

Robert Comstock Cardinal Classic - 1/20/2024

PG Sports Complex
Results - Meet Order

Women 60 Meter Dash

Meet Record: 7.84 # 1/21/2023 Kayla Cooper

Name	Yr	School	Prelims
Heat 1 Preliminaries			
1 Brown, Oceana	FR	Gallaudet	8.08q
2 Robinson, Alayna	FR	Virginia Uni	8.20q
3 Johnson, Jahlia	FR	Mount St. Ma	8.50
4 Cheney, Dorian	JR	Goucher	8.55
5 Noel, Destiny	JR	Marymount (V)	8.60
Heat 2 Preliminaries			
1 Carney, Fantasia	SO	Bowie State	8.11q
2 Horowitz, Rachel	SR	George Washi	8.13q
3 Fontaine, Kam'Ryn	FR	Bowie State	8.25q
4 Bonneville, Eajia	FR	Bowie State	8.28q
5 Giampietro, Felicity	FR	Catholic	8.42
6 Hsia, Anna	SO	Mount St. Ma	8.51
7 Van Voorhis, Haley	JR	Shenandoah	8.66
8 Aber, Emerson	FR	Marymount (V)	9.29
Heat 3 Preliminaries			
1 Castillo, Isabella		Usa-Ja Track	7.85q
2 Buckley, Erin	FR	Catholic	8.29q
3 Schumacher, Sarah	SO	Catholic	8.48
4 Bixenman, Ellie	SR	Catholic	8.61
5 Taylor, Roselyn	JR	Hood	8.80
6 Neall, Nora	FR	Goucher	8.91
7 Ott, Maia	SO	Mary Baldwin	10.06
Heat 4 Preliminaries			
1 Cooper, Kayla	SO	District of	7.95q
2 Long, Nia		Knights	8.34q
3 Randell, Nia	FR	Virginia Uni	8.40
4 Marsh, Clare	JR	Catholic	8.65
5 Cutting, Courtney	SR	Catholic	8.78
6 Scheibach, Hannah	FR	Hood	9.37
7 Eastridge, Hannah	JR	Mary Baldwin	10.18
Heat 5 Preliminaries			
1 Kadiri, Victoria	JR	Johns Hopkin	8.14q
2 Acker, Alana	FR	Goucher	8.24q
3 Buckles, Jade	SO	Bridgewater	8.27q
4 Rivera, Sasha	FR	Hood	8.58
5 Hamer, Brooke	SO	Marymount (V)	8.60
6 Bower, Kaitlin	JR	Mary Baldwin	9.04
7 Berrios, Priscilla	SO	Gallaudet	9.87
Heat 6 Preliminaries			
1 Lee, Kayla	JR	Virginia Uni	8.21q
2 Asiedu, Ray	FR	Goucher	8.46
3 Castillo, Gloria	JR	Hood	8.70
4 Omoniyi, Blessing	JR	Unattached	8.76
5 Saiyed, D'Leela	SR	George Washi	8.84
6 Johnson, Amirah	FR	Mary Baldwin	9.48
Heat 7 Preliminaries			
1 Zhang, Chloe	FR	Johns Hopkin	8.00q
2 Russell, Janae	FR	George Washi	8.31q
3 Middlebrooks, Toni	FR	Virginia Uni	8.38
4 Buynum, Rashelle	SO	Unattached	8.56

5 Torry, Nakayla	FR	District of	9.63
6 Akinsanya, Temiloluwa	FR	Unattached	9.73

Women 60 Meter Dash

Meet Record: 7.84 # 1/21/2023 Kayla Cooper

Name	Yr	School	Semis
Heat 1 Semi-Finals			
1 Castillo, Isabella		Usa-Ja Track	# 7.79q
2 Lee, Kayla	JR	Virginia Uni	8.04q
3 Brown, Oceana	FR	Gallaudet	8.10q
4 Robinson, Alayna	FR	Virginia Uni	8.20q
5 Buckles, Jade	SO	Bridgewater	8.22
Heat 2 Semi-Finals			
1 Kadiri, Victoria	JR	Johns Hopkin	# 7.79q
2 Zhang, Chloe	FR	Johns Hopkin	# 7.81q
3 Cooper, Kayla	SO	District of	7.89q
4 Horowitz, Rachel	SR	George Washi	8.03q
5 Fontaine, Kam'Ryn	FR	Bowie State	8.23
6 Russell, Janae	FR	George Washi	8.26
7 Acker, Alana	FR	Goucher	8.27
8 Buckley, Erin	FR	Catholic	8.29

Women 60 Meter Dash

Meet Record: 7.84 # 1/21/2023 Kayla Cooper

Name	Yr	School	Finals
Section 1 Finals			
1 Zhang, Chloe	FR	Johns Hopkin	7.86
2 Cooper, Kayla	SO	District of	7.93
3 Lee, Kayla	JR	Virginia Uni	7.99
4 Horowitz, Rachel	SR	George Washi	8.01
5 Brown, Oceana	FR	Gallaudet	8.11
6 Buckles, Jade	SO	Bridgewater	8.20
7 Robinson, Alayna	FR	Virginia Uni	8.22

Women 200 Meter Dash

Meet Record: 25.75 # 1/21/2023 Dayna Thompson

Name	Yr	School	Finals
Section 1			
1 Watkins, Simone	SR	Howard	24.85#
2 Woodruff, Aniya	SO	Howard	25.09#
3 Turner, Zoe	SO	Howard	25.75#
4 Castillo, Leyanis	FR	Howard	27.56
Section 2			
1 Morris, Sanaa	SO	Howard	26.18
2 Cooper, Kayla	SO	District of	26.43
3 Ross, Kennedy	FR	Howard	26.77
4 Anderson, Janelle	JR	Shenandoah	27.59
Section 3			
1 Francis, Tukey	SO	District of	26.36
2 Byrnes, Brigid	FR	Catholic	27.17
3 Holness, Kamryn	FR	George Washi	27.56
4 Buynum, Rashelle	SO	Unattached	28.94
Section 4			
1 Jackson, Iyanna	JR	District of	26.46
2 Randell, Nia	FR	Virginia Uni	27.01

Robert Comstock Cardinal Classic - 1/20/2024

PG Sports Complex
Results - Meet Order

Section 4 ... (Women 200 Meter Dash)

Name	Yr	School	Finals
3 Sidoro, Sarah	SO	Shenandoah	27.75
4 Wetzell, Hannah	SR	Gallaudet	27.90

Section 5

1 Brown, Oceana	FR	Gallaudet	27.52
2 Hernandez, Mariela	FR	District of	27.86

Section 6

1 Johnson, Jailyn	FR	Virginia Uni	26.84
2 Fontaine, Kam'Ryn	FR	Bowie State	27.29
3 Robinson, Alayna	FR	Virginia Uni	27.46
4 Giampietro, Felicity	FR	Catholic	27.82

Section 7

1 Shelton, Kayleigh	SO	District of	27.43
2 Faulk, Mylah	FR	Bowie State	27.60
3 Schumacher, Sarah	SO	Catholic	27.78
4 Sweet, Caitlyn	JR	Shenandoah	30.68

Section 8

1 Bixenman, Ellie	SR	Catholic	28.15
2 Bates, Olivia	SO	Bridgewater	28.15
3 Marsh, Clare	JR	Catholic	28.19
4 Johnson, Jahlia	FR	Mount St. Ma	28.55

Section 9

1 Buckley, Erin	FR	Catholic	27.84
2 Acker, Alana	FR	Goucher	28.16
3 Cheney, Dorian	JR	Goucher	29.28
4 Spriggs, Kyera	JR	Bowie State	30.27

Section 10

1 Conklin, Deziree	JR	Marymount (V)	28.67
2 Rivera, Sasha	FR	Hood	29.12
3 Hsia, Anna	SO	Mount St. Ma	29.17
4 Noel, Destiny	JR	Marymount (V)	29.34

Section 11

1 Minor, Tenae	JR	Virginia Uni	27.88
2 Taylor, Roselyn	JR	Hood	29.56
3 Scheibach, Hannah	FR	Hood	31.58
4 Berrios, Priscilla	SO	Gallaudet	33.20

Section 12

1 Neall, Nora	FR	Goucher	29.39
2 Roscetti, Marisa	FR	Marymount (V)	30.15
3 Johnson, Amirah	FR	Mary Baldwin	33.06
4 Ott, Maia	SO	Mary Baldwin	34.28

Section 13

1 Asiedu, Ray	FR	Goucher	27.68
2 Martinez, Anavaleria	SO	Mount St. Ma	29.31
3 Hoover, Katya	JR	Shenandoah	31.02

Women 400 Meter Dash

Meet Record: 1:01.23 # 1/21/2023 Dayna Thompson

Name	Yr	School	Finals
1 Norton, Sherri-Ann	JR	Howard	1:00.91#
2 Dunbar, Kaya-Rae	SR	Howard	1:02.52
3 Gray-Williams, Ai'yana	FR	Howard	1:02.61

Section 2

1 Pittman, Tiffani Rae	JR	Howard	57.22#
2 Robinson, Mackenzie	FR	Howard	1:00.74#
3 Francis, Tukey	SO	District of	1:00.75#
4 Faulk, Mylah	FR	Bowie State	1:01.69

Section 3

1 Collins, Kailei	SR	Howard	59.77#
2 Middlebrooks, Toni	FR	Virginia Uni	1:00.07#
3 Beniquez, Sabrina	FR	Catholic	1:01.98

Section 4

1 Johnson, Jailyn	FR	Virginia Uni	1:00.47#
2 Van Voorhis, Haley	JR	Shenandoah	1:04.72
3 McConnell, Mia	FR	Catholic	1:04.99
4 Turner, Ashanti	JR	Bowie State	1:11.79

Section 5

1 Thompson, Dayna	SO	District of	1:03.63
2 Brown, Zoey	FR	Catholic	1:04.00
3 Jackson, Iyanna	JR	District of	1:04.71
4 Omoniyi, Blessing	JR	Unattached	1:12.44

Section 6

1 Hernandez, Mariela	FR	District of	1:04.59
2 Hubbard, Alexis	JR	Shenandoah	1:05.54
3 Long, Kirsten	SR	George Washi	1:06.10

Section 7

1 Spriggs, Kyera	JR	Bowie State	1:08.31
2 Lountchenko, Sonia	SO	George Washi	1:09.19
3 Pezenosky, Megan	SO	Hood	1:09.36
4 Washington, Skye	SO	Goucher	1:10.47

Section 8

1 Ruiz, Kaitlyn	FR	Shenandoah	1:02.04
2 Fort, Nykia	SO	Virginia Uni	1:08.88
3 Sanford, Briley	FR	Hood	1:11.27

Women 800 Meter Run

Meet Record: 2:18.38 # 1/21/2023 Lexi Seifert

Name	Yr	School	Finals
Section 1			
1 #1 Nadel, Sam		Unattached	2:18.29#
2 Thornton-Fillyaw, Tanise	SO	Goucher	2:18.67
3 Gaspers, Apolline	JR	Catholic	2:19.38
4 Miller, Jordyn	SO	Howard	2:20.70
5 Sheppard, Rainn	FR	District of	2:27.95
Section 2			
1 Cerda, Lauren	SR	Catholic	2:22.23
2 Morrison, Samantha	SO	District of	2:25.58
3 Boylan, Una	FR	George Washi	2:25.72
4 Grassi, Alexa	FR	Catholic	2:26.01
5 Dinneen, Lola	FR	George Washi	2:35.15
6 Morris, Cathrina	SR	Howard	2:48.52
7 Hunter, Jasmyn	JR	Howard	2:55.40
Section 3			
1 Mazumder, Rita	SO	George Washi	2:24.52
2 Seam, Sarah	FR	Howard	2:27.63
3 Thrush, Makenna	JR	Shenandoah	2:29.40

Robert Comstock Cardinal Classic - 1/20/2024

PG Sports Complex
Results - Meet Order

Section 3 ... (Women 800 Meter Run)

Name	Yr	School	Finals
4 Lovelace, Abigail	FR	Johns Hopkin	2:35.55
5 Plowman, Mackenzie	JR	Shenandoah	2:39.01
6 Wilkes, Chacoia	SR	District of	2:42.38
7 Lewis, Destiny	SO	Bowie State	2:43.12
8 Stephens, Mikayla	FR	Marymount (V)	2:43.33
9 Kadiri, Victoria	JR	Johns Hopkin	2:46.86

Section 4

1 Campbell, Victoria	SO	Howard	2:31.71
2 Nicely, Emma	JR	Shenandoah	2:38.09
3 Hughes, Abby	FR	Marymount (V)	2:41.10
4 Noy, Aylene	SO	Hood	2:43.08
5 Ugbong, Zynobia	JR	Bowie State	2:43.12
6 Donoho, Jaelyn	SO	Johns Hopkin	2:45.93
7 Lozzi, Kate	SR	Catholic	2:46.59
8 Fields, Nasya	FR	Bowie State	2:51.40

Section 5

1 Garrison, Angell	SO	Virginia Uni	2:43.24
2 Mulholland, Megan	SO	Hood	2:43.56
3 Green, Izzy	FR	Bridgewater	2:43.93
4 Bartman, Marin	SO	Hood	2:56.83
5 Epperson, Alyssa	SR	Mary Baldwin	2:59.24
6 Lee, Kayla	JR	Virginia Uni	3:08.98

Women 1 Mile Run

Meet Record: 5:02.08 # 1/21/2023 Sarah Mitchell

Name	Yr	School	Finals
Section 1			
1 #1 Nadel, Sam		Unattached	5:01.65#
2 Mitchell, Sarah	SO	George Washi	5:05.02
3 Boylan, Una	FR	George Washi	5:09.62
4 Syftestad, Olivia	JR	George Washi	5:11.45
5 Cerda, Lauren	SR	Catholic	5:14.38
6 McDonald, Breanna	SR	Howard	5:21.34
7 Shanes, Julia	FR	George Washi	5:27.58
8 Delp, Reese	FR	Unattached	5:28.50
9 Ruffino, Catherine	SR	George Washi	5:34.27
10 Dinneen, Lola	FR	George Washi	5:37.65
11 Peterson, Sherisse	JR	Howard	5:47.25
--- Thornton-Fillyaw, Tanise	SO	Goucher	DNF

Section 2

1 Nicely, Emma	JR	Shenandoah	5:49.94
2 Pla, Isabella	SO	Mount St. Ma	5:57.24
3 Hill, Makayla	FR	Bowie State	6:00.61
4 Green, Izzy	FR	Bridgewater	6:18.68
5 Garcia, Madison	SO	Mount St. Ma	6:24.38
6 Howell, Grace	SR	Bridgewater	6:26.34
7 Gaudier, Mya	FR	Mary Baldwin	7:26.70
8 Nguyen, Taylor	SR	Gallaudet	8:05.89
9 Salcedo Benavides, Melany	FR	Gallaudet	8:44.16

Women 3000 Meter Run

Meet Record: 10:20.88 # 1/21/2023 Katie Kinkead

Name	Yr	School	Finals
Section 1			
1 Inglis, Kate	JR	Catholic	10:42.43
2 Young, Mackenzie	SR	Bridgewater	10:46.58
3 Smeds, Emily	JR	Bridgewater	10:52.29
4 Abood, Sadie	SR	Catholic	10:59.29
5 Friedrich, Emma	FR	George Washi	11:05.86
6 Nussey, Georgia	JR	Catholic	11:08.22
7 Finnegan, Avery	SO	Marymount (V)	11:09.35
8 Robinson, Ashley	SO	George Washi	11:15.22
9 Helman, Cora	FR	Shenandoah	12:50.81
10 Williamson, Molly	JR	Bridgewater	12:52.14
11 Dillaway, Johannah	JR	Mary Baldwin	13:27.13
12 Weirsky, Gabrielle	SO	Marymount (V)	13:33.15
13 Pare, Madeleine	SO	Marymount (V)	13:43.74
14 Bah, Isatu	SO	District of	13:43.82
15 Aguilar, Sofia	SO	Mount St. Ma	13:43.91

Women 5000 Meter Run

Meet Record: 18:07.79 # 1/21/2023 Isabelle Pardew

Name	Yr	School	Finals
Section 1			
1 Thrush, Makenna	JR	Shenandoah	18:35.93
2 Madrigal, Emma	SO	Shenandoah	19:31.09
3 McMahon, Laurel	FR	Catholic	19:40.90
4 Christy, Sarah	JR	Shenandoah	19:47.52
5 Noecker, Stella	SR	Catholic	19:50.48
6 Earle, Sarah	JR	Bridgewater	20:10.02
7 Clarkson, Allie	SO	Shenandoah	20:22.77
8 Plowman, Mackenzie	JR	Shenandoah	20:34.61
9 Majewski, Mia	FR	Catholic	21:54.47
10 Larcombe, Elena	SR	Bridgewater	23:55.84

Women 60 Meter Hurdles

Meet Record: 9.49 # 1/21/2023 Victoria Kadiri

Name	Yr	School	Prelims
Heat 1 Preliminaries			
1 Kadiri, Victoria	JR	Johns Hopkin	# 9.23q
2 Byrnes, Brigid	FR	Catholic	9.72q
3 Hamer, Brooke	SO	Marymount (V)	10.30
4 McConnell, Mia	FR	Catholic	10.48
5 Grant, Ariana	SO	Marymount (V)	10.48
6 Gethard, Julia	FR	Catholic	11.24
7 Lovelace, Abigail	FR	Johns Hopkin	11.27
Heat 2 Preliminaries			
1 Thompson, Lauren	SO	Howard	# 9.05q
2 Shelton, Kayleigh	SO	District of	# 9.29q
3 Donoho, Jaelyn	SO	Johns Hopkin	10.19
4 Vo, Alicia	FR	Catholic	10.37
5 Brown, Cassidy	JR	Johns Hopkin	11.81
Heat 3 Preliminaries			
1 Conklin, Deziree	JR	Marymount (V)	9.64q
2 Tomasek, Edith	FR	Catholic	9.96q

Robert Comstock Cardinal Classic - 1/20/2024

PG Sports Complex
Results - Meet Order

Heat 3 Preliminaries ... (Women 60 Meter Hurdles)

Name	Yr	School	Prelims
3 Bates, Olivia	SO	Bridgewater	10.15

Heat 4 Preliminaries

1 Hunter, Jasmyn	JR	Howard	# 8.90q
2 Wajd, Jazmyn	SO	Howard	# 9.15q
3 Hearn, Grace	SR	Mary Baldwin	10.62
4 Graham, Zahra	SO	Bowie State	10.84
5 Myrick, Emani	JR	Virginia Uni	11.69
6 Beniquez, Sabrina	FR	Catholic	11.83
7 Eastridge, Hannah	JR	Mary Baldwin	12.68

Women 60 Meter Hurdles

Meet Record: 9.49 # 1/21/2023 Victoria Kadiri

Name	Yr	School	Finals
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Section 1 Finals

1 Hunter, Jasmyn	JR	Howard	8.86#
2 Wajd, Jazmyn	SO	Howard	8.89#
3 Thompson, Lauren	SO	Howard	8.96#
4 Shelton, Kayleigh	SO	District of	9.24#
5 Conklin, Deziree	JR	Marymount (V)	9.42#
6 Byrnes, Brigid	FR	Catholic	9.46#
7 Tomasek, Edith	FR	Catholic	10.08

Women 4x400 Meter Relay

Meet Record: 4:18.17 # 1/21/2023 District of Columbia

D Thompson, A Jarrett, K Shelton, T Francis

Team	Relay	Finals
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Section 1

1 Howard	C	3:54.18#
1) Thompson, Lauren SO	2) Watkins, Simone SR	
3) Ross, Kennedy FR	4) Turner, Zoe SO	
2 Howard	B	4:01.72#
1) Morris, Cathrina SR	2) Morris, Sanaa SO	
3) Norton, Sherri-Ann JR	4) Robinson, Mackenzie FR	
3 Howard	A	4:04.22#
1) Castillo, Leyanis FR	2) Dunbar, Kaya-Rae SR	
3) Gray-Williams, Ai'yana FR	4) Pittman, Tiffani Rae JR	
--- Virginia Union	A	DNF
1) Middlebrooks, Toni FR	2) Robinson, Alayna FR	
3) Randell, Nia FR	4) Johnson, Jailyn FR	

Section 2

1 Shenandoah	A	4:22.84
1) Ruiz, Kaitlyn FR	2) Raczkowski, Kalee FR	
3) Oleksy, Amy SO	4) Nicely, Emma JR	
2 Catholic	A	4:27.06
1) Brown, Zoey FR	2) Schumacher, Sarah SO	
3) Giampietro, Felicity FR	4) McConnell, Mia FR	
3 Catholic	B	4:29.91
1) Moehringer, Emily JR	2) Gaspers, Apolline JR	
3) Inglis, Kate JR	4) Lozzi, Kate SR	

Section 3

1 Bowie State	B	4:23.47
1) Spriggs, Kyera JR	2) Hill, Makayla FR	
3) Ugbong, Zynobia JR	4) Fields, Nasya FR	

2 Marymount (Va.)	A	4:32.17
1) Conklin, Deziree JR	2) Grant, Ariana SO	
3) Hamer, Brooke SO	4) Matias, Paola FR	
3 Goucher	A	4:42.72
1) Thornton-Fillyaw, Tanise SO	2) Asiedu, Ray FR	
3) Neall, Nora FR	4) Washington, Skye SO	

Women Distance Medley

Team	Relay	Finals
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Section 1

1 Marymount (Va.)	A	13:45.81
1) Finnegan, Avery SO	2) Hughes, Abby FR	
3) Stephens, Mikayla FR	4) Amerlinck, Brier FR	
2 District of Columbia	A	14:19.56
1) Bah, Isatu SO	2) Morrison, Samantha SO	
3) Wilkes, Chacoia SR	4) Sheppard, Rainn FR	
3 Hood	A	14:40.86
1) Bartman, Marin SO	2) Castillo, Gloria JR	
3) Rivera, Sasha FR	4) Noy, Aylene SO	
4 Hood	B	14:48.17
1) Sanford, Briley FR	2) Taylor, Roselyn JR	
3) Pezenosky, Megan SO	4) Mulholland, Megan SO	

Women High Jump

Meet Record: 1.61m # 1/21/2023 Josey Reineman

Name	Yr	School	Finals
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Flight 1

1 Bayak, Nyagoa	SR	Howard	1.72m#
2 Shaw, Zoe	SO	District of	1.52m
3 Lovelace, Abigail	FR	Johns Hopkin	1.47m
3 Graham, Zahra	SO	Bowie State	1.47m
5 Smalls, Minyarn	SR	Howard	1.42m
5 Freimane, Dana	FR	Marymount (V)	1.42m
5 Fort, Nykia	SO	Virginia Uni	1.42m
5 Donoho, Jaclyn	SO	Johns Hopkin	1.42m
5 Wallace, Summer	FR	Bridgewater	1.42m
10 Lane, Jade	JR	Virginia Uni	1.37m
10 Vo, Alicia	FR	Catholic	1.37m
10 Cheney, Dorian	JR	Goucher	1.37m
10 Cutting, Courtney	SR	Catholic	1.37m
14 Spriggs, Kyera	JR	Bowie State	1.32m
--- Gethard, Julia	FR	Catholic	NH
--- Ott, Maia	SO	Mary Baldwin	NH

Women Pole Vault

Meet Record: 3.35m # 1/21/2023 Sarah-Caulley Soto

Name	Yr	School	Finals
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Flight 1

1 Brown, Cassidy	JR	Johns Hopkin	3.20m
2 Soto, Sarah-Caulley	SO	Johns Hopkin	J3.20m
3 Skelton, Bianca	SR	Johns Hopkin	J3.20m
4 Grant, Ariana	SO	Marymount (V)	3.05m
--- Nelson, Lilian	JR	Gallaudet	NH

Robert Comstock Cardinal Classic - 1/20/2024

PG Sports Complex
Results - Meet Order

Women Long Jump

Meet Record: 5.02m # 1/21/2023 Dorian Cheney

Name	Yr	School	Finals
Flight 1			
1		Usa-Ja Track	5.05m#
2		Usa-Ja Track	4.55m
3	FR	Marymount (V)	4.44m
4	SO	Unattached	4.39m
5	JR	Mary Baldwin	4.27m
6	JR	Bowie State	4.13m
6	SR	Mary Baldwin	4.13m
8	FR	Catholic	4.12m
9	SO	Marymount (V)	3.98m
10	JR	Mary Baldwin	3.34m
---	FR	Goucher	FOUL
Flight 2			
1	SO	District of	5.00m
2	SR	Howard	4.82m
3	SR	Bridgewater	4.78m
4	SO	Bridgewater	4.68m
5	SO	Johns Hopkin	4.59m
6	FR	Johns Hopkin	4.43m
7	SR	Catholic	4.41m
8	SO	Catholic	4.40m
9	JR	Unattached	4.32m
10	JR	Hood	4.30m
11	FR	Goucher	4.22m
Flight 3			
1	JR	Mount St. Ma	5.30m#
2	JR	Howard	5.29m#
3	SR	Gallaudet	5.19m#
3	FR	Howard	5.19m#
5	FR	Johns Hopkin	5.08m#
6	JR	Shenandoah	5.05m#
7	FR	Catholic	4.88m
8	JR	Johns Hopkin	4.80m
9	JR	Virginia Uni	4.53m
10	JR	Goucher	4.48m

Women Triple Jump

Meet Record: 10.99m # 1/21/2023 Carter Hinton-Ayodele

Name	Yr	School	Finals
Flight 1			
1	FR	Bowie State	10.39m
2	SO	Bridgewater	10.28m
3	SO	Bowie State	10.26m
4	FR	Catholic	10.02m
5		Usa-Ja Track	9.81m
6	FR	Bridgewater	9.72m
7	SR	Bridgewater	9.52m
8	FR	Catholic	9.50m
9	SR	Mary Baldwin	9.22m
Flight 2			
1	JR	Johns Hopkin	12.86m#

2	Delafosse, Aniella	SR	Unattached	12.75m#
3	Udo, Jean		Unattached	11.62m#
4	Armstrong, Kelis	SO	Howard	11.56m#
5	Valpy, Madelyn	FR	Mount St. Ma	11.17m#
6	Wajd, Jazmyn	SO	Howard	11.13m#
7	Shaw, Zoe	SO	District of	10.92m
8	Smith, Simone	JR	Mount St. Ma	10.78m

Women Shot Put

Name	Yr	School	Finals
Flight 1			
1		Unattached	10.30m
2	FR	Marymount (V)	9.57m
3	FR	Mount St. Ma	9.45m
4	SR	Mount St. Ma	9.10m
5	FR	Catholic	8.99m
6	SR	Mary Baldwin	8.96m
7	FR	Bowie State	8.72m
8	SO	Johns Hopkin	8.38m
9	FR	Marymount (V)	8.21m
10	SO	Unattached	8.17m
11	FR	Catholic	8.03m
12	FR	Virginia Uni	7.69m
13	FR	Unattached	7.58m
14	FR	Mary Baldwin	6.68m
Flight 2			
1	SR	Howard	13.20m
2	SR	Bowie State	12.90m
3	JR	Catholic	11.38m
4	SO	Howard	11.34m
5	SR	Shenandoah	10.95m
6	JR	Shenandoah	10.85m
7	FR	Howard	10.73m
8	JR	Johns Hopkin	10.22m
9	JR	Shenandoah	10.20m
10	SO	Johns Hopkin	10.17m
11	FR	Bridgewater	9.59m
12	SO	Johns Hopkin	6.97m
---	SO	District of	FOUL

Women Weight Throw

Meet Record: 15.04m # 1/21/2023 Emmanuela Kouami- Katou

Name	Yr	School	Finals
Flight 1			
1	SO	Unattached	11.65m
2	FR	Marymount (V)	10.88m
3	JR	Johns Hopkin	9.52m
4	FR	Unattached	9.28m
5	SO	Johns Hopkin	8.95m
6	FR	Catholic	8.53m
7	FR	Catholic	8.33m
8	SR	Mary Baldwin	7.90m
9	FR	Marymount (V)	7.76m
10	SO	Hood	6.91m
11	JR	Mary Baldwin	6.08m
12	SR	Mary Baldwin	4.66m

Robert Comstock Cardinal Classic - 1/20/2024

PG Sports Complex
Results - Meet Order

Flight 2 ... (Women Weight Throw)

	Name	Yr	School	Finals
Flight 2				
1	Hatcher, Erin	SR	Howard	18.23m#
2	Felston, Kiara	SR	Shenandoah	17.59m#
3	Banwo, Temi	SO	Howard	16.51m#
4	Morgan, Brianna	SO	Bridgewater	13.66m
5	Mikolay, Abby	FR	Bridgewater	13.42m
6	Kouami- Katou, Emmanuela	SO	District of	13.12m
6	Rendfrey, Jessica	JR	Shenandoah	13.12m
8	Donegan, Ciara	JR	Catholic	12.42m
9	Early, Na'Shae	JR	Bowie State	12.26m
10	Poindexter, Jamesia		Unattached	11.52m
11	Bagwell, Syanni	SR	Mount St. Ma	11.49m
12	Williams, Phoebe	SO	Johns Hopkin	11.08m
13	Maxwell, Molly	JR	Catholic	10.97m
14	Gray, Kylah	SR	Bridgewater	10.77m
15	Yalley Biney, Godwina	FR	Mount St. Ma	8.45m