

VHSL SUPER REGIONAL XC CHAMPIONSHIP

Mechanicsville, VA

Pole Green Park

Wednesday, November 6, 2024

**OFFICIAL MEET REPORT**

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Race #7
Girls 4B Championship**Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Atlee*Q-Team*	33	4-5-6-8-10(22)(24)	1:40:21	20:05	1:16.0
2 Hanover*Q-Team*	52	1-7-9-17-18(21)(23)	1:42:45	20:33	2:47.3
3 Monacan High School*Q-T	65	2-12-15-16-20(28)(39)	1:44:30	20:54	2:29.4
4 Spotsylvania	127	3-25-30-34-35(49)	1:52:55	22:35	4:35.7
5 Patrick Henry (Ashland)	153	11-29-36-37-40(51)(52)	1:56:23	23:17	3:27.1
6 King George	159	13-27-32-41-46(48)(53)	1:57:16	23:28	4:03.6
7 Mechanicsville High School	178	19-31-33-45-50(57)	1:59:38	23:56	4:19.8
8 Courtland	231	14-44-55-58-60(62)(63)	2:10:48	26:10	8:08.6
9 Eastern View High School	242	38-42-43-54-65	2:14:30	26:54	9:43.8
10 Caroline High School	249	26-47-56-59-61	2:13:49	26:46	7:08.9
11 Varina	334	64-66-67-68-69(70)(71)	3:08:19	37:40	8:10.3

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	1M	2.1M	4K
1 AGUSTIN, Ellie *Q-Team*	SR	451	Hanover	1	18:50.7	6:03.6	3:46.1	3:27.4	5:34.0	13:59.2	16:09.7
2 BEY, lyndia *Q-Team*	JR	555	Monacan High Sch	2	19:15.1	6:11.4	3:51.0	3:39.0	5:46.8	14:10.3	16:29.8
3 NELSON, Allison *Q-Ind*	SR	651	Spotsylvania	3	19:22.9	6:13.9	3:52.6	3:39.8	5:48.5	14:16.7	16:35.0
4 WAGGONER, Amelia *Q-Te	JR	329	Atlee	4	19:28.8	6:15.8	3:53.8	3:38.4	5:47.2	14:16.2	16:35.2
5 AMBROSE, Carissa *Q-Tea	SO	299	Atlee	5	19:48.7	6:22.2	3:57.7	3:38.7	5:45.0	14:23.9	16:48.9
6 CROW, Addison *Q-Team*	SR	311	Atlee	6	20:04.8	6:27.4	4:01.0	3:39.0	5:49.1	14:42.0	17:09.1
7 MILLER, Lydia *Q-Team*	SO	462	Hanover	7	20:06.6	6:28.0	4:01.3	3:39.0	5:44.9	14:40.7	17:08.2
8 OHARA-WOOD, Sydney *Q-	SR	323	Atlee	8	20:13.7	6:30.3	4:02.7	3:50.7	6:05.0	14:51.0	17:15.0
9 STEPPE, Callah *Q-Team*	FR	467	Hanover	9	20:33.4	6:36.6	4:06.7	3:51.6	6:07.1	15:09.3	17:35.3
10 GILHOOLY, Teagan *Q-Tea	JR	314	Atlee	10	20:44.8	6:40.3	4:09.0	3:48.5	6:04.0	15:08.7	17:36.5
11 VASS, Carter *Q-Ind*	FR	603	Patrick Henry (Ashl	11	20:54.0	6:43.2	4:10.8	3:43.6	6:01.5	15:16.1	17:47.9
12 MONTGOMERY, Madeline *	SR	569	Monacan High Sch	12	20:54.6	6:43.4	4:10.9	3:55.3	6:15.1	15:36.6	18:07.1
13 RASH, Callista *Q-Ind*	JR	511	King George	13	21:03.0	6:46.1	4:12.6	3:57.1	6:14.8	15:31.8	18:03.3
14 PATHAK, Juhi *Q-Ind*	SR	405	Courtland	14	21:12.1	6:49.0	4:14.4	3:46.4	6:05.6	15:33.4	18:07.6
15 SHEPLEY, Audrey *Q-Team*	SR	572	Monacan High Sch	15	21:13.7	6:49.5	4:14.7	3:39.2	5:50.8	15:19.7	17:56.7
16 CANADA, Reagan *Q-Team*	SR	559	Monacan High Sch	16	21:21.5	6:52.1	4:16.3	4:01.8	6:24.6	15:39.6	18:13.9
17 MARCHETTI, Jenna *Q-Tea	SO	461	Hanover	17	21:35.6	6:56.6	4:19.1	3:56.9	6:24.4	16:04.2	18:41.1
18 AUBRY, Lola *Q-Team*	FR	452	Hanover	18	21:38.0	6:57.4	4:19.6	4:02.0	6:29.6	16:02.7	18:40.1
19 HALE, Sara *Q-Ind*	SR	539	Mechanicsville High	19	21:38.4	6:57.5	4:19.7	3:56.0	6:16.5	15:54.3	18:29.7
20 JUNKERMAN, Islah *Q-Tea	FR	565	Monacan High Sch	20	21:44.5	6:59.5	4:20.9	4:04.6	6:30.7	16:02.9	18:36.8
21 GODARD, Isabella *Q-Team*	SR	459	Hanover	(21)	21:47.4	7:00.4	4:21.5	3:56.5	6:18.9	16:00.3	18:34.8
22 COYNE, Caitlyn *Q-Team*	JR	309	Atlee	(22)	21:54.9	7:02.8	4:23.0	4:04.2	6:30.9	16:07.8	18:41.3
23 BROADDUS, Charlotte *Q-T	SO	455	Hanover	(23)	21:59.8	7:04.4	4:24.0	4:02.0	6:29.9	16:07.5	18:44.8
24 BEDFORD, Ashley *Q-Team	SR	305	Atlee	(24)	22:08.3	7:07.1	4:25.7	4:03.3	6:30.4	16:07.3	18:46.1
25 DUNLAP, Abigail	FR	650	Spotsylvania	25	22:26.1	7:12.8	4:29.2	4:01.1	6:29.1	16:28.2	19:08.6
26 WOODARD, Kyla	FR	377	Caroline High Scho	26	22:30.7	7:14.3	4:30.1	4:03.6	6:29.7	16:23.3	19:09.8
27 PAGE, Ruth Louise	JR	508	King George	27	23:03.1	7:24.7	4:36.6	4:16.1	6:53.7	17:04.8	19:51.9
28 DEFAZIO, Erin *Q-Team*	SO	561	Monacan High Sch	(28)	23:05.0	7:25.3	4:37.0	4:04.2	6:34.3	17:06.9	19:50.1
29 KIM, Emily	SR	598	Patrick Henry (Ashl	29	23:07.7	7:26.2	4:37.5	4:02.1	6:32.0	16:45.7	19:36.6
30 SHADE, Addison	FR	654	Spotsylvania	30	23:19.5	7:30.0	4:39.9	4:19.6	6:59.2	17:21.2	20:05.8

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1K	1M	2.1M	4K
31 MEJIA, Penelope	SO	543	Mechanicsville High	31	23:24.8	7:31.7	4:41.0	4:15.0	6:49.5	17:06.3	19:57.6
32 PETERS, Kylie	SR	510	King George	32	23:37.0	7:35.6	4:43.4	4:26.9	7:04.5	17:24.7	20:14.2
33 SCHWENK, Lizzy	SO	544	Mechanicsville High	33	23:37.8	7:35.9	4:43.6	4:06.6	6:40.4	17:22.3	20:12.7
34 ROSS, Mary	SO	653	Spotsylvania	34	23:47.1	7:38.9	4:45.4	4:00.3	6:28.7	17:27.8	20:16.7
35 WEIDERHOLD, Anna	SR	655	Spotsylvania	35	23:58.6	7:42.6	4:47.7	4:16.3	6:53.9	17:40.5	20:37.5
36 HAWKS, Zoe	FR	592	Patrick Henry (Ashl	36	23:58.8	7:42.6	4:47.8	4:18.3	6:58.3	17:48.2	20:42.9
37 HYNES, Anna	SO	594	Patrick Henry (Ashl	37	24:00.9	7:43.3	4:48.2	4:26.2	7:05.5	17:50.4	20:46.8
38 ALTMAN, Selah	JR	429	Eastern View High	38	24:11.8	7:46.8	4:50.4	4:19.8	7:01.6	17:41.0	20:35.7
39 KEARNEY, Ashlyn *Q-Team*	FR	566	Monacan High Sch	(39)	24:15.6	7:48.0	4:51.1	4:27.7	7:08.4	17:56.4	20:53.4
40 JURITSCH, Maddie	SO	597	Patrick Henry (Ashl	40	24:21.1	7:49.8	4:52.2	4:18.5	6:58.9	17:53.4	20:52.2
41 RUSSELL, Georgia	FR	512	King George	41	24:26.2	7:51.4	4:53.2	4:27.0	7:04.9	17:55.0	20:53.1
42 RODRIGUEZ, Ilyana	JR	434	Eastern View High	42	24:35.6	7:54.5	4:55.1	4:16.5	6:54.6	17:49.6	20:48.2
43 PAPPAVASILIOU, Aliviah	FR	433	Eastern View High	43	24:46.1	7:57.8	4:57.2	4:17.2	6:59.9	17:56.1	21:02.0
44 DANIELSON, Gracie	FR	401	Courtland	44	24:50.7	7:59.3	4:58.1	4:24.6	7:05.9	18:06.8	21:07.8
45 KHAN, Carys	JR	540	Mechanicsville High	45	24:58.1	8:01.7	4:59.6	4:17.7	6:55.5	17:59.9	21:07.2
46 KELLY, Mackenzie	FR	505	King George	46	25:06.6	8:04.4	5:01.3	4:28.2	7:06.6	18:00.7	21:08.4
47 HORNE, Abigail	SO	374	Caroline High Scho	47	25:14.6	8:07.0	5:02.9	4:27.5	7:06.6	18:17.3	21:22.6
48 WRIGHT, Addison	FR	519	King George	(48)	25:39.1	8:14.9	5:07.8	4:28.1	7:07.6	18:28.2	21:40.0
49 PIRCH, Emery	FR	652	Spotsylvania	(49)	25:45.3	8:16.9	5:09.1	4:49.9	7:43.5	18:58.1	22:03.8
50 LYMAN, Samantha	SR	542	Mechanicsville High	50	25:58.2	8:21.0	5:11.6	4:40.6	7:27.3	19:10.3	22:22.8
51 EDLING, Sadie	JR	616	Powhatan High Sch	-	26:03.7	8:22.8	5:12.7	4:42.2	7:39.5	18:55.5	22:04.5
52 REISINGER, Amy	FR	600	Patrick Henry (Ashl	(51)	26:14.2	8:26.2	5:14.8	4:18.7	6:53.9	18:51.7	22:13.7
53 JOHNSTON, Kenzie	SR	596	Patrick Henry (Ashl	(52)	26:30.0	8:31.3	5:18.0	4:29.7	7:23.7	19:33.8	22:48.4
54 WHITE, Emily	JR	517	King George	(53)	26:33.4	8:32.3	5:18.7	4:26.1	7:02.0	18:55.8	22:19.5
55 LENON, Piper	SO	432	Eastern View High	54	27:00.5	8:41.1	5:24.1	4:41.9	7:36.5	19:49.7	23:03.4
56 RAYNOR, Janaya	JR	406	Courtland	55	27:01.4	8:41.4	5:24.3	4:31.0	7:27.7	19:57.6	23:21.2
57 TORRES, Nina	SR	376	Caroline High Scho	56	27:26.0	8:49.3	5:29.2	4:51.2	7:49.8	20:15.7	23:36.4
58 LEWIS, Ajalyn	SO	541	Mechanicsville High	(57)	27:34.2	8:51.9	5:30.8	4:55.7	7:53.8	20:13.6	23:33.7
59 GOLDEN, Charlotte	FR	618	Powhatan High Sch	-	27:57.8	8:59.5	5:35.6	4:56.2	8:01.5	20:25.0	23:49.8
60 WILLIAMS, Asa	SR	499	Henrico	-	28:08.0	9:02.8	5:37.6	4:40.3	7:35.2	20:32.8	23:48.1
61 DONELSON, Cassidy	JR	402	Courtland	58	28:22.1	9:07.3	5:40.4	4:45.8	7:47.3	21:13.1	24:23.5
62 CORSON, Emily	SR	373	Caroline High Scho	59	28:58.1	9:18.9	5:47.6	5:16.0	8:24.1	21:27.8	24:54.8
63 FITZPATRICK, Brenna	FR	403	Courtland	60	29:20.7	9:26.1	5:52.1	4:55.3	7:54.9	21:53.6	25:19.3
64 CLARK, Carlie	SR	372	Caroline High Scho	61	29:39.6	9:32.2	5:55.9	4:51.6	7:54.0	21:08.6	24:53.4
65 HALPIN, Reagan	SR	404	Courtland	(62)	29:42.2	9:33.1	5:56.4	4:46.4	7:47.1	21:57.1	25:27.6
66 LARA, Sophia	SR	498	Henrico	-	30:44.6	9:53.1	6:08.9	4:41.8	7:42.2	22:02.9	25:57.6
67 REYES, Alondra	JR	407	Courtland	(63)	31:16.3	10:03.3	6:15.3	4:50.3	7:55.3	23:25.5	26:56.3
68 EDLING, Violet	JR	617	Powhatan High Sch	-	32:01.1	10:17.7	6:24.2	5:40.2	9:20.5	23:38.0	27:18.9
69 GROSS, Imani	SR	674	Varina	64	32:08.3	10:20.0	6:25.7	5:12.8	8:27.6	23:38.7	27:20.3
70 WASHINGTON, Ava	8	430	Eastern View High	65	33:55.6	10:54.5	6:47.1	5:29.4	9:03.8	25:09.1	29:13.4
71 SMARTSCHAN, Sally	JR	621	Powhatan High Sch	-	34:24.5	11:03.8	6:52.9	4:54.2	8:20.7	25:51.6	30:09.3
72 DAVIS, Qiair	SO	673	Varina	66	37:44.4	12:08.1	7:32.9	4:55.7	8:18.5	28:32.1	33:08.0
73 WHITE, Jalyse	SR	680	Varina	67	37:48.5	12:09.4	7:33.7	5:33.8	9:04.9	28:33.7	33:09.4
74 SEWARD, Jalyynn	SO	679	Varina	68	40:18.5	12:57.7	8:03.7	5:55.3	10:26.2	29:57.5	35:40.5
75 JONES, Nyla	SR	676	Varina	69	40:18.6	12:57.7	8:03.7	6:11.0	10:45.4	29:57.2	35:39.8
76 MARTIN, Kimori	SO	677	Varina	(70)	43:26.6	13:58.1	8:41.3	5:53.2	10:46.1	32:29.0	37:53.5

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77 MCGEORGE, Toyre	SO	678	Varina	(71)	43:45.3	14:04.1	8:45.1	6:11.6	10:47.9	32:29.2	37:54.5
-- LIVELY, Clair	SR	619	Powhatan High Sch	-		---	---	4:35.8	7:38.2		