

## 5A Region D Indoor Track Championships - 2/13/2023

James R. Wilkins, Jr. Athletics Center

## Results

## Girls 55 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Tyson, Kailynn	North Staffo	7.27
2 Vandross, Madison	Albemarle	7.38
3 Hawkins, Kaydence	Albemarle	7.45
4 Vizek, Ashleigh	Riverside Hi	7.46
5 Webster, Aria	Independence	7.58
6 Wanza, Madison	Potomac Fall	7.58
7 Watson, Ayeshia	William Flem	7.66
8 Andrews, Bryana	Stafford Hig	7.70
9 Johnson, JyKieria	Patrick Henr	7.72
10 Afful, Elsie	Mountain Vie	7.72
11 Lightner, Erin	Independence	7.73
12 Masternick, Lindsay	Independence	7.75
13 Robertson, Lois	Stone Bridge	7.75
14 Hicks, Anaiah	William Flem	7.79
15 Alexander, Abigail	Riverbend Hi	7.82
16 Dumbuya, Veronica	Stafford Hig	7.87
17 Richards, Maraiya	Riverbend Hi	7.94

## Girls 300 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Thomas, Lauren	Independence	41.63
2 Tyson, Kailynn	North Staffo	42.44
3 Watkins, Laila	Albemarle	43.27
4 Jones, Kyndal	Massaponax	43.89
5 Dumbuya, Veronica	Stafford Hig	43.91
6 Vizek, Ashleigh	Riverside Hi	44.06
7 Woods, Ayanna	North Staffo	44.10
8 Masternick, Lindsay	Independence	44.21
9 Wanza, Madison	Potomac Fall	44.60
10 Biller, Makayla	Patrick Henr	44.65
11 Peloquin, Marquesa	Albemarle	44.88
12 Baugh, Eliana	Mountain Vie	45.43
13 Lightner, Erin	Independence	45.50
14 Afful, Elsie	Mountain Vie	45.60
15 Short, Elise	Potomac Fall	45.66
16 Hepburn, Starr	Mountain Vie	46.08
17 Shelton, Nevaeh	William Flem	46.23
18 Hicks, Anaiah	William Flem	46.43
19 Wilcher, Gabriella	William Flem	48.05

## Girls 500 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Berry, Shanell	Massaponax	1:20.92
2 Baugh, Eliana	Mountain Vie	1:21.08
3 Ijaz, Kamila	Massaponax	1:21.66
4 Branscom, Thea	Patrick Henr	1:22.77
5 Lynch, Ariana	William Flem	1:23.12
6 Riolo, Hannah	Independence	1:23.65
7 Kirkeide, Kelsey	Albemarle	1:25.57
8 Kingston, Natalie	Mountain Vie	1:25.70

9 Simpson, Mia	Potomac Fall	1:26.31
10 Hepburn, Starr	Mountain Vie	1:27.61
11 Wilcher, Gabriella	William Flem	1:29.32
12 Anderson, Charis	Riverside Hi	1:29.45
13 Treagle, Ava	Riverbend Hi	1:30.39
14 Gutsmiel, Devin	Briar Woods	1:33.66

## Girls 1000 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Anderson, Madelyn	Mountain Vie	3:04.30
2 Gypson, Madelyn	Albemarle	3:06.17
3 Sullivan, Annie	Stone Bridge	3:10.80
4 Motes, Thea	Independence	3:12.60
5 Hughlett, Courtney	Albemarle	3:13.09
6 Stasko, Dylan	Albemarle	3:14.98
7 Wallner, Jillian	Stone Bridge	3:17.49
8 Griffith, Helena	Mountain Vie	3:19.76
9 Hughlett, Caroline	Albemarle	3:22.70
10 Kitchens, Elizabeth	Mountain Vie	3:23.75
11 King, Kenzie	Albemarle	3:24.23
12 Burtram, Annalyn	Albemarle	3:24.44
13 Greenfield, Elis	Briar Woods	3:25.67
14 St Amand, Olivia	Albemarle	3:26.45
15 Yirmibesoglu, Aylin	Patrick Henr	3:27.41
16 Priddy, Olivia	Massaponax	3:29.39
17 Williams, Lily	Albemarle	3:29.62
18 Kuech, Kathleen	Potomac Fall	3:31.48
19 Peterson, Susan	Mountain Vie	3:32.52
20 Stonebreaker, Ella	Riverbend Hi	3:39.29
21 Tran, An	Independence	3:39.30
22 Poirot, Annie	Harrisonburg	3:51.07

## Girls 1600 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Gypson, Madelyn	Albemarle	5:10.22
2 Sullivan, Annie	Stone Bridge	5:16.91
3 Wallner, Jillian	Stone Bridge	5:26.27
4 Floyd, Sarah	Riverside Hi	5:30.14
5 Hughlett, Caroline	Albemarle	5:31.43
6 Dover, Ella	Stafford Hig	5:31.48
7 Greenfield, Elis	Briar Woods	5:35.42
8 Weaver, Eva	Albemarle	5:39.94
9 Blagg, Lena	Harrisonburg	5:42.69
10 Tafwed, Mariam	Potomac Fall	5:44.91
11 Fracis, Sylvie	Albemarle	5:45.73
12 Vabnick, Tessa	Mountain Vie	5:46.24
13 Craig, Katherine	North Staffo	5:46.99
14 Yirmibesoglu, Aylin	Patrick Henr	5:54.51
15 St Amand, Olivia	Albemarle	5:55.28
16 Walsh, Haley	North Staffo	5:56.70
17 Elbaum, Shayna	Independence	5:59.71
18 Magoon, Molly	Independence	5:59.75

## 5A Region D Indoor Track Championships - 2/13/2023

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## Results

## Girls 3200 Meter Run

Name	School	Finals
<b>Finals</b>		
1 Guyton, Hanna	Albemarle	11:57.45
2 Coleman, Jenna	Albemarle	12:00.52
3 Dover, Ella	Stafford Hig	12:00.53
4 Binkley, Madeline	Independence	12:15.84
5 Weaver, Eva	Albemarle	12:21.18
6 Fracis, Sylvie	Albemarle	12:25.52
7 Blagg, Lena	Harrisonburg	12:45.24
8 Craig, Katherine	North Staffo	12:52.69
9 Walsh, Haley	North Staffo	13:12.21
10 Little, Eleanor	Patrick Henr	13:44.17
11 Nerayanuru, Mayukha	Independence	13:44.90
12 Webster, Ava	Riverside Hi	13:56.30
13 Morra, Victoria	Riverbend Hi	14:04.54
14 Pates, Sarah	Riverside Hi	14:10.15
15 Collette, Elise	Mountain Vie	14:12.29

## Girls 55 Meter Hurdles

Name	School	Finals
<b>Finals</b>		
1 Thomas, Lauren	Independence	8.32
2 O'Neil, Indira	Stone Bridge	8.66
3 Adams, Breanna	Patrick Henr	9.08
4 Colwell, Taylor	Potomac Fall	9.12
5 Woods, Ayanna	North Staffo	9.19
6 Rawlins, Shanel	Patrick Henr	9.39
7 English, Zahara	William Flem	9.48
8 Richards, Maraiya	Riverbend Hi	9.51
9 Wilcher, Gabriella	William Flem	9.64
10 Simpson, Nina	Independence	9.74
11 Beauzieux, Mia	Harrisonburg	9.94
12 Riolo, McKenna	Independence	9.95
13 Treakle, Ava	Riverbend Hi	9.97
14 Harris, Chanel	Riverside Hi	10.13
15 Bonsu, Nana	Brooke Point	10.54
16 Anderson, Charis	Riverside Hi	10.63
17 Zarzyski, Ashlyn	Albemarle	10.70
18 Turner, Hayle	Riverbend Hi	11.31
--- Matthews, Kenya	Mountain Vie	FS

## Girls 4x200 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Independence	A	1:46.93
1) Webster, Aria	2) Riolo, Hannah	
3) Masternick, Lindsay	4) Thomas, Lauren	
2 Albemarle	A	1:47.98
1) Watkins, Laila	2) Peloquin, Marquesa	
3) Hawkins, Kaydence	4) Vandross, Madison	
3 North Stafford	A	1:48.63
1) Woods, Ayanna	2) Cotton, Sasha	
3) Koroma, Mercy	4) Tyson, Kailynn	

4 William Fleming	A	1:50.93
1) Shelton, Nevaeh	2) Watson, Ayeshia	
3) Hicks, Anaiah	4) Jones, Nykiyah	
5 Patrick Henry (R)	A	1:51.88
1) Johnson, JyKieria	2) Biller, Makayla	
3) Branscom, Thea	4) Adams, Breanna	
6 Stafford	A	1:52.11
1) Scott, Alexandria	2) Andrews, Bryana	
3) Ferreira, Abby	4) Dumbuya, Veronica	
7 Riverbend	A	1:55.61
1) Sellars, Savannah	2) Alexander, Abigail	
3) Campbell, Sydney	4) Richards, Maraiya	
8 Woodgrove	A	1:57.25
1) Marraccini, Brienza	2) Miranda, Adriana	
3) Nickola, Brinnay	4) Krebs, Cameron	
--- Potomac Falls	A	DQ
1) Colwell, Taylor	2) Dykes, Elizabeth	
3) Cheiaua, Isabella	4) Winthers, Logan	

## Girls 4x400 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Massaponax	A	4:12.89
1) Berry, Shanell	2) Ijaz, Kamila	
3) Priddy, Olivia	4) Jones, Kyndal	
2 Mountain View	A	4:16.77
1) Hepburn, Starr	2) Brunson, Olivia	
3) Anderson, Madelyn	4) Baugh, Eliana	
3 Albemarle	A	4:18.57
1) Watkins, Laila	2) Stasko, Dylan	
3) Hughlett, Courtney	4) Peloquin, Marquesa	
4 William Fleming	A	4:20.43
1) Watson, Ayeshia	2) Lynch, Ariana	
3) English, Zahara	4) Jones, Nykiyah	
5 Independence	A	4:23.39
1) Beddows, Kaia	2) Lightner, Erin	
3) Motes, Thea	4) Riolo, Hannah	
6 Riverside	A	4:24.48
1) Anderson, Charis	2) Dent, Kemora	
3) Harris, Chanel	4) Vizek, Ashleigh	
7 Stone Bridge	A	4:25.89
1) Robertson, Lois	2) Underwood, Adelaide	
3) Wallner, Jillian	4) Sullivan, Annie	
8 Riverbend	A	4:37.66
1) Ghosheh, Amalay	2) Campbell, Sydney	
3) Treakle, Ava	4) Barber, Alexis	

## Girls 4x800 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Mountain View	A	10:14.46
1) Kingston, Natalie	2) Kitchens, Elizabeth	
3) Griffith, Helena	4) Anderson, Madelyn	
2 Riverside	A	10:19.28
1) Floyd, Sarah	2) Dasilva, Adrienne	
3) Rufo, Maren	4) Rotell, Ava	

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## Finals ... (Girls 4x800 Meter Relay)

Team	Relay	Finals
3 Riverbend	A	10:25.89
1) Barber, Alexis	2) Sellars, Savannah	
3) Lee, Sophia	4) Morra, Olivia	
4 Massaponax	A	11:26.58
1) Ijaz, Kamila	2) Priddy, Olivia	
3) Berry, Shanell	4) Jones, Kyndal	
5 Independence	A	11:33.00
1) Carter, Carlyn	2) Suh, Ellie	
3) Rosher, Emma	4) Wasaff, Cassidy	

## Girls High Jump

Name	School	Finals
<b>Finals</b>		
1 Riolo, Hannah	Independence	5-05.00
2 Beddows, Kaia	Independence	5-02.00
3 Epperson, Sophia	Brooke Point	5-00.00
3 Somers, Ella	Harrisonburg	5-00.00
5 Simpson, Nina	Independence	4-08.00
6 Binette, Aliyah	Riverbend Hi	J4-06.00
6 Zarzyski, Ashlyn	Albemarle	J4-06.00
6 Stevens, Madison	Riverbend Hi	J4-06.00
9 Ding, Weining	Albemarle	J4-06.00
10 Dieng, Oumi	Stafford Hig	J4-06.00
11 Jones, Stella	Patrick Henr	4-04.00
12 Lawrence, Annika	Stone Bridge	J4-04.00

## Girls Pole Vault

Name	School	Finals
<b>Finals</b>		
1 Potts, Samantha	Riverbend Hi	12-00.00
2 Hall, Zada	Albemarle	10-00.00
3 Fisher, Coralynn	Riverbend Hi	9-06.00
4 Scherer, Linden	Albemarle	J9-06.00
5 Vinzant, Tara	Albemarle	9-00.00
6 Alexander, Abigail	Riverbend Hi	8-00.00
7 Hanson, Lina	Riverbend Hi	7-06.00
--- Campbell, Sydney	Riverbend Hi	NH
--- White, Emily	Stafford Hig	NH

## Girls Long Jump

Name	School	Finals
<b>Finals</b>		
1 Tyson, Kailynn	North Staffo	17-07.00
2 Thomas, Lauren	Independence	16-09.00
3 Watkins, Laila	Albemarle	16-04.75
4 Beddows, Kaia	Independence	16-04.25
5 Watson, Ayeshia	William Flem	16-01.75
6 Cotton, Sasha	North Staffo	16-00.75
7 Wanza, Madison	Potomac Fall	15-10.50
8 Jellison, Peyton	North Staffo	15-09.50
9 Riolo, Hannah	Independence	J15-09.50
10 Hicks, Anaiah	William Flem	15-01.75
11 Andrews, Bryana	Stafford Hig	15-00.25
12 Rawlins, Shanel	Patrick Henr	14-11.75

13 Johnson, JyKieria	Patrick Henr	14-09.50
14 Krebs, Cameron	Woodgrove	J14-09.50
15 Bonhomme, Rose	William Flem	14-06.50
16 Ijaz, Kamila	Massaponax	14-04.75
17 English, Zahara	William Flem	14-03.00
18 Young, Katherine	Woodgrove	13-05.75
19 Branscom, Thea	Patrick Henr	13-05.50
20 Richards, Maraiya	Riverbend Hi	12-11.00
21 O'Neil, Indira	Stone Bridge	J12-11.00

## Girls Triple Jump

Name	School	Finals
<b>Finals</b>		
1 Tyson, Kailynn	North Staffo	36-08.50
2 Rawlins, Shanel	Patrick Henr	36-04.75
3 Colwell, Taylor	Potomac Fall	36-02.50
4 Watson, Ayeshia	William Flem	35-09.00
5 Jellison, Peyton	North Staffo	33-06.00
6 Hicks, Anaiah	William Flem	32-02.50
7 Bonhomme, Rose	William Flem	32-02.00
8 Krebs, Cameron	Woodgrove	31-04.25
9 Fisher, Coralynn	Riverbend Hi	30-03.00
10 Amoako, Daylin	North Staffo	29-11.00
11 Young, Katherine	Woodgrove	28-06.50

## Girls Shot Put

Name	School	Finals
<b>Finals</b>		
1 Ibiezugbe, Aria	Riverside Hi	35-07.50
2 Anderson, Karessa	Mountain Vie	30-10.50
3 McGrath, Cadence	Woodgrove	30-07.00
4 Crusse-Williams, RayLynn	Albemarle	28-09.00
5 Vazquez, Christina	Massaponax	27-11.00
6 Arnett, Payton	Woodgrove	27-05.00
7 Ding, Weining	Albemarle	26-08.50
8 Scharnbeck, Anna	Albemarle	26-02.50
9 Letsu, Priscilla	Riverside Hi	25-04.00
10 Rivera-Diaz, Marianna	Massaponax	25-02.50
11 Hammer, Cora	Albemarle	25-00.50
12 Garg, Sasha	Riverside Hi	24-04.50
13 Hart, Celia	Woodgrove	23-04.00
14 Strother, Sania	Riverbend Hi	23-03.50
15 Neil, Kiele	Harrisonburg	22-07.50

## Boys 55 Meter Dash

Name	School	Finals
<b>Finals</b>		
1 Bond, Vincent	Mountain Vie	6.51
2 Taylor, Carmelo	Patrick Henr	6.52
3 Coleman, Malachi	William Flem	6.63
4 Dillard, Kam'ron	William Flem	6.65
5 Anthony Parker, Marc	Riverbend Hi	6.67
6 Richardson, Keith	William Flem	6.70
7 Bony, Junior	Stafford Hig	6.73
8 Fluharty, Billy	Riverbend Hi	6.74
9 McCoy, Darren	William Flem	6.76

## 5A Region D Indoor Track Championships - 2/13/2023

James R. Wilkins, Jr. Athletics Center

## Results

## Finals ... (Boys 55 Meter Dash)

Name	School	Finals
10 Johar, Bhavya	Stone Bridge	6.78
11 Ross, Kaiden	Independence	6.80
12 Sherman, Justin	Independence	6.84
13 Weyer, Riley	Stone Bridge	6.89
14 Zrajevsky, Roman	Riverside Hi	6.90
15 Nester, Brayden	Woodgrove	6.91
16 Brooks, Tristan	Independence	6.94
17 Kimbrough, Jahzae	Patrick Henr	6.96

## Boys 300 Meter Dash

Name	School	Finals
1 Bond, Vincent	Mountain Vie	35.89
2 Mateo, Amir	Riverbend Hi	36.07
3 Taylor, Carmelo	Patrick Henr	36.53
4 Weyer, Riley	Stone Bridge	36.89
5 Leftwich, Tyrece	William Flem	37.07
6 Bolich, Elijah	Massaponax	37.11
7 Campbell, Ian	Stone Bridge	37.72
8 Taylor, Adonis	Briar Woods	37.74
9 Bony, Junior	Stafford Hig	37.84
10 Unrue, Prescott	Riverbend Hi	37.86
11 Martin, Tequan	William Flem	37.98
12 Ryan, Matthew	Independence	38.27
13 Minor, Braylen	North Staffo	38.48
14 Conk, Michael	Riverside Hi	38.54
15 Carter, Tariq	Albemarle	38.61
16 Dillard, Kam'ron	William Flem	39.21
17 Sherman, Justin	Independence	39.58
18 McFarland, Jackson	North Staffo	40.10

## Boys 500 Meter Dash

Name	School	Finals
1 Bond, Vincent	Mountain Vie	1:06.02
2 Johnson, Gabriel	Riverside Hi	1:08.57
3 Hines, Jayden	Massaponax	1:09.25
4 Manfredi, Jacomo	Potomac Fall	1:09.28
5 Rexroat, Alex	North Staffo	1:09.40
6 Pittman, Joseph	Stafford Hig	1:09.47
7 Booker, Davian	Massaponax	1:10.18
8 Leftwich, Tyrece	William Flem	1:10.38
9 Martin, Tequan	William Flem	1:10.40
10 Christopher, Tommy	Briar Woods	1:10.66
11 Hill, Darren	Brooke Point	1:12.31
12 Minor, Braylen	North Staffo	1:12.39
13 Rosher, Tyler	Independence	1:12.40
14 Barber, Will	Albemarle	1:13.24
15 Avalos, Levi	Independence	1:13.26
16 Ramos, Logan	Brooke Point	1:13.26
17 Harper, Knoah	Massaponax	1:13.70
18 Guerrero, Jaylen	Brooke Point	1:14.10
19 McCormack, Jake	Riverside Hi	1:14.64
20 Bonds, Damarion	Patrick Henr	1:14.70

21 Green, Jysheim	William Flem	1:16.21
22 Horne, Daniel	William Flem	1:18.15

## Boys 1000 Meter Run

Name	School	Finals
1 Travis, Terry	Massaponax	2:37.67
2 Rau, Justin	Riverbend Hi	2:37.84
3 Williams, Eddie	Patrick Henr	2:38.89
4 Rae, Thomas	Riverside Hi	2:42.73
5 Hulleman, CJ	Harrisonburg	2:42.83
6 Uthlaut, Garrett	Albemarle	2:46.73
7 Calvert, Robert	Stafford Hig	2:48.95
8 Lugo, Markus	Riverside Hi	2:50.82
9 Grant, Sebastian	Mountain Vie	2:51.17
10 Hillis, JT	Albemarle	2:53.18
11 Bollinger, Ian	Mountain Vie	2:53.72
12 Weber, Ryan	Independence	2:55.16
13 Palmer, Matthew	Stone Bridge	2:55.27
14 Phillips, Grant	Independence	2:55.57
15 Groel, Daniel	Riverbend Hi	2:56.82
16 McDonald, Karl	Independence	2:59.78
17 Marcusen, Thomas	Riverside Hi	3:00.18
18 Kremer, Jaden	Patrick Henr	3:07.44

## Boys 1600 Meter Run

Name	School	Finals
1 Lapier, Ethan	Riverbend Hi	4:38.64
2 Uthlaut, Garrett	Albemarle	4:39.97
3 Pons, Diego	Mountain Vie	4:40.80
4 Marcusen, Thomas	Riverside Hi	4:42.39
5 Sabbatini, Reece	Independence	4:52.82
6 Ryan, Matthew	Stone Bridge	4:54.89
7 Rush, Matthew	Harrisonburg	4:54.97
8 Markham, Roger	William Flem	4:55.94
9 Howley, Kaedon	Harrisonburg	4:56.51
10 Perry, Seth	Patrick Henr	4:59.02
11 Schilling, Charles	Mountain Vie	5:03.86
12 Massey, Aaron	Independence	5:07.57
13 Rooney, Liam	Patrick Henr	5:08.52
14 Pellissier, Alan	Albemarle	5:09.99
--- Mitchell, Zach	Briar Woods	DNF

## Boys 3200 Meter Run

Name	School	Finals
1 Arnold, Tyler	Riverbend Hi	9:44.09
2 DeBoer, Kuyper	Albemarle	10:00.39
3 Brinker, Jack	Independence	10:04.26
4 Phillips, Eli	Albemarle	10:16.46
5 Sadow, Nathan	Independence	10:36.13
6 Devine, Patrick	Stone Bridge	10:38.52
7 Cook, Brady	Riverside Hi	10:40.59
8 Godsey, Nathan	Stafford Hig	10:57.53
9 Korn, Jacob	Riverbend Hi	10:58.79

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## Results

## Finals ... (Boys 3200 Meter Run)

Name	School	Finals
10 Costello, Hayes	Albemarle	11:01.52
11 Schilling, Charles	Mountain Vie	11:10.70
12 Xia, Ruyue	Riverside Hi	11:15.73
13 Stetkevych, Robert	Albemarle	11:18.97
14 Duncan, Baelin	Albemarle	11:27.40
15 Govar, Ethan	Stafford Hig	12:01.40

## Boys 55 Meter Hurdles

Name	School	Finals
1 Coleman, Malachi	William Flem	7.74
2 Applegate, Jake	Riverbend Hi	8.01
3 Drew, Turiq	Patrick Henr	8.17
4 Penn, John-Miller	Patrick Henr	8.29
5 Backman, Nicholas	Independence	8.43
6 Morales, Mason	Stone Bridge	8.49
7 Booker, Davian	Massaponax	8.68
8 Engle, JJ	Harrisonburg	8.73
9 Gebrehaimanot, Kalaib	Harrisonburg	8.80
10 Kpondzo, Simon	Potomac Fall	8.82
11 Conk, Michael	Riverside Hi	8.84
12 Woods, Jakari	North Staffo	8.87
13 Blunt, Christopher	Riverside Hi	9.00
14 Maxwell, Jack	Riverbend Hi	9.01
15 Lawrence, Lyndon	North Staffo	9.31
16 Haaland, Kale	Woodgrove	9.39
17 Clarke, Jamison	Mountain Vie	9.88

## Boys 4x200 Meter Relay

Team	Relay	Finals
1 Riverbend	A	1:32.52
1) Applegate, Jake	2) Ireland, Verrian	
3) Anthony Parker, Marc	4) Mateo, Amir	
2 William Fleming	A	1:33.82
1) Dillard, Kam'ron	2) McCoy, Darren	
3) Richardson, Keith	4) Yonda, Edward	
3 Patrick Henry (R)	A	1:34.34
1) Penn, John-Miller	2) Drew, Turiq	
3) Kimbrough, Jahzae	4) Taylor, Carmelo	
4 Independence	A	1:36.56
1) Ryan, Matthew	2) Ross, Kaiden	
3) Brooks, Tristan	4) Sherman, Justin	
5 Stone Bridge	A	1:36.70
1) Johar, Bhavya	2) Campbell, Ian	
3) Morales, Mason	4) Weyer, Riley	
6 Massaponax	A	1:37.47
1) Bolich, Elijah	2) Phillips, Donavan	
3) Akinropa, Akinbolade	4) Gordon, Anthony	
7 North Stafford	A	1:37.68
1) Washington Jr, Ontario	2) Minor, Braylen	
3) King, Deion	4) McFarland, Jackson	

8 Harrisonburg	A	1:38.12
1) Gebrehaimanot, Kalaib	2) Rodgers-Davis, Cadrian	
3) Satterfield, Ransom	4) Engle, JJ	
9 Woodgrove	A	1:38.31
1) Nester, Brayden	2) Duplissey, Tristan	
3) Bailey, Aidan	4) Ngonga, Wendell	
10 Stafford	A	1:38.45
1) Leslie, Nate	2) Bony, Junior	
3) Richardson, Gavin	4) Shuldt, Marcus	
11 Albemarle	A	1:38.67
1) Carter, Nathan	2) Browman, Mandella	
3) Pendleton, Dante	4) Carter, Tariq	
12 Potomac Falls	A	1:39.26
1) Manfredi, Jacomo	2) Richardson, Kaiden	
3) Kpondzo, Simon	4) Wiggins, Franklin	

## Boys 4x400 Meter Relay

Team	Relay	Finals
1 Riverbend	A	3:29.34
1) Unrue, Prescott	2) Applegate, Jake	
3) Rau, Justin	4) Mateo, Amir	
2 Massaponax	A	3:29.35
1) Hines, Jayden	2) Bolich, Elijah	
3) Harper, Noah	4) Travis, Terry	
3 William Fleming	A	3:30.95
1) McCoy, Darren	2) Coleman, Malachi	
3) Leftwich, Tyrece	4) Martin, Tequan	
4 Riverside	A	3:40.11
1) Johnson, Gabriel	2) Conk, Michael	
3) Rae, Thomas	4) McCormack, Jake	
5 Independence	A	3:41.50
1) Avalos, Levi	2) Palmer, Aidan	
3) Ryan, Matthew	4) Sabbatini, Reece	
6 Brooke Point	A	3:42.18
1) Thompson, Jeremiah	2) Hill, Darren	
3) Ramos, Logan	4) Chong, Keoni	
7 Patrick Henry (R)	A	3:45.48
1) Williams, Eddie	2) Perry, Seth	
3) Vo, Chrishe	4) Drew, Turiq	
8 Albemarle	A	3:52.17
1) Barber, Will	2) Uthlaut, Garrett	
3) Estremera, Bennett	4) Browman, Mandella	
--- Woodgrove	A	DQ
1) Nester, Brayden	2) Murphy, Riley	
3) Weathington, Grayson	4) Duplissey, Tristan	

## Boys 4x800 Meter Relay

Team	Relay	Finals
1 Massaponax	A	8:23.05
1) Hines, Jayden	2) Travis, Terry	
3) Harper, Knoah	4) Booker, Davian	
2 Riverbend	A	8:28.66
1) Rau, Justin	2) Groel, Daniel	
3) Lapier, Ethan	4) Arnold, Tyler	

## 5A Region D Indoor Track Championships - 2/13/2023

James R. Wilkins, Jr. Athletics Center

## Results

## Finals ... (Boys 4x800 Meter Relay)

Team	Relay	Finals
3 Brooke Point	A	8:30.76
1) Hill, Darren	2) Tiller, Shaun	
3) Ramos, Logan	4) Guerrero, Jaylen	
4 Riverside	A	8:35.33
1) Lugo, Markus	2) Marcusen, Thomas	
3) Rae, Thomas	4) Johnson, Gabriel	
5 Patrick Henry (R)	A	8:45.65
1) Williams, Eddie	2) Kremer, Jaden	
3) Rooney, Liam	4) Perry, Seth	
6 Independence	A	8:46.56
1) Weber, Ryan	2) Phillips, Grant	
3) McDonald, Karl	4) Sabbatini, Reece	
7 Stone Bridge	A	8:56.00
1) Goldstein, Joshua	2) Devine, Patrick	
3) Donohue, William	4) Palmer, Matthew	
8 Harrisonburg	A	9:04.71
1) Rush, Matthew	2) Howley, Kaedon	
3) Bunn, Nathaniel	4) Hulleman, CJ	

## Boys High Jump

Name	School	Finals
<b>Finals</b>		
1 Andros, Logan	Brooke Point	5-10.00
2 Estremera, Bennett	Albemarle	5-08.00
3 Barthlow, Austin	Independence	J5-08.00
4 Napper, Antonio	Patrick Henr	5-06.00
5 Unrue, Prescott	Riverbend Hi	5-04.00
5 Campbell, Ian	Stone Bridge	5-04.00
7 Reddymachu, Komal	Independence	J5-04.00
8 Leftwich, Tyrece	William Flem	J5-04.00
9 Subah, Quaqua	Patrick Henr	J5-04.00
10 Ngonga, Wendell	Woodgrove	5-02.00
--- Peyyala, Akhil	Independence	NH

## Boys Pole Vault

Name	School	Finals
<b>Finals</b>		
1 Bonga, Eljeron	Harrisonburg	10-00.00
2 Smith, Jeffrey	Riverbend Hi	9-06.00
3 Clark, Andrew	Riverbend Hi	J9-06.00
4 Marshall, Sean	Stafford Hig	9-00.00
5 Nobrigia, Lee Roman	Stafford Hig	8-06.00
--- Kurtz, Mateo	Harrisonburg	NH
--- Earnhart, Matthew	Riverbend Hi	NH

## Boys Long Jump

Name	School	Finals
<b>Finals</b>		
1 Richardson, Keith	William Flem	20-07.50
2 McCoy, Darren	William Flem	19-09.50
3 Manfredi, Jacomo	Potomac Fall	19-08.75
4 Ngonga, Wendell	Woodgrove	19-05.00
5 asamoah, edwin	Massaponax	19-04.00
6 Bolich, Elijah	Massaponax	19-00.50

7 Fluharty, Billy	Riverbend Hi	18-10.00
8 Nester, Brayden	Woodgrove	18-06.50
9 Gebrehaimanot, Kalaib	Harrisonburg	18-05.50
10 Drew, Turiq	Patrick Henr	18-03.50
11 Penn, John-Miller	Patrick Henr	18-03.00
12 Bailey, Aidan	Woodgrove	18-02.50
13 Haynes, Anaudre	William Flem	18-00.50
14 Pittman, Joseph	Stafford Hig	17-11.00
15 Mateo, Amir	Riverbend Hi	17-10.75
16 Anthony Parker, Marc	Riverbend Hi	17-08.00
17 Munoz, Adonijah	Stone Bridge	17-07.50
18 Martin, Tequan	William Flem	17-06.00
19 Penn, Bryce	Patrick Henr	16-09.50
20 Neroda, Joshua	Independence	16-08.50
21 Ross, Kaiden	Independence	16-01.25
22 Brooks, Tristan	Independence	15-04.50
--- Furguson, K-Ron	William Flem	FOUL

## Boys Triple Jump

Name	School	Finals
<b>Finals</b>		
1 McCoy, Darren	William Flem	43-00.50
2 Kimbrough, Jahzae	Patrick Henr	42-00.00
3 Ngonga, Wendell	Woodgrove	41-10.25
4 Bailey, Aidan	Woodgrove	40-01.00
5 Iradukunda, Moses	Harrisonburg	39-09.00
6 asamoah, edwin	Massaponax	39-04.75
7 Subah, Quaqua	Patrick Henr	39-04.25
8 Maxwell, Jack	Riverbend Hi	39-03.25
9 Richardson, Keith	William Flem	39-03.00
10 Furguson, K-Ron	William Flem	37-05.00
11 Gordon, Anthony	Massaponax	37-03.00
12 Cruver, Drake	Stone Bridge	36-11.00
13 Taylor, Tony	Patrick Henr	33-11.25
14 Peyyala, Akhil	Independence	32-02.50
--- Carter, Cj	Woodgrove	FOUL
--- Ashkar, Justin	Independence	FOUL

## Boys Shot Put

Name	School	Finals
<b>Finals</b>		
1 Rogers, Luke	Independence	46-06.00
2 Mensah, Eric	Mountain Vie	44-07.00
3 Anthony Parker, Marc	Riverbend Hi	42-03.50
4 Kennedy, Keegan	Riverbend Hi	41-09.50
5 Weddle, Dylan	Brooke Point	41-06.50
6 Stajduhar, Daniel	Albemarle	41-06.00
7 Lutz, Braden	Riverbend Hi	41-00.00
8 Wright, Marcus	Patrick Henr	40-06.50
9 Attvie, Seliassie	Mountain Vie	37-11.50
10 Portillo, Gio	Harrisonburg	35-11.00
11 Gilliam, Luka	Riverbend Hi	35-10.50
12 Keseday, Jimmy	Albemarle	34-11.50
13 Harrington, Xavier	William Flem	33-11.50
14 Murphy, Edward	Patrick Henr	33-03.50
15 Saunders, Nasir	Patrick Henr	32-06.50

**5A Region D Indoor Track Championships - 2/13/2023****James R. Wilkins, Jr. Athletics Center****Results****Finals ... (Boys Shot Put)**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
16	Sama, Rohan	Independence	32-03.00
17	Baird, Preston	Potomac Fall	31-11.50
18	Carmouze, Jovan	Potomac Fall	31-09.00
19	Alvarenga, Julio	Potomac Fall	31-07.50
20	Kadari, Yashwanth	Independence	29-08.00

**Women - Team Rankings - 15 Events Scored**

1)	Albemarle	124
2)	Independence	91
3)	North Stafford	59
4)	Mountain View	46
5)	Massaponax	40
6)	Riverbend	35
7)	Riverside	34
8)	William Fleming	32
8)	Stone Bridge	32
10)	Patrick Henry (R)	26
11)	Stafford	17
12)	Potomac Falls	16
13)	Woodgrove	11
14)	Harrisonburg	7.5
15)	Brooke Point	5.5
16)	Briar Woods	2

**Men - Team Rankings - 15 Events Scored**

1)	Riverbend	110.5
2)	William Fleming	73
3)	Patrick Henry (R)	59
4)	Massaponax	54
5)	Independence	48
6)	Mountain View	44
7)	Albemarle	36
8)	Riverside	31
9)	Stone Bridge	25.5
10)	Brooke Point	23
10)	Harrisonburg	23
12)	Stafford	17
12)	Woodgrove	17
14)	Potomac Falls	11
15)	North Stafford	6
16)	Briar Woods	1