

VISAA Track & Field Championship - 5/15/2026 to 5/16/2026

Fork Union Military Academy
Performance List**Event 21 Girls 100 Meter Dash Division I (27) Prelims**

Meet Record:		12.13	5/16/2025	Aziyah Heru	
Name	Yr	School	Seed	Time	
1	Versen, Lucy	12	Trinity Epis	12.18	
2	Levine, Sydney	10	The Potomac	12.27	
3	Barabanov, Rose	11	The Potomac	12.28	
4	Hughes, Madison	12	St. Stephen'	12.33	
5	Obasi, Eberechi	10	Saint John P	12.34	
6	Smith, Imani	11	Catholic Hig	12.39	
7	McGrew, Kayla	9	The Potomac	12.41	
8	Adams, Mia	12	Madeira Scho	12.44	
9	Grant, Haley	9	St. Stephen'	12.81	
10	Scott, Adaline	12	Norfolk Acad	12.90	
11	Martinez, Kyria	12	St. Gertrude	13.00	
12	Lewis, Ryan	10	Saint Cather	13.08	
13	Bullock, Tranise	10	Flint Hill S	13.08	
14	Seidensticker, Marga	10	Catholic Hig	13.13	
15	Appiah, Vicky	11	Episcopal	13.16	
16	Nelson, Ashlyn	11	Trinity Epis	13.29	
17	Spain, Destini	10	Collegiate	13.38	
18	Dimino, Annemarie	11	Catholic Hig	13.38	
19	Orlando, Lily	9	Saint John P	13.39	
20	McMullen, Zoe	9	Saint Cather	13.40	
21	Chambliss, KB	12	Norfolk Acad	13.40	
22	Uncapher, Emma	12	Norfolk Acad	13.50	
23	Sims, Sarah	10	Saint John P	13.50	
24	Tappin, Selah	10	Episcopal	13.52	
25	Beyers, Jackie	9	Flint Hill S	13.58	
26	Dunn, Jazie	11	Collegiate	13.69	
27	Hornik, Siena	9	Saint Cather	13.71	

Event 23 Girls 200 Meter Dash Division I (21)

Meet Record:		24.74	5/15/2010	Emmy Fraenk	
Name	Yr	School	Seed	Time	
1	Versen, Lucy	12	Trinity Epis	24.83	
2	Barabanov, Rose	11	The Potomac	25.01	
3	Levine, Sydney	10	The Potomac	25.21	
4	McGrew, Kayla	9	The Potomac	25.29	
5	Spaulding, Savannah	11	Saint Cather	25.31	
6	Adams, Mia	12	Madeira Scho	25.58	
7	Smith, Imani	11	Catholic Hig	25.74	
8	Obasi, Eberechi	10	Saint John P	25.88	
9	Johnson, Tabitha	10	Trinity Epis	26.55	
10	Beyers, Jackie	9	Flint Hill S	26.75	
11	Grant, Haley	9	St. Stephen'	26.85	
12	Lewis, Ryan	10	Saint Cather	26.98	
13	Jones, Mia	11	Norfolk Acad	27.16	
14	Beggerow, Emily	12	Collegiate	27.38	
15	Seidensticker, Marga	10	Catholic Hig	27.65	
16	McMullen, Zoe	9	Saint Cather	27.65	
17	Dimino, Annemarie	11	Catholic Hig	27.76	
18	Pogoson, Eliana	10	Madeira Scho	28.22	
19	Onwuchekwa, Chinyere	11	Collegiate	28.27	
20	Sims, Sarah	10	Saint John P	28.43	
21	Tappin, Shiloh	10	Episcopal	28.84	

Event 25 Girls 400 Meter Dash Division I (21)

Meet Record:		56.45	5/18/2019	Catherine Hyman	
Name	Yr	School	Seed	Time	
1	Spaulding, Savannah	11	Saint Cather	56.98	
2	Barabanov, Rose	11	The Potomac	57.07	
3	Levine, Sydney	10	The Potomac	57.12	
4	Jones, Ainsleigh	11	Trinity Epis	57.34	
5	Griswold, Ally	12	The Potomac	58.03	
6	Sramek, Carolina	10	St. Stephen'	1:00.15	
7	McKay, Abigail	11	Saint Cather	1:00.42	
8	Uncapher, Emma	12	Norfolk Acad	1:01.50	
9	Perkinson, Reagan	11	Trinity Epis	1:02.11	
10	Onwuchekwa, Chinyere	11	Collegiate	1:02.12	
11	Elder, Lila	10	St. Gertrude	1:03.08	
12	Huffman, Ruthie	11	Saint Cather	1:03.46	
13	Fleming, Reese	12	Collegiate	1:04.07	
14	Allain, Seraphina	10	Madeira Scho	1:04.36	
15	Pogoson, Eliana	10	Madeira Scho	1:04.84	
16	Niederer, Allison	9	St. Gertrude	1:05.69	
17	Rabagliati, Felicitas	9	Oakcrest Sch	1:06.30	
18	Hager, Eleanor	9	Trinity Epis	1:07.76	
19	Sheffler, Evelyn	8	Oakcrest Sch	1:07.93	
20	Ware, Lila	12	Norfolk Acad	1:08.19	
21	Cahill, Kate	12	Oakcrest Sch	1:08.19	

Event 26 Girls 800 Meter Run Division I (24)

Meet Record:		2:11.62	5/17/2024	Reese Dalton	
Name	Yr	School	Seed	Time	
1	Harris, Virginia	11	Collegiate	2:19.86	
2	Ferrell, Rosie	11	Collegiate	2:20.16	
3	Rouse, Ali	12	St. Stephen'	2:20.81	
4	Gibbins, Grey	12	Episcopal	2:21.14	
5	Stufflebeem, Ella	12	Norfolk Acad	2:23.44	
6	Ronnau, Julia	9	Saint Cather	2:24.13	
7	Altschuler, Sasha	9	The Potomac	2:25.69	
8	Dunlavy, Ella	9	Oakcrest Sch	2:26.37	
9	Kirsch, Talia	9	The Potomac	2:26.83	
10	Radi, Lina	11	Episcopal	2:28.03	
11	Gibian, Avery	10	St. Stephen'	2:28.35	
12	Bechtel, Tegan	11	Saint John P	2:28.44	
13	Hudson, Sophie	9	Saint Cather	2:29.01	
14	Schaufelberger, Ella	10	The Potomac	2:29.22	
15	Elder, Lila	10	St. Gertrude	2:29.57	
16	Wainstein, Natalie	10	St. Stephen'	2:33.90	
17	Millard, Claire	12	Oakcrest Sch	2:34.33	
18	Thurmond, Elizabeth	11	Saint Cather	2:34.94	
19	Roy, Nisha	11	Episcopal	2:36.75	
20	Ogden, Teagan	10	Catholic Hig	2:36.77	
21	Marshall, Megan	8	Norfolk Acad	2:37.28	
22	Meekins, Abaigael	12	Saint John P	2:37.93	
23	Copeland, Madeline	9	Trinity Epis	2:38.71	
24	Marcy, Elizabeth	10	Saint John P	2:38.94	

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Performance List**Event 27 Girls 1600 Meter Run Division I (27)**

Meet Record: 4:47.32 5/17/2024 Reese Dalton			
	Name	Yr School	Seed Time
1	Harris, Virginia	11 Collegiate	5:07.70
2	Wanamaker, Sydney	11 St. Stephen'	5:11.39
3	Gibbins, Grey	12 Episcopal	5:12.16
4	Altschuler, Sasha	9 The Potomac	5:12.61
5	Bayler, Annabel	12 Saint Cather	5:13.02
6	Bechtel, Tegan	11 Saint John P	5:20.68
7	Kirsch, Talia	9 The Potomac	5:21.27
8	Harris, Kailyn	10 Trinity Epis	5:22.79
9	Clemons, Piper	10 Saint Cather	5:23.80
10	Hires, Lola	11 Norfolk Acad	5:23.95
11	Stack, Lucy	9 Flint Hill S	5:24.48
12	Hedley, Lilly Beth	8 Norfolk Acad	5:27.93
13	McMullin, Samantha	12 Collegiate	5:28.03
14	Scholten, Molly	8 Saint Cather	5:28.17
15	Gibian, Avery	10 St. Stephen'	5:29.05
16	Enos, Paisley	10 Norfolk Acad	5:34.59
17	Miller, Claire	10 St. Gertrude	5:34.91
18	Barbee, Sabine	12 The Potomac	5:38.52
19	Dake, Margaret	12 Saint John P	5:39.74
20	Navitsky, Lydia	11 Episcopal	5:40.47
21	Stribling, Chloe	9 St. Gertrude	5:42.07
22	Hodges, Margaret	11 Episcopal	5:42.21
23	Ogden, Teagan	10 Catholic Hig	5:42.43
24	Albanese, Gianna	12 Saint John P	5:47.96
25	Boyer, Macy	12 Collegiate	5:48.94
26	Morrison, Olivia	9 Oakcrest Sch	5:49.33
27	Copeland, Madeline	9 Trinity Epis	5:49.74

Event 28 Girls 3200 Meter Run Division I (13)

Meet Record: 10:33.50 5/17/2024 Maddie Gardiner			
	Name	Yr School	Seed Time
1	Bayler, Annabel	12 Saint Cather	11:01.32
2	Wanamaker, Sydney	11 St. Stephen'	11:22.60
3	Harris, Virginia	11 Collegiate	11:23.65
4	Harris, Kailyn	10 Trinity Epis	11:25.43
5	Altschuler, Sasha	9 The Potomac	11:34.50
6	Barbee, Sabine	12 The Potomac	11:39.71
7	Lewis, Anne	11 Collegiate	11:53.66
8	Enos, Paisley	10 Norfolk Acad	12:13.39
9	McMullin, Samantha	12 Collegiate	12:19.82
10	Phair, Jordy	9 The Potomac	12:33.32
11	Dake, Margaret	12 Saint John P	12:36.85
12	Killeen, Olivia	9 Saint Cather	12:49.01
13	Morrison, Olivia	9 Oakcrest Sch	13:09.27

Event 22 Girls 100 Meter Hurdles Division I (19) Prelims

Meet Record: 14.73 5/15/2010 Shantell Bingham			
	Name	Yr School	Seed Time
1	Kulow, Taylor	11 Norfolk Acad	15.33
2	Figaro, Taliyah	11 St. Stephen'	16.41
3	Flynn, Zemma	10 St. Stephen'	17.04
4	Torrence, Carter	11 Saint Cather	17.06

5	O'Keefe, Emma	9 The Potomac	17.68
6	Kuehnle, Teagan	11 Saint Cather	17.78
7	Cotman, Morgan	11 Collegiate	18.44
8	Purcell, Addison	12 Collegiate	18.83
9	Clark, Beatrix	10 Norfolk Acad	18.85
10	Lartey, Nicole	11 Trinity Epis	18.93
11	Tian, April	9 The Potomac	19.21
12	Lartey, Nadia	10 Trinity Epis	19.26
13	Bond, Lauren	10 The Potomac	19.35
14	Barton, Sofia	10 Saint John P	19.57
15	Daub, Chloe	11 Collegiate	19.71
16	Antunez Martinez, Jimena	11 Episcopal	19.78
17	Cazedessus, Elizabeth	10 Catholic Hig	20.41
18	Slauson-Blevins, Raegan	12 Norfolk Acad	20.47
19	Poersch, Claire	10 St. Stephen'	20.74

Event 24 Girls 300 Meter Hurdles Division I (20)

Meet Record: 44.03 5/18/2019 Willa Shannon			
	Name	Yr School	Seed Time
1	Flynn, Zemma	10 St. Stephen'	47.64
2	Hughes, Madison	12 St. Stephen'	49.39
3	O'Keefe, Emma	9 The Potomac	49.53
4	Figaro, Taliyah	11 St. Stephen'	50.28
5	Tappin, Selah	10 Episcopal	50.70
6	Torrence, Carter	11 Saint Cather	51.49
7	Guinea, Nyla	8 Saint Cather	51.59
8	Dolan, Maddy	11 The Potomac	51.86
9	Tian, April	9 The Potomac	52.25
10	Purcell, Addison	12 Collegiate	52.30
11	Appiah, Vicky	11 Episcopal	53.43
12	Lartey, Nicole	11 Trinity Epis	53.49
13	Barton, Sofia	10 Saint John P	53.88
14	Knight, Haddie	9 Trinity Epis	53.99
15	Lartey, Nadia	10 Trinity Epis	55.01
16	Clark, Beatrix	10 Norfolk Acad	55.36
17	Cotman, Morgan	11 Collegiate	55.48
18	Offerdahl, Sohane	10 Saint John P	55.75
19	Almelor, Reese	12 Saint John P	56.09
20	Daub, Chloe	11 Collegiate	56.71

Event 18 Girls 4x100 Meter Relay Division I (12)

Meet Record: 48.98 5/17/2025 Saint Catherine's			
M. Johnson, M. Johnson, L. Armstrong, P. Shannon			
	Team	Relay	Seed Time
1	Trinity Epis	A	49.12
2	Saint Cather	A	49.42
3	St. Stephen'	A	50.35
4	The Potomac	A	51.15
5	Catholic Hig	A	51.83
6	Saint John P	A	52.04
7	Norfolk Acad	A	52.21
8	Collegiate	A	52.88
9	Episcopal	A	53.28
10	Flint Hill S	A	54.61
11	Oakcrest Sch	A	56.71
12	St. Gertrude	A	57.38

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Performance List**Event 19 Girls 4x400 Meter Relay Division I (10)****Meet Record:** 3:57.97 5/18/2019 Saint Catherine's**H. Turton, H. Ballowe, W. Shannon, A. Gurkin**

Team	Relay	Seed Time
1 The Potomac	A	3:51.73
2 Saint Cather	A	4:02.56
3 St. Stephen'	A	4:06.29
4 Trinity Epis	A	4:08.16
5 Collegiate	A	4:13.32
6 Norfolk Acad	A	4:17.03
7 Episcopal	A	4:18.60
8 Saint John P	A	4:19.13
9 Oakcrest Sch	A	4:33.94
10 Catholic Hig	A	4:41.87

Event 20 Girls 4x800 Meter Relay Division I (11)**Meet Record:** 9:42.36 5/19/2018 Episcopal High School**C. Boehm, A. Boehm, R. Simmons, P. Hathaway**

Team	Relay	Seed Time
1 Collegiate	A	9:51.12
2 Saint Cather	A	9:57.13
3 The Potomac	A	10:00.59
4 St. Stephen'	A	10:05.69
5 Episcopal	A	10:17.52
6 Norfolk Acad	A	10:17.67
7 Saint John P	A	10:36.69
8 Oakcrest Sch	A	10:54.69
9 Catholic Hig	A	10:56.19
10 Trinity Epis	A	11:06.43
11 Madeira Scho	A	11:42.11

Event 30 Girls High Jump Division I (16)**Meet Record:** 5-05 1981 Pease**Meet Record:** 5-05 5/17/2014 Nadia Khoury

Name	Yr	School	Seed Mark
1 Kulow, Taylor	11	Norfolk Acad	5-02.00
2 Spaulding, Savannah	11	Saint Cather	5-00.00
3 Hager, Eleanor	9	Trinity Epis	5-00.00
4 McBeth, Madison	9	St. Stephen'	4-10.00
5 Purcell, Addison	12	Collegiate	4-10.00
6 Chapman, Shelby	9	Episcopal	4-10.00
7 Shepard, Bella	10	Catholic Hig	4-08.00
8 Stubbs, Emma	10	Oakcrest Sch	4-08.00
9 Horton, Michele	12	The Potomac	4-08.00
10 Martin, Sallie	12	Collegiate	4-08.00
11 Spain, Destini	10	Collegiate	4-08.00
12 Waidelich, Mary	10	Trinity Epis	4-06.00
13 Versen, Lucy	12	Trinity Epis	4-06.00
14 Pierce, Ashley	11	Saint John P	4-06.00
15 Sindler, Tatum	10	St. Stephen'	4-06.00
16 Obeng, Stella	10	Flint Hill S	4-04.00

Event 32 Girls Pole Vault Division I (6)**Meet Record:** 11-10 5/21/2022 Lauren Lucy

Name	Yr	School	Seed Mark
1 Knight, Haddie	9	Trinity Epis	11-00.00

2 Smullen, Madelyn	12	Saint Cather	10-06.00
3 Kuehnle, Teagan	11	Saint Cather	9-03.00
4 Clemons, Piper	10	Saint Cather	7-00.00
5 Taylor, Aliyah	9	Collegiate	6-00.00
6 Reynolds, Eliza	8	Collegiate	6-00.00

Event 31 Girls Long Jump Division I (14)**Meet Record:** 19-01 5/17/2025 Armani Chance

Name	Yr	School	Seed Mark
1 Kulow, Taylor	11	Norfolk Acad	17-05.25
2 Smith, Imani	11	Catholic Hig	17-02.25
3 Horton, Michele	12	The Potomac	17-02.00
4 McKay, Abigail	11	Saint Cather	16-10.00
5 Orlando, Lily	9	Saint John P	16-04.00
6 Spain, Destini	10	Collegiate	16-01.25
7 Torrence, Carter	11	Saint Cather	16-00.00
8 Ronnau, Emma	9	Saint Cather	16-00.00
9 Bullock, Tranise	10	Flint Hill S	15-06.50
10 Sims, Sarah	10	Saint John P	15-06.00
11 Ware, Lila	12	Norfolk Acad	15-03.00
12 Scott, Adaline	12	Norfolk Acad	15-02.75
13 Hager, Eleanor	9	Trinity Epis	15-02.25
14 Tenorio, Kahlen	11	Saint John P	15-01.00

Event 34 Girls Triple Jump Division I (14)**Meet Record:** 39-09.25 5/17/2008 Nefertiti Smith

Name	Yr	School	Seed Mark
1 McKay, Abigail	11	Saint Cather	36-01.00
2 Kulow, Taylor	11	Norfolk Acad	35-09.75
3 Horton, Michele	12	The Potomac	35-05.00
4 Spain, Destini	10	Collegiate	34-02.50
5 Torrence, Carter	11	Saint Cather	32-08.50
6 Adams, Mia	12	Madeira Scho	31-11.00
7 Ronnau, Julia	9	Saint Cather	31-09.00
8 Sindler, Tatum	10	St. Stephen'	31-02.00
9 Vitug, Gabby	10	Catholic Hig	30-11.50
10 Cotman, Morgan	11	Collegiate	30-10.75
11 O'Connor, Macy	9	Catholic Hig	30-10.00
12 Tenorio, Kahlen	11	Saint John P	30-07.25
13 Ware, Lila	12	Norfolk Acad	30-01.75
14 Lartey, Nicole	11	Trinity Epis	29-08.00

Event 33 Girls Shot Put Division I (15)**Meet Record:** 40-05 5/17/2008 Jessica Watkins

Name	Yr	School	Seed Mark
1 McNichols, Mary	11	Oakcrest Sch	34-09.50
2 Kovac, Angelina	11	Saint John P	34-08.00
3 Avery, Milla	12	Norfolk Acad	34-03.00
4 Wills, Lydia	11	Saint Cather	33-10.50
5 Johnstone, Ashley Grace	12	Collegiate	33-08.00
6 Singleton, Riley	9	The Potomac	32-11.00
7 Williams, Kamryn	10	Collegiate	32-11.00
8 Goin, Naheema	12	St. Stephen'	31-06.00
9 Torres, Maria Bella	10	Saint Cather	30-06.00
10 White-Barfield, Aleigha	12	Collegiate	30-04.00
11 Nackman, Josphine	11	Madeira Scho	30-02.50

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Performance List**Event 33 ... (Girls Shot Put Division I (15))**

Name	Yr	School	Seed Mark
12 Green, Virginia	11	Saint Cather	30-00.00
13 Nuila, Samantha	10	Oakcrest Sch	30-00.00
14 Hentschel, Grace	10	Catholic Hig	28-04.00
15 Boykin, Sarah Grace	12	Trinity Epis	27-10.00

Event 29 Girls Discus Throw Division I (15)

Meet Record: 134-07 5/20/2023 Gabi Deglau			
Name	Yr	School	Seed Mark
1 Kovac, Angelina	11	Saint John P	131-05
2 McNichols, Mary	11	Oakcrest Sch	113-09.50
3 Wills, Lydia	11	Saint Cather	109-11
4 Johnstone, Ashley Grace	12	Collegiate	109-11
5 Williams, Kamryn	10	Collegiate	100-05
6 Singleton, Riley	9	The Potomac	98-02
7 Trotman, Myour	11	Collegiate	97-06
8 Nackman, Josphine	11	Madeira Scho	93-04
9 Nuila, Samantha	10	Oakcrest Sch	91-05
10 Obeng, Stella	10	Flint Hill S	90-09.75
11 Hentschel, Grace	10	Catholic Hig	87-01
12 Mule, Riley	9	Saint Cather	87-00
13 Lamson, Karen	12	St. Stephen'	83-02.25
14 Boykin, Sarah Grace	12	Trinity Epis	78-10
15 Planter, Maya	11	Saint Cather	77-10

Event 55 Girls 100 Meter Dash Division II (15) Prelims

Meet Record: 12.13 5/16/2025 Aziyah Heru			
Name	Yr	School	Seed Time
1 Johnson, Faith	10	North Cross	12.89
2 Holland, Courtney	11	Virginia Epi	12.92
3 Miller, Gabby	12	North Cross	13.10
4 Ofole, Chiamaka	12	Stonebridge	13.11
5 Thombs, Gabrielle	8	Guardian Chr	13.14
6 Nguyen, Kaitlynn	11	Peninsula Ca	13.15
7 Ofole, Zara	10	Stonebridge	13.24
8 Bess, Maddisen	12	Immanuel Chr	13.30
9 Oyoyo, Zibah	9	Trinity Chri	13.45
10 Edwards, Jamariah	11	Roanoke Cath	13.51
11 Edwards, Miracle	11	Fredericksbu	13.53
12 Stevenson, Alana	11	Greenbrier C	13.66
13 Meney, Carli	11	St. Anne's-B	13.71
14 McKee, Harper	10	Eastern Menn	13.73
15 Holmes, Alicia	11	North Cross	13.76

Event 57 Girls 200 Meter Dash Division II (21)

Meet Record: 24.73 5/15/2010 Emmy Fraenk			
Name	Yr	School	Seed Time
1 Johnson, Faith	10	North Cross	26.42
2 Branan, Rachel	11	Peninsula Ca	26.59
3 Ofole, Chiamaka	12	Stonebridge	26.79
4 Thombs, Gabrielle	8	Guardian Chr	26.96
5 Miller, Gabby	12	North Cross	27.18
6 Ofole, Zara	10	Stonebridge	27.51
7 Nguyen, Kaitlynn	11	Peninsula Ca	27.61
8 Rak, Acelin	10	Fredericksbu	27.83

9 Bess, Maddisen	12	Immanuel Chr	27.84
10 Oyoyo, Zibah	9	Trinity Chri	27.85
11 Meney, Carli	11	St. Anne's-B	27.90
12 McKee, Harper	10	Eastern Menn	28.01
13 Houlihan, Cailin	10	Peninsula Ca	28.26
14 Holmes, Alicia	11	North Cross	28.33
15 Hammond, Miranda	10	Nansemond-Su	28.36
16 Murphy, Kinley	8	The Carmel S	28.36
17 Keup, Aoife	9	Tandem Frien	28.67
18 Miller, Michaiiah	9	Stonebridge	28.71
19 Edwards, Jamariah	11	Roanoke Cath	28.74
20 Hecker, Alaina	10	Cape Henry C	28.82
21 Borcharding, Meredith	12	Trinity Chri	28.84

Event 59 Girls 400 Meter Dash Division II (22)

Meet Record: 56.45 5/18/2019 Catherine Hyman			
Name	Yr	School	Seed Time
1 Branan, Rachel	11	Peninsula Ca	58.69
2 Thombs, Gabrielle	8	Guardian Chr	59.85
3 Borcharding, Meredith	12	Trinity Chri	1:01.64
4 Winslow, Marjorie (Mo)	11	Immanuel Chr	1:02.38
5 Hsieh, Maggi	11	Trinity Chri	1:03.15
6 Warren, Eliza	12	Eastern Menn	1:03.23
7 Stevens, Camryn	10	North Cross	1:03.80
8 Lemcke, Kella	10	The Covenant	1:04.12
9 Sutingco, Amelie	9	Walsingham A	1:04.42
10 Taliaferro, Isabel	10	Immanuel Chr	1:05.07
11 Deloye, Annaliese	11	Trinity Acad	1:05.67
12 Rivera, Carmen	9	Cape Henry C	1:05.76
13 Lanphear, Lauren	12	Veritas Scho	1:05.79
14 Chee, Marcella	10	Nansemond-Su	1:05.95
15 Schroer, Molly	12	Seton School	1:06.04
16 Olmsted, Idella	9	New Covenant	1:06.09
17 Tragert, Ella	8	Cape Henry C	1:06.12
18 Kennedy, Londyn	9	Fredericksbu	1:06.30
19 Mathews, Emily	8	Fredericksbu	1:06.35
20 Baumbusch, Audrey	9	St. Anne's-B	1:06.53
21 Chapman, Ann Reid	11	Virginia Epi	1:06.66
22 Garvey, Anastasia	12	Seton School	1:06.69

Event 60 Girls 800 Meter Run Division II (21)

Meet Record: 2:11.62 5/17/2024 Reese Dalton			
Name	Yr	School	Seed Time
1 Prince, Rachel	12	Greenbrier C	2:21.68
2 Freeman, Remington	10	Walsingham A	2:23.49
3 Frost, Eve	12	Stonebridge	2:23.55
4 Galie, Grace	9	The Covenant	2:25.04
5 Anderson, Michaela	8	Immanuel Chr	2:26.37
6 Severino, Lucia	9	Trinity Acad	2:27.22
7 Jones, Alex	11	Nansemond-Su	2:29.72
8 Fortier, Grace	12	Immanuel Chr	2:29.81
9 Myles, Ainsley	11	North Cross	2:29.95
10 Estes, Reese	8	The Covenant	2:30.80
11 Goodwin, Olivia	10	St. Anne's-B	2:31.01
12 Bradley, June	8	North Cross	2:31.19
13 Johnson, Brynn	9	Cape Henry C	2:32.16

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Performance List**Event 60 ... (Girls 800 Meter Run Division II (21))**

Name	Yr	School	Seed Time
14 Hessen, Aubrey	10	Trinity Chri	2:34.27
15 Chronister, Anna	10	Trinity Chri	2:34.63
16 Phillips, Lillian	9	North Cross	2:34.67
17 Lanphear, Jenna	12	Veritas Scho	2:34.81
18 Schroer, Molly	12	Seton School	2:36.84
19 Castelow, Vivian	9	Greenbrier C	2:38.15
20 Bailey, Anna	10	Trinity Chri	2:38.26
21 Barnhart, Alana	10	Hampton Road	2:39.17

Event 61 Girls 1600 Meter Run Division II (18)

Meet Record: 4:47.32 5/17/2024 Reese Dalton			
Name	Yr	School	Seed Time
1 Freeman, Remington	10	Walsingham A	5:13.76
2 Prince, Rachel	12	Greenbrier C	5:16.58
3 Galie, Grace	9	The Covenant	5:17.88
4 Myles, Ainsley	11	North Cross	5:21.41
5 Frost, Eve	12	Stonebridge	5:22.72
6 Nunziata, Josie	11	Stonebridge	5:23.18
7 Perkins, Kaitlyn	10	North Cross	5:27.26
8 Jones, Alex	11	Nansemond-Su	5:27.93
9 Van Raaphorst, Taylor	11	Trinity Chri	5:29.62
10 Bradley, June	8	North Cross	5:32.55
11 Estes, Reese	8	The Covenant	5:38.93
12 Murphy, Kinley	8	The Carmel S	5:39.01
13 Currey, Agnes	12	Immanuel Chr	5:40.00
14 Severino, Lucia	9	Trinity Acad	5:42.19
15 VonCanon, Violet	12	Veritas Scho	5:46.82
16 Thompson, Hannah	11	Veritas Scho	5:53.32
17 Noel, Caitlyn	10	Trinity Chri	5:54.24
18 Castelow, Vivian	9	Greenbrier C	5:56.60

Event 62 Girls 3200 Meter Run Division II (21)

Meet Record: 10:33.50 5/17/2024 Maddie Gardiner			
Name	Yr	School	Seed Time
1 Van Raaphorst, Taylor	11	Trinity Chri	11:25.91
2 Frost, Eve	12	Stonebridge	11:26.70
3 Nunziata, Josie	11	Stonebridge	11:27.14
4 Wood, Savannah	12	The Covenant	11:32.38
5 Myles, Ainsley	11	North Cross	12:01.41
6 Perkins, Kaitlyn	10	North Cross	12:06.74
7 Hensley, Ari	12	Trinity Chri	12:09.13
8 Currey, Agnes	12	Immanuel Chr	12:15.49
9 Carter, Eleanor	12	St. Anne's-B	12:20.37
10 Morgan, Sadie	12	Veritas Scho	12:31.40
11 Cusick, Katelyn	10	St. Anne's-B	12:36.27
12 Bradley, Orla	11	The Covenant	12:44.70
13 Karsanac, Ava	9	Cape Henry C	12:55.30
14 Moore, Emmajane	10	The Covenant	12:57.03
15 Lynch, Rachel	9	Stonebridge	13:06.79
16 Lowe, Lucy	11	Tandem Frien	13:09.30
17 Pei, Helia	11	Walsingham A	13:15.05
18 Turner, Evelyn	12	Trinity Chri	13:18.27
19 Guillory, Grace	11	Trinity Acad	13:22.40
20 Womack, Ellie	11	St. Anne's-B	13:24.67

21 Taylor, Grace 11 Immanuel Chr 13:35.35

Event 56 Girls 100 Meter Hurdles Division II (33) Prelims

Meet Record: 14.73 5/15/2010 Shantell Bingham			
Name	Yr	School	Seed Time
1 Kenny, Alicia	12	New Covenant	16.18
2 Smith, Karly	12	Roanoke Cath	16.58
3 Schultz, Brooklyn	9	Walsingham A	17.15
4 Akintide, Aderinsola	11	Trinity Chri	17.97
5 Dahlberg, Catherine	10	Fredericksbu	18.14
6 Shore, Abigail	12	Immanuel Chr	18.22
7 Cherkaoui, Meriam	10	Walsingham A	18.27
8 Van Raaphorst, Lexi	11	Trinity Chri	18.40
9 Winslow, Abigail (Abby)	9	Immanuel Chr	18.47
10 Joseph, Tatiana	10	Massanutten	18.55
11 Herron, Gracie	8	Fredericksbu	18.77
12 Enfield, Holland	9	Stonebridge	19.40
13 Ten Thoren, Finja	11	Atlantic Sho	19.40
14 Wells, Madeleine	8	Hampton Road	19.42
15 Way, Isabelle	10	Atlantic Sho	19.46
16 Gilbert, McKenzie	12	Nansemond-Su	19.61
17 Davis, Reegan	11	Virginia Epi	19.65
18 Robinson, Emmalee	12	Greenbrier C	19.71
19 Fairfield, Ruth	11	Eastern Menn	19.74
20 Evans, Chloe	10	Immanuel Chr	19.97
21 Pittman, Kendall	8	Nansemond-Su	20.04
22 Walrond, Olivia	12	Stonebridge	20.12
23 DiGiovanni, Josephina	10	Nansemond-Su	20.26
24 Moore, Zariyah	10	Atlantic Sho	20.31
25 Carter, Ashley-Elizabeth	11	Hampton Road	20.59
26 Satterwhite, Nilah	8	Banner Chris	20.62
27 Bruscia, Ellie	9	St. Anne's-B	20.76
28 Palmer, Carter	12	Stonebridge	20.76
29 Lemcke, Caris	8	The Covenant	21.05
30 Olmsted, Idella	9	New Covenant	21.08
31 Gerlach, Willa	8	Eastern Menn	21.22
32 Canoles, Ellie	8	St. Anne's-B	21.24
33 Garrison, Abigail	8	Trinity Chri	21.77

Event 58 Girls 300 Meter Hurdles Division II (22)

Meet Record: 44.03 5/18/2019 Willa Shannon			
Name	Yr	School	Seed Time
1 Van Raaphorst, Lexi	11	Trinity Chri	48.76
2 Shore, Abigail	12	Immanuel Chr	50.27
3 Schultz, Brooklyn	9	Walsingham A	50.33
4 Smith, Karly	12	Roanoke Cath	50.36
5 Kenny, Alicia	12	New Covenant	50.36
6 Akintide, Aderinsola	11	Trinity Chri	50.48
7 Way, Isabelle	10	Atlantic Sho	51.74
8 Winslow, Abigail (Abby)	9	Immanuel Chr	51.86
9 Pittman, Kendall	8	Nansemond-Su	52.11
10 Ten Thoren, Finja	11	Atlantic Sho	52.84
11 Cherkaoui, Meriam	10	Walsingham A	53.02
12 Gilbert, McKenzie	12	Nansemond-Su	54.01
13 Dahlberg, Catherine	10	Fredericksbu	54.08
14 Griffin, Caroline	11	Atlantic Sho	56.10

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Performance List**Event 58 ... (Girls 300 Meter Hurdles Division II (22))**

Name	Yr	School	Seed Time
15 Evans, Chloe	10	Immanuel Chr	56.24
16 Ledger, Emily	11	St. Anne's-B	56.36
17 Enfield, Holland	9	Stonebridge	56.48
18 Gerlach, Willa	8	Eastern Menn	56.76
19 Adams, Abbi	10	Hampton Road	57.19
20 Lemcke, Caris	8	The Covenant	57.28
21 Herron, Gracie	8	Fredericksbu	57.78
22 Fairfield, Ruth	11	Eastern Menn	57.95

Event 52 Girls 4x100 Meter Relay Division II (15)

Team	Relay	Seed Time
1 Peninsula Ca	A	51.32
2 North Cross	A	51.47
3 Stonebridge	A	52.57
4 St. Anne's-B	A	53.08
5 Immanuel Chr	A	53.63
6 Trinity Chri	A	54.02
7 Atlantic Sho	A	54.12
8 Nansemond-Su	A	54.50
9 Roanoke Cath	A	54.50
10 Fredericksbu	A	54.83
11 New Covenant	A	55.23
12 Walsingham A	A	55.34
13 Hampton Road	A	56.33
14 Greenbrier C	A	56.34
15 Cristo Rey,	A	59.12

Event 53 Girls 4x400 Meter Relay Division II (16)

Team	Relay	Seed Time
1 Trinity Chri	A	4:18.68
2 Immanuel Chr	A	4:18.74
3 Peninsula Ca	A	4:19.59
4 Nansemond-Su	A	4:27.56
5 Cape Henry C	A	4:29.00
6 Fredericksbu	A	4:31.70
7 The Covenant	A	4:32.30
8 Seton School	A	4:38.54
9 Greenbrier C	A	4:41.67
10 Roanoke Cath	A	4:41.68
11 Eastern Menn	A	4:42.28
12 North Cross	A	4:43.76
13 St. Anne's-B	A	4:44.19
14 Stonebridge	A	4:44.71
15 Trinity Acad	A	4:45.23
16 Hampton Road	A	4:49.59

Event 54 Girls 4x800 Meter Relay Division II (16)

Team	Relay	Seed Time
1 Immanuel Chr	A	10:26.25

2 Trinity Chri	A	10:38.48
3 Stonebridge	A	10:41.43
4 St. Anne's-B	A	10:48.12
5 North Cross	A	10:56.42
6 Veritas Scho	A	10:57.30
7 Walsingham A	A	11:09.90
8 Greenbrier C	A	11:19.58
9 Cape Henry C	A	11:20.23
10 Fredericksbu	A	11:40.26
11 Roanoke Cath	A	11:42.96
12 Eastern Menn	A	11:44.80
13 Hampton Road	A	11:55.43
14 Tandem Frien	A	11:59.13
15 Seton School	A	12:04.64
16 The Covenant	A	12:10.06

Event 64 Girls High Jump Division II (19)

Meet Record:	5-05 1981	Pease	
Meet Record:	5-05 5/17/2014	Nadia Khoury	
Name	Yr	School	Seed Mark
1 Fisher, Ella	9	Trinity Chri	5-01.00
2 Schultz, Brooklyn	9	Walsingham A	4-10.00
3 Hobson, Iva	11	Peninsula Ca	4-10.00
4 Smith, Karly	12	Roanoke Cath	4-10.00
5 Aaron, Brinkley	10	Roanoke Cath	4-08.50
6 Baumbusch, Audrey	9	St. Anne's-B	4-08.00
7 Mishler, Mackenzie	8	Walsingham A	4-08.00
8 Akintide, Aderinsola	11	Trinity Chri	4-06.00
9 Sutingco, Amelie	9	Walsingham A	4-06.00
10 Holmes, Alicia	11	North Cross	4-06.00
11 Canoles, Ellie	8	St. Anne's-B	4-06.00
12 Cannon, Taniya	10	Stonebridge	4-06.00
13 Cho, Annabelle	10	Trinity Chri	4-06.00
14 Rogers, Emily	12	Eastern Menn	4-04.00
15 Winslow, Abigail (Abby)	9	Immanuel Chr	4-04.00
16 Bradley, Lauren	11	Roanoke Cath	4-04.00
17 Deloye, Annaliese	11	Trinity Acad	4-04.00
18 Benn, Rayven	10	Atlantic Sho	4-04.00
19 Gilbert, McKenzie	12	Nansemond-Su	4-04.00

Event 66 Girls Pole Vault Division II (8)

Meet Record:	11-10 5/21/2022	Lauren Lucy	
Name	Yr	School	Seed Mark
1 Griffin, Caroline	11	Atlantic Sho	7-06.00
2 Hecker, Alaina	10	Cape Henry C	7-06.00
3 Davis, Sierra	10	Atlantic Sho	7-06.00
4 McClung, Nellie	10	St. Anne's-B	6-06.00
5 Bruscia, Ellie	9	St. Anne's-B	6-06.00
6 Rader, Sofia	12	Broadwater A	6-00.00
7 Smith, Karly	12	Roanoke Cath	6-00.00
8 Moore, Zariyah	10	Atlantic Sho	6-00.00

Event 65 Girls Long Jump Division II (20)

Meet Record:	19-01 5/17/2025	Armani Chance	
Name	Yr	School	Seed Mark
1 Holland, Courtnee	11	Virginia Epi	18-05.00

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Performance List**Event 65 ... (Girls Long Jump Division II (20))**

Name	Yr	School	Seed	Mark
2	Ofole, Chiamaka	12 Stonebridge	17-01.25	
3	Johnson, Faith	10 North Cross	16-08.50	
4	Holmes, Alicia	11 North Cross	16-07.50	
5	Hammond, Miranda	10 Nansemond-Su	16-07.00	
6	Smith, Karly	12 Roanoke Cath	16-05.00	
7	Cunningham, Gabrielle	9 Christ Chape	16-03.25	
8	Edwards, Miracle	11 Fredericksbu	16-02.50	
9	Tinsley, Serenity	9 St. Anne's-B	16-01.75	
10	Rivera, Carmen	9 Cape Henry C	15-07.00	
11	Stevens, Camryn	10 North Cross	15-05.50	
12	Akintide, Aderinsola	11 Trinity Chri	15-02.50	
13	Fisher, Ella	9 Trinity Chri	15-02.00	
14	Mathews, Emily	8 Fredericksbu	15-01.00	
15	Cho, Annabelle	10 Trinity Chri	15-01.00	
16	Edwards, Jamariah	11 Roanoke Cath	14-11.00	
17	DiGiovanni, Josephina	10 Nansemond-Su	14-09.25	
18	Winslow, Abigail (Abby)	9 Immanuel Chr	14-08.25	
19	Cherkaoui, Meriam	10 Walsingham A	14-08.25	
20	McKee, Harper	10 Eastern Menn	14-07.50	

Event 68 Girls Triple Jump Division II (17)

Meet Record: 39-09.25 5/17/2008 Nefertiti Smith				
Name	Yr	School	Seed	Mark
1	Edwards, Miracle	11 Fredericksbu	35-06.50	
2	Holland, Courtnee	11 Virginia Epi	35-06.50	
3	Hammond, Miranda	10 Nansemond-Su	34-10.00	
4	Smith, Karly	12 Roanoke Cath	34-02.00	
5	Tinsley, Serenity	9 St. Anne's-B	33-09.75	
6	McKee, Harper	10 Eastern Menn	32-07.00	
7	Pittman, Kendall	8 Nansemond-Su	32-06.50	
8	Cannon, Taniya	10 Stonebridge	32-02.00	
9	Cho, Annabelle	10 Trinity Chri	31-09.00	
10	Akintide, Aderinsola	11 Trinity Chri	31-06.75	
11	Rivera, Carmen	9 Cape Henry C	31-04.50	
12	Fisher, Ella	9 Trinity Chri	31-01.00	
13	Winslow, Abigail (Abby)	9 Immanuel Chr	30-03.25	
14	Ledger, Emily	11 St. Anne's-B	29-07.75	
15	Tolbert, Andrea	10 Hampton Road	28-10.50	
16	Johnson, Brynn	9 Cape Henry C	28-08.50	
17	Christensen, Kamryn	9 Atlantic Sho	28-05.00	

Event 67 Girls Shot Put Division II (16)

Meet Record: 40-05 5/17/2008 Jessica Watkins				
Name	Yr	School	Seed	Mark
1	Holmes, Alicia	11 North Cross	42-00.00	
2	Chen, Brooklyn	12 North Cross	39-05.25	
3	Llavore, Justinne	12 Roanoke Cath	37-05.00	
4	Michel, Kyiah	10 Atlantic Sho	33-08.00	
5	Blocker, Adirah	11 Hampton Chri	33-05.00	
6	Rhodes, Jerrah	9 North Cross	32-05.25	
7	Smith, Kelse	10 Atlantic Sho	32-04.50	
8	Hammond, Miranda	10 Nansemond-Su	31-10.00	
9	Maurer, Emily	12 St. Anne's-B	31-07.00	
10	Lemcke, Kella	10 The Covenant	31-05.00	

11	Rose, Gabrielle	11 New Covenant	31-02.50
12	Eggleston, Morgan	9 New Covenant	30-11.00
13	Fadaïro, Tife	12 Atlantic Sho	30-08.00
14	Bridges, Destinee	11 Fredericksbu	29-08.00
15	Pham, Chloe	11 Roanoke Cath	28-05.00
16	Oluwamakinde, OreOluwa	9 Grove Christ	27-10.00

Event 63 Girls Discus Throw Division II (19)

Meet Record: 134-07 5/20/2023 Gabi Deglau				
Name	Yr	School	Seed	Mark
1	Maurer, Emily	12 St. Anne's-B	130-09	
2	Llavore, Justinne	12 Roanoke Cath	111-01	
3	Holmes, Alicia	11 North Cross	108-02	
4	Chen, Brooklyn	12 North Cross	104-02	
5	Michel, Kyiah	10 Atlantic Sho	103-00	
6	Blocker, Adirah	11 Hampton Chri	102-01	
7	Wright, London	10 Steward Scho	97-09	
8	Garcia, Olivia	11 Atlantic Sho	94-09	
9	Van der Merwe, Rory	10 Kenston Fore	94-04	
10	Rhodes, Jerrah	9 North Cross	93-11	
11	Eggleston, Morgan	9 New Covenant	92-05	
12	Smith, Kelse	10 Atlantic Sho	88-11	
13	Pham, Chloe	11 Roanoke Cath	88-10	
14	Rose, Gabrielle	11 New Covenant	87-02.50	
15	Dummermuth, Naomi	8 Immanuel Chr	86-07	
16	Lemcke, Kella	10 The Covenant	84-10	
17	Walrond, Olivia	12 Stonebridge	81-05	
18	Zimmerman, Rachel	12 Richmond Chr	75-02	
19	Chen, Alison	10 Fredericksbu	74-08	

Event 4 Boys 100 Meter Dash Division I (21) Prelims

Meet Record: 10.53 5/21/2016 Michael Davenport				
Name	Yr	School	Seed	Time
1	Morrison, John	12 Woodberry Fo	10.57	
2	White, Maddox	12 St. Christop	10.81	
3	Jefferson, Preston	9 Norfolk Acad	10.90	
4	Brent, Jonah	11 St. Anne's-B	11.00	
5	Furgurson, Brycen	11 Trinity Epis	11.01	
6	Berkey, Jonah	12 Saint John P	11.01	
7	Gregory, Micah	9 The Potomac	11.02	
8	Asare, Elisha	12 St. Christop	11.03	
9	Allen, Zion	11 Episcopal	11.03	
10	Bullock, Marquez	9 Trinity Epis	11.17	
11	Wiltshire, Adam	11 St. Anne's-B	11.18	
12	Shorter, Julius	11 Woodberry Fo	11.26	
13	Rodgers, Jeremiah	8 Norfolk Acad	11.29	
14	Street, Ben	12 Benedictine	11.29	
15	McDaniel, Noah	11 Collegiate	11.31	
16	Evans, Manny	11 Benedictine	11.32	
17	Walker, Josiah	11 Trinity Epis	11.44	
18	Allen, Nehemiah	11 Fork Union	11.48	
19	Parkes-Johnson, David	12 Flint Hill S	11.48	
20	Herring, Ryan	9 St. Stephen'	11.48	
21	Rutter, Jack	12 St. Stephen'	11.50	

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Performance List**Event 6 Boys 200 Meter Dash Division I (14)**

Meet Record:		21.32	5/18/2019	Curtis Borden	
Name	Yr	School	Seed	Time	
1	Morrison, John	12	Woodberry Fo	21.65	
2	Jefferson, Preston	9	Norfolk Acad	22.08	
3	Furgurson, Brycen	11	Trinity Epis	22.26	
4	Calkins, Stephen	12	The Potomac	22.34	
5	Gregory, Micah	9	The Potomac	22.34	
6	Berkey, Jonah	12	Saint John P	22.51	
7	Allen, Zion	11	Episcopal	22.69	
8	Brent, Jonah	11	St. Anne's-B	22.70	
9	Asare, Elisha	12	St. Christop	22.75	
10	Evans, Manny	11	Benedictine	22.78	
11	Wiltshire, Adam	11	St. Anne's-B	22.88	
12	Rodgers, Jeremiah	8	Norfolk Acad	23.10	
13	Herring, Ryan	9	St. Stephen'	23.18	
14	Julias, George	12	St. Christop	23.20	

Event 8 Boys 400 Meter Dash Division I (25)

Meet Record:		48.34	1966	Calhoun	
Name	Yr	School	Seed	Time	
1	Tragert, Owen	10	Cape Henry C	48.78	
2	Wingfield, Izaiah	10	Saint John P	49.36	
3	Mayer, Coleman	11	St. Christop	49.68	
4	Calkins, Stephen	12	The Potomac	50.17	
5	Obasi, Tobechei	12	Saint John P	50.37	
6	Owino, George	11	Fork Union	50.61	
7	Garcia, Myles	11	Episcopal	50.64	
8	Fournier, John	12	Benedictine	51.61	
9	Jordan, Brogan	12	Saint John P	52.00	
10	Perez, Ayden	10	Catholic Hig	52.02	
11	Lowe, Max	10	Catholic Hig	52.20	
12	Yoder, Anthony	10	Randolph-Mac	52.28	
13	Melton, Zaidien	12	Woodberry Fo	52.34	
14	Spencer, Miles	12	St. Stephen'	52.49	
15	Hagerman, Gabriel	12	Catholic Hig	53.27	
16	LeNoir, Ben	10	Trinity Epis	53.52	
17	Hammett, Elijah	10	Fork Union	53.93	
18	Chen, Jd	12	Collegiate	54.04	
19	Cheshire, Daniel	10	Cape Henry C	54.10	
20	Palmisano, Luca	10	Benedictine	54.22	
21	Whitlock, Daniel	9	Collegiate	54.61	
22	Yang, Xihao	10	Flint Hill S	54.97	
23	Major, Ty	11	Cape Henry C	55.27	
24	Zito, Isaac	12	Norfolk Acad	55.28	
25	Duffy Jr., Sean	11	Norfolk Acad	55.41	

Event 9 Boys 800 Meter Run Division I (21)

Meet Record:		1:52.87	5/18/2019	Liam Bellamy	
Name	Yr	School	Seed	Time	
1	McKnew, Michael	12	Cape Henry C	1:52.60	
2	Baquero, Braiden	9	Cape Henry C	1:56.94	
3	Jones, Grayson	10	St. Christop	1:57.35	
4	Thompson, Jacob	12	Saint John P	1:58.38	
5	Bouril, Andrew	10	Saint John P	1:58.88	

6	Li, Aaron	10	Woodberry Fo	1:59.03	
7	Carter, Luke	12	The Potomac	1:59.89	
8	Young, Joseph	11	Saint John P	2:00.30	
9	Krebs, Henry	10	St. Stephen'	2:01.13	
10	Smith, Noah	11	St. Christop	2:01.24	
11	Butler, Req	10	Woodberry Fo	2:01.58	
12	Looney, Boyd	12	Woodberry Fo	2:05.20	
13	Guzik, Finn	11	Norfolk Acad	2:05.33	
14	Wise, Taylor	9	Catholic Hig	2:05.70	
15	Spicer, Kyle	10	Collegiate	2:06.10	
16	Knowlton, Austin	10	Fork Union	2:06.78	
17	Collins, Jake	9	Flint Hill S	2:07.04	
18	Johnson, Tyran	12	Fork Union	2:07.17	
19	Russell, Henry	12	St. Christop	2:07.34	
20	Galahan, Thomas	12	Collegiate	2:07.92	
21	Schone, Bensten	11	Flint Hill S	2:08.37	

Event 10 Boys 1600 Meter Run Division I (15)

Meet Record:		4:10.24	1976	Ledder (Mile)	
Name	Yr	School	Seed	Time	
1	Eliason, Quinn	12	St. Anne's-B	4:08.84	
2	Krebs, Henry	10	St. Stephen'	4:24.10	
3	Carter, Luke	12	The Potomac	4:26.66	
4	Nguyen, Long	11	St. Christop	4:26.73	
5	Bousman, Matt	9	Norfolk Acad	4:30.14	
6	Waidelich, Matthew	12	Trinity Epis	4:30.81	
7	Hurley, David	11	Saint John P	4:33.93	
8	Looney, Boyd	12	Woodberry Fo	4:37.75	
9	Eaton, David	11	Fork Union	4:37.88	
10	Lewis, Reade	11	Collegiate	4:43.09	
11	Porter, Jack	11	Collegiate	4:43.96	
12	Reinecke, Joshua	11	The Potomac	4:44.49	
13	Agrawal, Avi	12	The Potomac	4:45.02	
14	Carter, Troy	10	Saint John P	4:46.61	
15	Sexton, Langdon	9	St. Christop	4:46.88	

Event 11 Boys 3200 Meter Run Division I (11)

Meet Record:		9:06.64	1976	Layman (Two Mile)	
Name	Yr	School	Seed	Time	
1	Eliason, Quinn	12	St. Anne's-B	8:57.36	
2	McGuigan, Matthew	11	Cape Henry C	9:26.60	
3	Nguyen, Long	11	St. Christop	9:39.86	
4	Callahan, Robert	12	Fork Union	9:42.28	
5	Hurley, David	11	Saint John P	9:49.98	
6	Riedy, Liam	10	St. Stephen'	10:05.18	
7	Bousman, Matt	9	Norfolk Acad	10:05.65	
8	Dobson, Louis	12	Saint John P	10:14.12	
9	Carter, Troy	10	Saint John P	10:18.91	
10	Kucia, Isaac	8	Randolph-Mac	10:26.96	
11	Waidelich, Matthew	12	Trinity Epis	10:27.65	

Event 5 Boys 110 Meter Hurdles Division I (12) Prelims

Meet Record:		14.36	5/17/2024	Davian Burke	
Name	Yr	School	Seed	Time	
1	Nelson, Henry	11	St. Christop	15.64	
2	Lewis, Essentino	10	Episcopal	15.71	

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Performance List**Event 5 ... (Boys 110 Meter Hurdles Division I (12) Prelims)**

Name	Yr	School	Seed Time
3 Olesen, Victor	12	St. Christop	15.90
4 Figaro, Tawon	12	St. Stephen'	16.33
5 Fumo-Pegues, Khoi	11	St. Stephen'	16.92
6 Reid, Campbell	10	Norfolk Acad	16.95
7 Tillman, Preston	10	Collegiate	17.21
8 Lewis, Alex	9	Norfolk Acad	17.41
9 Ndze, Munjum	10	Fork Union	17.88
10 Robinson, Austin	11	St. Christop	18.00
11 Picardo, Alexander	12	Saint John P	18.63
12 Haynes, Derrick	9	St. Stephen'	18.82

Event 7 Boys 300 Meter Hurdles Division I (19)

Meet Record:	38.05	5/17/2024	Davian Burke	Name	Yr	School	Seed Time
1 Avery, O'Neal	11	Episcopal	40.93				
2 Rutter, Jack	12	St. Stephen'	41.31				
3 Figaro, Tawon	12	St. Stephen'	41.41				
4 Mayer, Benjamin	11	St. Christop	41.93				
5 Nelson, Henry	11	St. Christop	42.17				
6 Perez, Zen	10	Flint Hill S	43.57				
7 Matthews, Shaun	12	Fork Union	43.65				
8 Lewis, Alex	9	Norfolk Acad	44.17				
9 Tillman, Preston	10	Collegiate	44.26				
10 Williams, Khae'El	11	Saint John P	44.42				
11 Haynes, Derrick	9	St. Stephen'	44.51				
12 Godenick, John	9	Saint John P	44.89				
13 Reid, Campbell	10	Norfolk Acad	44.91				
14 Johnson, Tae'Veon	12	Collegiate	45.18				
15 Sutton, Kimari	12	Fork Union	45.44				
16 Bonbright, James	12	Collegiate	45.73				
17 McVicker, Andrew	12	Saint John P	45.90				
18 Logan, Josiah	9	Woodberry Fo	46.00				
19 Deutong, Divine	9	Fork Union	46.02				

Event 1 Boys 4x100 Meter Relay Division I (14)

Meet Record:	41.60	5/17/2025	Woodberry Forest	Team	Relay	Seed Time
L. Sanker, S. Robinson, J. Morrison, K. Nti				1 St. Christop	A	42.59
				2 Trinity Epis	A	42.80
				3 Saint John P	A	43.66
				4 Episcopal	A	43.71
				5 Benedictine	A	44.18
				6 Norfolk Acad	A	44.37
				7 St. Anne's-B	A	44.44
				8 St. Stephen'	A	44.63
				9 Fork Union	A	44.76
				10 Collegiate	A	44.94
				11 Catholic Hig	A	45.75
				12 Randolph-Mac	A	46.24
				13 Flint Hill S	A	47.79
				14 Cape Henry C	A	48.27

Event 2 Boys 4x400 Meter Relay Division I (14)

Meet Record:	3:21.83	5/17/2025	John Paul the Great	Team	Relay	Seed Time
G. Xantus, N. Bouril, T. Obasi, A. Dhillon				1 Saint John P	A	3:22.55
				2 St. Stephen'	A	3:28.44
				3 St. Christop	A	3:28.53
				4 Episcopal	A	3:32.63
				5 Fork Union	A	3:32.90
				6 The Potomac	A	3:33.74
				7 Norfolk Acad	A	3:33.83
				8 Cape Henry C	A	3:35.45
				9 Catholic Hig	A	3:37.74
				10 Collegiate	A	3:39.11
				11 Woodberry Fo	A	3:39.54
				12 Flint Hill S	A	3:41.33
				13 Trinity Epis	A	3:43.51
				14 St. Anne's-B	A	3:45.28

Event 3 Boys 4x800 Meter Relay Division I (11)

Meet Record:	7:54.66	5/18/2013	Fork Union	Team	Relay	Seed Time
N Okaah, R Garver, P Lomong, A Lomong				1 St. Christop	A	7:57.10
				2 Saint John P	A	8:01.92
				3 Cape Henry C	A	8:05.56
				4 Fork Union	A	8:37.71
				5 Catholic Hig	A	8:46.94
				6 St. Anne's-B	A	8:48.01
				7 Norfolk Acad	A	8:49.14
				8 Flint Hill S	A	8:52.26
				9 The Potomac	A	8:57.07
				10 Collegiate	A	9:10.10
				11 Trinity Epis	A	9:13.45

Event 13 Boys High Jump Division I (11)

Meet Record:	6-08.50	5/16/2009	Ben Katz	Name	Yr	School	Seed Mark
				1 Kitonga, Jacob	12	Woodberry Fo	6-03.00
				2 Kelly, Jack	11	St. Anne's-B	6-02.00
				3 Hammond, Isaiah	11	Flint Hill S	6-00.00
				4 Spicer, Kyle	10	Collegiate	6-00.00
				5 Kniseley, Apollo	10	Woodberry Fo	5-10.00
				6 Andrews, Watson	11	Collegiate	5-10.00
				7 Stanton, Thomas	10	St. Stephen'	5-10.00
				8 Johnson, Tae'Veon	12	Collegiate	5-10.00
				9 Cronheim, Brian	11	Trinity Epis	5-08.00
				10 Cheshire, Daniel	10	Cape Henry C	5-08.00
				11 Lowe, Max	10	Catholic Hig	5-08.00

Event 15 Boys Pole Vault Division I (11)

Meet Record:	16-06	5/18/2024	Victor Olesen	Name	Yr	School	Seed Mark
				1 Olesen, Victor	12	St. Christop	16-06.00
				2 Bonbright, James	12	Collegiate	12-06.00
				3 Scammell, Ryan	12	St. Christop	12-00.00

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Performance List**Event 15 ... (Boys Pole Vault Division I (11))**

Name	Yr	School	Seed Mark
4 Floyd, Everette	12	Woodberry Fo	11-06.00
5 Repole, Alex	10	Norfolk Acad	11-00.00
6 Maddox, Devlin	9	Fork Union	11-00.00
7 Chen, Jd	12	Collegiate	10-06.00
8 Mayer, Benjamin	11	St. Christop	10-00.00
9 Wood, Nathaniel	8	Fork Union	9-00.00
10 Morris, Tyson	11	Fork Union	9-00.00
11 Salter, Wyatt	11	Norfolk Acad	9-00.00

Event 14 Boys Long Jump Division I (8)

Meet Record: 24-08.75 5/17/2025 John Morrison			
Name	Yr	School	Seed Mark
1 Morrison, John	12	Woodberry Fo	24-05.75
2 Julias, George	12	St. Christop	21-11.50
3 Harris, Kj	11	Trinity Epis	21-05.00
4 Perez, Ayden	10	Catholic Hig	21-02.00
5 Wishnack, Colin	11	St. Christop	20-04.00
6 Logan, Josiah	9	Woodberry Fo	20-03.50
7 Rodgers, Jeremiah	8	Norfolk Acad	20-01.25
8 Lacorte, Jackson	12	Catholic Hig	20-01.00

Event 17 Boys Triple Jump Division I (12)

Meet Record: 48-08.50 5/17/2025 Kenan Andrews			
Name	Yr	School	Seed Mark
1 Harris, Kj	11	Trinity Epis	44-00.50
2 Fumo-Pegues, Khoi	11	St. Stephen'	42-09.00
3 Torres, Gabe	10	Catholic Hig	42-06.50
4 Wishnack, Colin	11	St. Christop	41-11.75
5 Welcher, Wesley	9	Trinity Epis	41-03.50
6 Asare, Elijah	12	St. Christop	40-10.50
7 Rosa, Javier	11	Fork Union	39-03.00
8 Falk, Chase	10	Norfolk Acad	39-00.00
9 Tillman, Preston	10	Collegiate	38-05.00
10 Cheshire, Daniel	10	Cape Henry C	38-03.50
11 Salter, Wyatt	11	Norfolk Acad	38-01.00
12 Furr, Ned	9	The Potomac	37-11.00

Event 16 Boys Shot Put Division I (14)

Meet Record: 66-01 5/20/2023 Rodney Lora			
Name	Yr	School	Seed Mark
1 Boyd, Tyson	11	St. Anne's-B	57-04.00
2 Segneri, James	12	St. Christop	55-10.50
3 Johnson, Eric	10	St. Christop	50-05.00
4 Clelland, Lance	11	St. Christop	48-07.50
5 Linder, Roman	9	Episcopal	45-06.00
6 DeFrancesca, Sam	11	Trinity Epis	45-03.25
7 Gottselig, Bowen	11	Episcopal	45-03.00
8 Mondesir, Julius	12	Fork Union	44-04.50
9 Gray, Cameron	11	Fork Union	43-08.00
10 Carey, Ronald	10	Woodberry Fo	43-01.00
11 Young, Kawika	10	Episcopal	42-02.50
12 Ankley, Chris	12	Catholic Hig	42-00.50
13 Kass, Mattias	12	St. Anne's-B	41-08.00
14 Gibbs, Michael	11	Trinity Epis	41-07.00

Event 12 Boys Discus Throw Division I (12)

Meet Record: 182-10 5/19/2012 Jordan Roach			
Name	Yr	School	Seed Mark
1 Boyd, Tyson	11	St. Anne's-B	170-02
2 Johnson, Eric	10	St. Christop	150-01
3 Cart, Walter	12	St. Christop	145-00
4 Segneri, James	12	St. Christop	142-06
5 Ankley, Chris	12	Catholic Hig	141-03
6 Gray, Cameron	11	Fork Union	140-04
7 Kass, Mattias	12	St. Anne's-B	132-06
8 Lemma, Sonny	11	Catholic Hig	128-09
9 Carey, Ronald	10	Woodberry Fo	126-01
10 McIntyre, Nolan	11	St. Anne's-B	119-07
11 Amoo, Carl	11	Fork Union	119-03
12 Barrafato, Vincent	12	Trinity Epis	117-07

Event 38 Boys 100 Meter Dash Division II (26) Prelims

Meet Record: 10.53 5/21/2016 Michael Davenport			
Name	Yr	School	Seed Time
1 Brown, Demarcus	11	Roanoke Cath	11.10
2 Ross, Henry	12	Nansemond-Su	11.12
3 Cruz, Yariel	12	Blue Ridge S	11.22
4 Whitaker, La'Quarion	12	Brunswick Ac	11.29
5 Griffin, Josh	11	Virginia Epi	11.31
6 Banks, Isiah	12	Norfolk Chri	11.40
7 Morgon, Benjamin	11	Blue Ridge S	11.45
8 Lemon, Kyce	11	Roanoke Cath	11.51
9 Martin, Zion	11	Virginia Epi	11.55
10 Hairston, Yajae	11	Roanoke Cath	11.56
11 Dinh, Maxwell	12	Atlantic Sho	11.56
12 Buford, Graham	12	Blue Ridge S	11.58
13 Welburn, Craig	12	Immanuel Chr	11.59
14 Mitchell, Sebastian	9	Nansemond-Su	11.61
15 Carpenter, Cam	9	Walsingham A	11.63
16 Caesar, Nate	10	Fredericksbu	11.64
17 Sutherland, Timothy	11	Atlantic Sho	11.65
18 Headley, Dre	12	The Covenant	11.66
19 Jordan, Declan	9	Seton School	11.67
20 Burgess, Duncan	12	Massanutten	11.69
21 Gopalakrishna, Arjun	12	Hargrave Mil	11.79
22 Lee, Antwan	12	Brunswick Ac	11.87
23 Husband, Vince	11	Hampton Road	11.88
24 Hayden, Jack	9	Nansemond-Su	11.90
25 Grubb, James	11	North Cross	11.90
26 Pinion, Colin	12	Atlantic Sho	11.92

Event 40 Boys 200 Meter Dash Division II (16)

Meet Record: 21.32 5/18/2019 Curtis Borden			
Name	Yr	School	Seed Time
1 Cayaso, Zyir	12	Blue Ridge S	22.64
2 Griffin, Josh	11	Virginia Epi	22.71
3 Whitaker, La'Quarion	12	Brunswick Ac	22.96
4 Ross, Henry	12	Nansemond-Su	23.12
5 Cruz, Yariel	12	Blue Ridge S	23.23
6 Banks, Isiah	12	Norfolk Chri	23.34

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Performance List**Event 40 ... (Boys 200 Meter Dash Division II (16))**

Name	Yr	School	Seed Time
7 Gopalakrishna, Arjun	12	Hargrave Mil	23.46
8 Welburn, Craig	12	Immanuel Chr	23.47
9 Headley, Dre	12	The Covenant	23.71
10 Mitchell, Sebastian	9	Nansemond-Su	23.72
11 Pannell, Marcus	11	Roanoke Cath	23.75
12 Sutherland, Timothy	11	Atlantic Sho	23.81
13 Moultrie, Joshua	11	Fredericksbu	23.85
14 Dinh, Maxwell	12	Atlantic Sho	23.87
15 Pinkston, Justin	10	Cristo Rey,	23.95
16 Lemon, Kyce	11	Roanoke Cath	23.97

Event 42 Boys 400 Meter Dash Division II (16)

Meet Record: 48.34 1966		Calhoun	
Name	Yr	School	Seed Time
1 Martin, Zion	11	Virginia Epi	52.33
2 Easter, Braxton	11	Immanuel Chr	53.50
3 Osyf, Colin	11	Atlantic Sho	53.58
4 Guishard, Emmanuel	12	Hargrave Mil	53.59
5 Mahn, Marshall	10	Peninsula Ca	53.96
6 Drapac, Adam	12	Roanoke Cath	54.22
7 Yardley, Wynn	10	North Cross	54.35
8 Phelan, Conner	9	North Cross	54.40
9 Nedelin, Aleksander	10	Norfolk Chri	54.44
10 Fowlkes, Patrick	11	Hargrave Mil	54.45
11 Pinion, Colin	12	Atlantic Sho	54.52
12 Simon, Gabriel	12	Tandem Frien	54.79
13 Roberston, Henry	11	Hargrave Mil	54.92
14 Phileus, Schmeiburg	9	Banner Chris	55.41
15 Jamela, Wonane	10	Blue Ridge S	55.42
16 Turner, Michael	10	Cristo Rey,	55.54

Event 43 Boys 800 Meter Run Division II (15)

Meet Record: 1:52.87 5/18/2019		Liam Bellamy	
Name	Yr	School	Seed Time
1 Lawrence, Jon Nathan	12	The Covenant	1:54.58
2 Jang, Ian	11	Trinity Chri	2:00.29
3 Foster, Nicholas	12	Roanoke Cath	2:04.33
4 Patel, Will	9	Roanoke Cath	2:05.01
5 Kwitchoff, Jeremy	11	Trinity Chri	2:05.08
6 Griffith, Miles	11	Tandem Frien	2:05.38
7 Castaneda, Daniel	10	Eastern Menn	2:05.74
8 Seckman, Michael	11	New Covenant	2:06.79
9 Lawrence, Joshua	10	The Covenant	2:06.81
10 Austin, Bryce	10	North Cross	2:07.12
11 Miller, Nathan	10	Trinity Chri	2:08.73
12 Cullen, Gray	9	North Cross	2:08.92
13 Gould, Ian	10	Fredericksbu	2:09.19
14 Fowlkes, Patrick	11	Hargrave Mil	2:09.37
15 Turner, Michael	10	Cristo Rey,	2:09.98

Event 44 Boys 1600 Meter Run Division II (18)

Meet Record: 4:10.24 1976		Ledder (Mile)	
Name	Yr	School	Seed Time
1 Lawrence, Jon Nathan	12	The Covenant	4:08.34

2 Buppert, Hayes	11	Tandem Frien	4:23.02
3 Reed, Sammy	8	Norfolk Chri	4:30.97
4 Britton, Spencer	11	North Cross	4:33.92
5 Jang, Ian	11	Trinity Chri	4:34.42
6 Chaney, Finton	11	North Cross	4:34.45
7 Austin, Bryce	10	North Cross	4:35.87
8 Lawrence, Joshua	10	The Covenant	4:36.47
9 Griffith, Miles	11	Tandem Frien	4:37.05
10 Fisher, Lennon	12	Immanuel Chr	4:42.98
11 O'Hallarn, Gene	12	Walsingham A	4:47.18
12 Greenwood, Daniel	10	Trinity Chri	4:47.55
13 Will, Benny	10	The Covenant	4:51.60
14 Dummermuth, Micah	10	Immanuel Chr	4:51.96
15 Bekele, Kaleb	11	Stonebridge	4:53.05
16 Trotter, Martin	11	Eastern Menn	4:54.43
17 Small, Zern	8	Grove Christ	4:54.60
18 Wilberger, Peter	11	Tandem Frien	4:55.76

Event 45 Boys 3200 Meter Run Division II (15)

Meet Record: 9:06.64 1976		Layman (Two Mile)	
Name	Yr	School	Seed Time
1 Buppert, Hayes	11	Tandem Frien	9:19.04
2 Blemker, Jack	12	Tandem Frien	9:46.54
3 Britton, Spencer	11	North Cross	9:50.90
4 O'Flynn, Aidan	12	Veritas Scho	10:07.24
5 Reed, Sammy	8	Norfolk Chri	10:08.45
6 Horner, Justus	10	North Cross	10:09.88
7 Greenwood, Daniel	10	Trinity Chri	10:10.40
8 Chaney, Finton	11	North Cross	10:12.10
9 Bekele, Kaleb	11	Stonebridge	10:17.67
10 Trotter, Martin	11	Eastern Menn	10:22.87
11 Knebel, Ignatius	11	Virginia Epi	10:26.01
12 O'Hallarn, Gene	12	Walsingham A	10:35.75
13 Hsu, Elliot	10	Trinity Chri	10:37.69
14 Woodruff, Jacob	10	Peninsula Ca	10:49.61
15 Shiraishi, Brendan	10	Tandem Frien	10:57.04

Event 39 Boys 110 Meter Hurdles Division II (12) Prelims

Meet Record: 14.36 5/17/2024		Davian Burke	
Name	Yr	School	Seed Time
1 Cayaso, Zyr	12	Blue Ridge S	15.64
2 O'Herron, Sean	12	Roanoke Cath	15.73
3 Thomas, Jamal	12	Nansemond-Su	15.84
4 Lemcke, Cohen	12	Blue Ridge S	15.87
5 Williams, Joshua	12	Trinity Chri	15.97
6 Buford, Graham	12	Blue Ridge S	17.34
7 Birdsell, Jake	11	Grove Christ	18.07
8 Countiss, Brady	12	Greenbrier C	18.31
9 Taylor, James	11	Immanuel Chr	18.58
10 Deloye, Philip	9	Trinity Acad	18.87
11 Wood, Jude	9	Stonebridge	19.46
12 LaChance, Leonidas	12	Hampton Road	19.87

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Performance List**Event 41 Boys 300 Meter Hurdles Division II (24)**

Meet Record: 38.05 5/17/2024 Davian Burke			
Name	Yr	School	Seed Time
1 O'Herron, Sean	12	Roanoke Cath	40.09
2 Lemcke, Cohen	12	Blue Ridge S	41.34
3 Cayaso, Zyir	12	Blue Ridge S	41.63
4 Aaron, Rhodes	11	Roanoke Cath	42.36
5 Thomas, Jamal	12	Nansemond-Su	43.69
6 Birdsell, Jake	11	Grove Christ	43.97
7 Taylor, James	11	Immanuel Chr	44.33
8 Williams, Joshua	12	Trinity Chri	44.39
9 Pinkston, Justin	10	Cristo Rey,	45.00
10 Mieusset, Maelig	9	Blue Ridge S	45.42
11 Ha, Yechan	11	Norfolk Chri	45.52
12 Severino, Thomas	11	Trinity Acad	46.54
13 Starkey, Grant	10	Nansemond-Su	46.97
14 Jones, Taj	10	Virginia Epi	47.26
15 Hollis, Dorian	11	Roanoke Cath	47.26
16 May, Noah	10	Eastern Menn	47.32
17 Deloye, Philip	9	Trinity Acad	47.45
18 Wood, Jude	9	Stonebridge	47.48
19 LaChance, Leonidas	12	Hampton Road	47.51
20 Huber, George	12	Stonebridge	47.70
21 Kratz, Nolan	9	Eastern Menn	47.95
22 Fairfield, James	9	Eastern Menn	48.34
23 Carter, Eli	12	Tandem Frien	48.48
24 Dumars, Peter	9	Tandem Frien	48.54

Event 35 Boys 4x100 Meter Relay Division II (19)

Meet Record: 41.60 5/17/2025 Woodberry Forest			
L. Sanker, S. Robinson, J. Morrison, K. Nti			
Team	Relay	Seed Time	
1 Blue Ridge S	A	43.89	
2 Roanoke Cath	A	44.64	
3 Virginia Epi	A	44.73	
4 Atlantic Sho	A	44.87	
5 Fredericksbu	A	45.52	
6 North Cross	A	46.25	
7 Nansemond-Su	A	46.35	
8 Tandem Frien	A	46.91	
9 Cristo Rey,	A	46.93	
10 Trinity Chri	A	47.22	
11 Norfolk Chri	A	47.23	
12 Immanuel Chr	A	47.31	
13 Hampton Road	A	47.69	
14 The Covenant	A	47.83	
15 New Covenant	A	48.19	
16 Stonebridge	A	48.29	
17 Hampton Chri	A	48.39	
18 Trinity Acad	A	48.60	
19 Greenbrier C	A	48.80	

Event 36 Boys 4x400 Meter Relay Division II (22)

Meet Record: 3:21.83 5/17/2025 John Paul the Great			
G. Xantus, N. Bouril, T. Obasi, A. Dhillon			
Team	Relay	Seed Time	
1 Roanoke Cath	A	3:37.31	
2 Blue Ridge S	A	3:40.53	
3 Virginia Epi	A	3:42.16	
4 Trinity Chri	A	3:42.35	
5 Walsingham A	A	3:42.85	
6 The Covenant	A	3:45.46	
7 Fredericksbu	A	3:46.46	
8 Immanuel Chr	A	3:46.91	
9 Hargrave Mil	A	3:47.25	
10 North Cross	A	3:47.82	
11 Eastern Menn	A	3:47.84	
12 New Covenant	A	3:49.03	
13 Norfolk Chri	A	3:49.27	
14 Tandem Frien	A	3:49.86	
15 Seton School	A	3:51.29	
16 Peninsula Ca	A	3:51.55	
17 Hampton Road	A	3:52.37	
18 Banner Chris	A	3:53.53	
19 Greenbrier C	A	3:53.73	
20 Stonebridge	A	3:54.29	
21 Trinity Acad	A	3:55.53	
22 Grove Christ	A	3:56.98	

Event 37 Boys 4x800 Meter Relay Division II (21)

Meet Record: 7:54.66 5/18/2013 Fork Union			
N Okaah, R Garver, P Lomong, A Lomong			
Team	Relay	Seed Time	
1 North Cross	A	8:30.36	
2 Roanoke Cath	A	8:31.00	
3 Tandem Frien	A	8:41.26	
4 Trinity Chri	A	8:42.06	
5 Eastern Menn	A	8:58.62	
6 Peninsula Ca	A	9:04.29	
7 Veritas Scho	A	9:07.22	
8 Immanuel Chr	A	9:10.91	
9 Fredericksbu	A	9:14.97	
10 Blue Ridge S	A	9:21.59	
11 Cristo Rey,	A	9:32.13	
12 Banner Chris	A	9:32.81	
13 Hampton Road	A	9:36.32	
14 Stonebridge	A	9:36.48	
15 Grove Christ	A	9:52.88	
16 Greenbrier C	A	9:58.11	
17 Virginia Epi	A	9:58.70	
18 Nansemond-Su	A	10:13.80	
19 Seton School	A	10:18.75	
20 Atlantic Sho	A	10:24.22	
21 Broadwater A	A	10:25.11	

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Performance List**Event 47 Boys High Jump Division II (22)**

Meet Record: 6-08.50 5/16/2009 Ben Katz			
Name	Yr	School	Seed Mark
1	Thomas, Jamal	12 Nansemond-Su	6-02.00
2	Martin, Zion	11 Virginia Epi	6-00.00
3	Hairston, Yajae	11 Roanoke Cath	6-00.00
4	Yardley, Wynn	10 North Cross	6-00.00
5	Denson, Zion	11 Atlantic Sho	6-00.00
6	Buford, Graham	12 Blue Ridge S	6-00.00
7	Bragg, I'Szwohn	11 Brunswick Ac	6-00.00
8	Massie, Kemaan	11 Tandem Frien	5-10.00
9	Pannell, Marcus	11 Roanoke Cath	5-10.00
10	O'Herron, Sean	12 Roanoke Cath	5-10.00
11	Jones, Derrius	11 Blue Ridge S	5-08.00
12	Hines, Thomas	9 Norfolk Chri	5-08.00
13	Jones, Taj	10 Virginia Epi	5-08.00
14	Whittington, K j	10 Walsingham A	5-08.00
15	Stensland, Luke	11 Walsingham A	5-06.00
16	Townes, Donovan	10 Blue Ridge S	5-06.00
17	Miller, Malachi	12 Trinity Chri	5-06.00
18	Terry, Aiden	8 Broadwater A	5-04.00
19	Keyes, Jaxon	11 North Cross	5-04.00
20	Hinshelwood, Owen	12 Stonebridge	5-04.00
21	Meeker, Benjamin	10 Trinity Chri	5-04.00
22	LaBlance, Shae	10 Greenbrier C	5-04.00

Event 49 Boys Pole Vault Division II (9)

Meet Record: 16-06 5/18/2024 Victor Olesen			
Name	Yr	School	Seed Mark
1	Skelton, Liam	12 Roanoke Cath	13-06.00
2	Eno, Thomas	12 Broadwater A	11-00.00
3	Lee, Beau	12 Roanoke Cath	10-06.00
4	Micusset, Maelig	9 Blue Ridge S	9-06.00
5	O'Herron, Sean	12 Roanoke Cath	9-06.00
6	Larson, Blake	11 Trinity Chri	9-00.00
7	Byers, Jason	11 Blue Ridge S	8-06.00
8	Larsen, Noah	10 Atlantic Sho	8-06.00
9	Lemcke, Cohen	12 Blue Ridge S	8-06.00

Event 48 Boys Long Jump Division II (18)

Meet Record: 24-08.75 5/17/2025 John Morrison			
Name	Yr	School	Seed Mark
1	Lemon, Kyce	11 Roanoke Cath	22-01.50
2	O'Herron, Sean	12 Roanoke Cath	21-10.50
3	Thomas, Jamal	12 Nansemond-Su	21-06.50
4	Buford, Graham	12 Blue Ridge S	20-10.00
5	Aaron, Rhodes	11 Roanoke Cath	20-05.00
6	Yardley, Wynn	10 North Cross	20-02.00
7	Jones, Taj	10 Virginia Epi	20-01.50
8	Guishard, Emmanuel	12 Hargrave Mil	19-11.50
9	Meeker, Benjamin	10 Trinity Chri	19-11.00
10	Mitchell, Sebastian	9 Nansemond-Su	19-10.00
11	Banks, Isiah	12 Norfolk Chri	19-08.00
12	Clark, Joseph	10 Fredericksbu	19-06.00
13	Williams, Joshua	12 Trinity Chri	19-05.00

14	Whitaker, La'Quarion	12 Brunswick Ac	19-01.00
15	Headley, Dre	12 The Covenant	19-00.00
16	Makasi, Ivedigbo	11 Blue Ridge S	19-00.00
17	Burgess, Grey	12 Immanuel Chr	18-10.50
18	Gao, Stephen	10 Banner Chris	18-10.25

Event 51 Boys Triple Jump Division II (21)

Meet Record: 48-08.50 5/17/2025 Kenan Andrews			
Name	Yr	School	Seed Mark
1	Thomas, Jamal	12 Nansemond-Su	45-00.75
2	Williams, Joshua	12 Trinity Chri	44-02.50
3	Nwafor, Chima	11 Stonebridge	43-01.25
4	O'Herron, Sean	12 Roanoke Cath	42-05.75
5	Mitchell, Sebastian	9 Nansemond-Su	41-08.50
6	Jones, Taj	10 Virginia Epi	40-09.00
7	Lipford, Rahem	10 Roanoke Cath	40-07.50
8	Makasi, Ivedigbo	11 Blue Ridge S	40-05.00
9	Lemon, Kyce	11 Roanoke Cath	39-06.00
10	Clark, Joseph	10 Fredericksbu	39-02.50
11	Hinshelwood, Owen	12 Stonebridge	38-07.00
12	Deloye, Philip	9 Trinity Acad	38-04.00
13	May, Noah	10 Eastern Menn	38-03.00
14	Scholz, Justus	11 Broadwater A	37-11.00
15	Titus, Michael	11 Virginia Aca	37-10.50
16	Paquet, Kingston	10 North Cross	37-05.00
17	Meeker, Benjamin	10 Trinity Chri	36-11.50
18	Taylor, James	11 Immanuel Chr	36-11.50
19	Townes, Donovan	10 Blue Ridge S	36-10.00
20	LaBlance, Shae	10 Greenbrier C	36-05.00
21	Powell, Zach	9 Eastern Menn	36-02.00

Event 50 Boys Shot Put Division II (20)

Meet Record: 66-01 5/20/2023 Rodney Lora			
Name	Yr	School	Seed Mark
1	Ye, Steven	11 Broadwater A	49-03.00
2	Ponzar, Maden	12 Immanuel Chr	48-09.25
3	Udemba, Somto	9 Blue Ridge S	45-08.00
4	Ross, Henry	12 Nansemond-Su	44-04.00
5	Nichols, Marshall	12 Eastern Menn	43-09.00
6	Bakari, Emmanuel	10 Virginia Epi	42-06.00
7	Tisdale, Tyler	11 Atlantic Sho	42-02.50
8	Bon-Ami, cameron	11 Fredericksbu	41-08.50
9	Miller, Malachi	12 Trinity Chri	41-01.00
10	Lee, Marvin	11 Greenbrier C	41-00.00
11	Weber, Judah	11 New Covenant	41-00.00
12	Jones, James	12 Hampton Road	40-11.00
13	Aaron, Rhodes	11 Roanoke Cath	40-09.00
14	Ford, Marx	12 Peninsula Ca	40-05.00
15	Sine, David	12 Blue Ridge S	40-02.00
16	Green, Jaylen	10 North Cross	40-02.00
17	Ford, Brycen	9 Atlantic Sho	40-00.50
18	Williams, Chance	10 Roanoke Cath	38-04.00
19	Simpson, Josh	11 Nansemond-Su	38-03.50
20	Mboya, Wayne	12 Hargrave Mil	38-03.00

VISAA Track & Field Championship - 5/15/2026 to 5/16/2026

Fork Union Military Academy
Performance List**Event 46 Boys Discus Throw Division II (17)**

Meet Record:		182-10	5/19/2012	Jordan Roach
Name	Yr	School	Seed	Mark
1	Ye, Steven	11	Broadwater A	154-01
2	Ponzar, Maden	12	Immanuel Chr	135-08
3	Miller, Malachi	12	Trinity Chri	128-00.50
4	Arnold, Logan	12	Broadwater A	127-08
5	Weber, Judah	11	New Covenant	127-05
6	Nichols, Marshall	12	Eastern Menn	127-03
7	O'Herron, Sean	12	Roanoke Cath	122-07
8	Jones, James	12	Hampton Road	119-04
9	Bon-Ami, cameron	11	Fredericksbu	119-02
10	Lee, Beau	12	Roanoke Cath	118-04
11	Yardley, Wynn	10	North Cross	115-10
12	Lee, Marvin	11	Greenbrier C	111-04
13	Baker, Porter	10	Walsingham A	110-04
14	Bakari, Emmanuel	10	Virginia Epi	108-09
15	Simpson, Josh	11	Nansemond-Su	107-10
16	Igiraneze, Helva	12	Blue Ridge S	107-08
17	Hines, Caelen	11	Immanuel Chr	106-04