

2023 ODAC Outdoor Track & Field Championships - 4/30/2023 to 5/1/2023

Doc Jopson Track Complex

Results - Sunday

Women 100 Meter Dash

Name	School	Prelims
Preliminaries		
1 Coleman, Adalia	Bridgewater	11.86Q2.1
2 Gamble, Katelyn	Washington a	12.15Q2.1
3 Seward, Aniya	Lynchburg	12.25Q1.6
4 Hoggard, Lyric	Virginia Wes	12.22q 2.1
5 Hooker, Kacee	Bridgewater	12.27q 1.6
6 Hinckley, Eleanor	Roanoke	12.29q 2.1
7 Measell, Kaitlin	Shenandoah	12.42q 2.1
8 Cammarata, Jessica	Lynchburg	12.51q 2.1
9 Poole, Taylor	Roanoke	12.51 2.1
10 Oguamena, Kendra	Eastern Menn	12.59 1.6
11 Hobin, Lindsey	Roanoke	12.63 1.6
12 Fox, Kenna	Roanoke	12.74 1.6
13 Anderson, Janelle	Shenandoah	12.82 2.1
14 Hamlin, Haleigh	Bridgewater	12.87 2.1
15 Buckles, Jade	Bridgewater	12.88 2.1
16 Turner, Rylee	Lynchburg	12.89 2.1
17 Snodgrass, Hannah	Roanoke	12.99 1.6
18 Smith, Kendra	Randolph	13.06 2.1
19 Turner, Jaidyn	Randolph	13.21 1.6
20 Prosper, Talia	Averett	13.34 1.6
21 Patterson, Jazmine	Hollins	13.34 2.1
22 Carey, Tiffany	Eastern Menn	13.41 2.1
23 Dubois, Ashantaye	Virginia Wes	13.44 2.1

Women 200 Meter Dash

Name	School	Prelims
Preliminaries		
1 Coleman, Adalia	Bridgewater	25.35Q2.7
2 Seward, Aniya	Lynchburg	25.41Q1.2
3 Gamble, Haylee	Roanoke	25.57Q2.6
4 Hooker, Kacee	Bridgewater	25.57q 1.2
5 Cammarata, Jessica	Lynchburg	25.75q 2.7
6 Hinckley, Eleanor	Roanoke	25.80q 1.2
7 Hefferon, Mikayla	Roanoke	25.87q 2.7
8 Gamble, Katelyn	Washington a	26.05q 2.6
9 Oguamena, Kendra	Eastern Menn	26.27 1.2
10 Hathaway, Julia	Virginia Wes	26.28 2.6
11 Measell, Kaitlin	Shenandoah	26.36 2.6
12 Poole, Taylor	Roanoke	26.64 1.2
13 Henson, Lauren	Roanoke	26.76 2.6
14 Hoggard, Lyric	Virginia Wes	26.81 2.7
15 Buckles, Jade	Bridgewater	27.14 2.7
16 Turner, Rylee	Lynchburg	27.17 2.7
17 Sidero, Sarah	Shenandoah	27.20 1.2
18 Anderson, Janelle	Shenandoah	27.51 2.7
19 Carter, Noelani	Hollins	27.52 2.6
20 Turner, Jaidyn	Randolph	27.59 2.6
21 Ingraham, Shannea	Averett	28.23 2.6
22 Patterson, Jazmine	Hollins	28.67 1.2
23 Bangura, Saida	Averett	28.88 2.7

Women 400 Meter Dash

Name	School	Prelims
Preliminaries		
1 Hathaway, Julia	Virginia Wes	59.10Q
2 Hefferon, Mikayla	Roanoke	59.11Q
3 Barnes, Vuronika	Lynchburg	59.15Q
4 Barnes, Amia	Virginia Wes	59.80q
5 Taylor, Ray Ray	Eastern Menn	1:00.21q
6 Gamble, Haylee	Roanoke	1:00.40q
7 Henson, Lauren	Roanoke	1:00.73q
8 Palethorpe, Jordynn	Washington a	1:01.64q
9 Van Voorhis, Haley	Shenandoah	1:01.73
10 Sidero, Sarah	Shenandoah	1:02.03
11 Carter, Noelani	Hollins	1:02.51
12 Molina-Shuman, Maryrose	Roanoke	1:03.13
13 Patterson, Jazmine	Hollins	1:03.87
14 Stedman, Casey	Virginia Wes	1:04.32
15 Hairston, Jordan	Ferrum	1:04.79
16 Oliver, Cassidy	Bridgewater	1:04.80
17 Lewis, Trina	Ferrum	1:05.36
18 Sweet, Caitlyn	Shenandoah	1:06.98
19 Lewis, Cassidy	Averett	1:08.52
20 Garner, Olivia	Averett	1:10.19
21 Ingraham, Shannea	Averett	1:10.53
22 Wuenschel, Morgan	Shenandoah	1:10.84
--- Forcey, Patrice	Randolph	DQ

Women 10000 Meter Run

Name	School	Finals
Finals		
1 Todd, Carolyn	Washington a	37:14.82
1:27.725 (1:27.725)	2:59.147 (1:31.423)	4:28.258 (1:29.112)
5:59.236 (1:30.978)	7:32.797 (1:33.562)	9:04.397 (1:31.600)
10:34.287 (1:29.890)	12:04.890 (1:30.603)	13:33.923 (1:29.034)
15:04.015 (1:30.092)	16:32.612 (1:28.598)	18:08.570 (1:35.958)
19:41.402 (1:32.833)	21:11.337 (1:29.935)	22:41.560 (1:30.223)
24:11.633 (1:30.074)	25:42.062 (1:30.429)	27:12.471 (1:30.409)
28:43.097 (1:30.627)	30:12.538 (1:29.442)	
33:09.307 (1:28.379)	34:36.220 (1:26.913)	35:59.100 (1:22.880)
37:14.817 (1:15.718)		
2 James, Sarah	Lynchburg	37:22.11
1:28.058 (1:28.058)	2:59.503 (1:31.445)	4:28.572 (1:29.069)
5:59.566 (1:30.994)	7:33.090 (1:33.524)	9:04.815 (1:31.725)
10:34.530 (1:29.715)	12:05.191 (1:30.662)	13:34.371 (1:29.180)
15:04.322 (1:29.952)	16:32.728 (1:28.407)	18:08.241 (1:35.513)
19:41.072 (1:32.832)	21:11.011 (1:29.939)	22:41.252 (1:30.242)
24:11.343 (1:30.092)	25:41.802 (1:30.459)	27:12.237 (1:30.435)
28:42.897 (1:30.660)	30:12.262 (1:29.365)	
33:09.082 (1:28.388)	34:35.948 (1:26.867)	36:00.308 (1:24.360)
37:22.102 (1:21.794)		

2023 ODAC Outdoor Track & Field Championships - 4/30/2023 to 5/1/2023

Doc Jopson Track Complex

Results - Sunday

Finals ... (Women 10000 Meter Run)

Name	School	Finals					
3	Smeds, Emily	Bridgewater	38:21.25	8	Saulsbury, Delaney	Lynchburg	41:20.61
	1:28.415 (1:28.415)	2:59.818 (1:31.404)	4:29.556 (1:29.738)		1:35.371 (1:35.371)	3:13.402 (1:38.032)	4:53.105 (1:39.703)
	6:01.535 (1:31.979)	7:34.418 (1:32.884)	9:07.667 (1:33.249)		6:31.843 (1:38.739)	8:12.125 (1:40.282)	9:52.242 (1:40.118)
	10:40.460 (1:32.793)	12:12.591 (1:32.132)	13:44.790 (1:32.199)		11:33.515 (1:41.273)	13:14.958 (1:41.444)	14:52.687 (1:37.729)
	15:16.941 (1:32.152)	16:49.712 (1:32.772)	18:22.033 (1:32.322)		16:33.200 (1:40.513)	18:13.881 (1:40.682)	19:56.145 (1:42.264)
	19:54.720 (1:32.687)	21:26.432 (1:31.713)	22:58.703 (1:32.272)		21:34.892 (1:38.748)	23:15.508 (1:40.617)	24:54.053 (1:38.545)
	24:31.507 (1:32.804)	26:04.296 (1:32.789)	27:37.710 (1:33.414)		26:34.660 (1:40.607)	28:15.213 (1:40.554)	29:53.502 (1:38.289)
	29:10.722 (1:33.013)	30:43.403 (1:32.682)			31:33.067 (1:39.565)	33:11.976 (1:38.909)	
	33:49.147 (1:32.908)	35:22.290 (1:33.143)	36:55.481 (1:33.192)		36:31.766 (1:39.399)	38:11.387 (1:39.622)	39:49.126 (1:37.739)
	38:21.242 (1:25.762)				41:20.610 (1:31.484)		
4	Lotts, Madeline	Shenandoah	39:22.07	9	Thrush, Makenna	Shenandoah	41:46.44
	1:29.970 (1:29.970)	3:04.155 (1:34.185)	4:39.307 (1:35.153)		1:35.976 (1:35.976)	3:14.102 (1:38.127)	4:53.908 (1:39.807)
	6:15.475 (1:36.168)	7:51.506 (1:36.032)	9:27.638 (1:36.133)		6:32.536 (1:38.628)	8:12.782 (1:40.247)	9:52.932 (1:40.150)
	11:00.678 (1:33.040)	12:34.163 (1:33.485)	14:08.421 (1:34.258)		11:34.032 (1:41.100)	13:15.440 (1:41.408)	14:53.366 (1:37.927)
	15:43.441 (1:35.020)	17:17.222 (1:33.782)	18:51.628 (1:34.407)		16:33.975 (1:40.609)	18:14.463 (1:40.489)	19:56.797 (1:42.334)
	20:25.637 (1:34.009)	22:00.397 (1:34.760)	23:34.532 (1:34.135)		21:35.775 (1:38.978)	23:15.220 (1:39.445)	24:54.982 (1:39.763)
	25:10.621 (1:36.089)	26:46.808 (1:36.188)	28:22.522 (1:35.714)		26:35.367 (1:40.385)	28:16.475 (1:41.108)	29:53.917 (1:37.443)
	29:57.153 (1:34.632)	31:32.406 (1:35.253)			31:33.551 (1:39.634)	33:14.385 (1:40.834)	
	34:42.785 (1:35.457)	36:17.887 (1:35.103)	37:52.651 (1:34.764)		36:41.063 (1:44.302)	38:24.685 (1:43.622)	40:08.096 (1:43.412)
	39:22.065 (1:29.414)				41:46.438 (1:38.343)		
5	Weaver, Jenna	Eastern Menn	40:53.57	10	Clarkson, Allie	Shenandoah	41:54.27
	1:30.413 (1:30.413)	3:04.451 (1:34.038)	4:39.610 (1:35.159)		1:35.693 (1:35.693)	3:13.716 (1:38.023)	4:53.436 (1:39.720)
	6:15.773 (1:36.164)	7:51.818 (1:36.045)	9:27.957 (1:36.139)		6:32.108 (1:38.673)	8:12.443 (1:40.335)	9:52.576 (1:40.133)
	11:00.972 (1:33.015)	12:34.545 (1:33.573)	14:08.728 (1:34.184)		11:33.793 (1:41.218)	13:15.098 (1:41.305)	14:53.028 (1:37.930)
	15:43.770 (1:35.042)	17:17.981 (1:34.212)	18:54.477 (1:36.497)		16:33.658 (1:40.630)	18:14.173 (1:40.515)	19:56.430 (1:42.257)
	20:32.617 (1:38.140)	22:12.266 (1:39.649)	23:50.962 (1:38.697)		21:35.476 (1:39.047)	23:16.235 (1:40.759)	24:56.227 (1:39.993)
	25:31.178 (1:40.217)	27:12.786 (1:41.608)	28:54.500 (1:41.714)		26:37.032 (1:40.805)	28:18.596 (1:41.564)	30:00.856 (1:42.260)
	30:37.177 (1:42.678)	32:20.568 (1:43.392)			31:44.495 (1:43.639)	33:29.338 (1:44.844)	
	35:48.373 (1:43.854)	37:32.181 (1:43.808)	39:15.196 (1:43.015)		37:00.395 (1:45.647)	38:44.453 (1:44.059)	40:28.832 (1:44.379)
	40:53.567 (1:38.372)				41:54.267 (1:25.435)		
6	Unzicker, Lucy	Eastern Menn	41:13.88	11	Earle, Sarah	Bridgewater	42:05.03
	1:35.105 (1:35.105)	3:08.206 (1:33.102)	4:42.303 (1:34.098)		1:34.851 (1:34.851)	3:12.677 (1:37.827)	4:52.461 (1:39.784)
	6:16.765 (1:34.462)	7:52.197 (1:35.433)	9:28.242 (1:36.045)		6:31.190 (1:38.729)	8:11.441 (1:40.252)	9:51.622 (1:40.182)
	11:01.833 (1:33.592)	12:40.755 (1:38.922)	14:19.087 (1:38.333)		11:32.856 (1:41.234)	13:14.625 (1:41.769)	14:52.933 (1:38.309)
	15:59.220 (1:40.133)	17:40.131 (1:40.912)	19:21.602 (1:41.472)		16:33.491 (1:40.558)	18:13.556 (1:40.065)	19:55.857 (1:42.302)
	21:02.685 (1:41.083)	22:47.767 (1:45.083)	24:28.875 (1:41.108)		21:35.167 (1:39.310)	23:15.808 (1:40.642)	24:54.713 (1:38.905)
	26:09.122 (1:40.248)	27:50.863 (1:41.742)	29:31.833 (1:40.970)		26:35.163 (1:40.450)	28:16.153 (1:40.990)	29:56.450 (1:40.297)
	31:13.675 (1:41.842)	32:55.920 (1:42.245)			31:40.243 (1:43.794)	33:25.111 (1:44.868)	
	36:23.111 (1:43.623)	38:07.043 (1:43.933)	39:48.031 (1:40.988)		36:55.502 (1:45.943)	38:40.973 (1:45.472)	40:25.428 (1:44.455)
	41:13.876 (1:25.845)				42:05.028 (1:39.600)		
7	Westerman, Megan	Randolph	41:19.78	12	Christy, Sarah	Shenandoah	43:32.97
	1:35.051 (1:35.051)	3:13.112 (1:38.062)	4:52.801 (1:39.689)		1:36.223 (1:36.223)	3:14.525 (1:38.302)	4:54.185 (1:39.660)
	6:31.582 (1:38.782)	8:11.793 (1:40.212)	9:51.928 (1:40.135)		6:32.871 (1:38.687)	8:13.101 (1:40.230)	9:53.316 (1:40.215)
	11:33.180 (1:41.252)	13:14.662 (1:41.483)	14:52.510 (1:37.848)		11:34.726 (1:41.410)	13:15.841 (1:41.115)	14:56.260 (1:40.419)
	16:32.995 (1:40.485)	18:13.776 (1:40.782)	19:55.422 (1:41.647)		16:38.058 (1:41.799)	18:22.768 (1:44.710)	20:07.572 (1:44.804)
	21:34.862 (1:39.440)	23:15.195 (1:40.333)	24:54.455 (1:39.260)		21:54.066 (1:46.494)	23:41.633 (1:47.568)	25:30.140 (1:48.507)
	26:35.016 (1:40.562)	28:15.662 (1:40.647)	29:54.713 (1:39.052)		27:17.618 (1:47.479)	29:07.310 (1:49.692)	30:58.088 (1:50.779)
	31:34.683 (1:39.970)	33:13.697 (1:39.014)			32:49.568 (1:51.480)	34:41.200 (1:51.632)	
	36:37.361 (1:42.748)	38:18.092 (1:40.732)	39:55.767 (1:37.675)		38:18.880 (1:50.593)	40:08.550 (1:49.670)	41:52.375 (1:43.825)
	41:19.772 (1:24.005)				43:32.966 (1:40.592)		

2023 ODAC Outdoor Track & Field Championships - 4/30/2023 to 5/1/2023

Doc Jopson Track Complex

Results - Sunday

Finals ... (Women 10000 Meter Run)

Name	School	Finals
13 Hatch, Bri	Washington a	43:37.36
1:37.591 (1:37.591)	3:19.848 (1:42.258)	5:02.322 (1:42.474)
6:43.457 (1:41.135)	8:25.752 (1:42.295)	10:08.213 (1:42.462)
11:51.351 (1:43.138)	13:34.222 (1:42.872)	15:17.452 (1:43.230)
17:02.158 (1:44.707)	18:47.253 (1:45.095)	20:34.192 (1:46.939)
22:21.251 (1:47.059)	24:08.120 (1:46.869)	25:57.888 (1:49.769)
27:46.133 (1:48.245)	29:32.961 (1:46.828)	31:20.593 (1:47.633)
33:07.775 (1:47.182)	34:56.120 (1:48.345)	
38:30.392 (1:46.480)	40:15.486 (1:45.094)	41:59.875 (1:44.389)
43:37.358 (1:37.484)		
14 Kochanski, Sarah	Roanoke	46:44.23
1:38.735 (1:38.735)	3:23.428 (1:44.694)	5:11.361 (1:47.933)
7:04.116 (1:52.755)	8:58.621 (1:54.505)	10:50.272 (1:51.652)
12:42.447 (1:52.175)	14:35.516 (1:53.069)	16:29.302 (1:53.787)
18:21.358 (1:52.057)	20:13.135 (1:51.777)	22:06.185 (1:53.050)
23:59.908 (1:53.724)	25:54.152 (1:54.244)	27:49.576 (1:55.424)
29:45.088 (1:55.513)	31:40.913 (1:55.825)	33:36.497 (1:55.584)
35:31.598 (1:55.102)	37:26.213 (1:54.615)	
41:13.708 (1:53.468)	43:07.661 (1:53.953)	44:59.011 (1:51.350)
46:44.223 (1:45.213)		
15 Woodard, Kinley	Bridgewater	48:18.48
1:40.326 (1:40.326)	3:23.253 (1:42.928)	5:11.003 (1:47.750)
7:03.718 (1:52.715)	8:58.430 (1:54.712)	10:53.280 (1:54.850)
12:49.881 (1:56.602)	14:45.085 (1:55.204)	16:40.888 (1:55.804)
18:37.255 (1:56.367)	20:34.986 (1:57.732)	22:33.732 (1:58.747)
24:33.005 (1:59.273)	26:32.695 (1:59.690)	28:30.922 (1:58.228)
30:31.601 (2:00.679)	32:32.365 (2:00.764)	34:32.351 (1:59.987)
36:33.080 (2:00.729)	38:31.540 (1:58.460)	
42:31.197 (1:59.814)	44:28.788 (1:57.592)	46:26.102 (1:57.314)
48:18.472 (1:52.370)		

Women 100 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Seward, Aniya	Lynchburg	14.83Q-2.7
2 Snodgrass, Hannah	Roanoke	15.28Q-3.2
3 Mohnkern, Betsy	Lynchburg	15.41Q-3.6
4 Bates, Olivia	Bridgewater	16.28q -2.7
5 Winston, Cammi	Roanoke	16.48q -2.7
6 Jackson, Aanykka	Virginia Wes	16.65q -3.2
7 Hobin, Lindsey	Roanoke	16.73q -3.2
8 Washington, Shirell	Virginia Wes	16.76q -3.6
9 Longood, Parker	Washington a	17.26 -2.7
10 Blanton, Sha'Dymon	Eastern Menn	17.35 -3.6
11 Hurley, Olivia	Roanoke	17.44 -3.6
12 Romano, Amanda	Washington a	17.83 -2.7
13 Thomas, Tyler	Averett	18.47 -3.2
14 Eby, Ashlyn	Eastern Menn	18.86 -3.2
15 Taylor, Ray Ray	Eastern Menn	19.11 -3.6
16 Hylton, Holly	Hollins	19.42 -3.6
--- Fox, Kenna	Roanoke	DQ -3.2

Women 400 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Romano, Amanda	Washington a	1:06.41Q
2 Bobst, Allison	Lynchburg	1:08.07Q
3 Mohnkern, Betsy	Lynchburg	1:07.99q
4 Ladner, Ophelia	Roanoke	1:09.04q
5 Asefa, Elili	Eastern Menn	1:09.62q
6 Hubbard, Alexis	Shenandoah	1:11.80q
7 Jackson, Aanykka	Virginia Wes	1:11.86q
8 Winston, Cammi	Roanoke	1:12.16q
9 Moore, Jennifer	Randolph	1:12.25
10 Stedman, Casey	Virginia Wes	1:13.93
11 Bates, Olivia	Bridgewater	1:14.69
12 Washington, Shirell	Virginia Wes	1:16.58
13 Hudson, Jordan	Virginia Wes	1:21.24
14 Hurley, Olivia	Roanoke	1:21.47

Women 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 Lagunas, Kelsey	Lynchburg	11:00.05
43.071 (43.071)	2:07.825 (1:24.754)	3:33.530 (1:25.705)
5:01.179 (1:27.649)	6:31.663 (1:30.484)	8:01.535 (1:29.873)
9:31.074 (1:29.539)		
2 Smeds, Emily	Bridgewater	11:05.28
44.116 (44.116)	2:09.630 (1:25.514)	3:35.575 (1:25.945)
5:03.811 (1:28.237)	6:34.408 (1:30.597)	8:06.975 (1:32.568)
9:38.504 (1:31.529)		
3 Young, Mackenzie	Bridgewater	11:12.71
44.346 (44.346)	2:10.515 (1:26.169)	3:38.348 (1:27.833)
5:08.839 (1:30.492)	6:40.248 (1:31.409)	8:11.236 (1:30.989)
9:43.766 (1:32.530)		
4 Silva, Molly	Lynchburg	11:27.75
43.758 (43.758)	2:09.251 (1:25.494)	3:35.171 (1:25.920)
5:02.353 (1:27.182)	6:34.784 (1:32.432)	8:12.855 (1:38.072)
9:52.090 (1:39.235)		
5 Atkinson, Erin	Shenandoah	11:45.26
44.408 (44.408)	2:09.939 (1:25.532)	3:35.974 (1:26.035)
5:05.631 (1:29.658)	6:43.289 (1:37.658)	8:26.324 (1:43.035)
10:10.454 (1:44.130)		
6 Mast, Halie	Eastern Menn	11:56.34
45.488 (45.488)	2:16.234 (1:30.747)	3:48.431 (1:32.198)
5:23.546 (1:35.115)	7:02.185 (1:38.639)	8:42.908 (1:40.723)
10:25.971 (1:43.064)		
7 Breyault, Brianna	Washington a	11:56.64
47.765 (47.765)	2:18.040 (1:30.275)	3:49.313 (1:31.273)
5:23.175 (1:33.863)	7:01.575 (1:38.400)	8:41.658 (1:40.083)
10:23.534 (1:41.877)		
8 Asefa, Elili	Eastern Menn	12:28.30
46.414 (46.414)	2:18.183 (1:31.769)	3:55.898 (1:37.715)
5:37.200 (1:41.303)	7:23.594 (1:46.394)	9:13.701 (1:50.108)
10:59.955 (1:46.254)		

2023 ODAC Outdoor Track & Field Championships - 4/30/2023 to 5/1/2023

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Results - Sunday

Finals ... (Women 3000 Meter Steeplechase)

Name	School	Finals
9 Price, Susanna	Roanoke	12:30.47
48.539 (48.539)	2:22.418 (1:33.879)	4:02.295 (1:39.878)
5:44.201 (1:41.907)	7:26.748 (1:42.547)	9:12.540 (1:45.793)
10:55.119 (1:42.579)		
10 Gardiner, Vanessa	Eastern Menn	12:33.10
45.658 (45.658)	2:17.106 (1:31.449)	3:52.378 (1:35.272)
5:33.948 (1:41.570)	7:18.259 (1:44.312)	9:02.808 (1:44.549)
10:50.203 (1:47.395)		
11 Dodd, Ashley	Bridgewater	13:15.52
47.533 (47.533)	2:21.905 (1:34.373)	4:03.261 (1:41.357)
5:51.625 (1:48.364)	7:41.969 (1:50.344)	9:34.451 (1:52.483)
11:26.349 (1:51.898)		
12 Buckwalter, Jessica	Eastern Menn	13:37.98
49.185 (49.185)	2:29.338 (1:40.153)	4:14.761 (1:45.424)
6:04.703 (1:49.942)	7:58.538 (1:53.835)	9:53.348 (1:54.810)
11:49.228 (1:55.880)		
13 Rhyne, Madeleine	Roanoke	13:58.29
51.050 (51.050)	2:34.550 (1:43.500)	4:24.371 (1:49.822)
6:17.198 (1:52.827)	8:12.094 (1:54.897)	10:08.700 (1:56.607)
12:05.868 (1:57.168)		
14 Reid, Savannah	Roanoke	14:01.13
50.969 (50.969)	2:34.191 (1:43.223)	4:24.154 (1:49.963)
6:16.941 (1:52.788)	8:13.001 (1:56.060)	10:12.511 (1:59.510)
12:11.285 (1:58.774)		
15 Guillet, Sylvia	Hollins	14:18.22
51.554 (51.554)	2:34.984 (1:43.430)	4:25.111 (1:50.128)
6:19.668 (1:54.557)	8:18.594 (1:58.927)	10:20.773 (2:02.179)
12:21.853 (2:01.080)		
16 Larcombe, Elena	Bridgewater	14:42.06
52.464 (52.464)	2:41.643 (1:49.179)	4:36.729 (1:55.087)
6:34.643 (1:57.914)	8:38.650 (2:04.008)	10:43.734 (2:05.084)
12:48.543 (2:04.809)		

Women High Jump

Name	School	Finals
Finals		
1 Ciano, Norah	Virginia Wes	1.61m
2 Hoover, Katya	Shenandoah	J1.61m
3 Nguyen, Kaitlyn	Roanoke	J1.61m
4 Roden, Kim	Roanoke	1.58m
5 Moore, Natalie	Guilford	J1.58m
6 Winston, Cammi	Roanoke	1.53m
6 Taylor, Ray Ray	Eastern Menn	1.53m
8 Gillum, Camille	Washington a	J1.53m
9 Fox, Margo	Lynchburg	1.48m
10 Jackson, Aanykka	Virginia Wes	1.43m
10 Oleksy, Amy	Shenandoah	1.43m
12 Russell, Abby	Lynchburg	J1.43m

Women Long Jump

Name	School	Finals
Finals		
1 Seward, Aniya	Lynchburg	5.38m 1.6
2 Kelly, Kacey	Lynchburg	5.30m 4.8

3 Measell, Kaitlin	Shenandoah	5.25m +0.0
4 Venable, Madelyn	Washington a	5.11m 0.3
5 Hoggard, Lyric	Virginia Wes	5.05m 3.5
6 Smith, Kiara	Lynchburg	4.97m 1.9
7 Buckles, Jade	Bridgewater	J4.97m 1.0
8 Oliver, Cassidy	Bridgewater	4.96m 3.8
9 Taylor, Ray Ray	Eastern Menn	J4.96m 2.4
10 Hubbard, Alexis	Shenandoah	4.82m 0.7
11 Devraj, Bella	Washington a	4.80m 1.0
12 Webb-Hawkins, Dakota	Hollins	4.76m 3.0
13 Longood, Parker	Washington a	4.75m 0.4
14 Moore, Natalie	Guilford	4.74m 2.2
15 Smith, Kendra	Randolph	4.73m 0.3
16 Hobin, Lindsey	Roanoke	4.67m 3.5
17 Parsons, Mahlia	Lynchburg	4.65m 1.2
18 Brown, J'Quaycia	Bridgewater	4.64m 2.5
19 Wenger, Elizabeth	Lynchburg	4.57m 3.7
20 Molina-Shuman, Maryrose	Roanoke	4.56m 2.5
21 Hamlin, Haleigh	Bridgewater	4.55m 3.5
22 Gray, Kyla	Bridgewater	J4.55m 1.3
23 Hertzberg, Elizabeth	Washington a	4.38m 3.8
24 Blanton, Sha'Dymon	Eastern Menn	4.30m 3.1

Women Shot Put

Name	School	Finals
Finals		
1 Babbs, Logan	Lynchburg	12.43m
2 Taylor, Ray Ray	Eastern Menn	11.83m
3 Fowler, Grace	Roanoke	11.50m
4 Jones, Portia	Guilford	11.28m
5 Kinney, Clare	Roanoke	11.26m
6 Berntson, Olivia	Washington a	11.20m
7 Lee, Heaven	Ferrum	11.03m
8 Tucker, Daryl	Virginia Wes	10.87m
9 Rendfrey, Jessica	Shenandoah	10.83m
10 Hoover, Katya	Shenandoah	10.67m
11 Cullen, Elisabeth	Roanoke	10.45m
12 Hedgemon, Bailey	Washington a	10.33m
13 Felston, Kiara	Shenandoah	10.30m
14 Majors, Madison	Virginia Wes	10.20m
15 McGlothlin, Abigail	Roanoke	9.98m
16 Decker, Andrea	Shenandoah	9.81m
17 Timmerding, Bella	Washington a	9.80m
18 Belton, Jacqueline 'sanaa'	Hollins	9.60m
19 Wilson, Jade	Guilford	9.44m
20 Moore, Lauryn	Eastern Menn	9.39m
21 Wallace, Abby	Averett	9.34m
22 Rucker, Kya	Hollins	9.30m
23 Tennyson, Liberty	Shenandoah	9.24m
24 Fuchs, Sarah	Roanoke	9.20m

Women Hammer Throw

Name	School	Finals
Finals		
1 Felston, Kiara	Shenandoah	47.18m
2 Hedgemon, Bailey	Washington a	45.68m

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Results - Sunday

Finals ... (Women Hammer Throw)

Name	School	Finals
3 Zunk, Quinlin	Washington a	45.27m
4 Gajtkowski, Abbey	Roanoke	44.10m
5 Babbs, Logan	Lynchburg	43.86m
6 Fowler, Grace	Roanoke	43.25m
7 Rendfrey, Jessica	Shenandoah	42.49m
8 Cullen, Elisabeth	Roanoke	41.91m
9 Wheatly, Olivia	Shenandoah	40.35m
10 Culhane, Caitlin	Roanoke	39.45m
11 Brainard, Madeline	Lynchburg	39.36m
12 Tennyson, Liberty	Shenandoah	39.03m
13 Decker, Andrea	Shenandoah	38.99m
14 Morgan, Brianna	Bridgewater	37.23m
15 Fuchs, Sarah	Roanoke	34.98m
16 Berntson, Olivia	Washington a	33.90m
17 Timmerding, Bella	Washington a	33.54m
18 Belton, Jacqueline 'sanaa'	Hollins	33.05m
19 Rucker, Kya	Hollins	31.84m
20 Tucker, Daryl	Virginia Wes	30.28m
21 Blanks, Tamara	Lynchburg	29.41m
22 Disbrow, Claudia	Roanoke	29.28m
23 Majors, Madison	Virginia Wes	27.99m

Men 100 Meter Dash

Name	School	Prelims
Preliminaries		
1 Clanton, Kyle	Bridgewater	10.57Q0.3
2 Fowler, Brady	Roanoke	10.61Q1.3
3 Crowder, William	Shenandoah	10.65Q0.9
4 Moore, Miles	Shenandoah	10.67q 0.9
5 Jones, Jaylen	Lynchburg	10.75q 1.3
6 Jackson, Andre	Shenandoah	10.84q 0.3
7 Clark, Isaiah	Ferrum	10.93q 0.3
8 Morgan, Damon	Eastern Menn	10.94q 0.9
9 Raya, Nekolas	Lynchburg	10.99 0.9
10 Eldridge, Joseph	Roanoke	11.00 1.3
11 Cornish, Isaiah	Lynchburg	11.00 0.3
12 Alexander, Trevel	Guilford	11.06 1.3
13 Hunter, Bryson	Eastern Menn	11.19 0.3
14 McPherson, DaMauri	Ferrum	11.21 1.3
15 Newcome, Wyatt	Shenandoah	11.25 0.9
16 Eglin, Noah	Shenandoah	11.32 0.3
17 Jacobs, Zachary	Lynchburg	11.36 1.3
18 West, Elijah	Shenandoah	11.44 1.3
19 Morin, Blake	Roanoke	11.45 0.3
20 Williams, Richard	Guilford	11.49 0.9
20 Spradlin, Aiden	Roanoke	11.49 0.3
22 Andrews, Nickolas	Averett	11.51 1.3
23 Smalls, Christopher	Shenandoah	11.55 0.9
24 Moon, Aaron	Bridgewater	12.98 0.9

Men 200 Meter Dash

Name	School	Prelims
Preliminaries		
1 Moore, Miles	Shenandoah	21.66Q2.1

2 Fowler, Brady	Roanoke	21.69Q2.1
3 Crawford, Samuel	Roanoke	21.72Q2.8
4 Clanton, Kyle	Bridgewater	21.72q 2.1
5 Dracon, Doug	Washington a	21.84q 2.8
6 Alexander, Trevel	Guilford	21.98q 2.1
7 Crowder, William	Shenandoah	22.04q 2.1
8 Morgan, Damon	Eastern Menn	22.05q 2.1
9 Johnson, Alijah	Eastern Menn	22.08 2.8
10 Hamm, Michael	Ferrum	22.12 2.1
11 Jones, Jaylen	Lynchburg	22.16 2.1
12 Raya, Nekolas	Lynchburg	22.17 2.8
13 Lawson, Deontae	Ferrum	22.35 2.8
14 Eldridge, Joseph	Roanoke	22.45 2.1
15 Camobreco, Lorenzo	Roanoke	22.59 2.1
16 Alderman, Cy	Bridgewater	22.60 2.8
17 Clark, Isaiah	Ferrum	22.67 2.1
18 Jackson, Andre	Shenandoah	22.78 2.1
19 Hall, Jordan	Virginia Wes	22.97 2.8
20 Vakos, Charles	Shenandoah	23.26 2.8
21 Newcome, Wyatt	Shenandoah	23.30 2.1
22 Meldrum, Duncan	Washington a	23.40 2.1
23 Morin, Blake	Roanoke	23.44 2.1

Men 400 Meter Dash

Name	School	Prelims
Preliminaries		
1 Camobreco, Lorenzo	Roanoke	49.05Q
2 Crawford, Samuel	Roanoke	49.06Q
3 Hodnett, Jacob	Lynchburg	50.06Q
4 Hamm, Michael	Ferrum	49.17q
5 Avalos, Kaegan	Bridgewater	49.65q
6 Montgomery, Derek	Virginia Wes	50.53q
7 Johnson, Alijah	Eastern Menn	50.53q
8 Bullock, Isaiah	Virginia Wes	50.84q
9 Hall, Jordan	Virginia Wes	50.94
10 Flowers, Brian	Lynchburg	51.22
11 Lawson, Deontae	Ferrum	51.27
12 Witcher, Kwajay	Ferrum	51.36
13 Allen, Jeremiah	Lynchburg	51.57
14 Edwards, James	Washington a	52.06
15 Heffinger, Brandon	Roanoke	52.11
16 Vakos, Charles	Shenandoah	52.68
17 Cardwell, Victor	Roanoke	52.75
18 Abebe, Abenezzer	Eastern Menn	52.76
19 Sheets, Michael	Bridgewater	52.80
20 Torain, Trenton	Guilford	52.86
21 Lambert, Colby	Randolph	53.36
22 Burton, Wesley	Virginia Wes	55.31
23 Alston, Ki'van	Virginia Wes	56.12

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Results - Sunday

Men 10000 Meter Run

Name	School	Finals
Finals		
1 Scharf, Charles	Washington a	31:42.65
1:18.220 (1:18.220)	2:36.220 (1:18.000)	3:54.679 (1:18.459)
5:12.794 (1:18.115)	6:31.206 (1:18.413)	7:49.079 (1:17.873)
9:07.867 (1:18.789)	10:25.737 (1:17.870)	11:43.589 (1:17.852)
13:01.692 (1:18.104)	14:18.317 (1:16.625)	15:32.827 (1:14.510)
16:47.052 (1:14.225)	18:01.510 (1:14.458)	19:15.677 (1:14.168)
20:30.161 (1:14.484)	21:43.259 (1:13.098)	22:55.742 (1:12.484)
24:10.234 (1:14.492)	25:24.062 (1:13.829)	
27:52.389 (1:14.555)	29:08.634 (1:16.245)	30:25.969 (1:17.335)
31:42.647 (1:16.679)		
2 Davis, Bryce	Lynchburg	31:58.67
1:19.296 (1:19.296)	2:37.321 (1:18.025)	3:55.862 (1:18.542)
5:14.024 (1:18.162)	6:32.225 (1:18.202)	7:49.881 (1:17.657)
9:08.641 (1:18.760)	10:26.580 (1:17.939)	11:44.415 (1:17.835)
13:02.731 (1:18.317)	14:19.101 (1:16.370)	15:33.729 (1:14.628)
16:47.519 (1:13.790)	18:02.075 (1:14.557)	19:17.439 (1:15.364)
20:33.967 (1:16.529)	21:49.849 (1:15.882)	23:07.869 (1:18.020)
24:25.426 (1:17.558)	25:44.010 (1:18.584)	
28:17.962 (1:17.192)	29:36.802 (1:18.840)	30:51.894 (1:15.092)
31:58.662 (1:06.769)		
3 Verrett, Colin	Washington a	32:02.82
1:17.962 (1:17.962)	2:35.940 (1:17.978)	3:54.405 (1:18.465)
5:12.535 (1:18.130)	6:30.599 (1:18.064)	7:48.541 (1:17.943)
9:07.321 (1:18.780)	10:25.474 (1:18.153)	11:43.325 (1:17.852)
13:01.944 (1:18.619)	14:18.851 (1:16.908)	15:33.484 (1:14.633)
16:48.081 (1:14.598)	18:03.934 (1:15.853)	19:20.840 (1:16.907)
20:38.285 (1:17.445)	21:55.446 (1:17.162)	23:12.586 (1:17.140)
24:30.077 (1:17.492)	25:46.827 (1:16.750)	
28:21.405 (1:16.818)	29:37.980 (1:16.575)	30:51.609 (1:13.629)
32:02.814 (1:11.205)		
4 Clarke, Kyle	Washington a	32:05.77
1:17.685 (1:17.685)	2:35.691 (1:18.007)	3:54.132 (1:18.442)
5:12.280 (1:18.148)	6:30.912 (1:18.633)	7:48.835 (1:17.923)
9:07.610 (1:18.775)	10:25.214 (1:17.604)	11:43.066 (1:17.853)
13:01.419 (1:18.353)	14:18.617 (1:17.199)	15:33.186 (1:14.569)
16:47.810 (1:14.624)	18:03.280 (1:15.470)	19:20.141 (1:16.862)
20:37.674 (1:17.533)	21:55.729 (1:18.055)	23:12.845 (1:17.117)
24:30.579 (1:17.734)	25:47.125 (1:16.547)	
28:21.017 (1:16.160)	29:37.637 (1:16.620)	30:53.766 (1:16.129)
32:05.769 (1:12.003)		
5 Fernandez, Draven	Lynchburg	32:09.88
1:19.556 (1:19.556)	2:37.514 (1:17.958)	3:56.162 (1:18.649)
5:14.306 (1:18.144)	6:32.505 (1:18.199)	7:50.136 (1:17.632)
9:08.911 (1:18.775)	10:26.839 (1:17.928)	11:44.630 (1:17.792)
13:02.921 (1:18.292)	14:19.399 (1:16.478)	15:34.035 (1:14.637)
16:48.331 (1:14.297)	18:03.557 (1:15.227)	19:20.426 (1:16.869)
20:37.964 (1:17.538)	21:56.016 (1:18.053)	23:13.044 (1:17.028)
24:30.236 (1:17.193)	25:47.456 (1:17.220)	
28:24.411 (1:19.073)	29:43.985 (1:19.574)	31:00.656 (1:16.672)
32:09.879 (1:09.223)		

6 Creamer, Ronan	Lynchburg	32:26.09
1:20.575 (1:20.575)	2:37.919 (1:17.344)	3:56.540 (1:18.622)
5:14.981 (1:18.442)	6:32.955 (1:17.974)	7:50.666 (1:17.712)
9:09.392 (1:18.727)	10:27.404 (1:18.012)	11:45.221 (1:17.818)
13:03.460 (1:18.239)	14:20.664 (1:17.204)	15:35.417 (1:14.754)
16:52.269 (1:16.852)	18:09.559 (1:17.290)	19:27.667 (1:18.109)
20:46.245 (1:18.578)	22:05.039 (1:18.794)	23:23.596 (1:18.558)
24:42.327 (1:18.732)	26:00.304 (1:17.977)	
28:37.200 (1:18.365)	29:55.762 (1:18.563)	31:12.794 (1:17.032)
32:26.089 (1:13.295)		
7 Graham, Sam	Lynchburg	32:45.26
1:20.919 (1:20.919)	2:37.745 (1:16.827)	3:56.379 (1:18.634)
5:14.566 (1:18.188)	6:32.709 (1:18.143)	7:50.401 (1:17.693)
9:09.150 (1:18.749)	10:27.137 (1:17.988)	11:44.956 (1:17.819)
13:03.202 (1:18.247)	14:20.301 (1:17.099)	15:35.169 (1:14.868)
16:51.922 (1:16.754)	18:09.342 (1:17.420)	19:27.621 (1:18.279)
20:45.991 (1:18.370)	22:05.252 (1:19.262)	23:23.431 (1:18.179)
24:42.711 (1:19.280)	26:02.514 (1:19.803)	
28:44.541 (1:20.735)	30:05.889 (1:21.348)	31:27.101 (1:21.213)
32:45.254 (1:18.153)		
8 Miller, Jansen	Eastern Menn	32:51.77
1:21.259 (1:21.259)	2:37.054 (1:15.795)	3:55.589 (1:18.535)
5:13.754 (1:18.165)	6:31.962 (1:18.209)	7:50.580 (1:18.618)
9:09.266 (1:18.687)	10:26.974 (1:17.708)	11:44.565 (1:17.592)
13:02.870 (1:18.305)	14:19.761 (1:16.892)	15:34.856 (1:15.095)
16:51.525 (1:16.669)	18:09.501 (1:17.977)	19:28.740 (1:19.239)
20:48.116 (1:19.377)	22:08.160 (1:20.044)	23:28.556 (1:20.397)
24:48.791 (1:20.235)	26:10.214 (1:21.423)	
28:54.224 (1:22.529)	30:16.010 (1:21.787)	31:37.149 (1:21.139)
32:51.770 (1:14.622)		
9 Cadle, Anthony	Bridgewater	33:06.83
1:19.871 (1:19.871)	2:38.164 (1:18.293)	3:56.797 (1:18.634)
5:15.265 (1:18.468)	6:33.586 (1:18.322)	7:50.936 (1:17.350)
9:09.711 (1:18.775)	10:27.711 (1:18.000)	11:45.524 (1:17.813)
13:03.824 (1:18.300)	14:21.040 (1:17.217)	15:35.761 (1:14.722)
16:52.679 (1:16.918)	18:09.870 (1:17.192)	19:28.394 (1:18.524)
20:47.774 (1:19.380)	22:08.482 (1:20.709)	23:30.232 (1:21.750)
24:51.462 (1:21.230)	26:14.032 (1:22.570)	
29:01.977 (1:24.204)	30:24.701 (1:22.724)	31:47.601 (1:22.900)
33:06.824 (1:19.223)		
10 Newton, Luke	Washington a	33:12.04
1:18.494 (1:18.494)	2:36.467 (1:17.974)	3:54.905 (1:18.438)
5:13.069 (1:18.164)	6:31.380 (1:18.312)	7:49.346 (1:17.967)
9:08.089 (1:18.743)	10:26.041 (1:17.953)	11:43.904 (1:17.863)
13:02.242 (1:18.339)	14:20.279 (1:18.037)	15:36.080 (1:15.802)
16:53.387 (1:17.308)	18:13.019 (1:19.632)	19:32.976 (1:19.958)
20:53.651 (1:20.675)	22:15.717 (1:22.067)	23:38.377 (1:22.660)
25:00.575 (1:22.198)	26:21.954 (1:21.379)	
29:08.360 (1:24.005)	30:32.360 (1:24.000)	31:54.735 (1:22.375)
33:12.035 (1:17.300)		

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Results - Sunday

Finals ... (Men 10000 Meter Run)

Name	School	Finals	16	Scott, Aaron	Randolph	35:43.28	
11	Garis, Matt	Roanoke	33:20.74	1:21.152 (1:21.152)	2:40.382 (1:19.230)	3:54.404 (1:14.022)	
	1:18.771 (1:18.771)	2:36.747 (1:17.977)	3:55.231 (1:18.484)	5:25.206 (1:30.803)	6:49.170 (1:23.964)	8:14.162 (1:24.993)	
	5:13.360 (1:18.129)	6:31.640 (1:18.280)	7:49.641 (1:18.002)	9:39.819 (1:25.657)	11:05.806 (1:25.988)	12:30.577 (1:24.772)	
	9:08.389 (1:18.748)	10:26.332 (1:17.944)	11:44.182 (1:17.850)	13:55.841 (1:25.264)	15:21.669 (1:25.828)	16:49.100 (1:27.432)	
	13:02.519 (1:18.337)	14:20.007 (1:17.489)	15:34.479 (1:14.472)	18:15.049 (1:25.949)	19:41.091 (1:26.043)	21:09.061 (1:27.970)	
	16:50.697 (1:16.219)	18:09.745 (1:19.048)	19:28.071 (1:18.327)	22:36.647 (1:27.587)	24:04.099 (1:27.452)	25:33.749 (1:29.650)	
	20:46.535 (1:18.464)	22:05.901 (1:19.367)	23:28.172 (1:22.272)	27:03.162 (1:29.414)	28:31.142 (1:27.980)		
	24:52.145 (1:23.973)	26:18.615 (1:26.470)		31:28.097 (1:27.562)	32:56.105 (1:28.008)	34:24.486 (1:28.382)	
	29:00.215 (1:20.812)	30:25.255 (1:25.040)	31:54.649 (1:29.394)	35:43.277 (1:18.792)			
	33:20.732 (1:26.084)						
12	Cochran, Tanner	Randolph	33:38.06	17	Yoder, Nathan	Eastern Menn	35:47.61
	1:20.785 (1:20.785)	2:38.986 (1:18.202)	3:57.530 (1:18.544)	1:23.164 (1:23.164)	2:47.164 (1:24.000)	4:14.869 (1:27.705)	
	5:15.934 (1:18.404)	6:34.340 (1:18.407)	7:52.441 (1:18.102)	5:34.422 (1:19.554)	6:57.615 (1:23.193)	8:21.915 (1:24.300)	
	9:11.487 (1:19.047)	10:32.591 (1:21.104)	11:52.474 (1:19.883)	9:46.250 (1:24.335)	11:10.877 (1:24.628)	12:34.871 (1:23.994)	
	13:14.709 (1:22.235)	14:37.212 (1:22.504)	16:00.165 (1:22.953)	13:58.445 (1:23.574)	15:24.522 (1:26.078)	16:52.079 (1:27.557)	
	17:23.235 (1:23.070)	18:45.271 (1:22.037)	20:09.131 (1:23.860)	18:16.327 (1:24.249)	19:43.191 (1:26.864)	21:11.734 (1:28.543)	
	21:32.809 (1:23.678)	22:56.020 (1:23.212)	24:20.076 (1:24.057)	22:40.017 (1:28.284)	24:09.982 (1:29.965)	25:40.849 (1:30.867)	
	25:41.887 (1:21.812)	27:03.360 (1:21.473)		27:10.466 (1:29.618)	28:41.847 (1:31.382)		
	29:43.222 (1:20.342)	31:04.385 (1:21.163)	32:22.691 (1:18.307)	31:41.247 (1:29.704)	33:05.559 (1:24.312)	34:28.315 (1:22.757)	
	33:38.056 (1:15.365)			35:47.606 (1:19.292)			
13	Kaufman, Clay	Eastern Menn	33:43.00	18	Duncan, Ethan	Bridgewater	35:55.00
	1:19.049 (1:19.049)	2:39.361 (1:20.313)	3:56.961 (1:17.600)	1:22.127 (1:22.127)	2:41.127 (1:19.000)	4:01.849 (1:20.722)	
	5:15.601 (1:18.640)	6:33.992 (1:18.392)	7:51.610 (1:17.618)	5:25.617 (1:23.769)	6:49.444 (1:23.827)	8:13.970 (1:24.527)	
	9:10.665 (1:19.055)	10:32.357 (1:21.693)	11:54.840 (1:22.483)	9:40.076 (1:26.107)	11:06.041 (1:25.965)	12:31.362 (1:25.322)	
	13:17.107 (1:22.268)	14:39.781 (1:22.674)	16:02.287 (1:22.507)	13:56.881 (1:25.519)	15:24.265 (1:27.384)	16:51.607 (1:27.343)	
	17:25.891 (1:23.604)	18:49.026 (1:23.135)	20:13.206 (1:24.180)	18:18.612 (1:27.005)	19:46.925 (1:28.313)	21:16.219 (1:29.294)	
	21:35.052 (1:21.847)	22:57.214 (1:22.162)	24:20.766 (1:23.553)	22:45.402 (1:29.184)	24:14.991 (1:29.589)	25:44.142 (1:29.152)	
	25:43.270 (1:22.504)	27:06.312 (1:23.043)		27:11.709 (1:27.567)	28:40.487 (1:28.779)		
	29:50.935 (1:22.703)	31:14.449 (1:23.514)	32:35.212 (1:20.764)	31:38.831 (1:28.712)	33:06.855 (1:28.024)	34:34.734 (1:27.879)	
	33:42.992 (1:07.780)			35:55.000 (1:20.267)			
14	Davis, Reed	Shenandoah	33:47.58	19	Canavan, Joshua	Shenandoah	36:42.29
	1:20.421 (1:20.421)	2:38.427 (1:18.007)	3:57.246 (1:18.819)	1:24.226 (1:24.226)	2:49.511 (1:25.285)	4:16.416 (1:26.905)	
	5:16.219 (1:18.973)	6:35.824 (1:19.605)	7:56.335 (1:20.512)	5:44.412 (1:27.997)	7:13.492 (1:29.080)	8:42.210 (1:28.718)	
	9:18.744 (1:22.409)	10:40.252 (1:21.509)	12:02.304 (1:22.052)	10:12.702 (1:30.493)	11:41.682 (1:28.980)	13:09.790 (1:28.108)	
	13:23.837 (1:21.534)	14:47.800 (1:23.963)	16:07.842 (1:20.043)	14:38.415 (1:28.625)	16:08.284 (1:29.869)	17:38.227 (1:29.944)	
	17:30.881 (1:23.039)	18:56.099 (1:25.218)	20:18.550 (1:22.452)	19:07.800 (1:29.573)	20:36.739 (1:28.939)	22:06.754 (1:30.015)	
	21:41.631 (1:23.082)	23:04.419 (1:22.788)	24:27.452 (1:23.034)	23:35.545 (1:28.792)	25:06.292 (1:30.748)	26:35.095 (1:28.803)	
	25:48.920 (1:21.468)	27:09.980 (1:21.060)		28:03.069 (1:27.974)	29:31.087 (1:28.019)		
	29:53.737 (1:21.500)	31:15.342 (1:21.605)	32:32.997 (1:17.655)	32:26.529 (1:28.084)	33:54.671 (1:28.143)	35:23.190 (1:28.519)	
	33:47.574 (1:14.577)			36:42.289 (1:19.099)			
15	Jacobs, Jackson	Washington a	35:01.06	20	Smith, Tyler	Shenandoah	36:58.56
	1:20.196 (1:20.196)	2:38.070 (1:17.874)	3:54.131 (1:16.062)	1:21.822 (1:21.822)	2:42.389 (1:20.567)	4:07.012 (1:24.624)	
	5:14.806 (1:20.675)	6:33.316 (1:18.510)	7:52.080 (1:18.764)	5:31.685 (1:24.673)	6:54.529 (1:22.844)	8:17.635 (1:23.107)	
	9:10.966 (1:18.887)	10:31.614 (1:20.648)	11:51.382 (1:19.769)	9:42.017 (1:24.383)	11:07.316 (1:25.299)	12:32.515 (1:25.199)	
	13:12.161 (1:20.779)	14:33.542 (1:21.382)	15:58.397 (1:24.855)	13:59.732 (1:27.218)	15:28.380 (1:28.648)	16:56.516 (1:28.137)	
	17:25.005 (1:26.608)	18:52.082 (1:27.078)	20:19.746 (1:27.664)	18:27.062 (1:30.547)	19:58.795 (1:31.733)	21:32.650 (1:33.855)	
	21:47.440 (1:27.694)	23:15.360 (1:27.920)	24:43.367 (1:28.008)	23:04.509 (1:31.859)	24:37.957 (1:33.449)	26:14.710 (1:36.753)	
	26:12.034 (1:28.667)	27:41.477 (1:29.444)		27:49.571 (1:34.862)	29:23.264 (1:33.693)		
	30:37.722 (1:27.108)	32:05.796 (1:28.074)	33:34.149 (1:28.353)	32:29.931 (1:34.072)	34:03.881 (1:33.950)	35:36.127 (1:32.247)	
	35:01.055 (1:26.907)			36:58.557 (1:22.430)			

2023 ODAC Outdoor Track & Field Championships - 4/30/2023 to 5/1/2023

Doc Jopson Track Complex

Results - Sunday

Finals ... (Men 10000 Meter Run)

Name	School	Finals
21 Hoffstaetter, Tim	Roanoke	37:06.47
1:21.765 (1:21.765)	2:42.524 (1:20.759)	4:06.777 (1:24.254)
5:31.379 (1:24.602)	6:54.299 (1:22.920)	8:17.277 (1:22.979)
9:41.330 (1:24.053)	11:05.560 (1:24.230)	12:30.425 (1:24.865)
13:56.064 (1:25.639)	15:21.900 (1:25.837)	16:49.337 (1:27.438)
18:15.454 (1:26.117)	19:41.355 (1:25.902)	21:09.557 (1:28.203)
22:37.219 (1:27.662)	24:06.806 (1:29.588)	25:37.616 (1:30.810)
27:09.255 (1:31.639)	28:41.597 (1:32.343)	
31:48.832 (1:34.104)	34:12.314 (2:23.482)	35:41.480 (1:29.167)
37:06.461 (1:24.982)		
22 Greenstein, Jake	Roanoke	38:46.03
1:22.962 (1:22.962)	2:46.850 (1:23.888)	4:14.620 (1:27.770)
5:43.465 (1:28.845)	7:12.432 (1:28.968)	8:41.872 (1:29.440)
10:12.519 (1:30.647)	11:41.970 (1:29.452)	13:11.857 (1:29.888)
14:43.885 (1:32.028)	16:18.532 (1:34.648)	17:53.405 (1:34.873)
19:28.526 (1:35.122)	21:05.535 (1:37.009)	22:41.257 (1:35.723)
24:17.217 (1:35.960)	25:53.075 (1:35.858)	27:28.905 (1:35.830)
29:05.854 (1:36.949)	30:46.562 (1:40.709)	
34:01.845 (1:37.275)	35:39.231 (1:37.387)	37:15.554 (1:36.323)
38:46.030 (1:30.477)		
--- Johnson, James	Virginia Wes	DNF
1:19.926 (1:19.926)	2:38.775 (1:18.849)	6:36.767 (3:57.993)
7:58.300 (1:21.533)	9:19.732 (1:21.433)	10:40.934 (1:21.202)
12:04.062 (1:23.129)	13:29.000 (1:24.938)	14:57.476 (1:28.477)
16:24.497 (1:27.022)	17:51.200 (1:26.703)	19:17.902 (1:26.703)
20:44.842 (1:26.940)	22:14.784 (1:29.942)	23:46.439 (1:31.655)
25:21.001 (1:34.563)	26:58.765 (1:37.764)	28:41.877 (1:43.113)

Men 110 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Jakubowski-Lewis, Daniel	Washington a	15.92Q-2.2
2 Marable, George	Washington a	16.13Q-1.6
3 Henderson, Ja'marri	Virginia Wes	15.95q -2.2
4 del Casal, Ty	Washington a	16.20q -1.6
5 Klocke, Matthew	Shenandoah	16.58q -1.6
6 Graham, Daniel	Roanoke	16.59q -2.2
7 Moon, Aaron	Bridgewater	16.82q -1.6
8 Johnson, Tyler	Bridgewater	17.13q -1.6
9 Knick, Dylan	Roanoke	17.67 -2.2
10 Watkins, Jayden	Randolph	17.81 -2.2
11 Hill, D'Marco	Virginia Wes	17.97 -2.2
12 D'Amour, Brandon	Bridgewater	18.56 -1.6
--- Birchett, Trey	Bridgewater	DNF -1.6

Men 400 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Jakubowski-Lewis, Daniel	Washington a	55.36Q
2 McGhie, Elias	Shenandoah	56.18Q
3 Klocke, Matthew	Shenandoah	57.12Q
4 McKenna, Ryan	Washington a	56.51q
5 Pritchett, Izaiah	Virginia Wes	57.12q
6 Marable, George	Washington a	57.71q

7 McDonald, Cameron	Roanoke	58.05q
8 Brothers, Isaiah	Lynchburg	58.18q
9 Hotung-Davidsen, Magnus	Lynchburg	58.23
10 Kasischke, Wilson	Washington a	59.27
11 Crosswell, Domenic	Virginia Wes	59.81
12 Raynor, Aaron	Virginia Wes	59.87
13 Montgomery, Derek	Virginia Wes	59.93
14 McClung, Logan	Ferrum	1:00.71
15 Knick, Dylan	Roanoke	1:01.01
16 Torres, Cole	Randolph	1:01.12
17 Johnson, Tyler	Bridgewater	1:01.48
18 Cottonham, Zavien	Shenandoah	1:02.43
19 Patterson, Shaun	Randolph	1:03.92
20 Huffman, Jaden	Ferrum	1:04.18
21 Bradley, Caleb	Bridgewater	1:04.76
22 D'Amour, Brandon	Bridgewater	1:05.49
23 Wilson, Da'Shawn	Bridgewater	1:06.41

Men 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 McCroy, Connor	Lynchburg	9:30.16
37.472 (37.472)	1:51.041 (1:13.569)	3:04.567 (1:13.527)
4:19.287 (1:14.720)	5:36.278 (1:16.992)	6:55.256 (1:18.978)
8:14.462 (1:19.207)		
2 Hurst, Cooper	Lynchburg	9:32.28
37.703 (37.703)	1:51.194 (1:13.492)	3:05.344 (1:14.150)
4:21.032 (1:15.688)	5:39.454 (1:18.423)	6:59.887 (1:20.433)
8:20.008 (1:20.122)		
3 Neeble, Cooper	Roanoke	9:47.70
38.504 (38.504)	1:51.866 (1:13.362)	3:08.354 (1:16.489)
4:26.723 (1:18.369)	5:46.692 (1:19.969)	7:08.127 (1:21.435)
8:29.246 (1:21.119)		
4 Immanuel, Bellamy	Eastern Menn	9:59.68
38.164 (38.164)	1:53.122 (1:14.958)	3:10.189 (1:17.068)
4:29.561 (1:19.372)	5:51.531 (1:21.970)	7:14.624 (1:23.094)
8:40.888 (1:26.264)		
5 Rose, Ryder	Bridgewater	10:08.27
40.276 (40.276)	1:59.663 (1:19.388)	3:20.603 (1:20.940)
4:43.116 (1:22.513)	6:04.721 (1:21.605)	7:29.363 (1:24.643)
8:53.852 (1:24.489)		
6 Harrower, Ethan	Shenandoah	10:09.84
41.607 (41.607)	1:59.112 (1:17.505)	3:19.294 (1:20.183)
4:41.999 (1:22.705)	6:04.313 (1:22.314)	7:29.037 (1:24.724)
8:53.623 (1:24.587)		
7 Kallen, Thomas	Washington a	10:25.80
41.313 (41.313)	2:00.016 (1:18.703)	3:20.803 (1:20.788)
4:42.372 (1:21.569)	6:04.016 (1:21.644)	7:30.279 (1:26.264)
9:01.646 (1:31.367)		
8 Gotschi, Tysen	Ferrum	10:39.21
39.966 (39.966)	1:59.346 (1:19.380)	3:20.413 (1:21.068)
4:43.441 (1:23.028)	6:10.697 (1:27.257)	7:42.226 (1:31.529)
9:16.389 (1:34.164)		

2023 ODAC Outdoor Track & Field Championships - 4/30/2023 to 5/1/2023

Doc Jopson Track Complex

Results - Sunday

Finals ... (Men 3000 Meter Steeplechase)

Name	School	Finals
9 Woodley, Joshua	Roanoke	10:45.78
42.546 (42.546)	2:03.418 (1:20.873)	3:26.967 (1:23.549)
4:54.534 (1:27.568)	6:23.653 (1:29.119)	7:53.802 (1:30.149)
9:20.914 (1:27.113)		
10 Bradley, Caleb	Bridgewater	10:56.09
40.264 (40.264)	1:58.227 (1:17.963)	3:20.682 (1:22.455)
4:46.206 (1:25.524)	6:17.492 (1:31.287)	7:51.621 (1:34.129)
9:26.792 (1:35.172)		
11 Lehman, Nate	Eastern Menn	11:20.50
45.651 (45.651)	2:15.279 (1:29.629)	3:46.661 (1:31.382)
5:20.244 (1:33.584)	6:53.082 (1:32.838)	8:25.882 (1:32.800)
9:56.386 (1:30.504)		
12 Munoz, Zach	Eastern Menn	11:41.85
45.544 (45.544)	2:15.197 (1:29.653)	3:47.638 (1:32.442)
5:22.231 (1:34.593)	6:57.949 (1:35.719)	8:33.947 (1:35.998)
10:10.607 (1:36.660)		
13 Toms, Michael	Bridgewater	13:03.76
45.217 (45.217)	2:18.166 (1:32.949)	3:56.887 (1:38.722)
5:38.278 (1:41.392)	7:25.884 (1:47.607)	9:25.354 (1:59.470)
11:17.713 (1:52.359)		
14 Collins, Evan	Roanoke	13:20.09
45.987 (45.987)	2:19.679 (1:33.693)	4:00.442 (1:40.763)
5:48.729 (1:48.288)	7:41.008 (1:52.279)	9:36.304 (1:55.297)
11:32.714 (1:56.410)		

Men High Jump

Name	School	Finals
Finals		
1 Smith, Terrian	Virginia Wes	1.92m
2 Roupe, Cody	Roanoke	1.89m
3 Brothers, Isaiah	Lynchburg	J1.89m
4 Teal, Devin	Lynchburg	J1.89m
5 Ndiaye, Leyti	Washington a	1.84m
6 Birchett, Trey	Bridgewater	J1.84m
7 Spikers, Euan	Bridgewater	J1.84m
8 Lawhorne, Mason	Bridgewater	1.79m
9 Bullock, Isaiah	Virginia Wes	J1.79m
10 Bohon, Hunter	Roanoke	1.74m
11 McIntyre, Jared	Roanoke	J1.74m
--- Mims, Mekhi	Shenandoah	NH
--- Abdul-Haqq, Ahmaad	Guilford	NH
--- Watkins, Jayden	Randolph	NH

Men Long Jump

Name	School	Finals
Finals		
1 Roberts, Geni	Virginia Wes	7.30m +0.0
2 Clanton, Kyle	Bridgewater	6.91m +0.0
3 Bullock, Isaiah	Virginia Wes	6.86m +0.0
4 Alexander, Trevel	Guilford	6.80m +0.0
5 Hall, Jordan	Virginia Wes	6.69m +0.0
6 Mefford, Isaiah	Washington a	6.53m +0.0
7 Lawson, Deontae	Ferrum	6.50m +0.0
8 West, Elijah	Shenandoah	6.37m +0.0

9 Clark, Isaiah	Ferrum	6.33m +0.0
10 Birchett, Trey	Bridgewater	6.30m +0.0
11 Franklin, Johnakin	Ferrum	J6.30m +0.0
12 Smith, Terrian	Virginia Wes	6.28m -0.7
13 Barber, Isaac	Washington a	6.23m +0.0
14 Matthews, Anthony	Bridgewater	6.18m +0.0
15 Hunter, Bryson	Eastern Menn	6.11m -0.9
16 Bohon, Hunter	Roanoke	6.04m +0.0
17 Abdul-Haqq, Ahmaad	Guilford	5.98m -1.1
18 Jacobs, Julius	Virginia Wes	5.96m -1.6
19 Nelson, Christopher	Averett	5.94m -0.4
20 Bisbeck, Aymar	Shenandoah	5.85m 1.4
21 Holden, Willie	Shenandoah	5.82m -1.3
22 Li, David	Washington a	5.77m +0.0
23 Williams, Richard	Guilford	5.70m -1.0
--- Moon, Aaron	Bridgewater	FOUL

Men Shot Put

Name	School	Finals
Finals		
1 Kindig, John	Shenandoah	14.40m
2 Fulton, Peter	Bridgewater	14.39m
3 Roy, Adam	Washington a	14.21m
4 Athey, Seth	Guilford	13.98m
5 Stott, Christopher	Lynchburg	13.47m
6 Davis, Jalen	Virginia Wes	13.37m
7 Olverson, Andrew	Averett	13.18m
8 Schmidt, Christian	Eastern Menn	12.96m
9 Smith, Michael	Bridgewater	12.93m
10 Young, Jacob	Shenandoah	12.52m
11 Watkins, Jayden	Randolph	12.37m
12 McIntyre, Zakary	Shenandoah	12.29m
13 Johnson, Darrian	Ferrum	12.25m
14 Richardson, Mantrez	Randolph	12.19m
15 Nesselrodt, Tony	Bridgewater	12.12m
16 Dysart, Zachary	Shenandoah	11.80m
17 Goldsmith, Timothy	Averett	11.71m
18 Brooks, Andriquez	Guilford	11.54m
19 Bea, Jayven	Roanoke	11.51m
20 Smith, Matthew	Shenandoah	11.43m
21 Tubbs, Dylan	Shenandoah	11.15m
22 Makowski, Brandon	Washington a	11.00m
23 Krause, Curtiss	Roanoke	10.97m

Men Hammer Throw

Name	School	Finals
Finals		
1 Fulton, Peter	Bridgewater	57.85m
2 Kindig, John	Shenandoah	54.96m
3 Smith, Michael	Bridgewater	52.75m
4 Novak, Evan	Washington a	47.85m
5 Young, Jacob	Shenandoah	46.19m
6 Nesselrodt, Tony	Bridgewater	45.22m
7 Ruff, Michael	Lynchburg	44.77m
8 McNutt, Jake	Bridgewater	43.42m
9 Soto-Ventura, Jorge	Washington a	43.27m

2023 ODAC Outdoor Track & Field Championships - 4/30/2023 to 5/1/2023**Doc Jopson Track Complex****Results - Sunday****Finals ... (Men Hammer Throw)**

	Name	School	Finals
10	Smith, Matthew	Shenandoah	43.11m
11	Davis, Jalen	Virginia Wes	40.91m
12	Stott, Christopher	Lynchburg	40.70m
13	McIntyre, Zakary	Shenandoah	40.15m
14	Dysart, Zachary	Shenandoah	38.36m
15	Lamoso, Carlos	Virginia Wes	36.94m
16	Carson, Jermane	Lynchburg	36.79m
17	Richardson, Mantrez	Randolph	36.14m
18	Krause, Curtiss	Roanoke	32.91m
19	Duncan, Ryan	Bridgewater	31.00m
20	Schmidt, Christian	Eastern Menn	30.79m
21	Athey, Seth	Guilford	30.21m
---	Brooks, Andriquez	Guilford	FOUL
---	Palacios, Caleb	Bridgewater	FOUL
---	Gilliam, Jordan	Virginia Wes	FOUL

Women - Team Rankings - 6 Events Scored

1)	Lynchburg	59
2)	Shenandoah	35
2)	Washington and Lee	35
4)	Roanoke	32.5
5)	Bridgewater (Va.)	23
6)	Eastern Mennonite	21.5
7)	Virginia Wesleyan	15
8)	Guilford	9
9)	Randolph	2
9)	Ferrum	2

Men - Team Rankings - 6 Events Scored

1)	Lynchburg	52
2)	Bridgewater (Va.)	46
3)	Washington and Lee	41
4)	Virginia Wesleyan	33
5)	Shenandoah	26
6)	Roanoke	14
7)	Guilford	10
8)	Eastern Mennonite	7
9)	Ferrum	3
10)	Averett	2