

## Dr. Jack Toms Alumni Invite - 3/28/2025 to 3/29/2025

## University of Lynchburg

## Results

## Women 100 Meter Dash

| Name                 | School              | Prelims                |
|----------------------|---------------------|------------------------|
| <b>Preliminaries</b> |                     |                        |
| 1                    | Lewis, Akilah       | Liberty 11.87q 0.3     |
| 2                    | Mobley, Mahogany    | Liberty 12.02q 2.2     |
| 3                    | Bass, Elle          | Liberty 12.18q 0.3     |
| 4                    | Smith, Brook        | Kutztown 12.28q 0.3    |
| 5                    | Young, Kiana        | Kutztown 12.31q 0.3    |
| 6                    | Turner, Rylee       | Lynchburg 12.37q 1.5   |
| 7                    | Patton, Joelle      | Liberty 12.67q 0.3     |
| 8                    | Turner, Jaidyn      | Randolph 12.70q 2.0    |
| 9                    | Barger, Melanie     | Shippensburg 12.74 0.3 |
| 10                   | Patterson, Jazmine  | Hollins 12.77 1.5      |
| 11                   | Langston, Tatianna  | Randolph 12.82 0.3     |
| 12                   | Smith, Kiara        | Lynchburg 12.85 1.5    |
| 13                   | Fox, Kenna          | Roanoke 12.93 1.5      |
| 14                   | Samuels, Taylor     | Longwood 12.94 2.0     |
| 14                   | Juhasz, Hailey      | Averett 12.94 2.2      |
| 16                   | Hoggard, Lyric      | Virginia Wes 13.02 1.5 |
| 17                   | Jenkins, Mayson     | Longwood 13.04 2.0     |
| 18                   | Taylor, Jessica     | Randolph 13.11 0.3     |
| 19                   | Moore, Jennifer     | Randolph 13.12 2.0     |
| 20                   | Arevalo, Liliana    | Longwood 13.13 1.5     |
| 21                   | hill, Kaylen        | Unattached 13.25 2.0   |
| 22                   | Schmincke, Hannah   | Lynchburg 13.26 2.8    |
| 23                   | Mercer, Caroline    | Shippensburg 13.30 2.0 |
| 24                   | Beverley, Airiana   | Ferrum 13.31 2.0       |
| 25                   | Whiting, Lily       | Randolph 13.35 2.2     |
| 26                   | Clark, Mekayla      | Virginia Wes 13.49 2.0 |
| 27                   | McPherson, Electra  | Sweet Briar 13.57 3.3  |
| 28                   | Urban, Abigail      | Shippensburg 13.61 2.8 |
| 29                   | Miller, Tasha       | Roanoke 13.61 1.5      |
| 30                   | McIntyre, Julianna  | Sweet Briar 13.68 2.2  |
| 31                   | Condra, Adelle      | Hollins 13.74 3.3      |
| 32                   | Brethren, Leah      | Averett 13.76 3.3      |
| 33                   | Griffith, Alayshia  | Bluefield 13.81 2.2    |
| 34                   | Hardin, Imani       | Randolph 13.83 2.0     |
| 35                   | Fyffe, Jada         | Longwood 13.84 2.8     |
| 36                   | Bangura, Saida      | Averett 13.95 2.0      |
| 37                   | Kelley, Emma        | Ferrum 13.98 2.8       |
| 38                   | Boyd, Nia           | Eastern Menn 14.03 2.8 |
| 39                   | Haywood, Aurora     | Bluefield 14.15 2.8    |
| 40                   | Spaulding, Emily    | Bluefield 14.17 2.2    |
| 41                   | Booth, Molly        | Sweet Briar 14.34 2.0  |
| 42                   | Mutabdzija, Mila    | Sweet Briar 15.15 3.3  |
| 43                   | Wagner, Zoie        | Ferrum 15.40 2.2       |
| 44                   | Coleman, Ny'Kerasia | Averett 15.40 3.3      |
| 45                   | Lindsay, Erica      | Bridgeport 15.43 3.3   |
| 46                   | Parks, Hannah       | Ferrum 16.69 2.2       |

## Women 100 Meter Dash

| Name          | School           | Finals            |
|---------------|------------------|-------------------|
| <b>Finals</b> |                  |                   |
| 1             | Mobley, Mahogany | Liberty 11.81 2.2 |
| 2             | Bass, Elle       | Liberty 12.01 2.2 |

|   |                |                     |
|---|----------------|---------------------|
| 3 | Young, Kiana   | Kutztown 12.12 2.2  |
| 4 | Smith, Brook   | Kutztown 12.24 2.2  |
| 5 | Turner, Rylee  | Lynchburg 12.31 2.2 |
| 6 | Patton, Joelle | Liberty 12.58 2.2   |
| 7 | Turner, Jaidyn | Randolph 12.69 2.2  |

## Women 200 Meter Dash

| Name          | School                  | Finals                 |
|---------------|-------------------------|------------------------|
| <b>Finals</b> |                         |                        |
| 1             | Merritt, Maddy          | Liberty 24.21 2.0      |
| 2             | Scott, Marianah         | Liberty 24.53 2.0      |
| 3             | Sherard, Iyana          | Liberty 24.71 2.0      |
| 4             | Bass, Elle              | Liberty 24.79 2.0      |
| 5             | Schearer, Beth          | Kutztown 24.93 2.0     |
| 6             | White, Amaryah          | Liberty 25.22 2.0      |
| 7             | Alexander, Trinity      | Liberty 25.31 1.2      |
| 8             | Turner, Rylee           | Lynchburg 25.44 1.2    |
| 9             | Bryan, Patasha          | Liberty 25.48 2.0      |
| 10            | Mohnkern, Betsy         | Lynchburg 25.74 1.1    |
| 11            | Bonner, Raechel         | Kutztown 25.77 2.0     |
| 12            | Chapman, Kennedy        | Virginia Wes 25.83 1.2 |
| 13            | Patterson, Jazmine      | Hollins 26.22 1.2      |
| 14            | Sidwell, Faith          | Liberty 26.22 1.2      |
| 15            | Langston, Tatianna      | Randolph 26.27 1.2     |
| 16            | Turner, Jaidyn          | Randolph 26.52 1.1     |
| 17            | Fox, Kenna              | Roanoke 26.63 1.1      |
| 18            | Molina-Shuman, Maryrose | Roanoke 26.79 1.1      |
| 19            | Juhasz, Hailey          | Averett 26.84 1.1      |
| 20            | Pughe, Nicola           | Shippensburg 27.29 1.2 |
| 21            | Calvello, Kaitlin       | Shippensburg 27.43 1.2 |
| 22            | Urban, Abigail          | Shippensburg 27.61 1.1 |
| 23            | Sampath, Kara           | Bridgeport 27.75 1.1   |
| 24            | Clark, Mekayla          | Virginia Wes 28.11 1.8 |
| 25            | Kivaghenni, Abety       | Bridgeport 28.13 1.1   |
| 26            | McPherson, Electra      | Sweet Briar 28.41 1.5  |
| 27            | Whiting, Lily           | Randolph 28.46 1.5     |
| 28            | Schmincke, Hannah       | Lynchburg 28.72 1.5    |
| 29            | Bangura, Saida          | Averett 28.88 1.8      |
| 30            | Pillow, Alyssa          | Longwood 28.94 1.5     |
| 31            | Beverley, Airiana       | Ferrum 29.06 1.5       |
| 32            | Condra, Adelle          | Hollins 29.07 1.8      |
| 33            | Boyd, Nia               | Eastern Menn 29.11 1.5 |
| 34            | Hardin, Imani           | Randolph 29.14 4.4     |
| 35            | Farrey, Kimmy           | Longwood 29.54 4.4     |
| 36            | Kelley, Emma            | Ferrum 29.76 1.5       |
| 37            | Booth, Molly            | Sweet Briar 30.14 4.4  |
| 38            | Lawton, Lynzie          | Bridgeport 30.72 4.4   |
| 39            | Rodriguez, Samantha     | Bridgeport 31.84 4.4   |
| 40            | Mutabdzija, Mila        | Sweet Briar 31.89 4.4  |
| 41            | Coleman, Ny'Kerasia     | Averett 32.51 1.8      |
| 42            | Wagner, Zoie            | Ferrum 32.95 4.4       |

## Women 400 Meter Dash

| Name          | School           | Finals        |
|---------------|------------------|---------------|
| <b>Finals</b> |                  |               |
| 1             | Adderley, Shania | Liberty 56.84 |

## Dr. Jack Toms Alumni Invite - 3/28/2025 to 3/29/2025

## University of Lynchburg

## Results

## Finals ... (Women 400 Meter Dash)

| Name                      | School       | Finals  |
|---------------------------|--------------|---------|
| 2 Wert, Alyssa            | Shippensburg | 57.17   |
| 3 White, Amaryah          | Liberty      | 57.74   |
| 4 Calamia, Emily          | Shippensburg | 58.12   |
| 5 Alexander, Trinity      | Liberty      | 58.39   |
| 6 Sherard, Iyana          | Liberty      | 58.39   |
| 7 Molina-Shuman, Maryrose | Roanoke      | 59.32   |
| 8 Arevalo, Liliana        | Longwood     | 59.34   |
| 9 Jenkins, Mayson         | Longwood     | 59.84   |
| 10 Ladner, Ophelia        | Roanoke      | 59.88   |
| 11 Edwards, Hannah        | Lynchburg    | 1:00.03 |
| 12 Cantey, Nadira         | Roanoke      | 1:01.66 |
| 13 Little, Samaria        | Lynchburg    | 1:02.48 |
| 14 Zanca, Jocelyn         | Longwood     | 1:03.24 |
| 15 Juhasz, Hailey         | Averett      | 1:04.47 |
| 16 Andreasik, Genna       | Lynchburg    | 1:04.89 |
| 17 Beverley, Airiana      | Ferrum       | 1:07.80 |
| 18 Kelley, Emma           | Ferrum       | 1:11.98 |

## Women 800 Meter Run

| Name                  | School       | Finals  |
|-----------------------|--------------|---------|
| <b>Finals</b>         |              |         |
| 1 Farley, Sophie      | Longwood     | 2:14.16 |
| 2 Young, Deandra      | Kutztown     | 2:19.71 |
| 3 Wallace, Emily      | Concord      | 2:19.86 |
| 4 Donovan, Mackey     | Kutztown     | 2:20.28 |
| 5 Wheeler, Cameryn    | Davis & Elki | 2:20.54 |
| 6 Bolen, Samantha     | Longwood     | 2:21.26 |
| 7 Ervi, Emma          | Liberty      | 2:21.74 |
| 8 Hardman, Savanna    | Davis & Elki | 2:22.19 |
| 9 Grogg, Lanie        | Longwood     | 2:23.05 |
| 10 Falkenstein, Lydia | Davis & Elki | 2:23.61 |
| 11 Belshan, Zoe       | Davis & Elki | 2:23.81 |
| 12 Walls, Taytum      | Davis & Elki | 2:24.77 |
| 13 Asefa, Elili       | Eastern Menn | 2:25.39 |
| 14 Wilson, Faith      | Shippensburg | 2:26.82 |
| 15 Keller, Priscilla  | Longwood     | 2:27.39 |
| 16 Gallaher, Allie    | Roanoke      | 2:27.93 |
| 17 Brown, Salya       | Virginia Wes | 2:28.52 |
| 18 Chelberg, Grace    | Liberty      | 2:29.97 |
| 19 Pinder, Nicole     | Longwood     | 2:30.03 |
| 20 Kraft, Jensen      | Kutztown     | 2:30.21 |
| 21 Solomon, Olivia    | Kutztown     | 2:31.35 |
| 22 Magee, Evelyn      | Roanoke      | 2:31.48 |
| 23 Irby, Samantha     | Pacers       | 2:33.37 |
| 24 Kelly, Kate        | Concord      | 2:35.02 |
| 25 Morley, Kirsten    | Longwood     | 2:35.21 |
| 26 Jacobs, Brooke     | Davis & Elki | 2:35.71 |
| 27 Miller, Brooke     | Shippensburg | 2:36.18 |
| 28 Davis, Madison     | Longwood     | 2:36.20 |
| 29 Johnston, Emily    | Longwood     | 2:36.95 |
| 30 Peck, Abby         | Virginia Wes | 2:37.42 |
| 31 Keefer, Evelyn     | Hollins      | 2:38.24 |
| 32 Cornett, Madison   | Concord      | 2:38.82 |
| 33 Simmons, Rachel    | Longwood     | 2:41.84 |

|                         |             |         |
|-------------------------|-------------|---------|
| 34 Turner, Sarah        | Concord     | 2:43.57 |
| 35 Walkup, Katy         | Concord     | 2:45.62 |
| 36 Auman, Jensen        | Longwood    | 2:46.01 |
| 37 Londeree, Abbey      | Concord     | 2:49.06 |
| 38 Miller, Cassandra    | Longwood    | 2:49.39 |
| 39 Wheeler, Kai         | Longwood    | 2:49.87 |
| 40 Beasley, Isabella    | Longwood    | 2:50.26 |
| 41 Doughton, Piper      | Concord     | 2:54.10 |
| 42 Viccora, Mia         | Sweet Briar | 2:54.38 |
| 43 McElfresh, Elizabeth | Roanoke     | 2:58.77 |
| 44 Londeree, Emma       | Concord     | 3:04.27 |
| 45 Scherrer, Ella       | Sweet Briar | 3:40.84 |
| --- Edwards, Lucy       | Sweet Briar | DNF     |

## Women 1500 Meter Run Open

| Name                    | School       | Finals  |
|-------------------------|--------------|---------|
| <b>Finals</b>           |              |         |
| 1 Wallace, Emily        | Concord      | 4:46.60 |
| 2 Kraft, Jensen         | Kutztown     | 4:58.01 |
| 3 Jacobs, Brooke        | Davis & Elki | 4:58.02 |
| 4 Solomon, Olivia       | Kutztown     | 4:59.59 |
| 5 Troup, Samantha       | Liberty      | 4:59.81 |
| 6 Morley, Kirsten       | Longwood     | 5:02.15 |
| 7 Brown, Salya          | Virginia Wes | 5:04.17 |
| 8 Cornett, Madison      | Concord      | 5:09.02 |
| 9 Chelberg, Grace       | Liberty      | 5:09.53 |
| 10 Davis, Madison       | Longwood     | 5:10.36 |
| 11 Miller, Brooke       | Shippensburg | 5:12.86 |
| 12 Baker, Mya           | Lynchburg    | 5:14.00 |
| 13 Lanham, Georgie      | Lynchburg    | 5:16.89 |
| 14 Peck, Abby           | Virginia Wes | 5:16.90 |
| 15 Walkup, Katy         | Concord      | 5:17.58 |
| 16 Meier, Olivia        | Longwood     | 5:20.49 |
| 17 Turner, Sarah        | Concord      | 5:23.68 |
| 18 Kelly, Kate          | Concord      | 5:24.37 |
| 19 Johnston, Emily      | Longwood     | 5:28.91 |
| 20 Lickteig, Stephanie  | Bridgeport   | 5:33.44 |
| 21 Fortune, Julia       | Bridgeport   | 5:39.42 |
| 22 Auman, Jensen        | Longwood     | 5:41.60 |
| 23 Doughton, Piper      | Concord      | 5:44.12 |
| 24 Wheeler, Kai         | Longwood     | 5:44.18 |
| 25 Tierney, Lizzy       | Uva Club Run | 5:44.71 |
| 26 Londeree, Emma       | Concord      | 5:45.02 |
| 27 O'Sullivan, Erin     | Concord      | 5:45.31 |
| 28 Miller, Cassandra    | Longwood     | 5:45.70 |
| 29 Londeree, Abbey      | Concord      | 5:46.28 |
| 30 Dixon, Kaylee        | Concord      | 5:54.49 |
| 31 McElfresh, Elizabeth | Roanoke      | 5:55.09 |
| 32 Viccora, Mia         | Sweet Briar  | 6:02.73 |
| 33 Guillet, Sylvia      | Hollins      | 6:10.36 |
| --- Jenkins, Emma       | Concord      | DNF     |

## Women 1500 Meter Run Invite

| Name             | School   | Finals  |
|------------------|----------|---------|
| <b>Finals</b>    |          |         |
| 1 Farley, Sophie | Longwood | 4:35.67 |

## Dr. Jack Toms Alumni Invite - 3/28/2025 to 3/29/2025

## University of Lynchburg

## Results

## Finals ... (Women 1500 Meter Run Invite)

| Name                  | School       | Finals  |
|-----------------------|--------------|---------|
| 2 Hill, Rachel        | Liberty      | 4:40.36 |
| 3 Hardman, Savanna    | Davis & Elki | 4:40.54 |
| 4 Dell, Allison       | Lynchburg    | 4:41.33 |
| 5 Mayo, Raini         | Liberty      | 4:43.02 |
| 6 Atha, Emily         | Liberty      | 4:44.09 |
| 7 Hesson, Ella        | Davis & Elki | 4:46.43 |
| 8 Fletcher, Anna      | Liberty      | 4:47.35 |
| 9 Wheeler, Cameryn    | Davis & Elki | 4:47.56 |
| 10 Young, Deandra     | Kutztown     | 4:48.72 |
| 11 Ervi, Emma         | Liberty      | 4:49.18 |
| 12 Bolen, Samantha    | Longwood     | 4:49.86 |
| 13 Farley, Mia        | Radford      | 4:50.23 |
| 14 Simmons, Rebekah   | Liberty      | 4:50.72 |
| 15 Belshan, Zoe       | Davis & Elki | 4:51.22 |
| 16 Carpenter, Adelynn | Lynchburg    | 4:51.60 |
| 17 Mast, Sophia       | Liberty      | 4:52.57 |
| 18 Donovan, Mackey    | Kutztown     | 4:52.98 |
| 19 Park, Sophia       | Liberty      | 4:53.42 |
| 20 Wilson, Faith      | Shippensburg | 4:53.68 |
| 21 Grogg, Lanie       | Longwood     | 4:54.27 |
| 22 Keller, Priscilla  | Longwood     | 4:54.32 |
| 23 Saulsbury, Delaney | Lynchburg    | 4:54.64 |
| 24 Pinder, Nicole     | Longwood     | 5:02.27 |
| 25 Keefe, Claire      | Radford      | 5:06.01 |
| 26 Weaver, Jenna      | Eastern Menn | 5:08.67 |
| 27 Hemmer, Sylvia     | Radford      | 5:12.55 |

## Women 5000 Meter Run Invite

| Name                    | School       | Finals   |
|-------------------------|--------------|----------|
| <b>Finals</b>           |              |          |
| 1 Twyman, Lauren        | Davis & Elki | 17:26.45 |
| 2 Underwood, Reagan     | Liberty      | 17:31.98 |
| 3 Cash, Megan           | Radford      | 17:48.95 |
| 4 Cox, Jessica          | Liberty      | 18:29.79 |
| 5 Unger, Emma           | Liberty      | 18:40.42 |
| 6 Campbell, Katelyn     | Radford      | 18:51.85 |
| 7 Slattery, Haley       | Longwood     | 18:58.10 |
| 8 Bartholomew, Victoria | Shippensburg | 19:06.74 |
| 9 Roberts, Beall        | Uva Club Run | 19:10.40 |
| 10 Griffin, Gabrielle   | Averett      | 19:31.12 |
| 11 Weghorst, Rachel     | Uva Club Run | 19:38.50 |
| 12 Tessler, Emma        | Uva Club Run | 19:45.99 |
| 13 Draper, Keri         | Pacers       | 19:57.35 |
| 14 Kochanski, Sarah     | Roanoke      | 20:52.77 |
| 15 DeFelice, Alaina     | Roanoke      | 21:25.07 |
| 16 Murray, Lauren       | Roanoke      | 21:40.56 |
| --- Vincent, Caleigh    | Shippensburg | DNF      |

## Women 10000 Meter Run Open

| Name                 | School       | Finals   |
|----------------------|--------------|----------|
| <b>Finals</b>        |              |          |
| 1 Mattioli, Victoria | Shippensburg | 39:25.63 |
| 2 Hess, Morgan       | Shippensburg | 39:36.21 |
| 3 Lenhart, Maura     | Kutztown     | 39:40.58 |

|                        |              |          |
|------------------------|--------------|----------|
| 4 Sass, Jenna          | Randolph     | 40:06.13 |
| 5 D'Amelio, Jaelyn     | Kutztown     | 40:33.21 |
| 6 Bustamante, Julia    | Uva Club Run | 43:39.45 |
| --- Dunkleberger, Sage | Kutztown     | DNF      |

## Women 100 Meter Hurdles

| Name                     | School       | Finals    |
|--------------------------|--------------|-----------|
| <b>Finals</b>            |              |           |
| 1 Lee, Sasha             | Shippensburg | 14.09 2.6 |
| 2 Mohnkern, Betsy        | Lynchburg    | 14.36 2.6 |
| 3 Malcolm, Madison       | Shippensburg | 14.96 2.6 |
| 4 Viers, Olivia          | Roanoke      | 15.10 2.6 |
| 5 Greenhagel, Paige      | Liberty      | 15.32 2.5 |
| 6 Winston, Cammi         | Roanoke      | 15.46 2.6 |
| 7 Pugge, Nicola          | Shippensburg | 15.62 2.6 |
| 8 Pyle, Camryn           | Shippensburg | 15.62 2.5 |
| 9 Rhodes, Nyomi          | Longwood     | 15.91 2.6 |
| 10 Olak, Michelle        | Shippensburg | 15.93 2.5 |
| 11 Schultz, Faith        | Eastern Menn | 16.53 2.5 |
| 12 Atwood, Abby          | Eastern Menn | 16.63 2.1 |
| 13 Riolo, McKenna        | Roanoke      | 17.25 2.1 |
| 14 Nellis, Anna-Mae      | Bridgeport   | 17.63 2.5 |
| 15 Calvello, Kaitlin     | Shippensburg | 17.65 2.5 |
| 16 Carter, Anisha        | Virginia Wes | 18.74 2.1 |
| 17 Ward, Summer          | Bluefield    | 19.46 2.1 |
| 18 Owens, Shaniya        | Randolph     | 19.60 2.1 |
| 19 Tierney, Lizzy        | Uva Club Run | 24.74 2.1 |
| --- Abdussalaam, Nadiyah | Unattached   | FS 2.5    |

## Women 400 Meter Hurdles

| Name                  | School       | Finals  |
|-----------------------|--------------|---------|
| <b>Finals</b>         |              |         |
| 1 Malcolm, Madison    | Shippensburg | 1:03.40 |
| 2 Barger, Melanie     | Shippensburg | 1:04.43 |
| 3 Ladner, Ophelia     | Roanoke      | 1:04.78 |
| 4 Pyle, Camryn        | Shippensburg | 1:06.89 |
| 5 Taylor, Jessica     | Randolph     | 1:07.30 |
| 6 Fox, Margo          | Lynchburg    | 1:08.88 |
| 7 Moore, Jennifer     | Randolph     | 1:10.02 |
| 8 Miller, Anna        | Lynchburg    | 1:10.08 |
| 9 Rhodes, Nyomi       | Longwood     | 1:11.71 |
| 10 Pillow, Alyssa     | Longwood     | 1:14.95 |
| 11 Riolo, McKenna     | Roanoke      | 1:15.12 |
| 12 Zanca, Jocelyn     | Longwood     | 1:16.49 |
| 13 Golston, Ashlyne   | Hollins      | 1:17.72 |
| 14 Thurston, Clarissa | Virginia Wes | 1:18.16 |
| 15 Owens, Shaniya     | Randolph     | 1:19.87 |

## Women 3000 Meter Steeplechase

| Name                 | School       | Finals   |
|----------------------|--------------|----------|
| <b>Finals</b>        |              |          |
| 1 Sigerud, Katie     | Liberty      | 11:09.95 |
| 2 Knerr, Sophia      | Kutztown     | 11:22.61 |
| 3 Hesson, Ella       | Davis & Elki | 11:55.06 |
| 4 Taylor, Sierra     | Davis & Elki | 12:32.12 |
| 5 Vallentgoed, Alina | Davis & Elki | 12:33.29 |

## Dr. Jack Toms Alumni Invite - 3/28/2025 to 3/29/2025

## University of Lynchburg

## Results

**Finals ... (Women 3000 Meter Steeplechase)**

| Name                   | School       | Finals   |
|------------------------|--------------|----------|
| 6 Reid, Savannah       | Roanoke      | 12:40.45 |
| 7 Meier, Olivia        | Longwood     | 12:41.25 |
| 8 Moffitt, Leah        | Shippensburg | 12:52.58 |
| 9 Asefa, Elili         | Eastern Menn | 12:58.44 |
| 10 Vick, Lauren        | Longwood     | 13:23.36 |
| 11 McGinnis, Charlotte | Concord      | 13:28.68 |
| 12 Snedden, Rachel     | Davis & Elki | 13:41.63 |
| 13 Rhyne, Madeleine    | Roanoke      | 14:18.35 |

**Women 4x100 Meter Relay**

| Team                | Relay                 | Finals |
|---------------------|-----------------------|--------|
| <b>Finals</b>       |                       |        |
| 1 Kutztown          | A                     | 47.37  |
| 1) Young, Kiana     | 2) Schearer, Beth     |        |
| 3) Bonner, Raechel  | 4) Smith, Brook       |        |
| 2 Randolph          | A                     | 49.51  |
| 1) Moore, Jennifer  | 2) Turner, Jaidyn     |        |
| 3) Taylor, Jessica  | 4) Langston, Tatianna |        |
| 3 Longwood          | A                     | 52.29  |
| 1) Rhodes, Nyomi    | 2) Pillow, Alyssa     |        |
| 3) Fyffe, Jada      | 4) Samuels, Taylor    |        |
| 4 Bridgeport        | A                     | 53.17  |
| 1) Kivaghani, Abety | 2) Hershberger, Faith |        |
| 3) Nellis, Anna-Mae | 4) Sampath, Kara      |        |
| 5 Bluefield         | A                     | 54.15  |
| 1) Hackler, Lana    | 2) Ward, Summer       |        |
| 3) Haywood, Aurora  | 4) Griffith, Alayshia |        |
| --- Liberty         | A                     | FS     |
| 1) Adderley, Shania | 2) Webster, Reese     |        |
| 3) Mobley, Mahogany | 4) Lewis, Akilah      |        |
| --- Lynchburg       | A                     | DNF    |
| 1) Kelly, Kacey     | 2) Mohnkern, Betsy    |        |
| 3) Smith, Kiara     | 4) Turner, Rylee      |        |

**Women 4x400 Meter Relay**

| Team                 | Relay                | Finals  |
|----------------------|----------------------|---------|
| <b>Finals</b>        |                      |         |
| 1 Liberty            | A                    | 3:45.58 |
| 1) Merritt, Maddy    | 2) Webster, Reese    |         |
| 3) Adderley, Shania  | 4) Mobley, Mahogany  |         |
| 2 Liberty            | B                    | 3:51.84 |
| 1) Bryan, Patasha    | 2) Greenhagel, Paige |         |
| 3) Engle, Meredith   | 4) Scott, Marianah   |         |
| 3 Shippensburg       | A                    | 3:55.96 |
| 1) Calamia, Emily    | 2) Barger, Melanie   |         |
| 3) Malcolm, Madison  | 4) Wert, Alyssa      |         |
| 4 Longwood           | A                    | 4:06.03 |
| 1) Rhodes, Nyomi     | 2) Jenkins, Mayson   |         |
| 3) Samuels, Taylor   | 4) Arevalo, Liliana  |         |
| 5 Lynchburg          | A                    | 4:10.55 |
| 1) Miller, Anna      | 2) Andreasik, Genna  |         |
| 3) Schmincke, Hannah | 4) Little, Samaria   |         |

|                       |                   |         |
|-----------------------|-------------------|---------|
| 6 Bridgeport          | A                 | 4:44.23 |
| 1) Mermella, Angelina | 2) Lawton, Lynzie |         |
| 3) Fortune, Julia     | 4) Sampath, Kara  |         |

**Women High Jump**

| Name                   | School       | Finals |
|------------------------|--------------|--------|
| <b>Finals</b>          |              |        |
| 1 Bryan, Patasha       | Liberty      | 1.60m  |
| 2 Laukus, Ashley       | Shippensburg | J1.60m |
| 3 Richwine, Ally       | Shippensburg | J1.60m |
| 4 Ciano, Norah         | Virginia Wes | 1.55m  |
| 5 Maroney, Indiah      | Liberty      | J1.55m |
| 6 Atwood, Abby         | Eastern Menn | J1.55m |
| 7 Fox, Margo           | Lynchburg    | J1.55m |
| 8 Oliphant, Elliot     | Shippensburg | 1.50m  |
| 9 Carr, Rebecca        | Roanoke      | J1.50m |
| 10 Parker, Unknown     | Unattached   | J1.50m |
| 11 Pugge, Nicola       | Shippensburg | J1.50m |
| 12 Spitzlay, Maryn     | Shippensburg | 1.45m  |
| 13 Calvello, Kaitlin   | Shippensburg | J1.45m |
| 14 Freideman, Madison  | Hollins      | J1.45m |
| 15 Nellis, Anna-Mae    | Bridgeport   | 1.40m  |
| 16 Plummer, Maria      | Virginia Wes | 1.35m  |
| 17 Russell, Abigail    | Unattached   | J1.35m |
| 17 Puglisi, Catalina   | Lynchburg    | J1.35m |
| 19 Dale, Autumn        | Hollins      | J1.35m |
| --- Gharui, S          | Unattached   | NH     |
| --- McIntyre, Julianna | Sweet Briar  | NH     |
| --- Schultz, Faith     | Eastern Menn | NH     |

**Women Pole Vault**

| Name                   | School       | Finals |
|------------------------|--------------|--------|
| <b>Finals</b>          |              |        |
| 1 Urbine, Katie        | Liberty      | 3.97m  |
| 2 Holland, Natalie     | Kutztown     | 3.65m  |
| 3 Gassman, Sarah       | Liberty      | J3.65m |
| 4 Funk, Taylor         | Kutztown     | 3.50m  |
| 4 Bender, Carissa      | Shippensburg | 3.50m  |
| 4 Bobst, Allison       | Lynchburg    | 3.50m  |
| 7 Weber, Cameron       | Lynchburg    | 3.35m  |
| 8 Miller, Tasha        | Roanoke      | 3.05m  |
| --- Hershberger, Faith | Bridgeport   | NH     |
| --- Puglisi, Catalina  | Lynchburg    | NH     |

**Women Long Jump**

| Name               | School       | Finals     |
|--------------------|--------------|------------|
| <b>Finals</b>      |              |            |
| 1 Lee, Sasha       | Shippensburg | 5.76m +0.0 |
| 2 Allen, Rebecca   | Liberty      | 5.66m 0.2  |
| 3 Whigham, Zariyah | Shippensburg | 5.60m +0.0 |
| 4 Fox, Margo       | Lynchburg    | 5.58m 0.2  |
| 5 Kelly, Kacey     | Lynchburg    | 5.42m +0.0 |
| 6 Chapman, Kennedy | Virginia Wes | 5.33m +0.0 |
| 7 Parker, Selah    | Lynchburg    | 5.29m +0.0 |
| 8 Beard, Delaney   | Kutztown     | 5.21m +0.0 |
| 9 Gardner, Anne    | Shippensburg | 5.13m +0.0 |

## Dr. Jack Toms Alumni Invite - 3/28/2025 to 3/29/2025

## University of Lynchburg

## Results

## Finals ... (Women Long Jump)

| Name                    | School       | Finals     |
|-------------------------|--------------|------------|
| 10 Olak, Michelle       | Shippensburg | 5.04m +0.0 |
| 11 Viers, Olivia        | Roanoke      | 5.01m +0.0 |
| 12 Jackson, Lilly       | Concord      | 4.98m +0.0 |
| 13 David, Angel         | Eastern Menn | 4.83m +0.0 |
| 14 Abdussalaam, Nadiyah | Unattached   | 4.72m +0.0 |
| 15 Jenkins, Mayson      | Longwood     | 4.69m +0.0 |
| 16 Carter, Anisha       | Virginia Wes | 4.62m -0.1 |
| 16 Schultz, Faith       | Eastern Menn | 4.62m +0.0 |
| 18 Hershberger, Faith   | Bridgeport   | 4.44m +0.0 |
| 19 Beverley, Airiana    | Ferrum       | 4.39m +0.0 |
| 20 McPherson, Electra   | Sweet Briar  | 4.36m +0.0 |
| 21 Barney, Veronica     | Sweet Briar  | 4.35m +0.0 |
| 22 Holland, Courtnee    | Unattached   | 4.20m +0.0 |
| 23 Kelley, Emma         | Ferrum       | 4.17m +0.0 |
| 24 Kivaghenni, Abety    | Bridgeport   | 4.15m +0.0 |
| 25 Booth, Molly         | Sweet Briar  | 3.80m +0.0 |
| --- Pillow, Alyssa      | Longwood     | FOUL       |

## Women Triple Jump

| Name                    | School       | Finals      |
|-------------------------|--------------|-------------|
| 1 Lee, Sasha            | Shippensburg | 12.44m +0.0 |
| 2 Kelly, Kacey          | Lynchburg    | 11.99m 0.6  |
| 3 Whigham, Zariyah      | Shippensburg | 11.68m 0.2  |
| 4 Beard, Delaney        | Kutztown     | 11.66m 0.5  |
| 5 Gardner, Anne         | Shippensburg | 11.43m 0.6  |
| 6 Holland, Courtnee     | Unattached   | 10.63m 0.5  |
| 7 Winston, Cammi        | Roanoke      | 10.58m 0.4  |
| 8 David, Angel          | Eastern Menn | 10.45m 0.4  |
| 9 Manyara, Ellie        | Shippensburg | 10.07m -0.1 |
| 10 Freideman, Madison   | Hollins      | 9.88m 0.5   |
| 11 Abdussalaam, Nadiyah | Unattached   | 9.81m +0.0  |
| 12 Dale, Autumn         | Hollins      | 9.74m 0.5   |
| 13 Barney, Veronica     | Sweet Briar  | 9.32m -0.1  |
| --- Robson, Stephanie   | Unattached   | FOUL        |

## Women Shot Put

| Name                 | School       | Finals |
|----------------------|--------------|--------|
| 1 Simmons, ShanAnn   | Shippensburg | 12.38m |
| 2 Bryan, Patasha     | Liberty      | 12.12m |
| 3 Decker, Makalya    | Shippensburg | 12.12m |
| 4 Swanson, Mackenzie | Virginia Wes | 11.45m |
| 5 Tucker, Daryl      | Virginia Wes | 11.23m |
| 6 Greenhagel, Paige  | Liberty      | 11.19m |
| 7 Nellis, Anna-Mae   | Bridgeport   | 11.13m |
| 8 Swicegood, Kenzie  | Lynchburg    | 10.94m |
| 9 Clark, Maria       | Kutztown     | 10.83m |
| 10 Bauer, Payton     | Shippensburg | 10.81m |
| 11 Maier, Morgan     | Unattached   | 10.57m |
| 12 Mercer, Caroline  | Shippensburg | 10.56m |
| 13 McGlothlin, Abby  | Roanoke      | 10.48m |
| 14 Wallace, Abby     | Concord      | 10.46m |
| 15 Gustin, Vivianna  | Randolph     | 10.34m |

|                         |              |        |
|-------------------------|--------------|--------|
| 16 Belton, Sanaa        | Hollins      | 10.20m |
| 17 Alling, Kiersten     | Randolph     | 9.97m  |
| 18 Disbrow, Claudia     | Roanoke      | 9.77m  |
| 19 Poticher, Meagan     | Concord      | 9.57m  |
| 20 Kegler, Ava          | Hollins      | 9.49m  |
| 21 Marando, Bri         | Roanoke      | 9.41m  |
| 22 Abdussalaam, Nadiyah | Unattached   | 9.17m  |
| 23 Gray, Jaiana         | Sweet Briar  | 8.85m  |
| 24 Smith, Amaya         | Concord      | 8.80m  |
| 25 Gorman, Quinn        | Sweet Briar  | 7.95m  |
| 26 Foreman, Nevaeh      | Randolph     | 7.81m  |
| 27 Bigger, Lilian       | Ferrum       | 7.58m  |
| 28 Wilds, Ella          | Hollins      | 7.17m  |
| 29 Carr, Michaela       | Sweet Briar  | 6.14m  |
| 30 Howard, Katie        | Concord      | 6.12m  |
| 31 Garrett, Olivia      | Sweet Briar  | 5.43m  |
| 32 Borum, Kathleen      | Sweet Briar  | 5.30m  |
| --- Kamgaing, Denise    | Virginia Wes | FOUL   |

## Women Discus Throw

| Name                  | School       | Finals |
|-----------------------|--------------|--------|
| 1 Decker, Makalya     | Shippensburg | 40.62m |
| 2 Simmons, ShanAnn    | Shippensburg | 38.80m |
| 3 Clark, Maria        | Kutztown     | 38.47m |
| 4 Bauer, Payton       | Shippensburg | 37.10m |
| 5 Swicegood, Kenzie   | Lynchburg    | 37.00m |
| 6 Alling, Kiersten    | Randolph     | 36.13m |
| 7 Nolan, Katherine    | Kutztown     | 35.92m |
| 8 Bellows, Lauren     | Shippensburg | 34.80m |
| 9 Mercer, Caroline    | Shippensburg | 33.72m |
| 10 Disbrow, Claudia   | Roanoke      | 32.67m |
| 11 Marando, Bri       | Roanoke      | 32.18m |
| 12 Tucker, Daryl      | Virginia Wes | 31.70m |
| 13 Poticher, Meagan   | Concord      | 30.68m |
| 14 Belton, Sanaa      | Hollins      | 30.32m |
| 15 Brainard, Madeline | Lynchburg    | 29.82m |
| 16 Gustin, Vivianna   | Randolph     | 28.75m |
| 17 McGlothlin, Abby   | Roanoke      | 27.70m |
| 18 Harriman, Grace    | Virginia Wes | 27.50m |
| 19 Kegler, Ava        | Hollins      | 26.46m |
| 20 Foreman, Nevaeh    | Randolph     | 25.16m |
| 21 Wallace, Abby      | Concord      | 22.85m |
| 22 Smith, Amaya       | Concord      | 21.23m |
| 23 Wilds, Ella        | Hollins      | 18.31m |
| 24 Howard, Katie      | Concord      | 14.35m |
| --- McAlister, Gracie | Concord      | FOUL   |
| --- Kamgaing, Denise  | Virginia Wes | FOUL   |

## Women Hammer Throw

| Name               | School       | Finals |
|--------------------|--------------|--------|
| 1 Bellows, Lauren  | Shippensburg | 46.78m |
| 2 Alling, Kiersten | Randolph     | 43.71m |
| 3 Bulger, Kennedy  | Kutztown     | 42.56m |
| 4 Fuchs, Sarah     | Roanoke      | 42.45m |

## Dr. Jack Toms Alumni Invite - 3/28/2025 to 3/29/2025

## University of Lynchburg

## Results

**Finals ... (Women Hammer Throw)**

|    | <b>Name</b>        | <b>School</b> | <b>Finals</b> |
|----|--------------------|---------------|---------------|
| 5  | Swicegood, Kenzie  | Lynchburg     | 41.69m        |
| 6  | Kamgaing, Denise   | Virginia Wes  | 41.54m        |
| 7  | Tucker, Daryl      | Virginia Wes  | 41.02m        |
| 8  | Decker, Makalya    | Shippensburg  | 39.65m        |
| 9  | Belton, Sanaa      | Hollins       | 39.07m        |
| 10 | Brainard, Madeline | Lynchburg     | 37.92m        |
| 11 | Johnson, Kennedy   | Lynchburg     | 36.97m        |
| 12 | Rucker, Kya        | Lynchburg     | 36.75m        |
| 13 | Marando, Bri       | Roanoke       | 35.73m        |
| 14 | Kegler, Ava        | Hollins       | 34.22m        |
| 15 | Bartlett, Hollis   | Roanoke       | 33.69m        |
| 16 | Gustin, Vivianna   | Randolph      | 32.58m        |
| 17 | Foreman, Nevaeh    | Randolph      | 32.56m        |
| 18 | Woodside, Valtasia | Lynchburg     | 30.52m        |
| 19 | Nellis, Anna-Mae   | Bridgeport    | 30.29m        |
| 20 | Perea, Maggie      | Lynchburg     | 24.92m        |
| 21 | Wilds, Ella        | Hollins       | 22.50m        |
| 22 | Gray, Jaiana       | Sweet Briar   | 20.99m        |
| 23 | Gorman, Quinn      | Sweet Briar   | 19.62m        |
| 24 | Borum, Kathleen    | Sweet Briar   | 12.35m        |

**Women Javelin Throw**

|               | <b>Name</b>          | <b>School</b> | <b>Finals</b> |
|---------------|----------------------|---------------|---------------|
| <b>Finals</b> |                      |               |               |
| 1             | Reasoner, Abby       | Shippensburg  | 47.25m        |
| 2             | Cassner, Hannah      | Shippensburg  | 44.02m        |
| 3             | Mancino, Catherine   | Shippensburg  | 39.05m        |
| 4             | Kelly, Kacey         | Lynchburg     | 37.90m        |
| 5             | Gotwals, Abigail     | Shippensburg  | 37.72m        |
| 6             | Nellis, Anna-Mae     | Bridgeport    | 36.92m        |
| 7             | Sieg, Madison        | Shippensburg  | 35.62m        |
| 8             | Jackson, Lilly       | Concord       | 35.07m        |
| 9             | Disbrow, Claudia     | Roanoke       | 32.47m        |
| 10            | Keefe, Alexis        | Shippensburg  | 31.97m        |
| 11            | Gonzalez, Carlota    | Averett       | 30.59m        |
| 12            | Thibodeaux, Saige    | Kutztown      | 28.92m        |
| 13            | Mitchell, Jaiden     | Virginia Wes  | 28.51m        |
| 14            | Patterson, Tess      | Shippensburg  | 28.39m        |
| 15            | McAlister, Gracie    | Concord       | 27.75m        |
| 16            | Greenhagel, Paige    | Liberty       | 26.02m        |
| 17            | Ciano, Norah         | Virginia Wes  | 25.93m        |
| 18            | Abdussalaam, Nadiyah | Unattached    | 25.50m        |
| 19            | Poticher, Meagan     | Concord       | 25.36m        |
| 20            | Hunter, Darria       | Lynchburg     | 25.33m        |
| 21            | Bigger, Lilian       | Ferrum        | 24.74m        |
| 22            | Humphrey, Abby       | Concord       | 24.63m        |
| 23            | Inmon, Victoria      | Liberty       | 23.26m        |
| 24            | McGlothlin, Abby     | Roanoke       | 22.58m        |
| 25            | Fuchs, Sarah         | Roanoke       | 21.98m        |
| 26            | Kegler, Ava          | Hollins       | 21.20m        |
| 27            | Wilds, Ella          | Hollins       | 19.45m        |
| 28            | Golston, Ashlyne     | Hollins       | 19.34m        |
| 29            | McIntyre, Julianna   | Sweet Briar   | 14.65m        |
| ---           | Miller, Anna         | Lynchburg     | FOUL          |