

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****Women 60 Meter Dash**

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ODAC Rec: # 7.46 2018 Harlan Quinn, Roanoke
Meet Rec: $ 7.46 2018 Harlan Quinn, Roanoke
Name Year School Prelims H#
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Preliminaries

	Name	Year	School	Prelims	H#
1	Tate, Natashe		Virginia Wesleyan	7.72Q	3
2	Seward, Aniya		Lynchburg	7.87Q	2
3	Gamble, Katelyn		Washington and Lee	7.93Q	1
4	Hathaway, Julia		Virginia Wesleyan	7.94q	1
5	Anderson, Janelle		Shenandoah	7.97q	3
6	Buckles, Jade		Bridgewater (Va.)	8.02q	2
7	Hoggard, Lyric		Virginia Wesleyan	8.04q	3
8	Poole, Taylor		Roanoke	8.06q	2
9	Henderson, Nalonda		Roanoke	8.08	2
10	Smith, Kendra		Randolph	8.11	1
11	Hinckley, Eleanor		Roanoke	8.12	1
12	Watson, Ayeshia		Hollins	8.14	3
13	Langston, Tatianna		Randolph	8.16	1
14	Chapman, Kennedy		Virginia Wesleyan	8.19	1 8.188
15	Patterson, Jazmine		Hollins	8.19	2 8.190
16	Sidoro, Sarah		Shenandoah	8.26	3
17	Wenger, Elizabeth		Lynchburg	8.27	2
18	Mosley, Tiyjah		Virginia Wesleyan	8.29	2
19	Bangura, Saida		Averett	8.31	3
20	Richardson, Heaven		Guilford	8.38	3
21	Williams, Asia		Averett	8.52	1
22	Lewis, Cassidy		Averett	8.61	2
23	Beverley, Airiana		Ferrum	8.66	3
24	Showers, Kasi		Bridgewater (Va.)	8.77	1

Women 60 Meter Dash

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ODAC Rec: # 7.46 2018 Harlan Quinn, Roanoke
Meet Rec: $ 7.46 2018 Harlan Quinn, Roanoke
Name Year School Finals Points
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Finals

	Name	Year	School	Finals	Points
1	Tate, Natashe		Virginia Wesleyan	7.64	10
2	Gamble, Katelyn		Washington and Lee	7.98	8
3	Anderson, Janelle		Shenandoah	8.04	6
4	Buckles, Jade		Bridgewater (Va.)	8.06	5 8.053
5	Hoggard, Lyric		Virginia Wesleyan	8.06	4 8.057
6	Poole, Taylor		Roanoke	8.10	3

Women 200 Meter Dash

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ODAC Rec: # 24.15 2017 Amber Celen, Bridgewater
Meet Rec: $ 24.92 2017 Amber Celen, Bridgewater
Name Year School Finals H# Points
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1	Gamble, Haylee		Roanoke	25.92	5	10
2	Wallace, Summer		Bridgewater (Va.)	26.24	4	8
3	Tate, Natashe		Virginia Wesleyan	26.25	5	6
4	Mohnkern, Betsy		Lynchburg	26.53	5	5
5	Hobin, Lindsey		Roanoke	26.59	5	4

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Results

...Women 200 Meter Dash

6	Hinckley, Eleanor	Roanoke	26.79	4	3	26.787
7	Chapman, Kennedy	Virginia Wesleyan	26.79	3	2	26.790
8	Barnes, Vuronika	Lynchburg	26.88	4	1	
9	Buckles, Jade	Bridgewater (Va.)	26.89	4		
10	Patterson, Jazmine	Hollins	27.05	3		
11	Langston, Tatianna	Randolph	27.09	3		
12	Anderson, Janelle	Shenandoah	27.15	3		
13	Watson, Ayeshia	Hollins	27.16	2		
14	Ruiz, Kaitlyn	Shenandoah	27.27	3		
15	Smith, Kiara	Lynchburg	27.32	2		27.316
16	Wenger, Elizabeth	Lynchburg	27.32	2		27.318
17	Hubbard, Alexis	Shenandoah	27.45	2		
18	Sutliff, Annabelle	Washington and Lee	27.75	2		
19	Parsons, Mahlia	Lynchburg	28.19	1		
20	Bangura, Saida	Averett	28.28	1		
21	Lewis, Cassidy	Averett	28.42	1		
22	Fox, Margo	Lynchburg	28.76	1		

Women 400 Meter Run

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ODAC Rec: # 56.04		2008	Robin Yerkes, Roanoke			
Meet Rec: \$ 58.12		2016	Dana Lee, Washington and Lee			
Name	Year	School	Finals	H#	Points	
=====						
1	Ruiz, Kaitlyn	Shenandoah	59.32	4	10	
	27.430 (27.430)	59.316 (31.886)				
2	Gamble, Haylee	Roanoke	1:00.14	5	8	
	27.632 (27.632)	1:00.138 (32.506)				
3	Barnes, Vuronika	Lynchburg	1:00.26	4	6	
	27.505 (27.505)	1:00.258 (32.753)				
4	Evans, Jesma	Washington and Lee	1:00.47	3	5	
	28.058 (28.058)	1:00.470 (32.412)				
5	Hefferon, Mikayla	Roanoke	1:00.79	4	4	
	28.063 (28.063)	1:00.782 (32.719)				
6	Bobst, Allison	Lynchburg	1:00.92	5	3	
	27.907 (27.907)	1:00.911 (33.004)				
7	Hobin, Lindsey	Roanoke	1:00.93	5	2	
	27.467 (27.467)	1:00.925 (33.458)				
8	Palethorpe, Jordynn	Washington and Lee	1:01.48	4	1	
	28.041 (28.041)	1:01.471 (33.430)				
9	Taylor, Jessica	Randolph	1:01.89	2		
	28.772 (28.772)	1:01.886 (33.114)				
10	Barnes, Amia	Virginia Wesleyan	1:02.00	5		
	28.276 (28.276)	1:01.994 (33.718)				
11	Ladner, Ophelia	Roanoke	1:02.49	2		
	28.741 (28.741)	1:02.483 (33.742)				
12	Patterson, Jazmine	Hollins	1:02.55	3		
	28.979 (28.979)	1:02.542 (33.563)				
13	Sidoro, Sarah	Shenandoah	1:02.87	3		
	29.424 (29.424)	1:02.862 (33.438)				
14	Lee, Simmons	Washington and Lee	1:02.91	2		
	29.477 (29.477)	1:02.910 (33.433)				
15	Molina-Shuman, Maryrose	Roanoke	1:03.04	2		
	29.060 (29.060)	1:03.033 (33.973)				

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16 Van Voorhis, Haley	Shenandoah	1:04.41	1
29.834 (29.834)	1:04.401 (34.567)		
17 Little, Samaria	Lynchburg	1:04.56	1
30.105 (30.105)	1:04.558 (34.453)		
18 Miller, Anna	Lynchburg	1:04.88	1
30.244 (30.244)	1:04.876 (34.632)		
19 Lewis, Cassidy	Averett	1:04.91	1
30.945 (30.945)	1:04.909 (33.964)		

Women 800 Meter Run

ODAC Rec: # 2:10.36 2012 Carmen Graves, Roanoke

Meet Rec: \$ 2:16.51 2/27/2023 Hailey Smith, Lynchburg

Name Year School Finals H# Points

1 Clingenpeel, Ella	Virginia Wesleyan	2:22.14	3	10
35.206 (35.206)	1:10.957 (35.751)	1:47.458 (36.501)		2:22.140 (34.682)
2 Silva, Molly	Lynchburg	2:22.40	3	8
34.966 (34.966)	1:10.264 (35.298)	1:47.199 (36.935)		2:22.398 (35.199)
3 Thomas, Lauren	Lynchburg	2:22.84	3	6
34.435 (34.435)	1:09.736 (35.301)	1:46.912 (37.176)		2:22.840 (35.928)
4 Williams, Annalise	Lynchburg	2:24.52	3	5
34.887 (34.887)	1:11.261 (36.374)	1:48.651 (37.390)		2:24.512 (35.861)
5 Oleksy, Amy	Shenandoah	2:25.50	3	4
35.843 (35.843)	1:11.734 (35.891)	1:48.677 (36.943)		2:25.492 (36.815)
6 Nicely, Emma	Shenandoah	2:26.23	2	3
35.330 (35.330)	1:10.322 (34.992)	1:46.803 (36.481)		2:26.230 (39.427)
7 Plowman, Mackenzie	Shenandoah	2:26.39	3	2
35.580 (35.580)	1:11.114 (35.534)	1:48.116 (37.002)		2:26.388 (38.272)
8 Edwards, Hannah	Lynchburg	2:27.58	3	1
35.115 (35.115)	1:10.616 (35.501)	1:50.890 (40.274)		2:27.580 (36.690)
9 Asefa, Elili	Eastern Mennonite	2:27.90	2	
35.700 (35.700)	1:12.239 (36.539)	1:51.164 (38.925)		2:27.899 (36.735)
10 Vera, Adia	Washington and Lee	2:29.72	2	
35.959 (35.959)	1:12.937 (36.978)	1:51.817 (38.880)		2:29.717 (37.900)
11 Svaerd, Vendela	Roanoke	2:30.22	1	
36.604 (36.604)	1:13.600 (36.996)	1:51.773 (38.173)		2:30.212 (38.439)
12 Mast, Halie	Eastern Mennonite	2:30.76	1	
35.878 (35.878)	1:13.289 (37.411)	1:52.133 (38.844)		2:30.758 (38.625)
13 Preziotti, Alex	Washington and Lee	2:31.55	2	
35.266 (35.266)	1:11.742 (36.476)	1:51.394 (39.652)		2:31.542 (40.148)
14 Graziano, Lucie	Washington and Lee	2:32.05	2	
35.510 (35.510)	1:11.883 (36.373)	1:51.476 (39.593)		2:32.046 (40.570)
15 Luczak, Brenna	Washington and Lee	2:32.27	3	
35.345 (35.345)	1:12.371 (37.026)	1:51.338 (38.967)		2:32.261 (40.923)
16 Petrucelli, Sofia	Washington and Lee	2:33.04	1	
37.543 (37.543)	1:15.593 (38.050)	1:55.214 (39.621)		2:33.033 (37.819)
17 Gallaher, Allie	Roanoke	2:34.91	1	
37.958 (37.958)	1:15.729 (37.771)	1:55.350 (39.621)		2:34.909 (39.559)
18 Barnes, Kate	Washington and Lee	2:35.09	1	
37.599 (37.599)	1:15.983 (38.384)	1:56.060 (40.077)		2:35.082 (39.022)
19 MaGee, Evelyn	Roanoke	2:35.40	1	
37.842 (37.842)	1:16.195 (38.353)	1:56.341 (40.146)		2:35.394 (39.053)
20 Coleman, Kiera	Virginia Wesleyan	2:36.86	2	
35.738 (35.738)	1:12.867 (37.129)	1:54.229 (41.362)		2:36.851 (42.622)

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Results

...Women 800 Meter Run

21 Green, Izzy	Bridgewater (Va.)	2:37.68	1		
38.118 (38.118)	1:16.466 (38.348)	1:56.694 (40.228)		2:37.676 (40.982)	
22 Gardiner, Vanessa	Eastern Mennonite	2:39.83	1		
38.387 (38.387)	1:16.706 (38.319)	1:58.000 (41.294)		2:39.829 (41.829)	

Women 1 Mile Run

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ODAC Rec: #	4:54.01	2017	Marissa Coombs, Virginia Wesleyan		
Meet Rec: \$	5:02.01	2017	Marrissa Coombs, Virginia Wesleyan		
Name	Year	School	Finals	H#	Points
=====					
1 Werner, Kayla		Lynchburg	5:04.90	2	10
38.047 (38.047)	1:15.987 (37.940)	1:53.996 (38.009)		2:32.267 (38.272)	
3:11.346 (39.079)	3:50.010 (38.664)	4:28.101 (38.092)		5:04.893 (36.793)	
2 Young, Mackenzie		Bridgewater (Va.)	5:07.96	2	8
38.503 (38.503)	1:16.953 (38.450)	1:55.316 (38.363)		2:33.475 (38.159)	
3:12.615 (39.140)	3:52.071 (39.457)	4:30.711 (38.640)		5:07.952 (37.242)	
3 Massey, Lauren		Lynchburg	5:08.78	2	6
38.342 (38.342)	1:16.406 (38.064)	1:54.928 (38.523)		2:33.716 (38.788)	
3:12.935 (39.219)	3:52.420 (39.485)	4:31.410 (38.990)		5:08.778 (37.369)	
4 Silva, Molly		Lynchburg	5:13.28	2	5
38.515 (38.515)	1:16.651 (38.137)	1:54.612 (37.962)		2:32.651 (38.039)	
3:11.598 (38.948)	3:50.927 (39.329)	4:31.658 (40.732)		5:13.275 (41.617)	
5 Breschi, Sophia		Washington and Lee	5:15.36	2	4
41.493 (41.493)	1:19.282 (37.789)	1:59.006 (39.724)		2:37.818 (38.813)	
3:16.910 (39.092)	3:56.036 (39.127)	4:35.542 (39.507)		5:15.352 (39.810)	
6 Thrush, Makenna		Shenandoah	5:23.42	2	3
40.842 (40.842)	1:17.243 (36.402)	1:55.642 (38.399)		2:34.352 (38.710)	
3:16.032 (41.680)	3:59.155 (43.123)	4:42.516 (43.362)		5:23.411 (40.895)	
7 Weaver, Jenna		Eastern Mennonite	5:24.99	2	2
43.000 (43.000)	1:23.156 (40.157)	2:04.352 (41.197)		2:45.985 (41.633)	
3:28.068 (42.084)	4:10.110 (42.042)	4:49.781 (39.672)		5:24.986 (35.205)	
8 Oleksy, Amy		Shenandoah	5:25.91	2	1
43.880 (43.880)	1:24.432 (40.553)	2:04.897 (40.465)		2:46.230 (41.333)	
3:28.351 (42.122)	4:10.457 (42.107)	4:49.925 (39.468)		5:25.902 (35.978)	
9 Sansbury, Emily		Washington and Lee	5:30.45	2	
41.208 (41.208)	1:19.042 (37.834)	1:58.735 (39.693)		2:38.502 (39.768)	
3:20.123 (41.622)	4:03.487 (43.364)	4:47.441 (43.954)		5:30.441 (43.000)	
10 Unzicker, Lucy		Eastern Mennonite	5:33.98	2	
43.280 (43.280)	1:23.497 (40.218)	2:04.678 (41.182)		2:47.371 (42.693)	
3:30.222 (42.852)	4:13.272 (43.050)	4:54.835 (41.563)		5:33.976 (39.142)	
11 Christy, Sarah		Shenandoah	5:36.66	1	
41.915 (41.915)	1:19.761 (37.847)	2:01.158 (41.398)		2:43.587 (42.429)	
3:26.110 (42.523)	4:09.627 (43.518)	4:53.881 (44.254)		5:36.653 (42.773)	
12 Madrigal, Emma		Shenandoah	5:44.47	2	
43.751 (43.751)	1:24.133 (40.383)	2:05.985 (41.852)		2:49.296 (43.312)	
3:33.135 (43.839)	4:17.503 (44.369)	5:01.322 (43.819)		5:44.461 (43.139)	
13 Coleman, Kiera		Virginia Wesleyan	5:47.70	1	
42.970 (42.970)	1:25.423 (42.454)	2:09.568 (44.145)		2:52.696 (43.128)	
3:36.862 (44.167)	4:20.400 (43.538)	5:05.261 (44.862)		5:47.696 (42.435)	
14 Aten, Cecelia		Virginia Wesleyan	5:51.80	1	
44.300 (44.300)	1:26.512 (42.213)	2:09.260 (42.748)		2:53.100 (43.840)	
3:37.377 (44.278)	4:22.021 (44.644)	5:06.843 (44.823)		5:51.795 (44.952)	

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Results

...Women 1 Mile Run

15 Gardiner, Vanessa	Eastern Mennonite	5:52.82	1		
40.680 (40.680)	1:20.563 (39.884)	2:03.362 (42.799)		2:48.855 (45.493)	
3:35.257 (46.403)	4:21.568 (46.312)	5:08.201 (46.633)		5:52.818 (44.618)	
16 Lovan, Olivia	Washington and Lee	5:59.06	1		
42.490 (42.490)	1:25.285 (42.795)	2:10.196 (44.912)		2:54.503 (44.308)	
3:40.221 (45.718)	4:28.121 (47.900)	5:15.425 (47.304)		5:59.058 (43.634)	
17 Reid, Savannah	Roanoke	6:05.32	1		
42.062 (42.062)	1:24.943 (42.882)	2:10.841 (45.898)		2:56.442 (45.602)	
3:43.231 (46.789)	4:31.623 (48.393)	5:20.575 (48.952)		6:05.313 (44.739)	
18 Griffin, Gabrielle	Averett	6:20.25	1		
44.435 (44.435)	1:30.218 (45.784)	2:17.713 (47.495)		3:06.825 (49.112)	
3:57.156 (50.332)	4:47.805 (50.649)	5:37.693 (49.889)		6:20.245 (42.552)	
19 Williamson, Molly	Bridgewater (Va.)	6:27.62	1		
48.078 (48.078)	1:36.420 (48.342)	2:24.650 (48.230)		3:12.795 (48.145)	
4:02.080 (49.285)	4:51.603 (49.524)	5:40.340 (48.737)		6:27.618 (47.279)	
-- Howell, Grace	Bridgewater (Va.)	DNF	1		
47.661 (47.661)	1:36.176 (48.515)	2:24.288 (48.113)		3:12.456 (48.168)	

Women 3000 Meter Run

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ODAC Rec: #	9:52.08	2024	Courtney Drumm, Lynchburg			
Meet Rec: \$	10:10.61	2001	Casey Smith, Roanoke			
Name	Year	School	Finals	H#	Points	
=====						
1 Werner, Kayla		Lynchburg	10:21.84	2	10	
44.756 (44.756)	1:30.446 (45.690)	2:15.516 (45.070)			2:57.018 (41.503)	
3:38.989 (41.972)	4:21.296 (42.307)	5:03.868 (42.573)			5:44.633 (40.765)	
6:26.044 (41.412)	7:08.763 (42.719)	7:51.171 (42.408)			8:30.059 (38.889)	
9:08.497 (38.438)	9:45.512 (37.015)	10:21.834 (36.323)				
2 Drumm, Courtney		Lynchburg	10:23.74	2	8	
44.591 (44.591)	1:30.596 (46.005)	2:15.352 (44.757)			2:56.697 (41.345)	
3:38.781 (42.084)	4:21.119 (42.339)	5:03.686 (42.567)			5:44.312 (40.627)	
6:25.754 (41.443)	7:08.497 (42.743)	7:50.886 (42.389)			8:29.716 (38.830)	
9:08.209 (38.494)	9:46.301 (38.092)	10:23.732 (37.432)				
3 Dell, Allison		Lynchburg	10:26.48	2	6	
44.809 (44.809)	1:30.752 (45.943)	2:15.801 (45.049)			2:57.164 (41.364)	
3:39.351 (42.187)	4:21.552 (42.202)	5:04.206 (42.654)			5:44.901 (40.695)	
6:26.324 (41.424)	7:09.002 (42.678)	7:51.401 (42.399)			8:30.673 (39.273)	
9:08.889 (38.217)	9:47.529 (38.640)	10:26.479 (38.950)				
4 Massey, Lauren		Lynchburg	10:33.63	2	5	
44.381 (44.381)	1:30.861 (46.480)	2:15.678 (44.818)			2:56.924 (41.247)	
3:39.174 (42.250)	4:21.454 (42.280)	5:04.014 (42.560)			5:45.292 (41.278)	
6:26.736 (41.444)	7:09.303 (42.568)	7:51.791 (42.488)			8:33.199 (41.409)	
9:15.087 (41.888)	9:56.608 (41.522)	10:33.627 (37.019)				
5 Hamlet, Claire		Washington and Lee	10:34.39	2	4	
44.316 (44.316)	1:30.533 (46.218)	2:15.001 (44.468)			2:56.878 (41.878)	
3:39.532 (42.654)	4:21.774 (42.243)	5:04.284 (42.510)			5:44.037 (39.753)	
6:25.467 (41.430)	7:08.203 (42.737)	7:50.594 (42.392)			8:32.472 (41.878)	
9:14.569 (42.098)	9:57.001 (42.432)	10:34.386 (37.385)				
6 Young, Mackenzie		Bridgewater (Va.)	10:36.17	2	3	
43.876 (43.876)	1:30.208 (46.333)	2:14.607 (44.399)			2:57.119 (42.513)	
3:39.822 (42.703)	4:22.202 (42.380)	5:04.588 (42.387)			5:46.182 (41.594)	
6:27.856 (41.674)	7:09.826 (41.970)	7:52.578 (42.753)			8:34.453 (41.875)	
9:16.981 (42.528)	9:57.866 (40.885)	10:36.166 (38.300)				

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Results

...Women 3000 Meter Run

7	Lotts, Madeline	Shenandoah	10:37.16	2	2		
	45.081 (45.081)	1:30.936 (45.855)	2:15.952 (45.017)			2:57.418 (41.467)	
	3:40.052 (42.634)	4:22.686 (42.634)	5:05.102 (42.417)			5:46.879 (41.778)	
	6:28.234 (41.355)	7:10.297 (42.063)	7:53.247 (42.950)			8:35.914 (42.668)	
	9:19.394 (43.480)	10:00.566 (41.172)	10:37.158 (36.593)				
8	Smeds, Emily	Bridgewater (Va.)	10:40.71	2	1		
	45.101 (45.101)	1:30.116 (45.015)	2:13.676 (43.560)			2:56.341 (42.665)	
	3:38.557 (42.217)	4:20.852 (42.295)	5:03.539 (42.688)			5:45.596 (42.057)	
	6:27.086 (41.490)	7:09.639 (42.554)	7:52.142 (42.503)			8:34.423 (42.282)	
	9:17.388 (42.965)	9:59.783 (42.395)	10:40.708 (40.925)				
9	Werner, Kristen	Lynchburg	10:42.17	2			
	44.739 (44.739)	1:31.238 (46.499)	2:16.074 (44.837)			2:57.872 (41.798)	
	3:39.693 (41.822)	4:22.043 (42.350)	5:04.858 (42.815)			5:46.629 (41.772)	
	6:28.856 (42.227)	7:12.266 (43.410)	7:56.238 (43.973)			8:40.343 (44.105)	
	9:23.581 (43.238)	10:05.107 (41.527)	10:42.168 (37.062)				
10	Breschi, Sophia	Washington and Lee	10:45.03	2			
	44.833 (44.833)	1:31.454 (46.622)	2:16.614 (45.160)			2:58.026 (41.412)	
	3:39.982 (41.957)	4:22.438 (42.457)	5:04.882 (42.444)			5:45.919 (41.038)	
	6:27.463 (41.544)	7:10.007 (42.544)	7:53.031 (43.024)			8:35.747 (42.717)	
	9:19.581 (43.834)	10:03.402 (43.822)	10:45.027 (41.625)				
11	Breyault, Brianna	Washington and Lee	11:05.73	2			
	44.047 (44.047)	1:30.318 (46.272)	2:14.033 (43.715)			2:57.359 (43.327)	
	3:40.236 (42.877)	4:22.914 (42.679)	5:05.834 (42.920)			5:49.642 (43.808)	
	6:34.483 (44.842)	7:20.426 (45.943)	8:06.036 (45.610)			8:51.368 (45.333)	
	9:36.812 (45.444)	10:22.497 (45.685)	11:05.729 (43.233)				
12	Unzicker, Lucy	Eastern Mennonite	11:09.56	2			
	45.464 (45.464)	1:31.792 (46.328)	2:17.204 (45.413)			3:00.597 (43.393)	
	3:45.233 (44.637)	4:29.612 (44.379)	5:14.214 (44.603)			5:57.217 (43.003)	
	6:40.583 (43.367)	7:24.897 (44.314)	8:10.892 (45.995)			8:56.809 (45.918)	
	9:43.067 (46.258)	10:28.522 (45.455)	11:09.556 (41.034)				
13	Spencer, Eve	Washington and Lee	11:12.10	1			
	46.305 (46.305)	1:32.938 (46.634)	2:17.391 (44.453)			3:04.035 (46.644)	
	3:48.690 (44.655)	4:33.346 (44.657)	5:18.786 (45.440)			6:04.541 (45.755)	
	6:50.161 (45.620)	7:35.347 (45.187)	8:20.331 (44.984)			9:05.221 (44.890)	
	9:50.226 (45.005)	10:34.366 (44.140)	11:12.097 (37.732)				
14	Weaver, Jenna	Eastern Mennonite	11:13.91	2			
	45.403 (45.403)	1:31.576 (46.173)	2:16.916 (45.340)			3:00.298 (43.383)	
	3:44.943 (44.645)	4:29.333 (44.390)	5:13.957 (44.624)			5:58.486 (44.529)	
	6:43.103 (44.618)	7:28.586 (45.483)	8:14.231 (45.645)			9:00.157 (45.927)	
	9:46.167 (46.010)	10:31.148 (44.982)	11:13.909 (42.762)				
15	Saulsbury, Delaney	Lynchburg	11:17.17	1			
	46.648 (46.648)	1:33.273 (46.625)	2:17.645 (44.372)			3:03.680 (46.035)	
	3:47.916 (44.237)	4:33.027 (45.112)	5:17.867 (44.840)			6:02.777 (44.910)	
	6:47.915 (45.138)	7:32.480 (44.565)	8:18.481 (46.002)			9:03.757 (45.277)	
	9:49.535 (45.778)	10:34.750 (45.215)	11:17.170 (42.420)				
16	Clodgo, Kristen	Washington and Lee	11:19.09	2			
	44.473 (44.473)	1:31.156 (46.683)	2:16.371 (45.215)			2:57.698 (41.328)	
	3:40.622 (42.924)	4:23.893 (43.272)	5:08.867 (44.974)			5:55.572 (46.705)	
	6:41.132 (45.560)	7:28.376 (47.244)	8:14.492 (46.117)			9:00.193 (45.702)	
	9:47.784 (47.592)	10:35.812 (48.028)	11:19.088 (43.277)				
17	Earle, Sarah	Bridgewater (Va.)	11:20.43	1			
	46.061 (46.061)	1:32.782 (46.722)	2:18.058 (45.277)			3:04.210 (46.152)	
	3:49.162 (44.953)	4:33.575 (44.413)	5:19.108 (45.534)			6:04.875 (45.767)	
	6:49.791 (44.917)	7:34.973 (45.183)	8:19.788 (44.815)			9:04.890 (45.102)	
	9:50.635 (45.745)	10:36.145 (45.510)	11:20.430 (44.285)				

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Results

...Women 3000 Meter Run

18 Hollar, Kaitlyn	Washington and Lee	11:22.48	2		
46.233 (46.233)	1:32.339 (46.107)	2:18.002 (45.663)	3:01.782 (43.780)		
3:45.738 (43.957)	4:30.006 (44.268)	5:15.116 (45.110)	6:01.544 (46.429)		
6:48.219 (46.675)	7:35.638 (47.419)	8:23.444 (47.807)	9:11.447 (48.003)		
9:58.993 (47.547)	10:43.699 (44.707)	11:22.479 (38.780)			
19 Clark, Sarah	Washington and Lee	11:41.38	1		
46.381 (46.381)	1:33.021 (46.640)	2:18.790 (45.769)	3:04.537 (45.748)		
3:49.476 (44.939)	4:34.501 (45.025)	5:20.333 (45.833)	6:07.407 (47.074)		
6:55.318 (47.912)	7:43.793 (48.475)	8:32.813 (49.020)	9:21.955 (49.142)		
10:10.661 (48.707)	10:57.587 (46.927)	11:41.372 (43.785)			
20 Mast, Halie	Eastern Mennonite	11:42.18	2		
45.837 (45.837)	1:32.096 (46.259)	2:17.664 (45.569)	3:02.019 (44.355)		
3:47.523 (45.504)	4:34.286 (46.763)	5:21.636 (47.350)	6:09.326 (47.690)		
6:57.811 (48.485)	7:46.803 (48.993)	8:35.641 (48.838)	9:23.902 (48.262)		
10:11.181 (47.279)	10:57.366 (46.185)	11:42.176 (44.810)			
21 Adams, Hannah	Washington and Lee	11:51.51	1		
46.447 (46.447)	1:33.253 (46.807)	2:18.930 (45.677)	3:03.798 (44.869)		
3:48.966 (45.168)	4:34.703 (45.738)	5:20.555 (45.852)	6:07.597 (47.043)		
6:55.476 (47.879)	7:43.898 (48.423)	8:32.935 (49.037)	9:23.692 (50.758)		
10:14.476 (50.784)	11:04.937 (50.462)	11:51.501 (46.564)			
22 Sindt, Sidney	Lynchburg	11:59.86	1		
47.020 (47.020)	1:34.736 (47.717)	2:22.191 (47.455)	3:09.535 (47.344)		
3:57.873 (48.339)	4:47.271 (49.398)	5:36.581 (49.310)	6:24.787 (48.207)		
7:13.425 (48.638)	8:02.731 (49.307)	8:51.632 (48.902)	9:41.022 (49.390)		
10:29.968 (48.947)	11:17.122 (47.154)	11:59.857 (42.735)			
23 Griffin, Gabrielle	Averett	12:34.98	1		
47.227 (47.227)	1:34.937 (47.710)	2:22.478 (47.542)	3:10.435 (47.957)		
3:59.710 (49.275)	4:51.551 (51.842)	5:44.528 (52.978)	6:37.792 (53.264)		
7:31.390 (53.598)	8:24.016 (52.627)	9:16.703 (52.688)	10:09.667 (52.964)		
11:02.422 (52.755)	11:51.772 (49.350)	12:34.978 (43.207)			

Women 5000 Meter Run

=====						
ODAC Rec: #	17:06.99	2001	Casey Smith, Roanoke			
Meet Rec: \$	17:35.81	2020	English Jackson, Bridgewater			
Name	Year	School	Finals	H#	Points	
=====						
1 Drumm, Courtney		Lynchburg	17:50.48	2	10	
45.772 (45.772)	1:28.770 (42.999)	2:11.212 (42.442)	2:54.984 (43.773)			
3:38.790 (43.807)	4:21.812 (43.022)	5:04.664 (42.853)	5:47.345 (42.682)			
6:31.054 (43.709)	7:14.938 (43.884)	7:58.677 (43.739)	8:43.009 (44.333)			
9:27.052 (44.043)	10:11.487 (44.435)	10:55.582 (44.095)	11:40.062 (44.480)			
12:23.837 (43.775)	13:06.352 (42.515)	13:46.693 (40.342)	14:27.505 (40.813)			
15:09.255 (41.750)	15:51.113 (41.858)	16:33.987 (42.874)	17:14.748 (40.762)			
17:50.479 (35.732)						
2 Dell, Allison		Lynchburg	17:52.84	2	8	
45.719 (45.719)	1:28.593 (42.874)	2:11.107 (42.514)	2:54.787 (43.680)			
3:38.565 (43.779)	4:21.552 (42.987)	5:04.408 (42.857)	5:47.074 (42.667)			
6:30.778 (43.704)	7:14.675 (43.898)	7:58.389 (43.714)	8:42.729 (44.340)			
9:26.713 (43.984)	10:11.260 (44.548)	10:55.374 (44.114)	11:39.935 (44.562)			
12:23.700 (43.765)	13:06.749 (43.049)	13:46.997 (40.248)	14:27.910 (40.914)			
15:09.568 (41.658)	15:51.399 (41.832)	16:34.267 (42.868)	17:15.228 (40.962)			
17:52.835 (37.608)						

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Results

...Women 5000 Meter Run

3	Young, Mackenzie	Bridgewater (Va.)	18:05.06	2	6
	45.459 (45.459)	1:27.668 (42.209)	2:10.462 (42.794)	2:54.169 (43.708)	
	3:37.930 (43.762)	4:21.264 (43.334)	5:04.038 (42.774)	5:46.760 (42.723)	
	6:30.407 (43.647)	7:14.350 (43.944)	7:58.108 (43.758)	8:42.419 (44.312)	
	9:26.455 (44.037)	10:10.964 (44.509)	10:55.120 (44.157)	11:39.558 (44.438)	
	12:23.529 (43.972)	13:07.163 (43.634)	13:49.699 (42.537)	14:33.074 (43.375)	
	15:16.522 (43.448)	15:59.829 (43.308)	16:42.985 (43.157)	17:24.984 (41.999)	
	18:05.055 (40.072)				
4	Molinaro, Elise	Washington and Lee	18:14.48	2	5
	44.623 (44.623)	1:27.973 (43.350)	2:11.460 (43.488)	2:55.792 (44.332)	
	3:39.605 (43.814)	4:22.745 (43.140)	5:06.189 (43.444)	5:49.385 (43.197)	
	6:33.438 (44.053)	7:17.199 (43.762)	8:00.485 (43.287)	8:44.493 (44.008)	
	9:28.350 (43.858)	10:11.870 (43.520)	10:56.593 (44.723)	11:40.538 (43.945)	
	12:24.793 (44.255)	13:08.774 (43.982)	13:53.159 (44.385)	14:37.893 (44.734)	
	15:22.882 (44.989)	16:07.448 (44.567)	16:51.815 (44.368)	17:36.039 (44.224)	
	18:14.472 (38.433)				
5	Smeds, Emily	Bridgewater (Va.)	18:17.20	2	4
	44.525 (44.525)	1:28.300 (43.775)	2:10.819 (42.519)	2:54.513 (43.694)	
	3:38.299 (43.787)	4:22.084 (43.785)	5:05.320 (43.237)	5:48.047 (42.727)	
	6:31.657 (43.610)	7:15.524 (43.868)	7:59.382 (43.858)	8:43.635 (44.254)	
	9:27.692 (44.057)	10:12.114 (44.423)	10:56.253 (44.139)	11:40.678 (44.425)	
	12:25.092 (44.414)	13:09.089 (43.998)	13:53.444 (44.355)	14:38.237 (44.793)	
	15:22.523 (44.287)	16:07.138 (44.615)	16:51.598 (44.460)	17:35.609 (44.012)	
	18:17.192 (41.583)				
6	Hamlet, Claire	Washington and Lee	18:27.64	2	3
	45.218 (45.218)	1:27.373 (42.155)	2:10.235 (42.863)	2:53.912 (43.677)	
	3:37.640 (43.729)	4:21.032 (43.392)	5:03.655 (42.624)	5:46.363 (42.708)	
	6:30.145 (43.783)	7:14.049 (43.904)	7:57.817 (43.768)	8:42.148 (44.332)	
	9:26.072 (43.924)	10:10.698 (44.627)	10:54.854 (44.157)	11:39.664 (44.810)	
	12:23.343 (43.679)	13:07.839 (44.497)	13:52.164 (44.325)	14:37.800 (45.637)	
	15:22.210 (44.410)	16:07.287 (45.077)	16:52.908 (45.622)	17:40.139 (47.232)	
	18:27.640 (47.502)				
7	Thrush, Makenna	Shenandoah	18:29.33	2	2
	45.214 (45.214)	1:28.978 (43.764)	2:11.619 (42.642)	2:55.235 (43.617)	
	3:39.029 (43.794)	4:22.319 (43.290)	5:04.979 (42.660)	5:47.679 (42.700)	
	6:31.407 (43.728)	7:15.213 (43.807)	7:58.988 (43.775)	8:43.332 (44.344)	
	9:27.397 (44.065)	10:11.778 (44.382)	10:55.890 (44.113)	11:40.275 (44.385)	
	12:24.222 (43.947)	13:09.324 (45.103)	13:54.830 (45.507)	14:41.159 (46.329)	
	15:27.485 (46.327)	16:14.042 (46.557)	17:00.379 (46.338)	17:46.632 (46.253)	
	18:29.324 (42.693)				
8	Weaver, Jenna	Eastern Mennonite	18:49.46	2	1
	45.544 (45.544)	1:30.640 (45.097)	2:15.068 (44.428)	2:59.677 (44.609)	
	3:44.342 (44.665)	4:29.100 (44.759)	5:14.787 (45.687)	6:00.237 (45.450)	
	6:45.137 (44.900)	7:30.047 (44.910)	8:15.173 (45.127)	9:00.744 (45.572)	
	9:46.319 (45.575)	10:32.498 (46.179)	11:18.723 (46.225)	12:05.358 (46.635)	
	12:51.243 (45.885)	13:37.202 (45.959)	14:23.845 (46.644)	15:10.039 (46.194)	
	15:55.692 (45.653)	16:41.319 (45.628)	17:26.867 (45.548)	18:09.833 (42.967)	
	18:49.455 (39.623)				

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Results

....Women 5000 Meter Run

9 Unzicker, Lucy	Eastern Mennonite	18:56.11	2				
45.229 (45.229)	1:30.307 (45.078)	2:14.684 (44.378)	2:59.375 (44.692)				
3:44.024 (44.649)	4:28.772 (44.748)	5:14.449 (45.678)	5:59.882 (45.433)				
6:44.630 (44.749)	7:29.444 (44.814)	8:14.800 (45.357)	9:00.130 (45.330)				
9:45.652 (45.522)	10:31.915 (46.264)	11:18.275 (46.360)	12:04.839 (46.564)				
12:50.763 (45.924)	13:36.872 (46.109)	14:24.045 (47.174)	15:10.418 (46.373)				
15:56.922 (46.504)	16:44.404 (47.483)	17:32.482 (48.078)	18:18.130 (45.649)				
18:56.109 (37.979)							
10 Christy, Sarah	Shenandoah	19:21.48	2				
46.110 (46.110)	1:31.130 (45.020)	2:15.653 (44.523)	3:00.233 (44.580)				
3:44.949 (44.717)	4:29.674 (44.725)	5:15.260 (45.587)	6:00.885 (45.625)				
6:45.539 (44.654)	7:30.849 (45.310)	8:16.367 (45.518)	9:01.273 (44.907)				
9:46.729 (45.457)	10:32.064 (45.335)	11:17.828 (45.764)	12:04.533 (46.705)				
12:52.194 (47.662)	13:41.085 (48.892)	14:31.200 (50.115)	15:21.354 (50.154)				
16:11.043 (49.689)	17:00.968 (49.925)	17:50.985 (50.018)	18:39.194 (48.209)				
19:21.479 (42.285)							
11 Madrigal, Emma	Shenandoah	19:24.43	2				
46.013 (46.013)	1:30.987 (44.974)	2:15.460 (44.474)	3:00.099 (44.639)				
3:44.740 (44.642)	4:29.459 (44.719)	5:15.098 (45.639)	6:00.762 (45.664)				
6:45.475 (44.714)	7:30.483 (45.008)	8:16.207 (45.724)	9:02.447 (46.240)				
9:48.815 (46.369)	10:35.869 (47.054)	11:23.612 (47.743)	12:11.120 (47.509)				
12:58.482 (47.362)	13:47.157 (48.675)	14:36.434 (49.278)	15:26.099 (49.665)				
16:15.939 (49.840)	17:05.252 (49.313)	17:55.257 (50.005)	18:41.997 (46.740)				
19:24.424 (42.428)							
12 Earle, Sarah	Bridgewater (Va.)	19:46.29	2				
46.472 (46.472)	1:31.897 (45.425)	2:17.338 (45.442)	3:03.382 (46.044)				
3:49.413 (46.032)	4:35.985 (46.573)	5:23.039 (47.054)	6:09.804 (46.765)				
6:56.729 (46.925)	7:44.033 (47.304)	8:31.382 (47.349)	9:19.283 (47.902)				
10:07.490 (48.208)	10:54.932 (47.442)	11:41.272 (46.340)	12:28.849 (47.578)				
13:17.318 (48.469)	14:05.887 (48.569)	14:54.772 (48.885)	15:44.318 (49.547)				
16:34.050 (49.733)	17:23.319 (49.269)	18:11.910 (48.592)	19:00.053 (48.143)				
19:46.287 (46.234)							
13 Sindt, Sidney	Lynchburg	20:23.21	2				
49.068 (49.068)	1:37.472 (48.404)	2:24.370 (46.899)	3:11.942 (47.572)				
4:00.154 (48.213)	4:47.563 (47.409)	5:34.187 (46.624)	6:23.173 (48.987)				
7:11.753 (48.580)	8:01.409 (49.657)	8:50.264 (48.855)	9:40.103 (49.839)				
10:29.607 (49.504)	11:18.930 (49.324)	12:08.592 (49.662)	12:59.832 (51.240)				
13:50.388 (50.557)	14:40.100 (49.713)	15:31.130 (51.030)	16:20.858 (49.728)				
17:10.878 (50.020)	18:01.783 (50.905)	18:51.614 (49.832)	19:39.797 (48.183)				
20:23.207 (43.410)							
14 Aten, Cecelia	Virginia Wesleyan	20:28.87	2				
47.265 (47.265)	1:34.037 (46.772)	2:21.275 (47.239)	3:09.340 (48.065)				
3:57.290 (47.950)	4:45.927 (48.637)	5:34.418 (48.492)	6:23.339 (48.922)				
7:12.003 (48.664)	8:01.585 (49.583)	8:50.459 (48.874)	9:40.700 (50.242)				
10:31.145 (50.445)	11:21.522 (50.377)	12:12.383 (50.862)	13:04.204 (51.822)				
13:55.489 (51.285)	14:46.899 (51.410)	15:37.570 (50.672)	16:29.179 (51.609)				
17:19.518 (50.339)	18:09.742 (50.224)	18:59.998 (50.257)	19:43.219 (43.222)				
20:28.864 (45.645)							

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15 Clarkson, Allie	Shenandoah	20:41.25	2				
46.702 (46.702)	1:32.197 (45.495)	2:17.685 (45.489)	3:03.708 (46.023)				
3:49.859 (46.152)	4:36.698 (46.839)	5:24.457 (47.759)	6:13.788 (49.332)				
7:03.613 (49.825)	7:53.370 (49.758)	8:44.250 (50.880)	9:35.289 (51.039)				
10:25.740 (50.452)	11:16.610 (50.870)	12:09.199 (52.589)	13:00.823 (51.624)				
13:52.859 (52.037)	14:44.985 (52.127)	15:38.233 (53.248)	16:30.722 (52.489)				
17:22.715 (51.994)	18:14.110 (51.395)	19:04.132 (50.022)	19:53.147 (49.015)				
20:41.244 (48.098)							
16 Kochanski, Sarah	Roanoke	21:23.09	1				
45.340 (45.340)	1:35.739 (50.399)	2:26.175 (50.437)	3:17.034 (50.859)				
4:07.877 (50.844)	4:59.291 (51.414)	5:50.975 (51.684)	6:42.286 (51.312)				
7:33.731 (51.445)	8:26.196 (52.465)	9:17.880 (51.684)	10:09.772 (51.893)				
11:02.462 (52.690)	11:55.346 (52.884)	12:50.201 (54.855)	13:44.266 (54.065)				
14:34.920 (50.654)	15:25.774 (50.854)	16:17.959 (52.185)	17:09.914 (51.955)				
18:02.436 (52.523)	18:55.059 (52.623)	19:47.340 (52.282)	20:37.507 (50.168)				
21:23.087 (45.580)							
17 McCroskey, Molly	Roanoke	21:52.99	1				
45.391 (45.391)	1:35.869 (50.478)	2:26.486 (50.618)	3:17.302 (50.817)				
4:08.196 (50.894)	4:59.581 (51.385)	5:51.331 (51.750)	6:42.665 (51.334)				
7:34.124 (51.459)	8:26.604 (52.480)	9:18.289 (51.685)	10:10.112 (51.824)				
11:02.874 (52.762)	11:54.997 (52.124)	12:49.869 (54.872)	13:44.052 (54.184)				
14:37.959 (53.907)	15:33.086 (55.128)	16:28.822 (55.737)	17:25.316 (56.494)				
18:21.965 (56.649)	19:17.887 (55.923)	20:12.465 (54.578)	21:04.866 (52.402)				
21:52.990 (48.124)							
18 DeFelice, Alaina	Roanoke	22:26.28	1				
46.524 (46.524)	1:36.850 (50.327)	2:27.760 (50.910)	3:18.606 (50.847)				
4:09.669 (51.063)	5:02.015 (52.347)	5:55.271 (53.257)	6:49.615 (54.344)				
7:44.247 (54.633)	8:38.835 (54.588)	9:33.697 (54.863)	10:28.864 (55.167)				
11:24.362 (55.499)	12:20.395 (56.033)	13:15.240 (54.845)	14:12.221 (56.982)				
15:08.951 (56.730)	16:05.947 (56.997)	17:03.025 (57.078)	18:00.241 (57.217)				
18:57.121 (56.880)	19:55.019 (57.898)	20:53.281 (58.263)	21:44.574 (51.293)				
22:26.275 (41.702)							
19 Rhyne, Madeleine	Roanoke	22:41.32	1				
45.685 (45.685)	1:36.237 (50.553)	2:26.977 (50.740)	3:17.931 (50.954)				
4:09.175 (51.244)	5:01.549 (52.374)	5:55.022 (53.474)	6:49.505 (54.483)				
7:44.147 (54.643)	8:38.749 (54.602)	9:33.594 (54.845)	10:28.687 (55.094)				
11:23.936 (55.249)	12:19.946 (56.010)	13:14.932 (54.987)	14:11.817 (56.885)				
15:08.501 (56.684)	16:05.541 (57.040)	17:02.565 (57.024)	17:59.821 (57.257)				
18:56.777 (56.957)	19:54.664 (57.887)	20:52.844 (58.180)	21:48.012 (55.169)				
22:41.317 (53.305)							
20 Larcombe, Elena	Bridgewater (Va.)	23:29.61	1				
54.474 (54.474)	1:50.505 (56.032)	2:47.145 (56.640)	3:42.996 (55.852)				
4:39.427 (56.432)	5:35.830 (56.403)	6:32.479 (56.649)	7:28.979 (56.500)				
8:25.332 (56.354)	9:22.132 (56.800)	10:18.171 (56.039)	11:13.910 (55.739)				
12:10.919 (57.009)	13:08.021 (57.103)	14:04.696 (56.675)	15:01.266 (56.570)				
15:58.911 (57.645)	16:56.487 (57.577)	17:53.830 (57.343)	18:51.392 (57.563)				
19:49.150 (57.758)	20:47.121 (57.972)	21:45.610 (58.489)	22:42.232 (56.623)				
23:29.601 (47.369)							

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

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Results

....Women 5000 Meter Run

21 Dillon, Harper	Hollins	23:57.49	1
54.806 (54.806)	1:50.835 (56.029)	2:47.477 (56.643)	3:43.375 (55.898)
4:39.739 (56.364)	5:33.661 (53.923)	6:29.557 (55.897)	7:26.619 (57.062)
8:24.816 (58.198)	9:22.555 (57.739)	10:18.899 (56.344)	11:17.274 (58.375)
12:16.887 (59.614)	13:15.872 (58.985)	14:14.920 (59.048)	15:14.159 (59.239)
16:11.936 (57.778)	17:10.564 (58.628)	18:13.116 (1:02.553)	19:13.562 (1:00.447)
20:16.002 (1:02.440)	21:17.835 (1:01.833)	22:15.439 (57.604)	23:09.937 (54.499)
23:57.489 (47.552)			

Women 60 Meter Hurdles

ODAC Rec: #	8.64	2024	Aniya Seward, Lynchburg
Meet Rec: \$	8.67	2/26/2023	Aniya Seward, Lynchburg
Name	Year	School	Prelims H#

Preliminaries

1 Mohnkern, Betsy	Lynchburg	8.91Q	1	8.901
2 Seward, Aniya	Lynchburg	8.91Q	2	8.905
3 Carr, Rebecca	Roanoke	9.14Q	3	
4 Romano, Amanda	Washington and Lee	9.17q	3	
5 Viers, Olivia	Roanoke	9.20q	1	
6 Winston, Cammi	Roanoke	9.46q	2	
7 Tulenko, Paige	Washington and Lee	9.68q	2	
8 Woolwine, Brooklyn	Roanoke	9.90q	3	9.893
9 Bates, Olivia	Bridgewater (Va.)	9.90	1	9.898
10 Lee, Joanne	Washington and Lee	10.03	1	
11 Miller, Anna	Lynchburg	10.07	1	
12 Moore, Natalie	Guilford	10.22	1	
13 Riolo, McKenna	Roanoke	10.41	2	
14 Hurley, Olivia	Roanoke	10.50	3	
15 Schultz, Faith	Eastern Mennonite	10.63	3	
16 McIntyre, Taylor	Shenandoah	10.71	2	
17 Fox, Margo	Lynchburg	10.92	2	
18 Hylton, Holly	Hollins	11.62	2	

Women 60 Meter Hurdles

ODAC Rec: #	8.64	2024	Aniya Seward, Lynchburg
Meet Rec: \$	8.67	2/26/2023	Aniya Seward, Lynchburg
Name	Year	School	Finals Points

Finals

1 Mohnkern, Betsy	Lynchburg	8.76	10
2 Carr, Rebecca	Roanoke	9.01	8
3 Seward, Aniya	Lynchburg	9.02	6
4 Viers, Olivia	Roanoke	9.13	5
5 Romano, Amanda	Washington and Lee	9.14	4
6 Winston, Cammi	Roanoke	9.41	3
7 Woolwine, Brooklyn	Roanoke	9.77	2
8 Tulenko, Paige	Washington and Lee	9.80	1

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Results

Women 4x400 Meter Relay

ODAC Rec: # 3:56.25		2014		Roanoke, Roanoke			
Meet Rec: \$ 3:59.58		2013		Roanoke, Roanoke			
School				Finals	H#	Points	
1 Lynchburg 'A'				4:02.26	2	10	
1) Mohnkern, Betsy			2) Barnes, Vuronika				
3) Edwards, Hannah			4) Bobst, Allison				
1:01.229 (1:01.229)	2:02.231 (1:01.002)	3:01.934 (59.703)	4:02.259 (1:00.325)				
2 Roanoke 'A'				4:05.03	2	8	
1) Hobin, Lindsey			2) Ladner, Ophelia				
3) Molina-Shuman, Maryrose			4) Gamble, Haylee				
1:02.149 (1:02.149)	2:03.642 (1:01.493)	3:04.477 (1:00.835)	4:05.026 (1:00.549)				
3 Shenandoah 'A'				4:10.03	2	6	
1) Sidorov, Sarah			2) Van Voorhis, Haley				
3) Plowman, Mackenzie			4) Ruiz, Kaitlyn				
1:02.373 (1:02.373)	2:05.767 (1:03.394)	3:10.410 (1:04.643)	4:10.026 (59.616)				
4 Randolph 'A'				4:15.90	1	5	
1) Moore, Jennifer			2) Forcey, Patrice				
3) Langston, Tatianna			4) Taylor, Jessica				
1:03.294 (1:03.294)	2:08.760 (1:05.466)	3:12.813 (1:04.053)	4:15.897 (1:03.084)				
5 Virginia Wesleyan 'A'				4:18.69	1	4	
1) Barnes, Amia			2) Mosley, Tijjah				
3) Coleman, Kiera			4) Clingenpeel, Ella				
1:02.463 (1:02.463)	2:12.250 (1:09.787)	3:17.674 (1:05.424)	4:18.681 (1:01.007)				
6 Eastern Mennonite 'A'				4:26.97	1	3	
1) David, Angel			2) Gardiner, Vanessa				
3) Schultz, Faith			4) Asefa, Elili				
1:04.593 (1:04.593)	2:14.648 (1:10.055)	3:22.472 (1:07.824)	4:26.962 (1:04.490)				
7 Hollins 'A'				4:40.85	1	2	
1) Patterson, Jazmine			2) Watson, Ayeshia				
3) Barron, Gracie			4) Forrest, Dawn				
1:06.160 (1:06.160)	2:11.068 (1:04.908)	3:23.923 (1:12.855)	4:40.842 (1:16.919)				
8 Ferrum 'A'				4:56.22	1	1	
1) Lewis, Trina			2) Prillaman, Alexandria				
3) Booker, Jordan			4) Crawford, Sarah				
1:05.280 (1:05.280)	2:27.186 (1:21.906)	3:41.763 (1:14.577)	4:56.212 (1:14.449)				
-- Washington and Lee 'A'				DQ	2		Rule: 5-3a & 5-3b
1) Palethorpe, Jordynn			2) Romano, Amanda				
3) Tulenko, Paige			4) Evans, Jesma				
1:01.369 (1:01.369)	2:02.345 (1:00.976)	3:04.599 (1:02.254)	4:05.594 (1:00.995)				

Women Distance Medley

ODAC Rec: # 11:58.66		2017		Washington and Lee, Washington an			
Meet Rec: \$ 12:37.64		2015		Eastern Mennonite, Eastern Mennon			
School				Finals	Points		
1 Lynchburg 'A'				12:50.61	10		
1) Werner, Kristen			2) Thomas, Lauren				
3) Williams, Annalise			4) Werner, Kayla				
3:56.073 (3:56.073)	5:01.790 (1:05.718)	7:28.570 (2:26.780)	12:50.608 (5:22.038)				

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

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Results

...Women Distance Medley

2 Shenandoah 'A'	13:05.06	8
1) Lotts, Madeline	2) Sidorov, Sarah	
3) Plowman, Mackenzie	4) Thrush, Makenna	
3:56.677 (3:56.677) 4:58.043 (1:01.367) 7:28.233 (2:30.190) 13:05.055 (5:36.823)		
3 Washington and Lee 'A'	13:10.55	6
1) Luczak, Brenna	2) Sutliff, Annabelle	
3) Becker, Emilee	4) Sansbury, Emily	
4:05.590 (4:05.590) 5:08.338 (1:02.748) 7:41.279 (2:32.942) 13:10.542 (5:29.263)		
4 Eastern Mennonite 'A'	13:26.04	5
1) Asefa, Elili	2) David, Angel	
3) Gardiner, Vanessa	4) Mast, Halie	
4:04.997 (4:04.997) 5:08.400 (1:03.404) 7:45.304 (2:36.904) 13:26.040 (5:40.737)		
5 Virginia Wesleyan 'A'	13:36.57	4
1) Coleman, Kiera	2) Barnes, Amia	
3) Clingenpeel, Ella	4) Aten, Cecelia	
4:12.520 (4:12.520) 5:15.358 (1:02.838) 7:38.775 (2:23.418) 13:36.570 (5:57.795)		
6 Roanoke 'A'	13:39.37	3
1) Gallaher, Allie	2) Molina-Shuman, Maryrose	
3) MaGee, Evelyn	4) Svaerd, Vendela	
4:14.078 (4:14.078) 5:16.997 (1:02.919) 7:55.792 (2:38.795) 13:39.369 (5:43.578)		
7 Randolph 'A'	14:12.82	2
1) Fuentes, Sara	2) Forcey, Patrice	
3) Moore, Jennifer	4) Taylor, Jessica	
4:22.635 (4:22.635) 5:28.657 (1:06.022) 8:08.595 (2:39.939) 14:12.817 (6:04.222)		
8 Bridgewater (Va.) 'A'	15:04.61	1
1) Williamson, Molly	2) Showers, Kasi	
3) Howell, Grace	4) Green, Izzy	
4:41.868 (4:41.868) 5:48.915 (1:07.048) 8:55.839 (3:06.924) 15:04.604 (6:08.765)		
9 Hollins 'A'	15:43.72	
1) Guillet, Sylvia	2) Hylton, Holly	
3) Forrest, Dawn	4) Barron, Gracie	
4:56.742 (4:56.742) 6:13.120 (1:16.379) 9:18.453 (3:05.333) 15:43.720 (6:25.268)		

Women High Jump

=====											
ODAC Rec: # 1.72m	2000	Vicki Osinga, Lynchburg									
Meet Rec: \$ 1.67m	2000	Vicki Osinga, Lynchburg									
Name	Year	School	Finals								Points
=====											
1 Hoover, Katya		Shenandoah	1.68m\$								10
1.36	1.41	1.46	1.51	1.56	1.59	1.62	1.65	1.68	1.69		
---	---	---	O	O	O	XXO	O	XO	XXX		
2 Nguyen, Kaitlyn		Roanoke	1.65m								8
1.36	1.41	1.46	1.51	1.56	1.59	1.62	1.65	1.68			
---	---	---	---	O	O	XO	XO	XXX			
3 Carr, Rebecca		Roanoke	1.62m								6
1.36	1.41	1.46	1.51	1.56	1.59	1.62	1.65				
---	XO	O	O	O	O	XXO	XXX				
4 Gillum, Camille		Washington and Lee	1.59m								5
1.36	1.41	1.46	1.51	1.56	1.59	1.62					
---	---	---	O	O	XO	XXX					
5 Ciano, Norah		Virginia Wesleyan	1.56m								4
1.36	1.41	1.46	1.51	1.56	1.59						
---	---	O	XO	O	XXX						

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

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Results

...Women High Jump

6	Beddows, Kaia	Washington and Lee	J1.56m	3
	1.36 1.41 1.46 1.51 1.56 1.59			
	--- --- --- O XXO XXX			
7	Fox, Margo	Lynchburg	1.51m	1
	1.36 1.41 1.46 1.51 1.56			
	--- O O O XXX			
7	Wallace, Summer	Bridgewater (Va.)	1.51m	1
	1.36 1.41 1.46 1.51 1.56			
	--- O O O XXX			
7	Moore, Natalie	Guilford	1.51m	1
	1.36 1.41 1.46 1.51 1.56			
	--- O O O XXX			
10	Russell, Abby	Lynchburg	1.41m	
	1.36 1.41 1.46			
	XO O XXX			
11	McIntyre, Taylor	Shenandoah	J1.41m	
	1.36 1.41 1.46			
	XXO O XXX			
--	Schultz, Faith	Eastern Mennonite	NH	
	1.36 1.41			
	--- XXX			
--	Oleksy, Amy	Shenandoah	NH	
	1.36			
	XXX			
--	Miller, Anna	Lynchburg	NH	
	1.36			
	XXX			

Women Pole Vault

=====					
	ODAC Rec: # 3.77m	2002	Laura Rosenberger,	Eastern Mennonite	
	Meet Rec: \$ 3.61m	2010	Christina Rhodes,	Bridgewater	
	Name	Year School	Finals	Points	
=====					
1	Bobst, Allison	Lynchburg	3.58m	10	
	2.58 2.73 2.88 3.03 3.18 3.28 3.38 3.48 3.58 3.73				
	--- --- --- --- O O O O-- O XXX				
2	D'Ambrosia, Ashley	Washington and Lee	3.48m	8	
	2.58 2.73 2.88 3.03 3.18 3.28 3.38 3.48 3.58				
	--- --- --- --- O O X-- O XXX				
3	Cholewa, Abby	Washington and Lee	3.18m	6	
	2.58 2.73 2.88 3.03 3.18 3.28				
	--- --- --- O O XXX				
4	Weber, Cameron	Lynchburg	3.03m	5	
	2.58 2.73 2.88 3.03 3.18 3.28				
	--- --- XXO O X-- XX				
5	Iuteri, Sofia	Washington and Lee	2.88m	4	
	2.58 2.73 2.88 3.03				
	XO O O XXX				
6	Miller, Tasha	Roanoke	2.73m	3	
	2.58 2.73 2.88				
	O O XXX				
--	Tonetti, Alyssa	Lynchburg	NH		
	2.58 2.73 2.88				
	--- --- XXX				

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****...Women Pole Vault**

-- Franklin, Kailee	Eastern Mennonite	NH
2.58 2.73		
---	XXX	
-- Stafford, Anna	Roanoke	NH
2.58 2.73		
---	XXX	

Women Long Jump

=====									
ODAC Rec: # 5.89m		2017		Amber Celen, Bridgewater					
Meet Rec: \$ 5.89m		2017		Amber Celen, Bridgewater					
Name	Year	School	Finals	H#	Points				
=====									
1 Seward, Aniya		Lynchburg	5.33m	2	10				
5.33m	5.17m	4.74m							
2 Wallace, Summer		Bridgewater (Va.)	5.27m	2	8				
5.07m	5.22m	5.17m	5.04m	4.93m	5.27m				
3 Hubbard, Alexis		Shenandoah	5.25m	2	6				
5.14m	5.25m	4.84m	5.00m	5.20m	FOUL				
4 Brown, J'Quaycia		Bridgewater (Va.)	J5.25m	1	5				
4.54m	5.19m	4.93m	4.74m	4.94m	5.25m				
5 Venable, Madelyn		Washington and Lee	5.19m	2	4				
5.14m	5.14m	5.19m	4.91m	FOUL	4.86m				
6 Beddows, Kaia		Washington and Lee	5.18m	2	3				
4.84m	4.99m	4.90m	5.02m	5.18m	4.88m				
7 Hoggard, Lyric		Virginia Wesleyan	5.17m	2	2				
FOUL	5.17m	FOUL	FOUL	FOUL	4.89m				
8 Watson, Ayeshia		Hollins	5.07m	1	1				
4.95m	FOUL	4.89m	FOUL	5.07m	5.04m				
9 Parsons, Mahlia		Lynchburg	5.04m	1					
5.04m	4.87m	4.54m	5.01m	4.74m	4.80m				
10 Morante, Mackenzie		Washington and Lee	4.94m	2					
4.94m	4.75m	FOUL							
11 Chapman, Kennedy		Virginia Wesleyan	4.93m	2					
4.93m	4.61m	FOUL							
12 Gray, Kyla		Bridgewater (Va.)	4.91m	1					
FOUL	4.91m	FOUL							
12 Viers, Olivia		Roanoke	4.91m	2					
4.89m	4.58m	4.91m							
14 David, Angel		Eastern Mennonite	4.89m	1					
FOUL	4.71m	4.89m							
15 Moore, Natalie		Guilford	4.88m	1					
FOUL	4.88m	4.88m							
16 Mosley, Tiyjah		Virginia Wesleyan	4.87m	1					
FOUL	4.87m	FOUL							
17 Smith, Kiara		Lynchburg	4.80m	1					
4.57m	4.80m	4.80m							
18 Wenger, Elizabeth		Lynchburg	4.78m	1					
4.78m	FOUL	FOUL							
19 Devraj, Bella		Washington and Lee	4.77m	2					
FOUL	4.77m	FOUL							
20 Smith, Kendra		Randolph	4.72m	1					
FOUL	4.72m	FOUL							
20 Schultz, Faith		Eastern Mennonite	4.72m	2					
FOUL	4.63m	4.72m							

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****...Women Long Jump**

22	Buckles, Jade	Bridgewater (Va.)	4.65m	1
	4.57m 4.62m 4.65m			
23	Taylor, Jessica	Randolph	4.18m	1
	4.18m 3.57m FOUL			
--	Hathaway, Julia	Virginia Wesleyan	FOUL	2
	FOUL FOUL FOUL			

Women Triple Jump

=====						
ODAC Rec: # 11.95m		2/27/2023	Aniya Seward, Lynchburg			
Meet Rec: \$ 11.95m		2/27/2023	Aniya Seward, Lynchburg			
Name	Year	School	Finals	H#	Points	
=====						
1	Seward, Aniya	Lynchburg	11.59m	2	10	
	FOUL FOUL 11.59m	PASS PASS PASS				
2	Watson, Ayeshia	Hollins	11.50m	2	8	
	11.50m 11.34m 10.89m	10.97m 11.21m 10.84m				
3	Morante, Mackenzie	Washington and Lee	11.07m	2	6	
	10.82m 11.07m FOUL	10.42m FOUL PASS				
4	David, Angel	Eastern Mennonite	10.91m	2	5	
	10.87m 10.45m 10.66m	10.78m 10.91m 10.75m				
5	Smith, Kiara	Lynchburg	10.80m	2	4	
	10.56m 10.79m 10.79m	10.43m FOUL 10.80m				
6	Bates, Olivia	Bridgewater (Va.)	10.73m	2	3	
	10.35m 10.47m 10.59m	10.08m FOUL 10.73m				
7	Buckles, Jade	Bridgewater (Va.)	10.64m	1	2	
	FOUL 10.51m 10.37m	9.89m 10.31m 10.64m				
8	Winston, Cammi	Roanoke	10.60m	1	1	
	10.39m 10.60m FOUL	FOUL 10.24m FOUL				
9	Woolwine, Brooklyn	Roanoke	10.54m	1		
	10.54m 10.48m 9.96m	FOUL 10.03m 10.51m				
10	Beddows, Kaia	Washington and Lee	10.50m	2		
	10.50m FOUL FOUL					
11	Wallace, Summer	Bridgewater (Va.)	10.44m	1		
	10.08m 10.30m 10.44m					
12	Parsons, Mahlia	Lynchburg	10.35m	2		
	FOUL 10.35m 10.23m					
13	Smith, Kendra	Randolph	10.22m	1		
	FOUL 10.22m 10.03m					
14	Gray, Kyla	Bridgewater (Va.)	10.00m	1		
	FOUL FOUL 10.00m					
15	Viers, Olivia	Roanoke	9.74m	1		
	9.29m 9.74m FOUL					

Women Shot Put

=====						
ODAC Rec: # 13.36m		1995	Crystal Campbell, Eastern Mennonite			
Meet Rec: \$ 13.36m		1995	Crystal Campbell, Eastern Mennonite			
Name	Year	School	Finals	H#	Points	
=====						
1	Mikolay, Abby	Bridgewater (Va.)	12.95m	2	10	
	11.22m 11.52m 12.13m	11.66m FOUL 12.95m				
2	Fowler, Grace	Roanoke	12.33m	2	8	
	11.75m 12.33m 12.08m	12.30m 12.22m 12.18m				

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

Cregger Center

Results

...Women Shot Put

3	Babbs, Logan		Lynchburg	12.07m	2	6
	11.89m	11.37m	11.11m	11.02m	12.07m	11.64m
4	Felston, Kiara		Shenandoah	11.86m	2	5
	11.75m	11.86m	10.62m	FOUL	11.20m	11.62m
5	Swicegood, Kenzie		Lynchburg	11.67m	2	4
	11.67m	11.59m	11.41m	11.23m	11.12m	11.36m
6	Swanson, Mackenzie		Virginia Wesleyan	11.48m	2	3
	11.00m	FOUL	11.48m	10.07m	FOUL	11.01m
7	Berntson, Olivia		Washington and Lee	11.26m	1	2
	10.98m	10.94m	11.07m	10.70m	10.46m	11.26m
8	Rendfrey, Jessica		Shenandoah	10.77m	2	1
	10.30m	10.77m	FOUL	10.75m	10.29m	10.66m
9	Alling, Kiersten		Randolph	10.72m	2	
	10.61m	10.71m	9.63m	10.09m	10.72m	10.42m
10	Hoover, Katya		Shenandoah	10.70m	1	
	9.70m	8.19m	10.70m			
11	Hedgemon, Bailey		Washington and Lee	10.60m	2	
	10.53m	10.46m	10.60m			
12	Weddle, Emily		Lynchburg	10.55m	1	
	10.49m	10.55m	FOUL			
13	Belton, Sanaa		Hollins	10.52m	1	
	10.52m	10.32m	9.10m			
14	Fuchs, Sarah		Roanoke	10.32m	1	
	9.52m	9.38m	10.32m			
15	Johnson, Da'Janeaia		Averett	10.27m	1	
	8.49m	10.27m	FOUL			
16	Timmerding, Bella		Washington and Lee	10.11m	1	
	10.11m	9.89m	FOUL			
17	McGlothlin, Abby		Roanoke	9.73m	2	
	9.73m	FOUL	9.38m			
18	Disbrow, Claudia		Roanoke	9.72m	1	
	9.46m	9.27m	9.72m			
19	Durand, Zantia		Virginia Wesleyan	9.35m	1	
	8.57m	9.35m	9.28m			
20	Bibza, Alex		Roanoke	9.28m	1	
	9.07m	8.42m	9.28m			
21	Tucker, Daryl		Virginia Wesleyan	9.27m	2	
	9.27m	FOUL	FOUL			
22	Landis, Kate		Eastern Mennonite	9.16m	1	
	9.16m	FOUL	8.39m			
23	Gatesman, Lily		Eastern Mennonite	7.76m	1	
	7.09m	7.76m	FOUL			
--	Henderson, Nalonda		Roanoke	FOUL	2	
	FOUL	FOUL	FOUL			

Women Weight Throw

=====						
ODAC Rec:	#	18.03m	2024	Kiara Felston,	Shenandoah	
Meet Rec:	\$	17.11m	2/26/2023	Kiara Felston,	Shenandoah	
Name			Year	School	Finals	H# Points
=====						
1	Felston, Kiara			Shenandoah	18.24m#	2 10
	18.13m	FOUL	18.24m	17.57m	FOUL	18.11m
2	Babbs, Logan			Lynchburg	16.54m	2 8
	FOUL	16.15m	16.38m	16.38m	16.54m	16.09m

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

Cregger Center

Results

....Women Weight Throw

3	Fowler, Grace	Roanoke	16.15m	2	6
	16.15m 16.13m 15.32m 16.13m 16.08m 14.84m				
4	Hedgemon, Bailey	Washington and Lee	15.31m	2	5
	14.92m 14.99m 15.31m 14.55m 14.62m 15.24m				
5	Zunk, Quinlin	Washington and Lee	14.79m	2	4
	14.25m 13.84m 14.26m 13.88m FOUL 14.79m				
6	Morgan, Brianna	Bridgewater (Va.)	14.49m	2	3
	14.02m 14.49m 14.34m 14.00m FOUL 13.97m				
7	Mikolay, Abby	Bridgewater (Va.)	14.45m	2	2
	13.39m 13.80m 13.63m FOUL 14.45m 13.93m				
8	Rendfrey, Jessica	Shenandoah	13.99m	2	1
	FOUL FOUL 13.99m FOUL FOUL 13.83m				
9	Alling, Kiersten	Randolph	13.76m	2	
	13.66m FOUL 13.72m 13.76m 13.38m 13.17m				
10	Belton, Sanaa	Hollins	13.53m	2	
	12.78m 13.14m 13.53m				
11	Tucker, Daryl	Virginia Wesleyan	13.46m	2	
	13.46m FOUL 12.71m				
12	Fuchs, Sarah	Roanoke	13.43m	1	
	13.09m 12.75m 13.43m				
13	Blanks, Tamara	Lynchburg	12.83m	1	
	FOUL 11.95m 12.83m				
14	Timmerding, Bella	Washington and Lee	12.65m	1	
	12.00m 12.65m FOUL				
15	Gray, Kyla	Bridgewater (Va.)	12.61m	1	
	12.61m FOUL 11.67m				
16	Brainard, Madeline	Lynchburg	12.49m	2	
	11.52m 12.07m 12.49m				
17	Swanson, Mackenzie	Virginia Wesleyan	12.06m	1	
	11.29m 12.06m 11.99m				
18	Disbrow, Claudia	Roanoke	10.98m	1	
	10.98m 10.61m 10.37m				
19	Marvelli, Emma	Washington and Lee	10.93m	1	
	FOUL 10.93m 10.16m				
20	Johnson, Kennedy	Lynchburg	10.71m	1	
	10.71m 10.07m 9.70m				
21	Bartlett, Hollis	Roanoke	10.44m	1	
	8.06m 10.44m 10.06m				
22	Johnson, Da'Janeaia	Averett	9.75m	1	
	FOUL FOUL 9.75m				
--	Hoover, Katya	Shenandoah	FOUL	1	
	FOUL FOUL				
--	Henderson, Nalonda	Roanoke	FOUL	1	
	FOUL FOUL FOUL				

Men 60 Meter Dash

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

Preliminaries

1	Crowder, William	Shenandoah	6.79Q	3
2	Fowler, Brady	Roanoke	6.82Q	1
3	Jones, Jaylen	Lynchburg	7.03Q	2

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****....Men 60 Meter Dash**

4	Clanton, Kyle	Bridgewater (Va.)	6.91q	3	6.907
5	Evans, Zaiyon	Averett	6.91q	1	6.909
6	Morgan, Damon	Eastern Mennonite	7.07q	1	7.064
7	Andrews, Nickolas	Averett	7.07q	2	7.067
8	Eldridge, Joseph	Roanoke	7.07q	3	7.070
9	Hunter, Bryson	Eastern Mennonite	7.12	3	
10	Winters, Da'Shawn	Eastern Mennonite	7.13	2	
11	Church, Conner	Ferrum	7.14	2	
12	Eglin, Noah	Shenandoah	7.15	1	
13	Newcome, Wyatt	Shenandoah	7.19	1	
14	Edwards, Jordan	Randolph	7.20	2	
15	Lacey, Jaidyn	Lynchburg	7.22	3	
16	McPherson, DaMauri	Ferrum	7.23	3	
17	Spradlin, Aidan	Roanoke	7.24	3	
18	Owens, Jamahrie	Averett	7.27	2	
19	Brown, Damari	Roanoke	7.32	1	
20	Blackburn, Jamaari	Ferrum	7.40	2	
21	Smith, Da'Quan	Virginia Wesleyan	7.41	1	
22	Edwards, James	Washington and Lee	7.43	3	
--	Jacobs, Julius	Virginia Wesleyan	DNF	1	

Men 60 Meter Dash

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

Finals

1	Crowder, William	Shenandoah	6.80	10
2	Fowler, Brady	Roanoke	6.85	8
3	Evans, Zaiyon	Averett	6.90	6
4	Clanton, Kyle	Bridgewater (Va.)	6.92	5
5	Jones, Jaylen	Lynchburg	7.03	4
6	Eldridge, Joseph	Roanoke	7.07	3
7	Morgan, Damon	Eastern Mennonite	7.09	2
8	Andrews, Nickolas	Averett	7.14	1

Men 200 Meter Dash

ODAC Rec: #	21.47	2023	Miles Moore, Shenandoah
Meet Rec: \$	22.02	2/27/2023	Miles Moore, Shenandoah
Name		Year School	Finals H# Points

1	Fowler, Brady	Roanoke	22.01\$	5	10
2	West, Eric	Randolph	22.44	5	8
3	Hamm, Michael	Ferrum	22.51	5	6
4	Jacobs, Zachary	Lynchburg	22.58	4	5
5	Jones, Jaylen	Lynchburg	22.70	4	4
6	Crowder, William	Shenandoah	22.72	4	3
7	Morgan, Damon	Eastern Mennonite	22.74	5	2
8	Lawson, Deontae	Ferrum	22.89	3	1
9	Evans, Zaiyon	Averett	22.92	2	
10	Hunter, Bryson	Eastern Mennonite	22.95	3	
11	Knicely, Walker	Bridgewater (Va.)	22.96	1	
12	Newcome, Wyatt	Shenandoah	23.09	3	

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****...Men 200 Meter Dash**

13 Winters, Da'Shawn	Eastern Mennonite	23.10	3
14 Donald, Ladanian	Averett	23.19	1
15 De Fonseka, Ethan	Washington and Lee	23.24	2
16 Edwards, Jordan	Randolph	23.26	2
17 Raya, Nekolas	Lynchburg	23.39	2
18 Edwards, James	Washington and Lee	23.61	1
19 Allen, Ahmik	Virginia Wesleyan	23.70	3
20 Roberts, Francis	Ferrum	23.74	2
21 Spradlin, Aidan	Roanoke	23.82	1

Men 400 Meter Run

ODAC Rec: # 47.86 2014 Tom Sippie, Lynchburg

Meet Rec: \$ 49.11 2014 Tom Sippie, Lynchburg

Name	Year School	Finals	H#	Points
1 West, Eric	Randolph	50.25	6	10
23.972 (23.972)	50.247 (26.275)			
2 Hamm, Michael	Ferrum	50.32	6	8
23.730 (23.730)	50.317 (26.587)			
3 Hodnett, Jacob	Lynchburg	50.40	5	6
23.699 (23.699)	50.396 (26.697)			
4 Bullock, Isaiah	Virginia Wesleyan	50.96	5	5
23.989 (23.989)	50.953 (26.964)			
5 Camobreco, Lorenzo	Roanoke	51.30	4	4
23.848 (23.848)	51.293 (27.445)			
6 Roberts, Francis	Ferrum	51.33	4	3
23.916 (23.916)	51.329 (27.413)			
7 Lambert, Colby	Randolph	51.44	2	2
23.951 (23.951)	51.433 (27.482)			
8 Kwakye, Gabriel	Lynchburg	51.76	4	1
23.279 (23.279)	51.751 (28.472)			
9 De Fonseka, Ethan	Washington and Lee	51.77	5	
24.054 (24.054)	51.762 (27.708)			
10 Knicely, Walker	Bridgewater (Va.)	52.17	2	
23.664 (23.664)	52.170 (28.506)			
11 Allen, Ahmik	Virginia Wesleyan	52.19	4	
24.766 (24.766)	52.184 (27.418)			
12 Urglavitch, Gray	Eastern Mennonite	52.24	3	
24.514 (24.514)	52.236 (27.722)			
13 Kerr, Joseph	Eastern Mennonite	52.49	3	
23.642 (23.642)	52.484 (28.842)			
14 Flowers, Brian	Lynchburg	52.57	3	
23.846 (23.846)	52.561 (28.715)			
15 Hill, Bryson	Roanoke	52.65	2	
23.627 (23.627)	52.645 (29.018)			
16 Donald, Ladanian	Averett	52.89	1	
24.399 (24.399)	52.884 (28.485)			
17 Smith, Ke'vannio	Averett	53.12	1	
24.790 (24.790)	53.114 (28.324)			
18 Baker, Ben	Bridgewater (Va.)	53.60	1	
25.301 (25.301)	53.595 (28.294)			
19 Torain, Trenton	Guilford	53.71	2	
24.497 (24.497)	53.705 (29.208)			

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

Cregger Center

Results

...Men 400 Meter Run

20 Wilson, Da'Shawn	Bridgewater (Va.)	54.43	1
25.876 (25.876)	54.426 (28.550)		
-- Hall, Jordan	Virginia Wesleyan	DNF	6
23.820 (23.820)			

Men 800 Meter Run

ODAC Rec: # 1:49.17 2023 Tor Hotung- Davidsen, Lynchburg

Meet Rec: \$ 1:54.06 2/28/2022 Tor Hotung-Davidsen, Lynchburg

Name Year School Finals H# Points

1 Llaneza, Sam	Lynchburg	1:52.59\$	3	10
27.531 (27.531)	55.109 (27.578)	1:23.478 (28.369)		1:52.582 (29.104)
2 Thompson, Cody	Randolph	1:55.42	3	8
26.834 (26.834)	54.636 (27.802)	1:24.048 (29.412)		1:55.411 (31.363)
3 Moore, Zach	Washington and Lee	1:56.73	3	6
27.900 (27.900)	55.803 (27.903)	1:25.362 (29.559)		1:56.728 (31.366)
4 Kohout, Devin	Shenandoah	1:57.98	2	5
28.775 (28.775)	58.104 (29.329)	1:28.330 (30.226)		1:57.978 (29.648)
5 Avigliano, Luke	Washington and Lee	1:58.04	3	4
28.306 (28.306)	56.373 (28.067)	1:25.472 (29.099)		1:58.039 (32.567)
6 Herklotz, Carter	Lynchburg	1:58.31	2	3
28.442 (28.442)	57.708 (29.266)	1:28.051 (30.343)		1:58.305 (30.254)
7 Hurd, Noah	Shenandoah	1:59.24	3	2
28.801 (28.801)	57.549 (28.748)	1:27.982 (30.433)		1:59.237 (31.255)
8 White, Randy	Lynchburg	1:59.80	2	1
28.608 (28.608)	57.850 (29.242)	1:28.305 (30.455)		1:59.795 (31.490)
9 Miller, Daniel	Lynchburg	2:00.13	2	
28.425 (28.425)	57.623 (29.198)	1:28.003 (30.380)		2:00.128 (32.125)
10 Cupps, Bennett	Bridgewater (Va.)	2:01.02	3	
28.166 (28.166)	56.612 (28.446)	1:27.138 (30.526)		2:01.011 (33.873)
11 Hulleman, Calvin	Bridgewater (Va.)	2:01.36	2	
28.799 (28.799)	59.031 (30.232)	1:30.470 (31.439)		2:01.359 (30.889)
12 McGhie, Elias	Shenandoah	2:01.62	1	
30.414 (30.414)	59.652 (29.238)	1:30.874 (31.222)		2:01.615 (30.741)
13 VonCanon, Haden	Hampden-Sydney	2:02.28	1	
29.831 (29.831)	59.912 (30.081)	1:31.177 (31.265)		2:02.271 (31.094)
14 Brighter, Jaden	Washington and Lee	2:02.55	2	
29.309 (29.309)	59.429 (30.120)	1:30.942 (31.513)		2:02.546 (31.604)
15 Cardwell, Max	Roanoke	2:03.07	1	
30.148 (30.148)	58.658 (28.510)	1:30.373 (31.715)		2:03.070 (32.697)
16 Morales, Peter	Lynchburg	2:03.16	1	
29.614 (29.614)	59.435 (29.821)	1:30.687 (31.252)		2:03.156 (32.469)
17 Brent, Nicholas	Lynchburg	2:04.99	2	
28.932 (28.932)	58.051 (29.119)	1:29.174 (31.123)		2:04.985 (35.811)
18 Chlebowski, Xavier	Roanoke	2:05.76	1	
30.161 (30.161)	1:00.381 (30.220)	1:32.196 (31.815)		2:05.756 (33.560)
19 Cummings, Robert	Lynchburg	2:07.11	3	
27.985 (27.985)	56.730 (28.745)	1:28.601 (31.871)		2:07.110 (38.509)
20 Donovan, Jack	Bridgewater (Va.)	2:08.83	1	
28.395 (28.395)	58.145 (29.750)	1:31.429 (33.284)		2:08.826 (37.397)
21 Ryder, Kayden	Ferrum	2:15.89	1	
29.303 (29.303)	1:01.195 (31.892)	1:36.921 (35.726)		2:15.889 (38.968)
-- Mantooth, Jamison	Lynchburg	DNF	3	
26.990 (26.990)	55.394 (28.404)	1:26.899 (31.505)		

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****....Men 800 Meter Run**

-- Fitch, William Washington and Lee DNF 2
 29.046 (29.046) 59.732 (30.686) 1:35.070 (35.338)

Men 1 Mile Run

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ODAC Rec: # 4:06.47 2024                      Sam Llaneza, Lynchburg
Meet Rec: $ 4:07.78 2/28/2022                      Sam Llaneza, Lynchburg
Name                      Year School                      Finals H# Points
=====
1 Hunt, Chasen                      Lynchburg                      4:18.15 2 10
    34.384 (34.384)                      1:07.127 (32.743)                      1:40.012 (32.885)                      2:13.250 (33.239)
    2:46.462 (33.212)                      3:18.400 (31.939)                      3:48.065 (29.665)                      4:18.145 (30.080)
2 Llaneza, Sam                      Lynchburg                      4:19.35 2 8
    34.689 (34.689)                      1:07.703 (33.014)                      1:40.320 (32.618)                      2:13.520 (33.200)
    2:46.735 (33.215)                      3:18.874 (32.139)                      3:49.555 (30.682)                      4:19.349 (29.794)
3 Csorba, Frank                      Lynchburg                      4:19.41 2 6
    34.230 (34.230)                      1:06.910 (32.680)                      1:39.708 (32.798)                      2:13.033 (33.325)
    2:46.377 (33.344)                      3:18.672 (32.295)                      3:49.483 (30.812)                      4:19.404 (29.922)
4 Hurst, Cooper                      Lynchburg                      4:20.32 2 5
    34.002 (34.002)                      1:06.582 (32.580)                      1:39.488 (32.907)                      2:12.763 (33.275)
    2:46.040 (33.278)                      3:18.468 (32.428)                      3:50.070 (31.603)                      4:20.320 (30.250)
5 Ruiz, Chris                      Washington and Lee                      4:21.06 2 4
    33.898 (33.898)                      1:07.417 (33.519)                      1:40.237 (32.820)                      2:13.870 (33.634)
    2:46.922 (33.052)                      3:19.214 (32.293)                      3:50.087 (30.873)                      4:21.054 (30.968)
6 Williams, Grant                      Lynchburg                      4:22.53 2 3
    33.670 (33.670)                      1:06.377 (32.707)                      1:39.263 (32.887)                      2:12.519 (33.257)
    2:45.825 (33.307)                      3:18.647 (32.822)                      3:49.974 (31.328)                      4:22.522 (32.548)
7 Cupps, Bennett                      Bridgewater (Va.)                      4:23.32 2 2
    34.375 (34.375)                      1:07.512 (33.137)                      1:40.569 (33.058)                      2:13.697 (33.128)
    2:46.953 (33.257)                      3:19.540 (32.588)                      3:50.547 (31.007)                      4:23.313 (32.767)
8 Immanuel, Bellamy                      Eastern Mennonite                      4:26.07 2 1
    33.424 (33.424)                      1:06.095 (32.672)                      1:38.990 (32.895)                      2:12.290 (33.300)
    2:45.723 (33.433)                      3:18.897 (33.174)                      3:51.740 (32.844)                      4:26.062 (34.322)
9 Maters, Chase                      Lynchburg                      4:32.68 2
    34.252 (34.252)                      1:07.765 (33.514)                      1:40.885 (33.120)                      2:14.069 (33.184)
    2:47.647 (33.578)                      3:22.285 (34.639)                      3:57.738 (35.453)                      4:32.679 (34.942)
10 Fitch, William                      Washington and Lee                      4:32.71 2
    34.849 (34.849)                      1:08.012 (33.163)                      1:41.792 (33.780)                      2:15.965 (34.174)
    2:50.990 (35.025)                      3:26.350 (35.360)                      4:00.762 (34.412)                      4:32.705 (31.944)
11 Rose, Ryder                      Bridgewater (Va.)                      4:32.77 2
    34.665 (34.665)                      1:08.319 (33.654)                      1:42.128 (33.809)                      2:16.310 (34.183)
    2:51.403 (35.093)                      3:26.802 (35.399)                      4:01.497 (34.695)                      4:32.764 (31.268)
12 Dunaway, William                      Washington and Lee                      4:36.63 1
    34.604 (34.604)                      1:07.751 (33.147)                      1:42.233 (34.483)                      2:17.768 (35.535)
    2:53.306 (35.538)                      3:29.287 (35.982)                      4:04.072 (34.785)                      4:36.623 (32.552)
13 Woodruff, Dawson                      Eastern Mennonite                      4:38.29 1
    35.037 (35.037)                      1:08.562 (33.525)                      1:42.901 (34.339)                      2:18.199 (35.299)
    2:54.169 (35.970)                      3:29.932 (35.763)                      4:04.159 (34.228)                      4:38.288 (34.129)
14 Toliver, Sean                      Roanoke                      4:38.89 1
    35.596 (35.596)                      1:09.182 (33.587)                      1:43.621 (34.439)                      2:19.022 (35.402)
    2:54.757 (35.735)                      3:30.199 (35.443)                      4:05.038 (34.839)                      4:38.884 (33.847)
15 Ransone, Winston                      Hampden-Sydney                      4:40.22 1
    35.147 (35.147)                      1:08.731 (33.584)                      1:43.167 (34.437)                      2:18.448 (35.282)
    2:54.501 (36.053)                      3:30.543 (36.043)                      4:06.546 (36.003)                      4:40.211 (33.665)
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ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****....Men 1 Mile Run**

16 Najera, Armando	Lynchburg	4:41.67	1		
34.788 (34.788)	1:08.038 (33.250)	1:42.434 (34.397)		2:17.979 (35.545)	
2:53.546 (35.567)	3:29.653 (36.108)	4:05.479 (35.827)		4:41.669 (36.190)	
17 Hoffstaetter, Tim	Roanoke	4:42.15	1		
35.316 (35.316)	1:08.947 (33.632)	1:43.337 (34.390)		2:18.769 (35.433)	
2:54.594 (35.825)	3:30.389 (35.795)	4:05.998 (35.609)		4:42.146 (36.148)	
18 Minton, Kade	Hampden-Sydney	4:43.81	1		
34.777 (34.777)	1:08.308 (33.532)	1:42.651 (34.343)		2:18.076 (35.425)	
2:53.837 (35.762)	3:30.176 (36.339)	4:06.334 (36.159)		4:43.807 (37.473)	
19 Pentel, Aidan	Bridgewater (Va.)	4:52.60	1		
37.534 (37.534)	1:13.131 (35.597)	1:48.436 (35.305)		2:23.967 (35.532)	
2:59.501 (35.534)	3:36.129 (36.629)	4:14.678 (38.549)		4:52.598 (37.920)	
20 Huyard, Ben	Eastern Mennonite	4:56.94	1		
36.162 (36.162)	1:11.004 (34.843)	1:47.788 (36.784)		2:25.464 (37.677)	
3:03.494 (38.030)	3:43.074 (39.580)	4:23.167 (40.093)		4:56.934 (33.768)	
21 Johnson, James	Virginia Wesleyan	4:57.00	1		
36.621 (36.621)	1:10.824 (34.204)	1:47.361 (36.537)		2:24.129 (36.769)	
3:02.014 (37.885)	3:40.961 (38.947)	4:20.241 (39.280)		4:56.998 (36.758)	
22 Maldonado, Kamrin	Hampden-Sydney	4:58.15	1		
37.459 (37.459)	1:13.332 (35.873)	1:49.263 (35.932)		2:26.141 (36.878)	
3:04.143 (38.003)	3:43.436 (39.293)	4:23.093 (39.658)		4:58.141 (35.048)	
23 Bradley, Caleb	Bridgewater (Va.)	5:06.35	1		
37.776 (37.776)	1:13.861 (36.085)	1:50.497 (36.637)		2:28.211 (37.714)	
3:07.448 (39.238)	3:47.918 (40.470)	4:28.342 (40.424)		5:06.341 (37.999)	

Men 3000 Meter Run

ODAC Rec: # 8:06.27 2024 Frank Csorba, Lynchburg
 Meet Rec: \$ 8:27.80 2/27/2023 Frank Csorba, Lynchburg

Name	Year	School	Finals	H#	Points
1 Hunt, Chasen		Lynchburg	8:36.96	2	10
34.340 (34.340)	1:08.843 (34.503)	1:43.886 (35.044)		2:20.078 (36.192)	
2:55.239 (35.162)	3:30.214 (34.975)	4:05.653 (35.439)		4:40.531 (34.879)	
5:15.548 (35.017)	5:50.995 (35.448)	6:25.526 (34.532)		7:00.610 (35.084)	
7:33.870 (33.260)	8:06.729 (32.859)	8:36.958 (30.229)			
2 Csorba, Frank		Lynchburg	8:38.44	2	8
34.404 (34.404)	1:09.203 (34.799)	1:44.136 (34.934)		2:20.324 (36.188)	
2:55.176 (34.853)	3:29.940 (34.764)	4:05.569 (35.629)		4:41.751 (36.183)	
5:15.296 (33.545)	5:50.764 (35.468)	6:25.395 (34.632)		7:00.391 (34.997)	
7:33.711 (33.320)	8:06.583 (32.872)	8:38.433 (31.850)			
3 Sterne, Row		Washington and Lee	8:39.51	2	6
34.253 (34.253)	1:08.738 (34.485)	1:43.769 (35.032)		2:19.720 (35.952)	
2:54.878 (35.158)	3:29.749 (34.872)	4:05.413 (35.664)		4:40.008 (34.595)	
5:15.198 (35.190)	5:50.564 (35.367)	6:25.283 (34.719)		7:00.484 (35.202)	
7:35.176 (34.693)	8:08.678 (33.502)	8:39.501 (30.824)			
4 Cooper, Robert		Washington and Lee	8:40.13	2	5
35.215 (35.215)	1:09.975 (34.760)	1:44.711 (34.737)		2:20.795 (36.084)	
2:56.223 (35.428)	3:30.820 (34.598)	4:05.874 (35.054)		4:41.139 (35.265)	
5:16.030 (34.892)	5:51.376 (35.347)	6:25.839 (34.463)		7:01.136 (35.298)	
7:35.558 (34.422)	8:09.073 (33.515)	8:40.121 (31.049)			

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****....Men 3000 Meter Run**

5	Immanuel, Bellamy	Eastern Mennonite	8:41.06	2	4		
	34.883 (34.883)	1:09.895 (35.013)	1:44.926 (35.032)			2:21.385 (36.459)	
	2:56.903 (35.518)	3:31.423 (34.520)	4:06.709 (35.287)			4:42.321 (35.613)	
	5:17.129 (34.808)	5:51.789 (34.660)	6:25.811 (34.023)			7:00.756 (34.945)	
	7:35.248 (34.492)	8:09.205 (33.958)	8:41.054 (31.849)				
6	Fingerhut, Josh	Washington and Lee	8:44.02	2	3		
	34.515 (34.515)	1:08.970 (34.455)	1:44.025 (35.055)			2:19.838 (35.813)	
	2:55.060 (35.223)	3:30.061 (35.002)	4:05.701 (35.640)			4:40.796 (35.095)	
	5:16.179 (35.383)	5:51.675 (35.497)	6:26.271 (34.597)			7:01.555 (35.284)	
	7:36.920 (35.365)	8:11.290 (34.370)	8:44.020 (32.730)				
7	Cobb, Jonathan	Lynchburg	8:46.35	2	2		
	36.168 (36.168)	1:11.413 (35.245)	1:46.744 (35.332)			2:22.491 (35.748)	
	2:58.520 (36.029)	3:34.204 (35.684)	4:09.973 (35.769)			4:44.968 (34.995)	
	5:19.869 (34.902)	5:55.709 (35.840)	6:31.671 (35.963)			7:06.839 (35.168)	
	7:40.784 (33.945)	8:13.804 (33.020)	8:46.346 (32.543)				
8	Hurst, Cooper	Lynchburg	8:46.98	2	1		
	34.613 (34.613)	1:09.315 (34.703)	1:44.213 (34.898)			2:20.434 (36.222)	
	2:55.880 (35.447)	3:30.985 (35.105)	4:06.440 (35.455)			4:42.238 (35.798)	
	5:18.196 (35.959)	5:53.599 (35.403)	6:29.405 (35.807)			7:05.754 (36.349)	
	7:41.120 (35.367)	8:16.430 (35.310)	8:46.978 (30.548)				
9	Rush, Keaton	Washington and Lee	8:47.46	2			
	34.083 (34.083)	1:08.585 (34.503)	1:43.608 (35.023)			2:19.563 (35.955)	
	2:54.645 (35.083)	3:29.604 (34.959)	4:05.171 (35.568)			4:40.384 (35.213)	
	5:16.371 (35.988)	5:53.043 (36.672)	6:29.165 (36.123)			7:05.985 (36.820)	
	7:41.891 (35.907)	8:17.103 (35.212)	8:47.454 (30.352)				
10	Ruiz, Chris	Washington and Lee	8:48.03	2			
	36.349 (36.349)	1:11.614 (35.265)	1:46.239 (34.625)			2:22.296 (36.058)	
	2:57.718 (35.422)	3:33.388 (35.670)	4:08.310 (34.923)			4:43.639 (35.329)	
	5:18.573 (34.934)	5:53.980 (35.408)	6:29.336 (35.357)			7:05.155 (35.819)	
	7:41.370 (36.215)	8:16.660 (35.290)	8:48.025 (31.365)				
11	Riggle, Aidan	Lynchburg	8:49.45	2			
	35.030 (35.030)	1:10.173 (35.143)	1:44.800 (34.628)			2:21.080 (36.280)	
	2:56.684 (35.604)	3:31.589 (34.905)	4:07.119 (35.530)			4:42.730 (35.612)	
	5:17.656 (34.927)	5:53.400 (35.744)	6:29.283 (35.883)			7:06.449 (37.167)	
	7:42.868 (36.419)	8:18.495 (35.628)	8:49.444 (30.949)				
12	Jacobs, Jackson	Washington and Lee	8:49.84	2			
	34.758 (34.758)	1:09.636 (34.879)	1:44.461 (34.825)			2:20.465 (36.004)	
	2:55.620 (35.155)	3:30.728 (35.108)	4:06.195 (35.468)			4:42.063 (35.868)	
	5:17.949 (35.887)	5:53.794 (35.845)	6:29.966 (36.173)			7:06.698 (36.732)	
	7:42.399 (35.702)	8:17.339 (34.940)	8:49.836 (32.498)				
13	Davis, Bryce	Lynchburg	8:53.70	2			
	35.855 (35.855)	1:10.891 (35.037)	1:46.045 (35.154)			2:22.171 (36.127)	
	2:57.388 (35.217)	3:32.819 (35.432)	4:08.405 (35.587)			4:45.194 (36.789)	
	5:20.889 (35.695)	5:57.766 (36.878)	6:34.144 (36.378)			7:10.300 (36.157)	
	7:45.625 (35.325)	8:21.398 (35.773)	8:53.694 (32.297)				
14	Franklin, Thomas	Washington and Lee	8:56.26	2			
	33.981 (33.981)	1:08.431 (34.450)	1:43.556 (35.125)			2:19.484 (35.928)	
	2:54.966 (35.483)	3:30.390 (35.424)	4:06.049 (35.659)			4:41.340 (35.292)	
	5:17.699 (36.359)	5:54.138 (36.439)	6:31.099 (36.962)			7:08.730 (37.632)	
	7:46.364 (37.634)	8:22.880 (36.517)	8:56.259 (33.379)				
15	Graham, Sam	Lynchburg	8:57.51	2			
	35.671 (35.671)	1:10.614 (34.943)	1:45.731 (35.118)			2:21.984 (36.253)	
	2:57.636 (35.653)	3:33.101 (35.465)	4:08.028 (34.927)			4:43.893 (35.865)	
	5:19.978 (36.085)	5:56.281 (36.304)	6:33.113 (36.832)			7:10.654 (37.542)	
	7:47.593 (36.939)	8:23.819 (36.227)	8:57.503 (33.684)				

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

Cregger Center

Results

...Men 3000 Meter Run

16 Fernandez, Draven	Lynchburg	8:58.20	2		
35.360 (35.360)	1:10.364 (35.004)	1:45.338 (34.974)		2:21.529 (36.192)	
2:57.069 (35.540)	3:31.943 (34.874)	4:07.433 (35.490)		4:43.048 (35.615)	
5:18.069 (35.022)	5:52.301 (34.233)	6:28.925 (36.624)		7:07.143 (38.218)	
7:46.095 (38.953)	8:23.883 (37.788)	8:58.194 (34.312)			
17 Fellows, Ian	Roanoke	8:58.36	1		
34.992 (34.992)	1:11.274 (36.283)	1:48.256 (36.982)		2:25.104 (36.849)	
3:01.254 (36.150)	3:37.169 (35.915)	4:13.408 (36.239)		4:49.824 (36.417)	
5:26.721 (36.897)	6:03.528 (36.808)	6:40.643 (37.115)		7:17.184 (36.542)	
7:53.236 (36.052)	8:28.398 (35.163)	8:58.359 (29.962)			
18 Cochran, Tanner	Randolph	9:00.78	1		
32.887 (32.887)	1:09.269 (36.383)	1:46.177 (36.908)		2:23.938 (37.762)	
3:01.032 (37.094)	3:36.924 (35.893)	4:13.661 (36.737)		4:50.256 (36.595)	
5:26.419 (36.164)	6:03.231 (36.812)	6:40.362 (37.132)		7:17.363 (37.002)	
7:53.251 (35.888)	8:27.999 (34.749)	9:00.771 (32.772)			
19 Harrower, Ethan	Shenandoah	9:02.75	1		
35.327 (35.327)	1:11.672 (36.345)	1:48.501 (36.829)		2:25.438 (36.938)	
3:01.767 (36.329)	3:38.583 (36.817)	4:15.614 (37.032)		4:51.288 (35.674)	
5:27.284 (35.997)	6:03.814 (36.530)	6:40.861 (37.047)		7:17.234 (36.374)	
7:53.764 (36.530)	8:29.228 (35.464)	9:02.747 (33.519)			
20 Garis, Matt	Roanoke	9:07.08	1		
34.306 (34.306)	1:09.523 (35.218)	1:46.443 (36.920)		2:24.166 (37.723)	
3:00.699 (36.534)	3:36.706 (36.007)	4:13.909 (37.204)		4:50.058 (36.149)	
5:27.068 (37.010)	6:04.108 (37.040)	6:41.031 (36.923)		7:18.047 (37.017)	
7:54.959 (36.913)	8:32.516 (37.557)	9:07.079 (34.564)			
21 Miller, Jansen	Eastern Mennonite	9:15.86	1		
35.799 (35.799)	1:12.816 (37.017)	1:50.004 (37.189)		2:27.206 (37.202)	
3:05.228 (38.023)	3:42.936 (37.708)	4:20.176 (37.240)		4:56.741 (36.565)	
5:34.124 (37.384)	6:10.843 (36.719)	6:48.376 (37.533)		7:25.829 (37.454)	
8:03.276 (37.447)	8:40.918 (37.643)	9:15.856 (34.938)			
22 Beiswenger, Caleb	Shenandoah	9:23.23	1		
35.087 (35.087)	1:11.888 (36.802)	1:48.766 (36.878)		2:25.702 (36.937)	
3:02.087 (36.385)	3:39.008 (36.922)	4:16.292 (37.284)		4:53.948 (37.657)	
5:32.272 (38.324)	6:11.114 (38.843)	6:49.933 (38.819)		7:29.341 (39.408)	
8:08.702 (39.362)	8:47.532 (38.830)	9:23.222 (35.690)			
23 Miller, Gabe	Bridgewater (Va.)	9:26.68	1		
35.897 (35.897)	1:12.991 (37.094)	1:50.226 (37.235)		2:27.531 (37.305)	
3:05.201 (37.670)	3:43.154 (37.954)	4:22.351 (39.197)		4:56.831 (34.480)	
5:41.107 (44.277)	6:19.546 (38.439)	6:57.212 (37.667)		7:34.343 (37.132)	
8:12.154 (37.812)	8:50.429 (38.275)	9:26.672 (36.243)			
24 Counts, Levi	Roanoke	9:34.61	1		
35.286 (35.286)	1:12.176 (36.890)	1:49.056 (36.880)		2:25.989 (36.934)	
3:02.403 (36.414)	3:39.621 (37.218)	4:17.888 (38.268)		5:02.391 (44.503)	
5:36.229 (33.839)	6:16.147 (39.918)	6:56.162 (40.015)		7:34.762 (38.600)	
8:15.274 (40.513)	8:55.867 (40.593)	9:34.604 (38.738)			

Men 5000 Meter Run

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ODAC Rec: # 14:28.98 2009 Ricky Flynn, Lynchburg
Meet Rec: $ 14:37.58 2/26/2023 Frank Csorba, Lynchburg
Name Year School Finals H# Points
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ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****...Men 5000 Meter Run**

1	Csorba, Frank	Lynchburg	14:59.94	2	10
	35.566 (35.566)	1:12.436 (36.870)	1:47.966 (35.530)	2:21.663 (33.698)	
	2:57.588 (35.925)	3:35.022 (37.434)	4:11.283 (36.262)	4:47.616 (36.333)	
	5:23.860 (36.244)	5:59.902 (36.043)	6:36.731 (36.829)	7:13.112 (36.382)	
	7:49.088 (35.977)	8:25.637 (36.549)	9:01.988 (36.352)	9:39.317 (37.329)	
	10:15.315 (35.998)	10:51.61 (36.30)	11:27.328 (35.72)	12:03.631 (36.303)	
	12:40.143 (36.513)	13:14.705 (34.562)	13:49.532 (34.828)	14:24.688 (35.157)	
	14:59.938 (35.250)				
2	Cooper, Robert	Washington and Lee	15:06.66	2	8
	35.705 (35.705)	1:13.783 (38.079)	1:48.780 (34.997)	2:23.125 (34.345)	
	2:58.543 (35.419)	3:35.120 (36.577)	4:11.138 (36.019)	4:47.431 (36.293)	
	5:23.491 (36.060)	5:59.533 (36.043)	6:36.206 (36.673)	7:12.546 (36.340)	
	7:48.900 (36.354)	8:25.417 (36.518)	9:01.808 (36.392)	9:39.051 (37.243)	
	10:15.072 (36.022)	10:51.217 (36.145)	11:27.087 (35.870)	12:03.393 (36.307)	
	12:40.387 (36.994)	13:16.748 (36.362)	13:53.558 (36.810)	14:30.378 (36.820)	
	15:06.651 (36.273)				
3	Cobb, Jonathan	Lynchburg	15:13.73	2	6
	36.401 (36.401)	1:15.493 (39.093)	1:52.071 (36.578)	2:29.262 (37.192)	
	3:05.701 (36.439)	3:42.315 (36.614)	4:18.786 (36.472)	4:55.256 (36.470)	
	5:31.918 (36.663)	6:07.910 (35.992)	6:44.080 (36.170)	7:21.780 (37.700)	
	7:59.478 (37.699)	8:38.145 (38.667)	9:14.963 (36.819)	9:50.711 (35.748)	
	10:27.371 (36.660)	11:04.025 (36.654)	11:40.382 (36.358)	12:16.772 (36.390)	
	12:52.658 (35.887)	13:28.896 (36.238)	14:05.636 (36.740)	14:40.833 (35.198)	
	15:13.722 (32.889)				
4	Rush, Keaton	Washington and Lee	15:16.39	2	5
	35.837 (35.837)	1:13.525 (37.688)	1:48.376 (34.852)	2:22.498 (34.123)	
	2:58.256 (35.758)	3:34.843 (36.588)	4:10.903 (36.060)	4:47.352 (36.449)	
	5:23.677 (36.325)	5:59.732 (36.055)	6:36.502 (36.770)	7:12.866 (36.364)	
	7:49.548 (36.683)	8:26.431 (36.883)	9:04.196 (37.765)	9:42.263 (38.068)	
	10:19.606 (37.343)	10:56.892 (37.287)	11:35.105 (38.213)	12:13.603 (38.499)	
	12:51.552 (37.949)	13:29.646 (38.094)	14:08.662 (39.017)	14:43.983 (35.322)	
	15:16.382 (32.399)				
5	Davis, Bryce	Lynchburg	15:18.62	2	4
	36.321 (36.321)	1:14.992 (38.672)	1:51.882 (36.890)	2:28.977 (37.095)	
	3:05.393 (36.417)	3:41.907 (36.514)	4:18.943 (37.037)	4:55.723 (36.780)	
	5:32.046 (36.323)	6:08.161 (36.115)	6:43.833 (35.673)	7:20.626 (36.793)	
	7:57.692 (37.067)	8:34.015 (36.323)	9:11.090 (37.075)	9:48.047 (36.958)	
	10:25.761 (37.714)	11:03.142 (37.382)	11:41.158 (38.017)	12:18.952 (37.794)	
	12:56.690 (37.738)	13:34.258 (37.569)	14:13.213 (38.955)	14:47.865 (34.652)	
	15:18.611 (30.747)				
6	Immanuel, Bellamy	Eastern Mennonite	15:26.11	2	3
	35.591 (35.591)	1:13.560 (37.969)	1:49.972 (36.413)	2:26.343 (36.372)	
	3:02.976 (36.633)	3:39.721 (36.745)	4:16.472 (36.752)	4:52.863 (36.392)	
	5:29.188 (36.325)	6:05.301 (36.113)	6:41.855 (36.554)	7:17.735 (35.880)	
	7:54.071 (36.337)	8:30.841 (36.770)	9:07.201 (36.360)	9:43.858 (36.658)	
	10:20.178 (36.320)	10:51.503 (31.325)	10:56.506 (5.003)	11:33.818 (37.313)	
	12:11.996 (38.178)	12:49.972 (37.977)	13:28.787 (38.815)	14:07.315 (38.528)	
	15:26.110 (1:18.795)				
7	Graham, Sam	Lynchburg	15:26.50	2	2
	35.946 (35.946)	1:15.976 (40.030)	1:52.546 (36.570)	2:29.840 (37.294)	
	3:06.350 (36.510)	3:42.653 (36.304)	4:19.481 (36.828)	4:56.528 (37.048)	
	5:32.992 (36.464)	6:08.995 (36.003)	6:44.661 (35.667)	7:21.205 (36.544)	
	7:58.470 (37.265)	8:34.490 (36.020)	9:11.357 (36.868)	9:48.278 (36.922)	
	10:25.983 (37.705)	11:03.410 (37.427)	11:41.466 (38.057)	12:19.477 (38.012)	
	12:57.708 (38.232)	13:36.748 (39.040)	14:16.343 (39.595)	14:54.228 (37.885)	
	15:26.491 (32.263)				

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****....Men 5000 Meter Run**

8 Riggie, Aidan	Lynchburg	15:28.61	2	1
36.576 (36.576)	1:15.665 (39.089)	1:52.270 (36.605)	2:29.481 (37.212)	
3:05.916 (36.435)	3:42.568 (36.653)	4:19.293 (36.725)	4:56.025 (36.732)	
5:32.347 (36.323)	6:08.486 (36.139)	6:44.500 (36.014)	7:20.951 (36.452)	
7:58.240 (37.289)	8:35.061 (36.822)	9:12.318 (37.258)	9:49.958 (37.640)	
10:27.686 (37.728)	11:04.783 (37.098)	11:42.817 (38.034)	12:21.667 (38.850)	
13:00.238 (38.572)	13:39.423 (39.185)	14:17.836 (38.413)	14:55.611 (37.775)	
15:28.606 (32.995)				
9 Alden, Mercer	Lynchburg	15:29.66	2	
36.973 (36.973)	1:16.795 (39.822)	1:53.883 (37.089)	2:31.330 (37.447)	
3:08.695 (37.365)	3:45.611 (36.917)	4:22.906 (37.295)	4:59.715 (36.809)	
5:36.186 (36.472)	6:13.067 (36.882)	6:49.703 (36.637)	7:26.941 (37.238)	
8:03.621 (36.680)	8:41.076 (37.455)	9:18.151 (37.075)	9:55.443 (37.293)	
10:32.773 (37.330)	11:10.011 (37.238)	11:47.243 (37.233)	12:24.878 (37.635)	
13:02.532 (37.654)	13:40.196 (37.664)	14:17.313 (37.118)	14:53.923 (36.610)	
15:29.655 (35.732)				
10 Jacobs, Jackson	Washington and Lee	15:31.05	2	
36.860 (36.860)	1:15.143 (38.284)	1:52.323 (37.180)	2:29.607 (37.284)	
3:06.583 (36.977)	3:43.083 (36.500)	4:19.792 (36.709)	4:56.815 (37.023)	
5:33.307 (36.493)	6:09.512 (36.205)	6:46.160 (36.648)	7:23.032 (36.873)	
7:59.951 (36.919)	8:37.215 (37.264)	9:14.908 (37.694)	9:52.690 (37.782)	
10:30.225 (37.535)	11:08.062 (37.838)	11:46.033 (37.972)	12:24.267 (38.234)	
13:02.758 (38.492)	13:40.533 (37.775)	14:18.540 (38.007)	14:55.930 (37.390)	
15:31.047 (35.118)				
11 Franklin, Thomas	Washington and Lee	15:33.27	2	
35.986 (35.986)	1:14.656 (38.670)	1:51.580 (36.924)	2:28.783 (37.204)	
3:05.573 (36.790)	3:42.131 (36.558)	4:19.053 (36.923)	4:55.492 (36.439)	
5:32.165 (36.673)	6:08.747 (36.583)	6:45.050 (36.303)	7:22.102 (37.053)	
7:59.347 (37.245)	8:36.942 (37.595)	9:14.696 (37.754)	9:52.812 (38.117)	
10:30.821 (38.009)	11:09.092 (38.272)	11:47.495 (38.403)	12:26.002 (38.508)	
13:05.330 (39.328)	13:44.786 (39.457)	14:23.391 (38.605)	14:59.715 (36.324)	
15:33.265 (33.550)				
12 Verrett, Colin	Washington and Lee	15:38.65	2	
36.538 (36.538)	1:15.748 (39.210)	1:52.676 (36.928)	2:29.661 (36.985)	
3:06.336 (36.675)	3:42.996 (36.660)	4:20.233 (37.238)	4:57.301 (37.068)	
5:33.953 (36.653)	6:10.740 (36.787)	6:48.157 (37.418)	7:25.358 (37.202)	
8:03.005 (37.647)	8:41.388 (38.384)	9:19.142 (37.754)	9:58.116 (38.974)	
10:37.243 (39.128)	11:16.385 (39.142)	11:55.336 (38.952)	12:34.115 (38.779)	
13:12.488 (38.374)	13:50.328 (37.840)	14:29.440 (39.112)	15:06.125 (36.685)	
15:38.642 (32.518)				
13 Benjamin, Wyatt	Washington and Lee	15:39.26	2	
36.618 (36.618)	1:15.921 (39.303)	1:52.410 (36.489)	2:29.522 (37.113)	
3:06.067 (36.545)	3:42.810 (36.743)	4:20.026 (37.217)	4:57.070 (37.044)	
5:33.682 (36.613)	6:10.346 (36.664)	6:47.762 (37.417)	7:25.535 (37.773)	
8:03.691 (38.157)	8:42.482 (38.792)	9:20.877 (38.395)	9:59.516 (38.639)	
10:37.668 (38.153)	11:16.100 (38.432)	11:55.010 (38.910)	12:33.890 (38.880)	
13:12.527 (38.638)	13:50.581 (38.054)	14:29.132 (38.552)	15:06.728 (37.597)	
15:39.260 (32.532)				

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****....Men 5000 Meter Run**

14 Harrower, Ethan	Shenandoah	15:44.11	2		
37.413 (37.413)	1:16.417 (39.004)	1:53.056 (36.639)	2:30.321 (37.265)		
3:07.035 (36.714)	3:43.305 (36.270)	4:20.461 (37.157)	4:57.542 (37.082)		
5:34.227 (36.685)	6:11.113 (36.887)	6:48.462 (37.349)	7:26.501 (38.039)		
8:04.716 (38.215)	8:42.852 (38.137)	9:21.100 (38.248)	9:59.787 (38.688)		
10:38.495 (38.708)	11:16.817 (38.323)	11:55.523 (38.707)	12:34.405 (38.882)		
13:12.788 (38.384)	13:51.326 (38.538)	14:30.073 (38.748)	15:08.183 (38.110)		
15:44.105 (35.922)					
15 Newton, Luke	Washington and Lee	15:50.53	1		
37.832 (37.832)	1:16.663 (38.832)	1:54.875 (38.212)	2:33.302 (38.428)		
3:10.213 (36.912)	3:47.231 (37.018)	4:24.615 (37.384)	5:01.841 (37.227)		
5:38.941 (37.100)	6:15.873 (36.933)	6:53.655 (37.782)	7:32.008 (38.354)		
8:09.227 (37.219)	8:47.478 (38.252)	9:25.818 (38.340)	10:04.322 (38.504)		
10:43.092 (38.770)	11:21.863 (38.772)	12:00.725 (38.862)	12:39.865 (39.140)		
13:19.146 (39.282)	13:58.436 (39.290)	14:37.318 (38.883)	15:15.718 (38.400)		
15:50.528 (34.810)					
16 Garis, Matt	Roanoke	15:56.55	2		
35.918 (35.918)	1:14.131 (38.213)	1:50.230 (36.099)	2:26.825 (36.595)		
3:03.397 (36.573)	3:40.250 (36.853)	4:17.027 (36.778)	4:53.537 (36.510)		
5:29.898 (36.362)	6:06.727 (36.829)	6:43.986 (37.259)	7:21.441 (37.455)		
7:58.860 (37.419)	8:37.151 (38.292)	9:15.223 (38.073)	9:53.627 (38.404)		
10:33.305 (39.678)	11:12.658 (39.354)	11:53.355 (40.697)	12:35.191 (41.837)		
13:16.853 (41.663)	13:58.162 (41.309)	14:39.705 (41.543)	15:19.281 (39.577)		
15:56.546 (37.265)					
17 Fernandez, Draven	Lynchburg	16:08.42	2		
37.135 (37.135)	1:16.217 (39.083)	1:52.803 (36.587)	2:30.086 (37.283)		
3:06.746 (36.660)	3:42.880 (36.134)	4:19.595 (36.715)	4:56.261 (36.667)		
5:32.733 (36.473)	6:09.378 (36.645)	6:46.422 (37.044)	7:24.220 (37.798)		
8:03.097 (38.878)	8:41.752 (38.655)	9:20.308 (38.557)	9:59.361 (39.053)		
10:39.608 (40.248)	11:20.690 (41.082)	12:00.971 (40.282)	12:43.018 (42.048)		
13:24.610 (41.592)	14:07.331 (42.722)	14:50.213 (42.883)	15:30.883 (40.670)		
16:08.413 (37.530)					
18 Miller, Jansen	Eastern Mennonite	16:08.66	1		
37.016 (37.016)	1:16.116 (39.100)	1:54.305 (38.189)	2:32.866 (38.562)		
3:10.836 (37.970)	3:48.708 (37.873)	4:27.338 (38.630)	5:05.612 (38.274)		
5:43.836 (38.224)	6:22.236 (38.400)	7:00.990 (38.754)	7:39.667 (38.678)		
8:18.677 (39.010)	8:56.873 (38.197)	9:36.166 (39.293)	10:15.455 (39.289)		
10:54.807 (39.353)	11:34.028 (39.222)	12:14.122 (40.094)	12:54.417 (40.295)		
13:33.051 (38.634)	14:12.485 (39.434)	14:51.742 (39.258)	15:31.875 (40.133)		
16:08.660 (36.785)					
19 Miller, Gabe	Bridgewater (Va.)	16:15.42	1		
37.176 (37.176)	1:16.328 (39.153)	1:54.525 (38.197)	2:33.161 (38.637)		
3:10.433 (37.273)	3:47.530 (37.097)	4:24.858 (37.329)	5:02.126 (37.268)		
5:39.297 (37.172)	6:17.076 (37.779)	6:57.950 (40.874)	7:39.713 (41.764)		
8:19.240 (39.527)	8:58.312 (39.073)	9:39.057 (40.745)	10:20.891 (41.834)		
11:03.226 (42.335)	11:43.200 (39.974)	12:22.881 (39.682)	13:02.242 (39.362)		
13:42.420 (40.178)	14:22.637 (40.218)	15:02.006 (39.369)	15:43.933 (41.928)		
16:15.412 (31.479)					

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

Cregger Center

Results

....Men 5000 Meter Run

20 Minton, Kade	Hampden-Sydney	16:19.47	1		
37.641 (37.641)	1:16.930 (39.289)	1:55.312 (38.383)		2:34.120 (38.808)	
3:11.902 (37.783)	3:50.236 (38.334)	4:28.880 (38.644)		5:07.805 (38.925)	
5:47.170 (39.365)	6:26.718 (39.549)	7:06.322 (39.604)		7:46.026 (39.704)	
8:25.947 (39.922)	9:05.976 (40.029)	9:46.201 (40.225)		10:26.371 (40.170)	
11:06.231 (39.860)	11:45.648 (39.418)	12:25.191 (39.543)		13:04.278 (39.088)	
13:43.480 (39.202)	14:22.792 (39.313)	15:02.102 (39.310)		15:41.281 (39.179)	
16:19.468 (38.188)					
21 Beiswenger, Caleb	Shenandoah	16:30.39	1		
38.085 (38.085)	1:17.218 (39.134)	1:55.610 (38.392)		2:33.671 (38.062)	
3:11.137 (37.467)	3:49.046 (37.909)	4:26.958 (37.913)		5:05.286 (38.328)	
5:43.423 (38.138)	6:21.916 (38.493)	7:00.705 (38.789)		7:39.992 (39.288)	
8:18.953 (38.962)	8:58.392 (39.439)	9:38.778 (40.387)		10:19.241 (40.463)	
11:00.318 (41.078)	11:41.355 (41.037)	12:22.710 (41.355)		13:03.318 (40.609)	
13:43.393 (40.075)	14:25.133 (41.740)	15:07.665 (42.532)		15:50.090 (42.425)	
16:30.383 (40.294)					
22 Counts, Levi	Roanoke	16:33.50	1		
38.403 (38.403)	1:17.506 (39.103)	1:55.866 (38.360)		2:34.378 (38.513)	
3:12.822 (38.444)	3:52.242 (39.420)	4:31.503 (39.262)		5:11.060 (39.557)	
5:50.950 (39.890)	6:30.607 (39.658)	7:10.621 (40.014)		7:50.682 (40.062)	
8:30.746 (40.064)	9:11.253 (40.508)	9:51.911 (40.658)		10:32.450 (40.539)	
11:12.831 (40.382)	11:53.311 (40.480)	12:33.440 (40.129)		13:13.937 (40.498)	
13:54.223 (40.287)	14:34.520 (40.297)	15:15.251 (40.732)		15:55.245 (39.994)	
16:33.491 (38.247)					
23 Cadle, Anthony	Bridgewater (Va.)	16:50.75	1		
39.615 (39.615)	1:18.841 (39.227)	1:58.516 (39.675)		2:38.468 (39.953)	
3:16.805 (38.337)	3:56.373 (39.569)	4:36.490 (40.117)		5:17.035 (40.545)	
5:57.741 (40.707)	6:38.695 (40.954)	7:19.818 (41.124)		8:00.551 (40.733)	
8:41.237 (40.687)	9:22.540 (41.303)	10:03.941 (41.402)		10:45.046 (41.105)	
11:27.131 (42.085)	12:09.587 (42.457)	12:51.741 (42.154)		13:34.292 (42.552)	
14:14.925 (40.633)	14:54.892 (39.968)	15:35.378 (40.487)		16:15.533 (40.155)	
16:50.748 (35.215)					
24 Duncan, Ethan	Bridgewater (Va.)	16:52.82	1		
39.543 (39.543)	1:18.732 (39.189)	1:58.452 (39.720)		2:38.571 (40.119)	
3:17.132 (38.562)	3:56.763 (39.632)	4:37.120 (40.357)		5:17.585 (40.465)	
5:58.420 (40.835)	6:39.353 (40.934)	7:20.225 (40.872)		8:01.001 (40.777)	
8:41.840 (40.839)	9:22.887 (41.048)	10:04.170 (41.283)		10:45.347 (41.178)	
11:27.430 (42.083)	12:09.313 (41.884)	12:51.428 (42.115)		13:33.913 (42.485)	
14:15.195 (41.282)	14:55.493 (40.299)	15:36.002 (40.509)		16:15.863 (39.862)	
16:52.820 (36.957)					

Men 60 Meter Hurdles

ODAC Rec: #	8.09	2022	Landry Moffo, Virginia Wesleyan
Meet Rec: \$	8.09	2/28/2022	Landry Moffo, Virginia Wes
Name	Year	School	Prelims H#

Preliminaries

1 Steele, Antaveon	Ferrum	8.60Q	1
2 Graham, Daniel	Roanoke	8.68Q	2
3 Jakubowski-Lewis, Daniel	Washington and Lee	8.67q	1
4 Torres, Cole	Randolph	8.89q	1
5 Conquest, Semaj	Virginia Wesleyan	8.90q	1
6 Carter, Mario	Randolph	8.93q	1
7 Johnson, Tyler	Bridgewater (Va.)	8.97q	2

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****...Men 60 Meter Hurdles**

8 Henderson, Ja'marri	Virginia Wesleyan	9.04q	2
9 Neel, Davis	Roanoke	9.08	1
10 Knick, Dylan	Roanoke	9.12	2
11 Stewart, Anthony	Virginia Wesleyan	9.15	2
12 Braxton, Izaiah	Virginia Wesleyan	9.29	2
13 Hudson, Bernard	Shenandoah	9.48	2
14 D'Amour, Brandon	Bridgewater (Va.)	9.72	1
15 Cottonham, Zavien	Shenandoah	9.73	1

Men 60 Meter Hurdles

ODAC Rec: # 8.09 2022 Landry Moffo, Virginia Wesleyan
 Meet Rec: \$ 8.09 2/28/2022 Landry Moffo, Virginia Wes

Name Year School Finals Points

Finals

1 Henderson, Ja'marri	Virginia Wesleyan	8.27	10
2 Steele, Antaveon	Ferrum	8.63	8
3 Jakubowski-Lewis, Daniel	Washington and Lee	8.64	6
4 Graham, Daniel	Roanoke	8.80	5
5 Torres, Cole	Randolph	8.86	4
6 Johnson, Tyler	Bridgewater (Va.)	8.90	3
7 Carter, Mario	Randolph	9.15	2
8 Conquest, Semaj	Virginia Wesleyan	9.25	1

Men 4x400 Meter Relay

ODAC Rec: # 3:16.84 2001 Lynchburg, Lynchburg
 Goss, Williams, Harris, Smith
 Meet Rec: \$ 3:21.96 2016 Virginia Wesleyan, Virginia Wesleyan
 Hawkins, Ramirez, Sivels, White

School Finals H# Points

1 Lynchburg 'A'	3:24.10	2	10
1) Kwakye, Gabriel	2) Jacobs, Zachary		
3) Flowers, Brian	4) Hodnett, Jacob		
51.278 (51.278)	1:43.232 (51.954)	2:34.492 (51.260)	3:24.096 (49.604)
2 Randolph 'A'	3:24.48	2	8
1) West, Eric	2) Thompson, Cody		
3) Humes, Christian	4) Lambert, Colby		
50.017 (50.017)	1:41.669 (51.652)	2:33.641 (51.972)	3:24.471 (50.830)
3 Eastern Mennonite 'A'	3:27.16	1	6
1) Urglavitch, Gray	2) Hunter, Bryson		
3) Winters, Da'Shawn	4) Kerr, Joseph		
53.176 (53.176)	1:44.545 (51.369)	2:35.976 (51.431)	3:27.157 (51.181)
4 Washington and Lee 'A'	3:27.66	1	5
1) Jakubowski-Lewis, Daniel	2) McKenna, Ryan		
3) De Fonseca, Ethan	4) Avigliano, Luke		
52.649 (52.649)	1:45.810 (53.161)	2:36.624 (50.814)	3:27.651 (51.027)
5 Ferrum 'A'	3:28.41	2	4
1) Hamm, Michael	2) Lawson, Deontae		
3) Ryder, Kayden	4) Roberts, Francis		
51.673 (51.673)	1:43.860 (52.187)	2:37.280 (53.420)	3:28.410 (51.130)
6 Shenandoah 'A'	3:28.50	1	3

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

Cregger Center

Results

....Men 4x400 Meter Relay

1) Vakos, Charles	2) Eglin, Noah				
3) Kohout, Devin	4) McGhie, Elias				
52.688 (52.688)	1:45.752 (53.064)	2:37.710 (51.958)	3:28.493 (50.783)		
7 Virginia Wesleyan 'A'		3:28.95	2	2	
1) Raynor, Aaron	2) Stone, Fisher				
3) Braxton, Izaiah	4) Bullock, Isaiah				
52.565 (52.565)	1:47.478 (54.913)	2:38.359 (50.881)	3:28.943 (50.584)		
8 Bridgewater (Va.) 'A'		3:32.10	1	1	
1) Alderman, Cy	2) Baker, Ben				
3) Knicely, Walker	4) Hulleman, Calvin				
53.101 (53.101)	1:47.357 (54.256)	2:38.661 (51.304)	3:32.099 (53.438)		
9 Roanoke 'A'		3:35.23	2		
1) Graham, Daniel	2) Hill, Bryson				
3) Cardwell, Max	4) Camobreco, Lorenzo				
55.087 (55.087)	1:49.085 (53.998)	2:41.418 (52.333)	3:35.227 (53.809)		
10 Guilford 'A'		3:43.25	1		
1) Torain, Trenton	2) Heard, Jr, David				
3) Moore, Jerome	4) Abdul-Haqq, Ahmaad				
54.376 (54.376)	1:50.825 (56.449)	2:48.620 (57.795)	3:43.248 (54.628)		
11 Averett 'A'		3:44.57	1		
1) Davis, Jeremiah	2) Smith, Ke'vannio				
3) Alima-Grimshaw, Kevin	4) Donald, Ladanian				
55.201 (55.201)	1:51.736 (56.535)	2:48.904 (57.168)	3:44.564 (55.660)		

Men Distance Medley

ODAC Rec: # 9:44.44 2024 Lynchburg, Lynchburg
Hotung-Davidsen, Hunt, Kovacevic, Llaneza

Meet Rec: \$ 10:17.21

School Finals Points

1 Lynchburg 'A'	10:02.89\$	10
1) Miller, Daniel	2) Flowers, Brian	
3) Mantooth, Jamison	4) Llaneza, Sam	
3:12.596 (3:12.596)	9:29.666 (6:17.070)	10:02.890 (33.224)
2 Bridgewater (Va.) 'A'	10:04.94\$	8
1) Rose, Ryder	2) Alderman, Cy	
3) Hulleman, Calvin	4) Cupps, Bennett	
3:18.439 (3:18.439)		
3 Shenandoah 'A'	10:07.49\$	6
1) Harrower, Ethan	2) McGhie, Elias	
3) Kohout, Devin	4) Hurd, Noah	
3:21.334 (3:21.334)		
4 Randolph 'A'	10:13.27\$	5
1) Thompson, Cody	2) McNulty, Severin	
3) Brubaker, Tyler	4) Cochran, Tanner	
3:06.591 (3:06.591)		
5 Washington and Lee 'A'	10:22.47	4
1) Fitch, William	2) Vaughn, Will	
3) Brighter, Jaden	4) Roberts, Hayden	
3:16.861 (3:16.861)		
6 Roanoke 'A'	10:23.33	3
1) Toliver, Sean	2) Cardwell, Max	
3) Chlebowski, Xavier	4) Fellows, Ian	
3:22.290 (3:22.290)		

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

Cregger Center

Results

....Men Distance Medley

7 Eastern Mennonite 'A'	10:36.34	2
1) Miller, Jansen	2) Urglavitch, Gray	
3) Woodruff, Dawson	4) Immanuel, Bellamy	
3:28.998 (3:28.998)		
8 Hampden-Sydney 'A'	10:38.76	1
1) Burcham, Carter	2) Minton, Kade	
3) VonCanon, Haden	4) Ransone, Winston	
9 Virginia Wesleyan 'A'	11:04.05	
1) Powers, Andrew	2) Allen, Ahmik	
3) Stone, Fisher	4) Johnson, James	
4:38.864 (4:38.864)		
10 Ferrum 'A'	11:32.74	
1) Crouch, Greyson	2) McClung, Logan	
3) Shaffer, Seth	4) Mills, Josh	
3:56.310 (3:56.310)		
11 Averett 'A'	11:45.07	
1) Quintero, Azael	2) Brown, Christopher	
3) Schmied, Justin	4) Smith, Ke'vannio	
4:51.734 (4:51.734)		

Men High Jump

=====													
ODAC Rec: # 2.13m	1997	DaVon Lewis, Bridgewater											
Meet Rec: \$ 2.05m	2014	Jordan King, East Mennonite											
Name	Year	School										Finals	Points
=====													
1 Ndiaye, Leyti		Washington and Lee	1.96m									10	
1.66	1.71	1.76	1.81	1.84	1.87	1.90	1.93	1.96	1.99	2.02			
---	---	---	---	---	---	0	0	0	---	XXX			
2 Birchett, Trey		Bridgewater (Va.)	1.93m									8	
1.66	1.71	1.76	1.81	1.84	1.87	1.90	1.93	1.96					
---	---	---	---	0	XXO	0	0	XXX					
3 Heard, Jr, David		Guilford	1.90m									6	
1.66	1.71	1.76	1.81	1.84	1.87	1.90	1.93						
---	0	XO	0	XXO	XO	0	XXX						
4 Rose, Elijah		Lynchburg	J1.90m									5	
1.66	1.71	1.76	1.81	1.84	1.87	1.90	1.93						
0	0	0	0	0	0	XO	XXX						
5 Lawson, Deontae		Ferrum	1.87m									4	
1.66	1.71	1.76	1.81	1.84	1.87	1.90							
---	0	0	XO	XO	0	XXX							
6 McIntyre, Jared		Roanoke	1.84m									3	
1.66	1.71	1.76	1.81	1.84	1.87								
---	0	0	0	XO	XXX								
7 Henderson, Ja'marri		Virginia Wesleyan	J1.84m									2	
1.66	1.71	1.76	1.81	1.84	1.87								
0	0	XO	XXO	XXO	XXX								
8 Shearn, Joshua		Virginia Wesleyan	1.81m									0.50	
1.66	1.71	1.76	1.81	1.84									
0	0	0	0	XXX									
8 Mims, Mekhi		Shenandoah	1.81m									0.50	
1.66	1.71	1.76	1.81	1.84									
---	0	0	0	XXX									

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....Men High Jump

10	Waller, Mark	Washington and Lee	J1.81m
	1.66 1.71 1.76 1.81 1.84		
	--- O XO O XXX		
11	Lawhorne, Mason	Bridgewater (Va.)	1.76m
	1.66 1.71 1.76 1.81		
	--- XXO XO XXX		
12	Watts, Jiyon	Shenandoah	1.66m
	1.66 1.71		
	O XXX		

Men Pole Vault

ODAC Rec: # 5.10m 2022 Joe O'Connor, Washington and Lee
 Meet Rec: \$ 4.83m 2020 Joe O'Connor, Washington and Lee

Name	Year	School	Finals	Points
1	Langhammer, Evan	Washington and Lee	4.77m	10
	3.32 3.47 3.62 3.77 3.92 4.07 4.17 4.27 4.37 4.47 4.57 4.67 4.77 4.88			
	--- --- --- --- --- --- --- --- --- --- XXO O O O XXX			
2	Mosteller, Kyle	Lynchburg	4.67m	8
	3.32 3.47 3.62 3.77 3.92 4.07 4.17 4.27 4.37 4.47 4.57 4.67 4.77			
	--- --- --- --- --- --- --- --- --- O O --- O XXX			
3	Powell, Julian	Lynchburg	J4.67m	6
	3.32 3.47 3.62 3.77 3.92 4.07 4.17 4.27 4.37 4.47 4.57 4.67 4.77			
	--- --- --- --- --- O O XO O O XO XXO XXX			
4	McCombs, Dominic	Roanoke	4.17m	5
	3.32 3.47 3.62 3.77 3.92 4.07 4.17 4.27			
	--- --- O O XO XO XXO XXX			
5	Repko, Easton	Bridgewater (Va.)	4.07m	3.50
	3.32 3.47 3.62 3.77 3.92 4.07 4.17			
	--- --- --- O XO O XXX			
5	Knically, Walker	Bridgewater (Va.)	4.07m	3.50
	3.32 3.47 3.62 3.77 3.92 4.07 4.17			
	--- --- --- O XO O XXX			
7	Watkins, Jayden	Randolph	3.92m	2
	3.32 3.47 3.62 3.77 3.92 4.07			
	--- O O-- --- XO XXX			
8	Hennessey, Thomas	Bridgewater (Va.)	3.77m	1
	3.32 3.47 3.62 3.77 3.92			
	--- O O XO XXX			
9	Mast, Micah	Eastern Mennonite	J3.77m	
	3.32 3.47 3.62 3.77 3.92			
	--- --- XXO XXO XXX			
10	Spillman, Troy	Washington and Lee	3.47m	
	3.32 3.47 3.62			
	--- O XXX			

Men Long Jump

ODAC Rec: # 7.43m 2001 James Goss, Lynchburg
 Meet Rec: \$ 7.36m 2020 Davonta Womack, Bridgewater

Name	Year	School	Finals	H#	Points
1	Hall, Jordan	Virginia Wesleyan	6.99m	2	10
	FOUL 6.83m 6.97m 6.95m 6.99m FOUL				

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...Men Long Jump

2	Mefford, Isaiah	Washington and Lee	6.86m	2	8
	6.54m 6.41m FOUL 6.51m 6.86m 6.76m				
3	Bullock, Isaiah	Virginia Wesleyan	6.77m	2	6
	6.37m 6.11m 6.77m 6.67m 6.37m 6.57m				
4	Clanton, Kyle	Bridgewater (Va.)	6.75m	2	5
	6.58m 6.62m 6.67m FOUL FOUL 6.75m				
5	West, Elijah	Shenandoah	6.74m	1	4
	FOUL 6.54m 6.63m FOUL 6.74m 6.52m				
6	Hunter, Bryson	Eastern Mennonite	6.73m	2	3
	6.48m 6.73m FOUL 6.04m 6.23m FOUL				
7	Dunn, Quincy	Virginia Wesleyan	6.66m	2	2
	6.35m 5.93m 6.43m 6.66m 6.33m 6.22m				
8	Winters, Da'Shawn	Eastern Mennonite	6.64m	2	1
	6.64m 6.33m 6.56m 6.23m 6.37m 6.49m				
9	Lawson, Deontae	Ferrum	6.50m	2	
	FOUL 6.50m FOUL FOUL FOUL FOUL				
10	Heard, Jr, David	Guilford	6.29m	2	
	FOUL 6.29m 6.21m				
11	Smith, Da'Quan	Virginia Wesleyan	6.23m	2	
	FOUL 5.99m 6.23m				
12	Shearn, Joshua	Virginia Wesleyan	6.21m	1	
	6.10m 6.21m 6.15m				
13	Bisseck, Aymar	Shenandoah	6.05m	1	
	6.05m 5.88m FOUL				
14	Abdul-Haqq, Ahmaad	Guilford	6.01m	1	
	FOUL 6.01m FOUL				
15	Jacobs, Julius	Virginia Wesleyan	5.93m	2	
	5.93m 5.63m FOUL				
15	Apgar, Brendan	Eastern Mennonite	5.93m	2	
	5.89m FOUL 5.93m				
17	Holden, Willie	Shenandoah	5.89m	1	
	FOUL 5.89m 5.80m				
18	Andrews, Nickolas	Averett	5.85m	1	
	5.85m 5.59m 5.57m				
19	Li, David	Washington and Lee	5.78m	1	
	5.78m 5.58m 5.59m				
20	O'Brien, Kyle	Randolph	5.76m	1	
	5.76m 5.58m FOUL				
21	Patten, Jayden	Randolph	5.74m	1	
	FOUL 5.47m 5.74m				
22	Fielder, Jordan	Virginia Wesleyan	5.69m	1	
	FOUL 5.60m 5.69m				
--	Matthews, Anthony	Bridgewater (Va.)	FOUL	1	
	FOUL FOUL FOUL				

Men Triple Jump

=====						
ODAC Rec:	# 15.18m	1994	Otio Okilo, Bridgewater			
Meet Rec:	\$ 15.05m	2/27/2023	Geni Roberts, Virginia Wes			
Name	Year	School	Finals	H#	Points	
=====						
1	Bullock, Isaiah	Virginia Wesleyan	14.48m	2	10	
	13.75m 14.19m 14.13m 13.93m 14.37m 14.48m					
2	Dunn, Quincy	Virginia Wesleyan	13.84m	2	8	
	13.84m 13.76m FOUL FOUL FOUL FOUL					

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...Men Triple Jump

3	Matthews, Anthony	Bridgewater (Va.)	13.69m	2	6
	13.26m 13.52m FOUL FOUL 13.67m 13.69m				
4	Heard, Jr, David	Guilford	13.67m	2	5
	12.73m 12.85m 13.67m 12.96m 12.69m 13.35m				
5	Moore, Kristian	Shenandoah	13.57m	1	4
	13.57m 13.33m FOUL 13.15m FOUL 12.74m				
6	Lawson, Deontae	Ferrum	13.36m	2	3
	13.36m 12.84m 13.09m FOUL FOUL 12.46m				
7	Carter, Mario	Randolph	13.13m	2	2
	13.08m 13.13m 12.84m 12.58m 12.59m 12.63m				
8	Fielder, Jordan	Virginia Wesleyan	13.12m	2	1
	13.12m 13.11m 12.59m 13.00m 12.11m 12.28m				
9	Small, Fidel	Washington and Lee	12.79m	1	
	12.39m 12.70m 12.79m FOUL 12.48m FOUL				
10	Haynes, Patrick	Washington and Lee	12.76m	2	
	12.76m 12.24m 12.74m				
11	Jackson, Peyton	Randolph	12.69m	1	
	12.20m 12.69m FOUL				
12	McIntyre, Jared	Roanoke	12.36m	1	
	FOUL FOUL 12.36m				
13	Abdul-Haqq, Ahmaad	Guilford	11.67m	1	
	FOUL FOUL 11.67m				
14	Foster, Jack	Washington and Lee	11.55m	1	
	11.55m 11.43m FOUL				
--	Apgar, Brendan	Eastern Mennonite	FOUL	1	
	FOUL FOUL FOUL				
--	Shearn, Joshua	Virginia Wesleyan	FOUL	2	
	FOUL FOUL FOUL				

Men Shot Put

ODAC Rec: # 16.82m 2008 Nathan Turner, Bridgewater

Meet Rec: \$ 16.36m 2007 Nathan Turner

Name	Year	School	Finals	H#	Points
1 Smith, Michael		Bridgewater (Va.)	15.02m	2	10
		13.62m 15.02m FOUL 14.47m FOUL FOUL			
2 Knight, Will		Washington and Lee	14.55m	2	8
		14.49m 14.01m 11.38m 14.45m 13.72m 14.55m			
3 Roy, Adam		Washington and Lee	14.44m	2	6
		13.04m 13.85m 14.00m 13.91m 13.93m 14.44m			
4 Patterson, Reginald		Shenandoah	14.35m	2	5
		12.61m 14.29m FOUL FOUL 12.98m 14.35m			
5 Flores, Jesus		Bridgewater (Va.)	13.98m	2	4
		FOUL 12.92m 13.90m 13.98m 13.77m FOUL			
6 Olverson, Andrew		Averett	13.96m	2	3
		13.26m 13.25m 13.35m 13.13m FOUL 13.96m			
7 Johnson, Darrian		Ferrum	13.81m	2	2
		13.81m 13.76m 13.27m 12.98m 13.34m 13.65m			
8 Linton, Mark		Averett	13.48m	2	1
		12.86m 13.19m 13.48m 13.08m FOUL FOUL			
9 Athey, Seth		Guilford	13.41m	1	
		12.98m 13.41m FOUL 11.86m 13.09m 12.91m			
10 McKinney, O'Keefe		Washington and Lee	13.06m	2	
		12.06m 12.55m 13.06m			

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024

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Results

....Men Shot Put

11	Watkins, Jayden	Randolph	12.95m	1
	11.53m 12.95m 12.67m			
12	Avigliano, Leo	Washington and Lee	12.93m	2
	FOUL 12.93m FOUL			
13	Davis, Jalen	Virginia Wesleyan	12.86m	2
	12.86m FOUL 12.83m			
14	Goldsmith, Timothy	Averett	12.78m	1
	12.78m 11.99m 12.78m			
15	Bajski, Stevan	Washington and Lee	12.77m	2
	FOUL 12.48m 12.77m			
16	Nesselrodt, Tony	Bridgewater (Va.)	12.33m	1
	10.25m 12.33m 11.77m			
17	Sarsfield, Jim	Roanoke	12.08m	1
	11.76m 11.98m 12.08m			
18	McIntyre, Zakary	Shenandoah	11.99m	1
	11.99m FOUL FOUL			
19	Vigus, Aidan	Roanoke	11.98m	1
	11.67m 10.87m 11.98m			
20	Leichty, Grant	Eastern Mennonite	11.77m	1
	11.75m 11.77m FOUL			
21	Makowski, Brandon	Washington and Lee	11.40m	1
	10.62m 11.40m 11.01m			
22	Bea, Jayven	Roanoke	10.83m	1
	10.83m 10.80m 10.59m			

Men Weight Throw

ODAC Rec: # 19.66m 2023 Tucker Kindig, Shenandoah

Meet Rec: \$ 18.91m 2/26/2023 John Kindig, Shenandoah

Name	Year	School	Finals	H#	Points
------	------	--------	--------	----	--------

1	Smith, Michael	Bridgewater (Va.)	17.97m	2	10
	17.92m FOUL 17.97m 17.16m FOUL 17.58m				
2	Nesselrodt, Tony	Bridgewater (Va.)	15.11m	2	8
	FOUL 15.11m FOUL FOUL FOUL 14.47m				
3	Sarsfield, Jim	Roanoke	14.79m	2	6
	FOUL 14.79m 12.90m FOUL 10.41m 13.74m				
4	Novak, Evan	Washington and Lee	14.44m	2	5
	FOUL 14.44m FOUL 13.32m FOUL FOUL				
5	Flores, Jesus	Bridgewater (Va.)	14.36m	2	4
	11.85m FOUL 13.97m FOUL 14.36m 13.79m				
6	Davis, Jalen	Virginia Wesleyan	14.22m	2	3
	13.45m FOUL 14.22m FOUL FOUL 12.88m				
7	McIntyre, Zakary	Shenandoah	14.10m	1	2
	FOUL FOUL 14.10m FOUL FOUL 14.09m				
8	Lamoso, Carlos	Virginia Wesleyan	13.95m	2	1
	13.88m 13.81m 13.72m FOUL 13.95m FOUL				
9	Ruff, Michael	Lynchburg	13.83m	2	
	FOUL 13.83m FOUL FOUL FOUL 13.79m				
10	Roy, Adam	Washington and Lee	13.53m	2	
	FOUL 13.53m 12.57m				
11	Linton, Mark	Averett	12.89m	1	
	FOUL 12.89m FOUL				
12	Palacios, Caleb	Bridgewater (Va.)	12.84m	2	
	FOUL 12.84m 12.68m				

ODAC Indoor Track & Field Championships - 2/24/2024 to 2/25/2024**Cregger Center****Results****....Men Weight Throw**

13 Hoffman, Bryce	Bridgewater (Va.)	12.47m	1
12.11m FOUL 12.47m			
14 Bea, Jayven	Roanoke	12.11m	1
12.11m 11.36m 10.53m			
15 Athey, Seth	Guilford	11.84m	1
11.84m 11.22m FOUL			
16 McCormick, Andy	Lynchburg	11.65m	1
10.97m 11.28m 11.65m			
17 Duncan, Ryan	Bridgewater (Va.)	10.62m	1
FOUL FOUL 10.62m			
18 Makowski, Brandon	Washington and Lee	10.48m	1
9.75m FOUL 10.48m			
19 Brooks, Andriquez	Guilford	10.16m	1
FOUL FOUL 10.16m			
20 Goldsmith, Timothy	Averett	9.90m	1
9.90m FOUL FOUL			
-- Patterson, Reginald	Shenandoah	FOUL	2
FOUL FOUL FOUL			
-- Harris, Antonio	Bridgewater (Va.)	FOUL	2
FOUL FOUL FOUL			

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Women - Team Rankings - 16 Events Scored

=====

1) Lynchburg	197	2) Roanoke	95
3) Washington and Lee	91	4) Shenandoah	80
5) Bridgewater (Va.)	70	6) Virginia Wesleyan	49
7) Eastern Mennonite	16	8) Hollins	11
9) Randolph	7	10) Guilford	1
10) Ferrum	1		

=====

Men - Team Rankings - 16 Events Scored

=====

1) Lynchburg	149	2) Washington and Lee	103
3) Bridgewater (Va.)	82	4) Virginia Wesleyan	61.50
5) Randolph	51	6) Roanoke	47
7) Shenandoah	44.50	8) Ferrum	39
9) Eastern Mennonite	24	10) Averett	11
10) Guilford	11	12) Hampden-Sydney	1