

VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

Girls 100 Meter Dash Division I

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

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 Meet Record: M 12.13 5/16/2025 Aziyah Heru, Atlantic Shores

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 Name Year School Prelims H#
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Preliminaries

1	Versen, Lucy	12	Trinity Epis	12.16Q	1	
2	Levine, Sydney	10	The Potomac School	12.38Q	2	
3	Barabanov, Rose	11	The Potomac School	12.40Q	3	
4	Hughes, Madison	12	St. Stephen'	12.52Q	4	
5	McGrew, Kayla	9	The Potomac School	12.38q	2	
6	Smith, Imani	11	Catholic Hig	12.49q	3	
7	Adams, Mia	12	Madeira School	12.67q	1	
8	Grant, Haley	9	St. Stephen'	12.80q	1	
9	Obasi, Eberechi	10	Saint John P	12.84	4	
10	Martinez, Kyria	12	St. Gertrude	12.99	3	
11	Lewis, Ryan	10	Saint Catherine's	13.05	4	
12	Seidensticker, Marga	10	Catholic Hig	13.21	3	
13	Dunn, Jazie	11	Collegiate	13.26	2	
14	Beyers, Jackie	9	Flint Hill School	13.32	1	
15	Orlando, Lily	9	Saint John P	13.32	3	
16	Spain, Destini	10	Collegiate	13.34	1	13.331
17	Nelson, Ashlyn	11	Trinity Epis	13.34	1	13.336
18	Bullock, Tranise	10	Flint Hill School	13.35	4	
19	Dimino, Annemarie	11	Catholic Hig	13.45	2	
20	Uncapher, Emma	12	Norfolk Academy	13.49	2	
21	McMullen, Zoe	9	Saint Catherine's	13.52	4	
22	Tappin, Selah	10	Episcopal	13.52	1	
23	Sims, Sarah	10	Saint John P	13.73	3	
24	Chambliss, KB	12	Norfolk Academy	13.76	4	
25	Hornik, Siena	9	Saint Catherine's	13.78	3	
--	Appiah, Vicky	11	Episcopal	DQ	2	lane violation
--	Scott, Adaline	12	Norfolk Academy	DNS	2	

Girls 100 Meter Dash Division I

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 Meet Record: M 12.13 5/16/2025 Aziyah Heru, Atlantic Shores

=====
 Name Year School Finals
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Finals

1	Versen, Lucy	12	Trinity Epis	12.25
2	Levine, Sydney	10	The Potomac School	12.39
3	Barabanov, Rose	11	The Potomac School	12.55
4	McGrew, Kayla	9	The Potomac School	12.56
5	Hughes, Madison	12	St. Stephen'	12.64
6	Adams, Mia	12	Madeira School	12.69
7	Smith, Imani	11	Catholic Hig	12.74
8	Grant, Haley	9	St. Stephen'	13.14

Girls 200 Meter Dash Division I

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 Meet Record: M 24.74 5/15/2010 Emmy Fraenk, Hampton Roads

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 Name Year School Finals H#
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1	Versen, Lucy	12	Trinity Epis	24.83	3
2	McGrew, Kayla	9	The Potomac School	25.08	3

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...Girls 200 Meter Dash Division I

3	Barabanov, Rose	11	The Potomac School	25.31	3
4	Spaulding, Savannah	11	Saint Catherine's	25.57	3
5	Levine, Sydney	10	The Potomac School	25.68	3
6	Adams, Mia	12	Madeira School	26.10	3
7	Obasi, Eberechi	10	Saint John P	26.21	3
8	Smith, Imani	11	Catholic Hig	26.73	3
9	Lewis, Ryan	10	Saint Catherine's	26.82	2
10	Johnson, Tabitha	10	Trinity Epis	26.88	2
11	Grant, Haley	9	St. Stephen'	26.98	2
12	Beyers, Jackie	9	Flint Hill School	27.24	2
13	McMullen, Zoe	9	Saint Catherine's	27.81	2
14	Onwuchekwa, Chinyere	11	Collegiate	27.94	1
15	Beggerow, Emily	12	Collegiate	27.96	2
16	Pogoson, Eliana	10	Madeira School	27.97	1
17	Seidensticker, Marga	10	Catholic Hig	28.18	2
18	Dimino, Annemarie	11	Catholic Hig	28.51	1
19	Sims, Sarah	10	Saint John P	28.52	1
20	Tappin, Shiloh	10	Episcopal	29.12	1
--	Jones, Mia	11	Norfolk Academy	DNS	2

Girls 400 Meter Dash Division I

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

1	Spaulding, Savannah	11	Saint Catherine's	57.17	3
2	Barabanov, Rose	11	The Potomac School	57.18	3
3	Jones, Ainsleigh	11	Trinity Epis	57.29	3
4	Levine, Sydney	10	The Potomac School	58.54	3
5	Sramek, Carolina	10	St. Stephen'	1:00.84	3
6	McKay, Abigail	11	Saint Catherine's	1:01.19	3
7	Onwuchekwa, Chinyere	11	Collegiate	1:01.41	2
8	Elder, Lila	10	St. Gertrude	1:02.03	2
9	Allain, Seraphina	10	Madeira School	1:02.16	2
10	Pogoson, Eliana	10	Madeira School	1:02.46	2
11	Griswold, Ally	12	The Potomac School	1:02.48	3
12	Uncapher, Emma	12	Norfolk Academy	1:02.85	3
13	Fleming, Reese	12	Collegiate	1:03.44	2
14	Perkinson, Reagan	11	Trinity Epis	1:05.14	2
15	Rabagliati, Felicitas	9	Oakcrest School	1:06.99	1
16	Hager, Eleanor	9	Trinity Epis	1:07.56	1
17	Cahill, Kate	12	Oakcrest School	1:09.00	1
18	Sheffler, Evelyn	8	Oakcrest School	1:09.68	1
19	Ware, Lila	12	Norfolk Academy	1:09.71	1
--	Huffman, Ruthie	11	Saint Catherine's	DNS	2

Girls 800 Meter Run Division I

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

1	Ferrell, Rosie	11	Collegiate	2:20.15	2
	1:11.513 (1:11.513)	2:20.149 (1:08.637)			
2	Ronnau, Julia	9	Saint Catherine's	2:20.92	2
	1:11.833 (1:11.833)	2:20.914 (1:09.082)			

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....Girls 800 Meter Run Division I

3	Harris, Virginia	11 Collegiate	2:21.38	2
	1:11.541 (1:11.541)	2:21.377 (1:09.837)		
4	Rouse, Ali	12 St. Stephen'	2:22.48	2
	1:11.792 (1:11.792)	2:22.477 (1:10.685)		
5	Altschuler, Sasha	9 The Potomac School	2:27.25	2
	1:12.523 (1:12.523)	2:27.248 (1:14.725)		
6	Hudson, Sophie	9 Saint Catherine's	2:28.25	1
	1:09.559 (1:09.559)	2:28.250 (1:18.692)		
7	Dunlavy, Ella	9 Oakcrest School	2:28.34	2
	1:13.399 (1:13.399)	2:28.338 (1:14.939)		
8	Kirsch, Talia	9 The Potomac School	2:29.02	2
	1:12.874 (1:12.874)	2:29.018 (1:16.144)		
9	Radi, Lina	11 Episcopal	2:29.84	2
	1:13.632 (1:13.632)	2:29.832 (1:16.200)		
10	Schaufelberger, Ella	10 The Potomac School	2:31.82	1
	1:10.987 (1:10.987)	2:31.815 (1:20.829)		
11	Gibian, Avery	10 St. Stephen'	2:32.05	2
	1:14.127 (1:14.127)	2:32.048 (1:17.922)		
12	Elder, Lila	10 St. Gertrude	2:32.07	1
	1:13.830 (1:13.830)	2:32.065 (1:18.235)		
13	Stufflebeem, Ella	12 Norfolk Academy	2:33.24	2
	1:14.789 (1:14.789)	2:33.236 (1:18.447)		
14	Bechtel, Tegan	11 Saint John P	2:34.23	2
	1:15.147 (1:15.147)	2:34.222 (1:19.075)		
15	Thurmond, Elizabeth	11 Saint Catherine's	2:34.50	1
	1:15.592 (1:15.592)	2:34.497 (1:18.905)		
16	Marcy, Elizabeth	10 Saint John P	2:36.04	1
	1:14.375 (1:14.375)	2:36.035 (1:21.660)		
17	Ogden, Teagan	10 Catholic Hig	2:37.52	1
	1:12.054 (1:12.054)	2:37.518 (1:25.464)		
18	Millard, Claire	12 Oakcrest School	2:40.28	1
	1:15.822 (1:15.822)	2:40.274 (1:24.453)		
19	Wainstein, Natalie	10 St. Stephen'	2:42.10	1
	1:17.107 (1:17.107)	2:42.098 (1:24.992)		
20	Copeland, Madeline	9 Trinity Epis	2:43.83	1
	1:18.849 (1:18.849)	2:43.824 (1:24.975)		
21	Roy, Nisha	11 Episcopal	2:44.44	1
	1:17.237 (1:17.237)	2:44.433 (1:27.197)		
--	Marshall, Megan	8 Norfolk Academy	DNS	1
--	Meekins, Abaigael	12 Saint John P	DNS	1
--	Gibbins, Grey	12 Episcopal	DNS	2

Girls 1600 Meter Run Division I

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 Meet Record: M 4:47.32 5/17/2024 Reese Dalton, The Covenant Sch

Name Year School Finals H#

1	Harris, Virginia	11 Collegiate	5:06.70	2
	1:17.058 (1:17.058)	2:36.538 (1:19.480)	3:52.474 (1:15.937)	5:06.696 (1:14.222)
2	Gibbins, Grey	12 Episcopal	5:09.69	2
	1:17.454 (1:17.454)	2:37.116 (1:19.662)	3:52.846 (1:15.730)	5:09.689 (1:16.844)
3	Wanamaker, Sydney	11 St. Stephen'	5:12.47	2
	1:17.579 (1:17.579)	2:36.714 (1:19.135)	3:52.398 (1:15.684)	5:12.466 (1:20.068)
4	Altschuler, Sasha	9 The Potomac School	5:13.27	2
	1:17.129 (1:17.129)	2:36.908 (1:19.779)	3:53.519 (1:16.612)	5:13.261 (1:19.742)

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....Girls 1600 Meter Run Division I

5	Bayler, Annabel	12 Saint Catherine's	5:15.77	2		
	1:17.214 (1:17.214)	2:37.483 (1:20.269)	3:57.984 (1:20.502)	5:15.761 (1:17.777)		
6	Stack, Lucy	9 Flint Hill School	5:17.55	2		
	1:18.223 (1:18.223)	2:39.798 (1:21.575)	4:02.057 (1:22.259)	5:17.547 (1:15.490)		
7	Clemons, Piper	10 Saint Catherine's	5:19.73	2		
	1:17.673 (1:17.673)	2:41.219 (1:23.547)	4:04.904 (1:23.685)	5:19.723 (1:14.819)		
8	Gibian, Avery	10 St. Stephen'	5:23.96	2		
	1:18.668 (1:18.668)	2:40.077 (1:21.409)	4:01.782 (1:21.705)	5:23.953 (1:22.172)		
9	Miller, Claire	10 St. Gertrude	5:26.81	1		
	1:16.205 (1:16.205)	2:39.953 (1:23.749)	4:05.153 (1:25.200)	5:26.802 (1:21.649)		
10	Harris, Kailyn	10 Trinity Epis	5:28.12	2		
	1:18.639 (1:18.639)	2:41.241 (1:22.602)	4:05.332 (1:24.092)	5:28.113 (1:22.782)		
11	Kirsch, Talia	9 The Potomac School	5:28.57	2		
	1:17.919 (1:17.919)	2:39.471 (1:21.552)	4:03.857 (1:24.387)	5:28.563 (1:24.707)		
12	Enos, Paisley	10 Norfolk Academy	5:30.06	1		
	1:16.941 (1:16.941)	2:40.222 (1:23.282)	4:05.360 (1:25.138)	5:30.055 (1:24.695)		
13	Hires, Lola	11 Norfolk Academy	5:30.18	2		
	1:17.946 (1:17.946)	2:38.712 (1:20.767)	4:04.729 (1:26.018)	5:30.174 (1:25.445)		
14	Scholten, Molly	8 Saint Catherine's	5:30.44	2		
	1:18.834 (1:18.834)	2:41.414 (1:22.580)	4:05.471 (1:24.057)	5:30.439 (1:24.969)		
15	Hodges, Margaret	11 Episcopal	5:31.95	1		
	1:22.432 (1:22.432)	2:47.633 (1:25.202)	4:13.567 (1:25.934)	5:31.947 (1:18.380)		
16	McMullin, Samantha	12 Collegiate	5:34.35	2		
	1:20.722 (1:20.722)	2:45.872 (1:25.150)	4:10.706 (1:24.834)	5:34.348 (1:23.643)		
17	Bechtel, Tegan	11 Saint John P	5:36.72	2		
	1:17.603 (1:17.603)	2:38.499 (1:20.897)	4:03.159 (1:24.660)	5:36.712 (1:33.553)		
18	Navitsky, Lydia	11 Episcopal	5:36.98	1		
	1:20.786 (1:20.786)	2:44.875 (1:24.089)	4:10.961 (1:26.087)	5:36.973 (1:26.013)		
19	Hedley, Lilly Beth	8 Norfolk Academy	5:45.63	2		
	1:18.309 (1:18.309)	2:41.898 (1:23.589)	4:12.396 (1:30.498)	5:45.624 (1:33.229)		
20	Stribling, Chloe	9 St. Gertrude	5:49.16	1		
	1:22.585 (1:22.585)	2:49.816 (1:27.232)	4:21.920 (1:32.104)	5:49.152 (1:27.233)		
21	Ogden, Teagan	10 Catholic Hig	5:49.41	1		
	1:22.688 (1:22.688)	2:46.992 (1:24.304)	4:16.641 (1:29.649)	5:49.402 (1:32.762)		
22	Barbee, Sabine	12 The Potomac School	5:50.54	1		
	1:21.525 (1:21.525)	2:48.331 (1:26.807)	4:19.815 (1:31.484)	5:50.532 (1:30.718)		
23	Dake, Margaret	12 Saint John P	5:50.60	1		
	1:25.971 (1:25.971)	2:55.582 (1:29.612)	4:27.226 (1:31.644)	5:50.591 (1:23.365)		
24	Morrison, Olivia	9 Oakcrest School	5:57.96	1		
	1:26.327 (1:26.327)	2:56.406 (1:30.079)	4:29.628 (1:33.223)	5:57.951 (1:28.323)		
25	Copeland, Madeline	9 Trinity Epis	6:03.87	1		
	1:26.761 (1:26.761)	2:57.443 (1:30.683)	4:32.518 (1:35.075)	6:03.866 (1:31.348)		
26	Albanese, Gianna	12 Saint John P	6:13.68	1		
	1:26.198 (1:26.198)	2:58.437 (1:32.239)	4:34.147 (1:35.710)	6:13.672 (1:39.525)		
--	Boyer, Macy	12 Collegiate		DNS	1	

Girls 3200 Meter Run Division I

Meet Record: M 10:33.50 5/17/2024 Maddie Gardiner, The Coven

Name	Year	School	Finals			
1 Bayler, Annabel	12	Saint Catherine's	11:33.33			
1:23.830 (1:23.830)	2:48.825 (1:24.995)	4:13.926 (1:25.102)	5:42.380 (1:28.454)			
7:11.953 (1:29.573)	8:41.201 (1:29.249)	10:09.256 (1:28.055)	11:33.324 (1:24.068)			

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....Girls 3200 Meter Run Division I

2 Harris, Virginia	11 Collegiate	11:45.53		
1:25.180 (1:25.180)	2:55.194 (1:30.014)	4:24.279 (1:29.085)	5:55.215 (1:30.937)	
7:26.664 (1:31.449)	8:58.373 (1:31.709)	10:27.270 (1:28.898)	11:45.523 (1:18.253)	
3 Wanamaker, Sydney	11 St. Stephen'	11:47.67		
1:25.855 (1:25.855)	2:55.416 (1:29.562)	4:24.329 (1:28.913)	5:55.243 (1:30.914)	
7:26.613 (1:31.370)	8:58.165 (1:31.553)	10:27.070 (1:28.905)	11:47.670 (1:20.600)	
4 Barbee, Sabine	12 The Potomac School	12:02.63		
1:25.953 (1:25.953)	2:55.991 (1:30.039)	4:24.491 (1:28.500)	5:55.450 (1:30.959)	
7:26.903 (1:31.453)	8:58.898 (1:31.995)	10:32.043 (1:33.145)	12:02.626 (1:30.584)	
5 Lewis, Anne	11 Collegiate	12:07.17		
1:25.690 (1:25.690)	2:55.691 (1:30.002)	4:25.385 (1:29.694)	5:58.861 (1:33.477)	
7:32.326 (1:33.465)	9:06.699 (1:34.373)	10:40.428 (1:33.729)	12:07.170 (1:26.743)	
6 McMullin, Samantha	12 Collegiate	12:18.22		
1:26.870 (1:26.870)	2:57.571 (1:30.702)	4:29.336 (1:31.765)	6:03.316 (1:33.980)	
7:37.204 (1:33.888)	9:12.780 (1:35.577)	10:48.181 (1:35.402)	12:18.213 (1:30.032)	
7 Harris, Kailyn	10 Trinity Epis	12:26.75		
1:25.789 (1:25.789)	2:55.791 (1:30.003)	4:26.313 (1:30.522)	6:02.226 (1:35.914)	
7:37.003 (1:34.777)	9:15.263 (1:38.260)	10:55.034 (1:39.772)	12:26.749 (1:31.715)	
8 Enos, Paisley	10 Norfolk Academy	12:46.77		
1:28.806 (1:28.806)	3:00.653 (1:31.847)	4:37.218 (1:36.565)	6:15.605 (1:38.388)	
7:55.005 (1:39.400)	9:35.706 (1:40.702)	11:18.078 (1:42.372)	12:46.765 (1:28.688)	
9 Dake, Margaret	12 Saint John P	12:46.93		
1:30.444 (1:30.444)	3:05.008 (1:34.564)	4:39.478 (1:34.470)	6:15.053 (1:35.575)	
7:54.876 (1:39.824)	9:34.176 (1:39.300)	11:20.180 (1:46.004)	12:46.926 (1:26.747)	
10 Phair, Jordy	9 The Potomac School	12:50.05		
1:26.276 (1:26.276)	2:56.374 (1:30.098)	4:28.629 (1:32.255)	6:05.158 (1:36.529)	
7:46.710 (1:41.553)	9:30.854 (1:44.144)	11:14.444 (1:43.590)	12:50.044 (1:35.600)	
11 Killeen, Olivia	9 Saint Catherine's	13:01.77		
1:28.975 (1:28.975)	3:00.884 (1:31.909)	4:36.146 (1:35.263)	6:15.640 (1:39.494)	
7:55.626 (1:39.987)	9:39.206 (1:43.580)	11:23.809 (1:44.603)	13:01.764 (1:37.955)	
-- Altschuler, Sasha	9 The Potomac School	DNS		
-- Morrison, Olivia	9 Oakcrest School	DNS		

Girls 100 Meter Hurdles Division I

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

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

1 Figaro, Taliyah	11 St. Stephen'	16.95Q	2
2 Torrence, Carter	11 Saint Catherine's	17.17Q	3 17.164
3 Kulow, Taylor	11 Norfolk Academy	17.56Q	1
4 Flynn, Zemma	10 St. Stephen'	17.17Q	3 17.168
5 O'Keefe, Emma	9 The Potomac School	17.63Q	2
6 Kuehnle, Teagan	11 Saint Catherine's	17.70Q	1
7 Cotman, Morgan	11 Collegiate	18.13q	1
8 Purcell, Addison	12 Collegiate	18.87q	2
9 Tian, April	9 The Potomac School	19.29	2
10 Lartey, Nadia	10 Trinity Epis	19.37	1
11 Antunez Martinez, Jimena	11 Episcopal	19.39	3
12 Barton, Sofia	10 Saint John P	19.64	2
13 Lartey, Nicole	11 Trinity Epis	19.86	3
14 Daub, Chloe	11 Collegiate	19.94	3
15 Clark, Beatrix	10 Norfolk Academy	20.00	3

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....Girls 100 Meter Hurdles Division I

16 Poersch, Claire	10 St. Stephen'	20.68	1
17 Slauson-Blevins, Raegan	12 Norfolk Academy	20.79	1
-- Bond, Lauren	10 The Potomac School	DNS	1
-- Cazedessus, Elizabeth	10 Catholic Hig	DNS	2

Girls 100 Meter Hurdles Division I

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

1 Kulow, Taylor	11 Norfolk Academy	16.03
2 Figaro, Taliyah	11 St. Stephen'	16.61
3 Torrence, Carter	11 Saint Catherine's	17.20
4 O'Keefe, Emma	9 The Potomac School	17.32
5 Flynn, Zemma	10 St. Stephen'	17.52
6 Kuehnle, Teagan	11 Saint Catherine's	17.62
7 Cotman, Morgan	11 Collegiate	18.29
8 Purcell, Addison	12 Collegiate	19.06

Girls 300 Meter Hurdles Division I

=====
 Meet Record: M 44.03 5/18/2019 Willa Shannon, Saint Catherine's
 Name Year School Finals H#
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1 Hughes, Madison	12 St. Stephen'	46.81	3
2 Flynn, Zemma	10 St. Stephen'	48.53	3
3 O'Keefe, Emma	9 The Potomac School	49.08	3
4 Figaro, Taliyah	11 St. Stephen'	50.10	3
5 Tian, April	9 The Potomac School	51.79	2
6 Purcell, Addison	12 Collegiate	51.87	2
7 Cotman, Morgan	11 Collegiate	52.53	1
8 Torrence, Carter	11 Saint Catherine's	52.72	3
9 Lartey, Nicole	11 Trinity Epis	53.40	2
10 Tappin, Selah	10 Episcopal	53.90	3
11 Appiah, Vicky	11 Episcopal	53.95	2
12 Dolan, Maddy	11 The Potomac School	53.98	3
13 Knight, Haddie	9 Trinity Epis	54.25	2
14 Clark, Beatrice	10 Norfolk Academy	55.38	2
15 Offerdahl, Sohane	10 Saint John P	55.41	1
16 Barton, Sofia	10 Saint John P	55.51	2
17 Lartey, Nadia	10 Trinity Epis	55.55	2
18 Almelor, Reese	12 Saint John P	57.26	1
19 Daub, Chloe	11 Collegiate	58.64	1
-- Guinea, Nyla	8 Saint Catherine's	DNS	3

Girls 4x100 Meter Relay Division I

=====
 Meet Record: M 48.98 5/17/2025 Saint Catherine's
 M. Johnson, M. Johnson, L. Armstrong, P. Shannon
 School Finals H#
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1 Trinity Episcopal School 'A'	48.29M	2
1) Nelson, Ashlyn 11	2) Jones, Ainsleigh 11	
3) Johnson, Tabitha 10	4) Versen, Lucy 12	

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....Girls 4x100 Meter Relay Division I

2	The Potomac School 'A'	50.28	2
	1) Sewall, Ava 12	2) O'Keefe, Emma 9	
	3) Lerner, Maria 12	4) Griswold, Ally 12	
3	Saint Catherine's 'A'	50.51	2
	1) Ronnau, Emma 9	2) Hornik, Siena 9	
	3) Lewis, Ryan 10	4) Torrence, Carter 11	
4	Collegiate 'A'	51.57	2
	1) Beggerow, Emily 12	2) Dunn, Jazie 11	
	3) Cotman, Morgan 11	4) Spain, Destini 10	
5	St. Stephen's and St. Agnes Sc 'A'	52.00	2
	1) Schneider, Ella 11	2) Comstock, Maya 11	
	3) Sindler, Tatum 10	4) Grant, Haley 9	
6	Catholic High School 'A'	52.47	2
	1) Smith, Imani 11	2) Witter, Eva 10	
	3) Seidensticker, Marga 10	4) Dimino, Annemarie 11	
7	Saint John Paul the Great Cath 'A'	52.74	2
	1) Tenorio, Kahlen 11	2) Pierce, Ashley 11	
	3) Sims, Sarah 10	4) Orlando, Lily 9	
8	Flint Hill School 'A'	53.17	1
	1) Drumwright, Leena 9	2) Beyers, Jackie 9	
	3) Uzzell, Kamila 10	4) Bullock, Tranise 10	
9	Episcopal 'A'	53.38	1
	1) Antunez Martinez, Jimena 11	2) Appiah, Vicky 11	
	3) Davies, Page 10	4) Tappin, Selah 10	
10	Norfolk Academy 'A'	54.76	2
	1) Ware, Lila 12	2) Kulow, Taylor 11	
	3) Bell, Sadie 10	4) Chambliss, KB 12	
11	St. Gertrude 'A'	55.34	1
	1) Martinez, Kyria 12	2) Shick, Cassie 12	
	3) Miller, Sadie 10	4) Hufner, Savannah 10	
12	Oakcrest School 'A'	55.67	1
	1) Brennan, Olivia 9	2) McNichols, Rita 9	
	3) Nuila, Samantha 10	4) Faust, Ines 10	

Girls 4x400 Meter Relay Division I

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

1	The Potomac School 'A'	4:00.17	2
	1) McGrew, Kayla 9	2) Lerner, Maria 12	
	3) Brundage, Quinn 10	4) Griswold, Ally 12	
	1:59.779 (1:59.779) 3:02.503 (1:02.724) 4:00.167 (57.664)		
2	St. Stephen's and St. Agnes Sc 'A'	4:04.71	2
	1) Rouse, Ali 12	2) Schneider, Ella 11	
	3) Sramek, Carolina 10	4) Flynn, Zemma 10	
	2:04.526 (2:04.526) 3:04.331 (59.805) 4:04.706 (1:00.375)		
3	Collegiate 'A'	4:12.42	2
	1) Fleming, Reese 12	2) Fulco, Sophia 11	
	3) Ferrell, Rosie 11	4) Onwuchekwa, Chinyere 11	
	2:08.161 (2:08.161) 3:10.696 (1:02.535) 4:12.414 (1:01.719)		
4	Saint John Paul the Great Cath 'A'	4:17.81	2
	1) Pierce, Ashley 11	2) Orlando, Lily 9	

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....Girls 4x800 Meter Relay Division I

3) Priest, Avery 10	4) Roy, Nisha 11
2:34.058 (2:34.058) 5:15.756 (2:41.698) 8:03.321 (2:47.565) 10:49.083 (2:45.763)	
7 Trinity Episcopal School 'A'	10:53.67
2:38.323 (2:38.323) 5:22.910 (2:44.587) 8:09.951 (2:47.042) 10:53.661 (2:43.710)	
8 Oakcrest School 'A'	11:08.50
1) Dillon, Jane 9	2) Stuhldreher, Rosemary 11
3) Teh, Mariana 12	4) Seguin, Marguerite 8
2:43.273 (2:43.273) 5:26.358 (2:43.085) 8:16.475 (2:50.117) 11:08.493 (2:52.019)	
9 Catholic High School 'A'	11:14.95
1) Mateo, Leila 12	2) O'Connor, Macy 9
3) Gardner, Rae 9	4) Ankley, Sara 12
2:41.453 (2:41.453) 5:24.498 (2:43.045) 8:23.988 (2:59.490) 11:14.942 (2:50.954)	
10 Norfolk Academy 'A'	11:48.95
1) Sheppard, Claire 9	2) Trembath, Marybelle 9
3) Thomas, Olivia 9	4) Marshall, Megan 8
2:45.606 (2:45.606) 5:36.773 (2:51.168) 8:34.250 (2:57.477) 11:48.947 (3:14.698)	
11 Madeira School 'A'	12:20.46
1) Zandamela, Luisa 9	2) Addai, Efia 9
3) De Rosa Fries, Isabelle 11	4) Nye, Helen 10
2:58.470 (2:58.470) 6:10.095 (3:11.625) 9:26.972 (3:16.878) 12:20.456 (2:53.484)	

Girls High Jump Division I

=====									
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 Spaulding, Savannah	11		Saint Catherine's					5-04.00	
4-04 4-06 4-08 4-10 5-00	5-02		5-04 5-06						
PPP PPP PPP	O	XO	O	XO	XXX				
2 Kulow, Taylor	11		Norfolk Academy					5-02.00	
4-04 4-06 4-08 4-10 5-00	5-02		5-04						
PPP PPP	O	O	O	O	XXX				
3 Stubbs, Emma	10		Oakcrest School					4-10.00	
4-04 4-06 4-08 4-10 5-00									
O	XO	XO	O	XXX					
4 Hager, Eleanor	9		Trinity Epis					J4-10.00	
4-04 4-06 4-08 4-10 5-00									
O	O	O	XO	XXX					
5 McBeth, Madison	9		St. Stephen'					J4-10.00	
4-04 4-06 4-08 4-10 5-00									
O	O	O	XXO	XXX					
6 Shepard, Bella	10		Catholic Hig					4-08.00	
4-04 4-06 4-08 4-10									
PPP	O	O	XXX						
7 Horton, Michele	12		The Potomac School					J4-08.00	
4-04 4-06 4-08 4-10									
PPP	O	XO	XXX						
8 Spain, Destini	10		Collegiate					J4-08.00	
4-04 4-06 4-08 4-10 5-00	5-02		5-04						
O	PPP	XXO	XPP	PPP	PPP	XX			
9 Obeng, Stella	10		Flint Hill School					4-06.00	
4-04 4-06 4-08									
O	O	XXX							

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...Girls High Jump Division I

10 Purcell, Addison	12 Collegiate	J4-06.00
4-04 4-06 4-08		
PPP XO XXX		
11 Martin, Sallie	12 Collegiate	J4-06.00
4-04 4-06 4-08		
XO XO XXX		
12 Waidelich, Mary	10 Trinity Epis	J4-06.00
4-04 4-06 4-08		
XO XXO XXX		
13 Pierce, Ashley	11 Saint John P	4-04.00
4-04 4-06		
O XXX		
-- Versen, Lucy	12 Trinity Epis	NH
4-04		
XXX		
-- Chapman, Shelby	9 Episcopal	NH
4-04		
XXX		
-- Sindler, Tatum	10 St. Stephen'	DNS

Girls Pole Vault Division I

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

Name	Year	School	Finals
1 Knight, Haddie	9	Trinity Epis	11-03.00
6-00 6-06 7-00 7-06 8-00 8-06 9-00 9-06 10-00 10-06 11-00 11-03 11-06			
PPP PPP PPP PPP PPP O O O O O XXO O XXX			
2 Smullen, Madelyn	12	Saint Catherine's	10-06.00
6-00 6-06 7-00 7-06 8-00 8-06 9-00 9-06 10-00 10-06 11-00			
PPP PPP PPP PPP PPP O O XO O O XXX			
3 Kuehnle, Teagan	11	Saint Catherine's	9-06.00
6-00 6-06 7-00 7-06 8-00 8-06 9-00 9-06 10-00			
PPP PPP PPP O O O O XO XXX			
4 Clemons, Piper	10	Saint Catherine's	7-06.00
6-00 6-06 7-00 7-06 8-00			
O O XO XO XXX			
5 Taylor, Aliyah	9	Collegiate	6-00.00
6-00 6-06			
O XXX			
5 Reynolds, Eliza	8	Collegiate	6-00.00
6-00 6-06			
O XXX			

Girls Long Jump Division I

=====
 Meet Record: M 19-01 5/17/2025 Armani Chance, Catholic

Name	Year	School	Finals
1 Kulow, Taylor	11	Norfolk Academy	17-01.50
16-08.75 17-01.50 16-07.75 16-00.50 PASS PASS			
2 Horton, Michele	12	The Potomac School	16-11.00
16-10 16-11 16-01 16-00.75 FOUL 16-04			
3 Smith, Imani	11	Catholic Hig	J16-11.00
FOUL 16-00.50 FOUL 16-02 16-04 16-11			

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....Girls Long Jump Division I

4	McKay, Abigail	11	Saint Catherine's	16-05.50
	16-00 16-04 16-05.50 16-04.25		FOUL FOUL	
5	Spain, Destini	10	Collegiate	16-05.00
	16-01.25 FOUL 15-03 14-04 16-05		FOUL	
6	Torrence, Carter	11	Saint Catherine's	15-11.00
	14-04 15-11 15-05 15-05 15-01		FOUL	
7	Bullock, Tranise	10	Flint Hill School	15-09.75
	15-06.25 FOUL 1-00 13-05 15-09.25		15-09.75	
8	Ronnau, Emma	9	Saint Catherine's	15-07.50
	14-03.25 15-06 15-01.25 14-05 15-07.50		13-07.75	
9	Hager, Eleanor	9	Trinity Epis	15-03.75
	FOUL FOUL 15-03.25 15-03.75 FOUL		14-11.50	
10	Ware, Lila	12	Norfolk Academy	14-06.50
	13-10.25 FOUL 14-06.50			
11	Orlando, Lily	9	Saint John P	13-11.75
	13-00 13-08.50 13-11.75			
12	Tenorio, Kahlen	11	Saint John P	13-09.00
	13-05.50 13-09 13-07.25			
13	Sims, Sarah	10	Saint John P	13-07.25
	FOUL 13-07.25 13-07			
--	Scott, Adaline	12	Norfolk Academy	DNS

Girls Triple Jump Division I

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

1	McKay, Abigail	11	Saint Catherine's	36-00.25
	35-00.50 35-01 35-02.75 35-04.50 36-00.25		FOUL	
2	Kulow, Taylor	11	Norfolk Academy	35-09.50
	35-05.25 34-08 35-04 35-06.50 34-06 35-09.50			
3	Spain, Destini	10	Collegiate	35-02.00
	35-02 34-10.25 FOUL 35-00.50 FOUL 35-01.25			
4	Horton, Michele	12	The Potomac School	34-09.25
	33-05 34-08 FOUL 34-02 34-09.25 34-03			
5	Torrence, Carter	11	Saint Catherine's	34-04.75
	FOUL 32-00.25 32-06.25 32-09.50 33-06 34-04.75			
6	Ronnau, Julia	9	Saint Catherine's	31-08.00
	31-03.75 31-08 30-04.75 FOUL 29-09.75 31-04.50			
7	Cotman, Morgan	11	Collegiate	31-07.00
	FOUL 29-09.25 30-08.75 31-07 30-09 30-07			
8	Vitug, Gabby	10	Catholic Hig	31-01.00
	31-01 FOUL 27-08.50 29-03.75 29-11.50 FOUL			
9	Adams, Mia	12	Madeira School	30-06.75
	FOUL 29-08 30-06.75 29-00 28-06.50 25-01.50			
10	O'Connor, Macy	9	Catholic Hig	30-03.75
	28-11 30-03.75 29-03			
11	Sindler, Tatum	10	St. Stephen'	29-07.25
	29-01.75 FOUL 29-07.25			
12	Lartey, Nicole	11	Trinity Epis	29-06.75
	29-00.75 29-02.75 29-06.75			
13	Ware, Lila	12	Norfolk Academy	29-03.00
	27-09.25 28-06.25 29-03			
14	Tenorio, Kahlen	11	Saint John P	28-10.25
	28-10.25 FOUL 28-08			

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Girls Shot Put Division I

Meet Record: M 40-05 5/17/2008 Jessica Watkins, Virginia Epi								
Name	Year	School						Finals
1 Johnstone, Ashley Grace	12	Collegiate						36-03.25
	32-02.50	36-03.25	32-11	34-08.50	33-09.50	35-00.50		
2 Kovac, Angelina	11	Saint John P						35-11.00
	34-00	34-11.50	35-11	33-10	FOUL	FOUL		
3 Williams, Kamryn	10	Collegiate						33-05.00
	32-09	FOUL	33-05	31-00.50	32-02	31-10.50		
4 Wills, Lydia	11	Saint Catherine's						32-05.50
	28-06	29-04	FOUL	30-00.50	FOUL	32-05.50		
5 Singleton, Riley	9	The Potomac School						32-00.00
	29-11	29-04	31-00.50	30-07.50	32-00	30-10		
6 Goin, Naheema	12	St. Stephen'						31-06.50
	30-05.25	28-10	31-06.50	30-02.50	29-08.50	29-08.50		
7 White-Barfield, Aleigha	12	Collegiate						31-03.00
	27-01	30-03.50	31-03	30-05	30-01.50	29-06		
8 McNichols, Mary	11	Oakcrest School						30-00.00
	30-00	FOUL	29-10	FOUL	28-11	28-04.50		
9 Hentschel, Grace	10	Catholic Hig						29-10.00
	27-10	28-00	29-10	27-10.25	27-10	27-05		
10 Nackman, Josphine	11	Madeira School						29-02.00
	29-02	28-11	29-01.50					
11 Green, Virginia	11	Saint Catherine's						28-09.25
	26-10	28-09.25	27-07.50					
12 Torres, Maria Bella	10	Saint Catherine's						27-09.25
	27-09.25	25-11.50	25-09					
13 Boykin, Sarah Grace	12	Trinity Epis						27-01.00
	25-10.50	26-04.50	27-01					
14 Nuila, Samantha	10	Oakcrest School						26-10.50
	26-05	26-10.50	FOUL					
-- Avery, Milla	12	Norfolk Academy						DNS

Girls Discus Throw Division I

Meet Record: M 134-07 5/20/2023 Gabi Deglau, Collegiate								
Name	Year	School						Finals
1 Kovac, Angelina	11	Saint John P						125-06
	102-07	109-01	103-09	107-06	FOUL	125-06		
2 Wills, Lydia	11	Saint Catherine's						108-00
	103-05	101-08	108-00	FOUL	98-11	FOUL		
3 Singleton, Riley	9	The Potomac School						107-03
	89-00	92-11	98-06	102-02	90-01	107-03		
4 Williams, Kamryn	10	Collegiate						99-07
	FOUL	84-04	87-11	99-07	87-09	96-07		
5 Johnstone, Ashley Grace	12	Collegiate						96-09
	95-05	88-01	96-09	FOUL	FOUL	FOUL		
6 Nackman, Josphine	11	Madeira School						93-09
	92-00	90-02	FOUL	93-09	92-09	FOUL		
7 McNichols, Mary	11	Oakcrest School						92-03
	FOUL	FOUL	92-03	91-07	82-00	FOUL		
8 Obeng, Stella	10	Flint Hill School						92-00
	FOUL	88-01	80-02	89-00	80-07	92-00		

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...Girls Discus Throw Division I

9 Lamson, Karen	12 St. Stephen'	82-00
69-00 82-00 77-00 79-03 FOUL 80-10		
10 Trotman, Myour	11 Collegiate	80-00
80-00 FOUL FOUL		
11 Mule, Riley	9 Saint Catherine's	79-00
79-00 68-01 69-02		
12 Planter, Maya	11 Saint Catherine's	78-09
68-00 72-08 78-09		
13 Nuila, Samantha	10 Oakcrest School	77-10
75-00 77-10 FOUL		
14 Hentschel, Grace	10 Catholic Hig	76-03
FOUL 69-10 76-03		
15 Boykin, Sarah Grace	12 Trinity Epis	67-00
67-00 66-06 FOUL		

Boys 100 Meter Dash Division I

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

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

Preliminaries

1 Morrison, John	12 Woodberry Forest	M 10.47Q	1
2 White, Maddox	12 St. Christopher's	10.80Q	2
3 Asare, Elisha	12 St. Christopher's	11.17Q	3
4 Furgurson, Brycen	11 Trinity Epis	10.87Q	1
5 Wiltshire, Adam	11 St. Anne's-B	11.06Q	2
6 Brent, Jonah	11 St. Anne's-B	11.20Q	3
7 Gregory, Micah	9 The Potomac School	10.95q	1
8 Street, Ben	12 Benedictine	11.12q	1
9 Allen, Zion	11 Episcopal	11.13	2
10 Berkey, Jonah	12 Saint John P	11.15	2
11 Shorter, Julius	11 Woodberry Forest	11.28	2
12 Jefferson, Preston	9 Norfolk Academy	11.29	3
13 Herring, Ryan	9 St. Stephen'	11.37	1
14 McDaniel, Noah	11 Collegiate	11.39	3
15 Walker, Josiah	11 Trinity Epis	11.45	2
16 Allen, Nehemiah	11 Fork Union	11.49	2
17 Evans, Manny	11 Benedictine	11.54	3
18 Parkes-Johnson, David	12 Flint Hill School	11.68	1
19 Rutter, Jack	12 St. Stephen'	12.15	3
-- Rodgers, Jeremiah	8 Norfolk Academy	DNS	1
-- Bullock, Marquez	9 Trinity Epis	DNS	3

Boys 100 Meter Dash Division I

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

Finals

1 Morrison, John	12 Woodberry Forest	10.40M
2 White, Maddox	12 St. Christopher's	10.68
3 Furgurson, Brycen	11 Trinity Epis	10.84
4 Gregory, Micah	9 The Potomac School	10.91
5 Asare, Elisha	12 St. Christopher's	10.96

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6 Street, Ben	12 Benedictine	11.00
7 Brent, Jonah	11 St. Anne's-B	11.01
8 Wiltshire, Adam	11 St. Anne's-B	11.10

Boys 200 Meter Dash Division I

Meet Record: M 21.32 5/18/2019 Curtis Borden, St. Stephen's&St.

Name	Year	School	Finals	H#
1 Morrison, John	12	Woodberry Forest	21.51	2
2 Jefferson, Preston	9	Norfolk Academy	22.12	2
3 Gregory, Micah	9	The Potomac School	22.42	2
4 Allen, Zion	11	Episcopal	22.60	2
5 Asare, Elisha	12	St. Christopher's	22.61	1 22.601
6 Furgurson, Brycen	11	Trinity Epis	22.61	2 22.605
7 Berkey, Jonah	12	Saint John P	22.73	2
8 Calkins, Stephen	12	The Potomac School	22.84	2
9 Herring, Ryan	9	St. Stephen'	22.92	1
10 Evans, Manny	11	Benedictine	22.93	1
11 Brent, Jonah	11	St. Anne's-B	23.05	2
12 Julias, George	12	St. Christopher's	24.08	1
-- Wiltshire, Adam	11	St. Anne's-B	DNS	1
-- Rodgers, Jeremiah	8	Norfolk Academy	DNS	1

Boys 400 Meter Dash Division I

Meet Record: M 48.34 1966 Calhoun, Randolph-Macon

Name	Year	School	Finals	H#
1 Mayer, Coleman	11	St. Christopher's	49.65	4
2 Tragert, Owen	10	Cape Henry C	49.85	4
3 Owino, George	11	Fork Union	50.74	4
4 Calkins, Stephen	12	The Potomac School	50.80	4
5 Fournier, John	12	Benedictine	51.00	4
6 Wingfield, Izaiah	10	Saint John P	51.01	4
7 Perez, Ayden	10	Catholic Hig	51.86	3
8 Yoder, Anthony	10	Randolph-Mac	51.97	3
9 Garcia, Myles	11	Episcopal	52.06	4
10 Lowe, Max	10	Catholic Hig	52.51	3
11 Jordan, Brogan	12	Saint John P	52.65	3
12 Obasi, Tobechi	12	Saint John P	52.70	4
13 Hammett, Elijah	10	Fork Union	52.81	2
14 LeNoir, Ben	10	Trinity Epis	52.87	2
15 Spencer, Miles	12	St. Stephen'	53.57	3
16 Melton, Zaidien	12	Woodberry Forest	53.94	3
17 Palmisano, Luca	10	Benedictine	54.32	2
18 Hagerman, Gabriel	12	Catholic Hig	54.35	3
19 Yang, Xihao	10	Flint Hill School	54.72	2
20 Cheshire, Daniel	10	Cape Henry C	55.29	2
21 Whitlock, Daniel	9	Collegiate	55.53	2
22 Zito, Isaac	12	Norfolk Academy	55.76	1
23 Duffy Jr., Sean	11	Norfolk Academy	56.42	1
24 Major, Ty	11	Cape Henry C	56.54	1
25 Chen, Jd	12	Collegiate	59.92	2

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Fork Union Military Academy

Results

Boys 800 Meter Run Division I

=====				
Meet Record: M 1:52.87 5/18/2019 Liam Bellamy, Collegiate				
Name	Year	School	Finals	H#
=====				
1 McKnew, Michael	12	Cape Henry C	1:54.91	2
56.691 (56.691)		1:54.902 (58.212)		
2 Jones, Grayson	10	St. Christopher's	1:56.35	2
57.582 (57.582)		1:56.348 (58.767)		
3 Thompson, Jacob	12	Saint John P	1:58.01	2
57.853 (57.853)		1:58.005 (1:00.152)		
4 Young, Joseph	11	Saint John P	1:59.33	2
58.523 (58.523)		1:59.326 (1:00.803)		
5 Butler, Req	10	Woodberry Forest	2:00.91	2
58.927 (58.927)		2:00.905 (1:01.978)		
6 Krebs, Henry	10	St. Stephen'	2:01.53	2
1:00.311 (1:00.311)		2:01.525 (1:01.214)		
7 Li, Aaron	10	Woodberry Forest	2:02.93	2
1:00.931 (1:00.931)		2:02.926 (1:01.995)		
8 Looney, Boyd	12	Woodberry Forest	2:04.71	1
1:02.372 (1:02.372)		2:04.705 (1:02.333)		
9 Wise, Taylor	9	Catholic Hig	2:04.91	1
1:02.754 (1:02.754)		2:04.906 (1:02.153)		
10 Johnson, Tyran	12	Fork Union	2:05.22	1
1:01.530 (1:01.530)		2:05.216 (1:03.687)		
11 Smith, Noah	11	St. Christopher's	2:05.66	2
1:00.666 (1:00.666)		2:05.655 (1:04.989)		
12 Guzik, Finn	11	Norfolk Academy	2:05.80	1
1:03.854 (1:03.854)		2:05.794 (1:01.940)		
13 Collins, Jake	9	Flint Hill School	2:07.31	1
1:03.050 (1:03.050)		2:07.304 (1:04.254)		
14 Russell, Henry	12	St. Christopher's	2:08.40	1
1:03.720 (1:03.720)		2:08.392 (1:04.673)		
15 Schone, Bensten	11	Flint Hill School	2:09.21	1
1:03.307 (1:03.307)		2:09.209 (1:05.902)		
16 Galahan, Thomas	12	Collegiate	2:14.20	1
1:04.880 (1:04.880)		2:14.196 (1:09.317)		
17 Bouril, Andrew	10	Saint John P	2:16.47	2
1:02.756 (1:02.756)		2:16.466 (1:13.710)		
18 Knowlton, Austin	10	Fork Union	2:17.59	1
1:01.987 (1:01.987)		2:17.590 (1:15.603)		
19 Spicer, Kyle	10	Collegiate	2:27.10	1
1:02.892 (1:02.892)		2:27.095 (1:24.203)		
-- Baquero, Braiden	9	Cape Henry C	DNS	2
-- Carter, Luke	12	The Potomac School	DNS	2

Boys 1600 Meter Run Division I

=====				
Meet Record: M 4:10.24 1976 Ledder (Mile), Bishop O'Con				
Name	Year	School	Finals	
=====				
1 Eliason, Quinn	12	St. Anne's-B	4:18.83	
1:01.363 (1:01.363)		2:07.183 (1:05.820)	3:13.142 (1:05.959)	4:18.827 (1:05.685)
2 Nguyen, Long	11	St. Christopher's	4:28.65	
1:09.258 (1:09.258)		2:20.815 (1:11.558)	3:29.450 (1:08.635)	4:28.650 (59.200)
3 Krebs, Henry	10	St. Stephen'	4:29.06	
1:09.238 (1:09.238)		2:20.827 (1:11.589)	3:29.318 (1:08.492)	4:29.059 (59.742)

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Results

....Boys 1600 Meter Run Division I

4	Waidelich, Matthew	12 Trinity Epis	4:34.50		
	1:09.713 (1:09.713)	2:21.250 (1:11.538)	3:30.302 (1:09.052)	4:34.499 (1:04.198)	
5	Looney, Boyd	12 Woodberry Forest	4:37.95		
	1:10.425 (1:10.425)	2:21.729 (1:11.304)	3:31.130 (1:09.402)	4:37.950 (1:06.820)	
6	Lewis, Reade	11 Collegiate	4:40.74		
	1:10.112 (1:10.112)	2:21.460 (1:11.349)	3:31.690 (1:10.230)	4:40.738 (1:09.048)	
7	Carter, Luke	12 The Potomac School	4:41.70		
	1:09.457 (1:09.457)	2:21.030 (1:11.574)	3:30.192 (1:09.162)	4:41.692 (1:11.500)	
8	Agrawal, Avi	12 The Potomac School	4:42.01		
	1:10.617 (1:10.617)	2:21.868 (1:11.252)	3:32.523 (1:10.655)	4:42.003 (1:09.480)	
9	Bousman, Matt	9 Norfolk Academy	4:42.47		
	1:09.662 (1:09.662)	2:21.420 (1:11.759)	3:31.459 (1:10.039)	4:42.465 (1:11.007)	
10	Porter, Jack	11 Collegiate	4:42.69		
	1:09.905 (1:09.905)	2:21.227 (1:11.322)	3:31.788 (1:10.562)	4:42.687 (1:10.899)	
11	Carter, Troy	10 Saint John P	4:42.84		
	1:11.272 (1:11.272)	2:22.945 (1:11.674)	3:33.998 (1:11.053)	4:42.839 (1:08.842)	
12	Eaton, David	11 Fork Union	4:48.67		
	1:09.420 (1:09.420)	2:21.007 (1:11.587)	3:32.235 (1:11.229)	4:48.663 (1:16.428)	
13	Sexton, Langdon	9 St. Christopher's	4:48.97		
	1:11.120 (1:11.120)	2:23.952 (1:12.832)	3:37.805 (1:13.854)	4:48.970 (1:11.165)	
14	Reinecke, Joshua	11 The Potomac School	5:09.34		
	1:11.047 (1:11.047)	2:26.518 (1:15.472)	3:47.509 (1:20.992)	5:09.332 (1:21.823)	
--	Hurley, David	11 Saint John P	DNS		

Boys 3200 Meter Run Division I

=====

Meet Record: M 9:06.64	1976	Layman (Two Mile), Eastern		
Name	Year	School	Finals	
=====				
1	Eliason, Quinn	12 St. Anne's-B	9:34.60	
	1:10.749 (1:10.749)	2:22.720 (1:11.972)	3:34.878 (1:12.158)	4:48.204 (1:13.327)
	6:01.030 (1:12.827)	7:13.756 (1:12.727)	8:25.403 (1:11.647)	9:34.594 (1:09.192)
2	Callahan, Robert	12 Fork Union	9:42.41	
	1:11.276 (1:11.276)	2:23.436 (1:12.160)	3:36.139 (1:12.703)	4:50.933 (1:14.794)
	6:07.395 (1:16.463)	7:24.738 (1:17.343)	8:38.169 (1:13.432)	9:42.403 (1:04.234)
3	McGuigan, Matthew	11 Cape Henry C	9:50.96	
	1:11.005 (1:11.005)	2:22.913 (1:11.908)	3:35.084 (1:12.172)	4:48.474 (1:13.390)
	6:02.956 (1:14.483)	7:25.318 (1:22.362)	8:42.771 (1:17.454)	9:50.954 (1:08.183)
4	Nguyen, Long	11 St. Christopher's	9:56.25	
	1:12.348 (1:12.348)	2:25.046 (1:12.699)	3:38.910 (1:13.864)	4:55.316 (1:16.407)
	6:13.618 (1:18.302)	7:30.483 (1:16.865)	8:47.696 (1:17.214)	9:56.241 (1:08.545)
5	Waidelich, Matthew	12 Trinity Epis	10:01.87	
	1:11.905 (1:11.905)	2:24.029 (1:12.124)	3:37.841 (1:13.813)	4:55.879 (1:18.038)
	6:14.081 (1:18.203)	7:34.036 (1:19.955)	8:54.306 (1:20.270)	10:01.864 (1:07.558)
6	Bousman, Matt	9 Norfolk Academy	10:08.74	
	1:12.166 (1:12.166)	2:24.373 (1:12.207)	3:38.653 (1:14.280)	4:56.626 (1:17.974)
	6:14.974 (1:18.348)	7:34.355 (1:19.382)	8:53.971 (1:19.617)	10:08.733 (1:14.762)
7	Dobson, Louis	12 Saint John P	10:13.09	
	1:11.554 (1:11.554)	2:24.398 (1:12.844)	3:39.406 (1:15.009)	4:57.723 (1:18.317)
	6:17.355 (1:19.633)	7:39.879 (1:22.524)	9:01.728 (1:21.849)	10:13.083 (1:11.355)
8	Riedy, Liam	10 St. Stephen'	10:15.27	
	1:12.886 (1:12.886)	2:26.986 (1:14.100)	3:44.109 (1:17.123)	5:02.171 (1:18.063)
	6:22.208 (1:20.037)	7:43.000 (1:20.793)	9:02.319 (1:19.319)	10:15.264 (1:12.945)

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....Boys 3200 Meter Run Division I

9 Carter, Troy	10 Saint John P	10:35.29		
1:14.456 (1:14.456)	2:29.995 (1:15.539)	3:49.324 (1:19.329)	5:10.459 (1:21.135)	
6:32.011 (1:21.553)	7:55.154 (1:23.143)	9:18.028 (1:22.874)	10:35.281 (1:17.254)	
10 Kucia, Isaac	8 Randolph-Mac	10:59.49		
1:15.531 (1:15.531)	2:35.556 (1:20.025)	3:58.678 (1:23.122)	5:23.261 (1:24.584)	
6:47.919 (1:24.658)	8:12.930 (1:25.012)	9:37.738 (1:24.808)	10:59.489 (1:21.752)	
-- Hurley, David	11 Saint John P	DNS		

Boys 110 Meter Hurdles Division I

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 Lewis, Essentino	10 Episcopal	15.54Q	2
2 Nelson, Henry	11 St. Christopher's	16.39Q	1
3 Olesen, Victor	12 St. Christopher's	15.91Q	2
4 Figaro, Tawon	12 St. Stephen'	16.83Q	1
5 Tillman, Preston	10 Collegiate	16.76Q	2
6 Lewis, Alex	9 Norfolk Academy	17.67Q	1
7 Reid, Campbell	10 Norfolk Academy	17.41q	2
8 Fumo-Pegues, Khoi	11 St. Stephen'	17.83q	1
9 Ndze, Munjum	10 Fork Union	18.18	1
10 Robinson, Austin	11 St. Christopher's	18.35	2
11 Haynes, Derrick	9 St. Stephen'	18.46	1
12 Picardo, Alexander	12 Saint John P	19.14	2

Boys 110 Meter Hurdles Division I

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

Finals

1 Lewis, Essentino	10 Episcopal	15.33	
2 Olesen, Victor	12 St. Christopher's	15.54	
3 Figaro, Tawon	12 St. Stephen'	16.51	
4 Tillman, Preston	10 Collegiate	16.55	
5 Lewis, Alex	9 Norfolk Academy	17.26	
6 Reid, Campbell	10 Norfolk Academy	17.39	
7 Fumo-Pegues, Khoi	11 St. Stephen'	17.44	
-- Nelson, Henry	11 St. Christopher's	DQ	hurdle violation

Boys 300 Meter Hurdles Division I

=====
 Meet Record: M 38.05 5/17/2024 Davian Burke, Banner Christian
 Name Year School Finals H#
 =====

1 Figaro, Tawon	12 St. Stephen'	39.59	3
2 Rutter, Jack	12 St. Stephen'	39.86	3
3 Avery, O'Neal	11 Episcopal	40.54	3
4 Mayer, Benjamin	11 St. Christopher's	41.07	3
5 Nelson, Henry	11 St. Christopher's	42.28	3
6 Perez, Zen	10 Flint Hill School	42.85	3 42.841
7 Matthews, Shaun	12 Fork Union	42.85	3 42.848

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Results

...Boys 300 Meter Hurdles Division I

8 Godenick, John	9 Saint John P	44.33	2
9 Tillman, Preston	10 Collegiate	44.34	2
10 Logan, Josiah	9 Woodberry Forest	44.40	1
11 Haynes, Derrick	9 St. Stephen'	44.42	2
12 Lewis, Alex	9 Norfolk Academy	44.57	3
13 Johnson, Tae'Veon	12 Collegiate	45.09	2
14 Williams, Khae'El	11 Saint John P	45.18	2
15 Bonbright, James	12 Collegiate	46.47	2
16 Sutton, Kimari	12 Fork Union	46.54	2
17 Reid, Campbell	10 Norfolk Academy	46.69	2
18 Deutong, Divine	9 Fork Union	48.41	1
-- McVicker, Andrew	12 Saint John P	DQ	1 hurdle infraction

Boys 4x100 Meter Relay Division I

=====
 Meet Record: M 41.60 5/17/2025 Woodberry Forest
 L. Sanker, S. Robinson, J. Morrison, K. Nti

School	Finals	H#
1 St. Christopher's 'A'	42.22	2
1) Julias, George 12	2) White, Maddox 12	
3) McKay, Parker 11	4) Asare, Elisha 12	
2 Episcopal 'A'	43.01	2
1) Allen, Zion 11	2) Babin, Levi 11	
3) Lewis, Essentino 10	4) Avery, O'Neal 11	
3 Benedictine 'A'	43.81	2
1) Street, Ben 12	2) Mingo, Malachi 12	
3) Evans, Manny 11	4) Sturtevant, Ethan 10	
4 Saint John Paul the Great Cath 'A'	44.02	2
1) Berkey, Jonah 12	2) Kozak, Kaden 12	
3) Obasi, Tobechei 12	4) Wingfield, Izaiah 10	
5 Trinity Episcopal School 'A'	44.05	2
1) Furgurson, Brycen 11	2) Harris, Kj 11	
3) Walker, Josiah 11	4) Goldschmidt, Evan 10	
6 St. Anne's-Belfield School 'A'	44.56	2
1) Hill, Kaleb 10	2) Wiltshire, Adam 11	
3) Goffe-Lambert, Rylan 10	4) Brent, Jonah 11	
7 Fork Union 'A'	44.70	1
1) Allen, Nehemiah 11	2) Amoo, Carl 11	
3) Hammett, Elijah 10	4) Rosa, Javier 11	
8 Catholic High School 'A'	45.70	1
1) Lacorte, Jackson 12	2) Boze, Milo 11	
3) Milan, Nick 10	4) Gndant, Nicholas 10	
9 Randolph-Macon Academy 'A'	46.04	1
1) Tejuden, Ade 12	2) Gatins, Martin 11	
3) Halls, Emerick 10	4) Ajisafe, Caleb 11	
10 Norfolk Academy 'A'	46.57	2
1) Duffy Jr., Sean 11	2) Jefferson, Preston 9	
3) Kurt, Kayra 10	4) Chouraqui, Noah 8	
11 Flint Hill School 'A'	46.77	1
1) Yerragondur, Mayank 12	2) Gordy, Micah 9	
3) Senyuz, Arda 9	4) Parkes-Johnson, David 12	
12 St. Stephen's and St. Agnes Sc 'A'	47.35	2
1) Herring, Ryan 9	2) Fumo-Pegues, Khoi 11	
3) Saltiel, Oliver 10	4) Scieurba, Nathan 11	

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

....Boys 4x100 Meter Relay Division I

13 Cape Henry Collegiate 'A'		47.43	1
1) Graves, Kaleb 10	2) Kite, Preston 8		
3) DeBose, Adrian 10	4) Major, Ty 11		
-- Collegiate 'A'		DNF	1
1) McDaniel, Noah 11	2) Johnson, Tae'Veon 12		
3) Lambert, Benjamin 10	4) Andrews, Watson 11		

Boys 4x400 Meter Relay Division I

=====			
Meet Record: M 3:21.83	5/17/2025	John Paul the Great	
		G. Xantus, N. Bouril, T. Obasi, A. Dhillon	
School		Finals	H#
=====			
1 Saint John Paul the Great Cath 'A'		3:21.40M	2
1) Derege, Beimnet 12	2) Bouril, Andrew 10		
3) Obasi, Tobechei 12	4) Wingfield, Izaiah 10		
1:40.910 (1:40.910)	2:32.088 (51.178)	3:21.398 (49.310)	
2 St. Christopher's 'A'		3:21.86	2
1) White, Maddox 12	2) McKay, Parker 11		
3) Jones, Grayson 10	4) Mayer, Coleman 11		
1:41.510 (1:41.510)	2:32.969 (51.459)	3:21.857 (48.888)	
3 St. Stephen's and St. Agnes Sc 'A'		3:29.56	2
1) Figaro, Tawon 12	2) Rutter, Jack 12		
3) Spencer, Miles 12	4) Haynes, Derrick 9		
1:45.418 (1:45.418)	2:39.555 (54.138)	3:29.558 (50.003)	
4 Fork Union 'A'		3:31.68	2
1) Hammett, Elijah 10	2) Johnson, Tyran 12		
3) Matthews, Shaun 12	4) Owino, George 11		
1:48.537 (1:48.537)	2:41.497 (52.960)	3:31.672 (50.175)	
5 Episcopal 'A'		3:32.23	2
1) Garcia, Myles 11	2) Avery, O'Neal 11		
3) Park, Aiden 10	4) Babin, Levi 11		
1:42.933 (1:42.933)	2:42.154 (59.222)	3:32.230 (50.077)	
6 Catholic High School 'A'		3:32.54	1
1) Hagerman, Gabriel 12	2) Vance, Colin 11		
3) Lowe, Max 10	4) Perez, Ayden 10		
1:47.192 (1:47.192)	2:40.597 (53.405)	3:32.540 (51.943)	
7 Cape Henry Collegiate 'A'		3:34.27	2
1) McKnew, Michael 12	2) Graves, Kaleb 10		
3) Baquero, Braiden 9	4) Tragert, Owen 10		
1:51.192 (1:51.192)	2:44.955 (53.764)	3:34.267 (49.312)	
8 Woodberry Forest 'A'		3:34.56	1
1) Butler, Req 10	2) Li, Aaron 10		
3) Melton, Zaidien 12	4) Lu, Tianyi 11		
1:48.565 (1:48.565)	2:41.796 (53.232)	3:34.553 (52.758)	
9 St. Anne's-Belfield School 'A'		3:39.10	1
1) Kelly, Jack 11	2) Matula, Josh 11		
3) Esposito, Sebastian 11	4) Hill, Kaleb 10		
1:49.973 (1:49.973)	2:45.467 (55.494)	3:39.100 (53.633)	
10 Collegiate 'A'		3:41.53	1
1) Chen, Jd 12	2) Johnston, Kieran 10		
3) Whitlock, Daniel 9	4) Shields, Carter 11		
1:51.247 (1:51.247)	2:48.148 (56.902)	3:41.526 (53.378)	
11 Norfolk Academy 'A'		3:46.14	2

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Results

....Boys 4x400 Meter Relay Division I

1) Guzik, Finn 11	2) Zito, Isaac 12
3) Chouraqui, Noah 8	4) Lewis, Alex 9
1:50.548 (1:50.548)	2:49.373 (58.825) 3:46.133 (56.760)
12 Trinity Episcopal School 'A'	3:48.98 1
1) LeNoir, Ben 10	2) Walker, Josiah 11
3) Goldschmidt, Evan 10	4) Waidelich, Matthew 12
1:55.802 (1:55.802)	2:53.962 (58.160) 3:48.976 (55.014)
13 Flint Hill School 'A'	3:49.21 1
1) Yang, Xihao 10	2) Yerragondur, Mayank 12
3) Senyuz, Arda 9	4) Perez, Zen 10
1:56.112 (1:56.112)	2:54.163 (58.052) 3:49.208 (55.045)
-- The Potomac School 'A'	DNS 2
1) Carter, Luke 12	2) Reinecke, Joshua 11
3) Campbell, Burke 10	4) Calkins, Stephen 12

Boys 4x800 Meter Relay Division I

=====

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

N Okaah, R Garver, P Lomong, A Lomong

School Finals

=====

1 Cape Henry Collegiate 'A'	8:13.43
1) DeBose, Adrian 10	2) McGuigan, Matthew 11
3) Tragert, Owen 10	4) McKnew, Michael 12
2:10.315 (2:10.315)	4:09.720 (1:59.405) 6:12.567 (2:02.848) 8:13.427 (2:00.860)
2 Saint John Paul the Great Cath 'A'	8:24.18
1) Dobson, Louis 12	2) Derege, Beimnet 12
3) Bouril, Andrew 10	4) Young, Joseph 11
2:09.574 (2:09.574)	4:14.992 (2:05.419) 6:18.031 (2:03.039) 8:24.176 (2:06.145)
3 St. Christopher's 'A'	8:33.62
1) Suttan, William 12	2) Smith, Noah 11
3) Russell, Henry 12	4) Jones, Grayson 10
2:11.380 (2:11.380)	4:18.222 (2:06.843) 6:24.130 (2:05.908) 8:33.615 (2:09.485)
4 Flint Hill School 'A'	8:41.91
1) Willats, Jackson 9	2) Collins, Jake 9
3) Bethel, Connor 9	4) Schone, Bensten 11
2:12.139 (2:12.139)	4:17.780 (2:05.642) 6:34.385 (2:16.605) 8:41.907 (2:07.523)
5 Collegiate 'A'	8:48.77
1) Thalhimer, Ben 10	2) Galahan, Thomas 12
3) Shields, Carter 11	4) Johnston, Kieran 10
2:12.614 (2:12.614)	4:25.779 (2:13.165) 6:35.500 (2:09.722) 8:48.761 (2:13.262)
6 Catholic High School 'A'	8:57.38
1) Eason, Brandon 12	2) Walker, Tyler 11
3) Ankley, Michael 12	4) Villasis, Alex 12
2:11.179 (2:11.179)	4:28.701 (2:17.523) 6:47.937 (2:19.237) 8:57.380 (2:09.443)
7 Fork Union 'A'	9:02.11
1) Brown, Jonah 10	2) Coleman, Nicholas 12
3) Brubaker, James 12	4) Knowlton, Austin 10
2:08.255 (2:08.255)	4:22.635 (2:14.380) 6:46.895 (2:24.260) 9:02.102 (2:15.208)
8 St. Anne's-Belfield School 'A'	9:14.36
1) Babich, Jayton 8	2) Zeisler, Nico 10
3) Greene, Jack 9	4) Grimm, Ansel 10
2:09.090 (2:09.090)	4:32.052 (2:22.963) 6:53.894 (2:21.842) 9:14.359 (2:20.465)
9 Trinity Episcopal School 'A'	9:14.66
1) Springer, Cruize 9	2) Opere, Ryder 9

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....Boys 4x800 Meter Relay Division I

3) Childs, Ben 10	4) Moore, Andrew 10							
2:17.426 (2:17.426)	4:39.905 (2:22.479)	7:05.256 (2:25.352)	9:14.660 (2:09.404)					
10 Norfolk Academy 'A'			9:35.12					
1) Xu, Ivan 11	2) Desai, Aransh 8							
3) Dunphey, Davis 11	4) Salib, Andrew 10							
2:20.707 (2:20.707)	4:46.052 (2:25.345)	7:08.072 (2:22.020)	9:35.120 (2:27.048)					
11 The Potomac School 'A'			9:38.25					
1) Reinecke, Joshua 11	2) Agrawal, Avi 12							
3) Campbell, Burke 10	4) Singson, Lakan 11							
2:15.742 (2:15.742)	4:36.376 (2:20.634)	7:07.410 (2:31.034)	9:38.247 (2:30.838)					

Boys High Jump Division I

=====
 Meet Record: M 6-08.50 5/16/2009 Ben Katz, St. Christopher's

Name	Year	School	Finals
1 Kitonga, Jacob	12	Woodberry Forest	6-06.00
5-06 5-08 5-10 6-00 6-02 6-04 6-06 6-08.75			
PPP PPP O O O XO XO XXX			
2 Kelly, Jack	11	St. Anne's-B	6-04.00
5-06 5-08 5-10 6-00 6-02 6-04 6-06			
PPP PPP O XXO XXO XO XXX			
3 Cheshire, Daniel	10	Cape Henry C	6-00.00
5-06 5-08 5-10 6-00 6-02			
XO O XO XXO XXX			
4 Spicer, Kyle	10	Collegiate	5-10.00
5-06 5-08 5-10 6-00			
O O O XXX			
4 Stanton, Thomas	10	St. Stephen'	5-10.00
5-06 5-08 5-10 6-00			
O O O XXX			
6 Hammond, Isaiah	11	Flint Hill School	J5-10.00
5-06 5-08 5-10 6-00			
O O XXO XXX			
7 Johnson, Tae'Veon	12	Collegiate	5-08.00
5-06 5-08 5-10			
O XO XXX			
8 Andrews, Watson	11	Collegiate	J5-08.00
5-06 5-08 5-10			
XXO XXO XXX			
9 Lowe, Max	10	Catholic Hig	5-06.00
5-06 5-08			
XXO XXX			
-- Cronheim, Brian	11	Trinity Epis	NH
5-06			
XXX			
-- Kniseley, Apollo	10	Woodberry Forest	NH
5-06 5-08 5-10			
PPP XXP X			

Boys Pole Vault Division I

=====
 Meet Record: M 16-06 5/18/2024 Victor Olesen, St. Christophe

Name	Year	School	Finals
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VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

....Boys Pole Vault Division I

1	Olesen, Victor	12	St. Christopher's	15-06.00
	9-00 9-06 10-00 10-06 11-00 11-06 12-00 12-06 13-00 13-06 14-00 14-06 15-00 15-06 16-00			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O XXX			
2	Bonbright, James	12	Collegiate	12-06.00
	9-00 9-06 10-00 10-06 11-00 11-06 12-00 12-06 13-00 13-06			
	PPP PPP PPP PPP PPP XO XXO PPP XXX			
3	Floyd, Everette	12	Woodberry Forest	11-06.00
	9-00 9-06 10-00 10-06 11-00 11-06 12-00			
	PPP PPP PPP PPP O XXX			
4	Scammell, Ryan	12	St. Christopher's	J11-06.00
	9-00 9-06 10-00 10-06 11-00 11-06 12-00			
	O O O O O XO XXX			
5	Chen, Jd	12	Collegiate	J11-06.00
	9-00 9-06 10-00 10-06 11-00 11-06 12-00			
	XO O O XXO XO XXO XXX			
6	Repole, Alex	10	Norfolk Academy	11-00.00
	9-00 9-06 10-00 10-06 11-00 11-06			
	PPP PPP O O XXX			
7	Mayer, Benjamin	11	St. Christopher's	10-00.00
	9-00 9-06 10-00 10-06			
	XXO O O XXX			
8	Salter, Wyatt	11	Norfolk Academy	9-06.00
	9-00 9-06 10-00			
	O O XXX			
9	Wood, Nathaniel	8	Fork Union	J9-06.00
	9-00 9-06 10-00			
	O XXO XXX			
10	Morris, Tyson	11	Fork Union	9-00.00
	9-00 9-06			
	XXO XXX			
--	Maddox, Devlin	9	Fork Union	NH
	9-00 9-06 10-00 10-06			
	PPP PPP PPP XXX			

Boys Long Jump Division I

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Meet Record: M 24-08.75 5/17/2025 John Morrison, Woodberry F

Name	Year	School	Finals
1 Morrison, John	12	Woodberry Forest	23-03.50
		FOUL 22-07 23-03.50 22-10.25 PASS FOUL	
2 Julias, George	12	St. Christopher's	22-05.75
		FOUL 20-03.50 20-06.50 21-07.75 21-07.50 22-05.75	
3 Lacorte, Jackson	12	Catholic Hig	20-01.00
		19-09.50 19-01.50 20-01 19-11.75 18-10 19-04.75	
4 Perez, Ayden	10	Catholic Hig	20-00.75
		18-08.50 17-10.25 18-10.75 19-01.75 19-01 20-00.75	
5 Logan, Josiah	9	Woodberry Forest	19-07.75
		18-07 19-07.75 18-09.50 18-11.50 19-00 19-04	
6 Rodgers, Jeremiah	8	Norfolk Academy	18-10.00
		18-10 16-06.50 17-06 18-09.50 16-09.25 PASS	
-- Wishnack, Colin	11	St. Christopher's	DNS
-- Harris, Kj	11	Trinity Epis	DNS

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VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

Boys Triple Jump Division I

Meet Record: M 48-08.50 5/17/2025 Kenan Andrews, Woodberry F

Name	Year	School	Finals
1 Asare, Elijah	12	St. Christopher's	42-05.50
40-06 40-02.25 FOUL PASS 39-02.50 42-05.50			
2 Fumo-Pegues, Khoi	11	St. Stephen'	41-09.75
FOUL 41-09.75 41-01.25 38-11.75 40-00.75 FOUL			
3 Torres, Gabe	10	Catholic Hig	41-04.75
41-04.75 39-04 40-04.75 37-04.50 37-05.25 PASS			
4 Welcher, Wesley	9	Trinity Epis	40-04.50
40-01.50 39-10.50 38-00 40-00 40-04.50 FOUL			
5 Rosa, Javier	11	Fork Union	39-00.25
36-08.75 FOUL 38-05.25 39-00.25 38-04.75 PASS			
6 Falk, Chase	10	Norfolk Academy	38-00.00
FOUL 38-00 37-11 36-11.50 36-02.50 37-00.25			
7 Cheshire, Daniel	10	Cape Henry C	37-07.25
FOUL 36-09.50 FOUL 37-07.25 FOUL 36-10.50			
8 Salter, Wyatt	11	Norfolk Academy	36-07.25
36-07.25 FOUL FOUL FOUL FOUL FOUL			
9 Tillman, Preston	10	Collegiate	36-03.50
33-06.50 36-03.50 35-09.50 32-10.25 PASS			
10 Furr, Ned	9	The Potomac School	35-07.75
35-02.50 35-07.75 35-02.25			
-- Wishnack, Colin	11	St. Christopher's	DNS
-- Harris, Kj	11	Trinity Epis	DNS

Boys Shot Put Division I

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

Name	Year	School	Finals
1 Boyd, Tyson	11	St. Anne's-B	56-00.00
54-06 53-05.25 56-00 54-09.50 53-04.50 FOUL			
2 Segneri, James	12	St. Christopher's	54-04.50
53-09 53-01.50 54-04.50 FOUL FOUL 51-09			
3 Johnson, Eric	10	St. Christopher's	49-06.50
48-01.50 47-04.50 43-03.50 49-06.50 48-05 48-08.50			
4 Clelland, Lance	11	St. Christopher's	47-09.00
45-01 43-07.25 44-10 43-11.50 46-04.50 47-09			
5 DeFrancesca, Sam	11	Trinity Epis	45-04.00
FOUL 43-03 45-04 45-03 45-00.50 FOUL			
6 Mondesir, Julius	12	Fork Union	43-05.50
39-08.25 42-09 43-05.50 41-05 41-05 42-09			
7 Young, Kawika	10	Episcopal	42-10.00
37-07 42-10 41-00.50 FOUL 42-00.50 FOUL			
8 Carey, Ronald	10	Woodberry Forest	42-03.00
41-05.25 FOUL 41-09 39-06.50 FOUL 42-03			
9 Gottselig, Bowen	11	Episcopal	41-06.50
40-07 FOUL 41-06.50 FOUL FOUL 40-10			
10 Ankley, Chris	12	Catholic Hig	40-04.00
34-07 40-04 FOUL			
11 Gibbs, Michael	11	Trinity Epis	37-00.50
32-01.50 36-10.50 37-00.50			
-- Gray, Cameron	11	Fork Union	FOUL
FOUL FOUL FOUL			

VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

....Boys Shot Put Division I

-- Kass, Mattias	12 St. Anne's-B	FOUL
FOUL FOUL FOUL		
-- Linder, Roman	9 Episcopal	DNS

Boys Discus Throw Division I

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Meet Record: M 182-10 5/19/2012 Jordan Roach, Fork Union
Name Year School Finals
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1 Boyd, Tyson 11 St. Anne's-B 159-01
  139-09 129-11 145-07 FOUL 143-11 159-01
2 Ankley, Chris 12 Catholic Hig 143-00
  137-00 121-03 126-05 FOUL 133-02 143-00
3 McIntyre, Nolan 11 St. Anne's-B 139-05
  118-00 117-08 FOUL 129-10 139-05 126-07
4 Segneri, James 12 St. Christopher's 132-04
  127-01 FOUL 132-04 FOUL 126-10 FOUL
5 Kass, Mattias 12 St. Anne's-B 132-00
  103-10 113-01 132-00 107-06 FOUL FOUL
6 Johnson, Eric 10 St. Christopher's 131-09
  FOUL FOUL 123-03 131-09 FOUL FOUL
7 Lemma, Sonny 11 Catholic Hig 131-00
  120-10 131-00 FOUL FOUL 119-09 FOUL
8 Gray, Cameron 11 Fork Union 130-00
  129-08 130-00 FOUL FOUL FOUL FOUL
9 Carey, Ronald 10 Woodberry Forest 111-06
  FOUL 1-09.75 111-06 107-07 FOUL 110-06
10 Barrafato, Vincent 12 Trinity Epis J111-06
  111-06 FOUL FOUL
11 Amoo, Carl 11 Fork Union 110-07
  108-06 110-07 110-01
-- Cart, Walter 12 St. Christopher's FOUL
  FOUL FOUL FOUL
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Women - Division I - Team Rankings - 17 Events Scored

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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
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Women - Division II - Team Rankings - 17 Events Scored

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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
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VISAA Track & Field Championship - 5/15/2026**Fork Union Military Academy****Results****....Boys Discus Throw Division I**

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

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 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

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 Men - Division II - Team Rankings - 17 Events Scored
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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
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