

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Boys 55 Meter Dash seeded

Name	School	Prelims
Preliminaries		
1	Odey-Jordan, Jake	Archbishop C 6.34q
2	Hughes Jr, Antwan	Parkland Mag 6.35q
3	White, Maddox	St. Christop 6.41q
4	Mahomes, Terrance	Westlake 6.41q
5	Jones, Alvin	Oscar Smith 6.42q
6	Samuels, Mason	Bishop McNam 6.46q
7	Gau, Nick	Holly Spring 6.46q
8	Martin, CJ	Clayton 6.47q
9	White, Andres	Nansemond Ri 6.48
9	Greene, Jayvian	Montverde Ac 6.48
11	Coleman, Curtis	Southeast Bu 6.50
12	Wilson, Darryl	Kings Fork 6.50
13	Davis Whittaker, Jose	York Early C 6.51
14	Edwards-Pla, Avian	Img Academy 6.51
15	Starks, Dezmon	Archbishop C 6.51
16	Wrice, Josiah	Butler 6.51
17	DeJesus, Chase	Archbishop C 6.52
18	Temoka, Asi	Rock Ridge H 6.53
19	Davis, Dre	Albemarle 6.53
20	Whyte, Mark-Anthony	West Springf 6.53
21	Dillard, Kam'ron	William Flem 6.54
22	Outen, Matthew	I.C. Norcom 6.55
23	Tucker, Denver	Img Academy 6.57
24	Bostic, Damill	Archbishop C 6.57
24	Sims, Nathan	Trinity Epis 6.57
26	Walker, Micah	Parkland Mag 6.57
27	Ross, AC	West Springf 6.58
28	Sykes, Isaiah	South Garner 6.60
29	Long, Daniel	Rolesville H 6.60
30	Brown, Jeremiah	Lake Braddoc 6.62
31	Grant, Kenan	Erasmus Hall 6.62
32	Truitt, Jasyn	Salesianum S 6.63
33	Dark, Malik	Colonial For 6.63
34	Tanyi-Tang, Kean	Urbana High 6.64
35	Parker, Brandon	Rocky River 6.64
36	Randolph, Romell	Jackson-Reed 6.65
37	Mathes, Tyler	Img Academy 6.65
38	Deloatch, Jahmari	Oscar Smith 6.65
39	Blue, Jawon	Digital Harb 6.69
40	Haynes, Timothy	Oscar Smith 6.70
41	Minor, Braylen	North Staffo 6.70
42	Parrish, Timothy	Digital Harb 6.76
43	Elliott, Elijah	Atkins 6.79

Boys 55 Meter Dash

National:	6.08 \$ 1/29/2012	Marvin Bracy
Meet:	6.25 @	Udodi Onwuzurike
Freshman:	6.24 ! 1996	Mike Newell
Sophomore:	6.20 # 1966	Bill Gains
Junior:	6.15 % 1983	Martin Smith
Senior:	6.08 * 2012	Marvin Bracy

Name	School	Prelims
Preliminaries		
1	Newsome, Marlin	Centennial H 6.51q
2	Cheeks, Sir-Paul	L.C. Bird 6.52q
3	Fisher, Matt	Colonial For 6.53q
4	Scott, Jaylen	Mundys Mill 6.55q
5	Green, Baker	Poquoson 6.60q
6	Harris, Brian	Colonial For 6.60q
7	Baines, Ky'nique	Western Bran 6.60q
8	Bhalla, Krish	George C. Ma 6.61q
9	McGinnis, Terre	Lord Botetou 6.61
10	Williams, Gunnar	Arundel High 6.62
11	Dorsey, Myles	Bishop McNam 6.62
12	Smith, Bryce	Western Bran 6.62
13	Dunn, Jayden	Indian River 6.63
14	Warmington, Kyle	Archbishop C 6.63
15	Adams, Khary	Loyola-Blake 6.64
16	Santiago, Jaylin	Fordham Prep 6.64
17	Wallace, Amir	Willow Sprin 6.65
18	McCoy, Darren	William Flem 6.65
19	Oumarou, Sofiyen	Dudley 6.65
19	Al-Amin, Farraj	Archbishop C 6.65
21	Masse, Takeo	East Mecklen 6.66
22	Gilmore, Ronald	McKinley Tec 6.66
23	Woody, Zion	Lord Botetou 6.66
23	Friend, Zaire	Atkins 6.66
25	Akodu, Joshua	DeMatha Cath 6.67
25	Calliott, William	James River 6.67
27	Garnett, Bo	James River 6.67
28	Barber, Holden	Deep Run 6.67
29	Gibson, Anthony	Woodbridge 6.67
30	Boucher-Zazzaro, Luke	Fork Union 6.69
31	Scarborough, Latiyf	Clover Hill 6.69
32	Thorne, Matt	Loudoun Coun 6.69
33	Lewis, Rashad	L.C. Bird 6.70
34	Chisolm, John	Grafton High 6.71
35	Jones, Davion	Booker T. Wa 6.71
36	Sharlow, Owen	Colonial For 6.71
36	Demetrius, Shaeed	Bullis Schoo 6.71
38	Davis, Calvin	Jackson-Reed 6.71
39	Macon, Emmanuel	Panther Cree 6.71
40	Zachariasen, Conner	Atlee 6.72
41	Sherman, Justin	Independence 6.72
41	Newman, Andrew	DeMatha Cath 6.72
41	Wilson, Mnason	Jackson-Reed 6.72
44	Turner, Christian	South County 6.72
44	Bass, Chance	South Granvi 6.72
46	Lindauer, Luke	Jefferson Fo 6.72

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Results

Preliminaries ... (Boys 55 Meter Dash)

Name	School	Prelims			
47 Murray, Cameron	Riverdale Ba	6.73	101 Tucker, Zihyon	L.C. Bird	6.86
48 Williams, Rickey	Camden Count	6.73	102 Fthenos, Danny	Bishop O'Con	6.86
48 Virgil, Joshua	DeMatha Cath	6.73	103 Patterson, Tristen	South Stanly	6.86
50 Howard, Damien	Suitland Hig	6.73	104 Odegbile, Ishola	Urbana High	6.87
51 Brandon, Isaiah	Dunbar High	6.73	105 Ruttley, Ernest	Lafayette	6.87
52 Thomas, Xzavier	Pick. North	6.74	106 McGuire, Jax	Myers Park	6.87
52 Evans, Timothy	Riverdale Ba	6.74	107 Lee Jr, Antonio	Dudley	6.88
54 Outerbridge, Miles	Montverde Ac	6.74	108 Cuadros, Xander	Lake Braddoc	6.88
55 Jarrett, Jaiden	Centennial	6.74	109 Coker, Marcus	South Lakes	6.88
56 Lausen, Robert	Cuthbertson	6.75	110 Granville, Rushani	Booker T. Wa	6.88
57 Askew, Alexander	Eleanor Roos	6.75	111 Davis, Keenen	Archbishop C	6.89
57 Hall, Christopher	Gov. Thomas	6.75	112 Taylor, Leonard	Gov. Thomas	6.89
59 Wilson, Jabari	Kings Fork	6.76	112 Lewis, Brody	Ocean Lakes	6.89
60 Covil, Jayden	Oscar Smith	6.76	114 Squire, Matthias	DeMatha Cath	6.89
61 Woodhouse, Kaiden	Bishop McNam	6.76	115 Daniels, Jaylen	Christ Schoo	6.89
62 Harrell, Derrick	Oscar Smith	6.76	116 Portale, Jake	Salesianum S	6.90
63 Miller, Daniel	Archbishop S	6.76	117 Jones, Jaiden	Riverdale Ba	6.90
63 McCauslin, Elijah	Oakton	6.76	118 Cowan, Chadison	Oscar Smith	6.90
65 Stanley, Tyler	Abingdon Hig	6.76	119 Ecret, Eli	Salesianum S	6.90
66 Lane, Bishop	Salesianum S	6.77	119 Grant Jr, Tyrell	I.C. Norcom	6.90
66 Gaines, Jeryll	Oscar Smith	6.77	121 Richardson, Antonio	Manor	6.91
68 Mills, Mason	Nansemond Ri	6.77	122 Thompson, Prince	Riverdale Ba	6.91
69 Davis, Lee	McLean	6.77	123 Newman, Brandon	DeMatha Cath	6.91
70 Williams, Tanner	Howard High	6.77	124 Abdul-Qudoos, Iesa	Mills Godwin	6.91
71 Holman, Kamron	Butler	6.77	125 Emuwa, Kenechi	St. Albans S	6.92
72 Jenkins, Andre	Eleanor Roos	6.78	126 Sims, Crishawn	Bowie High S	6.92
72 Williams, Austin	DeMatha Cath	6.78	127 Bucholz, Barrett	Atlee	6.92
72 Wilson, Dejean	Dunbar High	6.78	128 Ellis, Meschach	Palisades Hi	6.92
75 White, Marquis	Heritage (Ly	6.78	129 Ivy, Tyrese	Lafayette	6.92
75 Mellott, Tayvian	Green Hope	6.78	130 Lomax, Bennett	George C. Ma	6.92
77 Jenkins, De'Sean	Hermitage	6.78	131 Dunson, Anthony	DeMatha Cath	6.93
78 Jones, Isaiah	Lake Braddoc	6.79	132 Johnson, Jayden	Riverdale Ba	6.93
79 Mills, Christopher	Holly Spring	6.79	133 Pyle, Nate	Jefferson Fo	6.93
80 Deloach, Gregory	Suitland Hig	6.79	134 Kittrel, Isaiah	Fork Union	6.93
81 Padgett, Jay	Archbishop C	6.79	135 Kabasele, Kevin	McLean	6.94
82 Monroe, Madison	Ocean Lakes	6.80	135 Lasker, Tyson	Lafayette	6.94
83 Focht, Jeremy	West Potomac	6.80	137 Cain, Addison	Asheville	6.94
84 Fthenos, Andrew	Bishop O'Con	6.81	137 Waters, Tristan	Dunbar High	6.94
85 Koffa, Aidan	Fork Union	6.82	139 Terhune, Cole	Loudoun Coun	6.94
86 Palileo, Angelo	Gov. Thomas	6.82	140 Peoples, Jailyn	I.C. Norcom	6.95
87 Thompson, Colby	Glenvar High	6.82	140 Dunlap, Nathaniel	Granby	6.95
88 Coleman, Malachi	William Flem	6.82	140 Johnson, Blake	Herndon	6.95
89 Luciano, Aaron	Gar-Field	6.83	143 Dixon, Charles	Howard High	6.96
90 finerty, ryan	West Potomac	6.83	144 Mullen, Ethan	Bowie High S	6.96
90 Turner, Elijah	Potomac Seni	6.83	145 Harris, Cameron	Granby	6.96
92 Parker, Donyel	Dudley	6.83	146 Mahoney, Ian	Herndon	6.96
93 Grady, Tomell	Gar-Field	6.83	147 Duro, Kofi	Arundel High	6.96
94 Evans, Alphonso	Potomac Seni	6.84	148 Aminu, Alan	Arundel High	6.96
95 Hund, Andrew	Granby	6.85	149 Lucas, Troy	Westfield	6.97
96 Hughes, Jr., Robert	Indian River	6.85	150 Johnson, Ethan	Mills Godwin	6.97
96 Neal, David	Atkins	6.85	150 Adalikwu, Elijah	DeMatha Cath	6.97
98 Joseph, Eric	Independence	6.86	152 Moore-Jewell, Ja'Veal	Stone Bridge	6.97
99 Pu'uolua, Kalani	Gov. Thomas	6.86	153 Duda, Kennedy	Westfield	6.98
100 Greene, Trim	Willow Sprin	6.86	154 Whitaker, DeMon	Arundel High	6.98
			155 Bliss, Samuel	West Springf	6.98
			155 Edora, Tristan	Westfield	6.98

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Preliminaries ... (Boys 55 Meter Dash)

Name	School	Prelims					
157	Wilhite, Mason	West Potomac	6.98	210	Donahue, Reece	Butler	7.09
158	Kinne, Perry	West Springf	6.98	212	Barton, Joshua	Cuthbertson	7.10
159	Abdullah, Munir	Tallwood	6.99	213	Williams, Avery	Herndon	7.10
160	Glover, Rodney	Riverdale Ba	6.99	214	Hall, Dylan	Tabb	7.11
160	Carey, Darrell	DeMatha Cath	6.99	214	Zaib, Labeed	South Lakes	7.11
162	Wilhelm, Brayden	Tuscarora Hi	6.99	216	Ju, Justin	Atkins	7.11
163	Granko, Rowan	Green Hope	6.99	217	Dunston-Hill, Jashaun	Western Bran	7.11
163	Kim, Liam	Oakton	6.99	217	Evans, Joseph	Southern (Aa	7.11
165	Wilson, Nashawn	Manor	7.00	217	Ripley, Dareon	Manor	7.11
165	Thompson, Noah	William Byrd	7.00	220	Bryant, Carter	Cuthbertson	7.11
167	Craddock, Christian	Oakton	7.00	221	Little, Jacob	James River	7.11
168	Mc Nair, Jordan	Landstown Hi	7.00	222	Murphy, Landon	Westfield	7.12
168	Cuffee, Eamon	Granby	7.00	222	Backus, Bryson	DeMatha Cath	7.12
170	Amaechina, Nnaemeka	Central Reg	7.00	224	Simon, JeaNard	I.C. Norcom	7.12
171	Barros, Charles	Eleanor Roos	7.01	225	Post, Owen	Miamisburg	7.13
172	O'Neal, Uriah	Tallwood	7.01	225	Sowell, Kendrick	Manor	7.13
173	Sanei, Shahyan	Urbana High	7.01	227	DeWolfe, Christopher	Falls Church	7.13
173	Gatlin, Bryce	Cuthbertson	7.01	227	Mckinnie, DeMonte	Tuscarora Hi	7.13
175	Owino, George	George C. Ma	7.01	229	Osterhoudt, Kaiden	Old Mill Hig	7.14
176	Coy-Smith, Gavin	Riverdale Ba	7.01	229	Buell, Hayden	Yorktown	7.14
177	Hill, Brandon	Centennial H	7.02	231	Taliaferro, Shane	Deep Run	7.14
178	Hupf, Matias	James River	7.02	232	Paine, Joshua	George C. Ma	7.15
178	Alvin, Demond	East Mecklen	7.02	233	Schroeder, Dane	West Potomac	7.15
180	Cook, Josiah	Palisades Hi	7.02	234	Abubakar, Ziyad	Deep Run	7.16
180	Thomas, Austin	Pick. North	7.02	235	Boyd, Samson	South County	7.16
182	Wood, Brendan	James River	7.02	235	Marshall, Weston	Yorktown	7.16
183	Mosley, Avery	Bishop O'Con	7.03	237	Ferro, Kai	Falls Church	7.17
183	Smith, Emmerson	Fork Union	7.03	238	Adamo, Francesco	Central Reg	7.17
183	Boomer, Norell	Oakton	7.03	239	Bryant, Joseph	South County	7.17
186	Jackson, Blake	South Lakes	7.03	240	Palmer, Tandre	East Mecklen	7.18
187	Turner, Tyrie	I.C. Norcom	7.04	241	Darbouze, Michael	Riverdale Ba	7.18
187	Hill, Sean	Green Hope	7.04	242	Rincan, Dominic	Urbana High	7.19
189	Johnson, Christopher	Oscar Smith	7.04	243	Phillips, Cameron	Riverdale Ba	7.19
190	Woodhouse, Arturio	Tallwood	7.05	244	Chisolm, Kevon	Bishop O'Con	7.21
191	Alpha, Musa	Riverdale Ba	7.05	245	Holland, Tisaun	Western Bran	7.21
192	Andrus, Sam	Tabb	7.05	246	Woda, Jack	Bishop O'Con	7.21
193	Smith, Joel	Granby	7.05	247	Levy, Ryder	Urbana High	7.21
194	Arrieta, Diego	Jackson-Reed	7.05	248	Peleg, Seth	McLean	7.21
194	Nicholas, Ian	Cosby	7.05	249	Taylor, Paul	South Lakes	7.22
196	Greenaugh, Keith	South Granvi	7.06	249	Gordon, Justice	Freedom (Woo	7.22
197	Eaks, Jackson	Mills Godwin	7.06	251	Blackburn, Kingston	John Marshal	7.23
198	Williams, John	James River	7.07	251	Simms, Talan	Oakton	7.23
199	Dieterle, Wyatt	Jackson-Reed	7.07	253	Conly, Andrew	McLean	7.23
199	Jarman, Johnnie	Cosby	7.07	254	Hunter, Justice	Westfield	7.23
201	Thomas, Austin	Salesianum S	7.07	255	Johnson, Eli	Tuscarora Hi	7.24
202	Gershman, Cooper	George C. Ma	7.08	256	Boles, Tyrese	Manor	7.24
203	Williams, Justin	West Springf	7.08	257	Waters, Haden	Cuthbertson	7.25
203	Major, Grant	Stone Bridge	7.08	258	Fuentes, Cristian	Tallwood	7.26
205	Roach, Kj	Cosby	7.08	259	Alfred, Amir	Riverdale Ba	7.27
206	Ramsey, Corey	South County	7.09	260	Barker, Jalen	James River	7.27
206	Stallings-Mullins, Isaiah	Nansemond Ri	7.09	261	Quarles, Jeremiah	Lexington	7.27
208	O'Rear, Ryan	Urbana High	7.09	262	Meusa, Aiden	James River	7.28
209	Clements, Avery	Tuscarora Hi	7.09	263	Carter, Sekani	Atkins	7.28
210	Valencia, Luis	Falls Church	7.09	264	White, Donald	Riverdale Ba	7.28
				265	Dell, Laurence	Freedom (Woo	7.29
				266	Reid, Cameron	I.C. Norcom	7.29

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Preliminaries ... (Boys 55 Meter Dash)

Name	School	Prelims
267 Silvero, Luis	Tuscarora Hi	7.29
268 Kharel, Bibek	Stone Bridge	7.30
269 Mann, Mark	James River	7.30
270 Miller, Isiah	Manor	7.31
271 Tait, Christian	Tuscarora Hi	7.32
271 Pritchett, Jayden	Riverdale Ba	7.32
273 McCormack, Finn	Oakton	7.33
274 Murphy, Tony	Christ Schoo	7.33
275 Stadler, Tate	Jackson-Reed	7.33
276 Ocean, Orllen	Tuscarora Hi	7.34
277 Whitted, Xavier	Manor	7.36
278 Brown, Kamron	Montverde Ac	7.37
279 Torres, Brandon	Oakton	7.38
280 Perera, Ethan	Urbana High	7.38
281 Moss, Jackson	Bishop O'Con	7.38
282 Morrow, Christopher	Cuthbertson	7.38
283 Gardner, Cameron	Archbishop C	7.40
284 Lewis, Emmaus	Manor	7.41
285 Nakano, Wataru	Oakton	7.43
286 Tauber, Carson	James River	7.44
287 Thomas Jr, Isaiah	Parkland Mag	7.44
288 Higgs, Josiah	James River	7.45
289 Acheson, Micheal	Granby	7.46
290 Patterson, Liam	Cuthbertson	7.47
291 Grorud, Dylan	Yorktown	7.47
291 Closter, Benjamin	Oakton	7.47
293 Ellerbe, Andrew	Riverdale Ba	7.48
294 Giles, Kendall	DeMatha Cath	7.49
295 Brown-Campbell, Jamal	Atkins	7.50
296 Shroyer, Mark	Central Reg	7.52
297 Mulcahy, Sean	Urbana High	7.52
298 Davis, Zaviyen	Atkins	7.53
299 Evans, Cornell	Urbana High	7.54
300 Collin, Luke	Bishop O'Con	7.55
301 Camarena, Isaac	Greenbrier C	7.55
302 Bias-Saunders, Christian	Manor	7.58
302 Fore, Paxton	Cuthbertson	7.58
304 Williams, Eric	Manor	7.61
305 Jallow, Muhamed	Tuscarora Hi	7.62
306 Escobedo Delgado, Otto	Tuscarora Hi	7.65
307 Brewer, Luke	Veritas Scho	7.65
308 Jefferson, Lawrence	Anacostia Hi	7.79
309 Weaver, Brady	Greenbrier C	7.85
310 Clarke, Jordan	James River	7.98
311 Rivera, Aaden	Oakton	8.04
312 Smith, Travon	Riverdale Ba	8.06
313 Moten, Asante	Anacostia Hi	8.17
314 Pierson, Tyler	Cuthbertson	8.24
315 McAleavy, Michael	Tuscarora Hi	8.27
316 Hopkins, Keon	Anacostia Hi	8.40
--- Wright, Cobe	Green Hope	FS
--- Christian, Jeremiah	James River	FS

Boys 55 Meter Dash en route

Name	School	Finals
1 Hughes Jr, Antwan	Parkland Mag	6.35
2 Odey-Jordan, Jake	Archbishop C	6.38
3 Mahomes, Terrance	Westlake	6.43
4 White, Maddox	St. Christop	6.45
5 Jones, Alvin	Oscar Smith	6.45
6 Gau, Nick	Holly Spring	6.46
7 Samuels, Mason	Bishop McNam	6.47
8 Martin, CJ	Clayton	6.51

Boys 60 Meter Dash

Freshman:	6.78 ! 2001	Jerald Watson
Sophomore:	6.67 # 2007	Jeremy Rankin
Junior:	6.60 % 2019	Micah William
Senior:	6.57 * 1999	Casey Combest

Name	School	Finals
1 Hughes Jr, Antwan	Parkland Mag	6.82
2 Odey-Jordan, Jake	Archbishop C	6.84
3 Mahomes, Terrance	Westlake	6.90
4 White, Maddox	St. Christop	6.91
5 Samuels, Mason	Bishop McNam	6.93
6 Gau, Nick	Holly Spring	6.94
7 Jones, Alvin	Oscar Smith	6.95
8 Martin, CJ	Clayton	7.00

Boys 200 Meter Dash adidas Quali

National:	20.48 \$ 3/12/2023	Issam Asinga
Meet:	21.14 @	Laurenz Colbert
Freshman:	21.18 ! 2023	Kendrick Jones
Sophomore:	21.05 # 2017	Tyrese Cooper
Junior:	20.62 % 2021	Jaylen Slade
Senior:	20.63 * 2016	Noah Lyles

Name	School	Finals
1 Todd, Wesley	Bowie High S	21.92
2 Brown, Le'Ezra	Dudley	21.97
3 Walker, Micah	Parkland Mag	22.05
4 Hughes Jr, Antwan	Parkland Mag	22.08
5 Truitt, Jasyn	Salesianum S	22.14
6 Ejiko, Ayotunde	McKinley Tec	22.16
7 Samuels, Mason	Bishop McNam	22.26
8 Davis, Dre	Albemarle	22.32
9 Goines, Matthew	Bullis Schoo	22.34
10 Gilmore, Ronald	McKinley Tec	22.35
11 Homer, Cameron	Bullis Schoo	22.45
12 Gau, Nick	Holly Spring	22.60
13 Robinson, Tyrel	Gar-Field	22.63
14 Dorsey, Myles	Bishop McNam	22.66
15 Outerbridge, Miles	Montverde Ac	22.66
16 Lane, Bishop	Salesianum S	22.70
16 Adams, Khary	Loyola-Blake	22.70
18 Smith, Joshua-Kai	Gar-Field	22.71

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Virginia Beach Sports Center

Results

Finals ... (Boys 200 Meter Dash adidas Quali)

Name	School	Finals
19 Lambert, Alexander	Bullis Schoo	22.78
20 Chaudhuri, Kanuux	George C. Ma	22.92
21 Pu'uloa, Kalani	Gov. Thomas	22.93
22 Green, Mickey	Bullis Schoo	23.02
23 Woodhouse, Kaiden	Bishop McNam	23.03
24 Hughes, Jr., Robert	Indian River	23.13
25 Palileo, Angelo	Gov. Thomas	23.25
26 Thomas, D'Kwan	Bishop McNam	23.27
27 Portale, Jake	Salesianum S	23.37
28 Warmington, Kyle	Archbishop C	23.44
29 Taylor, Leonard	Gov. Thomas	23.50
30 Demetrius, Shaeed	Bullis Schoo	23.52
31 Hall, Christopher	Gov. Thomas	23.55
32 Lomax, Bennett	George C. Ma	23.58
33 Belote, Jasiri	Tuscarora Hi	23.62
34 Thompson, Prince	Thompsondale Ba	23.72
35 Evans, Timothy	Riverdale Ba	23.74
36 Jones, Jaiden	Riverdale Ba	23.97
37 Bell, Jermaine	Archbishop C	24.00
38 Macon, Emmanuel	Panther Cree	24.03
39 Adams, Kendrick	McKinley Tec	24.34
40 Long, James	Hayfield Sec	25.09
41 Brown, Kamron	Montverde Ac	25.58
42 Gardner, Cameron	Archbishop C	25.71
43 Montague, Jalen	South Granvi	26.07

Boys 300 Meter Dash Invitational

National:	32.64 \$ 1/19/2018	Brian Herron
Meet:	32.64 @	Brian Herron
Freshman:	34.11 ! 2023	Quincy Wilson
Sophomore:	32.87 # 2017	Tyrese Cooper
Junior:	32.64 % 2023	Brian Herron
Senior:	32.84 * 2018	Eric Allen

Name	School	Finals
1 Stanley, Caine	Img Academy	33.33!
2 Greene, Jayvian	Montverde Ac	33.67!
3 Long, James	Hayfield Sec	34.13
4 Woodruffe, Dylan	Img Academy	34.17
5 Steed, Nicholas	Bishop McNam	34.36
6 bond, lavontae	Maury High S	34.36
7 Williams, Rickey	Camden Count	34.39
8 Martin, CJ	Clayton	34.40
9 Santiago, Jaylin	Fordham Prep	34.43
10 Todd, Wesley	Bowie High S	34.44
11 Davis Whittaker, Jose	York Early C	34.45
12 Starks, Dezzone	Archbishop C	34.55
13 Wrice, Josiah	Butler	34.63
14 Bostic, Damill	Archbishop C	34.67
15 Odey-Jordan, Jake	Archbishop C	34.74
16 Robinson, Tyrel	Gar-Field	34.76
17 Smith, Antonio	Western Bran	34.82
18 Jackson, Miles	South Lakes	34.83
19 Cowan, Chadison	Oscar Smith	34.89

20 DeJesus, Chase	Archbishop C	35.12
21 Edwards-Pla, Avian	Img Academy	35.21
22 Fisher, Matt	Colonial For	35.52
23 Parker, Brandon	Rocky River	35.65
24 Tucker, Denver	Img Academy	35.71
25 DeAngelo, Dominick	Millbrook	36.13
26 finerty, ryan	West Potomac	36.64
27 bond, lebron	Maury High S	40.12

Boys 300 Meter Dash

National:	32.64 \$ 1/19/2018	Brian Herron
Meet:	32.64 @	Brian Herron

Name	School	Finals
1 Davenport, Joshua	Indian River	34.32
2 Johnson, LaMont	Digital Harb	34.43
3 DeAngelo, Max	Millbrook	34.46
4 Tanyi-Tang, Kean	Urbana High	34.71
5 Nicolajsen, Luke	Croatan	34.89
6 White, Maddox	St. Christop	34.95
7 Randolph, Romell	Jackson-Reed	34.96
8 Barber, Christian	Colonial For	35.05
9 Adams, Khary	Loyola-Blake	35.14
10 Williams, Gunnar	Arundel High	35.16
11 Koontz, Lance	Tabb	35.19
12 Johnson, Morris	Hough, Willi	35.23
13 Craig, Avery	Jackson-Reed	35.27
14 Akabi-During, Franklyn	DeMatha Cath	35.38
15 Joy, Micah	East Mecklen	35.38
16 Mclaughlin, Gabriel	South County	35.45
17 Benjamin, Vernon	Palisades Hi	35.48
18 Davis, Keenen	Archbishop C	35.51
19 Wilson, Darryl	Kings Fork	35.54
20 Gibson, Anthony	Woodbridge	35.56
21 Jones, Isaiah	Lake Braddoc	35.57
22 Outten, Matthew	I.C. Norcom	35.62
23 Sykes, Isaiah	South Garner	35.65
24 Sims, Nathan	Trinity Epis	35.70
25 Hinton, Micah	Western Bran	35.77
26 Robbins, Brenden	Cuthbertson	35.78
27 Martino, Willem	Archbishop S	35.80
28 Gregory, Michael	Miamisburg	35.87
29 Newman, Andrew	DeMatha Cath	35.88
30 Ross, AC	West Springf	35.88
31 Massey, Takeo	East Mecklen	35.90
32 Akodu, Joshua	DeMatha Cath	35.91
33 Middleton, Finn	South Lakes	35.95
34 Austin, DeShawn	William Byrd	35.98
35 Englert, Max	West Springf	35.99
35 Dixon, Myles	DeMatha Cath	35.99
37 Weyer, Riley	Stone Bridge	36.01
38 Crawford, Triston	Freedom (Woo	36.06
39 Bryant, Justin	Eastern Guil	36.07
40 Minor, Braylen	North Staffo	36.08
41 cannon, trevon	Maury High S	36.09
42 Thomas, Elijah	Colonial For	36.09

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 300 Meter Dash)

Name	School	Finals					
43	Anis, Neil	George C. Ma	36.12	97	Aminu, Alan	Arundel High	36.95
44	Garnett, Bo	James River	36.12	98	White, Jaden	Dunbar HS	36.96
45	Patterson, Malachi	Dunbar High	36.16	99	Sherman, Justin	Independence	36.96
46	Gray, Jeremiah	Willow Sprin	36.17	99	Holman, Kamron	Butler	36.96
47	Patterson, Tristen	South Stanly	36.21	101	Harnisch, Matthew	Bishop O'Con	37.00
48	Ecton, Logan	Oakton	36.24	102	Owens, Emmanuel	East Mecklen	37.00
49	Jones-Sharpe, Dennis	Suitland Hig	36.26	103	Mills, Christopher	Holly Spring	37.01
50	Wilson, Jabari	Kings Fork	36.29	104	Terhune, Cole	Loudoun Coun	37.01
51	Hardnett, Halim	Bayside High	36.32	105	Logan, Jonathan	Hermitage	37.02
52	Thomas, DeAndre	Digital Harb	36.34	106	Focht, Jeremy	West Potomac	37.02
53	Smith, Javion	Palisades Hi	36.37	107	Curfiss, Zach	Glenvar High	37.03
54	Grant, Kenan	Erasmus Hall	36.37	108	Lovelace, Judd	Holly Spring	37.04
55	Waters, Carter	Cuthbertson	36.38	109	Sarker, Rahid	Deep Run	37.05
56	Smith, Ethan	East Mecklen	36.39	110	Blumberg, Joseph	West Springf	37.07
57	Williams, Tanner	Howard High	36.45	111	Hicks, Derrick	Dudley	37.08
58	Sharlow, Owen	Colonial For	36.45	112	Osterhoudt, Kaiden	Old Mill Hig	37.09
59	Dickey, Colin	Hough, Willi	36.46	113	Granko, Rowan	Green Hope	37.10
60	Johnson, Richard G	Cuthbertson	36.47	114	Glover, Rodney	Riverdale Ba	37.12
61	Virgil, Joshua	DeMatha Cath	36.50	115	Wilson, Nashawn	Manor	37.12
62	Richardson, Antonio	Manor	36.54	116	Martin, Manny	Clayton	37.13
63	Talbot, Brendan	West Springf	36.54	117	Ellis, Meschach	Palisades Hi	37.13
64	Leftwich, Tyrece	William Flem	36.54	118	Odom, Andrew	Palisades Hi	37.15
65	Thorne, Matt	Loudoun Coun	36.55	119	Mason, Marcus	East Mecklen	37.16
66	McGuire, Jax	Myers Park	36.57	120	Fleurant, Jackson	Cuthbertson	37.16
67	Carey, Darrell	DeMatha Cath	36.58	121	Jackson, Leander	Heritage (Ly	37.17
68	Bass, Chance	South Granvi	36.60	122	Hill, Maurion	Bayside High	37.18
69	Grant Jr, Tyrell	I.C. Norcom	36.62	123	Belote, Jasiri	Tuscarora Hi	37.19
70	Favor, Benjamin	Landstown Hi	36.63	124	Kamara, Atticus	Lafayette	37.20
71	Green, Michael	West Potomac	36.64	125	Gregg, Cameron	Green Hope	37.24
72	Bernard, Roman	Mills Godwin	36.69	126	Sanci, Shahyan	Urbana High	37.24
73	Neidich, Aidan	Liberty (Bea	36.70	127	Newman, Brandon	DeMatha Cath	37.27
74	Gray, Josiah	Willow Sprin	36.70	128	Hurley, Declan	Mount Vernon	37.28
74	Askew, Alexander	Eleanor Roos	36.70	129	Privott-Barnes, Tyler	Maury High S	37.33
76	Adams, Jason	Bishop McNam	36.71	130	Calliott, William	James River	37.34
77	Charles, Micah	McKinley Tec	36.74	131	Mielewski, Connor	Central Reg	37.35
78	Kleiner, TeYany	Rock Ridge H	36.74	132	Coker, Marcus	South Lakes	37.36
79	Burke, Davian	Banner Chris	36.74	132	Diehl, Jacob	Stone Bridge	37.36
80	Stoner, Wyatt	Hough, Willi	36.75	134	Clark, Patrick	Stone Bridge	37.39
81	Douglas, Preston	Cosby	36.78	135	Mahoney, Ian	Herndon	37.42
81	Abdul-Qudoos, Iesa	Mills Godwin	36.78	136	Acosta, Ethan	Clayton	37.42
83	Joseph, Eric	Independence	36.80	137	Thomas, Xzavier	Pick. North	37.43
84	Murray, Cameron	Riverdale Ba	36.80	138	Davis, Lee	McLean	37.44
85	Felder, Kemonid	Dunbar High	36.82	139	Jones, Jaiden	Riverdale Ba	37.44
86	Howard, Damien	Suitland Hig	36.83	140	Kalchbrenner, Liam	Yorktown	37.45
87	Sayyed, Chris	Westfield	36.86	141	Deloach, Gregory	Suitland Hig	37.46
88	Theriot, Myles	Bishop McNam	36.86	142	Peoples, Jailyn	I.C. Norcom	37.48
89	Padgett, Jay	Archbishop C	36.88	143	Jackson, Blake	South Lakes	37.50
90	Blake, Kevin	DeMatha Cath	36.89	144	Davis, Jack	Central Reg	37.50
91	Dent, Tyler	Butler	36.89	145	Matheny, Kendrick	Atlee	37.50
92	McCoy, Darren	William Flem	36.92	146	Mizell, Luke	Westfield	37.53
93	Hadley, Shaun	Battlefield	36.93	147	Savage, Machi	Cape Henlope	37.55
94	Thompson, Prince	Riverdale Ba	36.94	148	Jackson, Rye	Lord Botetou	37.56
94	Konecony, Luke	Atlee	36.94	149	Earley, Tyler	Central Reg	37.56
96	Sowell, Kendrick	Manor	36.94	150	Wisdom, Zacobi	Lafayette	37.57
				151	Redican, Joseph	South Lakes	37.60
				152	Long, Daniel	Rolesville H	37.61

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 300 Meter Dash)

Name	School	Finals					
153	Ogletree, Julian	Rock Ridge H	37.62	207	Esen, Sean	Falls Church	38.46
154	Wright, Cobe	Green Hope	37.65	208	Brock-Smith, Tyler	Dunbar High	38.47
155	Faine, Terius	Suitland Hig	37.71	209	Hughes, Xavier	Parkland Mag	38.48
156	Mellott, Tayvian	Green Hope	37.74	210	Redden, Robert	Cape Henlope	38.51
157	McCauslin, Elijah	Oakton	37.76	211	Barton, Joshua	Cuthbertson	38.52
158	Jarrett, Jaiden	Centennial	37.78	212	Cantrell, Jake	Lafayette	38.53
159	Wood, Brendan	James River	37.78	213	Williams, Austin	DeMatha Cath	38.56
160	Coleman, Briggs	Cox	37.80	214	Newkirk, Andrew	Westfield	38.57
161	Gatlin, Bryce	Cuthbertson	37.81	215	Moore, Ethan	George C. Ma	38.57
162	Johnson, Trent	Digital Harb	37.81	216	Pastrana Jimenez, Santiago	Cosby	38.57
163	Goines, Amir	Ashbrook	37.83	217	Lee, Ve	The Potomac	38.57
164	Valenti, Rocco	Lafayette	37.85	218	Lambin, Jordan	Jamestown	38.59
165	Walsh, Dylan	South Lakes	37.87	219	Reachy, Brady	William Byrd	38.61
166	Arrieta, Diego	Jackson-Reed	37.88	219	Collin, Luke	Bishop O'Con	38.61
167	Younger, Andre	Arundel High	37.88	221	Schroeder, Dane	West Potomac	38.61
168	Hawkins, Prince	Manor	37.90	222	Sheng, David	McLean	38.66
169	Ball, Landen	Miamisburg	37.92	223	Conly, Andrew	McLean	38.69
170	Palmer, Tandre	East Mecklen	37.94	224	Troncoso, Daniel	Central Reg	38.69
171	Dais, Donovan	The Potomac	37.97	225	Shanks, Maurice	Jackson-Reed	38.69
172	Lockwood, Charles	Eleanor Roos	37.97	226	Eaks, Jackson	Mills Godwin	38.73
173	Boushra, Steven	Rock Ridge H	37.97	227	Valencia, Luis	Falls Church	38.74
174	Bryant, Carter	Cuthbertson	37.99	228	Bobba, Alexander	Oakton	38.76
175	Whitaker, DeMon	Arundel High	38.02	229	Lee Jr, Antonio	Dudley	38.76
176	Williams, Immanuel	John Marshal	38.02	230	Alston, Nelson	Jackson-Reed	38.77
177	Taylor, Paul	South Lakes	38.04	231	Davenport, Kahli	Digital Harb	38.77
178	Owino, George	George C. Ma	38.04	232	Mann, James	James River	38.79
179	Bereda, Ryan	Green Hope	38.12	233	Johnson, Trey	Cape Henlope	38.81
180	Chapman, Dax	Cuthbertson	38.12	234	Trapp, Cliff	South Lakes	38.81
181	Wise, Javian	Cape Henlope	38.13	235	Holland, Tisaun	Western Bran	38.87
182	Bhalla, Krish	George C. Ma	38.14	236	Sanchez, Jibril	Maury High S	38.91
183	Alvin, Demond	East Mecklen	38.15	237	Mandaza, Cole	Jackson-Reed	38.92
184	Robinson, Ijon	John Marshal	38.18	238	Ross, Jakaidyn	Bayside High	38.93
185	Neal, David	Atkins	38.20	239	Brown, Jeremiah	Lake Braddoc	38.94
186	Khan, Abdul Malik	Deep Run	38.22	240	Polcaro, Leonard	Montverde Ac	38.94
187	Johnson, Ethan	Mills Godwin	38.22	241	Wilhelm, Brayden	Tuscarora Hi	38.96
188	Levy, Ryder	Urbana High	38.23	242	Toy, Jr, Timothy	Suitland Hig	38.97
189	Ames, Joshua	Tuscarora Hi	38.26	243	Parker, Donyel	Dudley	38.99
190	Messick, Jayden	Cape Henlope	38.27	244	Bogan, Zachary	Falls Church	38.99
191	Jenkins, De'Sean	Hermitage	38.27	245	Phillips, Cameron	Riverdale Ba	39.01
192	Dixon, Charles	Howard High	38.28	246	Dunson, Anthony	DeMatha Cath	39.02
193	Blackmon, Isaya	Bowie High S	38.29	247	Curry, Trevor	James River	39.03
194	Stone, Caleb	James River	38.30	248	Peleg, Seth	McLean	39.07
195	Fthenos, Andrew	Bishop O'Con	38.30	249	Hill-Caleb, Trinity	Suitland Hig	39.07
196	Sessoms, Mason	Bowie High S	38.32	250	Backus, Bryson	DeMatha Cath	39.08
197	Khadka, Hriday	Tuscarora Hi	38.34	251	Inniss, Johnathan	Booker T. Wa	39.09
198	Hoffman, Cole	Liberty (Bea	38.35	252	Simon, JeaNard	I.C. Norcom	39.10
198	Burse, Jayden	Tallwood	38.35	253	Pritchett, Jayden	Riverdale Ba	39.10
200	Turner, Tyrie	I.C. Norcom	38.35	254	Mohamed, Adham	Western Bran	39.10
201	Ripley, Dareon	Manor	38.38	255	Easley, Jalen	Western Bran	39.11
202	Boateng, Nathan	Tuscarora Hi	38.39	256	Jenkins, Tiyoun	Suitland Hig	39.12
203	Locure, Quoiya	Rocky River	38.40	257	Taylor, Gregory	Western Bran	39.13
204	Hicks, Javon	Landstown Hi	38.41	258	Urano, Kenji	South Lakes	39.13
205	Madraymootoo, Ethan	Urbana High	38.41	259	Kiser, Spencer	Westfield	39.16
206	Darbouze, Michael	Riverdale Ba	38.42	260	Stone, Chandler	James River	39.17
				261	Zaib, Labeed	South Lakes	39.17
				262	Coleman, Jayden	Hermitage	39.18

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 300 Meter Dash)

Name	School	Finals					
263	Jemison, Jahi	McLean	39.19	317	LeMay, Quinten	Cuthbertson	40.38
264	Duffy, Navin	Cape Henlope	39.19	318	Rhodes, Isaiah	South County	40.39
265	Beasley, Jamar	Cape Henlope	39.22	319	Ramsey, Corey	South County	40.42
266	DeWolfe, Christopher	Falls Church	39.23	320	Greene, Carlson	Parkland Mag	40.44
267	Houston, Josh	Westfield	39.23	321	Bishop, Jaelen	Suitland Hig	40.45
268	O'Rear, Ryan	Urbana High	39.25	322	Thomas, Austin	Pick. North	40.47
269	Bacote, Jaylin	Parkland Mag	39.28	323	Waters, Haden	Cuthbertson	40.52
270	Habeeb, William	Deep Run	39.29	324	Dominguez, Nathaniel	Central Reg	40.58
271	Paine, Joshua	George C. Ma	39.32	325	Emuwa, Kenechi	St. Albans S	40.69
272	Carter, Sekani	Atkins	39.33	326	Boles, Tyrese	Manor	40.72
273	Dunston-Hill, Jashaun	Western Bran	39.34	327	Tavares, Brandon	Central Reg	40.74
274	Marvin, Ben	Tatnall	39.35	328	Griffin Jr, Dominic	Digital Harb	40.89
275	Heckstall, Asiyah	Tallwood	39.36	329	Thomas, Yisak	Falls Church	40.89
276	Zajick, Gabriel	Cosby	39.40	330	Moss, Jackson	Bishop O'Con	40.90
277	Spencer, Bryson	Stone Bridge	39.42	331	Bautista, Jaydon	Cape Henlope	40.98
278	Williams, Avery	Herndon	39.44	332	Brown, Kamron	Montverde Ac	41.00
279	Donahue, Reece	Butler	39.45	333	Bodis, Ryder	Cape Henlope	41.02
280	Yarborough, Ramond	James River	39.52	334	Gafford, Marcus	Heritage (Ly	41.04
281	Elliott, Elijah	Atkins	39.57	335	Greenfeld, Kye	West Potomac	41.09
282	Fthenos, Danny	Bishop O'Con	39.58	336	Hart, Stephen	Cape Henlope	41.12
283	Chisolm, Kevon	Bishop O'Con	39.64	337	Valentine, De'Marian	Booker T. Wa	41.12
284	Doumbia, Fode	Tuscarora Hi	39.65	338	Brewer, Luke	Veritas Scho	41.21
285	Walston, Josiah	Jamestown	39.66	339	Johnson, Eli	Tuscarora Hi	41.24
286	McLean, Caleb	Jamestown	39.66	340	White, Donald	Riverdale Ba	41.27
287	Norris, Charles	Tatnall	39.67	341	Gore, David	Dunbar High	41.28
288	Jones, Bernard	Cape Henlope	39.67	342	Tran, Tristian	Westfield	41.30
289	Toussaint, Aeden	Cuthbertson	39.74	343	Evans, Cornell	Urbana High	41.30
290	Hylton, Conner	James River	39.75	344	Lee, Alphonso	Suitland Hig	41.38
291	Gershman, Cooper	George C. Ma	39.76	345	Quarles, Otto	James River	41.39
292	Bloom, Zachary	Falls Church	39.77	346	Connors, Cameron	Tuscarora Hi	41.43
293	Slaughter, Aidan	Suitland Hig	39.81	347	Quarles, Jeremiah	Lexington	41.45
294	Grouud, Dylan	Yorktown	39.89	348	Fore, Paxton	Cuthbertson	41.55
295	Wilson, Dejean	Dunbar High	39.92	349	Ayers, Brandon	Cape Henlope	41.55
296	Mosley, Avery	Bishop O'Con	39.93	350	Camarena, Isaac	Greenbrier C	41.63
297	Ferro, Kai	Falls Church	39.95	351	Chumpen, Kyle	Tuscarora Hi	41.69
298	Garman, Conor	Cape Henlope	40.00	352	lewis, josiah	Maury High S	41.70
299	Mitchell, Everaldo	Suitland Hig	40.02	353	Olfus, SaiQuan	Suitland Hig	41.72
299	Lasker, Tyson	Lafayette	40.02	354	Nyakundi, Joel	Tallwood	41.80
301	Morrow, Christopher	Cuthbertson	40.04	355	Simms, Talan	Oakton	41.81
301	Williams, John	James River	40.04	356	Giles, Kendall	DeMatha Cath	41.85
303	Adalikwu, Elijah	DeMatha Cath	40.07	357	Whitted, Xavier	Manor	41.86
304	Corbin, Noah	Western Bran	40.08	358	Corcoran, Lukas	Mills Godwin	42.00
305	Mckinnie, DeMonte	Tuscarora Hi	40.09	359	Parler, Damarius	Suitland Hig	42.08
306	Frederick, Sebastian	Anacostia Hi	40.11	360	Bias-Saunders, Christian	Manor	42.22
307	Robinson, Anthony	Butler	40.12	361	Miller, Isiah	Manor	42.24
308	Oziri, Beltran	Jackson-Reed	40.15	362	Patterson, Liam	Cuthbertson	42.30
309	Bryant, Joseph	South County	40.22	363	Long, Jay'Lier	Cape Henlope	42.32
310	Evans, Joseph	Southern (Aa	40.25	364	Garner, Dakaevion	Manor	42.36
311	Ju, Justin	Atkins	40.26	365	Nakano, Wataru	Oakton	42.42
312	Edora, Tristan	Westfield	40.28	366	Smith, Jayvion	I.C. Norcom	42.42
313	Lee, Brandon	James River	40.33	367	Silvers, Johnie	Booker T. Wa	42.44
314	Smith, Damari	Jackson-Reed	40.33	368	Serra, Ian	Manor	42.47
315	Torres, Brandon	Oakton	40.37	369	Perera, Ethan	Urbana High	42.51
316	Stadler, Tate	Jackson-Reed	40.37	370	Torres, Pablo	James River	42.52
				371	Martino, Giovanni	James River	42.55
				372	Holonou, Stanley	Suitland Hig	42.55

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 300 Meter Dash)

Name	School	Finals
373 Cobhan, Kolby	Suitland Hig	42.60
374 Garbanzo-Rojas, David	Cape Henlope	42.70
375 Tauber, Carson	James River	42.84
376 Howard, Jamel	Tallwood	42.96
377 Melekewe, Elie	Tuscarora Hi	43.05
378 Gonzalez, Aiden	Central Reg	43.23
379 Wedge, Alonzo	Suitland Hig	43.37
380 Pitts III, Vance	Jackson-Reed	43.39
381 Grady, Collin	Central Reg	43.45
382 Davis, Chase	Tatnall	43.49
383 Mann, Mark	James River	43.62
384 Shroyer, Mark	Central Reg	43.89
385 Inniss, Roberto	Booker T. Wa	43.91
386 Dybus Jr., Curt	Central Reg	43.93
387 Hansberry, John	Suitland Hig	44.14
388 Ellerbe, Andrew	Riverdale Ba	44.21
389 Cyrus, Jr, Noel	Suitland Hig	44.54
390 Moten, Asante	Anacostia Hi	44.65
391 Davis, Zaviyen	Atkins	44.68
392 Higgs, Josiah	James River	44.83
393 Weaver, Brady	Greenbrier C	45.21
394 Davis, Davon	Suitland Hig	45.44
395 Seabrook, Triston	Cuthbertson	45.74
396 Escobedo Delgado, Otto	Tuscarora Hi	45.90
397 Adams, Zay'dan	Manor	46.69
398 Jefferson, Lawrence	Anacostia Hi	47.08
399 Mina, Koby	Suitland Hig	47.27
400 Pierson, Tyler	Cuthbertson	47.41
401 Ernst, Logan	Manor	48.26
402 Flanagan, Julian	Suitland Hig	49.62
403 Hopkins, Keon	Anacostia Hi	50.31
404 Oloko, Halim	Suitland Hig	52.62
405 Lauber, Eli	George C. Ma	54.08
--- Simmons, Isaiah	Maury High S	DNF

Boys 500 Meter Dash Fri Invite

National: 1:01.25 \$ 1/15/2022 Will Summer		
Meet: 1:01.25 @ Will Summer		
Name	School	Finals
Finals		
1 Wilson, Quincy	Bullis Schoo	1:01.27
2 Brown, Tim	William A. H	1:02.69
3 D'Angelo, Max	Unattached	1:03.62
4 Economon, Harry	James W. Rob	1:03.79
5 Abrams, Colin	Bullis School	1:04.96

Boys 500 Meter Dash Invitational

National: 1:01.25 \$ 1/15/2022 Will Summer		
Meet: 1:01.25 @ Will Summer		
Freshman: 1:02.63 ! 2023 Quincy Wilson		
Sophomore: 1:01.88 # 2017 Tyrese Cooper		
Junior: 1:02.67 % 2021 Justin Braun		
Senior: 1:01.68 * 2012 Strymar Livingston		
Name	School	Finals
Finals		
1 Steed, Nicholas	Bishop McNam	1:03.39
2 Salvodon, Andrew	Bayside High	1:03.75
3 Martin, CJ	Clayton	1:03.78
4 Al-Amin, Farraj	Archbishop C	1:03.90
5 Brown, Jamel	Southwest Gu	1:04.46
6 Davitt, David	Arch Stepinac	1:04.56
7 Long, James	Hayfield Sec	1:04.98
8 Roberson, Julian	Bullis Schoo	1:05.29
9 Joy, Micah	East Mecklen	1:05.46
10 Thomas, Ashton	Southeast Gu	1:05.60
11 Lambert, Alexander	Bullis School	1:05.67
12 Crenshaw, Jackson	Bishop McNam	1:05.85
13 Barber, Christian	Colonial For	1:05.97
14 Gresham, Joshua	DeMatha Cath	1:06.16
15 Hines, Jayden	Massaponax	1:06.26
16 Parker, Brandon	Rocky River	1:06.43
17 Patterson, Malachi	Dunbar High	1:06.52
18 Barrow, Amari	Cuthbertson	1:06.57
19 Hathaway, Andrew	Clover Hill	1:06.81
20 Pizzimbono, Lucca	Img Academy	1:07.23
21 Mullinix, Ethan	Deep Run	1:07.36
22 Crist, Easton	Grassfield	1:07.47
23 Koontz, Lance	Tabb	1:07.66
24 McLaughlin, Gabriel	South County	1:08.01
25 Bryant, Justin	Eastern Guil	1:08.51
26 McKinley, Messiah	Bishop McNam	1:09.34
27 Spears, Nathaniel	Bishop McNam	1:09.49

Boys 500 Meter Dash

National: 1:01.25 \$ 1/15/2022 Will Summer		
Meet: 1:01.25 @ Will Summer		
Name	School	Finals
Finals		
1 Booker, Davian	Massaponax	1:05.87
2 Tanyi-Tang, Kean	Urbana High	1:05.88
3 Douglas, Preston	Cosby	1:06.15
4 Weyer, Riley	Stone Bridge	1:06.46
5 Thompson, Colby	Glenvar High	1:06.50
6 McDonald, Jack	Deep Run	1:06.77
7 Bernard, Roman	Mills Godwin	1:06.89
8 Cooper, Joshua	Willow Sprin	1:07.09
9 Johnson, Morris	Hough, Willi	1:07.40
10 Sofon, Jordan	Urbana High	1:07.48
11 Griswold, Cole	The Potomac	1:07.53
12 Chaudhuri, Kanuux	George C. Ma	1:07.55
13 Gregory, Michael	Miamisburg	1:07.56

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 500 Meter Dash)

Name	School	Finals					
14	Rajaram, Adithya	Panther Cree	1:07.59	68	Haichour, Jad	Oakton	1:10.76
15	Clifton, Benjamin	Cape Henlope	1:07.65	69	Smith, Emmerson	Fork Union	1:10.89
16	Neidich, Aidan	Liberty (Bea	1:07.86	70	Roselli, Ethan	L.C. Bird	1:10.91
17	Wright, Sebion	Willow Sprin	1:08.03	71	Koffa, Aidan	Fork Union	1:10.95
18	Hadley, Shaun	Battlefield	1:08.12	72	Madraymootoo, Ethan	Urbana High	1:11.00
19	Harris, Noah	Sherando	1:08.16	73	Green, Michael	West Potomac	1:11.08
20	Acosta, Ethan	Clayton	1:08.28	74	Lindquist, Ethan	York	1:11.16
21	Brooks, David	Tabb	1:08.29	75	Zanella, Aiden	Massaponax	1:11.23
22	Burger, Timmy	Winters Mill	1:08.29	76	Beasley, Jamar	Cape Henlope	1:11.25
23	Stoner, Wyatt	Hough, Willi	1:08.40	76	Clark, Sean	York	1:11.25
24	Valenti, Rocco	Lafayette	1:08.46	78	Faine, Terius	Suitland Hig	1:11.37
25	Richardson, Antonio	Manor	1:08.66	79	Rowell, Yosif	Maury High S	1:11.42
26	Croom, Camir	Bayside High	1:08.69	80	Leary, Andrew	Green Hope	1:11.58
27	Hensley, Noah	York	1:08.76	81	Turner, Albert	East Chapel	1:11.71
28	Glover, Rodney	Riverdale Ba	1:08.78	82	Sanei, Shahyan	Urbana High	1:11.87
29	Goines, Amir	Ashbrook	1:08.81	83	Chapman, Dax	Cuthbertson	1:11.87
30	Smith, Gavin	Heritage (Ly	1:08.86	84	Lee, Ve	The Potomac	1:12.06
31	Bridges, LaPatrick	Bayside High	1:08.96	85	Lightfoot, Kamari	Manor	1:12.07
32	Patel, Rohin	Cuthbertson	1:09.04	86	Hughes, Xavier	Parkland Mag	1:12.12
33	White, Jaden	Dunbar HS	1:09.06	87	Pastrana Jimenez, Santiago	Cosby	1:12.21
34	Martin, Geovanni	Bowie High S	1:09.07	88	Jenkins, Tiyoun	Suitland Hig	1:12.23
35	Booker, Jayden	Western Bran	1:09.19	89	Johnson, Shamonn	Landstown Hi	1:12.25
36	Harper, Knoah	Massaponax	1:09.21	90	Flagg, William	Howard High	1:12.30
37	Halferty, Jack	Atlee	1:09.23	91	Pigora, Ryan	Green Hope	1:12.36
38	Hicks, Derrick	Dudley	1:09.26	92	White, Chavoye	Bowie High S	1:12.38
39	Fizaoui, Amin	Westfield	1:09.29	93	Orozco, Bryan	Rocky River	1:12.42
40	Thomas, Elijah	Colonial For	1:09.36	94	Kamara, Atticus	Lafayette	1:12.48
41	Hurley, Declan	Mount Vernon	1:09.51	95	Bogan, Zachary	Falls Church	1:12.65
42	Davis, Amadeus	Howard High	1:09.54	96	Welsh, Tristan	Oakton	1:12.70
43	Jones, Aidan	W.T. Woodson	1:09.55	97	Amouzou, Joshua	Westfield	1:12.75
44	Hoffman, Cole	Liberty (Bea	1:09.55	98	Ali, Mikha'el	L.C. Bird	1:12.84
45	Cason, Robert	Kellam	1:09.55	99	Smith, Elijah	George C. Ma	1:12.92
46	Morgan, Matt	James River	1:09.59	100	Brock-Smith, Tyler	Dunbar High	1:13.47
47	Lightfoot, James	Cuthbertson	1:09.61	101	Logan, Jonathan	Hermitage	1:13.52
48	Prato, Colin	Old Mill Hig	1:09.64	102	Sanders, Blake	Westfield	1:13.57
49	Hill, Maurion	Bayside High	1:09.66	103	Thomas, Yisak	Falls Church	1:13.69
50	Anis, Neil	George C. Ma	1:09.83	104	Greene, Carlson	Parkland Mag	1:13.70
51	Moore, Landon	McLean	1:09.90	105	Parker, Dell	Lafayette	1:13.76
52	Coleman, Jayden	Hermitage	1:09.97	106	Smith, Anthony	Arundel High	1:13.77
53	Rozanski, Christian	Old Mill Hig	1:10.01	107	Wheatley, Emmett	Cape Henlope	1:13.83
54	Patterson, Elijah	Willow Sprin	1:10.05	108	Esen, Sean	Falls Church	1:13.94
55	Poythress, Cody	Panther Cree	1:10.18	109	Toussaint, Aeden	Cuthbertson	1:13.99
56	Martinez, Ramon	DC Internati	1:10.18	110	Pegues, Kai	Cuthbertson	1:14.05
57	Gifford, Caiden	Atlee	1:10.19	111	Sheng, David	McLean	1:14.36
57	Percival Shim, Sebastian	Green Hope	1:10.19	112	Mitchell, Everaldo	Suitland Hig	1:14.53
59	Martin, Manny	Clayton	1:10.20	113	Kramer, Jake	Urbana High	1:14.53
60	Osterhoudt, Kaiden	Old Mill Hig	1:10.22	114	Bowles, Mylo	Maury High S	1:14.89
61	Hill, Michiah	Western Bran	1:10.39	115	Locure, Quoiya	Rocky River	1:15.02
62	Jackson, Rye	Lord Botetou	1:10.46	116	Shepherd, Ricardo	Bowie High S	1:15.06
63	Wisdom, Zacobi	Lafayette	1:10.50	117	Bloom, Zachary	Falls Church	1:15.18
64	Cooper, Noah	West Springf	1:10.64	118	Niang, Saliou	Atkins	1:15.20
65	Larson, Daniel	Atlee	1:10.67	119	Cooper, Treveon	I.C. Norcom	1:15.23
66	Grein, Jasper	Asheville	1:10.71	120	Scott, Jayden	West Potomac	1:15.36
67	Moore, Ethan	George C. Ma	1:10.74	121	Bobba, Alexander	Oakton	1:15.43
				122	Glynn, Logan	Winters Mill	1:15.50
				123	Nestares, Alex	West Potomac	1:15.55

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 500 Meter Dash)

Name	School	Finals
124 Ragsdale, Aiden	Falls Church	1:15.78
125 Voss, William	Veritas Scho	1:15.86
126 Friscia, Matthew	Cape Henlope	1:15.89
127 Clark, Thomas	Stone Bridge	1:15.91
128 Watkins, Kalel	Riverdale Ba	1:16.06
129 Yang, Avery	Green Hope	1:16.45
130 Duffy, Navin	Cape Henlope	1:16.72
131 Jackson, Elisha	Western Bran	1:16.76
132 Zajick, Gabriel	Cosby	1:17.58
133 Owino, George	George C. Ma	1:17.59
134 Fennell, Jayden	I.C. Norcom	1:17.64
135 Wilhelm, Brayden	Tuscarora Hi	1:17.76
136 Porter, Jalen	Tallwood	1:17.84
137 Bautista, Jaydon	Cape Henlope	1:18.08
138 Gates, Brayden	Kellam	1:18.58
139 Guerra, Bryan	Jackson-Reed	1:18.79
140 Smith, Damari	Jackson-Reed	1:18.89
141 King, Amos	Maury High S	1:19.23
142 Person, Kareem	I.C. Norcom	1:19.34
143 Madison, Connor	James River	1:19.57
144 Distanlo, Matthew	Mills Godwin	1:19.78
145 Greenfeld, Kye	West Potomac	1:19.80
146 Toy, Jr, Timothy	Suitland Hig	1:19.95
147 Connors, Cameron	Tuscarora Hi	1:19.98
148 Boles, Davaughn	Manor	1:20.00
149 Melekewe, Elie	Tuscarora Hi	1:20.22
150 Chumpen, Kyle	Tuscarora Hi	1:20.37
151 Wise, Javian	Cape Henlope	1:20.79
152 Arthur, Ronan	Maury High S	1:20.97
153 Franklin, Americus	Parkland Mag	1:21.03
154 Frederick, Sebastian	Anacostia Hi	1:21.30
155 Roberts, Gabriel	Tallwood	1:21.47
156 Boateng, Nathan	Tuscarora Hi	1:22.44
157 Lee, Caleb	Tallwood	1:23.19
158 Garner, Dakaevion	Manor	1:23.29
159 Richart, James	Jackson-Reed	1:23.59
160 Moten, Asante	Anacostia Hi	1:25.91
161 Odom, Jalen	Tallwood	1:27.82
162 Perry, Zac	Isle of Wigh	1:33.83
163 Dignan, Conner	Isle of Wigh	1:35.25
164 Lauber, Eli	George C. Ma	1:47.70

Boys 1000 Meter Run Invitational

National: 2:22.28 \$ 2/6/2009 Robby Andrews
 Meet: 2:22.77 @ Rhenhardt Harrison
 Freshman: 2:29.25 ! 2023 Cole Boone
 Sophomore: 2:24.18 # 2022 Marcus Reilly
 Junior: 2:23.56 % 2012 Ben Malone
 Senior: 2:28.22 * 2009 Robby Andrews

Name	School	Finals
1 Boone, Cole	Pulaski Coun	2:28.74!
2 Wilcox, Caleb	Clover Hill	2:29.39
3 Marks, Ben	Queen Anne's	2:32.19

4 Hitt, Connor	Roy C. Ketch	2:32.35
5 Hawkins, Darryl	Landstown Hi	2:32.87
6 Birge, Henry	Patriot High	2:33.30
7 Edigin, Lambert	Ocean Lakes	2:33.85
8 Dib, Rami	Thomas Ediso	2:34.27
9 Regules, Jonathan	Gov. Thomas	2:34.88
10 Johnson, Davey	Luray	2:35.59
11 Watson, Daniel	South County	2:36.06

Boys 1000 Meter Run

National: 2:22.28 \$ 2/6/2009 Robby Andrews
 Meet: 2:22.77 @ Rhenhardt Harrison

Name	School	Finals
1 Downin, Jackson	Tatnall	2:31.81
2 Bachmann, Christian	Lake Braddoc	2:32.04
3 Banks, Justin	Tuscarora Hi	2:32.05
4 Stamp, Christien	Southwest Gu	2:32.74
5 Linton, Jeffrey	Jamestown	2:33.14
6 Guerrero, Noah	Croatan	2:33.51
7 Turner, Albert	East Chapel	2:33.62
8 Parrish, Brackton	Hough, Willi	2:34.05
9 Mahone, Dax	Green Hope	2:34.32
10 Riley, Liam	McLean	2:34.42
11 Downs, Will	Atkins	2:35.40
12 Deakins, Sam	Grimsley	2:35.41
13 Raffel, Jason	South Lakes	2:35.56
14 Keish, Liam	Wakefield Hi	2:36.05
15 Aguirre-Martinez, Manuel	South Lakes	2:36.05
16 Mathews, Alex	The Potomac	2:36.64
17 Myers, Conner	Jefferson	2:36.70
18 Pritchard, Jack	West Springf	2:36.98
19 Kauflin, Corey	Urbana High	2:37.17
20 Tietz, Davin	Tabb	2:37.20
21 Peace, Taj	L.C. Bird	2:38.05
22 Verdi, Anthony	Urbana High	2:38.13
23 Schmaltz, Stellan	Thomas Ediso	2:38.25
24 Ohlrogge, Frithjof	Granby	2:38.28
25 Coombes, Jackson	McLean	2:38.29
26 Jones, Aidan	W.T. Woodson	2:38.85
27 Wilson, Miles	Blacksburg H	2:39.48
28 Solomon, Dean	Bishop McNam	2:39.87
29 Bandera, Daniel	Blacksburg H	2:39.93
30 Lane, Brenden	Tuscarora Hi	2:40.02
31 Baptist, Michael	Tabb	2:40.23
32 Malonda, Josh	Holly Spring	2:40.47
33 Bradshaw, Evan	Cosby	2:40.81
34 Niese, Steven	Colonial For	2:40.90
35 Hood, George	South Lakes	2:41.03
36 Curulla, Ben	First Coloni	2:41.04
37 Semtner, Louis	Blacksburg H	2:41.39
38 Goode, Jalen	Bishop McNam	2:41.47
39 Cardenas, Gabriel	Green Hope	2:41.57
40 Peterson, Demonte	I.C. Norcom	2:41.61
41 Mullins, Donald	William Byrd	2:41.72
42 Rockey, Daniel	Princess Ann	2:41.82

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 1000 Meter Run)

Name	School	Finals					
43	McCullogh, Matthew	Maury High S	2:41.98	97	Kane, Matthew	George C. Ma	2:48.56
44	Guillen-Chacon, Christopher	Granby	2:42.17	98	Goldstein, Joshua	Stone Bridge	2:48.74
45	Etheridge, Dalton	Asheville	2:42.41	99	Weaver, Landon	Cosby	2:49.00
46	Jermyn, Myles	Orange	2:42.47	100	Geyer, Kevin	Cuthbertson	2:49.06
47	Smith, Gavin	West Springf	2:42.62	101	Lamb, Charlie	West Potomac	2:49.10
48	Quinn, Ryan	South Lakes	2:42.85	102	Palermo, Giovanni	Cape Henlope	2:49.18
49	Watt, Sullivan	Herndon	2:42.91	103	Rivers, Colin	Oakton	2:49.25
50	Gallogly, Riley	Urbana High	2:42.92	104	Vyas, Parva	Green Hope	2:49.26
51	Casey, Cole	South Lakes	2:43.23	105	Bunker, William	Deep Run	2:49.43
52	Holmes, Zack	Holly Spring	2:43.25	106	De Altin Popiolek, Matteo	Thomas Ediso	2:49.53
53	Gentile, Tristan	Marvin Ridge	2:43.65	107	Levine, Eli	The Potomac	2:49.59
54	Vizcaino, Daniel	Monticello	2:43.82	108	Hubbert, Finn	Deep Run	2:49.60
55	Horrell, Charlie	Glenvar High	2:43.83	109	Weber, John	Cuthbertson	2:49.67
56	Fong, Josh	Atlee	2:43.86	110	Dixon, Blake	Cuthbertson	2:49.76
57	Calandria, Jacob	Colonial For	2:43.86	111	Grant, Jeremiah	York	2:49.80
58	McCarthy, Aidan	George C. Ma	2:43.97	112	Quinones-Partain, Griffin	Heritage (Ly	2:49.81
59	Cathey, Alden	Orange	2:44.31	113	Adams, Nate	Westfield	2:49.90
60	Crumpler, Grady	Cuthbertson	2:44.45	114	Balk, Stryker	Kellam	2:49.91
61	Carter, Malik	Bishop McNam	2:44.69	115	Wooten, Parker	Cosby	2:49.98
62	Hagberg, Noah	Atlee	2:44.69	116	Onuaku, Chisom	Bowie High S	2:50.13
63	Rutherford, Andrew	Lafayette	2:44.78	117	Lilley, Reagan	William Byrd	2:50.15
64	Martinez, Ramon	DC Internati	2:45.25	118	Altschuler, Noah	The Potomac	2:50.32
65	Driscoll, Joshua	Butler	2:45.55	119	Walker, Tristan	Monticello	2:50.38
66	Hathaway, Andrew	Clover Hill	2:45.59	120	Gaydos, Mark	West Springf	2:50.86
67	Schlegelmilch, Javi	Mills Godwin	2:45.69	121	Welsh, Tristan	Oakton	2:50.96
68	Hiss, David	Jefferson Fo	2:45.79	122	Lightfoot, Kamari	Manor	2:51.35
69	Vogel, Paul	Jamestown	2:45.81	123	Morris, Jordan	I.C. Norcom	2:51.43
70	O'Driscoll, Seamus	Green Hope	2:45.98	124	Vaughan, Walker	Deep Run	2:51.54
71	Halle, Ian	Smithfield	2:45.98	125	Drury, Flynn	Kellam	2:51.67
72	Haichour, Jad	Oakton	2:46.19	126	Cunnington, Gabe	Loudoun Coun	2:51.68
73	Holt, Andrew	East Mecklen	2:46.26	127	Huang, David	Oakton	2:52.13
74	Palmer, Matthew	Stone Bridge	2:46.34	128	Nemec, Johnathan	York	2:52.32
75	Berger, Orion	Jamestown	2:46.39	129	Tychostup, Corbin	Kellam	2:52.35
76	Voss, William	Veritas Scho	2:46.54	130	Kim, Joshua	South County	2:52.37
77	Banocy, Jacob	Hayfield Sec	2:46.59	131	Suardi, Mark	Jackson-Reed	2:52.43
78	Eaton, David	Fork Union	2:46.85	132	Rineer, Mattox	Cape Henlope	2:52.44
79	Bridgforth, Ross	Cuthbertson	2:46.91	133	Drey, Ethan	Oakton	2:52.53
80	Olmo, Angel	York	2:46.91	134	Zalc, Theo	Green Hope	2:52.64
81	Marvin, Nico	W.T. Woodson	2:47.04	135	Dlott, Rafael	Green Hope	2:52.65
82	Schmitt, John Grayson	Deep Run	2:47.10	136	Yudkovsky, Isaac	South Lakes	2:52.86
83	Cimon, Everett	Jamestown	2:47.15	137	Taylor, Luke	Atlee	2:53.07
84	Schmitt, Brendan	Yorktown	2:47.33	138	Hart, Bryan	Bowie High S	2:53.19
85	Spears, Aaron	Dudley	2:47.38	139	Lilley, Camden	Manor	2:53.26
86	Rowell, Yosif	Maury High S	2:47.44	140	Bednarz, Aiden	South Lakes	2:53.40
87	Shanmugaselvam, Satya	Deep Run	2:47.48	141	Pinkney, Tyler	Thomas Ediso	2:53.59
88	Jothi, Aran	Heritage (Ly	2:47.54	142	Betha, Anirudh	Deep Run	2:53.60
89	Law, Burroughs	Asheville	2:47.75	143	Latina, Nikolai	Tatnall	2:53.70
90	Moon, William	Holly Spring	2:47.81	144	Vocke, Vincent	Cuthbertson	2:53.89
91	Davey, Teddy	Tatnall	2:47.90	145	Bollineni, Manas	Westfield	2:53.92
92	Geisendaffer, Jackson	Jamestown	2:48.05	146	Akinla, John	Bowie High S	2:53.92
93	Carter, Luke	The Potomac	2:48.07	147	Lopez, Marcelo	Westfield	2:54.09
94	Ragsdale, Aiden	Falls Church	2:48.25	148	Dunn, Tommy	Green Hope	2:54.25
95	Mitchell, Adam	Green Hope	2:48.29	149	Mallozzi, Michael	Cuthbertson	2:54.37
96	Fenton, Gavin	Holly Spring	2:48.35	150	Jacks, Noah	South Lakes	2:54.67
				151	Brown, Tim	Hough, Willi	2:54.72
				152	Neuberg, Gus	Falls Church	2:54.72

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 1000 Meter Run)

Name	School	Finals
153 Rhodes, Nolan	Asheville	2:55.03
154 Lima, Isaac	W.T. Woodson	2:55.78
155 Sadler, Benjamin	Bayside High	2:55.85
156 Russ, Eyal	Urbana High	2:56.05
157 Rothery, Joshua	Urbana High	2:56.11
158 DeMay, Dillon	Poquoson	2:56.18
159 Sykes, Jaxon	Manor	2:56.45
160 McRorie, Duncan	Cuthbertson	2:56.51
161 McGuckin, Joshua	West Potomac	2:56.57
162 Anderson, Brandt	Cuthbertson	2:56.64
163 Beck, Ethan	Green Hope	2:56.81
164 Garcia, Kaleb	Rocky River	2:56.88
165 Fan, Matthew	York	2:57.18
166 Watterson, Adam	West Potomac	2:57.18
167 Viola, Aiden	Orange	2:57.34
168 Houlihan, Hayden	Cuthbertson	2:57.86
169 Poyac-Clarkin, Jacques	West Potomac	2:57.93
170 Scott, Rhys	Westfield	2:58.17
171 Joyce, Cameron	Deep Run	2:58.31
172 Kirtley, Henry	Tatnall	2:58.69
173 Liebler, Joseph	Jamestown	2:59.07
174 Huertas, Gianni	Cuthbertson	2:59.16
175 Smith, Elijah	George C. Ma	2:59.16
176 Young, Matthew	Landstown Hi	2:59.31
177 Chan, Shuai	James River	2:59.46
178 Gardner, William	Stone Bridge	2:59.54
179 Scranton, Austin	Stone Bridge	3:00.13
180 Hoehner, Peter	York	3:00.33
181 Oliver, Stephen	George C. Ma	3:00.74
182 Kaul, Zain	Oakton	3:01.33
183 Sherrard, Jack	Veritas Scho	3:01.53
184 Futrell, Davion	I.C. Norcom	3:01.81
185 Yang, Avery	Green Hope	3:02.27
186 Grant, Xavier	Tuscarora Hi	3:02.37
187 Morgan, Timothy	Oakton	3:02.75
188 Fletcher, Diarra	Archbishop C	3:03.36
189 Washington, Antoine	Archbishop C	3:03.67
190 Howard, Henry	Deep Run	3:03.68
191 Joyner, Jayce	Isle of Wigh	3:04.29
192 Driscoll, Joseph	Butler	3:05.31
193 Gideon Jr., Taka	Western Bran	3:05.68
194 Watkins, Kalel	Riverdale Ba	3:06.61
195 D'Mello, Nathaniel	Falls Church	3:07.26
196 Madraymootoo, Evan	Urbana High	3:07.43
197 Cunningham, Jackson	Tuscarora Hi	3:07.84
198 Shah, Nikhil	Deep Run	3:08.33
199 Haulenbeek, Ryan	Bayside High	3:08.34
200 Ewing, Miller	Jamestown	3:10.59
201 Scott, Oliver	George C. Ma	3:11.16
202 Buxton, Jamir	I.C. Norcom	3:12.22
203 Coffey, Matthew	Cuthbertson	3:12.64
204 Quann, Patrick	Deep Run	3:12.94
205 Southall, Jalen	Granby	3:13.56
206 Surapaneni, Abhinav	Cuthbertson	3:13.70

207 Sullivan, Robert	Isle of Wigh	3:13.83
208 Sebura, Cole	Greenbrier C	3:14.15
209 Pfaffernroth, William	Jackson-Reed	3:14.98
210 Page, Luke	Tuscarora Hi	3:16.08
211 Brooks, Jadarian	Western Bran	3:16.16
212 Rundell, William	Tuscarora Hi	3:16.90
213 Olexy, William	James River	3:19.13
214 Franklin, Americus	Parkland Mag	3:19.18
215 Mackie, Brendan	Isle of Wigh	3:19.23
216 Blackburn, Joshua	Jackson-Reed	3:20.38
217 Dantona, Nicholas	Tuscarora Hi	3:21.93
218 O'Day, Sascha	George C. Ma	3:21.95
219 LeSane, Tymon	I.C. Norcom	3:23.05
220 Luebbert, Skylar	Jackson-Reed	3:26.38
221 Smith, Jason	George C. Ma	3:27.48
222 Kendall, Evan	Jackson-Reed	3:27.50
223 Mew, Parker	Jackson-Reed	3:33.03
224 Chan, Zheng	James River	3:35.54
225 Chan, Kang	James River	3:47.28
226 Geilman, Jude	James River	3:47.57
227 Sanness, Lukas	Greenbrier C	3:48.28

Boys 1500 Meter Run En Route

Name	School	Finals
1 Valyo, Noah	Athens Drive	3:58.20
2 Kasperowski, Nayan	South County	3:58.40
3 Daniels, Trent	Gainesville	3:58.46
4 Mathes, Bazil	Monticello	3:58.75
5 Partlow, James	Gov. Thomas	3:58.86
6 Butler, Charlie	Mount St. Jo	4:00.23
7 Allen, Junior	Oakton	4:00.34
8 Reeves, Dawson	Christ Schoo	4:00.52
9 Chopra, Armaan	Princess Ann	4:02.12
10 Jakovics, Tsedeke	Old Mill Hig	4:02.21
11 Wlazlowski, Thomas	Cuthbertson	4:02.23
12 Boltwood, Rives	Abingdon Hig	4:02.54
13 Marks, Ben	Queen Anne's	4:02.95
14 Blair, Ty	Loudoun Vall	4:03.16
15 Parrish, Quinn	James River	4:03.33
16 Bachmann, Christian	Lake Braddoc	4:03.54
17 Wilcox, Caleb	Clover Hill	4:04.25
18 Cicero, James	West Potomac	4:04.30
19 Ensor, Joseph	Howard High	4:04.33
20 Mahone, Dax	Green Hope	4:04.79
21 Dovgalyuk, Calvin	Trinity Chri	4:04.81
22 Goodman, Hayden	Woodbridge	4:05.26
23 Dib, Rami	Thomas Ediso	4:05.33
24 Pizarro, Ben	Tatnall	4:05.75
25 Downin, Jackson	Tatnall	4:05.77
26 Penkala, Eric	Southern (Aa	4:06.31
27 Banks, Justin	Tuscarora Hi	4:08.25
28 Myers, Conner	Jefferson	4:08.70
29 Parrish, Brackton	Hough, Willi	4:09.02
30 Downs, Will	Atkins	4:09.88
31 Brennan, George	Hayfield Sec	4:10.02

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 1500 Meter Run En Route)

Name	School	Finals
32 Schmaltz, Stellan	Thomas Ediso	4:10.12
33 Dennison, Billy	Mentor	4:10.81
34 Lawson, Trevor	Glen Allen H	4:12.43
35 Jarrett, Jackson	David Thibod	4:12.74
36 Parrish, Luke	Christ Schoo	4:13.11
37 Pritchard, Jack	West Springf	4:14.42
38 McGraw, Dylan	Sherando	4:14.51
38 Edigin, Lambert	Ocean Lakes	4:14.51
40 Birge, Henry	Patriot High	4:14.97
41 Lane, Zaiden	Arundel High	4:15.21
42 Guerrero, Noah	Croatan	4:15.23
43 Solomon, Dean	Bishop McNam	4:15.29
44 Watson, Daniel	South County	4:16.35
45 Penkowski, Matthew	Mentor	4:19.46
46 Leone, Bobby	Lake Braddoc	4:19.69
47 Huneycutt, Joshawa	South Stanly	4:19.70
48 Regules, Jonathan	Gov. Thomas	4:19.84
49 Linehan, Connor	Grafton High	4:27.81
50 Aguirre-Martinez, Manuel	South Lakes	4:30.61

Boys 1600 Meter Run En Route

Name	School	Finals
1 Valyo, Noah	Athens Drive	4:12.25
2 Daniels, Trent	Gainesville	4:12.46
3 Mathes, Bazil	Monticello	4:12.64
4 Kasperowski, Nayan	South County	4:12.86
5 Partlow, James	Gov. Thomas	4:13.02
6 Allen, Junior	Oakton	4:15.68
7 Reeves, Dawson	Christ Schoo	4:15.69
8 Butler, Charlie	Mount St. Jo	4:15.96
9 Jakovics, Tsedeke	Old Mill Hig	4:16.71
10 Chopra, Armaan	Princess Ann	4:17.09
11 Wlazlowski, Thomas	Cuthbertson	4:17.60
12 Boltwood, Rives	Abingdon Hig	4:17.65
13 Blair, Ty	Loudoun Vall	4:17.83
14 Parrish, Quinn	James River	4:18.29
15 Cicero, James	West Potomac	4:18.98
16 Marks, Ben	Queen Anne's	4:19.04
17 Bachmann, Christian	Lake Braddoc	4:19.14
18 Mahone, Dax	Green Hope	4:20.08
19 Ensor, Joseph	Howard High	4:20.32
20 Wilcox, Caleb	Clover Hill	4:20.59
21 Dib, Rami	Thomas Ediso	4:20.96
22 Dovgalyuk, Calvin	Trinity Chri	4:21.51
23 Pizarro, Ben	Tatnall	4:22.05
24 Downin, Jackson	Tatnall	4:22.38
25 Penkala, Eric	Southern (Aa	4:22.47
26 Goodman, Hayden	Woodbridge	4:23.03
27 Banks, Justin	Tuscarora Hi	4:23.14
28 Brennan, George	Hayfield Sec	4:25.12
29 Myers, Conner	Jefferson	4:25.74
30 Parrish, Brackton	Hough, Willi	4:26.01
31 Downs, Will	Atkins	4:26.13

32 Schmaltz, Stellan	Thomas Ediso	4:26.42
33 Dennison, Billy	Mentor	4:26.85
34 Lawson, Trevor	Glen Allen H	4:28.31
35 Jarrett, Jackson	David Thibod	4:28.55
36 Pritchard, Jack	West Springf	4:30.61
37 McGraw, Dylan	Sherando	4:31.30
38 Guerrero, Noah	Croatan	4:31.40
39 Parrish, Luke	Christ Schoo	4:31.83
40 Solomon, Dean	Bishop McNam	4:32.67
41 Birge, Henry	Patriot High	4:32.70
42 Lane, Zaiden	Arundel High	4:34.36
43 Watson, Daniel	South County	4:35.71
44 Huneycutt, Joshawa	South Stanly	4:35.83
45 Regules, Jonathan	Gov. Thomas	4:36.12
46 Edigin, Lambert	Ocean Lakes	4:36.76
47 Penkowski, Matthew	Mentor	4:37.61
48 Leone, Bobby	Lake Braddoc	4:38.56
49 Linehan, Connor	Grafton High	4:46.88
50 Aguirre-Martinez, Manuel	South Lakes	4:51.54

Boys 1600 Meter Run

National: 3:57.66 \$ 2/7/2021 Kessler Hobbs

Meet: 4:09.34 @ Tinoda Matsatsa

Name	School	Finals
1 Hawkins, Darryl	Landstown Hi	4:26.48
2 Linton, Jeffrey	Jamestown	4:26.53
3 McDuffie, Cameron	Woodbridge	4:27.11
4 Raffel, Jason	South Lakes	4:27.20
5 McKnew, Michael	Cape Henry C	4:27.78
6 Verdi, Anthony	Urbana High	4:28.08
7 Thompson, Owen	Jefferson	4:28.79
8 Johnson, Davey	Luray	4:28.88
9 Lopez, Chase	DeMatha Cath	4:29.69
10 Curry, Jayden	Bruton	4:29.72
11 Schihl, Charlie	Cuthbertson	4:30.02
12 Lamprecht, Isaac	New Kent	4:30.07
13 Pedicano, Matthew	Yorktown	4:30.32
14 York, Andrew	R.J. Reynold	4:30.39
15 Whitfield, Harrison	Blacksburg H	4:30.63
16 Thorne, Ethan	Lord Botetou	4:31.05
17 Leonard, Robert	West Potomac	4:31.11
18 Steinbrenner, Jackson	Winters Mill	4:31.48
19 Craven, Luke	Glen Allen H	4:31.89
20 Sol, Henry	Granby	4:32.29
21 Niese, Steven	Colonial For	4:32.29
22 Bevacqua, Justin	Cuthbertson	4:32.32
23 Kauflin, Corey	Urbana High	4:32.36
24 Sidebotham, Cameron	Colonial For	4:32.37
25 Peterson, Demonte	I.C. Norcom	4:32.86
26 Haskin, Michael	Asheville	4:32.87
27 Fenton, Gavin	Holly Spring	4:33.25
28 DeJarnette, Wes	James River	4:33.39
29 Holmes, Zack	Holly Spring	4:33.43
30 Deakes, Sam	Grimmsley	4:33.51
31 Wilson, Miles	Blacksburg H	4:33.54

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 1600 Meter Run)

Name	School	Finals					
32	Harding, Andrew	Northside (1	4:33.93	86	Arjona, Sean	Glen Allen H	4:42.92
33	Rockey, Daniel	Princess Ann	4:34.12	87	Fours, Nicholas	Holly Spring	4:43.06
34	Kane, Matthew	Lancaster	4:34.87	88	Conroy, Ewan	Bullis Schoo	4:43.10
35	Smith, Macon	Jefferson Fo	4:35.04	89	Ledford, Cruz	Holly Spring	4:43.13
36	McCullogh, Matthew	Maury High S	4:35.68	90	Bank, Peter	Centennial H	4:43.30
37	Daunt, Samuel	Battlefield	4:35.71	91	Mulcahy, James	Atlee	4:43.73
38	Lineweaver, Carter	McLean	4:35.82	92	Malonda, Josh	Holly Spring	4:43.79
39	Curulla, Ben	First Coloni	4:35.83	93	Athy, Brendan	Holly Spring	4:44.14
40	Cruz, Braden	Cox	4:35.94	94	Gentile, Tristan	Marvin Ridge	4:44.17
41	Baker, Jason	Cape Henlope	4:36.17	95	Woolard, Joshua	Lancaster	4:44.18
42	Jones, Aidan	W.T. Woodson	4:36.25	96	Knaggs, Wes	Langley	4:44.33
43	Shakur, Sayid	DeMatha Cath	4:36.33	97	Dempsey, James	Salesianum S	4:44.39
44	Janetsky, Andrew	Herndon	4:36.38	98	Mitchell, Adam	Green Hope	4:44.49
45	Minsky, Sasha	The Potomac	4:36.44	99	Smith, Gavin	West Springf	4:44.63
46	Roach, Asher	Blacksburg H	4:36.79	100	Ramarge, Matthew	Loudoun Coun	4:44.78
47	Leffler, Gavin	Tatnall	4:36.84	101	Yun, Matthew	Holly Spring	4:44.89
48	Mullins, Donald	William Byrd	4:36.85	102	Johnson, Andrew	Jefferson Fo	4:45.07
49	Casey, Cole	South Lakes	4:37.12	103	Cardenas, Gabriel	Green Hope	4:45.24
50	Guest, Owen	Atlee	4:37.14	104	Hagberg, Noah	Atlee	4:45.26
51	Chatterjee, Bohon	Herndon	4:37.31	105	Jenkins, Trevor	Colonial For	4:45.36
52	Driscoll, Joshua	Butler	4:37.67	106	Bernard, Bradley	Loudoun Vall	4:45.43
53	Strahm, Henry	Blacksburg H	4:37.70	107	Cunnington, Gabe	Loudoun Coun	4:45.56
54	Riley, Liam	McLean	4:38.02	108	Carlson, Brayden	Mentor	4:45.70
55	Coombes, Jackson	McLean	4:38.11	109	Greider, Lucas	Ocean Lakes	4:45.74
56	Mathews, Alex	The Potomac	4:39.05	110	Hailemariam, Nahom	W.T. Woodson	4:46.06
57	Quinn, Ryan	South Lakes	4:39.17	111	Kane, Matthew	George C. Ma	4:46.23
58	Walker, Bradey	Mills Godwin	4:39.21	112	Ragsdale, Aiden	Falls Church	4:46.42
59	Bester, Markus	Hough, Willi	4:39.35	113	Willie, Alfred	Cuthbertson	4:46.46
60	Goode, Jalen	Bishop McNam	4:39.51	114	Weissman, Easy	Sidwell Frie	4:46.48
61	Cone, Tyrese	Croatan	4:39.62	115	Thomas, Will	Lake Braddoc	4:46.53
62	Maki, Ryan	Sherando	4:39.74	116	Weaver, Landon	Cosby	4:46.57
63	Smith, Brock	Sherando	4:39.85	117	Davis, Caden	Hampshire	4:46.66
64	Mills, Landon	Colonial For	4:39.88	118	Dermody, Kevin	Lake Braddoc	4:46.76
65	Horrell, Charlie	Glenvar High	4:40.11	119	Howard, Seamus	Tatnall	4:46.87
66	Saunders, Jaleb	Eleanor Roos	4:40.12	120	Schlegelmilch, Javi	Mills Godwin	4:46.99
67	Lattimer, Nelson	Lake Braddoc	4:40.16	121	Leary, Andrew	Green Hope	4:47.05
68	Sauer, Michael	Grassfield	4:40.48	122	DeGregory, Joey	Cape Henlope	4:47.13
69	Maroney, Liam	Cosby	4:40.95	123	Ferreira, Lorenzo	Panther Cree	4:47.21
70	Wells, Rylan	Loudoun Vall	4:41.00	124	Hill, Jackson	Cuthbertson	4:47.26
71	Lazzor, Caden	Severna Park	4:41.17	125	Hamilton, Logan	Ocean Lakes	4:47.32
72	Benjamin, Cardin	Cape Henlope	4:41.30	126	Kain, Luke	Tatnall	4:47.35
73	Patterson, Landon	Holly Spring	4:41.33	127	Bell, Jed	Sherando	4:47.38
74	Tietz, Davin	Tabb	4:41.38	128	Palermo, Giovanni	Cape Henlope	4:47.50
75	Sexton, Owen	Monticello	4:41.39	129	Beumer, Kian	South Lakes	4:47.71
76	Bradshaw, Evan	Cosby	4:41.52	130	Moon, William	Holly Spring	4:47.79
77	Gallogly, Riley	Urbana High	4:41.62	131	Tassell, Nicholas	L.C. Bird	4:47.86
78	Baptist, Michael	Tabb	4:41.82	132	Maynard, Michael	Mentor	4:47.90
79	Semtner, Louis	Blacksburg H	4:41.96	133	Mallozzi, Michael	Cuthbertson	4:48.06
80	Guillen-Chacon, Christopher	Granby	4:42.00	134	Carroll, Travis	Norfolk Academy	4:48.17
81	McCarthy, Dylan	Tatnall	4:42.10	135	Shanmugaselvam, Satya	Deep Run	4:48.39
82	Barrera, Diego	Thomas Ediso	4:42.31	136	Park, Colin	McLean	4:48.41
83	Dalva-Baird, Zach	The Potomac	4:42.44	137	Kucha, Caelen	Smithfield	4:48.61
84	Keehan, Collin	Woodbridge	4:42.73	138	Wang, Patrick	Christ Schoo	4:48.66
85	Vogel, Paul	Jamestown	4:42.84	139	Phillips, Bryce	Ocean Lakes	4:48.67
				140	Geary, Baden	Herndon	4:48.70
				141	Dixon, Blake	Cuthbertson	4:48.73

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 1600 Meter Run)

Name	School	Finals					
142	Vyas, Parva	Green Hope	4:48.77	196	Lamb, Charlie	West Potomac	4:55.29
143	Clifton, Benjamin	Cape Henlope	4:49.23	197	Lapke, CJ	Princess Ann	4:55.35
144	McCarthy, Aidan	George C. Ma	4:49.32	198	Morris, Jordan	I.C. Norcom	4:55.37
145	Wargo, Theo	Yorktown	4:49.33	199	Haileselassie, Fikreab	McKinley Tec	4:55.46
146	O'Driscoll, Seamus	Green Hope	4:49.51	200	Moss, Hunter Ray	Atlee	4:55.54
147	Donohue, William	Stone Bridge	4:49.62	201	Walker, Tristan	Monticello	4:55.62
148	Davey, Teddy	Tatnall	4:49.73	202	Belayachi, Riyad	Westfield	4:55.71
149	Yiengst, Jonas	West Springf	4:49.90	203	Stouffer, Devin	Mentor	4:55.72
150	Geyer, Kevin	Cuthbertson	4:49.91	204	Roy, Shane	Oakton	4:55.90
151	Benzon, Jordan	Central Reg	4:50.05	205	Barnes, Simon	George C. Ma	4:55.99
152	Carter, Malik	Bishop McNam	4:50.21	206	Weber, John	Cuthbertson	4:56.19
153	Steis, Roman	Yorktown	4:50.24	207	Rivers, Colin	Oakton	4:56.24
154	Latina, Nikolai	Tatnall	4:50.27	208	Vocke, Vincent	Cuthbertson	4:56.28
155	Geisendaffer, Jackson	Jamestown	4:50.38	209	Manka, Marek	Lake Braddoc	4:56.40
156	Berger, Orion	Jamestown	4:50.61	210	Hovermale, Kayden	Winters Mill	4:56.56
157	Eaton, David	Fork Union	4:50.63	211	Carter, Luke	The Potomac	4:56.56
158	Lee, Coleman	Lafayette	4:50.83	212	Gaydos, Mark	West Springf	4:56.59
159	Lloyd, Tate	Asheville	4:50.88	213	Nunn, Stephen	Severna Park	4:56.62
160	Suardi, Mark	Jackson-Reed	4:51.01	214	Rodriguez, Logan	Indian River	4:56.79
161	Bridgforth, Ross	Cuthbertson	4:51.08	215	Tompkins, Gavin	Southern (Aa	4:56.83
162	Mignogna, Brian	Mentor	4:51.20	216	Jenks, Isaac	Grafton High	4:57.08
163	Whiting, Keenai	Grafton High	4:51.20	217	Wilkins, Charlie	South Lakes	4:57.09
164	Anderson, Brandt	Cuthbertson	4:51.29	218	Nemec, Johnathan	York	4:57.12
165	Rockefeller, Bradley	Lake Braddoc	4:51.31	219	Bergman, Kylen	Cleveland Hi	4:57.28
166	Calandria, Jacob	Colonial For	4:51.43	220	Schmitt, John Grayson	Deep Run	4:57.37
167	Zalc, Theo	Green Hope	4:51.51	221	Hucks, Elijah	Heritage Lea	4:57.73
168	Chambers, Anderson	Grafton High	4:51.52	222	Lipchock, Simon	Urbana High	4:57.74
169	Barbulescu, Jack	Willow Sprin	4:51.63	223	Acton, Luke	Urbana High	4:57.74
170	Robinson, Andrew	Walsingham A	4:51.94	224	Rhodes, Nolan	Asheville	4:57.76
171	Swingle, Michael	Bishop O'Con	4:52.28	224	Chin, Daren	Central Reg	4:57.76
172	Bryan, Soren	Eleanor Roos	4:52.58	226	Jacks, Noah	South Lakes	4:57.77
173	Radka, Andrew	Cape Henlope	4:52.69	227	Thomas, John	Yorktown	4:57.81
173	Marvin, Nico	W.T. Woodson	4:52.69	228	Davis, Luther	Bowie High S	4:58.00
175	McCaffrey, Gavin	Cuthbertson	4:52.74	229	Daniel, John	Howard High	4:58.24
176	Huang, David	Oakton	4:53.18	230	Reyes, Zachary	Landstown Hi	4:58.58
177	Dean, Edison	West Springf	4:53.28	231	Bollineni, Manas	Westfield	4:58.70
178	Malakoff, Daniel	Oakton	4:53.43	232	Pan, Ryan	Landstown Hi	4:58.80
179	Davis, Amadeus	Howard High	4:53.47	233	Rothery, Joshua	Urbana High	4:58.94
180	Bandera, Daniel	Blacksburg H	4:53.69	234	Howe, Ethan	Arundel High	4:58.95
181	Altschuler, Noah	The Potomac	4:53.70	235	McDaniel, Braxton	Potomac Seni	4:59.09
182	Newhard, Dylan	Severna Park	4:53.71	236	McGuckin, Joshua	West Potomac	4:59.09
183	Thokala, Tausiq	Panther Cree	4:53.75	237	O'Flynn, Aidan	Veritas Scho	4:59.29
184	Crumpler, Grady	Cuthbertson	4:53.94	238	Gordon III, William	Cuthbertson	4:59.35
185	Sangster, Hudson	Arundel High	4:54.10	239	Lima, Isaac	W.T. Woodson	4:59.62
186	Sanchez, Javier	Central Reg	4:54.19	240	Hubbert, Finn	Deep Run	4:59.81
187	Wolf, Stephen	W.T. Woodson	4:54.23	241	Burger, Timmy	Winters Mill	4:59.92
188	Ryan, Robert	Thomas Ediso	4:54.24	242	Castellan, Aiden	Cuthbertson	4:59.96
189	Cimon, Everett	Jamestown	4:54.32	243	Featherly, Alex	South County	5:00.02
190	Schmitt, Brendan	Yorktown	4:54.81	244	Vaughan, Walker	Deep Run	5:00.15
191	Russ, Eyal	Urbana High	4:54.90	245	Adams, Nate	Westfield	5:00.50
192	Buchanan, Cole	Kellam	4:54.99	246	Lane, Brenden	Tuscarora Hi	5:00.51
193	Schmitt, Ryan	Yorktown	4:55.02	246	Wheatley, Emmett	Cape Henlope	5:00.51
194	Wooten, Parker	Cosby	4:55.11	248	Gentilcore, James	Central Reg	5:00.52
195	Quinones-Partain, Griffin	Heritage (Ly	4:55.18	249	Goldstein, Joshua	Stone Bridge	5:00.55
				250	Hernandez, Nicolas	South Lakes	5:00.57
				251	Lahrman, Mason	Atlee	5:00.89

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 1600 Meter Run)

Name	School	Finals					
252	Bunker, William	Deep Run	5:01.06	306	McAllister, Benson	Oakton	5:09.07
253	Dlott, Rafael	Green Hope	5:01.13	307	Schoendorf, Alex	West Potomac	5:09.10
254	Labert, Ben	Ocean Lakes	5:01.42	308	Glynn, Logan	Winters Mill	5:09.40
255	Foster, Parker	Winters Mill	5:01.60	309	Coleman, Nicholas	Fork Union	5:09.44
256	Dunn, Tommy	Green Hope	5:01.81	310	Poyac-Clarkin, Jacques	West Potomac	5:09.61
257	Bass, Brent	Bowie High S	5:01.82	311	Hart, Bryan	Bowie High S	5:09.71
258	Sheils, Oliver	Glen Allen H	5:01.97	312	Gray, Jackson	York	5:09.72
259	Brown, Thomas	Willow Sprin	5:02.08	313	Madraymootoo, Evan	Urbana High	5:10.13
260	Lilley, Camden	Manor	5:02.23	314	Vizcaino, Daniel	Monticello	5:10.29
261	Oliver, Stephen	George C. Ma	5:02.26	315	Akinla, John	Bowie High S	5:10.36
262	Grant, Jeremiah	York	5:02.31	316	Beck, Ethan	Green Hope	5:10.41
263	Joyce, Cameron	Deep Run	5:02.56	317	DeMay, Dillon	Poquoson	5:10.49
264	Lebahn, Gabe	Westfield	5:02.80	318	Helgren, Van	Ocean Lakes	5:10.53
265	McCauley, Saadiq	McKinley Tec	5:02.90	319	Raizis, Brandon	Mentor	5:10.68
266	McRorie, Duncan	Cuthbertson	5:03.00	320	Kretzer, Eamon	West Potomac	5:10.77
267	Jayne, Lance	Bishop O'Con	5:03.04	321	Zimmerman, Owen	Howard High	5:11.19
268	Gillen, Max	Cape Henlope	5:03.17	322	McCartney, Alan	Yorktown	5:11.58
269	Walsh, Malachi	Fork Union	5:03.19	323	Kermes, Max	Cuthbertson	5:12.24
270	Stazzone, Riley	Cape Henlope	5:03.25	324	Houlihan, Hayden	Cuthbertson	5:12.48
271	Shiels, Aidan	Mentor	5:03.26	325	Edwards, Andrew	West Potomac	5:12.73
272	Conway, Gavin	Lafayette	5:03.30	326	Espinal, Lael	Bowie High S	5:12.87
273	Balls, Jackson	Montverde Ac	5:03.36	327	Pederson, Erik	Urbana High	5:13.04
274	Law, Burroughs	Asheville	5:03.87	328	Pollio, Ryan	West Potomac	5:13.94
275	Rineer, Mattox	Cape Henlope	5:03.99	329	Marquez Marin, Luis	Glen Allen H	5:14.28
276	Blejiski, Derek	West Potomac	5:04.08	330	Carranza, Alan	Digital Harb	5:14.41
277	Havens, Leo	Severna Park	5:04.24	331	Smith, Rowan	Ocean Lakes	5:14.58
278	Laneve, Jake	Jefferson Fo	5:04.32	332	McCord, Andrew	Old Mill Hig	5:14.96
279	Menendez, Carlos	Manor	5:04.52	333	Nicolau, David	Cary Christi	5:14.98
280	Tang, Alan	McLean	5:04.52	334	Long, Bear	Cary Christi	5:15.20
281	Cox, Brody	Lafayette	5:04.65	335	Jones, William	Cary Christi	5:15.33
282	Kaul, Zain	Oakton	5:04.70	336	Soderberg, Zachary	Willow Sprin	5:15.49
283	Levine, Eli	The Potomac	5:04.71	337	Reed, John	Severna Park	5:15.51
284	Kirtley, Henry	Tatnall	5:05.13	338	Driscoll, Joseph	Butler	5:16.12
285	Olin, Jay	Butler	5:05.16	339	Yousof, Ahmad	Digital Harb	5:16.14
286	Onat, Akay	McLean	5:05.30	340	Carter, Alexander	Jackson-Reed	5:16.92
287	Snyder, T.J.	Central Reg	5:05.41	341	Neenan, Michael	Cuthbertson	5:17.20
288	Vazquez, Bryan	Asheville	5:05.61	342	Betha, Anirudh	Deep Run	5:17.92
289	Valos, Benjamin	Herndon	5:05.86	343	Hennessey, Jeffery	Jamestown	5:17.97
290	Neuberg, Gus	Falls Church	5:05.89	344	Gilman, Camden	Oakton	5:18.32
291	Hansberry, John	Suitland Hig	5:06.20	345	Wasserman, Heath	Deep Run	5:18.55
292	Cyrus, Jr, Noel	Suitland Hig	5:06.43	346	Ciltepe, Ilyas	Central Reg	5:19.34
293	Kelly, Freddie	Old Mill Hig	5:06.47	347	Kelm, Alexander	Bowie High S	5:19.66
294	Monticello, Beck	Yorktown	5:06.61	348	Fletcher, Diarra	Archbishop C	5:19.92
295	Bishop, Jaelen	Suitland Hig	5:06.89	349	Jimenez, Anthony	Central Reg	5:20.11
296	Estrada Zapata, Samuel	George C. Ma	5:06.92	350	Trematerra, Vincenzo	Central Reg	5:20.28
297	Scott, Oliver	George C. Ma	5:07.32	351	Onuaku, Chisom	Bowie High S	5:20.41
298	Yost, Hudson	James River	5:07.51	352	Casey, Richard	Central Reg	5:20.59
299	Huh, Oliver	Westfield	5:07.68	353	Moore, Landon	McLean	5:20.73
300	Carpenter, Hayden	Yorktown	5:07.73	354	Shook, Donovan	Jackson-Reed	5:21.84
301	Yang, Avery	Green Hope	5:07.96	355	Panner, William	Sidwell Frie	5:22.30
302	Thiebert, Owen	McLean	5:08.10	356	D'Mello, Nathaniel	Falls Church	5:22.96
303	Newlin, Davis	James River	5:08.90	357	Fournier, Noah	Granby	5:23.35
304	Sutton, Jack	West Potomac	5:08.92	358	Gideon Jr., Taka	Western Bran	5:24.06
305	Koreck, Carson	Old Mill Hig	5:08.95	359	Thomas, Donald	James River	5:24.33
				360	Henderson, Lucas	Jamestown	5:24.36
				361	Pfaffernroth, William	Jackson-Reed	5:24.51

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 1600 Meter Run)

Name	School	Finals
362 Howard, Henry	Deep Run	5:24.88
363 Hampshire, Joseph	Howard High	5:26.83
364 Sykes, Jaxon	Manor	5:27.07
365 Coffey, Matthew	Cuthbertson	5:27.43
366 Pearson, Levi	Ocean Lakes	5:27.56
367 Scranton, Austin	Stone Bridge	5:28.03
368 Shah, Nikhil	Deep Run	5:28.24
369 Quann, Patrick	Deep Run	5:28.43
370 Surapaneni, Abhinav	Cuthbertson	5:28.79
371 Sebura, Cole	Greenbrier C	5:29.06
372 Pieron, Jaydn	Fork Union	5:29.71
373 Friscia, Matthew	Cape Henlope	5:29.82
374 John, Brandon	Western Bran	5:29.88
375 Lowery, James	James River	5:30.07
376 Cunningham, Jackson	Tuscarora Hi	5:31.16
377 Parler, Damarius	Suitland Hig	5:31.28
378 Watkins, Jacob	Severna Park	5:31.83
379 Grant, Xavier	Tuscarora Hi	5:32.06
380 Sabanija, Amar	Glen Allen H	5:32.40
381 Washington, Antoine	Archbishop C	5:34.50
382 O'Day, Sascha	George C. Ma	5:35.93
383 Donaldson, Tyler	Central Reg	5:36.36
384 Hogan, Darius	John Marshal	5:38.14
385 Rundell, William	Tuscarora Hi	5:38.85
386 Flanagan, Julian	Suitland Hig	5:40.63
387 Garnett, Richard	James River	5:40.81
388 Wells, Caiden	Loudoun Vall	5:44.05
389 Mina, Koby	Suitland Hig	5:44.92
390 Watkins, Kalel	Riverdale Ba	5:45.83
391 Turner-Mason, Keelan	Suitland Hig	5:48.69
392 McCord, Bradley	Old Mill Hig	5:53.37
393 Collins, Sam	James River	5:56.07
394 Pineda, Enrique	Manor	6:01.06
395 Mew, Parker	Jackson-Reed	6:01.40
396 Kendall, Evan	Jackson-Reed	6:01.60
397 Page, Luke	Tuscarora Hi	6:03.13
398 Luebbert, Skylar	Jackson-Reed	6:03.48
399 Blackburn, Logan	Western Bran	6:03.89
400 Dantona, Nicholas	Tuscarora Hi	6:04.13
401 Kirkland, George Aécwesley	James River	6:07.39
402 Jacoby, Hayes	James River	6:27.02
403 Castleberry, Roy	Archbishop C	6:38.73
--- Assefa, Yafet	Westfield	DNF

Boys 1 Mile Run Invitational

National:	3:57.66 \$ 2/7/2021	Kessler Hobbs
Meet:	4:10.87 @	Tinoda Matsatsa
Freshman:	4:14.63 ! 2022	Keegan Smith
Sophomore:	4:07.04 # 2022	Marcus Reilly
Junior:	4:02.21 % 2012	Edward Cheserek

Name	School	Finals
1 Valyo, Noah	Athens Drive	4:13.59!
2 Daniels, Trent	Gainesville	4:13.81!

3 Mathes, Bazil	Monticello	4:14.06!
4 Kasperowski, Nayan	South County	4:14.24!
5 Partlow, James	Gov. Thomas	4:14.39!
6 Allen, Junior	Oakton	4:17.09
7 Reeves, Dawson	Christ Schoo	4:17.21
8 Butler, Charlie	Mount St. Jo	4:17.57
9 Jakovics, Tsedeke	Old Mill Hig	4:18.09
10 Chopra, Armaan	Princess Ann	4:18.54
11 Wlazlowski, Thomas	Cuthbertson	4:18.94
12 Boltwood, Rives	Abingdon Hig	4:19.18
13 Blair, Ty	Loudoun Vall	4:19.20
14 Parrish, Quinn	James River	4:19.79
15 Cicero, James	West Potomac	4:20.47
16 Marks, Ben	Queen Anne's	4:20.60
17 Bachmann, Christian	Lake Braddoc	4:20.74
18 Mahone, Dax	Green Hope	4:21.58
19 Ensor, Joseph	Howard High	4:21.99
20 Wilcox, Caleb	Clover Hill	4:22.27
21 Dib, Rami	Thomas Ediso	4:22.48
22 Dovgalyuk, Calvin	Trinity Chri	4:23.08
23 Pizarro, Ben	Tatnall	4:23.60
24 Downin, Jackson	Tatnall	4:24.05
25 Penkala, Eric	Southern (Aa	4:24.10
26 Banks, Justin	Tuscarora Hi	4:24.62
27 Goodman, Hayden	Woodbridge	4:24.92
28 Brennan, George	Hayfield Sec	4:26.62
29 Myers, Conner	Jefferson	4:27.46
30 Downs, Will	Atkins	4:27.62
31 Parrish, Brackton	Hough, Willi	4:27.77
32 Schmaltz, Stellan	Thomas Ediso	4:28.07
33 Dennison, Billy	Mentor	4:28.41
34 Lawson, Trevor	Glen Allen H	4:29.90
35 Jarrett, Jackson	David Thibod	4:30.06
36 Pritchard, Jack	West Springf	4:32.23
37 Guerrero, Noah	Croatan	4:32.94
38 McGraw, Dylan	Sherando	4:33.04
39 Parrish, Luke	Christ Schoo	4:33.74
40 Birge, Henry	Patriot High	4:34.40
41 Solomon, Dean	Bishop McNam	4:34.43
42 Lane, Zaiden	Arundel High	4:36.29
43 Huneycutt, Joshawa	South Stanly	4:37.39
44 Watson, Daniel	South County	4:37.57
45 Regules, Jonathan	Gov. Thomas	4:37.89
46 Edigin, Lambert	Ocean Lakes	4:38.96
47 Penkowski, Matthew	Mentor	4:39.36
48 Leone, Bobby	Lake Braddoc	4:40.42
49 Linehan, Connor	Grafton High	4:48.77
50 Aguirre-Martinez, Manuel	South Lakes	4:53.54

Boys 3000 Meter Run en route Inv

Name	School	Finals
1 Nance, Berkley	Mills Godwin	8:29.77
2 Partlow, James	Gov. Thomas	8:35.80
3 Venable, Will	Broughton	8:37.99
4 Valyo, Noah	Athens Drive	8:39.23

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 3000 Meter Run en route Inv)

Name	School	Finals
5 Schmid, Gabriel	Orange	8:39.61
6 Allen, Junior	Oakton	8:40.17
7 Green, Ethan	Arlington	8:40.40
8 Walther, Ethan	Salesianum S	8:42.88
9 Blair, Ty	Loudoun Vall	8:46.40
10 Murphy, Shane	Hunter Colle	8:46.68
11 Koike-Sieira, Henry	Hunter Colle	8:48.06
12 Wlazlowski, Thomas	Cuthbertson	8:48.17
13 Kasperowski, Nayan	South County	8:48.46
14 Boltwood, Rives	Abingdon Hig	8:48.88
15 Anstrom, Jack	Seaforth Hig	8:50.29
16 Chopra, Armaan	Princess Ann	8:55.36
17 Surface, Tyler	North Raleigh	8:58.66
18 Dennison, Billy	Mentor	9:01.43
19 Pardue, William	John Handley	9:02.51
20 Daniels, Trent	Gainesville	9:07.29
21 Callahan, James	Cary Christi	9:10.35

Boys 3200 Meter Run en route Inv

Name	School	Finals
1 Nance, Berkley	Mills Godwin	9:02.50
2 Partlow, James	Gov. Thomas	9:06.33
3 Valyo, Noah	Athens Drive	9:08.62
4 Venable, Will	Broughton	9:09.65
5 Schmid, Gabriel	Orange	9:11.37
6 Allen, Junior	Oakton	9:11.96
7 Jarrett, Jackson	David Thibod	9:12.85
8 Walther, Ethan	Salesianum S	9:15.44
9 Murphy, Shane	Hunter Colle	9:16.79
10 Blair, Ty	Loudoun Vall	9:17.56
11 Koike-Sieira, Henry	Hunter Colle	9:21.40
12 Wlazlowski, Thomas	Cuthbertson	9:21.43
13 Kasperowski, Nayan	South County	9:21.48
14 Boltwood, Rives	Abingdon Hig	9:22.01
15 Anstrom, Jack	Seaforth Hig	9:22.04
16 Chopra, Armaan	Princess Ann	9:33.06
17 Dennison, Billy	Mentor	9:36.54
18 Surface, Tyler	North Raleigh	9:37.39
19 Pardue, William	John Handley	9:40.49
20 Daniels, Trent	Gainesville	9:47.21
21 Callahan, James	Cary Christi	9:51.91

Boys 3200 Meter Run

National: 8:39.15 \$ 2/16/2013 Edward Cheserek

Meet: 9:01.77 @ Gary Martin

Name	School	Finals
1 Jakovics, Tsedeke	Old Mill Hig	9:22.03
2 Ensor, Joseph	Howard High	9:24.82
3 Butler, Charlie	Mount St. Jo	9:25.89
4 Lamprecht, Isaac	New Kent	9:27.52
5 Zwall, T.J.	Penn Charter	9:28.28
6 Lawson, Trevor	Glen Allen H	9:29.84

7 Penkala, Eric	Southern (Aa	9:30.35
8 Cicero, James	West Potomac	9:30.93
9 Sidebotham, Cameron	Colonial For	9:31.73
10 Thorne, Ethan	Lord Botetou	9:32.30
11 Haskin, Michael	Asheville	9:33.14
12 Johnson, Nate	Penn Charter	9:34.76
13 Nichols-Barnhart, Cedar	R.J. Reynold	9:36.45
14 Mullins, Owen	Kettle Run	9:36.60
15 Michaels, Andre	Leesville Ro	9:37.62
16 Steinbrenner, Jackson	Winters Mill	9:38.58
17 Pizarro, Ben	Tatnall	9:38.91
18 Dalley, Reid	Yorktown	9:39.19
19 Lacroix, Judah	First Flight	9:40.40
20 Kuss, Cam	Broughton	9:40.75
21 Tafe, Michael	Loudoun Coun	9:41.13
22 Kennedy, James	Salesianum S	9:42.78
23 Strahm, Henry	Blacksburg H	9:43.83
24 Janetsky, Andrew	Herndon	9:44.92
25 York, Andrew	R.J. Reynold	9:45.55
26 Verdi, Anthony	Urbana High	9:46.10
27 Cone, Tyrese	Croatan	9:46.54
28 Craven, Luke	Glen Allen H	9:46.75
29 Harding, Andrew	Northside (1	9:47.43
30 Lineweaver, Carter	McLean	9:48.24
31 Baker, Jason	Cape Henlope	9:48.81
32 Leffler, Gavin	Tatnall	9:48.98
33 Whitfield, Harrison	Blacksburg H	9:49.32
34 Thomas, Will	John Handley	9:49.82
35 Chatterjee, Bohon	Herndon	9:50.00
36 Daunt, Samuel	Battlefield	9:51.11
37 Smith, Macon	Jefferson Fo	9:51.45
38 Felice, Sam	Salesianum S	9:51.81
39 Penkowski, Matthew	Mentor	9:51.98
40 Weissman, Easy	Sidwell Frie	9:52.84
41 Jarrett, Jackson	David Thibod	9:53.70
42 Moss, Will	Montverde Ac	9:54.22
43 Ridler, Griffen	Northeastern	9:54.79
44 Holland, Mason	Cox	9:55.77
45 Schaefer, Lucas	Mills Godwin	9:55.89
46 Yun, Matthew	Holly Spring	9:56.49
47 Knaggs, Wes	Langley	9:57.54
48 Newell, Landon	Oakton	9:58.18
49 Bevacqua, Justin	Cuthbertson	9:58.74
50 Leonard, Robert	West Potomac	9:59.07
51 Beumer, Kian	South Lakes	9:59.38
52 Aurelio, Caiden	Grassfield	10:00.00
53 Dheini, Rayyan	Howard High	10:00.14
54 Nechaev, Arseniy	Arlington	10:00.82
55 Brinker, Jack	Independence	10:01.56
56 Lazzor, Caden	Severna Park	10:01.77
57 VomSaal, Maxwell	Howard High	10:02.64
58 Guest, Owen	Atlee	10:02.97
59 Lane, Zaiden	Arundel High	10:03.94
60 Bhat, Arjun	Jackson-Reed	10:04.36
61 Maki, Ryan	Sherando	10:06.03
62 DeJarnette, Wes	James River	10:06.14

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 3200 Meter Run)

Name	School	Finals					
63	Dennehy, Jack	Asheville	10:06.34	117	Dean, Edison	West Springf	10:35.16
64	Kain, Luke	Tatnall	10:06.45	118	Benjamin, Cardin	Cape Henlope	10:35.23
65	Yiengst, Jonas	West Springf	10:08.05	119	Minnich, Liam	First Flight	10:35.32
66	Fours, Nicholas	Holly Spring	10:08.75	120	Gordon III, William	Cuthbertson	10:35.34
67	Wells, Rylan	Loudoun Vall	10:08.94	121	Jenkins, Trevor	Colonial For	10:35.81
68	Ramarge, Matthew	Loudoun Coun	10:09.77	122	Hernandez, Nicolas	South Lakes	10:35.94
69	Mills, Landon	Colonial For	10:10.53	123	Willens, Harrison	Oakton	10:35.97
70	Geary, Baden	Herndon	10:10.77	124	Havens, Leo	Severna Park	10:36.06
71	Eklund, Conor	Oakton	10:11.03	125	Davis, Caden	Hampshire	10:37.08
72	Giffing, Benjamin	Grassfield	10:11.06	126	Estrada Zapata, Samuel	George C. Ma	10:37.70
73	Ledford, Cruz	Holly Spring	10:11.45	127	Van Houten, Andrew	Yorktown	10:37.86
74	Bester, Markus	Hough, Willi	10:11.70	128	Maynard, Michael	Mentor	10:38.55
75	Dempsey, James	Salesianum S	10:12.13	129	Altschuler, Noah	The Potomac	10:39.22
76	Hamilton, Logan	Ocean Lakes	10:12.67	130	Mehler, Asa	Asheville	10:40.35
77	Conroy, Ewan	Bullis Schoo	10:12.95	131	Featherly, Alex	South County	10:40.39
78	Sadow, Nathan	Independence	10:13.34	132	Houlihan, Hayden	Cuthbertson	10:42.59
79	Cruz, Braden	Cox	10:13.77	133	Orlove-Rodriguez, Alvaro	Jackson-Reed	10:43.27
80	Wines, Jacob	Poquoson	10:13.79	134	Nunn, Stephen	Severna Park	10:43.37
81	Athy, Brendan	Holly Spring	10:14.60	135	Labert, Ben	Ocean Lakes	10:44.43
82	Banocy, Jacob	Hayfield Sec	10:14.98	136	L'Eglise, Gavin	Asheville	10:45.45
83	Barrera, Diego	Thomas Ediso	10:15.19	137	Oliver, Stephen	George C. Ma	10:45.85
84	Foster, Jackson	Urbana High	10:15.29	138	Lee, Coleman	Lafayette	10:46.86
85	Westmoreland, Luke	West Potomac	10:15.91	139	Castellan, Aiden	Cuthbertson	10:46.89
86	Hailemariam, Nahom	W.T. Woodson	10:17.89	140	Carpenter, Hayden	Yorktown	10:48.23
87	Pillion, Henry	Abingdon Hig	10:18.15	141	Maryankandy, Om	Howard High	10:48.67
88	Barnes, Simon	George C. Ma	10:18.41	142	Olin, Jay	Butler	10:48.95
89	Howard, Seamus	Tatnall	10:18.84	143	Lipchock, Simon	Urbana High	10:49.05
90	Roach, Asher	Blacksburg H	10:19.22	144	Stazzone, Riley	Cape Henlope	10:50.25
91	Moss, Hunter Ray	Atlee	10:20.00	145	Vazquez, Bryan	Asheville	10:50.48
92	Sheils, Oliver	Glen Allen H	10:20.10	146	Daniel, John	Howard High	10:51.28
93	Bernard, Bradley	Loudoun Vall	10:20.87	147	Everrett, Gabriel	Western Bran	10:51.70
94	Sangster, Hudson	Arundel High	10:21.45	148	Lebahn, Gabe	Westfield	10:52.39
95	Steis, Roman	Yorktown	10:21.66	149	Raizis, Brandon	Mentor	10:53.98
96	Gemerek, Henry	Lafayette	10:22.32	150	Rothery, Joshua	Urbana High	10:54.54
97	Arjona, Sean	Glen Allen H	10:22.64	151	Acton, Luke	Urbana High	10:55.75
98	DeGregory, Joey	Cape Henlope	10:22.68	152	Monticello, Beck	Yorktown	10:57.25
99	Johnson, Andrew	Jefferson Fo	10:23.07	153	Zeldes, Max	The Potomac	10:57.25
100	Koval, A.J.	Lafayette	10:23.66	154	Ryan, Drew	Tabb	10:58.08
101	Mulcahy, James	Atlee	10:24.20	155	McRorie, Duncan	Cuthbertson	10:58.53
102	Wargo, Theo	Yorktown	10:24.65	156	Balls, Jackson	Montverde Ac	10:58.98
103	Gillen, Max	Cape Henlope	10:24.72	157	Valos, Benjamin	Herndon	11:00.12
104	Barbato, John	Salesianum S	10:25.89	158	Blejski, Derek	West Potomac	11:00.64
105	Lahrman, Mason	Atlee	10:26.04	159	Tang, Alan	McLean	11:00.91
106	Arrington, Jack	Centennial H	10:26.80	160	Scott, Oliver	George C. Ma	11:01.77
107	Sexton, Owen	Monticello	10:26.90	161	Schoendorf, Alex	West Potomac	11:02.36
108	Howe, Ethan	Arundel High	10:27.53	162	Sangi, Aariz	Howard High	11:02.61
109	Bergman, Kylan	Cleveland Hi	10:27.75	163	Nino, Aiden	Colonial For	11:03.85
110	McCarthy, Dylan	Tatnall	10:28.45	164	Tucker, Karter	First Flight	11:04.18
111	Willie, Alfred	Cuthbertson	10:28.65	165	Hovermale, Kayden	Winters Mill	11:04.92
112	Radka, Andrew	Cape Henlope	10:29.81	166	Marquez Marin, Luis	Glen Allen H	11:08.16
113	Park, Colin	McLean	10:30.21	167	Carolino, Seth	Landstown Hi	11:08.28
114	Balakirsky, Max	Centennial H	10:31.64	168	Thiebert, Owen	McLean	11:08.73
115	O'Flynn, Aidan	Veritas Scho	10:33.04	169	Reed, John	Severna Park	11:10.26
116	Newhard, Dylan	Severna Park	10:34.57	170	Bullock, Griffin	Monticello	11:10.56
				171	Kermes, Max	Cuthbertson	11:11.21
				172	Watkins, Jacob	Severna Park	11:12.51

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 3200 Meter Run)

Name	School	Finals
173 Onat, Akay	McLean	11:12.82
174 Barillas, Mateo	Westfield	11:13.50
175 Kretzer, Eamon	West Potomac	11:14.20
176 Peed, Jonathan	George C. Ma	11:14.65
177 Chapman, Roman	Ocean Lakes	11:16.91
178 Wilkins, Charlie	South Lakes	11:17.29
179 Pederson, Erik	Urbana High	11:19.45
180 Russ, Eyal	Urbana High	11:20.29
181 Blackburn, Logan	Western Bran	11:22.56
182 Kelm, Alexander	Bowie High S	11:26.24
183 John, Brandon	Western Bran	11:26.80
184 Sabanija, Amar	Glen Allen H	11:29.62
185 Andrews, Owen	Granby	11:29.69
186 Shook, Donovan	Jackson-Reed	11:30.65
187 Espinal, Lael	Bowie High S	11:34.03
188 Fisher, James	George C. Ma	11:34.13
189 Edwards, Andrew	West Potomac	11:34.61
190 Lloyd, Michael	South County	11:35.02
191 Pollio, Ryan	West Potomac	11:36.80
192 Zuccolotto, James	George C. Ma	11:44.11
193 Wells, Caiden	Loudoun Vall	11:52.25
194 McCartney, Alan	Yorktown	11:56.00
195 O'Day, Sascha	George C. Ma	12:12.66
--- Jones, Alexander	Poquoson	DNF
--- Geyer, Kevin	Cuthbertson	DNF
--- Hill, Jackson	Cuthbertson	DNF
--- Sutton, Jack	West Potomac	DNF
--- McCaffrey, Gavin	Cuthbertson	DNF

Boys 2 Mile Run Invitational

National: 8:39.15 \$ 2/16/2013 Edward Cheserek
Meet: 9:04.65 @ Gary Martin
Freshman: 8:57.55 ! 2009 Lukas Verzbicas
Sophomore: 8:42.66 # 2011 Edward Cheserek
Junior: 8:40.70 % 2011 Lukas Verzbicas
Senior: 8:39.15 * 2013 Edward Cheserek

Name	School	Finals
1 Nance, Berkley	Mills Godwin	9:05.64
2 Partlow, James	Gov. Thomas	9:09.08
3 Valyo, Noah	Athens Drive	9:11.27
4 Venable, Will	Broughton	9:12.74
5 Schmid, Gabriel	Orange	9:14.43
6 Allen, Junior	Oakton	9:15.20
7 Green, Ethan	Arlington	9:16.08
8 Walther, Ethan	Salesianum S	9:18.23
9 Murphy, Shane	Hunter Colle	9:19.81
10 Blair, Ty	Loudoun Vall	9:20.36
11 Wlazlowski, Thomas	Cuthbertson	9:23.94
12 Kasperowski, Nayan	South County	9:24.02
13 Koike-Sieira, Henry	Hunter Colle	9:24.10
14 Anstrom, Jack	Seaforth Hig	9:24.62
15 Boltwood, Rives	Abingdon Hig	9:24.89
16 Chopra, Armaan	Princess Ann	9:36.83

17 Dennison, Billy	Mentor	9:39.77
18 Surface, Tyler	North Raleigh	9:41.02
19 Pardue, William	John Handley	9:44.48
20 Daniels, Trent	Gainesville	9:50.89
21 Callahan, James	Cary Christi	9:55.80

Boys 55 Meter Hurdles

National: 6.88 \$ 3/12/2017 Trey cunningham
Meet: 7.13 @ Corey Poole
Freshman: 7.35 ! 2013 Grant Holloway
Sophomore: 7.28 # 2014 Grant Holloway
Junior: 7.05 % 2015 Grant Holloway
Senior: 6.88 * 2017 Trey Cunningham

Name	School	Prelims
1 Squire, Matthias	DeMatha Cath	7.94q
2 Seidel, Zach	Fauquier	7.97q
3 Fulton, Michael	Lake Braddoc	7.99q
4 Curry, Trevor	James River	8.01q
5 Pizzimbono, Lucca	Img Academy	8.01q
6 Matheny, Kendrick	Atlee	8.06q
7 Katafiasz, Andrew	Holly Spring	8.08q
8 Madraymootoo, Ethan	Urbana High	8.14q
9 Newkirk, Quenton	Atkins	8.16
10 Corprew, Zionte	Tallwood	8.16
11 Fleming, Donovan	West Springf	8.19
12 Harrell, Derrick	Oscar Smith	8.23
13 Trapp, Cliff	South Lakes	8.23
14 McGrath, Jack	Panther Cree	8.26
15 Webb, Kenyan	McKinley Tec	8.27
16 Yembu, Jude	Grafton High	8.30
17 Dell, Laurence	Freedom (Woo	8.32
18 Talbot, Brendan	West Springf	8.33
19 Hill-Caleb, Trinity	Suitland Hig	8.36
20 Boyle, Evan	Holly Spring	8.37
21 Bobba, Alexander	Oakton	8.39
22 Mclaughlin, Gabriel	South County	8.41
23 Spencer, Bryson	Stone Bridge	8.42
24 Miller, Caleb	Lord Botetou	8.43
25 Tschantre, Luke	Atlee	8.44
26 Barthlow, Austin	Independence	8.44
27 Regan, Brendan	Christ Schoo	8.44
28 Englert, Max	West Springf	8.46
29 Steele, Terrez	Oscar Smith	8.47
30 LeMay, Quinten	Cuthbertson	8.48
31 Thomas, Austin	Salesianum S	8.53
32 Lathrop, Chase	Img Academy	8.53
33 Tan, Tommy	Norfolk Academy	8.56
34 Daley, Andrew	Digital Harb	8.65
35 Hawa, Hamza	Herndon	8.66
36 Rosado, Xavier	Jefferson Fo	8.67
37 Johnson, Blake	Herndon	8.68
38 Johnson, Trent	Digital Harb	8.69
39 Shockley-Taylor, Elijah	Cape Henlope	8.70
40 Bautista, Jaydon	Cape Henlope	8.71
41 Mann, James	James River	8.71

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Preliminaries ... (Boys 55 Meter Hurdles)

Name	School	Prelims
42 Messina, Sean	Img Academy	8.72
43 Mohamed, Adham	Western Bran	8.75
44 Bowen, James	Cox	8.76
45 Eesiah, Morlue	Christ Schoo	8.81
46 Ayers, Brandon	Cape Henlope	8.89
47 Lasker, Tyson	Lafayette	8.91
48 Porter, Jalen	Tallwood	9.07
49 kyambadde, Chrisytian	Stone Bridge	9.09
50 Simms, Talan	Oakton	9.14
51 Quarles, Otto	James River	9.27
52 Robinson, Anthony	Butler	9.34
53 Johnson, Keishon	Oscar Smith	9.39
54 Mulcahy, Sean	Urbana High	9.48
55 Liu, Jaden	Cuthbertson	9.49
56 Jackson, Alex	Fork Union	9.54
57 Jones, Bernard	Cape Henlope	9.56
58 Gonzalez, Aiden	Central Reg	9.92
59 Frederick, Sebastian	Anacostia Hi	10.01
60 Dancy, Damien	Tallwood	10.76
61 Gregg, Cameron	Green Hope	11.76
--- Waters, Haden	Cuthbertson	DNF

Boys 55 Meter Hurdles seeded

Name	School	Prelims
Preliminaries		
1 Waterman, Anthony	DeMatha Cath	7.40q
2 Brown, Le'Ezra	Dudley	7.44q
3 Hinton, Micah	Western Bran	7.45q
4 Dillard, Drew	Archbishop C	7.59q
5 Hayes, Isaiah	Phoebus	7.60q
6 Morales, Mason	Stone Bridge	7.61q
7 Smith, Antonio	Western Bran	7.64q
8 Thomas, DeAndre	Digital Harb	7.66q
9 Glanville, Marcus	Smithfield	7.69
10 Felder, Kemon	Dunbar High	7.70
11 Pimentel, Alfonso	Fordham Prep	7.70
12 Becton, Jasaan	Nansemond Ri	7.71
13 Middleton, Finn	South Lakes	7.72
14 Booker, Davian	Massaponax	7.72
15 Williams, Jevonte	Digital Harb	7.73
16 Saunders, Jaymes	Kecoughtan	7.73
17 Mack, Kobe	Parkland Mag	7.74
18 Bedford, Aden	Fordham Prep	7.76
19 Spellings, Charles	Cuthbertson	7.78
20 Ratliff, Xavier	R.J. Reynold	7.78
21 Burke, Davian	Banner Chris	7.81
22 Momolu, Harry	Fork Union	7.83
22 Morris, Hunter	West Springf	7.83
24 Freimanis, Luke	Gov. Thomas	7.86
25 Bailey, Jonathan	Fordham Prep	7.89
26 Coleman, Malachi	William Flem	7.93
27 Dabbs, Jaden	Oscar Smith	7.94
28 Camara, Christan	Fordham Prep	7.94
29 White, Marquis	Heritage (Ly	7.95

30 Wood, Langston	Dudley	7.96
31 Davis, Keenen	Archbishop C	7.97
32 Redden, Robert	Cape Henlope	7.98
33 Kabasele, Kevin	McLean	7.98
34 DeAngelo, Dominick	Millbrook	8.02
35 Reeves, Jahden	Western Bran	8.03
36 Webster, Daylen	Smithfield	8.03
37 Parker, Donyel	Dudley	8.08
38 Austin, DeShawn	William Byrd	8.13
39 Griffin Jr, Dominic	Digital Harb	8.34
40 Ecton, Logan	Oakton	8.40
41 Boateng, Andrew	Gar-Field	8.42
42 Miller, Daniel	Archbishop S	8.44
43 Brock-Smith, Tyler	Dunbar High	9.83
44 Bowie, Elijah	Dunbar High	10.34
45 Mahnke, Pierce	Croatan	20.19
--- Smith, Joshua-Kai	Gar-Field	FS

Boys 55 Meter Hurdles en route

Name	School	Finals
Finals		
1 Brown, Le'Ezra	Dudley	7.29
2 Waterman, Anthony	DeMatha Cath	7.30
3 Smith, Antonio	Western Bran	7.33
4 Hinton, Micah	Western Bran	7.37
5 Dillard, Drew	Archbishop C	7.56
6 Hayes, Isaiah	Phoebus	7.67
7 Morales, Mason	Stone Bridge	7.78
8 Thomas, DeAndre	Digital Harb	7.79

Boys 60 Meter Hurdles

Freshman:	8.02 ! 2002	Latero Michell
Sophomore:	7.83 # 2007	Wayne Davis
Junior:	7.59 % 2015	Grant Holloway
Senior:	7.40 * 2017	Trey Cunningham
Name	School	Finals
Finals		
1 Brown, Le'Ezra	Dudley	7.83#
2 Waterman, Anthony	DeMatha Cath	7.84!
3 Smith, Antonio	Western Bran	7.88!
4 Hinton, Micah	Western Bran	7.93!
5 Dillard, Drew	Archbishop C	8.18
6 Hayes, Isaiah	Phoebus	8.33
7 Morales, Mason	Stone Bridge	8.37
8 Thomas, DeAndre	Digital Harb	8.39

Boys 4x200 Meter Relay Invitational

National:	1:25.60 \$ 1/19/2019	Bullis High School
Allen, Allen, Turay, Willie		
Meet:	1:25.60 @	Bullis School
Team	Relay	Finals
Finals		
1 Archbishop C	A	1:25.79
2 Oscar Smith	A	1:26.01
1) Deloatch, Jahmari	2) Jones, Alvin	
3) Cowan, Chadison	4) Gaines, Jeryll	

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 4x200 Meter Relay Invitational)		
Team	Relay	Finals
3	Img Academy	A 1:26.28
	1) Edwards-Pla, Avian	2) Stanley, Caine
	3) Tucker, Denver	4) Woodruffe, Dylan
4	Parkland Magnet IB	A 1:27.61
	1) Hughes Jr, Antwan	2) Mack, Kobe
	3) Covington, Xavier	4) Walker, Micah
5	Bishop McNam	A 1:27.72
6	DeMatha Cath	A 1:27.90
	1) Akabi-During, Franklyn	2) Akodu, Joshua
	3) Waterman, Anthony	4) Williams, Austin
7	Western Bran	A 1:28.37
	1) Baines, Ky'nique	2) Hinton, Micah
	3) Smith, Antonio	4) Smith, Bryce
8	Bowie High School	A 1:28.96
	1) Samuels, Ryan	2) Todd, Wesley
	3) Blackmon, Isaya	4) Cece, Onyx
9	Digital Harb	A 1:29.51
10	Calvert Hall	A 1:29.83
	1) McNair, Antoine	2) Hewitt Jr, Chris
	3) Valentine IV, Ramon	4) Smith, Darius
11	Archbishop S	A 1:30.61
	1) Perdue, Anthony AJ	2) Miller, Daniel
	3) Martino, Willem	4) Curtis, Kaden
12	West Potomac	A 1:30.80
	1) finerty, ryan	2) Scott, Jayden
	3) Green, Michael	4) Focht, Jeremy
13	Cuthbertson	A 1:31.25
	1) Lausen, Robert	2) Robbins, Brenden
	3) Spellings, Charles	4) Johnson, Richard G
14	Dunbar High School	A 1:31.80
	1) Davis, Mykhi	2) Felder, Kemond
	3) Wilson, Dejean	4) Brandon, Isaiah
---	Archbishop C	B DQ

Boys 4x200 Meter Relay

National: 1:25.60 \$ 1/19/2019 Bullis High School

Allen, Allen, Turay, Willie

Meet: 1:25.60 @ Bullis School

Team	Relay	Finals
Finals		
1	West Springfield	A 1:29.32
	1) Whyte, Mark-Anthony	2) Bailey, Nicholas
	3) Englert, Max	4) Ross, AC
2	South Lakes	A 1:29.86
	1) Middleton, Finn	2) Jackson, Blake
	3) Jackson, Miles	4) Coker, Marcus
3	Jackson-Reed	A 1:29.94
	1) Davis, Calvin	2) Arrieta, Diego
	3) Craig, Avery	4) Randolph, Romell
4	Rustburg	A 1:30.26
	1) Flemming, Jamier	2) Rosser, Marshawn
	3) Taylor, Kaydon	4) Sherard, Elijah
5	Arundel High School	A 1:30.30
6	Bishop McNam	B 1:30.47

7	Riverdale Ba	A 1:30.70
	1) Evans, Timothy	2) Charles, Joseph
	3) Thompson, Prince	4) Glover, Rodney
8	Kings Fork	A 1:30.85
9	Gar-Field	A 1:30.95
	1) Luciano, Aaron	2) Smith, Joshua-Kai
	3) Grady, Tomell	4) Robinson, Tyrel
10	Gov. Thomas	A 1:31.07
11	Kecoughtan	A 1:31.16
12	I.C. Norcom	A 1:31.39
13	Atlee	A 1:31.57
	1) Bucholz, Barrett	2) Heyward, Shamar
	3) Konecony, Luke	4) Zachariasen, Conner
14	Nansemond River	A 1:31.83
15	William Fleming	A 1:32.02
	1) McCoy, Darren	2) Dillard, Kam'ron
	3) Coleman, Malachi	4) Leftwich, Tyrece
16	Cuthbertson	B 1:32.45
	1) Gatlin, Bryce	2) Fleurant, Jackson
	3) Chapman, Dax	4) Waters, Carter
17	James River	A 1:32.48
	1) Curry, Trevor	2) Calliott, William
	3) Wood, Brendan	4) Garnett, Bo
18	Panther Creek	A 1:32.54
	1) Alain, Toby	2) Spencer, Amir
	3) McGrath, Jack	4) Macon, Emmanuel
19	Willow Spring	A 1:32.76
	1) Gray, Josiah	2) Greene, Trim
	3) Wright, Sebion	4) Gray, Jeremiah
20	Fork Union	A 1:32.81
21	Oscar Smith	B 1:32.82
	1) Brown, Timothy	2) Harrell, Derrick
	3) Covil, Jayden	4) Johnson, Christopher
22	Tallwood	A 1:33.34
23	Grafton High School	A 1:33.41
	1) Barnett, Makale	2) Boyd, Evan
	3) McKinnis, Farron	4) Chisolm, John
24	Granby	A 1:33.57
	1) Hund, Andrew	2) Smith, Joel
	3) Harris, Cameron	4) Cuffee, Eamon
25	Jackson-Reed	C 1:33.59
26	Eleanor Roos	A 1:33.62
	1) Barros, Charles	2) Askew, Alexander
	3) Jenkins, Andre	4) Small, Patrick
27	Jefferson Forest	A 1:33.63
	1) Lindauer, Luke	2) Lee, Jaren
	3) Pyle, Nate	4) Thane, Samuel
28	Stone Bridge	A 1:33.80
	1) Major, Grant	2) Kharel, Bibek
	3) Diehl, Jacob	4) Morales, Mason
29	South County	A 1:33.91
	1) Mclaughlin, Gabriel	2) Turner, Christian
	3) Bryant, Joseph	4) Rhodes, Isaiah
30	Centennial H	A 1:33.95

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 4x200 Meter Relay)

Team	Relay	Finals			
31 Riverdale Ba	B	1:33.96	50 South Granville	A	1:35.64
1) Coy-Smith, Gavin	2) Alpha, Musa		1) Bacon, Cass CJ	2) Montague, Jalen	
3) Jones, Jaiden	4) Murray, Cameron		3) Greenaugh, Keith	4) Bass, Chance	
32 Salem (Virgi	A	1:34.01	51 Tuscarora Hi	D	1:35.75
1) Young, Antwan	2) Lugo, Gabriel		1) Belote, Jasiri	2) Boateng, Nathan	
3) Swaby, Josiah	4) Evans, King		3) Mckinnie, DeMonte	4) Wilhelm, Brayden	
33 West Springfield	B	1:34.01	52 Cape Henlope	B	1:35.91
1) Talbot, Brendan	2) Blumberg, Joseph		53 John Marshall	A	1:36.34
3) Kinne, Perry	4) Williams, Justin		54 Herndon	A	1:36.37
34 Smithfield	A	1:34.13	1) Williams, Avery	2) Johnson, Blake	
1) Glanville, Marcus	2) Martin, Kinye		3) Hawa, Hamza	4) Mahoney, Ian	
3) Webster, Daylen	4) Williams, Brian		55 South Lakes	B	1:36.78
35 Cape Henlope	A	1:34.19	1) Walsh, Dylan	2) Redican, Joseph	
36 Holly Springs	A	1:34.22	3) Urano, Kenji	4) Taylor, Paul	
1) Boyle, Daniel	2) Gau, Nick		56 Mills Godwin	A	1:36.87
3) Mills, Christopher	4) Lovelace, Judd		1) Abdul-Qudoos, Iesa	2) Corcoran, Lukas	
37 Westfield	A	1:34.24	3) Johnson, Ethan	4) Bernard, Roman	
1) Sayyed, Chris	2) Duda, Kennedy		57 Suitland High School	B	1:38.06
3) Murphy, Landon	4) Houston, Josh		1) Howard, Damien	2) Hill-Caleb, Trinity	
38 Suitland High School	A	1:34.25	3) Mitchell, Everaldo	4) Banks, Corey	
1) Jones-Sharpe, Dennis	2) DeLoach, Gregory		58 Yorktown	A	1:38.48
3) Jenkins, Tiyoun	4) Faine, Terius		1) Buell, Hayden	2) Marshall, Weston	
39 McKinley Tec	A	1:34.67	3) Kalchbrenner, Liam	4) Grorud, Dylan	
1) Gilmore, Ronald	2) Ejiko, Ayotunde		59 Glen Allen H	A	1:38.65
3) Adams, Kendrick	4) Charles, Micah		60 West Potomac	B	1:38.81
40 Palisades High School	A	1:34.86	1) Nestares, Alex	2) Schroeder, Dane	
1) Smith, Javion	2) Trawick-Peterson, Amari		3) Wilhite, Mason	4) Greenfeld, Kye	
3) Cook, Josiah	4) Benjamin, Vernon		61 Falls Church	B	1:38.97
41 Atkins	A	1:34.94	62 Booker T. Washington	A	1:39.45
1) Elliott, Elijah	2) Friend, Zaire		1) Valentine, De'Marian	2) Turner, Tyrek	
3) Carter, Sekani	4) Newkirk, Quenton		3) Granville, Rushani	4) Jones, Davion	
42 Green Hope	A	1:34.97	63 Riverdale Ba	C	1:39.46
1) Gregg, Cameron	2) Hill, Sean		1) Colbert, Kaden	2) Darbouze, Michael	
3) Wright, Cobe	4) Granko, Rowan		3) Johnson, Jayden	4) Njunkeng, Njembong-Roman	
43 East Mecklenburg	A	1:35.02	64 Tatnall	A	1:40.03
1) Mason, Marcus	2) Hill, Sean		1) Davis, Chase	2) Hughes, George	
3) Owens, Emmanuel	4) Granko, Rowan		3) Norris, Charles	4) Marvin, Ben	
44 McLean	A	1:35.08	65 Jackson-Reed	B	1:41.08
1) Sheng, David	2) Massey, Takeo		66 Suitland High School	C	1:41.63
3) Coates, James	4) Smith, Ethan		1) Holonou, Stanley	2) Lee, Alphonso	
45 Oakton	A	1:35.24	3) Slaughter, Aidan	4) Olfus, SaiQuan	
1) McCauslin, Elijah	2) Peleg, Seth		67 Tuscarora Hi	B	1:42.08
3) Boomer, Norell	4) Knudson, Jonas		1) Chumpen, Kyle	2) Silvero, Luis	
46 Digital Harb	B	1:35.25	3) Edeh, Godwin	4) Doumbia, Fode	
47 Kellam	A	1:35.42	68 James River	B	1:42.17
1) Bonilla, Justice	2) Clady, Damonte		1) Hupf, Matias	2) Johnson, Luke	
3) Taylor, Torren	4) Cason, Robert		3) Lee, Brandon	4) Hylton, Conner	
48 Central Reg HS	A	1:35.51	69 Cape Henlope	C	1:42.91
1) Adamo, Francesco	2) Clady, Damonte		70 Suitland High School	F	1:44.43
3) Davis, Jack	4) Cason, Robert		1) Mina, Koby	2) Oloko, Halim	
49 Bishop O'Connell	A	1:35.62	3) Flanagan, Julian	4) Turner-Mason, Keelan	
1) Fthenos, Danny	2) Amaechina, Nnaemeka		71 Tuscarora Hi	C	1:44.49
3) Mosley, Avery	4) Earley, Tyler		1) Escobedo Delgado, Otto	2) Johnson, Eli	
	2) Harnisch, Matthew		3) Connors, Cameron	4) Tait, Christian	
	4) Fthenos, Andrew		72 Suitland High School	G	1:50.40

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 4x200 Meter Relay)

Team	Relay	Finals
73 Suitland High School	E	2:01.13
1) Cobhan, Kolby	2) Davis, Davon	
3) Wedge, Alonzo	4) Hansberry, John	

Boys 4x400 Meter Relay

National: 3:12.53 \$ 1/18/2019 Bullis High School
Turay, Willie, Pendarvis, Allen
Meet: 3:12.53 @ Bullis High School

Team	Relay	Finals
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Finals		
1 Bayside High School	A	3:25.94
1) Croom, Camir	2) Hardnett, Halim	
3) Bridges, LaPatrick	4) Salvodon, Andrew	
2 East Mecklenburg	B	3:26.85
1) Joy, Micah	2) Massey, Takeo	
3) Owens, Emmanuel	4) Smith, Ethan	
3 Calvert Hall	A	3:27.15
1) Miller, Max	2) Valentine IV, Ramon	
3) Gonzalez, Stephen	4) McNair, Antoine	
4 Archbishop S	A	3:28.20
1) Martino, Willem	2) Curtis, Kaden	
3) Perdue, Anthony AJ	4) Best, Elijah	
5 Willow Spring	A	3:29.20
1) Gray, Josiah	2) Patterson, Elijah	
3) Wright, Sebion	4) Gray, Jeremiah	
6 Colonial Forge	A	3:29.50
1) Barber, Christian	2) Dark, Malik	
3) Fisher, Matt	4) Thomas, Elijah	
7 Atlee	A	3:30.08
1) Heyward, Shamar	2) Zachariasen, Conner	
3) Konecony, Luke	4) Fong, Josh	
8 Jackson-Reed	A	3:30.15
1) Shanks, Maurice	2) Arrieta, Diego	
3) Craig, Avery	4) Randolph, Romell	
9 Westfield	A	3:30.59
1) Mizell, Luke	2) Sayyed, Chris	
3) Newkirk, Andrew	4) Fizaoui, Amin	
10 Parkland Magnet IB	A	3:31.10
1) Hughes Jr, Antwan	2) Parker, Isaiah	
3) Walker, Micah	4) Hughes, Xavier	
11 Glenvar High School	A	3:31.50
1) Thompson, Colby	2) Horrell, Charlie	
3) Loder, Joey	4) Curfiss, Zach	
12 Tuscarora Hi	A	3:32.60
1) Banks, Justin	2) Ames, Joshua	
3) Khadka, Hriday	4) Lane, Brenden	
13 Cox	A	3:32.70
1) McPhatter, Ty	2) Eason, Milo	
3) Coleman, Briggs	4) Bowen, James	
14 Calvert Hall	B	3:32.73
1) Hardy, Shawyn	2) Hewitt Jr, Chris	
3) Smith, Darius	4) White, Jalen	

15 Cuthbertson	B	3:33.63
1) Chapman, Dax	2) Fleurant, Jackson	
3) Waters, Carter	4) Patel, Rohin	
16 Stone Bridge	A	3:33.68
1) Clark, Patrick	2) Palmer, Matthew	
3) Donohue, William	4) Weyer, Riley	
17 Panther Creek	A	3:33.97
1) Alain, Toby	2) McGrath, Jack	
3) Rajaram, Adithya	4) Macon, Emmanuel	
18 Rocky River	A	3:34.02
1) Locure, Quoiya	2) Garcia, Kaleb	
3) Parker, Brandon	4) Orozco, Bryan	
19 Heritage (Lynchburg)	A	3:34.12
1) Smith, Gavin	2) Jackson, Leander	
3) Jothi, Aran	4) White, Marquis	
20 Tallwood	A	3:34.28
21 Cape Henlope	A	3:34.41
1) Benjamin, Cardin	2) Clifton, Benjamin	
3) Beasley, Jamar	4) Wheatley, Emmett	
22 Suitland High School	A	3:36.68
1) Jones-Sharpe, Dennis	2) Faine, Terius	
3) Deloach, Gregory	4) Jenkins, Tiyoun	
23 Asheville	A	3:37.74
1) Ray, Nolan	2) Grein, Jasper	
3) Cain, Addison	4) Essig, Jack	
24 Kellam	A	3:40.68
1) Clady, Damonte	2) Taylor, Torren	
3) Bonilla, Justice	4) Erxleben, Parker	
25 Atkins	A	3:45.74
1) Newkirk, Quenton	2) Friend, Zaire	
3) Niang, Saliou	4) Carter, Sekani	
26 Jackson-Reed	B	3:46.36
27 Suitland High School	B	3:55.11
1) Howard, Damien	2) Mitchell, Everaldo	
3) Hill-Caleb, Trinity	4) Olfus, SaiQuan	

Boys 4x400 Meter Relay Championship

National: 3:12.53 \$ 1/18/2019 Bullis High School
Turay, Willie, Pendarvis, Allen
Meet: 3:12.53 @ Bullis School
Freshman: 4:14.63 !

Team	Relay	Finals
Finals		
1 Bullis School	A	3:17.23!
1) Green, Mickey	2) Lambert, Alexander	
3) Roberson, Julian	4) Goines, Matthew	
2 DeMatha Cath	A	3:20.64!
1) Akabi-During, Franklyn	2) Grogan, Daden	
3) Waterman, Anthony	4) Gresham, Joshua	
3 Massaponax	A	3:24.64!
1) Hines, Jayden	2) Harper, Knoah	
3) Zanella, Aiden	4) Booker, Davian	
4 Salesianum School	A	3:24.94!
1) Cherundolo, Julian	2) Truitt, Jasyn	
3) Portale, Jake	4) Lane, Bishop	

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 4x400 Meter Relay Championship)

Team	Relay	Finals
5 Cuthbertson	A	3:26.84!
1) Johnson, Richard G	2) Lightfoot, James	
3) Robbins, Brenden	4) Barrow, Amari	
6 Bowie High School	A	3:26.95!
1) Todd, Wesley	2) Samuels, Ryan	
3) Hinton, Douglas	4) Cece, Onyx	

Boys 4x800 Meter Relay

National: 7:36.99 \$ 3/15/2009 Albemarle High School

Vrhovac, Noble, Bradley, Kostelac

Meet: 7:49.73 @ Weddington High School

Team	Relay	Finals
Finals		
1 Bishop McNam	A	7:49.00@
2 DeMatha Cath	A	7:49.66@
1) Shakur, Sayid	2) Grogan, Daden	
3) Gresham, Joshua	4) Lopez, Chase	
3 South Lakes	A	8:05.77
1) Aguirre-Martinez, Manuel	2) Casey, Cole	
3) Hood, George	4) Raffel, Jason	
4 Montverde Academy	A	8:10.10
1) Polcaro, Leonard	2) Coan, Lucas	
3) Shaban, Cooper	4) Critoph, Connor	
5 Centennial H	A	8:10.78
6 Green Hope	A	8:11.14
1) Mahone, Dax	2) O'Driscoll, Seamus	
3) Cardenas, Gabriel	4) Percival Shim, Sebastian	
7 Holly Springs	A	8:11.26
1) Malonda, Josh	2) Holmes, Zack	
3) Fenton, Gavin	4) Patterson, Landon	
8 Sherando	A	8:16.58
1) Harris, Noah	2) McGraw, Dylan	
3) Smith, Brock	4) Bell, Jed	
9 Thomas Edison	A	8:22.68
1) De Altin Popiolek, Matteo	2) Dib, Rami	
3) Pinkney, Tyler	4) Ryan, Robert	
10 Yorktown	A	8:23.31
1) Dalley, Reid	2) Thomas, John	
3) Schmitt, Ryan	4) Pedicano, Matthew	
11 Panther Creek	A	8:24.06
1) Rajaram, Adithya	2) Poythress, Cody	
3) Thokala, Tausiq	4) Ferreira, Lorenzo	
12 Cosby	A	8:24.80
1) Maroney, Liam	2) Weaver, Landon	
3) Wooten, Parker	4) Bradshaw, Evan	
13 East Mecklenburg	A	8:28.76
1) Holt, Andrew	2) Joy, Micah	
3) Mason, Marcus	4) Smith, Ethan	
14 Howard High School	A	8:30.97
1) Flagg, William	2) Maryankandy, Om	
3) Dheini, Rayyan	4) VomSaal, Maxwell	
15 Heritage (Lynchburg)	A	8:31.14
1) Smith, Gavin	2) Quinones-Partain, Griffin	
3) Hunter, Jaiden	4) Jothi, Aran	

16 Winters Mill	A	8:34.84
1) Burger, Timmy	2) Foster, Parker	
3) Hovermale, Kayden	4) Steinbrenner, Jackson	
17 Bowie High School	A	8:36.04
1) Bass, Brent	2) Davis, Luther	
3) Hinton, Douglas	4) White, Chavoys	
18 South Lakes	B	8:36.30
1) Bednarz, Aiden	2) Jacks, Noah	
3) Quinn, Ryan	4) Yudkovsky, Isaac	
19 Cuthbertson	B	8:39.84
20 Kellam	A	8:40.63
1) Cason, Robert	2) Hodges, Noah	
3) Warner, Tanner	4) Buchanan, Cole	
21 Granby	A	8:40.80
1) Ohlrogge, Frithjof	2) Mendoza, Carlos	
3) Fournier, Noah	4) Guillen-Chacon, Christopher	
22 Willow Spring	A	8:41.01
1) Brown, Thomas	2) Soderberg, Zachary	
3) Konieczka, Zachary	4) Barbulescu, Jack	
23 Central Reg HS	A	8:43.56
1) Benzon, Jordan	2) Chin, Daren	
3) Sanchez, Javier	4) Jimenez, Anthony	
24 Mentor	A	8:44.69
1) Shiels, Aidan	2) Stouffer, Devin	
3) Carlson, Brayden	4) Mignogna, Brian	
25 Cary Christian	A	8:45.04
1) Davis, Parker	2) Jones, William	
3) Long, Bear	4) Nicolau, David	
26 I.C. Norcom	A	8:47.60
1) Morris, Jordan	2) Futrell, Davion	
3) Buxton, Jamir	4) Peterson, Demonte	
27 Old Mill High School	A	8:48.49
1) Koreck, Carson	2) McCord, Andrew	
3) Prato, Colin	4) Rozanski, Christian	
28 Bishop O'Connell	A	8:55.49
1) Swingle, Michael	2) Klanderma, Reid	
3) Wilcox, Sean	4) Harnisch, Matthew	
29 First Flight	A	8:58.27
30 McKinley Tec	A	9:06.34
1) Abbott, Adeniji	2) Haileselassie, Fikreab	
3) McCauley, Saadiq	4) Kaercher, Reese	
31 Salem (Virgi	A	9:12.43
1) Jarrett, Mikael	2) Sapinoso, Gary	
3) Sterbenz, Matthew	4) Batten, Jalen	
32 Suitland High School	A	9:12.88
1) Bishop, Jaelen	2) Cyrus, Jr, Noel	
3) Hansberry, John	4) Parler, Damarius	
33 Cuthbertson	C	9:17.14
34 Cuthbertson	A	9:32.22
35 Digital Harb	A	9:32.65
36 Tallwood	A	9:36.08
37 Tuscarora Hi	A	9:40.10
1) Cunningham, Jackson	2) Grant, Xavier	
3) Rundell, William	4) McCabe, Jacob	

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 4x800 Meter Relay)

Team	Relay	Finals
38 Suitland High School	B	9:51.86
1) Toy, Jr, Timothy	2) Turner-Mason, Keelan	
3) Mina, Koby	4) Flanagan, Julian	

Boys 1600 Sprint Medley Invitational

National: 3:24.02 \$ 3/12/2016 Chantilly High School
 Scopellite, Loh, Jeffries, McGorty
 Meet: 3:32.61 @ Colonial Forge

Team	Relay	Finals
Finals		
1 Bullis School	A	3:23.86\$
1) Goines, Matthew	2) Homer, Cameron	
3) Wilson, Quincy	4) Abrams, Colin	
2 Hough, William A	A	3:32.27@
3 DeMatha Cath	A	3:34.34
1) Akabi-During, Franklyn	2) Akodu, Joshua	
3) Gresham, Joshua	4) Grogan, Daden	
4 Cuthbertson	A	3:35.40
1) Johnson, Richard G	2) Robbins, Brenden	
3) Barrow, Amari	4) Wlazlowski, Thomas	
5 Tuscarora Hi	A	3:38.06
1) Boateng, Nathan	2) Belote, Jasiri	
3) Banks, Justin	4) Khadka, Hriday	
6 Asheville	A	3:40.62
1) Etheridge, Dalton	2) Cain, Addison	
3) Ray, Nolan	4) Ellis, Joshua	
7 Cuthbertson	B	3:43.57
1) Lausen, Robert	2) Spellings, Charles	
3) Lightfoot, James	4) Bevacqua, Justin	
8 Willow Spring	A	3:47.67
1) Cooper, Joshua	2) Greene, Trim	
3) Wallace, Amir	4) Barbulescu, Jack	
9 Jackson-Reed	A	3:48.78

Boys 1600 Sprint Medley

National: 3:24.02 \$ 3/12/2016 Chantilly High School
 Scopellite, Loh, Jeffries, McGorty
 Meet: 3:32.61 @ Colonial Forge

Team	Relay	Finals
Finals		
1 Yorktown	A	3:41.67
1) Buell, Hayden	2) Marshall, Weston	
3) Kalchbrenner, Liam	4) Pedicano, Matthew	
2 Dudley	A	3:48.54
3 Tallwood	A	3:53.69
4 Western Bran	A	4:10.59
1) Holland, Tisaun	2) Dunston-Hill, Jashaun	
3) Booker, Jayden	4) Hill, Michiah	

Boys Distance Medley Invitational

National: 9:53.40 \$ 3/11/2022 Ridge High School
 McCabe, Doran, Kisker, Barna
 Meet: 10:02.58 @ Loudoun Valley

Team	Relay	Finals
Finals		
1 Salesianum School	A	10:35.35
1) Felice, Sam	2) Barbato, John	
3) Kennedy, James	4) Walther, Ethan	
2 Centennial H	A	10:47.09
1) Oberly, Jason	2) Hancock, Tate	
3) Yarlott, Joseph	4) Herzberger, David	
3 DeMatha Cath	A	10:47.11
1) Shakur, Sayid	2) Dixon, Myles	
3) Blake, Kevin	4) Lopez, Chase	
4 Orange	A	10:47.83
1) Jermyn, Myles	2) Cathey, Alden	
3) Viola, Aiden	4) Schmid, Gabriel	
5 Montverde Academy	A	11:00.59
1) Shaban, Cooper	2) Critoph, Connor	
3) Coan, Lucas	4) Moss, Will	
6 Lafayette	A	11:04.30
1) Gemerek, Henry	2) Rutherford, Andrew	
3) Lee, Braden	4) Koval, A.J.	
7 Jackson-Reed	A	11:42.24
1) Orlove-Rodriguez, Alvaro	2) Suardi, Mark	
3) Dieterle, Wyatt	4) Bhat, Arjun	
8 Tallwood	A	12:34.84

Boys 4x55 Meter Shuttle Hurdle

National: 28.62 \$ 3/11/2017 East Orange High School
 Lindo, Poole, Dunson, Fobay
 Meet: 31.68 @ Highland Springs

Team	Relay	Finals
Finals		
1 Fordham Prep	A	29.89@
1) Pimentel, Alfonso	2) Camara, Christan	
3) Bailey, Jonathan	4) Bedford, Aden	
2 Dudley	A	30.51@
3 Digital Harb	A	31.71
1) Griffin Jr, Dominic	2) Williams, Jevonte	
3) Thomas, DeAndre	4) Daley, Andrew	
4 Potomac Seni	A	32.76
1) Ampofo, Randy	2) Hewton, Ronald	
3) Acheampong, John Paul	4) Gordon, Jayden	
5 Oscar Smith	A	32.95
1) Dabbs, Jaden	2) Harrell, Derrick	
3) Steele, Terrez	4) Johnson, Keishon	
6 Cuthbertson	A	33.32
1) LeMay, Quinten	2) Liu, Jaden	
3) Waters, Haden	4) Spellings, Charles	
7 Cape Henlope	A	33.80
8 McKinley Tec	A	33.85
1) Webb, Kenyan	2) Yeager, Alan	
3) Speed, Langston	4) Gamble, Avery	

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys 4x55 Meter Shuttle Hurdle)

Team	Relay	Finals
9 Holly Springs	A	34.67
1) McQuivey, Zachary	2) Katafiasz, Andrew	
3) Boyle, Evan	4) Boyle, Daniel	

Boys High Jump Invitational

National:	7-05.25 \$ 3/14/2004	Scott Sellers
Meet:	7-00 @	Brandon Pottinger
Freshman:	6-09 ! 2023	Jordan Randall
Sophomore:	7-02 # 2003	Scott Sellers
Junior:	7-05.25 % 2004	Scott Sellers
Senior:	7-05 * 1978	Gail Olson

Name	School	Finals
1 Hackett, Christian	Union Pines	6-10.00!
2 Williams, Kian	Severna Park	6-08.00
3 Shaw, Wyatt	Fauquier	6-04.00
4 Harris, Noah	Sherando	J6-04.00
5 Curry, Jayden	Bruton	J6-04.00
6 Nwakor, Mobu	Jefferson Fo	6-02.00

Boys High Jump

National:	7-05.25 \$ 3/14/2004	Scott Sellers
Meet:	7-00 @	Brandon Pottinger

Name	School	Finals
1 Freimanis, Luke	Gov. Thomas	6-06.00
2 Ruffin, Ethan	Calvert Hall	6-04.00
2 Hardnett, Halim	Bayside High	6-04.00
2 Bedford, Aden	Fordham Prep	6-04.00
2 Musa, Abdul	Colonial For	6-04.00
2 Savage, Machi	Cape Henlope	J5-10.00
3 Angell, Sean	Oakton	J5-10.00
6 Hipp, Aidan	Jefferson Fo	6-02.00
6 Mims, Devin	Dudley	6-02.00
6 Casey, Sullivan	West Potomac	6-02.00
6 White, Marquis	Heritage (Ly	6-02.00
7 White, Chavoys	Bowie High S	J5-08.00
7 Graves, Ryan	Severna Park	J5-08.00
9 Harley, Daniel	Img Academy	J5-08.00
9 Ampofo, Randy	Potomac Seni	J5-08.00
10 Lee, Jaren	Jefferson Fo	6-00.00
10 Miller, Ty	Severna Park	6-00.00
10 Rutoh, Japheth	Cuthbertson	6-00.00
10 Samuels, Ryan	Bowie High S	6-00.00
10 Carey, Darrell	DeMatha Cath	6-00.00
10 Williams, Gabriel	Indian River	6-00.00
10 Wilson, Chazden	Kecoughtan	6-00.00
10 Herald, Zamir	Howard High	6-00.00
10 Wicker, Andrew	Lafayette	6-00.00
10 Hart, Stephen	Cape Henlope	6-00.00
10 LaRoche, Kellen	Kecoughtan	6-00.00
10 Taylor, Gregory	Western Bran	6-00.00
11 Amouzou, Joshua	Westfield	J5-08.00
13 Ferrell, Kellan	Asheville	J5-06.00

14 Osahon, Princwill	Bowie High S	J5-06.00
14 Woodhouse, Arturo	Tallwood	J5-06.00
17 Jemison, Jahi	McLean	J5-04.00
22 Gafford, Marcus	Heritage (Ly	5-10.00
22 Gordon, Jayden	Potomac Seni	5-10.00
22 Hill, Anthony	Freedom (Woo	5-10.00
22 Sims, Joshua	Lafayette	5-10.00
22 Mills, Josh	Cuthbertson	5-10.00
29 Mandaza, Cole	Jackson-Reed	5-08.00
29 Tillotson, Houston	Cuthbertson	5-08.00
29 Swaringen, James	Asheville	5-08.00
29 Fleming, Donovan	West Springf	5-08.00
29 Compton, Carter	Christ Schoo	5-08.00
29 Hill, Sean	Colonial For	5-08.00
29 Boyle, Evan	Holly Spring	5-08.00
41 Middleton, Jack	Kent Island	5-06.00
45 Ramos, Gilberto	Gov. Thomas	5-04.00
--- Tucker, James	Tallwood	NH
--- Jallow, Muhamed	Tuscarora Hi	NH
--- Hamilton, Landon	West Potomac	NH
--- Colombel, Tristan	Howard High	NH
--- Page, Luke	Tuscarora Hi	NH
--- Turner, Terrelle	Kings Fork	NH
--- Jefferson, Lawrence	Anacostia Hi	NH
--- Gordon, Justice	Freedom (Woo	NH
--- Moore-Jewell, Ja'Veal	Stone Bridge	NH
--- Dawson, Naaji	Tallwood	NH
--- Rivera, Aaden	Oakton	NH
--- Silvero, Luis	Tuscarora Hi	NH

Boys Pole Vault

National:	19-03.50 \$ 2/25/2018	Mondo Duplatis
Meet:	17-00.25 @	Justin Rodgers

Name	School	Finals
1 Blumberg, Joseph	West Springf	13-06.00
2 Rafter, Mason	Grassfield	J13-06.00
3 Walker, Landon	Tallwood	13-00.00
3 Ewing, Josh	Img Academy	13-00.00
5 Houck, Edward	Cape Henlope	J13-00.00
6 Knudson, Jonas	McLean	12-06.00
7 Walker, Brayden	Tallwood	12-00.00
8 Messina, Sean	Img Academy	11-06.00
9 Urano, Kenji	South Lakes	11-00.00
10 Spada, Nicholas	West Springf	J11-00.00
11 Robinson, Alex	Green Hope	J11-00.00
12 Bliss, Samuel	West Springf	J11-00.00
13 Adamo, Francesco	Central Reg	10-06.00
14 Williams, Grant	Montverde Ac	10-00.00
15 Navinsky, Trevor	Kellam	J10-00.00
16 Stoker, Landon	Tabb	9-06.00
17 Atkins, Heath	Tabb	J9-06.00
18 Earley, Tyler	Central Reg	J9-06.00
19 Harris, Patrick	Manor	8-06.00
20 Frerichs, Balin	Fork Union	8-00.00
20 Burtram, Ben	Fork Union	8-00.00

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys Pole Vault)

Name	School	Finals
--- Freimanis, Luke	Gov. Thomas	NH
--- Ferro, Kai	Falls Church	NH

Boys Pole Vault Invitational

National: 19-03.50 \$ 2/25/2018 Mondo Duplantis
 Meet: 17-00.25 @ Justin Rodgers
 Freshman: 16-09.50 ! 2015 Mondo Duplantis
 Sophomore: 18-00.25 # 2016 Mondo Duplantis
 Junior: 19-01 % 2017 Mondo Duplantis
 Senior: 19-03.50 * 2018 Mondo Duplantis

Name	School	Finals
1 Georgiev, Alex	Montverde Ac	15-07.00
2 Swope, Breckin	East Pennsboro	J15-07.00
3 Fletcher, Bailey	Cape Henlope	14-04.00
4 McCullers, Ashton	DeMatha Cath	J14-04.00
5 Ramos, Gilberto	Gov. Thomas	13-04.00
5 Murray, Michael	West Springf	13-04.00
7 Dewolfe, Nicolas	Falls Church	12-10.00
--- Risser, Drake	Lower Dauphi	NH

Boys Long Jump

National: 26-06.50 \$ 2/18/1989 Dion Bentley
 Meet: 25-01.25 @ Micah Larry
 Sophomore: 25-08.25 #

Name	School	Finals
1 Stanley, Tyler	Abingdon Hig	22-06.25
2 Bucholz, Barrett	Atlee	21-09.00
3 Mack, Kobe	Parkland Mag	21-06.25
4 Swan, Ethan	McKinley Tec	21-03.75
5 Johnson III, Nolyn	Img Academy	21-01.50
6 Amoateng, Lyndon	Patriot High	21-00.50
6 Silinzy, Robert	Gov. Thomas	21-00.50
8 Knudson, Jonas	McLean	21-00.00
9 Wilson, Mnason	Jackson-Reed	20-09.25
9 Amaechina, Nnaemeka	Central Reg	20-09.25
11 Powell, Michael	DeMatha Cath	20-06.50
12 Boyd, Samson	South County	20-06.25
13 Johnson, Jayden	Riverdale Ba	20-06.00
13 Hill, Sean	Colonial For	20-06.00
15 Jones, Jaiden	Riverdale Ba	20-05.50
16 Nwakor, Mobu	Jefferson Fo	20-05.00
17 Jones, Bernard	Cape Henlope	20-03.25
18 Eesiah, Morlue	Christ Schoo	20-03.00
19 Williams, Kian	Severna Park	20-01.50
20 Green, Baker	Poquoson	20-01.25
21 Ivy, Tyrese	Lafayette	20-01.00
22 Compton, Carter	Christ Schoo	19-10.50
23 Mandaza, Cole	Jackson-Reed	19-10.25
23 Craddock, Christian	Oakton	19-10.25
25 Turner, Tyrie	I.C. Norcom	19-10.00
26 Darbouze, Michael	Riverdale Ba	19-09.50
27 Abdullah, Munir	Tallwood	19-09.25

28 Abdullah, Jasir	Tallwood	19-09.00
29 Dow, Keyaun	Dudley	19-07.75
30 Ballman, Sergio	First Coloni	19-07.25
31 Bacon, Cass CJ	South Granvi	19-07.00
31 Harris, Tristin	Lafayette	19-07.00
33 Butler, Elijah	Bowie High S	19-06.50
33 Bell, Jermaine	Archbishop C	19-06.50
35 Gordon, Jayden	Potomac Seni	19-06.00
36 Mills, Christopher	Holly Spring	19-05.25
36 Cook, Josiah	Palisades Hi	19-05.25
38 Chandler, Ben	Bishop McNam	19-05.00
38 Davenport, Kahli	Digital Harb	19-05.00
40 Clady, Damonte	Kellam	19-04.75
41 Fannon, Jackson	Grassfield	19-03.75
42 Casey, Sullivan	West Potomac	19-03.50
43 Reece, Sean	Jackson-Reed	19-03.25
43 Tillotson, Houston	Cuthbertson	19-03.25
45 Mills, Josh	Cuthbertson	19-03.00
46 Lee, Jaren	Jefferson Fo	19-02.25
47 Herald, Zamir	Howard High	19-02.00
48 Bereda, Ryan	Green Hope	19-01.75
49 Mumford, Merric	Cape Henlope	19-01.25
49 Duro, Kofi	Arundel High	19-01.25
49 Peterson, Jadden	Bullis Schoo	19-01.25
52 Wilhite, Mason	West Potomac	19-00.50
53 Boyle, Daniel	Holly Spring	19-00.25
54 O'Neal, Uriah	Tallwood	19-00.00
54 Waters, Tristan	Dunbar High	19-00.00
56 Ampofu, Randy	Potomac Seni	18-11.75
57 Spencer, Amir	Panther Cree	18-11.00
58 McCormack, Finn	Oakton	18-10.75
58 Trawick-Peterson, Amari	Palisades Hi	18-10.75
60 Alexis, Salomon	Jefferson Fo	18-10.50
61 Lytle, Vincent	Christ Schoo	18-07.25
62 Adamo, Francesco	Central Reg	18-06.50
62 Curington, Andrew	Dunbar High	18-06.50
64 Dorsey, Myles	Bishop McNam	18-06.25
65 Moore-Jewell, Ja'Veal	Stone Bridge	18-05.50
65 Coy-Smith, Gavin	Riverdale Ba	18-05.50
67 Ferro, Kai	Falls Church	18-01.75
68 Ayers, Brandon	Cape Henlope	18-01.25
69 Daley, Andrew	Digital Harb	18-00.25
70 Williams, Dameen	Jefferson Fo	18-00.00
70 Kabasele, Kevin	McLean	18-00.00
72 Savage, Machi	Cape Henlope	17-11.75
73 Emmons-Mayo, Jahki	Lord Botetou	17-11.50
74 Bliss, Samuel	West Springf	17-10.50
75 Jackson, Brian	Dunbar High	17-10.25
76 Bryant, Joseph	South County	17-09.00
77 Pigora, Ryan	Green Hope	17-08.25
78 Hamilton, Landon	West Potomac	17-08.00
79 Bryant, Carter	Cuthbertson	17-07.75
80 Akanbi, Isaac	Centennial H	17-07.00
81 Colombel, Tristan	Howard High	17-06.50
82 Spaulding, Carmelo	Fork Union	17-04.25
83 Newkirk, Quenton	Atkins	17-04.00

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys Long Jump)

Name	School	Finals
84 Boomer, Norell	Oakton	17-02.75
85 Closter, Benjamin	Oakton	16-11.75
86 Silvero, Luis	Tuscarora Hi	16-10.75
87 Gordon, Justice	Freedom (Woo	16-10.25
88 Frederick, Sebastian	Anacostia Hi	16-08.00
89 Christian, Jeremiah	James River	16-06.00
90 Troncoso, Daniel	Central Reg	16-05.00
91 Jemison, Jahi	McLean	16-03.50
91 Simon, JeaNard	I.C. Norcom	16-03.50
93 Averill, John	Asheville	16-02.50
94 Kim, Liam	Oakton	16-01.50
95 Liu, Jaden	Cuthbertson	15-09.50
96 Rhodes, Isaiah	South County	15-02.75
97 Jallow, Muhamed	Tuscarora Hi	15-01.75
98 Page, Luke	Tuscarora Hi	12-04.75
--- Bland, Ayden	Fork Union	FOUL
--- Douglas, Preston	Cosby	FOUL
--- Dow, Devin	Dudley	FOUL
--- Adcock, Nolan	Asheville	FOUL
--- Stanley, Ethan	Abingdon Hig	FOUL

Boys Long Jump Invitational

National: 26-06.50 \$ 2/18/1989 **Dion Bentley**
 Meet: 25-01.25 @ **Micah Larry**
 Freshman: 24-05 ! 1996 **Mike Newell**
 Sophomore: 25-08.25 # 1997 **Mike Newell**
 Junior: 25-09.25 % 1998 **Mike Newell**
 Senior: 26-06.50 * 1989 **Dion Bentley**

Name	School	Finals
1 Mathes, Tyler	Img Academy	23-03.50
2 Harris, Brian	Colonial For	22-10.50
3 Buie, Ty'Heak	Potomac Seni	22-09.50
4 White, Marquis	Heritage (Ly	22-05.50
5 Hewton, Ronald	Potomac Seni	22-03.00
6 McNair, Antoine	Calvert Hall	22-02.00
7 Bellfield, Keivon	Mount Vernon	21-07.75
8 Dillard, Drew	Archbishop C	21-06.50
9 Lathrop, Chase	Img Academy	21-05.25

Boys Triple Jump Invitational

National: 52-07.50 \$ 3/13/1988 **Kieth Holley**
 Meet: 51-00 @ **Justin Forde**
 Freshman: 46-09 ! 2013 **Ja'Mari Ward**
 Sophomore: 50-02.50 # 2014 **Ja'Mani Ward**
 Junior: 51-08.25 % 1973 **Don Duvall**
 Senior: 52-07.50 * 1988 **Keith Holley**

Name	School	Finals
1 Mathes, Tyler	Img Academy	47-02.75!
2 White, Marquis	Heritage (Ly	47-01.00!
3 Buie, Ty'Heak	Potomac Seni	46-01.75
4 Hinton, Micah	Western Bran	45-09.50
5 Faulk, Khamadre	Kings Fork	45-08.00

6 Swan, Ethan	McKinley Tec	45-07.75
7 Williams, Kian	Severna Park	45-06.00
8 Nwakor, Mobu	Jefferson Fo	45-01.75
9 Amaechina, Nnaemeka	Central Reg	45-00.00
10 Amoateng, Lyndon	Patriot High	43-07.75
11 Hewton, Ronald	Potomac Seni	40-08.50

Boys Triple Jump

National: 52-07.50 \$ 3/13/1988 **Kieth Holley**
 Meet: 51-00 @ **Justin Forde**

Name	School	Finals
1 Obadofin, David	Gov. Thomas	44-04.25
2 Herald, Zamir	Howard High	43-11.75
3 Gordon, Jayden	Potomac Seni	43-08.75
4 Akanbi, Isaac	Centennial H	42-11.00
5 McCoy, Darren	William Flem	42-10.00
6 Dow, Keyaun	Dudley	42-00.50
7 Carver, Joshua	Landstown Hi	41-05.50
8 Eesiah, Morlue	Christ Schoo	40-10.00
9 Harris, Tristin	Lafayette	40-06.50
10 Shears, Jordin	Smithfield	40-03.50
11 Guye, Sam	Grafton High	40-00.75
12 Jefferson, Bryan	Dunbar High	39-08.00
13 Troncoso, Daniel	Central Reg	39-02.50
14 Ampofo, Randy	Potomac Seni	39-01.50
14 Jackson, Alex	Fork Union	39-01.50
16 McLaughlin, Gabriel	South County	38-07.25
17 Mumford, Merric	Cape Henlope	38-07.00
18 Bellfield, Keivon	Mount Vernon	38-06.25
19 Jones, Bernard	Cape Henlope	38-04.00
20 Bennett, Ricky	Salesianum S	38-03.75
21 Peterson, Jadden	Bullis Schoo	38-02.25
22 Pigora, Ryan	Green Hope	38-01.25
23 Corprew, Zionte	Tallwood	38-01.00
23 Addeh, Alexander	Gov. Thomas	38-01.00
25 Curington, Andrew	Dunbar High	38-00.75
26 Butler, Elijah	Bowie High S	38-00.00
27 Haley, Caleb	Atlee	37-11.50
28 Gordon, Anthony	Massaponax	37-11.25
28 Pegues, Kai	Cuthbertson	37-11.25
30 Daley, Andrew	Digital Harb	37-10.50
31 Boyd, Samson	South County	37-07.75
32 Holston, Connor	Salesianum S	37-06.50
33 Burnell, Robert	Western Bran	37-03.25
34 Colombel, Tristan	Howard High	37-02.75
35 Turner, Tyrie	I.C. Norcom	36-11.50
36 Liu, Jaden	Cuthbertson	36-08.00
37 Closter, Benjamin	Oakton	36-07.75
38 Dominguez, Nathaniel	Central Reg	36-02.75
39 Bland, Ayden	Fork Union	35-10.50
40 Bereda, Ryan	Green Hope	35-07.00
41 Emmons-Mayo, Jahki	Lord Botetou	35-05.50
42 Corbin, Noah	Western Bran	35-04.00
43 Angell, Sean	Oakton	34-10.50
44 Heckstall, Asiyah	Tallwood	32-07.00

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys Triple Jump)

Name	School	Finals
--- Spaulding, Carmelo	Fork Union	FOUL
--- Davis, Marcel	Western Bran	FOUL
--- Duro, Kofi	Arundel High	FOUL
--- Kabasele, Kevin	McLean	FOUL
--- Manley, Michael	DeMatha Cath	FOUL
--- Casey, Sullivan	West Potomac	FOUL
--- Davis, Jack	Central Reg	FOUL
--- Cherundolo, Julian	Salesianum S	FOUL
--- Harris, Brian	Colonial For	FOUL

Boys Shot Put Invitational

National: 77-02.75 \$ 2/9/2018 **Ryan Crouser**
Meet: 64-09.75 @ **Cooper Mack**
Freshman: 66-07.25 ! 2008 **Nick Vena**
Sophomore: 70-05 # 2009 **Nick Vena**
Junior: 72-09.50 % 2016 **Jordan Geist**
Senior: 77-02.25 * 2011 **Ryan Crouser**

Name	School	Finals
Finals		
1 Williams, Cooper	Davie County	55-07.25
2 Barley, Caleb	DeMatha Cath	55-03.50
3 Bolme, Kai	Lake Braddoc	55-00.00
4 Echols, Brady	West Springf	54-07.00
5 Craig, James	Western Bran	52-09.75
6 Graham, Ethan	Athens Drive	51-02.75
7 Blount, Samuel	Grassfield	50-09.50
8 Gray, Tristin	Digital Harb	50-04.25
9 Hayman, Jayden	Bishop McNam	48-10.50
10 Mosley, Pierce	Glen Allen H	47-10.50
--- Miller, Jahleel	Deep Run	FOUL
--- McNeil, Michael	McKinley Tec	FOUL

Boys Shot Put

National: 77-02.75 \$ 2/9/2011 **Ryan Crouser**
Meet: 64-09.75 @ **Cooper Mack**

Name	School	Finals
Finals		
1 Lee, Bryce	East Mecklen	52-10.50
2 Seawright, Tristan	Grassfield	49-09.75
3 Taylor, Brock	Atlee	49-04.75
4 Stuart, Chance	Norfolk Academy	48-07.00
5 Litton, Treyvon	Deep Creek H	48-02.00
6 Humes, Aaron	Urbana High	47-08.00
7 Dewease, Spencer	Gov. Thomas	47-04.75
8 Coates, James	McLean	46-10.25
9 Brown, Carlito	Manor	46-02.50
10 Toliver, Demetri	Lord Botetou	45-03.25
10 Mull, Ethan	Cuthbertson	45-03.25
12 Reeves, Demetrius	Potomac Seni	45-01.00
13 Janney, Cayden	Jefferson Fo	44-11.50
14 Terhune, Isaac	Cape Henlope	44-10.25
15 Grace, Jack	Salesianum S	44-09.75
16 Brooks, Khalil	McKinley Tec	44-07.75
17 Niang, Daouda	Fork Union	43-06.75

18 Hooker, Trievon	Granby	43-04.75
19 Cole, Cayden	Dudley	43-01.75
20 Samuels, Roan	Salesianum S	42-10.75
21 Torres, Antonio	Booker T. Wa	42-09.25
22 Williams, Jaiveon	Western Bran	42-07.75
23 Noble, Amari	Bayside High	42-05.25
24 Smith, Ross	Western Bran	42-02.25
25 Thomas, Tionne	Booker T. Wa	42-01.25
26 Frederick, Bodie	Cape Henlope	42-00.25
27 White, Xavier	Heritage (Ly	41-08.25
28 Wilson, Micheal	Granby	41-04.75
29 Slaughter, JaRamiah	Potomac Seni	41-03.00
29 Brown, Dakota	Dudley	41-03.00
31 Williams, Nicholas	South County	41-01.25
32 Bouabi, Yoan	Oakton	41-00.75
33 Lamar, Maalik	Cuthbertson	40-10.50
34 Leos, James	West Springf	40-08.75
35 Haynesworth, Mark	Willow Sprin	40-08.50
36 Perrella, Ryan	West Springf	40-06.75
37 Christian, James	Riverdale Ba	40-05.00
38 Speer, Grady	L.C. Bird	40-03.50
39 Andriiliunas, Grant	Atlee	40-01.75
40 Withington, Samuel	West Springf	39-11.25
41 Griffin, Talvon	Central Reg	39-09.25
42 Thomas Jr, Isaiah	Parkland Mag	39-07.75
43 Hill, Merlin (Mj)	First Coloni	39-06.75
44 Davis, Austin	First Coloni	39-04.75
45 Petris, Evangelo	Central Reg	38-08.50
46 Whitfield, Jahri	I.C. Norcom	38-08.25
47 Meaux, Parker	Cuthbertson	38-03.25
48 Cruz-Nolasco, Josue	Westfield	38-02.50
49 Wood, Jackson	Cape Henlope	38-02.25
50 Roberts, Kevin	Urbana High	38-02.00
50 Blake, Piersen	Bishop McNam	38-02.00
52 Thompson, Jamel	Digital Harb	37-11.50
53 Ciuffo, Costello	Norfolk Academy	37-11.25
54 Cramer, Zachary	Central Reg	37-07.00
55 Spencer, James	Lafayette	37-04.50
56 Williams, Euseekers	Thomas Ediso	37-04.25
57 Mills, Brenden	Grafton High	37-03.50
58 Moyer, Mathias	Fork Union	36-11.50
58 Jacobs, Luke	Herndon	36-11.50
60 Singleton, Keyvon	John Marshal	36-09.00
61 Powers, Sean	Cape Henlope	36-05.75
62 Lane, Justin	L.C. Bird	36-04.50
63 Holley, Anthony	Manor	36-04.00
64 Moore, Timaje	Maury High S	36-02.25
64 BenÃ-tez, SebastiÃ;n	York	36-02.25
66 Henthorn, Noah	Christ Schoo	36-01.75
67 Hands, J'Mari	Parkland Mag	35-11.25
68 Mosley, Rodney	I.C. Norcom	35-09.00
69 Hatchett, Darion	Western Bran	35-07.75
70 Vasti, AliJah	Tallwood	35-05.25
71 Babalitis, Jason	McLean	34-11.50
72 Nagel, Ari	Mills Godwin	34-08.00
73 Hardy, Justin	Western Bran	34-07.50

VA Showcase - 1/12/2024 to 1/13/2024

Virginia Beach Sports Center

Results

Finals ... (Boys Shot Put)

	Name	School	Finals
74	Boyle, Evan	Holly Spring	34-05.50
75	Person, Darmenniek	Tallwood	34-03.75
76	Robertson, Sale	Manor	34-03.25
77	Slaughter, Aidan	Suitland Hig	34-03.00
78	McQuivey, Zachary	Holly Spring	33-11.75
79	Richey, Bryan	Tallwood	33-05.75
80	Yoham, Everett	Westfield	33-00.00
81	Key, Jalon	Manor	32-10.50
82	Tonon, Jake	Central Reg	32-06.50
83	Dinicola, Nicholas	Central Reg	31-11.25
84	Lathan, Justin	Manor	31-10.75
85	Whitehurst, Caleb	Greenbrier C	31-08.25
85	Reeves, Na'eem	I.C. Norcom	31-08.25
87	Hoang, Alex	Tallwood	31-04.75
88	McAleavy, Michael	Tuscarora Hi	31-00.00
89	Swanson, Keith	Herndon	30-11.25
90	Ocean, Orllen	Tuscarora Hi	30-03.25
91	Cooper, Daejon	Western Bran	29-08.25
92	Barfield, Sean	Granby	29-07.25
93	Osuchukwu, Chinedu	Jackson-Reed	29-06.75
94	Ward, Justin	Manor	28-09.50
95	Galloway, Charles	Westfield	28-00.25
96	Darby, William	James River	27-10.75
97	Ruth, Andrew	Cuthbertson	27-08.75
98	Brunken, Hunter	Urbana High	27-07.00
99	Ngo, Francis	West Potomac	27-02.50
100	Gaston, Jayden	Western Bran	26-00.75
101	Oakley, Jontue	Western Bran	25-09.50
102	Clements, Avery	Tuscarora Hi	24-06.25
103	Smith, Adam	Greenbrier C	21-11.50
---	Onello, Adam	Central Reg	FOUL
---	Musgrove, Jalen	Atlee	FOUL
---	Stevenson, Omarion	Manor	FOUL
---	Feliciano, Gabriel	First Coloni	FOUL
---	Ansah, Jonie	Fork Union	FOUL
---	Hill, Ellis	Cuthbertson	FOUL

Boys 1 Mile Race Walk

National: 6:03.48 \$ 1/29/2010 Trevor Barron

Meet: 6:52.85 @ Clayton Stoil

	Name	School	Finals
Finals			
1	Brow, Matt	The Potomac	8:09.49
2	Foster, Jackson	Urbana High	8:09.93
3	Rothery, Joshua	Urbana High	8:12.50
4	Morgan, Matt	James River	8:13.67
5	Farmer, Blake	Reagan	8:17.86
6	Keeley, Prakash	Reagan	9:09.30
7	Acton, Luke	Urbana High	9:14.76
8	Sykes, Jaxon	Manor	9:43.32
9	Schartner, Jimmy	Urbana High	9:44.78
10	Grant, Xavier	Tuscarora Hi	10:10.33
11	Gingras, Alex	Reagan	10:50.61