

## **Polsgrove Leads Vikings At State Meet**

Written by Mike Kelly  
Saturday, 10 May 2014 14:18

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Kylie Polsgrove is at it again. Polsgrove, who won a state championship in the girls 300-meter hurdles and scored 26 points last season, continued her torrid pace at the state championships Friday.

Polsgrove won two state titles and placed in four events at the NCHSAA Class 1A State Track & Field Championships at North Carolina A&T University in Greensboro, N.C. Polsgrove, a junior, defended her title in the 300 hurdles by winning the event in 45.71 seconds---bettering her time winning time from last year by 0.46 seconds. She also won a state championship in the girls' 100-meter hurdles (15,17 seconds), she finished second in the high jump (5-06) and she was fifth in the 200-meter dash (26.55).

Thanks to that effort, Polsgrove scored 32 of Avery's 41-team points, leading the Vikings to a fourth-place finish. She has now scored 58 points at the state meet the last two years. The Vikings were seventh last season.

Kara Polsgrove was seventh in the 1,600-meter run (5:57.64); Avery was fifth in the 4x200-meter relay (1:53.04). Abby Roberts, Kesha Garland, Sarah Gianrusson and Shannon Smith; Smith finished sixth in the long jump (5-06) and she was ninth in the triple jump (32-06).

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Bishop McGuinness won the girls' 1A title with 59 points; Starmount finished second with 52.

The Avery boys' were led by Tyerell Hughes, who was eighth in the boys' 1,600 (4:56.15) and finished ninth in the 3,200 (10:58.52). D.C. Braswell was seventh in the high jump (6-0). The Vikings finished in a five-way tie for 41st-place with three points. North Stokes won the boys' 1A title with 50 points; Cherryville finished second with 42 points.

Senior Trentavis Friday of Cherryville won three individual events and anchored the victorious 4x400 relay team. The Cherryville star won the 100 and also broke two state records he had established earlier, taking the 200 in 20.85 seconds and the 400 in 47.87 seconds. He was named the Most Valuable Performer in the boys' meet.

Malia Ellington of Community School of Davidson led the way in the girls' championship by winning three events, including the 800, 1600 and 3200. She broke her own NCHSAA 1-A record in the 1600 in a time of 4:59.88 and beat the field by about 23 seconds.