

**VISAA**  
**Indoor Track & Field Championships**  
**St. Christopher's School - 2/17/2024**  
**Performance List**

**Event 1 Girls High Jump (10)**

	Name	Yr	School	Seed Mark
1	Taylor Kulow	9	Norfolk Academy	5-03.00
2	Karly Smith	10	Roanoke Cath.	5-02.50
3	Hayley Lookadoo	11	St. Stephen's	5-00.00
4	Addison Lance	12	Atlantic Shores	4-10.00
5	Olivia Barr	9	Episcopal	4-10.00
6	Kate Fiorenza	12	Paul VI Catholic	4-10.00
7	Eva Woodcock	12	Bishop O'Connell	4-08.00
8	Emily Rogers	10	East. Mennonite	4-06.00
9	Whitney Clarkson	12	Collegiate	4-06.00
10	Sallie Martin	10	Collegiate	4-06.00

**Event 2 Boys High Jump (10)**

	Name	Yr	School	Seed Mark
1	Jaden Ferguson	12	Woodberry Forest	6-06.00
2	Briggs Ireland	12	St. Christophers	6-02.00
3	John Grunwald	12	Norfolk Academy	6-02.00
4	Ford Hunter	11	St. Christophers	6-00.00
5	Toby Warmack	11	Woodberry Forest	6-00.00
6	Bishop Foster	11	Collegiate	6-00.00
7	James London	11	St. Stephen's	5-10.00
8	Eli Jordan	11	Trinity Epis.	5-10.00
9	Conlin Babbit	12	Paul VI Catholic	5-08.00
10	Caden Pochick	10	Paul VI Catholic	5-08.00

**Event 3 Girls Pole Vault (13)**

	Name	Yr	School	Seed Mark
1	Madelyn Smullen	10	St. Catherines	9-06.00
2	Azaria Bailey	12	Collegiate	9-06.00
3	Lorelei Clelland	11	St. Catherines	9-00.00
4	Claire Braxton	10	Episcopal	9-00.00
5	Lucy Versen	10	Trinity Epis.	8-06.00
6	Annie Kuhlen	8	St. Catherines	8-00.00
7	Anne Randolph Staub	11	Norfolk Academy	8-00.00
8	Lawson Vaughan	11	Collegiate	7-06.00
9	Britton Berson	11	Collegiate	7-00.00
10	Olivia Benz	8	Walsingham	7-00.00
11	Whitney Collenberg	12	Norfolk Academy	6-06.00
12	Lucy Staub	11	Norfolk Academy	6-06.00
13	Caroline Griffin	9	Atlantic Shores	6-00.00

**Event 4 Boys Pole Vault (9)**

	Name	Yr	School	Seed Mark
1	Victor Olesen	10	St. Christophers	16-08.00
2	Wally Becker	9	Collegiate	11-06.00
3	Ned Bradshaw	12	Collegiate	11-00.00
4	Joseph Blundin	12	Woodberry Forest	11-00.00
5	James Bonbright	10	Collegiate	11-00.00
6	Ryan Scammell	10	St. Christophers	10-00.00
7	Everette Floyd	10	Woodberry Forest	10-00.00
8	Ben Burtram	12	Fork Union	10-00.00
9	Briggs Ireland	12	St. Christophers	10-00.00

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

	Name	Yr	School	Seed Mark
1	Jeylah Hamrick	12	Walsingham	17-05.00
2	Courtnee Holland	9	Virginia Episc.	17-03.75
3	Lilly Versen	12	Trinity Epis.	16-08.25
4	Aseye Gatty	11	St. Catherines	16-05.50
5	Azaria Bailey	12	Collegiate	16-05.00
6	Elena Granados	12	Cape Henry	16-04.75
7	Michele Horton	10	Potomac	16-01.00
8	Taylor Kulow	9	Norfolk Academy	16-00.00
9	Louisa Geiger	11	Bishop O'Connell	15-09.50
10	Holt Williams	9	St. Catherines	15-09.00
11	Maya Habib	11	Paul VI Catholic	15-08.25
12	Abigail McKay	9	St. Catherines	15-07.50
13	Madison Hughes	10	St. Stephen's	15-07.00
14	Sanaa Baldwin	11	Episcopal	15-07.00
15	Olivia Barr	9	Episcopal	15-01.00
16	Charlotte Everhart	11	Potomac	15-00.00
17	Chloe Smith	11	Episcopal	14-11.00
18	Kate Fiorenza	12	Paul VI Catholic	14-10.75
19	Brooklyn Beverly	9	Norfolk Christ.	14-10.00
20	Nia Beverly	12	Norfolk Christ.	14-07.00
21	Kahlen Tenorio	9	Saint John Paul	14-04.00
22	Olivia D'Ambrosia	12	Collegiate	14-02.25
23	Miranda Hammond	8	Nansemond	14-02.00
24	Lila Ware	10	Norfolk Academy	14-01.75
25	Eva Woodcock	12	Bishop O'Connell	14-00.00
26	Amaya Nicholls	10	St. Stephen's	14-00.00
27	Anne Randolph Staub	11	Norfolk Academy	14-00.00
28	Sofia Heredia	12	Peninsula Cath.	13-11.00
29	Briana Goodlett	9	Veritas	13-10.00

**Event 6 Boys Long Jump (18)**

	Name	Yr	School	Seed Mark
1	Jaden Ferguson	12	Woodberry Forest	23-04.00
2	John Morrison	10	Woodberry Forest	22-01.25
3	Zahir Griffith	12	Norfolk Academy	22-00.00
4	Addison Gosline	11	St. Christophers	21-06.25
5	Stephon Woodson	12	Trinity Epis.	21-06.25
6	John Grunwald	12	Norfolk Academy	21-04.00
7	Kenan Andrews	11	Woodberry Forest	20-09.00
8	Kahlil Nash	12	St. Christophers	20-09.00
9	Jake Turner	10	Trinity Christ.	20-08.50
10	George Julias	10	St. Christophers	20-07.75
11	Isaiah McDaniel	10	Fork Union	20-07.00
12	Christian Rutland	10	Paul VI Catholic	20-06.75
13	Jase Rhodes	10	North Cross	20-01.00
14	Aidan Koffa	10	Fork Union	19-11.50
15	Oreoluwa Tokan-Lawal	11	Collegiate	19-08.75
16	DeShannon Reed	10	North Cross	19-04.25
17	Ayden Bland	12	Fork Union	19-04.00
18	Peter Fu	10	Episcopal	19-02.00

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**Event 7 Girls Triple Jump (19)**

Name	Yr	School	Seed Mark
1 Elena Granados	12	Cape Henry	36-10.75
2 Aseye Gatty	11	St. Catherines	34-06.25
3 Courtnee Holland	9	Virginia Episc.	34-03.00
4 Taylor Kulow	9	Norfolk Academy	33-11.00
5 Abigail McKay	9	St. Catherines	32-07.00
6 Karly Smith	10	Roanoke Cath.	32-05.00
7 Michele Horton	10	Potomac	32-03.00
8 Lilly Versen	12	Trinity Epis.	32-01.75
9 Maya Habib	11	Paul VI Catholic	32-01.50
10 Nia Beverly	12	Norfolk Christ.	32-00.00
11 Miranda Hammond	8	Nansemond	31-07.00
12 Amaya Nicholls	10	St. Stephen's	31-00.50
13 Michelle Tran	8	Collegiate	30-10.00
14 Ellie Patel	12	Roanoke Cath.	30-04.25
15 Kahlen Tenorio	9	Saint John Paul	30-02.50
16 Lily Stanwix	11	Collegiate	29-11.00
17 Chloe Smith	11	Episcopal	29-09.00
18 Marshall Daniel	11	Cape Henry	29-09.00
19 Carter Torrence	9	St. Catherines	29-08.25

**Event 8 Boys Triple Jump (23)**

Name	Yr	School	Seed Mark
1 Jase Rhodes	10	North Cross	45-09.50
2 Kenan Andrews	11	Woodberry Forest	45-03.00
3 Henry Rice	11	St. Christophers	43-02.75
4 Zahir Griffith	12	Norfolk Academy	43-01.00
5 Jake Turner	10	Trinity Christ.	43-00.50
6 Jaden Ferguson	12	Woodberry Forest	42-11.00
7 Stephon Woodson	12	Trinity Epis.	42-10.00
8 Larry Smith	12	Blue Ridge	42-07.00
9 John Grunwald	12	Norfolk Academy	41-00.50
10 Toby Warmack	11	Woodberry Forest	40-08.50
11 Dayo Matsinhe	10	Blue Ridge	40-07.50
12 Bishop Foster	11	Collegiate	40-06.50
13 Eli Taylor	12	Blue Ridge	40-01.50
14 Alex Jackson	9	Fork Union	39-01.50
15 Nate Jensen	12	Cape Henry	39-01.00
16 Rhodes Neuner	10	Collegiate	38-08.00
17 Howard Casterlow	11	Nansemond	37-11.25
18 Carmelo Spaulding	11	Fork Union	37-09.00
19 Alex Villasis	10	Catholic	37-04.00
20 Lucas Jeffery	11	Paul VI Catholic	37-02.00
21 Chris Martinez	10	Cape Henry	36-08.25
22 Fernando Olivar-Joa	11	Catholic	36-07.50
23 Noah Petras	12	Saint John Paul	36-02.00

**Event 9 Girls Shot Put (26)**

Name	Yr	School	Seed Mark
1 Sophie Pollio	12	Norfolk Academy	35-04.50
2 Ava Reese	11	Episcopal	34-09.00
3 Justinne Llavore	10	Roanoke Cath.	33-04.75
4 Ashley Grace Johnstone	10	Collegiate	32-11.00

5 Olivia Barr	9	Episcopal	32-10.00
6 Olivia Edenfield	11	Atlantic Shores	32-09.00
7 Marshall Daniel	11	Cape Henry	32-08.00
8 Emerson Tierney	11	St. Catherines	32-00.00
9 Chanel Harvey	12	Flint Hill	31-06.00
10 Charlotte Waldemar	12	Atlantic Shores	31-01.50
11 Brooklyn YueHan Chen	10	North Cross	31-01.00
12 Sophia Covington	11	Saint Gertrude	30-02.50
13 Ariana Miller	12	St. Catherines	30-00.00
14 Katherine Kelpy	10	Paul VI Catholic	29-06.50
15 Elena Granados	12	Cape Henry	29-01.50
16 Rachel Duncan	12	Collegiate	29-01.25
17 Lydia Wills	9	St. Catherines	28-08.50
18 Monica Mbakop	10	Potomac	28-05.00
19 Evangeline Waldemar	9	Atlantic Shores	28-04.00
20 Milla Avery	10	Norfolk Academy	28-00.50
21 Ciara Bliven	10	Bishop O'Connell	27-10.00
22 Julia Brandwein	12	Catholic	26-09.75
23 Angelina Squatrito	11	Cape Henry	26-03.00
24 Nancy Reyes-Roja	10	Peninsula Cath.	26-00.00
25 Insha Sadruddin	12	Peninsula Cath.	25-11.00
26 Lauren Cluff	11	Trinity Christ.	25-05.00

**Event 10 Boys Shot Put (36)**

Name	Yr	School	Seed Mark
1 Cooper Gardiner	12	Trinity Epis.	51-09.00
2 Chance Stuart	11	Norfolk Academy	51-06.50
3 Max Taylor	12	St. Anne's-Bel.	49-03.00
4 Emile Beaulieu	12	Woodberry Forest	48-08.00
5 Tanner Schaedel	12	Cape Henry	48-02.50
6 Henry Omohundro	12	St. Christophers	48-01.00
7 Jonie Ansah	12	Fork Union	47-08.25
8 Daouda Niang	12	Fork Union	47-06.50
9 Hudson Toll	12	St. Anne's-Bel.	44-09.00
10 Patrick Linton	12	Atlantic Shores	44-05.00
11 Kelton Sparks	12	Blue Ridge	44-01.00
12 Grayson Herndon	11	St. Christophers	43-05.50
13 Cooper Goss	12	Nansemond	42-07.00
14 Theo Cross	12	St. Christophers	42-05.25
15 Luke Davila	12	Episcopal	41-02.00
16 Luke Richardson	11	Flint Hill	41-02.00
17 Mathias Moyer	10	Fork Union	40-09.75
18 Zeke Medrano	11	Atlantic Shores	40-06.50
19 Isaac Cohen	12	Atlantic Shores	40-04.00
20 Trey Giddens	10	Norfolk Christ.	40-04.00
21 Eason Zhou	12	North Cross	40-01.50
22 malcolm Thompson	10	Woodberry Forest	39-02.00
23 Luke Shinofield	12	Norfolk Academy	38-06.50
24 Nate Jensen	12	Cape Henry	38-05.00
25 Colin Lebel	11	Cape Henry	38-02.00
26 Costello Ciuffo	11	Norfolk Academy	37-11.25
27 Sander Frogner	11	North Cross	37-03.50
28 Louie Goins	11	St. Stephen's	36-01.50
29 Garrett Hicks	11	Potomac	35-06.00
30 Chris Ankley	10	Catholic	35-03.50

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**Event 10 ... (Boys Shot Put (36))**

	Name	Yr School	Seed Mark
31	Joe Hardy	12 Bishop Ireton	35-02.00
32	Aaron Atkins	10 Collegiate	35-00.00
33	Yeinner Cruz	12 Saint John Paul	35-00.00
34	Tobechi Obasi	10 Saint John Paul	34-10.00
35	Vincent Barrafato	10 Trinity Epis.	34-10.00
36	Caleb Whitehurst	11 Greenbrier	34-08.00

**Event 11 Girls 55 Meter Hurdles (26) Prelims**

	Name	Yr School	Seed Time
1	Adaline Scott	10 Norfolk Academy	8.63
2	Jeylah Hamrick	12 Walsingham	8.66
3	Piper Shannon	11 St. Catherines	8.87
4	Taylor Kulow	9 Norfolk Academy	9.26
5	Evie Miller	12 Trinity Christ.	9.52
6	Kate Fiorenza	12 Paul VI Catholic	9.72
7	Aseye Gatty	11 St. Catherines	9.78
8	Karly Smith	10 Roanoke Cath.	9.83
9	Maya Habib	11 Paul VI Catholic	9.85
10	Carter Torrence	9 St. Catherines	10.35
11	Whitney Clarkson	12 Collegiate	10.37
12	Hannah Jewell	11 Paul VI Catholic	10.42
13	Charlotte Everhart	11 Potomac	10.64
14	Olivia Benz	8 Walsingham	10.68
15	Natalia Vilela	12 Potomac	10.75
16	Rebekah Savery	12 Norfolk Christ.	10.78
17	Katherine Martin	12 Collegiate	10.81
18	Lya Hurst	11 East. Mennonite	10.90
19	Brooklyn Beverly	9 Norfolk Christ.	10.93
20	Charlie Floyd	11 Roanoke Cath.	10.95
21	Taliyah Figaro	9 St. Stephen's	10.96
22	Sophie Becker	11 Chatham Hall	11.09
23	Angelina Squatrito	11 Cape Henry	11.10
24	Lexie VanRaaphorst	9 Trinity Christ.	11.13
25	Charlotte Parry	9 Potomac	11.17
26	Jing Jing Zhao	11 Norfolk Academy	11.29

**Event 12 Boys 55 Meter Hurdles (19) Prelims**

	Name	Yr School	Seed Time
1	Harry Momolu	12 Fork Union	7.55
2	Davian Burke	12 Banner Christian	7.58
3	Jayden Brown	11 St. Christophers	7.85
4	Jarrett Clark	12 Woodberry Forest	7.87
5	Durham Dodson	11 St. Christophers	8.38
6	Carlos Rivera	11 Woodberry Forest	8.39
7	Briggs Ireland	12 St. Christophers	8.49
8	Tommy Tan	12 Norfolk Academy	8.50
9	Chris Shorter	12 St. Stephen's	8.50
10	Rhodes Neuner	10 Collegiate	8.63
11	Harper Kappes	12 North Cross	8.63
12	Tawon Figaro	10 St. Stephen's	8.73
13	Nico Yates	12 Nansemond	8.87
14	Johnny Higgins	12 Trinity Christ.	8.90
15	Alex Jackson	9 Fork Union	9.11

16	Cohen Lemcke	10 Blue Ridge	9.23
17	Caden Pochick	10 Paul VI Catholic	9.35
18	Jamal Thomas	10 Nansemond	9.66
19	Ben Dillon	11 Catholic	9.73

**Event 13 Girls 55 Meter Dash (25) Prelims**

	Name	Yr School	Seed Time
1	Jeylah Hamrick	12 Walsingham	7.30
2	Lucy Versen	10 Trinity Epis.	7.33
3	Lilly Versen	12 Trinity Epis.	7.38
4	Makaela Johnson	9 St. Catherines	7.50
5	Sanaa Baldwin	11 Episcopal	7.51
6	Courtnee Holland	9 Virginia Episc.	7.54
7	Adaline Scott	10 Norfolk Academy	7.58
8	Kinnady Branch	9 St. Catherines	7.58
9	Azaria Bailey	12 Collegiate	7.62
10	Elena Granados	12 Cape Henry	7.64
11	Madison Hughes	10 St. Stephen's	7.65
12	Sophia Appiah	11 Episcopal	7.73
13	Rose Barabanov	9 Potomac	7.77
14	Catherine Egan	12 Oakcrest	7.81
15	Kyria Martinez	10 Saint Gertrude	7.81
16	Jo Malone	12 Trinity Christ.	7.82
17	Leslie Armstrong	11 St. Catherines	7.83
18	Olivia Benz	8 Walsingham	7.85
19	Anaya Lozano	12 Atlantic Shores	7.88
20	Claudia Mahoubi	12 Oakcrest	7.88
21	Avery Soca	11 Norfolk Christ.	7.92
22	Maya Habib	11 Paul VI Catholic	7.95
23	Kaitlynn Nguyen	9 Peninsula Cath.	7.96
24	Ashlyn Nelson	9 Trinity Epis.	7.98
25	Annemarie Dimino	9 Catholic	7.99

**Event 14 Boys 55 Meter Dash (35) Prelims**

	Name	Yr School	Seed Time
1	Maddox White	10 St. Christophers	6.34
2	Nathan Sims	12 Trinity Epis.	6.47
3	John Morrison	10 Woodberry Forest	6.55
4	Addison Gosline	11 St. Christophers	6.58
5	Reed Phillips	11 Episcopal	6.60
6	Ty Adamson	12 Cape Henry	6.60
7	Kenan Andrews	11 Woodberry Forest	6.61
8	Zion Allen	9 Episcopal	6.62
9	Judah Ofori-Ansah	11 Episcopal	6.62
10	Howard Casterlow	11 Nansemond	6.64
11	Luke Boucher-Zazzaro	11 Fork Union	6.65
12	Hunter Garnett	12 St. Christophers	6.69
13	Andrew Hart	12 Cape Henry	6.70
14	Ty Enoch	12 St. Anne's-Bel.	6.71
15	Brennan Ridley	12 Trinity Epis.	6.73
16	Christian Rutland	10 Paul VI Catholic	6.75
17	Luke Heinze	11 Paul VI Catholic	6.77
18	Amare McCalla	12 Catholic	6.78
19	Danny Fthenos	10 Bishop O'Connell	6.79
20	Kevin Nti	11 Woodberry Forest	6.79

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**Event 14 ... (Boys 55 Meter Dash (35) Prelims)**

Name	Yr	School	Seed Time
21 Andrew Fthenos	11	Bishop O'Connell	6.81
22 Dillan Patel	12	Roanoke Cath.	6.81
23 Chris Martinez	10	Cape Henry	6.82
24 DeShannon Reed	10	North Cross	6.86
25 Lance Snyder	12	Norfolk Academy	6.88
26 Eli Taylor	12	Blue Ridge	6.88
27 JP Sosnitsky	11	Potomac	6.89
28 Ethan Whitaker	12	Trinity Christ.	6.89
29 Alex Witt	11	Catholic	6.90
30 Isaiah Kittrel	10	Fork Union	6.90
31 Larry Smith	12	Blue Ridge	6.92
32 Kaydan Whiteside	8	Fork Union	6.93
33 Max Taylor	12	St. Anne's-Bel.	6.94
34 Alex Williams	12	St. Stephen's	6.95
35 Dayo Matsinhe	10	Blue Ridge	6.95

**Event 15 Girls 4x800 Meter Relay (12)**

Team	Relay	Seed Time
1 Collegiate		10:01.41
2 St. Catherines		10:15.25
3 Episcopal		10:24.25
4 Bishop Ireton		10:36.42
5 Veritas		10:36.48
6 Potomac		10:40.84
7 Paul VI Catholic		10:46.15
8 Stonebridge		10:48.44
9 Saint John Paul		10:50.85
10 Norfolk Academy		10:58.09
11 Trinity Epis.		11:05.17
12 Walsingham		11:15.09

**Event 16 Boys 4x800 Meter Relay (13)**

Team	Relay	Seed Time
1 Saint John Paul		8:14.96
2 St. Christophers		8:27.32
3 Potomac		8:36.98
4 Collegiate		8:52.36
5 Bishop O'Connell		8:55.49
6 North Cross		8:56.34
7 Catholic		8:57.10
8 East. Mennonite		8:57.98
9 Woodberry Forest		9:07.27
10 St. Stephen's		9:08.61
11 Fork Union		9:11.38
12 Veritas		9:15.45
13 Trinity Epis.		9:19.07

**Event 17 Girls 1600 Meter Run (27)**

Name	Yr	School	Seed Time
1 Molly Weithman	12	Bishop O'Connell	5:08.25
2 Kerrigan Chaney	11	North Cross	5:09.49
3 Caroline Wulff	12	St. Catherines	5:16.73
4 Bridget Blaszak	11	Collegiate	5:23.74

5 Jenna Pugsley	10	Paul VI Catholic	5:28.58
6 Ruthie Huffman	9	St. Catherines	5:30.18
7 Josie Nunziata	9	Stonebridge	5:31.52
8 Rachel Prince	10	Greenbrier	5:32.75
9 Catherine Richards	11	Paul VI Catholic	5:33.91
10 Campbell Burnette	8	St. Catherines	5:35.02
11 Regan Schultz	10	Bishop Ireton	5:43.55
12 Margaret Hodges	9	Episcopal	5:46.89
13 Julia Dean	11	Trinity Christ.	5:47.24
14 Emmy Holland	12	Potomac	5:48.68
15 Lola Hires	9	Norfolk Academy	5:50.64
16 Ellie Blackwood	9	Collegiate	5:50.86
17 Erynn Spiegeler	11	Saint John Paul	5:52.96
18 Rory Kipp	10	Bishop Ireton	5:53.91
19 Ainsley Myles	9	North Cross	5:54.06
20 Isabella Curtis	9	Peninsula Cath.	5:54.65
21 Kailyn Harris	8	Trinity Epis.	5:56.71
22 Annie Adamson	12	Saint Gertrude	5:57.01
23 Violet VonCanon	10	Veritas	5:57.68
24 Nora Wallace	12	Collegiate	5:58.13
25 Maggie Guild	10	Catholic	5:58.75
26 Logan Kauffman	10	Peninsula Cath.	5:59.05
27 Tegan Bechtel	9	Saint John Paul	6:00.11

**Event 18 Boys 1600 Meter Run (31)**

Name	Yr	School	Seed Time
1 Calvin Dovgalyuk	11	Trinity Christ.	4:21.51
2 Michael McKnew	10	Cape Henry	4:24.17
3 Asher Green	10	St. Christophers	4:28.12
4 Abraham Warui	11	Woodberry Forest	4:30.81
5 Billy Driscoll	12	Peninsula Cath.	4:31.44
6 Logan Beale	11	Paul VI Catholic	4:31.54
7 Brandon Morrow	10	Paul VI Catholic	4:32.16
8 Andrew Robinson	11	Walsingham	4:34.60
9 James Bertram	12	Saint John Paul	4:35.93
10 Alex Dickenson	12	North Cross	4:36.97
11 Parker Tallman	12	Woodberry Forest	4:38.26
12 Bolling Lewis	12	Collegiate	4:40.63
13 Travis Carroll	11	Norfolk Academy	4:40.71
14 Zach Dalva-Baird	11	Potomac	4:42.44
15 Jayse Brefczynski	9	Bishop O'Connell	4:42.74
16 Austin Colvin	11	Saint John Paul	4:44.86
17 Dylan White	12	North Cross	4:45.08
18 Finn Guzik	9	Norfolk Academy	4:46.24
19 Jared Crestetto	11	Trinity Christ.	4:46.78
20 Noah Altschuler	11	Potomac	4:48.47
21 Joshua Seidensticker	10	Catholic	4:54.23
22 Jacob Thompson	10	Saint John Paul	4:55.84
23 Sam Bibeau	12	Norfolk Academy	4:58.57
24 Jack Sherrard	11	Veritas	4:58.80
25 Hunter Michel	12	Bishop Ireton	4:59.52
26 Enzo Coniglione	9	Roanoke Cath.	4:59.66
27 Lance Jayme	10	Bishop O'Connell	5:00.83
28 Jedrek Sneary	11	East. Mennonite	5:00.84
29 Calvin Bixler	11	East. Mennonite	5:00.89

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**Event 18 ... (Boys 1600 Meter Run (31))**

Name	Yr School	Seed Time
30 Bart O'Connor	11 St. Stephen's	5:01.09
31 Carlos Rodriguez	10 Peninsula Cath.	5:01.86

**Event 19 Girls 4x200 Meter Relay (12)**

Team	Relay	Seed Time
1 St. Catherines		1:48.24
2 Trinity Epis.		1:49.17
3 Episcopal		1:51.36
4 Collegiate		1:51.42
5 St. Stephen's		1:52.89
6 Saint John Paul		1:54.05
7 Trinity Christ.		1:54.62
8 Norfolk Academy		1:54.71
9 Potomac		1:55.02
10 Bishop O'Connell		1:56.55
11 Peninsula Cath.		1:56.71
12 Saint Gertrude		1:57.32

**Event 20 Boys 4x200 Meter Relay (16)**

Team	Relay	Seed Time
1 St. Christophers		1:32.28
2 Woodberry Forest		1:32.31
3 Episcopal		1:32.77
4 Fork Union		1:32.81
5 Cape Henry		1:34.23
6 Bishop O'Connell		1:35.62
7 St. Stephen's		1:35.75
8 Saint John Paul		1:36.61
9 Collegiate		1:36.90
10 Catholic		1:37.20
11 Norfolk Christ.		1:37.25
12 Paul VI Catholic		1:37.39
13 Potomac		1:37.83
14 North Cross		1:38.10
15 Trinity Christ.		1:38.46
16 Bishop Ireton		1:40.90

**Event 21 Girls 500 Meter Dash (32)**

Name	Yr School	Seed Time
1 Chinenye Obasi	11 Saint John Paul	1:18.43
2 Kenley Campbell	12 Collegiate	1:19.80
3 Mackenzie Fulgham	12 Potomac	1:20.84
4 Mia Jones	9 Norfolk Academy	1:21.20
5 Helena Coleman	11 Bishop Ireton	1:22.48
6 Mary Cabell	12 Peninsula Cath.	1:22.87
7 Tenley Overdeck	12 Potomac	1:22.92
8 Claire Curtis	12 Collegiate	1:23.56
9 Emily Beggerow	10 Collegiate	1:23.93
10 Lauren Scott	12 St. Stephen's	1:24.11
11 Lauren Lanphear	10 Veritas	1:24.75
12 Emalene Harter	12 St. Catherines	1:25.36
13 Leyla Hsieh	11 Trinity Christ.	1:26.48
14 Kathryn Price	12 St. Catherines	1:26.77

15 Holt Williams	9 St. Catherines	1:27.30
16 Avery Soca	11 Norfolk Christ.	1:27.55
17 Brooke Ambrose	10 Potomac	1:27.72
18 Chloe Paget-Brown	11 St. Anne's-Bel.	1:28.75
19 Audrey Lukevics	9 Norfolk Academy	1:28.85
20 Siobhan Cruess	12 Veritas	1:28.89
21 Martha Wyse	10 East. Mennonite	1:28.91
22 Mariel Irish-Maldonado	11 Bishop O'Connell	1:28.91
23 Erica Romualdez	12 Bishop O'Connell	1:30.42
24 Annie Adamson	12 Saint Gertrude	1:30.58
25 Grace Marcus	11 Trinity Epis.	1:31.39
26 Rose Sypal	9 Oakcrest	1:31.62
27 Riya Campbell	10 Stonebridge	1:31.68
28 Skylar Carter	9 Atlantic Shores	1:32.11
29 Meghan Norko	11 Saint John Paul	1:32.16
30 Eila Crumlish	11 Trinity Epis.	1:32.17
31 Sylvie McGoldrick	9 St. Stephen's	1:32.35
32 Briana Goodlett	9 Veritas	1:32.53

**Event 22 Boys 500 Meter Dash (27)**

Name	Yr School	Seed Time
1 Nathan Sims	12 Trinity Epis.	1:07.32
2 Cole Griswold	12 Potomac	1:07.53
3 Nicholas Bouril	11 Saint John Paul	1:07.78
4 Augustine Howard	12 Saint John Paul	1:08.91
5 Bradley Cruthirds	12 St. Stephen's	1:09.24
6 Ben Wittkamp	12 Collegiate	1:09.26
7 Charlie Bestie	12 Bishop Ireton	1:09.72
8 Andrew Fisher	12 Trinity Christ.	1:09.80
9 Kyron Jennings	12 Norfolk Christ.	1:09.84
10 Jaden Henderson	12 Norfolk Christ.	1:10.52
11 Evan Crouse	12 Trinity Christ.	1:10.81
12 Emmerson Smith	11 Fork Union	1:10.89
13 Avi Gupta	11 St. Christophers	1:10.91
14 Jack Smith	11 Collegiate	1:11.42
15 Dillan Patel	12 Roanoke Cath.	1:11.85
16 Danny Kajubi	11 Woodberry Forest	1:11.93
17 Ve Lee	12 Potomac	1:12.03
18 Jonah Adams	12 St. Stephen's	1:12.23
19 John Fournier	10 Benedictine	1:12.40
20 William Voss	12 Veritas	1:12.56
21 Bishop Foster	11 Collegiate	1:12.69
22 Finn Guzik	9 Norfolk Academy	1:12.99
23 Phillipe Lianavwa	11 Fork Union	1:13.59
24 Matthew Noble	11 St. Christophers	1:13.74
25 Beimnet Derege	10 Saint John Paul	1:13.83
26 Matt Brow	12 Potomac	1:14.23
27 Devlin Edgar	11 Cape Henry	1:14.25

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

Name	Yr School	Seed Time
1 Eve Frost	10 Stonebridge	3:04.87
2 Molly Weithman	12 Bishop O'Connell	3:05.86
3 Virginia Harris	9 Collegiate	3:07.49
4 Alyssa Pongraz	11 Peninsula Cath.	3:07.94

## VISAA

**Indoor Track & Field Championships**  
**St. Christopher's School - 2/17/2024**  
**Performance List**

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

Name	Yr	School	Seed Time
5	Kate Tuttle	12 Potomac	3:08.01
6	Annabel Bayler	10 St. Catherines	3:10.40
7	Rachel Prince	10 Greenbrier	3:10.69
8	Ruthie Huffman	9 St. Catherines	3:11.70
9	Campbell Burnette	8 St. Catherines	3:12.26
10	Grey Gibbins	10 Episcopal	3:13.91
11	Catherine Richards	11 Paul VI Catholic	3:14.80
12	Nora Clingenpeel	11 Norfolk Academy	3:16.84
13	Jenna Pugsley	10 Paul VI Catholic	3:17.41
14	Jenna Lanphear	10 Veritas	3:18.14
15	Valentina Barrera	10 Saint John Paul	3:18.83
16	Ali Rouse	10 St. Stephen's	3:21.57
17	Chloe Rakowitz	10 Paul VI Catholic	3:22.66
18	Giles Ferrell	12 Collegiate	3:23.10
19	Macy Boyer	10 Collegiate	3:24.92
20	Julia Dean	11 Trinity Christ.	3:26.60
21	Regan Schultz	10 Bishop Ireton	3:29.65
22	Maggie Guild	10 Catholic	3:30.01
23	Violet VonCanon	10 Veritas	3:31.07
24	Helena Fry	11 Saint John Paul	3:31.35
25	Isabella Alicea	12 Saint John Paul	3:31.55
26	Kate Blinn	9 Walsingham	3:32.37
27	Ava Peters	11 Trinity Christ.	3:32.75
28	Claire Harty	10 Episcopal	3:33.18
29	Jane Blessing	12 Episcopal	3:33.82
30	Louise Monga-Rochard	11 Walsingham	3:34.36
31	Logan Kauffman	10 Peninsula Cath.	3:35.25

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

Name	Yr	School	Seed Time
1	Calvin Dovgalyuk	11 Trinity Christ.	2:34.62
2	Alex Mathews	12 Potomac	2:36.64
3	Billy Driscoll	12 Peninsula Cath.	2:37.95
4	Abraham Warui	11 Woodberry Forest	2:38.77
5	Michael McKnew	10 Cape Henry	2:39.63
6	Parker Tallman	12 Woodberry Forest	2:41.23
7	Andrew Robinson	11 Walsingham	2:41.25
8	Elijah Thompson	11 Saint John Paul	2:41.90
9	Christopher Moscoso	11 Trinity Christ.	2:42.76
10	Patrick Mayer	12 St. Christophers	2:44.01
11	Walker Angus	12 Collegiate	2:44.09
12	Dylan White	12 North Cross	2:44.77
13	Alex Dickenson	12 North Cross	2:45.78
14	Luga Samson	11 East. Mennonite	2:46.22
15	William Voss	12 Veritas	2:46.54
16	Matthew Elliott	12 Saint John Paul	2:46.63
17	Ethan Garcia	10 Saint John Paul	2:46.65
18	Noah Smith	9 St. Christophers	2:47.90
19	Luke Carter	10 Potomac	2:48.07
20	Harry Anderson	11 North Cross	2:48.35
21	Michael Swingle	12 Bishop O'Connell	2:48.92
22	Eli Levine	10 Potomac	2:49.59
23	Hagan Andrew	11 Trinity Epis.	2:50.82

24 James London 11 St. Stephen's 2:52.73

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

Name	Yr	School	Seed Time
1	Mackenzie Fulgham	12 Potomac	41.34
2	Chinenye Obasi	11 Saint John Paul	41.54
3	Kenley Campbell	12 Collegiate	41.94
4	Elena Granados	12 Cape Henry	41.98
5	Jeylah Hamrick	12 Walsingham	42.03
6	Josie Saffold	11 Norfolk Academy	42.58
7	Ally Griswold	10 Potomac	42.74
8	Kennedy Richardson	11 Collegiate	42.84
9	Kinnady Branch	9 St. Catherines	43.43
10	Lucy Versen	10 Trinity Epis.	43.57
11	Courtnee Holland	9 Virginia Episc.	43.89
12	Emily Garrard	12 Episcopal	43.92
13	Mary Cabell	12 Peninsula Cath.	45.29
14	Emily Beggerow	10 Collegiate	45.34
15	Catherine Egan	12 Oakcrest	45.42
16	Rose Barabanov	9 Potomac	45.49
17	Ryleigh Williams	11 Trinity Christ.	45.59
18	Dru Atkins	12 St. Catherines	45.70
19	Sarah Busby	9 Stonebridge	45.74
20	Carley Rose	10 St. Catherines	46.15
21	Meredith Borchherding	10 Trinity Christ.	46.19
22	Layla Wintsch	10 Trinity Epis.	46.27
23	Anaya Lozano	12 Atlantic Shores	46.29
24	Emma Uncapher	10 Norfolk Academy	46.29
25	Sophia Van Zyl	11 Veritas	46.42
26	Riya Campbell	10 Stonebridge	46.45
27	Auriannia Henderson-Jones	11 Chatham Hall	46.57
28	Sofia Heredia	12 Peninsula Cath.	46.66
29	Cybil Murchie	12 Veritas	46.67
30	Claudia Tillar	11 Norfolk Academy	46.68
31	Nile Lewis	9 Bishop O'Connell	46.77
32	Rachel Branran	9 Peninsula Cath.	46.83
33	Louisa Geiger	11 Bishop O'Connell	46.83
34	Eliza Warren	10 East. Mennonite	46.91
35	Caroline Hinrichs	11 Flint Hill	46.91
36	Avery Soca	11 Norfolk Christ.	46.97

**Event 26 Boys 300 Meter Dash (30)**

Name	Yr	School	Seed Time
1	Maddox White	10 St. Christophers	34.95
2	Nathan Sims	12 Trinity Epis.	35.70
3	Aidan Koffa	10 Fork Union	36.53
4	Kyron Jennings	12 Norfolk Christ.	36.66
5	Davian Burke	12 Banner Christian	36.74
6	Andrew Hart	12 Cape Henry	36.86
7	Zahir Griffith	12 Norfolk Academy	36.95
8	Armaan Dhillon	11 Saint John Paul	36.99
9	Matthew Harnisch	11 Bishop O'Connell	37.00
10	Jaden Henderson	12 Norfolk Christ.	37.04
11	Hunter Garnett	12 St. Christophers	37.17
12	Luke Heinze	11 Paul VI Catholic	37.23

**VISAA**  
**Indoor Track & Field Championships**  
**St. Christopher's School - 2/17/2024**  
**Performance List**

**Event 26 ... (Boys 300 Meter Dash (30))**

Name	Yr	School	Seed Time
13	Christian Rutland	10 Paul VI Catholic	37.36
14	Cole Griswold	12 Potomac	37.36
15	Ty Enoch	12 St. Anne's-Bel.	37.38
16	Jayden Brown	11 St. Christophers	38.08
17	Andrew Fisher	12 Trinity Christ.	38.10
18	Kevin Nti	11 Woodberry Forest	38.18
19	Dillan Patel	12 Roanoke Cath.	38.20
20	Andrew Fthenos	11 Bishop O'Connell	38.30
21	Antonio Schoenborn	12 Benedictine	38.43
22	Terrance Edwards	12 Trinity Epis.	38.55
23	Alex Williams	12 St. Stephen's	38.56
24	Ve Lee	12 Potomac	38.57
25	Luke Collin	10 Bishop O'Connell	38.61
26	Nate Jensen	12 Cape Henry	38.64
27	Colin Lebel	11 Cape Henry	38.79
28	Gabriel Xantus	11 Saint John Paul	38.81
29	JP Sosnitsky	11 Potomac	38.83
30	Howard Casterlow	11 Nansemond	38.95

**Event 27 Girls 3200 Meter Run (22)**

Name	Yr	School	Seed Time
1	Molly Weithman	12 Bishop O'Connell	10:53.04
2	Kerrigan Chaney	11 North Cross	11:06.92
3	Caroline Wulff	12 St. Catherines	11:35.23
4	Bridget Blaszk	11 Collegiate	11:48.52
5	Josie Nunziata	9 Stonebridge	11:49.10
6	Eve Frost	10 Stonebridge	11:49.95
7	Rosie Ferrell	9 Collegiate	12:03.66
8	Annabel Bayler	10 St. Catherines	12:10.63
9	Arielle Kouyoumdjian	11 Potomac	12:13.02
10	Anne Lewis	9 Collegiate	12:23.08
11	Amelie Shepherd	11 Veritas	12:27.25
12	Margaret Hodges	9 Episcopal	12:57.13
13	Niamh Moreno	10 Bishop Ireton	12:57.41
14	Audrey Rentzepis	12 Potomac	13:02.02
15	Emmy Holland	12 Potomac	13:02.17
16	Ellie Cahill	11 Catholic	13:08.48
17	Logan Kauffman	10 Peninsula Cath.	13:08.71
18	Tegan Bechtel	9 Saint John Paul	13:09.15
19	Alyssa McCoppin	9 Saint John Paul	13:12.12
20	Beatrice DaRoit	12 Bishop Ireton	13:15.91
21	Sadie Martin	11 Cape Henry	13:18.51
22	Ainsley Myles	9 North Cross	13:19.05

**Event 28 Boys 3200 Meter Run (31)**

Name	Yr	School	Seed Time
1	Curtis Leachman	11 Wakefield	9:32.62
2	Logan Beale	11 Paul VI Catholic	9:48.63
3	Asher Green	10 St. Christophers	9:54.16
4	Billy Driscoll	12 Peninsula Cath.	9:55.00
5	Emmett Leachman	11 Wakefield	9:56.30
6	James Bertram	12 Saint John Paul	10:01.80
7	David Eaton	9 Fork Union	10:10.24

8	Jayse Breczynski	9 Bishop O'Connell	10:22.80
9	Austin Colvin	11 Saint John Paul	10:22.93
10	Jared Crestetto	11 Trinity Christ.	10:25.88
11	Liam Moore	11 Collegiate	10:28.85
12	Andrew Robinson	11 Walsingham	10:31.40
13	Courtney Collins	11 St. Anne's-Bel.	10:31.66
14	Aidan O'Flynn	10 Veritas	10:31.84
15	Roy Fullmer	11 Catholic	10:33.69
16	Matthew Waidelich	10 Trinity Epis.	10:35.18
17	Bolling Lewis	12 Collegiate	10:36.06
18	Marcus King	12 St. Stephen's	10:40.34
19	Sam Bibeau	12 Norfolk Academy	10:43.73
20	Kevin Ron	8 Trinity Christ.	10:47.79
21	Javier Almonte	11 Potomac	10:49.68
22	Enzo Coniglione	9 Roanoke Cath.	10:49.95
23	Stephen Miller	12 Saint John Paul	10:50.58
24	Liam Harbour	12 Collegiate	10:51.14
25	Declan McDonnell	11 St. Christophers	10:52.55
26	Hunter Michel	12 Bishop Ireton	10:52.91
27	Spencer Anthony	11 Trinity Epis.	10:55.54
28	Finton Chaney	9 North Cross	10:55.67
29	Max Zeldes	12 Potomac	10:57.25
30	Finn Nagoski	11 Potomac	10:58.53
31	Morgan Jay	10 Woodberry Forest	11:00.80

**Event 29 Girls 4x400 Meter Relay (12)**

Team	Relay	Seed Time
1	Potomac	4:08.54
2	Collegiate	4:13.31
3	Trinity Christ.	4:16.74
4	Saint John Paul	4:17.93
5	St. Catherines	4:21.34
6	Norfolk Academy	4:23.75
7	Bishop O'Connell	4:25.65
8	Episcopal	4:30.27
9	Peninsula Cath.	4:30.75
10	Stonebridge	4:31.28
11	St. Stephen's	4:33.85
12	Veritas	4:35.99

**Event 30 Boys 4x400 Meter Relay (15)**

Team	Relay	Seed Time
1	Saint John Paul	3:32.18
2	St. Christophers	3:34.20
3	Collegiate	3:39.49
4	Trinity Christ.	3:39.73
5	Bishop Ireton	3:40.74
6	Bishop O'Connell	3:41.28
7	Episcopal	3:41.62
8	East. Mennonite	3:45.16
9	Fork Union	3:45.24
10	Paul VI Catholic	3:46.96
11	Cape Henry	3:48.71
12	Potomac	3:48.89
13	Catholic	3:50.03

VISAA  
Indoor Track & Field Championships  
St. Christopher's School - 2/17/2024  
Performance List

Event 30 ... (Boys 4x400 Meter Relay (15))

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
14	St. Stephen's		3:50.15
15	Norfolk Christ.		3:51.98