VHSL Region 4D Championships - 6/9/2021

Jefferson Forest High School

Results - Meet Order

Girls 100 Meter Dash

	Name	School	Finals	
Finals				
1	Younger, Courtney	George Washi	12.57	10
2	Reynolds, Grace	Blacksburg H	12.69	8
3	Krouscas, Sophia	Blacksburg H	12.93	6
4	Cabel, Cyanna	Amherst Coun	13.08	5
5	Brandon, Tanaya	Halifax Coun	13.15	4
6	Logan, Neelah	Salem (Roano	13.38	3
7	Smith, Kendra	Amherst Coun	13.40	2
8	Socha, Kylan	Blacksburg H	13.54	1
9	Truehart, Cierra	Pulaski Coun	13.58	
10	Watanabe, Annie	Blacksburg H	13.82	
11	Dye, Tykayla	Halifax Coun	14.05	
12	Paige, Ashante	Halifax Coun	14.13	
13	Athuman, Zaujia	Salem (Roano	14.26	
14	Newsom, Alexa	Jefferson Fo	14.33	
15	Cashwell, E'Monie	E.C. Glass	14.80	
16	Viars, Olivia	Pulaski Coun	14.85	
17	Benjamin, Takiya	George Washi	15.60	
18	Glass, Shanice	George Washi	16.18	
19	Hill, Bri	Pulaski Coun	18.00	

Girls 200 Meter Dash

	Name	School	Finals	
Finals				
1	Younger, Courtney	George Washi	25.87	10
2	Reynolds, Grace	Blacksburg H	26.09	8
3	Krouscas, Sophia	Blacksburg H	26.87	6
4	McIvor, Kandace	Jefferson Fo	27.33	5
5	Hubbard, Alexis	Halifax Coun	27.73	4
6	Logan, Neelah	Salem (Roano	27.82	3
7	Zier, Maggie	Blacksburg H	28.13	2
8	Szefc, Anna	Blacksburg H	28.32	1
9	Truehart, Cierra	Pulaski Coun	28.67	
10	Dye, Tykayla	Halifax Coun	29.34	
11	Newsom, Alexa	Jefferson Fo	29.93	
12	Paige, Ashante	Halifax Coun	30.37	
13	Harris, Takiyah	George Washi	30.57	
14	Salamanca, Franny	Pulaski Coun	31.06	
15	Glass, Shanice	George Washi	34.92	
16	Benjamin, Takiya	George Washi	35.09	
17	Zierer, Skylar	Pulaski Coun	35.85	
18	Hill, Bri	Pulaski Coun	37.23	

Girls 400 Meter Dash

	Name	School	Finals	
Finals				
1	Reynolds, Grace	Blacksburg H	59.41	10
2	McGehee, Grace	Blacksburg H	1:03.54	8
3	Hubbard, Alexis	Halifax Coun	1:04.10	6
4	Kehlenbeck, Katja	Blacksburg H	1:04.73	5
5	Crawford, Erin	Blacksburg H	1:05.49	4
6	Hunter, Cierra	Amherst Coun	1:07.41	3
7	Wisskirchen, Addie	Jefferson Fo	1:07.79	2
8	Lacombe, Elizabeth	Amherst Coun	1:08.83	1

Girls 800 Meter Run

	Name	School	Finals	
Finals				
1	Lamanna, Zoie	Jefferson Fo	2:21.43	10
	1:10.212 (1:10.212)	2:21.424 (1:11.212)		
2	Woolwine, Madison	Pulaski Coun	2:27.44	8
	1:13.343 (1:13.343)	2:27.434 (1:14.091)		
3	Griggs, Annika	Blacksburg H	2:29.62	6
	1:14.568 (1:14.568)	2:29.616 (1:15.048)		
4	Finch, Mary	Blacksburg H	2:30.08	5
	1:13.483 (1:13.483)	2:30.076 (1:16.593)		
5	Skow, Shauna	Jefferson Fo	2:31.58	4
	1:14.733 (1:14.733)	2:31.578 (1:16.845)		
6	Norton, Ele	Blacksburg H	2:44.71	3
	1:21.831 (1:21.831)	2:44.701 (1:22.870)		
7	Hudgins, Dulaney	Blacksburg H	2:48.74	2
	1:21.773 (1:21.773)	2:48.740 (1:26.967)		
8	Ness, Hannah	E.C. Glass	2:54.94	1
	1:20.777 (1:20.777)	2:54.936 (1:34.159)		
9	Crumpacker, Mary	Salem (Roano	2:56.99	
	1:29.273 (1:29.273)	2:56.986 (1:27.713)		
10	Nething, Paige	Salem (Roano	3:01.41	
	1:25.806 (1:25.806)	3:01.406 (1:35.600)		
11	Nething, Kyra	Salem (Roano	3:11.54	
	1:28.857 (1:28.857)	3:11.538 (1:42.681)		

Girls 1600 Meter Run

	Name	School	Finals	
Finals				
1	Lamanna, Zoie	Jefferson Fo	5:05.48	10
	1:15.702 (1:15.702)	2:32.137 (1:16.435)	3:49.067 (1:16.930)	
	5:05.480 (1:16.413)			
2	Griggs, Annika	Blacksburg H	5:27.58	8
	1:20.997 (1:20.997)	2:44.028 (1:23.031)	4:06.208 (1:22.180)	
	5:27.571 (1:21.363)			
3	Jones, Mia	Blacksburg H	5:28.17	6
	1:21.198 (1:21.198)	2:44.724 (1:23.526)	4:07.361 (1:22.637)	
	5:28.170 (1:20.809)			
4	Skow, Shauna	Jefferson Fo	5:32.77	5
	1:21.913 (1:21.913)	2:44.781 (1:22.868)	4:10.532 (1:25.751)	
	5:32.762 (1:22.230)			
5	McDonald, Allie	Blacksburg H	5:33.59	4
	1:21.425 (1:21.425)	2:45.242 (1:23.817)	4:08.965 (1:23.723)	
	5:33.589 (1:24.624)			
6	Castle, Allyson	Pulaski Coun	5:54.17	3
	1:25.004 (1:25.004)	2:53.640 (1:28.636)	4:23.203 (1:29.563)	
	5:54.164 (1:30.961)			
7	Griggs, Norah	Blacksburg H	6:20.87	2
	1:25.047 (1:25.047)	2:53.819 (1:28.772)	4:39.304 (1:45.485)	
	6:20.864 (1:41.560)			
8	Vossen, Lauren	Jefferson Fo	6:26.47	1
	1:28.389 (1:28.389)	3:08.439 (1:40.050)	4:49.071 (1:40.632)	
	6:26.470 (1:37.399)			

VHSL Region 4D Championships - 6/9/2021

Jefferson Forest High School

Results - Meet Order

Finals ... (Girls 1600 Meter Run)

	Name	School	Finals
9	Ownby, Katie	E.C. Glass	6:49.84
	1:31.085 (1:31.085)	3:14.930 (1:43.845)	5:06.314 (1:51.384)
	6:49.832 (1:43.518)		

Girls 3200 Meter Run

	Name	School	Finals	
Finals				
1	Link, Audrey	Blacksburg H	11:48.53	10
	1:23.449 (1:23.449)	2:51.622 (1:28.173)	4:20.456 (1:28.834)	
	5:50.136 (1:29.680)	7:20.216 (1:30.080)	8:51.331 (1:31.115)	
	10:21.733 (1:30.403)	11:48.524 (1:26.792)		
2	Jones, Mia	Blacksburg H	12:19.49	8
	1:25.582 (1:25.582)	2:56.486 (1:30.904)	4:29.802 (1:33.317)	
	6:04.334 (1:34.533)	7:40.258 (1:35.924)	9:15.431 (1:35.173)	
	10:50.149 (1:34.719)	12:19.482 (1:29.333)		
3	McDonald, Allie	Blacksburg H	12:23.01	6
	1:26.708 (1:26.708)	2:58.293 (1:31.585)	4:30.774 (1:32.482)	
	6:05.118 (1:34.344)	7:40.744 (1:35.627)	9:16.394 (1:35.650)	
	10:51.194 (1:34.800)	12:23.007 (1:31.813)		
4	Roberts, Beall	Jefferson Fo	12:36.58	5
	1:27.358 (1:27.358)	2:58.978 (1:31.620)	4:31.439 (1:32.462)	
	6:08.531 (1:37.092)	7:48.007 (1:39.477)	9:26.697 (1:38.690)	
	11:04.141 (1:37.444)	12:36.576 (1:32.435)		
5	Castle, Allyson	Pulaski Coun	13:07.43	4
	1:28.799 (1:28.799)	2:59.084 (1:30.285)	4:31.504 (1:32.420)	
	6:09.137 (1:37.633)	7:51.287 (1:42.150)	9:36.872 (1:45.585)	
	11:23.743 (1:46.872)	13:07.429 (1:43.687)		
6	Rascher, Lily	Blacksburg H	13:26.73	3
	1:28.362 (1:28.362)	2:59.328 (1:30.967)	4:33.531 (1:34.203)	
	6:16.834 (1:43.304)	8:06.686 (1:49.852)	9:55.823 (1:49.138)	
	11:41.528 (1:45.705)	13:26.728 (1:45.200)		
7	Ownby, Katie	E.C. Glass	15:05.65	2
	1:36.799 (1:36.799)	3:29.793 (1:52.994)	5:24.518 (1:54.725)	
	7:20.939 (1:56.422)	9:20.061 (1:59.122)	11:19.436 (1:59.375)	
	13:19.754 (2:00.319)	15:05.647 (1:45.893)		

Girls 100 Meter Hurdles

	Name	School	Finals	
Finals				
1	Arnold, Kelsey	Pulaski Coun	15.99	10
2	Szefc, Anna	Blacksburg H	16.00	8
3	Pettyjohn, Hannah	Jefferson Fo	16.55	6
4	Kim, Suzie	Blacksburg H	16.89	5
5	Younger, Courtney	George Washi	17.49	4
6	Jeirles, Marina	Jefferson Fo	17.86	3
7	Green, My'la	Salem (Roano	18.04	2
8	Smith, Kiara	Amherst Coun	18.26	1
9	Rice, Jolie	Blacksburg H	18.47	
10	Megginson, Maliyah	Amherst Coun	20.17	
11	Harris, Takiyah	George Washi	20.54	

Girls 300 Meter Hurdles

	Name	School	Finals	
Finals				
1	Handel, Sarah	E.C. Glass	48.22	10
2	McIvor, Kandace	Jefferson Fo	49.11	8
3	Brandon, Tanaya	Halifax Coun	51.81	6
4	Kim, Suzie	Blacksburg H	52.28	5
5	Szefc, Anna	Blacksburg H	52.32	4
6	Megginson, Maliyah	Amherst Coun	52.54	3
7	Rice, Jolie	Blacksburg H	52.89	2
8	Athuman, Zaujia	Salem (Roano	57.06	1
9	Jeirles, Marina	Jefferson Fo	58.30	
10	Cregger, Courtney	Pulaski Coun	59.82	
11	Arms, Laci	Pulaski Coun	1:02.60	

Girls 4x100 Meter Relay

	Team	Relay	Finals	
Finals				
1	Amherst County	A	50.15	10
	1) Cabel, Cyanna	2) Hunter, Cierra		
	3) Smith, Kendra	4) Smith, Kiara		
2	Salem (Roanoke)	A	52.14	8
	1) Moran, McKenzie	2) McLaughlin, Tiffany		
	3) Logan, Neelah	4) Green, My'la		
3	Pulaski County	A	54.23	6
	1) Truehart, Cierra	2) Woolwine, Madison		
	3) Cregger, Courtney	4) Salamanca, Franny		
4	Halifax County	A	55.64	5
	1) Brandon, Tanaya	2) Mills, Alicia		
	3) Carrington, Tynia	4) Dye, Tykayla		
---	Blacksburg H	A	DQ	
	1) Socha, Kylan	2) Zier, Maggie		
		4) Krouscas, Sophia		

Girls 4x400 Meter Relay

	Team	Relay	Finals	
Finals				
1	Blacksburg H	A	4:22.71	10
	1) Crawford, Erin	2) Kim, Suzie		
	3) Kehlenbeck, Katja	4) McGehee, Grace		
	1:05.277 (1:05.277)	2:13.475 (1:08.198)	3:20.148 (1:06.674)	
	4:22.707 (1:02.559)			
2	Jefferson Forest	A	4:22.79	8
	1) Pettyjohn, Hannah	2) Wisskirchen, Addie		
	3) Marano, Sofia	4) McIvor, Kandace		
	1:03.765 (1:03.765)	2:14.296 (1:10.532)	3:22.132 (1:07.837)	
	4:22.790 (1:00.658)			
3	Pulaski County	A	5:09.30	6
	1) Woolwine, Madison	2) Cregger, Courtney		
	3) Arms, Laci	4) Salamanca, Franny		
	1:04.205 (1:04.205)	2:22.578 (1:18.374)	3:49.150 (1:26.572)	
	5:09.295 (1:20.145)			

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Jefferson Forest High School

Results - Meet Order

Girls 4x800 Meter Relay

	Team	Relay	Finals	
Finals				
1	Jefferson Forest	A	10:13.25	10
	1) Lamanna, Zoie	2) Roberts, Beall		
	3) Skow, Shauna	4) Vossen, Lauren		
	2:34.731 (2:34.731)	5:25.308 (2:50.577)	7:54.204 (2:28.896)	
	10:13.250 (2:19.046)			
2	Blacksburg H	A	10:29.58	8
	1) Link, Audrey	2) Finch, Mary		
	3) Griggs, Norah	4) Griggs, Annika		
	2:25.462 (2:25.462)	5:06.486 (2:41.024)	7:50.357 (2:43.871)	
	10:29.577 (2:39.220)			
3	Pulaski County	A	14:37.97	6
	1) Arms, Laci	2) Zierer, Skylar		
	3) Viars, Olivia	4) Hill, Bri		
	3:15.734 (3:15.734)	6:56.165 (3:40.431)	10:39.171 (3:43.006)	
	14:37.963 (3:58.792)			

Girls High Jump

Starting height 4'4"

	Name	School	Finals	
Finals				
1	Pettyjohn, Hannah	Jefferson Fo	5-02.00	10
2	Kehlenbeck, Katja	Blacksburg H	4-10.00	6.3
2	McLaughlin, Tiffany	Salem (Roano	4-10.00	6.3
2	Cabel, Cyanna	Amherst Coun	4-10.00	6.3
5	Arnold, Kelsey	Pulaski Coun	4-08.00	4
6	McIvor, Kandace	Jefferson Fo	4-06.00	3
7	Arms, Laci	Pulaski Coun	4-04.00	2
8	Cregger, Courtney	Pulaski Coun	4-00.00	1
---	Viars, Olivia	Pulaski Coun	NH	

Girls Pole Vault

Starting height 6'6"

	Name	School	Finals	
Finals				
1	Pettyjohn, Hannah	Jefferson Fo	11-00.00	10
2	Harvey, Taryn	Jefferson Fo	9-06.00	8
3	Zier, Maggie	Blacksburg H	8-06.00	6
4	Wilson, Amelia	Amherst Coun	8-00.00	5
5	Moran, McKenzie	Salem (Roano	J8-00.00	4
6	Lacombe, Elizabeth	Amherst Coun	J8-00.00	3
7	Powell, Madeline	Jefferson Fo	7-06.00	2
8	Uhl, Amelia	E.C. Glass	7-00.00	1
---	Garza, Laya	Blacksburg H	NH	
---	Belleville, Lily	Blacksburg H	NH	
---	Jablonski, Lily	E.C. Glass	NH	

Girls Long Jump

	Name	School	Finals	
Finals				
1	McIvor, Kandace	Jefferson Fo	17-01.50	10
2	Cabel, Cyanna	Amherst Coun	16-09.75	8
3	Hubbard, Alexis	Halifax Coun	16-07.00	6
4	Smith, Kiara	Amherst Coun	16-06.50	5
5	Green, My'la	Salem (Roano	16-04.50	4
6	Arnold, Kelsey	Pulaski Coun	15-06.00	3
7	Smith, Kendra	Amherst Coun	14-09.00	2
8	Salamanca, Franny	Pulaski Coun	14-08.00	1
9	Cregger, Courtney	Pulaski Coun	14-05.50	
10	Hunter, Cierra	Amherst Coun	13-08.50	
11	Czar, Ana	Blacksburg H	13-08.25	
12	Socha, Kylan	Blacksburg H	13-04.00	
13	Fugate, Amy	Blacksburg H	13-01.00	
14	Cashwell, E'Monie	E.C. Glass	13-00.00	
15	Harris, Takiyah	George Washi	12-09.00	
16	Arms, Laci	Pulaski Coun	12-08.75	
17	Carrington, Tynia	Halifax Coun	10-11.75	

Girls Triple Jump

	Name	School	Finals	
Finals				
1	Arnold, Kelsey	Pulaski Coun	36-02.00	10
2	Smith, Kiara	Amherst Coun	35-05.00	8
3	McIvor, Kandace	Jefferson Fo	33-09.00	6
4	Hubbard, Alexis	Halifax Coun	33-00.00	5
5	Cabel, Cyanna	Amherst Coun	32-03.00	4
6	Smith, Kendra	Amherst Coun	32-00.00	3
7	Green, My'la	Salem (Roano	31-06.00	2
8	Truehart, Cierra	Pulaski Coun	30-02.00	1
9	Cregger, Courtney	Pulaski Coun	29-08.50	
10	Salamanca, Franny	Pulaski Coun	29-01.00	
11	Fugate, Amy	Blacksburg H	28-04.00	
12	Czar, Ana	Blacksburg H	27-09.50	
13	Brandon, Tanaya	Halifax Coun	25-08.00	
---	Hunter, Cierra	Amherst Coun	FOUL	
---	Carrington, Tynia	Halifax Coun	FOUL	

Girls Shot Put

	Name	School	Finals	
Finals				
1	Pettyjohn, Hannah	Jefferson Fo	39-07.00	10
2	Memmer, Kalei	Salem (Roano	36-09.00	8
3	Rucker, Kya	E.C. Glass	31-06.00	6
4	Glover, Carmen	E.C. Glass	30-01.00	5
5	West, Nadia	Amherst Coun	29-05.00	4
6	Dunnigan, Claire	Pulaski Coun	29-02.00	3
7	Martin, Emily	Blacksburg H	27-06.00	2
8	Whirley, Ny'Asia	E.C. Glass	26-10.00	1
9	Feghali, Kayla	Blacksburg H	25-06.00	
10	Peerman, Faith	Jefferson Fo	25-03.00	
11	Graves, Tyler	Blacksburg H	23-03.00	
12	Eversole, Evy	Salem (Roano	21-11.00	
13	Lucero, Emma	Blacksburg H	17-11.00	
14	Nething, Kyra	Salem (Roano	17-00.00	

Girls Discus Throw

	Name	School	Finals	
Finals				
1	Memmer, Kalei	Salem (Roano	112-08	10

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Jefferson Forest High School

Results - Meet Order

Finals ... (Girls Discus Throw)

	Name	School	Finals	
2	Pettyjohn, Hannah	Jefferson Fo	96-04	8
3	West, Nadia	Amherst Coun	87-03	6
4	Rucker, Kya	E.C. Glass	80-07	5
5	Dunnigan, Claire	Pulaski Coun	71-10	4
6	Glover, Carmen	E.C. Glass	70-03	3
7	Feghali, Kayla	Blacksburg H	64-01	2
8	Whirley, Ny'Asia	E.C. Glass	63-11	1
9	Peerman, Faith	Jefferson Fo	62-01	
10	Graves, Tyler	Blacksburg H	58-01	
11	Eversole, Evy	Salem (Roano	57-08	
12	Lucero, Emma	Blacksburg H	53-06	

Boys 100 Meter Dash

	Name	School	Finals	
Finals				
1	Collins, Shawn	Salem (Roano	11.11	10
2	Fowler, Brady	Pulaski Coun	11.15	8
3	Lyman III, John	Pulaski Coun	11.22	6
4	Porter, Quemaar	Pulaski Coun	11.26	5
5	Shimozono, Isaac	Blacksburg H	11.28	4
6	Gulley, JJ	Pulaski Coun	11.34	3
7	Miller, Ben	Blacksburg H	11.57	2
8	Goins, Landen	Salem (Roano	11.59	1
9	Brown, Lawrence	Amherst Coun	11.72	
10	Roberson, Trokal	Amherst Coun	11.76	
11	Jones, Zamavion	E.C. Glass	11.95	
12	Watts, Devon	Jefferson Fo	12.00	
13	Vernon, Jonathan	Salem (Roano	12.01	
14	Pearson, Brandon	E.C. Glass	12.03	
15	Qi, Andrew	Jefferson Fo	12.09	
16	Chandler, Jahmarri	Halifax Coun	12.14	
17	Mosby, Taeon	E.C. Glass	12.16	
18	Easley, Nicholas	Halifax Coun	12.26	
19	Glass, Tysen	Halifax Coun	12.34	
20	Bhojwani, Rishi	Blacksburg H	12.50	

Boys 200 Meter Dash

	Name	School	Finals	
Finals				
1	Hilton, Addison	Jefferson Fo	22.00	10
2	Fowler, Brady	Pulaski Coun	22.51	8
3	Lyman III, John	Pulaski Coun	22.78	6
4	Hager, Ben	Blacksburg H	23.09	5
5	Porter, Quemaar	Pulaski Coun	23.21	4
6	Shimozono, Isaac	Blacksburg H	23.25	3
7	Wilson, DaRon	Salem (Roano	23.27	2
8	Gregory, Will	Amherst Coun	23.47	1
9	Pearson, Brandon	E.C. Glass	23.72	
10	Watts, Devon	Jefferson Fo	23.84	
11	Jones, Zamavion	E.C. Glass	24.17	
12	Epperson, Landon	Jefferson Fo	24.27	
13	Glass, Tysen	Halifax Coun	24.88	
14	McDonald, Dylan	Blacksburg H	25.11	
15	Easley, Nicholas	Halifax Coun	25.46	
16	Jones, Jayveon	Salem (Roano	25.79	
17	Moyer, Trenton	Salem (Roano	25.81	
18	Chandler, Jahmarri	Halifax Coun	26.30	
19	Wilson, Daysun	Halifax Coun	26.32	
20	Collins, Shawn	Salem (Roano	26.83	

Boys 400 Meter Dash

	Name	School	Finals	
Finals				
1	Hilton, Addison	Jefferson Fo	48.84	10
2	Fowler, Brady	Pulaski Coun	50.57	8
3	Hager, Ben	Blacksburg H	51.61	6
4	Howard, Elliot	Blacksburg H	51.93	5
5	Gregory, Will	Amherst Coun	51.93	4
6	Edwards, Amarri	Salem (Roano	52.94	3
7	Epperson, Landon	Jefferson Fo	53.20	2
8	Mays, Collin	Jefferson Fo	53.45	1
9	Davis, Zach	Blacksburg H	54.77	
10	McGehee, Spencer	Blacksburg H	55.40	
11	Betts, Mark	Halifax Coun	57.19	
12	Tharp, Theodore	E.C. Glass	57.41	
13	Kennedy, Keyante	Pulaski Coun	59.03	
14	Easley, Nicholas	Halifax Coun	1:00.39	
15	Jones, Jayveon	Salem (Roano	1:02.68	
16	Alley, Hunter	Pulaski Coun	1:03.34	
17	Johnson, Jaden	Pulaski Coun	1:05.79	

Boys 800 Meter Run

	Name	School	Finals	
Finals				
1	Ruiz, Vance	Blacksburg H	1:56.91	10
	57.724 (57.724)	1:56.906 (59.182)		
2	Barnett, Benjamin	E.C. Glass	1:57.63	8
	57.781 (57.781)	1:57.629 (59.848)		
3	Coddington, Oscar	Blacksburg H	1:58.76	6
	58.124 (58.124)	1:58.760 (1:00.636)		
4	Schmitt, Ben	Blacksburg H	1:59.18	5
	58.483 (58.483)	1:59.174 (1:00.691)		
5	Bibeau, Zachary	Blacksburg H	2:00.75	4
	58.435 (58.435)	2:00.744 (1:02.309)		
6	Fox, Zach	Pulaski Coun	2:05.96	3
	1:00.206 (1:00.206)	2:05.956 (1:05.750)		
7	Martin, Bryce	Pulaski Coun	2:06.50	2
	57.897 (57.897)	2:06.496 (1:08.599)		
8	White, Jacob	Jefferson Fo	2:12.84	1
	1:00.512 (1:00.512)	2:12.832 (1:12.320)		
9	Packer, Jonah	Jefferson Fo	2:16.85	
	1:01.656 (1:01.656)	2:16.842 (1:15.186)		
10	Myaing, Dylan	E.C. Glass	2:17.11	
	1:11.680 (1:11.680)	2:17.103 (1:05.423)		
11	O'Neal, Kyle	Pulaski Coun	2:17.15	
	1:08.599 (1:08.599)	2:17.147 (1:08.548)		
12	Davidson, Ethan	Amherst Coun	2:21.63	
	1:09.939 (1:09.939)	2:21.628 (1:11.689)		
13	Toapanta, Lance	Salem (Roano	2:22.73	
	1:12.384 (1:12.384)	2:22.722 (1:10.338)		

VHSL Region 4D Championships - 6/9/2021

Jefferson Forest High School

Results - Meet Order

Finals ... (Boys 800 Meter Run)

	Name	School	Finals
14	Mapes, Ryan	Amherst Coun	2:23.25
	1:11.158 (1:11.158)	2:23.242 (1:12.084)	
15	Hanshew, Thomas	Pulaski Coun	2:23.36
	1:12.815 (1:12.815)	2:23.360 (1:10.545)	
16	Conner, Wes	Salem (Roano	2:25.81
	1:12.467 (1:12.467)	2:25.802 (1:13.335)	
17	Roudebush, Clark	Salem (Roano	2:36.94
	1:17.577 (1:17.577)	2:36.940 (1:19.363)	
18	Helems, Alex	Salem (Roano	2:46.37
	1:18.737 (1:18.737)	2:46.368 (1:27.631)	
19	Dease, Blake	George Washi	2:49.95
	1:17.940 (1:17.940)	2:49.945 (1:32.005)	

Boys 1600 Meter Run

	Name	School	Finals	
Finals				
1	Adams, Brannon	Jefferson Fo	4:24.51	10
	1:05.655 (1:05.655)	2:15.687 (1:10.032)	3:21.889 (1:06.202)	
	4:24.508 (1:02.619)			
2	Goerlich, Jonathan	Blacksburg H	4:25.97	8
	1:06.694 (1:06.694)	2:15.990 (1:09.296)	3:23.115 (1:07.125)	
	4:25.967 (1:02.852)			
3	Rutherford, Conner	Blacksburg H	4:28.82	6
	1:06.820 (1:06.820)	2:16.429 (1:09.609)	3:24.387 (1:07.958)	
	4:28.811 (1:04.424)			
4	Dinkel, Landon	Blacksburg H	4:31.98	5
	1:06.985 (1:06.985)	2:16.175 (1:09.190)	3:23.825 (1:07.650)	
	4:31.976 (1:08.151)			
5	Kinder, Garrett	Pulaski Coun	4:37.99	4
	1:06.411 (1:06.411)	2:16.791 (1:10.380)	3:29.348 (1:12.557)	
	4:37.981 (1:08.633)			
6	Krone, Timothy	Jefferson Fo	4:40.14	3
	1:06.861 (1:06.861)	2:16.253 (1:09.392)	3:25.903 (1:09.650)	
	4:40.138 (1:14.235)			
7	Jordan, Alex	Jefferson Fo	4:48.25	2
	1:10.561 (1:10.561)	2:26.014 (1:15.453)	3:38.633 (1:12.619)	
	4:48.249 (1:09.616)			
8	Myaing, Dylan	E.C. Glass	4:49.10	1
	1:12.896 (1:12.896)	2:27.600 (1:14.704)	3:40.508 (1:12.908)	
	4:49.098 (1:08.590)			
9	Hull, Evan	Pulaski Coun	4:54.06	
	1:08.244 (1:08.244)	2:22.576 (1:14.332)	3:39.161 (1:16.585)	
	4:54.060 (1:14.899)			
10	Arthur, Buck	Jefferson Fo	5:03.26	
	1:11.913 (1:11.913)	2:26.022 (1:14.109)	3:43.629 (1:17.607)	
	5:03.252 (1:19.623)			
11	Cockerham, Luke	Amherst Coun	5:04.66	
	1:10.223 (1:10.223)	2:26.357 (1:16.134)	3:44.463 (1:18.106)	
	5:04.658 (1:20.195)			
12	Peterson, Walker	Salem (Roano	5:05.63	
	1:20.228 (1:20.228)	2:39.259 (1:19.031)	3:57.215 (1:17.956)	
	5:05.627 (1:08.412)			
13	Henzey, Thomas	Salem (Roano	5:08.50	
	1:20.525 (1:20.525)	2:39.659 (1:19.134)	3:57.088 (1:17.429)	
	5:08.494 (1:11.406)			
14	Tracy, Harrison	Blacksburg H	5:12.44	
	1:10.108 (1:10.108)	2:26.301 (1:16.193)	3:46.630 (1:20.329)	
	5:12.440 (1:25.810)			
15	Neblett, Turner	Amherst Coun	5:17.69	
	1:20.352 (1:20.352)	2:40.507 (1:20.155)	4:01.432 (1:20.925)	
	5:17.681 (1:16.249)			
16	Ahrens, Noah	E.C. Glass	5:23.57	
	1:20.975 (1:20.975)	2:41.605 (1:20.630)	4:04.967 (1:23.362)	
	5:23.566 (1:18.599)			
17	Tucker, Carson	Salem (Roano	5:27.34	
	1:20.930 (1:20.930)	2:41.719 (1:20.789)	4:06.423 (1:24.704)	
	5:27.336 (1:20.913)			
18	Simmer, Carter	Pulaski Coun	6:03.34	
	1:22.547 (1:22.547)	2:57.717 (1:35.170)	4:34.925 (1:37.208)	
	6:03.331 (1:28.406)			

Boys 3200 Meter Run

	Name	School	Finals	
Finals				
1	Adams, Brannon	Jefferson Fo	9:56.52	10
	1:18.375 (1:18.375)	2:32.585 (1:14.210)	3:47.175 (1:14.590)	
	5:03.106 (1:15.932)	6:19.357 (1:16.252)	7:35.515 (1:16.158)	
	8:47.864 (1:12.349)	9:56.516 (1:08.653)		
2	Dinkel, Landon	Blacksburg H	10:00.46	8
	1:18.522 (1:18.522)	2:32.699 (1:14.177)	3:46.911 (1:14.213)	
	5:03.355 (1:16.444)	6:19.536 (1:16.182)	7:35.732 (1:16.197)	
	8:48.677 (1:12.945)	10:00.451 (1:11.774)		
3	Goerlich, Jonathan	Blacksburg H	10:21.37	6
	1:18.939 (1:18.939)	2:34.026 (1:15.088)	3:51.249 (1:17.223)	
	5:09.799 (1:18.550)	6:29.695 (1:19.897)	7:52.441 (1:22.747)	
	9:09.789 (1:17.348)	10:21.362 (1:11.574)		
4	Rutherford, Conner	Blacksburg H	10:24.08	5
	1:18.657 (1:18.657)	2:33.096 (1:14.439)	3:48.972 (1:15.877)	
	5:09.205 (1:20.233)	6:29.546 (1:20.342)	7:52.832 (1:23.287)	
	9:13.049 (1:20.217)	10:24.077 (1:11.029)		
5	Lowry, Johnny	Blacksburg H	10:33.49	4
	1:20.206 (1:20.206)	2:35.424 (1:15.218)	3:54.696 (1:19.273)	
	5:16.455 (1:21.759)	6:36.884 (1:20.429)	7:56.816 (1:19.933)	
	9:17.884 (1:21.068)	10:33.485 (1:15.602)		
6	Krone, Timothy	Jefferson Fo	10:57.72	3
	1:18.956 (1:18.956)	2:33.466 (1:14.510)	3:49.879 (1:16.413)	
	5:10.954 (1:21.075)	6:35.054 (1:24.100)	8:00.852 (1:25.799)	
	9:28.697 (1:27.845)	10:57.720 (1:29.023)		
7	Hull, Evan	Pulaski Coun	11:04.68	2
	1:19.757 (1:19.757)	2:37.261 (1:17.504)	3:58.279 (1:21.018)	
	5:22.765 (1:24.487)	6:48.646 (1:25.882)	8:16.166 (1:27.520)	
	9:42.750 (1:26.584)	11:04.675 (1:21.925)		
8	Kinder, Garrett	Pulaski Coun	11:17.43	1
	1:19.964 (1:19.964)	2:39.350 (1:19.387)	4:03.755 (1:24.405)	
	5:29.515 (1:25.760)	6:57.279 (1:27.764)	8:27.684 (1:30.405)	
	9:57.671 (1:29.988)	11:17.426 (1:19.755)		

VHSL Region 4D Championships - 6/9/2021

Jefferson Forest High School

Results - Meet Order

Finals ... (Boys 3200 Meter Run)

	Name	School	Finals
9	King, Wes	Pulaski Coun	11:35.22
	1:21.017 (1:21.017)	2:40.726 (1:19.709)	4:05.820 (1:25.094)
	5:32.942 (1:27.123)	7:02.677 (1:29.735)	8:33.570 (1:30.893)
	10:04.696 (1:31.127)	11:35.212 (1:30.517)	
10	Simmer, Carter	Pulaski Coun	12:39.21
	1:35.254 (1:35.254)	3:23.157 (1:47.904)	5:10.196 (1:47.039)
	6:56.310 (1:46.114)	8:51.325 (1:55.015)	10:50.222 (1:58.898)
	12:39.204 (1:48.982)		
11	Ahrens, Noah	E.C. Glass	13:04.89
	1:29.657 (1:29.657)	3:05.537 (1:35.880)	4:43.320 (1:37.783)
	6:22.429 (1:39.109)	8:02.677 (1:40.249)	9:44.367 (1:41.690)
	11:26.000 (1:41.633)	13:04.885 (1:38.885)	

Boys 110 Meter Hurdles

	Name	School	Finals	
Finals				
1	Idore, Isaiah	Amherst Coun	15.34	10
2	Suthers, Layne	Pulaski Coun	16.23	8
3	Crowe, Mike	Blacksburg H	17.32	6
4	Alleyne, Carlos	Salem (Roano	17.55	5
5	Reid, Dante	Pulaski Coun	19.33	4
6	Thompson, Jack	Blacksburg H	19.35	3
7	Lindauer, Levi	Jefferson Fo	19.49	2

Boys 300 Meter Hurdles

	Name	School	Finals	
Finals				
1	Idore, Isaiah	Amherst Coun	40.48	10
2	Crowe, Mike	Blacksburg H	40.83	8
3	Taylor, Brayden	Salem (Roano	43.86	6
4	Whaley, Joseph	Jefferson Fo	44.95	5
5	Suthers, Layne	Pulaski Coun	46.22	4
6	Gulley, JJ	Pulaski Coun	46.31	3
7	Ellis, Austin	Jefferson Fo	46.68	2
8	Reid, Dante	Pulaski Coun	46.72	1
9	Lindauer, Levi	Jefferson Fo	46.76	
10	McDonald, Dylan	Blacksburg H	48.66	
11	Cook, Curren	Jefferson Fo	49.32	

Boys 4x100 Meter Relay

	Team	Relay	Finals	
Finals				
1	Pulaski County	A	43.92	10
	1) Lyman III, John	2) Porter, Quemaar		
	3) Kennedy, Keyante	4) Gulley, JJ		
2	Amherst County	A	44.31	8
	1) Brown, Lawrence	2) Idore, Isaiah		
	3) Morris, James	4) Roberson, Trokal		
3	E.C. Glass	A	46.34	6
	1) Pearson, Brandon	2) Mosby, Taeon		
	3) Jones, Zamavion	4) Graves, Markevus		
4	Halifax County	A	47.19	5
5	Blacksburg H	A	47.44	4
	1) Miller, Ben	2) Shimozono, Isaac		
	3) Thompson, Jack	4) Hager, Ben		
---	Jefferson Forest	A	DQ	
	1) Qi, Andrew	2) VanRemortel, Jacob		
	3) Watts, Devon	4) Lindauer, Levi		
---	Salem (Roanoke)	A	DQ	
	1) Collins, Shawn	2) Goins, Landen		
	3) Edwards, Amarri	4) Wilson, DaRon		

Boys 4x400 Meter Relay

	Team	Relay	Finals	
Finals				
1	Jefferson Forest	A	3:27.17	10
	1) Epperson, Landon	2) Whaley, Joseph		
	3) Mays, Collin	4) Hilton, Addison		
	52.551 (52.551)	1:45.967 (53.417)	2:38.405 (52.438)	
	3:27.167 (48.763)			
2	Blacksburg H	A	3:28.06	8
	1) Crowe, Mike	2) Coddington, Oscar		
	3) Schmitt, Ben	4) Ruiz, Vance		
	51.537 (51.537)	1:44.544 (53.007)	2:37.802 (53.259)	
	3:28.059 (50.257)			
3	Salem (Roanoke)	A	3:34.72	6
	1) Edwards, Amarri	2) Goins, Landen		
	3) Taylor, Brayden	4) Vernon, Jonathan		
	51.357 (51.357)	1:46.695 (55.338)	2:39.799 (53.104)	
	3:34.715 (54.917)			
4	Pulaski County	A	3:49.12	5
	1) Hill-Lewis, Armonte	2) Kennedy, Keyante		
	3) Martin, Bryce	4) Fox, Zach		
	59.681 (59.681)	1:58.804 (59.123)	2:53.380 (54.577)	
	3:49.119 (55.739)			
5	Amherst County	A	3:54.12	4
	1) Gregory, Will	2) Davidson, Ethan		
	3) Neblett, Turner	4) Mcpherson, Omar		
	57.811 (57.811)	1:56.281 (58.470)	2:56.704 (1:00.423)	
	3:54.111 (57.408)			

Boys 4x800 Meter Relay

	Team	Relay	Finals	
Finals				
1	Blacksburg H	A	8:35.18	10
	1) McGehee, Spencer	2) Davis, Zach		
	3) Ruiz, Vance	4) Coddington, Oscar		
	2:07.715 (2:07.715)	4:18.308 (2:10.593)	6:26.467 (2:08.159)	
	8:35.177 (2:08.710)			
2	Jefferson Forest	A	8:38.31	8
	1) Arthur, Buck	2) Packer, Jonah		
	3) White, Jacob	4) Jordan, Alex		
	2:10.640 (2:10.640)	4:21.036 (2:10.396)	6:29.121 (2:08.085)	
	8:38.307 (2:09.186)			

VHSL Region 4D Championships - 6/9/2021

Jefferson Forest High School

Results - Meet Order

Finals ... (Boys 4x800 Meter Relay)

	Team	Relay	Finals	
3	Amherst County	A	8:52.18	6
	1) Gregory, Will	2) Neblett, Turner		
	3) Cockerham, Luke	4) Davidson, Ethan		
	2:08.474 (2:08.474)	4:19.328 (2:10.854)	6:34.778 (2:15.450)	
	8:52.174 (2:17.396)			
4	Pulaski County	A	9:09.76	5
	1) Hanshew, Thomas	2) O'Neal, Kyle		
	3) King, Wes	4) Fox, Zach		
	2:14.587 (2:14.587)	4:33.135 (2:18.548)	6:50.353 (2:17.218)	
	9:09.758 (2:19.405)			
5	Salem (Roanoke)	A	9:16.63	4
	1) Henzey, Thomas	2) Peterson, Walker		
	3) Conner, Wes	4) Toapanta, Lance		
	2:15.021 (2:15.021)	4:40.716 (2:25.695)	7:01.980 (2:21.264)	
	9:16.628 (2:14.648)			

Boys High Jump

Starting height 5'2"

	Name	School	Finals	
Finals				
1	Gulley, JJ	Pulaski Coun	6-04.00	10
2	Lyman III, John	Pulaski Coun	6-00.00	8
3	Miller, Ben	Blacksburg H	J6-00.00	6
4	Kennedy, Keyante	Pulaski Coun	5-06.00	5
5	Nwakor, Mobu	Jefferson Fo	5-04.00	4
6	Hill-Lewis, Armonte	Pulaski Coun	5-02.00	3
---	Lindauer, Levi	Jefferson Fo	NH	
---	Cook, Curren	Jefferson Fo	NH	

Boys Pole Vault

Starting height: 8'0"

	Name	School	Finals	
Finals				
1	Moore, Nick	Amherst Coun	13-00.00	10
2	Gregory, Will	Amherst Coun	11-00.00	8
3	Ellis, Austin	Jefferson Fo	J11-00.00	6
4	Ambrose, Linden	Blacksburg H	10-00.00	5
5	Cook, Curren	Jefferson Fo	9-06.00	4
6	Maxson, Eli	E.C. Glass	J9-06.00	3
7	McDonald, Dylan	Blacksburg H	8-06.00	2
8	Nwakor, Mobu	Jefferson Fo	8-00.00	1
---	Goldschmidt, Henry	Blacksburg H	NH	
---	Maxson, Ethan	E.C. Glass	NH	

Boys Long Jump

	Name	School	Finals	
Finals				
1	Wood, Zavione	Salem (Roano	22-06.25	10
2	Miller, Ben	Blacksburg H	21-04.00	8
3	Lyman III, John	Pulaski Coun	21-03.25	6
4	Gulley, JJ	Pulaski Coun	21-01.25	5
5	Qi, Andrew	Jefferson Fo	20-09.75	4
6	Hill-Lewis, Armonte	Pulaski Coun	20-07.25	3
7	Idore, Isaiah	Amherst Coun	20-05.50	2
8	Shimozono, Isaac	Blacksburg H	20-02.50	1
9	Morris, James	Amherst Coun	19-10.00	
10	Brown, Lawrence	Amherst Coun	19-03.75	
11	Hilton, Addison	Jefferson Fo	19-02.50	
12	Stewart, Jamerius	Amherst Coun	19-00.50	
13	Fowler, Brady	Pulaski Coun	18-05.25	
14	Bhojwani, Rishi	Blacksburg H	14-09.25	
15	Epperson, Landon	Jefferson Fo	14-07.50	
16	Wallace, James	Blacksburg H	13-08.00	

Boys Triple Jump

	Name	School	Finals	
Finals				
1	Lyman III, John	Pulaski Coun	43-05.00	10
2	Hill-Lewis, Armonte	Pulaski Coun	40-11.75	8
3	Brown, Lawrence	Amherst Coun	40-08.00	6
4	Idore, Isaiah	Amherst Coun	40-04.50	5
5	Qi, Andrew	Jefferson Fo	40-02.50	4
6	Gulley, JJ	Pulaski Coun	39-09.50	3
7	Morris, James	Amherst Coun	38-07.00	2
8	Mcpherson, Omar	Amherst Coun	38-01.50	1
9	Fowler, Brady	Pulaski Coun	37-06.00	
10	Wilkes, Patrick	Halifax Coun	37-00.50	
11	Wilson, Daysun	Halifax Coun	35-06.00	
12	Chandler, Jahmarri	Halifax Coun	34-06.00	
13	Bhojwani, Rishi	Blacksburg H	34-00.50	

Boys Shot Put

	Name	School	Finals	
Finals				
1	Turner, Diego	Pulaski Coun	51-00.00	10
2	Perkins, Malachi	E.C. Glass	47-04.00	8
3	Cheatam, Khoyre	Amherst Coun	44-08.00	6
4	Phillips, Clay	Pulaski Coun	43-10.00	5
5	Johnson, Jack	Pulaski Coun	41-04.00	4
6	Waller, Isaiah	E.C. Glass	39-06.00	3
7	Cook, Blane	Jefferson Fo	38-08.00	2
8	Lucia, Arthur	Blacksburg H	37-10.00	1
9	Talbott, Joe	Halifax Coun	35-08.00	
10	Rice, Brody	Jefferson Fo	35-04.00	
11	Smalls, Mikyler	Halifax Coun	35-00.00	
12	Smith, Jessie	Amherst Coun	34-07.00	
13	Cook, Curren	Jefferson Fo	33-06.00	
14	Aguilar, Filepe	Pulaski Coun	33-04.00	
15	Brooks, Maurice	Amherst Coun	32-05.00	
16	Tan, Pierce	Blacksburg H	26-00.00	

Boys Discus Throw

	Name	School	Finals	
Finals				
1	Graves, Markevus	E.C. Glass	130-07	10
2	Turner, Diego	Pulaski Coun	123-10	8
3	Brooks, Maurice	Amherst Coun	122-03	6
4	Phillips, Clay	Pulaski Coun	119-10	5
5	McCormick, Andrew	E.C. Glass	109-09	4
6	Smith, Jessie	Amherst Coun	108-06	3

VHSL Region 4D Championships - 6/9/2021

Jefferson Forest High School

Results - Meet Order

Finals ... (Boys Discus Throw)

	Name	School	Finals	
7	Perkins, Malachi	E.C. Glass	105-05	2
8	Cook, Blane	Jefferson Fo	101-01	1
9	Cheatam, Khoyre	Amherst Coun	100-10	
10	Rice, Brody	Jefferson Fo	98-00	
11	Smalls, Mikyler	Halifax Coun	96-04	
12	Lucia, Arthur	Blacksburg H	89-11	
13	Johnson, Jack	Pulaski Coun	89-04	
14	Ellis, Austin	Jefferson Fo	85-11	
15	Brown, Jacob	Pulaski Coun	82-04	
16	Talbott, Joe	Halifax Coun	80-00	
17	Cook, Curren	Jefferson Fo	61-05	
18	Tan, Pierce	Blacksburg H	57-09	

Women - Team Rankings - 17 Events Scored

1)	Blacksburg High School	180.333
2)	Jefferson Forest	144
3)	Amherst County	79.3333
4)	Pulaski County	72
5)	Salem (Roanoke)	51.3333
6)	Halifax County	36
7)	E.C. Glass	35
8)	George Washington	24

Men - Team Rankings - 17 Events Scored

1)	Pulaski County	193
2)	Blacksburg High School	154
3)	Jefferson Forest	105
4)	Amherst County	92
5)	Salem (Roanoke)	47
6)	E.C. Glass	45
7)	Halifax County	5