

**SOUTH REGIONAL CHAMPIONSHIPS**

Newport News, VA  
 Lee Hall Mansion  
 Host: CNU  
 Saturday, November 12, 2022

**MEET OFFICIALS**

**Meet Director:**  
 Tyler Wingard  
**Meet Referee:**  
 Bruce Wilson  
**Timing:**  
 Blue Ridge Timing



**OFFICIAL MEET REPORT**  
 printed: 11/12/2022 12:17 PM

**Race #1**  
**Women's 6k**

**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Lynchburg	30	3-5-6-7-9(10)(28)	1:57:11	23:27	1:06.7
2 Emory	48	1-8-11-12-16(23)(26)	1:58:26	23:42	1:41.9
3 Washington and Lee	90	4-17-20-22-27(32)(45)	2:00:35	24:07	1:49.2
4 Christopher Newport	175	13-30-38-42-52(59)(84)	2:05:55	25:11	1:56.7
5 Berry	184	21-33-34-43-53(61)(88)	2:06:15	25:15	1:46.3
6 Catholic	206	29-35-44-48-50(57)(66)	2:07:42	25:33	1:10.9
7 Rhodes	239	19-40-46-49-85(136)	2:09:13	25:51	3:24.4
8 Southern Virginia	276	31-36-55-71-83(86)(103)	2:10:55	26:11	2:42.0
9 Piedmont	279	15-37-54-68-105	2:10:53	26:11	4:26.5
10 U. of the South	300	41-56-64-65-74(80)(102)	2:12:02	26:25	1:29.1
11 Bridgewater (Va.)	330	14-25-75-104-112(130)(140)	2:13:32	26:43	4:59.1
12 Meredith	337	39-51-77-81-89	2:14:07	26:50	2:24.5
13 Shenandoah	357	18-60-90-94-95(107)(120)	2:14:15	26:51	3:39.8
14 Oglethorpe	393	70-73-78-79-93(117)(137)	2:16:36	27:20	1:01.3
15 Mary Washington	463	58-97-98-101-109(125)(126)	2:19:08	27:50	2:38.8
16 Covenant	484	62-69-116-118-119(124)(147)	2:21:57	28:24	3:07.0
17 Virginia Wesleyan	508	76-100-108-110-114(121)	2:22:36	28:32	2:03.0
18 Pfeiffer	556	2-92-141-156-165	2:37:56	31:36	18:01.2
19 Maryville (Tenn.)	560	63-96-111-142-148	2:28:15	29:39	5:54.3
20 Brevard	561	47-67-127-157-163	2:36:22	31:17	13:12.3
21 Marymount (Va.)	565	72-82-115-146-150(152)	2:28:57	29:48	5:42.8
22 Hollins	593	87-106-129-133-138	2:29:27	29:54	3:52.0
23 Methodist	625	24-123-155-161-162(164)	2:44:58	33:00	14:02.0
24 Roanoke	643	99-128-131-132-153	2:33:10	30:38	5:24.4
25 Agnes Scott	663	91-135-143-145-149(160)	2:36:36	31:20	4:46.6
26 Mary Baldwin	703	113-134-144-154-158	2:41:07	32:14	5:27.8
27 Sweet Briar	737	122-139-151-159-166(167)	2:53:33	34:43	14:15.4

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	.9k	1M	2.7k	2M	5k
1 URBAN, Annika All-Region	JR	148	Emory	1	22:29.3	6:01.7	3:44.9	3:07.	5:46.	10:08	11:49	18:40
2 LOWERY, Madison All-Regio	JR	295	Pfeiffer	2	22:49.8	6:07.2	3:48.3	3:07.	5:46.	10:09	11:53	18:58
3 JAMES, Sarah All-Region	SO	188	Lynchburg	3	22:50.8	6:07.5	3:48.5	3:07.	5:46.	10:09	11:52	19:01
4 TODD, Carolyn All-Region	SR	445	Washington and Le	4	22:56.3	6:09.0	3:49.4	3:07.	5:46.	10:09	11:52	19:08
5 DELL, Allison All-Region	SO	187	Lynchburg	5	23:14.0	6:13.7	3:52.3	3:08.	5:46.	10:11	11:55	19:15
6 LAGUNAS, Kelsey All-Regio	JR	190	Lynchburg	6	23:25.5	6:16.8	3:54.3	3:09.	5:48.	10:17	12:04	19:25
7 SILVA, Molly All-Region	SO	193	Lynchburg	7	23:42.3	6:21.3	3:57.1	3:06.	5:45.	10:10	11:57	19:31
8 HU, Claire All-Region	JR	142	Emory	8	23:44.2	6:21.8	3:57.4	3:12.	5:51.	10:16	12:02	19:29
9 MASSEY, Lauren All-Region	SO	191	Lynchburg	9	23:57.5	6:25.4	3:59.6	3:07.	5:48.	10:25	12:16	19:54
10 WILSON, Jackie All-Region	SR	195	Lynchburg	(10)	23:57.7	6:25.4	3:59.6	3:10.	5:55.	10:33	12:22	20:03

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**Race #1**  
**Women's 6k**

# Final Results

## INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	.9k	1M	2.7k	2M	5k
11 DALY, Jenna All-Region	SO	139	Emory	11	23:58.9	6:25.8	3:59.8	3:11.	5:54.	10:32	12:23	20:08
12 MCCAULEY, Luna All-Regio	FR	144	Emory	12	24:01.8	6:26.5	4:00.3	3:08.	5:52.	10:32	12:23	20:09
13 RAWLINGS, Maddy All-Regi	SO	97	Christopher Newpor	13	24:05.4	6:27.5	4:00.9	3:23.	6:06.	10:41	12:27	20:00
14 SMEDS, Emily All-Region	SO	61	Bridgewater (Va.)	14	24:07.9	6:28.2	4:01.3	3:12.	5:54.	10:24	12:11	19:47
15 PONCE, Jaycie All-Region	SR	313	Piedmont	15	24:08.0	6:28.2	4:01.3	3:07.	5:48.	10:25	12:14	19:56
16 TAYLOR, Lily All-Region	JR	147	Emory	16	24:11.2	6:29.1	4:01.9	3:08.	5:51.	10:28	12:19	20:02
17 CLODGO, Kristen All-Region	SO	438	Washington and Le	17	24:13.8	6:29.8	4:02.3	3:07.	5:46.	10:14	12:02	19:51
18 ATKINSON, Erin All-Region	SR	355	Shenandoah	18	24:14.7	6:30.0	4:02.5	3:10.	5:53.	10:28	12:17	20:06
19 FREYALDENHOVEN, Kate A	SR	334	Rhodes	19	24:15.6	6:30.2	4:02.6	3:11.	5:54.	10:34	12:23	20:02
20 BRESCHI, Sophia All-Region	FR	437	Washington and Le	20	24:15.7	6:30.3	4:02.6	3:13.	5:56.	10:31	12:21	20:08
21 ANDERSON, Asena All-Regi	JR	18	Berry	21	24:17.4	6:30.7	4:02.9	3:16.	6:04.	10:41	12:30	20:11
22 MOLINARO, Elise All-Region	JR	444	Washington and Le	22	24:22.8	6:32.2	4:03.8	3:08.	5:48.	10:26	12:21	20:11
23 KUMMINGS, Helena All-Regi	SO	143	Emory	(23)	24:26.4	6:33.1	4:04.4	3:07.	5:51.	10:30	12:20	20:08
24 DRUMM, Courtney All-Regio	JR	270	Methodist	24	24:27.5	6:33.4	4:04.6	3:17.	6:04.	10:45	12:35	20:19
25 YOUNG, Mackenzie All-Regi	JR	65	Bridgewater (Va.)	25	24:33.0	6:34.9	4:05.5	3:23.	6:12.	10:53	12:44	20:25
26 SCHERRER, Liesl All-Region	SO	146	Emory	(26)	24:37.1	6:36.0	4:06.2	3:09.	5:52.	10:27	12:19	20:08
27 HAMLET, Claire All-Region	SO	440	Washington and Le	27	24:45.5	6:38.3	4:07.6	3:15.	6:03.	10:42	12:34	20:22
28 SMITH, Hailey All-Region	FR	194	Lynchburg	(28)	24:46.9	6:38.6	4:07.8	3:09.	5:53.	10:38	12:32	20:37
29 ZELCH, Zoe All-Region	SR	81	Catholic	29	24:48.5	6:39.1	4:08.1	3:17.	6:04.	10:43	12:31	20:23
30 DANA, Eliza All-Region	SO	90	Christopher Newpor	30	24:50.4	6:39.6	4:08.4	3:28.	6:18.	11:01	12:53	20:35
31 WILLIE, Sasha All-Region	SO	383	Southern Virginia	31	24:55.8	6:41.0	4:09.3	3:15.	5:59.	10:40	12:33	20:34
32 MITCHELL, Emma All-Regio	SO	443	Washington and Le	(32)	24:56.1	6:41.1	4:09.4	3:29.	6:24.	10:56	12:48	20:50
33 LAMBERT, Emma All-Regio	SO	22	Berry	33	25:04.4	6:43.3	4:10.7	3:31.	6:24.	11:10	13:01	20:50
34 ROSE, Anna All-Region	SO	24	Berry	34	25:09.5	6:44.7	4:11.6	3:33.	6:27.	11:16	13:07	21:04
35 ABOOD, Sadie All-Region	JR	74	Catholic	35	25:13.4	6:45.7	4:12.2	3:25.	6:16.	10:57	12:49	20:47
36 CHANDLER, Kyandra	SR	375	Southern Virginia	36	25:15.6	6:46.3	4:12.6	3:11.	5:59.	11:08	13:01	21:01
37 SEEBER, Skyler	FR	314	Piedmont	37	25:19.1	6:47.3	4:13.2	3:25.	6:15.	11:03	12:57	20:59
38 SAVOIE, Mae	JR	98	Christopher Newpor	38	25:20.3	6:47.6	4:13.4	3:25.	6:11.	10:44	12:33	20:47
39 O'TOOLE, Carly	FR	253	Meredith	39	25:24.4	6:48.7	4:14.1	3:21.	6:10.	10:56	12:51	20:57
40 UNZICKER, Lucy	JR	128	Eastern Mennonite	-	25:26.7	6:49.3	4:14.5	3:26.	6:12.	10:54	12:49	20:58
41 LITTLETON, Anna	SR	337	Rhodes	40	25:31.0	6:50.5	4:15.2	3:28.	6:24.	11:12	13:07	21:09
42 MARTIN, Angelle	JR	275	Millsaps	-	25:33.1	6:51.0	4:15.5	3:31.	6:25.	11:15	13:08	21:11
43 SCHMITT, Janie	SR	406	U. of the South	41	25:34.3	6:51.3	4:15.7	3:33.	6:26.	11:14	13:07	21:05
44 MCGRAIL, Lex	SO	94	Christopher Newpor	42	25:36.0	6:51.8	4:16.0	3:27.	6:18.	11:07	13:00	21:07
45 MOORE, Norine	JR	23	Berry	43	25:39.7	6:52.8	4:16.6	3:40.	6:36.	11:25	13:17	21:12
46 INGLIS, Kate	SO	76	Catholic	44	25:44.9	6:54.2	4:17.5	3:11.	5:55.	10:45	12:45	21:05
47 HAWK, Parker	SR	441	Washington and Le	(45)	25:47.3	6:54.8	4:17.9	3:09.	5:48.	10:30	12:35	20:44
48 KALB, Vivian	FR	336	Rhodes	46	25:48.9	6:55.3	4:18.2	3:26.	6:20.	11:17	13:14	21:23
49 CAPPS, Zoe	SO	39	Brevard	47	25:51.6	6:56.0	4:18.6	3:13.	5:58.	10:40	12:41	21:06
50 MOEHRINGER, Emily	SO	77	Catholic	48	25:55.3	6:57.0	4:19.2	3:26.	6:16.	11:05	13:05	21:21
51 MILLER, Hannah Jane	SO	339	Rhodes	49	25:56.9	6:57.4	4:19.5	3:28.	6:26.	11:20	13:17	21:25
52 GASPERS, Apolline	SO	75	Catholic	50	25:59.4	6:58.1	4:19.9	3:26.	6:18.	11:16	13:16	21:44
53 GALLEGOS, Andrea	JR	250	Meredith	51	26:00.1	6:58.3	4:20.0	3:26.	6:19.	11:05	13:03	21:20
54 HURLEY, Kenzie	SO	92	Christopher Newpor	52	26:02.1	6:58.8	4:20.3	3:30.	6:23.	11:14	13:07	21:30
55 GRAY, Hastings	JR	21	Berry	53	26:03.7	6:59.2	4:20.6	3:23.	6:16.	11:06	13:01	21:21
56 LAWRENCE, LeeAnn	SR	311	Piedmont	54	26:03.9	6:59.3	4:20.7	3:32.	6:27.	11:24	13:22	21:40

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**Women's 6k**

# Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	.9k	1M	2.7k	2M	5k
57 MAST, Halie	SO	127	Eastern Mennonite	-	26:07.9	7:00.3	4:21.3	3:39.	6:41.	11:36	13:34	21:43
58 WARNER, Katelyn	FR	382	Southern Virginia	55	26:09.3	7:00.7	4:21.6	3:16.	6:05.	11:01	12:58	21:26
59 NEWTON, Merrit	SR	405	U. of the South	56	26:10.4	7:01.0	4:21.7	3:33.	6:26.	11:20	13:18	21:39
60 NUSSEY, Georgia	SO	78	Catholic	(57)	26:12.7	7:01.6	4:22.1	3:26.	6:18.	11:09	13:07	21:27
61 PIPPIN, Grace	JR	220	Mary Washington	58	26:14.6	7:02.1	4:22.4	3:31.	6:29.	11:24	13:22	21:45
62 SMITH, Megan	FR	99	Christopher Newpor	(59)	26:19.9	7:03.6	4:23.3	3:29.	6:22.	11:10	13:06	21:37
63 LOTTS, Madeline	SO	359	Shenandoah	60	26:21.3	7:03.9	4:23.6	3:14.	6:06.	11:07	13:07	21:41
64 ASEFA, Elili	FR	125	Eastern Mennonite	-	26:27.0	7:05.5	4:24.5	3:37.	6:40.	11:41	13:41	22:10
65 AYERS, Anna	FR	19	Berry	(61)	26:28.4	7:05.8	4:24.7	3:40.	6:42.	11:40	13:40	22:01
66 GARTMAN, Jocelyn	SO	110	Covenant	62	26:31.0	7:06.5	4:25.2	3:30.	6:27.	11:27	13:28	21:55
67 JUDA, Izzy	FR	244	Maryville (Tenn.)	63	26:34.4	7:07.5	4:25.7	3:22.	6:17.	11:17	13:17	21:54
68 EARLEY, Clara	FR	402	U. of the South	64	26:35.8	7:07.8	4:26.0	3:32.	6:27.	11:21	13:22	21:52
69 HAWORTH, Allison	FR	403	U. of the South	65	26:38.1	7:08.4	4:26.3	3:34.	6:27.	11:33	13:36	22:09
70 OHRTMAN, Danielle	SR	79	Catholic	(66)	26:39.0	7:08.7	4:26.5	3:26.	6:16.	11:08	13:07	21:41
71 DIAZ, Sandra	SO	41	Brevard	67	26:43.9	7:10.0	4:27.3	3:29.	6:28.	11:30	13:31	22:02
72 GIBSON, Anna	FR	310	Piedmont	68	26:47.5	7:11.0	4:27.9	3:21.	6:15.	11:19	13:20	22:01
73 DORMAN, Lydia	JR	109	Covenant	69	26:50.8	7:11.8	4:28.5	3:24.	6:23.	11:27	13:27	22:04
74 RHODES, Hannah	FR	290	Oglethorpe	70	26:52.0	7:12.2	4:28.7	3:27.	6:24.	11:24	13:29	22:08
75 DALEBOUT, Lilly	SO	377	Southern Virginia	71	26:56.1	7:13.3	4:29.3	3:24.	6:14.	11:14	13:15	22:05
76 FINNEGAN, Avery	FR	230	Marymount (Va.)	72	26:56.5	7:13.4	4:29.4	3:36.	6:32.	11:25	13:24	22:09
77 BAKER, Elliott	FR	285	Oglethorpe	73	26:57.3	7:13.6	4:29.6	3:33.	6:36.	11:41	13:41	22:16
78 HENDRICKSON, Emma Gra	SO	404	U. of the South	74	27:03.4	7:15.2	4:30.6	3:29.	6:24.	11:27	13:29	22:18
79 STRICKLAND, Sarah	SO	276	Millsaps	-	27:13.1	7:17.8	4:32.2	3:29.	6:23.	11:24	13:30	22:22
80 EARLE, Sarah	SO	57	Bridgewater (Va.)	75	27:16.5	7:18.7	4:32.8	3:38.	6:48.	11:58	13:59	22:33
81 HANSFORD, Marranda	SR	421	Virginia Wesleyan	76	27:17.7	7:19.1	4:33.0	3:42.	6:50.	12:01	14:02	22:41
82 MERNA, Madelyn	FR	252	Meredith	77	27:20.7	7:19.9	4:33.5	3:30.	6:25.	11:38	13:48	22:34
83 HOWARD, Clare	JR	274	Millsaps	-	27:22.2	7:20.3	4:33.7	3:30.	6:26.	11:39	13:43	22:38
84 MICHAUD, Riley	SO	289	Oglethorpe	78	27:26.2	7:21.3	4:34.4	3:30.	6:28.	11:38	13:40	22:27
85 STEIN, Robin	SR	291	Oglethorpe	79	27:27.0	7:21.6	4:34.5	3:31.	6:33.	11:49	13:55	22:46
86 UDE, Samantha	FR	408	U. of the South	(80)	27:31.2	7:22.7	4:35.2	3:43.	6:45.	11:52	13:57	22:44
87 JOSEPH, Amethyst	FR	251	Meredith	81	27:32.5	7:23.0	4:35.4	3:18.	6:05.	10:57	13:05	22:32
88 QUTUB, Ziyen	FR	235	Marymount (Va.)	82	27:34.5	7:23.6	4:35.8	3:35.	6:32.	11:30	13:33	22:35
89 MORGAN, Liz	SO	379	Southern Virginia	83	27:37.8	7:24.5	4:36.3	3:27.	6:28.	11:37	13:46	22:46
90 GARSTER, Claire	SR	91	Christopher Newpor	(84)	27:38.9	7:24.7	4:36.5	3:30.	6:29.	11:33	13:35	22:34
91 MACLEAN, Abigail	FR	338	Rhodes	85	27:40.0	7:25.0	4:36.7	3:35.	6:38.	11:47	13:51	22:41
92 BRADSHAW, Kamryn	SO	374	Southern Virginia	(86)	27:41.1	7:25.3	4:36.8	3:30.	6:36.	11:57	14:06	22:57
93 GUILLET, Sylvia	FR	174	Hollins	87	27:41.4	7:25.4	4:36.9	3:41.	6:46.	11:56	14:01	22:45
94 SCHMIDT, Erin	SO	25	Berry	(88)	27:48.2	7:27.2	4:38.0	3:47.	6:54.	12:12	14:16	23:14
95 SAUDO, Isabella	JR	254	Meredith	89	27:48.9	7:27.4	4:38.2	3:32.	6:39.	11:57	14:01	22:47
96 PLOWMAN, Mackenzie	SO	362	Shenandoah	90	27:50.8	7:27.9	4:38.5	3:34.	6:40.	12:03	14:12	23:10
97 DISHAW, Tess	SO	4	Agnes Scott	91	27:51.7	7:28.2	4:38.6	3:51.	7:07.	12:14	14:18	23:03
98 WELBORN, Micah	SR	299	Pfeiffer	92	27:52.9	7:28.5	4:38.8	3:33.	6:37.	11:53	13:55	23:02
99 MALANCEA, Elina	JR	288	Oglethorpe	93	27:53.3	7:28.6	4:38.9	3:31.	6:34.	11:51	13:58	22:52
100 CHRISTY, Sarah	SO	356	Shenandoah	94	27:53.7	7:28.7	4:39.0	3:34.	6:41.	12:02	14:09	23:08
101 CLARKSON, Allie	FR	357	Shenandoah	95	27:54.5	7:28.9	4:39.1	3:35.	6:41.	12:04	14:12	23:13
102 WOOTEN, Maleah	SR	248	Maryville (Tenn.)	96	27:54.7	7:29.0	4:39.1	3:31.	6:32.	11:47	13:54	23:00

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103 GUZMAN, Teresa	SR	216	Mary Washington	97	27:55.5	7:29.2	4:39.3	3:24	6:26	11:54	14:01	22:59
104 OBERLIES, Jessica	SO	219	Mary Washington	98	27:58.0	7:29.9	4:39.7	3:32	6:35	11:56	14:00	23:09
105 BROWN, Lauren	SR	349	Roanoke	99	27:58.5	7:30.0	4:39.8	3:35	6:37	11:59	14:05	23:02
106 ATEN, Cecelia	JR	418	Virginia Wesleyan	100	28:03.1	7:31.2	4:40.5	3:50	6:58	12:12	14:19	23:06
107 SNOW, Julia	SO	221	Mary Washington	101	28:06.0	7:32.0	4:41.0	3:47	6:56	12:18	14:26	23:15
108 TANKARD, Jean	SR	407	U. of the South	(102)	28:13.0	7:33.9	4:42.2	3:42	6:45	12:02	14:09	23:13
109 TRESNER, Suzanna	FR	381	Southern Virginia	(103)	28:21.5	7:36.2	4:43.6	3:31	6:40	12:00	14:13	23:15
110 ROBINSON, Regan	FR	60	Bridgewater (Va.)	104	28:27.1	7:37.7	4:44.5	3:38	6:49	12:09	14:17	23:29
111 VINCENT, Imani	SR	315	Piedmont	105	28:34.5	7:39.7	4:45.8	3:51	7:06	12:34	14:41	23:49
112 BROUSSEAU, Madison	FR	170	Hollins	106	28:35.3	7:39.9	4:45.9	3:58	7:18	12:47	14:58	24:01
113 NICELY, Emma	SO	360	Shenandoah	(107)	28:37.1	7:40.3	4:46.2	3:34	6:40	12:02	14:15	23:27
114 WESTERMAN, Megan	SR	323	Randolph	-	28:49.3	7:43.6	4:48.2	3:42	6:48	12:06	14:18	23:41
115 COLLINS, Anna	FR	419	Virginia Wesleyan	108	28:52.6	7:44.5	4:48.8	4:01	7:15	12:39	14:48	23:53
116 MORRISSEY, Amanda	JR	218	Mary Washington	109	28:53.4	7:44.7	4:48.9	3:45	7:02	12:29	14:47	24:02
117 PETSKO, Emily	SR	422	Virginia Wesleyan	110	29:01.9	7:47.0	4:50.3	4:01	7:15	12:40	14:52	24:02
118 MATTISON, Hannah	SR	246	Maryville (Tenn.)	111	29:04.5	7:47.7	4:50.8	3:45	6:59	12:27	14:37	23:50
119 WOODARD, Kinley	SO	64	Bridgewater (Va.)	112	29:07.0	7:48.4	4:51.2	3:50	7:07	12:42	14:54	24:07
120 EPPERSON, Alyssa	SO	203	Mary Baldwin	113	29:11.5	7:49.6	4:51.9	3:33	6:42	12:09	14:23	23:59
121 GBUREK, Sophie	FR	420	Virginia Wesleyan	114	29:20.7	7:52.0	4:53.5	4:07	7:26	12:52	15:04	24:21
122 GRANT, Ariana	FR	231	Marymount (Va.)	115	29:21.1	7:52.1	4:53.5	3:51	7:07	12:38	14:50	24:15
123 MCDONALD, Brooke	SR	113	Covenant	116	29:22.0	7:52.4	4:53.7	3:44	6:47	12:02	14:13	23:32
124 LESTER, Jamie	JR	287	Oglethorpe	(117)	29:25.0	7:53.2	4:54.2	3:48	7:06	12:42	14:57	24:25
125 VANN, Adriana	FR	116	Covenant	118	29:34.6	7:55.8	4:55.8	3:46	7:04	12:36	14:52	24:26
126 MCGINLEY, Maggie	FR	114	Covenant	119	29:38.0	7:56.7	4:56.3	3:31	6:48	12:34	14:50	24:12
127 HELMAN, Cora	FR	358	Shenandoah	(120)	29:39.8	7:57.2	4:56.6	3:36	6:45	12:21	14:38	24:20
128 WILSON, Jessica	SO	425	Virginia Wesleyan	(121)	29:44.0	7:58.3	4:57.3	4:06	7:30	13:10	15:25	24:52
129 WIGGINS, Angelyn	SO	393	Sweet Briar	122	29:45.8	7:58.8	4:57.6	3:35	6:43	12:10	14:23	24:35
130 POMPEY, Madison	SO	271	Methodist	123	29:48.3	7:59.4	4:58.1	3:48	6:59	12:31	14:46	24:28
131 MOORE, Lydia	SO	115	Covenant	(124)	29:50.8	8:00.1	4:58.5	3:30	6:27	11:29	13:31	22:03
132 CEA-LAVIN, Enya	FR	215	Mary Washington	(125)	29:51.8	8:00.4	4:58.6	3:48	7:02	12:43	15:00	24:47
133 WHITE, Kendra	FR	222	Mary Washington	(126)	30:01.8	8:03.1	5:00.3	3:47	7:01	12:39	14:59	24:44
134 MILLER, Haylea Layne	SO	44	Brevard	127	30:05.8	8:04.1	5:01.0	3:33	6:47	12:24	14:38	24:13
135 KOCHANSKI, Sarah	FR	352	Roanoke	128	30:07.3	8:04.5	5:01.2	3:53	7:17	13:05	15:24	25:02
136 PINEIRO, Genesis	SR	158	Ferrum	-	30:13.9	8:06.3	5:02.3	4:09	7:35	13:22	15:40	25:22
137 SILBERHORN, Virginia	FR	176	Hollins	129	30:19.7	8:07.9	5:03.3	3:59	7:23	13:09	15:25	25:03
138 WIMMER, Megan	SO	63	Bridgewater (Va.)	(130)	30:26.0	8:09.5	5:04.3	3:50	7:07	12:43	14:58	25:00
139 REID, Savannah	SO	353	Roanoke	131	30:48.6	8:15.6	5:08.1	4:02	7:32	13:25	15:43	25:27
140 RHYNE, Madeleine	FR	354	Roanoke	132	30:52.1	8:16.5	5:08.7	3:54	7:17	13:05	15:24	25:13
141 STUHLMILLER, Samantha	SO	177	Hollins	133	31:17.0	8:23.2	5:12.8	4:05	7:33	13:19	15:38	25:59
142 PARKER, Brianna	JR	205	Mary Baldwin	134	31:21.0	8:24.3	5:13.5	3:56	7:30	13:33	15:51	25:58
143 WALSH, Mari	SO	6	Agnes Scott	135	31:25.2	8:25.4	5:14.2	3:51	7:06	12:44	15:12	25:35
144 HENAGER, Emma	FR	335	Rhodes	(136)	31:25.4	8:25.5	5:14.2	3:53	7:13	13:35	15:55	26:04
145 CASTLE, Brea	JR	286	Oglethorpe	(137)	31:32.6	8:27.4	5:15.4	4:04	7:34	13:34	15:52	25:59
146 FORREST, Dawn	FR	173	Hollins	138	31:33.4	8:27.6	5:15.6	4:06	7:33	13:20	15:38	26:00
147 TERWILLIGER, Lily	JR	392	Sweet Briar	139	31:39.6	8:29.3	5:16.6	3:55	7:19	13:19	15:41	25:59
148 HOWELL, Grace	JR	58	Bridgewater (Va.)	(140)	31:48.2	8:31.6	5:18.0	3:49	7:14	13:18	15:43	26:08

**SOUTH REGIONAL CHAMPIONSHIPS**

Newport News, VA

Lee Hall Mansion

Host: CNU

Saturday, November 12, 2022

**MEET OFFICIALS****Meet Director:**

Tyler Wingard

**Meet Referee:**

Bruce Wilson

**Timing:**

Blue Ridge Timing

**OFFICIAL MEET REPORT**

printed: 11/12/2022 12:17 PM

**Race #1  
Women's 6k****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	.9k	1M	2.7k	2M	5k
149 VOSS, Kaitlyn	SO	298	Pfeiffer	141	31:56.5	8:33.8	5:19.4	4:00.	7:27.	13:28	16:00	26:21
150 LAMAR, Anastasia	FR	245	Maryville (Tenn.)	142	32:12.1	8:38.0	5:22.0	3:52.	7:25.	13:41	16:10	26:27
151 BARBER, Ryan	FR	2	Agnes Scott	143	32:17.7	8:39.5	5:23.0	4:19.	8:00.	14:07	16:31	26:53
152 MAZINGO, Cloey	SO	204	Mary Baldwin	144	32:19.1	8:39.9	5:23.2	4:15.	7:49.	13:55	16:17	26:55
153 ABID, Sukainah	SR	1	Agnes Scott	145	32:22.8	8:40.9	5:23.8	4:14.	7:53.	14:05	16:31	26:46
154 WEIRSKY, Gabrielle	FR	236	Marymount (Va.)	146	32:25.4	8:41.6	5:24.2	4:19.	8:00.	14:10	16:34	26:52
155 HINA, Kali	SO	111	Covenant	(147)	32:27.2	8:42.0	5:24.5	4:12.	7:56.	14:10	16:38	26:57
156 WALKER, Madeline	JR	247	Maryville (Tenn.)	148	32:28.7	8:42.4	5:24.8	4:07.	7:43.	14:03	16:28	26:51
157 BARRETT, Sofia	FR	3	Agnes Scott	149	32:38.3	8:45.0	5:26.4	4:15.	7:54.	14:06	16:31	26:53
158 PARE, Madeleine	FR	233	Marymount (Va.)	150	32:39.3	8:45.3	5:26.6	4:16.	7:49.	13:56	16:20	26:52
159 ANDERSON, Savannah	SO	384	Sweet Briar	151	32:56.5	8:49.9	5:29.4	4:21.	8:03.	14:19	16:50	27:03
160 PEREZ, Viviana	JR	234	Marymount (Va.)	(152)	33:05.9	8:52.4	5:31.0	4:20.	8:00.	14:10	16:38	27:13
161 BROWN, Sara	FR	350	Roanoke	153	33:22.9	8:57.0	5:33.8	4:19.	8:00.	14:05	16:29	27:27
162 DILLAWAY, Johannah	SO	202	Mary Baldwin	154	33:35.2	9:00.3	5:35.9	4:24.	8:05.	14:26	16:56	27:33
163 CANNADY, Madissen	FR	269	Methodist	155	34:06.4	9:08.6	5:41.1	4:11.	7:50.	14:17	16:55	28:06
164 SKEEN, Angel	SO	297	Pfeiffer	156	34:25.2	9:13.7	5:44.2	4:18.	8:00.	14:44	17:28	28:48
165 KNEUBUHLER, Paige	FR	43	Brevard	157	34:36.6	9:16.7	5:46.1	3:54.	7:19.	14:12	17:05	29:00
166 BUNTING, Anastasia	FR	201	Mary Baldwin	158	34:39.3	9:17.5	5:46.6	4:18.	8:09.	14:36	17:15	28:44
167 SPARACIO, Ashley	JR	391	Sweet Briar	159	35:09.6	9:25.6	5:51.6	4:27.	8:22.	15:12	17:52	29:15
168 QAZI, Insherah	FR	5	Agnes Scott	(160)	36:56.8	9:54.3	6:09.5	4:44.	6:29.	11:26	8:58.	15:56
169 ALEXANDER, Tiyanandi	FR	267	Methodist	161	38:06.3	10:12.9	6:21.1	4:26.	8:27.	16:06	19:09	31:39
170 BLAKENEY, Adriana	FR	268	Methodist	162	38:29.5	10:19.2	6:24.9	4:49.	9:14.	17:07	20:11	31:44
171 HERSH, Hannah	FR	42	Brevard	163	39:03.9	10:28.4	6:30.7	4:29.	8:44.	16:22	19:17	32:12
172 MONTGOMERY, Elizabeth	JR	157	Ferrum	-	39:36.8	10:37.2	6:36.1	4:57.	9:24.	16:57	19:53	32:34
173 SINGH, Rishika	FR	272	Methodist	(164)	40:19.9	10:48.8	6:43.3	4:58.	9:25.	17:16	9:29.	33:54
174 SHERRILL, Jesse	FR	296	Pfeiffer	165	40:51.0	10:57.1	6:48.5	4:29.	8:58.	16:56	19:52	33:54
175 NELSON, Erin	JR	388	Sweet Briar	166	44:01.2	11:48.1	7:20.2	5:13.	10:04	18:05	21:14	35:54
176 HALL-MATSON, Grace	FR	386	Sweet Briar	(167)	45:03.6	12:04.8	7:30.6	4:58.	9:35.	18:15	9:38.	37:22
-- WEAVER, Corrine	SR	256	Meredith	-	DNF	---	---	3:10.	5:50.	10:17	12:03	19:39
-- HOLIZ, Arriona	SO	156	Ferrum	-	DNF	---	---	4:19.	8:00.	18:42		
-- TONON, Julie	SR	255	Meredith	-	DNF	---	---	3:24.	6:14.	11:01	12:53	
-- VASQUEZ, Escarlen	SR	160	Ferrum	-	DNF	---	---	5:38.	11:02	20:35	24:35	
-- PELOSO, Danielle	JR	389	Sweet Briar	-	DNF	---	---	5:12.	10:22	18:53	21:55	
-- SMELTZER, Elizabeth	FR	423	Virginia Wesleyan	-	DNF	---	---	3:50.	6:57.	12:12	14:18	