

**VISAA**  
**Indoor Track & Field Championships**  
**St. Christopher's School - 2/18/2023**  
**Performance List**

**Event 1 Girls High Jump (14)**

	Name	Yr	School	Seed Mark
1	Flavia Daniels	12	North Cross	5-05.00
2	Alauna Rutland	12	Paul VI	5-03.00
3	Karly Smith	9	Roanoke Catholic	5-01.00
4	Hayley Lookadoo	10	St. Stephens	4-10.00
5	Rachel Sobers	12	Cape Henry	4-10.00
6	Lexa Hunter	12	Catholic	4-10.00
7	Sasha Osinovsky	12	Flint Hill	4-08.00
8	Taylor Kulow	8	Norfolk Academy	4-08.00
9	Sydney Vest	12	Norfolk Academy	4-06.00
10	Teagan Engdahl	12	Catholic	4-06.00
11	Eva Woodcock	11	Bishop O'Connell	4-06.00
12	Harper Hailes	11	Collegiate	4-06.00
13	Reagan Martin	11	St. Catherines	4-06.00
14	Madison Galler	12	Norfolk Academy	4-06.00

**Event 2 Boys High Jump (9)**

	Name	Yr	School	Seed Mark
1	Edward Woltz	12	Woodberry	6-07.50
2	Jaden Ferguson	11	Woodberry	6-04.00
3	Briggs Ireland	11	St. Christophers	6-00.00
4	Tanner Schaedel	11	Cape Henry	5-10.00
5	Lukas Sanker	10	Woodberry	5-10.00
6	Brandon Watson	12	Collegiate	5-10.00
7	Andrew Hart	11	Cape Henry	5-08.00
8	John Grunwald	11	Norfolk Academy	5-08.00
9	Eli Jordan	10	Trinity Episc.	5-08.00

**Event 3 Girls Pole Vault (11)**

	Name	Yr	School	Seed Mark
1	Natalie Hubbard	12	Catholic	10-00.00
2	Rylee Coates	9	Broadwater	9-06.00
3	Azaria Bailey	11	Collegiate	9-00.00
4	Lorelei Clelland	10	St. Catherines	8-06.00
5	Madelyn Smullen	9	St. Catherines	8-06.00
6	Becca Galbraith	12	St. Catherines	8-06.00
7	Sydney Vest	12	Norfolk Academy	7-06.00
8	Jennifer Yuan	12	Norfolk Academy	7-06.00
9	Lawson Vaughan	10	Collegiate	7-00.00
10	Martha Jamison	12	Collegiate	7-00.00
11	Anne Randolph Staub	10	Norfolk Academy	7-00.00

**Event 4 Boys Pole Vault (10)**

	Name	Yr	School	Seed Mark
1	Victor Olesen	9	St. Christophers	15-10.00
2	Anthony Kodjo	12	Woodberry	15-06.00
3	Sebastian Phillips	12	Woodberry	14-06.00
4	Jackson Mann	12	Benedictine	13-06.00
5	Ned Bradshaw	11	Collegiate	13-06.00
6	Ebo Rice	11	St. Christophers	11-06.00
7	Walker Angus	11	Collegiate	11-06.00
8	Mac Hunt	9	Woodberry	11-06.00
9	Stanton Dodson	12	St. Christophers	11-00.00
10	Finn Guzik	8	Norfolk Academy	10-00.00

**Event 5 Girls Long Jump (29)**

	Name	Yr	School	Seed Mark
1	Alauna Rutland	12	Paul VI	17-09.00
2	Lilly Versen	11	Trinity Episc.	17-03.50
3	Flavia Daniels	12	North Cross	16-07.25
4	Elena Granados	11	Cape Henry	16-06.00
5	Maya Habib	10	Paul VI	16-03.75
6	Lexa Hunter	12	Catholic	16-03.25
7	Angelina Lancey	12	Norfolk Academy	16-01.00
8	Natalie Hubbard	12	Catholic	15-11.50
9	Aseye Gatty	10	St. Catherines	15-09.50
10	Adaline Scott	9	Norfolk Academy	15-03.50
11	Rylee Coates	9	Broadwater	15-03.00
12	Samantha Rough	12	Bishop O'Connell	15-03.00
13	Jennifer Yuan	12	Norfolk Academy	15-02.25
14	Rachel Sobers	12	Cape Henry	15-01.00
15	Jeylah Hamrick	11	Walsingham	15-01.00
16	Karly Smith	9	Roanoke Catholic	15-00.75
17	Kaylah Walker	11	Cape Henry	15-00.00
18	Abigail McKay	8	St. Catherines	14-10.00
19	Maya Davis	12	Potomac	14-07.50
20	Nia Beverly	11	Norfolk Christ.	14-07.00
21	Chloe Smith	11	Episcopal	14-03.00
22	Keira Goodlett	10	Veritas	14-02.75
23	Caroline Cowley	10	Potomac	13-10.00
24	Madison Sandy	11	St. Stephens	13-10.00
25	Romola Egunjobi	12	Nansemond	13-09.00
26	Carlin Miles	10	Collegiate	13-08.50
27	Carter Torrence	8	St. Catherines	13-06.50
28	Sasha Osinovsky	12	Flint Hill	13-02.75
29	Harper Hailes	11	Collegiate	13-02.25

**Event 6 Boys Long Jump (29)**

	Name	Yr	School	Seed Mark
1	Robbie Handelsman	12	Woodberry	23-01.00
2	Xavier Mitchell	11	North Cross	22-06.75
3	Nathan Sims	11	Trinity Episc.	21-09.50
4	Jaden Ferguson	11	Woodberry	21-07.50
5	Zahir Griffith	11	Norfolk Academy	20-11.75
6	Chris Joseph	12	Norfolk Christ.	20-05.50
7	Ian Cann	12	North Cross	20-05.50
8	Kenan Andrews	10	Woodberry	20-05.00
9	Nic Land	12	Benedictine	20-03.00
10	Stephon Woodson	11	Trinity Episc.	20-02.50
11	Ty Adamson	11	Cape Henry	20-00.50
12	Kofi Igyan	12	Episcopal	20-00.00
13	Christopher Keeley	11	Roanoke Catholic	19-11.50
14	Ayden Bland	11	Fork Union	19-11.00
15	Jase Rhodes	9	North Cross	19-10.25
16	Stanton Dodson	12	St. Christophers	19-10.00
17	Andrew Hart	11	Cape Henry	19-09.00
18	Briggs Ireland	11	St. Christophers	19-07.00
19	Chris Shorter	11	St. Stephens	19-06.75
20	Will O'Reilly	12	Bishop Ireton	19-06.50

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**Event 6 ... (Boys Long Jump (29))**

Name	Yr	School	Seed Mark
21 Rhodes Neuner	9	Collegiate	19-05.25
22 Drew Covington	12	Trinity Episc.	19-04.75
23 John Grunwald	11	Norfolk Academy	19-04.00
24 Lance Snyder	11	Norfolk Academy	19-03.00
25 Adam Sulanke	11	Collegiate	19-00.00
26 Jordan Callahan	11	Benedictine	18-10.00
27 Khamari Veney	11	Benedictine	18-08.50
28 Jacob Seymore	12	Fork Union	18-08.00
29 Tanner Schaedel	11	Cape Henry	18-05.00

**Event 7 Girls Triple Jump (16)**

Name	Yr	School	Seed Mark
1 Elena Granados	11	Cape Henry	37-04.00
2 Aseye Gatty	10	St. Catherines	33-05.50
3 Lilly Versen	11	Trinity Episc.	33-04.00
4 Olivia Krivacek	12	Episcopal	33-02.00
5 Angelina Lancey	12	Norfolk Academy	32-08.50
6 Maya Habib	10	Paul VI	32-07.50
7 Taylor Kulow	8	Norfolk Academy	32-07.00
8 Kaylah Walker	11	Cape Henry	32-02.00
9 Nia Beverly	11	Norfolk Christ.	32-02.00
10 Madison Galler	12	Norfolk Academy	32-01.00
11 Rylee Coates	9	Broadwater	32-00.75
12 Karly Smith	9	Roanoke Catholic	32-00.00
13 Rachel Sobers	12	Cape Henry	31-05.00
14 Abigail McKay	8	St. Catherines	30-06.00
15 Samantha Rough	12	Bishop O'Connell	30-02.75
16 Ellie Patel	11	Roanoke Catholic	29-06.50

**Event 8 Boys Triple Jump (26)**

Name	Yr	School	Seed Mark
1 Zahir Griffith	11	Norfolk Academy	43-00.75
2 Jase Rhodes	9	North Cross	42-02.50
3 Kenan Andrews	10	Woodberry	42-00.50
4 Chris Shorter	11	St. Stephens	41-09.00
5 Jaden Ferguson	11	Woodberry	41-08.00
6 Tanner Schaedel	11	Cape Henry	40-09.00
7 Kyle Falls	12	Saint John P	40-08.00
8 Jordan Callahan	11	Benedictine	40-00.00
9 Drew Covington	12	Trinity Episc.	39-10.50
10 Nic Land	12	Benedictine	39-10.00
11 John Rogers	11	Episcopal	39-08.00
12 Stephon Woodson	11	Trinity Episc.	39-07.00
13 Nick Hanley	12	Benedictine	39-06.00
14 Christopher Keeley	11	Roanoke Catholic	39-04.00
15 Lucas Osada	11	Woodberry	39-02.75
16 John Grunwald	11	Norfolk Academy	38-11.25
17 Bishop Foster	10	Collegiate	38-10.75
18 Ayden Bland	11	Fork Union	38-10.00
19 Durham Dodson	10	St. Christophers	38-06.00
20 Fernando Olivar-Joa	10	Catholic	37-08.50
21 Matthew Warsaw	12	Norfolk Academy	37-05.00
22 Henry Rice	10	St. Christophers	36-11.50

23 Rhodes Neuner	9	Collegiate	35-10.00
24 Brandon Watson	12	Collegiate	35-08.75
25 Logan Downey	10	Paul VI	35-00.50
26 Alex Villasis	9	Catholic	34-11.00

**Event 9 Girls Shot Put (25)**

Name	Yr	School	Seed Mark
1 Gabi Deglau	12	Collegiate	39-03.50
2 Sydney Vest	12	Norfolk Academy	32-06.50
3 Sophie Pollio	11	Norfolk Academy	32-01.50
4 Marshall Daniel	10	Cape Henry	30-06.50
5 Teagan Engdahl	12	Catholic	29-09.00
6 Chinenye Obasi	10	Saint John P	29-05.00
7 Anna Ciccozzi	9	North Cross	29-02.00
8 Ashley Grace Johnstone	9	Collegiate	29-00.50
9 Elena Granados	11	Cape Henry	28-10.00
10 Emerson Tierney	10	St. Catherines	28-02.00
11 Natalie Hubbard	12	Catholic	27-10.00
12 Madison Galler	12	Norfolk Academy	27-08.50
13 Charlotte Waldemar	11	Atlantic Shores	27-00.75
14 Jane Patterson	12	Trinity Christ.	26-10.00
15 Emmy Sumpter	10	St. Catherines	26-07.00
16 Lainie Murray	12	Trinity Episc.	26-05.00
17 Ariana Miller	11	St. Catherines	26-03.00
18 Angelina Squatrito	10	Cape Henry	25-11.00
19 Madison Dryden	12	Nansemond	25-10.00
20 Sophia Covington	10	St. Gertrude	25-08.00
21 Ava Reese	10	Episcopal	25-05.00
22 Olivia Garcia	8	Atlantic Shores	25-03.00
23 Angela Drapac	12	Roanoke Catholic	25-02.00
24 Ridgely Coleman	11	Trinity Episc.	25-01.00
25 Catherine Hansen	12	Saint John P	24-08.00

**Event 10 Boys Shot Put (30)**

Name	Yr	School	Seed Mark
1 Rodney Lora	12	Woodberry	63-02.00
2 Armel Mukam	12	Woodberry	55-00.00
3 Emile Beaulieu	11	Woodberry	49-02.00
4 Henry Omohundro	11	St. Christophers	47-06.00
5 Cooper Gardiner	11	Trinity Episc.	47-03.00
6 Jacob Moore	12	Benedictine	45-08.00
7 Moritz Schmoranz	12	North Cross	45-02.50
8 Caleb Ross	12	Trinity Episc.	43-09.00
9 Tanner Schaedel	11	Cape Henry	43-08.50
10 Tyler Degnan	11	Flint Hill	42-10.50
11 Diego Zelaya	12	Episcopal	42-10.00
12 Grayson Herndon	10	St. Christophers	41-10.00
13 Jonie Ansah	11	Fork Union	41-10.00
14 Ahmad Shah	12	Fork Union	41-07.50
15 Justin Hill	12	St. Stephens	40-05.00
16 Douda Niang	11	Fork Union	40-01.75
17 Ryan Hook	12	Collegiate	39-05.00
18 Quintin Levy	12	St. Christophers	39-02.00
19 Christian Meixner	11	East. Mennonite	38-02.00
20 Damian McGhie	12	Bishop Ireton	38-02.00

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**Event 10 ... (Boys Shot Put (30))**

Name	Yr	School	Seed Mark
21 Isaac Cohen	12	Atlantic Shores	37-07.25
22 Nathan Hayes	9	North Cross	37-07.00
23 Henry Federmeier	10	Paul VI	36-05.50
24 Nate Jensen	11	Cape Henry	36-05.25
25 Chase Daniel	12	North Cross	35-04.50
26 Justice Umelo	11	Episcopal	34-07.00
27 Charlie Loach	12	Collegiate	34-04.00
28 Luke Richardson	10	Flint Hill	34-02.00
29 Mills Lynn	12	Benedictine	34-00.50
30 Kevin Johnson	11	Collegiate	33-11.00

**Event 11 Girls 55 Meter Hurdles (19) Prelims**

Name	Yr	School	Seed Time
1 Tiara Jenkins	10	Atlantic Shores	8.57
2 Adaline Scott	9	Norfolk Academy	8.86
3 Alauna Rutland	12	Paul VI	9.02
4 Flavia Daniels	12	North Cross	9.15
5 Elizabeth Bayler	12	St. Catherines	9.33
6 Madison Galler	12	Norfolk Academy	9.70
7 Sydney Vest	12	Norfolk Academy	10.10
8 Aseye Gatty	10	St. Catherines	10.33
9 Megan Heuschel	12	Bishop O'Connell	10.38
10 Whitney Clarkson	11	Collegiate	10.52
11 Evie Miller	11	Trinity Christ.	10.54
12 Martha Jamison	12	Collegiate	10.56
13 Selah Stiebel	11	Episcopal	10.64
14 Hannah Jewell	10	Paul VI	10.67
15 Kaia Coley	12	St. Gertrude	10.77
16 Sloane Tefel	8	St. Catherines	10.82
17 Angelina Squatrito	10	Cape Henry	11.02
18 Romola Egunjobi	12	Nansemond	11.12
19 Lexie VanRaaphorst	8	Trinity Christ.	11.42

**Event 12 Boys 55 Meter Hurdles (25) Prelims**

Name	Yr	School	Seed Time
1 Davian Burke	11	Banner Christian	7.78
2 Harry Momolu	11	Fork Union	7.87
3 Bradley Cruthirds	11	St. Stephens	8.01
4 Stanton Dodson	12	St. Christophers	8.16
5 Josiah Malone	12	Atlantic Shores	8.19
6 Jarrett Clark	11	Woodberry	8.19
7 Chris Shorter	11	St. Stephens	8.24
8 Briggs Ireland	11	St. Christophers	8.26
9 Mikey Fisher	12	Atlantic Shores	8.30
10 Chris Couser	12	Norfolk Academy	8.37
11 Gerald Thomas	12	Norfolk Academy	8.43
12 Matthew Williams	12	Woodberry	8.57
13 Durham Dodson	10	St. Christophers	8.58
14 Marco Cecchi-Rivas	11	Bishop Ireton	8.66
15 Harper Kappes	11	North Cross	8.75
16 Beck Maddison	11	Woodberry	8.79
17 Alvin Moore	9	Fork Union	8.85
18 Jackson Mann	12	Benedictine	8.91

19 Terrance Edwards	11	Trinity Episc.	9.22
20 Logan Mann	12	Norfolk Academy	9.44
21 Rhodes Neuner	9	Collegiate	9.53
22 Noah Anderson-Weiskircher	12	Flint Hill	9.74
23 Luke Heinze	10	Paul VI	9.83
24 John Higgins	11	Trinity Christ.	9.84
25 Jonathan Meeker	12	Trinity Christ.	9.98

**Event 13 Girls 55 Meter Dash (23) Prelims**

Name	Yr	School	Seed Time
1 Chayse Raymond	12	Bishop O'Connell	7.25
2 Maya Davis	12	Potomac	7.27
3 Sophia Appiah	10	Episcopal	7.36
4 Lilly Versen	11	Trinity Episc.	7.39
5 Hampton Turton	12	St. Catherines	7.46
6 Tiara Jenkins	10	Atlantic Shores	7.48
7 Adaline Scott	9	Norfolk Academy	7.55
8 Kaylah Walker	11	Cape Henry	7.55
9 Taylor Chambers	12	Episcopal	7.55
10 Elena Granados	11	Cape Henry	7.57
11 Chinenye Obasi	10	Saint John P	7.59
12 Angelina Lancey	12	Norfolk Academy	7.71
13 Rylee Coates	9	Broadwater	7.73
14 Jeylah Hamrick	11	Walsingham	7.73
15 Lexa Hunter	12	Catholic	7.76
16 Catherine Egan	11	Oakcrest	7.81
17 Lauren Sutterfield	12	Catholic	7.83
18 Mia Jones	8	Norfolk Academy	7.88
19 Leslie Armstrong	10	St. Catherines	7.89
20 Adriana Walker	11	St. Catherines	7.90
21 Payton Horan	12	St. Gertrude	7.96
22 Maya Habib	10	Paul VI	7.98
23 McKenna Boardman	11	Collegiate	7.99

**Event 14 Boys 55 Meter Dash (45) Prelims**

Name	Yr	School	Seed Time
1 Robbie Handelsman	12	Woodberry	6.45
2 Andrew King	11	Flint Hill	6.53
3 Nathan Sims	11	Trinity Episc.	6.58
4 William Hoffer	11	Trinity Episc.	6.59
5 Martin Chang	11	Woodberry	6.61
6 Ty Adamson	11	Cape Henry	6.62
7 Dylan Defoor	11	Norfolk Academy	6.64
8 Chad Greene-Miller	12	Bishop Ireton	6.69
9 Khalil Moore	11	Benedictine	6.70
10 Joshua Clark	11	Flint Hill	6.71
11 Zahir Rainer	11	Trinity Episc.	6.74
12 Moritz Mittendorfer	11	North Cross	6.75
13 Rhone Burton	12	North Cross	6.76
14 Kofi Igyan	12	Episcopal	6.77
15 Myles Sandy	12	St. Stephens	6.78
16 Andrew Hart	11	Cape Henry	6.78
17 Ian Cann	12	North Cross	6.79
18 Jason Abraham	11	Episcopal	6.79
19 Connor Redfield	12	Bishop O'Connell	6.79

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**Event 14 ... (Boys 55 Meter Dash (45) Prelims)**

Name	Yr	School	Seed Time
20	Chris Joseph	12 Norfolk Christ.	6.81
21	Max Cole	10 Woodberry	6.82
22	Khamari Veney	11 Benedictine	6.82
23	Judah Ofori-Ansah	10 Episcopal	6.82
24	Ned Bradshaw	11 Collegiate	6.84
25	Hunter Garnett	11 St. Christophers	6.88
26	Charle Adams	12 Paul VI	6.89
27	Dunning Gould	12 Collegiate	6.89
28	Bradley Garner	12 St. Christophers	6.89
29	Charles Campbell	12 Fork Union	6.90
30	Jesse Fine	12 Norfolk Academy	6.92
31	Luke Brayman	12 Bishop O'Connell	6.94
32	Matt Camardella	11 Norfolk Academy	6.95
33	Chris Martinez	9 Cape Henry	6.97
34	Dillan Patel	11 Roanoke Catholic	6.98
35	Kelly Crittenberger	12 Potomac	7.00
36	Christopher Keeley	11 Roanoke Catholic	7.00
37	David Parkes-Johnson	9 Flint Hill	7.00
38	JP Sosnitsky	10 Potomac	7.01
39	Neik Shariati	9 Potomac	7.04
40	Emmanuel Williams	11 Atlantic Shores	7.05
41	Charles Nolde	11 Collegiate	7.05
42	Brady Colio	9 Paul VI	7.08
43	Josiah Malone	12 Atlantic Shores	7.09
44	Jordan Jones	11 Peninsula Cath.	7.10
45	Amare McCalla	11 Catholic	7.10

**Event 15 Girls 4x800 Meter Relay (13)**

Team	Relay	Seed Time
1	St. Catherines	10:02.13
2	Collegiate	10:10.66
3	Norfolk Academy	10:14.67
4	Veritas	10:16.57
5	Stonebridge	10:30.58
6	Saint John P	10:35.03
7	Paul VI	10:38.32
8	Peninsula Cath.	11:36.07
9	Trinity Christ.	11:43.80
10	Cape Henry	12:13.20
11	Potomac	12:25.23
12	Catholic	13:43.73
13	Bishop O'Connell	NT

**Event 16 Boys 4x800 Meter Relay (18)**

Team	Relay	Seed Time
1	Woodberry	8:23.25
2	Trinity Christ.	8:31.80
3	Norfolk Academy	8:32.06
4	Paul VI	8:35.33
5	St. Christophers	8:35.51
6	Collegiate	8:38.93
7	Saint John P	8:41.75
8	Peninsula Cath.	8:51.42

9	Bishop O'Connell	9:18.29
10	St. Stephens	9:18.87
11	Benedictine	9:21.47
12	Isle of Wight	9:27.41
13	Trinity Episc.	9:39.17
14	Fork Union	9:52.62
15	North Cross	9:54.94
16	Catholic	10:25.54
17	Norfolk Christ.	10:36.79
18	VA Episcopal	NT

**Event 17 Girls 1600 Meter Run (20)**

Name	Yr	School	Seed Time
1	Cecelia Pugsley	12 Paul VI	5:08.75
2	Kerrigan Chaney	10 North Cross	5:12.69
3	Molly Weithman	11 Bishop O'Connell	5:22.53
4	Rosie Ferrell	8 Collegiate	5:24.94
5	Jane Earp	8 Norfolk Academy	5:27.15
6	Genevieve Harris	12 Potomac	5:28.21
7	Caroline Wulff	11 St. Catherines	5:31.10
8	Catherine Richards	10 Paul VI	5:34.54
9	Giles Ferrell	11 Collegiate	5:37.80
10	Jenna Pugsley	9 Paul VI	5:37.81
11	Whitney Bruch	9 St. Stephens	5:38.26
12	Eleanor Blackwood	8 St. Catherines	5:40.43
13	Alyssa Pongracz	10 Peninsula Cath.	5:40.89
14	Rachel Prince	9 Greenbrier	5:41.99
15	Valentina Barrera	9 Saint John P	5:47.16
16	Julia Dean	10 Trinity Christ.	5:48.36
17	Ruthie Huffman	8 St. Catherines	5:49.90
18	Mary Lou Moore	12 Saint John P	5:54.89
19	Annie Adamson	11 St. Gertrude	5:59.25
20	Meredith Tentor	12 Veritas	6:00.54

**Event 18 Boys 1600 Meter Run (35)**

Name	Yr	School	Seed Time
1	Charlie Ortman	12 Potomac	4:17.70
2	Stan Craig	12 Collegiate	4:24.61
3	Taylor Myers	12 Woodberry	4:28.29
4	Calvin Dovgalyuk	10 Trinity Christ.	4:30.45
5	Billy Driscoll	11 Peninsula Cath.	4:36.76
6	Colin Crenshaw	12 Veritas	4:40.32
7	Michael McKnew	9 Cape Henry	4:41.04
8	Alex Dickenson	11 North Cross	4:44.87
9	Jakob Gerlach	12 East. Mennonite	4:45.20
10	Anthony Lenzini	12 Bishop O'Connell	4:46.01
11	Travis Carroll	10 Norfolk Academy	4:47.45
12	Bolling Lewis	11 Collegiate	4:48.54
13	Connor Rhoades	12 Norfolk Academy	4:48.58
14	Dylan White	11 North Cross	4:49.98
15	Quinn Carroll	12 Norfolk Academy	4:50.25
16	Austin Colvin	10 Saint John P	4:50.82
17	Logan Beale	10 Paul VI	4:51.66
18	Alex Fowler	11 Peninsula Cath.	4:51.74
19	Eli Levine	9 Potomac	4:51.89

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**Event 18 ... (Boys 1600 Meter Run (35))**

Name	Yr	School	Seed Time
20 Asher Green	9	St. Christophers	4:51.99
21 Abraham Warui	10	Woodberry	4:52.89
22 David Eaton	8	Fork Union	4:54.53
23 Abdi Abdisalan	11	Episcopal	4:57.26
24 Pierce Cutler	12	Isle of Wight	4:57.31
25 Ben Huyard	12	East. Mennonite	4:57.97
26 Wyatt Jones	11	Woodberry	4:59.76
27 Noah Altschuler	10	Potomac	4:59.78
28 John Butler	10	Isle of Wight	5:00.10
29 Christopher Moscoso	10	Trinity Christ.	5:00.23
30 Kyle Thomson	12	North Cross	5:00.24
31 Joshua Seidensticker	9	Catholic	5:01.30
32 Johnathan Mummert	12	Peninsula Cath.	5:01.80
33 Connor Amet	12	Cape Henry	5:02.18
34 Thomas Mulhern	11	Saint John P	5:02.37
35 Frankie Miller	12	Trinity Christ.	5:06.26

**Event 19 Girls 4x200 Meter Relay (19)**

Team	Relay	Seed Time
1 St. Catherines		1:48.30
2 Norfolk Academy		1:49.06
3 Episcopal		1:51.45
4 Trinity Episc.		1:51.80
5 Bishop O'Connell		1:52.07
6 Potomac		1:52.86
7 Collegiate		1:53.68
8 Trinity Christ.		1:54.91
9 Saint John P		1:56.35
10 Cape Henry		1:56.74
11 Oakcrest		1:59.34
12 St. Stephens		2:00.27
13 Norfolk Christ.		2:00.33
14 St. Gertrude		2:00.88
15 Catholic		2:01.25
16 Flint Hill		2:01.28
17 East. Mennonite		2:03.00
18 Paul VI		2:08.38
19 North Cross		2:14.32

**Event 20 Boys 4x200 Meter Relay (23)**

Team	Relay	Seed Time
1 Trinity Episc.		1:32.37
2 Woodberry		1:33.59
3 North Cross		1:34.96
4 St. Christophers		1:35.11
5 Cape Henry		1:35.77
6 Benedictine		1:36.01
7 Episcopal		1:36.06
8 Flint Hill		1:36.28
9 Norfolk Academy		1:36.37
10 Bishop O'Connell		1:36.70
11 St. Stephens		1:37.84
12 Potomac		1:37.89

13 Collegiate	1:37.92
14 Saint John P	1:38.21
15 Norfolk Christ.	1:38.28
16 Trinity Christ.	1:39.19
17 Paul VI	1:39.78
18 Fork Union	1:39.88
19 Bishop Ireton	1:40.68
20 Catholic	1:41.03
21 East. Mennonite	1:43.26
22 Peninsula Cath.	1:57.02
23 Stonebridge	NT

**Event 21 Girls 500 Meter Dash (31)**

Name	Yr	School	Seed Time
1 Hannah Edwards	12	Isle of Wight	1:18.93
2 Zoe Burke	12	Oakcrest	1:20.09
3 Ruby Garrison	12	Norfolk Academy	1:20.28
4 Chelsea Brown	12	St. Catherines	1:20.61
5 Tenley Overdeck	11	Potomac	1:21.14
6 Hampton Turton	12	St. Catherines	1:21.66
7 Kathryn Price	11	St. Catherines	1:22.31
8 Claire Curtis	11	Collegiate	1:22.47
9 Anna Bohli	12	Saint John P	1:23.31
10 Lauren Scott	11	St. Stephens	1:23.74
11 Logan Snyder	11	Trinity Episc.	1:23.77
12 Emily Beggerow	9	Collegiate	1:25.93
13 Martha Wyse	9	East. Mennonite	1:26.37
14 Siobhan Cruess	11	Veritas	1:26.63
15 Nathalia Kellet	9	Potomac	1:27.47
16 Kathryn Hancock	10	North Cross	1:28.13
17 Mary White	10	Oakcrest	1:28.30
18 Faith Hanrahan	12	Veritas	1:28.31
19 Helena Coleman	10	Bishop Ireton	1:28.36
20 Katherine Martin	11	Collegiate	1:28.91
21 Catherine Stone	10	Norfolk Academy	1:29.20
22 Ashley Huddleston	12	Norfolk Academy	1:29.41
23 Brooke Ambrose	9	Potomac	1:29.65
24 Annie Adamson	11	St. Gertrude	1:30.61
25 Grace Marcus	10	Trinity Episc.	1:30.91
26 Hannah McClain	12	Isle of Wight	1:31.35
27 Riya Campbell	9	Stonebridge	1:31.41
28 Chloe Rakowitz	9	Paul VI	1:31.52
29 Katherine Hanna	11	Trinity Christ.	1:33.35
30 Loralai Mattox	9	Trinity Christ.	1:33.56
31 Izabella Flores	9	Saint John P	1:33.78

**Event 22 Boys 500 Meter Dash (23)**

Name	Yr	School	Seed Time
1 Jackson Edwards	12	Fork Union	1:07.50
2 Xavier Mitchell	11	North Cross	1:08.16
3 Cole Griswold	11	Potomac	1:08.43
4 Andy Geiser	10	Paul VI	1:08.43
5 Davian Burke	11	Banner Christian	1:09.08
6 Riley Dillon	12	Catholic	1:09.18
7 Nicholas Bouril	10	Saint John P	1:09.38

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**Event 22 ... (Boys 500 Meter Dash (23))**

	Name	Yr	School	Seed Time
8	Nick O'Donnell	12	Bishop O'Connell	1:09.96
9	Davis Ottinger	12	Norfolk Academy	1:10.02
10	Brandon Morrow	9	Paul VI	1:10.02
11	Avi Gupta	10	St. Christophers	1:10.97
12	Ben Wittkamp	11	Collegiate	1:11.06
13	Seth Mileski	11	Trinity Episc.	1:11.63
14	Augustine Howard	11	Saint John P	1:11.71
15	Joseph Girard	12	Paul VI	1:12.05
16	Ethan Whitaker	11	Trinity Christ.	1:12.23
17	Danny Kajubi	10	Woodberry	1:12.97
18	Freddy Barber	11	Benedictine	1:13.67
19	Eliseo Siguenza	11	Episcopal	1:13.81
20	Quinn Layman	12	Peninsula Cath.	1:13.92
21	Bryan Bejarano	12	Norf. Collegiate	1:14.12
22	Jack Smith	10	Collegiate	1:14.63
23	Evan Crouse	11	Trinity Christ.	NT

**Event 23 Girls 1000 Meter Run (31)**

	Name	Yr	School	Seed Time
1	Cecelia Pugsley	12	Paul VI	2:59.11
2	Kate Tuttle	11	Potomac	3:02.41
3	Kerrigan Chaney	10	North Cross	3:07.70
4	Abby Armstrong	12	St. Catherines	3:08.92
5	Eve Frost	9	Stonebridge	3:13.79
6	Nora Clingenpeel	10	Norfolk Academy	3:14.18
7	Catherine Richards	10	Paul VI	3:15.00
8	Virginia Harris	8	Collegiate	3:17.49
9	Becca Galbraith	12	St. Catherines	3:17.58
10	Jenna Pugsley	9	Paul VI	3:18.06
11	Rachel Prince	9	Greenbrier	3:19.66
12	Kendall Boggs	11	Collegiate	3:21.10
13	Lauren Lanphear	9	Veritas	3:21.49
14	Jenna Lanphear	9	Veritas	3:25.40
15	Alyssa Pongracz	10	Peninsula Cath.	3:25.44
16	Sophia Maglio	10	Episcopal	3:25.51
17	Josie Nunziata	8	Stonebridge	3:27.74
18	Sophie Sloan	10	Collegiate	3:28.89
19	Hannah McClain	12	Isle of Wight	3:31.46
20	Carol Earp	10	Norfolk Academy	3:31.87
21	Julia Dean	10	Trinity Christ.	3:32.04
22	Valentina Barrera	9	Saint John P	3:32.74
23	Helena Fry	10	Saint John P	3:33.08
24	Maggie Guild	9	Catholic	3:34.32
25	Lucy Nunziata	11	Stonebridge	3:34.66
26	Isabella Alicea	11	Saint John P	3:35.38
27	Hannah Banks	9	Peninsula Cath.	3:35.49
28	Stella Johnson	9	Norfolk Academy	3:35.68
29	Eva Green	12	St. Catherines	3:37.09
30	Anna Gravitt	12	Cape Henry	3:37.11
31	Violet VonCanon	9	Veritas	3:38.00

**Event 24 Boys 1000 Meter Run (22)**

	Name	Yr	School	Seed Time
1	Liam Sullivan	12	Norfolk Academy	2:35.47
2	Ford Clark	12	St. Christophers	2:36.72
3	Tate Frost	12	Stonebridge	2:36.76
4	Charlie Ortman	12	Potomac	2:39.00
5	Calvin Dovgalyuk	10	Trinity Christ.	2:40.82
6	Colin Crenshaw	12	Veritas	2:41.76
7	Anderson Patry	12	Episcopal	2:41.99
8	Stephen Proctor	12	St. Christophers	2:43.10
9	Alex Mathews	11	Potomac	2:44.62
10	Brandon Morrow	9	Paul VI	2:44.71
11	Christopher Moscoso	10	Trinity Christ.	2:45.76
12	Elijah Thompson	10	Saint John P	2:46.04
13	Matthew Elliott	11	Saint John P	2:47.24
14	Ethan Villaver	12	Paul VI	2:48.57
15	Dylan White	11	North Cross	2:49.08
16	Walker Angus	11	Collegiate	2:49.43
17	Alex Dickenson	11	North Cross	2:51.06
18	Travis Carroll	10	Norfolk Academy	2:52.09
19	William Voss	11	Veritas	2:52.21
20	Quinn Carroll	12	Norfolk Academy	2:53.41
21	Bryan Bejarano	12	Norf. Collegiate	2:53.78
22	Carson Cowburn	9	Episcopal	2:53.80

**Event 25 Girls 300 Meter Dash (36)**

	Name	Yr	School	Seed Time
1	Hampton Turton	12	St. Catherines	41.37
2	Alauna Rutland	12	Paul VI	41.39
3	Ally Griswold	9	Potomac	41.83
4	Elena Granados	11	Cape Henry	42.06
5	Chinenye Obasi	10	Saint John P	42.58
6	Hannah Edwards	12	Isle of Wight	42.72
7	Tiara Jenkins	10	Atlantic Shores	42.75
8	Mackenzie Fulgham	11	Potomac	42.76
9	Zoe Burke	12	Oakcrest	43.91
10	Chayse Raymond	12	Bishop O'Connell	43.98
11	Angelina Lancey	12	Norfolk Academy	44.09
12	Lexa Hunter	12	Catholic	44.23
13	Kate Motley	12	Potomac	44.41
14	Josie Saffold	10	Norfolk Academy	44.64
15	Annie Reed	10	Collegiate	44.81
16	Evie Miller	11	Trinity Christ.	45.36
17	Rylee Coates	9	Broadwater	45.68
18	Samantha Rough	12	Bishop O'Connell	45.70
19	Jeylah Hamrick	11	Walsingham	46.00
20	Sarah Busby	8	Stonebridge	46.40
21	Natalie Anderson	12	Bishop O'Connell	46.56
22	Teagan Engdahl	12	Catholic	46.58
23	Piper Shannon	10	St. Catherines	46.61
24	Adriana Walker	11	St. Catherines	46.78
25	Lauren Sutterfield	12	Catholic	46.87
26	Emily Beggerow	9	Collegiate	46.94
27	Olivia D'Ambrosia	11	Collegiate	46.95

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**Event 25 ... (Girls 300 Meter Dash (36))**

Name	Yr	School	Seed Time
28 Riya Campbell	9	Stonebridge	47.07
29 Sophia Van Zyl	10	Veritas	47.17
30 Emma Uncapher	9	Norfolk Academy	47.19
31 Maria Catalina O'Connor	10	Saint John P	47.20
32 Emmy Gomoke	8	Stonebridge	47.50
33 Eila Crumlish	10	Trinity Episc.	47.51
34 Cybil Murchie	11	Veritas	47.58
35 Meredith Borcharding	9	Trinity Christ.	49.38
36 Ryleigh Williams	10	Trinity Christ.	NT

**Event 26 Boys 300 Meter Dash (29)**

Name	Yr	School	Seed Time
1 Nathan Sims	11	Trinity Episc.	35.43
2 Robbie Handelsman	12	Woodberry	35.77
3 William Hoffler	11	Trinity Episc.	35.88
4 Dylan Defoor	11	Norfolk Academy	36.43
5 Cole Griswold	11	Potomac	36.55
6 Xavier Mitchell	11	North Cross	36.58
7 Andrew Hart	11	Cape Henry	37.05
8 Andy Geiser	10	Paul VI	37.16
9 Bradley Cruthirds	11	St. Stephens	37.17
10 Charles Campbell	12	Fork Union	37.20
11 Chris Joseph	12	Norfolk Christ.	37.27
12 Zahir Griffith	11	Norfolk Academy	37.55
13 Josiah Malone	12	Atlantic Shores	37.56
14 Antonio Schoenborn	11	Benedictine	37.78
15 Ian Cann	12	North Cross	37.81
16 Ben Wittkamp	11	Collegiate	37.85
17 Landon Ellis	12	Woodberry	37.90
18 Hunter Garnett	11	St. Christophers	37.92
19 Brady Colio	9	Paul VI	37.94
20 Chad Greene-Miller	12	Bishop Ireton	38.09
21 Martin Chang	11	Woodberry	38.21
22 Ned Berkley	12	Norfolk Academy	38.22
23 Nick O'Donnell	12	Bishop O'Connell	38.36
24 Dunning Gould	12	Collegiate	38.37
25 Moritz Mittendorfer	11	North Cross	38.45
26 Ty Adamson	11	Cape Henry	38.65
27 Ronnie Barnes	11	Norfolk Christ.	38.79
28 Javier Ihde	12	Catholic	38.96
29 Andrew Fisher	11	Trinity Christ.	38.98

**Event 27 Girls 3200 Meter Run (20)**

Name	Yr	School	Seed Time
1 Molly Weithman	11	Bishop O'Connell	10:50.67
2 Josie Nunziata	8	Stonebridge	11:46.66
3 Hannah Floyd	10	St. Stephens	11:52.86
4 Rosie Ferrell	8	Collegiate	11:56.22
5 Eve Frost	9	Stonebridge	11:56.39
6 Caroline Wulff	11	St. Catherines	11:56.50
7 Jane Earp	8	Norfolk Academy	11:57.52
8 Arielle Kouyoumdjian	10	Potomac	12:06.65
9 Anne Earp	11	Norfolk Academy	12:11.96

10 MK Myers	12	Collegiate	12:17.60
11 Amelie Shepherd	10	Veritas	12:25.18
12 Giles Ferrell	11	Collegiate	12:26.81
13 Sarah Dake	12	Saint John P	12:33.73
14 Leila Mateo	9	Catholic	12:39.49
15 Zanna Anderson	12	St. Catherines	12:51.00
16 Claire Hanley	10	St. Stephens	12:56.58
17 Kilian Dziepak	12	Bishop O'Connell	12:58.76
18 Sarah Coleman	12	Trinity Episc.	13:18.22
19 Kayton Buerlein	12	St. Catherines	13:21.32
20 Mary Lou Moore	12	Saint John P	13:22.16

**Event 28 Boys 3200 Meter Run (26)**

Name	Yr	School	Seed Time
1 Charlie Ortman	12	Potomac	9:02.36
2 Taylor Myers	12	Woodberry	9:43.12
3 James Bertram	11	Saint John P	9:46.35
4 Tate Frost	12	Stonebridge	9:47.50
5 Stan Craig	12	Collegiate	9:49.61
6 Liam Sullivan	12	Norfolk Academy	9:52.49
7 Jake Falcone	12	Walsingham	9:53.70
8 Billy Driscoll	11	Peninsula Cath.	10:05.21
9 Sasha Minsky	11	Potomac	10:06.18
10 Macon Moring	12	St. Christophers	10:09.12
11 Parker Tallman	11	Woodberry	10:13.82
12 Liam Harbour	11	Collegiate	10:19.01
13 Austin Colvin	10	Saint John P	10:27.96
14 Anthony Lenzini	12	Bishop O'Connell	10:29.12
15 Liam Kurzawa	10	St. Christophers	10:29.53
16 Asher Green	9	St. Christophers	10:32.83
17 Logan Beale	10	Paul VI	10:42.66
18 Joshua Seidensticker	9	Catholic	10:43.83
19 Max Zeldes	11	Potomac	10:43.91
20 Jakob Gerlach	12	East. Mennonite	10:47.06
21 Alex Fowler	11	Peninsula Cath.	10:47.88
22 Jonah Zuckerman	11	Cape Henry	10:49.22
23 Liam Moore	10	Collegiate	10:51.94
24 Spencer Anthony	10	Trinity Episc.	10:52.03
25 Aidan O'Flynn	9	Veritas	10:57.47
26 Jackson Pretus	12	Fork Union	10:57.73

**Event 29 Girls 4x400 Meter Relay (19)**

Team	Relay	Seed Time
1 St. Catherines		4:15.81
2 Potomac		4:19.15
3 Saint John P		4:20.11
4 Trinity Christ.		4:24.82
5 Norfolk Academy		4:28.70
6 St. Stephens		4:32.39
7 Collegiate		4:34.83
8 Bishop O'Connell		4:35.13
9 Veritas		4:36.89
10 Episcopal		4:43.97
11 East. Mennonite		4:44.75
12 Paul VI		4:44.91

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**Event 29 ... (Girls 4x400 Meter Relay (19))**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
13	Oakcrest		4:53.86
14	Catholic		4:55.17
15	Flint Hill		4:55.48
16	Norfolk Christ.		5:01.77
17	Peninsula Cath.		5:06.89
18	Stonebridge		NT
19	North Cross		NT

**Event 30 Boys 4x400 Meter Relay (20)**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	St. Christophers		3:36.78
2	Trinity Christ.		3:37.99
3	Saint John P		3:38.26
4	Fork Union		3:41.74
5	Norfolk Academy		3:42.10
6	Episcopal		3:42.24
7	Bishop O'Connell		3:43.47
8	Woodberry		3:45.34
9	Potomac		3:45.77
10	Paul VI		3:45.84
11	East. Mennonite		3:47.79
12	Norfolk Christ.		3:48.56
13	Collegiate		3:50.29
14	Peninsula Cath.		3:52.03
15	Catholic		3:55.31
16	Cape Henry		3:57.36
17	North Cross		3:59.29
18	Bishop Ireton		4:07.01
19	St. Stephens		4:07.67
20	VA Episcopal		NT