leesville Road
13	Garrett Jordan	11.1	Wake Forest Rolesville
13	Tray Branch	11.1	Wakefield
13	Mike Edwards	11.1	Millbrook

200m

1	Rob Foster	21.86 (FAT)	Broughton
2	Moyo Olusesi	21.9	Wakefield
3	Johnnie Council	21.98 (FAT)	Leesville Road
4	Malik Fair	22.1	Millbrook

5	Tripp Foreman	22.12 (FAT)	Wakefield
6	Shawn Murray	22.3	Wakefield
7	Tray Branch	22.5	Wakefield
7	Stacey Lucas	22.5	Broughton
7	Tim Burnette	22.5	Millbrook
10	Dustin Demery	22.9	Millbrook
11	Malcolm Hockaday	22.94 (FAT)	Enloe
12	Kevin Johnson	23.0	Leesville Road
12	Mike Edwards	23.0	Millbrook
14	Alex Loose	23.1	Wakefield
14	David Lowery	23.1	Leesville Road
14	Reggie Angry	23.1	Millbrook

400m

1	Malik Fair	48.92 (FAT)	Millbrook
2	Tripp Foreman	49.2	Wakefield
3	Shawn Murray	49.29 (FAT)	Wakefield
4	Denzel Brown	49.8	Leesville Road
5	Clement Gumbo	49.9	Sanderson
6	Matt James	50.68 (FAT)	Sanderson
7	Alex Loose	51.01 (FAT)	Wakefield
8	Ben Iames	51.7	Broughton
8	Bo Burns	51.7	Leesville Road
10	Steven Townsend	51.9	Millbrook
11	RJ Keith	52.0	Wakefield
12	Alan Evans	52.1	Leesville Road
12	Chase Davis	52.1	Leesville Road
14	Jordan White	52.2	Millbrook
15	Alvin Martin	52.5	Broughton

800m

1	Jeff Shirley	1:58.3	Broughton
2	Nick Carter	1:58.46 (FAT)	Enloe
2	John Capelletti	1:58.58 (FAT)	Enloe
4	Stephen Townsend	2:00.21 (FAT)	Millbrook
5	Ellington Carthan	2:00.3	Enloe
6	Reidy Jones	2:01	Broughton
7	Pierre Malherbe	2:01.1	Broughton
8	Shawn Murray	2:01.53 (FAT)	Wakefield
9	Matthew Geisz	2:01.67 (FAT)	Sanderson
10	Aaron Smith	2:02.62 (FAT)	Leesville Road
11	Greg Williams	2:02.76 (FAT)	Millbrook
12	Chris Capps	2:03	Enloe
13	Phillip Hathaway	2:03.28 (FAT)	Sanderson
14	Brian Jackson	2:03.6	Leesville Road
15	Grant Marley	2:04	Enloe
16	Bradley McClure	2:05.8 (FAT)	Broughton

1600m

1	Reidy Jones	4:19.33 (FAT)	Broughton
2	Nick Carter	4:26.0	Enloe
3	Grant Marley	4:29.10 (FAT)	Enloe
4	Matt Schick	4:29.6	Sanderson
5	Brady Lawrence	4:29.91 (FAT)	Broughton
6	Deaton Jones	4:31.11 (FAT)	Broughton
7	Phillip Hathaway	4:31.2	Sanderson
8	Aaron Smith	4:31.87 (FAT)	Leesville Road

9	Brian Jackson	4:32	Leesville Road
10	Jeff Shirley	4:33.3	Broughton
11	Austin Shaw	4:34.5	Wake Forest Rolesville
12	Burk Staub	4:34.82 (FAT)	Broughton
13	Matthew Geisz	4:35.1	Sanderson
14	Pierre Malherbe	4:35.14 (FAT)	Broughton
15	Andrew Byrum	4:37.9	Leesville Road
16	Ellington Carthan	4:38.1	Enloe
17	Tim Cody	4:38.64 (FAT)	Sanderson
18	Jon Kitto	4:42	Enloe
19	Chris Capps	4:42.19 (FAT)	Enloe
20	Mitch Mallory	4:42.3	Wakefield

3200m

1	Reidy Jones	9:30.12 (FAT)	Broughton
2	Mitch Mallory	9:38.1	Wakefield
3	Grant Marley	9:41.2	Enloe
4	Burk Staub	9:44.37 (FAT)	Broughton
5	Matt Schick	9:45.3	Sanderson
6	Austin Shaw	9:50.2	Wake Forest Rolesville
7	Pierre Malherbe	9:51.20 (FAT)	Broughton
8	Chris Capps	9:53.41 (FAT)	Enloe
9	Barrett Calhoun	9:54.10 (FAT)	Broughton
10	Aaron Smith	9:57.39 (FAT)	Leesville Road
11	Nick Carter	9:58.7	Enloe
12	Phillip Hathaway	9:59.5	Sanderson
13	Deaton Jones	10:06.72 (FAT)	Broughton
14	Brady Lawrence	10:06.81 (FAT)	Broughton
15	Andrew Byrum	10:10.65 (FAT)	Leesville Road
16	Tim Cody	10:11.4	Sanderson
17	Will Woodhouse	10:13.20 (FAT)	Leesville Road

110m H.

1	Anthony Colon	14.6	Broughton
1	Brandon Williams	14.6	Enloe
3	Antaus Murray	15.1	Millbrook
4	Kevin Hartsfield	15.15 (FAT)	Wake Forest Rolesville
5	Ryan Mangum	15.2	Leesville Road
6	Chris Lampkins	15.4	Sanderson
6	Christian Matlock	15.4	Enloe
8	Javier Marquez	15.47 (FAT)	Sanderson
9	David Riddleberger	16.2	Wakefield
10	Dexter Trosclair	16.4	Wakefield
11	David Lowery	16.6	Leesville Road
12	Justin Burnette	16.7	Wake Forest Rolesville

300m H.

1	Anthony Colon	38.45 (FAT)	Broughton
2	Kevin Hartsfield	40.1	Wake Forest Rolesville
3	Brandon Williams	40.5	Enloe
4	Ryan Mangum	40.67 (FAT)	Leesville Road
5	Azeil Fasion	41.4	Enloe
6	Antaus Murray	41.76 (FAT)	Millbrook
7	Javier Marquez	42.1	Sanderson
7	Christian Matlock	42.1	Enloe
9	David Riddleberger	42.5	Wakefield
10	Dexter Trosclari	42.7	Wakefield

11	Andrew Shurland	43.1	Wakefield
12	Justin Burnette	43.8	Wake Forest Rolesville
13	David Lowery	44.3	Leesville Road
13	Jeremy Booker	44.3	Millbrook

4x1

1	Broughton	42.58 (FAT)
2	Wakefield	42.7
3	Millbrook	43.13 (FAT)
4	Enloe	43.34 (FAT)
5	Leesville Road	43.79 (FAT)
6	Wake Forest Rolesville	44.1
7	Sanderson	45.2

4x2

1	Broughton	1:28.36 (FAT)
2	Wakefield	1:28.8
3	Leesville Road	1:29.92 (FAT)
4	Millbrook	1:30.23 (FAT)
5	Sanderson	1:31.2
6	Wake Forest Rolesville	1:33.58 (FAT)
7	Enloe	1:34.4

4x4

1	Wakefield	3:18.84 (FAT)
2	Millbrook	3:26.37 (FAT)
3	Sanderson	3:26.8
4	Leesville Road	3:28.9
5	Broughton	3:31.5
6	Enloe	3:35.5
7	Wake Forest Rolesville	3:49

4x8

1	Enloe	7:54.58 (FAT)
2	Millbrook	8:04.27 (FAT)
3	Sanderson	8:05.73 (FAT)
4	Broughton	8:13.1
5	Leesville Road	8:22.47 (FAT)
6	Wakefield	8:23.1
7	Wake Forest Rolesville	8:46.4

Shot Put

1	Brandon Huckaby	47'9.5"	Sanderson
2	Orrin Perry	47.85"	Wakefield
3	Dylan Intemann	46'10.5"	Wake Forest Rolesville
4	Perry Simmons	46'8"	Sanderson
5	Carlton Larkins	45'5.5"	Sanderson
6	Mike Harrington	45'5"	Enloe
7	Matt Yovanovich	43'11"	Wakefield
8	Nate Wooten	43'2"	Leesville Road
9	Hillman Evans	42'5"	Enloe
10	T. Edelen	41'5"	Wakefield
11	Daniel Clayton	40'2"	Sanderson
12	Matt Roper	39'6.5"	Broughton
13	Kevin Johnson	38'10"	Leesville Road
14	Carson Moss	38'5"	Leesville Road
15	Hunter Williams	38'	Wake Forest Rolesville

Discus

1	Carlton Larkins	142'11"	Sanderson
2	Matt Yovanovich	142'6"	Wakefield
3	Nate Wooten	139'9.5"	Leesville Road
4	Mike Harrington	138'8"	Enloe
5	Dylan Intemann	132'8"	Wake Forest Rolesville
6	Daniel Clayton	127'7"	Sanderson
7	Thomas Bowers	125'3"	Leesville Road
8	Hillman Evans	124'4"	Enloe
9	Perry Simmons	117'	Sanderson
10	Brandon Huckaby	114'9"	Sanderson
11	B. Yovanovich	111'4"	Wakefield
12	Smith	110'	Enloe

High Jump

1	Jamal Kirton	6'2"	Broughton
1	Kevin Hartsfield	6'2"	Wake Forest Rolesville
3	Jordan Keays-Turner	6'	Sanderson
3	Taurean Lynch	6'	Enloe
3	Justin Burris	6'	Broughton
3	RJ Keith	6'	Wakefield
3	Ellington Carthan	6'	Enloe
3	Jon Addison	6'	Enloe
9	Dean Dixon	5'10"	Sanderson
9	Jean Nzati	5'10"	Millbrook
9	Corban Clark	5'10"	Wakefield
9	Jordan Keays-Turner	5'10"	Sanderson
9	Brett Young	5'10"	Wake Forest Rolesville

Pole Vault

1	Greg Gilchrest	15'2"	Millbrook
2	Tyler Ankarstran	12'	Millbrook
3	Peter Ficalora	12'	Leesville Road
3	Tyler Maloney	12'	Broughton
3	Austin Stevens	12'	Wakefield
6	Josh Kunesh	11'6"	Leesville Road
7	Thom Crockett	10'6"	Broughton
8	Sam Bauham	10'	Sanderson
8	Tanner Core	10'	Millbrook
10	M. Hugo	9'6"	Enloe
10	Vann Fussell	9'6"	Leesville Road
10	Jacob Besigel	9'6"	Enloe
13	Phillip Price	9'	Sanderson
13	G. Schaufsmann	9'	Sanderson

Long Jump

1	Parker Eden	21'7"	Millbrook
2	Carl Marant	21'4.75"	Sanderson
3	Chase Davis	21'3.5"	Leesville Road
4	Chris Lampkins	21'3"	Sanderson
5	Jean Nzati	21'1.5"	Millbrook
6	August Jones	20'11.5"	Sanderson
7	Andrew Chung	20'6"	Wakefield
8	Johnnie Council	20'5"	Leesville Road
9	Tray Branch	20'2.5"	Wakefield
10	Antaus Murray	19'11"	Millbrook
11	Josiah Oakley	19'5"	Broughton
12	Azeil Faison	19'4"	Enloe
13	Taurean Lynch	19'3"	Enloe

Triple Jump

1	Carl Marant	45'8"	Sanderson
2	William Brown	44'8"	Sanderson
3	Johnnie Council	44'1"	Leesville Road
4	Kevin Hartsfield	43'11"	Wake Forest Rolesville
5	Andrew Chung	43'2"	Wakefield
6	Xavier Trimmingham	42'8.25"	Sanderson
7	Jeremy Booker	42'	Millbrook
8	Taurean Lynch	41'10"	Enloe
9	Antanus Murray	41'8.5"	Millbrook
10	Jean Nzati	41'5"	Millbrook
11	Corban Clark	40'11.5"	Wakefield
12	Chase Davis	40'4.5"	Leesville Road
13	DJ Smith	40'4"	Leesville Road