

Liberty Kickoff - 11/30/2023 to 12/1/2023

Liberty Indoor Track Complex

Results

Women 60 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Akpan, Sarah	SO	Virginia	7.54q
2 Bonnick, Kayla	JR	Virginia	7.63q
3 Kolawole, Lola	FR	Virginia	7.69q
4 Brooks, Mariah	JR	North Caroli	7.74q
5 Keys, Virginia	JR	James Madiso	7.75q
6 Wooten, Kamiyah	FR	North Caroli	7.81q
7 Frederick, Angelica	JR	SC State	7.81q
8 Putman, Kaia	JR	James Madiso	7.82q
9 van der Westhuizen, Elke	JR	Richmond	7.82
10 Dawson, Alicia	SR	Richmond	7.84
11 Morgan, Marlee	FR	Virginia	7.87
11 Hester, Dae'Nitra	SO	High Point	7.87
13 Fisher, Elyssia	SO	Radford	7.88
14 Cornelius, Raichelle	SO	Radford	7.88
15 Smith, Maya	JR	SC State	7.89
16 Verner, Raven	SO	Winthrop	7.90
17 Spencer, Layla	FR	Clafin	7.96
18 Gist, Cameran	SO	SC State	7.99
19 Ray, Timaya	JR	Johnson C. S	8.00
20 Boostani, Aryana	FR	Virginia	8.03
21 Young-Coleman, Katlyn	FR	Winthrop	8.03
21 Spence, Amaya	FR	Johnson C. S	8.03
23 Allen, Rebecca	SO	Liberty	8.04
24 Fuller, Jonnica	JR	Clafin	8.05
25 Rasool, Jadah	FR	Clafin	8.07
26 Bryant, Ti'asia	FR	North Caroli	8.08
27 Beatty, Sela	SO	Radford	8.08
28 Hobin, Lindsey	SO	Roanoke	8.09
29 Robinson, Aleisia	FR	Livingstone	8.09
30 Grayson, Kali	JR	Liberty	8.17
31 Henderson, Nalonda	FR	Roanoke	8.20
32 Murray, Aliya	FR	Winthrop	8.23
33 Garcia, Rebecca	JR	Regent Unive	8.23
34 Jackson, Jordan	SO	Radford	8.23
35 Allen, Sydney	FR	Livingstone	8.24
36 Crossley, Kendall	FR	Winthrop	8.27
37 Smith, Kiara	JR	Lynchburg	8.27
38 Wenger, Elizabeth	JR	Lynchburg	8.28
39 Lynch, Jaelyn	FR	Winthrop	8.29
40 Carter, Dezmaija	SO	Radford	8.34
41 Walker, Zaria	FR	SC State	8.40
42 Cahill, Alexandra	FR	Richmond	8.54
43 Furr, Nariah	FR	Livingstone	8.55
44 Andreasik, Genna	JR	Lynchburg	8.93
45 Puentas, Alexia	FR	Lynchburg	9.25
46 Wells, Shylah	FR	Regent Unive	9.26
47 Torry, Nakayla	FR	District of	9.65

Women 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 Akpan, Sarah	SO	Virginia	7.43

2 Bonnick, Kayla	JR	Virginia	7.50
3 Kolawole, Lola	FR	Virginia	7.61
4 Brooks, Mariah	JR	North Caroli	7.71
5 Frederick, Angelica	JR	SC State	7.72
6 Wooten, Kamiyah	FR	North Caroli	7.78
7 Keys, Virginia	JR	James Madiso	7.83
8 Putman, Kaia	JR	James Madiso	7.93

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Akpan, Sarah	SO	Virginia	24.36
2 Kolawole, Lola	FR	Virginia	24.91
3 Bonnick, Kayla	JR	Virginia	25.00
4 Frederick, Angelica	JR	SC State	25.08
5 Hester, Dae'Nitra	SO	High Point	25.13
6 van der Westhuizen, Elke	JR	Richmond	25.23
7 Cherry, Ahnia	SO	North Caroli	25.50
8 Ray, Timaya	JR	Johnson C. S	25.54
9 Lavelle, Nina	SO	Richmond	25.64
10 Maye, Gabrielle	FR	Johnson C. S	25.73
11 Boostani, Aryana	FR	Virginia	25.76
12 Cornelius, Raichelle	SO	Radford	25.78
13 Jordan, Shelda	FR	Johnson C. S	25.82
14 Keys, Virginia	JR	James Madiso	25.84
15 Smith, Maya	JR	SC State	25.94
16 Daniels, Tori	FR	Virginia	25.99
17 Putman, Kaia	JR	James Madiso	26.15
18 Gamble, Haylee	JR	Roanoke	26.22
19 Seward, Aniya	JR	Lynchburg	26.30
20 Thompson, Dayna	SO	District of	26.33
21 Cooper, Lindsay	SR	High Point	26.37
22 Cooper, Kayla	SO	District of	26.38
23 Wright, Kamyah	FR	Richmond	26.52
24 Germain, Esther	FR	James Madiso	26.54
25 Murati, Leyla	FR	Richmond	26.58
26 Morgan, Marlee	FR	Virginia	26.65
27 Spencer, Layla	FR	Clafin	26.67
28 Brathwaite, Kenrisha		Unattached	26.68
29 Dreher, Saige	FR	Winthrop	26.73
30 Robinson, Aleisia	FR	Livingstone	26.74
31 Jackson, Jordan	SO	Radford	26.75
32 Akpan, Sophia	SO	Virginia	26.82
33 Beatty, Sela	SO	Radford	26.88
34 Reese, Jade	FR	Winthrop	26.90
35 Baxter, Janel	SO	District of	26.90
36 Spence, Amaya	FR	Johnson C. S	26.94
37 Allen, Sydney	FR	Livingstone	27.02
38 Poole, Taylor	JR	Roanoke	27.10
39 Robinson, Jaslyne	SO	Radford	27.15
40 Bryant, Ti'asia	FR	North Caroli	27.16
41 Wenger, Elizabeth	JR	Lynchburg	27.17
42 Marulli, Issabella	FR	Winthrop	27.25
43 Fair, Asia'Lee	JR	Livingstone	27.36
44 Deloatch, Saa'Naudia	JR	Livingstone	27.50
45 Smith, Kiara	JR	Lynchburg	27.73

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Finals ... (Women 200 Meter Dash)

Name	Yr	School	Finals
46 Garcia, Rebecca	JR	Regent Unive	27.80
47 Rice, Jalynn	JR	Johnson C. S	27.80
48 Barnes, Vuronika	SR	Lynchburg	27.83
49 Brown, Kharonay	JR	Livingstone	27.92
50 Major, Ja'Delle	FR	Bluefield St	28.07
51 Kegler, Khrisalyn	SO	Bluefield St	28.19
52 Maxwell, Larissa	FR	High Point	28.28
53 Cameron, Alexandra	SO	Winthrop	28.29
54 Schofield, Ariana	FR	Johnson C. S	28.68
55 Moser, Kristi	FR	Regent Unive	29.34
56 Lee, Genesis	FR	Bluefield St	29.67
57 Little, Samaria	FR	Lynchburg	29.70
58 Rasool, Jadah	FR	Clafin	29.85
59 Manu, Stephanie	JR	Bluefield St	29.87
60 Andreasik, Genna	JR	Lynchburg	30.29
61 Wells, Shylah	FR	Regent Unive	31.18
62 Puentas, Alexia	FR	Lynchburg	33.15
63 Torry, Nakayla	FR	District of	37.20

Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Parenchuk, Anzhelika	JR	Virginia	55.69
2 Mpassy, Holly	JR	James Madiso	55.81
3 Wilson, Kadence	SO	James Madiso	58.15
4 Lavelle, Nina	SO	Richmond	58.34
5 Elliott, Morgan	FR	Richmond	58.62
6 Wicks, Abigail	FR	Johnson C. S	58.84
7 Drakeford, Brooke'Lyn	FR	Virginia	59.04
8 Jordan, Shelda	FR	Johnson C. S	59.19
9 Wright, Kamiah	FR	Richmond	59.47
10 Murati, Leyla	FR	Richmond	59.64
11 Lewis, Tori	SR	Central VA T	59.92
12 Ahman, Ebba	JR	High Point	1:00.29
13 Fuller, Jonnica	JR	Clafin	1:00.39
14 Daniels, Tori	FR	Virginia	1:00.44
15 Bolesh, Ashley	FR	Richmond	1:00.81
16 Jarrett, Ayesha	JR	District of	1:00.83
16 Imoh, Elizabeth	FR	Virginia	1:00.83
18 Bobst, Allison	JR	Lynchburg	1:01.03
19 Jones, Makylah	SR	SC State	1:01.04
20 Francis, Tukey	SO	District of	1:01.55
21 Hefferon, Mikayla	JR	Roanoke	1:01.85
22 Edwards, Makenzie	SO	SC State	1:02.47
23 Barnes, Vuronika	SR	Lynchburg	1:02.56
24 Mohnkern, Betsy	JR	Lynchburg	1:03.36
25 Toussaint, Makayla	FR	SC State	1:03.97
26 Hundley, Meghan	FR	James Madiso	1:04.31
27 Brooks, Mariah	JR	North Caroli	1:04.59
28 Weeks, Jayla	FR	Winthrop	1:05.12
29 Hayes, Michaela	SO	Winthrop	1:05.36
30 Little, Samaria	FR	Lynchburg	1:05.66
31 Smalls, Tiana	SO	SC State	1:05.79
32 Burnside, Phejjana	JR	Clafin	1:06.59

33 Jackson, Iyanna	JR	District of	1:06.98
34 Lee, Genesis	FR	Bluefield St	1:07.88
35 Schofield, Ariana	FR	Johnson C. S	1:08.37
36 Major, Ja'Delle	FR	Bluefield St	1:10.25

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Sabbkhan, Alahna	SR	Virginia	2:11.59
2 Lyons, Morgan	JR	Richmond	2:13.58
3 Hodgson, Alison	JR	Elon	2:14.70
4 Frail, Nikki	JR	High Point	2:15.79
5 Miller, Dylan	JR	Richmond	2:17.71
6 Cann, Shayla	FR	Elon	2:18.11
7 Runge, Alannah	JR	Central VA T	2:20.75
8 Bumbry, Trinity	SO	Livingstone	2:20.75
9 Eberly, Arianna	SR	James Madiso	2:22.12
10 Sheppard, Rainn	FR	District of	2:26.62
11 Lankford, Gabrielle	FR	Livingstone	2:29.76
12 Bruce, Aylin	JR	Richmond	2:30.62
13 Middleton, Morgan	FR	Johnson C. S	2:30.97
14 Valcent, Thomyka	FR	Livingstone	2:32.28
15 Williams, Kellie	SO	Bluefield St	2:34.59
16 Hibbler, Jianna	SO	SC State	2:35.77
17 Womack, Tanniya	JR	Livingstone	2:38.99
18 Havemann, Tatum	SO	Elon	2:39.80
19 Young, Jasmine	FR	Clafin	2:43.97
20 Donovan, Jasmine	JR	SC State	2:57.35
21 Hatter, Haille		Unattached	3:06.34

Women 1000 Meter Run

Name	Yr	School	Finals
Finals			
1 Hock, Margaret	SR	Virginia	2:50.82
2 Locker, Katelyn	SO	Liberty	2:50.97
3 Keurentjes, Kyra	SR	Richmond	2:51.21
4 Desmond, Ellie	JR	Virginia	2:51.32
5 Donohoe, Caroline	SO	Richmond	2:56.09
6 Seasholtz, Keara	JR	Virginia	2:58.50
7 Schlenker, Katrina	FR	Liberty	2:58.63
8 Bolton, Claire Frazier	JR	Virginia	3:00.80
9 Alps, Emily	SR	Elon	3:04.66
10 Troup, Samantha	JR	Liberty	3:07.06
11 Simmons, Rebekah	JR	Liberty	3:08.20
12 Rose, Michailyn	SO	F.I.A. Amba	3:12.59
13 Rzucidlo, Emily	JR	Richmond	3:12.92
14 Engle, Allison	FR	Liberty	3:14.10
15 Wilkes, Chacoia	SR	District of	3:30.07

Women 1 Mile Run

Name	Yr	School	Finals
Finals			
1 Plastow, Heather		3 Rivers Rac	5:06.31
2 McNatt, Carly	FR	High Point	5:14.90
3 Skow, Shauna	SO	High Point	5:18.10
4 Moxley, Mikayla	SO	High Point	5:20.18

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Liberty Indoor Track Complex

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Finals ... (Women 1 Mile Run)

Name	Yr	School	Finals
5 Williams, Annalise	FR	Lynchburg	5:26.14
6 Thomas, Lauren	JR	Lynchburg	5:27.73
7 Williams, Debrielle	SR	SC State	5:43.39
8 Edwards, Hannah	FR	Lynchburg	5:52.07
9 Sheppard, Rainn	FR	District of	6:08.31
10 Hatter, Haille		Unattached	6:40.84
11 Bah, Isatu	SO	District of	6:45.94

Women 3000 Meter Run

Name	Yr	School	Finals
1 Trippett, Madison	JR	Richmond	9:36.94
2 Stockman, Elizabeth	JR	Richmond	9:45.24
3 Montalvo, Charli	FR	High Point	9:58.43
4 Werner, Kayla	FR	Lynchburg	10:00.34
5 Reif, Brooke	SO	Richmond	10:04.33
6 Kurtz, Laurel	JR	Richmond	10:08.77
7 Joyce, Paige	SO	Richmond	10:12.51
8 Aycock, Ryann	FR	Liberty	10:12.69
9 Gordon, Ava	FR	Liberty	10:20.22
10 Hostetler, Marie	JR	Liberty	10:25.01
11 Park, Sophia	FR	Liberty	11:11.85
12 Bejarano, Summer	SO	Liberty	11:23.78
13 Brown, Rebecca	SO	Liberty	11:32.86
14 Ripple, Anna Jo	SO	Liberty	11:33.25

Women 60 Meter Hurdles

Name	Yr	School	Prelims
1 Cartwright, Indea	JR	Liberty	8.42q
2 Henderson, Jordyn	JR	James Madiso	8.58q
3 Brathwaite, Kenrisha		Unattached	8.63q
4 Mitchell, Ahvon	NA	Unat	8.68q
5 Seward, Aniya	JR	Lynchburg	8.80q
6 Hankton, Amani	JR	Liberty	8.85q
7 Cooper, Lindsay	SR	High Point	8.88q
8 Ahman, Ebba	JR	High Point	8.97q
9 Maye, Gabrielle	FR	Johnson C. S	9.15
10 Goode, Aria	JR	Johnson C. S	9.17
11 Burnside, Pheijana	JR	Clafin	9.21
12 Akpan, Sophia	SO	Virginia	9.26
13 Mohnkern, Betsy	JR	Lynchburg	9.28
14 Wicks, Abigail	FR	Johnson C. S	9.29
15 Shelton, Kayleigh	SO	District of	9.33
16 Drakeford, Brooke'Lyn	FR	Virginia	9.34
17 Imoh, Elizabeth	FR	Virginia	9.41
18 Taylor, Ray Ray	SR	Unattached	9.41
19 Viers, Olivia	FR	Roanoke	9.48
20 Kegler, Khrisalyn	SO	Bluefield St	9.51
21 Rice, Jalynn	JR	Johnson C. S	9.70
22 McIvor, Kandace	SO	Radford	9.85
23 Winston, Cammi	JR	Roanoke	9.86
24 Bell, Justice	SO	Clafin	9.93
25 Jones, Johniece	SO	Radford	9.95

26 Cahill, Alexandra	FR	Richmond	10.06
27 Moser, Kristi	FR	Regent Unive	10.27
28 Wickliff, Arianna	SO	Bluefield St	10.36
29 Alejandro-Ortiz, Dajaneen	JR	Livingstone	10.73
30 Smith, Inshan-Nae	JR	Livingstone	11.00
31 Robinson, Jaslyne	SO	Radford	13.55

Women 60 Meter Hurdles

Name	Yr	School	Finals
1 Cartwright, Indea	JR	Liberty	8.34
2 Henderson, Jordyn	JR	James Madiso	8.49
3 Brathwaite, Kenrisha		Unattached	8.53
4 Cooper, Lindsay	SR	High Point	8.74
5 Hankton, Amani	JR	Liberty	8.75
6 Mitchell, Ahvon	NA	Unat	8.81
7 Seward, Aniya	JR	Lynchburg	8.96
8 Ahman, Ebba	JR	High Point	9.22

Women 4x400 Meter Relay

Team	Relay	Finals
1 James Madison	A	3:53.69
1) Wilson, Kadence SO	2) Keys, Virginia JR	
3) Germain, Esther FR	4) Mpassy, Holly JR	
2 Virginia	A	3:53.74
1) Parenchuk, Anzhelika JR	2) Drakeford, Brooke'Lyn FR	
3) Akpan, Sophia SO	4) Imoh, Elizabeth FR	
3 Richmond	A	3:54.60
1) van der Westhuizen, Elke JR	2) Wright, Kamyah FR	
3) Elliott, Morgan FR	4) Keurentjes, Kyra SR	
4 Richmond	B	3:58.51
1) Lavelle, Nina SO	2) Bolesh, Ashley FR	
3) Lyons, Morgan JR	4) Wright, Kamiah FR	
5 Radford	A	4:00.94
1) Cornelius, Raichelle SO	2) McIvor, Kandace SO	
3) Fisher, Elyssia SO	4) Jackson, Jordan SO	
6 Richmond	C	4:01.58
1) Murati, Leyla FR	2) Miller, Dylan JR	
3) Donohoe, Caroline SO	4) Bruce, Aylin JR	
7 SC State	A	4:02.07
1) Frederick, Angelica JR	2) Smith, Maya JR	
3) Williams, Debrielle SR	4) Edwards, Makenzie SO	
8 Elon	A	4:04.58
1) Cann, Shayla FR	2) Hodgson, Alison JR	
3) Alps, Emily SR	4) Havemann, Tatum SO	
9 Liberty	B	4:07.65
1) Merritt, Maddy FR	2) Podolski, Ava SO	
3) Brohard, Gabrielle JR	4) Inmon, Victoria FR	
10 Liberty	C	4:07.74
1) Hilton, Dawn JR	2) Bass, Elle FR	
3) Sidwell, Faith FR	4) Huner, Isabella JR	
11 Livingstone	A	4:09.80
1) Collins, Charity JR	2) Fair, Asia'Lee JR	
3) Brown, Kharonay JR	4) Bumbry, Trinity SO	

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Finals ... (Women 4x400 Meter Relay)

Team	Relay	Finals
12 District of Columbia	B	4:10.02
1) Thompson, Dayna SO	2) Jackson, Iyanna JR	
3) Francis, Tukey SO	4) Sheppard, Rainn FR	
13 Winthrop	A	4:12.95
1) Yarema, Sydney FR	2) James, Monay SR	
3) Reese, Jade FR	4) Dreher, Saige FR	
14 North Caroli	A	4:13.41
1) Wooten, Kamiyah FR	2) Brooks, Mariah JR	
3) Cherry, Ahnia SO	4) Bryant, Ti'asia FR	
15 Liberty	D	4:17.07
1) Engle, Allison FR	2) Troup, Samantha JR	
3) Simmons, Rebekah JR	4) Hostetler, Marie JR	
16 Livingstone	B	4:17.22
1) Deloatch, Saa'Naudia JR	2) Robinson, Aleisia FR	
3) Womack, Tanniya JR	4) Lankford, Gabrielle FR	
17 Lynchburg	B	4:18.49
1) Williams, Annalise FR	2) Thomas, Lauren JR	
3) Edwards, Hannah FR	4) Andreasik, Genna JR	
18 SC State	C	4:22.51
1) Jones, Makylah SR	2) Walker, Zaria FR	
3) Gist, Cameran SO	4) Donovan, Jasmine JR	
19 Liberty	E	4:24.97
1) Aycock, Ryann FR	2) Brown, Rebecca SO	
3) Park, Sophia FR	4) Schlenker, Katrina FR	
20 SC State	B	4:25.73
1) Smalls, Tiana SO	2) Toussaint, Makayla FR	
3) Hibbler, Jianna SO	4) Spears, Kennedy SO	
21 Radford	B	4:34.02
1) Polanah-Kehlenbeck, Katja FR	2) Robinson, Jaslyne SO	
3) Beatty, Sela SO	4) Jones, Johniece SO	
22 Lynchburg	A	4:40.49
1) Barnes, Vuronika SR	2) Mohnkern, Betsy JR	
3) Wenger, Elizabeth JR	4) Little, Samaria FR	
--- Liberty	A	DNF
1) Webster, Reese SO	2) Coates, Emily SO	
3) Patton, Joelle JR	4) Bryan, Patasha SO	

Women High Jump Pent

Name	Yr	School	Finals
Finals			
1 Hedberg, Ebba	FR	Coastal Caro	1.65m
1 Bryan, Patasha	SO	Liberty	1.65m
3 Gregory, Sasha	FR	Charlotte	1.62m
4 Goebel, Meg	SR	Coastal Caro	1.56m
5 Thurgood, Hollie	SR	Elon	1.50m
6 Williams, TyQwasia	FR	SC State	1.44m
7 Valdez, Lael	FR	SC State	1.41m
7 Palmer, Jayla	FR	SC State	1.41m
9 James, Monay	SR	Winthrop	1.38m
10 Jones, Makayla	SR	SC State	1.35m
--- Laws, Lydia		Unattached	NH

Women High Jump Pent

Name	Yr	School	Finals
Finals			
1 Fung-Chung, Brooke	FR	Coastal Caro	1.62m
2 Howard, Grace	FR	Coastal Caro	J1.62m
3 Lopez, Lizzie	SO	Elon	1.59m
4 Greenhagel, Paige	FR	Liberty	1.56m
5 Fox, Margo	SO	Lynchburg	1.53m
6 Lewis, Mia	SO	Coastal Caro	1.47m
7 Van Arsdale, Sofia	JR	Liberty	1.44m
7 Coleman, Nimeesha	JR	Liberty	1.44m
9 Bugenhagen, Ava	FR	High Point	1.41m
10 Greene, Kaitlyn	FR	High Point	J1.41m
11 Cooper, Sydney	SO	SC State	1.35m
11 Miller, Anna	FR	Lynchburg	1.35m

Women High Jump

Name	Yr	School	Finals
Finals			
1 Engle, Meredith	NA	Unat	1.68m
2 Spears, Kennedy	SO	SC State	1.63m
3 Whiteman, Eva	FR	Liberty	J1.63m
4 Shaw, Zoe	SO	District of	1.58m
4 Worth, Anna	JR	Liberty	1.58m
6 Rich, Jorja	SO	James Madiso	J1.58m
7 Nguyen, Kaitlyn	JR	Roanoke	J1.58m
8 Taylor, Ray Ray	SR	Unattached	1.53m
8 Goldstein, Parker	JR	Liberty	1.53m
8 King, Gracen	SO	James Madiso	1.53m
11 Miller, Paige	SR	James Madiso	J1.53m
12 Yarema, Sydney	FR	Winthrop	1.48m
12 Mack, Zhaire	FR	Clafin	1.48m
14 Polanah-Kehlenbeck, Katja	FR	Radford	J1.48m
15 Jones, Johniece	SO	Radford	1.43m
--- Schultz, Faith	FR	Eastern Menn	NH
--- Colson, Arianna	FR	Radford	NH
--- Moreland, Amelia	SO	High Point	NH
--- Russell, Abby	JR	Lynchburg	NH
--- Garcia, Rebecca	JR	Regent Unive	NH
--- Smith, Inshan-Nae	JR	Livingstone	NH

Women Pole Vault

Name	Yr	School	Finals
Finals			
1 Vesper, Rachel	JR	High Point	4.15m
2 Houston, Megan		Unattached	J4.15m
3 Horn, Sydney	JR	High Point	4.05m
4 Urbine, Katie	FR	Liberty	3.95m
5 Borstlap, Hanne	NA	Unat-Virgini	J3.95m
6 Romano, Samantha	SO	Virginia	3.80m
7 Barcarola, Trina	JR	Virginia	J3.80m
8 Viola, Auriane	SR	High Point	3.65m
9 Bowers, Mia	JR	Liberty	J3.65m
10 Schaner, Colleen	FR	Liberty	3.50m
11 Concannon, Marlayna	FR	James Madiso	J3.50m

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Results

Finals ... (Women Pole Vault)

Name	Yr	School	Finals
12 Bobst, Allison	JR	Lynchburg	J3.50m
13 Moolman, Erica	SR	James Madiso	J3.50m
14 Moles, Madelyn	FR	James Madiso	J3.50m
15 Moyer, Grady	SO	High Point	3.35m
16 Gassman, Sarah	FR	Liberty	J3.35m
17 Newsome, Natalie		Unattached	3.15m
18 Weber, Cameron	FR	Lynchburg	J3.15m
19 Davis, Angie	FR	High Point	J3.15m
20 Tonetti, Alyssa	FR	Lynchburg	2.95m
20 Richards, Kaitlin	FR	High Point	2.95m

Women Long Jump

Name	Yr	School	Finals
1 Dawson, Alicia	SR	Richmond	5.80m
2 Johnson, Ayanna		Unattached	5.78m
3 Allen, Rebecca	SO	Liberty	5.54m
4 Gist, Cameran	SO	SC State	5.51m
5 Fisher, Elyssia	SO	Radford	5.42m
6 Taylor, Ray Ray	SR	Unattached	5.30m
7 Polanah-Kehlenbeck, Katja	FR	Radford	5.29m
8 Wood, Faith	SO	Winthrop	5.13m
9 McBride, Marlayna	FR	Clafin	5.12m
10 Knuckles, Jhnyia	FR	Clafin	5.09m
11 Young-Coleman, Katlyn	FR	Winthrop	5.06m
12 McIvor, Kandace	SO	Radford	5.05m
13 Callan, Jenna	SO	James Madiso	J5.05m
14 Schultz, Faith	FR	Eastern Menn	4.99m
15 Wenger, Elizabeth	JR	Lynchburg	J4.99m
16 Goode, Aria	JR	Johnson C. S	4.94m
17 Moser, Kristi	FR	Regent Unive	4.92m
18 Smith, Kiara	JR	Lynchburg	4.86m
18 Collins, Charity	JR	Livingstone	4.86m
20 Tobin, Erica	JR	Winthrop	4.85m
21 Parsons, Mahlia	JR	Lynchburg	4.76m
22 David, Angel	FR	Eastern Menn	4.69m
23 Alejandro-Ortiz, Dajaneen	JR	Livingstone	4.64m
24 Bell, Justice	SO	Clafin	4.56m
25 Blanton, Sha'Dymon	JR	Eastern Menn	4.44m
26 Manu, Stephanie	JR	Bluefield St	4.33m
27 Maxwell, Larissa	FR	High Point	4.16m
28 Russell, Abby	JR	Lynchburg	4.13m
29 Hewitt-Recard, TatyAnna	FR	Johnson C. S	3.62m
--- Vadala, Raelyn	SO	Bluefield St	FOUL
--- Carter, Dezmajia	SO	Radford	FOUL
--- Wells, Shylah	FR	Regent Unive	FOUL

Women Long Jump Pent

Name	Yr	School	Finals
1 Hedberg, Ebba	FR	Coastal Caro	5.75m
2 Laws, Lydia		Unattached	5.65m
3 Gregory, Sasha	FR	Charlotte	5.53m
4 Bryan, Patasha	SO	Liberty	5.45m

5 Palmer, Jayla	FR	SC State	5.34m
6 Goebel, Meg	SR	Coastal Caro	5.15m
7 Thurgood, Hollie	SR	Elon	5.10m
8 James, Monay	SR	Winthrop	4.86m
9 Williams, TyQwasia	FR	SC State	J4.86m
10 Valdez, Lael	FR	SC State	4.61m
11 Jones, Makayla	SR	SC State	4.50m

Women Long Jump Pent

Name	Yr	School	Finals
1 Greenhagel, Paige	FR	Liberty	5.45m
2 Howard, Grace	FR	Coastal Caro	5.33m
3 Fung-Chung, Brooke	FR	Coastal Caro	5.08m
4 Lewis, Mia	SO	Coastal Caro	5.07m
5 Van Arsdale, Sofia	JR	Liberty	5.06m
6 Fox, Margo	SO	Lynchburg	4.92m
7 Lopez, Lizzie	SO	Elon	4.91m
8 Miller, Anna	FR	Lynchburg	4.60m
9 Greene, Kaitlyn	FR	High Point	4.51m
10 Cooper, Sydney	SO	SC State	4.28m
11 Coleman, Nimeesha	JR	Liberty	J4.28m
12 Bugenhagen, Ava	FR	High Point	4.25m

Women Triple Jump

Name	Yr	School	Finals
1 Venning, Jordan	SR	James Madiso	11.64m
2 Cox, Kacy	JR	Liberty	11.44m
3 Seward, Aniya	JR	Lynchburg	11.40m
4 Wood, Faith	SO	Winthrop	11.38m
5 Vadala, Raelyn	SO	Bluefield St	11.30m
6 Knuckles, Jhnyia	FR	Clafin	11.28m
7 Rose, Michailyn	SO	F.I.A. Amba	10.87m
8 Smith, Kiara	JR	Lynchburg	10.72m
9 Furr, Nariah	FR	Livingstone	10.69m
10 Shaw, Zoe	SO	District of	10.56m
11 Hunt, Maddy	JR	Liberty	10.55m
12 David, Angel	FR	Eastern Menn	10.54m
13 Lynch, Jaelyn	FR	Winthrop	10.46m
14 Parsons, Mahlia	JR	Lynchburg	10.34m
--- Carter, Dezmajia	SO	Radford	FOUL

Women Shot Put

Name	Yr	School	Finals
1 Mann, Megan	JR	Liberty	14.37m
2 Marsico, Letizia	SR	High Point	13.92m
3 Mojica, Sofia	JR	Liberty	13.62m
4 Grayson, Kali	JR	Liberty	12.60m
5 Hantho, Annika	JR	Liberty	11.95m
6 Van Norden, Christian	JR	North Caroli	11.90m
7 Clarke, Adriana	FR	Elon	11.32m
8 Carlton, Lauryn	SR	Elon	10.76m
9 Rosser, Jaylen	SO	Radford	10.74m
10 Rosser, Mya	SO	Radford	10.68m

Liberty Kickoff - 11/30/2023 to 12/1/2023

Liberty Indoor Track Complex

Results

Finals ... (Women Shot Put)

Name	Yr	School	Finals
11	White, A'Mayia	FR Claflin	10.61m
12	Babbs, Logan	JR Lynchburg	10.49m
13	Swicegood, Kenzie	FR Lynchburg	10.35m
14	Becton, Jewelle	SO Livingstone	9.98m
15	Spenner, Maddie	FR Winthrop	9.96m
16	Weddle, Emily	FR Lynchburg	9.68m
17	Tobin, Erica	JR Winthrop	9.27m
18	Kouami- Katou, Emmanuela	SO District of	9.13m
19	Bueno, Paola	SO Liberty	8.90m
20	Green, Oliviah	SO Bluefield St	8.63m
21	Smith, Inshan-Nae	JR Livingstone	8.57m
22	Best, Kaitlyn	JR Claflin	8.30m
23	Glowatch, Amy	JR Winthrop	8.15m
24	Graham, Shannen	FR District of	7.60m
25	Bell, Justice	SO Claflin	7.58m
26	Alejandro-Ortiz, Dajaneen	JR Livingstone	7.56m
27	Johnson, Kennedy	SO Lynchburg	7.31m
28	Hutcherson, Dorian	SR Claflin	6.55m
---	Latham, Efe	JR Liberty	FOUL

Women Shot Put Pent

Name	Yr	School	Finals
Finals			
1	Van Arsdale, Sofia	JR Liberty	10.61m
2	Coleman, Nimeesha	JR Liberty	9.50m
3	Fox, Margo	SO Lynchburg	9.11m
4	Lewis, Mia	SO Coastal Caro	8.48m
5	Greenhagel, Paige	FR Liberty	8.42m
6	Howard, Grace	FR Coastal Caro	8.32m
7	Fung-Chung, Brooke	FR Coastal Caro	7.83m
8	Bugenhagen, Ava	FR High Point	7.57m
9	Cooper, Sydney	SO SC State	7.31m
10	Lopez, Lizzie	SO Elon	7.03m
11	Miller, Anna	FR Lynchburg	6.74m
12	Greene, Kaitlyn	FR High Point	6.58m

Women Shot Put Pent

Name	Yr	School	Finals
Finals			
1	Bryan, Patasha	SO Liberty	11.65m
2	Thurgood, Hollie	SR Elon	11.64m
3	James, Monay	SR Winthrop	11.20m
4	Hedberg, Ebba	FR Coastal Caro	10.75m
5	Goebel, Meg	SR Coastal Caro	9.05m
6	Valdez, Lael	FR SC State	8.83m
7	Laws, Lydia	Unattached	8.76m
8	Gregory, Sasha	FR Charlotte	8.64m
9	Jones, Makayla	SR SC State	8.23m
10	Palmer, Jayla	FR SC State	8.08m
11	Williams, TyQwasia	FR SC State	7.08m

Women Weight Throw

Name	Yr	School	Finals
Finals			
1	Bueno, Paola	SO Liberty	19.66m
2	Mann, Megan	JR Liberty	18.31m
3	Hantho, Annika	JR Liberty	17.08m
4	Carlton, Lauryn	SR Elon	16.94m
5	Mojica, Sofia	JR Liberty	16.93m
6	Babbs, Logan	JR Lynchburg	16.41m
7	Latham, Efe	JR Liberty	15.55m
8	Clarke, Adriana	FR Elon	14.97m
9	Marsico, Letizia	SR High Point	14.85m
10	Scattergood, Amanda	SR High Point	14.20m
11	Kouami- Katou, Emmanuela	SO District of	13.47m
12	Brainard, Madeline	SO Lynchburg	13.22m
13	Glowatch, Amy	JR Winthrop	11.88m
14	Spenner, Maddie	FR Winthrop	11.21m
15	Freeman, Mikalyn	FR High Point	10.22m
16	Van Norden, Christian	JR North Caroli	9.11m
---	Rosser, Mya	SO Radford	FOUL
---	Rosser, Jaylen	SO Radford	FOUL

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1	Van Arsdale, Sofia	JR Liberty	2:35.21 629
2	Coleman, Nimeesha	JR Liberty	2:36.37 615
3	Greenhagel, Paige	FR Liberty	2:37.43 603
4	Bugenhagen, Ava	FR High Point	2:37.53 602
5	Lopez, Lizzie	SO Elon	2:39.66 577
6	Miller, Anna	FR Lynchburg	2:43.49 533
7	Fox, Margo	SO Lynchburg	2:43.71 531
8	Fung-Chung, Brooke	FR Coastal Caro	2:45.20 515
9	Howard, Grace	FR Coastal Caro	2:48.76 477
10	Cooper, Sydney	SO SC State	2:54.30 420
11	Greene, Kaitlyn	FR High Point	2:58.60 378
12	Lewis, Mia	SO Coastal Caro	3:04.51 324

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1	Bryan, Patasha	SO Liberty	2:23.64 775
2	Williams, TyQwasia	FR SC State	2:30.27 689
3	Laws, Lydia	Unattached	2:30.40 688
4	Hedberg, Ebba	FR Coastal Caro	2:32.65 660
5	Goebel, Meg	SR Coastal Caro	2:33.15 654
6	Gregory, Sasha	FR Charlotte	2:36.35 615
7	Jones, Makayla	SR SC State	2:36.82 610
8	Valdez, Lael	FR SC State	2:50.50 458
9	Thurgood, Hollie	SR Elon	2:50.88 454
10	Palmer, Jayla	FR SC State	3:08.58 290

Liberty Kickoff - 11/30/2023 to 12/1/2023

Liberty Indoor Track Complex

Results

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1	Goebel, Meg	SR Coastal Caro	8.83	946
2	Gregory, Sasha	FR Charlotte	8.90	931
3	Paul, Gianna	FR High Point	8.92	927
4	Bryan, Patasha	SO Liberty	8.95	920
5	Laws, Lydia	Unattached	9.02	906
6	Palmer, Jayla	FR SC State	9.10	889
7	Hedberg, Ebba	FR Coastal Caro	9.18	873
8	Thurgood, Hollie	SR Elon	9.36	836
9	James, Monay	SR Winthrop	9.49	810
10	Williams, TyQwasia	FR SC State	9.80	750
11	Jones, Makayla	SR SC State	10.04	705
12	Valdez, Lael	FR SC State	11.04	530

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1	Coleman, Nimeesha	JR Liberty	9.37	834
2	Lewis, Mia	SO Coastal Caro	9.40	828
3	Howard, Grace	FR Coastal Caro	9.43	822
4	Greenhagel, Paige	FR Liberty	9.86	738
5	Lopez, Lizzie	SO Elon	9.88	735
6	Bugenhagen, Ava	FR High Point	10.03	706
7	Cooper, Sydney	SO SC State	10.05	703
8	Van Arsdale, Sofia	JR Liberty	10.12	690
9	Fung-Chung, Brooke	FR Coastal Caro	10.13	688
10	Fox, Margo	SO Lynchburg	10.43	634
11	Miller, Anna	FR Lynchburg	10.61	602
12	Greene, Kaitlyn	FR High Point	11.57	447

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1	Fung-Chung, Brooke	FR Coastal Caro	1.62m	759
1	Howard, Grace	FR Coastal Caro	1.62m	759
3	Lopez, Lizzie	SO Elon	1.59m	724
4	Greenhagel, Paige	FR Liberty	1.56m	689
5	Fox, Margo	SO Lynchburg	1.53m	655
6	Lewis, Mia	SO Coastal Caro	1.47m	588
7	Van Arsdale, Sofia	JR Liberty	1.44m	555
7	Coleman, Nimeesha	JR Liberty	1.44m	555
9	Bugenhagen, Ava	FR High Point	1.41m	523
9	Greene, Kaitlyn	FR High Point	1.41m	523
11	Cooper, Sydney	SO SC State	1.35m	460
11	Miller, Anna	FR Lynchburg	1.35m	460

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1	Hedberg, Ebba	FR Coastal Caro	1.65m	795
1	Bryan, Patasha	SO Liberty	1.65m	795
3	Gregory, Sasha	FR Charlotte	1.62m	759
4	Goebel, Meg	SR Coastal Caro	1.56m	689

5	Thurgood, Hollie	SR Elon	1.50m	621
6	Williams, TyQwasia	FR SC State	1.44m	555
7	Valdez, Lael	FR SC State	1.41m	523
7	Palmer, Jayla	FR SC State	1.41m	523
9	James, Monay	SR Winthrop	1.38m	491
10	Jones, Makayla	SR SC State	1.35m	460
---	Laws, Lydia	Unattached	NH	

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1	Hedberg, Ebba	FR Coastal Caro	5.75m	774
2	Laws, Lydia	Unattached	5.65m	744
3	Gregory, Sasha	FR Charlotte	5.53m	709
4	Bryan, Patasha	SO Liberty	5.45m	686
5	Palmer, Jayla	FR SC State	5.34m	654
6	Goebel, Meg	SR Coastal Caro	5.15m	601
7	Thurgood, Hollie	SR Elon	5.10m	587
8	James, Monay	SR Winthrop	4.86m	522
8	Williams, TyQwasia	FR SC State	4.86m	522
10	Valdez, Lael	FR SC State	4.61m	456
11	Jones, Makayla	SR SC State	4.50m	428

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1	Greenhagel, Paige	FR Liberty	5.45m	686
2	Howard, Grace	FR Coastal Caro	5.33m	651
3	Fung-Chung, Brooke	FR Coastal Caro	5.08m	581
4	Lewis, Mia	SO Coastal Caro	5.07m	578
5	Van Arsdale, Sofia	JR Liberty	5.06m	576
6	Fox, Margo	SO Lynchburg	4.92m	538
7	Lopez, Lizzie	SO Elon	4.91m	535
8	Miller, Anna	FR Lynchburg	4.60m	454
9	Greene, Kaitlyn	FR High Point	4.51m	431
10	Cooper, Sydney	SO SC State	4.28m	374
10	Coleman, Nimeesha	JR Liberty	4.28m	374
12	Bugenhagen, Ava	FR High Point	4.25m	367

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Yr	School	Finals	
Finals				
1	Van Arsdale, Sofia	JR Liberty	10.61m	569
2	Coleman, Nimeesha	JR Liberty	9.50m	497
3	Fox, Margo	SO Lynchburg	9.11m	471
4	Lewis, Mia	SO Coastal Caro	8.48m	430
5	Greenhagel, Paige	FR Liberty	8.42m	427
6	Howard, Grace	FR Coastal Caro	8.32m	420
7	Fung-Chung, Brooke	FR Coastal Caro	7.83m	388
8	Bugenhagen, Ava	FR High Point	7.57m	372
9	Cooper, Sydney	SO SC State	7.31m	355
10	Lopez, Lizzie	SO Elon	7.03m	337
11	Miller, Anna	FR Lynchburg	6.74m	318
12	Greene, Kaitlyn	FR High Point	6.58m	308

Liberty Kickoff - 11/30/2023 to 12/1/2023

Liberty Indoor Track Complex

Results

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

	Name	Yr	School	Finals	
Finals					
1	Bryan, Patasha	SO	Liberty	11.65m	638
2	Thurgood, Hollie	SR	Elon	11.64m	637
3	James, Monay	SR	Winthrop	11.20m	608
4	Hedberg, Ebba	FR	Coastal Caro	10.75m	579
5	Goebel, Meg	SR	Coastal Caro	9.05m	467
6	Valdez, Lael	FR	SC State	8.83m	453
7	Laws, Lydia		Unattached	8.76m	449
8	Gregory, Sasha	FR	Charlotte	8.64m	441
9	Jones, Makayla	SR	SC State	8.23m	414
10	Palmer, Jayla	FR	SC State	8.08m	405
11	Williams, TyQwasia	FR	SC State	7.08m	340

Women Indoor Pentathlon Group A

	Name	Yr	School	Finals	
Finals					
1	Bryan, Patasha	SO	Liberty		3814
2	Hedberg, Ebba	FR	Coastal Caro		3681
3	Gregory, Sasha	FR	Charlotte		3455
4	Goebel, Meg	SR	Coastal Caro		3357
5	Thurgood, Hollie	SR	Elon		3135
6	Williams, TyQwasia	FR	SC State		2856
7	Laws, Lydia		Unattached		2787
8	Palmer, Jayla	FR	SC State		2761
9	Jones, Makayla	SR	SC State		2617
10	Valdez, Lael	FR	SC State		2420

Women Indoor Pentathlon Group B

	Name	Yr	School	Finals	
Finals					
1	Greenhagel, Paige	FR	Liberty		3143
2	Howard, Grace	FR	Coastal Caro		3129
3	Van Arsdale, Sofia	JR	Liberty		3019
4	Fung-Chung, Brooke	FR	Coastal Caro		2931
5	Lopez, Lizzie	SO	Elon		2908
6	Coleman, Nimeesha	JR	Liberty		2875
7	Fox, Margo	SO	Lynchburg		2829
8	Lewis, Mia	SO	Coastal Caro		2748
9	Bugenhagen, Ava	FR	High Point		2570
10	Miller, Anna	FR	Lynchburg		2367
11	Cooper, Sydney	SO	SC State		2312
12	Greene, Kaitlyn	FR	High Point		2087