Race 5: Elite Boys

2024 VA XC Showcase
Pole Green Park
October 19, 2024

Place	Athlete	Yr.	#	Team	1k	1k(Pl)		1M	1m(Pl)		2K	2k(Pl)		3K	3k(Pl)		2M	2m(Pl)		2.2M	2.2m(Pl)		4K	4k(Pl)		Time	Pace	Score
1	Beegle, Quinlan	SR	1283	Floyd County	03:04.7	3	↑1	04:54.6	2	↔	06:12.2	2	↔	09:30.8	2	↔	10:15.5	2	↔	10:54.3	2	↑1	12:43.9	1	↔	**15:47.4**	05:04.6	1
2	Craig, Max	JR	817	Christiansburg	03:15.7	26	↑5	05:07.0	21	↑7	06:23.0	14	↑6	09:38.0	8	↑1	10:21.4	7	↔	10:58.5	7	↑3	12:47.7	4	↑2	**15:55.7**	05:07.3	2
3	Giffing, Benjamin	JR	1717	Grassfield	03:19.7	63	↑33	05:10.2	30	↑13	06:23.6	17	↑10	09:37.0	7	↑3	10:19.4	4	↔	10:57.1	4	↑1	12:45.3	3	↔	**15:56.2**	05:07.5	3
4	Spiller, Grayson	SO	3015	Midlothian High School	03:16.2	31	↑15	05:05.6	16	↑10	06:20.2	6	↑2	09:34.7	4	↓1	10:19.5	5	↓1	10:58.0	6	↑1	12:47.9	5	↑1	**15:56.9**	05:07.7	4
5	Green, Asher	JR	5162	St. Chris	03:11.5	12	↑1	05:04.5	11	↓1	06:22.8	12	↑7	09:35.6	5	↓1	10:19.8	6	↑1	10:57.8	5	↓1	12:48.7	6	↑1	**15:57.4**	05:07.8	5
6	Wines, Jacob	JR	3656	Poquoson	03:07.7	6	↓1	05:01.5	7	↔	06:20.5	7	↓3	09:38.3	10	↑2	10:22.5	8	↔	10:59.9	8	↑1	12:49.7	7	↑1	**15:58.7**	05:08.3	6
7	Roberts, Evan	JR	2625	Madison County	03:04.3	2	↓1	04:55.0	3	↔	06:12.4	3	↑2	09:30.1	1	↔	10:15.2	1	↔	10:54.0	1	↓1	12:44.7	2	↓5	**15:59.4**	05:08.5	--
8	Schlegelmilch, Javi	SR	3050	Mills Godwin	03:06.5	4	↔	04:57.8	4	↔	06:15.7	4	↑1	09:31.3	3	↔	10:16.6	3	↔	10:56.0	3	↓5	12:49.7	8	↔	**16:06.4**	05:10.7	--
9	Carter, Luke	JR	4521	The Potomac School	03:18.7	50	↑7	05:12.3	43	↔	06:30.6	43	↑14	09:47.3	29	↔	10:32.5	29	↑1	11:10.7	28	↑11	13:00.1	17	↑8	**16:10.0**	05:11.9	7
10	Russo, Nick	SR	418	Bayside High School	03:19.9	65	↑23	05:12.3	42	↓2	06:31.1	44	↑14	09:47.3	30	↑4	10:31.6	26	↓3	11:09.5	29	↑17	12:59.8	12	↑2	**16:10.9**	05:12.2	--
11	Arjona, Sean	SR	1481	Glen Allen High School	03:19.0	55	↑21	05:11.0	34	↑9	06:27.9	25	↑2	09:45.1	23	↔	10:30.4	23	↔	11:08.8	23	↑4	13:01.3	19	↑8	**16:11.2**	05:12.3	8
12	Million, Fenton	9	3399	Ocean Lakes	03:06.7	5	↔	04:59.8	5	↓3	06:20.7	8	↓6	09:40.8	14	↓3	10:28.7	17	↑3	11:06.4	14	↓1	12:59.3	15	↑3	**16:12.3**	05:12.6	9
13	Altschuler, Noah	SR	4516	The Potomac School	03:19.9	67	↑25	05:12.3	42	↑6	06:29.2	36	↑21	09:40.9	15	↑3	10:25.9	12	↑2	11:04.3	10	↑1	**12:57.1**	**9**	↓4	**16:12.3**	05:12.6	10
14	Niese, Steven	SR	898	Colonial Forge	03:11.6	14	↓1	05:05.4	15	↓3	06:23.8	18	↑1	09:42.4	17	↑1	10:27.6	16	↔	11:06.6	16	↔	12:59.5	16	↑2	**16:13.8**	05:13.1	11
15	Haynes, Mason	SR	3164	Nation Ford	03:22.0	79	↑25	05:15.1	54	↑4	06:33.1	50	↑22	09:47.1	28	↑3	10:31.5	25	↑1	11:09.0	24	↑13	12:57.9	11	↓4	**16:14.1**	05:13.2	12
16	Moser, Trip	JR	4532	The Potomac School	03:18.3	47	↑9	05:11.4	38	↓1	06:29.9	39	↑12	09:46.2	27	↑3	10:31.2	24	↓2	11:10.2	26	↑5	13:02.1	21	↑5	**16:14.4**	05:13.3	13
17	Fulcher, Thomas	SO	379	Bassett	03:10.8	10	↑1	05:04.1	9	↔	06:21.7	9	↓2	09:38.9	11	↑1	10:24.9	10	↑1	11:04.2	9	↓1	12:57.5	10	↓7	**16:15.1**	05:13.5	--
18	Brasfield, Ben	JR	3953	Shipley School	03:13.1	17	↓1	05:06.1	18	↓1	06:25.0	19	↓5	09:45.3	24	↓4	10:32.0	28	↑1	11:10.4	27	↑4	13:03.2	23	↑5	**16:16.0**	05:13.8	--
19	Nguyen, LT	SO	5169	St. Chris	03:10.4	9	↓1	05:04.5	10	↔	06:22.3	10	↓2	09:39.8	12	↓1	10:26.5	13	↓2	11:06.4	15	↑2	12:58.4	13	↓6	**16:16.0**	05:13.8	14
20	Beale, Logan	SR	3610	Paul VI Catholic	03:11.3	11	↓2	05:05.1	13	↓3	06:23.5	16	↔	09:41.1	16	↑2	10:26.6	14	↑3	11:04.9	11	↓1	12:58.1	12	↓8	**16:16.2**	05:13.9	--
21	Wilbon, Calvin	9	1170	Eastern Montgomery	03:17.1	37	↑14	05:08.6	23	↑1	06:26.8	22	↓4	09:45.8	26	↓1	10:31.7	27	↑2	11:10.1	25	↑1	13:03.2	24	↑3	**16:18.4**	05:14.6	15
22	Sisson, Spencer	JR	1166	Eastern Montgomery	03:19.0	56	↑21	05:11.0	35	↓3	06:29.4	38	↑5	09:48.5	33	↑1	10:33.5	32	↑3	11:12.4	29	↑1	13:05.4	28	↑6	**16:18.8**	05:14.7	16
23	Temple, Alexander	JR	1722	Grassfield	03:19.3	58	↑22	05:11.1	36	↑12	06:27.5	24	↑5	09:44.0	19	↓1	10:29.0	20	↔	11:08.2	20	↑2	13:00.1	18	↓5	**16:19.7**	05:15.0	17
24	Holland, Mason	SR	1029	Cox	03:16.8	34	↑2	05:10.6	32	↑4	06:28.2	28	↑6	09:44.7	22	↑1	10:29.4	21	↑3	11:07.4	18	↑4	12:58.9	14	↓10	**16:20.3**	05:15.2	--
25	Painter, Caleb	JR	2705	Manchester High School	03:18.7	51	↑6	05:12.5	45	↑14	06:28.5	31	↑10	09:44.4	21	↓1	10:29.4	22	↑1	11:08.4	21	↓4	13:03.4	25	↔	**16:22.4**	05:15.9	18
26	Shanmugaselvam, Satya	JR	1084	Deep Run	03:07.9	8	↔	05:02.7	8	↓5	06:22.8	13	↓5	09:43.0	18	↓1	10:28.8	19	↓3	11:08.5	22	↔	13:02.9	22	↓4	**16:22.7**	05:16.0	19
27	Bandera, Daniel	SR	469	Blacksburg High School	03:17.8	43	↓4	05:13.5	47	↑14	06:28.8	33	↑13	09:44.4	20	↑2	10:28.7	18	↓1	11:08.1	19	↓7	13:04.4	26	↓1	**16:25.3**	05:16.8	20
28	Kotuby, Thatcher	SR	86	Alexandria City High School	03:13.7	18	↑4	05:05.2	14	↓1	06:23.2	15	↑2	09:40.0	13	↓2	10:27.3	15	↓2	11:07.2	17	↓3	13:01.4	20	↓8	**16:25.5**	05:16.9	21
29	Jenkins, Trevor	JR	886	Colonial Forge	03:14.4	19	↓5	05:08.9	24	↓5	06:28.2	29	↓7	09:51.6	36	↑2	10:37.3	34	↔	11:17.2	34	↔	13:12.9	34	↑5	**16:28.6**	05:17.9	22
30	Carrier, Miles	SR	473	Blacksburg High School	03:17.3	39	↓7	05:12.7	46	↑9	06:29.4	37	↑6	09:47.4	31	↔	10:32.9	31	↑1	11:12.9	30	↑1	13:07.5	29	↓1	**16:29.1**	05:18.0	23
31	Bowman, Jonah	JR	1330	Franklin County	03:07.8	7	↑1	05:00.2	6	↑1	06:17.7	5	↓4	09:38.2	9	↓2	10:25.6	11	↓1	11:05.6	12	↓15	13:04.4	27	↓4	**16:29.6**	05:18.2	--
32	Whiting, Keenai	SR	1679	Grafton High School	03:19.5	62	↑11	05:14.2	51	↔	06:33.1	51	↑12	09:52.1	39	↑1	10:38.6	38	↑2	11:18.3	36	↑4	13:12.1	32	↔	**16:31.2**	05:18.7	24
33	Moore, Liam	SR	841	Collegiate	03:11.5	13	↓6	05:06.4	19	↓11	06:28.2	30	↓15	09:54.1	45	↑1	10:41.5	44	↔	11:21.8	44	↑5	13:17.4	39	↑6	**16:32.8**	05:19.2	25
34	Perry, Benjamin	SR	4823	Warwick	03:15.9	28	↓13	05:12.1	41	↔	06:30.4	41	↑3	09:52.0	38	↑3	10:37.4	35	↑2	11:17.0	33	↑3	13:10.5	30	↓4	**16:34.6**	05:19.8	--
35	Flynn, Tommy	SO	4485	The Heights School	03:16.4	32	↑4	05:09.6	28	↑1	06:28.1	27	↓5	09:48.4	32	↓1	10:35.7	33	↑1	11:16.2	32	↑1	13:11.1	31	↓4	**16:34.7**	05:19.8	26
36	Byrnes, Liam	JR	2692	Manchester High School	03:19.3	59	↑7	05:14.4	52	↓1	06:33.9	53	↑2	09:57.4	51	↑3	10:43.3	48	↓1	11:24.6	49	↑3	13:20.3	46	↑10	**16:37.1**	05:20.6	27
37	Banocy, Jacob	JR	1773	Hayfield Secondary School	03:14.8	23	↓3	05:09.5	26	↓16	06:30.6	42	↓6	09:54.8	48	↑6	10:41.2	42	↓4	11:22.1	46	↑3	13:18.7	43	↑6	**16:37.3**	05:20.7	28
38	Kurichh, Ryan	JR	3000	Midlothian High School	03:24.2	93	↑22	05:18.1	71	↑14	06:34.9	57	↑3	10:00.3	54	↔	10:47.0	54	↑2	11:26.6	52	↑4	13:22.9	48	↑10	**16:37.4**	05:20.7	29
39	Semtner, Louis	SR	501	Blacksburg High School	03:23.5	86	↓11	05:23.2	97	↑14	06:43.0	83	↑17	10:07.5	66	↑3	10:53.5	63	↑3	11:32.2	60	↑3	13:28.6	57	↑18	**16:37.9**	05:20.9	30
40	Walker, Bradey	JR	3052	Mills Godwin	03:31.1	157	↑34	05:28.4	123	↑14	06:48.1	109	↑29	10:10.8	80	↑8	10:57.0	72	↑5	11:37.0	67	↑15	13:26.8	52	↑12	**16:38.3**	05:21.0	--
41	McHugh, Owen	JR	2574	Louisa County High School	03:14.8	22	↑10	05:04.7	12	↑1	06:22.5	11	↓14	09:45.6	25	↓5	10:32.8	30	↓1	11:13.2	31	↓4	13:14.1	35	↓6	**16:39.0**	05:21.2	31
42	Jenks, Isaac	SO	1662	Grafton High School	03:29.7	145	↑41	05:25.0	104	↑22	06:43.0	82	↑27	10:00.6	55	↑3	10:46.5	52	↑2	11:25.3	50	↑9	13:18.4	41	↓1	**16:39.0**	05:21.2	32
43	Baldasano, Anthony	SR	4955	Wheatley School	03:19.3	57	↑1	05:15.5	56	↔	06:34.6	56	↑7	09:55.9	49	↑2	10:42.0	47	↑6	11:21.0	41	↑5	13:15.3	36	↓7	**16:39.2**	05:21.3	33
44	Sauer, Michael	JR	1721	Grassfield	03:21.1	72	↑23	05:14.1	49	↑1	06:32.2	48	↑1	09:54.4	47	↑1	10:41.6	46	↑7	11:20.1	39	↑1	13:17.0	38	↓6	**16:41.5**	05:22.0	34
45	Sanchez Hightower, Javier	SR	580	Broad Run	03:26.7	112	↑11	05:24.4	101	↑12	06:43.9	89	↑29	10:05.1	60	↑1	10:50.3	59	↑2	11:30.8	57	↑3	13:27.5	54	↑9	**16:41.9**	05:22.2	--
46	Nolan, Edmund	SR	4489	The Heights School	03:16.5	33	↓6	05:11.4	39	↓6	06:31.2	45	↓5	09:56.8	50	↓1	10:43.8	51	↑3	11:24.4	48	↑3	13:19.8	45	↓1	**16:42.1**	05:22.2	35
47	Nemec, Brayden	SO	2578	Louisa County High School	03:15.2	24	↓3	05:09.6	27	↓13	06:30.0	40	↓6	09:54.3	46	↑3	10:41.2	43	↓2	11:21.8	45	↑5	13:18.0	40	↓7	**16:42.1**	05:22.2	36
48	Owens, Landon	SR	3650	Poquoson	03:12.1	15	↓2	05:05.9	17	↓3	06:25.8	20	↓17	09:51.7	37	↓3	10:39.8	40	↔	11:20.6	40	↓4	13:19.6	44	↓4	**16:45.1**	05:23.2	37
49	Fritz, Morgan	JR	4867	Washington-Liberty High School	03:21.8	77	↓4	05:20.7	81	↑11	06:40.5	70	↓5	10:09.6	75	↑1	10:57.2	74	↑4	11:37.2	70	↑6	13:32.3	64	↑15	**16:47.0**	05:23.8	38
50	Almstead, Connor	SR	1129	Douglas Freeman	03:27.7	122	↑8	05:26.9	114	↑11	06:47.4	103	↑31	10:08.6	72	↑6	10:54.2	66	↑3	11:33.5	63	↑4	13:29.1	59	↑9	**16:47.0**	05:23.8	39
51	Mulholland, Wiley	SR	1135	Douglas Freeman	03:20.7	70	↑13	05:15.8	57	↑11	06:31.6	46	↑6	09:52.2	40	↑1	10:38.7	39	↑4	11:18.2	35	↓2	13:15.6	37	↓14	**16:47.7**	05:24.0	40
52	Holland, Lucas	JR	483	Blacksburg High School	03:18.9	52	↑2	05:14.1	50	↓4	06:34.0	54	↑2	09:59.5	52	↓1	10:46.8	53	↔	11:28.3	53	↑2	13:25.9	51	↓1	**16:49.7**	05:24.7	41
53	Sheth, Abhinav	JR	562	Briar Woods	03:17.9	44	↓9	05:15.0	53	↓5	06:36.0	58	↑2	10:02.2	56	↔	10:49.5	56	↔	11:30.1	56	↑1	13:27.9	55	↑2	**16:49.8**	05:24.7	42
54	Crochet, Walker	SR	72	Alexandria City High School	03:17.9	46	↑9	05:11.1	37	↑2	06:29.0	35	↔	09:51.4	35	↓1	10:38.0	36	↓1	11:18.3	37	↑4	13:12.9	33	↓21	**16:49.8**	05:24.7	43
55	Nearman, Bryce	SR	896	Colonial Forge	03:18.5	48	↓13	05:16.4	61	↑1	06:36.7	60	↑2	10:04.0	58	↔	10:50.2	58	↔	11:31.0	58	↑2	13:28.2	56	↑1	**16:50.4**	05:24.9	44
56	Phillips, Bryce	SR	3401	Ocean Lakes	03:15.7	25	↓4	05:10.1	29	↓3	06:28.6	32	↓2	09:50.6	34	↓3	10:38.4	37	↓1	11:19.4	38	↓4	13:18.7	42	↓14	**16:50.5**	05:24.9	45
57	Myers, Gavin	SR	2577	Louisa County High School	03:14.6	21	↓1	05:08.1	22	↓4	06:28.0	26	↓16	09:53.4	42	↓8	10:43.6	50	↑3	11:24.0	47	↓2	13:24.1	49	↓8	**16:50.6**	05:25.0	46
58	McKinley, Messiah	SR	438	Bishop McNamara High School	03:15.8	27	↑2	05:09.0	25	↑2	06:27.4	23	↓20	09:53.5	43	↓6	10:43.3	49	↓2	11:25.7	51	↓2	13:27.0	53	↓5	**16:50.7**	05:25.0	47
59	Spencer, Zach	SO	3014	Midlothian High School	03:24.6	96	↑22	05:19.5	74	↑7	06:39.3	67	↑10	10:03.1	57	↔	10:50.2	57	↑2	11:29.1	55	↑5	13:25.6	50	↓9	**16:51.8**	05:25.3	48
60	Ajit, Avyukt	JR	464	Blacksburg High School	03:27.7	121	↑28	05:22.8	93	↑7	06:43.4	86	↑18	10:07.7	68	↑3	10:53.7	65	↑1	11:33.5	64	↑4	13:29.9	60	↔	**16:52.1**	05:25.4	49
61	Keefer, Samuel	9	1075	Deep Run	05:17.5	364	##	05:22.8	94	↑20	06:41.2	74	↑5	10:07.7	69	↑5	10:53.7	64	↓1	11:33.5	65	↑4	13:29.9	61	↔	**16:52.6**	05:25.6	50
62	HURST-BARBEITO, Gabriel	JR	2570	Louisa County High School	03:14.5	20	↔	05:06.7	20	↓1	06:26.6	21	↓20	09:52.3	41	↔	10:40.1	41	↓1	11:21.4	42	↓5	13:20.9	47	↓15	**16:53.1**	05:25.8	51
63	Fowler, Jackson	SO	4866	Washington-Liberty High School	03:24.6	97	↑14	05:21.0	83	↑10	06:41.2	73	↓5	10:10.1	78	↑2	10:57.6	76	↑3	11:37.6	73	↑8	13:32.7	65	↑2	**16:53.2**	05:25.8	52
64	Glade, John	SR	81	Alexandria City High School	03:21.9	78	↑1	05:19.8	77	↑2	06:41.3	75	↑16	10:04.7	59	↓1	10:51.5	60	↑1	11:31.9	59	↑1	13:28.7	58	↓6	**16:55.2**	05:26.4	53
65	Schwabe, Sam	SO	3010	Midlothian High School	03:25.2	101	↑17	05:21.0	84	↑8	06:41.4	76	↑13	10:06.4	63	↑1	10:53.0	62	↓3	11:33.9	65	↑3	13:30.6	62	↓3	**16:55.2**	05:26.4	54
66	Semones, Wyatt	SO	821	Christiansburg	03:21.8	76	↑7	05:17.7	69	↑6	06:38.6	63	↑1	10:05.9	62	↑1	10:51.6	61	↔	11:32.7	61	↓5	13:32.7	66	↔	**16:55.8**	05:26.6	55
67	Welcher, Grayson	9	1169	Eastern Montgomery	03:34.6	185	↑36	05:32.3	149	↑29	06:50.0	120	↑24	10:15.7	96	↑6	11:00.7	90	↑14	11:39.2	76	↑9	13:34.8	67	↔	**16:56.0**	05:26.7	56
68	Barnes, Carter	SR	1058	Deep Run	03:17.1	36	↓12	05:13.6	48	↓11	06:36.6	59	↓15	10:08.8	74	↑3	10:57.0	71	↔	11:37.3	71	↓4	13:38.2	75	↑7	**16:57.1**	05:27.0	57
69	Carlomagno, Luca	SO	1065	Deep Run	03:20.4	69	↑11	05:15.8	58	↓10	06:40.0	68	↓5	10:08.6	73	↑5	10:55.7	68	↔	11:37.0	68	↓3	13:37.1	71	↑2	**16:57.6**	05:27.2	58
70	Anthony, Spencer	SR	4624	Trinity Episcopal School	03:27.0	115	↑15	05:24.1	100	↔	06:47.0	100	↑9	10:13.3	91	↑4	11:00.3	87	↔	11:41.6	87	↑18	13:36.2	69	↓1	**16:58.4**	05:27.5	59
71	Moysaenko, Aiden	9	3165	Nation Ford	03:22.5	82	↑7	05:19.6	75	↓12	06:43.5	87	↑1	10:12.2	86	↑2	10:59.7	84	↑1	11:41.2	83	↑5	13:39.2	78	↑7	**17:02.4**	05:28.7	60
72	Girvin, William	9	1134	Douglas Freeman	03:29.7	143	↑18	05:28.4	125	↑13	06:48.8	112	↑17	10:15.6	95	↑3	11:01.0	92	↑10	11:41.0	82	↑12	13:37.0	70	↓2	**17:03.1**	05:29.0	61
73	Bentley, Alexander	SR	3163	Nation Ford	03:25.8	104	↑19	05:21.6	85	↑7	06:42.5	78	↑7	10:08.5	71	↑2	10:55.9	69	↑3	11:36.7	66	↑3	13:31.4	63	↓10	**17:03.7**	05:29.2	62
74	Saddler, Robert	SO	3167	Nation Ford	03:22.9	85	↑13	05:18.4	72	↓12	06:43.0	84	↓5	10:12.4	89	↑4	10:59.9	85	↓3	11:42.0	88	↑7	13:39.8	81	↑7	**17:03.7**	05:29.2	63
75	Jayme, Lance	JR	455	Bishop O'Connell	03:21.0	71	↑1	05:17.8	70	↓1	06:40.8	71	↓8	10:10.8	79	↑1	10:58.5	78	↑1	11:39.3	77	↑5	13:37.7	72	↓3	**17:04.4**	05:29.4	64
76	Urchek, Noah	SR	102	Alexandria City High School	03:30.7	154	↑7	05:32.1	147	↑4	06:54.2	143	↑35	10:20.5	108	↑7	11:06.7	101	↑2	11:46.2	99	↑12	13:42.3	87	↑11	**17:04.7**	05:29.5	65
77	Carrier, Aiden	SR	472	Blacksburg High School	03:18.9	54	↓6	05:16.4	60	↑8	06:33.8	52	↓1	09:59.6	53	↓2	10:47.0	55	↑1	11:28.7	54	↓7	13:30.3	61	↓16	**17:04.7**	05:29.5	66
78	Rogers, Jackson	SR	3458	Our Lady Of Good Counsel	03:24.0	91	↓5	05:23.2	96	↑5	06:44.3	91	↑1	10:13.0	90	↑9	10:59.6	81	↓5	11:41.6	86	↑7	13:39.4	79	↑1	**17:04.7**	05:29.5	67
79	Panov, Ivan	SR	1778	Hayfield Secondary School	03:17.3	38	↓6	05:12.5	44	↓5	06:32.8	49	↓12	10:05.5	61	↓3	10:53.7	64	↑2	11:32.9	62	↓6	13:35.5	68	↓11	**17:07.1**	05:30.3	68
80	Culkin, Matthew	SR	3446	Our Lady Of Good Counsel	03:26.5	111	↑4	05:25.9	107	↓4	06:48.6	111	↑11	10:16.6	100	↑5	11:03.0	95	↑2	11:43.4	93	↑10	13:40.4	83	↑3	**17:07.6**	05:30.4	69
81	Inanoglu, Mahmut	SR	1924	James Madison	03:12.9	16	↓15	05:10.5	31	↓24	06:34.2	55	↓15	10:07.9	70	↓3	10:57.1	73	↑4	11:37.2	69	↓7	13:38.7	76	↓5	**17:08.3**	05:30.6	70
82	Fleenor, Peter	9	453	Bishop O'Connell	03:22.7	84	↑6	05:20.0	78	↓7	06:43.3	85	↑2	10:11.6	83	↑1	10:59.7	82	↑2	11:40.9	80	↓5	13:41.7	85	↑3	**17:08.4**	05:30.7	71
83	Palmer, Colton	JR	901	Colonial Forge	03:19.9	66	↑2	05:16.6	64	↑3	06:37.8	61	↓4	10:07.0	65	↓2	10:55.4	67	↓5	11:37.4	72	↓5	13:39.2	77	↓6	**17:08.4**	05:30.7	72
84	Brown, Greyson	JR	3063	Monacan High School	03:23.6	88	↓2	05:22.3	90	↓9	06:46.6	99	↑1	10:16.0	98	↔	11:04.3	98	↔	11:45.9	98	↑3	13:46.2	95	↑11	**17:08.5**	05:30.7	73
85	Keith, Chase	SR	1287	Floyd County	03:26.0	107	↑1	05:25.5	106	↑1	06:47.7	105	↑6	10:16.2	99	↑2	11:04.3	97	↑1	11:45.8	96	↑3	13:45.6	93	↑8	**17:08.5**	05:30.7	74
86	Levine, Eli	JR	4528	The Potomac School	03:20.3	68	↓14	05:20.7	82	↓12	06:45.3	94	↑7	10:12.2	87	↓6	11:01.1	93	↑8	11:41.4	85	↑1	13:41.1	84	↓2	**17:09.0**	05:30.9	75
87	Tetreault, Jack	SR	908	Colonial Forge	03:19.4	61	↓6	05:17.2	67	↑5	06:38.1	62	↓2	10:06.9	64	↓6	10:56.4	70	↓4	11:37.9	74	↓8	13:40.0	82	↓5	**17:09.1**	05:30.9	76
88	Anderson, Samuel	SR	1715	Grassfield	03:25.4	103	↓8	05:26.1	111	↓4	06:49.0	115	↑14	10:17.3	101	↑2	11:05.3	99	↑4	11:45.5	95	↑4	13:43.9	91	↑3	**17:09.3**	05:31.0	77
89	Brys, Henry	SR	4864	Washington-Liberty High School	03:24.4	95	↓3	05:23.5	98	↔	06:46.6	98	↑1	10:16.0	97	↑1	11:03.4	96	↑2	11:43.9	94	↑2	13:44.2	92	↑3	**17:09.3**	05:31.0	78
90	Avalos Restrepo, Nicolas	JR	3445	Our Lady Of Good Counsel	03:23.8	89	↓3	05:22.8	92	↔	06:44.9	92	↔	10:13.8	92	↑1	11:00.9	91	↑1	11:42.8	90	↑4	13:42.1	86	↓4	**17:10.8**	05:31.4	79
91	Moll, Tyler	SO	494	Blacksburg High School	03:23.5	87	↑11	05:19.6	76	↑4	06:40.8	72	↓5	10:10.0	77	↔	10:58.1	77	↓7	11:41.3	84	↓4	13:42.4	88	↓3	**17:10.9**	05:31.5	80
92	Gobel, Noah	SR	1718	Grassfield	03:25.2	100	↑5	05:23.2	95	↑5	06:44.2	90	↑8	10:11.4	82	↑3	10:58.6	79	↑4	11:38.6	75	↑1	13:38.0	74	↓18	**17:10.9**	05:31.5	81
93	Loughlin, Colin	9	3452	Our Lady Of Good Counsel	03:26.5	110	↑1	05:26.0	109	↓1	06:48.4	110	↑8	10:19.3	102	↓1	11:07.1	103	↑2	11:48.1	101	↑3	13:47.7	98	↑5	**17:11.7**	05:31.7	82
94	Bradshaw, Isaac	JR	4154	Spotswood	03:38.1	224	↑67	05:33.3	157	↑15	06:54.1	142	↑28	10:23.0	114	↑8	11:09.9	106	↑2	11:50.5	104	↑4	13:49.3	100	↑6	**17:12.1**	05:31.9	83
95	Klinger, Andrew	SR	4868	Washington-Liberty High School	03:29.7	142	↑30	05:26.5	112	↑5	06:47.9	107	↑14	10:14.9	93	↓1	11:02.6	94	↑2	11:43.2	92	↑2	13:43.5	90	↓5	**17:12.7**	05:32.1	84
96	Martin, Fisher	SO	3521	Patrick County	03:24.4	94	↑5	05:22.1	89	↑8	06:42.8	81	↓3	10:11.6	84	↓2	11:00.1	86	↓5	11:42.8	91	↓5	13:46.3	96	↔	**17:13.1**	05:32.2	--
97	Labert, Ben	JR	3397	Ocean Lakes	03:25.0	98	↑7	05:22.6	91	↑3	06:43.6	88	↔	10:12.4	88	↑8	10:59.3	80	↑2	11:40.0	78	↓2	13:39.7	80	↓17	**17:13.3**	05:32.3	85
98	McFall, Reece	SO	493	Blacksburg High School	03:28.1	125	↑4	05:28.2	121	↔	06:50.1	121	↑15	10:20.4	106	↓1	11:10.0	107	↑1	11:52.0	106	↓1	13:53.8	107	↑9	**17:14.7**	05:32.7	--
99	Ostrowski, Dominic	SR	1031	Cox	03:29.6	141	↑21	05:28.1	120	↑1	06:49.6	119	↑16	10:19.6	103	↑1	11:06.9	102	↔	11:48.3	102	↑3	13:48.0	99	↔	**17:16.3**	05:33.2	--
100	Wotring, Kai	9	3018	Midlothian High School	03:40.5	242	↑21	05:43.1	221	↑21	07:07.0	200	↑42	10:35.0	158	↑9	11:22.4	149	↑2	12:02.9	147	↑23	13:59.6	124	↑24	**17:17.2**	05:33.5	86
101	Nichols, Trent	SR	495	Blacksburg High School	03:29.0	132	↑4	05:28.8	128	↑2	06:51.1	126	↑17	10:21.1	109	↑1	11:10.3	108	↑3	11:51.8	105	↑4	13:50.3	101	↔	**17:17.9**	05:33.7	--
102	Clark, Aden	9	474	Blacksburg High School	03:29.0	134	↑19	05:27.4	115	↓1	06:49.3	116	↑9	10:20.5	107	↑3	11:07.9	104	↑4	11:48.0	100	↓2	13:52.1	102	↔	**17:18.0**	05:33.8	--
103	Downs, Travis	SO	3359	North Stafford	03:27.0	116	↓1	05:27.6	117	↓6	06:50.5	123	↑1	10:24.6	122	↑5	11:12.5	117	↑6	11:53.7	111	↑1	13:54.5	110	↑7	**17:18.4**	05:33.9	87
104	Brown, Joe	JR	1028	Cox	03:26.8	113	↓11	05:28.4	124	↓5	06:51.3	129	↑14	10:23.3	115	↑3	11:11.4	112	↑4	11:52.9	108	↑4	13:53.3	104	↔	**17:20.1**	05:34.4	--
105	Chapman, Roman	SR	3390	Ocean Lakes	03:17.7	42	↓20	05:16.4	62	↓7	06:40.2	69	↓16	10:11.9	85	↓3	11:00.5	88	↓1	11:42.7	89	↓5	13:46.1	94	↓11	**17:20.5**	05:34.6	88
106	Wright, Emanuel	SR	1498	Glen Allen High School	03:35.4	194	↔	05:39.9	194	↑17	07:02.4	177	↑13	10:37.3	164	↑3	11:26.3	161	↑9	12:06.0	152	↑12	14:04.0	140	↑34	**17:20.8**	05:34.7	89
107	Pellei, Luke	9	1136	Douglas Freeman	03:37.9	221	↑20	05:40.4	201	↑31	07:01.0	170	↑29	10:28.9	141	↑1	11:18.7	140	↑3	12:01.1	137	↑12	14:00.1	125	↑18	**17:21.5**	05:34.9	90
108	Goode, Jalen	SR	433	Bishop McNamara High School	03:17.9	45	↑12	05:10.7	33	↓1	06:29.0	34	↓10	09:53.7	44	↓1	10:41.6	45	↑2	11:21.6	43	↓30	13:38.0	73	↓35	**17:22.2**	05:35.1	91
109	TENNEY, Rafael	9	4491	The Heights School	03:37.3	212	↑46	05:35.5	166	↑22	06:54.8	144	↑18	10:25.7	126	↓2	11:15.2	128	↑7	11:55.7	121	↑13	13:54.0	108	↓1	**17:22.7**	05:35.3	92

Race 5: Elite Boys

110	Hamlin, Tyler	9	819	Christiansburg	03:27.2	118	↑5	05:26.6	113	↓1	06:49.0	114	↓6	10:24.3	120	↑1	11:12.9	119	↑2	11:54.9	117	↑3	13:55.8	114	↑4	**17:23.0**	05:35.4	93
111	Alvarado, Davie	SO	4481	The Heights School	03:37.0	209	↑69	05:31.1	140	↑3	06:52.9	137	↑6	10:26.2	131	↑13	11:12.7	118	↓1	11:55.0	119	↑10	13:54.3	109	↓2	**17:23.1**	05:35.4	94
112	Luck, Chad	JR	556	Briar Woods	03:18.5	49	↓10	05:16.1	59	↓6	06:38.9	65	↓16	10:10.8	81	↓2	10:59.7	83	↑2	11:41.0	81	↓8	13:42.9	89	↓23	**17:23.4**	05:35.5	95
113	Boyd, David	SO	1774	Hayfield Secondary School	03:28.7	128	↓1	05:29.0	129	↑4	06:50.9	125	↑4	10:24.3	121	↓1	11:13.8	122	↔	11:55.8	122	↑16	13:53.4	106	↓7	**17:23.6**	05:35.6	96
114	Wozniak, Matthew	SR	1138	Douglas Freeman	03:33.2	170	↑24	05:31.9	146	↑22	06:50.7	124	↑6	10:23.9	118	↑2	11:12.3	116	↓2	11:54.9	118	↓10	14:01.0	128	↑14	**17:24.5**	05:35.9	97
115	Hiatt, Noah	JR	3520	Patrick County	03:34.6	186	↑31	05:33.3	155	↑9	06:55.2	146	↑18	10:26.0	128	↑1	11:14.9	127	↑2	11:56.7	125	↑14	13:54.7	111	↓4	**17:24.5**	05:35.9	--
116	Tambourine, Garrett	SO	3017	Midlothian High School	03:30.7	155	↑28	05:28.8	127	↓4	06:51.8	131	↑1	10:26.2	130	↑5	11:14.4	125	↑2	11:56.2	123	↑5	13:57.3	118	↑2	**17:24.9**	05:36.0	98
117	Hellman, Teigan	SO	3974	Sidwell Friends School	03:29.0	133	↑1	05:29.5	132	↓3	06:52.3	135	↑2	10:26.8	133	↑4	11:15.7	129	↑2	11:56.9	127	↑6	13:58.3	121	↑4	**17:25.8**	05:36.3	99
118	Smith, Townsend	SR	3168	Nation Ford	03:29.5	140	↑7	05:30.0	133	↑5	06:51.3	128	↑12	10:23.4	116	↑6	11:11.3	110	↑3	11:52.5	107	↑4	13:52.8	103	↓15	**17:26.2**	05:36.4	100
119	Lalota, Gianni	JR	3367	North Stafford	03:27.0	114	↓4	05:27.7	118	↓9	06:51.3	127	↑3	10:25.0	124	↔	11:13.9	124	↑8	11:54.7	116	↓4	13:58.1	120	↑1	**17:26.2**	05:36.4	101
120	Hersey, Stephen	9	84	Alexandria City High School	03:34.2	182	↑17	05:35.0	165	↑3	07:00.3	162	↑16	10:31.0	146	↑7	11:18.6	139	↑5	11:59.7	134	↓2	14:02.8	136	↑16	**17:26.4**	05:36.5	102
121	Richardson, Issac	9	3405	Ocean Lakes	03:35.3	193	↑21	05:37.1	172	↑1	07:01.2	171	↑21	10:32.1	150	↑5	11:20.3	145	↔	12:02.5	145	↑4	14:04.2	141	↑20	**17:26.4**	05:36.5	103
122	ORTMAN, Johnny	9	4490	The Heights School	03:37.2	210	↑18	05:39.5	192	↑17	07:02.0	175	↑18	10:34.9	157	↑4	11:23.6	153	↑4	12:05.1	149	↑14	14:02.4	135	↑13	**17:26.6**	05:36.5	104
123	Pearson, Levi	SO	3400	Ocean Lakes	03:35.2	192	↑23	05:36.1	169	↑3	07:00.6	166	↑23	10:29.6	143	↔	11:19.8	143	↑3	12:01.5	140	↑11	14:01.4	129	↑6	**17:27.4**	05:36.8	105
124	Vaughan, Walker	SR	1087	Deep Run	03:35.6	197	↑10	05:39.1	187	↑2	07:03.5	185	↑19	10:37.7	166	↑4	11:26.5	162	↑6	12:08.2	156	↑8	14:06.7	148	↑24	**17:27.9**	05:36.9	106
125	Kurzawa, Liam	SR	5164	St. Chris	03:25.8	105	↑6	05:23.7	99	↓2	06:47.2	101	↓11	10:22.5	112	↓2	11:11.6	114	↑1	11:54.0	113	↓4	13:57.3	117	↓8	**17:28.5**	05:37.1	107
126	BAILEY, Matthew	9	4482	The Heights School	03:40.4	240	↑15	05:44.1	225	↑15	07:09.8	210	↑40	10:38.9	170	↑2	11:29.3	168	↑3	12:10.2	165	↑15	14:07.9	150	↑24	**17:28.7**	05:37.2	108
127	Thien, Brayden	SO	1723	Grassfield	03:26.3	109	↓7	05:27.4	116	↓1	06:49.4	117	↓8	10:25.0	125	↑4	11:13.6	121	↑1	11:55.3	120	↑5	13:56.5	115	↓12	**17:29.1**	05:37.3	109
128	Sampson, Caleb	JR	1165	Eastern Montgomery	03:37.5	216	↑32	05:39.1	184	↑11	07:01.7	173	↑18	10:34.1	155	↑5	11:22.4	150	↑4	12:02.8	146	↑7	14:03.4	139	↑11	**17:29.2**	05:37.4	110
129	Wall, Bryce	SR	4706	Unattached	03:22.5	81	↓13	05:23.0	94	↓12	06:47.7	106	↓13	10:23.9	119	↓4	11:13.8	123	↓3	11:56.8	126	↑4	13:59.3	122	↓7	**17:29.9**	05:37.6	--
130	Jolley, Andrew	SR	1928	James Madison	03:25.2	99	↓3	05:24.6	102	↓11	06:48.9	113	↓14	10:25.8	127	↓6	11:16.8	133	↔	11:59.6	133	↑1	14:01.6	132	↑2	**17:31.0**	05:37.9	111
131	Schroeder, Hank	SR	1291	Floyd County	03:30.1	147	↑2	05:31.8	145	↑9	06:52.9	136	↑19	10:23.4	117	↑2	11:11.6	115	↑5	11:53.1	110	↓13	13:59.3	123	↓8	**17:32.3**	05:38.4	112
132	Lapke, CJ	SR	3748	Princess Anne High School	03:31.9	162	↓2	05:34.8	164	↑6	06:59.8	158	↑2	10:34.8	156	↑4	11:23.4	152	↑2	12:05.5	150	↑1	14:07.1	149	↑17	**17:32.5**	05:38.4	--
133	Dissa, Ubay	SO	3309	Newtown High School	03:27.9	124	↑14	05:26.1	110	↓8	06:49.5	118	↓14	10:26.4	132	↑1	11:16.5	131	↔	11:58.8	131	↓2	14:02.0	133	↔	**17:33.0**	05:38.6	--
134	Varghese, Nathen	9	3409	Ocean Lakes	03:35.2	191	↑21	05:36.3	170	↑5	07:00.4	165	↑16	10:32.1	149	↑5	11:20.2	144	↑1	12:02.1	143	↑13	14:01.4	130	↓4	**17:33.2**	05:38.6	113
135	Fraser, Jamie	SR	1918	James Madison	03:18.9	53	↓12	05:16.9	65	↓15	06:42.8	80	↓33	10:22.5	113	↓7	11:13.3	120	↓4	11:56.6	124	↓13	14:03.0	137	↑2	**17:33.5**	05:38.7	114
136	Harris, Sawyer	JR	2568	Louisa County High School	03:23.8	90	↑2	05:22.1	88	↓8	06:46.1	96	↓8	10:20.3	104	↓1	11:09.8	105	↓4	11:52.9	109	↓7	13:56.9	116	↓20	**17:33.8**	05:38.8	115
137	Barker, Oran	SO	1651	Grafton High School	03:41.3	247	↑20	05:44.9	227	↑24	07:08.4	203	↑16	10:43.3	187	↑10	11:32.1	177	↑6	12:12.4	171	↑9	14:14.4	162	↑25	**17:34.1**	05:38.9	116
138	Gwiezdzinski, Stas	SR	4487	The Heights School	03:37.9	220	↑25	05:39.9	195	↑12	07:03.1	183	↑21	10:37.0	162	↓1	11:26.9	163	↑1	12:09.5	162	↑11	14:08.7	151	↑13	**17:34.1**	05:38.9	117
139	Shelton, Mathew	SR	561	Briar Woods	03:15.9	29	↓11	05:11.8	40	↓7	06:31.8	47	↓20	10:07.6	67	↓8	10:57.4	75	↓4	11:40.8	79	↓18	13:47.1	97	↓42	**17:35.1**	05:39.3	118
140	Medlin, Parker	JR	3984	Sidwell Friends School	03:22.6	83	↓25	05:25.9	108	↔	06:48.0	108	↓27	10:27.4	135	↑3	11:16.6	132	↑3	11:57.2	129	↑10	13:57.4	119	↓21	**17:35.4**	05:39.4	119
141	Gilmore, Andrew	JR	1699	Granby	03:16.0	30	↓25	05:15.4	55	↓11	06:39.2	66	↓28	10:15.3	94	↓6	11:06.1	100	↓3	11:49.5	103	↓9	13:55.1	112	↓29	**17:36.2**	05:39.6	120
142	Cannon, Will	JR	4483	The Heights School	03:43.6	263	↑30	05:45.8	233	↑13	07:11.0	220	↑42	10:41.0	178	↑7	11:30.1	171	↑4	12:11.2	167	↑15	14:09.0	152	↑10	**17:36.7**	05:39.8	--
143	McDonnell, Declan	SR	5166	St. Chris	03:29.5	139	↑2	05:30.4	137	↑5	06:51.9	132	↓2	10:27.4	134	↑4	11:15.8	130	↑2	11:57.2	128	↑2	14:00.3	126	↓17	**17:37.3**	05:40.0	121
144	Hines, Soren	SO	4817	Warwick	03:27.4	120	↓14	05:30.0	134	↓11	06:54.9	145	↑1	10:30.3	144	↑3	11:19.2	141	↑6	12:00.3	135	↑1	14:02.1	134	↓10	**17:37.5**	05:40.0	--
145	Kahn, Michael	SO	887	Colonial Forge	03:30.4	150	↑14	05:30.4	136	↓5	06:54.0	141	↑1	10:28.8	140	↑2	11:18.5	138	↓1	12:01.2	139	↓6	14:05.7	145	↔	**17:40.1**	05:40.9	122
146	Joyce, Cameron	SR	1074	Deep Run	03:29.9	146	↑20	05:28.6	126	↓14	06:54.0	140	↑3	10:27.6	137	↑2	11:17.2	135	↑3	11:59.4	132	↓6	14:03.3	138	↓8	**17:40.4**	05:41.0	123
147	Saxton, David	JR	2711	Manchester High School	03:21.7	75	↓4	05:20.2	79	↓25	06:47.7	104	↓25	10:26.2	129	↓5	11:17.0	134	↓2	12:00.7	136	↓8	14:04.8	144	↓3	**17:40.4**	05:41.0	124
148	Mendoza, Carlos	JR	1702	Granby	03:17.5	40	↓33	05:18.9	73	↓4	06:42.0	77	↓28	10:20.4	105	↓8	11:11.5	113	↓1	11:54.4	114	↓13	14:00.5	127	↓21	**17:40.4**	05:41.0	125
149	Hetterich, Joseph	9	2694	Manchester High School	03:34.2	181	↑14	05:35.5	167	↑12	06:59.2	155	↑8	10:31.5	147	↑1	11:20.3	146	↑2	12:02.3	144	↑2	14:04.3	142	↓7	**17:41.0**	05:41.2	126
150	Conway, Gavin	SR	2345	Lafayette	03:28.8	130	↓5	05:30.2	135	↑1	06:52.3	134	↓8	10:29.3	142	↔	11:19.6	142	↑4	12:01.1	138	↓8	14:06.2	146	↓4	**17:41.6**	05:41.4	--
151	Fooks, Matthew	SR	1917	James Madison	03:19.3	60	↓3	05:16.6	63	↓1	06:38.9	64	↓12	10:09.8	76	↓13	11:00.7	89	↓8	11:45.9	97	↓8	13:53.3	105	↓46	**17:41.7**	05:41.4	127
152	Sutherland, Preston	SO	848	Collegiate	03:30.7	153	↓6	05:33.5	159	↑3	06:59.4	156	↑4	10:33.5	152	↑1	11:23.1	151	↔	12:05.9	151	↓2	14:09.0	153	↑1	**17:42.6**	05:41.7	128
153	LeCain, Ian	SR	3368	North Stafford	03:17.5	41	↓27	05:17.5	68	↓11	06:42.8	79	↓31	10:21.7	110	↑1	11:11.1	109	↓6	11:54.6	115	↓16	14:01.5	131	↓22	**17:42.9**	05:41.8	129
154	Almonte, Javier	SR	4515	The Potomac School	03:32.0	164	↓11	05:38.3	175	↓5	07:02.8	180	↑15	10:37.4	165	↓1	11:27.9	166	↑2	12:10.0	164	↑7	14:10.7	157	↑3	**17:44.8**	05:42.4	130
155	Street, Ryan	9	457	Bishop O'Connell	03:29.7	144	↓10	05:33.1	154	↓5	06:59.8	159	↓18	10:40.8	177	↑3	11:30.4	174	↑1	12:13.3	173	↑10	14:14.6	163	↑8	**17:45.1**	05:42.5	131
156	Shah, Nikhil	SO	1083	Deep Run	03:33.4	173	↑11	05:34.4	162	↑5	06:59.8	157	↓2	10:35.4	159	↑1	11:24.7	158	↑4	12:07.8	154	↔	14:09.6	154	↓2	**17:45.4**	05:42.6	132
157	Gordon, Byron	9	1700	Granby	03:29.2	136	↓6	05:31.2	142	↓8	06:58.1	150	↓10	10:36.3	160	↔	11:26.0	160	↓1	12:09.3	161	↑3	14:11.7	158	↑1	**17:45.9**	05:42.7	133
158	Zhen, Josh	SO	1947	James Madison	03:22.1	80	↓6	05:21.6	86	↓16	06:47.2	102	↓9	10:22.1	111	↔	11:11.3	111	↓1	11:54.0	112	↓1	13:55.1	113	↓45	**17:46.7**	05:43.0	134
159	Lewis, Reade	SO	840	Collegiate	03:30.6	152	↓1	05:33.1	153	↓8	07:00.2	161	↑7	10:33.9	154	↓1	11:23.7	155	↑2	12:07.7	153	↓3	14:10.0	156	↓3	**17:46.8**	05:43.0	135
160	Shepard, Carson	SO	2583	Louisa County High School	03:21.4	74	↓13	05:22.0	87	↓8	06:45.6	95	↓28	10:24.8	123	↓3	11:14.8	126	↓4	11:58.0	130	↓13	14:04.4	143	↓17	**17:46.9**	05:43.1	136
161	Micco, Jack	SR	3003	Midlothian High School	03:37.8	219	↑6	05:42.1	213	↑2	07:09.8	211	↑13	10:46.2	198	↑7	11:35.6	191	↑4	12:18.9	187	↑7	14:22.8	180	↑19	**17:47.9**	05:43.4	137
162	Lauretti, Luke	9	1932	James Madison	03:37.4	214	↓6	05:43.0	220	↓2	07:11.5	222	↑18	10:48.8	204	↔	11:39.7	204	↑3	12:23.1	201	↑24	14:22.3	177	↑15	**17:48.8**	05:43.7	138
163	Van Horn, James	SO	1945	James Madison	03:31.2	158	↓2	05:33.7	160	↓3	07:00.4	163	↓19	10:42.1	182	↑2	11:32.9	180	↑2	12:16.8	178	↑3	14:21.6	175	↑12	**17:49.9**	05:44.0	139
164	Wallis, Bryson	SO	1497	Glen Allen High School	03:33.6	177	↓11	05:39.2	188	↓1	07:04.1	189	↑6	10:42.3	183	↑7	11:31.9	176	↔	12:15.3	176	↑4	14:20.3	172	↑8	**17:50.6**	05:44.2	140
165	Matias, Michael	SR	1720	Grassfield	03:36.0	200	↑14	05:39.1	186	↑2	07:03.5	184	↑13	10:39.3	171	↑4	11:28.9	167	↑1	12:11.1	166	↑7	14:13.3	159	↓6	**17:50.8**	05:44.3	141
166	Sabanija, Amar	JR	1494	Glen Allen High School	03:33.8	178	↓12	05:39.4	190	↑12	07:02.5	178	↑10	10:38.4	168	↑3	11:27.6	165	↑2	12:09.7	163	↓1	14:15.0	164	↓2	**17:51.8**	05:44.6	142
167	Clements, Sean	SR	71	Alexandria City High School	03:37.2	211	↑9	05:40.6	202	↑10	07:05.8	192	↓8	10:46.6	200	↑1	11:37.2	199	↑5	12:20.3	194	↑10	14:24.0	184	↑17	**17:53.2**	05:45.1	143
168	Lewis, Trace	SO	1289	Floyd County	03:39.5	236	↑25	05:41.9	211	↑13	07:07.0	198	↑7	10:45.1	191	↑6	11:34.5	185	↑6	12:17.1	179	↑9	14:20.1	170	↑2	**17:53.8**	05:45.3	144
169	Nino, Aiden	SR	899	Colonial Forge	03:25.2	102	↓17	05:27.9	119	↓14	06:52.1	133	↓12	10:30.3	145	↓3	11:21.2	148	↔	12:04.4	148	↓18	14:16.1	166	↓3	**17:53.9**	05:45.3	145
170	Nigbur, Michael	9	3750	Princess Anne High School	03:32.6	169	↓2	05:37.1	171	↓16	07:03.6	187	↑3	10:43.1	184	↓4	11:35.1	188	↑5	12:18.1	183	↑9	14:21.4	174	↑4	**17:54.0**	05:45.3	--
171	Pizano-Franco, Martin	SR	1163	Eastern Montgomery	03:39.5	235	↑17	05:42.6	218	↑16	07:07.6	202	↑12	10:44.8	190	↑4	11:34.7	186	↑6	12:17.3	180	↑1	14:22.7	179	↑8	**17:54.5**	05:45.5	146
172	Kamath, Rohit	SR	1929	James Madison	03:29.0	135	↓6	05:31.2	141	↓7	06:56.7	148	↓15	10:37.2	163	↓1	11:27.5	164	↓4	12:11.4	168	↔	14:17.5	168	↓4	**17:54.5**	05:45.5	--
173	Segura, Kyle	SO	3011	Midlothian High School	03:31.4	160	↓1	05:34.3	161	↓3	07:00.4	164	↑3	10:36.3	161	↑2	11:25.5	159	↑1	12:08.8	158	↓13	14:20.2	171	↓2	**17:54.5**	05:45.5	--
174	Hylton, Brayden	JR	1286	Floyd County	03:35.0	190	↑12	05:38.4	178	↓12	07:04.6	190	↓5	10:45.5	195	↑3	11:36.1	192	↑3	12:19.4	189	↑7	14:23.8	182	↑8	**17:54.7**	05:45.6	147
175	Nieter, Blake	JR	1738	Great Bridge High School	03:42.8	258	↑18	05:46.9	240	↑12	07:12.0	228	↑23	10:49.5	205	↑4	11:38.5	201	↑2	12:21.6	199	↑16	14:24.0	183	↑8	**17:57.1**	05:46.3	148
176	Trageser, Raymond	SO	1086	Deep Run	03:36.7	208	↑25	05:39.0	183	↓5	07:03.9	188	↑16	10:39.4	172	↓3	11:30.4	175	↑3	12:13.1	172	↑5	14:17.3	167	↓9	**17:57.1**	05:46.3	--
177	Royall, Alex	9	3166	Nation Ford	03:39.5	234	↑17	05:42.5	217	↑13	07:08.5	204	↑8	10:45.8	196	↓2	11:36.9	198	↑1	12:21.0	197	↑16	14:23.4	181	↑4	**17:58.1**	05:46.7	149
178	Fricke, Cole	JR	1659	Grafton High School	03:33.5	175	↑25	05:32.5	150	↑11	06:53.4	139	↔	10:28.7	139	↑2	11:18.4	137	↓4	12:01.9	141	↓6	14:06.4	147	↓31	**17:58.8**	05:46.9	150
179	Russell, Henry	JR	5170	St. Chris	03:30.3	149	↓3	05:32.8	152	↓2	06:59.1	154	↓19	10:39.8	173	↔	11:30.3	173	↓1	12:13.6	174	↓2	14:21.7	176	↓3	**17:59.5**	05:47.1	151
180	Marquez Marin, Luis	SR	1491	Glen Allen High School	03:28.3	127	↓4	05:29.4	131	↑1	06:51.6	130	↓8	10:28.2	138	↑2	11:18.1	136	↓6	12:02.0	142	↓13	14:09.9	155	↓25	**17:59.8**	05:47.2	152
181	Baqar, Ahyan	JR	549	Briar Woods	03:28.3	126	↓18	05:31.8	144	↓9	06:59.0	153	↓23	10:40.7	176	↓3	11:32.6	179	↓7	12:18.8	186	↓7	14:27.8	193	↑12	**18:01.0**	05:47.6	153
182	Smith, Rowan	SO	3408	Ocean Lakes	03:35.0	188	↑9	05:38.5	179	↑3	07:02.4	176	↑1	10:40.5	175	↑5	11:30.1	170	↔	12:11.8	170	↑10	14:13.4	160	↓22	**18:01.4**	05:47.7	--
183	Matsui, Robby	SR	3983	Sidwell Friends School	03:33.2	172	↑29	05:31.7	143	↓4	06:55.3	147	↓6	10:33.6	153	↓4	11:24.4	157	↓2	12:08.9	159	↓2	14:13.8	161	↓22	**18:01.9**	05:47.9	154
184	Husam-Lewis, Quadir	SO	4158	Spotswood	03:35.6	196	↑11	05:39.1	185	↓1	07:03.5	186	↑19	10:38.4	167	↓2	11:29.6	169	↔	12:11.6	169	↔	14:18.6	169	↓15	**18:02.3**	05:48.0	155
185	Venkatesh, Ramanathan	SO	565	Briar Woods	03:27.4	119	↓3	05:28.2	122	↓30	06:58.6	152	↓36	10:43.8	188	↓5	11:36.1	193	↓5	12:21.4	198	↑4	14:27.9	194	↑9	**18:02.8**	05:48.2	156
186	Mejia, Kaleb	JR	2704	Manchester High School	03:19.8	64	↓16	05:20.4	80	↓17	06:46.4	97	↓39	10:27.6	136	↓11	11:21.0	147	↓8	12:07.8	155	↓10	14:16.0	165	↓21	**18:03.2**	05:48.3	157
187	Keith, Drew	SO	1288	Floyd County	03:34.8	187	↑11	05:38.3	176	↓15	07:04.7	191	↓2	10:45.5	193	↓3	11:36.3	196	↑1	12:20.4	195	↑5	14:26.4	190	↑3	**18:03.3**	05:48.3	158
188	Raines, Xavior	SR	903	Colonial Forge	03:42.1	254	↑11	05:48.1	243	↑13	07:12.7	230	↑18	10:51.5	212	↑5	11:40.4	207	↑3	12:23.6	204	↑2	14:30.1	202	↑14	**18:03.7**	05:48.5	--
189	Bylund, Chris	JR	874	Colonial Forge	03:27.9	123	↓15	05:30.9	138	↓22	07:00.1	160	↓14	10:39.9	174	↓7	11:33.5	181	↓3	12:18.5	184	↓3	14:25.1	187	↓2	**18:03.8**	05:48.5	--
190	Watterson, Alexander	SO	1724	Grassfield	03:36.5	204	↑8	05:40.0	196	↑3	07:05.9	193	↑1	10:45.3	192	↓2	11:36.1	194	↑3	12:20.0	191	↑3	14:25.4	188	↓2	**18:03.8**	05:48.5	--
191	Payne, Davin	SO	1704	Granby	03:25.9	106	↓24	05:29.2	130	↓19	06:57.2	149	↓37	10:43.2	186	↓4	11:35.4	190	↓6	12:20.5	196	↓1	14:29.0	197	↑6	**18:05.0**	05:48.9	159
192	Howard, Henry	SO	1070	Deep Run	03:34.4	184	↑3	05:38.6	181	↑7	07:01.9	174	↑5	10:38.9	169	↓3	11:30.1	172	↓3	12:13.6	175	↓3	14:22.5	178	↓14	**18:05.9**	05:49.2	--
193	Mapp, Davis	JR	1667	Grafton High School	03:41.7	251	↑15	05:46.4	236	↑12	07:11.6	224	↑18	10:49.9	206	↔	11:40.4	206	↑4	12:23.5	202	↑10	14:27.2	192	↓1	**18:05.9**	05:49.2	160
194	O'Malley, Quinn	SR	3954	Shipley School	03:33.2	171	↑8	05:34.7	163	↓9	07:01.6	172	↓13	10:43.1	185	↑2	11:34.3	183	↓5	12:19.0	188	↓7	14:28.2	195	↑1	**18:06.3**	05:49.3	--
195	Pendleton, Carson	SR	2706	Manchester High School	03:24.2	92	↓13	05:25.1	105	↓17	06:50.4	122	↓29	10:32.4	151	↓5	11:24.1	156	↓4	12:09.2	160	↓13	14:20.9	173	↓22	**18:06.9**	05:49.5	161
196	Porter, Patrick	JR	456	Bishop O'Connell	03:29.2	137	↓11	05:32.3	148	↓3	06:58.2	151	↓30	10:41.9	181	↑3	11:32.3	178	↑1	12:16.1	177	↓12	14:25.9	189	↓7	**18:06.9**	05:49.5	162
197	Sherman, Declan	JR	1496	Glen Allen High School	03:35.4	195	↓8	05:40.7	203	↑8	07:06.4	195	↓2	10:45.8	197	↔	11:36.4	197	↑7	12:19.8	190	↓1	14:27.2	191	↓6	**18:07.0**	05:49.5	163
198	Dundon, Mason	9	76	Alexandria City High School	03:42.2	256	↑14	05:48.0	242	↑4	07:15.7	238	↑23	10:53.9	215	↑1	11:44.6	214	↑2	12:28.1	212	↑7	14:31.4	205	↑7	**18:08.7**	05:50.1	164
199	Wickham, Ryan	SO	913	Colonial Forge	03:33.8	179	↓30	05:41.7	209	↑4	07:08.6	205	↓5	10:51.4	210	↑5	11:39.9	205	↑2	12:23.5	203	↔	14:30.1	203	↑4	**18:09.1**	05:50.2	--
200	DUNLAVY, Jimmy	9	4484	The Heights School	03:36.2	201	↑28	05:37.6	173	↓6	07:02.7	179	↓15	10:45.5	194	↓1	11:36.1	195	↑3	12:20.0	192	↑7	14:24.4	185	↓15	**18:09.5**	05:50.3	--
201	Dalva-Baird, Zachary	SR	4524	The Potomac School	03:47.1	281	↑24	05:52.2	257	↑14	07:16.9	243	↑44	10:46.6	199	↑10	11:35.4	189	↑8	12:17.5	181	↓18	14:29.4	199	↓2	**18:10.8**	05:50.7	165
202	Agrawal, Avi	JR	4514	The Potomac School	03:32.6	167	↓1	05:36.0	168	↓13	07:02.9	181	↑2	10:41.1	179	↓3	11:33.9	182	↔	12:17.7	182	↓14	14:28.6	196	↓6	**18:11.3**	05:50.9	166
203	Spiller, Henry	SO	3016	Midlothian High School	03:37.5	217	↑7	05:41.7	210	↓2	07:10.0	212	↑9	10:48.3	203	↑1	11:39.3	202	↓3	12:23.7	205	↑4	14:29.9	201	↓2	**18:11.6**	05:51.0	--
204	Fentress, Patriot	9	818	Christiansburg	03:39.2	230	↑1	05:45.0	229	↑16	07:10.1	213	↓1	10:53.2	214	↑5	11:42.0	209	↑2	12:25.3	207	↔	14:34.4	207	↑3	**18:11.7**	05:51.0	167
205	Schmitt, John Grayson	SR	1082	Deep Run	03:17.0	35	↓31	05:17.0	66	↓27	06:44.9	93	↓55	10:32.0	148	↓6	11:23.6	154	↓3	12:08.4	157	↓29	14:24.6	186	↓19	**18:12.3**	05:51.2	--
206	Graham, Landon	SO	4799	Warhill	03:40.5	243	↑8	05:46.1	235	↑3	07:13.8	232	↑3	10:58.1	229	↑7	11:48.6	222	↑4	12:32.0	218	↑4	14:37.3	214	↑8	**18:12.8**	05:51.4	168
207	Dudley, Ethan	SO	2693	Manchester High School	03:33.6	176	↑2	05:38.1	174	↓22	07:06.9	196	↓12	10:50.8	208	↔	11:41.5	208	↓2	12:26.3	210	↓2	14:36.7	212	↑5	**18:13.9**	05:51.7	169
208	Bird, Owen	JR	4863	Washington-Liberty High School	03:37.9	223	↑8	05:42.4	215	↔	07:10.5	215	↓7	10:56.6	222	↑2	11:47.3	220	↑3	12:31.9	217	↑1	14:38.0	216	↑8	**18:15.1**	05:52.1	170
209	Antonik, Hugh	JR	4517	The Potomac School	03:51.4	307	↑31	05:56.4	276	↑11	07:23.3	265	↑32	10:59.8	233	↑4	11:50.6	229	↑7	12:33.8	222	↑3	14:39.3	219	↑10	**18:15.2**	05:52.2	--
210	Buzek, Aiden	JR	4795	Warhill	03:41.3	248	↑9	05:46.7	239	↑5	07:14.8	234	↑6	10:58.1	228	↑4	11:49.1	224	↑5	12:32.3	219	↑1	14:38.6	218	↑8	**18:15.3**	05:52.2	171
211	Captain, Mason	SR	2990	Midlothian High School	03:30.5	151	↓7	05:33.5	158	↓10	07:01.0	168	↓21	10:44.8	189	↑2	11:35.1	187	↓6	12:20.1	193	↓11	14:30.7	204	↓7	**18:15.6**	05:52.3	--
212	Teubner, Hudson	JR	3169	Nation Ford	03:39.3	232	↑9	05:43.5	223	↓2	07:11.7	225	↑2	10:56.7	223	↑7	11:46.2	216	↑1	12:31.4	215	↑4	14:36.2	211	↓1	**18:15.7**	05:52.3	172
213	Narayana, Sai	JR	557	Briar Woods	03:29.3	138	↓13	05:32.7	151	↓16	07:00.8	167	↓13	10:41.7	180	↓4	11:34.3	184	↓1	12:18.7	185	↓13	14:29.2	198	↓15	**18:15.9**	05:52.4	173
214	Soriano, Casen	JR	2584	Louisa County High School	03:36.2	202	↓12	05:42.1	214	↑8	07:09.1	206	↓7	10:52.2	213	↑3	11:42.7	210	↑1	12:25.8	209	↓6	14:37.5	215	↑1	**18:17.4**	05:52.9	174
215	Petkauskas, Justinas	JR	842	Collegiate	03:36.5	205	↑6	05:40.2	199	↑5	07:06.0	194	↓7	10:47.2	201	↑1	11:37.9	200	↔	12:21.9	200	↔	14:29.7	200	↓15	**18:17.7**	05:53.0	175
216	Helgren, Van	SO	3395	Ocean Lakes	03:35.8	199	↑1	05:40.1	198	↑1	07:06.9	197	↓12	10:51.4	209	↓2	11:43.0	211	↔	12:26.6	211	↑3	14:34.6	208	↓8	**18:18.0**	05:53.1	--
217	Rivera, Hector	SR	1779	Hayfield Secondary School	03:31.9	163	↓30	05:39.7	193	↓8	07:07.2	201	↓15	10:54.1	216	↑4	11:43.2	212	↑4	12:25.5	208	↓9	14:38.3	217	↔	**18:18.7**	05:53.3	176
218	Teeling, Jonathan	SO	3752	Princess Anne High School	03:49.3	295	↑24	05:55.7	271	↑7	07:23.2	264	↑20	11:05.9	244	↑4	11:55.3	240	↑3	12:38.8	237	↑10	14:44.3	227	↑9	**18:20.2**	05:53.8	--
219	Andrews, Owen	SR	1696	Granby	03:27.0	117	↓22	05:31.0	139	↓30	07:01.0	169	↓42	10:51.4	211	↓2	11:43.7	213	↔	12:28.6	213	↔	14:36.9	213	↓6	**18:20.8**	05:54.0	177
220	Elliot, Brandon	JR	344	BASIS DC	03:33.5	174	↓38	05:41.9	212	↓5	07:10.5	217	↓8	10:57.0	225	↓7	11:51.9	232	↑6	12:34.8	226	↑4	14:41.6	222	↑2	**18:20.9**	05:54.0	178

Race 5: Elite Boys

2024 VA XC Showcase
Pole Green Park
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221	Nitzsche, Varick	SR	5006	William Monroe	03:26.1	108	↓48	05:33.3	156	↓26	07:03.1	182	↓20	10:47.3	202	↓1	11:39.5	203	↓3	12:24.2	206	↓3	14:35.2	209	↓12	**18:20.9**	05:54.0	179
222	Moore, Cedric	SR	2575	Louisa County High School	03:38.5	226	↑10	05:42.5	216	↓15	07:12.7	231	↓25	11:09.6	256	↑9	12:00.5	247	↑5	12:42.4	242	↑13	14:46.9	229	↑7	**18:21.1**	05:54.1	--
223	Habura, Piotr	JR	4800	Warhill	03:31.6	161	↓21	05:38.9	182	↓17	07:07.0	199	↓18	10:54.5	217	↓1	11:46.5	218	↑2	12:31.6	216	↑6	14:36.0	210	↓13	**18:23.1**	05:54.7	180
224	Gonzalez-Winthrop, Santiago	JR	348	BASIS DC	03:37.5	215	↓7	05:43.3	222	↓7	07:12.0	229	↓7	11:00.6	236	↑3	11:52.1	233	↑3	12:35.6	230	↑10	14:39.7	220	↓4	**18:23.5**	05:54.8	181
225	Alvarez Rojas, Randy	SR	68	Alexandria City High School	03:44.5	270	↑18	05:50.0	252	↑11	07:16.2	241	↑11	10:58.7	230	↑2	11:50.5	228	↔	12:34.9	228	↔	14:45.3	228	↑3	**18:24.0**	05:55.0	--
226	Dobranski, Rowan	SO	3969	Sidwell Friends School	03:37.9	222	↓26	05:49.4	248	↑3	07:17.2	245	↓5	11:08.0	250	↔	12:01.0	250	↑1	12:45.7	249	↑3	14:54.7	246	↑20	**18:24.2**	05:55.0	182
227	Posey, Adam	9	3074	Monacan High School	03:44.3	269	↑11	05:52.3	258	↑12	07:17.3	246	↑26	10:56.1	220	↑5	11:44.9	215	↑1	12:29.2	214	↓11	14:42.8	225	↓2	**18:24.3**	05:55.1	183
228	Haglund, James	9	1486	Glen Allen High School	03:38.9	227	↑3	05:43.8	224	↓3	07:11.9	227	↑9	10:55.6	218	↓1	11:47.1	219	↓1	12:33.0	220	↓1	14:40.9	221	↓7	**18:25.4**	05:55.4	184
229	Reinecke, Josh	SO	4537	The Potomac School	03:39.5	237	↔	05:46.5	237	↔	07:15.3	237	↑3	11:00.0	234	↑8	11:50.1	226	↑2	12:34.2	224	↔	14:42.4	224	↓5	**18:26.5**	05:55.8	--
230	Smith, Jayden	SO	441	Bishop McNamara High School	03:30.9	156	↓24	05:38.6	180	↓27	07:09.1	207	↓20	10:57.9	227	↓4	11:51.7	231	↑2	12:35.2	229	↓1	14:48.9	230	↔	**18:27.4**	05:56.1	185
231	Galahan, Thomas	JR	835	Collegiate	03:38.5	225	↓9	05:46.1	234	↑1	07:14.0	233	↑12	10:56.4	221	↓2	11:48.9	223	↑2	12:33.7	221	↓2	14:42.2	223	↓8	**18:28.0**	05:56.3	186
232	Potur, Taner	SO	3456	Our Lady Of Good Counsel	03:32.6	168	↓21	05:39.3	189	↓19	07:09.2	208	↓18	10:57.3	226	↓1	11:50.2	227	↓4	12:35.8	231	↓6	14:51.6	237	↑5	**18:29.1**	05:56.6	187
233	Martin, Brady	JR	1030	Cox	03:41.1	246	↔	05:49.2	246	↓2	07:17.9	248	↑2	11:07.0	246	↑1	12:00.0	245	↔	12:44.4	245	↑6	14:52.5	239	↑6	**18:30.1**	05:56.9	--
234	Adams, Kash	JR	1733	Great Bridge High School	03:50.0	301	↑37	05:53.8	264	↑2	07:23.0	262	↑10	11:08.8	252	↑8	11:59.8	244	↑1	12:42.6	243	↑3	14:53.0	240	↑6	**18:31.0**	05:57.2	188
235	Wyatt, Harold	SO	3997	Sidwell Friends School	03:37.8	218	↓31	05:49.4	249	↓1	07:18.1	250	↑1	11:07.8	249	↑1	12:00.7	248	↑1	12:45.1	247	↑5	14:54.0	242	↑7	**18:31.1**	05:57.3	189
236	Speck, Alexander	SR	564	Briar Woods	03:39.0	229	↑1	05:45.0	228	↓14	07:16.3	242	↑2	11:02.3	240	↑1	11:54.1	239	↑1	12:39.1	238	↑7	14:49.1	231	↓5	**18:31.4**	05:57.4	190
237	Fedor, Andrew	JR	1716	Grassfield	03:40.7	244	↓1	05:49.0	245	↓6	07:18.7	251	↔	11:08.4	251	↑2	12:00.9	249	↑1	12:45.4	248	↑1	14:54.7	247	↑10	**18:31.9**	05:57.5	--
238	Hagen, Ryan	SR	1776	Hayfield Secondary School	03:35.0	189	↓37	05:44.6	226	↓10	07:15.1	236	↓7	11:05.8	243	↔	11:58.4	243	↓1	12:43.2	244	↓4	14:55.2	248	↑10	**18:33.7**	05:58.1	191
239	Bates, River	SO	1130	Douglas Freeman	03:34.0	180	↓24	05:40.9	204	↓12	07:10.5	216	↓22	11:01.2	238	↔	11:54.0	238	↓1	12:39.7	239	↓2	14:53.5	241	↑2	**18:35.4**	05:58.6	192
240	Bradley, Ian	SO	450	Bishop O'Connell	03:40.5	241	↓3	05:48.7	244	↓8	07:18.8	252	↓1	11:09.0	253	↑1	12:01.8	252	↑6	12:44.6	246	↑3	14:54.0	243	↑3	**18:36.6**	05:59.0	193
241	Lonsdale, Jonathan	SO	1719	Grassfield	03:36.5	207	↑7	05:40.3	200	↓19	07:10.8	219	↓13	10:59.4	232	↓4	11:52.7	236	↑1	12:38.4	235	↑3	14:50.1	232	↓9	**18:37.5**	05:59.3	--
242	Aronhalf, Tyler	SO	5160	St. Chris	03:42.2	257	↑1	05:51.7	256	↓7	07:23.1	263	↑3	11:14.3	260	↑1	12:06.8	259	↑2	12:52.5	257	↑7	14:59.9	250	↑8	**18:38.0**	05:59.5	194
243	Cullen, James	SR	4796	Warhill	03:40.8	245	↑7	05:46.5	238	↑3	07:14.8	235	↑4	10:58.9	231	↑6	11:50.0	225	↑2	12:34.0	223	↓3	14:43.5	226	↓17	**18:39.5**	06:00.0	195
244	Booth, Jordan	SR	3356	North Stafford	03:41.5	250	↓1	05:50.0	251	↑4	07:17.9	247	↑5	11:05.3	242	↔	11:56.9	242	↑1	12:42.2	241	↓3	14:54.2	244	↔	**18:39.8**	06:00.1	196
245	Sica, Zach	SO	563	Briar Woods	03:37.3	213	↓18	05:45.6	231	↓8	07:15.8	239	↑2	11:00.9	237	↔	11:53.4	237	↑1	12:38.7	236	↑3	14:50.6	233	↓12	**18:40.4**	06:00.3	--
246	Lyons, Matthew	JR	436	Bishop McNamara High School	03:39.3	233	↓17	05:49.8	250	↓4	07:19.4	254	↑15	11:02.2	239	↑4	11:52.3	235	↑1	12:37.5	234	↓2	14:51.3	236	↓10	**18:40.4**	06:00.3	197
247	Richardson, Will	SO	3406	Ocean Lakes	03:36.4	203	↓5	05:41.5	208	↓13	07:11.0	221	↓14	11:00.1	235	↑1	11:52.3	234	↑7	12:34.8	227	↓8	14:51.1	235	↓12	**18:45.2**	06:01.8	--
248	Bauer, Alexander	SR	4518	The Potomac School	03:39.3	231	↑12	05:42.6	219	↑1	07:10.7	218	↓6	10:56.8	224	↓6	11:51.0	230	↓3	12:37.1	233	↓12	14:54.4	245	↓3	**18:45.9**	06:02.0	--
249	Richmond, Waylon	SR	1164	Eastern Montgomery	03:44.7	271	↑4	05:55.3	267	↓1	07:25.2	268	↑5	11:17.5	263	↑2	12:09.1	261	↑1	12:55.1	260	↓6	15:12.0	266	↑17	**18:46.6**	06:02.3	198
250	Merriam, Louie	SO	3985	Sidwell Friends School	03:45.3	274	↑13	05:53.0	261	↑2	07:22.6	259	↔	11:13.1	259	↑1	12:06.8	258	↑2	12:50.8	256	↑5	15:00.7	251	↑1	**18:47.1**	06:02.4	199
251	Frisch, Nathaniel	JR	1660	Grafton High School	03:51.7	310	↑19	06:01.8	291	↑17	07:28.3	274	↑13	11:15.6	261	↑1	12:08.7	260	↑1	12:53.8	259	↔	15:07.4	259	↑8	**18:49.3**	06:03.1	200
252	Thalhimer, Ben	9	849	Collegiate	03:41.5	249	↓5	05:50.5	254	↓1	07:20.4	255	↓3	11:12.3	258	↑3	12:02.4	255	↑3	12:46.8	252	↑3	14:59.2	249	↓3	**18:52.4**	06:04.1	201
253	Kramer, Scott	9	4802	Warhill	03:41.9	253	↑12	05:47.3	241	↓3	07:17.2	244	↓3	11:07.1	247	↑1	12:00.3	246	↓5	12:46.6	251	↓4	15:03.9	255	↑2	**18:56.1**	06:05.3	202
254	Ambe, Edmond	SR	427	Bishop McNamara High School	03:39.7	238	↓9	05:49.2	247	↓9	07:21.6	256	↑2	11:09.5	254	↑1	12:01.9	253	↑3	12:46.5	250	↓2	15:02.0	252	↓2	**18:56.3**	06:05.4	203
255	Taylor, Nat	SR	1137	Douglas Freeman	03:48.9	293	↑5	06:01.2	288	↑9	07:29.8	279	↑9	11:22.8	270	↑4	12:13.8	266	↑1	12:58.1	265	↑3	15:09.9	262	↑7	**18:57.2**	06:05.7	204
256	Allan, Ayden	JR	4794	Warhill	03:44.8	272	↑7	05:54.2	265	↓2	07:25.1	267	↓1	11:21.4	268	↑1	12:14.8	267	↔	13:00.1	267	↓2	15:15.5	269	↑13	**18:57.5**	06:05.8	205
257	Jackson, Dillon	9	3364	North Stafford	03:32.2	165	↓41	05:41.4	206	↓20	07:11.7	226	↓22	11:07.7	248	↓3	12:01.6	251	↓2	12:48.0	253	↓1	15:03.7	254	↓3	**18:57.6**	06:05.8	206
258	Mitroff, Tyler	SO	3987	Sidwell Friends School	03:46.7	280	↑1	05:57.2	279	↑6	07:27.6	273	↑4	11:22.2	269	↔	12:16.1	269	↓2	13:02.7	271	↑10	15:09.7	261	↑3	**18:57.7**	06:05.8	207
259	Xuan-Nghiem, Hayden	SR	2713	Manchester High School	03:36.5	206	↓49	05:50.6	255	↓11	07:23.8	266	↑1	11:18.7	265	↔	12:12.8	265	↑4	12:55.3	261	↑8	15:02.9	253	↓6	**18:58.1**	06:05.9	--
260	Wilson, Nathaniel	JR	2594	Louisa County High School	03:21.2	73	↓30	05:24.8	103	↓35	06:53.4	138	↓69	10:49.9	207	↓10	11:46.4	217	↓15	12:36.0	232	↓26	15:06.4	258	↓2	**18:59.7**	06:06.5	--
261	Marri, Mukund	SO	5005	William Monroe	03:42.9	259	↓9	05:55.3	268	↓3	07:27.0	271	↑7	11:17.7	264	↔	12:12.6	264	↔	12:57.9	264	↑4	15:09.6	260	↓1	**19:00.0**	06:06.6	208
262	Garrett, Clarke	9	1133	Douglas Freeman	03:48.8	290	↓3	06:02.2	293	↑7	07:31.5	286	↑13	11:24.4	273	↑3	12:16.4	270	↑1	13:01.7	269	↑1	15:12.8	268	↑6	**19:00.2**	06:06.6	--
263	Bradley, Beau	JR	816	Christiansburg	03:50.2	302	↑4	06:03.8	298	↓2	07:36.0	300	↑15	11:29.8	285	↑3	12:22.8	282	↑1	13:09.8	281	↑5	15:21.5	276	↑13	**19:01.3**	06:07.0	209
264	Ivey, Jackson	9	3067	Monacan High School	03:54.4	329	↑16	06:07.9	313	↑2	07:41.0	311	↑25	11:30.3	286	↑2	12:24.8	284	↑6	13:08.7	278	↑8	15:16.5	270	↑6	**19:02.1**	06:07.2	210
265	Dutton, Eugene	9	1735	Great Bridge High School	03:51.2	306	↑5	06:04.2	301	↑4	07:35.6	297	↑18	11:27.7	279	↑5	12:19.9	274	↑1	13:05.6	273	↔	15:18.3	273	↑8	**19:02.4**	06:07.3	211
266	Schasse, Ty	SR	1674	Grafton High School	03:47.9	284	↑12	05:55.9	272	↑14	07:22.3	258	↓4	11:16.8	262	↔	12:10.5	262	↓1	12:57.5	263	↔	15:11.1	263	↓3	**19:02.7**	06:07.4	212
267	Lara, Mario	SO	3451	Our Lady Of Good Counsel	03:32.4	166	↓31	05:40.0	197	↓26	07:11.6	223	↓32	11:09.6	255	↑1	12:02.3	254	↓1	12:49.2	255	↓1	15:04.2	256	↓11	**19:04.6**	06:08.0	213
268	Dojack, Maksim	9	4997	William Monroe	03:35.6	198	↓34	05:45.8	232	↓17	07:17.9	249	↓8	11:11.3	257	↔	12:03.6	257	↑3	12:49.0	254	↓3	15:05.8	257	↓11	**19:04.9**	06:08.1	214
269	Niazi, Rafae	9	3989	Sidwell Friends School	03:53.7	325	↑20	06:06.6	305	↓2	07:39.2	307	↑6	11:37.8	301	↑1	12:31.4	300	↑2	13:16.8	298	↑14	15:27.3	284	↑15	**19:05.7**	06:08.4	--
270	Boney, Noah	SR	1697	Granby	03:28.7	129	↓48	05:38.4	177	↓32	07:09.4	209	↓36	11:06.6	245	↓11	12:03.5	256	↓2	12:53.0	258	↓6	15:11.3	264	↓6	**19:06.1**	06:08.5	215
271	Xuan-Nghiem, Davis	SO	2712	Manchester High School	03:43.8	264	↑1	05:53.3	263	↓6	07:26.4	269	↓2	11:22.9	271	↓2	12:18.6	273	↑3	13:02.4	270	↑5	15:12.0	265	↓6	**19:06.6**	06:08.7	--
272	Fava, Liam	9	3448	Our Lady Of Good Counsel	03:45.8	275	↓6	05:58.3	281	↔	07:30.6	281	↑7	11:25.1	274	↑3	12:18.2	271	↓1	13:04.1	272	↓3	15:20.2	275	↑3	**19:07.4**	06:08.9	216
273	Haggerty, Brady	SO	5002	William Monroe	03:38.9	228	↓25	05:50.4	253	↓7	07:22.6	260	↓7	11:20.8	267	↓1	12:15.8	268	↔	13:01.6	268	↓4	15:17.8	272	↓1	**19:07.5**	06:09.0	217
274	Marelli, Daniel	SR	3982	Sidwell Friends School	03:54.1	326	↑17	06:07.4	309	↑4	07:38.5	305	↑5	11:36.9	300	↑1	12:31.3	299	↑3	13:16.3	296	↑11	15:27.4	285	↑11	**19:08.0**	06:09.1	--
275	Avila, Ian	9	815	Christiansburg	03:48.9	291	↓4	06:02.8	295	↑3	07:33.6	292	↑9	11:29.2	283	↑6	12:20.7	277	↑2	13:06.5	275	↑1	15:18.9	274	↓1	**19:08.4**	06:09.3	218
276	Kramer, Troy	SR	4160	Spotswood	03:50.3	303	↑16	06:01.2	287	↔	07:32.0	287	↑21	11:20.4	266	↑3	12:11.6	263	↑1	12:56.8	262	↓5	15:12.3	267	↓9	**19:09.6**	06:09.6	219
277	Bhagan, Thaddeus	SO	4958	Wheatley School	03:45.0	273	↓7	05:57.8	280	↑2	07:29.5	278	↑3	11:25.3	275	↑3	12:18.4	272	↓2	13:06.0	274	↑3	15:17.5	271	↓6	**19:10.2**	06:09.8	220
278	Purdy, Elijah	9	4869	Washington-Liberty High School	03:52.4	314	↔	06:08.1	314	↑6	07:39.6	308	↑6	11:38.3	302	↑1	12:31.7	301	↑4	13:16.3	297	↑9	15:28.2	288	↑10	**19:12.0**	06:10.4	221
279	Rubin, Dean	SO	357	BASIS DC	03:40.1	239	↓21	05:52.9	260	↓10	07:26.7	270	↓7	11:26.7	277	↓1	12:21.3	278	↓4	13:09.9	282	↑2	15:24.3	280	↑1	**19:12.1**	06:10.5	222
280	Stevens, Thomas	SR	3377	North Stafford	03:41.8	252	↓7	05:52.4	259	↓13	07:27.1	272	↓19	11:31.1	291	↑5	12:25.0	286	↓2	13:13.0	288	↓1	15:29.1	289	↑9	**19:12.5**	06:10.6	223
281	Reza, Victor	SR	4332	Stonebridge School	03:49.1	294	↑5	06:01.6	289	↓6	07:34.9	295	↑17	11:27.5	278	↑2	12:20.6	276	↔	13:06.7	276	↓5	15:25.2	281	↔	**19:13.2**	06:10.8	224
282	Hogge, Alistair	SO	5003	William Monroe	03:34.2	183	↓8	05:39.4	191	↓23	07:10.1	214	↓5	10:55.9	219	↓2	11:48.5	221	↓4	12:34.4	225	↓13	14:51.9	238	↓44	**19:14.7**	06:11.3	225
283	Meredith, Dominick	9	3071	Monacan High School	03:46.5	278	↓4	05:58.4	282	↓1	07:30.9	283	↑7	11:25.3	276	↑1	12:20.6	275	↓2	13:08.0	277	↓2	15:23.8	279	↓4	**19:14.9**	06:11.4	226
284	Ruble, Jackson	SR	1290	Floyd County	03:51.5	309	↑7	06:04.4	302	↑8	07:34.9	294	↑5	11:30.8	289	↑2	12:25.3	287	↑1	13:12.5	286	↔	15:27.7	286	↑2	**19:15.7**	06:11.6	227
285	Sheahan, Kiernan	JR	4162	Spotswood	03:54.1	327	↑23	06:05.7	304	↑1	07:38.0	303	↑10	11:32.6	293	↑3	12:26.5	290	↑5	13:11.9	285	↑3	15:26.5	282	↓3	**19:16.8**	06:12.0	228
286	Wolfe, Sam	SR	822	Christiansburg	03:49.4	296	↑2	06:02.3	294	↓2	07:35.0	296	↑14	11:28.9	282	↑3	12:21.4	279	↔	13:08.8	279	↑2	15:22.0	277	↓9	**19:18.8**	06:12.6	229
287	Bradshaw, Caleb	9	3357	North Stafford	03:42.2	255	↓7	05:53.1	262	↓13	07:28.3	275	↓15	11:31.1	290	↑5	12:24.8	285	↓5	13:13.4	290	↔	15:29.6	290	↑3	**19:18.9**	06:12.6	230
288	Thomas, Joshua	9	3378	North Stafford	03:51.4	308	↑9	06:04.0	299	↓2	07:36.7	301	↑3	11:33.5	298	↑5	12:27.4	293	↑6	13:12.6	287	↔	15:27.9	287	↓1	**19:19.2**	06:12.7	--
289	Delaney, Ben	JR	4798	Warhill	03:44.0	267	↓3	05:55.3	270	↓7	07:28.9	277	↓3	11:28.1	280	↓1	12:22.0	281	↑1	13:08.9	280	↑2	15:23.4	278	↓11	**19:19.2**	06:12.7	231
290	Dalton, Braden	SO	1284	Floyd County	03:52.8	316	↑1	06:08.3	315	↓4	07:42.8	319	↑8	11:43.6	311	↑3	12:37.4	308	↔	13:23.7	308	↑6	15:39.3	302	↑12	**19:20.3**	06:13.1	--
291	Partington, Landon	JR	1668	Grafton High School	03:53.4	320	↑1	06:08.8	319	↑5	07:41.4	314	↑7	11:40.4	307	↑2	12:34.7	305	↑3	13:20.4	302	↑9	15:33.7	293	↑2	**19:21.4**	06:13.4	--
292	Yeddu, Nick	JR	567	Briar Woods	03:43.1	260	↓6	05:55.2	266	↓10	07:28.3	276	↓5	11:28.3	281	↓2	12:23.3	283	↔	13:10.4	283	↔	15:27.0	283	↓9	**19:23.0**	06:14.0	--
293	Garcia, Makai	JR	3360	North Stafford	03:56.3	336	↑4	06:14.0	332	↑12	07:43.0	320	↑15	11:39.7	305	↑8	12:31.2	297	↓2	13:18.2	299	↑3	15:34.7	296	↑3	**19:24.0**	06:14.3	--
294	Forstner, Grayson	SR	834	Collegiate	03:52.6	315	↓16	06:11.9	331	↑7	07:45.9	324	↑11	11:45.3	313	↑4	12:37.5	309	↑4	13:22.5	305	↑5	15:37.1	300	↑6	**19:27.0**	06:15.2	232
295	Brueseke, Boden	SR	4328	Stonebridge School	03:49.9	299	↓11	06:07.7	310	↑4	07:38.7	306	↑2	11:38.5	304	↔	12:34.0	304	↑1	13:20.7	303	↑4	15:36.1	299	↑4	**19:29.5**	06:16.0	233
296	Clarke, Anthony	JR	452	Bishop O'Connell	03:49.8	298	↓10	06:07.2	308	↓7	07:42.4	315	↑6	11:41.8	309	↑2	12:36.4	307	↔	13:23.5	307	↑6	15:39.2	301	↑5	**19:31.2**	06:16.6	234
297	Mobley, King	JR	1703	Granby	03:30.3	148	↓82	05:45.5	230	↓27	07:22.1	257	↓27	11:29.8	284	↓7	12:26.7	291	↓2	13:15.7	293	↓5	15:35.7	298	↑1	**19:32.9**	06:17.1	235
298	Johnston, Kieran	9	837	Collegiate	03:46.3	276	↓35	06:07.7	311	↑1	07:40.6	310	↓2	11:45.2	312	↑2	12:37.7	310	↑1	13:24.6	309	↑4	15:41.5	305	↑7	**19:35.2**	06:17.9	--
299	Nicely, Duncan	9	4803	Warhill	03:48.1	286	↔	06:00.6	286	↓4	07:33.0	290	↑2	11:30.8	288	↓1	12:25.6	289	↑5	13:11.5	284	↓7	15:29.8	291	↓8	**19:35.6**	06:18.0	--
300	Maxwell, Gavin	JR	1701	Granby	03:28.8	131	↓74	05:41.0	205	↓48	07:19.4	253	↓39	11:31.6	292	↔	12:26.9	292	↓3	13:15.8	295	↓2	15:35.4	297	↓3	**19:35.8**	06:18.1	--
301	Nelson, Samuel	SR	3649	Poquoson	03:44.0	266	↓12	05:57.1	278	↓6	07:30.9	284	↓10	11:32.6	294	↔	12:27.7	294	↔	13:15.7	294	↔	15:33.7	294	↓7	**19:38.3**	06:18.9	236
302	Heldreth, Liam	9	3645	Poquoson	03:44.0	265	↓12	05:56.9	277	↓8	07:31.0	285	↓10	11:32.9	295	↔	12:27.9	295	↑3	13:15.3	292	↓3	15:34.3	295	↓7	**19:39.4**	06:19.2	237
303	CROSS, Judah	9	4155	Spotswood	03:55.1	334	↑12	06:09.4	322	↑1	07:43.6	321	↔	11:50.4	321	↑2	12:45.3	319	↑1	13:32.6	318	↑7	15:49.2	311	↑8	**19:40.1**	06:19.5	238
304	Kilcomons, Keegan	JR	2699	Manchester High School	03:43.4	261	↓8	05:55.3	269	↓19	07:32.2	288	↓18	11:40.2	306	↔	12:35.5	306	↔	13:22.8	306	↓3	15:47.6	309	↑5	**19:42.1**	06:20.1	--
305	Delahunt, Gabe	SO	1656	Grafton High School	03:53.7	323	↓3	06:10.6	326	↑9	07:42.4	317	↓7	11:51.5	324	↑6	12:45.3	318	↑7	13:30.0	311	↑3	15:44.5	308	↑3	**19:42.8**	06:20.3	--
306	Orzechowski, Stephen	9	355	BASIS DC	03:54.9	332	↑5	06:10.7	327	↑9	07:42.6	318	↑4	11:45.6	314	↑1	12:41.7	313	↑3	13:29.8	310	↔	15:48.0	310	↑4	**19:45.2**	06:21.1	239
307	Khalil, David	9	1737	Great Bridge High School	03:50.7	304	↑4	06:04.2	300	↑1	07:35.7	299	↑12	11:30.4	287	↓1	12:25.6	288	↓3	13:13.5	291	↓1	15:31.2	292	↓15	**19:45.4**	06:21.2	240
308	Brennan, George	SR	1775	Hayfield Secondary School	**03:03.5**	**1**	↔	**04:54.3**	**1**	↔	**06:11.9**	**1**	↓5	09:36.2	6	↓3	10:24.7	9	↓4	11:05.8	13	##	14:34.2	206	↓102	**19:45.5**	06:21.2	241
309	Southall, Jalen	JR	1705	Granby	03:48.5	289	↓31	06:08.8	320	↓11	07:47.0	331	↑13	11:49.6	318	↑1	12:44.4	317	↑3	13:31.6	314	↔	15:53.2	314	↑5	**19:45.9**	06:21.3	--
310	Barrera, Steven	JR	4956	Wheatley School	03:46.4	277	↓13	06:01.8	290	↓8	07:35.6	298	↓5	11:38.3	303	↔	12:33.9	303	↓1	13:21.9	304	↔	15:41.2	304	↓6	**19:46.1**	06:21.4	242
311	Miller, Ben	9	3453	Our Lady Of Good Counsel	03:48.3	287	↑3	06:00.0	284	↓7	07:33.1	291	↓8	11:34.6	299	↑1	12:31.3	298	↓3	13:19.7	301	↓5	15:42.4	306	↓5	**19:48.8**	06:22.3	--
312	Penney, Jack	SO	3331	North Shore	03:51.9	311	↓7	06:08.6	318	↓10	07:46.5	328	↑6	11:50.6	322	↓1	12:47.0	323	↑1	13:34.1	322	↑9	15:52.0	313	↑1	**19:50.4**	06:22.8	243
313	Ricci, John	9	3333	North Shore	03:49.8	297	↓15	06:07.7	312	↓14	07:46.2	326	↓4	11:58.5	330	↑1	12:55.9	329	↓1	13:44.2	330	↑9	15:57.3	321	↑8	**19:50.5**	06:22.8	244
314	Allain, Charlie	SO	1695	Granby	03:46.5	279	↓24	06:05.4	303	↓1	07:38.2	304	↓6	11:43.1	310	↓1	12:41.3	311	↓4	13:31.9	315	↔	15:54.2	315	↑1	**19:51.7**	06:23.2	--
315	Phillips, Dylan	SR	3073	Monacan High School	03:54.6	331	↑7	06:09.6	324	↓3	07:46.5	327	↑7	11:50.2	320	↓1	12:45.9	321	↔	13:34.0	321	↑9	15:51.5	312	↓3	**19:54.7**	06:24.1	245
316	Ahmad, Awais	JR	547	Briar Woods	03:44.1	268	↓5	05:56.0	273	↓7	07:29.8	280	↓16	11:33.3	296	↓6	12:33.3	302	↑2	13:18.7	300	↓3	15:40.1	303	↓13	**19:55.4**	06:24.4	--
317	Quindoza, Miles	9	844	Collegiate	03:53.0	317	↓12	06:11.6	329	↔	07:46.6	329	↑14	11:46.8	315	↑1	12:41.9	314	↓2	13:32.2	316	↓1	15:55.0	317	↔	**19:55.9**	06:24.5	--
318	Fochler, Ryan	JR	346	BASIS DC	03:31.4	159	↓48	05:41.5	207	↓33	07:15.9	240	↓32	11:23.7	272	↓8	12:21.5	280	↓9	13:13.2	289	↓18	15:42.4	307	↓11	**19:56.0**	06:24.6	246
319	Swain, Myles	SR	4631	Trinity Episcopal School	03:48.0	285	↓12	06:03.5	297	↓15	07:41.1	312	↓15	11:53.9	327	↑1	12:51.3	326	↔	13:39.7	326	↑1	16:01.1	325	↑6	**19:58.9**	06:25.5	247
320	Harris, Griffin	9	4801	Warhill	03:51.0	305	↓16	06:08.8	321	↓9	07:46.7	330	↑5	11:52.1	325	↑1	12:49.8	324	↑1	13:39.2	323	↔	15:58.4	323	↑3	**19:59.0**	06:25.5	--
321	Brown, Emmett	9	1734	Great Bridge High School	03:53.7	324	↑1	06:09.6	323	↑1	07:44.0	322	↓6	11:55.7	328	↑1	12:51.9	327	↔	13:39.7	327	↑3	16:00.2	324	↑3	**19:59.1**	06:25.6	248
322	Sharp, Brenden	JR	5010	William Monroe	03:43.6	262	↓23	06:00.4	285	↓17	07:37.7	302	↓15	11:49.2	317	↑2	12:43.4	315	↑3	13:30.5	312	↓4	15:54.4	316	↓6	**20:00.7**	06:26.1	249
323	Waddell, Hunter	JR	4633	Trinity Episcopal School	03:54.4	330	↑34	06:03.4	296	↓17	07:41.3	313	↓6	11:49.9	319	↓1	12:45.9	320	↑1	13:32.8	319	↑1	15:55.5	318	↓5	**20:01.2**	06:26.2	250
324	Panner, William	JR	3992	Sidwell Friends School	03:53.4	321	↑15	06:07.0	306	↓3	07:39.8	309	↓7	11:47.3	316	↔	12:44.2	316	↓1	13:32.5	317	↓2	15:56.9	319	↓5	**20:03.5**	06:27.0	--
325	Sigmon, Kade	SO	4333	Stonebridge School	03:53.0	318	↓7	06:09.9	325	↓7	07:48.5	332	↔	11:59.5	332	↑2	12:56.3	330	↑2	13:43.7	328	↑1	16:04.6	327	↑2	**20:07.9**	06:28.4	251
326	Washington, Joshua	SO	4335	Stonebridge School	03:56.0	335	↑1	06:14.3	334	↔	07:51.2	334	↑1	12:01.7	333	↑2	12:57.4	331	↑7	13:39.5	324	↓5	16:08.0	329	↑3	**20:09.8**	06:29.0	252
327	Hill, Cameron	JR	820	Christiansburg	03:52.4	313	↓3	06:08.4	316	↓9	07:45.9	325	↓1	11:53.0	326	↑1	12:50.0	325	↔	13:39.6	325	↓1	16:01.7	326	↓1	**20:12.0**	06:29.7	--
328	Schoudel, Daniel	9	3334	North Shore	03:48.9	292	↓15	06:07.2	307	↓16	07:44.5	323	↓6	11:58.4	329	↑1	12:55.3	328	↓1	13:44.1	329	↑1	16:06.4	328	↔	**20:13.8**	06:30.3	253
329	Gosnell, Will	9	1160	Eastern Montgomery	03:50.0	300	↑8	06:02.0	292	↓1	07:34.2	293	↓30	11:51.2	323	↑1	12:46.9	322	↑2	13:33.2	320	↓2	15:58.2	322	↓7	**20:14.9**	06:30.6	254
330	Lawarnce, Julian	SR	3069	Monacan High School	03:47.5	282	↓1	05:59.0	283	↓6	07:32.2	289	↓19	11:41.5	308	↓4	12:41.4	312	↓1	13:31.3	313	↓7	15:57.2	320	↓10	**20:19.8**	06:32.2	255
331	McCrudden, Riley	SO	3327	North Shore	03:56.7	337	↑1	06:18.6	336	↓2	07:57.6	338	↑1	12:11.4	337	↑2	13:07.8	335	↔	13:56.0	335	↑5	16:12.2	330	↓1	**20:21.1**	06:32.6	256

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332	Green, Eli	SO	3642	Poquoson	03:53.2	319	↓11	06:11.9	330	↓3	07:49.2	333	↓2	12:05.0	335	↑1	13:04.2	334	↑1	13:55.1	333	↔	16:19.1	333	↑1	**20:22.4**	06:33.1	257
333	Dillender, Michael	9	4330	Stonebridge School	04:08.7	358	↑9	06:32.0	349	↑8	08:04.6	341	↑2	12:12.8	339	↑3	13:09.1	336	↑2	13:55.5	334	↑2	16:18.8	332	↓1	**20:26.4**	06:34.3	258
334	Johnson, Brayden	8	4965	Wheatley School	03:54.3	328	↑11	06:08.6	317	↑1	07:42.4	316	↓15	11:59.3	331	↓1	13:00.8	332	↑1	13:52.9	331	↔	16:17.7	331	↓3	**20:34.7**	06:37.0	259
335	Flaherty, Wyatt	SO	4627	Trinity Episcopal School	03:55.0	333	↔	06:14.2	333	↓2	07:52.2	335	↑1	12:04.2	334	↑1	13:03.6	333	↑1	13:54.1	332	↓2	16:21.8	334	↓1	**20:35.1**	06:37.1	260
336	Premysler, Nicholas	JR	356	BASIS DC	03:58.6	341	↑4	06:19.0	337	↓2	07:58.9	339	↑1	12:12.0	338	↔	13:10.9	338	↑1	14:01.8	337	↑2	16:26.6	335	↓1	**20:38.3**	06:38.2	261
337	Hammill, Jack	9	4157	Spotswood	04:01.3	346	↓2	06:31.2	348	↓4	08:14.9	352	↑6	12:30.2	346	↑1	13:30.4	345	↑1	14:20.3	344	↑2	16:52.0	342	↑5	**20:55.2**	06:43.6	262
338	Gonzalez, Levi	8	4331	Stonebridge School	04:08.7	356	↑3	06:34.7	353	↑4	08:13.1	349	↑4	12:27.9	345	↑2	13:27.6	343	↑2	14:16.7	341	↑2	16:44.8	339	↑1	**20:57.8**	06:44.4	263
339	Prough, Cade	JR	5008	William Monroe	03:57.1	338	↓1	06:22.8	339	↓3	08:06.0	342	↑1	12:24.6	341	↑1	13:22.6	340	↑1	14:11.0	339	↑1	16:39.9	338	↓1	**20:59.6**	06:45.0	264
340	Lin, Felix	JR	4966	Wheatley School	03:58.6	340	↑2	06:21.4	338	↓2	08:02.4	340	↓3	12:26.3	343	↑1	13:26.7	342	↔	14:17.4	342	↑1	16:50.4	341	↑1	**21:02.5**	06:45.9	265
341	Lamm, Nathan	9	4161	Spotswood	04:05.3	351	↓4	06:36.1	355	↓2	08:18.7	357	↑4	12:42.3	353	↑1	13:41.2	352	↑4	14:30.0	348	↑4	16:55.7	344	↑3	**21:03.8**	06:46.4	266
342	Wall, Ronnie	8	4334	Stonebridge School	04:08.2	355	↑5	06:33.3	350	↑3	08:09.4	347	↑5	12:25.7	342	↑1	13:26.3	341	↑1	14:16.3	340	↔	16:45.1	340	↓2	**21:04.4**	06:46.6	267
343	Perez, Cristian	9	3332	North Shore	04:02.1	349	↑4	06:29.7	345	↔	08:08.4	345	↑5	12:21.7	340	↑1	13:18.6	339	↑1	14:07.3	338	↑1	16:36.7	337	↓6	**21:05.3**	06:46.8	268
344	Palen, Daniel	9	3330	North Shore	04:06.3	352	↑1	06:33.4	351	↔	08:14.7	351	↑2	12:37.1	349	↑2	13:35.1	347	↑2	14:26.5	345	↑2	16:53.5	343	↓1	**21:06.4**	06:47.2	269
345	Oakley, Kai	SO	3329	North Shore	03:52.2	312	↓16	06:11.4	328	↓8	07:52.9	336	↔	12:10.7	336	↓1	13:09.3	337	↑1	14:01.4	336	↔	16:36.4	336	↓9	**21:07.4**	06:47.5	270
346	Green, Seth	SO	3643	Poquoson	03:53.5	322	↓13	06:14.7	335	↓2	07:57.3	337	↓7	12:27.0	344	↔	13:28.8	344	↑1	14:20.0	343	↓2	16:56.3	345	↓1	**21:15.4**	06:50.1	271
347	Crewe, Solomon	JR	4626	Trinity Episcopal School	03:58.7	342	↓1	06:26.5	343	↓5	08:11.0	348	↓3	12:38.0	351	↔	13:38.7	351	↑1	14:31.4	350	↑3	16:59.7	347	↔	**21:18.5**	06:51.1	272
348	Versen, Sam	8	4632	Trinity Episcopal School	03:59.7	344	↑2	06:26.2	342	↓4	08:08.5	346	↓2	12:36.8	348	↓1	13:37.5	349	↑2	14:29.6	347	↑1	16:59.0	346	↓2	**21:19.6**	06:51.4	273
349	Mariscalco, Ryan	SO	4628	Trinity Episcopal School	03:59.5	343	↑3	06:25.9	340	↓4	08:08.2	344	↓6	12:37.3	350	↔	13:37.9	350	↑1	14:30.3	349	↑1	17:03.2	348	↓1	**21:22.6**	06:52.4	274
350	Matherly, Jackson	JR	1162	Eastern Montgomery	04:04.0	350	↑3	06:30.9	347	↓7	08:16.0	354	↔	12:46.8	354	↔	13:49.3	354	↑1	14:42.1	353	↑1	17:23.9	352	↑2	**21:33.5**	06:55.9	--
351	Eller, Levi	9	4156	Spotswood	04:08.7	357	↑1	06:43.4	356	↓2	08:22.2	358	↑3	12:48.0	355	↔	13:51.4	355	↑3	14:39.7	352	↑1	17:14.8	351	↔	**21:35.2**	06:56.5	--
352	Heineman, Nathan	JR	3644	Poquoson	04:01.6	347	↑1	06:29.8	346	↓7	08:15.8	353	↑1	12:39.8	352	↓1	13:42.3	353	↑2	14:35.4	351	↑1	17:13.4	350	↓2	**21:47.2**	07:00.3	275
353	Revell, Alex	9	4629	Trinity Episcopal School	03:58.5	339	↓5	06:27.8	344	↓6	08:13.2	350	↓6	12:51.1	356	↔	13:55.2	356	↑1	14:51.3	355	↑2	17:28.0	353	↔	**21:47.9**	07:00.5	--
354	Fitoussi, Jordan	SR	4960	Wheatley School	04:00.0	345	↑4	06:26.0	341	↓2	08:07.7	343	↓4	12:36.7	347	↓1	13:36.4	348	↑2	14:29.4	346	↓3	17:08.8	349	↓5	**21:49.3**	07:01.0	276
355	Kozolchyk, Ethan	9	351	BASIS DC	04:07.6	354	↑2	06:34.2	352	↓3	08:16.3	355	↓3	12:55.0	358	↑1	13:58.0	357	↑3	14:50.7	354	↔	17:32.2	354	↓1	**22:01.1**	07:04.8	277
356	Bausch, Max	9	4625	Trinity Episcopal School	04:02.0	348	↓6	06:34.8	354	↓2	08:18.7	356	↓1	12:54.2	357	↓1	13:58.8	358	↑2	14:54.6	356	↑1	17:34.8	355	↓1	**22:01.9**	07:05.0	--
357	Talamo, Giancarlo	9	3335	North Shore	04:12.4	359	↑2	06:51.3	357	↓3	08:37.5	360	↑1	13:16.2	359	↔	14:21.1	359	↑2	15:16.1	357	↑1	17:51.1	356	↓1	**22:14.8**	07:09.2	--
358	Rude, Chase	SO	5009	William Monroe	04:19.6	360	↑1	06:57.2	359	↔	08:35.9	359	↓1	13:25.3	360	↔	14:27.7	360	↑2	15:20.6	358	↑1	17:51.4	357	↓1	**22:15.9**	07:09.5	--
359	Dooley, Kaleb	9	4998	William Monroe	04:21.9	361	↑1	07:00.9	360	↓1	08:49.6	361	↔	13:32.3	361	↔	14:39.1	361	↑2	15:30.7	359	↑1	18:09.3	358	↓1	**22:41.6**	07:17.8	--
360	Jaynes, Ayden	9	1736	Great Bridge High School	04:24.9	362	↑1	07:07.0	361	↓2	09:03.4	363	↑1	14:03.2	362	↔	15:09.0	362	↑2	16:06.1	360	↑1	19:02.6	359	↓1	**24:03.4**	07:44.1	278
361	Penic, Jeremiah	9	5007	William Monroe	04:42.7	363	↑1	07:48.6	362	↓2	09:42.8	364	↔	14:42.7	364	↔	15:50.4	364	↑2	16:45.4	362	↑2	19:33.2	360	↓1	**24:27.9**	07:52.0	--
362	Korte, Theodore	9	3325	North Shore	04:07.2	353	↓5	06:53.8	358	↓4	08:57.1	362	↓1	14:20.0	363	↔	15:36.3	363	↑2	16:40.9	361	↔	19:36.6	361	↓1	**24:33.9**	07:53.9	--