

VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Meet Program - DI Running

Event 22 Girls 100 Meter Hurdles Division I**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 5/16/2026 - 1:30 PM****Meet Record: 14.73 5/15/2010 Shantell Bingham**

| Lane | Name | Yr | School | Seed Time |
|----------------------------|--------------------------|----|--------------|-----------|
| Heat 1 of 3 Prelims | | | | |
| 1 | Poersch, Claire | 10 | St. Stephen' | 20.74 |
| 2 | Bond, Lauren | 10 | The Potomac | 19.35 |
| 3 | Cotman, Morgan | 11 | Collegiate | 18.44 |
| 4 | Kulow, Taylor | 11 | Norfolk Acad | 15.33 |
| 5 | Kuehnle, Teagan | 11 | Saint Cather | 17.78 |
| 6 | Lartey, Nadia | 10 | Trinity Epis | 19.26 |
| 7 | Slauson-Blevins, Raegan | 12 | Norfolk Acad | 20.47 |
| Heat 2 of 3 Prelims | | | | |
| 2 | Barton, Sofia | 10 | Saint John P | 19.57 |
| 3 | Purcell, Addison | 12 | Collegiate | 18.83 |
| 4 | Figaro, Taliyah | 11 | St. Stephen' | 16.41 |
| 5 | O'Keefe, Emma | 9 | The Potomac | 17.68 |
| 6 | Tian, April | 9 | The Potomac | 19.21 |
| 7 | Cazedessus, Elizabeth | 10 | Catholic Hig | 20.41 |
| Heat 3 of 3 Prelims | | | | |
| 2 | Daub, Chloe | 11 | Collegiate | 19.71 |
| 3 | Clark, Beatrix | 10 | Norfolk Acad | 18.85 |
| 4 | Flynn, Zemma | 10 | St. Stephen' | 17.04 |
| 5 | Torrence, Carter | 11 | Saint Cather | 17.06 |
| 6 | Lartey, Nicole | 11 | Trinity Epis | 18.93 |
| 7 | Antunez Martinez, Jimena | 11 | Episcopal | 19.78 |

Event 5 Boys 110 Meter Hurdles Division I**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 5/16/2026 - 1:30 PM****Meet Record: 14.36 5/17/2024 Davian Burke**

| Lane | Name | Yr | School | Seed Time |
|----------------------------|--------------------|----|--------------|-----------|
| Heat 1 of 2 Prelims | | | | |
| 2 | Ndze, Munjum | 10 | Fork Union | 17.88 |
| 3 | Fumo-Pegues, Khoi | 11 | St. Stephen' | 16.92 |
| 4 | Nelson, Henry | 11 | St. Christop | 15.64 |
| 5 | Figaro, Tawon | 12 | St. Stephen' | 16.33 |
| 6 | Lewis, Alex | 9 | Norfolk Acad | 17.41 |
| 7 | Haynes, Derrick | 9 | St. Stephen' | 18.82 |
| Heat 2 of 2 Prelims | | | | |
| 2 | Robinson, Austin | 11 | St. Christop | 18.00 |
| 3 | Reid, Campbell | 10 | Norfolk Acad | 16.95 |
| 4 | Lewis, Essentino | 10 | Episcopal | 15.71 |
| 5 | Olesen, Victor | 12 | St. Christop | 15.90 |
| 6 | Tillman, Preston | 10 | Collegiate | 17.21 |
| 7 | Picardo, Alexander | 12 | Saint John P | 18.63 |

Event 21 Girls 100 Meter Dash Division I**8 Advance: Top 1 Each Heat plus Next 4 Best Times****Saturday 5/16/2026 - 1:40 PM****Meet Record: 12.13 5/16/2025 Aziyah Heru**

| Lane | Name | Yr | School | Seed Time |
|----------------------------|----------------------|----|--------------|-----------|
| Heat 1 of 4 Prelims | | | | |
| 1 | Beyers, Jackie | 9 | Flint Hill S | 13.58 |
| 2 | Spain, Destini | 10 | Collegiate | 13.38 |
| 3 | Grant, Haley | 9 | St. Stephen' | 12.81 |
| 4 | Versen, Lucy | 12 | Trinity Epis | 12.18 |
| 5 | Adams, Mia | 12 | Madeira Scho | 12.44 |
| 6 | Nelson, Ashlyn | 11 | Trinity Epis | 13.29 |
| 7 | Tappin, Selah | 10 | Episcopal | 13.52 |
| Heat 2 of 4 Prelims | | | | |
| 1 | Dunn, Jazie | 11 | Collegiate | 13.69 |
| 2 | Dimino, Annemarie | 11 | Catholic Hig | 13.38 |
| 3 | Scott, Adaline | 12 | Norfolk Acad | 12.90 |
| 4 | Levine, Sydney | 10 | The Potomac | 12.27 |
| 5 | McGrew, Kayla | 9 | The Potomac | 12.41 |
| 6 | Appiah, Vicky | 11 | Episcopal | 13.16 |
| 7 | Uncapher, Emma | 12 | Norfolk Acad | 13.50 |
| Heat 3 of 4 Prelims | | | | |
| 1 | Hornik, Siena | 9 | Saint Cather | 13.71 |
| 2 | Orlando, Lily | 9 | Saint John P | 13.39 |
| 3 | Martinez, Kyria | 12 | St. Gertrude | 13.00 |
| 4 | Barabanov, Rose | 11 | The Potomac | 12.28 |
| 5 | Smith, Imani | 11 | Catholic Hig | 12.39 |
| 6 | Seidensticker, Marga | 10 | Catholic Hig | 13.13 |
| 7 | Sims, Sarah | 10 | Saint John P | 13.50 |
| Heat 4 of 4 Prelims | | | | |
| 2 | Chambliss, KB | 12 | Norfolk Acad | 13.40 |
| 3 | Lewis, Ryan | 10 | Saint Cather | 13.08 |
| 4 | Hughes, Madison | 12 | St. Stephen' | 12.33 |
| 5 | Obasi, Eberechi | 10 | Saint John P | 12.34 |
| 6 | Bullock, Tranise | 10 | Flint Hill S | 13.08 |
| 7 | McMullen, Zoe | 9 | Saint Cather | 13.40 |

Event 4 Boys 100 Meter Dash Division I**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 5/16/2026 - 1:40 PM****Meet Record: 10.53 5/21/2016 Michael Davenport**

| Lane | Name | Yr | School | Seed Time |
|----------------------------|-----------------------|----|--------------|-----------|
| Heat 1 of 3 Prelims | | | | |
| 1 | Parkes-Johnson, David | 12 | Flint Hill S | 11.48 |
| 2 | Rodgers, Jeremiah | 8 | Norfolk Acad | 11.29 |
| 3 | Gregory, Micah | 9 | The Potomac | 11.02 |
| 4 | Morrison, John | 12 | Woodberry Fo | 10.57 |
| 5 | Furgurson, Brycen | 11 | Trinity Epis | 11.01 |
| 6 | Shorter, Julius | 11 | Woodberry Fo | 11.26 |
| 7 | Allen, Nehemiah | 11 | Fork Union | 11.48 |

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Heat 2 of 3 Prelims...(Event 4 Boys 100 Meter Dash Division I)

| | | | | |
|---|-----------------|----|--------------|-------|
| 1 | Herring, Ryan | 9 | St. Stephen' | 11.48 |
| 2 | Street, Ben | 12 | Benedictine | 11.29 |
| 3 | Asare, Elisha | 12 | St. Christop | 11.03 |
| 4 | White, Maddox | 12 | St. Christop | 10.81 |
| 5 | Berkey, Jonah | 12 | Saint John P | 11.01 |
| 6 | Wiltshire, Adam | 11 | St. Anne's-B | 11.18 |
| 7 | Walker, Josiah | 11 | Trinity Epis | 11.44 |

Heat 3 of 3 Prelims

| | | | | |
|---|--------------------|----|--------------|-------|
| 1 | Rutter, Jack | 12 | St. Stephen' | 11.50 |
| 2 | McDaniel, Noah | 11 | Collegiate | 11.31 |
| 3 | Allen, Zion | 11 | Episcopal | 11.03 |
| 4 | Jefferson, Preston | 9 | Norfolk Acad | 10.90 |
| 5 | Brent, Jonah | 11 | St. Anne's-B | 11.00 |
| 6 | Bullock, Marquez | 9 | Trinity Epis | 11.17 |
| 7 | Evans, Manny | 11 | Benedictine | 11.32 |

Event 20 Girls 4x800 Meter Relay Division I

Saturday 5/16/2026 - 2:05 PM

Meet Record: 9:42.36 5/19/2018 Episcopal High School

C. Boehm, A. Boehm, R. Simmons, P. Hathaway

| Lane | Team | Relay | Seed Time |
|------|------|-------|-----------|
|------|------|-------|-----------|

Section 1 of 1 Finals

| | | | |
|----|--------------|---|----------|
| 1 | Collegiate | A | 9:51.12 |
| 2 | Saint Cather | A | 9:57.13 |
| 3 | The Potomac | A | 10:00.59 |
| 4 | St. Stephen' | A | 10:05.69 |
| 5 | Episcopal | A | 10:17.52 |
| 6 | Norfolk Acad | A | 10:17.67 |
| 7 | Saint John P | A | 10:36.69 |
| 8 | Oakcrest Sch | A | 10:54.69 |
| 9 | Catholic Hig | A | 10:56.19 |
| 10 | Trinity Epis | A | 11:06.43 |
| 11 | Madeira Scho | A | 11:42.11 |

Event 3 Boys 4x800 Meter Relay Division I

Saturday 5/16/2026 - 2:05 PM

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

N Okaah, R Garver, P Lomong, A Lomong

| Lane | Team | Relay | Seed Time |
|------|------|-------|-----------|
|------|------|-------|-----------|

Section 1 of 1 Finals

| | | | |
|----|--------------|---|---------|
| 1 | St. Christop | A | 7:57.10 |
| 2 | Saint John P | A | 8:01.92 |
| 3 | Cape Henry C | A | 8:05.56 |
| 4 | Fork Union | A | 8:37.71 |
| 5 | Catholic Hig | A | 8:46.94 |
| 6 | St. Anne's-B | A | 8:48.01 |
| 7 | Norfolk Acad | A | 8:49.14 |
| 8 | Flint Hill S | A | 8:52.26 |
| 9 | The Potomac | A | 8:57.07 |
| 10 | Collegiate | A | 9:10.10 |
| 11 | Trinity Epis | A | 9:13.45 |

Event 27 Girls 1600 Meter Run Division I

Saturday 5/16/2026 - 2:45 PM

Meet Record: 4:47.32 5/17/2024 Reese Dalton

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 2 Finals

| | | | | |
|----|--------------------|----|--------------|---------|
| 1 | Enos, Paisley | 10 | Norfolk Acad | 5:34.59 |
| 2 | Miller, Claire | 10 | St. Gertrude | 5:34.91 |
| 3 | Barbee, Sabine | 12 | The Potomac | 5:38.52 |
| 4 | Dake, Margaret | 12 | Saint John P | 5:39.74 |
| 5 | Navitsky, Lydia | 11 | Episcopal | 5:40.47 |
| 6 | Stribling, Chloe | 9 | St. Gertrude | 5:42.07 |
| 7 | Hodges, Margaret | 11 | Episcopal | 5:42.21 |
| 8 | Ogden, Teagan | 10 | Catholic Hig | 5:42.43 |
| 9 | Albanese, Gianna | 12 | Saint John P | 5:47.96 |
| 10 | Boyer, Macy | 12 | Collegiate | 5:48.94 |
| 11 | Morrison, Olivia | 9 | Oakcrest Sch | 5:49.33 |
| 12 | Copeland, Madeline | 9 | Trinity Epis | 5:49.74 |

Section 2 of 2 Finals

| | | | | |
|----|--------------------|----|--------------|---------|
| 1 | Harris, Virginia | 11 | Collegiate | 5:07.70 |
| 2 | Wanamaker, Sydney | 11 | St. Stephen' | 5:11.39 |
| 3 | Gibbins, Grey | 12 | Episcopal | 5:12.16 |
| 4 | Altschuler, Sasha | 9 | The Potomac | 5:12.61 |
| 5 | Bayler, Annabel | 12 | Saint Cather | 5:13.02 |
| 6 | Bechtel, Tegan | 11 | Saint John P | 5:20.68 |
| 7 | Kirsch, Talia | 9 | The Potomac | 5:21.27 |
| 8 | Harris, Kailyn | 10 | Trinity Epis | 5:22.79 |
| 9 | Clemons, Piper | 10 | Saint Cather | 5:23.80 |
| 10 | Hires, Lola | 11 | Norfolk Acad | 5:23.95 |
| 11 | Stack, Lucy | 9 | Flint Hill S | 5:24.48 |
| 12 | Hedley, Lilly Beth | 8 | Norfolk Acad | 5:27.93 |
| 13 | McMullin, Samantha | 12 | Collegiate | 5:28.03 |
| 14 | Scholten, Molly | 8 | Saint Cather | 5:28.17 |
| 15 | Gibian, Avery | 10 | St. Stephen' | 5:29.05 |

Event 10 Boys 1600 Meter Run Division I

Saturday 5/16/2026 - 2:45 PM

Meet Record: 4:10.24 1976 Ledder (Mile)

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 1 Finals

| | | | | |
|----|--------------------|----|--------------|---------|
| 1 | Eliason, Quinn | 12 | St. Anne's-B | 4:08.84 |
| 2 | Krebs, Henry | 10 | St. Stephen' | 4:24.10 |
| 3 | Carter, Luke | 12 | The Potomac | 4:26.66 |
| 4 | Nguyen, Long | 11 | St. Christop | 4:26.73 |
| 5 | Bousman, Matt | 9 | Norfolk Acad | 4:30.14 |
| 6 | Waidelich, Matthew | 12 | Trinity Epis | 4:30.81 |
| 7 | Hurley, David | 11 | Saint John P | 4:33.93 |
| 8 | Looney, Boyd | 12 | Woodberry Fo | 4:37.75 |
| 9 | Eaton, David | 11 | Fork Union | 4:37.88 |
| 10 | Lewis, Reade | 11 | Collegiate | 4:43.09 |
| 11 | Porter, Jack | 11 | Collegiate | 4:43.96 |
| 12 | Reinecke, Joshua | 11 | The Potomac | 4:44.49 |
| 13 | Agrawal, Avi | 12 | The Potomac | 4:45.02 |
| 14 | Carter, Troy | 10 | Saint John P | 4:46.61 |
| 15 | Sexton, Langdon | 9 | St. Christop | 4:46.88 |

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Meet Program - DI Running

Event 18 Girls 4x100 Meter Relay Division I**Saturday 5/16/2026 - 3:15 PM****Meet Record: 48.98 5/17/2025 Saint Catherine's****M. Johnson, M. Johnson, L. Armstrong, P. Shannon**

| Lane | Team | Relay | Seed Time |
|------------------------------|--------------|-------|-----------|
| Section 1 of 2 Finals | | | |
| 3 | Oakcrest Sch | A | 56.71 |
| 4 | Episcopal | A | 53.28 |
| 5 | Flint Hill S | A | 54.61 |
| 6 | St. Gertrude | A | 57.38 |
| Section 2 of 2 Finals | | | |
| 1 | Norfolk Acad | A | 52.21 |
| 2 | Catholic Hig | A | 51.83 |
| 3 | St. Stephen' | A | 50.35 |
| 4 | Trinity Epis | A | 49.12 |
| 5 | Saint Cather | A | 49.42 |
| 6 | The Potomac | A | 51.15 |
| 7 | Saint John P | A | 52.04 |
| 8 | Collegiate | A | 52.88 |

Event 1 Boys 4x100 Meter Relay Division I**Saturday 5/16/2026 - 3:15 PM****Meet Record: 41.60 5/17/2025 Woodberry Forest****L. Sanker, S. Robinson, J. Morrison, K. Nti**

| Lane | Team | Relay | Seed Time |
|------------------------------|--------------|-------|-----------|
| Section 1 of 2 Finals | | | |
| 3 | Flint Hill S | A | 47.79 |
| 4 | Catholic Hig | A | 45.75 |
| 5 | Fork Union | A | 44.76 |
| 6 | Collegiate | A | 44.94 |
| 7 | Randolph-Mac | A | 46.24 |
| 8 | Cape Henry C | A | 48.27 |
| Section 2 of 2 Finals | | | |
| 1 | St. Anne's-B | A | 44.44 |
| 2 | Benedictine | A | 44.18 |
| 3 | Saint John P | A | 43.66 |
| 4 | St. Christop | A | 42.59 |
| 5 | Trinity Epis | A | 42.80 |
| 6 | Episcopal | A | 43.71 |
| 7 | Norfolk Acad | A | 44.37 |
| 8 | St. Stephen' | A | 44.63 |

Event 25 Girls 400 Meter Dash Division I**Saturday 5/16/2026 - 3:30 PM****Meet Record: 56.45 5/18/2019 Catherine Hyman**

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 3 Finals | | | | |
| 3 | Cahill, Kate | 12 | Oakcrest Sch | 1:08.19 |
| 4 | Sheffler, Evelyn | 8 | Oakcrest Sch | 1:07.93 |
| 5 | Rabagliati, Felicitas | 9 | Oakcrest Sch | 1:06.30 |
| 6 | Hager, Eleanor | 9 | Trinity Epis | 1:07.76 |
| 7 | Ware, Lila | 12 | Norfolk Acad | 1:08.19 |

Section 2 of 3 Finals

| | | | | |
|---|----------------------|----|--------------|---------|
| 2 | Poguson, Eliana | 10 | Madeira Scho | 1:04.84 |
| 3 | Fleming, Reese | 12 | Collegiate | 1:04.07 |
| 4 | Elder, Lila | 10 | St. Gertrude | 1:03.08 |
| 5 | Perkinson, Reagan | 11 | Trinity Epis | 1:02.11 |
| 6 | Onwuchekwa, Chinyere | 11 | Collegiate | 1:02.12 |
| 7 | Huffman, Ruthie | 11 | Saint Cather | 1:03.46 |
| 8 | Allain, Seraphina | 10 | Madeira Scho | 1:04.36 |

Section 3 of 3 Finals

| | | | | |
|---|---------------------|----|--------------|---------|
| 1 | McKay, Abigail | 11 | Saint Cather | 1:00.42 |
| 2 | Griswold, Ally | 12 | The Potomac | 58.03 |
| 3 | Levine, Sydney | 10 | The Potomac | 57.12 |
| 4 | Spaulding, Savannah | 11 | Saint Cather | 56.98 |
| 5 | Barabanov, Rose | 11 | The Potomac | 57.07 |
| 6 | Jones, Ainsleigh | 11 | Trinity Epis | 57.34 |
| 7 | Sramek, Carolina | 10 | St. Stephen' | 1:00.15 |
| 8 | Uncapher, Emma | 12 | Norfolk Acad | 1:01.50 |

Event 8 Boys 400 Meter Dash Division I**Saturday 5/16/2026 - 3:30 PM****Meet Record: 48.34 1966****Calhoun**

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------|----|--------------|-----------|
| Section 1 of 4 Finals | | | | |
| 3 | Duffy Jr., Sean | 11 | Norfolk Acad | 55.41 |
| 4 | Major, Ty | 11 | Cape Henry C | 55.27 |
| 5 | Zito, Isaac | 12 | Norfolk Acad | 55.28 |
| Section 2 of 4 Finals | | | | |
| 2 | Yang, Xihao | 10 | Flint Hill S | 54.97 |
| 3 | Palmisano, Luca | 10 | Benedictine | 54.22 |
| 4 | Chen, Jd | 12 | Collegiate | 54.04 |
| 5 | LeNoir, Ben | 10 | Trinity Epis | 53.52 |
| 6 | Hammett, Elijah | 10 | Fork Union | 53.93 |
| 7 | Cheshire, Daniel | 10 | Cape Henry C | 54.10 |
| 8 | Whitlock, Daniel | 9 | Collegiate | 54.61 |
| Section 3 of 4 Finals | | | | |
| 2 | Hagerman, Gabriel | 12 | Catholic Hig | 53.27 |
| 3 | Melton, Zaidien | 12 | Woodberry Fo | 52.34 |
| 4 | Lowe, Max | 10 | Catholic Hig | 52.20 |
| 5 | Jordan, Brogan | 12 | Saint John P | 52.00 |
| 6 | Perez, Ayden | 10 | Catholic Hig | 52.02 |
| 7 | Yoder, Anthony | 10 | Randolph-Mac | 52.28 |
| 8 | Spencer, Miles | 12 | St. Stephen' | 52.49 |

Section 4 of 4 Finals

| | | | | |
|---|-------------------|----|--------------|-------|
| 1 | Garcia, Myles | 11 | Episcopal | 50.64 |
| 2 | Obasi, Tobechei | 12 | Saint John P | 50.37 |
| 3 | Mayer, Coleman | 11 | St. Christop | 49.68 |
| 4 | Tragert, Owen | 10 | Cape Henry C | 48.78 |
| 5 | Wingfield, Izaiah | 10 | Saint John P | 49.36 |
| 6 | Calkins, Stephen | 12 | The Potomac | 50.17 |
| 7 | Owino, George | 11 | Fork Union | 50.61 |
| 8 | Fournier, John | 12 | Benedictine | 51.61 |

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Meet Program - DI Running

Event 24 Girls 300 Meter Hurdles Division I

Saturday 5/16/2026 - 3:40 PM

Meet Record: 44.03 5/18/2019 Willa Shannon

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------|----|--------------|-----------|
| Section 1 of 3 Finals | | | | |
| 3 | Almelor, Reese | 12 | Saint John P | 56.09 |
| 4 | Cotman, Morgan | 11 | Collegiate | 55.48 |
| 5 | Offerdahl, Sohane | 10 | Saint John P | 55.75 |
| 6 | Daub, Chloe | 11 | Collegiate | 56.71 |
| Section 2 of 3 Finals | | | | |
| 1 | Lartey, Nadia | 10 | Trinity Epis | 55.01 |
| 2 | Barton, Sofia | 10 | Saint John P | 53.88 |
| 3 | Appiah, Vicky | 11 | Episcopal | 53.43 |
| 4 | Tian, April | 9 | The Potomac | 52.25 |
| 5 | Purcell, Addison | 12 | Collegiate | 52.30 |
| 6 | Lartey, Nicole | 11 | Trinity Epis | 53.49 |
| 7 | Knight, Haddie | 9 | Trinity Epis | 53.99 |
| 8 | Clark, Beatrix | 10 | Norfolk Acad | 55.36 |
| Section 3 of 3 Finals | | | | |
| 1 | Guinea, Nyla | 8 | Saint Cather | 51.59 |
| 2 | Tappin, Selah | 10 | Episcopal | 50.70 |
| 3 | O'Keefe, Emma | 9 | The Potomac | 49.53 |
| 4 | Flynn, Zemina | 10 | St. Stephen' | 47.64 |
| 5 | Hughes, Madison | 12 | St. Stephen' | 49.39 |
| 6 | Figaro, Taliyah | 11 | St. Stephen' | 50.28 |
| 7 | Torrence, Carter | 11 | Saint Cather | 51.49 |
| 8 | Dolan, Maddy | 11 | The Potomac | 51.86 |

Event 7 Boys 300 Meter Hurdles Division I

Saturday 5/16/2026 - 3:40 PM

Meet Record: 38.05 5/17/2024 Davian Burke

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------|----|--------------|-----------|
| Section 1 of 3 Finals | | | | |
| 3 | Deutong, Divine | 9 | Fork Union | 46.02 |
| 4 | McVicker, Andrew | 12 | Saint John P | 45.90 |
| 5 | Logan, Josiah | 9 | Woodberry Fo | 46.00 |
| Section 2 of 3 Finals | | | | |
| 1 | Sutton, Kimari | 12 | Fork Union | 45.44 |
| 2 | Reid, Campbell | 10 | Norfolk Acad | 44.91 |
| 3 | Haynes, Derrick | 9 | St. Stephen' | 44.51 |
| 4 | Tillman, Preston | 10 | Collegiate | 44.26 |
| 5 | Williams, Khae'El | 11 | Saint John P | 44.42 |
| 6 | Godenick, John | 9 | Saint John P | 44.89 |
| 7 | Johnson, Tae'Veon | 12 | Collegiate | 45.18 |
| 8 | Bonbright, James | 12 | Collegiate | 45.73 |
| Section 3 of 3 Finals | | | | |
| 1 | Matthews, Shaun | 12 | Fork Union | 43.65 |
| 2 | Nelson, Henry | 11 | St. Christop | 42.17 |
| 3 | Figaro, Tawon | 12 | St. Stephen' | 41.41 |
| 4 | Avery, O'Neal | 11 | Episcopal | 40.93 |
| 5 | Rutter, Jack | 12 | St. Stephen' | 41.31 |
| 6 | Mayer, Benjamin | 11 | St. Christop | 41.93 |
| 7 | Perez, Zen | 10 | Flint Hill S | 43.57 |
| 8 | Lewis, Alex | 9 | Norfolk Acad | 44.17 |

Event 26 Girls 800 Meter Run Division I

Saturday 5/16/2026 - 3:55 PM

Meet Record: 2:11.62 5/17/2024 Reese Dalton

| Lane | Name | Yr | School | Seed Time |
|------------------------------|----------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | Hudson, Sophie | 9 | Saint Cather | 2:29.01 |
| 2 | Schaufelberger, Ella | 10 | The Potomac | 2:29.22 |
| 3 | Elder, Lila | 10 | St. Gertrude | 2:29.57 |
| 4 | Wainstein, Natalie | 10 | St. Stephen' | 2:33.90 |
| 5 | Millard, Claire | 12 | Oakerest Sch | 2:34.33 |
| 6 | Thurmond, Elizabeth | 11 | Saint Cather | 2:34.94 |
| 7 | Roy, Nisha | 11 | Episcopal | 2:36.75 |
| 8 | Ogden, Teagan | 10 | Catholic Hig | 2:36.77 |
| 9 | Marshall, Megan | 8 | Norfolk Acad | 2:37.28 |
| 10 | Meekins, Abaigael | 12 | Saint John P | 2:37.93 |
| 11 | Copeland, Madeline | 9 | Trinity Epis | 2:38.71 |
| 12 | Marcy, Elizabeth | 10 | Saint John P | 2:38.94 |
| Section 2 of 2 Finals | | | | |
| 1 | Harris, Virginia | 11 | Collegiate | 2:19.86 |
| 2 | Ferrell, Rosie | 11 | Collegiate | 2:20.16 |
| 3 | Rouse, Ali | 12 | St. Stephen' | 2:20.81 |
| 4 | Gibbins, Grey | 12 | Episcopal | 2:21.14 |
| 5 | Stufflebeem, Ella | 12 | Norfolk Acad | 2:23.44 |
| 6 | Ronnau, Julia | 9 | Saint Cather | 2:24.13 |
| 7 | Altschuler, Sasha | 9 | The Potomac | 2:25.69 |
| 8 | Dunlavy, Ella | 9 | Oakerest Sch | 2:26.37 |
| 9 | Kirsch, Talia | 9 | The Potomac | 2:26.83 |
| 10 | Radi, Lina | 11 | Episcopal | 2:28.03 |
| 11 | Gibian, Avery | 10 | St. Stephen' | 2:28.35 |
| 12 | Bechtel, Tegan | 11 | Saint John P | 2:28.44 |

Event 9 Boys 800 Meter Run Division I

Saturday 5/16/2026 - 3:55 PM

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

| Lane | Name | Yr | School | Seed Time |
|------------------------------|------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | Looney, Boyd | 12 | Woodberry Fo | 2:05.20 |
| 2 | Guzik, Finn | 11 | Norfolk Acad | 2:05.33 |
| 3 | Wise, Taylor | 9 | Catholic Hig | 2:05.70 |
| 4 | Spicer, Kyle | 10 | Collegiate | 2:06.10 |
| 5 | Knowlton, Austin | 10 | Fork Union | 2:06.78 |
| 6 | Collins, Jake | 9 | Flint Hill S | 2:07.04 |
| 7 | Johnson, Tyran | 12 | Fork Union | 2:07.17 |
| 8 | Russell, Henry | 12 | St. Christop | 2:07.34 |
| 9 | Galahan, Thomas | 12 | Collegiate | 2:07.92 |
| 10 | Schone, Bensten | 11 | Flint Hill S | 2:08.37 |

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Meet Program - DI Running

Section 2 of 2 Finals...(Event 9 Boys 800 Meter Run Division I)

| | | | | |
|----|------------------|----|--------------|---------|
| 1 | McKnew, Michael | 12 | Cape Henry C | 1:52.60 |
| 2 | Baquero, Braiden | 9 | Cape Henry C | 1:56.94 |
| 3 | Jones, Grayson | 10 | St. Christop | 1:57.35 |
| 4 | Thompson, Jacob | 12 | Saint John P | 1:58.38 |
| 5 | Bouril, Andrew | 10 | Saint John P | 1:58.88 |
| 6 | Li, Aaron | 10 | Woodberry Fo | 1:59.03 |
| 7 | Carter, Luke | 12 | The Potomac | 1:59.89 |
| 8 | Young, Joseph | 11 | Saint John P | 2:00.30 |
| 9 | Krebs, Henry | 10 | St. Stephen' | 2:01.13 |
| 10 | Smith, Noah | 11 | St. Christop | 2:01.24 |
| 11 | Butler, Req | 10 | Woodberry Fo | 2:01.58 |

Event 23 Girls 200 Meter Dash Division I

Saturday 5/16/2026 - 4:10 PM

Meet Record: 24.74 5/15/2010 Emmy Fraenk

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 3 Finals

| | | | | |
|---|----------------------|----|--------------|-------|
| 2 | Tappin, Shiloh | 10 | Episcopal | 28.84 |
| 3 | Onwuchekwa, Chinyere | 11 | Collegiate | 28.27 |
| 4 | Dimino, Annemarie | 11 | Catholic Hig | 27.76 |
| 5 | Pogoson, Eliana | 10 | Madeira Scho | 28.22 |
| 6 | Sims, Sarah | 10 | Saint John P | 28.43 |

Section 2 of 3 Finals

| | | | | |
|---|----------------------|----|--------------|-------|
| 1 | McMullen, Zoe | 9 | Saint Cather | 27.65 |
| 2 | Jones, Mia | 11 | Norfolk Acad | 27.16 |
| 3 | Grant, Haley | 9 | St. Stephen' | 26.85 |
| 4 | Johnson, Tabitha | 10 | Trinity Epis | 26.55 |
| 5 | Beyers, Jackie | 9 | Flint Hill S | 26.75 |
| 6 | Lewis, Ryan | 10 | Saint Cather | 26.98 |
| 7 | Beggerow, Emily | 12 | Collegiate | 27.38 |
| 8 | Seidensticker, Marga | 10 | Catholic Hig | 27.65 |

Section 3 of 3 Finals

| | | | | |
|---|---------------------|----|--------------|-------|
| 1 | Smith, Imani | 11 | Catholic Hig | 25.74 |
| 2 | Spaulding, Savannah | 11 | Saint Cather | 25.31 |
| 3 | Levine, Sydney | 10 | The Potomac | 25.21 |
| 4 | Versen, Lucy | 12 | Trinity Epis | 24.83 |
| 5 | Barabanov, Rose | 11 | The Potomac | 25.01 |
| 6 | McGrew, Kayla | 9 | The Potomac | 25.29 |
| 7 | Adams, Mia | 12 | Madeira Scho | 25.58 |
| 8 | Obasi, Eberechi | 10 | Saint John P | 25.88 |

Event 6 Boys 200 Meter Dash Division I

Saturday 5/16/2026 - 4:10 PM

Meet Record: 21.32 5/18/2019 Curtis Borden

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 2 Finals

| | | | | |
|---|-------------------|----|--------------|-------|
| 2 | Herring, Ryan | 9 | St. Stephen' | 23.18 |
| 3 | Wiltshire, Adam | 11 | St. Anne's-B | 22.88 |
| 4 | Asare, Elisha | 12 | St. Christop | 22.75 |
| 5 | Evans, Manny | 11 | Benedictine | 22.78 |
| 6 | Rodgers, Jeremiah | 8 | Norfolk Acad | 23.10 |
| 7 | Julias, George | 12 | St. Christop | 23.20 |

Section 2 of 2 Finals

| | | | | |
|---|--------------------|----|--------------|-------|
| 1 | Allen, Zion | 11 | Episcopal | 22.69 |
| 2 | Gregory, Micah | 9 | The Potomac | 22.34 |
| 3 | Furgurson, Brycen | 11 | Trinity Epis | 22.26 |
| 4 | Morrison, John | 12 | Woodberry Fo | 21.65 |
| 5 | Jefferson, Preston | 9 | Norfolk Acad | 22.08 |
| 6 | Calkins, Stephen | 12 | The Potomac | 22.34 |
| 7 | Berkey, Jonah | 12 | Saint John P | 22.51 |
| 8 | Brent, Jonah | 11 | St. Anne's-B | 22.70 |

Event 28 Girls 3200 Meter Run Division I

Saturday 5/16/2026 - 4:20 PM

Meet Record: 10:33.50 5/17/2024 Maddie Gardiner

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 1 Finals

| | | | | |
|----|--------------------|----|--------------|----------|
| 1 | Bayler, Annabel | 12 | Saint Cather | 11:01.32 |
| 2 | Wanamaker, Sydney | 11 | St. Stephen' | 11:22.60 |
| 3 | Harris, Virginia | 11 | Collegiate | 11:23.65 |
| 4 | Harris, Kailyn | 10 | Trinity Epis | 11:25.43 |
| 5 | Altschuler, Sasha | 9 | The Potomac | 11:34.50 |
| 6 | Barbee, Sabine | 12 | The Potomac | 11:39.71 |
| 7 | Lewis, Anne | 11 | Collegiate | 11:53.66 |
| 8 | Enos, Paisley | 10 | Norfolk Acad | 12:13.39 |
| 9 | McMullin, Samantha | 12 | Collegiate | 12:19.82 |
| 10 | Phair, Jordy | 9 | The Potomac | 12:33.32 |
| 11 | Dake, Margaret | 12 | Saint John P | 12:36.85 |
| 12 | Killeen, Olivia | 9 | Saint Cather | 12:49.01 |
| 13 | Morrison, Olivia | 9 | Oakcrest Sch | 13:09.27 |

Event 11 Boys 3200 Meter Run Division I

Saturday 5/16/2026 - 4:20 PM

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

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 1 Finals

| | | | | |
|----|--------------------|----|--------------|----------|
| 1 | Eliason, Quinn | 12 | St. Anne's-B | 8:57.36 |
| 2 | McGuigan, Matthew | 11 | Cape Henry C | 9:26.60 |
| 3 | Nguyen, Long | 11 | St. Christop | 9:39.86 |
| 4 | Callahan, Robert | 12 | Fork Union | 9:42.28 |
| 5 | Hurley, David | 11 | Saint John P | 9:49.98 |
| 6 | Riedy, Liam | 10 | St. Stephen' | 10:05.18 |
| 7 | Bousman, Matt | 9 | Norfolk Acad | 10:05.65 |
| 8 | Dobson, Louis | 12 | Saint John P | 10:14.12 |
| 9 | Carter, Troy | 10 | Saint John P | 10:18.91 |
| 10 | Kucia, Isaac | 8 | Randolph-Mac | 10:26.96 |
| 11 | Waidelich, Matthew | 12 | Trinity Epis | 10:27.65 |

Event 19 Girls 4x400 Meter Relay Division I

Saturday 5/16/2026 - 4:50 PM

Meet Record: 3:57.97 5/18/2019 Saint Catherine's

H. Turton, H. Ballowe, W. Shannon, A. Gurkin

| Lane | Team | Relay | Seed Time |
|------|------|-------|-----------|
|------|------|-------|-----------|

Section 1 of 2 Finals

| | | | |
|---|--------------|---|---------|
| 4 | Oakcrest Sch | A | 4:33.94 |
| 5 | Catholic Hig | A | 4:41.87 |

VISAA Track & Field Championship - 5/15/2026**Fork Union Military Academy****Meet Program - DI Running****Section 2 of 2 Finals...(Event 19 Girls 4x400 Meter Relay Division I)**

| | | | |
|---|--------------|---|---------|
| 1 | Episcopal | A | 4:18.60 |
| 2 | Collegiate | A | 4:13.32 |
| 3 | St. Stephen' | A | 4:06.29 |
| 4 | The Potomac | A | 3:51.73 |
| 5 | Saint Cather | A | 4:02.56 |
| 6 | Trinity Epis | A | 4:08.16 |
| 7 | Norfolk Acad | A | 4:17.03 |
| 8 | Saint John P | A | 4:19.13 |

Event 2 Boys 4x400 Meter Relay Division I**Saturday 5/16/2026 - 4:50 PM****Meet Record: 3:21.83 5/17/2025 John Paul the Great****G. Xantus, N. Bouril, T. Obasi, A. Dhillon**

| Lane | Team | Relay | Seed Time |
|------------------------------|--------------|--------------|------------------|
| Section 1 of 2 Finals | | | |
| 3 | Trinity Epis | A | 3:43.51 |
| 4 | Woodberry Fo | A | 3:39.54 |
| 5 | Catholic Hig | A | 3:37.74 |
| 6 | Collegiate | A | 3:39.11 |
| 7 | Flint Hill S | A | 3:41.33 |
| 8 | St. Anne's-B | A | 3:45.28 |
| Section 2 of 2 Finals | | | |
| 1 | Norfolk Acad | A | 3:33.83 |
| 2 | Fork Union | A | 3:32.90 |
| 3 | St. Christop | A | 3:28.53 |
| 4 | Saint John P | A | 3:22.55 |
| 5 | St. Stephen' | A | 3:28.44 |
| 6 | Episcopal | A | 3:32.63 |
| 7 | The Potomac | A | 3:33.74 |
| 8 | Cape Henry C | A | 3:35.45 |