

VHSL REGION 5C XC CHAMPIONSHIP

Mechanicsville, VA

Pole Green Park

Sunday, October 1, 2023



OFFICIAL MEET REPORT

printed: 11/1/2023 4:18 PM

Race #7 Girls 4B Championship

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Atlee*Q-Team*	40*	2-4-5-14-15(18)(24)	1:39:54	19:59	1:58.1
2 Hanover*Q-Team*	40*	1-3-8-12-16(22)(26)	1:39:26	19:54	2:24.6
3 Monacan High School*Q-T	75	7-9-13-19-27(33)(36)	1:44:39	20:56	2:16.2
4 Mechanicsville High School	118	6-21-23-31-37(41)(58)	1:48:42	21:45	3:34.4
5 King George	157	11-29-38-39-40(42)(46)	1:53:57	22:48	3:47.3
6 Eastern View High School	170	25-32-34-35-44(49)(54)	1:55:07	23:02	2:31.5
7 Powhatan High School	172	10-20-43-48-51(55)	1:57:10	23:26	5:21.1
8 Patrick Henry (Ashland)	202	28-30-45-47-52(53)	2:00:37	24:08	3:39.8
9 Courtland	239	17-50-56-57-59	2:11:05	26:13	8:04.3

*Tiebreakers

Atlee	2	4	5	14	15	18
Hanover	1	3	8	12	16	22

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1M	2.2M
1 AGUSTIN, Ellie *Q-Team*	JR	579	Hanover	1	18:31.7	---	5:57.5	3:42.3	5:39.5	13:39.9
2 WAGGONER, Amelia *Q-Te	SO	473	Atlee	2	18:53.9	22.2	6:04.6	3:46.8	5:50.3	14:02.4
3 CARPENTER, Adelynn *Q-T	SR	584	Hanover	3	19:06.8	35.1	6:08.7	3:49.4	5:55.8	14:01.6
4 GILHOOLY, Teagan *Q-Tea	SO	463	Atlee	4	19:37.8	1:06.1	6:18.7	3:55.6	19:37.8	
5 CROW, Addison *Q-Team*	JR	460	Atlee	5	19:38.2	1:06.5	6:18.8	3:55.6	5:56.2	14:25.0
6 HALE, Sara *Q-Ind*	JR	655	Mechanicsville High	6	19:41.1	1:09.4	6:19.8	3:56.2	6:03.8	14:34.1
7 BEY, Iyndia *Q-Team*	SO	675	Monacan High Sch	7	19:58.9	1:27.2	6:25.5	3:59.8	6:07.7	14:49.6
8 CLARKE, Hannah *Q-Team*	SR	585	Hanover	8	20:11.8	1:40.1	6:29.6	4:02.4	20:11.8	
9 MONTGOMERY, Madeline *	JR	682	Monacan High Sch	9	20:18.4	1:46.7	6:31.8	4:03.7	6:07.7	14:50.7
10 WEIMER, Ellen *Q-Ind*	JR	744	Powhatan High Sch	10	20:21.2	1:49.5	6:32.7	4:04.2	6:01.9	15:01.6
11 RASH, Callista *Q-Ind*	SO	642	King George	11	20:22.2	1:50.5	6:33.0	4:04.4	6:16.3	15:07.3
12 NELSON, Allison *Q-Ind*	JR	765	Spotsylvania	-	20:37.0	2:05.3	6:37.7	4:07.4	6:18.0	15:07.8
13 MILLER, Lydia *Q-Team*	FR	593	Hanover	12	20:39.3	2:07.6	6:38.5	4:07.9	6:14.7	15:12.1
14 SHEPLEY, Audrey *Q-Team*	JR	686	Monacan High Sch	13	20:48.8	2:17.1	6:41.5	4:09.8	6:08.1	15:03.1
15 AMBROSE, Carissa *Q-Tea	FR	454	Atlee	14	20:51.8	2:20.1	6:42.5	4:10.4	6:14.4	15:23.0
16 COYNE, Caitlyn *Q-Team*	SO	459	Atlee	15	20:52.0	2:20.3	6:42.6	4:10.4	6:18.7	15:25.4
17 AGUSTIN, Carson *Q-Team*	FR	578	Hanover	16	20:56.3	2:24.6	6:44.0	4:11.3	6:20.1	15:28.5
18 PATHAK, Juhi *Q-Ind*	JR	520	Courtland	17	21:03.1	2:31.4	6:46.1	4:12.6	6:16.1	15:23.5
19 BLAND, Sarah *Q-Team*	SR	458	Atlee	(18)	21:06.6	2:34.9	6:47.3	4:13.3	6:15.0	15:32.1
20 DAVIS, Megan *Q-Team*	JR	676	Monacan High Sch	19	21:17.6	2:45.9	6:50.8	4:15.5	6:12.8	15:39.8
21 LIVELY, Clair	JR	738	Powhatan High Sch	20	21:23.0	2:51.3	6:52.5	4:16.6	6:09.3	15:22.1
22 DARKO, Andie	SR	654	Mechanicsville High	21	21:26.4	2:54.7	6:53.6	4:17.3	6:21.5	15:40.3
23 GODARD, Isabella *Q-Team*	JR	588	Hanover	(22)	21:35.1	3:03.4	6:56.4	4:19.0	6:14.4	15:33.0
24 SCHWENK, Lizzy	FR	660	Mechanicsville High	23	21:38.0	3:06.3	6:57.4	4:19.6	6:22.7	15:51.4
25 BEDFORD, Ashley *Q-Team	JR	457	Atlee	(24)	21:47.3	3:15.6	7:00.4	4:21.5	6:16.7	15:47.4
26 MIMNAUGH, Grace	SR	555	Eastern View High	25	21:58.1	3:26.4	7:03.8	4:23.6	6:25.4	16:06.3
27 TIERNEY, Lizzy *Q-Team*	SR	597	Hanover	(26)	22:11.3	3:39.6	7:08.1	4:26.3	6:24.1	16:08.0
28 DEFAZIO, Erin *Q-Team*	FR	677	Monacan High Sch	27	22:15.1	3:43.4	7:09.3	4:27.0	6:43.5	16:33.3

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INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	1M	2.2M
29 JURITSCH, Maddie	SO	715	Patrick Henry (Ashl	28	22:20.6	3:48.9	7:11.1	4:28.1	6:56.8	16:26.9
30 HERBOLSHEIMER, Breana	SO	634	King George	29	22:20.7	3:49.0	7:11.1	4:28.1	6:56.5	16:35.0
31 FOLEY, Laurel	JR	711	Patrick Henry (Ashl	30	22:22.1	3:50.4	7:11.5	4:28.4	6:56.8	16:26.6
32 WEIDERHOLD, Anna	JR	767	Spotsylvania	-	22:34.3	4:02.6	7:15.5	4:30.9	6:51.5	16:42.2
33 LEWIS, Ajalyn	FR	657	Mechanicsville High	31	22:40.3	4:08.6	7:17.4	4:32.1	6:55.7	16:41.9
34 ANDERSON, Claire	JR	549	Eastern View High	32	22:43.9	4:12.2	7:18.6	4:32.8	6:47.2	16:41.0
35 SWENSON, Avery *Q-Team*	SR	688	Monacan High Sch	(33)	22:51.9	4:20.2	7:21.1	4:34.4	6:41.9	16:48.2
36 WALKER, Michelle	JR	558	Eastern View High	34	22:55.8	4:24.1	7:22.4	4:35.2	6:52.2	16:51.9
37 ANDERSON, Holly	JR	550	Eastern View High	35	22:59.6	4:27.9	7:23.6	4:35.9	6:30.2	16:39.0
38 ASHLEY, Ava *Q-Team*	SO	674	Monacan High Sch	(36)	23:04.4	4:32.7	7:25.1	4:36.9	6:54.4	16:54.6
39 PIRCH, Adeline	SO	766	Spotsylvania	-	23:12.9	4:41.2	7:27.9	4:38.6	7:05.7	16:58.0
40 MEJIA, Penelope	FR	659	Mechanicsville High	37	23:15.5	4:43.8	7:28.7	4:39.1	6:56.3	17:00.5
41 DOUGHERTY, Emily	SR	530	Dinwiddie	-	23:25.5	4:53.8	7:31.9	4:41.1	6:53.3	17:11.7
42 PAGE, Ruth Louise	SO	637	King George	38	23:29.5	4:57.8	7:33.2	4:41.9	7:23.5	17:27.1
43 PERKINS, Isabella	SR	639	King George	39	23:34.9	5:03.2	7:35.0	4:43.0	7:24.4	17:27.7
44 PATERSON, Vivian	SO	638	King George	40	24:09.5	5:37.8	7:46.1	4:49.9	7:24.4	17:58.6
45 HORNE, Abigail	FR	483	Caroline High Scho	-	24:09.7	5:38.0	7:46.1	4:49.9	6:57.7	17:43.7
46 KHAN, Carys	SO	656	Mechanicsville High	(41)	24:15.2	5:43.5	7:47.9	4:51.0	6:56.5	17:38.5
47 HAGA, Brelyn	FR	633	King George	(42)	24:23.4	5:51.7	7:50.5	4:52.7	7:23.7	18:04.6
48 MARSHALL, Isabella	FR	739	Powhatan High Sch	43	24:26.9	5:55.2	7:51.7	4:53.4	7:08.4	18:18.9
49 STULL, Skylar	SR	557	Eastern View High	44	24:29.6	5:57.9	7:52.5	4:53.9	7:15.7	17:42.4
50 BILBEY, Julia	SR	708	Patrick Henry (Ashl	45	24:52.5	6:20.8	7:59.9	4:58.5	7:40.7	18:25.3
51 SPILLMAN, Linsey	SR	643	King George	(46)	24:58.8	6:27.1	8:01.9	4:59.8	7:32.2	18:36.8
52 SAUER, Reagan	JR	721	Patrick Henry (Ashl	47	25:01.1	6:29.4	8:02.7	5:00.2	7:42.5	18:26.3
53 BARAHONA, Amy	SO	493	Chancellor	-	25:03.5	6:31.8	8:03.4	5:00.7	7:10.7	18:23.6
54 DOHMAN, Kaylin	JR	773	Varina	-	25:08.1	6:36.4	8:04.9	5:01.6	7:29.3	18:35.9
55 TORRES, Nina	JR	484	Caroline High Scho	-	25:13.9	6:42.2	8:06.8	5:02.8	7:41.6	18:39.4
56 EDLING, Sadie	SO	735	Powhatan High Sch	48	25:15.8	6:44.1	8:07.4	5:03.2	7:38.4	18:30.9
57 AL-HAMDY, Hannah	SR	492	Chancellor	-	25:25.4	6:53.7	8:10.5	5:05.1	7:06.9	18:34.9
58 LEE, Danasia	SR	552	Eastern View High	(49)	25:29.0	6:57.3	8:11.6	5:05.8	7:41.4	18:43.2
59 GRANGER, Adele	SR	517	Courtland	50	25:31.0	6:59.3	8:12.3	5:06.2	7:35.6	19:05.4
60 SEAY, Shannon	JR	741	Powhatan High Sch	51	25:42.3	7:10.6	8:15.9	5:08.5	7:37.2	19:07.8
61 JOHNSTON, Kenzie	JR	714	Patrick Henry (Ashl	52	26:00.4	7:28.7	8:21.7	5:12.1	7:48.1	19:34.8
62 GORDON, Grace	JR	712	Patrick Henry (Ashl	(53)	26:08.5	7:36.8	8:24.3	5:13.7	7:47.6	19:07.2
63 MARTINEZ, Ayanna	SR	554	Eastern View High	(54)	26:49.5	8:17.8	8:37.5	5:21.9	7:34.6	19:42.7
64 LARA, Vianney	JR	600	Henrico	-	26:53.3	8:21.6	8:38.7	5:22.7	8:02.5	19:57.6
65 MANEIA, Abby	SR	601	Henrico	-	27:04.3	8:32.6	8:42.3	5:24.9	7:40.0	19:40.5
66 SMARTSCHAN, Sally	SO	742	Powhatan High Sch	(55)	27:11.3	8:39.6	8:44.5	5:26.3	7:58.3	19:56.5
67 CORSON, Emily	JR	482	Caroline High Scho	-	27:21.5	8:49.8	8:47.8	5:28.3	7:51.8	20:19.0
68 REYES, Alondra	SO	521	Courtland	56	27:23.2	8:51.5	8:48.4	5:28.6	7:44.2	20:16.8
69 PERKINS, Megan	SR	602	Henrico	-	27:47.5	9:15.8	8:56.2	5:33.5	7:59.0	20:04.9
70 HALPIN, Reagan	JR	518	Courtland	57	28:00.3	9:28.6	9:00.3	5:36.1	8:02.9	20:44.0
71 LYMAN, Samantha	JR	658	Mechanicsville High	(58)	28:09.7	9:38.0	9:03.3	5:37.9	8:28.3	21:03.9
72 BEEKWILDER, Kathleen	FR	529	Dinwiddie	-	28:25.5	9:53.8	9:08.4	5:41.1	8:14.4	20:44.8
73 HUNTER, Emily	FR	532	Dinwiddie	-	28:30.9	9:59.2	9:10.1	5:42.2	7:30.7	20:44.5
74 LAM, Anna	JR	519	Courtland	59	29:07.4	10:35.7	9:21.9	5:49.5	8:29.2	21:24.9

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Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	1M	2.2M
75 DELPRADO, Micaella	FR	494	Chancellor	-	29:38.7	11:07.0	9:31.9	5:55.7	8:17.1	22:11.1
76 HOLT, Crystal	SO	531	Dinwiddie	-	32:22.7	13:51.0	10:24.7	6:28.5	9:06.2	23:56.3
77 HUNTER, Amoria	SR	495	Chancellor	-	38:28.7	19:57.0	12:22.3	7:41.7		