

**seminole Quad 22 - 12/1/2022 to 12/1/2023**  
**12/1/2022 to 12/1/2023**

**Results**

**Girls 55 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Benyo, Maren	Jefferson Fo	7.58
2 Russell, Renya	E.C. Glass	7.65
3 Porter, Taylor	Heritage (Ly	7.80
4 Charlton, Tyah	Amherst Coun	7.85
5 Revell, Makhia	Heritage (Ly	7.91
6 Hayden, Ayonna	Heritage (Ly	7.98
7 Chapman, Brianna	Amherst Coun	8.05
8 Irby, Layla	Amherst Coun	8.14
9 Clark, Tamyia	Heritage (Ly	8.21
10 Harrington, Heaven	E.C. Glass	8.22
11 Tune, Briyonna	Heritage (Ly	8.29
12 Wilson, Chanen	E.C. Glass	8.33
13 Cashwell, E'Monie	E.C. Glass	8.34
14 Walters, Ella	Jefferson Fo	8.40
15 Ellis, Ariana	Amherst Coun	8.41
16 Anene, Debbie	E.C. Glass	8.56
17 Graves, Kaaliyah	Heritage (Ly	8.62
18 Patterson, Jakiyah	E.C. Glass	8.67
19 Huffman, Nevaeh	Heritage (Ly	8.71
20 Johnson, Elizabeth	Jefferson Fo	8.72
21 Zamperini, Danielle	Jefferson Fo	8.75
22 Berkley, Ryann	Heritage (Ly	8.77
23 Stinnett, Audrey	Jefferson Fo	8.78
24 Christian, Kaylee	Amherst Coun	8.83
25 Jenkins, Barbara	E.C. Glass	8.84
26 Organ, Adrianna	Heritage (Ly	8.85
27 Merida, Cristel	E.C. Glass	8.91
28 Everhart, Alyssa	Jefferson Fo	8.94
29 Muse, Tyana	Heritage (Ly	9.08
30 Jones, Makayla	Jefferson Fo	9.11
31 Bagby, Angel	Heritage (Ly	9.16
32 Grooms, Kathryn	Jefferson Fo	9.27
33 Lillard, Amiya	E.C. Glass	10.84

**Girls 300 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Newsom, Kielyn	Jefferson Fo	48.30
2 Hull, Julia	E.C. Glass	49.03
3 Hall, Marianna	E.C. Glass	49.40
4 Smith, Kaelynn	Amherst Coun	49.54
5 Chapman, Brianna	Amherst Coun	49.91
6 Harrington, Heaven	E.C. Glass	50.04
7 Russell, Renya	E.C. Glass	50.06
8 Irby, Layla	Amherst Coun	51.06
9 Walters, Ella	Jefferson Fo	51.07
10 Lacombe, Elizabeth	Amherst Coun	51.15
11 Lombard, Martha	Amherst Coun	51.16
12 Hunter, Celeste	Amherst Coun	51.83
13 Zamperini, Danielle	Jefferson Fo	52.33
14 Stinnett, Audrey	Jefferson Fo	52.58
15 Everhart, Alyssa	Jefferson Fo	52.76

16 Errami, Amira	Amherst Coun	54.10
17 Charlton, Tyah	Amherst Coun	54.29
18 Ellis, Ariana	Amherst Coun	54.52
19 Merida, Cristel	E.C. Glass	55.04
20 Jenkins, Barbara	E.C. Glass	56.06
21 Berkley, Ryann	Heritage (Ly	56.31
22 Christian, Kaylee	Amherst Coun	57.35
23 Jones, Makayla	Jefferson Fo	57.73
24 Hamby, Rachel	Amherst Coun	57.82
25 Grooms, Kathryn	Jefferson Fo	59.09

**Girls 500 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Ivanda, Paula	E.C. Glass	1:54.88
2 Preston, Madisen	Amherst Coun	1:55.27
3 Hamilton, Emily	Heritage (Ly	2:13.20

**Girls 1000 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Faria, Sera	Heritage (Ly	4:33.22
2 Estrada, Stephanie	Heritage (Ly	4:54.14

**Girls 1600 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Faria, Sera	Heritage (Ly	7:20.54
2 Estrada, Stephanie	Heritage (Ly	8:17.39

**Girls 55 Meter Hurdles**

Name	School	Finals
<b>Finals</b>		
1 Molette, Akera	Heritage (Ly	8.95
2 Patterson, Jakiyah	E.C. Glass	10.69
3 Lewis, Stacia	E.C. Glass	11.04
4 Hall, Marianna	E.C. Glass	11.19
5 Tune, Briyonna	Heritage (Ly	11.23
6 Graves, Kaaliyah	Heritage (Ly	11.65
7 Huffman, Nevaeh	Heritage (Ly	11.79
8 Organ, Adrianna	Heritage (Ly	11.90

**Girls 4x200 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Heritage (Lynchburg)	A	2:12.58
1) Molette, Akera	2) Clark, Tamyia	
3) Hayden, Ayonna	4) Porter, Taylor	
2 Heritage (Lynchburg)	B	2:18.41
1) Revell, Makhia	2) Organ, Adrianna	
3) Tune, Briyonna	4) Graves, Kaaliyah	
3 Heritage (Lynchburg)	C	2:25.01
1) Huffman, Nevaeh	2) Berkley, Ryann	
3) Bagby, Angel	4) Muse, Tyana	

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**Results**

**Girls 4x800 Meter Relay**

Team	Relay	Finals
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**Finals**

1	Heritage (Lynchburg)	A	14:59.0h
	1) Hamilton, Emily	2) Estrada, Stephanie	
	3) Faria, Sera		

**Girls High Jump**

Name	School	Finals
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**Finals**

1	Molette, Akera	Heritage (Ly)	5-02.00
2	Hull, Julia	E.C. Glass	5-00.00
3	Porter, Taylor	Heritage (Ly)	4-06.00
3	Revell, Makhia	Heritage (Ly)	4-06.00
5	Tune, Briyonna	Heritage (Ly)	4-04.00
6	Stinnett, Audrey	Jefferson Fo	J4-04.00
7	Allen, Taytum	Jefferson Fo	4-02.00
8	Johnson, Elizabeth	Jefferson Fo	4-00.00

**Girls Pole Vault**

Name	School	Finals
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**Finals**

1	Harvey, Taryn	Jefferson Fo	10-00.00
2	Chapman, Brianna	Amherst Coun	8-00.00
3	Smith, Kaelynn	Amherst Coun	J8-00.00
3	Lacombe, Elizabeth	Amherst Coun	J8-00.00
5	Hall, Lilly	E.C. Glass	7-00.00
6	Uhl, Amelia	E.C. Glass	6-00.00
7	Man, Ivy Elizabeth	E.C. Glass	5-00.00
7	Errami, Amira	Amherst Coun	5-00.00
7	Cyphert, Brea	E.C. Glass	5-00.00
7	Kicklighter, Josephine	E.C. Glass	5-00.00
7	Honeycutt, Laura	E.C. Glass	5-00.00

**Girls Long Jump**

Name	School	Finals
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**Finals**

1	Molette, Akera	Heritage (Ly)	16-04.00
2	Revell, Makhia	Heritage (Ly)	15-11.75
3	Porter, Taylor	Heritage (Ly)	15-08.75
4	Hayden, Ayonna	Heritage (Ly)	15-05.50
5	Zamperini, Danielle	Jefferson Fo	14-08.00
6	Tune, Briyonna	Heritage (Ly)	14-04.00
7	Ellis, Ariana	Amherst Coun	14-03.00
8	Clark, Tamya	Heritage (Ly)	14-01.00
9	Lacombe, Elizabeth	Amherst Coun	14-00.75
10	Graves, Kaaliyah	Heritage (Ly)	13-10.50
11	Smith, Kaelynn	Amherst Coun	13-09.50
12	Huffman, Nevaeh	Heritage (Ly)	13-07.50
13	Anene, Debbie	E.C. Glass	13-06.25
14	Cashwell, E'Monie	E.C. Glass	13-05.75
15	Grooms, Kathryn	Jefferson Fo	11-11.50
16	Stinnett, Audrey	Jefferson Fo	11-10.00
---	Johnson, Elizabeth	Jefferson Fo	FOUL
---	Organ, Adrianna	Heritage (Ly)	FOUL

**Girls Triple Jump**

Name	School	Finals
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**Finals**

1	Molette, Akera	Heritage (Ly)	34-08.00
2	Hayden, Ayonna	Heritage (Ly)	32-00.75
3	Clark, Tamya	Heritage (Ly)	31-09.50
4	Smith, Kaelynn	Amherst Coun	31-05.50
5	Tune, Briyonna	Heritage (Ly)	30-11.00
6	Organ, Adrianna	Heritage (Ly)	30-03.00
7	Huffman, Nevaeh	Heritage (Ly)	28-09.00
---	Graves, Kaaliyah	Heritage (Ly)	FOUL

**Girls Shot Put**

Name	School	Finals
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**Finals**

1	Arnold, Jaelyn	Heritage (Ly)	35-07.50
2	Molette, Akera	Heritage (Ly)	30-08.00
3	Gilbert, Sonyae	E.C. Glass	30-07.50
4	Glover, Carmen	E.C. Glass	30-04.00
5	Revell, Makhia	Heritage (Ly)	29-01.50
6	Allen, Taytum	Jefferson Fo	28-10.50
7	Ferguson, Layla	Amherst Coun	28-10.00
8	Peerman, Faith	Jefferson Fo	24-07.50
9	Lewis, Stacia	E.C. Glass	23-03.00
10	Jenkins, Keeley	E.C. Glass	22-08.50
11	Grimes, Kiara	E.C. Glass	22-02.50
12	Kidd, Mahogany	E.C. Glass	21-09.50
13	Paige, Hannah	E.C. Glass	21-02.00
14	Burks, Jenna	Amherst Coun	21-00.00
15	Jefferson, Jamiyah	Heritage (Ly)	20-02.00
16	Preston, Hannah	E.C. Glass	20-01.00
17	Johnson, Audrey	Jefferson Fo	18-11.50
18	Oquendo, Anna	Jefferson Fo	18-06.00
19	Stanley, Nalayna	Amherst Coun	17-05.00

**Boys 55 Meter Dash**

Name	School	Finals
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**Finals**

1	Jones, Zamavion	E.C. Glass	6.69
2	McPhearson, Omar	Amherst Coun	6.85
3	West, Eric	Amherst Coun	6.85
4	Lindauer, Luke	Jefferson Fo	6.87
5	Dillard, Nathan	E.C. Glass	6.89
6	Lee, Jaren	Jefferson Fo	7.06
7	Pyle, Nate	Jefferson Fo	7.23
8	Pinn, Jakeb	Heritage (Ly)	7.38
9	Brown, Tyshawn	Heritage (Ly)	7.38
10	Morgan, Aiden	Jefferson Fo	7.39
11	Idore, Jermiah	Amherst Coun	7.41
12	Harris-Calmore, Jaden	Amherst Coun	7.43
13	Lucy, Drew	Jefferson Fo	7.44
14	Jackson, Brody	Jefferson Fo	7.44
15	Dempsey, Jevon	E.C. Glass	7.45
16	Carter, Harrison	Jefferson Fo	7.46
17	Rosado, Xavier	Jefferson Fo	7.47

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## Results

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

Name	School	Finals
18 Brown, Zaden	Amherst Coun	7.50
19 Hunter, Jaiden	Heritage (Ly	7.51
20 Tanner, Gavin	Jefferson Fo	7.53
21 Apperson, Duncan	Jefferson Fo	7.55
22 Marshall, Kendall	Amherst Coun	7.56
23 Jones, Liquanne	Heritage (Ly	7.60
24 Lamb, Thomas	E.C. Glass	7.63
25 Jackson, Ashton	Heritage (Ly	7.65
26 Kuminski, Jacob	Jefferson Fo	7.66
27 Kopstein, Drayden	E.C. Glass	7.70
28 Shobayo, Samuel	Jefferson Fo	7.76
29 Garland, Matei	E.C. Glass	7.82
30 Gillespie, Sam	Jefferson Fo	7.84
31 Lawson-Terry, Jaden	Amherst Coun	7.86
32 Johnson, Luke	Jefferson Fo	7.86
33 White, Latrell	Heritage (Ly	7.87
34 Barksdale, Mehki	Heritage (Ly	7.90
35 Bougniart, Ethan	Jefferson Fo	8.07
36 Almond, Zach	Jefferson Fo	8.10
37 Daniel, Cole	Jefferson Fo	8.12
38 Harvey, Caden	Jefferson Fo	8.16
39 Hipp, Aiden	Jefferson Fo	8.25
40 Arranga, Max	Jefferson Fo	8.30
41 Strange, Demetri	E.C. Glass	8.38
42 Naraine, Alexander	Jefferson Fo	8.47
43 Oliveira, Greyson	E.C. Glass	8.61
44 Khurana, Syon	E.C. Glass	8.68
45 Jones, Jaelynn	Heritage (Ly	8.73
46 Esposito, Oscar	Jefferson Fo	9.12
47 Vaughn, William	Jefferson Fo	9.22
48 Calhoun, Grady	Amherst Coun	10.46
--- Waters, Larry	E.C. Glass	FS

## Boys 300 Meter Dash

Name	School	Finals
1 Jones, Zamavion	E.C. Glass	39.28
2 West, Eric	Amherst Coun	39.57
3 Lee, Jaren	Jefferson Fo	39.64
4 McPhearson, Omar	Amherst Coun	40.48
5 Dillard, Nathan	E.C. Glass	40.97
6 Lindauer, Luke	Jefferson Fo	42.70
7 Waters, Larry	E.C. Glass	43.46
8 Acheampong, David	Jefferson Fo	43.81
9 Miller, Matthew	E.C. Glass	43.87
10 Jackson, Peyton	Amherst Coun	44.04
11 Pyle, Nate	Jefferson Fo	44.12
12 Rosado, Xavier	Jefferson Fo	44.14
13 Kuminski, Jacob	Jefferson Fo	44.50
14 Idore, Jermiah	Amherst Coun	44.53
15 Garland, Matei	E.C. Glass	44.76
16 Tanner, Gavin	Jefferson Fo	44.98
17 Lawson-Terry, Jaden	Amherst Coun	45.40
18 Carter, Harrison	Jefferson Fo	45.57

19 Marshall, Kendall	Amherst Coun	45.86
20 Jackson, Brody	Jefferson Fo	45.96
21 Apperson, Duncan	Jefferson Fo	46.06
22 Atkins, Trent	Jefferson Fo	46.22
23 Harris-Calmore, Jaden	Amherst Coun	46.32
24 Bougniart, Ethan	Jefferson Fo	46.50
25 Jackson, Taylor	Amherst Coun	46.55
26 Gillespie, Sam	Jefferson Fo	46.62
27 Johnson, Luke	Jefferson Fo	46.79
28 Harvey, Caden	Jefferson Fo	46.84
29 Almond, Zach	Jefferson Fo	46.91
30 Arranga, Max	Jefferson Fo	46.95
31 Daniel, Cole	Jefferson Fo	47.27
32 Shobayo, Samuel	Jefferson Fo	47.68
33 Brown, Zaden	Amherst Coun	47.80
34 Barksdale, Mehki	Heritage (Ly	48.03
35 White, Latrell	Heritage (Ly	48.27
36 Taylor, Tyler	Amherst Coun	48.30
37 Calhoun, Grady	Amherst Coun	49.95
38 Esposito, Oscar	Jefferson Fo	50.28
39 Naraine, Alexander	Jefferson Fo	54.38
40 Vaughn, William	Jefferson Fo	54.41

## Boys 500 Meter Run

Name	School	Finals
1 Campbell, Cooper	E.C. Glass	1:17.17
2 Smith, Gavin	Heritage (Ly	1:17.76
3 Tharp, Theodore	E.C. Glass	1:18.80
4 Wall, Bryce	Amherst Coun	1:24.11
5 McEntyre, Jalil	E.C. Glass	1:24.86
6 Bryant, Emerson	Amherst Coun	1:26.50
7 Gowdy, Lucas	Amherst Coun	1:26.91
8 Hansen, Carter	Amherst Coun	1:29.05
9 Jackson, Taylor	Amherst Coun	1:29.42
10 Atkins, Trent	Jefferson Fo	1:30.79
11 Black, Evan	E.C. Glass	1:31.38
12 Williams, Tashaun	Heritage (Ly	1:31.53
13 Eno, Dylan	Amherst Coun	1:32.29
14 Noblett, Nathan	Amherst Coun	1:37.12
15 Zvolensky, Jason	Heritage (Ly	1:46.53

## Boys 1000 Meter Run

Name	School	Finals
1 Quinones-Partain, Griffin	Heritage (Ly	3:09.88
2 Jothi, Aran	Heritage (Ly	3:13.98
3 Bryant, Emerson	Amherst Coun	3:18.81
4 Wall, Bryce	Amherst Coun	3:40.98
5 Hansen, Carter	Amherst Coun	3:46.11

## Boys 1600 Meter Run

Name	School	Finals
1 Quinones-Partain, Griffin	Heritage (Ly	5:25.65
2 Jothi, Aran	Heritage (Ly	5:43.96

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**Results**

**Finals ... (Boys 1600 Meter Run)**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
3	Mancier, John-Paul	E.C. Glass	5:52.15
4	Hackworth, Sam	E.C. Glass	5:52.28
5	Neps, Iago	E.C. Glass	6:08.60
6	Gubay, Million	E.C. Glass	6:53.59

**Boys 55 Meter Hurdles**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Ford, Najee	E.C. Glass	10.04
2	Jenkins, Nehemiah	Heritage (Ly)	10.57

**Boys 4x200 Meter Relay**

	<b>Team</b>	<b>Relay</b>	<b>Finals</b>
<b>Finals</b>			
1	Heritage (Lynchburg)	B	1:58.76
	1) Barksdale, Mehki	2) Pinn, Jakeb	
	3) Jackson, Ashton	4) White, Latrell	

**Boys 4x800 Meter Relay**

	<b>Team</b>	<b>Relay</b>	<b>Finals</b>
<b>Finals</b>			
1	Heritage (Lynchburg)	A	9:56.0h
	1) Quinones-Partain, Griffin	2) Jothi, Aran	
	3) Smith, Gavin	4) Williams, Tashaun	

**Boys High Jump**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Hipp, Aiden	Jefferson Fo	6-00.00
2	Lee, Jaren	Jefferson Fo	5-10.00
2	Brown, Tyshawn	Heritage (Ly)	J5-10.00
4	Tharp, Theodore	E.C. Glass	5-08.00
5	Jenkins, Nehemiah	Heritage (Ly)	5-02.00

**Boys Pole Vault**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Jackson, Peyton	Amherst Coun	10-06.00
2	West, Eric	Amherst Coun	J10-06.00
3	Maxson, Ethan	E.C. Glass	10-00.00
4	Taylor, Tyler	Amherst Coun	8-00.00
5	Morford, Cooper	E.C. Glass	6-00.00

**Boys Long Jump**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Jones, Zamavion	E.C. Glass	21-07.00
2	Lee, Jaren	Jefferson Fo	21-04.50
3	West, Eric	Amherst Coun	21-00.75
4	McPhearson, Omar	Amherst Coun	19-02.00
5	Jackson, Peyton	Amherst Coun	18-11.00
6	Jones, Liqunne	Heritage (Ly)	18-08.75
7	Brown, Tyshawn	Heritage (Ly)	17-08.00
8	Shobayo, Samuel	Jefferson Fo	16-11.00
9	Williams, Tashaun	Heritage (Ly)	16-07.50

10	Jackson, Ashton	Heritage (Ly)	16-05.75
11	Pinn, Jakeb	Heritage (Ly)	15-06.75
12	Jenkins, Nehemiah	Heritage (Ly)	13-10.50
---	Brown, Zaden	Amherst Coun	FOUL
---	Hunter, Jaiden	Heritage (Ly)	FOUL

**Boys Triple Jump**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Waters, Larry	E.C. Glass	42-05.00
2	Jones, Liqunne	Heritage (Ly)	39-04.00
3	Brown, Tyshawn	Heritage (Ly)	39-03.25
4	Ford, Najee	E.C. Glass	36-02.00
---	Williams, Tashaun	Heritage (Ly)	FOUL
---	Jackson, Peyton	Amherst Coun	FOUL

**Boys Shot Put**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
<b>Finals</b>			
1	Kirby, Kristopher	Amherst Coun	41-01.00
2	Fink, Evan	Amherst Coun	35-04.50
3	Prinzbach, Nash	Jefferson Fo	35-00.00
4	Cash, Devin	Amherst Coun	34-01.00
5	Glover, Dennis	E.C. Glass	29-09.00
6	White, Latrell	Heritage (Ly)	29-07.00
7	Mosby, Demonta	Amherst Coun	28-06.00
8	Barksdale, Mehki	Heritage (Ly)	27-06.00
9	Carpenter, Santana	Amherst Coun	25-09.00
10	Tolbert, DeVantae	E.C. Glass	25-00.50
11	Garland, Sian	E.C. Glass	23-09.00
12	Maybery, Mark	E.C. Glass	22-10.50
13	Jones, Jaelynn	Heritage (Ly)	21-05.00