

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****Women 60 Meter Dash**

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ODAC Rec: # 7.46 2018 Harlan Quinn, Roanoke
Meet Rec: $ 7.46 2018 Harlan Quinn, Roanoke
Name Year School Prelims H#
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Preliminaries

Name	Year	School	Prelims	H#
1 Coleman, Adalia		Bridgewater (Va.)	7.69Q	2
2 Gamble, Katelyn		Washington & Lee	7.82Q	1
3 Seward, Aniya		Lynchburg	7.90Q	3
4 Hoggard, Lyric		Virginia Wesleyan	7.91q	2
5 Fox, Kenna		Roanoke	7.96q	1
6 Cammarata, Jessica		Lynchburg	7.98q	3
7 Hathaway, Julia		Virginia Wesleyan	8.00q	3
8 Poole, Taylor		Roanoke	8.01q	3 8.006
9 Oguamena, Kendra		Eastern Mennonite	8.01	2 8.009
10 Hinckley, Eleanor		Roanoke	8.03	3
11 Anderson, Janelle		Shenandoah	8.07	2
12 Measell, Kaitlin		Shenandoah	8.08	1
13 Buckles, Jade		Bridgewater (Va.)	8.15	2 8.144
14 Snodgrass, Hannah		Roanoke	8.15	1 8.146
15 Hobin, Lindsey		Roanoke	8.15	1 8.149
16 Sidoro, Sarah		Shenandoah	8.19	3
17 Patterson, Jazmine		Hollins	8.27	1 8.261
18 Hamlin, Haleigh		Bridgewater (Va.)	8.27	2 8.262
19 Turner, Rylee		Lynchburg	8.27	1 8.264
20 Birle, Susannah		Washington & Lee	8.37	2
21 Ingraham, Shannea		Averett	8.54	3
22 Walker, Marissa		Eastern Mennonite	8.57	3
23 Bangura, Saida		Averett	8.65	2
24 Williams, Asia		Averett	8.77	1

Women 60 Meter Dash

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ODAC Rec: # 7.46 2018 Harlan Quinn, Roanoke
Meet Rec: $ 7.46 2018 Harlan Quinn, Roanoke
Name Year School Finals Points
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Finals

Name	Year	School	Finals	Points
1 Coleman, Adalia		Bridgewater (Va.)	7.54	10
2 Gamble, Katelyn		Washington & Lee	7.61	8
3 Hoggard, Lyric		Virginia Wesleyan	7.86	6
4 Hathaway, Julia		Virginia Wesleyan	7.94	5
5 Seward, Aniya		Lynchburg	7.95	4
6 Fox, Kenna		Roanoke	8.04	3
7 Poole, Taylor		Roanoke	8.06	2
8 Cammarata, Jessica		Lynchburg	8.08	1

Women 200 Meter Dash

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ODAC Rec: # 24.15 2017 Amber Celen, Bridgewater
Meet Rec: $ 24.92 2017 Amber Celen, Bridgewater
Name Year School Finals H# Points
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Name	Year	School	Finals	H#	Points
1 Coleman, Adalia		Bridgewater (Va.)	25.15	5	10
2 Gamble, Katelyn		Washington & Lee	25.66	5	8
3 Gamble, Haylee		Roanoke	26.08	5	6

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4	Hooker, Kacee	Bridgewater (Va.)	26.11	4	5	26.105
5	Seward, Aniya	Lynchburg	26.11	5	4	26.110
6	Cammarata, Jessica	Lynchburg	26.60	4	3	
7	Hefferon, Mikayla	Roanoke	26.80	4	2	
8	Poole, Taylor	Roanoke	26.85	3	1	26.844
9	Measell, Kaitlin	Shenandoah	26.85	4		26.849
10	Hinckley, Eleanor	Roanoke	26.91	5		
11	Oguamena, Kendra	Eastern Mennonite	26.99	4		
12	Fox, Kenna	Roanoke	27.02	3		
13	Snodgrass, Hannah	Roanoke	27.19	2		
14	Patterson, Jazmine	Hollins	27.21	2		
15	Turner, Rylee	Lynchburg	27.35	2		
16	Anderson, Janelle	Shenandoah	27.64	2		
17	Smith, Kiara	Lynchburg	27.69	3		
18	Walker, Marissa	Eastern Mennonite	28.26	1		
19	Ingraham, Shannea	Averett	28.30	2		
20	Bangura, Saida	Averett	28.78	1		
21	Moore, Natalie	Guilford	29.22	1		
22	Moore, Jennifer	Randolph	29.87	1		

Women 400 Meter Run

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ODAC Rec: # 56.04 2008		Robin Yerkes, Roanoke				
Meet Rec: \$ 58.12 2016		Dana Lee, Washington and Lee				
Name	Year	School	Finals	H#	Points	
=====						
1	Taylor, Ray Ray	Eastern Mennonite	59.11	3	10	
	27.240 (27.240)	59.104 (31.864)				
2	Hefferon, Mikayla	Roanoke	1:00.09	5	8	
	28.129 (28.129)	1:00.084 (31.955)				
3	Barnes, Vuronika	Lynchburg	1:00.25	5	6	
	28.286 (28.286)	1:00.241 (31.955)				
4	Hooker, Kacee	Bridgewater (Va.)	1:00.30	4	5	
	27.929 (27.929)	1:00.292 (32.363)				
5	Gamble, Haylee	Roanoke	1:00.40	5	4	
	27.226 (27.226)	1:00.399 (33.173)				
6	Palethorpe, Jordynn	Washington & Lee	1:00.83	4	3	
	27.952 (27.952)	1:00.826 (32.874)				
7	Barnes, Amia	Virginia Wesleyan	1:00.85	4	2	
	27.838 (27.838)	1:00.844 (33.007)				
8	Boyce, Madelyn	Lynchburg	1:00.87	4	1	
	28.489 (28.489)	1:00.864 (32.375)				
9	Mohnkern, Betsy	Lynchburg	1:01.41	3		
	27.336 (27.336)	1:01.401 (34.065)				
10	Molina-Shuman, Maryrose	Roanoke	1:01.89	3		
	28.806 (28.806)	1:01.882 (33.077)				
11	Patterson, Jazmine	Hollins	1:02.92	3		
	29.369 (29.369)	1:02.912 (33.544)				
12	Sidoro, Sarah	Shenandoah	1:03.05	2		
	29.848 (29.848)	1:03.042 (33.194)				
13	Oliver, Cassidy	Bridgewater (Va.)	1:03.34	2		
	29.147 (29.147)	1:03.339 (34.193)				
14	Hubbard, Alexis	Shenandoah	1:04.72	1		
	30.215 (30.215)	1:04.717 (34.503)				

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Results

...Women 400 Meter Run

15	Teagle, Sarah	Washington & Lee	1:07.33	2
	31.692 (31.692)	1:07.323 (35.632)		
16	Moore, Jennifer	Randolph	1:07.70	1
	31.187 (31.187)	1:07.694 (36.507)		
17	Wuenschel, Morgan	Shenandoah	1:10.28	1
	32.814 (32.814)	1:10.276 (37.463)		
--	Hathaway, Julia	Virginia Wesleyan	FS	5

Women 800 Meter Run

ODAC Rec: # 2:10.36 2012 Carmen Graves, Roanoke
 Meet Rec: \$ 2:16.77 2017 Marrissa Coombs, Virginia Wesleyan

Name	Year	School	Finals	H#	Points
1 Smith, Hailey		Lynchburg	2:16.51\$	3	10
	31.563 (31.563)	1:05.763 (34.200)	1:40.747 (34.984)		2:16.503 (35.757)
2 Scibelli, Kate		Washington & Lee	2:19.19	3	8
	32.688 (32.688)	1:07.451 (34.763)	1:42.584 (35.134)		2:19.188 (36.604)
3 Dunlap, Zoe		Roanoke	2:23.04	3	6
	32.667 (32.667)	1:08.842 (36.175)	1:45.521 (36.679)		2:23.032 (37.512)
4 Hawk, Parker		Washington & Lee	2:23.17	3	5
	33.969 (33.969)	1:10.774 (36.805)	1:47.688 (36.914)		2:23.166 (35.478)
5 Kozlowski, Haleigh		Lynchburg	2:26.65	3	4
	34.256 (34.256)	1:11.077 (36.822)	1:49.548 (38.472)		2:26.646 (37.098)
6 Vera, Adia		Washington & Lee	2:26.79	3	3
	34.789 (34.789)	1:12.013 (37.224)	1:49.637 (37.624)		2:26.783 (37.147)
7 Massey, Lauren		Lynchburg	2:27.01	3	2
	34.493 (34.493)	1:12.207 (37.714)	1:50.551 (38.344)		2:27.006 (36.455)
8 Mast, Halie		Eastern Mennonite	2:27.83	2	1
	34.076 (34.076)	1:10.774 (36.698)	1:48.906 (38.133)		2:27.821 (38.915)
9 Gardiner, Vanessa		Eastern Mennonite	2:28.66	2	
	36.110 (36.110)	1:13.898 (37.788)	1:51.083 (37.185)		2:28.651 (37.569)
10 Asefa, Elili		Eastern Mennonite	2:29.12	2	
	34.925 (34.925)	1:12.014 (37.089)	1:51.250 (39.237)		2:29.111 (37.862)
11 Evans, Jesma		Washington & Lee	2:30.80	3	
	32.422 (32.422)	1:09.177 (36.755)	1:49.057 (39.880)		2:30.796 (41.739)
12 Oleksy, Amy		Shenandoah	2:31.09	2	
	36.039 (36.039)	1:14.540 (38.502)	1:53.636 (39.097)		2:31.085 (37.449)
13 Plowman, Mackenzie		Shenandoah	2:31.50	2	
	35.879 (35.879)	1:14.266 (38.388)	1:54.406 (40.140)		2:31.496 (37.090)
14 Pineiro, Genesis		Ferrum	2:31.51	2	
	35.660 (35.660)	1:13.045 (37.385)	1:51.356 (38.312)		2:31.509 (40.153)
15 Laine, Abigail		Lynchburg	2:33.73	2	
	36.141 (36.141)	1:14.168 (38.027)	1:53.446 (39.279)		2:33.730 (40.284)
16 Nicely, Emma		Shenandoah	2:33.85	1	
	39.750 (39.750)	1:19.560 (39.810)	1:57.964 (38.404)		2:33.846 (35.883)
17 Madrigal, Emma		Shenandoah	2:37.92	1	
	39.918 (39.918)	1:19.821 (39.904)	1:58.731 (38.910)		2:37.919 (39.188)
18 Brown, Lauren		Roanoke	2:43.40	1	
	39.421 (39.421)	1:20.104 (40.683)	2:01.498 (41.394)		2:43.393 (41.895)
19 Brousseau, Madison		Hollins	2:44.13	1	
	39.825 (39.825)	1:20.421 (40.597)	2:01.909 (41.488)		2:44.130 (42.222)
20 Just, Autumn		Bridgewater (Va.)	2:44.18	2	
	37.720 (37.720)	1:18.101 (40.382)	2:00.743 (42.642)		2:44.173 (43.430)

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Results

...Women 800 Meter Run

21 Draper, Hailey	Roanoke	2:45.27	1
40.169 (40.169)	1:21.139 (40.970)	2:04.743 (43.604)	2:45.264 (40.522)
22 Boone, Nia	Guilford	2:46.22	1
40.621 (40.621)	1:21.881 (41.260)	2:05.270 (43.389)	2:46.211 (40.942)
23 Reid, Savannah	Roanoke	2:52.71	1
41.116 (41.116)	1:23.154 (42.038)	2:08.313 (45.159)	2:52.704 (44.392)

Women 1 Mile Run

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ODAC Rec: #	4:54.01	2017	Marissa Coombs, Virginia Wesleyan		
Meet Rec: \$	5:02.01	2017	Marrissa Coombs, Virginia Wesleyan		
Name	Year	School	Finals	H#	Points
=====					
1 Hawk, Parker		Washington & Lee	5:11.14	2	10
39.612 (39.612)	1:18.938 (39.327)	1:59.184 (40.247)	2:39.201 (40.017)		
3:18.334 (39.134)	3:57.011 (38.677)	4:33.917 (36.907)	5:11.131 (37.214)		
2 Massey, Lauren		Lynchburg	5:12.71	2	8
39.941 (39.941)	1:19.513 (39.573)	1:59.721 (40.208)	2:39.851 (40.130)		
3:19.047 (39.197)	3:57.559 (38.513)	4:35.678 (38.119)	5:12.707 (37.029)		
3 Dell, Allison		Lynchburg	5:16.67	2	6
39.982 (39.982)	1:19.596 (39.614)	1:59.879 (40.284)	2:40.054 (40.175)		
3:19.591 (39.537)	3:57.934 (38.344)	4:36.648 (38.714)	5:16.667 (40.019)		
4 Smith, Hailey		Lynchburg	5:18.17	2	5
39.709 (39.709)	1:19.221 (39.512)	1:59.446 (40.225)	2:39.526 (40.080)		
3:18.631 (39.105)	3:59.426 (40.795)	4:41.173 (41.748)	5:18.168 (36.995)		
5 Silva, Molly		Lynchburg	5:19.61	2	4
39.853 (39.853)	1:19.367 (39.514)	1:59.534 (40.168)	2:39.663 (40.129)		
3:19.312 (39.649)	3:57.331 (38.019)	4:37.946 (40.615)	5:19.606 (41.660)		
6 Weaver, Jenna		Eastern Mennonite	5:21.49	2	3
40.422 (40.422)	1:20.476 (40.054)	2:00.669 (40.194)	2:41.766 (41.097)		
3:23.169 (41.404)	4:05.083 (41.914)	4:45.778 (40.695)	5:21.482 (35.704)		
7 Young, Mackenzie		Bridgewater (Va.)	5:22.53	2	2
40.207 (40.207)	1:19.849 (39.643)	2:00.011 (40.162)	2:40.611 (40.600)		
3:21.288 (40.678)	4:02.462 (41.174)	4:43.407 (40.945)	5:22.521 (39.114)		
8 Mitchell, Emma		Washington & Lee	5:23.86	2	1
40.483 (40.483)	1:20.162 (39.679)	2:00.412 (40.250)	2:41.142 (40.730)		
3:21.023 (39.882)	4:02.883 (41.860)	4:43.588 (40.705)	5:23.856 (40.268)		
9 Atkinson, Erin		Shenandoah	5:26.80	2	
41.342 (41.342)	1:19.962 (38.620)	2:00.096 (40.134)	2:40.134 (40.039)		
3:19.742 (39.608)	4:00.283 (40.542)	4:44.326 (44.043)	5:26.793 (42.468)		
10 Kemp, Mimi		Washington & Lee	5:37.78	2	
41.422 (41.422)	1:21.212 (39.790)	2:02.939 (41.728)	2:46.203 (43.264)		
3:29.687 (43.484)	4:14.028 (44.342)	4:56.901 (42.873)	5:37.778 (40.878)		
11 Brown, Ashley		Roanoke	5:51.77	2	
41.011 (41.011)	1:23.193 (42.183)	2:07.204 (44.012)	2:51.823 (44.619)		
3:36.642 (44.819)	4:22.459 (45.818)	5:07.777 (45.318)	5:51.767 (43.990)		
12 Aten, Cecelia		Virginia Wesleyan	6:09.97	1	
42.532 (42.532)	1:25.236 (42.704)	2:09.976 (44.740)	2:55.195 (45.219)		
3:43.208 (48.014)	4:33.540 (50.332)	5:24.115 (50.575)	6:09.965 (45.850)		
13 Sindt, Sidney		Lynchburg	6:11.91	1	
43.740 (43.740)	1:28.845 (45.105)	2:15.427 (46.583)	3:02.360 (46.933)		
3:49.425 (47.065)	4:38.602 (49.178)	5:27.801 (49.199)	6:11.908 (44.108)		
14 Lovan, Olivia		Washington & Lee	6:22.51	1	
40.432 (40.432)	1:25.368 (44.937)	2:12.057 (46.689)	3:00.495 (48.438)		
3:50.420 (49.925)	4:41.631 (51.212)	5:34.211 (52.580)	6:22.502 (48.292)		

ODAC Indoor Track & Field Championships - 2/26/2023

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Results

...Women 1 Mile Run

15 Williamson, Molly	Bridgewater (Va.)	6:29.78	1		
44.646 (44.646)	1:29.472 (44.827)	2:16.251 (46.779)	3:03.847 (47.597)		
3:52.752 (48.905)	4:44.425 (51.673)	5:37.706 (53.282)	6:29.773 (52.068)		
16 Gburek, Sophie	Virginia Wesleyan	6:31.93	1		
44.340 (44.340)	1:29.207 (44.868)	2:15.858 (46.652)	3:03.567 (47.709)		
3:53.061 (49.494)	4:45.476 (52.415)	5:40.353 (54.878)	6:31.923 (51.570)		

Women 3000 Meter Run

=====						
ODAC Rec: #	9:55.49	2015	Kat Lehman, Eastern Mennonite			
Meet Rec: \$	10:10.61	2001	Casey Smith, Roanoke			
Name	Year	School	Finals	H#	Points	
=====						
1 Todd, Carolyn		Washington & Lee	10:13.21	2	10	
38.747 (38.747)	1:19.047 (40.300)	1:59.452 (40.406)	2:39.852 (40.400)			
3:21.143 (41.291)	4:02.327 (41.184)	4:43.690 (41.363)	5:25.318 (41.628)			
6:07.291 (41.974)	6:50.455 (43.164)	7:33.476 (43.022)	8:15.008 (41.532)			
8:56.986 (41.978)	9:38.432 (41.447)	10:13.202 (34.770)				
2 Dell, Allison		Lynchburg	10:16.42	2	8	
38.648 (38.648)	1:19.274 (40.626)	1:59.818 (40.544)	2:40.102 (40.284)			
3:21.431 (41.330)	4:02.544 (41.114)	4:44.042 (41.498)	5:25.640 (41.599)			
6:07.627 (41.987)	6:50.751 (43.124)	7:33.756 (43.006)	8:14.683 (40.927)			
8:56.696 (42.014)	9:38.708 (42.012)	10:16.419 (37.711)				
3 Lagunas, Kelsey		Lynchburg	10:25.56	2	6	
38.995 (38.995)	1:19.822 (40.827)	2:00.538 (40.716)	2:41.520 (40.983)			
3:24.248 (42.728)	4:06.571 (42.323)	4:48.956 (42.386)	5:31.486 (42.530)			
6:14.254 (42.768)	6:57.452 (43.199)	7:40.826 (43.374)	8:23.960 (43.135)			
9:06.404 (42.444)	9:47.171 (40.767)	10:25.558 (38.387)				
4 James, Sarah		Lynchburg	10:32.30	2	5	
38.864 (38.864)	1:19.568 (40.704)	2:00.260 (40.692)	2:41.199 (40.939)			
3:23.946 (42.747)	4:06.712 (42.767)	4:49.400 (42.688)	5:31.915 (42.515)			
6:14.979 (43.064)	6:58.487 (43.508)	7:41.951 (43.464)	8:26.408 (44.458)			
9:09.991 (43.583)	9:52.944 (42.954)	10:32.299 (39.355)				
5 Silva, Molly		Lynchburg	10:35.05	2	4	
39.148 (39.148)	1:20.167 (41.019)	2:01.300 (41.134)	2:43.188 (41.888)			
3:25.543 (42.355)	4:08.427 (42.884)	4:51.224 (42.798)	5:34.502 (43.278)			
6:18.027 (43.526)	7:01.504 (43.478)	7:45.836 (44.332)	8:30.580 (44.744)			
9:15.332 (44.752)	9:58.374 (43.042)	10:35.043 (36.670)				
6 Hamlet, Claire		Washington & Lee	10:40.30	2	3	
40.742 (40.742)	1:23.499 (42.758)	2:06.214 (42.715)	2:49.406 (43.192)			
3:31.760 (42.355)	4:13.930 (42.170)	4:56.352 (42.423)	5:41.038 (44.686)			
6:24.840 (43.803)	7:08.739 (43.899)	7:51.862 (43.123)	8:34.874 (43.012)			
9:18.554 (43.680)	9:59.814 (41.260)	10:40.296 (40.483)				
7 Lotts, Madeline		Shenandoah	10:43.78	2	2	
40.614 (40.614)	1:22.702 (42.088)	2:05.975 (43.274)	2:48.408 (42.434)			
3:30.610 (42.202)	4:13.859 (43.250)	4:56.114 (42.255)	5:39.936 (43.823)			
6:24.234 (44.298)	7:08.699 (44.466)	7:53.379 (44.680)	8:37.818 (44.439)			
9:22.538 (44.720)	10:06.364 (43.827)	10:43.775 (37.411)				
8 Atkinson, Erin		Shenandoah	10:44.44	2	1	
40.280 (40.280)	1:22.412 (42.132)	2:05.994 (43.582)	2:48.590 (42.596)			
3:30.822 (42.232)	4:14.163 (43.342)	4:56.404 (42.242)	5:40.275 (43.871)			
6:24.543 (44.268)	7:08.988 (44.446)	7:52.411 (43.423)	8:37.431 (45.020)			
9:22.147 (44.716)	10:05.144 (42.998)	10:44.439 (39.295)				

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Results

...Women 3000 Meter Run

9 Smeds, Emily	Bridgewater (Va.)	10:45.34	2		
40.999 (40.999)	1:23.268 (42.270)	2:06.372 (43.104)		2:48.964 (42.592)	
3:31.195 (42.231)	4:14.408 (43.214)	4:56.876 (42.468)		5:41.646 (44.770)	
6:25.151 (43.506)	7:09.455 (44.304)	7:53.555 (44.100)		8:37.467 (43.912)	
9:21.892 (44.426)	10:05.532 (43.640)	10:45.340 (39.808)			
10 Breschi, Sophia	Washington & Lee	10:48.20	2		
40.860 (40.860)	1:23.687 (42.827)	2:06.514 (42.827)		2:49.716 (43.203)	
3:32.094 (42.378)	4:14.510 (42.416)	4:56.655 (42.146)		5:41.386 (44.731)	
6:25.704 (44.319)	7:11.063 (45.359)	7:55.259 (44.196)		8:39.855 (44.596)	
9:24.872 (45.018)	10:08.772 (43.900)	10:48.200 (39.428)			
11 Weaver, Jenna	Eastern Mennonite	10:49.63	2		
41.278 (41.278)	1:24.399 (43.122)	2:08.279 (43.880)		2:51.272 (42.994)	
3:34.880 (43.608)	4:19.196 (44.316)	5:03.154 (43.958)		5:49.003 (45.850)	
6:33.562 (44.559)	7:18.862 (45.300)	8:04.239 (45.378)		8:47.823 (43.584)	
9:31.491 (43.668)	10:12.358 (40.867)	10:49.627 (37.270)			
12 Breyault, Brianna	Washington & Lee	10:59.71	2		
43.335 (43.335)	1:25.838 (42.503)	2:09.407 (43.570)		2:52.347 (42.940)	
3:35.411 (43.064)	4:19.224 (43.814)	5:03.723 (44.499)		5:49.160 (45.438)	
6:33.782 (44.622)	7:18.627 (44.846)	8:04.483 (45.856)		8:49.206 (44.723)	
9:34.243 (45.038)	10:18.883 (44.640)	10:59.710 (40.827)			
13 Mast, Halie	Eastern Mennonite	11:08.15	2		
41.815 (41.815)	1:25.055 (43.240)	2:09.090 (44.035)		2:52.239 (43.150)	
3:35.695 (43.456)	4:19.924 (44.230)	5:04.779 (44.855)		5:50.002 (45.223)	
6:36.458 (46.456)	7:22.124 (45.667)	8:08.722 (46.598)		8:55.447 (46.726)	
9:42.414 (46.967)	10:27.671 (45.258)	11:08.147 (40.476)			
14 Clodgo, Kristen	Washington & Lee	11:08.17	2		
39.682 (39.682)	1:22.103 (42.422)	2:05.642 (43.539)		2:48.054 (42.412)	
3:30.284 (42.231)	4:13.570 (43.286)	4:55.980 (42.411)		5:40.615 (44.635)	
6:25.536 (44.922)	7:11.886 (46.350)	7:59.764 (47.879)		8:48.135 (48.371)	
9:34.144 (46.010)	10:22.595 (48.451)	11:08.164 (45.570)			
15 Robinson, Regan	Bridgewater (Va.)	11:14.41	2		
42.108 (42.108)	1:24.872 (42.764)	2:08.674 (43.802)		2:51.507 (42.834)	
3:35.283 (43.776)	4:19.563 (44.280)	5:04.358 (44.795)		5:49.648 (45.291)	
6:36.059 (46.411)	7:22.558 (46.499)	8:09.150 (46.592)		8:56.058 (46.908)	
9:43.244 (47.187)	10:30.312 (47.068)	11:14.408 (44.096)			
16 Spencer, Eve	Washington & Lee	11:32.86	1		
44.016 (44.016)	1:30.395 (46.379)	2:15.803 (45.408)		3:01.484 (45.682)	
3:47.370 (45.886)	4:32.246 (44.876)	5:19.392 (47.147)		6:06.214 (46.822)	
6:53.764 (47.551)	7:41.780 (48.016)	8:30.352 (48.572)		9:19.018 (48.666)	
10:06.142 (47.124)	10:51.935 (45.794)	11:32.856 (40.922)			
17 Gallagher, Nina	Washington & Lee	11:33.54	1		
44.408 (44.408)	1:30.774 (46.366)	2:16.198 (45.424)		3:01.811 (45.614)	
3:47.635 (45.824)	4:32.615 (44.980)	5:19.619 (47.004)		6:06.568 (46.950)	
6:54.082 (47.514)	7:42.176 (48.095)	8:30.606 (48.430)		9:19.284 (48.679)	
10:05.316 (46.032)	10:52.214 (46.898)	11:33.539 (41.326)			
18 Westerman, Megan	Randolph	11:42.80	1		
45.032 (45.032)	1:31.916 (46.884)	2:18.055 (46.139)		3:03.871 (45.816)	
3:50.083 (46.212)	4:37.390 (47.307)	5:25.082 (47.692)		6:12.954 (47.872)	
7:00.964 (48.011)	7:49.892 (48.928)	8:38.603 (48.711)		9:27.348 (48.746)	
10:15.698 (48.350)	11:02.396 (46.699)	11:42.800 (40.404)			
19 Thrush, Makenna	Shenandoah	11:43.55	1		
45.670 (45.670)	1:32.040 (46.371)	2:16.484 (44.444)		3:02.175 (45.691)	
3:48.143 (45.968)	4:34.735 (46.592)	5:22.458 (47.723)		6:09.639 (47.182)	
6:58.331 (48.692)	7:47.011 (48.680)	8:35.780 (48.770)		9:24.440 (48.660)	
10:13.252 (48.812)	11:01.715 (48.463)	11:43.544 (41.830)			

ODAC Indoor Track & Field Championships - 2/26/2023
Cregger Center
Results

...Women 3000 Meter Run

20 Saulsbury, Delaney	Lynchburg	11:45.64	1		
43.844 (43.844)	1:30.036 (46.192)	2:15.916 (45.880)		3:01.570 (45.654)	
3:47.379 (45.810)	4:32.328 (44.950)	5:19.467 (47.139)		6:06.280 (46.814)	
6:53.351 (47.071)	7:41.819 (48.468)	8:30.386 (48.567)		9:18.974 (48.588)	
10:08.230 (49.256)	10:58.332 (50.103)	11:45.631 (47.299)			
21 Earle, Sarah	Bridgewater (Va.)	11:54.13	1		
45.410 (45.410)	1:32.283 (46.874)	2:18.386 (46.103)		3:04.750 (46.364)	
3:52.028 (47.279)	4:40.611 (48.583)	5:28.972 (48.362)		6:17.956 (48.984)	
7:06.426 (48.470)	7:56.182 (49.756)	8:45.572 (49.391)		9:34.687 (49.115)	
10:23.404 (48.718)	11:10.139 (46.735)	11:54.122 (43.983)			
-- Clarkson, Allie	Shenandoah	DNF	1		
44.611 (44.611)	1:31.506 (46.895)	2:17.720 (46.215)		3:05.436 (47.716)	
3:53.430 (47.994)					
-- Mitchell, Emma	Washington & Lee	DNF	2		
41.566 (41.566)	1:24.726 (43.160)	2:08.012 (43.287)		2:50.928 (42.916)	
3:34.582 (43.654)	4:18.911 (44.330)	5:03.588 (44.678)		5:48.776 (45.188)	
6:34.656 (45.880)	7:21.220 (46.564)	8:07.964 (46.744)			

Women 5000 Meter Run

=====					
ODAC Rec: #	17:06.99	2001	Casey Smith, Roanoke		
Meet Rec: \$	17:35.81	2020	English Jackson, Bridgewater		
Name	Year	School	Finals	Points	
=====					
1 Todd, Carolyn		Washington & Lee	17:38.81	10	
40.168 (40.168)	1:23.532 (43.364)	2:06.035 (42.504)		2:47.635 (41.600)	
3:29.627 (41.992)	4:11.658 (42.032)	4:53.238 (41.580)		5:35.420 (42.183)	
6:18.039 (42.619)	7:00.357 (42.318)	7:43.100 (42.744)		8:26.150 (43.050)	
9:09.437 (43.287)	9:52.939 (43.503)	10:36.445 (43.507)		11:19.000 (42.555)	
12:02.773 (43.773)	12:46.408 (43.635)	13:30.663 (44.255)		14:14.559 (43.897)	
14:58.669 (44.110)	15:41.749 (43.080)	16:24.024 (42.275)		17:02.228 (38.204)	
17:38.809 (36.582)					
2 James, Sarah		Lynchburg	18:04.52	8	
40.289 (40.289)	1:24.048 (43.759)	2:06.662 (42.614)		2:48.305 (41.644)	
3:30.087 (41.782)	4:12.258 (42.172)	4:53.983 (41.725)		5:36.024 (42.042)	
6:18.834 (42.810)	7:01.417 (42.583)	7:44.533 (43.117)		8:26.883 (42.350)	
9:10.635 (43.753)	9:55.133 (44.498)	10:40.328 (45.195)		11:24.432 (44.104)	
12:08.890 (44.459)	12:53.445 (44.555)	13:38.902 (45.457)		14:23.684 (44.783)	
15:08.577 (44.893)	15:53.442 (44.865)	16:37.288 (43.847)		17:20.553 (43.265)	
18:04.515 (43.963)					
3 Lagunas, Kelsey		Lynchburg	18:14.30	6	
40.352 (40.352)	1:23.730 (43.379)	2:06.320 (42.590)		2:47.888 (41.568)	
3:29.854 (41.967)	4:11.917 (42.063)	4:53.609 (41.693)		5:35.713 (42.104)	
6:18.360 (42.648)	7:00.685 (42.325)	7:44.004 (43.319)		8:27.345 (43.342)	
9:11.300 (43.955)	9:55.914 (44.614)	10:39.997 (44.083)		11:25.710 (45.714)	
12:12.008 (46.298)	12:57.532 (45.524)	13:43.544 (46.013)		14:29.735 (46.192)	
15:15.475 (45.740)	16:01.252 (45.777)	16:46.543 (45.292)		17:30.537 (43.994)	
18:14.298 (43.762)					

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****....Women 5000 Meter Run**

4 Young, Mackenzie	Bridgewater (Va.)	18:22.47	5		
40.944 (40.944)	1:24.882 (43.938)	2:07.835 (42.954)	2:48.927 (41.092)		
3:31.064 (42.138)	4:13.870 (42.807)	4:56.974 (43.104)	5:40.373 (43.399)		
6:24.515 (44.143)	7:08.849 (44.334)	7:53.840 (44.992)	8:38.395 (44.555)		
9:23.292 (44.897)	10:08.803 (45.512)	10:54.350 (45.548)	11:39.878 (45.528)		
12:25.798 (45.920)	13:11.254 (45.457)	13:56.575 (45.322)	14:41.743 (45.168)		
15:27.015 (45.273)	16:11.637 (44.622)	16:56.670 (45.034)	17:41.104 (44.434)		
18:22.464 (41.360)					
5 Smeds, Emily	Bridgewater (Va.)	18:28.39	4		
40.970 (40.970)	1:25.043 (44.073)	2:08.063 (43.020)	2:49.280 (41.218)		
3:31.858 (42.578)	4:14.479 (42.622)	4:57.859 (43.380)	5:41.973 (44.114)		
6:26.765 (44.793)	7:11.624 (44.859)	7:56.683 (45.059)	8:41.742 (45.059)		
9:27.224 (45.483)	10:12.870 (45.647)	10:58.500 (45.630)	11:43.805 (45.305)		
12:28.948 (45.143)	13:14.725 (45.778)	14:00.845 (46.120)	14:46.855 (46.010)		
15:32.442 (45.587)	16:17.573 (45.132)	17:02.997 (45.424)	17:47.553 (44.557)		
18:28.385 (40.833)					
6 Hamlet, Claire	Washington & Lee	18:31.50	3		
40.697 (40.697)	1:24.568 (43.872)	2:07.458 (42.890)	2:48.877 (41.419)		
3:30.737 (41.860)	4:13.303 (42.567)	4:56.375 (43.073)	5:39.690 (43.315)		
6:24.139 (44.449)	7:08.432 (44.293)	7:53.499 (45.068)	8:37.990 (44.492)		
9:22.892 (44.902)	10:08.640 (45.749)	10:54.185 (45.545)	11:40.228 (46.043)		
12:26.065 (45.838)	13:11.553 (45.488)	13:57.260 (45.708)	14:43.442 (46.182)		
15:29.728 (46.287)	16:15.479 (45.752)	17:03.122 (47.643)	17:48.098 (44.977)		
18:31.492 (43.394)					
7 Weaver, Jenna	Eastern Mennonite	19:16.56	2		
41.337 (41.337)	1:25.365 (44.029)	2:08.292 (42.927)	2:50.139 (41.848)		
3:33.917 (43.778)	4:19.047 (45.130)	5:04.303 (45.257)	5:50.200 (45.898)		
6:36.340 (46.140)	7:23.062 (46.722)	8:09.452 (46.390)	8:56.429 (46.978)		
9:43.859 (47.430)	10:31.493 (47.634)	11:19.408 (47.915)	12:07.175 (47.768)		
12:54.338 (47.163)	13:42.018 (47.680)	14:29.970 (47.953)	15:18.345 (48.375)		
16:07.852 (49.507)	16:57.089 (49.238)	17:45.015 (47.927)	18:31.863 (46.848)		
19:16.557 (44.694)					
8 Robinson, Regan	Bridgewater (Va.)	19:32.02	1		
41.799 (41.799)	1:26.013 (44.214)	2:09.713 (43.700)	2:53.702 (43.989)		
3:39.068 (45.367)	4:24.392 (45.324)	5:10.873 (46.482)	5:57.735 (46.863)		
6:44.242 (46.507)	7:30.290 (46.049)	8:16.653 (46.363)	9:00.488 (43.835)		
9:51.114 (50.627)	10:39.338 (48.224)	11:27.114 (47.777)	12:15.468 (48.354)		
13:04.244 (48.777)	13:53.090 (48.847)	14:42.503 (49.413)	15:31.283 (48.780)		
16:20.024 (48.742)	17:08.833 (48.809)	17:57.637 (48.804)	18:45.872 (48.235)		
19:32.017 (46.145)					
9 Clarkson, Allie	Shenandoah	19:56.99			
42.174 (42.174)	1:27.883 (45.709)	2:14.188 (46.305)	3:01.797 (47.609)		
3:49.660 (47.864)	4:37.930 (48.270)	5:26.518 (48.588)	6:15.432 (48.914)		
7:03.915 (48.484)	7:52.610 (48.695)	8:41.119 (48.509)	9:29.677 (48.558)		
10:18.269 (48.593)	11:07.328 (49.059)	11:56.785 (49.458)	12:46.010 (49.225)		
13:35.200 (49.190)	14:23.784 (48.584)	15:12.605 (48.822)	16:02.170 (49.565)		
16:51.269 (49.099)	17:39.844 (48.575)	18:28.518 (48.674)	19:16.649 (48.132)		
19:56.988 (40.339)					

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****...Women 5000 Meter Run**

10	Brown, Ashley	Roanoke	19:58.25			
	41.584 (41.584)	1:26.865 (45.282)	2:12.829 (45.964)	2:59.170 (46.342)		
	3:46.407 (47.237)	4:31.175 (44.769)	5:17.084 (45.909)	6:03.173 (46.089)		
	6:49.515 (46.343)	7:38.222 (48.707)	8:27.699 (49.478)	9:17.162 (49.463)		
	10:06.493 (49.332)	10:56.970 (50.478)	11:47.528 (50.558)	12:36.238 (48.710)		
	13:26.094 (49.857)	14:14.617 (48.523)	15:03.593 (48.977)	15:52.719 (49.127)		
	16:41.339 (48.620)	17:31.503 (50.164)	18:21.839 (50.337)	19:12.775 (50.937)		
	19:58.249 (45.474)					
11	Saulsbury, Delaney	Lynchburg	20:12.34			
	45.489 (45.489)	1:31.520 (46.032)	2:20.082 (48.562)	3:07.714 (47.633)		
	3:54.487 (46.773)	4:41.642 (47.155)	5:28.719 (47.078)	6:15.099 (46.380)		
	7:03.618 (48.519)	7:52.230 (48.613)	8:40.747 (48.517)	9:29.432 (48.685)		
	10:17.525 (48.094)	11:06.868 (49.343)	11:56.448 (49.580)	12:45.517 (49.069)		
	13:34.808 (49.292)	14:23.447 (48.639)	15:12.385 (48.939)	16:01.978 (49.593)		
	16:51.913 (49.935)	17:42.443 (50.530)	18:33.492 (51.049)	19:23.112 (49.620)		
	20:12.334 (49.223)					
12	Westerman, Megan	Randolph	20:17.47			
	42.894 (42.894)	1:28.714 (45.820)	2:15.090 (46.377)	3:02.259 (47.169)		
	3:47.827 (45.568)	4:33.778 (45.952)	5:20.983 (47.205)	6:08.613 (47.630)		
	6:56.962 (48.349)	7:46.363 (49.402)	8:34.787 (48.424)	9:24.772 (49.985)		
	10:14.623 (49.852)	11:04.183 (49.560)	11:55.058 (50.875)	12:46.268 (51.210)		
	13:36.395 (50.128)	14:28.123 (51.728)	15:20.395 (52.273)	16:11.509 (51.114)		
	17:02.638 (51.129)	17:53.452 (50.814)	18:44.454 (51.003)	19:34.608 (50.154)		
	20:17.468 (42.860)					
13	Pareso, Lily	Washington & Lee	20:21.84			
	42.530 (42.530)	1:28.399 (45.869)	2:15.188 (46.789)	3:02.462 (47.274)		
	3:47.055 (44.594)	4:32.977 (45.922)	5:19.788 (46.812)	6:07.065 (47.278)		
	6:55.293 (48.228)	7:44.087 (48.794)	8:32.824 (48.738)	9:22.090 (49.267)		
	10:11.704 (49.614)	11:01.673 (49.969)	11:51.579 (49.907)	12:42.169 (50.590)		
	13:32.763 (50.594)	14:23.994 (51.232)	15:15.974 (51.980)	16:08.235 (52.262)		
	16:59.384 (51.149)	17:51.639 (52.255)	18:43.224 (51.585)	19:34.100 (50.877)		
	20:21.833 (47.733)					
14	Thrush, Makenna	Shenandoah	20:39.93			
	45.124 (45.124)	1:32.385 (47.262)	2:20.325 (47.940)	3:08.343 (48.018)		
	3:55.717 (47.374)	4:43.249 (47.533)	5:31.913 (48.664)	6:20.589 (48.677)		
	7:09.224 (48.635)	7:58.333 (49.109)	8:47.024 (48.692)	9:36.224 (49.200)		
	10:25.332 (49.108)	11:15.187 (49.855)	12:06.193 (51.007)	12:57.479 (51.287)		
	13:48.893 (51.414)	14:41.347 (52.454)	15:33.799 (52.453)	16:26.508 (52.709)		
	17:19.950 (53.443)	18:13.107 (53.157)	19:05.790 (52.684)	19:56.008 (50.218)		
	20:39.930 (43.923)					
15	Kochanski, Sarah	Roanoke	22:22.09			
	46.188 (46.188)	1:34.362 (48.174)	2:25.298 (50.937)	3:17.200 (51.903)		
	4:10.584 (53.384)	5:03.940 (53.357)	5:58.522 (54.582)	6:52.950 (54.429)		
	7:47.208 (54.258)	8:42.352 (55.144)	9:36.862 (54.510)	10:32.238 (55.377)		
	11:27.418 (55.180)	12:23.059 (55.642)	13:18.874 (55.815)	14:15.408 (56.534)		
	15:10.963 (55.555)	16:06.887 (55.924)	17:02.480 (55.594)	17:58.597 (56.117)		
	18:54.163 (55.567)	19:48.989 (54.827)	20:42.599 (53.610)	21:33.850 (51.252)		
	22:22.085 (48.235)					

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****...Women 5000 Meter Run**

16 Rhyne, Madeleine	Roanoke	23:25.26		
46.639 (46.639)	1:35.567 (48.928)	2:27.398 (51.832)	3:20.152 (52.754)	
4:12.955 (52.804)	5:06.329 (53.374)	6:01.193 (54.864)	6:56.724 (55.532)	
7:52.838 (56.114)	8:49.184 (56.347)	9:46.020 (56.837)	10:42.489 (56.469)	
11:40.080 (57.592)	12:37.619 (57.539)	13:35.694 (58.075)	14:32.865 (57.172)	
15:31.627 (58.762)	16:30.824 (59.198)	17:29.829 (59.005)	18:29.237 (59.408)	
19:29.052 (59.815)	20:29.257 (1:00.205)	21:29.190 (59.934)	22:29.109 (59.919)	
23:25.260 (56.152)				
17 Dillon, Harper	Hollins	23:36.63		
47.099 (47.099)	1:36.862 (49.763)	2:29.528 (52.667)	3:23.755 (54.228)	
4:18.158 (54.403)	5:13.552 (55.394)	6:10.324 (56.773)	7:06.413 (56.089)	
8:02.725 (56.313)	9:00.188 (57.463)	9:58.017 (57.829)	10:55.812 (57.795)	
11:53.562 (57.750)	12:52.113 (58.552)	13:50.140 (58.028)	14:48.258 (58.118)	
15:47.388 (59.130)	16:47.389 (1:00.002)	17:46.103 (58.714)	18:45.070 (58.968)	
19:44.408 (59.338)	20:43.430 (59.023)	21:41.960 (58.530)	22:39.747 (57.787)	
23:36.628 (56.882)				
18 Larcombe, Elena	Bridgewater (Va.)	23:49.76		
53.610 (53.610)	1:48.935 (55.325)	2:45.454 (56.519)	3:41.364 (55.910)	
4:38.205 (56.842)	5:35.323 (57.118)	6:31.928 (56.605)	7:29.000 (57.073)	
8:26.120 (57.120)	9:23.007 (56.887)	10:19.613 (56.607)	11:17.063 (57.450)	
12:15.665 (58.603)	13:14.372 (58.707)	14:13.354 (58.983)	15:12.680 (59.327)	
16:11.923 (59.243)	17:10.614 (58.692)	18:09.158 (58.544)	19:07.845 (58.688)	
20:06.560 (58.715)	21:05.633 (59.073)	22:04.670 (59.038)	23:01.948 (57.278)	
23:49.758 (47.810)				

Women 60 Meter Hurdles

ODAC Rec: #	8.69	2019	Emily Valle, Bridgewater
Meet Rec: \$	8.89	2019	Emily Valle, Bridgewater
Name	Year	School	Prelims H#

Preliminaries

1 Seward, Aniya	Lynchburg	# 8.67Q	3
2 Snodgrass, Hannah	Roanoke	9.04Q	1
3 Mohnkern, Betsy	Lynchburg	9.25Q	2
4 Venable, Madelyn	Washington & Lee	9.29q	2
5 Jackson, Aanykka	Virginia Wesleyan	9.31q	2
6 Washington, Shirell	Virginia Wesleyan	9.37q	3
7 Winston, Cammi	Roanoke	9.43q	3
8 Britton, Yadeja	Virginia Wesleyan	9.49q	2
9 Romano, Amanda	Washington & Lee	9.69	1
10 Bates, Olivia	Bridgewater (Va.)	9.75	3 9.741
11 Tulenko, Paige	Washington & Lee	9.75	1 9.742
12 Longood, Parker	Washington & Lee	10.06	2
13 Ladner, Ophelia	Roanoke	10.11	1
14 Brown, J'Quaycia	Bridgewater (Va.)	10.31	3
15 Moore, Natalie	Guilford	10.46	3
16 Eby, Ashlyn	Eastern Mennonite	10.73	1
17 Blanton, Sha'Dymon	Eastern Mennonite	10.91	2
18 Hylton, Holly	Hollins	10.96	1
19 Hobin, Lindsey	Roanoke	11.48	1
-- Thomas, Tyler	Averett	DNF	3

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****Women 60 Meter Hurdles**

ODAC Rec: # 8.69 2019 Emily Valle, Bridgewater
 Meet Rec: \$ 8.89 2019 Emily Valle, Bridgewater
 Name Year School Finals Points

Finals

Name	Year	School	Finals	Points
1 Seward, Aniya		Lynchburg	8.70\$	10
2 Snodgrass, Hannah		Roanoke	9.02	7 9.012
2 Mohnkern, Betsy		Lynchburg	9.02	7 9.012
4 Jackson, Aanykka		Virginia Wesleyan	9.18	5
5 Venable, Madelyn		Washington & Lee	9.29	4
6 Washington, Shirell		Virginia Wesleyan	9.33	3
7 Winston, Cammi		Roanoke	9.93	2
-- Britton, Yadeja		Virginia Wesleyan	DQ	Hands on hurdle

Women 4x400 Meter Relay

ODAC Rec: # 3:56.25 2014 Roanoke, Roanoke
 MacDougall, Mejia, Janney, Kinney
 Meet Rec: \$ 3:59.58 2013 Roanoke, Roanoke
 Graves, Janney, Kinney, Mejia
 School Finals H# Points

1 Lynchburg 'A'	4:02.84	2	10
1) Mohnkern, Betsy	2) Barnes, Vuronika		
3) Boyce, Madelyn	4) Smith, Hailey		
1:02.161 (1:02.161)	2:02.109 (59.948)	3:02.785 (1:00.676)	4:02.837 (1:00.052)
2 Roanoke 'A'	4:06.55	2	8
1) Henson, Lauren	2) Gamble, Haylee		
3) Molina-Shuman, Maryrose	4) Hefferon, Mikayla		
1:02.813 (1:02.813)	2:06.006 (1:03.194)	3:07.170 (1:01.164)	4:06.549 (59.379)
3 Virginia Wesleyan 'A'	4:06.93	2	6
1) Barnes, Amia	2) Britton, Yadeja		
3) Stedman, Casey	4) Hathaway, Julia		
1:01.743 (1:01.743)	2:02.914 (1:01.171)	3:07.410 (1:04.496)	4:06.926 (59.516)
4 Washington & Lee 'A'	4:08.39	2	5
1) Tulenko, Paige	2) Palethorpe, Jordynn		
3) Romano, Amanda	4) Scibelli, Kate		
1:03.138 (1:03.138)	2:04.835 (1:01.698)	3:06.621 (1:01.786)	4:08.382 (1:01.762)
5 Eastern Mennonite 'A'	4:15.88	1	4
1) Walker, Marissa	2) Asefa, Elili		
3) Gardiner, Vanessa	4) Taylor, Ray Ray		
1:08.073 (1:08.073)	2:11.946 (1:03.874)	3:17.594 (1:05.648)	4:15.880 (58.286)
6 Bridgewater (Va.) 'A'	4:16.80	1	3
1) Buckles, Jade	2) Coleman, Adalia		
3) Hooker, Kacee	4) Oliver, Cassidy		
1:05.845 (1:05.845)	2:11.354 (1:05.510)	3:14.733 (1:03.379)	4:16.798 (1:02.066)
7 Shenandoah 'A'	4:18.57	1	2
1) Hubbard, Alexis	2) Plowman, Mackenzie		
3) Nicely, Emma	4) Sidorov, Sarah		
1:04.972 (1:04.972)	2:10.798 (1:05.827)	3:15.144 (1:04.346)	4:18.569 (1:03.426)
8 Hollins 'A'	4:28.54	1	1
1) Patterson, Jazmine	2) Carter, Noelani		
3) Brousseau, Madison	4) Hylton, Holly		
1:06.480 (1:06.480)	2:16.773 (1:10.294)	3:20.208 (1:03.435)	4:28.534 (1:08.327)

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****...Women 4x400 Meter Relay**

9	Averett 'A'				4:43.66	1
	1) Bangura, Saida		2) Williams, Asia			
	3) Lewis, Cassidy		4) Ingraham, Shannea			
	1:15.356 (1:15.356)	2:24.413 (1:09.058)	3:33.844 (1:09.431)	4:43.654 (1:09.811)		
10	Ferrum 'A'				4:50.55	1
	1) Hairston, Jordan		2) Pineiro, Genesis			
	3) Holiz, Arriona		4) Flanagan, Lacey			
	1:08.085 (1:08.085)	2:14.665 (1:06.580)	3:26.237 (1:11.572)	4:50.550 (1:24.314)		

Women Distance Medley

=====						
	ODAC Rec: #	11:58.66	2017	Washington and Lee, Washington an		
				Seybold, Lee, Fonvielle, Yates		
	Meet Rec: \$	12:37.64	2015	Eastern Mennonite, Eastern Mennon		
				Paden, Brumfield, Schirch, Chappell-Dick		
	School			Finals	Points	
=====						
1	Lynchburg 'A'				12:49.03	10
	1) Massey, Lauren		2) Boyce, Madelyn			
	3) Kozlowski, Haleigh		4) Dell, Allison			
	3:51.383 (3:51.383)	4:52.031 (1:00.648)	7:18.978 (2:26.948)	12:49.024 (5:30.047)		
2	Washington & Lee 'A'				12:52.98	8
	1) Breschi, Sophia		2) Tulenko, Paige			
	3) Evans, Jesma		4) Kemp, Mimi			
	3:52.691 (3:52.691)	4:54.553 (1:01.863)	7:18.178 (2:23.625)	12:52.976 (5:34.798)		
3	Shenandoah 'A'				13:00.83	6
	1) Lotts, Madeline		2) Oleksy, Amy			
	3) Plowman, Mackenzie		4) Atkinson, Erin			
	3:53.753 (3:53.753)	4:58.028 (1:04.275)	7:32.307 (2:34.279)	13:00.823 (5:28.517)		
4	Eastern Mennonite 'A'				13:25.58	5
	1) Unzicker, Lucy		2) Asefa, Elili			
	3) Gardiner, Vanessa		4) Mast, Halie			
	4:09.291 (4:09.291)	5:14.181 (1:04.890)	7:46.931 (2:32.750)	13:25.571 (5:38.640)		
5	Bridgewater (Va.) 'A'				14:07.45	4
	1) Dodd, Ashley		2) Bates, Olivia			
	3) Just, Autumn		4) Earle, Sarah			
	4:19.569 (4:19.569)	5:25.386 (1:05.817)	8:09.196 (2:43.810)	14:07.446 (5:58.250)		
6	Roanoke 'A'				14:32.49	3
	1) Brown, Lauren		2) Henson, Lauren			
	3) Draper, Hailey		4) Kochanski, Sarah			
	4:22.679 (4:22.679)	5:24.276 (1:01.597)	8:08.463 (2:44.188)	14:32.481 (6:24.018)		
7	Virginia Wesleyan 'A'				14:46.20	2
	1) Gburek, Sophie		2) Stedman, Casey			
	3) Ciano, Norah		4) Aten, Cecelia			
	4:30.618 (4:30.618)	5:33.749 (1:03.132)	8:29.509 (2:55.760)	14:46.199 (6:16.690)		
8	Ferrum 'A'				15:06.07	1
	1) Pineiro, Genesis		2) Hairston, Jordan			
	3) Flanagan, Lacey		4) Holiz, Arriona			
	4:12.198 (4:12.198)	5:21.657 (1:09.459)	8:35.218 (3:13.562)	15:06.068 (6:30.850)		
9	Hollins 'A'				15:20.91	
	1) Forrest, Dawn		2) Hylton, Holly			
	3) Brousseau, Madison		4) Stuhlmiller, Samantha			
	4:52.612 (4:52.612)	6:02.613 (1:10.002)	8:51.401 (2:48.788)	15:20.903 (6:29.503)		

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****Women High Jump**

ODAC Rec: # 1.72m 2000		Vicki Osinga, Lynchburg	
Meet Rec: \$ 1.67m 2000		Vicki Osinga, Lynchburg	
Name	Year School	Finals	Points
1 Gillum, Camille	Washington & Lee	1.66m	10
1.40 1.45 1.50 1.55 1.58 1.61 1.64 1.66			
P O O XO XXO O O XO			
2 Ciano, Norah	Virginia Wesleyan	1.61m	8
1.40 1.45 1.50 1.55 1.58 1.61 1.64			
P XO O O XXO O XXX			
3 Taylor, Ray Ray	Eastern Mennonite	J1.61m	6
1.40 1.45 1.50 1.55 1.58 1.61 1.64			
P O O XO O XXO XXX			
4 Winston, Cammi	Roanoke	J1.61m	5
1.40 1.45 1.50 1.55 1.58 1.61 1.64			
P O O XO XO XXO XXX			
5 Nguyen, Kaitlyn	Roanoke	1.58m	4
1.40 1.45 1.50 1.55 1.58 1.61			
P XO O XXO XXO XXX			
6 Hinckley, Eleanor	Roanoke	1.55m	3
1.40 1.45 1.50 1.55 1.58			
O O O XO XXX			
7 Roden, Kim	Roanoke	1.50m	1.50
1.40 1.45 1.50 1.55			
P O O XXX			
7 Jackson, Aanykka	Virginia Wesleyan	1.50m	1.50
1.40 1.45 1.50 1.55			
O O O XXX			
9 Hoover, Katya	Shenandoah	J1.50m	
1.40 1.45 1.50 1.55			
XO O XO XXX			
10 Fox, Margo	Lynchburg	1.45m	
1.40 1.45 1.50			
O O XXX			
10 Moore, Natalie	Guilford	1.45m	
1.40 1.45 1.50			
P O XXX			
12 Madrigal, Emma	Shenandoah	J1.45m	
1.40 1.45 1.50			
O XO XXX			
13 Britton, Yadeja	Virginia Wesleyan	J1.45m	
1.40 1.45 1.50			
P XXO XXX			
14 Russell, Abby	Lynchburg	1.40m	
1.40 1.45			
XXO XXX			

Women Pole Vault

ODAC Rec: # 3.77m 2002		Laura Rosenberger, Eastern Mennonite	
Meet Rec: \$ 3.61m 2010		Christina Rhodes, Bridgewater	
Name	Year School	Finals	Points

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****....Women Pole Vault**

1	Anderson, Lauren	Lynchburg	3.50m	10
	2.15 2.90 3.05 3.20 3.30 3.40 3.50 3.66			
	P P P O O O XO XXX			
2	Van Duyne, Chloe	Roanoke	3.40m	8
	2.15 2.90 3.05 3.20 3.30 3.40 3.50			
	P O O O O O XXX			
3	D'Ambrosia, Ashley	Washington & Lee	3.30m	6
	2.15 2.90 3.05 3.20 3.30 3.40			
	P P O O XO XXX			
4	Coleman, Claire	Washington & Lee	3.20m	5
	2.15 2.90 3.05 3.20 3.30			
	P O XO XO XXX			
5	Miller, Tasha	Roanoke	3.05m	4
	2.15 2.90 3.05 3.20			
	O O XO XXX			
6	Kinney, Clare	Roanoke	2.90m	3
	2.15 2.90 3.05			
	O XO XXX			

Women Long Jump

=====						
ODAC Rec: #	5.89m	2017	Amber Celen, Bridgewater			
Meet Rec: \$	5.89m	2017	Amber Celen, Bridgewater			
Name	Year	School	Finals	H#	Points	
=====						
1	Seward, Aniya	Lynchburg	5.46m	2	10	
	5.34m 5.46m 5.24m	PASS PASS PASS				
2	Taylor, Ray Ray	Eastern Mennonite	5.41m	2	8	
	5.14m 5.41m FOUL 5.30m	5.16m FOUL				
3	Measell, Kaitlin	Shenandoah	5.40m	2	6	
	FOUL 5.32m 5.40m 5.35m	FOUL FOUL				
4	Venable, Madelyn	Washington & Lee	5.32m	2	5	
	FOUL FOUL 5.32m FOUL FOUL FOUL					
5	Devraj, Bella	Washington & Lee	5.19m	1	4	
	FOUL FOUL 5.19m 4.95m	FOUL 5.04m				
6	Hubbard, Alexis	Shenandoah	5.18m	2	3	
	FOUL 4.90m 5.18m FOUL	FOUL 4.90m				
7	Buckles, Jade	Bridgewater (Va.)	5.14m	1	2	
	4.94m FOUL 4.82m 5.02m	5.14m 4.87m				
8	Brown, J'Quaycia	Bridgewater (Va.)	5.03m	2	1	
	4.93m FOUL 4.77m 4.83m	FOUL 5.03m				
9	Longood, Parker	Washington & Lee	5.02m	2		
	4.99m FOUL 4.76m 4.91m	4.85m 5.02m				
10	Moore, Natalie	Guilford	4.91m	2		
	4.91m 4.88m 4.77m					
11	Oliver, Cassidy	Bridgewater (Va.)	4.88m	1		
	4.78m 4.88m 4.82m					
11	Fox, Margo	Lynchburg	4.88m	1		
	4.88m FOUL 4.87m					
13	Webb-Hawkins, Dakota	Hollins	4.84m	1		
	4.84m 4.61m 4.82m					
14	Smith, Kiara	Lynchburg	4.82m	2		
	FOUL FOUL 4.82m					
15	Hamlin, Haleigh	Bridgewater (Va.)	4.79m	1		
	4.79m 4.68m 4.54m					

ODAC Indoor Track & Field Championships - 2/26/2023
Cregger Center
Results

...Women Long Jump

15	Molina-Shuman, Maryrose	Roanoke	4.79m	1
	FOUL FOUL 4.79m			
17	Hathaway, Julia	Virginia Wesleyan	4.74m	2
	FOUL FOUL 4.74m			
18	Hobin, Lindsey	Roanoke	4.61m	2
	FOUL 4.61m 4.30m			
19	Wenger, Elizabeth	Lynchburg	4.50m	1
	4.50m 4.41m 4.41m			
20	Parsons, Mahlia	Lynchburg	4.46m	1
	4.46m 4.43m 4.30m			
21	Thomas, Tyler	Averett	4.36m	1
	4.36m 4.17m PASS			
22	Beverley, Airiana	Ferrum	4.01m	1
	4.01m 3.97m FOUL			
23	Ortiz, Jazmeen	Randolph	3.17m	1
	3.04m FOUL 3.17m			
--	Hoggard, Lyric	Virginia Wesleyan	FOUL	2
	FOUL FOUL PASS			

Women Triple Jump

=====									
ODAC Rec: # 11.90m		2022		Jaylyn Lane, Virginia Wesleyan					
Meet Rec: \$ 11.69m		2020		Jaylyn Lane, Virginia Wesleyan					
Name	Year	School	Finals	Points					
=====									
1	Seward, Aniya	Lynchburg	11.95m#	10					
	11.95m	PASS PASS PASS PASS PASS							
2	Taylor, Ray Ray	Eastern Mennonite	10.85m	8					
	10.15m	FOUL 10.51m FOUL 10.85m FOUL							
3	Venable, Madelyn	Washington & Lee	10.82m	6					
	10.82m	10.51m FOUL 10.65m 10.80m 10.58m							
4	Parsons, Mahlia	Lynchburg	10.79m	5					
	10.79m	9.93m FOUL 9.67m 10.11m FOUL							
5	Washington, Shirell	Virginia Wesleyan	10.75m	4					
	10.75m	10.44m 10.56m 10.47m 10.70m FOUL							
6	Webb-Hawkins, Dakota	Hollins	10.66m	3					
	10.39m	10.39m 10.66m FOUL 10.25m 10.31m							
7	Oliver, Cassidy	Bridgewater (Va.)	10.54m	2					
	10.22m	10.54m 10.26m 10.28m FOUL 10.40m							
8	Winston, Cammi	Roanoke	10.49m	1					
	10.06m	10.49m 9.94m 10.19m 10.24m 10.32m							
9	Buckles, Jade	Bridgewater (Va.)	10.45m						
	9.71m	FOUL 10.45m 10.06m 10.25m 10.35m							
10	Brown, J'Quaycia	Bridgewater (Va.)	10.42m						
	FOUL	10.42m 10.24m							
11	Smith, Kiara	Lynchburg	10.34m						
	9.25m	10.34m 10.33m							
12	Ladner, Ophelia	Roanoke	10.19m						
	FOUL	10.08m 10.19m							
13	Hathaway, Julia	Virginia Wesleyan	10.01m						
	10.01m	9.80m 9.82m							
14	Bates, Olivia	Bridgewater (Va.)	9.77m						
	9.58m	8.97m 9.77m							

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****Women Shot Put**

ODAC Rec: # 13.36m 1995		Crystal Campbell, Eastern Mennonite	
Meet Rec: \$ 13.36m 1995		Crystal Campbell, Eastern Mennonite	
Name	Year	School	Finals H# Points
1 Fowler, Grace		Roanoke	12.36m 2 10
	11.55m 11.08m 11.57m	11.98m 12.36m 11.99m	
2 Jones, Portia		Guilford	11.88m 2 8
	11.81m 11.53m 11.36m	11.88m 11.81m 11.81m	
3 Babbs, Logan		Lynchburg	11.62m 2 6
	11.08m 11.26m 11.24m	FOUL 10.93m 11.62m	
4 Taylor, Ray Ray		Eastern Mennonite	11.60m 2 5
	11.34m 11.60m 11.27m	11.06m 11.02m 10.00m	
5 Swanson, Mackenzie		Virginia Wesleyan	11.55m 2 4
	11.55m 11.55m 11.33m	1.18m 11.29m FOUL	
6 Hoover, Katya		Shenandoah	11.30m 2 3
	10.56m 10.92m 11.02m	10.79m 11.30m 10.04m	
7 Kinney, Clare		Roanoke	11.18m 2 2
	10.81m 9.74m 11.08m	11.16m 11.18m 11.06m	
8 Decker, Andrea		Shenandoah	11.11m 2 1
	11.11m 10.21m FOUL FOUL	11.10m FOUL	
9 Hedgemon, Bailey		Washington & Lee	10.87m 2
	FOUL 10.87m FOUL 10.71m	10.50m 10.26m	
10 Rendfrey, Jessica		Shenandoah	10.65m 2
	10.65m 9.81m 10.29m		
11 McGlothlin, Abigail		Roanoke	10.51m 2
	10.14m 10.51m 10.48m		
12 Tucker, Daryl		Virginia Wesleyan	10.42m 1
	7.72m 7.87m 10.42m		
13 Cullen, Elisabeth		Roanoke	10.34m 1
	10.08m 9.88m 10.34m		
14 Timmerding, Bella		Washington & Lee	10.24m 1
	8.49m 10.24m 10.21m		
15 Majors, Madison		Virginia Wesleyan	10.07m 1
	10.01m 9.76m 10.07m		
16 Wilson, Jade		Guilford	10.06m 1
	10.06m FOUL 9.79m		
17 Felston, Kiara		Shenandoah	9.78m 2
	FOUL 9.78m 9.31m		
18 Fox, Margo		Lynchburg	9.65m 1
	9.23m 9.12m 9.65m		
19 Fuchs, Sarah		Roanoke	9.63m 1
	9.63m 9.51m 8.95m		
20 Tennyson, Liberty		Shenandoah	9.23m 1
	8.75m 8.79m 9.23m		
21 Wheatly, Olivia		Shenandoah	9.20m 1
	9.02m 8.42m 9.20m		
22 Belton, Jacqueline 'sana		Hollins	9.13m 1
	8.86m 8.81m 9.13m		
23 Blanks, Tamara		Lynchburg	8.96m 1
	8.90m 8.50m 8.96m		

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****Women Weight Throw**

ODAC Rec: # 17.09m 2023		Kiara Felston, Shenandoah	
Meet Rec: \$ 15.98m 2011		Whitney Fitzwater, Roanoke	
Name	Year School	Finals	H# Points
1 Felston, Kiara	Shenandoah	17.11m#	2 10
16.99m FOUL	14.33m 17.11m FOUL	16.55m	
2 Babbs, Logan	Lynchburg	15.33m	2 8
FOUL FOUL	15.33m FOUL 14.07m	13.37m	
3 Fowler, Grace	Roanoke	15.25m	2 6
FOUL	15.25m FOUL 14.59m	14.00m 15.00m	
4 Hedgemon, Bailey	Washington & Lee	14.39m	2 5
14.39m	14.04m 13.99m 14.16m	13.81m 13.36m	
5 Cullen, Elisabeth	Roanoke	13.05m	2 4
12.07m	12.43m 12.58m FOUL	13.05m FOUL	
6 Fuchs, Sarah	Roanoke	12.81m	1 3
12.47m	11.92m 12.81m 12.65m	FOUL FOUL	
7 Tucker, Daryl	Virginia Wesleyan	12.57m	1 2
12.57m	12.45m 12.06m 11.96m	11.69m 11.16m	
8 Decker, Andrea	Shenandoah	12.33m	2 1
12.00m	FOUL 12.33m FOUL	FOUL 11.61m	
9 Brainard, Madeline	Lynchburg	12.32m	1
12.32m	11.83m 12.07m 11.56m	9.90m 10.96m	
10 Wheatly, Olivia	Shenandoah	12.17m	2
12.17m	11.85m 11.99m		
11 Tennyson, Liberty	Shenandoah	11.95m	2
FOUL	FOUL 11.95m		
12 Gajtkowski, Abbey	Roanoke	11.86m	2
FOUL	11.86m FOUL		
13 Culhane, Caitlin	Roanoke	11.71m	2
11.71m	10.86m 10.79m		
14 Morgan, Brianna	Bridgewater (Va.)	11.65m	2
8.90m	FOUL 11.65m		
15 Blanks, Tamara	Lynchburg	11.57m	1
11.23m	11.57m 11.51m		
16 Belton, Jacqueline 'sana	Hollins	11.55m	1
9.92m	11.55m FOUL		
17 Timmerding, Bella	Washington & Lee	10.79m	1
10.78m	10.03m 10.79m		
18 Jones, Portia	Guilford	10.22m	1
9.84m	9.77m 10.22m		
19 Swanson, Mackenzie	Virginia Wesleyan	10.11m	1
9.48m	FOUL 10.11m		
20 Bartlett, Phoebe	Roanoke	9.57m	1
9.57m	9.14m 9.47m		
21 Clayton, Abby	Eastern Mennonite	8.88m	1
8.69m	8.46m 8.88m		
22 Reviae, Sarai	Roanoke	8.69m	1
8.69m	8.49m 8.62m		
23 Harlow, Gracie	Hollins	8.56m	1
8.36m	7.83m 8.56m		

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****Men 60 Meter Dash**

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=====
ODAC Rec: # 6.76 2012      Johnathan Smith, Guilford
Meet Rec: $ 6.78 2020      Davonta Womack, Bridgewater
Name                    Year School                    Prelims  H#
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Preliminaries

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1 Fowler, Brady          Roanoke                6.84Q  1
2 Crowder, William      Shenandoah             6.88Q  3
3 Jones, Jaylen         Lynchburg              6.89Q  2
4 Clark, Isaiah        Ferrum                 6.92q  1
5 Clanton, Kyle        Bridgewater (Va.)     6.93q  1
6 Moon, Aaron          Bridgewater (Va.)     6.95q  1
7 Moore, Miles         Shenandoah             6.98q  2
8 Jackson, Andre       Shenandoah             6.99q  2
9 Cornish, Isaiah     Lynchburg              7.06   2
10 Johnson, Alijah     Eastern Mennonite     7.08   3
11 Morgan, Damon       Eastern Mennonite     7.14   3
12 McPherson, DaMauri  Ferrum                7.16   2
13 Raya, Nekolas       Lynchburg              7.19   3 7.186
14 Newcome, Wyatt     Shenandoah             7.19   2 7.190
15 Hunter, Bryson     Eastern Mennonite     7.20   1
16 Dracon, Doug       Washington & Lee      7.21   2
17 Williams, Richard   Guilford              7.22   3
18 Jacobs, Julius     Virginia Wesleyan    7.27   1
19 Andrews, Nickolas  Averett               7.29   3
20 Mefford, Isaiah    Washington & Lee     7.30   3
21 Spradlin, Aiden     Roanoke               7.31   2
22 Morin, Blake       Roanoke               7.33   1
23 Hughes, Evyn       Roanoke               8.18   3

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Men 60 Meter Dash

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=====
ODAC Rec: # 6.76 2012      Johnathan Smith, Guilford
Meet Rec: $ 6.78 2020      Davonta Womack, Bridgewater
Name                    Year School                    Finals  Points
=====

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Finals

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1 Fowler, Brady          Roanoke                6.84   10
2 Crowder, William      Shenandoah             6.86   8
3 Clanton, Kyle        Bridgewater (Va.)     6.88   6
4 Jones, Jaylen         Lynchburg              6.89   5
5 Clark, Isaiah        Ferrum                 6.94   4
6 Jackson, Andre       Shenandoah             6.97   3
7 Moore, Miles         Shenandoah             6.99   2
8 Moon, Aaron          Bridgewater (Va.)     7.13   1

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Men 200 Meter Dash

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=====
ODAC Rec: # 21.79 2023      Miles Moore, Shenandoah
Meet Rec: $ 22.13 2/28/2022 Alex Shadkhoo, Lynchburg
Name                    Year School                    Finals  H#  Points
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1 Moore, Miles          Shenandoah             22.02$  5  10
2 Crawford, Samuel     Roanoke               22.10$  5   8
3 Johnson, Alijah     Eastern Mennonite     22.27   5   6
4 Hamm, Michael       Ferrum                22.29   5   5

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ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****...Men 200 Meter Dash**

5	Fowler, Brady	Roanoke	22.31	5	4	
6	Alexander, Trevel	Guilford	22.55	4	3	
7	Raya, Nekolas	Lynchburg	22.62	4	2	
8	Jackson, Andre	Shenandoah	22.70	4	1	
9	Clanton, Kyle	Bridgewater (Va.)	22.73	4		
10	Avalos, Kaegan	Bridgewater (Va.)	22.82	3		
11	Dracon, Doug	Washington & Lee	22.84	3		
12	Morgan, Damon	Eastern Mennonite	22.85	4		
13	Jones, Jaylen	Lynchburg	23.15	3		23.141
14	Mackey, Conner	Bridgewater (Va.)	23.15	1		23.142
15	Hunter, Bryson	Eastern Mennonite	23.35	3		
16	Sheets, Michael	Bridgewater (Va.)	23.36	2		
17	Kibler, Chris	Eastern Mennonite	23.43	2		
18	Crowder, William	Shenandoah	23.54	3		
19	Montgomery, Derek	Virginia Wesleyan	23.85	2		
20	Morin, Blake	Roanoke	23.92	1		
21	Edwards, James	Washington & Lee	23.99	2		
22	Spradlin, Aiden	Roanoke	24.00	2		
23	Alderman, Cy	Bridgewater (Va.)	24.15	1		
24	Williams, Richard	Guilford	24.16	1		

Men 400 Meter Run

ODAC Rec: # 47.86 2014 Tom Sippie, Lynchburg

Meet Rec: \$ 49.11 2014 Tom Sippie, Lynchburg

Name	Year	School	Finals	H#	Points
1	Crawford, Samuel	Roanoke	49.63	6	10
	23.135 (23.135)	49.628 (26.493)			
2	Hamm, Michael	Ferrum	50.19	6	8
	23.349 (23.349)	50.185 (26.837)			
3	Camobreco, Lorenzo	Roanoke	50.38	6	6
	23.435 (23.435)	50.373 (26.938)			50.373
4	Avalos, Kaegan	Bridgewater (Va.)	50.38	6	5
	24.190 (24.190)	50.380 (26.190)			50.380
5	Bullock, Isaiah	Virginia Wesleyan	50.47	5	4
	23.666 (23.666)	50.469 (26.803)			
6	Hodnett, Jacob	Lynchburg	51.20	5	3
	24.364 (24.364)	51.191 (26.828)			
7	Kwakye, Gabriel	Lynchburg	51.60	5	2
	23.691 (23.691)	51.594 (27.903)			
8	Crosswell, Domenic	Virginia Wesleyan	51.95	4	1
	23.977 (23.977)	51.944 (27.968)			
9	Jacobs, Zachary	Lynchburg	51.99	5	
	23.850 (23.850)	51.990 (28.140)			
10	Hall, Jordan	Virginia Wesleyan	52.03	4	
	23.748 (23.748)	52.025 (28.278)			
11	Marable, George	Washington & Lee	52.57	1	
	24.355 (24.355)	52.565 (28.210)			
12	Flowers, Brian	Lynchburg	52.62	3	
	24.167 (24.167)	52.616 (28.449)			
13	Jakubowski-Lewis, Daniel	Washington & Lee	52.64	4	
	24.360 (24.360)	52.637 (28.277)			
14	Pritchett, Izaiah	Virginia Wesleyan	52.76	3	
	24.368 (24.368)	52.754 (28.387)			

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****...Men 400 Meter Run**

15 McKenna, Ryan	Washington & Lee	52.82	2
24.504 (24.504)	52.812 (28.309)		
16 Heffinger, Brandon	Roanoke	53.00	3
24.592 (24.592)	52.994 (28.403)		
17 Sheets, Michael	Bridgewater (Va.)	53.18	2
24.732 (24.732)	53.175 (28.443)		
18 Raynor, Aaron	Virginia Wesleyan	53.34	2
24.284 (24.284)	53.331 (29.048)		
19 Lambert, Colby	Randolph	53.52	3
24.483 (24.483)	53.512 (29.029)		
20 Eglin, Noah	Shenandoah	53.61	1
24.705 (24.705)	53.603 (28.899)		
21 Wilson, Sharif	Washington & Lee	53.98	1
24.566 (24.566)	53.980 (29.414)		
22 Alderman, Cy	Bridgewater (Va.)	54.47	1
25.848 (25.848)	54.466 (28.618)		
23 Cardwell, Victor	Roanoke	55.24	4
24.925 (24.925)	55.233 (30.308)		

Men 800 Meter Run

ODAC Rec: # 1:49.17 2023 Tor Hotung- Davidsen, Lynchburg

Meet Rec: \$ 1:54.06 2/28/2022 Tor Hotung-Davidsen, Lynchburg

Name Year School Finals H# Points

1 Hotung-Davidsen, Tor	Lynchburg	1:55.16	3	10
26.577 (26.577)	54.285 (27.709)	1:23.955 (29.670)		1:55.158 (31.203)
2 McGhie, Elias	Shenandoah	1:56.50	2	8
28.299 (28.299)	57.071 (28.773)	1:27.031 (29.960)		1:56.499 (29.468)
3 Moore, Zach	Washington & Lee	1:56.98	3	6
28.564 (28.564)	57.365 (28.802)	1:26.887 (29.522)		1:56.974 (30.088)
4 Avigliano, Luke	Washington & Lee	1:57.45	3	5
27.707 (27.707)	55.822 (28.115)	1:26.054 (30.233)		1:57.445 (31.392)
5 Lauffenberger, Kyle	Lynchburg	1:57.83	2	4
27.041 (27.041)	55.604 (28.563)	1:27.558 (31.954)		1:57.824 (30.267)
6 Immanuel, Bellamy	Eastern Mennonite	1:58.47	3	3
27.672 (27.672)	57.427 (29.755)	1:27.709 (30.283)		1:58.464 (30.755)
7 Birdsall, Robert	Roanoke	1:58.50	2	2
27.171 (27.171)	55.949 (28.778)	1:26.193 (30.244)		1:58.493 (32.300)
8 Thompson, Cody	Randolph	1:59.33	3	1
27.923 (27.923)	56.453 (28.530)	1:26.395 (29.943)		1:59.324 (32.929)
9 Hurst, Cooper	Lynchburg	1:59.60	2	
27.293 (27.293)	56.199 (28.907)	1:27.956 (31.758)		1:59.594 (31.638)
10 Hurd, Noah	Shenandoah	1:59.96	1	
28.849 (28.849)	58.482 (29.633)	1:29.343 (30.862)		1:59.959 (30.617)
11 Diemoz, Luke	Lynchburg	2:00.23	3	
28.122 (28.122)	56.968 (28.847)	1:26.975 (30.008)		2:00.229 (33.254)
12 Woodruff, Dawson	Eastern Mennonite	2:00.41	2	
26.658 (26.658)	55.751 (29.094)	1:27.458 (31.707)		2:00.404 (32.947)
13 Varney, Bowen	Bridgewater (Va.)	2:01.81	2	
28.259 (28.259)	57.545 (29.287)	1:29.058 (31.513)		2:01.801 (32.744)
14 Ryder, Kayden	Ferrum	2:02.28	1	
27.956 (27.956)	57.581 (29.625)	1:30.016 (32.435)		2:02.278 (32.263)
15 Park, Justin	Lynchburg	2:02.39	1	
28.103 (28.103)	57.401 (29.298)	1:28.896 (31.495)		2:02.386 (33.490)

ODAC Indoor Track & Field Championships - 2/26/2023

Cregger Center

Results

...Men 800 Meter Run

16 Kovacevic, Marko	Lynchburg	2:02.86	3		
26.915 (26.915)	55.688 (28.773)	1:27.893 (32.205)		2:02.859 (34.967)	
17 Kohout, Devin	Shenandoah	2:03.15	1		
29.097 (29.097)	59.001 (29.904)	1:30.713 (31.713)		2:03.149 (32.437)	
18 Chlebowski, Xavier	Roanoke	2:04.91	1		
29.452 (29.452)	59.791 (30.339)	1:31.431 (31.640)		2:04.907 (33.477)	
19 Jewell, Daniel	Roanoke	2:08.60	1		
29.106 (29.106)	59.302 (30.197)	1:31.737 (32.435)		2:08.591 (36.854)	
20 Cummings, Robert	Lynchburg	2:17.12	3		
28.248 (28.248)	58.875 (30.628)	1:35.093 (36.218)		2:17.112 (42.019)	
-- Mantooth, Jamison	Lynchburg	DNF	2		
26.401 (26.401)	55.149 (28.748)				

Men 1 Mile Run

ODAC Rec: # 4:07.78 2022 Sam Llaneza, Lynchburg

Meet Rec: \$ 4:07.78 2/28/2022 Sam Llaneza, Lynchburg

Name Year School Finals H# Points

1 Llaneza, Sam	Lynchburg	4:10.04	2	10	
31.194 (31.194)	1:01.693 (30.499)	1:33.210 (31.518)		2:04.839 (31.629)	
2:36.674 (31.835)	3:08.318 (31.644)	3:39.462 (31.144)		4:10.040 (30.579)	
2 Hunt, Chasen	Lynchburg	4:17.08	2	8	
32.154 (32.154)	1:04.327 (32.173)	1:36.533 (32.207)		2:09.287 (32.754)	
2:42.232 (32.945)	3:13.947 (31.715)	3:45.397 (31.450)		4:17.075 (31.679)	
3 Ruiz, Chris	Washington & Lee	4:19.78	2	6	
32.599 (32.599)	1:04.777 (32.178)	1:36.940 (32.164)		2:09.613 (32.673)	
2:42.608 (32.995)	3:14.614 (32.007)	3:47.449 (32.835)		4:19.777 (32.328)	
4 Williams, Grant	Lynchburg	4:20.17	2	5	
32.839 (32.839)	1:05.090 (32.252)	1:37.845 (32.755)		2:10.639 (32.794)	
2:43.232 (32.593)	3:16.249 (33.018)	3:48.480 (32.232)		4:20.165 (31.685)	
5 McCroy, Connor	Lynchburg	4:20.72	2	4	
32.832 (32.832)	1:05.315 (32.484)	1:37.427 (32.112)		2:10.155 (32.729)	
2:43.110 (32.955)	3:17.383 (34.273)	3:50.203 (32.820)		4:20.719 (30.517)	
6 Immanuel, Bellamy	Eastern Mennonite	4:21.56	2	3	
31.978 (31.978)	1:04.558 (32.580)	1:38.425 (33.868)		2:11.202 (32.777)	
2:44.128 (32.927)	3:18.053 (33.925)	3:50.257 (32.204)		4:21.557 (31.300)	
7 Fingerhut, Josh	Washington & Lee	4:23.02	2	2	
33.130 (33.130)	1:05.558 (32.428)	1:38.202 (32.644)		2:10.994 (32.793)	
2:44.493 (33.499)	3:18.284 (33.792)	3:51.774 (33.490)		4:23.019 (31.245)	
8 Hurst, Cooper	Lynchburg	4:23.37	2	1	
32.309 (32.309)	1:04.525 (32.217)	1:37.224 (32.699)		2:10.478 (33.254)	
2:44.007 (33.529)	3:17.853 (33.847)	3:52.059 (34.207)		4:23.363 (31.304)	
9 Verrett, Colin	Washington & Lee	4:29.50	1		
35.233 (35.233)	1:10.385 (35.153)	1:44.151 (33.767)		2:17.974 (33.823)	
2:52.304 (34.330)	3:26.590 (34.287)	3:58.736 (32.147)		4:29.493 (30.757)	
10 Verrett, Connor	Washington & Lee	4:30.78	2		
33.709 (33.709)	1:06.054 (32.345)	1:38.922 (32.868)		2:12.307 (33.385)	
2:46.585 (34.279)	3:22.043 (35.458)	3:57.553 (35.510)		4:30.774 (33.222)	
11 Cupps, Bennett	Bridgewater (Va.)	4:30.84	2		
31.423 (31.423)	1:02.079 (30.657)	1:34.659 (32.580)		2:09.099 (34.440)	
2:43.738 (34.639)	3:19.690 (35.953)	3:54.494 (34.804)		4:30.833 (36.339)	
12 Neeble, Cooper	Roanoke	4:32.72	2		
33.028 (33.028)	1:05.408 (32.380)	1:37.722 (32.314)		2:10.385 (32.664)	
2:43.400 (33.015)	3:18.210 (34.810)	3:55.070 (36.860)		4:32.713 (37.643)	

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****...Men 1 Mile Run**

13 Baker, Tanner	Lynchburg	4:32.93	1		
35.044 (35.044)	1:10.071 (35.028)	2:18.344 (1:08.273)		2:18.378 (0.034)	
2:52.989 (34.612)	3:27.404 (34.415)	4:01.198 (33.794)		4:32.921 (31.724)	
14 Miller, Daniel	Lynchburg	4:33.15	1		
34.811 (34.811)	1:09.555 (34.744)	1:43.029 (33.474)		2:17.789 (34.760)	
2:52.716 (34.928)	3:26.801 (34.085)	3:58.924 (32.123)		4:33.146 (34.223)	
15 Fernandez, Draven	Lynchburg	4:36.96	2		
33.303 (33.303)	1:05.749 (32.447)	1:38.653 (32.904)		2:11.860 (33.208)	
2:46.903 (35.043)	3:23.113 (36.210)	3:59.718 (36.605)		4:36.955 (37.238)	
16 Cadle, Anthony	Bridgewater (Va.)	4:38.18	1		
34.936 (34.936)	1:09.870 (34.934)	1:43.300 (33.430)		2:17.994 (34.694)	
2:52.489 (34.495)	3:27.068 (34.579)	4:02.189 (35.122)		4:38.173 (35.984)	
17 Rush, Keaton	Washington & Lee	4:39.16	1		
35.644 (35.644)	1:10.069 (34.425)	1:43.715 (33.647)		2:18.516 (34.802)	
2:53.586 (35.070)	3:28.794 (35.208)	4:05.273 (36.479)		4:39.153 (33.880)	
18 Minton, Kade	Hampden-Sydney	4:42.58	1		
35.496 (35.496)	1:10.641 (35.145)	1:45.104 (34.463)		2:20.266 (35.163)	
2:55.254 (34.988)	3:31.059 (35.805)	4:07.539 (36.480)		4:42.576 (35.038)	
19 Rose, Ryder	Bridgewater (Va.)	4:48.49	1		
35.931 (35.931)	1:10.998 (35.067)	1:46.075 (35.078)		2:21.699 (35.624)	
2:58.951 (37.253)	3:37.538 (38.587)	4:15.798 (38.260)		4:48.481 (32.684)	
20 Johnson, Keith	Averett	4:49.16	1		
35.300 (35.300)	1:10.741 (35.442)	1:45.229 (34.488)		2:20.829 (35.600)	
2:57.235 (36.407)	3:34.879 (37.644)	4:12.799 (37.920)		4:49.160 (36.362)	
21 Koval, Ryan	Virginia Wesleyan	4:49.54	1		
36.065 (36.065)	1:11.690 (35.625)	1:47.343 (35.653)		2:24.475 (37.133)	
3:03.309 (38.834)	3:42.009 (38.700)	4:20.304 (38.295)		4:49.540 (29.237)	
22 Hoffstaetter, Timothy	Roanoke	4:49.97	1		
35.814 (35.814)	1:09.974 (34.160)	1:44.343 (34.369)		2:18.914 (34.572)	
2:53.931 (35.018)	3:30.164 (36.233)	4:09.384 (39.220)		4:49.968 (40.584)	
23 Gotschi, Tysen	Ferrum	4:50.59	1		
35.154 (35.154)	1:10.549 (35.395)	1:43.883 (33.334)		2:20.603 (36.720)	
2:57.003 (36.400)	3:35.390 (38.388)	4:14.950 (39.560)		4:50.584 (35.634)	
24 Miller, Gabe	Bridgewater (Va.)	4:57.56	1		
35.386 (35.386)	1:10.220 (34.834)	1:44.794 (34.574)		2:20.545 (35.752)	
2:59.990 (39.445)	3:41.639 (41.649)	4:19.804 (38.165)		4:57.551 (37.748)	

Men 3000 Meter Run

ODAC Rec: # 8:15.57 2022 Max Sparks, Lynchburg
 Meet Rec: \$ 8:31.70 2/28/2022 Maximillian Sparks, Lynchburg

Name	Year	School	Finals	H#	Points
1 Csorba, Frank		Lynchburg	8:27.80\$	2	10
32.424 (32.424)		1:06.066 (33.643)		1:40.374 (34.308)	2:13.692 (33.318)
2:48.026 (34.335)		3:22.402 (34.376)		3:56.661 (34.259)	4:30.042 (33.382)
5:03.513 (33.471)		5:37.478 (33.966)		6:11.514 (34.036)	6:45.744 (34.230)
7:20.598 (34.855)		7:53.825 (33.227)		8:27.793 (33.968)	
2 Scharf, Charles		Washington & Lee	8:41.35	2	8
33.630 (33.630)		1:09.197 (35.567)		1:45.709 (36.512)	2:21.937 (36.228)
2:57.518 (35.582)		3:33.712 (36.194)		4:09.838 (36.127)	4:44.764 (34.926)
5:19.094 (34.331)		5:53.798 (34.704)		6:28.214 (34.416)	7:02.229 (34.015)
7:36.138 (33.910)		8:09.824 (33.686)		8:41.342 (31.519)	

ODAC Indoor Track & Field Championships - 2/26/2023

Cregger Center

Results

...Men 3000 Meter Run

3	Davis, Bryce	Lynchburg	8:44.13	2	6		
	34.037 (34.037)	1:09.756 (35.719)	1:46.186 (36.431)			2:22.434 (36.248)	
	2:58.169 (35.735)	3:34.378 (36.210)	4:10.672 (36.294)			4:45.245 (34.574)	
	5:19.700 (34.455)	5:54.825 (35.126)	6:29.742 (34.918)			7:04.408 (34.666)	
	7:38.557 (34.150)	8:12.510 (33.954)	8:44.126 (31.616)				
4	Hunt, Chasen	Lynchburg	8:45.87	2	5		
	34.070 (34.070)	1:09.721 (35.651)	1:46.042 (36.322)			2:22.349 (36.307)	
	2:57.929 (35.580)	3:34.184 (36.255)	4:10.489 (36.306)			4:44.514 (34.026)	
	5:19.386 (34.872)	5:54.354 (34.968)	6:29.132 (34.778)			7:04.170 (35.039)	
	7:39.122 (34.952)	8:13.780 (34.658)	8:45.864 (32.084)				
5	Green, Corbin	Lynchburg	8:47.45	2	4		
	34.142 (34.142)	1:09.496 (35.354)	1:45.982 (36.487)			2:22.173 (36.191)	
	2:58.009 (35.836)	3:34.078 (36.070)	4:10.256 (36.178)			4:44.277 (34.022)	
	5:18.897 (34.620)	5:53.942 (35.046)	6:28.570 (34.628)			7:03.221 (34.651)	
	7:38.090 (34.870)	8:13.145 (35.055)	8:47.441 (34.296)				
6	Sterne, Row	Washington & Lee	8:53.95	2	3		
	33.360 (33.360)	1:08.922 (35.563)	1:45.508 (36.586)			2:21.709 (36.202)	
	2:57.664 (35.955)	3:33.858 (36.195)	4:09.994 (36.136)			4:44.990 (34.996)	
	5:19.273 (34.283)	5:54.014 (34.742)	6:29.444 (35.430)			7:04.720 (35.276)	
	7:40.797 (36.078)	8:17.364 (36.567)	8:53.950 (36.587)				
7	Cobb, Jonathan	Lynchburg	8:54.62	2	2		
	35.249 (35.249)	1:10.645 (35.396)	1:47.088 (36.443)			2:24.474 (37.387)	
	3:00.788 (36.314)	3:36.833 (36.046)	4:13.292 (36.459)			4:49.450 (36.159)	
	5:25.200 (35.750)	6:00.781 (35.582)	6:37.352 (36.571)			7:14.058 (36.707)	
	7:48.157 (34.099)	8:23.048 (34.891)	8:54.613 (31.566)				
8	Miller, Jansen	Eastern Mennonite	8:56.08	2	1		
	35.549 (35.549)	1:11.174 (35.626)	1:47.592 (36.418)			2:23.502 (35.911)	
	2:58.917 (35.415)	3:35.152 (36.235)	4:11.421 (36.270)			4:47.053 (35.632)	
	5:23.112 (36.059)	5:59.124 (36.012)	6:35.761 (36.638)			7:12.489 (36.728)	
	7:48.661 (36.172)	8:23.636 (34.975)	8:56.074 (32.439)				
9	Firkins, Tanner	Lynchburg	8:59.55	2			
	33.873 (33.873)	1:09.356 (35.483)	1:45.776 (36.420)			2:22.038 (36.263)	
	2:57.802 (35.764)	3:33.990 (36.188)	4:10.164 (36.174)			4:45.034 (34.871)	
	5:19.582 (34.548)	5:54.589 (35.007)	6:31.194 (36.606)			7:09.465 (38.271)	
	7:48.410 (38.946)	8:25.209 (36.799)	8:59.546 (34.338)				
10	Davis, Reed	Shenandoah	8:59.80	1			
	33.747 (33.747)	1:09.419 (35.672)	1:45.613 (36.195)			2:22.364 (36.751)	
	2:59.424 (37.060)	3:36.379 (36.955)	4:13.964 (37.586)			4:50.637 (36.674)	
	5:25.912 (35.275)	6:02.889 (36.978)	6:39.545 (36.656)			7:15.649 (36.104)	
	7:52.104 (36.455)	8:26.373 (34.270)	8:59.793 (33.420)				
11	Warren, Tim	Washington & Lee	9:03.34	2			
	35.194 (35.194)	1:10.909 (35.715)	1:47.298 (36.390)			2:23.328 (36.030)	
	2:59.537 (36.210)	3:35.585 (36.048)	4:11.909 (36.324)			4:47.698 (35.790)	
	5:23.613 (35.915)	5:59.797 (36.184)	6:36.222 (36.426)			7:14.113 (37.891)	
	7:51.490 (37.378)	8:28.618 (37.128)	9:03.332 (34.714)				
12	Fingerhut, Josh	Washington & Lee	9:05.11	2			
	34.961 (34.961)	1:10.262 (35.302)	1:46.490 (36.228)			2:22.864 (36.374)	
	2:58.728 (35.864)	3:34.888 (36.160)	4:11.028 (36.140)			4:46.828 (35.800)	
	5:23.182 (36.355)	6:00.960 (37.778)	6:38.518 (37.559)			7:15.910 (37.392)	
	7:53.472 (37.562)	8:30.080 (36.608)	9:05.102 (35.023)				
13	Thomas, Max	Washington & Lee	9:07.04	1			
	33.987 (33.987)	1:09.068 (35.082)	1:44.904 (35.836)			2:21.761 (36.858)	
	2:58.836 (37.075)	3:35.868 (37.032)	4:13.408 (37.540)			4:49.844 (36.436)	
	5:26.412 (36.568)	6:03.627 (37.215)	6:41.269 (37.643)			7:19.664 (38.395)	
	7:57.556 (37.892)	8:33.459 (35.903)	9:07.035 (33.576)				

ODAC Indoor Track & Field Championships - 2/26/2023

Cregger Center

Results

...Men 3000 Meter Run

14 Newton, Luke	Washington & Lee	9:12.21	1		
33.595 (33.595)	1:08.529 (34.935)	1:44.665 (36.136)	2:21.563 (36.898)		
2:58.588 (37.026)	3:35.643 (37.055)	4:13.163 (37.520)	4:50.077 (36.915)		
5:26.688 (36.611)	6:03.836 (37.148)	6:41.188 (37.352)	7:19.363 (38.175)		
7:57.352 (37.990)	8:35.269 (37.918)	9:12.204 (36.935)			
15 Verrett, Connor	Washington & Lee	9:14.29	2		
34.766 (34.766)	1:10.044 (35.278)	1:46.100 (36.056)	2:22.724 (36.624)		
2:58.425 (35.702)	3:34.606 (36.182)	4:10.537 (35.931)	4:45.850 (35.314)		
5:22.297 (36.447)	5:59.052 (36.755)	6:35.697 (36.646)	7:13.845 (38.148)		
7:53.064 (39.219)	8:33.834 (40.771)	9:14.290 (40.456)			
16 Harrower, Ethan	Shenandoah	9:26.98	1		
35.079 (35.079)	1:10.932 (35.854)	1:48.097 (37.166)	2:24.692 (36.595)		
3:01.025 (36.334)	3:39.040 (38.015)	4:17.649 (38.610)	4:55.981 (38.332)		
5:35.727 (39.746)	6:15.117 (39.391)	6:54.804 (39.687)	7:34.973 (40.170)		
8:14.129 (39.156)	8:52.756 (38.627)	9:26.977 (34.222)			
17 Creamer, Ronan	Lynchburg	9:27.48	1		
34.195 (34.195)	1:08.976 (34.782)	1:45.359 (36.383)	2:22.041 (36.683)		
2:59.105 (37.064)	3:36.128 (37.023)	4:13.628 (37.500)	4:50.367 (36.739)		
5:27.203 (36.836)	6:04.672 (37.470)	6:45.177 (40.506)	7:25.884 (40.707)		
8:07.560 (41.676)	8:47.097 (39.538)	9:27.475 (40.378)			
18 Kaufman, Clay	Eastern Mennonite	9:28.80	1		
35.065 (35.065)	1:11.575 (36.510)	1:48.499 (36.924)	2:25.312 (36.814)		
3:03.148 (37.836)	3:42.155 (39.007)	4:20.875 (38.720)	5:00.171 (39.296)		
5:38.945 (38.775)	6:18.761 (39.816)	6:59.536 (40.775)	7:39.668 (40.132)		
8:18.569 (38.902)	8:56.049 (37.480)	9:28.791 (32.742)			
19 Duncan, Ethan	Bridgewater (Va.)	9:40.09	1		
35.339 (35.339)	1:11.985 (36.647)	1:48.824 (36.839)	2:25.817 (36.994)		
3:03.976 (38.159)	3:43.089 (39.114)	4:22.425 (39.336)	5:02.103 (39.678)		
5:42.272 (40.170)	6:23.203 (40.931)	7:04.213 (41.011)	7:44.968 (40.755)		
8:25.624 (40.656)	9:04.931 (39.307)	9:40.088 (35.158)			
-- Llaneza, Sam	Lynchburg	DNF	2		
32.236 (32.236)	1:05.764 (33.528)	1:40.105 (34.342)	2:13.358 (33.254)		
2:47.772 (34.414)	3:22.100 (34.328)	3:56.425 (34.326)	4:32.140 (35.715)		
5:10.768 (38.628)	5:49.260 (38.492)	6:28.276 (39.016)			
-- Johnson, James	Virginia Wesleyan	DNF	1		
34.427 (34.427)	1:09.888 (35.462)	1:46.245 (36.358)	2:22.964 (36.719)		
3:00.887 (37.923)	3:39.304 (38.418)	4:18.408 (39.104)	4:58.896 (40.488)		
5:41.572 (42.676)	6:23.999 (42.427)	7:06.228 (42.230)	7:49.268 (43.040)		
8:33.459 (44.191)	9:17.839 (44.380)				

Men 5000 Meter Run

ODAC Rec: # 14:28.98 2009 Ricky Flynn, Lynchburg
 Meet Rec: \$ 14:54.53 2019 Jamie Hiegel, Bridgewater

Name Year School Finals H# Points

1 Csorba, Frank	Lynchburg	14:37.58\$	2	10	
35.092 (35.092)	1:09.626 (34.534)	1:44.591 (34.965)	2:19.671 (35.080)		
2:54.711 (35.040)	3:29.713 (35.003)	4:04.823 (35.110)	4:40.351 (35.528)		
5:15.517 (35.167)	5:50.462 (34.945)	6:26.108 (35.647)	7:01.073 (34.965)		
7:35.397 (34.324)	8:09.343 (33.947)	8:43.231 (33.888)	9:17.781 (34.550)		
9:52.483 (34.703)	10:27.488 (35.005)	11:02.598 (35.110)	11:37.648 (35.050)		
12:13.575 (35.927)	12:50.076 (36.502)	13:26.428 (36.353)	14:01.443 (35.015)		
14:37.576 (36.133)					

ODAC Indoor Track & Field Championships - 2/26/2023

Cregger Center

Results

...Men 5000 Meter Run

2	Scharf, Charles	Washington & Lee	15:00.49	2	8
	34.905 (34.905)	1:09.445 (34.540)	1:44.411 (34.967)	2:19.462 (35.052)	
	2:54.467 (35.005)	3:29.525 (35.058)	4:04.627 (35.103)	4:40.087 (35.460)	
	5:15.267 (35.180)	5:50.231 (34.964)	6:25.928 (35.698)	7:01.230 (35.302)	
	7:35.866 (34.637)	8:11.076 (35.210)	8:47.328 (36.253)	9:24.518 (37.190)	
	10:01.970 (37.452)	10:39.200 (37.230)	11:17.125 (37.925)	11:53.931 (36.807)	
	12:31.212 (37.282)	13:09.016 (37.804)	13:47.290 (38.274)	14:24.842 (37.553)	
	15:00.488 (35.647)				
3	Davis, Bryce	Lynchburg	15:19.82	2	6
	35.656 (35.656)	1:11.280 (35.624)	1:47.920 (36.640)	2:24.130 (36.210)	
	3:00.233 (36.104)	3:36.677 (36.444)	4:13.185 (36.508)	4:50.432 (37.248)	
	5:27.641 (37.209)	6:05.021 (37.380)	6:42.618 (37.598)	7:20.465 (37.847)	
	7:58.857 (38.393)	8:36.792 (37.935)	9:15.583 (38.792)	9:52.971 (37.388)	
	10:30.075 (37.104)	11:06.832 (36.758)	11:43.983 (37.152)	12:22.050 (38.067)	
	12:59.578 (37.529)	13:37.211 (37.633)	14:13.453 (36.243)	14:49.328 (35.875)	
	15:19.816 (30.488)				
4	Miller, Jansen	Eastern Mennonite	15:20.23	2	5
	37.281 (37.281)	1:12.887 (35.607)	1:50.167 (37.280)	2:27.080 (36.913)	
	3:04.361 (37.282)	3:41.512 (37.152)	4:18.645 (37.133)	4:55.980 (37.335)	
	5:32.331 (36.352)	6:10.177 (37.847)	6:47.285 (37.108)	7:23.952 (36.668)	
	8:01.367 (37.415)	8:38.725 (37.358)	9:15.612 (36.888)	9:52.790 (37.178)	
	10:29.856 (37.067)	11:07.191 (37.335)	11:45.125 (37.934)	12:23.205 (38.080)	
	13:00.103 (36.899)	13:36.917 (36.814)	14:13.720 (36.803)	14:49.713 (35.994)	
	15:20.227 (30.514)				
5	Cobb, Jonathan	Lynchburg	15:29.58	2	4
	35.912 (35.912)	1:11.792 (35.880)	1:48.623 (36.832)	2:25.172 (36.549)	
	3:02.183 (37.012)	3:39.358 (37.175)	4:16.762 (37.404)	4:53.216 (36.454)	
	5:31.083 (37.868)	6:09.136 (38.053)	6:46.150 (37.014)	7:23.855 (37.705)	
	8:01.760 (37.905)	8:39.580 (37.820)	9:18.088 (38.509)	9:56.438 (38.350)	
	10:33.885 (37.447)	11:11.516 (37.632)	11:48.713 (37.198)	12:26.437 (37.724)	
	13:04.136 (37.699)	13:42.108 (37.973)	14:20.031 (37.923)	14:55.523 (35.493)	
	15:29.573 (34.050)				
6	Graham, Sam	Lynchburg	15:31.23	2	3
	36.117 (36.117)	1:12.060 (35.943)	1:48.831 (36.772)	2:25.480 (36.649)	
	3:02.450 (36.970)	3:39.597 (37.148)	4:17.055 (37.458)	4:53.885 (36.830)	
	5:30.773 (36.889)	6:08.650 (37.877)	6:45.908 (37.259)	7:24.162 (38.254)	
	8:02.002 (37.840)	8:39.846 (37.844)	9:18.281 (38.435)	9:56.691 (38.410)	
	10:34.146 (37.455)	11:11.771 (37.625)	11:48.962 (37.192)	12:26.651 (37.689)	
	13:04.500 (37.849)	13:42.878 (38.379)	14:21.160 (38.282)	14:58.955 (37.795)	
	15:31.221 (32.267)				
7	Fernandez, Draven	Lynchburg	15:32.66	2	2
	37.081 (37.081)	1:13.726 (36.645)	1:51.241 (37.515)	2:28.246 (37.005)	
	3:03.975 (35.729)	3:41.208 (37.234)	4:18.468 (37.260)	4:55.328 (36.860)	
	5:31.740 (36.412)	6:09.908 (38.169)	6:48.118 (38.210)	7:25.426 (37.308)	
	8:03.642 (38.217)	8:42.047 (38.405)	9:20.701 (38.654)	9:58.423 (37.723)	
	10:36.011 (37.588)	11:14.610 (38.599)	11:52.820 (38.210)	12:31.473 (38.654)	
	13:11.192 (39.719)	13:50.521 (39.329)	14:26.207 (35.687)	15:01.040 (34.833)	
	15:32.657 (31.618)				

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****....Men 5000 Meter Run**

8 Kallen, Thomas	Washington & Lee	15:33.18	2	1
36.832 (36.832)	1:13.577 (36.745)	1:50.987 (37.410)	2:26.292 (35.305)	
3:03.198 (36.907)	3:40.451 (37.253)	4:17.887 (37.437)	4:53.488 (35.602)	
5:31.348 (37.860)	6:08.858 (37.510)	6:46.311 (37.453)	7:24.373 (38.063)	
8:02.353 (37.980)	8:40.161 (37.808)	9:18.673 (38.513)	9:57.515 (38.842)	
10:36.870 (39.355)	11:15.318 (38.449)	11:53.540 (38.222)	12:32.073 (38.534)	
13:10.871 (38.798)	13:48.305 (37.434)	14:25.517 (37.213)	15:00.983 (35.467)	
15:33.176 (32.193)				
9 Rush, Keaton	Washington & Lee	15:42.50	2	
37.678 (37.678)	1:13.950 (36.272)	1:51.121 (37.172)	2:27.883 (36.763)	
3:04.446 (36.563)	3:41.100 (36.654)	4:17.981 (36.882)	4:54.873 (36.893)	
5:31.892 (37.019)	6:09.593 (37.702)	6:47.193 (37.600)	7:24.990 (37.797)	
8:03.071 (38.082)	8:41.208 (38.138)	9:19.377 (38.169)	9:57.935 (38.558)	
10:36.880 (38.945)	11:15.895 (39.015)	11:54.988 (39.094)	12:34.470 (39.482)	
13:14.221 (39.752)	13:54.031 (39.810)	14:33.876 (39.845)	15:09.956 (36.080)	
15:42.497 (32.542)				
10 Fingerhut, Josh	Washington & Lee	15:43.64	2	
35.288 (35.288)	1:10.976 (35.688)	1:47.650 (36.674)	2:23.898 (36.249)	
3:00.003 (36.105)	3:36.422 (36.419)	4:12.938 (36.517)	4:50.207 (37.269)	
5:27.375 (37.168)	6:04.777 (37.403)	6:42.430 (37.653)	7:20.302 (37.873)	
7:58.542 (38.240)	8:36.553 (38.012)	9:15.350 (38.797)	9:53.900 (38.550)	
10:32.833 (38.934)	11:12.451 (39.618)	11:51.928 (39.478)	12:31.590 (39.662)	
13:10.610 (39.020)	13:49.806 (39.197)	14:29.703 (39.898)	15:09.758 (40.055)	
15:43.637 (33.879)				
11 Warren, Tim	Washington & Lee	15:44.39	2	
37.636 (37.636)	1:13.805 (36.169)	1:50.871 (37.067)	2:27.700 (36.829)	
3:04.191 (36.492)	3:40.781 (36.590)	4:17.706 (36.925)	4:54.456 (36.750)	
5:31.590 (37.134)	6:09.400 (37.810)	6:46.896 (37.497)	7:24.735 (37.839)	
8:02.836 (38.102)	8:40.805 (37.969)	9:18.930 (38.125)	9:57.080 (38.150)	
10:35.778 (38.699)	11:14.867 (39.089)	11:54.213 (39.347)	12:33.796 (39.583)	
13:13.725 (39.929)	13:53.815 (40.090)	14:33.731 (39.917)	15:12.065 (38.334)	
15:44.381 (32.317)				
12 Alden, Mercer	Lynchburg	15:45.06	2	
36.282 (36.282)	1:13.108 (36.827)	1:50.468 (37.360)	2:27.575 (37.107)	
3:03.716 (36.142)	3:41.006 (37.290)	4:18.333 (37.328)	4:55.656 (37.323)	
5:32.556 (36.900)	6:10.600 (38.044)	6:48.635 (38.035)	7:26.632 (37.998)	
8:03.832 (37.200)	8:42.331 (38.499)	9:20.200 (37.869)	9:58.536 (38.337)	
10:37.243 (38.708)	11:14.822 (37.579)	11:53.200 (38.378)	12:32.402 (39.203)	
13:11.792 (39.390)	13:51.707 (39.915)	14:31.638 (39.932)	15:09.247 (37.609)	
15:45.051 (35.804)				
13 Cadle, Anthony	Bridgewater (Va.)	15:46.88	2	
36.562 (36.562)	1:12.631 (36.069)	1:49.483 (36.853)	2:26.005 (36.522)	
3:02.932 (36.928)	3:40.195 (37.263)	4:17.591 (37.397)	4:55.140 (37.549)	
5:32.066 (36.927)	6:09.860 (37.794)	6:47.382 (37.523)	7:24.293 (36.912)	
8:02.590 (38.297)	8:40.428 (37.839)	9:19.071 (38.643)	9:58.146 (39.075)	
10:36.605 (38.459)	11:15.426 (38.822)	11:54.588 (39.163)	12:33.447 (38.859)	
13:12.866 (39.419)	13:52.973 (40.108)	14:32.791 (39.818)	15:11.073 (38.283)	
15:46.872 (35.799)				

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****....Men 5000 Meter Run**

14 Clarke, Kyle	Washington & Lee	15:47.99	1				
35.542 (35.542)	1:11.718 (36.177)	1:48.646 (36.928)		2:25.618 (36.973)			
3:02.833 (37.215)	3:40.458 (37.625)	4:17.566 (37.108)		4:54.922 (37.357)			
5:32.301 (37.379)	6:10.583 (38.283)	6:48.481 (37.898)		7:26.871 (38.390)			
8:05.532 (38.662)	8:44.212 (38.680)	9:23.018 (38.807)		10:01.777 (38.759)			
10:40.615 (38.838)	11:19.518 (38.904)	11:58.478 (38.960)		12:37.381 (38.903)			
13:16.220 (38.839)	13:55.027 (38.808)	14:33.763 (38.737)		15:11.777 (38.014)			
15:47.983 (36.207)							
15 Kaufman, Clay	Eastern Mennonite	15:53.04	1				
35.902 (35.902)	1:12.520 (36.618)	1:49.418 (36.899)		2:26.703 (37.285)			
3:03.785 (37.082)	3:41.232 (37.448)	4:18.438 (37.207)		4:55.868 (37.430)			
5:33.338 (37.470)	6:11.612 (38.274)	6:49.677 (38.065)		7:28.165 (38.488)			
8:07.297 (39.133)	8:45.877 (38.580)	9:24.068 (38.192)		10:02.868 (38.800)			
10:41.728 (38.860)	11:21.540 (39.812)	12:01.487 (39.948)		12:40.560 (39.073)			
13:20.802 (40.243)	14:00.652 (39.850)	14:40.962 (40.310)		15:18.683 (37.722)			
15:53.032 (34.349)							
16 Aleemi, Anthony	Lynchburg	16:00.62	2				
36.551 (36.551)	1:13.348 (36.798)	1:50.705 (37.357)		2:27.305 (36.600)			
3:03.473 (36.169)	3:40.703 (37.230)	4:18.067 (37.364)		4:55.285 (37.218)			
5:32.267 (36.983)	6:10.336 (38.069)	6:48.347 (38.012)		7:26.292 (37.945)			
8:04.193 (37.902)	8:42.652 (38.459)	9:21.227 (38.575)		10:00.213 (38.987)			
10:39.765 (39.552)	11:20.171 (40.407)	12:00.975 (40.804)		12:41.822 (40.848)			
13:23.341 (41.519)	14:03.620 (40.279)	14:44.060 (40.440)		15:23.658 (39.599)			
16:00.613 (36.955)							
17 Cochran, Tanner	Randolph	16:03.82	1				
34.925 (34.925)	1:11.477 (36.553)	1:48.755 (37.278)		2:26.080 (37.325)			
3:03.311 (37.232)	3:40.941 (37.630)	4:18.035 (37.094)		4:55.530 (37.495)			
5:32.900 (37.370)	6:11.290 (38.390)	6:49.270 (37.980)		7:27.808 (38.539)			
8:06.956 (39.148)	8:46.260 (39.304)	9:24.525 (38.265)		10:03.881 (39.357)			
10:43.423 (39.543)	11:23.815 (40.392)	12:04.710 (40.895)		12:45.587 (40.878)			
13:26.481 (40.894)	14:07.642 (41.162)	14:47.862 (40.220)		15:26.821 (38.959)			
16:03.817 (36.997)							
18 Creamer, Ronan	Lynchburg	16:04.87	2				
36.371 (36.371)	1:12.425 (36.054)	1:49.157 (36.733)		2:25.787 (36.630)			
3:02.707 (36.920)	3:39.901 (37.194)	4:17.392 (37.492)		4:54.260 (36.868)			
5:31.331 (37.072)	6:09.633 (38.303)	6:47.876 (38.243)		7:25.240 (37.364)			
8:03.342 (38.103)	8:41.775 (38.433)	9:20.442 (38.668)		10:00.781 (40.339)			
10:40.942 (40.162)	11:22.620 (41.678)	12:04.867 (42.248)		12:45.842 (40.975)			
13:26.730 (40.888)	14:07.307 (40.578)	14:47.560 (40.253)		15:28.891 (41.332)			
16:04.868 (35.978)							
19 Jacobs, Jackson	Washington & Lee	16:05.15	2				
37.975 (37.975)	1:14.431 (36.457)	1:51.370 (36.939)		2:28.155 (36.785)			
3:04.780 (36.625)	3:41.820 (37.040)	4:19.246 (37.427)		4:56.572 (37.327)			
5:33.347 (36.775)	6:10.886 (37.539)	6:48.633 (37.748)		7:26.791 (38.158)			
8:04.988 (38.198)	8:43.781 (38.793)	9:22.902 (39.122)		10:02.820 (39.918)			
10:42.908 (40.089)	11:22.868 (39.960)	12:03.556 (40.688)		12:44.185 (40.629)			
13:24.843 (40.659)	14:06.200 (41.357)	14:47.890 (41.690)		15:28.228 (40.339)			
16:05.148 (36.920)							

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****...Men 5000 Meter Run**

20 Haden, Henry	Washington & Lee	16:11.47	1		
34.730 (34.730)	1:11.326 (36.597)	1:48.383 (37.058)	2:25.372 (36.989)		
3:02.563 (37.192)	3:40.227 (37.664)	4:17.272 (37.045)	4:54.651 (37.379)		
5:32.497 (37.847)	6:10.846 (38.349)	6:49.011 (38.165)	7:27.273 (38.263)		
8:06.722 (39.449)	8:46.323 (39.602)	9:26.213 (39.890)	10:06.823 (40.610)		
10:47.271 (40.448)	11:27.636 (40.365)	12:08.205 (40.569)	12:48.575 (40.370)		
13:29.431 (40.857)	14:10.475 (41.044)	14:51.370 (40.895)	15:32.116 (40.747)		
16:11.467 (39.352)					
21 Garis, Matt	Roanoke	16:14.26	1		
34.505 (34.505)	1:11.600 (37.095)	1:48.621 (37.022)	2:25.860 (37.239)		
3:03.108 (37.249)	3:40.716 (37.608)	4:17.792 (37.077)	4:55.248 (37.457)		
5:32.665 (37.417)	6:11.085 (38.420)	6:48.730 (37.645)	7:27.171 (38.442)		
8:05.982 (38.812)	8:44.755 (38.773)	9:23.838 (39.084)	10:04.728 (40.890)		
10:46.547 (41.819)	11:27.273 (40.727)	12:08.478 (41.205)	12:48.020 (39.542)		
13:30.311 (42.292)	14:13.467 (43.157)	14:56.292 (42.825)	15:36.352 (40.060)		
16:14.256 (37.904)					
22 Miller, Gabe	Bridgewater (Va.)	16:23.92	1		
35.451 (35.451)	1:12.331 (36.880)	1:50.138 (37.808)	2:27.472 (37.334)		
3:06.455 (38.983)	3:46.113 (39.659)	4:24.501 (38.388)	5:03.981 (39.480)		
5:45.042 (41.062)	6:24.620 (39.578)	7:04.700 (40.080)	7:45.321 (40.622)		
8:25.621 (40.300)	9:07.057 (41.437)	9:47.956 (40.899)	10:27.728 (39.773)		
11:07.827 (40.099)	11:47.840 (40.013)	12:27.885 (40.045)	13:07.451 (39.567)		
13:48.037 (40.587)	14:27.542 (39.505)	15:07.265 (39.723)	15:47.063 (39.799)		
16:23.917 (36.854)					
23 Gregory, Jacob	Bridgewater (Va.)	16:26.11	1		
36.756 (36.756)	1:14.073 (37.318)	1:52.637 (38.564)	2:31.612 (38.975)		
3:11.562 (39.950)	3:51.440 (39.878)	4:31.011 (39.572)	5:10.545 (39.534)		
5:50.265 (39.720)	6:29.446 (39.182)	7:08.868 (39.423)	7:48.662 (39.794)		
8:28.487 (39.825)	9:08.153 (39.667)	9:47.736 (39.583)	10:27.467 (39.732)		
11:07.571 (40.104)	11:47.577 (40.007)	12:27.625 (40.048)	13:07.682 (40.058)		
13:48.351 (40.669)	14:28.192 (39.842)	15:08.078 (39.887)	15:47.835 (39.757)		
16:26.102 (38.268)					
24 Counts, Levi	Roanoke	17:07.90	1		
35.217 (35.217)	1:11.912 (36.695)	1:49.167 (37.255)	2:26.465 (37.298)		
3:04.575 (38.110)	3:43.591 (39.017)	4:23.637 (40.047)	5:03.796 (40.159)		
5:44.747 (40.952)	6:25.068 (40.322)	7:06.152 (41.084)	7:47.945 (41.793)		
8:29.425 (41.480)	9:11.966 (42.542)	9:55.540 (43.574)	10:38.755 (43.215)		
11:21.798 (43.044)	12:05.387 (43.589)	12:49.010 (43.623)	13:33.560 (44.550)		
14:18.061 (44.502)	15:02.233 (44.173)	15:45.880 (43.647)	16:27.027 (41.148)		
17:07.898 (40.872)					

Men 60 Meter Hurdles

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ODAC Rec: # 8.09 2022 Landry Moffo, Virginia Wesleyan
Meet Rec: $ 8.09 2/28/2022 Landry Moffo, Virginia Wes
Name Year School Prelims H#
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Preliminaries

1 Jakubowski-Lewis, Daniel	Washington & Lee	8.66Q	1
2 Moon, Aaron	Bridgewater (Va.)	8.77Q	2
3 Henderson, Ja'marri	Virginia Wesleyan	8.67q	1
4 Klocke, Matthew	Shenandoah	8.79q	1
5 Carter, Mario	Randolph	8.87q	2
6 del Casal, Ty	Washington & Lee	8.94q	2
7 Knick, Dylan	Roanoke	8.99q	1

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****...Men 60 Meter Hurdles**

8	Montgomery, Derek	Virginia Wesleyan	9.09q	2
9	Birchett, Trey	Bridgewater (Va.)	9.11	1
10	Bohon, Hunter	Roanoke	9.21	1
11	Graham, Daniel	Roanoke	9.28	2
12	Hill, D'Marco	Virginia Wesleyan	9.70	1
13	Watkins, Jayden	Randolph	9.82	2
14	D'Amour, Brandon	Bridgewater (Va.)	9.85	1
15	Huffman, Jaden	Ferrum	9.90	2

Men 60 Meter Hurdles

ODAC Rec: # 8.09 2022 Landry Moffo, Virginia Wesleyan

Meet Rec: \$ 8.09 2/28/2022 Landry Moffo, Virginia Wes

Name Year School Finals Points

Finals

1	Henderson, Ja'marri	Virginia Wesleyan	8.54	10
2	del Casal, Ty	Washington & Lee	8.55	8
3	Jakubowski-Lewis, Daniel	Washington & Lee	8.59	6
4	Moon, Aaron	Bridgewater (Va.)	8.67	5
5	Carter, Mario	Randolph	8.91	4
6	Montgomery, Derek	Virginia Wesleyan	9.14	3
7	Knick, Dylan	Roanoke	9.16	2
8	Klocke, Matthew	Shenandoah	9.17	1

Men 4x400 Meter Relay

ODAC Rec: # 3:16.84 2001 Lynchburg, Lynchburg

Goss, Williams, Harris, Smith

Meet Rec: \$ 3:21.96 2016 Virginia Wesleyan, Virginia Wesleyan

Hawkins, Ramirez, Sivels, White

School Finals H# Points

1	Roanoke 'A'	3:24.24	2	10
	1) Heffinger, Brandon	2) Camobreco, Lorenzo		
	3) Fowler, Brady	4) Crawford, Samuel		
	52.981 (52.981)	1:43.873 (50.892)	2:34.927 (51.054)	3:24.232 (49.306)
2	Lynchburg 'A'	3:24.28	2	8
	1) Jacobs, Zachary	2) Kwakye, Gabriel		
	3) Hotung-Davidsen, Tor	4) Hodnett, Jacob		
	53.344 (53.344)	1:44.604 (51.260)	2:34.433 (49.830)	3:24.271 (49.838)
3	Virginia Wesleyan 'A'	3:25.43	2	6
	1) Bullock, Isaiah	2) Crosswell, Domenic		
	3) Pritchett, Izaiah	4) Hall, Jordan		
	51.492 (51.492)	1:42.987 (51.495)	2:34.835 (51.848)	3:25.421 (50.587)
4	Washington & Lee 'A'	3:28.11	2	5
	1) Jakubowski-Lewis, Daniel	2) Dracon, Doug		
	3) Meldrum, Duncan	4) Avigliano, Luke		
	52.883 (52.883)	1:43.245 (50.363)	2:37.116 (53.871)	3:28.101 (50.985)
5	Shenandoah 'A'	3:28.47	1	4
	1) Klocke, Matthew	2) Eglin, Noah		
	3) Hurd, Noah	4) McGhie, Elias		
	53.656 (53.656)	1:46.530 (52.874)	2:39.019 (52.490)	3:28.468 (49.450)
6	Eastern Mennonite 'A'	3:28.48	1	3

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****....Men 4x400 Meter Relay**

1) Hunter, Bryson	2) Immanuel, Bellamy				
3) Kibler, Chris	4) Johnson, Alijah				
53.931 (53.931)	1:47.278 (53.347)	2:39.580 (52.303)	3:28.474 (48.894)		
7 Bridgewater (Va.) 'A'		3:30.63	2	2	
1) Alderman, Cy	2) Avalos, Kaegan				
3) Birchett, Trey	4) Clanton, Kyle				
54.072 (54.072)	1:46.828 (52.756)	2:37.971 (51.143)	3:30.625 (52.655)		
8 Ferrum 'A'		3:31.52	1	1	
1) Shaffer, Seth	2) Lawson, Deontae				
3) Ryder, Kayden	4) Hamm, Michael				
55.080 (55.080)	1:46.807 (51.727)	2:40.624 (53.818)	3:31.519 (50.895)		
9 Randolph 'A'		3:36.70	1		
1) Lambert, Colby	2) Torres, Cole				
3) Kurtz, Kyle	4) Thompson, Cody				
54.000 (54.000)	1:49.926 (55.926)	2:43.952 (54.027)	3:36.691 (52.739)		
10 Guilford 'A'		3:51.46	1		
1) Alexander, Trevel	2) Abdul-Haqq, Ahmaad				
3) Williams, Richard	4) Torain, Trenton				
56.570 (56.570)	1:56.002 (59.432)	2:55.622 (59.620)	3:51.452 (55.831)		
11 Averett 'A'		3:57.26	1		
1) Jones, Quentin	2) Jackson, Crispin				
3) Davis, Jeremiah	4) Brown, Christopher				
59.076 (59.076)	2:00.890 (1:01.814)	2:57.072 (56.183)	3:57.258 (1:00.186)		

Men Distance Medley

ODAC Rec: # 9:53.93 2023 Lynchburg, Lynchburg
Hotung-Davidsen, Hunt, Kovacevic, Llaneza
Meet Rec: \$ 10:17.21 2/27/2022 Lynchburg, Lynchburg
Hotung-Davidsen, Hodnett, Lauffenberger, Green
School Finals Points

1 Lynchburg 'A'		10:21.58	10		
1) Firkins, Tanner	2) Flowers, Brian				
3) Kovacevic, Marko	4) Hotung-Davidsen, Tor				
3:12.806 (3:12.806)	4:04.600 (51.794)	6:03.263 (1:58.664)	10:21.571 (4:18.308)		
2 Washington & Lee 'A'		10:30.36	8		
1) Ruiz, Chris	2) McKenna, Ryan				
3) Moore, Zach	4) Verrett, Connor				
3:09.971 (3:09.971)	4:02.078 (52.108)	5:59.056 (1:56.978)	10:30.351 (4:31.295)		
3 Eastern Mennonite 'A'		10:39.79	6		
1) Woodruff, Dawson	2) Michael, Michael				
3) Abebe, Abenezer	4) Immanuel, Bellamy				
3:16.428 (3:16.428)	4:11.387 (54.959)	6:17.465 (2:06.078)	10:39.781 (4:22.317)		
4 Bridgewater (Va.) 'A'		10:46.17	5		
1) Varney, Bowen	2) Alderman, Cy				
3) Rose, Ryder	4) Cupps, Bennett				
3:16.973 (3:16.973)	4:10.088 (53.115)	6:20.313 (2:10.225)	10:46.161 (4:25.848)		
5 Shenandoah 'A'		10:50.58	4		
1) Davis, Reed	2) Klocke, Matthew				
3) McGhie, Elias	4) Hurd, Noah				
3:19.447 (3:19.447)	4:12.155 (52.708)	6:14.050 (2:01.895)	10:50.577 (4:36.528)		
6 Roanoke 'A'		11:12.27	3		
1) Chlebowski, Xavier	2) McDonald, Cameron				
3) Birdsall, Robert	4) Hoffstaetter, Timothy				
3:27.702 (3:27.702)	4:21.218 (53.517)	6:24.990 (2:03.772)	11:12.263 (4:47.274)		

ODAC Indoor Track & Field Championships - 2/26/2023
Cregger Center
Results

....Men Distance Medley

7 Hampden-Sydney 'A'	11:15.24	2
1) Burcham, Carter	2) Bennett, Thomas	
3) Stimpson, Justin	4) Ransone, Winston	
3:22.967 (3:22.967)	4:20.088 (57.122) 6:32.557 (2:12.469)	11:15.235 (4:42.678)
8 Ferrum 'A'	11:29.17	1
1) Gotschi, Tysen	2) Shaffer, Seth	
3) Mills, Josh	4) Stanford, Clayton	
3:26.827 (3:26.827)	4:21.433 (54.607) 6:36.285 (2:14.852)	11:29.168 (4:52.884)
9 Randolph 'A'	11:32.46	
1) Burgos, Izaiah	2) Kurtz, Kyle	
3) Thompson, Cody	4) Scott, Aaron	
3:24.785 (3:24.785)	4:18.071 (53.287) 6:17.747 (1:59.677)	11:32.455 (5:14.708)
-- Virginia Wesleyan 'A'	DNF	
1) Washington, Deric	2) Montgomery, Derek	
3) Powers, Andrew	4) Koval, Ryan	
3:21.603 (3:21.603)	4:14.502 (52.899) 6:33.666 (2:19.164)	10:43.466 (4:09.800)

Men High Jump

=====							
ODAC Rec: #	2.13m	1997	DaVon Lewis, Bridgewater				
Meet Rec: \$	2.05m	2014	Jordan King, East Mennonite				
Name	Year School		Finals	Points			
=====							
1 Smith, Terrian	Virginia Wesleyan		1.96m	10			
1.75 1.80 1.85 1.90 1.93 1.96 1.99							
P O O O XO XO XXX							
2 Teal, Devin	Lynchburg		J1.96m	8			
1.75 1.80 1.85 1.90 1.93 1.96 1.99							
O O XO O XO XXO XXX							
3 Brothers, Isaiah	Lynchburg		1.93m	6			
1.75 1.80 1.85 1.90 1.93 1.96							
O O O XO O XXX							
4 Roupe, Cody	Roanoke		J1.93m	4.50			
1.75 1.80 1.85 1.90 1.93 1.96							
O O O XO XO XXX							
4 Ndiaye, Leyti	Washington & Lee		J1.93m	4.50			
1.75 1.80 1.85 1.90 1.93 1.96							
P O O XO XO XXX							
6 Moon, Aaron	Bridgewater (Va.)		1.90m	3			
1.75 1.80 1.85 1.90 1.93							
P O XO XO XXX							
7 Mackey, Conner	Bridgewater (Va.)		1.85m	2			
1.75 1.80 1.85 1.90							
P XO O XXX							
8 Birchett, Trey	Bridgewater (Va.)		J1.85m	1			
1.75 1.80 1.85 1.90							
O O XO XXX							
9 Avalos, Kaegan	Bridgewater (Va.)		J1.85m				
1.75 1.80 1.85 1.90							
O XO XXO XXX							
10 Lawhorne, Mason	Bridgewater (Va.)		1.80m				
1.75 1.80 1.85							
O XXO XXX							

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****Men Long Jump**

ODAC Rec: # 7.43m 2001		James Goss, Lynchburg	
Meet Rec: \$ 7.36m 2020		Davonta Womack, Bridgewater	
Name	Year	School	Finals H# Points
1 Roberts, Geni		Virginia Wesleyan	7.13m 2 10
	7.13m 7.08m	FOUL 6.98m 6.84m 6.78m	
2 Clanton, Kyle		Bridgewater (Va.)	6.98m 2 8
	6.98m 6.86m 6.68m 6.83m	FOUL FOUL	
3 Alexander, Trevel		Guilford	6.97m 2 6
	6.66m FOUL 6.97m FOUL	6.71m 6.91m	
4 Moon, Aaron		Bridgewater (Va.)	6.93m 2 5
	FOUL FOUL 6.34m 6.05m	6.93m 5.24m	
5 Barber, Isaac		Washington & Lee	6.64m 2 4
	6.61m 6.24m 6.37m 6.42m	6.64m 5.98m	
6 West, Elijah		Shenandoah	6.52m 2 3
	6.32m 6.52m 6.09m 6.27m	6.32m 6.05m	
7 Clark, Isaiah		Ferrum	6.45m 2 2
	FOUL 6.39m 6.30m 6.45m	6.34m 6.11m	
8 Matthews, Anthony		Bridgewater (Va.)	6.38m 2 1
	FOUL FOUL 6.32m FOUL FOUL	6.38m	
9 Jacobs, Julius		Virginia Wesleyan	6.34m 1
	6.01m 6.15m 6.34m 5.85m	4.66m 6.01m	
10 Bullock, Isaiah		Virginia Wesleyan	6.32m 1
	6.02m 6.32m 5.93m 6.15m	5.93m 6.14m	
11 Birchett, Trey		Bridgewater (Va.)	6.26m 1
	5.74m 5.82m 6.26m		
12 Lawson, Deontae		Ferrum	6.22m 2
	6.22m 6.16m 5.96m		
13 Hall, Jordan		Virginia Wesleyan	6.13m 2
	FOUL 6.10m 6.13m		
14 Bohon, Hunter		Roanoke	6.11m 2
	5.41m 6.03m 6.11m		
15 Smith, Terrian		Virginia Wesleyan	6.07m 1
	5.69m 6.07m FOUL		
16 Abdul-Haqq, Ahmaad		Guilford	6.00m 1
	5.47m FOUL 6.00m		
17 Knick, Dylan		Roanoke	5.84m 1
	FOUL 5.84m 5.21m		
18 Li, David		Washington & Lee	5.83m 1
	5.41m 5.83m FOUL		
19 Bisseck, Aymar		Shenandoah	5.79m 1
	5.49m 5.77m 5.79m		
20 McIntyre, Jared		Roanoke	J5.79m 1
	5.61m 5.79m 4.66m		
21 Foster, Jack		Washington & Lee	5.62m 1
	FOUL 5.62m 5.56m		
22 Williams, Richard		Guilford	5.55m 1
	5.55m FOUL 5.55m		
23 Kenney, Joesph		Roanoke	5.46m 1
	3.30m 5.46m 4.16m		
-- Hunter, Bryson		Eastern Mennonite	FOUL 2
	FOUL FOUL FOUL		

ODAC Indoor Track & Field Championships - 2/26/2023**Cregger Center****Results****Men Triple Jump**

ODAC Rec: # 15.18m 1994		Otio Okilo, Bridgewater	
Meet Rec: \$ 14.82m 2017		Darin Council, Bridgewater	
Name	Year	School	Finals H# Points
1 Roberts, Geni		Virginia Wesleyan	15.05m\$ 2 10
	14.32m 14.58m 14.55m	15.05m 15.00m 14.88m	
2 Bullock, Isaiah		Virginia Wesleyan	14.24m 2 8
	14.13m 14.10m 14.24m	13.83m PASS PASS	
3 Matthews, Anthony		Bridgewater (Va.)	14.17m 2 6
	13.63m 13.89m 14.17m	FOUL FOUL 13.45m	
4 Brothers, Isaiah		Lynchburg	13.64m 2 5
	12.94m 13.39m 13.64m	13.21m 13.56m 13.16m	
5 Mosley, D'Monte		Lynchburg	13.56m 2 4
	13.27m 13.40m 13.38m	12.91m 13.56m FOUL	
6 Gregory, Malakhi		Lynchburg	J13.56m 2 3
	13.56m 12.68m 12.97m	12.18m 12.28m FOUL	
7 Moon, Aaron		Bridgewater (Va.)	13.49m 1 2
	13.18m 13.49m 13.44m	13.26m FOUL 13.48m	
8 Jacobs, Julius		Virginia Wesleyan	13.39m 2 1
	FOUL 13.05m FOUL FOUL	12.75m 13.39m	
9 Lawson, Deontae		Ferrum	13.17m 2
	13.11m 12.80m 13.17m	13.11m 13.16m 12.95m	
10 Jones, Donnell		Shenandoah	12.84m 2
	12.70m 12.84m 12.79m		
11 Nelson, Christopher		Averett	12.80m 1
	12.75m 12.80m 12.25m		
12 McIntyre, Jared		Roanoke	12.70m 1
	12.32m 11.90m 12.70m		
13 Moore, Kristian		Shenandoah	12.65m 1
	12.43m 12.25m 12.65m		
14 Barber, Isaac		Washington & Lee	12.48m 1
	12.03m 12.48m 12.39m		
15 Carter, Mario		Randolph	12.37m 1
	12.37m 12.01m 11.45m		
16 Smalls, Christopher		Shenandoah	12.12m 1
	11.79m 12.12m FOUL		
17 Abdul-Haqq, Ahmaad		Guilford	11.89m 1
	11.43m 11.89m 11.75m		
18 Kenney, Joesph		Roanoke	11.63m 2
	FOUL 11.63m FOUL		
19 Patterson, Shaun		Randolph	11.54m 1
	11.54m FOUL FOUL		

Men Shot Put

ODAC Rec: # 16.82m 2008		Nathan Turner, Bridgewater	
Meet Rec: \$ 16.36m 2007		Nathan Turner	
Name	Year	School	Finals H# Points
1 Smith, Michael		Bridgewater (Va.)	14.83m 2 10
	13.91m 13.88m 13.31m	13.89m 14.39m 14.83m	
2 Fulton, Peter		Bridgewater (Va.)	14.20m 2 8
	11.58m 13.74m 13.23m	13.72m 14.20m FOUL	
3 Knight, Will		Washington & Lee	14.17m 2 6
	12.95m 12.88m FOUL	14.17m FOUL 13.46m	

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4	Roy, Adam	Washington & Lee	13.92m	2	5
	FOUL FOUL 13.36m 13.92m FOUL FOUL				
5	Watkins, Jayden	Randolph	13.80m	1	4
	12.55m 12.77m FOUL 13.80m 13.78m 13.29m				
6	Stott, Christopher	Lynchburg	13.73m	2	3
	13.73m 12.80m 13.05m 12.80m 12.90m 12.62m				
7	Kindig, John	Shenandoah	13.68m	2	2
	13.36m FOUL FOUL 13.68m FOUL FOUL				
8	Lee, Andrew	Guilford	13.25m	2	1
	11.71m 12.73m 12.97m 13.25m FOUL FOUL				
9	Olverson, Andrew	Averett	13.11m	2	
	12.74m 13.11m 13.03m 13.10m 12.92m FOUL				
10	Nesselrodt, Tony	Bridgewater (Va.)	12.40m	1	
	FOUL 12.14m 12.40m				
11	Young, Jacob	Shenandoah	12.33m	2	
	12.33m FOUL FOUL				
12	McIntyre, Zakary	Shenandoah	12.30m	1	
	11.95m 12.30m 11.70m				
13	Tubbs, Dylan	Shenandoah	12.16m	1	
	11.55m FOUL 12.16m				
14	Schmidt, Christian	Eastern Mennonite	12.15m	1	
	FOUL 10.98m 12.15m				
15	Richardson, Mantrez	Randolph	12.14m	2	
	FOUL 12.14m FOUL				
16	Dysart, Zachary	Shenandoah	11.97m	1	
	11.97m FOUL FOUL				
17	Johnson, Darrian	Ferrum	11.89m	1	
	11.89m 11.84m FOUL				
18	Davis, Jalen	Virginia Wesleyan	11.80m	2	
	11.80m FOUL FOUL				
19	McNutt, Jake	Bridgewater (Va.)	11.74m	1	
	11.41m 11.74m FOUL				
20	Novak, Evan	Washington & Lee	11.43m	1	
	10.84m 11.20m 11.43m				
21	Sarsfield, James	Roanoke	11.34m	1	
	11.34m 10.82m 10.88m				
22	Smith, Matthew	Shenandoah	11.01m	1	
	FOUL 11.01m FOUL				
23	Makowski, Brandon	Washington & Lee	10.65m	1	
	10.65m FOUL 10.45m				
--	Athey, Seth	Guilford	FOUL	2	
	FOUL FOUL FOUL				

Men Weight Throw

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ODAC Rec:	#	19.27m	2023	Tucker Kindig, Shenandoah		
Meet Rec:	\$	17.64m	2/27/2022	John Kindig, Shenandoah		
Name		Year	School	Finals	H#	Points
=====						
1	Kindig, John		Shenandoah	18.91m\$	2	10
	17.94m 18.91m FOUL FOUL FOUL FOUL					
2	Smith, Michael		Bridgewater (Va.)	18.07m\$	2	8
	16.96m 17.29m 18.07m 18.03m FOUL 17.54m					
3	Fulton, Peter		Bridgewater (Va.)	17.38m	2	6
	14.60m 16.43m 16.43m FOUL 17.12m 17.38m					

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4	Young, Jacob	Shenandoah	16.05m	2	5
	14.06m 15.61m 15.50m 16.05m	FOUL FOUL			
5	Nesselrodt, Tony	Bridgewater (Va.)	15.37m	2	4
	FOUL 15.24m FOUL 15.35m 15.18m 15.37m				
6	Davis, Jalen	Virginia Wesleyan	14.90m	2	3
	13.80m FOUL FOUL 14.90m	FOUL 14.08m			
7	McNutt, Jake	Bridgewater (Va.)	14.51m	2	2
	14.20m 13.97m 13.72m 14.39m 13.94m 14.51m				
8	Ruff, Michael	Lynchburg	14.01m	2	1
	13.63m 13.91m 14.01m	FOUL FOUL FOUL			
9	Smith, Matthew	Shenandoah	13.80m	2	
	13.80m 13.72m 13.62m	FOUL 13.69m FOUL			
10	Sarsfield, James	Roanoke	13.73m	1	
	13.73m FOUL 12.67m				
11	Richardson, Mantrez	Randolph	13.71m	1	
	13.71m FOUL 13.03m				
12	Lamoso, Carlos	Virginia Wesleyan	13.49m	2	
	FOUL 13.49m 13.34m				
13	Novak, Evan	Washington & Lee	13.45m	2	
	13.45m FOUL 12.36m				
14	Soto-Ventura, Jorge	Washington & Lee	12.96m	1	
	12.78m 12.96m 12.75m				
15	McCormick, Andy	Lynchburg	12.85m	1	
	11.75m FOUL 12.85m				
16	Roy, Adam	Washington & Lee	12.17m	1	
	10.35m FOUL 12.17m				
17	Tubbs, Dylan	Shenandoah	12.03m	1	
	FOUL FOUL 12.03m				
18	Carson, Jermane	Lynchburg	11.96m	1	
	11.29m 11.96m FOUL				
19	McIntyre, Zakary	Shenandoah	11.88m	1	
	11.88m 11.73m FOUL				
20	Krause, Curtiss	Roanoke	11.55m	1	
	11.55m 11.31m FOUL				
21	Dysart, Zachary	Shenandoah	11.44m	1	
	11.44m 11.15m 10.78m				
22	Schmidt, Christian	Eastern Mennonite	10.75m	1	
	10.16m 9.74m 10.75m				
23	Gilliam, Jordan	Virginia Wesleyan	10.10m	1	
	FOUL 9.25m 10.10m				
--	Stott, Christopher	Lynchburg	FOUL	2	
	FOUL FOUL FOUL				

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Women - Team Rankings - 16 Events Scored

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1) Lynchburg	181	2) Washington & Lee	130
3) Roanoke	106.50	4) Bridgewater (Va.)	54
5) Eastern Mennonite	52	6) Virginia Wesleyan	48.50
7) Shenandoah	35	8) Guilford	8
9) Hollins	4	10) Ferrum	1

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Men - Team Rankings - 16 Events Scored

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1) Lynchburg	169	2) Bridgewater (Va.)	98
3) Washington & Lee	95.50	4) Virginia Wesleyan	66

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....Men Weight Throw

5) Roanoke	64.50	6) Shenandoah	61
7) Eastern Mennonite	27	8) Ferrum	21
9) Guilford	10	9) Randolph	10
11) Hampden-Sydney	2		