

VHSL SUPER REGIONAL XC CHAMPIONSHIP

Mechanicsville, VA

Pole Green Park

Wednesday, November 6, 2024

**OFFICIAL MEET REPORT**

printed: 11/6/2024 3:31 PM

**Race #6
Boys Sub-Varsity 5k****Final Results****INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	1M	2.1M	4K
1 COLEMAN, Joey	SO	707	Albemarle	-	17:10.3	5:31.3	3:26.1	3:10.1	5:08.0	12:34.0	14:39.5
2 COSTELLO, Hayes	SR	708	Albemarle	-	17:24.0	5:35.7	3:28.8	3:10.2	5:08.1	12:45.0	14:48.9
3 LAWSON, Brody	FR	714	Albemarle	-	18:04.4	5:48.7	3:36.9	3:08.5	5:05.1	13:12.1	15:22.2
4 SEWARD, Andrew	SO	364	Atlee	-	18:22.7	5:54.6	3:40.5	3:19.3	5:20.1	13:19.6	15:31.5
5 LYLE, Lucas	8	444	Eastern View High	-	18:25.5	5:55.5	3:41.1	3:10.5	5:13.1	13:22.9	15:39.4
6 QUINTERO, Jacob	FR	192	Maggie Walker	-	18:31.5	5:57.4	3:42.3	3:30.1	5:35.1	13:38.1	15:52.1
7 DUNFORD, Ryan	JR	341	Atlee	-	18:41.5	6:00.6	3:44.3	3:21.4	5:23.7	13:41.4	15:54.9
8 PELLISSIER, Alan	SR	1349	Albemarle	-	18:42.3	6:00.9	3:44.5	3:21.4	5:26.7	13:38.5	15:53.1
9 JOHNSTON, Liam	FR	182	Maggie Walker	-	18:47.5	6:02.5	3:45.5	3:32.3	5:39.8	13:51.5	16:05.4
10 HARRIS, Sawyer	JR	951	Louisa County High	-	19:10.1	6:09.8	3:50.0	3:23.5	5:27.6	13:55.1	16:13.5
11 PAYTON, Ariel	JR	73	Fauquier	-	19:12.5	6:10.6	3:50.5	3:34.0	5:43.6	13:55.4	16:14.1
12 VAN DREW, Joseph	JR	199	Maggie Walker	-	19:15.1	6:11.4	3:51.0	3:36.8	5:47.7	14:05.2	16:21.9
13 WILLIAMSON, Jacob	JR	200	Maggie Walker	-	19:17.3	6:12.1	3:51.5	3:26.8	5:37.9	14:13.4	16:30.7
14 TIDWELL, Benjamin	SR	532	King George	-	19:31.7	6:16.8	3:54.3	3:42.4	5:53.6	14:23.9	16:43.7
15 SPILLER, Henry	SO	1275	Midlothian High Sch	-	19:33.3	6:17.3	3:54.7	3:31.9	5:41.4	14:21.0	16:38.6
16 SORIANO, Casen	JR	961	Louisa County High	-	19:35.8	6:18.1	3:55.2	3:26.2	5:31.7	14:17.1	16:45.0
17 BALDWIN, Logan	SO	334	Atlee	-	19:36.3	6:18.2	3:55.3	3:39.8	5:52.8	14:30.6	16:49.1
18 GREGORY, James	SO	877	J.R. Tucker High Sc	-	19:36.6	6:18.3	3:55.3	3:29.5	5:37.8	14:19.0	16:42.0
19 HOLSON, Taylor	SR	353	Atlee	-	19:37.6	6:18.6	3:55.5	3:18.9	5:21.7	14:06.1	16:33.7
20 SEGURA, Kyle	SO	1271	Midlothian High Sch	-	19:38.7	6:19.0	3:55.7	3:21.9	5:25.0	14:11.6	16:51.5
21 TAYLOR, Nat	SR	811	Douglas Freeman	-	19:41.3	6:19.8	3:56.3	3:40.1	5:52.0	14:26.2	16:47.0
22 FERNANDEZ, Augstin	SO	480	Hanover	-	19:41.8	6:20.0	3:56.4	3:42.2	5:55.3	14:37.4	16:58.9
23 RETTIG, Sean	JR	805	Douglas Freeman	-	19:42.5	6:20.2	3:56.5	3:40.0	5:51.3	14:26.0	16:47.2
24 CAPTAIN, Mason	SR	999	Midlothian High Sch	-	19:43.8	6:20.6	3:56.8	3:31.8	5:40.5	14:34.3	17:01.1
25 TATUM, Austin	SO	369	Atlee	-	19:46.1	6:21.4	3:57.2	3:33.9	5:46.0	14:24.9	16:46.9
26 BENNETT-NGUYEN, Liem	FR	997	Midlothian High Sch	-	19:46.2	6:21.4	3:57.2	3:42.2	5:58.7	14:41.2	17:05.4
27 SHADOYAN, Andrew	SR	490	Hanover	-	19:49.8	6:22.6	3:58.0	3:20.7	5:28.7	14:28.4	16:55.2
28 HALFERTY, Jack	SR	352	Atlee	-	19:53.1	6:23.6	3:58.6	3:21.0	5:24.3	14:30.0	17:03.4
29 FARR, Aiden	JR	342	Atlee	-	19:53.7	6:23.8	3:58.7	3:24.4	5:27.6	14:19.8	16:48.1
30 TYLER, William	SO	370	Atlee	-	19:56.8	6:24.8	3:59.4	3:24.3	5:26.9	14:26.1	16:52.5
31 DUBOIS, Michael	SO	1252	Midlothian High Sch	-	19:57.1	6:24.9	3:59.4	3:32.5	5:43.0	14:31.3	16:57.7
32 STANISLAW, Henry	FR	78	Fauquier	-	19:58.3	6:25.3	3:59.7	3:47.7	5:59.4	14:35.6	17:00.3
33 BOLLES, Christopher	SR	63	Fauquier	-	20:00.5	6:26.0	4:00.1	3:46.8	5:59.7	14:40.5	17:02.7
34 FRAZIER, William	FR	1254	Midlothian High Sch	-	20:02.5	6:26.7	4:00.5	3:42.6	5:55.2	14:41.5	17:09.7
35 SAMBROOK, Evan	SR	530	King George	-	20:04.3	6:27.2	4:00.9	3:36.2	5:47.1	14:36.1	17:07.7
36 STREET, Brady	FR	492	Hanover	-	20:05.4	6:27.6	4:01.1	3:51.5	6:01.5	14:51.9	17:12.5
37 WAGGY, Ethan	FR	962	Louisa County High	-	20:06.3	6:27.9	4:01.3	3:41.8	5:55.8	14:46.8	17:07.9
38 SHAW, Ronan	JR	959	Louisa County High	-	20:09.1	6:28.8	4:01.8	3:45.6	6:02.4	14:47.2	17:09.0
39 CARTER, Camden	SO	336	Atlee	-	20:12.8	6:30.0	4:02.6	3:35.8	5:50.6	14:45.0	17:13.1
40 SAVOIE, Josh	SR	76	Fauquier	-	20:13.3	6:30.1	4:02.7	3:39.2	5:55.7	14:57.8	17:26.9
41 GIFFIN, Scott	SR	876	J.R. Tucker High Sc	-	20:14.6	6:30.5	4:02.9	3:35.9	5:52.2	14:46.4	17:14.2
42 DEMARR, Vincent	FR	64	Fauquier	-	20:16.6	6:31.2	4:03.3	3:47.5	6:00.5	15:04.9	17:27.3
43 TAMEZ, Rudy	SR	368	Atlee	-	20:18.1	6:31.7	4:03.6	3:27.6	5:36.9	14:39.1	17:09.0
44 PRITCHARD, Joel	JR	191	Maggie Walker	-	20:21.7	6:32.8	4:04.3	3:44.0	5:57.0	14:42.5	17:14.7
45 SINGLETON, Ben	JR	1273	Midlothian High Sch	-	20:21.8	6:32.9	4:04.4	3:31.3	5:41.6	14:34.5	17:02.2
46 MOORE, Tate	SO	917	James River (Midlot	-	20:22.1	6:33.0	4:04.4	3:45.4	6:00.1	15:00.7	17:24.9

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	1M	2.1M	4K
47 BELDING, Gray	SR	788	Douglas Freeman	-	20:22.3	6:33.0	4:04.5	3:46.3	6:02.3	14:49.0	17:20.8
48 SAYLOR, Jake	JR	1269	Midlothian High Sch	-	20:24.4	6:33.7	4:04.9	3:33.4	5:45.8	14:29.8	17:04.6
49 PELKEY, Alexander	JR	528	King George	-	20:25.2	6:34.0	4:05.0	4:08.2	6:31.0	15:05.0	17:36.5
50 COX, Samuel	JR	660	Spotsylvania	-	20:27.4	6:34.7	4:05.5	3:38.5	5:53.2	15:10.2	17:41.2
51 RAISIG, Trevor	FR	1267	Midlothian High Sch	-	20:28.5	6:35.0	4:05.7	3:42.5	5:58.0	14:51.4	17:25.5
52 BALDWIN, Jackson	JR	335	Atlee	-	20:30.7	6:35.7	4:06.1	3:29.2	5:39.0	14:44.7	17:24.4
53 JONES, Isaiah	JR	183	Maggie Walker	-	20:33.0	6:36.5	4:06.6	3:32.8	5:50.0	15:01.9	17:35.1
54 FRIMODIG, Luke	SO	66	Fauquier	-	20:33.9	6:36.8	4:06.8	3:46.8	5:59.3	15:07.7	17:36.8
55 LEFFLER, Nathan	FR	881	J.R. Tucker High Sc	-	20:35.2	6:37.2	4:07.0	3:37.0	5:52.5	15:02.7	17:34.8
56 WILSON, Tyler	8	644	Powhatan Middle S	-	20:35.7	6:37.3	4:07.1	3:47.3	6:03.7	15:09.4	17:39.2
57 WITCHER, Coby	SO	371	Atlee	-	20:37.5	6:37.9	4:07.5	3:35.9	5:54.2	15:03.6	17:31.1
58 ROOT, Nathan	FR	1268	Midlothian High Sch	-	20:39.0	6:38.4	4:07.8	3:45.7	6:02.2	15:19.7	17:44.7
59 GARRETT, Clarke	FR	794	Douglas Freeman	-	20:42.1	6:39.4	4:08.4	3:43.6	5:57.8	15:12.5	17:41.3
60 CHAMBERS, Braeden	SR	338	Atlee	-	20:42.3	6:39.5	4:08.5	3:49.3	6:05.0	15:09.7	17:38.6
61 DIEST, Kristian	SO	948	Louisa County High	-	20:45.1	6:40.4	4:09.0	3:48.1	6:03.0	15:08.8	17:43.6
62 LAWARNCE, Julian	SR	581	Monacan High Sch	-	20:45.3	6:40.4	4:09.1	3:31.2	5:46.0	15:05.2	17:25.5
63 RAGLAND, Finnegan	SO	804	Douglas Freeman	-	20:45.4	6:40.5	4:09.1	4:07.9	6:34.0	15:11.9	17:41.3
64 FARRELL, Liam	JR	907	James River (Midlot	-	20:45.6	6:40.5	4:09.1	3:53.0	6:13.5	15:11.6	17:40.4
65 BOYLES, Porter	FR	998	Midlothian High Sch	-	20:53.7	6:43.1	4:10.7	3:42.8	5:58.3	15:08.0	17:38.5
66 TURNER, Anthony	FR	534	King George	-	20:59.7	6:45.0	4:11.9	3:41.0	5:56.1	15:23.8	18:05.0
67 CLARKE, Ian	SO	520	King George	-	21:05.0	6:46.8	4:13.0	3:56.2	6:16.0	15:31.9	18:09.2
68 BOYLE, Luke	FR	93	Goochland High Sc	-	21:05.9	6:47.0	4:13.2	3:51.0	6:12.8	15:20.5	17:56.8
69 REEVES, Everett	SO	194	Maggie Walker	-	21:09.3	6:48.1	4:13.9	4:03.7	6:25.6	15:39.6	18:10.4
70 PARIS, Spencer	FR	1265	Midlothian High Sch	-	21:09.8	6:48.3	4:14.0	4:03.1	6:28.0	15:40.4	18:12.0
71 MOORE, Cedric	SR	955	Louisa County High	-	21:09.9	6:48.3	4:14.0	3:29.0	5:42.6	14:47.2	17:23.3
72 TREVEY, John Thomas	SO	198	Maggie Walker	-	21:10.3	6:48.5	4:14.1	3:32.5	5:43.2	15:03.6	17:47.2
73 DELOACH, Jackson	8	523	King George	-	21:11.5	6:48.8	4:14.3	3:41.1	5:56.7	15:23.7	18:05.3
74 CARLSON, Evan	SO	1000	Midlothian High Sch	-	21:11.7	6:48.9	4:14.3	3:51.4	6:05.8	15:22.5	18:01.6
75 CARTER, Kohen	JR	337	Atlee	-	21:12.7	6:49.2	4:14.5	3:52.6	6:15.0	15:40.2	18:11.1
76 SABO, Clyde	SR	529	King George	-	21:18.4	6:51.1	4:15.7	3:51.4	6:10.9	15:32.5	18:12.1
77 SIEWERT, Jaxsen	8	551	Mechanicsville High	-	21:21.1	6:51.9	4:16.2	4:00.7	6:25.4	15:46.8	18:17.0
78 NIECE, Lucas	SR	628	Powhatan High Sch	-	21:21.2	6:52.0	4:16.2	3:48.1	6:03.3	15:31.8	18:11.9
79 MCGUFFIN, Cade	JR	487	Hanover	-	21:22.4	6:52.3	4:16.5	4:01.7	6:27.4	15:47.2	18:13.9
80 MAJEAN, Brenden	SO	667	Spotsylvania	-	21:24.1	6:52.9	4:16.8	4:01.1	6:23.6	15:41.4	18:16.3
81 PAGE, Samuel	8	526	King George	-	21:24.9	6:53.2	4:17.0	3:38.9	5:53.6	15:36.8	18:07.6
82 HANCOCK, Will	SO	1319	Patrick Henry (Roa	-	21:27.9	6:54.1	4:17.6	3:52.7	6:13.0	15:31.6	18:13.6
83 PENNOCK, Jake	FR	885	J.R. Tucker High Sc	-	21:28.2	6:54.2	4:17.6	3:55.6	6:18.0	15:41.9	18:20.8
84 ARMSTEAD, Johnny	SR	868	J.R. Tucker High Sc	-	21:28.8	6:54.4	4:17.8	3:43.8	6:04.9	15:38.3	18:17.6
85 BUSH, Dalton	FR	791	Douglas Freeman	-	21:31.1	6:55.1	4:18.2	4:07.2	6:36.1	15:48.4	18:26.5
86 REINHART, Brady	8	642	Powhatan Middle S	-	21:31.5	6:55.3	4:18.3	3:54.6	6:18.7	15:49.4	18:24.9
87 KURZ, Sebastian	JR	483	Hanover	-	21:37.0	6:57.0	4:19.4	3:59.9	6:27.1	15:55.4	18:36.2
88 SCHIBETTA, Zack	SO	1300	Mills Godwin	-	21:38.5	6:57.5	4:19.7	4:14.8	6:43.2	16:01.5	18:31.3
89 MARTINEZ, Yosel	SO	883	J.R. Tucker High Sc	-	21:39.2	6:57.7	4:19.8	3:52.6	6:13.0	15:43.8	18:22.9
90 STINSON, Darren	JR	807	Douglas Freeman	-	21:40.4	6:58.1	4:20.1	3:44.6	5:58.5	15:44.4	18:28.1
91 SCHWARTZ, Kyle	FR	806	Douglas Freeman	-	21:42.6	6:58.8	4:20.5	4:05.9	6:28.3	15:55.3	18:27.0
92 FRITZ, Cannon	FR	1255	Midlothian High Sch	-	21:46.3	7:00.0	4:21.3	4:08.0	6:37.0	15:57.5	18:32.3

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93 TUCK, Jason	JR	493	Hanover	-	21:48.1	7:00.6	4:21.6	3:51.7	6:14.5	15:52.8	18:35.9
94 GAUTIER, Parker	SO	1318	Patrick Henry (Roa	-	21:48.2	7:00.6	4:21.6	4:05.7	6:29.6	15:54.6	18:32.4
95 PETERSON, Jeremiah	FR	886	J.R. Tucker High Sc	-	21:50.7	7:01.4	4:22.1	3:58.4	6:28.1	16:00.2	18:36.7
96 HIDALGO, Hartley	8	797	Douglas Freeman	-	21:52.5	7:02.0	4:22.5	4:25.8	6:59.5	16:09.7	18:44.2
97 BISSLER-SHEFF, Griffin	SO	473	Hanover	-	21:52.6	7:02.1	4:22.5	4:03.3	6:31.6	16:09.3	18:46.6
98 SEIDEL, Zach	SR	77	Fauquier	-	21:53.7	7:02.4	4:22.7	3:56.4	6:21.9	16:14.3	18:57.7
99 LEE, Zach	JR	485	Hanover	-	21:54.6	7:02.7	4:22.9	4:08.0	6:35.6	16:00.9	18:33.5
100 BURFORD, Jack	SO	790	Douglas Freeman	-	21:55.2	7:02.9	4:23.0	4:30.8	7:03.7	16:15.2	18:48.2
101 RODRIGUEZ, Leo	SO	74	Fauquier	-	21:56.6	7:03.3	4:23.3	3:46.3	6:00.8	15:58.5	18:45.0
102 DWYER, Joshua	JR	949	Louisa County High	-	22:00.0	7:04.4	4:24.0	3:50.6	6:06.7	15:50.0	18:37.4
103 PIZZILO, Bode	FR	25	Brentsville District	-	22:00.6	7:04.6	4:24.1	3:59.3	6:27.9	15:57.6	18:40.1
104 UPSON, Nathaniel	8	643	Powhatan Middle S	-	22:01.0	7:04.8	4:24.2	3:57.3	6:27.2	16:08.2	18:53.2
105 KELLY, Jack	SO	1291	Mills Godwin	-	22:01.1	7:04.8	4:24.2	4:06.8	6:37.4	16:18.1	18:57.2
106 THEADO, Carter	FR	125	James Monroe	-	22:01.2	7:04.8	4:24.2	4:03.8	6:34.2	16:13.6	18:51.9
107 BELL, Evan	FR	869	J.R. Tucker High Sc	-	22:03.7	7:05.6	4:24.7	3:49.2	6:09.6	15:48.4	18:34.9
108 ROSENGREN, Ben	JR	1297	Mills Godwin	-	22:09.5	7:07.5	4:25.9	4:06.3	6:34.8	16:17.0	18:56.7
109 SAHMS, Adam	SR	922	James River (Midlot	-	22:10.5	7:07.8	4:26.1	4:16.0	6:51.8	16:35.1	19:03.8
110 WILLIS, Calvin	FR	740	Clover Hill	-	22:26.4	7:12.9	4:29.3	3:56.0	6:23.6	16:15.3	19:04.4
111 NORTON, Reilly	FR	1264	Midlothian High Sch	-	22:26.7	7:13.0	4:29.3	3:55.9	6:24.0	16:15.3	19:03.8
112 KREUTZER, Nathaniel	FR	798	Douglas Freeman	-	22:27.5	7:13.3	4:29.5	4:28.7	7:03.0	16:47.7	19:24.3
113 AARON, Adrian	SR	92	Goochland High Sc	-	22:30.0	7:14.1	4:30.0	4:04.4	6:51.2	16:35.2	19:22.4
114 MARR, Braeden	SO	916	James River (Midlot	-	22:33.0	7:15.0	4:30.6	4:07.2	6:33.8	16:09.3	19:01.1
115 DELANEY, Nathan	FR	114	James Monroe	-	22:37.9	7:16.6	4:31.6	4:09.7	6:37.7	16:53.0	19:29.4
116 WEIDERHOLD, Austin	SO	671	Spotsylvania	-	22:38.0	7:16.7	4:31.6	3:53.7	6:07.9	16:27.9	19:12.6
117 KRIEGER, Caleb	8	641	Powhatan Middle S	-	22:39.2	7:17.0	4:31.8	4:07.3	6:40.2	16:28.9	19:19.9
118 EVANS, Cameron	SR	1290	Mills Godwin	-	22:41.9	7:17.9	4:32.4	4:26.7	6:59.3	16:22.3	19:10.7
119 ROBERTSON, Howard	SO	958	Louisa County High	-	22:49.2	7:20.3	4:33.8	3:55.2	6:17.6	16:18.2	19:17.7
120 ALLEN, Jack	SO	784	Douglas Freeman	-	22:50.5	7:20.7	4:34.1	4:27.7	7:00.9	16:50.9	19:33.9
121 STOAKLEY, Clyde	JR	808	Douglas Freeman	-	22:55.2	7:22.2	4:35.0	4:27.3	6:59.4	16:55.4	19:37.5
122 CORRAL, Geronimo	SO	659	Spotsylvania	-	22:59.8	7:23.7	4:36.0	4:33.6	7:21.4	17:27.1	19:51.2
123 COLLINS, Sam	JR	905	James River (Midlot	-	23:03.4	7:24.8	4:36.7	4:08.2	6:36.0	16:55.1	19:45.9
124 KIRKLAND, George	SO	913	James River (Midlot	-	23:04.5	7:25.2	4:36.9	4:20.0	6:53.8	16:59.1	19:46.6
125 CAMPBELL, Ian	JR	476	Hanover	-	23:05.7	7:25.6	4:37.1	4:01.9	6:28.0	16:34.0	19:31.6
126 BELLINO, Alex	8	472	Hanover	-	23:07.5	7:26.1	4:37.5	4:28.2	7:01.2	17:13.2	19:54.1
127 FIELDS, Max	FR	578	Monacan High Sch	-	23:08.5	7:26.5	4:37.7	4:11.8	6:44.8	17:12.1	19:55.7
128 MERIDA-HERRERA, Eric	JR	648	Richmond High Sch	-	23:08.8	7:26.6	4:37.8	4:10.9	6:48.5	16:58.7	19:46.8
129 MCNENY, Samuel	FR	582	Monacan High Sch	-	23:10.1	7:27.0	4:38.0	4:09.1	6:34.1	16:42.2	19:32.5
130 HYNES, Jacob	8	607	Patrick Henry (Ashl	-	23:11.2	7:27.3	4:38.2	4:27.7	7:10.8	17:20.6	19:59.7
131 LAROQUE, Kanoa	SO	484	Hanover	-	23:15.3	7:28.6	4:39.1	4:34.5	7:14.5	17:12.6	19:54.2
132 ALEXANDER, Jonathan	JR	969	Matoaca High Scho	-	23:16.1	7:28.9	4:39.2	4:18.1	6:47.6	16:42.5	19:35.4
133 DO, Thomas	FR	1251	Midlothian High Sch	-	23:17.2	7:29.3	4:39.4	4:04.7	6:35.7	16:43.1	19:34.7
134 AFSHARI, Ryan	FR	724	Clover Hill	-	23:17.9	7:29.5	4:39.6	4:20.9	6:52.9	16:55.1	19:49.6
135 GEIST, Gavin	FR	343	Atlee	-	23:19.0	7:29.8	4:39.8	3:52.0	6:20.4	16:39.4	19:42.5
136 DICKERSON, Tyler	8	639	Powhatan Middle S	-	23:20.9	7:30.5	4:40.2	3:56.4	6:34.4	17:01.0	19:52.9
137 JACOBY, Donovan	SR	911	James River (Midlot	-	23:26.5	7:32.3	4:41.3	4:16.1	6:51.7	16:50.1	19:45.6
138 KENT, Peyton	FR	912	James River (Midlot	-	23:33.6	7:34.5	4:42.7	4:13.3	6:50.1	17:05.8	19:57.8

VHSL SUPER REGIONAL XC CHAMPIONSHIP

Mechanicsville, VA

Pole Green Park

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Race #6
Boys Sub-Varsity 5k

Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	1M	2.1M	4K
139 THOMPSON, Levi	FR	629	Powhatan High Sch	-	23:36.3	7:35.4	4:43.3	4:07.6	6:49.6	17:11.1	20:07.0
140 CHEW, Jonathan	SR	478	Hanover	-	23:36.4	7:35.4	4:43.3	4:25.1	7:01.8	17:15.9	20:00.5
141 PARKER, Ryder	JR	390	Caroline High Scho	-	23:39.9	7:36.6	4:44.0	4:14.4	6:46.6	17:14.3	20:11.3
142 YANCEY, Julian	8	645	Powhatan Middle S	-	23:40.5	7:36.8	4:44.1	4:22.4	7:03.3	17:22.6	20:16.5
143 BERGER, Mason	8	638	Powhatan Middle S	-	23:41.3	7:37.0	4:44.3	4:07.6	6:42.1	17:23.8	20:17.7
144 WOODY, Heath	JR	812	Douglas Freeman	-	23:41.4	7:37.0	4:44.3	4:28.4	7:02.2	16:57.9	19:55.6
145 BRONZ, James	JR	657	Spotsylvania	-	23:45.3	7:38.3	4:45.1	3:39.7	6:00.4	16:43.5	19:45.8
146 SHERU, Shahan	FR	735	Clover Hill	-	23:46.9	7:38.8	4:45.4	4:19.1	6:52.8	17:13.5	20:09.6
147 GORMLEY, Liam	8	344	Atlee	-	23:56.0	7:41.7	4:47.2	3:52.4	6:21.1	17:36.6	20:35.6
148 GRAY, Ryan	FR	19	Brentsville District	-	23:56.1	7:41.8	4:47.2	4:16.9	6:54.1	16:58.9	19:55.5
149 BURTON, Lucas	SO	475	Hanover	-	23:57.5	7:42.2	4:47.5	4:09.9	6:42.5	17:26.0	20:28.9
150 ZHANG, Gavin	FR	202	Maggie Walker	-	23:59.1	7:42.7	4:47.8	4:20.1	7:03.9	17:28.0	20:23.0
151 REID, James	SO	587	Monacan High Sch	-	24:01.2	7:43.4	4:48.2	4:10.2	6:43.9	17:20.6	20:21.4
152 CUMMINGS, Bryce	FR	479	Hanover	-	24:03.1	7:44.0	4:48.6	4:20.6	7:02.5	17:46.0	20:45.4
153 CAO, Charlie	SO	725	Clover Hill	-	24:03.8	7:44.2	4:48.8	4:31.2	7:14.2	17:41.9	20:32.8
154 RAFFERTY, Cooper	FR	921	James River (Midlot	-	24:06.4	7:45.1	4:49.3	4:31.3	7:14.1	17:44.9	20:38.3
155 LETTER, Caleb	SO	361	Atlee	-	24:08.5	7:45.8	4:49.7	4:32.0	7:08.7	17:43.0	20:37.1
156 HOBBS, William	SO	952	Louisa County High	-	24:10.2	7:46.3	4:50.0	4:21.3	7:02.6	17:37.7	20:35.5
157 HAYES, Will	FR	880	J.R. Tucker High Sc	-	24:15.0	7:47.8	4:51.0	3:59.3	6:31.2	17:38.3	20:33.8
158 PENNOCK, Dylan	JR	803	Douglas Freeman	-	24:25.2	7:51.1	4:53.0	4:29.1	7:13.5	17:31.9	20:30.4
159 HUFFMAN, Cooper	FR	1257	Midlothian High Sch	-	24:25.4	7:51.2	4:53.1	4:08.4	6:38.4	17:27.6	20:42.3
160 STREIGHTIFF, Connor	SR	366	Atlee	-	24:32.3	7:53.4	4:54.5	4:02.4	6:33.5	17:44.3	20:59.6
161 TAYLOR, Cormac	FR	810	Douglas Freeman	-	24:33.8	7:53.9	4:54.8	4:41.7	7:32.6	18:05.2	21:03.8
162 BAIRLEY, Braden	FR	112	James Monroe	-	24:34.2	7:54.0	4:54.8	4:34.5	7:19.3	17:40.4	20:40.1
163 GARNETT, Richard	SR	908	James River (Midlot	-	24:34.6	7:54.1	4:54.9	4:09.1	6:42.4	17:21.7	20:31.5
164 MOLNAR, Arthur	SO	23	Brentsville District	-	24:42.0	7:56.5	4:56.4	4:08.5	6:39.1	17:29.4	20:40.6
165 DESHAZO, Jack	SO	340	Atlee	-	24:44.0	7:57.2	4:56.8	3:55.8	6:25.2	17:55.8	20:53.9
166 STUCKEY, William	SO	933	L.C. Bird	-	24:46.9	7:58.1	4:57.4	4:30.3	7:09.3	17:55.2	20:59.8
167 SMALLWOOD, Logan	SR	28	Brentsville District	-	24:50.4	7:59.2	4:58.1	4:12.4	6:53.6	17:50.0	21:04.0
168 TICKLE, Luke	FR	107	Goochland High Sc	-	24:50.8	7:59.4	4:58.2	4:29.2	7:11.0	17:57.3	20:59.9
169 MARSHALL, Phillip	FR	799	Douglas Freeman	-	24:52.1	7:59.8	4:58.4	4:41.5	7:33.3	18:21.6	21:18.6
170 WEISS, Max	FR	1325	Patrick Henry (Roa	-	24:56.3	8:01.1	4:59.3	4:31.5	7:18.9	18:02.7	21:06.7
171 MERGLER, Ben	SR	22	Brentsville District	-	25:06.7	8:04.5	5:01.3	4:31.3	7:18.3	18:18.2	21:34.4
172 BURDINE, Joseph	JR	972	Matoaca High Scho	-	25:17.7	8:08.0	5:03.5	4:26.9	7:17.2	18:43.3	21:43.7
173 WILLIAMS, Cole	FR	982	Matoaca High Scho	-	25:22.3	8:09.5	5:04.5	4:15.4	6:50.2	17:50.7	21:07.5
174 HAYWARD, Noah	FR	181	Maggie Walker	-	25:28.9	8:11.6	5:05.8	4:36.4	7:28.1	18:44.9	21:50.0
175 SMITHSON, Tucker	JR	105	Goochland High Sc	-	25:31.6	8:12.5	5:06.3	4:32.5	7:20.2	18:28.1	21:41.2
176 MCCOY, Everette	JR	188	Maggie Walker	-	25:38.5	8:14.7	5:07.7	4:38.0	7:31.1	18:58.1	22:03.2
177 COLON, Zach	FR	113	James Monroe	-	25:39.7	8:15.1	5:07.9	4:29.9	7:17.6	18:40.3	21:50.9
178 BROWN, Henry	JR	870	J.R. Tucker High Sc	-	25:40.4	8:15.3	5:08.1	3:56.9	6:24.4	18:00.8	21:25.8
179 MERRILL, Timmy	FR	609	Patrick Henry (Ashl	-	25:42.0	8:15.8	5:08.4	4:06.2	6:51.5	18:36.3	21:54.0
180 GATTON, Chase	FR	950	Louisa County High	-	25:48.3	8:17.8	5:09.7	4:51.9	7:50.4	18:56.1	22:01.8
181 SAVEDGE, James	FR	931	L.C. Bird	-	26:01.3	8:22.0	5:12.3	4:28.8	7:12.2	18:47.4	21:56.1
182 MISER, Logan	JR	489	Hanover	-	26:03.6	8:22.8	5:12.7	4:21.5	7:02.9	18:54.8	22:19.4
183 YATES, John	SO	847	Hermitage	-	26:12.9	8:25.8	5:14.6	4:16.4	6:55.8	19:29.8	22:52.2
184 GUION, James	SO	910	James River (Midlot	-	26:18.2	8:27.5	5:15.6	4:18.1	7:06.0	19:00.4	22:11.9

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	1M	2.1M	4K
185 DREW, Marvin	8	421	Dinwiddie	-	26:27.0	8:30.3	5:17.4	4:20.9	7:04.6	19:06.6	22:26.6
186 MURTHY, Shivank	SO	189	Maggie Walker	-	26:28.7	8:30.8	5:17.7	4:30.0	7:27.8	18:57.6	22:23.6
187 BURTON, Dillon	FR	902	James River (Midlot	-	26:30.8	8:31.5	5:18.2	4:51.1	7:52.7	19:52.0	23:05.1
188 CHAN, Kang	SO	903	James River (Midlot	-	26:34.7	8:32.8	5:18.9	4:58.6	8:03.8	20:01.6	23:06.1
189 SILVESTRO, Brody	8	428	Dinwiddie	-	26:41.2	8:34.9	5:20.2	4:26.9	7:14.6	19:14.3	22:43.2
190 HOLT, Taylor	JR	424	Dinwiddie	-	26:43.4	8:35.6	5:20.7	4:12.9	7:06.8	19:27.2	22:53.9
191 BRIDGE, Clifford	FR	789	Douglas Freeman	-	26:45.7	8:36.3	5:21.1	4:41.9	7:33.2	19:10.6	22:28.8
192 VARELA, Cole	FR	631	Powhatan High Sch	-	27:04.8	8:42.4	5:25.0	4:39.2	7:30.4	20:12.5	23:32.6
193 NOBLE, Mekhi	FR	584	Monacan High Sch	-	27:14.3	8:45.5	5:26.9	4:30.7	7:29.4	19:24.3	23:02.9
194 RIVERA, Ramon	JR	649	Richmond High Sch	-	27:20.8	8:47.6	5:28.2	4:36.0	7:30.1	20:21.4	23:32.2
195 FREEMAN, James	SO	18	Brentsville District	-	27:25.2	8:49.0	5:29.0	4:40.9	7:28.7	19:43.4	23:10.3
196 SCHLATER, Jackson	8	27	Brentsville District	-	27:29.7	8:50.5	5:29.9	4:46.6	7:46.2	19:58.1	23:22.4
197 KNOTT, Brennan	JR	382	Caroline High Scho	-	27:32.7	8:51.4	5:30.5	4:25.1	7:08.8	19:17.4	23:17.8
198 SEARS, Brad	JR	613	Patrick Henry (Ashl	-	27:46.2	8:55.8	5:33.2	3:55.1	6:33.5	18:54.9	22:51.7
199 BOWMAN, Britton	JR	970	Matoaca High Scho	-	27:52.4	8:57.7	5:34.5	4:25.3	7:17.4	19:52.2	23:37.3
200 BRYSON, Wolfold	FR	971	Matoaca High Scho	-	28:00.4	9:00.3	5:36.1	4:29.5	7:17.8	20:12.1	24:00.6
201 ZHENG, Eason	FR	741	Clover Hill	-	28:00.9	9:00.5	5:36.2	4:38.6	7:33.7	20:47.1	24:06.6
202 HERMANN, Neal	FR	1256	Midlothian High Sch	-	28:04.6	9:01.7	5:36.9	4:53.6	7:54.2	20:12.3	23:46.7
203 GEILMAN, Jude	JR	909	James River (Midlot	-	28:09.8	9:03.3	5:38.0	4:58.8	8:08.1	20:58.4	24:28.0
204 GAMBILL, Jonathan	JR	663	Spotsylvania	-	28:10.0	9:03.4	5:38.0	4:36.1	7:29.0	20:25.7	24:13.2
205 ALMOND, Wyatt	SR	12	Brentsville District	-	28:17.7	9:05.9	5:39.5	4:46.1	7:50.1	20:41.6	24:21.1
206 POLLARD, Mason	SO	26	Brentsville District	-	28:21.1	9:07.0	5:40.2	4:40.8	7:41.6	20:30.0	24:06.2
207 HOMER, Landon	8	640	Powhatan Middle S	-	28:21.7	9:07.2	5:40.3	4:50.0	7:56.1	20:53.7	24:29.5
208 SOBON, Henry	FR	923	James River (Midlot	-	28:41.9	9:13.7	5:44.4	4:41.3	7:38.8	20:54.9	24:22.7
209 STUART, Noah	FR	448	Eastern View High	-	28:51.2	9:16.7	5:46.2	4:36.5	7:34.9	20:52.3	24:23.0
210 JACKSON, Graham	FR	730	Clover Hill	-	31:27.7	10:07.0	6:17.5	5:19.9	8:58.2	23:23.0	27:09.8
211 LUNDY-FOREMAN, Tremain	JR	647	Richmond High Sch	-	31:31.9	10:08.3	6:18.4	4:47.4	7:51.4	23:44.9	27:14.0
212 SMITH, Evan	SO	552	Mechanicsville High	-	31:39.5	10:10.8	6:19.9	5:26.8	8:51.8	23:21.9	27:09.0
213 SHEVLITHIER, Matthew	SO	736	Clover Hill	-	32:25.8	10:25.7	6:29.2	5:19.7	8:57.7	24:09.1	28:16.2
214 EMKES, Micah	FR	17	Brentsville District	-	34:16.8	11:01.4	6:51.4	5:31.8	8:52.6	25:37.9	29:39.6
215 TUCK, Tyler	8	494	Hanover	-	34:36.9	11:07.8	6:55.4	6:20.7	9:49.9	25:53.0	29:54.1
216 COOKE, James	SO	973	Matoaca High Scho	-	34:38.0	11:08.2	6:55.6	5:42.2	9:47.0	26:09.7	30:16.4
217 TINSLEY, Jonathan	FR	450	Eastern View High	-	34:46.8	11:11.0	6:57.4	4:53.4	8:39.4	25:22.9	29:55.9
-- STUART, Lincoln	SO	449	Eastern View High	-					9:34.9		
-- DUTARI, Matias	SR	874	J.R. Tucker High Sc	-				3:24.7	5:33.5		
-- KEENER, Dillon	SO	358	Atlee	-				3:26.8	5:41.7		
-- NOLAN, Quinn	FR	1263	Midlothian High Sch	-				3:45.2	6:06.9		
-- CHENAULT, Stone	JR	339	Atlee	-				3:52.4	6:16.7	26:23.9	
-- KURICHH, Ryan	JR	1259	Midlothian High Sch	-				5:13.3			
-- EDLING, Caleb	SR	624	Powhatan High Sch	-				14:04.9	15:22.1	16:24.2	
-- PIERCE, Ben	SO	190	Maggie Walker	-				3:15.0	5:20.6	26:23.0	
-- DALEY, Trayvon	JR	646	Richmond High Sch	-				4:48.6			