

ODAC Indoor Track & Field Championships - 2/25/2023 to 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

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 5000 Meter Run

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ODAC Rec: # 17:06.99 2001      Casey Smith, Roanoke
Meet Rec: $ 17:35.81 2020      English Jackson, Bridgewater
Name                          Year School                    Finals  Points
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Finals

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)			

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023**Cregger Center****Results****....Women 5000 Meter Run**

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)			
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)			

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023**Cregger Center****Results****....Women 5000 Meter Run**

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)					
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)					

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

...Women 5000 Meter Run

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)				
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

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

...Women 60 Meter Hurdles

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

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

Finals

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 - 2/25/2023 to 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 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			

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023**Cregger Center****Results****....Women Long Jump**

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				
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 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	

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

...Women Weight Throw

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	Reviea, Sarai	Roanoke	8.69m	1	
	8.69m 8.49m 8.62m				
23	Harlow, Gracie	Hollins	8.56m	1	
	8.36m 7.83m 8.56m				

Men 60 Meter Dash

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

Preliminaries

1	Fowler, Brady	Roanoke	6.84Q	1
2	Crowder, William	Shenandoah	6.88Q	3
3	Jones, Jaylen	Lynchburg	6.89Q	2

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

...Men 60 Meter Dash

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	

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
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Finals

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)				
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)				

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

...Men 5000 Meter Run

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)				
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)				

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023**Cregger Center****Results****....Men 5000 Meter Run**

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)							
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)							

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023**Cregger Center****Results****...Men 5000 Meter Run**

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)							
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)							

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023**Cregger Center****Results****....Men 5000 Meter Run**

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
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

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023**Cregger Center****Results****Men Distance Medley**

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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
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Finals

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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)
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)

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Men High Jump

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ODAC Rec: # 2.13m 1997 DaVon Lewis, Bridgewater
Meet Rec: $ 2.05m 2014 Jordan King, East Mennonite
Name Year School Finals Points
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ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

....Men High Jump

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			
11	Watkins, Jayden	Randolph	J1.80m	
	1.75 1.80 1.85			
	XO XXO XXX			
12	Spikers, Euan	Bridgewater (Va.)	1.75m	
	1.75 1.80			
	O XXX			
13	Bohon, Hunter	Roanoke	J1.75m	
	1.75 1.80			
	XXO XXX			
--	Henderson, Ja'marri	Virginia Wesleyan	NH	
	1.75			
	XXX			
--	McIntyre, Jared	Roanoke	NH	
	1.75			
	XXX			

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

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

...Men Long Jump

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				

Men Weight Throw

=====						
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

ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

...Men Weight Throw

3	Fulton, Peter		Bridgewater (Va.)	17.38m	2	6
	14.60m	16.43m	16.43m	FOUL	17.12m	17.38m
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			

=====
 Women - Team Rankings - 5 Events Scored
 =====

1) Washington & Lee	45	2) Lynchburg	42
3) Roanoke	29.50	4) Shenandoah	26
5) Eastern Mennonite	21	6) Bridgewater (Va.)	17
7) Virginia Wesleyan	13.50	8) Ferrum	1

=====
 Men - Team Rankings - 5 Events Scored
 =====

1) Lynchburg	50	2) Bridgewater (Va.)	45
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ODAC Indoor Track & Field Championships - 2/25/2023 to 2/26/2023

Cregger Center

Results

....Men Weight Throw

3) Washington & Lee	25.50	4) Virginia Wesleyan	23
5) Shenandoah	22	6) Eastern Mennonite	11
7) Roanoke	7.50	8) Guilford	6
9) Ferrum	3	10) Hampden-Sydney	2