

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

Virginia Beach Sports Center

Results

Girls 50 Meter Dash en route USA

Name	School	Finals
Finals		
1 Hodge, Adaejah	Mva TC	6.24
2 Brahe-Pedersen, Mia	Ultimate Spe	6.25
3 Selby, Brianna	Speed Evolut	6.26
4 Cooper, Elise	Owings Mill	6.39
5 Doresca, Sariah	V-Tesse TC	6.49
6 Harris, Futoria	NC Flight Cl	6.55
7 Franklin, Skyler	Mva TC	6.56
8 Bronson, Anyeh	NC Flight Cl	6.66

Girls 55 Meter Dash

National:	6.67 \$ 1/29/2022	Shwnti Jackson
Meet:	6.71 @	Micayah Holland
Freshman:	6.73 ! 2018	Tamari Davis
Sophomore:	6.77 # 2022	Avery Lewis
Junior:	6.67 % 2022	Shawnti Jackson
Senior:	6.67 * 2023	Shawnti Jackson

Name	School	Prelims
Preliminaries		
1 Allen-McDowell, Talia	Butler	7.30q
2 Warner, Julienne	Img Academy	7.30q
3 Wright, Peyton	Nansemond Ri	7.34q
4 Barnett, Makenna	Grimsley	7.35q
5 Davis, Kiara	Tatnall	7.36q
5 Balogun, Simisola	Archbishop C	7.36q
7 Faison, Naturale	L.C. Bird	7.36q
8 Creecy, Jordyn	Garner	7.37q
9 Mellerson, Ta'Laiya	Arundel High	7.37
10 Outen, Madison	Olympic	7.37
11 Rice, Ava	Battlefield	7.38
12 Jones, Lilia	Rock Ridge H	7.40
13 Roberts, Jaylin	I.C. Norcom	7.40
14 Ayim, Yowome	Manor	7.40
15 Linder, Ja'Naya	Atkins	7.40
16 Adams, Nakirah	Statesville	7.41
17 Anani, Stella	Archbishop C	7.41
18 Eiland, Laila	Pick. North	7.42
19 Jhourni, Eason	Maury High S	7.43
20 Zahn, Izzy	Coldwater	7.44
21 Tarlue, Alexis	Tatnall	7.44
22 Sanders, Keena	Gah. Lincoln	7.46
23 Blakey, Aiyana	Woodbridge	7.46
24 Hayes-Moore, Jalyn	Bishop McNam	7.46
25 Day-Thompson, Aja	West Springf	7.46
26 Garrett, Tiffany	Riverdale Ba	7.47
27 Boateng, Amanda	Freedom (Woo	7.47
28 Gaskins, Sophia	Bishop McNam	7.48
29 Watts, Miranda	Cuthbertson	7.50
30 Williams, Kyra	Clover Hill	7.50
30 Hawes, Malye	Landstown Hi	7.50
32 Floyd, Zayre	Kings Fork	7.51
33 Hunt, Mariama	Myers Park	7.51
33 Johnson, Rhian	Riverdale Ba	7.51

33 Richardson, Kiki	West Springf	7.51
36 Barton, Aleila	Olympic	7.52
37 Trzybinski, Ainsley	Holly Spring	7.52
38 Basoah-Sarfo, Michelle	Colonial For	7.52
38 Hasan, Layla	Bishop McNam	7.52
40 Isaacs, Corinne	Green Hope	7.52
40 Suggs, McKenzie	Bullis Schoo	7.52
42 Asante, Deborah	Archbishop C	7.54
43 Payne, Tristin	Mount Vernon	7.54
44 Piloto, Gianna	Img Academy	7.56
44 Bartholomew, Brooklyn	Fauquier	7.56
46 Berkley, Sierra	Lake Braddoc	7.56
47 Jenkins, Tiara	Oscar Smith	7.57
48 Lucas, Trinity	Nansemond Ri	7.57
49 Petersen, Sydney	Holly Spring	7.57
50 Jones, Kierra	Palisades Hi	7.58
51 Witcher-Knox, Jamia	Statesville	7.58
52 MacBride, Kelly	Panther Cree	7.59
53 Wise, Nala	Bullis Schoo	7.60
54 Jackson, Makayla	Grafton High	7.60
55 vaughn, camille	Maury High S	7.61
56 Barther, Latrice	Willow Sprin	7.61
57 Smith, Laila	Archbishop C	7.61
58 Martin, Sanaa	Tallwood	7.62
59 Watts, Marissa	Cuthbertson	7.63
60 Van Thompson, Gwen	West Springf	7.63
61 Barnes, Rhea	Kings Fork	7.63
62 Dooley, Zion	Potomac Seni	7.64
63 Washington, Zenji	Img Academy	7.64
64 Freeman, Kyla	Oscar Smith	7.65
65 Mercurio, Lauryn	First Coloni	7.65
66 MacDonald, Riley	Gov. Thomas	7.67
67 bengono, Soleil	Maury High S	7.67
68 Gayles, Chloe	Archbishop C	7.68
69 Jennings, Tyaja	Butler	7.68
69 Lanik, Calla	Myers Park	7.68
71 Braswell, Dorothy	Dudley	7.68
72 Wright, Amaya	Dudley	7.69
73 Masternick, Lindsay	Independence	7.69
74 Wallace, Sophia	Lake Braddoc	7.70
75 Benyo, Maren	Jefferson Fo	7.70
76 Carrier, Harper	Oakton	7.70
77 Collard, Tessa	Butler	7.71
78 Harris, Kristin	Lafayette	7.72
79 Linder, Ja'Nique	Atkins	7.72
80 Liu, Isabelle	Cuthbertson	7.73
81 Willis, Kylaa	Nansemond Ri	7.74
82 Gathers, Mackenzie	Atlee	7.74
83 Porter, Taylor	Heritage (Ly	7.74
83 Young, Lonnesha	Westfield	7.74
83 Worthy, Milaun	Butler	7.74
86 Chance, Reyani	Maury High S	7.75
87 Johnson, Camille	Tatnall	7.75
88 Haskins, Shinyce	Western Bran	7.75
89 Gardner, Allison	George C. Ma	7.75
90 Hicks, Anaiah	William Flem	7.76

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Virginia Beach Sports Center

Results

Preliminaries ... (Girls 55 Meter Dash)

Name	School	Prelims			
91 Barabanov, Rose	The Potomac	7.77	145	Davis, Maddison	Atkins 7.96
91 Chambliss, Jada	Potomac Seni	7.77	146	Hawkins, Anayah	Mauzy High S 7.97
93 Pittman, Makhiyah	Palisades Hi	7.78	147	Abrams, Zoie	Elizabeth Se 7.97
94 Donkor, Danielle	Gov. Thomas	7.78	148	Jackson, Taylor	Potomac Seni 7.98
95 Golden, Ryan	Elizabeth Se	7.78	149	Armstrong, Nalani	Riverdale Ba 7.98
96 Goodwin, Hannah	Victory Chri	7.79	150	Lowman, Shea	Padua Academ 7.99
97 Shaw, Marley	Southern (Aa	7.79	151	Hall, Sireen	South Lakes 8.00
98 Ward, Kamani	Manor	7.79	152	Robinson, Chelsea	Cuthbertson 8.02
98 Velasco, Melanie	South Lakes	7.79	153	Weatherall, Christine	South County 8.02
100 Odom, Jaziya	Parkland Mag	7.79	153	Vine, Katherine	Tuscarora Hi 8.02
100 Jackson, Taionna	Tuscarora Hi	7.79	155	Smith, Nya	North Staffo 8.02
102 Obuekwe, Adaeze	Tuscarora Hi	7.80	156	Miller, Ava	Oakton 8.03
103 Flowers, Alayah	South Granvi	7.80	157	Diallo, Marlyatou	Archbishop C 8.04
104 Benjamin, Jayla	Heritage (Ly	7.80	158	Blay, Marilyn	Tuscarora Hi 8.04
105 Dickerson, Ashlyn	James River	7.81	159	Crawford, Ieshia	Manor 8.04
106 Crawford, Austin	Heritage (Ly	7.81	160	Ferguson, Adrienne	I.C. Norcom 8.05
107 Thomas, Jordan	Freedom (Woo	7.81	161	Dobbins, Demia	Archbishop C 8.06
108 Martin, Alaya	Riverdale Ba	7.82	162	Alejo, Asya	Old Mill Hig 8.06
109 Stewart, Anya	Archbishop C	7.82	163	Boyle, Samantha	Central Reg 8.06
109 Lefevre, Biangca	Tuscarora Hi	7.82	164	Moore, Deiona	I.C. Norcom 8.07
111 Bowling, Taylor	Archbishop C	7.82	164	Johnson, Kayla	Manor 8.07
112 Destry, Jasmine	Archbishop C	7.83	166	Withana, Risakya	Tuscarora Hi 8.07
113 Kindness, Linh	Tabb	7.83	167	Ricks, Nakiyah	Tallwood 8.07
113 Smith, Kiersten	Cape Henlope	7.83	168	Williams, Deysia	James River 8.08
115 Smith, Laci	James River	7.83	168	Allen, Morgan	Cuthbertson 8.08
116 Reid, Kristina	Parkland Mag	7.83	170	Harris, Adrianna	Riverdale Ba 8.09
117 Hamilton, Dynasty	Statesville	7.84	171	Geiger, Louisa	Bishop O'Con 8.10
118 Smith, Ramiya	Lafayette	7.84	172	Dyer, Amaira	Old Mill Hig 8.10
119 Siminski, Kira	George C. Ma	7.85	173	Van Remortel, Heleyna	West Potomac 8.10
120 Evans, Dakota	Elizabeth Se	7.85	173	Poole, Lindsey	South Lakes 8.10
120 Rickenbacker, Momo	Western Bran	7.85	175	Thomas, Jenna	Cosby 8.10
122 Mackie, Madison	McKinley Tec	7.86	176	Westbrook, Angel	James River 8.11
123 Beard, Mia	Old Mill Hig	7.87	177	Turner, Aundrea	Westfield 8.12
124 Arrington, Samone	Southern Dur	7.87	178	Munson, Ella	McLean 8.12
125 Bradley, Maeve	West Potomac	7.88	179	Washington, Tatyana	Booker T. Wa 8.13
126 Rodriguez-Aguilar, Celeste	Tuscarora Hi	7.88	180	Fyne-Okorie, Zoe	Rock Ridge H 8.14
127 Proctor, Skylar	Oscar Smith	7.88	181	Grant, Niara	Tuscarora Hi 8.14
127 Macomber, Kyra	McLean	7.88	182	Crittenberger, Grayson	The Potomac 8.17
129 Hilton, Nykia	Lexington	7.88	183	Mapp, Shannon	I.C. Norcom 8.17
130 Walsh, Elce	Padua Academ	7.89	184	Pierce, Macy	James River 8.18
131 Mckellar, Jazmin	Tuscarora Hi	7.90	185	Bartley, Miyonni	Tallwood 8.18
132 Turner, Tatiana	Lafayette	7.90	186	Pegues, Saniyah	Manor 8.19
133 Gooch, Addison	Jefferson Fo	7.91	187	Baker, Zanaya	Manor 8.21
133 Newman, Cailey	Riverdale Ba	7.91	188	Ortiz-Rojas, Lynette	Thomas Ediso 8.22
135 Wright, Layla	I.C. Norcom	7.91	189	Reid, Miranda	Cosby 8.22
136 Barbin, Alexis	Mills Godwin	7.91	190	Bollettino, Leah	Central Reg 8.23
137 Gordon, Maya	Tatnall	7.92	191	Smith, Selah	Elizabeth Se 8.25
138 Mahaffey, Sanai	Riverdale Ba	7.92	192	Dixon, Daniella	West Potomac 8.25
139 Gordon, Gabrielle	Montverde Ac	7.93	193	Grooms, D'Ashia	Cosby 8.27
140 Armstrong, Jazzryria	Manor	7.93	194	Sagbo, Ivanna-Lydia	Tuscarora Hi 8.28
141 Boyle, Danielle	Howard High	7.94	195	Zegarelli, Madisyn	Jefferson Fo 8.28
141 McGrellis, Natalie	Padua Academ	7.94	196	Breza, Mackenzie	Cuthbertson 8.29
143 Jones, Montana	Cape Henlope	7.94	197	Coble, Lily	Elizabeth Se 8.30
144 Huggins, Saaf™Meria	Tabb	7.95	198	Edmonds, Lydia	Falls Church 8.30
			199	Billings, Zoey	Manor 8.30
			200	Talbot, Claire	South Lakes 8.31

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Preliminaries ... (Girls 55 Meter Dash)

Name	School	Prelims
201 Midlin, Alexandra	Mills Godwin	8.32
202 Dabney, Elsie	Lafayette	8.33
203 Huckabee, Victoria	Oakton	8.36
204 Diehl, Landon	Cape Henlope	8.38
205 Goodlett, Briana	Veritas Scho	8.38
206 Valentine, Love	Maury High S	8.39
207 Porter, Grace	Loudoun Coun	8.41
208 Rodriguez, Ava	Central Reg	8.43
209 Mays, Janaya	James River	8.43
210 Lewis, Airl	Rocky River	8.45
211 Shean, Maddie	McLean	8.45
212 Fiorillo, Angelina	James River	8.48
213 Giles, Yasmin	Booker T. Wa	8.51
214 Davis, Journey	Padua Academ	8.52
215 Magallanes, Verona	Central Reg	8.52
216 Basilio, Sophia	Falls Church	8.53
217 Haggerty Graham, Adrianna	George C. Ma	8.55
218 Beckford, Gerrin	James River	8.56
219 Tabapsi, Petra Bell	Tuscarora Hi	8.57
220 Pinnaduwege, Thamarie	McLean	8.59
221 Nash, Grace	Southern (Aa	8.61
222 Swift, Camryn	Falls Church	8.62
223 Williams, Sabrina	Oakton	8.62
224 Arulandu, Jovina	Oakton	8.64
225 Batta, Kate	James River	8.65
226 Buccos, Jordyn	Central Reg	8.69
227 Henley, Leila	Tallwood	8.70
228 Tucker, Kiara	Jackson-Reed	8.70
229 Williams, Asia	James River	8.75
230 Lee, Keniah	Atkins	8.75
231 Modiramani, Elina	Oakton	8.78
232 King, Mariah	Manor	8.79
233 Haile, Heaven	Oakton	8.82
234 Clemons, Malia	James River	8.83
235 Khoryati, Maya	Greenbrier C	8.84
236 Moore, Madison	Cuthbertson	8.85
237 Hobbs, Alana	James River	8.87
238 Corporal, Samya	Tuscarora Hi	8.88
239 Upchurch, Sofia	Oakton	8.89
240 Ravaioli, Isabella	Cuthbertson	8.91
241 Whiting, Hope	Veritas Scho	8.94
242 Keens-Douglas, Micha	Elizabeth Se	8.96
243 Mata, Nathalie	James River	8.96
244 Lyles, Myla	Atkins	8.98
245 Magallanes, Victoria	Central Reg	9.03
246 Miller, Nyla	Parkland Mag	9.05
247 Crabbe, Taylor	Cuthbertson	9.07
248 Thomas, Madison	Manor	9.20
249 Danielson, Emilie	Greenbrier C	9.22
250 Southerland, Heaven	Oakton	9.38
251 Vitollo, Elliana	Greenbrier C	9.58
252 Aguiar, Jillian	Central Reg	9.65
--- Westray, Amalya	Jackson-Reed	FS

Girls 55 Meter Dash seeded

Name	School	Prelims
Preliminaries		
1 Travis, McKenzie	Evangelical	6.85q
2 Pace, Olivia	Wester. Cent	6.91q
3 Hamilton, Joslyn	Rolesville H	6.96q
4 Johnson, Janiya	Statesville	7.02q
5 Sharps, Jasmine	Archbishop C	7.02q
6 Hopkins, Alex	Colonial For	7.04q
7 Mason, Mianna	South County	7.04q
8 Fiegel, Laura	Heritage Chr	7.05q
9 Balon, Juliana	Padua Academ	7.09
10 Samuel, Aleesa	Somerset Aca	7.10
11 Cook, Jasmine	Archbishop C	7.15
12 Reed, Dasia	Montverde Ac	7.15
13 Hicks, Kendall	Butler	7.16
14 Brown, Jalee	Dudley	7.18
15 Ezeigbo, Onyi	Atkins	7.18
16 Wallace-Persaud, Indie	Jackson-Reed	7.21
17 Ver Beek, Lilly	James River	7.23
18 Chance, Armani	Maury High S	7.25
18 Darden, Nilijah	Dudley	7.25
20 Speller, Amilia	Clayton	7.27
21 Rochester, Jordan	Rolesville H	7.27
22 Turner, Arima	Montverde Ac	7.29
23 Rheubottom, Iyahni	Oscar Smith	7.29
24 Daley, Logan	Holy Trinity	7.30
25 Gatling, Destini	Deep Creek H	7.31
26 Cooper, Ella	McDonogh Sch	7.31
27 Wright, Faith	Olympic	7.32
28 Allen, Alexandra	Dupont Manua	7.32
29 Manser, Loreena	Grassfield	7.34
30 Carlyle, Selena	Clayton	7.35
30 Walter, I'Ja	Olympic	7.35
32 Goodson, Tori	Atlee	7.35
33 Price, Tyra	Oscar Smith	7.37
34 Lavender, Shakayla	Oscar Smith	7.38
34 Hatcher, Bryce	Arundel High	7.38
36 Harris, Destiny	Granby	7.50
37 Medley, Kiana	Granby	7.55
38 Montgomery, Arianna	Tatnall	7.56
39 Ferdinand, Courtney	Freedom (Woo	7.65

Girls 55 Meter Dash en route USA

Name	School	Finals
Finals		
1 Brahe-Pedersen, Mia	Ultimate Spe	6.74
2 Hodge, Aadaejah	Mva TC	6.75
3 Selby, Brianna	Speed Evolut	6.78
4 Cooper, Elise	Owings Mill	6.91
5 Doresca, Sariah	V-Tesse TC	7.05
6 Franklin, Skyler	Mva TC	7.09
7 Harris, Futoria	NC Flight Cl	7.12
8 Bronson, Anyeh	NC Flight Cl	7.22

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Virginia Beach Sports Center

Results

Girls 55 Meter Dash en route

Name	School	Finals
Finals		
1 Travis, McKenzie	Evangelical	6.85
2 Pace, Olivia	Wester. Cent	6.89
3 Hamilton, Joslyn	Rolesville H	6.92
4 Sharps, Jasmine	Archbishop C	7.04
5 Mason, Mianna	South County	7.06
6 Fiegel, Laura	Heritage Chr	7.06
7 Hopkins, Alex	Colonial For	7.07
8 Johnson, Janiya	Statesville	7.14

Girls 60 Meter Dash USATF -60

National:	7.16 \$ 2/11/2023	Shawnti Jackson
Meet:	7.21 @	Micayah Holland
Name	School	Prelims
Preliminaries		
1 Brahe-Pedersen, Mia	Ultimate Spe	7.28q
2 Hodge, Aadaejah	Mva TC	7.31q
3 Selby, Brianna	Speed Evolut	7.32q
4 Franklin, Skyler	Mva TC	7.46q
5 Cooper, Elise	Owings Mill	7.49q
6 Doresca, Sariah	V-Tesse TC	7.57q
7 Harris, Futoria	NC Flight Cl	7.61q
8 Bronson, Anyeh	NC Flight Cl	7.73q
9 Smith, Kindal	NC Flight Cl	7.89

Girls 60 Meter Dash USATF -60

National:	7.16 \$ 2/11/2023	Shawnti Jackson
Meet:	7.21 @	Micayah Holland
Name	School	Finals
Finals		
1 Brahe-Pedersen, Mia	Ultimate Spe	7.22
2 Hodge, Aadaejah	Mva TC	7.24
3 Selby, Brianna	Speed Evolut	7.28
4 Cooper, Elise	Owings Mill	7.41
5 Doresca, Sariah	V-Tesse TC	7.59
6 Franklin, Skyler	Mva TC	7.63
7 Harris, Futoria	NC Flight Cl	7.67
8 Bronson, Anyeh	NC Flight Cl	7.77

Girls 60 Meter Dash

National:	7.16 \$ 2/11/2023	Shawnti Jackson
Meet:	7.21 @	Micayah Holland
Freshman:	7.25 ! 2018	Tamari Jackson
Sophomore:	7.24 # 2021	Shawnti Jackson
Junior:	7.18 % 2022	Shawnti Jackson
Senior:	7.16 * 2023	Shawnti Jackson
Name	School	Finals
Finals		
1 Travis, McKenzie	Evangelical	7.38
2 Pace, Olivia	Wester. Cent	7.40
3 Hamilton, Joslyn	Rolesville H	7.46
4 Sharps, Jasmine	Archbishop C	7.57
5 Mason, Mianna	South County	7.58

6 Fiegel, Laura	Heritage Chr	7.59
7 Hopkins, Alex	Colonial For	7.61
8 Johnson, Janiya	Statesville	7.69

Girls 200 Meter Dash -- USATF--Fr

Name	School	Finals
Finals		
1 Brahe-Pedersen, Mia	Ultimate Spe	22.92
2 Franklin, Skyler	Mva TC	24.77
3 Doresca, Sariah	V-Tesse TC	25.36

Girls 200 Meter Dash adidas Quali

National:	22.33 \$ 3/12/2023	Aadaejah Hodge
Meet:	23.53 @	Micayah Holland
Freshman:	23.24 ! 2018	Tamari Jackson
Sophomore:	23.23 # 2021	Shawnti Jackson
Junior:	22.33 % 2023	Aadaejah Hodger
Senior:	22.91 * 2023	Shawnti Jackson
Name	School	Finals
Finals		
1 Pace, Olivia	Wester. Cent	24.50
2 Balon, Jules	Padua Academ	24.89
3 Hopkins, Alex	Colonial For	24.92
4 Fiegel, Laura	Heritage Chr	24.99
5 Jones, Payton	Bullis Schoo	25.06
6 Hudson, Nakira	Montverde Ac	25.13
7 Wallace-Persaud, Indie	Jackson-Reed	25.16
8 Ezeigbo, Onyi	Atkins	25.19
9 Joseph, Aida	Bullis Schoo	25.22
10 Zahn, Izzy	Coldwater	25.31
11 Turner, Arima	Montverde Ac	25.38
12 Reed, Dasia	Montverde Ac	25.41
13 White, Gabby	Bullis Schoo	25.41
14 Eiland, Laila	Pick. North	25.53
15 Cheek, Gabrielle	Dudley	25.60
16 Darden, Nilijah	Dudley	25.62
17 Allen, Alexandra	Dupont Manua	25.62
18 Russell, Solai	Bullis Schoo	25.87
19 Floyd, Zayre	Kings Fork	26.06
20 Hatcher, Bryce	Arundel High	26.10
21 Williams, Kyra	Clover Hill	26.13
22 Udeochu, Favor	Bullis Schoo	26.15
23 Wise, Nala	Bullis Schoo	26.18
24 Glass, JaNiya	Elizabeth Se	26.20
25 Suggs, McKenzie	Bullis Schoo	26.22
26 Umoh, Ella	Bowie High S	26.24
27 Johnson, Rhian	Riverdale Ba	26.29
28 Garrett, Tiffany	Riverdale Ba	26.41
29 Ramsey, Zylaia	Clover Hill	26.41
30 Hayes-Moore, Jalyn	Bishop McNam	26.59
31 Mellerson, Ta'Laiya	Arundel High	26.68
32 Johnson, Morgan	Elizabeth Se	26.71
33 Blakey, Aiyana	Woodbridge	26.72
34 Gomez, Ivana	Green Hope	26.87
35 Massey, Aa'Niyah	Dudley	26.93
36 Gaskins, Sophia	Bishop McNam	27.22

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

Virginia Beach Sports Center

Results

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

Name	School	Finals
37 Flowers, Alayah	South Granvi	27.39
38 Destry, Jasmine	Archbishop C	27.71
39 Gayles, Chloe	Archbishop C	27.75
40 Virgil, Antonique	Elizabeth Se	27.86
41 Stewart, Anya	Archbishop C	28.26
42 Gaffney, Bridget	Cuthbertson	28.38
43 Jones, Kierra	Palisades Hi	28.39
44 Jones, Jamilah	Palisades Hi	28.98
45 Sinclair, Raegan	Archbishop C	29.44
46 Rush, Destiny	McKinley Tec	29.50
47 Robinson, Chelsea	Cuthbertson	30.53
48 Boix, Leila	Cuthbertson	30.65
--- Bowling, Taylor	Archbishop C	FS
--- Travis, McKenzie	Evangelical	FS
--- Sanchious, Catalina	South County	DNF

Girls 300 Meter Dash -- USATF--Fr

National: 36.63 \$ 1/14/2023 Shawnti Jackson

Meet: 36.63 @ Shawnti Jackson

Name	School	Finals
1 Hodge, Aadaejah	Mva TC	36.97
2 Sutton, Sydney	Bullis TC	37.39
3 Donelson, Josie	Ultimate Spe	37.89
4 Cooper, Elise	Owings Mill	38.08
5 Fulton, Ashley	Renegade TC	39.33
6 Barnett, Breanne	V-Tesse TC	40.59

Girls 300 Meter Dash Invitational

National: 36.63 \$ 1/14/2023 Shawnti Jackson

Meet: 36.63 @ Shawnti Jackson

Freshman: 37.46 ! 2019 Kayla Davis

Sophomore: 37.38 # 2020 Kayla Davis

Junior: 36.95 % 2022 Shawnti Jackson

Senior: 36.63 * 2023 Shawnti Jackson

Name	School	Finals
1 Sharps, Jasmine	Archbishop C	38.43
2 Lowe, Tyler	Img Academy	38.46
3 Rambo, Sophie	Grassfield	38.99
4 Payne, Payton	Bullis Schoo	39.01
5 Solomon, Naaema	Archbishop C	39.21
6 Wallace, Julia	South County	39.27
7 Cook, Jasmine	Archbishop C	39.57
8 Lynn, Tatum	Bullis Schoo	39.84
9 Cooper, Ella	McDonogh Sch	39.87
10 Cooper, Elena	McDonogh Sch	39.93
11 Rempe, Josie	Atlee	39.93
12 Zahn, Izzy	Coldwater	39.96
13 Wimbish, Amber	Bishop McNam	40.02
14 Johnson, Janiya	Statesville	40.12
15 Cheek, Gabrielle	Dudley	40.16
16 Germain, Jordann	South County	40.29
17 Creary, Jalaia	Archbishop S	40.55

18 Jackson, Shari	South Granvi	41.09
19 Linder, Ja'Naya	Atkins	41.19
20 Asterilla-Anderson, Nyela	Freedom (Woo	41.24
21 Fiegel, Laura	Heritage Chr	41.29
22 Boateng, Amanda	Freedom (Woo	41.30
23 Fitzgerald, Christine	Maury High S	41.32
24 Daley, Logan	Holy Trinity	42.08

Girls 300 Meter Dash

National: 36.63 \$ 1/14/2023 Shawnti Jackson

Meet: 36.63 @ Shawnti Jackson

Name	School	Finals
1 Gordon, Journee	Olympic	40.39
2 Eiland, Laila	Pick. North	40.67
3 Walter, I'Ja	Olympic	40.79
4 Holland, Jizelle	Montverde Ac	40.80
5 Barnett, Makenna	Grimsley	41.09
6 Carlyle, Selena	Clayton	41.21
7 Jennings-Ward, Taylor	Kings Fork	41.32
8 Brown, Jalee	Dudley	41.35
9 Umoh, Ella	Bowie High S	41.40
10 Patterson, Ayani	Willow Sprin	41.51
11 Huckstep, Sydney	Elizabeth Se	41.63
12 Hickman, Grace	Arundel High	41.66
13 Ramirez-Castillo, Sharlyn	Riverdale Ba	41.67
14 Armstrong, Jada	Elizabeth Se	41.84
15 Bennett, Aliyah	Gah. Lincoln	41.87
16 Williams, Dhamariah	Montverde Ac	41.91
17 Goins, Emma	Little Miami	41.94
18 Fulgham, Mackenzie	The Potomac	41.95
19 Berkley, Sierra	Lake Braddoc	41.96
20 Rice, Ava	Battlefield	42.03
21 Floyd, Zayre	Kings Fork	42.07
22 Richardson, Kiki	West Springf	42.11
23 Barnes, Janya	Olympic	42.16
24 Clark, Victoria	Colonial For	42.19
25 Roberts, Jaylin	I.C. Norcom	42.25
26 Sanders, Keena	Gah. Lincoln	42.29
27 Hills, Karmyn	L.C. Bird	42.29
28 Day-Thompson, Aja	West Springf	42.30
29 Witcher-Knox, Jamia	Statesville	42.32
30 West, Ciarra	Kellam	42.37
31 Hall, Saniya	Parkland Mag	42.38
32 Barnes, Rhea	Kings Fork	42.38
33 Thomas, Lauren	Independence	42.39
34 Hasan, Layla	Bishop McNam	42.39
35 Thomas, Arianna	Freedom (Woo	42.40
36 byrd, bria	Maury High S	42.44
37 Hunt, Mariama	Myers Park	42.46
38 Isaacs, Corinne	Green Hope	42.46
39 Simmons, Sky	Bishop McNam	42.56
40 Onwi, Grace	William Byrd	42.61
41 Crawford, Austin	Heritage (Ly	42.62
42 Garrett, Tiffany	Riverdale Ba	42.69
43 Van Thompson, Gwen	West Springf	42.73

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

Virginia Beach Sports Center

Results

Finals ... (Girls 300 Meter Dash)

Name	School	Finals					
44	Canon, Molly	Charlotte Ca	42.73	98	Lindsey, Carleah	Maury High S	43.98
45	Hahn, Helen	Deep Run	42.74	99	Jones, Nykiyah	William Flem	43.98
46	Faison, Naturale	L.C. Bird	42.76	99	m, Nah'La	Elizabeth Se	43.98
47	Rodriguez-Aguilar, Celeste	Tuscarora Hi	42.80	101	Sales, Jeanise	Kellam	44.03
48	Britt, Charlotte	Myers Park	42.80	102	Johnson, Kennedy	Cape Henlope	44.04
49	Harris, Darian	Tatnall	42.82	103	Nelms, Naomi	Panther Cree	44.06
50	Jalivay, Sydney	Heritage Chr	42.84	104	MacDonald, Riley	Gov. Thomas	44.09
51	Asante, Deborah	Archbishop C	42.91	105	Ferdinand, Courtney	Freedom (Woo	44.10
52	Barton, Aleila	Olympic	42.96	106	Pehrson, Sofi	South Lakes	44.12
53	Bartholomew, Brooklyn	Fauquier	42.97	107	Virgil, Antonique	Elizabeth Se	44.15
54	Harris, Kristin	Lafayette	42.99	108	Collard, Tessa	Butler	44.17
55	Massey, Aa'Niyah	Dudley	43.01	109	Johnson, Morgan	Elizabeth Se	44.22
56	Reynolds, Ceyani	Western Bran	43.01	110	West, Nyssa	Parkland Mag	44.27
57	Wiggins, Myonna	Maury High S	43.08	111	Heffner, Kaliyah	Suitland Hig	44.27
58	Anani, Stella	Archbishop C	43.11	112	Ward, Kamani	Manor	44.30
59	Buie, Shakiya	Westfield	43.11	112	Lwanga, Adrienne	Rock Ridge H	44.30
60	Lanik, Calla	Myers Park	43.13	114	Cleveland, Savanna	Cosby	44.32
61	Neal, Malana	Tatnall	43.13	115	Jackson, Josie	Abingdon Hig	44.35
62	bengono, Soleil	Maury High S	43.14	116	Matthews, Jade	Jefferson	44.36
63	Worthy, Milaun	Butler	43.20	117	Jackson, Logan	West Potomac	44.36
64	Alejo, Asya	Old Mill Hig	43.27	118	Turner, Tatiana	Lafayette	44.38
65	Satterwhite, Torie	Clover Hill	43.30	119	Evans, Seniah	Suitland Hig	44.39
66	Bush, Rickelle	West Springf	43.31	120	Manley, Karise	Archbishop S	44.40
67	Walker, Taylah	Western Bran	43.32	121	Boyle, Lille	Cuthbertson	44.45
68	Smith, Laila	Archbishop C	43.33	122	Carrier, Harper	Oakton	44.45
69	Masternick, Lindsay	Independence	43.33	123	White, Aaliyah	Lafayette	44.46
70	Golden, Ryan	Elizabeth Se	43.42	124	Laban, Ella	South Lakes	44.46
71	vaughn, camille	Maury High S	43.44	125	Porter, Taylor	Heritage (Ly	44.49
72	Creecy, Jordyn	Garner	43.45	126	Macomber, Kyra	McLean	44.51
73	Davis, Saniyah	Elizabeth Se	43.54	127	Ayala, Aurora	Oakton	44.52
74	Ayim, Yowome	Manor	43.55	128	Braswell, Dorothy	Dudley	44.52
75	Vaughan, Olivia	Kellam	43.58	129	Knight, Anyra	Suitland Hig	44.57
76	Payne, Tristin	Mount Vernon	43.58	129	Siminski, Kira	George C. Ma	44.57
77	Wright, Faith	Olympic	43.61	131	Glass, JaNiya	Elizabeth Se	44.61
78	Elliott, Yamila	South County	43.63	132	Beard, Mia	Old Mill Hig	44.61
79	Brabant, Elizabeth	South Lakes	43.65	133	Outen, Madison	Olympic	44.61
80	Hicks, Kendall	Butler	43.65	134	Wright, Amaya	Dudley	44.67
81	Whitmore, Kira	Palisades Hi	43.65	135	Fraser, Madison	Bullis Schoo	44.69
82	Pierson, Alexandria	Cuthbertson	43.67	136	Shoaf, Kate	Colonial For	44.70
83	Johnson, Aiyanna	Heritage (Ly	43.75	137	Cribbs, Leia	Eleanor Roos	44.73
84	Mobley, Masirah	Smithfield	43.78	138	Martin, Alaya	Riverdale Ba	44.74
85	Brown-Jackson, Lakaya	Suitland Hig	43.78	139	Lynch, Ariana	William Flem	44.76
86	Onwukwe, Chizu	Eleanor Roos	43.78	140	Anani, Nora	Archbishop C	44.76
87	Rickenbacker, Momo	Western Bran	43.79	141	Gordon, Maya	Tatnall	44.77
88	Hunter, Savannah	Manor	43.80	142	Boyd, Laila	Bowie High S	44.77
89	Ricker, Kenley	Cosby	43.81	143	Ellis, Samantha	Old Mill Hig	44.80
90	Wallace, Sophia	Lake Braddoc	43.84	144	Fahs, Kendall	Holly Spring	44.81
91	Mensah, Precious	South Lakes	43.89	145	Dooley, Zion	Potomac Seni	44.83
91	Holland, Courtnee	Virginia Epi	43.89	146	McRae, Ameiha	Old Mill Hig	44.84
91	Baxter, Ella	Severna Park	43.89	147	Young, Kyra	Rock Ridge H	44.85
94	Adams, Nakirah	Statesville	43.90	148	Moore, Deiona	I.C. Norcom	44.88
95	Laborde, Hailey	Western Bran	43.92	149	Woods, Krissa	Tatnall	44.92
96	Underwood, Blaire	Western Bran	43.95	150	Wallace, Olivia	Lake Braddoc	44.97
97	Tyson, Sky Bleu	Palisades Hi	43.96	151	Beck, Ellie	Green Hope	45.01
				152	Metts, Camdyn	Atlee	45.02
				153	Smith, Nya	North Staffo	45.03

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

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Results

Finals ... (Girls 300 Meter Dash)

Name	School	Finals					
154	Jordan, Serenity	South Granvi	45.08	208	Morrell, Brooke	Holly Spring	46.38
155	Snow, Timara	Jackson-Reed	45.09	209	Odom, Jaziya	Parkland Mag	46.46
156	Hollenbeck, Braelyn	Jamestown	45.09	210	Carnahan, Ellie	Turpin	46.48
157	Thomas, Kathryn	McLean	45.14	211	Turner, Caramia	Cuthbertson	46.52
158	Aguirre-Martinez, Juliana	South Lakes	45.18	212	Thomas, Mikayla	Parkland Mag	46.53
159	Barrington, Samari	Montverde Ac	45.19	213	Timberlake, Maleah	Rocky River	46.56
160	Jennings, Tyaja	Butler	45.21	214	McCurdy, Camay	Gar-Field	46.66
161	Chambliss, Jada	Potomac Seni	45.22	215	Munson, Ella	McLean	46.68
162	D'Errico, Julia	Cuthbertson	45.24	216	Moorefield, Addison	Mills Godwin	46.74
163	Dooley, Anna	South Lakes	45.25	217	Dancy, Kamiya	Gar-Field	46.74
164	Bickersteth, Kendall	Elizabeth Se	45.28	218	Armstrong, Nalani	Riverdale Ba	46.80
165	Somerville, Madison	Colonial For	45.30	219	Geiger, Louisa	Bishop O'Con	46.83
166	Johnson, Mia	Atlee	45.37	220	Wiggins, Anaiah	Landstown Hi	46.85
167	DeAscanis, Alessandra	Padua Academ	45.39	221	Grooms, Olivia	Hough, Willi	46.85
168	Lowman, Shea	Padua Academ	45.41	222	Blondheim, Madison	Suitland Hig	46.92
169	Swartz, Abby	Lake Braddoc	45.45	223	Haggerty Graham, Adrianna	George C. Ma	46.97
170	Ortiz-Rojas, Lynette	Thomas Ediso	45.47	224	Hudson, Jenis	Elizabeth Se	46.98
171	Wright-Anthony, Tobreal	John Marshal	45.49	225	Auger, Addison	West Springf	46.99
172	Barabanov, Rose	The Potomac	45.49	226	Moreno, Jaida	Elizabeth Se	47.00
173	Diallo, Marlyatou	Archbishop C	45.50	227	Kellogg, Kathleen	Jamestown	47.02
174	Bradley, Maeve	West Potomac	45.59	228	Diehl, Landon	Cape Henlope	47.02
175	Hazley, Jada	Landstown Hi	45.60	229	Talbot, Claire	South Lakes	47.06
176	Hammond, Celeste	Herndon	45.62	230	Obuekwe, Adaeze	Tuscarora Hi	47.08
177	Linder, Ja'Nique	Atkins	45.65	231	Delozier, Samatha	Jamestown	47.10
178	Worlds, Jada	Landstown Hi	45.65	232	Getaneh, Adisa	Westfield	47.13
179	Thomas, Jenna	Cosby	45.65	233	Miller, Shanaiya	West Springf	47.28
180	Porter, Grace	Loudoun Coun	45.68	234	Jones, Montana	Cape Henlope	47.28
181	Brunson, Olivia	Colonial For	45.70	234	Erinne, Cecilia	Westfield	47.28
182	Gardner, Allison	George C. Ma	45.75	236	Natarajan, Sriya	Deep Run	47.28
183	Hamilton, Dynasty	Statesville	45.78	237	Onibudo, Comfort	Bowie High S	47.30
184	Edwards, Jalesa	Manor	45.78	238	Tur, Hargun	Deep Run	47.31
185	Jackson, Taionna	Tuscarora Hi	45.78	239	Pegues, Saniyah	Manor	47.35
186	Pierce, Macy	James River	45.80	240	Lewis, Nile	Bishop O'Con	47.40
187	Van Remortel, Heleyna	West Potomac	45.80	241	Nash, Grace	Southern (Aa	47.44
188	Hilton, Nykia	Lexington	45.80	242	Marchand, Mia Cate	Lake Braddoc	47.44
189	Tarpy, Emeili	Green Hope	45.85	243	Blay, Marilyn	Tuscarora Hi	47.51
190	Boyle, Danielle	Howard High	45.86	244	Curtis, Mecolla	Maury High S	47.53
191	Friend, Sarah	Yorktown	45.86	245	Romualdez, Erica	Bishop O'Con	47.60
192	Youngkrantz, Hayden	South Lakes	45.86	246	Teesdale, Courtney-Maurice	Suitland Hig	47.60
193	Withana, Risakya	Tuscarora Hi	45.87	247	Ferguson, Adrienne	I.C. Norcom	47.63
194	Everett, Alaila	I.C. Norcom	45.95	248	Page, Brianna	Gar-Field	47.69
195	Bide, Grace	Tallwood	45.97	249	Fangmann, Brianna	McLean	47.72
196	Funchion, Devin	Padua Academ	45.99	250	Irish-Maldonado, Mariel	Bishop O'Con	47.75
197	Coffey, Kendra	Kent Island	46.05	251	Artis, Brezlyn	Atlee	47.81
198	Evans, Dakota	Elizabeth Se	46.08	252	Hubbard, Zyrie-Ana	Maury High S	47.83
199	Hilton, Meghan	West Springf	46.13	253	Allen, Morgan	Cuthbertson	47.88
199	Williams, Deysia	James River	46.13	254	Turner, Aundrea	Westfield	47.91
201	Arrington, Samone	Southern Dur	46.18	255	Saadia, Ella	Oakton	47.94
202	Childress, Isla	Jamestown	46.25	256	Matthews, Olivia	Jamestown	47.95
203	Crittenberger, Grayson	The Potomac	46.27	257	Huckabee, Victoria	Oakton	48.14
204	Uncapher, Emma	Norfolk Academy	46.29	258	Van Zyl, Sophia	Veritas Scho	48.15
205	Cherry, Evelyn	Herndon	46.32	259	Brown, Najae	Suitland Hig	48.17
206	Gordon, Gabrielle	Montverde Ac	46.34	260	Grady, Haidyn	Cuthbertson	48.19
207	Crawford, Ieshia	Manor	46.37	261	Zalc, Brinley	Green Hope	48.21
				262	Sedaghat-Bashir, Elaheh	Oakton	48.22
				263	Jones, Jasmine	Elizabeth Se	48.24

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

Virginia Beach Sports Center

Results

Finals ... (Girls 300 Meter Dash)

Name	School	Finals
264 Lachowski, Amelia	Hough, Willi	48.30
265 Johnson, Kayla	Manor	48.32
266 Harris, Adrianna	Riverdale Ba	48.33
267 Batta, Kate	James River	48.36
268 Rodriguez, Isabelle	Bishop O'Con	48.42
269 Weatherall, Christine	South County	48.46
270 Murchie, Cybil	Veritas Scho	48.48
271 Hall, Sireen	South Lakes	48.50
272 Reid, Kristina	Parkland Mag	48.51
273 Odum, Taylor	Abingdon Hig	48.64
274 Dickerson, Ashlyn	James River	48.85
275 Lauber, Samantha	George C. Ma	48.99
276 Bowers, Cecilia	Southern (Aa	49.02
277 Lawson, Alexandra	Cuthbertson	49.13
278 Edmonds, Lydia	Falls Church	49.16
279 Schiavone, Maggie	Southern (Aa	49.23
280 Lohmann, Ciara	Central Reg	49.33
281 Mrozienski, Samantha	Cuthbertson	49.33
282 Patti, Katelyn	Academy of t	49.34
283 Royse, Ashley	Cuthbertson	49.37
284 Tucker, Niara	Jackson-Reed	49.41
285 Chewning, Peyton-Ann	Cuthbertson	49.57
286 Pierre-Charles, Jalisa	Western Bran	49.64
287 Brown, Sydney	West Potomac	49.75
288 Dabney, Elsie	Lafayette	49.84
289 Britt, Iliyana	Atlee	49.87
290 Dabbieri, Catherine	West Potomac	49.89
291 Khoury, Julia	Jackson-Reed	49.96
292 Norris, Aubrey	Manor	50.09
293 Williams, Sabrina	Oakton	50.22
294 Mays, Janaya	James River	50.26
295 Smith, Selah	Elizabeth Se	50.29
296 Parker, Laylah	Gar-Field	50.32
297 Billings, Zoey	Manor	50.32
298 Terrell, Saniya	Riverdale Ba	50.43
299 Swift, Camryn	Falls Church	50.51
300 Fiorillo, Angelina	James River	50.52
301 Dunbar, Destini	Jamestown	50.61
302 Brooks, Morgan	Parkland Mag	50.68
303 McDermond, Emily	Padua Academ	50.72
304 Atkins, Mckenzie	Riverdale Ba	50.84
305 Bass, Sabrina	I.C. Norcom	50.86
306 Miller, Nyla	Parkland Mag	50.89
307 Baker, Zanaya	Manor	50.95
308 Lewis, Airel	Rocky River	50.99
309 Mapp, Shannon	I.C. Norcom	51.13
310 Zimmerman, Ava	Academy of t	51.18
311 Modiramani, Elina	Oakton	51.26
312 Ellis, Livy	James River	51.39
313 Malloy, Nalini	Parkland Mag	51.40
314 Haile, Heaven	Oakton	51.42
315 Funchion, Jenna	Padua Academ	51.48
316 Goodlett, Keira	Veritas Scho	51.53
317 Basilio, Sophia	Falls Church	51.71

318 Olmedo-Zarate, Sarela	Parkland Mag	51.75
319 Shanks, Ava	Jackson-Reed	51.85
320 Williams, Asia	James River	51.91
321 Moore, Madison	Cuthbertson	52.00
322 Ravaoli, Isabella	Cuthbertson	52.03
323 Leinart, Ciah	Manor	52.05
324 Fuller, Lucy	Jamestown	52.22
325 Beckford, Gerrin	James River	52.49
326 Mosley, Amora	I.C. Norcom	52.51
327 Westbrook, Angel	James River	52.79
328 Mata, Nathalie	James River	53.12
329 Earnest, Monea	Padua Academ	53.29
330 Sykes, Tatyana	Tallwood	53.29
331 Corporal, Samya	Tuscarora Hi	53.42
332 Williams, Sydney	James River	53.46
333 Bryant, Abigail	Veritas Scho	53.47
334 Norris, Addison	Academy of t	53.65
335 Lyles, Myla	Atkins	53.98
336 Smith, Kiersten	Cape Henlope	54.35
337 Crabbe, Taylor	Cuthbertson	54.55
338 Clemons, Malia	James River	54.68
339 Smith, Frederika	Tallwood	55.03
340 Thomas, Madison	Manor	55.11
341 Wright, Layla	I.C. Norcom	55.81
342 DeRoco, Tess	Veritas Scho	55.83
343 King, Mariah	Manor	56.44
344 Hobbs, Alana	James River	56.49
345 Vitollo, Elliana	Greenbrier C	57.00
346 Birchett, Naki	Suitland Hig	57.44
347 Murray-Green, Kimora	John Marshal	57.81
348 Garland, Heaven	Suitland Hig	58.81
349 Robinson, Tanea	Suitland Hig	58.93

Girls 500 Meter Dash

National: 1:10.22 \$ 1/17/2020 Athing Mu

Meet: 1:10.22 @ Athing Mu

Name	School	Finals
1 Onwi, Grace	William Byrd	1:19.13
2 Hickman, Grace	Arundel High	1:19.35
3 PenaSoto, Carmen	Olympic	1:19.57
4 Bockius, Anna	Padua Academ	1:19.77
5 Jalivay, Sydney	Heritage Chr	1:19.78
6 O'Neil, Indra	Stone Bridge	1:19.90
7 Barnes, Janya	Olympic	1:19.90
8 Taylor, Lauren	L.C. Bird	1:20.30
9 Karjane, Brielle	James River	1:20.35
10 Hall, Saniya	Parkland Mag	1:20.61
11 Alejo, Asya	Old Mill Hig	1:20.73
12 Fulgham, Mackenzie	The Potomac	1:20.84
13 Brabant, Elizabeth	South Lakes	1:20.88
14 Ijaz, Kamila	Massaponax	1:21.35
15 Comer, Brianna	L.C. Bird	1:21.63
16 Rodriguez-Aguilar, Celeste	Tuscarora Hi	1:21.77
17 Oldham, Saniya	Landstown Hi	1:21.93
18 Britt, Charlotte	Myers Park	1:22.04

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

Virginia Beach Sports Center

Results

Finals ... (Girls 500 Meter Dash)

Name	School	Finals				
19 Dyer, Amaira	Old Mill Hig	1:22.08	73	Stoddard, Bianca	Tallwood	1:29.93
20 Ricker, Kenley	Cosby	1:22.10	74	Okoobo, Eva	Jackson-Reed	1:30.02
21 Voces, Alana	Kellam	1:22.27	75	Rafat, Ella	Westfield	1:30.22
22 Wilson, Amari	L.C. Bird	1:22.31	76	Cruess, Siobhan	Veritas Scho	1:30.59
23 Berry, Shanell	Massaponax	1:22.62	77	Edwards, Jalesa	Manor	1:30.67
24 Waite, Chessoni	Panther Cree	1:22.63	78	Knight, Anyra	Suitland Hig	1:30.82
25 Eichelbaum, Rhianen	Oakton	1:22.67	79	Martin, Alaya	Riverdale Ba	1:31.00
26 Keitt, Victoria	Panther Cree	1:22.80	80	Forbes, Sofia	Western Bran	1:31.24
27 Matthews, Jade	Jefferson	1:22.91	81	Godwin, Maile	Cape Henlope	1:31.37
28 Burrell, Nya	Cuthbertson	1:22.91	82	Raizada, Arushi	Tabb	1:31.58
29 Crawford, Taylor	Panther Cree	1:22.97	83	Bender, Mia	Cape Henlope	1:31.63
30 Wills, Mikayla	Elizabeth Se	1:23.61	84	Sherrill, Amy	Oakton	1:31.65
31 Loller, Gianna	First Coloni	1:23.89	85	Baker, Darian	Maury High S	1:31.77
32 Purce, Olivia	Jackson-Reed	1:24.00	86	Mrozienski, Samantha	Cuthbertson	1:31.77
33 Griswold, Ally	The Potomac	1:24.01	87	Lauber, Samantha	George C. Ma	1:32.11
34 Heyliger, Reese	Kent Island	1:24.07	88	Jones, Zariah	Dudley	1:32.18
35 Beck, Ellie	Green Hope	1:24.20	89	Anani, Nora	Archbishop C	1:32.22
36 Marshall, Janiyah	Freedom (Woo	1:24.33	90	Patti, Katelyn	Academy of t	1:32.28
37 Grant, Nadia	York	1:24.45	91	White, Aaliyah	Lafayette	1:32.29
38 Jordan, Shalei	Dudley	1:25.03	92	Tuck, Regan	Cosby	1:32.41
39 Davis, Saniyah	Elizabeth Se	1:25.10	93	Johnson, Kennedy	Cape Henlope	1:32.65
40 Cleveland, Savanna	Cosby	1:25.23	94	Blondheim, Madison	Suitland Hig	1:32.75
41 Houp, Maggie	Cuthbertson	1:25.55	95	Frantz, Rory	Jackson-Reed	1:32.92
42 Lombardo, Erica	Tabb	1:25.66	96	Gradishar, Grace	Falls Church	1:33.02
43 Gaffney, Bridget	Cuthbertson	1:25.67	97	Getaneh, Adisa	Westfield	1:33.43
44 Brunson, Olivia	Colonial For	1:25.75	98	Grady, Haidyn	Cuthbertson	1:33.49
45 Iger, Abigail	Yorktown	1:25.81	99	Ward, Hailey	Western Bran	1:33.56
46 Lanphear, Lauren	Veritas Scho	1:25.88	100	Zalc, Brinley	Green Hope	1:33.63
47 Wright, Jordyn	R.J. Reynold	1:26.05	101	Dabbieri, Catherine	West Potomac	1:33.81
48 Overdeck, Tenley	The Potomac	1:26.20	102	Childs, Sophrra	I.C. Norcom	1:34.01
49 Ellis, Samantha	Old Mill Hig	1:26.27	103	Fangmann, Brianna	McLean	1:34.25
50 West, Nyssa	Parkland Mag	1:26.55	104	Brown, Sydney	West Potomac	1:34.29
51 Long, Jayden	Westfield	1:26.73	105	Niang, Amy	Atkins	1:34.47
52 Bell, Kaitlyn	Cuthbertson	1:26.79	106	Theut, Quinn	Westfield	1:34.90
53 Hollie, Kei'Aria	Willow Sprin	1:26.87	107	Crocco, Grace	James River	1:35.18
54 Lina, Yalix	Jackson-Reed	1:26.90	108	Jackson, Logan	West Potomac	1:35.33
55 Hammond, Celeste	Herndon	1:27.01	109	Heffner, Kaliyah	Suitland Hig	1:35.48
56 Friend, Sarah	Yorktown	1:27.30	110	Leinart, Ciah	Manor	1:35.53
57 Phillips, Isabella	Falls Church	1:27.37	111	Odriscoll, Claire	Green Hope	1:36.10
58 Stuard, Johanna	Westfield	1:27.62	112	Agbagba, Amivi	Tallwood	1:37.23
59 Ayala, Aurora	Oakton	1:27.74	113	Terrell, Saniya	Riverdale Ba	1:37.62
60 Massey, Aa'Niyah	Dudley	1:27.95	114	Teesdale, Courtney-Maurice	Suitland Hig	1:37.85
61 Omer, Saadiya	Parkland Mag	1:27.97	115	Evans, Seniah	Suitland Hig	1:37.88
62 Penniegraft, Kendall	Dudley	1:28.19	116	Lambright, Ashley	Western Bran	1:38.06
63 Turner, Caramia	Cuthbertson	1:28.49	117	Heers, Grace	Cape Henlope	1:38.18
64 Brown-Jackson, Lakaya	Suitland Hig	1:28.59	118	Moore, Brielle	Cuthbertson	1:38.49
65 Foley, Colette	West Potomac	1:28.67	119	Douglas-Simpson, Alaya	Butler	1:38.66
66 Morton, Maddie	R.J. Reynold	1:28.68	120	Gamuciella, Haley	Cape Henlope	1:39.01
67 Armstrong, Jada	Elizabeth Se	1:28.70	121	Johnson, Kyla	Western Bran	1:39.06
68 Timberlake, Maleah	Rocky River	1:28.97	122	Scott, Molly	James River	1:39.09
69 Hudson, Jenis	Elizabeth Se	1:29.15	123	Olmedo-Zarate, Sarela	Parkland Mag	1:39.44
70 Morrell, Sierra	Maury High S	1:29.69	124	Zimmerman, Ava	Academy of t	1:39.76
71 Moreno, Jaida	Elizabeth Se	1:29.77	125	Scott, Peyton	James River	1:40.10
72 Percival-Shim, Olivia	Green Hope	1:29.87	126	Tyler, Samantha	Oakton	1:40.19
			127	House, Mariah	Atkins	1:41.66
			128	Neenan, Taylor	Cuthbertson	1:42.04

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

Virginia Beach Sports Center

Results

Finals ... (Girls 500 Meter Dash)

Name	School	Finals
129 Jones, Jasmine	Elizabeth Se	1:42.11
130 Sheehan, Leah	Cape Henlope	1:42.18
131 Malloy, Nalini	Parkland Mag	1:43.16
132 Schaen, Payton	Cape Henlope	1:43.24
133 Leos, McKenzie	Cape Henlope	1:44.05
134 Harris, Ajah	Tallwood	1:44.28
135 Atkins, Mckenzie	Riverdale Ba	1:44.78
136 Hoyman, Paige	Veritas Scho	1:45.79
137 Boone, Shakya	I.C. Norcom	1:46.46
138 Wilcox, Amelia	Veritas Scho	1:46.53
139 Passmore, Cadence	Veritas Scho	1:52.51
140 Williams, Anjeanette	Manor	1:52.69
141 Brooks, Morgan	Parkland Mag	1:55.35
142 Mosley, Amora	I.C. Norcom	1:56.54
143 Bass, Sabrina	I.C. Norcom	1:59.88

Girls 500 Meter Dash -- USATF--Fr

National: 1:10.22 \$ 1/17/2020 Athing Mu

Meet: 1:10.22 @ Athing Mu

Freshman: 1:11.53 ! 2004 Devon William

Name	School	Finals
1 Williams, Alivia	Mva TC	1:13.11
2 Rothwell, Morgan	Bullis TC	1:13.95
3 Smith, Michelle	Mva TC	1:14.31
4 Brown, Shari	Unattached	1:14.55
5 Brown, Kennedy	Bullis TC	1:15.09

Girls 500 Meter Dash Invitational

National: 1:10.22 \$ 1/17/2020 Athing Mu

Meet: 1:10.22 @ Athing Mu

Sophomore: 1:11.44 # 2004 Devon Williams

Junior: 1:11.26 % 2022 Sophia Gorriaran

Senior: 1:10.22 * 2020 Athing Mu

Name	School	Finals
1 Rambo, Sophie	Grassfield	1:13.56
2 Conner, Kenyah	Woodward Aca	1:13.80
3 Flanagan, Mary	Padua Academ	1:14.14
4 Nolan, Sidney	Patriot High	1:14.67
5 Flower, Madelyn	Apex	1:15.45
6 Wallace, Julia	South County	1:15.57
7 Wimbish, Amber	Bishop McNam	1:15.62
8 Lewis, Madilyn	Lake Braddoc	1:16.60
9 Johnson, Jayla	The Montfort	1:16.64
10 Nebel, Ava	Img Academy	1:17.35
11 Duncan, D'Asia	Montverde Ac	1:17.37
12 Simmons, Sky	Bishop McNam	1:18.12
13 Brooks, Zoe	Bullis Schoo	1:18.43
14 Hudson, Nakira	Montverde Ac	1:18.85
15 Hatcher, Megan	Parkland Mag	1:18.93
16 Canon, Molly	Charlotte Ca	1:19.20
17 Tyson, Sky Bleu	Palisades Hi	1:19.27
18 Jackson, Josie	Abingdon Hig	1:19.59

19 Hollington, Danielle	York	1:20.01
20 Neal, Malana	Tatnall	1:20.15
21 Harris, Darian	Tatnall	1:20.62
22 Joiner, Jaelynn	Hanover	1:20.83
23 Asterilla-Anderson, Nyela	Freedom (Woo	1:20.87
24 Germain, Jordann	South County	1:20.96
25 Dabich, Samantha	George C. Ma	1:21.08
26 Byrd, Ruqayyah	Freedom (Woo	1:21.11
27 Sheldon, Grace	Battlefield	1:22.10
28 Gordon, Journee	Olympic	1:22.92
29 Allen, Alexandra	Dupont Manua	1:23.76
30 Ramirez-Castillo, Sharlyn	Riverdale Ba	1:24.69
-- Boateng, Amanda	Freedom (Woo	DNF

Girls 1000 Meter Run Invitational

National: 2:39.41 \$ 2/26/2022 Juliette Whittaker

Meet: 2:43.34 @ Roisin Willis

Sophomore: 2:45.49 # 2020 Juliette Whittaker

Junior: 2:41.53 % 2021 Roisin Willis

Senior: 2:39.41 * 2022 Juliette Whittaker

Name	School	Finals
1 DeLisi, Alli	Penn Charter	2:49.52
2 Scott, Cassidy	Fauquier	2:50.04
3 Preisano, Justine	Cuthbertson	2:51.08
4 Miller, Annie	Metrolina Ch	2:54.48
5 Dingman, Kasey	Lake Norman	2:58.63
6 Phillips, Jane	Kellam	3:00.96
7 Humphries, Riley	Prince Georg	3:01.57
8 Bradbury, Reese	Blacksburg H	3:02.03
9 Dickhans, Tess	Blacksburg H	3:03.88
10 Braun, Noelle	Grassfield	3:09.60
11 Harsanyi, Bella	South Lakes	3:15.80

Girls 1000 Meter Run

National: 2:39.41 \$ 2/26/2022 Juliette Whittaker

Meet: 2:43.34 @ Roisin Willis

Name	School	Finals
1 Holgado, Sophia	Padua Academ	2:59.11
2 Nolan, Sidney	Patriot High	3:00.60
3 Vanek, Hadley	W.T. Woodson	3:02.44
4 Zabel, Alaina	Myers Park	3:02.94
5 Exley, Reagan	The Potomac	3:02.98
6 Jones, Psalmn	Freedom (Woo	3:03.04
7 Lee, Cameron	Blacksburg H	3:03.23
8 Kelly, Colleen	Battlefield	3:03.66
9 Arnold, Lucy	Battlefield	3:04.61
10 Arenholz, Keira	W.T. Woodson	3:04.80
11 Lichtenstein, Camille	W.T. Woodson	3:05.20
12 Tate, Grace	Mount Desales	3:06.02
13 Waggoner, Amelia	Atlee	3:06.16
14 Sapperstein, Caroline	Oakton	3:06.40
15 Malloy, Ellen	Yorktown	3:06.61
16 Jaggard, Corinne	Langley	3:07.16
17 Rainey, Reagan	Hough, Willi	3:07.26

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

Virginia Beach Sports Center

Results

Finals ... (Girls 1000 Meter Run)

Name	School	Finals					
18	Dabich, Samantha	George C. Ma	3:07.33	72	Aguirre-Martinez, Johanna	South Lakes	3:23.47
19	Leone, Reagan	West Springf	3:07.45	73	Lanphear, Jenna	Veritas Scho	3:23.54
20	Whitehouse, Eleanor	Yorktown	3:07.68	74	Rundgren, Ariana	Willow Sprin	3:24.20
21	Ryan, Aya	South Lakes	3:07.74	75	Somerville, Madison	Colonial For	3:24.30
22	Eichelbaum, Rhianen	Oakton	3:08.05	76	Kinsman, Kara	Jamestown	3:24.32
23	Tuttle, Kate	The Potomac	3:08.35	77	Miller, Addison	Cuthbertson	3:24.41
24	Davidson, Ryan	Monticello	3:08.35	78	Payne, Riley	Hough, Willi	3:24.77
25	Johnson, Madison	New Kent	3:08.46	79	Swain, Riley	Cosby	3:25.11
26	McDonald, Allie	Blacksburg H	3:08.81	80	Johnston, Emily	Smithfield	3:25.16
27	Jackson, Josie	Abingdon Hig	3:08.85	81	Wright, Ella	McLean	3:25.87
28	Williams, Kendall	South County	3:09.06	82	Pritchard, Brianna	Westfield	3:26.28
29	Gentile, Isabella	Marvin Ridge	3:09.13	83	Wells, Hazel	Deep Run	3:26.47
30	Mead, Madelyn	Padua Academ	3:09.28	84	Mamienski, Ava	West Potomac	3:26.63
31	Ferrante, Amanda	Abingdon Hig	3:09.36	85	Robinson, Jate	Kellam	3:26.65
32	Connors, Nina	Tuscarora Hi	3:09.55	86	Cowen, Josie	West Potomac	3:26.66
33	Woods, Krissa	Tatnall	3:09.61	87	Keyes, Alexi	West Potomac	3:27.28
34	Rose, Alexis	Massaponax	3:09.68	88	Smith, Rhys	Thomas Ediso	3:27.34
35	Motes, Thea	Independence	3:09.80	89	Peterman, Nora	Kellam	3:27.58
36	Len, Katherine	West Springf	3:10.00	90	Dailey, Sage	Cuthbertson	3:27.92
37	Hall, Allyson	West Springf	3:10.39	91	Collins, McKenzie	Holly Spring	3:28.10
38	McCroskey, Madeleine	West Springf	3:10.43	92	Baker, Jaclyn	Jamestown	3:28.23
39	Haynie, Isabella	Cosby	3:10.75	93	Bultema, Emily	Cosby	3:28.28
40	Patterson, Kaely	Hough, Willi	3:12.51	94	Wester, Abigail	Jamestown	3:28.60
41	Bland, Sarah	Atlee	3:12.52	95	Uribe, Monica	Oakton	3:28.77
42	Conaway, Eliza	Blacksburg H	3:13.19	96	Connolly, Claire	Cuthbertson	3:29.02
43	Prince, Rachel	Greenbrier C	3:13.61	97	Tuck, Katelyn	Cosby	3:29.19
44	Fabiato, Julia	Deep Run	3:13.63	98	Brown, Kalie	Loudoun Coun	3:29.56
45	Phillips, Hannah	Jefferson	3:13.81	99	Kuhn, Caroline	Cosby	3:29.63
46	Lewis, Sophie	Oakton	3:14.10	100	Satterfield, Ava Grace	South Lakes	3:29.67
47	Shearer, Hailey	Jamestown	3:14.20	101	Jayson, Cybil	Falls Church	3:29.70
48	Sheldon, Grace	Battlefield	3:14.26	102	Carnazza, Kayleigh	Bayside High	3:29.97
49	Mesfin, Abbi	Oakton	3:14.27	103	Euripides, Chrysanthi	Massaponax	3:30.46
50	Farley, Caitlin	McLean	3:14.45	104	Bergesen, Alexa	Westfield	3:30.54
51	Mau, Addison	West Springf	3:14.48	105	Roach, Nina	James River	3:30.91
52	Phillips, Isabella	Falls Church	3:14.62	106	Seymour, Peyton	Landstown Hi	3:31.18
53	Thomas, Kathryn	McLean	3:14.78	107	Hinton, Sophie	McLean	3:31.48
54	Cluff, Arabel	Holly Spring	3:14.93	108	Omer, Saadiya	Parkland Mag	3:31.65
55	Shoaf, Kate	Colonial For	3:15.03	109	Dramby, Layla	Jamestown	3:31.94
56	Trapp, Aine	Augusta Prep	3:15.29	110	Blake, Riley	Green Hope	3:32.43
57	Parish, Sydney	George C. Ma	3:15.67	111	Keir, Annabel	Deep Run	3:32.96
58	Maignan, Chloe	Bishop McNam	3:16.35	112	Crotty, Logan	Cape Henlope	3:33.12
59	Ambrose, Carissa	Atlee	3:17.96	113	Perez, Rosie	Princess Ann	3:33.30
60	Edwards, Anna	Calvary Bapt	3:18.20	114	Penniegraft, Kendall	Dudley	3:33.89
61	Gomez, Riley	Ocean Lakes	3:18.28	115	Bedford, Ashley	Atlee	3:34.01
62	Beyerle, Jenna	Hough, Willi	3:18.47	116	Birkland, Emery	James River	3:34.06
63	Noonan, Lily	Cape Henlope	3:19.51	117	Laderman, Sarah	Thomas Ediso	3:34.09
64	Craia, Alicia	Green Hope	3:20.19	118	Balaguer, Caitlin	Academy of t	3:34.32
65	Houp, Maggie	Cuthbertson	3:20.34	119	Anderson, Allegra	Cuthbertson	3:34.40
66	Dorn, Aleah	Abingdon Hig	3:20.51	120	O'Brien, Margot	Loudoun Coun	3:35.24
67	Wiechers, Abigail	Hough, Willi	3:20.68	121	Reilly, Rachel	Deep Run	3:35.26
68	Funchion, Devin	Padua Academ	3:20.98	122	Percival-Shim, Olivia	Green Hope	3:35.54
69	Copic, Lila	Colonial For	3:21.28	123	Theodore, Kylee	Deep Run	3:35.97
70	Davis, Antoinette	Bishop McNam	3:22.36	124	Freeman, Sabina	South Lakes	3:36.10
71	Creasman, Zoey	Poquoson	3:23.27	125	DeJarnette, Carter	James River	3:36.16
				126	Canales, Lean	Westfield	3:36.30
				127	Dietrich, Erna	Lord Botetou	3:37.00

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

Virginia Beach Sports Center

Results

Finals ... (Girls 1000 Meter Run)

Name	School	Finals
128 Baucom, Rowan	Jamestown	3:37.06
129 Hanford, Tiana	Oakton	3:37.08
130 Bradshaw, Isabella	Oakton	3:37.08
131 Barrington, Samari	Montverde Ac	3:37.09
132 Wheeler, Charlotte	McLean	3:37.58
133 Lowit, Eleanor	South Lakes	3:37.63
134 Healy, Madison	Westfield	3:38.08
135 Harper, Sophia	Jackson-Reed	3:38.09
136 Orr, Susanna	Jackson-Reed	3:38.36
137 Leber, Lillian	Jackson-Reed	3:38.50
138 Stanback, Daryn	Dudley	3:38.64
139 Burrell, Sophie	Oakton	3:39.43
140 Funchion, Jenna	Padua Academ	3:39.65
141 Osebe, Stephanie	Granby	3:39.69
142 Cowen, Delaney	Green Hope	3:40.34
143 Dejesus, Isabella	Bayside High	3:40.98
144 Holton, Savannah	Bayside High	3:41.09
145 Kirzan-Luque, Alegra	Academy of t	3:41.13
146 Barnes, Emily	Deep Run	3:42.07
147 Shanmugaselvam, Shreeya	Deep Run	3:43.33
148 Faria, Sera	Heritage (Ly	3:43.38
149 Myers, Tess	Academy of t	3:43.59
150 Morley, Kayla	Cosby	3:44.15
151 Traish, Amira	Falls Church	3:44.20
152 Green, Ali	Jackson-Reed	3:44.41
153 Hinckley, Eliana	Cuthbertson	3:44.65
154 Charleston, Bridget	Deep Run	3:44.68
155 Hendriks, Maja Marie	Green Hope	3:45.13
156 Robinson, Natalie	Centennial H	3:46.33
157 Smith, Sarah	Green Hope	3:48.42
158 Pla, Alexandria	Academy of t	3:49.87
159 Allen, Kennedy	Bayside High	3:51.27
160 Della Rocca, Catherine	Academy of t	3:51.37
161 Mackell, Amiyah	Archbishop C	3:51.95
162 Aguila, Alesandra	Academy of t	3:52.53
163 McKinney, Christina	Dudley	3:52.59
164 Rizo, Julimar	Butler	3:52.66
165 McLaughlin, Catie	Cuthbertson	3:53.07
166 Reynolds, Lindsey	Academy of t	3:53.30
167 Try, Lillian	West Potomac	3:59.33
168 DeMoor, Annelies	Academy of t	4:01.17
169 Branham, Ruby	Veritas Scho	4:01.62
170 Campanario, Ana Paula	Academy of t	4:02.34
171 Thomas, Katelynn	Veritas Scho	4:03.93
172 Blanton, Josephine	George C. Ma	4:06.49
173 Cumpiano, Sofia	Jackson-Reed	4:13.26
--- Jones, Lydia	Smithfield	DNF

Girls 1500 Meter Run En Route

Name	School	Finals
1 St. John Kletter, Logan	Mount Lebano	4:30.25
2 Bell, Charlotte	Cuthbertson	4:31.06
3 Preisano, Justine	Cuthbertson	4:32.16

4 Kucler, Wren	North Allegh	4:33.06
5 DeLisi, Alli	Penn Charter	4:38.09
6 Hood, Caroline	Pace Academy	4:39.12
7 Kucler, Robin	North Allegh	4:39.41
8 Downin, Abby	Tatnall	4:40.65
9 Johnson, Rena	Patriot High	4:43.32
10 Black, Eliana	Img Academy	4:43.74
11 Dingman, Kasey	Lake Norman	4:44.10
12 Scott, Cassidy	Fauquier	4:44.20
13 Elliott, Caroline	South Lakes	4:44.75
14 Dawson, Celia	W.T. Woodson	4:44.81
15 Gordon, Liliah	Northern Bur	4:44.83
16 Cramer, Lucy	Parkview Bap	4:44.86
17 Payne, Katie	Tatnall	4:45.76
18 Simon, Catalina	South Lakes	4:45.81
19 Miller, Annie	Metrolina Ch	4:46.14
20 Velasquez, Elly	Glen Allen H	4:46.23
21 Loescher, Kate	Colonial For	4:46.57
22 Trant, Elizabeth	Poquoson	4:46.72
23 Kaliher, Carlita	Tatnall	4:47.61
24 Brooks, Kylie	Jamestown	4:47.76
25 MacGrath, Aidan	West Springf	4:47.93
26 Exley, Reagan	The Potomac	4:48.03
27 Phillips, Jane	Kellam	4:48.25
28 Barker, Adeline	West Springf	4:48.40
29 Alexander, Sofi	Asheville	4:48.80
30 Weithman, Molly	Bishop O'Con	4:49.28
31 Schwelm, Ruby	Tatnall	4:49.88
32 Varshney, Ishi	Panther Cree	4:51.81
33 Miller, Chloe	West Springf	4:53.89
34 Bradbury, Reese	Blacksburg H	4:54.13
35 Pasko, Ella	Marvin Ridge	4:54.33
36 Gorsky, Mary	McDonogh Sch	4:55.31
37 Strafford, Anna	W.T. Woodson	4:55.49
38 Sheldon, Sofia	Yorktown	4:55.84
39 Wallace, Callie	Maret School	4:58.80
40 Mann, Kiley	Howard High	4:58.91
41 Arenholz, Keira	W.T. Woodson	5:00.84
42 Kelly, Colleen	Battlefield	5:01.29
43 Rainey, Reagan	Hough, Willi	5:04.37
44 Gentille, Isabella	Marvin Ridge	5:06.16
45 Trapp, Aine	Augusta Prep	5:11.61
46 Len, Katherine	West Springf	5:15.41
47 Phillips, Hannah	Jefferson	5:15.74
48 Sabo, Ada	Mentor	5:19.34
49 Tate, Grace	Mount Desales	5:23.34

Girls 1600 Meter Run En Route

Name	School	Finals
1 St. John Kletter, Logan	Mount Lebano	4:46.56
2 Bell, Charlotte	Cuthbertson	4:48.24
3 Preisano, Justine	Cuthbertson	4:49.56
4 Kucler, Wren	North Allegh	4:51.31
5 DeLisi, Alli	Penn Charter	4:55.78
6 Downin, Abby	Tatnall	4:57.19

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

Virginia Beach Sports Center

Results

Finals ... (Girls 1600 Meter Run En Route)

Name	School	Finals
7 Hood, Caroline	Pace Academy	4:57.80
8 Kucler, Robin	North Allegh	4:57.98
9 Scott, Cassidy	Fauquier	5:01.43
10 Black, Eliana	Img Academy	5:02.20
11 Johnson, Rena	Patriot High	5:02.52
12 Elliott, Caroline	South Lakes	5:02.73
13 Dingman, Kasey	Lake Norman	5:02.89
14 Dawson, Celia	W.T. Woodson	5:03.14
15 Gordon, Liliah	Northern Bur	5:03.25
16 Cramer, Lucy	Parkview Bap	5:03.42
17 Loescher, Kate	Colonial For	5:04.33
18 Velasquez, Elly	Glen Allen H	5:04.36
19 Payne, Katie	Tatnall	5:04.41
20 Miller, Annie	Metrolina Ch	5:04.53
21 Simon, Catalina	South Lakes	5:04.55
22 Trant, Elizabeth	Poquoson	5:05.30
23 Brooks, Kylie	Jamestown	5:06.20
24 MacGrath, Aidan	West Springf	5:06.22
25 Exley, Reagan	The Potomac	5:06.27
26 Kaliher, Carlita	Tatnall	5:06.35
27 Barker, Adeline	West Springf	5:06.54
28 Phillips, Jane	Kellam	5:06.57
29 Weithman, Molly	Bishop O'Con	5:08.25
30 Alexander, Sofi	Asheville	5:08.95
31 Schwelm, Ruby	Tatnall	5:09.50
32 Miller, Chloe	West Springf	5:12.50
33 Bradbury, Reese	Blacksburg H	5:12.79
34 Varshney, Ishi	Panther Cree	5:13.11
35 Pasko, Ella	Marvin Ridge	5:13.44
36 Gorsky, Mary	McDonogh Sch	5:13.95
37 Strafford, Anna	W.T. Woodson	5:14.09
38 Sheldon, Sofia	Yorktown	5:14.54
39 Wallace, Callie	Maret School	5:18.25
40 Arenholz, Keira	W.T. Woodson	5:20.75
41 Kelly, Colleen	Battlefield	5:21.33
42 Mann, Kiley	Howard High	5:21.64
43 Rainey, Reagan	Hough, Willi	5:25.71
44 Gentile, Isabella	Marvin Ridge	5:26.70
45 Trapp, Aine	Augusta Prep	5:30.86
46 Len, Katherine	West Springf	5:37.09
47 Phillips, Hannah	Jefferson	5:39.26
48 Sabo, Ada	Mentor	5:40.56
49 Tate, Grace	Mount Desales	5:44.27

Girls 1600 Meter Run

National: 4:28.25 \$ 2/16/2013 Mary Cain

Meet: 4:42.13 @ Sydney Thorvaldson

Name	School	Finals
1 Sivitz, Claire	Howard High	5:13.86
2 Horwitt, Lauren	Marvin Ridge	5:14.25
3 Jorde, Brenna	Img Academy	5:16.31
4 Zabel, Alaina	Myers Park	5:18.62
5 Eberly, Liana	Woodbridge	5:18.70

6 Whitehouse, Eleanor	Yorktown	5:18.87
7 Mayer, Julia	Marvin Ridge	5:19.25
8 Schihl, Josie	Cuthbertson	5:19.47
9 Burgee, Rebecca	Southern (Aa	5:20.15
10 Ferrante, Amanda	Abingdon Hig	5:20.46
11 Vanek, Hadley	W.T. Woodson	5:20.66
12 Calway, Hazel	Langley	5:20.91
13 Dahl, Emily	Jamestown	5:20.98
14 Sullivan, Meghan	Herndon	5:21.72
15 Davidson, Ryan	Monticello	5:21.90
16 Connors, Nina	Tuscarora Hi	5:22.25
17 Meadows, Lindsay	Ocean Lakes	5:22.92
18 Lee, Cameron	Blacksburg H	5:23.47
19 Hurst, Kelsey	Grafton High	5:23.69
20 Lichtenstein, Camille	W.T. Woodson	5:23.78
21 Sapperstein, Caroline	Oakton	5:24.14
22 Beike, Avery	Glen Allen H	5:24.20
23 Walters, Ava	Cuthbertson	5:24.26
24 Campbell, Katelyn	Grafton High	5:24.54
25 Stevens, Hannah	Grassfield	5:24.55
26 McDonald, Allie	Blacksburg H	5:25.29
27 Waggoner, Amelia	Atlee	5:25.31
28 Spaner, Madeleine	Langley	5:25.42
29 Fruge, Destiny	Bullis Schoo	5:25.51
30 Ackerson, Lauren	Colonial For	5:25.72
31 Malloy, Ellen	Yorktown	5:25.93
32 DiAngelo, Jocelyn	Severna Park	5:26.12
33 Leone, Reagan	West Springf	5:26.25
34 Lukas, Monika	W.T. Woodson	5:28.23
35 Cluff, Arabel	Holly Spring	5:28.93
36 Thompson, Grace	Ocean Lakes	5:29.12
37 Tuttle, Kate	The Potomac	5:29.40
38 Williams, Kendall	South County	5:29.57
39 Pitchford, Josephine	Panther Cree	5:29.60
40 Drunasky, Caroline	Woodbridge	5:29.77
41 Haynie, Isabella	Cosby	5:29.77
42 Devlin, Madeleine	W.T. Woodson	5:29.89
43 Diaz, Daniela	McLean	5:30.20
44 Morley, Kirsten	Cosby	5:30.35
45 Dickhans, Tess	Blacksburg H	5:30.86
46 Elliott, Ava	Tuscarora Hi	5:31.00
47 Murphy, Kathryn	Severna Park	5:31.19
48 Lewis, Sophie	Oakton	5:31.21
49 Anderson, Ella	Athens Drive	5:31.32
50 Mumm, Elizabeth	Bullis Schoo	5:31.48
51 Limao, Isabel	Sidwell Frie	5:31.58
52 Arnold, Lucy	Battlefield	5:31.99
53 Nicholas, Demi	Cary Christi	5:32.11
54 Lewis, Raquel	Oakton	5:32.41
55 Bertelsen, Aurora	Img Academy	5:32.60
56 Bowman, Natalie	Severna Park	5:32.70
57 Hall, Allyson	West Springf	5:32.78
58 Ross, Sammy	Cuthbertson	5:33.04
59 Mau, Addison	West Springf	5:33.92
60 Conaway, Eliza	Blacksburg H	5:33.97
61 Markwell, Elizabeth	Img Academy	5:33.99

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

Virginia Beach Sports Center

Results

Finals ... (Girls 1600 Meter Run)

Name	School	Finals					
62	Weisel, Molly	West Potomac	5:34.37	116	Beyerle, Jenna	Hough, Willi	5:49.02
63	Shearer, Hailey	Jamestown	5:34.43	117	Ghaemmaghami, Jordan	Glen Allen H	5:49.04
64	Cronin, Milla	W.T. Woodson	5:34.58	118	Wartchow, Solveig	McKinley Tec	5:49.25
65	Duhan, Becca	Lake Braddoc	5:34.68	119	Parish, Sydney	George C. Ma	5:49.29
66	Kamas, Josephine	Severna Park	5:35.25	120	Ghaemmaghami, Lauren	Glen Allen H	5:49.65
67	Davis, Madison	Severna Park	5:35.77	121	Keller, Mary	West Springf	5:50.03
68	Beal, Kaylee	Centennial H	5:35.77	122	Prince, Rachel	Greenbrier C	5:50.23
69	Fritz, Catie	Centennial H	5:35.91	123	Rakov, Lauren	Ocean Lakes	5:50.34
70	Gilhooly, Teagan	Atlee	5:36.15	124	Crow, Addison	Atlee	5:50.50
71	Bland, Sarah	Atlee	5:36.58	125	Aguirre-Martinez, Johanna	South Lakes	5:50.54
72	Patterson, Kaely	Hough, Willi	5:37.60	126	Anderson, Allegra	Cuthbertson	5:50.81
73	Young, Elizabeth	Tuscarora Hi	5:37.71	127	Byrne, Sophia	Grafton High	5:50.94
74	Sheils, Cameron	Glen Allen H	5:38.19	128	Schiller, Lana	Grafton High	5:51.13
75	Wolf, Eleanor	W.T. Woodson	5:38.26	129	Pekarsky, Maria	Westfield	5:51.14
76	Ambrose, Carissa	Atlee	5:38.36	130	Bakker, Elaina	Abingdon Hig	5:51.44
77	Fabiato, Julia	Deep Run	5:38.38	131	Smith, Rhys	Thomas Ediso	5:51.54
78	Pegues, Siena	Severna Park	5:38.52	132	Guzman, Scarlette	Cox	5:51.91
79	Keppler, Sofie	Yorktown	5:39.30	133	Wells, Ysabel	Princess Ann	5:52.93
80	Gerolemon, Sadie	Cary Christi	5:39.39	134	Walker, Sydney	McLean	5:52.99
81	Fanshaw, Mia	W.T. Woodson	5:39.44	135	Malzahn, Keira	South Lakes	5:53.39
82	Durkee, Leah	McLean	5:39.49	136	Loe, Abigail	Grafton High	5:53.74
83	Kraska, Nora	Mentor	5:39.52	137	Davis, Sydney	Severna Park	5:54.23
84	O'Brien, Margot	Loudoun Coun	5:39.68	138	Crowley, Abby	Severna Park	5:54.38
85	Horner, Kaylee	West Springf	5:39.72	139	Thorne, Anne	Lord Botetou	5:54.61
86	Aponte, Claire	Lake Braddoc	5:39.83	140	Kouyoumdjian, Arielle	The Potomac	5:55.29
87	Campbell, Marie	West Springf	5:39.96	141	Parsons, Nora	Jackson-Reed	5:55.51
88	Sandel, Lila	Severna Park	5:41.00	142	Pritchard, Brianna	Westfield	5:55.69
89	Baird, Eleanor	West Springf	5:41.57	143	Bourkland, Keira	Lake Braddoc	5:55.91
90	McCroskey, Madeleine	West Springf	5:41.57	144	Cowen, Josie	West Potomac	5:56.00
91	Boughton, Kayla	Glen Allen H	5:41.72	145	Gilbert, Maya	Lake Braddoc	5:56.07
92	Davis, Antoinette	Bishop McNam	5:41.97	146	Uribe, Monica	Oakton	5:56.21
93	Krupica, Savannah	Holly Spring	5:42.27	147	Meadows-Soto, Isabel	Old Mill Hig	5:57.27
94	Heffernan, Brianna	Padua Academ	5:42.38	148	Glass, Lindsey	Grafton High	5:57.68
95	Boughton, Kelsey	Glen Allen H	5:42.70	149	Satterfield, Ava Grace	South Lakes	5:57.99
96	Kelly, Sarah	Severna Park	5:43.64	150	Toro, Julia	McLean	5:58.25
97	Ethridge, Harper	Cary Christi	5:43.80	151	Haen, Caroline	Princess Ann	5:58.98
98	Denton, Audrey	Severna Park	5:44.59	152	Wiest, Samantha	Lake Braddoc	5:59.13
99	Wells, Hazel	Deep Run	5:44.70	153	Bryant, Emma	Grafton High	5:59.40
100	Farley, Caitlin	McLean	5:44.74	154	Hernandez, Brianna	Willow Sprin	5:59.45
101	Poffenbarger, Julie	Granby	5:44.79	155	Finlan, Sophia	Lake Braddoc	5:59.53
102	Ballard, Ellie	Severna Park	5:45.08	156	Soderholm, Lea	South Lakes	5:59.55
103	Crouch, Molli	Cary Christi	5:45.23	157	Carter, Rania	Potomac Seni	6:00.27
104	Burnett, Katie	Glen Allen H	5:45.55	158	Brown, Kalie	Loudoun Coun	6:00.47
105	Dorn, Aleah	Abingdon Hig	5:45.76	159	Craia, Alicia	Green Hope	6:00.48
106	Griggs, Ruby	Blacksburg H	5:45.94	160	Sherrill, Amy	Oakton	6:01.17
107	Denton, Taylor	Severna Park	5:46.09	161	Hood, Eleanor	South Lakes	6:02.11
108	Wevley, Grace	West Springf	5:46.12	162	Hunt, Jillian	Lafayette	6:02.13
109	McCarthy, Kylie	Padua Academ	5:46.22	163	Bedford, Ashley	Atlee	6:02.44
110	Connolly, Claire	Cuthbertson	5:47.02	164	DeAscanis, Teresina	Padua Academ	6:02.45
111	Whitney, Allyssa	Willow Sprin	5:47.25	165	Coleman, Angelica	Severna Park	6:02.48
112	Pendley, Ava	Colonial For	5:47.63	166	Kinsman, Kara	Jamestown	6:02.82
113	Ha, Irene	South Lakes	5:48.11	167	Mamienski, Ava	West Potomac	6:03.13
114	Riddle, Brooke	Grafton High	5:48.54	168	Bowers, Cecilia	Southern (Aa	6:03.67
115	Keyes, Alexi	West Potomac	5:48.57	169	Balaguer, Caitlin	Academy of t	6:03.83
				170	Klinefelter, Mckinley	George C. Ma	6:04.13
				171	Berhe, Mikal	Lake Braddoc	6:04.41

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

Virginia Beach Sports Center

Results

Finals ... (Girls 1600 Meter Run)

Name	School	Finals
172 Theodore, Kylee	Deep Run	6:04.49
173 Mason, Charli	Bullis Schoo	6:04.86
174 Pringle, Ella	Granby	6:04.89
175 Bradshaw, Isabella	Oakton	6:04.98
176 Bergesen, Alexa	Westfield	6:05.14
177 Jayson, Cybil	Falls Church	6:05.72
178 Dramby, Layla	Jamestown	6:06.68
179 Rossi, Kaylin	Oakton	6:06.84
180 Koenig, Danica	Mills Godwin	6:08.31
181 Wester, Abigail	Jamestown	6:09.69
182 Hobson, Rebecca	South Lakes	6:10.72
183 Laderman, Sarah	Thomas Ediso	6:11.68
184 Keir, Annabel	Deep Run	6:12.06
185 Wangen, Eva	Ocean Lakes	6:12.69
186 Harper, Sophia	Jackson-Reed	6:13.49
187 Baker, Jaclyn	Jamestown	6:13.72
188 Reilly, Rachel	Deep Run	6:13.82
189 Selander, Ida	Oakton	6:13.91
190 Robinson, Natalie	Centennial H	6:15.06
191 Blake, Riley	Green Hope	6:16.04
192 Canales, Lean	Westfield	6:17.72
193 Wenger, Cailyn	Central Reg	6:17.91
194 Lowit, Eleanor	South Lakes	6:19.12
195 Orr, Susanna	Jackson-Reed	6:19.55
196 Downs, Caroline	Jackson-Reed	6:20.04
197 Hinton, Sophie	McLean	6:20.33
198 Burrell, Sophie	Oakton	6:20.62
199 Morley, Kayla	Cosby	6:20.94
200 Cumpiano, Sofia	Jackson-Reed	6:22.42
201 Leber, Lillian	Jackson-Reed	6:22.91
202 Acuto, Emily	James River	6:23.74
203 Byrne, Caitlin	Mentor	6:25.39
204 Parrish, Rory	James River	6:25.41
205 Martin, Francesca	Tuscarora Hi	6:25.64
206 Crissey, Shila	Mentor	6:26.34
207 Bishop, Madilyn	Cary Christi	6:26.98
208 Brownie, Julia	Cosby	6:27.32
209 Tabor, Sarah	McLean	6:28.44
210 Kirzan-Luque, Alegra	Academy of t	6:28.72
211 Cruz, Ashley	Tuscarora Hi	6:29.01
212 Myers, Tess	Academy of t	6:29.65
213 Cannuli, Lily	Landstown Hi	6:29.96
214 Hendriks, Maja Marie	Green Hope	6:30.19
215 Breneman, Addie	Cape Henlope	6:30.26
216 Shanmugaselvam, Shreeya	Deep Run	6:30.54
217 Cowen, Delaney	Green Hope	6:30.70
218 Stapleton, Riley	James River	6:31.79
219 Dietrich, Amelia	Lord Botetou	6:32.05
220 Kissler, Isabella	Montverde Ac	6:32.66
221 Brown, Najae	Suitland Hig	6:32.95
222 Smith, Sarah	Green Hope	6:34.56
223 Barnes, Emily	Deep Run	6:34.78
224 Winstead, Emily	Princess Ann	6:35.41
225 Traish, Amira	Falls Church	6:35.48

226 Heckle, Alexandra	York	6:35.70
227 Channell, Penelope	Princess Ann	6:35.72
228 Healy, Madison	Westfield	6:36.78
229 Hinckley, Eliana	Cuthbertson	6:38.00
230 Sammond, Jillian	Central Reg	6:38.06
231 Richards, Alex	Western Bran	6:38.64
232 Charleston, Bridget	Deep Run	6:39.44
233 Wilding, Xyoa	James River	6:39.46
234 Sunderman, Elena	Academy of t	6:40.33
235 Faria, Sera	Heritage (Ly	6:41.83
236 Garcia, Isabelle	South County	6:44.33
237 Green, Ali	Jackson-Reed	6:46.07
238 Aguila, Alesandra	Academy of t	6:46.34
239 Rizo, Julimar	Butler	6:47.57
240 Pla, Alexandria	Academy of t	6:48.48
241 Nelson, Mackenzie	York	6:49.03
242 Fitzgerald, Caroline	Tuscarora Hi	6:50.66
243 Ackil, Leila	Jackson-Reed	6:51.47
244 Della Rocca, Catherine	Academy of t	6:51.51
245 Hanford, Tiana	Oakton	6:51.58
246 Mackell, Amiyah	Archbishop C	6:51.60
247 Dyer, Athena	Old Mill Hig	6:56.47
248 Sanford, Ellie	Tuscarora Hi	6:57.99
249 Campanario, Ana Paula	Academy of t	7:01.71
250 Reynolds, Lindsey	Academy of t	7:04.76
251 Jaen Valle, Karla	Rock Ridge H	7:11.37

Girls 1 Mile Run Invitational

National: 4:28.25 \$ 2/16/2013 Mary Cain

Meet: 4:43.90 @ Sydney Thorvaldson

Freshman: 4:37.40 ! 2022 Sadie Engelhardt

Sophomore: 4:38.65 # 2023 Sadie Engelhardt

Junior: 4:28.25 % 2013 Mary Cain

Senior: 4:36.61 * 2016 Katie Rainsberger

Name	School	Finals
Finals		
1 St. John Kletter, Logan	Mount Lebano	4:48.08
2 Bell, Charlotte	Cuthbertson	4:49.89
3 Preisano, Justine	Cuthbertson	4:51.22
4 Kucler, Wren	North Allegh	4:53.09
5 DeLisi, Alli	Penn Charter	4:57.57
6 Downin, Abby	Tatnall	4:58.93
7 Hood, Caroline	Pace Academy	4:59.61
8 Kucler, Robin	North Allegh	4:59.63
9 Scott, Cassidy	Fauquier	5:03.22
10 Black, Eliana	Img Academy	5:03.96
11 Elliott, Caroline	South Lakes	5:04.43
12 Johnson, Rena	Patriot High	5:04.46
13 Dingman, Kasey	Lake Norman	5:04.92
14 Gordon, Lillah	Northern Bur	5:05.09
15 Dawson, Celia	W.T. Woodson	5:05.10
16 Cramer, Lucy	Parkview Bap	5:05.29
17 Loescher, Kate	Colonial For	5:05.92
18 Velasquez, Elly	Glen Allen H	5:06.19
19 Payne, Katie	Tatnall	5:06.25
20 Simon, Catalina	South Lakes	5:06.35

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

Virginia Beach Sports Center

Results

Finals ... (Girls 1 Mile Run Invitational)

Name	School	Finals
21 Miller, Annie	Metrolina Ch	5:06.44
22 Trant, Elizabeth	Poquoson	5:07.16
23 Exley, Reagan	The Potomac	5:07.92
24 MacGrath, Aidan	West Springf	5:07.93
25 Brooks, Kylie	Jamestown	5:08.07
26 Barker, Adeline	West Springf	5:08.13
27 Kaliher, Carlita	Tatnall	5:08.28
28 Phillips, Jane	Kellam	5:08.31
29 Weithman, Molly	Bishop O'Con	5:10.03
30 Alexander, Sofi	Asheville	5:10.94
31 Schwelm, Ruby	Tatnall	5:11.54
32 Miller, Chloe	West Springf	5:14.36
33 Bradbury, Reese	Blacksburg H	5:14.74
34 Varshney, Ishi	Panther Cree	5:15.18
35 Pasko, Ella	Marvin Ridge	5:15.38
36 Gorsky, Mary	McDonogh Sch	5:15.73
37 Strafford, Anna	W.T. Woodson	5:15.92
38 Sheldon, Sofia	Yorktown	5:16.30
39 Wallace, Callie	Maret School	5:20.09
40 Arenholz, Keira	W.T. Woodson	5:22.75
41 Kelly, Colleen	Battlefield	5:23.20
42 Mann, Kiley	Howard High	5:24.43
43 Rainey, Reagan	Hough, Willi	5:27.86
44 Gentile, Isabella	Marvin Ridge	5:28.73
45 Trapp, Aine	Augusta Prep	5:32.55
46 Len, Katherine	West Springf	5:39.24
47 Phillips, Hannah	Jefferson	5:41.76
48 Sabo, Ada	Mentor	5:42.74
49 Tate, Grace	Mount Desales	5:46.49

Girls 3000 Meter Run en route Inv

Name	School	Finals
1 Dalton, Mary Bonner	Myers Park	9:36.03
2 Hood, Caroline	Pace Academy	9:55.17
3 Zawatski, Emma	Freehold Tow	9:55.82
4 Sauro, Alyssa	Williamstown	10:01.65
5 Loescher, Kate	Colonial For	10:07.25
6 Welsh, Chandler	R.J. Reynold	10:09.82
7 Cramer, Lucy	Parkview Bap	10:12.25
8 Trant, Elizabeth	Poquoson	10:12.48
9 Weithman, Molly	Bishop O'Con	10:13.33
10 Miller, Morgan	First Flight	10:13.63
11 Kowalczyk, Abigail	Roy C. Ketch	10:13.75
12 Tribett, Caroline	Gainesville	10:13.94
13 Szolosi, Sophia	Athens	10:14.10
14 Velasquez, Elly	Glen Allen H	10:18.35
15 Brooks, Kylie	Jamestown	10:18.60
16 Holgado, Sophia	Padua Academ	10:20.62
17 Agustin, Ellie	Hanover	10:20.90
18 Murphy, Natalie	Poly Prep Co	10:21.66
19 Johnson, Rena	Patriot High	10:31.11
20 Calway, Hazel	Langley	10:40.07
21 Edwards, Anna	Calvary Bap	10:49.26

Girls 3200 Meter Run

National: 9:38.68 \$ 2/2/2013 Mary Cain

Meet: 9:44.74 @ Sydney Thorvaldson

Name	School	Finals
1 Alexander, Sofi	Asheville	11:09.87
2 Sheldon, Sofia	Yorktown	11:11.72
3 Horwitt, Lauren	Marvin Ridge	11:12.82
4 Sivitz, Claire	Howard High	11:12.91
5 Pasko, Ella	Marvin Ridge	11:14.94
6 Heironimus, Haley	Falls Church	11:18.45
7 Bockius, Anna	Padua Academ	11:23.21
8 Mall, Janie	Broughton	11:23.57
9 Murphy, Kathryn	Severna Park	11:24.63
10 Sullivan, Meghan	Herndon	11:25.13
11 Gorsky, Mary	McDonogh Sch	11:25.17
12 Schihl, Josie	Cuthbertson	11:25.44
13 Dahl, Emily	Jamestown	11:28.55
14 Ackerson, Lauren	Colonial For	11:28.90
15 Beike, Avery	Glen Allen H	11:29.02
16 DiAngelo, Jocelyn	Severna Park	11:29.21
17 Ferrante, Amanda	Abingdon Hig	11:33.76
18 Kamas, Josephine	Severna Park	11:34.80
19 Eberly, Liana	Woodbridge	11:37.26
20 Wallace, Callie	Maret School	11:37.94
21 Drunasky, Caroline	Woodbridge	11:38.27
22 Meadows, Lindsay	Ocean Lakes	11:38.67
23 Mann, Kiley	Howard High	11:39.82
24 Fetterolf, Fallon	Loudoun Coun	11:45.11
25 Quinn, Camryn	Panther Cree	11:48.55
26 Morley, Kirsten	Cosby	11:48.62
27 Spaner, Madeleine	Langley	11:49.02
28 Ross, Sammy	Cuthbertson	11:49.27
29 Diaz, Daniela	McLean	11:49.95
30 Cronin, Milla	W.T. Woodson	11:51.19
31 Elliott, Ava	Tuscarora Hi	11:51.66
32 Thompson, Grace	Ocean Lakes	11:53.48
33 Davis, Madison	Severna Park	11:54.27
34 Walters, Ava	Cuthbertson	11:56.09
35 Sandel, Lila	Severna Park	11:56.37
36 Keppler, Sofie	Yorktown	11:57.29
37 Lewis, Raquel	Oakton	11:58.00
38 Sheils, Cameron	Glen Allen H	11:58.24
39 Connors, Nina	Tuscarora Hi	11:58.42
40 Iauco, Mary Grace	R.J. Reynold	12:00.43
41 Limao, Isabel	Sidwell Frie	12:00.96
42 Lee, Annette	Panther Cree	12:01.15
43 Anderson, Ella	Athens Drive	12:03.12
44 Boughton, Kelsey	Glen Allen H	12:08.09
45 Weisel, Molly	West Potomac	12:09.13
46 Graff, Emily	Centennial H	12:11.61
47 Wolf, Eleanor	W.T. Woodson	12:11.85
48 Bakker, Elaina	Abingdon Hig	12:13.89
49 Wewley, Grace	West Springf	12:14.04
50 Crow, Addison	Atlee	12:14.58

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

Virginia Beach Sports Center

Results

Finals ... (Girls 3200 Meter Run)

Name	School	Finals
51 Dorn, Aleah	Abingdon Hig	12:14.73
52 Horner, Kaylee	West Springf	12:16.09
53 Kruzinski, Elizabeth	Oakton	12:16.24
54 Mesfin, Abbi	Oakton	12:16.54
55 Pendley, Ava	Colonial For	12:16.92
56 Baird, Eleanor	West Springf	12:17.51
57 Kouyoumdjian, Arielle	The Potomac	12:18.09
58 Ornelas, Isabella	Tabb	12:18.16
59 Walker, Sydney	McLean	12:19.19
60 McCarthy, Kylie	Padua Academ	12:21.17
61 Mumm, Elizabeth	Bullis Schoo	12:21.40
62 Griggs, Ruby	Blacksburg H	12:21.77
63 Young, Elizabeth	Tuscarora Hi	12:22.30
64 Jacobs, Amy	Mount Desales	12:22.78
65 Ha, Irene	South Lakes	12:26.12
66 Lukas, Monika	W.T. Woodson	12:28.63
67 O'Dea, Megan	West Potomac	12:29.05
68 Estep, Rylie	Cary Christi	12:29.06
69 Crumley, Allison	Centennial H	12:29.80
70 Ghaemmaghami, Lauren	Glen Allen H	12:30.48
71 Shepherd, Amelie	Veritas Scho	12:32.73
72 Davis, Sydney	Severna Park	12:33.55
73 Camacho Bucks, Ariela	Centennial H	12:33.84
74 Hawkins, Hannah	Yorktown	12:33.96
75 Toro, Julia	McLean	12:35.80
76 Boughton, Kayla	Glen Allen H	12:37.03
77 Mondal, Arshia	Howard High	12:37.81
78 Kissler, Isabella	Montverde Ac	12:37.98
79 Campbell, Marie	West Springf	12:39.03
80 Pekarsky, Maria	Westfield	12:39.81
81 Fanshaw, Mia	W.T. Woodson	12:39.84
82 Hoang, Kaitlyn	Oakton	12:41.09
83 Drost, Mary	Padua Academ	12:41.91
84 Sabo, Ada	Mentor	12:43.03
85 Coleman, Angelica	Severna Park	12:45.34
86 Wells, Ysabel	Princess Ann	12:47.50
87 Parsons, Nora	Jackson-Reed	12:52.95
88 Klinefelter, Mckinley	George C. Ma	12:55.51
89 Ohara-Wood, Sydney	Atlee	12:55.88
90 Keller, Mary	West Springf	12:55.97
91 Gilhooly, Teagan	Atlee	13:00.74
92 Smith, Olivia	Colonial For	13:01.73
93 Denton, Taylor	Severna Park	13:02.55
94 Crowley, Abby	Severna Park	13:03.55
95 Hsu, Mika	Howard High	13:12.99
96 Mager, Maria	Howard High	13:13.54
97 Hood, Eleanor	South Lakes	13:21.01
98 Smith, Scarlett	Colonial For	13:21.62
99 Ackil, Leila	Jackson-Reed	13:31.97
100 Miller, Ally	Cape Henlope	13:36.40
101 Qin, Cindy	Howard High	13:37.15
102 Soderholm, Lea	South Lakes	13:40.19
103 Miller, Zoe	Cape Henlope	13:40.85
104 Martin, Francesca	Tuscarora Hi	13:46.72

105 Downs, Caroline	Jackson-Reed	13:48.12
106 Tabor, Sarah	McLean	14:18.36
107 Whitaker, Ellie	Veritas Scho	14:48.11
108 Sanford, Ellie	Tuscarora Hi	15:04.10
109 Fitzgerald, Caroline	Tuscarora Hi	15:08.52
110 Blanton, Josephine	George C. Ma	15:26.79
--- Durkee, Leah	McLean	DNF

Girls 3200 Meter Run en route Inv

Name	School	Finals
Finals		
1 Dalton, Mary Bonner	Myers Park	10:13.07
2 Hood, Caroline	Pace Academy	10:32.99
3 Zawatski, Emma	Freehold Tow	10:38.81
4 Sauro, Alyssa	Williamstown	10:42.21
5 Loescher, Kate	Colonial For	10:46.33
6 Cramer, Lucy	Parkview Bap	10:48.99
7 Trant, Elizabeth	Poquoson	10:49.09
8 Welsh, Chandler	R.J. Reynold	10:49.52
9 Miller, Morgan	First Flight	10:51.26
10 Weithman, Molly	Bishop O'Con	10:53.04
11 Kowalczyk, Abigail	Roy C. Ketch	10:54.63
12 Tribett, Caroline	Gainesville	10:54.75
13 Szolosi, Sophia	Athens	10:54.93
14 Agustin, Ellie	Hanover	10:59.09
15 Velasquez, Elly	Glen Allen H	11:00.83
16 Holgado, Sophia	Padua Academ	11:01.42
17 Brooks, Kylie	Jamestown	11:02.44
18 Murphy, Natalie	Poly Prep Co	11:06.45
19 Johnson, Rena	Patriot High	11:15.61
20 Calway, Hazel	Langley	11:22.13
21 Edwards, Anna	Calvary Bapt	11:32.82

Girls 2 Mile Run Invitational

National:	9:38.68 \$ 2/2/2013	Mary Cain
Meet:	9:47.95 @	Sydney Thorvaldson
Freshman:	10:17.09 ! 2022	Zariel Macchia
Sophomore:	9:52.35 # 2022	Ellie Shea
Junior:	9:38.68 % 2013	Mary Cain
Senior:	9:44.44 * 2022	Natalie Cook

Name	School	Finals
Finals		
1 Dalton, Mary Bonner	Myers Park	10:16.62!
2 Hood, Caroline	Pace Academy	10:36.72
3 Zawatski, Emma	Freehold Tow	10:43.63
4 Sauro, Alyssa	Williamstown	10:46.27
5 Loescher, Kate	Colonial For	10:50.16
6 Cramer, Lucy	Parkview Bap	10:52.65
7 Trant, Elizabeth	Poquoson	10:52.74
8 Welsh, Chandler	R.J. Reynold	10:53.38
9 Miller, Morgan	First Flight	10:54.94
10 Weithman, Molly	Bishop O'Con	10:56.88
11 Tribett, Caroline	Gainesville	10:58.36
12 Szolosi, Sophia	Athens	10:58.56
13 Kowalczyk, Abigail	Roy C. Ketch	10:58.59
14 Agustin, Ellie	Hanover	11:02.60

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

Virginia Beach Sports Center

Results

Finals ... (Girls 2 Mile Run Invitational)

Name	School	Finals
15 Velasquez, Elly	Glen Allen H	11:05.25
16 Holgado, Sophia	Padua Academ	11:05.73
17 Brooks, Kylie	Jamestown	11:06.94
18 Murphy, Natalie	Poly Prep Co	11:11.15
19 Johnson, Rena	Patriot High	11:20.14
20 Calway, Hazel	Langley	11:26.20
21 Edwards, Anna	Calvary Bapt	11:37.28

Girls 55 Meter Hurdles

National:	7.46 \$ 3/13/2016	Tonea Marshall
Meet:	7.69 @	Shadajah Ballard
Freshman:	7.77 ! 2016	Tia Jones
Sophomore:	7.58 # 2018	Jasmine Jones
Junior:	7.48 % 2018	Jasmine Jones
Senior:	7.46 * 2016	Tonea Marshall

Name	School	Prelims
Preliminaries		
1 Whitfield, Alayah	Gah. Lincoln	8.75q
2 Chance, Armani	Maury High S	8.75q
3 Hunter, Savannah	Manor	8.76q
4 Djaouga, Lauryn	Eleanor Roos	8.88q
5 Doucette, Avelina	Panther Cree	8.91q
6 Bernhard, Gabrielle	Kent Island	8.91q
7 Burns, Tatiana	Oscar Smith	8.95q
8 Pehrson, Sofi	South Lakes	8.96q
9 Arrington, Samone	Southern Dur	8.96
10 Carr, Ava	Howard High	8.98
11 Tune, Briyonna	Heritage (Ly	9.00
12 Laban, Ella	South Lakes	9.02
13 Bickersteth, Kendall	Elizabeth Se	9.05
14 Acheampong, Celestial	Potomac Seni	9.07
15 Johnson, Jordan	Dudley	9.15
16 Costa, Jenna	Green Hope	9.15
17 English, Zahara	William Flem	9.17
18 Ayim, Yowome	Manor	9.18
19 Thomas, Mikayla	Parkland Mag	9.18
20 Stuard, Johanna	Westfield	9.28
21 Rodriguez-Lugo, Nayramis	Gov. Thomas	9.30
22 Freeman, Gabrielle	Colonial For	9.31
23 Boyle, Samantha	Central Reg	9.32
24 Boothes, Camrie	L.C. Bird	9.34
25 Hayden, Ayonna	Heritage (Ly	9.41
26 Dooley, Anna	South Lakes	9.41
27 de Marcellus, Marie-Odette	McLean	9.41
28 Brown, Kaelin	Dudley	9.43
29 Cushing, Kate	Cuthbertson	9.45
30 Brown, Merselle	Oscar Smith	9.45
31 Fraser, Madison	Bullis Schoo	9.46
32 Trzybinski, Ainsley	Holly Spring	9.46
33 Mckellar, Jazmin	Tuscarora Hi	9.48
34 Carnahan, Ellie	Turpin	9.52
35 Speight, Logan	Dudley	9.54
36 Everett, Alailla	I.C. Norcom	9.57
37 Manley, Karise	Archbishop S	9.64

38 Wallace, Olivia	Lake Braddoc	9.65
39 Sedaghat-Bashir, Elaheh	Oakton	9.71
40 Davis, Saniyah	Elizabeth Se	9.72
41 Swartz, Abby	Lake Braddoc	9.73
42 Honeywell, Sallie	Severna Park	9.77
43 McGrellis, Natalie	Padua Academ	9.81
44 Nettles, Xyliah	Westfield	9.92
45 Miller, Shanaiya	West Springf	9.93
46 Cherry, Evelyn	Herndon	9.98
47 Gazze, Maddy	Cape Henlope	10.08
48 Gathers, Mackenzie	Atlee	10.20
49 Earnest, Mekiyah	Padua Academ	10.23
50 Freeman, Sabina	South Lakes	10.27
51 Marchand, Mia Cate	Lake Braddoc	10.32
52 Lachowski, Amelia	Hough, Willi	10.33
53 Bell, Aliya	Tallwood	10.33
54 Chewning, Peyton-Ann	Cuthbertson	10.41
55 Saadia, Ella	Oakton	10.42
56 Watkins, Andrea	Kings Fork	10.44
57 Royse, Ashley	Cuthbertson	10.48
58 Banks, Tanaysia	Tallwood	10.49
59 Haile, Heaven	Oakton	10.72
60 Aguirre-Martinez, Juliana	South Lakes	10.80
61 Ruggerio, Maxine	Cape Henlope	10.82
62 Watson, E'Yana	Tallwood	10.90
63 Clews, Kaylyn	Cape Henlope	10.94
64 Diallo, Marlyatou	Archbishop C	11.01
65 Sharp, Serena	Potomac Seni	11.03
66 Benjamin, Jayla	Heritage (Ly	11.05
67 Hendrixson, Annamay	Padua Academ	11.12
68 Block, Norah	Cape Henlope	11.22
69 Willis, Camilla	Cape Henlope	11.35
70 Crane, Grace	Lake Braddoc	11.37
71 Upchurch, Sofia	Oakton	12.03
72 Danielson, Emilie	Greenbrier C	12.49
73 Southerland, Heaven	Oakton	12.52
74 Cain, Monae	John Marshal	12.73
--- Maku, Grace	Falls Church	FS
--- Kageals, Emma	William Byrd	DNF

Girls 55 Meter Hurdles seeded

Name	School	Prelims
Preliminaries		
1 Rice, Ava	Battlefield	8.05q
2 Flynn, Kennedy	Bullis Schoo	8.05q
3 Hamilton, Joslyn	Rolesville H	8.05q
4 Barnett, Makenna	Grimsley	8.07q
5 Samuel, Aleesa	Somerset Aca	8.08q
6 Walker, Macaela	Oxford Area	8.12q
7 Jackson, Prynness	Highland Spr	8.18q
8 Hopkins, Cassidy	Bullis Schoo	8.21q
9 Hatcher, Jada	Colonial For	8.24
9 Lavender, Shakayla	Oscar Smith	8.24
11 Harris, Sydney	Img Academy	8.26
12 Rankin, Senadzi	Dudley	8.35
13 PenaSoto, Carmen	Olympic	8.38

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

Virginia Beach Sports Center

Results

Preliminaries ... (Girls 55 Meter Hurdles seeded)			
Name	School	Prelims	
14	Duncan, D'Asia	Montverde Ac	8.43
15	Montgomery, Arianna	Tatnall	8.44
16	Holland, Jizelle	Montverde Ac	8.45
17	Thomas, Lauren	Independence	8.46
18	Thomas, Arianna	Freedom (Woo	8.46
19	Mason, Mianna	South County	8.50
20	Jhourni, Eason	Maury High S	8.52
21	Rochester, Jordan	Rolesville H	8.53
22	Williams, Dhamariah	Montverde Ac	8.54
23	Goodson, Tori	Atlee	8.54
24	Crowder, Madison	Dudley	8.56
25	Jenkins, Tiara	Oscar Smith	8.63
26	Wills, Mikayla	Elizabeth Se	8.65
27	Molette, Akera	Heritage (Ly	8.65
28	Hadfield, McKenzie	James River	8.67
29	Pittman, Makhiyah	Palisades Hi	8.71
30	O'Neil, Indira	Stone Bridge	8.72
31	Tarlue, Alexis	Tatnall	8.75
32	Tyson, Sky Bleu	Palisades Hi	8.76
33	Carlyle, Selena	Clayton	8.78
34	Walker, Bailey	Westfield	8.78
35	Odom, Jaziya	Parkland Mag	8.79
36	Ezeigbo, Ogechi	Atkins	8.89
37	Stith, Athena	Archbishop S	8.90
38	Cook, Kaitlyn	L.C. Bird	8.95
39	Smith, Laila	Archbishop C	9.07
40	Shaw, Marley	Southern (Aa	9.45
---	Hamrick, Jeylah	Walsingham A	DNF

Girls 55 Meter Hurdles en route

Name	School	Finals	
1	Samuel, Aleesa	Somerset Aca	7.75
2	Hamilton, Joslyn	Rolesville H	7.84
3	Flynn, Kennedy	Bullis Schoo	7.91
4	Jackson, Pryncess	Highland Spr	8.05
5	Hopkins, Cassidy	Bullis Schoo	8.06
6	Walker, Macaela	Oxford Area	8.07
7	Barnett, Makenna	Grimsley	8.12
8	Rice, Ava	Battlefield	8.16

Girls 60 Meter Hurdles

National: 8.02 \$ 3/13/2016 **Tonea Marshall**
Meet: 8.28 @ **Akala Garrett**
Freshman: 8.35 ! 2016 **Tia Jones**
Sophomore: 8.15 # 2018 **Jasmine Jones**
Junior: 8.05 % 2018 **Jasmine Jones**
Senior: 8.02 * 2016 **Tonea Marshall**

Name	School	Finals	
1	Samuel, Aleesa	Somerset Aca	8.35!
2	Hamilton, Joslyn	Rolesville H	8.42
3	Flynn, Kennedy	Bullis Schoo	8.49
4	Jackson, Pryncess	Highland Spr	8.66

5	Hopkins, Cassidy	Bullis Schoo	8.67
6	Walker, Macaela	Oxford Area	8.68
7	Barnett, Makenna	Grimsley	8.73
8	Rice, Ava	Battlefield	8.81

Girls 4x200 Meter Relay

National: 1:34.75 \$ 3/10/2018 **Bullis High School**

Hall, Phillips, Seymour, Russell

Meet: 1:35.39 @ **Bullis High School**

Team	Relay	Finals	
Finals			
1	Olympic	A	1:42.30
	1) Barton, Aleila	2) Walter, I'Ja	
	3) Wright, Faith	4) Gordon, Journee	
2	Kings Fork	A	1:43.67
3	Elizabeth Se	A	1:45.00
4	Butler	A	1:45.18
	1) Allen-McDowell, Talia	2) Jennings, Tyaja	
	3) Collard, Tessa	4) Hicks, Kendall	
5	Atlee	A	1:45.23
	1) Goodson, Tori	2) Rempe, Josie	
	3) Metts, Camdyn	4) Gathers, Mackenzie	
6	Kellam	A	1:45.93
	1) Telford, Annabelle	2) Vaughan, Olivia	
	3) Sales, Jeanise	4) West, Ciarra	
7	Riverdale Ba	A	1:46.05
	1) Garrett, Tiffany	2) Johnson, Rhian	
	3) Ramirez-Castillo, Sharlyn	4) Pace, Lauren	
8	Clover Hill	A	1:46.18
	1) Satterwhite, Torie	2) Williams, Kyra	
	3) Harris, Kara	4) Ramsey, Zylaia	
9	South Granville	A	1:46.80
	1) Flowers, Alayah	2) Jordan, Serenity	
	3) Bates, TiaTana	4) Jackson, Shari	
10	Green Hope	A	1:46.99
	1) Beck, Ellie	2) Lee, Hanna	
	3) Gomez, Ivana	4) Tarpy, Emeili	
11	Panther Creek	A	1:47.44
	1) MacBride, Kelly	2) Nelms, Naomi	
	3) Keitt, Victoria	4) Doucette, Avelina	
12	Parkland Magnet IB	A	1:47.50
	1) West, Nyssa	2) Hall, Saniya	
	3) Thomas, Mikayla	4) Green-Dubose, Londyn	
13	West Springfield	A	1:47.62
	1) Day-Thompson, Aja	2) Van Thompson, Gwen	
	3) Auger, Addison	4) Richardson, Kiki	
14	Eleanor Roos	A	1:47.78
	1) Cribbs, Leia	2) Djaouga, Lauryn	
	3) Onwukwe, Chizu	4) Emessiene, Melissa	
15	Suitland High School	A	1:47.84
	1) Brown-Jackson, Lakaya	2) Evans, Seniah	
	3) Heffner, Kaliyah	4) Knight, Anyra	
16	Jackson-Reed	A	1:47.88
	1) Purce, Olivia	2) Wallace-Persaud, Indie	
	3) Westray, Amalya	4) Snow, Timara	
17	Tallwood	A	1:48.01

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

Virginia Beach Sports Center

Results

Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals			
18 William Fleming	A	1:48.01	39 Cape Henlope	A	1:53.72
1) Jones, Nykiyah	2) Hicks, Anaiah		1) Johnson-Grace, Anejah	2) Jones, Montana	
3) English, Zahara	4) Lynch, Ariana		3) Diehl, Landon	4) Johnson, Kennedy	
19 Westfield	A	1:48.33	40 Padua Academy	A	1:53.74
1) Young, Lonnesha	2) Long, Jayden		1) Funchion, Devin	2) McGrellis, Natalie	
3) Walker, Bailey	4) Buie, Shakiya		3) McDermond, Emily	4) DeAscanis, Alessandra	
20 Western Bran	A	1:48.42	41 West Potomac	A	1:53.76
1) Haskins, Shinyce	2) Laborde, Hailey		1) Bradley, Maeve	2) Van Remortel, Heleyna	
3) Jenkins, Madison	4) Rickenbacker, Momo		3) Brown, Sydney	4) Jackson, Logan	
21 Dudley	B	1:48.49	42 George C. Marshall	A	1:54.09
22 Palisades High School	A	1:48.86	1) Haggerty Graham, Adrianna	2) Gardner, Allison	
1) Pittman, Makhiah	2) Tyson, Sky Bleu		3) Lauber, Samantha	4) Siminski, Kira	
3) Wheeler, Alana	4) Whitmore, Kira		43 South Lakes	B	1:54.73
23 South Lakes	A	1:48.89	1) Hall, Sireen	2) Poole, Lindsey	
1) Mensah, Precious	2) Dooley, Anna		3) Velasco, Melanie	4) Youngkrantz, Hayden	
3) Pehrson, Sofi	4) Laban, Ella		44 Tuscarora Hi	B	1:54.79
24 Willow Spring	A	1:49.02	1) Lefevre, Biangca	2) Vine, Katherine	
1) Williams, Journie	2) Mckinnie, Janiyah		3) Jackson, Taionna	4) Mckellar, Jazmin	
3) Barther, Latrice	4) Patterson, Ayani		45 Cuthbertson	C	1:55.36
25 Glen Allen H	A	1:49.04	1) Boix, Leila	2) Robinson, Chelsea	
26 Heritage (Lynchburg)	A	1:49.20	3) Allen, Morgan	4) Bartolucci, Rachel	
1) Molette, Akera	2) Hayden, Ayonna		46 Gar-Field	A	1:55.38
3) Tune, Briyonna	4) Porter, Taylor		1) McCurdy, Camay	2) Dancy, Kamiya	
27 Gov. Thomas	A	1:49.41	3) Parker, Laylah	4) Page, Brianna	
28 Maury High School	B	1:49.41	47 Oakton	A	1:55.72
29 Granby	A	1:49.90	1) Ayala, Aurora	2) Carrier, Harper	
1) Harris, Destiny	2) Williams, Anwynn		3) Miller, Ava	4) Sedaghat-Bashir, Elaheh	
3) Medley, Kiana	4) Mitchell, Jordan		48 Padua Academy	B	1:56.42
30 Bowie High School	A	1:50.36	1) Hendrixson, Annamay	2) Evans, Siena	
1) Boyd, Laila	2) Umoh, Ella		3) Lowman, Shea	4) Makuri, Imani	
3) Onibudo, Comfort	4) Hunter, Aminah		49 Central Reg HS	A	1:57.43
31 I.C. Norcom	A	1:50.56	1) Bollettino, Leah	2) Boyle, Samantha	
1) Everett, Alaila	2) Mapp, Shannon		3) Buccos, Jordyn	4) Rodriguez, Ava	
3) Moore, Deiona	4) Roberts, Jaylin		50 James River	A	1:57.55
32 Cuthbertson	B	1:50.85	1) Pierce, Macy	2) Dickerson, Ashlyn	
1) Burrell, Nya	2) Boyle, Lille		3) Williams, Deysia	4) Williams, Asia	
3) Gaffney, Bridget	4) D'Errico, Julia		51 Riverdale Ba	B	1:58.04
33 Tuscarora Hi	A	1:51.06	1) Armstrong, Nalani	2) Mahaffey, Sanai	
1) Withana, Risakya	2) Obuekwe, Adaeze		3) Martin, Alaya	4) Newman, Cailey	
3) Blay, Marilyn	4) Rodriguez-Aguilar, Celeste		52 McLean	A	1:58.34
34 Western Bran	B	1:51.29	1) Hamel, Joelle	2) Fangmann, Brianna	
1) Brooks, Jaylia	2) Myles, Zanejah		3) Shean, Maddie	4) Knudson, Sophie	
3) People, Jaleiyah	4) Pierre-Charles, Jalisa		53 Cape Henlope	B	1:58.70
35 Elizabeth Se	B	1:51.44	1) Gamuciella, Haley	2) Best, Regan	
36 Grafton High School	A	1:51.54	3) Leos, McKenzie	4) Heers, Grace	
1) Jackson, Makayla	2) Scjuqurley-Johnson, Zanyitha		54 Bishop O'Connell	A	1:58.86
3) Williams, Ariauna	4) Joseph, JoHannah		1) Lewis, Nile	2) Langshaw, Morgan	
37 Kent Island	A	1:51.99	3) Woodcock, Eva	4) Geiger, Louisa	
1) Bernhard, Gabrielle	2) Coffey, Kendra		55 Falls Church	A	1:59.33
3) Heyliger, Reese	4) Stephan, Seryna		56 Veritas School	A	1:59.63
38 Jefferson Forest	A	1:52.59	57 Salem (Virgi)	A	1:59.79
1) Benyo, Maren	2) Gooch, Addison		1) Brown, Jenna	2) Boyson, Aubrey	
3) Jones, Makayla	4) Zegarelli, Madisyn		3) Upton, Kaymora	4) Fitzgerald, Savanna	
			58 John Marshall	A	1:59.87
			59 Jackson-Reed	B	1:59.96

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

Virginia Beach Sports Center

Results

Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals
60 Suitland High School	B	2:01.36
1) Teesdale, Courtney-Maurice	2) Blondheim, Madison	
3) Brown, Najae	4) Robinson, Tanea	
61 Central Reg HS	B	2:01.76
1) Magallanes, Verona	2) Morrison, Channce	
3) Magallanes, Victoria	4) Tuzzoiono, Adrianna	
62 Cape Henlope	C	2:02.13
1) Fletcher, Keira	2) Hershelman, Audrey	
3) Emory, Cora	4) Everson, McKenzie	
63 Tuscarora Hi	C	2:02.15
1) Sagbo, Ivanna-Lydia	2) Tabapsi, Petra Bell	
3) Corporal, Samya	4) Grant, Niara	
64 McLean	B	2:09.27
1) Pinnaduwege, Thamarie	2) Diaz, Avery	
3) Wheeler, Charlotte	4) Engle, Chelsea	
65 Suitland High School	C	2:24.86
1) Garland, Heaven	2) Jackson, Jada	
3) Birchett, Naki	4) Newman, Timira	
--- L.C. Bird	A	FS

Girls 4x200 Meter Relay Invitational

National: 1:34.75 \$ 3/10/2018 Bullis High School

Hall, Phillips, Seymour, Russell

Meet: 1:35.39 @ Bullis High School

Team	Relay	Finals
Finals		
1 Archbishop C	A	1:36.89
2 Bullis School	A	1:37.33
1) White, Gabby	2) Flynn, Kennedy	
3) Payne, Payton	4) Joseph, Aida	
3 Montverde Academy	A	1:39.03
1) Reed, Dasia	2) Hudson, Nakira	
3) Turner, Arima	4) Dickinson, Ellise	
4 Dudley	A	1:39.63
5 Bullis School	B	1:40.80
1) Hopkins, Cassidy	2) Jones, Payton	
3) Russell, Solai	4) Suggs, McKenzie	
6 Oscar Smith	A	1:40.88
1) Lavender, Shakayla	2) Jenkins, Tiara	
3) Price, Tyra	4) Rheubottom, Iyahni	
7 Archbishop S	A	1:41.42
1) Stith, Athena	2) Creary, Jalaia	
3) Mitchell, Chayse	4) Manley, Karise	
8 Maury High School	A	1:42.75
1) Jhourni, Eason	2) Chance, Armani	
3) Chance, Reyani	4) Fitzgerald, Christine	
9 Statesville	B	1:42.84
1) Adams, Nakirah	2) Johnson, Janiya	
3) Witcher-Knox, Jamia	4) Hamilton, Dynasty	
10 Pick. North	A	1:44.25
1) Clark, Mya	2) Eiland, Laila	
3) Williamson, Paris	4) Christenson, Kali	
11 Bishop McNam	A	1:44.36

12 Cuthbertson	A	1:44.54
1) Blake, Tatiana	2) Pierson, Alexandria	
3) Watts, Miranda	4) Watts, Marissa	
13 Atkins	A	1:45.04
1) Ezeigbo, Onyi	2) Linder, Ja'Naya	
3) Ezeigbo, Ogechi	4) Curtis, Jordyn	
14 Nansemond River	A	1:45.79
--- Archbishop C	B	DQ

Girls 4x400 Meter Relay Championship

National: 3:38.91 \$ 3/14/2004 Poly, California

Harris, Lee, Woods, Solomon

Meet: 3:39.60 @ Bullis High School

Team	Relay	Finals
Finals		
1 Montverde Academy	B	3:50.36
1) Hudson, Nakira	2) Reed, Dasia	
3) Duncan, D'Asia	4) Dickinson, Ellise	
2 Bullis School	B	3:50.93
1) Udeochu, Favor	2) Joseph, Aida	
3) Jones, Payton	4) Brooks, Zoe	
3 South County	A	3:58.29
1) Thompson, Cameron	2) Germain, Jordann	
3) Wallace, Julia	4) Williams, Kendall	
4 Riverdale Ba	A	4:07.93
1) Johnson, Rhian	2) Martin, Alaya	
3) Ramirez-Castillo, Sharlyn	4) Garrett, Tiffany	
5 Parkland Magnet IB	A	4:08.50
1) Hall, Saniya	2) West, Nyssa	
3) Hatcher, Megan	4) Omer, Saadiya	

Girls 4x400 Meter Relay

National: 3:38.91 \$ 3/14/2004 Poly High School

Meet: 3:39.60 @ Bullis High School

Team	Relay	Finals
Finals		
1 Olympic	A	3:58.93
1) Barnes, Janya	2) PenaSoto, Carmen	
3) Walter, I'Ja	4) Gordon, Journee	
2 Elizabeth Se	A	4:03.12
3 Archbishop S	A	4:03.70
1) Mock, Marisa	2) Manley, Karise	
3) Creary, Jalaia	4) Stith, Athena	
4 Kellam	A	4:03.72
1) Cannon, Ellis	2) Sales, Jeanise	
3) West, Ciarra	4) Vaughan, Olivia	
5 Maury High School	A	4:04.01
1) byrd, bria	2) Wiggins, Nyriah	
3) Wiggins, Myonna	4) Fitzgerald, Christine	
6 Cuthbertson	A	4:05.56
1) Watts, Marissa	2) Watts, Miranda	
3) Pierson, Alexandria	4) Blake, Tatiana	
7 South Lakes	A	4:05.74
8 Gah. Lincoln	A	4:07.94

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Results

Finals ... (Girls 4x400 Meter Relay)

Team	Relay	Finals
9 Panther Creek	A	4:07.95
1) Waite, Chessoni	2) Crawford, Taylor	
3) Keitt, Victoria	4) Varshney, Ishi	
10 The Potomac School	A	4:08.54
11 Colonial Forge	A	4:08.65
12 Massaponax	A	4:08.67
13 Atkins	A	4:10.31
1) Ezeigbo, Onyi	2) Linder, Ja'Naya	
3) Ezeigbo, Ogechi	4) Curtis, Jordyn	
14 Severna Park	A	4:10.62
1) Honeywell, Sallie	2) Baxter, Ella	
3) Miller, Kaitlyn	4) Kelly, Sarah	
15 Willow Spring	A	4:13.88
1) Williams, Journie	2) Rundgren, Ariana	
3) Hollie, Kei'Aria	4) Patterson, Ayani	
16 Jackson-Reed	A	4:15.45
1) Lina, Yalix	2) Westray, Amalya	
3) Shanks, Ava	4) Purce, Olivia	
17 Pick. North	A	4:15.49
1) Clark, Mya	2) Williamson, Paris	
3) Christenson, Kali	4) DiNovo, Ava	
18 Suitland High School	B	4:16.89
1) Teesdale, Courtney-Maurice	2) Brown, Najae	
3) Blondheim, Madison	4) Robinson, Tanea	
19 Cuthbertson	B	4:18.06
1) Gaffney, Bridget	2) Boix, Leila	
3) Bell, Kaitlyn	4) Burrell, Nya	
20 Green Hope	A	4:18.35
1) Lee, Hanna	2) Beck, Ellie	
3) Isaacs, Corinne	4) Zalc, Brinley	
21 Cosby	A	4:19.27
1) Cleveland, Savanna	2) Ricker, Kenley	
3) Thomas, Jenna	4) Tuck, Katelyn	
22 Kent Island	A	4:19.49
1) Bernhard, Gabrielle	2) Coffey, Kendra	
3) Heyliger, Reese	4) Stevens, Kaitlyn	
23 McLean	A	4:19.91
1) Thomas, Kathryn	2) Munson, Ella	
3) Macomber, Kyra	4) Farley, Caitlin	
24 Tallwood	A	4:19.93
25 Westfield	A	4:19.98
1) Long, Jayden	2) Buie, Shakiya	
3) Rafat, Ella	4) Stuard, Johanna	
26 Heritage (Lynchburg)	A	4:20.27
1) Hayden, Ayonna	2) Crawford, Austin	
3) Johnson, Aiyanna	4) Molette, Akera	
27 Butler	A	4:22.62
1) Collard, Tessa	2) Jennings, Tyaja	
3) Worthy, Milaun	4) Ellis, Madison	
28 Elizabeth Se	B	4:24.19
29 I.C. Norcom	A	4:24.87
30 Cuthbertson	C	4:27.61
1) Moore, Brielle	2) Bartolucci, Rachel	
3) Grady, Haidyn	4) Boyle, Lille	

31 Suitland High School	A	4:31.22
1) Knight, Anyra	2) Evans, Seniah	
3) Heffner, Kaliyah	4) Brown-Jackson, Lakaya	

Girls 4x400 Meter Relay USATF (sat)

Team	Relay	Finals
Finals		
1 Mva TC	A	3:37.63
1) Hodge, Adaejah	2) Smith, Michelle	
3) Williams, Alivia	4) Franklin, Skyler	
2 Bullis School	A	3:43.81
1) Brown, Kennedy	2) Rothwell, Morgan	
3) Udeochu, Favor	4) Sutton, Sydney	

Girls 4x800 Meter Relay

National: 8:48.02 \$ 3/12/2023 Cuthbertson, NC

Preisano, Kermes, Preisano, Bell

Meet: 8:57.98 @

Cuthbertson High School

Team	Relay	Finals
Finals		
1 South Lakes	A	9:05.09
1) Elliott, Caroline	2) Simon, Catalina	
3) Harsanyi, Bella	4) Ryan, Aya	
2 Tatnall	A	9:16.24
1) Downin, Abby	2) Kaliher, Carlita	
3) Payne, Katie	4) Woods, Krissa	
3 West Springfield	A	9:22.96
1) Barker, Adeline	2) Bush, Rickelle	
3) Miller, Chloe	4) MacGrath, Aidan	
4 Img Academy	A	9:32.34
1) Bertelsen, Aurora	2) Black, Eliana	
3) Buckingham, Huntley	4) Jorde, Brenna	
5 W.T. Woodson	A	9:32.69
1) Arenholz, Keira	2) Dawson, Celia	
3) Strafford, Anna	4) Devlin, Madeleine	
6 Panther Creek	A	9:54.61
1) Crawford, Taylor	2) Lee, Annette	
3) Quinn, Camryn	4) Varshney, Ishi	
7 Marvin Ridge	A	9:55.16
1) Pasko, Ella	2) Gentile, Isabella	
3) Mayer, Julia	4) Horwitt, Lauren	
8 Grafton High School	A	9:57.05
1) Campbell, Katelyn	2) Hurst, Kelsey	
3) Joseph, JoHannah	4) Schiller, Lana	
9 Massaponax	A	10:03.84
10 First Flight	A	10:05.25
11 Southern (Aa)	A	10:07.42
12 Hough, William A	A	10:09.70
13 Severna Park	A	10:14.44
1) Ballard, Ellie	2) Jenish, Kaylee	
3) Kelly, Sarah	4) Bowman, Natalie	
14 Cary Christian	A	10:20.13
1) Nicholas, Demi	2) Ethridge, Harper	
3) Crouch, Molli	4) Gerolemon, Sadie	

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

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Results

Finals ... (Girls 4x800 Meter Relay)

Team	Relay	Finals
15 Padua Academy	A	10:20.88
1) Funchion, Devin	2) DeAscanis, Alessandra	
3) Heffernan, Brianna	4) Mead, Madelyn	
16 South Lakes	B	10:21.26
1) Aguirre-Martinez, Johanna	2) Aguirre-Martinez, Juliana	
3) Malzahn, Keira	4) Brabant, Elizabeth	
17 Kellam	A	10:23.12
1) Garrousteigt, Myriam	2) Frederick, Laney	
3) Castrellon, Natalia	4) Phillips, Jane	
18 Cuthbertson	A	10:25.52
1) Connolly, Claire	2) Houpp, Maggie	
3) Miller, Addison	4) Anderson, Allegra	
19 Holly Springs	A	10:27.97
1) Krupica, Savannah	2) Cluff, Arabel	
3) Collins, McKenzie	4) Vaughan, Ellis	
20 Centennial H	A	10:33.67
21 Smithfield	A	10:35.18
1) Jones, Lydia	2) Hattemer, Emma	
3) Mobley, Masirah	4) Johnston, Emily	
22 Cosby	A	10:36.05
1) Tuck, Katelyn	2) Swain, Riley	
3) Bultema, Emily	4) Kuhn, Caroline	
23 Falls Church	A	10:45.03
24 Mentor	A	10:46.30
1) Kraska, Nora	2) Byrne, Caitlin	
3) Crissey, Shila	4) Sabo, Ada	
25 Cape Henlope	A	10:46.85
1) Noonan, Lily	2) Johnson, Kennedy	
3) Bender, Mia	4) Godwin, Maile	
26 Veritas School	A	10:48.63
27 Tallwood	A	10:51.81
28 Dudley	A	11:10.69
29 Granby	A	11:11.08
1) Pringle, Ella	2) Pazos-Del Aquila, Ariana	
3) Poffenbarger, Julie	4) Hudgins, Sarah	
30 Howard High School	A	11:15.99
1) Hsu, Mika	2) Mager, Maria	
3) Qin, Cindy	4) Mondal, Arshia	
31 Bishop O'Connell	A	11:16.62
1) Rodriguez, Isabelle	2) Irish-Maldonado, Mariel	
3) Romualdez, Erica	4) Geiger, Louisa	
32 Jackson-Reed	A	11:19.33
1) Leber, Lillian	2) Okoobo, Eva	
3) Orr, Susanna	4) Frantz, Rory	

Girls 1600 Sprint Medley Invitational

National: 3:52.68 \$ 3/14/2015 Rush-Henrietta, NY

Thomas, Thompson, Watson, Watson

Meet: 4:04.21 @ Bullis High School

Team	Relay	Finals
1 Cuthbertson	A	4:08.02
1) Watts, Miranda	2) Watts, Marissa	
3) Blake, Tatiana	4) Bell, Charlotte	

2 Cuthbertson	B	4:20.82
1) Pierson, Alexandria	2) Liu, Isabelle	
3) Burrell, Nya	4) Walters, Ava	
3 Oscar Smith	A	4:23.65
1) Atay, Kaylee	2) Burns, Tatiana	
3) Proctor, Skylar	4) Freeman, Kyla	
4 Cuthbertson	C	4:36.85
1) D'Errico, Julia	2) Moore, Brielle	
3) Bell, Kaitlyn	4) Houpp, Maggie	
5 McKinley Tec	A	4:38.22
1) Mackie, Madison	2) Rush, Destiny	
3) Wartchow, Solveig	4) Datham, Saniya	
6 Willow Spring	A	4:39.61
1) Hernandez, Brianna	2) Barther, Latrice	
3) Mckinnie, Janiyah	4) Whitney, Allyssa	
7 Tallwood	A	4:40.42
8 Cuthbertson	D	4:43.47
1) Allen, Morgan	2) Bartolucci, Rachel	
3) Boyle, Lille	4) Miller, Addison	
9 Western Bran	A	4:49.29
1) Reynolds, Ceyani	2) Myles, Zanejah	
3) Walker, Taylah	4) Forbes, Sofia	
10 Atlee	A	4:53.80
1) Johnson, Mia	2) Britt, Iliyana	
3) Artis, Brezlyn	4) Brush, Maggie	
--- Atkins	A	DQ
1) Linder, Ja'Nique	2) Davis, Maddison	
3) Niang, Amy	4) House, Mariah	

Girls Distance Medley Invitational

National: 11:32.68 \$ 3/11/2022 Pioneer, Michigan

Forsyth, cooper, Baugh, Forsyth

Meet: 11:34.54 @ Lake Braddock

Team	Relay	Finals
1 Padua Academy	A	12:25.76
1) Bockius, Anna	2) Mead, Madelyn	
3) Flanagan, Mary	4) Holgado, Sophia	
2 Southern (Aa	A	13:12.39
1) Derrick, EmmaKate	2) Shaw, Marley	
3) Schiavone, Maggie	4) Burgee, Rebecca	
3 Willow Spring	A	13:57.14
1) Hernandez, Brianna	2) Hollie, Kei'Aria	
3) Rundgren, Ariana	4) Whitney, Allyssa	
4 Tallwood	A	14:13.76

Girls 4x55 Meter Shuttle Hurdle

National: 30.44 \$ 3/10/2018 Bullis, Maryland

Harris, Russell, Philips, Pyles

Meet: 30.95 @ Bullis High School

Team	Relay	Finals
1 Bullis School	A	32.09
1) Flynn, Kennedy	2) Russell, Solai	
3) Hopkins, Cassidy	4) White, Gabby	

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Results

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

Team	Relay	Finals
2 Oscar Smith	A	33.67
1) Lavender, Shakayla	2) Jenkins, Tiara	
3) Burns, Tatiana	4) Price, Tyra	
3 Dudley	A	34.73
4 Oscar Smith	B	37.37
1) Brown, Merselle	2) Evans, Lyric	
3) Woodley, Averi	4) Bryant, Nevaeh	
5 Parkland Magnet IB	A	38.70
1) Green-Dubose, Londyn	2) Hatcher, Megan	
3) Odom, Jaziya	4) Thomas, Mikayla	
6 Lake Braddock	A	41.69
1) Wallace, Olivia	2) Crane, Grace	
3) Marchand, Mia Cate	4) Swartz, Abby	
7 Cape Henlope	A	42.36
1) Gazze, Maddy	2) Block, Norah	
3) Ruggerio, Maxine	4) Johnson-Grace, Anejah	
--- Cuthbertson	A	DQ
1) Blake, Tatiana	2) Royse, Ashley	
3) Cushing, Kate	4) Lynn, Anneliese	
--- Western Bran	A	DQ
1) Haskins, Shinyce	2) Laborde, Hailey	
3) Alston, Khamani	4) Walker, Taylah	

Girls High Jump Invitational

National: 6-06.25 \$ 2/12/2016 Vashti Cunningham
 Meet: 6-00 @ Shelby Tyler
 Freshman: 5-10.75 ! 2022 JaiCieonna Gero-Holt
 Sophomore: 6-00.75 # 1981 Mary Moore
 Junior: 6-03.25 % 2019 Morgan Smalls
 Senior: 6-06.25 * 2016 Vashti Cunningham

Name	School	Finals
1 Jenkins, Audrey	Grimsley	5-08.00
1 Riolo, Hannah	Independence	5-08.00
3 Gatling, Destini	Deep Creek H	5-06.00
3 Stuard, Johanna	Westfield	5-06.00
5 de Marcellus, Marie-Odette	McLean	5-02.00
6 Tolbert, Olivia	Battlefield	J5-02.00
7 Alexander, Aleah	Colonial For	5-00.00
7 Evans, Violet	West Springf	5-00.00

Girls High Jump

National: 6-06.25 \$ 3/12/2016 Vashti Cunningham
 Meet: 6-00 @ Shelby Tyler

Name	School	Finals
1 Carr, Ava	Howard High	5-02.00
2 Griffith, Natasha	Panther Cree	5-00.00
3 Hoang, Sophie	Cuthbertson	J5-00.00
4 Hatcher, Jada	Colonial For	J5-00.00
5 Costa, Jenna	Green Hope	J5-00.00
6 Ricks- Johnson, Zaniyah	Landstown Hi	4-10.00
6 Perryman, Pennie	Gah. Lincoln	4-10.00
6 Stevens, Kaitlyn	Kent Island	4-10.00

9 Crowder, Madison	Dudley	J4-10.00
10 Greene, Lindsay	Elizabeth Se	J4-10.00
11 Watson, E'Yana	Tallwood	J4-10.00
12 Tune, Briyonna	Heritage (Ly	J4-10.00
12 Daniels, Breilynn	West Springf	J4-10.00
12 Okoobo, Eva	Jackson-Reed	J4-10.00
15 Porter, Taylor	Heritage (Ly	4-08.00
16 Stewart, Anya	Archbishop C	J4-08.00
16 Williams, Destinie	South County	J4-08.00
16 Jennings, Takayla	Butler	J4-08.00
19 Wann, Sonna	Potomac Seni	J4-08.00
20 Hodge, London	West Springf	J4-08.00
20 Thomas, Jordan	Freedom (Woo	J4-08.00
20 Cushing, Kate	Cuthbertson	J4-08.00
23 Clews, Kaylyn	Cape Henlope	J4-08.00
24 Lynn, Anneliese	Cuthbertson	4-06.00
24 Maku, Grace	Falls Church	4-06.00
24 Hendrixson, Annamay	Padua Academ	4-06.00
24 Dahl, Olivia	Gov. Thomas	4-06.00
24 Samuels, Ashley	Bowie High S	4-06.00
29 Cummings, Genevieve	West Potomac	J4-06.00
30 Organ, Adrianna	Heritage (Ly	J4-06.00
30 Ober, Estelle	Westfield	J4-06.00
32 Luger, Hannah	West Springf	J4-06.00
33 Jackson, Taionna	Tuscarora Hi	J4-06.00
34 Kretzer, Margaret	West Potomac	J4-06.00
35 Carr, Camryn	Severna Park	J4-06.00
35 Woodcock, Eva	Bishop O'Con	J4-06.00
37 Breza, Mackenzie	Cuthbertson	4-04.00
37 Jones, Demii	Western Bran	4-04.00
37 Lefevre, Biangca	Tuscarora Hi	4-04.00
37 Reynolds, Ceyani	Western Bran	4-04.00
41 m, Nah'La	Elizabeth Se	J4-04.00
41 Welch, Avery	Oakton	J4-04.00
41 Stoddard, Bianca	Tallwood	J4-04.00
44 Umpierre, Gabriela	Gov. Thomas	J4-04.00
44 Tyler, Samantha	Oakton	J4-04.00
46 Charecky, Alexandra	West Springf	J4-04.00
47 Macomber, Kyra	McLean	J4-04.00
48 Knudson, Sophie	McLean	4-02.00
49 Arulandu, Jovina	Oakton	J4-02.00
50 Bradsher, Amara	Atkins	J4-02.00
51 Mastrangelo, Isabel	Cape Henlope	4-00.00
--- Coates, Lindsey	Western Bran	NH
--- Alston, Khamani	Western Bran	NH
--- Martin, Sanaa	Tallwood	NH
--- Thomas, Victoria	Elizabeth Se	NH

Girls Pole Vault

National: 15-01.25 \$ 1/13/2023 Amanda Moll
 Meet: 13-04.50 @ Chloe Timberg

Name	School	Finals
1 Robertson, Alexandria	Img Academy	11-00.00
2 Edwards, Morgan	Cuthbertson	10-09.00
3 Wixted, Karis	James River	10-00.00

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Finals ... (Girls Pole Vault)

Name	School	Finals
4 Kirst, Isabella	Montverde Ac	J10-00.00
5 Warble, Ava	Lower Dauphi	J10-00.00
5 Giampetro, Sadie	Lower Dauphi	J10-00.00
7 Saelg, Julia	Montverde Ac	9-06.00
8 Loucks, Emily	Jefferson Fo	J9-06.00
9 Luger, Hannah	West Springf	9-00.00
9 Bowman, Addison	Cape Henlope	9-00.00
11 Towey, Julia	Deep Run	8-06.00
11 Cox, Lucie	Tabb	8-06.00
13 Davis, Journey	Padua Academ	8-00.00
13 Stinnett, Audrey	Jefferson Fo	8-00.00
15 Stephant, Camille	McLean	J8-00.00
16 Knudson, Sophie	McLean	J8-00.00
17 Bartee, Bella	Tabb	J8-00.00
18 Diaz, Avery	McLean	7-06.00
18 Spruill, Leilani	Manor	7-06.00
18 Dahl, Olivia	Gov. Thomas	7-06.00
18 Hunter, Mirabella	Jamestown	7-06.00
22 Pike, Lauren	Cuthbertson	J7-06.00
23 Disher, Grace	First Coloni	7-00.00
--- McCue, Alexis	Kellam	NH
--- Katz, Lily	Mills Godwin	NH

Girls Pole Vault Invitational

National: 15-01.25 \$ 1/13/2023 Amanda Moll
 Meet: 13-04.50 @ Chloe Timberg
 Freshman: 13-06.50 ! 2022 Veronica Vacca
 Sophomore: 14-01 # 2021 Molly Haywood
 Junior: 14-09 % 2022 Amanda Moll
 Senior: 15-01.50 * 2023 Amanda Moll

Name	School	Finals
Finals		
1 Walsh, Elce	Padua Academ	11-06.00
2 McClelland, Mamie	Img Academy	11-00.00
3 Linn, Piper	Greencastle-	J11-00.00
4 Eismann, Kylie	Lower Dauphi	J11-00.00
4 Kimener, Kerrigan	Hickory High	J11-00.00
6 Koerner, Faith	Cuthbertson	10-06.00
7 Wade, Elizabeth	Img Academy	J10-06.00
8 Bernhard, Gabrielle	Kent Island	J10-06.00
9 Umpierre, Gabriela	Gov. Thomas	10-00.00
9 Owusu, Brunell	Gov. Thomas	10-00.00

Girls Long Jump Invitational

National: 21-11 \$ 2/10/2017 Tara Davis
 Meet: 20-10.75 @ Alyssa Jones
 Freshman: 21-02.50 ! 2021 Avery Lewis
 Sophomore: 20-08.50 # 2022 Avery Lewis
 Junior: 21-04 % 1976 Kathy McMillian
 Senior: 21-11 * 2017 Tara Davis

Name	School	Finals
Finals		
1 Stith, Athena	Archbishop S	19-05.25
2 Ver Beek, Lilly	James River	19-02.75

3 Balon, Juliana	Padua Academ	18-11.00
4 Davis, Kiara	Tatnall	18-07.50
5 Chance, Armani	Maury High S	J18-07.50
6 Griffith, Corintia	Webster Schr	18-04.50
7 Tejos, Matilde	Img Academy	18-03.00
8 Cook, Kaitlyn	L.C. Bird	18-02.50
9 Montgomery, Arianna	Tatnall	17-11.75
10 Pace, Olivia	Wester. Cent	17-09.50
--- Cooper, Elena	McDonogh Sch	FOUL

Girls Long Jump

National: 21-11 \$ 2/10/2017 Tara Davis
 Meet: 20-10.75 @ Alyssa Jones

Name	School	Finals
Finals		
1 Gatling, Destini	Deep Creek H	18-09.25
2 Mitchell, Chayse	Archbishop S	18-00.25
3 Zahn, Izzy	Coldwater	18-00.00
4 MacBride, Kelly	Panther Cree	17-11.00
5 Thomas, Arianna	Freedom (Woo	17-07.25
6 Goodson, Tori	Atlee	17-04.25
7 Rempe, Josie	Atlee	17-03.25
8 Outen, Madison	Olympic	17-02.25
9 Anani, Stella	Archbishop C	17-01.75
10 byrd, bria	Maury High S	17-00.25
11 Johnson, Serenitie	Dudley	16-11.75
12 Tolbert, Olivia	Battlefield	J16-11.75
13 Wright, Jahaila	Olympic	16-10.75
14 Johnson, Camille	Tatnall	J16-10.75
15 Hayes-Moore, Jalyn	Bishop McNam	16-10.25
16 Hadfield, McKenzie	James River	16-10.00
17 Tarlue, Alexis	Tatnall	16-08.50
18 cooper, shyla	Maury High S	16-08.25
19 Gomez, Ivana	Green Hope	16-08.00
20 Joiner, Jaelynn	Hanover	16-07.75
21 PenaSoto, Carmen	Olympic	J16-07.75
22 Whidbee, Cameron	Glen Allen H	16-07.50
23 Wann, Sonna	Potomac Seni	16-07.25
24 Boothes, Camrie	L.C. Bird	16-07.00
25 Hoang, Sophie	Cuthbertson	16-06.50
26 Hunt, Mariama	Myers Park	16-06.25
27 Liu, Isabelle	Cuthbertson	16-05.50
28 Green-Dubose, Londyn	Parkland Mag	16-05.25
29 Speight, Logan	Dudley	J16-05.25
30 Manser, Loreena	Grassfield	16-04.50
31 Johnson, Jordan	Dudley	J16-04.50
32 Ferdinand, Courtney	Freedom (Woo	16-03.50
33 Walker, Bailey	Westfield	J16-03.50
34 Benjamin, Jayla	Heritage (Ly	16-03.25
35 Ayim, Yowome	Manor	16-01.25
36 Holland, Courtnee	Virginia Epi	16-00.75
37 Hatcher, Jada	Colonial For	16-00.25
38 English, Zahara	William Flem	16-00.00
39 Cain, Monae	John Marshal	15-11.50
40 Hayden, Ayonna	Heritage (Ly	15-11.25
41 Broadus, Vashaun	Potomac Seni	15-11.00

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Results

Finals ... (Girls Long Jump)

Name	School	Finals
42 Hicks, Anaiah	William Flem	15-10.50
43 Whitmore, Kira	Palisades Hi	15-09.50
44 Sinclair, Raegan	Archbishop C	15-09.25
45 Ward, Kamani	Manor	15-08.00
46 Reynolds, Ceyani	Western Bran	15-07.25
47 Emessiene, Melissa	Eleanor Roos	15-06.50
48 Johnson, Rhian	Riverdale Ba	J15-06.50
49 Ezeigbo, Ogechi	Atkins	J15-06.50
50 Washington, Tatyana	Booker T. Wa	15-06.00
51 Laban, Ella	South Lakes	J15-06.00
52 Underwood, Blaire	Western Bran	15-05.25
53 Tune, Briyonna	Heritage (Ly	J15-05.25
54 Gordon, Gabrielle	Montverde Ac	J15-05.25
55 Destry, Jasmine	Archbishop C	15-03.75
56 Gerety, Sierra	Cuthbertson	15-03.50
57 Ayala, Aurora	Oakton	15-03.25
58 Molette, Akera	Heritage (Ly	15-02.75
59 Pehrson, Sofi	South Lakes	J15-02.75
60 Nicholas, Kira	Rocky River	15-02.50
61 Ellis, Madison	Butler	15-02.25
62 Porter, Taylor	Heritage (Ly	15-02.00
63 Huckabee, Victoria	Oakton	15-01.50
64 Gaskins, Sophia	Bishop McNam	15-00.25
65 Grooms, Olivia	Hough, Willi	14-11.00
66 Cribbs, Leia	Eleanor Roos	14-10.25
67 Wheeler, Alana	Palisades Hi	14-09.75
68 Cummings, Genevieve	West Potomac	14-09.50
69 Metts, Camdyn	Atlee	14-08.75
70 Crawford, Austin	Heritage (Ly	14-08.50
71 Tarp, Emeili	Green Hope	14-06.00
72 Martin, Jai-Yana	Potomac Seni	14-05.50
73 Lynn, Anneliese	Cuthbertson	14-05.25
74 Costa, Jenna	Green Hope	14-05.00
75 Munson, Ella	McLean	14-04.50
76 Knudson, Sophie	McLean	14-04.25
77 Odum, Taylor	Abingdon Hig	J14-04.25
78 Hunter, Savannah	Manor	14-04.00
79 Huckabee, Sophia	Oakton	14-01.50
80 Velasco, Nicole	South Lakes	13-11.50
81 Rodriguez, Ava	Central Reg	13-09.00
82 Dooley, Anna	South Lakes	13-08.00
83 Kretzer, Margaret	West Potomac	13-06.75
84 Tribble, Lexi	Centennial H	13-05.75
85 Harris, Kaiya	Arundel High	J13-05.75
86 Walker, Taylah	Western Bran	13-05.25
87 Bollettino, Leah	Central Reg	13-04.75
88 Henley, Leila	Tallwood	13-01.25
89 Breza, Mackenzie	Cuthbertson	12-11.25
90 Agbagba, Amivi	Tallwood	12-06.50
91 Kidane, Edlawit	South Lakes	12-06.00
92 Calascibetta, Kenley	Tallwood	12-01.50
93 Goodlett, Briana	Veritas Scho	12-00.75
94 Saadia, Ella	Oakton	12-00.25
95 Bradsher, Amara	Atkins	11-11.75

96 Keens-Douglas, Micha	Elizabeth Se	11-11.00
97 Goodlett, Keira	Veritas Scho	J11-11.00
98 Giles, Yasmin	Booker T. Wa	11-09.50
99 Klinefelter, Mckinley	George C. Ma	10-11.00
--- Jones, Jamilah	Palisades Hi	FOUL
--- Jones, Jasmine	Elizabeth Se	FOUL
--- Thomas, Victoria	Elizabeth Se	FOUL
--- Hills, Karmyn	L.C. Bird	FOUL
--- Ricks, Nakiyah	Tallwood	FOUL
--- Organ, Adrianna	Heritage (Ly	FOUL
--- Maku, Grace	Falls Church	FOUL

Girls Triple Jump

National: 44-06.75 \$ 3/11/2007 Ke'Nyia Richardson

Meet: 42-10 @ Morgan Smalls

Name	School	Finals
Finals		
1 Hunt, Mariama	Myers Park	38-10.50
2 Johnson, Serenitie	Dudley	38-00.00
3 Stith, Athena	Archbishop S	37-04.00
4 Wallace, Aniyah	Butler	36-10.25
5 PenaSoto, Carmen	Olympic	36-04.50
6 Johnson, Camille	Tatnall	36-03.75
7 Liu, Isabelle	Cuthbertson	36-00.00
8 Hoang, Sophie	Cuthbertson	35-11.75
9 Haskins, Shinyce	Western Bran	35-09.75
10 Taylor, Lauren	L.C. Bird	35-08.25
11 Holland, Jizelle	Montverde Ac	35-05.50
12 cooper, shyla	Maury High S	35-01.00
13 Wann, Sonna	Potomac Seni	34-02.25
14 Hicks, Anaiah	William Flem	33-11.00
15 Emessiene, Melissa	Eleanor Roos	33-10.75
16 Holland, Courtnee	Virginia Epi	33-10.00
17 Crawford, Austin	Heritage (Ly	33-09.75
18 Cain, Monae	John Marshal	33-05.00
19 Everett, Alaila	I.C. Norcom	33-04.75
20 Hayden, Ayonna	Heritage (Ly	33-04.50
21 Floyd, Zayre	Kings Fork	33-04.00
22 Bide, Grace	Tallwood	33-03.75
23 Odumade, Danielle	Eleanor Roos	33-02.50
24 Sinclair, Raegan	Archbishop C	32-11.00
25 Smith, Laci	James River	32-07.25
26 Lynn, Anneliese	Cuthbertson	32-05.25
26 Charecky, Alexandra	West Springf	32-05.25
28 Johnson, Mia	Atlee	32-03.50
29 Gerety, Sierra	Cuthbertson	32-00.50
30 Green-Dubose, Londyn	Parkland Mag	31-09.00
31 Brooks, Jaylia	Western Bran	31-02.00
32 Hartley, Maeve	South Lakes	31-01.25
33 Adebauo, Damiola	Eleanor Roos	31-01.00
34 Huckabee, Sophia	Oakton	31-00.25
35 Martin, Jai-Yana	Potomac Seni	30-10.75
36 Velasco, Nicole	South Lakes	30-01.50
37 Bucholz, Bailey	Atlee	30-00.00
38 Munson, Ella	McLean	29-07.75
39 Galloway-Lewis, Ginia	Tallwood	29-00.50

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Results

Finals ... (Girls Triple Jump)

Name	School	Finals
--- Johnson, Makaiya	James River	ND
--- Engle, Chelsea	McLean	ND
--- Kretzer, Margaret	West Potomac	ND
--- Coble, Lily	Elizabeth Se	ND
--- Pegues, Saniyah	Manor	ND
--- Ayim, Yowome	Manor	ND
--- Odum, Taylor	Abingdon Hig	ND
--- Mosley, Amora	I.C. Norcom	ND
--- Bollettino, Leah	Central Reg	ND
--- Neiburg, Libby	Padua Academ	ND
--- Lynch, Ariana	William Flem	ND
--- Rodriguez, Ava	Central Reg	ND
--- Tribble, Lexi	Centennial H	ND
--- Kidane, Edlawit	South Lakes	ND
--- Willis, Camilla	Cape Henlope	ND
--- Mastrangelo, Isabel	Cape Henlope	ND
--- Johnson-Grace, Anejah	Cape Henlope	ND
--- Broadus, Vashaun	Potomac Seni	ND
--- Hodge, London	West Springf	ND
--- Nicholas, Kira	Rocky River	ND
--- Vaughan, Olivia	Kellam	ND
--- Cannon, Ellis	Kellam	ND
--- Gomez, Ivana	Green Hope	ND
--- Hadfield, McKenzie	James River	ND
--- Hills, Karmyn	L.C. Bird	ND
--- Tune, Briyonna	Heritage (Ly	ND
--- Johnson, Jordan	Dudley	ND
--- Porter, Taylor	Heritage (Ly	ND
--- Underwood, Blaire	Western Bran	ND
--- Rempe, Josie	Atlee	ND
--- Mitchell, Jordan	Granby	ND
--- Cherry, Evelyn	Hemdon	ND
--- Benjamin, Jayla	Heritage (Ly	ND
--- Wiggins, Gianna	McKinley Tec	ND
--- Wallace, Sophia	Lake Braddoc	ND
--- Artis, Zoey	Atlee	ND
--- Childs, Sophrra	I.C. Norcom	ND
--- Harris, Kaiya	Arundel High	ND
--- Organ, Adrianna	Heritage (Ly	ND
--- Aarons-Brown, Anayah	Lake Braddoc	ND
--- Reeves, MaKayla	Tallwood	ND
--- Metts, Camdyn	Atlee	ND
--- Speight, Logan	Dudley	ND
--- Griffith, Natasha	Panther Cree	ND
--- Weatherall, Christine	South County	FOUL
--- Rickenbacker, Momo	Western Bran	FOUL

Girls Triple Jump Invitational

National: 44-06.75 \$ 3/11/2007 Ke'Nyia Richardson
 Meet: 42-10 @ Morgan Smalls
 Freshman: 41-02 ! 2015 Titiana Marsh
 Sophomore: 42-06.75 # 2017 Jasmine Moore
 Junior: 43-06.50 % 2023 Skylynn Townsend
 Senior: 44-06.75 * 2007 Ke'Nyia Richardson

Name	School	Finals
Finals		
1	Griffith, Corintia	Webster Schr 41-00.00
2	Cook, Kaitlyn	L.C. Bird 39-05.25
3	Tejos, Matilde	Img Academy 38-07.75
4	Jackson, Prynness	Highland Spr 38-04.50
5	Ver Beek, Lilly	James River 37-08.25
6	Earnest, Mekiyah	Padua Academ 37-07.25
7	Molette, Akera	Heritage (Ly 36-09.75
8	Wright, Jahaila	Olympic 36-09.25
9	Moore, Ryan	Rutherford C 36-05.00
10	Tolbert, Olivia	Battlefield 35-02.25
11	Williams, Alora	Willow Sprin 34-04.50

Girls Shot Put Invitational

National: 57-05.50 \$ 2/28/2017 Alyssa Wilson
 Meet: 46-09 @ Veronica Fraley
 Freshman: 45-07.25 ! 1991 Collinus Newsome
 Sophomore: 49-01.25 # 2015 Kathleen Young
 Junior: 54-11 % 2016 Alyssa Wilson
 Senior: 57-05.50 * 2017 Alyssa Wilson

Name	School	Finals
Finals		
1	Sommers, Sierra	West Springf 44-11.50
2	Jefferson, Alexandria	Rocky River 42-10.00
3	Lytte, Nadia	School Witho 41-00.25
4	Bullock, Kaitlyn	Grassfield 40-06.25
5	Blanchet, Mackenzie	Glen Allen H 39-07.00
6	Phillips, Journey	Eleanor Roos 38-01.25
7	Mayes, Amanti	I.C. Norcom J38-01.25
8	Frick, Alexa	Padua Academ 35-06.25
9	Armstrong, Nia	L.C. Bird 35-02.50
10	Schwartz, Aleah	Bullis Schoo 33-03.25
11	Newman, Cailey	Riverdale Ba 31-00.25
12	Neblett, Tia	James River 28-08.75

Girls Shot Put

National: 57-05.50 \$ 2/28/2017 Alyssa Wilson
 Meet: 46-09 @ Veronica Fraley
 Freshman: 21-02.50 !

Name	School	Finals
Finals		
1	Wilkerson, Hayden	West Springf 36-05.00!
2	Fuller, Ashley	Colonial For 36-01.75!
3	Haggerty Graham, Adrianna	George C. Ma 35-10.00!
4	Searles, Kortini	Western Bran 35-03.00!
5	Momon, Jasmine	South County 35-02.00!
6	Emery, Madison	Bullis Schoo 34-11.75!

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

Virginia Beach Sports Center

Results

Finals ... (Girls Shot Put)

Name	School	Finals
7 Perry, Elizabeth	West Springf	34-05.75!
8 Hartley, Maeve	South Lakes	34-01.75!
9 Davis, Maddison	Atkins	34-01.00!
10 Black, Tatiyann	Eleanor Roos	33-08.00!
11 Watkins, Lyric	Dudley	33-03.75!
12 Kauffman, Mallory	Cape Henlope	32-07.75!
13 Peele, Lenaisha	I.C. Norcom	32-04.50!
14 Dawkins, A'Zaria	Jefferson Fo	32-04.25!
15 Wells, Dymond	Bayside High	31-11.75!
16 Fahs, Kendall	Holly Spring	31-10.25!
17 Williams, Journie	Willow Sprin	31-08.25!
18 Oppong Amo, Maureen	South County	31-06.75!
19 Bakondi, Maya	Cuthbertson	31-03.50!
20 Lawrence, Rhema	Cosby	31-02.75!
21 Christian, Tyra	Glen Allen H	31-01.75!
22 Pollio, Sophie	Norfolk Academy	30-11.00!
23 Malloy, Raziyah	Parkland Mag	30-06.25!
24 Williams, Leah	Manor	30-03.25!
24 Lokie, Catalina	First Flight	30-03.25!
26 Wilkerson, Ashley	Elizabeth Se	29-10.00!
27 Coronado, Tea	McLean	29-08.75!
28 Wardlaw, Caleese	Arundel High	29-06.25!
29 Teshome, Dinah	Thomas Ediso	29-03.25!
30 Evans, Mikiyah	Western Bran	29-02.75!
31 Hubbard, Zacarrah	Bayside High	29-00.75!
32 Daughtry, Alexis	Manor	29-00.00!
33 Christian, Kynija	Booker T. Wa	28-08.75!
34 Terry, Hannah	Western Bran	28-08.50!
35 Dobbins, Demia	Archbishop C	28-08.00!
36 Hollowell, Emoniee	Manor	28-04.75!
37 Avery, Arielle	South County	28-03.75!
38 Eskridge, Bless	Bishop McNam	28-02.50!
39 Warrington, Jade	Cape Henlope	28-02.25!
40 Napolitano, Alana	Central Reg	28-00.00!
41 Graham, Kendall	Palisades Hi	27-10.50!
42 Holland, Simone	Riverdale Ba	27-09.75!
42 Bliven, Ciara	Bishop O'Con	27-09.75!
44 Jackson, Kennedi	Cosby	27-07.50!
45 Arriola, Gabrielle	Bayside High	27-07.25!
46 Robinson, Sydney	Bishop McNam	27-05.25!
47 Jones-Hucks, Gingsen	Manor	27-03.50!
48 Reeves, MaKayla	Tallwood	27-03.25!
49 Grant, Niara	Tuscarora Hi	27-02.50!
50 Hayes, Cheyenne	Kellam	27-02.00!
51 Hernandez, Leilany	First Flight	26-06.50!
52 Motadel, Tala	Westfield	26-03.00!
53 Smith, Selah	Elizabeth Se	25-11.75!
54 Booth, Elena	Cape Henlope	25-10.25!
55 King, Arianna	Tallwood	25-04.00!
56 Cao Wang, Amaya	Grafton High	25-03.50!
57 Rath, Shannon	Cape Henlope	24-10.00!
58 Engle, Chelsea	McLean	24-09.75!
59 Bradsher, Amara	Atkins	24-08.25!
60 Southerland, Angelique	Cosby	24-05.25!

61 Wagner, Emily	Tallwood	24-03.75!
62 Lamar, Makayla	Cuthbertson	24-01.25!
63 Funchion, Jenna	Padua Academ	23-08.75!
64 Lyons, Alexis	Cuthbertson	23-05.75!
64 Jones, Kayla	Manor	23-05.75!
66 Szymanski, Maya	Jackson-Reed	23-05.50!
67 Colon, Gabriela	Tallwood	23-01.50!
68 Liberatore, Ava	McLean	23-01.00!
69 Konadu-Nyantakyi, Maame	West Potomac	22-08.25!
70 Miles, Dalijah	Maury High S	22-02.25!
71 Costa, Jenna	Green Hope	22-01.75!
72 Teachey, Serena	Elizabeth Se	22-00.50!
73 Earnest, Monea	Padua Academ	21-10.00!
74 Rogers, Lyric	Manor	21-09.00!
75 Farrell, Samantha	Central Reg	21-03.75!
76 Robinson, Tanea	Suitland Hig	21-01.50!
77 Miranda-Davis, Alexis	Westfield	20-02.25!
78 Tucker, Niara	Jackson-Reed	19-10.25!
79 Castellanos, Selena	Manor	19-03.75!
80 Newman, Timira	Suitland Hig	19-01.25!
81 Williams, Jaylen	Bayside High	18-01.00!
82 Rindos, Juliana	Central Reg	18-00.75!
83 Caudill, Lily	Central Reg	18-00.50!
84 Feracho, Jalena	Manor	16-08.50!
85 Smith, Nina	Suitland Hig	13-11.50!

Girls 1 Mile Race Walk

National: 6:28.21 \$ 2/9/2019 Taylor Ewert

Meet: 11:12.10 @ Annelies Demoor

Name	School	Finals
1 Askew, Paige	Reagan	10:41.46@
2 Miller, Charlotte	Reagan	10:41.61@
3 Blanton, Josephine	George C. Ma	11:08.46@
4 DeMoor, Annelies	Academy of t	11:15.01
5 Conner, Lily	Reagan	11:54.97
6 Conner, Olivia	Reagan	11:54.99
7 Schott, Slayde	Reagan	11:55.05