

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, October 21, 2023



OFFICIAL MEET REPORT

printed: 10/21/2023 6:37 PM

Race #3
Girls Championship 4k

Final Results

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1.6K	2K	2.7K	
1	PIERCE, Juliana	8	69	Buford Middle Scho	-	14:35.7	---	5:51.7	3:38.9	5:51.5	7:22.3	9:39.3
2	VALENTI, Amelia	8	328	Greater Williamsbur	1	14:40.4	4.7	5:53.6	3:40.1	6:00.5	7:28.5	9:48.1
3	REED, Mariah	8	127	Christiansburg Midd	1	14:41.8	6.1	5:54.1	3:40.5	5:46.9	7:25.1	9:39.9
4	NATALUCCI, Emilia	8	895	XC-Elite	2	14:44.3	8.6	5:55.1	3:41.1	5:51.5	7:30.6	9:47.0
5	RAMIREZ, Maddie	8	896	XC-Elite	3	14:45.5	9.8	5:55.6	3:41.4	5:51.8	7:31.5	9:47.4
6	MANCINI, Hayley	8	804	Valley Blaze	2	14:55.7	20.0	5:59.7	3:43.9	5:52.6	7:33.6	9:47.7
7	HARDING, Lilah	7	369	Hidden Valley High	-	15:03.0	27.3	6:02.7	3:45.8	5:58.4	7:29.7	9:52.7
8	MAYO, Josie	7	322	Greater Williamsbur	4	15:03.5	27.8	6:02.9	3:45.9	6:04.1	7:39.5	10:00.8
9	NASH, Ely	8	16	Appomattox County	-	15:07.2	31.5	6:04.3	3:46.8	5:52.4	7:57.6	9:51.1
10	FREEMAN, Remington	8	318	Greater Williamsbur	5	15:15.5	39.8	6:07.7	3:48.9	6:08.0	7:46.3	10:00.7
11	ROWE, Macy	8	449	Kate Collins	3	15:19.6	43.9	6:09.3	3:49.9	6:03.1	7:59.6	10:04.4
12	PARKER, Chloe	5	565	NOVA AC	6	15:24.3	48.6	6:11.2	3:51.1	5:58.9	7:57.6	10:03.0
13	ZEALAND, Piper	8	590	Pacers Homeschool	-	15:29.4	53.7	6:13.3	3:52.4	6:18.6	7:57.5	10:24.9
14	MADIGAN, Samantha	8	240	Forest Running Clu	4	15:31.1	55.4	6:13.9	3:52.8	6:09.3	7:43.6	10:11.5
15	FEDELE, Alyssa	7	771	Track 757	-	15:31.3	55.6	6:14.0	3:52.8	5:59.9	7:49.6	10:04.7
16	THOMAS, Reilly	8	63	Blacksburg Middle	5	15:36.1	1:00.4	6:15.9	3:54.0	6:01.2	7:48.5	10:11.5
17	HARLOW, Ellie	8	198	Endorphin Fitness	-	15:37.9	1:02.2	6:16.7	3:54.5	6:00.6	7:55.2	10:06.0
18	JANTZEN, Neda	8	58	Blacksburg Middle	6	15:41.8	1:06.1	6:18.2	3:55.5	6:01.3	7:47.9	10:11.3
19	LACKEY, Anna	8	142	Cornerstone Christi	7	15:42.8	1:07.1	6:18.6	3:55.7	6:12.5	7:53.6	10:20.8
20	GORDON, Ashton	8	141	Cornerstone Christi	8	15:43.7	1:08.0	6:19.0	3:55.9	5:58.2	7:52.3	10:09.6
21	CHENEY, Addison	8	455	King George Middle	-	15:45.9	1:10.2	6:19.9	3:56.5	6:24.8	8:00.3	10:27.6
22	BEEGLE, Annika	8	214	Floyd County	9	15:55.4	1:19.7	6:23.7	3:58.9	6:08.9	7:51.3	10:21.0
23	CURTIS, Sydney	8	197	Endorphin Fitness	-	15:57.6	1:21.9	6:24.6	3:59.4	6:03.9	7:58.8	10:20.7
24	DUNLAVY, ELLA	7	891	XC-Elite	7	16:00.0	1:24.3	6:25.5	4:00.0	6:13.7	7:54.8	10:25.4
25	AGYEMAN-DUAH, Christabe	7	478	Legacy Track and F	-	16:10.7	1:35.0	6:29.8	4:02.7	6:02.3	7:54.6	10:01.2
26	FLEISCHMANN, Brooklyn	8	542	New Kent	10	16:10.7	1:35.0	6:29.8	4:02.7	6:15.6	7:57.0	10:29.7
27	TROTH, Ella	8	146	Cornerstone Christi	11	16:18.0	1:42.3	6:32.8	4:04.5	6:04.5	7:54.2	10:32.2
28	POINDEXTER, Ava	6	299	Glenvar High Schoo	-	16:20.8	1:45.1	6:33.9	4:05.2	6:18.7	7:59.9	10:40.3
29	OLSEN, Lola	8	61	Blacksburg Middle	12	16:21.1	1:45.4	6:34.0	4:05.3	6:20.5	8:06.1	10:46.1
30	HORTEGA, Anastasia	7	563	NOVA AC	8	16:21.2	1:45.5	6:34.1	4:05.3	6:14.4	7:56.6	10:38.0
31	GONG, Elizabeth	8	200	Faith In Action Mini	-	16:24.1	1:48.4	6:35.2	4:06.0	6:22.2	8:06.2	10:45.6
32	LOWE, Anna	8	802	Valley Blaze	13	16:24.3	1:48.6	6:35.3	4:06.1	6:31.6	8:11.6	10:49.2
33	HERUM, Riley	7	757	Teach Beach Break	-	16:25.1	1:49.4	6:35.6	4:06.3	6:30.7	8:12.1	10:46.6
34	CAMPBELL, Izzy	7	763	The Light Academy	-	16:26.1	1:50.4	6:36.0	4:06.5	6:41.2	8:21.2	10:58.6
35	SAUNDERS, Annabella	8	875	Wilson Middle Scho	14	16:27.4	1:51.7	6:36.5	4:06.9	6:36.5	8:20.5	10:56.5
36	LORD, Juliet	7	682	Shockwaves Youth	-	16:27.9	1:52.2	6:36.7	4:07.0	5:58.8	8:02.3	10:22.0
37	CROMPTON, Julia	8	602	Powhatan Middle S	15	16:28.0	1:52.3	6:36.8	4:07.0	6:27.0	8:08.8	10:50.4
38	MONTINI, Sofia	7	153	Crozet Crew	-	16:28.8	1:53.1	6:37.1	4:07.2	6:39.5	8:22.5	10:58.8
39	FRITTS, Maddie	7	151	Crozet Crew	-	16:30.0	1:54.3	6:37.6	4:07.5	6:39.7	8:20.8	10:58.4
40	COFFMAN, Henley Ann	8	716	Stewart Middle Sch	-	16:32.1	1:56.4	6:38.4	4:08.0	6:26.5	8:09.9	10:50.8
41	JONES, Braelyn	7	603	Powhatan Middle S	16	16:33.4	1:57.7	6:39.0	4:08.4	6:29.3	8:10.9	10:52.8
42	COMBS, Kennedy	6	794	Unattached	-	16:36.8	2:01.1	6:40.3	4:09.2	6:23.7	8:10.1	10:52.7
43	KEAGY, Lacey	8	444	Kate Collins	17	16:38.4	2:02.7	6:41.0	4:09.6	6:32.0	8:16.6	10:59.9
44	BREEDEN, Anna	8	560	NOVA AC	9	16:41.1	2:05.4	6:42.0	4:10.3	6:46.0	8:29.2	11:10.3
45	MELIN, Raelynn	8	241	Forest Running Clu	18	16:41.6	2:05.9	6:42.2	4:10.4	6:51.9	8:29.6	11:05.1
46	COMARA, Massandje	8	898	Heritage Middle	-	16:44.5	2:08.8	6:43.4	4:11.1	6:26.4	8:10.9	10:49.0

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1.6K	2K	2.7K
47 PRINCE, Sally	8	62	Blacksburg Middle	19	16:48.5	2:12.8	6:45.0	4:12.1	6:35.7	8:21.4	11:03.4
48 OLSEN, Harper	8	60	Blacksburg Middle	20	16:48.9	2:13.2	6:45.2	4:12.2	6:23.0	8:08.3	10:53.3
49 WHITLOCK, Natalie	6	606	Powhatan Middle S	21	16:51.9	2:16.2	6:46.4	4:13.0	6:38.8	8:19.7	11:00.8
50 VAN HOOSE, Reese	8	847	William Monroe Mid	22	16:53.6	2:17.9	6:47.1	4:13.4	6:37.4	8:23.2	11:08.7
51 IMLER, Reagan	7	525	Maury River Middle	-	16:54.1	2:18.4	6:47.3	4:13.5	6:32.5	8:20.6	11:08.1
52 JONES, Jules	8	903	Smithfield Middle	-	16:54.2	2:18.5	6:47.3	4:13.6	6:19.7	8:07.3	10:48.2
53 KELLER, Laney	8	95	Charlottesville Cath	23	16:54.5	2:18.8	6:47.4	4:13.6	6:42.1	8:28.8	11:11.4
54 ANDES, Hope	8	55	Blacksburg Middle	(24)	16:54.6	2:18.9	6:47.5	4:13.7	6:29.8	8:16.2	11:00.7
55 BUCEY-CARD, Nina	7	624	Pulaski County	-	16:55.8	2:20.1	6:48.0	4:14.0	6:14.9	8:01.4	10:49.5
56 GONZALEZ, Victoria	6	626	Pulaski County	-	16:58.1	2:22.4	6:48.9	4:14.5	6:48.6	8:31.7	11:14.2
57 MILLER, Marykate	8	805	Valley Blaze	25	16:59.1	2:23.4	6:49.3	4:14.8	6:31.7	8:12.7	10:58.8
58 LESLIE, Lillian	8	831	Warren County Mid	26	17:05.3	2:29.6	6:51.8	4:16.3	6:52.3	8:39.7	11:25.0
59 GOODWIN, Olivia	8	93	Charlottesville Cath	27	17:06.7	2:31.0	6:52.3	4:16.7	6:42.2	8:30.6	11:12.8
60 MCNICHOLAS, Lila	7	445	Kate Collins	28	17:07.5	2:31.8	6:52.7	4:16.9	6:45.1	8:30.1	11:13.9
61 ALI, Limaya	7	396	J. Frank Hillyard Mi	29	17:07.9	2:32.2	6:52.8	4:17.0	6:49.4	8:30.3	11:13.0
62 THOMBS, Gabriell	6	334	Grove Christian Sch	-	17:08.3	2:32.6	6:53.0	4:17.1	6:26.1	8:13.0	10:58.1
63 DOWNER, Zoey	8	358	Henley Middle Scho	30	17:09.5	2:33.8	6:53.5	4:17.4	6:27.9	8:17.7	11:12.4
64 WOOD, Tenley	7	548	New Kent	31	17:12.0	2:36.3	6:54.5	4:18.0	6:55.4	8:40.2	11:23.3
65 DUNLAVY, ANNIE	4	890	XC-Elite	10	17:12.1	2:36.4	6:54.5	4:18.0	6:38.6	8:25.7	11:12.6
66 HICKS, Alice	7	81	Cave Spring High S	32	17:13.2	2:37.5	6:54.9	4:18.3	6:32.4	8:19.8	11:07.3
67 WALTER, Mercy	7	799	Unattached	-	17:15.0	2:39.3	6:55.7	4:18.8	6:27.0	8:13.6	11:03.3
68 HARRIS, Annie	6	438	Kate Collins	33	17:16.6	2:40.9	6:56.3	4:19.2	6:47.9	8:33.0	11:24.2
69 CLEMONS, Piper	8	650	Saint Catherine's	-	17:17.6	2:41.9	6:56.7	4:19.4	6:53.3	8:42.5	11:34.2
70 SHOPPELL, Alexandra	7	739	Studley Stingers Ru	11	17:19.2	2:43.5	6:57.3	4:19.8	7:07.6	8:52.2	11:39.4
71 HOLSINGER, Helen	7	402	J. Frank Hillyard Mi	34	17:19.3	2:43.6	6:57.4	4:19.8	6:50.1	8:36.3	11:20.2
72 FRANKLIN, Reva	6	869	Wilson Middle Scho	35	17:19.7	2:44.0	6:57.6	4:19.9	6:51.5	8:39.0	11:27.6
73 EBERT, Abigail	7	284	Frederick County Mi	36	17:20.5	2:44.8	6:57.9	4:20.1	6:47.2	8:34.9	11:20.0
74 DICKEL, Reyna	8	800	Valley Blaze	37	17:22.1	2:46.4	6:58.5	4:20.5	6:47.5	8:32.1	11:17.8
75 THROWER, Kristin	6	451	Kate Collins	38	17:22.2	2:46.5	6:58.6	4:20.6	6:56.2	8:41.7	11:25.9
76 NICHOLSON, Abbey	7	126	Christiansburg Midd	39	17:22.6	2:46.9	6:58.7	4:20.7	6:31.5	8:21.2	11:16.0
77 VAN METER, Emma	7	740	Studley Stingers Ru	12	17:22.8	2:47.1	6:58.8	4:20.7	7:07.6	8:53.0	11:39.7
78 KILLEEN, Olivia	7	651	Saint Catherine's	-	17:22.9	2:47.2	6:58.8	4:20.7	6:54.4	8:43.0	11:34.6
79 KEAGY, Kaitlyn	8	443	Kate Collins	(40)	17:23.7	2:48.0	6:59.2	4:20.9	7:01.3	8:47.4	11:34.8
80 BOUCHER, Sydney	7	732	Studley Stingers Ru	13	17:24.9	2:49.2	6:59.6	4:21.2	7:07.9	8:54.3	11:39.7
81 WARNER, Anna	7	741	Studley Stingers Ru	14	17:25.3	2:49.6	6:59.8	4:21.3	7:08.2	8:53.8	11:40.3
82 KALBAUGH, Fiona	8	893	XC-Elite	15	17:25.8	2:50.1	7:00.0	4:21.5	6:55.9	8:44.2	11:30.6
83 ARBOUR, Cole	6	149	Crozet Crew	-	17:26.0	2:50.3	7:00.1	4:21.5	6:54.9	8:43.2	11:29.2
84 NUTTER, Alice	6	700	Skyline Middle Sch	41	17:26.3	2:50.6	7:00.2	4:21.6	6:50.3	8:36.7	11:26.3
85 MILLER, Leia	7	497	Liberty Christian Ac	42	17:27.6	2:51.9	7:00.7	4:21.9	6:48.2	8:34.9	11:25.8
86 HARP, Madeline	8	845	William Monroe Mid	43	17:29.6	2:53.9	7:01.5	4:22.4	6:46.7	8:35.9	11:26.8
87 LOUCKS, Aubrey	8	546	New Kent	44	17:30.1	2:54.4	7:01.7	4:22.5	6:55.8	8:42.2	11:30.9
88 HUMBERT, Kelsie	8	892	XC-Elite	(16)	17:30.2	2:54.5	7:01.8	4:22.6	7:03.4	8:49.7	11:36.8
89 SHOWALTER, Elizabeth	6	770	Thomas Harrison M	-	17:32.1	2:56.4	7:02.5	4:23.0	7:17.1	9:02.3	11:45.6
90 PARUCHABUTR, Sirintip	6	269	Fpyc Cheetahs	17	17:32.3	2:56.6	7:02.6	4:23.1	6:56.9	8:42.7	11:39.2
91 NEWTON, Audrey	8	758	Teach Beach Break	-	17:32.4	2:56.7	7:02.7	4:23.1	7:00.8	8:48.6	11:32.1
92 CECIL, Delanie	6	748	Tazewell	-	17:32.6	2:56.9	7:02.7	4:23.2	7:04.9	8:48.7	11:34.8

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93 BARKAT, Eliana	8	559	NOVA AC	18	17:33.0	2:57.3	7:02.9	4:23.3	6:46.8	8:39.3	11:28.9
94 ENOCHS, Mirabella	7	285	Frederick County Mi	45	17:33.2	2:57.5	7:03.0	4:23.3	6:59.4	8:44.7	11:38.1
95 BRANAN, Lisa	7	576	Our Lady of Mount	46	17:33.5	2:57.8	7:03.1	4:23.4	6:53.3	8:43.0	11:33.8
96 KELLER, Madeline	6	59	Blacksburg Middle	(47)	17:33.7	2:58.0	7:03.2	4:23.4	6:52.5	8:38.6	11:25.4
97 ROLLER, Harper	7	448	Kate Collins	(48)	17:33.8	2:58.1	7:03.2	4:23.5	6:58.4	8:47.0	11:37.0
98 CONSTANTINO, Claire	8	180	Daniel Morgan Midd	49	17:34.5	2:58.8	7:03.5	4:23.6	7:06.4	8:52.5	11:43.0
99 GASS, Gretchen	8	828	Warren County Mid	50	17:35.3	2:59.6	7:03.8	4:23.8	6:58.7	8:48.4	11:33.5
100 SAIA, Madeline	7	128	Christiansburg Midd	51	17:35.7	3:00.0	7:04.0	4:23.9	6:50.3	8:40.1	11:32.5
101 GODSHALL, Eliza	8	768	Thomas Harrison M	-	17:36.9	3:01.2	7:04.5	4:24.2	7:04.1	8:51.3	11:41.3
102 COOK, Clara	7	56	Blacksburg Middle	-	17:37.6	3:01.9	7:04.7	4:24.4	6:53.1	8:43.7	11:33.0
103 HUPMAN, Peyton	6	873	Wilson Middle Scho	52	17:38.3	3:02.6	7:05.0	4:24.6	7:12.4	8:59.0	11:39.7
104 WASHINGTON, MORGAN	7	897	XC-Elite	(19)	17:39.5	3:03.8	7:05.5	4:24.9	7:00.0	8:46.9	11:41.1
105 GARCIA RIVERA, Maria	7	264	Fpyc Cheetahs	20	17:40.0	3:04.3	7:05.7	4:25.0	6:59.4	8:49.0	11:38.3
106 PORTER, Jayleh	8	185	Daniel Morgan Midd	53	17:40.6	3:04.9	7:05.9	4:25.2	6:40.4	8:31.5	11:27.6
107 GASS, Cara	6	827	Warren County Mid	54	17:41.2	3:05.5	7:06.2	4:25.3	7:02.8	8:55.1	11:47.1
108 DAY, Myla	8	588	Pacers Homeschool	-	17:41.3	3:05.6	7:06.2	4:25.3	7:00.8	8:50.5	11:39.4
109 PADILLA-NAJARRO, Melani	8	289	Frederick County Mi	55	17:43.0	3:07.3	7:06.9	4:25.8	7:02.5	8:54.3	11:45.4
110 QUEBE, Helen	7	44	Beverly Manor Mid	56	17:43.6	3:07.9	7:07.1	4:25.9	6:58.1	8:45.2	11:39.0
111 BOGGS, McKayla	8	397	J. Frank Hillyard Mi	57	17:43.7	3:08.0	7:07.2	4:25.9	7:01.7	8:50.5	11:40.6
112 PFISTER, Lilyanne	8	728	Stuarts Draft Middle	58	17:44.4	3:08.7	7:07.5	4:26.1	6:50.9	8:41.3	11:33.8
113 HIJJEH, Lydia	7	801	Valley Blaze	59	17:44.7	3:09.0	7:07.6	4:26.2	6:48.9	8:36.5	11:30.3
114 PHILLIPS, Virginia	6	191	Dunbar Middle Sch	-	17:45.7	3:10.0	7:08.0	4:26.4	7:03.1	8:53.4	11:44.3
115 PARLEE, Anna	8	807	Valley Blaze	(60)	17:49.4	3:13.7	7:09.5	4:27.4	6:51.8	8:44.2	11:37.1
116 TROUT, Aliza	7	32	Auburn Middle Sch	-	17:50.7	3:15.0	7:10.0	4:27.7	6:52.9	8:43.2	11:38.1
117 SWOPE, Emma	8	832	Warren County Mid	61	17:51.5	3:15.8	7:10.3	4:27.9	7:07.2	8:55.3	11:46.5
118 PINSON, Caroline	6	96	Charlottesville Cath	62	17:57.0	3:21.3	7:12.5	4:29.3	7:13.1	9:05.8	11:45.6
119 GRIM, Miranda	8	926	Raider Nation TC	-	17:57.1	3:21.4	7:12.6	4:29.3	7:11.7	9:03.1	11:49.3
120 BANKS, Chloe	7	575	Our Lady of Mount	63	17:59.7	3:24.0	7:13.6	4:29.9	7:01.1	8:52.5	11:48.1
121 GRIM, Cordelia	8	925	Raider Nation TC	-	18:00.3	3:24.6	7:13.9	4:30.1	7:11.2	9:02.5	11:49.4
122 EDENS, Kandice	7	459	Lee	64	18:00.5	3:24.8	7:13.9	4:30.1	7:05.2	8:55.2	11:48.9
123 MORTIER, Gracie	6	324	Greater Williamsbur	21	18:02.0	3:26.3	7:14.5	4:30.5	7:33.0	9:22.9	12:15.2
124 HINES, Amelia	6	461	Lee	65	18:02.2	3:26.5	7:14.6	4:30.6	7:05.8	8:55.5	11:48.9
125 TIDWELL, Anna	8	456	King George Middle	-	18:02.3	3:26.6	7:14.7	4:30.6	7:09.2	9:01.2	11:54.7
126 SHOPPELL, Addison	6	738	Studley Stingers Ru	22	18:02.6	3:26.9	7:14.8	4:30.7	7:15.8	9:01.9	11:49.8
127 WILLIAMS, Zoiee	8	132	Christiansburg Midd	66	18:05.5	3:29.8	7:15.9	4:31.4	6:30.8	8:27.6	11:29.2
128 DANIELS, Grace	8	696	Skyline Middle Sch	67	18:06.5	3:30.8	7:16.3	4:31.6	7:13.1	9:03.1	11:53.7
129 JOHNSON, Jameson	8	237	Forest Running Clu	68	18:07.7	3:32.0	7:16.8	4:31.9	7:06.6	8:58.0	11:52.8
130 COYNE, Reilly	7	734	Studley Stingers Ru	(23)	18:09.0	3:33.3	7:17.3	4:32.3	7:16.3	9:03.8	11:57.4
131 VOGEL, Nancy	7	329	Greater Williamsbur	24	18:10.2	3:34.5	7:17.8	4:32.6	7:00.2	8:41.3	11:35.4
132 WHITLOW, Lucy	7	335	Grove Christian Sch	-	18:11.2	3:35.5	7:18.2	4:32.8	6:52.1	8:41.3	11:41.4
133 NISHIYAMA, Taylor	8	144	Cornerstone Christi	69	18:11.3	3:35.6	7:18.3	4:32.8	6:57.7	8:54.5	12:02.0
134 ICKES, Catherine	6	320	Greater Williamsbur	(25)	18:12.4	3:36.7	7:18.7	4:33.1	7:32.7	9:23.5	12:16.2
135 HOULIHAN, Cailin	8	579	Our Lady of Mount	70	18:12.5	3:36.8	7:18.8	4:33.1	7:05.6	8:58.2	11:53.4
136 HIGHTOWER, Briana	8	513	Manchester Middle	-	18:12.9	3:37.2	7:18.9	4:33.2	7:19.1	9:13.3	12:08.0
137 KIDWELL, Khloe	8	830	Warren County Mid	71	18:14.1	3:38.4	7:19.4	4:33.5	7:05.8	8:56.6	11:52.0
138 CRUMPLER, Madison	8	140	Cornerstone Christi	72	18:14.8	3:39.1	7:19.7	4:33.7	6:57.5	8:55.0	12:02.2

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

Mechanicsville, VA

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1.6K	2K	2.7K
139 CARLSON, Ruby	7	150	Crozet Crew	-	18:17.2	3:41.5	7:20.6	4:34.3	7:18.2	9:08.8	12:05.4
140 WELDON, Riley	8	808	Valley Blaze	(73)	18:20.4	3:44.7	7:21.9	4:35.1	6:51.6	8:43.7	11:44.1
141 MILLER, Eleanor	7	182	Daniel Morgan Midd	74	18:22.0	3:46.3	7:22.6	4:35.5	7:21.8	9:17.7	12:10.8
142 BLEDSOE, Emily	8	163	Cumberland Runnin	26	18:24.4	3:48.7	7:23.5	4:36.1	6:52.1	8:45.6	11:46.2
143 DIXON, Addison	8	236	Forest Running Clu	75	18:26.1	3:50.4	7:24.2	4:36.5	7:17.3	9:09.6	12:04.6
144 THACKER, Riley	6	880	Wilson Middle Scho	76	18:28.6	3:52.9	7:25.2	4:37.2	7:26.6	9:16.3	12:05.8
145 JONES, Makalya	8	725	Stuarts Draft Middle	77	18:28.7	3:53.0	7:25.3	4:37.2	7:10.2	9:03.5	11:56.3
146 SAYERS, Lily	6	129	Christiansburg Midd	78	18:29.4	3:53.7	7:25.5	4:37.4	7:05.4	9:00.2	11:55.5
147 COYNER, Kylie	8	723	Stuarts Draft Middle	79	18:29.5	3:53.8	7:25.6	4:37.4	7:10.2	9:03.6	11:56.8
148 BARBA, Eleanor	8	260	Fpyc Cheetahs	27	18:29.6	3:53.9	7:25.6	4:37.4	7:11.2	9:05.9	12:07.0
149 PARRIS, Sydney	8	775	Track 757	-	18:30.2	3:54.5	7:25.9	4:37.6	7:19.7	9:09.4	12:03.1
150 TONGEN, Estrella	6	703	Skyline Middle Sch	80	18:30.4	3:54.7	7:25.9	4:37.6	7:23.6	9:23.3	12:24.4
151 GONZALEZ, Yaretsy	7	829	Warren County Mid	(81)	18:32.9	3:57.2	7:26.9	4:38.2	7:06.0	8:58.6	11:55.2
152 WATSON, Darby	6	823	Veritas School	82	18:34.5	3:58.8	7:27.6	4:38.6	7:22.3	9:16.5	12:17.0
153 ARMSTRONG, Hannah	6	868	Wilson Middle Scho	83	18:34.6	3:58.9	7:27.6	4:38.7	7:12.4	9:03.1	12:03.0
154 WOMACK, Camille	6	649	Rappahannock Osp	-	18:36.1	4:00.4	7:28.2	4:39.0	7:15.2	9:11.0	12:09.9
155 DYKE, Jovie	5	561	NOVA AC	28	18:36.7	4:01.0	7:28.5	4:39.2	7:21.8	9:16.3	12:13.1
156 HARTZLER, Jazarah	7	439	Kate Collins	-	18:38.2	4:02.5	7:29.1	4:39.6	6:58.9	8:56.8	11:52.7
157 REEVE, Lily	7	447	Kate Collins	-	18:39.0	4:03.3	7:29.4	4:39.8	7:26.3	9:17.7	12:10.8
158 BARKER, Katie	8	179	Daniel Morgan Midd	84	18:40.9	4:05.2	7:30.2	4:40.2	7:16.5	9:12.7	12:10.7
159 CHEN, Kelly	8	78	Cave Spring High S	85	18:42.5	4:06.8	7:30.8	4:40.6	7:18.6	9:11.7	12:13.5
160 FARMER, Brianna	6	625	Pulaski County	-	18:42.9	4:07.2	7:31.0	4:40.7	7:22.9	9:18.9	12:14.3
161 DORAN, Lorelai	6	735	Studley Stingers Ru	(29)	18:49.2	4:13.5	7:33.5	4:42.3	7:31.2	9:26.2	12:19.4
162 EASTERLY, Lydia	7	66	Brookville Middle S	-	18:52.0	4:16.3	7:34.6	4:43.0	7:31.5	9:30.1	12:30.7
163 SONGER, Charlie	8	31	Auburn Middle Sch	-	18:52.6	4:16.9	7:34.9	4:43.2	7:20.0	9:13.3	12:16.2
164 WALKER, Natalie	8	222	Floyd County	86	18:53.9	4:18.2	7:35.4	4:43.5	7:18.6	9:14.2	12:14.8
165 BALDWIN, Isabella	7	731	Studley Stingers Ru	-	18:54.4	4:18.7	7:35.6	4:43.6	7:16.1	9:10.3	12:05.6
166 STERNER, Quinn	6	363	Henley Middle Scho	87	18:56.0	4:20.3	7:36.2	4:44.0	7:37.6	9:37.7	12:43.4
167 BARRAGAN, Briana	7	435	Kate Collins	-	18:57.0	4:21.3	7:36.6	4:44.3	7:43.6	9:40.6	12:40.6
168 ALLEN, Reagan	8	433	Kate Collins	-	18:57.2	4:21.5	7:36.7	4:44.3	7:19.1	9:14.0	12:21.1
169 TROMBURG, Aviyah	7	759	Teach Beach Break	-	18:57.3	4:21.6	7:36.7	4:44.3	7:22.6	9:22.0	12:17.7
170 GREEN, Julianna	6	562	NOVA AC	(30)	18:57.4	4:21.7	7:36.8	4:44.4	7:34.0	9:28.7	12:26.8
171 PERKINS, Alexis	8	753	Tazewell	-	18:57.6	4:21.9	7:36.9	4:44.4	7:18.2	9:15.2	12:15.4
172 BESS, Jacy	8	538	New Kent	88	19:00.5	4:24.8	7:38.0	4:45.1	7:19.7	9:15.2	12:17.2
173 CONWAY, Aryanna	8	601	Powhatan Middle S	89	19:02.2	4:26.5	7:38.7	4:45.6	7:27.0	9:26.7	12:29.5
174 SARABIA, Caroline	7	82	Cave Spring High S	90	19:03.5	4:27.8	7:39.2	4:45.9	7:41.3	9:42.3	12:43.6
175 JONES, Harper	6	124	Christiansburg Midd	(91)	19:03.9	4:28.2	7:39.4	4:46.0	7:28.7	9:26.3	12:28.3
176 SMITH, Olivia	7	361	Henley Middle Scho	92	19:04.1	4:28.4	7:39.5	4:46.0	7:22.3	9:21.6	12:28.1
177 JONES, Liliana	7	94	Charlottesville Cath	93	19:04.5	4:28.8	7:39.6	4:46.1	7:53.3	9:48.1	12:45.7
178 THOMAS, Bettie	7	130	Christiansburg Midd	(94)	19:04.8	4:29.1	7:39.8	4:46.2	7:28.9	9:26.3	12:27.8
179 CONLON, Sydney	7	600	Powhatan Middle S	95	19:05.1	4:29.4	7:39.9	4:46.3	7:27.3	9:26.9	12:29.9
180 STEINBACH, Sophia	6	411	J. Frank Hillyard Mi	96	19:05.8	4:30.1	7:40.2	4:46.5	7:21.4	9:17.9	12:19.0
181 JONES, Allie	8	462	Lee	97	19:05.9	4:30.2	7:40.2	4:46.5	7:30.9	9:29.2	12:34.3
182 LUDWIG, Frances		939	Thomas Harrison M	-	19:06.1	4:30.4	7:40.3	4:46.5	7:36.2	9:28.4	12:31.1
183 DULANEY, Makenzie	7	218	Floyd County	98	19:07.1	4:31.4	7:40.7	4:46.8	7:21.5	9:15.2	12:16.8
184 CYPHERT, Rosalie	8	190	Dunbar Middle Sch	-	19:07.3	4:31.6	7:40.8	4:46.8	7:42.3	9:39.1	12:47.9

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185 LICHTY, Ann Marie	6	125	Christiansburg Midd	-	19:07.7	4:32.0	7:40.9	4:46.9	7:27.9	9:22.4	12:25.6
186 THOMAS, Marie	7	131	Christiansburg Midd	-	19:07.8	4:32.1	7:41.0	4:47.0	7:28.7	9:24.2	12:26.2
187 WENGER, Matea	7	412	J. Frank Hillyard Mi	99	19:07.9	4:32.2	7:41.0	4:47.0	7:37.8	9:36.7	12:39.4
188 SHEIKH, Laila	6	878	Wilson Middle Scho	(100)	19:09.1	4:33.4	7:41.5	4:47.3	7:53.8	9:48.2	12:45.7
189 NUGENT, Scarlett	6	242	Forest Running Clu	101	19:10.4	4:34.7	7:42.0	4:47.6	7:36.2	9:32.4	12:37.1
190 LAYMAN, Brooklyn	7	406	J. Frank Hillyard Mi	(102)	19:10.6	4:34.9	7:42.1	4:47.7	7:35.5	9:30.5	12:32.7
191 PORTER, Evelyn	8	904	Smithfield Middle	-	19:10.7	4:35.0	7:42.1	4:47.7	7:18.0	9:24.8	12:43.2
192 BUZZY, Kiersten	8	793	Unattached	-	19:11.3	4:35.6	7:42.4	4:47.8	7:08.0	9:05.1	12:12.0
193 ESTRELLA, Sophia	7	578	Our Lady of Mount	103	19:12.2	4:36.5	7:42.7	4:48.1	7:14.8	9:09.8	12:12.4
194 GLOVIER, Riley	6	401	J. Frank Hillyard Mi	(104)	19:12.2	4:36.5	7:42.7	4:48.1	7:34.6	9:27.6	12:30.6
195 BOREL, Meredith	6	235	Forest Running Clu	(105)	19:12.8	4:37.1	7:43.0	4:48.2	7:36.5	9:32.9	12:37.4
196 FIELDS, Kinleigh	7	164	Cumberland Runnin	31	19:14.3	4:38.6	7:43.6	4:48.6	7:35.9	9:33.4	12:35.8
197 RICE, Stella	6	547	New Kent	106	19:15.4	4:39.7	7:44.0	4:48.9	7:28.9	9:19.8	12:28.8
198 FELTS, Taylar	8	541	New Kent	(107)	19:17.1	4:41.4	7:44.7	4:49.3	7:33.0	9:30.1	12:38.3
199 HALL, Lilly	8	872	Wilson Middle Scho	(108)	19:17.9	4:42.2	7:45.0	4:49.5	7:38.0	9:33.6	12:40.5
200 NEARMAN, Tegan	7	645	Rappahannock Osp	-	19:18.8	4:43.1	7:45.4	4:49.7	7:29.4	9:32.2	12:42.9
201 STEWART, Celia	8	167	Cumberland Runnin	32	19:27.6	4:51.9	7:48.9	4:51.9	7:25.8	9:29.8	12:36.9
202 WHITLEY, Hannah	8	375	Isle of Wight Acade	-	19:28.6	4:52.9	7:49.3	4:52.2	7:20.6	9:20.0	12:29.5
203 HAYDEN, Addison	8	267	Fpyc Cheetahs	33	19:30.8	4:55.1	7:50.2	4:52.7	7:11.0	9:10.0	12:23.1
204 ADKINS, Juliana	7	161	Cumberland Runnin	34	19:31.1	4:55.4	7:50.3	4:52.8	7:36.5	9:34.1	12:45.1
205 CARTER, Maddie	7	733	Studley Stingers Ru	-	19:32.6	4:56.9	7:50.9	4:53.2	8:00.7	10:00.1	13:01.7
206 WILSON, Tabitha	8	83	Cave Spring High S	109	19:33.6	4:57.9	7:51.3	4:53.4	7:42.3	9:44.4	12:48.8
207 LUZAICH, Annisten	8	365	Henley Middle Scho	110	19:36.1	5:00.4	7:52.3	4:54.0	7:43.6	9:47.1	12:52.9
208 WRISTON, Mary Ann	7	223	Floyd County	111	19:38.5	5:02.8	7:53.3	4:54.6	7:22.3	9:16.7	12:29.0
209 WILLIAMS, Quinn	6	453	Kate Collins	-	19:40.4	5:04.7	7:54.1	4:55.1	7:32.1	9:34.4	12:45.8
210 MORRIS, Rowan	8	446	Kate Collins	-	19:43.4	5:07.7	7:55.3	4:55.9	7:44.8	9:46.5	12:54.0
211 MURRAY, Sara	6	364	Henley Middle Scho	112	19:43.9	5:08.2	7:55.5	4:56.0	7:59.4	10:02.2	13:09.7
212 DOMINGUS, Naomi	8	697	Skyline Middle Sch	113	19:45.5	5:09.8	7:56.1	4:56.4	7:38.7	9:50.9	13:09.3
213 MCCALL, Ava	7	143	Cornerstone Christi	(114)	19:50.2	5:14.5	7:58.0	4:57.6	7:02.3	9:06.8	12:41.9
214 TAYLOR, Abby	7	653	Saint Catherine's	-	19:51.4	5:15.7	7:58.5	4:57.9	7:57.2	10:02.4	13:10.6
215 CHAMPION, Clalire		921	Dale City Lightning	-	19:53.1	5:17.4	7:59.2	4:58.3	7:36.2	9:37.7	12:52.6
216 LIPSCOMB, Hannah	7	652	Saint Catherine's	-	19:53.4	5:17.7	7:59.3	4:58.4	7:57.4	10:02.6	13:10.5
217 QUEBE, Penny	FR	45	Beverly Manor Mid	115	19:53.5	5:17.8	7:59.3	4:58.4	7:25.6	9:30.3	12:41.9
218 SNODDY, Chloe	7	98	Charlottesville Cath	116	19:54.1	5:18.4	7:59.6	4:58.5	7:56.4	9:59.0	13:07.4
219 ERNST, Ella	6	494	Liberty Christian Ac	117	19:54.8	5:19.1	7:59.8	4:58.7	7:57.8	10:00.0	13:10.7
220 MADDEFORD, Lulu	6	707	St. Benedict Catholi	118	19:55.3	5:19.6	8:00.0	4:58.8	8:02.3	10:01.5	13:06.9
221 BOOTHE, Alyssa	7	216	Floyd County	119	19:57.2	5:21.5	8:00.8	4:59.3	7:56.4	10:01.2	13:06.8
222 LAYNE, Sally	7	545	New Kent	(120)	19:57.8	5:22.1	8:01.0	4:59.5	7:26.2	9:43.2	12:44.8
223 SUMMERS, Emily	8	502	Liberty Christian Ac	121	19:58.3	5:22.6	8:01.2	4:59.6	7:54.9	10:00.2	13:09.6
224 MANETTA, Sarah	7	408	J. Frank Hillyard Mi	-	20:00.7	5:25.0	8:02.2	5:00.2	7:46.2	9:51.8	13:11.2
225 BOOTH, Lilly	7	398	J. Frank Hillyard Mi	-	20:00.9	5:25.2	8:02.3	5:00.2	7:27.7	9:30.7	12:52.0
226 DAVID, Alannah	6	512	Manchester Middle	-	20:01.5	5:25.8	8:02.5	5:00.4	7:31.9	9:31.9	12:47.9
227 KEAGY, Jady	7	403	J. Frank Hillyard Mi	-	20:03.1	5:27.4	8:03.2	5:00.8	7:58.7	10:03.4	13:15.8
228 RACER, Macon	8	927	Raider Nation TC	-	20:03.5	5:27.8	8:03.3	5:00.9	7:43.0	9:50.0	13:03.9
229 BARBA, Beatrix	6	259	Fpyc Cheetahs	35	20:04.1	5:28.4	8:03.6	5:01.0	7:54.2	9:53.3	13:08.4
230 EL SHENAWY, Nora	8	79	Cave Spring High S	122	20:08.0	5:32.3	8:05.1	5:02.0	7:48.5	9:54.0	13:05.9

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231	PARMITER, Joy	6	499	Liberty Christian Ac	123	20:09.1	5:33.4	8:05.6	5:02.3	8:07.5	10:15.5	13:27.2
232	ROACH, Reagan	6	702	Skyline Middle Sch	124	20:10.9	5:35.2	8:06.3	5:02.7	7:55.4	10:01.3	13:23.6
233	WARD, Emily	8	452	Kate Collins	-	20:11.5	5:35.8	8:06.5	5:02.9	7:40.5	9:48.4	13:07.7
234	DODSON, Rowan	6	932	St. Benedict Catholi	125	20:11.5	5:35.8	8:06.5	5:02.9	8:00.7	9:58.9	13:07.0
235	ALLEN, Rachel	8	432	Kate Collins	-	20:11.7	5:36.0	8:06.6	5:02.9	7:59.0	10:03.7	13:13.4
236	HUDSON, Olivia	7	543	New Kent	-	20:14.9	5:39.2	8:07.9	5:03.7	7:41.8	9:51.6	13:13.2
237	GERBER, Abigail	6	871	Wilson Middle Scho	-	20:15.5	5:39.8	8:08.2	5:03.9	7:54.1	9:53.2	12:58.1
238	JONES, Amelia	7	441	Kate Collins	-	20:20.1	5:44.4	8:10.0	5:05.0	8:05.2	10:11.3	13:32.5
239	COCKRAM, Ava	8	217	Floyd County	(126)	20:21.4	5:45.7	8:10.5	5:05.4	7:54.6	10:02.4	13:21.3
240	BRISTOW, Brooke	8	511	Manchester Middle	-	20:22.9	5:47.2	8:11.1	5:05.7	7:24.1	9:26.2	12:47.9
241	KINARD, Lainey	6	818	Veritas School	127	20:23.4	5:47.7	8:11.3	5:05.9	8:01.0	10:11.3	13:30.8
242	CUNNINGHAM, Gabrielle	7	107	Christ Chapel Acad	128	20:24.1	5:48.4	8:11.6	5:06.0	7:49.0	9:52.0	12:59.4
243	DOUGLAS, Emma	7	817	Veritas School	129	20:24.5	5:48.8	8:11.8	5:06.1	8:07.7	10:15.9	13:36.2
244	STINES, Shelby	8	514	Manchester Middle	-	20:25.5	5:49.8	8:12.2	5:06.4	7:41.6	9:50.2	13:05.7
245	SOUDERS, Noelle	8	145	Cornerstone Christi	(130)	20:26.3	5:50.6	8:12.5	5:06.6	8:00.5	10:09.9	13:29.9
246	MCCLURE, Sadie	6	820	Veritas School	131	20:27.9	5:52.2	8:13.1	5:07.0	8:07.9	10:17.1	13:36.5
247	ARGENBRIGHT, Gwen	7	434	Kate Collins	-	20:30.6	5:54.9	8:14.2	5:07.7	8:10.4	10:12.6	13:33.0
248	MANETTA, Hannah	8	407	J. Frank Hillyard Mi	-	20:32.4	5:56.7	8:14.9	5:08.1	7:59.2	10:05.2	13:22.2
249	ATTIN, Ezra	8	491	Liberty Christian Ac	132	20:36.8	6:01.1	8:16.7	5:09.2	7:44.6	9:55.3	13:13.4
250	SELLERS, Chloe	7	877	Wilson Middle Scho	-	20:37.8	6:02.1	8:17.1	5:09.5	8:13.4	10:26.2	13:36.0
251	COSTA, Emma	7	281	Frederick County Mi	133	20:38.3	6:02.6	8:17.3	5:09.6	7:59.9	10:07.8	13:25.8
252	SAUNDERS, Aubrey	7	876	Wilson Middle Scho	-	20:39.6	6:03.9	8:17.8	5:09.9	7:38.0	9:45.2	13:05.4
253	DEBERRY, Emily	8	283	Frederick County Mi	134	20:39.7	6:04.0	8:17.9	5:09.9	7:46.5	10:00.7	13:24.5
254	CYPHER, Kayla	8	42	Beverley Manor Mid	135	20:40.9	6:05.2	8:18.4	5:10.2	7:29.8	9:41.2	12:49.3
255	STOUGH, Ava	8	168	Cumberland Runnin	36	20:44.4	6:08.7	8:19.8	5:11.1	7:53.6	10:07.5	13:30.4
256	JAIN, Avantika	6	480	Legacy Track and F	-	20:46.6	6:10.9	8:20.6	5:11.7	8:06.9	10:13.9	13:34.4
257	KONESCO, Maria	6	819	Veritas School	136	20:48.0	6:12.3	8:21.2	5:12.0	8:02.0	10:12.3	13:31.3
258	HOUGHTON, Bailey	SR	319	Greater Williamsbur	(37)	20:48.2	6:12.5	8:21.3	5:12.1	8:29.5	10:36.1	13:51.8
259	MEYER, Lily	6	821	Veritas School	(137)	20:51.3	6:15.6	8:22.5	5:12.8	8:16.1	10:28.8	13:42.9
260	COMBS, Madeleine	4	479	Legacy Track and F	-	20:51.7	6:16.0	8:22.7	5:12.9	7:50.1	9:57.5	13:16.9
261	REINFORD, Amarisa	7	410	J. Frank Hillyard Mi	-	20:52.5	6:16.8	8:23.0	5:13.1	7:58.5	10:03.4	13:15.8
262	HILKER, Esme	6	440	Kate Collins	-	20:52.8	6:17.1	8:23.1	5:13.2	8:30.6	10:36.0	13:52.6
263	TUTTLE, Bela	6	680	Shelburne Middle S	-	20:54.9	6:19.2	8:24.0	5:13.7	7:43.8	9:58.6	13:26.2
264	HAWKINS, Lilly	8	220	Floyd County	(138)	20:55.1	6:19.4	8:24.1	5:13.8	7:54.6	10:06.3	13:34.3
265	DOLAN, Reilly	7	108	Christ Chapel Acad	139	20:56.5	6:20.8	8:24.6	5:14.1	7:49.4	9:57.2	13:16.6
266	MILLER, London	7	323	Greater Williamsbur	-	20:56.8	6:21.1	8:24.7	5:14.2	8:30.1	10:36.3	13:49.6
267	HEWITT, Eliza	6	699	Skyline Middle Sch	(140)	21:00.5	6:24.8	8:26.2	5:15.1	8:18.3	10:30.1	13:48.8
268	COREL, Eme	8	749	Tazewell	-	21:00.6	6:24.9	8:26.3	5:15.2	8:46.4	10:51.1	14:09.4
269	SPALDING, Emmalyn	5	326	Greater Williamsbur	-	21:01.1	6:25.4	8:26.5	5:15.3	8:16.0	10:23.3	13:47.6
270	GRIM, Brailey	6	724	Stuarts Draft Middle	141	21:02.4	6:26.7	8:27.0	5:15.6	8:05.8	10:17.7	13:37.1
271	MILLER, Delicia	7	111	Christ Chapel Acad	142	21:03.4	6:27.7	8:27.4	5:15.9	8:03.8	10:08.6	13:27.8
272	NELSON, Jaleia	8	184	Daniel Morgan Midd	143	21:07.0	6:31.3	8:28.8	5:16.8	8:01.4	10:14.1	13:55.8
273	MELTON, Lily	6	727	Stuarts Draft Middle	144	21:09.5	6:33.8	8:29.8	5:17.4	8:07.8	10:22.6	13:48.1
274	HOWLEY, Mary	7	769	Thomas Harrison M	-	21:09.9	6:34.2	8:30.0	5:17.5	7:52.4	10:03.4	13:30.4
275	ESTES, Breigh	6	437	Kate Collins	-	21:12.5	6:36.8	8:31.0	5:18.1	8:34.6	10:42.5	13:58.8
276	HAZELWOOD, Isabella	8	287	Frederick County Mi	(145)	21:21.5	6:45.8	8:34.7	5:20.4	8:03.6	10:19.6	13:52.1

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, October 21, 2023



OFFICIAL MEET REPORT

printed: 10/21/2023 6:37 PM

Race #3
Girls Championship 4k

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1.6K	2K	2.7K
277 FILES, Allison	8	286	Frederick County Mi	(146)	21:22.3	6:46.6	8:35.0	5:20.6	8:01.5	10:18.0	13:52.4
278 CANONIZADO, Jasmine	8	261	Fpyc Cheetahs	(38)	21:24.4	6:48.7	8:35.8	5:21.1	8:03.1	10:15.6	13:51.1
279 WAGNER, Hadley	7	605	Powhatan Middle S	(147)	21:24.9	6:49.2	8:36.0	5:21.2	8:13.1	10:23.6	13:45.5
280 PATRICK, Taryn	8	899	Heritage Middle	-	21:25.7	6:50.0	8:36.3	5:21.4	8:02.5	10:25.3	13:59.7
281 BREWER, Lillian	6	458	Lee	148	21:26.9	6:51.2	8:36.8	5:21.7	7:52.2	10:01.8	13:28.5
282 PARKER, Maddy	7	409	J. Frank Hillyard Mi	-	21:27.7	6:52.0	8:37.1	5:21.9	8:19.4	10:32.0	14:01.6
283 DAVIS, Jaleela	6	539	New Kent	-	21:27.9	6:52.2	8:37.2	5:22.0	8:10.1	10:21.6	13:51.0
284 BOROUGHS, Ava	7	436	Kate Collins	-	21:28.5	6:52.8	8:37.5	5:22.1	8:33.7	10:40.9	14:04.1
285 DUNN, Callie	8	400	J. Frank Hillyard Mi	-	21:34.8	6:59.1	8:40.0	5:23.7	8:34.3	10:45.1	14:08.2
286 VARGAS, Lourdes	6	708	St. Benedict Catholi	149	21:36.5	7:00.8	8:40.7	5:24.1	8:33.4	10:46.9	14:02.4
287 QUEZADA LANDAETA, Adri	7	701	Skyline Middle Sch	(150)	21:37.0	7:01.3	8:40.9	5:24.3	7:39.2	9:45.8	13:14.9
288 KERR, Carly	6	404	J. Frank Hillyard Mi	-	21:37.3	7:01.6	8:41.0	5:24.3	8:04.0	10:14.4	13:35.4
289 COOK, Charlotte	7	399	J. Frank Hillyard Mi	-	21:38.1	7:02.4	8:41.3	5:24.5	8:34.4	10:45.9	14:08.2
290 ARDEN, Azriel	7	558	NOVA AC	(39)	21:38.3	7:02.6	8:41.4	5:24.6	8:14.9	10:28.1	13:57.5
291 SALYER, Kylie	7	290	Frederick County Mi	-	21:39.0	7:03.3	8:41.7	5:24.8	8:02.5	10:16.5	13:49.3
292 MURPHY, Madelyn	7	604	Powhatan Middle S	(151)	21:42.6	7:06.9	8:43.1	5:25.7	8:13.3	10:24.5	13:45.7
293 KAMDEM, Emmanuelle	8	726	Stuarts Draft Middle	(152)	21:59.7	7:24.0	8:50.0	5:29.9	8:08.9	10:24.4	13:54.2
294 HARP, Hannah	6	844	William Monroe Mid	153	22:02.3	7:26.6	8:51.0	5:30.6	8:05.7	10:15.6	13:45.2
295 EVANS, Addison	8	843	William Monroe Mid	154	22:03.4	7:27.7	8:51.5	5:30.9	8:40.3	10:49.3	14:08.9
296 SUMMERS, Caroline	8	501	Liberty Christian Ac	(155)	22:04.6	7:28.9	8:52.0	5:31.2	8:35.3	10:52.8	14:39.2
297 DOUCET, Zoe	8	540	New Kent	-	22:05.9	7:30.2	8:52.5	5:31.5	8:35.0	10:49.3	14:17.4
298 KLINE, Kimberly	6	405	J. Frank Hillyard Mi	-	22:12.0	7:36.3	8:54.9	5:33.0	8:38.5	10:56.5	14:29.5
299 PITTMAN, Karis	6	419	James River Eagles	-	22:16.2	7:40.5	8:56.6	5:34.1	8:23.9	10:39.0	14:04.0
300 HUBER, Ella	6	374	Isle of Wight Acade	-	22:21.9	7:46.2	8:58.9	5:35.5	8:23.3	10:35.6	14:10.7
301 HARVEY, Lindsey	7	165	Cumberland Runnin	(40)	22:25.5	7:49.8	9:00.4	5:36.4	8:21.5	10:35.1	14:21.7
302 HOOVER, Layla	7	677	Shelburne Middle S	-	22:26.8	7:51.1	9:00.9	5:36.7	7:59.2	10:14.6	13:55.8
303 JONES, Charlotte	8	442	Kate Collins	-	22:28.9	7:53.2	9:01.7	5:37.2	8:47.3	10:59.6	14:35.1
304 STERLING, Makayla	6	580	Our Lady of Mount	156	22:29.7	7:54.0	9:02.0	5:37.4	8:48.7	11:00.7	14:32.1
305 WALKER, Gracie	8	670	Shawsville Middle S	-	22:31.4	7:55.7	9:02.7	5:37.9	8:29.0	10:57.4	14:42.6
306 MOONEYHAN, Celsey	7	465	Lee	157	22:34.4	7:58.7	9:03.9	5:38.6	7:53.7	10:15.7	13:53.7
307 LAYNE, Rilee	7	544	New Kent	-	22:37.7	8:02.0	9:05.3	5:39.4	8:42.8	11:07.3	14:44.5
308 KLIMEK, Harper	6	874	Wilson Middle Scho	-	22:39.5	8:03.8	9:06.0	5:39.9	8:37.4	10:41.1	14:11.0
309 JOHNSON, Kennedy	6	238	Forest Running Clu	(158)	22:41.1	8:05.4	9:06.6	5:40.3	9:01.0	11:18.2	14:50.8
310 SPARKMAN, Mollie	6	500	Liberty Christian Ac	(159)	22:44.1	8:08.4	9:07.8	5:41.0	8:47.8	11:09.9	14:54.7
311 BOOTHE, Abigail	7	215	Floyd County	-	22:44.8	8:09.1	9:08.1	5:41.2	8:43.1	10:57.0	14:34.8
312 JAYE, Brooke	7	43	Beverly Manor Mid	160	22:48.1	8:12.4	9:09.4	5:42.0	8:40.8	11:04.5	14:46.6
313 KEITH, Mia	7	239	Forest Running Clu	-	22:51.1	8:15.4	9:10.6	5:42.8	9:13.5	11:24.1	14:53.1
314 HARRIS, Autumn	7	219	Floyd County	-	22:53.5	8:17.8	9:11.6	5:43.4	8:44.8	11:08.7	14:54.4
315 ALLEN, Alivia	7	213	Floyd County	-	22:53.6	8:17.9	9:11.6	5:43.4	8:37.2	10:57.9	14:38.5
316 GARBER, Maya	8	870	Wilson Middle Scho	-	22:56.1	8:20.4	9:12.7	5:44.0	8:25.3	10:42.9	14:28.3
317 STEWART, Grace	8	221	Floyd County	-	22:58.5	8:22.8	9:13.6	5:44.6	8:48.1	11:12.5	15:00.3
318 SUMMERS, Julia	6	503	Liberty Christian Ac	-	22:59.7	8:24.0	9:14.1	5:44.9	8:47.8	11:09.6	14:55.8
319 WATSON, Madelyn	7	848	William Monroe Mid	161	23:02.6	8:26.9	9:15.3	5:45.7	8:45.6	11:15.5	14:32.4
320 TRUSLOW, Melissa	8	846	William Monroe Mid	(162)	23:16.6	8:40.9	9:20.9	5:49.2	8:47.5	11:16.0	14:54.6
321 AKUAMOUH-BOATENG, Ga	8	842	William Monroe Mid	(163)	23:17.6	8:41.9	9:21.3	5:49.4	8:51.2	11:21.0	15:15.4
322 SPANGLER, Madeleine	7	362	Henley Middle Scho	(164)	23:21.7	8:46.0	9:22.9	5:50.4	8:21.5	10:31.6	14:14.7

VIRGINIA MIDDLE SCHOOL STATE CHAMPIONSHIPS

Mechanicsville, VA

Pole Green Park

Saturday, October 21, 2023



OFFICIAL MEET REPORT

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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	1.6K	2K	2.7K
323 WALL, Ellie	8	754	Tazewell	-	23:31.9	8:56.2	9:27.0	5:53.0	8:54.0	11:16.7	15:00.0
324 HANSBROUGH, Alexis	6	181	Daniel Morgan Midd	(165)	23:32.7	8:57.0	9:27.3	5:53.2	8:56.9	11:12.5	14:42.2
325 BLACKMAN, Jasmin	6	105	Christ Chapel Acad	166	23:36.7	9:01.0	9:29.0	5:54.2	8:42.4	11:12.4	14:56.7
326 BURGESS, Ciara	6	106	Christ Chapel Acad	167	23:37.8	9:02.1	9:29.4	5:54.5	8:42.5	11:13.6	15:00.3
327 FINLEY, Gwen	8	80	Cave Spring High S	(168)	23:43.3	9:07.6	9:31.6	5:55.8	8:30.4	12:06.4	16:04.2
328 CANADA, Ellie	6	493	Liberty Christian Ac	-	23:53.1	9:17.4	9:35.5	5:58.3	9:11.7	11:22.9	15:30.4
329 WARD, Moira	6	709	St. Benedict Catholi	169	24:18.5	9:42.8	9:45.7	6:04.6	8:33.9	10:47.7	14:03.8
330 JONES-EDWARDS, Lauren	8	706	St. Benedict Catholi	170	24:45.9	10:10.2	9:56.7	6:11.5	8:58.1	11:33.2	15:41.4
331 PAAUW, Victoria	6	498	Liberty Christian Ac	-	24:56.1	10:20.4	10:00.8	6:14.0	9:11.5	12:06.6	16:04.8
332 NOTO, Lily	7	678	Shelburne Middle S	-	24:56.5	10:20.8	10:01.0	6:14.1	9:53.4	12:34.9	16:37.3
333 BOYD, Lily	8	317	Greater Williamsbur	-	24:57.5	10:21.8	10:01.4	6:14.4	9:27.4	12:02.7	16:04.8
334 TAYE, Yosabeth	6	112	Christ Chapel Acad	(171)	25:27.4	10:51.7	10:13.4	6:21.9	9:22.2	11:58.3	15:57.3
335 WALES, Karsen	7	46	Beverley Manor Mid	172	25:39.8	11:04.1	10:18.4	6:25.0	8:58.3	11:42.2	15:43.2
336 CARPENTER, Alexandra	7	676	Shelburne Middle S	-	25:47.6	11:11.9	10:21.5	6:26.9	10:16.8	12:53.8	17:05.4
337 JOHNSON, Morgan	7	109	Christ Chapel Acad	(173)	26:01.0	11:25.3	10:26.9	6:30.3	9:32.1	12:16.4	16:37.7
338 BALDWIN, Virginia	6	492	Liberty Christian Ac	-	26:26.7	11:51.0	10:37.2	6:36.7	10:32.0	13:06.6	17:20.1
339 SWANSON, Caroline	6	879	Wilson Middle Scho	-	27:20.8	12:45.1	10:59.0	6:50.2	9:44.1	12:25.1	17:12.3
340 GLASS, Lillian	6	495	Liberty Christian Ac	-	27:47.5	13:11.8	11:09.7	6:56.9	10:40.9	13:34.8	18:14.2
341 BREAZZEAL, Emmalynn	8	901	Smithfield Middle	-	28:21.1	13:45.4	11:23.2	7:05.3	10:11.7	13:18.7	18:16.0
-- DILLARD, Bella	8	764	The Light Academy	-			---	---	7:00.5	9:02.7	12:21.3