

Race #9: Boys 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	Score							
1	Wootten, Parker	SO	978	Cosby	03:08.5	2	↔	05:01.1	2	↔	06:16.6	2	↑1	09:29.7	1	↔	10:14.5	1	↔	10:53.0	1	↔	12:45.6	1	↔	15:58.2	05:08.1	1
2	Hamnett, Hugo	JR	1877	J.R. Tucker High School	03:08.4	1	↓2	05:01.2	3	↔	06:17.4	3	↑1	09:33.5	2	↔	10:18.4	2	↔	10:57.7	2	↔	12:50.1	2	↔	16:00.4	05:08.8	2
3	Bauer, Owen	JR	381	Battlefield	03:13.8	14	↑1	05:05.7	13	↑1	06:25.0	12	↑7	09:43.9	5	↔	10:30.8	5	↓1	11:10.5	6	↑1	13:06.1	5	↑2	16:24.4	05:16.5	3
4	Ragsdale, Aiden	SO	1234	Falls Church	03:08.7	3	↑2	05:00.9	1	↔	06:16.6	1	↓2	09:35.4	3	↔	10:24.5	3	↔	11:05.9	3	↔	13:02.5	3	↓1	16:24.5	05:16.6	4
5	Wike, Eli	JR	3675	Potomac Falls	03:10.1	8	↑4	05:02.1	4	↔	06:22.0	4	↓2	09:45.7	6	↔	10:33.0	6	↑1	11:10.2	5	↓1	13:07.8	6	↑1	16:27.6	05:17.6	5
6	Meleason, Noah	SO	2207	John Handley	03:12.3	11	↔	05:04.8	11	↑2	06:23.5	9	↑5	09:43.7	4	↔	10:30.2	4	↔	11:09.9	4	↔	13:05.4	4	↓2	16:29.6	05:18.2	6
7	Evans, Kaleb	SR	4573	Thomas Dale	03:13.3	12	↓2	05:05.8	14	↔	06:26.5	14	↑2	09:51.7	12	↔	10:38.9	12	↔	11:19.5	12	↑5	13:15.1	7	↔	16:37.0	05:20.6	7
8	Everett, Gabriel	SO	4941	Western Branch High School	03:14.1	16	↔	05:06.5	16	↔	06:28.0	16	↑3	09:52.0	13	↓1	10:39.6	14	↑1	11:19.9	13	↑3	13:16.8	10	↑2	16:39.7	05:21.4	8
9	Jackson, Gavin	JR	3669	Potomac Falls	03:14.8	22	↑3	05:07.4	19	↔	06:28.4	19	↑5	09:52.4	14	↑1	10:39.2	13	↑3	11:18.5	10	↑1	13:16.0	9	↔	16:39.9	05:21.5	9
10	Patel, Ayush	SO	392	Battlefield	03:13.9	15	↔	05:06.2	15	↑2	06:25.1	13	↑4	09:48.8	9	↔	10:36.7	9	↑1	11:17.7	8	↓3	13:16.9	11	↑1	16:40.3	05:21.6	10
11	Dudenhefer, Matthew	SR	658	Caroline High School	03:17.3	37	↑11	05:11.7	26	↑3	06:31.2	23	↓1	09:59.1	24	↑1	10:47.0	23	↑3	11:26.6	20	↑5	13:21.1	15	↑4	16:44.1	05:22.9	--
12	Fancher, Tristan	JR	1820	Hickory High School	03:09.2	5	↓3	05:04.2	8	↓2	06:24.1	10	↓1	09:50.5	11	↔	10:38.1	11	↑2	11:18.2	9	↑1	13:15.2	8	↓4	16:46.5	05:23.6	11
13	Wells, Andrew	SO	581	Broad Run	03:14.3	18	↓2	05:08.3	20	↓1	06:30.3	21	↔	09:58.1	21	↑1	10:46.1	20	↓1	11:26.7	21	↑4	13:25.1	17	↑4	16:47.8	05:24.1	--
14	Manny, Finnegan	SO	2241	Kellam	03:15.3	25	↑4	05:09.3	21	↑1	06:28.7	20	↑4	09:53.6	16	↑1	10:41.2	15	↔	11:21.7	15	↑2	13:19.6	13	↓1	16:48.5	05:24.3	12
15	Barbulescu, Jack	SR	5023	Willow Spring	03:15.1	24	↑1	05:10.8	23	↓1	06:31.4	24	↑2	09:58.6	22	↔	10:46.7	22	↔	11:27.4	22	↑3	13:27.2	19	↑4	16:50.1	05:24.8	13
16	Schubert, Zach	JR	1830	Hickory High School	03:08.9	4	↓1	05:02.6	5	↓1	06:22.5	6	↑1	09:48.5	8	↑1	10:35.3	8	↓5	11:17.4	7	↓5	13:18.0	12	↓4	16:51.9	05:25.4	14
17	Gurchmeier, Max	JR	1220	Falls Church	03:14.7	20	↑2	05:06.9	18	↑1	06:28.3	17	↓1	09:56.1	18	↔	10:44.5	18	↑2	11:25.4	16	↔	13:24.7	16	↓1	16:53.1	05:25.8	15
18	Gushi, Alex	JR	387	Battlefield	03:15.3	26	↑2	05:11.5	24	↓4	06:34.1	28	↑3	10:00.1	25	↔	10:49.0	25	↑1	11:29.5	24	↑1	13:30.8	23	↑5	16:54.5	05:26.2	16
19	Koonce, Keon	SR	2390	Landstown High School	03:18.5	39	↑2	05:18.8	41	↑4	06:41.0	37	↑5	10:08.9	32	↑2	10:55.7	30	↑2	11:35.3	28	↑3	13:33.1	25	↑6	16:54.8	05:26.3	17
20	Wingear, Timlthy	SO	2307	King George	03:14.1	17	↑8	05:04.7	9	↑4	06:22.2	5	↓2	09:48.4	7	↓1	10:36.6	8	↓3	11:19.0	11	↓3	13:19.8	14	↓6	16:55.0	05:26.4	18
21	Craig, Evan	JR	5025	Willow Spring	03:15.4	27	↑5	05:10.7	22	↔	06:30.9	22	↓1	09:58.9	23	↑2	10:46.4	21	↓2	11:27.5	23	↑3	13:27.5	20	↓1	16:55.2	05:26.4	19
22	Pons, Cairo	SO	3150	Mountain View	03:19.5	43	↑7	05:17.3	36	↑6	06:37.6	30	↑1	10:05.6	29	↑1	10:54.0	28	↑1	11:34.4	27	↑3	13:32.7	24	↑2	16:55.9	05:26.7	20
23	Murias, Juan	SR	2012	James River (Midlothian)	03:19.7	44	↑10	05:16.7	34	↑3	06:37.8	31	↑1	10:06.0	30	↑1	10:54.8	29	↓1	11:35.8	30	↑2	13:35.6	28	↑5	16:59.3	05:27.7	21
24	Ricardez, Alejandro	JR	1885	J.R. Tucker High School	03:10.7	9	↓1	05:04.8	10	↑3	06:22.6	7	↓8	09:52.5	15	↓1	10:42.6	16	↓1	11:25.5	17	↓4	13:27.8	21	↓3	17:00.6	05:28.2	22
25	Lyster, Cillian	JR	4847	Washington Latin Public Charter	03:09.9	7	↔	05:03.4	7	↓4	06:24.2	11	↓8	09:56.6	19	↔	10:45.2	19	↑1	11:25.9	18	↓4	13:28.7	22	↓3	17:01.2	05:28.4	23
26	Doran, Matthew	SR	2206	John Handley	03:15.9	30	↑1	05:12.1	29	↑4	06:31.6	25	↑8	09:55.4	17	↔	10:44.1	17	↓2	11:26.2	19	↑1	13:26.4	18	↓8	17:02.5	05:28.8	24
27	Miller-Jackson, Jeremiah	SR	4187	Spotsylvania	03:15.6	28	↔	05:12.0	28	↑1	06:33.0	27	↔	10:03.2	27	↑1	10:50.7	26	↔	11:32.7	26	↔	13:33.9	26	↓1	17:05.3	05:29.7	25
28	Matrougi, Adam	SO	2391	Landstown High School	03:19.8	45	↔	05:21.2	45	↑1	06:46.3	44	↑2	10:20.4	42	↑4	11:07.7	38	↓1	11:49.2	39	↑5	13:47.8	34	↑6	17:08.9	05:30.8	26
29	Yost, Hudson	SO	2017	James River (Midlothian)	03:27.2	78	↑4	05:28.9	74	↑12	06:53.0	62	↑17	10:21.8	45	↑3	11:09.5	42	↑2	11:49.6	40	↑5	13:48.9	35	↑6	17:08.9	05:30.8	27
30	Stanger, Aaron	JR	4577	Thomas Dale	03:24.7	68	↑22	05:21.8	46	↑5	06:43.4	41	↑8	10:10.6	33	↔	10:58.5	33	↑2	11:39.3	31	↑2	13:39.0	29	↓1	17:09.4	05:31.0	28
31	Bradshaw, Evan	JR	951	Cosby	03:24.6	66	↑13	05:25.2	53	↑2	06:49.3	51	↑12	10:18.3	39	↑3	11:05.6	36	↑1	11:48.1	35	↑4	13:43.9	31	↔	17:10.0	05:31.2	29
32	Ma, Victor	JR	1880	J.R. Tucker High School	03:11.5	10	↓7	05:06.5	17	↓1	06:28.4	18	↓2	09:57.9	20	↓4	10:47.2	24	↓1	11:29.6	25	↓2	13:34.3	27	↓5	17:11.1	05:31.5	30
33	Hamblin, Tyler	JR	3665	Potomac Falls	03:22.8	52	↑4	05:23.5	48	↑2	06:47.1	46	↑6	10:19.3	40	↔	11:08.2	40	↑2	11:49.1	38	↑2	13:50.1	36	↑3	17:12.1	05:31.9	31
34	Espinoza, Colin	SO	3133	Mountain View	03:20.4	46	↑4	05:19.0	42	↑4	06:41.2	38	↑3	10:12.6	35	↑1	11:01.4	34	↑1	11:44.4	33	↔	13:46.5	33	↓1	17:12.9	05:32.1	32
35	Stacey, Adrian	SO	974	Cosby	03:23.8	60	↑8	05:25.0	52	↔	06:49.6	52	↓1	10:23.9	53	↔	11:12.5	53	↑2	11:54.0	51	↑13	13:52.5	38	↑3	17:16.7	05:33.3	33
36	Buchanan, Cole	SR	2237	Kellam	03:33.2	104	↑21	05:32.7	83	↑13	06:54.3	70	↑21	10:22.9	49	↑1	11:11.1	48	↑7	11:51.4	41	↑9	13:46.1	32	↓4	17:19.2	05:34.1	34
37	Joyce, Mack	SR	3527	Patrick Henry (Ashland)	03:24.3	64	↑2	05:26.8	62	↑12	06:49.2	50	↓7	10:24.5	47	↑1	11:13.1	56	↔	11:55.1	56	↑6	13:57.4	50	↑13	17:20.3	05:34.5	35
38	Wolin, Oliver	JR	1446	Georgetown Day School	03:13.8	13	↓12	05:11.6	25	↓4	06:34.5	29	↓2	10:07.5	31	↔	10:57.5	31	↓1	11:40.6	32	↑2	13:42.7	30	↓8	17:20.5	05:34.6	36
39	Sides, James	JR	420	Bayside High School	03:29.3	93	↑14	05:30.9	79	↑6	06:54.7	73	↑11	10:28.1	62	↑2	11:17.0	60	↑2	11:57.3	58	↑9	13:56.9	49	↑10	17:21.4	05:34.9	37
40	Konieczka, Zachary	JR	5028	Willow Spring	03:24.2	62	↑7	05:25.7	55	↑6	06:48.4	49	↑8	10:20.3	41	↓2	11:09.8	43	↔	11:51.6	43	↑2	13:54.3	41	↑1	17:22.3	05:35.1	38
41	Runner, Ichiro	JR	5074	Woodside	03:14.7	21	↓17	05:17.8	38	↓4	06:43.6	42	↓6	10:22.7	48	↑4	11:10.3	44	↓5	11:52.8	49	↑7	13:54.6	42	↑1	17:23.6	05:35.6	39
42	Gerard, Ian	SR	579	Broad Run	03:22.9	54	↔	05:25.6	54	↓4	06:51.2	58	↑2	10:24.5	56	↑2	11:12.9	54	↓1	11:55.1	55	↑2	13:51.1	53	↑11	17:24.1	05:35.7	--
43	Newlin, Davis	SO	2013	James River (Midlothian)	03:27.8	85	↑9	05:29.4	76	↑11	06:53.3	65	↑15	10:23.0	50	↑3	11:10.8	47	↓1	11:52.6	48	↑9	13:52.7	39	↓4	17:25.6	05:36.2	40
44	Pruitt, Jackson	JR	2242	Kellam	03:33.3	106	↑21	05:32.9	85	↑11	06:54.9	74	↑20	10:24.1	54	↑5	11:12.0	49	↑7	11:51.6	42	↑5	13:50.4	37	↓7	17:27.3	05:36.8	41
45	Sehl, Carter	SO	1886	J.R. Tucker High School	03:19.0	41	↓3	05:20.1	44	↓4	06:47.8	48	↑2	10:21.9	46	↔	11:10.6	46	↓4	11:53.4	50	↑6	13:55.8	44	↓1	17:30.0	05:37.6	42
46	Morrison, Brady	JR	391	Battlefield	03:36.3	131	↑32	05:37.2	99	↑16	07:00.0	83	↑15	10:32.1	68	↑2	11:21.9	66	↑4	12:02.5	62	↑4	14:03.3	58	↑12	17:30.4	05:37.7	43
47	Greeson, Isaac	SR	2790	Matoaca High School	03:23.5	59	↑12	05:22.3	47	↑2	06:46.6	45	↓13	10:24.7	58	↑1	11:14.0	57	↑4	11:54.6	53	↑5	13:56.4	48	↑1	17:30.4	05:37.7	44
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55	Nickels, Aidan	SR	3529	Patrick Henry (Ashland)	03:24.3	63	↑3	05:26.5	60	↑6	06:50.3	54	↓6	10:26.3	60	↑1	11:16.6	59	↔	11:59.3	59	↑2	14:01.8	57	↑2	17:43.5	05:42.0	52
56	Holt, Clark	JR	3141	Mountain View	03:19.1	42	↑3	05:17.9	39	↑6	06:38.8	33	↓1	10:11.7	34	↓1	11:03.4	35	↓2	11:48.9	37	↓9	13:56.1	46	↓10	17:46.7	05:43.0	53
57	Fitzgibbons, James	SO	1417	Georgetown Day School	03:16.8	34	↓3	05:17.7	37	↓2	06:41.7	39	↓5	10:21.7	44	↓8	11:12.5	52	↓5	11:57.0	57	↓2	14:03.7	59	↑2	17:47.5	05:43.2	54
58	Roche, Griffin	9	2243	Kellam	03:33.4	107	↑19	05:33.2	88	↑21	06:53.8	67	↑15	10:23.9	52	↑2	11:12.1	50	↑3	11:52.4	47	↓5	13:58.1	52	↓6	17:48.5	05:43.6	55
59	Wallace, Jayden	JR	4189	Spotsylvania	03:14.4	19	↑7	05:05.5	12	↓3	06:27.1	15	↓13	10:05.3	28	↓4	10:58.2	32	↓2	11:44.8	34	↓21	13:59.2	55	↓4	17:49.0	05:43.7	56
60	Greer, Logan	9	4025	Smithfield	03:30.1	95	↑3	05:35.4	92	↑4	07:01.0	88	↓2	10:46.0	90	↑1	11:37.0	89	↓2	12:20.0	91	↑5	14:25.0	86	↑26	17:49.6	05:43.9	57
61	Slaughter, Finn	JR	2211	John Handley	03:22.6	51	↑1	05:24.7	50	↓3	06:50.1	53	↓13	10:31.3	66	↓1	11:22.9	67	↔	12:06.8	67	↔	14:16.1	67	↑6	17:50.0	05:44.1	58
62	Dosen, Nathaniel	JR	205	Annandale	03:21.9	49	↓15	05:26.9	64	↓8	06:54.7	72	↓3	10:37.7	75	↓1	11:29.3	76	↓1	12:13.0	77	↑3	14:19.9	74	↑12	17:50.1	05:44.1	59
63	Parrish, Marcus	SR	3531	Patrick Henry (Ashland)	03:24.6	67	↑4	05:26.9	63	↑7	06:51.0	56	↓5	10:27.8	61	↓1	11:18.5	62	↓1	12:02.6	63	↑2	14:11.9	65	↑2	17:50.5	05:44.2	60
64	Wood, Caleb	JR	3053	Mills Godwin	03:31.6	98	↓18	05:40.9	116	↑7	07:08.7	109	↑12	10:48.7	97	↑2	11:39.5	95	↑2	12:21.6	93	↑10	14:24.0	83	↑19	17:51.2	05:44.4	61
65	Krull, Aidan	SO	2240	Kellam	03:35.2	123	↑18	05:38.2	105	↑14	07:02.1	91	↑13	10:39.0	78	↓1	11:29.8	79	↑5	12:12.2	74	↑5	14:16.8	69	↑4	17:52.4	05:44.8	62
66	Breville, Noah	9	2236	Kellam	03:32.8	103	↑19	05:32.8	84	↑16	06:54.0	68	↑4	10:30.3	64	↓1	11:21.6	65	↓1	12:06.1	66	↔	14:14.0	66	↔	17:52.9	05:45.0	--
67	Richardson, Jaiden	SR	424	Bethel	03:41.6	167	↑30	05:45.4	137	↑16	07:12.5	119	↑23	10:48.6	96	↑4	11:38.2	92	↑2	12:19.7	90	↑8	14:22.9	82	↑15	17:52.9	05:45.0	--
68	Kuzara, Jack	SO	389	Battlefield	03:35.9	128	↑13	05:40.2	115	↑13	07:05.8	102	↑14	10:44.6	88	↑1	11:36.1	87	↑3	12:17.9	84	↑3	14:22.8	81	↑13	17:53.2	05:45.1	63
69	Valasko, Jackson	JR	4188	Spotsylvania	03:34.5	117	↑23	05:35.7	94	↑8	07:00.7	86	↑10	10:38.1	76	↑5	11:28.0	71	↑2	12:10.5	69	↑1	14:16.7	68	↓1	17:53.6	05:45.2	64
70	Greer, Caleb	9	4024	Smithfield	03:27.5	81	↓8	05:33.3	89	↔	07:01.0	89	↔	10:45.2	89	↑1	11:36.3	88	↔	12:19.1	88	↑3	14:24.6	85	↑15	17:53.9	05:45.3	65
71	Himmelberger, Zack	JR	3668	Potomac Falls	03:27.0	77	↑6	05:27.9	71	↑5	06:53.4	66	↑1	10:30.3	65	↑1	11:19.7	64	↑3	12:01.6	61	↑1	14:04.5	60	↓11	17:54.4	05:45.5	66
72	Musgrove, Aidan	JR	1230	Falls Church	03:31.1	96	↑3	05:35.6	93	↑3	07:02.0	90	↑8	10:42.5	82	↓1	11:32.8	83	↔	12:16.2	83	↑7	14:20.8	76	↑4	17:57.4	05:46.4	67
73	Karlsson, Landon	9	964	Cosby	03:34.5	116	↓4	05:42.4	120	↑14	07:08.1	106	↑11	10:48.2	95	↑1	11:38.6	94	↑5	12:19.5	89	↑2	14:25.2	87	↑14	17:57.9	05:46.6	68
74	Leopold, Andrew	JR	1431	Georgetown Day School	03:25.4	71	↓2	05:28.5	73	↓2	06:55.1	75	↑4	10:36.5	71	↓1	11:28.5	72	↑1	12:11.5	71	↔	14:18.0	71	↓3	17:58.1	05:46.7	69
75	Crombie, Sam	JR	2290	King George	03:33.2	105	↑4	05:37.8	101	↑8	07:03.1	93	↑7	10:44.0	86	↔	11:35.7	86	↓1	12:19.1	87	↓2	14:26.2	89	↑14	17:59.5	05:47.1	70
76	Reece, Clay	SO	423	Bethel	03:38.2	146	↑8	05:45.4	138	↑16	07:13.2	122	↑21	10:52.0	101	↑3	11:41.2	98	↑3	12:24.7	95	↑2	14:29.4	92	↑16	17:59.5	05:47.1	--
77	Baum, Jonathan	JR	1819	Hickory High School	03:28.3	87	↑7	05:31.4	80	↓2	06:58.4	82	↑1	10:39.8	81	↑8	11:28.8	73	↓5	12:13.2	78	↓1	14:21.8	79	↑2	17:59.8	05:47.2	71
78	Wood, Hayden	JR	3533	Patrick Henry (Ashland)	03:25.1	70	↓1	05:27.6	69	↑6	06:53.2	63	↓7	10:35.0	70	↔	11:27.1	70	↓2	12:12.0	72	↓1	14:19.3	73	↓5	18:00.9	05:47.6	72
79	Bair, Aidan	SR	4177	Spotsylvania	03:15.7	29	↑1	05:13.0	30	↓5	06:39.5	35	↓20	10:24.5	55	↓3	11:16.4	58	↓2	12:01.5	60	↓4	14:11.8	64	↓15	18:02.2	05:48.0	73
80	Johnson-Goldfrank, Leo	JR	1428	Georgetown Day School	03:26.2	74	↓3	05:29.6	77	↓2	06:57.3	79	↓1	10:39.4	80	↓2	11:32.5	82	↔	12:15.7	82	↑4	14:21.6	78	↓2	18:02.6	05:48.1	74
81	Zalewski, Luke	JR	3054	Mills Godwin	03:37.1	140	↑1	05:45.5	139	↑29	07:08.9	110	↑19	10:46.5	91	↑1	11:37.7	90	↓2	12:21.2	92	↑2	14:26.6	90	↑9	18:03.5	05:48.4	75
82	Reyes, Zachary	SR	2393	Landstown High School	03:21.6	48	↓19	05:26.1	57	↓3	06:51.8	60	↓3	10:28.9	63	↔	11:19.4	63	↓2	12:03.2	65	↑2	14:11.4	63	↓19	18:04.0	05:48.6	76
83	Uzokoff, Connor	SO	219	Annandale	03:21.1	47	↓14	05:26.7	61	↓15	06:55.1	76	↓1	10:38.4	77	↓3	11:30.3	80	↓1	12:14.1	81	↑4	14:21.3	77	↓6	18:05.0	05:48.9	77
84	Hansen, Brooks	SO	3138	Mountain View	03:23.4	58	↓9	05:27.5	67	↑6	06:52.0	61	↓11	10:37.0	72	↓2	11:29.1	74	↓2	12:12.8	76	↓4	14:22.8	80	↓4	18:06.0	05:49.2	78
85	Clarke, Isaac	SR	2289	King George	03:34.2	113	↑4	05:38.6	109	↑17	07:02.3	92	↑7	10:43.9	85	↔	11:35.4	85	↓1	12:19.0	86	↓5	14:26.6	91	↑6	18:06.3	05:49.3	79
86	Barry, Drew	SO	3662	Potomac Falls	03:23.2	56	↑5	05:24.9	51	↓8	06:51.4	59	↓8	10:31.5	67	↓1	11:23.7	68	↔	12:08.5	68	↓4	14:18.2	72	↓14	18:08.7	05:50.1	80
87	Hendler-Voss, Myles	SR	1307	Forest Park	03:36.9	138	↑10	05:44.1	128	↑12	07:11.8	116	↑13	10:53.3	103	↑1	11:45.9	102	↑1	12:30.0	101	↑6	14:37.0	95	↑8	18:09.0	05:50.2	--
88	Barbulescu, Andrew	SO	5022	Willow Spring	03:27.3	80	↑8	05:28.3	72	↑3	06:54.0	69	↔	10:34.7	69	↔	11:26.8	69	↓6	12:12.6	75	↔	14:20.7	75	↓13	18:10.7	05:50.7	81
89	Chan, Shuai	JR	1999	James River (Midlothian)	03:33.8	109	↑5	05:38.0	104	↑7	07:04.2	97	↑14	10:42.8	83	↓1	11:34.3	84	↓1	12:18.1	85	↑1	14:24.3	84	↓5	18:14.0	05:51.8	82
90	Brown, Thomas	SR	5024	Willow Spring	03:17.0	35	↓2	05:16.4	33	↓3	06:39.6	36	↓23	10:24.8	59	↓2	11:17.3	61	↓3	12:02.9	64	↓6	14:17.6	70	↓20	18:15.8	05:52.3	83
91	Whitney, Cameron	JR	2795	Matoaca High School	03:29.9	94	↑4	05:36.9	98	↓2	07:05.2	100	↓8	10:55.5	98	↔	11:49.5	98	↑4	12:31.5	104	↑7	14:38.0	97	↑6	18:17.5	05:52.9	84
92	Koroma, Edward	SR	3691	Potomac Senior High School	03:36.1	130	↑13	05:41.7	117	↑9	07:08.6	108	↑10	10:50.2	98	↑1	11:40.4	97	↓1	12:24.9	98	↑2	14:37.2	96	↑4	18:20.5	05:53.9	85
93	Licona, Josiah	JR	3144	Mountain View	03:24.7	69	↑4	05:27.3	65	↑8	06:51.0	57	↓16	10:37.3	73	↓4	11:29.3	77	↓3	12:13.9	80	↓8	14:25.5	88	↓5	18:20.8	05:54.0	86
94	Johnson, RaeDen	SO	3702	Powhatan High School	03:28.4	88	↑1	05:33.1	87	↑2	07:00.4	85	↓9	10:47.7	94	↓2	11:40.4	96	↓1	12:24.9	97	↑3	14:34.0	94	↔	18:20.9	05:54.0	87
95	Denton, Gray	9	2001	James River (Midlothian)	03:28.5	89	↑7	05:32.6	82	↓5	07:00.8	87	↓5	10:46.9	92	↑1	11:38.1	91	↓3	12:23.0	94	↑1	14:33.5	93	↓2	18:23.2	05:54.7	88
96	Pederson, John	JR	1312	Forest Park	03:45.3	191	↑27	05:53.0	164	↑19	07:20.3	145	↑21	11:05.7	124	↑5	11:56.5	119	↑4	12:39.5	115	↑8	14:47.6	107	↑11	18:23.2	05:54.7	--
97	Dawitt, Johnathan	9	1305	Forest Park	03:43.8	178	↑27	05:49.7	151	↑5	07:20.4	146	↑28	11:03.2	118	↑3	11:54.4	115	↑3	12:38.7	112	↑10	14:45.9	102	↑5	18:25.3	05:55.4	--
98	Sandoval, Rudy	JR	2394	Landstown High School	03:26.3	75	↓15	05:33.5	90	↓6	07:04.1	96	↓4	10:50.9	100	↔	11:43.0	100	↔	12:29.6	100	↑2	14:41.8	98	↔	18:28.1	05:56.3	89
99	Bruere, Xander	SO	4179	Spotsylvania	03:36.6	135	↑16	05:42.2	119	↑4	07:10.8	115	↑5	10:59.1	110	↑1	11:51.3	109	↑1	12:36.8	108	↑7	14:45.5	101	↑2	18:28.8	05:56.5	90
100	Thompson, Brennan	9	4039	Smithfield	03:31.9	99	↓11	05:38.7	110	↓3	07:10.1	113	↔	11:01.1	113	↑2	11:53.2	111	↑2	12:37.1	109	↑3	14:47.6	106	↑6	18:32.7	05:57.8	91
101	Fletcher, Aidan	JR	5026	Willow Spring	03:32.5	100	↓8	05:38.5	108	↑5	07:06.0	103	↓3	10:54.1	106	↑3	11:46.1	103	↔	12:30.8	103	↑3	14:43.0	100	↓1	18:33.0	05:57.9	92
102																												

Race #9: Boys Large Schools

2024 VA XC Showcase  
Pole Green Park  
October 19, 2024

110	Hinton, Jacoby	SO	4575	Thomas Dale	03:36.9	139	↑3	05:45.4	136	↓1	07:16.1	137	↑15	11:05.2	122	↓1	11:59.2	123	↑2	12:44.9	121	↑7	14:53.6	114	↑4	18:44.8	06:01.7	99
111	Grace, Wyatt	SR	1419	Georgetown Day School	03:26.2	73	↓13	05:33.1	86	↓12	07:04.3	98	↓7	10:54.0	105	↔	11:48.1	105	↓1	12:33.7	106	↑2	14:46.3	104	↓7	18:45.6	06:01.9	100
112	Narula, Vaibhav	SO	5029	Willow Spring	03:32.7	101	↓10	05:39.3	111	↑6	07:07.9	105	↓4	10:55.6	109	↑3	11:48.2	106	↓1	12:34.0	107	↓1	14:47.9	108	↓4	18:45.8	06:02.0	101
113	Tucker, Darryl	SR	3693	Potomac Senior High School	03:37.1	141	↑20	05:43.8	125	↑8	07:12.2	117	↔	11:02.7	117	↔	11:55.2	117	↓1	12:41.5	118	↑8	14:51.7	110	↓3	18:46.7	06:02.3	102
114	Miracle, Will	JR	1228	Falls Church	03:47.6	208	↑16	05:58.6	188	↑11	07:30.9	177	↑17	11:23.4	160	↑3	12:17.3	157	↑2	13:03.9	155	↑21	15:12.1	134	↑20	18:48.5	06:02.9	103
115	Hezel, Colin	SR	2791	Matoaca High School	03:42.7	102	↔	05:37.8	102	↑3	07:04.8	99	↓5	10:53.7	104	↔	11:46.3	104	↓1	12:31.7	105	↓6	14:52.2	111	↓4	18:48.6	06:02.9	104
116	Wheeler, Tristan	9	2213	John Handley	03:41.4	165	↑11	05:50.7	154	↑4	07:21.3	150	↑14	11:14.3	136	↑3	12:07.4	133	↑3	12:52.3	130	↑9	15:02.6	121	↑5	18:48.7	06:02.9	105
117	Fealy, Sawyer	SO	1821	Hickory High School	03:33.9	111	↓1	05:39.5	112	↑5	07:08.3	107	↓7	11:01.6	114	↑2	11:53.6	112	↑1	12:38.4	111	↓1	14:52.5	112	↓5	18:50.1	06:03.4	106
118	Heironimus, Tyler	SO	1224	Falls Church	03:47.5	207	↑16	05:58.9	191	↑8	07:31.9	183	↑24	11:23.2	159	↓1	12:18.1	160	↑4	13:04.1	156	↑21	15:12.3	135	↑17	18:50.7	06:03.6	107
119	Black, Rowan	9	4019	Smithfield	03:33.9	110	↓19	05:44.6	129	↓13	07:19.3	142	↑2	11:15.7	140	↑3	12:09.3	137	↑3	12:54.5	134	↑9	15:06.0	125	↑6	18:52.0	06:04.0	108
120	John, Brandon	SR	4944	Western Branch High School	03:44.2	182	↑11	05:55.0	171	↑11	07:25.7	160	↑25	11:14.2	135	↑5	12:07.1	130	↓1	12:52.4	131	↑9	15:02.9	122	↑2	18:54.6	06:04.8	109
121	Tucker, James	SR	4454	Tallwood	03:51.0	224	↑9	06:05.7	215	↑22	07:34.8	193	↑40	11:21.4	153	↑1	12:15.6	152	↑4	13:01.4	148	↑12	15:12.5	136	↑15	18:55.0	06:05.0	--
122	Tichy, Michael	SR	4852	Washington Latin Public Charter	03:37.9	145	↑4	05:46.2	141	↑6	07:16.0	135	↑2	11:13.3	133	↓2	12:07.9	135	↑3	12:53.9	132	↑4	15:08.2	128	↑6	18:58.2	06:06.0	110
123	Daley, Keegan	SO	2788	Matoaca High School	03:42.8	173	↑10	05:52.8	163	↑7	07:24.6	156	↑10	11:18.2	146	↑5	12:12.0	141	↔	12:57.6	141	↑11	15:10.5	130	↑7	18:58.4	06:06.0	111
124	Siff, Gideon	SR	1441	Georgetown Day School	03:28.0	86	↓10	05:36.0	96	↓8	07:06.8	104	↓7	10:59.5	111	↓5	11:54.8	116	↓1	12:41.4	117	↑1	14:57.2	116	↓8	18:58.8	06:06.2	--
125	Smith, Connor	SO	973	Cosby	03:34.0	112	↓10	05:43.1	122	↑1	07:12.9	121	↓5	11:06.6	126	↓1	12:01.6	127	↑1	12:48.9	126	↑3	15:05.7	123	↓2	18:59.3	06:06.3	112
126	Schaeffer, Luke	JR	3048	Mills Godwin	03:46.3	195	↓10	06:02.3	205	↑15	07:34.5	190	↑12	11:31.6	178	↑2	12:25.8	176	↑7	13:09.8	169	↑9	15:21.6	160	↑34	18:59.6	06:06.4	113
127	Dutari, Matias	SR	1873	J.R. Tucker High School	03:36.7	137	↑5	05:44.9	132	↑3	07:15.1	129	↑9	11:04.2	120	↓2	11:58.6	122	↓1	12:47.8	123	↓3	15:06.9	126	↓1	19:00.1	06:06.6	114
128	Chang, Bradley	SR	1871	J.R. Tucker High School	03:35.3	126	↑3	05:43.3	123	↓4	07:14.6	127	↓4	11:12.8	131	↓1	12:07.1	132	↓3	12:54.8	135	↑3	15:11.2	132	↑4	19:00.5	06:06.7	115
129	Pitt, Samuel	9	2210	John Handley	03:40.9	161	↑5	05:50.9	156	↑7	07:21.0	149	↑10	11:15.7	139	↔	12:09.9	139	↓1	12:57.4	140	↓4	15:15.6	144	↑15	19:00.6	06:06.8	116
130	Rae, Garrett	JR	2014	James River (Midlothian)	03:42.6	172	↑4	05:54.5	168	↑5	07:26.3	163	↑12	11:20.5	151	↑4	12:14.4	147	↑2	13:00.4	145	↑3	15:14.8	142	↑12	19:01.2	06:06.9	117
131	Haulenbeek, Ryan	SO	417	Bayside High School	03:44.4	185	↑1	05:58.1	184	↑6	07:31.3	178	↑14	11:25.4	164	↑1	12:18.8	163	↑1	13:05.5	162	↑15	15:17.6	147	↑16	19:03.2	06:07.6	118
132	Malone, Michael	JR	969	Cosby	03:40.8	160	↑1	05:51.4	159	↑1	07:24.7	158	↔	11:22.9	158	↓1	12:17.8	159	↓4	13:06.3	163	↑1	15:22.8	162	↑30	19:04.2	06:07.9	119
133	Harris, Zachariah	SO	5027	Willow Spring	03:45.1	188	↑8	05:57.5	180	↑14	07:27.1	166	↑9	11:22.9	157	↑3	12:16.1	154	↑4	13:02.0	150	↑11	15:13.3	139	↑6	19:05.0	06:08.2	--
134	Tynch, Logan	JR	4947	Western Branch High School	03:41.0	162	↑14	05:49.4	148	↑4	07:20.0	144	↑3	11:16.4	141	↑5	12:09.3	136	↓3	12:56.5	139	↑1	15:13.2	138	↑4	19:05.2	06:08.2	120
135	Batkin, William	SR	4835	Washington Latin Public Charter	03:39.2	152	↔	05:49.9	152	↑1	07:22.0	151	↑14	11:14.8	137	↓1	12:09.5	138	↔	12:56.0	138	↑9	15:09.1	129	↓6	19:05.4	06:08.3	121
136	Garnett, Richard	SR	2003	James River (Midlothian)	03:41.2	163	↑2	05:52.4	161	↓4	07:26.9	165	↑13	11:21.2	152	↑4	12:15.0	148	↑1	13:01.1	147	↑4	15:15.4	143	↑7	19:05.4	06:08.3	122
137	Bowman, Jacob	SR	1796	Hermitage	03:40.0	157	↓1	05:51.1	158	↑3	07:24.2	155	↔	11:22.2	155	↓3	12:17.4	158	↑4	13:03.8	154	↓1	15:19.4	155	↑18	19:05.9	06:08.5	--
138	Graham, Aaron	SO	3896	Rocktown	03:45.8	192	↓1	05:59.3	193	↑13	07:31.4	179	↑16	11:25.3	163	↑1	12:18.8	162	↑2	13:05.4	160	↑11	15:17.5	149	↑11	19:06.2	06:08.6	123
139	Bennett, Andrew	JR	1408	Georgetown Day School	03:09.2	6	↔	05:02.6	6	↓2	06:22.9	8	↓2	09:48.8	10	↔	10:37.2	10	↓4	11:20.1	14	↓42	14:00.6	56	↓83	19:06.2	06:08.6	--
140	Martin, Tanner	SR	1825	Hickory High School	03:37.5	143	↑25	05:41.8	118	↓2	07:12.8	120	↓7	11:07.9	127	↑2	12:00.9	125	↑3	12:47.0	122	↓5	15:07.3	127	↓13	19:06.8	06:08.7	124
141	Morgan, Christian	SO	2794	Matoaca High School	03:17.3	36	↑23	05:26.3	59	↓22	06:58.2	81	↓40	11:05.0	121	↓5	12:01.1	126	↑1	12:48.3	125	↑1	15:06.0	124	↓17	19:08.6	06:09.3	125
142	Ramthun, Angus	JR	1235	Falls Church	03:47.0	200	↑8	05:59.3	192	↑8	07:31.9	184	↑22	11:25.0	162	↑1	12:18.5	161	↑2	13:04.6	159	↑19	15:13.5	140	↓2	19:08.9	06:09.4	126
143	Hernandez, Giovanni	SR	3701	Powhatan High School	03:35.3	125	↓15	05:45.6	140	↑2	07:17.0	138	↑4	11:14.1	134	↓6	12:10.6	140	↓3	12:59.1	143	↓10	15:18.7	153	↑10	19:09.2	06:09.5	127
144	Mcgrady, Quentin	SO	2392	Landstown High School	03:33.4	108	↓19	05:43.9	127	↓12	07:17.8	139	↓3	11:16.7	142	↓3	12:13.0	145	↑3	12:59.0	142	↓6	15:17.4	148	↑4	19:09.2	06:09.5	128
145	Thorpe, Will	9	1887	J.R. Tucker High School	03:36.1	129	↓6	05:45.2	135	↑1	07:15.8	134	↑2	11:13.0	132	↑1	12:07.1	131	↓5	12:55.4	136	↑3	15:11.7	133	↓12	19:09.6	06:09.6	--
146	Edling, Caleb	SR	3700	Powhatan High School	03:35.5	127	↓7	05:45.2	134	↓13	07:20.6	147	↓3	11:20.3	150	↑1	12:15.0	149	↓4	13:03.6	153	↓3	15:19.4	156	↑10	19:09.7	06:09.7	129
147	Maynard, Lucas	SO	3897	Rocktown	03:43.8	179	↑9	05:54.8	170	↑9	07:26.1	161	↑7	11:21.7	154	↓1	12:16.3	155	↑3	13:03.2	152	↑1	15:17.9	151	↑4	19:09.9	06:09.7	130
148	Cromwell, Caden	SR	3131	Mountain View	03:46.8	199	↑2	06:00.1	197	↑15	07:31.7	182	↑12	11:26.7	170	↓1	12:22.8	171	↑1	13:10.1	170	↑3	15:25.5	167	↑19	19:11.9	06:10.4	131
149	Lee, Robby	SR	1310	Forest Park	03:47.4	206	↑29	05:57.0	177	↑7	07:28.8	170	↓4	11:28.3	174	↑5	12:22.0	169	↑2	13:08.0	167	↑1	15:24.9	166	↑17	19:12.6	06:10.6	--
150	Desnoyer, Jacob	JR	4182	Spotsylvania	03:34.9	120	↑17	05:38.0	103	↓9	07:09.6	112	↓26	11:15.5	138	↓5	12:12.5	143	↓6	13:01.6	149	↓3	15:18.1	152	↑2	19:13.1	06:10.8	132
151	Anderson, Crew	SR	3127	Mountain View	03:28.7	90	↓17	05:38.5	107	↓18	07:14.1	125	↓31	11:22.4	156	↑3	12:15.8	153	↓8	13:05.4	161	↔	15:22.2	161	↑10	19:13.1	06:10.8	--
152	Coleman, Jayden	SR	1797	Hermitage	03:38.4	148	↑5	05:46.6	143	↑13	07:15.5	130	↑2	11:08.1	128	↔	12:02.9	128	↓1	12:50.5	129	↓2	15:11.1	131	↓21	19:13.2	06:10.8	--
153	Griffiths, Grant	SR	2292	King George	03:37.2	142	↓4	05:48.1	146	↑5	07:19.2	141	↑11	11:12.0	130	↑1	12:06.9	129	↓8	12:55.6	137	↓8	15:15.9	145	↓8	19:14.6	06:11.3	133
154	McKinney, Evan	9	4576	Thomas Dale	03:43.8	180	↑7	05:55.3	173	↑4	07:28.2	169	↔	11:26.5	169	↑3	12:21.0	166	↑2	13:06.7	164	↑1	15:22.8	163	↑9	19:15.3	06:11.5	134
155	Jesse, Josiah	SO	2389	Landstown High School	03:26.6	76	↓24	05:37.4	100	↓24	07:13.5	124	↓21	11:18.0	145	↓6	12:15.3	151	↓7	13:04.5	158	↑4	15:19.1					

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165	Sambrook, Evan	SR	2303	King George	03:53.3	232	↑14	06:07.6	218	↑13	07:39.2	205	↑22	11:32.6	183	↑4	12:28.8	179	↑3	13:14.0	176	↑4	15:31.8	172	↑7	19:27.0	06:15.2	142	
166	Slaughter, Hudson		9	2212	John Handley	03:44.4	184	↑8	05:57.0	176	↑4	07:29.8	172	↓20	11:40.1	192	↔	12:38.7	192	↑3	13:23.5	189	↑13	15:36.8	176	↑10	19:28.8	06:15.8	143
167	McElveen, Jakob	SR	212	Annandale	03:48.2	212	↑3	06:03.2	209	↑11	07:37.4	198	↑11	11:38.6	187	↔	12:33.3	187	↑3	13:19.3	184	↑11	15:31.9	173	↑6	19:31.7	06:16.8	144	
168	Reed, Isaiah	SR	2231	John R. Lewis High School	03:46.8	197	↑3	05:59.5	194	↑2	07:34.7	192	↑8	11:33.3	184	↑3	12:30.9	181	↔	13:18.0	181	↑2	15:42.0	179	↑11	19:33.0	06:17.2	--	
169	Young, Matthew	JR	2396	Landstown High School	03:24.2	61	↓20	05:32.2	81	↓13	07:03.1	94	↓22	11:02.1	116	↓8	11:59.6	124	↓3	12:49.5	127	↓10	15:13.1	137	↓32	19:33.5	06:17.3	--	
170	Giffin, Scott	SR	1874	J.R. Tucker High School	03:42.1	170	↓17	05:58.4	187	↓1	07:33.5	188	↔	11:38.9	188	↑5	12:31.9	183	↑1	13:19.0	182	↑5	15:38.3	177	↑7	19:33.6	06:17.4	--	
171	Zbrzezny, Tyler	SO	396	Battlefield	03:38.4	149	↓6	05:50.8	155	↓18	07:30.0	173	↑6	11:25.9	167	↓13	12:30.2	180	↑1	13:14.8	179	↑1	15:40.6	178	↑7	19:34.4	06:17.6	145	
172	Pulliam-Jordan, Mikhel	SR	2751	Massaponax	03:41.4	166	↓6	05:51.5	160	↑8	07:23.5	152	↑4	11:18.7	148	↑4	12:13.0	144	↑16	12:50.3	128	↓29	15:19.4	157	↓15	19:36.1	06:18.2	--	
173	Glassco, Breylan	SO	1822	Hickory High School	03:34.3	114	↓7	05:42.4	121	↓12	07:15.8	133	↓16	11:19.5	149	↓1	12:15.2	150	↓1	13:02.6	151	↓8	15:21.3	159	↓14	19:36.2	06:18.2	146	
174	D'Mello, Nathaniel	JR	1216	Falls Church	03:49.0	218	↑10	06:03.2	208	↓1	07:40.7	209	↑5	11:48.2	204	↑2	12:45.6	202	↑2	13:34.1	200	↑10	15:47.7	190	↑16	19:37.9	06:18.7	147	
175	Cox, Samuel	JR	4181	Spotsylvania	03:50.1	221	↑22	06:00.9	199	↓5	07:38.6	204	↑5	11:46.0	199	↑3	12:42.4	196	↔	13:31.3	196	↑7	15:47.5	189	↑14	19:40.3	06:19.5	148	
176	Crew, Jj	JR	2934	Mechanicsville High School	03:39.6	153	↓13	05:53.8	166	↓15	07:31.6	181	↓4	11:37.8	185	↓3	12:34.3	188	↑1	13:22.9	187	↑7	15:42.3	180	↑4	19:41.6	06:19.9	149	
177	Neuberg, Gus	JR	1232	Falls Church	03:48.6	215	↑8	06:02.9	207	↓3	07:41.1	210	↑3	11:49.4	207	↑6	12:45.4	201	↔	13:34.1	201	↑10	15:47.7	191	↑14	19:42.9	06:20.4	--	
178	Holtz, Cooper	SR	207	Annandale	03:50.4	223	↑4	06:07.9	219	↑5	07:40.7	214	↑11	11:48.2	203	↑6	12:43.1	197	↑3	13:30.3	194	↑7	15:46.9	187	↑9	19:43.2	06:20.5	150	
179	Cromwell, Connor	JR	3132	Mountain View	03:47.2	202	↑20	05:57.8	182	↑7	07:30.4	175	↑2	11:27.5	173	↑3	12:22.1	170	↓1	13:10.1	171	↑1	15:28.9	170	↓9	19:44.2	06:20.8	--	
180	Wilson, Liam	9	2233	John R. Lewis High School	03:47.3	205	↑16	05:58.7	189	↓7	07:36.4	196	↑3	11:41.6	193	↔	12:39.6	193	↔	13:30.0	193	↑11	15:43.0	182	↑2	19:46.5	06:21.5	--	
181	Keefer, Jake	9	2793	Matoaca High School	03:48.8	217	↑11	06:02.6	206	↑9	07:37.1	197	↑11	11:38.1	186	↑1	12:32.9	185	↔	13:22.0	185	↑2	15:44.3	183	↑2	19:47.7	06:21.9	151	
182	Campbell, Sean Patrick	SR	4814	Warwick	03:36.6	136	↓17	05:49.9	153	↓1	07:24.1	154	↓22	11:29.6	176	↑1	12:25.5	175	↓3	13:17.4	178	↑4	15:33.3	174	↓8	19:48.1	06:22.0	152	
183	Harmon, Elijah	JR	2387	Landstown High School	03:22.8	53	↓17	05:27.9	70	↓10	06:57.7	80	↓27	10:54.4	107	↓3	11:52.6	110	↓6	12:40.3	116	↓2	15:00.1	118	↓65	19:48.6	06:22.2	--	
184	Major, Gavin	SR	967	Cosby	03:34.5	118	↓6	05:43.5	124	↓8	07:15.6	132	↓34	11:25.9	166	↓2	12:21.7	168	↓6	13:11.5	174	↓11	15:45.8	185	↑1	19:50.3	06:22.7	--	
185	Weiderhold, Austin	SO	4190	Spotsylvania	03:47.9	209	↑13	05:59.8	196	↑11	07:32.2	185	↑10	11:29.4	175	↑3	12:24.2	172	↔	13:10.9	172	↑1	15:31.7	171	↓14	19:53.7	06:23.8	--	
186	Miller, Nate	JR	4030	Smithfield	03:37.6	144	↓6	05:49.7	150	↓17	07:27.7	167	↓23	11:39.9	190	↓1	12:37.0	191	↓1	13:27.9	192	↑4	15:47.3	188	↑2	19:54.0	06:23.9	153	
187	Waters, Erik	JR	1542	Gloucester High School	03:27.7	83	↓31	05:40.1	114	↓14	07:14.8	128	↓40	11:26.0	168	↓5	12:24.7	173	↓4	13:14.7	177	↓4	15:43.0	181	↓6	19:54.6	06:24.1	--	
188	Caggiano, Ethan	JR	4021	Smithfield	03:41.2	164	↓11	05:56.3	175	↓12	07:33.3	187	↓11	11:44.1	198	↑4	12:41.4	194	↓1	13:30.5	195	↑2	15:50.0	193	↑5	19:57.7	06:25.1	154	
189	Epstein, Maccabi	SR	4840	Washington Latin Public Charter	03:38.3	147	↑3	05:47.1	144	↓4	07:20.8	148	↓34	11:32.1	182	↓4	12:33.1	186	↓4	13:23.6	190	↑2	15:49.1	192	↑3	19:59.2	06:25.6	155	
190	Kucha, Ewan	JR	4028	Smithfield	03:29.2	92	↓5	05:36.9	97	↓17	07:10.5	114	↑33	11:18.5	147	↑9	12:17.2	156	↓12	13:08.2	168	↓7	15:33.5	175	↓15	20:00.2	06:25.9	--	
191	Stotts, Willis	SR	4824	Warwick	04:03.2	254	↑5	06:25.4	249	↑8	08:01.4	241	↑23	12:02.0	218	↑3	12:56.8	215	↑5	13:45.7	210	↑4	16:07.8	206	↑15	20:02.5	06:26.7	156	
192	Harris, Ahmir	SR	3690	Potomac Senior High School	03:35.1	122	↓20	05:46.3	142	↓15	07:24.7	157	↓24	11:32.0	181	↓3	12:32.2	184	↓4	13:22.9	188	↓10	15:55.1	198	↑6	20:03.8	06:27.1	157	
193	Smith, Dominic	SO	3692	Potomac Senior High School	03:57.9	246	↑19	06:12.4	227	↑11	07:44.9	216	↑10	11:49.4	206	↔	12:47.7	206	↑4	13:34.2	202	↑6	15:52.9	196	↑3	20:05.7	06:27.7	158	
194	Bunn, Nicholas	9	3895	Rocktown	04:01.6	251	↑7	06:21.9	244	↑11	07:58.1	233	↑9	12:05.1	224	↑7	13:01.7	217	↑2	13:49.6	215	↑8	16:10.4	207	↑13	20:05.8	06:27.7	159	
195	Logsdon, Titus	SO	4819	Warwick	03:53.1	231	↑5	06:12.1	226	↓1	07:50.5	227	↑12	12:01.1	215	↑1	12:56.4	214	↑5	13:44.4	209	↑7	16:02.9	202	↑7	20:06.4	06:27.9	160	
196	Farrell, Liam	JR	2002	James River (Midlothian)	03:43.6	177	↓27	06:01.9	204	↔	07:39.4	206	↑1	11:49.2	205	↑1	12:46.5	204	↑6	13:33.4	198	↓1	15:57.0	199	↑3	20:08.4	06:28.6	--	
197	Rahman, Rayan	JR	2230	John R. Lewis High School	03:46.6	196	↑1	05:59.5	195	↔	07:35.5	195	↓5	11:46.6	200	↑1	12:44.1	199	↑2	13:32.9	197	↔	15:53.8	197	↔	20:09.1	06:28.8	--	
198	Cervoni, Gabriel	JR	200	Annandale	06:03.7	280	↑1	13:35.6	279	↑78	07:37.7	201	↑6	11:42.6	195	↓3	12:43.8	198	↓70	15:59.9	268	↑268			↓198	20:10.1	06:29.1	161	
199	Trago, Tyler	JR	1832	Hickory High School	03:14.9	23	↓55	05:30.6	78	↓33	07:09.1	111	↓54	11:25.7	165	↓12	12:25.9	177	↓3	13:17.7	180	↓14	15:50.7	194	↓5	20:11.2	06:29.5	162	
200	Dalton, Caiden	SO	203	Annandale	03:48.4	213	↑2	06:03.8	211	↑8	07:38.3	203	↑1	11:46.8	202	↓1	12:46.4	203	↔	13:35.2	203	↑3	15:58.6	200	↔	20:11.3	06:29.5	163	
201	Nelson, Joseph	SR	2208	John Handley	03:52.1	226	↓3	06:13.8	229	↔	07:51.4	229	↑3	12:09.6	226	↑1	13:09.2	225	↑2	13:57.2	223	↑10	16:15.6	213	↑12	20:14.1	06:30.4	--	
202	Urban, Ryan	9	3706	Powhatan High School	03:47.0	201	↓13	06:05.1	214	↓4	07:45.8	218	↑1	12:01.9	217	↑1	13:01.1	216	↓1	13:51.2	217	↑7	16:13.6	210	↑8	20:14.3	06:30.5	164	
203	Padala, Abhinav	9	3043	Mills Godwin	03:47.3	203	↓9	06:03.9	212	↑5	07:39.6	207	↓1	11:49.6	208	↑1	12:49.0	207	↑2	13:38.4	205	↑4	16:00.3	201	↓2	20:15.0	06:30.7	165	
204	Stites, Justin	SR	1831	Hickory High School	03:43.4	176	↓2	05:57.0	178	↓8	07:32.3	186	↓11	11:43.9	197	↑2	12:42.1	195	↓4	13:33.8	199	↓4	16:04.1	203	↓1	20:16.8	06:31.3	--	
205	Ley, Bode	JR	3042	Mills Godwin	04:03.8	255	↑3	06:28.5	252	↑4	08:05.2	248	↑20	12:11.9	228	↑2	13:09.4	226	↑2	13:57.4	224	↑10	16:15.7	214	↑9	20:17.8	06:31.6	166	
206	Chopra, Anmol	9	415	Bayside High School	03:53.9	233	↑9	06:10.6	224	↑3	07:46.3	221	↑11	11:53.4	210	↔	12:52.9	210	↑3	13:42.9	207	↑3	16:06.8	204	↓2	20:18.1	06:31.7	167	
207	Hazell, Nicholas	JR	1223	Falls Church	03:49.7	220	↑3	06:07.2	217	↓5	07:46.8	222	↑11	11:56.0	211	↔	12:55.8	211	↔	13:46.1	211	↑2	16:13.4	209	↑2	20:19.2	06:32.0	--	
208	Leonard, Alex	SR	2935	Mechanicsville High School	03:38.7	150	↓15	05:53.7	165	↓11	07:30.7	176	↓13	11:39.2	189	↓1	12:36.5	190	↓1	13:26.8	191	↓4	15:52.9	195	↓13	20:21.0	06:32.6	168	
209	Harris, Milo	JR	4844	Washington Latin Public Charter	03:44.2	183	↓20	06:01.9	203	↓10	07:43.2	213	↓6	12:02.5	219	↓3	13:03.0	222	↑6	13:50.7	216	↑8	16:10.7	208	↓1	20:22.6	06:33.1	169	
210	Harden, Gavin	JR	416	Bayside High School	03:44.5	186	↓4	05:58.8	190	↓1	07:34.6	191	↔	11:40.0	191	↑2	12:35.2	189	↑3	13:22.8	186	↔	15:46.3						

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220	Long, Braden	SO	4820	Warwick	04:10.5	260	↑7	06:29.0	253	↑6	08:04.6	247	↑11	12:15.9	236	↑8	13:11.2	228	↑2	13:58.3	226	↑11	16:16.9	215	↓5	20:43.6	06:39.9	175
221	Schulz, Hayden	SO	393	Battlefield	03:57.2	243	↑5	06:20.0	238	↑1	08:00.1	237	↑4	12:13.9	233	↓1	13:15.4	234	↑2	14:07.7	232	↑9	16:31.7	223	↑2	20:45.9	06:40.6	--
222	West, Cooper	9	4040	Smithfield	03:42.4	171	↓14	05:58.2	185	↓17	07:37.9	202	↓11	11:58.8	213	↔	12:56.2	213	↑1	13:47.2	212	↓5	16:19.0	217	↓5	20:46.2	06:40.7	--
223	Hawks, Josiah	JR	3525	Patrick Henry (Ashland)	04:00.9	250	↔	06:25.8	250	↑1	08:06.8	249	↑4	12:27.3	245	↑2	13:25.1	243	↑2	14:13.7	241	↑7	16:42.0	234	↑11	20:46.7	06:40.9	176
224	Trinca, Jackson	JR	4853	Washington Latin Public Charter	03:56.6	241	↓1	06:21.0	242	↑7	07:59.7	235	↓2	12:16.4	237	↑1	13:16.6	236	↑6	14:07.6	230	↑5	16:32.9	225	↑1	20:47.2	06:41.0	177
225	Martin, Cameron	SO	4451	Tallwood	03:57.6	245	↓2	06:23.1	247	↑16	07:55.1	231	↓4	12:15.7	235	↔	13:16.1	235	↑4	14:07.7	231	↑2	16:34.3	229	↑4	20:48.1	06:41.3	--
226	Colasurdo, Parker	SR	5132	Clover Hill	03:42.1	169	↓29	06:00.4	198	↓10	07:40.6	208	↓8	12:01.4	216	↓3	13:01.4	219	↓2	13:55.5	221	↓1	16:27.0	222	↓4	20:48.3	06:41.4	--
227	Jimenez, Isaac	SO	1799	Hermitage	03:45.1	189	↓24	06:04.3	213	↓2	07:43.9	215	↑1	12:00.5	214	↓6	13:02.1	220	↔	13:53.9	220	↓1	16:26.3	221	↓6	20:49.7	06:41.8	--
228	Sears, Brad	JR	3532	Patrick Henry (Ashland)	03:49.6	219	↓12	06:16.4	231	↑5	07:50.0	226	↓13	12:18.1	239	↓3	13:23.9	242	↔	14:12.7	240	↑3	16:46.0	237	↓9	20:52.3	06:42.7	178
229	Dalrymple, Ethan	9	202	Annandale	03:39.9	155	↓17	05:55.3	172	↓17	07:34.3	189	↓12	11:46.8	201	↓4	12:47.6	205	↓1	13:39.3	206	↓13	16:20.1	219	↓10	20:58.3	06:44.6	179
230	Evans, Cameron	SR	3039	Mills Godwin	04:12.6	262	↓4	06:45.2	266	↑1	08:28.2	265	↑7	12:45.7	258	↑5	13:43.0	253	↑2	14:33.8	251	↑10	16:58.2	241	↑11	21:00.8	06:45.4	--
231	Sanchez Ramox, William	SR	3899	Rocktown	03:52.5	228	↔	06:13.0	228	↓2	07:52.2	230	↓2	12:13.4	232	↑1	13:14.1	231	↓2	14:08.0	233	↔	16:39.9	233	↑2	21:01.1	06:45.5	180
232	Pearson, Jack	SR	4849	Washington Latin Public Charter	03:52.3	227	↓12	06:20.3	239	↑5	07:58.6	234	↔	12:15.2	234	↑2	13:14.7	232	↑3	14:06.7	229	↓2	16:38.3	231	↓1	21:04.0	06:46.4	181
233	Mckenna, Drew-Charles	SR	214	Annandale	03:52.9	229	↓5	06:19.0	234	↓12	08:03.9	246	↓2	12:31.3	248	↑1	13:32.4	247	↑1	14:24.7	246	↑6	16:55.3	240	↑7	21:05.1	06:46.8	--
234	Collazo, Aiden	9	3699	Powhatan High School	03:47.9	210	↓15	06:11.0	225	↓3	07:50.9	228	↓3	12:13.0	231	↓6	13:17.4	237	↑2	14:09.4	235	↑3	16:39.5	232	↓2	21:06.2	06:47.1	182
235	Ralph, Jamaal	9	2937	Mechanicsville High School	03:56.6	242	↑2	06:20.6	240	↔	08:01.4	240	↑2	12:16.7	238	↔	13:20.6	238	↑1	14:11.2	237	↓1	16:51.2	238	↑3	21:06.4	06:47.2	183
236	Bruno, Ian	9	3698	Powhatan High School	03:55.9	238	↑2	06:19.4	236	↓9	08:03.4	245	↓1	12:30.4	246	↔	13:31.9	246	↑1	14:23.8	245	↑3	16:58.3	242	↑6	21:07.2	06:47.5	184
237	Rowland, Hayden	SR	3047	Mills Godwin	04:14.9	267	↑2	06:44.5	265	↑2	08:27.2	263	↑10	12:43.1	253	↑1	13:41.9	246	↑3	14:32.5	249	↑6	16:58.8	243	↑6	21:09.0	06:48.0	--
238	Estanislado, Bryan	9	383	Battlefield	03:48.4	214	↓9	06:10.5	223	↓2	07:49.0	225	↓2	12:10.8	227	↓2	13:12.5	229	↑1	14:05.0	228	↑4	16:32.4	224	↓14	21:10.6	06:48.6	--
239	Lynerd, Abel	SR	4821	Warwick	04:05.4	256	↑1	06:31.4	255	↑1	08:12.4	254	↓2	12:44.7	256	↔	13:47.1	256	↑2	14:38.2	254	↑10	17:00.4	244	↑5	21:11.7	06:48.9	185
240	Zanella, Aiden	SO	2752	Massaponax	03:43.3	175	↓26	06:01.6	201	↓10	07:41.6	211	↓14	12:06.9	225	↑1	13:08.3	224	↑2	13:56.8	222	↓8	16:37.2	230	↓10	21:13.0	06:49.3	--
241	Johnson, Tyler	SR	2792	Matoaca High School	03:46.0	193	↓23	06:06.0	216	↓3	07:46.1	219	↓11	12:12.2	230	↓3	13:14.9	233	↓1	14:09.1	234	↓1	16:42.1	235	↓6	21:13.7	06:49.5	--
242	Kester, Brody	SR	3143	Mountain View	03:56.1	239	↓2	06:20.7	241	↑3	08:00.1	238	↓2	12:19.9	240	↔	13:22.7	240	↓3	14:16.4	243	↑4	16:55.0	239	↓3	21:20.2	06:51.6	--
243	Yarborough, Evan	SR	5076	Woodside	03:54.9	235	↓19	06:29.0	254	↓2	08:14.5	256	↑1	12:44.3	255	↑1	13:44.8	254	↑1	14:37.5	253	↑4	17:09.2	249	↑6	21:23.9	06:52.8	186
244	Owens, Noah	SO	4033	Smithfield	03:40.0	156	↓25	05:57.7	181	↓18	07:37.4	199	↓22	12:03.5	221	↓2	13:06.2	223	↓2	13:57.9	225	↓2	16:34.2	227	↓17	21:31.1	06:55.1	--
245	Henderson, Javonte	SO	4943	Western Branch High School	03:55.1	237	↑4	06:18.7	233	↓10	08:02.2	243	↓6	12:34.3	249	↑1	13:38.3	248	↑1	14:30.9	247	↑2	17:01.5	245	↔	21:34.4	06:56.2	187
246	Jennings, Ruark	9	4845	Washington Latin Public Charter	04:13.2	266	↑4	06:42.9	262	↑1	08:25.7	261	↑1	12:48.5	260	↑1	13:50.0	259	↑3	14:43.0	256	↑6	17:17.9	250	↑4	21:39.2	06:57.7	--
247	Iddens, Seth	9	659	Caroline High School	04:18.0	271	↑2	06:53.1	269	↑1	08:39.5	268	↑1	13:18.1	267	↑2	14:18.1	265	↔	15:09.5	265	↑5	17:37.8	260	↑13	21:39.7	06:57.9	--
248	Niece, Lucas	SR	3704	Powhatan High School	03:43.1	174	↓28	06:01.7	202	↓22	07:48.6	224	↓18	12:25.8	242	↓3	13:31.6	245	↑1	14:23.7	244	↓2	17:03.1	246	↓2	21:45.4	06:59.7	--
249	Fulch, Gabriel	9	4574	Thomas Dale	03:58.7	247	↑10	06:19.8	237	↓7	08:03.1	244	↓3	12:31.0	247	↓4	13:40.9	245	↓1	14:36.8	252	↔	17:20.9	252	↑3	21:50.0	07:01.2	188
250	Perez, Alexander	9	4453	Tallwood	03:57.4	244	↓1	06:22.1	245	↑6	08:00.5	239	↓2	12:21.7	241	↓3	13:25.4	244	↑2	14:13.9	242	↓5	17:05.3	247	↓3	21:51.1	07:01.6	--
251	Adams, Gavin	SO	2933	Mechanicsville High School	04:02.6	253	↓5	06:36.7	258	↑3	08:13.5	255	↑3	12:42.6	252	↑2	13:40.8	250	↑2	14:31.5	248	↔	17:05.5	248	↓3	21:52.0	07:01.9	189
252	Peck, William	SR	216	Annandale	03:54.9	236	↓12	06:24.2	248	↓4	08:07.9	252	↓7	12:48.0	259	↓3	13:54.9	262	↔	14:49.9	262	↑5	17:29.5	257	↑5	21:55.2	07:02.9	--
253	Darby, Zion	SO	5071	Woodside	04:17.1	268	↑4	06:44.4	264	↑2	08:26.4	262	↑5	12:45.4	257	↑2	13:46.2	255	↔	14:39.7	255	↑2	17:25.9	253	↔	21:58.4	07:03.9	190
254	Parker, Emilian	JR	4822	Warwick	04:06.5	257	↔	06:33.5	257	↓2	08:18.2	259	↓4	12:50.0	263	↑2	13:53.9	261	↑1	14:49.4	260	↑4	17:28.9	256	↑2	22:03.5	07:05.6	191
255	Owen, Shane	JR	3530	Patrick Henry (Ashland)	04:07.3	258	↓3	06:40.7	261	↓3	08:27.6	264	↔	13:05.4	264	↔	14:08.9	264	↑1	15:03.7	263	↔	17:43.0	263	↑8	22:04.4	07:05.9	--
256	Evans, Nyquan	JR	422	Bethel	03:59.3	248	↔	06:27.5	251	↓2	08:11.1	253	↓8	12:48.8	261	↓2	13:55.2	263	↑2	14:49.8	261	↑6	17:28.3	255	↓1	22:14.2	07:09.0	--
257	Gillespie, Chance	SR	2750	Massaponax	03:52.9	230	↔	06:14.7	230	↓2	07:58.0	232	↓18	12:35.7	250	↑1	13:38.5	249	↓1	14:33.3	250	↓4	17:27.0	254	↓3	22:18.1	07:10.3	--
258	Gideon Jr., Taka	JR	4942	Western Branch High School	03:54.3	234	↑2	06:18.2	232	↓10	08:01.9	242	↓9	12:40.2	251	↓6	13:48.0	257	↓1	14:46.7	258	↓3	17:41.8	261	↑3	22:20.5	07:11.0	192
259	Nichols, Chatman	SO	4848	Washington Latin Public Charter	03:50.4	222	↓13	06:19.1	235	↓16	08:07.8	251	↓11	12:49.1	262	↑2	13:51.7	260	↑1	14:46.9	259	↔	17:36.2	259	↔	22:20.6	07:11.1	--
260	Gendreau, Evan	9	5072	Woodside	04:13.2	265	↑2	06:43.9	263	↓3	08:32.4	266	↑1	13:16.0	265	↓1	14:18.9	266	↑2	15:08.9	264	↑2	17:42.7	262	↑2	22:28.5	07:13.6	193
261	Coker, Matthew	SR	4572	Thomas Dale	03:59.7	249	↑6	06:21.5	243	↓7	08:07.0	250	↓4	12:43.7	245	↓4	13:48.9	258	↑1	14:45.8	267	↓2	17:31.5	258	↓3	22:31.2	07:14.5	194
262	Jackson, Brayden	JR	1534	Gloucester High School	03:31.4	97	↓36	05:44.9	133	↓26	07:25.5	159	↓64	12:04.8	223	↓7	13:13.5	230	↓6	14:10.1	236	↓15	17:20.0	251	↓11	22:52.0	07:21.2	--
263	Kopake, John	SO	4945	Western Branch High School	04:07.9	259	↓8	06:45.5	267	↔	08:36.8	267	↓1	13:25.4	268	↔	14:32.1	268	↑1	15:31.6	267	↑3	18:27.1	264	↑1	22:56.4	07:22.6	195
264	Aaron, Maximilian	SR	4833	Washington Latin Public Charter	04:30.4	273	↔	07:11.7	271	↔	09:05.5	271	↑1	13:56.9	270	↔	15:07.8	270	↔	16:07.4	270	↑4	18:53.5	266	↑2	23:40.4	07:36.7	--
265	Thompson, Levi	9	3705	Powhatan High School	04:18.0	270	↔	07:04.8	270	↔	08:52.7	270	↑1	13:54.0	269	↔	15:04.7	269	↔	16:00.2	269	↑2	18:54.4	267	↑2	24:00.3	07:43.1	--
266	Gomez,																											