

# VHSL REGION 6B XC CHAMPIONSHIPS

The Plains, VA

Great Meadow

Thursday, November 7, 2024



OFFICIAL MEET REPORT

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**Race #2**  
**Boys 5k Championship**

## Final Results

### TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Total	Avg.	Spread
1 Woodbridge=QTeam	47	3-6-9-14-15(19)(42)	1:22:30	16:30	0:42.1
2 Gainesville High School=Q	49	1-5-7-13-23(32)(41)	1:22:25	16:29	1:47.4
3 Patriot High School=QTea	63	2-4-8-24-25(37)(39)	1:23:36	16:44	1:42.2
4 Colonial Forge	97*	11-16-21-22-27(31)(33)	1:26:13	17:15	1:12.2
5 Battlefield	97*	10-12-20-26-29(45)(53)	1:25:54	17:11	1:18.3
6 Stafford High School	162	17-28-36-38-43(50)(51)	1:30:04	18:01	1:27.8
7 Colgan High School	163	18-30-34-35-46(47)(48)	1:30:19	18:04	1:47.9
8 Forest Park	239	40-44-49-52-54(55)(56)	1:39:00	19:48	3:19.1

### \*Tiebreakers

Colonial Forge	11	16	21	22	27	31
Battlefield	10	12	20	26	29	45

### INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 DANIELS, Trent =QTeam	JR	782	Gainesville High Sc	1	15:39.1	---	5:02.0	3:07.8
2 BORDEN, Greg =QIndiv	SR	777	Freedom (South Ri	-	15:48.6	9.5	5:05.0	3:09.7
3 SPANGLER, Preston =QTea	SO	824	Patriot High School	2	15:55.5	16.4	5:07.2	3:11.1
4 GOODMAN, Hayden =QTea	SR	856	Woodbridge	3	16:08.5	29.4	5:11.4	3:13.7
5 BIRGE, Henry =QTeam	JR	819	Patriot High School	4	16:12.6	33.5	5:12.7	3:14.5
6 DANIELS, Gavin =QTeam	FR	781	Gainesville High Sc	5	16:13.5	34.4	5:13.0	3:14.7
7 ELFADIL, Shareef =QTeam	JR	855	Woodbridge	6	16:16.0	36.9	5:13.8	3:15.2
8 FOSTER, Isaiah =QTeam	JR	783	Gainesville High Sc	7	16:16.2	37.1	5:13.9	3:15.2
9 BREWER, Kaiden =QTeam	SR	821	Patriot High School	8	16:16.5	37.4	5:14.0	3:15.3
10 ROBERTS, Deaven =QTeam	SR	863	Woodbridge	9	16:25.2	46.1	5:16.8	3:17.0
11 BAUER, Owen =QIndiv	JR	871	Battlefield	10	16:29.2	50.1	5:18.1	3:17.8
12 NIESE, Steven =QIndiv	SR	896	Colonial Forge	11	16:30.4	51.3	5:18.5	3:18.1
13 PATEL, Ayush =QIndiv	SO	877	Battlefield	12	16:33.0	53.9	5:19.3	3:18.6
14 HARMAN, Ryder =QTeam	SR	787	Gainesville High Sc	13	16:49.1	1:10.0	5:24.5	3:21.8
15 JOHNSON, Bradley =QTeam	SO	857	Woodbridge	14	16:49.6	1:10.5	5:24.6	3:21.9
16 RENQUIST, Owen =QTeam	SR	862	Woodbridge	15	16:50.6	1:11.5	5:25.0	3:22.1
17 TEMESGEN, Ebenezer =QIn	SO	778	Freedom (South Ri	-	16:56.3	1:17.2	5:26.8	3:23.3
18 JENKINS, Trevor	JR	891	Colonial Forge	16	17:08.7	1:29.6	5:30.8	3:25.7
19 NICHOLS, Isaac	JR	848	Stafford High Schoo	17	17:12.7	1:33.6	5:32.1	3:26.5
20 SMITH, Jackson	SO	936	Colgan High School	18	17:17.6	1:38.5	5:33.6	3:27.5
21 MCDUFFIE, Cameron =QTe	SR	860	Woodbridge	(19)	17:18.2	1:39.1	5:33.8	3:27.6
22 MORALES-ESPINOZA, Han	SO	817	Osborn	-	17:19.1	1:40.0	5:34.1	3:27.8
23 AVERNA, Brychen	SR	818	Osborn Park	-	17:21.5	1:42.4	5:34.9	3:28.3
24 ESPINOZA, Colin	SO	802	Mountain View	-	17:21.5	1:42.4	5:34.9	3:28.3
25 GUSHI, Alex	JR	874	Battlefield	20	17:22.3	1:43.2	5:35.1	3:28.5
26 PALMER, Colton	JR	898	Colonial Forge	21	17:24.8	1:45.7	5:35.9	3:29.0
27 NINO, Aiden	SR	897	Colonial Forge	22	17:25.6	1:46.5	5:36.2	3:29.1
28 GUSTMAN, Brandon =QTea	JR	785	Gainesville High Sc	23	17:26.5	1:47.4	5:36.5	3:29.3
29 PONS, Cairo	SO	804	Mountain View	-	17:27.8	1:48.7	5:36.9	3:29.6

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## Race #2 Boys 5k Championship

## Final Results

### INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
30 WIDLAK, Brady =QTeam	SR	827	Patriot High School	24	17:33.7	1:54.6	5:38.8	3:30.7
31 WHITE, Andrew =QTeam	SO	826	Patriot High School	25	17:37.7	1:58.6	5:40.1	3:31.5
32 LECAIN, Ian	SR	816	North Stafford	-	17:38.4	1:59.3	5:40.3	3:31.7
33 MORRISON, Brady	JR	876	Battlefield	26	17:42.0	2:02.9	5:41.5	3:32.4
34 NEARMAN, Bryce	SR	895	Colonial Forge	27	17:42.6	2:03.5	5:41.7	3:32.5
35 HOLT, Clark	JR	803	Mountain View	-	17:43.9	2:04.8	5:42.1	3:32.8
36 GOVAR, Ethan	JR	844	Stafford High Schoo	28	17:43.9	2:04.8	5:42.1	3:32.8
37 KUZARA, Jack	SO	875	Battlefield	29	17:47.5	2:08.4	5:43.2	3:33.5
38 MAGNELL, Colin	JR	932	Colgan High School	30	17:48.6	2:09.5	5:43.6	3:33.7
39 MUNOZ, Ethan	SR	894	Colonial Forge	(31)	17:50.2	2:11.1	5:44.1	3:34.0
40 YACOB, Yaphet =QTeam	SR	789	Gainesville High Sc	(32)	17:50.6	2:11.5	5:44.2	3:34.1
41 MAGALLANES, Rick	SR	893	Colonial Forge	(33)	17:53.9	2:14.8	5:45.3	3:34.8
42 RIGGLE, Mason	SO	934	Colgan High School	34	17:57.0	2:17.9	5:46.3	3:35.4
43 DOWNS, Travis	SO	814	North Stafford	-	17:57.2	2:18.1	5:46.4	3:35.4
44 KRAUS, Colin	SO	921	Brooke Point	-	17:59.1	2:20.0	5:47.0	3:35.8
45 KIERNAN, Emory	SO	930	Colgan High School	35	18:10.0	2:30.9	5:50.5	3:38.0
46 O'NEILL, Quinn	SO	849	Stafford High Schoo	36	18:10.3	2:31.2	5:50.6	3:38.1
47 BOWMAN, Cole =QTeam	JR	820	Patriot High School	(37)	18:12.6	2:33.5	5:51.3	3:38.5
48 HAVRYLIN, Nazar	SO	846	Stafford High Schoo	38	18:16.0	2:36.9	5:52.4	3:39.2
49 EYE, Alex =QTeam	JR	823	Patriot High School	(39)	18:16.4	2:37.3	5:52.5	3:39.3
50 LALOTA, Gianni	JR	815	North Stafford	-	18:19.9	2:40.8	5:53.7	3:40.0
51 DAWITT, Johnathan	FR	769	Forest Park	40	18:23.7	2:44.6	5:54.9	3:40.7
52 HAMACHER, William =QTea	JR	786	Gainesville High Sc	(41)	18:26.1	2:47.0	5:55.7	3:41.2
53 MCCARTHY, Henry =QTeam	SO	859	Woodbridge	(42)	18:32.8	2:53.7	5:57.8	3:42.6
54 MCCANN, William	SO	847	Stafford High Schoo	43	18:40.5	3:01.4	6:00.3	3:44.1
55 HENDLER-VOSS, Myles	SR	770	Forest Park	44	18:49.8	3:10.7	6:03.3	3:46.0
56 CRAVEN, Oliver	FR	872	Battlefield	(45)	18:56.2	3:17.1	6:05.3	3:47.2
57 AMBACHEW, Ezkiel	SO	800	Gar-Field	-	18:57.8	3:18.7	6:05.9	3:47.6
58 LASHER, Charles	JR	931	Colgan High School	46	19:05.5	3:26.4	6:08.3	3:49.1
59 FINEGAN, Connor	SR	928	Colgan High School	(47)	19:20.7	3:41.6	6:13.2	3:52.1
60 SPRUNG, Nicholas	SR	937	Colgan High School	(48)	19:29.7	3:50.6	6:16.1	3:53.9
61 KOROMA, Edward	SR	839	Potomac Senior Hig	-	19:33.5	3:54.4	6:17.3	3:54.7
62 LEE, Robby	SR	772	Forest Park	49	19:42.0	4:02.9	6:20.1	3:56.4
63 REESE, Samuel	SO	850	Stafford High Schoo	(50)	19:51.6	4:12.5	6:23.2	3:58.3
64 ELCHENKO, Braden	JR	843	Stafford High Schoo	(51)	20:00.2	4:21.1	6:25.9	4:00.0
65 TUCKER, Darryl	SR	840	Potomac Senior Hig	-	20:09.6	4:30.5	6:28.9	4:01.9
66 ANDERSSON, Josh	SR	768	Forest Park	52	20:21.1	4:42.0	6:32.6	4:04.2
67 ZBRZEZNY, Tyler	SO	880	Battlefield	(53)	20:35.8	4:56.7	6:37.4	4:07.2
68 JAMESON, Pierce	JR	771	Forest Park	54	21:42.8	6:03.7	6:58.9	4:20.6
69 PEDERSEN, John	JR	773	Forest Park	(55)	22:36.9	6:57.8	7:16.3	4:31.4
70 WELLS, Aidan	JR	775	Forest Park	(56)	25:39.1	10:00.0	8:14.9	5:07.8
-- FOWERS, Harrison	JR	784	Gainesville High Sc	-			---	---
-- CHECCO, Joseph	JR	822	Patriot High School	-			---	---
-- WILCOCK, Gavin	SO	828	Patriot High School	-			---	---
-- TREXEL, Hayden	SR	825	Patriot High School	-			---	---
-- BEAMON, Alexander	SR	842	Stafford High Schoo	-			---	---

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**Race #2**  
**Boys 5k Championship****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. km</b>
-- GOVAR, Nicholas	FR	845	Stafford High Schoo	-			---	---
-- O'LOUGHLIN, Sean	SR	933	Colgan High School	-			---	---
-- SINGLETON, Nathan	SO	935	Colgan High School	-			---	---
-- HEIN, Michael	JR	929	Colgan High School	-			---	---
-- PIMENTEL, Joseph	SR	774	Forest Park	-			---	---
-- KENDRIS, Zachary	SO	788	Gainesville High Sc	-			---	---
-- BRANN, Tyler	JR	780	Gainesville High Sc	-			---	---
-- WEINSTEIN, Ethan	SR	879	Battlefield	-			---	---
-- SCHULZ, Hayden	SO	878	Battlefield	-			---	---
-- ESTANISLADO, Bryan	FR	873	Battlefield	-			---	---
-- TETREULT, Jack	SR	899	Colonial Forge	-			---	---
-- KAHN, Michael	SO	892	Colonial Forge	-			---	---
-- WICKHAM, Ryan	SO	900	Colonial Forge	-			---	---
-- KEEHAN, Collin	SR	858	Woodbridge	-			---	---
-- ANDERSON, Gabe	SO	854	Woodbridge	-			---	---
-- MISHLER, Ethan	SO	861	Woodbridge	-			---	---