

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

Fork Union Military Academy
Meet Program - DII Running Events**Event 56 Girls 100 Meter Hurdles Division II (33)****8 Advance: Top 1 Each Heat plus Next 3 Best Times****Friday 5/15/2026 - 1:00 PM****Meet Record: 14.73 5/15/2010 Shantell Bingham**

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

Event 39 Boys 110 Meter Hurdles Division II (12)**8 Advance: Top 3 Each Heat plus Next 2 Best Times****Friday 5/15/2026 - 1:00 PM****Meet Record: 14.36 5/17/2024 Davian Burke**

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
2	Taylor, James	11	Immanuel Chr	18.58
3	Williams, Joshua	12	Trinity Chri	15.97
4	Cayaso, Zyir	12	Blue Ridge S	15.64
5	Lemcke, Cohen	12	Blue Ridge S	15.87
6	Countiss, Brady	12	Greenbrier C	18.31
7	LaChance, Leonidas	12	Hampton Road	19.87
Heat 2 of 2 Prelims				
2	Deloye, Philip	9	Trinity Acad	18.87
3	Buford, Graham	12	Blue Ridge S	17.34
4	O'Herron, Sean	12	Roanoke Cath	15.73
5	Thomas, Jamal	12	Nansemond-Su	15.84
6	Birdsell, Jake	11	Grove Christ	18.07
7	Wood, Jude	9	Stonebridge	19.46
Event 55 Girls 100 Meter Dash Division II (15)				
8 Advance: Top 3 Each Heat plus Next 2 Best Times				
Friday 5/15/2026 - 1:15 PM				
Meet Record: 12.13 5/16/2025 Aziyah Heru				
Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Meney, Carli	11	St. Anne's-B	13.71
2	Oyofa, Zibah	9	Trinity Chri	13.45
3	Thombs, Gabrielle	8	Guardian Chr	13.14
4	Johnson, Faith	10	North Cross	12.89
5	Ofole, Chiamaka	12	Stonebridge	13.11
6	Bess, Maddisen	12	Immanuel Chr	13.30
7	Stevenson, Alana	11	Greenbrier C	13.66
Heat 2 of 2 Prelims				
1	McKee, Harper	10	Eastern Menn	13.73
2	Edwards, Jamariah	11	Roanoke Cath	13.51
3	Nguyen, Kaitlynn	11	Peninsula Ca	13.15
4	Holland, Courtnee	11	Virginia Epi	12.92
5	Miller, Gabby	12	North Cross	13.10
6	Ofole, Zara	10	Stonebridge	13.24
7	Edwards, Miracle	11	Fredericksbu	13.53
8	Holmes, Alicia	11	North Cross	13.76

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

Fork Union Military Academy
Meet Program - DII Running Events**Event 38 Boys 100 Meter Dash Division II (26)****8 Advance: Top 1 Each Heat plus Next 4 Best Times****Friday 5/15/2026 - 1:15 PM****Meet Record: 10.53 5/21/2016 Michael Davenport**

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

Event 54 Girls 4x800 Meter Relay Division II (16)**Friday 5/15/2026 - 1:25 PM****Meet Record: 9:42.36 5/19/2018 Episcopal High School**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
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 37 Boys 4x800 Meter Relay Division II (22)**Friday 5/15/2026 - 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
Section 1 of 2 Finals			
1	Hampton Road	A	9:36.32
2	Stonebridge	A	9:36.48
3	Grove Christ	A	9:52.88
4	Greenbrier C	A	9:58.11
5	Virginia Epi	A	9:58.70
6	Nansemond-Su	A	10:13.80
7	Miller School	A	10:17.49
8	Seton School	A	10:18.75
9	Atlantic Sho	A	10:24.22
10	Broadwater A	A	10:25.11
Section 2 of 2 Finals			
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

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

Fork Union Military Academy
Meet Program - DII Running Events**Event 61 Girls 1600 Meter Run Division II (19)**

Friday 5/15/2026 - 2:15 PM

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

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Currey, Agnes	12	Immanuel Chr	5:40.00
2	Severino, Lucia	9	Trinity Acad	5:42.19
3	VonCanon, Violet	12	Veritas Scho	5:46.82
4	Butler, Ruth	8	Miller School	5:50.52
5	Thompson, Hannah	11	Veritas Scho	5:53.32
6	Noel, Caitlyn	10	Trinity Chri	5:54.24
7	Castelow, Vivian	9	Greenbrier C	5:56.60
Section 2 of 2 Finals				
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

Event 44 Boys 1600 Meter Run Division II (18)

Friday 5/15/2026 - 2:15 PM

Meet Record: 4:10.24 1976 Ledder (Mile)

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Will, Benny	10	The Covenant	4:51.60
2	Dummermuth, Micah	10	Immanuel Chr	4:51.96
3	Bekele, Kaleb	11	Stonebridge	4:53.05
4	Trotter, Martin	11	Eastern Menn	4:54.43
5	Small, Zern	8	Grove Christ	4:54.60
6	Wilberger, Peter	11	Tandem Frien	4:55.76
Section 2 of 2 Finals				
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'Hallam, Gene	12	Walsingham A	4:47.18
12	Greenwood, Daniel	10	Trinity Chri	4:47.55

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

Friday 5/15/2026 - 2:40 PM

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

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

Event 35 Boys 4x100 Meter Relay Division II (20)

Friday 5/15/2026 - 2:40 PM

Meet Record: 41.60 5/17/2025 Woodberry Forest

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
3	Greenbrier C	A	48.80
4	Trinity Acad	A	48.60
5	Stonebridge	A	48.29
6	Hampton Chri	A	48.39
7	Miller School	A	48.68
Section 2 of 3 Finals			
2	New Covenant	A	48.19
3	Hampton Road	A	47.69
4	Norfolk Chri	A	47.23
5	Cristo Rey,	A	46.93
6	Trinity Chri	A	47.22
7	Immanuel Chr	A	47.31
8	The Covenant	A	47.83
Section 3 of 3 Finals			
1	Nansemond-Su	A	46.35
2	Fredericksbu	A	45.52
3	Virginia Epi	A	44.73
4	Blue Ridge S	A	43.89
5	Roanoke Cath	A	44.64
6	Atlantic Sho	A	44.87
7	North Cross	A	46.25
8	Tandem Frien	A	46.91

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

Fork Union Military Academy
Meet Program - DII Running Events**Event 59 Girls 400 Meter Dash Division II (22)**

Friday 5/15/2026 - 2:55 PM

Meet Record: 56.45 5/18/2019 Catherine Hyman

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

Event 42 Boys 400 Meter Dash Division II (17)

Friday 5/15/2026 - 2:55 PM

Meet Record: 48.34 1966 Calhoun

Lane	Name	Yr	School	Seed	Time
Section 1 of 3 Finals					
3	Turner, Michael	10	Cristo Rey,		55.54
4	Phileus, Schmeiburg	9	Banner Chris		55.41
5	Jamela, Wonane	10	Blue Ridge S		55.42
Section 2 of 3 Finals					
2	Roberston, Henry	11	Hargrave Mil		54.92
3	Pinion, Colin	12	Atlantic Sho		54.52
4	Nedelin, Aleksander	10	Norfolk Chri		54.44
5	Fowlkes, Patrick	11	Hargrave Mil		54.45
6	Simon, Gabriel	12	Tandem Frien		54.79
7	Gregory, Aidan	12	Miller School		55.19
Section 3 of 3 Finals					
1	Yardley, Wynn	10	North Cross		54.35
2	Mahn, Marshall	10	Peninsula Ca		53.96
3	Osyf, Colin	11	Atlantic Sho		53.58
4	Martin, Zion	11	Virginia Epi		52.33
5	Easter, Braxton	11	Immanuel Chr		53.50
6	Guishard, Emmanuel	12	Hargrave Mil		53.59
7	Drapac, Adam	12	Roanoke Cath		54.22
8	Phelan, Conner	9	North Cross		54.40

Event 58 Girls 300 Meter Hurdles Division II (22)

Friday 5/15/2026 - 3:10 PM

Meet Record: 44.03 5/18/2019 Willa Shannon

Lane	Name	Yr	School	Seed	Time
Section 1 of 3 Finals					
2	Herron, Gracie	8	Fredericksbu		57.78
3	Adams, Abbi	10	Hampton Road		57.19
4	Enfield, Holland	9	Stonebridge		56.48
5	Gerlach, Willa	8	Eastern Menn		56.76
6	Lemcke, Caris	8	The Covenant		57.28
7	Fairfield, Ruth	11	Eastern Menn		57.95
Section 2 of 3 Finals					
1	Evans, Chloe	10	Immanuel Chr		56.24
2	Dahlberg, Catherine	10	Fredericksbu		54.08
3	Cherkaoui, Meriam	10	Walsingham A		53.02
4	Pittman, Kendall	8	Nansemond-Su		52.11
5	Ten Thoren, Finja	11	Atlantic Sho		52.84
6	Gilbert, McKenzie	12	Nansemond-Su		54.01
7	Griffin, Caroline	11	Atlantic Sho		56.10
8	Ledger, Emily	11	St. Anne's-B		56.36
Section 3 of 3 Finals					
1	Way, Isabelle	10	Atlantic Sho		51.74
2	Kenny, Alicia	12	New Covenant		50.36
3	Schultz, Brooklyn	9	Walsingham A		50.33
4	Van Raaphorst, Lexi	11	Trinity Chri		48.76
5	Shore, Abigail	12	Immanuel Chr		50.27
6	Smith, Karly	12	Roanoke Cath		50.36
7	Akintide, Aderinsola	11	Trinity Chri		50.48
8	Winslow, Abigail (Abby)	9	Immanuel Chr		51.86

Event 41 Boys 300 Meter Hurdles Division II (24)

Friday 5/15/2026 - 3:10 PM

Meet Record: 38.05 5/17/2024 Davian Burke

Lane	Name	Yr	School	Seed	Time
Section 1 of 3 Finals					
1	Carter, Eli	12	Tandem Frien		48.48
2	Kratz, Nolan	9	Eastern Menn		47.95
3	LaChance, Leonidas	12	Hampton Road		47.51
4	Deloye, Philip	9	Trinity Acad		47.45
5	Wood, Jude	9	Stonebridge		47.48
6	Huber, George	12	Stonebridge		47.70
7	Fairfield, James	9	Eastern Menn		48.34
8	Dumars, Peter	9	Tandem Frien		48.54
Section 2 of 3 Finals					
1	Hollis, Dorian	11	Roanoke Cath		47.26
2	Starkey, Grant	10	Nansemond-Su		46.97
3	Ha, Yechan	11	Norfolk Chri		45.52
4	Pinkston, Justin	10	Cristo Rey,		45.00
5	Mieusset, Maelig	9	Blue Ridge S		45.42
6	Severino, Thomas	11	Trinity Acad		46.54
7	Jones, Taj	10	Virginia Epi		47.26
8	May, Noah	10	Eastern Menn		47.32

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

Fork Union Military Academy
Meet Program - DII Running Events**Section 3 of 3 Finals...(Event 41 Boys 300 Meter Hurdles Division II (**

1	Taylor, James	11	Immanuel Chr	44.33
2	Thomas, Jamal	12	Nansemond-Su	43.69
3	Cayaso, Zyrir	12	Blue Ridge S	41.63
4	O'Herron, Sean	12	Roanoke Cath	40.09
5	Lemcke, Cohen	12	Blue Ridge S	41.34
6	Aaron, Rhodes	11	Roanoke Cath	42.36
7	Birdsell, Jake	11	Grove Christ	43.97
8	Williams, Joshua	12	Trinity Chri	44.39

Event 60 Girls 800 Meter Run Division II (21)**Friday 5/15/2026 - 3:20 PM****Meet Record: 2:11.62 5/17/2024 Reese Dalton**

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Section 1 of 2 Finals

1	Hessen, Aubrey	10	Trinity Chri	2:34.27
2	Chronister, Anna	10	Trinity Chri	2:34.63
3	Phillips, Lillian	9	North Cross	2:34.67
4	Lanphear, Jenna	12	Veritas Scho	2:34.81
5	Schroer, Molly	12	Seton School	2:36.84
6	Castelow, Vivian	9	Greenbrier C	2:38.15
7	Bailey, Anna	10	Trinity Chri	2:38.26
8	Barnhart, Alana	10	Hampton Road	2:39.17

Section 2 of 2 Finals

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

Event 43 Boys 800 Meter Run Division II (15)**Friday 5/15/2026 - 3:20 PM****Meet Record: 1:52.87 5/18/2019 Liam Bellamy**

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Section 1 of 1 Finals

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 57 Girls 200 Meter Dash Division II (21)**Friday 5/15/2026 - 3:30 PM****Meet Record: 24.73 5/15/2010 Emmy Fraenk**

Lane	Name	Yr	School	Seed Time
------	------	----	--------	-----------

Section 1 of 3 Finals

2	Borcherding, Meredith	12	Trinity Chri	28.84
3	Edwards, Jamariah	11	Roanoke Cath	28.74
4	Keup, Aoife	9	Tandem Frien	28.67
5	Miller, Michaiiah	9	Stonebridge	28.71
6	Hecker, Alaina	10	Cape Henry C	28.82

Section 2 of 3 Finals

1	Murphy, Kinley	8	The Carmel S	28.36
2	Houlihan, Cailin	10	Peninsula Ca	28.26
3	Meney, Carli	11	St. Anne's-B	27.90
4	Bess, Maddisen	12	Immanuel Chr	27.84
5	Oyofu, Zibah	9	Trinity Chri	27.85
6	McKee, Harper	10	Eastern Menn	28.01
7	Holmes, Alicia	11	North Cross	28.33
8	Hammond, Miranda	10	Nansemond-Su	28.36

Section 3 of 3 Finals

1	Nguyen, Kaitlynn	11	Peninsula Ca	27.61
2	Miller, Gabby	12	North Cross	27.18
3	Ofole, Chiamaka	12	Stonebridge	26.79
4	Johnson, Faith	10	North Cross	26.42
5	Branan, Rachel	11	Peninsula Ca	26.59
6	Thombs, Gabrielle	8	Guardian Chr	26.96
7	Ofole, Zara	10	Stonebridge	27.51
8	Rak, Acelin	10	Fredericksbu	27.83

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

Fork Union Military Academy
Meet Program - DII Running Events**Event 40 Boys 200 Meter Dash Division II (16)****Friday 5/15/2026 - 3:30 PM****Meet Record: 21.32 5/18/2019 Curtis Borden**

Lane	Name	Yr	School	Seed	Time
Section 1 of 2 Finals					
1	Pinkston, Justin	10	Cristo Rey,		23.95
2	Moultrie, Joshua	11	Fredericksbu		23.85
3	Pannell, Marcus	11	Roanoke Cath		23.75
4	Headley, Dre	12	The Covenant		23.71
5	Mitchell, Sebastian	9	Nansemond-Su		23.72
6	Sutherland, Timothy	11	Atlantic Sho		23.81
7	Dinh, Maxwell	12	Atlantic Sho		23.87
8	Lemon, Kyce	11	Roanoke Cath		23.97

Section 2 of 2 Finals

1	Gopalakrishna, Arjun	12	Hargrave Mil		23.46
2	Cruz, Yariel	12	Blue Ridge S		23.23
3	Whitaker, La'Quarion	12	Brunswick Ac		22.96
4	Cayaso, Zyir	12	Blue Ridge S		22.64
5	Griffin, Josh	11	Virginia Epi		22.71
6	Ross, Henry	12	Nansemond-Su		23.12
7	Banks, Isiah	12	Norfolk Chri		23.34
8	Welburn, Craig	12	Immanuel Chr		23.47

Event 62 Girls 3200 Meter Run Division II (22)**Friday 5/15/2026 - 3:40 PM****Meet Record: 10:33.50 5/17/2024 Maddie Gardiner**

Lane	Name	Yr	School	Seed	Time
Section 1 of 1 Finals					
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	Butler, Ruth	8	Miller School		13:11.06
18	Pei, Helia	11	Walsingham A		13:15.05
19	Turner, Evelyn	12	Trinity Chri		13:18.27
20	Guillory, Grace	11	Trinity Acad		13:22.40
21	Womack, Ellie	11	St. Anne's-B		13:24.67
22	Taylor, Grace	11	Immanuel Chr		13:35.35

Event 45 Boys 3200 Meter Run Division II (15)**Friday 5/15/2026 - 3:40 PM****Meet Record: 9:06.64 1976 Layman (Two Mile)**

Lane	Name	Yr	School	Seed	Time
Section 1 of 1 Finals					
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 53 Girls 4x400 Meter Relay Division II (16)**Friday 5/15/2026 - 4:05 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 2 Finals				
1	Trinity Acad	A		4:45.23
2	St. Anne's-B	A		4:44.19
3	Eastern Menn	A		4:42.28
4	Greenbrier C	A		4:41.67
5	Roanoke Cath	A		4:41.68
6	North Cross	A		4:43.76
7	Stonebridge	A		4:44.71
8	Hampton Road	A		4:49.59
Section 2 of 2 Finals				
1	The Covenant	A		4:32.30
2	Cape Henry C	A		4:29.00
3	Peninsula Ca	A		4:19.59
4	Trinity Chri	A		4:18.68
5	Immanuel Chr	A		4:18.74
6	Nansemond-Su	A		4:27.56
7	Fredericksbu	A		4:31.70
8	Seton School	A		4:38.54

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

Fork Union Military Academy
Meet Program - DII Running Events**Event 36 Boys 4x400 Meter Relay Division II (22)****Friday 5/15/2026 - 4:05 PM****Meet Record: 3:21.83 5/17/2025 John Paul the Great****G. Xantus, N. Bouril, T. Obasi, A. Dhillon**

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
2	Grove Christ	A	3:56.98
3	Stonebridge	A	3:54.29
4	Banner Chris	A	3:53.53
5	Peninsula Ca	A	3:51.55
6	Hampton Road	A	3:52.37
7	Greenbrier C	A	3:53.73
8	Trinity Acad	A	3:55.53
Section 2 of 3 Finals			
2	Seton School	A	3:51.29
3	Norfolk Chri	A	3:49.27
4	Eastern Menn	A	3:47.84
5	Hargrave Mil	A	3:47.25
6	North Cross	A	3:47.82
7	New Covenant	A	3:49.03
8	Tandem Frien	A	3:49.86
Section 3 of 3 Finals			
1	Fredericksbu	A	3:46.46
2	Walsingham A	A	3:42.85
3	Virginia Epi	A	3:42.16
4	Roanoke Cath	A	3:37.31
5	Blue Ridge S	A	3:40.53
6	Trinity Chri	A	3:42.35
7	The Covenant	A	3:45.46
8	Immanuel Chr	A	3:46.91