

Dr. Jack M. Toms Alumni Invitational - 3/26/2022

University of Lynchburg

Results

Women 100 Meter Dash

Name	School	Prelims
Preliminaries		
1	Graybill, Leah	Shippensburg 12.21q 2.7
2	Bansbach, Susan	Rochester 12.58q 2.9
3	Cammarata, Jessica	Lynchburg 12.77q -0.2
4	Patton, Joelle	Liberty 12.78q 4.2
5	McKean, Sara	Shippensburg 12.82q 3.2
6	Poole, Taylor	Roanoke 12.88q 2.9
7	Johnson, Brenna	Nazareth 12.94q 2.5
8	Oguamena, Kendra	Eastern Menn 12.94q -0.2
9	Wenger, Elizabeth	Lynchburg 13.00q 4.2
10	Measell, Kaitlin	Shenandoah 13.02q 3.2
11	Anderson, Janelle	Shenandoah 13.04q 2.9
12	Baxter, Adriana	Shippensburg 13.06q 1.9
13	Dubois, Ashantayye	Virginia Wes 13.15q 2.7
14	Brohard, Gabrielle	Liberty 13.24q 2.7
15	Snodgrass, Hannah	Roanoke 13.26q 1.9
16	Norris, Riley	Nazareth 13.49q 2.7
17	D'Ambrosia, Ashley	Washington a 13.54q 2.9
18	Berry, Lauren	Rochester 13.54q 2.5
19	Washington, Shirell	Virginia Wes 13.56q 4.2
20	Smith, Kiara	Lynchburg 13.58q 2.5
21	Beverley, Airiana	Ferrum 13.62q 3.2
22	Smith, Kendra	Randolph 13.65q 2.7
23	Heward, Riley	Southern Vir 13.67q 1.9
24	Turner, Jaidyn	Randolph 13.76q -0.2
25	Chaffins, Meghan	Randolph 13.79 4.2
26	Torres, Folole	Southern Vir 13.82 4.2
27	Leale, Madi	Southern Vir 13.85 -0.2
28	Thompson, Maggie	Concord 13.90 3.2
29	Leahey, McKenzie	Nazareth 13.96 2.5
30	Sterling, Emily	Southern Vir 13.96 4.2
31	Hunley, Taja	Randolph 13.98 1.9
32	Dixon, Kaylee	Concord 14.18 3.2
33	Hurley, Olivia	Roanoke 14.19 2.9
34	Blodgett, Emma	Southern Vir 14.20 3.2
35	Chapin, Savanna	Southern Vir 14.33 2.7
36	Van Voorhis, Haley	Shenandoah 14.44 2.5
37	Pollinger, Kylea	Concord 14.57 2.5
38	Nicely, Emma	Shenandoah 14.69 3.2
39	Mills, Aliana	Concord 14.78 1.9
40	Harrison, Tracy-Ann	Virginia Wes 14.98 2.7
41	Walker, Jada	Virginia Wes 15.08 1.9
42	Wuenschel, Morgan	Shenandoah 15.09 2.5
43	Hooley, Cenedra	Southern Vir 15.21 -0.2
44	Cooper, Jenna	Concord 15.56 -0.2
45	Higley, Shylee	Southern Vir 15.99 2.9

Women 100 Meter Dash

Name	School	Semis
Semi-Finals		
1	Graybill, Leah	Shippensburg 12.22q 3.1
2	Cammarata, Jessica	Lynchburg 12.60q 2.7
3	Bansbach, Susan	Rochester 12.60q 1.1

4	McKean, Sara	Shippensburg 12.81q 1.1
5	Patton, Joelle	Liberty 12.81q 2.7
6	Johnson, Brenna	Nazareth 12.90q 3.1
7	Anderson, Janelle	Shenandoah 12.98q 1.1
8	Measell, Kaitlin	Shenandoah 13.05q 2.7
9	Baxter, Adriana	Shippensburg 13.15 3.1
10	Wenger, Elizabeth	Lynchburg 13.21 2.7
11	Brohard, Gabrielle	Liberty 13.32 1.1
12	Heward, Riley	Southern Vir 13.38 1.1
13	Dubois, Ashantayye	Virginia Wes 13.42 3.1
14	D'Ambrosia, Ashley	Washington a 13.46 1.1
15	Norris, Riley	Nazareth 13.48 2.7
16	Beverley, Airiana	Ferrum 13.60 2.7
17	Berry, Lauren	Rochester 13.61 3.1
18	Smith, Kendra	Randolph 13.70 2.7
19	Turner, Jaidyn	Randolph 14.05 3.1
20	Washington, Shirell	Virginia Wes 14.22 3.1

Women 100 Meter Dash

Name	School	Finals
Finals		
1	Patton, Joelle	Liberty 13.26 -0.8

Women 200 Meter Dash

Name	School	Finals
Finals		
1	Graybill, Leah	Shippensburg 24.43 1.2
2	Bansbach, Susan	Rochester 25.20 1.2
3	Gamble, Katelyn	Washington a 25.32 1.2
4	O'Connell, Madeline	Rochester 25.55 1.2
5	Hinckley, Eleanor	Roanoke 25.88 1.5
6	Gamble, Haylee	Roanoke 25.95 1.2
7	Johnson, Brenna	Nazareth 26.05 1.2
8	Barnes, Vuronika	Lynchburg 26.20 1.5
9	Dalhouse, Kayla	Shippensburg 26.24 1.5
10	Birle, Susannah	Washington a 26.46 1.5
11	Hardy, Kristin	Rochester 26.51 1.2
12	Lippert, Lily	Roanoke 26.64 1.5
13	Isaac, Kate	Rochester 26.80 1.5
14	Anderson, Janelle	Shenandoah 27.10 1.2
15	Henson, Lauren	Roanoke 27.20 0.2
16	Scott, Myiah	Liberty 27.25 1.2
17	Wenger, Elizabeth	Lynchburg 27.37 0.6
18	Evans, Destini	Virginia Wes 27.40 1.5
19	Hairston, Jordan	Ferrum 27.42 0.6
20	Aboagye, Alexis	Rochester 27.52 0.6
21	Bell, Megan	Rochester 27.70 0.6
22	Dubois, Ashantayye	Virginia Wes 27.74 1.2
23	Hubbard, Alexis	Shenandoah 27.74 0.2
24	Pugge, Nicola	Shippensburg 27.84 1.2
25	Filley, Eleni	Washington a 27.86 1.2
26	Berry, Lauren	Rochester 27.95 0.6
27	Brohard, Gabrielle	Liberty 28.02 1.2
28	Snider, Ashley	Liberty 28.04 1.2
29	Rocha, Jensen	Washington a 28.12 0.6
30	Heward, Riley	Southern Vir 28.20 0.2

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Finals ... (Women 200 Meter Dash)

Name	School	Finals
31 Bendall, Lauren	Nazareth	28.24 0.6
32 Smith, Kendra	Randolph	28.30 0.9
33 Turner, Jaidyn	Randolph	28.62 0.9
34 Norris, Riley	Nazareth	28.65 0.6
35 Moore, Jennifer	Randolph	28.89 0.2
36 Thompson, Maggie	Concord	29.02 0.9
37 Craig, Regan	Shippensburg	29.06 0.2
38 Nguyen, Kaitlyn	Roanoke	29.13 1.1
39 Vanderhoof, Sydney	Nazareth	29.22 1.1
40 Dixon, Kaylee	Concord	29.26 1.1
41 Sterling, Emily	Southern Vir	29.51 1.1
42 Plowman, Mackenzie	Shenandoah	29.55 0.2
43 Bryant, Jamya	Guilford	29.69 0.2
44 Pollinger, Kylea	Concord	29.86 1.1
45 Blodgett, Emma	Southern Vir	29.93 0.2
46 Hooley, Cenedra	Southern Vir	30.40 1.1
47 Yates, Tejah	Ferrum	31.84 0.9
48 Knight, Emma	Southern Vir	32.73 0.9
49 Higley, Shylee	Southern Vir	33.83 0.9

Women 400 Meter Dash

Name	School	Finals
Finals		
1 Hardy, Kristin	Rochester	59.75
2 Barnes, Vuronika	Lynchburg	1:00.03
3 Bevan, Ellie	Liberty	1:00.74
4 Casto, Bailey	Lynchburg	1:00.78
5 Henson, Lauren	Roanoke	1:01.22
6 Bell, Megan	Rochester	1:01.28
7 Wilson, Jackie	Lynchburg	1:01.39
8 Gamble, Haylee	Roanoke	1:01.91
9 Palethorpe, Jordynn	Washington a	1:01.94
10 Isaac, Kate	Rochester	1:01.97
11 Lippert, Lily	Roanoke	1:02.60
12 Dalhouse, Kayla	Shippensburg	1:02.63
13 Aboagye, Alexis	Rochester	1:03.10
14 Heath, Isabella	Nazareth	1:03.56
15 Hairston, Jordan	Ferrum	1:03.63
16 Sharon, Abigail	Southern Vir	1:03.64
17 Filley, Eleni	Washington a	1:03.91
18 Snider, Ashley	Liberty	1:04.40
19 Bendall, Lauren	Nazareth	1:04.48
20 Mohnkern, Betsy	Lynchburg	1:04.69
21 Parker, Addie	Southern Vir	1:05.36
22 Crocker, Niya	Virginia Wes	1:05.77
23 Moore, Jennifer	Randolph	1:06.46
24 Rocha, Jensen	Washington a	1:06.52
25 Craig, Regan	Shippensburg	1:07.16
26 Reid, Savannah	Roanoke	1:08.61
27 Roberts, Chyna	Eastern Menn	1:08.90
28 Castle, Kamree	Southern Vir	1:09.27
29 Morgan, Liz	Southern Vir	1:09.65
30 Yates, Tejah	Ferrum	1:11.51
31 Draper, Rachel	Southern Vir	1:15.26

32 Ojeda, Stephanie	Ferrum	1:16.42
33 Bryant, Jamya	Guilford	1:17.52

Women 800 Meter Run

Name	School	Finals
Finals		
1 Troup, Samantha	Liberty	2:19.36
2 Rogers, Jessica	Liberty	2:20.34
3 Schiffman, Avery	Washington a	2:20.49
4 Gerber, Kyra	Shippensburg	2:21.94
5 Burnett, Stephanie	Lynchburg	2:22.40
6 Werner, Kayla	Unattached	2:23.23
7 Engle, Meredith	Liberty	2:24.73
8 Preziotti, Alex	Washington a	2:25.43
9 Van Arsdale, Sofia	Liberty	2:25.99
10 Lagunas, Kelsey	Lynchburg	2:26.87
11 Decker, Elizabeth	Nazareth	2:27.15
12 Strachan, Jada	Concord	2:27.24
13 Silva, Molly	Lynchburg	2:28.26
14 Redd, Bayleigh	Southern Vir	2:29.01
15 Dell, Allison	Lynchburg	2:29.54
16 Chapin, Savanna	Southern Vir	2:29.72
17 Kozlowski, Haleigh	Lynchburg	2:29.74
18 Massey, Lauren	Lynchburg	2:29.91
19 Puleo, Grace	Longwood	2:30.78
20 Gulbert, Isabelle	Shippensburg	2:30.94
21 Ramsden, Angela	Lynchburg	2:31.57
22 Angell, Jacie	Southern Vir	2:31.64
23 Huner, Isabella	Liberty	2:31.97
24 Laine, Abigail	Lynchburg	2:32.43
25 Morgan, Sydney	Shippensburg	2:32.81
26 Pineiro, Genesis	Ferrum	2:33.53
27 Molinaro, Elise	Washington a	2:34.04
28 Hockman, Phylcia	Shippensburg	2:34.16
29 Hollen, Sarah	Washington a	2:34.22
30 Mast, Sophia	Unattached	2:34.88
31 James, Sarah	Lynchburg	2:35.65
32 Dalebout, Lilly	Southern Vir	2:37.52
33 Vera, Adia	Washington a	2:38.00
34 Van Voorhis, Haley	Shenandoah	2:38.45
35 Torres, Folole	Southern Vir	2:39.02
36 Parsons, Briana	Concord	2:39.42
37 Becker, Emilee	Washington a	2:41.61
38 Werner, Kristen	Unattached	2:42.19
39 Faulk, Jessica	Southern Vir	2:42.70
40 Aten, Cecelia	Virginia Wes	2:43.76
41 Nicely, Emma	Shenandoah	2:44.26
42 Redlich, Marlene	Randolph	2:44.63
43 Brown, Ashley	Roanoke	2:44.71
44 Vanek, Tayma	Southern Vir	2:46.26
45 Hay, Shelby	Shippensburg	2:47.03
46 Cornett, Madison	Concord	2:47.90
47 Mohnkern, Betsy	Lynchburg	2:49.11
48 Kemon, Nicole	Virginia Wes	2:49.77
49 Hesiey, Lydia	Shippensburg	2:51.08
50 Fry, Amanda	Shippensburg	2:51.16

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Finals ... (Women 800 Meter Run)

Name	School	Finals
51 Jennings, Lia	Concord	2:54.89
52 Wurgesa, Ermela	Randolph	2:57.27
53 Wilson, Jessica	Virginia Wes	2:58.69
54 Wuenschel, Morgan	Shenandoah	2:59.45
55 Karstetter, Kaily	Shenandoah	3:05.17
56 Vasquez, Escarlen	Ferrum	3:09.18
57 Schriever, Erin	Randolph	3:09.74
58 Williams, Jaquia	Virginia Wes	3:12.52
59 Johnson, Tierra	Randolph	3:37.38

Women 1500 Meter Run

Name	School	Finals
1 Werner, Kayla	Unattached	4:41.97
2 Burnett, Stephanie	Lynchburg	4:47.99
3 Gerber, Kyra	Shippensburg	4:48.65
4 Rogers, Jessica	Liberty	4:49.44
5 Sorg, Kyley	Liberty	4:50.39
6 Lagunas, Kelsey	Lynchburg	4:55.54
7 Silva, Molly	Lynchburg	4:56.30
8 Gulgert, Isabelle	Shippensburg	4:56.54
9 Redd, Bayleigh	Southern Vir	4:58.12
10 James, Sarah	Lynchburg	5:00.19
11 Massey, Lauren	Lynchburg	5:00.94
12 Dell, Allison	Lynchburg	5:02.14
13 Foley, Kelley	Rochester	5:02.43
14 Anderson, Jamie	Liberty	5:03.04
15 Hemenway, Madison	Liberty	5:03.88
16 Atkinson, Erin	Shenandoah	5:05.76
17 Hollen, Sarah	Washington a	5:06.69
18 Puleo, Grace	Longwood	5:09.00
19 Molinaro, Elise	Washington a	5:09.23
20 Tipper, Evelyn	Unattached	5:11.25
21 Vera, Adia	Washington a	5:12.01
22 Ervi, Grace	Unattached	5:13.66
23 Weaver, Emily	Nazareth	5:17.26
24 Dalebout, Lilly	Southern Vir	5:18.29
25 Morin, Megan	Nazareth	5:18.54
26 Morgan, Sydney	Shippensburg	5:18.88
27 Werner, Kristen	Unattached	5:19.61
28 Hatch, Bri	Washington a	5:20.07
29 Clodgo, Kristen	Washington a	5:20.48
30 Hollar, Kaitlyn	Washington a	5:21.17
31 Larkin, Katie	Washington a	5:21.41
32 Ackley, Paige	Nazareth	5:22.13
33 Plowman, Mackenzie	Shenandoah	5:24.29
34 Brown, Ashley	Roanoke	5:24.57
35 Faulk, Jessica	Southern Vir	5:25.91
36 Bargabos, Claire	Nazareth	5:31.38
37 Cornett, Madison	Concord	5:35.82
38 Vanek, Tayma	Southern Vir	5:36.88
39 Deaver, Bailey	Longwood	5:36.96
40 Christy, Sarah	Shenandoah	5:37.83
41 Kemon, Nicole	Virginia Wes	5:39.24

42 Tolarchyk, Ashley	Virginia Wes	5:39.41
43 Hesiey, Lydia	Shippensburg	5:44.94
44 Hirz, Rachel	Unattached	5:50.13
45 Fry, Amanda	Shippensburg	6:02.63
46 Karstetter, Kaily	Shenandoah	6:14.85
47 Sullivan, Rebekah	Roanoke	6:15.37
48 Kinkema, Logan	Roanoke	6:48.06
49 Sawyer, Madeline	Roanoke	6:51.52
50 Chapman, Emma	Roanoke	7:00.88

Women 5000 Meter Run Invite

Name	School	Finals
1 Wallace, Emily	Concord	17:52.43
2 Dennis, Rachel	Rochester	18:07.56
3 Altizer, Hannah	Concord	18:25.86
4 Benninger, Katherine	Rochester	18:43.99
5 Willie, Sasha	Southern Vir	18:54.37
6 Hanning, Lilianna	Nazareth	19:24.00
7 Terando, Sabrina	Rochester	19:36.05
8 Brown, Lauren	Roanoke	20:10.10
9 Mills, Gretchen	Concord	20:20.58
10 Tripp, Peyton	Nazareth	20:24.18
11 Cochran, Britney	Concord	21:47.79
12 Hatter, Holly	Virginia Wes	24:47.40
--- Brewer, Ashley	Southern Vir	DNF

Women 10000 Meter Run

Name	School	Finals
1 Miller, Emily	Shenandoah	41:37.33
2 Lotts, Madeline	Shenandoah	41:47.40
3 Hale, Hannah	Shenandoah	44:11.74

Women 100 Meter Hurdles

Name	School	Finals
1 Seward, Aniya	Lynchburg	14.32 2.6
2 Lee, Sasha	Shippensburg	14.95 2.9
3 Engle, Meredith	Liberty	15.02 2.6
4 Romano, Amanda	Washington a	15.39 2.9
5 Snodgrass, Hannah	Roanoke	15.45 2.6
6 Venable, Madelyn	Washington a	15.64 2.9
7 Koepfinger, Hannah	Roanoke	16.03 2.6
8 Gilligan, Mackenzie	Nazareth	16.06 2.6
9 Washington, Shirell	Virginia Wes	16.17 2.6
10 Puge, Nicola	Shippensburg	16.34 2.9
11 Heffernan, Ashley	Rochester	16.47 2.6
12 Evans, Destini	Virginia Wes	16.56 0.4
13 Tulenko, Paige	Washington a	16.62 2.9
14 Hurst, Anna	Washington a	16.91 0.4
15 Pennings, Carson	Shippensburg	17.18 2.9
16 Vanderhoof, Sydney	Nazareth	17.40 0.4
17 Hurley, Olivia	Roanoke	18.07 0.4
18 Ragule, Hannah	Nazareth	19.24 0.4
19 Jackson, Aanykka	Virginia Wes	19.69 0.4

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Women 400 Meter Hurdles

Name	School	Finals
Finals		
1 Black, Lieke	Shippensburg	1:06.05
2 Romano, Amanda	Washington a	1:06.71
3 Koepfinger, Hannah	Roanoke	1:06.87
4 Hurst, Anna	Washington a	1:11.27
5 Tulenko, Paige	Washington a	1:12.21
6 Sandy, Brooke	Shenandoah	1:14.92
7 Pennings, Carson	Shippensburg	1:15.39
8 Teagle, Sarah	Washington a	1:15.65
9 Stedman, Casey	Virginia Wes	1:19.82
10 Sweet, Caitlyn	Shenandoah	1:22.43
11 Hudson, Jordan	Virginia Wes	1:28.31

Women 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 O'Sullivan, Erin	Concord	11:51.01
2 Atkinson, Erin	Shenandoah	12:03.37
3 Gardiner, Vanessa	Eastern Menn	12:38.38

Women 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Rochester	A	48.83
1) Isaac, Kate	2) Bansbach, Susan	
3) Heffernan, Ashley	4) O'Connell, Madeline	
2 Virginia Wesleyan	A	50.01
1) Crocker, Niya	2) Lane, Jaylyn	
3) Dubois, Ashantayye	4) Evans, Destini	
3 Washington and Lee	A	50.08
1) Birle, Susannah	2) Palethorpe, Jordynn	
3) D'Ambrosia, Ashley	4) Jones, Murfee	
4 Southern Virginia	A	52.81
1) Heward, Riley	2) Sharon, Abigail	
3) Leale, Madi	4) Blodgett, Emma	
5 Virginia Wesleyan	B	55.04
1) Harrison, Tracy-Ann	2) Stedman, Casey	
3) Walker, Jada	4) Jackson, Aanykka	

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Washington and Lee	B	4:10.52
3) Rocha, Jensen	4) Teagle, Sarah	
2 Lynchburg	A	4:20.36
1) Wilson, Jackie	2) Kozlowski, Haleigh	
3) Ramsden, Angela	4) Laine, Abigail	
3 Shippensburg	A	4:30.07
1) Black, Lieke	2) Craig, Regan	
3) Hockman, Phylcia	4) Hay, Shelby	

4 Southern Virginia	A	4:30.78
1) Parker, Addie	2) Sharon, Abigail	
3) Chapin, Savanna	4) Torres, Folole	
5 Concord	A	4:30.97
1) Strachan, Jada	2) Parsons, Briana	
3) Davis, Ryann	4) Thompson, Maggie	
6 Southern Virginia	B	4:37.09
1) Castle, Kamree	2) Sterling, Emily	
3) Angell, Jacie	4) Morgan, Liz	
7 Southern Virginia	C	4:37.80
1) Redd, Bayleigh	2) Dalebout, Lilly	
3) Faulk, Jessica	4) Vanek, Tayma	

Women High Jump

Name	School	Finals
Finals		
1 Davis, Lizzie	Lynchburg	1.55m
2 Sandy, Brooke	Shenandoah	J1.55m
3 Chaffins, Meghan	Randolph	1.50m
4 Pedersen, Jilane	Southern Vir	J1.50m
5 Hinckley, Eleanor	Roanoke	J1.50m
6 Nguyen, Kaitlyn	Roanoke	J1.50m
7 Heifner, Sydney	Washington a	1.45m
7 Gilligan, Mackenzie	Nazareth	1.45m
9 Vallon, Norah	Shippensburg	J1.45m
10 Jackson, Aanykka	Virginia Wes	J1.45m
10 Hoover, Katya	Shenandoah	J1.45m
12 Hertzberg, Elizabeth	Washington a	J1.45m
13 Johnson, Brenna	Nazareth	1.40m
13 Fletcher, Sara	Shippensburg	1.40m
15 Veenhof, Ellie	Washington a	J1.40m
16 Russell, Abby	Lynchburg	1.35m
--- Hunley, Taja	Randolph	NH
--- Merriwether, Sarah	Nazareth	NH
--- Cooper, Jenna	Concord	NH
--- Sweet, Caitlyn	Shenandoah	NH

Women Pole Vault

Name	School	Finals
Finals		
1 O'Connell, Madeline	Rochester	3.65m
2 Anderson, Lauren	Unattached	3.50m
3 Pafford, Emory	Liberty	3.35m
4 Heffernan, Ashley	Rochester	J3.35m
5 D'Ambrosia, Ashley	Washington a	3.20m
6 Casto, Bailey	Lynchburg	3.05m
7 Kaufman, Cora	Lynchburg	J3.05m
7 Guerra, Jillian	Lynchburg	J3.05m
7 Bobst, Allison	Lynchburg	J3.05m
10 Bermudez, Marisa	Liberty	J3.05m
10 Newton, Ashley	Shippensburg	J3.05m
12 Jones, Murfee	Washington a	2.90m
--- Kohl Wyatt, Anna	Guilford	NH
--- Kuhn, Ellie	Shippensburg	NH

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Women Long Jump

Name	School	Finals
Finals		
1 Engle, Meredith	Liberty	5.70m 1.1
2 Johnson, Brenna	Nazareth	5.65m 4.4
3 Measell, Kaitlin	Shenandoah	5.49m +0.0
4 Hoogs, Alyssa	Rochester	5.33m -1.4
5 Ragule, Hannah	Nazareth	5.26m 0.6
6 Koepfinger, Hannah	Roanoke	5.16m 4.8
7 Gheen, Savannah	Roanoke	5.03m 2.5
7 Leahey, McKenzie	Nazareth	5.03m 0.2
9 Heath, Isabella	Nazareth	5.02m -0.6
10 Hertzberg, Elizabeth	Washington a	5.00m -0.4
11 Hubbard, Alexis	Shenandoah	4.91m +0.0
12 Hunley, Taja	Randolph	4.90m 1.7
13 Fortin, Zoe	Rochester	4.87m 1.5
14 Venable, Madelyn	Washington a	4.78m 1.3
15 Heifner, Sydney	Washington a	4.74m 0.9
16 Smith, Kendra	Randolph	4.72m -0.1
17 Lytle, Jenna	Shippensburg	4.67m 0.9
18 Berry, Lauren	Rochester	4.66m -0.2
19 Rose, Cora	Rochester	4.64m -0.2
20 Hawkins, Kaelynn	Unattached	4.58m -0.4
21 Davis, Ryann	Concord	4.54m +0.0
22 Evans, Destini	Virginia Wes	4.51m +0.0
23 Merriwether, Sarah	Nazareth	4.50m 2.6
24 Devraj, Bella	Washington a	4.49m +0.0
25 Pedersen, Jilane	Southern Vir	4.46m -0.1
26 Parsons, Mahlia	Lynchburg	4.45m -0.3
27 Beverley, Airiana	Ferrum	4.28m +0.0
28 Cooper, Jenna	Concord	4.22m -0.3
29 Hooley, Cenedra	Southern Vir	3.43m -0.6

Women Triple Jump

Name	School	Finals
Finals		
1 Hoogs, Alyssa	Rochester	10.91m 3.4
2 Fortin, Zoe	Rochester	10.76m 1.3
3 Davis, Lizzie	Lynchburg	10.62m 0.5
4 Heath, Isabella	Nazareth	10.53m 0.7
5 Ragule, Hannah	Nazareth	10.41m 0.4
6 Hawkins, Kaelynn	Unattached	10.38m 0.3
7 Washington, Shirell	Virginia Wes	10.37m +0.0
8 Smith, Kiara	Lynchburg	10.29m 0.8
--- Rose, Cora	Rochester	FOUL
--- Parsons, Mahlia	Lynchburg	FOUL
--- Chaffins, Meghan	Randolph	FOUL

Women Shot Put

Name	School	Finals
Finals		
1 Mann, Megan	Liberty	13.02m
2 Matriciano, Kate	Shippensburg	12.24m
3 Mojica, Sofia	Liberty	11.11m
4 Simmons, ShanAnn	Shippensburg	10.96m

5 Rendfrey, Jessica	Shenandoah	10.92m
6 Babbs, Logan	Lynchburg	10.78m
7 Maher, Madeleine	Southern Vir	10.73m
8 Mueller, Grace	Rochester	10.67m
9 Zunk, Quinlin	Washington a	10.30m
10 Plymal, Kennedy	Concord	10.28m
11 Garrick, Deziree	Rochester	10.27m
12 Richard, Lea	Nazareth	9.91m
13 Winkler, Deja	Shippensburg	9.90m
14 Hoover, Katya	Shenandoah	9.77m
15 Kling, Madisen	Shippensburg	9.66m
16 Felston, Kiara	Shenandoah	9.26m
17 Diallo, Mariama	Virginia Wes	9.00m
18 Wilson, Jade	Guilford	8.62m
19 Moyer, Grace	Nazareth	7.99m
20 Blanks, Tamara	Lynchburg	7.93m
21 Brown, Kylie	Virginia Wes	6.65m
22 White, Acasia	Virginia Wes	5.81m
23 Ricks, Ja'Mani	Virginia Wes	5.41m

Women Discus Throw

Name	School	Finals
Finals		
1 Mojica, Sofia	Liberty	42.95m
2 Kling, Madisen	Shippensburg	38.65m
3 Zunk, Quinlin	Washington a	38.01m
4 Matriciano, Kate	Shippensburg	37.93m
5 Reeder, Gillian	Rochester	34.97m
6 Artis, Grace	Liberty	34.27m
7 Diallo, Mariama	Virginia Wes	33.55m
8 Rose, Cora	Rochester	33.12m
9 Maher, Madeleine	Southern Vir	29.90m
10 Plymal, Kennedy	Concord	29.03m
11 Simmons, ShanAnn	Shippensburg	28.93m
12 Richard, Lea	Nazareth	28.64m
13 Mueller, Grace	Rochester	27.67m
14 Winkler, Deja	Shippensburg	27.66m
15 Wish, Vanessa	Rochester	27.63m
16 Wheatly, Olivia	Shenandoah	26.55m
17 Moyer, Grace	Nazareth	26.40m
18 Wolde, Yoben	Randolph	23.67m
19 Tennyson, Liberty	Shenandoah	21.10m
20 White, Acasia	Virginia Wes	17.69m
21 Brown, Kylie	Virginia Wes	15.78m
--- Mann, Megan	Liberty	FOUL
--- Babbs, Logan	Lynchburg	FOUL

Women Hammer Throw

Name	School	Finals
Finals		
1 Artis, Grace	Liberty	56.75m
2 Reeder, Gillian	Rochester	44.93m
3 Mojica, Sofia	Liberty	43.99m
4 Felston, Kiara	Shenandoah	43.00m
5 Richard, Lea	Nazareth	42.44m
6 Kling, Madisen	Shippensburg	41.19m

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Finals ... (Women Hammer Throw)

Name	School	Finals
7 Wish, Vanessa	Rochester	40.65m
8 Zunk, Quinlin	Washington a	37.79m
9 Winkler, Deja	Shippensburg	34.89m
10 Wheatly, Olivia	Shenandoah	34.00m
11 Mueller, Grace	Rochester	33.34m
12 Moyer, Grace	Nazareth	32.53m
13 Diallo, Mariama	Virginia Wes	30.30m
14 Garrick, Deziree	Rochester	30.11m
15 Simmons, ShanAnn	Shippensburg	29.89m
16 Babbs, Logan	Lynchburg	28.97m
17 Tennyson, Liberty	Shenandoah	27.99m
18 Blanks, Tamara	Lynchburg	26.51m
19 Maher, Madeleine	Southern Vir	24.47m
20 Wolde, Yoben	Randolph	24.13m
21 Ricks, Ja'Mani	Virginia Wes	14.75m
--- Mann, Megan	Liberty	FOUL

Women Javelin Throw

Name	School	Finals
Finals		
1 Grayson, Kali	Liberty	40.26m
2 Reasoner, Abby	Shippensburg	38.18m
3 Engle, Meredith	Liberty	37.38m
4 White, Mackenzie	Liberty	36.38m
5 Puge, Nicola	Shippensburg	35.99m
6 Mancino, Catherine	Shippensburg	34.84m
7 Guerra, Jillian	Lynchburg	33.40m
8 Sieg, Madison	Shippensburg	30.52m
9 Hoover, Katya	Shenandoah	27.20m
10 Rendfrey, Jessica	Shenandoah	27.01m
11 Maher, Madeleine	Southern Vir	25.66m
12 Pedersen, Jilane	Southern Vir	25.30m
13 Scott, Myiah	Liberty	24.70m
14 Mills, Aliana	Concord	24.59m
15 Hunt, Madeline	Liberty	24.55m
16 Richard, Lea	Nazareth	20.66m
17 Johnson, Brenna	Nazareth	20.50m
18 Ebersole, Erika	Shippensburg	19.17m
19 Bendall, Lauren	Nazareth	18.29m
20 Brown, Kylie	Virginia Wes	11.58m
--- Merriwether, Sarah	Nazareth	FOUL
--- Reeder, Gillian	Rochester	FOUL

Men 100 Meter Dash

Name	School	Prelims
Preliminaries		
1 Shadhkoo, Alex	Lynchburg	10.73q 2.7
2 Brown, Stephon	Shippensburg	10.75q 1.2
3 Kirk, Eric	Shippensburg	10.76q 1.6
4 Crowder, William	Shenandoah	10.90q -0.3
5 Clark, Jaden	Ferrum	10.94q 1.6
6 Fowler, Brady	Roanoke	10.95q 1.9
7 Whittle, Maurice	Shippensburg	11.03q 1.2
8 Jackson, Andre	Shenandoah	11.06q 2.5

9 Morin, Blake	Roanoke	11.13q 2.7
10 Morgan, Damon	Eastern Menn	11.19q -0.3
11 O'Brien, Xavier	Roanoke	11.23q 2.5
12 London, P.J.	Rochester	11.26q 1.2
13 Ellerbe, Joshua	Ferrum	11.34q 0.7
14 Brown-Flowers, Zashon	Lynchburg	11.37q 2.7
15 Douglas, Julian	Lynchburg	11.53q 0.7
16 Jacobs, Julius	Virginia Wes	11.56q 2.7
17 McCauslin, Connor	Nazareth	11.57q 0.7
18 Stickley, Ronaldinio	Virginia Wes	11.58q 1.2
19 Lambert, Colby	Randolph	11.59q 1.6
20 Williams, Grant	Roanoke	11.68q 2.9
21 Gardner, Ian	Concord	11.69q 1.9
22 Weaver, Max	Washington a	11.72q 2.9
23 Pineiro, Alberto	Ferrum	11.74q 2.9
24 Justice, Brandon	Roanoke	11.74q -0.3
25 Forer, Jarod	Rochester	11.81 0.7
26 Brown, Tory	Randolph	11.81 -0.3
27 Spradlin, Aiden	Roanoke	11.93 0.7
28 Mohabir, Lamont	Randolph	11.99 1.9
29 Wade, Zion	Ferrum	12.01 2.7
30 Angelone, Aeden	Rochester	12.04 2.7
31 Jones, Porter	Southern Vir	12.06 0.7
32 Bhebhe, Prince	Concord	12.13 2.5
33 Armstrong, Isaac	Southern Vir	12.16 1.9
34 Easley, Cameron	Patrick Henr	12.17 2.7
35 Jones, Donnell	Shenandoah	12.30 -0.3
36 Cottonham, Zavien	Shenandoah	12.31 1.9
37 Clanton, Tahli	Patrick Henr	12.40 1.6
38 Alston, Ki'van	Virginia Wes	12.41 2.9
39 Safford, Saveion	Virginia Wes	12.47 1.9
40 Tarver, Robert	Ferrum	12.68 2.9
--- Opsahl, Alex	Rochester	DQ 1.6

Men 100 Meter Dash

Name	School	Semis
Semi-Finals		
1 Kirk, Eric	Shippensburg	10.59q 2.8
2 Brown, Stephon	Shippensburg	10.61q 3.3
3 Clark, Jaden	Ferrum	10.82q 3.3
4 Whittle, Maurice	Shippensburg	10.98q 2.9
5 Morgan, Damon	Eastern Menn	10.99q 2.8
6 Morin, Blake	Roanoke	11.14q 2.8
7 Ellerbe, Joshua	Ferrum	11.25q 2.9
8 Brown-Flowers, Zashon	Lynchburg	11.46q 3.3
9 Williams, Grant	Roanoke	11.46 3.3
10 McCauslin, Connor	Nazareth	11.48 3.3
11 Jacobs, Julius	Virginia Wes	11.52 2.8
12 Weaver, Max	Washington a	11.60 2.8
13 Gardner, Ian	Concord	11.64 2.8
14 Pineiro, Alberto	Ferrum	11.79 3.3

Men 100 Meter Dash

Name	School	Finals
Finals		
1 Clark, Jaden	Ferrum	11.01 1.9

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Finals ... (Men 100 Meter Dash)

Name	School	Finals
2 Ellerbe, Joshua	Ferrum	11.33 1.9
3 Morin, Blake	Roanoke	11.46 1.9

Men 200 Meter Dash

Name	School	Finals
Finals		
1 Shadhkoo, Alex	Lynchburg	21.80 0.7
2 Fowler, Brady	Roanoke	21.86 0.7
3 Johnson, Alijah	Eastern Menn	21.89 0.7
4 alexander, trevel	Guilford	22.69 -0.2
5 Boyd, Mason	Shippensburg	22.74 -0.2
6 Arp, Aaron	Shippensburg	22.78 0.7
7 Jacobs, Zachary	Lynchburg	22.85 -0.8
8 Welch, Mike	Nazareth	22.88 0.7
9 Lewis, Ben	Nazareth	23.09 0.7
10 Eribo, Manny	Rochester	23.34 -0.8
11 Cobb, Hampton	Shenandoah	23.36 -0.8
12 Philpot, Dominick	Ferrum	23.36 -0.8
13 Abdur-Rahim, Amir	Guilford	23.40 -0.8
14 Bigham, Travis	Shippensburg	23.42 -0.2
15 Hodnett, Jacob	Lynchburg	23.46 1.4
16 Holliday, Kyle	Shenandoah	23.53 0.9
17 Williams, Grant	Roanoke	23.59 -0.2
18 Moffo, Landry	Virginia Wes	23.60 -0.8
19 Harris, Cameron	Roanoke	23.76 -0.2
20 Flowers, Brian	Lynchburg	23.83 0.9
21 McCauslin, Connor	Nazareth	23.90 -0.2
22 Barnes, Isaiah	Shippensburg	23.92 -0.8
23 Liu, Frederick	Rochester	23.96 -0.8
24 Nettles, Joseph	Nazareth	24.10 1.4
25 Pineiro, Alberto	Ferrum	24.21 1.4
26 hunter, Jamaal	Guilford	24.21 0.9
27 France, Patrick	Washington a	24.27 0.9
28 Shaffer, Seth	Ferrum	24.31 1.4
29 Bhebhe, Prince	Concord	24.32 0.9
30 Watty, Alex	Concord	24.40 1.2
31 Hostetter, Daniel	Roanoke	24.43 1.2
32 McNeil, Zach	Roanoke	24.45 1.4
33 Clanton, Tahli	Patrick Henr	24.55 1.2
34 Armstrong, Isaac	Southern Vir	24.82 1.4
35 Jacobs, Julius	Virginia Wes	24.90 0.9
36 McIntyre, Jared	Roanoke	24.91 1.4
37 Kwakye, Michael	Concord	25.10 0.9
38 Alston, Ki'van	Virginia Wes	25.22 1.2
39 Easley, Cameron	Patrick Henr	25.26 1.2
40 Muse, Ryan	Concord	25.73 1.2
41 Spratley, Quvadus	Ferrum	26.20 1.4
42 Hairston Jr, Rennie	Usatf Virgin	26.33 1.2
43 Fulani, Muhammad	Unattached	27.93 -0.2

Men 400 Meter Dash

Name	School	Finals
Finals		
1 Crawford, Samuel	Roanoke	49.49

2 Hamm, Michael	Ferrum	49.63
3 Hodnett, Jacob	Lynchburg	50.22
4 Jaisingh, James	Shippensburg	50.53
5 Johnson, Alijah	Eastern Menn	50.62
6 Hotung-Davidsen, Tor	Lynchburg	50.78
7 Landheim, Ben	Southern Vir	51.20
8 Dracon, Doug	Washington a	51.28
9 Lewis, Ben	Nazareth	51.28
10 Llaneza, Sam	Lynchburg	51.36
11 Welch, Mike	Nazareth	51.41
12 Bigham, Travis	Shippensburg	51.62
13 Thompson, Cody	Randolph	52.05
14 Harris, Cameron	Roanoke	52.23
15 Brown, Tory	Randolph	52.58
16 Edwards, James	Washington a	52.77
17 Philpot, Dominick	Ferrum	52.98
18 Flowers, Brian	Lynchburg	53.05
19 Lambert, Colby	Randolph	53.06
20 Wilson, Sharif	Washington a	53.13
21 Watty, Alex	Concord	53.27
22 Allen, Jeremiah	Lynchburg	53.43
23 Shaffer, Seth	Ferrum	53.49
24 Kramer, William	Shenandoah	53.74
25 alexander, trevel	Guilford	54.71
26 Nettles, Joseph	Nazareth	55.29
27 Anderson, Eric	Lynchburg	56.31
28 Clanton, Tahli	Patrick Henr	56.39
29 Hamman, Joshuah	Ferrum	57.01
30 Muse, Ryan	Concord	57.37
31 Easley, Cameron	Patrick Henr	59.05
32 Kwakye, Michael	Concord	59.54
33 Simmons, Elijah	Ferrum	1:00.28
34 Hairston Jr, Rennie	Usatf Virgin	1:00.98
35 Robertson, Chase	Patrick Henr	1:01.94
36 hunter, Jamaal	Guilford	1:02.01
37 Davis, Jacob	Guilford	1:05.34

Men 800 Meter Run

Name	School	Finals
Finals		
1 Pitcher, Brendan	Unat-Liberty	1:55.91
2 Hadley, Jonathon	Unat-Liberty	1:56.28
3 Dailey, Drew	Shippensburg	1:56.81
4 Avigliano, Luke	Washington a	1:56.92
5 Saint-Fleur, Stanley	Unat-Liberty	1:57.51
6 Dixon, James	Washington a	1:58.07
7 Scicchitano, Ryan	Shippensburg	1:58.68
8 McCroy, Connor	Lynchburg	1:58.87
9 Sherlock, Ian	Shippensburg	1:59.31
10 Sparks, Maximillian	Lynchburg	1:59.33
11 Modrzejewski, Tyler	Unat-Liberty	1:59.86
12 Board, Ethan	Concord	2:00.03
13 Green, Corbin	Lynchburg	2:00.34
14 Moore, Zach	Washington a	2:00.47
15 Sheppard, Logan	Unattached	2:00.52
16 Hurst, Cooper	Lynchburg	2:01.31

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Finals ... (Men 800 Meter Run)

Name	School	Finals
17 Jarrell, Trey	Unattached	2:01.76
18 Fowler, William	Lynchburg	2:02.17
19 Williams, Raheem	Concord	2:03.98
20 Sager, Sam	Longwood	2:04.54
21 Miller, Daniel	Lynchburg	2:04.86
22 Healy, Patrick	Nazareth	2:04.89
23 Bryant, Avery	Unattached	2:05.12
24 Meyer, Quin	Southern Vir	2:05.57
25 Cintavey, Joey	Shippensburg	2:05.64
26 Mason, Luken	Randolph	2:05.64
27 Brazier, Sai	Southern Vir	2:06.13
28 Johnson, Mitchell	Southern Vir	2:07.09
29 Plowman, AJ	Shippensburg	2:07.53
30 Tate Jr., Kevin	Ferrum	2:08.04
31 Ermold, Alexander	Shippensburg	2:08.05
32 Morphonios, Joseph	Southern Vir	2:09.30
33 Khan, Saad	Longwood	2:09.57
34 Ashby, Hayden	Southern Vir	2:10.53
35 Birdsall, Robert	Roanoke	2:10.86
36 Jewell, Daniel	Roanoke	2:11.15
37 Jackson-Darby, Isaiah	Concord	2:12.09
38 Warden, Nate	Guilford	2:13.55
39 Williams, Grant	Lynchburg	2:14.73
40 Woodley, Joshua	Roanoke	2:15.45
41 Davis, Reed	Shenandoah	2:16.17
42 Maneval, Patrick	Shenandoah	2:17.66
43 Chapman, Zach	Southern Vir	2:17.88
44 Goulet, Benjamin	Longwood	2:18.20
45 Howell, Nick	Longwood	2:19.48
46 Powers, Andrew	Virginia Wes	2:20.33
47 Fargo, Caleb	Shenandoah	2:20.44
48 Pettyjohn, Ethan	Longwood	2:20.54
49 Abdur-Rahim, Amir	Guilford	2:21.00
50 Swaney, Noah	Ferrum	2:21.78
51 Smith, Tyler	Shenandoah	2:21.93
52 Atkinson, Brigham	Southern Vir	2:21.98
53 Kemp, Kenyon	Southern Vir	2:22.82
54 Lathroum, Madoc	Concord	2:22.97
55 Decker, Logan	Southern Vir	2:24.45
56 Hamacher, Ryan	Roanoke	2:24.67
57 Ramsey, Logan	Concord	2:25.37
58 King, Christopher	Shenandoah	2:25.50
59 Crooks, Landon	Virginia Wes	2:26.16
60 Collins, Evan	Roanoke	2:27.60
61 Green, Canon	Shenandoah	2:28.45
62 Barbera, Andrew	Concord	2:30.41
63 Legg, Bryce	Concord	2:30.92
64 Crouch, Greyson	Ferrum	2:33.57
65 Arnold, Jake	Patrick Henr	2:37.39
66 Davis, Jacob	Guilford	2:42.18
67 Dodd, Justin	Concord	2:42.70
68 Williams-Mclaren, Kemar	Guilford	3:04.86

Men 1500 Meter Run

Name	School	Finals
1 Dailey, Drew	Shippensburg	3:57.55
2 Hotung-Davidsen, Tor	Lynchburg	3:58.54
3 Sherlock, Ian	Shippensburg	3:59.03
4 Sparks, Maximillian	Lynchburg	4:01.12
5 McCroy, Connor	Lynchburg	4:01.28
6 Green, Corbin	Lynchburg	4:01.49
7 Catania, James	Rochester	4:05.81
8 Jarrell, Trey	Unattached	4:06.74
9 Ford, Daniel	Rochester	4:07.18
10 Cintavey, Joey	Shippensburg	4:08.39
11 Meyer, Quin	Southern Vir	4:08.86
12 Bowers, Nathan	Nazareth	4:08.86
13 Williams, Grant	Lynchburg	4:09.41
14 Fretwell, Josh	Roanoke	4:10.22
15 Davis, Bryce	Lynchburg	4:10.24
16 Bryant, Avery	Unattached	4:10.72
17 Hurst, Cooper	Lynchburg	4:11.18
18 Csorba, Frank	Lynchburg	4:11.40
19 Spitzer, Joe	Unat-Liberty	4:12.29
20 Fowler, William	Lynchburg	4:13.18
21 Kallen, Thomas	Washington a	4:14.07
22 Miller, Daniel	Lynchburg	4:14.62
23 Ermold, Alexander	Shippensburg	4:14.88
24 Graham, Sam	Lynchburg	4:15.38
25 Sharron, Lucas	Nazareth	4:15.79
26 Hendricks, Sean	Rochester	4:16.35
27 Tomaka, Josh	Nazareth	4:16.56
28 Allinger, Jeremy	Shenandoah	4:17.50
29 Sager, Sam	Longwood	4:17.90
30 Williams, Raheem	Concord	4:19.85
31 Goulet, Benjamin	Longwood	4:20.80
32 Kenyon, Ethan	Nazareth	4:21.08
33 Voloshen, Christian	Rochester	4:22.72
34 Khan, Saad	Longwood	4:23.47
35 Wilson, Zach	Concord	4:23.61
36 Morphonios, Joseph	Southern Vir	4:25.57
37 Todd, Matthew	Washington a	4:25.62
38 Forrester, Dylan	Longwood	4:25.99
39 Birdsall, Robert	Roanoke	4:26.14
40 Harrower, Ethan	Shenandoah	4:26.26
41 Sterne, Row	Washington a	4:26.96
42 Howell, Nick	Longwood	4:27.04
43 Gotschi, Tysen	Ferrum	4:27.12
44 Vailes, Stuart	Unattached	4:27.77
45 Williams, Kenny	Nazareth	4:29.32
46 Hayden, Mathew	Lynchburg	4:29.65
47 Woodley, Joshua	Roanoke	4:32.78
48 Johnson, James	Virginia Wes	4:34.16
49 Chapman, Zach	Southern Vir	4:34.39
50 Reid, Franklin	Roanoke	4:34.76
51 Pettyjohn, Ethan	Longwood	4:36.56
52 Davis, Reed	Shenandoah	4:37.44

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Finals ... (Men 1500 Meter Run)

Name	School	Finals
53 Kemp, Kenyon	Southern Vir	4:42.32
54 Warden, Nate	Guilford	4:43.08
55 Fargo, Caleb	Shenandoah	4:44.27
56 Maneval, Patrick	Shenandoah	4:46.06
57 Crooks, Landon	Virginia Wes	4:46.27
58 Eaton, David	Unattached	4:46.83
59 Hamacher, Ryan	Roanoke	4:47.35
60 Smith, Tyler	Shenandoah	4:47.45
61 Barbera, Andrew	Concord	4:47.95
62 Grutz, Matthias	Unattached	4:49.19
63 King, Christopher	Shenandoah	4:56.06
64 Decker, Logan	Southern Vir	4:58.05
65 Arnold, Jake	Patrick Henr	4:59.37
66 Mast, Richard	Unattached	5:03.58
67 Green, Canon	Shenandoah	5:05.15
68 Schneider, Stephen	Virginia Wes	5:06.70
69 Collins, Evan	Roanoke	5:19.92
--- Llaneza, Sam	Lynchburg	DNF

Men 5000 Meter Run Invite

Name	School	Finals
Finals		
1 Cottrell, Jack	Unat-Liberty	14:44.47
2 Kogei, Kipruto	Liberty	14:58.38
3 Drennen, Cedric	Concord	14:58.40
4 Reimann, Matt	Nazareth	15:28.34
5 Leichner, Nate	Concord	15:28.71
6 Prather, Preston	Concord	15:29.85
7 Zulauf, Chamberlain	Roanoke	15:31.15
8 Haynes, Samuel	Concord	15:37.38
9 Dinkel, Landon	Unat-Liberty	15:40.75
10 Hiegle, Jamie	Unattached	15:52.33
11 Kaplon, Nate	Shippensburg	15:54.44
12 Eells, Cade	Nazareth	15:59.72
13 Wagner, Kevin	Shippensburg	16:02.63
14 Ruder, Kaelen	Southern Vir	16:20.82
15 Suddaby, Jake	Nazareth	16:35.94
16 Glashauser, Ethan	Nazareth	16:42.02
--- Wendland, Isacc	Unattached	DNF
--- Olson, Caleb	Liberty	DNF

Men 5000 Meter Run

Name	School	Finals
Finals		
1 Brazier, Sai	Southern Vir	15:34.46
2 Creamer, Ronan	Lynchburg	15:34.95
3 Clarke, Kyle	Washington a	15:55.85
4 Haden, Henry	Washington a	15:56.57
5 Vailes, Stuart	Unattached	16:21.86
6 Hoffstaetter, Timothy	Roanoke	16:26.60
7 Garis, Matt	Roanoke	16:35.41
8 Baldwin, Daniel	Concord	16:35.55
9 Norcross, Denver	Southern Vir	16:43.41
10 Stanford, Clayton	Ferrum	16:55.27

11 Harden, Joshua	Liberty Runn	17:00.35
12 Moore, Ryan	Unattached	17:15.05
--- Davis, Bryce	Lynchburg	DNF
--- Chandler, Kedryn	Southern Vir	DNF
--- Aleemi, Anthony	Lynchburg	DNF

Men 10000 Meter Run

Name	School	Finals
Finals		
1 Gonder, Aiden	Shippensburg	32:54.72
2 Harding, Nate	Shippensburg	33:16.52
3 Cochran, Tanner	Randolph	34:00.84
4 Jacobs, Jackson	Washington a	34:53.26
5 Scott, Aaron	Randolph	36:54.37

Men 110 Meter Hurdles

Name	School	Finals
Finals		
1 Bryan, Anthony	Liberty	14.34 3.1
2 Anderson, Luke	Liberty	14.56 3.1
3 Wendt, Zach	Liberty	14.85 3.1
4 Moffo, Landry	Virginia Wes	15.04 2.6
5 Harvey, Malik	Lynchburg	15.08 2.6
6 Fore, Ryan	Lynchburg	15.12 2.6
7 Van Duren, Daniel	Liberty	15.27 3.1
8 Luton, Kaleb	Nazareth	15.42 3.1
9 Petty, DJ	Unattached	15.42 3.1
10 McCauslin, Connor	Nazareth	15.62 3.1
11 Brodnik, Peter	Rochester	15.69 2.6
12 Kavounis, Corey	Lynchburg	16.03 2.1
13 Day, Jaylen	Washington a	16.06 2.6
14 Hrabosky, Robert	Shippensburg	16.19 2.1
15 Romsdahl, Isaiah	Lynchburg	16.39 2.1
16 Gatling, Michael	Virginia Wes	16.47 2.1
17 Barnes, Isaiah	Shippensburg	16.55 2.6
18 Holliday, Kyle	Shenandoah	16.56 2.6
19 Opsahl, Alex	Rochester	16.68 2.1
20 Powell, Ty	Washington a	16.97 2.6
21 Smith, Adam	Rochester	17.08 2.8
22 Thyne, Gabe	Rochester	17.20 2.8
23 Thiele, Lucas	Rochester	17.94 2.8
24 Bohon, Hunter	Roanoke	17.97 2.8
25 Sweeney, Jonny	Concord	20.17 2.8

Men 400 Meter Hurdles

Name	School	Finals
Finals		
1 Anderson, Luke	Liberty	55.79
2 Weekman, Zack	Unat-Liberty	56.07
3 Hrabosky, Robert	Shippensburg	56.12
4 McGhie, Elias	Shenandoah	56.22
5 Huizenga, Willem	Unat-Liberty	56.94
6 Klocke, Matthew	Shenandoah	56.98
7 Marable, George	Washington a	57.64
8 Waller, Mark	Washington a	58.28
9 Smith, Adam	Rochester	58.59

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Finals ... (Men 400 Meter Hurdles)

Name	School	Finals
10 Brothers, Isaiah	Lynchburg	58.67
11 Crosswell, Domenic	Virginia Wes	59.41
12 Kasischke, Wilson	Washington a	59.43
13 Thyne, Gabe	Rochester	59.52
14 Leavitt, Aaron	Southern Vir	59.61
15 Raynor, Aaron	Virginia Wes	59.82
16 Wilson, Marcus	Concord	59.96
17 Blackstone, David	Lynchburg	1:00.21
18 McKenna, Ryan	Washington a	1:00.39
19 Bohon, Hunter	Roanoke	1:00.97
20 Skutt, Charlie	Lynchburg	1:01.94
21 O'Brien, Xavier	Roanoke	1:02.61
22 Grauer, Dalton	Washington a	1:03.02
23 Romsdahl, Isaiah	Lynchburg	1:03.16
24 Lenahan, Matthew	Shippensburg	1:04.98
25 Sweeney, Jonny	Concord	1:06.37

Men 3000 Meter Steeplechase

Name	School	Finals
1 Thibault, Drew	Unattached	9:16.97
2 Johnson, Mitchell	Southern Vir	10:06.38
3 Allen, Justice	Eastern Menn	10:08.94
4 Allinger, Jeremy	Shenandoah	10:18.36
5 Harrower, Ethan	Shenandoah	10:21.50
6 Robinson, Holden	Washington a	10:23.88
7 Harris, Cole	Shippensburg	10:49.54
8 Lawson, Jacob	Shippensburg	10:50.48
9 Chandler, Kedryn	Southern Vir	10:58.63

Men 4x100 Meter Relay

Team	Relay	Finals
1 Roanoke	A	42.46
1) O'Brien, Xavier	2) Fowler, Brady	
3) Morin, Blake	4) Crawford, Samuel	
2 Washington and Lee	A	45.01
1) Dracon, Doug	2) France, Patrick	
3) McKenna, Ryan	4) Powell, Ty	
3 Virginia Wesleyan	A	46.33
1) Crosswell, Domenic	2) Gatling, Michael	
3) Moffo, Landry	4) Jacobs, Julius	
--- Eastern Mennonite	A	DNF
1) Apgar, Brendan	2) Morgan, Damon	
3) Roeschley, Eli	4) Johnson, Alijah	

Men 4x400 Meter Relay

Team	Relay	Finals
1 Concord	A	3:25.12
1) Board, Ethan	2) Wilson, Marcus	
3) Watty, Alex	4) Gardner, Ian	

2 Shippensburg	A	3:25.27
1) Jaisingh, James	2) Bigham, Travis	
3) Boyd, Mason	4) Scicchitano, Ryan	
3 Washington and Lee	A	3:25.40
1) Marable, George	2) Moore, Zach	
3) Dixon, James	4) Avigliano, Luke	
4 Liberty	A	3:28.15
1) Van Duren, Daniel	2) Bryan, Anthony	
3) Wendt, Zach	4) Anderson, Luke	
5 Washington and Lee	B	3:33.63
1) McKenna, Ryan	2) Edwards, James	
3) Meldrum, Duncan	4) Waller, Mark	
6 Southern Virginia	A	3:38.56
1) Armstrong, Isaac	2) Landheim, Ben	
3) Ashby, Hayden	4) Meyer, Quin	
7 Randolph	A	3:42.77
1) Lambert, Colby	2) Cochran, Tanner	
3) Thompson, Cody	4) Mason, Luken	
8 Concord	B	3:52.23
1) Bhebhe, Prince	2) Jackson-Darby, Isaiah	
3) Kwakye, Michael	4) Muse, Ryan	
9 Southern Virginia	B	3:56.18
1) Johnson, Mitchell	2) Kam, Parker	
3) Atkinson, Brigham	4) Chapman, Zach	
10 Concord	C	4:10.74
1) Wilson, Zach	2) Lathroum, Madoc	
3) Ramsey, Logan	4) Legg, Bryce	

Men High Jump

Name	School	Finals
1 Winslow, Jordan	Shippensburg	1.93m
2 Williams, Cee Jay	Lynchburg	1.88m
3 Bryan, Anthony	Liberty	1.83m
4 O'Connor, Joe	Washington a	1.78m
4 Van Duren, Daniel	Liberty	1.78m
6 Boyd, Mason	Shippensburg	J1.78m
7 Reid, Kyle	Nazareth	J1.78m
8 Smith, Terrian	Virginia Wes	1.73m
8 Gatling, Michael	Virginia Wes	1.73m
8 Hostetter, Daniel	Roanoke	1.73m
11 Waller, Mark	Washington a	J1.73m
--- Rhyne, Kenny	Shippensburg	NH
--- Lyons, Donyell	Lynchburg	NH
--- DeVasto, A.J.	Nazareth	NH
--- Teal, Devin	Lynchburg	NH
--- James, Ari	Southern Vir	NH
--- Thiele, Lucas	Rochester	NH
--- Kam, Parker	Southern Vir	NH

Men Pole Vault

Name	School	Finals
1 O'Connor, Joe	Washington a	4.96m
2 Flack, Hunter	Liberty	4.55m
3 Lissner, Robert	Shippensburg	4.10m

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University of Lynchburg

Results

Finals ... (Men Pole Vault)

Name	School	Finals
4 Wilson, Marques	Lynchburg	3.95m
5 Bastow, Cliff	Southern Vir	3.80m
6 Enstrom, Miles	Roanoke	3.65m
6 Powell, Julian	Lynchburg	3.65m
8 Skutt, Charlie	Lynchburg	J3.65m
9 Van Duren, Daniel	Liberty	3.50m
10 Charecky, Michael	Lynchburg	J3.50m
--- Angelone, Aeden	Rochester	NH
--- Arnold, Parker	Southern Vir	NH
--- Gamble, Jake	Lynchburg	NH
--- Schmidt, James	Rochester	NH
--- Forer, Jarod	Rochester	NH

Men Long Jump

Name	School	Finals
1 Roberts, Geni	Virginia Wes	7.25m 2.9
2 Reed, Nate	Shippensburg	6.88m 1.9
3 Amoateng, Grant	Unattached	6.57m 2.0
4 Roeschley, Eli	Eastern Menn	6.55m -0.6
5 Lane, Kyle	Rochester	6.52m 3.3
6 Liu, Frederick	Rochester	6.48m 2.1
7 Douglas, Julian	Lynchburg	6.28m -0.9
8 Barber, Isaac	Washington a	6.26m 1.2
9 Jacobs, Julius	Virginia Wes	6.13m -0.8
10 Leavitt, Aaron	Southern Vir	6.09m -0.8
11 McNeil, Zach	Roanoke	5.99m +0.0
12 Jenkins, Shamar	Shippensburg	5.94m -0.4
13 Bohon, Hunter	Roanoke	5.93m 2.1
14 Cobb, Hampton	Shenandoah	5.86m 2.5
14 McIntyre, Jared	Roanoke	5.86m -0.6
16 Brown, Tory	Randolph	5.84m 0.6
17 Williams, Cee Jay	Lynchburg	5.83m 3.3
18 Thiele, Lucas	Rochester	5.80m -0.6
18 Bisseeck, Aymar	Shenandoah	5.80m 0.2
20 Smith, Terrian	Virginia Wes	5.68m +0.0
21 Eribo, Manny	Rochester	5.67m -0.3
22 Lorenzetti, Sam	Rochester	5.49m 0.6
--- Arnold, Parker	Southern Vir	FOUL
--- Waters, Isaiah	Ferrum	FOUL
--- Thyne, Gabe	Rochester	FOUL

Men Triple Jump

Name	School	Finals
1 Jenkins, Shamar	Shippensburg	14.80m 0.6
2 Roeschley, Eli	Eastern Menn	13.49m 1.4
3 Amoateng, Grant	Unattached	13.47m 0.8
4 Lorenzetti, Sam	Rochester	13.37m 5.7
5 Lane, Kyle	Rochester	12.91m 1.0
6 Gatling, Michael	Virginia Wes	12.82m 1.9
7 Apgar, Brendan	Eastern Menn	12.59m 1.8
8 Cramer, Jacob	Shippensburg	12.55m 2.3
9 Leavitt, Aaron	Southern Vir	12.23m 3.0

10 Blackstone, David	Lynchburg	12.20m 1.2
11 Reid, Kyle	Nazareth	11.64m 0.8
12 Jones, Donnell	Shenandoah	11.63m 0.7
--- Kam, Parker	Southern Vir	FOUL

Men Shot Put

Name	School	Finals
1 Rideout, Alec	Shippensburg	15.76m
2 Parker, Logan	Shippensburg	15.29m
3 Backes, Beau	Liberty	14.75m
4 Schannauer, Wyatt	Shenandoah	J14.75m
5 Maloney, Patrick	Shippensburg	14.51m
6 Strickler, Jacob	Liberty	14.48m
7 Coleman, Desmond	Unat-Liberty	14.21m
8 Bear, Brooks	Shippensburg	13.76m
9 Herbster, Joshua	Shippensburg	13.30m
10 Rykert, Dylan	Rochester	13.07m
11 Roy, Adam	Washington a	13.01m
12 O'Neill, James	Rochester	12.60m
13 Swavely, Ryan	Rochester	12.46m
14 Turner, JT	Concord	12.09m
15 Ragland, Nolan	Rochester	11.93m
16 Angelone, Aeden	Rochester	11.79m
17 Opsahl, Alex	Rochester	11.71m
18 Bumpus, Joe	Rochester	11.47m
19 Novak, Evan	Washington a	11.35m
20 Bajski, Stevan	Washington a	11.17m
21 Johnson, Jordan	Rochester	10.53m
22 Sheriff, Nyle	Unattached	10.39m
23 Perez, Chris	Nazareth	10.31m
24 Fakahua, Sioeli	Southern Vir	10.11m
25 Fyffe, Keive	Virginia Wes	9.63m
26 Stott, Christopher	Lynchburg	9.56m
27 Carson, Jermame	Lynchburg	9.54m
28 Brooks, Andriquez	Guilford	J9.54m
29 Lang, Casey	Virginia Wes	6.84m

Men Discus Throw

Name	School	Finals
1 Backes, Beau	Liberty	50.34m
2 Coleman, Desmond	Unat-Liberty	49.53m
3 Kirby, Carrington	Unattached	49.06m
4 Mastro, Sam	Liberty	46.75m
5 Maloney, Patrick	Shippensburg	45.73m
6 Herbster, Joshua	Shippensburg	44.17m
7 Bear, Brooks	Shippensburg	42.88m
8 Schannauer, Wyatt	Shenandoah	42.40m
9 Hicks, John	Liberty	42.17m
10 Hicks, Christian	Unat-Liberty	41.73m
11 Parker, Logan	Shippensburg	40.45m
12 Ruff, Michael	Lynchburg	39.88m
13 O'Neill, James	Rochester	37.74m
14 Young, Jacob	Shenandoah	37.26m
15 Novak, Evan	Washington a	35.48m

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Results

Finals ... (Men Discus Throw)

	Name	School	Finals
16	Roy, Adam	Washington a	34.60m
17	Angelone, Aeden	Rochester	34.23m
18	Ragland, Nolan	Rochester	33.34m
19	Swavely, Ryan	Rochester	33.08m
20	Rykert, Dylan	Rochester	32.78m
21	Kindig, John	Shenandoah	32.61m
22	Johnson, Jordan	Rochester	32.07m
23	Opsahl, Alex	Rochester	31.57m
24	Sheriff, Nyle	Unattached	30.32m
25	Forer, Jarod	Rochester	29.94m
26	Bajski, Stevan	Washington a	29.92m
27	Gilliam, Jordan	Virginia Wes	27.64m
28	Smith, Matthew	Shenandoah	27.13m
29	Perez, Chris	Nazareth	26.69m
30	Fyffe, Keive	Virginia Wes	23.29m
31	Brooks, Andriquez	Guilford	22.77m
32	Taylor, Christian	Virginia Wes	21.32m
33	Bass, Sha-Ron	Randolph	20.75m
---	Turner, JT	Concord	FOUL

Men Hammer Throw

	Name	School	Finals
Finals			
1	Hicks, John	Liberty	62.93m
2	Mastro, Sam	Liberty	57.12m
3	Herbster, Joshua	Shippensburg	55.03m
4	Maloney, Patrick	Shippensburg	54.83m
5	Rideout, Alec	Shippensburg	51.11m
6	Bear, Brooks	Shippensburg	50.14m
7	Backes, Beau	Liberty	49.56m
8	Ragland, Nolan	Rochester	45.27m
9	Parker, Logan	Shippensburg	41.29m
10	Smith, Matthew	Shenandoah	40.30m
11	Ruff, Michael	Lynchburg	39.86m
12	Hicks, Christian	Unat-Liberty	39.61m
13	Johnson, Jordan	Rochester	39.13m
14	O'Neill, James	Rochester	37.78m
15	Perez, Chris	Nazareth	36.89m
16	Roy, Adam	Washington a	36.86m
17	Stott, Christopher	Lynchburg	36.70m
18	Young, Jacob	Shenandoah	35.71m
19	Soto-Ventura, Jorge	Washington a	35.16m
20	Bass, Sha-Ron	Randolph	34.57m
21	Novak, Evan	Washington a	33.27m
22	Fakahua, Sioeli	Southern Vir	28.50m
23	Carson, Jermane	Lynchburg	26.74m
24	Bajski, Stevan	Washington a	26.55m
25	Gilliam, Jordan	Virginia Wes	26.25m
26	Fyffe, Keive	Virginia Wes	24.92m
---	Swavely, Ryan	Rochester	FOUL
---	Turner, JT	Concord	FOUL
---	Kindig, John	Shenandoah	FOUL
---	Bumpus, Joe	Rochester	FOUL

Men Javelin Throw

	Name	School	Finals
Finals			
1	Follcarelli, Mike	Shippensburg	56.37m
2	Mylin, Ethan	Unat-Liberty	54.03m
3	Crowl, Nate	Shippensburg	53.97m
4	Reed, Nate	Shippensburg	52.11m
5	Degenshein, Jake	Unattached	51.88m
6	Roy, Adam	Washington a	51.33m
7	Harrell, Andrew	Unat-Liberty	48.66m
8	Harman, Daniel	Unattached	48.04m
9	O'Neill, James	Rochester	47.39m
10	Bryan, Anthony	Liberty	46.47m
11	Jacobs, Zachary	Lynchburg	45.05m
12	Shughart, Ben	Unat-Liberty	43.77m
13	Csorba, Alex	Lynchburg	40.31m
14	Boyd, Mason	Shippensburg	40.30m
15	Hagadorn, Brooks	Lynchburg	38.12m
16	Rykert, Dylan	Rochester	36.96m
17	Arnold, Parker	Southern Vir	36.77m
18	Porterfield, Dwain	Concord	36.56m
19	Romsdahl, Isaiah	Lynchburg	36.51m
20	Novak, Evan	Washington a	34.27m
21	Lang, Casey	Virginia Wes	34.12m
22	Bajski, Stevan	Washington a	32.49m
23	Lissner, Robert	Shippensburg	29.84m
24	Bastow, Cliff	Southern Vir	29.06m
25	Taylor, Christian	Virginia Wes	27.27m
26	Leavitt, Aaron	Southern Vir	26.25m
27	Armstrong, Isaac	Southern Vir	25.17m
28	Sweeney, Jonny	Concord	22.41m
29	DeVasto, A.J.	Nazareth	20.37m
30	Wood, Matthew	Southern Vir	14.43m