

2019 Grandfather Mountain Highland Games
Track and Field

Pole Vault - Men's

| | | |
|-------------------|-------------------|--------|
| 1 Patrick Freeman | Winston-Salem, NC | 13'-6" |
| 2 Samuel Creek | Kingsport, TN | 13'-6" |
| 3 Devin McKenna | Jonesboro, TN | 13'-0" |

Pole Vault - Women's

| | | |
|---------------------|-------------------|-------|
| 1 Caitline Cutshall | Kingsport, TN | 9'-0" |
| 2 Johnnie Dye | West Union, SC | 8'-6" |
| 3 Elizabeth Wood | Winston-Salem, NC | |

High Jump - Men's

| | | |
|----------------------|------------------|--------|
| 1 Samuel Creek | Kingsport, TN | 6'-2" |
| 2 Christian Carswell | Fletcher, NC | 5'-10" |
| 3 Ausitn Roark | Johnson City, TN | 5'-8" |

Long Jump - Men's

| | | |
|----------------------|-------------------|-------------|
| 1 Austin Roark | Johnson City, TN | 19'-11 1/2" |
| 2 Patrick Freeman | Winston-Salem, NC | 19'-1" |
| 3 Christian Carswell | Morganton, NC | 18'-9 3/4" |

Triple Jump - Men's

| | | |
|----------------------|-----------------|------------|
| 1 Samuel Creek | Kingsport, TN | 37'-6 1/2" |
| 2 Christian Carswell | Morganton, NC | 37'-6" |
| 3 Ty Smith | Elizabethon, TN | 36'-3" |

100 Yard Dash - Women's

| | | |
|-----------------|----------------|--------|
| 1 Shannon Smith | Norcross, GA | :12.9 |
| 2 Kristin Cox | Lake Helen, FL | :13.97 |
| 3 Colleen Chota | Cary, NC | :14.75 |

100 Yard Dash - Men's

| | | |
|-------------------|-------------------|--------|
| 1 Samuel Creek | Kingsport, TN | :10.82 |
| 2 Austin Roark | Johnson City, TN | :10.83 |
| 3 Patrick Freeman | Winston-Salem, NC | :11.0 |

100 Yard Dash - Men's Masters

| | | |
|---------------------|-------------|--------|
| 1 Jeffrey Paddyfote | Belmont, NC | :12.0 |
| 2 Aaron Leiningner | Cary, NC | :12.72 |
| 3 Shawn Roberts | Boone, NC | :13.16 |

220 Yard Dash - Women's

| | | |
|--------------------|------------------|-------|
| 1 Shannon Smith | Norcross, GA | :30.0 |
| 2 Carissa Chambers | Johnson City, TN | :31.0 |
| 3 Elliott Bradley | Charlotte, NC | :31.2 |

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220 Yard Dash - Men's

| | | |
|---------------------|-------------------|--------|
| 1 Austin Roark | Johnson City, TN | :27.53 |
| 2 Andy Mclean | Winston-Salem, NC | :27.72 |
| 3 Jeffrey Paddyfote | Belmont, NC | :27.88 |

440 Yard Dash - Women's

| | | |
|-----------------|----------------|------|
| 1 Shannon Smith | Norcross, GA | 1:16 |
| 2 Colleen Chota | Cary, NC | 1:25 |
| 3 Kristin Cox | Lake Helen, FL | 1:35 |

440 Yard Dash - Men's

| | | |
|-------------------|-------------------|-------|
| 1 Austin Roark | Johnson City, TN | :57 |
| 2 Blake Metcalf | Bean Station, TN | :57.5 |
| 3 Patrick Freeman | Winston-Salem, NC | :58.5 |

880 Yard Dash - Men's

| | | |
|-----------------|------------------|------|
| 1 Blake Metcalf | Bean Station, TN | 2:30 |
| 2 Aaron Hale | Raleigh, NC | 2:34 |
| 3 Mark Patz | Wilmington, NC | 2:46 |

1 Mile Run - Masters Men's

| | | |
|------------------|------------------|------|
| 1 Aaron Hale | Raleigh, NC | 5:38 |
| 2 Joshua Gregory | Johnson City, TN | 6:14 |
| 3 Shawn Roberts | Boone, NC | 7:44 |

1 Mile Run - Men's

| | | |
|----------------------|----------------|------|
| 1 Blake Metcalf | Morristown, TN | 5:21 |
| 2 Emmanuel Paddyfote | Belmont, NC | 5:26 |
| 3 Mark Patz | Wilmington, NC | 5:47 |

2 Mile Run - Men's

| | | |
|----------------------|------------------|-------|
| 1 Aaron Hale | Raleigh, NC | 11:41 |
| 2 Blake Metcalf | Bean Station, TN | 11:42 |
| 3 Emmanuel Paddyfote | Belmont, NC | 12:11 |

2 Mile Run - Women's

| | | |
|--------------------|------------------|-------|
| 1 Carissa Chambers | Johnson City, TN | 15:58 |
| 2 Colleen Chota | Cary, NC | 17:50 |
| 3 Kristin Cox | Lake Helen, FL | 21:11 |

Outstanding Athlete - Men's/Women's

| | |
|---------------|------------------|
| Austin Roark | Johnson City, TN |
| Shannon Smith | Norcross, GA |