

VISAA Track & Field Championship - 5/15/2026**Fork Union Military Academy****Results****Girls 100 Meter Dash Division II****8 Advance: Top 3 Each Heat plus Next 2 Best Times**

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 Meet Record: M 12.13 5/16/2025 Aziyah Heru, Atlantic Shores
 Name Year School Prelims H#
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Preliminaries

1	Holland, Courtney	11	Virginia Epi	13.12Q	2
2	Thombs, Gabrielle	8	Guardian Chr	13.28Q	1
3	Ofole, Zara	10	Stonebridge School	13.37Q	2
4	Ofole, Chiamaka	12	Stonebridge School	13.43Q	1 13.426
5	Nguyen, Kaitlynn	11	Peninsula Catholic	13.43Q	2 13.424
6	Johnson, Faith	10	North Cross	13.51Q	1
7	Miller, Gabby	12	North Cross	13.59q	2
8	Bess, Maddisen	12	Immanuel Chr	13.76q	1
9	Edwards, Jamariah	11	Roanoke Cath	13.85	2
10	Oyofu, Zibah	9	Trinity Chri	13.88	1
11	McKee, Harper	10	Eastern Menn	13.99	2
12	Holmes, Alicia	11	North Cross	14.00	2
13	Meney, Carli	11	St. Anne's-B	14.01	1
--	Edwards, Miracle	11	Fredericksbu	DNS	2
--	Stevenson, Alana	11	Greenbrier C	DNS	1

Girls 100 Meter Dash Division II

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 Meet Record: M 12.13 5/16/2025 Aziyah Heru, Atlantic Shores
 Name Year School Finals
 =====

Finals

1	Holland, Courtney	11	Virginia Epi	12.77	
2	Thombs, Gabrielle	8	Guardian Chr	12.89	
3	Ofole, Chiamaka	12	Stonebridge School	13.06	13.051
4	Ofole, Zara	10	Stonebridge School	13.06	13.060
5	Miller, Gabby	12	North Cross	13.12	
6	Nguyen, Kaitlynn	11	Peninsula Catholic	13.21	
7	Johnson, Faith	10	North Cross	13.25	
8	Bess, Maddisen	12	Immanuel Chr	13.68	

Girls 200 Meter Dash Division II

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 Meet Record: M 24.73 5/15/2010 Emmy Fraenk, Hampton Roads
 Name Year School Finals H#
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1	Branan, Rachel	11	Peninsula Catholic	26.52	3
2	Thombs, Gabrielle	8	Guardian Chr	27.12	3
3	Johnson, Faith	10	North Cross	27.22	3
4	Ofole, Chiamaka	12	Stonebridge School	27.50	3
5	Nguyen, Kaitlynn	11	Peninsula Catholic	27.65	3
6	Oyofu, Zibah	9	Trinity Chri	28.07	2
7	Rak, Acelin	10	Fredericksbu	28.26	3
8	Bess, Maddisen	12	Immanuel Chr	28.36	2
9	Miller, Gabby	12	North Cross	28.41	3
10	Ofole, Zara	10	Stonebridge School	28.49	3
11	Murphy, Kinley	8	The Carmel School	28.55	2
12	Keup, Aoife	9	Tandem Frien	28.59	1
13	McKee, Harper	10	Eastern Menn	28.63	2
14	Meney, Carli	11	St. Anne's-B	28.82	2

VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

...Girls 200 Meter Dash Division II

15 Houlihan, Cailin	10 Peninsula Catholic	28.87	2
16 Hammond, Miranda	10 Nansemond-Su	28.92	2
17 Edwards, Jamariah	11 Roanoke Cath	28.94	1
18 Miller, Michaiah	9 Stonebridge School	29.00	1
19 Hecker, Alaina	10 Cape Henry C	29.51	1
20 Borcherding, Meredith	12 Trinity Chri	29.60	1
-- Holmes, Alicia	11 North Cross	DNS	2

Girls 400 Meter Dash Division II

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 Meet Record: M 56.45 5/18/2019 Catherine Hyman, The Potomac Sch
 Name Year School Finals H#

1 Branan, Rachel	11 Peninsula Catholic	58.61	3
2 Thombs, Gabrielle	8 Guardian Chr	59.78	3
3 Winslow, Marjorie (Mo)	11 Immanuel Chr	1:00.85	3
4 Borcherding, Meredith	12 Trinity Chri	1:01.60	3
5 Hsieh, Maggi	11 Trinity Chri	1:02.93	3
6 Deloye, Annaliese	11 Trinity Acad	1:04.09	2
7 Rivera, Carmen	9 Cape Henry C	1:04.54	2
8 Warren, Eliza	12 Eastern Menn	1:04.55	3
9 Sutingco, Amelie	9 Walsingham Academy	1:04.93	2
10 Stevens, Camryn	10 North Cross	1:05.01	3
11 Schroer, Molly	12 Seton School	1:05.08	2
12 Chee, Marcella	10 Nansemond-Su	1:05.22	2
13 Olmsted, Idella	9 New Covenant	1:05.60	1
14 Kennedy, Londyn	9 Fredericksbu	1:05.78	1
15 Mathews, Emily	8 Fredericksbu	1:06.51	1
16 Tragert, Ella	8 Cape Henry C	1:06.70	1
17 Lemcke, Kella	10 The Covenant School	1:07.21	3
18 Garvey, Anastasia	12 Seton School	1:07.86	1
19 Chapman, Ann Reid	11 Virginia Epi	1:08.73	1
20 Taliaferro, Isabel	10 Immanuel Chr	1:09.32	2
21 Lanphear, Lauren	12 Veritas School	1:10.52	2
-- Baumbusch, Audrey	9 St. Anne's-B	DNS	1

Girls 800 Meter Run Division II

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 Meet Record: M 2:11.62 5/17/2024 Reese Dalton, The Covenant Sch
 Name Year School Finals H#

1 Prince, Rachel	12 Greenbrier C	2:22.33	2
1:11.870 (1:11.870)	2:22.325 (1:10.455)		
2 Severino, Lucia	9 Trinity Acad	2:24.01	2
1:14.178 (1:14.178)	2:24.005 (1:09.828)		
3 Freeman, Remington	10 Walsingham Academy	2:24.26	2
1:11.927 (1:11.927)	2:24.253 (1:12.327)		
4 Frost, Eve	12 Stonebridge School	2:27.60	2
1:11.940 (1:11.940)	2:27.598 (1:15.658)		
5 Galie, Grace	9 The Covenant School	2:28.31	2
1:12.235 (1:12.235)	2:28.308 (1:16.073)		
6 Jones, Alex	11 Nansemond-Su	2:29.26	2
1:14.458 (1:14.458)	2:29.260 (1:14.803)		
7 Estes, Reese	8 The Covenant School	2:29.82	2
1:15.320 (1:15.320)	2:29.812 (1:14.492)		

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Fork Union Military Academy

Results

....Girls 800 Meter Run Division II

8	Bradley, June	8 North Cross	2:30.46	2
	1:13.880 (1:13.880)	2:30.454 (1:16.574)		
9	Myles, Ainsley	11 North Cross	2:32.26	2
	1:12.835 (1:12.835)	2:32.255 (1:19.420)		
10	Chronister, Anna	10 Trinity Chri	2:32.31	1
	1:14.227 (1:14.227)	2:32.301 (1:18.074)		
11	Johnson, Brynn	9 Cape Henry C	2:34.32	2
	1:16.649 (1:16.649)	2:34.320 (1:17.672)		
12	Bailey, Anna	10 Trinity Chri	2:34.63	1
	1:16.302 (1:16.302)	2:34.624 (1:18.322)		
13	Anderson, Michaela	8 Immanuel Chr	2:34.80	2
	1:16.510 (1:16.510)	2:34.793 (1:18.283)		
14	Phillips, Lillian	9 North Cross	2:34.83	1
	1:15.109 (1:15.109)	2:34.830 (1:19.722)		
15	Lanphear, Jenna	12 Veritas School	2:36.45	1
	1:15.984 (1:15.984)	2:36.446 (1:20.463)		
16	Barnhart, Alana	10 Hampton Road	2:38.65	1
	1:16.341 (1:16.341)	2:38.645 (1:22.304)		
17	Fortier, Grace	12 Immanuel Chr	2:39.85	2
	1:16.537 (1:16.537)	2:39.845 (1:23.309)		
18	Castelow, Vivian	9 Greenbrier C	2:40.58	1
	1:18.124 (1:18.124)	2:40.576 (1:22.453)		
19	Schroer, Molly	12 Seton School	2:41.32	1
	1:18.341 (1:18.341)	2:41.315 (1:22.974)		
20	Goodwin, Olivia	10 St. Anne's-B	2:41.39	2
	1:16.872 (1:16.872)	2:41.384 (1:24.513)		
21	Hessen, Aubrey	10 Trinity Chri	2:41.63	1
	1:17.846 (1:17.846)	2:41.621 (1:23.775)		

Girls 1600 Meter Run Division II

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 Meet Record: M 4:47.32 5/17/2024 Reese Dalton, The Covenant Sch
 Name Year School Finals H#

1	Prince, Rachel	12 Greenbrier C	5:15.97	2
	1:23.762 (1:23.762)	2:41.872 (1:18.110) 3:57.078 (1:15.207)	5:15.966 (1:18.888)	
2	Nunziata, Josie	11 Stonebridge School	5:20.56	2
	1:24.108 (1:24.108)	2:42.848 (1:18.740) 4:04.536 (1:21.688)	5:20.557 (1:16.022)	
3	Freeman, Remington	10 Walsingham Academy	5:21.95	2
	1:24.026 (1:24.026)	2:42.175 (1:18.149) 3:59.908 (1:17.734)	5:21.945 (1:22.037)	
4	Van Raaphorst, Taylor	11 Trinity Chri	5:23.09	2
	1:24.057 (1:24.057)	2:42.878 (1:18.822) 4:03.632 (1:20.754)	5:23.087 (1:19.455)	
5	Severino, Lucia	9 Trinity Acad	5:23.38	1
	1:20.552 (1:20.552)	2:41.990 (1:21.438) 4:04.977 (1:22.988)	5:23.380 (1:18.403)	
6	Perkins, Kaitlyn	10 North Cross	5:25.49	2
	1:24.435 (1:24.435)	2:43.416 (1:18.982) 4:05.851 (1:22.435)	5:25.488 (1:19.638)	
7	Frost, Eve	12 Stonebridge School	5:27.97	2
	1:24.285 (1:24.285)	2:42.493 (1:18.209) 4:03.992 (1:21.499)	5:27.961 (1:23.969)	
8	Myles, Ainsley	11 North Cross	5:28.45	2
	1:23.887 (1:23.887)	2:43.277 (1:19.390) 4:06.503 (1:23.227)	5:28.441 (1:21.938)	
9	Jones, Alex	11 Nansemond-Su	5:29.42	2
	1:24.253 (1:24.253)	2:44.570 (1:20.317) 4:06.608 (1:22.039)	5:29.413 (1:22.805)	
10	Estes, Reese	8 The Covenant School	5:30.55	2
	1:24.886 (1:24.886)	2:50.041 (1:25.155) 4:14.046 (1:24.005)	5:30.548 (1:16.503)	

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Results

....Girls 1600 Meter Run Division II

11	Bradley, June	8 North Cross	5:30.90	2		
	1:24.850 (1:24.850)	2:49.696 (1:24.847)	4:13.857 (1:24.162)	5:30.898 (1:17.042)		
12	Galie, Grace	9 The Covenant School	5:32.15	2		
	1:24.225 (1:24.225)	2:44.082 (1:19.858)	4:08.806 (1:24.724)	5:32.143 (1:23.338)		
13	VonCanon, Violet	12 Veritas School	5:47.68	1		
	1:23.972 (1:23.972)	2:53.655 (1:29.683)	4:21.417 (1:27.763)	5:47.675 (1:26.258)		
14	Murphy, Kinley	8 The Carmel School	5:50.92	2		
	1:23.901 (1:23.901)	2:49.970 (1:26.069)	4:20.678 (1:30.709)	5:50.912 (1:30.234)		
15	Butler, Ruth	8 Miller School	5:51.02	1		
	1:25.987 (1:25.987)	2:57.090 (1:31.103)	4:28.017 (1:30.928)	5:51.015 (1:22.998)		
16	Currey, Agnes	12 Immanuel Chr	5:52.96	1		
	1:22.157 (1:22.157)	2:51.802 (1:29.645)	4:23.044 (1:31.242)	5:52.959 (1:29.915)		
17	Castelow, Vivian	9 Greenbrier C	5:53.03	1		
	1:24.546 (1:24.546)	2:54.041 (1:29.495)	4:26.231 (1:32.190)	5:53.024 (1:26.793)		
18	Noel, Caitlyn	10 Trinity Chri	5:53.49	1		
	1:21.701 (1:21.701)	2:51.375 (1:29.674)	4:23.261 (1:31.887)	5:53.481 (1:30.220)		
19	Thompson, Hannah	11 Veritas School	6:02.68	1		
	1:27.262 (1:27.262)	2:59.827 (1:32.565)	4:32.812 (1:32.985)	6:02.674 (1:29.862)		

Girls 3200 Meter Run Division II

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Meet Record: M	10:33.50	5/17/2024	Maddie Gardiner,	The Coven		
Name		Year School		Finals		
=====						
1	Nunziata, Josie	11 Stonebridge School	11:37.54			
	1:25.693 (1:25.693)	2:54.653 (1:28.960)	4:25.073 (1:30.420)	5:55.527 (1:30.454)		
	7:24.428 (1:28.902)	8:54.812 (1:30.384)	10:21.428 (1:26.617)	11:37.537 (1:16.109)		
2	Wood, Savannah	12 The Covenant School	11:42.38			
	1:25.463 (1:25.463)	2:54.377 (1:28.914)	4:24.816 (1:30.439)	5:55.267 (1:30.452)		
	7:24.173 (1:28.907)	8:54.596 (1:30.423)	10:21.711 (1:27.115)	11:42.372 (1:20.662)		
3	Perkins, Kaitlyn	10 North Cross	11:49.20			
	1:25.938 (1:25.938)	2:54.856 (1:28.918)	4:25.203 (1:30.348)	5:55.726 (1:30.523)		
	7:24.963 (1:29.238)	8:55.400 (1:30.437)	10:24.038 (1:28.639)	11:49.196 (1:25.158)		
4	Van Raaphorst, Taylor	11 Trinity Chri	11:58.80			
	1:25.607 (1:25.607)	2:54.508 (1:28.902)	4:24.918 (1:30.410)	5:55.401 (1:30.483)		
	7:24.761 (1:29.360)	8:57.021 (1:32.260)	10:30.131 (1:33.110)	11:58.795 (1:28.664)		
5	Myles, Ainsley	11 North Cross	12:19.90			
	1:29.620 (1:29.620)	3:00.432 (1:30.813)	4:34.160 (1:33.728)	6:09.461 (1:35.302)		
	7:45.050 (1:35.589)	9:22.590 (1:37.540)	10:57.208 (1:34.619)	12:19.892 (1:22.684)		
6	Hensley, Ari	12 Trinity Chri	12:22.06			
	1:29.908 (1:29.908)	3:00.737 (1:30.829)	4:34.303 (1:33.567)	6:09.085 (1:34.782)		
	7:39.638 (1:30.554)	9:12.910 (1:33.272)	10:49.612 (1:36.703)	12:22.052 (1:32.440)		
7	Butler, Ruth	8 Miller School	12:32.31			
	1:28.778 (1:28.778)	3:00.558 (1:31.780)	4:34.772 (1:34.214)	6:09.916 (1:35.144)		
	7:46.513 (1:36.598)	9:26.006 (1:39.493)	11:05.410 (1:39.404)	12:32.306 (1:26.897)		
8	Cusick, Katelyn	10 St. Anne's-B	12:34.76			
	1:30.017 (1:30.017)	3:03.193 (1:33.177)	4:38.293 (1:35.100)	6:15.010 (1:36.717)		
	7:53.180 (1:38.170)	9:30.272 (1:37.093)	11:06.238 (1:35.967)	12:34.756 (1:28.518)		
9	Carter, Eleanor	12 St. Anne's-B	12:48.54			
	1:30.286 (1:30.286)	3:02.938 (1:32.653)	4:37.982 (1:35.044)	6:14.930 (1:36.948)		
	7:53.333 (1:38.404)	9:35.412 (1:42.079)	11:17.566 (1:42.154)	12:48.540 (1:30.974)		
10	Lynch, Rachel	9 Stonebridge School	12:53.46			
	1:30.478 (1:30.478)	3:03.305 (1:32.827)	4:37.902 (1:34.598)	6:14.696 (1:36.794)		
	7:52.880 (1:38.184)	9:31.905 (1:39.025)	11:17.311 (1:45.407)	12:53.453 (1:36.143)		

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Fork Union Military Academy

Results

....Girls 3200 Meter Run Division II

11 Currey, Agnes	12 Immanuel Chr	13:01.02			
1:30.901 (1:30.901)	3:05.641 (1:34.740)	4:41.430 (1:35.789)	6:19.603 (1:38.174)		
8:00.595 (1:40.992)	9:42.880 (1:42.285)	11:26.100 (1:43.220)	13:01.020 (1:34.920)		
12 Guillory, Grace	11 Trinity Acad	13:02.02			
1:31.267 (1:31.267)	3:07.502 (1:36.235)	4:46.043 (1:38.542)	6:27.612 (1:41.569)		
8:10.417 (1:42.805)	9:54.227 (1:43.810)	11:34.700 (1:40.473)	13:02.011 (1:27.312)		
13 Bradley, Orla	11 The Covenant School	13:04.82			
1:31.221 (1:31.221)	3:03.423 (1:32.203)	4:38.503 (1:35.080)	6:16.827 (1:38.324)		
8:03.183 (1:46.357)	9:49.873 (1:46.690)	11:34.935 (1:45.062)	13:04.816 (1:29.882)		
14 Pei, Helia	11 Walsingham Academy	13:14.88			
1:32.730 (1:32.730)	3:09.346 (1:36.617)	4:48.758 (1:39.413)	6:29.877 (1:41.119)		
8:12.162 (1:42.285)	9:55.672 (1:43.510)	11:38.113 (1:42.442)	13:14.878 (1:36.765)		
15 Turner, Evelyn	12 Trinity Chri	13:19.02			
1:31.045 (1:31.045)	3:08.135 (1:37.090)	4:45.283 (1:37.149)	6:27.255 (1:41.972)		
8:10.580 (1:43.325)	9:53.776 (1:43.197)	11:36.868 (1:43.093)	13:19.020 (1:42.152)		
16 Moore, Emmajane	10 The Covenant School	13:26.01			
1:31.112 (1:31.112)	3:08.168 (1:37.057)	4:45.030 (1:36.862)	6:26.967 (1:41.938)		
8:12.135 (1:45.168)	9:57.938 (1:45.804)	11:45.702 (1:47.764)	13:26.010 (1:40.308)		
17 Taylor, Grace	11 Immanuel Chr	13:29.99			
1:31.526 (1:31.526)	3:08.891 (1:37.365)	4:46.943 (1:38.053)	6:29.260 (1:42.317)		
8:14.817 (1:45.558)	10:04.470 (1:49.653)	11:56.978 (1:52.509)	13:29.986 (1:33.008)		
18 Womack, Ellie	11 St. Anne's-B	13:39.06			
1:33.725 (1:33.725)	3:15.652 (1:41.928)	4:59.611 (1:43.959)	6:45.056 (1:45.445)		
8:33.328 (1:48.273)	10:20.005 (1:46.677)	12:05.506 (1:45.502)	13:39.053 (1:33.548)		
19 Lowe, Lucy	11 Tandem Frien	13:43.56			
1:31.885 (1:31.885)	3:09.126 (1:37.242)	4:48.560 (1:39.434)	6:29.422 (1:40.863)		
8:15.940 (1:46.518)	10:07.451 (1:51.512)	11:58.700 (1:51.249)	13:43.557 (1:44.858)		
20 Karsanac, Ava	9 Cape Henry C	13:58.83			
1:31.691 (1:31.691)	3:08.825 (1:37.134)	4:48.417 (1:39.593)	6:32.521 (1:44.104)		
8:22.597 (1:50.077)	10:16.277 (1:53.680)	12:10.698 (1:54.422)	13:58.827 (1:48.129)		
-- Frost, Eve	12 Stonebridge School	DNS			
-- Morgan, Sadie	12 Veritas School	DNS			

Girls 100 Meter Hurdles Division II

8 Advance: Top 1 Each Heat plus Next 3 Best Times

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 Meet Record: M 14.73 5/15/2010 Shantell Bingham, Episcopal
 Name Year School Prelims H#
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Preliminaries

1 Kenny, Alicia	12 New Covenant	17.39Q	1
2 Smith, Karly	12 Roanoke Cath	17.42Q	2
3 Schultz, Brooklyn	9 Walsingham Academy	17.54Q	3
4 Akintide, Aderinsola	11 Trinity Chri	17.83Q	4
5 Dahlberg, Catherine	10 Fredericksbu	18.34Q	5
6 Cherkaoui, Meriam	10 Walsingham Academy	18.10q	4
7 Winslow, Abigail (Abby)	9 Immanuel Chr	18.39q	2
8 Shore, Abigail	12 Immanuel Chr	18.51q	5
9 Van Raaphorst, Lexi	11 Trinity Chri	18.76	3
10 Joseph, Tatiana	10 Massanutten Academy	19.07	1
11 Gilbert, MeKenzie	12 Nansemond-Su	19.38	5
12 Fairfield, Ruth	11 Eastern Menn	19.48	2
13 Ten Thoren, Finja	11 Atlantic Sho	19.55	2
14 Way, Isabelle	10 Atlantic Sho	19.78	5
15 Evans, Chloe	10 Immanuel Chr	20.01	1 20.008

VISAA Track & Field Championship - 5/15/2026**Fork Union Military Academy****Results****....Girls 100 Meter Hurdles Division II**

16 Enfield, Holland	9 Stonebridge School	20.01	3 20.009
17 Wells, Madeleine	8 Hampton Road	20.05	4
18 Carter, Ashley-Elizabeth	11 Hampton Road	20.11	5
19 Herron, Gracie	8 Fredericksbu	20.14	1
20 Moore, Zariyah	10 Atlantic Sho	20.16	4
21 Davis, Reegan	11 Virginia Epi	20.17	4
22 Pittman, Kendall	8 Nansemond-Su	20.33	1
23 DiGiovanni, Josephina	10 Nansemond-Su	20.40	3
24 Gerlach, Willa	8 Eastern Menn	20.47	1
25 Lemcke, Caris	8 The Covenant School	20.62	2
26 Robinson, Emmalee	12 Greenbrier C	20.65	3
27 Olmsted, Idella	9 New Covenant	20.68	1
28 Walrond, Olivia	12 Stonebridge School	20.77	2
29 Satterwhite, Nilah	8 Banner Chris	20.95	5
30 Bruscia, Ellie	9 St. Anne's-B	21.04	3
31 Canoles, Ellie	8 St. Anne's-B	21.49	2
32 Palmer, Carter	12 Stonebridge School	21.56	4
33 Garrison, Abigail	8 Trinity Chri	21.87	3

Girls 100 Meter Hurdles Division II

Meet Record: M 14.73 5/15/2010 Shantell Bingham, Episcopal
 Name Year School Finals

Finals

1 Kenny, Alicia	12 New Covenant	16.42
2 Smith, Karly	12 Roanoke Cath	16.85
3 Schultz, Brooklyn	9 Walsingham Academy	16.96
4 Akintide, Aderinsola	11 Trinity Chri	17.59
5 Dahlberg, Catherine	10 Fredericksbu	18.28
6 Winslow, Abigail (Abby)	9 Immanuel Chr	18.38
7 Shore, Abigail	12 Immanuel Chr	18.42
8 Cherkaoui, Meriam	10 Walsingham Academy	18.56

Girls 300 Meter Hurdles Division II

Meet Record: M 44.03 5/18/2019 Willa Shannon, Saint Catherine's
 Name Year School Finals H#

1 Van Raaphorst, Lexi	11 Trinity Chri	49.68	3
2 Akintide, Aderinsola	11 Trinity Chri	50.01	3
3 Schultz, Brooklyn	9 Walsingham Academy	50.25	3
4 Shore, Abigail	12 Immanuel Chr	50.68	3
5 Kenny, Alicia	12 New Covenant	51.46	3
6 Pittman, Kendall	8 Nansemond-Su	51.74	2
7 Gilbert, MeKenzie	12 Nansemond-Su	51.91	2
8 Way, Isabelle	10 Atlantic Sho	52.09	3
9 Smith, Karly	12 Roanoke Cath	52.27	3
10 Winslow, Abigail (Abby)	9 Immanuel Chr	52.70	3
11 Cherkaoui, Meriam	10 Walsingham Academy	53.92	2
12 Dahlberg, Catherine	10 Fredericksbu	54.17	2
13 Ten Thoren, Finja	11 Atlantic Sho	54.66	2
14 Lemcke, Caris	8 The Covenant School	55.51	1
15 Ledger, Emily	11 St. Anne's-B	56.33	2
16 Fairfield, Ruth	11 Eastern Menn	56.42	1

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....Girls 300 Meter Hurdles Division II

17 Griffin, Caroline	11 Atlantic Sho	56.56	2
18 Gerlach, Willa	8 Eastern Menn	56.62	1
19 Adams, Abbi	10 Hampton Road	58.12	1
20 Enfield, Holland	9 Stonebridge School	59.94	1
21 Evans, Chloe	10 Immanuel Chr	1:00.45	2
22 Herron, Gracie	8 Fredericksbu	1:01.50	1

Girls 4x100 Meter Relay Division II

=====
 Meet Record: M 48.98 5/17/2025 Saint Catherine's
 M. Johnson, M. Johnson, L. Armstrong, P. Shannon

School		Finals	H#
1 North Cross 'A'		51.68	2
1) Holmes, Alicia 11	2) Johnson, Faith 10		
3) Miller, Gabby 12	4) Stevens, Camryn 10		
2 Stonebridge School 'A'		52.10	2
1) Campbell, Riya 12	2) Cannon, Taniya 10		
3) Ofole, Zara 10	4) Ofole, Chiamaka 12		
3 Fredericksburg Christian 'A'		53.14	1
1) Frazer, Fallyn 8	2) Schmitt, Ash 8		
3) Rak, Acelin 10	4) Edwards, Miracle 11		
4 Immanuel Christian School 'A'		53.31	2
1) Shore, Abigail 12	2) Evans, Chloe 10		
3) Winslow, Marjorie (Mo) 11	4) Bess, Maddisen 12		
5 Trinity Christian School 'A'		53.68	2
1) Stemple, Kailey 12	2) Akintide, Aderinsola 11		
3) Cho, Annabelle 10	4) Oyoyo, Zibah 9		
6 Roanoke Catholic School 'A'		54.23	2
1) Llavore, Justinne 12	2) Coniglione, Eva 12		
3) Edwards, Jamariah 11	4) Aaron, Brinkley 10		
7 St. Anne's-Belfield School 'A'		54.27	2
1) McClung, Nellie 10	2) Tinsley, Serenity 9		
3) Johnston, Giada 11	4) Meney, Carli 11		
8 Peninsula Catholic 'A'		54.86	2
1) Houlihan, Cailin 10	2) Hobson, Iva 11		
3) Banks, Hannah 12	4) Nguyen, Victoria 11		
9 Atlantic Shores Christian 'A'		55.05	2
1) Eichelberger, Genevieve 9	2) Way, Isabelle 10		
3) Ten Thoren, Finja 11	4) Griffin, Caroline 11		
10 Walsingham Academy 'A'		55.17	1
1) Schultz, Brooklyn 9	2) Sutingco, Amelie 9		
3) Schultz, Shirley 9	4) Ibrahim, Olivia 9		
11 Hampton Roads Academy 'A'		55.44	1
1) Lockhart, Kennedy 8	2) Hale, June 9		
3) Rose, Siri 9	4) Tolbert, Andrea 10		
12 New Covenant Schools 'A'		56.42	1
1) Seckman, Eleanore 9	2) Gieszczykiewicz, Alina 10		
3) Neto, Anna 10	4) Kenny, Alicia 12		
13 Greenbrier Christian Academy 'A'		1:02.68	1
1) Stevenson, Alana 11	2) Robinson, Emmalee 12		
3) Buckley, Aryanna 11	4) Krenz, Isabelle 10		
-- Nansemond-Suffolk Academy 'A'		DQ	1 Out of Lane (Zone 1)
1) DiGiovanni, Josephina 10	2) Mugaisi, Abigail 9		
3) Fiero, Maddie 10	4) Hammond, Miranda 10		

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....Girls 4x100 Meter Relay Division II

-- Cristo Rey, Richmond 'A' DNS 1
 1) Jefferson, Zariah 10 2) Starks, Tori 9
 3) Earley, Jakaila 9 4) Tieng, Nevaeh 11

Girls 4x400 Meter Relay Division II

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

School	Finals	H#
=====		
1 Trinity Christian School 'A'	4:16.06	2
1) Hsieh, Maggi 11		
2) Van Raaphorst, Lexi 11		
3) Chronister, Anna 10		
4) Borcharding, Meredith 12		
2:10.285 (2:10.285) 3:15.317 (1:05.033) 4:16.056 (1:00.739)		
2 Immanuel Christian School 'A'	4:17.97	2
1) Taliaferro, Isabel 10		
2) Fortier, Grace 12		
3) Anderson, Michaela 8		
4) Winslow, Marjorie (Mo) 11		
2:12.928 (2:12.928) 3:17.207 (1:04.279) 4:17.967 (1:00.760)		
3 Peninsula Catholic 'A'	4:24.82	2
1) Branan, Rachel 11		
2) Nguyen, Kaitlynn 11		
3) Houlihan, Cailin 10		
4) Banks, Hannah 12		
2:06.706 (2:06.706) 3:14.672 (1:07.967) 4:24.816 (1:10.144)		
4 Nansemond-Suffolk Academy 'A'	4:27.24	2
1) Pittman, Kendall 8		
2) Jones, Alex 11		
3) Gilbert, MeKenzie 12		
4) Chee, Marcella 10		
2:13.936 (2:13.936) 3:23.932 (1:09.997) 4:27.233 (1:03.302)		
5 Hampton Roads Academy 'A'	4:29.26	1
1) Lockhart, Kennedy 8		
2) Rose, Siri 9		
3) Adams, Abbi 10		
4) Barnhart, Alana 10		
2:17.813 (2:17.813) 3:24.686 (1:06.874) 4:29.260 (1:04.574)		
6 The Covenant School 'A'	4:29.27	2
1) Lemcke, Kella 10		
2) Estes, Reese 8		
3) Galie, Grace 9		
4) Wood, Savannah 12		
2:13.726 (2:13.726) 3:20.211 (1:06.485) 4:29.262 (1:09.052)		
7 Trinity Academy Meadow View 'A'	4:33.61	1
1) Deloye, Annaliese 11		
2) Guillory, Claire 9		
3) Guillory, Grace 11		
4) Severino, Lucia 9		
2:17.601 (2:17.601) 3:30.604 (1:13.003) 4:33.601 (1:02.998)		
8 Stonebridge School 'A'	4:34.60	1
1) Anderson, Faith 9		
2) Oswald, Mallory 9		
3) Miller, Michaiiah 9		
4) Campbell, Riya 12		
2:20.226 (2:20.226) 3:29.430 (1:09.204) 4:34.594 (1:05.164)		
9 St. Anne's-Belfield School 'A'	4:35.32	1
1) Freilich, Anisha 12		
2) Tinsley, Serenity 9		
3) Ledger, Emily 11		
4) Goodwin, Olivia 10		
2:16.330 (2:16.330) 3:26.574 (1:10.244) 4:35.319 (1:08.745)		
10 Cape Henry Collegiate 'A'	4:35.58	2
1) Nator, Isabella 10		
2) Tragert, Ella 8		
3) Rivera, Carmen 9		
4) Johnson, Brynn 9		
2:21.367 (2:21.367) 3:30.227 (1:08.860) 4:35.576 (1:05.349)		
11 Greenbrier Christian Academy 'A'	4:35.90	1
1) Buckley, Sophia 11		
2) Castelow, Vivian 9		
3) Krenz, Isabelle 10		
4) Prince, Rachel 12		
2:21.525 (2:21.525) 3:35.774 (1:14.249) 4:35.895 (1:00.122)		

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....Girls 4x400 Meter Relay Division II

12	Roanoke Catholic School 'A'		4:37.55	1
	1) Aaron, Brinkley 10	2) Barger, Joey 10		
	3) Coniglione, Eva 12	4) Whitt, Sydney 12		
	2:21.985 (2:21.985)	3:30.318 (1:08.333)	4:37.541 (1:07.224)	
13	Eastern Mennonite School 'A'		4:41.82	1
	1) Warren, Eliza 12	2) Warren, Norah 10		
	3) McKee, Harper 10	4) Warren, Beatrice 8		
	2:23.146 (2:23.146)	3:36.523 (1:13.377)	4:41.819 (1:05.297)	
14	North Cross 'A'		4:45.95	1
	1) Phillips, Lillian 9	2) Ball, Madison 9		
	3) Ball, Olivia 9	4) Bradley, June 8		
	2:23.651 (2:23.651)	3:38.025 (1:14.374)	4:45.944 (1:07.919)	
15	Seton School 'A'		4:51.00	2
	1) Garvey, Anastasia 12	2) Kay, Claire 8		
	3) Croson, Addy 10	4) Schroer, Molly 12		
	2:21.595 (2:21.595)	3:43.092 (1:21.498)	4:50.993 (1:07.902)	
--	Fredericksburg Christian 'A'		DQ	2 break line violation
	1) Frazer, Fallyn 8	2) Mathews, Emily 8		
	3) Kennedy, Londyn 9	4) Edwards, Miracle 11		
	2:13.057 (2:13.057)	3:20.693 (1:07.637)	4:25.887 (1:05.194)	

Girls 4x800 Meter Relay Division II

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

1	Trinity Christian School 'A'		10:04.04
	1) Chronister, Anna 10	2) Hessen, Aubrey 10	
	3) Jang, Eliana 8	4) Hsieh, Maggi 11	
	2:31.412 (2:31.412)	5:09.242 (2:37.830)	7:40.117 (2:30.875) 10:04.037 (2:23.920)
2	Immanuel Christian School 'A'		10:04.05
	1) Fortier, Grace 12	2) Taliaferro, Isabel 10	
	3) Currey, Agnes 12	4) Anderson, Michaela 8	
	2:32.876 (2:32.876)	5:11.270 (2:38.394)	7:43.490 (2:32.220) 10:04.045 (2:20.555)
3	Stonebridge School 'A'		10:26.31
	1) Anderson, Faith 9	2) Lynch, Rachel 9	
	3) Campbell, Riya 12	4) Nunziata, Josie 11	
	2:39.682 (2:39.682)	5:19.735 (2:40.053)	7:56.111 (2:36.377) 10:26.310 (2:30.199)
4	North Cross 'A'		10:35.68
	1) Ball, Madison 9	2) Ball, Olivia 9	
	3) Phillips, Lillian 9	4) Perkins, Kaitlyn 10	
	2:33.546 (2:33.546)	5:17.555 (2:44.009)	8:01.896 (2:44.342) 10:35.672 (2:33.777)
5	Veritas School 'A'		10:36.45
	1) Lanphear, Lauren 12	2) VonCanon, Violet 12	
	3) Thompson, Hannah 11	4) Lanphear, Jenna 12	
	2:37.992 (2:37.992)	5:18.114 (2:40.122)	8:04.305 (2:46.192) 10:36.446 (2:32.142)
6	St. Anne's-Belfield School 'A'		10:38.71
	1) Goodwin, Olivia 10	2) Carter, Eleanor 12	
	3) Freilich, Anisha 12	4) Cusick, Katelyn 10	
	2:33.105 (2:33.105)	5:14.524 (2:41.419)	7:58.245 (2:43.722) 10:38.707 (2:40.463)
7	Walsingham Academy 'A'		10:50.24
	1) Pei, Helia 11	2) Sutingco, Amelie 9	
	3) Dodd, Elizabeth 11	4) Blinn, Kate 11	
	2:38.272 (2:38.272)	5:14.097 (2:35.825)	8:09.816 (2:55.719) 10:50.231 (2:40.415)

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....Girls 4x800 Meter Relay Division II

- 8 Cape Henry Collegiate 'A' 10:54.02
 1) McGuigan, Mary Kate 8 2) Tragert, Ella 8
 3) Karsanac, Ava 9 4) Johnson, Brynn 9
 2:49.531 (2:49.531) 5:35.795 (2:46.264) 8:20.691 (2:44.897) 10:54.020 (2:33.329)
- 9 Hampton Roads Academy 'A' 10:56.04
 1) Lockhart, Kennedy 8 2) Godfrey, Ella 9
 3) Adams, Abbi 10 4) Barnhart, Alana 10
 2:47.829 (2:47.829) 5:39.180 (2:51.352) 8:21.647 (2:42.468) 10:56.039 (2:34.392)
- 10 Fredericksburg Christian 'A' 11:12.95
 1) Herron, Gracie 8 2) Diederich, Elsa 9
 3) Dahlberg, Catherine 10 4) Kennedy, Londyn 9
 2:57.210 (2:57.210) 5:48.034 (2:50.824) 8:33.692 (2:45.659) 11:12.947 (2:39.255)
- 11 Roanoke Catholic School 'A' 11:20.22
 1) Coniglione, Eva 12 2) Barger, Joey 10
 3) Whitt, Sydney 12 4) Kessler, Lillian 12
 2:49.770 (2:49.770) 5:48.682 (2:58.913) 8:41.866 (2:53.184) 11:20.214 (2:38.348)
- 12 The Covenant School 'A' 11:25.96
 1) Bradley, Orla 11 2) Gran, Maria 11
 3) Anderson, Addy 11 4) Moore, Emmajane 10
 2:44.844 (2:44.844) 5:42.381 (2:57.538) 8:42.504 (3:00.123) 11:25.954 (2:43.450)
- 13 Eastern Mennonite School 'A' 11:39.39
 1) Hackman, Ila 10 2) McKee, Quinn 9
 3) Wright, Charlotte 8 4) Loker, Rachel 10
 2:48.952 (2:48.952) 5:58.800 (3:09.848) 8:50.909 (2:52.109) 11:39.384 (2:48.475)
- 14 Tandem Friends School 'A' 12:10.44
 1) Meredith, Avery 12 2) Buppert, Emory 9
 3) Godhwani, Dhruvi 10 4) Gatewood, Claire 12
 2:51.444 (2:51.444) 5:59.071 (3:07.628) 9:00.905 (3:01.834) 12:10.440 (3:09.535)
- 15 Greenbrier Christian Academy 'A' 12:22.61
 1) Prince, Sarah 10 2) Smith, Jenna 8
 3) Hudgins, Emma 12 4) Buckley, Sophia 11
 3:10.362 (3:10.362) 6:20.279 (3:09.917) 9:36.816 (3:16.538) 12:22.610 (2:45.794)
- Seton School 'A' DNS
 1) Kay, Claire 8 2) Croson, Addy 10
 3) Garvey, Anastasia 12 4) Kay, Philomena 11

Girls High Jump Division II

=====						
Meet Record:	M	5-05	1981	Pease, Bishop O'Connell		
Meet Record:		5-05	5/17/2014	Nadia Khoury, Trinity Episcop		
Name	Year	School	Finals			
=====						
1	Smith, Karly	12	Roanoke Cath	4-09.00		
	4-02	4-04	4-06	4-08	4-09	4-10
	PPP	O	O	O	O	XXX
2	Fisher, Ella	9	Trinity Chri	4-08.00		
	4-02	4-04	4-06	4-08	4-09	4-10
	PPP	O	O	O	X	XXX
3	Mishler, Mackenzie	8	Walsingham Academy	J4-08.00		
	4-02	4-04	4-06	4-08	4-10	
	O	O	XO	O	XXX	
4	Schultz, Brooklyn	9	Walsingham Academy	J4-08.00		
	4-02	4-04	4-06	4-08	4-10	
	PPP	PPP	O	XO	XXX	

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....Girls High Jump Division II

5	Holmes, Alicia	11 North Cross	4-06.00
	4-02 4-04 4-06 4-08		
	PPP O O XXX		
6	Sutingco, Amelie	9 Walsingham Academy	J4-06.00
	4-02 4-04 4-06 4-08		
	O XO O XXX		
6	Aaron, Brinkley	10 Roanoke Cath	J4-06.00
	4-02 4-04 4-06 4-08		
	O XO O XXX		
6	Hobson, Iva	11 Peninsula Catholic	J4-06.00
	4-02 4-04 4-06 4-08		
	PPP XO O XXX		
9	Baumbusch, Audrey	9 St. Anne's-B	J4-06.00
	4-02 4-04 4-06 4-08		
	XO O XXO XXX		
10	Akintide, Aderinsola	11 Trinity Chri	4-04.00
	4-02 4-04 4-06 4-08		
	PPP O XXP X		
11	Cho, Annabelle	10 Trinity Chri	J4-04.00
	4-02 4-04 4-06		
	PPP XO XXX		
12	Cannon, Taniya	10 Stonebridge School	J4-04.00
	4-02 4-04 4-06		
	PPP XXO XXX		
13	Canoles, Ellie	8 St. Anne's-B	4-02.00
	4-02 4-04		
	O XXX		
13	Bradley, Lauren	11 Roanoke Cath	4-02.00
	4-02 4-04		
	O XXX		
13	Winslow, Abigail (Abby)	9 Immanuel Chr	4-02.00
	4-02 4-04 4-06		
	O XPP XXX		
16	Benn, Rayven	10 Atlantic Sho	J4-02.00
	4-02 4-04		
	XXO XXX		
--	Gilbert, MeKenzie	12 Nansemond-Su	NH
	4-02		
	XXX		
--	Deloye, Annaliese	11 Trinity Acad	NH
	4-02		
	XXX		
--	Rogers, Emily	12 Eastern Menn	DNS

Girls Pole Vault Division II

=====

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

Name	Year	School	Finals
1 Griffin, Caroline	11	Atlantic Sho	8-03.00
	6-00 6-06 7-00 7-06 8-00	8-03 8-06	
	PPP O O O XO	XO XXX	
2 Bruscia, Ellie	9	St. Anne's-B	7-06.00
	6-00 6-06 7-00 7-06 8-00		
	PPP O O XO XXX		

=====

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....Girls Pole Vault Division II

3	Smith, Karly	12	Roanoke Cath	7-00.00
	6-00 6-06 7-00 7-06			
	O O O XPP			
3	Davis, Sierra	10	Atlantic Sho	7-00.00
	6-00 6-06 7-00 7-06			
	O PPP O XXX			
5	Rader, Sofia	12	Broadwater Academy	6-00.00
	6-00 6-06			
	O XXX			
6	Moore, Zariyah	10	Atlantic Sho	J6-00.00
	6-00 6-06			
	XO XXX			
--	Hecker, Alaina	10	Cape Henry C	NH
	6-00 6-06			
	PPP XXX			
--	McClung, Nellie	10	St. Anne's-B	NH
	6-00			
	XXX			

Girls Long Jump Division II

=====							
Meet Record: M 19-01 5/17/2025 Armani Chance, Catholic							
Name	Year	School	Finals	H#			
=====							
1	Holland, Courtnee	11	Virginia Epi	17-04.50	2		
	16-09 17-04.50	16-03.75	15-09.75	15-10.50	FOUL		
2	Edwards, Miracle	11	Fredericksbu	17-01.50	2		
	15-11 16-08 16-03	17-01.50	16-11	FOUL			
3	Holmes, Alicia	11	North Cross	16-02.00	2		
	14-01 13-09.75 15-04	15-07.50	14-06.75	16-02			
4	Smith, Karly	12	Roanoke Cath	16-01.00	2		
	15-09.25 16-01	15-11.50	16-01	15-09.75			
5	McKee, Harper	10	Eastern Menn	15-11.00	1		
	12-06.50 14-06.50	15-03	14-03	14-04.50	15-11		
6	Hammond, Miranda	10	Nansemond-Su	J15-11.00	2		
	15-11 15-01 15-00.50	14-03	14-08	14-10			
7	Johnson, Faith	10	North Cross	15-09.00	2		
	13-08.50 15-01.25	14-08	15-03.25	15-09	15-04		
8	Tinsley, Serenity	9	St. Anne's-B	15-07.75	2		
	15-07.75 15-06	14-08.50	14-11	15-04.75	14-06		
9	Fisher, Ella	9	Trinity Chri	15-06.50	1		
	FOUL 15-06.50	FOUL	FOUL	15-06.25	15-04.50		
10	Mathews, Emily	8	Fredericksbu	15-01.00	1		
	15-01 14-11	FOUL					
11	Edwards, Jamariah	11	Roanoke Cath	15-00.00	1		
	14-10.50 15-00	14-02.75					
12	Cho, Annabelle	10	Trinity Chri	14-10.00	1		
	FOUL 14-10	14-00.50					
13	Rivera, Carmen	9	Cape Henry C	14-06.75	2		
	14-05.50 14-04.50	14-06.75					
14	Cunningham, Gabrielle	9	Christ Chape	14-03.50	2		
	FOUL FOUL	14-03.50					
15	Cherkaoui, Meriam	10	Walsingham Academy	14-03.00	1		
	13-10 12-08.50	14-03					

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....Girls Long Jump Division II

16 Ofole, Chiamaka	12 Stonebridge School	14-02.00	2
13-05 14-02 FOUL			
17 DiGiovanni, Josephina	10 Nansemond-Su	13-07.00	1
13-05.50 13-07 13-05.50			
18 Winslow, Abigail (Abby)	9 Immanuel Chr	12-10.00	1
12-10 9-10.75 12-09.75			
-- Akintide, Aderinsola	11 Trinity Chri	FOUL	2
FOUL FOUL FOUL			
-- Stevens, Camryn	10 North Cross	DNS	2

Girls Triple Jump Division II

=====
 Meet Record: M 39-09.25 5/17/2008 Nefertiti Smith, Norfolk C
 Name Year School Finals
 =====

1 Edwards, Miracle	11 Fredericksbu	36-01.75
34-10 33-10.50 34-01.50 35-11.75 35-08 36-01.75		
2 Holland, Courtnee	11 Virginia Epi	35-00.00
FOUL 33-10.75 34-03 33-02.25 35-00 34-11.25		
3 Hammond, Miranda	10 Nansemond-Su	34-05.50
32-02.50 33-06 33-03.50 33-01 34-05.50 33-09.75		
4 Smith, Karly	12 Roanoke Cath	33-11.50
32-10.50 32-11.50 33-11.50 32-10.50 32-11.50		
5 Tinsley, Serenity	9 St. Anne's-B	33-11.00
32-01.25 33-08.75 32-09.50 33-11 33-04 32-08		
6 McKee, Harper	10 Eastern Menn	32-10.50
31-03.50 31-09.25 31-10 31-09.25 30-10 32-10.50		
7 Akintide, Aderinsola	11 Trinity Chri	32-10.00
31-06.25 32-10 32-05 31-05		
8 Cho, Annabelle	10 Trinity Chri	31-10.00
31-10 31-08 x		
9 Rivera, Carmen	9 Cape Henry C	31-09.75
FOUL 31-09.75 31-06.50 31-00 30-08 30-10		
10 Tolbert, Andrea	10 Hampton Road	29-11.25
29-11.25 FOUL FOUL		
11 Christensen, Kamryn	9 Atlantic Sho	29-06.25
29-06.25 28-07.50 26-10		
12 Winslow, Abigail (Abby)	9 Immanuel Chr	28-10.00
26-05.75 27-09.50 28-10		
13 Ledger, Emily	11 St. Anne's-B	28-04.25
27-11.50 28-04.25 28-02		
14 Pittman, Kendall	8 Nansemond-Su	28-04.00
FOUL 28-04 FOUL		
15 Johnson, Brynn	9 Cape Henry C	27-07.75
26-10.50 27-07.75		
16 Cannon, Taniya	10 Stonebridge School	26-08.00
FOUL FOUL 26-08		
-- Fisher, Ella	9 Trinity Chri	FOUL
FOUL FOUL		

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Girls Shot Put Division II

Meet Record: M 40-05 5/17/2008 Jessica Watkins, Virginia Epi								
Name	Year	School						Finals
1 Chen, Brooklyn	12	North Cross						39-09.50
	37-07	38-01	39-09.50	39-00.25	39-05.50	38-03		
2 Holmes, Alicia	11	North Cross						39-05.25
	FOUL	39-05.25	36-08	37-04	FOUL			
3 Llavore, Justinne	12	Roanoke Cath						36-04.50
	36-04.50	32-03	35-05.50	FOUL	35-08.50	36-02.50		
4 Maurer, Emily	12	St. Anne's-B						31-09.00
	29-09	31-09	30-05.25	30-08.50	30-05	28-10		
5 Rose, Gabrielle	11	New Covenant						31-06.50
	30-07	31-06.50	30-10.50	27-03.50	28-05.50	27-07.50		
6 Smith, Kelse	10	Atlantic Sho						31-03.25
	31-03.25	30-05	FOUL	31-01.50	30-04.50	30-07.25		
7 Hammond, Miranda	10	Nansemond-Su						31-02.25
	30-02.50	29-05	29-09	31-02.25	30-08.25	30-10.50		
8 Blocker, Adirah	11	Hampton Christian						31-02.00
	29-11	FOUL	31-02	FOUL	29-02	FOUL		
9 Fadairo, Tife	12	Atlantic Sho						30-03.00
	30-03	29-10.50	27-05.25	FOUL	30-01.50	29-01.50		
10 Lemcke, Kella	10	The Covenant School						29-11.00
	29-11	FOUL	28-10					
11 Rhodes, Jerrah	9	North Cross						29-11.00
	29-11	28-01	FOUL					
12 Michel, Kyiah	10	Atlantic Sho						29-06.50
	28-06.50	29-06.50	27-11.50					
13 Eggleston, Morgan	9	New Covenant						29-04.50
	29-04.50	27-09	27-10					
14 Oluwamakinde, OreOluwa	9	Grove Christ						27-07.00
	27-07	26-00.50	27-01					
15 Pham, Chloe	11	Roanoke Cath						27-03.25
	24-09.50	27-03.25	26-10.50					
16 Bridges, Destinee	11	Fredericksbu						26-08.00
	FOUL	26-08	24-03.25					

Girls Discus Throw Division II

Meet Record: M 134-07 5/20/2023 Gabi Deglau, Collegiate								
Name	Year	School					Finals	H#
1 Maurer, Emily	12	St. Anne's-B					114-03	2
	113-07	114-03	104-01	110-10	FOUL	107-11		
2 Holmes, Alicia	11	North Cross					107-04	2
	106-10	107-04	105-01	FOUL	102-02			
3 Blocker, Adirah	11	Hampton Christian					101-02	2
	92-09	87-11	86-01	91-08	91-08	101-02		
4 Llavore, Justinne	12	Roanoke Cath					98-11	2
	95-05	98-11	FOUL	96-07	97-01	95-08		
5 Smith, Kelse	10	Atlantic Sho					98-08	1
	FOUL	93-04	FOUL	85-03	FOUL	98-08		
6 Chen, Brooklyn	12	North Cross					96-02	2
	69-03	FOUL	88-00	94-04	96-02	FOUL		
7 Rose, Gabrielle	11	New Covenant					92-05	1
	FOUL	92-05	90-11	91-03	86-04	87-07		

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....Girls Discus Throw Division II

8	Walrond, Olivia	12 Stonebridge School	91-05	1
	FOUL FOUL 90-07 85-07 91-05 FOUL			
9	Lemcke, Kella	10 The Covenant School	87-06	1
	84-03 66-02 87-06 81-02 75-11 87-00			
10	Dummermuth, Naomi	8 Immanuel Chr	86-01	1
	78-11 86-01 FOUL			
11	Garcia, Olivia	11 Atlantic Sho	83-04	2
	82-09 73-02 83-04			
12	Van der Merwe, Rory	10 Kenston Fore	83-02	2
	FOUL 83-02 78-09			
13	Michel, Kyiah	10 Atlantic Sho	82-09	2
	82-09 82-06 75-07			
14	Wright, London	10 Steward School	79-08	2
	79-08 FOUL FOUL			
15	Pham, Chloe	11 Roanoke Cath	78-00	1
	FOUL 78-00 71-11			
16	Zimmerman, Rachel	12 Richmond Christian	77-10	1
	77-10 74-02 FOUL			
17	Eggleston, Morgan	9 New Covenant	77-00	2
	FOUL 71-08 77-00			
18	Rhodes, Jerrah	9 North Cross	73-06	2
	FOUL FOUL 73-06			
19	Chen, Alison	10 Fredericksbu	66-07	1
	FOUL 58-02 66-07			

Boys 100 Meter Dash Division II

8 Advance: Top 1 Each Heat plus Next 4 Best Times

=====
 Meet Record: M 10.53 5/21/2016 Michael Davenport, Woodberry For
 Name Year School Prelims H#
 =====

Preliminaries

1	Griffin, Josh	11 Virginia Epi	11.27Q	4
2	Cruz, Yariel	12 Blue Ridge School	11.52Q	3
3	Sutherland, Timothy	11 Atlantic Sho	11.58Q	1
4	Ross, Henry	12 Nansemond-Su	11.68Q	2
5	Whitaker, La'Quarion	12 Brunswick Academy	11.47q	4
6	Buford, Graham	12 Blue Ridge School	11.71q	4
7	Morgon, Benjamin	11 Blue Ridge School	11.75q	2
8	Gopalakrishna, Arjun	12 Hargrave Mil	11.79q	4
9	Headley, Dre	12 The Covenant School	11.80	2
10	Welburn, Craig	12 Immanuel Chr	11.83	4
11	Banks, Isiah	12 Norfolk Christian	11.87	3 11.864
11	Dinh, Maxwell	12 Atlantic Sho	11.87	2 11.864
13	Caesar, Nate	10 Fredericksbu	11.97	1
14	Hairston, Yajae	11 Roanoke Cath	12.03	3 12.023
15	Lemon, Kyce	11 Roanoke Cath	12.03	1 12.026
16	Mitchell, Sebastian	9 Nansemond-Su	12.11	3
17	Hayden, Jack	9 Nansemond-Su	12.13	1
18	Jordan, Declan	9 Seton School	12.20	3
19	Lee, Antwan	12 Brunswick Academy	12.22	3
20	Husband, Vince	11 Hampton Road	12.24	2
21	Pinion, Colin	12 Atlantic Sho	12.25	2
22	Carpenter, Cam	9 Walsingham Academy	12.27	2
23	Burgess, Duncan	12 Massanutten Academy	12.40	4

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...Boys 100 Meter Dash Division II

-- Brown, Demarcus	11	Roanoke Cath	DNS	1
-- Grubb, James	11	North Cross	DNS	1
-- Martin, Zion	11	Virginia Epi	DNS	1

Boys 100 Meter Dash Division II

=====
 Meet Record: M 10.53 5/21/2016 Michael Davenport, Woodberry
 Name Year School Finals
 =====

Finals

1	Griffin, Josh	11	Virginia Epi	11.35
2	Whitaker, La'Quarion	12	Brunswick Academy	11.58
3	Ross, Henry	12	Nansemond-Su	11.60
4	Morgon, Benjamin	11	Blue Ridge School	11.63
5	Cruz, Yariel	12	Blue Ridge School	11.67
6	Sutherland, Timothy	11	Atlantic Sho	11.70
7	Gopalakrishna, Arjun	12	Hargrave Mil	12.01
8	Buford, Graham	12	Blue Ridge School	12.49

Boys 200 Meter Dash Division II

=====
 Meet Record: M 21.32 5/18/2019 Curtis Borden, St. Stephens St.
 Name Year School Finals H#
 =====

1	Griffin, Josh	11	Virginia Epi	22.77	2
2	Cruz, Yariel	12	Blue Ridge School	23.04	2
3	Whitaker, La'Quarion	12	Brunswick Academy	23.10	2
4	Ross, Henry	12	Nansemond-Su	23.18	2
5	Sutherland, Timothy	11	Atlantic Sho	23.29	1
6	Lemon, Kyce	11	Roanoke Cath	23.86	1
7	Pinkston, Justin	10	Cristo Rey,	23.89	1
8	Headley, Dre	12	The Covenant School	23.90	1
9	Banks, Isiah	12	Norfolk Christian	23.92	2
10	Gopalakrishna, Arjun	12	Hargrave Mil	24.13	2
11	Mitchell, Sebastian	9	Nansemond-Su	24.60	1
12	Cayaso, Zyir	12	Blue Ridge School	24.67	2
13	Dinh, Maxwell	12	Atlantic Sho	25.10	1
14	Pannell, Marcus	11	Roanoke Cath	25.44	1
15	Welburn, Craig	12	Immanuel Chr	29.73	2
--	Moultrie, Joshua	11	Fredericksbu	DNS	1

Boys 400 Meter Dash Division II

=====
 Meet Record: M 48.34 1966 Calhoun, Randolph-Macon
 Name Year School Finals H#
 =====

1	Simon, Gabriel	12	Tandem Frien	53.01	2
2	Osyf, Colin	11	Atlantic Sho	53.36	3
3	Nedelin, Aleksander	10	Norfolk Christian	53.40	2
4	Gregory, Aidan	12	Miller School	53.43	2
5	Mahn, Marshall	10	Peninsula Catholic	53.49	3
6	Phelan, Conner	9	North Cross	53.97	3
7	Yardley, Wynn	10	North Cross	54.77	3
8	Jamela, Wonane	10	Blue Ridge School	54.89	1
9	Easter, Braxton	11	Immanuel Chr	54.90	3

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....Boys 400 Meter Dash Division II

10 Phileus, Schmeiburg	9 Banner Chris	55.32	1
11 Guishard, Emmanuel	12 Hargrave Mil	55.96	3
12 Pinion, Colin	12 Atlantic Sho	57.93	2
-- Drapac, Adam	12 Roanoke Cath	FS	3
-- Martin, Zion	11 Virginia Epi	DNS	3
-- Fowlkes, Patrick	11 Hargrave Mil	DNS	2
-- Roberston, Henry	11 Hargrave Mil	DNS	2
-- Turner, Michael	10 Cristo Rey,	DNS	1

Boys 800 Meter Run Division II

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

Name	Year School	Finals
1 Lawrence, Jon Nathan	12 The Covenant School	2:00.98
1:05.560 (1:05.560)	2:00.979 (55.419)	
2 Jang, Ian	11 Trinity Chri	2:04.76
1:05.804 (1:05.804)	2:04.759 (58.955)	
3 Foster, Nicholas	12 Roanoke Cath	2:05.16
1:05.836 (1:05.836)	2:05.159 (59.323)	
4 Kwitchoff, Jeremy	11 Trinity Chri	2:06.55
1:06.089 (1:06.089)	2:06.543 (1:00.454)	
5 Castaneda, Daniel	10 Eastern Menn	2:06.73
1:06.363 (1:06.363)	2:06.721 (1:00.359)	
6 Patel, Will	9 Roanoke Cath	2:07.77
1:06.270 (1:06.270)	2:07.768 (1:01.498)	
7 Miller, Nathan	10 Trinity Chri	2:08.51
1:06.679 (1:06.679)	2:08.504 (1:01.825)	
8 Griffith, Miles	11 Tandem Frien	2:08.73
1:06.500 (1:06.500)	2:08.726 (1:02.227)	
9 Seckman, Michael	11 New Covenant	2:09.39
1:06.950 (1:06.950)	2:09.390 (1:02.440)	
10 Cullen, Gray	9 North Cross	2:10.53
1:07.289 (1:07.289)	2:10.524 (1:03.235)	
11 Austin, Bryce	10 North Cross	2:11.18
1:06.823 (1:06.823)	2:11.180 (1:04.358)	
12 Gould, Ian	10 Fredericksbu	2:11.69
1:07.721 (1:07.721)	2:11.688 (1:03.967)	
13 Turner, Michael	10 Cristo Rey,	2:18.93
1:07.795 (1:07.795)	2:18.929 (1:11.134)	
-- Fowlkes, Patrick	11 Hargrave Mil	DNS
-- Lawrence, Joshua	10 The Covenant School	DNS

Boys 1600 Meter Run Division II

Meet Record: M 4:10.24 1976 Ledder (Mile), Bishop O'Connel

Name	Year School	Finals	H#
1 Lawrence, Jon Nathan	12 The Covenant School	4:21.61	2
1:08.402 (1:08.402)	2:16.494 (1:08.093)	3:23.989 (1:07.495)	4:21.609 (57.620)
2 Buppert, Hayes	11 Tandem Frien	4:25.14	2
1:07.905 (1:07.905)	2:16.079 (1:08.174)	3:24.299 (1:08.220)	4:25.138 (1:00.839)
3 Chaney, Finton	11 North Cross	4:30.27	2
1:08.802 (1:08.802)	2:17.303 (1:08.502)	3:24.934 (1:07.632)	4:30.269 (1:05.335)

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....Boys 1600 Meter Run Division II

4	Reed, Sammy	8 Norfolk Christian	4:30.78	2
	1:08.235 (1:08.235)	2:17.057 (1:08.822)	3:25.412 (1:08.355)	4:30.772 (1:05.360)
5	Britton, Spencer	11 North Cross	4:38.15	2
	1:08.573 (1:08.573)	2:17.355 (1:08.783)	3:27.029 (1:09.674)	4:38.142 (1:11.113)
6	Lawrence, Joshua	10 The Covenant School	4:39.87	2
	1:09.447 (1:09.447)	2:18.673 (1:09.227)	3:30.258 (1:11.585)	4:39.869 (1:09.612)
7	Griffith, Miles	11 Tandem Frien	4:39.97	2
	1:09.060 (1:09.060)	2:18.990 (1:09.930)	3:30.073 (1:11.083)	4:39.970 (1:09.898)
8	Austin, Bryce	10 North Cross	4:44.54	2
	1:09.207 (1:09.207)	2:18.419 (1:09.213)	3:30.895 (1:12.477)	4:44.535 (1:13.640)
9	Wilberger, Peter	11 Tandem Frien	4:50.63	1
	1:14.853 (1:14.853)	2:29.760 (1:14.908)	3:42.385 (1:12.625)	4:50.625 (1:08.240)
10	Trotter, Martin	11 Eastern Menn	4:51.58	1
	1:15.265 (1:15.265)	2:30.403 (1:15.138)	3:42.655 (1:12.253)	4:51.579 (1:08.924)
11	Small, Zern	8 Grove Christ	4:55.88	1
	1:15.885 (1:15.885)	2:30.014 (1:14.129)	3:45.838 (1:15.824)	4:55.876 (1:10.039)
12	Jang, Ian	11 Trinity Chri	4:56.48	2
	1:08.712 (1:08.712)	2:19.395 (1:10.684)	3:35.964 (1:16.569)	4:56.475 (1:20.512)
13	Will, Benny	10 The Covenant School	5:00.10	1
	1:15.109 (1:15.109)	2:30.250 (1:15.142)	3:45.189 (1:14.939)	5:00.096 (1:14.908)
14	O'Hallarn, Gene	12 Walsingham Academy	5:01.32	2
	1:10.507 (1:10.507)	2:25.172 (1:14.665)	3:45.860 (1:20.689)	5:01.317 (1:15.457)
15	Fisher, Lennon	12 Immanuel Chr	5:07.76	2
	1:10.213 (1:10.213)	2:24.877 (1:14.664)	3:46.012 (1:21.135)	5:07.752 (1:21.740)
16	Bekele, Kaleb	11 Stonebridge School	5:09.44	1
	1:16.016 (1:16.016)	2:31.685 (1:15.669)	3:47.959 (1:16.274)	5:09.433 (1:21.474)
17	Dummermuth, Micah	10 Immanuel Chr	5:15.80	1
	1:15.670 (1:15.670)	2:32.324 (1:16.654)	3:56.999 (1:24.675)	5:15.794 (1:18.795)
--	Greenwood, Daniel	10 Trinity Chri	DNS	2

Boys 3200 Meter Run Division II

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

Name	Year	School	Finals
1 Buppert, Hayes	11	Tandem Frien	9:37.30
	1:09.460 (1:09.460)	2:19.778 (1:10.318)	3:32.393 (1:12.615)
	6:01.125 (1:14.288)	7:16.261 (1:15.137)	8:30.464 (1:14.203)
2 Blemker, Jack	12	Tandem Frien	10:05.57
	1:13.153 (1:13.153)	2:27.018 (1:13.865)	3:41.288 (1:14.270)
	6:11.981 (1:16.240)	7:30.990 (1:19.009)	8:48.259 (1:17.269)
3 Britton, Spencer	11	North Cross	10:08.31
	1:14.469 (1:14.469)	2:28.178 (1:13.709)	3:43.006 (1:14.829)
	6:15.429 (1:16.834)	7:34.035 (1:18.607)	8:54.846 (1:20.812)
4 Chaney, Finton	11	North Cross	10:08.91
	1:15.654 (1:15.654)	2:29.813 (1:14.159)	3:46.589 (1:16.777)
	6:23.174 (1:18.468)	7:41.884 (1:18.710)	9:00.543 (1:18.659)
5 Reed, Sammy	8	Norfolk Christian	10:20.89
	1:14.845 (1:14.845)	2:29.145 (1:14.300)	3:46.863 (1:17.718)
	6:23.449 (1:18.458)	7:41.636 (1:18.188)	9:02.690 (1:21.054)
6 O'Flynn, Aidan	12	Veritas School	10:26.14
	1:15.396 (1:15.396)	2:30.748 (1:15.352)	3:47.163 (1:16.415)
	6:25.089 (1:19.533)	7:46.988 (1:21.899)	9:08.839 (1:21.852)

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Results

....Boys 3200 Meter Run Division II

7	Horner, Justus	10 North Cross	10:28.66		
	1:16.223 (1:16.223)	2:32.195 (1:15.973)	3:50.194 (1:17.999)	5:09.730 (1:19.537)	
	6:29.396 (1:19.667)	7:50.113 (1:20.717)	9:12.849 (1:22.737)	10:28.658 (1:15.809)	
8	Knebel, Ignatius	11 Virginia Epi	10:29.44		
	1:16.840 (1:16.840)	2:33.796 (1:16.957)	3:52.453 (1:18.657)	5:13.428 (1:20.975)	
	6:34.361 (1:20.934)	7:56.961 (1:22.600)	9:16.765 (1:19.804)	10:29.435 (1:12.670)	
9	Bekele, Kaleb	11 Stonebridge School	10:35.77		
	1:15.241 (1:15.241)	2:30.254 (1:15.013)	3:47.791 (1:17.538)	5:07.699 (1:19.908)	
	6:29.421 (1:21.723)	7:55.511 (1:26.090)	9:18.494 (1:22.983)	10:35.765 (1:17.272)	
10	Trotter, Martin	11 Eastern Menn	10:37.08		
	1:15.946 (1:15.946)	2:31.190 (1:15.244)	3:48.039 (1:16.849)	5:08.093 (1:20.054)	
	6:29.718 (1:21.625)	7:50.843 (1:21.125)	9:17.951 (1:27.109)	10:37.076 (1:19.125)	
11	Hsu, Elliot	10 Trinity Chri	10:42.67		
	1:17.411 (1:17.411)	2:35.361 (1:17.950)	3:54.909 (1:19.548)	5:14.229 (1:19.320)	
	6:35.543 (1:21.314)	7:59.645 (1:24.103)	9:24.281 (1:24.637)	10:42.664 (1:18.383)	
12	Woodruff, Jacob	10 Peninsula Catholic	10:48.43		
	1:16.704 (1:16.704)	2:34.349 (1:17.645)	3:55.185 (1:20.837)	5:15.870 (1:20.685)	
	6:39.205 (1:23.335)	8:05.079 (1:25.874)	9:31.184 (1:26.105)	10:48.424 (1:17.240)	
13	Shiraishi, Brendan	10 Tandem Frien	10:58.25		
	1:17.536 (1:17.536)	2:35.758 (1:18.222)	3:55.471 (1:19.714)	5:16.520 (1:21.049)	
	6:40.966 (1:24.447)	8:08.164 (1:27.198)	9:37.079 (1:28.915)	10:58.248 (1:21.169)	
14	O'Hallarn, Gene	12 Walsingham Academy	11:08.26		
	1:17.156 (1:17.156)	2:34.295 (1:17.139)	3:53.135 (1:18.840)	5:15.148 (1:22.013)	
	6:41.366 (1:26.219)	8:10.930 (1:29.564)	9:41.261 (1:30.332)	11:08.260 (1:26.999)	
--	Greenwood, Daniel	10 Trinity Chri	DNS		

Boys 110 Meter Hurdles Division II

8 Advance: Top 3 Each Heat plus Next 2 Best Times

=====
 Meet Record: M 14.36 5/17/2024 Davian Burke, Banner Christian
 Name Year School Prelims H#
 =====

Preliminaries

1	Cayaso, Zyir	12 Blue Ridge School	15.70Q	1
2	Thomas, Jamal	12 Nansemond-Su	16.31Q	2
3	Lemcke, Cohen	12 Blue Ridge School	15.89Q	1
4	O'Herron, Sean	12 Roanoke Cath	17.43Q	2
5	Williams, Joshua	12 Trinity Chri	16.25Q	1
6	Buford, Graham	12 Blue Ridge School	17.64Q	2
7	Birdsell, Jake	11 Grove Christ	18.51q	2
8	Taylor, James	11 Immanuel Chr	18.73q	1
9	Deloye, Philip	9 Trinity Acad	18.84	2
10	Countiss, Brady	12 Greenbrier C	19.50	1
11	Wood, Jude	9 Stonebridge School	19.90	2
12	LaChance, Leonidas	12 Hampton Road	20.02	1

Boys 110 Meter Hurdles Division II

=====
 Meet Record: M 14.36 5/17/2024 Davian Burke, Banner Christia
 Name Year School Finals
 =====

Finals

1	Cayaso, Zyir	12 Blue Ridge School	15.04
2	Lemcke, Cohen	12 Blue Ridge School	15.47
3	Williams, Joshua	12 Trinity Chri	15.50

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4	Thomas, Jamal	12	Nansemond-Su	15.65
5	Buford, Graham	12	Blue Ridge School	17.52
6	Birdsell, Jake	11	Grove Christ	17.76
7	Taylor, James	11	Immanuel Chr	18.02
8	O'Herron, Sean	12	Roanoke Cath	1:13.99

Boys 300 Meter Hurdles Division II

=====				
Meet Record: M 38.05 5/17/2024 Davian Burke, Banner Christian				
Name	Year	School	Finals	H#
=====				
1	Lemcke, Cohen	12	Blue Ridge School	41.19 3
2	Cayaso, Zyrir	12	Blue Ridge School	41.24 3
3	Aaron, Rhodes	11	Roanoke Cath	42.43 3
4	Pinkston, Justin	10	Cristo Rey,	43.78 2
5	Birdsell, Jake	11	Grove Christ	43.99 3
6	Deloye, Philip	9	Trinity Acad	45.35 1
7	Taylor, James	11	Immanuel Chr	45.67 3
8	Starkey, Grant	10	Nansemond-Su	46.03 2
9	May, Noah	10	Eastern Menn	46.05 2
10	Thomas, Jamal	12	Nansemond-Su	46.55 3
11	Hollis, Dorian	11	Roanoke Cath	47.00 2
12	Ha, Yechan	11	Norfolk Christian	47.01 2
13	Severino, Thomas	11	Trinity Acad	47.02 2
14	Kratz, Nolan	9	Eastern Menn	47.04 1
15	Fairfield, James	9	Eastern Menn	47.17 1
16	LaChance, Leonidas	12	Hampton Road	47.25 1
17	Wood, Jude	9	Stonebridge School	47.42 1
18	Mieusset, Maelig	9	Blue Ridge School	47.64 2
19	Jones, Taj	10	Virginia Epi	47.70 2
20	Huber, George	12	Stonebridge School	48.11 1
21	Dumars, Peter	9	Tandem Frien	48.83 1
22	Carter, Eli	12	Tandem Frien	48.98 1
--	O'Herron, Sean	12	Roanoke Cath	DNS 3
--	Williams, Joshua	12	Trinity Chri	DNS 3

Boys 4x100 Meter Relay Division II

=====				
Meet Record: M 41.60 5/17/2025 Woodberry Forest				
L. Sanker, S. Robinson, J. Morrison, K. Nti				
School			Finals	H#
=====				
1	Blue Ridge School 'A'		43.67	3
	1) Buford, Graham 12	2) Morgon, Benjamin 11		
	3) Mieusset, Maelig 9	4) Cruz, Yariel 12		
2	Atlantic Shores Christian 'A'		44.32	3
	1) Dinh, Maxwell 12	2) Osyf, Colin 11		
	3) Pinion, Colin 12	4) Sutherland, Timothy 11		
3	Roanoke Catholic School 'A'		44.84	3
	1) Lemon, Kyce 11	2) Pannell, Marcus 11		
	3) Hairston, Yajae 11	4) Lipford, Rahem 10		
4	Cristo Rey, Richmond 'A'		45.32	2
	1) Smith, Jamel 10	2) Scott, Jabril 10		
	3) Turner, Michael 10	4) Pinkston, Justin 10		
5	Norfolk Christian 'A'		46.11	2

VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

....Boys 4x100 Meter Relay Division II

1) Nedelin, Aleksander 10	2) Banks, Isiah 12		
3) Ha, Yechan 11	4) Hines, Thomas 9		
6 Hampton Roads Academy 'A'		46.43	2
1) Sims, Kai 11	2) Ward, Mekhi 11		
3) Yates, Jack 10	4) Husband, Vince 11		
7 Fredericksburg Christian 'A'		46.58	3
1) Bon-Ami, cameron 11	2) Clark, Joseph 10		
3) Moultrie, Joshua 11	4) Caesar, Nate 10		
8 The Covenant School 'A'		47.01	2
1) Headley, Dre 12	2) Maton, Phoenix 10		
3) Gala, Archer 9	4) Cabell, Jay 9		
9 New Covenant Schools 'A'		47.09	2
1) Robert, Joseph 11	2) Arbaugh-Turner, Xander 10		
3) Seckman, Michael 11	4) Harrison, Micah 9		
10 Immanuel Christian School 'A'		47.16	2
1) Taylor, James 11	2) Burgess, Grey 12		
3) White, Liam 12	4) Welburn, Craig 12		
11 Trinity Christian School 'A'		47.37	2
1) Meeker, Benjamin 10	2) Miller, Malachi 12		
3) Yu, Evan 11	4) Larson, Blake 11		
12 Tandem Friends School 'A'		47.40	3
1) Glass, Ian 12	2) Winkey, Tre'Sean 11		
3) Robinson, Kanari 11	4) Massie, Kemaan 11		
13 Stonebridge School 'A'		47.41	1
1) Gonzalez, Levi 9	2) McClung, Gavin 11		
3) Partin, Wyatt 10	4) Nwafor, Chima 11		
14 Trinity Academy Meadow View 'A'		47.62	1
1) Thiede, Joseph 9	2) Severino, Thomas 11		
3) Kelley, Sean 10	4) Ruiz, Joaquin 11		
15 Greenbrier Christian Academy 'A'		47.64	1
1) LaBlance, Shae 10	2) Gonzalez, Sabian 11		
3) Mannato, Luke 9	4) Schneider, Joshua 12		
16 Miller School 'A'		48.10	1
1) Gregory, Aidan 12	2) Simsek, Efe 11		
3) Duncan, Ben 9	4) Hunter, Justin 12		
17 Hampton Christian 'A'		48.52	1
1) Myles, Chase 8	2) Jacob, Zachary 11		
3) McCoy Jr, Brenton 12	4) Ruff, Marcus 11		
18 Nansemond-Suffolk Academy 'A'		51.91	3
1) Hayden, Jack 9	2) Mitchell, Sebastian 9		
3) Lane, Rj 12	4) Thomas, Jamal 12		
-- North Cross 'A'		DNS	3
1) Keyes, Jaxon 11	2) Paquet, Kingston 10		
3) Nunez, Alessio 11	4) Yardley, Wynn 10		
-- Virginia Episcopal School 'A'		DNS	3
1) Walkes, Amari 11	2) Vitale, Landon 12		
3) Martin, Zion 11	4) Griffin, Josh 11		

Boys 4x400 Meter Relay Division II

=====
 Meet Record: M 3:21.83 5/17/2025 John Paul the Great
 G. Xantus, N. Bouril, T. Obasi, A. Dhillon
 School Finals H#
 =====

VISAA Track & Field Championship - 5/15/2026**Fork Union Military Academy****Results****....Boys 4x400 Meter Relay Division II**

1	Roanoke Catholic School 'A'			3:36.60	3
	1) Aaron, Rhodes 11		2) Patel, Will 9		
	3) Foster, Nicholas 12		4) O'Herron, Sean 12		
	1:51.429 (1:51.429)	2:44.599 (53.170)	3:36.594 (51.995)		
2	Blue Ridge School 'A'			3:37.62	3
	1) Jamela, Wonane 10		2) Lemcke, Cohen 12		
	3) Augusto, Austin 12		4) Mieusset, Maelig 9		
	1:49.332 (1:49.332)	2:44.388 (55.057)	3:37.616 (53.228)		
3	Hargrave Military Academy 'A'			3:38.20	2
	1) Roberston, Henry 11		2) Fowlkes, Patrick 11		
	3) Wells, Jedi 10		4) Guishard, Emmanuel 12		
	1:48.872 (1:48.872)	2:42.723 (53.852)	3:38.197 (55.474)		
4	North Cross 'A'			3:43.60	2
	1) Phelan, Conner 9		2) Cullen, Gray 9		
	3) Britton, Parker 10		4) Yardley, Wynn 10		
	1:53.097 (1:53.097)	2:49.240 (56.144)	3:43.598 (54.358)		
5	Trinity Christian School 'A'			3:43.98	3
	1) Hessen, Thomas 11		2) Jang, Ian 11		
	3) Kwitchoff, Jeremy 11		4) Miller, Nathan 10		
	1:52.042 (1:52.042)	2:51.476 (59.434)	3:43.979 (52.504)		
6	Tandem Friends School 'A'			3:43.99	2
	1) Simon, Gabriel 12		2) Griffith, Miles 11		
	3) Massie, Kemaan 11		4) Wilberger, Peter 11		
	1:49.635 (1:49.635)	2:47.562 (57.927)	3:43.983 (56.422)		
7	Immanuel Christian School 'A'			3:45.47	3
	1) Winston, Bryce 9		2) Dummermuth, Micah 10		
	3) Fisher, Lennon 12		4) Easter, Braxton 11		
	1:54.751 (1:54.751)	2:51.437 (56.687)	3:45.467 (54.030)		
8	Fredericksburg Christian 'A'			3:45.74	3
	1) Durbin, Lucas 10		2) Gould, Ian 10		
	3) Clarke, Joe 10		4) Caesar, Nate 10		
	1:54.414 (1:54.414)	2:51.721 (57.307)	3:45.733 (54.013)		
9	Norfolk Christian 'A'			3:47.34	2
	1) Nedelin, Aleksander 10		2) Hines, Samuel 11		
	3) Hines, Thomas 9		4) Oakley, Jaden 9		
	1:52.949 (1:52.949)	2:52.720 (59.772)	3:47.340 (54.620)		
10	Peninsula Catholic 'A'			3:47.75	1
	1) Mahn, Marshall 10		2) Rodriguez, Carlos 12		
	3) Gisanrian, Locklan 9		4) Ramirez, Damien 10		
	1:56.278 (1:56.278)	2:52.862 (56.584)	3:47.741 (54.879)		
11	New Covenant Schools 'A'			3:47.80	2
	1) Robert, Joseph 11		2) Arbaugh-Turner, Xander 10		
	3) Harrison, Micah 9		4) Seckman, Michael 11		
	1:56.202 (1:56.202)	2:53.337 (57.135)	3:47.792 (54.455)		
12	The Covenant School 'A'			3:48.24	3
	1) Gala, Archer 9		2) Jackson, Dominic 10		
	3) Will, Benny 10		4) Moore, Hudson 12		
	1:54.043 (1:54.043)	2:52.247 (58.204)	3:48.231 (55.984)		
13	Trinity Academy Meadow View 'A'			3:48.42	1
	1) Kelley, Sean 10		2) Ruiz, Joaquin 11		
	3) Thiede, Joseph 9		4) Severino, Thomas 11		
	1:53.166 (1:53.166)	2:52.196 (59.030)	3:48.412 (56.217)		
14	Eastern Mennonite School 'A'			3:48.58	2
	1) Blosser, Simon 10		2) Powell, Zach 9		
	3) Malvaez, Elyann 10		4) Castaneda, Daniel 10		
	1:53.917 (1:53.917)	2:52.903 (58.987)	3:48.578 (55.675)		

VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

....Boys 4x400 Meter Relay Division II

15 Greenbrier Christian Academy 'A'	3:49.05	1
1) Mannato, Luke 9	2) Noland, Parker 9	
3) Schneider, Joshua 12	4) Matkins, Wyatt 10	
1:56.200 (1:56.200)	2:51.895 (55.695)	3:49.041 (57.147)
16 Seton School 'A'	3:49.45	2
1) Hurley, Daniel 12	2) Brand, Michael 12	
3) Atkinson, Andrew 12	4) Jordan, Declan 9	
1:58.329 (1:58.329)	2:53.050 (54.722)	3:49.447 (56.397)
17 Grove Christian School 'A'	3:52.13	1
1) Monroe, Miles 11	2) Roman, Mark 8	
3) Small, Zander 8	4) Birdsell, Jake 11	
1:54.045 (1:54.045)	2:55.926 (1:01.882)	3:52.125 (56.199)
18 Stonebridge School 'A'	3:52.64	1
1) Huber, George 12	2) Gonzalez, Levi 9	
3) McClung, Gavin 11	4) Partin, Wyatt 10	
1:55.618 (1:55.618)	2:53.426 (57.808)	3:52.631 (59.205)
19 Banner Christian School 'A'	3:53.06	1
1) Liang, Neil 10	2) Burtner, Josiah 10	
3) Gao, Stephen 10	4) Phileus, Schmeiburg 9	
1:59.080 (1:59.080)	2:57.735 (58.655)	3:53.051 (55.317)
20 Hampton Roads Academy 'A'	3:53.09	1
1) Yates, Jack 10	2) Birch, Jaden 8	
3) Seutter, Gabriel 10	4) Beach, Gage 12	
1:59.435 (1:59.435)	2:57.145 (57.710)	3:53.085 (55.940)
-- Walsingham Academy 'A'	DNS	3
1) Carpenter, Cam 9	2) Stensland, Luke 11	
3) Whittington, K j 10	4) Perry, Marshall 11	
-- Virginia Episcopal School 'A'	DNS	3
1) Avery, Preston 9	2) Jones, Taj 10	
3) Martin, Zion 11	4) Griffin, Josh 11	

Boys 4x800 Meter Relay Division II

Meet Record: M 7:54.66 5/18/2013 Fork Union
N Okaah, R Garver, P Lomong, A Lomong

School	Finals	H#
1 Roanoke Catholic School 'A'	8:33.36	2
1) Patel, Will 9	2) Hawkins, Collin 9	
3) Foster, Nicholas 12	4) Aaron, Rhodes 11	
2:07.502 (2:07.502)	4:17.271 (2:09.769)	6:23.267 (2:05.997)
		8:33.357 (2:10.090)
2 Peninsula Catholic 'A'	8:45.61	2
1) Mahn, Marshall 10	2) Gisanrian, Locklan 9	
3) Rodriguez, Carlos 12	4) Woodruff, Jacob 10	
2:09.137 (2:09.137)	4:16.902 (2:07.765)	6:35.627 (2:18.725)
		8:45.609 (2:09.982)
3 Eastern Mennonite School 'A'	8:47.30	2
1) Shank, Levi 9	2) Blosser, Simon 10	
3) May, Noah 10	4) Castaneda, Daniel 10	
2:08.122 (2:08.122)	4:28.056 (2:19.934)	6:42.322 (2:14.267)
		8:47.294 (2:04.972)
4 Trinity Christian School 'A'	8:49.46	2
1) Kwitchoff, Jeremy 11	2) Hsu, Elliot 10	
3) Miller, Nathan 10	4) Tillman, Elija	
2:09.259 (2:09.259)	4:16.577 (2:07.319)	6:34.617 (2:18.040)
		8:49.454 (2:14.837)
5 Immanuel Christian School 'A'	8:50.94	2

VISAA Track & Field Championship - 5/15/2026**Fork Union Military Academy****Results****....Boys 4x800 Meter Relay Division II**

1) Fisher, Lennon 12	2) Winston, Bryce 9				
3) Dummermuth, Micah 10	4) Easter, Braxton 11				
2:13.345 (2:13.345)	4:33.127 (2:19.783)	6:44.200 (2:11.073)	8:50.931 (2:06.732)		
6 Veritas School 'A'			8:51.50	2	
1) Petersen, Michael 9	2) Ritz, Henry 9				
3) Piepgrass, Jackson 10	4) O'Flynn, Aidan 12				
2:07.905 (2:07.905)	4:25.317 (2:17.413)	6:43.646 (2:18.329)	8:51.491 (2:07.845)		
7 Fredericksburg Christian 'A'			8:59.62	2	
1) Raines, Tristan 10	2) Jett, Samuel 11				
3) Wood, Ethan 12	4) Gould, Ian 10				
2:20.100 (2:20.100)	4:33.925 (2:13.825)	6:48.204 (2:14.279)	8:59.612 (2:11.409)		
8 Stonebridge School 'A'			9:09.46	1	
1) Partin, Wyatt 10	2) Johnson, Ty 10				
3) Gonzalez, Levi 9	4) Bekele, Kaleb 11				
2:23.660 (2:23.660)	4:41.107 (2:17.448)	6:57.987 (2:16.880)	9:09.457 (2:11.470)		
9 Blue Ridge School 'A'			9:17.70	2	
1) Chappell, Max 11	2) Jiang, Joe 10				
3) Green, Chase 11	4) Augusto, Austin 12				
2:14.185 (2:14.185)	4:27.385 (2:13.200)	6:57.702 (2:30.318)	9:17.697 (2:19.995)		
10 Grove Christian School 'A'			9:18.42	1	
1) Small, Zern 8	2) Birdsell, Austin 8				
3) Small, Zander 8	4) Birdsell, Ian 9				
2:19.993 (2:19.993)	4:39.388 (2:19.395)	7:02.482 (2:23.094)	9:18.411 (2:15.929)		
11 Tandem Friends School 'A'			9:21.06	2	
1) Wilberger, Peter 11	2) Shiraishi, Brendan 10				
3) Johnson, Jack 11	4) Dumars, Peter 9				
2:22.187 (2:22.187)	4:47.300 (2:25.113)	7:09.064 (2:21.764)	9:21.057 (2:11.994)		
12 Cristo Rey, Richmond 'A'			9:34.29	2	
1) Scott, Jabril 10	2) Banks, Omari 10				
3) Smith, Jamel 10	4) Turner, Michael 10				
2:10.142 (2:10.142)	4:36.712 (2:26.570)	7:15.899 (2:39.187)	9:34.282 (2:18.384)		
13 North Cross 'A'			9:34.89	2	
1) Anderson, Peter 11	2) Weng, Andrew 11				
3) Bai, Aiden 10	4) Horner, Justus 10				
2:28.032 (2:28.032)	4:50.102 (2:22.070)	7:19.920 (2:29.818)	9:34.889 (2:14.969)		
14 Banner Christian School 'A'			9:37.90	2	
1) Burtner, Josiah 10	2) Harrington, Colby 9				
3) Gao, Stephen 10	4) Liang, Neil 10				
2:19.725 (2:19.725)	4:49.746 (2:30.022)	7:19.046 (2:29.300)	9:37.894 (2:18.848)		
15 Hampton Roads Academy 'A'			9:48.12	1	
1) Beach, Gage 12	2) Evans, Dylan 12				
3) McGee, Joshua 10	4) Seutter, Gabriel 10				
2:26.763 (2:26.763)	4:59.712 (2:32.949)	7:29.687 (2:29.975)	9:48.116 (2:18.429)		
16 Seton School 'A'			9:54.54	1	
1) Hurley, Daniel 12	2) Chiappetta, Robert 9				
3) Hartung, John Paul 9	4) Brand, Michael 12				
2:28.008 (2:28.008)	4:56.778 (2:28.770)	7:40.733 (2:43.955)	9:54.540 (2:13.807)		
17 Miller School 'A'			10:01.35	1	
1) Morris, Kegan 10	2) Gazin, Lucian 10				
3) Kim, Jacob	4) Weis, Nate 9				
2:32.536 (2:32.536)	5:04.143 (2:31.608)	7:34.161 (2:30.018)	10:01.341 (2:27.180)		
18 Nansemond-Suffolk Academy 'A'			10:02.05	1	
1) Howell, Avery 12	2) Goldbach, Trevor 8				
3) Grimes, Garrett 8	4) Starkey, Grant 10				
2:34.045 (2:34.045)	5:06.326 (2:32.282)	7:46.276 (2:39.950)	10:02.048 (2:15.773)		

VISAA Track & Field Championship - 5/15/2026
Fork Union Military Academy
Results

....Boys 4x800 Meter Relay Division II

19 Greenbrier Christian Academy 'A'	10:07.89	1
1) Youngblood, Landon 9	2) Douglas, Lathan 8	
3) Vitollo, Aidan 9	4) Hudgins, Benja 8	
2:32.542 (2:32.542) 5:06.515 (2:33.973) 7:49.898 (2:43.384) 10:07.885 (2:17.987)		
20 Broadwater Academy 'A'	10:24.53	1
1) Binard, Bradley 10	2) Patel, Aarav 10	
3) Hughes, Gabriel 10	4) Wu, Andrew 10	
2:40.123 (2:40.123) 5:12.756 (2:32.633) 7:53.712 (2:40.957) 10:24.530 (2:30.818)		
21 Atlantic Shores Christian 'A'	10:31.72	1
1) Conroy, John Jay 8	2) Metcalf, Sam 9	
3) Wiegert, Max 10	4) Larsen, Noah 10	
2:29.386 (2:29.386) 5:13.521 (2:44.135) 8:03.860 (2:50.339) 10:31.718 (2:27.859)		
-- Virginia Episcopal School 'A'	DNS	1
1) Knebel, Ignatius 11	2) Li, Danny 10	
3) Conrad, Jack 9	4) Tang, Jonathan 11	

Boys High Jump Division II

Meet Record: M 6-08.50 5/16/2009 Ben Katz, St. Christopher's										
Name	Year	School								Finals
1 Hairston, Yajae	11	Roanoke Cath								6-04.00
5-00 5-02 5-04 5-06 5-08 5-10 6-00 6-02 6-04 6-06.25										
PPP PPP PPP	O	O	O	O	XO	XO	XXX			
2 Buford, Graham	12	Blue Ridge School								6-02.00
5-00 5-02 5-04 5-06 5-08 5-10 6-00 6-02 6-04										
PPP PPP PPP	O	O	O	O	XO	XXX				
3 Yardley, Wynn	10	North Cross								6-00.00
5-00 5-02 5-04 5-06 5-08 5-10 6-00 6-02										
PPP PPP PPP	O	O	O	O	XXX					
4 Martin, Zion	11	Virginia Epi								5-10.00
5-00 5-02 5-04 5-06 5-08 5-10 6-00										
PPP PPP PPP	O	O	O	XXX						
5 Bragg, I'Szwohn	11	Brunswick Academy								J5-10.00
5-00 5-02 5-04 5-06 5-08 5-10 6-00										
PPP PPP O	XO	XXO	O	XXX						
6 O'Herron, Sean	12	Roanoke Cath								J5-10.00
5-00 5-02 5-04 5-06 5-08 5-10 6-00										
PPP PPP PPP	PPP	PPP	XO	XXX						
6 Pannell, Marcus	11	Roanoke Cath								J5-10.00
5-00 5-02 5-04 5-06 5-08 5-10 6-00										
PPP PPP PPP	O	O	XO	XXX						
8 Thomas, Jamal	12	Nansemond-Su								J5-10.00
5-00 5-02 5-04 5-06 5-08 5-10 6-00										
PPP PPP O	O	O	XXO	XXX						
9 Stensland, Luke	11	Walsingham Academy								5-08.00
5-00 5-02 5-04 5-06 5-08 5-10										
PPP XO XO	O	O	XXX							
10 Townes, Donovan	10	Blue Ridge School								J5-08.00
5-00 5-02 5-04 5-06 5-08 5-10										
PPP O XO	O	XO	XXX							
11 Hines, Thomas	9	Norfolk Christian								5-06.00
5-00 5-02 5-04 5-06 5-08										
PPP PPP O	O	XXX								

VISAA Track & Field Championship - 5/15/2026
Fork Union Military Academy
Results

....Boys High Jump Division II

11 Jones, Derrius	11 Blue Ridge School	5-06.00
5-00 5-02 5-04 5-06 5-08		
PPP PPP O O XXX		
13 Jones, Taj	10 Virginia Epi	J5-06.00
5-00 5-02 5-04 5-06 5-08		
PPP PPP O XO XXX		
13 Massie, Kemaan	11 Tandem Frien	J5-06.00
5-00 5-02 5-04 5-06 5-08		
PPP PPP PPP XO XXX		
15 Hinshelwood, Owen	12 Stonebridge School	5-04.00
5-00 5-02 5-04 5-06		
O O O XXX		
15 Whittington, K j	10 Walsingham Academy	5-04.00
5-00 5-02 5-04 5-06		
PPP O O XXX		
17 Terry, Aiden	8 Broadwater Academy	J5-04.00
5-00 5-02 5-04 5-06		
O XXO O XXX		
18 Miller, Malachi	12 Trinity Chri	J5-04.00
5-00 5-02 5-04 5-06 5-08		
O XXO XO PPP XXX		
19 Meeker, Benjamin	10 Trinity Chri	5-02.00
5-00 5-02 5-04		
XO O XXX		
-- LaBlance, Shae	10 Greenbrier C	DNS
-- Keyes, Jaxon	11 North Cross	DNS
-- Denson, Zion	11 Atlantic Sho	DNS

Boys Pole Vault Division II

Meet Record: M 16-06 5/18/2024 Victor Olesen, St. Christoher
 Name Year School Finals

1 Skelton, Liam	12 Roanoke Cath	13-07.00
8-06 9-00 9-06 10-00 10-06 11-00 11-06 12-00 12-06 13-00 13-07 14-00		
PPP PPP PPP PPP PPP PPP PPP XO XO XO XO XXX		
2 Eno, Thomas	12 Broadwater Academy	11-06.00
8-06 9-00 9-06 10-00 10-06 11-00 11-06 12-00		
PPP PPP PPP XXO XO O O XXX		
3 Lee, Beau	12 Roanoke Cath	10-00.00
8-06 9-00 9-06 10-00 10-06		
O O XXP O XXX		
4 Byers, Jason	11 Blue Ridge School	J10-00.00
8-06 9-00 9-06 10-00 10-06		
O O O XO XXX		
5 Lemcke, Cohen	12 Blue Ridge School	9-06.00
8-06 9-00 9-06 10-00		
XO O XO XXX		
6 Mieusset, Maelig	9 Blue Ridge School	9-00.00
8-06 9-00 9-06		
XO XO XXX		
7 O'Herron, Sean	12 Roanoke Cath	8-06.00
8-06 9-00 9-06		
O PPP XPP		

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Results

....Boys Pole Vault Division II

8 Larson, Blake	11 Trinity Chri	J8-06.00
8-06 9-00		
XO XXX		
8 Larsen, Noah	10 Atlantic Sho	J8-06.00
8-06 9-00		
XO XXX		

Boys Long Jump Division II

=====						
Meet Record: M 24-08.75	5/17/2025	John Morrison, Woodberry F				
Name	Year	School	Finals			
=====						
1 Thomas, Jamal	12	Nansemond-Su	22-00.50			
20-08.50	21-02.25	20-00.50	22-00.50	21-09.50	20-01.50	
2 Buford, Graham	12	Blue Ridge School	21-11.50			
21-11.50	21-10.50	FOUL	FOUL	21-11	FOUL	
3 O'Herron, Sean	12	Roanoke Cath	20-09.50			
20-06.75	FOUL	FOUL	19-08.50	20-04.75	20-09.50	
4 Clark, Joseph	10	Fredericksbu	20-06.00			
20-01.50	FOUL	19-02.75	FOUL	FOUL	20-06	
5 Mitchell, Sebastian	9	Nansemond-Su	J20-06.00			
19-11	18-10.25	19-09.75	18-09.50	19-11	20-06	
6 Yardley, Wynn	10	North Cross	20-05.00			
19-05	20-05	19-09	20-00	FOUL	19-09.50	
7 Aaron, Rhodes	11	Roanoke Cath	20-01.00			
20-01	FOUL	19-09.50	20-01	15-10	FOUL	
8 Lemon, Kyce	11	Roanoke Cath	J20-01.00			
20-01	19-05.75	19-11.50	20-00.25	19-02	20-00	
9 Whitaker, La'Quarion	12	Brunswick Academy	19-05.00			
19-02.50	FOUL	19-05				
10 Gao, Stephen	10	Banner Chris	19-03.00			
FOUL	19-03	18-09.50				
11 Williams, Joshua	12	Trinity Chri	19-00.50			
FOUL	19-00.50	FOUL				
12 Makasi, Ivedigbo	11	Blue Ridge School	18-02.00			
18-02	17-04	15-10				
13 Jones, Taj	10	Virginia Epi	18-01.50			
18-01.50	17-06.50	17-09				
14 Meeker, Benjamin	10	Trinity Chri	17-00.00			
17-00	16-00.50	14-10.25				
15 Burgess, Grey	12	Immanuel Chr	16-04.00			
15-03.50	15-11	16-04				
16 Banks, Isiah	12	Norfolk Christian	13-01.50			
FOUL	13-01.50	FOUL				
-- Guishard, Emmanuel	12	Hargrave Mil	DNS			
-- Headley, Dre	12	The Covenant School	DNS			

Boys Triple Jump Division II

=====					
Meet Record: M 48-08.50	5/17/2025	Kenan Andrews, Woodberry Fore			
Name	Year	School	Finals	H#	
=====					
1 Thomas, Jamal	12	Nansemond-Su	45-05.75	2	
44-01.50	45-05.75	FOUL	44-11.75	44-03.50	43-06

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....Boys Triple Jump Division II

2	Nwafor, Chima	11	Stonebridge School	43-10.00	2
	FOUL 42-09 42-05 40-03 43-03 43-10				
3	Mitchell, Sebastian	9	Nansemond-Su	42-08.50	2
	38-08 39-06.50 40-07.75 39-04.75 39-10.50 42-08.50				
4	Makasi, Ivedigbo	11	Blue Ridge School	41-08.50	2
	38-08 38-10.50 41-08.50 33-07.50 39-00 38-03.75				
5	Jones, Taj	10	Virginia Epi	41-01.50	2
	38-07 40-01.25 40-02 39-05 39-07.50 41-01.50				
6	Townes, Donovan	10	Blue Ridge School	40-02.50	1
	39-01.50 40-02.50 38-00.50 37-01.50 37-01.50 39-09.50				
7	Titus, Michael	11	Virginia Aca	40-02.00	1
	4-01.50 40-02 38-04 36-05 FOUL 38-05.50				
8	Lemon, Kyce	11	Roanoke Cath	40-00.50	2
	38-05 38-04 38-10 40-00.50 39-09 39-02				
9	Williams, Joshua	12	Trinity Chri	40-00.00	2
	40-00 FOUL FOUL FOUL 38-02.50 39-11.50				
10	Scholz, Justus	11	Broadwater Academy	38-07.00	1
	34-07 35-02 38-07				
11	Lipford, Rahem	10	Roanoke Cath	38-04.00	2
	38-01.25 36-09 38-04				
12	May, Noah	10	Eastern Menn	38-01.50	2
	FOUL 38-01.50 FOUL				
13	Deloye, Philip	9	Trinity Acad	37-10.25	2
	37-06 37-07 37-10.25				
14	Taylor, James	11	Immanuel Chr	37-10.00	1
	37-08.50 37-10 36-05				
15	Meeker, Benjamin	10	Trinity Chri	37-06.00	1
	FOUL FOUL 37-06				
16	Clark, Joseph	10	Fredericksbu	37-00.75	2
	FOUL FOUL 37-00.75				
17	Powell, Zach	9	Eastern Menn	36-05.50	1
	36-05.50 FOUL 35-00.50				
18	Hinshelwood, Owen	12	Stonebridge School	34-06.50	2
	34-06.50 FOUL FOUL				
--	O'Herron, Sean	12	Roanoke Cath	DNS	2
--	LaBlance, Shae	10	Greenbrier C	DNS	1
--	Paquet, Kingston	10	North Cross	DNS	1

Boys Shot Put Division II

Meet Record: M 66-01 5/20/2023 Rodney Lora, Woodberry Forest					
Name	Year	School	Finals	H#	
1 Ponzar, Maden	12	Immanuel Chr	49-02.50	2	
	46-01 46-05 49-02.50	FOUL FOUL 45-05			
2 Ye, Steven	11	Broadwater Academy	46-05.00	2	
	45-11.50 44-01 46-05 45-04.50 FOUL FOUL				
3 Nichols, Marshall	12	Eastern Menn	45-11.00	2	
	45-11 45-04.50 43-01 44-08.50 44-03.50 45-11				
4 Weber, Judah	11	New Covenant	43-05.50	2	
	43-05.50 38-03.50 42-01 42-08.25 38-00 40-05				
5 Miller, Malachi	12	Trinity Chri	43-04.25	2	
	43-04.25 43-00 41-10.50 43-02 42-07.50 42-08.50				
6 Bakari, Emmanuel	10	Virginia Epi	42-08.50	2	
	41-11.50 FOUL 41-11 41-11 FOUL 42-08.50				

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....Boys Shot Put Division II

7	Ford, Brycen	9 Atlantic Sho	42-04.50	1
	40-00 38-09 42-04.50	41-01.50 40-01.50 41-02		
8	Udemba, Somto	9 Blue Ridge School	42-02.25	2
	42-02.25 41-08 40-09	40-02 38-09 40-00.50		
9	Ross, Henry	12 Nansemond-Su	41-09.25	2
	41-09.25 41-01 41-07.25	39-02 39-03.50 41-02.25		
10	Jones, James	12 Hampton Road	39-09.50	2
	39-09.50 36-09 37-02			
11	Green, Jaylen	10 North Cross	39-09.00	1
	FOUL 37-00.50 39-09			
12	Lee, Marvin	11 Greenbrier C	39-05.50	2
	37-04 39-00 39-05.50			
13	Aaron, Rhodes	11 Roanoke Cath	38-08.50	1
	38-08.50 37-09 38-07.25			
14	Bon-Ami, cameron	11 Fredericksbu	38-05.00	2
	FOUL 38-03.50 38-05			
15	Tisdale, Tyler	11 Atlantic Sho	38-00.50	2
	38-00.50 37-10 36-05.50			
16	Simpson, Josh	11 Nansemond-Su	36-09.00	1
	34-00.50 35-04.50 36-09			
17	Williams, Chance	10 Roanoke Cath	36-06.00	1
	34-07.50 FOUL 36-06			
18	Mboya, Wayne	12 Hargrave Mil	35-11.25	1
	35-11.25 34-11.25 34-07			
19	Sine, David	12 Blue Ridge School	35-09.00	1
	FOUL 35-09 FOUL			
--	Ford, Marx	12 Peninsula Catholic	DNS	1

Boys Discus Throw Division II

=====
 Meet Record: M 182-10 5/19/2012 Jordan Roach, Fork Union
 Name Year School Finals
 =====

1	Ye, Steven	11 Broadwater Academy	144-01
	FOUL FOUL 121-07 138-11 144-01 FOUL		
2	Weber, Judah	11 New Covenant	128-07
	115-06 114-10 113-08 FOUL 128-07 117-08		
3	Ponzar, Maden	12 Immanuel Chr	121-04
	FOUL 121-04 FOUL FOUL 115-05.50 118-09		
4	Nichols, Marshall	12 Eastern Menn	119-04
	103-07 FOUL FOUL FOUL 119-04 FOUL		
5	Miller, Malachi	12 Trinity Chri	117-09
	101-04 FOUL 109-03 109-05 113-08 117-09		
6	Bon-Ami, cameron	11 Fredericksbu	117-02
	103-02 FOUL FOUL 102-08 117-02 FOUL		
7	Arnold, Logan	12 Broadwater Academy	116-06
	FOUL 91-08 112-03 116-06 116-05 110-03		
8	Jones, James	12 Hampton Road	115-03
	101-01 105-00 FOUL 102-03 115-03 108-02		
9	Baker, Porter	10 Walsingham Academy	106-00
	85-00 97-00 103-05 106-00 102-03 102-04		
10	Yardley, Wynn	10 North Cross	101-11
	87-00 99-03 101-11		
11	Lee, Beau	12 Roanoke Cath	101-09
	FOUL 96-06 101-09		

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....Boys Discus Throw Division II

12 Hines, Caelen	11 Immanuel Chr	95-08
FOUL 81-09 95-08		
13 Bakari, Emmanuel	10 Virginia Epi	92-03
FOUL FOUL 92-03		
14 Lee, Marvin	11 Greenbrier C	84-04
FOUL FOUL 84-04		
15 Simpson, Josh	11 Nansemond-Su	75-01
75-01 FOUL FOUL		
-- O'Herron, Sean	12 Roanoke Cath	DNS
-- Igiraneze, Helva	12 Blue Ridge School	DNS

=====
 Women - Division I - Team Rankings - 17 Events Scored
 =====

1) Saint Catherine's	139	2) The Potomac School	131
3) Collegiate	114	4) St. Stephen's and St. Agn	85
5) Trinity Episcopal School	59	6) Norfolk Academy	39
7) Saint John Paul the Great	33	8) Catholic High School	16
9) Episcopal	14	10) Oakcrest School	13
11) Madeira School	9	12) Flint Hill School	7
13) St. Gertrude	1		

=====
 Women - Division II - Team Rankings - 17 Events Scored
 =====

1) Trinity Christian School	83	1) North Cross	83
3) Stonebridge School	57	4) Roanoke Catholic School	49.50
5) Walsingham Academy	40	6) Immanuel Christian School	39
7) Peninsula Catholic	36	8) St. Anne's-Belfield Schoo	34
9) Fredericksburg Christian	30	10) Virginia Episcopal School	28
11) Atlantic Shores Christian	26.50	12) Guardian Christian Academ	24
12) Nansemond-Suffolk Academy	24	14) Greenbrier Christian Acad	20
14) New Covenant Schools	20	16) The Covenant School	17
16) Trinity Academy Meadow Vie	17	18) Eastern Mennonite School	8
19) Hampton Christian	7	20) Broadwater Academy	4
20) Veritas School	4	20) Hampton Roads Academy	4
23) Cape Henry Collegiate	3	24) Miller School	2

=====
 Men - Division I - Team Rankings - 17 Events Scored
 =====

1) St. Christopher's	150	2) St. Anne's-Belfield Schoo	65
3) Woodberry Forest	63	4) St. Stephen's and St. Agn	54.50
5) Cape Henry Collegiate	44	6) Saint John Paul the Great	42
7) Catholic High School	36	8) Episcopal	35
9) Fork Union	33	10) Collegiate	31.50
11) Trinity Episcopal School	31	12) Norfolk Academy	29
13) The Potomac School	20	14) Benedictine	13
15) Flint Hill School	11	16) Randolph-Macon Academy	1

=====
 Men - Division II - Team Rankings - 17 Events Scored
 =====

1) Blue Ridge School	114	2) Roanoke Catholic School	88
3) Nansemond-Suffolk Academy	48	4) North Cross	43
5) Tandem Friends School	42	6) Trinity Christian School	38.50
7) Virginia Episcopal School	33	8) Broadwater Academy	28
9) Immanuel Christian School	26	10) Atlantic Shores Christian	25.50
11) The Covenant School	25	12) Eastern Mennonite School	21

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....Boys Discus Throw Division II

13) Norfolk Christian	19	14) Brunswick Academy	18
15) New Covenant Schools	13	15) Fredericksburg Christian	13
17) Peninsula Catholic	12	17) Cristo Rey, Richmond	12
19) Stonebridge School	9	20) Hargrave Military Academy	8
21) Grove Christian School	7	22) Veritas School	6
23) Miller School	5	24) Hampton Roads Academy	4
25) Trinity Academy Meadow Vie	3	26) Virginia Academy (VAAC)	2