

## ODAC Indoor Track &amp; Field Championships - 2/26/2023

## Cregger Center

## Results

## Women 60 Meter Dash

ODAC Rec: 7.46 # 2018 Harlan Quinn  
Meet Rec: 7.46 \$ 2018 Harlan Quinn

| Name                  | School       | Prelims |
|-----------------------|--------------|---------|
| <b>Preliminaries</b>  |              |         |
| 1 Coleman, Adalia     | Bridgewater  | 7.69Q   |
| 2 Gamble, Katelyn     | Washington a | 7.82Q   |
| 3 Seward, Aniya       | Lynchburg    | 7.90Q   |
| 4 Hoggard, Lyric      | Virginia Wes | 7.91q   |
| 5 Fox, Kenna          | Roanoke      | 7.96q   |
| 6 Cammarata, Jessica  | Lynchburg    | 7.98q   |
| 7 Hathaway, Julia     | Virginia Wes | 8.00q   |
| 8 Poole, Taylor       | Roanoke      | 8.01q   |
| 9 Oguamena, Kendra    | Eastern Menn | 8.01    |
| 10 Hinckley, Eleanor  | Roanoke      | 8.03    |
| 11 Anderson, Janelle  | Shenandoah   | 8.07    |
| 12 Measell, Kaitlin   | Shenandoah   | 8.08    |
| 13 Buckles, Jade      | Bridgewater  | 8.15    |
| 14 Snodgrass, Hannah  | Roanoke      | 8.15    |
| 15 Hobin, Lindsey     | Roanoke      | 8.15    |
| 16 Sidorov, Sarah     | Shenandoah   | 8.19    |
| 17 Patterson, Jazmine | Hollins      | 8.27    |
| 18 Hamlin, Haleigh    | Bridgewater  | 8.27    |
| 19 Turner, Rylee      | Lynchburg    | 8.27    |
| 20 Birle, Susannah    | Washington a | 8.37    |
| 21 Ingraham, Shannea  | Averett      | 8.54    |
| 22 Walker, Marissa    | Eastern Menn | 8.57    |
| 23 Bangura, Saida     | Averett      | 8.65    |
| 24 Williams, Asia     | Averett      | 8.77    |

## Women 60 Meter Dash

ODAC Rec: 7.46 # 2018 Harlan Quinn  
Meet Rec: 7.46 \$ 2018 Harlan Quinn

| Name                 | School       | Finals  |
|----------------------|--------------|---------|
| <b>Finals</b>        |              |         |
| 1 Coleman, Adalia    | Bridgewater  | 7.54 10 |
| 2 Gamble, Katelyn    | Washington a | 7.61 8  |
| 3 Hoggard, Lyric     | Virginia Wes | 7.86 6  |
| 4 Hathaway, Julia    | Virginia Wes | 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

ODAC Rec: 24.15 # 2017 Amber Celen  
Meet Rec: 24.92 \$ 2017 Amber Celen

| Name                 | School       | Finals   |
|----------------------|--------------|----------|
| <b>Finals</b>        |              |          |
| 1 Coleman, Adalia    | Bridgewater  | 25.15 10 |
| 2 Gamble, Katelyn    | Washington a | 25.66 8  |
| 3 Gamble, Haylee     | Roanoke      | 26.08 6  |
| 4 Hooker, Kacee      | Bridgewater  | 26.11 5  |
| 5 Seward, Aniya      | Lynchburg    | 26.11 4  |
| 6 Cammarata, Jessica | Lynchburg    | 26.60 3  |

|                       |              |         |
|-----------------------|--------------|---------|
| 7 Hefferon, Mikayla   | Roanoke      | 26.80 2 |
| 8 Poole, Taylor       | Roanoke      | 26.85 1 |
| 9 Measell, Kaitlin    | Shenandoah   | 26.85   |
| 10 Hinckley, Eleanor  | Roanoke      | 26.91   |
| 11 Oguamena, Kendra   | Eastern Menn | 26.99   |
| 12 Fox, Kenna         | Roanoke      | 27.02   |
| 13 Snodgrass, Hannah  | Roanoke      | 27.19   |
| 14 Patterson, Jazmine | Hollins      | 27.21   |
| 15 Turner, Rylee      | Lynchburg    | 27.35   |
| 16 Anderson, Janelle  | Shenandoah   | 27.64   |
| 17 Smith, Kiara       | Lynchburg    | 27.69   |
| 18 Walker, Marissa    | Eastern Menn | 28.26   |
| 19 Ingraham, Shannea  | Averett      | 28.30   |
| 20 Bangura, Saida     | Averett      | 28.78   |
| 21 Moore, Natalie     | Guilford     | 29.22   |
| 22 Moore, Jennifer    | Randolph     | 29.87   |

## Women 400 Meter Run

ODAC Rec: 56.04 # 2008 Robin Yerkes  
Meet Rec: 58.12 \$ 2016 Dana Lee

| Name                       | School       | Finals    |
|----------------------------|--------------|-----------|
| <b>Finals</b>              |              |           |
| 1 Taylor, Ray Ray          | Eastern Menn | 59.11 10  |
| 2 Hefferon, Mikayla        | Roanoke      | 1:00.09 8 |
| 3 Barnes, Vuronika         | Lynchburg    | 1:00.25 6 |
| 4 Hooker, Kacee            | Bridgewater  | 1:00.30 5 |
| 5 Gamble, Haylee           | Roanoke      | 1:00.40 4 |
| 6 Palethorpe, Jordynn      | Washington a | 1:00.83 3 |
| 7 Barnes, Amia             | Virginia Wes | 1:00.85 2 |
| 8 Boyce, Madelyn           | Lynchburg    | 1:00.87 1 |
| 9 Mohnkern, Betsy          | Lynchburg    | 1:01.41   |
| 10 Molina-Shuman, Maryrose | Roanoke      | 1:01.89   |
| 11 Patterson, Jazmine      | Hollins      | 1:02.92   |
| 12 Sidorov, Sarah          | Shenandoah   | 1:03.05   |
| 13 Oliver, Cassidy         | Bridgewater  | 1:03.34   |
| 14 Hubbard, Alexis         | Shenandoah   | 1:04.72   |
| 15 Teagle, Sarah           | Washington a | 1:07.33   |
| 16 Moore, Jennifer         | Randolph     | 1:07.70   |
| 17 Wuenschel, Morgan       | Shenandoah   | 1:10.28   |
| --- Hathaway, Julia        | Virginia Wes | FS        |

## Women 800 Meter Run

ODAC Rec: 2:10.36 # 2012 Carmen Graves  
Meet Rec: 2:16.77 \$ 2017 Marrison Coombs

| Name                 | School       | Finals       |
|----------------------|--------------|--------------|
| <b>Finals</b>        |              |              |
| 1 Smith, Hailey      | Lynchburg    | 2:16.51\$ 10 |
| 2 Scibelli, Kate     | Washington a | 2:19.19 8    |
| 3 Dunlap, Zoe        | Roanoke      | 2:23.04 6    |
| 4 Hawk, Parker       | Washington a | 2:23.17 5    |
| 5 Kozlowski, Haleigh | Lynchburg    | 2:26.65 4    |
| 6 Vera, Adia         | Washington a | 2:26.79 3    |
| 7 Massey, Lauren     | Lynchburg    | 2:27.01 2    |
| 8 Mast, Halie        | Eastern Menn | 2:27.83 1    |
| 9 Gardiner, Vanessa  | Eastern Menn | 2:28.66      |
| 10 Asefa, Eli        | Eastern Menn | 2:29.12      |

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## Results

## Finals ... (Women 800 Meter Run)

| Name                  | School       | Finals  |
|-----------------------|--------------|---------|
| 11 Evans, Jesma       | Washington a | 2:30.80 |
| 12 Oleksy, Amy        | Shenandoah   | 2:31.09 |
| 13 Plowman, Mackenzie | Shenandoah   | 2:31.50 |
| 14 Pineiro, Genesis   | Ferrum       | 2:31.51 |
| 15 Laine, Abigail     | Lynchburg    | 2:33.73 |
| 16 Nicely, Emma       | Shenandoah   | 2:33.85 |
| 17 Madrigal, Emma     | Shenandoah   | 2:37.92 |
| 18 Brown, Lauren      | Roanoke      | 2:43.40 |
| 19 Brousseau, Madison | Hollins      | 2:44.13 |
| 20 Just, Autumn       | Bridgewater  | 2:44.18 |
| 21 Draper, Hailey     | Roanoke      | 2:45.27 |
| 22 Boone, Nia         | Guilford     | 2:46.22 |
| 23 Reid, Savannah     | Roanoke      | 2:52.71 |

## Women 1 Mile Run

ODAC Rec: 4:54.01 # 2017 Marissa Coombs  
 Meet Rec: 5:02.01 \$ 2017 Marrissa Coombs

| Name                 | School       | Finals     |
|----------------------|--------------|------------|
| <b>Finals</b>        |              |            |
| 1 Hawk, Parker       | Washington a | 5:11.14 10 |
| 2 Massey, Lauren     | Lynchburg    | 5:12.71 8  |
| 3 Dell, Allison      | Lynchburg    | 5:16.67 6  |
| 4 Smith, Hailey      | Lynchburg    | 5:18.17 5  |
| 5 Silva, Molly       | Lynchburg    | 5:19.61 4  |
| 6 Weaver, Jenna      | Eastern Menn | 5:21.49 3  |
| 7 Young, Mackenzie   | Bridgewater  | 5:22.53 2  |
| 8 Mitchell, Emma     | Washington a | 5:23.86 1  |
| 9 Atkinson, Erin     | Shenandoah   | 5:26.80    |
| 10 Kemp, Mimi        | Washington a | 5:37.78    |
| 11 Brown, Ashley     | Roanoke      | 5:51.77    |
| 12 Aten, Cecelia     | Virginia Wes | 6:09.97    |
| 13 Sindt, Sidney     | Lynchburg    | 6:11.91    |
| 14 Lovan, Olivia     | Washington a | 6:22.51    |
| 15 Williamson, Molly | Bridgewater  | 6:29.78    |
| 16 Gburek, Sophie    | Virginia Wes | 6:31.93    |

## Women 3000 Meter Run

ODAC Rec: 9:55.49 # 2015 Kat Lehman  
 Meet Rec: 10:10.61 \$ 2001 Casey Smith

| Name                 | School       | Finals      |
|----------------------|--------------|-------------|
| <b>Finals</b>        |              |             |
| 1 Todd, Carolyn      | Washington a | 10:13.21 10 |
| 2 Dell, Allison      | Lynchburg    | 10:16.42 8  |
| 3 Lagunas, Kelsey    | Lynchburg    | 10:25.56 6  |
| 4 James, Sarah       | Lynchburg    | 10:32.30 5  |
| 5 Silva, Molly       | Lynchburg    | 10:35.05 4  |
| 6 Hamlet, Claire     | Washington a | 10:40.30 3  |
| 7 Lotts, Madeline    | Shenandoah   | 10:43.78 2  |
| 8 Atkinson, Erin     | Shenandoah   | 10:44.44 1  |
| 9 Smeds, Emily       | Bridgewater  | 10:45.34    |
| 10 Breschi, Sophia   | Washington a | 10:48.20    |
| 11 Weaver, Jenna     | Eastern Menn | 10:49.63    |
| 12 Breyault, Brianna | Washington a | 10:59.71    |
| 13 Mast, Halie       | Eastern Menn | 11:08.15    |

|                       |              |          |
|-----------------------|--------------|----------|
| 14 Clodgo, Kristen    | Washington a | 11:08.17 |
| 15 Robinson, Regan    | Bridgewater  | 11:14.41 |
| 16 Spencer, Eve       | Washington a | 11:32.86 |
| 17 Gallagher, Nina    | Washington a | 11:33.54 |
| 18 Westerman, Megan   | Randolph     | 11:42.80 |
| 19 Thrush, Makenna    | Shenandoah   | 11:43.55 |
| 20 Saulsbury, Delaney | Lynchburg    | 11:45.64 |
| 21 Earle, Sarah       | Bridgewater  | 11:54.13 |
| --- Clarkson, Allie   | Shenandoah   | DNF      |
| --- Mitchell, Emma    | Washington a | DNF      |

## Women 5000 Meter Run

ODAC Rec: 17:06.99 # 2001 Casey Smith  
 Meet Rec: 17:35.81 \$ 2020 English Jackson

| Name                  | School       | Finals      |
|-----------------------|--------------|-------------|
| <b>Finals</b>         |              |             |
| 1 Todd, Carolyn       | Washington a | 17:38.81 10 |
| 2 James, Sarah        | Lynchburg    | 18:04.52 8  |
| 3 Lagunas, Kelsey     | Lynchburg    | 18:14.30 6  |
| 4 Young, Mackenzie    | Bridgewater  | 18:22.47 5  |
| 5 Smeds, Emily        | Bridgewater  | 18:28.39 4  |
| 6 Hamlet, Claire      | Washington a | 18:31.50 3  |
| 7 Weaver, Jenna       | Eastern Menn | 19:16.56 2  |
| 8 Robinson, Regan     | Bridgewater  | 19:32.02 1  |
| 9 Clarkson, Allie     | Shenandoah   | 19:56.99    |
| 10 Brown, Ashley      | Roanoke      | 19:58.25    |
| 11 Saulsbury, Delaney | Lynchburg    | 20:12.34    |
| 12 Westerman, Megan   | Randolph     | 20:17.47    |
| 13 Pareso, Lily       | Washington a | 20:21.84    |
| 14 Thrush, Makenna    | Shenandoah   | 20:39.93    |
| 15 Kochanski, Sarah   | Roanoke      | 22:22.09    |
| 16 Rhyne, Madeleine   | Roanoke      | 23:25.26    |
| 17 Dillon, Harper     | Hollins      | 23:36.63    |
| 18 Larcombe, Elena    | Bridgewater  | 23:49.76    |

## Women 60 Meter Hurdles

ODAC Rec: 8.69 # 2019 Emily Valle  
 Meet Rec: 8.89 \$ 2019 Emily Valle

| Name                  | School       | Prelims |
|-----------------------|--------------|---------|
| <b>Preliminaries</b>  |              |         |
| 1 Seward, Aniya       | Lynchburg    | # 8.67Q |
| 2 Snodgrass, Hannah   | Roanoke      | 9.04Q   |
| 3 Mohnkern, Betsy     | Lynchburg    | 9.25Q   |
| 4 Venable, Madelyn    | Washington a | 9.29q   |
| 5 Jackson, Aanykka    | Virginia Wes | 9.31q   |
| 6 Washington, Shirell | Virginia Wes | 9.37q   |
| 7 Winston, Cammi      | Roanoke      | 9.43q   |
| 8 Britton, Yadeja     | Virginia Wes | 9.49q   |
| 9 Romano, Amanda      | Washington a | 9.69    |
| 10 Bates, Olivia      | Bridgewater  | 9.75    |
| 11 Tulenko, Paige     | Washington a | 9.75    |
| 12 Longood, Parker    | Washington a | 10.06   |
| 13 Ladner, Ophelia    | Roanoke      | 10.11   |
| 14 Brown, J'Quaycia   | Bridgewater  | 10.31   |
| 15 Moore, Natalie     | Guilford     | 10.46   |
| 16 Eby, Ashlyn        | Eastern Menn | 10.73   |

## ODAC Indoor Track &amp; Field Championships - 2/26/2023

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## Preliminaries ... (Women 60 Meter Hurdles)

| Name                  | School       | Prelims |
|-----------------------|--------------|---------|
| 17 Blanton, Sha'Dymon | Eastern Menn | 10.91   |
| 18 Hylton, Holly      | Hollins      | 10.96   |
| 19 Hobin, Lindsey     | Roanoke      | 11.48   |
| --- Thomas, Tyler     | Averett      | DNF     |

## Women 60 Meter Hurdles

ODAC Rec: 8.69 # 2019 Emily Valle  
Meet Rec: 8.89 \$ 2019 Emily Valle

| Name                  | School       | Finals    |
|-----------------------|--------------|-----------|
| <b>Finals</b>         |              |           |
| 1 Seward, Aniya       | Lynchburg    | 8.70\$ 10 |
| 2 Snodgrass, Hannah   | Roanoke      | 9.02 7    |
| 2 Mohnkern, Betsy     | Lynchburg    | 9.02 7    |
| 4 Jackson, Aanykka    | Virginia Wes | 9.18 5    |
| 5 Venable, Madelyn    | Washington a | 9.29 4    |
| 6 Washington, Shirell | Virginia Wes | 9.33 3    |
| 7 Winston, Cammi      | Roanoke      | 9.93 2    |
| --- Britton, Yadeja   | Virginia Wes | DQ        |

## Women 4x400 Meter Relay

ODAC Rec: 3:56.25 # 2014 Roanoke

## MacDougall, Mejia, Janney, Kinney

Meet Rec: 3:59.58 \$ 2013 Roanoke

## Graves, Janney, Kinney, Mejia

| Team                       | Relay                  | Finals     |
|----------------------------|------------------------|------------|
| <b>Finals</b>              |                        |            |
| 1 Lynchburg                | A                      | 4:02.84 10 |
| 1) Mohnkern, Betsy         | 2) Barnes, Vuronika    |            |
| 3) Boyce, Madelyn          | 4) Smith, Hailey       |            |
| 2 Roanoke                  | A                      | 4:06.55 8  |
| 1) Henson, Lauren          | 2) Gamble, Haylee      |            |
| 3) Molina-Shuman, Maryrose | 4) Hefferon, Mikayla   |            |
| 3 Virginia Wesleyan        | A                      | 4:06.93 6  |
| 1) Barnes, Amia            | 2) Britton, Yadeja     |            |
| 3) Stedman, Casey          | 4) Hathaway, Julia     |            |
| 4 Washington & Lee         | A                      | 4:08.39 5  |
| 1) Tulenko, Paige          | 2) Palethorpe, Jordynn |            |
| 3) Romano, Amanda          | 4) Scibelli, Kate      |            |
| 5 Eastern Mennonite        | A                      | 4:15.88 4  |
| 1) Walker, Marissa         | 2) Asefa, Elili        |            |
| 3) Gardiner, Vanessa       | 4) Taylor, Ray Ray     |            |
| 6 Bridgewater (Va.)        | A                      | 4:16.80 3  |
| 1) Buckles, Jade           | 2) Coleman, Adalia     |            |
| 3) Hooker, Kacee           | 4) Oliver, Cassidy     |            |
| 7 Shenandoah               | A                      | 4:18.57 2  |
| 1) Hubbard, Alexis         | 2) Plowman, Mackenzie  |            |
| 3) Nicely, Emma            | 4) Sidorov, Sarah      |            |
| 8 Hollins                  | A                      | 4:28.54 1  |
| 1) Patterson, Jazmine      | 2) Carter, Noelani     |            |
| 3) Brousseau, Madison      | 4) Hylton, Holly       |            |
| 9 Averett                  | A                      | 4:43.66    |
| 1) Bangura, Saida          | 2) Williams, Asia      |            |
| 3) Lewis, Cassidy          | 4) Ingraham, Shannea   |            |

|                     |                     |         |
|---------------------|---------------------|---------|
| 10 Ferrum           | A                   | 4:50.55 |
| 1) Hairston, Jordan | 2) Pineiro, Genesis |         |
| 3) Holiz, Arriona   | 4) Flanagan, Lacey  |         |

## Women Distance Medley

ODAC Rec: 11:58.66 # 2017

Washington and Lee

## Seybold, Lee, Fonvielle, Yates

Meet Rec: 12:37.64 \$ 2015

Eastern Mennonite

## Paden, Brumfield, Schirch, Chappell-Dick

| Team                  | Relay                    | Finals      |
|-----------------------|--------------------------|-------------|
| <b>Finals</b>         |                          |             |
| 1 Lynchburg           | A                        | 12:49.03 10 |
| 1) Massey, Lauren     | 2) Boyce, Madelyn        |             |
| 3) Kozlowski, Haleigh | 4) Dell, Allison         |             |
| 2 Washington & Lee    | A                        | 12:52.98 8  |
| 1) Breschi, Sophia    | 2) Tulenko, Paige        |             |
| 3) Evans, Jesma       | 4) Kemp, Mimi            |             |
| 3 Shenandoah          | A                        | 13:00.83 6  |
| 1) Lotts, Madeline    | 2) Oleksy, Amy           |             |
| 3) Plowman, Mackenzie | 4) Atkinson, Erin        |             |
| 4 Eastern Mennonite   | A                        | 13:25.58 5  |
| 1) Unzicker, Lucy     | 2) Asefa, Elili          |             |
| 3) Gardiner, Vanessa  | 4) Mast, Halie           |             |
| 5 Bridgewater (Va.)   | A                        | 14:07.45 4  |
| 1) Dodd, Ashley       | 2) Bates, Olivia         |             |
| 3) Just, Autumn       | 4) Earle, Sarah          |             |
| 6 Roanoke             | A                        | 14:32.49 3  |
| 1) Brown, Lauren      | 2) Henson, Lauren        |             |
| 3) Draper, Hailey     | 4) Kochanski, Sarah      |             |
| 7 Virginia Wesleyan   | A                        | 14:46.20 2  |
| 1) Gburek, Sophie     | 2) Stedman, Casey        |             |
| 3) Ciano, Norah       | 4) Aten, Cecelia         |             |
| 8 Ferrum              | A                        | 15:06.07 1  |
| 1) Pineiro, Genesis   | 2) Hairston, Jordan      |             |
| 3) Flanagan, Lacey    | 4) Holiz, Arriona        |             |
| 9 Hollins             | A                        | 15:20.91    |
| 1) Forrest, Dawn      | 2) Hylton, Holly         |             |
| 3) Brousseau, Madison | 4) Stuhlmiller, Samantha |             |

## Women High Jump

ODAC Rec: 1.72m # 2000

Vicki Osinga

Meet Rec: 1.67m \$ 2000

Vicki Osinga

| Name                | School       | Finals    |
|---------------------|--------------|-----------|
| <b>Finals</b>       |              |           |
| 1 Gillum, Camille   | Washington a | 1.66m 10  |
| 2 Ciano, Norah      | Virginia Wes | 1.61m 8   |
| 3 Taylor, Ray Ray   | Eastern Menn | J1.61m 6  |
| 4 Winston, Cammi    | Roanoke      | J1.61m 5  |
| 5 Nguyen, Kaitlyn   | Roanoke      | 1.58m 4   |
| 6 Hinckley, Eleanor | Roanoke      | 1.55m 3   |
| 7 Roden, Kim        | Roanoke      | 1.50m 1.5 |
| 7 Jackson, Aanykka  | Virginia Wes | 1.50m 1.5 |
| 9 Hoover, Katya     | Shenandoah   | J1.50m    |
| 10 Fox, Margo       | Lynchburg    | 1.45m     |
| 10 Moore, Natalie   | Guilford     | 1.45m     |
| 12 Madrigal, Emma   | Shenandoah   | J1.45m    |

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## Finals ... (Women High Jump)

| Name               | School       | Finals |
|--------------------|--------------|--------|
| 13 Britton, Yadeja | Virginia Wes | J1.45m |
| 14 Russell, Abby   | Lynchburg    | 1.40m  |

## Women Pole Vault

ODAC Rec: 3.77m # 2002 Laura Rosenberger  
Meet Rec: 3.61m \$ 2010 Christina Rhodes

| Name                 | School       | Finals   |
|----------------------|--------------|----------|
| <b>Finals</b>        |              |          |
| 1 Anderson, Lauren   | Lynchburg    | 3.50m 10 |
| 2 Van Duyne, Chloe   | Roanoke      | 3.40m 8  |
| 3 D'Ambrosia, Ashley | Washington a | 3.30m 6  |
| 4 Coleman, Claire    | Washington a | 3.20m 5  |
| 5 Miller, Tasha      | Roanoke      | 3.05m 4  |
| 6 Kinney, Clare      | Roanoke      | 2.90m 3  |

## Women Long Jump

ODAC Rec: 5.89m # 2017 Amber Celen  
Meet Rec: 5.89m \$ 2017 Amber Celen

| Name                       | School       | Finals   |
|----------------------------|--------------|----------|
| <b>Finals</b>              |              |          |
| 1 Seward, Aniya            | Lynchburg    | 5.46m 10 |
| 2 Taylor, Ray Ray          | Eastern Menn | 5.41m 8  |
| 3 Measell, Kaitlin         | Shenandoah   | 5.40m 6  |
| 4 Venable, Madelyn         | Washington a | 5.32m 5  |
| 5 Devraj, Bella            | Washington a | 5.19m 4  |
| 6 Hubbard, Alexis          | Shenandoah   | 5.18m 3  |
| 7 Buckles, Jade            | Bridgewater  | 5.14m 2  |
| 8 Brown, J'Quaycia         | Bridgewater  | 5.03m 1  |
| 9 Longood, Parker          | Washington a | 5.02m    |
| 10 Moore, Natalie          | Guilford     | 4.91m    |
| 11 Oliver, Cassidy         | Bridgewater  | 4.88m    |
| 11 Fox, Margo              | Lynchburg    | 4.88m    |
| 13 Webb-Hawkins, Dakota    | Hollins      | 4.84m    |
| 14 Smith, Kiara            | Lynchburg    | 4.82m    |
| 15 Hamlin, Haleigh         | Bridgewater  | 4.79m    |
| 15 Molina-Shuman, Maryrose | Roanoke      | 4.79m    |
| 17 Hathaway, Julia         | Virginia Wes | 4.74m    |
| 18 Hobin, Lindsey          | Roanoke      | 4.61m    |
| 19 Wenger, Elizabeth       | Lynchburg    | 4.50m    |
| 20 Parsons, Mahlia         | Lynchburg    | 4.46m    |
| 21 Thomas, Tyler           | Averett      | 4.36m    |
| 22 Beverley, Airiana       | Ferrum       | 4.01m    |
| 23 Ortiz, Jazmeen          | Randolph     | 3.17m    |
| --- Hoggard, Lyric         | Virginia Wes | FOUL     |

## Women Triple Jump

ODAC Rec: 11.90m # 2022 Jaylyn Lane  
Meet Rec: 11.69m \$ 2020 Jaylyn Lane

| Name               | School       | Finals     |
|--------------------|--------------|------------|
| <b>Finals</b>      |              |            |
| 1 Seward, Aniya    | Lynchburg    | 11.95m# 10 |
| 2 Taylor, Ray Ray  | Eastern Menn | 10.85m 8   |
| 3 Venable, Madelyn | Washington a | 10.82m 6   |
| 4 Parsons, Mahlia  | Lynchburg    | 10.79m 5   |

|                        |              |          |
|------------------------|--------------|----------|
| 5 Washington, Shirell  | Virginia Wes | 10.75m 4 |
| 6 Webb-Hawkins, Dakota | Hollins      | 10.66m 3 |
| 7 Oliver, Cassidy      | Bridgewater  | 10.54m 2 |
| 8 Winston, Cammi       | Roanoke      | 10.49m 1 |
| 9 Buckles, Jade        | Bridgewater  | 10.45m   |
| 10 Brown, J'Quaycia    | Bridgewater  | 10.42m   |
| 11 Smith, Kiara        | Lynchburg    | 10.34m   |
| 12 Ladner, Ophelia     | Roanoke      | 10.19m   |
| 13 Hathaway, Julia     | Virginia Wes | 10.01m   |
| 14 Bates, Olivia       | Bridgewater  | 9.77m    |

## Women Shot Put

ODAC Rec: 13.36m # 1995 Crystal Campbell  
Meet Rec: 13.36m \$ 1995 Crystal Campbell

| Name                          | School       | Finals    |
|-------------------------------|--------------|-----------|
| <b>Finals</b>                 |              |           |
| 1 Fowler, Grace               | Roanoke      | 12.36m 10 |
| 2 Jones, Portia               | Guilford     | 11.88m 8  |
| 3 Babbs, Logan                | Lynchburg    | 11.62m 6  |
| 4 Taylor, Ray Ray             | Eastern Menn | 11.60m 5  |
| 5 Swanson, Mackenzie          | Virginia Wes | 11.55m 4  |
| 6 Hoover, Katya               | Shenandoah   | 11.30m 3  |
| 7 Kinney, Clare               | Roanoke      | 11.18m 2  |
| 8 Decker, Andrea              | Shenandoah   | 11.11m 1  |
| 9 Hedgemon, Bailey            | Washington a | 10.87m    |
| 10 Rendfrey, Jessica          | Shenandoah   | 10.65m    |
| 11 McGlothlin, Abigail        | Roanoke      | 10.51m    |
| 12 Tucker, Daryl              | Virginia Wes | 10.42m    |
| 13 Cullen, Elisabeth          | Roanoke      | 10.34m    |
| 14 Timmerding, Bella          | Washington a | 10.24m    |
| 15 Majors, Madison            | Virginia Wes | 10.07m    |
| 16 Wilson, Jade               | Guilford     | 10.06m    |
| 17 Felston, Kiara             | Shenandoah   | 9.78m     |
| 18 Fox, Margo                 | Lynchburg    | 9.65m     |
| 19 Fuchs, Sarah               | Roanoke      | 9.63m     |
| 20 Tennyson, Liberty          | Shenandoah   | 9.23m     |
| 21 Wheatly, Olivia            | Shenandoah   | 9.20m     |
| 22 Belton, Jacqueline 'sanaa' | Hollins      | 9.13m     |
| 23 Blanks, Tamara             | Lynchburg    | 8.96m     |

## Women Weight Throw

ODAC Rec: 17.09m # 2023 Kiara Felston  
Meet Rec: 15.98m \$ 2011 Whitney Fitzwater

| Name                 | School       | Finals     |
|----------------------|--------------|------------|
| <b>Finals</b>        |              |            |
| 1 Felston, Kiara     | Shenandoah   | 17.11m# 10 |
| 2 Babbs, Logan       | Lynchburg    | 15.33m 8   |
| 3 Fowler, Grace      | Roanoke      | 15.25m 6   |
| 4 Hedgemon, Bailey   | Washington a | 14.39m 5   |
| 5 Cullen, Elisabeth  | Roanoke      | 13.05m 4   |
| 6 Fuchs, Sarah       | Roanoke      | 12.81m 3   |
| 7 Tucker, Daryl      | Virginia Wes | 12.57m 2   |
| 8 Decker, Andrea     | Shenandoah   | 12.33m 1   |
| 9 Brainard, Madeline | Lynchburg    | 12.32m     |
| 10 Wheatly, Olivia   | Shenandoah   | 12.17m     |
| 11 Tennyson, Liberty | Shenandoah   | 11.95m     |

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

|    | <b>Name</b>                | <b>School</b> | <b>Finals</b> |
|----|----------------------------|---------------|---------------|
| 12 | Gajtkowski, Abbey          | Roanoke       | 11.86m        |
| 13 | Culhane, Caitlin           | Roanoke       | 11.71m        |
| 14 | Morgan, Brianna            | Bridgewater   | 11.65m        |
| 15 | Blanks, Tamara             | Lynchburg     | 11.57m        |
| 16 | Belton, Jacqueline 'sanaa' | Hollins       | 11.55m        |
| 17 | Timmerding, Bella          | Washington a  | 10.79m        |
| 18 | Jones, Portia              | Guilford      | 10.22m        |
| 19 | Swanson, Mackenzie         | Virginia Wes  | 10.11m        |
| 20 | Bartlett, Phoebe           | Roanoke       | 9.57m         |
| 21 | Clayton, Abby              | Eastern Menn  | 8.88m         |
| 22 | Reviea, Sarai              | Roanoke       | 8.69m         |
| 23 | Harlow, Gracie             | Hollins       | 8.56m         |

**Women - Team Rankings - 16 Events Scored**

|     |                   |       |
|-----|-------------------|-------|
| 1)  | Lynchburg         | 181   |
| 2)  | Washington & Lee  | 130   |
| 3)  | Roanoke           | 106.5 |
| 4)  | Bridgewater (Va.) | 54    |
| 5)  | Eastern Mennonite | 52    |
| 6)  | Virginia Wesleyan | 48.5  |
| 7)  | Shenandoah        | 35    |
| 8)  | Guilford          | 8     |
| 9)  | Hollins           | 4     |
| 10) | Ferrum            | 1     |