

RaceTab by MileSplit/FloSports

Jeremy Woods, Run Roanoke

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

Division II Girls 5000 Meter Run

| Name                    | Yr Team                 | Time     | Pts |
|-------------------------|-------------------------|----------|-----|
| 1 Kerrigan Chaney       | 12 North Cross          | 18:38.29 | 1   |
| 2 Isabella Curtis       | 10 Peninsula Catholic   | 18:59.92 | 2   |
| 3 Cadigan Perriello     | 12 St. Anne's-Belfield  | 19:35.80 | 3   |
| 4 Alyssa Pongracz       | 12 Peninsula Catholic   | 19:45.81 | 4   |
| 5 Grace Galie           | 8 The Covenant School   | 20:23.34 | 5   |
| 6 Brynn Barley          | 10 Cape Henry Collegiat | 20:28.31 | 6   |
| 7 Kaitlyn Perkins       | 9 North Cross           | 20:32.77 | 7   |
| 8 Eleanor Carter        | 11 St. Anne's-Belfield  | 20:39.07 | 8   |
| 9 Anna Chronister       | 9 Trinity Christian     | 20:42.41 | 9   |
| 10 Brynn Johnson        | 8 Cape Henry Collegiat  | 20:45.08 | 10  |
| 11 Agnes Currey         | 11 Immanuel Christian   | 20:56.68 | 11  |
| 12 Savannah Wood        | 11 The Covenant School  | 20:57.21 | 12  |
| 13 Amelie Shepherd      | 12 Veritas School       | 21:11.02 | 13  |
| 14 Ari Hensley          | 11 Trinity Christian    | 21:13.11 | 14  |
| 15 Eve Frost            | 11 Stonebridge          | 21:25.39 | 15  |
| 16 Olivia Melnitchouk   | 11 Hampton Roads Academ | 21:33.62 | 16  |
| 17 Lillian Phillips     | 8 North Cross           | 21:33.76 | 17  |
| 18 Josie Nunziata       | 10 Stonebridge          | 21:37.00 | 18  |
| 19 Julia Dean           | 12 Trinity Christian    | 21:40.36 | 19  |
| 20 Grace Fortier        | 11 Immanuel Christian   | 21:41.07 | 20  |
| 21 Ellie Womack         | 10 St. Anne's-Belfield  | 21:45.75 | 21  |
| 22 Sadie Martin         | 12 Cape Henry Collegiat | 21:46.79 | 22  |
| 23 Aubrey Hessen        | 9 Trinity Christian     | 21:50.20 | 23  |
| 24 Olivia Ball          | 8 North Cross           | 21:51.74 | 24  |
| 25 Virginia Henson      | 12 Fredericksburg Chris | 21:54.16 | 25  |
| 26 Kinsley Verbrugge    | 12 The Covenant School  | 21:55.07 | 26  |
| 27 Taylor Van Raaphorst | 10 Trinity Christian    | 21:57.07 | 27  |
| 28 Eliana Carson        | 11 Nansemond-Suffolk Ac | 21:58.63 | 28  |
| 29 Carmen Rivera        | 8 Cape Henry Collegiat  | 22:03.27 | 29  |
| 30 Lizzie Carter        | 8 North Cross           | 22:12.24 | 30  |
| 31 Londyn Kennedy       | 8 Fredericksburg Chris  | 22:15.46 | 31  |
| 32 Samantha Liddle      | 9 Peninsula Catholic    | 22:21.72 | 32  |
| 33 Scarlett Cleveland   | 8 Cape Henry Collegiat  | 22:25.14 | 33  |
| 34 Sydney Layland       | 12 Veritas School       | 22:25.53 | 34  |
| 35 Riya Campbell        | 11 Stonebridge          | 22:27.05 | 35  |
| 36 Orla Bradley         | 10 The Covenant School  | 22:27.42 | 36  |
| 37 Blair Fox            | 12 St. Anne's-Belfield  | 22:27.55 | 37  |
| 38 Kate Reilly          | 11 St. Anne's-Belfield  | 22:30.62 | 38  |
| 39 Ainsley Myles        | 10 North Cross          | 22:34.38 | 39  |
| 40 Lilyana Melnitchouk  | 9 Hampton Roads Academ  | 22:38.50 | 40  |
| 41 Karsen Creager       | 10 Steward              | 22:38.53 | 41  |
| 42 Bella Connally       | 10 Immanuel Christian   | 22:38.71 | 42  |
| 43 Violet VonCanon      | 11 Veritas School       | 22:40.95 | 43  |
| 44 Alex Jones           | 10 Nansemond-Suffolk Ac | 22:42.53 | 44  |

|    |                    |    |                      |          |    |
|----|--------------------|----|----------------------|----------|----|
| 45 | Emmajane Moore     | 9  | The Covenant School  | 22:44.11 | 45 |
| 46 | Rachel Branan      | 10 | Peninsula Catholic   | 22:44.22 | 46 |
| 47 | Isabel Taliaferro  | 9  | Immanuel Christian   | 22:47.33 | 47 |
| 48 | Grace Taylor       | 10 | Immanuel Christian   | 22:47.90 | 48 |
| 49 | Caitlyn Noel       | 9  | Trinity Christian    | 22:48.93 | 49 |
| 50 | Sarah Busby        | 10 | Stonebridge          | 22:53.53 | 50 |
| 51 | Mary Patterson     | 10 | Peninsula Catholic   | 22:54.57 | 51 |
| 52 | Sadie Morgan       | 11 | Veritas School       | 22:56.43 | 52 |
| 53 | Mahi Kapoor        | 8  | Cape Henry Collegiat | 23:01.72 | 53 |
| 54 | Rose Waldron       | 12 | Seton                | 23:05.91 | 54 |
| 55 | Lauren Lanphear    | 11 | Veritas School       | 23:08.67 | 55 |
| 56 | Ana Brown          | 12 | Virginia Episcopal S | 23:09.70 |    |
| 57 | Lily Haas          | 12 | Hampton Roads Academ | 23:09.73 | 56 |
| 58 | Eloise Schleiter   | 10 | Trinity Christian    | 23:09.75 | 57 |
| 59 | Cece Lentz         | 9  | Steward              | 23:14.13 | 58 |
| 60 | Isabella Nator     | 9  | Cape Henry Collegiat | 23:18.22 | 59 |
| 61 | Linley Corbett     | 10 | Miller               | 23:25.02 |    |
| 62 | Jenna Lanphear     | 11 | Veritas School       | 23:30.78 | 60 |
| 63 | Madison Ball       | 8  | North Cross          | 23:33.85 | 61 |
| 64 | Iman Vactor        | 12 | Randolph-Macon Acade | 23:37.20 | 62 |
| 65 | Abby Gould         | 12 | Fredericksburg Chris | 23:41.03 | 63 |
| 66 | Fiona Perry        | 10 | Peninsula Catholic   | 23:43.07 | 64 |
| 67 | Emilia Jones       | 11 | The Covenant School  | 23:48.31 | 65 |
| 68 | Lily Stimson       | 9  | Stonebridge          | 23:52.60 | 66 |
| 69 | Evelyn Elliot      | 12 | Trinity Christian    | 23:55.36 |    |
| 70 | Lucy Cleveland     | 8  | Cape Henry Collegiat | 23:57.17 |    |
| 71 | Heidi Clark        | 10 | Immanuel Christian   | 24:00.36 | 67 |
| 72 | Avery Soca         | 12 | Norfolk Christian    | 24:09.22 | 68 |
| 73 | Ella Killebrew     | 12 | Randolph-Macon Acade | 24:12.72 | 69 |
| 74 | Maddisen Bess      | 11 | Immanuel Christian   | 24:23.32 | 70 |
| 75 | Paige Hoyman       | 12 | Veritas School       | 24:30.97 | 71 |
| 76 | Ivy Lyman          | 12 | St. Anne's-Belfield  | 24:34.79 | 72 |
| 77 | Cali Rivera        | 9  | Cape Henry Collegiat | 24:41.54 |    |
| 78 | Jane Wu            | 11 | Chatham Hall         | 24:49.93 | 73 |
| 79 | Courtney Dix       | 11 | Fredericksburg Chris | 24:50.74 | 74 |
| 80 | Katelynn Thomas    | 11 | Veritas School       | 24:51.77 |    |
| 81 | Katherine Conrod   | 12 | Nansemond-Suffolk Ac | 24:53.46 | 75 |
| 82 | Addy Anderson      | 10 | The Covenant School  | 24:53.50 | 76 |
| 83 | Odelia Jia         | 12 | Randolph-Macon Acade | 24:53.55 | 77 |
| 84 | Cecilia Kelly      | 9  | Seton                | 24:57.26 | 78 |
| 85 | Cailin Houlihan    | 9  | Peninsula Catholic   | 24:58.77 | 79 |
| 86 | Ellie Whitaker     | 12 | Veritas School       | 25:00.99 |    |
| 87 | Abigail Shore      | 11 | Immanuel Christian   | 25:01.77 |    |
| 88 | Ana Glotfelty      | 12 | Randolph-Macon Acade | 25:05.65 | 80 |
| 89 | Ava Rudy           | 12 | Foxcroft             | 25:18.24 |    |
| 90 | Kate Howell        | 10 | Fredericksburg Chris | 25:23.64 | 81 |
| 91 | Emily Brady        | 10 | Stonebridge          | 25:28.38 | 82 |
| 92 | Loralai Mattox     | 11 | Trinity Christian    | 25:29.07 |    |
| 93 | Savannah Langaas   | 11 | Fredericksburg Chris | 25:29.34 | 83 |
| 94 | Mae Duenke         | 10 | The Covenant School  | 25:32.27 |    |
| 95 | Teresa Chirichetti | 12 | The Covenant School  | 25:33.38 |    |
| 96 | Emily Ledger       | 10 | St. Anne's-Belfield  | 25:37.61 | 84 |
| 97 | Ruby Branham       | 12 | Veritas School       | 25:40.29 |    |

|     |                   |    |                      |          |     |
|-----|-------------------|----|----------------------|----------|-----|
| 98  | Kaitlynn Nguyen   | 10 | Peninsula Catholic   | 25:40.56 |     |
| 99  | Sadie Schmidt     | 10 | Virginia Episcopal S | 25:46.30 |     |
| 100 | Elsa Diederich    | 8  | Fredericksburg Chris | 25:46.70 | 85  |
| 101 | Corinne Kapalka   | 12 | Trinity Christian    | 25:48.12 |     |
| 102 | Abby Lenczewski   | 12 | Peninsula Catholic   | 25:49.31 |     |
| 103 | Penny Kramer      | 10 | Seton                | 25:51.07 | 86  |
| 104 | Corinne Morewitz  | 8  | Hampton Roads Academ | 25:55.13 | 87  |
| 105 | Miona Klacar      | 12 | Hampton Roads Academ | 25:55.83 | 88  |
| 106 | Autumn Smith      | 10 | Norfolk Christian    | 26:03.59 | 89  |
| 107 | Allie Rivera      | 11 | Stonebridge          | 26:06.49 | 90  |
| 108 | Carter Palmer     | 11 | Stonebridge          | 26:10.87 |     |
| 109 | Anna Savery       | 8  | Norfolk Christian    | 26:23.59 | 91  |
| 110 | Hannah Banks      | 11 | Peninsula Catholic   | 26:26.83 |     |
| 111 | Francis Fenton    | 12 | Virginia Episcopal S | 26:29.89 |     |
| 112 | Marcella Chee     | 9  | Nansemond-Suffolk Ac | 26:30.12 | 92  |
| 113 | Presley Letellier | 9  | Steward              | 26:39.46 | 93  |
| 114 | Fiona Covill      | 12 | Stonebridge          | 26:42.84 |     |
| 115 | Kara Savery       | 11 | Norfolk Christian    | 26:45.10 | 94  |
| 116 | Philomena Kay     | 10 | Seton                | 26:46.66 | 95  |
| 117 | Sofia Ruffin      | 9  | Steward              | 26:49.68 | 96  |
| 118 | Charlotte Lee     | 9  | The Covenant School  | 26:50.74 |     |
| 119 | Monica Hartung    | 11 | Seton                | 26:50.87 | 97  |
| 120 | Essie Allen       | 12 | Seton                | 27:13.18 | 98  |
| 121 | Sophia Perez      | 8  | Stonebridge          | 27:19.10 |     |
| 122 | Molly Hooks       | 12 | Cape Henry Collegiat | 27:21.36 |     |
| 123 | Zuri Assam        | 12 | Chatham Hall         | 27:31.26 | 99  |
| 124 | Claire Bates      | 10 | Steward              | 27:31.52 | 100 |
| 125 | Macee Peterson    | 10 | Fredericksburg Chris | 27:58.29 |     |
| 126 | Raquel Lopez      | 12 | Foxcroft             | 28:04.37 |     |
| 127 | Hadley Trivas     | 11 | Steward              | 28:09.43 | 101 |
| 128 | Caroline Kim      | 9  | Steward              | 28:23.19 | 102 |
| 129 | Subira Kibali     | 12 | Foxcroft             | 28:31.25 |     |
| 130 | Cora Kramer       | 10 | Seton                | 28:43.47 | 103 |
| 131 | Sophia Grant      | 11 | Nansemond-Suffolk Ac | 28:50.81 | 104 |
| 132 | Charlotte Mazzio  | 10 | Norfolk Christian    | 29:03.83 | 105 |
| 133 | Justyce Williams  | 10 | Fredericksburg Chris | 29:15.35 |     |
| 134 | Sara Whitehead    | 11 | Randolph-Macon Acade | 29:25.00 | 106 |
| 135 | Cassidee Boyles   | 9  | Atlantic Shores Chri | 29:33.50 |     |
| 136 | Bee Merchant      | 11 | Highland             | 29:41.99 |     |
| 137 | Tawana Mushonga   | 12 | Chatham Hall         | 29:46.17 | 107 |
| 138 | Leah Noel         | 12 | Nansemond-Suffolk Ac | 29:55.67 | 108 |
| 139 | Julia Murray      | 9  | Steward              | 30:00.19 |     |
| 140 | Sophia Hurst      | 12 | Chatham Hall         | 31:18.63 | 109 |
| 141 | Clara Falls       | 10 | Chatham Hall         | 31:20.34 | 110 |
| 142 | Aliah Rodriquez   | 12 | Chatham Hall         | 31:20.35 | 111 |
| 143 | Anela Shaw        | 10 | Atlantic Shores Chri | 32:21.49 |     |
| 144 | Anna Terray       | 10 | Atlantic Shores Chri | 32:50.89 |     |

## Division II Girls 5000 Meter Run Team Scores

|       |     |   |   |   |   |   |         |
|-------|-----|---|---|---|---|---|---------|
| ===== |     |   |   |   |   |   |         |
| Team  | Pts | 1 | 2 | 3 | 4 | 5 | (6) (7) |

|       |                      |     |                   |    |     |     |                 |     |     |
|-------|----------------------|-----|-------------------|----|-----|-----|-----------------|-----|-----|
| ===== |                      |     |                   |    |     |     |                 |     |     |
| 1     | North Cross          | 79  | 1                 | 7  | 17  | 24  | 30              | 39  | 61  |
|       | Total Time: 1:44:49  |     | Average: 20:57.76 |    |     |     | 1-5 Split: 3:34 |     |     |
| 2     | Trinity Christian    | 92  | 9                 | 14 | 19  | 23  | 27              | 49  | 57  |
|       | Total Time: 1:47:24  |     | Average: 21:28.63 |    |     |     | 1-5 Split: 1:15 |     |     |
| 3     | Cape Henry Collegiat | 100 | 6                 | 10 | 22  | 29  | 33              | 53  | 59  |
|       | Total Time: 1:47:29  |     | Average: 21:29.72 |    |     |     | 1-5 Split: 1:57 |     |     |
| 4     | St. Anne's-Belfield  | 107 | 3                 | 8  | 21  | 37  | 38              | 72  | 84  |
|       | Total Time: 1:46:59  |     | Average: 21:23.76 |    |     |     | 1-5 Split: 2:55 |     |     |
| 5     | The Covenant School  | 124 | 5                 | 12 | 26  | 36  | 45              | 65  | 76  |
|       | Total Time: 1:48:28  |     | Average: 21:41.43 |    |     |     | 1-5 Split: 2:21 |     |     |
| 6     | Peninsula Catholic   | 135 | 2                 | 4  | 32  | 46  | 51              | 64  | 79  |
|       | Total Time: 1:46:47  |     | Average: 21:21.25 |    |     |     | 1-5 Split: 3:55 |     |     |
| 7     | Immanuel Christian   | 168 | 11                | 20 | 42  | 47  | 48              | 67  | 70  |
|       | Total Time: 1:50:52  |     | Average: 22:10.34 |    |     |     | 1-5 Split: 1:52 |     |     |
| 8     | Stonebridge          | 184 | 15                | 18 | 35  | 50  | 66              | 82  | 90  |
|       | Total Time: 1:52:16  |     | Average: 22:27.12 |    |     |     | 1-5 Split: 2:28 |     |     |
| 9     | Veritas School       | 197 | 13                | 34 | 43  | 52  | 55              | 60  | 71  |
|       | Total Time: 1:52:23  |     | Average: 22:28.52 |    |     |     | 1-5 Split: 1:58 |     |     |
| 10    | Fredericksburg Chris | 274 | 25                | 31 | 63  | 74  | 81              | 83  | 85  |
|       | Total Time: 1:58:06  |     | Average: 23:37.01 |    |     |     | 1-5 Split: 3:30 |     |     |
| 11    | Hampton Roads Academ | 287 | 16                | 40 | 56  | 87  | 88              | -   | -   |
|       | Total Time: 1:59:13  |     | Average: 23:50.57 |    |     |     | 1-5 Split: 4:23 |     |     |
| 12    | Nansemond-Suffolk Ac | 343 | 28                | 44 | 75  | 92  | 104             | 108 | -   |
|       | Total Time: 2:04:56  |     | Average: 24:59.11 |    |     |     | 1-5 Split: 6:53 |     |     |
| 13    | Steward              | 388 | 41                | 58 | 93  | 96  | 100             | 101 | 102 |
|       | Total Time: 2:06:54  |     | Average: 25:22.67 |    |     |     | 1-5 Split: 4:53 |     |     |
| 14    | Randolph-Macon Acade | 394 | 62                | 69 | 77  | 80  | 106             | -   | -   |
|       | Total Time: 2:07:15  |     | Average: 25:26.83 |    |     |     | 1-5 Split: 5:48 |     |     |
| 15    | Seton                | 410 | 54                | 78 | 86  | 95  | 97              | 98  | 103 |
|       | Total Time: 2:07:32  |     | Average: 25:30.36 |    |     |     | 1-5 Split: 3:45 |     |     |
| 16    | Norfolk Christian    | 447 | 68                | 89 | 91  | 94  | 105             | -   | -   |
|       | Total Time: 2:12:26  |     | Average: 26:29.07 |    |     |     | 1-5 Split: 4:55 |     |     |
| 17    | Chatham Hall         | 498 | 73                | 99 | 107 | 109 | 110             | 111 | -   |
|       | Total Time: 2:24:47  |     | Average: 28:57.27 |    |     |     | 1-5 Split: 6:31 |     |     |