

Race 8: Girls Large Schools

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							
1	Mansfield, Mary	SR	2799	Matoaca High School	03:47.9	6	↑1	05:59.1	5	↑2	07:28.2	3	↑1	11:18.0	2	↔	12:08.7	2	↔	12:54.5	2	↑1	15:08.0	1	↔	18:57.9	06:05.9
2	Barnes, Laney	JR	399	Battlefield	03:35.4	1	↔	05:43.2	1	↔	07:13.5	1	↔	11:08.3	1	↔	12:02.1	1	↔	12:50.9	1	↓1	15:09.0	2	↔	18:58.8	06:06.2
3	Mullins, Evelyn	SO	2219	John Handley	03:41.4	2	↔	05:50.9	2	↔	07:21.0	2	↓1	11:18.6	3	↔	12:11.8	3	↔	12:58.8	3	↔	15:21.5	3	↔	19:22.3	06:13.7
4	Jayson, Cybil	SO	1245	Falls Church	03:53.7	19	↑3	06:11.1	16	↑2	07:47.5	14	↑1	11:50.2	13	↔	12:45.0	13	↑1	13:33.4	12	↑2	15:51.4	10	↑6	19:34.7	06:17.7
5	Garrouteigt, Myriam	JR	2247	Kellam	03:51.7	13	↑2	06:08.2	11	↑2	07:41.4	9	↑3	11:44.4	6	↔	12:40.7	6	↔	13:30.4	6	↑1	15:47.4	5	↔	19:42.7	06:20.3
6	Jackson, Eva	SO	2248	Kellam	03:52.6	15	↑3	06:08.6	12	↑1	07:42.5	11	↑1	11:47.8	10	↔	12:43.4	10	↔	13:32.4	10	↑4	15:47.9	6	↔	19:47.9	06:22.0
7	Coppler, Amelia	SO	4581	Thomas Dale	03:51.6	12	↑5	06:06.9	7	↔	07:40.6	7	↓1	11:45.6	8	↔	12:41.5	8	↑1	13:31.5	7	↓4	15:52.8	11	↑4	19:48.8	06:22.3
8	Kitchens, Elizabeth	JR	3158	Mountain View	03:52.3	14	↑1	06:08.7	13	↑1	07:45.1	12	↔	11:49.5	12	↔	12:44.6	12	↓1	13:35.0	13	↑1	15:54.1	12	↑4	19:50.7	06:22.9
9	Sawyer, Maddie	JR	4584	Thomas Dale	03:51.2	9	↑3	06:06.6	6	↔	07:39.3	6	↑2	11:38.9	4	↔	12:34.2	4	↔	13:23.9	4	↔	15:45.8	4	↓5	19:50.9	06:22.9
10	Warren, Ella	JR	2226	John Handley	03:49.4	8	↓1	06:07.5	9	↓1	07:42.4	10	↓1	11:48.6	11	↔	12:43.8	11	↔	13:32.7	11	↑2	15:50.9	9	↓1	19:51.2	06:23.0
11	Olszak, Sophia	SR	421	Bayside High School	03:52.6	16	↑2	06:09.2	14	↑1	07:45.7	13	↓1	11:51.0	14	↔	12:46.0	14	↔	13:36.0	14	↑1	15:54.4	13	↑2	19:55.3	06:24.3
12	Phillips, Isabella	SR	1251	Falls Church	03:52.9	17	↓1	06:11.9	18	↑2	07:49.8	16	↑1	11:57.5	15	↔	12:54.3	15	↓1	13:42.7	16	↔	15:59.6	16	↑4	19:56.4	06:24.7
13	Vass, Carter	9	3548	Patrick Henry (Ashland)	03:51.4	10	↑2	06:07.4	8	↔	07:41.3	8	↓1	11:46.3	9	↔	12:41.5	9	↑1	13:32.0	8	↔	15:50.8	8	↓5	19:56.6	06:24.8
14	Rice, Alexis	SO	1840	Hickory High School	03:56.2	27	↑7	06:14.6	20	↑3	07:50.0	17	↑1	12:01.0	16	↔	12:55.0	16	↑1	13:41.9	15	↔	15:59.5	15	↑1	19:57.5	06:25.0
15	Nelson, Allison	SR	4192	Spotsylvania	03:42.8	4	↑1	05:55.5	3	↓1	07:30.7	4	↓1	11:40.0	5	↔	12:36.7	5	↔	13:27.1	5	↓2	15:48.5	7	↓8	20:01.9	06:26.5
16	Arnold, Lucy	JR	397	Battlefield	03:42.6	3	↓1	05:55.7	4	↓1	07:32.6	5	↓2	11:44.5	7	↔	12:41.3	7	↓2	13:32.0	9	↓5	15:56.8	14	↓2	20:01.0	06:32.0
17	Rash, Callista	JR	2316	King George	04:01.9	44	↑9	06:24.0	35	↑8	08:00.1	27	↑6	12:08.9	21	↑1	13:04.8	20	↔	13:54.0	20	↑1	16:16.2	19	↑2	20:22.1	06:33.0
18	Ezrow, Alexandra	9	1451	Georgetown Day School	03:56.9	28	↑6	06:16.9	22	↑1	07:53.6	21	↑3	12:06.0	18	↑1	13:01.5	17	↔	13:51.6	17	↔	16:15.5	17	↓1	20:22.1	06:33.0
19	Carrier, Ameliah	SO	5031	Willow Spring	03:55.5	24	↑1	06:17.1	23	↑3	07:52.5	20	↔	12:07.4	20	↑1	13:03.4	19	↔	13:53.4	19	↑1	16:16.2	18	↓1	20:31.8	06:36.1
20	Stone, Jada	SO	3687	Potomac Falls	03:57.3	30	↔	06:21.0	30	↑2	08:01.2	28	↑3	12:17.9	25	↑2	13:14.5	23	↑1	14:04.3	22	↑1	16:28.2	21	↑1	20:32.3	06:36.2
21	Manso, Desiree	SO	2234	John R. Lewis High School	03:53.4	18	↑1	06:11.2	17	↓1	07:50.9	18	↑1	12:04.4	17	↓1	13:02.2	18	↔	13:53.3	18	↓2	16:20.6	20	↓1	20:34.7	06:37.0
22	Cleveland, Savanna	SR	980	Cosby	04:07.5	64	↑7	06:33.7	57	↑6	08:15.6	51	↑14	12:30.4	37	↑4	13:27.7	33	↑1	14:18.1	32	↑6	16:40.3	26	↑4	20:43.9	06:40.0
23	Gerard, Eva	9	583	Broad Run	03:55.1	23	↑2	06:16.2	21	↓1	07:55.7	22	↓2	12:16.9	24	↓1	13:15.6	25	↑1	14:07.1	24	↓1	16:35.3	25	↑2	20:45.1	06:40.4
24	Martin, Audrey	9	988	Cosby	04:05.6	57	↑7	06:30.8	50	↑9	08:11.6	41	↑8	12:27.4	33	↑1	13:26.1	32	↑2	14:17.0	30	↑2	16:42.8	28	↑2	20:45.4	06:40.5
25	spain, kate	SO	2253	Kellam	04:20.9	103	↑17	06:49.6	86	↑16	08:32.7	70	↑19	12:47.1	51	↑1	13:43.9	50	↑1	14:32.9	49	↑13	16:52.6	36	↑11	20:47.1	06:41.0
26	spain, mia	SO	2254	Kellam	04:21.2	107	↑22	06:49.6	85	↑14	08:33.0	71	↑19	12:47.9	52	↔	13:44.8	52	↑2	14:33.1	50	↑12	16:52.7	38	↑12	20:47.6	06:41.2
27	Welpott, Sage	SO	2227	John Handley	03:48.8	7	↓8	06:09.8	15	↓4	07:52.0	19	↓3	12:12.7	22	↔	13:12.7	22	↓1	14:04.4	23	↔	16:30.4	23	↓4	20:48.1	06:41.3
28	Borek, Naomi	SR	1448	Georgetown Day School	03:59.7	39	↑5	06:23.5	34	↑4	08:01.8	30	↑3	12:21.1	27	↑1	13:21.1	26	↔	14:11.9	26	↓1	16:40.8	27	↓1	20:49.9	06:41.9
29	Welpott, Seneca	SO	2228	John Handley	03:56.9	29	↑1	06:20.8	28	↓1	08:01.8	29	↑6	12:16.6	23	↓1	13:15.0	24	↓1	14:07.1	25	↑1	16:33.3	24	↓5	20:50.7	06:42.2
30	Pathak, Juhi	SR	1007	Courtland	03:46.8	5	↓5	06:07.9	10	↓5	07:48.0	15	↓4	12:07.3	19	↓2	13:06.1	21	↔	13:58.0	21	↓1	16:29.6	22	↓8	20:52.6	06:42.8
31	Grossman, Loren	SO	3059	Mills Godwin	04:01.5	42	↑2	06:27.2	40	↑2	08:10.5	38	↓3	12:33.7	41	↑2	13:32.6	39	↔	14:24.5	39	↓1	16:53.4	40	↑9	20:56.7	06:44.1
32	Tassell, Kenley	JR	2800	Matoaca High School	04:05.3	56	↑3	06:31.8	53	↑4	08:14.0	49	↑9	12:33.6	40	↑2	13:31.8	38	↑2	14:22.6	36	↑3	16:50.3	33	↑1	21:04.0	06:46.4
33	Roach, Nina	SR	2025	James River (Midlothian)	04:03.4	53	↑9	06:29.2	44	↔	08:12.3	44	↑10	12:28.9	34	↔	13:28.0	34	↔	14:19.4	34	↑4	16:47.0	30	↓3	21:05.8	06:47.0
34	Maddux, Keeley	JR	1899	J.R. Tucker High School	04:03.4	50	↑1	06:30.7	49	↑3	08:12.6	46	↑4	12:34.5	42	↑1	13:33.6	41	↑1	14:24.9	40	↑1	16:52.9	39	↑5	21:07.7	06:47.6
35	Boyle, Sadie	SR	1449	Georgetown Day School	04:07.1	62	↑2	06:34.8	60	↑7	08:17.3	53	↑9	12:35.5	44	↓1	13:34.8	45	↑4	14:25.3	41	↑7	16:51.5	34	↓1	21:08.2	06:47.8
36	Kasiraman, Nithya	JR	409	Battlefield	03:58.2	35	↑3	06:22.4	32	↔	08:02.7	32	↑3	12:22.6	29	↔	13:24.0	29	↔	14:16.3	29	↓2	16:47.4	31	↓5	21:09.8	06:48.3
37	Peterson, Susan	JR	3161	Mountain View	03:59.0	38	↑1	06:24.5	37	↔	08:08.5	37	↓1	12:33.4	38	↓4	13:33.7	42	↓2	14:26.5	44	↓1	16:56.0	45	↑8	21:10.3	06:48.5
38	Donnelly, Haley	SR	406	Battlefield	04:00.9	40	↑7	06:23.2	33	↑2	08:02.6	31	↑1	12:23.6	30	↔	13:24.3	30	↑2	14:16.0	28	↓4	16:47.5	32	↑6	21:10.8	06:48.6
39	Porter, Jayleh	9	2222	John Handley	03:56.1	26	↓3	06:20.9	29	↓4	08:03.8	33	↓2	12:29.5	35	↓1	13:29.8	36	↓1	14:23.0	37	↓5	16:54.0	42	↓3	21:11.8	06:48.9
40	Wilson, Emily	SO	3162	Mountain View	03:57.4	31	↑6	06:18.3	25	↑1	07:58.3	24	↓4	12:22.4	28	↑1	13:22.7	27	↔	14:15.7	27	↓2	16:42.9	29	↓11	21:11.8	06:48.9
41	Ford, Sydney	JR	1895	J.R. Tucker High School	04:04.0	54	↑2	06:31.6	52	↑5	08:13.1	47	↑1	12:35.7	46	↑3	13:33.9	43	↑1	14:25.7	42	↑5	16:52.7	37	↓4	21:14.6	06:49.8
42	Plummer, Caroline	SR	5035	Willow Spring	03:55.1	22	↓2	06:17.4	24	↓2	07:59.3	26	↓5	12:25.3	31	↔	13:25.5	31	↓2	14:18.5	33	↓2	16:51.7	35	↓7	21:15.0	06:50.0
43	Carter, Rania	SR	3694	Potomac Senior High School	04:01.0	41	↓1	06:28.2	42	↔	08:11.8	42	↓5	12:36.0	47	↑1	13:36.0	46	↔	14:29.5	46	↓3	17:01.5	49	↑6	21:15.7	06:50.2
44	Smartt, Danielle	JR	413	Battlefield	03:54.5	20	↑6	06:19.1	26	↑3	07:58.0	23	↓3	12:20.9	26	↓2	13:23.0	28	↓3	14:17.5	31	↓12	16:54.1	43	↓1	21:20.9	06:51.9
45	Grant, Alessia	SO	3156	Mountain View	03:51.4	11	↓8	06:13.0	19	↓6	07:58.9	25	↓7	12:27.1	32	↓3	13:28.2	35	↔	14:22.2	35	↓6	16:53.8	41	↓4	21:22.0	06:52.2
46	Cagni, Caitlin	SR	4455	Tallwood	04:06.7	60	↑5	06:33.0	55	↑5	08:14.2	50	↑7	12:34.7	43	↓1	13:34.4	44	↑1	14:26.4	43	↓3	16:57.0	46	↔	21:24.1	06:52.9
47	Zeller, Madelyn	SO	4862	Washington Latin Public Charter	04:02.6	47	↑1	06:29.5	46	↑6	08:11.1	40	↓8	12:37.0	48	↔	13:37.1	48	↑1	14:30.0	47	↔	16:57.9	47	↔	21:29.0	06:54.5
48	Truban, Stephanie	JR	2224	John Handley	03:56.1	25	↓6	06:21.7	31	↓3	08:03.9	34	↓2	12:29.7	36	↓1	13:30.2	37	↓1	14:23.3	38	↓6	16:55.5	44	↓4	21:29.8	06:54.7
49	Birkland, Emery	JR	2019	James River (Midlothian)	04:03.4	51	↑8	06:29.2	43	↔	08:12.1</																

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52	Priddy, Chloe	SO	2755	Massaponax	04:02.9	49	↓2	06:31.1	51	↓5	08:19.5	56	↓4	12:58.2	60	↔	14:00.9	60	↓1	14:56.8	61	↓2	17:32.3	63	↑11	21:50.4	07:01.4
53	Page, Ruth Louise	JR	2313	King George	04:21.8	108	↑8	06:57.4	100	↑9	08:42.3	91	↑16	13:09.9	75	↑5	14:08.4	70	↑2	15:00.5	68	↑9	17:31.1	59	↑6	21:51.2	07:01.6
54	Maddux, Evie	9	1898	J.R. Tucker High School	04:09.0	69	↑4	06:37.6	65	↑2	08:24.9	63	↑8	12:55.6	55	↑2	13:56.5	53	↓1	14:51.0	54	↔	17:25.6	54	↔	21:51.4	07:01.7
55	Norell, Isabella	JR	2250	Kellam	04:20.5	102	↑19	06:49.2	83	↑10	08:33.4	73	↑15	12:57.2	58	↑4	13:57.1	54	↑1	14:49.4	53	↔	17:24.8	53	↓2	21:51.8	07:01.8
56	Parris, Sydney	9	3441	Oscar Smith High School	03:54.6	21	↓6	06:20.4	27	↓8	08:04.9	35	↓14	12:38.3	49	↔	13:39.9	49	↓2	14:34.6	51	↔	17:18.5	51	↓5	21:52.2	07:01.9
57	Rinker, Audrey	SO	2223	John Handley	04:12.2	78	↑8	06:45.1	70	↑4	08:30.0	66	↓1	13:03.4	67	↑1	14:04.6	66	↑1	14:58.1	65	↓1	17:34.9	66	↑9	21:59.4	07:04.2
58	Berry, Shanell	SR	2753	Massaponax	04:03.4	52	↓6	06:33.9	58	↔	08:21.4	58	↓3	12:58.8	61	↔	14:01.0	61	↓1	14:57.1	62	↓3	17:34.7	65	↑7	22:00.5	07:04.6
59	Aierdi, Oneka	SO	4042	Smithfield	03:57.7	34	↓4	06:26.2	38	↓16	08:17.6	54	↓14	13:04.1	68	↓6	14:09.3	74	↑4	15:02.8	70	↓3	17:43.6	73	↑14	22:04.2	07:05.8
60	Norton, Ava	JR	4457	Tallwood	04:06.3	58	↓4	06:35.7	62	↑2	08:23.2	60	↓2	12:59.8	62	↔	14:01.4	62	↑2	14:56.2	60	↑2	17:30.4	58	↓2	22:05.0	07:06.0
61	Ross, Mary	SO	4194	Spotsylvania	03:57.7	32	↓9	06:28.0	41	↑7	08:13.8	48	↓24	13:05.3	72	↔	14:08.7	72	↑1	15:03.3	71	↑2	17:40.5	69	↑8	22:08.0	07:07.0
62	Porter, Evelyn	SO	4068	Smithfield	04:17.3	92	↓1	06:53.2	93	↑4	08:41.4	89	↔	13:23.9	89	↑5	14:27.3	84	↑2	15:20.1	82	↑5	17:53.0	77	↑15	22:09.0	07:07.3
63	Kuhn, Caroline	JR	985	Cosby	04:04.4	55	↑1	06:32.8	54	↓1	08:18.7	55	↑1	12:54.6	54	↓2	13:58.1	56	↓1	14:52.8	57	↓4	17:31.8	61	↓2	22:10.2	07:07.7
64	Salous, Alicia	SO	412	Battlefield	04:15.8	86	↑10	06:47.9	76	↑4	08:33.1	72	↑15	12:56.9	57	↑2	13:57.3	55	↔	14:51.2	55	↓1	17:28.4	56	↓8	22:10.8	07:07.9
65	Yates, Emily	JR	2401	Landstown High School	04:16.2	88	↑9	06:48.0	79	↑5	08:33.7	74	↑4	13:04.7	70	↑3	14:06.7	67	↔	15:00.1	67	↑3	17:33.6	64	↓1	22:12.1	07:08.3
66	Tuck, Katelyn	SR	992	Cosby	04:08.9	68	↑2	06:40.9	66	↓2	08:32.1	68	↑1	13:04.3	69	↑1	14:07.4	68	↓1	15:01.8	69	↑1	17:39.8	68	↑2	22:15.3	07:09.4
67	Kim, Emily	SR	3543	Patrick Henry (Ashland)	04:06.5	59	↓5	06:36.6	64	↑5	08:23.2	59	↓4	13:00.3	63	↔	14:02.9	63	↓3	14:58.4	66	↓1	17:37.6	67	↔	22:16.6	07:09.8
68	Johnson, Madeline	SR	1323	Forest Park	04:02.0	45	↓2	06:29.7	47	↓5	08:17.2	52	↓4	12:55.9	56	↓3	13:59.3	59	↔	14:53.4	59	↑2	17:29.0	57	↓11	22:17.9	07:10.2
69	Wolin, Zoe	9	1471	Georgetown Day School	04:26.6	126	↑36	06:52.3	90	↑6	08:38.0	84	↑19	13:02.7	65	↑1	14:03.5	64	↔	14:57.3	64	↑4	17:31.8	60	↓9	22:18.9	07:10.5
70	Weiderhold, Anna	SR	4196	Spotsylvania	03:57.7	33	↓15	06:30.3	48	↑9	08:20.7	57	↓17	13:06.7	74	↑5	14:08.1	69	↓3	15:03.5	72	↔	17:43.5	72	↑2	22:20.3	07:11.0
71	Witte, Ellie	JR	4585	Thomas Dale	04:19.4	97	↑13	06:49.2	84	↑7	08:34.8	77	↑4	13:06.6	73	↑2	14:08.6	71	↓2	15:04.5	73	↑2	17:42.8	71	↔	22:22.8	07:11.8
72	Shade, Addison	9	4195	Spotsylvania	04:07.3	63	↔	06:36.0	63	↑1	08:24.8	62	↓9	13:04.9	71	↑2	14:08.9	73	↓1	15:04.6	74	↑4	17:41.8	70	↓2	22:24.5	07:12.3
73	Morley, Kayla	JR	989	Cosby	04:02.6	48	↑3	06:29.5	45	↔	08:12.3	45	↓8	12:51.2	53	↓4	13:58.2	57	↓1	14:53.0	58	↓4	17:32.2	62	↓11	22:28.0	07:13.4
74	Smith, Katelyn	JR	2252	Kellam	04:21.0	105	↑14	06:52.5	91	↑4	08:41.0	87	↑4	13:20.8	83	↔	14:26.1	83	↓1	15:21.5	84	↑2	18:02.3	82	↑8	22:30.0	07:14.1
75	Mejia, Penelope	SO	2947	Mechanicsville High School	04:11.2	73	↑2	06:45.4	71	↓4	08:34.1	75	↓3	13:11.9	78	↓1	14:17.0	79	↑1	15:13.1	78	↑2	17:51.8	76	↑1	22:30.4	07:14.2
76	Wallace, Lydia	SR	584	Broad Run	04:16.0	87	↑15	06:46.7	72	↑5	08:30.6	67	↑3	13:00.8	64	↓1	14:03.6	65	↑2	14:57.1	63	↓12	17:50.5	75	↓1	22:31.5	07:14.6
77	Flynn, Sadie	9	3058	Mills Godwin	04:21.0	104	↑1	06:58.0	103	↑9	08:43.9	94	↑3	13:24.9	91	↑6	14:27.7	85	↔	15:21.9	85	↑2	18:02.8	83	↑6	22:31.7	07:14.6
78	Mercado Hurtado, Isabella	SO	227	Annandale	04:08.4	66	↓3	06:43.9	69	↓9	08:34.8	78	↓2	13:12.5	80	↑4	14:15.2	76	↔	15:09.5	76	↑2	17:49.0	74	↓4	22:32.2	07:14.8
79	Robinson, Jate	SO	2251	Kellam	04:27.0	128	↑12	07:03.8	116	↑12	08:51.5	104	↑11	13:33.4	93	↑1	14:33.9	92	↑3	15:27.3	89	↑4	18:05.0	85	↑6	22:33.1	07:15.1
80	Young, Julia	SR	1472	Georgetown Day School	04:06.9	61	↔	06:35.5	61	↓4	08:25.2	65	↓12	13:11.5	77	↔	14:16.4	77	↔	15:12.9	77	↓3	17:56.1	80	↔	22:34.0	07:15.4
81	Cunningham, Brook	SR	1894	J.R. Tucker High School	04:11.7	76	↓5	06:48.6	81	↓2	08:37.1	83	↑2	13:17.9	81	↑1	14:21.9	80	↔	15:18.7	80	↓4	18:03.3	84	↑3	22:38.7	07:16.9
82	Contreras, Kayli	SR	3155	Mountain View	04:15.1	82	↓12	06:53.6	94	↑6	08:41.2	88	↑3	13:22.2	85	↑4	14:24.8	81	↔	15:19.5	81	↑2	17:55.8	79	↓3	22:40.0	07:17.3
83	Grandison, Briana	JR	983	Cosby	04:11.6	75	↑2	06:47.3	73	↓6	08:35.7	79	↓8	13:23.0	87	↔	14:28.1	87	↔	15:24.2	87	↓1	18:09.2	88	↑5	22:43.8	07:18.5
84	McCombs, Evie	SO	3682	Potomac Falls	04:30.9	135	↑11	07:07.8	124	↑5	08:59.0	119	↑22	13:36.6	97	↑3	14:39.8	94	↔	15:35.5	94	↑1	18:17.1	93	↑9	22:46.3	07:19.3
85	Glendinning, Charlotte	JR	1455	Georgetown Day School	04:26.9	127	↑19	07:00.8	108	↑6	08:49.9	102	↓3	13:43.8	105	↑4	14:43.5	101	↑4	15:36.9	97	↑7	18:11.4	90	↑5	22:46.3	07:19.3
86	Duran, Delaney	SO	981	Cosby	04:11.3	74	↔	06:47.3	74	↓7	08:36.1	81	↓5	13:22.4	86	↓2	14:28.6	88	↓3	15:29.3	91	↓1	18:16.7	92	↑6	22:46.7	07:19.5
87	Alcorn, Mackenzie	SR	1543	Gloucester High School	04:46.0	160	↑11	07:34.2	149	↑5	09:25.4	144	↑18	14:02.3	126	↑8	15:06.5	118	↑2	16:00.6	116	↑10	18:35.1	106	↑19	22:47.6	07:19.7
88	Mohr, Chloe	SR	1837	Hickory High School	04:02.2	46	↓10	06:33.4	56	↓5	08:24.6	61	↓21	13:19.9	82	↓7	14:29.2	89	↓3	15:33.1	92	↓8	18:27.5	100	↑12	22:48.7	07:20.1
89	Sarver, Corey	SO	1841	Hickory High School	04:01.6	43	↓16	06:34.0	59	↓5	08:25.0	64	↓15	13:12.3	79	↑4	14:12.7	75	↔	15:07.4	75	↓3	17:55.2	78	↓11	22:48.9	07:20.2
90	Castrellon, Natalia	SR	2246	Kellam	04:21.8	109	↑13	06:54.2	96	↑1	08:44.9	95	↑3	13:28.6	92	↑1	14:33.1	91	↑3	15:27.2	88	↓1	18:09.2	89	↓1	22:49.1	07:20.2
91	Vicente, Meyli	SR	2225	John Handley	04:15.5	85	↓10	06:54.1	95	↑3	08:42.6	92	↑4	13:23.4	88	↑2	14:27.7	86	↔	15:23.1	86	↔	18:07.3	86	↓5	22:49.2	07:20.3
92	Martinez-Moreno, Sophia	SO	1900	J.R. Tucker High School	04:11.1	72	↓6	06:48.0	78	↓4	08:37.0	82	↓2	13:21.3	84	↑2	14:25.6	82	↓1	15:21.0	83	↓4	18:08.8	87	↓5	22:50.1	07:20.5
93	Bunn, Matilda	JR	3903	Rocktown	04:25.4	123	↑1	07:05.4	122	↑7	08:58.1	115	↑8	13:44.9	107	↑2	14:49.5	105	↑2	15:44.5	103	↑6	18:22.3	97	↑4	22:54.3	07:21.9
94	Haynie, Isabella	JR	984	Cosby	04:08.8	67	↔	06:41.0	67	↓2	08:32.3	69	↓7	13:11.2	76	↓2	14:16.9	78	↓1	15:14.5	79	↓2	17:58.0	81	↓13	22:55.4	07:22.3
95	Hawks, Zoe	9	3537	Patrick Henry (Ashland)	04:21.2	106	↓11	07:04.2	117	↔	08:58																

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104	Seymour, Peyton	SO	2399	Landstown High School	04:19.7	99	↔	06:55.5	99	↔	08:46.8	99	↓4	13:41.7	103	↔	14:48.0	103	↓3	15:47.8	106	↓3	18:38.5	109	↑5	23:25.0	07:31.8
105	White, Grace	JR	2801	Matoaca High School	04:10.1	71	↑3	06:43.1	68	↓12	08:36.0	80	↓15	13:34.3	95	↔	14:39.8	95	↓4	15:37.5	99	↓5	18:30.9	104	↓1	23:28.7	07:33.0
106	Colquitt, Sarah	JR	582	Broad Run	04:22.9	113	↑8	06:58.8	105	↓1	08:53.3	106	↓2	13:45.5	108	↑1	14:50.7	107	↑2	15:47.0	105	↓2	18:35.2	107	↑1	23:30.7	07:33.6
107	Engstrom, Kylee	SO	4052	Smithfield	04:18.4	94	↓13	07:00.0	107	↓13	08:59.3	120	↓2	13:58.2	122	↑1	15:07.5	121	↑2	16:05.9	119	↑4	18:49.8	115	↑8	23:35.2	07:35.0
108	Parker, Sophia	SO	2024	James River (Midlothian)	04:25.4	122	↓3	07:08.1	125	↔	09:02.1	125	↑1	13:59.4	124	↓1	15:09.1	125	↑4	16:06.4	121	↑4	18:52.1	114	↑9	23:35.3	07:35.1
109	Hynes, Anna	SO	3539	Patrick Henry (Ashland)	04:28.4	131	↑1	07:13.1	132	↑3	09:06.6	129	↑1	14:02.9	128	↑5	15:08.6	123	↑5	16:02.6	118	↑4	18:47.1	117	↑5	23:36.3	07:35.4
110	Blittle, Rachel	SO	1545	Gloucester High School	04:45.4	157	↑5	07:36.7	152	↑3	09:30.4	149	↑12	14:17.7	137	↑5	15:23.0	132	↑3	16:19.9	129	↑7	18:59.9	122	↑12	23:36.6	07:35.5
111	Juritsch, Maddie	SO	3542	Patrick Henry (Ashland)	04:22.7	112	↓6	07:04.4	118	↑7	08:57.0	111	↓4	13:52.3	115	↑2	14:58.9	113	↔	15:58.4	113	↑1	18:45.2	112	↑1	23:37.5	07:35.8
112	Kahler, Grayson	9	4583	Thomas Dale	04:46.1	161	↑13	07:31.3	148	↑1	09:28.0	147	↑12	14:15.6	135	↑4	15:22.8	131	↑3	16:19.8	128	↑5	19:02.1	123	↑11	23:38.0	07:35.9
113	Morgan, Rachel	JR	4065	Smithfield	04:18.5	95	↓11	06:59.7	106	↓10	08:58.1	116	↓3	13:57.3	119	↓3	15:07.7	122	↑2	16:06.1	120	↑2	18:53.7	118	↑5	23:38.5	07:36.1
114	Armstrong, Grace	SO	3676	Potomac Falls	04:31.1	136	↑6	07:12.5	130	↓1	09:07.7	131	↑6	14:00.8	125	↑1	15:08.6	124	↑2	16:06.8	122	↑3	18:54.3	119	↑5	23:38.6	07:36.1
115	Stines, Shelby	FR	5154	Clover Hill	04:26.0	125	↑4	07:05.1	121	↑9	08:57.7	112	↑1	13:47.1	111	↑1	14:54.7	110	↑1	15:53.0	109	↓1	18:40.5	110	↓5	23:39.8	07:36.5
116	Peters, Kylie	SR	2315	King George	04:23.6	117	↑3	07:03.0	114	↑4	08:56.7	110	↓6	13:53.0	116	↔	15:00.9	116	↑1	16:00.4	115	↓1	18:50.8	116	↔	23:41.5	07:37.1
117	Priddy, Olivia	SR	2756	Massaponax	04:09.7	70	↓10	06:48.2	80	↓13	08:43.2	93	↓11	13:42.9	104	↓2	14:50.2	106	↓2	15:50.1	108	↓3	18:41.9	111	↓6	23:44.4	07:38.0
118	Gregorie, Nadina	JR	3157	Mountain View	04:07.9	65	↓24	06:50.8	89	↓11	08:47.5	100	↓9	13:45.5	109	↔	14:53.7	109	↓1	15:53.2	110	↓3	18:45.5	113	↓5	23:48.3	07:39.3
119	Stapleton, Riley	JR	2027	James River (Midlothian)	04:17.5	93	↓4	06:54.8	97	↑1	08:44.9	96	↓5	13:38.5	101	↓1	14:46.9	102	↓2	15:44.8	104	↓1	18:31.5	105	↓14	23:50.2	07:39.9
120	Bullins, Sarah	SO	1547	Gloucester High School	04:46.7	163	↑6	07:39.7	157	↑7	09:33.1	150	↑9	14:27.1	141	↑1	15:31.9	140	↑2	16:30.0	138	↑9	19:15.1	129	↑9	24:03.1	07:44.0
121	Kim, Alaina	SR	2754	Massaponax	04:15.0	81	↓17	06:55.2	98	↓7	08:53.0	105	↓13	13:56.7	118	↓2	15:07.1	120	↓3	16:06.9	123	↓3	19:06.3	126	↑5	24:03.6	07:44.2
122	Kramer, Lyla	SO	4858	Washington Latin Public Charter	04:35.8	142	↔	07:24.3	142	↑1	09:21.0	141	↑5	14:17.4	136	↑2	15:25.6	134	↓1	16:26.6	135	↑2	19:16.7	133	↑11	24:09.7	07:46.1
123	Fann, Yasmeen	JR	4054	Smithfield	04:23.0	115	↑2	07:03.0	113	↓5	08:58.3	118	↓5	13:58.8	123	↓3	15:09.3	126	↑1	16:08.6	125	↓2	19:07.8	127	↑4	24:10.0	07:46.2
124	McQuinn, Kaley	SR	3684	Potomac Falls	04:45.8	159	↑6	07:37.9	153	↑1	09:34.2	152	↑10	14:27.3	142	↑1	15:33.2	141	↑1	16:30.9	140	↑10	19:15.6	130	↑6	24:11.7	07:46.8
125	Bauer, Lydia	SO	401	Battlefield	04:19.5	98	↓14	07:02.5	112	↑5	08:54.8	107	↓14	13:58.0	121	↑4	15:05.8	117	↔	16:01.1	117	↓3	18:54.5	120	↓5	24:13.6	07:47.4
126	JaneMolis, Anna	JR	5152	Clover Hill	04:25.6	124	↑4	07:04.7	120	↓3	08:59.9	123	↓8	14:09.2	131	↑1	15:21.5	130	↓1	16:21.8	131	↓3	19:17.5	134	↑8	24:16.1	07:48.2
127	Pioquinto-Chilel, Vanessa	JR	5034	Willow Spring	04:15.4	83	↓21	06:58.0	104	↓10	08:57.8	114	↓13	14:02.4	127	↔	15:10.3	127	↔	16:12.5	127	↑2	19:06.0	125	↓2	24:18.1	07:48.8
128	Park, Lydia	SR	4860	Washington Latin Public Charter	04:35.5	141	↔	07:23.9	141	↑2	09:19.0	139	↑7	14:14.3	132	↓1	15:25.3	133	↓1	16:26.4	134	↑3	19:15.9	131	↑3	24:18.4	07:48.9
129	States, Lily	SO	2400	Landstown High School	04:34.3	140	↑1	07:22.6	139	↑1	09:18.5	138	↔	14:20.7	138	↔	15:31.1	138	↓1	16:30.6	139	↑2	19:23.5	137	↑8	24:18.4	07:48.9
130	Estes, Raleigh	9	4053	Smithfield	04:23.4	116	↓7	07:07.1	123	↓1	09:01.6	124	↓10	14:15.1	134	↓2	15:27.9	136	↑3	16:26.2	133	↓7	19:28.1	140	↑10	24:20.2	07:49.5
131	England, Ciadan	SR	3679	Potomac Falls	04:30.8	134	↑7	07:08.8	127	↑6	08:59.4	121	↑7	13:51.1	114	↔	14:59.7	114	↔	15:58.7	114	↓14	19:14.4	128	↓3	24:22.7	07:50.3
132	Lenhardt, Kassandra	SO	1247	Falls Church	04:31.6	137	↔	07:18.2	137	↑1	09:17.9	136	↓4	14:23.6	140	↑1	15:31.4	139	↓2	16:31.6	141	↑3	19:27.4	138	↑6	24:22.9	07:50.4
133	Pirch, Emery	9	4193	Spotsylvania	04:47.2	165	↑6	07:41.8	159	↑4	09:40.8	155	↑6	14:43.4	149	↑3	15:52.7	146	↑2	16:50.9	144	↑1	19:40.9	143	↑10	24:24.0	07:50.7
134	Ordaz-Hernandez, Ashlee	SO	2023	James River (Midlothian)	04:37.5	145	↑1	07:25.9	144	↑2	09:24.3	142	↑3	14:22.8	139	↑2	15:28.2	137	↑1	16:26.9	136	↑4	19:16.0	132	↓2	24:24.3	07:50.8
135	Reisinger, Amy	9	3545	Patrick Henry (Ashland)	04:20.0	100	↓9	07:00.9	109	↑1	08:56.0	108	↓5	13:50.5	113	↑2	14:55.2	111	↔	15:53.6	111	↓10	18:55.5	121	↓14	24:25.7	07:51.3
136	Lopez, Karmyn	SO	2249	Kellam	04:27.3	130	↑1	07:09.2	129	↑1	09:04.3	128	↑8	13:58.0	120	↑1	15:07.0	119	↓5	16:07.4	124	↔	19:04.6	124	↓12	24:28.0	07:52.0
137	Kelly, Mackenzie	9	2310	King George	04:23.6	118	↑3	07:03.4	115	↓7	08:59.8	122	↓7	14:03.9	129	↑1	15:17.8	128	↓2	16:20.1	130	↓6	19:19.9	136	↓1	24:34.6	07:54.1
138	Acuto, Emily	SR	2018	James River (Midlothian)	04:36.9	144	↑1	07:24.7	143	↑3	09:20.6	140	↓3	14:30.2	143	↑1	15:41.7	142	↔	16:43.1	142	↔	19:38.9	142	↑4	24:42.2	07:56.6
139	Henry, Charlotte	SO	1243	Falls Church	04:16.9	89	↓3	06:53.0	92	↓6	08:46.7	98	↓2	13:36.1	96	↓1	14:41.0	97	↓3	15:38.4	100	↓3	18:30.4	103	↓36	24:42.5	07:56.7
140	Dodson, Grace	JR	4051	Smithfield	04:23.8	119	↓7	07:08.2	126	↑6	09:12.7	132	↑12	14:33.4	144	↔	15:47.1	144	↓1	16:51.3	145	↑1	19:54.1	144	↑4	24:48.6	07:58.6
141	Johnston, Kenzie	SR	3541	Patrick Henry (Ashland)	04:22.9	114	↓21	07:15.5	135	↓2	09:18.1	137	↓11	14:42.8	148	↑1	15:53.0	147	↑1	16:54.8	146	↓2	19:58.6	148	↑7	24:52.6	07:59.9
142	Allen, Grace	SR	3154	Mountain View	04:17.1	91	↓19	07:01.8	110	↓16	09:03.4	126	↓7	14:14.7	133	↓2	15:26.8	135	↓2	16:29.9	137	↓4	19:38.0	141	↓1	24:56.5	08:01.2
143	Schwenk, Lizzy	SO	2948	Mechanicsville High School	04:11.7	77	↔	06:47.9	77	↓20	08:45.2	97	↓13	13:46.3	110	↓2	14:56.5	112	↓14	16:11.8	126	↓9	19:18.6	135	↓8	24:58.8	08:01.9
144	Hemus, Madeline	SR	5032	Willow Spring	04:13.8	80	↓22	06:57.7	102	↓11	08:57.7	113	↓17	14:05.7	130	↑1	15:18.9	129	↓3	16:22.0	132	↓7	19:28.0	139	↓5	25:02.5	08:03.1
145	Beavers, Rachel	SO	3055	Mills Godwin	04:41.6	149	↑2	07:29.1	147	↑1	09:26.7	146	↓7	14:48.5	153	↑3	15:57.8	150	↓1	17:00.4	151	↑6	19:55.2	145	↔	25:11.9	08:06.1
146	Castillo Pena, Arianna	SO	223	Annandale	04:41.7	150	↑4	07:28.8	146																		

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156	EllisJohnson, Arianara	FR	5150	Clover Hill	04:30.7	133	↓5	07:19.0	138	↓5	09:24.7	143	↓8	14:45.6	151	↓1	16:00.6	152	↔	17:05.6	152	↔	20:12.4	152	↓4	25:43.1	08:16.2
157	Williamson, Lucy	9	2030	James River (Midlothian)	04:28.6	132	↑1	07:12.6	131	↓3	09:14.7	134	↓12	14:37.5	146	↑1	15:52.2	145	↓2	16:56.1	147	↓4	20:02.6	151	↓6	25:43.6	08:16.3
158	Henken, Eleanor	9	224	Annandale	04:47.0	164	↑8	07:39.4	156	↔	09:44.4	156	↓1	15:06.1	157	↑1	16:20.6	156	↔	17:21.7	156	↑1	20:23.6	155	↓3	25:48.8	08:18.0
159	Gray, Olivia	JR	1552	Gloucester High School	04:50.7	171	↑3	07:50.4	168	↑2	09:57.8	166	↓6	15:24.6	172	↑3	16:37.1	169	↑4	17:37.2	165	↔	20:43.2	165	↑6	25:49.8	08:18.3
160	Sylvester, Chloe	JR	1561	Gloucester High School	04:56.6	181	↑5	07:55.9	176	↑4	10:02.5	172	↑1	15:24.2	171	↑3	16:36.8	168	↔	17:39.8	168	↔	20:44.7	168	↑8	25:50.8	08:18.6
161	Scott, Zoe	SR	1559	Gloucester High School	04:55.1	175	↑3	07:53.1	172	↑4	09:59.4	168	↑2	15:21.1	166	↔	16:35.5	166	↓1	17:38.2	167	↔	20:43.9	167	↑6	25:51.8	08:19.0
162	Kimball, Kailyn	9	4951	Western Branch High School	04:43.4	154	↓6	07:42.7	160	↓1	09:49.2	161	↓1	15:14.9	162	↔	16:28.6	161	↓2	17:33.1	163	↑1	20:39.0	162	↔	26:02.2	08:22.3
163	Shaw, MARRISA	SO	5078	Woodside	04:41.4	148	↓15	07:45.1	163	↑1	09:51.5	162	↓3	15:20.7	165	↑1	16:33.9	164	↔	17:33.9	164	↑3	20:38.0	161	↓2	26:05.1	08:23.2
164	To, Mimi	SO	2029	James River (Midlothian)	04:38.1	146	↓5	07:35.0	151	↓3	09:38.9	154	↓2	15:03.2	156	↑1	16:18.1	155	↑1	17:17.6	154	↓2	20:26.7	156	↓8	26:06.1	08:23.6
165	Lively, Claire	SR	3712	Powhatan High School	04:31.8	138	↓2	07:23.7	140	↓8	09:29.0	148	↓6	14:52.1	154	↑1	16:08.3	153	↔	17:14.8	153	↓5	20:27.6	158	↓7	26:07.0	08:23.9
166	Simone, Karina	9	230	Annandale	04:47.6	166	↑8	07:40.6	158	↑1	09:46.2	157	↓2	15:07.9	159	↑2	16:21.0	157	↔	17:22.1	157	↓7	20:42.3	164	↓2	26:09.2	08:24.6
167	Beckman, Sina	9	222	Annandale	04:49.0	169	↔	07:50.6	169	↑2	09:57.9	167	↓1	15:22.5	168	↑1	16:36.6	167	↓2	17:42.2	169	↔	20:56.0	169	↑2	26:10.5	08:25.0
168	Brahmbhatt, Rajvi	JR	3677	Potomac Falls	04:45.6	158	↑4	07:38.3	154	↓6	09:48.4	160	↔	15:14.3	160	↔	16:27.9	160	↔	17:31.1	160	↓3	20:42.2	163	↓5	26:10.6	08:25.0
169	Le, Emily	9	3697	Potomac Senior High School	04:42.1	152	↓10	07:45.0	162	↓3	09:56.8	165	↓5	15:24.1	170	↓1	16:43.8	171	↔	17:50.2	171	↓1	21:01.4	172	↑3	26:16.8	08:27.0
170	Lynerd, Esther	SO	4829	Warwick	04:55.4	176	↓3	07:59.7	179	↑2	10:09.0	177	↑4	15:38.2	173	↑1	16:53.1	172	↔	17:57.2	172	↑2	20:59.1	170	↔	26:22.9	08:29.0
171	Torres, Nina	SR	661	Caroline High School	04:56.4	179	↓2	08:01.8	181	↑1	10:14.5	180	↑3	15:49.5	177	↑1	17:04.9	176	↔	18:11.6	176	↑2	21:19.0	174	↑3	26:35.1	08:32.9
172	Marshall, Isabella	SO	3713	Powhatan High School	04:42.4	153	↓2	07:39.1	155	↓3	09:47.1	158	↓9	15:22.1	167	↓3	16:39.0	170	↔	17:47.3	170	↓1	21:01.0	171	↓1	26:41.1	08:34.8
173	Lyman, Samantha	SR	2946	Mechanicsville High School	04:44.5	156	↓15	07:52.1	171	↓7	10:11.5	178	↔	15:50.6	178	↓1	17:11.4	179	↔	18:21.8	179	↑2	21:28.3	177	↑4	26:52.6	08:38.5
174	Cena, Caitlyn	SR	4046	Smithfield	04:58.3	183	↓4	08:08.5	187	↑3	10:20.9	184	↑5	15:52.7	179	↑2	17:07.3	177	↔	18:12.0	177	↑1	21:22.5	176	↑2	26:53.6	08:38.8
175	Golden, Charlotte	9	3710	Powhatan High School	05:00.6	186	↑3	08:06.4	183	↔	10:19.2	183	↑7	15:48.3	176	↑2	17:01.9	174	↔	18:05.5	174	↓1	21:21.0	175	↔	26:56.1	08:39.6
176	Hodell, Gretchen	SR	4582	Thomas Dale	04:51.9	172	↓3	07:54.0	175	↑1	10:03.9	174	↔	15:39.0	174	↑1	16:53.7	173	↔	17:57.6	173	↔	21:15.7	173	↓3	27:12.7	08:45.0
177	Edling, Sadie	JR	3708	Powhatan High School	04:58.2	182	↑4	07:58.6	178	↑3	10:05.6	175	↔	15:45.6	175	↔	17:03.6	175	↔	18:07.9	175	↓3	21:31.6	178	↑1	27:13.0	08:45.1
178	Snell, Audrey	JR	4458	Tallwood	05:05.6	191	↑6	08:07.1	185	↑3	10:16.2	182	↔	15:59.8	182	↑1	17:22.2	181	↔	18:30.5	181	↑1	21:45.0	180	↑2	27:16.7	08:46.3
179	Giosa, Danna	SR	3905	Rocktown	04:58.8	184	↑4	08:01.6	180	↑1	10:13.9	179	↓1	15:53.5	180	↑2	17:10.7	178	↔	18:18.5	178	↓1	21:37.7	179	↔	27:28.6	08:50.1
180	Helgeson, Erika	9	4456	Tallwood	05:06.8	193	↑7	08:08.2	186	↑1	10:23.7	185	↑1	16:08.8	184	↔	17:25.6	184	↑2	18:31.6	182	↑1	21:48.8	181	↑1	27:33.2	08:51.6
181	Thompson, Hannah	9	3061	Mills Godwin	05:05.8	192	↑3	08:17.6	189	↑1	10:29.1	188	↑2	16:09.6	186	↑3	17:25.1	183	↔	18:33.4	183	↔	21:52.2	183	↑2	27:41.9	08:54.4
182	McElveen, Josephine	SO	225	Annandale	04:49.0	168	↓2	07:51.9	170	↓6	10:05.8	176	↓7	16:02.6	183	↑1	17:22.5	182	↓3	18:34.3	185	↑1	21:55.4	184	↑2	27:45.5	08:55.5
183	Bond, Danielle	9	4580	Thomas Dale	05:17.9	195	↑1	08:31.5	194	↑4	10:39.4	190	↔	16:30.5	190	↑2	17:47.3	188	↔	18:56.0	188	↑2	22:16.1	186	↑3	27:57.6	08:59.4
184	Winters, Lauren	JR	5155	Clover Hill	04:44.3	155	↓9	07:46.6	164	↓5	09:59.6	169	↓12	15:54.3	181	↑1	17:14.3	180	↔	18:25.1	180	↓2	21:50.9	182	↓2	28:11.2	09:03.8
185	Domingus, Naomi	9	3904	Rocktown	05:01.0	187	↑5	08:02.6	182	↓5	10:24.5	187	↓2	16:30.4	189	↔	17:55.2	189	↔	19:06.2	189	↑2	22:28.7	187	↓2	28:13.7	09:04.6
186	LaParra, Sophia	9	3696	Potomac Senior High School	04:50.1	170	↓4	07:53.9	174	↓7	10:15.6	181	↓6	16:10.0	187	↔	17:40.7	187	↔	18:55.7	187	↓1	22:33.9	188	↑2	28:21.5	09:07.1
187	Webb, Gabriella	9	3062	Mills Godwin	05:05.5	190	↑2	08:17.4	188	↑2	10:24.1	186	↑1	16:09.4	185	↔	17:27.2	185	↑1	18:34.3	184	↓1	22:04.8	185	↓2	28:23.0	09:07.6
188	Paci, Catherine	JR	4859	Washington Latin Public Charter	05:19.5	196	↑1	08:34.8	195	↑1	10:48.4	194	↑3	16:45.5	191	↑1	18:04.2	190	↔	19:14.2	190	↑1	22:38.9	189	↑1	28:56.9	09:18.5
189	Mckinzie, Anna	JR	4830	Warwick	04:56.0	177	↓7	08:07.1	184	↓5	10:34.4	189	↓4	16:52.7	193	↑1	18:15.8	192	↑1	19:28.0	191	↑1	22:58.6	190	↑1	29:06.1	09:21.4
190	Smith, Emma	9	3060	Mills Godwin	05:17.3	194	↓2	08:48.1	196	↔	11:06.5	196	↑1	17:38.9	195	↑2	18:56.7	193	↔	20:11.7	193	↑2	23:37.4	191	↑1	30:03.7	09:40.0
191	Smartschan, Sally	JR	3714	Powhatan High School	05:03.9	188	↓2	08:18.3	190	↓2	10:43.2	192	↔	16:52.5	192	↑1	18:15.6	191	↓1	19:29.2	192	↔	23:47.4	192	↑1	30:13.8	09:43.2
192	Edwards, Britney	SO	4949	Western Branch High School	05:04.1	189	↓3	08:23.1	192	↓1	10:45.1	193	↓1	17:29.1	194	↓1	19:06.3	195	↔	20:20.0	195	↑2	24:19.8	193	↑1	30:48.7	09:54.4
193	Culpepper, Kaylan	JR	3695	Potomac Senior High School	04:56.5	180	↓13	08:31.1	193	↑2	10:42.8	191	↑4	17:29.1	195	↑1	19:04.1	194	↔	20:13.3	194	↔	24:40.9	194	↑1	31:11.1	10:01.6
194	Edling, Violet	JR	3709	Powhatan High School	05:39.2	199	↓1	09:14.9	200	↑1	11:46.1	199	↑3	18:28.2	196	↔	20:01.0	196	↔	21:19.1	196	↑1	25:17.6	195	↑1	31:57.8	10:16.7
195	Hunter, Lenaya	SO	5077	Woodside	05:39.8	200	↑1	09:14.3	199	↓1	11:46.5	200	↑3	18:56.4	197	↔	20:33.6	197	↔	21:59.3	197	↑1	26:00.1	196	↑1	32:57.3	10:35.8
196	Pinon, Katherine	9	4953	Western Branch High School	05:28.7	197	↔	09:00.4	197	↔	11:36.5	197	↓1	19:06.4	198	↔	20:45.9	198	↔	22:05.0	198	↑1	26:28.6	197	↑1	33:31.9	10:46.9
197	Diong, Rasheeda	SO	2942	Mechanicsville High School	05:31.8	198	↔	09:09.4	198	↔	11:41.9	198	↓1	24:36.8	199	↔	25:47.8	199	↔	30:08.6	199	↑1					