



INDOOR TRACK & FIELD CHAMPIONSHIPS 2023

AT ST. CHRISTOPHER'S SCHOOL • RICHMOND, VIRGINIA

PARTICIPATING SCHOOLS

ATLANTIC SHORES CHRISTIAN
BANNER CHRISTIAN SCHOOL
BENEDICTINE COLLEGE PREP
BISHOP IRETON HIGH SCHOOL
BISHOP O'CONNELL HIGH SCHOOL
BROADWATER ACADEMY
CAPE HENRY COLLEGIATE SCHOOL
CATHOLIC HIGH SCHOOL
COLLEGIATE SCHOOL
EASTERN MENNONITE SCHOOL
EPISCOPAL HIGH SCHOOL
FLINT HILL SCHOOL
FORK UNION MILITARY ACADEMY

GREENBRIER CHRISTIAN ACADEMY
ISLE OF WIGHT ACADEMY
NANSEMOND-SUFFOLK ACADEMY
NORFOLK ACADEMY
NORFOLK CHRISTIAN SCHOOL
NORFOLK COLLEGIATE SCHOOL
NORTH CROSS SCHOOL
OAKCREST SCHOOL
PAUL VI CATHOLIC HIGH SCHOOL
PENINSULA CATHOLIC SCHOOL
ROANOKE CATHOLIC HIGH SCHOOL
SAINT JOHN PAUL THE GREAT CATHOLIC
ST. CATHERINE'S SCHOOL

ST. CHRISTOPHER'S SCHOOL
ST. GERTRUDE HIGH SCHOOL
ST. STEPHEN'S & ST. AGNES SCHOOL
STONEBRIDGE SCHOOL
THE POTOMAC SCHOOL
TRINITY CHRISTIAN SCHOOL
TRINITY EPISCOPAL SCHOOL
VERITAS SCHOOL
VIRGINIA EPISCOPAL SCHOOL
WALSINGHAM ACADEMY
WOODBERRY FOREST SCHOOL

SCHEDULE OF EVENTS

10:15 AM	COACHES MEETING AT STARTING LINE	
10:30 AM	GIRLS – LONG JUMP, POLE VAULT	
	BOYS – LONG JUMP, SHOT PUT, HIGH JUMP	
11:30 AM	GIRLS – 55 METER HIGH HURDLES	SEMIFINALS
11:40 AM	BOYS – 55 METER HIGH HURDLES	SEMIFINALS
11:50 AM	GIRLS – 55 METER DASH	SEMIFINALS
NOON	BOYS – 55 METER DASH	
	GIRLS – TRIPLE JUMP, HIGH JUMP, SHOT PUT	
	BOYS – TRIPLE JUMP, POLE VAULT	
12:15 PM	GIRLS – 4 X 800 METER RELAY	SECTIONS ON TIME
12:40 PM	BOYS – 4 X 800 METER RELAY	SECTIONS ON TIME
1:00 PM	GIRLS – 55 METER HIGH HURDLES	FINALS
1:05 PM	BOYS – 55 METER HIGH HURDLES	FINALS
1:10 PM	GIRLS – 55 METER DASH	FINALS
1:15 PM	BOYS – 55 METER DASH	FINALS
1:20 PM	GIRLS – 1600 METER RUN	SECTIONS ON TIME
1:35 PM	BOYS – 1600 METER RUN	SECTIONS ON TIME
1:55 PM	GIRLS – 4 X 200 METER RELAY	SECTIONS ON TIME
2:15 PM	BOYS – 4 X 200 METER RELAY	SECTIONS ON TIME
2:40 PM	GIRLS – 500 METER DASH	SECTIONS ON TIME
3:00 PM	BOYS – 500 METER DASH	SECTIONS ON TIME
3:20 PM	GIRLS – 1000 METER SECTIONS	SECTIONS ON TIME
3:40 PM	BOYS – 1000 METER SECTIONS	SECTIONS ON TIME
4:00 PM	GIRLS – 300 METER DASH	SECTIONS ON TIME
4:20 PM	BOYS – 300 METER DASH	SECTIONS ON TIME
4:40 PM	GIRLS – 3200 METER RUN	SECTIONS ON TIME
5:10 PM	BOYS – 3200 METER RUN	SECTIONS ON TIME
5:40 PM	GIRLS – 4 X 400 METER RELAY	SECTIONS ON TIME
6:00 PM	BOYS – 4 X 400 METER RELAY	SECTIONS ON TIME

**WE WILL GET NO FURTHER AHEAD THAN 15 MINUTES.
IF WEATHER DICTATES, WE WILL MOVE TO A ROLLING SCHEDULE.**

VISAA TRACK & FIELD CHAMPIONSHIPS • MEET RECORDS

BOYS' RECORDS

LONG JUMP	Davenport	Woodberry Forest	2016	23'8.25"
TRIPLE JUMP	Omohundro	St. Christopher's	2019	46'9"
HIGH JUMP	Price	Bishop Sullivan	2016	6'8"
POLE VAULT	Rice	St. Christopher's	2018	16'2"
SHOT PUT	Masse-Pelletier	Woodberry Forest	2020	57'4.75"
55m HURDLES	Smith	St. Christopher's	2020	7.54
55m DASH	Johnson	St. Stephen's-St. Agnes	2020	6.35
300m DASH	Knowles	Liberty Christian	2011	34.83
500m DASH	Ways	Woodberry Forest	2014	1:05.58
1000m RUN	O'Brien	Virginia Episcopal	2020	2:29.80
1600m RUN	Mostrag	Fork Union Military	2007	4:14.65
3200m RUN	Ortmans	Potomac	2022	9:08.31
4 x 200m RELAY	Etta, Justice, Disbrow, Reynolds	Fork Union Military	2018	1:31.03
4 x 400m RELAY	Menges, Dabney, Cuevas, Thomas	St. Christopher's	2016	3:24.18
4 x 800m RELAY	Constable, Moore, Menges, Cuevas	St. Christopher's	2015	8:11.20

GIRLS' RECORDS

LONG JUMP	Randolph	Norfolk Academy	2015	18'1.5"
TRIPLE JUMP	Smith	Norfolk Collegiate	2011	37'2.5"
HIGH JUMP	Khoury	Trinity Episcopal	2015	5'7"
POLE VAULT	Mead	St. Catherine's	2019	11'6"
SHOT PUT	Watkins	Virginia Episcopal	2009	38'9"
55m HURDLES	Bingham	Episcopal	2011	8.21
55m DASH	Bingham	Episcopal	2011	7.12
300m DASH	Hyman	Potomac	2019	41.15
500m DASH	Hyman	Potomac	2019	1:15.33
1000m RUN	Ballowe	St. Catherine's	2019	2:58.13
1600m RUN	Breidenbaugh	Trinity Episcopal	2014	5:01.82
3200m RUN	Breidenbaugh	Trinity Episcopal	2014	10:49.31
4 x 200m RELAY	Shannon, Turton, C. Horner, Channer	St. Catherine's	2020	1:46.06
4 x 400m RELAY	Yisrael, Walton, Labrecque, Hyman	Potomac	2018	4:03.14
4 x 800m RELAY	Bridges, Clement, Kew, McDonald	Paul VI	2007	9:44.46

PARADE OF CHAMPIONS

BOYS

2007	FORK UNION MILITARY ACADEMY	2018	FORK UNION MILITARY ACADEMY
2008	FORK UNION MILITARY ACADEMY	2019	ST. CHRISTOPHER'S SCHOOL
2009	ST. CHRISTOPHER'S SCHOOL	2020	COLLEGIATE SCHOOL
2010	FORK UNION MILITARY ACADEMY	2022	WOODBERRY FOREST SCHOOL
2011	LIBERTY CHRISTIAN ACADEMY		
2012	FORK UNION MILITARY ACADEMY		
2013	FORK UNION MILITARY ACADEMY		
2014	WOODBERRY FOREST SCHOOL		
2015	WOODBERRY FOREST SCHOOL		
2016	WOODBERRY FOREST SCHOOL		
2017	ST. CHRISTOPHER'S SCHOOL		

GIRLS

2007	ST. CATHERINE'S SCHOOL	2018	ST. CATHERINE'S SCHOOL
2008	POTOMAC SCHOOL	2019	ST. CATHERINE'S SCHOOL
2009	NORFOLK ACADEMY	2020	ST. CATHERINE'S SCHOOL
2010	COLLEGIATE SCHOOL	2022	ST. CATHERINE'S SCHOOL
2011	ST. CATHERINE'S SCHOOL		
2012	LCA/ST. CATHERINE'S (TIE)		
2013	ST. CATHERINE'S SCHOOL		
2014	ST. CATHERINE'S SCHOOL		
2015	ST. CATHERINE'S SCHOOL		
2016	NORFOLK ACADEMY		
2017	ST. CATHERINE'S SCHOOL		

SCHOOL CODES

ATSH	ATLANTIC SHORES	NCRO	NORTH CROSS
BANN	BANNER CHRISTIAN	OAKC	OAKCREST SCHOOL
BENE	BENEDICTINE	PLVI	PAUL VI CATHOLIC
BIRE	BISHOP IRETON	PCAT	PENINSULA CATHOLIC
BOCO	BISHOP O'CONNELL	POTO	POTOMAC SCHOOL
BROA	BROADWATER ACADEMY	RCAT	ROANOKE CATHOLIC
CAPE	CAPE HENRY COLLEGIATE	SJPG	ST. JOHN PAUL THE GREAT
CATH	CATHOLIC HIGH SCHOOL	SSAS	ST. STEPHEN'S & ST. AGNES
COLL	COLLEGIATE SCHOOL	STCA	ST. CATHERINE'S
EMHS	EASTERN MENNONITE	STCH	ST. CHRISTOPHER'S
EPIS	EPISCOPAL HIGH SCHOOL	STGE	ST. GERTRUDE
FLIN	FLINT HILL SCHOOL	STON	STONEBRIDGE
FORK	FORK UNION MILITARY	TCHR	TRINITY CHRISTIAN
GREE	GREENBRIER CHRISTIAN	TRIN	TRINITY EPISCOPAL
ISLE	ISLE OF WIGHT ACADEMY	VERI	VERITAS SCHOOL
NANS	NANSEMOND-SUFFOLK	VIRG	VIRGINIA EPISCOPAL
NORF	NORFOLK ACADEMY	WALS	WALSINGHAM
NCHR	NORFOLK CHRISTIAN	WOOD	WOODBERRY FOREST
NCOL	NORFOLK COLLEGIATE		

TICKET SPICKET
Big events. Little effort.



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Event 1 Girls High Jump (14)

OPENING HEIGHT = 4-4

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Sydney Vest	12	Norfolk Academy	_____
2	Eva Woodcock	11	Bishop O'Connell	_____
3	Reagan Martin	11	St. Catherines	_____
4	Harper Hailes	11	Collegiate	_____
5	Madison Galler	12	Norfolk Academy	_____
6	Teagan Engdahl	12	Catholic	_____
7	Taylor Kulow	8	Norfolk Academy	_____
8	Sasha Osinovsky	12	Flint Hill	_____
9	Lexa Hunter	12	Catholic	_____
10	Hayley Lookadoo	10	St. Stephens	_____
11	Rachel Sobers	12	Cape Henry	_____
12	Karly Smith	9	Roanoke Catholic	_____
13	Alauna Rutland	12	Paul VI	_____
14	Flavia Daniels	12	North Cross	_____

Event 2 Boys High Jump (9)

OPENING HEIGHT = 5-6

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Andrew Hart	11	Cape Henry	_____
2	Eli Jordan	10	Trinity Episc.	_____
3	John Grunwald	11	Norfolk Academy	_____
4	Brandon Watson	12	Collegiate	_____
5	Lukas Sanker	10	Woodberry	_____
6	Tanner Schaedel	11	Cape Henry	_____
7	Briggs Ireland	11	St. Christophers	_____
8	Jaden Ferguson	11	Woodberry	_____
9	Edward Woltz	12	Woodberry	_____

Event 3 Girls Pole Vault (11)

OPENING HEIGHT = 6-0

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Anne Randolph Staub	10	Norfolk Academy	_____
2	Martha Jamison	12	Collegiate	_____
3	Lawson Vaughan	10	Collegiate	_____
4	Jennifer Yuan	12	Norfolk Academy	_____
5	Sydney Vest	12	Norfolk Academy	_____
6	Becca Galbraith	12	St. Catherines	_____
7	Lorelei Clelland	10	St. Catherines	_____
8	Madelyn Smullen	9	St. Catherines	_____
9	Azaria Bailey	11	Collegiate	_____
10	Rylee Coates	9	Broadwater	_____
11	Natalie Hubbard	12	Catholic	_____

Event 4 Boys Pole Vault (10)

OPENING HEIGHT = 9-6

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Finn Guzik	8	Norfolk Academy	_____
2	Stanton Dodson	12	St. Christophers	_____
3	Mac Hunt	9	Woodberry	_____
4	Walker Angus	11	Collegiate	_____
5	Ebo Rice	11	St. Christophers	_____
6	Jackson Mann	12	Benedictine	_____
7	Ned Bradshaw	11	Collegiate	_____
8	Sebastian Phillips	12	Woodberry	_____
9	Anthony Kodjo	12	Woodberry	_____
10	Victor Olesen	9	St. Christophers	_____

Event 5 Girls Long Jump (29)

TOP 9 TO FINALS

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Harper Hailes	11	Collegiate	_____
2	Sasha Osinovsky	12	Flint Hill	_____
3	Carter Torrence	8	St. Catherines	_____
4	Carlin Miles	10	Collegiate	_____
5	Romola Egunjobi	12	Nansemond	_____
6	Madison Sandy	11	St. Stephens	_____
7	Caroline Cowley	10	Potomac	_____
8	Keira Goodlett	10	Veritas	_____
9	Chloe Smith	11	Episcopal	_____
10	Nia Beverly	11	Norfolk Christ.	_____
11	Maya Davis	12	Potomac	_____
12	Abigail McKay	8	St. Catherines	_____
13	Kaylah Walker	11	Cape Henry	_____
14	Karly Smith	9	Roanoke Catholic	_____
Flight 2 of 2 Finals				
1	Rachel Sobers	12	Cape Henry	_____
2	Jeylah Hamrick	11	Walsingham	_____
3	Jennifer Yuan	12	Norfolk Academy	_____
4	Samantha Rough	12	Bishop O'Connell	_____
5	Rylee Coates	9	Broadwater	_____
6	Adaline Scott	9	Norfolk Academy	_____
7	Aseye Gatty	10	St. Catherines	_____
8	Natalie Hubbard	12	Catholic	_____
9	Angelina Lancey	12	Norfolk Academy	_____
10	Lexa Hunter	12	Catholic	_____
11	Maya Habib	10	Paul VI	_____
12	Elena Granados	11	Cape Henry	_____
13	Flavia Daniels	12	North Cross	_____
14	Lilly Versen	11	Trinity Episc.	_____
15	Alauna Rutland	12	Paul VI	_____

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Event 6 Boys Long Jump (29)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Tanner Schaedel	11	Cape Henry	_____
2	Jacob Seymore	12	Fork Union	_____
3	Khamari Veney	11	Benedictine	_____
4	Jordan Callahan	11	Benedictine	_____
5	Adam Sulanke	11	Collegiate	_____
6	Lance Snyder	11	Norfolk Academy	_____
7	John Grunwald	11	Norfolk Academy	_____
8	Drew Covington	12	Trinity Episc.	_____
9	Rhodes Neuner	9	Collegiate	_____
10	Will O'Reilly	12	Bishop Ireton	_____
11	Chris Shorter	11	St. Stephens	_____
12	Briggs Ireland	11	St. Christophers	_____
13	Andrew Hart	11	Cape Henry	_____
14	Stanton Dodson	12	St. Christophers	_____
15	Jase Rhodes	9	North Cross	_____

Flight 2 of 2 Finals

1	Ayden Bland	11	Fork Union	_____
2	Christopher Keeley	11	Roanoke Catholic	_____
3	Kofi Igyan	12	Episcopal	_____
4	Ty Adamson	11	Cape Henry	_____
5	Stephon Woodson	11	Trinity Episc.	_____
6	Nic Land	12	Benedictine	_____
7	Kenan Andrews	10	Woodberry	_____
8	Chris Joseph	12	Norfolk Christ.	_____
9	Ian Cann	12	North Cross	_____
10	Zahir Griffith	11	Norfolk Academy	_____
11	Jaden Ferguson	11	Woodberry	_____
12	Nathan Sims	11	Trinity Episc.	_____
13	Xavier Mitchell	11	North Cross	_____
14	Robbie Handelsman	12	Woodberry	_____

Event 7 Girls Triple Jump (16)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Ellie Patel	11	Roanoke Catholic	_____
2	Samantha Rough	12	Bishop O'Connell	_____
3	Abigail McKay	8	St. Catherines	_____
4	Rachel Sobers	12	Cape Henry	_____
5	Karly Smith	9	Roanoke Catholic	_____
6	Rylee Coates	9	Broadwater	_____
7	Madison Galler	12	Norfolk Academy	_____
8	Nia Beverly	11	Norfolk Christ.	_____
9	Kaylah Walker	11	Cape Henry	_____
10	Taylor Kulow	8	Norfolk Academy	_____
11	Maya Habib	10	Paul VI	_____
12	Angelina Lancey	12	Norfolk Academy	_____
13	Olivia Krivacek	12	Episcopal	_____
14	Lilly Versen	11	Trinity Episc.	_____
15	Aseye Gatty	10	St. Catherines	_____
16	Elena Granados	11	Cape Henry	_____

Event 8 Boys Triple Jump (26)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Alex Villasis	9	Catholic	_____
2	Logan Downey	10	Paul VI	_____
3	Brandon Watson	12	Collegiate	_____
4	Rhodes Neuner	9	Collegiate	_____
5	Henry Rice	10	St. Christophers	_____
6	Matthew Warsaw	12	Norfolk Academy	_____
7	Fernando Olivar-Joa	10	Catholic	_____
8	Durham Dodson	10	St. Christophers	_____
9	Ayden Bland	11	Fork Union	_____
10	Bishop Foster	10	Collegiate	_____
11	John Grunwald	11	Norfolk Academy	_____
12	Lucas Osada	11	Woodberry	_____
13	Christopher Keeley	11	Roanoke Catholic	_____

Flight 2 of 2 Finals

1	Nick Hanley	12	Benedictine	_____
2	Stephon Woodson	11	Trinity Episc.	_____
3	John Rogers	11	Episcopal	_____
4	Nic Land	12	Benedictine	_____
5	Drew Covington	12	Trinity Episc.	_____
6	Jordan Callahan	11	Benedictine	_____
7	Kyle Falls	12	Saint John P	_____
8	Tanner Schaedel	11	Cape Henry	_____
9	Jaden Ferguson	11	Woodberry	_____
10	Chris Shorter	11	St. Stephens	_____
11	Kenan Andrews	10	Woodberry	_____
12	Jase Rhodes	9	North Cross	_____
13	Zahir Griffith	11	Norfolk Academy	_____

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Event 9 Girls Shot Put (25)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Catherine Hansen	12	Saint John P		_____
2	Ridgely Coleman	11	Trinity Episc.		_____
3	Angela Drapac	12	Roanoke Catholic		_____
4	Olivia Garcia	8	Atlantic Shores		_____
5	Ava Reese	10	Episcopal		_____
6	Sophia Covington	10	St. Gertrude		_____
7	Madison Dryden	12	Nansemond		_____
8	Angelina Squatrito	10	Cape Henry		_____
9	Ariana Miller	11	St. Catherines		_____
10	Lainie Murray	12	Trinity Episc.		_____
11	Emmy Sumpter	10	St. Catherines		_____
12	Jane Patterson	12	Trinity Christ.		_____

Flight 2 of 2 Finals

1	Charlotte Waldemar	11	Atlantic Shores		_____
2	Madison Galler	12	Norfolk Academy		_____
3	Natalie Hubbard	12	Catholic		_____
4	Emerson Tierney	10	St. Catherines		_____
5	Elena Granados	11	Cape Henry		_____
6	Ashley Grace Johnstone	9	Collegiate		_____
7	Anna Ciccozzi	9	North Cross		_____
8	Chinenye Obasi	10	Saint John P		_____
9	Teagan Engdahl	12	Catholic		_____
10	Marshall Daniel	10	Cape Henry		_____
11	Sophie Pollio	11	Norfolk Academy		_____
12	Sydney Vest	12	Norfolk Academy		_____
13	Gabi Deglau	12	Collegiate		_____

Event 10 Boys Shot Put (30)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 3 Finals

1	Kevin Johnson	11	Collegiate		_____
2	Mills Lynn	12	Benedictine		_____
3	Luke Richardson	10	Flint Hill		_____
4	Charlie Loach	12	Collegiate		_____
5	Justice Umelo	11	Episcopal		_____
6	Chase Daniel	12	North Cross		_____
7	Nate Jensen	11	Cape Henry		_____
8	Henry Federmeier	10	Paul VI		_____
9	Nathan Hayes	9	North Cross		_____
10	Isaac Cohen	12	Atlantic Shores		_____

Flight 2 of 3 Finals

1	Damian McGhie	12	Bishop Ireton		_____
2	Christian Meixner	11	East. Mennonite		_____
3	Quintin Levy	12	St. Christophers		_____
4	Ryan Hook	12	Collegiate		_____
5	Douda Niang	11	Fork Union		_____
6	Justin Hill	12	St. Stephens		_____
7	Ahmad Shah	12	Fork Union		_____
8	Jonie Ansah	11	Fork Union		_____
9	Grayson Herndon	10	St. Christophers		_____
10	Diego Zelaya	12	Episcopal		_____

Flight 3 of 3 Finals

1	Tyler Degnan	11	Flint Hill		_____
2	Tanner Schaedel	11	Cape Henry		_____
3	Caleb Ross	12	Trinity Episc.		_____
4	Moritz Schmoranzner	12	North Cross		_____
5	Jacob Moore	12	Benedictine		_____
6	Cooper Gardiner	11	Trinity Episc.		_____
7	Henry Omohundro	11	St. Christophers		_____
8	Emile Beaulieu	11	Woodberry		_____
9	Armel Mukam	12	Woodberry		_____
10	Rodney Lora	12	Woodberry		_____

Event 11 Girls 55 Meter Hurdles (19)**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 3 Prelims

2	Kaia Coley	12	St. Gertrude		_____
3	Sydney Vest	12	Norfolk Academy		_____
4	Alauna Rutland	12	Paul VI		_____
5	Flavia Daniels	12	North Cross		_____
6	Whitney Clarkson	11	Collegiate		_____
7	Sloane Tefel	8	St. Catherines		_____

Heat 2 of 3 Prelims

2	Hannah Jewell	10	Paul VI		_____
3	Martha Jamison	12	Collegiate		_____
4	Adaline Scott	9	Norfolk Academy		_____
5	Elizabeth Bayler	12	St. Catherines		_____
6	Evie Miller	11	Trinity Christ.		_____
7	Angelina Squatrito	10	Cape Henry		_____

Heat 3 of 3 Prelims

1	Lexie VanRaaphorst	8	Trinity Christ.		_____
2	Selah Stiebel	11	Episcopal		_____
3	Megan Heuschel	12	Bishop O'Connell		_____
4	Tiara Jenkins	10	Atlantic Shores		_____
5	Madison Galler	12	Norfolk Academy		_____
6	Aseye Gatty	10	St. Catherines		_____
7	Romola Egunjobi	12	Nansemond		_____

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Event 12 Boys 55 Meter Hurdles (25)**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

2	Logan Mann	12	Norfolk Academy	_____
3	Matthew Williams	12	Woodberry	_____
4	Stanton Dodson	12	St. Christophers	_____
5	Josiah Malone	12	Atlantic Shores	_____
6	Marco Cecchi-Rivas	11	Bishop Ireton	_____
7	Rhodes Neuner	9	Collegiate	_____

Heat 2 of 4 Prelims

2	Terrance Edwards	11	Trinity Episc.	_____
3	Gerald Thomas	12	Norfolk Academy	_____
4	Bradley Cruthirds	11	St. Stephens	_____
5	Jarrett Clark	11	Woodberry	_____
6	Durham Dodson	10	St. Christophers	_____
7	Noah Anderson-Weiskircher	12	Flint Hill	_____

Heat 3 of 4 Prelims

2	Jackson Mann	12	Benedictine	_____
3	Chris Couser	12	Norfolk Academy	_____
4	Harry Momolu	11	Fork Union	_____
5	Chris Shorter	11	St. Stephens	_____
6	Harper Kappes	11	North Cross	_____
7	Jonathan Meeker	12	Trinity Christ.	_____

Heat 4 of 4 Prelims

1	Luke Heinze	10	Paul VI	_____
2	Alvin Moore	9	Fork Union	_____
3	Mikey Fisher	12	Atlantic Shores	_____
4	Davian Burke	11	Banner Christian	_____
5	Briggs Ireland	11	St. Christophers	_____
6	Beck Maddison	11	Woodberry	_____
7	John Higgins	11	Trinity Christ.	_____

Event 13 Girls 55 Meter Dash (23)**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Adriana Walker	11	St. Catherines	_____
2	Lexa Hunter	12	Catholic	_____
3	Chinenye Obasi	10	Saint John P	_____
4	Sophia Appiah	10	Episcopal	_____
5	Lilly Versen	11	Trinity Episc.	_____
6	Elena Granados	11	Cape Henry	_____
7	Catherine Egan	11	Oakcrest	_____
8	Mia Jones	8	Norfolk Academy	_____

Heat 2 of 3 Prelims

1	Payton Horan	12	St. Gertrude	_____
2	Angelina Lancey	12	Norfolk Academy	_____
3	Kaylah Walker	11	Cape Henry	_____
4	Maya Davis	12	Potomac	_____
5	Hampton Turton	12	St. Catherines	_____
6	Taylor Chambers	12	Episcopal	_____
7	Lauren Sutterfield	12	Catholic	_____
8	McKenna Boardman	11	Collegiate	_____

Heat 3 of 3 Prelims

1	Leslie Armstrong	10	St. Catherines	_____
2	Rylee Coates	9	Broadwater	_____
3	Adaline Scott	9	Norfolk Academy	_____
4	Chayse Raymond	12	Bishop O'Connell	_____
5	Tiara Jenkins	10	Atlantic Shores	_____
6	Jeylah Hamrick	11	Walsingham	_____
7	Maya Habib	10	Paul VI	_____

Event 14 Boys 55 Meter Dash (45)**8 Advance: Top 1 Each Heat plus Next 2 Best Times**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 6 Prelims

1	Brady Colio	9	Paul VI	_____
2	Dillan Patel	11	Roanoke Catholic	_____
3	Connor Redfield	12	Bishop O'Connell	_____
4	Ty Adamson	11	Cape Henry	_____
5	Dylan Defoor	11	Norfolk Academy	_____
6	Ian Cann	12	North Cross	_____
7	Kelly Crittenberger	12	Potomac	_____
8	Josiah Malone	12	Atlantic Shores	_____

Heat 2 of 6 Prelims

1	Emmanuel Williams	11	Atlantic Shores	_____
2	Charles Campbell	12	Fork Union	_____
3	Jason Abraham	11	Episcopal	_____
4	Martin Chang	11	Woodberry	_____
5	Chad Greene-Miller	12	Bishop Ireton	_____
6	Chris Joseph	12	Norfolk Christ.	_____
7	Matt Camardella	11	Norfolk Academy	_____
8	Jordan Jones	11	Peninsula Cath.	_____

Heat 3 of 6 Prelims

1	Charles Nolde	11	Collegiate	_____
2	Bradley Garner	12	St. Christophers	_____
3	Andrew Hart	11	Cape Henry	_____
4	William Hoffer	11	Trinity Episc.	_____
5	Khalil Moore	11	Benedictine	_____
6	Charle Adams	12	Paul VI	_____
7	Jesse Fine	12	Norfolk Academy	_____
8	Amare McCalla	11	Catholic	_____

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Heat 4 of 6 Prelims...(Event 14 Boys 55 Meter Dash (45))

1	Neik Shariati	9	Potomac	_____
2	Khamari Veney	11	Benedictine	_____
3	Myles Sandy	12	St. Stephens	_____
4	Nathan Sims	11	Trinity Episc.	_____
5	Joshua Clark	11	Flint Hill	_____
6	Judah Ofori-Ansah	10	Episcopal	_____
7	Chris Martinez	9	Cape Henry	_____

Heat 5 of 6 Prelims

1	JP Sosnitsky	10	Potomac	_____
2	Dunning Gould	12	Collegiate	_____
3	Rhone Burton	12	North Cross	_____
4	Andrew King	11	Flint Hill	_____
5	Zahir Rainer	11	Trinity Episc.	_____
6	Max Cole	10	Woodberry	_____
7	Luke Brayman	12	Bishop O'Connell	_____

Heat 6 of 6 Prelims

1	David Parkes-Johnson	9	Flint Hill	_____
2	Hunter Garnett	11	St. Christophers	_____
3	Kofi Igyan	12	Episcopal	_____
4	Robbie Handelsman	12	Woodberry	_____
5	Moritz Mittendorfer	11	North Cross	_____
6	Ned Bradshaw	11	Collegiate	_____
7	Christopher Keeley	11	Roanoke Catholic	_____

Event 15 Girls 4x800 Meter Relay (13)

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1	Peninsula Cath.	_____
2	Trinity Christ.	_____
3	Cape Henry	_____
4	Potomac	_____
5	Catholic	_____
6	Bishop O'Connell	_____

Section 2 of 2 Finals

1	St. Catherines	_____
2	Collegiate	_____
3	Norfolk Academy	_____
4	Veritas	_____
5	Stonebridge	_____
6	Saint John P	_____
7	Paul VI	_____

Event 16 Boys 4x800 Meter Relay (18)

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1	Benedictine	_____
2	Isle of Wight	_____
3	Trinity Episc.	_____
4	Fork Union	_____
5	North Cross	_____
6	Catholic	_____
7	Norfolk Christ.	_____
8	VA Episcopal	_____

Section 2 of 2 Finals

1	Woodberry	_____
2	Trinity Christ.	_____
3	Norfolk Academy	_____
4	Paul VI	_____
5	St. Christophers	_____
6	Collegiate	_____
7	Saint John P	_____
8	Peninsula Cath.	_____
9	Bishop O'Connell	_____
10	St. Stephens	_____

Event 17 Girls 1600 Meter Run (20)

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Whitney Bruch	9	St. Stephens	_____
2	Eleanor Blackwood	8	St. Catherines	_____
3	Alyssa Pongracz	10	Peninsula Cath.	_____
4	Rachel Prince	9	Greenbrier	_____
5	Valentina Barrera	9	Saint John P	_____
6	Julia Dean	10	Trinity Christ.	_____
7	Ruthie Huffman	8	St. Catherines	_____
8	Mary Lou Moore	12	Saint John P	_____
9	Annie Adamson	11	St. Gertrude	_____
10	Meredith Tentor	12	Veritas	_____

Section 2 of 2 Finals

1	Cecelia Pugsley	12	Paul VI	_____
2	Kerrigan Chaney	10	North Cross	_____
3	Molly Weithman	11	Bishop O'Connell	_____
4	Rosie Ferrell	8	Collegiate	_____
5	Jane Earp	8	Norfolk Academy	_____
6	Genevieve Harris	12	Potomac	_____
7	Caroline Wulff	11	St. Catherines	_____
8	Catherine Richards	10	Paul VI	_____
9	Giles Ferrell	11	Collegiate	_____
10	Jenna Pugsley	9	Paul VI	_____

Event 18 Boys 1600 Meter Run (35)

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Pierce Cutler	12	Isle of Wight	_____
2	Ben Huyard	12	East. Mennonite	_____
3	Wyatt Jones	11	Woodberry	_____
4	Noah Altschuler	10	Potomac	_____
5	John Butler	10	Isle of Wight	_____
6	Christopher Moscoso	10	Trinity Christ.	_____
7	Kyle Thomson	12	North Cross	_____
8	Joshua Seidensticker	9	Catholic	_____
9	Johnathan Mummert	12	Peninsula Cath.	_____
10	Connor Amet	12	Cape Henry	_____
11	Thomas Mulhern	11	Saint John P	_____
12	Frankie Miller	12	Trinity Christ.	_____

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Section 2 of 3 Finals...(Event 18 Boys 1600 Meter Run (35))

1	Bolling Lewis	11	Collegiate	_____
2	Connor Rhoades	12	Norfolk Academy	_____
3	Dylan White	11	North Cross	_____
4	Quinn Carroll	12	Norfolk Academy	_____
5	Austin Colvin	10	Saint John P	_____
6	Logan Beale	10	Paul VI	_____
7	Alex Fowler	11	Peninsula Cath.	_____
8	Eli Levine	9	Potomac	_____
9	Asher Green	9	St. Christophers	_____
10	Abraham Warui	10	Woodberry	_____
11	David Eaton	8	Fork Union	_____
12	Abdi Abdisalan	11	Episcopal	_____

Section 3 of 3 Finals

1	Charlie Ortman	12	Potomac	_____
2	Stan Craig	12	Collegiate	_____
3	Taylor Myers	12	Woodberry	_____
4	Calvin Dovgalyuk	10	Trinity Christ.	_____
5	Billy Driscoll	11	Peninsula Cath.	_____
6	Colin Crenshaw	12	Veritas	_____
7	Michael McKnew	9	Cape Henry	_____
8	Alex Dickenson	11	North Cross	_____
9	Jakob Gerlach	12	East. Mennonite	_____
10	Anthony Lenzini	12	Bishop O'Connell	_____
11	Travis Carroll	10	Norfolk Academy	_____

Event 19 Girls 4x200 Meter Relay (19)

<u>Lane</u>	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>
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Section 1 of 4 Finals

2	North Cross	_____
3	East. Mennonite	_____
4	Paul VI	_____

Section 2 of 4 Finals

2	Catholic	_____
3	Norfolk Christ.	_____
4	St. Gertrude	_____
5	Flint Hill	_____

Section 3 of 4 Finals

1	Oakcrest	_____
2	Saint John P	_____
3	Collegiate	_____
4	Trinity Christ.	_____
5	Cape Henry	_____
6	St. Stephens	_____

Section 4 of 4 Finals

1	Bishop O'Connell	_____
2	Episcopal	_____
3	St. Catherines	_____
4	Norfolk Academy	_____
5	Trinity Episc.	_____
6	Potomac	_____

Event 20 Boys 4x200 Meter Relay (23)

<u>Lane</u>	<u>Team</u>	<u>Relay</u>	<u>Seed Time</u>
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Section 1 of 4 Finals

1	Stonebridge	_____
2	East. Mennonite	_____
3	Bishop Ireton	_____
4	Catholic	_____
5	Peninsula Cath.	_____

Section 2 of 4 Finals

1	Paul VI	_____
2	Norfolk Christ.	_____
3	Collegiate	_____
4	Saint John P	_____
5	Trinity Christ.	_____
6	Fork Union	_____

Section 3 of 4 Finals

1	St. Stephens	_____
2	Norfolk Academy	_____
3	Episcopal	_____
4	Flint Hill	_____
5	Bishop O'Connell	_____
6	Potomac	_____

Section 4 of 4 Finals

1	Cape Henry	_____
2	North Cross	_____
3	Trinity Episc.	_____
4	Woodberry	_____
5	St. Christophers	_____
6	Benedictine	_____

Event 21 Girls 500 Meter Dash (31)

<u>Lane</u>	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>
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Section 1 of 6 Finals

2	Izabella Flores	9	Saint John P	_____
3	Katherine Hanna	11	Trinity Christ.	_____
4	Loralai Mattox	9	Trinity Christ.	_____

Section 2 of 6 Finals

2	Riya Campbell	9	Stonebridge	_____
3	Grace Marcus	10	Trinity Episc.	_____
4	Hannah McClain	12	Isle of Wight	_____
5	Chloe Rakowitz	9	Paul VI	_____

Section 3 of 6 Finals

1	Brooke Ambrose	9	Potomac	_____
2	Catherine Stone	10	Norfolk Academy	_____
3	Helena Coleman	10	Bishop Ireton	_____
4	Katherine Martin	11	Collegiate	_____
5	Ashley Huddleston	12	Norfolk Academy	_____
6	Annie Adamson	11	St. Gertrude	_____

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Section 4 of 6 Finals...(Event 21 Girls 500 Meter Dash (31))

1	Mary White	10	Oakcrest	_____
2	Nathalia Kellet	9	Potomac	_____
3	Martha Wyse	9	East. Mennonite	_____
4	Siobhan Cruess	11	Veritas	_____
5	Kathryn Hancock	10	North Cross	_____
6	Faith Hanrahan	12	Veritas	_____

Section 5 of 6 Finals

1	Logan Snyder	11	Trinity Episc.	_____
2	Anna Bohli	12	Saint John P	_____
3	Kathryn Price	11	St. Catherines	_____
4	Claire Curtis	11	Collegiate	_____
5	Lauren Scott	11	St. Stephens	_____
6	Emily Beggerow	9	Collegiate	_____

Section 6 of 6 Finals

1	Tenley Overdeck	11	Potomac	_____
2	Ruby Garrison	12	Norfolk Academy	_____
3	Hannah Edwards	12	Isle of Wight	_____
4	Zoe Burke	12	Oakcrest	_____
5	Chelsea Brown	12	St. Catherines	_____
6	Hampton Turton	12	St. Catherines	_____

Event 22 Boys 500 Meter Dash (23)

Lane	Name	Yr	School	Seed Time
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Section 1 of 4 Finals

1	Evan Crouse	11	Trinity Christ.	_____
2	Bryan Bejarano	12	Norf. Collegiate	_____
3	Eliseo Siguenza	11	Episcopal	_____
4	Quinn Layman	12	Peninsula Cath.	_____
5	Jack Smith	10	Collegiate	_____

Section 2 of 4 Finals

1	Danny Kajubi	10	Woodberry	_____
2	Joseph Girard	12	Paul VI	_____
3	Seth Mileski	11	Trinity Episc.	_____
4	Augustine Howard	11	Saint John P	_____
5	Ethan Whitaker	11	Trinity Christ.	_____
6	Freddy Barber	11	Benedictine	_____

Section 3 of 4 Finals

1	Avi Gupta	10	St. Christophers	_____
2	Brandon Morrow	9	Paul VI	_____
3	Nicholas Bouril	10	Saint John P	_____
4	Nick O'Donnell	12	Bishop O'Connell	_____
5	Davis Ottinger	12	Norfolk Academy	_____
6	Ben Wittkamp	11	Collegiate	_____

Section 4 of 4 Finals

1	Davian Burke	11	Banner Christian	_____
2	Cole Griswold	11	Potomac	_____
3	Jackson Edwards	12	Fork Union	_____
4	Xavier Mitchell	11	North Cross	_____
5	Andy Geiser	10	Paul VI	_____
6	Riley Dillon	12	Catholic	_____

Event 23 Girls 1000 Meter Run (31)

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Helena Fry	10	Saint John P	_____
2	Maggie Guild	9	Catholic	_____
3	Lucy Nunziata	11	Stonebridge	_____
4	Isabella Alicea	11	Saint John P	_____
5	Hannah Banks	9	Peninsula Cath.	_____
6	Stella Johnson	9	Norfolk Academy	_____
7	Eva Green	12	St. Catherines	_____
8	Anna Gravitt	12	Cape Henry	_____
9	Violet VonCanon	9	Veritas	_____

Section 2 of 3 Finals

1	Kendall Boggs	11	Collegiate	_____
2	Lauren Lanphear	9	Veritas	_____
3	Jenna Lanphear	9	Veritas	_____
4	Alyssa Pongracz	10	Peninsula Cath.	_____
5	Sophia Maglio	10	Episcopal	_____
6	Josie Nunziata	8	Stonebridge	_____
7	Sophie Sloan	10	Collegiate	_____
8	Hannah McClain	12	Isle of Wight	_____
9	Carol Earp	10	Norfolk Academy	_____
10	Julia Dean	10	Trinity Christ.	_____
11	Valentina Barrera	9	Saint John P	_____

Section 3 of 3 Finals

1	Cecelia Pugsley	12	Paul VI	_____
2	Kate Tuttle	11	Potomac	_____
3	Kerrigan Chaney	10	North Cross	_____
4	Abby Armstrong	12	St. Catherines	_____
5	Eve Frost	9	Stonebridge	_____
6	Nora Clingenpeel	10	Norfolk Academy	_____
7	Catherine Richards	10	Paul VI	_____
8	Virginia Harris	8	Collegiate	_____
9	Becca Galbraith	12	St. Catherines	_____
10	Jenna Pugsley	9	Paul VI	_____
11	Rachel Prince	9	Greenbrier	_____

Event 24 Boys 1000 Meter Run (22)

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Elijah Thompson	10	Saint John P	_____
2	Matthew Elliott	11	Saint John P	_____
3	Ethan Villaver	12	Paul VI	_____
4	Dylan White	11	North Cross	_____
5	Walker Angus	11	Collegiate	_____
6	Alex Dickenson	11	North Cross	_____
7	Travis Carroll	10	Norfolk Academy	_____
8	William Voss	11	Veritas	_____
9	Quinn Carroll	12	Norfolk Academy	_____
10	Bryan Bejarano	12	Norf. Collegiate	_____
11	Carson Cowburn	9	Episcopal	_____

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Section 2 of 2 Finals...(Event 24 Boys 1000 Meter Run (22))

1	Liam Sullivan	12	Norfolk Academy	_____
2	Ford Clark	12	St. Christophers	_____
3	Tate Frost	12	Stonebridge	_____
4	Charlie Ortmans	12	Potomac	_____
5	Calvin Dovgalyuk	10	Trinity Christ.	_____
6	Colin Crenshaw	12	Veritas	_____
7	Anderson Patry	12	Episcopal	_____
8	Stephen Proctor	12	St. Christophers	_____
9	Alex Mathews	11	Potomac	_____
10	Brandon Morrow	9	Paul VI	_____
11	Christopher Moscoso	10	Trinity Christ.	_____

Event 25 Girls 300 Meter Dash (36)

Lane	Name	Yr	School	Seed Time
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Section 1 of 6 Finals

1	Meredith Borcharding	9	Trinity Christ.	_____
2	Eila Crumlish	10	Trinity Episc.	_____
3	Maria Catalina O'Connor	10	Saint John P	_____
4	Emmy Gomoke	8	Stonebridge	_____
5	Cybil Murchie	11	Veritas	_____
6	Ryleigh Williams	10	Trinity Christ.	_____

Section 2 of 6 Finals

1	Sophia Van Zyl	10	Veritas	_____
2	Olivia D'Ambrosia	11	Collegiate	_____
3	Lauren Sutterfield	12	Catholic	_____
4	Emily Beggerow	9	Collegiate	_____
5	Riya Campbell	9	Stonebridge	_____
6	Emma Uncapher	9	Norfolk Academy	_____

Section 3 of 6 Finals

1	Piper Shannon	10	St. Catherines	_____
2	Natalie Anderson	12	Bishop O'Connell	_____
3	Jeylah Hamrick	11	Walsingham	_____
4	Sarah Busby	8	Stonebridge	_____
5	Teagan Engdahl	12	Catholic	_____
6	Adriana Walker	11	St. Catherines	_____

Section 4 of 6 Finals

1	Rylee Coates	9	Broadwater	_____
2	Annie Reed	10	Collegiate	_____
3	Kate Motley	12	Potomac	_____
4	Josie Saffold	10	Norfolk Academy	_____
5	Evie Miller	11	Trinity Christ.	_____
6	Samantha Rough	12	Bishop O'Connell	_____

Section 5 of 6 Finals

1	Angelina Lancey	12	Norfolk Academy	_____
2	Zoe Burke	12	Oakcrest	_____
3	Tiara Jenkins	10	Atlantic Shores	_____
4	Mackenzie Fulgham	11	Potomac	_____
5	Chayse Raymond	12	Bishop O'Connell	_____
6	Lexa Hunter	12	Catholic	_____

Section 6 of 6 Finals

1	Chinenye Obasi	10	Saint John P	_____
2	Ally Griswold	9	Potomac	_____
3	Hampton Turton	12	St. Catherines	_____
4	Alauna Rutland	12	Paul VI	_____
5	Elena Granados	11	Cape Henry	_____
6	Hannah Edwards	12	Isle of Wight	_____

Event 26 Boys 300 Meter Dash (29)

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

1	Andrew Fisher	11	Trinity Christ.	_____
2	Ronnie Barnes	11	Norfolk Christ.	_____
3	Moritz Mittendorfer	11	North Cross	_____
4	Ty Adamson	11	Cape Henry	_____
5	Javiar Ihde	12	Catholic	_____

Section 2 of 5 Finals

1	Nick O'Donnell	12	Bishop O'Connell	_____
2	Martin Chang	11	Woodberry	_____
3	Brady Colio	9	Paul VI	_____
4	Chad Greene-Miller	12	Bishop Ireton	_____
5	Ned Berkley	12	Norfolk Academy	_____
6	Dunning Gould	12	Collegiate	_____

Section 3 of 5 Finals

1	Landon Ellis	12	Woodberry	_____
2	Ian Cann	12	North Cross	_____
3	Josiah Malone	12	Atlantic Shores	_____
4	Antonio Schoenborn	11	Benedictine	_____
5	Ben Wittkamp	11	Collegiate	_____
6	Hunter Garnett	11	St. Christophers	_____

Section 4 of 5 Finals

1	Chris Joseph	12	Norfolk Christ.	_____
2	Bradley Cruthirds	11	St. Stephens	_____
3	Andrew Hart	11	Cape Henry	_____
4	Andy Geiser	10	Paul VI	_____
5	Charles Campbell	12	Fork Union	_____
6	Zahir Griffith	11	Norfolk Academy	_____

Section 5 of 5 Finals

1	Cole Griswold	11	Potomac	_____
2	William Hoffer	11	Trinity Episc.	_____
3	Nathan Sims	11	Trinity Episc.	_____
4	Robbie Handelsman	12	Woodberry	_____
5	Dylan Defoor	11	Norfolk Academy	_____
6	Xavier Mitchell	11	North Cross	_____

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Event 27 Girls 3200 Meter Run (20)

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Amelie Shepherd	10	Veritas	_____
2	Giles Ferrell	11	Collegiate	_____
3	Sarah Dake	12	Saint John P	_____
4	Leila Mateo	9	Catholic	_____
5	Zanna Anderson	12	St. Catherines	_____
6	Claire Hanley	10	St. Stephens	_____
7	Kilian Dziepak	12	Bishop O'Connell	_____
8	Sarah Coleman	12	Trinity Episc.	_____
9	Kayton Buerlein	12	St. Catherines	_____
10	Mary Lou Moore	12	Saint John P	_____

Section 2 of 2 Finals

1	Molly Weithman	11	Bishop O'Connell	_____
2	Josie Nunziata	8	Stonebridge	_____
3	Hannah Floyd	10	St. Stephens	_____
4	Rosie Ferrell	8	Collegiate	_____
5	Eve Frost	9	Stonebridge	_____
6	Caroline Wulff	11	St. Catherines	_____
7	Jane Earp	8	Norfolk Academy	_____
8	Arielle Kouyoumdjian	10	Potomac	_____
9	Anne Earp	11	Norfolk Academy	_____
10	MK Myers	12	Collegiate	_____

Event 28 Boys 3200 Meter Run (26)

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Anthony Lenzini	12	Bishop O'Connell	_____
2	Liam Kurzawa	10	St. Christophers	_____
3	Asher Green	9	St. Christophers	_____
4	Logan Beale	10	Paul VI	_____
5	Joshua Seidensticker	9	Catholic	_____
6	Max Zeldes	11	Potomac	_____
7	Jakob Gerlach	12	East. Mennonite	_____
8	Alex Fowler	11	Peninsula Cath.	_____
9	Jonah Zuckerman	11	Cape Henry	_____
10	Liam Moore	10	Collegiate	_____
11	Spencer Anthony	10	Trinity Episc.	_____
12	Aidan O'Flynn	9	Veritas	_____
13	Jackson Pretus	12	Fork Union	_____

Section 2 of 2 Finals

1	Charlie Ortmans	12	Potomac	_____
2	Taylor Myers	12	Woodberry	_____
3	James Bertram	11	Saint John P	_____
4	Tate Frost	12	Stonebridge	_____
5	Stan Craig	12	Collegiate	_____
6	Liam Sullivan	12	Norfolk Academy	_____
7	Jake Falcone	12	Walsingham	_____
8	Billy Driscoll	11	Peninsula Cath.	_____
9	Sasha Minsky	11	Potomac	_____
10	Macon Moring	12	St. Christophers	_____
11	Parker Tallman	11	Woodberry	_____
12	Liam Harbour	11	Collegiate	_____
13	Austin Colvin	10	Saint John P	_____

Event 29 Girls 4x400 Meter Relay (19)

Lane	Team	Relay	Seed Time
Section 1 of 4 Finals			
2	Stonebridge		_____
3	Peninsula Cath.		_____
4	North Cross		_____
Section 2 of 4 Finals			
2	Flint Hill		_____
3	Oakcrest		_____
4	Catholic		_____
5	Norfolk Christ.		_____

Section 3 of 4 Finals

1	East. Mennonite		_____
2	Veritas		_____
3	Collegiate		_____
4	Bishop O'Connell		_____
5	Episcopal		_____
6	Paul VI		_____

Section 4 of 4 Finals

1	Norfolk Academy		_____
2	Saint John P		_____
3	St. Catherines		_____
4	Potomac		_____
5	Trinity Christ.		_____
6	St. Stephens		_____

Event 30 Boys 4x400 Meter Relay (20)

Lane	Team	Relay	Seed Time
Section 1 of 4 Finals			
2	VA Episcopal		_____
3	Bishop Ireton		_____
4	St. Stephens		_____
Section 2 of 4 Finals			
1	North Cross		_____
2	Catholic		_____
3	Collegiate		_____
4	Peninsula Cath.		_____
5	Cape Henry		_____

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Section 3 of 4 Finals...(Event 30 Boys 4x400 Meter Relay (20))

- 1 East. Mennonite _____
- 2 Potomac _____
- 3 Bishop O'Connell _____
- 4 Woodberry _____
- 5 Paul VI _____
- 6 Norfolk Christ. _____

Section 4 of 4 Finals

- 1 Norfolk Academy _____
- 2 Saint John P _____
- 3 St. Christophers _____
- 4 Trinity Christ. _____
- 5 Fork Union _____
- 6 Episcopal _____