

Race #6: Boys JV (morning)

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	Maistrom, Hayden	SR	629	Calvert Hall College High School	03:19.2	1	↔	05:17.8	1	↔	06:39.9	1	↔	10:05.2	1	↔	11:32.5	1	↔	13:27.7	1	↔	16:44.7	05:23.1	--			
2	Wisnioski, Isaak	SO	514	Blacksburg High School	03:29.3	33	↑19	05:28.5	14	↑10	06:48.0	4	↑1	10:18.7	3	↔	11:05.1	3	↔	11:46.3	3	↑1	13:46.6	2	↔	17:10.3	05:31.3	1
3	Anderson, Hans	JR	465	Blacksburg High School	03:26.8	16	↑1	05:28.6	15	↑7	06:49.2	8	↑4	10:19.5	4	↔	11:06.5	4	↔	11:48.4	4	↔	13:51.0	4	↑1	17:13.2	05:32.2	2
4	Jones, Christopher	SO	2056	James W. Robinson	03:22.6	6	↑4	05:20.2	2	↔	06:43.6	2	↔	10:15.7	2	↔	11:02.7	2	↔	11:45.5	2	↓1	13:47.7	3	↓1	17:14.1	05:32.5	3
5	Miller, Sammy	JR	4227	St. Albans School	03:26.6	15	↑2	05:27.9	13	↔	06:49.8	13	↑8	10:23.0	5	↔	11:10.3	5	↔	11:52.4	5	↔	13:54.2	5	↔	17:20.0	05:34.4	4
6	Davis, Jennings	SO	1576	Gonzaga College High School	03:28.3	25	↑4	05:28.8	21	↑7	06:50.3	14	↑7	10:24.4	7	↔	11:13.7	7	↑1	11:56.4	6	↔	13:55.0	6	↔	17:21.3	05:34.8	5
7	Rittenour, William	JR	3105	Morgantown	03:28.8	31	↑5	05:30.1	26	↑5	06:53.1	21	↑7	10:27.2	14	↑3	11:14.8	11	↓1	11:58.3	12	↑4	13:58.6	8	↑1	17:23.3	05:35.5	6
8	Yudkovsky, Isaac	JR	4087	South Lakes	03:22.8	7	↑2	05:23.7	5	↓2	06:49.1	7	↓6	10:26.9	13	↑5	11:14.3	8	↑1	11:57.2	7	↓2	13:59.1	9	↑1	17:26.0	05:36.3	--
9	Kehde, Connor	JR	4076	South Lakes	03:23.5	9	↔	05:25.4	9	↓2	06:49.5	11	↓5	10:27.5	16	↑3	11:15.2	13	↑4	11:58.0	9	↓2	13:59.6	11	↑2	17:29.7	05:37.5	--
10	Munoz, Ethan	JR	5186	Colonial Forge	03:24.3	11	↔	05:25.6	11	↓1	06:49.7	12	↓6	10:29.0	18	↔	11:17.8	18	↑1	12:01.0	17	↑5	14:01.0	12	↑2	17:30.9	05:37.9	7
11	Kahl, David	9	3100	Morgantown	03:27.8	22	↔	05:29.3	22	↑5	06:51.0	17	↑5	10:28.8	12	↔	11:15.2	12	↑1	11:58.2	11	↑4	13:57.8	7	↓4	17:33.2	05:38.6	8
12	Warren, Tyler	SR	508	Blacksburg High School	03:30.1	38	↑22	05:28.6	16	↑11	06:48.7	5	↓3	10:25.3	8	↓7	11:16.0	15	↓1	11:59.7	16	↓1	14:04.0	17	↑5	17:33.2	05:38.6	9
13	Pesnell, Griffin	SO	3857	Riverbend High School	03:30.0	36	↑2	05:33.2	34	↑2	06:57.9	32	↑10	10:32.5	22	↑2	11:20.0	20	↔	12:02.7	20	↑2	14:05.0	18	↑5	17:33.5	05:38.7	10
14	Cantrell, William	JR	4205	St. Albans School	03:28.1	23	↑3	05:28.7	20	↔	06:53.0	20	↑3	10:28.4	17	↑1	11:16.6	16	↑2	11:58.8	14	↑4	13:59.2	10	↓4	17:34.5	05:39.1	11
15	Barentzen, Wesley	JR	1566	Gonzaga College High School	03:29.0	32	↑5	05:30.1	27	↑4	06:53.5	23	↑4	10:29.6	19	↔	11:18.9	19	↔	12:02.0	19	↑4	14:03.5	15	↔	17:38.6	05:40.4	12
16	Rideout, Wesley	9	499	Blacksburg High School	03:30.0	37	↑19	05:28.7	18	↔	06:51.3	18	↑3	10:27.3	15	↓2	11:16.8	17	↓1	12:01.1	18	↓3	14:07.1	21	↑5	17:39.9	05:40.8	13
17	Magallanes, Rick	SR	892	Colonial Forge	03:26.4	14	↑6	05:24.8	8	↓2	06:49.0	6	↓4	10:26.0	10	↑1	11:14.5	9	↓4	11:58.4	13	↓3	14:03.9	16	↓1	17:40.6	05:41.0	14
18	East, Vikram	JR	2867	McLean	03:22.3	4	↓2	05:24.6	6	↑4	06:49.4	10	↓1	10:26.2	11	↑3	11:15.7	14	↓1	11:59.5	15	↓4	14:05.9	19	↑1	17:40.7	05:41.1	15
19	Seward, Andrew	SO	294	Atlee	03:21.8	3	↓1	05:23.6	4	↓5	06:49.2	9	↔	10:25.7	9	↓1	11:14.7	10	↔	11:58.2	10	↓4	14:02.7	14	↓5	17:43.0	05:41.8	16
20	Du, Anthony	SR	477	Blacksburg High School	03:29.4	34	↑6	05:30.3	28	↑2	06:54.9	26	↑6	10:31.6	20	↓1	11:20.3	21	↔	12:04.3	21	↑1	14:06.9	20	↔	17:43.5	05:42.0	17
21	Wolfe, Humphrey	JR	4249	St. Albans School	03:28.7	30	↑1	05:30.3	29	↑1	06:56.4	28	↑5	10:33.0	23	↔	11:22.1	23	↑1	12:05.6	22	↔	14:08.0	22	↑1	17:45.5	05:42.6	18
22	Checco, Joseph	JR	3558	Patriot High School	03:26.9	17	↓14	05:32.0	31	↑1	06:57.4	30	↑1	10:34.3	29	↔	11:23.8	25	↔	12:07.4	25	↔	14:11.1	25	↑3	17:46.9	05:43.1	19
23	Barnett, Henry	JR	4200	St. Albans School	03:28.1	24	↑5	05:28.7	19	↓5	06:53.8	24	↓1	10:33.2	25	↑1	11:23.0	24	↑1	12:06.8	23	↓1	14:09.9	24	↑1	17:48.5	05:43.6	20
24	Howland, Logan	SO	486	Blacksburg High School	03:34.2	70	↑9	05:39.5	61	↑11	07:05.4	50	↑9	10:43.7	41	↔	11:33.4	41	↑2	12:18.4	39	↑2	14:24.3	37	↑13	17:48.6	05:43.6	21
25	Anderson, Gabe	SO	5044	Woodbridge	03:22.5	5	↑2	05:23.1	3	↔	06:47.3	3	↓3	10:24.3	6	↔	11:13.3	6	↓2	11:57.5	8	↓5	14:02.0	13	↓12	17:49.0	05:43.7	22
26	Liebler, Joseph	JR	2107	Jamestown	03:30.9	43	↑4	05:36.0	39	↓2	07:02.8	41	↑4	10:41.5	37	↑2	11:31.8	35	↑2	12:16.0	33	↑4	14:19.4	29	↑3	17:49.3	05:43.8	23
27	Angadala, Shreyan	SR	1055	Deep Run	03:32.5	54	↑19	05:34.5	35	↓3	07:02.0	38	↔	10:41.8	38	↑4	11:31.0	34	↓1	12:16.7	35	↑1	14:23.6	36	↑9	17:49.6	05:43.9	24
28	Wirgau, Russell	SO	513	Blacksburg High School	03:32.7	56	↑6	05:38.0	50	↑4	07:04.2	46	↑6	10:42.9	40	↑4	11:32.3	36	↔	12:17.0	36	↑8	14:19.0	28	↔	17:50.2	05:44.1	25
29	Yang, Bryce	9	2896	McLean	03:27.2	19	↓5	05:29.4	24	↓3	06:54.9	27	↑1	10:33.6	26	↓1	11:24.0	27	↑1	12:07.4	26	↑3	14:09.5	23	↓6	17:50.9	05:44.3	26
30	Halferty, Jack	SR	286	Atlee	03:24.6	12	↓11	05:29.4	23	↓6	06:56.7	29	↓4	10:40.3	33	↔	11:30.7	33	↓4	12:17.2	37	↑5	14:26.9	42	↑2	17:51.5	05:44.5	27
31	Betha, Anirudh	JR	1061	Deep Run	03:37.7	96	↑31	05:40.0	65	↑17	07:04.7	48	↑17	10:39.8	31	↔	11:28.5	31	↔	12:12.4	31	↑1	14:19.6	30	↑1	17:52.7	05:44.9	28
32	Laughner, Kieran	JR	2185	Jefferson	03:37.8	99	↑33	05:40.3	66	↑14	07:05.5	52	↑22	10:39.2	30	↔	11:28.4	30	↔	12:12.4	30	↑4	14:17.4	26	↓6	17:53.6	05:45.2	29
33	Schram, Kody	JR	2124	Jamestown	03:30.7	41	↔	05:36.2	41	↑1	07:02.6	40	↑5	10:40.8	35	↓2	11:32.3	37	↑3	12:16.3	34	↑2	14:20.4	32	↓1	17:55.2	05:45.7	30
34	McCarthy, Henry	SO	5057	Woodbridge	03:26.3	13	↓17	05:31.1	30	↓1	06:57.6	31	↓1	10:39.9	32	↔	11:29.1	32	↔	12:13.0	32	↓2	14:20.7	34	↔	17:56.5	05:46.1	31
35	Jupin, Ethan	SO	51	Albemarle	03:38.0	101	↑31	05:41.0	70	↑7	07:07.8	63	↑17	10:46.9	46	↑2	11:35.7	44	↔	12:20.5	44	↑4	14:26.2	40	↑5	17:56.9	05:46.3	32
36	Schaupp, Konrad	9	3106	Morgantown	03:33.0	60	↓2	05:39.7	62	↑2	07:07.2	60	↑2	10:50.3	58	↑1	11:40.5	57	↑2	12:24.4	55	↑10	14:28.3	45	↑9	17:57.0	05:46.3	33
37	Wright, Bryce	9	66	Albemarle	03:38.8	106	↑3	05:47.4	103	↑12	07:14.9	91	↑25	10:53.6	66	↑7	11:41.9	59	↑2	12:25.1	57	↑10	14:29.1	47	↑10	17:57.0	05:46.3	34
38	Roberts, Noah	SR	1937	James Madison	03:30.5	40	↓7	05:37.5	47	↑2	07:04.1	45	↑3	10:43.9	42	↔	11:34.2	42	↓1	12:19.5	43	↓1	14:27.8	44	↑6	17:58.6	05:46.8	35
39	Sklarew, Benjamin	SR	2062	James W. Robinson	03:32.7	55	↑7	05:37.6	48	↑10	07:06.5	58	↑2	10:49.9	56	↑1	11:40.0	55	↑2	12:24.2	53	↑1	14:30.7	52	↑13	17:59.4	05:47.1	36
40	Nguyen, Matt	SR	897	Colonial Forge	03:27.4	20	↓5	05:29.5	25	↔	06:54.0	25	↓3	10:34.2	28	↓1	11:25.0	29	↔	12:11.2	29	↑2	14:19.8	31	↓9	17:59.4	05:47.1	37
41	Denney, James	SR	4211	St. Albans School	03:40.8	125	↑14	05:48.1	111	↑21	07:14.9	90	↑21	10:54.6	69	↑9	11:42.0	60	↑2	12:25.3	58	↑4	14:30.9	54	↑13	18:00.0	05:47.3	38
42	Allen, Peter	SR	1563	Gonzaga College High School	03:36.8	89	↑3	05:44.8	86	↓1	07:14.3	87	↑11	10:56.1	76	↑5	11:45.9	71	↑3	12:29.5	68	↑17	14:30.6	51	↑9	18:00.6	05:47.5	39
43	Richardson, Ben	JR	1752	Greer Middle College Charter	03:27.5	21	↑4	05:28.6	17	↓2	06:51.8	19	↓2	10:31.9	21	↓1	11:21.4	22	↓2	12:07.0	24	↓3	14:18.5	27	↓6	18:01.1	05:47.6	--
44	Zagurski, William	SO	2063	James W. Robinson	03:31.8	49	↑4	05:38.2	53	↑2	07:05.5	51	↓3	10:49.2	54	↑1	11:39.5	53	↑1	12:24.0	52	↓1	14:30.9	53	↑9	18:01.3	05:47.7	40
45	Hester, Jasper	JR	482	Blacksburg High School	03:34.4	71	↑31	05:36.0	40	↓3	07:03.9	43	↔	10:44.1	43	↑5	11:33.1	38	↔	12:18.1	38	↔	14:25.0	38	↓7	18:02.4	05:48.0	--
46	Wilcock, Gavin	SO	3581	Patriot High School	03:31.7	48	↓1	05:37.6	49	↓8	07:06.4	57	↑7	10:48.3	50	↑3	11:37.5	47	↓1	12:22.5	48	↔	14:29.2	48	↑2	18:02.6	05:48.1	41
47	Hayes, Matthew	SO	2180	Jefferson	03:36.7	87	↑16	05:41.2	71	↑7	07:08.2	64	↑7	10:50.1	57	↑5	11:39.3	52	↑1	12:23.7	51	↑1	14:30.1	50	↑3	18:03.1	05:48.3	42
48	Pelletier, Caden</																											

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54	Williamson, Jacob	JR	2652	Maggie Walker	03:42.3	134	↓2	05:52.6	136	↑21	07:19.2	115	↑25	11:01.6	90	↑4	11:51.1	86	↑6	12:33.8	80	↑13	14:37.3	67	↑13	18:09.0	05:50.2	47
55	DeBoer, Garrett		5187	Albemarle	03:33.6	66	↓8	05:41.8	74	↑8	07:08.6	66	↑11	10:49.2	55	↓3	11:40.6	58	↓1	12:26.0	59	↑1	14:32.2	58	↑3	18:10.5	05:50.6	48
56	Mendonsa, Mark	JR	2881	McLean	03:33.2	62	↓16	05:42.2	78	↑3	07:10.7	75	↑8	10:54.0	67	↓7	11:46.4	74	↔	12:31.5	74	↑2	14:39.1	72	↑16	18:11.0	05:50.8	49
57	Olson, Alexander	JR	2060	James W. Robinson	03:32.2	52	↑1	05:38.0	51	↓2	07:06.9	53	↔	10:49.1	53	↓1	11:39.8	54	↔	12:24.3	54	↓2	14:31.2	56	↓1	18:11.1	05:50.8	50
58	Luo, Austin	SR	3102	Morgantown	03:23.7	10	↔	05:25.4	10	↓5	06:50.8	15	↓9	10:33.0	24	↓4	11:24.8	28	↔	12:10.8	28	↓7	14:21.7	35	↓23	18:11.7	05:51.0	51
59	Dine, Sam	SR	1914	James Madison	03:20.2	2	↓5	05:24.7	7	↓9	06:50.9	16	↓18	10:40.7	34	↓6	11:33.3	40	↓2	12:19.3	42	↑3	14:25.4	39	↓20	18:11.8	05:51.1	52
60	Grabarczyk, Evan	SR	3393	Ocean Lakes	03:36.2	84	↑2	05:43.7	82	↑8	07:10.6	74	↑14	10:52.0	60	↓2	11:42.2	62	↑1	12:26.7	61	↓8	14:37.9	69	↑9	18:12.0	05:51.1	53
61	Anliker, Eric	SO	1056	Deep Run	03:33.1	61	↑7	05:38.3	54	↓2	07:06.3	56	↓7	10:52.7	63	↓2	11:43.8	65	↑2	12:27.7	63	↓3	14:35.1	66	↑5	18:12.9	05:51.4	54
62	Meacham, Benji	SR	5168	St. Chris	03:37.7	97	↑16	05:43.6	81	↑11	07:09.7	70	↑5	10:53.1	65	↑1	11:43.3	64	↔	12:28.3	64	↑4	14:32.9	60	↓2	18:13.5	05:51.6	55
63	Varun Konagalla, Sai	JR	761	Chantilly	03:36.0	82	↑11	05:46.2	93	↑8	07:14.1	85	↑6	10:58.0	79	↑1	11:47.1	78	↔	12:32.5	78	↑3	14:41.9	75	↑12	18:13.6	05:51.6	--
64	Singleton, Ben	JR	3013	Midlothian High School	03:31.6	46	↑1	05:36.9	45	↑6	07:02.1	39	↑3	10:41.1	36	↓3	11:33.3	39	↓2	12:19.2	41	↓8	14:29.2	49	↓15	18:13.9	05:51.7	56
65	Cruz-Araujo, Victor	JR	1036	Cumberland High School	03:28.5	28	↓5	05:32.7	33	↓4	07:01.4	37	↓7	10:45.4	44	↓2	11:36.1	46	↓1	12:22.2	47	↓8	14:31.2	55	↓10	18:14.3	05:51.9	--
66	Buckley, Jack	SR	3848	Riverbend High School	03:39.5	115	↑6	05:47.8	109	↑6	07:17.4	103	↑17	10:59.7	86	↑5	11:49.6	81	↑4	12:32.5	77	↑9	14:37.4	68	↑2	18:14.4	05:51.9	57
67	Dunford, Ryan	JR	276	Atlee	03:33.8	67	↑25	05:36.2	42	↑8	07:00.0	34	↓13	10:47.4	47	↓2	11:38.0	49	↑1	12:23.5	50	↓12	14:33.3	62	↓5	18:16.2	05:52.5	58
68	Hillebrenner, Luke	JR	1587	Gonzaga College High School	03:35.6	78	↑23	05:38.8	55	↑8	07:04.5	47	↓4	10:48.4	51	↑1	11:38.1	50	↑4	12:21.2	46	↓15	14:33.3	61	↓7	18:18.1	05:53.1	59
69	Keehan, Brett	9	5053	Woodbridge	03:28.5	27	↓11	05:35.6	38	↓6	07:04.0	44	↓15	10:51.0	59	↓2	11:42.0	61	↓1	12:27.2	62	↑3	14:32.5	59	↓10	18:18.5	05:53.2	60
70	McLean, Caleb	SR	2113	Jamestown	03:31.1	44	↔	05:36.7	44	↓10	07:06.1	54	↓10	10:53.1	64	↓4	11:45.2	68	↓4	12:31.4	72	↓1	14:40.2	73	↑3	18:20.6	05:53.9	61
71	Marshalek, James	SO	3103	Morgantown	03:35.3	77	↑5	05:41.2	72	↔	07:10.1	72	↑1	10:54.8	71	↑2	11:45.6	69	↓2	12:30.7	71	↑6	14:35.0	65	↓6	18:22.2	05:54.4	62
72	Clymer, Landon	8	1655	Grafton High School	03:50.9	193	↑37	05:58.0	156	↑18	07:23.9	138	↑39	11:05.2	99	↑4	11:54.9	95	↑3	12:39.7	92	↑10	14:46.8	82	↓10	18:23.9	05:55.0	63
73	Goff, Luke	9	45	Albemarle	03:40.0	120	↑25	05:46.6	95	↑6	07:14.8	89	↑19	10:54.8	70	↑4	11:44.6	66	↔	12:28.9	66	↓4	14:38.0	70	↓3	18:24.1	05:55.0	64
74	Pierce, Ben	SO	2642	Maggie Walker	03:39.9	118	↑50	05:40.5	68	↑19	07:04.8	49	↓3	10:48.6	52	↓4	11:40.0	56	↔	12:25.0	56	↓8	14:34.9	64	↓10	18:25.6	05:55.5	65
75	Wells, Caiden	SO	2534	Loudoun Valley	03:39.5	114	↑16	05:46.8	98	↑4	07:15.5	94	↑7	11:00.1	87	↓2	11:51.8	89	↑4	12:36.8	85	↑9	14:42.9	76	↑1	18:26.1	05:55.7	66
76	Leidel, Joshua	9	3398	Ocean Lakes	03:32.0	51	↓5	05:38.9	56	↓6	07:07.6	62	↓10	10:48.7	72	↓5	11:46.8	77	↓2	12:32.1	75	↑1	14:40.9	74	↓2	18:26.2	05:55.7	67
77	Kessel, Liam	9	2184	Jefferson	03:51.6	199	↑44	05:58.0	155	↑8	07:27.7	147	↑25	11:11.9	122	↑5	12:02.2	117	↑4	12:47.9	113	↑8	14:55.4	105	↑28	18:26.7	05:55.9	68
78	Patrinicola, Liam	SR	2119	Jamestown	03:45.6	159	↑19	05:54.7	140	↑3	07:23.2	137	↑27	11:08.5	110	↑9	11:58.6	101	↑5	12:41.8	96	↑13	14:47.4	83	↑5	18:28.4	05:56.4	69
79	McCormick, Hugh	9	2508	Loudoun Valley	03:28.7	29	↓8	05:35.5	37	↓18	07:06.3	55	↓6	10:52.1	61	↓2	11:42.7	63	↓2	12:28.4	65	↓6	14:39.0	71	↓8	18:28.5	05:56.4	70
80	Frans, Durkin	JR	1749	Greer Middle College Charter	03:32.3	53	↓10	05:39.7	63	↓10	07:10.3	73	↓7	10:58.3	80	↔	11:49.6	80	↓4	12:36.1	84	↓2	14:48.2	86	↑6	18:28.9	05:56.6	--
81	Johnston, Liam	9	2634	Maggie Walker	03:42.7	138	↑5	05:52.2	133	↑1	07:21.6	132	↑31	11:05.6	101	↑3	11:57.2	98	↑1	12:41.9	97	↓4	14:49.9	93	↑12	18:29.2	05:56.7	71
82	Buckley, Stewart	SO	1570	Gonzaga College High School	03:42.7	130	↓11	05:46.7	141	↑42	07:16.9	99	↑3	11:04.6	96	↔	11:56.2	96	↑1	12:40.9	95	↓3	14:50.6	98	↑16	18:30.2	05:57.0	72
83	Frazier, William	9	2995	Midlothian High School	03:38.5	103	↓2	05:47.6	105	↑7	07:16.9	98	↑6	11:02.0	92	↑1	11:53.7	91	↑1	12:38.9	90	↓7	14:51.1	97	↑14	18:31.5	05:57.4	73
84	Lee, Noah	SO	5055	Woodbridge	03:33.2	63	↑3	05:39.5	60	↓1	07:07.4	61	↓12	10:55.1	73	↓2	11:46.5	75	↓1	12:32.4	76	↓4	14:45.9	80	↓4	18:32.3	05:57.7	74
85	Hatchett, Kenyatta	SO	2094	Jamestown	03:42.2	133	↑7	05:50.5	126	↑1	07:20.6	125	↑7	11:09.7	118	↑6	12:00.7	112	↑11	12:44.5	101	↑7	14:50.4	94	↑9	18:32.4	05:57.7	75
86	Weber, Grayson	SR	511	Blacksburg High School	03:44.2	150	↑20	05:51.3	130	↑4	07:20.6	126	↑24	11:06.0	102	↑5	11:57.1	97	↓1	12:42.3	98	↑8	14:49.6	90	↑4	18:32.5	05:57.7	--
87	Super, Aydyn	JR	296	Atlee	03:33.6	65	↑29	05:35.5	36	↑1	07:00.6	35	↓27	10:52.3	62	↓5	11:45.2	67	↓6	12:31.5	73	↓12	14:48.2	85	↓2	18:33.2	05:57.9	76
88	Saylor, Jake	JR	3009	Midlothian High School	03:34.6	72	↓7	05:42.5	79	↓3	07:13.0	82	↓1	10:59.1	83	↔	11:50.4	83	↑2	12:34.9	81	↓7	14:49.2	88	↔	18:33.5	05:58.0	77
89	Son, Brian	JR	759	Chantilly	03:55.6	235	↑52	06:03.0	183	↑18	07:32.2	165	↑29	11:16.3	136	↑6	12:06.4	130	↑11	12:50.7	119	↑10	14:57.1	108	↑19	18:34.5	05:58.4	--
90	Younts, Sean	1	3583	Patriot High School	03:42.3	135	↑20	05:48.7	115	↓5	07:19.7	120	↓7	11:12.7	127	↔	12:05.7	127	↑2	12:52.0	125	↑10	14:59.7	115	↑25	18:34.6	05:58.4	78
91	Arias-Crespin, Marco	SO	5045	Woodbridge	03:37.6	95	↑7	05:45.1	88	↑10	07:11.9	78	↓11	11:00.4	89	↑2	11:51.3	87	↓2	12:38.0	89	↑5	14:47.7	84	↓7	18:35.7	05:58.7	79
92	Tyler, William	SO	299	Atlee	03:34.6	73	↑4	05:40.6	69	↑0	07:07.0	59	↓9	10:54.5	68	↓2	11:45.9	70	↑1	12:30.2	69	↓12	14:46.6	81	↓11	18:37.5	05:59.3	80
93	Winn, Jackson	9	2895	McLean	03:41.8	129	↑9	05:49.3	120	↑3	07:19.4	117	↑10	11:07.5	107	↓2	11:59.9	109	↑3	12:46.1	106	↔	14:56.5	106	↑13	18:37.8	05:59.4	81
94	Lewandowski, Xavier	JR	755	Chantilly	03:46.6	166	↑35	05:51.5	131	↓2	07:22.0	133	↑22	11:08.5	111	↓2	12:01.0	113	↑6	12:46.1	107	↑7	14:53.5	100	↑6	18:37.8	05:59.4	--
95	Watterson, Landon	SR	910	Colonial Forge	03:42.1	132	↑10	05:49.9	122	↑15	07:18.0	107	↑14	11:03.4	93	↔	11:54.5	93	↑2	12:39.5	91	↑2	14:49.4	89	↓6	18:38.3	05:59.6	82

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108	Albon, Liam	JR	266	Atlee	03:41.5	127	↓1	05:50.7	128	↑6	07:20.0	122	↑1	11:11.4	121	↔	12:04.3	121	↑1	12:50.8	120	↔	15:03.3	120	↑12	18:45.8	06:02.0	94
109	Roche, Ethan	JR	3860	Riverbend High School	03:31.3	45	↓14	05:39.4	59	↓8	07:09.3	67	↓17	10:59.5	84	↔	11:50.7	84	↓3	12:37.6	87	↓11	14:51.8	98	↓11	18:45.9	06:02.0	95
110	Gianoukos, Jack	JR	2092	Jamestown	03:41.2	126	↑2	05:50.3	124	↓6	07:21.0	130	↑15	11:09.2	115	↑10	11:59.5	105	↑2	12:44.8	103	↓6	14:57.7	109	↓1	18:46.1	06:02.1	96
111	Kendris, Zachary	SO	1375	Gainesville High School	03:40.7	123	↑6	05:49.0	117	↑8	07:18.2	109	↓5	11:09.0	114	↓2	12:01.9	116	↑2	12:48.7	114	↔	14:59.6	114	↑3	18:46.5	06:02.2	97
112	Keener, Dillon	SO	290	Atlee	03:36.8	90	↓2	05:46.1	92	↓5	07:16.5	97	↓19	11:09.3	116	↓2	12:02.7	118	↑2	12:49.6	116	↓5	15:04.1	121	↑9	18:47.2	06:02.4	--
113	Sabo, Carson	9	904	Colonial Forge	03:26.9	18	↓14	05:32.2	32	↓1	06:58.6	33	↓12	10:46.6	45	↓3	11:37.8	48	↓12	12:26.6	60	↓17	14:43.9	77	↓36	18:47.4	06:02.5	98
114	Vandenbernden, Peyton	JR	1782	Hayfield Secondary School	03:46.2	165	↓7	06:01.2	172	↑11	07:31.3	161	↑24	11:16.5	137	↔	12:09.3	137	↑4	12:54.6	133	↑11	15:04.1	122	↑8	18:47.8	06:02.6	--
115	Popp, Eli	JR	2519	Loudoun Valley	03:39.1	108	↑2	05:47.6	106	↑5	07:17.1	101	↓27	11:12.9	128	↔	12:06.0	128	↔	12:52.3	128	↑9	15:03.1	119	↑4	18:48.5	06:02.9	99
116	MOSOTI, Larry	JR	4231	St. Albans School	03:50.5	189	↑14	06:02.0	175	↑6	07:32.8	169	↑9	11:25.1	160	↑8	12:15.4	152	↑6	13:00.0	146	↑13	15:09.2	133	↑17	18:48.6	06:02.9	100
117	Pugh, Maddox	SR	3104	Morgantown	03:45.1	157	↑8	05:56.5	149	↑6	07:24.7	143	↑12	11:13.6	131	↑9	12:04.8	122	↑5	12:50.2	117	↑1	15:00.4	116	↑1	18:48.9	06:03.0	101
118	Porcaro, Nick	SR	58	Albemarle	04:05.0	315	↑52	06:15.4	263	↑11	07:48.2	252	↑52	11:38.2	200	↑5	12:29.9	195	↑5	13:14.6	190	↑27	15:22.6	163	↑45	18:49.4	06:03.2	102
119	Parker, Dell	SR	2355	Lafayette	03:36.8	88	↓24	05:48.1	112	↓11	07:20.2	123	↓9	11:13.9	132	↑1	12:07.0	131	↔	12:53.7	131	↑1	15:07.3	130	↑11	18:49.7	06:03.2	103
120	Jelalian, David	SR	1925	James Madison	03:49.0	178	↑21	05:58.1	157	↑5	07:29.1	152	↑5	11:20.9	147	↑4	12:13.3	143	↑1	12:58.5	142	↑11	15:07.7	131	↑11	18:49.7	06:03.2	104
121	Nunes, Zach	JR	3570	Patriot High School	03:39.4	113	↓3	05:48.8	116	↓3	07:19.6	119	↑7	11:08.8	112	↓3	12:01.7	115	↔	12:48.9	115	↑4	14:58.6	111	↓10	18:49.9	06:03.3	105
122	Healy, Cullen	SO	1487	Glen Allen High School	03:56.6	244	↑17	06:09.1	227	↑31	07:37.8	196	↑32	11:26.0	164	↑6	12:16.8	158	↑10	13:00.8	148	↑13	15:09.5	135	↑13	18:50.0	06:03.3	106
123	EYER, Lincoln	JR	4213	St. Albans School	03:57.6	254	↑44	06:07.1	210	↑22	07:36.9	188	↑34	11:24.0	154	↑5	12:14.8	149	↑4	12:59.6	145	↑4	15:11.8	141	↑18	18:50.7	06:03.6	107
124	Dickhans, Patrick	SO	476	Blacksburg High School	03:36.4	85	↓12	05:46.7	97	↑2	07:15.9	95	↓11	11:07.2	106	↓1	11:59.6	107	↓4	12:47.1	111	↓6	15:00.8	117	↓7	18:50.7	06:03.6	--
125	Root, Nathan	9	3008	Midlothian High School	03:37.9	100	↓7	05:47.8	107	↓7	07:19.0	114	↓11	11:12.2	125	↔	12:05.2	125	↑1	12:52.0	126	↑2	15:04.9	124	↓1	18:51.5	06:03.8	108
126	Cretal, William	JR	1913	James Madison	03:50.1	185	↑34	05:56.8	151	↑3	07:27.8	148	↔	11:21.3	148	↑4	12:13.4	144	↑4	12:58.7	143	↑4	15:11.1	139	↑13	18:51.7	06:03.9	109
127	Eachus, Robert	SR	1915	James Madison	03:31.6	47	↓28	05:41.9	75	↓11	07:14.3	86	↓9	11:04.4	95	↓5	11:58.3	100	↑1	12:43.9	99	↓5	14:54.9	104	↓23	18:51.9	06:04.0	110
128	Rivera, Jose	SO	1780	Hayfield Secondary School	03:41.5	128	↓6	05:52.2	134	↓2	07:23.0	136	↓2	11:16.7	138	↑2	12:09.2	136	↑4	12:54.2	132	↑7	15:04.9	125	↓3	18:52.1	06:04.0	--
129	Ham, Jacob	JR	883	Colonial Forge	03:37.0	92	↓26	05:49.2	118	↓3	07:20.0	121	↑8	11:08.8	113	↑2	12:00.6	111	↑3	12:46.1	108	↑7	14:53.9	101	↓28	18:52.3	06:04.1	111
130	Bennett-Nguyen, Liam	9	2988	Midlothian High School	03:47.7	170	↑2	06:00.8	168	↑2	07:32.4	166	↑1	11:26.5	165	↑2	12:19.1	163	↑5	13:04.2	158	↑20	15:10.6	138	↑8	18:52.5	06:04.1	112
131	Ternes, Calvin	SO	1677	Grafton High School	03:45.7	160	↑13	05:56.3	147	↑6	07:24.2	141	↑2	11:16.8	139	↑4	12:08.2	135	↓2	12:56.1	137	↑1	15:10.1	136	↑5	18:53.6	06:04.5	113
132	Cohn, Willem	JR	4208	St. Albans School	03:43.1	142	↓4	05:56.1	146	↓12	07:30.3	158	↑3	11:24.2	155	↑2	12:15.8	153	↑3	13:01.2	150	↑7	15:12.6	143	↑11	18:54.5	06:04.8	--
133	O'Connell, Jerry	JR	4232	St. Albans School	03:56.9	249	↑43	06:06.9	206	↑19	07:36.9	187	↑31	11:24.5	156	↑9	12:14.6	147	↑6	12:58.1	141	↑4	15:10.5	137	↑4	18:54.7	06:04.9	--
134	Burbridge, Michael	JR	1063	Deep Run	03:45.0	156	↑6	05:56.8	150	↑4	07:27.6	146	↑4	11:18.6	142	↑3	12:10.8	139	↔	12:57.4	139	↑5	15:09.3	134	↔	18:54.9	06:04.9	114
135	Ballagh, Dylan	JR	1906	James Madison	03:32.9	58	↓22	05:43.4	80	↓8	07:14.4	88	↓16	11:06.4	104	↓4	11:59.9	108	↓2	12:46.9	110	↔	14:58.4	110	↓25	18:55.9	06:05.2	115
136	Sarangl, Samprit	JR	559	Briar Woods	03:34.9	75	↓10	05:44.6	85	↓20	07:17.8	105	↓28	11:14.4	133	↔	12:07.6	133	↑3	12:53.3	130	↑3	15:06.4	127	↓9	18:57.0	06:05.6	116
137	Minear, Connor	9	1597	Gonzaga College High School	03:39.3	112	↑22	05:45.9	90	↓10	07:17.0	100	↓26	11:12.4	126	↑2	12:05.1	124	↔	12:51.7	124	↑1	15:04.3	123	↓14	18:57.2	06:05.7	--
138	GUNJA, Adnan	JR	4214	St. Albans School	03:49.7	183	↑14	06:01.0	169	↑2	07:32.4	167	↓4	11:27.7	171	↑6	12:19.6	165	↑8	13:05.8	160	↑8	15:17.9	152	↑14	18:57.5	06:05.8	--
139	Van Drew, Joseph	JR	2651	Maggie Walker	03:51.3	195	↑10	06:03.5	185	↑11	07:34.1	174	↑17	11:24.6	157	↓2	12:17.0	159	↑3	13:02.6	156	↑10	15:13.6	146	↑7	18:57.7	06:05.8	117
140	Hertzberg, Sam	SO	2499	Loudoun Valley	03:39.7	116	↑6	05:47.9	110	↓1	07:18.5	111	↑8	11:06.4	103	↑1	11:58.6	102	↓7	12:46.2	109	↑9	15:02.0	118	↓22	18:58.3	06:06.0	118
141	Olsen, Henry	9	496	Blacksburg High School	03:55.0	228	↑21	06:06.9	207	↑15	07:37.3	192	↑20	11:28.1	172	↑4	12:20.4	168	↑5	13:06.4	163	↑13	15:16.0	150	↑9	18:59.0	06:06.2	--
142	Mohseni, Amir Arsalan	SO	2059	James W. Robinson	03:57.4	253	↑50	06:06.6	203	↑30	07:33.7	173	↑21	11:23.2	152	↑6	12:14.2	146	↑6	12:58.0	140	↑8	15:08.9	132	↓10	18:59.5	06:06.4	119
143	Hite, Marley	JR	5050	Woodbridge	03:36.6	86	↓1	05:44.9	87	↑7	07:12.7	80	↓18	11:05.1	98	↓16	12:01.2	114	↑9	12:51.6	123	↓25	15:13.8	148	↑5	18:59.7	06:06.5	--
144	HICKEY, Ray	SO	4217	St. Albans School	03:49.6	182	↑11	06:01.2	171	↑3	07:32.5	168	↑7	11:25.4	161	↑6	12:16.0	155	↑3	13:02.0	152	↑3	15:15.6	149	↑5	19:01.4	06:07.0	--
145	Hytt, Waylee	SO	2500	Loudoun Valley	03:36.2	83	↓17	05:47.2	100	↓24	07:20.2	124	↓22	11:20.1	146	↑4	12:12.3	142	↑13	12:52.9	129	↓11	15:11.5	140	↓5	19:02.2	06:07.3	120
146	Weinshall, Connor	9	2894	McLean	03:59.3	274	↑22	06:13.5	252	↑15	07:45.2	237	↑39	11:37.0	198	↑6	12:28.7	192	↑3	13:13.9	189	↑18	15:25.5	171	↑25	19:02.8	06:07.5	121
147	Hartshorn, Adam	SO	2871	McLean	03:28.5	26	↓103	05:50.9	129	↑13	07:19.2	116	↑8	11:08.1	108	↓147	12:48.1	255	↓191	15:07.3	446	↑68	19:03.0	514	↑367	19:03.0	06:07.5	122
148	Malone, Josh	SR	3568	Patriot High School	03:32.7	57	↓10	05:40.3	67	↓9	07:11.1	76	↓9	10:59.7	85	↓5	11:52.3	90	↓3	12:39.9	93	↓20	14:58.8	113	↓35	19:03.7	06:07.7	123
149	Raisig, Trevor	9	3007	Midlothian High School	03:48.0	173	↑7	06:00.2	166	↑2	07:32.2	164	↓4	11:27.1	168	↑6	12:18.9	162	↑3	13:04.3	159	↑8	15:16.9	151	↑2	19:03.7	06:07.7	124
150	Nguyen, Tyler	JR	3988	Sidwell Friends School	03:43.3	143	↓18	05:58.8	161	↑6	07:29.8	155	↑4	11:23.2	151	↓6	12:16.7	157	↑6	13:01.7	151	↑9	15:12.6	142	↓8	19:03.8	06:07.8	125
151	Rodulfo, Emmanuel	JR	3573	Patriot High School	03:37.0	91	↓13	05:47.4	104	↓9	07:18.8	113	↓16	11:13.2	129	↓3	12:07.2	132	↓4	12:56.1	136	↑9	15:13.5	145	↓6	19:04.8	06:08.1	126
152	Blackmore, Michael	SO	3388	Ocean Lakes	03:52.7	209	↑18	06:04.6	191	↑6	07:36.7	185	↑8	11:29.0	177	↑4	12:21.9	173	↑2	13:08.6	171	↑15	15:20.2	156	↑4	19:06.9	06:08.8	127
153	Brann, Tyler	JR	1360	Gainesville High School	03:40.2	121	↔	05:49.4	121	↑15	07:17.9	106	↓14	11:11.1	120	↑1	12:02.7	119	↑1	12:50.5	118	↓10	15:06					

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162	Brixius, Ryan	1	3554	Patriot High School	03:48.0	172	↓6	06:02.2	178	↓3	07:35.7	181	↔	11:30.1	181	↑3	12:23.1	178	↓1	13:10.9	179	↑11	15:24.4	168	↑6	19:10.7	06:10.0	--
163	Thompson, Nolan	9	3110	Morgantown	03:52.6	208	↑46	05:58.8	162	↑28	07:22.7	134	↑11	11:12.0	123	↑3	12:04.0	120	↓1	12:51.2	121	↓26	15:13.7	147	↓16	19:11.5	06:10.3	133
164	Baldwin, Jackson	JR	269	Atlee	03:41.9	130	↑11	05:49.3	119	↓8	07:20.7	127	↓3	11:13.3	130	↓4	12:07.9	134	↔	12:55.2	134	↓10	15:13.0	144	↓20	19:12.6	06:10.6	--
165	Thomas, Nicholas	SR	2531	Loudoun Valley	03:53.1	213	↑2	06:07.1	211	↑1	07:39.8	210	↑20	11:34.5	190	↑2	12:26.7	188	↑2	13:13.2	186	↑8	15:26.9	178	↑13	19:12.8	06:10.7	134
166	Cruz, Brent	9	1575	Gonzaga College High School	03:58.1	261	↑40	06:08.4	221	↑8	07:40.2	213	↑30	11:30.8	183	↑2	12:23.2	180	↑4	13:10.3	176	↑7	15:24.5	169	↑3	19:14.5	06:11.2	--
167	Campbell, Evan	SO	4204	St. Albans School	03:43.7	145	↓14	05:58.3	159	↓3	07:31.5	162	↓8	11:27.6	170	↓4	12:22.2	174	↑4	13:08.4	170	↔	15:25.2	170	↑3	19:15.4	06:11.5	--
168	McGarrity, Liam	SR	894	Colonial Forge	03:58.4	265	↑17	06:12.7	248	↑9	07:45.5	239	↑40	11:38.1	199	↑5	12:29.7	194	↑2	13:16.4	192	↑9	15:29.4	183	↑15	19:15.6	06:11.6	--
169	Martinez, Damian	1	3569	Patriot High School	03:48.9	176	↔	06:02.2	176	↓6	07:36.3	182	↔	11:30.4	182	↓2	12:24.8	184	↑1	13:12.1	183	↑3	15:27.5	180	↑11	19:16.0	06:11.7	--
170	Jones, Oliver	9	488	Blacksburg High School	03:56.1	242	↑12	06:09.6	230	↑25	07:39.2	205	↑16	11:34.1	189	↑4	12:25.3	185	↑3	13:11.7	182	↑3	15:27.4	179	↑9	19:17.0	06:12.0	--
171	Chung, Sorya	SO	3964	Sidwell Friends School	03:42.9	139	↓19	05:58.1	158	↑5	07:29.5	153	↓5	11:24.8	158	↑3	12:18.3	161	↓1	13:06.3	162	↓10	15:25.5	172	↑1	19:17.6	06:12.2	135
172	Durrett, Eli	SR	1484	Glen Allen High School	03:53.7	221	↑28	06:05.1	193	↑13	07:35.5	180	↑4	11:28.9	176	↑9	12:20.1	167	↓2	13:08.0	169	↑4	15:23.7	165	↓7	19:18.1	06:12.4	136
173	Mekonnen, Kaleb	JR	5059	Woodbridge	03:35.8	80	↓22	05:47.2	102	↓33	07:22.9	135	↓24	11:25.0	159	↓5	12:19.5	164	↓4	13:07.2	168	↓7	15:26.3	175	↑2	19:18.1	06:12.4	--
174	Jennings, Nicholas	SR	553	Briar Woods	03:42.6	137	↓15	05:56.9	152	↓7	07:30.7	159	↓10	11:27.2	169	↓2	12:21.2	171	↓2	13:08.9	173	↓11	15:26.3	174	↔	19:18.4	06:12.5	137
175	Bibolov, Amika	SO	3963	Sidwell Friends School	03:52.0	204	↓4	06:07.0	208	↓8	07:40.8	216	↑10	11:39.9	206	↑2	12:34.1	204	↑4	13:20.6	200	↑1	15:30.8	189	↑14	19:18.4	06:12.5	138
176	Dwyer, Joshua	JR	2565	Louisa County High School	03:44.1	147	↑6	05:55.0	141	↓3	07:26.2	144	↓5	11:21.5	149	↓1	12:15.0	150	↑3	13:02.4	153	↑9	15:22.4	162	↓14	19:18.5	06:12.5	139
177	White, Asa	FR	5173	St. Chris	03:51.8	202	↑14	06:04.0	188	↑11	07:35.5	177	↓2	11:29.9	179	↑4	12:22.5	175	↓2	13:10.8	177	↓4	15:27.9	181	↑4	19:19.0	06:12.7	140
178	Ewald, Declan	SR	1578	Gonzaga College High School	03:44.8	155	↑10	05:56.0	145	↔	07:26.6	145	↓5	11:22.2	150	↓6	12:16.3	156	↓1	13:03.3	157	↓3	15:22.0	160	↓18	19:20.2	06:13.1	--
179	Reese, Jay	8	1671	Grafton High School	04:01.7	295	↑28	06:16.2	267	↑35	07:44.6	232	↑20	11:41.3	212	↔	12:35.8	212	↑11	13:21.0	201	↑10	15:32.0	191	↑12	19:20.9	06:13.3	141
180	Tatum, Austin	SO	298	Atlee	03:44.1	148	↑4	05:55.9	144	↓5	07:28.1	149	↓17	11:26.5	166	↑3	12:20.4	169	↓3	13:07.1	166	↓1	15:24.2	167	↓13	19:21.3	06:13.4	--
181	Southworth, Griffin	SO	98	Alexandria City High School	03:52.8	210	↑9	06:06.2	201	↓6	07:39.3	207	↑14	11:35.7	193	↔	12:29.3	193	↓2	13:17.5	195	↔	15:34.2	195	↑14	19:21.8	06:13.6	142
182	Pappa, Tyler	9	1378	Gainesville High School	03:40.7	124	↓3	05:50.7	127	↓13	07:24.2	140	↓22	11:25.7	162	↑2	12:17.5	160	↓4	13:06.5	164	↓20	15:29.5	184	↑2	19:21.9	06:13.6	143
183	Lechliter, Wyatt	JR	2506	Loudoun Valley	03:53.7	220	↑11	06:07.0	209	↓5	07:40.5	214	↑20	11:35.8	194	↓2	12:30.4	196	↑2	13:17.2	194	↑1	15:32.6	193	↑10	19:22.0	06:13.6	--
184	Lahr, Robert	8	87	Alexandria City High School	03:56.9	250	↑34	06:07.8	216	↑19	07:38.0	197	↑23	11:28.5	174	↑4	12:20.8	170	↑2	13:07.2	167	↑14	15:18.1	153	↓31	19:22.7	06:13.9	144
185	Kennedy, Sam	8	53	Albemarle	04:04.0	311	↑40	06:17.0	271	↑15	07:48.9	256	↑39	11:43.2	217	↑8	12:35.3	209	↑6	13:21.4	203	↑16	15:30.2	187	↑2	19:23.2	06:14.0	145
186	Vishnubhatla, Akshaj	JR	566	Briar Woods	03:42.5	136	↓18	05:57.7	154	↓17	07:33.2	171	↓16	11:32.5	187	↔	12:26.5	187	↓1	13:13.7	188	↑3	15:29.6	185	↓1	19:23.4	06:14.1	146
187	Nolan, Quinn	9	3004	Midlothian High School	03:38.2	102	↓12	05:48.3	114	↓15	07:20.9	129	↓12	11:18.0	141	↓10	12:15.0	151	↓3	13:02.5	154	↓7	15:22.1	161	↓26	19:24.9	06:14.6	--
188	Lewis, Brayden	SR	2700	Manchester High School	03:39.2	109	↓16	05:50.4	125	↓6	07:21.6	131	↓13	11:19.1	144	↓1	12:13.6	145	↓4	13:01.2	149	↓28	15:26.8	177	↓11	19:25.4	06:14.7	147
189	Tamez, Rudy	SR	297	Atlee	03:39.7	117	↑16	05:47.2	101	↓11	07:18.7	112	↓23	11:16.3	135	↓5	12:11.1	140	↓7	13:00.7	147	↓12	15:21.8	159	↓30	19:26.3	06:15.0	--
190	Liles, Paul	JR	1591	Gonzaga College High School	03:51.8	203	↑3	06:06.0	200	↓2	07:39.1	202	↓22	11:44.7	224	↓12	12:42.4	236	↑9	13:29.1	227	↑12	15:43.0	215	↑25	19:27.0	06:15.2	--
191	Sullivan, Brendan	9	4244	St. Albans School	03:50.5	188	↑7	06:02.8	181	↑5	07:34.5	176	↓9	11:31.1	185	↑4	12:23.9	181	↓3	13:12.7	184	↓2	15:30.1	186	↓5	19:27.4	06:15.4	--
192	Fu, Ben	JR	1368	Gainesville High School	03:50.5	190	↑3	06:03.7	187	↑1	07:36.9	186	↑8	11:29.7	178	↓5	12:24.3	183	↑4	13:13.3	187	↓11	15:35.0	198	↑6	19:27.5	06:15.4	148
193	Tang, Gavin	9	4245	St. Albans School	03:54.4	225	↑11	06:07.6	214	↑5	07:39.4	209	↑13	11:36.3	196	↓3	12:31.5	199	↓3	13:19.0	196	↓1	15:34.4	197	↑4	19:28.5	06:15.7	--
194	Howe, Elijah	9	485	Blacksburg High School	04:02.0	297	↑22	06:17.4	275	↑11	07:51.0	264	↑27	11:47.0	237	↑6	12:41.6	231	↑7	13:28.7	224	↑10	15:43.0	214	↑20	19:28.8	06:15.8	--
195	Riggio, Sio	SO	3457	Our Lady Of Good Counsel	03:45.7	161	↓23	06:03.3	184	↓24	07:39.4	208	↓5	11:41.4	213	↓2	12:37.2	215	↑2	13:25.4	213	↑1	15:42.2	212	↑17	19:29.4	06:16.0	149
196	Lynch, Connor	9	3567	Patriot High School	04:03.0	305	↑17	06:19.9	288	↑14	07:53.1	274	↑44	11:46.0	230	↑4	12:41.2	226	↔	13:29.0	226	↑4	15:45.6	222	↑26	19:29.7	06:16.1	--
197	Witcher, Coby	SO	300	Atlee	03:46.1	163	↓26	06:04.1	189	↓11	07:38.5	200	↓1	11:38.4	201	↓2	12:33.8	203	↑1	13:21.2	202	↑1	15:36.3	201	↑4	19:30.8	06:16.5	--
198	Welsh, Mason	JR	2535	Loudoun Valley	03:56.6	245	↑12	06:10.2	233	↑9	07:43.5	224	↓3	11:45.6	227	↑3	12:40.6	224	↑1	13:28.3	223	↑4	15:45.1	219	↑21	19:30.9	06:16.5	--
199	Pitner, Ava	SR	3455	Our Lady Of Good Counsel	03:51.7	201	↓31	06:10.0	232	↑3	07:44.2	229	↑4	11:44.9	225	↑6	12:40.1	219	↔	13:27.8	219	↑12	15:41.1	207	↑8	19:32.0	06:16.8	150
200	Ogelman, Soren	JR	2514	Loudoun Valley	03:56.2	243	↑9	06:10.3	234	↑4	07:44.4	230	↑1	11:45.7	229	↑4	12:40.9	225	↑3	13:28.2	222	↓1	15:45.6	223	↑23	19:32.4	06:17.0	--
201	Tracy, Theodore	9	506	Blacksburg High School	04:02.5	300	↑28	06:17.2	272	↔	07:52.6	272	↑24	11:51.4	248	↑2	12:45.5	246	↑10	13:31.9	236	↑16	15:45.2	220	↑19	19:32.4	06:17.0	--
202	Merrill, Jonathan	SO	3002	Midlothian High School	03:33.9	68	↓16	05:44.1	84	↓20	07:17.5	104	↓30	11:14.8	134	↓4	12:10.3	138	↓6	12:59.1	144	↓46	15:31.6	190	↓12	19:32.5	06:17.0	--
203	Kiddie, Andrew	SR	2697	Manchester High School	03:59.0	270	↑16	06:14.0	254	↑6	07:47.4	248	↑16	11:46.2	232	↓1	12:42.1	233	↑4	13:29.6	229	↑5	15:46.6	224	↑21	19:32.5	06:17.0	151
204	Carter, Camden	SO	271	Atlee	03:44.2	152	↑9	05:55.5	143	↓8	07:28.4	151	↓16	11:27.1	167	↓5	12:21.4	172	↓6	13:10.8	178	↓16	15:33.8	194	↓10	19:32.6	06:17.0	--
205	Telleria, Brandon	JR	5063	Woodbridge	03:33.9	69	↓4	05:41.8	73	↓10	07:13.4	83	↓60	11:18.9	143	↓11	12:16.0	154	↓11	13:06.9	165	↓23	15:30.7	188	↓17	19:33.1	06:17.2	--
206	Joseph, Benjamin	9	2876	McLean	04:00.9	287	↑28	06:14.8	259	↑12	07:47.0	247	↑16	11:46.2	231	↑1	12:41.3	228	↑11	13:27.1	217	↑1	15:43.7	216	↑10	19:34.3	06:17.6	152
207	Dejardins, Chase	SO	1577	Gonzaga College High School	03:57.6	256	↑32	06:08.8	224	↑6	07:40.9	218	↑9	11:40.3	209	↑9	12:31.9	200	↑1	13:20.5	199							



Race #6: Boys JV (morning)

2024 VA XC Showcase  
Pole Green Park  
October 19, 2024

216	Kim, Andrew	9	3977	Sidwell Friends School	03:53.5	219	↔	06:08.4	219	↓3	07:42.1	222	↑6	11:42.9	216	↔	12:38.2	216	↑5	13:25.0	211	↓7	15:44.5	218	↑2	19:38.0	06:18.8	157
217	Williams, Caiden	8	3655	Poquoson	03:57.9	259	↑15	06:12.1	244	↑17	07:44.0	227	↑17	11:40.3	210	↑3	12:34.7	207	↑1	13:22.2	206	↔	15:40.6	206	↓11	19:39.4	06:19.2	158
218	Franks, Aidan	SR	552	Briar Woods	03:43.1	141	↓7	05:56.5	148	↓8	07:30.2	156	↓19	11:28.7	175	↓4	12:23.1	179	↓2	13:11.3	181	↓11	15:32.3	192	↓26	19:39.9	06:19.4	159
219	Rivera, Noah	SO	1672	Grafton High School	03:57.6	255	↑8	06:12.5	247	↑28	07:41.2	219	↑14	11:39.9	205	↑4	12:33.0	201	↓3	13:21.8	204	↑1	15:37.3	203	↓16	19:40.9	06:19.7	160
220	Hernandez, Caleb	SO	1488	Glen Allen High School	03:56.1	240	↓33	06:17.2	273	↑3	07:52.0	270	↑18	11:52.1	252	↑8	12:45.2	244	↑5	13:32.7	239	↑8	15:48.5	231	↑11	19:41.6	06:19.9	161
221	Chestnut, Thomas	JR	2863	McLean	03:57.8	258	↑16	06:11.7	242	↑9	07:44.6	233	↑36	11:36.6	197	↑7	12:28.0	190	↑5	13:12.8	185	↑9	15:26.4	176	↓45	19:41.9	06:20.0	--
222	Kavanagh, Matthew	9	2351	Lafayette	03:43.3	144	↓19	05:59.2	163	↓12	07:34.5	175	↓27	11:39.1	202	↓6	12:35.1	208	↓1	13:24.0	209	↓4	15:42.3	213	↓9	19:42.8	06:20.3	162
223	Speece, Alexander	9	3996	Sidwell Friends School	03:40.5	122	↓31	05:57.6	153	↓7	07:30.9	160	↓44	11:39.8	204	↓1	12:34.2	205	↔	13:22.0	205	↓12	15:44.3	217	↓6	19:43.0	06:20.4	163
224	Bakshi, Ben	9	1565	Gonzaga College High School	03:58.3	264	↑26	06:10.8	238	↓6	07:46.6	244	↑6	11:47.0	238	↑15	12:40.4	223	↑7	13:26.8	216	↑8	15:41.3	208	↓16	19:43.5	06:20.5	--
225	Ewald, Nicolas	SO	2994	Midlothian High School	03:47.6	169	↑36	06:06.8	205	↓31	07:45.1	236	↓15	11:52.1	251	↓3	12:48.1	254	↑5	13:35.9	249	↑4	15:54.2	245	↑20	19:43.6	06:20.6	--
226	Mast, Sawyer	9	1850	Hidden Valley High School	03:58.6	266	↓3	06:16.7	269	↑3	07:51.3	266	↑6	11:54.5	260	↑3	12:49.5	257	↑2	13:38.4	255	↑1	15:58.0	254	↑28	19:43.7	06:20.6	--
227	Wright, Jack	SO	2361	Lafayette	03:38.6	104	↓34	05:53.2	138	↓12	07:28.3	150	↓36	11:31.7	186	↓3	12:27.8	189	↓2	13:16.2	191	↓8	15:35.3	199	↓28	19:44.1	06:20.7	164
228	Cassidy, David	SO	550	Briar Woods	03:55.2	231	↓22	06:13.7	253	↓9	07:50.7	262	↓2	11:56.5	264	↑2	12:50.7	262	↑6	13:38.5	256	↑8	15:55.0	248	↑20	19:44.4	06:20.8	165
229	Sohoni, Asher	JR	2127	Jamestown	03:44.5	154	↓6	05:58.7	160	↓34	07:37.5	194	↓24	11:43.7	218	↓2	12:40.1	220	↑8	13:29.4	228	↑9	15:51.1	237	↑8	19:44.8	06:21.0	166
230	Matyjas, Zachary	SR	2111	Jamestown	04:06.4	327	↑41	06:19.7	286	↑21	07:51.2	265	↑31	11:46.4	234	↔	12:42.2	234	↔	13:31.7	234	↑4	15:48.4	230	↔	19:45.5	06:21.2	--
231	Britton, Evan	SO	1652	Grafton High School	04:06.1	325	↑18	06:22.8	307	↑30	07:54.4	277	↑21	11:53.5	256	↔	12:48.4	256	↑4	13:36.6	252	↑8	15:53.7	244	↑13	19:45.5	06:21.2	167
232	Diest, Kristian	SO	2563	Louisa County High School	03:55.0	230	↓11	06:11.3	241	↓9	07:48.1	250	↑10	11:48.3	240	↔	12:44.5	240	↑3	13:32.6	237	↓4	15:53.1	241	↑9	19:46.0	06:21.4	168
233	Salak, Alex	8	3652	Poquoson	03:58.2	263	↑12	06:13.5	251	↑16	07:45.0	235	↑9	11:45.0	226	↑4	12:40.4	222	↓3	13:28.9	225	↑9	15:49.8	234	↑1	19:46.4	06:21.5	169
234	Scott, Owen	SO	2520	Loudoun Valley	04:03.5	308	↑9	06:21.5	299	↑17	07:55.7	282	↑33	11:51.6	249	↑8	12:44.8	241	↑12	13:33.1	240	↑12	15:47.3	228	↓6	19:47.2	06:21.7	--
235	Davis, Grant	JR	4210	St. Albans School	03:57.9	260	↑43	06:08.0	217	↑5	07:39.9	212	↑17	11:36.3	195	↓3	12:30.8	198	↑1	13:19.3	197	↓3	15:35.6	200	↓35	19:48.1	06:22.0	--
236	Hann, Nikolas	SO	3852	Riverbend High School	04:00.9	286	↑20	06:16.1	266	↓1	07:51.5	267	↑9	11:54.0	258	↑8	12:47.2	250	↑5	13:34.1	245	↑3	15:53.5	242	↑6	19:48.6	06:22.2	170
237	Mitchell, Brenden	SO	895	Colonial Forge	03:55.8	237	↓31	06:16.4	268	↓5	07:52.9	273	↑11	11:56.0	262	↑4	12:49.9	258	↑7	13:36.3	251	↑8	15:53.7	243	↑6	19:48.7	06:22.2	--
238	Acosta, Alex	SR	4197	St. Albans School	04:00.5	283	↑33	06:13.3	250	↑1	07:47.9	249	↑2	11:50.7	247	↑4	12:45.1	243	↑12	13:30.3	231	↑21	15:41.6	210	↓28	19:49.0	06:22.3	--
239	Gianoukos, Alexander	9	2091	Jamestown	04:07.4	333	↑36	06:21.3	297	↑17	07:54.8	280	↑15	11:57.0	265	↑1	12:51.7	264	↑5	13:40.3	259	↑6	15:57.6	253	↑14	19:49.1	06:22.3	--
240	Kramer, Finn	SR	1590	Gonzaga College High School	03:56.6	246	↑18	06:09.3	228	↑13	07:40.7	215	↓6	11:44.4	221	↔	12:40.2	221	↑3	13:27.3	218	↓11	15:47.5	229	↓11	19:50.7	06:22.9	--
241	Anand, Arjun	FR	5159	St. Chris	03:53.3	216	↓23	06:10.9	239	↑5	07:44.8	234	↓8	11:48.7	242	↓5	12:46.2	247	↑3	13:33.9	244	↑5	15:52.2	239	↓32	19:51.3	06:23.1	171
242	Klein, Oliver	SO	85	Alexandria City High School	04:10.9	359	↑5	06:35.4	354	↑22	08:12.4	342	↑22	12:18.9	320	↑10	13:13.0	310	↑7	14:01.1	303	↑28	16:12.3	275	↑33	19:51.9	06:23.2	172
243	Mathews, Matthew	SO	5165	St. Chris	03:35.6	79	↓53	05:51.7	132	↓25	07:30.2	157	↓46	11:39.3	203	↓8	12:35.8	211	↓4	13:26.1	215	↓17	15:49.2	232	↓11	19:52.4	06:23.4	173
244	Hall, Henry	9	4215	St. Albans School	03:55.4	233	↑13	06:08.4	220	↓18	07:45.5	238	↓6	11:50.1	244	↑2	12:44.9	242	↑1	13:33.3	241	↑3	15:51.8	238	↓6	19:52.5	06:23.4	--
245	Karrels, Matthew	SR	4222	St. Albans School	03:59.3	273	↑13	06:14.9	260	↑1	07:49.9	259	↑6	11:52.5	253	↑2	12:47.5	251	↑1	13:36.1	250	↓1	15:56.8	251	↑6	19:53.0	06:23.6	--
246	Cobb, Owen	JR	1912	James Madison	03:48.7	175	↓4	06:02.4	179	↓16	07:37.5	195	↓12	11:39.9	207	↑3	12:35.6	210	↔	13:24.1	210	↑11	15:45.4	221	↓25	19:53.4	06:23.7	174
247	Min, Elliott	SR	3856	Riverbend High School	04:03.9	310	↑15	06:20.6	295	↑20	07:53.9	275	↑16	11:54.3	259	↑6	12:47.9	253	↑7	13:34.4	246	↑19	15:47.0	227	↓20	19:54.0	06:23.9	175
248	Carter, Kohen	JR	272	Atlee	03:59.9	279	↑2	06:18.0	277	↓2	07:54.8	279	↑16	11:56.3	263	↑2	12:50.5	261	↑4	13:39.3	257	↑2	15:58.2	255	↑7	19:54.5	06:24.1	--
249	Ssali, Maxwell	9	3460	Our Lady Of Good Counsel	03:47.7	171	↓15	06:03.6	186	↓25	07:39.8	211	↓9	11:44.2	220	↑2	12:39.6	218	↓3	13:28.2	221	↓12	15:49.6	233	↓16	19:55.8	06:24.5	176
250	Tregaskis Gordon, Karsten	9	101	Alexandria City High School	04:09.8	350	↓5	06:35.5	355	↑12	08:12.5	343	↑24	12:18.7	319	↑7	13:13.4	312	↑8	14:01.2	304	↑30	16:12.2	274	↑24	19:56.1	06:24.6	177
251	Foley, Connor	8	80	Alexandria City High School	04:01.3	289	↔	06:19.9	289	↔	07:57.5	289	↑14	12:00.3	275	↑7	12:54.8	268	↑5	13:43.3	263	↑5	15:59.6	258	↑7	19:57.0	06:24.9	178
252	Dvorchik, Jacob	SO	77	Alexandria City High School	04:11.3	362	↑12	06:35.0	350	↑9	08:11.7	341	↑23	12:18.6	318	↑7	13:13.0	311	↑10	14:00.7	301	↑30	16:10.1	271	↑19	19:57.7	06:25.1	179
253	Karriro, Gian	9	554	Briar Woods	03:51.6	198	↓28	06:08.8	226	↓20	07:46.9	246	↓26	11:59.4	272	↑3	12:55.1	269	↑3	13:45.0	266	↑7	16:00.1	259	↑6	19:57.7	06:25.1	180
254	Gorman, Andrew	JR	3970	Sidwell Friends School	03:50.7	191	↓31	06:08.4	222	↓9	07:44.6	231	↓12	11:48.8	243	↓5	12:46.3	248	↔	13:35.0	248	↑1	15:55.0	247	↓7	19:57.9	06:25.2	181
255	Jones, Aiden	9	435	Bishop McNamara High School	03:47.4	168	↓36	06:06.6	204	↓49	07:48.4	253	↓28	12:04.9	281	↑2	12:58.5	279	↑2	13:51.6	277	↑9	16:06.5	268	↑13	19:58.2	06:25.3	182
256	Bartkowski, Nolan	SO	2861	McLean	03:56.0	239	↑21	06:08.2	218	↑15	07:39.2	203	↓12	11:35.4	191	↑6	12:30.6	197	↑2	13:20.2	198	↑7	15:46.9	225	↓31			

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270	Landers, Jack	JR	3450	Our Lady Of Good Counsel	03:53.0	211	↓34	06:12.3	245	↓6	07:48.2	251	↓6	11:53.6	257	↓2	12:50.2	259	↑1	13:40.1	258	↓2	16:03.2	260	↓10	20:09.5	06:28.9	188
271	Paris, Spencer	9	3006	Midlothian High School	04:05.3	317	↓9	06:28.2	326	↑1	08:07.5	325	↑16	12:15.2	309	↑3	13:11.9	306	↑4	14:00.8	302	↑11	16:18.9	291	↑20	20:09.8	06:29.0	--
272	Sugerman, Emmett	9	64	Albemarle	04:16.6	403	↑59	06:34.3	344	↑15	08:08.3	329	↑25	12:13.6	304	↑3	13:08.2	301	↑18	13:53.9	283	↑10	16:11.5	273	↑1	20:10.1	06:29.1	--
273	Jacomet, Austin	SR	2502	Loudoun Valley	04:11.3	361	↑12	06:34.9	349	↑14	08:09.8	335	↑34	12:12.1	301	↑5	13:07.0	296	↑9	13:55.5	287	↑3	16:16.6	284	↑11	20:10.6	06:29.3	--
274	Simons, Logan	SO	3012	Midlothian High School	03:48.2	174	↓28	06:06.4	202	↓40	07:46.3	242	↓26	11:58.4	268	↓4	12:55.9	272	↑1	13:48.3	271	↓10	16:14.4	281	↑7	20:11.2	06:29.5	--
275	Nguyen, Simon	9	1599	Gonzaga College High School	04:07.1	330	↑9	06:27.0	321	↑16	08:03.1	305	↑23	12:05.3	282	↔	13:00.4	282	↑10	13:48.6	272	↑5	16:06.1	267	↓8	20:11.5	06:29.5	--
276	Mathai, Alex	JR	4224	St. Albans School	04:16.2	401	↑39	06:36.4	362	↑25	08:10.2	337	↑26	12:15.4	311	↑7	13:11.1	304	↑5	13:59.7	299	↔	16:21.7	299	↑23	20:12.3	06:29.8	--
277	Bandera, James	9	470	Blacksburg High School	04:13.6	381	↑17	06:36.6	364	↑20	08:12.9	344	↔	12:19.0	321	↔	13:15.0	321	↑13	14:02.8	308	↑26	16:15.8	282	↑5	20:12.4	06:29.8	--
278	Gay, Spenser	SO	43	Albemarle	03:57.2	251	↓13	06:15.5	264	↑3	07:50.5	261	↓12	12:00.0	273	↔	12:57.0	273	↑4	13:47.1	269	↓1	16:10.0	270	↓8	20:12.5	06:29.9	--
279	Milne, Evan	SO	2883	McLean	03:56.1	241	↓2	06:12.0	243	↓17	07:50.5	260	↑16	12:00.7	276	↑1	12:57.1	275	↑5	13:47.8	270	↓7	16:12.7	277	↓2	20:13.0	06:30.0	--
280	Glade, Matthew	8	82	Alexandria City High School	04:11.6	363	↑15	06:34.8	348	↓2	08:13.4	346	↑23	12:19.3	323	↑10	13:13.8	313	↑8	14:01.5	305	↑20	16:17.0	285	↑5	20:13.4	06:30.2	--
281	Weaver, Liam	JR	65	Albemarle	04:00.4	281	↔	06:18.8	281	↓9	07:57.5	290	↑5	12:06.5	285	↓2	13:03.6	287	↑5	13:53.3	282	↑3	16:14.3	279	↓2	20:13.6	06:30.2	--
282	Caparoula, Mason	9	3557	Patriot High School	04:08.6	343	↑18	06:28.0	325	↓1	08:07.7	326	↑9	12:18.2	317	↓1	13:14.4	318	↑6	14:03.4	312	↑10	16:22.9	302	↑20	20:17.1	06:31.4	--
283	Border-Roldan, Daniel	9	1483	Glen Allen High School	04:16.8	405	↑20	06:40.3	385	↑28	08:15.6	357	↑33	12:19.4	324	↑4	13:14.6	320	↑6	14:02.3	307	↑6	16:22.5	301	↑18	20:17.6	06:31.5	189
284	Root, Charles	JR	1939	James Madison	03:50.0	184	↓47	06:09.7	231	↓24	07:48.6	255	↓11	11:57.3	266	↔	12:53.8	266	↓1	13:45.1	267	↓13	16:14.3	280	↓4	20:17.9	06:31.6	--
285	Zieg, Peter	9	2276	Kettle Run	04:21.3	429	↓2	06:53.2	431	↑13	08:33.8	418	↑73	12:27.5	345	↑15	13:20.6	330	↑9	14:07.6	321	↑25	16:20.4	296	↑11	20:18.0	06:31.6	190
286	O'Brien, Trent	JR	3454	Our Lady Of Good Counsel	03:53.0	212	↓25	06:10.8	237	↓17	07:48.5	254	↓7	11:55.1	261	↓2	12:51.0	263	↑2	13:41.6	261	↓1	16:04.3	262	↓24	20:18.0	06:31.6	191
287	Melluzzo, Mike	SO	1594	Gonzaga College High School	04:01.3	290	↓13	06:22.0	303	↑18	07:56.8	285	↓10	12:10.4	295	↑1	13:06.8	294	↑8	13:55.5	286	↑3	16:16.2	283	↓4	20:18.3	06:31.7	--
288	Eden, Alex	9	2496	Loudoun Valley	03:59.3	277	↓1	06:18.2	278	↓8	07:56.8	286	↓5	12:08.1	291	↑3	13:05.2	288	↑3	13:54.9	285	↓4	16:18.3	289	↑1	20:19.3	06:32.1	--
289	Burns, William	SR	1909	James Madison	04:05.1	316	↔	06:25.8	316	↑3	08:04.9	313	↑15	12:10.9	298	↓1	13:07.6	299	↑5	13:57.0	294	↓1	16:20.1	295	↑6	20:20.5	06:32.4	--
290	Badave, Pratyush	SR	548	Briar Woods	03:53.3	215	↑18	06:05.7	197	↓31	07:44.1	228	↓26	11:53.3	254	↓6	12:50.5	260	↔	13:41.1	260	↓6	16:06.0	266	↓24	20:20.7	06:32.5	--
291	Goodale, Bryce	8	3641	Poquoson	04:10.2	353	↑14	06:32.6	339	↓1	08:11.3	340	↓2	12:26.8	342	↑4	13:23.3	338	↑9	14:11.2	329	↑19	16:27.4	310	↑19	20:21.6	06:32.8	192
292	Baldwin, Logan	SO	270	Atlee	03:58.9	107	↓1	05:47.8	108	↔	07:18.1	108	↓11	11:11.0	119	↓4	12:05.0	123	↓12	12:55.3	135	↓38	15:26.3	173	↓119	20:22.8	06:33.2	--
293	Phillips, Baxter	JR	843	Collegiate	03:58.1	262	↓31	06:20.4	293	↑1	07:57.7	292	↓5	12:10.8	297	↓1	13:07.5	298	↓2	13:59.9	300	↓4	16:23.5	304	↑11	20:23.4	06:33.4	193
294	Krumbein, Nathan	9	838	Collegiate	03:59.3	275	↓16	06:20.2	291	↔	07:57.5	291	↓3	12:09.7	294	↑5	13:05.3	289	↑5	13:54.6	284	↓3	16:17.7	287	↓7	20:23.5	06:33.4	194
295	Yaneza, Aaron	9	2362	Lafayette	03:44.1	146	↓18	05:59.4	164	↓15	07:35.5	179	↓62	11:48.4	241	↓8	12:46.6	249	↔	13:37.4	253	↓25	16:12.8	278	↓17	20:23.6	06:33.4	195
296	Fesmire-Keith, Jamie	8	479	Blacksburg High School	04:08.0	338	↑30	06:22.9	308	↑8	08:00.9	300	↑8	12:08.9	292	↔	13:06.4	292	↔	13:56.4	292	↓2	16:18.7	290	↓6	20:24.6	06:33.8	--
297	Mosier, Austin	JR	2510	Loudoun Valley	03:59.3	276	↑20	06:14.4	256	↑1	07:48.9	257	↑2	11:53.3	255	↑3	12:47.7	252	↓2	13:37.7	254	↑9	16:04.4	263	↓34	20:25.1	06:33.9	--
298	Evans, Russell	9	880	Colonial Forge	04:01.3	291	↑11	06:18.8	280	↓4	07:56.5	284	↑6	12:03.2	278	↓2	12:58.5	280	↑7	13:49.4	273	↑4	16:09.9	269	↓29	20:25.2	06:34.0	--
299	Gaul, Justin	9	1582	Gonzaga College High School	04:07.8	336	↑7	06:28.9	329	↑14	08:05.0	315	↑13	12:12.6	302	↔	13:08.2	302	↑7	13:57.6	295	↑7	16:17.8	288	↑11	20:26.7	06:34.4	--
300	Guerrero, Adrian	9	481	Blacksburg High School	04:06.9	329	↓2	06:30.0	331	↑7	08:07.2	324	↑16	12:14.9	308	↑3	13:11.4	305	↓6	14:03.3	311	↓2	16:29.1	313	↑13	20:28.3	06:35.0	--
301	Reeves, Everett	SO	2646	Maggie Walker	04:07.7	285	↔	06:19.6	285	↓3	07:56.9	288	↓2	12:04.4	290	↑5	13:02.6	285	↑4	13:52.3	281	↓5	16:17.3	286	↓15	20:28.7	06:35.1	--
302	Baker, Josh	JR	1057	Deep Run	04:11.6	364	↑29	06:31.5	335	↑7	08:08.3	328	↑13	12:18.0	315	↔	13:14.0	315	↑6	14:03.1	309	↑9	16:22.1	300	↓2	20:29.1	06:35.2	--
303	Lee, Ben	9	555	Briar Woods	03:46.2	164	↓6	06:01.0	170	↓19	07:37.0	189	↓39	11:45.7	228	↓2	12:41.5	230	↓13	13:33.4	243	↓14	15:59.1	257	↓46	20:29.9	06:35.5	--
304	Thomas, Josh	SO	2530	Loudoun Valley	04:00.4	280	↓12	06:20.3	292	↓2	07:58.5	294	↓2	12:10.6	296	↓7	13:09.0	303	↑5	13:59.5	298	↓7	16:23.5	305	↑1	20:30.0	06:35.5	--
305	Chambers, Braeden	SR	273	Atlee	03:52.4	207	↓54	06:15.0	261	↓15	07:53.9	276	↓13	12:07.4	289	↓6	13:08.8	295	↓1	13:58.6	296	↓7	16:21.7	298	↓7	20:30.2	06:35.6	--
306	Mihalak, Henry	9	1935	James Madison	04:05.5	319	↑2	06:26.1	317	↑1	08:05.8	316	↑16	12:12.1	300	↔	13:08.1	300	↑3	13:58.9	297	↓6	16:23.1	303	↓3	20:30.7	06:35.7	--
307	Rose, Alex	SR	1781	Hayfield Secondary School	04:03.3	306	↓4	06:23.8	310	↔	08:04.0	310	↓17	12:19.7	327	↔	13:18.0	327	↑4	14:08.4	323	↑9	16:29.6	314	↑7	20:30.7	06:35.7	--
308	Talley, Ethan	SO	2528	Loudoun Valley	04:09.3	346	↓10	06:35.6	356	↓3	08:16.2	359	↑33	12:19.7	326	↔	13:16.0	326	↑8	14:05.7	318	↑9	16:27.1	309	↑1	20:33.3	06:36.6	--
309	Curwood, Grayson	9	832	Collegiate	04:01.3	293	↓9	06:22.0	302	↑1	08:01.5	301	↓13	12:18.0	314	↓8	13:15.2	322	↑2	14:05.9	320	↑4	16:33.0	316	↑7	20:33.9	06:36.8	196
310	Cato, Peter	9	875	Colonial Forge	03:49.3	179	↓34	06:07.4	213	↓30	07:46.3	243	↓31	12:00.3	274	↓2	12:57.4	276	↑1	13:50.4	275	↓18	16:19.7	293	↓17	20:34.9	06:37.1	--
311	Younts, James	SR	3582	Patriot High School	03:55.4	234	↓24	06:14.6	258	↓13	07:52.5	271	↓8	12:03.5	279	↓4	13:00.7	283	↑7	13:50.6	276	↓16	16:19.2	292	↓19	20:35.1	06:37.1	--
312	Brummer, Sterling	SR	3064	Monacan High School	04:04.3	313	↑2	06:23.8	311	↑8	08:01.6	303	↑10	12:09.5	293	↔	13:06.4	293	↑3	13:56.2	290	↑28	16:33.9	318	↑6	20:35.2	06:37.2	197
313	Zhang, Gavin	9	2654	Maggie Walker	04:13.6	379	↑11	06:36.9	368	↑10	08:15.7	358	↑5	12:32.4	353	↑7	13:26.2	346	↑15	14:13.8	331	↑10	16:36.0	321	↑8	20:36.0	06:37.4	--
314	Briscoe, Bryce	9	432	Bishop McNamara High School	03:55.8	236	↓46	06:18.9	282	↓11	07:58.2	293	↑9	12:06.1	284	↓2	13:03.5	286	↓5	13:56.4	291	↓16	16:25.0	307	↓7	20:38.7	06:38.3	198
315	McNeny, Samuel	9	3070	Monacan High School	04:08.9	344	↑11	06:30.7	333	↑3	08:08.5	330	↑2	12:20.6	328	↑4	13:16.0	324	↑10	14:04.7	314	↓6	16:34.4	320	↑5	20:42.1	06:39	

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324	Hall, Peter	SO	48	Albemarle	04:07.4	332	↓8	06:32.9	340	↓10	08:14.4	350	↓1	12:32.1	351	↓1	13:29.1	352	↑6	14:19.8	346	↑8	16:46.0	338	↑14	20:49.1	06:41.6	--
325	Kelley, Jacob	JR	2696	Manchester High School	03:59.6	278	↑21	06:14.4	257	↓1	07:49.2	258	↓9	11:57.3	267	↓10	12:57.6	277	↓1	13:51.7	278	↓34	16:29.0	312	↓13	20:49.5	06:41.8	200
326	Favor, Nathan	JR	881	Colonial Forge	04:02.6	301	↓18	06:26.6	319	↓20	08:10.5	339	↓8	12:29.4	347	↓2	13:27.5	349	↓1	14:20.9	350	↑18	16:43.4	332	↑6	20:50.0	06:41.9	--
327	Slappy, Jaden	SO	906	Colonial Forge	03:49.5	181	↓31	06:07.3	212	↓29	07:45.6	241	↓30	11:59.0	271	↓3	12:57.1	274	↔	13:50.1	274	↓20	16:19.9	294	↓33	20:51.0	06:42.3	--
328	Soto-Ortiz, Ponce	9	3863	Riverbend High School	04:17.0	406	↑13	06:42.0	393	↑7	08:23.5	386	↑27	12:35.9	359	↑1	13:32.7	358	↔	14:22.1	352	↑20	16:43.2	330	↑3	20:51.3	06:42.3	201
329	Beccia, Liam	9	3387	Ocean Lakes	04:10.9	357	↑12	06:37.2	369	↑24	08:13.0	345	↑6	12:25.4	339	↑1	13:22.9	335	↑9	14:10.0	326	↓4	16:42.5	331	↑1	20:51.7	06:42.5	202
330	Dufficy, Alexander	9	2087	Jamestown	04:26.0	467	↑48	06:51.4	419	↑26	08:25.0	393	↑38	12:33.0	355	↑4	13:28.5	351	↑10	14:17.9	341	↑12	16:41.0	329	↓1	20:52.1	06:42.6	--
331	Rogucki, Jay	8	3861	Riverbend High School	04:14.4	386	↑43	06:33.9	343	↑16	08:07.9	327	↑11	12:18.1	316	↑2	13:13.8	314	↓3	14:05.3	317	↓9	16:38.2	326	↓5	20:52.5	06:42.7	203
332	Shaffrey, Benjamin	JR	560	Briar Woods	04:06.1	326	↑2	06:27.8	324	↓8	08:08.8	332	↓17	12:31.3	349	↓4	13:29.1	353	↑6	14:20.4	347	↓1	16:48.5	348	↑16	20:52.5	06:42.7	--
333	Hillis, Noah	8	49	Albemarle	04:16.1	399	↑24	06:38.3	375	↑1	08:18.6	374	↑10	12:40.1	364	↑1	13:37.0	363	↑6	14:27.6	357	↑16	16:47.0	341	↑8	20:53.8	06:43.2	--
334	Loyd, Jude	8	1666	Grafton High School	04:25.0	460	↑24	06:54.1	436	↑30	08:29.5	406	↑30	12:44.6	376	↑5	13:42.3	371	↑7	14:31.3	364	↑5	16:56.2	359	↑25	20:53.9	06:43.2	204
335	Pullman, Miles	SO	3403	Ocean Lakes	03:57.3	252	↓10	06:15.3	262	↓7	07:51.8	269	↓18	12:06.5	287	↓3	13:05.6	290	↓3	13:57.0	293	↓15	16:26.2	308	↓27	20:54.2	06:43.3	205
336	Upperman, Alex	JR	2532	Loudoun Valley	04:12.5	368	↑11	06:35.7	357	↑8	08:14.1	349	↑16	12:23.6	333	↑4	13:20.0	329	↑2	14:10.2	327	↑3	16:36.4	324	↓12	20:54.6	06:43.4	--
337	Moraldo, Gabriel	JR	3369	North Stafford	04:00.5	282	↓8	06:20.2	290	↓5	07:59.3	295	↓8	12:12.7	303	↓4	13:12.5	307	↑6	14:04.6	313	↓10	16:36.3	323	↓14	20:54.6	06:43.4	206
338	Hamrick, Jackson	SR	1922	James Madison	04:04.3	312	↔	06:24.2	312	↑3	08:03.8	309	↓16	12:19.7	325	↓7	13:21.3	332	↔	14:14.5	332	↓11	16:47.3	343	↑5	20:55.2	06:43.6	--
339	Simundza, Eli	8	503	Blacksburg High School	04:14.4	388	↑16	06:37.8	372	↑12	08:16.5	360	↑12	12:29.9	348	↓2	13:28.2	350	↑5	14:19.6	345	↑3	16:47.2	342	↑3	20:56.8	06:44.1	--
340	Viera, Rogelio	JR	1678	Grafton High School	04:13.6	380	↑10	06:37.4	370	↑32	08:10.3	338	↑26	12:16.2	312	↑3	13:12.9	309	↑3	14:01.5	306	↓11	16:33.2	317	↓23	20:56.9	06:44.1	207
341	Quini, Miles	JR	94	Alexandria City High School	04:24.6	457	↑42	06:49.3	415	↑7	08:30.0	408	↑29	12:46.0	379	↑9	13:42.3	370	↑5	14:32.4	365	↑11	16:54.3	354	↑13	20:57.4	06:44.3	--
342	Moreno, Maury	SO	4079	South Lakes	04:12.5	370	↓6	06:38.6	376	↑6	08:17.7	370	↑20	12:32.1	350	↑5	13:25.8	345	↑9	14:16.9	336	↓3	16:46.0	339	↓3	20:57.6	06:44.4	--
343	Byrnes, Kieran	JR	2691	Manchester High School	03:59.1	272	↓32	06:22.2	304	↓4	08:03.8	308	↓35	12:26.9	343	↑7	13:23.0	336	↑3	14:15.0	333	↓11	16:47.4	344	↑1	20:58.6	06:44.7	208
344	Pettinelli, Dominic	9	1670	Grafton High School	04:26.6	473	↑13	06:58.3	460	↑27	08:36.9	433	↑36	12:52.6	397	↑3	13:50.0	394	↑15	14:38.3	379	↑15	16:58.1	364	↑20	20:59.2	06:44.9	--
345	Cline, Jonah	SR	1911	James Madison	04:05.7	321	↑3	06:26.5	318	↓3	08:06.9	321	↓31	12:32.4	352	↓7	13:33.1	359	↑4	14:25.0	355	↔	16:54.4	355	↑10	20:59.4	06:45.0	--
346	Chambliss, Langston	SR	4522	The Potomac School			↔			↔			↔			↔			↔			↔			↑346	21:03.9	06:46.4	209
347	Kariampuzha, William	JR	1930	James Madison	04:10.9	358	↑6	06:35.2	352	↑1	08:14.7	351	↑7	12:27.3	344	↑1	13:25.6	343	↑4	14:17.5	339	↑3	16:45.3	336	↓11	21:04.7	06:46.7	--
348	Sandberg, Michael	9	2123	Jamestown	04:06.6	328	↔	06:28.6	328	↓8	08:09.9	336	↓22	12:34.2	358	↓3	13:35.7	361	↑3	14:27.7	358	↑8	16:51.8	350	↑2	21:05.1	06:46.8	--
349	Lequigan, Will	JR	1665	Grafton High School	04:26.0	469	↑45	06:52.2	424	↑20	08:28.7	404	↑27	12:45.2	377	↑4	13:43.7	373	↑4	14:35.0	369	↑2	17:00.1	367	↑18	21:05.4	06:46.9	--
350	Roofe, Gage	9	1938	James Madison	04:16.4	402	↑25	06:38.9	377	↑15	08:16.7	362	↑16	12:28.7	346	↓2	13:27.2	348	↑5	14:18.6	343	↑4	16:48.0	346	↓4	21:05.8	06:47.0	--
351	Fields, Max	9	3066	Monacan High School	04:27.0	483	↑51	06:53.3	432	↑23	08:30.8	409	↑37	12:42.5	372	↑6	13:38.9	366	↑5	14:28.7	361	↑4	16:55.0	357	↑6	21:06.6	06:47.3	210
352	Duvall, Robert	SO	3447	Our Lady Of Good Counsel	04:03.5	307	↓8	06:25.2	315	↓7	08:07.1	322	↓19	12:26.4	341	↓6	13:26.6	347	↑5	14:17.9	342	↓5	16:48.1	347	↓5	21:06.9	06:47.4	211
353	Abbot, Liam	9	2255	Kettle Run	03:56.8	247	↓36	06:18.9	283	↓24	08:03.8	307	↓23	12:21.9	330	↑2	13:19.4	328	↑4	14:09.2	324	↓10	16:44.8	334	↓19	21:07.5	06:47.6	212
354	Duckenfield, Thomas	SR	4212	St. Albans School	04:13.5	378	↑13	06:36.7	365	↑1	08:17.2	364	↑8	12:33.4	356	↔	13:31.6	356	↑3	14:22.4	353	↑1	16:52.9	352	↓2	21:08.2	06:47.8	--
355	Chenault, Stone	JR	274	Atlee	04:12.5	371	↓17	06:41.0	388	↑10	08:21.9	378	↑3	12:44.0	375	↔	13:44.5	377	↑7	14:35.5	370	↑1	17:01.8	369	↑14	21:10.4	06:48.5	--
356	Downing, Colin	9	3392	Ocean Lakes	04:14.4	389	↓8	06:43.4	397	↔	08:25.9	397	↑6	12:50.5	391	↑4	13:48.4	387	↑3	14:39.0	384	↑19	16:58.3	365	↑9	21:11.4	06:48.8	--
357	Sherwood, Ryan	SO	3574	Patriot High School	03:50.3	187	↓62	06:13.2	249	↓19	07:51.6	268	↓37	12:13.7	305	↓14	13:14.6	319	↓6	14:09.2	325	↓8	16:43.8	333	↓24	21:11.8	06:48.9	--
358	Copenhaver, James	9	475	Blacksburg High School	04:02.2	298	↓11	06:23.5	309	↓10	08:06.0	319	↓15	12:23.9	334	↓5	13:23.7	339	↑4	14:16.0	335	↓5	16:46.8	340	↓18	21:11.9	06:49.0	--
359	McDonald-Scanlon, Coleman	JR	2112	Jamestown	04:18.8	417	↑11	06:46.5	406	↑4	08:27.9	402	↑18	12:47.7	384	↑4	13:45.6	380	↑7	14:36.2	373	↑10	16:57.1	363	↑4	21:12.1	06:49.0	--
360	Ahmad, Ali	SO	4954	Wheatley School	04:05.9	324	↑1	06:27.5	323	↓10	08:09.3	333	↓5	12:25.3	338	↓6	13:25.6	344	↔	14:18.8	344	↓1	16:47.9	345	↓15	21:14.6	06:49.8	--
361	Robertson, Howard	SO	2581	Louisa County High School	04:22.1	437	↑25	06:48.7	412	↑24	08:23.8	388	↓5	12:51.0	393	↑3	13:48.5	390	↑8	14:38.9	382	↑11	17:03.3	371	↑10	21:14.8	06:49.9	213
362	Fritz, Cannon	9	2996	Midlothian High School	04:09.1	345	↓34	06:39.7	379	↓3	08:22.6	382	↓6	12:48.5	388	↑2	13:47.8	386	↑3	14:38.9	383	↑11	17:03.5	372	↑10	21:14.9	06:49.9	--
363	Lea, Daniel	SR	3980	Sidwell Friends School	04:08.0	337	↓4	06:33.1	341	↓6	08:13.4	347	↓10	12:33.6	357	↓2	13:31.1	355	↑1	14:22.7	354	↑6	16:56.4	360	↓3	21:15.3	06:50.1	--
364	Kolar, James	9	2352	Lafayette	03:57.6	257	↓27	06:19.2	284	↓28	08:04.7	312	↓28	12:26.0	340	↑2	13:25.3	342	↑3	14:17.2	338	↑3	16:44.8	335	↓29	21:15.6	06:50.2	214
365	Groharing, John	SO	1584	Gonzaga College High School	04:12.5	369	↓14	06:																				

## Race #6: Boys JV (morning)

2024 VA XC Showcase  
Pole Green Park  
October 19, 2024

378	Howerton, Matthew	SR	1071	Deep Run	04:22.9	443	↑43	06:44.9	400	↑13	08:23.7	387	↑27	12:36.2	360	↑6	13:30.3	354	↑6	14:20.6	348	↓14	16:57.1	362	↓16	21:25.2	06:53.2	--
379	Wood, Witt	SO	5174	St. Chris	04:13.2	377	↓21	06:44.0	398	↓2	08:26.8	400	↑15	12:47.8	385	↑7	13:44.5	378	↑6	14:36.2	372	↑2	17:02.7	370	↓9	21:26.6	06:53.7	219
380	McNa, Michael	9	2509	Loudoun Valley	04:03.8	309	↓29	06:32.2	338	↓16	08:15.3	354	↓14	12:41.3	368	↓1	13:42.1	369	↑1	14:34.8	368	↓9	17:07.4	377	↓3	21:27.5	06:54.0	--
381	Yuan, Aiden	SO	4542	The Potomac School	04:26.2	471	↑17	06:57.4	454	↑5	08:42.9	449	↑39	12:59.6	410	↑6	13:58.4	404	↑4	14:50.8	400	↑13	17:15.3	387	↑6	21:27.6	06:54.0	220
382	Kiddie, Peter	SO	2698	Manchester High School	04:17.3	409	↑4	06:46.5	405	↓19	08:34.7	424	↑12	13:00.0	412	↑1	13:59.9	411	↑9	14:51.8	402	↑4	17:19.9	395	↑13	21:31.9	06:55.4	221
383	Hermann, Neal	9	2997	Midlothian High School	04:08.2	339	↓14	06:35.3	353	↓2	08:15.3	355	↓19	12:43.7	374	↓7	13:46.4	381	↑4	14:37.9	377	↓15	17:18.3	392	↑9	21:33.3	06:55.9	--
384	Mraw, Connor	JR	2511	Loudoun Valley	04:15.6	395	↓18	06:49.1	413	↓9	08:34.4	422	↑20	12:57.6	402	↔	13:57.1	402	↑3	14:50.7	399	↔	17:23.1	399	↑15	21:33.6	06:55.9	--
385	Barts, Lawton	9	471	Blacksburg High School	04:18.6	414	↑4	06:48.5	410	↓15	08:35.1	425	↑8	13:01.1	417	↑10	13:59.0	407	↑4	14:51.8	403	↑9	17:19.8	394	↑9	21:33.7	06:56.0	--
386	Ou, Samson	9	497	Blacksburg High School	04:24.0	455	↑28	06:52.8	427	↑17	08:31.0	410	↓15	13:05.3	425	↓1	14:06.6	426	↑6	14:57.6	420	↑17	17:28.0	403	↑17	21:33.8	06:56.0	--
387	Davenport, Kyle	SO	73	Alexandria City High School	04:14.3	384	↑6	06:39.5	378	↑3	08:20.5	375	↓5	12:46.7	380	↓2	13:46.4	382	↑1	14:38.8	381	↑3	17:08.2	378	↓9	21:34.5	06:56.2	--
388	Thurston, Liam	SO	1943	James Madison	04:28.6	488	↑20	07:01.1	468	↔	08:46.3	468	↑21	13:11.8	447	↑10	14:12.0	437	↑4	15:04.1	433	↑22	17:31.0	411	↑23	21:34.7	06:56.3	--
389	TRAN, Timothy	SO	4247	St. Albans School	04:15.8	397	↓10	06:47.0	407	↔	08:29.7	407	↑7	12:55.7	400	↓1	13:55.7	401	↑8	14:47.0	393	↑5	17:15.3	388	↓1	21:35.3	06:56.5	--
390	Reid, James	SO	3075	Monacan High School	04:17.7	410	↓4	06:49.2	414	↑2	08:31.7	412	↓1	13:00.2	413	↔	14:00.3	413	↑8	14:52.6	405	↑3	17:23.8	402	↑12	21:36.3	06:56.8	222
391	Ranga, Anish	9	1080	Deep Run	04:09.8	349	↓17	06:36.7	366	↓6	08:18.1	372	↑1	12:42.2	371	↓3	13:43.8	374	↑8	14:37.2	374	↓7	17:09.8	381	↓10	21:36.6	06:56.9	--
392	Keogh, Mac	9	1589	Gonzaga College High School	04:25.1	461	↑10	06:56.7	451	↑10	08:40.5	441	↑36	12:58.9	405	↓7	14:00.1	412	↔	14:52.0	404	↑3	17:23.4	401	↑9	21:36.6	06:56.9	--
393	Li, Ben	SR	2639	Maggie Walker	04:26.8	479	↓6	07:04.2	485	↓5	08:53.7	490	↑66	13:05.3	424	↑8	14:01.3	416	↑22	14:47.7	394	↑3	17:17.9	391	↓2	21:37.2	06:57.1	--
394	Hall, Collin	9	47	Albemarle	04:15.0	392	↑2	06:41.3	390	↑13	08:21.1	377	↓1	12:45.6	378	↓1	13:45.4	379	↑1	14:38.2	378	↓1	17:08.4	379	↓15	21:37.6	06:57.2	--
395	Harris, Christopher "Jai"	9	3563	Patriot High School	04:15.5	394	↑23	06:37.7	371	↑6	08:17.4	365	↑22	12:48.1	387	↑4	13:46.7	383	↓3	14:40.4	386	↑4	17:10.4	382	↓13	21:37.9	06:57.3	--
396	Watkins, Caleb	9	510	Blacksburg High School	04:20.5	423	↓27	06:56.2	450	↓8	08:44.2	458	↓26	13:10.7	442	↑6	14:11.9	436	↑2	15:04.7	434	↑1	17:41.9	433	↑37	21:38.1	06:57.4	--
397	Prisco, Will	SR	1603	Gonzaga College High School	04:23.9	451	↓11	06:58.8	462	↑5	08:44.1	457	↑11	13:11.6	446	↓1	14:13.4	447	↑6	15:06.0	441	↑19	17:35.9	422	↑25	21:38.1	06:57.4	--
398	Trabauda, James	JR	850	Collegiate	04:14.1	382	↓9	06:41.3	391	↑15	08:20.8	376	↓7	12:47.6	383	↓2	13:47.2	385	↑5	14:38.4	380	↓5	17:13.3	385	↓13	21:39.0	06:57.7	223
399	Lesko-Hebert, Wesley	8	88	Alexandria City High School	04:08.5	341	↓41	06:39.9	382	↓19	08:27.5	401	↑2	12:55.2	399	↔	13:54.8	399	↑4	14:48.9	395	↑2	17:19.4	393	↓6	21:40.3	06:58.1	--
400	Hunt, Kevin	SO	3363	North Stafford	04:03.0	511	↑24	07:05.1	487	↑5	08:51.3	482	↑31	13:13.3	451	↔	14:12.6	442	↑10	15:04.1	432	↑19	17:31.1	413	↓13	21:40.9	06:58.3	224
401	SANDS, Tuck	SO	4240	St. Albans School	03:50.7	192	↓84	06:17.7	276	↓21	08:00.1	297	↓68	12:40.2	365	↓11	13:44.1	376	↑5	14:35.9	371	↓18	17:15.8	389	↓12	21:41.4	06:58.5	--
402	Moazzez, Aiden	9	4228	St. Albans School	04:16.1	400	↑5	06:43.0	395	↑3	08:25.0	392	↔	12:50.9	392	↑1	13:49.5	391	↑1	14:42.5	390	↑6	17:13.0	384	↓18	21:42.9	06:58.9	--
403	Lynn, Leo	SO	3981	Sidwell Friends School	04:26.2	472	↑7	06:59.5	465	↑21	08:41.2	444	↑15	13:07.1	429	↑7	14:05.3	422	↑4	14:56.8	418	↑4	17:28.1	404	↑1	21:44.0	06:59.3	--
404	Vikesland, Henry	9	507	Blacksburg High School	04:02.5	299	↓59	06:35.7	358	↓31	08:24.0	389	↓7	12:52.4	396	↓4	13:55.1	400	↑3	14:50.0	397	↔	17:22.3	397	↓7	21:44.3	06:59.4	--
405	Spadea, Jaiden	9	2522	Loudoun Valley	04:25.8	465	↑10	06:57.4	455	↑10	08:41.4	445	↑12	13:08.2	433	↑5	14:06.9	428	↑5	14:59.6	423	↑17	17:28.7	406	↑1	21:44.9	06:59.6	--
406	Kennedy, Logan	9	3396	Ocean Lakes	04:14.1	383	↑2	06:39.7	381	↓9	08:24.2	390	↔	12:50.5	390	↓2	13:49.6	392	↔	14:45.8	392	↑2	17:16.1	390	↓16	21:45.1	06:59.6	--
407	Campbell, Burke	9	4520	The Potomac School	04:21.9	435	↓5	06:54.8	440	↑9	08:36.3	431	↑13	13:01.2	418	↔	14:02.0	418	↑5	14:54.7	413	↑4	17:30.0	409	↑2	21:45.5	06:59.8	225
408	McDonnell, Nicolas	FR	5167	St. Chris	04:14.9	390	↓14	06:46.5	404	↓17	08:34.1	421	↑6	13:00.5	415	↑1	14:00.3	414	↑3	14:54.1	411	↓10	17:34.9	421	↑13	21:46.7	07:00.2	226
409	Do, Thomas	9	2992	Midlothian High School	04:07.8	335	↓11	06:34.7	346	↓17	08:16.8	363	↓19	12:47.5	382	↓11	13:50.0	393	↑2	14:45.3	391	↓7	17:22.3	398	↓11	21:47.2	07:00.3	--
410	McManus, Benjamin	SO	2114	Jamestown	04:05.7	322	↓12	06:31.1	334	↓18	08:14.7	352	↓21	12:42.9	373	↓2	13:43.9	375	↓1	14:37.8	376	↓7	17:12.3	383	↓27	21:49.4	07:01.0	--
411	Schreyer, Kyle	SR	3374	North Stafford	04:27.0	482	↑52	06:53.2	430	↑11	08:34.1	419	↓18	13:08.8	437	↓6	14:12.7	443	↓1	15:07.0	444	↑18	17:37.3	426	↑15	21:50.0	07:01.2	227
412	Rasmon, Quintin	JR	1493	Glen Allen High School	04:12.7	373	↓29	06:45.7	402	↓12	08:32.4	414	↑7	12:59.2	407	↓1	13:59.2	408	↑1	14:53.0	409	↑4	17:28.7	405	↓7	21:50.1	07:01.3	228
413	Harsh, Mitchell	SR	3362	North Stafford	04:19.9	420	↑33	06:40.7	387	↑16	08:17.7	371	↑9	12:37.1	362	↓5	13:32.4	357	↑6	14:21.8	351	↓15	17:00.1	366	↓47	21:50.2	07:01.3	229
414	Delahunt, Nate	8	1657	Grafton High School	04:13.0	376	↓13	06:41.2	389	↓2	08:24.8	391	↑10	12:47.2	381	↓8	13:48.5	389	↔	14:42.5	389	↓7	17:20.9	396	↓18	21:50.5	07:01.4	--
415	MORRIS, Andrew	SO	4230	St. Albans School	04:26.0	470	↑4	06:59.9	466	↑2	08:45.4	464	↑19	13:11.6	445	↓1	14:13.2	446	↑22	15:01.5	424	↑10	17:31.9	414	↓1	21:51.9	07:01.8	--
416	Dreier, Berren	SO	778	Charlottesville	04:18.7	416	↓4	06:51.8	420	↓6	08:35.3	426	↓9	13:08.6	435	↑5	14:09.2	430	↑2	15:02.5	428	↓3	17:39.8	431	↑15	21:52.3	07:02.0	--
417	Morales, Jacob	JR	3370	North Stafford	04:26.8	481	↑33	06:56.1	448	↓2	08:43.2	450	↑1	13:12.4	449	↑4	14:12.8	445	↑3	15:06.2	442	↑18	17:36.4	424	↑7	21:52.8	07:02.1	230
418	Price, John	SO	4237	St. Albans School	04:14.4	387	↓16	06:45.8	403	↓10	08:31.8	413	↑2	12:59.8	411	↑1	13:59.5	410	↔	14:53.4	410	↑2	17:29.7	408	↓10	21:53.3	07:02.3	--
419	Eimers, Peyton	9	3849	Riverbend High School	04:21.7	433	↑12	06:51.9	421	↓2	08:34.7	423	↓9	13:08.0	432	↑1	14:09.2	431	↑4	15:02.2	427	↓2	17:39.1	429	↑10	21:53.6	07:02.4	--
420	Milling, Charles	SR	439	Bishop McNamara High School	04:26.6	477	↑16	06:58.3	461	↑2	08:44.4	459	↑7	13:13.7	452	↑3	14:13.7	449	↑10	15:05.3	439	↑16	17:36.1	423	↑3	21:53.9	07:02.5	231
421	Kurich, Brandon	9	2999	Midlothian High School	03:54.0	223	↓42	06:15.8	265	↓18	07:56.0	283	↓39	12:19.0	322	↓9	13:21.0	331	↑3	14:16.0	334	↓17	16:52.4	351	↓17	21:56.8	07:03.4	--
422	Welling, Jameson	9	2533	Loudoun Valley	04:24.0	454	↑2	06:57.0	452	↓2	08:43.5	454	↑26	13:06.3	428	↑4	14:06.2	424	↑3	14:58.1	421	↑11	17:30.7	410	↓12	21:57.1	07:03.5	--
423	Huffman, Cooper	9	2998	Midlothian High School	04:31.7	506	↑18	07:05.2	488	↑36	08:43.4	452	↑16	13:08.7	436	↑7	14:08.9	429	↑12	14:56.7	417	↑2	17:3					



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432	Bailey, Finn	9	4199	St. Albans School	04:24.4	456	↑27	06:52.9	429	↑2	08:35.5	427	↑13	13:00.3	414	↓3	14:01.5	417	↑2	14:55.0	415	↑8	17:29.7	407	↓25	22:08.0	07:07.0	--
433	Smith, Cohen	9	3862	Riverbend High School	04:22.5	439	↓10	06:56.2	449	↓7	08:43.8	456	↑1	13:15.1	455	↑2	14:18.2	453	↑2	15:11.0	451	↑8	17:45.5	443	↑10	22:08.3	07:07.1	--
434	Moraczewski, Julian	SO	4229	St. Albans School	04:27.6	484	↑7	07:02.7	477	↑11	08:46.0	466	↑12	13:14.9	454	↑4	14:14.5	450	↑14	15:05.1	436	↑8	17:38.2	428	↓6	22:09.1	07:07.4	--
435	Carlson, Evan	SO	2991	Midlothian High School	04:26.8	478	↑7	07:01.2	471	↑1	08:47.0	470	↑7	13:19.6	463	↑7	14:19.5	456	↑3	15:12.4	453	↑7	17:47.2	446	↑11	22:11.0	07:08.0	--
436	Blackwell, Tristan	SO	430	Bishop McNamara High School	04:23.3	448	↓21	07:01.1	469	↑3	08:41.5	446	↑20	13:05.5	426	↑7	14:03.7	419	↑7	14:54.1	412	↓8	17:34.5	420	↓16	22:11.7	07:08.2	234
437	Wheeler, Derek	SO	2359	Lafayette	03:55.2	232	↓55	06:19.8	287	↓24	08:04.6	311	↓43	12:32.7	354	↓10	13:07.2	364	↓2	14:33.1	366	↓34	17:23.3	400	↓37	22:11.8	07:08.2	--
438	Sarviha, Taha	JR	1941	James Madison	04:10.9	356	↓24	06:39.7	380	↓15	08:25.6	395	↓8	12:57.9	403	↓2	13:58.8	405	↓2	14:52.9	407	↓12	17:33.8	419	↓19	22:13.0	07:08.6	--
439	Hayward, Noah	9	2633	Maggie Walker	04:21.7	434	↓13	06:56.1	447	↓15	08:45.2	462	↑6	13:15.9	456	↑2	14:18.8	454	↑2	15:12.2	452	↑13	17:42.9	438	↓1	22:13.8	07:08.9	--
440	Edwards, Hiram	JR	879	Colonial Forge	04:30.2	498	↓2	07:09.4	500	↓4	09:01.3	504	↑11	13:39.0	493	↑17	14:36.0	476	↑4	15:29.7	472	↑13	18:00.2	459	↑19	22:14.3	07:09.0	--
441	Popa, James	SO	3572	Patriot High School	04:22.9	442	↑26	06:49.7	416	↑1	08:32.5	415	↓1	13:01.1	416	↑10	13:58.9	406	↔	14:52.8	406	↑10	17:32.1	416	↓25	22:15.2	07:09.3	--
442	Campbell, Sohan	8	4329	Stonebridge School	04:19.9	421	↓7	06:52.8	428	↑8	08:37.6	436	↓2	13:08.9	438	↓6	14:12.8	444	↑7	15:05.1	437	↓4	17:44.1	441	↓1	22:15.7	07:09.5	--
443	Banks, Jackson	9	2077	Jamestown	04:18.0	412	↓10	06:51.9	422	↓7	08:35.9	429	↓1	13:07.1	430	↓8	14:12.1	438	↓7	15:07.0	445	↓3	17:48.3	448	↑5	22:16.2	07:09.6	--
444	Miller, Charlie	9	4226	St. Albans School	04:26.8	480	↑55	06:52.3	425	↑8	08:33.6	417	↓6	13:04.5	423	↓4	14:06.9	427	↑2	15:01.8	425	↓2	17:37.5	427	↓17	22:17.4	07:10.0	--
445	Storm, Sawyer	SO	4541	The Potomac School	04:19.4	419	↓40	06:58.0	459	↓6	08:45.9	465	↔	13:19.9	465	↑6	14:20.5	459	↑4	15:13.9	455	↓20	17:42.6	435	↓10	22:17.6	07:10.1	235
446	Reilly, Grant	8	1081	Deep Run	04:20.8	425	↓18	06:55.3	443	↑8	08:35.5	435	↔	13:07.4	431	↓4	14:11.3	435	↓3	15:05.2	438	↓2	17:43.9	440	↓6	22:17.8	07:10.2	--
447	Kullberg, Michael	SO	2104	Jamestown	04:26.6	476	↑4	07:01.5	472	↑1	08:47.7	471	↑7	13:19.6	464	↓2	14:23.4	466	↑5	15:15.6	461	↑11	17:51.2	450	↑3	22:18.5	07:10.4	--
448	Meeks, Markus	9	2115	Jamestown	04:33.9	514	↑17	07:08.4	497	↑14	08:51.4	483	↑16	13:20.9	467	↑5	14:21.4	462	↑5	15:14.3	457	↑10	17:47.2	447	↓1	22:19.5	07:10.7	--
449	Bradley, Trenton	8	3637	Poquoson	04:35.0	517	↑13	07:11.7	504	↑8	08:57.2	496	↑18	13:34.7	478	↑6	14:33.7	472	↑5	15:27.6	467	↑4	18:02.5	463	↑14	22:19.7	07:10.8	236
450	Dudley, Reese	9	833	Collegiate	04:18.5	413	↓60	07:01.5	473	↓24	08:37.3	497	↓4	13:42.3	501	↑1	14:45.4	500	↑6	15:41.2	494	↑21	18:12.8	473	↑23	22:20.2	07:10.9	237
451	Yembu, Justin	8	1680	Grafton High School	04:14.4	385	↓23	06:47.1	408	↓20	08:35.9	428	↓16	13:10.8	444	↓4	14:13.5	448	↔	15:08.4	448	↑3	17:46.5	445	↓6	22:21.3	07:11.3	--
452	Schulze, Jackson	8	1675	Grafton High School	04:21.9	436	↓21	06:57.7	457	↓3	08:44.6	460	↑2	13:16.9	458	↑3	14:19.4	455	↓1	15:14.1	456	↑5	17:51.3	451	↓1	22:21.9	07:11.5	--
453	Holtman, Hugh	9	4526	The Potomac School	04:37.5	523	↑13	07:15.8	510	↑4	09:02.7	506	↑20	13:37.2	486	↑2	14:39.7	484	↑7	15:32.1	477	↑13	18:02.5	464	↑11	22:21.9	07:11.5	238
454	Dilworth, Peter	8	1658	Grafton High School	04:20.5	424	↑13	06:54.2	437	↑3	08:39.3	440	↑1	13:09.1	439	↔	14:12.1	439	↑10	15:02.5	429	↓5	17:42.2	434	↓20	22:22.4	07:11.6	--
455	Szokolai, Alexander	9	3461	Our Lady Of Good Counsel	04:45.5	549	↑21	07:26.0	528	↑12	09:09.8	516	↑29	13:37.2	487	↑9	14:37.9	478	↑5	15:30.2	473	↑11	18:02.5	462	↑7	22:23.5	07:12.0	239
456	O'Dell, Andrew	1	3571	Patriot High School	04:17.2	408	↓30	06:54.3	438	↓9	08:42.1	447	↓12	13:17.5	459	↑1	14:19.9	458	↑4	15:13.3	454	↑5	17:48.3	449	↓7	22:25.1	07:12.5	--
457	Jennison, Connor	JR	1926	James Madison	04:31.3	501	↓1	07:10.1	502	↔	08:59.8	502	↑6	13:39.6	496	↑5	14:43.2	491	↑7	15:34.8	484	↑10	18:13.3	474	↑17	22:26.0	07:12.8	--
458	Buttenbusch, Gavin	9	2084	Jamestown	04:20.3	422	↓4	06:52.5	426	↓6	08:36.6	432	↓9	13:09.7	441	↑1	14:12.5	440	↓3	15:06.7	443	↑1	17:44.7	442	↓16	22:27.1	07:13.2	--
459	Rohatgi, Akash	SO	845	Collegiate	04:37.3	522	↑14	07:14.7	508	↑1	09:03.1	507	↑9	13:40.7	498	↑12	14:40.5	486	↑5	15:33.6	481	↑9	18:12.0	472	↑13	22:27.6	07:13.3	240
460	Noble, Mekhi	9	3072	Monacan High School	04:21.7	432	↓48	07:03.2	480	↓5	08:52.3	485	↑11	13:29.7	474	↑3	14:33.4	471	↑3	15:28.7	468	↑1	18:08.0	467	↑7	22:27.8	07:13.4	241
461	Pearce, Wyatt	SR	4535	The Potomac School	04:15.1	393	↓8	06:45.4	401	↓2	08:28.6	403	↓18	13:03.3	421	↓4	14:06.4	425	↑6	14:57.3	419	↓18	17:42.9	437	↓24	22:28.1	07:13.5	242
462	Thepsoumane, Xemuel	JR	3576	Patriot High School	04:31.3	500	↑24	07:02.3	476	↑13	08:45.4	463	↑23	13:09.2	440	↑8	14:10.9	432	↓2	15:02.7	430	↓2	17:41.3	432	↓30	22:28.6	07:13.6	--
463	Jarrell, Keegan	9	3068	Monacan High School	04:02.8	302	↓28	06:29.6	330	↓39	08:17.5	369	↓40	12:59.4	409	↓14	14:05.9	423	↓8	15:03.5	431	↓13	17:45.8	444	↓19	22:28.7	07:13.7	243
464	Smith, Clark	JR	3407	Ocean Lakes	04:12.9	374	↓37	06:48.6	411	↓27	08:38.6	438	↓15	13:13.7	453	↑1	14:17.6	452	↑2	15:09.8	450	↓6	17:57.1	456	↓8	22:29.3	07:13.9	--
465	Owens, Eamon	8	92	Alexandria City High School	04:23.1	446	↔	06:56.1	446	↓5	08:43.3	451	↓10	13:17.9	461	↑1	14:20.5	460	↓2	15:15.9	462	↑4	17:58.1	458	↓7	22:29.4	07:13.9	--
466	Curisnche, Nick	SR	3559	Patriot High School	04:40.3	531	↑8	07:21.6	523	↑9	09:06.1	514	↑14	13:42.1	500	↑1	14:45.2	499	↑4	15:41.4	495	↑24	18:11.4	471	↑5	22:30.0	07:14.1	--
467	Thies, Will	SO	2529	Loudoun Valley	04:25.8	466	↓9	07:02.2	475	↓6	08:51.1	481	↑4	13:34.1	477	↑2	14:35.0	475	↑1	15:30.5	474	↑6	18:08.6	468	↑1	22:31.0	07:14.4	--
468	Daly, Daniel	SO	878	Colonial Forge	04:26.6	474	↓21	07:07.9	495	↓4	08:58.2	499	↑7	13:38.6	492	↑7	14:40.1	485	↑2	15:34.2	483	↑8	18:13.4	475	↑7	22:32.5	07:14.9	--
469	Rakov, Connor	9	3404	Ocean Lakes	04:29.5	496	↑10	07:04.4	486	↑7	08:49.8	479	↑13	13:20.5	466	↑3	14:21.5	463	↑3	15:15.1	460	↑5	17:56.5	455	↓14	22:33.3	07:15.1	--
470	Weber, Jeremy	SO	3578	Patriot High School	04:22.3	438	↓7	06:56.0	445	↓10	08:43.7	455	↓2	13:16.7	457	↓4	14:20.5	461	↓2	15:18.0	463	↑6	17:57.6	457	↓13	22:36.0	07:16.0	--
471	Gonzalez-Guzman, Leonardo	SR	3361	North Stafford	04:13.0	375	↓17	06:41.6	392	↓7	08:26.6	399	↓28	13:06.1	427	↓7	14:11.1	434	↓13	15:08.0	447	↓5	17:51.8	452	↓19	22:40.6	07:17.5	244
472	Leiden, Evan	SO	2507	Loudoun Valley	04:05.3	318	↓27	06:34.6	345	↓38	08:22.8	383	↓36	13:02.3	419	↓2	14:04.9	421	↓5	15:02.1	426	↓27	17:55.6	453	↓19	22:45.9	07:19.2	--
473	Bower, Russell	9	1908	James Madison	04:26.0	468	↓26	07:07.7	494	↑3	08:54.1	491	↑10	13:35.9	481	↔	14:38.5	481	↑2	15:32.4	479	↑1	18:14.3	478	↑5	22:46.3	07:19.3	--
474	Hinshelwood, Owen	JR	4327	Stonebridge School	04:31.7	505	↑4	07:10.0	501	↑1	08:58.8	500	↑3	13:39.6	497	↑3	14:44.0	494	↑8	15:37.1	486	↑9	18:14.2	477	↑3	22:46.6	07:19.4	--
475	Patel, Shiv	9	4235	St. Albans School	04:08.2	340	↓19	06:35.9	359	↓21	08:22.3	380	↓63	13:10.8	443	↓14	14:19.7	457	↓2	15:14.9	459	↓6	18:06.3	465	↓10	22:47.2	07:19.6	--
476	Patterson, Riley	JR	3651	Poquoson	04:29.5	494	↑3	07:06.0	491	↑2	08:53.7	489	↑14	13:33.3	475	↓2	14:36.8	477	↑1	15:31.4	476	↑7	18:10.3	469	↓7	22:51.0	07:20.8	245
477	TERRY, Nicholas	SO	4246	St. Albans School	03:58.9	268	↓59	06:28.4	327	↓54	08:22.5	381	↓89	13:26.0	470	↓3	14:34.0	473	↓2	15:30.7	475	↓1	18:14.1</					

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486	Fishburne, Lane	FR	5161	St. Chris	04:08.6	342	↓54	06:43.0	396	↓9	08:29.5	405	↓57	13:18.4	462	↓3	14:22.9	465	↑1	15:18.8	464	↑4	18:01.3	460	↓26	23:03.3	07:24.8	248
487	Barac, Nick	9	3962	Sidwell Friends School	04:31.5	502	↑6	07:08.2	496	↑1	08:56.7	495	↑1	13:39.2	494	↓2	14:44.4	496	↔	15:41.5	496	↑6	18:25.9	490	↑3	23:06.8	07:25.9	--
488	Lanning, Eric	JR	839	Collegiate	04:18.6	415	↓41	06:57.6	456	↓21	08:49.5	477	↓11	13:37.4	488	↔	14:42.2	488	↔	15:36.4	485	↓4	18:25.1	489	↑1	23:08.9	07:26.6	249
489	Chesmore, Jordan	JR	876	Colonial Forge	04:23.1	445	↓37	07:03.8	482	↑2	08:50.8	480	↑4	13:34.1	476	↓6	14:38.9	482	↓5	15:37.2	487	↑1	18:22.8	486	↓3	23:10.2	07:27.0	--
490	Jacobs, Desmond	JR	1073	Deep Run	04:27.8	486	↑3	07:04.2	483	↑5	08:49.5	478	↑6	13:44.1	504	↑3	14:46.7	501	↑1	15:43.0	500	↑9	18:27.5	491	↑1	23:10.5	07:27.1	--
491	Geist, Gavin	9	278	Atlee	04:23.8	450	↓24	07:01.5	474	↓10	08:51.8	484	↓6	13:38.1	490	↑3	14:41.3	487	↑1	15:37.8	488	↑4	18:21.2	484	↓7	23:11.4	07:27.4	--
492	Klugh, Scott	9	2103	Jamestown	04:15.6	396	↓22	06:50.8	418	↓19	08:37.8	437	↓32	13:24.9	469	↔	14:31.4	469	↑3	15:27.4	466	↓14	18:15.7	480	↓12	23:12.0	07:27.6	--
493	Grant, Jackson	SO	882	Colonial Forge	04:40.5	532	↓3	07:27.8	535	↑5	09:20.3	530	↑8	14:09.4	522	↑5	15:10.1	517	↑5	16:04.6	512	↑13	18:40.9	499	↑6	23:16.7	07:29.1	--
494	Hobbs, William	SO	2569	Louisa County High School	04:07.4	331	↓53	06:40.3	384	↓27	08:31.6	411	↓62	13:28.1	473	↓1	14:34.5	474	↓4	15:32.2	478	↓14	18:28.2	492	↓2	23:19.6	07:30.0	250
495	Robbins, Connor	9	2122	Jamestown	04:32.3	508	↓1	07:15.5	509	↑4	09:02.4	505	↓2	13:46.9	507	↑1	14:53.1	506	↑3	15:50.4	503	↑5	18:40.4	498	↑3	23:19.7	07:30.1	--
496	Hill, Jacob	8	1661	Grafton High School	04:42.9	539	↑2	07:28.3	537	↑11	09:16.7	526	↑11	14:02.1	515	↑1	15:08.1	514	↔	16:05.4	514	↑7	18:50.8	507	↑11	23:19.8	07:30.1	--
497	McBride, Kieran	SO	1593	Gonzaga College High School	04:34.2	516	↓1	07:18.7	517	↔	09:10.0	517	↑1	14:03.2	516	↑1	15:08.6	515	↑5	16:04.2	510	↑8	18:46.9	502	↑5	23:19.9	07:30.1	--
498	Benevente, Luca	JR	2079	Jamestown	04:25.0	459	↓25	07:04.2	484	↓3	08:53.0	487	↓4	13:38.2	491	↓4	14:44.3	495	↓3	15:42.5	498	↑3	18:34.0	495	↓3	23:20.5	07:30.3	--
499	Kinney, Will	SO	4223	St. Albans School	04:42.4	538	↑5	07:27.3	533	↑6	09:16.7	527	↑13	14:00.5	514	↑9	15:07.4	513	↓2	16:06.1	515	↑9	18:49.0	506	↑7	23:21.3	07:30.6	--
500	Newill, Thomas	SR	90	Alexandria City High School	04:17.8	411	↓12	06:51.9	423	↓25	08:42.4	448	↓34	13:36.2	482	↓7	14:42.8	489	↓2	15:41.0	493	↓1	18:33.2	494	↓6	23:21.4	07:30.6	--
501	Lampard, Hoban	SO	3979	Sidwell Friends School	04:28.6	489	↓17	07:13.4	506	↓5	09:05.1	511	↑2	13:50.3	509	↑2	14:55.0	507	↑3	15:52.7	504	↑7	18:37.0	497	↓4	23:21.7	07:30.7	--
502	Muhat, Aidan	SR	4533	The Potomac School	04:23.9	452	↓27	07:03.0	479	↓9	08:53.2	488	↑4	13:36.8	484	↓9	14:43.8	493	↑4	15:38.3	489	↓15	18:48.9	504	↑2	23:26.6	07:32.3	251
503	Pinkus, Jack	9	4536	The Potomac School	04:33.5	512	↓3	07:17.7	515	↓4	09:10.9	519	↑6	13:59.5	513	↑1	15:06.7	512	↑1	16:04.5	511	↑3	18:51.8	508	↑5	23:27.7	07:32.6	--
504	Wood, Jude	8	4336	Stonebridge School	04:21.5	430	↓14	06:55.3	444	↑2	08:41.2	442	↓26	13:23.1	468	↔	14:30.9	468	↓2	15:29.2	470	↓17	18:23.7	487	↓17	23:28.1	07:32.8	--
505	Powell, Dallas	9	2708	Manchester High School	04:22.7	440	↓24	06:59.5	464	↓10	08:48.5	474	↓11	13:37.0	485	↓13	14:45.0	498	↑1	15:41.7	497	↑4	18:30.6	493	↓12	23:30.1	07:33.4	252
506	Brewer, William	SO	1568	Gonzaga College High School	04:28.8	490	↑12	07:02.9	478	↑3	08:48.7	475	↓27	13:43.4	502	↔	14:47.4	502	↑3	15:42.8	499	↓1	18:42.6	500	↓6	23:30.2	07:33.4	--
507	Beckwith, Preston	JR	1907	James Madison	04:25.5	464	↓26	07:05.8	490	↓8	08:57.6	498	↓7	13:45.0	505	↑1	14:50.4	504	↑2	15:49.3	502	↑6	18:34.2	496	↑11	23:30.8	07:33.6	--
508	Mayfield, Brock	9	893	Colonial Forge	04:32.7	509	↓5	07:17.6	514	↓8	09:11.7	522	↑3	14:05.3	519	↑1	15:11.1	518	↑5	16:09.5	516	↑5	18:57.4	511	↑3	23:31.5	07:33.9	--
509	Lantow, Ted	SR	2505	Loudoun Valley	04:19.0	418	↑19	06:44.8	399	↓17	08:33.5	416	↓44	13:17.7	460	↓4	14:21.9	464	↑6	15:14.6	458	↓23	18:15.7	481	↓28	23:34.1	07:34.7	--
510	Flachner, Matthew	9	4961	Wheatley School	04:24.0	453	↓5	06:58.0	458	↓15	08:48.1	473	↓33	13:45.9	506	↑1	14:52.8	505	↔	15:53.0	505	↔	18:48.9	505	↓5	23:36.8	07:35.6	--
511	Summers, Johnathan	SO	2524	Loudoun Valley	04:39.4	529	↑2	07:24.9	527	↓2	09:17.8	529	↓2	14:18.0	531	↑4	15:21.2	527	↑5	16:18.5	522	↑4	19:05.9	518	↑7	23:40.6	07:36.8	--
512	Whirlow, Jacob	9	911	Colonial Forge	04:41.7	536	↔	07:28.1	536	↓6	09:24.6	542	↑14	14:14.0	528	↔	15:23.2	528	↑2	16:21.8	526	↑10	19:03.6	516	↑4	23:41.1	07:36.9	--
513	Kimutai, Sean	SR	3366	North Stafford	04:34.0	515	↑2	07:17.6	513	↔	09:06.0	513	↑2	13:53.7	511	↑3	14:56.9	508	↑2	15:53.2	506	↑3	18:46.9	503	↓10	23:46.2	07:38.6	--
514	Cohn, Gerrit	9	4207	St. Albans School	04:37.7	524	↑12	07:16.9	512	↓8	09:11.0	520	↑8	13:58.8	512	↑1	15:06.2	511	↑2	16:04.1	509	↓1	18:54.7	510	↓4	23:47.6	07:39.0	--
515	Perez, Fabian	SR	3371	North Stafford	04:44.8	545	↑1	07:31.9	544	↔	09:27.0	544	↑8	14:24.9	536	↑3	15:31.0	533	↑1	16:30.6	532	↑9	19:13.5	523	↑8	23:47.8	07:39.1	--
516	Aguiar, Nathan	JR	3960	Sidwell Friends School	03:50.9	194	↓80	06:17.3	274	↓49	08:07.2	323	↓83	12:59.1	406	↑3	13:57.6	403	↓11	14:54.8	414	↓116	19:23.8	530	↑14	23:50.9	07:40.1	--
517	Oklesson, Jordan	9	2118	Jamestown	04:45.2	548	↑22	07:24.4	526	↑1	09:16.0	525	↑5	14:06.6	520	↑1	15:12.7	519	↑2	16:10.7	517	↑5	18:59.1	512	↓5	23:51.3	07:40.2	--
518	Gatton, Chase	9	2566	Louisa County High School	04:43.9	542	↑3	07:29.4	539	↑5	09:23.1	534	↔	14:24.0	534	↓1	15:32.1	535	↑2	16:31.2	533	↑4	19:20.1	529	↑11	23:51.5	07:40.3	253
519	Anderson, William	SO	2256	Kettle Run	04:32.9	510	↓11	07:20.5	521	↑3	09:10.4	518	↓5	14:10.9	523	↑2	15:17.2	521	↔	16:17.2	521	↑4	19:04.5	517	↓2	23:52.3	07:40.5	254
520	Johnson, Joel	9	1663	Grafton High School	04:46.8	558	↑13	07:32.7	545	↑6	09:24.3	539	↑18	14:08.2	521	↑5	15:09.8	516	↑3	16:05.0	513	↑4	18:54.4	509	↓11	23:53.0	07:40.8	--
521	Letter, Caleb	SO	292	Atlee	04:48.6	561	↑6	07:38.6	555	↑7	09:29.4	548	↑13	14:24.6	535	↑5	15:31.9	534	↑3	16:30.2	531	↑6	19:14.3	525	↑4	23:53.8	07:41.0	--
522	Thompson, Donovan	9	2128	Jamestown	04:44.8	544	↑1	07:31.5	543	↑7	09:23.3	536	↑6	14:18.0	530	↔	15:27.0	530	↑3	16:24.2	527	↑7	19:10.7	520	↓2	23:56.5	07:41.9	--
523	Shultz, Andrew	JR	1085	Deep Run	04:45.0	547	↑7	07:29.8	540	↑9	09:21.4	531	↓12	14:31.5	543	↓3	15:44.9	546	↑7	16:39.8	539	↑6	19:26.6	533	↑10	23:57.3	07:42.2	--
524	Colvin, Ryan	JR	877	Colonial Forge	04:16.8	404	↓35	06:54.7	439	↓30	08:46.7	469	↓39	13:48.2	508	↓2	14:57.4	510	↑2	15:56.3	508	↓7	19:03.2	515	↓9	23:58.6	07:42.6	--
525	Libby, Gray	8	3647	Poquoson	04:25.2	462	↓5	07:00.7	467	↓5	08:48.1	472	↓31	13:43.9	503	↔	14:49.0	503	↑2	15:46.9	501	↔	18:44.0	501	↓24	24:00.1	07:43.1	255
526	Dundon, Jackson	JR	75	Alexandria City High School	04:32.1	507	↔	07:13.6	507	↓3	09:04.6	510	↑1	13:51.1	510	↑1	14:57.3	509	↑2	15:55.3	507	↓6	19:02.4	513	↓13	24:01.6	07:43.5	--
527	Boldon, Ryan	9	2489	Loudoun Valley	04:40.2	530	↓1	07:27.0	531	↓1	09:22.1	532	↑7	14:12.1	525	↓1	15:20.3	526	↑2	16:20.1	524	↑3	19:11.7	521	↓6	24:03.7	07:44.2	--
528	Damas, Justin	9	4209	St. Albans School	04:40.7	534	↑12	07:21.0	522	↓1	09:12.0	523	↓3	14:12.7	526	↑1	15:20.2	525	↑2	16:20.0	523	↓1	19:13.6	524	↓4	24:05.7	07:44.9	--
529	Moginthy, Tyler	9	1077	Deep Run	04:37.2	521	↓8	07:26.1	529	↑1	09:17.6	528	↓4	14:19.6	532	↔	15:30.3	532	↑2	16:29.9	530	↑4	19:14.4	526	↓3	24:06.0	07:45.0	--
530	McCoy, Everette	JR	2640	Maggie Walker	04:45.0	546	↑5	07:31.3	541	↓4	09:28.0	545	↑3	14:30.9	542	↑3	15:38.7	539	↑2	16:38.4	537	↑5	19:26.3	532	↓2	24:10.4	07:46.4	--
531	Kim, Jigme	9	3978	Sidwell Friends School	04:45.7	552	↓6	07:39.7	558	↔	09:39.1	558	↑5	14:40.8	553	↑1	15:48.4	552	↑7	16:45.3	545	↑4	19:33.8	541	↑10	24:12.0	07:46.9	--
532	Peers, Nathan	9	2120																									

Race #6: Boys JV (morning)

2024 VA XC Showcase  
Pole Green Park  
October 19, 2024

540	Abbundi, Travis	9	3443	Our Lady Of Good Counsel	04:46.3	554	↑3	07:37.8	551	↑1	09:30.6	550	↑1	14:37.8	549	↑2	15:45.3	547	↑6	16:43.9	541	↑7	19:26.8	534	↓6	24:27.0	07:51.7	--
541	Forkner, William	SR	4525	The Potomac School	04:29.5	495	↓16	07:16.8	511	↓4	09:07.6	515	↓9	14:11.3	524	↔	15:20.2	524	↓1	16:21.1	525	↓12	19:29.8	537	↓4	24:27.5	07:51.9	--
542	Callahan, Patrick	8	831	Collegiate	04:36.8	520	↓12	07:27.2	532	↓11	09:25.4	543	↑3	14:27.6	540	↑2	15:37.9	538	↑2	16:38.1	536	↓4	19:32.2	540	↓2	24:34.3	07:54.1	--
543	Lewis, Evan	SO	2701	Manchester High School	04:40.5	533	↓15	07:37.2	548	↓7	09:36.4	555	↑7	14:36.6	548	↑8	15:42.5	540	↓2	16:44.2	542	↓1	19:40.2	543	↔	24:40.2	07:55.9	--
544	Bernal, Andrew	JR	2080	Jamestown	04:38.7	528	↓14	07:31.3	542	↓9	09:31.2	551	↑1	14:39.4	550	↓1	15:48.2	551	↑1	16:49.2	550	↑4	19:43.6	546	↑2	24:44.9	07:57.5	--
545	Bauer, Luke	9	4519	The Potomac School	04:58.5	565	↑4	07:47.5	561	↑4	09:37.4	557	↑3	14:42.3	554	↑1	15:51.4	553	↑2	16:51.3	551	↑6	19:43.2	545	↔	24:47.1	07:58.2	--
546	Cai, David	9	4203	St. Albans School	04:33.6	513	↓3	07:18.1	516	↓5	09:11.1	521	↓6	14:14.0	527	↓2	15:24.8	529	↑1	16:26.7	528	↓8	19:29.1	536	↓10	24:51.2	07:59.5	--
547	Lin, Joshua	JR	1934	James Madison	04:38.3	527	↓3	07:26.7	530	↓5	09:23.3	535	↓10	14:33.2	545	↑3	15:43.2	542	↑2	16:42.6	540	↓4	19:42.7	544	↓3	24:56.8	08:01.3	--
548	Janus, Ilias	JR	4221	St. Albans School	04:43.0	540	↓6	07:33.6	546	↓1	09:29.3	547	↑3	14:32.3	544	↔	15:43.8	544	↓3	16:46.3	547	↔	19:48.9	547	↓1	24:59.4	08:02.1	--
549	May, Lucas	9	55	Albemarle	04:37.7	525	↓9	07:27.4	534	↓3	09:24.0	537	↓18	14:44.1	555	↔	15:56.4	555	↑2	16:59.3	553	↑1	20:02.2	552	↑3	25:04.0	08:03.6	--
550	Dowling, Ronin	SR	3358	North Stafford	04:35.1	518	↓6	07:22.9	524	↓9	09:22.3	533	↓4	14:26.1	537	↔	15:35.8	537	↑2	16:37.3	535	↓7	19:39.3	542	↓8	25:11.5	08:06.0	--
551	Cummins, Grant	SO	3966	Sidwell Friends School	04:46.6	557	↔	07:39.2	557	↓3	09:42.7	560	↑2	16:05.5	558	↑2	17:06.0	556	↑2	20:03.9	554	↑1	25:11.5	553	↑2	25:11.9	08:06.1	--
552	Burhouse, Jeffrey	9	3555	Patriot High School	04:29.1	492	↓27	07:20.0	519	↓19	09:24.1	538	↓3	14:30.5	541	↓2	15:43.4	543	↓9	16:52.2	552	↑4	19:55.7	548	↓4	25:14.8	08:07.1	--
553	Stetkevych, Andrew	9	63	Albemarle	04:58.5	566	↑1	07:54.6	565	↑1	09:56.8	564	↑5	16:16.1	559	↑1	17:16.6	558	↑2	20:14.6	556	↑2	25:14.8	554	↑1	25:17.2	08:07.8	--
554	Murthy, Shivank	SO	2641	Maggie Walker	05:00.5	567	↑1	08:00.4	566	↔	10:01.3	566	↑6	16:18.1	560	↑1	17:20.3	559	↑4	20:13.5	555	↔	25:17.2	555	↑1	25:20.6	08:08.9	--
555	Gillisple, Erik	9	2498	Loudoun Valley	04:28.4	487	↓12	07:09.0	499	↓9	09:04.2	508	↓31	14:27.4	539	↓6	15:44.1	545	↓1	16:45.6	546	↓4	19:58.6	550	↓5	25:22.4	08:09.5	--
556	Boyd, Conor	9	2081	Jamestown	04:30.6	499	↓26	07:23.9	525	↓15	09:24.5	540	↓16	14:45.2	556	↑2	15:56.0	554	↑5	16:47.8	549	↓2	19:59.4	551	↓5	25:23.2	08:09.8	--
557	Johns, Kamden	9	2098	Jamestown	04:45.9	553	↑4	07:37.6	549	↔	09:30.6	549	↑3	14:35.2	546	↓2	15:46.0	548	↔	16:47.5	548	↓1	19:57.0	549	↓8	25:32.0	08:12.6	--
558	Bennett, Lukas	SO	1482	Glen Allen High School	04:47.3	560	↑4	07:39.0	556	↓3	09:40.8	559	↓2	16:24.0	561	↑1	17:29.4	560	↑2	20:32.4	558	↑2	25:32.0	556	↓2	25:33.4	08:13.1	--
559	Nyhan, Seiji	9	3990	Sidwell Friends School	04:41.7	537	↓15	07:38.0	552	↓4	09:36.6	556	↓1	16:04.4	557	↔	17:07.2	557	↔	20:16.4	557	↔	25:33.4	557	↓2	25:35.9	08:13.9	--
560	Singson, Lakan	SO	4540	The Potomac School	05:03.5	570	↑2	08:04.9	568	↓1	10:08.6	569	↑7	16:35.5	562	↑1	17:36.4	561	↑2	20:36.0	559	↑1	25:35.9	558	↓2	26:24.7	08:29.5	--
561	Orabona, Aaron	9	1078	Deep Run	04:55.8	563	↔	07:52.6	563	↔	09:51.3	563	↓4	17:01.5	567	↑4	18:01.3	563	↑2	20:57.4	561	↑2	26:24.7	559	↓2	26:25.0	08:29.6	--
562	Kedzierski, Nathan	9	2100	Jamestown	05:03.5	569	↓1	08:06.9	570	↓2	10:21.1	572	↑8	16:57.5	564	↔	18:04.3	564	↑2	21:13.2	562	↑2	26:25.0	560	↓2	26:25.6	08:29.8	--
563	Lempke, Parker	8	1664	Grafton High School	05:11.6	574	↑1	08:21.5	573	↓1	10:32.8	574	↓1	17:17.5	575	↑3	18:20.8	572	↑7	21:31.6	565	↑4	26:25.6	561	↓2	26:27.6	08:30.5	--
564	Arias, Thomas	9	1564	Gonzaga College High School	05:23.8	580	↑1	08:38.1	579	↔	10:43.1	579	↑6	17:16.4	573	↑5	18:18.9	568	↑4	21:22.8	564	↑2	26:27.6	562	↓2	26:31.9	08:31.9	--
565	Sweeney, Matthew	9	2526	Loudoun Valley	05:04.3	573	↑2	08:12.6	571	↔	10:18.5	571	↑3	17:01.6	568	↑3	18:04.4	565	↑2	21:15.4	563	↔	26:31.9	563	↓2	26:45.2	08:36.1	--
566	Kist, Conner	SO	2101	Jamestown	05:01.2	568	↑1	08:03.4	567	↓1	10:05.0	568	↑5	16:41.5	563	↑1	17:48.3	562	↑2	20:54.0	560	↓4	26:45.2	564	↓2	26:53.1	08:38.7	--
567	Ausby, Patrick	1	3550	Patriot High School	05:12.5	575	↔	08:21.6	575	↔	10:32.9	575	↑1	17:17.1	574	↑3	18:20.6	571	↑4	21:32.3	567	↑2	26:53.1	565	↓2	26:56.3	08:39.7	--
568	Brooks, Julian	9	1062	Deep Run	05:16.8	576	↓1	08:27.0	577	↓1	10:40.8	578	↑2	17:30.7	576	↑1	18:36.4	575	↑5	21:47.8	570	↑4	26:56.3	566	↓2	26:58.4	08:40.4	--
569	Zeger, Owen	1	3584	Patriot High School	05:03.7	572	↑3	08:05.2	569	↓1	10:12.3	570	↔	17:14.4	570	↑1	18:19.7	569	↑3	21:32.3	566	↓1	26:58.4	567	↓2	27:00.6	08:41.1	--
570	Angadala, Sahith	8	1054	Deep Run	05:16.9	578	↑2	08:26.9	576	↓1	10:40.6	577	↔	17:31.1	577	↑1	18:36.6	576	↑5	21:48.5	571	↑3	27:00.6	568	↓2	27:03.9	08:42.2	--
571	Sheikh, Jibrael	9	4241	St. Albans School	05:03.7	571	↓1	08:14.1	572	↓1	10:26.2	573	↑1	17:15.8	572	↓1	18:21.1	573	↑5	21:33.2	568	↓1	27:03.9	569	↓2	27:34.7	08:52.1	--
572	Tavakolian, Navid	9	4972	Wheatley School	04:45.7	551	↓9	07:42.8	560	↓2	09:47.3	562	↓7	17:04.5	569	↑2	18:14.8	567	↓2	21:38.0	569	↓1	27:34.7	570	↓2	27:41.6	08:54.3	--
573	Sauer, Diego	JR	4468	The Covenant School	05:17.2	579	↑1	08:32.2	578	↓2	10:44.2	580	↑2	17:55.7	578	↑1	18:57.7	577	↑2	22:25.0	575	↑4	27:41.6	571	↓2	27:45.2	08:55.4	--
574	Witkowski, Benjamin	9	2275	Kettle Run	04:50.4	562	↓2	07:53.7	564	↓3	10:02.5	567	↓4	17:15.4	571	↓3	18:23.0	574	↑1	21:56.0	573	↑1	27:45.2	572	↓2	27:59.8	09:00.1	257
575	Babbitt, Eli	SO	4198	St. Albans School	04:35.4	519	↓31	07:37.8	550	↓11	09:45.7	561	↓5	16:59.4	566	↓4	18:20.2	570	↓2	21:52.3	572	↓1	27:59.8	573	↓2	28:02.7	09:01.1	--
576	Wilkins, Rydell	JR	914	Colonial Forge	05:24.8	581	↔	08:42.2	581	↔	10:50.5	581	↑2	18:13.6	579	↑1	19:20.4	578	↑2	22:41.9	576	↑2	28:02.7	574	↓2	28:12.8	09:04.3	--
577	Cutrell, Landon	SO	2493	Loudoun Valley	04:45.7	550	↓12	07:48.9	562	↓3	09:57.9	565	↔	16:57.9	565	↓1	18:10.4	566	↓8	21:58.2	574	↓1	28:12.8	575	↓2	29:08.6	09:22.3	--
578	Ramirez Guevara, Andre	9	2709	Manchester High School	04:57.7	564	↓10	08:21.6	574	↓2	10:38.4	576	↓4	18:23.8	580	↑1	19:28.6	579	↑2	23:00.0	577	↑1	29:08.6	576	↓2	30:15.3	09:43.7	--
579	Hardan, Eyas	SO	3973	Sidwell Friends School	05:16.9	577	↓3	08:40.1	580	↓2	11:02.2	582	↑1	19:17.2	581	↑1	20:31.9	580	↑2	24:18.2	578	↑1	30:15.3	577	↓2	31:17.4	10:03.7	--
580	Powell, Brady	JR	2266	Kettle Run	05:42.1	583	↔	09:25.9	583	↔	11:39.7	583	↑1	19:58.6	582	↑1	21:12.0	581	↑2	25:01.3	579	↑1	31:17.4	578	↓2	31:18.9	10:04.1	258