

VISAA Track & Field Championship - 2/12/2026
Virginia Beach Sports Center
Performance List

Event 1 Boys 4x200 Meter Relay Division I (12)

Meet Record: 1:30.77 2025 St. Christopher's
 Ackerly, Johnson, Asare, White

Team	Relay	Seed Time
1 St. Christop	A	1:30.00
2 Woodberry Fo	A	1:31.35
3 Bishop O'Con	A	1:31.61
4 Fork Union	A	1:32.39
5 Collegiate	A	1:34.03
6 Saint John P	A	1:34.91
7 Norfolk Acad	A	1:35.09
8 The Potomac	A	1:35.11
9 Episcopal	A	1:35.82
10 Trinity Epis	A	1:36.07
11 St. Stephen'	A	1:36.59
12 Catholic Hig	A	1:36.98

Event 2 Boys 4x400 Meter Relay Division I (12)

Meet Record: 3:24.18 2016 St. Christopher's
 Menges - Dabney Cuevas - Thomas

Team	Relay	Seed Time
1 St. Christop	A	3:29.15
2 Saint John P	A	3:29.31
3 Bishop O'Con	A	3:30.37
4 Cape Henry C	A	3:32.75
5 St. Stephen'	A	3:36.44
6 Woodberry Fo	A	3:39.33
7 Bishop Ireto	A	3:39.59
8 Episcopal	A	3:40.36
9 Fork Union	A	3:40.56
10 Collegiate	A	3:45.00
11 Norfolk Acad	A	3:46.10
12 Paul VI Cath	A	3:47.57

Event 3 Boys 4x800 Meter Relay Division I (11)

Meet Record: 8:11.20 2015 St. Christopher's
 Constable - Cuevas - Menges - Moore

Team	Relay	Seed Time
1 St. Christop	A	8:11.18
2 Bishop O'Con	A	8:16.99
3 Saint John P	A	8:27.31
4 Woodberry Fo	A	8:35.65
5 Cape Henry C	A	8:40.16
6 St. Stephen'	A	8:46.96
7 Collegiate	A	8:49.07
8 Catholic Hig	A	8:53.90
9 Fork Union	A	8:54.56
10 Bishop Ireto	A	9:08.18
11 Paul VI Cath	A	9:19.54

Event 4 Boys 55 Meter Dash Division I (16) Prelims

Meet Record:	6.35	2020	Malcolm Johnson Jr.
Name	Yr	School	Seed Time
1 Morrison, John	12	Woodberry Fo	6.39
2 Allen, Zion	11	Episcopal	6.53
3 Colcombe, Cooper	10	Paul VI Cath	6.55

4 Johnson, Keyon	12	Paul VI Cath	6.55
5 Asare, Elisha	12	St. Christop	6.56
6 Diggs, Nasir	10	Collegiate	6.62
7 Jordan-Wedderburn, Jonathan	10	The Potomac	6.63
8 Tidwell, Justin	11	St. Christop	6.64
9 Johnson, Jaerron	11	St. Christop	6.66
10 Robertson, Timothy	9	Bishop O'Con	6.67
11 Furgurson, Brycen	11	Trinity Epis	6.70
12 Gndadt, Nicholas	10	Catholic Hig	6.70
13 Lovell, Will	10	Norfolk Acad	6.71
14 Babin, Levi	11	Episcopal	6.72
15 Strother, Julius	11	Woodberry Fo	6.74
16 Jefferson, Preston	9	Norfolk Acad	6.75

Event 5 Boys 55 Meter Hurdles Division I (18) Prelims

Meet Record:	7.54	2020	Jayden Smith
Name	Yr	School	Seed Time
1 Ray, Bryant	11	Fork Union	8.01
2 Olesen, Victor	12	St. Christop	8.09
3 Nelson, Henry	11	St. Christop	8.21
4 Lewis, Essentino	10	Episcopal	8.23
5 Figaro, Tawon	12	St. Stephen'	8.44
6 Neuner, Rhodes	12	Collegiate	8.68
7 Rutter, Jack	12	St. Stephen'	8.77
8 Floyd, Everette	12	Woodberry Fo	8.91
9 Reid, Campbell	10	Norfolk Acad	8.98
10 Pochick, Caden	12	Paul VI Cath	8.99
11 Washington, Reece	12	Paul VI Cath	9.15
12 Fumo-Pegues, Khoi	11	St. Stephen'	9.29
13 Robinson, Austin	11	St. Christop	9.32
14 Tillman, Preston	10	Collegiate	9.41
15 Perez, Zen	10	Flint Hill S	9.46
16 Bonbright, James	12	Collegiate	9.47
17 Lewis, Alex	9	Norfolk Acad	9.66
18 Ndze, Munjum	10	Fork Union	9.69

Event 6 Boys 300 Meter Dash Division I (25)

Meet Record:	34.83	2010	Demetri Knowles
Name	Yr	School	Seed Time
1 Bowser, Cameron	12	Bishop O'Con	33.50
2 White, Maddox	12	St. Christop	35.28
3 Diggs, Nasir	10	Collegiate	35.58
4 Wingfield, Izaiah	10	Saint John P	35.69
5 Mayer, Coleman	11	St. Christop	35.79
6 Colcombe, Cooper	10	Paul VI Cath	35.81
7 Robertson, Timothy	9	Bishop O'Con	35.88
8 Morrison, John	12	Woodberry Fo	35.99
9 Whiteside, Kaydan	10	Fork Union	36.09
10 Obasi, Tobechei	12	Saint John P	36.35
11 Jefferson, Preston	9	Norfolk Acad	36.47
12 O'Donnell, Johnny	11	Bishop O'Con	36.49
13 Tragert, Owen	10	Cape Henry C	36.52
14 Lane, Keaton	9	Cape Henry C	36.73
15 Owino, George	11	Fork Union	36.89
16 Martin, Adonijah	9	Fork Union	37.03
17 Fournier, John	12	Benedictine	37.13

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Event 6 ... (Boys 300 Meter Dash Division I (25))

	Name	Yr	School	Seed Time
18	Calkins, Stephen	12	The Potomac	37.25
19	Ireland, Bowan	11	St. Christop	37.28
20	Adelaar, Sam	11	Trinity Epis	37.28
21	Rutland, Christian	12	Paul VI Cath	37.45
22	Jackson, Brody	11	Norfolk Acad	37.72
23	Lovell, Will	10	Norfolk Acad	37.90
24	Perez, Ayden	10	Catholic Hig	38.02
25	Furgurson, Brycen	11	Trinity Epis	38.08

Event 8 Boys 500 Meter Dash Division I (9)

Meet Record: 1:05.58 2012		Eric Ways		
	Name	Yr	School	Seed Time
1	Bowser, Cameron	12	Bishop O'Con	1:06.22
2	Tragert, Owen	10	Cape Henry C	1:06.36
3	Wingfield, Izaiah	10	Saint John P	1:06.55
4	Figaro, Tawon	12	St. Stephen'	1:09.75
5	Street, Ryan	12	Bishop O'Con	1:10.03
6	Baquero, Braiden	9	Cape Henry C	1:10.51
7	Smith, Noah	11	St. Christop	1:11.10
8	Garrett, Robbie	11	Paul VI Cath	1:11.99
9	Spicer, Kyle	10	Collegiate	1:12.57

Event 9 Boys 1000 Meter Run Division I (19)

Meet Record: 2:29.80 2020		Daniel O'Brien		
	Name	Yr	School	Seed Time
1	McKnew, Michael	12	Cape Henry C	2:28.39
2	Morrow, Brandon	12	Paul VI Cath	2:33.97
3	Jones, Grayson	10	St. Christop	2:34.48
4	Thompson, Jacob	12	Saint John P	2:35.80
5	Brefczynski, Landon	9	Bishop O'Con	2:35.83
6	Levine, Eli	12	The Potomac	2:37.12
7	Krebs, Henry	10	St. Stephen'	2:41.56
8	Carter, Luke	12	The Potomac	2:44.09
9	Cowburn, Carson	12	Episcopal	2:44.90
10	Jayne, Lance	12	Bishop O'Con	2:45.58
11	Huynh, Justin	11	Bishop Ireto	2:46.47
12	Russell, Henry	12	St. Christop	2:47.42
13	Young, Joseph	11	Saint John P	2:48.14
14	Guzik, Finn	11	Norfolk Acad	2:48.17
15	Johnson, Tyran	12	Fork Union	2:49.01
16	Sexton, Langdon	9	St. Christop	2:49.94
17	Sutherland, Preston	11	Collegiate	2:50.15
18	Eason, Brandon	12	Catholic Hig	2:50.22
19	Lewis, Reade	11	Collegiate	2:50.68

Event 10 Boys 1600 Meter Run Division I (12)

Meet Record: 4:14.65 2007		Axel Mostrag		
	Name	Yr	School	Seed Time
1	McKnew, Michael	12	Cape Henry C	4:16.81
2	Morrow, Brandon	12	Paul VI Cath	4:22.31
3	Brefczynski, Jayse	11	Bishop O'Con	4:28.02
4	Saitta, Nick	12	Paul VI Cath	4:30.42
5	Krebs, Henry	10	St. Stephen'	4:34.54
6	Carter, Luke	12	The Potomac	4:35.55

7	Dobson, Louis	12	Saint John P	4:36.39
8	Bousman, Matt	9	Norfolk Acad	4:38.17
9	Burnham, Luke	11	Cape Henry C	4:39.03
10	Huynh, Justin	11	Bishop Ireto	4:46.86
11	Fleenor, Peter	10	Bishop O'Con	4:49.27
12	Agrawal, Avi	12	The Potomac	4:49.43

Event 11 Boys 3200 Meter Run Division I (19)

Meet Record: 9:08.31 2022		Charlie Ortman		
	Name	Yr	School	Seed Time
1	McGuigan, Matthew	11	Cape Henry C	9:36.93
2	Day, Jason	11	Bishop Ireto	9:40.82
3	Callahan, Robert	12	Fork Union	9:45.17
4	Nguyen, Long	11	St. Christop	9:49.63
5	Eaton, David	11	Fork Union	9:53.06
6	Brown, Brogan	10	Norfolk Acad	9:54.57
7	Hurley, David	11	Saint John P	10:10.84
8	Saitta, Nick	12	Paul VI Cath	10:11.77
9	Brefczynski, Jayse	11	Bishop O'Con	10:13.19
10	Burnham, Luke	11	Cape Henry C	10:22.04
11	Dobson, Louis	12	Saint John P	10:27.19
12	Agrawal, Avi	12	The Potomac	10:29.60
13	Fleenor, Peter	10	Bishop O'Con	10:34.32
14	Reinecke, Joshua	11	The Potomac	10:43.33
15	Whitfield, Kyle	9	Cape Henry C	10:43.39
16	Carter, Troy	10	Saint John P	10:43.90
17	Riedy, Liam	10	St. Stephen'	10:44.25
18	White, Asa	10	St. Christop	10:46.85
19	Brown, Jonah	10	Fork Union	10:50.52

Event 13 Boys High Jump Division I (17)

Meet Record: 6-09 2023		Jaden Ferguson		
	Name	Yr	School	Seed Mark
1	Spicer, Kyle	10	Collegiate	6-03.00
2	Colcombe, Cooper	10	Paul VI Cath	6-02.00
3	Lewis, Dylan	11	Cape Henry C	6-00.00
4	Morrison, John	12	Woodberry Fo	6-00.00
5	Pochick, Caden	12	Paul VI Cath	5-10.00
6	Andrews, Watson	11	Collegiate	5-10.00
7	Lowe, Max	10	Catholic Hig	5-10.00
8	Kitonga, Jacob	12	Woodberry Fo	5-10.00
9	Johnson, Tae'Veon	12	Collegiate	5-10.00
10	Stankiewicz, Timothy	12	Paul VI Cath	5-10.00
11	Appelget, Carter	11	St. Christop	5-08.00
12	Cheshire, Daniel	10	Cape Henry C	5-08.00
13	Kniseley, Apollo	10	Woodberry Fo	5-06.00
14	Landskroener, Josh	12	Fork Union	5-06.00
15	Stanton, Thomas	10	St. Stephen'	5-06.00
16	Perez, Ayden	10	Catholic Hig	5-06.00
17	Nelson, Henry	11	St. Christop	5-06.00

Event 14 Boys Long Jump Division I (15)

Meet Record: 23-10 2025		John Morrison		
	Name	Yr	School	Seed Mark
1	Morrison, John	12	Woodberry Fo	23-04.75
2	Diggs, Nasir	10	Collegiate	22-05.00

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Event 14 ... (Boys Long Jump Division I (15))

	Name	Yr	School	Seed Mark
3	Ray, Bryant	11	Fork Union	22-03.50
4	Harris, Kj	11	Trinity Epis	21-08.25
5	Helsley, Maddox	10	Woodberry Fo	21-05.75
6	Kitonga, Jacob	12	Woodberry Fo	21-04.50
7	Julias, George	12	St. Christop	21-03.50
8	Rutland, Christian	12	Paul VI Cath	20-03.00
9	Both, Christian	11	St. Christop	20-01.25
10	Wishnack, Colin	11	St. Christop	20-00.00
11	Colcombe, Cooper	10	Paul VI Cath	20-00.00
12	Simmons, Courtland	10	Norfolk Acad	19-08.50
13	Fumo-Pegues, Khoi	11	St. Stephen'	19-07.50
14	Martin, Adonijah	9	Fork Union	19-05.50
15	Brown, Mason	11	Cape Henry C	19-04.00

Event 15 Boys Pole Vault Division I (8)

Meet Record: 17-03 2025		Victor Olesen		
	Name	Yr	School	Seed Mark
1	Olesen, Victor	12	St. Christop	17-04.50
2	Floyd, Everette	12	Woodberry Fo	12-06.00
3	Bonbright, James	12	Collegiate	12-06.00
4	Mayer, Benjamin	11	St. Christop	11-00.00
5	Guzik, Finn	11	Norfolk Acad	11-00.00
6	Repole, Alex	10	Norfolk Acad	10-09.00
7	Scammell, Ryan	12	St. Christop	10-00.00
8	Maddox, Devlin	9	Fork Union	10-00.00

Event 16 Boys Shot Put Division I (17)

Meet Record:		59-00	2025	Chance Stuart	
	Name	Yr	School	Seed	Mark
1	Segneri, James	12	St. Christop		53-08.00
2	Boyd, Tyson	11	St. Anne's-B		50-07.00
3	Saunders, Jr	11	Woodberry Fo		49-09.00
4	Cart, Walter	12	St. Christop		49-00.00
5	Thompson, malcolm	12	Woodberry Fo		48-04.00
6	Johnson, Eric	10	St. Christop		48-03.00
7	Gray, Cameron	11	Fork Union		45-01.00
8	Wegdam, Buddy	12	Woodberry Fo		44-09.00
9	Ankley, Chris	12	Catholic Hig		44-01.50
10	Sereno, Jackson	12	Fork Union		43-06.00
11	Ali, Saad	11	Flint Hill S		43-02.00
12	Hutcheson, Mercer	10	Collegiate		42-11.00
13	Bruning, Davis	12	Collegiate		40-10.00
14	Mondesir, Julius	12	Fork Union		40-09.00
15	Rubino, Tyler	9	Cape Henry C		40-05.00
16	Atkins, Aaron	12	Collegiate		40-03.00
17	Vargas, Sebastian	12	St. Stephen'		39-08.50

Event 17 Boys Triple Jump Division I (16)

Meet Record:		46-09	2019	Elby Omohundro	
	Name	Yr	School	Seed	Mark
1	Diggs, Nasir	10	Collegiate		43-08.00
2	Fumo-Pegues, Khoi	11	St. Stephen'		42-04.50
3	Rutland, Christian	12	Paul VI Cath		41-11.00
4	Harris, Kj	11	Trinity Epis		41-01.75

5	Stankiewicz, Timothy	12	Paul VI Cath	40-08.00
6	Brown, Mason	11	Cape Henry C	40-07.00
7	Asare, Elijah	12	St. Christop	40-04.00
8	Wishnack, Colin	11	St. Christop	40-00.25
9	Tillman, Preston	10	Collegiate	39-09.25
10	Rosa, Javier	11	Fork Union	39-00.00
11	Cheshire, Daniel	10	Cape Henry C	38-09.00
12	Griffith, John	9	The Potomac	38-06.00
13	O'Brien, Quinn	11	Fork Union	38-04.25
14	Falk, Chase	10	Norfolk Acad	37-11.50
15	Siodlarz, Kadan	10	Bishop O'Con	37-09.00
16	Furr, Ned	9	The Potomac	37-02.50

Event 18 Girls 4x200 Meter Relay Division I (12)

Meet Record: 1:46.06 2020		St. Catherine's	
Shannon, Horner, Turton, Channer			
	Team	Relay	Seed Time
1	Saint Cather	A	1:45.00
2	Trinity Epis	A	1:45.73
3	The Potomac	A	1:48.61
4	St. Stephen'	A	1:49.75
5	Bishop O'Con	A	1:51.49
6	Catholic Hig	A	1:51.99
7	Norfolk Acad	A	1:52.45
8	Collegiate	A	1:52.81
9	Paul VI Cath	A	1:54.40
10	Episcopal	A	1:55.16
11	Saint John P	A	1:56.55
12	St. Gertrude	A	1:58.66

Event 19 Girls 4x400 Meter Relay Division I (13)

Meet Record: 4:03.13 2018		The Potomac School	
Yisreal, Walton, Labrecque, Hyman			
	Team	Relay	Seed Time
1	The Potomac	A	4:06.09
2	St. Stephen'	A	4:14.47
3	Saint Cather	A	4:16.06
4	Collegiate	A	4:22.43
5	Episcopal	A	4:23.10
6	Bishop O'Con	A	4:24.32
7	Paul VI Cath	A	4:24.83
8	Saint John P	A	4:26.48
9	Norfolk Acad	A	4:26.90
10	Bishop Ireto	A	4:27.42
11	Catholic Hig	A	4:38.14
12	Oakcrest Sch	A	4:38.65
13	Trinity Epis	A	4:39.24

Event 20 Girls 4x800 Meter Relay Division I (13)

Meet Record: 9:44.46 2007		Paul VI	
Bridges, Clement, Kew, McDonald			
Team		Relay	Seed Time
1	St. Stephen'	A	10:11.54
2	Collegiate	A	10:12.19
3	Saint Cather	A	10:12.42
4	Saint John P	A	10:16.30

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	Team	Relay	Seed Time
5	Paul VI Cath	A	10:17.52
6	Episcopal	A	10:25.39
7	The Potomac	A	10:31.88
8	Bishop O'Con	A	10:41.01
9	Catholic Hig	A	10:42.94
10	Norfolk Acad	A	10:44.28
11	Bishop Ireto	A	10:57.35
12	Trinity Epis	A	10:59.38
13	Oakcrest Sch	A	10:59.56

Event 21 Girls 55 Meter Dash Division I (21) Prelims

Meet Record:	7.12	2011	Shantell Bingham	
Name	Yr	School	Seed Time	
1 Versen, Lucy	12	Trinity Epis	7.23	
2 Levine, Sydney	10	The Potomac	7.27	
3 Hughes, Madison	12	St. Stephen'	7.27	
4 Branch, Kinnady	11	Saint Cather	7.29	
5 Barabanov, Rose	11	The Potomac	7.36	
6 Gosline, Avery	10	Saint Cather	7.38	
7 Griswold, Ally	12	The Potomac	7.41	
8 Johnson, Makaela	11	Saint Cather	7.44	
9 Scott, Adaline	12	Norfolk Acad	7.48	
10 Obasi, Eberechi	10	Saint John P	7.51	
11 Smith, Imani	11	Catholic Hig	7.55	
12 Martinez, Kyria	12	St. Gertrude	7.61	
13 Kouami, Kathia	10	Paul VI Cath	7.61	
14 Nelson, Ashlyn	11	Trinity Epis	7.62	
15 Helesti, Natalia	9	Oakcrest Sch	7.66	
16 Wood, Stella	10	Catholic Hig	7.77	
17 Bullock, Tranise	10	Flint Hill S	7.78	
18 Schneider, Ella	11	St. Stephen'	7.81	
19 Johnson, Tabitha	10	Trinity Epis	7.83	
20 Grant, Haley	9	St. Stephen'	7.83	
21 Simmons, Hunter	8	Norfolk Acad	7.85	

Event 22 Girls 55 Meter Hurdles Division I (18) Prelims

Meet Record:	8.21	2011	Shantell Bingham	
Name	Yr	School	Seed Time	
1 Scott, Adaline	12	Norfolk Acad	8.81	
2 Kulow, Taylor	11	Norfolk Acad	9.08	
3 Wintsch, Layla	12	Trinity Epis	9.34	
4 Flynn, Zemma	10	St. Stephen'	9.60	
5 Figaro, Taliyah	11	St. Stephen'	9.76	
6 Torrence, Carter	11	Saint Cather	9.91	
7 Santoro, Siena	11	Bishop Ireto	10.36	
8 Camacho, Arianna	10	Bishop O'Con	10.38	
9 Cotman, Morgan	11	Collegiate	10.47	
10 Cosenza, Ashley	12	Paul VI Cath	10.50	
11 Lartey, Nadia	10	Trinity Epis	10.54	
12 Kuehnle, Teagan	11	Saint Cather	10.55	
13 Aoki, Bryn	12	Saint Cather	10.56	
14 Lianos, Sophia	11	Bishop O'Con	10.58	
15 Antunez Martinez, Jimena	11	Episcopal	10.67	
16 Rafaels, Grace	12	Bishop Ireto	10.69	

17	Barton, Sofia	10	Saint John P	10.86
18	Sindler, Tatum	10	St. Stephen'	10.96

Event 23 Girls 300 Meter Dash Division I (17)

Meet Record:	40.36	2023	Ally Griswold	
Name	Yr	School	Seed Time	
1 Branch, Kinnady	11	Saint Cather	41.03	
2 Levine, Sydney	10	The Potomac	41.14	
3 Versen, Lucy	12	Trinity Epis	41.46	
4 Jones, Ainsleigh	11	Trinity Epis	41.57	
5 Johnson, Makaela	11	Saint Cather	42.50	
6 Griswold, Ally	12	The Potomac	42.57	
7 McGrew, Kayla	9	The Potomac	42.74	
8 Obasi, Eberechi	10	Saint John P	43.00	
9 Rodriguez, Isabelle	11	Bishop O'Con	43.18	
10 Sadowski, Gianna	9	Bishop O'Con	43.58	
11 Uncapher, Emma	12	Norfolk Acad	43.77	
12 Gosline, Avery	10	Saint Cather	43.80	
13 Crum, Abigail	12	Bishop Ireto	44.33	
14 Nelson, Ashlyn	11	Trinity Epis	44.44	
15 Helesti, Natalia	9	Oakcrest Sch	44.51	
16 Wood, Stella	10	Catholic Hig	44.57	
17 Beggerow, Emily	12	Collegiate	44.71	

Event 25 Girls 500 Meter Dash Division I (13)

Meet Record:	1:15.33	2019	Catherine Hyman	
Name	Yr	School	Seed Time	
1 Jones, Ainsleigh	11	Trinity Epis	1:17.91	
2 Harris, Virginia	11	Collegiate	1:19.79	
3 Barabanov, Rose	11	The Potomac	1:20.48	
4 Jones, Mia	11	Norfolk Acad	1:21.38	
5 Huffman, Ruthie	11	Saint Cather	1:22.34	
6 McKay, Abigail	11	Saint Cather	1:23.34	
7 Farmer, Ella	8	Saint Cather	1:23.52	
8 Walters, Riley	12	The Potomac	1:24.12	
9 Crum, Abigail	12	Bishop Ireto	1:24.53	
10 Sramek, Carolina	10	St. Stephen'	1:24.69	
11 Brundage, Quinn	10	The Potomac	1:26.21	
12 Rakowitz, Chloe	12	Paul VI Cath	1:26.54	
13 Onwuchekwa, Chinyere	11	Collegiate	1:26.85	

Event 26 Girls 1000 Meter Run Division I (16)

Meet Record:	2:58.13	2019	Hannah Ballowe	
Name	Yr	School	Seed Time	
1 Ferrell, Rosie	11	Collegiate	3:05.96	
2 Gibbins, Grey	12	Episcopal	3:06.85	
3 Schultz, Regan	12	Bishop Ireto	3:08.55	
4 Burnette, Campbell	10	Saint Cather	3:10.70	
5 Stack, Lucy	9	Flint Hill S	3:10.77	
6 Rouse, Ali	12	St. Stephen'	3:11.87	
7 Clemons, Piper	10	Saint Cather	3:12.11	
8 Kirsch, Talia	9	The Potomac	3:14.24	
9 Bechtel, Tegan	11	Saint John P	3:15.54	
10 Navitsky, Lydia	11	Episcopal	3:15.58	
11 Barton, Victoria	9	Saint John P	3:18.92	
12 Slowe, Eleanor	9	Paul VI Cath	3:19.06	

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Event 26 ... (Girls 1000 Meter Run Division I (16))

	Name	Yr	School	Seed Time
13	Elder, Lila	10	St. Gertrude	3:19.55
14	Fitzgibbon, Elise	10	Paul VI Cath	3:20.16
15	Hodges, Margaret	11	Episcopal	3:21.61
16	Scholten, Molly	8	Saint Cather	3:22.41

Event 27 Girls 1600 Meter Run Division I (19)

Meet Record: 5:00.33 2024		Kerrigan Chaney		
	Name	Yr	School	Seed Time
1	Harris, Virginia	11	Collegiate	5:15.94
2	Schultz, Regan	12	Bishop Ireto	5:19.57
3	McCoppin, Alyssa	11	Saint John P	5:21.34
4	Harris, Kailyn	10	Trinity Epis	5:24.09
5	Bechtel, Tegan	11	Saint John P	5:24.37
6	Parker, Lauren	12	Paul VI Cath	5:25.42
7	Stack, Lucy	9	Flint Hill S	5:26.20
8	Dunlavy, Ella	9	Oakcrest Sch	5:28.24
9	Widor, Elizabeth	10	The Potomac	5:28.39
10	Kirsch, Talia	9	The Potomac	5:31.77
11	McMullin, Samantha	12	Collegiate	5:33.54
12	Bayler, Annabel	12	Saint Cather	5:37.68
13	Beville, Claire	8	Collegiate	5:38.34
14	Williams, Kate	11	Saint Cather	5:40.05
15	Altschuler, Sasha	9	The Potomac	5:40.22
16	Hudson, Sophie	9	Saint Cather	5:43.57
17	Dake, Margaret	12	Saint John P	5:46.65
18	Ogden, Teagan	10	Catholic Hig	5:48.02
19	Kaleta, Reagan	12	Bishop Ireto	5:48.20

Event 28 Girls 3200 Meter Run Division I (22)

Meet Record: 10:49.31 2014		Molly Breidenbaugh		
	Name	Yr	School	Seed Time
1	McCoppin, Alyssa	11	Saint John P	11:26.96
2	Parker, Lauren	12	Paul VI Cath	11:27.30
3	Harris, Kailyn	10	Trinity Epis	11:32.49
4	Dunlavy, Ella	9	Oakcrest Sch	11:44.31
5	Widor, Elizabeth	10	The Potomac	11:56.51
6	Clemons, Piper	10	Saint Cather	11:56.74
7	Enos, Paisley	10	Norfolk Acad	12:00.48
8	McMullin, Samantha	12	Collegiate	12:07.47
9	Lewis, Anne	11	Collegiate	12:10.56
10	Wanamaker, Sydney	11	St. Stephen'	12:13.96
11	Haske, Amelia	9	Collegiate	12:18.57
12	Jay, Augusta	11	The Potomac	12:21.92
13	Gibian, Avery	10	St. Stephen'	12:22.62
14	Meekins, Abaigael	12	Saint John P	12:49.54
15	Phair, Jordy	9	The Potomac	12:51.96
16	Roberts, Morgan	12	Paul VI Cath	12:54.82
17	Leiter, Taylor	10	Paul VI Cath	13:02.37
18	Lipscomb, Hannah	9	Saint Cather	13:02.88
19	Kaleta, Reagan	12	Bishop Ireto	13:10.19
20	Killeen, Olivia	9	Saint Cather	13:12.30
21	Albanese, Gianna	12	Saint John P	13:15.75
22	Larose, Sophia	10	Bishop Ireto	13:27.93

Event 30 Girls High Jump Division I (14)

Meet Record: 5-07 2015		Nadia Khoury		
	Name	Yr	School	Seed Mark
1	Kulow, Taylor	11	Norfolk Acad	5-04.00
2	Branch, Kinnady	11	Saint Cather	5-02.00
3	Horton, Michele	12	The Potomac	4-08.00
4	Shepard, Bella	10	Catholic Hig	4-08.00
5	Frazier, Keira	10	Saint Cather	4-08.00
6	Negatu-Jones, Gabriella	8	Saint Cather	4-06.00
7	Mosby, Cheney	9	Collegiate	4-06.00
8	McCloskey, Kate	12	Catholic Hig	4-06.00
9	Curry, Kolby	11	Bishop Ireto	4-06.00
10	Pierce, Ashley	11	Saint John P	4-06.00
11	Burnette, MC	10	Norfolk Acad	4-04.00
12	Cazedessus, Elizabeth	10	Catholic Hig	4-04.00
13	Barton, Sofia	10	Saint John P	4-04.00
14	Martin, Sallie	12	Collegiate	4-04.00

Event 31 Girls Long Jump Division I (13)

Meet Record: 18-06.50 2008		Nefertiti Smith		
	Name	Yr	School	Seed Mark
1	Branch, Kinnady	11	Saint Cather	18-06.75
2	Kulow, Taylor	11	Norfolk Acad	17-03.00
3	Scott, Adaline	12	Norfolk Acad	16-08.00
4	Horton, Michele	12	The Potomac	16-07.25
5	Frazier, Keira	10	Saint Cather	16-06.25
6	McKay, Abigail	11	Saint Cather	16-05.50
7	Smith, Imani	11	Catholic Hig	16-01.00
8	Hager, Eleanor	9	Trinity Epis	15-02.50
9	Lartey, Nicole	11	Trinity Epis	15-01.25
10	Tenorio, Kahlen	11	Saint John P	15-01.25
11	McCabe, Sophia	10	Oakcrest Sch	14-11.75
12	White, Monica	11	Oakcrest Sch	14-08.50
13	Ware, Lila	12	Norfolk Acad	14-08.00

Event 32 Girls Pole Vault Division I (7)

Meet Record: 11-06 2019		Anjali Mead		
	Name	Yr	School	Seed Mark
1	Knight, Haddie	9	Trinity Epis	10-06.00
2	Smullen, Madelyn	12	Saint Cather	10-06.00
3	Kuhlen, Annie	10	Collegiate	9-06.00
4	Kuehnle, Teagan	11	Saint Cather	8-00.00
5	Clemons, Piper	10	Saint Cather	7-06.00
6	Braxton, Claire	12	Episcopal	7-00.00
7	Hofheimer, Carter	9	Collegiate	7-00.00

Event 33 Girls Shot Put Division I (15)

Meet Record: 41-00 2025		Ava Reese		
	Name	Yr	School	Seed Mark
1	Wills, Lydia	11	Saint Cather	35-11.00
2	Johnstone, Ashley Grace	12	Collegiate	35-05.50
3	Avery, Milla	12	Norfolk Acad	34-01.00
4	Williams, Kamryn	10	Collegiate	33-05.00
5	White-Barfield, Aleigha	12	Collegiate	31-05.75
6	Lamson, Karen	12	St. Stephen'	31-03.75
7	McNichols, Mary	11	Oakcrest Sch	31-00.25

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Event 33 ... (Girls Shot Put Division I (15))

	Name	Yr	School	Seed	Mark
8	Bliven, Ciara	12	Bishop O'Con	30-00.50	
9	Nuila, Samantha	10	Oakcrest Sch	29-11.25	
10	Lundquist, Anya	11	Catholic Hig	29-06.00	
11	Green, Virginia	11	Saint Cather	28-05.00	
12	Torres, Maria Bella	10	Saint Cather	28-02.00	
13	Hatcher, Laniah	11	Episcopal	28-02.00	
14	Boykin, Sarah Grace	12	Trinity Epis	26-06.00	
15	Walton, Skylar	10	Flint Hill S	25-08.00	

Event 34 Girls Triple Jump Division I (13)

Meet Record: 38-05.25 2024		Elena Granados			
	Name	Yr	School	Seed	Mark
1	Horton, Michele	12	The Potomac	36-10.50	
2	Kulow, Taylor	11	Norfolk Acad	35-09.00	
3	McKay, Abigail	11	Saint Cather	33-05.25	
4	Frazier, Keira	10	Saint Cather	33-03.75	
5	Torrence, Carter	11	Saint Cather	32-04.50	
6	Vitug, Gabby	10	Catholic Hig	31-00.50	
7	Ware, Lila	12	Norfolk Acad	30-07.00	
8	Sindler, Tatum	10	St. Stephen'	30-03.00	
9	Tenorio, Kahlen	11	Saint John P	28-10.25	
10	Smith, Ashlyn	11	Bishop O'Con	28-09.50	
11	Poersch, Claire	9	St. Stephen'	28-09.00	
12	Cotman, Morgan	11	Collegiate	27-08.00	
13	Clark, Nyra	10	Bishop O'Con	27-06.00	

Event 35 Boys 4x200 Meter Relay Division II (11)

	Team	Relay	Seed	Time
1	Blue Ridge S	A	1:37.19	
2	North Cross	A	1:38.28	
3	Veritas Scho	A	1:40.19	
4	Trinity Chri	A	1:40.24	
5	Nansemond-Su	A	1:41.34	
6	Isle of Wigh	A	1:43.05	
7	Hampton Road	A	1:43.87	
8	Atlantic Sho	A	1:44.94	
9	Immanuel Chr	A	1:45.71	
10	Stonebridge	A	1:46.96	
11	Norfolk Chri	A	1:47.65	

Event 36 Boys 4x400 Meter Relay Division II (9)

	Team	Relay	Seed	Time
1	Trinity Chri	A	3:45.91	
2	Veritas Scho	A	3:47.31	
3	Eastern Menn	A	3:53.82	
4	North Cross	A	3:54.40	
5	Blue Ridge S	A	3:59.05	
6	Isle of Wigh	A	4:04.08	
7	Norfolk Chri	A	4:04.19	
8	Stonebridge	A	4:08.40	
9	Tandem Frien	A	4:10.75	

Event 37 Boys 4x800 Meter Relay Division II (11)

	Team	Relay	Seed	Time
1	Trinity Chri	A	9:18.37	

2	North Cross	A	9:19.20
3	Norfolk Chri	A	9:29.78
4	Veritas Scho	A	9:33.17
5	Peninsula Ca	A	9:54.74
6	Stonebridge	A	9:57.04
7	Isle of Wigh	A	10:10.80
8	Immanuel Chr	A	10:20.06
9	Blue Ridge S	A	10:44.77
10	Atlantic Sho	A	10:46.62
11	Nansemond-Su	A	11:11.41

Event 38 Boys 55 Meter Dash Division II (22) Prelims

	Name	Yr	School	Seed	Time
1	Griffin, Josh	11	Virginia Epi	6.60	
2	Matsinhe, Dayo	12	Blue Ridge S	6.71	
3	Dinh, Maxwell	12	Atlantic Sho	6.82	
4	Brown, Demarcus	11	North Cross	6.82	
5	Cruz, Yariel	12	Blue Ridge S	6.82	
6	Thomas, Jamal	12	Nansemond-Su	6.93	
7	Peebles, Khristian	12	Peninsula Ca	6.94	
8	Perry, Marshall	11	Walsingham A	6.97	
9	Showalter, Mason	11	Eastern Menn	6.99	
10	Grubb, James	11	North Cross	6.99	
11	Hayden, Jack	9	Nansemond-Su	7.02	
12	Nwafor, Chima	11	Stonebridge	7.03	
13	Dignan, Conner	11	Isle of Wigh	7.08	
14	Souders, Adam	9	Isle of Wigh	7.16	
15	Daniels, Michael	9	Isle of Wigh	7.17	
16	Husband, Vince	11	Hampton Road	7.18	
17	Parker, Chris	12	Veritas Scho	7.18	
18	Collins, Ty	11	Blue Ridge S	7.21	
19	Robinson, Kanari	11	Tandem Frien	7.22	
20	Nunez, Alessio	9	North Cross	7.22	
21	Sims, Kai	11	Hampton Road	7.23	
22	Vitale, Landon	12	Virginia Epi	7.25	

Event 39 Boys 55 Meter Hurdles Division II (7) Prelims

	Name	Yr	School	Seed	Time
1	Williams, Joshua	12	Trinity Chri	8.28	
2	Thomas, Jamal	12	Nansemond-Su	8.29	
3	Lemcke, Cohen	12	Blue Ridge S	8.42	
4	Cayssso, Zyir	12	Blue Ridge S	8.64	
5	O'Herron, Sean	12	Roanoke Cath	8.73	
6	Buford, Graham	12	Blue Ridge S	8.85	
7	Perry, Zac	10	Isle of Wigh	9.45	

Event 40 Boys 300 Meter Dash Division II (15)

	Name	Yr	School	Seed	Time
1	Grubb, James	11	North Cross	36.54	
2	O'Herron, Sean	12	Roanoke Cath	37.59	
3	Peebles, Khristian	12	Peninsula Ca	37.83	
4	Griffin, Josh	11	Virginia Epi	38.01	
5	Cayssso, Zyir	12	Blue Ridge S	38.38	
6	Cruz, Yariel	12	Blue Ridge S	38.85	
7	Showalter, Mason	11	Eastern Menn	38.96	
8	Perry, Marshall	11	Walsingham A	38.99	

Event 40 ... (Boys 300 Meter Dash Division II (15))**Event 42 Boys 500 Meter Dash Division II (17)****Event 43 Boys 1000 Meter Run Division II (10)****Event 44 Boys 1600 Meter Run Division II (12)**

12	Small, Zern	8	Grove Christ	4:57.54
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	Name	Yr	School	Seed Time
1	Buppert, Hayes	11	Tandem Frien	9:25.09
2	Blemker, Jack	12	Tandem Frien	9:53.01
3	Austin, Bryce	10	North Cross	10:07.39
4	Reed, Sammy	8	Norfolk Chri	10:14.54
5	Chaney, Finton	11	North Cross	10:17.30
6	O'Hallarn, Gene	12	Walsingham A	10:23.10
7	Knebel, Ignatius	11	Virginia Epi	10:23.54
8	O'Flynn, Aidan	12	Veritas Scho	10:26.45
9	Greenwood, Daniel	10	Trinity Chri	10:33.99
10	Horner, Justus	10	North Cross	10:43.53
11	Trotter, Martin	11	Eastern Menn	10:54.69
12	Woodruff, Jacob	10	Peninsula Ca	10:56.09
13	Bekele, Kaleb	11	Stonebridge	10:57.32
14	Youngblood, Landon	9	Greenbrier C	11:06.19
15	Shiraishi, Brendan	10	Tandem Frien	11:11.50
16	Ron, Kevin	10	Trinity Chri	11:14.00

	Name	Yr	School	Seed Mark
1	Thomas, Jamal	12	Nansemond-Su	5-00.00
2	Aaron, Rhodes	11	Roanoke Cath	5-10.00
3	Hinshelwood, Owen	12	Stonebridge	5-08.00
4	Sallee, Sean	8	Atlantic Sho	5-06.00
5	Buford, Graham	12	Blue Ridge S	5-06.00
6	O'Herron, Sean	12	Roanoke Cath	5-06.00
7	Bauer, Sam	10	North Cross	5-06.00
8	Cayso, Zyrir	12	Blue Ridge S	5-04.00
9	Marchigiani, Alfred Joseph	11	Stonebridge	5-02.00
10	Cowan, Barrett	10	Nansemond-Su	4-10.00
11	Meeker, Benjamin	10	Trinity Chri	4-10.00
12	Jackson, Connor	8	Atlantic Sho	4-08.00

	Name	Yr	School	Seed Mark
1	Thomas, Jamal	12	Nansemond-Su	22-02.75
2	O'Herron, Sean	12	Roanoke Cath	21-00.75
3	Grubb, James	11	North Cross	20-09.50
4	Aaron, Rhodes	11	Roanoke Cath	20-03.50
5	Cruz, Yariel	12	Blue Ridge S	19-10.00
6	Buford, Graham	12	Blue Ridge S	19-09.00
7	Matsinhe, Dayo	12	Blue Ridge S	19-07.50
8	Benko, Tad	12	Veritas Scho	19-07.00
9	Griffin, Josh	11	Virginia Epi	19-06.75
10	Perry, Marshall	11	Walsingham A	19-03.00
11	Meeker, Benjamin	10	Trinity Chri	18-09.50
12	Nwafor, Chima	11	Stonebridge	18-06.25
13	Yardley, Wynn	10	North Cross	18-05.00
14	Parker, Chris	12	Veritas Scho	18-04.50
15	Williams, Joshua	12	Trinity Chri	17-10.00
16	Paquet, Kingston	10	North Cross	17-06.00
17	Shearin, Kellan	9	Nansemond-Su	17-04.00
18	Martin, Hugh	11	Veritas Scho	17-04.00

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Event 48 ... (Boys Long Jump Division II (23))

	Name	Yr	School	Seed	Mark
19	LaBlance, Shae	10	Greenbrier C	17-02.75	
20	Sallee, Sean	8	Atlantic Sho	17-00.00	
21	Hinshelwood, Owen	12	Stonebridge	16-08.50	
22	Marchigiani, Alfred Joseph	11	Stonebridge	16-02.75	
23	Thumm, Keegan	10	Walsingham A	15-06.50	

Event 49 Boys Pole Vault Division II (4)

	Name	Yr	School	Seed	Mark
1	Skelton, Liam	12	Roanoke Cath	13-01.25	
2	Eno, Thomas	12	Broadwater A	10-00.00	
3	Mieusset, Maelig	9	Blue Ridge S	9-00.00	
4	Byers, Jason	11	Blue Ridge S	8-06.00	

Event 50 Boys Shot Put Division II (15)

	Name	Yr	School	Seed	Mark
1	Ye, Steven	11	Broadwater A	46-03.25	
2	Hutchinson, Elijah	11	North Cross	43-05.00	
3	Green, Jalen	10	North Cross	42-07.25	
4	Ponzar, Maden	12	Immanuel Chr	40-09.50	
5	Udemba, Somto	9	Blue Ridge S	40-01.00	
6	Lee, Marvin	11	Greenbrier C	37-07.00	
7	Bakari, Emmanuel	10	Virginia Epi	37-04.00	
8	Tisdale, Tyler	11	Atlantic Sho	37-00.00	
9	Ha, Yechan	11	Norfolk Chri	36-09.75	
10	Matthews, William	11	North Cross	36-05.50	
11	Ford, Brycen	9	Atlantic Sho	35-08.50	
12	Radcliffe, Yuri	10	Blue Ridge S	35-06.00	
13	Nichols, Marshall	12	Eastern Menn	35-05.50	
14	Ford, Marx	12	Peninsula Ca	35-02.00	
15	Nixon, John	9	Norfolk Chri	35-00.50	

Event 51 Boys Triple Jump Division II (14)

	Name	Yr	School	Seed	Mark
1	Thomas, Jamal	12	Nansemond-Su	47-02.25	
2	Nwafor, Chima	11	Stonebridge	42-05.25	
3	Williams, Joshua	12	Trinity Chri	40-02.50	
4	O'Herron, Sean	12	Roanoke Cath	40-00.50	
5	Brown, Demarcus	11	North Cross	39-10.25	
6	Matsinhe, Dayo	12	Blue Ridge S	39-10.00	
7	Paquet, Kingston	10	North Cross	37-10.25	
8	Cruz, Yariel	12	Blue Ridge S	37-07.00	
9	Meeker, Benjamin	10	Trinity Chri	37-01.75	
10	Hinshelwood, Owen	12	Stonebridge	36-07.50	
11	Mieusset, Maelig	9	Blue Ridge S	35-10.00	
12	Sallee, Sean	8	Atlantic Sho	35-05.00	
13	LaBlance, Shae	10	Greenbrier C	35-05.00	
14	Cowan, Barrett	10	Nansemond-Su	35-02.75	

Event 52 Girls 4x200 Meter Relay Division II (11)

	Team	Relay	Seed	Time
1	North Cross	A	1:51.72	
2	Norfolk Chri	A	1:53.62	
3	Cape Henry C	A	1:56.10	
4	Trinity Chri	A	1:56.74	
5	Stonebridge	A	1:56.89	

6	Peninsula Ca	A	1:59.28	
7	Nansemond-Su	A	1:59.97	
8	Immanuel Chr	A	2:00.51	
9	Atlantic Sho	A	2:00.94	
10	Hampton Road	A	2:02.63	
11	Walsingham A	A	2:04.15	

Event 53 Girls 4x400 Meter Relay Division II (8)

	Team	Relay	Seed	Time
1	Norfolk Chri	A	4:17.33	
2	Trinity Chri	A	4:26.79	
3	Cape Henry C	A	4:29.24	
4	Peninsula Ca	A	4:32.33	
5	North Cross	A	4:34.96	
6	Immanuel Chr	A	4:36.72	
7	Stonebridge	A	4:37.51	
8	Nansemond-Su	A	4:41.82	

Event 54 Girls 4x800 Meter Relay Division II (7)

	Team	Relay	Seed	Time
1	Stonebridge	A	10:25.14	
2	Cape Henry C	A	10:42.59	
3	North Cross	A	10:54.80	
4	Trinity Chri	A	10:57.61	
5	Walsingham A	A	11:05.21	
6	Veritas Scho	A	11:25.38	
7	Immanuel Chr	A	11:34.32	

Event 55 Girls 55 Meter Dash Division II (23) Prelims

	Name	Yr	School	Seed	Time
1	Holland, Courtney	11	Virginia Epi	7.57	
2	Nguyen, Kaitlynn	11	Peninsula Ca	7.62	
3	Ofole, Chiamaka	12	Stonebridge	7.70	
4	Johnson, Faith	10	North Cross	7.73	
5	Ofole, Zara	10	Stonebridge	7.84	
6	Rogers, Annabel	10	Isle of Wigh	7.85	
7	Thombs, Gabrielle	8	Guardian Chr	7.90	
8	Monnoyer, Cailynn	10	Hampton Road	7.92	
9	Fellner, Kaiya	11	Norfolk Chri	7.93	
10	Oyoyo, Zibah	9	Trinity Chri	7.95	
11	Williams, Baylee	11	Norfolk Chri	7.97	
12	Way, Isabelle	10	Atlantic Sho	7.98	
13	Hammond, Miranda	10	Nansemond-Su	7.99	
14	Gebara, Jasmine	12	Atlantic Sho	8.00	
15	Edwards, Jamariah	11	Roanoke Cath	8.02	
16	Schultz, Brooklyn	9	Walsingham A	8.03	
17	Bess, Maddisen	12	Immanuel Chr	8.06	
18	Hobson, Iva	11	Peninsula Ca	8.07	
19	Gilbert, McKenzie	12	Nansemond-Su	8.12	
20	Cannon, Taniya	10	Stonebridge	8.13	
21	Houlihan, Cailin	10	Peninsula Ca	8.15	
22	Dimperio, Julianna	11	Nansemond-Su	8.17	
23	Jervey, Brynn	8	Norfolk Chri	8.18	

Event 56 Girls 55 Meter Hurdles Division II (15) Prelims

	Name	Yr	School	Seed	Time
1	Smith, Karly	12	Roanoke Cath	9.48	

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Event 56 ... (Girls 55 Meter Hurdles Division II (15) Prelims)

	Name	Yr	School	Seed Time
2	Schultz, Brooklyn	9	Walsingham A	9.88
3	Van Raaphorst, Lexi	11	Trinity Chri	9.99
4	Hellewell, Charlotte	11	Virginia Epi	10.31
5	Shore, Abigail	12	Immanuel Chr	10.47
6	Akintide, Aderinsola	11	Trinity Chri	10.48
7	Gilbert, McKenzie	12	Nansemond-Su	10.60
8	Cherkaoui, Meriam	10	Walsingham A	10.81
9	Pittman, Kendall	8	Nansemond-Su	10.91
10	Davis, Reegan	11	Virginia Epi	11.04
11	Walrond, Olivia	12	Stonebridge	11.18
12	Stemple, Kailey	12	Trinity Chri	11.21
13	Mazur, Reese	10	Nansemond-Su	11.30
14	Yates, Elizabeth	12	Peninsula Ca	11.47
15	Enfield, Holland	9	Stonebridge	11.54

Event 57 Girls 300 Meter Dash Division II (17)

	Name	Yr	School	Seed Time
1	Branan, Rachel	11	Peninsula Ca	42.09
2	Johnson, Faith	10	North Cross	43.33
3	Thombs, Gabrielle	8	Guardian Chr	43.86
4	Van Raaphorst, Lexi	11	Trinity Chri	44.83
5	Miller, Gabby	12	North Cross	44.99
6	Winslow, Marjorie (Mo)	11	Immanuel Chr	45.10
7	Hammond, Miranda	10	Nansemond-Su	45.75
8	Warren, Eliza	12	Eastern Menn	45.87
9	Campbell, Riya	12	Stonebridge	45.89
10	Schultz, Brooklyn	9	Walsingham A	46.08
11	Oyofo, Zibah	9	Trinity Chri	46.74
12	Dimperio, Julianna	11	Nansemond-Su	46.88
13	Stevens, Cam	10	North Cross	47.09
14	Megroz, Eve	10	Cape Henry C	47.22
15	Monnoyer, Cailynn	10	Hampton Road	47.33
16	Cajulis, Maia	10	Cape Henry C	47.35
17	Hellewell, Charlotte	11	Virginia Epi	47.83

Event 59 Girls 500 Meter Dash Division II (21)

	Name	Yr	School	Seed Time
1	Branan, Rachel	11	Peninsula Ca	1:18.99
2	Hernandez, Pilar	10	Norfolk Chri	1:23.23
3	Doron, Lauren	10	Cape Henry C	1:23.40
4	Miller, Gabby	12	North Cross	1:24.02
5	Thombs, Gabrielle	8	Guardian Chr	1:24.29
6	Borcherding, Meredith	12	Trinity Chri	1:24.64
7	Andrews, Reese	9	Cape Henry C	1:26.39
8	Lanphear, Lauren	12	Veritas Scho	1:26.48
9	Stevens, Cam	10	North Cross	1:28.42
10	Sutingco, Amelie	9	Walsingham A	1:29.74
11	Jones, Alex	11	Nansemond-Su	1:30.42
12	Taliaferro, Isabel	10	Immanuel Chr	1:30.49
13	Coniglione, Eva	12	Roanoke Cath	1:30.70
14	Anderson, Faith	9	Stonebridge	1:30.81
15	Garrett, Lucy	9	Walsingham A	1:32.12
16	Branan, Lisa	9	Peninsula Ca	1:32.59
17	Browning, Claire	9	Cape Henry C	1:32.83

18	Griffin, Caroline	11	Atlantic Sho	1:32.98
19	Mattox, Loralai	12	Trinity Chri	1:32.98
20	Trudeau, Lexi	12	Hampton Road	1:34.26
21	Burke, Lily	10	Trinity Chri	1:34.49

Event 60 Girls 1000 Meter Run Division II (16)

	Name	Yr	School	Seed Time
1	Prince, Rachel	12	Greenbrier C	3:00.44
2	Frost, Eve	12	Stonebridge	3:08.82
3	Barley, Brynn	11	Cape Henry C	3:17.41
4	Galie, Grace	9	The Covenant	3:17.44
5	Lanphear, Jenna	12	Veritas Scho	3:20.58
6	Phillips, Lillian	9	North Cross	3:22.90
7	Fortier, Grace	12	Immanuel Chr	3:26.19
8	Myles, Ainsley	11	North Cross	3:26.34
9	Chronister, Anna	10	Trinity Chri	3:27.52
10	Rapp, Ava	10	Nansemond-Su	3:31.75
11	McDonald, Delaney	10	Norfolk Chri	3:33.37
12	VonCanon, Violet	12	Veritas Scho	3:33.99
13	Castelow, Vivian	9	Greenbrier C	3:34.93
14	Taylor, Grace	11	Immanuel Chr	3:35.70
15	Just, Christina	10	Atlantic Sho	3:35.82
16	Barnhart, Alana	10	Hampton Road	3:36.40

Event 61 Girls 1600 Meter Run Division II (15)

	Name	Yr	School	Seed Time
1	Barley, Brynn	11	Cape Henry C	5:20.14
2	Freeman, Remington	10	Walsingham A	5:20.72
3	Galie, Grace	9	The Covenant	5:22.74
4	Frost, Eve	12	Stonebridge	5:24.32
5	Nunziata, Josie	11	Stonebridge	5:26.55
6	Perkins, Kaitlyn	10	North Cross	5:32.66
7	Van Raaphorst, Taylor	11	Trinity Chri	5:33.82
8	Currey, Agnes	12	Immanuel Chr	5:39.69
9	VonCanon, Violet	12	Veritas Scho	5:43.99
10	Rapp, Ava	10	Nansemond-Su	5:47.44
11	Murphy, Kinley	8	The Carmel S	5:49.16
12	Jones, Alex	11	Nansemond-Su	5:50.18
13	Karsanac, Ava	9	Cape Henry C	5:51.54
14	Hensley, Ari	12	Trinity Chri	5:53.65
15	Morgan, Sadie	12	Veritas Scho	6:01.05

Event 62 Girls 3200 Meter Run Division II (14)

	Name	Yr	School	Seed Time
1	Prince, Rachel	12	Greenbrier C	11:23.22
2	Nunziata, Josie	11	Stonebridge	11:37.80
3	Van Raaphorst, Taylor	11	Trinity Chri	11:48.02
4	Perkins, Kaitlyn	10	North Cross	12:07.99
5	Currey, Agnes	12	Immanuel Chr	12:20.06
6	Phillips, Lillian	9	North Cross	12:22.18
7	Morgan, Sadie	12	Veritas Scho	12:36.97
8	Myles, Ainsley	11	North Cross	12:38.45
9	Hensley, Ari	12	Trinity Chri	12:55.69
10	Lowe, Lucy	11	Tandem Frien	13:22.63
11	Pei, Helia	11	Walsingham A	13:31.25
12	Wratten, Maddison	9	Atlantic Sho	13:32.79

VISAA Track & Field Championship - 2/12/2026
Virginia Beach Sports Center
Performance List

Event 62 ... (Girls 3200 Meter Run Division II (14))

	Name	Yr	School	Seed Time
13	Griffin, Tierzah	9	Atlantic Sho	13:42.24
14	Lynch, Rachel	9	Stonebridge	13:47.14

Event 64 Girls High Jump Division II (19)

	Name	Yr	School	Seed Mark
1	Smith, Karly	12	Roanoke Cath	5-01.00
2	Hobson, Iva	11	Peninsula Ca	4-10.00
3	Schultz, Brooklyn	9	Walsingham A	4-10.00
4	Ofole, Zara	10	Stonebridge	4-10.00
5	Gebara, Jasmine	12	Atlantic Sho	4-08.00
6	Holmes, Alicia	11	North Cross	4-08.00
7	Cannon, Taniya	10	Stonebridge	4-08.00
8	Aaron, Brinkley	10	Roanoke Cath	4-08.00
9	Torres, Alexis	12	Trinity Chri	4-06.00
10	Sharp, Kelly	11	Cape Henry C	4-06.00
11	McKnight, Mary	9	Immanuel Chr	4-04.00
12	Fisher, Ella	9	Trinity Chri	4-04.00
13	Banks, Hannah	12	Peninsula Ca	4-04.00
14	Lanphear, Jenna	12	Veritas Scho	4-04.00
15	Thompson, Hayden	12	Peninsula Ca	4-02.00
16	Sutingco, Amelie	9	Walsingham A	4-02.00
17	Akintide, Aderinsola	11	Trinity Chri	4-02.00
18	Gilbert, McKenzie	12	Nansemond-Su	4-02.00
19	Mazur, Reese	10	Nansemond-Su	4-02.00

Event 65 Girls Long Jump Division II (22)

Meet Record: 18-06.50 2008		Nerfertiti Smith		
	Name	Yr	School	Seed Mark
1	Holland, Courtnee	11	Virginia Epi	16-09.00
2	Hammond, Miranda	10	Nansemond-Su	16-03.50
3	Pittman, Kendall	8	Nansemond-Su	16-01.00
4	Cunningham, Gabrielle	9	Christ Chape	15-10.00
5	Smith, Karly	12	Roanoke Cath	15-09.75
6	Gebara, Jasmine	12	Atlantic Sho	15-07.00
7	Johnson, Faith	10	North Cross	15-06.00
8	Holmes, Alicia	11	North Cross	15-05.50
9	Stevens, Cam	10	North Cross	15-02.50
10	Fisher, Ella	9	Trinity Chri	15-00.50
11	Sharp, Kelly	11	Cape Henry C	14-04.50
12	Cherkaoui, Meriam	10	Walsingham A	14-01.00
13	Thombs, Gabrielle	8	Guardian Chr	13-11.50
14	Edwards, Jamariah	11	Roanoke Cath	13-11.25
15	Lanphear, Lauren	12	Veritas Scho	13-10.25
16	Ofole, Chiamaka	12	Stonebridge	13-09.50
17	Akintide, Aderinsola	11	Trinity Chri	13-06.50
18	DiGiovanni, Josephina	10	Nansemond-Su	13-06.00
19	Schultz, Shirley	9	Walsingham A	13-04.00
20	Ofole, Zara	10	Stonebridge	13-03.00
21	Cannon, Taniya	10	Stonebridge	13-02.00
22	Mulkey, Lia	11	Cape Henry C	13-01.50

Event 66 Girls Pole Vault Division II (2)

	Name	Yr	School	Seed Mark
1	Davis, Sierra	10	Atlantic Sho	7-00.00

2 Griffin, Caroline 11 Atlantic Sho 6-06.00

Event 67 Girls Shot Put Division II (13)

	Name	Yr	School	Seed Mark
1	Holmes, Alicia	11	North Cross	40-08.50
2	Chen, Brooklyn	12	North Cross	37-06.25
3	Llavore, Justinne	12	Roanoke Cath	36-07.00
4	Michel, Kyiah	10	Atlantic Sho	34-00.00
5	Smith, Kelse	10	Atlantic Sho	32-03.00
6	Fadairo, Tife	12	Atlantic Sho	32-00.00
7	Carpenter, Zoey	11	Nansemond-Su	27-04.00
8	Bernstein, Alex	10	Cape Henry C	27-00.25
9	Hammond, Miranda	10	Nansemond-Su	26-08.00
10	Hoskins, Taniyah	11	Stonebridge	26-05.00
11	Walrond, Olivia	12	Stonebridge	26-00.50
12	Smith, Karly	12	Roanoke Cath	25-06.00
13	Wallace, Christina	11	Nansemond-Su	25-04.00

Event 68 Girls Triple Jump Division II (13)

	Name	Yr	School	Seed Mark
1	Holland, Courtnee	11	Virginia Epi	36-00.00
2	Hammond, Miranda	10	Nansemond-Su	34-07.00
3	Gebara, Jasmine	12	Atlantic Sho	32-11.00
4	Smith, Karly	12	Roanoke Cath	32-03.50
5	Pittman, Kendall	8	Nansemond-Su	31-02.00
6	Akintide, Aderinsola	11	Trinity Chri	30-05.00
7	Sharp, Kelly	11	Cape Henry C	30-03.00
8	Fisher, Ella	9	Trinity Chri	30-00.00
9	Just, Christina	10	Atlantic Sho	29-04.00
10	Cannon, Taniya	10	Stonebridge	28-11.00
11	Torres, Alexis	12	Trinity Chri	27-08.00
12	Aaron, Brinkley	10	Roanoke Cath	27-01.00
13	Mulkey, Lia	11	Cape Henry C	26-06.00