



INDOOR

★ TRACK AND FIELD ★

CHAMPIONSHIPS

2025

VISAA

EST. 1999



Who We Are. The Virginia Independent Schools Athletic Association (VISAA) supports accredited member schools by fostering a competitive environment for education-based athletic programs that establish a foundation for excellence founded on integrity, sportsmanship, and leadership. Our goal is to create a positive, enriching experience for student-athletes that goes beyond their time in training and competition.

Mission. VISAA is the governing body and championship organization for interscholastic athletics among member independent schools in Virginia.

Vision. To provide opportunities, standards, and guidelines that encourage fair play, inspire excellence in athletics, and foster character development so that student-athletes can reach their full potential.

Core Values

- We balance academics and athletics.
- We compete and play fair.
- We value teamwork.
- We respect our diverse membership.

VISAA is committed to establishing and developing healthy environments for competition. We ask all spectators to treat the officials and participating teams with respect. Cheer the strengths and victories of your team and do not criticize the performance of your opponents, their fans, or the officials. We expect that all fans will act in an appropriate manner and will refrain from entering the court/field at any time, including at the conclusion of the event. Failure to cooperate will result in dismissal from the premises. Your assistance is greatly appreciated.



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LOVERS™**



VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION INDOOR TRACK & FIELD CHAMPIONSHIPS



AT ST. CHRISTOPHER'S SCHOOL • FEBRUARY 15, 2025

TIME SCHEDULE

THE MEET WILL RUN ACCORDING TO THE TIME SCHEDULE AND WILL GET NO FURTHER AHEAD THAN 15 MINUTES UNLESS WEATHER CONDITIONS MAKE IT NECESSARY TO GO TO A ROLLING SCHEDULE. A ROLLING SCHEDULE MEANS THAT EACH EVENT WILL BEGIN AS SOON AS THE PREVIOUS EVENT HAS BEEN COMPLETED.

• TIME SCHEDULE WILL BE ADJUSTED IF NECESSARY BASED ON ENTRIES AND WILL BE COMMUNICATED BY THURSDAY FEBRUARY 13 •

10:15	COACHES MEETING AT START LINE	
10:30	GIRLS — LONG JUMP (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 JUMPS) POLE VAULT (DIVISION I & II COMPETE TOGETHER AND SCORED SEPERATELY)	
	BOYS — LONG JUMP (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 JUMPS) HIGH JUMP (DIVISION I & II COMPETE TOGETHER AND SCORED SEPERATELY) SHOT PUT (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 THROWS)	
	FOLLOWED BY	
	GIRLS — TRIPLE JUMP (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 JUMPS) HIGH JUMP (DIVISION I & II COMPETE TOGETHER AND SCORED SEPERATELY) SHOT PUT (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 THROWS)	
	BOYS — TRIPLE JUMP (DIVISION I PRELIMINARIES AND FINALS - FOLLOWED BY DIVISION II (4 JUMPS) POLE VAULT (DIVISION I & II COMPETE TOGETHER AND SCORED SEPERATELY)	
11:30	GIRLS — DIVISION I - 55 METER HURDLES	SEMIFINALS
	GIRLS — DIVISION II- 55 METER HURDLES	TIMED FINALS
11:40	BOYS — DIVISION I - 55 METER HURDLES	SEMIFINALS
	BOYS — DIVISION II - 55 METER HURDLES	TIMED FINALS
11:50	GIRLS — DIVISION I - 55 METER DASH	SEMIFINALS
	GIRLS — DIVISION II - 55 METER DASH	TIMED FINALS
12:00	BOYS — DIVISION I - 55 METER DASH	SEMIFINALS
	BOYS — DIVISION II - 55 METER DASH	TIMED FINALS
12:10	GIRLS — DIVISION I – 4 X 800 METER RELAY	SECTIONS ON TIME
12:25	GIRLS — DIVISION II – 4 X 800 METER RELAY	SECTIONS ON TIME
12:40	BOYS — DIVISION I – 4 X 800 METER RELAY	SECTIONS ON TIME
12:55	BOYS — DIVISION II – 4 X 800 METER RELAY	SECTIONS ON TIME
1:10	GIRLS — DIVISION I - 55 METER HURDLES	FINALS
	BOYS — DIVISION I - 55 METER HURDLES	FINALS
1:15	GIRLS — DIVISION I - 55 METER DASH	FINALS
	BOYS — DIVISION I - 55 METER DASH	FINALS
1:20	GIRLS — DIVISION I - 1600 METER RUN	SECTIONS ON TIME
	GIRLS — DIVISION II - 1600 METER RUN	SECTIONS ON TIME
1:40	BOYS — DIVISION I - 1600 METER RUN	SECTIONS ON TIME
	BOYS — DIVISION II - 1600 METER RUN	SECTIONS ON TIME
2:00	GIRLS — DIVISION I - 4 X 200 METER RELAY	SECTIONS ON TIME
	GIRLS — DIVISION II - 4 X 200 METER RELAY	SECTIONS ON TIME

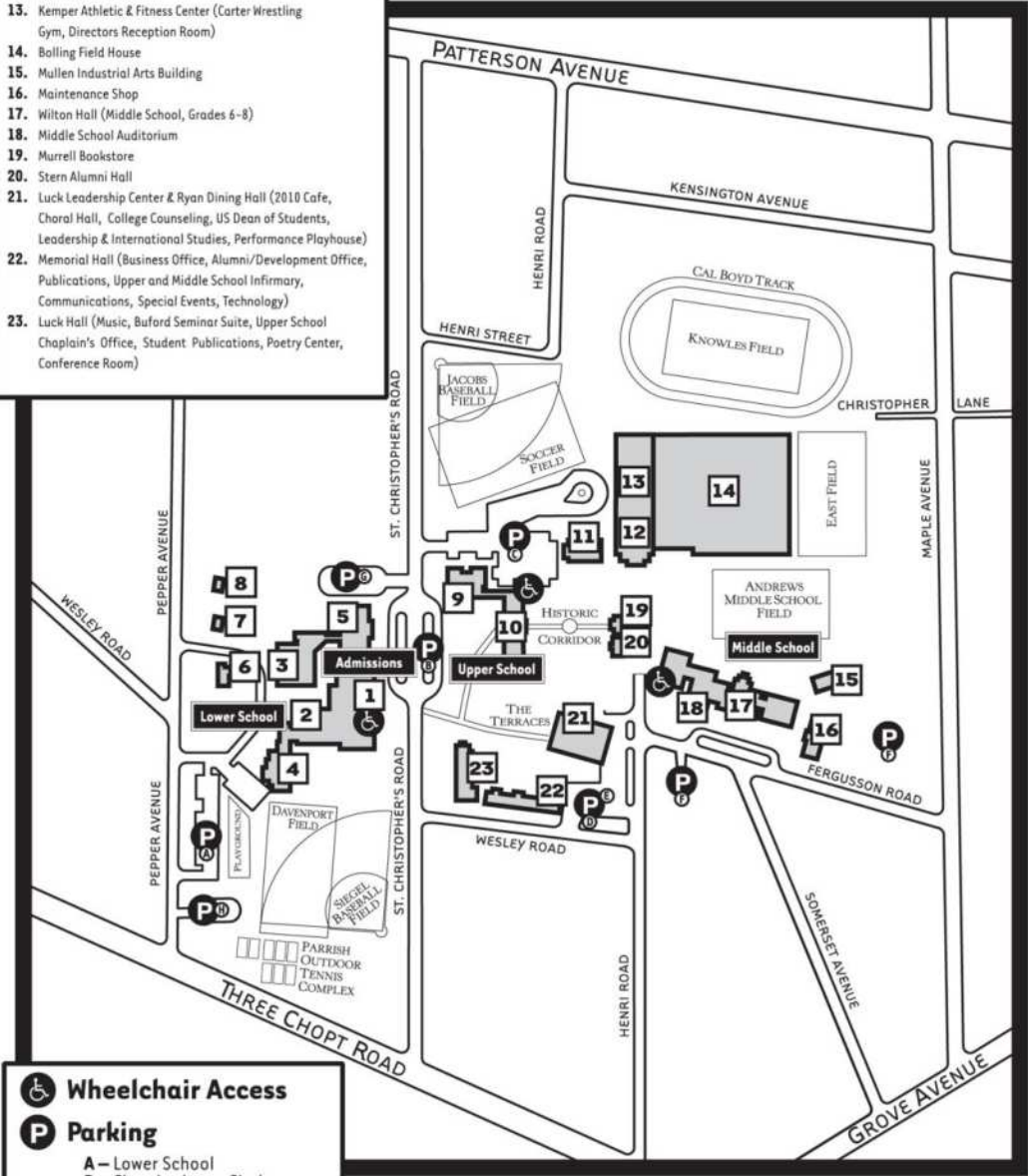
2:20	BOYS — DIVISION I - 4 X 200 METER RELAY	SECTIONS ON TIME
	BOYS — DIVISION II - 4 X 200 METER RELAY	SECTIONS ON TIME
2:40	GIRLS — DIVISION I - 500 METER DASH	SECTIONS ON TIME
	GIRLS — DIVISION II - 500 METER DASH	SECTIONS ON TIME
3:00	BOYS — DIVISION I - 500 METER DASH	SECTIONS ON TIME
	BOYS — DIVISION II - 500 METER DASH	SECTIONS ON TIME
3:20	GIRLS — DIVISION I - 1000 METER RUN	SECTIONS ON TIME
	GIRLS — DIVISION II - 1000 METER RUN	SECTIONS ON TIME
3:40	BOYS — DIVISION I - 1000 METER RUN	SECTIONS ON TIME
	BOYS — DIVISION II - 1000 METER RUN	SECTIONS ON TIME
4:00	GIRLS — DIVISION I - 300 METER DASH	SECTIONS ON TIME
	GIRLS — DIVISION II - 300 METER DASH	SECTIONS ON TIME
4:20	BOYS — DIVISION I - 300 METER DASH	SECTIONS ON TIME
	BOYS — DIVISION II - 300 METER DASH	SECTIONS ON TIME
4:40	GIRLS — DIVISION I - 3200 METER RUN	SECTIONS ON TIME
	GIRLS — DIVISION II - 3200 METER RUN	SECTIONS ON TIME
5:15	BOYS — DIVISION I - 3200 METER RUN	SECTIONS ON TIME
	BOYS — DIVISION II - 3200 METER RUN	SECTIONS ON TIME
5:50	GIRLS — DIVISION I - 4 X 400 METER RELAY	SECTIONS ON TIME
	GIRLS — DIVISION II - 4 X 400 METER RELAY	SECTIONS ON TIME
6:10	BOYS — DIVISION I - 4 X 400 METER RELAY	SECTIONS ON TIME
	BOYS — DIVISION II - 4 X 400 METER RELAY	SECTIONS ON TIME



St. Christopher's School

Educating Boys For Life

1. McVey Hall (Admissions Office, Lower School)
2. Lower School Gymnasium
3. Lower School (Grades K-5, Main Entrance and Offices, Morgan Auditorium & Lower School Infirmary)
4. Reynolds Gymnasium (Extended Day)
5. Henderson Hall (Extended Day)
6. Junior Kindergarten (703 Pepper Avenue)
7. Little Saints (707 Pepper Avenue)
8. Extended Day Woodworking & Classroom
9. Gottwald Science Center (Schroeder Environmental Policy Center)
10. Chamberlayne Hall (Upper School, Grades 9-12, Headmaster's Office)
11. Upper School Chapel
12. Scott Gymnasium
13. Kemper Athletic & Fitness Center (Carter Wrestling Gym, Directors Reception Room)
14. Bolling Field House
15. Mullen Industrial Arts Building
16. Maintenance Shop
17. Wilton Hall (Middle School, Grades 6-8)
18. Middle School Auditorium
19. Murrell Bookstore
20. Stern Alumni Hall
21. Luck Leadership Center & Ryan Dining Hall (2010 Cafe, Choral Hall, College Counseling, US Dean of Students, Leadership & International Studies, Performance Playhouse)
22. Memorial Hall (Business Office, Alumni/Development Office, Publications, Upper and Middle School Infirmary, Communications, Special Events, Technology)
23. Luck Hall (Music, Buford Seminar Suite, Upper School Chaplain's Office, Student Publications, Poetry Center, Conference Room)



Wheelchair Access

Parking

- A - Lower School
- B - Chamberlayne Circle
- C - Upper School Student Parking
- D - Administration
- E - Student
- F - Middle School
- G - Extended Day/Admissions
- H - Tennis Courts



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**U.S. News & World Report **collegescorecard.ed.gov*



BOYS INDIVIDUAL CHAMPIONS HISTORY

STATE CHAMPION				
2007	Aaron Ransom	55 Meter dash	6.55	Greenbrier Christian Academy
2008	Britt Campbell	55 Meter dash	6.66	Liberty Christian Academy
2009	Cody Underwood	55 Meter Dash	6.58	Liberty Christian Academy
2010	Demitri Knowles	55 Meter dash	6.47	Liberty Christian Academy
2011	Demitri Knowles	55 Meter dash	6.47	Liberty Christian Academy
2012	CJ Prorise	55 Meter dash	6.57	Woodberry Forest School
2013	Tawfig Abdul Karim	55 Meter dash	6.68	Woodberry Forest School
2014	Brian Chase	55 Meter dash	6.44	Episcopal High School
2015	Brian Chase	55 Meter dash	6.45	Episcopal High School
2016	Brandon Thomas	55 Meter dash	6.44	St. Christopher's School
2017	Cameron Hill	55 Meter dash	6.46	Woodberry Forest School
2018	Donavan Goode	55 Meter dash	6.39	Trinity Episcopal School
2019	Malcolm Johnson Jr	55 Meter dash	6.49	St. Stephen's and St. Agnes School
2020	Malcolm Johnson Jr	55 Meter dash	6.35	St. Stephen's and St. Agnes School
2021	No Meet			
2022	Albert Asare	55 Meter dash	6.51	Woodberry Forest school
2023	Robbie Handelsman	55 Meter dash	6.47	Woodberry Forest School
2024	Maddox White	55 Meter dash	6.36	St. Christopher's School

STATE CHAMPION				
2007	Aaron Ransom	300 Meters	36.12	Greenbrier Christian Academy
2008	Alieu Sillah	300 Meters	36.49	Collegiate School
2009	Kurt Fleming	300 Meters	35.73	St. Christopher's School
2010	Demitri Knowles	300 Meters	34.83	Liberty Christian Academy
2011	Demitri Knowles	300 Meters	35.69	Liberty Christian Academy
2012	Eric Ways	300 Meters	35.87	Woodberry Forest School
2013	Eric Ways	300 Meters	35.61	Woodberry Forest School
2014	Eric Ways	300 Meters	35.27	Woodberry Forest School
2015	Drake Davis	300 Meters	35.64	Fork Union Military Academy
2016	Brandon Thomas	300 Meters	35.45	St. Christopher's School
2017	Ebruba Etta	300 Meters	35.52	Fork Union Military Academy
2018	Ebruba Etta	300 Meters	35.03	Fork Union Military Academy
2019	Curtis Borden	300 Meters	35.54	St. Stephen's and St. Agnes School
2020	Aaron Lindsey	300 Meters	35.54	Episcopal High School
2021	No Meet			
2022	Albert Asare	300 Meters	35.50	Woodberry Forest School
2023	Robbie Handelsman	300 Meters	35.21	Woodberry Forest School
2024	Maddox White	300 Meters	35.52	St. Christopher's School

STATE CHAMPION				
2007	Jamie Reichlan	500 Meters	1:06.94	Fork Union Military Academy
2008	Jeremy Haney	500 Meters	1:08.09	Fork Union Military Academy
2009	Allante Keels	500 Meters	1:06.05	Episcopal High School
2010	Max Anderson	500 Meters	1:09.61	Woodberry Forest School
2011	William Miller	500 Meters	1:07.85	Liberty Christian Academy
2012	Eric Ways	500 Meters	1:05.58	Woodberry Forest School
2013	Eric Ways	500 Meters	1:05.81	Woodberry Forest School
2014	Eric Ways	500 Meters	1:06.61	Woodberry Forest School
2015	Peter Lomong	500 Meters	1:06.66	Fork Union Military Academy
2016	Sean Menges	500 Meters	1:07.23	St. Christopher's School
2017	James Duren	500 Meters	1:06.44	St. Paul VI Catholic High School
2018	Aidan McCarthy	500 Meters	1:07.12	St. Paul VI Catholic High School
2019	Josh Spivey	500 Meters	1:07.53	Collegiate School
2020	Laim Bellamy	500 Meters	1:06.70	Collegiate School
2021	<i>No Meet</i>			
2022	Darryl Edmonds	500 Meters	1:07.96	Benedictine College Prep
2023	Xavier Mitchell	500 Meters	1:07.79	North Cross School
2024	Nathan Sims	500 Meters	1:06.64	Trinity Episcopal School

STATE CHAMPION				
2007	Jamie Reichlan	1000 Meters	2:37.11	Fork Union Military Academy
2008	Stephen Serene	1000 Meters	2:37.51	The Potomac School
2009	Caleb Haney	1000 Meters	2:35.89	Fork Union Military Academy
2010	Czernek Wojciech	1000 Meters	2:34.96	Fork Union Military Academy
2011	Reid Nickle	1000 Meters	2:33.55	Episcopal High School
2012	Michael Idziak	1000 Meters	2:33.25	Fork Union Military Academy
2013	Grant Wiggins	1000 Meters	2:35.20	Norfolk Academy
2014	Alexander Lomong	1000 Meters	2:42.82	Fork Union Military Academy
2015	Alexander Lomong	1000 Meters	2:35.98	Fork Union Military Academy
2016	Alexander Lomong	1000 Meters	2:30.79	Fork Union Military Academy
2017	Julian Yescas	1000 Meters	2:40.55	Fork Union Military Academy
2018	Ian Smith	1000 Meters	2:38.40	St. Christopher's School
2019	Ian Smith	1000 Meters	2:34.48	St. Christopher's School
2020	Daniel O'Brien	1000 Meters	2:29.80	Virginia Episcopal School
2021	<i>No Meet</i>			
2022	Ferenc Kovacs	1000 Meters	2:35.73	Woodberry Forest School
2023	Tate Frost	1000 Meters	2:34.29	StoneBridge School
2024	Calvin Dovgalyuk	1000 Meters	2:35.63	Trinity Christian School

STATE CHAMPION				
2007	Axel Mostrag	1600 Meters	4:14.65	Fork Union Military Academy
2008	Jeremy Haney	1600 Meters	4:31.88	Fork Union Military Academy
2009	Harrison Tucker	1600 Meters	4:29.55	St. Christopher's School
2010	Czernek Wojciech	1600 Meters	4:23.87	Fork Union Military Academy
2011	Reid Nickle	1600 Meters	4:29.33	Epicopal High School
2012	Eddie Whitlock	1600 Meters	4:23.71	St. Christopher's School
2013	Grant Wiggins	1600 Meters	4:27.72	Norfolk Academy
2014	Greg Morgan	1600 Meters	4:30.43	Episcopal High School
2015	Alexander Lomong	1600 Meters	4:26.93	Fork Union Military Aacdemy
2016	Alexander Lomong	1600 Meters	4:27.05	Fork Union Military Academy
2017	Andrew Via	1600 Meters	4:25.36	Peninsula Catholic School
2018	Daniel O'Brien	1600 Meters	4:25.97	Virginia Episcopal School
2019	Max Greczyn	1600 Meters	4:22.63	Bishop O'Connell High SAchool
2020	Daniel O'Brien	1600 Meters	4:19.75	Virginia Episcopal School
2021	No Meet			
2022	Ferenc Kovacs	1600 Meters	4:23.87	Woodberry Forest School
2023	Charlie Ortmans	1600 Meters	4:15.42	The Potomac School
2024	Calvin Dovgalyuk	1600 Meters	4:29.00	Trinity Christian School

STATE CHAMPION				
2007	Johns Ross	3200 Meters	9:39.43	The Potomac School
2008	Johns Ross	3200 Meters	9:20.51	The Potomac School
2009	Patrick Hayes	3200 Meters	9:46.90	Fork Union Military Academy
2010	Kevin Bennert	3200 Meters	9:40.63	Woodberry Forest School
2011	Reider Strehler	3200 Meters	9:59.21	Trinity Episcopal School
2012	Eddie Whitlock	3200 Meters	9:39.96	St. Christopher's School
2013	Mac Strehler	3200 Meters	9:37.40	Trinity Episcopal School
2014	Miles Clikeman	3200 Meters	9:36.34	Veritas School
2015	Syeven Jean	3200 Meters	9:51.94	Trinity Episcopal School
2016	Julian Yescas	3200 Meters	9:44.91	Fork Union Military Academy
2017	Wyatt Campbell	3200 Meters	10:00.98	St. Christopher's School
2018	Daniel O'Brien	3200 Meters	9:51.40	Virginia Episcopla School
2019	Daniel O'Brien	3200 Meters	9:40.84	Virginis Episcopal School
2020	Daniel O'Brien	3200 Meters	9:19.88	Virginia Episcopal School
2021	No Meet			
2022	Charlie Ortmans	3200 Meters	9:08.31	The Potomac School
2023	Charlie Ortmans	3200 Meters	9:29.56	The Potomac School
2024	Curtis Leachman	3200 Meters	9:38.46	Wakefield School

STATE CHAMPION				
2007	Greg Cooper	55 Meter hurdles	8.03	St. Paul VI Catholic High School
2008	Matt Clark	55 Meter hurdles	7.90	St. Christopher's School
2009	Jacob Huesman	55 Meter hurdles	7.97	St. Christopher's School
2010	Jamel Turner	55 Meter hurdles	8.07	Fork Union Military Academy
2011	Cody Bingham	55 Meter hurdles	7.97	Liberty Christian Academy
2012	Denver Wright	55 Meter hurdles	7.89	Fork Union Military Academy
2013	Clyde Gross	55 Meter hurdles	7.71	Fork Union Military Academy
2014	Josh Hilliary	55 Meter hurdles	7.92	Woodberry Forest School
2015	Cal Neikirk	55 Meter hurdles	7.79	Norfolk Academy
2016	Jack Claiborne	55 Meter hurdles	7.67	Woodberry Forest School
2017	Litchfiled Ajavon	55 Meter hurdles	7.92	Episcopal High School
2018	Reynold Wallbrook	55 Meter hurdles	7.68	Fork Union Military Academy
2019	Harrison Duncan	55 Meter hurdles	7.80	Fork Union Military Academy
2020	Jayden Smith	55 Meter hurdles	7.54	St. Christopher's School
2021	No Meet			
2022	Albert Asare	55 Meter hurdles	7.57	Woodberry Forest School
2023	Davian Burke	55 Meter hurdles	7.86	Banner Christian School
2024	Davian Burke	55 Meter hurdles	7.61	Banner Christian School

STATE CHAMPION				
2007	Fork Union Military Academy	4 x 200-meter Relay	1:34.47	
2008	Fork Union Military Academy	4 x 200-meter Relay	1:33.89	(Pride, Quarles-Belt, Shaw, Dowtin)
2009	St. Christopher's School	4 x 200-meter Relay	1:32.29	
2010	St. Christopher's School	4 x 200-meter Relay	1:32.23	(Harris, Fleming, Johnson, Hilman)
2011	Fork Union Military Academy	4 x 200-meter Relay	1:33.05	
2012	Fork Union Military Academy	4 x 200-meter Relay	1:31.72	
2013	Woodberry Forest School	4 x 200-meter Relay	1:33.63	(Abdul, Minor, Tyrell, Asher)
2014	Woodberry Forest School	4 x 200-meter Relay	1:33.65	(Davenport, Asher, Shea, Tyrell)
2015	Woodberry Forest School	4 x 200-meter Relay	1:32.10	
2016	Fork Union Military Academy	4 x 200-meter Relay	1:33.57	(O'Brien, Justice, Disbrow, Burns)
2017	Fork Union Military Academy	4 x 200-meter Relay	1:31.66	(Disbrow, Justice, Brockington, Walbrook)
2018	Fork Union Military Academy	4 x 200-meter Relay	1:31.03	
2019	Episcopal High School	4 x 200-meter Relay	1:32.16	(Mensah, Jackson, Lindsey, Kamara)
2020	Episcopal High School	4 x 200-meter Relay	1:31.91	(Jackson, Yip, Zegeye, Lindsey)
2021	No Meet			
2022	Fork Union Military Academy	4 x 200-meter Relay	1:31.77	(Julius, Burel, Mulder, Julius)
2023	Trinity Episcopal School	4 x 200-meter Relay	1:32.56	(Hoffler, Sims, Edwards, Allen)
2024	Episcopal High School	4 x 200-meter Relay	1:31.33	(Allen - Ofori-Ansah - Johnson - Phillips)

STATE CHAMPION				
2007	Fork Union Military Academy	4X400 Relay	3:31.46	
2008	Episcopal High School	4X400 Relay	3:27.53	(Clarkson, Sebele, King, Keels)
2009	Episcopal High School	4X400 Relay	3:31:11	
2010	Woodberry Forest School	4X400 Relay	3:32.61	(Kelley, Park, Woods,Anderson)
2011	Woodberry Forest School	4X400 Relay	3:30.35	
2012	Fork Union Military Academy	4X400 Relay	3:30.68	
2013	Fork Union Military Academy	4X400 Relay	3:31.41	(Lomong, Lomong, Clardy, Mcllellan)
2014	Fork Union Military Academy	4X400 Relay	3:29.71	(Combs, Price, Lomong, Lomong)
2015	Woodberry Forest School	4X400 Relay	3:28.18	
2016	St. Christopher's School	4X400 Relay	3:24.18	(Menges,Dabney,Cuevas, Thomas)
2017	Fork Union Military Academy	4X400 Relay	3:34.30	(Stupalsky, Justice, Desgrottes, Etta)
2018	St. Stepehn's and St. Agnes School	4X400 Relay	3:28.37	
2019	Norfolk Acaddemy	4X400 Relay	3:30.83	(Damle, Lloyd, Wittman, Nevarez)
2020	Episcopal High School	4X400 Relay	3:27.42	(Williams, Lindsey, Yip, Jackson)
2021	No Meet			
2022	Collegiate School	4X400 Relay	3:32.28	(Watson,Williams,Holdych,Neuner)
2023	St. John Paul the Great Catholic High School	4X400 Relay	3:36.66	(Howard, Thompson, Everson, Bouril)
2024	St. John Paul the Great Catholic High School	4X400 Relay	3:32.10	

STATE CHAMPION				
2007	Collegiate School	4X800 Meter Relay	8:27.95	
2008	St. Christopher's School	4X800 Meter Relay	8:34.58	(Hewitt,Wellford,Gannon, Molloy)
2009	St. Paul VI Catholic High School	4X800 Meter Relay	8:20.68	
2010	St, Christopher's School	4X800 Meter Relay	8:25.06	(Ball, Sarham, Constable, Bruner)
2011	St. Christoper's School	4X800 Meter Relay	8:23.96	
2012	Trinity Episcopal School	4X800 Meter Relay	8:17.78	
2013	Woodberry Forest School	4X800 Meter Relay	8:25.51	(Evans, Aldridge, Finley, Singleton)
2014	The Potomac School	4X800 Meter Relay	9:19.56	(Ross, Urbany, Moses, Bush)
2015	St. Christopher's School	4X800 Meter Relay	8:11.20	(Constable, Moore, Menges, Cuevas)
2016	St. Christopher's School	4X800 Meter Relay	8:22.42	(Gordon, Workman, menges, Cuevas)
2017	St. Paul VI Catholic High School	4X800 Meter Relay	8:26.82	(McCarthy, McHale, Paquette, Duren)
2018	Norfolk Academy	4X800 Meter Relay	8:15.76	
2019	St. Christopher's School	4X800 Meter Relay	8:12.71	(Dhar, Johnson, Valentine, Smith)
2020	St. Christopher's School	4X800 Meter Relay	8:11.41	(Valentine, Steinbrugge,Whitlock,Smith)
2021	No Meet			
2022	Collegiate School	4X800 Meter Relay	8:20.90	(Hailes, Williams, Yackel,Neuner)
2023	Norfolk Academy	4X800 Meter Relay	8:18.35	(Guzik, Ottinger, Rhoades, Sullivan)
2024	St. John Paul the Great Catholic High School	4X800 Meter Relay	8:31.88	

STATE CHAMPION				
2007	Femi Dyalowo	Shot Put	51-00	Woodberry Forest School
2008	Duke Mosby	Shot Put	51-07	Woodberry Forest School
2009	Alex James	Shot Put	54-11	St. Christopher's School
2010	Russell Bodine	Shot Put	50-07	Fork Union Military Academy
2011	Andre Aganbi	Shot Put	49-01	St. Christopher's School
2012	Charlton Larkins	Shot Put	52-01	Fork Union Military Academy
2013	Charlton Larkins	Shot Put	51-02	Fork Union Military Academy
2014	Preston Richardson	Shot Put	57-00	Broadwater Academy
2015	Grant Voeks	Shot Put	56-00	The Potomac School
2016	Darius Whitehurst	Shot Put	51-08	Bishop Sullivan Catholic High School
2017	Jess Speight	Shot Put	54-09	Collegiate School
2018	Troy Yearwood	Shot Put	55-07	Atlantic Shores Christian School
2019	Mathieu Masse-Pelletier	Shot Put	48-01	Woodberry Forest School
2020	Mathieu Masse-Pelletier	Shot Put	57-04.75	Woosberry Forest School
2021	<i>No Meet</i>			
2022	Rodney Lora	Shot Put	55-08.75	Woodberry Forest School
2023	Rodney Lora	Shot Put	58-05	Woodberry Forest School
2024	Cooper Gardiner	Shot Put	51-08.50	Trinity Episcopal School

STATE CHAMPION				
2007	Brian Zitterkopf	High Jump	06-04	Fork Union Military Academy
2008	Ben Katz	High Jump	06-04	St. Christopher's School
2009	Jeronimo Smith	High Jump	06-04	Norfolk Collegiate
2010	Jamel Turner	High Jump	06-00	Fork Union Military Academy
2011	Doulass James	High Jump	06-00	St. Christopher's School
2012	Tyron Mcdade	High Jump	06-02	Fork Union Military Academy
2013	Malcolm Cook	High Jump	06-00	Fork Union Military Academy
2014	Cameron Holdren	High Jump	06-05	Liberty Christian Academy
2015	Drake Davis	High Jump	06-07	Fork Union Military Academy
2016	Bobby Price	High Jump	06-08	Bishop Sullivan Catholic High School
2017	Jordan Walker	High Jump	06-02	St. Stephen's and St. Agnes School
2018	Elby Omohundro	High Jump	06-00	St. Christopher's School
2019	Will Stupalsky	High Jump	06-04	Fork Union Military Academy
2020	Alfred Stratford	High Jump	06-05	Collegiate School
2021	<i>No Meet</i>			
2022	Jaden Ferguson	High Jump	06-04	Woodberry Forest School
2023	Jaden Ferguson	High Jump	06-09	Woodberry Forest School
2024	Jaden Ferguson	High Jump	06-04	Woodberry Forest School

STATE CHAMPION				
2007	Ben White	Pole Vault	12-00	St. Christopher's School
2008	Sam Hays	Pole Vault	12-06	St. Christopher's School
2009	Cody Bingham	Pole Vault	14-00	Liberty Christian Academ
2010	Parmly Phillip	Pole Vault	14-00	Fork Union Military Academy
2011	Cody Bingham	Pole Vault	15-06	Liberty Christian Academy
2012	Staton Mayfield	Pole Vault	14-06	Fork Union Military Academy
2013	Joe Zweng	Pole Vault	14-00	Woodberry Forest School
2014	Joseph Seo	Pole Vault	14-06	Woodberry Forest School
2015	David Yoo	Pole Vault	14-00	Woodberry Forest School
2016	Kyle Kauffman	Pole Vault	13-06	Woodberry Forest School
2017	Harrison Rice	Pole Vault	15-06	St. Christopher's School
2018	Harrison Rice	Pole Vault	16-02	St. Christopher's School
2019	Drew Philhower	Pole Vault	14-10	Benedictine College Prep
2020	Drew Philhower	Pole Vault	14-06	Benedictine College Prep
2021				
2022	Walt Bannerman	Pole Vault	14-06	Woodberry Forest School
2023	Anthony Kodjo	Pole Vault	14-06	Woodberry Forest School
2024	Victor Olesen	Pole Vault	16-04.75	St. Christopher's School

STATE CHAMPION				
2007	Aaron Ransom	Long Jump	22-04	Greenbrier Christian Academy
2008	Austin Ofoma	Long Jump	22-08	Fork Union Military Academy
2009	Ben Katz	Long Jump	21-07	St. Christopher's School
2010	Demitir Knowles	Long Jump	21-02	Liberty Christian Academy
2011	Demitri Knowles	Long Jump	21-08	Liberty Christian Academy
2012	CJ Prosize	Long Jump	21-04	Woodberry Forest School
2013	Arnel Combs	Long Jump	20-07	Fork Union Military Academy
2014	Cameron Holdren	Long Jump	23-02	Liberty Christian Academy
2015	Drake Davis	Long Jump	22-04	Fork Union Military Academy
2016	Michael Davenport	Long Jump	23-08.25	Woodberry Forest School
2017	Jordan Walker	Long Jump	23-05	St. Stephen's and St. Agnes School
2018	Frank Royal	Long Jump	23-05	St. Christopher's School
2019	John Colizzi	Long Jump	22-03	Benedictine College Prep
2020	Donald Adams	Long Jump	22-05	Collegiate School
2021	<i>No Meet</i>			
2022	Jaden Ferguson	Long Jump	23-02.75	Woodberry Forest School
2023	Robbie Handelsman	Long Jump	23-02	Woodberry Forest School
2024	Jaden Ferguson	Long Jump	22-07.25	Woodberry Forest School

STATE CHAMPION				
2007	Dominic Gregory	Triple Jump	42-11	Fork Union Military Academy
2008	Austin Ofoma	Triple Jump	43-06	Fork Union Military Academy
2009	Ben Katz	Triple Jump	43-06	St. Christopher's School
2010	Kenny Rice	Triple Jump	41-03	Nansemond-Suffolk Academy
2011	Demitri Knowles	Triple Jump	43-05	Liberty Christian Academy
2012	Obiero Okeyo	Triple Jump	44-03	Fork Union Military Academy
2013	Aj Farrow	Triple Jump	43-09	Liberty Christian Academy
2014	Cameron Holdren	Triple Jump	44-06	Liberty Christian Academy
2015	Ryan Grady	Triple Jump	43-11	Woodberry Forest School
2016	Bobby Price	Triple Jump	45-07	Bishop Sullivan Catholic High School
2017	Excellence Perry	Triple Jump	44-08	Collegiate School
2018	John Cilizzi	Triple Jump	45-11	Bebdictine College Prep
2019	Elby Omohundro	Triple Jump	46-09	St. Christopher's School
2020	Jayden Smith	Triple Jump	43-00	St. Christopher's School
2021	<i>No Meet</i>			
2022	Jaden Ferguson	Triple Jump	45-10.50	Woodberry Forest School
2023	Jase Rhodes	Triple Jump	44-00	North Cross School
2024	Jase Rhodes	Triple Jump	46-01.50	North Cross School



BOYS MEET RECORDS

BOYS MEET RECORDS

Name	Event	Performance	Year	School
Malcolm Johnson Jr.	55 Meter dash	6.35	2020	St Stephen's & St Agnes
Demetri Knowles	300 Meters	34.83	2010	Liberty Christian
Eric Ways	500 Meters	1:05.58	2012	Woodberry Forest School
Daniel O'Brien	1000 Meters	2:29.80	2020	Virginia Episcopal School
Axel Mostrag	1600 Meters	4:14.65	2007	Fork Union Military Academy
Daniel O'Brien	3200 Meters	9:08.31	2022	The Potomac School
Jayden Smith	55 Meter hurdles	7.54	2020	St. Christopher's School
Fork Union Military	4X200 Relay	1:31.03	2018	(Etta, Justice, Disbrow, Reynolds)
St. Christopher's School	4X400 Relay	3:24.18	2016	(Menges - Dabney Cuevas - Thomas)
St. Christopher's School	4X800 Meter Relay	8:11.20	2015	(Constable - Cuevas - Menges - Moore)
Rodney Lora	Shot Put	58-05.5	2023	Woodberry Forest School
Jaden Ferguson	High Jump	06-09	2023	Woodberry Forest School
Victor Olesen	Pole Vault	16-04.75	2024	St. Christopher's School
Michael Davenport	Long Jump	23-8.25	2016	Woodberry Forest School
Elby Omohundro	Triple Jump	46-09	2019	St. Christopher's School



**BOYS
TEAM CHAMPIONS
HISTORY**

YEAR	SCHOOL	COACH OF THE YEAR
2007	Fork Union Military	
2008	Fork Union Military	
2009	St Christopher's School	
2010	Fork Union Military	
2011	Liberty Christian Academy	
2012	Fork Union Military	
2013	Fork Union Military	
2014	Woodberry Forest School	
2015	Woodberry Forest School	
2016	Woodberry Forest School	
2017	St Christopher's School	
2018	Fork Union Military	
2019	St Christopher's School	
2020	Collegiate School	
2021	<i>No Championship Meet</i>	
2022	Woodberry Forest School	
2023	Woodberry Forest School	Curtis Phillips - WFS
2024	St Christopher's School	Marshall Ware - STC
	<i>**Coach of Year was first awarded by VISAA in 2023</i>	

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GIRLS INDIVIDUAL CHAMPIONS HISTORY

STATE RECORD				
2007	Candra Johnson	55 Meter Dash	7.52	St. Catherine's School
2008	Nefertiti Smith	55 Meter Dash	7.33	Norfolk Collegiate
2009	Shantel Bingham	55 Meter Dash	7.33	Episcopal High School
2010	Emmy Fraenk	55 Meter Dash	7.37	Hampton Roads Academy
2011	Shantell Bingham	55 Meter Dash	7.12	Episcopal High School
2012	Dana Mercer	55 Meter Dash	7.40	Liberty Christian Academy
2013	Cristeen Anyanwu	55 Meter Dash	7.37	Episcopal High School
2014	Cristeen Anyanwu	55 Meter Dash	7.39	Episcopal High school
2015	Austin Smithers	55 Meter Dash	7.41	St. Catherine's School
2016	Bridget Fitzsimon	55 Meter Dash	7.40	St. Paul VI Catholic Catholic High School
2017	Bridget Fitzsimon	55 Meter Dash	7.40	St. Paul VI Catholic High School
2018	Bridget Fitzimon	55 Meter Dash	7.36	St. Paul VI Catholic High School
2019	Micayah Holland	55 Meter Dash	7.28	Norfolk Christian School
2020	Jailah Channer	55 Meter Dash	7.31	St. Catherine's School
2021	<i>No Meet</i>			
2022	Chayse Raymond	55 Meter Dash	7.37	Bishop O'Connell High School
2023	Chayse Raymond	55 Meter Dash	7.19	Bishop O'Connell High School
2024	Jeylah Hamrick	55 Meter Dash	7.33	Walsingham Academy

STATE RECORD				
2007	Samantha Adelberg	300 Meters	41.92	The Potomac School
2008	Molly McKeon	300 Meters	42.19	Collegiate School
2009	Sarah Katz	300 Meters	42.35	St. Catherine's School
2010	Emmy Fraenk	300 Meters	41.22	Hampton Roads Academy
2011	Jordan Stokes	300 Meters	41.80	Trinity Episcopal School
2012	Austin Pruitt	300 Meters	41.93	Collegiate School
2013	Cristeen Anyanwu	300 Meters	42.35	Episcopal High School
2014	Racchel Morris	300 Meters	42.81	Liberty Christian School
2015	Austin Smithers	300 Meters	41.94	St. Catherine's School
2016	Bridget Fitzsimon	300 Meters	42.16	St. Paul VI Catholic Catholic High School
2017	Bridget Fitzsimon	300 Meters	41.75	St. Paul VI Catholic High School
2018	Bridget Fitzimon	300 Meters	42.16	St. Paul VI Catholic High School
2019	Catherine Hyman	300 Meters	41.15	The Potomac School
2020	Willa Shannon	300 Meters	41.16	St. Catherine's School
2021	<i>No Meet</i>			
2022	Charlotte Robinson	300 Meters	42.27	St. Catherine's School
2023	Ally Griswold	300 Meters	40.36	The Potomac School
2024	Ally Griswold	300 Meters	41.01	The Potomac School

STATE RECORD				
2007	Samantha Adelberg	500 Meters	1:17.36	The Potomac School
2008	Patricia Brandt	500 Meters	1:21.80	The Potomac School
2009	Mehgan Burggraf	500 Meters	1:17.88	Liberty Christian Academy
2010	Emmy Fraenk	500 Meters	1:19.91	Hampton Roads Academy
2011	Sarah Katz	500 Meters	1:18.64	St. Catherine's School
2012	Micah Brickhill	500 Meters	1:17.95	Liberty Christian Academy
2013	Micah Brickhill	500 Meters	1:16.86	Liberty Christian Academy
2014	Racchel Morris	500 Meters	1:19.58	Liberty Christian School
2015	Susanna Reid	500 Meters	1:19.20	St. Catherine's School
2016	Sllie Vest	500 Meters	1:19.71	Norfolk Academy
2017	Emma Ballantyne	500 Meters	1:19.46	St. Catherine's School
2018	Catherine Hyman	500 Meters	1:18.89	The Potomac School
2019	Catherine Hyman	500 Meters	1:15.33	The Potomac School
2020	Archer Gurkin	500 Meters	1:19.14	St. Catherine's School
2021	No Meet			
2022	Hampton Turton	500 Meters	1:18.52	St. Catherine's School
2023	Hampton Turton	500 Meters	1:18.46	St. Catherine's School
2024	Machenzie Fulgham	500 Meters	1:18.07	The Potomac School

STATE RECORD				
2007	Abby Clement	1000 Meters	3:06.15	St. Paul VI Catholic High School
2008	Olivia Twiddy	1000 Meters	3:16.88	Walsingham Academy
2009	Barbara Strehler	1000 Meters	3:01.53	Trinity Episcopal School
2010	Brennan Long	1000 Meters	3:11.14	Roanoke Catholic School
2011	Taylor Clevinger	1000 Meters	3:02.68	St. Catherine's School
2012	Libby Parrish	1000 Meters	3:11.10	St. Catherine's School
2013	Libby Parrish	1000 Meters	2:58.47	St. Catherine's School
2014	Libby Parrish	1000 Meters	3:02.20	St. Catherine's School
2015	Libby Parrish	1000 Meters	3:04.55	St. Catherine's School
2016	Julie Lambert	1000 Meters	3:04.18	Norfolk Academy
2017	Hannah Ballowe	1000 Meters	3:03.55	St. Catherine's School
2018	Hannah Ballowe	1000 Meters	2:58.88	St. Catherine's School
2019	Hannah Ballowe	1000 Meters	2:58.13	St. Catherine's School
2020	Regan Gilman	1000 Meters	3:02.97	Veritas School
2021	No Meet			
2022	Reagan Gilman	1000 Meters	3:00.32	Veritas School
2023	Cecelia Pugsley	1000 Meters	3:01.71	St. Paul VI Catholic High School
2024	Virginia Harris	1000 Meters	3:04.21	Collegiate School

STATE RECORD				
2007	Carrie Wortham	1600 Meters	5:19.00	St. Catherine's School
2008	Barbara Atrehler	1600 Meters	5:09.73	Trinity Episcopal School
2009	Barbara Strehler	1600 Meters	5:03.29	Trinity Episcopal School
2010	Hannah Lieberman	1600 Meters	5:27.67	Trinity Episcopal School
2011	Taylor Clevinger	1600 Meters	5:16.51	St. Catherine's School
2012	Libby Parrish	1600 Meters	5:09.23	St. Catherine's School
2013	Libby Parrish	1600 Meters	5:06.49	St. Catherine's School
2014	Molly Breidenbaugh	1600 Meters	5:01.82	Trinity Episcopal School
2015	Libby Parrish	1600 Meters	5:07.45	St. Catherine's School
2016	Julie Lambert	1600 Meters	5:09.51	Norfolk Academy
2017	Hannah Ballowe	1600 Meters	5:07.96	St. Catherine's School
2018	Hannah Ballowe	1600 Meters	5:09.97	St. Catherine's School
2019	Hannah Ballowe	1600 Meters	5:15.21	St. Catherine's School
2020	Hope Frost	1600 Meters	5:05.15	StoneBridge School
2021	No Meet			
2022	Cecelia Pugsley	1600 Meters	5:07.65	St. Paul VI Catholic High School
2023	Cecelia Pugsley	1600 Meters	5:09.17	St. Paul VI Catholic High School
2024	Kerrigan Chaney	1600 Meters	5:00.33	North Cross School

STATE RECORD				
2007	Barbara Strehler	3200 Meters	11:39.16	Trinity Episcopal School
2008	Barbara Strehler	3200 Meters	11:38.09	Trinity Episcopal School
2009	Anneka Wilson	3200 Meters	11:29.63	The Potomac School
2010	Anneka Wilson	3200 Meters	11:50.78	The Potomac School
2011	Megan Blackstone	3200 Meters	11:52.65	St. Paul VI Catholic High school
2012	Megan Blackstone	3200 Meters	11:29.51	St. Paul VI Catholic High School
2013	Molly Breidenbaugh	3200 Meters	11:24.87	Trinity Episcopal School
2014	Molly Breidenbaugh	3200 Meters	10:49.31	Trinity Episcopal School
2015	Morgan Lewis	3200 Meters	11:13.32	Veritas School
2016	Julia Lambert	3200 Meters	11:16.92	Norfolk Academy
2017	Morgan Lewis	3200 Meters	10:52.28	Veritas School
2018	Ellie Thurneyesen	3200 Meters	11:42.55	St. Paul VI Catholic High School
2019	Hope Frost	3200 Meters	11:39.79	StoneBridge School
2020	Hope Frost	3200 Meters	11:23.12	StoneBridge School
2021	No Meet			
2022	Molly Weithman	3200 Meters	11:23.27	Bishop O'Connell High School
2023	Molly Weithman	3200 Meters	11:18.93	Bishop O'Connell High School
2024	Molly Weithman	3200 Meters	10:58.04	Bishop O'Connell High School

STATE RECORD				
2007	Christine Sargent	55 Meter Hurdles	8.98	Norfolk Academt
2008	Nefertiti Smith	55 Meter Hurdles	8.31	Norfolk Collegiate
2009	Nefertiti Smith	55 Meter Hurdles	8.63	Norfolk Collegiate
2010	Shantell Bingham	55 Meter Hurdles	8.75	Episcopal High School
2011	Shantell Bingham	55 Meter Hurdles	8.21	Episcopal High School
2012	Hannah Myers	55 Meter Hurdles	8.86	Collegiate School
2013	Bri Miller	55 Meter Hurdles	9.17	St. Catherine's School
2014	Ellie Randolph	55 Meter Hurdles	8.44	Norfolk Academy
2015	Ellie Randolph	55 Meter Hurdles	8.33	Norfolk Academy
2016	Ah'rea Jones	55 Meter Hurdles	8.77	Collegiate School
2017	Dawn Farquharson	55 Meter Hurdles	9.08	Episcopal High School
2018	Bijee Jackson	55 Meter Hurdles	8.62	Episcopal High School
2019	Willa Shannon	55 Meter Hurdles	8.58	St. Catherine's School
2020	Willa Shannon	55 Meter Hurdles	8.32	St. Catherine's School
2021	No Meet			
2022	Tiara Jenkins	55 Meter Hurdles	9.05	Atlantic Shores Christian School
2023	Tiara Jenkins	55 Meter Hurdles	8.56	Atlantic Shores Christian School
2024	Jeylah Hamrick	55 Meter Hurdles	8.50	Walsingham Academy

STATE RECORD				
2007	St. Catherine's School	4x200 Relay	1:51.56	
2008	Collegiate School	4x200 Relay	1:49.61	(Jessee, Tatum, Mastropieeri, McKeon)
2009	Collegiate School	4x200 Relay	1:49.73	
2010	Collegiate School	4x200 Relay	1:50.28	(Melson, Thexton, Martin, Pruitt)
2011	Collegiate School	4x200 Relay	1:49.89	
2012	St. Catherine's School	4x200 Relay	1:50.84	
2013	St. Catherine's School	4x200 Relay	1:48.98	(Damgard, Farinholt, Miller, Carlisle)
2014	St. Catherine's School	4x200 Relay	1:48.33	(I. Farinholt, A. Smithers, E. Carlisle, B. Miller)
2015	St. Catherine's School	4x200 Relay	1:47.56	
2016	St. Stephen's and St. Agnes School	4x200 Relay	1:48.49	(Pusey, Belodeau, Sweet, Dyson)
2017	St. Catherine's School	4x200 Relay	1:46.87	(W. Shannon, M. Durham, C. Pratt, E. Carlisle)
2018	Episcopal High School	4x200 Relay	1:48.65	(N. Moore, J. Moses, R. Simmons, B. Jackson)
2019	St. Catherine's School	4x200 Relay	1:46.18	(W. Shannon, C. Horner, E. Horner, J. Channer)
2020	St. Catherine's School	4x200 Relay	1:46.06	(Shannon, Horner, Turton, Channer)
2021	No Meet			
2022	Norfolk Academy	4x200 Relay	1:51.18	(Scott, Fernandez, Saffold, Lancey)
2023	The Potomac School	4x200 Relay	1:47.14	(M. Davis, K. Motley, T. Picconatto, A. Griswold)
2024	Trinity Episcopal School	4x200 Relay	1:48.14	(Verson, Nelson, Wintsch, Verson)

STATE RECORD				
2007	The Potomac School	4x400 Relay	4:06.23	
2008	The Potomac School	4x400 Relay	4:14.64	(Fabiani M., Heintz , Chockley,Brandt)
2009	Norfolk Academy	4x400 Relay	4:10.19	
2010	St. Catherine's School	4x400 Relay	4:16.30	(Ukrop, Katz, Ellett, kerr)
2011	St. Catherine's School	4x400 Relay	4:12.02	
2012	St. Catherine's School	4x400 Relay	4:11.29	
2013	St. Catherine's School	4x400 Relay	4:08.80	(K.Scherger, R.Ackerly, M.Crittenden, A.O'Hagan)
2014	St. Catherine's School	4x400 Relay	4:09.32	(M.Crittenden, S.Reid, L.Parrish, B.Miller)
2015	St. Catherine's School	4x400 Relay	4:14.20	
2016	St. Catherine's School	4x400 Relay	4:14.17	(Tattersall, Royal,Ballantyne,Ballowe)
2017	St. Catherine's School	4x400 Relay	4:05.26	(R.Horner, A.Gurkin, H.Ballowe, E.Ballantyne)
2018	The Potomac School	4x400 Relay	4:03.14	
2019	St. Catherine's School	4x400 Relay	4:04.12	(C.Horner, E.Horner, H.Ballowe, A.Gurkin)
2020	St. Catherine's School	4x400 Relay	4:07.48	(Brown, Horner,Horner, Gurkin)
2021	No Meet			
2022	St. Catherine's School	4x400 Relay	4:14.04	(Buono, Brown, Bayler, Mancini)
2023	The Potomac School	4x400 Relay	4:08.76	(T.Overdeck, K.Motley, K.Tuttle, A.Griswold)
2024	The Potomac School	4x400 Relay	4:09.23	(Overdeck, Griswold, Tuttle, Fulgham)

STATE RECORD				
2007	St. Paul VI Catholic High School	4x800 Relay	9:44.46	
2008	St. Catherine's School	4x800 Relay	10:12.69	(Fort, Reveley, Frazer,Ruffin)
2009	The Potomac School	4x800 Relay	9:56.07	
2010	Collegiate School	4x800 Relay	10:05.18	(Coates, Hase, Melnick, O'Connor)
2011	St. Catherine's School	4x800 Relay	10:21.52	
2012	St. Catherine's School	4x800 Relay	10:09.56	
2013	St. Catherine's School	4x800 Relay	9:59.15	(Sherger, Ackerly, Crittenden, O'Hagan)
2014	St. Stephen's and St. Agnes School	4x800 Relay	9:58.87	(O.Pugh, C.Curran, C.Kolb, A.Lindsay)
2015	St. Stephen's and St. Agnes School	4x800 Relay	10:11.51	
2016	St. Stephen's and St. Agnes School	4x800 Relay	9:58.73	(Cox, Androus, Shephardson, Pugh)
2017	Saint John Paul the Great Catholic High School	4x800 Relay	9:55.39	(A.Dunlop, J.Billingsly, S.Conner, R.Kreitzer)
2018	Episcopal High School	4x800 Relay	9:47.34	(C.Boehm, D.Farquharson, P.Hathaway, A.Boehm)
2019	Episcopal High School	4x800 Relay	9:58.25	(C.Boehm, L.Gregory, R.Simmons, A.Boehm)
2020	St. Catherine's School	4x800 Relay	10:09.02	(Strickler,Buono, Workman, Mitchell)
2021	No Meet			
2022	St. Catherine's School	4x800 Relay	10:12.97	(Buono, Galbraith, Cart, Armstrong)
2023	St. Catherine's School	4x800 Relay	10:04.85	(A.Bayler, E.Blackwood, B.Galbraith, A.Armstrong)
2024	Collegiate School	4x800 Relay	10:04.92	(Ferrell, Boyer, Ferrell, Harris)

STATE RECORD				
2007	Mogan Watts	Shot Put	37-09	The Potomac School
2008	Sarah Dillard	Shot Put	33-04	Episcopal High School
2009	Jessica Watkins	Shot Put	38-09	Virginia Episcopal School
2010	Sarah Dillard	Shot Put	38-02	Norfolk Acaddemy
2011	Allah Griffith	Shot Put	33.03	Episcopal High School
2012	Katie O'Connor	Shot Put	35-02	Collegiate School
2013	Cassandra Nnaji	Shot Put	36-11	St. Paul VI Catholic High School
2014	Mia Harris	Shot Put	39-10	St. Catherine's School
2015	Nikki Aganbi	Shot Put	35-11	St. Catherine's School
2016	Isbella Anderegg	Shot Put	35-01	Trinity Episcopal School
2017	Isabella Anderegg	Shot Put	35-01	Trinity Episcopal School
2018	Maisy Fling	Shot Put	34-01	Collegiate School
2019	Hallie Reese	Shot Put	35.04	The Covenant School
2020	Mide Enajekpo	Shot Put	35-05	St. Margaret's School
2021	No Meet			
2022	Gabrielle Deglau	Shot Put	37-10.25	Collegiate School
2023	Gabrielle Deglau	Shot Put	40-04.50	Collegiate School
2024	Ava Reese	Shot Put	34-10.50	Episcopal High School

STATE RECORD				
2007	Virginia Ginn	High Jump	05-02	St. Catherine's School
2008	Virginia Ginn	High Jump	05-00	St. Catherine's School
2009	Nefertiti Smith	High Jump	05-00	Norfolk Collegiate
2010	Kate McDowell	High Jump	04-10	St. Catherine's School
2011	Tyler Bannister	High Jump	05-00	Norfolk Academy
2012	Tyler Bannister	High Jump	04-10	Norfolk Academy
2013	Nadia Khoury	High Jump	05-02	Trinity Episcopal School
2014	Tyler Bannister	High Jump	05-02	Norfolk Academy
2015	Nadia Khoury	High Jump	05-07	Trinity Episcopal School
2016	Bridid O'Shea	High Jump	05-02	Collegiate School
2017	Brigid O'Shea	High Jump	05-02	Collegiate School
2018	Jailah Channer	High Jump	05-00	St. Catherine's School
2019	Jailah Channer	High Jump	05-00	St. Catherine's School
2020	Jailah Channer	High Jump	05-02	St. Catherine's School
2021	No Meet			
2022	Flavia Daniels	High Jump	05-02	North Cross School
2023	Flavia Daniels	High Jump	05-02	North Cross School
2024	Taylor Kulow	High Jump	05-03	Norfolk Acadedmy

STATE RECORD				
2007	Carrie Wortham	Pole Vault	10-09	St. Catherine's School
2008	Rebecca Karp	Pole Vault	08-00	Norfolk Academy
2009	Rebecca Karp	Pole Vault	08-00	Norfolk Academy
2010	Rebecca Karp	Pole Vault	09-06	Norfolk Academy
2011	Rebeca Karp	Pole Vault	10-00	Norfolk Academy
2012	Kellie Glynn	Pole Vault	10-03	Liberty Christian Academy
2013	Jessie Glynn	Pole Vault	10-00	Liberty Christian Academy
2014	Sasha Osipenko	Pole Vault	10-06	St. Catherine's School
2015	Sasha Osipenko	Pole Vault	10-09	St. Catherine's School
2016	Sasha Osipenko	Pole Vault	10-06	St. Catherine's School
2017	Anna McKay Radcliff	Pole Vault	08-00	St. Catherine's School
2018	Megan Murphy	Pole Vault	10-03	St. Catherine's School
2019	Anjali Mead	Pole Vault	11-06	St. Catherine's School
2020	Ashley D'Ambosia	Pole Vault	10-06	Collegiate school
2021	No Meet			
2022	Lauren Lucy	Pole Vault	10-00	Collegiate School
2023	Natalie Hubbard	Pole Vault	10-06	Catholic High Scgiil
2024	Madelyn Smullen	Pole Vault	09-03	St. Catherine's School

STATE RECORD				
2007	Carina Tate	Long Jump	16.00	Cape Henry Collegiate
2008	Nefertiti Smith	Long Jump	18-06	Norfolk Collegiate
2009	Dana Mercer	Long Jump	17.00	Liberty Christian Academy
2010	Dana Mercer	Long Jump	17-06	Liberty Christian Academy
2011	Dana Mercer	Long Jump	18-01	Liberty Christian Academy
2012	Dana Mercer	Long Jump	17-09	Liberty Christian Academy
2013	Ian Farinholy	Long Jump	17-09	St. Catherine's School
2014	Bri Miller	Long Jump	17-00	St. Catherine's School
2015	Ellie Randolph	Long Jump	18-01.5	Norfolk Academy
2016	Ellie Vest	Long Jump	16-11.25	Norfolk Academy
2017	Emma Ballantyne	Long Jump	17-00	St. Catherine's School
2018	Jailah Channer	Long Jump	17-03	St. Catherine's School
2019	Jailah Channer	Long Jump	17-08	St. Catherine's School
2020	Jailah Channer	Long Jump	17-10	St. Catherine's School
2021	No Meet			
2022	Charlotte Robinson	Long Jump	16-11	St. Catherine's School
2023	Lilly Versen	Long Jump	17-03.25	Trinity Episcopal School
2024	Jeylah Hamrick	Long Jump	17-07.75	Walsingham Academy

STATE RECORD				
2007	Christine Sargent	Triple Jump	35-00	Norfolk Academy
2008	Nefertiti Smith	Triple Jump	37-10	Norfolk Collegiate
2009	Nefertiti Smith	Triple Jump	37-00	Norfolk Collegiate
2010	Khadijah Ameen	Triple Jump	34-02	Norfolk Academy
2011	Dana Mercer	Triple Jump	35-09	Liberty Christian Academy
2012	Dana Mercer	Triple Jump	35-01	Liberty Christian Academy
2013	Bri Miller	Triple Jump	35-00	St. Catherine's School
2014	Bri Miller	Triple Jump	36-04	St. Catherine's School
2015	Bri Miller	Triple Jump	36-07	St. Catherine's School
2016	Eryn Carlisle	Triple Jump	35-08.50	St. Catherine's School
2017	Eryn Carlisle	Triple Jump	37-05	St. Catherine's School
2018	Hazel Tankard	Triple Jump	34-09	Cape Henry Collegiate
2019	Parker Longwood	Triple Jump	33-08	St. Catherine's School
2020	Sydney Beverly	Triple Jump	34-06	North Cross Academy
2021	<i>No Meet</i>			
2022	Charlotte Robinson	Triple Jump	34-00	St. Catherine's School
2023	Elena Granados	Triple Jump	36-10	Cape Henry Collegiate
2024	Elena Granados	Triple Jump	38-05.25	Cape Henry Collegiate



GIRLS MEET RECORDS

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Name	Event	Performance	Year	School
Shantell Bingham	55 Meter Dash	7.12	2011	Episcopal High School
Ally Griswold	300 Meters	40.36	2023	The Potomac School
Catherine Hyman	500 Meters	1:15.33	2019	The Potomac School
Hannah Ballowe	1000 Meters	2:58.13	2019	St. Catherine's School
Kerrigan Chaney	1600 Meters	5:00.33	2024	North Cross School
Molly Breidenbaugh	3200 Meters	10:49.31	2014	Trinity Episcopal School
Shantell Bingham	55 Meter Hurdles	8.21	2011	Episcopal High School
St. Catherine's School	4X200 Relay	1:46.06	2020	(Shannon, Horner, Turton, Channer)
The Potomac School	4X400 Relay	4:03.14	2018	(Yisreal, Walton, Labrecque, Hyman)
St. Paul VI Catholic High School	4x800 Relay	9:44.46	2007	(Bridges, Clement, Kew, McDonald)
Gabrielle Deglau	Shot Put	40-04.50	2023	Collegiate School
Nadia Khoury	High Jump	05-07	2015	Trinity Episcopal School
Anjali Mead	Pole Vault	11-06	2019	St. Catherine's School
Ellie Randolph	Long Jump	18-01.5	2015	Norfolk Academy
Elena Granados	Triple Jump	38-05.25	2024	Cape Henry Collegiate



GIRLS TEAM CHAMPIONS HISTORY

YEAR	SCHOOL	COACH OF THE YEAR
2007	St Catherine's School	
2008	The Potomac School	
2009	Norfolk Academy	
2010	Collegiate School	
2011	St Catherine's School	
2012	Liberty Christian Academy	
2013	St Catherine's School	
2014	St Catherine's School	
2015	St Catherine's School	
2016	Norfolk Academy	
2017	St Catherine's School	
2018	St Catherine's School	
2019	St Catherine's School	
2020	St Catherine's School	
2021	<i>No Meet</i>	
2022	St Catherine's School	
2023	Norfolk Academy	Phillip Call (NA)
2024	St Catherine's School	Alden Basmajian (STC)
	<i>**Coach of Year was first awarded by VISAA in 2023</i>	



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