

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025

Sports Backers Stadium

Meet Program - DI Running

Event 22 Girls 100 Meter Hurdles Division I (15)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 5/17/2025 - 1:00 PM****Meet Record: 14.73 5/15/2010 Shantell Bingham**

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
2	Lartey, Nicole	10	Trinity Epis	19.67
3	Kuehnle, Teagan	10	Saint Cather	18.93
4	Flynn, Zemma	9	St. Stephen'	17.46
5	Shannon, Piper	12	Saint Cather	14.85
6	Hughes, Madison	11	St. Stephen'	16.76
7	Lartey, Nadia	9	Trinity Epis	18.90
8	Daub, Chloe	10	Collegiate	19.64

Heat 2 of 2 Prelims

1	Slauson-Blevins, Raegan	11	Norfolk Acad	19.97
2	Cotman, Morgan	10	Collegiate	18.96
3	Figaro, Taliyah	10	St. Stephen'	17.48
4	Chance, Armani	11	Catholic Hig	14.99
5	Kulow, Taylor	10	Norfolk Acad	15.19
6	Torrence, Carter	10	Saint Cather	17.58
7	Cazedessus, Elizabeth	9	Catholic Hig	19.22
8	Clark, Beatrix	9	Norfolk Acad	20.54

Event 5 Boys 110 Meter Hurdles Division I (15)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Saturday 5/17/2025 - 1:00 PM****Meet Record: 14.36 5/17/2024 Davian Burke**

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Zeron, William	11	Fork Union	18.26
2	Figaro, Tawon	11	St. Stephen'	16.61
3	Edwards, Terrance	12	Trinity Epis	15.79
4	Rivera, Carlos	12	Woodberry Fo	15.02
5	Olesen, Victor	11	St. Christop	15.64
6	Rutter, Jack	11	St. Stephen'	16.12
7	Dillon, Ben	12	Catholic Hig	17.29

Heat 2 of 2 Prelims

1	Reid, Campbell	9	Norfolk Acad	18.53
2	Jordan-Wedderburn, Jonathan	9	The Potomac	16.82
3	Ray, Bryant	10	Fork Union	15.95
4	Brown, Jayden	12	St. Christop	15.06
5	Dodson, Durham	12	St. Christop	15.38
6	Spaulding, Carmelo	12	Fork Union	15.95
7	Rissmiller, Cj	10	Woodberry Fo	16.94
8	Jones, Elan	12	Flint Hill S	18.87

Event 21 Girls 100 Meter Dash Division I (25)**8 Advance: Top 1 Each Heat plus Next 4 Best Times****Saturday 5/17/2025 - 1:10 PM****Meet Record: 12.16 5/17/2024 Jeylah Hamrick**

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
2	Cairncross, India	12	The Potomac	13.78
3	Monahan, Lucy	12	Oakcrest Sch	13.35
4	Adams, Mia	11	Madeira Scho	12.77
5	Chance, Armani	11	Catholic Hig	12.37
6	Martinez, Kyria	11	St. Gertrude	12.73
7	Dimino, Annemarie	10	Catholic Hig	13.32
8	Spain, Destini	9	Collegiate	13.77

Heat 2 of 4 Prelims

2	Chambliss, KB	11	Norfolk Acad	13.37
3	Nelson, Ashlyn	10	Trinity Epis	12.99
4	Levine, Sydney	9	The Potomac	12.41
5	Johnson, Makaela	10	Saint Cather	12.65
6	Dunn, Jazie	10	Collegiate	13.29
7	Onwuchekwa, Chinyere	10	Collegiate	13.62

Heat 3 of 4 Prelims

2	Shick, Cassie	11	St. Gertrude	13.46
3	Johnson, Makaiya	8	Saint Cather	13.06
4	Versen, Lucy	11	Trinity Epis	12.43
5	Hughes, Madison	11	St. Stephen'	12.62
6	Lewis, Ryan	9	Saint Cather	13.26
7	Johnson, Tabitha	9	Trinity Epis	13.60

Heat 4 of 4 Prelims

2	Schneider, Ella	10	St. Stephen'	13.49
3	Malloy, Delaney	9	Flint Hill S	13.12
4	Barabanov, Rose	10	The Potomac	12.59
5	Appiah, Sophia	12	Episcopal	12.62
6	Appiah, Vicky	10	Episcopal	13.18
7	Shepard, Bella	9	Catholic Hig	13.60

Event 4 Boys 100 Meter Dash Division I (24)**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Saturday 5/17/2025 - 1:10 PM****Meet Record: 10.53 5/21/2016 Michael Davenport**

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Gosline, Addison	12	St. Christop	11.32
2	Allen, Zion	10	Episcopal	11.19
3	Brent, Jonah	11	St. Anne's-B	11.05
4	Morrison, John	11	Woodberry Fo	10.68
5	Sanker, Lukas	12	Woodberry Fo	11.04
6	Xantus, Gabriel	12	Saint John P	11.18
7	Lovell, Will	9	Norfolk Acad	11.26
8	Mingo, Malachi	11	Benedictine	11.49

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025**Sports Backers Stadium****Meet Program - DI Running****Heat 2 of 3 Prelims...(Event 4 Boys 100 Meter Dash Division I (24))**

1	Allen, Nehemiah	10	Fork Union	11.33
2	Anderson, Brandon	12	Collegiate	11.20
3	Mason, Deuce	10	Trinity Epis	11.05
4	Kittrell, Isaiah	11	Fork Union	10.94
5	Boucher-Zazzaro, Luke	12	Fork Union	11.03
6	Street, Ben	11	Benedictine	11.17
7	Frey, Josh	12	Cape Henry C	11.26
8	Giuliano, Michael	12	The Potomac	11.47

Heat 3 of 3 Prelims

1	Sosnitsky, John Paul	12	The Potomac	11.45
2	Asare, Elisha	11	St. Christop	11.24
3	Furgurson, Brycen	10	Trinity Epis	11.10
4	Diggs, Nasir	9	Collegiate	10.95
5	Robinson, Sheldon	12	Woodberry Fo	10.96
6	Davis, Xay	12	Collegiate	11.16
7	Hnath, Jackson	12	Norfolk Acad	11.25
8	Biehls, Jonas	11	St. Anne's-B	11.46

Event 20 Girls 4x800 Meter Relay Division I (10)**Saturday 5/17/2025 - 1:25 PM****Meet Record: 9:42.36 5/19/2018 Episcopal High School****C. Boehm, A. Boehm, R. Simmons, P. Hathaway**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Collegiate	A	9:31.75
	1) Webb, Sadie 12	2) Ferrell, Rosie 10	
	3) Wallace, Nora 12	4) Harris, Virginia 10	
2	The Potomac	A	9:48.43
	1) Gupta, Anaya 9	2) Widor, Elizabeth 9	
	3) Lu, Elizabeth 12	4) Mizzo, Kaida 10	
3	Saint John P	A	10:07.37
	1) Petras, Melissa 12	2) Bechtel, Tegan 10	
	3) Spiegel, Erynn 12	4) McCoppin, Alyssa 10	
4	St. Stephen'	A	10:08.62
	1) Gibian, Avery 9	2) Rouse, Ali 11	
	3) Wanamaker, Sydney 10	4) Constandy, Karina 12	
5	Saint Cather	A	10:14.37
	1) Clemons, Piper 9	2) McKay, Abigail 10	
	3) Killeen, Olivia 8	4) Huffman, Ruthie 10	
6	Episcopal	A	10:29.46
	1) Roy, Nisha 10	2) Harty, Claire 11	
	3) Navitsky, Lydia 10	4) Radi, Lina 10	
7	Trinity Epis	A	10:48.13
	1) Fabian, Courtney 12	2) Crumlish, Eila 12	
	3) Holloway, Ella 12	4) Francis, Olivia 9	
8	Catholic Hig	A	11:03.68
	1) Ankley, Sara 11	2) Cahill, Ellie 12	
	3) Ogden, Teagan 9	4) Mateo, Leila 11	
9	Madeira Scho	A	11:20.87
	1) Chukwumah, Zikora 10	2) Nye, Helen	
	3) Shepard, Katie	4) Xiong, Sunny	
10	Oakcrest Sch	A	11:26.09
	1) Carrington, Nora 8	2) Morrison, Olivia 8	
	3) Stubbs, Emma 9	4) Stuhldrehr, Rosemary 10	

Event 3 Boys 4x800 Meter Relay Division I (12)**Saturday 5/17/2025 - 1:25 PM****Meet Record: 7:54.66 5/18/2013 Fork Union****N Okaah, R Garver, P Lomong, A Lomong**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Saint John P	A	8:10.57
	1) Thompson, Jacob 11	2) Bouril, Andrew 9	
	3) Garcia, Ethan 11	4) Everson, Alexander 11	
2	Fork Union	A	8:18.33
	1) Eaton, David 10	2) Callahan, Robert 11	
	3) Willis, Nic 12	4) Walsh, Malachi 12	
3	St. Christop	A	8:23.33
	1) Mathews, Beauford 12	2) Smith, Noah 10	
	3) Noble, Matthew 12	4) Gupta, Avi 12	
4	Woodberry Fo	A	8:33.69
	1) Butler, Req 9	2) Kajubi, Danny 12	
	3) Li, Aaron 9	4) Looney, Boyd 11	
5	Trinity Epis	A	8:36.03
	1) Childs, Ben 9	2) Muniz, Jonah 12	
	3) Roussy, Mathias 12	4) Tetterton, Tucker 12	
6	Collegiate	A	8:36.35
	1) Lewis, Reade 10	2) Porter, Jack 10	
	3) Sutherland, Preston 10	4) Galahan, Thomas 11	
7	The Potomac	A	8:36.87
	1) Brittin, Luke 12	2) Agrawal, Avi 11	
	3) Reinecke, Joshua 10	4) Moser, Trip 11	
8	St. Stephen'	A	8:48.45
	1) Krebs, Henry 9	2) London, James 12	
	3) O'Connor, Bart 12	4) Riedy, Liam 9	
9	Norfolk Acad	A	8:59.88
	1) Zito, Isaac 11	2) Bousman, Matt 8	
	3) Parvin, Quinn 12	4) Bothe, Logan 9	
10	St. Anne's-B	A	9:03.10
	1) DeMaio, Ryan 12	2) McLaughlin, Jake 9	
	3) Collins, Courtney 12	4) Zeisler, Nico 9	
11	Episcopal	A	9:15.28
	1) Lin, Jeremy 9	2) Chen, Ryan 10	
	3) Watts, Robert 10	4) Min, Max 11	
12	Catholic Hig	A	9:15.33
	1) Ankley, Michael 11	2) Eason, Brandon 11	
	3) Villasis, Alex 11	4) Fullmer, Roy 12	

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025**Sports Backers Stadium****Meet Program - DI Running****Event 27 Girls 1600 Meter Run Division I (13)****Saturday 5/17/2025 - 2:15 PM****Meet Record: 4:47.32 5/17/2024 Reese Dalton**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Harris, Virginia	10	Collegiate	4:58.46
2	Bayler, Annabel	11	Saint Cather	5:09.39
3	Widor, Elizabeth	9	The Potomac	5:25.20
4	Barbee, Sabine	11	The Potomac	5:29.48
5	Lewis, Anne	10	Collegiate	5:34.79
6	McMullin, Samantha	11	Collegiate	5:35.79
7	Matiunas, Charlotte	12	Episcopal	5:36.45
8	Harris, Kailyn	9	Trinity Epis	5:38.82
9	Marcus, Grace	12	Trinity Epis	5:40.02
10	Hires, Lola	10	Norfolk Acad	5:43.88
11	Keffer, Allie	11	Norfolk Acad	5:46.83
12	Killeen, Olivia	8	Saint Cather	5:49.77
13	Musselmani, Aya	12	Norfolk Acad	5:49.89

Event 10 Boys 1600 Meter Run Division I (15)**Saturday 5/17/2025 - 2:15 PM****Meet Record: 4:10.24 1976 Ledder (Mile)**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Eliason, Quinn	11	St. Anne's-B	4:16.27
2	McKnew, Michael	11	Cape Henry C	4:20.44
3	Thompson, Elijah	12	Saint John P	4:23.57
4	Warui, Abraham	12	Woodberry Fo	4:25.95
5	Altschuler, Noah	12	The Potomac	4:28.02
6	Carter, Luke	11	The Potomac	4:28.42
7	Seidensticker, Joshu	11	Catholic Hig	4:29.65
8	Jones, Grayson	9	St. Christop	4:37.12
9	Colvin, Austin	12	Saint John P	4:37.97
10	Brennan, Brady	12	Saint John P	4:38.26
11	Moore, Liam	12	Collegiate	4:40.19
12	Krebs, Henry	9	St. Stephen'	4:41.54
13	Bell, Wyllly	11	Woodberry Fo	4:43.71
14	Looney, Boyd	11	Woodberry Fo	4:44.44
15	Russell, Henry	11	St. Christop	4:45.70

Event 18 Girls 4x100 Meter Relay Division I (12)**Saturday 5/17/2025 - 2:45 PM****Meet Record: 49.49 5/16/2009 St. Stephen's & St. Agnes**

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Norfolk Acad	A	54.23
1) Staub, Anne Randolph 12	2) Ware, Lila 11		
3) Loomis, Sophia 9	4) Chambliss, KB 11		
4	Oakcrest Sch	A	54.06
1) McCabe, Sophia 9	2) Syska, Hania 9		
3) Nuila, Samantha 9	4) Monahan, Lucy 12		
5	St. Gertrude	A	54.23
1) Brown, Katie 12	2) Elder, Lila 9		
3) Martinez, Kyria 11	4) Shick, Cassie 11		
6	Catholic Hig	A	54.25
1) Dimino, Annemarie 10	2) Shepard, Bella 9		
3) Vitug, Gabby 9	4) Witter, Eva 9		
Section 2 of 2 Finals			
1	Flint Hill S	A	52.89
1) Obeng, Stella 9	2) Draetta, Sydney 9		
3) Robertson, Boston 11	4) Malloy, Delaney 9		
2	Trinity Epis	A	50.92
1) Lartey, Nadia 9	2) Lartey, Nicole 10		
3) Nelson, Ashlyn 10	4) Johnson, Tabitha 9		
3	Episcopal	A	50.59
1) Appiah, Sophia 12	2) Appiah, Vicky 10		
3) Garrison, Ruthie 11	4) Smith, Chloe 12		
4	Saint Cather	A	49.69
1) Johnson, Makaiya 8	2) Johnson, Makaela 10		
3) Armstrong, Leslie 12	4) Shannon, Piper 12		
5	The Potomac	A	49.98
1) Horton, Michele 11	2) Nzekwe, Imani 9		
3) Cairncross, India 12	4) Nzekwe, Isis 9		
6	St. Stephen'	A	50.76
1) Comstock, Maya 10	2) Schneider, Ella 10		
3) Flynn, Zemma 9	4) Figaro, Taliyah 10		
7	Saint John P	A	52.45
1) Pham, Audrey 12	2) Montes, Nariko 11		
3) Pierce, Ashley 10	4) Tenorio, Kahlen 10		
8	Collegiate	A	53.02
1) Rivers, Meredith 9	2) Cotman, Morgan 10		
3) Onwuchekwa, Chinyere 10	4) Dunn, Jazie 10		

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025**Sports Backers Stadium****Meet Program - DI Running****Event 1 Boys 4x100 Meter Relay Division I (15)****Saturday 5/17/2025 - 2:45 PM****Meet Record: 41.68 5/20/2023 Woodberry Forest****L. Ellis, J. Ferguson, S. Robinson, R. Handelsman**

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Flint Hill S	A	46.11
	1) Perez, Zen 9	2) Hammond, Isaiah 10	
	3) Jones, Kendall 12	4) Jones, Elan 12	
3	St. Stephen'	A	45.42
	1) Duffield, Chris 10	2) Spencer, Miles 11	
	3) Murphy, Gabe 10	4) Saltist, Oliver 9	
4	Catholic Hig	A	44.88
	1) Gnandt, Nicholas 9	2) Witt, Alex 12	
	3) Torres, Gabe 9	4) Perez, Aiden 9	
5	St. Anne's-B	A	44.27
	1) Biehs, Jonas 11	2) Noble, Carson 12	
	3) Wood, Sam 12	4) Brent, Jonah 11	
6	Norfolk Acad	A	44.71
	1) Hatch, Lincoln 12	2) Jefferson, Preston 8	
	3) Reid, Campbell 9	4) Lovell, Will 9	
7	Benedictine	A	44.93
	1) Mutoti, Jordan 12	2) Mingo, Malachi 11	
	3) Street, Ben 11	4) Hall, Jackson 12	
8	Cape Henry C	A	45.89
	1) Caplan, Hayden 11	2) Cheshire, Daniel 9	
	3) Frey, Josh 12	4) Sinanis, John Lucio 8	
Section 2 of 2 Finals			
1	Saint John P	A	43.43
	1) Wingfield, Izaiah 9	2) Obasi, Tobechei 11	
	3) Berkey, Jonah 11	4) Xantus, Gabriel 12	
2	Episcopal	A	43.28
	1) Allen, Zion 10	2) Avery, O'Neal 10	
	3) Corley, Thaddeus 10	4) Bullock, Tramayne 12	
3	Trinity Epis	A	43.21
	1) Edwards, Terrance 12	2) Furgurson, Brycen 10	
	3) Mason, Deuce 10	4) Robinson, Isaiah 12	
4	Woodberry Fo	A	41.58
	1) Sanker, Lukas 12	2) Robinson, Sheldon 12	
	3) Morrison, John 11	4) Nti, Kevin 12	
5	St. Christop	A	42.20
	1) Gosline, Addison 12	2) White, Maddox 11	
	3) Julias, George 11	4) Asare, Elisha 11	
6	Fork Union	A	43.22
	1) Abron, Alexander 12	2) Allen, Nehemiah 10	
	3) Boucher-Zazzaro, Luke 12	4) Kittrell, Isaiah 11	
7	The Potomac	A	43.31
	1) Sosnitsky, John Paul 12	2) Giuliano, Michael 12	
	3) Jordan-Wedderburn, Jonathan 9	4) Dais, Donovan 12	
8	Collegiate	A	43.51
	1) McDaniel, Noah 10	2) Diggs, Nasir 9	
	3) Anderson, Brandon 12	4) Davis, Xay 12	

Event 25 Girls 400 Meter Dash Division I (21)**Saturday 5/17/2025 - 3:00 PM****Meet Record: 56.45 5/18/2019 Catherine Hyman**

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
3	Larson, Elisabeth	11	Oakcrest Sch	1:07.96
4	Crumlish, Eila	12	Trinity Epis	1:06.95
5	Chukwumah, Zikora	10	Madeira Scho	1:06.66
6	Monteith, Isla	10	St. Stephen'	1:06.67
7	Cahill, Ellie	12	Catholic Hig	1:07.10
8	Davies, Page	9	Episcopal	1:08.09
Section 2 of 3 Finals				
2	Sloan, Sophie	12	Collegiate	1:04.67
3	Betts, Laila	9	Madeira Scho	1:03.41
4	Elder, Lila	9	St. Gertrude	1:02.57
5	Obasi, Eberechi	9	Saint John P	1:00.36
6	McKay, Abigail	10	Saint Cather	1:01.74
7	McGoldrick, Sylvie	10	St. Stephen'	1:02.71
8	Fleming, Reese	11	Collegiate	1:03.52
Section 3 of 3 Finals				
1	Uncapher, Emma	11	Norfolk Acad	1:00.16
2	Everhart, Charlotte	12	The Potomac	59.52
3	Spaulding, Savannah	10	Saint Cather	57.96
4	Obasi, Chinenye	12	Saint John P	56.98
5	Levine, Sydney	9	The Potomac	57.11
6	Jones, Ainsleigh	10	Trinity Epis	59.33
7	Nzekwe, Isis	9	The Potomac	59.56
8	Mayer, Annabelle	10	Saint Cather	1:00.21

Event 8 Boys 400 Meter Dash Division I (29)**Saturday 5/17/2025 - 3:00 PM****Meet Record: 48.34 1966 Calhoun**

Lane	Name	Yr	School	Seed Time
Section 1 of 4 Finals				
2	Gray, Cj	9	Trinity Epis	55.63
3	Caplan, Hayden	11	Cape Henry C	55.29
4	Fischer, Charles	11	Episcopal	55.02
5	Perez, Aiden	9	Catholic Hig	54.29
6	Mayer, Benjamin	10	St. Christop	54.44
7	Edgar, Devlin	12	Cape Henry C	55.25
8	Wood, Sam	12	St. Anne's-B	55.54
Section 2 of 4 Finals				
2	Gibbs, Colby	9	Trinity Epis	54.04
3	Lowe, Max	9	Catholic Hig	53.88
4	Calkins, Stephen	11	The Potomac	53.57
5	Robinson, Isaiah	12	Trinity Epis	53.11
6	Lianavwa, Phillipe	12	Fork Union	53.21
7	Avery, O'Neal	10	Episcopal	53.71
8	Galgano, James	12	Collegiate	53.97

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Sports Backers Stadium
Meet Program - DI Running

Section 3 of 4 Finals...(Event 8 Boys 400 Meter Dash Division I (29))

2	Spencer, Miles	11	St. Stephen'	52.86
3	Foster, Bishop	12	Collegiate	52.29
4	Shepard, Mekyi	12	Fork Union	51.50
5	Whiteside, Kaydan	9	Fork Union	51.42
6	Fournier, John	11	Benedictine	51.42
7	Parker, Joshua	12	Collegiate	52.11
8	Acevedo, Raul	12	Catholic Hig	52.58

Section 4 of 4 Finals

1	Kajubi, Danny	12	Woodberry Fo	51.16
2	Cole, Max	12	Woodberry Fo	50.82
3	Tragert, Owen	9	Cape Henry C	49.86
4	Dhillon, Armaan	12	Saint John P	47.85
5	Bouril, Nicholas	12	Saint John P	49.02
6	Hnath, Jackson	12	Norfolk Acad	49.88
7	Mayer, Coleman	10	St. Christop	51.15
8	Wingfield, Izaiah	9	Saint John P	51.30

Event 24 Girls 300 Meter Hurdles Division I (11)

Saturday 5/17/2025 - 3:10 PM				
Meet Record:		44.03	5/18/2019	Willa Shannon
Lane	Name	Yr	School	Seed Time

Section 1 of 2 Finals

3	Staub, Anne Randolph	12	Norfolk Acad	57.20
4	Cazedessus, Elizabeth	9	Catholic Hig	56.09
5	Daub, Chloe	10	Collegiate	56.37

Section 2 of 2 Finals

1	Lartey, Nicole	10	Trinity Epis	54.40
2	Wintsch, Layla	11	Trinity Epis	49.02
3	Gatty, Aseye	12	Saint Cather	48.41
4	Shannon, Piper	12	Saint Cather	46.76
5	Hughes, Madison	11	St. Stephen'	47.70
6	Flynn, Zemma	9	St. Stephen'	48.98
7	Torrence, Carter	10	Saint Cather	51.83
8	Lartey, Nadia	9	Trinity Epis	54.92

Event 7 Boys 300 Meter Hurdles Division I (20)

Saturday 5/17/2025 - 3:10 PM				
Meet Record:		38.05	5/17/2024	Davian Burke
Lane	Name	Yr	School	Seed Time

Section 1 of 3 Finals

3	Brittin, Luke	12	The Potomac	45.99
4	Dillon, Ben	12	Catholic Hig	45.84
5	Sutton, Kimari	11	Fork Union	45.84
6	Williams, Khae'El	10	Saint John P	46.47

Section 2 of 3 Finals

1	Fumo-Pegues, Khoi	10	St. Stephen'	45.68
2	Malveaux, Jake	11	Collegiate	44.71
3	Nelson, Henry	10	St. Christop	43.03
4	Gunther, Samuel	12	St. Anne's-B	42.85
5	Garcia, Ethan	11	Saint John P	42.92
6	Matthews, Shaun	11	Fork Union	43.36
7	Perez, Zen	9	Flint Hill S	45.38
8	Johnson, Tae'Veon	11	Collegiate	45.78

Section 3 of 3 Finals

1	Dodson, Durham	12	St. Christop	42.41
2	Rissmiller, Cj	10	Woodberry Fo	41.84
3	Spaulding, Carmelo	12	Fork Union	41.42
4	Figaro, Tawon	11	St. Stephen'	40.26
5	Brown, Jayden	12	St. Christop	41.02
6	Rivera, Carlos	12	Woodberry Fo	41.51
7	Rutter, Jack	11	St. Stephen'	42.39
8	Kulow, Owen	12	Norfolk Acad	42.50

Event 26 Girls 800 Meter Run Division I (26)

Saturday 5/17/2025 - 3:25 PM				
Meet Record:		2:11.62	5/17/2024	Reese Dalton
Lane	Name	Yr	School	Seed Time

Section 1 of 2 Finals

1	Bechtel, Tegan	10	Saint John P	2:31.17
2	Harris, Kailyn	9	Trinity Epis	2:31.45
3	Roy, Nisha	10	Episcopal	2:32.23
4	Miller, Claire	9	St. Gertrude	2:32.54
5	Marcus, Grace	12	Trinity Epis	2:32.83
6	Lu, Elizabeth	12	The Potomac	2:34.01
7	Gibian, Avery	9	St. Stephen'	2:34.04
8	Boyer, Macy	11	Collegiate	2:36.17
9	Dake, Margaret	11	Saint John P	2:36.32
10	Harty, Claire	11	Episcopal	2:38.14
11	Morrison, Olivia	8	Oakcrest Sch	2:39.28
12	Ogden, Teagan	9	Catholic Hig	2:40.13
13	Fabian, Courtney	12	Trinity Epis	2:40.17

Section 2 of 2 Finals

1	Mizzo, Kaida	10	The Potomac	2:18.68
2	Clingenpeel, Nora	12	Norfolk Acad	2:19.97
3	Bayler, Annabel	11	Saint Cather	2:22.12
4	Wallace, Nora	12	Collegiate	2:22.75
5	Ferrell, Rosie	10	Collegiate	2:24.97
6	Petras, Melissa	12	Saint John P	2:25.42
7	Rouse, Ali	11	St. Stephen'	2:25.84
8	Stone, Catherine	12	Norfolk Acad	2:27.27
9	Gupta, Anaya	9	The Potomac	2:27.45
10	Huffman, Ruthie	10	Saint Cather	2:28.54
11	Stufflebeem, Ella	11	Norfolk Acad	2:28.87
12	Navitsky, Lydia	10	Episcopal	2:28.97
13	Clemons, Piper	9	Saint Cather	2:29.48

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025**Sports Backers Stadium****Meet Program - DI Running****Event 9 Boys 800 Meter Run Division I (20)****Saturday 5/17/2025 - 3:25 PM****Meet Record: 1:52.87 5/18/2019 Liam Bellamy**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	London, James	12	St. Stephen'	2:02.18
2	Thompson, Jacob	11	Saint John P	2:02.32
3	Butler, Req	9	Woodberry Fo	2:03.45
4	Spicer, Kyle	9	Collegiate	2:04.34
5	Krebs, Henry	9	St. Stephen'	2:05.83
6	Li, Aaron	9	Woodberry Fo	2:05.93
7	Noble, Matthew	12	St. Christop	2:06.20
8	Mathews, Beauford	12	St. Christop	2:06.24
9	Bouril, Andrew	9	Saint John P	2:06.51
10	Drauker, Price	10	Benedictine	2:08.44

Section 2 of 2 Finals

1	McKnew, Michael	11	Cape Henry C	1:54.66
2	Thompson, Elijah	12	Saint John P	1:56.74
3	Green, Asher	11	St. Christop	1:57.44
4	Walsh, Malachi	12	Fork Union	1:59.61
5	Dalva-Baird, Zachary	12	The Potomac	1:59.77
6	Guzik, Finn	10	Norfolk Acad	2:00.11
7	Tragert, Owen	9	Cape Henry C	2:00.46
8	Levine, Eli	11	The Potomac	2:00.88
9	Carter, Luke	11	The Potomac	2:01.45
10	Willis, Nic	12	Fork Union	2:01.85

Event 23 Girls 200 Meter Dash Division I (18)**Saturday 5/17/2025 - 3:40 PM****Meet Record: 24.74 5/15/2010 Emmy Fraenk**

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
3	Johnson, Tabitha	9	Trinity Epis	28.28
4	Monahan, Lucy	12	Oakcrest Sch	27.45
5	Appiah, Vicky	10	Episcopal	27.62
6	Dunn, Jazie	10	Collegiate	28.61

Section 2 of 3 Finals

3	Nelson, Ashlyn	10	Trinity Epis	27.35
4	Lewis, Ryan	9	Saint Cather	27.21
5	Adams, Mia	11	Madeira Scho	27.12
6	Horton, Michele	11	The Potomac	26.66
7	Uncapher, Emma	11	Norfolk Acad	27.15
8	Chambliss, KB	11	Norfolk Acad	27.30

Section 3 of 3 Finals

1	Martinez, Kyria	11	St. Gertrude	26.52
2	Spaulding, Savannah	10	Saint Cather	25.88
3	Levine, Sydney	9	The Potomac	25.50
4	Obasi, Chinenye	12	Saint John P	25.18
5	Versen, Lucy	11	Trinity Epis	25.40
6	Barabanov, Rose	10	The Potomac	25.69
7	Johnson, Makaela	10	Saint Cather	25.76
8	Appiah, Sophia	12	Episcopal	26.31

Event 6 Boys 200 Meter Dash Division I (16)**Saturday 5/17/2025 - 3:40 PM****Meet Record: 21.32 5/18/2019 Curtis Borden**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Wingfield, Izaiah	9	Saint John P	23.06
2	Jefferson, Preston	8	Norfolk Acad	22.94
3	Kittrell, Isaiah	11	Fork Union	22.82
4	Asare, Elisha	11	St. Christop	22.76
5	Mason, Deuce	10	Trinity Epis	22.77
6	Witt, Alex	12	Catholic Hig	22.88
7	Frey, Josh	12	Cape Henry C	22.95
8	Lovell, Will	9	Norfolk Acad	23.14

Section 2 of 2 Finals

1	Robinson, Sheldon	12	Woodberry Fo	22.48
2	Diggs, Nasir	9	Collegiate	22.39
3	Dhillon, Armaan	12	Saint John P	22.21
4	White, Maddox	11	St. Christop	21.74
5	Morrison, John	11	Woodberry Fo	21.81
6	Sanker, Lukas	12	Woodberry Fo	22.38
7	Brent, Jonah	11	St. Anne's-B	22.45
8	Allen, Zion	10	Episcopal	22.59

Event 28 Girls 3200 Meter Run Division I (14)**Saturday 5/17/2025 - 3:50 PM****Meet Record: 10:33.50 5/17/2024 Maddie Gardiner**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Harris, Virginia	10	Collegiate	10:59.78
2	Bayler, Annabel	11	Saint Cather	11:17.77
3	McCoppin, Alyssa	10	Saint John P	11:30.36
4	Webb, Sadie	12	Collegiate	11:36.92
5	Spiegeler, Erynn	12	Saint John P	11:37.19
6	Widor, Elizabeth	9	The Potomac	11:43.60
7	Constandy, Karina	12	St. Stephen'	11:57.40
8	Barbee, Sabine	11	The Potomac	11:59.36
9	Wanamaker, Sydney	10	St. Stephen'	12:22.03
10	Enos, Paisley	9	Norfolk Acad	12:33.13
11	Lipscomb, Hannah	8	Saint Cather	12:59.83
12	Mateo, Leila	11	Catholic Hig	13:04.01
13	Almelor, Reese	11	Saint John P	13:10.79
14	Killeen, Olivia	8	Saint Cather	13:10.89

VISAA Track & Field Championship - 5/16/2025 to 5/17/2025**Sports Backers Stadium****Meet Program - DI Running****Event 11 Boys 3200 Meter Run Division I (18)****Saturday 5/17/2025 - 3:50 PM****Meet Record: 9:06.64 1976 Layman (Two Mile)**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Eliason, Quinn	11	St. Anne's-B	9:24.60
2	Nguyen, Long	10	St. Christop	9:40.73
3	Waidelich, Matthew	11	Trinity Epis	9:45.68
4	Brennan, Brady	12	Saint John P	9:46.59
5	Colvin, Austin	12	Saint John P	9:57.75
6	Moser, Trip	11	The Potomac	10:08.28
7	Altschuler, Noah	12	The Potomac	10:08.40
8	Callahan, Robert	11	Fork Union	10:09.05
9	Moore, Liam	12	Collegiate	10:11.42
10	Eaton, David	10	Fork Union	10:14.65
11	Jay, Morgan	12	Woodberry Fo	10:16.83
12	Warui, Abraham	12	Woodberry Fo	10:16.93
13	McDonnell, Declan	12	St. Christop	10:17.11
14	Seidensticker, Joshu	11	Catholic Hig	10:22.33
15	Dobson, Louis	11	Saint John P	10:25.51
16	Coleman, Nicholas	11	Fork Union	10:25.52
17	Agrawal, Avi	11	The Potomac	10:28.64
18	Anthony, Spencer	12	Trinity Epis	10:29.15

Event 19 Girls 4x400 Meter Relay Division I (8)**Saturday 5/17/2025 - 4:20 PM****Meet Record: 3:57.97 5/18/2019 Saint Catherine's****H. Turton, H. Ballowe, W. Shannon, A. Gurkin**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Collegiate	A	4:18.84
	1) Fleming, Reese 11	2) Onwuchekwa, Chinyere 10	
	3) Ferrell, Rosie 10	4) Wallace, Nora 12	
2	St. Stephen'	A	4:12.01
	1) Monteith, Isla 10	2) McGoldrick, Sylvie 10	
	3) Schneider, Ella 10	4) Comstock, Maya 10	
3	Saint Cather	A	4:10.47
	1) Huffman, Ruthie 10	2) Gatty, Aseye 12	
	3) Mayer, Annabelle 10	4) Spaulding, Savannah 10	
4	The Potomac	A	4:01.12
	1) Nzekwe, Isis 9	2) Everhart, Charlotte 12	
	3) Barabanov, Rose 10	4) Mizzo, Kaida 10	
5	Trinity Epis	A	4:09.42
	1) Jones, Ainsleigh 10	2) Versen, Lucy 11	
	3) Perkinson, Reagan 10	4) Wintsch, Layla 11	
6	Norfolk Acad	A	4:11.06
	1) Uncapher, Emma 11	2) Stufflebeem, Ella 11	
	3) Stone, Catherine 12	4) Clingenpeel, Nora 12	
7	Saint John P	A	4:12.78
	1) Petras, Melissa 12	2) Pham, Audrey 12	
	3) Obasi, Eberechi 9	4) Obasi, Chinenye 12	
8	Episcopal	A	4:25.72
	1) Roy, Nisha 10	2) Radi, Lina 10	
	3) Garrison, Ruthie 11	4) Navitsky, Lydia 10	

Event 2 Boys 4x400 Meter Relay Division I (13)**Saturday 5/17/2025 - 4:20 PM****Meet Record: 3:22.44 5/19/2012 Woodberry Forest****J Yellets, R Pivovarnik, M Kelley, E Ways**

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Trinity Epis	A	3:40.44
	1) Robinson, Isaiah 12	2) Walker, Josiah 10	
	3) Gibbs, Colby 9	4) Edwards, Terrance 12	
4	Norfolk Acad	A	3:36.54
	1) Kulow, Owen 12	2) Guzik, Finn 10	
	3) Zito, Isaac 11	4) Hnath, Jackson 12	
5	Episcopal	A	3:34.03
	1) Walsh, Aidan 12	2) Sands, Hart 11	
	3) Garcia, Myles 10	4) Bullock, Tramayne 12	
6	Cape Henry C	A	3:35.30
	1) Frey, Josh 12	2) Caplan, Hayden 11	
	3) Sinanis, John Lucio 8	4) Tragert, Owen 9	
7	St. Anne's-B	A	3:37.79
	1) Gunther, Samuel 12	2) Wood, Sam 12	
	3) Eliason, Quinn 11	4) Edwards, Harrison 10	
Section 2 of 2 Finals			
1	Catholic Hig	A	3:32.10
	1) Acevedo, Raul 12	2) Perez, Aiden 9	
	3) Lowe, Max 9	4) Witt, Alex 12	
2	The Potomac	A	3:29.35
	1) Sosnitsky, John Paul 12	2) Levine, Eli 11	
	3) Dalva-Baird, Zachary 12	4) Calkins, Stephen 11	
3	Fork Union	A	3:23.42
	1) Matthews, Shaun 11	2) Shepard, Mekyi 12	
	3) Whiteside, Kaydan 9	4) Willis, Nic 12	
4	Saint John P	A	3:20.62
	1) Xantus, Gabriel 12	2) Bouril, Nicholas 12	
	3) Obasi, Tobechi 11	4) Dhillon, Armaan 12	
5	Woodberry Fo	A	3:21.85
	1) Cole, Max 12	2) Kajubi, Danny 12	
	3) Melton, Zaidien 11	4) Andrews, Kenan 12	
6	St. Christop	A	3:23.70
	1) Mayer, Coleman 10	2) Green, Asher 11	
	3) Gupta, Avi 12	4) White, Maddox 11	
7	Collegiate	A	3:31.91
	1) Galgano, James 12	2) Smith, Jack 12	
	3) Foster, Bishop 12	4) Spicer, Kyle 9	
8	St. Stephen'	A	3:33.59
	1) Rutter, Jack 11	2) London, James 12	
	3) Figaro, Tawon 11	4) Spencer, Miles 11	