

ODAC Indoor Track & Field Championships - 3/1/2025 to 3/2/2025**Cregger Center
Results - Saturday****Men 60 Meter Dash**

Name	School	Prelims
Preliminaries		
1 Wright, Tristan	Lynchburg	6.83Q
2 Crowder, William	Shenandoah	6.85Q
3 Carter, Amari	Roanoke	6.89Q
4 Bitzer, Drew	Roanoke	6.90Q
5 Jones, Jahmal	Ferrum	6.92Q
6 Jones, Jaylen	Lynchburg	6.95Q
7 Reid, Isaiah	Eastern Menn	7.04q
8 Edwards, Jordan	Randolph	7.05q
9 Andrews, Nickolas	Averett	7.08
10 Farbman, Jonathan	Washington a	7.08
11 Smith, Jordan	Ferrum	7.12
12 Lawson, Deontae	Ferrum	7.14
13 Morgan, Damon	Eastern Menn	7.15
14 Winters, Da'Shawn	Eastern Menn	7.16
15 Browne, Ian	Bridgewater	7.21
16 Calloway, Xavier	Randolph	7.21
17 Galloway, Kyle	Bridgewater	7.25
18 Madsen, Max	Ferrum	7.26
19 Lloyd, Ethan	Eastern Menn	7.27
20 Blowe, Cedric	Guilford	7.31
21 Moore, Jerome	Guilford	7.40
22 McPherson, DaMauri	Ferrum	7.45

Men 5000 Meter Run

Name	School	Finals
Finals		
1 Rush, Keaton	Washington a	14:46.90
34.430 (34.430)	1:09.735 (35.305)	1:44.676 (34.941)
2:20.152 (35.476)	2:55.460 (35.308)	3:30.753 (35.293)
4:06.199 (35.446)	4:41.762 (35.563)	5:17.403 (35.641)
5:53.330 (35.927)	6:29.091 (35.761)	7:05.217 (36.126)
7:41.587 (36.370)	8:17.870 (36.283)	8:53.676 (35.806)
9:30.094 (36.418)	10:06.364 (36.270)	10:42.750 (36.386)
11:19.013 (36.263)	11:55.565 (36.552)	
13:06.485 (34.917)	13:41.771 (35.286)	14:15.886 (34.115)
14:46.895 (31.009)		
2 Cooper, Robert	Washington a	14:58.24
36.294 (36.294)	1:11.514 (35.220)	1:46.738 (35.224)
2:22.336 (35.598)	2:58.112 (35.776)	3:33.431 (35.319)
4:08.714 (35.283)	4:44.285 (35.571)	5:20.355 (36.070)
5:56.536 (36.181)	6:32.519 (35.983)	7:08.674 (36.155)
7:44.880 (36.206)	8:21.411 (36.531)	8:57.970 (36.559)
9:35.023 (37.053)	10:11.611 (36.588)	10:47.650 (36.039)
11:24.052 (36.402)	12:00.076 (36.024)	
13:14.426 (37.262)	13:50.635 (36.209)	14:26.771 (36.136)
14:58.233 (31.462)		

3 Jordan, Alex	Lynchburg	15:01.45
36.064 (36.064)	1:12.926 (36.862)	1:48.431 (35.505)
2:23.839 (35.408)	2:59.388 (35.549)	3:34.417 (35.029)
4:09.623 (35.206)	4:44.900 (35.277)	5:20.205 (35.305)
5:56.288 (36.083)	6:32.285 (35.997)	7:08.375 (36.090)
7:44.681 (36.306)	8:21.183 (36.502)	8:57.690 (36.507)
9:34.671 (36.981)	10:11.761 (37.090)	10:47.931 (36.170)
11:23.814 (35.883)	12:00.580 (36.766)	
13:14.734 (36.915)	13:50.301 (35.567)	14:26.695 (36.394)
15:01.442 (34.747)		
4 Cobb, Jonathan	Lynchburg	15:04.04
36.527 (36.527)	1:12.686 (36.159)	1:48.143 (35.457)
2:23.562 (35.419)	2:59.092 (35.530)	3:34.155 (35.063)
4:09.334 (35.179)	4:44.573 (35.239)	5:20.084 (35.511)
5:56.006 (35.922)	6:31.986 (35.980)	7:08.031 (36.045)
7:44.415 (36.384)	8:20.819 (36.404)	8:58.336 (37.517)
9:36.125 (37.789)	10:13.863 (37.738)	10:51.488 (37.625)
11:24.517 (33.029)	12:06.359 (41.842)	
13:19.929 (37.459)	13:55.882 (35.953)	14:30.584 (34.702)
15:04.033 (33.449)		
5 Daunt, Sam	Washington a	15:16.95
36.110 (36.110)	1:13.131 (37.021)	1:48.977 (35.846)
2:24.587 (35.610)	2:59.811 (35.224)	3:34.995 (35.184)
4:10.191 (35.196)	4:45.605 (35.414)	5:21.576 (35.971)
5:57.704 (36.128)	6:34.336 (36.632)	7:11.957 (37.621)
7:49.326 (37.369)	8:27.019 (37.693)	9:04.519 (37.500)
9:42.124 (37.605)	10:19.976 (37.852)	10:58.244 (38.268)
11:36.347 (38.103)	12:14.290 (37.943)	
13:30.040 (37.928)	14:08.008 (37.968)	14:44.293 (36.285)
15:16.941 (32.648)		
6 Kodenski, Jackson	Washington a	15:18.14
35.056 (35.056)	1:10.638 (35.582)	1:46.930 (36.292)
2:23.370 (36.440)	3:00.232 (36.862)	3:35.579 (35.347)
4:10.879 (35.300)	4:46.408 (35.529)	5:23.018 (36.610)
6:00.423 (37.405)	6:37.440 (37.017)	7:14.586 (37.146)
7:52.031 (37.445)	8:29.820 (37.789)	9:07.587 (37.767)
9:45.228 (37.641)	10:22.586 (37.358)	11:00.219 (37.633)
11:37.804 (37.585)	12:15.365 (37.561)	
13:30.951 (37.922)	14:08.375 (37.424)	14:44.079 (35.704)
15:18.136 (34.057)		
7 Garis, Matt	Roanoke	15:23.99
35.600 (35.600)	1:11.326 (35.726)	1:47.168 (35.842)
2:23.611 (36.443)	3:00.468 (36.857)	3:35.821 (35.353)
4:11.053 (35.232)	4:46.667 (35.614)	5:23.207 (36.540)
6:00.681 (37.474)	6:36.370 (35.689)	7:12.626 (36.256)
7:49.063 (36.437)	8:26.307 (37.244)	9:02.365 (36.058)
9:38.875 (36.510)	10:15.559 (36.684)	10:53.143 (37.584)
11:31.516 (38.373)	12:10.249 (38.733)	
13:28.659 (39.748)	14:08.815 (40.156)	14:47.978 (39.163)
15:23.983 (36.005)		

ODAC Indoor Track & Field Championships - 3/1/2025 to 3/2/2025

Cregger Center

Results - Saturday

Finals ... (Men 5000 Meter Run)

Name	School	Finals					
8	Fernandez, Draven	Lynchburg	15:33.05	13	Harrower, Ethan	Shenandoah	15:53.84
	37.392 (37.392)	1:14.076 (36.684)	1:50.490 (36.414)		36.673 (36.673)	1:13.711 (37.038)	1:49.308 (35.597)
	2:27.303 (36.813)	3:04.555 (37.252)	3:41.398 (36.843)		2:25.627 (36.319)	3:02.124 (36.497)	3:38.453 (36.329)
	4:18.456 (37.058)	4:56.443 (37.987)	5:33.639 (37.196)		4:14.380 (35.927)	4:51.305 (36.925)	5:29.183 (37.878)
	6:11.282 (37.643)	6:49.565 (38.283)	7:27.394 (37.829)		6:07.331 (38.148)	6:44.818 (37.487)	7:22.883 (38.065)
	8:05.754 (38.360)	8:44.561 (38.807)	9:23.554 (38.993)		8:01.992 (39.109)	8:40.517 (38.525)	9:20.001 (39.484)
	10:00.816 (37.262)	10:36.767 (35.951)	11:14.019 (37.252)		9:59.601 (39.600)	10:38.992 (39.391)	11:18.640 (39.648)
	11:52.761 (38.742)	12:31.776 (39.015)			11:58.262 (39.622)	12:38.298 (40.036)	
	13:48.979 (39.508)	14:27.011 (38.032)	15:01.077 (34.066)		13:58.775 (40.325)	14:39.007 (40.232)	15:18.331 (39.324)
	15:33.048 (31.971)				15:53.832 (35.501)		
9	Franklin, Thomas	Washington a	15:33.15	14	Beiswenger, Caleb	Shenandoah	16:15.12
	34.975 (34.975)	1:12.517 (37.542)	1:49.066 (36.549)		36.950 (36.950)	1:14.202 (37.252)	1:50.755 (36.553)
	2:25.179 (36.113)	3:01.289 (36.110)	3:37.605 (36.316)		2:27.593 (36.838)	3:04.842 (37.249)	3:41.640 (36.798)
	4:14.218 (36.613)	4:51.428 (37.210)	5:29.487 (38.059)		4:18.715 (37.075)	4:56.668 (37.953)	5:34.133 (37.465)
	6:07.532 (38.045)	6:44.363 (36.831)	7:21.493 (37.130)		6:11.644 (37.511)	6:49.976 (38.332)	7:28.701 (38.725)
	7:59.463 (37.970)	8:37.385 (37.922)	9:15.380 (37.995)		8:08.382 (39.681)	8:48.126 (39.744)	9:28.011 (39.885)
	9:53.969 (38.589)	10:32.713 (38.744)	11:11.220 (38.507)		10:08.083 (40.072)	10:48.773 (40.690)	11:29.263 (40.490)
	11:50.202 (38.982)	12:29.227 (39.025)			12:10.606 (41.343)	12:50.966 (40.360)	
	13:46.034 (38.626)	14:24.453 (38.419)	15:01.866 (37.413)		14:13.014 (40.875)	14:53.475 (40.461)	15:35.083 (41.608)
	15:33.150 (31.284)				16:15.118 (40.035)		
10	Sidebotham, Cameron	Lynchburg	15:34.28	15	Brasler, Samuel	Roanoke	16:20.08
	36.649 (36.649)	1:13.069 (36.420)	1:48.696 (35.627)		38.590 (38.590)	1:16.453 (37.863)	1:55.825 (39.372)
	2:24.017 (35.321)	2:59.605 (35.588)	3:34.713 (35.108)		2:34.575 (38.750)	3:14.454 (39.879)	3:53.157 (38.703)
	4:09.916 (35.203)	4:45.187 (35.271)	5:20.820 (35.633)		4:32.402 (39.245)	5:10.383 (37.981)	5:48.320 (37.937)
	5:57.115 (36.295)	6:33.906 (36.791)	7:11.741 (37.835)		6:27.396 (39.076)	7:06.523 (39.127)	7:45.790 (39.267)
	7:49.656 (37.915)	8:27.524 (37.868)	9:05.724 (38.200)		8:24.805 (39.015)	9:03.607 (38.802)	9:43.007 (39.400)
	9:44.276 (38.552)	10:23.234 (38.958)	11:02.153 (38.919)		10:22.585 (39.578)	11:01.880 (39.295)	11:41.497 (39.617)
	11:40.873 (38.720)	12:20.139 (39.266)			12:21.291 (39.794)	13:01.051 (39.760)	
	13:39.034 (39.375)	14:18.405 (39.371)	14:56.936 (38.531)		14:20.678 (39.902)	15:00.844 (40.166)	15:40.875 (40.031)
	15:34.275 (37.339)				16:20.080 (39.205)		
11	Paciello, Alex	Lynchburg	15:45.24	16	Ramirez Hannon, Gabe	Roanoke	16:27.72
	37.175 (37.175)	1:13.821 (36.646)	1:50.327 (36.506)		38.425 (38.425)	1:16.367 (37.942)	1:55.548 (39.181)
	2:27.091 (36.764)	3:04.327 (37.236)	3:41.122 (36.795)		2:34.358 (38.810)	3:14.215 (39.857)	3:52.903 (38.688)
	4:18.202 (37.080)	4:56.135 (37.933)	5:33.373 (37.238)		4:32.260 (39.357)	5:10.584 (38.324)	5:48.878 (38.294)
	6:11.053 (37.680)	6:49.284 (38.231)	7:27.272 (37.988)		6:27.968 (39.090)	7:07.108 (39.140)	7:46.475 (39.367)
	8:05.537 (38.265)	8:44.440 (38.903)	9:23.457 (39.017)		8:25.518 (39.043)	9:04.385 (38.867)	9:43.596 (39.211)
	10:02.069 (38.612)	10:40.473 (38.404)	11:18.346 (37.873)		10:23.215 (39.619)	11:02.895 (39.680)	11:41.923 (39.028)
	11:57.804 (39.458)	12:36.352 (38.548)			12:21.803 (39.880)	13:02.246 (40.443)	
	13:54.842 (39.011)	14:33.530 (38.688)	15:10.227 (36.697)		14:24.974 (41.504)	15:07.006 (42.032)	15:49.108 (42.102)
	15:45.234 (35.007)				16:27.711 (38.603)		
12	Verrett, Colin	Washington a	15:53.02	17	Shotwell, Brayden	Shenandoah	16:30.13
	35.183 (35.183)	1:12.721 (37.538)	1:49.376 (36.655)		37.535 (37.535)	1:14.374 (36.839)	1:50.990 (36.616)
	2:25.458 (36.082)	3:01.722 (36.264)	3:38.288 (36.566)		2:27.824 (36.834)	3:05.100 (37.276)	3:41.961 (36.861)
	4:15.396 (37.108)	4:52.659 (37.263)	5:30.838 (38.179)		4:18.887 (36.926)	4:56.942 (38.055)	5:34.486 (37.544)
	6:09.273 (38.435)	6:48.365 (39.092)	7:26.684 (38.319)		6:13.811 (39.325)	6:54.195 (40.384)	7:34.586 (40.391)
	8:05.841 (39.157)	8:45.535 (39.694)	9:24.730 (39.195)		8:14.914 (40.328)	8:55.573 (40.659)	9:35.678 (40.105)
	10:04.671 (39.941)	10:43.849 (39.178)	11:24.495 (40.646)		10:16.596 (40.918)	10:58.965 (42.369)	11:41.878 (42.913)
	12:04.250 (39.755)	12:44.541 (40.291)			12:24.662 (42.784)	13:06.185 (41.523)	
	14:04.503 (39.838)	14:44.955 (40.452)	15:22.927 (37.972)		14:29.415 (41.379)	15:10.078 (40.663)	15:51.124 (41.046)
	15:53.014 (30.087)				16:30.130 (39.006)		

ODAC Indoor Track & Field Championships - 3/1/2025 to 3/2/2025

Cregger Center

Results - Saturday

Finals ... (Men 5000 Meter Run)

Name	School	Finals
18 Benjamin, Wyatt	Washington a	16:30.67
36.106 (36.106)	1:12.336 (36.230)	1:49.784 (37.448)
2:27.485 (37.701)	3:05.605 (38.120)	3:44.520 (38.915)
4:23.133 (38.613)	5:01.848 (38.715)	5:40.963 (39.115)
6:20.716 (39.753)	7:00.662 (39.946)	7:40.999 (40.337)
8:21.564 (40.565)	9:02.399 (40.835)	9:42.933 (40.534)
10:23.458 (40.525)	11:04.139 (40.681)	11:45.522 (41.383)
12:27.166 (41.644)	13:09.405 (42.239)	
14:32.368 (41.364)	15:12.947 (40.579)	15:53.188 (40.241)
16:30.670 (37.482)		
19 Hamacher, Zachary	Shenandoah	16:31.31
38.710 (38.710)	1:16.681 (37.971)	1:56.042 (39.361)
2:34.815 (38.773)	3:14.820 (40.005)	3:53.461 (38.641)
4:32.610 (39.149)	5:10.630 (38.020)	5:48.554 (37.924)
6:27.661 (39.107)	7:06.789 (39.128)	7:46.084 (39.295)
8:25.127 (39.043)	9:03.995 (38.868)	9:43.288 (39.293)
10:22.941 (39.653)	11:02.374 (39.433)	11:42.551 (40.177)
12:23.428 (40.877)	13:06.009 (42.581)	
14:32.759 (43.242)	15:14.716 (41.957)	15:55.397 (40.681)
16:31.306 (35.909)		
20 Ashley, William	Shenandoah	16:31.35
39.051 (39.051)	1:16.907 (37.856)	1:56.261 (39.354)
2:35.069 (38.808)	3:15.107 (40.038)	3:53.674 (38.567)
4:32.904 (39.230)	5:10.865 (37.961)	5:49.260 (38.395)
6:28.254 (38.994)	7:08.397 (40.143)	7:48.735 (40.338)
8:29.597 (40.862)	9:10.195 (40.598)	9:50.668 (40.473)
10:31.888 (41.220)	11:12.892 (41.004)	11:54.067 (41.175)
12:35.253 (41.186)	13:16.913 (41.660)	
14:38.591 (40.852)	15:18.644 (40.053)	15:57.757 (39.113)
16:31.341 (33.584)		
21 Counts, Levi	Roanoke	16:43.34
39.302 (39.302)	1:17.161 (37.859)	1:56.515 (39.354)
2:35.262 (38.747)	3:15.381 (40.119)	3:53.920 (38.539)
4:33.165 (39.245)	5:11.551 (38.386)	5:51.518 (39.967)
6:32.338 (40.820)	7:13.176 (40.838)	7:53.828 (40.652)
8:35.244 (41.416)	9:15.159 (39.915)	9:55.859 (40.700)
10:37.149 (41.290)	11:18.341 (41.192)	11:59.981 (41.640)
12:41.644 (41.663)	13:23.204 (41.560)	
14:45.336 (41.012)	15:26.153 (40.817)	16:06.011 (39.858)
16:43.336 (37.325)		
22 Duncan, Ethan	Bridgewater	16:55.96
39.532 (39.532)	1:18.018 (38.486)	1:57.274 (39.256)
2:36.034 (38.760)	3:16.228 (40.194)	3:54.936 (38.708)
4:34.276 (39.340)	5:13.685 (39.409)	5:52.899 (39.214)
6:33.404 (40.505)	7:14.360 (40.956)	7:54.951 (40.591)
8:35.961 (41.010)	9:17.048 (41.087)	9:58.165 (41.117)
10:39.938 (41.773)	11:21.478 (41.540)	12:03.403 (41.925)
12:45.407 (42.004)	13:27.915 (42.508)	
14:52.473 (42.493)	15:34.792 (42.319)	16:16.251 (41.459)
16:55.957 (39.706)		
23 Woodley, Joshua	Roanoke	17:09.48
39.767 (39.767)	1:17.686 (37.919)	1:56.936 (39.250)
2:35.692 (38.756)	3:16.367 (40.675)	3:54.579 (38.212)
4:33.969 (39.390)	5:12.899 (38.930)	5:51.271 (38.372)
6:32.092 (40.821)	7:12.943 (40.851)	7:53.635 (40.692)
8:35.109 (41.474)	9:16.326 (41.217)	9:57.815 (41.489)
10:40.420 (42.605)	11:23.037 (42.617)	12:05.462 (42.425)
12:48.487 (43.025)	13:32.278 (43.791)	
15:00.526 (44.038)	15:45.110 (44.584)	16:28.249 (43.139)
17:09.479 (41.230)		
--- Immanuel, Bellamy	Eastern Menn	DNF
36.371 (36.371)	1:13.441 (37.070)	1:48.892 (35.451)
2:24.385 (35.493)	3:00.075 (35.690)	3:35.334 (35.259)
4:10.549 (35.215)	4:45.996 (35.447)	5:21.272 (35.276)
5:57.374 (36.102)	6:33.990 (36.616)	7:11.474 (37.484)
7:48.848 (37.374)	8:26.803 (37.955)	9:06.269 (39.466)
Men 60 Meter Hurdles		
Name	School	Prelims
Preliminaries		
1 Leech, Micah	Lynchburg	8.37Q
2 Marable, George	Washington a	8.44Q
3 Graham, Daniel	Roanoke	8.70Q
4 Jakubowski-Lewis, Daniel	Washington a	8.83Q
5 Brewington, Jasha	Virginia Wes	8.79q
6 Carter, Mario	Randolph	8.85q
7 Amlacher, Joe	Bridgewater	8.85q
8 Johnson, Tyler	Bridgewater	8.87q
9 Torres, Cole	Randolph	8.96
10 Birchett, Trey	Bridgewater	8.96
11 Bailey, Shaddai	Eastern Menn	8.97
12 Neel, Davis	Roanoke	9.13
13 Harway, Jeremy	Guilford	9.90
14 McClung, Logan	Ferrum	10.30
--- Cottonham, Zavien	Shenandoah	DQ
Men Distance Medley		
Team	Relay	Finals
Finals		
1 Lynchburg	A	10:36.20
3:14.255 (3:14.255)	4:08.014 (53.759)	6:08.599 (2:00.585)
10:36.199 (4:27.600)		
2 Roanoke	A	10:38.83
3:17.220 (3:17.220)	4:08.818 (51.598)	6:10.359 (2:01.541)
10:38.821 (4:28.462)		
3 Washington and Lee	A	10:48.94
3:14.659 (3:14.659)	4:05.032 (50.373)	6:06.661 (2:01.629)
10:48.932 (4:42.271)		
4 Bridgewater (Va.)	A	11:04.90
3:30.825 (3:30.825)	4:22.671 (51.846)	6:32.639 (2:09.968)
11:04.894 (4:32.255)		
5 Shenandoah	A	11:07.32
3:30.091 (3:30.091)	4:22.405 (52.314)	6:25.992 (2:03.587)
11:07.314 (4:41.322)		

ODAC Indoor Track & Field Championships - 3/1/2025 to 3/2/2025**Cregger Center****Results - Saturday****Finals ... (Men Distance Medley)**

Team	Relay	Finals
6 Hampden-Sydney	A	11:13.75
3:29.543 (3:29.543)	4:26.061 (56.518)	6:27.832 (2:01.771)
11:13.747 (4:45.915)		
7 Randolph	A	11:25.34
3:29.667 (3:29.667)	4:23.127 (53.460)	6:39.424 (2:16.297)
11:25.338 (4:45.914)		
8 Virginia Wesleyan	A	11:25.87
3:26.440 (3:26.440)	4:20.038 (53.598)	6:34.109 (2:14.071)
11:25.865 (4:51.756)		
9 Ferrum	A	11:34.11
3:22.116 (3:22.116)	4:16.707 (54.591)	6:34.181 (2:17.474)
11:34.103 (4:59.922)		
10 Eastern Mennonite	A	11:41.56
3:31.052 (3:31.052)	4:25.109 (54.057)	6:44.012 (2:18.903)
11:41.560 (4:57.548)		
11 Averett	A	12:37.55
3:51.972 (3:51.972)	4:48.934 (56.962)	7:13.647 (2:24.713)
12:37.545 (5:23.898)		

Men High Jump

Name	School	Finals
Finals		
1 Rose, Elijah	Lynchburg	1.98m
2 Birchett, Trey	Bridgewater	J1.98m
3 Roupe, Cody	Roanoke	1.95m
4 Lee, Jaren	Lynchburg	1.90m
5 Mims, Mekhi	Shenandoah	J1.90m
6 Madsen, Max	Ferrum	1.85m
7 Brewington, Jasha	Virginia Wes	1.75m
--- Childress, Jaiden	Ferrum	NH
--- Amlacher, Joe	Bridgewater	NH
--- Lawson, Deontae	Ferrum	NH

Men Long Jump

Name	School	Finals
Finals		
1 Leech, Micah	Lynchburg	7.00m
2 Dunn, Quincy	Virginia Wes	6.72m
3 Browne, Ian	Bridgewater	6.65m
4 Madsen, Max	Ferrum	6.63m
5 Hall, Jordan	Virginia Wes	6.61m
6 Lacayo, Daven	Lynchburg	J6.61m
7 Lamb, Lauchnor	Bridgewater	6.58m
8 Mauer, Ty	Lynchburg	6.56m
9 Smith, Da'Quan	Virginia Wes	6.44m
10 Lawson, Deontae	Ferrum	6.37m
11 Martino, Guillermo	Lynchburg	6.36m
12 Calloway, Xavier	Randolph	6.34m
13 Greene, Na-Shawn	Ferrum	6.28m
14 Vaughn, Will	Washington a	6.26m
15 Fielder, Jordan	Virginia Wes	6.20m
16 Haynes, Patrick	Washington a	6.09m
17 Abdul-Haqq, Ahmaad	Guilford	6.03m
18 Andrews, Nickolas	Averett	5.95m

19 Knick, Dylan	Roanoke	5.63m
20 Tate, Marcus	Guilford	5.54m
21 Nelson, Christopher	Averett	5.37m
22 Holden, Willie	Shenandoah	5.14m
23 Terry, Joseph	Ferrum	4.83m
--- Winters, Da'Shawn	Eastern Menn	FOUL

Men Weight Throw

Name	School	Finals
Finals		
1 Smith, Michael	Bridgewater	17.02m
2 Flores, Jesus	Bridgewater	15.57m
3 Sarsfield, Jim	Roanoke	15.54m
4 Davis, Jalen	Virginia Wes	15.12m
5 Flynn, Joe	Bridgewater	14.97m
6 Lamoso, Carlos	Virginia Wes	14.87m
7 Novak, Evan	Washington a	14.81m
8 White, Xavier	Randolph	14.38m
9 McIntyre, Zakary	Shenandoah	13.99m
10 Leichty, Grant	Eastern Menn	13.79m
11 Harris, Antonio	Bridgewater	13.67m
12 Goodbar, McKinley	Bridgewater	13.13m
13 Schmidt, Christian	Eastern Menn	12.68m
14 Holcomb, Kyle	Ferrum	12.67m
15 Hoffman, Bryce	Bridgewater	12.50m
16 Goleno, Nick	Bridgewater	12.02m
17 Vigus, Aidan	Roanoke	11.47m
18 Harlow, Henry	Randolph	10.30m
19 Navarro, Fiell	Bridgewater	10.18m
--- Ramos, Will	Eastern Menn	FOUL

Women - Team Rankings - 5 Events Scored

1) Washington and Lee	51.75
2) Bridgewater (Va.)	44
3) Lynchburg	38
4) Virginia Wesleyan	27.75
5) Shenandoah	18
6) Roanoke	7
7) Randolph	4
8) Eastern Mennonite	3
9) Hollins	1.5