

**Class 3, Class 4 Indoor Championships 2022 - 2/28/2023**

**Indoor State Championships  
Liberty University Indoor Track Complex**

**Results**

**Girls 55 Meter Dash 4A**

**National:** 6.68 N 1996 A. Latimer (Co.) & A. Williams (Ca)  
**Meet:** 6.97 M 3/1/2022 Madison Whyte

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Whyte, Madison	12	Heritage Newport 7.00Q
2	Worrell, Emeryce	10	John Handley 7.13Q
3	Johnson, Courtney	12	Kings Fork 7.19Q
4	Johnson, Paris	12	Chancellor 7.25Q
5	Ward, Deja	12	Kings Fork 7.31q
6	Jones, Lilia	10	Rock Ridge H 7.33q
7	Joiner, Jaelynn	10	Hanover 7.34q
8	King, Keria	12	Mecklenburg 7.39q
9	Arrington, Jada	10	Millbrook 7.42
10	Goodson, Tori	10	Atlee 7.43
11	Young, Syn-Nirah	11	Churchland 7.43
12	Koumondji, Jennifer	12	Courtland 7.47
13	Wike, Asiah	12	Manor 7.49
14	Cavins, Isabelle	12	Liberty (Bea) 7.50
15	Rempe, Josie	11	Atlee 7.50
16	Young, Tamirra	11	Eastern View 7.53
17	Krouscas, Sophia	12	Blacksburg H 7.53
17	Benyo, Maren	10	Jefferson Fo 7.53
17	Castro, Lauren	11	Courtland 7.53
20	Hall, Marianna	10	E.C. Glass 7.53
20	Langston, Tatianna	12	Smithfield 7.53
22	James, Anijah	12	King George 7.55
23	Cook, Michailah	JR	Henrico High Sch 7.56
24	Fitzgerald, Marquette	12	Heritage Newport 7.56
25	Ayim, Yowome	10	Manor 7.60
26	Smith, Janiyah	12	Courtland 7.64
27	Keating, Nora	12	Kettle Run 7.72

**Girls 55 Meter Dash 4A**

**National:** 6.68 N 1996 A. Latimer (Co.) & A. Williams (Ca)  
**Meet:** 6.97 M 3/1/2022 Madison Whyte

Name	Yr	School	Finals
<b>Finals</b>			
1	Whyte, Madison	12	Heritage Newport 6.94M
2	Worrell, Emeryce	10	John Handley 7.09
3	Johnson, Courtney	12	Kings Fork 7.17
4	Ward, Deja	12	Kings Fork 7.29
5	Joiner, Jaelynn	10	Hanover 7.31
6	Jones, Lilia	10	Rock Ridge H 7.33
7	Johnson, Paris	12	Chancellor 7.36
8	King, Keria	12	Mecklenburg 7.47

**Girls 300 Meter Dash 4A**

**National:** 36.96 N 2006 Francena McCorory (Virginia)  
**Meet:** 37.81 M 3/4/2020 Madison Whyte

Name	Yr	School	Finals
<b>Finals</b>			
1	Whyte, Madison	12	Heritage Newport 37.28M
2	Worrell, Emeryce	10	John Handley 40.35

3	Wooden, Sanaa	12	Heritage Newport 40.41
4	Torrence, Carter	9	Western Albe 40.51
5	Arrington, Jada	10	Millbrook 41.30
6	Joiner, Jaelynn	10	Hanover 41.39
7	Greene, Morgan	9	Loudoun Valley 41.54
8	Cook, Michailah	JR	Henrico High Sch 41.55
9	Lewis, Tori	11	Monacan High 42.09
10	Wike, Asiah	12	Manor 42.23
11	Rempe, Josie	11	Atlee 42.50
12	Castro, Lauren	11	Courtland 42.59
13	Marulli, Issabella	12	Chancellor 42.68
14	Turner, Maya	12	Liberty (Bea) 43.45
15	Hall, Marianna	10	E.C. Glass 43.83
16	Bartholomew, Brooklyn	10	Fauquier 44.17
17	Miller, Breshauna	12	Huguenot 44.48

**Girls 500 Meter Dash 4A**

**National:** 1:10.30 N 2008 Chanelle Price (Pennsylvania)  
**Meet:** 1:15.08 M 3/4/2020 Makenzie Joiner

Name	Yr	School	Finals
<b>Finals</b>			
1	Torrence, Carter	9	Western Albe 1:15.65
2	Anderson, Evelyn	12	Eastern View 1:18.03
3	Wooden, Sabria	12	Heritage Newport 1:18.22
4	Hundley, Meghan	12	Western Albe 1:18.48
5	Dickhans, Tess	9	Blacksburg H 1:18.77
6	Mancini, Suzanna	9	Kettle Run 1:19.86
7	Jennings-Ward, Taylor	11	Kings Fork 1:19.93
8	Miller, Breshauna	12	Huguenot 1:21.30
9	Taylor, Jessica	12	Amherst Coun 1:21.56
10	Jenkins, Mayson	11	Powhatan Hig 1:22.37
11	Thomas, Asia	12	Heritage (Le) 1:23.59
12	Turner, Maya	12	Liberty (Bea) 1:23.71
13	Njinjie, Mounira	12	Tuscarora Hi 1:24.62
14	Bey, Iyndia	9	Monacan High 1:27.16

**Girls 1000 Meter Run 4A**

**National:** 2:43.40 N 2005 Sarah Bowman (Virginia)  
**Meet:** 2:55.77 M 2/27/2016 Maddie Rennyson

Name	Yr	School	Finals
<b>Finals</b>			
1	Scott, Cassidy	11	Fauquier 2:55.98
2	Montgomery, Madeline	10	Monacan High 3:00.29
3	Hodson, Hailey	11	Western Albe 3:01.51
4	Wine, Kiki	12	Fauquier 3:03.19
5	Dausman, Naomi	12	Great Bridge 3:03.48
6	Farley, Mia	12	Blacksburg H 3:03.94
7	Stone, Jordan	12	Western Albe 3:05.03
8	Winston, Eva	12	Sherando 3:05.86
9	Mudd, Courtney	12	Atlee 3:06.12
10	Peterson, Ella	11	Loudoun Valley 3:06.38
11	Hurst, Kelsey	10	Grafton High 3:06.72
12	Simpkins, Paige	11	Tuscarora Hi 3:07.16
13	Bland, Sarah	11	Atlee 3:08.04
14	Woehr, Ava	11	Loudoun Coun 3:13.40

## Class 3, Class 4 Indoor Championships 2022 - 2/28/2023

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## Results

## Finals ... (Girls 1000 Meter Run 4A)

Name	Yr	School	Finals
15 Johnston, Emily	11	Smithfield	3:14.89
16 Bolen, Samantha	12	Loudoun Valley	3:16.75
17 Crook, Callie	12	Great Bridge	3:17.39
18 Johnson Diaz, Ainhua	12	Rock Ridge H	3:19.47
19 Waggoner, Amelia	9	Atlee	3:24.18

## Girls 1600 Meter Run 4A

National: 4:28.25 N 2013 Mary Cain (New York)  
Meet: 4:54.38 M 3/2/2022 Alli Cryster

Name	Yr	School	Finals
<b>Finals</b>			
1 Scott, Cassidy	11	Fauquier	4:52.76M
2 Crytser, Alli	12	Hanover	4:52.95M
3 Bradbury, Reese	11	Blacksburg H	5:03.84
4 Brooks, Kylie	11	Jamestown	5:04.14
5 Peterson, Ella	11	Loudoun Valley	5:11.27
6 Sisk, Jillian	12	Varina	5:14.05
7 McDonald, Allie	11	Blacksburg H	5:14.51
8 Agustin, Ellie	10	Hanover	5:17.05
9 Gibson, Taylor	12	Lightridge H	5:21.67
10 Bolen, Samantha	12	Loudoun Valley	5:22.25
11 Downey, Anna Ellison	10	Heritage (Le	5:24.19
12 Waggoner, Amelia	9	Atlee	5:25.05
13 Raterman, Mary	11	Broad Run	5:26.44
14 Gilhooly, Teagan	9	Atlee	5:29.15

## Girls 3200 Meter Run 4A

National: 9:38.68 N 2013 Mary Cain (New York)  
Meet: 10:32.75 M 3/2/2022 Caroline Bauer

Name	Yr	School	Finals
<b>Finals</b>			
1 Crytser, Alli	12	Hanover	10:42.73
2 Workman, Michaela	12	Tuscarora Hi	10:45.23
3 Brooks, Kylie	11	Jamestown	10:53.45
4 Bradbury, Reese	11	Blacksburg H	10:58.64
5 Ahrens, Emma	12	Sherando	11:15.54
6 Gibson, Taylor	12	Lightridge H	11:18.70
7 Sisk, Jillian	12	Varina	11:29.54
8 Fields, Kayla	12	Grafton High	11:33.02
9 Cook, Grace	11	Western Albe	11:35.17
10 Carpenter, Adelynn	11	Hanover	11:42.53
11 Graham, Lillia	12	Lightridge H	11:42.63
12 Griggs, Ruby	10	Blacksburg H	11:49.97
13 Dahl, Emily	9	Jamestown	11:54.27
14 Raterman, Mary	11	Broad Run	12:00.97
15 Gilhooly, Teagan	9	Atlee	12:06.63
16 Sekhon, Hailey	10	Lightridge H	12:06.64
17 Loe, Abigail	10	Grafton High	12:21.51
18 Crow, Addison	10	Atlee	12:21.85

## Girls 55 Meter Hurdles 4A

National: 7.48 N 1980 Candy Young (Pennsylvania)  
Meet: 8.14 M 2015 Brandee' Johnson

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Soloman, Myzhane	12	Heritage Newport	8.41Q
2 Imoh, Elizabeth	12	John Handley	8.53Q
3 Greene, Morgan	9	Loudoun Valley	8.55Q
4 Ferguson, Dana	12	Churchland	8.75Q
5 Littlejohn, Mia	11	Blacksburg H	8.79Q
6 Young, Syn-Nirah	11	Churchland	J8.83q
7 Rhodes, Nyomi	11	Warhill	J8.89q
8 Goodson, Tori	10	Atlee	J8.89q
9 Moye, Leah	11	Smithfield	J8.89Q
10 Szeffc, Anna	12	Blacksburg H	8.92
11 Viers, Olivia	12	Pulaski Coun	8.92
12 Greenidge, Jasmine	11	Monacan High	8.98
13 Boykins, Chelsea	12	Tuscarora Hi	8.99
14 Hunter, Savannah	10	Manor	9.02
15 Watkins, Andrea	10	Kings Fork	9.05
16 James, Anijah	12	King George	9.11
17 Sipe, Madeline	11	Warhill	9.39
18 Lewis, Tori	11	Monacan High	9.53

## Girls 55 Meter Hurdles 4A

National: 7.48 N 1980 Candy Young (Pennsylvania)  
Meet: 8.14 M 2015 Brandee' Johnson

Name	Yr	School	Finals
<b>Finals</b>			
1 Soloman, Myzhane	12	Heritage Newport	8.28
2 Imoh, Elizabeth	12	John Handley	8.40
3 Greene, Morgan	9	Loudoun Valley	8.46
4 Ferguson, Dana	12	Churchland	8.59
5 Littlejohn, Mia	11	Blacksburg H	8.65
6 Goodson, Tori	10	Atlee	8.83
7 Rhodes, Nyomi	11	Warhill	8.89
8 Young, Syn-Nirah	11	Churchland	9.07

## Girls 4x200 Meter Relay 4A

National: 1:35.86 N 2003 Poly (California)  
Meet: 1:43.23 M 3/2/2022 Heritage Newport News

S Wooden, M Solomon, K Ashley, S Wooden

Team	Relay	Finals
<b>Finals</b>		
1 Kings Fork	A	1:43.30
1) Ward, Deja 12	2) Watkins, Andrea 10	
3) Jennings-Ward, Taylor 11	4) Johnson, Courtney 12	
2 Heritage Newport News	A	1:43.39
1) Wooden, Sanaa 12	2) Wooden, Sabria 12	
3) Fitzgerald, Marquette 12	4) Soloman, Myzhane 12	
3 Atlee	A	1:46.34
1) Goodson, Tori 10	2) Rempe, Josie 11	
3) Metts, Camdyn 9	4) Gathers, Mackenzie 9	

## Class 3, Class 4 Indoor Championships 2022 - 2/28/2023

**Indoor State Championships**  
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**Results**

**Finals ... (Girls 4x200 Meter Relay 4A)**

Team	Relay	Finals
4 Blacksburg H	A	1:47.01
1) Littlejohn, Mia 11	2) Krouscas, Sophia 12	
3) Kehlenbeck, Katja 12	4) Bowman, Mirra 10	
5 John Handley	A	1:48.23
1) Worrell, Emeryce 10	2) Hobson, Madison 11	
3) Thomas, Monet 9	4) Imoh, Elizabeth 12	
6 Hanover	A	1:48.32
1) Joiner, Jaelynn 10	2) Sell, Emma 12	
3) Smith, Erin 12	4) Sanders, Eliza 10	
7 Churchland	A	1:48.69
1) Reese, Bria 9	2) Young, Syn-Nirah 11	
3) Ogbeta, Damilola 12	4) Stephens, Demiah 9	
8 Courtland	A	1:48.80
1) Castro, Lauren 11	2) Smith, Janiyah 12	
3) Yaafi, Juliana 10	4) Koumondji, Jennifer 12	
9 Rock Ridge HS	A	1:49.17
1) Younger, Micah 10	2) Fyne-Okorie, Zoe 9	
3) Young, Kyra 9	4) Jones, Lilia 10	
10 Deep Creek HS	A	1:49.18
1) Jackson, Amina 12	2) Prosper, Alijah 12	
3) Hunt, Madison 11	4) Walker, Sasha 11	
11 Hampton	A	1:49.57
1) Long, Nyla 12	2) Melvin, Miracle 11	
3) Harris, Madison 10	4) McPherson, Hannah 10	
12 E.C. Glass	A	1:49.75
1) Hall, Marianna 10	2) Hull, Julia 10	
3) Harrington, Heaven 9	4) Russell, Renya 10	
13 Western Albemarle	A	1:50.23
1) Henderson, Jordan 10	2) Hill, Maddie 9	
3) Moonah, Chelsea 9	4) Battista, Emmy 11	
14 Manor	A	1:50.24
1) Wike, Asiah 12	2) Hunter, Savannah 10	
3) Ayim, Yowome 10	4) Ward, Kamani 10	
15 Kettle Run	A	1:50.53
1) Keating, Nora 12	2) Tessier, Grace 10	
3) Fay, Erin 10	4) Carpenter, Lauren 11	
16 Liberty (Bealeton)	A	1:51.03
1) Turner, Maya 12	2) Adu Gyamfi, Janet 11	
3) Collins, Amara 12	4) Cavins, Isabelle 12	
17 Monacan High School	A	1:51.71
1) Hobaugh, June 11	2) Samuels, Taylor 11	
3) Greenidge, Jasmine 11	4) Lee, Bria 10	
18 Smithfield	A	1:56.34
1) Moye, Leah 11	2) Hill, Kaylen 11	
3) Dodson, Grace 9	4) Langston, Tatianna 12	
--- Louisa County HS	A	DQ
1) David, Angel 12	2) Freimane, Dana 12	
3) Ryan, Hannah 11	4) Jones, Arianna 10	

**Girls 4x400 Meter Relay 4A**

National: 3:38.91 N 2004

Poly (California)

Meet: 3:59.10 M 3/2/2022

Heritage Newport News

S Wooden, K Ashley, S Wooden, M Whyte

Team	Relay	Finals
<b>Finals</b>		
1 Heritage Newport News	A	3:58.59M
1) Wooden, Sabria 12	2) Wooden, Sanaa 12	
3) Soloman, Myzhane 12	4) Whyte, Madison 12	
2 Western Albemarle	A	4:06.09
1) Hodson, Hailey 11	2) Stone, Jordan 12	
3) Henderson, Jordan 10	4) Hundley, Meghan 12	
3 Kings Fork	A	4:06.61
1) Watkins, Andrea 10	2) Jennings-Ward, Taylor 11	
3) Taylor, Azariah 12	4) Floyd, Zayre 11	
4 Blacksburg H	A	4:08.22
1) Dickhans, Tess 9	2) McDonald, Allie 11	
3) Bowman, Mirra 10	4) Krouscas, Sophia 12	
5 Kettle Run	A	4:10.57
1) Abbott, Ava 11	2) Fay, Erin 10	
3) Mancini, Suzanna 9	4) Carpenter, Lauren 11	
6 Monacan High School	A	4:12.19
1) Bey, Iyndia 9	2) Samuels, Taylor 11	
3) Greenidge, Jasmine 11	4) Montgomery, Madeline 10	
7 Eastern View HS	A	4:14.11
1) Mimnaugh, Grace 11	2) Young, Tamirra 11	
3) Anderson, Holly 10	4) Anderson, Evelyn 12	
8 Smithfield	A	4:15.07
1) Mobley, Masirah 9	2) Byers, Kyla 12	
3) Jones, Lydia 10	4) Johnston, Emily 11	
9 Tuscarora HS (Va)	A	4:15.89
1) Dillard, Sadie 12	2) Njinjie, Mounira 12	
3) Simpkins, Paige 11	4) Boykins, Chelsea 12	
10 Atlee	A	4:16.19
1) Curtis, Zoe 9	2) Lee, Kelsey 12	
3) Metts, Camdyn 9	4) Bland, Sarah 11	
11 Lightridge HS	A	4:16.57
1) Novinger, AnnMarie 12	2) Jackson, Alanna 9	
3) Coch, Madelyn 10	4) Gross, Sophie 11	
12 Amherst County	A	4:19.81
1) Taylor, Jessica 12	2) Chapman, Brianna 10	
3) Lombard, Martha 12	4) Smith, Kaelynn 10	
--- Grafton HS	A	DQ
1) Fields, Kayla 12	2) Hurst, Kelsey 10	
3) Joseph, JoHannah 9	4) Sillas, Olivia 12	

## Class 3, Class 4 Indoor Championships 2022 - 2/28/2023

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**Results**

**Girls 4x800 Meter Relay 4A**

National: 8:53.67 N 2002 Boys and Girls (New York)

Meet: 9:21.65 M 2/26/2016 E.C. Glass High School

H Carrington, K DeCarmo, L Davidson, M Rennyson

Team	Relay	Finals
<b>Finals</b>		
1 Blacksburg H	A	9:23.90
1) Farley, Mia 12	2) McDonald, Allie 11	
3) Dickhans, Tess 9	4) Bradbury, Reese 11	
2 Western Albemarle	A	9:38.20
1) Hodson, Hailey 11	2) Stone, Jordan 12	
3) Torrence, AJ 11	4) Torrence, Carter 9	
3 Hanover	A	9:38.31
1) Harrell, Sibyl 11	2) Agustin, Ellie 10	
3) Clarke, Hannah 11	4) Crytser, Alli 12	
4 Atlee	A	9:39.49
1) Bland, Sarah 11	2) Mudd, Courtney 12	
3) Waggoner, Amelia 9	4) Bedford, Ashley 10	
5 Grafton HS	A	9:54.03
1) Fields, Kayla 12	2) Hurst, Kelsey 10	
3) Clymer, Natalie 9	4) Campbell, Katelyn 11	
6 Fauquier	A	9:55.50
1) Hodul, Mackenzie 11	2) Scott, Cassidy 11	
3) Ponn, Haley 12	4) Wine, Kiki 12	
7 Louisa County HS	A	10:02.25
1) Harris, Kennedy 12	2) Middlesworth, Elizabeth 9	
3) Davenport, Sandra 10	4) Myers, Maeve 12	
8 Tuscarora HS (Va)	A	10:08.43
1) Dillard, Sadie 12	2) Hunt, Kira 9	
3) Simpkins, Paige 11	4) Lashey, Evie 11	
9 James Wood HS	A	10:08.92
1) Lovelace, Lillian 12	2) Thompson, Lauren 9	
3) Ostrander, Ruby 10	4) Angel-Perez, Quetzali 12	
10 Great Bridge HS	A	10:09.92
1) Dausman, Naomi 12	2) Crook, Callie 12	
3) Crook, Abigail 9	4) Sickles, Evelyn 9	
11 Smithfield	A	10:13.08
1) Mobley, Masirah 9	2) Byers, Kyla 12	
3) Jones, Lydia 10	4) Johnston, Emily 11	
12 Heritage (Leesburg)	A	10:16.78
1) Thomas, Asia 12	2) Chung, Julia 10	
3) Castro, Celeste 12	4) Downey, Anna Ellison 10	
13 Warhill	A	10:17.08
1) Diggs, Kayla 9	2) Howard, Hannah 10	
3) Sipe, Madeline 11	4) Neff, Hannah 11	
14 Loudoun Valley	A	10:23.48
1) Platt, Madeline 10	2) Bolen, Samantha 12	
3) Hyett, Mayleen 10	4) Peterson, Ella 11	
15 Monacan High School	A	10:25.63
1) Shepley, Audrey 10	2) Brown, Maggie 12	
3) Swenson, Avery 11	4) Bey, Iyndia 9	
16 Jamestown	A	10:42.18
1) Dahl, Emily 9	2) Shearer, Hailey 11	
3) Hollenbeck, Braelyn 11	4) DeFelice, Alaina 12	

**Girls High Jump 4A**

National: 6-04.75 N 2016 Vashti Cunningham (Nevada)

Meet: 5-09 M 2/22/2019 Taylor Beard

Name	Yr	School	Finals
<b>Finals</b>			
1 Kehlenbeck, Katja	12	Blacksburg H	5-02.00
2 Szeffc, Anna	12	Blacksburg H	J5-02.00
3 Whyte, Madison	12	Heritage Newport	5-00.00
4 Amos, Klarisa	12	Western Albe	J5-00.00
5 Littlejohn, Mia	11	Blacksburg H	J5-00.00
6 Imoh, Elizabeth	12	John Handley	4-10.00
7 Castro, Lauren	11	Courtland	J4-10.00
8 Ryan, Hannah	11	Louisa Count	J4-10.00
9 Watkins, Andrea	10	Kings Fork	J4-10.00
10 Hill, Caroline	12	Western Albe	4-08.00
10 Metts, Camdyn	9	Atlee	4-08.00
10 Curtis, Zoe	9	Atlee	4-08.00
10 Hull, Julia	10	E.C. Glass	4-08.00
10 Freimane, Dana	12	Louisa Count	4-08.00
15 Toney, Madison	12	Warhill	J4-08.00
15 Lee, Kelsey	12	Atlee	J4-08.00
17 Hubert, Lily	12	Hanover	J4-08.00
17 Sipe, Madeline	11	Warhill	J4-08.00
17 Glass, Amber	10	Loudoun Valley	J4-08.00
--- Hodul, Mackenzie	11	Fauquier	NH
--- Greenidge, Jasmine	11	Monacan High	NH
--- Riley, Mason	11	Fauquier	NH
--- Walker, Sasha	11	Deep Creek H	NH

**Girls Pole Vault 4A**

National: 14-04 N 2015 Lexi Weeks (Arkansas)

Meet: 12-06 M 2014 Hannah Meador

Name	Yr	School	Finals
<b>Finals</b>			
1 Strobach, Elizabeth	12	Western Albe	12-00.00
2 Fitzwater, Raina	10	Western Albe	J12-00.00
3 Nickerson, Ashley	12	Kettle Run	10-06.00
4 Knowles, Lily	12	Jamestown	J10-06.00
5 Woodrow, Evie	10	Western Albe	J10-06.00
6 Smith, Kaelynn	10	Amherst Coun	10-00.00
6 Chapman, Brianna	10	Amherst Coun	10-00.00
8 Harvey, Taryn	12	Jefferson Fo	J10-00.00
9 Ryan, Hannah	11	Louisa Count	9-06.00
9 Duetsch, Sarah	12	Blacksburg H	9-06.00
11 Lacombe, Elizabeth	12	Amherst Coun	J9-06.00
12 Smith, Erin	12	Hanover	9-00.00
13 Sell, Emma	12	Hanover	J9-00.00
13 Tonetti, Alyssa	12	King George	J9-00.00
15 Spruill, Leilani	11	Manor	8-06.00
16 Hunter, Mirabella	11	Jamestown	J8-06.00
--- Johnson, Znyah	12	John Handley	NH
--- Chau, Addison	11	Fauquier	NH
--- Halloran, Cierra	12	Western Albe	NH

## Class 3, Class 4 Indoor Championships 2022 - 2/28/2023

**Indoor State Championships**  
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**Results**

**Girls Long Jump 4A**

National: 21-07.50 N 1981 Carol Lewis (New Jersey)  
 Meet: 19-11.25 M 2015 Kara Lyles

Name	Yr	School	Finals
<b>Finals</b>			
1 James, Anijah	12	King George	18-03.00
2 Goetz, Evie	12	Fauquier	17-08.00
3 Joiner, Jaelynn	10	Hanover	17-05.75
4 King, Keria	12	Mecklenburg	17-05.25
5 Johnson, Paris	12	Chancellor	17-02.50
6 Kehlenbeck, Katja	12	Blacksburg H	16-10.75
7 Phillips, Layla	12	Kings Fork	16-06.00
8 Anim-Offei, Thandie	12	Broad Run	16-05.50
9 Boyce, Olivia	10	James Wood H	15-08.00
10 Fugate, Amy	12	Blacksburg H	15-01.50
11 Moye, Leah	11	Smithfield	14-03.50
--- Ward, Deja	12	Kings Fork	FOUL

**Girls Triple Jump 4A**

National: 44-06.75 N 2007 Ke'Nyia Richardson (California)  
 Meet: 40-09.50 M 3/2/2022 Jada Foreman

Name	Yr	School	Finals
<b>Finals</b>			
1 Ward, Deja	12	Kings Fork	36-10.75
2 Ogbeta, Damilola	12	Churchland	36-02.75
3 Ayim, Yowome	10	Manor	35-03.50
4 Anim-Offei, Thandie	12	Broad Run	34-11.25
5 Sutphin, Hanna	10	Halifax Coun	34-08.50
6 Smith, Erin	12	Hanover	34-07.00
7 Hill, Caroline	12	Western Albe	34-03.50
8 Downum, Olivia	10	King George	34-01.25
9 David, Angel	12	Louisa Count	34-01.00
10 Hull, Julia	10	E.C. Glass	32-09.75
11 Greenidge, Jasmine	11	Monacan High	32-09.00
12 Barney, Veronica	11	Tuscarora Hi	30-03.75

**Girls Shot Put 4A**

National: 56-07.50 N 2014 Raven Saunders (South Carolina)  
 Meet: 44-11.50 M 2015 Zakiya Rashid

Name	Yr	School	Finals
<b>Finals</b>			
1 Carlson, Hannah	12	Kettle Run	35-10.00
2 Summers, Breanna	12	Dominion	35-00.50
3 Williams, Miasya	12	Churchland	33-11.50
4 Clark, Stephanie	11	Fauquier	32-11.50
5 Waddy, Taylor	10	Louisa Count	32-04.00
6 Gilbert, Sonyae	11	E.C. Glass	32-01.50
7 Norfleet, Ka'mya	12	Churchland	32-01.00
8 Brittle, Mackenzie	12	Atlee	29-05.50
9 Dickerson, Emily	12	Blacksburg H	29-05.00
10 Gee, Summer	10	Eastern View	29-01.50
11 Williams, Shannell	11	Kings Fork	29-00.50
12 Bayliff, Madison	12	Fauquier	28-08.00
13 Sakrisson, Leyla	11	Powhatan Hig	28-06.50

**Boys 55 Meter Dash 4A**

National: 6.08 N 2012 Marvin Bracey (Florida)  
 Meet: 6.37 M 2/24/2018 Cole Beck

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Lewis, Peyton	11	Salem (Roano	6.40Q
2 Persinger, Josiah	10	Salem (Roano	6.44Q
3 Smith, Ja'mar	10	E.C. Glass	6.51Q
4 Williams, Shamar	12	Patrick Henr	6.57Q
5 Mathis, Chanan	12	Courtland	6.54q
6 Harrell, Amarion	12	Deep Creek H	6.55q
7 Anderson, Sterling	11	Heritage Newport	6.57q
8 Basking, Chris	12	Smithfield	6.57q
8 Intihar, Jack	12	Western Albe	6.57q
10 Smith, Eric	11	Varina	6.57
11 Williams, Terrance	11	Great Bridge	6.61
12 Wilson, DaRon	12	Salem (Roano	6.61
13 Simmons, Riley	12	Matoaca High	6.65
14 Waiters, Nigel	12	Heritage Newport	6.66
15 Jones, Zamavion	12	E.C. Glass	6.66
16 Lyth, John	11	Loudoun Valley	6.66
17 Temoka, Asi	11	Rock Ridge H	6.69
18 Simmons, Nicolas	12	Manor	6.70
19 Lee, Aaron	12	John Handley	6.70
20 Vernon, Jonathan	12	Salem (Roano	6.70
21 Reel, Kamaal	12	Rock Ridge H	6.71
22 Hiter, Savion	9	Louisa Count	6.72
23 Moyer, Trenton	11	Salem (Roano	6.72
24 Niemiec, Michael	12	Tuscarora Hi	6.73
25 Hall, Kingston	10	Churchland	6.73
26 Baines, Ky'Nique	10	Churchland	6.73

**Boys 55 Meter Dash 4A**

National: 6.08 N 2012 Marvin Bracey (Florida)  
 Meet: 6.37 M 2/24/2018 Cole Beck

Name	Yr	School	Finals
<b>Finals</b>			
1 Lewis, Peyton	11	Salem (Roano	6.37M
2 Persinger, Josiah	10	Salem (Roano	6.49
3 Smith, Ja'mar	10	E.C. Glass	6.52
4 Harrell, Amarion	12	Deep Creek H	6.55
5 Intihar, Jack	12	Western Albe	6.57
6 Williams, Shamar	12	Patrick Henr	6.59
7 Mathis, Chanan	12	Courtland	6.61
8 Anderson, Sterling	11	Heritage Newport	6.67
--- Basking, Chris	12	Smithfield	FS

**Boys 300 Meter Dash 4A**

National: 33.05 N 2013 Michael Cherry (Virginia)  
 Meet: 34.10 M 3/4/2020 Matthew Spicer

Name	Yr	School	Finals
<b>Finals</b>			
1 Mathis, Chanan	12	Courtland	34.03M
2 Harrell, Amarion	12	Deep Creek H	34.87

## Class 3, Class 4 Indoor Championships 2022 - 2/28/2023

Indoor State Championships  
Liberty University Indoor Track Complex

## Results

## Finals ... (Boys 300 Meter Dash 4A)

Name	Yr	School	Finals
3 Moody, Blake	12	Mechanicsvil	34.97
4 Lewis, Peyton	11	Salem (Roano	35.25
5 Green, Jaelyn	12	Deep Creek H	35.58
6 Waiters, Nigel	12	Heritage Newport	35.67
7 Cowan, Chadison	11	Great Bridge	35.70
8 Lee, Aaron	12	John Handley	36.07
9 Hopkins, Jamari	12	Monacan High	36.24
10 Roberts, Francis	12	Courtland	36.71
11 Daniels, Demetrius	12	Deep Creek H	36.71
12 Ogletree, Julian	10	Rock Ridge H	36.73
13 Mayfield, David	10	Fauquier	37.16
14 Simmons, Nicolas	12	Manor	37.40
15 Vernon, Jonathan	12	Salem (Roano	37.70

## Boys 500 Meter Dash 4A

National: 1:01.68 N 2012 Strymar Livingston (New York)

Meet: 1:04.34 M 2/23/2019 Patrick Atwell

Name	Yr	School	Finals
<b>Finals</b>			
1 Moody, Blake	12	Mechanicsvil	1:04.11M
2 Gardner, Dallas	SR	Henrico High Sch	1:05.67
3 Seekford, David	12	Tuscarora Hi	1:05.72
4 Biedermann, Trevor	11	Grafton High	1:06.03
5 Hager, Ben	12	Blacksburg H	1:06.24
6 Simon, Tyler	12	Smithfield	1:07.18
7 Simmons, Nicolas	12	Manor	1:07.56
8 Neidich, Aidan	11	Liberty (Bea	1:07.64
9 Ahmed, Mohammed	12	Courtland	1:07.65
10 McCord, Sean	11	Monacan High	1:08.04
11 Akande, Mofeoluwa	11	Matoaca High	1:08.14
12 Radtke, Grayson	10	Tuscarora Hi	1:08.28
13 Hoffman, Cole	11	Liberty (Bea	1:09.10
14 Epps, Elijah	12	Warhill	1:10.08
15 Harris, Noah	10	Sherando	1:10.77

## Boys 1000 Meter Run 4A

National: 2:22.28 N 2009 Robby Andrews (New Jersey)

Meet: 2:28.11 M 2/23/2019 Theo Woods

Name	Yr	School	Finals
<b>Finals</b>			
1 Hayden, Nicholas	12	Millbrook	2:28.36
2 Boone, Cole	9	Pulaski Coun	2:29.25
3 Sterling, Eli	12	Blacksburg H	2:29.46
4 Rimmel, Jake	12	Loudoun Valley	2:30.77
5 Yesli, Yanis	12	Park View (S	2:33.47
6 White, Randy	12	Loudoun Coun	2:33.55
7 Davis, Zach	12	Blacksburg H	2:35.17
8 Gray, Josh	12	Mechanicsvil	2:35.92
9 Echard, Carson	12	Atlee	2:36.53
10 Moore, William	11	Louisa Count	2:37.14
11 Linton, Jeffrey	10	Jamestown	2:37.94
12 Amole, Gary	12	Grafton High	2:39.16
13 Allen, Patrick	11	Atlee	2:39.99

14 Eliason, Quinn	9	Western Albe	2:40.25
15 Waxman, Joe	12	Great Bridge	2:41.16
16 Bruno, Daniel	12	Tuscarora Hi	2:54.21

## Boys 1600 Meter Run 4A

National: 3:57.81 N 2016 Drew Hunter (Virginia)

Meet: 4:13.26 M 3/2/2022 Graham Mussmon

Name	Yr	School	Finals
<b>Finals</b>			
1 Rutherford, Conner	12	Blacksburg H	4:14.90
2 Allen, Patrick	11	Atlee	4:17.68
3 Blair, Ty	11	Loudoun Valley	4:18.10
4 Senfield, Andrew	12	Patrick Henr	4:19.86
5 Paccassi, Peter	12	Fauquier	4:22.33
6 Yesli, Yanis	12	Park View (S	4:22.37
7 Albon, Travis	12	Atlee	4:22.70
8 Eliason, Quinn	9	Western Albe	4:24.41
9 White, Grant	10	Tuscarora Hi	4:29.11
10 Crouch, Jacob	12	Broad Run	4:29.42
11 Benlamkaddem, Tarek	11	Broad Run	4:35.99
12 Linton, Jeffrey	10	Jamestown	4:37.49

## Boys 3200 Meter Run 4A

National: 8:39.15 N 2013 Edward Cheserek (New Jersey)

Meet: 9:12.88 M 3/4/2020 Carlos Shultz

Name	Yr	School	Finals
<b>Finals</b>			
1 Pardue, William	11	John Handley	9:17.75
2 Stickley, Garrett	11	John Handley	9:22.27
3 Rutherford, Conner	12	Blacksburg H	9:23.80
4 Pratt-Perez, Ethan	11	James Wood H	9:24.83
5 Blair, Ty	11	Loudoun Valley	9:29.19
6 Benlamkaddem, Tarek	11	Broad Run	9:35.02
7 Senfield, Andrew	12	Patrick Henr	9:37.68
8 Sullivan, Nate	12	Western Albe	9:37.69
9 Albon, Travis	12	Atlee	9:41.30
10 Roach, Jonas	12	Blacksburg H	9:42.76
11 Francis, Pierce	12	John Handley	9:44.13
12 Conner, Blake	11	Loudoun Coun	9:49.21
13 Crouch, Jacob	12	Broad Run	9:49.54
14 Tafe, Joe	10	Loudoun Coun	9:50.06
15 Paccassi, Peter	12	Fauquier	9:51.33
16 Cates, Gabe	12	Loudoun Valley	9:51.64
17 Clark, Eli	10	James Wood H	9:56.52
18 Whitfield, Harrison	11	Blacksburg H	9:57.35
19 Chavez, Andre	12	Atlee	9:59.51
20 Strahm, Henry	10	Blacksburg H	10:03.36
21 Mullins, Owen	10	Kettle Run	10:05.64
22 Ruggles, Jared	11	Tuscarora Hi	10:09.88
23 Pentel, Aidan	12	Grafton High	10:13.13
24 Stanley, Jake	12	Atlee	10:13.37
25 Cochran, Nathan		Warwick	10:35.14
26 Vogel, Paul	9	Jamestown	10:36.00

**Class 3, Class 4 Indoor Championships 2022 - 2/28/2023**

**Indoor State Championships  
Liberty University Indoor Track Complex**

**Results**

**Boys 55 Meter Hurdles 4A**

**National:** 7.05 N 2009 Wayne Davis (N. Carolina)  
**Meet:** 7.25 M 2015 Charles Graham

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Smith, Ja'mar	10 E.C. Glass	7.59Q
2	Harris, Deonte	12 Hanover	7.74Q
3	Wilson, DaRon	12 Salem (Roano	7.85Q
4	Green, Jaelyn	12 Deep Creek H	7.78Q
5	Cole, Christopher	11 Salem (Roano	7.87Q
6	Harrison, Will	12 Blacksburg H	7.96Q
7	Wallace, Isaiah	12 Warwick	8.00q
8	Gardner, Dallas	SR Henrico High Sch	8.03q
9	Hall, Kingston	10 Churchland	8.05
10	Link, Andrew	12 James Wood H	8.05
11	Glanville, Marcus	11 Smithfield	8.08
12	Morales, Paul	11 Churchland	8.12
13	Neel, Davis	12 Pulaski Coun	8.14
14	Lewis, Jamaal	11 Courtland	8.19
15	Wood, Jonathan	11 E.C. Glass	8.25
16	Pittman, Rutger	12 Western Albe	8.26
17	Guevara, Jason	12 Loudoun Coun	8.34
18	Smith, Isaiah	12 Broad Run	8.47
---	Taylor, Mitchell	10 Salem (Roano	FS

**Boys 55 Meter Hurdles 4A**

**National:** 7.05 N 2009 Wayne Davis (N. Carolina)  
**Meet:** 7.25 M 2015 Charles Graham

Name	Yr	School	Finals
<b>Finals</b>			
1	Smith, Ja'mar	10 E.C. Glass	7.56
2	Green, Jaelyn	12 Deep Creek H	7.66
3	Harris, Deonte	12 Hanover	7.77
4	Harrison, Will	12 Blacksburg H	7.79
5	Cole, Christopher	11 Salem (Roano	7.79
6	Wilson, DaRon	12 Salem (Roano	7.87
7	Wallace, Isaiah	12 Warwick	8.09
8	Gardner, Dallas	SR Henrico High Sch	8.21

**Boys 4x200 Meter Relay 4A**

**National:** 1:26.09 N 2005 Poly (California)  
**Meet:** 1:30.54 M 2/25/2017 Amherst County

Team	Relay	Finals
<b>Finals</b>		
1	Salem (Roanoke)	A 1:28.16M
	1) Vernon, Jonathan 12	2) Persinger, Josiah 10
	3) Wilson, DaRon 12	4) Lewis, Peyton 11
2	Deep Creek HS	A 1:30.22M
	1) Daniels, Demetrius 12	2) Harrell, Amaron 12
	3) Vann, Jameel 12	4) Green, Jaelyn 12
3	Courtland	A 1:31.15
	1) Jackson, Kamari 12	2) Whitaker, Kwame 12
	3) Roberts, Francis 12	4) Mathis, Chanan 12

4	Rock Ridge HS	A 1:31.49
	1) Ogletree, Julian 10	2) Temoka, Asi 11
	3) Kleiner, TeYany 11	4) Reel, Kamaal 12
5	Western Albemarle	A 1:32.08
	1) King, Camden 12	2) Intihar, Jack 12
	3) Clarke, Bridger 11	4) Pittman, Rutger 12
6	Blacksburg H	A 1:32.45
	1) Metrey, Eric 11	2) Foley, Evan 12
	3) Ajayi, David 12	4) Harrison, Will 12
7	Smithfield	A 1:32.52
	1) Glanville, Marcus 11	2) Shears, Jordin 11
	3) Keith, McKeene 9	4) Basking, Chris 12
8	Millbrook	A 1:32.76
	1) Mcgee, Elijah 11	2) Montgomery, Scott 12
	3) Downs, Logan 12	4) Baker, Landon 12
9	E.C. Glass	A 1:32.77
	1) Jones, Zamavion 12	2) Smith, Ja'mar 10
	3) Wood, Jonathan 11	4) Waller, Seven 9
10	Fauquier	A 1:33.31
	1) Martin, Amari 9	2) Hamilton, Mason 11
	3) Wilvert, Andrew 12	4) Mayfield, David 10
11	John Handley	A 1:33.34
	1) Lee, Aaron 12	2) Lusca, Manno 11
	3) Stribling, Rylan 9	4) Metzger, Christian 11
12	Amherst County	A 1:33.48
	1) West, Eric 12	2) McPhearson, Omar 11
	3) Davis, Isaiah 11	4) Jackson, Peyton 12
13	Matoaca High School	A 1:33.48
	1) Simmons, Riley 12	2) Spradley Jr, Christopher 12
	3) Akande, Mofeoluwa 11	4) Lewis, Paul 12
14	Atlee	A 1:33.55
	1) Heyward, Shamar 9	2) Konecony, Luke 10
	3) Zachariasen, Conner 10	4) Harvey, William 12
15	Patrick Henr	A 1:33.88
	1) Williams, Shamar 12	2) Henderson, Edwin 11
	3) Brown, Jayden 11	4) James, Montrell 10
16	Varina	A 1:35.05
	1) ivey, jayden 12	2) Harris, Marquel 11
	3) Blakey, Martique 11	4) Smith, Eric 11
17	Eastern View HS	A 1:35.39
	1) Jenkins, Dylan 10	2) Jackson, Emir 10
	3) Airi, Garv 12	4) Betanco, Taylor 12
18	Manor	A 1:35.56
	1) Hawkins, Prince 11	2) Ward, Keondre 11
	3) Chavez, Salvador 11	4) Wilson, Nashawn 9
19	Heritage Newport News	A 1:35.94
	1) Waiters, Nigel 12	2) McCullen, Sean 11
	3) Ray, Zachery 11	4) Anderson, Sterling 11
20	Mechanicsville HS	A 1:36.77
	1) Redfurn, Na'Jad 12	2) Gonzales, Jed 11
	3) Brinson, Henry 11	4) Matthews, Shaun 9
---	Grafton HS	A DQ
	1) McKinnis, Farron 11	2) Gowda, Pratham 10
	3) Barnett, Makale 9	4) Franklin, Darrius 12

**Class 3, Class 4 Indoor Championships 2022 - 2/28/2023**

**Indoor State Championships  
Liberty University Indoor Track Complex**

**Results**

**Finals ... (Boys 4x200 Meter Relay 4A)**

Team	Relay	Finals
--- Great Bridge HS	A	DQ
1) Williams, Terrance 11	2) Cowan, Chadison 11	
3) Little, Donte 12	4) Gray, Donje 12	
--- Churchland	A	DQ
1) Baines, Ky'Nique 10	2) Johnson, Adarius 12	
3) Harris, Marvin 12	4) Cherry, Jonathan 10	
--- Warwick	A	DQ
1) Faulcon, Adrian 12	2) Humphrey, Nizjohn 10	
3) Waddell, Jhysuni 10	4) Wallace, Isaiah 12	

**Boys 4x400 Meter Relay 4A**

**National: 3:13.06 N 2009 New Bern (North Carolina)**  
**Meet: 3:24.65 M 2/27/2016 Fauquier High School**

**S Oravec, T Benson, M Curry, R Chavez**

Team	Relay	Finals
1 Blacksburg H	A	3:25.42
1) Metrey, Eric 11	2) Sterling, Eli 12	
3) Davis, Zach 12	4) Hager, Ben 12	
2 Millbrook	A	3:26.74
1) Baker, Landon 12	2) Mcgee, Elijah 11	
3) Montgomery, Scott 12	4) Hayden, Nicholas 12	
3 Western Albemarle	A	3:26.90
1) Pittman, Rutger 12	2) Intihar, Jack 12	
3) O'Hearn, Jack 12	4) Clarke, Bridger 11	
4 Tuscarora HS (Va)	A	3:29.04
1) Getz, Luke 11	2) Niemiec, Michael 12	
3) Radtke, Grayson 10	4) Seekford, David 12	
5 Warhill	A	3:29.81
1) Stewart, Ayden 12	2) Martin, Josh 11	
3) Epps, Elijah 12	4) Davis, Leo 12	
6 Grafton HS	A	3:31.54
1) Biedermann, Trevor 11	2) Boyd, Evan 10	
3) Franklin, Darrius 12	4) McKinnis, Farron 11	
7 Fauquier	A	3:31.69
1) Mayfield, David 10	2) Carter, Jack 12	
3) Wilvert, Andrew 12	4) Shaw, Wyatt 11	
8 Smithfield	A	3:32.11
1) Simon, Tyler 12	2) Basking, Chris 12	
3) Halle, Ian 10	4) Glanville, Marcus 11	
9 Louisa County HS	A	3:32.11
1) Soriano, Taylen 11	2) Pugh, Hayden 11	
3) Moore, William 11	4) Wilson, Nathaniel 9	
10 Atlee	A	3:32.54
1) Heyward, Shamar 9	2) Konecony, Luke 10	
3) Zachariasen, Conner 10	4) Mudd, Daniel 12	
11 Liberty (Bealeton)	A	3:34.30
1) Rogers, Owen 12	2) Phelps, Jacob 12	
3) Hoffman, Cole 11	4) Neidich, Aidan 11	
12 Matoaca High School	A	3:38.94
1) Akande, Mofeoluwa 11	2) Richardson, Brandon 11	
3) Sharper, Demarcus 10	4) Spradley Jr, Christopher 12	

13 Deep Creek HS	A	3:46.24
1) Daniels, Demetrius 12	2) Vann, Jameel 12	
3) Dunn, Quincy 12	4) Faircloth, Dareon 11	
--- Courtland	A	DQ
1) Jackson, Kamari 12	2) Ahmed, Mohammed 12	
3) Tilden, William 12	4) Roberts, Francis 12	

**Boys 4x800 Meter Relay 4A**

**National: 7:36.99 N 2009 Albemarle (Virginia)**  
**Meet: 7:50.99 M 3/1/2022 Loudoun Valley**

**J Park, J Rimmel, G Mussmon, A Soto**

Team	Relay	Finals
1 Blacksburg H	A	7:52.39
1) Roach, Jonas 12	2) Davis, Zach 12	
3) Rutherford, Conner 12	4) Sterling, Eli 12	
2 Atlee	A	7:53.64
1) Echard, Carson 12	2) Chavez, Andre 12	
3) Albon, Travis 12	4) Allen, Patrick 11	
3 Loudoun Valley	A	8:03.54
1) Blair, Ty 11	2) Dhillon, Pearson 12	
3) Cates, Gabe 12	4) Rimmel, Jake 12	
4 John Handley	A	8:06.34
1) Ware, Max 12	2) Stickley, Garrett 11	
3) Francis, Pierce 12	4) Pardue, William 11	
5 Mechanicsville HS	A	8:07.09
1) Moody, Blake 12	2) Smith, Carter 12	
3) Standridge, Jack 12	4) Gray, Josh 12	
6 Fauquier	A	8:09.22
1) Carter, Jack 12	2) Warren, Nick 11	
3) Markell, Mason 10	4) Paccassi, Peter 12	
7 Tuscarora HS (Va)	A	8:15.44
1) Jerry, Jarrell 12	2) Getz, Luke 11	
3) Bruno, Daniel 12	4) White, Grant 10	
8 Jefferson Forest	A	8:16.45
1) Packer, Jonah 12	2) White, Jacob 12	
3) Johnson, Andrew 10	4) Gaylor, Luke 12	
9 Western Albemarle	A	8:16.65
1) Burkhardt, Nolan 12	2) Eliason, Quinn 9	
3) Sullivan, Nate 12	4) Shifflett, Owen 12	
10 Grafton HS	A	8:17.86
1) Linehan, Connor 10	2) Biedermann, Trevor 11	
3) Amole, Gary 12	4) Chambers, Anderson 10	
11 Sherando	A	8:19.09
1) Freilich, Ben 12	2) Bell, Jed 10	
3) Smith, Brock 11	4) McGraw, Dylan 11	
12 Kettle Run	A	8:20.40
1) Mullins, Owen 10	2) Young, Tyler 11	
3) Hill, Aiden 12	4) Lenky, Noah 12	
13 Louisa County HS	A	8:21.15
1) Soriano, Taylen 11	2) Pugh, Hayden 11	
3) Wilson, Nathaniel 9	4) Moore, William 11	
14 Loudoun County	A	8:25.12
1) Brun, Ethan 12	2) Tafe, Joe 10	
3) Conner, Blake 11	4) White, Randy 12	



**Class 3, Class 4 Indoor Championships 2022 - 2/28/2023**

**Indoor State Championships  
Liberty University Indoor Track Complex**

**Results**

**Finals ... (Boys 4x800 Meter Relay 4A)**

Team	Relay	Finals
15 Smithfield	A	8:29.40
1) Simon, Tyler 12	2) Lindsay, Ian 9	
3) Kucha, Caelen 11	4) Halle, Ian 10	
16 Courtland	A	8:36.43
1) Nave, Brendan 12	2) Lehocky, Morgan 12	
3) Fitzpatrick, Connor 11	4) Reid, Christian 12	
17 Great Bridge HS	A	8:44.46
1) Dausman, Aidan 11	2) Waxman, Joe 12	
3) Alexander, Orlando 11	4) Vissoh, Kevin 11	
--- James Wood HS	A	DQ
1) Clark, Eli 10	2) Oliver, Jacob 12	
3) Stanearth, Colton 11	4) Pratt-Perez, Ethan 11	

**Boys High Jump 4A**

National: 7-05.25 N 2004 Scott Sellers (Texas)

Meet: 6-10 M 2/24/2018 Trey Causey

Name	Yr	School	Finals
<b>Finals</b>			
1 Shaw, Wyatt	11	Fauquier	6-04.00
2 Harris, Noah	10	Sherando	6-02.00
3 Lamb, Terrence	10	Churchland	6-00.00
4 Taylor, Gregory	11	Churchland	5-10.00
4 McKinnis, Farron	11	Grafton High	5-10.00
4 Anand, Tanush	12	Broad Run	5-10.00
7 Dunn, Quincy	12	Deep Creek H	J5-10.00
7 Harris, Deonte	12	Hanover	J5-10.00
9 Nicodemus, Jackson	12	Loudoun Valley	J5-10.00
10 Bankole, Daniel	11	Rock Ridge H	J5-10.00
11 Tharp, Theodore	11	E.C. Glass	5-08.00
11 Santos, Jb	11	Tuscarora Hi	5-08.00
11 Rios, Edwardo		Warwick	5-08.00
11 Hipp, Aiden	11	Jefferson Fo	5-08.00
11 Lee, Jaren	11	Jefferson Fo	5-08.00
11 Temoka, Asi	11	Rock Ridge H	5-08.00
17 Redfurn, Na'Jad	12	Mechanicsvil	J5-08.00
17 Wahlquist, Laim	12	Spotsylvania	J5-08.00
--- Epps, Elijah	12	Warhill	NH
--- Blair, Alexander	12	Chancellor	NH
--- Wilson, DaRon	12	Salem (Roano	NH
--- Heyward, Shamar	9	Atlee	NH
--- Seifert, Robbie	10	Hanover	NH

**Boys Pole Vault 4A**

National: 18-00.50 N 2016 Armand Duplantis (Louisiana)

Meet: 15-07 M 3/1/2022 Walker Van Kirk

Name	Yr	School	Finals
<b>Finals</b>			
1 Benhase, Todd	11	Hanover	14-10.00
2 Intihar, Jack	12	Western Albe	13-06.00
3 Benhase, Luke	12	Hanover	J13-06.00
4 Gillette, Aidan	12	Jamestown	J13-06.00
5 Gathje, R.K.	12	Atlee	13-00.00
6 West, Eric	12	Amherst Coun	12-06.00

7 Damer, Dylan	11	Fauquier	J12-06.00
8 Davenport, Justin	11	Louisa Count	12-00.00
8 Chatterson, Nate	12	Western Albe	12-00.00
10 Peterson, Nathan	10	Western Albe	J12-00.00
11 Saunders, Luke	12	Hanover	11-06.00
12 Burke, Josh	12	Fauquier	11-00.00
12 O'Neil, Chase	12	Warhill	11-00.00
14 Woodrow, Ollie	9	Western Albe	J11-00.00
--- Caldwell, Calvin	10	Warhill	NH
--- Jackson, Peyton	12	Amherst Coun	NH

**Boys Long Jump 4A**

National: 26-06.50 N 1989

Dion Bentley (Pennsylvania)

Meet: 23-00.75 M 2015

Darius Banks

Name	Yr	School	Finals
<b>Finals</b>			
1 Whitaker, Kwame	12	Courtland	22-05.00
2 Simmons, Nicolas	12	Manor	21-10.50
3 Smith, Ja'mar	10	E.C. Glass	21-04.50
4 Harris, Deonte	12	Hanover	21-03.50
5 Spradley Jr, Christopher	12	Matoaca High	21-01.00
6 Intihar, Jack	12	Western Albe	21-00.25
7 Hiter, Savion	9	Louisa Count	20-10.25
8 Wilson-McCoy, Ryan	12	Liberty (Bea	20-06.50
9 Temoka, Asi	11	Rock Ridge H	19-08.25
10 Schulz, Samuel	11	Dominion	19-05.75
11 Hager, Ben	12	Blacksburg H	19-05.50
12 Jackson, Kamari	12	Courtland	19-05.25
13 Henderson, Edwin	11	Patrick Henr	19-05.00
14 Jones, Zamavion	12	E.C. Glass	19-04.25
15 Redfurn, Na'Jad	12	Mechanicsvil	19-02.00
16 McPhearson, Omar	11	Amherst Coun	J19-02.00
17 ively, jayden	12	Varina	18-08.50
18 Wood, Jonathan	11	E.C. Glass	18-07.00
19 West, Eric	12	Amherst Coun	18-06.25
20 Pla, Sebastian	9	Tuscarora Hi	18-04.75
21 Lee, Jaren	11	Jefferson Fo	18-04.25
22 Waters, Larry	11	E.C. Glass	18-00.00
23 Mathis, Chanan	12	Courtland	17-01.00
--- Ahedo, Alex	12	Loudoun Coun	FOUL

**Boys Triple Jump 4A**

National: 52-07.50 N 1988

Keith Holley (Virginia)

Meet: 46-11.25 M 2015

Dontae Mauck

Name	Yr	School	Finals
<b>Finals</b>			
1 Dunn, Quincy	12	Deep Creek H	46-02.00
2 Simmons, Nicolas	12	Manor	45-06.25
3 Wilson-McCoy, Ryan	12	Liberty (Bea	45-01.00
4 Smith, Ja'mar	10	E.C. Glass	44-07.00
5 Hiter, Savion	9	Louisa Count	44-02.00
6 Wood, Jonathan	11	E.C. Glass	43-10.00
7 Harris, Deonte	12	Hanover	43-09.00
8 Whitaker, Kwame	12	Courtland	43-02.25
9 Waters, Larry	11	E.C. Glass	43-01.25

## Class 3, Class 4 Indoor Championships 2022 - 2/28/2023

Indoor State Championships  
Liberty University Indoor Track Complex

## Results

## Finals ... (Boys Triple Jump 4A)

Name	Yr	School	Finals
10 Mathis, Chanan	12	Courtland	42-04.75
11 Anand, Tanush	12	Broad Run	41-10.00
12 Husband, Darryl	12	Hanover	40-02.00
--- Gbee, Alan	12	Tuscarora Hi	FOUL
--- Biasco, Dover	12	Great Bridge	FOUL

31) James Monroe	3.5
32) Bassett	3
32) Spotswood	3
34) Rustburg	2.5
35) Warren County	1
35) Waynesboro	1

## Boys Shot Put 4A

National: 77-02.75 N 2011 Ryan Crouser (Oregon)

Meet: 59-02.50 M 2/23/2018 Jakob Vollbrecht

Name	Yr	School	Finals
<b>Finals</b>			
1 Turner, Deigo	12	Pulaski Coun	56-11.00
2 Mele, Jake	12	Blacksburg H	52-04.50
3 Hawk, Shinobu	12	Grafton High	51-02.50
4 Taylor, Brock	11	Atlee	49-00.50
5 Hayes, Malachai	SR	Henrico High Sch	48-05.00
6 Whitfield, Javion	12	Manor	47-04.00
7 Gooden, Javeion	12	Halifax Coun	46-05.00
8 Hudson, Ladanion	12	E.C. Glass	46-04.00
9 Hayden, Kiontre	12	Pulaski Coun	45-11.00
10 Foerster, Tate	10	Tuscarora Hi	45-05.00
11 Geddis-Blount, Jackson	12	Fauquier	43-03.00
12 Currie, Kyree	12	Varina	43-02.00
13 Lewis, Aaron	10	Fauquier	41-08.50

## Women - 3A - Team Rankings - 15 Events Scored

1) Heritage (Lyn)	59.5
2) Abingdon High School	56.5
3) Maggie Walker	47
4) Charlottesville	37
5) Tabb	32
5) York	32
7) LCA	30
8) Christiansburg	29.5
9) Lakeland	29
10) Fort Defiance	27
11) Skyline	19
12) Culpeper County	16
13) Fluvanna County	13.5
14) Northside High School	13
15) Brentsville District	12
15) Brookville High School	12
17) Staunton HS	11
17) Monticello	11
17) William Byrd HS	11
20) Lafayette	9
20) I C Norcom	9
20) Cave Spring HS	9
23) Hidden Valley HS	8
23) Goochland HS	8
25) Broadway	7
26) Phoebus	6
27) Caroline High School	5
28) Turner Ashby	4
28) Rockbridge County	4
28) New Kent	4

**Class 3, Class 4 Indoor Championships 2022 - 2/28/2023**

**Indoor State Championships  
Liberty University Indoor Track Complex**

**Results**

**Women - 4A - Team Rankings - 15 Events Scored**

1) Western Albemarle	73
2) Blacksburg High School	69
3) Heritage Newport News	66
4) Hanover	44
5) Fauquier	41
5) Kings Fork	41
7) John Handley	31
8) Churchland	24
9) Kettle Run	23
10) Jamestown	16
11) Atlee	15
12) Loudoun Valley	12
13) Monacan High School	11
13) King George	11
15) Eastern View HS	10
16) Tuscarora HS (VA)	9
17) Dominion	8
18) Louisa County HS	7
19) Mecklenburg Cty HS	6
19) Manor	6
19) Broad Run	6
19) Chancellor	6
23) Grafton HS	5
23) Sherando	5
23) Amherst County	5
23) Varina	5
27) Halifax County	4
27) Great Bridge HS	4
27) Millbrook	4
30) Lightridge HS	3
30) Rock Ridge HS	3
30) E.C. Glass	3
30) Courtland	3
34) Warhill	2
35) Henrico High School	1
35) Huguenot	1
35) Smithfield	1
35) Jefferson Forest	1

**Men - 3A - Team Rankings - 15 Events Scored**

1) Heritage (Lyn)	60
2) Tabb	46
3) Caroline High School	44.5
4) Abingdon High School	43
5) LCA	39
6) Spotswood	26
7) Lakeland	23
7) Waynesboro	23
7) Staunton HS	23
10) Monticello	20
10) Maggie Walker	20
12) Broadway	19
12) Christiansburg	19
14) I C Norcom	18
15) Charlottesville	15
16) Brentsville District	14

16) Lord Botetourt	14
16) James Monroe	14
19) Culpeper County	13
19) William Byrd HS	13
21) New Kent	12
22) Lafayette	11
23) Fluvanna County	10
24) Skyline	9
25) Rockbridge County	8
26) Phoebus	5.5
27) Rustburg	5
28) Wilson Memorial	4
29) York	3
29) Armstrong HS	3
31) Northside High School	2
31) Staunton River HS	2
31) Goochland HS	2
34) Cave Spring HS	1
34) William Monroe	1

**Class 3, Class 4 Indoor Championships 2022 - 2/28/2023****Indoor State Championships  
Liberty University Indoor Track Complex  
Results**

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**Men - 4A - Team Rankings - 15 Events Scored**

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1) Blacksburg High School	64
2) Deep Creek HS	44.5
3) Salem (Roanoke)	40
4) E.C. Glass	31
5) Hanover	30.5
6) Courtland	29
7) Western Albemarle	27.5
8) Atlee	27
9) John Handley	24
10) Manor	21
10) Loudoun Valley	21
10) Mechanicsville HS	21
10) Fauquier	21
14) Millbrook	19
15) Pulaski County	18
15) Grafton HS	18
17) Tuscarora HS (VA)	13
17) Henrico High School	13
19) Churchland	10
19) Patrick Henry (Ashland)	10
21) Liberty (Bealeton)	8
21) Sherando	8
23) Broad Run	7
23) Park View (Sterling)	7
25) Louisa County HS	6.5
26) Smithfield	6
27) Jamestown	5
27) Rock Ridge HS	5
27) James Wood HS	5
30) Matoaca High School	4
30) Warhill	4
30) Heritage Newport News	4
33) Loudoun County	3
33) Amherst County	3
35) Great Bridge HS	2
35) Halifax County	2
35) Warwick	2
38) Jefferson Forest	1