

VISAA Track & Field Championship - 5/17/2024 to 5/18/2024

Sports Backers Stadium

Results

Girls 100 Meter Dash Division I

Meet Record: 12.22 M 5/18/2019 Micayah Holland

Name	Yr	School	Prelims
Preliminaries			
1	Stiebel, Selah	12 Episcopal	12.71Q
2	Chance, Armani	10 Catholic Hig	12.71Q
3	Hughes, Madison	10 St. Stephen'	12.74Q
4	Versen, Lucy	10 Trinity Epis	12.89Q
5	Lookadoo, Hayley	11 St. Stephen'	12.99Q
6	Adams, Mia	10 Madeira Scho	12.99Q
7	Barabanov, Rose	9 The Potomac	13.01q
8	Bailey, Azaria	12 Collegiate	13.09q
9	Egan, Catherine	12 Oakcrest Sch	13.11
10	Martinez, Kyria	10 St. Gertrude	13.14
11	Walker, Adriana	12 Saint Cather	13.33
12	Lerner, Maria	10 The Potomac	13.35
13	Reed, Anwen	12 Flint Hill S	13.38
14	Meney, Carli	9 St. Anne's-B	13.56
15	Nelson, Ashlyn	9 Trinity Epis	13.56
16	Mosby, Jordan	12 Saint Cather	13.58
17	Armstrong, Leslie	11 Saint Cather	13.64
18	Monahan, Lucy	11 Oakcrest Sch	13.73
19	Dunn, Jazie	9 Collegiate	13.77
20	Appiah, Vicky	9 Episcopal	13.79
21	Horton, Michele	10 The Potomac	13.96

Girls 100 Meter Dash Division I

Meet Record: 12.22 M 5/18/2019 Micayah Holland

Name	Yr	School	Finals
Finals			
1	Versen, Lucy	10 Trinity Epis	12.56 10
2	Hughes, Madison	10 St. Stephen'	12.80 8
3	Stiebel, Selah	12 Episcopal	12.80 6
4	Adams, Mia	10 Madeira Scho	12.96 5
5	Chance, Armani	10 Catholic Hig	13.04 4
6	Lookadoo, Hayley	11 St. Stephen'	13.10 3
7	Barabanov, Rose	9 The Potomac	13.12 2
8	Bailey, Azaria	12 Collegiate	13.32 1

Girls 200 Meter Dash Division I

Meet Record: 24.74 M 5/15/2010 Emmy Fraenk

Name	Yr	School	Finals
Finals			
1	Versen, Lilly	12 Trinity Epis	25.66 10
2	Versen, Lucy	10 Trinity Epis	25.68 8
3	Fulgham, Mackenzie	12 The Potomac	25.84 6
4	Beggerow, Emily	10 Collegiate	26.47 5
5	Barabanov, Rose	9 The Potomac	26.51 4
6	Adams, Mia	10 Madeira Scho	26.90 3
7	Overdeck, Tenley	12 The Potomac	26.96 2
8	DelVecchio, Mary	11 Flint Hill S	27.12 1
9	Egan, Catherine	12 Oakcrest Sch	27.18
10	Reed, Anwen	12 Flint Hill S	27.28
11	Martinez, Kyria	10 St. Gertrude	27.48
12	Mosby, Jordan	12 Saint Cather	27.75

13	Meredith, Taylor	12 Saint Cather	27.92
14	Nelson, Ashlyn	9 Trinity Epis	28.04
15	Appiah, Vicky	9 Episcopal	28.08
16	Meney, Carli	9 St. Anne's-B	28.34
17	Monahan, Lucy	11 Oakcrest Sch	28.44
18	Dunn, Jazie	9 Collegiate	28.61
19	Semisch, Teagan	10 St. Gertrude	28.67
20	Bailey, Azaria	12 Collegiate	28.79
21	Sutton, Kennedy	10 Saint Cather	28.81

Girls 400 Meter Dash Division I

Meet Record: 56.45 M 5/18/2019 Catherine Hyman

Name	Yr	School	Finals
Finals			
1	Obasi, Chinenye	11 Saint John P	57.62 10
2	Fulgham, Mackenzie	12 The Potomac	57.68 8
3	Garrard, Emily	12 Episcopal	59.61 6
4	Scott, Lauren	12 St. Stephen'	1:00.41 5
5	Jones, Ainsleigh	9 Trinity Epis	1:00.73 4
6	DelVecchio, Mary	11 Flint Hill S	1:00.90 3
7	Everhart, Charlotte	11 The Potomac	1:01.15 2
8	Overdeck, Tenley	12 The Potomac	1:01.52 1
9	Beggerow, Emily	10 Collegiate	1:01.84
10	Moore, Aaris	8 Saint Cather	1:02.39
11	Borcharding, Meredith	10 Trinity Chri	1:03.08
12	Perkinson, Reagan	9 Trinity Epis	1:03.71
13	Stufflebeem, Ella	10 Norfolk Acad	1:03.75
14	Hsieh, Maggi	9 Trinity Chri	1:03.94
15	Mayer, Annabelle	9 Saint Cather	1:04.76
16	Myers, Allie	8 Trinity Chri	1:04.88
17	Paget-Brown, Chloe	11 St. Anne's-B	1:04.97
18	Fleming, Reese	10 Collegiate	1:05.03
19	Kennedy, Katie	12 Oakcrest Sch	1:05.05
20	Sutton, Kennedy	10 Saint Cather	1:05.50
21	Pemberton, Willow	11 St. Anne's-B	1:08.46
22	Shalva, Avital	9 Madeira Scho	1:09.48
23	Musselmani, Aya	11 Norfolk Acad	1:09.90

Girls 800 Meter Run Division I

Meet Record: 2:13.62 M 5/20/2006 Katie Doswell

Name	Yr	School	Finals
Finals			
1	Exley, Reagan	12 The Potomac	2:20.83 10
2	Tuttle, Kate	12 The Potomac	2:21.18 8
3	Harris, Virginia	9 Collegiate	2:22.33 6
4	Smith, Lane	12 Episcopal	2:24.79 5
5	Ferrell, Rosie	9 Collegiate	2:25.95 4
6	Rouse, Ali	10 St. Stephen'	2:29.59 3
7	Sloan, Sophie	11 Collegiate	2:30.08 2
8	Stoeter, Catherine	11 Saint John P	2:30.32 1
9	Roy, Nisha	9 Episcopal	2:35.79
10	Spiegeler, Erynn	11 Saint John P	2:36.03
11	Harty, Claire	10 Episcopal	2:36.10
12	Clemons, Piper	8 Saint Cather	2:36.33
13	Price, Kathryn	12 Saint Cather	2:36.47
14	Dake, Margaret	10 Saint John P	2:37.38

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Finals ... (Girls 800 Meter Run Division I)

Name	Yr	School	Finals
15 Sweda, Lianor	12	Oakcrest Sch	2:37.80
16 Dean, Julia	11	Trinity Chri	2:37.93
17 Earp, Jane	9	Norfolk Acad	2:38.14
18 Stufflebeem, Ella	10	Norfolk Acad	2:38.16
19 Moss, Maddy	12	Oakcrest Sch	2:40.94
20 Hensley, Ari	10	Trinity Chri	2:40.96
21 Windisch, Brynn	9	The Potomac	2:41.51
22 Harter, Emalene	12	Saint Cather	2:41.53
23 Marcus, Grace	11	Trinity Epis	2:44.33

Girls 1600 Meter Run Division I

Meet Record: 4:53.12 M 5/19/2023 Reese Dalton

Name	Yr	School	Finals
1 Exley, Reagan	12	The Potomac	5:12.71 10
2 Tuttle, Kate	12	The Potomac	5:12.98 8
3 Blaszak, Bridget	11	Collegiate	5:18.51 6
4 Wulff, Caroline	12	Saint Cather	5:19.62 5
5 Bayler, Annabel	10	Saint Cather	5:25.29 4
6 Myers, Caroline	11	Trinity Chri	5:27.54 3
7 Earp, Jane	9	Norfolk Acad	5:31.54 2
8 Spiegelner, Erynn	11	Saint John P	5:32.80 1
9 Matiunas, Charlotte	11	Episcopal	5:32.88
10 Bechtel, Tegan	9	Saint John P	5:43.86
11 Keffer, Allie	10	Norfolk Acad	5:43.93
12 Blackwood, Ellie	9	Collegiate	5:49.36
13 Kay, Madison	12	Norfolk Acad	5:55.21
14 Dean, Julia	11	Trinity Chri	5:59.35
15 Navitsky, Lydia	9	Episcopal	6:18.00

Girls 3200 Meter Run Division I

Meet Record: 10:47.43 M 5/17/2014 Molly McKenna

Name	Yr	School	Finals
1 Tuttle, Kate	12	The Potomac	11:09.49 10
2 Blaszak, Bridget	11	Collegiate	11:13.04 8
3 Wulff, Caroline	12	Saint Cather	11:29.26 6
4 Bayler, Annabel	10	Saint Cather	11:43.36 5
5 Myers, Caroline	11	Trinity Chri	11:45.69 4
6 McCoppin, Alyssa	9	Saint John P	11:58.02 3
7 Constandy, Karina	11	St. Stephen'	12:01.32 2
8 Lewis, Anne	9	Collegiate	12:04.41 1
9 Ferrell, Giles	12	Collegiate	12:10.08
10 Harris, Kailyn	8	Trinity Epis	12:22.83
11 Miller, Avery	10	The Potomac	12:26.94
12 Hensley, Ari	10	Trinity Chri	12:36.86
13 Carter, Eleanor	10	St. Anne's-B	12:39.96
14 Keffer, Allie	10	Norfolk Acad	12:40.11
15 Albanese, Gianna	10	Saint John P	12:45.91
16 Pemberton, Brynne	11	St. Anne's-B	12:51.20
17 Carter, Katrina	11	Saint John P	13:30.44
18 Carington, Grace	10	Saint Cather	13:34.76
19 Womack, Ellie	9	St. Anne's-B	13:36.24
20 Noel, Caitlyn	8	Trinity Chri	13:38.46

21 Martinez Ortega, Valeria 9 Madeira Scho 14:07.01

Girls 100 Meter Hurdles Division I

Meet Record: 14.73 M 5/15/2010 Shantell Bingham

Name	Yr	School	Prelims
1 Chance, Armani	10	Catholic Hig	15.35Q
2 Shannon, Piper	11	Saint Cather	15.64Q
3 Miller, Evie	12	Trinity Chri	16.48Q
4 Kulow, Taylor	9	Norfolk Acad	17.71Q
5 Torrence, Carter	9	Saint Cather	18.34Q
6 Vilela, Natalia	12	The Potomac	18.55Q
7 Nester, Helena	12	Flint Hill S	18.36q
8 Gatty, Aseye	11	Saint Cather	18.63q
9 VanRaaphorst, Lexie	9	Trinity Chri	18.92
10 Figaro, Taliyah	9	St. Stephen'	19.35
11 Nicholls, Amaya	11	St. Stephen'	19.45
12 Clarkson, Whitney	12	Collegiate	20.24

Girls 100 Meter Hurdles Division I

Meet Record: 14.73 M 5/15/2010 Shantell Bingham

Name	Yr	School	Finals
1 Chance, Armani	10	Catholic Hig	15.39 10
2 Shannon, Piper	11	Saint Cather	15.40 8
3 Miller, Evie	12	Trinity Chri	16.93 6
4 Kulow, Taylor	9	Norfolk Acad	18.04 5
5 Vilela, Natalia	12	The Potomac	18.46 4
6 Torrence, Carter	9	Saint Cather	18.47 3
7 Nester, Helena	12	Flint Hill S	18.52 2
8 Gatty, Aseye	11	Saint Cather	18.88 1

Girls 300 Meter Hurdles Division I

Meet Record: 44.03 M 5/18/2019 Willa Shannon

Name	Yr	School	Finals
1 Miller, Evie	12	Trinity Chri	47.92 10
2 Shannon, Piper	11	Saint Cather	47.93 8
3 Lookadoo, Hayley	11	St. Stephen'	49.64 6
4 Gatty, Aseye	11	Saint Cather	49.82 5
5 VanRaaphorst, Lexie	9	Trinity Chri	52.13 4
6 Nester, Helena	12	Flint Hill S	52.23 3
7 Vilela, Natalia	12	The Potomac	52.53 2
8 Ryan-Byrne, Rose	11	St. Anne's-B	53.56 1
9 O'Beirne, Charlotte	12	Oakcrest Sch	53.84
10 Torrence, Carter	9	Saint Cather	54.07
11 Clarkson, Whitney	12	Collegiate	55.60
12 Wu, Claire	12	Flint Hill S	55.98
13 Horton, Michele	10	The Potomac	56.04
14 Figaro, Taliyah	9	St. Stephen'	57.74
15 Sinclair, Autumn	9	Saint John P	59.39
16 Daub, Chloe	9	Collegiate	1:00.66

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Results

Girls 4x100 Meter Relay Division I

Meet Record: 49.49 M 5/16/2009 St. Stephen's & St. Agnes
Adelberg, Nelson, Cook, Jackson

Team	Relay	Finals
Finals		
1 Trinity Epis	A	49.62 10
1) Jones, Ainsleigh 9	2) Versen, Lilly 12	
3) Nelson, Ashlyn 9	4) Versen, Lucy 10	
2 Episcopal	A	49.97 8
1) Sawi, Ava 12	2) Appiah, Sophia 11	
3) Stiebel, Selah 12	4) Garrard, Emily 12	
3 St. Stephen'	A	50.56 6
1) DeVaughn, Farah 11	2) Hughes, Madison 10	
3) Lookadoo, Hayley 11	4) Scott, Lauren 12	
4 Saint Catherine's	A	50.83 5
1) Walker, Adriana 12	2) Mosby, Jordan 12	
3) Shannon, Piper 11	4) Meredith, Taylor 12	
5 The Potomac School	A	51.51 4
1) Horton, Michele 10	2) Sosnitsky, Maddie 9	
3) Lerner, Maria 10	4) Jackson, Julia 10	
6 Collegiate	A	53.06 3
1) Bailey, Azaria 12	2) Hailes, Harper 12	
3) Clarkson, Whitney 12	4) Coffey, Kyla 12	
7 St. Gertrude	A	53.23 2
1) Massie, Ella 10	2) Martinez, Kyria 10	
3) Barrafato, Gabby 12	4) Semisch, Teagan 10	
8 Trinity Chri	A	53.32 1
1) Stemple, Kailey 10	2) Jordan, Gabrielle 10	
3) Akintide, Derin 9	4) Borcharding, Meredith 10	
9 St. Anne's-B	A	53.80
1) Kamalsky, Taylor 11	2) Ryan-Byrne, Rose 11	
3) Johnston, Giada 9	4) Meney, Carli 9	
10 Madeira School	A	54.59
1) Adams, Mia 10	2) Anyanwu, Natachi 11	
3) Souza, Lais 11	4) Thomas, Nia 11	
11 Norfolk Academy	A	55.14
1) Beverly, Shelby 12	2) Staub, Anne Randolph 11	
3) Collenberg, Whitney 12	4) Chaing, Noelle 12	
12 Flint Hill School	A	55.98
1) Wu, Claire 12	2) Smith, Skylar 12	
3) Robertson, Boston 10	4) Nester, Helena 12	
13 Catholic High School	A	58.44
1) Eason, Emily 12	2) Lock, Sara 11	
3) Dimino, Annemarie 9	4) Lundquist, Anya 9	

Girls 4x400 Meter Relay Division I

Meet Record: 3:57.97 M 5/18/2019 Saint Catherine's
H. Turton, H. Ballowe, W. Shannon, A. Gurkin

Team	Relay	Finals
Finals		
1 The Potomac School	A	4:06.71 10
1) Overdeck, Tenley 12	2) Barabanov, Rose 9	
3) Everhart, Charlotte 11	4) Fulgham, Mackenzie 12	

2 Trinity Chri	A	4:11.28 8
1) Miller, Evie 12	2) Hsieh, Maggi 9	
3) Dean, Julia 11	4) Borcharding, Meredith 10	
3 Collegiate	A	4:13.49 6
1) Fleming, Reese 10	2) Ferrell, Rosie 9	
3) Beggerow, Emily 10	4) Harris, Virginia 9	
4 Episcopal	A	4:15.33 5
1) Smith, Lane 12	2) Appiah, Sophia 11	
3) Garrard, Emily 12	4) Sawi, Ava 12	
5 St. Stephen'	A	4:16.84 4
1) Hughes, Madison 10	2) McGoldrick, Sylvie 9	
3) Rouse, Ali 10	4) Schneider, Ella 9	
6 Trinity Epis	A	4:22.52 3
1) Perkinson, Reagan 9	2) Jones, Ainsleigh 9	
3) Hiller, Shannon 12	4) Crumlish, Eila 11	
7 Saint John P	A	4:23.47 2
1) Petras, Melissa 11	2) Tenorio, Kahlen 9	
3) Spiegelner, Erynn 11	4) Obasi, Chinenye 11	
8 Saint Catherine's	A	4:23.50 1
1) Armstrong, Leslie 11	2) Mayer, Annabelle 9	
3) Cary, Wallace 11	4) Walker, Adriana 12	
9 Flint Hill School	A	4:31.78
1) Reed, Anwen 12	2) Robertson, Boston 10	
3) Smith, Skylar 12	4) DelVecchio, Mary 11	
10 Oakcrest School	A	4:33.60
1) O'Beirne, Charlotte 12	2) Kennedy, Katie 12	
3) Sweda, Lianor 12	4) Diller, Bethany 11	
11 Norfolk Academy	A	4:33.64
1) Collenberg, Whitney 12	2) Kay, Madison 12	
3) Musselmani, Aya 11	4) Stufflebeem, Ella 10	
12 St. Anne's-B	A	4:38.31
1) Paget-Brown, Chloe 11	2) Pemberton, Willow 11	
3) Druzgal, Keira 10	4) Pemberton, Brynne 11	

Girls 4x800 Meter Relay Division I

Meet Record: 9:42.36 M 5/19/2018 Episcopal High School
C. Boehm, A. Boehm, R. Simmons, P. Hathaway

Team	Relay	Finals
Finals		
1 Collegiate	A	9:47.21 10
1) Boyer, Macy 10	2) Ferrell, Giles 12	
3) Ferrell, Rosie 9	4) Harris, Virginia 9	
2 The Potomac School	A	9:53.37 8
1) Windisch, Brynn 9	2) Lu, Ella 11	
3) Mizzo, Kaida 9	4) Exley, Reagan 12	
3 Saint John P	A	9:57.92 6
1) Bechtel, Tegan 9	2) Petras, Melissa 11	
3) Stoeter, Catherine 11	4) McCoppin, Alyssa 9	
4 Saint Catherine's	A	10:06.17 5
1) Bayler, Annabel 10	2) Harter, Emalene 12	
3) Clemons, Piper 8	4) McKay, Abigail 9	
5 Episcopal	A	10:07.07 4
1) Smith, Lane 12	2) Harty, Claire 10	
3) Roy, Nisha 9	4) Navitsky, Lydia 9	

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Finals ... (Girls 4x800 Meter Relay Division I)

Team	Relay	Finals
6 St. Stephen'	A	10:36.74 3
1) Rouse, Ali 10	2) McGoldrick, Sylvie 9	
3) Sherner, Grace 12	4) Constandy, Karina 11	
7 Trinity Chri	A	10:55.04 2
1) Hensley, Ari 10	2) Hanna, Katherine 12	
3) Noel, Caitlyn 8	4) Hsieh, Maggi 9	
8 Catholic High School	A	11:23.56 1
1) Gebler, Bella 12	2) Cahill, Ellie 11	
3) Ankley, Sara 10	4) Rose, Olivia 10	
9 Trinity Epis	A	11:27.43
1) Marcus, Grace 11	2) Heston, Molly 10	
3) Sibley, Olivia 12	4) Holloway, Ella 11	
10 Madeira School	A	11:29.99
1) Martinez Ortega, Valeria 9	2) Tse, Olivia 11	
3) Shepherd, Katie 9	4) Shalva, Avital 9	
11 St. Anne's-B	A	11:32.63
1) Carter, Eleanor 10	2) Womack, Ellie 9	
3) Lyman, Ivy 11	4) Jingo, Natalie 10	
12 Oakcrest School	A	12:20.27
1) Stuhldrehr, Rosemary 9	2) Marx, Ellie 10	
3) Cahill, Kate 10	4) Haslam, Isabel 10	

Girls High Jump Division I

Meet Record: 5-05 M 1981 Pease
 Meet Record: 5-05 5/17/2014 Nadia Khoury

Name	Yr	School	Finals
Finals			
1 Kulow, Taylor	9	Norfolk Acad	5-00.00 10
2 Coffey, Kyla	12	Collegiate	4-10.00 8
3 Hailes, Harper	12	Collegiate	J4-10.00 6
4 Lookadoo, Hayley	11	St. Stephen'	4-08.00 5
5 Clarkson, Whitney	12	Collegiate	4-06.00 4
6 Horton, Michele	10	The Potomac	J4-06.00 3
7 Armstrong, Leslie	11	Saint Cather	J4-06.00 2
8 Vilela, Natalia	12	The Potomac	4-04.00 0.5
8 Ledger, Emily	9	St. Anne's-B	4-04.00 0.5
--- Moro Kluskova, Dana	11	St. Anne's-B	NH
--- Chance, Armani	10	Catholic Hig	NH

Girls Pole Vault Division I

Meet Record: 11-10 M 5/21/2022 Lauren Lucy

Name	Yr	School	Finals
Finals			
1 Smullen, Madelyn	10	Saint Cather	10-00.00 10
2 Bailey, Azaria	12	Collegiate	9-06.00 8
3 Braxton, Claire	10	Episcopal	9-00.00 6
4 Kuhlen, Annie	8	Saint Cather	J9-00.00 5
5 Mayr, Abby	12	Collegiate	8-06.00 4
6 Staub, Anne Randolph	11	Norfolk Acad	7-06.00 3
7 Clemons, Piper	8	Saint Cather	7-00.00 2
8 Moro Kluskova, Dana	11	St. Anne's-B	J7-00.00 1
9 Collenberg, Whitney	12	Norfolk Acad	J7-00.00
10 Noble, Abby	12	St. Anne's-B	6-06.00
11 Staub, Lucy	11	Norfolk Acad	6-00.00

Girls Long Jump Division I

Meet Record: 18-04.50 M 1995 Miller

Name	Yr	School	Finals
Finals			
1 Chance, Armani	10	Catholic Hig	17-10.00 10
2 Obasi, Chinenye	11	Saint John P	17-00.50 8
3 Bailey, Azaria	12	Collegiate	15-11.25 6
4 Horton, Michele	10	The Potomac	15-09.00 5
5 Smith, Chloe	11	Episcopal	15-07.00 4
6 Gatty, Aseye	11	Saint Cather	15-04.75 3
7 Kennedy, Katie	12	Oakcrest Sch	15-01.25 2
8 Coffey, Kyla	12	Collegiate	15-00.50 1
9 Jackson, Julia	10	The Potomac	14-11.75
10 McKay, Abigail	9	Saint Cather	14-09.75
11 Cotman, Morgan	9	Collegiate	14-07.00
12 Kulow, Taylor	9	Norfolk Acad	14-06.50
13 Moore, Aaris	8	Saint Cather	14-06.00
14 Jordan, Gabrielle	10	Trinity Chri	14-03.50
15 Tenorio, Kahlen	9	Saint John P	13-11.50
16 Souza, Lais	11	Madeira Scho	13-05.50
17 DeVaughn, Farah	11	St. Stephen'	13-02.50

Girls Triple Jump Division I

Meet Record: 39-09.25 M 5/17/2008 Nefertiti Smith

Name	Yr	School	Finals
Finals			
1 Chance, Armani	10	Catholic Hig	35-01.50 10
2 Gatty, Aseye	11	Saint Cather	34-10.00 8
3 Horton, Michele	10	The Potomac	33-09.50 6
4 Kulow, Taylor	9	Norfolk Acad	33-01.00 5
5 Jordan, Gabrielle	10	Trinity Chri	31-05.50 4
6 Carradice, Katie	11	Trinity Chri	30-09.50 3
7 Nicholls, Amaya	11	St. Stephen'	30-07.25 2
8 O'Beirne, Charlotte	12	Oakcrest Sch	30-06.00 1
9 Tenorio, Kahlen	9	Saint John P	30-01.00
10 Stanwix, Lily	11	Collegiate	29-07.75
11 Noble, Abby	12	St. Anne's-B	29-07.00
12 McKay, Abigail	9	Saint Cather	29-05.50
13 Jackson, Julia	10	The Potomac	29-04.50
14 Kurzawa, Chloe	9	Saint Cather	29-02.75
15 Beverly, Shelby	12	Norfolk Acad	28-09.75
16 DeVaughn, Farah	11	St. Stephen'	28-07.25
17 Chaing, Noelle	12	Norfolk Acad	27-05.00
--- Tran, Michelle	8	Collegiate	FOUL
--- Smith, Chloe	11	Episcopal	FOUL

Girls Shot Put Division I

Meet Record: 40-05 M 5/17/2008 Jessica Watkins

Name	Yr	School	Finals
Finals			
1 Reese, Ava	11	Episcopal	36-06.50 10
2 Pollio, Sophie	12	Norfolk Acad	33-06.50 8
3 Delmore, Bre	12	St. Anne's-B	32-00.50 6
4 Harvey, Chanel	12	Flint Hill S	31-10.00 5
5 Stevens, Clara	12	Flint Hill S	31-06.00 4

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Finals ... (Girls Shot Put Division I)

Name	Yr	School	Finals
6 Wills, Lydia	9	Saint Cather	29-07.00 3
7 Duncan, Rachel	12	Collegiate	29-04.00 2
8 Maurer, Emily	10	St. Anne's-B	28-10.25 1
9 Miles, Chloe	12	Collegiate	28-08.00
10 Goin, Naheema	10	St. Stephen'	28-02.50
11 Panko, Mack	12	Norfolk Acad	28-02.25
12 Bailey, Mary Mae	12	Trinity Chri	28-01.25
13 Miller, Ariana	12	Saint Cather	27-10.00
14 McNichols, Mary	9	Oakcrest Sch	27-08.50
15 Jameson, Isobella	12	Saint John P	27-06.00
16 Tierney, Emerson	11	Saint Cather	27-04.50
17 Lundquist, Anya	9	Catholic Hig	27-02.25
18 Dhillon, Anjun	12	Collegiate	26-04.00
19 Brandwein, Julia	12	Catholic Hig	26-03.00
20 Burnell-Grant, Kaiya	12	Norfolk Acad	24-07.25
21 Greene, Kerri	12	The Potomac	24-00.50
22 Kovac, Angelina	9	Saint John P	21-06.50

Girls Discus Throw Division I

Meet Record: 134-07 M 5/20/2023 Gabi Deglau

Name	Yr	School	Finals
1 Reese, Ava	11	Episcopal	115-00 10
2 Jameson, Isobella	12	Saint John P	111-11 8
3 Tierney, Emerson	11	Saint Cather	109-05 6
4 Kovac, Angelina	9	Saint John P	109-04 5
5 Maurer, Emily	10	St. Anne's-B	106-09 4
6 Stevens, Clara	12	Flint Hill S	93-01 3
7 Burnell-Grant, Kaiya	12	Norfolk Acad	92-06 2
8 Delmore, Bre	12	St. Anne's-B	88-11 1
9 Sumpter, Emmy	11	Saint Cather	88-04
10 Dhillon, Anjun	12	Collegiate	85-01
11 Pollio, Sophie	12	Norfolk Acad	84-01
12 Yaroschak, Irene	12	Trinity Chri	82-02
13 Duncan, Rachel	12	Collegiate	81-08
14 Bailey, Mary Mae	12	Trinity Chri	79-06
15 Lamson, Karen	10	St. Stephen'	70-11
16 McNichols, Mary	9	Oakcrest Sch	70-03
17 Panko, Mack	12	Norfolk Acad	68-11
18 Carr, Mary	11	Oakcrest Sch	68-08
19 Kaleda, Caroline	11	The Potomac	67-11
20 Harvey, Chanel	12	Flint Hill S	65-01
21 Wills, Lydia	9	Saint Cather	61-06

Boys 100 Meter Dash Division I

Meet Record: 10.53 M 5/21/2016 Michael Davenport

Name	Yr	School	Prelims
1 White, Maddox	10	St. Christop	10.72Q
2 King, Andrew	12	Flint Hill S	10.88Q
3 Phillips, Reed	11	Episcopal	11.04Q
4 Morrison, John	10	Woodberry Fo	11.12Q
5 Robinson, Sheldon	11	Woodberry Fo	11.07q
6 Zollar, Jacob	12	St. Christop	11.12q

7 Defoor, Dylan	12	Norfolk Acad	11.15q
8 Adamson, Ty	12	Cape Henry C	11.17q
9 Enoch, Ty	12	St. Anne's-B	11.17
10 Chang, Martin	12	Woodberry Fo	11.21
11 Johnson, Malik	12	Episcopal	11.30
12 Gosline, Addison	11	St. Christop	11.32
13 Allen, Zion	9	Episcopal	11.36
14 Taylor, Max	12	St. Anne's-B	11.43
15 McCalla, Amare	12	Catholic Hig	11.45
16 Davis, Xay	11	Collegiate	11.45
17 Mason, Deuce	9	Trinity Epis	11.48
18 Boucher-Zazzaro, Luke	11	Fork Union	11.55
19 Calkins, Stephen	10	The Potomac	11.58
20 Kittrel, Isaiah	10	Fork Union	11.64
21 McNeal, Victor	11	Flint Hill S	11.66
22 Tokan-Lawal, Oreoluwa	11	Collegiate	11.69
23 Witt, Alex	11	Catholic Hig	11.69
24 Griffith, Zahir	12	Norfolk Acad	11.71
25 Stewart, Bryce	11	Flint Hill S	11.72
26 Dais, Donovan	11	The Potomac	11.80
27 McDaniel, Isaiah	10	Fork Union	11.89
28 Edwards, Terrance	12	Trinity Epis	12.02

Boys 100 Meter Dash Division I

Meet Record: 10.53 M 5/21/2016 Michael Davenport

Name	Yr	School	Finals
1 White, Maddox	10	St. Christop	10.74 10
2 King, Andrew	12	Flint Hill S	10.81 8
3 Defoor, Dylan	12	Norfolk Acad	11.05 6
4 Phillips, Reed	11	Episcopal	11.10 5
5 Robinson, Sheldon	11	Woodberry Fo	11.13 4
6 Morrison, John	10	Woodberry Fo	11.14 3
7 Zollar, Jacob	12	St. Christop	11.17 2
8 Adamson, Ty	12	Cape Henry C	11.23 1

Boys 200 Meter Dash Division I

Meet Record: 21.32 M 5/18/2019 Curtis Borden

Name	Yr	School	Finals
1 Phillips, Reed	11	Episcopal	21.98 10
2 Defoor, Dylan	12	Norfolk Acad	22.12 8
3 Zollar, Jacob	12	St. Christop	22.41 6
4 Adamson, Ty	12	Cape Henry C	22.48 5
5 Griswold, Cole	12	The Potomac	22.59 4
6 Morrison, John	10	Woodberry Fo	22.66 3
7 Chang, Martin	12	Woodberry Fo	22.73 2
8 Allen, Zion	9	Episcopal	22.75 1
9 Nti, Kevin	11	Woodberry Fo	22.82
10 Ofori-Ansah, Judah	11	Episcopal	22.88
11 Calkins, Stephen	10	The Potomac	22.92
12 Garnett, Hunter	12	St. Christop	23.13
13 Enoch, Ty	12	St. Anne's-B	23.20
14 Hnath, Jackson	11	Norfolk Acad	23.21
15 Kittrel, Isaiah	10	Fork Union	23.28
16 Sims, Nathan	12	Trinity Epis	23.58

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Finals ... (Boys 200 Meter Dash Division I)

Name	Yr	School	Finals
17 Cruthirds, Bradley	12	St. Stephen'	23.70
18 Boucher-Zazzaro, Luke	11	Fork Union	24.73

Boys 400 Meter Dash Division I

Meet Record: 48.34 M 1966 Calhoun

Name	Yr	School	Finals
Finals			
1 Sims, Nathan	12	Trinity Epis	49.46 10
2 White, Maddox	10	St. Christop	49.95 8
3 Dhillon, Armaan	11	Saint John P	50.00 6
4 Griswold, Cole	12	The Potomac	50.60 5
5 Whiteside, Kaydan	8	Fork Union	51.28 4
6 Shepard, Mekyi	11	Fork Union	51.33 3
7 Xantus, Gabriel	11	Saint John P	51.38 2
8 Wittkamp, Ben	12	Collegiate	51.44 1
9 Matthews, Shaun	10	Fork Union	51.71
10 Cruthirds, Bradley	12	St. Stephen'	51.92
11 Mazeika, Marius	12	Woodberry Fo	51.95
12 Obasi, Tobechei	10	Saint John P	52.70
13 Mayer, Coleman	9	St. Christop	52.78
14 Lee, Ve	12	The Potomac	53.37
15 Sosnitsky, JP	11	The Potomac	53.38
16 Smith, Jack	11	Collegiate	54.00
17 Spencer, Miles	10	St. Stephen'	54.29
18 Schoenborn, Antonio	12	Benedictine	54.56
19 Galgano, James	11	Collegiate	54.74
20 Wood, Sam	11	St. Anne's-B	54.77
21 Noble, Matthew	11	St. Christop	55.23
22 Tragert, Owen	8	Cape Henry C	55.26
23 Melton, Zaidien	10	Woodberry Fo	55.55
24 Caplan, Hayden	10	Cape Henry C	56.45

Boys 800 Meter Run Division I

Meet Record: 1:52.87 M 5/18/2019 Liam Bellamy

Name	Yr	School	Finals
Finals			
1 McKnew, Michael	10	Cape Henry C	1:58.29 10
2 Thompson, Elijah	11	Saint John P	2:00.55 8
3 Howard, Augustine	12	Saint John P	2:00.59 6
4 Dalva-Baird, Zach	11	The Potomac	2:01.40 5
5 Warui, Abraham	11	Woodberry Fo	2:03.23 4
6 Everson, Alexander	10	Saint John P	2:03.53 3
7 Mayer, Patrick	12	St. Christop	2:03.86 2
8 Eaton, David	9	Fork Union	2:03.88 1
9 London, James	11	St. Stephen'	2:04.26
10 Mathews, Alex	12	The Potomac	2:05.90
11 Guzik, Finn	9	Norfolk Acad	2:07.03
12 Smith, Noah	9	St. Christop	2:08.98
13 Hope, Charles	12	Norfolk Acad	2:10.72
14 Adams, Jonah	12	St. Stephen'	2:11.74
15 Levine, Eli	10	The Potomac	2:13.31
16 Angus, Walker	12	Collegiate	2:13.47
17 Hutchens, Charlie	11	Flint Hill S	2:15.33
18 Aggarwal, Ashwin	12	Collegiate	2:15.77

19 Mathews, Beauford 11 St. Christop 2:16.73

Boys 1600 Meter Run Division I

Meet Record: 4:10.24 M 1976 Ledder (Mile)

Name	Yr	School	Finals
Finals			
1 McKnew, Michael	10	Cape Henry C	4:21.66 10
2 Thompson, Elijah	11	Saint John P	4:25.94 8
3 Tallman, Parker	12	Woodberry Fo	4:26.31 6
4 Bertram, James	12	Saint John P	4:26.48 5
5 Warui, Abraham	11	Woodberry Fo	4:28.47 4
6 Green, Asher	10	St. Christop	4:31.34 3
7 Minsky, Sasha	12	The Potomac	4:32.88 2
8 Carter, Luke	10	The Potomac	4:36.16 1
9 Seidensticker, Joshua	10	Catholic Hig	4:36.44
10 Altschuler, Noah	11	The Potomac	4:37.12
11 Callahan, Robert	10	Fork Union	4:38.57
12 Miller, Stephen	12	Saint John P	4:40.31
13 Lewis, Bolling	12	Collegiate	4:41.26
14 Nguyen, Long	9	St. Christop	4:44.35
15 Bibeau, Sam	12	Norfolk Acad	4:55.50

Boys 3200 Meter Run Division I

Meet Record: 9:06.64 M 1976 Layman (Two Mile)

Name	Yr	School	Finals
Finals			
1 Minsky, Sasha	12	The Potomac	9:43.33 10
2 Bertram, James	12	Saint John P	9:50.26 8
3 Tallman, Parker	12	Woodberry Fo	9:51.76 6
4 Colvin, Austin	11	Saint John P	9:53.53 5
5 Waidelich, Matthew	10	Trinity Epis	10:05.99 4
6 King, Marcus	12	St. Stephen'	10:07.64 3
7 Eaton, David	9	Fork Union	10:13.39 2
8 Moore, Liam	11	Collegiate	10:13.60 1
9 Harbour, Liam	12	Collegiate	10:18.89
10 Moser, Trip	10	The Potomac	10:22.75
11 Altschuler, Noah	11	The Potomac	10:27.61
12 Pieron, Jaydn	12	Fork Union	10:30.83
13 Dobson, Louis	10	Saint John P	10:34.52
14 Lewis, Bolling	12	Collegiate	10:34.62
15 Young, Jeremy	12	St. Stephen'	10:34.65
16 Bibeau, Sam	12	Norfolk Acad	10:38.71
17 Jay, Morgan	10	Woodberry Fo	10:39.20
18 Coleman, Nicholas	10	Fork Union	10:40.09
19 O'Connor, Bart	11	St. Stephen'	10:45.12
20 McDonnell, Declan	11	St. Christop	10:47.03
21 Fowler, Nicholas	12	St. Anne's-B	11:10.96
--- Green, Asher	10	St. Christop	DNF

Boys 110 Meter Hurdles Division I

Meet Record: 14.42 M 5/20/2000 Steven McDonnough

Name	Yr	School	Prelims
Preliminaries			
1 Momolu, Harry	12	Fork Union	14.78Q
2 Clark, Jarrett	12	Woodberry Fo	15.72Q
3 Rivera, Carlos	11	Woodberry Fo	16.12Q

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Preliminaries ... (Boys 110 Meter Hurdles Division I)

Name	Yr	School	Prelims
4 Dodson, Durham	11	St. Christop	16.49Q
5 Olesen, Victor	10	St. Christop	16.16Q
6 Ireland, Briggs	12	St. Christop	16.73Q
7 Figaro, Tawon	10	St. Stephen'	16.84q
8 Tan, Tommy	12	Norfolk Acad	16.86q
9 Turner, Mark	12	St. Stephen'	17.33
10 Dillon, Ben	11	Catholic Hig	18.93

Boys 110 Meter Hurdles Division I

Meet Record: 14.42 M 5/20/2000 Steven McDonnough

Name	Yr	School	Finals
1 Momolu, Harry	12	Fork Union	14.70 10
2 Clark, Jarrett	12	Woodberry Fo	15.50 8
3 Ireland, Briggs	12	St. Christop	15.90 6
4 Dodson, Durham	11	St. Christop	15.98 5
5 Olesen, Victor	10	St. Christop	16.02 4
6 Figaro, Tawon	10	St. Stephen'	16.92 3
7 Tan, Tommy	12	Norfolk Acad	17.06 2

Boys 300 Meter Hurdles Division I

Meet Record: 38.51 M 5/21/2022 Albert Asare

Name	Yr	School	Finals
1 Momolu, Harry	12	Fork Union	39.93 10
2 Clark, Jarrett	12	Woodberry Fo	40.82 8
3 Tan, Tommy	12	Norfolk Acad	42.40 6
4 Lee, Emmet	12	Flint Hill S	42.83 5
5 Jackson, Alex	9	Fork Union	42.98 4
6 Dodson, Durham	11	St. Christop	43.15 3
7 Figaro, Tawon	10	St. Stephen'	44.08 2
8 Turner, Mark	12	St. Stephen'	44.24 1
9 Rivera, Carlos	11	Woodberry Fo	44.41
10 Parks, Carson	10	Trinity Epis	44.62
11 Jones, Elan	11	Flint Hill S	45.76
12 Garcia, Ethan	10	Saint John P	45.95
13 Dillon, Ben	11	Catholic Hig	47.00

Boys 4x100 Meter Relay Division I

Meet Record: 41.68 M 5/20/2023 Woodberry Forest

L. Ellis, J. Ferguson, S. Robinson, R. Handelsman

Team	Relay	Finals
1 Woodberry Forest	A	42.46 10
1) Chang, Martin 12	2) Morrison, John 10	
3) Robinson, Sheldon 11	4) Ferguson, Jaden 12	
2 Episcopal	A	43.31 8
1) Phillips, Reed 11	2) Allen, Zion 9	
3) Ofori-Ansah, Judah 11	4) Johnson, Malik 12	
3 St. Christopher's	A	43.65 6
1) Garnett, Hunter 12	2) Asare, Elisha 10	
3) Gosline, Addison 11	4) Zollar, Jacob 12	

4 Fork Union	A	44.30 5
1) Kittrel, Isaiah 10	2) McDaniel, Isaiah 10	
3) Matthews, Shaun 10	4) Boucher-Zazzaro, Luke 11	
5 Flint Hill School	A	44.35 4
1) Stewart, Bryce 11	2) King, Andrew 12	
3) Desir, Andrew 9	4) McNeal, Victor 11	
6 The Potomac School	A	44.36 3
1) Calkins, Stephen 10	2) Sosnitsky, JP 11	
3) Dais, Donovan 11	4) Giuliano, Michael 11	
7 Norfolk Academy	A	44.54 2
1) Tan, Tommy 12	2) Griffith, Zahir 12	
3) Grunwald, John 12	4) Hnath, Jackson 11	
8 Saint John P	A	44.63 1
1) Xantus, Gabriel 11	2) Obasi, Tobechi 10	
3) Inthavong, Sengsavath 11	4) Dhillon, Armaan 11	
9 St. Anne's-B	A	44.79
1) Holmes, Nasir 12	2) Taylor, Max 12	
3) Miller, Omar 12	4) Enoch, Ty 12	
10 Catholic High School	A	45.34
1) Witt, Alex 11	2) Scott, Arick 10	
3) McCalla, Amare 12	4) Burnham, Seth 12	
--- Collegiate	A	DQ
1) Brown, Heath 11	2) Anderson, Brandon 11	
3) Tokan-Lawal, Oreoluwa 11	4) Davis, Xay 11	
--- Trinity Epis	A	DQ
1) Rainer, Kha 9	2) Woodson, Stephon 12	
3) Edwards, Terrance 12	4) Mason, Deuce 9	

Boys 4x400 Meter Relay Division I

Meet Record: 3:22.44 M 5/19/2012 Woodberry Forest

J Yellets, R Pivovarnik, M Kelley, E Ways

Team	Relay	Finals
1 Saint John P	A	3:27.30 10
1) Xantus, Gabriel 11	2) Obasi, Tobechi 10	
3) Everson, Alexander 10	4) Dhillon, Armaan 11	
2 St. Christopher's	A	3:28.62 8
1) White, Maddox 10	2) Mayer, Coleman 9	
3) Asare, Elisha 10	4) Gupta, Avi 11	
3 Fork Union	A	3:30.45 6
1) Momolu, Harry 12	2) Matthews, Shaun 10	
3) Whiteside, Kaydan 8	4) Shepard, Mekyi 11	
4 Norfolk Academy	A	3:30.50 5
1) Hnath, Jackson 11	2) Defoor, Dylan 12	
3) Griffith, Zahir 12	4) Guzik, Finn 9	
5 The Potomac School	A	3:31.83 4
1) Lee, Ve 12	2) Dais, Donovan 11	
3) Griswold, Cole 12	4) Mathews, Alex 12	
6 Collegiate	A	3:34.64 3
1) Smith, Jack 11	2) Brown, Heath 11	
3) Foster, Bishop 11	4) Wittkamp, Ben 12	
7 Episcopal	A	3:38.12 2
1) Bastos, Nate 12	2) Garcia, Myles 9	
3) Morris, Penn 9	4) Johnson, Malik 12	

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Finals ... (Boys 4x400 Meter Relay Division I)

Team	Relay	Finals
8 Woodberry Forest	A	3:38.69 1
1) Nti, Kevin 11	2) Cole, Max 11	
3) Mazeika, Marius 12	4) Andrews, Kenan 11	
9 St. Stephen'	A	3:39.87
1) Adams, Jonah 12	2) Cruthirds, Bradley 12	
3) Figaro, Tawon 10	4) Spencer, Miles 10	
10 Catholic High School	A	3:42.26
1) Acevedo, Raul 11	2) Seidensticker, Joshua 10	
3) Witt, Alex 11	4) McCalla, Amare 12	
11 St. Anne's-B	A	3:47.28
1) Kelly, Jack 9	2) Noble, Carson 11	
3) DeMaio, Ryan 11	4) Wood, Sam 11	
12 Flint Hill School	A	3:51.92
1) Desir, Andrew 9	2) Parkes-Johnson, David 10	
3) Schone, Bensten 9	4) Hammond, Noah 11	

Boys 4x800 Meter Relay Division I

Meet Record: 7:54.66 M 5/18/2013 Fork Union

N Okaah, R Garver, P Lomong, A Lomong

Team	Relay	Finals
1 The Potomac School	A	8:15.82 10
1) Levine, Eli 10	2) Dalva-Baird, Zach 11	
3) Minsky, Sasha 12	4) Mathews, Alex 12	
2 St. Christopher's	A	8:20.35 8
1) Mayer, Patrick 12	2) Smith, Noah 9	
3) Mathews, Beauford 11	4) Gupta, Avi 11	
3 Saint John P	A	8:22.52 6
1) Garcia, Ethan 10	2) Thompson, Jacob 10	
3) Elliott, Matthew 12	4) Everson, Alexander 10	
4 St. Stephen'	A	8:37.30 5
1) Adams, Jonah 12	2) King, Marcus 12	
3) Young, Jeremy 12	4) London, James 11	
5 Collegiate	A	8:43.44 4
1) Phillips, Baxter 10	2) Aggarwal, Ashwin 12	
3) Angus, Walker 12	4) Harbour, Liam 12	
6 Norfolk Academy	A	8:51.96 3
1) Hope, Charles 12	2) Bibeau, Sam 12	
3) Zito, Isaac 10	4) Nelson, Holden 12	
7 St. Anne's-B	A	9:01.51 2
1) Cheng, Alex 12	2) DeMaio, Ryan 11	
3) Fowler, Nicholas 12	4) Collins, Courtney 11	
8 Woodberry Forest	A	9:03.26 1
1) McDonald, Collin 11	2) Bell, Wylly 10	
3) Zanone, Henry 12	4) Kajubi, Danny 11	
9 Trinity Epis	A	9:04.90
1) Gammino, Roman 11	2) Muniz, Jonah 11	
3) Tetterton, Tucker 11	4) Roussy, Mathias 11	
10 Catholic High School	A	9:06.60
1) Acevedo, Raul 11	2) Villasis, Alex 10	
3) Averill, Sammay 12	4) Bovatsek, William 11	
11 Flint Hill School	A	9:10.25
1) Hutchens, Charlie 11	2) Schone, Bensten 9	
3) Hammond, Noah 11	4) Dinan, Sina 9	

12 Fork Union	A	9:19.93
1) Walsh, Malachi 11	2) Vanderweide, Godwin 10	
3) Currey, Gordon 12	4) Ginty, Jayden 12	

Boys High Jump Division I

Meet Record: 6-08.50 M 5/16/2009 Ben Katz

Name	Yr	School	Finals
Finals			
1 Ferguson, Jaden	12	Woodberry Fo	6-04.00 10
2 Foster, Bishop	11	Collegiate	6-03.00 8
3 Warmack, Toby	11	Woodberry Fo	6-02.00 6
4 Ireland, Briggs	12	St. Christop	6-00.00 5
5 Stewart, Bryce	11	Flint Hill S	J6-00.00 4
6 Anderson, Brandon	11	Collegiate	5-10.00 3
7 Jones, Kendall	11	Flint Hill S	5-08.00 2
8 Jordan, Eli	11	Trinity Epis	J5-08.00 1
9 Dhillon, Armaan	11	Saint John P	J5-08.00
--- Hunter, Ford	11	St. Christop	NH
--- Grunwald, John	12	Norfolk Acad	NH
--- Johnson, Tae'Veon	10	Collegiate	NH
--- Mason, TrÃ	11	St. Anne's-B	NH

Boys Pole Vault Division I

Meet Record: 15-06 M 5/19/2018 Harrison Rice

Meet Record: 15-06 5/20/2023 Victor Olesen

Name	Yr	School	Finals
Finals			
1 Olesen, Victor	10	St. Christop	16-06.00M 10
2 Bradshaw, Ned	12	Collegiate	13-00.00 8
3 Blundin, Joseph	11	Woodberry Fo	12-06.00 6
4 Matthews, Charlie	11	Woodberry Fo	12-00.00 5
5 Noble, Carson	11	St. Anne's-B	11-06.00 3.5
5 Bonbright, James	10	Collegiate	11-06.00 3.5
7 Becker, Wally	9	Collegiate	10-06.00 1.5
7 Floyd, Everette	10	Woodberry Fo	10-06.00 1.5
9 Mayer, Benjamin	9	St. Christop	9-00.00
--- Burtram, Ben	12	Fork Union	NH

Boys Long Jump Division I

Meet Record: 24-01.50 M 1984 Eric Metcalf

Name	Yr	School	Finals
Finals			
1 Ferguson, Jaden	12	Woodberry Fo	22-09.75 10
2 Morrison, John	10	Woodberry Fo	21-09.75 8
3 Davis, Xay	11	Collegiate	21-02.50 6
4 Nash, Kahlil	12	St. Christop	21-00.00 5
5 Anderson, Brandon	11	Collegiate	20-06.75 4
6 Burnham, Seth	12	Catholic Hig	20-02.75 3
7 McDaniel, Isaiah	10	Fork Union	19-10.50 2
8 Woodson, Stephon	12	Trinity Epis	19-08.50 1
9 Zollar, Jacob	12	St. Christop	19-08.25
10 Grunwald, John	12	Norfolk Acad	19-07.75
11 Andrews, Kenan	11	Woodberry Fo	19-00.75
12 Griffith, Zahir	12	Norfolk Acad	18-09.75
13 Gosline, Addison	11	St. Christop	18-09.00

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Boys Triple Jump Division I

Meet Record: 47-07 M 5/20/2006 Brandon Caleb

Name	Yr	School	Finals
Finals			
1 Andrews, Kenan	11	Woodberry Fo	44-05.00 10
2 Ferguson, Jaden	12	Woodberry Fo	43-11.25 8
3 Davis, Xay	11	Collegiate	42-09.50 6
4 Rice, Henry	11	St. Christop	42-03.25 5
5 Grunwald, John	12	Norfolk Acad	41-02.75 4
6 Berkey, Jonah	10	Saint John P	40-04.00 3
7 Foster, Bishop	11	Collegiate	40-01.75 2
8 Diggs, Nasir	8	Collegiate	39-09.50 1
9 Woodson, Stephon	12	Trinity Epis	39-06.50
10 Mazeika, Marius	12	Woodberry Fo	39-05.00
11 Burnham, Seth	12	Catholic Hig	38-10.25
12 Asare, Elijah	10	St. Christop	38-00.50
13 Noble, Carson	11	St. Anne's-B	37-09.25
14 Turner, Mark	12	St. Stephen'	36-11.75
15 Spaulding, Carmelo	11	Fork Union	36-09.00

Boys Shot Put Division I

Meet Record: 66-01 M 5/20/2023 Rodney Lora

Name	Yr	School	Finals
Finals			
1 Gardiner, Cooper	12	Trinity Epis	54-06.00 10
2 Stuart, Chance	11	Norfolk Acad	52-04.00 8
3 Rosen, William	12	Trinity Epis	49-06.00 6
4 Seward, E.J.	12	St. Christop	46-06.50 5
5 Omohundro, Henry	12	St. Christop	46-03.50 4
6 Logan, Nick	10	Woodberry Fo	45-03.00 3
7 Taylor, Max	12	St. Anne's-B	45-01.00 2
8 Smith, Anwaar	12	Flint Hill S	44-06.00 1
9 Ansah, Jonie	12	Fork Union	44-01.00
10 Niang, Daouda	12	Fork Union	43-11.50
11 Herndon, Grayson	11	St. Christop	43-07.00
12 Beaulieu, Emile	12	Woodberry Fo	43-02.00
13 Toll, Hudson	12	St. Anne's-B	43-00.50
14 Moyer, Mathias	10	Fork Union	42-10.00
15 Nnamani, Chinuorumogu	11	Saint John P	41-04.50
16 Bell, Tiki	10	Episcopal	39-07.00

Boys Discus Throw Division I

Meet Record: 182-10 M 5/19/2012 Jordan Roach

Name	Yr	School	Finals
Finals			
1 Toll, Hudson	12	St. Anne's-B	163-02 10
2 Niang, Daouda	12	Fork Union	155-00 8
3 Seward, E.J.	12	St. Christop	146-10 6
4 Stuart, Chance	11	Norfolk Acad	137-07 5
5 Omohundro, Henry	12	St. Christop	136-08 4
6 Rosen, William	12	Trinity Epis	136-06 3
7 Logan, Nick	10	Woodberry Fo	136-04 2
8 Gardiner, Cooper	12	Trinity Epis	131-08 1
9 Ansah, Jonie	12	Fork Union	121-11
10 Hope, Charles	12	Norfolk Acad	121-00

11 Seith, Logan	11	Cape Henry C	119-06
12 Moyer, Mathias	10	Fork Union	118-06
13 Herndon, Grayson	11	St. Christop	118-01
14 Vataliya, Om	12	Flint Hill S	117-01
15 Beaulieu, Emile	12	Woodberry Fo	115-02
15 Ciuffo, Costello	11	Norfolk Acad	115-02
17 Kovac, Luke	11	Saint John P	112-04
18 Ramsey, Dash	12	Flint Hill S	109-09
19 Nnamani, Chinuorumogu	11	Saint John P	109-01
20 Lemma, Nick	12	Catholic Hig	107-00
21 Taylor, Max	12	St. Anne's-B	102-07
22 Rivers, Isaac	11	Collegiate	92-05
23 Williams, Justin	11	Collegiate	89-09

Women - Division I - Team Rankings - 17 Events Scored

1) The Potomac School	113.5
2) Saint Catherine's	95
3) Collegiate	91
4) Episcopal	64
5) St. Stephen's and St. Agnes Sc	47
6) Trinity Episcopal School	45
6) Trinity Christian School	45
8) Saint John Paul the Great Cath	44
9) Catholic High School	35
9) Norfolk Academy	35
11) Flint Hill School	21
12) St. Anne's-Belfield School	14.5
13) Madeira School	8
14) Oakcrest School	3
15) St. Gertrude	2

Women - Division II - Team Rankings - 17 Events Scored

1) Roanoke Catholic School	117.5
2) Peninsula Catholic	62
3) Cape Henry Collegiate	42
4) Walsingham Academy	38
4) Atlantic Shores Christian	38
6) The Covenant School	37
7) Hampton Roads Academy	31
7) North Cross	31
9) Broadwater Academy	30
10) New Covenant Schools	29
11) Stonebridge School	28.25
12) Trinity School at Meadow View	28
13) Veritas School	25
14) Greenbrier Christian Academy	19
15) Virginia Episcopal School	17
16) Randolph-Macon Academy	13
17) Fredericksburg Christian	11
18) Norfolk Christian	9.5
19) Eastern Mennonite School	9.25
20) Immanuel Christian School	9
21) The New Community School	6
21) Hampton Christian	6
23) Miller School	5.5
24) Chatham Hall	3
24) Nansemond-Suffolk Academy	3

VISAA Track & Field Championship - 5/17/2024 to 5/18/2024**Sports Backers Stadium****Results****Men - Division I - Team Rankings - 17 Events Scored**

1) Woodberry Forest	129.5
2) St. Christopher's	115
3) Saint John Paul the Great Cath	71
4) Fork Union	55

5) Collegiate	52
6) Norfolk Academy	49
7) The Potomac School	44
8) Trinity Episcopal School	36
9) Cape Henry Collegiate	26
9) Episcopal	26
11) Flint Hill School	24
12) St. Anne's-Belfield School	17.5
13) St. Stephen's and St. Agnes Sc	14
14) Catholic High School	3

Men - Division II - Team Rankings - 17 Events Scored

1) Blue Ridge School	114
2) Trinity Christian School	97
3) North Cross	87.5
4) Roanoke Catholic School	36
5) Eastern Mennonite School	28
6) Norfolk Christian	27
7) The Covenant School	26
8) Atlantic Shores Christian	24
9) Randolph-Macon Academy	21.5
10) Broadwater Academy	21
11) Banner Christian School	20
11) Peninsula Catholic	20
13) Miller School	18
14) Wakefield School	15
15) Hargrave Military Academy	13
15) Brunswick Academy	13
17) Hampton Roads Academy	12
18) Nansemond-Suffolk Academy	10
19) Virginia Episcopal School	8
19) Walsingham Academy	8
21) Immanuel Christian School	7
21) Fredericksburg Christian	7
23) The New Community School	5
23) Tandem Friends School	5
25) Veritas School	4
26) Greenbrier Christian Academy	3
26) Hampton Christian	3
26) Grove Christian School	3
29) Massanutten Academy	2
30) Christ Chapel Academy	1
30) Stonebridge School	1