

5A Region D Outdoor Track Championships 2023 - 5/24/2023

Harrisonburg
Results - Girls First

Event 2 Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Albemarle	A	9:48.45
1) Weaver, Eva	2) Hughlett, Caroline	
3) Coleman, Jenna	4) Gypson, Madelyn	
2 Patrick Henr	A	9:55.72
1) Branscom, Thea	2) Rincon, Ana Maria	
3) Braby, Eliza	4) Yirmibesoglu, Aylin	
3 Riverbend High School	A	9:57.91
1) Christy, Caroline	2) Sellars, Savannah	
3) Ghosheh, Amalay	4) Barber, Alexis	
4 Massaponax	A	9:59.88
1) Ijaz, Kamila	2) Rose, Alexis	
3) Jones, Kyndal	4) Priddy, Olivia	
5 Briar Woods	A	10:18.00
1) ErosteGUI, Daniele	2) White, Jenna	
3) Zimmerman, Makenzie	4) Greenfield, Elis	
6 Potomac Falls	A	10:19.30
1) Hopkins, Brenna	2) Sagen, Caroline	
3) Reardon, Lindsay	4) Tafwed, Mariam	
7 Stafford High School	A	10:21.59
1) Elchenko, Brenna	2) Jackson, Emily	
3) White, Emily	4) Lemke, Hailey	
8 Harrisonburg	A	10:28.13
1) Kauffman, Sophie	2) Kauffman, Abby	
3) Blagg, Lena	4) Poirot, Annie	
9 Brooke Point	A	10:33.19
1) Reynolds, Shae	2) Craddock, Emily	
3) Spencer-Hamm, Amalie	4) Krebs, Emily	
10 Woodgrove	A	10:46.95
1) Miranda, Adriana	2) Lehmbeck, Lilly	
3) Brannen, Addison	4) Jones, Bella	
11 Riverside High School	A	10:53.44
1) Rufo, Maren	2) Guzulaitis, Allie	
3) Webster, Ava	4) Williamson, Ella	

Event 1 Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Massaponax	A	8:09.64
1) Hines, Jayden	2) Harper, Knoah	
3) Allen, Zachary	4) Travis, Terry	
2 Riverbend High School	A	8:11.96
1) Groel, Daniel	2) Rau, Justin	
3) Lapier, Ethan	4) Arnold, Tyler	
3 Riverside High School	A	8:16.58
1) Johnson, Gabe	2) Lugo, Markus	
3) Marcusen, Thomas	4) Rae, Thomas	
4 Harrisonburg	A	8:19.01
1) Rush, Matthew	2) Bunn, Nathaniel	
3) McMichael, Andrew	4) Hulleman, CJ	
5 Albemarle	A	8:21.52
1) Humes, Christian	2) DeBoer, Kuyper	
3) Phillips, Eli	4) Uthlaut, Garrett	

6 Stone Bridge	A	8:27.03
1) Goldstein, Joshua	2) devine, Patrick	
3) Palmer, Matthew	4) ryan, Matt	
7 Woodgrove	A	8:51.36
1) Cotter, Erik	2) Graham, Oxford	
3) Chandler, Owen	4) Kovzelove, Ezra	
8 Mountain View	A	9:13.36
1) Bollinger, Grayson	2) Brady, Travis	
3) Ham, Jacob	4) Wheeler, John	
9 William Fleming	A	9:41.59
1) Markham, Roger	2) Lam, Hung	
3) Feria, Henry	4) Martino, Amarhhi	

Event 4 Girls 100 Meter Hurdles

Name	School	Finals
Finals		
1 O'Neil, Indira	Stone Bridge	14.96
2 Thomas, Lauren	Independence	15.10
3 Colwell, Taylor	Potomac Fall	16.03
4 Adams, Breanna	Patrick Henr	16.22
5 Woods, Ayanna	North Staffo	16.31
6 Zarzyski, Ashlyn	Albemarle	16.46
7 Hairston, Daniya	Patrick Henr	16.63
8 Murray, Keira	Independence	16.85
9 Treakle, Ava	Riverbend Hi	17.15
10 Wilcher, Gabriella	William Flem	17.36
11 Smith, Enijah	Patrick Henr	17.42
12 Simpson, Nina	Independence	17.54
13 Riolo, McKenna	Independence	17.55
14 Conti, Katie	Stafford Hig	17.99
15 Bowler, Kelsey	Massaponax	18.16
16 Turner, Hayle	Riverbend Hi	19.16
--- Ochs, Katelyn	Riverbend Hi	DQ

Event 3 Boys 110 Meter Hurdles

Name	School	Finals
Finals		
1 Coleman, Malachi	William Flem	14.39
2 Applegate, Jake	Riverbend Hi	14.41
3 Backman, Nicholas	Independence	14.64
4 Booker, Davian	Massaponax	15.30
5 Morales, Mason	Stone Bridge	15.38
6 Nester, Brayden	Woodgrove	15.53
7 Gebrehaimanot, Kalaib	Harrisonburg	15.63
8 Engle, JJ	Harrisonburg	15.76
9 Spencer, Bryson	Stone Bridge	15.81
10 Koenig, Eli	Riverbend Hi	16.10
11 Barthlow, Austin	Independence	16.94
12 Woods, Jakari	North Staffo	17.18
13 Walker, Akeem	Stafford Hig	17.19
14 Conk, Michael	Riverside Hi	17.22
15 Maxwell, Jack	Riverbend Hi	17.58
16 Subah, Quaqua	Patrick Henr	18.27
17 Edwards, Montel	William Flem	19.59
18 Martino, Amarhhi	William Flem	20.81

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Results - Girls First

Event 6 Girls 100 Meter Dash

Name	School	Finals
Finals		
1 Tyson, Kailynn	North Staffo	12.09
2 Masternick, Lindsay	Independence	12.49
3 Woods, Ayanna	North Staffo	12.58
4 Wanza, Madison	Potomac Fall	12.63
5 Hawkins, Kaydence	Albemarle	12.64
6 Cotton, Sascha	North Staffo	12.66
7 Shelton, Nevaeh	William Flem	12.83
8 Ferreira, Abigail	Stafford Hig	12.89
9 Henley, Nia	Riverbend Hi	12.96
10 Robertson, Lois	Stone Bridge	12.98
11 Scott, Alexandria	Stafford Hig	13.02
12 Johnson, JyKieria	Patrick Henr	13.04
13 Hicks, Anaiah	William Flem	13.09
14 Bould, Madison	Potomac Fall	13.09
15 Lightner, Erin	Independence	13.27

Event 5 Boys 100 Meter Dash

Name	School	Finals
Finals		
1 Brent, Alexander	Woodgrove	10.71
2 Salmin, Connor	Woodgrove	10.74
3 Hughes, Alec	Woodgrove	10.77
4 Amenra, Elijah	Potomac Fall	10.93
5 Bony, Junior	Stafford Hig	10.95
6 Dillard, Kam'ron	William Flem	10.97
7 Bolich, Elijah	Massaponax	10.99
8 Hill, Da'Quanvion	Albemarle	11.04
9 Richardson, Keith	William Flem	11.10
10 Thompson, Jeremiah	Brooke Point	11.13
11 Brooks, Tristan	Independence	11.16
12 Galloway, Kyle	Stone Bridge	11.16
13 McCoy, Darren	William Flem	11.20
14 Davis, Zomari	Albemarle	11.22
15 Minor, Braylen	North Staffo	11.26
16 Williams, Cedric	Brooke Point	11.31
17 Richardson, Gavin	Stafford Hig	11.32
18 Ogletree, Cameron	Patrick Henr	11.54
19 Vo, Chrishe	Patrick Henr	11.65

Event 8 Girls 1600 Meter Run

Name	School	Finals
Finals		
1 Capritta, Layna	Woodgrove	5:18.58
2 Sullivan, Annie	Stone Bridge	5:19.99
3 Coleman, Jenna	Albemarle	5:27.14
4 Weaver, Eva	Albemarle	5:30.15
5 Floyd, Sarah	Riverside Hi	5:33.21
6 Craig, Katherine	North Staffo	5:39.46
7 Morra, Olivia	Riverbend Hi	5:52.26
8 Kauffman, Sophie	Harrisonburg	6:03.18
9 Lee, Sophia	Riverbend Hi	6:03.95
10 Shah, Ariya	Woodgrove	6:12.03

11 Kauffman, Abby	Harrisonburg	6:12.78
12 Braby, Eliza	Patrick Henr	6:33.29

Event 7 Boys 1600 Meter Run

Name	School	Finals
Finals		
1 Noll, Prescott	Woodgrove	4:28.04
2 Sabbatini, Reece	Independence	4:30.40
3 Bollinger, Ian	Mountain Vie	4:31.35
4 Uthlaut, Garrett	Albemarle	4:31.92
5 Terrible, James	Woodgrove	4:32.84
6 Marcusen, Thomas	Riverside Hi	4:35.40
7 Jacobs, Aaron	Brooke Point	4:39.64
8 Perry, Seth	Patrick Henr	4:42.11
9 McMichael, Andrew	Harrisonburg	4:42.52
10 Howley, Kaedon	Harrisonburg	4:49.26
11 Murphy, Riley	Woodgrove	4:51.91
12 Scott, James	Briar Woods	4:56.09
13 Kremer, Jaden	Patrick Henr	4:57.62
14 Palmer, Matthew	Stone Bridge	5:00.64
15 Markham, Roger	William Flem	5:03.59
16 Grant, Sebastian	Mountain Vie	5:06.86

Event 10 Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 North Stafford	A	47.70
1) Koroma, Mercy	2) Cotton, Sascha	
3) Woods, Ayanna	4) Tyson, Kailynn	
2 Independence	A	48.04
1) Poremba, Anika	2) Smith, Nadia	
3) Masternick, Lindsay	4) Riolo, Hannah	
3 Stafford High School	A	49.81
1) Scott, Alexandria	2) Andrews, Bryana	
3) Dumbuya, Veronica	4) Ferreira, Abigail	
4 Albemarle	A	50.01
1) Klosek, Stella	2) Watkins, Laila	
3) Zarzyski, Ashlyn	4) Hawkins, Kaydence	
5 Potomac Falls	A	50.25
1) Dykes, Elizabeth	2) Wanza, Madison	
3) Winthers, Logan	4) Bould, Madison	
6 William Fleming	A	50.41
1) Jones, Nykiyah	2) Watson, Ayeshia	
3) English, Zahara	4) Hicks, Anaiah	
7 Riverbend High School	A	50.64
1) Ochs, Katelyn	2) Clark, Kayla	
3) Koenig, Anneliese	4) Henley, Nia	
8 Riverside High School	A	52.76
1) DeMartin, Lillian	2) Anderson, Charis	
3) Brown, Maia	4) Nugent, Olivia	
9 Stone Bridge	A	52.99
1) Akuetteh, Lexi	2) Del Cid, Fatima	
3) Buckner, Ava	4) Kuma, Jordin	

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Event 9 Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Woodgrove	A	41.88
1) Salmin, Connor	2) Hughes, Alec	
3) Nester, Brayden	4) Brent, Alexander	
2 William Fleming	A	42.37
1) McCoy, Darren	2) Dillard, Kam'ron	
3) Richardson, Keith	4) Coleman, Malachi	
3 Independence	A	42.77
1) Davis-Williamson, Nehemiah	2) Brooks, Tristan	
3) Ryan, Matthew	4) Sherman, Justin	
4 Massaponax	A	43.06
1) Gordon, Anthony	2) Bolich, Elijah	
3) Phillips, Donovan	4) Akinropa, Akinbolade	
5 Riverbend High School	A	43.28
1) Abrams, Alec	2) Applegate, Jake	
3) Ireland, Verrian	4) Tyler, Nathaniel	
6 Stafford High School	A	43.36
1) Schuldt, Marcus	2) Bony, Junior	
3) Richardson, Gavin	4) Shelton, Davon	
7 Harrisonburg	A	43.96
1) Parham, Rashad	2) Bonga, Eljeron	
3) Rodgers-Davis, Cadrian	4) Engle, JJ	
8 Brooke Point	A	44.30
1) Thompson, Jeremiah	2) Dixon, Ramir	
3) Slappy, Braylon	4) Williams, Cedric	
9 Albemarle	A	44.57
1) Davis, Zomari	2) Mundy, Hayden	
3) Pendleton, Donte	4) Hill, Da'Quanvion	
10 Patrick Henr	A	44.71
1) Vo, Chrishe	2) Davis, Julius	
3) Napper, Antonio	4) Ogletree, Cameron	
--- North Stafford	A	DQ
1) Darku, Gerald	2) Minor, Braylen	
3) Washington Jr, Ontario	4) Killings, Shamar	

Event 12 Girls 400 Meter Dash

Name	School	Finals
Finals		
1 Gruen, Valerie	Briar Woods	58.63
2 Jones, Kyndal	Massaponax	59.13
3 Ijaz, Kamila	Massaponax	1:00.21
4 Vizek, Ashleigh	Riverside Hi	1:01.17
5 Watson, Ayeshia	William Flem	1:01.21
6 Baugh, Eliana	Mountain Vie	1:01.54
7 Hepburn, Starr	Mountain Vie	1:01.82
8 Lynch, Ariana	William Flem	1:02.33
9 Biller, Makayla	Patrick Henr	1:02.36
10 Nickola, Brinnay	Woodgrove	1:04.21
11 Johnson, Taylin	William Flem	1:06.78
12 Rincon, Ana Maria	Patrick Henr	1:07.68
13 Shelton, Nevaeh	William Flem	1:12.46

Event 11 Boys 400 Meter Dash

Name	School	Finals
Finals		
1 Bond, Vincent	Mountain Vie	49.14
2 Weyer, Riley	Stone Bridge	49.88
3 Taylor, Adonis	Briar Woods	50.30
4 Hines, Jayden	Massaponax	50.40
5 Humes, Christian	Albemarle	50.72
6 Manfredi, Jacomo	Potomac Fall	50.76
7 Satterfield, Ransom	Harrisonburg	50.91
8 Leftwich, Tyrece	William Flem	51.15
9 Bailey, Aidan	Woodgrove	51.25
10 Martin, Tequan	William Flem	51.38
11 Tyler, Nathaniel	Riverbend Hi	52.17
12 Unruh, Prezcott	Riverbend Hi	52.28
13 Minor, Braylen	North Staffo	52.31
14 Little, Christian	Riverside Hi	52.53
15 Ryan, Matthew	Independence	52.57
16 Drew, Turiq	Patrick Henr	1:13.76

Event 14 Girls 300 Meter Hurdles

Name	School	Finals
Finals		
1 O'Neil, Indira	Stone Bridge	44.16
2 Smith, Nadia	Independence	46.56
3 Adams, Breanna	Patrick Henr	46.83
4 Beauzieux, Mia	Harrisonburg	47.01
5 Murray, Keira	Independence	47.42
6 English, Zahara	William Flem	47.80
7 Colwell, Taylor	Potomac Fall	48.81
8 Marraccini, Brienza	Woodgrove	48.88
9 Riolo, McKenna	Independence	49.03
10 Treakle, Ava	Riverbend Hi	49.90
11 Jones, Jayda	Stafford Hig	50.51
12 Smith, Enijah	Patrick Henr	50.55
13 Duro-Emmanuel, Cecelian	Riverbend Hi	51.36
14 Conti, Katie	Stafford Hig	51.50
15 Scott, Deja	Briar Woods	51.66
16 Kyle, Asija	Brooke Point	51.83
17 Wilcher, Gabriella	William Flem	52.16
18 Erostequi, Daniele	Briar Woods	52.57
19 Kears, Kayla	North Staffo	52.85

Event 13 Boys 300 Meter Hurdles

Name	School	Finals
Finals		
1 Booker, Davian	Massaponax	38.33
2 Applegate, Jake	Riverbend Hi	39.58
3 Gebrehaimanot, Kalaib	Harrisonburg	39.78
4 Coleman, Malachi	William Flem	40.20
5 Conk, Michael	Riverside Hi	40.22
6 Backman, Nicholas	Independence	40.96
7 Koenig, Eli	Riverbend Hi	41.25
8 Duplissey, Tristan	Woodgrove	41.36
9 Nester, Brayden	Woodgrove	41.77

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Results - Girls First

Finals ... (Event 13 Boys 300 Meter Hurdles)

Name	School	Finals
10 Neroda, Joshua	Independence	41.78
11 Kpondzo, Simon	Potomac Fall	42.62
12 Woods, Jakari	North Staffo	43.71
13 Clark, Patrick	Stone Bridge	43.87
14 Edwards, Montel	William Flem	44.22
15 Walker, Akeem	Stafford Hig	44.24
16 Oliver, Anthony	Brooke Point	44.43
17 Harrington, Xavier	William Flem	47.44

Event 16 Girls 800 Meter Run

Name	School	Finals
1 Anderson, Madelyn	Mountain Vie	2:17.99
2 Sullivan, Annie	Stone Bridge	2:22.45
3 Elchenko, Brenna	Stafford Hig	2:23.18
4 Branscom, Thea	Patrick Henr	2:23.44
5 Gypson, Madelyn	Albemarle	2:23.60
6 Griffith, Helena	Mountain Vie	2:24.22
7 Wallner, Jillian	Stone Bridge	2:25.40
8 Greenfield, Elis	Briar Woods	2:25.42
9 Rose, Alexis	Massaponax	2:27.75
10 Kingston, Natalie	Mountain Vie	2:28.38
11 Yirmibesoglu, Aylin	Patrick Henr	2:31.25
12 Williamson, Ella	Riverside Hi	2:33.90
13 Poirot, Annie	Harrisonburg	2:35.01
14 Zavery, Sakina	Briar Woods	2:39.00
15 Dasilva, Adrienne	Riverside Hi	2:40.82

Event 15 Boys 800 Meter Run

Name	School	Finals
1 Travis, Terry	Massaponax	1:58.07
2 Rae, Thomas	Riverside Hi	2:00.39
3 Rexroat, Alex	North Staffo	2:00.67
4 Williams, Eddie	Patrick Henr	2:01.08
5 Hill, Darren	Brooke Point	2:01.65
6 Rau, Justin	Riverbend Hi	2:02.06
7 ryan, Matt	Stone Bridge	2:02.10
8 Pons, Diego	Mountain Vie	2:03.25
9 Hulleman, CJ	Harrisonburg	2:04.54
10 Noll, Prescott	Woodgrove	2:05.53
11 Tiller, Shaun	Brooke Point	2:06.01
12 Perry, Seth	Patrick Henr	2:06.26
13 Lugo, Markus	Riverside Hi	2:06.93
14 Weber, Ryan	Independence	2:10.49
15 Marcusen, Thomas	Riverside Hi	2:12.03
16 Bunn, Nathaniel	Harrisonburg	2:13.38
17 Moody, Asa	Albemarle	2:18.03

Event 18 Girls 200 Meter Dash

Name	School	Finals
1 Tyson, Kailynn	North Staffo	24.89
2 Watkins, Laila	Albemarle	25.06

3 Riolo, Hannah	Independence	25.59
4 Poremba, Anika	Independence	26.09
5 Vizek, Ashleigh	Riverside Hi	26.47
6 Dumbuya, Veronica	Stafford Hig	26.60
7 Jones, Nykiyah	William Flem	26.78
8 Scott, Alexandria	Stafford Hig	26.85
9 Robertson, Lois	Stone Bridge	26.95
10 Clark, Kayla	Riverbend Hi	26.97
11 Thomas, Lauren	Independence	27.32
12 Lightner, Erin	Independence	27.59

Event 17 Boys 200 Meter Dash

Name	School	Finals
1 Salmin, Connor	Woodgrove	21.92
2 Bond, Vincent	Mountain Vie	22.07
3 Hughes, Alec	Woodgrove	22.25
4 Brent, Alexander	Woodgrove	22.38
5 Weyer, Riley	Stone Bridge	22.49
6 Sherman, Justin	Independence	22.51
7 Bolich, Elijah	Massaponax	22.51
8 Thompson, Jeremiah	Brooke Point	22.83
9 Dillard, Kam'ron	William Flem	22.98
10 Galloway, Kyle	Stone Bridge	23.06
11 Ireland, Verrian	Riverbend Hi	23.06
12 Richardson, Gavin	Stafford Hig	23.22

Event 20 Girls 3200 Meter Run

Name	School	Finals
1 Capritta, Layna	Woodgrove	11:30.90
2 White, Jenna	Briar Woods	11:43.59
3 Guyton, Hanna	Albemarle	11:45.88
4 Blagg, Lena	Harrisonburg	12:05.37
5 Binkley, Madeline	Independence	12:18.86
6 Craig, Katherine	North Staffo	12:20.28
7 Reynolds, Shae	Brooke Point	12:21.25
8 Shah, Ariya	Woodgrove	12:35.77
9 Kitchens, Elizabeth	Mountain Vie	12:42.78
10 Reyer, Mckayla	Riverbend Hi	12:49.06
11 Morra, Olivia	Riverbend Hi	13:02.59
12 White, Emily	Stafford Hig	13:20.44
13 Peterson, Susan	Mountain Vie	13:24.05
14 Collette, Elise	Mountain Vie	13:36.79
15 Little, Eleanor	Patrick Henr	14:57.81

Event 19 Boys 3200 Meter Run

Name	School	Finals
1 Brennan, Brady	Brooke Point	9:24.29
2 Mitchell, Zach	Briar Woods	9:42.45
3 Phillips, Eli	Albemarle	9:45.03
4 Brinker, Jack	Independence	9:49.77
5 Lapier, Ethan	Riverbend Hi	9:53.40
6 DeBoer, Kuyper	Albemarle	9:54.36
7 Terrible, James	Woodgrove	10:04.20

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Finals ... (Event 19 Boys 3200 Meter Run)

Name	School	Finals
8 Sadow, Nathan	Independence	10:21.79
9 Govar, Ethan	Stafford Hig	10:22.81
10 Cook, Brady	Riverside Hi	10:26.30
11 devine, Patrick	Stone Bridge	10:26.37
12 Rush, Matthew	Harrisonburg	10:27.69
13 Costello, Hayes	Albemarle	10:28.97
14 Korn, Jacob	Riverbend Hi	10:29.42
15 Schilling, Charles	Mountain Vie	10:33.97
16 Veraa, Colton	Albemarle	10:35.97
--- Stetkevych, Robert	Albemarle	DQ

Event 104 Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Massaponax	A	4:03.18
1) Berry, Shanell	2) Ijaz, Kamila	
3) Rose, Alexis	4) Jones, Kyndal	
2 Independence	A	4:04.10
1) Beddows, Kaia	2) Masternick, Lindsay	
3) Poremba, Anika	4) Riolo, Hannah	
3 Stafford High School	A	4:04.72
1) Elchenko, Brenna	2) Dumbuya, Veronica	
3) Ferreira, Abigail	4) Lemke, Hailey	
4 Stone Bridge	A	4:07.40
1) Robertson, Lois	2) O'Neil, Indira	
3) Wallner, Jillian	4) Sullivan, Annie	
5 Mountain View	A	4:09.26
1) Hepburn, Starr	2) Brunson, Olivia	
3) Tidwell, Makenly	4) Baugh, Eliana	
6 North Stafford	A	4:12.34
1) Koroma, Mercy	2) Smith, Nya	
3) Hutcherson, Fanaiya	4) Cotton, Sascha	
7 Briar Woods	A	4:15.11
1) Erostequi, Daniele	2) Greenfield, Elis	
3) Acevedo, Melanie	4) Gruen, Valerie	
8 Riverbend High School	A	4:18.17
1) Sellars, Savannah	2) Treakle, Ava	
3) Ghosheh, Amalay	4) Barber, Alexis	
9 Riverside High School	A	4:18.17
1) Dent, Kemora	2) Dasilva, Adrienne	
3) Corrigan, Mia	4) Vizek, Ashleigh	
10 Brooke Point	A	4:19.06
1) Bibbs, Taleah	2) Afriyie, Jinelle	
3) Spencer-Hamm, Amalie	4) Dyer, Lailani	
11 Patrick Henr	A	4:20.20
1) Branscom, Thea	2) Yirmibesoglu, Aylin	
3) Rincon, Ana Maria	4) Biller, Makayla	
12 Potomac Falls	A	4:22.33
1) Bould, Madison	2) Cheiaua, Isabella	
3) Antognoli, Soleil	4) Dykes, Elizabeth	
13 Harrisonburg	A	4:28.93
1) Hernandez, Mia	2) Kauffman, Sophie	
3) Poirot, Annie	4) Beauzieux, Mia	

---	William Fleming	A	DQ
1)	Watson, Ayeshia	2)	Lynch, Ariana
3)	English, Zahara	4)	Jones, Nykiyah

Event 103 Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Massaponax	A	3:20.66
1) Hines, Jayden	2) Harper, Knoah	
3) Booker, Davian	4) Travis, Terry	
2 Mountain View	A	3:28.16
1) Cheatham, Christopher	2) Lathers, Jack	
3) Pons, Diego	4) Bond, Vincent	
3 Riverbend High School	A	3:28.47
1) Tyler, Nathaniel	2) Ireland, Verrian	
3) Rau, Justin	4) Unruh, Prezcott	
4 Harrisonburg	A	3:28.86
1) Gebrehaimanot, Kalaib	2) Rodgers-Davis, Cadrian	
3) Engle, JJ	4) Satterfield, Ransom	
5 Stone Bridge	A	3:28.97
1) Major, Grant	2) zisko, Kade	
3) ryan, Matt	4) Weyer, Riley	
6 Independence	A	3:29.71
1) Palmer, Aidan	2) Avalos, Levi	
3) Udandao, Akash	4) Ryan, Matthew	
7 Potomac Falls	A	3:30.58
1) Barth, Landen	2) Richardson, Kaiden	
3) Kpondzo, Simon	4) Manfredi, Jacomo	
8 Brooke Point	A	3:31.82
1) Chong, Keoni	2) Guerrero, Jaylen	
3) Ramos, Logan	4) Hill, Darren	
9 Woodgrove	A	3:32.28
1) Duplissey, Tristan	2) Allen, Sincere	
3) Noll, Prescott	4) Bailey, Aidan	
10 Riverside High School	A	3:33.71
1) Tyler, Nathan	2) Johnson, Gabe	
3) Little, Christian	4) Rae, Thomas	
11 William Fleming	A	3:36.27
1) Martin, Tequan	2) Leftwich, Tyrece	
3) Harrington, Xavier	4) McCoy, Darren	
12 Briar Woods	A	3:41.21
1) Taylor, Adonis	2) Kelley, Aidan	
3) Tozer, Jacob	4) Christopher, Tommy	
13 Patrick Henr	A	3:41.75
1) Williams, Eddie	2) Perry, Seth	
3) Boose, Nathaniel	4) Vo, Chrishe	

Event 134 Girls Discus Throw

Name	School	Finals
Finals		
1 Potts, Samantha	Riverbend Hi	109-06
2 Smith, Nadia	Independence	105-00
3 Neiss, Hannah	Mountain Vie	104-04
4 Jayaraman, Ava	Independence	99-02
5 McGrath, Cadence	Woodgrove	98-01
6 Phillips, Tomashaniq	Patrick Henr	94-10

5A Region D Outdoor Track Championships 2023 - 5/24/2023

Harrisonburg
Results - Girls First

Finals ... (Event 134 Girls Discus Throw)

Name	School	Finals
7 Vizek, Gabby	Riverside Hi	93-10
8 Colwell, Taylor	Potomac Fall	89-05
9 Ibiezugbe, Aria	Riverside Hi	84-11
10 Anderson, Karessa	Mountain Vie	83-11
11 Razor, Gabriella	Massaponax	82-04
12 Keller, Madison	Harrisonburg	77-02
13 Scott, Hannah	Albemarle	71-10
14 Martin, Madison	Stafford Hig	68-06
15 Faulkner, Chloe	Albemarle	67-07

Event 133 Boys Discus Throw

Name	School	Finals
1 Rogers, Luke	Independence	145-05
2 Bienick, Evan	Riverside Hi	138-01
3 Mensah, Eric	Mountain Vie	132-07
4 Harvey-Wright, Donte	Harrisonburg	124-00
5 Carmouze, Jovan	Potomac Fall	121-08
6 Wright, Marcus	Patrick Henr	119-04
7 Elieson, John	Potomac Fall	117-00
8 Weddle, Dylan	Brooke Point	112-10
9 Montgomery, Matthew	Independence	112-02
10 Tyler, Verrell	Riverbend Hi	110-04
11 Kennedy, Keegan	Riverbend Hi	108-11
12 Trimmer, Colin	Riverside Hi	108-03
13 Fugal, James	Albemarle	106-11
14 Taylor, Jonas	Riverbend Hi	106-08
15 Stajduhar, Daniel	Albemarle	102-05
16 Shepherd, Seth	Patrick Henr	97-10
17 Brown, Adrien	North Staffo	96-10
18 Johnson, Christopher	Stafford Hig	81-03
19 Burwell, Jemarion	Patrick Henr	80-05
--- rucker, Koran	Stone Bridge	ND

Event 128 Girls Long Jump

Name	School	Finals
1 Watkins, Laila	Albemarle	18-01.00
2 Tyson, Kailynn	North Staffo	17-08.00
3 Cotton, Sascha	North Staffo	17-06.50
4 Scott, Deja	Briar Woods	J17-06.50
5 Wanza, Madison	Potomac Fall	17-04.75
6 Smith, Nadia	Independence	17-00.00
7 Poremba, Anika	Independence	16-08.00
8 Riolo, Hannah	Independence	16-06.75
9 Beddows, Kaia	Independence	16-05.75
10 Johnson, JyKieria	Patrick Henr	16-00.25
11 Upshaw, Alyssa	Brooke Point	15-11.50
12 English, Zahara	William Flem	15-11.00
13 Watson, Ayeshia	William Flem	15-07.75
14 Ferreira, Abigail	Stafford Hig	15-06.25
15 Bonsu, Nana	Brooke Point	15-03.25
16 Morris, Camaree	William Flem	15-00.25
17 Hicks, Anaiah	William Flem	14-04.25

18 Lawrence, Annika	Stone Bridge	13-04.00
--- Roomes, Janelle	Mountain Vie	ND
--- O'Neil, Indira	Stone Bridge	ND
--- Buckner, Ava	Stone Bridge	FOUL

Event 127 Boys Long Jump

Name	School	Finals
1 Martin, Tequan	William Flem	22-02.00
2 Thompson, Jeremiah	Brooke Point	21-05.25
3 Brown, Keith	Harrisonburg	21-05.00
4 Richardson, Keith	William Flem	21-03.25
5 Iglesias, Matthew	Riverside Hi	21-03.00
6 Backman, Nicholas	Independence	21-01.25
7 Shelton, Davon	Stafford Hig	21-00.75
8 Nester, Brayden	Woodgrove	20-06.75
9 Jordan, Justin	Independence	20-05.00
10 Bailey, Aidan	Woodgrove	19-05.50
11 Tudor, Miles	Riverside Hi	19-04.25
12 McCoy, Darren	William Flem	19-03.25
13 Haynes, Anaudre	William Flem	19-01.25
14 Williams, Cedric	Brooke Point	18-10.25
15 asamoah, edwin	Massaponax	18-05.75
16 Bolich, Elijah	Massaponax	18-02.25
17 Iradukunda, Moses	Harrisonburg	18-01.75
18 Bonds, Damarion	Patrick Henr	17-11.00
--- Killings, Shamar	North Staffo	FOUL

Event 132 Girls Shot Put

Name	School	Finals
1 Ibiezugbe, Aria	Riverside Hi	38-02.00
2 Sarco, Maya	Harrisonburg	34-06.75
3 Butler, Faith	Massaponax	33-06.50
4 Jayaraman, Ava	Independence	33-03.75
5 Smith, Nadia	Independence	32-00.00
6 Williams, Shardae	Riverbend Hi	31-11.50
7 Phillips, Tomashaniq	Patrick Henr	31-06.50
8 McGrath, Cadence	Woodgrove	31-03.00
9 Buckner, Ava	Stone Bridge	31-01.50
10 Anderson, Karessa	Mountain Vie	30-01.25
11 Arnett, Payton	Woodgrove	29-11.50
12 Opoku-Mensah, Candence	Mountain Vie	29-04.00
13 Hammer, Cora	Albemarle	27-10.00
14 Hendricks, Victoria	Mountain Vie	27-00.50
15 Ellis, Christian	North Staffo	26-06.00
16 Scott, Hannah	Albemarle	24-06.50

Event 131 Boys Shot Put

Name	School	Finals
1 Rogers, Luke	Independence	51-00.50
2 Anthony Parker, Marc	Riverbend Hi	46-01.00
3 Harvey-Wright, Donte	Harrisonburg	45-10.50
4 Stajduhar, Daniel	Albemarle	45-06.75
5 Medlin, Evan	Riverbend Hi	45-01.00

5A Region D Outdoor Track Championships 2023 - 5/24/2023

Harrisonburg
Results - Girls First

Finals ... (Event 131 Boys Shot Put)

Name	School	Finals
6 Mensah, Eric	Mountain Vie	J45-01.00
7 Weddle, Dylan	Brooke Point	44-08.00
8 Schaeffer, Corey	Woodgrove	44-04.25
9 Groff, Joey	Woodgrove	44-02.00
10 Attivie, Selasie	Mountain Vie	42-10.50
11 Montgomery, Matthew	Independence	42-00.50
12 Kennedy, Keegan	Riverbend Hi	41-10.25
13 Carmouze, Jovan	Potomac Fall	40-11.50
14 Bienick, Evan	Riverside Hi	40-07.00
15 Wright, Marcus	Patrick Henr	40-04.50
16 White, Jahaunz	Albemarle	38-05.75
17 Jones, Christian	Massaponax	38-02.50
18 Fugal, James	Albemarle	36-07.00
19 Burwell, Jemarion	Patrick Henr	34-00.25

Event 130 Girls Triple Jump

Name	School	Finals
1 Tyson, Kailynn	North Staffo	36-11.00
2 Colwell, Taylor	Potomac Fall	36-06.75
3 Watson, Ayeshia	William Flem	35-05.00
4 Poremba, Anika	Independence	35-01.00
5 Beddows, Kaia	Independence	34-11.75
6 Hicks, Anaiah	William Flem	34-01.50
7 Adams, Breanna	Patrick Henr	33-02.00
8 Ochs, Katelyn	Riverbend Hi	32-07.25
9 Buckner, Ava	Stone Bridge	32-06.50
10 Handy, Kalaia	Stafford Hig	32-02.00
11 Turner, Hayle	Riverbend Hi	32-00.00
12 Lucas, Julia	Mountain Vie	31-06.75
13 Koenig, Anneliese	Riverbend Hi	30-10.25
14 Stilley, Meredith	Albemarle	30-06.50
15 Morris, Camaree	William Flem	30-00.00
16 Young, Katherine	Woodgrove	29-08.50
17 Smith, Nadia	Independence	29-01.50

Event 129 Boys Triple Jump

Name	School	Finals
1 Brown, Keith	Harrisonburg	45-02.75
2 Ngonga, Wendell	Woodgrove	43-09.50
3 McCoy, Darren	William Flem	42-04.75
4 Richardson, Keith	William Flem	40-06.25
5 Reddymachu, Komal	Independence	40-03.25
6 Subah, Quaqua	Patrick Henr	39-03.50
7 Carter, Carlton	Woodgrove	39-03.25
8 Maxwell, Jack	Riverbend Hi	39-01.50
9 Gordon, Anthony	Massaponax	38-06.75
10 asamoah, edwin	Massaponax	38-04.25
11 Cruver, Drake	Stone Bridge	37-10.75
12 Bonds, Damarion	Patrick Henr	37-09.00
13 Killings, Shamar	North Staffo	37-08.00
14 Avalos, Levi	Independence	37-07.25
15 Peyyala, Akhil	Independence	37-05.25

16 Mills, Edward

Massaponax

36-08.50

Event 138 Girls Pole Vault

Name	School	Finals
1 Potts, Samantha	Riverbend Hi	11-10.00
2 Fisher, Coralynn	Riverbend Hi	9-06.00
3 Vinzant, Tara	Albemarle	9-00.00
4 Stilley, Meredith	Albemarle	J9-00.00
5 Sarco, Maya	Harrisonburg	8-00.00
5 Rolf, Julia	Albemarle	8-00.00
--- Kingston, Natalie	Mountain Vie	NH
--- Hanson, Lina	Riverbend Hi	NH

Event 137 Boys Pole Vault

Name	School	Finals
1 Bonga, Eljeron	Harrisonburg	12-00.00
2 Smith, Jeffrey	Riverbend Hi	11-00.00
3 Abrams, Alec	Riverbend Hi	10-06.00
4 Armstrong, Samuel	North Staffo	J10-06.00
5 Clark, Andrew	Riverbend Hi	10-00.00
6 Vines, Amonte	Patrick Henr	9-06.00
7 Marshall, Sean	Stafford Hig	J9-06.00
--- Nobriga, Lee Roman	Stafford Hig	NH
--- Paton, David	Albemarle	NH
--- Rodriguez, Dominic	Harrisonburg	NH

Event 136 Girls High Jump

Name	School	Finals
1 Riolo, Hannah	Independence	5-06.00
2 Somers, Ella	Harrisonburg	5-04.00
3 Hairston, Daniya	Patrick Henr	5-02.00
3 Lucas, Julia	Mountain Vie	5-02.00
5 Epperson, Sophia	Brooke Point	J5-02.00
6 Beddows, Kaia	Independence	5-00.00
7 O'Neil, Indira	Stone Bridge	4-10.00
7 Reynolds, Reghan	Mountain Vie	4-10.00
9 Haast, Catherina	Riverside Hi	J4-10.00
10 Rankin, Sophia	Albemarle	4-08.00
10 Zarzyski, Ashlyn	Albemarle	4-08.00
10 Binette, Aliyah	Riverbend Hi	4-08.00
10 Lawrence, Annika	Stone Bridge	4-08.00
10 Opoku-Mensah, Candence	Mountain Vie	4-08.00
10 Simpson, Nina	Independence	4-08.00
--- Jellison, Peyton	North Staffo	NH
--- Muise, Genevieve	Mountain Vie	NH
--- Jones, Stella	Patrick Henr	NH

Event 135 Boys High Jump

Name	School	Finals
1 Williams, Xavier	Harrisonburg	6-00.00
2 Andros, Logan	Brooke Point	J6-00.00
3 Andros, Liam	Brooke Point	5-10.00

5A Region D Outdoor Track Championships 2023 - 5/24/2023**Harrisonburg
Results - Girls First****Finals ... (Event 135 Boys High Jump)**

	Name	School	Finals
3	Iglesias, Matthew	Riverside Hi	5-10.00
5	Estremera, Bennett	Albemarle	J5-10.00
5	Williams, Cedric	Brooke Point	J5-10.00
5	Tudor, Miles	Riverside Hi	J5-10.00
8	Johnson, Gabe	Riverside Hi	5-08.00
9	Napper, Antonio	Patrick Henr	J5-08.00
9	Darku, Gerald	North Staffo	J5-08.00
---	Lewis, Evan	Stone Bridge	NH
---	Campbell, Ian	Stone Bridge	NH
---	murphy, Connor	Stone Bridge	NH
---	Sherman, Justin	Independence	NH
---	Adkins, Ricky	North Staffo	NH
---	Atkinson, Skilayr	Stafford Hig	NH
---	Tasco, Rod	Patrick Henr	NH
---	Brown, Keith	Harrisonburg	NH
---	Reddymachu, Komal	Independence	NH
---	Herd, Kyree	Mountain Vie	NH
---	Shelton, Davon	Stafford Hig	NH

Women - Team Rankings - 17 Events Scored

1)	Independence High School	110
2)	North Stafford	76
3)	Albemarle	75.5
4)	Stone Bridge	44.5
5)	Riverbend High School	43
6)	Patrick Henry (Roanoke)	38.5
7)	Massaponax	35
7)	Mountain View	35
9)	Potomac Falls	33
10)	Harrisonburg	31.5
11)	Briar Woods	30
12)	Woodgrove	27
13)	Riverside High School	26
14)	Stafford High School	25
15)	William Fleming	24
16)	Brooke Point	6

Men - Team Rankings - 17 Events Scored

1)	Woodgrove	89
2)	Riverbend High School	74
3)	Harrisonburg	70
4)	Independence High School	62
5)	Massaponax	59
6)	William Fleming	53
7)	Brooke Point	46.5
8)	Mountain View	43
9)	Riverside High School	42.5
10)	Albemarle	31
11)	Stone Bridge	25
12)	Potomac Falls	16
13)	Patrick Henry (Roanoke)	15
14)	Briar Woods	14
15)	Stafford High School	11
15)	North Stafford	11