

## VHSL 5D Outdoor Regional - 5/25/2022

## Harrisonburg High School

## Results - Meet Order

## Girls 100 Meter Dash

| Name                 | School       | Finals   |
|----------------------|--------------|----------|
| <b>Finals</b>        |              |          |
| 1 Mial, Natalie      | Stone Bridge | 12.30 10 |
| 2 Whittaker, Leenesa | North Staffo | 12.37 8  |
| 3 Tyson, Kailynn     | North Staffo | 12.65 6  |
| 4 Callan, Jenna      | Stone Bridge | 12.90 5  |
| 5 Osman, Hadeeyah    | Riverside Hi | 13.00 4  |
| 6 Woods, Ayanna      | North Staffo | 13.02 3  |
| 7 Pendleton, Amaya   | Albemarle    | 13.05 2  |
| 8 Johnson, JyKieria  | Patrick Henr | 13.08 1  |
| 9 Roberson, Nia      | Briar Woods  | 13.09    |
| 10 Smith, Nadia      | Independence | 13.23    |
| 11 Hawes, Malye      | Brooke Point | 13.36    |
| 12 Berry, Shanell    | Massaponax   | 13.48    |
| 13 Jones, Nykiyah    | William Flem | 13.51    |
| 14 Bould, Madison    | Potomac Fall | 13.56    |
| --- Pease, Mylee     | Patrick Henr | FS       |

## Girls 200 Meter Dash

| Name                 | School       | Finals   |
|----------------------|--------------|----------|
| <b>Finals</b>        |              |          |
| 1 Mial, Natalie      | Stone Bridge | 24.98 10 |
| 2 Tyson, Kailynn     | North Staffo | 25.90 8  |
| 3 Whittaker, Leenesa | North Staffo | 25.90 6  |
| 4 Vizek, Ashleigh    | Riverside Hi | 25.97 5  |
| 5 Poremba, Anika     | Independence | 26.12 4  |
| 6 Johnson, JyKieria  | Patrick Henr | 26.29 3  |
| 7 Watkins, Laila     | Albemarle    | 26.73 2  |
| 8 Osman, Hadeeyah    | Riverside Hi | 26.87 1  |
| 9 Baugh, Eliana      | Mountain Vie | 26.93    |
| 10 Wallis, Lydia     | Stone Bridge | 27.27    |
| 11 Afful, Elsie      | Mountain Vie | 27.34    |
| 12 Robertson, Lois   | Stone Bridge | 27.50    |
| 13 Buckles, Jade     | Brooke Point | 27.90    |
| 14 Stewart, Emily    | Briar Woods  | 28.10    |
| 15 Upshaw, Alyssa    | Brooke Point | 28.20    |
| 16 Sanders, Amia     | Riverbend Hi | 28.91    |

## Girls 400 Meter Dash

| Name                   | School       | Finals    |
|------------------------|--------------|-----------|
| <b>Finals</b>          |              |           |
| 1 Poremba, Anika       | Independence | 58.44 10  |
| 2 Baugh, Eliana        | Mountain Vie | 59.35 8   |
| 3 Hepburn, Starr       | Mountain Vie | 1:01.17 6 |
| 4 Jones, Kyndal        | Massaponax   | 1:01.36 5 |
| 5 Yoder, Sophia        | Harrisonburg | 1:01.71 4 |
| 6 Spencer-Hamm, Amalie | Brooke Point | 1:03.45 3 |
| 7 Branscom, Thea       | Patrick Henr | 1:03.46 2 |
| 8 Anderson, Charis     | Riverside Hi | 1:03.51 1 |
| 9 Afful, Elsie         | Mountain Vie | 1:03.79   |
| 10 Berry, Shanell      | Massaponax   | 1:03.93   |
| 11 Harden, Leah        | Stone Bridge | 1:04.27   |
| 12 Antognoli, Soleil   | Potomac Fall | 1:04.49   |
| 13 Klosek, Stella      | Albemarle    | 1:04.67   |

|                    |              |         |
|--------------------|--------------|---------|
| 14 Jones, Nykiyah  | William Flem | 1:05.05 |
| 15 Morris, Camaree | William Flem | 1:05.79 |

## Girls 800 Meter Run

| Name                   | School       | Finals     |
|------------------------|--------------|------------|
| <b>Finals</b>          |              |            |
| 1 Wallis, Lydia        | Stone Bridge | 2:18.74 10 |
| 2 Sullivan, Annie      | Stone Bridge | 2:22.55 8  |
| 3 Priddy, Olivia       | Massaponax   | 2:22.67 6  |
| 4 Anderson, Madelyn    | Mountain Vie | 2:23.51 5  |
| 5 Gay, Christina       | Potomac Fall | 2:24.44 4  |
| 6 Poirot, Annie        | Harrisonburg | 2:26.88 3  |
| 7 Garvie, Lola         | Massaponax   | 2:29.86 2  |
| 8 Gypson, Madelyn      | Albemarle    | 2:29.94 1  |
| 9 Kingston, Natalie    | Mountain Vie | 2:30.27    |
| 10 Griffith, Helena    | Mountain Vie | 2:31.39    |
| 11 Dasilva, Adrienne   | Riverside Hi | 2:31.83    |
| 12 Smeltzer, Elizabeth | Patrick Henr | 2:35.80    |
| 13 Frickman, Josie     | Potomac Fall | 2:36.42    |
| 14 Vega, Tirzah        | Woodgrove    | 2:36.53    |
| 15 Lynham, Delaney     | Woodgrove    | 2:37.12    |
| 16 Blagg, Lena         | Harrisonburg | 2:37.95    |

## Girls 1600 Meter Run

| Name                   | School       | Finals     |
|------------------------|--------------|------------|
| <b>Finals</b>          |              |            |
| 1 Gypson, Madelyn      | Albemarle    | 5:14.89 10 |
| 2 Capritta, Layna      | Woodgrove    | 5:16.77 8  |
| 3 Anderson, Madelyn    | Mountain Vie | 5:19.70 6  |
| 4 Coleman, Jenna       | Albemarle    | 5:22.73 5  |
| 5 Guyton, Hanna        | Albemarle    | 5:28.70 4  |
| 6 Rose, Alexis         | Massaponax   | 5:40.15 3  |
| 7 Craig, Katherine     | North Staffo | 5:41.72 2  |
| 8 Sullivan, Annie      | Stone Bridge | 5:44.57 1  |
| 9 Reyer, McKayla       | Riverbend Hi | 5:48.53    |
| 10 Morra, Olivia       | Riverbend Hi | 5:49.27    |
| 11 Clark, Emma         | Brooke Point | 5:51.52    |
| 12 Williamson, Ella    | Riverside Hi | 5:54.55    |
| 13 Wike, Natalie       | Potomac Fall | 5:55.18    |
| 14 Yirmibesoglu, Aylin | Patrick Henr | 6:02.71    |
| 15 Fracis, Sylvie      | Albemarle    | 6:09.56    |

## Girls 3200 Meter Run

| Name                | School       | Finals      |
|---------------------|--------------|-------------|
| <b>Finals</b>       |              |             |
| 1 Floyd, Sarah      | Riverside Hi | 11:32.00 10 |
| 2 Guyton, Hanna     | Albemarle    | 11:43.95 8  |
| 3 Coleman, Jenna    | Albemarle    | 11:51.95 6  |
| 4 Crichton, Emily   | Stone Bridge | 12:07.72 5  |
| 5 Binkley, Madeline | Independence | 12:11.51 4  |
| 6 Finnegan, Avery   | Potomac Fall | 12:22.07 3  |
| 7 Craig, Katherine  | North Staffo | 12:23.39 2  |
| 8 Crawford, Sophie  | Patrick Henr | 12:29.81 1  |
| 9 Visioni, Sofia    | Riverbend Hi | 12:42.91    |
| 10 Shah, Ariya      | Woodgrove    | 12:47.93    |
| 11 Rose, Alexis     | Massaponax   | 12:54.76    |

## VHSL 5D Outdoor Regional - 5/25/2022

## Harrisonburg High School

## Results - Meet Order

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

| Name                 | School       | Finals   |
|----------------------|--------------|----------|
| 12 Carlisle, Madison | Mountain Vie | 12:56.93 |
| 13 Carter, Eleanor   | Harrisonburg | 13:21.13 |
| 14 Ellis, Madelyn    | Massaponax   | 13:57.37 |
| 15 Dasilva, Adrienne | Riverside Hi | 14:56.37 |

## Girls 100 Meter Hurdles

| Name                  | School       | Finals   |
|-----------------------|--------------|----------|
| <b>Finals</b>         |              |          |
| 1 Thomas, Lauren      | Independence | 14.73 10 |
| 2 O'Neil, Indira      | Stone Bridge | 15.19 8  |
| 3 Woods, Ayanna       | North Staffo | 16.02 6  |
| 4 King, Gracen        | Massaponax   | 16.34 5  |
| 5 Scott, Deja         | Briar Woods  | 16.90 4  |
| 6 Tershak, Elizabeth  | Patrick Henr | 17.25 3  |
| 7 Carter, Jady        | Harrisonburg | 17.30 2  |
| 8 Smith, Elianna      | Massaponax   | 17.40 1  |
| 9 Ochs, Katelyn       | Riverbend Hi | 17.42    |
| 10 Wilcher, Gabriella | William Flem | 17.80    |
| 11 Adams, Breanna     | Patrick Henr | 17.84    |
| 12 Harris, Chanel     | Riverside Hi | 17.90    |
| 13 Simpson, Nina      | Independence | 18.55    |
| 14 Matthews, Kenya    | Mountain Vie | 19.23    |
| --- McNamara, Alexia  | North Staffo | DQ       |

## Girls 300 Meter Hurdles

| Name                   | School       | Finals   |
|------------------------|--------------|----------|
| <b>Finals</b>          |              |          |
| 1 Thomas, Lauren       | Independence | 46.81 10 |
| 2 Smith, Nadia         | Independence | 48.10 8  |
| 3 Smith, Elianna       | Massaponax   | 48.20 6  |
| 4 O'Neil, Indira       | Stone Bridge | 48.23 5  |
| 5 English, Zahara      | William Flem | 49.42 4  |
| 6 Adams, Breanna       | Patrick Henr | 49.56 3  |
| 7 Elchenko, Brenna     | Stafford Hig | 49.86 2  |
| 8 McGrath, Gwyneth     | Woodgrove    | 50.06 1  |
| 9 King, Gracen         | Massaponax   | 50.13    |
| 10 Marraccini, Brienza | Woodgrove    | 50.22    |
| 11 Tershak, Elizabeth  | Patrick Henr | 50.34    |
| 12 Treakle, Ava        | Riverbend Hi | 50.90    |
| 13 Bowler, Kelsey      | Massaponax   | 51.16    |
| 14 Matthews, Kenya     | Mountain Vie | 51.50    |
| 15 Wilcher, Gabriella  | William Flem | 52.00    |
| 16 Miller, Claudine    | Woodgrove    | 52.14    |
| 17 Amin, Suhani        | Mountain Vie | 54.69    |

## Girls 4x100 Meter Relay

| Team              | Relay                 | Finals   |
|-------------------|-----------------------|----------|
| <b>Finals</b>     |                       |          |
| 1 North Stafford  | A                     | 48.02 10 |
| 1) Marable, Amaya | 2) Tyson, Kailynn     |          |
| 3) Woods, Ayanna  | 4) Whittaker, Leenesa |          |
| 2 Independence    | A                     | 49.15 8  |
| 1) Lightner, Erin | 2) Smith, Nadia       |          |
| 3) Thomas, Lauren | 4) Poremba, Anika     |          |

|                         |                         |         |
|-------------------------|-------------------------|---------|
| 3 Riverside High School | A                       | 50.03 6 |
| 1) Osman, Hadeeyah      | 2) Vizek, Ashleigh      |         |
| 3) Curling, Ella        | 4) Harris, Chanel       |         |
| 4 Albemarle             | A                       | 50.19 5 |
| 1) Klosek, Stella       | 2) Pendleton, Amaya     |         |
| 3) Watkins, Laila       | 4) Grooms, Ja'Nya       |         |
| 5 Stone Bridge          | A                       | 50.78 4 |
| 1) Stevenson, Victoria  | 2) Harden, Leah         |         |
| 3) Robertson, Lois      | 4) Callan, Jenna        |         |
| 6 Patrick Henr          | A                       | 52.12 3 |
| 1) Johnson, JyKieria    | 2) Pease, Mylee         |         |
| 3) Biller, Makayla      | 4) Adams, Breanna       |         |
| 7 Stafford High School  | A                       | 52.18 2 |
| 1) Torrice, Teegan      | 2) Alexander, Aleah     |         |
| 3) Andrews, Bryanna     | 4) Adebayo, Janiya      |         |
| 8 Riverbend High School | A                       | 52.33 1 |
| 1) Wagner, Alexandra    | 2) Ochs, Katelyn        |         |
| 3) Barnwell, Nyah       | 4) Henley, Nia          |         |
| 9 Mountain View         | A                       | 52.80   |
| 1) Carson, Nicole       | 2) Salvanera, Keira     |         |
| 3) Tidwell, Makenly     | 4) Matthews, Kenya      |         |
| 10 William Fleming      | A                       | 54.70   |
| 1) Martin, Cierra       | 2) Preston, Anajah      |         |
| 3) Wilcher, Gabriella   | 4) Fields, Na'tae       |         |
| --- Briar Woods         | A                       | DNF     |
| 1) Stewart, Emily       | 2) Roberson, Nia        |         |
| 3) Brunet, Juliette     | 4) Greene, Kaitlyn      |         |
| --- Brooke Point        | A                       | DQ      |
| 1) Buckles, Jade        | 2) Spencer-Hamm, Amalie |         |
| 3) Upshaw, Alyssa       | 4) Hawes, Malye         |         |

## Girls 4x400 Meter Relay

| Team                    | Relay                  | Finals     |
|-------------------------|------------------------|------------|
| <b>Finals</b>           |                        |            |
| 1 Stone Bridge          | A                      | 4:11.64 10 |
| 1) Callan, Jenna        | 2) O'Neil, Indira      |            |
| 3) Sullivan, Annie      | 4) Wallis, Lydia       |            |
| 2 Mountain View         | A                      | 4:13.33 8  |
| 1) Hepburn, Starr       | 2) Baugh, Eliana       |            |
| 3) Salvanera, Keira     | 4) Afful, Elsie        |            |
| 3 Massaponax            | A                      | 4:14.17 6  |
| 1) Jones, Kyndal        | 2) Alvarez, Anny       |            |
| 3) Berry, Shanell       | 4) Smith, Elianna      |            |
| 4 Riverside High School | A                      | 4:15.34 5  |
| 1) Anderson, Charis     | 2) Harris, Chanel      |            |
| 3) Dent, Kemora         | 4) Vizek, Ashleigh     |            |
| 5 Woodgrove             | A                      | 4:16.96 4  |
| 1) Miller, Claudine     | 2) McGrath, Gwyneth    |            |
| 3) Mazeska, Zoe         | 4) Turner, Rylee       |            |
| 6 Patrick Henr          | A                      | 4:17.87 3  |
| 1) Branscom, Thea       | 2) Smeltzer, Elizabeth |            |
| 3) Tershak, Elizabeth   | 4) Yirmibesoglu, Aylin |            |
| 7 Briar Woods           | A                      | 4:18.55 2  |
| 1) Brunet, Juliette     | 2) Greene, Kaitlyn     |            |
| 3) Roberson, Nia        | 4) Erostequi, Daniele  |            |

## VHSL 5D Outdoor Regional - 5/25/2022

## Harrisonburg High School

## Results - Meet Order

## Finals ... (Girls 4x400 Meter Relay)

| Team                 | Relay                   | Finals    |
|----------------------|-------------------------|-----------|
| 8 William Fleming    | A                       | 4:20.33 1 |
| 1) Jones, Nykiyah    | 2) Watson, Ayeshia      |           |
| 3) English, Zahara   | 4) Morris, Camaree      |           |
| 9 Potomac Falls      | A                       | 4:22.26   |
| 1) Antognoli, Soleil | 2) Cheiaua, Isabella    |           |
| 3) Peralta, Fefi     | 4) Dykes, Elizabeth     |           |
| 10 Brooke Point      | A                       | 4:27.07   |
| 1) Buckles, Jade     | 2) Krebs, Emily         |           |
| 3) Hawes, Malye      | 4) Spencer-Hamm, Amalie |           |
| 11 Independence      | A                       | 4:31.04   |
| 1) Lightner, Erin    | 2) Simpson, Nina        |           |
| 3) Smith, Mackenzie  | 4) Beddows, Kaia        |           |

## Girls 4x800 Meter Relay

| Team                     | Relay                  | Finals     |
|--------------------------|------------------------|------------|
| 1 Massaponax             | A                      | 9:58.01 10 |
| 1) Rose, Alexis          | 2) Garvie, Lola        |            |
| 3) Alvarez, Anny         | 4) Priddy, Olivia      |            |
| 2 Mountain View          | A                      | 9:59.16 8  |
| 1) Kingston, Natalie     | 2) Wunderly, Emma      |            |
| 3) Griffith, Helena      | 4) Anderson, Madelyn   |            |
| 3 Albemarle              | A                      | 10:10.83 6 |
| 1) Coleman, Jenna        | 2) Guyton, Hanna       |            |
| 3) Gypson, Madelyn       | 4) Peskova, Lillian    |            |
| 4 Patrick Henr           | A                      | 10:12.86 5 |
| 1) Branscom, Thea        | 2) Smeltzer, Elizabeth |            |
| 3) Yirmibesoglu, Aylin   | 4) Whittle, Bella      |            |
| 5 Harrisonburg           | A                      | 10:15.89 4 |
| 1) Poirot, Annie         | 2) Blagg, Lena         |            |
| 3) Kauffman, Abby        | 4) Kirwan, Kate        |            |
| 6 Woodgrove              | A                      | 10:38.05 3 |
| 1) Lynham, Delaney       | 2) Capritta, Layna     |            |
| 3) Wauer, Magan          | 4) Vega, Tirzah        |            |
| 7 Potomac Falls          | A                      | 10:45.38 2 |
| 1) Frickman, Josie       | 2) Gay, Christina      |            |
| 3) Reardon, Lindsay      | 4) Thormes, Abby       |            |
| 8 Independence           | A                      | 11:24.52 1 |
| 1) McDonald, Maria       | 2) Nerayanuru, Mayukha |            |
| 3) Nerayanuru, Moukthika | 4) Gardner, Aurora     |            |

## Girls High Jump

| Name                | School       | Finals       |
|---------------------|--------------|--------------|
| 1 King, Gracen      | Massaponax   | 5-00.00 10   |
| 2 Beddows, Kaia     | Independence | J5-00.00 8   |
| 3 Green, Julia      | Stone Bridge | J5-00.00 5.5 |
| 3 Epperson, Sophia  | Brooke Point | J5-00.00 5.5 |
| 5 Martinez, Claudia | Riverside Hi | 4-10.00 3    |
| 5 Raspberry, Jade   | North Staffo | 4-10.00 3    |
| 5 Alexander, Aleah  | Stafford Hig | 4-10.00 3    |
| 8 Callan, Jenna     | Stone Bridge | J4-10.00 1   |
| 9 Haast, Catherina  | Riverside Hi | 4-08.00      |
| 10 Borfay, Mallah   | Massaponax   | J4-08.00     |

|                            |              |          |
|----------------------------|--------------|----------|
| 10 Tershak, Elizabeth      | Patrick Henr | J4-08.00 |
| 11 Opoku-Mensah, Candence  | Mountain Vie | J4-08.00 |
| --- Rankin, Sophia         | Albemarle    | NH       |
| --- Simpson, Nina          | Independence | NH       |
| --- Jones, Stella          | Patrick Henr | NH       |
| --- Indukuri, Medha        | Briar Woods  | NH       |
| --- Opoku-Mensah, Casandra | Mountain Vie | NH       |

## Girls Pole Vault

| Name                 | School       | Finals      |
|----------------------|--------------|-------------|
| 1 Hall, Zada         | Albemarle    | 11-00.00 10 |
| 2 Potts, Samantha    | Riverbend Hi | J11-00.00 8 |
| 3 Gillenwater, Grace | Albemarle    | 10-06.00 6  |
| 4 Fisher, Coralynn   | Riverbend Hi | 9-00.00 5   |
| 5 Scherer, Linden    | Albemarle    | 8-06.00 4   |
| 6 Vinzant, Tara      | Albemarle    | 8-00.00 3   |
| 7 Sarco, Maya        | Harrisonburg | 7-06.00 2   |
| 8 Kingston, Natalie  | Mountain Vie | 7-00.00 1   |
| 9 Hansen, Lina       | Riverbend Hi | J7-00.00    |
| --- Neiss, Hannah    | Mountain Vie | NH          |

## Girls Long Jump

| Name                 | School       | Finals      |
|----------------------|--------------|-------------|
| 1 Callan, Jenna      | Stone Bridge | 17-06.75 10 |
| 2 Tyson, Kailynn     | North Staffo | 17-05.25 8  |
| 3 Wanza, Madison     | Potomac Fall | 16-00.50 6  |
| 4 Smith, Elianna     | Massaponax   | 15-08.50 5  |
| 5 Watson, Ayeshia    | William Flem | 15-07.00 4  |
| 6 Ochs, Katelyn      | Riverbend Hi | 15-06.50 3  |
| 7 Pendleton, Amaya   | Albemarle    | 15-04.75 2  |
| 8 Morris, Camaree    | William Flem | 15-04.50 1  |
| 9 Buckles, Jade      | Brooke Point | 15-03.75    |
| 10 Smith, Nadia      | Independence | 14-09.00    |
| 11 Hawes, Malye      | Brooke Point | 14-08.75    |
| 12 English, Zahara   | William Flem | 14-06.25    |
| 13 Watkins, Laila    | Albemarle    | 14-04.75    |
| 14 Jones, Mya        | North Staffo | 14-04.00    |
| 15 Upshaw, Alyssa    | Brooke Point | 14-00.50    |
| 16 Beddows, Kaia     | Independence | 13-07.75    |
| 17 Johnson, JyKieria | Patrick Henr | 13-07.50    |

## Girls Triple Jump

| Name                     | School       | Finals      |
|--------------------------|--------------|-------------|
| 1 Tyson, Kailynn         | North Staffo | 37-06.25 10 |
| 2 Colwell, Taylor        | Potomac Fall | 36-09.00 8  |
| 3 Watkins, Laila         | Albemarle    | 35-06.25 6  |
| 4 Poremba, Anika         | Independence | 35-01.00 5  |
| 5 Rawlins, Shanel Alexia | Patrick Henr | 35-00.25 4  |
| 6 Smith, Elianna         | Massaponax   | 34-10.75 3  |
| 7 Buckles, Jade          | Brooke Point | 34-06.00 2  |
| 8 Watson, Ayeshia        | William Flem | J34-06.00 1 |
| 9 Stilley, Meredith      | Albemarle    | 33-07.75    |
| 10 Wanza, Madison        | Potomac Fall | 33-05.50    |

## VHSL 5D Outdoor Regional - 5/25/2022

## Harrisonburg High School

## Results - Meet Order

## Finals ... (Girls Triple Jump)

| Name                      | School       | Finals   |
|---------------------------|--------------|----------|
| 11 Opoku-Mensah, Casandra | Mountain Vie | 33-05.00 |
| 12 Smith, Nadia           | Independence | 33-01.75 |
| 13 Martinez, Claudia      | Riverside Hi | 33-01.00 |
| 14 Ochs, Katelyn          | Riverbend Hi | 32-07.25 |
| 15 Jellison, Peyton       | North Staffo | 32-00.25 |
| 16 Harden, Leah           | Stone Bridge | 29-08.00 |

## Girls Shot Put

| Name                        | School       | Finals      |
|-----------------------------|--------------|-------------|
| 1 Dunbar, Kayla             | Mountain Vie | 35-01.50 10 |
| 2 Glass, Naomi              | North Staffo | 34-06.00 8  |
| 3 Pendleton, Amaya          | Albemarle    | 34-00.50 6  |
| 4 Ibiezugbe, Aria           | Riverside Hi | 33-10.50 5  |
| 5 Wiltshire, Imani          | Stafford Hig | 33-06.50 4  |
| 6 Sarco, Maya               | Harrisonburg | 32-05.00 3  |
| 7 Williams, Shardae         | Riverbend Hi | 32-01.50 2  |
| 8 Grooms, Samantha          | Stafford Hig | 30-05.00 1  |
| 9 Raspberry, Jade           | North Staffo | 29-07.00    |
| 10 Letsu, Priscilla         | Riverside Hi | 27-07.50    |
| 11 Jayaraman, Ava           | Independence | 27-06.50    |
| 12 Legans, Ke Asia          | Patrick Henr | 27-05.00    |
| 13 Arnett, Payton           | Woodgrove    | 27-03.00    |
| 14 Adebayo, Janiya          | Stafford Hig | 26-10.00    |
| 15 Crusse-Williams, RayLynn | Albemarle    | 26-04.00    |
| 16 Phillips, Avery          | Independence | 25-05.50    |

## Girls Discus Throw

| Name                | School       | Finals    |
|---------------------|--------------|-----------|
| 1 Potts, Samantha   | Riverbend Hi | 118-09 10 |
| 2 Sabatino, Brianna | North Staffo | 95-02 8   |
| 3 Glass, Naomi      | North Staffo | 94-10 6   |
| 4 Jayaraman, Ava    | Independence | 94-02 5   |
| 5 Anderson, Karessa | Mountain Vie | 92-10 4   |
| 6 Raspberry, Jade   | North Staffo | 91-08 3   |
| 7 Grooms, Samantha  | Stafford Hig | 84-02 2   |
| 8 McGrath, Cadence  | Woodgrove    | 81-02 1   |
| 9 Ibiezugbe, Aria   | Riverside Hi | 72-01     |
| 10 Hart, Celia      | Woodgrove    | 69-07     |
| 11 Legans, Ke Asia  | Patrick Henr | 63-05     |
| 12 Earle, Averie    | Potomac Fall | 62-03     |
| 13 Glackin, Jade    | Woodgrove    | 61-09     |
| 14 Wightman, Alice  | Harrisonburg | 54-06     |
| 15 Wright, Ashanti  | Patrick Henr | 45-01     |

## Boys 100 Meter Dash

| Name              | School       | Finals   |
|-------------------|--------------|----------|
| 1 Taylor, Carmelo | Patrick Henr | 10.90 10 |
| 2 Jones, Micah    | William Flem | 11.04 8  |
| 3 Davis, Clifton  | North Staffo | 11.05 6  |
| 4 Bond, Vincent   | Mountain Vie | 11.31 5  |
| 5 Penn, Kyle      | William Flem | 11.42 4  |

|                      |              |         |
|----------------------|--------------|---------|
| 6 Bossier, Jacob     | Riverside Hi | 11.43 3 |
| 7 Coleman, Malachi   | William Flem | 11.49 2 |
| 8 Boni, Jean-Bandama | Stafford Hig | 11.50 1 |
| 9 Brent, Alexander   | Woodgrove    | 11.52   |
| 10 Dillard, Kam'ron  | William Flem | 11.57   |
| 11 Johar, Bhavya     | Stone Bridge | 11.65   |
| 12 Stevens, Isaiah   | North Staffo | 11.81   |
| 13 Lesko, Kyle       | Woodgrove    | 11.84   |
| 14 Williams, Cedric  | Brooke Point | 11.86   |
| 15 Joyce, Andrew     | Briar Woods  | 12.04   |

## Boys 200 Meter Dash

| Name                  | School       | Finals   |
|-----------------------|--------------|----------|
| 1 Taylor, Carmelo     | Patrick Henr | 21.63 10 |
| 2 Davis, Clifton      | North Staffo | 21.75 8  |
| 3 Penn, Kyle          | William Flem | 22.37 6  |
| 4 Lesko, Kyle         | Woodgrove    | 22.73 5  |
| 5 Bolich, Elijah      | Massaponax   | 22.74 4  |
| 6 Applegate, Aaron    | Riverbend Hi | 23.08 3  |
| 7 Bond, Vincent       | Mountain Vie | 23.15 2  |
| 8 Dillard, Kam'ron    | William Flem | 23.21 1  |
| 9 Snow, Ryan          | North Staffo | 23.23    |
| 10 Hawthorne, Donte   | Massaponax   | 23.30    |
| 11 Laing, Zach        | Stone Bridge | 23.40    |
| 12 Boni, Jean-Bandama | Stafford Hig | 23.41    |
| 13 Johar, Bhavya      | Stone Bridge | 23.43    |
| 14 Ryan, Matthew      | Independence | 23.56    |
| 15 Kimbrough, Jahzae  | Patrick Henr | 23.84    |

## Boys 400 Meter Dash

| Name                     | School       | Finals   |
|--------------------------|--------------|----------|
| 1 Bond, Vincent          | Mountain Vie | 50.13 10 |
| 2 Little, Christian      | Riverside Hi | 50.36 8  |
| 3 Applegate, Aaron       | Riverbend Hi | 50.59 6  |
| 4 Roberson, Julian       | Briar Woods  | 51.06 5  |
| 5 Bossier, Jacob         | Riverside Hi | 51.39 4  |
| 6 Janis, Nicolas         | Independence | 51.44 3  |
| 7 Long, Erik             | Albemarle    | 52.00 2  |
| 8 Wickline, Josiah       | Harrisonburg | 52.19 1  |
| 9 Nester, Brayden        | Woodgrove    | 52.28    |
| 10 Weyer, Riley          | Stone Bridge | 52.32    |
| 11 Richardson, Elias     | Mountain Vie | 52.34    |
| 12 Minor, Braylen        | North Staffo | 52.63    |
| 13 Pittman, Joseph       | Stafford Hig | 52.74    |
| 14 Martin, Tequan        | William Flem | 52.84    |
| 15 Manfredi, Jacomo      | Potomac Fall | 52.86    |
| 16 Collison-Cofie, Abdul | Mountain Vie | 53.10    |
| 17 Conteh, Yahyah        | North Staffo | 53.47    |
| 18 Satterfield, Ransom   | Harrisonburg | 54.73    |

## Boys 800 Meter Run

| Name            | School     | Finals     |
|-----------------|------------|------------|
| 1 Travis, Terry | Massaponax | 1:59.65 10 |

## VHSL 5D Outdoor Regional - 5/25/2022

## Harrisonburg High School

## Results - Meet Order

## Finals ... (Boys 800 Meter Run)

| Name                  | School       | Finals  |   |
|-----------------------|--------------|---------|---|
| 2 Hulleman, Calvin    | Harrisonburg | 1:59.98 | 8 |
| 3 Polcha, Justin      | Stafford Hig | 2:00.40 | 6 |
| 4 Rudraraju, Nithin   | Independence | 2:00.55 | 5 |
| 5 Ungerleider, Joseph | Independence | 2:01.04 | 4 |
| 6 Brubaker, Zeke      | Albemarle    | 2:02.16 | 3 |
| 7 Yakulis Jr., Samuel | North Staffo | 2:03.02 | 2 |
| 8 Tatum, Qu'ran       | Massaponax   | 2:03.38 | 1 |
| 9 Pons, Diego         | Mountain Vie | 2:04.76 |   |
| 10 Brent, Nicholas    | Woodgrove    | 2:04.89 |   |
| 11 Rau, Justin        | Riverbend Hi | 2:08.19 |   |
| 12 Hulleman, CJ       | Harrisonburg | 2:08.47 |   |
| 13 Zartler, Eric      | Albemarle    | 2:09.30 |   |
| 14 Hill, Darren       | Brooke Point | 2:09.77 |   |

## Boys 1600 Meter Run

| Name                  | School       | Finals  |    |
|-----------------------|--------------|---------|----|
| 1 Fairbanks*, Blake   | Riverbend Hi | 4:22.29 | 10 |
| 2 Yakulis Jr., Samuel | North Staffo | 4:31.77 | 8  |
| 3 Ryan, Alexander     | Stone Bridge | 4:32.11 | 6  |
| 4 Zartler, Eric       | Albemarle    | 4:35.18 | 5  |
| 5 Mitchell, Zachary   | Briar Woods  | 4:35.85 | 4  |
| 6 Brennan, Brady      | Brooke Point | 4:36.09 | 3  |
| 7 Arnold, Tyler       | Riverbend Hi | 4:37.66 | 2  |
| 8 Lapier, Ethan       | Riverbend Hi | 4:39.64 | 1  |
| 9 Pons, Diego         | Mountain Vie | 4:41.64 |    |
| 10 Palmer, Mitchell   | Stone Bridge | 4:42.51 |    |
| 11 Maynard, Brendan   | Riverside Hi | 4:42.64 |    |
| 12 McMichael, Connor  | Stone Bridge | 4:43.60 |    |
| 13 Oylear, Thomas     | Stafford Hig | 4:43.74 |    |
| 14 MacDonald, Chris   | Albemarle    | 4:44.02 |    |
| 15 Rau, Justin        | Riverbend Hi | 4:44.52 |    |
| 16 Putka, Ben         | Stafford Hig | 4:47.60 |    |
| 17 Hulleman, CJ       | Harrisonburg | 4:48.06 |    |
| 18 Char, Benjamin     | Briar Woods  | 4:49.83 |    |
| 19 Lugo, Markus       | Riverside Hi | 4:52.05 |    |
| 20 Hall, Samuel       | Albemarle    | 4:52.25 |    |
| 21 Pollard, Austin    | Brooke Point | 4:53.55 |    |
| 22 Attridge, James    | Albemarle    | 4:54.03 |    |
| 23 Ryan, Matthew      | Stone Bridge | 4:55.37 |    |
| 24 Uthlaut, Garrett   | Albemarle    | 4:55.43 |    |
| 25 Martin, Josh       | Briar Woods  | 4:59.06 |    |
| 26 Rush, Matthew      | Harrisonburg | 5:00.33 |    |
| 27 Phillips, Grant    | Independence | 5:07.42 |    |
| --- Bollinger, Ian    | Mountain Vie | DQ      |    |

## Boys 3200 Meter Run

| Name                | School       | Finals   |    |
|---------------------|--------------|----------|----|
| 1 Fairbanks*, Blake | Riverbend Hi | 9:42.33  | 10 |
| 2 Barth, Hudson     | Potomac Fall | 9:55.98  | 8  |
| 3 Arnold, Tyler     | Riverbend Hi | 9:59.39  | 6  |
| 4 Mitchell, Zachary | Briar Woods  | 10:01.22 | 5  |
| 5 Cook, Griffin     | Riverside Hi | 10:04.57 | 4  |

|                       |              |          |   |
|-----------------------|--------------|----------|---|
| 6 DeBoer, Kuyper      | Albemarle    | 10:10.52 | 3 |
| 7 Maynard, Brendan    | Riverside Hi | 10:13.65 | 2 |
| 8 Murray, Evan        | Independence | 10:14.37 | 1 |
| 9 Palmer, Mitchell    | Stone Bridge | 10:22.58 |   |
| 10 Ballard, Gaines    | Albemarle    | 10:29.17 |   |
| 11 Noll, Prescott     | Woodgrove    | 10:37.64 |   |
| 12 MacDonald, Chris   | Albemarle    | 10:40.96 |   |
| 13 Brinker, Jack      | Independence | 10:44.71 |   |
| 14 Schilling, Charles | Mountain Vie | 11:04.20 |   |
| 15 Phillips, Eli      | Albemarle    | 11:05.77 |   |
| 16 Wheeler, John      | Mountain Vie | 11:39.32 |   |

## Boys 110 Meter Hurdles

| Name                    | School       | Finals |    |
|-------------------------|--------------|--------|----|
| 1 Jones, Micah          | William Flem | 14.70  | 10 |
| 2 Applegate, Jake       | Riverbend Hi | 15.36  | 8  |
| 3 Penn, John            | Patrick Henr | 15.57  | 6  |
| 4 Drew, Turiq           | Patrick Henr | 15.84  | 5  |
| 5 Coleman, Malachi      | William Flem | 16.27  | 4  |
| 6 Gebrehaimanot, Kalaib | Harrisonburg | 16.35  | 3  |
| 7 Brown, Micah          | North Staffo | 16.37  | 2  |
| 8 Nontong, Nayton       | Brooke Point | 16.48  | 1  |
| 9 Dolak, Ben            | Albemarle    | 16.61  |    |
| 10 Burgess, Jadon       | Harrisonburg | 16.88  |    |
| 11 Conk, Michael        | Riverside Hi | 17.07  |    |
| 12 Joyce, Anthony       | Briar Woods  | 17.25  |    |
| 13 Williams, Jason      | Massaponax   | 17.38  |    |
| 14 Blunt, Christopher   | Riverside Hi | 17.83  |    |
| 15 Yang, Justin         | Potomac Fall | 17.98  |    |
| 16 Maxwell, Jack        | Riverbend Hi | 18.02  |    |
| 17 Haaland, Kale        | Woodgrove    | 18.17  |    |
| 18 Chesson, Aaron       | Potomac Fall | 18.68  |    |

## Boys 300 Meter Hurdles

| Name                | School       | Finals |    |
|---------------------|--------------|--------|----|
| 1 Jones, Micah      | William Flem | 38.93  | 10 |
| 2 Applegate, Jake   | Riverbend Hi | 40.72  | 8  |
| 3 Hughes, Jack      | Woodgrove    | 41.17  | 6  |
| 4 Conk, Michael     | Riverside Hi | 41.20  | 5  |
| 5 Coleman, Malachi  | William Flem | 41.74  | 4  |
| 6 Nickola, Carter   | Woodgrove    | 41.86  | 3  |
| 7 Drew, Turiq       | Patrick Henr | 42.00  | 2  |
| 8 Brown, Micah      | North Staffo | 43.39  | 1  |
| 9 Roberts, Mason    | Woodgrove    | 43.64  |    |
| 10 Roundtree, Jabes | Brooke Point | 43.76  |    |
| 11 Dolak, Ben       | Albemarle    | 43.80  |    |
| 12 Burgess, Jadon   | Harrisonburg | 43.87  |    |
| 13 Nontong, Nayton  | Brooke Point | 44.08  |    |
| 14 Char, Benjamin   | Briar Woods  | 44.42  |    |
| 15 Williams, Jason  | Massaponax   | 44.78  |    |
| 16 Andros, Liam     | Brooke Point | 44.97  |    |
| 17 Joyce, Anthony   | Briar Woods  | 46.40  |    |

## VHSL 5D Outdoor Regional - 5/25/2022

## Harrisonburg High School

## Results - Meet Order

## Boys 4x100 Meter Relay

| Team                    | Relay                    | Finals   |
|-------------------------|--------------------------|----------|
| <b>Finals</b>           |                          |          |
| 1 Patrick Henr          | A                        | 43.07 10 |
| 1) Penn, John           | 2) Taylor, Carmelo       |          |
| 3) Serfass, Dallas      | 4) Kimbrough, Jahzae     |          |
| 2 North Stafford        | A                        | 43.46 8  |
| 1) Minor, Braylen       | 2) Conteh, Yayah         |          |
| 3) Snow, Ryan           | 4) Davis, Clifton        |          |
| 3 Riverside High School | A                        | 43.74 6  |
| 1) Iglesias, Matthew    | 2) Bossier, Jacob        |          |
| 3) Tyler, Nathan        | 4) Little, Christian     |          |
| 4 Massaponax            | A                        | 43.85 5  |
| 1) Bolich, Elijah       | 2) Hawthorne, Donte      |          |
| 3) Brady, A.J.          | 4) Gordon, Anthony       |          |
| 5 Stone Bridge          | A                        | 44.04 4  |
| 1) Galloway, Kyle       | 2) Laing, Zach           |          |
| 3) Smalls, Christopher  | 4) Johar, Bhavya         |          |
| 6 William Fleming       | A                        | 44.06 3  |
| 1) Harrington, Xavier   | 2) Dillard, Kam'ron      |          |
| 3) Richardson, Keith    | 4) Penn, Kyle            |          |
| 7 Independence          | A                        | 44.31 2  |
| 1) Janis, Nicolas       | 2) Zinck, Ryan           |          |
| 3) Sherman, Justin      | 4) Ryan, Matthew         |          |
| 8 Riverbend High School | A                        | 44.60 1  |
| 1) Fluharty, Billy      | 2) Parker, Marc Anthony  |          |
| 3) Pruitt, Kristopher   | 4) Johnson, Jordyn       |          |
| 9 Woodgrove             | A                        | 45.08    |
| 1) Brent, Alexander     | 2) Lesko, Kyle           |          |
| 3) Nester, Brayden      | 4) Hughes, Jack          |          |
| 10 Albemarle            | A                        | 45.36    |
| 1) Thomas, Ahmir        | 2) Long, Erik            |          |
| 3) Gatling, Reginald    | 4) Carter, Nathan        |          |
| 11 Potomac Falls        | A                        | 45.53    |
| 1) Fisher, Charles      | 2) Dompierre, Phanom     |          |
| 3) Amenra, Elijah       | 4) Moyer, Peyton         |          |
| 12 Brooke Point         | A                        | 46.00    |
| 1) Thompson, Jermiah    | 2) Willis, Isaiah        |          |
| 3) Roundtree, Jabes     | 4) Williams, Cedric      |          |
| 13 Stafford High School | A                        | 46.79    |
| 1) Burton, Donovan      | 2) Boni, Jean-Bandama    |          |
| 3) Richardson, Gavin    | 4) Shuldt, Marcus        |          |
| 14 Mountain View        | A                        | 49.12    |
| 1) Armah, Joshua        | 2) Clarke, Jamison       |          |
| 3) Roper, Ethan         | 4) Collison-Cofie, Idris |          |
| --- Briar Woods         | A                        | DNF      |
| 1) Roberson, Julian     | 2) Joyce, Andrew         |          |
| 3) Taylor, Adonis       | 4) Kennedy, Zavier       |          |

## Boys 4x400 Meter Relay

| Team              | Relay              | Finals     |
|-------------------|--------------------|------------|
| <b>Finals</b>     |                    |            |
| 1 Massaponax      | A                  | 3:25.77 10 |
| 1) Johnson, Alex  | 2) Williams, Jason |            |
| 3) Bolich, Elijah | 4) Travis, Terry   |            |

|                          |                        |           |
|--------------------------|------------------------|-----------|
| 2 Riverbend High School  | A                      | 3:29.38 8 |
| 1) Applegate, Aaron      | 2) Applegate, Jake     |           |
| 3) Ireland, Verrian      | 4) Gandy, Jackson      |           |
| 3 Woodgrove              | A                      | 3:29.61 6 |
| 1) Hughes, Jack          | 2) Nester, Brayden     |           |
| 3) Nickola, Carter       | 4) Roberts, Mason      |           |
| 4 Albemarle              | A                      | 3:30.10 5 |
| 1) Thomas, Ahmir         | 2) Long, Erik          |           |
| 3) Drumheller, Austin    | 4) Brubaker, Zeke      |           |
| 5 Riverside High School  | A                      | 3:30.91 4 |
| 1) Karstaedt, Gabriel    | 2) Conk, Michael       |           |
| 3) Tyler, Nathan         | 4) Little, Christian   |           |
| 6 Stone Bridge           | A                      | 3:31.41 3 |
| 1) Smalls, Christopher   | 2) Weyer, Riley        |           |
| 3) Campbell, Ian         | 4) Ryan, Alexander     |           |
| 7 Stafford High School   | A                      | 3:31.70 2 |
| 1) Burton, Donovan       | 2) Pride-Horne, Lyric  |           |
| 3) Pittman, Joseph       | 4) Polcha, Justin      |           |
| 8 Independence           | A                      | 3:32.29 1 |
| 1) Rosher, Tyler         | 2) Ryan, Matthew       |           |
| 3) Drew, Ian             | 4) Janis, Nicolas      |           |
| 9 William Fleming        | A                      | 3:39.03   |
| 1) Martin, Tequan        | 2) Leftwich, Tyrece    |           |
| 3) Harrington, Xavier    | 4) McCoy, Darren       |           |
| 10 Harrisonburg          | A                      | 3:42.22   |
| 1) Hulleman, Calvin      | 2) Satterfield, Ransom |           |
| 3) Gebrehaimanot, Kalaib | 4) Wickline, Josiah    |           |
| 11 Mountain View         | A                      | 3:42.77   |
| 1) Collison-Cofie, Abdul | 2) Richardson, Elias   |           |
| 3) Jones, Blake          | 4) Hudson, Aaron       |           |

## Boys 4x800 Meter Relay

| Team                    | Relay                    | Finals     |
|-------------------------|--------------------------|------------|
| <b>Finals</b>           |                          |            |
| 1 Massaponax            | A                        | 8:17.40 10 |
| 1) Johnson, Alex        | 2) Brooks, Caden         |            |
| 3) Tatum, Qu'ran        | 4) Travis, Terry         |            |
| 2 Riverbend High School | A                        | 8:17.60 8  |
| 1) Gandy, Jackson       | 2) Fairbanks*, Blake     |            |
| 3) Arnold, Tyler        | 4) Rau, Justin           |            |
| 3 Stone Bridge          | A                        | 8:21.06 6  |
| 1) Ryan, Alexander      | 2) Palmer, Mitchell      |            |
| 3) McMichael, Connor    | 4) Ryan, Matthew         |            |
| 4 Independence          | A                        | 8:21.86 5  |
| 1) Ungerleider, Joseph  | 2) Phillips, Grant       |            |
| 3) Grady, Jacob         | 4) Rudraraju, Nithin     |            |
| 5 Albemarle             | A                        | 8:22.51 4  |
| 1) Zartler, Eric        | 2) Hall, Samuel          |            |
| 3) Attridge, James      | 4) Brubaker, Zeke        |            |
| 6 Stafford High School  | A                        | 8:36.28 3  |
| 1) Oylear, Thomas       | 2) Reeves, Kamren        |            |
| 3) Putka, Ben           | 4) Polcha, Justin        |            |
| 7 Mountain View         | A                        | 8:39.22 2  |
| 1) Chinyavong, Trey     | 2) Collison-Cofie, Abdul |            |
| 3) Bollinger, Ian       | 4) Pons, Diego           |            |

## VHSL 5D Outdoor Regional - 5/25/2022

## Harrisonburg High School

## Results - Meet Order

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

| Team                     | Relay               | Finals    |
|--------------------------|---------------------|-----------|
| 8 Harrisonburg           | A                   | 8:42.93 1 |
| 1) Hulleman, CJ          | 2) Bunn, Nathaniel  |           |
| 3) Rush, Matthew         | 4) Hulleman, Calvin |           |
| 9 Woodgrove              | A                   | 8:51.53   |
| 1) Brent, Nicholas       | 2) Noll, Prescott   |           |
| 3) McClellan, Sam        | 4) Cotter, Erik     |           |
| 10 Riverside High School | A                   | 8:59.62   |
| 1) Lugo, Markus          | 2) Johnson, Gabe    |           |
| 3) Wang, Davis           | 4) Cook, Griffin    |           |
| 11 Patrick Henr          | A                   | 9:19.10   |
| 1) Kerr, Riley           | 2) Harmon, Daniel   |           |
| 3) Perry, Seth           | 4) Dewire, William  |           |

## Boys High Jump

| Name                 | School       | Finals       |
|----------------------|--------------|--------------|
| 1 Roundtree, Jabes   | Brooke Point | 6-02.00 10   |
| 2 Iglesias, Matthew  | Riverside Hi | 6-00.00 8    |
| 3 Williams, Xavier   | Harrisonburg | 5-10.00 5.5  |
| 3 Williams, Cedric   | Brooke Point | 5-10.00 5.5  |
| 5 Andros, Liam       | Brooke Point | J5-10.00 4   |
| 6 Demcsak, Michael   | Independence | J5-10.00 2.5 |
| 6 Gadsden, Calvin    | North Staffo | J5-10.00 2.5 |
| 8 Laing, Zach        | Stone Bridge | J5-10.00 1   |
| 9 Boroday, William   | Riverbend Hi | 5-08.00      |
| 9 Estremera, Bennett | Albemarle    | 5-08.00      |
| 9 Atkinson, Skilayr  | Stafford Hig | 5-08.00      |
| --- Perkins, Avery   | Potomac Fall | NH           |
| --- Tudor, Miles     | Riverside Hi | NH           |
| --- Kaiser, Jordan   | Stone Bridge | NH           |
| --- Jones, Micah     | William Flem | NH           |
| --- Lewis, Evan      | Stone Bridge | NH           |
| --- Leftwich, Tyrece | William Flem | NH           |

## Boys Pole Vault

| Name                 | School       | Finals      |
|----------------------|--------------|-------------|
| 1 Langhammer, Evan   | Patrick Henr | 14-00.00 10 |
| 2 Drumheller, Austin | Albemarle    | 12-06.00 8  |
| 3 Earnhart, Matthew  | Riverbend Hi | 12-00.00 6  |
| 4 Clark, Andrew      | Riverbend Hi | 11-00.00 5  |
| 5 Walenta, Isaiah    | Brooke Point | 10-06.00 4  |
| 6 Armstrong, Samuel  | North Staffo | J10-06.00 3 |
| 7 Bonga, Eljeron     | Harrisonburg | 9-00.00 2   |
| 8 Atkinson, Skilayr  | Stafford Hig | 8-06.00 1   |
| 9 Richardson, Elias  | Mountain Vie | 8-00.00     |

## Boys Long Jump

| Name              | School       | Finals      |
|-------------------|--------------|-------------|
| 1 Jones, Micah    | William Flem | 22-07.00 10 |
| 2 Serfass, Dallas | Patrick Henr | 21-04.00 8  |
| 3 Penn, Kyle      | William Flem | 20-04.00 6  |
| 4 McCoy, Darren   | William Flem | 20-02.75 5  |

|                        |              |            |
|------------------------|--------------|------------|
| 5 Nester, Brayden      | Woodgrove    | 20-00.50 4 |
| 6 Thomas, Ahmir        | Albemarle    | 19-09.50 3 |
| 7 asamoah, edwin       | Massaponax   | 19-08.50 2 |
| 8 Ernest Jr, Joseph    | Potomac Fall | 19-07.00 1 |
| 9 Bailey, Aidan        | Woodgrove    | 19-02.00   |
| 10 Richardson, Elias   | Mountain Vie | 18-10.00   |
| 11 Laing, Zach         | Stone Bridge | 18-03.75   |
| 12 Smalls, Christopher | Stone Bridge | 18-03.00   |
| 13 Williams, Cedric    | Brooke Point | 18-01.50   |
| 14 Applegate, Jake     | Riverbend Hi | 18-00.00   |
| 15 Conteh, Yayah       | North Staffo | 17-02.50   |

## Boys Triple Jump

| Name                   | School       | Finals      |
|------------------------|--------------|-------------|
| 1 Ernest Jr, Joseph    | Potomac Fall | 42-04.75 10 |
| 2 Bailey, Aidan        | Woodgrove    | 42-03.25 8  |
| 3 Kimbrough, Jahzae    | Patrick Henr | 42-00.50 6  |
| 4 Serfass, Dallas      | Patrick Henr | 41-06.75 5  |
| 5 Jones, Micah         | William Flem | 41-06.25 4  |
| 6 Ngonga, Wendell      | Woodgrove    | 41-05.00 3  |
| 7 Smalls, Christopher  | Stone Bridge | 41-02.00 2  |
| 8 Richardson, Elias    | Mountain Vie | 40-07.50 1  |
| 9 asamoah, edwin       | Massaponax   | 40-05.75    |
| 10 Darku, Gerlad       | North Staffo | 39-11.75    |
| 11 McCoy, Darren       | William Flem | 39-11.00    |
| 12 Thomas, Ahmir       | Albemarle    | 39-09.75    |
| 13 Boroday, William    | Riverbend Hi | 39-07.00    |
| 14 Conteh, Yayah       | North Staffo | 39-05.00    |
| 15 Applegate, Jake     | Riverbend Hi | 38-06.00    |
| 16 Carter, Carlton     | Woodgrove    | 38-05.75    |
| 17 Tshianyi, Ephraim   | Briar Woods  | 38-05.50    |
| 18 Gillis-Ware, Julius | Brooke Point | 36-09.00    |

## Boys Shot Put

| Name                  | School       | Finals      |
|-----------------------|--------------|-------------|
| 1 Fisher, Aidan       | Riverbend Hi | 47-08.50 10 |
| 2 Rogers, Luke        | Independence | 47-08.00 8  |
| 3 Mensah, Eric        | Mountain Vie | 47-06.50 6  |
| 4 Aguilar, Carlo      | Riverside Hi | 47-04.00 5  |
| 5 Bynes, Jacob        | Potomac Fall | 44-08.00 4  |
| 6 Alvarado, Joel      | Harrisonburg | 44-03.00 3  |
| 7 Lewis, Jayson       | North Staffo | 43-07.50 2  |
| 8 Bienick, Evan       | Riverside Hi | 41-09.50 1  |
| 9 Weddle, Dylan       | Brooke Point | 41-02.50    |
| 10 Nwokejezi, Clinton | Independence | 41-00.00    |
| 11 Robinson, David    | Briar Woods  | 39-08.50    |
| 12 Khalilvor, Tufan   | Albemarle    | 39-02.00    |
| 13 Rand, Roman        | Briar Woods  | 38-06.00    |
| 14 Stajduhar, Daniel  | Albemarle    | 36-07.00    |
| 15 Wright, Marcus     | Patrick Henr | 33-00.50    |
| --- Barnwell, Mega    | Riverbend Hi | DQ          |

## VHSL 5D Outdoor Regional - 5/25/2022

## Harrisonburg High School

## Results - Meet Order

## Boys Discus Throw

|               | Name               | School       | Finals    |
|---------------|--------------------|--------------|-----------|
| <b>Finals</b> |                    |              |           |
| 1             | Aguilar, Carlo     | Riverside Hi | 145-00 10 |
| 2             | Nwokejezi, Clinton | Independence | 142-08 8  |
| 3             | Mensah, Eric       | Mountain Vie | 140-05 6  |
| 4             | Lewis, Jayson      | North Staffo | 135-11 5  |
| 5             | Barnwell, Mega     | Riverbend Hi | 131-01 4  |
| 6             | Rand, Roman        | Briar Woods  | 127-08 3  |
| 7             | Demcsak, Michael   | Independence | 123-09 2  |
| 8             | Bienick, Evan      | Riverside Hi | 121-09 1  |
| 9             | Wright, Marcus     | Patrick Henr | 119-07    |
| 10            | Bynes, Jacob       | Potomac Fall | 104-09    |
| 11            | Stajduhar, Daniel  | Albemarle    | 103-03    |
| 12            | Sherrod, Kevin     | Mountain Vie | 102-10    |
| 13            | Weddle, Dylan      | Brooke Point | 95-10     |
| 14            | King, Jarren       | Massaponax   | 92-01     |
| 15            | Fugal, James       | Albemarle    | 77-05     |
| 16            | Gardner, Brad      | North Staffo | 75-09     |

## Women - Team Rankings - 17 Events Scored

|     |                          |      |
|-----|--------------------------|------|
| 1)  | North Stafford           | 97   |
| 2)  | Stone Bridge             | 92.5 |
| 3)  | Albemarle                | 86   |
| 4)  | Independence High School | 73   |
| 5)  | Massaponax               | 62   |
| 6)  | Mountain View            | 56   |
| 7)  | Riverside High School    | 40   |
| 8)  | Riverbend High School    | 29   |
| 9)  | Patrick Henry (Roanoke)  | 28   |
| 10) | Potomac Falls            | 23   |
| 11) | Harrisonburg             | 18   |
| 12) | Woodgrove                | 17   |
| 13) | Stafford High School     | 14   |
| 14) | William Fleming          | 11   |
| 15) | Brooke Point             | 10.5 |
| 16) | Briar Woods              | 6    |

## Men - Team Rankings - 17 Events Scored

|     |                          |      |
|-----|--------------------------|------|
| 1)  | Riverbend High School    | 96   |
| 2)  | William Fleming          | 77   |
| 3)  | Patrick Henry (Roanoke)  | 72   |
| 4)  | Riverside High School    | 61   |
| 5)  | North Stafford           | 47.5 |
| 6)  | Massaponax               | 42   |
| 7)  | Independence High School | 41.5 |
| 8)  | Woodgrove                | 35   |
| 9)  | Albemarle                | 33   |
| 10) | Mountain View            | 32   |
| 11) | Brooke Point             | 27.5 |
| 12) | Harrisonburg             | 23.5 |
| 13) | Potomac Falls            | 23   |
| 14) | Stone Bridge             | 22   |
| 15) | Briar Woods              | 17   |
| 16) | Stafford High School     | 13   |