

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, October 21, 2023



OFFICIAL MEET REPORT

printed: 10/21/2023 5:13 PM

Race #3 Girls Championship 4k

Final Results

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM	
1	PIERCE, Juliana	8	69	Buford Middle Scho	-	14:35.7	---	5:51.7	3:38.9
2	VALENTI, Amelia	8	328	Greater Williamsbur	1	14:40.4	4.7	5:53.6	3:40.1
3	REED, Mariah	8	127	Christiansburg Midd	2	14:41.8	6.1	5:54.1	3:40.5
4	NATALUCCI, Emilia	8	895	XC-Elite	3	14:44.3	8.6	5:55.1	3:41.1
5	RAMIREZ, Maddie	8	896	XC-Elite	4	14:45.5	9.8	5:55.6	3:41.4
6	MANCINI, Hayley	8	804	Valley Blaze	5	14:55.7	20.0	5:59.7	3:43.9
7	HARDING, Lilah	7	369	Hidden Valley High	-	15:03.0	27.3	6:02.7	3:45.8
8	MAYO, Josie	7	322	Greater Williamsbur	6	15:03.5	27.8	6:02.9	3:45.9
9	NASH, Elly	8	16	Appomattox County	-	15:07.2	31.5	6:04.3	3:46.8
10	FREEMAN, Remington	8	318	Greater Williamsbur	7	15:15.5	39.8	6:07.7	3:48.9
11	ROWE, Macy	8	449	Kate Collins	8	15:19.6	43.9	6:09.3	3:49.9
12	PARKER, Chloe	5	565	NOVA AC	9	15:24.3	48.6	6:11.2	3:51.1
13	ZEALAND, Piper	8	590	Pacers Homeschool	-	15:29.4	53.7	6:13.3	3:52.4
14	MADIGAN, Samantha	8	240	Forest Running Clu	10	15:31.1	55.4	6:13.9	3:52.8
15	FEDELE, Alyssa	7	771	Track 757	-	15:31.3	55.6	6:14.0	3:52.8
16	THOMAS, Reilly	8	63	Blacksburg Middle	11	15:36.1	1:00.4	6:15.9	3:54.0
17	HARLOW, Ellie	8	198	Endorphin Fitness	-	15:37.9	1:02.2	6:16.7	3:54.5
18	JANTZEN, Neda	8	58	Blacksburg Middle	12	15:41.8	1:06.1	6:18.2	3:55.5
19	LACKEY, Anna	8	142	Cornerstone Christi	13	15:42.8	1:07.1	6:18.6	3:55.7
20	GORDON, Ashton	8	141	Cornerstone Christi	14	15:43.7	1:08.0	6:19.0	3:55.9
21	CHENEY, Addison	8	455	King George Middle	-	15:45.9	1:10.2	6:19.9	3:56.5
22	BEEGLE, Annika	8	214	Floyd County	15	15:55.4	1:19.7	6:23.7	3:58.9
23	CURTIS, Sydney	8	197	Endorphin Fitness	-	15:57.6	1:21.9	6:24.6	3:59.4
24	DUNLAVY, ELLA	7	891	XC-Elite	16	16:00.0	1:24.3	6:25.5	4:00.0
25	FLEISCHMANN, Brooklyn	8	542	New Kent	17	16:10.7	1:35.0	6:29.8	4:02.7
26	AGYEMAN-DUAH, Christabe	7	478	Legacy Track and F	-	16:10.7	1:35.0	6:29.8	4:02.7
27	TROTH, Ella	8	146	Cornerstone Christi	18	16:18.0	1:42.3	6:32.8	4:04.5
28	POINDEXTER, Ava	6	299	Glenvar High Schoo	-	16:20.8	1:45.1	6:33.9	4:05.2
29	OLSEN, Lola	8	61	Blacksburg Middle	19	16:21.1	1:45.4	6:34.0	4:05.3
30	HORTEGA, Anastasia	7	563	NOVA AC	20	16:21.2	1:45.5	6:34.1	4:05.3
31	GONG, Elizabeth	8	200	Faith In Action Mini	-	16:24.1	1:48.4	6:35.2	4:06.0
32	LOWE, Anna	8	802	Valley Blaze	21	16:24.3	1:48.6	6:35.3	4:06.1
33	HERUM, Riley	7	757	Teach Beach Break	-	16:25.1	1:49.4	6:35.6	4:06.3
34	CAMPBELL, Izzy	7	763	The Light Academy	-	16:26.1	1:50.4	6:36.0	4:06.5
35	SAUNDERS, Annabella	8	875	Wilson Middle Scho	22	16:27.4	1:51.7	6:36.5	4:06.9
36	LORD, Juliet	7	682	Shockwaves Youth	-	16:27.9	1:52.2	6:36.7	4:07.0
37	CROMPTON, Julia	8	602	Powhatan Middle S	23	16:28.0	1:52.3	6:36.8	4:07.0
38	MONTINI, Sofia	7	153	Crozet Crew	-	16:28.8	1:53.1	6:37.1	4:07.2
39	FRITTS, Maddie	7	151	Crozet Crew	-	16:30.0	1:54.3	6:37.6	4:07.5
40	COFFMAN, Henley Ann	8	716	Stewart Middle Sch	-	16:32.1	1:56.4	6:38.4	4:08.0
41	JONES, Braelyn	7	603	Powhatan Middle S	24	16:33.4	1:57.7	6:39.0	4:08.4
42	COMBS, Kennedy	6	794	Unattached	-	16:36.8	2:01.1	6:40.3	4:09.2
43	KEAGY, Lacey	8	444	Kate Collins	25	16:38.4	2:02.7	6:41.0	4:09.6
44	BREEDEN, Anna	8	560	NOVA AC	26	16:41.1	2:05.4	6:42.0	4:10.3
45	MELIN, Raelynn	8	241	Forest Running Clu	27	16:41.6	2:05.9	6:42.2	4:10.4
46	COMARA, Massandje	8	898	Heritage Middle	-	16:44.5	2:08.8	6:43.4	4:11.1

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
47 PRINCE, Sally	8	62	Blacksburg Middle	28	16:48.5	2:12.8	6:45.0	4:12.1
48 OLSEN, Harper	8	60	Blacksburg Middle	29	16:48.9	2:13.2	6:45.2	4:12.2
49 WHITLOCK, Natalie	6	606	Powhatan Middle S	30	16:51.9	2:16.2	6:46.4	4:13.0
50 VAN HOOSE, Reese	8	847	William Monroe Mid	31	16:53.6	2:17.9	6:47.1	4:13.4
51 IMLER, Reagan	7	525	Maury River Middle	-	16:54.1	2:18.4	6:47.3	4:13.5
52 JONES, Jules	8	903	Smithfield Middle	-	16:54.2	2:18.5	6:47.3	4:13.6
53 KELLER, Laney	8	95	Charlottesville Cath	32	16:54.5	2:18.8	6:47.4	4:13.6
54 ANDES, Hope	8	55	Blacksburg Middle	(33)	16:54.6	2:18.9	6:47.5	4:13.7
55 BUCEY-CARD, Nina	7	624	Pulaski County	-	16:55.8	2:20.1	6:48.0	4:14.0
56 GONZALEZ, Victoria	6	626	Pulaski County	-	16:58.1	2:22.4	6:48.9	4:14.5
57 MILLER, Marykate	8	805	Valley Blaze	34	16:59.1	2:23.4	6:49.3	4:14.8
58 LESLIE, Lillian	8	831	Warren County Mid	35	17:05.3	2:29.6	6:51.8	4:16.3
59 GOODWIN, Olivia	8	93	Charlottesville Cath	36	17:06.7	2:31.0	6:52.3	4:16.7
60 MCNICHOLAS, Lila	7	445	Kate Collins	37	17:07.5	2:31.8	6:52.7	4:16.9
61 ALI, Limaya	7	396	J. Frank Hillyard Mi	38	17:07.9	2:32.2	6:52.8	4:17.0
62 THOMBS, Gabriell	6	334	Grove Christian Sch	-	17:08.3	2:32.6	6:53.0	4:17.1
63 DOWNER, Zoey	8	358	Henley Middle Scho	39	17:09.5	2:33.8	6:53.5	4:17.4
64 WOOD, Tenley	7	548	New Kent	40	17:12.0	2:36.3	6:54.5	4:18.0
65 DUNLAVY, ANNIE	4	890	XC-Elite	41	17:12.1	2:36.4	6:54.5	4:18.0
66 HICKS, Alice	7	81	Cave Spring High S	42	17:13.2	2:37.5	6:54.9	4:18.3
67 WALTER, Mercy	7	799	Unattached	-	17:15.0	2:39.3	6:55.7	4:18.8
68 HARRIS, Annie	6	438	Kate Collins	43	17:16.6	2:40.9	6:56.3	4:19.2
69 CLEMONS, Piper	8	650	Saint Catherine's	-	17:17.6	2:41.9	6:56.7	4:19.4
70 SHOPPELL, Alexandra	7	739	Studley Stingers Ru	44	17:19.2	2:43.5	6:57.3	4:19.8
71 HOLSINGER, Helen	7	402	J. Frank Hillyard Mi	45	17:19.3	2:43.6	6:57.4	4:19.8
72 FRANKLIN, Reva	6	869	Wilson Middle Scho	46	17:19.7	2:44.0	6:57.6	4:19.9
73 EBERT, Abigail	7	284	Frederick County Mi	47	17:20.5	2:44.8	6:57.9	4:20.1
74 DICKEL, Reyna	8	800	Valley Blaze	48	17:22.1	2:46.4	6:58.5	4:20.5
75 THROWER, Kristin	6	451	Kate Collins	49	17:22.2	2:46.5	6:58.6	4:20.6
76 NICHOLSON, Abbey	7	126	Christiansburg Midd	50	17:22.6	2:46.9	6:58.7	4:20.7
77 VAN METER, Emma	7	740	Studley Stingers Ru	51	17:22.8	2:47.1	6:58.8	4:20.7
78 KILLEEN, Olivia	7	651	Saint Catherine's	-	17:22.9	2:47.2	6:58.8	4:20.7
79 KEAGY, Kaitlyn	8	443	Kate Collins	(52)	17:23.7	2:48.0	6:59.2	4:20.9
80 BOUCHER, Sydney	7	732	Studley Stingers Ru	53	17:24.9	2:49.2	6:59.6	4:21.2
81 WARNER, Anna	7	741	Studley Stingers Ru	54	17:25.3	2:49.6	6:59.8	4:21.3
82 KALBAUGH, Fiona	8	893	XC-Elite	55	17:25.8	2:50.1	7:00.0	4:21.5
83 ARBOUR, Cole	6	149	Crozet Crew	-	17:26.0	2:50.3	7:00.1	4:21.5
84 NUTTER, Alice	6	700	Skyline Middle Sch	56	17:26.3	2:50.6	7:00.2	4:21.6
85 MILLER, Leia	7	497	Liberty Christian Ac	57	17:27.6	2:51.9	7:00.7	4:21.9
86 HARP, Madeline	8	845	William Monroe Mid	58	17:29.6	2:53.9	7:01.5	4:22.4
87 LOUCKS, Aubrey	8	546	New Kent	59	17:30.1	2:54.4	7:01.7	4:22.5
88 HUMBERT, Kelsie	8	892	XC-Elite	(60)	17:30.2	2:54.5	7:01.8	4:22.6
89 SHOWALTER, Elizabeth	6	770	Thomas Harrison M	-	17:32.1	2:56.4	7:02.5	4:23.0
90 PARUCHABUTR, Sirintip	6	269	Fpyc Cheetahs	61	17:32.3	2:56.6	7:02.6	4:23.1
91 NEWTON, Audrey	8	758	Teach Beach Break	-	17:32.4	2:56.7	7:02.7	4:23.1
92 CECIL, Delanie	6	748	Tazewell	-	17:32.6	2:56.9	7:02.7	4:23.2

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93 BARKAT, Eliana	8	559	NOVA AC	62	17:33.0	2:57.3	7:02.9	4:23.3
94 ENOCHS, Mirabella	7	285	Frederick County Mi	63	17:33.2	2:57.5	7:03.0	4:23.3
95 BRANAN, Lisa	7	576	Our Lady of Mount	64	17:33.5	2:57.8	7:03.1	4:23.4
96 KELLER, Madeline	6	59	Blacksburg Middle	(65)	17:33.7	2:58.0	7:03.2	4:23.4
97 ROLLER, Harper	7	448	Kate Collins	(66)	17:33.8	2:58.1	7:03.2	4:23.5
98 CONSTANTINO, Claire	8	180	Daniel Morgan Midd	67	17:34.5	2:58.8	7:03.5	4:23.6
99 GASS, Gretchen	8	828	Warren County Mid	68	17:35.3	2:59.6	7:03.8	4:23.8
100 SAIA, Madeline	7	128	Christiansburg Midd	69	17:35.7	3:00.0	7:04.0	4:23.9
101 GODSHALL, Eliza	8	768	Thomas Harrison M	-	17:36.9	3:01.2	7:04.5	4:24.2
102 COOK, Clara	7	56	Blacksburg Middle	-	17:37.6	3:01.9	7:04.7	4:24.4
103 HUPMAN, Peyton	6	873	Wilson Middle Scho	70	17:38.3	3:02.6	7:05.0	4:24.6
104 WASHINGTON, MORGAN	7	897	XC-Elite	(71)	17:39.5	3:03.8	7:05.5	4:24.9
105 GARCIA RIVERA, Maria	7	264	Fpyc Cheetahs	72	17:40.0	3:04.3	7:05.7	4:25.0
106 PORTER, Jayleh	8	185	Daniel Morgan Midd	73	17:40.6	3:04.9	7:05.9	4:25.2
107 GASS, Cara	6	827	Warren County Mid	74	17:41.2	3:05.5	7:06.2	4:25.3
108 DAY, Myla	8	588	Pacers Homeschool	-	17:41.3	3:05.6	7:06.2	4:25.3
109 PADILLA-NAJARRO, Melani	8	289	Frederick County Mi	75	17:43.0	3:07.3	7:06.9	4:25.8
110 QUEBE, Helen	7	44	Beverly Manor Mid	76	17:43.6	3:07.9	7:07.1	4:25.9
111 BOGGS, McKayla	8	397	J. Frank Hillyard Mi	77	17:43.7	3:08.0	7:07.2	4:25.9
112 PFISTER, Lilyanne	8	728	Stuarts Draft Middle	78	17:44.4	3:08.7	7:07.5	4:26.1
113 HIJJEH, Lydia	7	801	Valley Blaze	79	17:44.7	3:09.0	7:07.6	4:26.2
114 PHILLIPS, Virginia	6	191	Dunbar Middle Sch	-	17:45.7	3:10.0	7:08.0	4:26.4
115 PARLEE, Anna	8	807	Valley Blaze	(80)	17:49.4	3:13.7	7:09.5	4:27.4
116 TROUT, Aliza	7	32	Auburn Middle Sch	-	17:50.7	3:15.0	7:10.0	4:27.7
117 SWOPE, Emma	8	832	Warren County Mid	81	17:51.5	3:15.8	7:10.3	4:27.9
118 PINSON, Caroline	6	96	Charlottesville Cath	82	17:57.0	3:21.3	7:12.5	4:29.3
119 GRIM, Miranda	8	926	Raider Nation TC	-	17:57.1	3:21.4	7:12.6	4:29.3
120 BANKS, Chloe	7	575	Our Lady of Mount	83	17:59.7	3:24.0	7:13.6	4:29.9
121 GRIM, Cordelia	8	925	Raider Nation TC	-	18:00.3	3:24.6	7:13.9	4:30.1
122 EDENS, Kandice	7	459	Lee	84	18:00.5	3:24.8	7:13.9	4:30.1
123 MORTIER, Gracie	6	324	Greater Williamsbur	85	18:02.0	3:26.3	7:14.5	4:30.5
124 HINES, Amelia	6	461	Lee	86	18:02.2	3:26.5	7:14.6	4:30.6
125 TIDWELL, Anna	8	456	King George Middle	-	18:02.3	3:26.6	7:14.7	4:30.6
126 SHOPPELL, Addison	6	738	Studley Stingers Ru	87	18:02.6	3:26.9	7:14.8	4:30.7
127 WILLIAMS, Zoiee	8	132	Christiansburg Midd	88	18:05.5	3:29.8	7:15.9	4:31.4
128 DANIELS, Grace	8	696	Skyline Middle Sch	89	18:06.5	3:30.8	7:16.3	4:31.6
129 JOHNSON, Jameson	8	237	Forest Running Clu	90	18:07.7	3:32.0	7:16.8	4:31.9
130 COYNE, Reilly	7	734	Studley Stingers Ru	(91)	18:09.0	3:33.3	7:17.3	4:32.3
131 VOGEL, Nancy	7	329	Greater Williamsbur	92	18:10.2	3:34.5	7:17.8	4:32.6
132 WHITLOW, Lucy	7	335	Grove Christian Sch	-	18:11.2	3:35.5	7:18.2	4:32.8
133 NISHIYAMA, Taylor	8	144	Cornerstone Christi	93	18:11.3	3:35.6	7:18.3	4:32.8
134 ICKES, Catherine	6	320	Greater Williamsbur	(94)	18:12.4	3:36.7	7:18.7	4:33.1
135 HOULIHAN, Cailin	8	579	Our Lady of Mount	95	18:12.5	3:36.8	7:18.8	4:33.1
136 HIGHTOWER, Briana	8	513	Manchester Middle	-	18:12.9	3:37.2	7:18.9	4:33.2
137 KIDWELL, Khloe	8	830	Warren County Mid	96	18:14.1	3:38.4	7:19.4	4:33.5
138 CRUMPLER, Madison	8	140	Cornerstone Christi	97	18:14.8	3:39.1	7:19.7	4:33.7

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139 CARLSON, Ruby	7	150	Crozet Crew	-	18:17.2	3:41.5	7:20.6	4:34.3
140 WELDON, Riley	8	808	Valley Blaze	(98)	18:20.4	3:44.7	7:21.9	4:35.1
141 MILLER, Eleanor	7	182	Daniel Morgan Midd	99	18:22.0	3:46.3	7:22.6	4:35.5
142 BLEDSOE, Emily	8	163	Cumberland Runnin	100	18:24.4	3:48.7	7:23.5	4:36.1
143 DIXON, Addison	8	236	Forest Running Clu	101	18:26.1	3:50.4	7:24.2	4:36.5
144 THACKER, Riley	6	880	Wilson Middle Scho	102	18:28.6	3:52.9	7:25.2	4:37.2
145 JONES, Makalya	8	725	Stuarts Draft Middle	103	18:28.7	3:53.0	7:25.3	4:37.2
146 SAYERS, Lily	6	129	Christiansburg Midd	104	18:29.4	3:53.7	7:25.5	4:37.4
147 COYNER, Kylie	8	723	Stuarts Draft Middle	105	18:29.5	3:53.8	7:25.6	4:37.4
148 BARBA, Eleanor	8	260	Fpyc Cheetahs	106	18:29.6	3:53.9	7:25.6	4:37.4
149 PARRIS, Sydney	8	775	Track 757	-	18:30.2	3:54.5	7:25.9	4:37.6
150 TONGEN, Estrella	6	703	Skyline Middle Sch	107	18:30.4	3:54.7	7:25.9	4:37.6
151 GONZALEZ, Yaretzy	7	829	Warren County Mid	(108)	18:32.9	3:57.2	7:26.9	4:38.2
152 WATSON, Darby	6	823	Veritas School	109	18:34.5	3:58.8	7:27.6	4:38.6
153 ARMSTRONG, Hannah	6	868	Wilson Middle Scho	110	18:34.6	3:58.9	7:27.6	4:38.7
154 WOMACK, Camille	6	649	Rappahannock Osp	-	18:36.1	4:00.4	7:28.2	4:39.0
155 DYKE, Jovie	5	561	NOVA AC	111	18:36.7	4:01.0	7:28.5	4:39.2
156 HARTZLER, Jazarah	7	439	Kate Collins	-	18:38.2	4:02.5	7:29.1	4:39.6
157 REEVE, Lily	7	447	Kate Collins	-	18:39.0	4:03.3	7:29.4	4:39.8
158 BARKER, Katie	8	179	Daniel Morgan Midd	112	18:40.9	4:05.2	7:30.2	4:40.2
159 CHEN, Kelly	8	78	Cave Spring High S	113	18:42.5	4:06.8	7:30.8	4:40.6
160 FARMER, Brianna	6	625	Pulaski County	-	18:42.9	4:07.2	7:31.0	4:40.7
161 DORAN, Lorelai	6	735	Studley Stingers Ru	(114)	18:49.2	4:13.5	7:33.5	4:42.3
162 EASTERLY, Lydia	7	66	Brookville Middle S	-	18:52.0	4:16.3	7:34.6	4:43.0
163 SONGER, Charlie	8	31	Auburn Middle Sch	-	18:52.6	4:16.9	7:34.9	4:43.2
164 WALKER, Natalie	8	222	Floyd County	115	18:53.9	4:18.2	7:35.4	4:43.5
165 BALDWIN, Isabella	7	731	Studley Stingers Ru	-	18:54.4	4:18.7	7:35.6	4:43.6
166 STERNER, Quinn	6	363	Henley Middle Scho	116	18:56.0	4:20.3	7:36.2	4:44.0
167 BARRAGAN, Briana	7	435	Kate Collins	-	18:57.0	4:21.3	7:36.6	4:44.3
168 ALLEN, Reagan	8	433	Kate Collins	-	18:57.2	4:21.5	7:36.7	4:44.3
169 TROMBURG, Aviyah	7	759	Teach Beach Break	-	18:57.3	4:21.6	7:36.7	4:44.3
170 GREEN, Julianna	6	562	NOVA AC	(117)	18:57.4	4:21.7	7:36.8	4:44.4
171 PERKINS, Alexis	8	753	Tazewell	-	18:57.6	4:21.9	7:36.9	4:44.4
172 BESS, Jacy	8	538	New Kent	118	19:00.5	4:24.8	7:38.0	4:45.1
173 CONWAY, Aryanna	8	601	Powhatan Middle S	119	19:02.2	4:26.5	7:38.7	4:45.6
174 SARABIA, Caroline	7	82	Cave Spring High S	120	19:03.5	4:27.8	7:39.2	4:45.9
175 JONES, Harper	6	124	Christiansburg Midd	(121)	19:03.9	4:28.2	7:39.4	4:46.0
176 SMITH, Olivia	7	361	Henley Middle Scho	122	19:04.1	4:28.4	7:39.5	4:46.0
177 JONES, Liliana	7	94	Charlottesville Cath	123	19:04.5	4:28.8	7:39.6	4:46.1
178 THOMAS, Bettie	7	130	Christiansburg Midd	(124)	19:04.8	4:29.1	7:39.8	4:46.2
179 CONLON, Sydney	7	600	Powhatan Middle S	125	19:05.1	4:29.4	7:39.9	4:46.3
180 STEINBACH, Sophia	6	411	J. Frank Hillyard Mi	126	19:05.8	4:30.1	7:40.2	4:46.5
181 JONES, Allie	8	462	Lee	127	19:05.9	4:30.2	7:40.2	4:46.5
182 LUDWIG, Frances		939	Thomas Harrison M	-	19:06.1	4:30.4	7:40.3	4:46.5
183 DULANEY, Makenzie	7	218	Floyd County	128	19:07.1	4:31.4	7:40.7	4:46.8
184 CYPHERT, Rosalie	8	190	Dunbar Middle Sch	-	19:07.3	4:31.6	7:40.8	4:46.8

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

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Race #3
Girls Championship 4k

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
185 LICHTY, Ann Marie	6	125	Christiansburg Midd	-	19:07.7	4:32.0	7:40.9	4:46.9
186 THOMAS, Marie	7	131	Christiansburg Midd	-	19:07.8	4:32.1	7:41.0	4:47.0
187 WENGER, Matea	7	412	J. Frank Hillyard Mi	129	19:07.9	4:32.2	7:41.0	4:47.0
188 SHEIKH, Laila	6	878	Wilson Middle Scho	(130)	19:09.1	4:33.4	7:41.5	4:47.3
189 NUGENT, Scarlett	6	242	Forest Running Clu	131	19:10.4	4:34.7	7:42.0	4:47.6
190 LAYMAN, Brooklyn	7	406	J. Frank Hillyard Mi	(132)	19:10.6	4:34.9	7:42.1	4:47.7
191 PORTER, Evelyn	8	904	Smithfield Middle	-	19:10.7	4:35.0	7:42.1	4:47.7
192 BUZZY, Kiersten	8	793	Unattached	-	19:11.3	4:35.6	7:42.4	4:47.8
193 GLOVIER, Riley	6	401	J. Frank Hillyard Mi	(133)	19:12.2	4:36.5	7:42.7	4:48.1
194 ESTRELLA, Sophia	7	578	Our Lady of Mount	134	19:12.2	4:36.5	7:42.7	4:48.1
195 BOREL, Meredith	6	235	Forest Running Clu	(135)	19:12.8	4:37.1	7:43.0	4:48.2
196 FIELDS, Kinleigh	7	164	Cumberland Runnin	136	19:14.3	4:38.6	7:43.6	4:48.6
197 RICE, Stella	6	547	New Kent	137	19:15.4	4:39.7	7:44.0	4:48.9
198 FELTS, Taylar	8	541	New Kent	(138)	19:17.1	4:41.4	7:44.7	4:49.3
199 HALL, Lilly	8	872	Wilson Middle Scho	(139)	19:17.9	4:42.2	7:45.0	4:49.5
200 NEARMAN, Tegan	7	645	Rappahannock Osp	-	19:18.8	4:43.1	7:45.4	4:49.7
201 STEWART, Celia	8	167	Cumberland Runnin	140	19:27.6	4:51.9	7:48.9	4:51.9
202 WHITLEY, Hannah	8	375	Isle of Wight Acade	-	19:28.6	4:52.9	7:49.3	4:52.2
203 HAYDEN, Addison	8	267	Fpyc Cheetahs	141	19:30.8	4:55.1	7:50.2	4:52.7
204 ADKINS, Juliana	7	161	Cumberland Runnin	142	19:31.1	4:55.4	7:50.3	4:52.8
205 CARTER, Maddie	7	733	Studley Stingers Ru	-	19:32.6	4:56.9	7:50.9	4:53.2
206 WILSON, Tabitha	8	83	Cave Spring High S	143	19:33.6	4:57.9	7:51.3	4:53.4
207 LUZAICH, Annisten	8	365	Henley Middle Scho	144	19:36.1	5:00.4	7:52.3	4:54.0
208 WRISTON, Mary Ann	7	223	Floyd County	145	19:38.5	5:02.8	7:53.3	4:54.6
209 WILLIAMS, Quinn	6	453	Kate Collins	-	19:40.4	5:04.7	7:54.1	4:55.1
210 MORRIS, Rowan	8	446	Kate Collins	-	19:43.4	5:07.7	7:55.3	4:55.9
211 MURRAY, Sara	6	364	Henley Middle Scho	146	19:43.9	5:08.2	7:55.5	4:56.0
212 DOMINGUS, Naomi	8	697	Skyline Middle Sch	147	19:45.5	5:09.8	7:56.1	4:56.4
213 MCCALL, Ava	7	143	Cornerstone Christi	(148)	19:50.2	5:14.5	7:58.0	4:57.6
214 TAYLOR, Abby	7	653	Saint Catherine's	-	19:51.4	5:15.7	7:58.5	4:57.9
215 CHAMPION, Clalire		921	Dale City Lightning	-	19:53.1	5:17.4	7:59.2	4:58.3
216 LIPSCOMB, Hannah	7	652	Saint Catherine's	-	19:53.4	5:17.7	7:59.3	4:58.4
217 QUEBE, Penny	FR	45	Beverley Manor Mld	149	19:53.5	5:17.8	7:59.3	4:58.4
218 SNODDY, Chloe	7	98	Charlottesville Cath	150	19:54.1	5:18.4	7:59.6	4:58.5
219 ERNST, Ella	6	494	Liberty Christian Ac	151	19:54.8	5:19.1	7:59.8	4:58.7
220 MADDEFORD, Lulu	6	707	St. Benedict Catholi	152	19:55.3	5:19.6	8:00.0	4:58.8
221 BOOTHE, Alyssa	7	216	Floyd County	153	19:57.2	5:21.5	8:00.8	4:59.3
222 LAYNE, Sally	7	545	New Kent	(154)	19:57.8	5:22.1	8:01.0	4:59.5
223 SUMMERS, Emily	8	502	Liberty Christian Ac	155	19:58.3	5:22.6	8:01.2	4:59.6
224 MANETTA, Sarah	7	408	J. Frank Hillyard Mi	-	20:00.7	5:25.0	8:02.2	5:00.2
225 BOOTH, Lilly	7	398	J. Frank Hillyard Mi	-	20:00.9	5:25.2	8:02.3	5:00.2
226 DAVID, Alannah	6	512	Manchester Middle	-	20:01.5	5:25.8	8:02.5	5:00.4
227 KEAGY, Jady	7	403	J. Frank Hillyard Mi	-	20:03.1	5:27.4	8:03.2	5:00.8
228 RACER, Macon	8	927	Raider Nation TC	-	20:03.5	5:27.8	8:03.3	5:00.9
229 BARBA, Beatrix	6	259	Fpyc Cheetahs	156	20:04.1	5:28.4	8:03.6	5:01.0
230 EL SHENAWY, Nora	8	79	Cave Spring High S	157	20:08.0	5:32.3	8:05.1	5:02.0

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

Mechanicsville, VA

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Race #3
Girls Championship 4k

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	
231	PARMITER, Joy	6	499	Liberty Christian Ac	158	20:09.1	5:33.4	8:05.6	5:02.3
232	ROACH, Reagan	6	702	Skyline Middle Sch	159	20:10.9	5:35.2	8:06.3	5:02.7
233	DODSON, Rowan	6	932	St. Benedict Catholi	160	20:11.5	5:35.8	8:06.5	5:02.9
234	WARD, Emily	8	452	Kate Collins	-	20:11.5	5:35.8	8:06.5	5:02.9
235	ALLEN, Rachel	8	432	Kate Collins	-	20:11.7	5:36.0	8:06.6	5:02.9
236	HUDSON, Olivia	7	543	New Kent	-	20:14.9	5:39.2	8:07.9	5:03.7
237	GERBER, Abigail	6	871	Wilson Middle Scho	-	20:15.5	5:39.8	8:08.2	5:03.9
238	JONES, Amelia	7	441	Kate Collins	-	20:20.1	5:44.4	8:10.0	5:05.0
239	COCKRAM, Ava	8	217	Floyd County	(161)	20:21.4	5:45.7	8:10.5	5:05.4
240	BRISTOW, Brooke	8	511	Manchester Middle	-	20:22.9	5:47.2	8:11.1	5:05.7
241	KINARD, Lainey	6	818	Veritas School	162	20:23.4	5:47.7	8:11.3	5:05.9
242	CUNNINGHAM, Gabrielle	7	107	Christ Chapel Acad	163	20:24.1	5:48.4	8:11.6	5:06.0
243	DOUGLAS, Emma	7	817	Veritas School	164	20:24.5	5:48.8	8:11.8	5:06.1
244	STINES, Shelby	8	514	Manchester Middle	-	20:25.5	5:49.8	8:12.2	5:06.4
245	SOUDERS, Noelle	8	145	Cornerstone Christi	(165)	20:26.3	5:50.6	8:12.5	5:06.6
246	MCCLURE, Sadie	6	820	Veritas School	166	20:27.9	5:52.2	8:13.1	5:07.0
247	ARGENBRIGHT, Gwen	7	434	Kate Collins	-	20:30.6	5:54.9	8:14.2	5:07.7
248	MANETTA, Hannah	8	407	J. Frank Hillyard Mi	-	20:32.4	5:56.7	8:14.9	5:08.1
249	ATTIN, Ezra	8	491	Liberty Christian Ac	167	20:36.8	6:01.1	8:16.7	5:09.2
250	SELLERS, Chloe	7	877	Wilson Middle Scho	-	20:37.8	6:02.1	8:17.1	5:09.5
251	COSTA, Emma	7	281	Frederick County Mi	168	20:38.3	6:02.6	8:17.3	5:09.6
252	SAUNDERS, Aubrey	7	876	Wilson Middle Scho	-	20:39.6	6:03.9	8:17.8	5:09.9
253	DEBERRY, Emily	8	283	Frederick County Mi	169	20:39.7	6:04.0	8:17.9	5:09.9
254	CYPHER, Kayla	8	42	Beverley Manor Mld	170	20:40.9	6:05.2	8:18.4	5:10.2
255	STOUGH, Ava	8	168	Cumberland Runnin	171	20:44.4	6:08.7	8:19.8	5:11.1
256	JAIN, Avantika	6	480	Legacy Track and F	-	20:46.6	6:10.9	8:20.6	5:11.7
257	KONESCO, Maria	6	819	Veritas School	172	20:48.0	6:12.3	8:21.2	5:12.0
258	HOUGHTON, Bailey	SR	319	Greater Williamsbur	(173)	20:48.2	6:12.5	8:21.3	5:12.1
259	MEYER, Lily	6	821	Veritas School	(174)	20:51.3	6:15.6	8:22.5	5:12.8
260	COMBS, Madeleine	4	479	Legacy Track and F	-	20:51.7	6:16.0	8:22.7	5:12.9
261	REINFORD, Amarisa	7	410	J. Frank Hillyard Mi	-	20:52.5	6:16.8	8:23.0	5:13.1
262	HILKER, Esme	6	440	Kate Collins	-	20:52.8	6:17.1	8:23.1	5:13.2
263	TUTTLE, Bela	6	680	Shelburne Middle S	-	20:54.9	6:19.2	8:24.0	5:13.7
264	HAWKINS, Lilly	8	220	Floyd County	(175)	20:55.1	6:19.4	8:24.1	5:13.8
265	DOLAN, Reilly	7	108	Christ Chapel Acad	176	20:56.5	6:20.8	8:24.6	5:14.1
266	MILLER, London	7	323	Greater Williamsbur	-	20:56.8	6:21.1	8:24.7	5:14.2
267	HEWITT, Eliza	6	699	Skyline Middle Sch	(177)	21:00.5	6:24.8	8:26.2	5:15.1
268	COREL, Eme	8	749	Tazewell	-	21:00.6	6:24.9	8:26.3	5:15.2
269	SPALDING, Emmalyn	5	326	Greater Williamsbur	-	21:01.1	6:25.4	8:26.5	5:15.3
270	GRIM, Brailey	6	724	Stuarts Draft Middle	178	21:02.4	6:26.7	8:27.0	5:15.6
271	MILLER, Delicia	7	111	Christ Chapel Acad	179	21:03.4	6:27.7	8:27.4	5:15.9
272	NELSON, Jaleia	8	184	Daniel Morgan Midd	180	21:07.0	6:31.3	8:28.8	5:16.8
273	MELTON, Lily	6	727	Stuarts Draft Middle	181	21:09.5	6:33.8	8:29.8	5:17.4
274	HOWLEY, Mary	7	769	Thomas Harrison M	-	21:09.9	6:34.2	8:30.0	5:17.5
275	ESTES, Breigh	6	437	Kate Collins	-	21:12.5	6:36.8	8:31.0	5:18.1
276	HAZELWOOD, Isabella	8	287	Frederick County Mi	(182)	21:21.5	6:45.8	8:34.7	5:20.4

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

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Race #3 Girls Championship 4k

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
277 FILES, Allison	8	286	Frederick County Mi	(183)	21:22.3	6:46.6	8:35.0	5:20.6
278 CANONIZADO, Jasmine	8	261	Fpyc Cheetahs	(184)	21:24.4	6:48.7	8:35.8	5:21.1
279 WAGNER, Hadley	7	605	Powhatan Middle S	(185)	21:24.9	6:49.2	8:36.0	5:21.2
280 PATRICK, Taryn	8	899	Heritmage Middle	-	21:25.7	6:50.0	8:36.3	5:21.4
281 BREWER, Lillian	6	458	Lee	186	21:26.9	6:51.2	8:36.8	5:21.7
282 PARKER, Maddy	7	409	J. Frank Hillyard Mi	-	21:27.7	6:52.0	8:37.1	5:21.9
283 DAVIS, Jaleela	6	539	New Kent	-	21:27.9	6:52.2	8:37.2	5:22.0
284 BOROUGHS, Ava	7	436	Kate Collins	-	21:28.5	6:52.8	8:37.5	5:22.1
285 DUNN, Callie	8	400	J. Frank Hillyard Mi	-	21:34.8	6:59.1	8:40.0	5:23.7
286 VARGAS, Lourdes	6	708	St. Benedict Catholi	187	21:36.5	7:00.8	8:40.7	5:24.1
287 QUEZADA LANDAETA, Adri	7	701	Skyline Middle Sch	(188)	21:37.0	7:01.3	8:40.9	5:24.3
288 KERR, Carly	6	404	J. Frank Hillyard Mi	-	21:37.3	7:01.6	8:41.0	5:24.3
289 COOK, Charlotte	7	399	J. Frank Hillyard Mi	-	21:38.1	7:02.4	8:41.3	5:24.5
290 ARDEN, Azriel	7	558	NOVA AC	(189)	21:38.3	7:02.6	8:41.4	5:24.6
291 SALYER, Kylie	7	290	Frederick County Mi	-	21:39.0	7:03.3	8:41.7	5:24.8
292 MURPHY, Madelyn	7	604	Powhatan Middle S	(190)	21:42.6	7:06.9	8:43.1	5:25.7
293 KAMDEM, Emmanuelle	8	726	Stuarts Draft Middle	(191)	21:59.7	7:24.0	8:50.0	5:29.9
294 HARP, Hannah	6	844	William Monroe Mid	192	22:02.3	7:26.6	8:51.0	5:30.6
295 EVANS, Addison	8	843	William Monroe Mid	193	22:03.4	7:27.7	8:51.5	5:30.9
296 SUMMERS, Caroline	8	501	Liberty Christian Ac	(194)	22:04.6	7:28.9	8:52.0	5:31.2
297 DOUCET, Zoe	8	540	New Kent	-	22:05.9	7:30.2	8:52.5	5:31.5
298 KLINE, Kimberly	6	405	J. Frank Hillyard Mi	-	22:12.0	7:36.3	8:54.9	5:33.0
299 PITTMAN, Karis	6	419	James River Eagles	-	22:16.2	7:40.5	8:56.6	5:34.1
300 HUBER, Ella	6	374	Isle of Wight Acade	-	22:21.9	7:46.2	8:58.9	5:35.5
301 HARVEY, Lindsey	7	165	Cumberland Runnin	(195)	22:25.5	7:49.8	9:00.4	5:36.4
302 HOOVER, Layla	7	677	Shelburne Middle S	-	22:26.8	7:51.1	9:00.9	5:36.7
303 JONES, Charlotte	8	442	Kate Collins	-	22:28.9	7:53.2	9:01.7	5:37.2
304 STERLING, Makayla	6	580	Our Lady of Mount	196	22:29.7	7:54.0	9:02.0	5:37.4
305 WALKER, Gracie	8	670	Shawsville Middle S	-	22:31.4	7:55.7	9:02.7	5:37.9
306 MOONEYHAN, Celsey	7	465	Lee	197	22:34.4	7:58.7	9:03.9	5:38.6
307 LAYNE, Rilee	7	544	New Kent	-	22:37.7	8:02.0	9:05.3	5:39.4
308 KLIMEK, Harper	6	874	Wilson Middle Scho	-	22:39.5	8:03.8	9:06.0	5:39.9
309 JOHNSON, Kennedy	6	238	Forest Running Clu	(198)	22:41.1	8:05.4	9:06.6	5:40.3
310 SPARKMAN, Mollie	6	500	Liberty Christian Ac	(199)	22:44.1	8:08.4	9:07.8	5:41.0
311 BOOTHE, Abigail	7	215	Floyd County	-	22:44.8	8:09.1	9:08.1	5:41.2
312 JAYE, Brooke	7	43	Beverley Manor Mid	200	22:48.1	8:12.4	9:09.4	5:42.0
313 KEITH, Mia	7	239	Forest Running Clu	-	22:51.1	8:15.4	9:10.6	5:42.8
314 HARRIS, Autumn	7	219	Floyd County	-	22:53.5	8:17.8	9:11.6	5:43.4
315 ALLEN, Alivia	7	213	Floyd County	-	22:53.6	8:17.9	9:11.6	5:43.4
316 GARBER, Maya	8	870	Wilson Middle Scho	-	22:56.1	8:20.4	9:12.7	5:44.0
317 STEWART, Grace	8	221	Floyd County	-	22:58.5	8:22.8	9:13.6	5:44.6
318 SUMMERS, Julia	6	503	Liberty Christian Ac	-	22:59.7	8:24.0	9:14.1	5:44.9
319 WATSON, Madelyn	7	848	William Monroe Mid	201	23:02.6	8:26.9	9:15.3	5:45.7
320 TRUSLOW, Melissa	8	846	William Monroe Mid	(202)	23:16.6	8:40.9	9:20.9	5:49.2
321 AKUAMOUH-BOATENG, Ga	8	842	William Monroe Mid	(203)	23:17.6	8:41.9	9:21.3	5:49.4
322 SPANGLER, Madeleine	7	362	Henley Middle Scho	(204)	23:21.7	8:46.0	9:22.9	5:50.4

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

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**Race #3
Girls Championship 4k****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
323 WALL, Ellie	8	754	Tazewell	-	23:31.9	8:56.2	9:27.0	5:53.0
324 HANSBROUGH, Alexis	6	181	Daniel Morgan Midd	(205)	23:32.7	8:57.0	9:27.3	5:53.2
325 BLACKMAN, Jasmin	6	105	Christ Chapel Acad	206	23:36.7	9:01.0	9:29.0	5:54.2
326 BURGESS, Ciara	6	106	Christ Chapel Acad	207	23:37.8	9:02.1	9:29.4	5:54.5
327 FINLEY, Gwen	8	80	Cave Spring High S	(208)	23:43.3	9:07.6	9:31.6	5:55.8
328 CANADA, Ellie	6	493	Liberty Christian Ac	-	23:53.1	9:17.4	9:35.5	5:58.3
329 WARD, Moira	6	709	St. Benedict Catholi	209	24:18.5	9:42.8	9:45.7	6:04.6
330 JONES-EDWARDS, Lauren	8	706	St. Benedict Catholi	210	24:45.9	10:10.2	9:56.7	6:11.5
331 PAAUW, Victoria	6	498	Liberty Christian Ac	-	24:56.1	10:20.4	10:00.8	6:14.0
332 NOTO, Lily	7	678	Shelburne Middle S	-	24:56.5	10:20.8	10:01.0	6:14.1
333 BOYD, Lily	8	317	Greater Williamsbur	-	24:57.5	10:21.8	10:01.4	6:14.4
334 TAYE, Yosabeth	6	112	Christ Chapel Acad	(211)	25:27.4	10:51.7	10:13.4	6:21.9
335 WALES, Karsen	7	46	Beverley Manor Mid	212	25:39.8	11:04.1	10:18.4	6:25.0
336 CARPENTER, Alexandra	7	676	Shelburne Middle S	-	25:47.6	11:11.9	10:21.5	6:26.9
337 JOHNSON, Morgan	7	109	Christ Chapel Acad	(213)	26:01.0	11:25.3	10:26.9	6:30.3
338 BALDWIN, Virginia	6	492	Liberty Christian Ac	-	26:26.7	11:51.0	10:37.2	6:36.7
339 SWANSON, Caroline	6	879	Wilson Middle Scho	-	27:20.8	12:45.1	10:59.0	6:50.2
340 GLASS, Lillian	6	495	Liberty Christian Ac	-	27:47.5	13:11.8	11:09.7	6:56.9
341 BREAZZEAL, Emmalynn	8	901	Smithfield Middle	-	28:21.1	13:45.4	11:23.2	7:05.3