

CARDINAL DISTRICT CHAMPIONSHIP

Nokesville, VA

Nokesville Park

Thursday, October 27, 2022

**OFFICIAL MEET REPORT**

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**Race #1
Boys Varsity 5k****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Woodbridge	29	2-3-7-8-9(10)(15)	1:24:46	16:58	1:19.3
2 Colgan High School	37	1-5-6-11-14(18)(21)	1:25:13	17:03	2:06.0
3 Forest Park	72	4-12-17-19-20(22)(23)	1:30:39	18:08	2:29.1
4 C.D. Hylton	147	13-28-32-34-40	1:50:13	22:03	6:44.7
5 Freedom (Woodbridge)	148	24-25-26-35-38	1:50:29	22:06	3:35.1
6 Potomac Senior High Scho	152	16-27-29-39-41	1:52:16	22:28	7:57.3
7 Gar-Field	167	30-31-33-36-37	1:55:08	23:02	1:05.1

INDIVIDUAL RESULTS

Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. km	360m
1 HAUSER, Hayden	SR	Colgan High School	1	15:50.3	---	5:05.6	3:10.1	55.9
2 GOODMAN, Hayden	SO	Woodbridge	2	16:11.0	20.7	5:12.2	3:14.2	56.1
3 LOCKHART, Jaiden	SR	Woodbridge	3	16:18.9	28.6	5:14.8	3:15.8	55.8
4 HARGIS, John	SR	Forest Park	4	16:36.3	46.0	5:20.4	3:19.3	57.9
5 KIGHT, Andrew	JR	Colgan High School	5	16:48.4	58.1	5:24.2	3:21.7	57.3
6 ZIMMERMAN, Dylan	JR	Colgan High School	6	16:54.0	1:03.7	5:26.0	3:22.8	58.2
7 YOHO, James	SR	Woodbridge	7	17:15.7	1:25.4	5:33.0	3:27.1	1:00.1
8 MCMAHON, Nathanael	JR	Woodbridge	8	17:30.1	1:39.8	5:37.7	3:30.0	57.6
9 KEGLER, Gavin	SR	Woodbridge	9	17:30.3	1:40.0	5:37.7	3:30.1	1:00.5
10 KEEHAN, Collin	SO	Woodbridge	(10)	17:31.4	1:41.1	5:38.1	3:30.3	59.2
11 FINEGAN, Connor	SO	Colgan High School	11	17:43.8	1:53.5	5:42.1	3:32.8	1:03.0
12 MOORE, Joseph	SR	Forest Park	12	17:45.6	1:55.3	5:42.6	3:33.1	1:03.3
13 MANTOAN, Leo	SR	C.D. Hylton	13	17:46.1	1:55.8	5:42.8	3:33.2	1:05.0
14 HAKIZIMANA, Jacob	JR	Colgan High School	14	17:56.3	2:06.0	5:46.1	3:35.3	1:02.1
15 RENQUIST, Owen	SO	Woodbridge	(15)	17:56.4	2:06.1	5:46.1	3:35.3	58.9
16 MCDANIEL, Braxton	JR	Potomac Senior Hig	16	18:15.9	2:25.6	5:52.4	3:39.2	1:02.6
17 CRAWFORD, Dustin	JR	Forest Park	17	18:19.4	2:29.1	5:53.5	3:39.9	1:02.7
18 RIGGLE, Aidan	SR	Colgan High School	(18)	18:28.8	2:38.5	5:56.5	3:41.8	59.3
19 SAGER, Andrew	SR	Forest Park	19	18:51.5	3:01.2	6:03.8	3:46.3	1:02.9
20 PIMENTEL, Joseph	SO	Forest Park	20	19:05.4	3:15.1	6:08.3	3:49.1	1:05.6
21 ZIMMERMAN, Jacob	FR	Colgan High School	(21)	19:15.4	3:25.1	6:11.5	3:51.1	1:03.9
22 EARP, Jesse	SO	Forest Park	(22)	19:27.6	3:37.3	6:15.4	3:53.5	1:07.0
23 OGO, Xavier	SR	Forest Park	(23)	20:29.8	4:39.5	6:35.4	4:06.0	1:07.5
24 AL AMIN, Farraj	SO	Freedom (Woodbrid	24	20:43.4	4:53.1	6:39.8	4:08.7	1:06.9
25 BLOUNT, Jelonnice	SO	Freedom (Woodbrid	25	20:59.0	5:08.7	6:44.8	4:11.8	1:07.4
26 CRAWFORD, Triston	SO	Freedom (Woodbrid	26	21:06.5	5:16.2	6:47.2	4:13.3	1:08.7
27 TUMBLIN, Kai	FR	Potomac Senior Hig	27	21:08.3	5:18.0	6:47.8	4:13.7	1:04.8
28 MARCELL, Adam	SR	C.D. Hylton	28	22:02.8	6:12.5	7:05.3	4:24.6	1:11.5
29 KOROMA, Edward	SO	Potomac Senior Hig	29	22:13.8	6:23.5	7:08.9	4:26.8	1:09.5
30 PARADA, Matthew	SR	Gar-Field	30	22:24.7	6:34.4	7:12.4	4:28.9	1:09.1
31 ROMERO LOPEZ, Jason	SO	Gar-Field	31	22:38.7	6:48.4	7:16.9	4:31.7	1:08.2
32 CORTEZ-AMAYA, Leonel	SR	C.D. Hylton	32	22:40.6	6:50.3	7:17.5	4:32.1	1:12.2
33 VEGA, Ray	SO	Gar-Field	33	23:09.8	7:19.5	7:26.9	4:38.0	1:08.9
34 DUBIOS, Charles	JR	C.D. Hylton	34	23:11.9	7:21.6	7:27.6	4:38.4	1:10.0
35 DAVIS, Keenan	FR	Freedom (Woodbrid	35	23:20.9	7:30.6	7:30.5	4:40.2	1:10.0

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Athlete	YR	Team	Score	Time	Gap	Avg. Mile	Avg. kM	360m
36 JAMES, Antonio	SR	Gar-Field	36	23:24.5	7:34.2	7:31.6	4:40.9	1:10.5
37 BOATENG, Andrew	JR	Gar-Field	37	23:29.8	7:39.5	7:33.3	4:42.0	1:10.4
38 MISSICK, Travis	JR	Freedom (Woodbrid	38	24:18.5	8:28.2	7:49.0	4:51.7	1:11.1
39 MEDINA, Lucas	SO	Potomac Senior Hig	39	24:24.3	8:34.0	7:50.8	4:52.9	1:14.5
40 PAROSKIE, Cameron	JR	C.D. Hylton	40	24:30.8	8:40.5	7:52.9	4:54.2	1:15.2
41 DAVIS, Sean	FR	Potomac Senior Hig	41	26:13.2	10:22.9	8:25.9	5:14.6	1:14.6
-- REESE, Jeremiah	JR	Gar-Field	-	DQ		---	---	1:15.6