

## 4C Region D Indoor Track Championships - 2/13/2023

James R. Wilkins, Jr. Athletics Center

## Results - Order of Events

**Girls 55 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Worrell, Emergey	John Handley	7.14 10
2 Jones, Lilia	Rock Ridge H	7.37 8
3 Arrington, Jada	Millbrook	7.50 6
4 Keating, Nora	Kettle Run	7.55 4
5 Cavins, Isabelle	Liberty (Bea	7.57 2
6 Busenlchner, Annaka	Fauquier	7.70 1
7 Drummond, Bella	Tuscarora Hi	7.71
8 Younger, Micah	Rock Ridge H	7.71
9 Anim-Offei, Thandie	Broad Run	7.87
10 Coch, Madelyn	Lightridge H	7.90

**Girls 300 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Worrell, Emergey	John Handley	43.19 10
2 Turner, Maya	Liberty (Bea	43.76 8
3 Bartholomew, Brooklyn	Fauquier	43.89 6
4 Drummond, Bella	Tuscarora Hi	44.91 4
5 Young, Kyra	Rock Ridge H	45.05 2
6 Imoh, Elizabeth	John Handley	45.78 1
7 Cavins, Isabelle	Liberty (Bea	46.04
8 Coch, Madelyn	Lightridge H	46.18
9 Thomas, Asia	Heritage (Le	48.79

**Girls 500 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Mancini, Suzanna	Kettle Run	1:21.16 10
2 Thomas, Asia	Heritage (Le	1:23.82 8
3 Njinjie, Mounira	Tuscarora Hi	1:24.17 6
4 Florek, Savannah	Millbrook	1:24.34 4
5 Frishman, Brooke	Dominion	1:24.90 2
6 Aarami, Omaie	James Wood H	1:26.29 1
7 Ruggles, Kirsten	Tuscarora Hi	1:26.70
8 Novinger, AnnMarie	Lightridge H	1:27.31
9 Homa, Kathryn	Loudoun Coun	1:28.80

**Girls 1000 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Scott, Cassidy	Fauquier	2:59.53 10
2 Simpkins, Paige	Tuscarora Hi	3:05.52 8
3 Winston, Eva	Sherando	3:05.78 6
4 Bolen, Sam	Loudoun Vall	3:10.37 4
5 Johnson Diaz, Ainhwa	Rock Ridge H	3:11.12 2
6 Gross, Sophie	Lightridge H	3:11.59 1
7 Lashey, Evie	Tuscarora Hi	3:13.26
8 Ostrander, Ruby	James Wood H	3:14.26
9 Angel-Perez, Quetzali	James Wood H	3:14.29
10 Downey, Anna Ellison	Heritage (Le	3:14.43
11 Ponn, Haley	Fauquier	3:28.63
12 Taylor, Natalie	Liberty (Bea	3:31.04

--- Gibson, Claire Tuscarora Hi DNF

**Girls 1600 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Peterson, Ella	Loudoun Vall	5:16.23 10
2 Raterman, Mary	Broad Run	5:18.85 8
3 Wine, Kiki	Fauquier	5:19.31 6
4 Workman, Michaela	Tuscarora Hi	5:20.61 4
5 Ahrens, Emma	Sherando	5:26.47 2
6 Gibson, Taylor	Lightridge H	5:28.08 1
7 Hunt, Kira	Tuscarora Hi	5:29.05
8 Murphy, Madison	Millbrook	5:36.89
9 Thompson, Lauren	James Wood H	5:57.53
--- Woehr, Ava	Loudoun Coun	DNF

**Girls 3200 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Workman, Michaela	Tuscarora Hi	11:27.51 10
2 Gibson, Taylor	Lightridge H	11:42.44 8
3 Raterman, Mary	Broad Run	11:44.73 6
4 Graham, Lillia	Lightridge H	11:54.52 4
5 Murphy, Madison	Millbrook	12:10.19 2
6 Sekhon, Hailey	Lightridge H	12:13.65 1
7 Kieffer, Alina	James Wood H	12:31.28
8 Moss, Sarah	James Wood H	12:33.72
9 Gaytan, Maria	Kettle Run	12:37.10
10 Lopez, Kayla	Liberty (Bea	12:52.09

**Girls 55 Meter Hurdles**

Name	School	Finals
<b>Finals</b>		
1 Imoh, Elizabeth	John Handley	8.50 10
2 Greene, Morgan	Loudoun Vall	8.55 8
3 Boykins, Chelsea	Tuscarora Hi	8.91 6
4 Dunn, Layla	Broad Run	9.18 4
5 Peters, Beulah	Lightridge H	9.24 2
6 Strickland, Allie	Fauquier	9.46 1
7 Bowser, Mercedes	James Wood H	9.74
8 Tucker, Alyssa	Rock Ridge H	9.89
9 Richards, Sadie	Fauquier	10.04
10 Silver, Mercedes	Sherando	10.54
11 Prudhum, Ashleigh	Fauquier	10.72

**Girls 4x200 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 John Handley	A	1:48.69 10
1) Worrell, Emergey	2) Hobson, Madison	
3) Emmons, Alaejah	4) Imoh, Elizabeth	
2 Kettle Run	A	1:49.88 8
1) Keating, Nora	2) Tessier, Grace	
3) Fay, Erin	4) Carpenter, Lauren	

## 4C Region D Indoor Track Championships - 2/13/2023

James R. Wilkins, Jr. Athletics Center

## Results - Order of Events

## Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals
3 Rock Ridge HS	A	1:50.75 6
1) Younger, Micah	2) Fyne-Okorie, Zoe	
3) Young, Kyra	4) Jones, Lilia	
4 Liberty (Beale) HS	A	1:51.69 4
1) Turner, Maya	2) Adu Gyamfi, Janet	
3) Collins, Amara	4) Cavins, Isabelle	
5 Loudoun Valley	A	1:52.43 2
1) Nicodemus, Zoey	2) Platt, Madeline	
3) Greene, Morgan	4) Glass, Amber	
6 Tuscarora HS (Va)	A	1:53.83 1
1) Niemiec, Gabriella	2) Blum, Stella	
3) Drummond, Bella	4) Lundy, Lauryn	
7 James Wood HS	A	1:54.85
1) Kiesewalter, Ella	2) Boyce, Olivia	
3) Hempel, Jocelyn	4) Payne, Macey	

## Girls 4x400 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Kettle Run	A	4:14.17 10
1) Abbott, Ava	2) Fay, Erin	
3) Mancini, Suzanna	4) Carpenter, Lauren	
2 Tuscarora HS (Va)	A	4:16.28 8
1) Dillard, Sadie	2) Njinjie, Mounira	
3) Simpkins, Paige	4) Boykins, Chelsea	
3 Lightridge HS	A	4:16.76 6
1) Novinger, AnnMarie	2) Jackson, Alanna	
3) Coch, Madelyn	4) Gross, Sophie	
4 Fauquier	A	4:18.25 4
1) Prudhum, Ashleigh	2) Wine, Kiki	
3) Gastley, Regan	4) Scott, Cassidy	
5 James Wood HS	A	4:23.18 2
1) Angel-Perez, Quetzali	2) Lovelace, Lillian	
3) Juvinall, Mallory	4) Aarami, Omaie	
6 Dominion	A	4:25.83 1
1) Cerino, Alexa	2) Wright, Lindsey	
3) Brezler, Vivian	4) Frishman, Brooke	
7 Loudoun County	A	4:30.02
1) Homa, Kathryn	2) Newton, Amaiya	
3) Porter, Grace	4) Woehr, Ava	

## Girls 4x800 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 James Wood HS	A	10:08.64 10
1) Lovelace, Lillian	2) Thompson, Lauren	
3) Ostrander, Ruby	4) Angel-Perez, Quetzali	
2 Heritage (Leesburg)	A	10:09.43 8
1) Downey, Anna Ellison	2) Chung, Julia	
3) Castro, Celeste	4) Thomas, Asia	
3 Loudoun Valley	A	10:17.87 6
1) Platt, Madeline	2) Hyett, Mayleen	
3) Peterson, Ella	4) Bolen, Sam	

4 Loudoun County	A	10:22.27 4
1) Woehr, Ava	2) Homa, Kathryn	
3) O'Brien, Margot	4) Pizzarello, Cat	
5 Dominion	A	10:31.54 2
1) Cerino, Alexa	2) Wright, Lindsey	
3) Brezler, Vivian	4) Frishman, Brooke	
6 Kettle Run	A	11:12.70 1
1) Coughlan, Sarah	2) Graham, Megan	
3) Johannesen, Kelsey	4) McCarthy, Ivy	
7 Fauquier	A	11:14.75
1) Hodul, Mackenzie	2) Ponn, Haley	
3) Waide, Nora	4) Scott, Seneca	

## Girls High Jump

Name	School	Finals
<b>Finals</b>		
1 Imoh, Elizabeth	John Handley	5-02.00 10
2 Hartman, Clarice	Loudoun Vall	4-10.00 8
3 Glass, Amber	Loudoun Vall	4-08.00 5
3 Hodul, Mackenzie	Fauquier	4-08.00 5
--- Humphries, Ally	Kettle Run	NH
--- Anim-Offei, Thandie	Broad Run	NH
--- Hall, Audrey	Fauquier	NH
--- Toumi, Sabrine	Loudoun Coun	NH
--- Orr, Nylah	Dominion	NH
--- Vanik, Gabby	Broad Run	NH
--- Johnson, Znyah	John Handley	NH
--- Lyons, Zoey	Kettle Run	NH

## Girls Pole Vault

Name	School	Finals
<b>Finals</b>		
1 Nickerson, Ashley	Kettle Run	10-00.00 10
2 Johnson, Znyah	John Handley	J7-06.00 8
3 Chau, Addison	Fauquier	J7-06.00 5
3 Strickland, Allie	Fauquier	J7-06.00 5
5 Tessier, Grace	Kettle Run	J7-06.00 2
--- Paap, Haley	Fauquier	NH

## Girls Long Jump

Name	School	Finals
<b>Finals</b>		
1 Goetz, Evie	Fauquier	16-11.00 10
2 Anim-Offei, Thandie	Broad Run	16-06.00 8
3 Boyce, Olivia	James Wood H	15-05.00 6
4 Toumi, Sabrine	Loudoun Coun	15-04.00 4
5 Abbott, Ava	Kettle Run	14-05.00 2
6 Hall, Audrey	Fauquier	14-03.00 1
7 Drupa, Tate	Loudoun Coun	13-10.50
8 Levine, Ashley	Loudoun Vall	13-08.00
9 Nolte, Rylie	Lightridge H	13-06.00
10 Johnson, Znyah	John Handley	13-05.00
--- Turner, Maya	Liberty (Bea	FOUL
--- Powers, Aubrey	Tuscarora Hi	FOUL

## 4C Region D Indoor Track Championships - 2/13/2023

James R. Wilkins, Jr. Athletics Center

## Results - Order of Events

**Girls Triple Jump**

Name	School	Finals
<b>Finals</b>		
1 Anim-Offei, Thandie	Broad Run	34-07.00 10
2 Hempel, Jocelyn	James Wood H	32-09.50 8
3 Barney, Veronica	Tuscarora Hi	32-03.00 6
4 Boyce, Olivia	James Wood H	31-07.50 4
5 Bowser, Mercedes	James Wood H	31-03.50 2
6 Nolte, Rylie	Lightridge H	30-07.50 1
7 Lyons, Zoey	Kettle Run	30-06.50
8 Tessier, Grace	Kettle Run	30-01.50
9 Peede, Marriott	Tuscarora Hi	30-00.00
10 Carlson, Hannah	Kettle Run	29-00.00
11 Levine, Ashley	Loudoun Vall	28-11.00

**Girls Shot Put**

Name	School	Finals
<b>Finals</b>		
1 Carlson, Hannah	Kettle Run	35-07.00 10
2 Clark, Stephanie	Fauquier	33-03.50 8
3 Bayliff, Madison	Fauquier	32-11.00 6
4 Toumi, Sabrina	Loudoun Coun	32-09.00 4
5 Washington, Takira	John Handley	32-06.00 2
6 Annan, Nancy	Millbrook	32-01.00 1
7 Gaylord, Sammi	Loudoun Vall	32-00.50
8 Summers, Breanna	Dominion	31-03.00
9 Hackman, Mary	Tuscarora Hi	29-10.00
10 Leigh, Sadie	Loudoun Coun	28-08.00
11 Radtke, Skylar	Tuscarora Hi	28-06.00

**Boys 55 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Lee, Aaron	John Handley	6.64 10
2 Lyth, John	Loudoun Vall	6.65 8
3 Reel, Kamaal	Rock Ridge H	6.66 6
4 Temoka, Asi	Rock Ridge H	6.68 4
5 Taylor, Jadon	Loudoun Vall	6.72 2
6 Lusca, Manno	John Handley	6.78 1
7 Willis, Roman	Broad Run	6.79
8 Ogletree, Julian	Rock Ridge H	6.81
9 Baker, Landon	Millbrook	6.82
10 Lewis, Aaron	Fauquier	6.83
11 Niemiec, Michael	Tuscarora Hi	6.84
12 Stribling, Rylan	John Handley	6.86
13 Morrad, Dean	Loudoun Coun	6.87
14 Hamilton, Mason	Fauquier	6.88
15 Wilson-McCoy, Ryan	Liberty (Bea	7.01

**Boys 300 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Lee, Aaron	John Handley	36.11 10
2 Mayfield, David	Fauquier	36.12 8
3 Ogletree, Julian	Rock Ridge H	37.03 6

4 Montgomery, Scott	Millbrook	37.06 4
5 Lyth, John	Loudoun Vall	37.13 2
6 Seekford, David	Tuscarora Hi	37.31 1
7 Schulz, Samuel	Dominion	37.78
8 Blythe, Jacob	Heritage (Le	37.93
9 Morrad, Dean	Loudoun Coun	38.28
10 Kleiner, TeYany	Rock Ridge H	38.71
11 Niemiec, Michael	Tuscarora Hi	38.81
12 Thorne, Matt	Loudoun Coun	39.88
13 Arnold, Jackson	Liberty (Bea	40.92

**Boys 500 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Hoffman, Cole	Liberty (Bea	1:09.72 10
2 Harris, Noah	Sherando	1:10.11 8
3 Radtke, Grayson	Tuscarora Hi	1:10.53 6
4 Louder, Jack	Heritage (Le	1:10.77 4
5 Nicodemus, Jackson	Loudoun Vall	1:11.72 2
6 Temoka, Khem	Rock Ridge H	1:13.33 1
7 Burdock, Landon	James Wood H	1:14.81
8 Hoey, John Jack	Heritage (Le	1:15.44

**Boys 1000 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Paccassi, Peter	Fauquier	2:37.45 10
2 White, Randy	Loudoun Coun	2:38.94 8
3 Bruno, Daniel	Tuscarora Hi	2:40.36 6
4 Romps, Zachary	Heritage (Le	2:44.98 4
5 Freilich, Ben	Sherando	2:45.86 2
6 Redcay, Elliott	John Handley	2:46.01 1
7 Getz, Luke	Tuscarora Hi	2:46.18
8 Skeen, Paul	Rock Ridge H	2:46.32
9 McGraw, Dylan	Sherando	2:47.82
10 Bell, Jed	Sherando	2:57.76
11 Carter, Jack	Fauquier	3:19.19

**Boys 1600 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Hayden, Nicholas	Millbrook	4:23.17 10
2 Pratt-Perez, Ethan	James Wood H	4:24.18 8
3 Blair, Ty	Loudoun Vall	4:24.25 6
4 Rimmel, Jake	Loudoun Vall	4:24.48 4
5 Benlamkaddem, Tarek	Broad Run	4:25.62 2
6 Stickley, Garrett	John Handley	4:26.97 1
7 Crouch, Jacob	Broad Run	4:31.72
8 White, Grant	Tuscarora Hi	4:40.76
9 Smith, Brock	Sherando	4:46.81
10 Markell, Mason	Fauquier	4:46.99

**Boys 3200 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Pardue, William	John Handley	9:29.67 10

## 4C Region D Indoor Track Championships - 2/13/2023

James R. Wilkins, Jr. Athletics Center

## Results - Order of Events

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

Name	School	Finals	
2 Benlamkaddem, Tarek	Broad Run	9:47.62	8
3 Francis, Pierce	John Handley	9:50.11	6
4 Crouch, Jacob	Broad Run	9:50.79	4
5 Mullins, Owen	Kettle Run	9:54.38	2
6 Cates, Gabe	Loudoun Vall	9:58.24	1
7 White, Grant	Tuscarora Hi	9:58.24	
8 Tafe, Joe	Loudoun Coun	10:02.62	
9 Ruggles, Jared	Tuscarora Hi	10:04.72	
10 Thomas, Will	John Handley	10:20.71	
11 Clark, Eli	James Wood H	10:21.42	
12 Warren, Nick	Fauquier	10:22.25	
13 Brown, Reese	Fauquier	10:22.89	
14 Pendergast, Justin	Heritage (Le	10:25.66	
15 Oliver, Jacob	James Wood H	10:37.15	
--- Stickley, Garrett	John Handley	DNF	

## Boys 55 Meter Hurdles

Name	School	Finals	
1 Link, Andrew	James Wood H	8.10	10
2 Guevara, Jason	Loudoun Coun	8.35	8
3 Smith, Isaiah	Broad Run	8.55	6
4 Seekford, David	Tuscarora Hi	8.56	4
5 Seidel, Zach	Fauquier	8.58	2
6 Lusca, Manno	John Handley	8.68	1
7 Baltimore, Jorel	James Wood H	9.14	
8 Kruse, Alex	Dominion	9.16	
9 Houndoh, Manny	Heritage (Le	9.16	
10 Upson, Brandt	Millbrook	9.34	
11 McClelland, Jack	Loudoun Vall	9.42	
12 Curtis, Jacob	Fauquier	9.47	
13 Maxey, Devin	Broad Run	10.10	

## Boys 4x200 Meter Relay

Team	Relay	Finals	
1 Millbrook	A	1:34.65	10
1) Megee, Elijah	2) Montgomery, Scott		
3) Downs, Logan	4) Baker, Landon		
2 Rock Ridge HS	A	1:34.65	8
1) Ogletree, Julian	2) Temoka, Asi		
3) Kleiner, TeYany	4) Reel, Kamaal		
3 John Handley	A	1:35.48	6
1) Lee, Aaron	2) Metzger, Christian		
3) Stribling, Rylan	4) Lusca, Manno		
4 Loudoun County	A	1:36.02	4
1) Morrad, Dean	2) Thorne, Matt		
3) Ahedo, Alex	4) Hernandez, Xavier		
5 Fauquier	A	1:36.83	2
1) Martin, Amari	2) Shaw, Wyatt		
3) Wilvert, Andrew	4) Seidel, Zach		
6 Dominion	A	1:37.61	1
1) Alkalamchi, Hamza	2) Hicks, Griffin		
3) Economou, Stephen	4) Schulz, Samuel		

7 Kettle Run	A	1:37.61	
1) Pele, Josquin	2) Diaz, Xavier		
3) Fay, Colin	4) Blanco, Alex		
8 Heritage (Leesburg)	A	1:38.44	
1) Blythe, Jacob	2) Broyhill, Cole		
3) Chappelle, Cassidy	4) Powell, Sean		
9 Loudoun Valley	A	1:39.15	
1) Hummer, Sam	2) Kearney, Austin		
3) Taylor, Jadon	4) McClelland, Justin		
10 Sherando	A	1:39.98	
1) Burton, Joseph	2) Grose, Owen		
3) Jackson, Jhabari	4) Purtell, Brody		
--- Tuscarora HS (Va)	A	DQ	
1) Niemiec, Michael	2) Gbee, Alan		
3) Seekford, David	4) Ortega, Jayden		

## Boys 4x400 Meter Relay

Team	Relay	Finals	
1 Fauquier	A	3:36.11	10
1) Wilvert, Andrew	2) Shaw, Wyatt		
3) Paccassi, Peter	4) Mayfield, David		
2 Liberty (Beale) HS	A	3:36.99	8
1) Rogers, Owen	2) Phelps, Jacob		
3) Hoffman, Cole	4) Neidich, Aidan		
3 Millbrook	A	3:37.57	6
1) Lloyd, Trevor	2) Baker, Landon		
3) Montgomery, Scott	4) Mcgee, Elijah		
4 Heritage (Leesburg)	A	3:37.88	4
1) Louder, Jack	2) Romps, Zachary		
3) Chappelle, Cassidy	4) Blythe, Jacob		
5 Loudoun Valley	A	3:39.71	2
1) Rimmel, Jake	2) Lyth, John		
3) Hummer, Sam	4) Nicodemus, Jackson		
6 Sherando	A	3:40.78	1
1) McGraw, Dylan	2) Purtell, Brody		
3) Harris, Noah	4) Grose, Owen		
7 Kettle Run	A	3:42.23	
1) Pele, Josquin	2) Diaz, Xavier		
3) Lenky, Noah	4) Blanco, Alex		
8 Dominion	A	3:42.35	
1) Peterson, Drew	2) Hicks, Griffin		
3) Schulz, Samuel	4) Economou, Stephen		
9 Rock Ridge HS	A	3:42.92	
1) Temoka, Indi	2) Temoka, Khem		
3) Reel, Kamaal	4) Temoka, Asi		
10 Loudoun County	A	3:43.61	
1) Torres, Emilio	2) Fleenor, Alexander		
3) Guevara, Jason	4) White, Randy		
11 Broad Run	A	3:44.18	
1) Gerard, Ian	2) Scholz, Bryce		
3) Lakshminarayan, Tejus	4) Willis, Roman		
12 Tuscarora HS (Va)	A	3:44.27	
1) Ortega, Jayden	2) Cotterill, Andrew		
3) Radtke, Grayson	4) Getz, Luke		

## 4C Region D Indoor Track Championships - 2/13/2023

James R. Wilkins, Jr. Athletics Center

## Results - Order of Events

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

Team	Relay	Finals
13 James Wood HS	A	3:45.22
1) Andrews, William	2) Andrews, Ivan	
3) Knotts, Ryen	4) Burdock, Landon	
14 Park View (Sterling)	A	3:46.06
1) Bakhat, Otman	2) Alvarado, Jonathan	
3) Mirra, Kyle	4) Yesli, Yanis	
15 Lightridge HS	A	3:46.47
1) Garber, Jackson	2) Henry, Collin	
3) Quartey, Brandon	4) Crabb, Noah	

## Boys 4x800 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Fauquier	A	8:20.97 10
1) Ashby, Colin	2) Paccassi, Peter	
3) Markell, Mason	4) Carter, Jack	
2 Sherando	A	8:21.40 8
1) Freilich, Ben	2) Bell, Jed	
3) Smith, Brock	4) McGraw, Dylan	
3 James Wood HS	A	8:24.40 6
1) Clark, Eli	2) Oliver, Jacob	
3) Stanearth, Colton	4) Pratt-Perez, Ethan	
4 Kettle Run	A	8:28.29 4
1) Mullins, Owen	2) Young, Tyler	
3) Hill, Aiden	4) Lenky, Noah	
5 Heritage (Leesburg)	A	8:29.87 2
1) Pendergast, Justin	2) Schmidt, Maximilian	
3) Romps, Zachary	4) Louder, Jack	
6 Loudoun County	A	8:30.58 1
1) White, Randy	2) Tafe, Joe	
3) Conner, Blake	4) Brun, Ethan	
7 Tuscarora HS (Va)	A	8:43.52
1) Jerry, Jarrell	2) Bruno, David	
3) Stefkovich, Brandon	4) Barbara, Diego	
8 Park View (Sterling)	A	8:49.55
1) Bakhat, Otman	2) Garcia, Eduardo	
3) Mirra, Kyle	4) Yesli, Yanis	
9 Lightridge HS	A	8:49.91
1) Novinger, Thomas	2) Buttner, Ryan	
3) Haddon, Zachary	4) Cali, Max	
10 Rock Ridge HS	A	8:52.03
1) Cooper, Jett	2) Hoysal, Iyush	
3) Mata, Adrian	4) Skeen, Paul	

## Boys High Jump

Name	School	Finals
<b>Finals</b>		
1 Shaw, Wyatt	Fauquier	6-02.00 10
2 Nicodemus, Jackson	Loudoun Vall	J6-02.00 8
3 Temoka, Asi	Rock Ridge H	J6-02.00 6
4 Anand, Tanush	Broad Run	5-10.00 4
5 Bankole, Daniel	Rock Ridge H	J5-10.00 2
6 Santos, Jb	Tuscarora Hi	J5-10.00 1
7 Davis, Anderson	John Handley	5-08.00

8 Harris, Noah	Sherando	J5-08.00
--- Alkalamchi, Hamza	Dominion	NH
--- Babington, Ryan	James Wood H	NH
--- Lockley, Gatlin	James Wood H	NH
--- Richardson, Ian	Kettle Run	NH
--- Economou, Stephen	Dominion	NH

## Boys Pole Vault

Name	School	Finals
<b>Finals</b>		
1 Damer, Dylan	Fauquier	13-00.00 10
2 Burke, Josh	Fauquier	11-00.00 8
3 Kim, Peter	John Handley	J11-00.00 6
4 Pastor, Tre	Kettle Run	9-06.00 4
5 Johnson, Pearce	John Handley	8-00.00 2

## Boys Long Jump

Name	School	Finals
<b>Finals</b>		
1 Wilson-McCoy, Ryan	Liberty (Bea	20-09.50 10
2 Ahedo, Alex	Loudoun Coun	19-11.25 8
3 Temoka, Asi	Rock Ridge H	19-10.00 6
4 Metzger, Christian	John Handley	19-07.50 4
5 Schulz, Samuel	Dominion	19-02.00 2
6 Hummer, Sam	Loudoun Vall	19-00.50 1
7 Chappelle, Cassidy	Heritage (Le	18-09.00
8 Shaw, Wyatt	Fauquier	18-05.00
9 Anand, Tanush	Broad Run	18-04.50
10 Andrews, Ryan	Tuscarora Hi	18-02.00
11 Zaman, Aayan	Dominion	17-11.00
12 Purtell, Brody	Sherando	17-10.00
13 Evans, Randall	Tuscarora Hi	17-09.50
14 Pope, Andrew	Dominion	17-07.00
15 Nguyen, Dylan	Loudoun Coun	17-02.50
16 Lambert, Troy	Dominion	16-07.00
17 Wiggins, William	Tuscarora Hi	16-04.00
18 Willis, Roman	Broad Run	16-03.50
19 Pele, Josquin	Kettle Run	16-00.50
20 Rosberg, Cameron	Loudoun Coun	15-01.00
21 Akanbi, Hassan	John Handley	14-07.25
--- Pla, Sebastian	Tuscarora Hi	FOUL

## Boys Triple Jump

Name	School	Finals
<b>Finals</b>		
1 Wilson-McCoy, Ryan	Liberty (Bea	45-03.75 10
2 Anand, Tanush	Broad Run	41-00.50 8
3 Gbee, Alan	Tuscarora Hi	40-08.50 6
4 Ganguli, Mihir	Dominion	39-08.25 4
5 Sheehan, Zach	Park View (S	38-10.50 2
6 Zaman, Aayan	Dominion	38-02.50 1
7 Pla, Sebastian	Tuscarora Hi	38-01.50
8 Pagala, Joshua	Tuscarora Hi	37-08.00
9 Richardson, Ian	Kettle Run	36-06.50
10 Lockley, Chase	James Wood H	34-06.00
11 Harris, Noah	Sherando	34-05.00

**4C Region D Indoor Track Championships - 2/13/2023****James R. Wilkins, Jr. Athletics Center****Results - Order of Events****Finals ... (Boys Triple Jump)**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
12	Babington, Ryan	James Wood H	32-05.00

**Boys Shot Put**

	<b>Name</b>	<b>School</b>	<b>Finals</b>
--	-------------	---------------	---------------

**Finals**

1	Geddis-Blount, Jackson	Fauquier	46-08.00	10
2	Foerster, Tate	Tuscarora Hi	44-10.00	8
3	Lewis, Aaron	Fauquier	44-05.50	6
4	Westcott, Andrew	Rock Ridge H	43-00.00	4
5	Kibble, Chase	Loudoun Coun	42-09.50	2
6	Williams, Cordell	Dominion	42-01.50	1
7	Bali, Virraj	Rock Ridge H	40-01.00	
8	Chapman, Kaydin	Liberty (Bea	39-07.50	
9	Astudillo, Ronny	Kettle Run	39-02.00	
10	Davenport, Rodd'ney	John Handley	37-06.00	
11	McGuinness, Stuart	Loudoun Coun	36-02.00	

**Women - Team Rankings - 15 Events Scored**

1)	Fauquier	68
2)	John Handley	61
3)	Kettle Run	57
4)	Tuscarora HS (VA)	53
5)	Loudoun Valley	43
6)	Broad Run	36
7)	James Wood HS	33
8)	Lightridge HS	24
9)	Rock Ridge HS	18
10)	Heritage (Leesburg)	16
11)	Liberty (Beale) HS	14
12)	Millbrook	13
13)	Loudoun County	12
14)	Sherando	8
15)	Dominion	5

**Men - Team Rankings - 15 Events Scored**

1)	Fauquier	86
2)	John Handley	58
3)	Rock Ridge HS	43
4)	Liberty (Beale) HS	38
5)	Loudoun Valley	36
6)	Tuscarora HS (VA)	32
6)	Broad Run	32
8)	Loudoun County	31
9)	Millbrook	30
10)	James Wood HS	24
11)	Sherando	19
12)	Heritage (Leesburg)	14
13)	Kettle Run	10
14)	Dominion	9
15)	Park View (Sterling)	2