

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025**Sports Backers Stadium****Results****Girls 100 Meter Dash Division I****Meet Record: 12.16 M 5/17/2024 Jeylah Hamrick**

	Name	Yr	School	Finals
Finals				
1	Versen, Lucy	11	Trinity Epis	12.46 10
2	Levine, Sydney	9	The Potomac	12.61 8
3	Chance, Armani	11	Catholic Hig	12.64 6

Girls 200 Meter Dash Division I**Meet Record: 24.74 M 5/15/2010 Emmy Fraenk**

	Name	Yr	School	Finals
Finals				
1	Versen, Lucy	11	Trinity Epis	25.51 10
2	Barabanov, Rose	10	The Potomac	25.82 8
3	Johnson, Makaela	10	Saint Cather	25.89 6

Girls 400 Meter Dash Division I**Meet Record: 56.45 M 5/18/2019 Catherine Hyman**

	Name	Yr	School	Finals
Finals				
1	Levine, Sydney	9	The Potomac	57.08 10
2	Obasi, Chinenye	12	Saint John P	57.16 8
3	Jones, Ainsleigh	10	Trinity Epis	57.61 6

Girls 800 Meter Run Division I**Meet Record: 2:11.62 M 5/17/2024 Reese Dalton**

	Name	Yr	School	Finals
Finals				
1	Wallace, Nora	12	Collegiate	2:19.42 10
2	Mizzo, Kaida	10	The Potomac	2:19.52 8
3	Clingenpeel, Nora	12	Norfolk Acad	2:20.51 6

Girls 1600 Meter Run Division I**Meet Record: 4:47.32 M 5/17/2024 Reese Dalton**

	Name	Yr	School	Finals
Finals				
1	Harris, Virginia	10	Collegiate	5:08.92 10
2	Bayler, Annabel	11	Saint Cather	5:18.04 8
3	Widor, Elizabeth	9	The Potomac	5:29.94 6

Girls 3200 Meter Run Division I**Meet Record: 10:33.50 M 5/17/2024 Maddie Gardiner**

	Name	Yr	School	Finals
Finals				
1	Harris, Virginia	10	Collegiate	11:17.65 10
2	McCoppin, Alyssa	10	Saint John P	11:36.86 8
3	Webb, Sadie	12	Collegiate	11:43.81 6

Girls 100 Meter Hurdles Division I**Meet Record: 14.73 M 5/15/2010 Shantell Bingham**

	Name	Yr	School	Finals
Finals				
1	Chance, Armani	11	Catholic Hig	15.05 10
2	Shannon, Piper	12	Saint Cather	15.27 8
3	Kulow, Taylor	10	Norfolk Acad	16.39 6

Girls 300 Meter Hurdles Division I**Meet Record: 44.03 M 5/18/2019 Willa Shannon**

	Name	Yr	School	Finals
Finals				
1	Shannon, Piper	12	Saint Cather	46.40 10
2	Hughes, Madison	11	St. Stephen'	48.65 8
3	Flynn, Zemma	9	St. Stephen'	49.09 6

Girls 4x100 Meter Relay Division I**Meet Record: 49.49 M 5/16/2009 St. Stephen's & St. Agnes**

	Team	Relay	Finals
Finals			
1	Saint Catherine's	A	48.98M 10
	1) Armstrong, Leslie 12	2) Johnson, Makaela 10	
	3) Lewis, Ryan 9	4) Shannon, Piper 12	
2	The Potomac School	A	50.57 8
	1) Horton, Michele 11	2) Nzekwe, Imani 9	
	3) Cairncross, India 12	4) Nzekwe, Isis 9	
3	Episcopal	A	50.77 6
	1) Appiah, Sophia 12	2) Appiah, Vicky 10	
	3) Garrison, Ruthie 11	4) Smith, Chloe 12	

Girls 4x400 Meter Relay Division I**Meet Record: 3:57.97 M 5/18/2019 Saint Catherine's**

	Team	Relay	Finals
Finals			
1	The Potomac School	A	3:59.10 10
	1) Nzekwe, Isis 9	2) Everhart, Charlotte 12	
	3) Barabanov, Rose 10	4) Mizzo, Kaida 10	
2	Saint Catherine's	A	4:05.69 8
	1) Ronnau, Emma 8	2) Mayer, Annabelle 10	
	3) Ronnau, Julia 8	4) Spaulding, Savannah 10	
3	Trinity Epis	A	4:05.83 6
	1) Jones, Ainsleigh 10	2) Versen, Lucy 11	
	3) Perkinson, Reagan 10	4) Wintsch, Layla 11	

Girls 4x800 Meter Relay Division I**Meet Record: 9:42.36 M 5/19/2018 Episcopal High School**

	Team	Relay	Finals
Finals			
1	Collegiate	A	9:43.65 10
	1) Webb, Sadie 12	2) Ferrell, Rosie 10	
	3) Wallace, Nora 12	4) Harris, Virginia 10	
2	The Potomac School	A	9:56.08 8
	1) Gupta, Anaya 9	2) Widor, Elizabeth 9	
	3) Lu, Elizabeth 12	4) Mizzo, Kaida 10	
3	Saint John P	A	9:59.92 6
	1) Petras, Melissa 12	2) Bechtel, Tegan 10	
	3) Spiegel, Erynn 12	4) McCoppin, Alyssa 10	

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025**Sports Backers Stadium****Results****Girls High Jump Division I**

Meet Record: 5-05 M 1981 Pease
 Meet Record: 5-05 5/17/2014 Nadia Khoury

Name	Yr	School	Finals
Finals			
1 Kulow, Taylor	10	Norfolk Acad	5-02.00 10
2 Spaulding, Savannah	10	Saint Cather	5-00.00 8
3 Shepard, Bella	9	Catholic Hig	4-10.00 6

Girls Pole Vault Division I

Meet Record: 11-10 M 5/21/2022 Lauren Lucy

Name	Yr	School	Finals
Finals			
1 Smullen, Madelyn	11	Saint Cather	11-03.00 10
2 Kuehnle, Teagan	10	Saint Cather	8-06.00 8
3 Clelland, Lorelei	12	Saint Cather	8-00.00 6

Girls Long Jump Division I

Meet Record: 18-04.50 M 1995 Miller

Name	Yr	School	Finals
Finals			
1 Chance, Armani	11	Catholic Hig	19-01.00M 10
2 Obasi, Chinenye	12	Saint John P	17-06.75 8
3 Ronnau, Emma	8	Saint Cather	17-01.75 6

Girls Triple Jump Division I

Meet Record: 39-09.25 M 5/17/2008 Nefertiti Smith

Name	Yr	School	Finals
Finals			
1 Chance, Armani	11	Catholic Hig	37-08.00 10
2 Kulow, Taylor	10	Norfolk Acad	36-04.00 8
3 Gatty, Aseye	12	Saint Cather	35-10.00 6

Girls Shot Put Division I

Meet Record: 40-05 M 5/17/2008 Jessica Watkins

Name	Yr	School	Finals
Finals			
1 Reese, Ava	12	Episcopal	39-03.50 10
2 James, Shai	12	Episcopal	34-09.50 8
3 Reid, Olivia	12	Norfolk Acad	32-11.00 6

Girls Discus Throw Division I

Meet Record: 134-07 M 5/20/2023 Gabi Deglau

Name	Yr	School	Finals
Finals			
1 Kovac, Angelina	10	Saint John P	127-00 10
2 Reese, Ava	12	Episcopal	117-05.75 8
3 Tierney, Emerson	12	Saint Cather	104-01 6

Boys 100 Meter Dash Division I

Meet Record: 10.53 M 5/21/2016 Michael Davenport

Name	Yr	School	Finals
Finals			
1 Morrison, John	11	Woodberry Fo	11.01 10
2 Sanker, Lukas	12	Woodberry Fo	11.19 8
3 Mason, Deuce	10	Trinity Epis	11.27 6

Boys 200 Meter Dash Division I

Meet Record: 21.32 M 5/18/2019 Curtis Borden

Name	Yr	School	Finals
Finals			
1 White, Maddox	11	St. Christop	22.19 10
2 Morrison, John	11	Woodberry Fo	22.25 8
3 Brent, Jonah	11	St. Anne's-B	22.29 6

Boys 400 Meter Dash Division I

Meet Record: 48.34 M 1966 Calhoun

Name	Yr	School	Finals
Finals			
1 Dhillon, Armaan	12	Saint John P	48.39 10
2 Tragert, Owen	9	Cape Henry C	50.45 8
3 Shepard, Mekyi	12	Fork Union	50.51 6

Boys 800 Meter Run Division I

Meet Record: 1:52.87 M 5/18/2019 Liam Bellamy

Name	Yr	School	Finals
Finals			
1 McKnew, Michael	11	Cape Henry C	1:57.64 10
2 Thompson, Elijah	12	Saint John P	1:59.92 8
3 Levine, Eli	11	The Potomac	2:00.17 6

Boys 1600 Meter Run Division I

Meet Record: 4:10.24 M 1976 Ledder (Mile)

Name	Yr	School	Finals
Finals			
1 Eliason, Quinn	11	St. Anne's-B	4:14.73 10
2 Thompson, Elijah	12	Saint John P	4:20.60 8
3 McKnew, Michael	11	Cape Henry C	4:26.32 6

Boys 3200 Meter Run Division I

Meet Record: 9:06.64 M 1976 Layman (Two Mile)

Name	Yr	School	Finals
Finals			
1 Eliason, Quinn	11	St. Anne's-B	9:50.07 10
2 Waidelich, Matthew	11	Trinity Epis	9:58.14 8
3 Nguyen, Long	10	St. Christop	10:02.35 6

Boys 110 Meter Hurdles Division I

Meet Record: 14.36 M 5/17/2024 Davian Burke

Name	Yr	School	Finals
Finals			
1 Brown, Jayden	12	St. Christop	15.37 10
2 Rivera, Carlos	12	Woodberry Fo	15.43 8
3 Olesen, Victor	11	St. Christop	15.52 6

Boys 300 Meter Hurdles Division I

Meet Record: 38.05 M 5/17/2024 Davian Burke

Name	Yr	School	Finals
Finals			
1 Figaro, Tawon	11	St. Stephen'	40.86 10
2 Spaulding, Carmelo	12	Fork Union	40.96 8
3 Brown, Jayden	12	St. Christop	41.04 6

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025**Sports Backers Stadium****Results****Boys 4x100 Meter Relay Division I****Meet Record: 41.68 M 5/20/2023 Woodberry Forest****L. Ellis, J. Ferguson, S. Robinson, R. Handelsman**

Team	Relay	Finals
Finals		
1 Woodberry Forest	A	41.60M 10
1) Sanker, Lukas 12	2) Robinson, Sheldon 12	
3) Morrison, John 11	4) Nti, Kevin 12	
2 St. Christopher's	A	41.85 8
1) Gosline, Addison 12	2) White, Maddox 11	
3) Julias, George 11	4) Asare, Elisha 11	
3 Trinity Epis	A	43.01 6
1) Edwards, Terrance 12	2) Furgurson, Brycen 10	
3) Mason, Deuce 10	4) Robinson, Isaiah 12	

Boys 4x400 Meter Relay Division I**Meet Record: 3:22.44 M 5/19/2012 Woodberry Forest****J Yellets, R Pivovarnik, M Kelley, E Ways**

Team	Relay	Finals
Finals		
1 Saint John P	A	3:21.83M 10
1) Xantus, Gabriel 12	2) Bouril, Nicholas 12	
3) Obasi, Tobechei 11	4) Dhillon, Armaan 12	
2 Fork Union	A	3:24.66 8
1) Matthews, Shaun 11	2) Shepard, Mekyi 12	
3) Whiteside, Kaydan 9	4) Willis, Nic 12	
3 St. Christopher's	A	3:25.78 6
1) Mayer, Coleman 10	2) Smith, Noah 10	
3) Gupta, Avi 12	4) White, Maddox 11	

Boys 4x800 Meter Relay Division I**Meet Record: 7:54.66 M 5/18/2013 Fork Union****N Okaah, R Garver, P Lomong, A Lomong**

Team	Relay	Finals
Finals		
1 Fork Union	A	8:10.33 10
1) Eaton, David 10	2) Callahan, Robert 11	
3) Willis, Nic 12	4) Walsh, Malachi 12	
2 Saint John P	A	8:12.10 8
1) Thompson, Jacob 11	2) Bouril, Andrew 9	
3) Garcia, Ethan 11	4) Everson, Alexander 11	
3 Woodberry Forest	A	8:30.68 6
1) Butler, Req 9	2) Kajubi, Danny 12	
3) Li, Aaron 9	4) Looney, Boyd 11	

Boys High Jump Division I**Meet Record: 6-08.50 M 5/16/2009 Ben Katz**

Name	Yr	School	Finals
Finals			
1 Warmack, Toby	12	Woodberry Fo	6-07.00 10
2 Foster, Bishop	12	Collegiate	6-02.00 8
3 Anderson, Brandon	12	Collegiate	J6-02.00 6

Boys Pole Vault Division I**Meet Record: 16-06 M 5/18/2024 Victor Olesen**

Name	Yr	School	Finals
Finals			
1 Olesen, Victor	11	St. Christop	15-06.00 10
2 Noble, Carson	12	St. Anne's-B	14-00.00 8
3 Blundin, Joseph	12	Woodberry Fo	13-00.00 6

Boys Long Jump Division I**Meet Record: 24-01.50 M 1984 Eric Metcalf**

Name	Yr	School	Finals
Finals			
1 Morrison, John	11	Woodberry Fo	24-08.75M 10
2 Andrews, Kenan	12	Woodberry Fo	23-03.00 8
3 Diggs, Nasir	9	Collegiate	22-08.75 6

Boys Triple Jump Division I**Meet Record: 47-07 M 5/20/2006 Brandon Caleb**

Name	Yr	School	Finals
Finals			
1 Andrews, Kenan	12	Woodberry Fo	48-08.50M 10
2 Warmack, Toby	12	Woodberry Fo	45-06.25 8
3 Foster, Bishop	12	Collegiate	45-01.75 6

Boys Shot Put Division I**Meet Record: 66-01 M 5/20/2023 Rodney Lora**

Name	Yr	School	Finals
Finals			
1 Stuart, Chance	12	Norfolk Acad	57-04.00 10
2 Boyd, Tyson	10	St. Anne's-B	53-03.50 8
3 Cart, Walter	11	St. Christop	49-06.50 6

Boys Discus Throw Division I**Meet Record: 182-10 M 5/19/2012 Jordan Roach**

Name	Yr	School	Finals
Finals			
1 Boyd, Tyson	10	St. Anne's-B	155-06 10
2 Stuart, Chance	12	Norfolk Acad	154-10 8
3 Logan, Nick	12	Woodberry Fo	154-00.50 6