

Race #3: Boys Showcase

2024 VA XC Showcase
Pole Green Park
October 19, 2024

Place	Athlete	Yr.	#	Team	1K	1k(P)	1M	1m(P)	2K	2k(P)	3K	3k(P)	2M	2m(P)	2.2M	2.2m(P)	4K	4k(P)	Time	Pace	Score							
1	Dissa, Soheib	SR	3308	Newtown High School	02:55.4	2	↑1	04:40.4	1	↔	05:45.8	1	↓1	08:54.3	2	↑1	09:34.3	1	↔	10:09.4	1	↔	11:51.1	1	↔	14:47.6	04:45.4	--
2	Taylor, Joshua	SR	5129	Clover Hill	02:55.5	3	↓1	04:40.6	4	↑2	05:47.2	2	↑1	08:54.2	1	↓1	09:34.6	2	↓1	10:10.6	3	↓1	11:52.0	2	↔	14:50.2	04:46.2	--
3	Daniels, Trent	JR	1363	Gainesville High School	02:55.6	4	↓2	04:40.7	6	↑3	05:48.2	3	↔	08:54.5	3	↔	09:34.8	3	↑1	10:10.3	2	↑1	11:52.6	3	↔	14:52.0	04:46.8	1
4	Yoder, Tristan	SR	592	Broadway	02:57.2	12	↓1	04:42.4	13	↑7	05:53.2	6	↓3	09:00.5	9	↑1	09:41.8	8	↓2	10:18.5	10	↓3	12:01.6	7	↑3	14:56.4	04:48.2	2
5	Hume, Sebi	SR	4220	St. Albans School	02:57.3	13	↑1	04:42.3	12	↑7	05:51.3	5	↔	08:59.9	5	↓1	09:41.0	6	↔	10:17.7	6	↔	12:01.3	6	↑1	14:57.2	04:48.5	3
6	Shore, Tate	SR	3838	Reagan	02:58.0	17	↑2	04:42.8	15	↑5	05:56.3	10	↓1	09:00.8	11	↓1	09:42.5	12	↑1	10:18.7	11	↓2	12:02.8	9	↑3	14:59.1	04:49.1	4
7	Lee, Nathan	JR	593	Brunswick School	02:56.0	9	↑7	04:40.6	2	↓6	05:55.3	8	↑4	08:54.5	4	↔	09:35.6	4	↔	10:11.3	4	↔	11:54.7	4	↓3	15:02.1	04:50.1	--
8	Goodman, Hayden	SR	5049	Woodbridge	02:55.7	5	↔	04:40.6	5	↓4	05:56.3	9	↑3	08:59.9	6	↓3	09:41.9	9	↑2	10:18.0	7	↑1	12:02.5	8	↔	15:03.2	04:50.4	5
9	Braun, Michael	SR	1359	Freepoint Area	02:56.3	10	↑7	04:40.6	3	↓1	05:50.2	4	↓6	09:00.6	10	↔	09:41.9	10	↑1	10:18.4	9	↑2	12:03.2	11	↑2	15:05.5	04:51.2	--
10	Nichols-Barnhart, Cedar	SR	3792	R. J. Reynolds	02:58.4	19	↑3	04:42.9	16	↑5	05:57.3	11	↓2	09:01.0	13	↑2	09:42.4	11	↑3	10:18.2	8	↑2	12:02.8	10	↔	15:05.8	04:51.3	6
11	Harding, Andrew	SR	3385	Northside (1A)	02:55.9	8	↓2	04:41.4	10	↓3	05:58.3	13	↑6	09:00.0	7	↑2	09:40.8	5	↔	10:17.4	5	↔	12:00.7	5	↓6	15:06.1	04:51.4	--
12	Martin, Chappell	JR	1750	Greer Middle College Charter	03:00.4	29	↔	04:46.9	29	↑15	05:59.6	14	↓8	09:03.9	22	↑2	09:45.6	20	↔	10:23.1	20	↔	12:08.8	20	↑8	15:07.5	04:51.8	7
13	Rockey, Daniel	SR	3751	Princess Anne High School	02:59.9	27	↑5	04:45.2	22	↑5	06:02.3	17	↓7	09:06.0	24	↔	09:48.4	24	↔	10:25.0	24	↔	12:10.3	24	↑11	15:08.7	04:52.2	--
14	Strong, William	SR	4243	St. Albans School	02:57.4	14	↓5	04:43.3	19	↓7	06:06.0	26	↑6	09:03.7	20	↑1	09:45.3	19	↓2	10:23.2	21	↑1	12:09.0	22	↑8	15:08.9	04:52.3	8
15	Chandler, Kebryl	SO	3513	Parry McCluer	02:59.1	22	↑1	04:43.9	21	↑5	06:00.2	16	↓3	09:03.1	19	↓2	09:46.1	21	↓1	10:23.5	22	↓7	12:06.9	15	↔	15:09.9	04:52.6	9
16	Tuck, Jackson	JR	1754	Greer Middle College Charter	03:00.5	30	↑2	04:46.6	28	↑8	06:02.7	20	↑5	09:01.6	15	↔	09:43.7	15	↓1	10:21.7	16	↑3	12:08.4	19	↑3	15:11.2	04:53.0	10
17	Engelhardt, Emmett	SR	4865	Washington-Liberty High School	02:58.0	18	↑7	04:42.2	11	↓22	06:08.6	33	↑25	09:00.4	8	↑1	09:41.6	7	↓5	10:18.9	12	↔	12:03.8	12	↓5	15:11.6	04:53.1	--
18	Brennan, Brady	SR	3920	Saint John Paul the Great Cathol	02:55.1	1	↓6	04:40.8	7	↓14	06:03.5	21	↑9	09:01.0	12	↓2	09:43.4	14	↔	10:21.2	14	↔	12:06.2	14	↓4	15:12.1	04:53.3	--
19	Duncan, Eric	JR	2475	Lord Botetourt	03:00.3	28	↑1	04:46.4	27	↓2	06:07.8	29	↑8	09:03.8	21	↓2	09:46.6	23	↔	10:23.6	23	↓7	12:08.3	16	↓3	15:12.4	04:53.4	--
20	Marks, Ben	SR	3786	Queen Anne's County High School	02:57.6	16	↓2	04:43.2	18	↑11	05:54.3	7	↓10	09:02.3	17	↔	09:44.9	17	↔	10:21.7	17	↑4	12:08.8	21	↑1	15:12.7	04:53.5	--
21	Tenney, Caleb	SR	4278	St. Vincent Pallotti High School	02:59.1	21	↑4	04:43.1	17	↓2	06:02.3	19	↑5	09:01.2	14	↑1	09:42.7	13	↔	10:19.8	13	↔	12:03.9	13	↑8	15:13.5	04:53.7	--
22	Kenee, Peyton	SR	4159	Spotswood	02:59.2	23	↓3	04:46.0	26	↓4	06:08.3	30	↑5	09:06.2	25	↔	09:49.0	25	↔	10:25.7	25	↔	12:11.3	25	↑3	15:13.6	04:53.8	--
23	Poisson, Gregory	SR	7	Abingdon High School	02:59.5	25	↑2	04:45.5	23	↑11	05:58.0	12	↓11	09:04.2	23	↑1	09:46.5	22	↑3	10:22.8	19	↓1	12:08.4	18	↓5	15:14.8	04:54.1	11
24	Canga, Mateo	JR	2809	Maury High School	02:56.8	11	↓3	04:42.7	14	↓11	06:05.5	25	↑9	09:02.1	16	↔	09:44.4	16	↑1	10:21.7	15	↑2	12:08.3	17	↓7	15:17.4	04:55.0	12
25	Eliason, Quinn	JR	4253	St. Anne's-Belfield School	03:03.2	37	↓5	04:51.5	42	↓10	06:14.4	52	↑17	09:14.0	35	↑1	09:55.7	34	↑2	10:32.9	32	↔	12:19.1	32	↑7	15:17.4	04:55.0	--
26	Thurneysen, Tristan	SR	760	Chantilly	03:02.5	35	↓5	04:51.1	40	↑8	06:08.6	32	↑1	09:11.4	31	↔	09:53.0	31	↑1	10:29.7	30	↓3	12:15.4	27	↑1	15:18.9	04:55.5	13
27	Arnold, Tyler	SR	3847	Riverbend High School	03:04.8	47	↑13	04:50.6	34	↓29	06:17.0	63	↑33	09:11.0	30	↑1	09:52.7	29	↔	10:29.6	29	↓1	12:16.0	28	↑1	15:18.9	04:55.5	14
28	Hojlo, Edward	SR	5156	Brunswick School	02:58.5	20	↓5	04:46.0	25	↓14	06:11.3	39	↑13	09:06.5	26	↔	09:49.3	26	↓1	10:26.3	27	↓4	12:09.8	23	↓5	15:19.6	04:55.7	--
29	Laverdiere, Sam	SR	2374	Lake Region High School	02:55.7	6	↓2	04:41.0	8	↓7	06:00.2	15	↓3	09:02.9	18	↔	09:45.2	18	↔	10:22.6	18	↑8	12:11.6	26	↑3	15:20.1	04:55.9	--
30	Lawrence, Jon Nathan	JR	4462	The Covenant School	03:03.3	38	↑3	04:50.7	35	↓7	06:11.8	42	↑10	09:11.5	32	↔	09:53.5	32	↑1	10:30.1	31	↓1	12:18.0	30	↔	15:20.0	04:57.4	15
31	Lawson, Trevor	SR	1489	Glen Allen High School	03:05.0	48	↑3	04:52.0	45	↑17	06:07.2	28	↓5	09:12.5	33	↔	09:55.1	33	↓1	10:33.9	34	↑1	12:21.5	35	↑4	15:27.7	04:58.3	--
32	Morgan, Jack	SR	756	Chantilly	03:05.4	51	↑5	04:52.2	46	↑3	06:12.0	43	↑6	09:14.8	37	↓1	09:57.6	38	↑1	10:35.1	37	↓4	12:19.6	33	↑1	15:27.7	04:58.3	16
33	Grimm, Jonathan	9	2093	Jamestown	02:59.6	26	↑2	04:45.9	24	↔	06:05.3	24	↓5	09:09.9	29	↑1	09:52.0	28	↔	10:29.5	28	↑3	12:18.1	31	↓2	15:30.1	04:59.1	17
34	Hughes, Jd	SO	626	Calvert Hall College High School	03:07.1	63	↑14	04:53.5	49	↑5	06:12.1	44	↑6	09:14.8	38	↑1	09:57.2	37	↑1	10:35.0	36	↓2	12:20.7	34	↔	15:32.0	04:59.7	18
35	Myers, Conner	SR	2187	Jefferson	03:03.9	41	↑3	04:51.0	38	↓11	06:13.4	49	↑13	09:14.2	36	↔	09:56.8	36	↑1	10:34.7	35	↑1	12:22.4	36	↑1	15:32.2	04:59.7	19
36	Rae, Thomas	JR	3885	Riverside High School	03:08.7	70	↑6	04:58.3	64	↑30	06:08.8	34	↓14	09:21.6	48	↑4	10:03.5	44	↔	10:40.9	44	↓3	12:28.4	41	↑5	15:35.1	05:00.7	20
37	Green, Jemmel	SR	1480	Gilman School	02:57.6	15	↓5	04:43.6	20	↓3	06:05.3	23	↓5	09:09.3	28	↓2	09:52.9	30	↑3	10:33.4	33	↑4	12:22.9	37	↔	15:35.5	05:00.8	--
38	Tuck, Beason	JR	1753	Greer Middle College Charter	03:04.8	46	↑3	04:51.6	43	↑25	06:02.3	18	↓22	09:16.9	40	↔	10:00.5	40	↓1	10:38.6	41	↑1	12:29.7	42	↑4	15:36.7	05:01.2	21
39	Wolfe, Laszlo	SR	4250	St. Albans School	03:04.4	45	↓3	04:53.1	48	↑17	06:08.3	31	↓14	09:20.2	45	↑2	10:02.1	43	↑1	10:40.0	42	↑1	12:30.4	43	↑4	15:38.8	05:01.9	22
40	Palmore, Charlie	JR	4233	St. Albans School	03:06.3	57	↑4	04:54.8	53	↑6	06:13.0	47	↔	09:21.0	47	↔	10:04.9	47	↑2	10:42.6	45	↓1	12:31.2	44	↑4	15:39.1	05:02.0	23
41	Boone, Cole	JR	3769	Pulaski County	03:03.5	39	↓2	04:51.3	41	↑5	06:09.3	36	↓7	09:19.7	43	↓2	10:03.9	45	↓1	10:43.4	46	↑1	12:34.6	47	↑6	15:39.3	05:02.0	--
42	Hawkins, Darryl	SR	2388	Landstown High School	03:00.8	31	↔	04:47.8	31	↓20	06:14.3	51	↑12	09:15.9	39	↔	09:59.5	39	↓1	10:38.4	40	↓1	12:27.8	39	↓3	15:39.8	05:02.2	--
43	Bastardi, Anthony	JR	2627	Maggie Walker	03:04.1	42	↓2	04:51.6	44	↓6	06:13.4	50	↑9	09:18.1	41	↓1	10:01.4	42	↑3	10:38.3	39	↑1	12:28.0	40	↓3	15:39.8	05:02.2	24
44	Anstrom, Jack	SR	3921	Seaforth High School	02:55.9	7	↓2	04:41.3	9	↑31	06:11.3	40	↑13	09:08.8	27	↔	09:50.1	27	↑1	10:26.0	26	↑3	12:18.0	29	↓15	15:39.8	05:02.2	25
45	Mullins, Owen	SR	2264	Kettle Run	03:01.4	33	↓3	04:50.7	36	↑14	06:04.2	22	↓20	09:18.7	42	↑1	10:01.3	41	↓2	10:40.3	43	↑2	12:31.8	45	↔	15:41.0	05:02.6	26
46	Roach, Asher	SR	500	Blacksburg High School	03:06.5	58	↓1	04:56.9	59	↑13	06:12.9	46	↓4	09:24.5	50	↑1	10:07.1	49	↑1	10:44.8	48	↔	12:34.8	48	↑2	15:41.1	05:02.6	27
47	Farmer, Jackson	JR	3833	Reagan	03:06.8	59	↑1	04:56.3	58	↑21	06:09.5	37	↓12	09:24.1	49	↓1	10:08.2	50	↔	10:47.2	50	↑4	12:40.0	54	↑7	15:42.3	05:03.0	28

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48	Palmer, Samson	JR	787	Charlottesville	03:04.1	43	↓7	04:53.8	50	↑2	06:13.3	48	↓4	09:26.0	52	↔	10:10.1	52	↑1	10:49.1	51	↑2	12:38.5	53	↑5	15:42.5	05:03.1	29
49	Sarro, Anthony	JR	1608	Gonzaga College High School	03:01.7	34	↑2	04:48.8	32	↑5	06:06.3	27	↓7	09:13.1	34	↓1	09:56.7	35	↓3	10:35.7	38	↔	12:26.3	38	↓11	15:43.4	05:03.3	30
50	Mathews, Rivers		9	Blacksburg High School	03:13.4	109	↑9	05:03.9	100	↑17	06:19.1	83	↑27	09:29.0	56	↑2	10:11.3	54	↑1	10:49.4	53	↓4	12:36.3	49	↓1	15:44.1	05:03.6	31
51	Archer, Lucas	JR	624	Calvert Hall College High School	03:09.7	78	↑9	04:58.6	69	↑12	06:16.0	57	↓3	09:30.0	60	↑3	10:12.5	57	↑1	10:50.7	56	↓6	12:36.6	50	↓1	15:44.6	05:03.7	32
52	Wilson, Miles	SR	512	Blacksburg High School	03:16.1	127	↑17	05:06.0	110	↑16	06:21.3	94	↑24	09:32.4	70	↑5	10:15.5	65	↑3	10:53.3	62	↓6	12:40.9	56	↑4	15:47.7	05:04.7	33
53	Daniels, Gavin		9	Gainesville High School	03:06.9	61	↓9	04:58.7	70	↑3	06:17.8	67	↑10	09:29.0	57	↑2	10:11.9	55	↑1	10:49.8	54	↓2	12:37.4	52	↓1	15:48.4	05:05.0	34
54	Koval, A.J.	SR	2353	Lafayette	03:12.4	101	↓1	05:04.5	102	↑5	06:22.2	97	↑8	09:37.2	89	↑2	10:20.8	87	↑5	10:58.4	82	↓12	12:45.7	70	↑16	15:49.6	05:05.3	35
55	Raffel, Jason	SR	4081	South Lakes	03:09.8	79	↔	05:01.4	79	↑3	06:18.5	76	↑9	09:32.0	67	↓3	10:16.0	70	↑1	10:54.5	69	↓3	12:44.3	66	↑11	15:50.1	05:05.5	36
56	Ermann, Miles	SR	478	Blacksburg High School	03:17.3	138	↑15	05:09.6	123	↑8	06:26.0	115	↑14	09:40.5	101	↑5	10:22.7	96	↑4	11:00.4	92	↓9	12:49.3	83	↑27	15:50.5	05:05.6	37
57	Orban, Nathaniel	SR	786	Charlottesville	03:09.1	73	↑11	04:57.3	62	↑17	06:12.5	45	↓19	09:31.1	64	↔	10:14.8	64	↓3	10:54.0	67	↓8	12:43.0	59	↑2	15:51.0	05:05.8	38
58	Palmer, Elliot	SR	630	Calvert Hall College High School	03:08.7	71	↑8	04:57.6	63	↑9	06:15.2	54	↓11	09:31.5	65	↓1	10:15.7	66	↓4	10:54.6	70	↓6	12:44.1	64	↑6	15:51.1	05:05.8	39
59	Power, Thomas	SO	4236	St. Albans School	03:13.0	108	↑2	05:05.7	106	↑1	06:23.2	105	↑12	09:38.3	93	↑2	10:21.7	91	↑2	11:00.0	89	↓9	12:48.7	80	↑21	15:52.5	05:06.3	40
60	Foster, Isaiah	JR	1365	Gainesville High School	03:08.2	67	↓4	04:59.0	71	↑3	06:17.8	68	↓1	09:32.4	69	↑1	10:15.8	68	↑11	10:51.1	57	↑4	12:43.2	61	↑1	15:52.9	05:06.4	41
61	Summers, Joaquin	SO	3109	Morgantown	03:08.1	66	↓6	04:59.3	72	↑19	06:15.1	53	↓8	09:30.0	61	↓2	10:14.8	63	↓1	10:53.6	64	↑3	12:45.0	67	↑6	15:53.0	05:06.4	42
62	Rajappa, Kavi	SR	2645	Maggie Walker	03:12.0	98	↑6	05:03.1	92	↑19	06:18.4	73	↑11	09:30.5	62	↑4	10:13.8	58	↓2	10:52.6	60	↓2	12:41.9	58	↓4	15:53.2	05:06.5	43
63	Meek, Andrew	SR	3749	Princess Anne High School	03:14.7	117	↑14	05:04.7	103	↑10	06:20.9	93	↑17	09:34.1	76	↑4	10:17.0	72	↔	10:55.9	70	↔	12:46.1	72	↑9	15:53.5	05:06.6	--
64	Spangler, Preston	SO	3575	Patriot High School	03:17.4	140	↑27	05:07.4	113	↑7	06:23.2	106	↑12	09:38.6	94	↑4	10:21.5	90	↑2	10:59.9	88	↓7	12:48.9	81	↑17	15:53.5	05:06.6	44
65	Hood, George	SR	4074	South Lakes	03:10.1	84	↑4	05:01.6	80	↓2	06:18.9	82	↑11	09:32.4	71	↑2	10:15.8	69	↑3	10:53.9	66	↓4	12:43.8	62	↓3	15:54.0	05:06.8	45
66	Thacker, Spencer	SR	1856	Hidden Valley High School	02:59.3	24	↓6	04:47.4	30	↓25	06:15.4	55	↑9	09:20.9	46	↓2	10:05.6	48	↓1	10:45.2	49	↑2	12:37.0	51	↓15	15:54.2	05:06.8	46
67	Washburn, Deland	SR	509	Blacksburg High School	03:17.2	135	↑17	05:08.8	118	↑5	06:25.3	113	↑15	09:39.9	98	↑1	10:22.8	97	↑7	11:00.1	90	↓12	12:48.7	78	↑11	15:54.5	05:06.9	47
68	Gruendel, Josef	JR	2055	James W. Robinson	03:06.2	56	↔	04:55.5	56	↓6	06:16.9	62	↑11	09:25.7	51	↔	10:09.6	51	↓1	10:49.2	52	↑3	12:40.8	55	↓13	15:54.6	05:06.9	48
69	Parker, Cameron	JR	631	Calvert Hall College High School	03:11.3	92	↑2	05:02.9	90	↑1	06:20.0	89	↑11	09:34.4	78	↑4	10:17.7	74	↔	10:56.7	74	↔	12:47.0	74	↑5	15:55.8	05:07.3	49
70	Stewart, Jacob	SR	1853	Hidden Valley High School	03:05.9	54	↑3	04:54.2	51	↓28	06:18.7	79	↑26	09:26.8	53	↔	10:11.1	53	↓2	10:50.4	55	↑2	12:41.7	57	↓13	15:56.0	05:07.4	50
71	Lineweaver, Carter	JR	2880	McLean	03:03.7	40	↓12	04:54.8	52	↑11	06:11.5	41	↓17	09:29.6	58	↓2	10:14.0	60	↓5	10:53.6	65	↔	12:44.1	65	↓6	15:56.2	05:07.5	51
72	Santos Nguyen, Jaiden	SR	589	Broadway	03:10.4	88	↓3	05:02.9	91	↓1	06:20.6	92	↑11	09:35.0	81	↓1	10:19.2	82	↑7	10:57.0	75	↑1	12:47.3	76	↑4	15:56.8	05:07.7	52
73	Carlton, Andrew	SR	3099	Morgantown	03:10.3	86	↑11	05:00.4	75	↓2	06:18.5	77	↓8	09:36.0	85	↓1	10:20.1	86	↑2	10:58.8	84	↔	12:49.7	84	↑11	15:57.8	05:08.0	53
74	Chandler, Ben	SR	1768	Hanover	03:07.1	62	↓3	04:58.4	65	↑4	06:16.4	61	↓16	09:34.2	77	↔	10:18.7	77	↑1	10:57.0	76	↑1	12:48.0	77	↑3	15:58.2	05:08.1	54
75	Larcher, Max	SR	628	Calvert Hall College High School	03:09.4	75	↑9	04:58.5	66	↑8	06:16.0	58	↓5	09:30.5	63	↑1	10:14.6	62	↓1	10:53.5	63	↓3	12:43.2	60	↓15	15:58.2	05:08.1	55
76	Guest, Owen	SR	283	Atlee	03:09.5	76	↑8	05:02.1	84	↓1	06:19.2	85	↓1	09:36.1	86	↑3	10:19.2	83	↑2	10:58.1	81	↑4	12:49.9	85	↑9	15:58.2	05:08.1	56
77	Brefczynski, Jayse	SO	451	Bishop O'Connell	03:02.8	36	↑3	04:50.1	33	↓2	06:09.3	35	↓9	09:19.9	44	↓2	10:04.5	46	↓1	10:43.8	47	↓1	12:34.1	46	↓31	15:58.6	05:08.2	--
78	Mulcahy, James	JR	293	Atlee	03:09.2	74	↓7	05:01.7	81	↑6	06:18.4	75	↓16	09:37.5	91	↑3	10:20.9	88	↓3	11:00.2	91	↓2	12:52.5	89	↑11	15:59.3	05:08.5	57
79	Bailey, Benjamin	JR	468	Blacksburg High School	03:16.2	129	↑12	05:08.6	117	↑6	06:24.7	111	↑14	09:39.7	97	↑3	10:22.6	94	↑7	10:59.4	87	↓8	12:48.7	79	↔	15:59.5	05:08.5	58
80	Wright, Jackson	SO	2851	May River High School	03:10.4	87	↑14	04:59.4	73	↑13	06:16.3	60	↓6	09:32.0	66	↓1	10:15.7	67	↓1	10:54.4	68	↓5	12:44.0	63	↓17	16:00.6	05:08.9	59
81	Roberts, Deaven	SR	5062	Woodbridge	03:10.7	89	↓5	05:03.2	94	↑10	06:19.2	84	↓3	09:36.1	87	↑7	10:18.9	80	↑2	10:57.3	78	↓10	12:45.1	68	↓13	16:01.6	05:09.2	60
82	Cochran, Nate	JR	4815	Warwick	03:10.1	83	↓2	05:02.4	85	↑4	06:18.9	81	↑9	09:32.6	72	↑1	10:16.2	71	↔	10:55.1	71	↔	12:45.8	71	↓11	16:01.8	05:09.3	--
83	Rau, Justin	SR	3858	Riverbend High School	03:04.1	44	↓3	04:52.4	47	↓44	06:20.2	91	↑37	09:27.2	54	↓2	10:12.1	56	↓3	10:52.4	59	↑14	12:46.4	73	↓10	16:02.0	05:09.3	61
84	Macdonald, Deacon	SR	1769	Hanover	03:08.3	68	↓9	05:00.9	77	↑5	06:18.2	72	↓10	09:35.6	82	↑3	10:18.9	79	↓1	10:58.0	80	↑6	12:50.4	86	↑2	16:02.3	05:09.4	62
85	Elfadil, Shareef	JR	5048	Woodbridge	03:17.5	141	↓7	05:13.2	148	↑14	06:30.8	134	↑31	09:42.6	103	↑2	10:25.6	101	↔	11:04.8	101	↓9	12:54.6	92	↑7	16:02.4	05:09.5	63
86	Goodale, Graham	SO	780	Charlottesville	03:13.0	106	↑13	05:03.1	93	↑22	06:18.2	71	↓4	09:33.4	75	↔	10:18.0	75	↑2	10:56.1	73	↑2	12:47.1	75	↓11	16:04.7	05:10.2	64
87	HUME, Rafi	SO	4219	St. Albans School	03:14.0	112	↑3	05:05.8	109	↑2	06:24.0	107	↑5	09:41.7	102	↓1	10:26.2	103	↑1	11:05.6	102	↓4	12:57.2	98	↑11	16:05.4	05:10.4	65
88	Krisch, Zander	SR	490	Blacksburg High School	03:16.1	128	↑7	05:09.4	121	↑5	06:26.1	116	↑16	09:40.4	100	↑2	10:23.8	98	↑1	11:02.6	97	↓6	12:54.2	91	↑3	16:05.4	05:10.4	66
89	Lorimer, Finlay	SR	3101	Morgantown	03:09.0	72	↓2	04:59.5	74	↑4	06:17.9	70	↓13	09:35.8	83	↓2	10:19.9	85	↔	10:59.1	85	↑3	12:52.0	88	↓1	16:06.9	05:10.9	67
90	Brewer, Kaiden</																											

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96	McKnew, Michael	JR	641	Cape Henry Collegiate	03:01.3	32	↓5	04:50.7	37	↓53	06:20.2	90	↑22	09:32.2	68	↓5	10:17.6	73	↓6	10:57.9	79	↑15	12:55.8	94	↓2	16:11.9	05:12.5	--
97	Cox, Brody	SR	2346	Lafayette	03:12.3	100	↓4	05:05.1	104	↑3	06:22.7	101	↑5	09:39.5	96	↓3	10:24.6	99	↓1	11:04.1	100	↓7	12:55.5	93	↓4	16:12.6	05:12.7	71
98	Miller, Eli	JR	1770	Hanover	03:11.9	97	↓4	05:04.1	101	↓3	06:23.0	104	↓1	09:43.1	105	↔	10:28.4	105	↑1	11:08.0	104	↓3	13:01.1	101	↑3	16:12.7	05:12.8	72
99	Beurner, Kian	SR	4072	South Lakes	03:09.8	80	↓2	05:01.8	82	↑4	06:18.7	78	↓17	09:39.2	95	↓5	10:24.7	100	↑1	11:04.0	99	↓3	12:56.0	96	↓3	16:13.7	05:13.1	73
100	Burkhardt, Shane	SO	2178	Jefferson	03:22.7	183	↑26	05:15.2	157	↑6	06:33.5	151	↑20	09:51.1	131	↑5	10:35.4	126	↑1	11:15.2	125	↓14	13:04.1	111	↑11	16:14.0	05:13.2	74
101	McDuffie, Cameron	SR	5058	Woodbridge	03:16.0	126	↓3	05:10.7	129	↑3	06:28.7	126	↑9	09:46.5	117	↑6	10:30.1	111	↑2	11:09.9	109	↓7	13:01.2	102	↑1	16:16.8	05:14.1	75
102	Wancowicz, Blake	JR	632	Calvert Hall College High School	03:13.0	107	↑11	05:03.7	96	↓7	06:23.0	103	↓1	09:42.8	104	↔	10:28.1	104	↓1	11:08.6	105	↑5	13:04.1	110	↑8	16:17.1	05:14.2	76
103	Jolin, Miles	JR	4461	The Covenant School	03:05.3	49	↑10	04:51.1	39	↑1	06:10.2	38	↓17	09:28.2	55	↓6	10:14.6	61	↑3	10:52.3	58	↑37	12:55.8	95	↑8	16:17.5	05:14.3	77
104	Bullock, Michael	SR	3788	R.J. Reynolds	03:12.9	105	↓7	05:07.4	112	↓2	06:25.8	114	↓1	09:45.9	115	↓2	10:31.3	117	↑3	11:10.9	114	↓5	13:03.9	109	↑5	16:17.6	05:14.3	78
105	Lineweaver, Price	JR	4464	The Covenant School	03:18.3	150	↑20	05:10.8	130	↑7	06:27.5	123	↑7	09:45.9	116	↔	10:31.0	116	↑4	11:10.4	112	↓7	13:02.6	105	↔	16:18.1	05:14.5	79
106	Birge, Henry	JR	3551	Patriot High School	03:05.3	50	↓7	04:55.9	57	↓41	06:22.3	98	↑14	09:35.8	84	↓5	10:21.3	89	↓4	11:01.0	93	↑6	12:57.3	99	↓7	16:20.2	05:15.2	80
107	Quinn, Ryan	JR	4080	South Lakes	03:14.4	115	↑1	05:07.5	114	↓8	06:27.3	122	↑1	09:48.6	121	↓1	10:33.7	122	↑3	11:12.8	119	↓5	13:05.8	114	↑7	16:20.6	05:15.3	81
108	Whelock, Logan	JR	3518	Parry McCluer	03:21.1	172	↑22	05:13.7	150	↑9	06:32.0	141	↑2	09:54.4	139	↔	10:39.8	139	↑5	11:17.8	134	↓6	13:11.6	128	↑20	16:21.0	05:15.4	82
109	Coniglione, Enzo	SO	1847	Hidden Valley High School	03:09.7	77	↓11	05:02.7	88	↓8	06:22.1	96	↓13	09:43.7	109	↔	10:29.5	109	↑1	11:09.7	108	↔	13:03.5	108	↓1	16:21.3	05:15.5	83
110	Renquist, Owen	SR	5061	Woodbridge	03:17.9	146	↓1	05:13.1	147	↑5	06:32.0	142	↑24	09:46.9	118	↑5	10:30.6	113	↑3	11:09.9	110	↓3	13:03.0	107	↓3	16:22.5	05:15.9	84
111	Abildso, Maxwell	SO	3097	Morgantown	03:17.9	145	↑5	05:12.1	140	↓6	06:32.4	146	↑9	09:53.8	137	↑2	10:38.9	135	↓1	11:18.4	136	↓7	13:12.4	129	↑18	16:23.1	05:16.1	85
112	Sweeney, Timothy	SR	2527	Loudoun Valley	03:12.0	99	↔	05:03.9	99	↓1	06:22.7	100	↑13	09:44.6	113	↓2	10:30.7	115	↑2	11:10.6	113	↑3	13:06.8	116	↑4	16:23.3	05:16.2	86
113	Strahm, Henry	SR	504	Blacksburg High School	03:19.1	157	↑12	05:12.9	145	↑13	06:30.0	132	↑8	09:49.6	124	↓1	10:35.1	125	↓2	11:16.1	127	↓6	13:09.1	121	↑8	16:23.9	05:16.4	--
114	Chenoweth, Leo	SR	2629	Maggie Walker	03:06.8	60	↔	04:57.0	60	↑4	06:15.6	56	↓34	09:37.4	90	↓5	10:22.7	95	↓3	11:03.2	98	↑2	12:59.5	100	↓14	16:23.9	05:16.4	87
115	Garvey, Jack	SR	4486	The Heights School	03:08.5	69	↑1	04:58.6	68	↑9	06:16.1	59	↓20	09:34.6	79	↓5	10:19.5	84	↑1	10:58.5	83	↑4	12:50.4	87	↓28	16:24.6	05:16.6	--
116	Adjero, Donald	SR	3098	Morgantown	03:17.7	143	↑8	05:11.6	135	↓5	06:32.0	140	↑5	09:53.4	135	↑1	10:38.9	134	↓1	11:18.1	135	↔	13:13.0	135	↑19	16:25.0	05:16.7	88
117	Kochel, Ashton	SO	2637	Maggie Walker	03:15.6	124	↑9	05:07.9	115	↓3	06:26.7	118	↓2	09:48.5	120	↔	10:33.5	120	↑2	11:12.5	118	↓3	13:05.9	115	↓2	16:25.6	05:16.9	89
118	Aikenhead, Caleb	SR	1748	Greer Middle College Charter	03:11.0	91	↑9	05:02.5	87	↑21	06:17.8	66	↓7	09:32.8	73	↓8	10:19.2	81	↓13	11:01.6	94	↑19	13:04.7	113	↓5	16:26.1	05:17.1	90
119	Havran, Ethan	JR	782	Charlottesville	03:13.7	111	↑14	05:03.8	97	↑10	06:19.5	67	↓12	09:40.1	99	↓3	10:26.0	102	↓1	11:07.4	103	↑9	13:04.1	112	↓7	16:27.5	05:17.5	91
120	Leachman, Emmett	SR	4779	Wakefield School	03:15.2	119	↓3	05:09.4	122	↓2	06:28.0	124	↓3	09:50.2	127	↔	10:35.6	127	↑3	11:14.9	124	↔	13:10.3	124	↑4	16:27.5	05:17.5	--
121	Rutherford, Andrew	SR	2356	Lafayette	03:20.3	164	↓14	05:19.7	178	↑22	06:35.1	156	↑20	09:53.6	136	↔	10:39.0	136	↓1	11:18.5	137	↓4	13:12.7	133	↑12	16:27.8	05:17.6	92
122	Park, Colin	SR	2889	McLean	03:15.3	121	↓16	05:11.7	137	↑1	06:31.4	136	↑4	09:51.2	132	↔	10:36.9	132	↑3	11:16.6	129	↓4	13:10.3	125	↑3	16:28.0	05:17.7	93
123	Ailshie, Eamon	JR	1	Abingdon High School	03:18.2	148	↑9	05:12.1	139	↑11	06:29.5	128	↓2	09:50.6	130	↔	10:36.5	130	↓2	11:17.3	132	↓1	13:12.4	131	↑8	16:28.5	05:17.8	94
124	Neil, Samuel	9	3926	Seaford High School	03:18.6	153	↑12	05:12.3	141	↑8	06:30.4	133	↑5	09:50.4	128	↓1	10:36.0	129	↑1	11:16.2	128	↓6	13:09.9	122	↓2	16:28.9	05:18.0	95
125	Fulwiler, Bence	SO	2053	James W. Robinson	03:25.3	205	↑18	05:20.7	187	↑9	06:40.3	178	↑24	09:59.1	154	↑4	10:44.4	150	↑2	11:24.4	148	↓8	13:17.3	140	↑15	16:29.2	05:18.1	96
126	Stacy, James	JR	3108	Morgantown	03:09.9	81	↑3	05:01.2	78	↓17	06:21.8	95	↓12	09:43.4	107	↔	10:29.0	107	↓4	11:10.0	111	↑6	13:07.1	117	↓9	16:30.0	05:18.3	97
127	Talley, Braxton	SR	2850	May River High School	03:15.5	123	↑3	05:09.2	120	↔	06:27.1	120	↓3	09:49.1	123	↔	10:34.8	123	↔	11:14.7	123	↔	13:10.0	123	↓4	16:30.0	05:18.3	98
128	Harman, Ryder	SR	1373	Gainesville High School	03:22.2	179	↑15	05:16.7	164	↑7	06:36.2	157	↑15	09:54.9	142	↑2	10:40.4	140	↑2	11:19.5	138	↓2	13:13.9	136	↑8	16:30.1	05:18.4	99
129	Korn, Jacob	JR	3854	Riverbend High School	03:12.8	103	↓13	05:08.1	116	↓1	06:26.5	117	↓5	09:48.7	122	↑1	10:33.7	121	↔	11:14.4	121	↑5	13:10.8	126	↓3	16:30.4	05:18.5	100
130	Leitenberger, Brady	JR	2261	Kettle Run	03:06.0	55	↓6	04:57.1	61	↓8	06:17.8	69	↓37	09:43.4	106	↓4	10:29.7	110	↓6	11:11.7	116	↑11	13:11.4	127	↓3	16:31.4	05:18.8	101
131	Robinson, John	SR	4082	South Lakes	03:11.5	94	↑11	05:01.9	83	↓25	06:24.0	108	↓6	09:45.8	114	↑2	10:30.2	112	↓3	11:11.2	115	↑3	13:08.6	118	↓13	16:31.6	05:18.8	102
132	Jones, Charlie	JR	3834	Reagan	03:12.6	102	↓9	05:06.8	111	↑1	06:24.6	110	↓9	09:47.2	119	↔	10:33.4	119	↓3	11:14.4	122	↓2	13:09.1	120	↓12	16:32.4	05:19.1	103
133	Sama, Lincoln	SR	2819	Maury High School	03:16.9	132	↔	05:11.3	132	↑3	06:29.6	129	↑3	09:50.1	126	↑2	10:35.0	124	↓6	11:17.0	130	↑12	13:17.9	142	↑9	16:32.4	05:19.1	104
134	Kirby, Michael	SR	627	Calvert Hall College High School	03:12.8	104	↑9	05:03.5	95	↓7	06:22.9	102	↓8	09:44.2	110	↓4	10:30.6	114	↓3	11:11.8	117	↑2	13:09.1	119	↓15	16:32.4	05:19.1	--
135	Young, Caleb	SR	3111	Morgantown	03:17.7	144	↑8	05:11.7	136	↓7	06:32.0	143	↑9	09:52.7	134	↑1	10:37.4	133	↔	11:17.6	133	↓3	13:12.4	130	↓5	16:33.2	05:19.4	105
136	Kutz, Grant	JR	4077	South Lakes	03:15.9	125	↓8	05:11.4	133	↓11	06:32.2	144	↓5	09:56.8	149	↔	10:43.5	149	↑2	11:24.2	147	↓3	13:18.5	144	↑8	16:33.6	05:19.5	106
137	Buckley, William	SR	1571	Gonzaga College High School	03:17.0	133	↑9	05:09.7	124	↑3	06:27.3	121	↓4	09:49.6	125	↓3	10:35.6	128	↓3	11:17.2	131	↑3	13:13.0	134	↓3	16:34.1	05:19.6	107
138	Yacob, Yaphet	SR	1382	Gainesville High School	03:07.2	64	↓3	04:58.5	67	↑2	06:17.5	65	↓9	09:32.9	74	↓4	10:18.9	78	↓17	11:01.7	95	↑8	13:01.6	103	↓35	16:35.5	05:20.1	108
139	Cuicchi, Will	SR	3923	Seaford High School	03:19.3	159	↑5	05:14.5	154	↔	06:34.7	154	↓3	10:00.8	157	↑1	10:46.3	156	↔	11:26.5	156	↓2	13:23.6	154	↑10	16:37.3	05:20.7	109
140	Knutson, Will	SR	2636	Maggie Walker	03:19.3	158	↓1	05:15.8	159	↓1	06:36.8	160	↑4	10:00.5	156	↑1	10:45.9	155	↑4	11:25.1	151	↓1	13:22.6	150	↑15	16:37.7	05:20.8	110
141	Cooper, Josh	JR	3515	Parry McCluer	03:21.5	174	↑13	05:16.0	161	↑6	06:35.1	155	↑9	09:56.1	146	↔	10:42.7	145	↔	11:23.2	145	↑1	13:19.8	146	↑5	16:38.2	05:21.0	111

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144	Lahrman, Mason	SR	291	Atlee	03:15.0	118	↓24	05:12.5	142	↑3	06:31.8	139	↓6	09:56.0	145	↑2	10:41.5	143	↑2	11:20.6	141	↓2	13:16.9	139	↓5	16:38.8	05:21.2	114
145	Onat, Akay	JR	2888	McLean	03:15.4	122	↓12	05:11.6	134	↓13	06:32.4	147	↔	09:56.4	147	↔	10:42.9	147	↑1	11:23.3	146	↑1	13:20.6	147	↑2	16:39.4	05:21.4	115
146	Stetter, Rylan	SR	2849	May River High School	03:16.8	131	↑4	05:10.6	127	↓3	06:30.0	130	↓14	09:55.1	144	↑2	10:41.4	142	↓1	11:21.9	143	↓2	13:17.9	141	↓5	16:39.6	05:21.4	116
147	Valley, Ethan	JR	2893	McLean	03:21.5	173	↑6	05:17.0	167	↓6	06:39.1	173	↑6	10:05.8	167	↑1	10:51.0	166	↑5	11:31.2	161	↑1	13:28.1	162	↑15	16:39.9	05:21.5	117
148	Johnson, Bradley	SO	5052	Woodbridge	03:18.9	154	↑10	05:12.7	144	↓1	06:32.2	145	↑2	09:55.1	143	↑5	10:39.6	138	↓4	11:21.0	142	↑1	13:18.1	143	↓5	16:40.1	05:21.6	118
149	Quinn, Liam	SR	4238	St. Albans School	03:05.5	52	↓3	04:55.5	55	↓9	06:17.1	64	↓47	09:44.2	111	↓7	10:32.0	118	↓2	11:14.0	120	↑18	13:15.3	138	↓11	16:41.2	05:21.9	119
150	Sarkees, Aiden	SR	758	Chantilly	03:26.0	210	↑13	05:22.4	197	↑8	06:42.6	189	↑17	10:06.4	172	↑5	10:51.5	167	↑1	11:32.9	166	↓8	13:27.3	158	↑8	16:41.5	05:22.0	120
151	Marcusen, Thomas	SR	3884	Riverside High School	03:18.5	152	↔	05:14.1	152	↑17	06:30.8	135	↑6	09:50.4	129	↑2	10:36.5	131	↑5	11:15.6	126	↑6	13:12.4	132	↓19	16:42.7	05:22.4	121
152	Mikhail, Felex	SR	1751	Greer Middle College Charter	03:19.8	162	↑7	05:14.6	155	↑3	06:34.1	152	↓1	09:59.0	153	↑1	10:44.6	152	↔	11:25.5	152	↑3	13:24.4	155	↑3	16:43.3	05:22.6	122
153	Fechner, Keisler	JR	2259	Kettle Run	03:19.5	160	↓8	05:17.1	168	↑4	06:37.8	164	↑3	10:03.1	161	↓2	10:50.1	163	↑1	11:31.7	162	↓1	13:27.8	161	↑8	16:43.6	05:22.7	123
154	Lapier, Ethan	SR	3855	Riverbend High School	03:14.1	113	↓12	05:09.8	125	↓2	06:29.1	127	↓14	09:54.9	141	↓7	10:43.4	148	↓1	11:24.4	149	↑2	13:22.7	151	↓3	16:44.4	05:23.0	124
155	Allen, Peyton	SO	585	Broadway	03:14.1	114	↓12	05:10.3	126	↓5	06:30.0	131	↓17	09:56.6	148	↑4	10:42.2	144	↔	11:22.8	144	↑5	13:21.2	149	↓6	16:44.5	05:23.0	125
156	Wilkins, Charlie	JR	4086	South Lakes	03:14.7	116	↓15	05:10.8	131	↓7	06:31.8	138	↓13	09:58.2	151	↔	10:44.4	151	↓4	11:26.1	155	↑1	13:25.0	156	↔	16:44.6	05:23.0	126
157	Rock, Kai	JR	1606	Gonzaga College High School	03:25.5	209	↑18	05:21.6	191	↑7	06:41.7	184	↑6	10:08.3	178	↔	10:54.6	178	↑4	11:35.2	174	↓14	13:27.7	160	↑3	16:45.8	05:23.4	127
158	Alonso, Nick	SR	2845	May River High School	03:21.9	178	↑6	05:18.7	172	↓2	06:39.3	174	↑6	10:05.8	168	↓2	10:53.0	170	↑1	11:33.7	169	↓3	13:29.4	166	↑8	16:47.4	05:23.9	128
159	Gourley, Jace	SR	281	Atlee	03:10.9	90	↓15	05:05.2	105	↓7	06:25.2	112	↓21	09:52.6	133	↓4	10:39.4	137	↓3	11:20.5	140	↑5	13:18.5	145	↓14	16:47.7	05:24.0	129
160	Catanzano, Ian	JR	1573	Gonzaga College High School	03:23.9	192	↑21	05:18.7	171	↓11	06:41.3	182	↔	10:09.1	182	↑7	10:54.0	175	↑2	11:34.9	173	↓8	13:29.3	165	↑5	16:48.2	05:24.2	130
161	Hacking, Ethan	SO	3851	Riverbend High School	03:19.8	163	↑1	05:16.1	162	↑4	06:36.3	158	↑6	09:58.2	152	↓1	10:44.9	153	↓1	11:26.0	154	↓1	13:23.5	153	↓8	16:48.4	05:24.2	131
162	Wisotzki, Colston	SR	2653	Maggie Walker	03:11.6	95	↓13	05:05.7	108	↓11	06:26.7	119	↓19	09:54.1	138	↓8	10:42.9	146	↓4	11:24.9	150	↓2	13:20.8	148	↓14	16:49.2	05:24.5	132
163	Musselman, Declan	SO	1598	Gonzaga College High School	03:23.9	191	↑10	05:20.1	181	↑10	06:38.8	171	↑8	10:03.8	163	↑3	10:48.3	160	↑3	11:28.8	157	↔	13:25.4	157	↓6	16:50.6	05:25.0	133
164	Tang, Alan	JR	2891	McLean	03:20.6	165	↑5	05:15.8	160	↓2	06:37.2	162	↔	10:03.1	162	↔	10:49.7	162	↑2	11:31.0	160	↓1	13:27.5	159	↓5	16:51.1	05:25.1	134
165	Pillion, Henry	SR	6	Abingdon High School	03:22.4	180	↑5	05:19.4	175	↑3	06:39.0	172	↑7	10:05.0	165	↓3	10:51.6	168	↑5	11:32.2	163	↔	13:28.7	163	↓2	16:51.2	05:25.1	135
166	Jenkins, Travis	SR	2182	Jefferson	03:30.4	251	↑28	05:27.1	223	↑11	06:47.4	212	↑22	10:13.0	190	↑3	10:59.7	187	↑1	11:40.7	186	↓6	13:36.5	180	↑14	16:52.2	05:25.5	136
167	Williams, Wade	9	3794	R.J. Reynolds	03:17.7	142	↓7	05:13.3	149	↓4	06:34.3	153	↓11	10:04.3	164	↔	10:50.9	164	↓1	11:32.8	165	↑4	13:30.7	169	↑2	16:52.8	05:25.7	137
168	Paredes, Zachary	SO	2061	James W. Robinson	03:17.2	136	↓17	05:14.4	153	↓10	06:37.4	163	↓7	10:06.1	170	↓2	10:53.6	172	↓4	11:36.1	176	↓4	13:31.5	172	↑4	16:53.2	05:25.8	138
169	Israel, Julian	SR	2501	Loudoun Valley	03:24.9	201	↑1	05:22.8	200	↑12	06:42.6	188	↑3	10:10.4	185	↑3	10:56.8	182	↑2	11:37.8	180	↓5	13:33.7	175	↑6	16:54.0	05:26.0	139
170	Shrewsbury, Josh	9	3107	Morgantown	03:17.3	137	↓9	05:13.0	146	↓2	06:32.4	148	↓11	10:02.3	159	↔	10:48.2	159	↑1	11:28.9	158	↑6	13:28.7	164	↓6	16:54.2	05:26.1	--
171	Hall, Agustin	SR	2179	Jefferson	03:19.1	156	↓2	05:15.7	158	↓1	06:36.6	159	↓7	10:05.3	166	↓5	10:53.0	171	↓4	11:35.9	175	↑1	13:34.0	176	↑5	16:54.3	05:26.1	140
172	Cooper, Caleb	9	3514	Parry McCluer	03:24.4	197	↑24	05:18.8	173	↑3	06:38.7	170	↑10	10:02.5	160	↑2	10:48.2	158	↓9	11:32.9	167	↔	13:30.0	167	↓5	16:54.7	05:26.3	141
173	Warner, Eli	SO	1771	Hanover	03:24.2	196	↑10	05:20.4	186	↔	06:42.2	186	↑7	10:08.8	179	↑2	10:54.6	177	↑6	11:34.2	171	↓1	13:30.9	170	↑3	16:55.8	05:26.6	142
174	Ehrman, Colin	SO	3789	R.J. Reynolds	03:16.4	130	↓13	05:12.5	143	↓7	06:33.5	150	↓5	10:00.3	155	↓2	10:47.8	157	↓2	11:29.9	159	↑9	13:30.1	168	↓6	16:55.8	05:26.6	143
175	Lantow, Owen	JR	2504	Loudoun Valley	03:18.5	151	↓14	05:16.7	165	↓4	06:38.6	169	↓12	10:08.9	181	↓2	10:56.8	183	↓2	11:39.8	185	↔	13:38.8	185	↑10	16:56.0	05:26.7	144
176	Swartz, Shawn	SR	2189	Jefferson	03:28.7	235	↑13	05:27.1	222	↑14	06:46.9	208	↑22	10:10.9	186	↑2	10:57.1	184	↑2	11:38.2	182	↓8	13:33.0	174	↓2	16:56.2	05:26.8	145
177	Tarbet, Nathan	SR	3864	Riverbend High School	03:21.1	171	↓25	05:22.4	196	↑5	06:42.9	191	↓3	10:14.0	194	↓1	11:01.8	195	↑6	11:42.2	189	↔	13:40.0	189	↑12	16:56.8	05:26.9	146
178	Swartz, Jack	9	2525	Loudoun Valley	03:29.1	238	↑25	05:25.2	213	↑3	06:47.1	210	↑13	10:14.4	197	↑3	11:01.6	194	↔	11:43.1	194	↓6	13:39.6	188	↑10	16:56.8	05:26.9	147
179	Fritz, Teddy	JR	1580	Gonzaga College High School	03:25.0	202	↔	05:23.0	202	↑9	06:43.2	193	↑5	10:11.7	188	↔	11:00.1	188	↔	11:41.7	188	↑2	13:40.5	190	↑11	16:58.2	05:27.4	148
180	Widlake, Brady	SR	3580	Patriot High School	03:24.4	199	↑9	05:21.4	190	↑3	06:42.4	187	↑16	10:06.1	171	↑2	10:52.3	169	↑1	11:33.2	168	↑5	13:32.0	173	↓7	16:58.5	05:27.5	149
181	McFall, Henry	SR	3925	Seaforth High School	03:28.0	229	↑22	05:24.3	207	↑11	06:44.4	196	↑21	10:07.3	175	↑1	10:53.8	174	↑4	11:34.0	170	↑1	13:31.2	171	↓10	16:58.6	05:27.5	150
182	Hamilton, Declan	SO	4216	St. Albans School	03:22.5	182	↔	05:20.1	182	↑7	06:39.8	175	↓1	10:08.1	176	↓4	10:55.5	180	↓3	11:39.0	183	↓1	13:37.7	182	↔	16:59.4	05:27.8	--
183	Verploegen, Clay	JR	1755	Greer Middle College Charter	03:20.9	167	↓3	05:17.7	170	↑9	06:36.9	161	↓13	10:06.8	174	↓2	10:54.2	176	↓3	11:36.8	179	↑5	13:38.6	184	↑1	16:59.9	05:27.9	151
184	Nair, Kabir	JR	757	Chantilly	03:28.5	234	↑18	05:25.7	216	↑1	06:48.1	215	↑17	10:14.7	198	↑1	11:02.1	197	↔	11:43.8	197	↓19	13:35.5	178	↓6	17:00.2	05:28.0	152

Race #3: Boys Showcase

2024 VA XC Showcase
Pole Green Park
October 19, 2024

192	Lawrence, Joshua	9	4463	The Covenant School	03:18.2	147	↑19	05:10.6	128	↑3	06:28.3	125	↓33	10:00.9	158	↓3	10:49.3	161	↓3	11:32.6	164	↑19	13:38.3	183	↓9	17:03.5	05:29.1	160
193	Lovelace, Hinkley	9	3517	Prarry McCluer	03:30.4	250	↑2	05:32.3	248	↑22	06:51.7	226	↑20	10:17.3	206	↑2	11:04.9	204	↑2	11:45.2	202	↓7	13:42.4	195	↑2	17:05.1	05:29.6	161
194	Algappan, Ashok	9	267	Atlee	03:18.9	155	↓11	05:16.8	166	↓1	06:38.2	167	↓10	10:08.3	177	↓2	10:54.6	179	↑2	11:36.7	177	↑4	13:37.2	181	↓13	17:05.5	05:29.7	162
195	Lee, Coleman	JR	2354	Lafayette	03:29.1	239	↓3	05:31.8	242	↑9	06:53.7	233	↑19	10:20.1	214	↑5	11:06.3	209	↑3	11:47.4	206	↓5	13:45.8	201	↑6	17:06.2	05:30.0	163
196	Henderson, Lucas	SO	2095	Jamestown	03:28.5	233	↑14	05:26.3	219	↑8	06:47.1	211	↓2	10:19.6	213	↑1	11:06.9	212	↑4	11:48.3	208	↓5	13:46.8	203	↑7	17:06.6	05:30.1	164
197	Keathley, Owen	JR	2260	Kettle Run	03:20.9	169	↓5	05:19.3	174	↓5	06:40.5	179	↓1	10:08.9	180	↓1	10:56.3	181	↔	11:37.9	181	↑10	13:41.6	191	↓6	17:06.7	05:30.1	165
198	Stewart, Noah	9	1854	Hidden Valley High School	03:25.3	203	↓6	05:24.9	209	↑3	06:46.7	206	↓4	10:18.4	210	↔	11:06.3	210	↓1	11:48.9	211	↓2	13:48.8	209	↑11	17:07.2	05:30.3	166
199	Moore, Hudson	JR	4465	The Covenant School	03:27.1	220	↑9	05:25.1	211	↓2	06:47.5	213	↑5	10:18.2	208	↑3	11:05.3	205	↑1	11:46.6	204	↓6	13:44.7	198	↓1	17:08.0	05:30.5	167
200	Canga, Xulian	9	2810	Maury High School	03:19.8	161	↓22	05:20.1	183	↓15	06:44.9	198	↓14	10:19.2	212	↓2	11:08.0	214	↑1	11:50.5	213	↓3	13:49.0	210	↑10	17:10.5	05:31.4	168
201	Bruhl, Elliot	SR	2082	Jamestown	03:27.1	218	↓21	05:31.3	239	↓14	07:00.3	253	↑9	10:32.6	244	↑10	11:18.9	234	↑7	11:59.5	227	↓6	13:53.7	221	↑20	17:11.0	05:31.5	169
202	Breneman, Blaise	SR	1767	Hanover	03:13.7	110	↓9	05:08.8	119	↓30	06:33.3	149	↓20	10:05.8	169	↑4	10:50.9	165	↓7	11:34.8	172	↑21	13:41.9	193	↓9	17:11.9	05:31.8	170
203	Millward, Tommy	JR	2882	McLean	03:23.7	189	↑1	05:20.9	188	↓2	06:42.8	190	↑1	10:12.0	189	↓2	11:01.3	191	↓4	11:43.3	195	↑7	13:46.3	202	↓1	17:12.4	05:32.0	171
204	Gibson, Luke	JR	3	Abingdon High School	03:23.7	190	↓18	05:24.6	208	↑7	06:45.8	201	↓8	10:18.2	209	↑3	11:05.4	206	↓1	11:47.8	207	↑1	13:48.8	208	↑4	17:12.9	05:32.1	172
205	Macdonald, Jack	SR	2847	May River High School	03:22.5	181	↓11	05:22.0	192	↓11	06:46.2	203	↔	10:16.0	203	↑2	11:04.1	201	↑1	11:45.0	200	↔	13:45.5	200	↓5	17:16.5	05:33.3	173
206	Keesecker, Cy	SO	783	Charlottesville	03:21.5	175	↓10	05:20.3	185	↑5	06:40.8	180	↓11	10:13.2	191	↑1	11:01.1	190	↓1	11:42.7	191	↑8	13:45.0	199	↑7	17:17.1	05:33.5	174
207	Vogel, Paul	SR	2129	Jamestown	03:25.3	204	↑2	05:24.1	205	↑1	06:46.2	204	↓13	10:21.2	217	↔	11:10.1	217	↓2	11:52.6	219	↓12	13:48.4	207	↔	17:17.5	05:33.6	175
208	Gustman, Brandon	JR	1371	Gainesville High School	03:17.1	137	↓17	05:13.8	151	↓15	06:38.0	166	↓17	10:09.5	183	↓3	10:57.7	186	↓1	11:41.6	187	↑10	13:43.3	197	↓11	17:18.2	05:33.8	176
209	Alonso, Cooper	SR	2844	May River High School	03:25.3	206	↓18	05:27.4	224	↓8	06:53.5	232	↑7	10:23.9	225	↔	11:12.8	225	↑2	11:55.4	223	↓1	13:56.2	222	↑13	17:18.8	05:34.0	177
210	Carlone, Samuel	JR	3882	Riverside High School	03:23.0	184	↓9	05:22.0	193	↑1	06:43.2	192	↓7	10:14.9	199	↓1	11:03.4	200	↓3	11:46.3	203	↑1	13:47.1	204	↓6	17:19.2	05:34.1	178
211	Trowbridge, Quentin	SR	2357	Lafayette	03:29.6	242	↓2	05:32.1	244	↑13	06:53.4	231	↑12	10:22.3	219	↓2	11:10.9	221	↑3	11:52.5	218	↔	13:52.7	218	↑7	17:19.8	05:34.3	179
212	Smith, Ty	9	2126	Jamestown	03:26.7	217	↑11	05:24.2	206	↑4	06:45.9	202	↓9	10:18.7	211	↔	11:06.6	211	↓1	11:49.6	212	↓7	13:47.3	205	↓7	17:19.8	05:34.3	180
213	Estes, Kaleb	SO	4459	The Covenant School	03:27.8	226	↓1	05:28.2	227	↑5	06:50.2	222	↑6	10:21.1	216	↑1	11:08.8	215	↓1	11:51.2	216	↔	13:51.1	216	↑3	17:20.1	05:34.4	181
214	Jones, Oliver	SO	2057	James W. Robinson	03:24.0	193	↑4	05:21.2	189	↓6	06:44.1	195	↓7	10:15.8	202	↓5	11:05.5	207	↓2	11:48.6	209	↑4	13:49.6	213	↓1	17:20.2	05:34.5	182
215	Delvalle, Geremiah	JR	2349	Lafayette	03:29.8	245	↑2	05:31.9	243	↑7	06:54.3	236	↑16	10:22.6	220	↔	11:10.8	220	↔	11:52.7	220	↔	13:53.5	220	↑5	17:20.6	05:34.6	183
216	Eye, Alex	JR	3562	Patriot High School	03:27.1	219	↑7	05:25.1	212	↓5	06:48.3	217	↑12	10:16.9	205	↑2	11:04.7	203	↓2	11:47.3	205	↑7	13:49.3	212	↓4	17:21.0	05:34.7	184
217	Harry, Tyler	SR	1585	Gonzaga College High School	03:27.3	222	↑21	05:23.0	201	↓4	06:46.4	205	↓13	10:21.3	218	↑2	11:08.8	216	↑1	11:50.5	215	↓1	13:50.4	214	↓3	17:21.1	05:34.8	185
218	Jacquez, Grayson	SR	587	Broadway	03:27.5	225	↑4	05:26.7	221	↔	06:50.1	221	↔	10:23.2	221	↑2	11:10.8	219	↑2	11:52.3	217	↑2	13:53.2	219	↑1	17:21.8	05:35.0	186
219	Alonzo, Yair	JR	3831	Reagan	03:20.9	170	↑7	05:16.3	163	↓5	06:38.3	168	↓27	10:14.0	195	↓7	11:04.3	202	↑1	11:45.1	201	↑5	13:47.8	206	↓13	17:24.3	05:35.8	187
220	Wallace, Tyler	SO	1756	Greer Middle College Charter	03:20.7	166	↓3	05:17.6	169	↓8	06:39.9	177	↓23	10:15.5	200	↓8	11:06.1	208	↓2	11:48.8	210	↑5	13:50.8	215	↓5	17:27.1	05:36.7	188
221	Burnette, Jake	SR	2808	Maury High School	03:26.6	214	↓15	05:28.5	229	↑1	06:52.5	228	↓2	10:26.5	230	↑4	11:13.8	226	↔	11:57.1	216	↓3	13:58.3	223	↑2	17:28.0	05:37.0	189
222	Irwin, Micah	SO	3853	Riverbend High School	03:30.6	254	↑8	05:32.2	246	↑6	06:55.9	240	↑5	10:30.7	235	↑2	11:18.7	233	↓2	12:01.7	235	↑7	14:02.1	228	↑6	17:29.8	05:37.6	190
223	Pillion, George	9	5	Abingdon High School	03:33.1	266	↑12	05:35.0	254	↑4	06:59.4	250	↑14	10:31.0	236	↓2	11:19.9	238	↑7	12:01.2	231	↓4	14:01.5	227	↑4	17:30.3	05:37.7	191
224	White, Andrew	SO	3579	Patriot High School	03:25.5	208	↑5	05:23.3	203	↓15	06:48.5	218	↓5	10:23.6	223	↔	11:12.3	223	↓1	11:55.5	224	↑1	13:59.7	225	↑1	17:32.2	05:38.3	192
225	Jacks, Noah	JR	4075	South Lakes	03:26.1	211	↓9	05:26.4	220	↓3	06:50.5	223	↓8	10:27.0	231	↑3	11:16.3	228	↔	12:00.1	228	↑5	14:03.1	233	↑8	17:33.5	05:38.7	--
226	Duke, Mason	JR	2	Abingdon High School	03:30.6	253	↑2	05:32.7	251	↑12	06:55.5	239	↑2	10:31.1	237	↓2	11:20.0	239	↑9	12:01.2	230	↓1	14:02.2	229	↑3	17:34.0	05:38.9	193
227	Bowman, Cole	JR	3552	Patriot High School	03:24.8	200	↑6	05:22.2	194	↓6	06:45.5	200	↓7	10:17.6	207	↓6	11:07.2	213	↓1	11:50.5	214	↑3	13:51.7	217	↓10	17:34.3	05:39.0	194
228	Haley, Jake	JR	285	Atlee	03:26.3	213	↓17	05:29.0	230	↓4	06:54.1	234	↔	10:30.2	234	↓2	11:19.4	236	↓2	12:02.8	238	↓2	14:05.0	236	↑8	17:34.5	05:39.1	195
229	Xia, Ruyue	SR	3886	Riverside High School	03:23.4	186	↓13	05:22.6	199	↔	06:45.2	199	↓16	10:20.2	215	↓3	11:10.4	218	↓3	11:53.9	221	↑3	13:58.9	224	↓5	17:36.4	05:39.7	196
230	Souder, Lee	9	591	Broadway	03:32.5	263	↓2	05:38.1	265	↑9	07:01.1	256	↑11	10:33.4	245	↑1	11:21.2	244	↑3	12:03.2	241	↓10	14:02.9	231	↑1	17:36.4	05:39.7	197
231	Thiebert, Owen	SR	2892	McLean	03:27.3	221	↓11	05:29.5	232	↓5	06:54.7	237	↓2	10:31.5	239	↓1	11:20.1	240	↔	12:03.1	240	↓3	14:05.7	237	↑6	17:36.8	05:39.8	--
232	Nottingham, Andrew	JR	2817	Maury High School	03:26.6	215	↓13	05:28.2	228	↓1	06:52.8	229	↓4	10:29.0	233	↑1	11:18.7	232	↓2	12:01.6	234	↔	14:04.1	234	↑2	17:37.4	05:40.0	198
233																												

Race #3: Boys Showcase

2024 VA XC Showcase
Pole Green Park
October 19, 2024

240	Long, Jacob	SO	785	Charlottesville	03:32.5	262	↑1	05:37.8	261	↔	07:04.3	261	↑9	10:40.7	252	↔	11:30.9	252	↑1	12:14.6	251	↓1	14:21.6	250	↑10	17:46.6	05:43.0	204
241	Ryan, Asher	SR	588	Broadway	03:29.4	240	↑3	05:30.9	237	↓8	06:57.2	245	↑4	10:31.7	241	↑4	11:19.6	237	↓2	12:02.9	239	↑1	14:08.6	240	↓1	17:48.2	05:43.5	205
242	Demeke, Emmanuel	SR	2052	James W. Robinson	03:18.3	149	↓31	05:20.1	180	↓17	06:44.5	197	↓30	10:24.7	227	↔	11:14.8	227	↓2	12:00.8	229	↑15	14:11.3	244	↑2	17:48.5	05:43.6	206
243	Hamacher, William	JR	1372	Gainesville High School	03:28.5	231	↔	05:29.2	231	↑1	06:53.3	230	↑1	10:26.3	229	↔	11:16.6	229	↓3	12:01.2	232	↑9	14:09.2	241	↓2	17:48.8	05:43.7	207
244	Holson, Taylor	SR	287	Atlee	03:24.4	198	↓20	05:25.9	218	↓7	06:51.6	225	↓7	10:28.8	232	↓3	11:19.0	235	↓1	12:02.2	236	↑2	14:06.3	238	↓6	17:49.0	05:43.7	--
245	Richardson, Matthew	JR	3837	Reagan	03:33.4	269	↑13	05:35.1	256	↑2	07:00.6	254	↑3	10:40.4	251	↑1	11:28.1	250	↑1	12:12.1	249	↓1	14:18.0	248	↑3	17:49.6	05:43.9	208
246	Ellis, Connor	JR	2497	Loudoun Valley	03:27.8	227	↑2	05:27.4	225	↓2	06:52.4	227	↓13	10:31.6	240	↓3	11:21.2	243	↓2	12:05.2	245	↔	14:12.0	245	↓1	17:52.0	05:44.7	--
247	Prosser, Micah	JR	1851	Hidden Valley High School	03:30.0	248	↑10	05:30.9	238	↓3	06:56.0	241	↓6	10:34.6	247	↔	11:24.9	247	↑1	12:09.1	246	↔	14:14.2	246	↓1	17:53.6	05:45.2	209
248	Salley, Jack	9	2647	Maggie Walker	03:31.7	259	↓1	05:37.4	260	↓3	07:04.3	263	↑5	10:48.1	258	↔	11:37.9	258	↑2	12:20.5	256	↓2	14:24.0	254	↑6	17:54.3	05:45.4	210
249	Staton, Parley	SO	8	Abingdon High School	03:30.8	256	↑3	05:34.5	253	↑6	06:59.1	247	↓1	10:35.3	248	↔	11:25.1	248	↑1	12:09.4	247	↔	14:14.8	247	↓2	17:55.1	05:45.7	211
250	Keeley, Prakash	JR	3835	Reagan	03:21.8	176	↓28	05:23.7	204	↓16	06:49.2	220	↓26	10:33.7	246	↔	11:24.6	246	↓2	12:09.8	248	↑1	14:19.2	249	↓1	17:57.2	05:46.4	212
251	Shifflett, Cameron	9	590	Broadway	03:32.4	261	↓5	05:38.3	266	↑2	07:05.0	264	↑7	10:46.5	257	↔	11:37.3	257	↔	12:21.7	257	↑1	14:28.0	258	↑7	17:58.7	05:46.8	--
252	Stanfield, Joseph	SO	3793	R.J. Reynolds	03:31.3	257	↑2	05:35.0	255	↔	07:00.7	255	↑2	10:41.9	253	↔	11:32.6	253	↔	12:16.9	253	↓2	14:22.3	251	↓1	17:59.6	05:47.1	213
253	Erickson, David	SO	3832	Reagan	03:32.8	264	↑6	05:36.7	258	↓1	07:03.6	259	↑4	10:44.4	255	↔	11:35.0	255	↑1	12:18.7	254	↓1	14:24.0	253	↔	18:00.6	05:47.5	214
254	Kiefner, Ben	SO	2813	Maury High School	03:26.6	216	↓20	05:30.8	236	↓10	06:57.6	246	↓4	10:38.2	250	↑1	11:28.0	249	↓1	12:13.2	250	↑2	14:22.5	252	↓2	18:06.1	05:49.2	215
255	Lewis, Grayson	SO	2106	Jamestown	03:27.3	233	↓3	05:27.4	236	↑2	06:50.8	242	↓4	10:25.4	228	↓2	11:16.8	239	↓3	12:01.4	233	↑6	14:07.2	239	↓16	18:08.5	05:50.0	--
256	Crowling, London	SO	3922	Seaforth High School	03:28.5	223	↓3	05:30.4	235	↓7	06:56.0	242	↓7	10:37.7	249	↓2	11:29.7	251	↓1	12:15.0	232	↑3	14:25.1	255	↓1	18:11.4	05:50.9	216
257	Newton, Camron	SO	3791	R.J. Reynolds	03:26.2	212	↓28	05:31.5	240	↓11	06:59.8	251	↓5	10:44.8	256	↔	11:36.9	256	↓2	12:23.5	258	↑3	14:34.6	261	↑4	18:14.5	05:51.9	217
258	Alla, Yatin	JR	3881	Riverside High School	03:36.4	280	↑8	05:43.9	272	↑1	07:11.4	271	↑7	10:49.9	264	↑5	11:39.8	259	↓2	12:24.6	261	↓5	14:26.8	256	↓2	18:15.0	05:52.1	218
259	Pattie, McKinley	9	4466	The Covenant School	03:31.6	258	↓1	05:37.4	259	↓6	07:05.2	265	↑4	10:49.4	261	↓3	11:42.6	264	↑2	12:26.1	262	↑3	14:37.2	265	↑6	18:15.4	05:52.2	219
260	Felts, John	JR	2812	Maury High School	03:28.0	228	↓17	05:32.1	245	↓7	06:59.8	252	↓2	10:42.3	254	↔	11:33.7	254	↓1	12:19.4	255	↑4	14:28.9	259	↓1	18:16.4	05:52.5	220
261	Quintero, Jacob	9	2644	Maggie Walker	03:33.4	267	↓2	05:39.3	269	↑3	07:06.5	266	↓1	10:51.9	267	↑2	11:43.0	265	↔	12:26.8	265	↓2	14:36.1	263	↑2	18:16.6	05:52.6	--
262	Dalton, Parker	JR	751	Chantilly	03:34.0	272	↑2	05:40.3	270	↔	07:10.8	270	↑1	10:54.0	269	↔	11:45.2	269	↑1	12:29.5	268	↓4	14:36.3	264	↑2	18:18.0	05:53.3	221
263	Swank, Ty	SR	1855	Hidden Valley High School	03:30.7	255	↑3	05:33.9	252	↓5	07:01.3	257	↓2	10:49.0	259	↓1	11:39.9	260	↑1	12:24.4	259	↑1	14:34.6	260	↓3	18:19.8	05:53.4	222
264	George, Sebastian	9	3516	Parry McCluer	03:33.0	265	↓3	05:38.9	268	↑8	07:04.2	260	↓8	10:52.5	268	↔	11:43.7	268	↑1	12:27.7	267	↔	14:38.2	267	↑3	18:20.8	05:54.0	223
265	Lippers, Will	JR	3924	Seaforth High School	03:29.6	243	↓4	05:32.2	247	↓2	06:59.3	249	↓11	10:49.2	260	↓2	11:41.3	262	↓1	12:26.5	263	↑3	14:38.0	266	↑1	18:22.8	05:54.6	224
266	Burleson, Marcus	JR	3556	Patriot High School	03:30.6	252	↓10	05:37.9	262	↔	07:04.3	262	↓4	10:51.9	266	↔	11:43.0	266	↔	12:27.4	266	↓4	14:35.7	262	↓4	18:25.2	05:55.4	--
267	McMullen, Carson	SR	4	Abingdon High School	03:33.4	268	↑5	05:37.9	263	↑5	07:03.1	258	↓5	10:49.5	263	↔	11:41.3	263	↓1	12:26.8	264	↑4	14:39.2	268	↑1	18:25.4	05:55.4	--
268	Lewis, George	JR	3836	Reagan	03:35.2	275	↔	05:45.7	275	↔	07:16.7	275	↓1	11:06.7	276	↑2	11:57.2	274	↑3	12:42.1	271	↔	14:51.7	271	↑3	18:26.8	05:55.9	--
269	Antero, Xaul	9	2802	Maury High School	03:33.6	270	↓11	05:51.2	281	↑4	07:20.5	277	↑7	11:02.1	270	↔	11:54.6	270	↔	12:36.8	270	↓1	14:43.3	269	↔	18:27.4	05:56.1	--
270	Garcia, Milo	9	3790	R.J. Reynolds	03:24.2	195	↓39	05:30.2	234	↓14	06:59.1	248	↓17	10:51.6	265	↓2	11:43.0	267	↓2	12:31.0	269	↑1	14:46.3	270	↔	18:36.4	05:59.0	225
271	Carpenter, Samuel	SO	3512	Parry McCluer	03:35.6	277	↔	05:47.4	277	↑1	07:17.3	276	↑1	11:04.2	275	↓1	11:58.7	276	↑2	12:43.3	274	↓2	14:52.6	272	↑1	18:38.9	05:59.8	226
272	Vose, Waylon	JR	3927	Seaforth High School	03:34.8	274	↑3	05:42.2	271	↓2	07:12.0	273	↓1	11:04.1	274	↑1	11:56.7	273	↑1	12:42.8	272	↑1	14:55.7	273	↑1	18:44.4	06:01.5	227
273	Peltz, Cole	9	2848	May River High School	03:29.1	237	↓30	05:38.8	267	↓2	07:10.7	269	↓2	11:03.2	271	↓1	11:56.2	272	↓1	12:42.8	273	↑1	14:56.9	274	↑1	18:49.5	06:03.2	228
274	Arthur, Gabe	SO	1845	Hidden Valley High School	03:34.5	273	↓6	05:49.0	279	↓1	07:21.4	280	↑2	11:18.0	278	↔	12:10.8	278	↑1	12:52.7	277	↓2	15:01.6	275	↑1	18:56.1	06:05.3	229
275	Rapp, Benjamin	9	4467	The Covenant School	03:36.5	281	↑1	05:49.6	280	↓1	07:23.4	281	↑1	11:20.0	280	↔	12:12.8	280	↑1	13:00.0	279	↔	15:13.2	279	↑4	18:57.8	06:05.9	--
276	Bell, Noah	SO	776	Charlottesville	03:35.6	276	↓2	05:48.0	278	↓1	07:21.3	279	↓2	11:20.4	281	↑2	12:12.3	279	↓1	13:00.3	280	↔	15:13.5	280	↓1	18:58.1	06:05.9	230
277	Morehouse, Sebastian	SO	2263	Kettle Run	03:32.0	260	↓4	05:37.9	264	↓4	07:10.5	268	↓4	11:03.2	272	↑1	11:55.7	271	↓4	12:44.4	275	↑1	15:02.5	276	↑1	18:58.9	06:06.2	231
278	Settle, Matti	SR	1852	Hidden Valley High School	03:30.2	249	↓8	05:36.6	257	↓10	07:09.7	267	↓6	11:04.0	273	↓2	11:58.6	275	↓1	12:47.0	276	↑1	15:03.9	277	↓1	19:00.4	06:06.7	--
279	Nguyen, Steven	9	2265	Kettle Run	03:34.0	271	↓2	05:44.1	273	↓1	07:15.9	274	↓3	11:11.5	277	↔	12:05.6	277	↓1	12:53.7	278	↔	15:09.6	278	↓1	19:01.9	06:07.2	232
280	Bettis, Ames	SO	3787	R.J. Reynolds	03:36.3	279	↑3	05:47.1	276	↓2	07:21.1	278	↓1	11:19.7	279	↓2	12:13.8	281	↔	13:02.6	281	↔	15:19.1	281	↑1	19:12.2	06:10.5	--
281	Holland, Grey	SR	2846	May River High School	03:42.4	282	↔</																					