

60th Annual East Coast Invitational - 2/3/2023

Virginia Beach Sports Center

Results

Women 60 Meter Dash

Name	School	Finals
Finals		
1 Richards, Indya	Norfolk Stat	7.75
2 Mackey, Brandy	Voorhees	7.85
3 Thomas, Jazmine	Maryland-Eas	7.99
4 Sharps, Malea	Maryland-Eas	8.01
5 Strand, Jadaya	Maryland-Eas	8.47
6 Toogood, Kalin	Maryland-Eas	8.64
7 Robinson, Mar'Shay	Maryland-Eas	8.67

Women 200 Meter Dash

Name	School	Finals
Finals		
1 Evans, Mackenzi	Maryland-Eas	25.76
2 Thomas, Jazmine	Maryland-Eas	26.27
3 Sharps, Malea	Maryland-Eas	26.82
4 Settle, Spencer	Maryland-Eas	26.83
5 Adewami, Adekansola	Maryland-Eas	27.10
6 Robinson, Mar'Shay	Maryland-Eas	27.44
7 Strand, Jadaya	Maryland-Eas	28.06
8 Toogood, Kalin	Maryland-Eas	28.87

Women 400 Meter Dash

Name	School	Finals
Finals		
1 Evans, Mackenzi	Maryland-Eas	59.87
2 Settle, Spencer	Maryland-Eas	1:00.50
3 Adewami, Adekansola	Maryland-Eas	1:02.25

Women 800 Meter Run

Name	School	Finals
Finals		
1 Grant, Kara	Norfolk Stat	2:15.21
2 Wilson, Tynnesia	Norfolk Stat	2:15.76
3 Kimaiyo, Mercyline	Norfolk Stat	2:25.84
4 Simms, Shennell	Maryland-Eas	2:28.91

Women 1 Mile Run

Name	School	Finals
Finals		
1 Grant, Kara	Norfolk Stat	5:20.61
2 Kimaiyo, Mercyline	Norfolk Stat	5:20.65
3 Robb, Asshanni	Maryland-Eas	6:00.75

Women 60 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Richards, Indya	Norfolk Stat	8.69q
2 Smith, Zion	Norfolk Stat	8.88q
3 Robinson, Brooklyn	Norfolk Stat	8.96q
4 Pinnix, Tamesia	Norfolk Stat	9.12q
5 Yeoman, Keyana	Unattached	9.17q
6 Venters, Jada	Norfolk Stat	9.59q
7 Seale, Shonte	Norfolk Stat	9.61q
8 Shaw, Essence	Norfolk Stat	10.33q

9 Pope, Mya	Voorhees	11.92
10 Foulks, Romona	Voorhees	11.98

Women 60 Meter Hurdles

Name	School	Finals
Finals		
1 Richards, Indya	Norfolk Stat	8.50
2 Smith, Zion	Norfolk Stat	8.73
3 Pinnix, Tamesia	Norfolk Stat	8.84
4 Yeoman, Keyana	Unattached	8.96
5 Robinson, Brooklyn	Norfolk Stat	9.27
6 Venters, Jada	Norfolk Stat	9.59
7 Seale, Shonte	Norfolk Stat	10.12
8 Shaw, Essence	Norfolk Stat	11.84

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Maryland-Eas	A	4:05.00
1) Settle, Spencer	2) Evans, Mackenzi	
3) Campbell, Shy-Ann	4) Lucas, Chloe	
2 Maryland-Eas	B	4:11.68
1) Robb, Asshanni	2) Thomas, Jazmine	
3) Adewami, Adekansola	4) Sharps, Malea	

Women High Jump

Name	School	Finals
Finals		
1 Wilson, Tynnesia	Norfolk Stat	1.57m
2 Robinson, Brooklyn	Norfolk Stat	1.52m
3 Seale, Shonte	Norfolk Stat	1.47m
3 Kelley, Lyric	Maryland-Eas	1.47m
5 Shaw, Essence	Norfolk Stat	J1.47m

Women Pole Vault

Name	School	Finals
Finals		
1 Clendenning, Jessica	Unattached	3.45m
2 Brightful, Dnyshe	Norfolk Stat	2.90m
3 Hooks, Destiny	Norfolk Stat	2.75m

Women Long Jump

Name	School	Finals
Finals		
1 Richards, Indya	Norfolk Stat	5.50m
2 Conner, Corryn	Norfolk Stat	5.27m
3 Seale, Shonte	Norfolk Stat	5.15m
4 Shaw, Essence	Norfolk Stat	5.04m
--- Venters, Jada	Norfolk Stat	FOUL

Women Triple Jump

Name	School	Finals
Finals		
1 Lowe, Jayda	Unattached	10.74m

60th Annual East Coast Invitational - 2/3/2023**Virginia Beach Sports Center****Results****Women Shot Put**

	Name	School	Finals
Finals			
1	Young, Leslie	Norfolk Stat	13.71m
2	Parker, Arieana	Norfolk Stat	11.44m
3	Seale, Shonte	Norfolk Stat	10.49m
4	Johnson, Mya	Maryland-Eas	9.19m

Women Weight Throw

	Name	School	Finals
Finals			
1	Parker, Arieana	Norfolk Stat	17.82m
2	Young, Leslie	Norfolk Stat	16.82m