

VISAA Track & Field Championship - 5/15/2026

Fork Union Military Academy

Results

Girls 100 Meter Dash Division II

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

Name	Yr	School	Finals
Finals			
1	Holland, Courtnee	11 Virginia Epi	12.77
2	Thombs, Gabrielle	8 Guardian Chr	12.89
3	Ofole, Chiamaka	12 Stonebridge	13.06

Girls 200 Meter Dash Division II

Meet Record: 24.73 M 5/15/2010 Emmy Fraenk

Name	Yr	School	Finals
Finals			
1	Branan, Rachel	11 Peninsula Ca	26.52
2	Thombs, Gabrielle	8 Guardian Chr	27.12
3	Johnson, Faith	10 North Cross	27.22

Girls 400 Meter Dash Division II

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

Name	Yr	School	Finals
Finals			
1	Branan, Rachel	11 Peninsula Ca	58.61
2	Thombs, Gabrielle	8 Guardian Chr	59.78
3	Winslow, Marjorie (Mo)	11 Immanuel Chr	1:00.85

Girls 800 Meter Run Division II

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

Name	Yr	School	Finals
Finals			
1	Prince, Rachel	12 Greenbrier C	2:22.33
2	Severino, Lucia	9 Trinity Acad	2:24.01
3	Freeman, Remington	10 Walsingham A	2:24.26

Girls 1600 Meter Run Division II

Meet Record: 4:47.32 M 5/17/2024 Reese Dalton

Name	Yr	School	Finals
Finals			
1	Prince, Rachel	12 Greenbrier C	5:15.97
2	Nunziata, Josie	11 Stonebridge	5:20.56
3	Freeman, Remington	10 Walsingham A	5:21.95

Girls 3200 Meter Run Division II

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

Name	Yr	School	Finals
Finals			
1	Nunziata, Josie	11 Stonebridge	11:37.54
2	Wood, Savannah	12 The Covenant	11:42.38
3	Perkins, Kaitlyn	10 North Cross	11:49.20

Girls 100 Meter Hurdles Division II

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

Name	Yr	School	Finals
Finals			
1	Kenny, Alicia	12 New Covenant	16.42
2	Smith, Karly	12 Roanoke Cath	16.85
3	Schultz, Brooklyn	9 Walsingham A	16.96

Girls 300 Meter Hurdles Division II

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

Name	Yr	School	Finals
Finals			
1	Van Raaphorst, Lexi	11 Trinity Chri	49.68
2	Akintide, Aderinsola	11 Trinity Chri	50.01
3	Schultz, Brooklyn	9 Walsingham A	50.25

Girls 4x100 Meter Relay Division II

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

Team	Relay	Finals
Finals		
1	North Cross	A 51.68
	1) Holmes, Alicia 11	2) Johnson, Faith 10
	3) Miller, Gabby 12	4) Stevens, Camryn 10
2	Stonebridge School	A 52.10
	1) Campbell, Riya 12	2) Cannon, Taniya 10
	3) Ofole, Zara 10	4) Ofole, Chiamaka 12
3	Fredericksbu	A 53.14
	1) Frazer, Fallyn 8	2) Schmitt, Ash 8
	3) Rak, Acelin 10	4) Edwards, Miracle 11

Girls 4x400 Meter Relay Division II

Meet Record: 3:57.97 M 5/18/2019 Saint Catherine's

Team	Relay	Finals
Finals		
1	Trinity Chri	A 4:16.06
	1) Hsieh, Maggi 11	2) Van Raaphorst, Lexi 11
	3) Chronister, Anna 10	4) Borcharding, Meredith 12
2	Immanuel Chr	A 4:17.97
	1) Taliaferro, Isabel 10	2) Fortier, Grace 12
	3) Anderson, Michaela 8	4) Winslow, Marjorie (Mo) 11
3	Peninsula Catholic	A 4:24.82
	1) Branan, Rachel 11	2) Nguyen, Kaitlynn 11
	3) Houlihan, Cailin 10	4) Banks, Hannah 12

Girls 4x800 Meter Relay Division II

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

Team	Relay	Finals
Finals		
1	Trinity Chri	A 10:04.04
	1) Chronister, Anna 10	2) Hessen, Aubrey 10
	3) Jang, Eliana 8	4) Hsieh, Maggi 11
2	Immanuel Chr	A 10:04.05
	1) Fortier, Grace 12	2) Taliaferro, Isabel 10
	3) Currey, Agnes 12	4) Anderson, Michaela 8
3	Stonebridge School	A 10:26.31
	1) Anderson, Faith 9	2) Lynch, Rachel 9
	3) Campbell, Riya 12	4) Nunziata, Josie 11

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Girls High Jump Division II

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

Name	Yr	School	Finals
Finals			
1	Smith, Karly	12 Roanoke Cath	4-09.00
2	Fisher, Ella	9 Trinity Chri	4-08.00
3	Mishler, Mackenzie	8 Walsingham A	J4-08.00

Girls Pole Vault Division II

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

Name	Yr	School	Finals
Finals			
1	Griffin, Caroline	11 Atlantic Sho	8-03.00
2	Bruscia, Ellie	9 St. Anne's-B	7-06.00
3	Smith, Karly	12 Roanoke Cath	7-00.00
3	Davis, Sierra	10 Atlantic Sho	7-00.00

Girls Long Jump Division II

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

Name	Yr	School	Finals
Finals			
1	Holland, Courtnee	11 Virginia Epi	17-04.50
2	Edwards, Miracle	11 Fredericksbu	17-01.50
3	Holmes, Alicia	11 North Cross	16-02.00

Girls Triple Jump Division II

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

Name	Yr	School	Finals
Finals			
1	Edwards, Miracle	11 Fredericksbu	36-01.75
2	Holland, Courtnee	11 Virginia Epi	35-00.00
3	Hammond, Miranda	10 Nansemond-Su	34-05.50

Girls Shot Put Division II

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

Name	Yr	School	Finals
Finals			
1	Chen, Brooklyn	12 North Cross	39-09.50
2	Holmes, Alicia	11 North Cross	39-05.25
3	Llavore, Justinne	12 Roanoke Cath	36-04.50

Girls Discus Throw Division II

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

Name	Yr	School	Finals
Finals			
1	Maurer, Emily	12 St. Anne's-B	114-03
2	Holmes, Alicia	11 North Cross	107-04
3	Blocker, Adirah	11 Hampton Chri	101-02

Boys 100 Meter Dash Division II

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

Name	Yr	School	Finals
Finals			
1	Griffin, Josh	11 Virginia Epi	11.35
2	Whitaker, La'Quarion	12 Brunswick Ac	11.58

3 Ross, Henry 12 Nansemond-Su 11.60

Boys 200 Meter Dash Division II

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

Name	Yr	School	Finals
Finals			
1	Griffin, Josh	11 Virginia Epi	22.77
2	Cruz, Yariel	12 Blue Ridge S	23.04
3	Whitaker, La'Quarion	12 Brunswick Ac	23.10

Boys 400 Meter Dash Division II

Meet Record: 48.34 M 1966 Calhoun

Name	Yr	School	Finals
Finals			
1	Simon, Gabriel	12 Tandem Frien	53.01
2	Osyf, Colin	11 Atlantic Sho	53.36
3	Nedelin, Aleksander	10 Norfolk Chri	53.40

Boys 800 Meter Run Division II

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

Name	Yr	School	Finals
Finals			
1	Lawrence, Jon Nathan	12 The Covenant	2:00.98
2	Jang, Ian	11 Trinity Chri	2:04.76
3	Foster, Nicholas	12 Roanoke Cath	2:05.16

Boys 1600 Meter Run Division II

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

Name	Yr	School	Finals
Finals			
1	Lawrence, Jon Nathan	12 The Covenant	4:21.61
2	Buppert, Hayes	11 Tandem Frien	4:25.14
3	Chaney, Finton	11 North Cross	4:30.27

Boys 3200 Meter Run Division II

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

Name	Yr	School	Finals
Finals			
1	Buppert, Hayes	11 Tandem Frien	9:37.30
2	Blemker, Jack	12 Tandem Frien	10:05.57
3	Britton, Spencer	11 North Cross	10:08.31

Boys 110 Meter Hurdles Division II

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

Name	Yr	School	Finals
Finals			
1	Cayaso, Zyrir	12 Blue Ridge S	15.04
2	Lemcke, Cohen	12 Blue Ridge S	15.47
3	Williams, Joshua	12 Trinity Chri	15.50

Boys 300 Meter Hurdles Division II

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

Name	Yr	School	Finals
Finals			
1	Lemcke, Cohen	12 Blue Ridge S	41.19
2	Cayaso, Zyrir	12 Blue Ridge S	41.24
3	Aaron, Rhodes	11 Roanoke Cath	42.43

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Boys 4x100 Meter Relay Division II

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

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

Team	Relay	Finals
Finals		
1 Blue Ridge School	A	43.67
1) Buford, Graham 12	2) Morgon, Benjamin 11	
3) Mieusset, Maelig 9	4) Cruz, Yariel 12	
2 Atlantic Sho	A	44.32
1) Dinh, Maxwell 12	2) Osyf, Colin 11	
3) Pinion, Colin 12	4) Sutherland, Timothy 11	
3 Roanoke Cath	A	44.84
1) Lemon, Kyce 11	2) Pannell, Marcus 11	
3) Hairston, Yajae 11	4) Lipford, Rahem 10	

Boys 4x400 Meter Relay Division II

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 Roanoke Cath	A	3:36.60
1) Aaron, Rhodes 11	2) Patel, Will 9	
3) Foster, Nicholas 12	4) O'Herron, Sean 12	
2 Blue Ridge School	A	3:37.62
1) Jamela, Wonane 10	2) Lemcke, Cohen 12	
3) Augusto, Austin 12	4) Mieusset, Maelig 9	
3 Hargrave Mil	A	3:38.20
1) Roberston, Henry 11	2) Fowlkes, Patrick 11	
3) Wells, Jedi 10	4) Guishard, Emmanuel 12	

Boys 4x800 Meter Relay Division II

Meet Record: 7:54.66 M 5/18/2013 Fork Union

N Okaah, R Garver, P Lomong, A Lomong

Team	Relay	Finals
Finals		
1 Roanoke Cath	A	8:33.36
1) Patel, Will 9	2) Hawkins, Collin 9	
3) Foster, Nicholas 12	4) Aaron, Rhodes 11	
2 Peninsula Catholic	A	8:45.61
1) Mahn, Marshall 10	2) Gisanrian, Locklan 9	
3) Rodriguez, Carlos 12	4) Woodruff, Jacob 10	
3 Eastern Menn	A	8:47.30
1) Shank, Levi 9	2) Blosser, Simon 10	
3) May, Noah 10	4) Castaneda, Daniel 10	

Boys High Jump Division II

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

Name	Yr	School	Finals
Finals			
1 Hairston, Yajae	11	Roanoke Cath	6-04.00
2 Buford, Graham	12	Blue Ridge S	6-02.00
3 Yardley, Wynn	10	North Cross	6-00.00

Boys Pole Vault Division II

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

Name	Yr	School	Finals
Finals			
1 Skelton, Liam	12	Roanoke Cath	13-07.00
2 Eno, Thomas	12	Broadwater A	11-06.00
3 Lee, Beau	12	Roanoke Cath	10-00.00

Boys Long Jump Division II

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

Name	Yr	School	Finals
Finals			
1 Thomas, Jamal	12	Nansemond-Su	22-00.50
2 Buford, Graham	12	Blue Ridge S	21-11.50
3 O'Herron, Sean	12	Roanoke Cath	20-09.50

Boys Triple Jump Division II

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

Name	Yr	School	Finals
Finals			
1 Thomas, Jamal	12	Nansemond-Su	45-05.75
2 Nwafor, Chima	11	Stonebridge	43-10.00
3 Mitchell, Sebastian	9	Nansemond-Su	42-08.50

Boys Shot Put Division II

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

Name	Yr	School	Finals
Finals			
1 Ponzar, Maden	12	Immanuel Chr	49-02.50
2 Ye, Steven	11	Broadwater A	46-05.00
3 Nichols, Marshall	12	Eastern Menn	45-11.00

Boys Discus Throw Division II

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

Name	Yr	School	Finals
Finals			
1 Ye, Steven	11	Broadwater A	144-01
2 Weber, Judah	11	New Covenant	128-07
3 Ponzar, Maden	12	Immanuel Chr	121-04