

VISAA
Indoor Track & Field Championships
St. Christopher's School - 2/17/2024
Meet Program

Event 1 Girls High Jump (10)

OPENING HEIGHT = 4-4

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Whitney Clarkson	12	Collegiate	
2	Emily Rogers	10	East. Mennonite	
3	Sallie Martin	10	Collegiate	
4	Eva Woodcock	12	Bishop O'Connell	
5	Addison Lance	12	Atlantic Shores	
6	Olivia Barr	9	Episcopal	
7	Kate Fiorenza	12	Paul VI Catholic	
8	Hayley Lookadoo	11	St. Stephen's	
9	Karly Smith	10	Roanoke Cath.	
10	Taylor Kulow	9	Norfolk Academy	

Event 2 Boys High Jump (10)

OPENING HEIGHT = 5-6

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Conlin Babbit	12	Paul VI Catholic	
2	Caden Pochick	10	Paul VI Catholic	
3	Eli Jordan	11	Trinity Epis.	
4	James London	11	St. Stephen's	
5	Toby Warmack	11	Woodberry Forest	
6	Bishop Foster	11	Collegiate	
7	Ford Hunter	11	St. Christophers	
8	John Grunwald	12	Norfolk Academy	
9	Briggs Ireland	12	St. Christophers	
10	Jaden Ferguson	12	Woodberry Forest	

Event 3 Girls Pole Vault (13)

OPENING HEIGHT = 6-0

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Caroline Griffin	9	Atlantic Shores	
2	Whitney Collenberg	12	Norfolk Academy	
3	Lucy Staub	11	Norfolk Academy	
4	Olivia Benz	8	Walsingham	
5	Britton Berson	11	Collegiate	
6	Lawson Vaughan	11	Collegiate	
7	Anne Randolph Staub	11	Norfolk Academy	
8	Annie Kuhlen	8	St. Catherines	
9	Lucy Versen	10	Trinity Epis.	
10	Claire Braxton	10	Episcopal	
11	Lorelei Clelland	11	St. Catherines	
12	Azaria Bailey	12	Collegiate	
13	Madelyn Smullen	10	St. Catherines	

Event 4 Boys Pole Vault (9)

OPENING HEIGHT = 9-6

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Everette Floyd	10	Woodberry Forest	
2	Ryan Scammell	10	St. Christophers	
3	Briggs Ireland	12	St. Christophers	
4	Ben Burtram	12	Fork Union	
5	Joseph Blundin	12	Woodberry Forest	
6	Ned Bradshaw	12	Collegiate	
7	James Bonbright	10	Collegiate	
8	Wally Becker	9	Collegiate	
9	Victor Olesen	10	St. Christophers	

Event 5 Girls Long Jump (29)

TOP 9 TO FINALS

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Briana Goodlett	9	Veritas	
2	Sofia Heredia	12	Peninsula Cath.	
3	Anne Randolph Staub	11	Norfolk Academy	
4	Eva Woodcock	12	Bishop O'Connell	
5	Amaya Nicholls	10	St. Stephen's	
6	Lila Ware	10	Norfolk Academy	
7	Miranda Hammond	8	Nansemond	
8	Olivia D'Ambrosia	12	Collegiate	
9	Kahlen Tenorio	9	Saint John Paul	
10	Nia Beverly	12	Norfolk Christ.	
11	Brooklyn Beverly	9	Norfolk Christ.	
12	Kate Fiorenza	12	Paul VI Catholic	
13	Chloe Smith	11	Episcopal	
14	Charlotte Everhart	11	Potomac	
15	Olivia Barr	9	Episcopal	
Flight 2 of 2 Finals				
1	Sanaa Baldwin	11	Episcopal	
2	Madison Hughes	10	St. Stephen's	
3	Abigail McKay	9	St. Catherines	
4	Maya Habib	11	Paul VI Catholic	
5	Holt Williams	9	St. Catherines	
6	Louisa Geiger	11	Bishop O'Connell	
7	Taylor Kulow	9	Norfolk Academy	
8	Michele Horton	10	Potomac	
9	Elena Granados	12	Cape Henry	
10	Azaria Bailey	12	Collegiate	
11	Aseye Gatty	11	St. Catherines	
12	Lilly Versen	12	Trinity Epis.	
13	Courtnee Holland	9	Virginia Episc.	
14	Jeylah Hamrick	12	Walsingham	

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Event 6 Boys Long Jump (18)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Peter Fu	10	Episcopal	
2	Ayden Bland	12	Fork Union	
3	DeShannon Reed	10	North Cross	
4	Oreoluwa Tokan-Lawal	11	Collegiate	
5	Aidan Koffa	10	Fork Union	
6	Jase Rhodes	10	North Cross	
7	Christian Rutland	10	Paul VI Catholic	
8	Isaiah McDaniel	10	Fork Union	
9	George Julias	10	St. Christophers	

Flight 2 of 2 Finals

1	Jake Turner	10	Trinity Christ.	
2	Kenan Andrews	11	Woodberry Forest	
3	Kahlil Nash	12	St. Christophers	
4	John Grunwald	12	Norfolk Academy	
5	Addison Gosline	11	St. Christophers	
6	Stephon Woodson	12	Trinity Epis.	
7	Zahir Griffith	12	Norfolk Academy	
8	John Morrison	10	Woodberry Forest	
9	Jaden Ferguson	12	Woodberry Forest	

Event 7 Girls Triple Jump (19)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Carter Torrence	9	St. Catherines	
2	Marshall Daniel	11	Cape Henry	
3	Chloe Smith	11	Episcopal	
4	Lily Stanwix	11	Collegiate	
5	Kahlen Tenorio	9	Saint John Paul	
6	Ellie Patel	12	Roanoke Cath.	
7	Michelle Tran	8	Collegiate	
8	Amaya Nicholls	10	St. Stephen's	
9	Miranda Hammond	8	Nansemond	

Flight 2 of 2 Finals

1	Nia Beverly	12	Norfolk Christ.	
2	Maya Habib	11	Paul VI Catholic	
3	Lilly Versen	12	Trinity Epis.	
4	Michele Horton	10	Potomac	
5	Karly Smith	10	Roanoke Cath.	
6	Abigail McKay	9	St. Catherines	
7	Taylor Kulow	9	Norfolk Academy	
8	Courtnee Holland	9	Virginia Episc.	
9	Aseye Gatty	11	St. Catherines	
10	Elena Granados	12	Cape Henry	

Event 8 Boys Triple Jump (23)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Noah Petras	12	Saint John Paul	
2	Fernando Olivar-Joa	11	Catholic	
3	Chris Martinez	10	Cape Henry	
4	Lucas Jeffery	11	Paul VI Catholic	
5	Alex Villasis	10	Catholic	
6	Carmelo Spaulding	11	Fork Union	
7	Howard Casterlow	11	Nansemond	
8	Rhodes Neuner	10	Collegiate	
9	Nate Jensen	12	Cape Henry	
10	Alex Jackson	9	Fork Union	
11	Eli Taylor	12	Blue Ridge	

Flight 2 of 2 Finals

1	Bishop Foster	11	Collegiate	
2	Dayo Matsinhe	10	Blue Ridge	
3	Toby Warmack	11	Woodberry Forest	
4	John Grunwald	12	Norfolk Academy	
5	Larry Smith	12	Blue Ridge	
6	Stephon Woodson	12	Trinity Epis.	
7	Jaden Ferguson	12	Woodberry Forest	
8	Jake Turner	10	Trinity Christ.	
9	Zahir Griffith	12	Norfolk Academy	
10	Henry Rice	11	St. Christophers	
11	Kenan Andrews	11	Woodberry Forest	
12	Jase Rhodes	10	North Cross	

Event 9 Girls Shot Put (26)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Lauren Cluff	11	Trinity Christ.	
2	Insha Sadruddin	12	Peninsula Cath.	
3	Nancy Reyes-Roja	10	Peninsula Cath.	
4	Angelina Squatrito	11	Cape Henry	
5	Julia Brandwein	12	Catholic	
6	Ciara Bliven	10	Bishop O'Connell	
7	Milla Avery	10	Norfolk Academy	
8	Evangeline Waldemar	9	Atlantic Shores	
9	Monica Mbakop	10	Potomac	
10	Lydia Wills	9	St. Catherines	
11	Rachel Duncan	12	Collegiate	
12	Elena Granados	12	Cape Henry	
13	Katherine Kelpy	10	Paul VI Catholic	

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Flight 2 of 2 Finals...(Event 9 Girls Shot Put (26))

1	Ariana Miller	12	St. Catherines
2	Sophia Covington	11	Saint Gertrude
3	Brooklyn YueHan Chen	10	North Cross
4	Charlotte Waldemar	12	Atlantic Shores
5	Chanel Harvey	12	Flint Hill
6	Emerson Tierney	11	St. Catherines
7	Marshall Daniel	11	Cape Henry
8	Olivia Edenfield	11	Atlantic Shores
9	Olivia Barr	9	Episcopal
10	Ashley Grace Johnstone	10	Collegiate
11	Justinne Llavore	10	Roanoke Cath.
12	Ava Reese	11	Episcopal
13	Sophie Pollio	12	Norfolk Academy

Event 10 Boys Shot Put (36)**TOP 9 TO FINALS**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 3 Finals

1	Caleb Whitehurst	11	Greenbrier
2	Tobechi Obasi	10	Saint John Paul
3	Vincent Barrafato	10	Trinity Epis.
4	Aaron Atkins	10	Collegiate
5	Yeinner Cruz	12	Saint John Paul
6	Joe Hardy	12	Bishop Ireton
7	Chris Ankley	10	Catholic
8	Garrett Hicks	11	Potomac
9	Louie Goins	11	St. Stephen's
10	Sander Frogner	11	North Cross
11	Costello Ciuffo	11	Norfolk Academy
12	Colin Lebel	11	Cape Henry

Flight 2 of 3 Finals

1	Nate Jensen	12	Cape Henry
2	Luke Shinofield	12	Norfolk Academy
3	malcolm Thompson	10	Woodberry Forest
4	Eason Zhou	12	North Cross
5	Trey Giddens	10	Norfolk Christ.
6	Isaac Cohen	12	Atlantic Shores
7	Zeke Medrano	11	Atlantic Shores
8	Mathias Moyer	10	Fork Union
9	Luke Richardson	11	Flint Hill
10	Luke Davila	12	Episcopal
11	Theo Cross	12	St. Christophers
12	Cooper Goss	12	Nansemond

Flight 3 of 3 Finals

1	Grayson Herndon	11	St. Christophers
2	Kelton Sparks	12	Blue Ridge
3	Patrick Linton	12	Atlantic Shores
4	Hudson Toll	12	St. Anne's-Bel.
5	Daouda Niang	12	Fork Union
6	Jonie Ansah	12	Fork Union
7	Henry Omohundro	12	St. Christophers
8	Tanner Schaedel	12	Cape Henry
9	Emile Beaulieu	12	Woodberry Forest
10	Max Taylor	12	St. Anne's-Bel.
11	Chance Stuart	11	Norfolk Academy
12	Cooper Gardiner	12	Trinity Epis.

Event 11 Girls 55 Meter Hurdles (26)**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Lane	Name	Yr	School	Seed	Time
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Heat 1 of 4 Prelims

2	Charlie Floyd	11	Roanoke Cath.
3	Carter Torrence	9	St. Catherines
4	Taylor Kulow	9	Norfolk Academy
5	Evie Miller	12	Trinity Christ.
6	Charlotte Everhart	11	Potomac
7	Taliyah Figaro	9	St. Stephen's

Heat 2 of 4 Prelims

2	Brooklyn Beverly	9	Norfolk Christ.
3	Whitney Clarkson	12	Collegiate
4	Piper Shannon	11	St. Catherines
5	Kate Fiorenza	12	Paul VI Catholic
6	Olivia Benz	8	Walsingham
7	Sophie Becker	11	Chatham Hall

Heat 3 of 4 Prelims

1	Jing Jing Zhao	11	Norfolk Academy
2	Lya Hurst	11	East. Mennonite
3	Hannah Jewell	11	Paul VI Catholic
4	Jeylah Hamrick	12	Walsingham
5	Aseye Gatty	11	St. Catherines
6	Natalia Vilela	12	Potomac
7	Angelina Squatrito	11	Cape Henry

Heat 4 of 4 Prelims

1	Charlotte Parry	9	Potomac
2	Katherine Martin	12	Collegiate
3	Maya Habib	11	Paul VI Catholic
4	Adaline Scott	10	Norfolk Academy
5	Karly Smith	10	Roanoke Cath.
6	Rebekah Savery	12	Norfolk Christ.
7	Lexie VanRaaphorst	9	Trinity Christ.

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Event 12 Boys 55 Meter Hurdles (19)**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
2	Alex Jackson	9	Fork Union	
3	Tommy Tan	12	Norfolk Academy	
4	Jayden Brown	11	St. Christophers	
5	Jarrett Clark	12	Woodberry Forest	
6	Rhodes Neuner	10	Collegiate	
7	Cohen Lemcke	10	Blue Ridge	
Heat 2 of 3 Prelims				
2	Johnny Higgins	12	Trinity Christ.	
3	Chris Shorter	12	St. Stephen's	
4	Davian Burke	12	Banner Christian	
5	Durham Dodson	11	St. Christophers	
6	Harper Kappes	12	North Cross	
7	Jamal Thomas	10	Nansemond	
Heat 3 of 3 Prelims				
1	Ben Dillon	11	Catholic	
2	Nico Yates	12	Nansemond	
3	Briggs Ireland	12	St. Christophers	
4	Harry Momolu	12	Fork Union	
5	Carlos Rivera	11	Woodberry Forest	
6	Tawon Figaro	10	St. Stephen's	
7	Caden Pochick	10	Paul VI Catholic	

Event 13 Girls 55 Meter Dash (25)**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
2	Claudia Mahoubi	12	Oakcrest	
3	Kyria Martinez	10	Saint Gertrude	
4	Makaela Johnson	9	St. Catherines	
5	Sanaa Baldwin	11	Episcopal	
6	Rose Barabanov	9	Potomac	
7	Avery Soca	11	Norfolk Christ.	
Heat 2 of 4 Prelims				
2	Anaya Lozano	12	Atlantic Shores	
3	Madison Hughes	10	St. Stephen's	
4	Lilly Versen	12	Trinity Epis.	
5	Courtnee Holland	9	Virginia Episc.	
6	Catherine Egan	12	Oakcrest	
7	Maya Habib	11	Paul VI Catholic	
Heat 3 of 4 Prelims				
2	Olivia Benz	8	Walsingham	
3	Elena Granados	12	Cape Henry	
4	Lucy Versen	10	Trinity Epis.	
5	Kinnady Branch	9	St. Catherines	
6	Sophia Appiah	11	Episcopal	
7	Kaitlynn Nguyen	9	Peninsula Cath.	

Heat 4 of 4 Prelims

1	Annemarie Dimino	9	Catholic
2	Leslie Armstrong	11	St. Catherines
3	Azaria Bailey	12	Collegiate
4	Jeylah Hamrick	12	Walsingham
5	Adaline Scott	10	Norfolk Academy
6	Jo Malone	12	Trinity Christ.
7	Ashlyn Nelson	9	Trinity Epis.

Event 14 Boys 55 Meter Dash (35)**8 Advance: Top 1 Each Heat plus Next 3 Best Times**

Lane	Name	Yr	School	Seed Time
Heat 1 of 5 Prelims				
1	Alex Williams	12	St. Stephen's	
2	Lance Snyder	12	Norfolk Academy	
3	Brennan Ridley	12	Trinity Epis.	
4	Ty Adamson	12	Cape Henry	
5	Reed Phillips	11	Episcopal	
6	Christian Rutland	10	Paul VI Catholic	
7	Eli Taylor	12	Blue Ridge	
Heat 2 of 5 Prelims				
1	Dayo Matsinhe	10	Blue Ridge	
2	Chris Martinez	10	Cape Henry	
3	Ty Enoch	12	St. Anne's-Bel.	
4	Addison Gosline	11	St. Christophers	
5	Kenan Andrews	11	Woodberry Forest	
6	Luke Heinze	11	Paul VI Catholic	
7	JP Sosnitsky	11	Potomac	
Heat 3 of 5 Prelims				
1	Kaydan Whiteside	8	Fork Union	
2	DeShannon Reed	10	North Cross	
3	Andrew Hart	12	Cape Henry	
4	John Morrison	10	Woodberry Forest	
5	Zion Allen	9	Episcopal	
6	Amare McCalla	12	Catholic	
7	Ethan Whitaker	12	Trinity Christ.	
Heat 4 of 5 Prelims				
1	Max Taylor	12	St. Anne's-Bel.	
2	Andrew Fthenos	11	Bishop O'Connell	
3	Hunter Garnett	12	St. Christophers	
4	Nathan Sims	12	Trinity Epis.	
5	Judah Ofori-Ansah	11	Episcopal	
6	Kevin Nti	11	Woodberry Forest	
7	Isaiah Kittrel	10	Fork Union	
Heat 5 of 5 Prelims				
1	Larry Smith	12	Blue Ridge	
2	Dillan Patel	12	Roanoke Cath.	
3	Luke Boucher-Zazzaro	11	Fork Union	
4	Maddox White	10	St. Christophers	
5	Howard Casterlow	11	Nansemond	
6	Danny Fthenos	10	Bishop O'Connell	
7	Alex Witt	11	Catholic	

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Event 15 Girls 4x800 Meter Relay (12)

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1	Paul VI Catholic
2	Stonebridge
3	Saint John Paul
4	Norfolk Academy
5	Trinity Epis.
6	Walsingham

Section 2 of 2 Finals

1	Collegiate
2	St. Catherines
3	Episcopal
4	Bishop Ireton
5	Veritas
6	Potomac

Event 16 Boys 4x800 Meter Relay (13)

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1	Woodberry Forest
2	St. Stephen's
3	Fork Union
4	Veritas
5	Trinity Epis.

Section 2 of 2 Finals

1	Saint John Paul
2	St. Christophers
3	Potomac
4	Collegiate
5	Bishop O'Connell
6	North Cross
7	Catholic
8	East. Mennonite

Event 17 Girls 1600 Meter Run (27)

Lane	Name	Yr School	Seed Time
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Section 1 of 2 Finals

1	Lola Hires	9	Norfolk Academy
2	Ellie Blackwood	9	Collegiate
3	Erynn Spiegel	11	Saint John Paul
4	Rory Kipp	10	Bishop Ireton
5	Ainsley Myles	9	North Cross
6	Isabella Curtis	9	Peninsula Cath.
7	Kailyn Harris	8	Trinity Epis.
8	Annie Adamson	12	Saint Gertrude
9	Violet VonCanon	10	Veritas
10	Nora Wallace	12	Collegiate
11	Maggie Guild	10	Catholic
12	Logan Kauffman	10	Peninsula Cath.
13	Tegan Bechtel	9	Saint John Paul

Section 2 of 2 Finals

1	Molly Weithman	12	Bishop O'Connell
2	Kerrigan Chaney	11	North Cross
3	Caroline Wulff	12	St. Catherines
4	Bridget Blaszak	11	Collegiate
5	Jenna Pugsley	10	Paul VI Catholic
6	Ruthie Huffman	9	St. Catherines
7	Josie Nunziata	9	Stonebridge
8	Rachel Prince	10	Greenbrier
9	Catherine Richards	11	Paul VI Catholic
10	Campbell Burnette	8	St. Catherines
11	Regan Schultz	10	Bishop Ireton
12	Margaret Hodges	9	Episcopal
13	Julia Dean	11	Trinity Christ.
14	Emmy Holland	12	Potomac

Event 18 Boys 1600 Meter Run (31)

Lane	Name	Yr School	Seed Time
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Section 1 of 3 Finals

1	Joshua Seidensticker	10	Catholic
2	Jacob Thompson	10	Saint John Paul
3	Sam Bibeau	12	Norfolk Academy
4	Jack Sherrard	11	Veritas
5	Hunter Michel	12	Bishop Ireton
6	Enzo Coniglione	9	Roanoke Cath.
7	Lance Jayme	10	Bishop O'Connell
8	Jedrek Sneary	11	East. Mennonite
9	Calvin Bixler	11	East. Mennonite
10	Bart O'Connor	11	St. Stephen's
11	Carlos Rodriguez	10	Peninsula Cath.

Section 2 of 3 Finals

1	Parker Tallman	12	Woodberry Forest
2	Bolling Lewis	12	Collegiate
3	Travis Carroll	11	Norfolk Academy
4	Zach Dalva-Baird	11	Potomac
5	Jayse Brefczynski	9	Bishop O'Connell
6	Austin Colvin	11	Saint John Paul
7	Dylan White	12	North Cross
8	Finn Guzik	9	Norfolk Academy
9	Jared Crestetto	11	Trinity Christ.
10	Noah Altschuler	11	Potomac

Section 3 of 3 Finals

1	Calvin Dovgalyuk	11	Trinity Christ.
2	Michael McKnew	10	Cape Henry
3	Asher Green	10	St. Christophers
4	Abraham Warui	11	Woodberry Forest
5	Billy Driscoll	12	Peninsula Cath.
6	Logan Beale	11	Paul VI Catholic
7	Brandon Morrow	10	Paul VI Catholic
8	Andrew Robinson	11	Walsingham
9	James Bertram	12	Saint John Paul
10	Alex Dickenson	12	North Cross

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Event 19 Girls 4x200 Meter Relay (12)

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1	Peninsula Cath.
2	Potomac
3	Trinity Christ.
4	Norfolk Academy
5	Bishop O'Connell
6	Saint Gertrude

Section 2 of 2 Finals

1	St. Stephen's
2	Episcopal
3	St. Catherines
4	Trinity Epis.
5	Collegiate
6	Saint John Paul

Event 20 Boys 4x200 Meter Relay (16)

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

2	Trinity Christ.
3	Potomac
4	North Cross
5	Bishop Ireton

Section 2 of 3 Finals

1	Norfolk Christ.
2	Collegiate
3	St. Stephen's
4	Saint John Paul
5	Catholic
6	Paul VI Catholic

Section 3 of 3 Finals

1	Cape Henry
2	Episcopal
3	St. Christophers
4	Woodberry Forest
5	Fork Union
6	Bishop O'Connell

Event 21 Girls 500 Meter Dash (32)

Lane	Name	Yr	School	Seed Time
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Section 1 of 6 Finals

2	Briana Goodlett	9	Veritas
3	Eila Crumlsh	11	Trinity Epis.
4	Sylvie McGoldrick	9	St. Stephen's

Section 2 of 6 Finals

1	Meghan Norko	11	Saint John Paul
2	Riya Campbell	10	Stonebridge
3	Grace Marcus	11	Trinity Epis.
4	Rose Sypal	9	Oakcrest
5	Skylar Carter	9	Atlantic Shores

Section 3 of 6 Finals

1	Erica Romualdez	12	Bishop O'Connell
2	Martha Wyse	10	East. Mennonite
3	Audrey Lukevics	9	Norfolk Academy
4	Siobhan Cruess	12	Veritas
5	Mariel Irish-Maldonado	11	Bishop O'Connell
6	Annie Adamson	12	Saint Gertrude

Section 4 of 6 Finals

1	Brooke Ambrose	10	Potomac
2	Holt Williams	9	St. Catherines
3	Leyla Hsieh	11	Trinity Christ.
4	Kathryn Price	12	St. Catherines
5	Avery Soca	11	Norfolk Christ.
6	Chloe Paget-Brown	11	St. Anne's-Bel.

Section 5 of 6 Finals

1	Lauren Lanphear	10	Veritas
2	Emily Beggerow	10	Collegiate
3	Tenley Overdeck	12	Potomac
4	Claire Curtis	12	Collegiate
5	Lauren Scott	12	St. Stephen's
6	Emalene Harter	12	St. Catherines

Section 6 of 6 Finals

1	Helena Coleman	11	Bishop Ireton
2	Mackenzie Fulgham	12	Potomac
3	Chinenye Obasi	11	Saint John Paul
4	Kenley Campbell	12	Collegiate
5	Mia Jones	9	Norfolk Academy
6	Mary Cabell	12	Peninsula Cath.

Event 22 Boys 500 Meter Dash (27)

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

2	Devlin Edgar	11	Cape Henry
3	Beimnet Derege	10	Saint John Paul
4	Matt Brow	12	Potomac

Section 2 of 5 Finals

1	Phillipe Lianavwa	11	Fork Union
2	Bishop Foster	11	Collegiate
3	John Fournier	10	Benedictine
4	William Voss	12	Veritas
5	Finn Guzik	9	Norfolk Academy
6	Matthew Noble	11	St. Christophers

Section 3 of 5 Finals

1	Ve Lee	12	Potomac
2	Dillan Patel	12	Roanoke Cath.
3	Avi Gupta	11	St. Christophers
4	Jack Smith	11	Collegiate
5	Danny Kajubi	11	Woodberry Forest
6	Jonah Adams	12	St. Stephen's

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Section 4 of 5 Finals...(Event 22 Boys 500 Meter Dash (27))

1	Evan Crouse	12	Trinity Christ.
2	Kyron Jennings	12	Norfolk Christ.
3	Charlie Bestic	12	Bishop Ireton
4	Andrew Fisher	12	Trinity Christ.
5	Jaden Henderson	12	Norfolk Christ.
6	Emmerson Smith	11	Fork Union

Section 5 of 5 Finals

1	Bradley Cruthirds	12	St. Stephen's
2	Nicholas Bouril	11	Saint John Paul
3	Nathan Sims	12	Trinity Epis.
4	Cole Griswold	12	Potomac
5	Augustine Howard	12	Saint John Paul
6	Ben Wittkamp	12	Collegiate

Event 23 Girls 1000 Meter Run (31)

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Regan Schultz	10	Bishop Ireton
2	Maggie Guild	10	Catholic
3	Violet VonCanon	10	Veritas
4	Helena Fry	11	Saint John Paul
5	Isabella Alicea	12	Saint John Paul
6	Kate Blinn	9	Walsingham
7	Ava Peters	11	Trinity Christ.
8	Claire Harty	10	Episcopal
9	Jane Blessing	12	Episcopal
10	Louise Monga-Rochard	11	Walsingham
11	Logan Kauffman	10	Peninsula Cath.

Section 2 of 3 Finals

1	Catherine Richards	11	Paul VI Catholic
2	Nora Clingenpeel	11	Norfolk Academy
3	Jenna Pugsley	10	Paul VI Catholic
4	Jenna Lanphear	10	Veritas
5	Valentina Barrera	10	Saint John Paul
6	Ali Rouse	10	St. Stephen's
7	Chloe Rakowitz	10	Paul VI Catholic
8	Giles Ferrell	12	Collegiate
9	Macy Boyer	10	Collegiate
10	Julia Dean	11	Trinity Christ.

Section 3 of 3 Finals

1	Eve Frost	10	Stonebridge
2	Molly Weithman	12	Bishop O'Connell
3	Virginia Harris	9	Collegiate
4	Alyssa Pongracz	11	Peninsula Cath.
5	Kate Tuttle	12	Potomac
6	Annabel Bayler	10	St. Catherines
7	Rachel Prince	10	Greenbrier
8	Ruthie Huffman	9	St. Catherines
9	Campbell Burnette	8	St. Catherines
10	Grey Gibbins	10	Episcopal

Event 24 Boys 1000 Meter Run (24)

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Alex Dickenson	12	North Cross
2	Luga Samson	11	East. Mennonite
3	William Voss	12	Veritas
4	Matthew Elliott	12	Saint John Paul
5	Ethan Garcia	10	Saint John Paul
6	Noah Smith	9	St. Christophers
7	Luke Carter	10	Potomac
8	Harry Anderson	11	North Cross
9	Michael Swingle	12	Bishop O'Connell
10	Eli Levine	10	Potomac
11	Hagan Andrew	11	Trinity Epis.
12	James London	11	St. Stephen's

Section 2 of 2 Finals

1	Calvin Dovgalyuk	11	Trinity Christ.
2	Alex Mathews	12	Potomac
3	Billy Driscoll	12	Peninsula Cath.
4	Abraham Warui	11	Woodberry Forest
5	Michael McKnew	10	Cape Henry
6	Parker Tallman	12	Woodberry Forest
7	Andrew Robinson	11	Walsingham
8	Elijah Thompson	11	Saint John Paul
9	Christopher Moscoso	11	Trinity Christ.
10	Patrick Mayer	12	St. Christophers
11	Walker Angus	12	Collegiate
12	Dylan White	12	North Cross

Event 25 Girls 300 Meter Dash (36)

Lane	Name	Yr	School	Seed Time
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Section 1 of 6 Finals

1	Eliza Warren	10	East. Mennonite
2	Louisa Geiger	11	Bishop O'Connell
3	Nile Lewis	9	Bishop O'Connell
4	Rachel Branam	9	Peninsula Cath.
5	Caroline Hinrichs	11	Flint Hill
6	Avery Soca	11	Norfolk Christ.

Section 2 of 6 Finals

1	Cybil Murchie	12	Veritas
2	Auriannia Henderson-Jones	11	Chatham Hall
3	Sophia Van Zyl	11	Veritas
4	Riya Campbell	10	Stonebridge
5	Sofia Heredia	12	Peninsula Cath.
6	Claudia Tillar	11	Norfolk Academy

Section 3 of 6 Finals

1	Emma Uncapher	10	Norfolk Academy
2	Meredith Borcharding	10	Trinity Christ.
3	Sarah Busby	9	Stonebridge
4	Carley Rose	10	St. Catherines
5	Layla Wintsch	10	Trinity Epis.
6	Anaya Lozano	12	Atlantic Shores

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Section 4 of 6 Finals...(Event 25 Girls 300 Meter Dash (36))

1	Ryleigh Williams	11	Trinity Christ.
2	Catherine Egan	12	Oakcrest
3	Mary Cabell	12	Peninsula Cath.
4	Emily Beggerow	10	Collegiate
5	Rose Barabanov	9	Potomac
6	Dru Atkins	12	St. Catherines

Section 5 of 6 Finals

1	Courtnee Holland	9	Virginia Episc.
2	Kinnady Branch	9	St. Catherines
3	Ally Griswold	10	Potomac
4	Kennedy Richardson	11	Collegiate
5	Lucy Versen	10	Trinity Epis.
6	Emily Garrard	12	Episcopal

Section 6 of 6 Finals

1	Jeylah Hamrick	12	Walsingham
2	Kenley Campbell	12	Collegiate
3	Mackenzie Fulgham	12	Potomac
4	Chinenye Obasi	11	Saint John Paul
5	Elena Granados	12	Cape Henry
6	Josie Saffold	11	Norfolk Academy

Event 26 Boys 300 Meter Dash (30)

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

1	JP Sosnitsky	11	Potomac
2	Colin Lebel	11	Cape Henry
3	Luke Collin	10	Bishop O'Connell
4	Nate Jensen	12	Cape Henry
5	Gabriel Xantus	11	Saint John Paul
6	Howard Casterlow	11	Nansemond

Section 2 of 5 Finals

1	Alex Williams	12	St. Stephen's
2	Antonio Schoenborn	12	Benedictine
3	Dillan Patel	12	Roanoke Cath.
4	Andrew Fthenos	11	Bishop O'Connell
5	Terrance Edwards	12	Trinity Epis.
6	Ve Lee	12	Potomac

Section 3 of 5 Finals

1	Andrew Fisher	12	Trinity Christ.
2	Ty Enoch	12	St. Anne's-Bel.
3	Cole Griswold	12	Potomac
4	Christian Rutland	10	Paul VI Catholic
5	Jayden Brown	11	St. Christophers
6	Kevin Nti	11	Woodberry Forest

Section 4 of 5 Finals

1	Hunter Garnett	12	St. Christophers
2	Matthew Harnisch	11	Bishop O'Connell
3	Zahir Griffith	12	Norfolk Academy
4	Armaan Dhillon	11	Saint John Paul
5	Jaden Henderson	12	Norfolk Christ.
6	Luke Heinze	11	Paul VI Catholic

Section 5 of 5 Finals

1	Davian Burke	12	Banner Christian
2	Aidan Koffa	10	Fork Union
3	Maddox White	10	St. Christophers
4	Nathan Sims	12	Trinity Epis.
5	Kyron Jennings	12	Norfolk Christ.
6	Andrew Hart	12	Cape Henry

Event 27 Girls 3200 Meter Run (22)

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Margaret Hodges	9	Episcopal
2	Niamh Moreno	10	Bishop Ireton
3	Audrey Rentzepis	12	Potomac
4	Emmy Holland	12	Potomac
5	Ellie Cahill	11	Catholic
6	Logan Kauffman	10	Peninsula Cath.
7	Tegan Bechtel	9	Saint John Paul
8	Alyssa McCoppin	9	Saint John Paul
9	Beatrice DaRoit	12	Bishop Ireton
10	Sadie Martin	11	Cape Henry
11	Ainsley Myles	9	North Cross

Section 2 of 2 Finals

1	Molly Weithman	12	Bishop O'Connell
2	Kerrigan Chaney	11	North Cross
3	Caroline Wulff	12	St. Catherines
4	Bridget Blaszak	11	Collegiate
5	Josie Nunziata	9	Stonebridge
6	Eve Frost	10	Stonebridge
7	Rosie Ferrell	9	Collegiate
8	Annabel Bayler	10	St. Catherines
9	Arielle Kouyoumdjian	11	Potomac
10	Anne Lewis	9	Collegiate
11	Amelie Shepherd	11	Veritas

Event 28 Boys 3200 Meter Run (31)

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Matthew Waidelich	10	Trinity Epis.
2	Bolling Lewis	12	Collegiate
3	Marcus King	12	St. Stephen's
4	Sam Bibeau	12	Norfolk Academy
5	Kevin Ron	8	Trinity Christ.
6	Javier Almonte	11	Potomac
7	Enzo Coniglione	9	Roanoke Cath.
8	Stephen Miller	12	Saint John Paul
9	Liam Harbour	12	Collegiate
10	Declan McDonnell	11	St. Christophers
11	Hunter Michel	12	Bishop Ireton
12	Spencer Anthony	11	Trinity Epis.
13	Finton Chaney	9	North Cross
14	Max Zeldes	12	Potomac
15	Finn Nagoski	11	Potomac
16	Morgan Jay	10	Woodberry Forest

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Section 2 of 2 Finals...(Event 28 Boys 3200 Meter Run (31))

1	Curtis Leachman	11	Wakefield
2	Logan Beale	11	Paul VI Catholic
3	Asher Green	10	St. Christophers
4	Billy Driscoll	12	Peninsula Cath.
5	Emmett Leachman	11	Wakefield
6	James Bertram	12	Saint John Paul
7	David Eaton	9	Fork Union
8	Jayse Brefczynski	9	Bishop O'Connell
9	Austin Colvin	11	Saint John Paul
10	Jared Crestetto	11	Trinity Christ.
11	Liam Moore	11	Collegiate
12	Andrew Robinson	11	Walsingham
13	Courtney Collins	11	St. Anne's-Bel.
14	Aidan O'Flynn	10	Veritas
15	Roy Fullmer	11	Catholic

Event 29 Girls 4x400 Meter Relay (12)

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

1	St. Stephen's
2	Peninsula Cath.
3	Bishop O'Connell
4	Episcopal
5	Stonebridge
6	Veritas

Section 2 of 2 Finals

1	St. Catherines
2	Trinity Christ.
3	Potomac
4	Collegiate
5	Saint John Paul
6	Norfolk Academy

Event 30 Boys 4x400 Meter Relay (15)

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

2	Norfolk Christ.
3	Catholic
4	St. Stephen's

Section 2 of 3 Finals

1	Cape Henry
2	Fork Union
3	Episcopal
4	East. Mennonite
5	Paul VI Catholic
6	Potomac

Section 3 of 3 Finals

1	Bishop O'Connell
2	Collegiate
3	Saint John Paul
4	St. Christophers
5	Trinity Christ.
6	Bishop Ireton