

VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

Girls 100 Meter Dash Division I

Meet Record: 12.13 M 5/16/2025 Aziyah Heru

Name	Yr	School	Finals
Finals			
1	Versen, Lucy	12 Trinity Epis	12.25
2	Levine, Sydney	10 The Potomac	12.39
3	Barabanov, Rose	11 The Potomac	12.55

Girls 200 Meter Dash Division I

Meet Record: 24.74 M 5/15/2010 Emmy Fraenk

Name	Yr	School	Finals
Finals			
1	Versen, Lucy	12 Trinity Epis	24.83
2	McGrew, Kayla	9 The Potomac	25.08
3	Barabanov, Rose	11 The Potomac	25.31

Girls 400 Meter Dash Division I

Meet Record: 56.45 M 5/18/2019 Catherine Hyman

Name	Yr	School	Finals
Finals			
1	Spaulding, Savannah	11 Saint Cather	57.17
2	Barabanov, Rose	11 The Potomac	57.18
3	Jones, Ainsleigh	11 Trinity Epis	57.29

Girls 800 Meter Run Division I

Meet Record: 2:11.62 M 5/17/2024 Reese Dalton

Name	Yr	School	Finals
Finals			
1	Ferrell, Rosie	11 Collegiate	2:20.15
2	Ronnau, Julia	9 Saint Cather	2:20.92
3	Harris, Virginia	11 Collegiate	2:21.38

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	11 Collegiate	5:06.70
2	Gibbins, Grey	12 Episcopal	5:09.69
3	Wanamaker, Sydney	11 St. Stephen'	5:12.47

Girls 3200 Meter Run Division I

Meet Record: 10:33.50 M 5/17/2024 Maddie Gardiner

Name	Yr	School	Finals
Finals			
1	Bayler, Annabel	12 Saint Cather	11:33.33
2	Harris, Virginia	11 Collegiate	11:45.53
3	Wanamaker, Sydney	11 St. Stephen'	11:47.67

Girls 100 Meter Hurdles Division I

Meet Record: 14.73 M 5/15/2010 Shantell Bingham

Name	Yr	School	Finals
Finals			
1	Kulow, Taylor	11 Norfolk Acad	16.03
2	Figaro, Taliyah	11 St. Stephen'	16.61
3	Torrence, Carter	11 Saint Cather	17.20

Girls 300 Meter Hurdles Division I

Meet Record: 44.03 M 5/18/2019 Willa Shannon

Name	Yr	School	Finals
Finals			
1	Hughes, Madison	12 St. Stephen'	46.81
2	Flynn, Zemma	10 St. Stephen'	48.53
3	O'Keefe, Emma	9 The Potomac	49.08

Girls 4x100 Meter Relay Division I

Meet Record: 48.98 M 5/17/2025 Saint Catherine's

Team	Relay	Finals
Finals		
1	Trinity Epis	A 48.29M
	1) Nelson, Ashlyn 11	2) Jones, Ainsleigh 11
	3) Johnson, Tabitha 10	4) Versen, Lucy 12
2	The Potomac School	A 50.28
	1) Sewall, Ava 12	2) O'Keefe, Emma 9
	3) Lerner, Maria 12	4) Griswold, Ally 12
3	Saint Catherine's	A 50.51
	1) Ronnau, Emma 9	2) Hornik, Siena 9
	3) Lewis, Ryan 10	4) Torrence, Carter 11

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 4:00.17
	1) McGrew, Kayla 9	2) Lerner, Maria 12
	3) Brundage, Quinn 10	4) Griswold, Ally 12
2	St. Stephen'	A 4:04.71
	1) Rouse, Ali 12	2) Schneider, Ella 11
	3) Sramek, Carolina 10	4) Flynn, Zemma 10
3	Collegiate	A 4:12.42
	1) Fleming, Reese 12	2) Fulco, Sophia 11
	3) Ferrell, Rosie 11	4) Onwuchekwa, Chinyere 11

Girls 4x800 Meter Relay Division I

Meet Record: 9:42.36 M 5/19/2018 Episcopal High School

Team	Relay	Finals
Finals		
1	Saint Catherine's	A 9:48.85
	1) Ronnau, Julia 9	2) Bayler, Annabel 12
	3) Farmer, Ella 8	4) Ronnau, Emma 9
2	The Potomac School	A 10:13.18
	1) Schaufelberger, Ella 10	2) Brundage, Quinn 10
	3) Barbee, Madeline 10	4) Barbee, Sabine 12
3	Saint John P	A 10:27.76
	1) McCoppin, Alyssa 11	2) Marcy, Elizabeth 10
	3) Jameson, Eilish 11	4) Meekins, Abaigael 12

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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 Spaulding, Savannah	11	Saint Cather	5-04.00
2 Kulow, Taylor	11	Norfolk Acad	5-02.00
3 Stubbs, Emma	10	Oakcrest Sch	4-10.00

Girls Pole Vault Division I

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

Name	Yr	School	Finals
Finals			
1 Knight, Haddie	9	Trinity Epis	11-03.00
2 Smullen, Madelyn	12	Saint Cather	10-06.00
3 Kuehnle, Teagan	11	Saint Cather	9-06.00

Girls Long Jump Division I

Meet Record: 19-01 M 5/17/2025 Armani Chance

Name	Yr	School	Finals
Finals			
1 Kulow, Taylor	11	Norfolk Acad	17-01.50
2 Horton, Michele	12	The Potomac	16-11.00
3 Smith, Imani	11	Catholic Hig	J16-11.00

Girls Triple Jump Division I

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

Name	Yr	School	Finals
Finals			
1 McKay, Abigail	11	Saint Cather	36-00.25
2 Kulow, Taylor	11	Norfolk Acad	35-09.50
3 Spain, Destini	10	Collegiate	35-02.00

Girls Shot Put Division I

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

Name	Yr	School	Finals
Finals			
1 Johnstone, Ashley Grace	12	Collegiate	36-03.25
2 Kovac, Angelina	11	Saint John P	35-11.00
3 Williams, Kamryn	10	Collegiate	33-05.00

Girls Discus Throw Division I

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

Name	Yr	School	Finals
Finals			
1 Kovac, Angelina	11	Saint John P	125-06
2 Wills, Lydia	11	Saint Cather	108-00
3 Singleton, Riley	9	The Potomac	107-03

Boys 100 Meter Dash Division I

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

Name	Yr	School	Finals
Finals			
1 Morrison, John	12	Woodberry Fo	10.40M
2 White, Maddox	12	St. Christop	10.68
3 Furgurson, Brycen	11	Trinity Epis	10.84

Boys 200 Meter Dash Division I

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

Name	Yr	School	Finals
Finals			
1 Morrison, John	12	Woodberry Fo	21.51
2 Jefferson, Preston	9	Norfolk Acad	22.12
3 Gregory, Micah	9	The Potomac	22.42

Boys 400 Meter Dash Division I

Meet Record: 48.34 M 1966 Calhoun

Name	Yr	School	Finals
Finals			
1 Mayer, Coleman	11	St. Christop	49.65
2 Tragert, Owen	10	Cape Henry C	49.85
3 Owino, George	11	Fork Union	50.74

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	12	Cape Henry C	1:54.91
2 Jones, Grayson	10	St. Christop	1:56.35
3 Thompson, Jacob	12	Saint John P	1:58.01

Boys 1600 Meter Run Division I

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

Name	Yr	School	Finals
Finals			
1 Eliason, Quinn	12	St. Anne's-B	4:18.83
2 Nguyen, Long	11	St. Christop	4:28.65
3 Krebs, Henry	10	St. Stephen'	4:29.06

Boys 3200 Meter Run Division I

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

Name	Yr	School	Finals
Finals			
1 Eliason, Quinn	12	St. Anne's-B	9:34.60
2 Callahan, Robert	12	Fork Union	9:42.41
3 McGuigan, Matthew	11	Cape Henry C	9:50.96

Boys 110 Meter Hurdles Division I

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

Name	Yr	School	Finals
Finals			
1 Lewis, Essentino	10	Episcopal	15.33
2 Olesen, Victor	12	St. Christop	15.54
3 Figaro, Tawon	12	St. Stephen'	16.51

Boys 300 Meter Hurdles Division I

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

Name	Yr	School	Finals
Finals			
1 Figaro, Tawon	12	St. Stephen'	39.59
2 Rutter, Jack	12	St. Stephen'	39.86
3 Avery, O'Neal	11	Episcopal	40.54

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Boys 4x100 Meter Relay Division I

Meet Record: 41.60 M 5/17/2025 Woodberry Forest

L. Sanker, S. Robinson, J. Morrison, K. Nti

Team	Relay	Finals
Finals		
1 St. Christopher's	A	42.22
1) Julias, George 12	2) White, Maddox 12	
3) McKay, Parker 11	4) Asare, Elisha 12	
2 Episcopal	A	43.01
1) Allen, Zion 11	2) Babin, Levi 11	
3) Lewis, Essentino 10	4) Avery, O'Neal 11	
3 Benedictine	A	43.81
1) Street, Ben 12	2) Mingo, Malachi 12	
3) Evans, Manny 11	4) Sturtevant, Ethan 10	

Boys 4x400 Meter Relay Division I

Meet Record: 3:21.83 M 5/17/2025 John Paul the Great

G. Xantus, N. Bouril, T. Obasi, A. Dhillon

Team	Relay	Finals
Finals		
1 Saint John P	A	3:21.40M
1) Derege, Beimnet 12	2) Bouril, Andrew 10	
3) Obasi, Tobechei 12	4) Wingfield, Izaiah 10	
2 St. Christopher's	A	3:21.86
1) White, Maddox 12	2) McKay, Parker 11	
3) Jones, Grayson 10	4) Mayer, Coleman 11	
3 St. Stephen'	A	3:29.56
1) Figaro, Tawon 12	2) Rutter, Jack 12	
3) Spencer, Miles 12	4) Haynes, Derrick 9	

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 Cape Henry Collegiate	A	8:13.43
1) DeBose, Adrian 10	2) McGuigan, Matthew 11	
3) Tragert, Owen 10	4) McKnew, Michael 12	
2 Saint John P	A	8:24.18
1) Dobson, Louis 12	2) Derege, Beimnet 12	
3) Bouril, Andrew 10	4) Young, Joseph 11	
3 St. Christopher's	A	8:33.62
1) Suttan, William 12	2) Smith, Noah 11	
3) Russell, Henry 12	4) Jones, Grayson 10	

Boys High Jump Division I

Meet Record: 6-08.50 M 5/16/2009 Ben Katz

Name	Yr	School	Finals
Finals			
1 Kitonga, Jacob	12	Woodberry Fo	6-06.00
2 Kelly, Jack	11	St. Anne's-B	6-04.00
3 Cheshire, Daniel	10	Cape Henry C	6-00.00

Boys Pole Vault Division I

Meet Record: 16-06 M 5/18/2024 Victor Olesen

Name	Yr	School	Finals
Finals			
1 Olesen, Victor	12	St. Christop	15-06.00
2 Bonbright, James	12	Collegiate	12-06.00
3 Floyd, Everette	12	Woodberry Fo	11-06.00

Boys Long Jump Division I

Meet Record: 24-08.75 M 5/17/2025 John Morrison

Name	Yr	School	Finals
Finals			
1 Morrison, John	12	Woodberry Fo	23-03.50
2 Julias, George	12	St. Christop	22-05.75
3 Lacorte, Jackson	12	Catholic Hig	20-01.00

Boys Triple Jump Division I

Meet Record: 48-08.50 M 5/17/2025 Kenan Andrews

Name	Yr	School	Finals
Finals			
1 Asare, Elijah	12	St. Christop	42-05.50
2 Fumo-Pegues, Khoi	11	St. Stephen'	41-09.75
3 Torres, Gabe	10	Catholic Hig	41-04.75

Boys Shot Put Division I

Meet Record: 66-01 M 5/20/2023 Rodney Lora

Name	Yr	School	Finals
Finals			
1 Boyd, Tyson	11	St. Anne's-B	56-00.00
2 Segneri, James	12	St. Christop	54-04.50
3 Johnson, Eric	10	St. Christop	49-06.50

Boys Discus Throw Division I

Meet Record: 182-10 M 5/19/2012 Jordan Roach

Name	Yr	School	Finals
Finals			
1 Boyd, Tyson	11	St. Anne's-B	159-01
2 Ankley, Chris	12	Catholic Hig	143-00
3 McIntyre, Nolan	11	St. Anne's-B	139-05