

Men's Track Northwest Cabarrus Top 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

Mike Bain	*10.84	1993
Jeremiah Walker	10.89	2010
Armon Dooley	10.99	2014
Anthony Carrington	*11.04	1987
Paul Wiredu	11.10	2010
Terrance Jones	*11.14	1989
Phillip Jackson	*11.24	2000
Cedric Moss	*11.24	1996
Wendell Flowe	*11.24	1986
Ronald Alexander	*11.24	1989

200 Meter Dash

Armon Dooley	22.14	2014
Mardi Miller	*22.54	1986
Wendell Flowe	*22.74	1986
Terrance Jones	*22.74	1989
Paul Wiredu	22.89	2010
Anthony Carrington	*22.84	1987
Kevin Andrew	*22.94	2001
Will England	22.99	2011
Anthony Carr	*23.04	1984
Mike Bain	*23.04	1992

***In 1972 Bruce Jones ran 22.34 for 220 Yards. Those Yardage records have been retired.

400 Meter Dash

Anthony Carr	*50.04	1984
Richard Cotton	50.24	2010
Mardi Miller	*50.64	1986
Jacob Weston	50.69	2017
Latrez McCollum	*50.74	2008
Aaron Jackson	*51.04	1987
Orion Yow	*51.04	2018
Ethan Bemis	51.14	2017
Eric French	*51.34	1987
Phillip Jackson	*51.34	2000

800 Meter Run

Garrett West	1:55.99	2009
Mike Edwards	1:58.1	1985
Ethan Bemis	1:58.16	2016
Kirk Swilley	1:58.67	2015
Marco Paez	1:58.75	2000
Phillip Stafford	1:59.20	2002
Gil Gilreath	2:00.01	2014
Frank Cunningham	2:00.1	1987
Austin Beaver	2:01.46	2018
Ryan Field	2:03.1	2002

***In 1977, Tony Milsapp ran 1:57.54 for 880 Yards. Those Yardage records have been retired.

1600 Meter Run

Phillip Stafford	4:23.90	2001
Gil Gilreath	4:26.17	2014
Ethan Bemis	4:26.50	2017
Garrett West	4:28.80	2009
Todd Beaver	4:30.64	1987
Chase Fisher	4:31.90	2009
Chris Edwards	4:33.21	1990
Coleman Beaver	4:35.19	2016
Ryan Field	*4:35.54	2001
Bryan Dill	4:36.91	1987

One Mile Run

Garrett West	4:28.80	2009
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3200 Meter Run

Gil Gilreath	9:43.07	2014
Ryan Field	9:49.3	2002
Chris Edwards	*9:57.54	1989
Todd Beaver	10:02.00	1987
Chase Fisher	10:02.31	2009
Phillip Stafford	10:10.00	2000
Ethan Bemis	10:12.76	2017
Coleman Beaver	10:14.90	2015
Logan Bemis	10:18.55	2017
Cory Self	*10:19.24	1985

(Gil Gilreath's record was an en route record while running the 2 Mile Run)

Two Mile Run

Gil Gilreath	9:46.47	2014
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110 High Hurdles

Steven Tilghman	14.68	2006
Will England	14.83	2012
John West	*14.84	1989
Aaron Jordan	*14.84	1989
Jacob Weston	15.08	2016
Josh Corriher	*15.14	1996
Micah Connor	*15.14	1986
Dustin Reedy	*15.34	2000
Zane Corriher	*15.44	1993
Richie Lane	15.47	2010

300 IM Hurdles

Will England	38.86	2011
John West	*39.54	1990
Jacob Weston	*39.60	2017
Josh Corriher	*39.74	1996
Steven Tilghman	40.22	2005
Lyle Cauble	*40.64	1983
Stephen Swaringen	40.68	2004
Dustin Reedy	40.89	2000
Jeff Stanley	*41.04	1982
Larry Cheeseman	*41.74	1984

400m IM Hurdles

Haydn Weston	1:03.08	2018
Tafari James	1:05.24	2018
Grayson Taylor	1:06.00	2019
Noah Williams	1:10.13	2019

Shot Put

Kenny Banks	56-06	1990
David Alexander	52-04	1987
Jimmy Misenheimer	47-11	1989
Kevin Gilmore	47-10	1987
Anthony Williams	47-08	2006
Greg Douglas	47-00	1995
Mike Baucom	46-04	1987
Javon Clark	46-00	1996
Andre Hill	45-09	2018
Josh Wood	45-02	2018

Discus

Kenny Banks	160-06	1990
Wayne Motley	157-10	1985
Kenny Chesser	157-03	1984
Anthony Williams	148-03	2006
David Alexander	145-02.5	1987
Josh Wood	139-03	2018
Mike Baucom	133-03	1988
David Aldridge	131-09	1994
Derrick Parks	131-06	2005
Andre Hill	130-08	2018

Pole Vault

Josh Marco	13-10	2012
Derrick Wingler	12-06	1989
Matthew Phillips	12-02	2019
Casey Conner	12-01	1983
Alex Blackman	12-00	2010
Daniel Dehlin	12-00	2016
Jacob Weston	12-00	2017
Justin Russell	11-06	2001
Will Johnson	11-06	2010
Brian Puckett	11-06	1989
David Reitz	11-06	1996

High Jump

Mark Forrester	6-07	1988
Mike Sandy	6-07	1994
Jacob Whaley	6-06	2009
Derrick Wingler	6-05	1989
Jason Spencer	6-04	1997
Daniel Joseph	6-04	2004
Chad Wynens	6-04	1993
Ricco Sastoque	6-04	2019
Joe Richardson	6-03	2012
Richie Lane	6-02	2010
Aaron Jordan	6-02	1988
Zane Corriher	6-02	1992
Brad Icard	6-02	1982
John West	6-02	1987
Ryan Kindley	6-02	1987

Long Jump

Dion Alexander	21-10.5	1986
Kevin Andrews	21-08.5	2001
Ricco Sastoque	21-07.5	2019
Victor Witherspoon	21-07	1996
Daniel Joseph	21-06	2005
IJ Sturdivant	21-05.5	2018
Anthony Carr	21-04	1984
Donald Sastoque	21-02.5	1997
Cedric Moss	21-01	1996
Terry Bostic	21-01	1982

***Derrick Walker jumped 22-08 in 1977. All records prior to the change from yardage to meters have been retired.

Triple Jump

Daniel Joseph	48-0.5	2005
Frank Cunningham	47-11.5	1988
Trevor Anderson	47-03	2009
Dorian Brown	44-05	2005
Duane Miller	43-09	1986
Daniel Caldwell	43-5.5	2009
Josh Corriher	43-03	1996
Terry Bostic	42-10.5	1982
Steve Wilkerson	42-10	1986
Ty Rogers	42-09	2002

4 X 100 Meter Relay

43.64	2012	(Will England, Armon Dooley, Pat Jones, Carl Simmons)
*43.74	2010	(Jeremiah Walker, Trevor Anderson, Paul Wiredu, Grant Keyes)
*43.84	1991	(Eric Cureton, Eddie McClure, John Stinson, Mike Bain)
*43.84	1989	(Ronald Alexander, Eddie McClure, John Stinson, Terrance Jones)
*43.94	1982	(Terry Bostic, Rick Carr, Randall Carrington, Casey Conner)
44.06	2019	(DeKellie Miller, Tru Sierra, IJ Sturdivant, Marquan Williams)
44.07	2009	(Josh Cannon, Paul Wiredu, Will England, Trevor Anderson)
*44.24	2017	(IJ Sturdivant, AJ Stedford, Tyrek Mack, Trevon Hobson)
*44.34	1986	(Terrance Jones, Micah Connor, Raul Rucker, Anthony Carrington)
*44.44	1987	(Anthony Carrington, John Chubriko, Duane Miller, Kevin Gilmore)

4 X 200 Meter Relay

1:30.9	2010	(Paul Wiredu, Trevor Anderson, Grant Keyes, Richard Cotton)
*1:31.54	1986	(Raul Rucker, Anthony Carrington, Wendell Flowe, Mardi Miller)
*1:32.24	1987	(Kevin Gilmore, Anthony Carrington, John Chubriko, Eric French)
1:32.44	2019	(DeKellie Miller, Tru Sierra, IJ Sturdivant, Marquan Williams)
1:32.89	2005	(Steven Tilghman, Chimaine Mcnealy, Dorian Brown, Mike Steele)
*1:33.04	1986	(Raul Rucker, Wendell Flowe, Duane Miller, Terrance Jones)
*1:33.04	2012	(Will England, Devante Flowe, Pat Jones, Jordan Philippeaux)
*1:33.14	2018	(IJ Sturdivant, Trevon Hobson, Jahkiry Bennett, Ja'Len Cannon)
*1:33.14	1987	(Kevin Gilmore, Anthony Carrington, Aaron Jackson, Eric French)
*1:33.14	2005	(Mike Steele, Chimaine McNealy, Steven Tilghman, Wes Keyes)

4 X 400 Meter Relay

3:26.54	2009	(Richard Cotton, Fred House, Desmond Williams, Garrett West)
3:28.68	2017	(Orion Yow, Ja'Len Cannon, Jacob Weston, Ethan Bemis)
3:28.78	2008	(Fred House, Elliott Noreika, Latrez McCollum, Desmond Williams)
3:30.48	2017	(Orion Yow, Ja'Len Cannon, Ethan Bemis, Austin Beaver)
*3:30.54	2000	(Phillip Jackson, Josh Mauney, Marco Paez, Phillip Stafford)
*3:30.64	2005	(Steven Tilghman, Chimaine McNealy, Michael Steele, Wes Keyes)
*3:30.74	2001	(Phillip Stafford, Roger Ladda, Josh Mauney, Kyle Simonian)
*3:30.84	1986	(Randy Johnson, Steve Wilkerson, Dion Anderson, Mardi Miller)
*3:31.44	1986	(Wendell Flowe, Randy Johnson, Duane Miller, Dion Anderson)
*3:32.24	2015	(Taj Johnson, Jacob Weston, Ethan Bemis, Kirk Swilley)
3:32.27	2017	(Orion Yow, Ja'Len Cannon, Jacob Weston, Austin Beaver)

4 X 800 Meter Relay

8:08.86	2016	(Austin Beaver, Coleman Beaver, Ethan Bemis, Logan Bemis)
8:12.66	2015	(Ethan Bemis, Austin Gregory, Coleman Beaver, Kirk Swilley)
8:12.68	2008	(Elliott Noreika, Chase Fisher, Kyle Oman, Garrett West)
*8:16.53	2017	(Orion Yow, Ethan Bemis, Austin Beaver, Logan Bemis)
*8:15.54	2002	(Phillip Stafford, Justin Maxwell, Ryan Field, Bryan Smith)
8:24.14	2001	(Kyle Simonian, Ryan Field, Justin Maxwell, Bryan Smith)
*8:24.64	2000	(Marco Paez, Phillip Stafford, Ryan Field, Bryan Smith)
8:26.46	2001	(Kyle Simonian, Phillip Stafford, Ryan Field, Bryan Smith)
*8:29.24	1999	(Marco Paez, Phillip Stafford, Travis Smith, David Adelman)
*8:35.24	2001	(Mario Paez, Ryan Field, Justin Maxwell, Bryan Smith)

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

1:52.56	2017	(IJ Sturdivant, AJ Stedford, Caleb Funderburk, Malik Zeiler)
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Swedish Relay (1-2-3-4)

2:04.82	2017	(Avery Turner, Orion Yow, Jacob Weston, Ethan Bemis)
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Sprint Medley Relay (2-2-4-8)

*4:07.24	2002	(Milton Ware, Brian Roseboro, Renaulte Friesen, Justin Maxwell)
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Distance Medley Relay

*11:08.34	2002	(Phillip Stafford, Ryan Field, Matt McCauley, Bryan Smith)
11:12.52	2016	(Austin Beaver, Coleman Beaver, Ethan Bemis, Logan Bemis)
11:42.80	2017	(Austin Beaver, Ethan Bemis, Jordan Gregory, Malik Zeiler)