

RaceTab by MileSplit/FloSports

Jeremy Woods, Run Roanoke

VISAA Cross Country State Championships - 11/7/2024
Panorama Farms, Earlysville, VA

Division I Girls 5000 Meter Run

Name	Yr Team	Time	Pts
1 Catherine Messing	9 Bishop Ireton	18:22.94	1
2 Annabel Bayler	11 Saint Catherine's	18:48.32	2
3 Virginia Harris	10 Collegiate	19:00.46	3
4 Bridget Blaszak	12 Collegiate	19:01.94	4
5 Lauren Parker	11 Paul VI Catholic	19:45.08	5
6 Kailyn Harris	9 Trinity Episcopal Sc	20:00.37	6
7 Rosie Ferrell	10 Collegiate	20:06.12	7
8 Catherine Stoeter	12 Saint John Paul the	20:06.73	8
9 Regan Schultz	11 Bishop Ireton	20:11.84	9
10 Catherine Richards	12 Paul VI Catholic	20:20.22	10
11 Sabrina Anderson	10 The Potomac School	20:45.89	11
12 Erynn Spiegeler	12 Saint John Paul the	20:49.45	12
13 Jane Earp	10 Norfolk Academy	20:50.84	13
14 Anne Lewis	10 Collegiate	20:54.07	14
15 Alyssa McCoppin	10 Saint John Paul the	21:04.64	15
16 Rose Barabanov	10 The Potomac School	21:10.17	16
17 Elizabeth Widor	9 The Potomac School	21:10.77	17
18 Paisley Enos	9 Norfolk Academy	21:12.03	18
19 Karina CONSTANDY	12 St. Stephen's and St	21:18.29	19
20 Nisha Roy	10 Episcopal	21:24.14	20
21 Ellie Blackwood	10 Collegiate	21:29.61	21
22 Amelia Haske	9 Collegiate	21:34.13	22
23 Elise Fitzgibbon	9 Paul VI Catholic	21:46.59	23
24 Maite Guzman	10 Norfolk Academy	21:47.71	24
25 Avery Miller	11 The Potomac School	21:53.42	25
26 Danielle Fransella	9 Paul VI Catholic	22:00.01	26
27 Leila Mateo	11 Catholic	22:03.15	27
28 Piper Clemons	9 Saint Catherine's	22:03.37	28
29 Quinn Brundage	9 The Potomac School	22:09.35	29
30 Grace Fumich	9 Bishop O'Connell	22:12.44	30
31 Allie Keffer	11 Norfolk Academy	22:17.55	31
32 Ella Lu	12 The Potomac School	22:18.78	32
33 Tegan Bechtel	10 Saint John Paul the	22:20.98	33
34 Olivia Killeen	8 Saint Catherine's	22:27.43	34
35 Ella Stuffbeem	11 Norfolk Academy	22:27.65	35
36 Gianna Albanese	11 Saint John Paul the	22:28.44	36
37 Cecilia Andrews	10 Oakcrest	22:30.60	37
38 Nora Wallace	12 Collegiate	22:31.81	38
38 Sadie Archie	11 Episcopal	22:31.81	37
40 Samantha McMullin	11 Collegiate	22:33.94	
41 Anna Simon	11 Bishop Ireton	22:37.73	40
42 Reese Almelor	11 Saint John Paul the	22:38.09	41
43 Sophie Sloan	12 Collegiate	22:43.36	
44 Isabella Song	10 The Potomac School	22:44.00	42

45	Evie Nowery	11	Saint Catherine's	22:50.20	43
46	Lauren Ivey	11	Paul VI Catholic	22:50.61	44
47	Danielle Rodriguez	12	Bishop O'Connell	22:52.05	45
48	Delaney Park	12	Bishop O'Connell	22:53.69	46
49	Kate Fine	10	Norfolk Academy	22:55.35	47
50	Maddy Watkins	12	Flint Hill	22:58.80	48
51	Keshia Kouami	9	Paul VI Catholic	23:02.41	49
52	Kathia Kouami	9	Paul VI Catholic	23:04.11	50
53	Genevieve Stone	12	Norfolk Academy	23:04.27	51
54	Lydia Navitsky	10	Episcopal	23:06.76	52
55	Maude Parker	12	Oakcrest	23:08.16	53
56	Maddie McComb	12	Collegiate	23:08.20	
57	Michelle Zhang	12	Episcopal	23:15.20	54
58	Sydney Wanamaker	10	St. Stephen's and St	23:17.40	55
59	Katrina Carter	12	Saint John Paul the	23:18.70	56
60	Helen Nye	9	Madeira	23:20.14	
61	Teagan Ogden	9	Catholic	23:21.19	57
62	Aaryn Vactor	9	The Potomac School	23:21.27	
63	Sivan Kalkstein	11	Madeira	23:25.80	
64	Melissa Petras	12	Saint John Paul the	23:30.72	
65	Grace Liotta	10	Oakcrest	23:31.91	58
66	Vivienne Davis	10	Bishop Ireton	23:42.46	59
67	Courtney Fabian	12	Trinity Episcopal Sc	23:42.56	60
68	Sophia Miller	9	Paul VI Catholic	23:49.11	
69	Sara Ankley	11	Catholic	23:50.35	61
70	Julia CHRISTACOS	11	St. Stephen's and St	23:58.59	62
71	Natanim Bekele	12	Episcopal	23:59.49	63
72	Aya Musselmani	12	Norfolk Academy	24:03.15	
73	Margaret Parker	9	Oakcrest	24:06.58	64
74	Kale McMullen	12	Catholic	24:08.38	65
75	Zikora Chukwumah	10	Madeira	24:08.94	
76	Eilish Jameson	10	Saint John Paul the	24:16.62	
77	Mason Read	12	Saint Catherine's	24:22.30	66
78	Angela Ciatti	9	Bishop Ireton	24:28.83	67
79	Lauren Smith	9	Bishop O'Connell	24:30.93	68
80	Chelsea Hwang	9	St. Stephen's and St	24:31.93	69
81	Addison Collins	9	Saint Catherine's	24:35.07	70
82	Eden Boyd	10	Bishop Ireton	24:36.00	71
83	Rhylee Thomas	9	Norfolk Academy	24:38.08	
84	Grace Carington	11	Saint Catherine's	24:38.16	72
85	Tessa Bailey	11	Oakcrest	24:42.04	73
86	Emma Stubbs	9	Oakcrest	24:47.21	74
87	Isabel Mallonee	9	Bishop O'Connell	24:49.57	75
88	Reagan Perkinson	10	Trinity Episcopal Sc	24:51.16	76
89	Mairin Dziejpak	9	Bishop O'Connell	24:52.19	77
90	Elizabeth Thurmond	10	Saint Catherine's	24:54.07	
91	Clark Sommardahl	11	Trinity Episcopal Sc	24:57.16	78
92	Ellie Cahill	12	Catholic	25:02.76	79
93	Maddy D'Onofrio	10	St. Gertrude	25:03.61	
94	Isabel Haslam	11	Oakcrest	25:04.91	80
95	Grace Semko	12	Flint Hill	25:15.75	81
96	Anna Downs	9	Trinity Episcopal Sc	25:24.53	82
97	Hailey Quigley	10	The Potomac School	25:25.20	

98	Cara McCarthy	10	Bishop Ireton	25:25.43	83
99	Hannah Jewell	12	Paul VI Catholic	25:29.69	
100	Margaret Dake	11	Saint John Paul the	25:30.68	
101	Ava Quintas	12	Paul VI Catholic	25:40.84	
102	Lila Ware	11	Norfolk Academy	25:44.46	
103	Delaney Phelps	12	Catholic	25:45.01	84
104	Isla Monteith	10	St. Stephen's and St	25:46.12	85
105	Lucinda Cahan	11	Episcopal	25:52.92	86
106	Anna Okay	10	St. Gertrude	26:01.46	
107	Madison Hughes	11	St. Stephen's and St	26:01.80	87
108	Sophie Bourdelais	10	Oakcrest	26:17.25	
109	Eila Crumlish	12	Trinity Episcopal Sc	26:24.34	88
110	Lordon Dixon	9	St. Stephen's and St	26:28.59	89
111	Melissa Pedroza	12	Catholic	26:29.80	90
112	Catherine Burnison	9	St. Stephen's and St	26:32.00	
113	Emma Braendeholm	11	Catholic	26:34.36	
114	Khloe Pecos	10	Catholic	26:37.39	
115	Blythe McDaniel	12	Bishop Ireton	26:53.20	
116	Emma Clayton-Satterlu	11	Flint Hill	27:10.22	91
117	Charlotte Gabriel	12	The Potomac School	27:18.59	
118	Virginia Vorhees	11	Bishop Ireton	27:27.32	
119	Maggie Guild	11	Catholic	27:27.84	
120	Olivia McHenry	12	Trinity Episcopal Sc	27:57.37	92
121	Olivia Rodenhaver	11	Trinity Episcopal Sc	28:18.51	
122	Lydia Counts	11	St. Gertrude	28:22.66	
123	Kira Wish	10	Flint Hill	30:43.44	93
124	Izzy Cullison	10	Flint Hill	30:44.05	94

Division I Girls 5000 Meter Run Team Scores

Team	Pts	1	2	3	4	5	(6)	(7)
1 Collegiate	49	3	4	7	14	21	22	38
Total Time: 1:40:33		Average: 20:06.44				1-5 Split: 2:30		
2 The Potomac School	98	11	16	17	25	29	32	42
Total Time: 1:47:10		Average: 21:25.92				1-5 Split: 1:24		
3 Saint John Paul the	104	8	12	15	33	36	41	56
Total Time: 1:46:51		Average: 21:22.05				1-5 Split: 2:22		
4 Paul VI Catholic	108	5	10	23	26	44	49	50
Total Time: 1:46:43		Average: 21:20.51				1-5 Split: 3:06		
5 Norfolk Academy	121	13	18	24	31	35	47	51
Total Time: 1:48:36		Average: 21:43.16				1-5 Split: 1:37		
6 Saint Catherine's	173	2	28	34	43	66	70	72
Total Time: 1:50:32		Average: 22:06.33				1-5 Split: 5:34		
7 Bishop Ireton	176	1	9	40	59	67	71	83
Total Time: 1:49:24		Average: 21:52.76				1-5 Split: 6:06		
8 Episcopal	226	20	37	52	54	63	86	-
Total Time: 1:54:18		Average: 22:51.48				1-5 Split: 2:36		
9 Bishop O'Connell	264	30	45	46	68	75	77	-
Total Time: 1:57:19		Average: 23:27.74				1-5 Split: 2:38		
10 Oakcrest	285	37	53	58	64	73	74	80

	Total Time: 1:58:00		Average: 23:35.86		1-5 Split: 2:12			
11 Catholic	289	27	57	61	65	79	84	90
	Total Time: 1:58:26		Average: 23:41.17		1-5 Split: 3:00			
12 St. Stephen's and St	290	19	55	62	69	85	87	89
	Total Time: 1:58:53		Average: 23:46.47		1-5 Split: 4:28			
13 Trinity Episcopal Sc	302	6	60	76	78	82	88	92
	Total Time: 1:58:56		Average: 23:47.16		1-5 Split: 5:25			
14 Flint Hill	407	48	81	91	93	94	-	-
	Total Time: 2:16:53		Average: 27:22.46		1-5 Split: 7:46			