

Individual State Champions

<u>Year</u>	<u>Sport</u>	<u>Event</u>	<u>Medalist</u>	<u>Team/Area</u>
Cross Country				
2011		Girls	<i>Mary Frith</i>	Asheville
		Boys	<i>Dainel Shirley</i>	Forsyth
2012		Girls	<i>Leslie Woodley</i>	Forsyth
		Boys	<i>Andrew Robinson</i>	Asheville
2013		Girls	<i>Nan Gordon</i>	Forsyth
		Boys	<i>James Dorris</i>	Asheville
2014		Varsity Girls	<i>Leslie Woodley</i>	Forsyth
		Varsity Boys	<i>James Dorris</i>	Asheville
		Middle School Girls	<i>Anna Bevis</i>	High Point
		Middle School Boys	<i>Ian Jenkins</i>	Forsyth
2015		Varsity Girls	<i>Anna Hamilton</i>	Forsyth
		Varsity Boys	<i>James Dorris</i>	Asheville
		Middle School Girls	<i>Anna Bevis</i>	High Point
		Middle School Boys	<i>Thomas Teeters</i>	Wilmington
2016		Varsity Girls	<i>Anna Bevis</i>	High Point
		Varsity Boys	<i>Elijah Overman</i>	Chatham
		Middle School Girls	<i>Taylor White</i>	Forsyth
		Middle School Boys	<i>Jedaiah Ruhl</i>	Cary
2017		Varsity Girls	<i>Anna Hamilton</i>	Forsyth
		Varsity Boys	<i>William Hamilton</i>	Forsyth
		Middle School Girls	<i>Taylor White</i>	Forsyth
		Middle School Boys	<i>Wilford Hester</i>	Cary

2018	Varsity Girls	<i>Madeline Wells</i>	Cary	
	Varsity Boys	<i>William Hamilton</i>	Forsyth	
	Middle School Girls	<i>Courtney Butts</i>	Cabarrus	
	Middle School Boys	<i>Jordan Butts</i>	Cabarrus	
2019	Varsity Girls	<i>Bethany Pace</i>	Greensboro	
	Varsity Boys	<i>William Hamilton</i>	Forsyth	
	Middle School Girls	<i>Katie Paulakonis</i>	Chapel Hill	
	Middle School Boys	<i>Jordan Butts</i>	Cabarrus	
2020	Varsity Girls	<i>Emily Butts</i>	Cabarrus	
	Varsity Boys	<i>Jedaiah Ruhl</i>	Cary	
	Middle School Girls	<i>Rebekah Hartzell</i>	North Wake	
	Middle School Boys	<i>Cade Adams</i>	Cary	
2021	Varsity Girls	<i>Abigail Davis</i>	Cary	
	Varsity Boys	<i>Jedaiah Ruhl</i>	Cary	
	Middle School Girls	<i>Emma Mayer</i>	Elizabeth City	
	Middle School Boys	<i>Joseph Fraticelli</i>	Cary	
2022	Varsity Girls	<i>Abigail Davis</i>	Cary	
	Varsity Boys	<i>Kaeden Martin</i>	Garner	
	Middle School Girls	<i>Elle Dawson</i>	Greensboro	
	Middle School Boys	<i>Ralph Pfeil</i>	Unattached / Sneads Ferry	
2023	Varsity Girls	<i>Abigail Davis</i>	Cary	
	Varsity Boys	<i>Owen Munn</i>	Greensboro	
	Middle School Girls	<i>Elle Dawson</i>	Unattach / Greensboro	
	Middle School Boys	<i>Lucas Flower</i>	Greensboro	
2024	Varsity Girls	<i>Ella McCall</i>	Chapel Hill	
	Varsity Boys	<i>Owen Munn</i>	Greensboro	
	Middle School Girls	<i>Annabelle Hanson</i>	Forsyth	
	Middle School Boys	<i>Asher Frederick</i>	Rocky Point	

2025	Varsity Girls	<i>Annabelle Hanson</i>	Forsyth	
	Varsity Boys	<i>Owen Munn</i>	Greensboro	
	Middle School Girls	<i>Iris Webb</i>	North Wake	
	Middle School Boys	<i>John (Jack) Jones</i>	Cary	
Fencing				
2015	Girls	<i>Allison Brown</i>	Oak Ridge	
	Boys	<i>Josh Clark</i>	Surry	
2016	Individual	<i>Allison Brown</i>	Oak Ridge	
2017	Girls	<i>Catherine Pannell</i>	Twin City	
	Boys	<i>Chase Hill</i>	Oak Ridge	
2018	Individual	<i>Philip Nazzaro</i>	Wilmington	
2019	Individual	<i>Keenan Walsh</i>	Twin City	
2020	Individual	Canceled due to COVID-19	n/a	
2021	Individual	No Season	n/a	
2022	Individual	<i>Luke Eaves</i>	Fayetteville	
2023	Individual	<i>Coleman East</i>	Oak Ridge	
2024	Individual	<i>Isaac Canady</i>	Fayetteville	
2025	Individual	<i>Zion Facey</i>	Fayetteville	
2026	Individual	<i>Joel Ertzberger</i>	Wilmington	

Golf			
2011	Boys - High School	<i>Tanner Gross</i>	Alamance
2012	Boys - High School	<i>Michael Hocker</i>	Alamance
	Boys - Middle School	<i>Max Calilung</i>	High Point
2020	Individual	Canceled due to COVID-19	n/a
2024	Boys - High School	<i>Bodie Snyder</i>	Durham
2025	Boys - High School	<i>Canon Lang</i>	Wilmington
2026	Boys - High School		
Swimming			
2012	Girls - 200 Freestyle	<i>Claudia Aiello</i>	Asheville
	Boys - 200 Freestyle	<i>Drake Moretz</i>	Asheville
	Girls - 200 IM	<i>JoJo Williams</i>	Forsyth
	Boys - 200 IM	<i>Bill Young</i>	Asheville
	Girls - 50 Freestyle	<i>Morgan Nash</i>	Wilkesboro
	Boys - 50 Freestyle	<i>Preston Rodeniser</i>	Fuquay-Varina
	Girls - 100 Butterfly	<i>Morgan Nash</i>	Wilkesboro
	Boys - 100 Butterfly	<i>Preston Rodeniser</i>	Fuquay-Varina
	Girls - 100 Freestyle	<i>Meredith Payne</i>	Asheville
	Boys - 100 Freestyle	<i>Preston Rodeniser</i>	Fuquay-Varina
	Girls - 500 Freestyle	<i>JoJo Williams</i>	Forsyth
	Boys - 500 Freestyle	<i>Michael Williams</i>	Asheville
	Girls - 100 Backstroke	<i>Indya Moretz</i>	Asheville
	Boys - 100 Backstroke	<i>Preston Rodeniser</i>	Fuquay-Varina
	Girls - 100 Breaststroke	<i>Duquid Jasmine</i>	Huntersville
	Boys - 100 Breaststroke	<i>Bill Young</i>	Asheville
2013	Girls - 200 Freestyle	<i>Emma Dodson</i>	Raleigh
	Boys - 200 Freestyle	<i>Zachary Key</i>	Lenoir

	Girls - 200 IM	<i>Laura Schnoor</i>	Raleigh	
	Boys - 200 IM	<i>Johnathan Hager</i>	Raleigh	
	Girls - 50 Freestyle	<i>Anna Grace Clark</i>	Raleigh	
	Boys - 50 Freestyle	<i>David Hargett</i>	Raleigh	
	Girls - 100 Butterfly	<i>Ariel Wallace</i>	Asheville	
	Boys - 100 Butterfly	<i>Michael Williams</i>	Asheville	
	Girls - 100 Freestyle	<i>Ariel Wallace</i>	Asheville	
	Boys - 100 Freestyle	<i>Zachary Key</i>	Lenoir	
	Girls - 500 Freestyle	<i>Emma Dodson</i>	Raleigh	
	Boys - 500 Freestyle	<i>Michael Williams</i>	Asheville	
	Girls - 100 Backstroke	<i>Indya Moretz</i>	Asheville	
	Boys - 100 Backstroke	<i>Will Basden</i>	Raleigh	
	Girls - 100 Breaststroke	<i>Lili Fernandez</i>	Raleigh	
	Boys - 100 Breaststroke	<i>Johnathan Hager</i>	Raleigh	
2014	Girls - 200 Freestyle	<i>Krysia Goodwin</i>	Huntersville	
	Boys - 200 Freestyle	<i>Drake Moretz</i>	Asheville	
	Girls - 200 IM	<i>Cape Murch-Elliot</i>	Weddington	
	Boys - 200 IM	<i>Ben Slate</i>	Forsyth	
	Girls - 50 Freestyle	<i>Ariel Wallace</i>	Asheville	
	Boys - 50 Freestyle	<i>Moses Alley</i>	Asheville	
	Girls - 100 Butterfly	<i>Ashleigh Lechner</i>	Asheville	
	Boys - 100 Butterfly	<i>Zachary Key</i>	Lenoir	
	Girls - 100 Freestyle	<i>Ariel Wallace</i>	Asheville	
	Boys - 100 Freestyle	<i>Zachary Key</i>	Lenoir	
	Girls - 500 Freestyle	<i>Caroline Veater</i>	Asheville	
	Boys - 500 Freestyle	<i>Michael Williams</i>	Asheville	
	Girls - 100 Backstroke	<i>Indya Moretz</i>	Asheville	
	Boys - 100 Backstroke	<i>Michael Williams</i>	Asheville	
	Girls - 100 Breaststroke	<i>Cape Murch-Elliot</i>	Weddington	
	Boys - 100 Breaststroke	<i>Ben Slate</i>	Forsyth	
2015	No Meet			

2016	Girls - 200 Freestyle	<i>Tianna Knight</i>	Guilford	
	Boys - 200 Freestyle	<i>Aaron Bowman</i>	High Point	
	Girls - 200 IM	<i>Sally Burkley</i>	Sea Lions	
	Boys - 200 IM	<i>Jared Schwandt</i>	High Point	
	Girls - 50 Freestyle	<i>Hannah Teeters</i>	Wilmington	
	Boys - 50 Freestyle	<i>Ty Hutchins</i>	Forsyth	
	Girls - 100 Butterfly	<i>Addie Slate</i>	Forsyth	
	Boys - 100 Butterfly	<i>Ben Slate</i>	Forsyth	
	Girls - 100 Freestyle	<i>Lauraleigh Guthrie</i>	Forsyth	
	Boys - 100 Freestyle	<i>Aaron Bowman</i>	High Point	
	Girls - 500 Freestyle	<i>Lauren Boone</i>	Forsyth	
	Boys - 500 Freestyle	<i>Jared Schwandt</i>	High Point	
	Girls - 100 Backstroke	<i>Hannah Teeters</i>	Wilmington	
	Boys - 100 Backstroke	<i>Harrison Loew</i>	Asheville	
	Girls - 100 Breaststroke	<i>Sally Burkley</i>	Sea Lions	
	Boys - 100 Breaststroke	<i>Ben Slate</i>	Forsyth	
2017	Girls - 200 Freestyle	<i>Caitlin Hefner</i>	Hickory	
	Boys - 200 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 200 IM	<i>Kathryn Budd</i>	Forsyth	
	Boys - 200 IM	<i>Trey Stroud</i>	Goldsboro	
	Girls - 50 Freestyle	<i>Hannah Teeters</i>	Wilmington	
	Boys - 50 Freestyle	<i>Eli Bradley</i>	Goldsboro	
	Girls - 100 Butterfly	<i>Ruth Hulette</i>	Hickory	
	Boys - 100 Butterfly	<i>Jonathan (Jack) Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Lily Carpenter</i>	Forsyth	
	Boys - 100 Freestyle	<i>Eli Bradley</i>	Goldsboro	
	Girls - 500 Freestyle	<i>Ruth Hulette</i>	Hickory	
	Boys - 500 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 100 Backstroke	<i>Hannah Teeters</i>	Wilmington	
	Boys - 100 Backstroke	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 100 Breaststroke	<i>Anna Wisniewski</i>	Goldsboro	
	Boys - 100 Breaststroke	<i>Jonathan (Jack) Wisniewski</i>	Goldsboro	

2018	Girls - 200 Freestyle	<i>Faith Hefner</i>	Hickory	
	Boys - 200 Freestyle	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 200 IM	<i>Kayleigh Forbes</i>	Carteret-Craven	
	Boys - 200 IM	<i>Thomas Teeters</i>	Wilmington	
	Girls - 50 Freestyle	<i>Ava Lajoie</i>	Carteret-Craven	
	Boys - 50 Freestyle	<i>Eli Bradley</i>	Goldsboro	
	Girls - 100 Butterfly	<i>Caitlin Hefner</i>	Hickory	
	Boys - 100 Butterfly	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Faith Hefner</i>	Hickory	
	Boys - 100 Freestyle	<i>Eli Bradley</i>	Goldsboro	
	Girls - 500 Freestyle	<i>Caitlin Hefner</i>	Hickory	
	Boys - 500 Freestyle	<i>Stephen Gaudette</i>	Chapel Hill	
	Girls - 100 Backstroke	<i>Addy Quinn</i>	Carteret-Craven	
	Boys - 100 Backstroke	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 100 Breaststroke	<i>Ava Lajoie</i>	Carteret-Craven	
	Boys - 100 Breaststroke	<i>Jack Wisniewski</i>	Goldsboro	
2019	Girls - 200 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 200 Freestyle	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 200 IM	<i>Ava Lajoie</i>	New Bern	
	Boys - 200 IM	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 50 Freestyle	<i>Madison Claudy</i>	Southwest Charlotte	
	Boys - 50 Freestyle	<i>Isaac Roberts</i>	Asheville	
	Girls - 100 Butterfly	<i>Hunter Widener</i>	Goldsboro	
	Boys - 100 Butterfly	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Maria Davison</i>	Cramerton	
	Boys - 100 Freestyle	<i>Mitchell Stroud</i>	Goldsboro	
	Girls - 500 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 500 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 100 Backstroke	<i>Caroline Vincent</i>	Southwest Charlotte	
	Boys - 100 Backstroke	<i>Kenneth Davison</i>	Cramerton	
	Girls - 100 Breaststroke	<i>Ava Lajoie</i>	New Bern	
	Boys - 100 Breaststroke	<i>Noah Rowland</i>	Wilmington	

2020	Girls - 200 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 200 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 200 IM	<i>Ellie Hall</i>	Forsyth	
	Boys - 200 IM	<i>Aaron Stralow Jr.</i>	Southwest Charlotte	
	Girls - 50 Freestyle	<i>Sarah Edwards</i>	Asheville	
	Boys - 50 Freestyle	<i>JP Moon</i>	Moore	
	Girls - 100 Butterfly	<i>Sarah Edwards</i>	Asheville	
	Boys - 100 Butterfly	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Hope Austin</i>	Forsyth	
	Boys - 100 Freestyle	<i>Stephen Gaudette</i>	Chapel Hill	
	Girls - 500 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 500 Freestyle	<i>Thomas Teeters</i>	Wilmington	
	Girls - 100 Backstroke	<i>Macarthy Monteith</i>	Gastonia	
	Boys - 100 Backstroke	<i>Stephen Gaudette</i>	Chapel Hill	
	Girls - 100 Breaststroke	<i>Sarah Hicks</i>	Moore	
	Boys - 100 Breaststroke	<i>Jackson Hicks</i>	Moore	
2021	Girls - 200 Freestyle	<i>Maria Davison</i>	Cramerton	
	Boys - 200 Freestyle	<i>Samuel Perry</i>	Raleigh	
	Girls - 200 IM	<i>Bryn Fleming</i>	Morehead City	
	Boys - 200 IM	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 50 Freestyle	<i>Sarah Edwards</i>	Asheville	
	Boys - 50 Freestyle	<i>JP Moon</i>	Moore	
	Girls - 100 Butterfly	<i>Sarah Edwards</i>	Asheville	
	Boys - 100 Butterfly	<i>Jack Wisniewski</i>	Goldsboro	
	Girls - 100 Freestyle	<i>Lucia Edwards</i>	Asheville	
	Boys - 100 Freestyle	<i>JP Moon</i>	Moore	
	Girls - 500 Freestyle	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 500 Freestyle	<i>Ian Honeycutt</i>	Goldsboro	
	Girls - 100 Backstroke	<i>Elizabeth Teeters</i>	Wilmington	
	Boys - 100 Backstroke	<i>Evan Stroud</i>	Goldsboro	
	Girls - 100 Breaststroke	<i>Sarah Hicks</i>	Moore	
	Boys - 100 Breaststroke	<i>Jackson Hicks</i>	Moore	

2022	Girls - 200 Freestyle	<i>Sarah Hicks</i>	Moore	
	Boys - 200 Freestyle	<i>Andrew Greene</i>	Holly Springs	
	Girls - 200 IM	<i>Emma Flanagan</i>	Moore	
	Boys - 200 IM	<i>Landon Monteith</i>	Gastonia	
	Girls - 50 Freestyle	<i>Lydia Sangler</i>	Forsyth	
	Boys - 50 Freestyle	<i>JP Moon</i>	Moore	
	Girls - 100 Butterfly	<i>Maddie Flanagan</i>	Moore	
	Boys - 100 Butterfly	<i>Andrew Greene</i>	Holly Springs	
	Girls - 100 Freestyle	<i>McNeal Miller</i>	McAdenville	
	Boys - 100 Freestyle	<i>Joshua Douglas</i>	Raleigh	
	Girls - 500 Freestyle	<i>Maddie Flanagan</i>	Moore	
	Boys - 500 Freestyle	<i>Isaac Phillips</i>	Gastonia	
	Girls - 100 Backstroke	<i>Emma Flanagan</i>	Moore	
	Boys - 100 Backstroke	<i>Joshua Douglas</i>	Raleigh	
	Girls - 100 Breaststroke	<i>Lydia Sangler</i>	Forsyth	
	Boys - 100 Breaststroke	<i>JP Moon</i>	Moore	
2023	Girls - 200 Freestyle	<i>Mary Grace Moffitt</i>	Concord	
	Boys - 200 Freestyle	<i>Dylan Anderson</i>	Raleigh	
	Girls - 200 IM	<i>Erin McCutchen</i>	Randleman	
	Boys - 200 IM	<i>Joshua Johnson</i>	Moore	
	Girls - 50 Freestyle	<i>Sarah Edwards</i>	Asheville	
	Boys - 50 Freestyle	<i>Luke Douglas</i>	Raleigh	
	Girls - 100 Butterfly	<i>Clara Patterson</i>	Asheville	
	Boys - 100 Butterfly	<i>Zach Shearin</i>	Raleigh	
	Girls - 100 Freestyle	<i>Jacey Cotchery</i>	Charlotte	
	Boys - 100 Freestyle	<i>Zach Shearin</i>	Raleigh	
	Girls - 500 Freestyle	<i>Mary Grace Moffitt</i>	Concord	
	Boys - 500 Freestyle	<i>Isaac Phillips</i>	Gastonia	
	Girls - 100 Backstroke	<i>Annabella Cress</i>	Gibsonville	
	Boys - 100 Backstroke	<i>Samuel Perry</i>	Raleigh	
	Girls - 100 Breaststroke	<i>Emma Flanagan</i>	Moore	
	Boys - 100 Breaststroke	<i>Joshua Johnson</i>	Moore	

2024	Girls - 200 Freestyle	<i>Olivia Moody</i>	Moore	
	Boys - 200 Freestyle	<i>Will Shearin</i>	Raleigh	
	Girls - 200 IM	<i>Ella Cowles</i>	New London	
	Boys - 200 IM	<i>Dylan Anderson</i>	Raleigh	
	Girls - 50 Freestyle	<i>Lauren Sanger</i>	Forsyth	
	Boys - 50 Freestyle	<i>Ian Russell</i>	Charlotte	
	Girls - 100 Butterfly	<i>Ella Cowles</i>	New London	
	Boys - 100 Butterfly	<i>Will Shearin</i>	Raleigh	
	Girls - 100 Freestyle	<i>Lindsay Sanger</i>	Forsyth	
	Boys - 100 Freestyle	<i>Joshua Johnson</i>	Moore	
	Girls - 500 Freestyle	<i>Mary Grace Moffitt</i>	Concord	
	Boys - 500 Freestyle	<i>Dylan Anderson</i>	Raleigh	
	Girls - 100 Backstroke	<i>McCarthy Monteith</i>	Gastonia	
	Boys - 100 Backstroke	<i>Turner Jones</i>	Greenville	
	Girls - 100 Breaststroke	<i>Lauren Sanger</i>	Forsyth	
	Boys - 100 Breaststroke	<i>Andrew Dawson</i>	Charlotte	
2025	Girls - 200 Freestyle	<i>Ella Cowles</i>	New London	
	Boys - 200 Freestyle	<i>Will Shearin</i>	Raleigh	
	Girls - 200 IM	<i>Maddie Flanagan</i>	Moore	
	Boys - 200 IM	<i>Dylan Anderson</i>	Raleigh	
	Girls - 50 Freestyle	<i>Lauren Sanger</i>	Forsyth	
	Boys - 50 Freestyle	<i>Joel Waters</i>	Forsyth	
	Girls - 100 Butterfly	<i>Clara Patterson</i>	Asheville	
	Boys - 100 Butterfly	<i>Will Shearin</i>	Raleigh	
	Girls - 100 Freestyle	<i>Lauren Sanger</i>	Forsyth	
	Boys - 100 Freestyle	<i>Joel Waters</i>	Forsyth	
	Girls - 500 Freestyle	<i>Kyla Hare</i>	Forsyth	
	Boys - 500 Freestyle	<i>Dylan Anderson</i>	Raleigh	
	Girls - 100 Backstroke	<i>Lindsay Sanger</i>	Forsyth	
	Boys - 100 Backstroke	<i>Turner Jones</i>	Pitt	
	Girls - 100 Breaststroke	<i>Maddie Flanagan</i>	Moore	
	Boys - 100 Breaststroke	<i>Allen Rippy III</i>	Wilmington	

2026	Girls - 200 Freestyle	<i>Natalie Shearin</i>	Raleigh	
	Boys - 200 Freestyle	<i>Will Shearin</i>	Raleigh	
	Girls - 200 IM	<i>Lillie Godwin</i>	Wilmington	
	Boys - 200 IM	<i>Dylan Anderson</i>	Raleigh	
	Girls - 50 Freestyle	<i>Lauren Sanger</i>	Forsyth	
	Boys - 50 Freestyle	<i>Allen Rippy III</i>	Wilmington	
	Girls - 100 Butterfly	<i>Lauren Sanger</i>	Forsyth	
	Boys - 100 Butterfly	<i>Will Shearin</i>	Raleigh	
	Girls - 100 Freestyle	<i>Adrina Soto</i>	Waxhaw	
	Boys - 100 Freestyle	<i>Johnny Jones</i>	Chapel Hill	
	Girls - 500 Freestyle	<i>Ally Miller</i>	McAdenville	
	Boys - 500 Freestyle	<i>Dylan Anderson</i>	Raleigh	
	Girls - 100 Backstroke	<i>Natalie Shearin</i>	Raleigh	
	Boys - 100 Backstroke	<i>James Jones</i>	Chapel Hill	
	Girls - 100 Breaststroke	<i>Ella Cowles</i>	New London	
	Boys - 100 Breaststroke	<i>Allen Rippy III</i>	Wilmington	