

Class 3, Class 4 Indoor Championships 2022 - 2/28/2023

Indoor State Championships
Liberty University Indoor Track Complex
Results

Girls 55 Meter Dash 3A

National: 6.68 N 1996 A. Latimer (Co.) & A. Williams (Ca)
 Meet: 7.09 M 3/2/2022 Alaysia Oakes

Name	Yr	School	Prelims
Preliminaries			
1	Monroe, Kamryn	10 Lakeland	7.31Q
2	Porter, Taylor	11 Heritage (Ly	7.42Q
3	Tucker, Kaelen	9 Brookville H	7.36Q
4	Roberts, Jaylin	10 I C Norcom	7.43Q
5	Quinn, Kylee	12 Culpeper Cou	7.48Q
6	Fyffe, Jada	12 Brookville H	7.51Q
7	Molette, Akera	11 Heritage (Ly	7.52Q
8	Hamlar, Simone'	11 Northside Hi	7.54Q
9	Moore, Ciarra	12 York	7.63
10	Cvetkovski, Riley	12 Abingdon Hig	7.64
11	Cotman, Erin	10 Maggie Walke	7.69
12	Harris, Kristin	10 Lafayette	7.78
13	Ferguson, Jaidyn	12 Caroline Hig	7.79
14	Carter, Anisha	11 Skyline	7.86

Girls 55 Meter Dash 3A

National: 6.68 N 1996 A. Latimer (Co.) & A. Williams (Ca)
 Meet: 7.09 M 3/2/2022 Alaysia Oakes

Name	Yr	School	Finals
Finals			
1	Monroe, Kamryn	10 Lakeland	7.29
2	Tucker, Kaelen	9 Brookville H	7.33
3	Porter, Taylor	11 Heritage (Ly	7.40
4	Roberts, Jaylin	10 I C Norcom	7.46
5	Molette, Akera	11 Heritage (Ly	7.52
6	Hamlar, Simone'	11 Northside Hi	7.53
7	Fyffe, Jada	12 Brookville H	7.57
8	Quinn, Kylee	12 Culpeper Cou	7.60

Girls 300 Meter Dash 3A

National: 36.96 N 2006 Francena McCorory (Virginia)
 Meet: 39.30 M 2/23/2019 Ryah Hinds

Name	Yr	School	Finals
Finals			
1	Hamlar, Simone'	11 Northside Hi	41.23
2	Hollington, Danielle	10 York	42.04
3	Goodman, Brianna	10 Lakeland	42.09
4	Schwane, Aurora	12 Staunton Hig	42.66
5	Butler, Gabrielle	10 New Kent	43.38
6	Hendricks, Jessica	12 Maggie Walke	43.65
7	Cubbage, Taylor	9 Fort Defianc	43.66
8	Moore, Kona	10 Liberty Chri	43.66
9	Cotman, Erin	10 Maggie Walke	44.75

Girls 500 Meter Dash 3A

National: 1:10.30 N 2008 Chanelle Price (Pennsylvania)
 Meet: 1:16.34 M 2/24/2018 Chanelle Hodges

Name	Yr	School	Finals
Finals			
1	Jackson, Josie	10 Abingdon Hig	1:17.82
2	Hollington, Danielle	10 York	1:17.95
3	Lombardo, Corinne	11 Tabb	1:19.26
4	Ruiz, Kaity	12 Fort Defianc	1:20.29
5	Chipperfield, Sydney	11 Fluvanna Cou	1:20.67
6	Onwi, Grace	10 William Byrd	1:21.08
7	Cubbage, Taylor	9 Fort Defianc	1:21.15
8	Kawesi-Mukooza, Navi	10 James Monroe	1:21.76
9	Driver, Taylor	11 Broadway	1:22.53
10	Brantley, Evelyn	12 Charlottesvi	1:22.75
11	Mather, Lauren	11 Cave Spring	1:22.87
12	Hurd, Olivia	12 William Byrd	1:23.78
13	Natysin, Reese	10 Brentsville	1:23.78
14	Shields, Ivey	9 Maggie Walke	1:24.03
15	Davis, Crissa	12 Liberty Chri	1:24.59
16	Davis, Gabrielle	9 Lakeland	1:24.76
17	Luna, Mercedes	10 Maggie Walke	1:25.42

Girls 1000 Meter Run 3A

National: 2:43.40 N 2005 Sarah Bowman (Virginia)
 Meet: 2:57.46 M 2014 Katie Fortner

Name	Yr	School	Finals
Finals			
1	Pegher, Lauren	11 Tabb	2:58.67
2	Bordner, Ava	12 Skyline	2:59.59
3	Davidson, Ryan	9 Monticello	3:02.80
4	Hamlin, Summer	11 Christiansbu	3:03.57
5	Farley, Sophie	11 Fluvanna Cou	3:04.65
6	Lane, Abby	11 Fort Defianc	3:08.60
7	Kruger, Morgan	11 Brentsville	3:09.43
8	Neff, Trinity	12 Fort Defianc	3:09.85
9	Amato, Anna	10 Fluvanna Cou	3:10.72
10	Ferrante, Amanda	11 Abingdon Hig	3:11.44
11	Riley, Amber	12 Warren Count	3:16.29
12	Martin, Abigail	9 Maggie Walke	3:17.61
13	Bailey, Sienna	11 Bassett	3:17.86
14	Shields, Lydia	10 Maggie Walke	3:18.24
15	Spaulding, Makenna	12 Christiansbu	3:20.99
16	Hurd, Olivia	12 William Byrd	3:24.78
17	Katzer, Grace	11 York	3:35.17

Girls 1600 Meter Run 3A

National: 4:28.25 N 2013 Mary Cain (New York)
 Meet: 4:59.63 M 2014 Bonnie Angermeier

Name	Yr	School	Finals
Finals			
1	Bordner, Ava	12 Skyline	5:02.30
2	Jessee, Makaleigh	12 Abingdon Hig	5:03.34
3	Pegher, Lauren	11 Tabb	5:10.34

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Liberty University Indoor Track Complex**

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Finals ... (Girls 1600 Meter Run 3A)

Name	Yr	School	Finals
4 Davidson, Ryan	9	Monticello	5:11.03
5 Pierce, Elaina	9	Charlottesvi	5:16.55
6 Bailey, Sienna	11	Bassett	5:22.46
7 Amato, Anna	10	Fluvanna Cou	5:25.80
8 Frazier, Ruby	9	Fluvanna Cou	5:25.89
9 Spaulding, Makenna	12	Christiansbu	5:28.01
10 Shields, Lydia	10	Maggie Walke	5:28.22
11 Katzer, Grace	11	York	5:32.24
12 Ludtke, Deena	11	Rockbridge C	5:32.34
13 Mecom, Addison	9	Christiansbu	5:35.82
14 Streeter, Katherine	11	Maggie Walke	5:38.54
15 Dickel, Marika	10	Spotswood	5:39.26
16 Luczak, Brenna	12	Maggie Walke	5:39.36
17 Ornelas, Isabella	11	Tabb	5:49.83

Girls 3200 Meter Run 3A

National: 9:38.68 N 2013 Mary Cain (New York)
Meet: 10:58.94 M 2014 Bonnie Angermeier

Name	Yr	School	Finals
Finals			
1 Jessee, Makaleigh	12	Abingdon Hig	11:09.86
2 Wagner, Sadie	12	Hidden Valle	11:28.91
3 Pierce, Elaina	9	Charlottesvi	11:39.37
4 Hunt, Jill	10	Lafayette	11:51.76
5 Ludtke, Deena	11	Rockbridge C	11:53.13
6 Hill, Taylor	12	Brentsville	11:55.33
7 Johnson, Cecelia	12	Abingdon Hig	11:57.29
8 Laraway, Alina	9	Maggie Walke	12:00.78
9 Sheils, Carly	10	Maggie Walke	12:02.98
10 Malcolm, Mary	11	Liberty (Bed	12:03.72
11 Frazier, Ruby	9	Fluvanna Cou	12:06.96
12 Ackerman, Kendall	11	Colonial Hei	12:11.67
13 Dorn, Aleah	10	Abingdon Hig	12:16.31
14 Farley, Sophie	11	Fluvanna Cou	12:16.33
15 Pershing, Gray	12	Maggie Walke	12:34.95
16 Ornelas, Isabella	11	Tabb	12:45.95

Girls 55 Meter Hurdles 3A

National: 7.48 N 1980 Candy Young (Pennsylvania)
Meet: 8.14 M 2/27/2016 Naomi Whitaker

Name	Yr	School	Prelims
Preliminaries			
1 Molette, Akera	11	Heritage (Ly	8.57Q
2 Lynch, Jaelyn	12	Charlottesvi	8.78Q
3 Samuel, Jada	11	Abingdon Hig	8.78q
4 Brantley, Evelyn	12	Charlottesvi	8.84q
5 Davis, Gabrielle	9	Lakeland	8.96q
6 Moore, Kona	10	Liberty Chri	9.01q
7 Taylor, Jadelyn	11	Goochland Hi	9.06q
8 Shipp, Maddy	11	Lafayette	9.12q
9 Roberts, Jaylin	10	I C Norcom	9.31
10 Redifer, Jasmine	11	Waynesboro	9.33
11 Strachon, V'Nya	11	Phoebus	9.43

12 Harris, Jillian	10	Lord Botetou	9.46
13 McCluskey, Lauren	12	Maggie Walke	9.91
14 Miller, Anna	12	Staunton Riv	10.15
--- Schultz, Faith	12	Warren Count	DNF

Girls 55 Meter Hurdles 3A

National: 7.48 N 1980 Candy Young (Pennsylvania)
Meet: 8.14 M 2/27/2016 Naomi Whitaker

Name	Yr	School	Finals
Finals			
1 Molette, Akera	11	Heritage (Ly	8.54
2 Lynch, Jaelyn	12	Charlottesvi	8.73
3 Moore, Kona	10	Liberty Chri	8.77
4 Brantley, Evelyn	12	Charlottesvi	8.83
5 Shipp, Maddy	11	Lafayette	8.91
6 Davis, Gabrielle	9	Lakeland	8.95
7 Samuel, Jada	11	Abingdon Hig	9.09
8 Taylor, Jadelyn	11	Goochland Hi	9.16

Girls 4x200 Meter Relay 3A

National: 1:35.86 N 2003 Poly (California)
Meet: 1:46.32 M 2/24/2018 I.C. Norcom

C Ricks, J Gilliam, S Mayes, J Lane

Team	Relay	Finals
Finals		
1 Lakeland	A	1:46.76
1) Goodman, Brianna 10	2) Carter, Jada 9	
3) Joyner, Hannah 10	4) Monroe, Kamryn 10	
2 Maggie Walker	A	1:47.75
1) Widmer, Anna 10	2) Ream, Charlotte 12	
3) Roever, Olive 9	4) Cotman, Erin 10	
3 Heritage (Lyn)	A	1:49.00
1) Molette, Akera 11	2) Clark, Tamyia 11	
3) Hayden, Ayonna 10	4) Porter, Taylor 11	
4 Cave Spring HS	A	1:49.56
1) Hertzberg, Aubrey 12	2) Mather, Lauren 11	
3) Cooper, Jayla 9	4) Cavicchio, Bella 11	
5 Charlottesville	A	1:49.87
1) Gupta, Sahana 11	2) O'Shea, Rose 11	
3) Ackerman, Wren 10	4) Lynch, Jaelyn 12	
6 Lca	A	1:49.93
1) Krycinski, Haley 10	2) Durrer, Katie 10	
3) Richmond, Laney 10	4) Jenkins, Brooklyn 10	
7 Abingdon High School	A	1:50.05
1) Blackmon, Lenzie 12	2) Cvetkovski, Riley 12	
3) Odum, Taylor 10	4) Odum, Chloe 12	
8 I C Norcom	A	1:50.30
1) Everett, Alaila 10	2) Roberts, Jaylin 10	
3) Moore, Deiona 9	4) White, Arivana 9	
9 Brookville H	A	1:50.84
1) Fyffe, Jada 12	2) Johnson, Carmen 9	
3) Booker, Imani 11	4) Tucker, Kaelen 9	
10 Rustburg	A	1:51.00
1) Franklin, Elizabeth 9	2) Sherard, Iyana 12	
3) Pillow, Alyssa 11	4) Langendorfer, Brooke 10	

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Finals ... (Girls 4x200 Meter Relay 3A)

Team	Relay	Finals
11 Lafayette	A	1:51.51
1) Shipp, Maddy 11	2) Basantes, Maria 11	
3) Dabney, Elsie 9	4) Harris, Kristin 10	
12 Christiansburg	A	1:51.64
1) Haley, Leila 10	2) Hamlin, Summer 11	
3) Moles, Madelyn 12	4) Ballard, Grace 9	
13 Bassett	A	1:52.41
1) Taylor, Brianna 10	2) Manns, Vintoria 10	
3) Ratcliff, Gracie 12	4) Phillips, Egypt 9	
14 Caroline High School	A	1:53.41
1) Ferguson, Jaidyn 12	2) Coleman, Alysha 12	
3) Jones, Kennedy 9	4) Power, Olivia 11	
15 Brentsville District	A	1:53.81
1) Littleford-Qreitem, Samantha 10	2) Lawhead, Cara 10	
3) Randall, Alivia 12	4) Krear, Taylor 10	
16 Goochland HS	A	1:54.04
1) Burgess, Leilani 11	2) Taylor, Jadelyn 11	
3) Futrell, Katie 10	4) Jackson, Amore 12	
17 York	A	1:59.53
1) Moss, Skylar 12	2) Washington, Kadynce 11	
3) Quick, Lana 10	4) Backes, Ava 11	
--- Phoebus	A	DQ
1) Ellis, Janiya 12	2) Strachon, V'Nya 11	
3) Batten, Aysia 12	4) Johnson, Danniell 11	

Girls 4x400 Meter Relay 3A

National: 3:38.91 N 2004 Poly (California)
Meet: 4:03.27 M 2/27/2016 Blacksburg High School

S Gardner, S Thompson, A Gholston, M Richardson

Team	Relay	Finals
1 Lca	A	4:08.23
1) Davis, Crissa 12	2) Richmond, Laney 10	
3) Jenkins, Brooklyn 10	4) Moore, Kona 10	
2 Fort Defiance	A	4:09.26
1) Cubbage, Taylor 9	2) Lane, Abby 11	
3) Neff, Trinity 12	4) Ruiz, Kaity 12	
3 Phoebus	A	4:11.06
1) Batten, Aysia 12	2) Strachon, V'Nya 11	
3) Degruy, Serron 9	4) Johnson, Danniell 11	
4 Maggie Walker	A	4:12.39
1) Hendricks, Jessica 12	2) Widmer, Anna 10	
3) Ream, Charlotte 12	4) Martin, Abigail 9	
5 Cave Spring HS	A	4:16.16
1) Mather, Lauren 11	2) Hertzberg, Aubrey 12	
3) Sexton, Emma 11	4) Cavicchio, Bella 11	
6 Charlottesville	A	4:16.41
1) Lynch, Jaelyn 12	2) O'Shea, Rose 11	
3) Ackerman, Wren 10	4) Brantley, Evelyn 12	
7 Brentsville District	A	4:16.98
1) Littleford-Qreitem, Samantha 10	2) Krear, Taylor 10	
3) Kruger, Morgan 11	4) Natysin, Reese 10	

8 Christiansburg	A	4:17.32
1) Moles, Madelyn 12	2) Haley, Leila 10	
3) Mecom, Addison 9	4) Hamlin, Summer 11	
9 Abingdon High School	A	4:18.57
1) Blackmon, Lenzie 12	2) Odum, Taylor 10	
3) Ferrante, Amanda 11	4) Jackson, Josie 10	
10 Lakeland	A	4:19.05
1) Goodman, Brianna 10	2) Davis, Gabrielle 9	
3) Joynner, Hannah 10	4) Nicholson, Chyenne 9	
11 Tabb	A	4:20.87
1) Fiest, Kate 12	2) Case, Aubrey 12	
3) Deaver, Carley 12	4) Lombardo, Corinne 11	
12 Caroline High School	A	4:24.37
1) Edwards, Audrey 11	2) Ferguson, Jaidyn 12	
3) Edwards, Gracelyn 10	4) Sale, Danica 11	
13 Rustburg	A	4:28.42
1) Franklin, Elizabeth 9	2) Hall, Taylor 9	
3) Maggiora, Megan 11	4) Riddle, Reagan 11	

Girls 4x800 Meter Relay 3A

National: 8:53.67 N 2002 Boys and Girls (New York)

Meet: 9:30.54 M 2/24/2017 Western Albemarle

C Gioertz-Joergensen, J Berg, Z Clay, A Witt

Team	Relay	Finals
1 Tabb	A	9:45.74
1) Fiest, Kate 12	2) Case, Aubrey 12	
3) Lombardo, Corinne 11	4) Pegher, Lauren 11	
2 Abingdon High School	A	9:47.70
1) Jackson, Josie 10	2) Ferrante, Amanda 11	
3) Dorn, Aleah 10	4) Jessee, Makaleigh 12	
3 Fort Defiance	A	9:56.66
1) Lane, Abby 11	2) Braun, Logan 12	
3) Neff, Trinity 12	4) Ruiz, Kaity 12	
4 Christiansburg	A	10:07.51
1) Spaulding, Makenna 12	2) Larimer, Riley 9	
3) Mecom, Addison 9	4) Hamlin, Summer 11	
5 Maggie Walker	A	10:15.71
1) Davies, Lillian 9	2) Shields, Lydia 10	
3) Streeter, Katherine 11	4) Martin, Abigail 9	
6 Spotswood	A	10:17.76
1) Ruebke, Kate 11	2) Dabaghyan, Anna 12	
3) Dickel, Marika 10	4) Dickel, Ashland 10	
7 Brentsville District	A	10:26.61
1) Kruger, Morgan 11	2) Jansen, Jill 9	
3) Dehring, Milania 11	4) Hill, Taylor 12	
8 Warren County	A	10:31.93
1) Martin, Ella 10	2) Moya, Audrey 12	
3) Ranney, Nicole 12	4) Riley, Amber 12	
9 Lafayette	A	10:33.06
1) Hunt, Jill 10	2) Crookston, Abby 9	
3) Martiniello, Valentina 10	4) Bennett, Riley 9	
10 Culpeper County	A	10:36.98
1) Groves, Bella 12	2) Hardaway, Isabella 12	
3) Ishmael, Susan 11	4) Lane, Sarah 11	

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Finals ... (Girls 4x800 Meter Relay 3A)

Team	Relay	Finals
11 Rustburg	A	11:12.80
1) Cawthorne, Cindy 10	2) Hall, Taylor 9	
3) Jordan, Pate 11	4) Bennett, Audrey 10	
12 Cave Spring HS	A	11:16.15
1) Niday, Lauren 11	2) Light, Ella 10	
3) Wetzell, Jordan 11	4) Iademarco, Siena 11	
13 York	A	11:16.38
1) Ball, Elizabeth (Liz) 9	2) Nelson, Mackenzie 11	
3) Byrne, Sophia 9	4) Rice, Evelyn 10	
14 Wilson Memorial	A	12:52.59
1) Cranford, Haven 9	2) Forbus, Lainey 10	
3) Stevens, Adilee 10	4) Stevens, Averece 10	
--- Fluvanna County	A	DQ
1) Farley, Sophie 11	2) Chipperfield, Sydney 11	
3) Frazier, Ruby 9	4) Amato, Anna 10	

Girls High Jump 3A

National: 6-04.75 N 2016 **Vashti Cunningham (Nevada)**
Meet: 5-06.50 M 2/23/2018 **Jahnelle Saunders**
Meet: 5-04 M 2/26/2016 **Naomi Whitaker**

Name	Yr	School	Finals
Finals			
1 Molette, Akera	11	Heritage (Ly)	5-02.00
2 Driver, Taylor	11	Broadway	5-00.00
2 Burgess, Leilani	11	Goochland Hi	5-00.00
4 Moles, Madelyn	12	Christiansbu	4-10.00
4 Porter, Taylor	11	Heritage (Ly)	4-10.00
4 Perry, Alexis	11	Fluvanna Cou	4-10.00
4 Henderson, Hanna	11	Rustburg	4-10.00
4 Samuel, Jada	11	Abingdon Hig	4-10.00
4 Conner, Logan	11	James Monroe	4-10.00
10 Shipp, Maddy	11	Lafayette	J4-10.00
10 Ballard, Grace	9	Christiansbu	J4-10.00
12 Fiest, Kate	12	Tabb	4-08.00
12 Cox, Lucie	10	Tabb	4-08.00
12 Sherard, Iyana	12	Rustburg	4-08.00
12 Hendricks, Jessica	12	Maggie Walke	J4-08.00
15 Crews, Jametra	11	Brookville H	J4-08.00
15 Lenkovicz, Zara	11	Maggie Walke	J4-08.00
15 Schultz, Faith	12	Warren Count	J4-08.00
19 Davis, Gabrielle	9	Lakeland	J4-08.00
19 Dabaghyan, Anna	12	Spotswood	J4-08.00
--- Bustamante, Olivia	9	William Byrd	NH
--- Jetton, Sibbie	10	Staunton Hig	NH
--- Strachon, V'Nya	11	Phoebus	NH
--- Schwaner, Aurora	12	Staunton Hig	NH
--- Revell, Makhia	9	Heritage (Ly)	NH

Girls Pole Vault 3A

National: 14-04 N 2015 **Lexi Weeks (Arkansas)**
Meet: 12-07 M 2015 **Katherine Tomczak**

Name	Yr	School	Finals
Finals			
1 Moles, Madelyn	12	Christiansbu	12-04.00
2 Unice, Cameron	12	Maggie Walke	10-06.00
3 Moore, Kona	10	Liberty Chri	J10-06.00
4 Luna, Mercedes	10	Maggie Walke	9-06.00
5 Bowman, Kate	10	Maggie Walke	9-00.00
6 Edwards, Rachel	11	Brentsville	J9-00.00
7 Ruhland, McKayla	10	Brookville H	8-06.00
8 Logwood, Lauren	12	Christiansbu	J8-06.00
9 Fields, Trinity	10	York	J8-06.00
10 Black, Ailey	9	Goochland Hi	J8-06.00
11 Hernandez, Laura	12	Fluvanna Cou	8-00.00
12 Boch, Rose	12	Cave Spring	7-06.00
12 Cox, Lucie	10	Tabb	7-06.00
--- Tatro, Ella	12	Turner Ashby	NH
--- Lowe, Kyrstin	11	Christiansbu	NH
--- Anderson, Lauren	11	Monticello	NH

Girls Long Jump 3A

National: 21-07.50 N 1981 **Carol Lewis (New Jersey)**
Meet: 19-10.75 M 3/1/2022 **Alaysia Oakes**

Name	Yr	School	Finals
Finals			
1 Odum, Chloe	12	Abingdon Hig	17-05.50
2 Moore, Ciarra	12	York	17-04.50
3 Schwaner, Aurora	12	Staunton Hig	16-08.00
4 Moles, Madelyn	12	Christiansbu	16-07.25
5 Moore, Kona	10	Liberty Chri	16-07.00
6 Blake, Lauren	11	Maggie Walke	16-05.25
7 Lynch, Jaelyn	12	Charlottesvi	16-04.00
8 Redifer, Jasmine	11	Waynesboro	16-03.00
9 Deaver, Carley	12	Tabb	15-09.50
10 Schultz, Faith	12	Warren Count	15-07.75
11 Hayden, Ayonna	10	Heritage (Ly)	15-06.50
12 Molette, Akera	11	Heritage (Ly)	15-04.50
12 Bowles, Charlotte	12	Brookville H	15-04.50
14 Porter, Taylor	11	Heritage (Ly)	15-03.00
15 Strachon, V'Nya	11	Phoebus	15-00.00
16 Cotman, Erin	10	Maggie Walke	14-11.75
16 Franklin, Elizabeth	9	Rustburg	14-11.75
18 Cavicchio, Bella	11	Cave Spring	14-09.50
19 Brantley, Evelyn	12	Charlottesvi	14-07.25
20 Gupta, Sahana	11	Charlottesvi	14-05.50
21 Ferguson, Nevaeh	11	Fluvanna Cou	14-04.25
22 Revell, Makhia	9	Heritage (Ly)	14-00.00
--- Ferguson, Jaidyn	12	Caroline Hig	FOUL

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Girls Triple Jump 3A

National: 44-06.75 N 2007 Ke'Nyia Richardson (California)

Meet: 41-11.75 M 2/25/2017 Maya Hanks

Name	Yr	School	Finals
Finals			
1		Molette, Akera	11 Heritage (Ly) 37-08.25
2		Moore, Ciarra	12 York 36-01.50
3		Luna, Mercedes	10 Maggie Walke 36-00.75
4		Ferguson, Jaidyn	12 Caroline Hig 35-03.50
5		Porter, Taylor	11 Heritage (Ly) 34-05.50
6		Lynch, Jaelyn	12 Charlottesvi J34-05.50
7		RePass, Amber	11 Charlottesvi 34-04.00
8		Tune, Briyonna	9 Heritage (Ly) 33-07.75
9		Hayden, Ayonna	10 Heritage (Ly) 33-04.25
10		Schwane, Aurora	12 Staunton Hig 33-02.75
11		Blake, Lauren	11 Maggie Walke 33-00.00
12		Deaver, Carley	12 Tabb 32-04.00
13		Cvetkovski, Riley	12 Abingdon Hig 32-00.50
14		Ferguson, Nevaeh	11 Fluvanna Cou 31-08.75
15		Haley, Leila	10 Christiansbu 31-05.50
16		Cavicchio, Bella	11 Cave Spring 31-00.25

Girls Shot Put 3A

National: 56-07.50 N 2014 Raven Saunders (South Carolina)

Meet: 46-04.75 M 2/24/2018 Alexis Clark

Name	Yr	School	Finals
Finals			
1		Breckley, Theresa	11 Culpeper Cou 41-04.00
2		Blewett, Sydney	11 William Byrd 38-06.25
3		Arnold, Jaelyn	12 Heritage (Ly) 36-11.50
4		Quinn, Kylee	12 Culpeper Cou 35-00.50
5		Miller, Katie	12 Turner Ashby 34-02.00
6		Mayes, Amanti	11 I C Norcom 33-11.00
7		Seymore, Ella	11 Abingdon Hig 33-09.50
8		Haislop, Kayla	12 Skyline 33-05.50
9		Rogers, Ely	10 Turner Ashby 30-10.00
10		Crawford, Dylan	12 Tabb 30-06.50
11		Cvetkovski, Riley	12 Abingdon Hig 29-06.50
12		Basantes, Maria	11 Lafayette 28-00.00

Boys 55 Meter Dash 3A

National: 6.08 N 2012 Marvin Bracey (Florida)

Meet: 6.37 M 3/2/2022 Kenneth Crawford

Name	Yr	School	Prelims
Preliminaries			
1		Johnson, Jaidyn	11 Heritage (Ly) 6.45Q
2		Reid, Isaiah	12 Caroline Hig 6.48Q
3		Carter, Amari	11 Waynesboro 6.51Q
4		Dudley, Bryan	12 James Monroe 6.61Q
5		Pretlow, Jaylen	12 Lafayette 6.56q
6		Smith, Christian	10 Culpeper Cou 6.58q
7		Davidson, Gideon	10 Liberty Chri 6.58q
8		Wilson Jr, Darryl	11 I C Norcom 6.59q
9		Chavis, Jahkei	10 Armstrong HS 6.61

10	Foddrell, Jaidyn	12 Brentsville	6.64
11	Reed, Izaiah	10 Staunton Hig	6.65
12	Oутten, Mathews	10 I C Norcom	6.67
13	White, Lavert	12 Armstrong HS	6.67
14	Hunt, Mikael	12 Brookville H	6.69
15	Hughes, Dylan	12 William Byrd	6.70
16	Flemming, Jamier	11 Rustburg	6.71
17	Schoefield, Jolen	JR Magna Vista High	6.73
18	Duolo, Eddison	12 Charlottesvi	6.74
19	Pittman, Trenton	12 Booker T. Wa	6.74
20	White, Marquis	11 Heritage (Ly)	6.75
21	Chenoweth, Adrian	10 Maggie Walke	6.75
22	Gamble, JaRon	12 I C Norcom	6.76
23	Leech, Micah	12 York	6.77
24	Coley, Michael	12 Brookville H	6.78
25	Blamo, Michael	12 Culpeper Cou	6.81
26	White, Markus	12 Heritage (Ly)	6.84
27	Alston, Jack	11 Goochland Hi	6.91
---	Barrows, Walter	11 William Byrd	FS

Boys 55 Meter Dash 3A

National: 6.08 N 2012 Marvin Bracey (Florida)

Meet: 6.37 M 3/2/2022 Kenneth Crawford

Name	Yr	School	Finals
Finals			
1		Johnson, Jaidyn	11 Heritage (Ly) 6.44
2		Reid, Isaiah	12 Caroline Hig 6.56
3		Carter, Amari	11 Waynesboro 6.56
4		Wilson Jr, Darryl	11 I C Norcom 6.59
5		Pretlow, Jaylen	12 Lafayette 6.61
6		Davidson, Gideon	10 Liberty Chri 6.62
7		Dudley, Bryan	12 James Monroe 6.63
8		Smith, Christian	10 Culpeper Cou 6.70

Boys 300 Meter Dash 3A

National: 33.05 N 2013 Michael Cherry (Virginia)

Meet: 34.75 M 3/4/2020 William Trent

Name	Yr	School	Finals
Finals			
1		Johnson, Jaidyn	11 Heritage (Ly) 35.38
2		Chenoweth, Adrian	10 Maggie Walke 35.38
3		Moon, Jeb	10 Liberty Chri 35.47
4		Morris, Rashawn	11 Caroline Hig 35.84
5		Gonzalez Santiago, Jowell	12 Broadway 35.88
6		Allen, Toney	10 Armstrong HS 36.08
7		Ramsey, Grayson	12 Maggie Walke 36.17
8		Branch, Ellis	12 New Kent 36.24
9		Wilson Jr, Darryl	11 I C Norcom 36.27
10		Price, Richard	11 Fluvanna Cou 36.31
11		Foddrell, Jaidyn	12 Brentsville 36.31
12		Ayi- bamah, Ryan	12 Colonial Hei 36.75
13		Urglavitch, Gray	12 Spotswood 36.75
14		Wolken, Kameron	11 James Monroe 36.85
15		Dudley, Bryan	12 James Monroe 36.90
16		Smith, Jayden	12 Northside Hi 36.92

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Finals ... (Boys 300 Meter Dash 3A)

Name	Yr	School	Finals
17 Koontz, Lance	11	Tabb	36.97
18 Steffen, Jackson	10	Cave Spring	37.61
19 Finney, Alfred	11	Staunton Riv	37.63
20 Hudson, Naye/Ron	9	Lafayette	38.03
21 Outten, Mathews	10	I C Norcom	38.41

Boys 500 Meter Dash 3A

National: 1:01.68 N 2012 Strymar Livingston (New York)
Meet: 1:04.03 M 2014 Derek Holdsworth

Name	Yr	School	Finals
Finals			
1 Gonzalez Santiago, Jowell	12	Broadway	1:05.38
2 Wolken, Kameron	11	James Monroe	1:05.92
3 Koontz, Lance	11	Tabb	1:06.76
4 Kittle, Dominic	12	Caroline Hig	1:07.56
5 Morris, Elias	11	Fluvanna Cou	1:07.72
6 Kerr, Joseph	12	Broadway	1:07.96
7 Bailey, Wyatte	11	William Byrd	1:08.00
8 Parlee, Jack	11	Spotswood	1:08.90
9 Jackson, Rye	11	Lord Botetou	1:08.95
10 Williams, Kiwan	12	I C Norcom	1:09.35
11 Tinnell, Ryley	12	Broadway	1:09.38
12 Finney, Alfred	11	Staunton Riv	1:09.71
13 Murphy, JD	10	Liberty Chri	1:09.81
14 Valenti, Rocco	10	Lafayette	1:09.82
15 Artis, De'Marion	11	Lakeland	1:09.88
16 Carlson, Hunter	10	Rustburg	1:10.40
17 Settle, Noah	11	Hidden Valle	1:10.65
18 Smith, Jayden	12	Northside Hi	1:10.69
19 Metzger, Coy	10	Culpeper Cou	1:10.88

Boys 1000 Meter Run 3A

National: 2:22.28 N 2009 Robby Andrews (New Jersey)
Meet: 2:27.25 M 3/2/2022 Ethan Colman

Name	Yr	School	Finals
Finals			
1 Tietz, Davin	11	Tabb	2:35.21
2 Roney, Evan	12	Rockbridge C	2:35.99
3 Jones-Wilson, Anton	12	Caroline Hig	2:36.37
4 Smerlis, Nick	12	Tabb	2:36.50
5 Salmeron, Kenneth	11	Spotswood	2:36.53
6 Lee, Braden	11	Lafayette	2:37.42
7 Pillion II, Todd	12	Abingdon Hig	2:38.13
8 Lawson, Mecom	12	Christiansbu	2:40.63
9 Weddle, Jack	11	Staunton Riv	2:41.19
10 Mullins, Donald	11	William Byrd	2:41.68
11 Rutherford, Andrew	10	Lafayette	2:43.49
12 Craig, Max	9	Christiansbu	2:43.73
13 Helmke, Jack	11	Charlottesvi	2:43.96
14 Zetterwall, Justin	12	Tabb	2:44.30
15 Weddle, Sam	12	Staunton Riv	2:45.77
16 Kuhn, Zachary	12	Maggie Walke	2:46.89
17 Baker, Will	12	William Monr	2:49.48

18 Groves, Gage	12	Waynesboro	2:49.76
19 McKee, Nathaniel	11	Charlottesvi	2:51.74
--- Jackson, Rye	11	Lord Botetou	DNF

Boys 1600 Meter Run 3A

National: 3:57.81 N 2016 Drew Hunter (Virginia)
Meet: 4:14.75 M 3/4/2020 Joe Hawkes

Name	Yr	School	Finals
Finals			
1 Mathes, Bazil	11	Monticello	4:15.68
2 Bundy, Jack	12	Abingdon Hig	4:16.14
3 Smerlis, Nick	12	Tabb	4:18.87
4 Groves, Adam	12	Waynesboro	4:22.81
5 Lawson, Mecom	12	Christiansbu	4:23.35
6 Boltwood, Rives	11	Abingdon Hig	4:24.04
7 Kramer, Russell	12	Spotswood	4:29.81
8 Childress, Bramley	12	Abingdon Hig	4:31.61
9 Poisson, Gregory	10	Abingdon Hig	4:31.87
10 Craig, Max	9	Christiansbu	4:32.63
11 Jones, Noah	11	Christiansbu	4:32.93
12 Rajappa, Kavi	10	Maggie Walke	4:33.42
13 Connelly, Ryan	11	Cave Spring	4:35.89
14 Lamprecht, Isaac	11	New Kent	4:37.08
15 Young, Evan	12	William Monr	4:38.01
16 McKee, Nathaniel	11	Charlottesvi	4:39.37
17 Koval, A.J.	10	Lafayette	4:40.62
18 Helmke, Jack	11	Charlottesvi	4:42.20
19 Nitsch, Kadin	11	Goochland Hi	4:47.71

Boys 3200 Meter Run 3A

National: 8:39.15 N 2013 Edward Cheserek (New Jersey)
Meet: 9:26.73 M 3/4/2020 Jack Eliason

Name	Yr	School	Finals
Finals			
1 Mathes, Bazil	11	Monticello	9:34.55
2 Bundy, Jack	12	Abingdon Hig	9:35.21
3 Kramer, Russell	12	Spotswood	9:40.64
4 Poisson, Gregory	10	Abingdon Hig	9:43.55
5 Boltwood, Rives	11	Abingdon Hig	9:47.10
6 Groves, Adam	12	Waynesboro	9:48.82
7 Rajappa, Kavi	10	Maggie Walke	9:55.91
8 Young, Evan	12	William Monr	10:00.02
9 Kenee, Peyton	10	Spotswood	10:01.73
10 Ashley, Will	11	New Kent	10:12.60
11 Orban, Nathaniel	10	Charlottesvi	10:12.61
12 Contrucci, John	12	Lafayette	10:13.27
13 Doherty, Patrick	11	Maggie Walke	10:15.99
14 Doherty, Creighton	9	Monticello	10:19.84
15 Childress, Bramley	12	Abingdon Hig	10:37.46
16 Jain, Rehaan	11	Maggie Walke	10:47.70
17 Vizcaino, Daniel	11	Monticello	11:00.87

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Boys 55 Meter Hurdles 3A

National: 7.05 N 2009 Wayne Davis (N. Carolina)
Meet: 7.49 M 2/24/2018 Nickolas Childs

Name	Yr	School	Prelims
Preliminaries			
1	O'Regan, Samuel	12 Liberty Chri	8.17Q
2	Patterson, Qua'ran	11 Waynesboro	8.17Q
3	Stewart, Anthony	12 Lakeland	8.30Q
4	Artis, De'Marion	11 Lakeland	8.22Q
5	Hoy, Landon	12 Liberty Chri	8.33Q
6	Morris, Rashawn	11 Caroline Hig	8.35Q
7	Jones, Raj'ee	10 Lakeland	8.24q
8	White, Marquis	11 Heritage (Ly	8.29q
9	Fry, Jerry	9 Goochland Hi	8.38
10	Chau, Vy	11 Northside Hi	8.53
11	Lutz, Joshua	12 Tabb	8.53
12	Diamond, Marcellis	11 Skyline	8.60
13	Anthony, Braeden	11 Culpeper Cou	8.95
14	Bond, Mackenzie	11 Lakeland	9.56
---	Austin, DeShawn	10 William Byrd	FS
---	Easley, Brendon	12 Bassett	DQ

Boys 55 Meter Hurdles 3A

National: 7.05 N 2009 Wayne Davis (N. Carolina)
Meet: 7.49 M 2/24/2018 Nickolas Childs

Name	Yr	School	Finals
Finals			
1	White, Marquis	11 Heritage (Ly	8.19
2	Patterson, Qua'ran	11 Waynesboro	8.24
3	Jones, Raj'ee	10 Lakeland	8.26
4	O'Regan, Samuel	12 Liberty Chri	8.29
5	Artis, De'Marion	11 Lakeland	8.35
6	Hoy, Landon	12 Liberty Chri	8.44
7	Stewart, Anthony	12 Lakeland	8.45
8	Morris, Rashawn	11 Caroline Hig	8.54

Boys 4x200 Meter Relay 3A

National: 1:26.09 N 2005 Poly (California)
Meet: 1:31.45 M 3/2/2022 Heritage Lynchburg

Team	Relay	Finals
Finals		
1	Lca	A 1:31.95
	1) O'Regan, Samuel 12	2) Palmer, Will 12
	3) Tyree, Nathaniel 12	4) Moon, Jeb 10
2	Maggie Walker	A 1:32.19
	1) Ramsey, Grayson 12	2) Chenoweth, Adrian 10
	3) Chaoul, Julian 12	4) Ennis, Camden 10
3	I C Norcom	A 1:32.70
	1) Gamble, JaRon 12	2) Wilson Jr, Darryl 11
	3) Outten, Mathews 10	4) Williams, Kiwan 12
4	Rustburg	A 1:33.13
	1) Flemming, Jamier 11	2) Carlson, Hunter 10
	3) Rosser, Marshawn 10	4) Jackson, Walter 10

5	Heritage (Lyn)	A 1:33.36
	1) White, Markus 12	2) Calloway, Xavier 12
	3) White, Marquis 11	4) Johnson, Jaidyn 11
6	William Byrd HS	A 1:33.36
	1) Hughes, Dylan 12	2) Bailey, Wyatt 11
	3) Reachy, Brady 11	4) Austin, DeShawn 10
7	Lakeland	A 1:33.45
	1) Almond, Travell 11	2) Stewart, Anthony 12
	3) Dillard, Jamarion 11	4) Jones, Raj'ee 10
8	Brentsville District	A 1:33.94
	1) Foddrrell, Jaidyn 12	2) Ashbrook, Quinn 12
	3) Sawyer, Dylan 12	4) Moody, Preston 11
9	Charlottesville	A 1:34.11
	1) Duolo, Eddison 12	2) Nowell, Seth 12
	3) Noor, Abas 11	4) Ivery, Noah 12
10	Phoebus	A 1:34.24
	1) Bunch, Siyon 11	2) Bass, Jordan 12
	3) Gault, Kyron 10	4) Colbert, JaQuan 11
11	Brookville H	A 1:34.25
	1) Jennings, Alfonzo 11	2) Hunt, Mikael 12
	3) Coley, Michael 12	4) Austin, Noah 10
12	James Monroe	A 1:34.57
	1) Darby, Peyton 11	2) Dudley, Bryan 12
	3) Myles-Mills, John 9	4) Wolken, Kameron 11
13	Lafayette	A 1:34.64
	1) Lasker, Tyson 10	2) Ivy, Tyrese 10
	3) Hudson, Naye'Ron 9	4) Pretlow, Jaylen 12
14	Tabb	A 1:34.69
	1) Dixon, Camryn 11	2) Alleyne, Michael 11
	3) Uchida, Jacob 12	4) Omoruyi, Josh 12
15	Culpeper County	A 1:34.71
	1) Norman, Tj 11	2) Murray, Kalib 10
	3) Alvarado, Gavin 10	4) Smith, Christian 10
16	Colonial Heights	A 1:34.89
	1) Ayi- bamah, Ryan 12	2) Hill, Marcel 12
	3) Belmartin, Christian 12	4) Mungro -johnson, Kenyez 11
17	Cave Spring HS	A 1:35.09
	1) Ihlenburg, Joseph 12	2) Evans, Ben 12
	3) Gerald, Kameron 11	4) Steffen, Jackson 10
18	Spotswood	A 1:35.12
	1) Kim, Kris 11	2) Parlee, Jack 11
	3) Davis, Donte 10	4) Urglavitch, Gray 12
19	Fluvanna County	A 1:35.16
	1) Fields, Jackson 10	2) Davis, Diver 11
	3) Morris, Elias 11	4) Green, Kameron 10
20	Booker T. Washington	A 1:35.26
	1) Wingate, Maceo 12	2) Wells, Diamondz 11
	3) Campbell, Tyrieon 12	4) Pittman, Trenton 12
21	Caroline High School	A 1:36.38
	1) Berryman, Juelz 11	2) Reid, Isaiah 12
	3) Morris, Rashawn 11	4) Joacin, Vladmir 10
22	York	A 1:37.18
	1) Seawell, Evan 11	2) Branch, Amari 10
	3) Quick, Tyler 12	4) Herath, Michael 10

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Finals ... (Boys 4x200 Meter Relay 3A)

Team	Relay	Finals
23 Broadway	A	1:38.35
1) Ennis, Jordan 10	2) Knicely, Cole 12	
3) Kauffman, Andrew 12	4) Post, Ryder 11	
24 Fort Defiance	A	1:39.03
1) McLaughlin, Jeffrey 10	2) Wright, Carson 10	
3) Lavaway, Dillon 12	4) Sommerfield, BC 11	
25 Abingdon High School	A	1:40.24
1) Long, JJ 12	2) Barr, Owen 10	
3) Stanley, Ethan 11	4) Honaker, Lucas 10	
--- Northside High School	A	DNF
1) Hicks, Wayne 12	2) Alexis, Salomon 11	
3) Chau, Vy 11	4) Smith, Jayden 12	
--- Staunton HS	A	DQ
1) Fields, Braylen 10	2) Cabell, Maaliah 12	
3) Levin, Reece 12	4) Reed, Izaiah 10	

Boys 4x400 Meter Relay 3A

National: 3:13.06 N 2009 New Bern (North Carolina)
Meet: 3:28.26 M 2/27/2016 I.C. Norcom High School

J Elliott, W Riddick, D Scott, M Morris

Team	Relay	Finals
1 Caroline High School	A	3:31.21
1) Kittle, Dominic 12	2) Griffith, Ta'Shaun 11	
3) Berryman, Juelz 11	4) Jones-Wilson, Anton 12	
2 Spotswood	A	3:32.58
1) Parlee, Jack 11	2) McClure, Kasey 12	
3) Salmeron, Kenneth 11	4) Urglavitch, Gray 12	
3 Fluvanna County	A	3:32.76
1) Green, Kameron 10	2) Davis, Diver 11	
3) Fields, Jackson 10	4) Morris, Elias 11	
4 Lca	A	3:33.78
1) O'Regan, Samuel 12	2) Hoy, Landon 12	
3) Murphy, JD 10	4) Moon, Jeb 10	
5 Lakeland	A	3:36.03
1) Holton, Jonathan 11	2) Stewart, Anthony 12	
3) Jones, RajA'ee 10	4) Artis, De'Marion 11	
6 Brentsville District	A	3:36.30
1) Sawyer, Dylan 12	2) Tredinnick, Mason 11	
3) Anderson, Patrick 11	4) Moody, Preston 11	
7 Culpeper County	A	3:36.97
1) Moore, Hunter 11	2) Blamo, Michael 12	
3) Smith, Christian 10	4) Metzger, Coy 10	
8 Lafayette	A	3:37.01
1) Lee, Braden 11	2) Wisdom, Zacobi 11	
3) Valenti, Rocco 10	4) Hudson, Naye'Ron 9	
9 Phoebus	A	3:37.45
1) Bass, Jordan 12	2) Mitchell, Malikai 11	
3) Hines, Jeremiah 9	4) Bunch, Siyon 11	
10 William Byrd HS	A	3:37.65
1) Bailey, Wyatt 11	2) Hughes, Dylan 12	
3) Mullins, Donald 11	4) Austin, DeShawn 10	

11 Cave Spring HS	A	3:38.76
1) Ihlenburg, Joseph 12	2) Swanson, Isaiah 11	
3) Connelly, Ryan 11	4) Steffen, Jackson 10	
12 Hidden Valley HS	A	3:40.92
1) Settle, Noah 11	2) Sealey, Paul 11	
3) De Leon, Nishan 12	4) Morton, Miles 11	
--- Tabb	A	DQ
1) Dixon, Camryn 11	2) Uchida, Jacob 12	
3) Tietz, Davin 11	4) Koontz, Lance 11	
--- Broadway	A	DQ
1) Kerr, Joseph 12	2) Tinnell, Ryley 12	
3) Knicely, Walker 12	4) Gonzalez Santiago, Jowell 12	

Boys 4x800 Meter Relay 3A

National: 7:36.99 N 2009 Albemarle (Virginia)
Meet: 7:58.88 M 2014 Blacksburg High School

F Bishop, MCarter, J McCoy, K Hagen

Team	Relay	Finals
1 Tabb	A	8:06.70
1) Tietz, Davin 11	2) Baptist, Michael 11	
3) Zetterwall, Justin 12	4) Smerlis, Nick 12	
2 Abingdon High School	A	8:14.42
1) Pillion II, Todd 12	2) Boltwood, Rives 11	
3) Childress, Bramley 12	4) Bundy, Jack 12	
3 Christiansburg	A	8:16.64
1) Jones, Noah 11	2) Durbin, Brennen 11	
3) Craig, Max 9	4) Lawson, Mecom 12	
4 Spotswood	A	8:17.72
1) McClure, Kasey 12	2) Salmeron, Kenneth 11	
3) Kenee, Peyton 10	4) Kramer, Russell 12	
5 Caroline High School	A	8:20.99
1) Jones-Wilson, Anton 12	2) Griffith, Ta'Shaun 11	
3) Kittle, Dominic 12	4) Somers, Jordan 10	
6 Lafayette	A	8:21.62
1) Lee, Braden 11	2) Koval, A.J. 10	
3) Gemerek, Henry 11	4) Rutherford, Andrew 10	
7 Staunton River HS	A	8:25.23
1) Weddle, Sam 12	2) Locklear, Cj 9	
3) Finney, Alfred 11	4) Weddle, Jack 11	
8 Cave Spring HS	A	8:26.64
1) Swanson, Isaiah 11	2) Loschner, Thomas 11	
3) Connelly, Ryan 11	4) Light, Samuel 11	
9 Waynesboro	A	8:31.68
1) Groves, Adam 12	2) Norris, Grayson 9	
3) Colander, Dylan 10	4) Groves, Gage 12	
10 Maggie Walker	A	8:31.96
1) Kuhn, Zachary 12	2) Doherty, Patrick 11	
3) Jain, Rehaan 11	4) Rajappa, Kavi 10	
11 Lakeland	A	8:39.97
1) Young, Ramirsjae 11	2) Coleman, Thomas 9	
3) Holland-Lane, Ashton 12	4) Holton, Jonathan 11	
12 Monticello	A	8:40.83
1) Vizcaino, Daniel 11	2) Sexton, Owen 10	
3) Jumper, Colin 10	4) Davis, Ben 12	

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Finals ... (Boys 4x800 Meter Relay 3A)

Team	Relay	Finals
13 Fluvanna County	A	8:49.74
1) Dahl, Ethan 11	2) Butler, Zachary 11	
3) Weisenburger, Cole 11	4) Petrylak, Ryder 11	
14 Hidden Valley HS	A	8:53.31
1) Buchanan, Jacob 12	2) Caldwell, Will 11	
3) Stewart, Jacob 10	4) Sealey, Paul 11	
15 Skyline	A	8:54.12
1) Schucker, Loudon 10	2) Bieker, Sebastian 9	
3) Arp, Ben 12	4) Sperry, Reese 12	
16 Goochland HS	A	9:06.23
1) Nitsch, Kadin 11	2) Browning, Will 12	
3) Meiller, Drew 12	4) Johnson, David 12	

Boys High Jump 3A

National: 7-05.25 N 2004 Scott Sellers (Texas)
Meet: 6-07 M 2/23/2019 Limiah Coleman

Name	Yr	School	Finals
Finals			
1 LaSasso, Lawrence	11	Culpeper Cou	6-04.00
2 Cabell, Maaliah	12	Staunton Hig	J6-04.00
3 Bass, Jordan	12	Phoebus	6-02.00
3 Morris, Rashawn	11	Caroline Hig	6-02.00
5 Brown, Tyshawn	12	Heritage (Ly	6-00.00
6 Abul-Qasim, Ahsan	11	Skyline	J6-00.00
7 Smith, Jayden	12	Northside Hi	J6-00.00
8 Diamond, Marcellis	11	Skyline	J6-00.00
9 Alleyne, Michael	11	Tabb	5-10.00
10 Brown, Khalil	11	Rustburg	J5-10.00
11 Ivery, Noah	12	Charlottesvi	5-08.00
11 Gamble, JaRon	12	I C Norcom	5-08.00
13 Jackson, Walter	10	Rustburg	J5-08.00
14 Chisley, Thomas	10	Staunton Hig	J5-08.00
--- Thornton, Amonte	10	Rustburg	NH
--- Gilbert, Jacob	12	Bassett	NH
--- Rose, Elijah	12	Lord Botetou	NH
--- Nesselrotte, Dalton	10	Liberty Chri	NH
--- Hylton, Zycheus	11	Bassett	NH
--- Branch, Ellis	12	New Kent	NH

Boys Pole Vault 3A

National: 18-00.50 N 2016 Armand Duplantis (Louisiana)
Meet: 15-00 M 3/3/2020 Nate Benson

Name	Yr	School	Finals
Finals			
1 Sawyer, Dylan	12	Brentsville	13-06.00
2 Bailey, Wyatt	11	William Byrd	12-06.00
3 Uchida, Jacob	12	Tabb	J12-06.00
4 Wright, Ryan	10	New Kent	12-00.00
5 O'Regan, Samuel	12	Liberty Chri	11-06.00
6 Dixon, Camryn	11	Tabb	J11-06.00
7 Smith, Callan	11	Charlottesvi	11-00.00
8 Snyder, Trent	10	Waynesboro	J11-00.00
9 Gable, Martin	10	Maggie Walke	J11-00.00

10 McLaughlin, Jeffrey	10	Fort Defianc	J11-00.00
11 Miller, Owen	11	Maggie Walke	10-06.00
--- Steffen, Jackson	10	Cave Spring	NH
--- Knicely, Walker	12	Broadway	NH
--- Rai, Utshab	12	Charlottesvi	NH

Boys Long Jump 3A

National: 26-06.50 N 1989 Dion Bentley (Pennsylvania)
Meet: 22-11.25 M 2015 Marcellus Fletcher

Name	Yr	School	Finals
Finals			
1 Cabell, Maaliah	12	Staunton Hig	23-00.00M
2 White, Markus	12	Heritage (Ly	22-08.50
3 White, Marquis	11	Heritage (Ly	22-02.25
4 Abul-Qasim, Ahsan	11	Skyline	21-01.50
5 Dudley, Bryan	12	James Monroe	21-00.50
6 Duolo, Eddison	12	Charlottesvi	20-11.00
7 Moon, Jeb	10	Liberty Chri	20-06.50
8 O'Regan, Samuel	12	Liberty Chri	20-01.50
9 Leech, Micah	12	York	20-00.00
10 Murray, Kalib	10	Culpeper Cou	19-07.25
11 Kartey, Selorm	12	Monticello	19-06.50
12 Harrison, Jeremiah	12	Lafayette	19-06.25
13 Long, JJ	12	Abingdon Hig	19-06.00
14 Austin, DeShawn	10	William Byrd	19-04.25
15 Jimenez, Maximilian	10	Maggie Walke	19-02.00
16 Ihlenburg, Joseph	12	Cave Spring	19-01.25
17 Nowell, Seth	12	Charlottesvi	J19-01.25
18 Pretlow, Jaylen	12	Lafayette	18-10.00
19 Honaker, Lucas	10	Abingdon Hig	J18-10.00
20 Jackson, Walter	10	Rustburg	18-09.00
21 Joacin, Vladmir	10	Caroline Hig	18-01.25
22 Cooke, Elijah	11	Hopewell	17-07.00
23 Thornton, Amonte	10	Rustburg	15-09.25

Boys Triple Jump 3A

National: 52-07.50 N 1988 Keith Holley (Virginia)
Meet: 47-09.75 M 2/24/2017 Tre'Juan Cash

Name	Yr	School	Finals
Finals			
1 Nowell, Seth	12	Charlottesvi	45-09.00
2 White, Markus	12	Heritage (Ly	44-00.50
3 Branch, Ellis	12	New Kent	42-09.00
4 Cabell, Maaliah	12	Staunton Hig	42-05.00
5 Vess, Max	11	Wilson Memor	42-03.50
6 Leech, Micah	12	York	41-10.00
7 Alston, Charlie	12	Goochland Hi	41-06.00
8 Barr, Owen	10	Abingdon Hig	41-03.50
9 Briggs, Sam	11	Turner Ashby	41-02.75
10 Chisley, Thomas	10	Staunton Hig	41-00.00
11 Austin, DeShawn	10	William Byrd	40-05.50
12 Davis, Gavin	11	Caroline Hig	40-03.00
13 Brown, Tyshawn	12	Heritage (Ly	39-09.75
14 Alexis, Salomon	11	Northside Hi	39-08.00
15 Jones, Liquanne	12	Heritage (Ly	38-09.50

Class 3, Class 4 Indoor Championships 2022 - 2/28/2023

**Indoor State Championships
Liberty University Indoor Track Complex**

Results

Finals ... (Boys Triple Jump 3A)

Name	Yr	School	Finals
16 Diamond, Marcellis	11	Skyline	38-08.00

Boys Shot Put 3A
 National: 77-02.75 N 2011 Ryan Crouser (Oregon)
 Meet: 55-05 M 2/24/2017 Zack Boyer's

Name	Yr	School	Finals
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Finals

1 Howard, Kendal	10	Lord Botetou	50-10.50
2 Conley, Ayden	12	Christiansbu	50-00.00
3 Battle, Paul	12	I C Norcom	49-08.25
4 Royes, Justin	12	Lakeland	49-00.50
5 Toliver, Demetri	11	Lord Botetou	47-10.50
6 Gilliam, Noah	11	Abingdon Hig	46-02.50
7 Hoffeditz, Herschel	11	Broadway	44-04.50
8 Conyers, Domonique	12	I C Norcom	44-02.50
9 Copeland, Tyler	12	Lafayette	43-06.00
10 Huard, Seth	11	Lord Botetou	41-11.50
11 Joacin, Vladmir	10	Caroline Hig	J41-11.50
12 White, Xavier	11	Heritage (Ly	41-10.25
13 McCormick, Jayson	12	Lafayette	41-06.00
14 Hancock, Ashton	12	Staunton Riv	41-03.00
15 Little, Jakobe	12	Lakeland	40-11.50
16 Quinn, Colby	12	Lafayette	40-10.00
17 Murray, Tyler	11	Liberty Chri	40-06.00
18 Harrison, Jaden	12	Lake Taylor	J40-06.00
19 Frank, John	12	Caroline Hig	40-01.50
20 Washington, Terrell	12	Heritage (Ly	39-06.00
21 Beryman, Juelz	11	Caroline Hig	38-08.50
--- Tunstall, Malique	12	Caroline Hig	FOUL

25) Broadway	7
26) Phoebus	6
27) Caroline High School	5
28) Turner Ashby	4
28) Rockbridge County	4
28) New Kent	4
31) James Monroe	3.5
32) Bassett	3

Women - 3A - Team Rankings - 15 Events Scored

1) Heritage (Lyn)	59.5
2) Abingdon High School	56.5
3) Maggie Walker	47
4) Charlottesville	37
5) Tabb	32
5) York	32
7) LCA	30
8) Christiansburg	29.5
9) Lakeland	29
10) Fort Defiance	27
11) Skyline	19
12) Culpeper County	16
13) Fluvanna County	13.5
14) Northside High School	13
15) Brentsville District	12
15) Brookville High School	12
17) Staunton HS	11
17) Monticello	11
17) William Byrd HS	11
20) Lafayette	9
20) I C Norcom	9
20) Cave Spring HS	9
23) Hidden Valley HS	8
23) Goochland HS	8

Class 3, Class 4 Indoor Championships 2022 - 2/28/2023**Indoor State Championships
Liberty University Indoor Track Complex****Results**

32) Spotswood	3	12) Christiansburg	19
34) Rustburg	2.5	14) I C Norcom	18
35) Warren County	1	15) Charlottesville	15
35) Waynesboro	1	16) Brentsville District	14

Women - 4A - Team Rankings - 15 Events Scored

1) Western Albemarle	73	16) Lord Botetourt	14
2) Blacksburg High School	69	16) James Monroe	14
3) Heritage Newport News	66	19) Culpeper County	13
4) Hanover	44	19) William Byrd HS	13
5) Fauquier	41	21) New Kent	12
5) Kings Fork	41	22) Lafayette	11
7) John Handley	31	23) Fluvanna County	10
8) Churchland	24	24) Skyline	9
9) Kettle Run	23	25) Rockbridge County	8
10) Jamestown	16	26) Phoebus	5.5
11) Atlee	15	27) Rustburg	5
12) Loudoun Valley	12	28) Wilson Memorial	4
13) Monacan High School	11	29) York	3
13) King George	11	29) Armstrong HS	3
15) Eastern View HS	10	31) Northside High School	2
16) Tuscarora HS (VA)	9	31) Staunton River HS	2
17) Dominion	8		
18) Louisa County HS	7		
19) Mecklenburg Cty HS	6		
19) Manor	6		
19) Broad Run	6		
19) Chancellor	6		
23) Grafton HS	5		
23) Sherando	5		
23) Amherst County	5		
23) Varina	5		
27) Halifax County	4		
27) Great Bridge HS	4		
27) Millbrook	4		
30) Lightridge HS	3		
30) Rock Ridge HS	3		
30) E.C. Glass	3		
30) Courtland	3		
34) Warhill	2		
35) Henrico High School	1		
35) Huguenot	1		
35) Smithfield	1		
35) Jefferson Forest	1		

Men - 3A - Team Rankings - 15 Events Scored

1) Heritage (Lyn)	60
2) Tabb	46
3) Caroline High School	44.5
4) Abingdon High School	43
5) LCA	39
6) Spotswood	26
7) Lakeland	23
7) Waynesboro	23
7) Staunton HS	23
10) Monticello	20
10) Maggie Walker	20
12) Broadway	19

Class 3, Class 4 Indoor Championships 2022 - 2/28/2023**Indoor State Championships
Liberty University Indoor Track Complex
Results**

31) Goochland HS	2
34) Cave Spring HS	1
34) William Monroe	1

Men - 4A - Team Rankings - 15 Events Scored

1) Blacksburg High School	64
2) Deep Creek HS	44.5
3) Salem (Roanoke)	40
4) E.C. Glass	31
5) Hanover	30.5
6) Courtland	29
7) Western Albemarle	27.5
8) Atlee	27
9) John Handley	24
10) Manor	21
10) Loudoun Valley	21
10) Mechanicsville HS	21
10) Fauquier	21
14) Millbrook	19
15) Pulaski County	18
15) Grafton HS	18
17) Tuscarora HS (VA)	13
17) Henrico High School	13
19) Churchland	10
19) Patrick Henry (Ashland)	10
21) Liberty (Bealeton)	8
21) Sherando	8
23) Broad Run	7
23) Park View (Sterling)	7
25) Louisa County HS	6.5
26) Smithfield	6
27) Jamestown	5
27) Rock Ridge HS	5
27) James Wood HS	5
30) Matoaca High School	4
30) Warhill	4
30) Heritage Newport News	4
33) Loudoun County	3
33) Amherst County	3
35) Great Bridge HS	2
35) Halifax County	2
35) Warwick	2
38) Jefferson Forest	1