

## ODAC Indoor Track &amp; Field Championships - 2/26/2022 to 2/27/2022

Cregger Center  
Performance List**Event 5 Women 60 Meter Dash Prelims****Saturday 2/26/2022 - 5:15 PM**

ODAC Rec: 7.46 2018 Harlan Quinn

Meet Rec: 7.46 2018 Harlan Quinn

Name	School	Seed Time
1 Gamble, Katelyn	Washington a	7.63
2 Coleman, Adalia	Bridgewater	7.73
3 Lane, Jaylyn	Virginia Wes	8.01
4 Oguamena, Kendra	Eastern Menn	8.05
5 Cammarata, Jessica	Lynchburg	8.11
6 Evans, Destini	Virginia Wes	8.11
7 Poole, Taylor	Roanoke	8.17
8 Hinckley, Eleanor	Roanoke	8.19
9 Carey, Tiffany	Eastern Menn	8.21
10 Seward, Aniya	Lynchburg	8.22
11 Dubois, Ashantayye	Virginia Wes	8.22
12 Measell, Kaitlin	Shenandoah	8.24
13 Richardson-Garris, Elseanne	Virginia Wes	8.26
14 Snodgrass, Hannah	Roanoke	8.31
15 Anderson, Janelle	Shenandoah	8.31
16 Gheen, Savannah	Roanoke	8.34
17 Crocker, Niya	Virginia Wes	8.34
18 Hamlin, Haleigh	Bridgewater	8.35
19 Wenger, Elizabeth	Lynchburg	8.43
20 Bryant, Janya	Guilford	8.86
21 Williams, Dymond	Hollins	8.99
22 Lanzer, Emily	Bridgewater	9.00

**Event 19 Women 200 Meter Dash****Sunday 2/27/2022 - 5:10 PM**

ODAC Rec: 24.15 2017 Amber Celen

Meet Rec: 24.92 2017 Amber Celen

Name	School	Seed Time
1 Coleman, Adalia	Bridgewater	25.99
2 Gamble, Katelyn	Washington a	26.14
3 Lane, Jaylyn	Virginia Wes	26.27
4 Hooker, Kacee	Bridgewater	26.34
5 Hefferon, Mikayla	Roanoke	26.63
6 Hinckley, Eleanor	Roanoke	26.64
7 Poole, Taylor	Roanoke	26.91
8 Cammarata, Jessica	Lynchburg	26.97
9 Seward, Aniya	Lynchburg	27.05
10 Lippert, Lily	Roanoke	27.12
11 Oguamena, Kendra	Eastern Menn	27.16
12 Dubois, Ashantayye	Virginia Wes	27.33
13 Crocker, Niya	Virginia Wes	27.34
14 Snodgrass, Hannah	Roanoke	27.42
15 Paethorpe, Jordynn	Washington a	27.44
16 Evans, Destini	Virginia Wes	27.45
17 Birle, Susannah	Washington a	27.61
18 Measell, Kaitlin	Shenandoah	27.73
19 Hairston, Jordan	Ferrum	27.83
20 D'Ambrosia, Ashley	Washington a	27.83
21 Anderson, Janelle	Shenandoah	28.15
22 Sene, Medinatou	Roanoke	28.46

23 Wenger, Elizabeth Lynchburg 28.61

24 Oliver, Cassidy Bridgewater 28.79

**Event 15 Women 400 Meter Run****Sunday 2/27/2022 - 3:50 PM**

ODAC Rec: 56.04 2008 Robin Yerkes

Meet Rec: 58.12 2016 Dana Lee

Name	School	Seed Time
1 Hefferon, Mikayla	Roanoke	59.53
2 Gray, Madison	Shenandoah	59.87
3 Hooker, Kacee	Bridgewater	1:00.08
4 Casto, Bailey	Lynchburg	1:00.52
5 Barnes, Vuronika	Lynchburg	1:01.41
6 Cammarata, Jessica	Lynchburg	1:01.64
7 Paethorpe, Jordynn	Washington a	1:01.84
8 Jones, Murfee	Washington a	1:02.20
9 Filley, Eleni	Washington a	1:02.39
10 Bobst, Allison	Lynchburg	1:02.53
11 Gamble, Haylee	Roanoke	1:02.68
12 Crocker, Niya	Virginia Wes	1:02.80
13 Hairston, Jordan	Ferrum	1:03.40
14 Lippert, Lily	Roanoke	1:03.54
15 Henson, Lauren	Roanoke	1:04.52
16 Sene, Medinatou	Roanoke	1:04.80
17 Stedman, Casey	Virginia Wes	1:05.33
18 Tulenko, Paige	Washington a	1:05.39
19 Teagle, Sarah	Washington a	1:06.27
20 Rocha, Jensen	Washington a	1:06.60
21 Van Voorhis, Haley	Shenandoah	1:06.62
22 Hubbard, Alexis	Shenandoah	1:06.62
23 Oliver, Cassidy	Bridgewater	1:06.74
24 Sow, Fatumata	Roanoke	1:08.49

**Event 17 Women 800 Meter Run****Sunday 2/27/2022 - 4:45 PM**

The start will use a two-turn alley.

ODAC Rec: 2:10.36 2012 Carmen Graves

Meet Rec: 2:16.77 2017 Marrison Coombs

Name	School	Seed Time
1 Pinkerton, Abbey	Washington a	2:22.88
2 Wilson, Jackie	Lynchburg	2:24.79
3 Silva, Molly	Lynchburg	2:25.82
4 Packer, Christa	Lynchburg	2:26.02
5 Massey, Lauren	Lynchburg	2:26.70
6 Preziotti, Alex	Washington a	2:26.85
7 Hollen, Sarah	Washington a	2:28.35
8 Kozlowski, Haleigh	Lynchburg	2:29.08
9 Koepfinger, Hannah	Roanoke	2:29.15
10 Becker, Emilee	Washington a	2:30.66
11 Ramsden, Angela	Lynchburg	2:34.12
12 Pineiro, Genesis	Ferrum	2:34.45
13 Laine, Abigail	Lynchburg	2:34.71
14 Mast, Halie	Eastern Menn	2:35.17
15 Carter, Grace	Bridgewater	2:36.99
16 Mitchell, Emma	Washington a	2:38.15
17 Gardiner, Vanessa	Eastern Menn	2:38.44

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Performance List**Event 17 ... (Women 800 Meter Run)**

Name	School	Seed Time
18 Brown, Ashley	Roanoke	2:41.42
19 Redlich, Marlene	Randolph	2:50.74
20 Stuhlmiller, Samantha	Hollins	2:56.61
21 Franklin, Kailee	Eastern Menn	2:57.08
22 Johnston, Jenna	Hollins	2:59.23

**Event 13 Women 1 Mile Run**

Sunday 2/27/2022 - 2:45 PM

The start will use a two-turn alley.

ODAC Rec: 4:54.01 2017

Marissa Coombs

Meet Rec: 5:02.01 2017

Marrissa Coombs

Name	School	Seed Time
1 Schiffman, Avery	Washington a	5:16.64
2 Massey, Lauren	Lynchburg	5:17.62
3 Hawk, Parker	Washington a	5:19.60
4 Silva, Molly	Lynchburg	5:19.86
5 Atkinson, Erin	Shenandoah	5:27.59
6 Kemp, Mimi	Washington a	5:27.88
7 Young, Mackenzie	Bridgewater	5:31.93
8 Weaver, Jenna	Eastern Menn	5:40.79
9 Vera, Adia	Washington a	5:45.31
10 Thrush, Makenna	Shenandoah	5:46.54
11 Mast, Halie	Eastern Menn	5:49.96
12 Gardiner, Vanessa	Eastern Menn	5:51.96
13 Earle, Sarah	Bridgewater	6:11.97
14 Stuhlmiller, Samantha	Hollins	6:24.74
15 Johnston, Jenna	Hollins	6:29.45

**Event 21 Women 3000 Meter Run**

Sunday 2/27/2022 - 5:35 PM

The start will use a two-turn alley.

ODAC Rec: 9:55.49 2015

Kat Lehman

Meet Rec: 10:10.61 2001

Casey Smith

Name	School	Seed Time
1 Lagunas, Kelsey	Lynchburg	10:29.34
2 Schiffman, Avery	Washington a	10:35.44
3 Hawk, Parker	Washington a	10:41.37
4 Burnett, Stephanie	Lynchburg	10:43.22
5 Dell, Allison	Lynchburg	10:52.00
6 Hamlet, Claire	Washington a	11:00.33
7 James, Sarah	Lynchburg	11:05.73
8 Clodgo, Kristen	Washington a	11:10.30
9 Brown, Jav	Washington a	11:26.28
10 Lotts, Madeline	Shenandoah	11:28.80
11 Hollar, Kaitlyn	Washington a	11:28.80
12 Smeds, Emily	Bridgewater	11:29.40
13 Larkin, Katie	Washington a	11:32.06
14 Weaver, Jenna	Eastern Menn	11:39.31
15 Brown, Lauren	Roanoke	11:41.35
16 Dodd, Ashley	Bridgewater	11:57.16
17 Earle, Sarah	Bridgewater	11:59.46
18 Hatch, Bri	Washington a	12:03.48
19 Christy, Sarah	Shenandoah	12:16.35
20 Dillon, Harper	Hollins	12:43.85

**Event 7 Women 5000 Meter Run**

Saturday 2/26/2022 - 3:55 PM

The start will use a two-turn alley start

ODAC Rec: 17:06.99 2001

Casey Smith

Meet Rec: 17:35.81 2020

English Jackson

Name	School	Seed Time
1 Burnett, Stephanie	Lynchburg	17:31.69
2 Lagunas, Kelsey	Lynchburg	18:34.23
3 James, Sarah	Lynchburg	18:36.13
4 Todd, Carolyn	Washington a	18:48.70
5 Atkinson, Erin	Shenandoah	19:00.70
6 Shelly, Allison	Eastern Menn	19:25.18
7 Molinaro, Elise	Washington a	19:37.90
8 Smeds, Emily	Bridgewater	19:49.23
9 Lotts, Madeline	Shenandoah	19:58.29
10 Young, Mackenzie	Bridgewater	20:06.45
11 Thrush, Makenna	Shenandoah	20:38.73
12 Hale, Hannah	Shenandoah	21:32.60
13 Hart, Lydia	Bridgewater	22:19.04
14 Chambers, Samantha	Shenandoah	22:29.30
15 Dillon, Harper	Hollins	23:02.82
16 Sarver, Allison	Roanoke	23:52.90
17 Larcombe, Elena	Bridgewater	26:06.80

**Event 3 Women 60 Meter Hurdles Prelims**

Saturday 2/26/2022 - 4:55 PM

ODAC Rec: 8.69 2019

Emily Valle

Meet Rec: 8.89 2019

Emily Valle

Name	School	Seed Time
1 Seward, Aniya	Lynchburg	8.92
2 Snodgrass, Hannah	Roanoke	8.97
3 Mohnkern, Betsy	Lynchburg	9.42
4 Venable, Madelyn	Washington a	9.49
5 Koepfinger, Hannah	Roanoke	9.53
6 Washington, Shirell	Virginia Wes	9.53
7 Jackson, Aanykka	Virginia Wes	9.59
8 Evans, Destini	Virginia Wes	9.68
9 Romano, Amanda	Washington a	9.70
10 Winston, Cammi	Roanoke	9.96
11 Hurst, Anna	Washington a	10.00
12 Blanton, Sha'Dymon	Eastern Menn	10.10
13 Hurley, Olivia	Roanoke	10.21
14 Tulenko, Paige	Washington a	10.26

**Event 25 Women 4x400 Meter Relay**

Sunday 2/27/2022 - 6:40 PM

ODAC Rec: 3:56.25 2014

Roanoke

MacDougall, Mejia, Janney, Kinney

Meet Rec: 3:59.58 2013

Roanoke

Graves, Janney, Kinney, Mejia

Team	Relay	Seed Time
1 Lynchburg	A	4:07.77
1) Bobst, Allison	2) Cammarata, Jessica	
3) Barnes, Vuronika	4) Casto, Bailey	

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## Event 25 ... (Women 4x400 Meter Relay)

Team	Relay	Seed Time
2 Washington a	A	4:15.70
1) Filley, Eleni	2) Jones, Murfee	
3) Romano, Amanda	4) Palethorpe, Jordynn	
3 Roanoke	A	4:16.23
1) Lippert, Lily	2) Koepfinger, Hannah	
3) Gamble, Haylee	4) Hefferon, Mikayla	
4 Virginia Wes	A	4:21.18
1) Crocker, Niya	2) Lane, Jaylyn	
3) Dubois, Ashantayye	4) Stedman, Casey	
5 Shenandoah	A	4:23.08
1) Hubbard, Alexis	2) Plowman, Mackenzie	
3) Nicely, Emma	4) Gray, Madison	
6 Eastern Menn	A	4:47.73
1) Carey, Tiffany	2) Oguamena, Kendra	
3) Roberts, Chyna	4) Mast, Halie	
7 Ferrum	A	4:48.65
1) Hairston, Jordan	2) Pineiro, Genesis	
3) Ojeda, Stephanie	4) Vasquez, Escarlen	
8 Randolph	A	4:51.63
1) Moore, Jennifer	2) Derksen, Jenna	
3) Torres, Joanne	4) Redlich, Marlene	
9 Hollins	A	4:57.37
1) Stuhlmiller, Samantha	2) Scott, Savannah	
3) Williams, Dymond	4) Brousseau, Madison	
10 Bridgewater	A	NT
1) Hooker, Kacee	2) Carter, Grace	
3) Oliver, Cassidy	4) Coleman, Adalia	

## Event 1 Women Distance Medley

Saturday 2/26/2022 - 5:50 PM

The start will use a two-turn alley.

ODAC Rec: 11:58.66 2017 Washington and Lee

Seybold, Lee, Fonvielle, Yates

Meet Rec: 12:37.64 2015 Eastern Mennonite

Paden, Brumfield, Schirch, Chappell-Dick

Team	Relay	Seed Time
1 Washington a	A	12:50.53
1) Kemp, Mimi	2) Romano, Amanda	
3) Becker, Emilee	4) Clodgo, Kristen	
2 Eastern Menn	A	14:02.24
1) Mast, Halie	2) Franklin, Kailee	
3) Gardiner, Vanessa	4) Weaver, Jenna	
3 Hollins	A	15:58.04
1) Dillon, Harper	2) Brousseau, Madison	
3) Johnston, Jenna	4) Stuhlmiller, Samantha	
4 Roanoke	A	NT
1) Sullivan, Rebekah	2) Sow, Fatumata	
3) Brown, Ashley	4) Brown, Lauren	
5 Randolph	A	NT
1) Redlich, Marlene	2) Torres, Joanne	
3) Moore, Jennifer	4) Fuentes, Sara	
6 Shenandoah	A	NT
1) Gray, Madison	2) Nicely, Emma	
3) Plowman, Mackenzie	4) Atkinson, Erin	

7 Ferrum	A	NT
1) Vasquez, Escarlen	2) Ojeda, Stephanie	
3) Hairston, Jordan	4) Pineiro, Genesis	
8 Bridgewater	A	NT
1) Dodd, Ashley	2) Oliver, Cassidy	
3) Carter, Grace	4) Earle, Sarah	
9 Lynchburg	A	NT
1) Silva, Molly	2) Packer, Christa	
3) Burnett, Stephanie	4) Massey, Lauren	

## Event 32 Women High Jump

Saturday 2/26/2022 - 2:30 PM

Prog: 1.39, 1.44, 1.49, 1.54, 1.59, +3cm

ODAC Rec: 5-08 2000 Vicki Osinga

Meet Rec: 5-06 2000 Vicki Osinga

Name	School	Seed Mark
1 McLaughlin, Tiffany	Hollins	1.60m
2 Winston, Cammi	Roanoke	1.55m
3 Nguyen, Kaitlyn	Roanoke	1.55m
4 Jackson, Aanykka	Virginia Wes	1.55m
5 Hunley, Taja	Randolph	1.52m
6 Hincley, Eleanor	Roanoke	1.50m
7 Heifner, Sydney	Washington a	1.50m
8 Berg, Donzailya	Lynchburg	1.50m
9 Chaffins, Meghan	Randolph	1.50m
10 Hertzberg, Elizabeth	Washington a	1.47m
11 Hoover, Katya	Shenandoah	1.40m
12 Russell, Abby	Lynchburg	1.40m
13 Sweet, Caitlyn	Shenandoah	1.35m

## Event 28 Women Pole Vault

Sunday 2/27/2022 - 11:00 AM

Prog: 193, 208, 223, 238, 253, 268, 283, 298, 313, 328, +10cm

ODAC Rec: 12-04.50 2002 Laura Rosenberger

Meet Rec: 11-10 2010 Christina Rhodes

Name	School	Seed Mark
1 Casto, Bailey	Lynchburg	3.20m
2 Bobst, Allison	Lynchburg	3.20m
3 Van Duyne, Chloe	Roanoke	3.20m
4 D'Ambrosia, Ashley	Washington a	3.20m
5 Kaufman, Cora	Lynchburg	3.05m
6 Guerra, Jillian	Lynchburg	3.05m
7 Jones, Murfee	Washington a	3.05m
8 Felmley, Stephanie	Roanoke	2.90m
9 Akers, Kelly	Bridgewater	2.75m
10 Kinney, Clare	Roanoke	2.75m
11 Franklin, Kailee	Eastern Menn	2.29m

## Event 11 Women Long Jump

Saturday 2/26/2022 - 12:00 PM

Advance top 9 to finals.

ODAC Rec: 19-01.25 2017 Amber Celen

Meet Rec: 19-01.25 2017 Amber Celen

Name	School	Seed Mark
1 Measell, Kaitlin	Shenandoah	5.45m
2 Lane, Jaylyn	Virginia Wes	5.41m

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## Event 11 ... (Women Long Jump)

Name	School	Seed Mark
3 Koepfinger, Hannah	Roanoke	5.27m
4 Seward, Aniya	Lynchburg	5.22m
5 Venable, Madelyn	Washington a	5.20m
6 Gray, Kyla	Bridgewater	5.12m
7 Gamble, Katelyn	Washington a	5.09m
8 Heifner, Sydney	Washington a	5.03m
9 Hertzberg, Elizabeth	Washington a	5.02m
10 Longood, Parker	Washington a	4.97m
11 Chaffins, Meghan	Randolph	4.93m
12 Oliver, Cassidy	Bridgewater	4.92m
13 Wenger, Elizabeth	Lynchburg	4.92m
14 Gheen, Savannah	Roanoke	4.91m
15 Guerra, Jillian	Lynchburg	4.91m
16 Smith, Kiara	Lynchburg	4.90m
17 Evans, Destini	Virginia Wes	4.86m
18 Devraj, Bella	Washington a	4.82m
19 Hubbard, Alexis	Shenandoah	4.82m
20 Hunley, Taja	Randolph	4.76m
21 Winston, Cammi	Roanoke	4.71m
22 Hamlin, Haleigh	Bridgewater	4.61m
23 Nguyen, Kaitlyn	Roanoke	4.58m
24 Berg, Donzailya	Lynchburg	4.53m

## Event 30 Women Triple Jump

Sunday 2/27/2022 - 2:30 PM

Advance top 9 to finals.

ODAC Rec: 39-00.50 2022		Jaylyn Lane
Meet Rec: 38-04.25 2020		Jaylyn Lane
Name	School	Seed Mark
1 Lane, Jaylyn	Virginia Wes	11.90m
2 Seward, Aniya	Lynchburg	11.69m
3 Venable, Madelyn	Washington a	10.68m
4 Gray, Kyla	Bridgewater	10.65m
5 Washington, Shirell	Virginia Wes	10.53m
6 Ryman, Brooke	Roanoke	10.43m
7 Winston, Cammi	Roanoke	10.39m
8 Chaffins, Meghan	Randolph	10.14m
9 Gamble, Haylee	Roanoke	10.09m
10 Oliver, Cassidy	Bridgewater	10.04m
11 Smith, Kiara	Lynchburg	10.03m
12 Hertzberg, Elizabeth	Washington a	9.98m
13 Longood, Parker	Washington a	9.90m
14 Brown, J'Quaycia	Bridgewater	9.86m
15 Hunley, Taja	Randolph	9.85m
16 Lanzer, Emily	Bridgewater	9.60m
17 Parsons, Mahlia	Lynchburg	9.55m
18 Hamlin, Haleigh	Bridgewater	9.47m
19 Scott, Savannah	Hollins	9.04m
20 Akers, Kelly	Bridgewater	8.52m

## Event 12 Women Shot Put

Sunday 2/27/2022 - 2:30 PM

Advance top 9 to finals.

ODAC Rec: 43-10 1995		Crystal Campbell
Meet Rec: 43-10 1995		Crystal Campbell
Name	School	Seed Mark
1 Benefield, Elle	Lynchburg	11.77m
2 Rendfrey, Jessica	Shenandoah	11.74m
3 Hudson, Tiera	Roanoke	11.62m
4 Fowler, Grace	Roanoke	11.62m
5 Hoover, Katya	Shenandoah	11.27m
6 Babbs, Logan	Lynchburg	10.98m
7 Felston, Kiara	Shenandoah	10.83m
8 Kinney, Clare	Roanoke	10.80m
9 Cullen, Elisabeth	Roanoke	10.61m
10 Zunk, Quinlin	Washington a	10.49m
11 Diallo, Mariama	Virginia Wes	9.46m
12 Kloster, Olivia	Bridgewater	9.36m
13 Tennyson, Liberty	Shenandoah	9.32m
14 Harlow, Gracie	Hollins	9.20m
15 Wilson, Jade	Guilford	8.64m
16 Blanks, Tamara	Lynchburg	8.26m

## Event 29 Women Weight Throw

Saturday 2/26/2022 - 2:30 PM

Advance top 9 to finals.

ODAC Rec: 53-01 2015		Kim Alfaro
Meet Rec: 52-05.25 2011		Whitney Fitzwater
Name	School	Seed Mark
1 Benefield, Elle	Lynchburg	15.49m
2 Felston, Kiara	Shenandoah	15.40m
3 Fowler, Grace	Roanoke	14.34m
4 Cullen, Elisabeth	Roanoke	14.10m
5 Rendfrey, Jessica	Shenandoah	13.42m
6 Hudson, Tiera	Roanoke	13.01m
7 Tennyson, Liberty	Shenandoah	12.88m
8 Diallo, Mariama	Virginia Wes	12.63m
9 Decker, Andrea	Shenandoah	12.29m
10 Culhane, Caitlin	Roanoke	12.28m
11 Gajkowski, Abbey	Roanoke	12.14m
12 Kloster, Olivia	Bridgewater	12.03m
13 Wheatly, Olivia	Shenandoah	11.66m
14 Mosley, Quiana	Roanoke	10.77m
15 Babbs, Logan	Lynchburg	9.92m
16 Struble, Joselyn	Roanoke	9.37m
17 Wolde, Yoben	Randolph	9.03m
18 Harlow, Gracie	Hollins	7.92m
19 Blanks, Tamara	Lynchburg	7.85m

## Event 6 Men 60 Meter Dash Prelims

Saturday 2/26/2022 - 5:05 PM

ODAC Rec: 6.76 2012		Johnathan Smith
Meet Rec: 6.78 2020		Davonta Womack
Name	School	Seed Time
1 Crowder, William	Shenandoah	6.92

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Name	School	Seed Time
2 Johnson, Alijah	Eastern Menn	6.96
3 Clark, Isaiah	Ferrum	6.97
4 Fowler, Brady	Roanoke	6.99
5 Douglas, Julian	Lynchburg	7.06
6 Shadkhoo, Alex	Lynchburg	7.07
7 Moore, Miles	Shenandoah	7.08
8 Clark, Jaden	Ferrum	7.08
9 Moffo, Landry	Virginia Wes	7.11
10 Jackson, Andre	Shenandoah	7.11
11 Moon, Aaron	Bridgewater	7.12
12 alexander, trevel	Guilford	7.13
13 Morgan, Damon	Eastern Menn	7.14
14 Lopez, John	Shenandoah	7.15
15 Ellerbe, Joshua	Ferrum	7.18
16 Roeschley, Eli	Eastern Menn	7.18
17 Fauntleroy, Kennedy	Bridgewater	7.20
18 Howard Jr., Maurice	Roanoke	7.21
19 Clanton, Kyle	Bridgewater	7.23
20 Brown-Flowers, Zashon	Lynchburg	7.24
21 Cornish, Isaiah	Lynchburg	7.25
22 Spradlin, Aiden	Roanoke	7.35
23 Morin, Blake	Roanoke	7.41
24 hunter, Jamaal	Guilford	7.42

## Event 20 Men 200 Meter Dash

Sunday 2/27/2022 - 5:00 PM		
ODAC Rec:	21.80 2014	Randy Lott
Meet Rec:	22.17 2014	Randy Lott
Name	School	Seed Time
1 Johnson, Alijah	Eastern Menn	21.96
2 Shadkhoo, Alex	Lynchburg	22.41
3 Moore, Miles	Shenandoah	22.42
4 Hamm, Michael	Ferrum	22.66
5 Avalos, Kaegan	Bridgewater	22.75
6 Crawford, Samuel	Roanoke	22.76
7 Fowler, Brady	Roanoke	22.78
8 Morgan, Damon	Eastern Menn	22.83
9 Clark, Isaiah	Ferrum	22.87
10 Lopez, John	Shenandoah	23.07
11 Clark, Jaden	Ferrum	23.11
12 Clanton, Kyle	Bridgewater	23.17
13 alexander, trevel	Guilford	23.20
14 O'Brien, Xavier	Roanoke	23.29
15 Douglas, Julian	Lynchburg	23.35
16 Crowder, William	Shenandoah	23.42
17 Morin, Blake	Roanoke	23.52
18 Howard Jr., Maurice	Roanoke	23.55
19 Ellerbe, Joshua	Ferrum	23.62
20 Fore, Ryan	Lynchburg	23.68
21 Jacobs, Zachary	Lynchburg	23.72
22 Moon, Aaron	Bridgewater	23.73
23 Williams, Grant	Roanoke	23.77
24 hunter, Jamaal	Guilford	24.12

## Event 16 Men 400 Meter Run

Sunday 2/27/2022 - 3:35 PM		
ODAC Rec:	47.86 2014	Tom Sippie
Meet Rec:	49.11 2014	Tom Sippie
Name	School	Seed Time
1 Crawford, Samuel	Roanoke	50.51
2 Avalos, Kaegan	Bridgewater	50.86
3 Hamm, Michael	Ferrum	51.12
4 Kwakye, Gabriel	Lynchburg	51.30
5 Dracon, Doug	Washington a	51.69
6 McGhie, Elias	Shenandoah	51.77
7 Marable, George	Washington a	52.24
8 Brown, Tory	Randolph	52.57
9 Hodnett, Jacob	Lynchburg	52.77
10 Raynor, Aaron	Virginia Wes	52.87
11 Flowers, Brian	Lynchburg	53.01
12 Kasischke, Wilson	Washington a	53.39
13 Weaver, Max	Washington a	53.60
14 Philpot, Dominick	Ferrum	53.62
15 Jacobs, Zachary	Lynchburg	53.67
16 Crosswell, Domenic	Virginia Wes	53.68
17 Harris, Cameron	Roanoke	53.71
18 McKenna, Ryan	Washington a	54.03
19 Alderman, Cy	Bridgewater	54.70
20 Sheets, Michael	Bridgewater	54.95
21 Abdur-Rahim, Amir	Guilford	54.99
22 Wilson, Da'Shawn	Bridgewater	56.68

## Event 18 Men 800 Meter Run

Sunday 2/27/2022 - 4:30 PM		
The start will use a two-turn alley.		
ODAC Rec:	1:51.75 2022	Tor Hotung- Davidsen
Meet Rec:	1:55.43 2012	Dylan Skinner
Name	School	Seed Time
1 Hotung-Davidsen, Tor	Lynchburg	1:53.35
2 Llaneza, Sam	Lynchburg	1:54.99
3 Alderfer, Isaac	Eastern Menn	1:55.27
4 Avigliano, Luke	Washington a	1:56.86
5 Lauffenberger, Kyle	Lynchburg	1:57.52
6 Moore, Zach	Washington a	1:57.65
7 Dixon, James	Washington a	1:58.47
8 McGhie, Elias	Shenandoah	2:00.10
9 Thompson, Cody	Randolph	2:00.59
10 Allinger, Jeremy	Shenandoah	2:00.65
11 Luckey, Isaiah	Virginia Wes	2:00.79
12 Varney, Bowen	Bridgewater	2:01.68
13 Immanuel, Bellamy	Eastern Menn	2:03.58
14 Birdsall, Robert	Roanoke	2:03.84
15 Fowler, William	Lynchburg	2:04.20
16 Tate Jr., Kevin	Ferrum	2:06.37
17 Todd, Matthew	Washington a	2:06.79
18 Woodruff, Dawson	Eastern Menn	2:07.31
19 Miller, Jansen	Eastern Menn	2:09.04
20 Mason, Luken	Randolph	2:09.45
21 Jewell, Daniel	Roanoke	2:09.84

## ODAC Indoor Track &amp; Field Championships - 2/26/2022 to 2/27/2022

Cregger Center  
Performance List**Event 18 ... (Men 800 Meter Run)**

Name	School	Seed Time
22 AndreaS, Isaac	Eastern Menn	2:10.51
23 Stimpson, Justin	Hampden-Sydn	2:10.84
24 Reid, Franklin	Roanoke	2:11.25

**Event 14 Men 1 Mile Run**

Sunday 2/27/2022 - 2:30 PM

The start will use a two-turn alley.

ODAC Rec: 4:11.91 2021 Isaac Alderfer  
Meet Rec: 4:18.64 2017 Ian McDonald

Name	School	Seed Time
1 Alderfer, Isaac	Eastern Menn	4:12.17
2 Llanaez, Sam	Lynchburg	4:13.22
3 McCroy, Connor	Lynchburg	4:20.56
4 Roberts, Hayden	Washington a	4:22.51
5 Ruiz, Chris	Washington a	4:23.63
6 Hurst, Cooper	Lynchburg	4:26.83
7 Allen, Justice	Eastern Menn	4:29.60
8 Cupps, Bennett	Bridgewater	4:30.38
9 Williams, Grant	Lynchburg	4:31.04
10 Miller, Daniel	Lynchburg	4:36.40
11 Robinson, Holden	Washington a	4:37.66
12 Kaufman, Clay	Eastern Menn	4:38.72
13 Immanuel, Bellamy	Eastern Menn	4:41.67
14 Hoffstaetter, Timothy	Roanoke	4:42.14
15 Aleemi, Anthony	Lynchburg	4:46.15
16 Varney, Bowen	Bridgewater	4:46.27
17 Miller, Jansen	Eastern Menn	4:49.02
18 Minton, Kade	Hampden-Sydn	4:50.86
19 Johnson, Thomas	Eastern Menn	4:52.49
20 Lehman, Nate	Eastern Menn	4:54.04
21 Warden, Nate	Guilford	4:55.70
22 Burcham, Carter	Hampden-Sydn	4:56.41
23 AndreaS, Isaac	Eastern Menn	4:59.07
24 Kohout, Devin	Hampden-Sydn	5:01.39

**Event 22 Men 3000 Meter Run**

Sunday 2/27/2022 - 5:20 PM

The start will use a two-turn alley.

ODAC Rec: 8:15.57 2022 Max Sparks  
Meet Rec: 8:40.89 2017 Alec Thibodeaux

Name	School	Seed Time
1 Sparks, Maximillian	Lynchburg	8:21.32
2 Fingerhut, Josh	Washington a	8:43.76
3 Straits, Brennan	Lynchburg	8:52.17
4 Verrett, Connor	Washington a	8:53.03
5 Davis, Bryce	Lynchburg	8:53.09
6 McCroy, Connor	Lynchburg	8:55.36
7 Green, Corbin	Lynchburg	8:56.82
8 Jacobs, Jackson	Washington a	9:02.00
9 Graham, Sam	Lynchburg	9:05.15
10 Allen, Justice	Eastern Menn	9:05.20
11 Leo, Vincent	Bridgewater	9:05.60
12 Watson, Nick	Washington a	9:06.17
13 Firkins, Tanner	Lynchburg	9:08.50

14 Haden, Henry	Washington a	9:12.00
15 Clarke, Kyle	Washington a	9:12.04
16 Creamer, Ronan	Lynchburg	9:13.40
17 Zulauf, Chamberlain	Roanoke	9:13.47
18 Smith, Peter	Roanoke	9:15.04
19 Thomas, Max	Washington a	9:16.24
20 Sterne, Row	Washington a	9:16.79
21 Kaufman, Clay	Eastern Menn	9:20.93
22 Cadle, Anthony	Bridgewater	9:25.79
23 Cochran, Tanner	Randolph	9:34.83
24 Harrower, Ethan	Shenandoah	9:40.84

**Event 8 Men 5000 Meter Run**

Saturday 2/26/2022 - 3:30 PM

The start will use a two-turn alley start

ODAC Rec: 14:28.98 2009 Ricky Flynn  
Meet Rec: 14:54.53 2019 Jamie Hiegel

Name	School	Seed Time
1 Sparks, Maximillian	Lynchburg	15:02.71
2 Davis, Bryce	Lynchburg	15:30.84
3 Straits, Brennan	Lynchburg	15:34.53
4 Graham, Sam	Lynchburg	15:44.02
5 Fingerhut, Josh	Washington a	15:51.53
6 Zulauf, Chamberlain	Roanoke	15:54.28
7 Smith, Peter	Roanoke	15:58.48
8 Kallen, Thomas	Washington a	15:58.99
9 Jacobs, Jackson	Washington a	16:06.44
10 Kaufman, Clay	Eastern Menn	16:10.47
11 Cadle, Anthony	Bridgewater	16:15.86
12 Clarke, Kyle	Washington a	16:17.45
13 Haden, Henry	Washington a	16:19.44
14 Robinson, Holden	Washington a	16:23.81
15 Gregory, Jacob	Bridgewater	16:38.60
16 Duncan, Ethan	Bridgewater	17:09.04
17 Yoder, Nathan	Eastern Menn	17:09.53
18 Maneval, Patrick	Shenandoah	17:17.01
19 Knight, Abenezzer	Bridgewater	17:23.87
20 Smith, Tyler	Shenandoah	17:26.06
21 Bradley, Caleb	Bridgewater	18:08.52
22 Hostetler, Caleb	Eastern Menn	19:06.42
23 Munoz, Zach	Eastern Menn	20:41.94

**Event 4 Men 60 Meter Hurdles Prelims**

Saturday 2/26/2022 - 4:40 PM

ODAC Rec: 8.22 2022 Landry Moffo  
Meet Rec: 8.23 2019 Darren Petty

Name	School	Seed Time
1 Moffo, Landry	Virginia Wes	8.22
2 O'Brien, Xavier	Roanoke	8.34
3 Harvey, Malik	Lynchburg	8.51
4 Fore, Ryan	Lynchburg	8.62
5 Gatling, Michael	Virginia Wes	8.78
6 Day, Jaylen	Washington a	8.82
7 Kavounis, Corey	Lynchburg	8.88
8 Klocke, Matthew	Shenandoah	8.93
9 Romsdahl, Isaiah	Lynchburg	8.93

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Performance List

## Event 4 ... (Men 60 Meter Hurdles Prelims)

Name	School	Seed Time
10 Watters, Seamus	Washington a	8.96
11 Holliday, Kyle	Shenandoah	8.98
12 Powell, Ty	Washington a	9.05
13 Bohon, Hunter	Roanoke	9.14

## Event 26 Men 4x400 Meter Relay

Sunday 2/27/2022 - 6:25 PM

ODAC Rec: 3:16.84 2001 Lynchburg

Goss, Williams, Harris, Smith

Meet Rec: 3:21.96 2016 Virginia Wesleyan

Hawkins, Ramirez, Sivels, White

Team	Relay	Seed Time
1 Washington a	A	3:28.95
1) Avigliano, Luke	2) Dixon, James	
3) Dracon, Doug	4) Marable, George	
2 Lynchburg	A	3:30.85
1) Kwakye, Gabriel	2) Hotung-Davidsen, Tor	
3) Lauffenberger, Kyle	4) Hodnett, Jacob	
3 Roanoke	A	3:30.86
1) O'Brien, Xavier	2) Bohon, Hunter	
3) Fowler, Brady	4) Crawford, Samuel	
4 Shenandoah	A	3:32.01
1) Klocke, Matthew	2) Allinger, Jeremy	
3) Moore, Miles	4) McGhie, Elias	
5 Virginia Wes	A	3:33.99
1) Raynor, Aaron	2) Luckey, Isaiah	
3) Gatling, Michael	4) Crosswell, Domenic	
6 Eastern Menn	A	3:39.05
1) Roeschley, Eli	2) Immanuel, Bellamy	
3) Alderfer, Isaac	4) Johnson, Alijah	
7 Randolph	A	3:39.99
1) Mohabir, Lamont	2) Brown, Tory	
3) Mason, Luken	4) Thompson, Cody	
8 Bridgewater	A	3:40.92
1) Clanton, Kyle	2) Avalos, Kaegan	
3) Sheets, Michael	4) Alderman, Cy	
9 Ferrum	A	3:44.59
1) Hamm, Michael	2) Philpot, Dominick	
3) Witcher, Kwajay	4) Shaffer, Seth	
10 Guilford	A	NT
1) Warden, Nate	2) Abdur-Rahim, Amir	
3) Williams-Mclaren, Kemar	4) alexander, trevel	

## Event 2 Men Distance Medley

Saturday 2/26/2022 - 5:35 PM

The start will use a two-turn alley.

ODAC Rec: 9:55.08 2022 Lynchburg

Sparks, Lauffenberger, Hotung- Davidsen, Llanaeza

Meet Rec: 10:34.09 2012 Virginia Wesleyan

Driscoll, Elmore, Shelton, Whitson

Team	Relay	Seed Time
1 Lynchburg	A	10:03.18
1) Hotung-Davidsen, Tor	2) Green, Corbin	
3) McCroy, Connor	4) Llanaeza, Sam	

2 Eastern Menn	A	10:46.24
1) Allen, Justice	2) Johnson, Alijah	
3) Immanuel, Bellamy	4) Alderfer, Isaac	
3 Washington a	A	10:54.61
1) Ruiz, Chris	2) Verrett, Connor	
3) Watson, Nick	4) Sterne, Row	
4 Roanoke	A	11:16.06
1) Fretwell, Josh	2) Justice, Brandon	
3) Birdsall, Robert	4) Hoffstaetter, Timothy	
5 Shenandoah	A	NT
1) Harrower, Ethan	2) Klocke, Matthew	
3) McGhie, Elias	4) Allinger, Jeremy	
6 Virginia Wes	A	NT
1) Johnson, James	2) Massey, Robert	
3) Powers, Andrew	4) Cravens, Ethan	
7 Guilford	A	NT
1) Crane, Zach	2) Abdur-Rahim, Amir	
3) Davis, Jacob	4) Warden, Nate	
8 Ferrum	A	NT
1) Stanford, Clayton	2) Swaney, Noah	
3) Tate Jr., Kevin	4) Shaffer, Seth	
9 Randolph	A	NT
1) Thompson, Cody	2) Brown, Tory	
3) Mason, Luken	4) Cochran, Tanner	
10 Bridgewater	A	NT
1) Leo, Vincent	2) Sheets, Michael	
3) Varney, Bowen	4) Cupps, Bennett	

## Event 33 Men High Jump

Saturday 2/26/2022 - 12:00 PM

Prog: 167, 1.72, 1.77, 1.82, 1.87, 1.90, +3cm

ODAC Rec: 7-00.25 1997 DaVon Lewis

Meet Rec: 6-09 2014 Jordan King

Name	School	Seed Mark
1 Williams, Cee Jay	Lynchburg	1.90m
2 O'Connor, Joe	Washington a	1.85m
3 Lothorpe, Elijah	Roanoke	1.80m
4 Bohon, Hunter	Roanoke	1.80m
5 Hostetter, Daniel	Roanoke	1.80m
6 Waller, Mark	Washington a	1.80m
7 Brothers, Isaiah	Lynchburg	1.80m
8 Gatling, Michael	Virginia Wes	1.78m
9 McIntyre, Jared	Roanoke	1.75m
10 Moon, Aaron	Bridgewater	1.75m
11 Avalos, Kaegan	Bridgewater	1.75m
12 Apgar, Brendan	Eastern Menn	1.70m
13 McNeil, Zach	Roanoke	1.65m

## Event 27 Men Pole Vault

Sunday 2/27/2022 - 2:00 PM

Prog: 3.05, 3.20, 3.35, 3.50, 3.65, 3.80, 3.95, 4.10, +10cm

ODAC Rec: 16-08.75 2022 Joe O'Connor

Meet Rec: 15-10.25 2020 Joe O'Connor

Name	School	Seed Mark
1 O'Connor, Joe	Washington a	5.10m
2 Repko, Easton	Bridgewater	4.20m

## ODAC Indoor Track &amp; Field Championships - 2/26/2022 to 2/27/2022

Cregger Center  
Performance List**Event 27 ... (Men Pole Vault)**

Name	School	Seed Mark
3 Wilson, Marques	Lynchburg	4.05m
4 Powell, Julian	Lynchburg	3.90m
5 Rygalski, Edward	Roanoke	3.90m
6 Charecky, Michael	Lynchburg	3.90m
7 Skutt, Charlie	Lynchburg	3.75m
8 Enstrom, Miles	Roanoke	3.70m
9 Bohon, Hunter	Roanoke	2.96m

**Event 10 Men Long Jump**

Saturday 2/26/2022 - 2:30 PM

Advance top 9 to finals.

ODAC Rec: 24-04.50 2001

James Goss

Meet Rec: 24-01.75 2020

Davonta Womack

Name	School	Seed Mark
1 Roberts, Geni	Virginia Wes	7.26m
2 Williams, Cee Jay	Lynchburg	7.05m
3 Moon, Aaron	Bridgewater	6.80m
4 Clanton, Kyle	Bridgewater	6.69m
5 Douglas, Julian	Lynchburg	6.64m
6 Roeschley, Eli	Eastern Menn	6.62m
7 Barber, Isaac	Washington a	6.57m
8 Cobb, Hampton	Shenandoah	6.54m
9 Blackstone, David	Lynchburg	6.38m
10 Payne, Rah'Quan	Ferrum	6.29m
11 Bohon, Hunter	Roanoke	6.26m
12 alexander, trevel	Guilford	6.25m
13 Gatling, Michael	Virginia Wes	6.20m
14 Apgar, Brendan	Eastern Menn	6.20m
15 Bisseck, Aymar	Shenandoah	6.10m
16 Li, David	Washington a	6.09m
17 Jacobs, Julius	Virginia Wes	5.77m
18 McNeil, Zach	Roanoke	5.66m

**Event 31 Men Triple Jump**

Sunday 2/27/2022 - 12:00 PM

Advance top 9 to finals.

ODAC Rec: 49-09.75 1994

Otio Okilo

Meet Rec: 48-07.50 2017

Darin Council

Name	School	Seed Mark
1 Roberts, Geni	Virginia Wes	14.63m
2 Gatling, Michael	Virginia Wes	13.67m
3 Roeschley, Eli	Eastern Menn	13.49m
4 Williams, Cee Jay	Lynchburg	13.39m
5 Barber, Isaac	Washington a	13.34m
6 Blackstone, David	Lynchburg	13.11m
7 Moon, Aaron	Bridgewater	12.84m
8 Brothers, Isaiah	Lynchburg	12.68m
9 Payne, Rah'Quan	Ferrum	12.67m
10 Apgar, Brendan	Eastern Menn	12.63m
11 Mosley, D'Monte	Lynchburg	12.43m
12 McIntyre, Jared	Roanoke	12.35m
13 Jones, Donnell	Shenandoah	12.30m
14 Jacobs, Julius	Virginia Wes	11.84m
15 Foster, Jack	Washington a	11.78m

16 Hostetter, Daniel Roanoke 11.39m

**Event 34 Men Shot Put**

Sunday 2/27/2022 - 12:00 PM

Advance top 9 to finals.

ODAC Rec: 55-02.25 2008

Nathan Turner

Meet Rec: 53-08.25 2007

Nathan Turner

Name	School	Seed Mark
1 Schannauer, Wyatt	Shenandoah	15.02m
2 Fulton, Peter	Bridgewater	14.35m
3 Kindig, John	Shenandoah	14.05m
4 Schmidt, Christian	Eastern Menn	12.66m
5 Patterson, Reginald	Bridgewater	12.61m
6 Stott, Christopher	Lynchburg	12.54m
7 Young, Jacob	Shenandoah	12.52m
8 Roy, Adam	Washington a	12.41m
9 Bajski, Stevan	Washington a	12.26m
10 Smith, Michael	Bridgewater	12.06m
11 Leichtig, Grant	Eastern Menn	11.76m
12 Davis, Jalen	Virginia Wes	11.72m
13 McNutt, Jake	Bridgewater	11.69m
14 Ekoh, Chidubem	Eastern Menn	11.54m
15 Nesslerodt, Tony	Bridgewater	11.47m
16 Novak, Evan	Washington a	11.39m
17 Smith, Matthew	Shenandoah	10.96m
18 Carson, Jermane	Lynchburg	10.56m
19 Ruff, Michael	Lynchburg	10.46m
20 Sarsfield, James	Roanoke	10.19m
21 Krause, Curtiss	Roanoke	10.10m
22 Gilliam, Jordan	Virginia Wes	9.36m
23 Weaver, Aidan	Eastern Menn	9.32m
24 Brooks, Andriquez	Guilford	9.27m

**Event 9 Men Weight Throw**

Saturday 2/26/2022 - 12:00 PM

Advance top 9 to finals.

ODAC Rec: 58-09.25 2020

Michael Lotts

Meet Rec: 56-11.25 2014

Greg Wilson

Name	School	Seed Mark
1 Kindig, John	Shenandoah	17.39m
2 Fulton, Peter	Bridgewater	15.65m
3 Schannauer, Wyatt	Shenandoah	14.58m
4 Nesslerodt, Tony	Bridgewater	14.37m
5 McNutt, Jake	Bridgewater	14.20m
6 Smith, Michael	Bridgewater	14.06m
7 Young, Jacob	Shenandoah	14.02m
8 Smith, Matthew	Shenandoah	13.78m
9 Patterson, Reginald	Bridgewater	13.68m
10 Stott, Christopher	Lynchburg	13.18m
11 Ruff, Michael	Lynchburg	13.05m
12 Roy, Adam	Washington a	12.49m
13 Novak, Evan	Washington a	12.28m
14 Soto-Ventura, Jorge	Washington a	12.15m
15 Labriny, Youssef	Roanoke	12.09m
16 Bass, Sha-Ron	Randolph	11.23m
17 Davis, Jalen	Virginia Wes	11.19m



**ODAC Indoor Track & Field Championships - 2/26/2022 to 2/27/2022****Cregger Center  
Performance List****Event 9 ...(Men Weight Throw)**

	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
18	Krause, Curtiss	Roanoke	11.18m
19	Gilliam, Jordan	Virginia Wes	10.73m
20	Fyffe, Keive	Virginia Wes	10.66m
21	Sarsfield, James	Roanoke	10.04m
22	Carson, Jermane	Lynchburg	9.20m
23	Brooks, Andriquez	Guilford	8.93m