

VMI Invitational - 1/24/2025 to 1/25/2025

CPTF-Corps Physical Training Facility

Results

Women 60 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1	Hart, Jahzara	JR Tusculum	7.54Q
2	Armstrong, Eleyah	SR VMI	7.59Q
3	De Sousa, Sade	JR Carson-Newma	7.60Q
4	Green-White, Theresa	JR Tusculum	7.69Q
5	Cox, Shanice	JR Tusculum	7.71Q
6	Taylor, Kiera	JR Tusculum	7.72Q
7	Roberts, Heaven	SO Mount Olive	7.73Q
8	Minor, Tenae	SR Virginia Uni	7.74Q
9	Putman, Kaia	SR James Madiso	7.76Q
10	Pryor, Destiny	FR Usc Upstate	7.93Q
11	Yates, A'Jaylah	SO Tusculum	7.99Q
12	Turner, Kyndal	FR James Madiso	7.74q
13	Castlin, Qitarah	FR Tusculum	7.78q
14	Shelton, Alonda	SO Tusculum	7.83q
15	Fisher, Michaelyn	FR Richard Blan	7.88q
16	Keys, Virginia	SR James Madiso	7.89q
17	Whitlock, Amaiya	FR Winthrop	7.93q
18	Shields, Sanyiah	FR Mount Olive	7.94q
19	Johnson, Morgan	SR Columbia Int	7.96q
20	Cox, Tiara	SR Usc Upstate	7.96q
21	Lee, Kayla	SR Virginia Uni	7.96q
22	Miller, Breshauna	FR Richard Blan	7.96q
23	Cornelius, Maleah	SO Usc Upstate	7.97q
24	Outland, Madison	SO Uva-Wise	7.98q
25	Koumondji, Jennifer	SO VMI	8.00
26	Redmond, Sophia	JR Mary Washing	8.00
27	Werts, Jayla	SO Richard Blan	8.02
28	James, Anijah	FR Richard Blan	8.03
29	Franklin, Jessica	FR Hagerstown C	8.03
30	Henderson, Nalonda	SO Roanoke	8.04
31	Taylor, Brooke	JR Carson-Newma	8.04
32	Muse, J'Miaya	FR Richard Blan	8.05
33	Mateen, Madison	FR Converse	8.08
34	Verner, Raven	JR Winthrop	8.08
35	Walker, Gabrielle	SO East Tenn. S	8.10
36	Young-Coleman, Katlyn	SO Winthrop	8.11
36	Griffin, Madison	JR Converse	8.11
38	Rose, Leyana	FR Newberry	8.12
39	Bailem, Jordan	FR Winthrop	8.13
40	Versen, Lilly	FR Washington a	8.14
41	Armstead, Samaya	FR King	8.16
42	Reese, Jade	SO Winthrop	8.16
43	McCarty, Sydney	SR Carson-Newma	8.16
44	Thomas, Alisha	SR Usc Upstate	8.18
45	Deane, Yasmin	FR Mary Washing	8.19
46	Jackson, Mya	FR Usc Upstate	8.20
47	Jackson, Meah	FR Newberry	8.20
48	Hinckley, Eleanor	SR Roanoke	8.22
49	Howard, Myikayla	SO Columbia (S.	8.22
49	Chance, Reyani	FR Virginia Uni	8.22
51	Howell, Jamesha	SR Mount Olive	8.23
52	Williams, Madalynn	FR Newberry	8.25

53	Aarons, Ayanna	FR Converse	8.27
54	Shaw, Ashante	SO Columbia (S.	8.29
55	Juhasz, Hailey	JR Averett	8.33
56	Sutherland, Madison	FR Uva-Wise	8.36
57	Hunt, Maia	FR Southern Vir	8.40
58	Singletary, Nya	SO Usc Upstate	8.41
59	Ansley-Cureton, Destiny	JR Uva-Wise	8.47
60	Porter, Taylor	FR Virginia Uni	8.49
61	Swanger, Jessi	FR Milligan	8.50
62	Bower, Kaitlin	SR Mary Baldwin	8.53
63	Moore, Ciarra	SO Richard Blan	8.53
64	Holman, Elyssa	SO Southern Vir	8.63
65	McClintock, Olivia	FR Uva-Wise	8.63
66	Faulkner, Haley	FR Uva-Wise	8.64
67	Curtis, Elise	SO Southern Vir	8.73
68	Brethren, Leah	SO Averett	8.73
69	Hawkins, Anayiah	FR Virginia Uni	8.76
70	Mack, Lasharie	SR Winthrop	8.77
71	Johnson, Ka'Jori	FR Virginia Uni	8.79
72	Dilliard, Alexus	FR Virginia Uni	9.13
73	Stephens, Jada	FR Averett	9.48

Women 60 Meter Dash

Name	Yr	School	Semis
Semi-Finals			
1	Hart, Jahzara	JR Tusculum	7.44Q
2	Armstrong, Eleyah	SR VMI	7.48Q
3	De Sousa, Sade	JR Carson-Newma	7.53Q
4	Cox, Shanice	JR Tusculum	7.61Q
5	Turner, Kyndal	FR James Madiso	7.65Q
5	Putman, Kaia	SR James Madiso	7.65Q
7	Taylor, Kiera	JR Tusculum	7.66q
8	Green-White, Theresa	JR Tusculum	7.68q
9	Minor, Tenae	SR Virginia Uni	7.70
10	Roberts, Heaven	SO Mount Olive	7.74
11	Castlin, Qitarah	FR Tusculum	7.76
12	Pryor, Destiny	FR Usc Upstate	7.83
13	Shelton, Alonda	SO Tusculum	7.87
14	Cox, Tiara	SR Usc Upstate	7.88
15	Shields, Sanyiah	FR Mount Olive	7.92
16	Miller, Breshauna	FR Richard Blan	7.92
17	Cornelius, Maleah	SO Usc Upstate	7.94
18	Keys, Virginia	SR James Madiso	7.95
19	Whitlock, Amaiya	FR Winthrop	7.96
20	Yates, A'Jaylah	SO Tusculum	7.97
21	Lee, Kayla	SR Virginia Uni	8.00
22	Outland, Madison	SO Uva-Wise	8.03

Women 60 Meter Dash

Name	Yr	School	Finals
Finals			
1	Hart, Jahzara	JR Tusculum	7.47
2	De Sousa, Sade	JR Carson-Newma	7.48
3	Armstrong, Eleyah	SR VMI	7.54
4	Cox, Shanice	JR Tusculum	7.67
5	Putman, Kaia	SR James Madiso	7.70

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Finals ... (Women 60 Meter Dash)

Name	Yr	School	Finals
6 Taylor, Kiera	JR	Tusculum	7.70
7 Green-White, Theresa	JR	Tusculum	7.72
8 Turner, Kyndal	FR	James Madiso	7.76

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Okoduwa, Eseose	SR	Converse	25.01
2 Putman, Kaia	SR	James Madiso	25.28
3 Minor, Tenae	SR	Virginia Uni	25.43
4 Fuqua, Faith	FR	James Madiso	25.44
5 Green-White, Theresa	JR	Tusculum	25.45
6 Castlin, Qitarah	FR	Tusculum	25.48
7 Cook, Micailah	FR	East Tenn. S	25.50
8 Faison, Naturale	FR	VMI	25.54
9 Keys, Virginia	SR	James Madiso	25.77
10 Trussell, Sydney	SR	Christopher	26.02
11 Muse, J'Miaya	FR	Richard Blan	26.15
12 Howard, Myikayla	SO	Columbia (S.	26.21
13 Miller, Breshauna	FR	Richard Blan	26.22
14 Bethel, Jermyra	SO	Converse	26.27
15 Turner, Kyndal	FR	James Madiso	26.34
16 Muldrow-Green, Triniti	FR	Converse	26.44
17 Yates, A'Jaylah	SO	Tusculum	26.45
18 Gray, Tashianna	SR	Tusculum	26.54
19 Nicholson, LaSira	SR	Mount Olive	26.63
20 Morton, McKenzie	SO	Tusculum	26.72
21 Verner, Raven	JR	Winthrop	26.74
22 Whitlock, Amaiya	FR	Winthrop	26.81
23 Hinckley, Eleanor	SR	Roanoke	26.84
24 Tylashia, Alston	FR	Columbia (S.	26.89
25 Nixon, Kyonna	SR	Usc Upstate	26.90
26 Griffin, Madison	JR	Converse	26.92
27 Johnson, Morgan	SR	Columbia Int	26.97
28 Koumondji, Jennifer	SO	VMI	26.97
29 Cornelius, Maleah	SO	Usc Upstate	27.04
30 Randell, Nia	SO	Virginia Uni	27.05
31 Adderton, Kamryn	FR	Newberry	27.10
32 Mateen, Madison	FR	Converse	27.19
33 Washington, Zaria	FR	Mount Olive	27.19
34 Evans, Jesma	JR	Washington a	27.24
35 Young-Coleman, Katlyn	SO	Winthrop	27.24
36 Shaw, Ashante	SO	Columbia (S.	27.26
37 Cantey, Nadira	FR	Roanoke	27.27
38 Henderson, Nalonda	SO	Roanoke	27.33
39 Dionisio, Mia	SO	Newberry	27.39
40 Davis, Jameria	SO	Newberry	27.42
41 Outland, Madison	SO	Uva-Wise	27.48
42 Juhasz, Hailey	JR	Averett	27.55
43 Romano, Amanda	SR	Washington a	27.56
44 Hodneland, Ana	FR	Washington a	27.61
45 Armstead, Samaya	FR	King	27.63
46 Quimby, Nia	SO	Newberry	27.84
47 D'Ambrosia, Olivia	FR	Washington a	28.12

48 Sutherland, Madison	FR	Uva-Wise	28.25
49 Clabo, Amanda	SO	Carson-Newma	28.27
50 Pemberton, Kiwanna	SR	Mount Olive	28.27
51 Swanger, Jessi	FR	Milligan	28.29
52 Sutliff, Annabelle	SO	Washington a	28.33
53 Crossley, Kendall	SO	Winthrop	28.45
54 Hunt, Maia	FR	Southern Vir	28.53
55 Bartley, Talajjah	FR	Converse	28.57
56 Zander, Molly	FR	Carson-Newma	28.73
57 Washington, Ariana	FR	Winthrop	28.73
58 Curtis, Elise	SO	Southern Vir	28.99
59 Freideman, Madison	FR	Hollins	29.19
60 Bower, Kaitlin	SR	Mary Baldwin	29.39
61 Atwell, Kayman	FR	Milligan	29.62
62 Strouth, Braelynn	FR	Uva-Wise	29.83
63 Phillips, Paige	FR	Uva-Wise	29.97
64 Allman, Shandrey	JR	Southern Vir	30.23
65 Golston, Ashlyne	FR	Hollins	30.82
66 Bruce, Anna	SR	Mary Baldwin	32.37
67 Oliver, Alecea	FR	Mary Baldwin	33.71

Women 300 Meter Dash

Name	Yr	School	Finals
Finals			
1 Mpassy, Holly	SR	James Madiso	39.47
2 Cox, Shanice	JR	Tusculum	40.01
3 Fitzgerald, Christine	FR	James Madiso	40.30
4 Fuqua, Faith	FR	James Madiso	40.82
5 Moore, Kori	FR	Tusculum	40.94
6 Keys, Virginia	SR	James Madiso	41.43
7 Shelton, Alonda	SO	Tusculum	41.52
8 Taylor, Kiera	JR	Tusculum	41.52
9 Green, SeMore	JR	VMI	41.64
10 Miller, Breshauna	FR	Richard Blan	41.66
11 Vaughn, Carleigh	SR	Usc Upstate	42.31
12 Germain, Esther	SO	James Madiso	42.52
13 Julmiste, Ariana	FR	James Madiso	42.82
14 Hart, Shea	JR	VMI	42.91
15 Hall, Heaven	JR	VMI	43.11
16 Faison, Naturale	FR	VMI	43.15
17 Redmond, Sophia	JR	Mary Washing	43.29
18 Deane, Yasmin	FR	Mary Washing	43.89
19 Torres, Flo	SR	Southern Vir	44.04
20 Franklin, Jessica	FR	Hagerstown C	44.05
21 Lindsey, Emily	SO	East Tenn. S	44.22
22 Reese, Jade	SO	Winthrop	44.59
23 Hayes, Michaela	JR	Winthrop	44.68
24 Inman, Macie	FR	Mount Olive	44.80
25 Cameron, Alexandra	JR	Winthrop	44.88
26 Stokes, Jasmine	SO	Winthrop	46.06
27 Crossley, Kendall	SO	Winthrop	46.09
28 Quimby, Nia	SO	Newberry	46.44
29 Suitte, Alayna	SR	Tusculum	47.23
30 Hunt, Maia	FR	Southern Vir	47.92
31 Aarons, Ayanna	FR	Converse	48.08
32 Matthews, Hailey	SO	Southern Vir	48.62

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Finals ... (Women 300 Meter Dash)

Name	Yr	School	Finals
33 Golston, Ashlyne	FR	Hollins	51.88
--- Rodriguez, Gabriella	SO	East Tenn. S	DQ

Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Mpassy, Holly	SR	James Madiso	56.74
26.040 (26.040)	56.736 (30.696)		
2 van der Westhuizen, Elke	SR	Richmond	57.23
26.365 (26.365)	57.227 (30.862)		
3 Elliott, Morgan	SO	Richmond	57.79
26.928 (26.928)	57.782 (30.854)		
4 Cook, Micailah	FR	East Tenn. S	57.87
26.564 (26.564)	57.868 (31.304)		
5 Jefferson, Channie	JR	Mount Olive	58.35
27.151 (27.151)	58.345 (31.194)		
6 Miller, Breshauna	FR	Richard Blan	58.49
27.525 (27.525)	58.485 (30.960)		
7 Nuckols, Ellie	SO	Christopher	58.93
28.077 (28.077)	58.922 (30.845)		
8 Flanagan, Molly	FR	Richmond	58.97
27.344 (27.344)	58.963 (31.619)		
9 Green, SeMore	JR	VMI	59.42
28.645 (28.645)	59.418 (30.773)		
10 Bethel, Jermyra	SO	Converse	59.44
27.878 (27.878)	59.439 (31.561)		
11 Germain, Esther	SO	James Madiso	59.45
27.174 (27.174)	59.442 (32.268)		
12 Trussell, Sydney	SR	Christopher	59.71
27.663 (27.663)	59.705 (32.042)		
13 Lavelle, Nina	JR	Richmond	59.83
27.332 (27.332)	59.821 (32.489)		
14 Rodriguez, Gabriella	SO	East Tenn. S	1:00.04
27.673 (27.673)	1:00.037 (32.364)		
15 Hall, Heaven	JR	VMI	1:00.69
27.880 (27.880)	1:00.681 (32.801)		
16 Julmiste, Ariana	FR	James Madiso	1:00.96
27.946 (27.946)	1:00.951 (33.005)		
17 Buback, Kayla	FR	Richmond	1:01.08
28.910 (28.910)	1:01.077 (32.167)		
18 Muldrow-Green, Triniti	FR	Converse	1:01.50
28.529 (28.529)	1:01.494 (32.965)		
19 Harris, Darian	FR	James Madiso	1:01.72
27.983 (27.983)	1:01.711 (33.728)		
20 Molina-Shuman, Maryrose	JR	Roanoke	1:01.87
28.210 (28.210)	1:01.865 (33.655)		
21 Johnson, Jailyln	SO	Virginia Uni	1:01.97
28.449 (28.449)	1:01.965 (33.516)		
22 Muse, J'Miaya	FR	Richard Blan	1:02.00
28.260 (28.260)	1:01.998 (33.738)		
23 Flynn, Maya	FR	Winthrop	1:02.50
28.778 (28.778)	1:02.494 (33.716)		
24 Hobin, Lindsey	JR	Roanoke	1:02.51
28.472 (28.472)	1:02.504 (34.032)		

25 Torres, Flo	SR	Southern Vir	1:02.64
28.424 (28.424)	1:02.638 (34.214)		
26 Lindsey, Emily	SO	East Tenn. S	1:03.09
28.827 (28.827)	1:03.084 (34.257)		
27 Bell, Paden	SO	Usc Upstate	1:03.32
29.835 (29.835)	1:03.319 (33.484)		
28 Bruce, Aylin	SR	Richmond	1:03.53
29.051 (29.051)	1:03.530 (34.479)		
29 Tylashia, Alston	FR	Columbia (S.	1:03.55
29.199 (29.199)	1:03.545 (34.346)		
30 Smith, Joella	FR	Mount Olive	1:03.64
29.296 (29.296)	1:03.639 (34.343)		
31 Garrett, Carol-Anne	FR	James Madiso	1:03.77
30.401 (30.401)	1:03.762 (33.361)		
32 Ladner, Ophelia	JR	Roanoke	1:04.16
29.130 (29.130)	1:04.160 (35.030)		
33 Randell, Nia	SO	Virginia Uni	1:04.32
30.348 (30.348)	1:04.316 (33.968)		
34 Yarema, Sydney	SO	Winthrop	1:04.97
30.744 (30.744)	1:04.962 (34.218)		
35 bracey, Latavia	JR	Converse	1:05.30
29.508 (29.508)	1:05.297 (35.789)		
36 Juhasz, Hailey	JR	Averett	1:05.64
29.695 (29.695)	1:05.637 (35.942)		
37 Montgomery, Brittany	SO	Newberry	1:05.80
31.123 (31.123)	1:05.796 (34.673)		
38 White, Jeniya	FR	VMI	1:05.93
28.300 (28.300)	1:05.926 (37.626)		
39 Harper, Karis	SO	Usc Upstate	1:06.20
30.041 (30.041)	1:06.200 (36.159)		
40 Weeks, Jayla	SO	Winthrop	1:06.89
30.339 (30.339)	1:06.883 (36.544)		
41 Lee, Joanne	SO	Washington a	1:07.93
31.215 (31.215)	1:07.928 (36.713)		
42 Olukoya, Gabrielle	FR	Virginia Uni	1:08.78
29.628 (29.628)	1:08.773 (39.145)		
43 Faulkner, Haley	FR	Uva-Wise	1:09.68
29.716 (29.716)	1:09.672 (39.956)		
44 Brodt, Kylie	FR	Uva-Wise	1:10.04
32.635 (32.635)	1:10.040 (37.405)		
45 Pemberton, Kiwana	SR	Mount Olive	1:14.98
32.389 (32.389)	1:14.974 (42.585)		
--- Mims, Keianna	SO	Mount Olive	DQ
26.959 (26.959)	1:01.495 (34.536)		

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Rose, Michailyn	JR	Ambassadors	2:14.53
31.142 (31.142)	1:04.748 (33.607)	1:39.434 (34.687)	
2:14.527 (35.093)			
2 Bolesh, Ashley	SO	Richmond	2:21.24
32.228 (32.228)	1:07.774 (35.547)	1:44.570 (36.797)	
2:21.240 (36.670)			

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Finals ... (Women 800 Meter Run)

	Name	Yr	School	Finals
3	Shank, Gretal	SR	VMI	2:21.61
	33.675 (33.675)	1:08.452 (34.777)	1:45.633 (37.182)	
	2:21.604 (35.972)			
4	Rzucidlo, Emily	SR	Richmond	2:24.19
	32.000 (32.000)	1:07.317 (35.317)	1:44.512 (37.195)	
	2:24.189 (39.678)			
5	Anderson, Evelyn	SO	VMI	2:24.33
	34.014 (34.014)	1:08.952 (34.938)	1:45.997 (37.045)	
	2:24.324 (38.328)			
6	Kruger, Izelle	JR	East Tenn. S	2:24.45
	34.668 (34.668)	1:12.015 (37.348)	1:49.406 (37.392)	
	2:24.445 (35.039)			
7	Barton, Heidi	JR	Southern Vir	2:25.87
	35.749 (35.749)	1:12.254 (36.505)	1:50.152 (37.898)	
	2:25.870 (35.719)			
8	Walters, Sidney	FR	James Madiso	2:26.10
	35.545 (35.545)	1:11.958 (36.413)	1:49.692 (37.734)	
	2:26.093 (36.402)			
9	Robinson, Bayley	SR	Converse	2:26.48
	34.503 (34.503)	1:11.744 (37.242)	1:49.435 (37.692)	
	2:26.476 (37.042)			
10	Gardner, Charlotte	FR	Washington a	2:27.09
	36.611 (36.611)	1:14.003 (37.392)	1:51.713 (37.710)	
	2:27.083 (35.370)			
11	Lindevik, Linn	FR	Mount Olive	2:27.85
	34.959 (34.959)	1:12.539 (37.580)	1:50.784 (38.245)	
	2:27.846 (37.063)			
12	Brumfield, Josie	SO	Christopher	2:28.48
	34.908 (34.908)	1:12.663 (37.755)	1:51.023 (38.360)	
	2:28.478 (37.455)			
13	Hurd, Olivia	SO	VMI	2:29.38
	35.209 (35.209)	1:11.710 (36.502)	1:49.999 (38.289)	
	2:29.375 (39.377)			
14	Asefa, Elili	JR	Eastern Menn	2:30.26
	35.850 (35.850)	1:13.508 (37.658)	1:52.555 (39.048)	
	2:30.258 (37.703)			
15	Black, Nicky	FR	Mary Baldwin	2:30.47
	36.635 (36.635)	1:13.531 (36.897)	1:51.343 (37.812)	
	2:30.461 (39.119)			
16	Ketchum, Faithe	JR	James Madiso	2:30.79
	34.835 (34.835)	1:11.997 (37.162)	1:51.030 (39.034)	
	2:30.782 (39.752)			
17	Johnson, Isabelle	JR	Milligan	2:30.94
	37.166 (37.166)	1:14.560 (37.394)	1:52.700 (38.140)	
	2:30.934 (38.234)			
18	Berkemeyer, Mercy	JR	Columbia Int	2:31.47
	35.573 (35.573)	1:13.680 (38.108)	1:52.389 (38.709)	
	2:31.469 (39.080)			
19	Hansen, Ruby	JR	Newberry	2:32.44
	36.596 (36.596)	1:15.535 (38.939)	1:54.991 (39.457)	
	2:32.435 (37.444)			
20	Dias, Natalia	FR	VMI	2:32.78
	37.652 (37.652)	1:15.397 (37.745)	1:54.379 (38.982)	
	2:32.776 (38.398)			

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21	Gustafson, Elizabeth	FR	Columbia Int	2:33.48
	36.993 (36.993)	1:14.581 (37.589)	1:54.295 (39.714)	
	2:33.471 (39.177)			
22	Dulaney, Rachel	SR	Milligan	2:33.58
	36.201 (36.201)	1:15.321 (39.120)	1:55.967 (40.647)	
	2:33.579 (37.612)			
23	Baumann, Deanna	FR	James Madiso	2:34.61
	36.850 (36.850)	1:14.286 (37.437)	1:53.491 (39.205)	
	2:34.603 (41.112)			
24	Walley, Izzy	FR	Southern Vir	2:35.20
	37.991 (37.991)	1:16.563 (38.572)	1:55.976 (39.414)	
	2:35.193 (39.217)			
25	Fabioto, Julia	FR	James Madiso	2:35.21
	36.046 (36.046)	1:15.139 (39.093)	1:55.825 (40.687)	
	2:35.201 (39.377)			
26	Summey, Melina	SO	East Tenn. S	2:36.03
	38.607 (38.607)	1:16.667 (38.060)	1:56.936 (40.269)	
	2:36.030 (39.094)			
27	Lane, Hailey	FR	East Tenn. S	2:36.97
	37.413 (37.413)	1:15.714 (38.302)	1:55.939 (40.225)	
	2:36.970 (41.032)			
28	Hale, Emmalee	JR	Southern Vir	2:38.12
	37.889 (37.889)	1:16.580 (38.692)	1:57.396 (40.817)	
	2:38.119 (40.723)			
29	Chipperfield, Sydney	FR	Christopher	2:38.24
	37.025 (37.025)	1:15.970 (38.945)	1:57.774 (41.804)	
	2:38.235 (40.462)			
30	Cofone, Ruby	SR	Mount Olive	2:38.35
	37.625 (37.625)	1:16.496 (38.872)	1:58.540 (42.044)	
	2:38.350 (39.810)			
31	Armstrong, Katherine	JR	Mary Washing	2:38.52
	38.225 (38.225)	1:17.403 (39.178)	1:58.836 (41.434)	
	2:38.519 (39.683)			
32	Geel, Kayleigh	SO	Newberry	2:39.72
	38.091 (38.091)	1:17.085 (38.994)	1:58.905 (41.820)	
	2:39.719 (40.814)			
33	Roy, Ashlynn	SO	East Tenn. S	2:39.98
	37.697 (37.697)	1:16.705 (39.008)	1:58.266 (41.562)	
	2:39.979 (41.713)			
34	Kochanski, Sarah	JR	Roanoke	2:40.25
	38.779 (38.779)	1:19.274 (40.495)	2:00.931 (41.658)	
	2:40.246 (39.315)			
35	Lowery, Amanda	JR	King	2:40.31
	37.905 (37.905)	1:17.014 (39.109)	1:59.004 (41.990)	
	2:40.306 (41.303)			
36	Talbott, Hayden	SO	VMI	2:40.78
	36.484 (36.484)	1:15.800 (39.317)	1:58.797 (42.998)	
	2:40.780 (41.983)			
37	MacMillan, Peyton	FR	Converse	2:41.35
	38.170 (38.170)	1:17.162 (38.993)	1:59.541 (42.379)	
	2:41.344 (41.803)			
38	Layton, Samantha	FR	VMI	2:42.05
	38.450 (38.450)	1:19.766 (41.317)	2:01.645 (41.879)	
	2:42.041 (40.397)			

Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
39 Johnson, Jailyn	SO	Virginia Uni	2:42.11
34.704 (34.704)	1:15.730 (41.027)	1:58.576 (42.847)	
2:42.104 (43.528)			
40 Bennett, Ashley	FR	Mary Baldwin	2:44.88
37.539 (37.539)	1:19.142 (41.604)	2:02.957 (43.815)	
2:44.871 (41.914)			
41 Crandell, Mackenzie	FR	Converse	2:45.22
39.136 (39.136)	1:18.839 (39.703)	2:02.365 (43.527)	
2:45.211 (42.847)			
42 Griffin, Gabrielle	SO	Averett	2:45.87
38.631 (38.631)	1:21.707 (43.077)	2:05.832 (44.125)	
2:45.864 (40.032)			
43 Bayes, Sarah	SO	East Tenn. S	2:47.33
37.561 (37.561)	1:16.310 (38.749)	1:59.484 (43.174)	
2:47.329 (47.845)			
44 Richason, Anna	FR	Carson-Newma	2:47.86
39.267 (39.267)	1:22.297 (43.030)	2:07.157 (44.860)	
2:47.860 (40.703)			
45 Owens, Denasia	FR	VMI	2:48.38
38.301 (38.301)	1:19.364 (41.063)	2:01.960 (42.597)	
2:48.371 (46.412)			
46 Fletcher, Eyaya	SO	Mary Washing	2:52.03
38.590 (38.590)	1:20.129 (41.539)	2:05.690 (45.562)	
2:52.026 (46.337)			
47 Downer, Rowan	FR	Mary Baldwin	2:54.00
39.035 (39.035)	1:21.249 (42.214)	2:06.944 (45.695)	
2:53.999 (47.055)			
48 Brazzel, Autumn	SR	Carson-Newma	2:59.01
39.365 (39.365)	1:22.861 (43.497)	2:10.518 (47.657)	
2:59.001 (48.484)			
49 Badgett, Victoria	FR	Mount Olive	3:07.87
39.429 (39.429)	1:22.849 (43.420)	2:11.729 (48.880)	
3:07.864 (56.135)			

Women 1 Mile Run

Name	Yr	School	Finals
1 Bearzi, Alyssa	JR	Milligan	5:07.18
38.295 (38.295)	1:16.518 (38.223)	1:55.093 (38.575)	
2:34.501 (39.409)	3:13.231 (38.730)	3:52.285 (39.054)	
4:31.295 (39.010)	5:07.171 (35.877)		
2 Visgueiro, Julia	SO	East Tenn. S	5:09.35
37.958 (37.958)	1:16.241 (38.284)	1:54.081 (37.840)	
2:33.464 (39.383)	3:13.388 (39.924)	3:52.683 (39.295)	
4:32.188 (39.505)	5:09.344 (37.157)		
3 Hoffman, Lily	FR	Mary Washing	5:12.13
38.816 (38.816)	1:16.808 (37.992)	1:55.774 (38.967)	
2:36.043 (40.269)	3:16.118 (40.075)	3:56.489 (40.372)	
4:35.308 (38.819)	5:12.130 (36.823)		
4 Greene, Izzy	FR	James Madiso	5:13.98
40.716 (40.716)	1:18.896 (38.180)	1:59.176 (40.280)	
2:38.726 (39.550)	3:18.565 (39.839)	3:58.471 (39.907)	
4:37.026 (38.555)	5:13.980 (36.954)		

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5	Sisk, Jillian	SO VMI	5:17.46
	41.149 (41.149)	1:17.180 (36.032)	1:55.971 (38.792)
	2:35.346 (39.375)	3:15.228 (39.882)	3:55.865 (40.638)
	4:37.599 (41.734)	5:17.456 (39.858)	
6	Beach, Sophie	JR East Tenn. S	5:19.59
	41.493 (41.493)	1:19.661 (38.169)	1:59.566 (39.905)
	2:39.506 (39.940)	3:19.270 (39.764)	4:00.023 (40.753)
	4:40.939 (40.917)	5:19.586 (38.648)	
7	Johnson, Camryn	JR East Tenn. S	5:20.46
	40.935 (40.935)	1:21.152 (40.218)	2:03.013 (41.862)
	2:44.046 (41.033)	3:24.925 (40.879)	4:05.111 (40.187)
	4:44.371 (39.260)	5:20.457 (36.087)	
8	Fitzgerald, McKenzie	SO Milligan	5:21.18
	39.706 (39.706)	1:20.015 (40.309)	2:00.771 (40.757)
	2:42.018 (41.248)	3:22.192 (40.174)	4:03.415 (41.223)
	4:44.402 (40.988)	5:21.172 (36.770)	
9	Whitley, Morgan	JR King	5:21.65
	41.248 (41.248)	1:19.353 (38.105)	1:59.014 (39.662)
	2:39.184 (40.170)	3:19.609 (40.425)	4:00.863 (41.254)
	4:42.479 (41.617)	5:21.650 (39.172)	
10	Giordano, Kristin	SO James Madiso	5:22.24
	40.596 (40.596)	1:20.996 (40.400)	2:02.675 (41.679)
	2:43.680 (41.005)	3:24.363 (40.684)	4:01.871 (37.508)
	4:41.720 (39.849)	5:22.236 (40.517)	
11	Pittman, Jenna	SO Carson-Newma	5:23.30
	41.815 (41.815)	1:20.151 (38.337)	1:59.851 (39.700)
	2:39.854 (40.003)	3:20.135 (40.282)	4:01.584 (41.449)
	4:42.933 (41.349)	5:23.294 (40.362)	
12	Sansbury, Emily	SR Washington a	5:24.99
	41.167 (41.167)	1:21.483 (40.317)	2:02.765 (41.282)
	2:43.565 (40.800)	3:24.751 (41.187)	4:05.916 (41.165)
	4:47.042 (41.127)	5:24.988 (37.947)	
13	Redd, Bayleigh	SO Southern Vir	5:25.21
	41.423 (41.423)	1:21.668 (40.245)	2:03.335 (41.667)
	2:43.818 (40.484)	3:24.712 (40.894)	4:04.642 (39.930)
	4:44.771 (40.129)	5:25.202 (40.432)	
14	Glassmeyer, Grace	SO USC Upstate	5:25.84
	40.465 (40.465)	1:20.741 (40.277)	2:00.998 (40.258)
	2:42.238 (41.240)	3:23.376 (41.138)	4:05.136 (41.760)
	4:46.717 (41.582)	5:25.836 (39.119)	
15	Ketchum, Faithe	JR James Madiso	5:25.84
	40.233 (40.233)	1:19.610 (39.378)	2:00.061 (40.452)
	2:40.924 (40.863)	3:22.175 (41.252)	4:02.873 (40.698)
	4:44.433 (41.560)	5:25.840 (41.408)	
16	Lindevik, Linn	FR Mount Olive	5:28.52
	40.718 (40.718)	1:21.215 (40.497)	2:02.943 (41.729)
	2:44.268 (41.325)	3:25.303 (41.035)	4:06.661 (41.358)
	4:48.380 (41.719)	5:28.517 (40.138)	
17	Vazquez, Ermay	SO King	5:28.78
	41.313 (41.313)	1:21.720 (40.407)	2:03.202 (41.483)
	2:44.500 (41.298)	3:25.336 (40.837)	4:06.702 (41.367)
	4:48.948 (42.247)	5:28.777 (39.829)	
18	Colflesh, Lindsay	SR Richmond	5:29.81
	37.844 (37.844)	1:15.874 (38.030)	1:54.479 (38.605)
	2:33.729 (39.250)	3:16.453 (42.724)	4:00.054 (43.602)
	4:47.523 (47.469)	5:29.809 (42.287)	

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Results

Finals ... (Women 1 Mile Run)

Name	Yr	School	Finals					
19	Vera, Adia	SR	Washington a	5:30.63	32	Clodgo, Kristen	SR Washington a 5:43.67	
	41.650 (41.650)	1:22.198 (40.549)	2:03.021 (40.823)			41.686 (41.686)	1:20.005 (38.319) 2:00.776 (40.772)	
	2:43.382 (40.362)	3:24.517 (41.135)	4:06.201 (41.684)			2:44.280 (43.504)	3:28.384 (44.104) 4:13.989 (45.605)	
	4:48.678 (42.478)	5:30.628 (41.950)				4:59.761 (45.773)	5:43.666 (43.905)	
20	Singleton, Grace	JR	East Tenn. S	5:32.11	33	Ortiz, Maureen	SO Usc Upstate 5:44.34	
	41.917 (41.917)	1:22.262 (40.345)	2:03.595 (41.333)			41.601 (41.601)	1:22.601 (41.000) 2:06.818 (44.218)	
	2:45.126 (41.532)	3:26.461 (41.335)	4:08.405 (41.944)			2:50.763 (43.945)	3:35.202 (44.439) 4:19.726 (44.524)	
	4:50.367 (41.963)	5:32.108 (41.742)				5:04.836 (45.110)	5:44.337 (39.502)	
21	Brown, Hannah	SR	Milligan	5:32.87	34	Harrison, Adalie	SR Usc Upstate 5:45.30	
	41.618 (41.618)	1:22.533 (40.915)	2:04.360 (41.827)			41.971 (41.971)	1:23.046 (41.075) 2:05.870 (42.824)	
	2:47.485 (43.125)	3:31.028 (43.544)	4:15.257 (44.229)			2:49.435 (43.565)	3:33.656 (44.222) 4:18.118 (44.463)	
	4:56.867 (41.610)	5:32.865 (35.998)				5:03.158 (45.040)	5:45.300 (42.142)	
22	Gorsky, Mary	FR	Washington a	5:33.88	35	Roy, Ashlynn	SO East Tenn. S 5:45.48	
	40.916 (40.916)	1:22.005 (41.089)	2:03.895 (41.890)			41.191 (41.191)	1:21.916 (40.725) 2:04.871 (42.955)	
	2:46.353 (42.459)	3:28.685 (42.332)	4:11.035 (42.350)			2:48.678 (43.808)	3:33.020 (44.342) 4:17.555 (44.535)	
	4:53.600 (42.565)	5:33.873 (40.274)				5:02.653 (45.099)	5:45.471 (42.818)	
23	Bush, Julie Anne	FR	Washington a	5:34.48	36	Johnson, Steffi	SO Carson-Newma 5:45.54	
	41.732 (41.732)	1:22.556 (40.824)	2:03.962 (41.407)			43.083 (43.083)	1:25.104 (42.022) 2:07.292 (42.188)	
	2:46.608 (42.647)	3:28.241 (41.633)	4:10.075 (41.834)			2:49.705 (42.414)	3:33.187 (43.482) 4:17.184 (43.998)	
	4:52.045 (41.970)	5:34.477 (42.433)				5:01.714 (44.530)	5:45.537 (43.823)	
24	Johnson, Isabelle	JR	Milligan	5:35.86	37	Adams, Hannah	SO Washington a 5:46.59	
	40.468 (40.468)	1:20.896 (40.428)	2:02.657 (41.762)			42.662 (42.662)	1:24.599 (41.938) 2:07.460 (42.862)	
	2:45.852 (43.195)	3:27.965 (42.113)	4:11.995 (44.030)			2:50.808 (43.348)	3:34.117 (43.309) 4:18.242 (44.125)	
	4:54.971 (42.977)	5:35.857 (40.887)				5:02.934 (44.693)	5:46.588 (43.654)	
25	Halterman, Joanna	FR	Milligan	5:38.01	38	Bjerkness, Lily	FR King 5:46.77	
	40.188 (40.188)	1:20.865 (40.677)	2:02.893 (42.029)			40.509 (40.509)	1:21.184 (40.675) 2:04.717 (43.533)	
	2:45.666 (42.773)	3:29.216 (43.550)	4:13.227 (44.012)			2:49.113 (44.397)	3:33.298 (44.185) 4:18.619 (45.322)	
	4:56.696 (43.469)	5:38.001 (41.305)				5:04.129 (45.510)	5:46.763 (42.634)	
26	Dalebout, Lilly	SR	Southern Vir	5:40.86	39	Wallin, Addy	FR Mary Washing 5:47.16	
	42.516 (42.516)	1:23.053 (40.538)	2:06.570 (43.517)			42.838 (42.838)	1:24.870 (42.033) 2:07.077 (42.207)	
	2:49.240 (42.670)	3:32.601 (43.362)	4:16.388 (43.788)			2:50.479 (43.403)	3:34.492 (44.013) 4:19.633 (45.142)	
	4:59.862 (43.474)	5:40.855 (40.993)				5:04.487 (44.854)	5:47.154 (42.668)	
27	Loker, Erin	FR	Eastern Menn	5:41.67	40	Wray, Ava	FR Mary Washing 5:49.92	
	42.897 (42.897)	1:23.308 (40.412)	2:04.977 (41.669)			40.582 (40.582)	1:22.809 (42.228) 2:06.788 (43.979)	
	2:48.617 (43.640)	3:32.235 (43.619)	4:15.534 (43.299)			2:51.603 (44.815)	3:36.971 (45.368) 4:23.167 (46.197)	
	4:58.709 (43.175)	5:41.664 (42.955)				5:08.944 (45.778)	5:49.916 (40.972)	
28	Asefa, Elili	JR	Eastern Menn	5:41.71	41	Jepkemboi, Abijah	JR Virginia Uni 5:58.93	
	40.737 (40.737)	1:21.426 (40.689)	2:03.576 (42.150)			38.751 (38.751)	1:18.607 (39.857) 2:01.273 (42.667)	
	2:47.325 (43.749)	3:32.126 (44.802)	4:17.965 (45.839)			2:47.309 (46.037)	3:33.262 (45.953) 4:21.426 (48.164)	
	5:02.621 (44.657)	5:41.705 (39.084)				5:11.406 (49.980)	5:58.928 (47.523)	
29	Oberlies, Jessica	SR	Mary Washing	5:41.94	42	Fletcher, Eyaya	SO Mary Washing 5:59.38	
	40.235 (40.235)	1:21.393 (41.158)	2:04.515 (43.123)			39.511 (39.511)	1:20.769 (41.259) 2:04.912 (44.143)	
	2:48.848 (44.333)	3:32.330 (43.483)	4:19.023 (46.693)			2:50.802 (45.890)	3:37.699 (46.898) 4:27.026 (49.327)	
	5:03.409 (44.387)	5:41.938 (38.529)				5:16.173 (49.148)	5:59.373 (43.200)	
30	Hope, Maggie	JR	Carson-Newma	5:42.22	43	Kochanski, Sarah	JR Roanoke 6:00.26	
	41.856 (41.856)	1:22.832 (40.977)	2:06.796 (43.964)			44.308 (44.308)	1:27.158 (42.850) 2:11.205 (44.048)	
	2:50.237 (43.442)	3:34.316 (44.079)	4:18.260 (43.944)			2:56.052 (44.847)	3:42.515 (46.464) 4:30.252 (47.737)	
	5:02.403 (44.144)	5:42.211 (39.808)				5:17.074 (46.823)	6:00.258 (43.184)	
31	Layton, Samantha	FR	VMI	5:43.55	44	Griffin, Gabrielle	SO Averett 6:00.39	
	43.435 (43.435)	1:23.770 (40.335)	2:05.545 (41.775)			41.519 (41.519)	1:25.603 (44.084) 2:12.458 (46.855)	
	2:49.189 (43.644)	3:32.608 (43.419)	4:16.303 (43.695)			2:59.666 (47.208)	3:47.068 (47.403) 4:34.034 (46.967)	
	5:00.502 (44.199)	5:43.550 (43.049)				5:20.449 (46.415)	6:00.387 (39.938)	
						45	Gallaher, Allie	SO Roanoke 6:00.40
						43.167 (43.167)	1:25.698 (42.532) 2:08.062 (42.364)	
						2:51.722 (43.660)	3:37.835 (46.114) 4:25.910 (48.075)	
						5:15.083 (49.173)	6:00.397 (45.314)	

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Finals ... (Women 1 Mile Run)

	Name	Yr	School	Finals
46	Sanchez, Gabby	SO	Usc Upstate	6:01.27
	44.865 (44.865)		1:27.153 (42.288)	2:10.219 (43.067)
	2:55.550 (45.332)		3:42.060 (46.510)	4:29.833 (47.773)
	5:17.585 (47.753)		6:01.269 (43.684)	
47	Magee, Evelyn	SO	Roanoke	6:03.98
	41.742 (41.742)		1:25.922 (44.180)	2:13.728 (47.807)
	3:02.086 (48.358)		3:48.197 (46.112)	4:34.421 (46.224)
	5:21.913 (47.493)		6:03.971 (42.058)	
48	Reid, Savannah	SR	Roanoke	6:06.58
	42.313 (42.313)		1:24.165 (41.852)	2:09.205 (45.040)
	2:55.908 (46.704)		3:44.198 (48.290)	4:32.347 (48.149)
	5:20.465 (48.118)		6:06.575 (46.110)	
49	Miller, Grace	JR	Usc Upstate	6:06.93
	42.785 (42.785)		1:24.433 (41.649)	2:09.777 (45.344)
	2:56.073 (46.297)		3:43.577 (47.504)	4:32.993 (49.417)
	5:21.458 (48.465)		6:06.927 (45.469)	
50	Figgins, Jada	FR	Columbia Int	6:20.53
	41.102 (41.102)		1:22.378 (41.277)	2:06.447 (44.069)
	2:55.328 (48.882)		3:45.772 (50.444)	4:35.967 (50.195)
	5:30.576 (54.609)		6:20.528 (49.953)	
51	Hartman, Morgan	FR	Columbia Int	6:20.85
	41.491 (41.491)		1:23.584 (42.094)	2:09.843 (46.259)
	2:59.006 (49.163)		3:50.147 (51.142)	4:42.241 (52.094)
	5:34.684 (52.444)		6:20.848 (46.164)	
52	Richason, Anna	FR	Carson-Newma	6:28.61
	43.514 (43.514)		1:29.014 (45.500)	2:16.732 (47.718)
	3:07.744 (51.013)		3:59.549 (51.805)	4:51.797 (52.248)
	5:43.474 (51.678)		6:28.606 (45.132)	
53	DeFelice, Alaina	SO	Roanoke	6:30.04
	42.342 (42.342)		1:27.226 (44.884)	2:16.297 (49.072)
	3:07.363 (51.067)		3:59.302 (51.939)	4:52.598 (53.297)
	5:44.323 (51.725)		6:30.034 (45.712)	
54	Black, Alex	FR	VMI	6:35.46
	41.858 (41.858)		1:26.214 (44.357)	2:14.264 (48.050)
	3:04.467 (50.203)		3:55.693 (51.227)	4:49.656 (53.963)
	5:43.142 (53.487)		6:35.456 (52.314)	
55	Fiorillo, Caroline	SR	VMI	6:45.52
	44.288 (44.288)		1:28.538 (44.250)	2:16.906 (48.368)
	3:05.821 (48.915)		4:00.347 (54.527)	4:58.055 (57.708)
	5:55.317 (57.263)		6:45.516 (50.199)	
56	Caliendo, Tori	SR	Tusculum	7:01.65
	43.208 (43.208)		1:30.111 (46.903)	2:22.612 (52.502)
	3:18.499 (55.888)		4:15.178 (56.679)	5:12.632 (57.454)
	6:07.671 (55.039)		7:01.643 (53.973)	
---	Armstrong, Katherine	JR	Mary Washing	DNF
	44.553 (44.553)		1:27.457 (42.904)	2:11.514 (44.058)
---	De Souza, Jasmine	FR	Southern Vir	DNF
	43.722 (43.722)		1:26.114 (42.393)	2:09.457 (43.343)
	2:55.695 (46.239)		3:43.007 (47.312)	4:33.860 (50.854)

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Results

Women 3000 Meter Run

	Name	Yr	School	Finals
Finals				
1	Kearney, Ellen-Mary	JR	Milligan	9:35.84
	39.719 (39.719)	1:21.168 (41.449)	1:59.943 (38.775)	
	2:38.568 (38.625)	3:16.967 (38.399)	3:55.064 (38.098)	
	4:33.230 (38.167)	5:11.598 (38.368)	5:50.274 (38.677)	
	6:28.797 (38.523)	7:06.992 (38.195)	7:45.294 (38.303)	
	8:23.192 (37.898)	8:59.875 (36.684)	9:35.832 (35.957)	
2	Warr, Olivia	SO	Washington a	9:57.15
	40.267 (40.267)	1:21.635 (41.369)	2:00.788 (39.153)	
	2:39.780 (38.993)	3:18.980 (39.200)	3:58.528 (39.548)	
	4:38.614 (40.087)	5:19.219 (40.605)	5:59.278 (40.059)	
	6:39.727 (40.449)	7:20.200 (40.474)	8:00.708 (40.508)	
	8:41.345 (40.638)	9:21.527 (40.182)	9:57.142 (35.615)	
3	Carr, Cassie	SR	Washington a	10:05.38
	40.020 (40.020)	1:21.448 (41.428)	2:00.497 (39.049)	
	2:39.493 (38.997)	3:18.573 (39.080)	3:58.170 (39.598)	
	4:38.293 (40.123)	5:18.990 (40.698)	5:59.519 (40.529)	
	6:39.977 (40.458)	7:20.409 (40.433)	8:00.915 (40.507)	
	8:41.603 (40.688)	9:23.548 (41.945)	10:05.380 (41.833)	
4	Breschi, Sophia	JR	Washington a	10:11.26
	40.612 (40.612)	1:22.133 (41.522)	2:02.374 (40.242)	
	2:42.410 (40.037)	3:22.955 (40.545)	4:03.364 (40.409)	
	4:44.063 (40.699)	5:25.173 (41.110)	6:06.260 (41.088)	
	6:47.347 (41.087)	7:28.652 (41.305)	8:10.370 (41.719)	
	8:51.962 (41.592)	9:33.377 (41.415)	10:11.258 (37.882)	
5	Lutke, Deena	FR	East Tenn. S	10:17.69
	39.837 (39.837)	1:21.327 (41.490)	2:01.865 (40.539)	
	2:42.615 (40.750)	3:24.042 (41.427)	4:05.847 (41.805)	
	4:47.802 (41.955)	5:29.785 (41.984)	6:12.260 (42.475)	
	6:53.875 (41.615)	7:35.828 (41.953)	8:17.114 (41.287)	
	8:58.143 (41.029)	9:38.915 (40.773)	10:17.684 (38.769)	
6	Geary, Kirsten	JR	Milligan	10:19.56
	40.132 (40.132)	1:21.885 (41.754)	2:02.189 (40.304)	
	2:42.850 (40.662)	3:23.942 (41.092)	4:05.624 (41.683)	
	4:47.215 (41.592)	5:28.697 (41.482)	6:10.648 (41.952)	
	6:52.715 (42.068)	7:35.484 (42.769)	8:17.777 (42.293)	
	9:00.120 (42.344)	9:41.918 (41.798)	10:19.558 (37.640)	
7	Rubio, Phoebe	FR	Richmond	10:19.82
	40.879 (40.879)	1:22.334 (41.455)	2:03.098 (40.764)	
	2:43.519 (40.422)	3:24.898 (41.379)	4:06.174 (41.277)	
	4:47.830 (41.657)	5:29.039 (41.209)	6:11.165 (42.127)	
	6:52.977 (41.812)	7:34.879 (41.903)	8:17.195 (42.317)	
	9:00.142 (42.947)	9:41.357 (41.215)	10:19.819 (38.463)	
8	Mitchell, Emma	SR	Washington a	10:20.98
	42.489 (42.489)	1:23.713 (41.224)	2:05.245 (41.533)	
	2:47.312 (42.067)	3:28.692 (41.380)	4:10.298 (41.607)	
	4:53.175 (42.878)	5:35.992 (42.817)	6:18.964 (42.973)	
	7:00.672 (41.708)	7:43.449 (42.778)	8:26.148 (42.699)	
	9:07.003 (40.855)	9:45.583 (38.580)	10:20.980 (35.398)	

Finals ... (Women 3000 Meter Run)

	Name	Yr	School	Finals
9	Thornton, Jordan	SO	Usc Upstate	10:23.36
	40.853 (40.853)	1:21.840 (40.988)	2:03.242 (41.402)	
	2:44.715 (41.474)	3:26.382 (41.667)	4:07.784 (41.403)	
	4:49.263 (41.479)	5:31.668 (42.405)	6:14.088 (42.420)	
	6:55.258 (41.170)	7:37.429 (42.172)	8:20.025 (42.597)	
	9:02.073 (42.048)	9:44.352 (42.279)	10:23.359 (39.008)	
10	Beike, Avery	FR	Richmond	10:24.46
	40.787 (40.787)	1:22.597 (41.810)	2:03.395 (40.799)	
	2:43.733 (40.338)	3:24.794 (41.062)	4:05.960 (41.167)	
	4:47.623 (41.663)	5:29.247 (41.624)	6:11.532 (42.285)	
	6:53.612 (42.080)	7:35.763 (42.152)	8:18.454 (42.692)	
	9:01.464 (43.010)	9:44.772 (43.308)	10:24.455 (39.684)	
11	Sisk, Jillian	SO	VMI	10:26.64
	40.338 (40.338)	1:21.814 (41.477)	2:02.473 (40.659)	
	2:43.367 (40.894)	3:24.788 (41.422)	4:06.127 (41.339)	
	4:47.455 (41.329)	5:28.899 (41.444)	6:10.985 (42.087)	
	6:53.384 (42.399)	7:36.314 (42.930)	8:19.493 (43.179)	
	9:03.182 (43.689)	9:46.239 (43.058)	10:26.640 (40.402)	
12	Gray, Bonita	JR	East Tenn. S	10:29.28
	39.637 (39.637)	1:21.132 (41.495)	2:01.670 (40.539)	
	2:42.324 (40.654)	3:23.818 (41.494)	4:05.637 (41.819)	
	4:47.598 (41.962)	5:29.517 (41.919)	6:12.017 (42.500)	
	6:53.725 (41.709)	7:36.149 (42.424)	8:19.118 (42.969)	
	9:02.943 (43.825)	9:46.972 (44.029)	10:29.280 (42.309)	
13	Haas, Ashlyn	JR	Milligan	10:43.83
	40.227 (40.227)	1:22.158 (41.932)	2:02.663 (40.505)	
	2:43.184 (40.522)	3:24.608 (41.424)	4:06.428 (41.820)	
	4:48.993 (42.565)	5:31.774 (42.782)	6:16.399 (44.625)	
	7:01.232 (44.833)	7:46.872 (45.640)	8:32.098 (45.227)	
	9:17.825 (45.728)	10:01.745 (43.920)	10:43.827 (42.082)	
14	Paolino, Mia	FR	Richmond	10:46.85
	40.924 (40.924)	1:22.834 (41.910)	2:03.764 (40.930)	
	2:44.279 (40.515)	3:25.335 (41.057)	4:07.127 (41.792)	
	4:49.429 (42.303)	5:33.130 (43.702)	6:17.885 (44.755)	
	7:03.457 (45.572)	7:49.613 (46.157)	8:35.767 (46.154)	
	9:22.278 (46.512)	10:06.775 (44.498)	10:46.845 (40.070)	
15	Archuletta, Ansley	SR	East Tenn. S	10:48.21
	41.440 (41.440)	1:22.542 (41.102)	2:03.664 (41.123)	
	2:45.150 (41.487)	3:26.784 (41.634)	4:08.463 (41.679)	
	4:50.934 (42.472)	5:33.843 (42.909)	6:17.478 (43.635)	
	7:01.434 (43.957)	7:46.554 (45.120)	8:31.642 (45.088)	
	9:17.717 (46.075)	10:04.088 (46.372)	10:48.208 (44.120)	
16	Beatty, Lauren	JR	Converse	10:50.29
	41.259 (41.259)	1:22.925 (41.667)	2:04.173 (41.248)	
	2:44.815 (40.643)	3:26.353 (41.538)	4:09.118 (42.765)	
	4:52.687 (43.569)	5:36.659 (43.973)	6:17.874 (41.215)	
	7:06.149 (48.275)	7:51.382 (45.233)	8:37.572 (46.190)	
	9:23.479 (45.908)	10:08.503 (45.024)	10:50.284 (41.782)	
17	Hamlet, Claire	SR	Washington a	10:52.05
	40.718 (40.718)	1:23.268 (42.550)	2:02.355 (39.088)	
	2:46.974 (44.619)	3:28.867 (41.893)	4:10.578 (41.712)	
	4:53.640 (43.063)	5:37.278 (43.638)	6:20.939 (43.662)	
	7:05.863 (44.924)	7:51.895 (46.033)	8:38.283 (46.388)	
	9:24.394 (46.112)	10:08.393 (43.999)	10:52.048 (43.655)	

VMI Invitational - 1/24/2025 to 1/25/2025

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Results

18	Sosa, Ashley	SR Converse	10:55.43
	40.945 (40.945)	1:23.203 (42.258)	2:05.044 (41.842)
	2:47.254 (42.210)	3:30.643 (43.389)	4:14.385 (43.743)
	4:58.374 (43.989)	5:42.570 (44.197)	6:26.893 (44.323)
	7:11.179 (44.287)	7:55.898 (44.719)	8:40.930 (45.033)
	9:26.805 (45.875)	10:12.158 (45.353)	10:55.427 (43.269)
19	Jones, Anna	SR Milligan	10:56.49
	42.043 (42.043)	1:23.303 (41.260)	2:04.794 (41.492)
	2:46.385 (41.592)	3:28.112 (41.727)	4:09.747 (41.635)
	4:53.974 (44.228)	5:37.693 (43.719)	6:21.983 (44.290)
	7:08.273 (46.290)	7:54.857 (46.584)	8:41.720 (46.864)
	9:29.057 (47.337)	10:14.658 (45.602)	10:56.485 (41.828)
20	Ford, Faith	FR James Madiso	10:57.09
	44.165 (44.165)	1:27.628 (43.463)	2:12.145 (44.518)
	2:55.663 (43.518)	3:40.030 (44.368)	4:24.188 (44.158)
	5:09.049 (44.862)	5:54.042 (44.993)	6:38.855 (44.814)
	7:22.603 (43.748)	8:06.065 (43.463)	8:50.982 (44.917)
	9:34.772 (43.790)	10:17.840 (43.069)	10:57.089 (39.249)
21	Hoffman, Lily	FR Mary Washing	11:01.54
	41.209 (41.209)	1:23.579 (42.370)	2:05.502 (41.923)
	2:47.083 (41.582)	3:29.420 (42.338)	4:12.507 (43.087)
	4:55.849 (43.343)	5:41.354 (45.505)	6:27.143 (45.789)
	7:12.905 (45.763)	8:00.650 (47.745)	8:45.878 (45.228)
	9:31.777 (45.899)	10:17.147 (45.370)	11:01.532 (44.385)
22	Couch, Peyton	SO Carson-Newma	11:02.74
	43.315 (43.315)	1:25.650 (42.335)	2:08.963 (43.313)
	2:52.503 (43.540)	3:36.092 (43.589)	4:19.948 (43.857)
	5:05.042 (45.094)	5:50.219 (45.178)	6:36.030 (45.812)
	7:20.380 (44.350)	8:05.708 (45.328)	8:51.565 (45.858)
	9:36.869 (45.304)	10:22.188 (45.319)	11:02.734 (40.547)
23	Townsell, Karli	JR East Tenn. S	11:08.60
	43.092 (43.092)	1:25.965 (42.874)	2:09.633 (43.668)
	2:53.655 (44.023)	3:38.143 (44.488)	4:22.502 (44.359)
	5:07.389 (44.888)	5:52.288 (44.899)	6:37.890 (45.603)
	7:23.200 (45.310)	8:09.073 (45.873)	8:55.564 (46.492)
	9:41.555 (45.992)	10:26.465 (44.910)	11:08.592 (42.127)
24	Blagg, Lena	FR Christopher	11:10.61
	41.048 (41.048)	1:26.609 (45.562)	2:11.261 (44.653)
	2:55.416 (44.155)	3:40.558 (45.142)	4:25.130 (44.573)
	5:09.076 (43.947)	5:53.215 (44.139)	6:37.858 (44.643)
	7:22.538 (44.680)	8:07.963 (45.425)	8:55.116 (47.154)
	9:42.070 (46.954)	10:28.593 (46.523)	11:10.608 (42.015)
25	Halterman, Joanna	FR Milligan	11:11.17
	43.954 (43.954)	1:27.032 (43.078)	2:11.214 (44.183)
	2:54.742 (43.528)	3:38.857 (44.115)	4:23.309 (44.453)
	5:08.078 (44.769)	5:52.898 (44.820)	6:37.062 (44.164)
	7:22.779 (45.718)	8:08.844 (46.065)	8:56.043 (47.199)
	9:42.392 (46.349)	10:28.274 (45.883)	11:11.168 (42.894)
26	LoVuolo, Ava	SO Richmond	11:11.50
	41.125 (41.125)	1:22.800 (41.675)	2:03.965 (41.165)
	2:45.558 (41.593)	3:27.238 (41.680)	4:10.273 (43.035)
	4:55.827 (45.554)	5:42.598 (46.772)	6:29.307 (46.709)
	7:16.649 (47.343)	8:04.787 (48.138)	8:52.340 (47.554)
	9:40.404 (48.064)	10:27.128 (46.724)	11:11.497 (44.369)

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Finals ... (Women 3000 Meter Run)

	Name	Yr	School	Finals
27	Oberlies, Jessica	SR	Mary Washing	11:15.70
	41.445 (41.445)	1:26.261 (44.817)	2:10.659 (44.398)	
	2:54.919 (44.260)	3:40.544 (45.625)	4:25.595 (45.052)	
	5:10.563 (44.968)	5:56.535 (45.973)	6:42.719 (46.184)	
	7:30.366 (47.648)	8:17.589 (47.223)	9:05.389 (47.800)	
	9:52.070 (46.682)	10:36.428 (44.358)	11:15.695 (39.268)	
28	Rainey, Elizabeth	SO	James Madiso	11:17.36
	40.943 (40.943)	1:25.971 (45.029)	2:10.289 (44.318)	
	2:54.540 (44.252)	3:39.760 (45.220)	4:24.944 (45.184)	
	5:09.480 (44.537)	5:54.026 (44.547)	6:38.680 (44.654)	
	7:24.524 (45.844)	8:11.353 (46.829)	8:58.786 (47.434)	
	9:47.083 (48.297)	10:34.453 (47.370)	11:17.356 (42.904)	
29	Porter, Alexsis	SO	Uva-Wise	11:17.41
	40.523 (40.523)	1:25.690 (45.168)	2:09.336 (43.647)	
	2:54.021 (44.685)	3:38.836 (44.815)	4:23.891 (45.055)	
	5:08.151 (44.260)	5:53.036 (44.885)	6:38.101 (45.065)	
	7:22.928 (44.827)	8:08.514 (45.587)	8:55.426 (46.913)	
	9:42.830 (47.404)	10:30.358 (47.528)	11:17.404 (47.047)	
30	Minns, Ashley	SR	Richmond	11:22.65
	43.488 (43.488)	1:26.330 (42.843)	2:09.853 (43.523)	
	2:53.873 (44.020)	3:38.280 (44.408)	4:22.824 (44.544)	
	5:07.692 (44.868)	5:53.132 (45.440)	6:38.813 (45.682)	
	7:25.333 (46.520)	8:13.024 (47.692)	9:01.028 (48.004)	
	9:49.009 (47.982)	10:37.065 (48.057)	11:22.647 (45.582)	
31	Cestare, Sarah	SO	James Madiso	11:26.27
	44.317 (44.317)	1:27.325 (43.009)	2:11.613 (44.288)	
	2:55.110 (43.498)	3:39.284 (44.174)	4:23.692 (44.408)	
	5:08.692 (45.000)	5:54.180 (45.489)	6:40.450 (46.270)	
	7:27.748 (47.298)	8:15.317 (47.569)	9:03.065 (47.749)	
	9:51.137 (48.072)	10:39.039 (47.903)	11:26.265 (47.227)	
32	Smock, Carmela	FR	Carson-Newma	11:32.04
	43.803 (43.803)	1:27.559 (43.757)	2:12.449 (44.890)	
	2:57.966 (45.518)	3:44.014 (46.048)	4:30.375 (46.362)	
	5:17.133 (46.758)	6:03.348 (46.215)	6:50.621 (47.274)	
	7:37.394 (46.773)	8:24.504 (47.110)	9:11.845 (47.342)	
	9:59.670 (47.825)	10:47.463 (47.793)	11:32.038 (44.575)	
33	McDermott, Annie Kate	SR	Milligan	11:36.21
	41.346 (41.346)	1:25.789 (44.443)	2:10.815 (45.027)	
	2:54.861 (44.047)	3:40.326 (45.465)	4:26.079 (45.753)	
	5:11.279 (45.200)	5:57.105 (45.827)	6:43.469 (46.364)	
	7:30.946 (47.478)	8:19.185 (48.239)	9:07.648 (48.463)	
	9:57.490 (49.843)	10:46.615 (49.125)	11:36.209 (49.594)	
34	Moore, Mackenzie	SO	Washington a	11:36.91
	40.555 (40.555)	1:25.434 (44.879)	2:09.920 (44.487)	
	2:54.374 (44.454)	3:40.061 (45.688)	4:26.349 (46.288)	
	5:13.215 (46.867)	6:01.210 (47.995)	6:50.031 (48.822)	
	7:38.190 (48.159)	8:26.930 (48.740)	9:15.549 (48.619)	
	10:04.874 (49.325)	10:53.103 (48.229)	11:36.903 (43.800)	
35	Gonzalez, Zoffia	FR	VMI	11:37.07
	42.366 (42.366)	1:26.840 (44.474)	2:11.741 (44.902)	
	2:56.241 (44.500)	3:41.891 (45.650)	4:28.753 (46.862)	
	5:16.364 (47.612)	6:03.606 (47.243)	6:51.888 (48.282)	
	7:40.140 (48.253)	8:28.296 (48.157)	9:17.146 (48.850)	
	10:05.996 (48.850)	10:54.211 (48.215)	11:37.066 (42.855)	

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36	Plant, Sarah	SR East Tenn. S	11:41.75
	44.477 (44.477)	1:27.975 (43.499)	2:12.468 (44.493)
	2:56.232 (43.764)	3:40.464 (44.233)	4:24.563 (44.099)
	5:10.252 (45.689)	5:56.450 (46.199)	6:44.294 (47.844)
	7:32.954 (48.660)	8:22.448 (49.494)	9:12.233 (49.785)
	10:02.873 (50.640)	10:53.462 (50.589)	11:41.745 (48.284)
37	Wallin, Addy	FR Mary Washing	11:50.18
	43.021 (43.021)	1:27.068 (44.047)	2:12.751 (45.684)
	2:57.639 (44.888)	3:44.268 (46.629)	4:31.399 (47.132)
	5:19.439 (48.040)	6:08.353 (48.914)	6:58.069 (49.717)
	7:47.601 (49.533)	8:36.924 (49.323)	9:26.256 (49.333)
	10:16.250 (49.994)	11:05.253 (49.003)	11:50.173 (44.920)
38	Wray, Ava	FR Mary Washing	11:51.03
	43.580 (43.580)	1:27.205 (43.625)	2:13.194 (45.989)
	2:57.674 (44.480)	3:44.298 (46.624)	4:32.126 (47.829)
	5:20.795 (48.669)	6:10.573 (49.778)	7:02.664 (52.092)
	7:53.744 (51.080)	8:44.691 (50.948)	9:35.995 (51.304)
	10:23.698 (47.703)	11:11.168 (47.470)	11:51.021 (39.854)
39	Strom, Sofia	FR Usc Upstate	11:56.39
	41.861 (41.861)	1:26.640 (44.779)	2:11.235 (44.595)
	2:55.441 (44.207)	3:40.831 (45.390)	4:27.181 (46.350)
	5:14.721 (47.540)	6:04.163 (49.442)	6:54.874 (50.712)
	7:46.028 (51.154)	8:37.546 (51.519)	9:27.771 (50.225)
	10:18.143 (50.372)	11:08.703 (50.560)	11:56.389 (47.687)
40	Jepkemboi, Abijah	JR Virginia Uni	12:09.96
	41.155 (41.155)	1:25.851 (44.697)	2:09.710 (43.859)
	2:54.595 (44.885)	3:40.126 (45.532)	4:26.231 (46.105)
	5:14.704 (48.473)	6:03.919 (49.215)	6:54.845 (50.927)
	7:46.038 (51.193)	8:37.416 (51.379)	9:31.104 (53.688)
	10:24.985 (53.882)	11:18.343 (53.358)	12:09.960 (51.618)
41	Wade, Anna	JR Regent Unive	13:13.42
	47.124 (47.124)	1:36.181 (49.058)	2:27.923 (51.742)
	3:21.559 (53.637)	4:15.600 (54.042)	5:10.093 (54.493)
	6:04.480 (54.388)	6:59.356 (54.877)	7:54.511 (55.155)
	8:47.739 (53.228)	9:42.584 (54.845)	10:37.776 (55.193)
	11:33.419 (55.643)	12:27.493 (54.074)	13:13.416 (45.924)
42	Jones, Hailey	FR Converse	13:36.18
	43.314 (43.314)	1:28.029 (44.715)	2:17.879 (49.850)
	3:11.203 (53.324)	4:05.451 (54.249)	5:00.119 (54.668)
	5:55.931 (55.813)	6:53.380 (57.449)	7:50.431 (57.052)
	8:49.521 (59.090)	9:48.661 (59.140)	10:47.154 (58.493)
	11:46.155 (59.002)	12:43.744 (57.589)	13:36.175 (52.432)
---	Beach, Sophie	JR East Tenn. S	DNF
	41.202 (41.202)	1:21.990 (40.789)	2:03.312 (41.322)
	2:44.582 (41.270)	3:26.299 (41.718)	4:07.679 (41.380)
	4:49.174 (41.495)	5:31.587 (42.413)	6:14.000 (42.414)
	6:54.392 (40.392)		

Women 5000 Meter Run

Name		Yr	School	Finals
Finals				
1	Visgueiro, Julia	SO	East Tenn. S	17:54.59
	40.898 (40.898)	1:24.199 (43.302)	2:07.241 (43.043)	
	2:50.989 (43.748)	3:34.881 (43.893)	4:18.659 (43.778)	
	5:01.211 (42.553)	5:44.855 (43.644)	6:27.368 (42.513)	
	7:10.269 (42.902)	7:53.264 (42.995)	8:35.634 (42.370)	
	9:19.234 (43.600)	10:02.335 (43.102)	10:45.825 (43.490)	
	11:29.065 (43.240)	12:11.979 (42.914)	12:56.059 (44.080)	
	13:39.574 (43.515)	14:23.223 (43.649)		
	15:50.098 (43.293)	16:33.330 (43.233)	17:15.668 (42.338)	
	17:54.584 (38.917)			
2	Gross, Michaela	FR	Hagerstown C	18:32.31
	42.636 (42.636)	1:28.036 (45.400)	2:13.461 (45.425)	
	2:58.863 (45.402)	3:45.006 (46.144)	4:30.024 (45.018)	
	5:15.174 (45.150)	6:00.451 (45.278)	6:44.994 (44.543)	
	7:29.676 (44.683)	8:14.481 (44.805)	8:58.914 (44.433)	
	9:43.243 (44.329)	10:28.116 (44.874)	11:13.725 (45.609)	
	11:58.979 (45.254)	12:44.263 (45.284)	13:29.159 (44.897)	
	14:13.109 (43.950)	14:57.749 (44.640)		
	16:26.094 (44.008)	17:09.670 (43.577)	17:51.424 (41.754)	
	18:32.301 (40.878)			
3	Dake, Sarah	SO	Christopher	18:38.58
	42.608 (42.608)	1:26.996 (44.389)	2:12.036 (45.040)	
	2:55.988 (43.952)	3:40.766 (44.779)	4:25.921 (45.155)	
	5:10.978 (45.057)	5:56.171 (45.194)	6:41.103 (44.932)	
	7:24.944 (43.842)	8:09.996 (45.053)	8:54.631 (44.635)	
	9:40.110 (45.479)	10:25.496 (45.387)	11:11.296 (45.800)	
	11:56.795 (45.499)	12:42.600 (45.805)	13:27.576 (44.977)	
	14:13.185 (45.609)	14:58.285 (45.100)		
	16:30.886 (46.232)	17:17.259 (46.373)	18:00.531 (43.273)	
	18:38.578 (38.047)			
4	Barrera, Patricia	JR	Milligan	18:50.30
	42.889 (42.889)	1:28.216 (45.328)	2:12.350 (44.134)	
	2:56.406 (44.057)	3:41.034 (44.628)	4:26.356 (45.323)	
	5:11.244 (44.888)	5:56.398 (45.154)	6:41.484 (45.087)	
	7:28.131 (46.648)	8:12.481 (44.350)	8:56.093 (43.612)	
	9:40.490 (44.398)	10:25.245 (44.755)	11:10.061 (44.817)	
	11:55.524 (45.463)	12:41.856 (46.333)	13:27.851 (45.995)	
	14:13.531 (45.680)	14:59.120 (45.589)		
	16:33.070 (47.038)	17:19.655 (46.585)	18:06.759 (47.104)	
	18:50.294 (43.535)			
5	Brown, Hannah	SR	Milligan	19:19.50
	42.141 (42.141)	1:26.744 (44.603)	2:11.711 (44.968)	
	2:55.846 (44.135)	3:40.610 (44.764)	4:25.591 (44.982)	
	5:10.858 (45.267)	5:55.951 (45.094)	6:41.209 (45.258)	
	7:28.441 (47.233)	8:16.054 (47.613)	9:03.471 (47.418)	
	9:49.105 (45.634)	10:36.236 (47.132)	11:24.393 (48.157)	
	12:12.720 (48.328)	13:00.975 (48.255)	13:48.141 (47.167)	
	14:36.500 (48.359)	15:24.860 (48.360)		
	16:58.146 (46.985)	17:46.159 (48.013)	18:32.900 (46.742)	
	19:19.499 (46.599)			

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6	Singleton, Grace	JR East Tenn. S	19:29.61
	42.010 (42.010)	1:26.784 (44.774)	2:13.053 (46.269)
	2:58.586 (45.534)	3:45.351 (46.765)	4:30.356 (45.005)
	5:15.446 (45.090)	6:00.720 (45.274)	6:45.554 (44.834)
	7:30.670 (45.117)	8:16.846 (46.177)	9:03.653 (46.807)
	9:50.264 (46.612)	10:38.135 (47.872)	11:26.054 (47.919)
	12:13.538 (47.484)	13:01.178 (47.640)	13:49.493 (48.315)
	14:38.411 (48.919)	15:27.210 (48.799)	
	17:07.311 (49.210)	17:56.821 (49.510)	18:43.643 (46.822)
	19:29.605 (45.963)		
7	Walker, Taylor	JR East Tenn. S	19:32.94
	42.408 (42.408)	1:27.098 (44.690)	2:13.440 (46.343)
	2:58.645 (45.205)	3:45.725 (47.080)	4:31.839 (46.114)
	5:17.518 (45.679)	6:04.276 (46.759)	6:51.096 (46.820)
	7:38.345 (47.249)	8:26.195 (47.850)	9:14.261 (48.067)
	10:02.064 (47.803)	10:49.916 (47.853)	11:37.964 (48.048)
	12:25.966 (48.003)	13:13.691 (47.725)	14:01.860 (48.169)
	14:50.155 (48.295)	15:38.024 (47.869)	
	17:14.238 (47.732)	18:02.806 (48.569)	18:50.861 (48.055)
	19:32.933 (42.072)		
8	Psilopoulos, Andie	FR East Tenn. S	20:19.28
	43.545 (43.545)	1:29.448 (45.903)	2:16.091 (46.644)
	3:03.264 (47.173)	3:50.885 (47.622)	4:38.083 (47.198)
	5:25.391 (47.309)	6:12.690 (47.299)	7:00.316 (47.627)
	7:49.498 (49.182)	8:39.464 (49.967)	9:29.768 (50.304)
	10:19.894 (50.127)	11:10.770 (50.877)	11:59.980 (49.210)
	12:49.650 (49.670)	13:39.398 (49.748)	14:29.055 (49.658)
	15:19.891 (50.837)	16:10.844 (50.953)	
	17:52.573 (51.349)	18:44.194 (51.622)	19:34.531 (50.338)
	20:19.279 (44.748)		
9	Remorca, Mia	SO East Tenn. S	20:21.33
	43.240 (43.240)	1:29.180 (45.940)	2:15.726 (46.547)
	3:02.980 (47.254)	3:50.601 (47.622)	4:37.768 (47.167)
	5:25.019 (47.252)	6:12.356 (47.338)	6:59.895 (47.539)
	7:48.220 (48.325)	8:37.120 (48.900)	9:26.064 (48.944)
	10:16.066 (50.003)	11:06.475 (50.409)	11:57.116 (50.642)
	12:46.720 (49.604)	13:38.303 (51.583)	14:29.344 (51.042)
	15:20.148 (50.804)	16:11.209 (51.062)	
	17:53.291 (51.487)	18:44.498 (51.207)	19:34.785 (50.288)
	20:21.325 (46.540)		
10	Rea, Sierra	FR Hagerstown C	21:07.79
	45.831 (45.831)	1:35.404 (49.573)	2:27.455 (52.052)
	3:19.599 (52.144)	4:11.315 (51.717)	5:02.716 (51.402)
	5:54.490 (51.774)	6:45.124 (50.634)	7:34.545 (49.422)
	8:23.809 (49.264)	9:13.239 (49.430)	10:04.396 (51.158)
	10:55.454 (51.058)	11:47.005 (51.552)	12:39.188 (52.183)
	13:30.136 (50.949)	14:20.630 (50.494)	15:10.644 (50.014)
	16:00.869 (50.225)	16:52.323 (51.454)	
	18:34.036 (50.514)	19:25.566 (51.530)	20:16.920 (51.354)
	21:07.786 (50.867)		

Finals ... (Women 5000 Meter Run)

Name	Yr	School	Finals
11 Hammill, Delaney	SR	East Tenn. S	21:37.00
44.205 (44.205)	1:30.835 (46.630)	2:19.620 (48.785)	
3:09.266 (49.647)	4:00.090 (50.824)	4:50.210 (50.120)	
5:41.424 (51.214)	6:32.984 (51.560)	7:24.689 (51.705)	
8:16.480 (51.792)	9:08.155 (51.675)	10:00.443 (52.288)	
10:53.268 (52.825)	11:46.136 (52.869)	12:39.655 (53.519)	
13:32.781 (53.127)	14:26.740 (53.959)	15:21.245 (54.505)	
16:15.409 (54.164)	17:09.843 (54.434)		
18:59.621 (55.200)	19:54.518 (54.897)	20:46.478 (51.960)	
21:36.995 (50.518)			
12 Wade, Anna	JR	Regent Unive	23:20.52
50.064 (50.064)	1:43.109 (53.045)	2:37.601 (54.493)	
3:34.339 (56.738)	4:29.898 (55.559)	5:24.979 (55.082)	
6:20.591 (55.613)	7:15.894 (55.303)	8:11.213 (55.319)	
9:06.724 (55.512)	10:03.101 (56.378)	10:57.934 (54.833)	
11:54.785 (56.852)	12:50.906 (56.122)	13:47.413 (56.507)	
14:43.214 (55.802)	15:39.999 (56.785)	16:36.519 (56.520)	
17:32.529 (56.010)	18:29.585 (57.057)		
20:23.674 (56.740)	21:22.190 (58.517)	22:21.416 (59.227)	
23:20.514 (59.098)			

Women 60 Meter Hurdles

Name	Yr	School	Prelims
Preliminaries			
1 Henderson, Jordyn	SR	James Madiso	8.73Q
2 Green-White, Theresa	JR	Tusculum	8.77Q
3 Moore, Kori	FR	Tusculum	8.83Q
4 Hart, Shea	JR	VMI	9.03Q
5 Thomas, Kam'Dyn	FR	James Madiso	9.05Q
6 Nixon, Kyonna	SR	Usc Upstate	9.15Q
7 Pringle, Mackenzie	SO	Columbia (S.	9.23Q
8 Cooper, Shyla	FR	Richard Blan	9.15q
9 Hatcher, Jada	FR	Richard Blan	9.16q
10 Redding, Naizja	FR	Usc Upstate	9.23q
11 Bailem, Jordan	FR	Winthrop	9.28q
12 Wright, Kennedy	FR	Converse	9.33q
13 Johnson, Morgan	SR	Columbia Int	9.33q
14 Nuckols, Ellie	SO	Christopher	9.35q
15 Molette, Akera	FR	East Tenn. S	9.38q
16 Washington, Zaria	FR	Mount Olive	9.44q
17 Viers, Olivia	SO	Roanoke	9.45q
18 Rose, Michailyn	JR	Ambassadors	9.51q
19 Williams, Madalynn	FR	Newberry	9.56q
20 Mims, Keianna	SO	Mount Olive	9.58q
21 Carr, Rebecca	SO	Roanoke	9.64q
22 Torres, Flo	SR	Southern Vir	9.67q
23 Pemberton, Kiwanna	SR	Mount Olive	9.72q
24 James, Anijah	FR	Richard Blan	9.73q
25 Winston, Cammi	SR	Roanoke	9.79
26 Smith, Erin	SO	Richard Blan	9.79
27 Greenidge, Jasmine	FR	East Tenn. S	9.84
28 Riolo, McKenna	SO	Roanoke	9.87
29 Bartley, Talajjah	FR	Converse	9.90
30 Smith, Kieley	SO	Tusculum	9.90

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31	Cunningham, Kamille	SO	Converse	10.07
32	Harper, Karis	SO	Usc Upstate	10.09
33	Venable, Madelyn	SR	Washington a	10.20
34	Collins, Eliza	FR	Carson-Newma	10.29
35	Tabor, Lauren	SR	Carson-Newma	10.30
36	Strouth, Braelynn	FR	Uva-Wise	10.37
37	Clark, Ava	FR	Carson-Newma	10.38
38	Phillips, Paige	FR	Uva-Wise	10.51
39	Siler, Melissa	SR	Carson-Newma	10.56
40	Tolliver, Eva	SR	Tusculum	10.74
41	Allman, Shandrey	JR	Southern Vir	10.83
42	Custodio, Mary	SO	Milligan	10.83
43	Ivens, Kellie	JR	Carson-Newma	10.96
44	White, Jeniya	FR	VMI	11.09
45	Adderton, Kamryn	FR	Newberry	11.59
46	Chance, Reyani	FR	Virginia Uni	12.16
47	Wells, Shylah	SO	Regent Unive	13.21
---	Thomas, D'Asia	JR	Converse	DQ

Women 60 Meter Hurdles

Name	Yr	School	Semis
Semi-Finals			
1	Henderson, Jordyn	SR James Madiso	8.55Q
2	Green-White, Theresa	JR Tusculum	8.66Q
3	Moore, Kori	FR Tusculum	8.74Q
4	Thomas, Kam'Dyn	FR James Madiso	8.96Q
4	Wright, Kennedy	FR Converse	8.96Q
6	Hart, Shea	JR VMI	9.01Q
7	Hatcher, Jada	FR Richard Blan	9.09q
8	Nixon, Kyonna	SR Usc Upstate	9.12q
9	Cooper, Shyla	FR Richard Blan	9.12
10	Redding, Naizja	FR Usc Upstate	9.20
11	Pringle, Mackenzie	SO Columbia (S.	9.23
12	Bailem, Jordan	FR Winthrop	9.32
13	Nuckols, Ellie	SO Christopher	9.38
14	Molette, Akera	FR East Tenn. S	9.39
15	Johnson, Morgan	SR Columbia Int	9.41
16	Viers, Olivia	SO Roanoke	9.41
17	Carr, Rebecca	SO Roanoke	9.44
18	Torres, Flo	SR Southern Vir	9.44
19	Williams, Madalynn	FR Newberry	9.47
20	Rose, Michailyn	JR Ambassadors	9.54
21	Pemberton, Kiwanna	SR Mount Olive	9.65
22	Mims, Keianna	SO Mount Olive	9.67
23	James, Anijah	FR Richard Blan	9.74

Women 60 Meter Hurdles

Name	Yr	School	Finals
Finals			
1	Henderson, Jordyn	SR James Madiso	8.62
2	Green-White, Theresa	JR Tusculum	8.69
3	Moore, Kori	FR Tusculum	8.80
4	Thomas, Kam'Dyn	FR James Madiso	8.83
5	Wright, Kennedy	FR Converse	9.00
6	Hart, Shea	JR VMI	9.02
7	Nixon, Kyonna	SR Usc Upstate	9.05

Finals ... (Women 60 Meter Hurdles)

Name	Yr	School	Finals
8	Hatcher, Jada	FR Richard Blan	9.18

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1	Richmond	A 3:51.22
1) van der Westhuizen, Elke SR 2) Lavelle, Nina JR		
3) Flanagan, Molly FR 4) Elliott, Morgan SO		
57.037 (57.037) 1:55.544 (58.508) 2:53.986 (58.442)		
3:51.211 (57.225)		
2	James Madison	A 3:51.60
1) Germain, Esther SO 2) Fitzgerald, Christine FR		
3) Mpassy, Holly SR 4) Thomas, Kam'Dyn FR		
59.319 (59.319) 1:56.130 (56.812) 2:52.280 (56.150)		
3:51.597 (59.318)		
3	Tusculum	A 3:56.81
1) Gray, Tashianna SR 2) Shelton, Alonda SO		
3) Castlin, Qitarah FR 4) Moore, Kori FR		
59.763 (59.763) 1:58.008 (58.245) 2:57.849 (59.842)		
3:56.804 (58.955)		
4	James Madison	B 4:01.20
1) Harris, Darian FR 2) Julmiste, Ariana FR		
3) Mock, Merrick FR 4) Hundley, Meghan SO		
1:01.622 (1:01.622) 2:01.247 (59.625) 3:01.352 (1:00.105)		
4:01.197 (59.845)		
5	Converse	A 4:02.42
1) Muldrow-Green, Trinita FR 2) Wright, Kennedy FR		
3) bracey, Latavia JR 4) Bethel, Jermiya SO		
1:01.556 (1:01.556) 2:00.108 (58.553) 3:02.586 (1:02.478)		
4:02.417 (59.832)		
6	East Tenn. St.	A 4:04.62
1) Rodriguez, Gabriella SO 2) Cook, Micailah FR		
3) Lindsey, Emily SO 4) Greenidge, Jasmine FR		
1:01.244 (1:01.244) 1:58.662 (57.418) 3:00.374 (1:01.713)		
4:04.611 (1:04.237)		
7	Richmond	B 4:05.74
1) Buback, Kayla FR 2) Bolesh, Ashley SO		
3) Rzucidlo, Emily SR 4) Bruce, Aylin SR		
1:01.554 (1:01.554) 2:00.657 (59.104) 3:03.362 (1:02.705)		
4:05.740 (1:02.378)		
8	Washington and Lee	A 4:07.34
1) Hodneland, Ana FR 2) Graziano, Lucie SO		
3) Romano, Amanda SR 4) Evans, Jesma JR		
1:03.284 (1:03.284) 2:06.473 (1:03.189) 3:07.514 (1:01.042)		
4:07.336 (59.822)		
9	Mount Olive	A 4:08.04
1) Mims, Keianna SO 2) Roberts, Heaven SO		
3) Inman, Macie FR 4) Jefferson, Channie JR		
1:03.820 (1:03.820) 2:02.866 (59.047) 3:05.579 (1:02.713)		
4:08.037 (1:02.459)		

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10	Newberry	A	4:10.91
	1) Montgomery, Brittany SO	2) Hansen, Ruby JR	
	3) Adderton, Kamryn FR	4) Dionisio, Mia SO	
	1:04.811 (1:04.811)	2:09.279 (1:04.468)	3:10.847 (1:01.569)
	4:10.905 (1:00.058)		

11	Tusculum	B	4:11.89
	1) Morton, McKenzie SO	2) Suitte, Alayna SR	
	3) Smith, Kieley SO	4) Taylor, Kiera JR	
	1:00.534 (1:00.534)	2:06.471 (1:05.938)	3:11.585 (1:05.114)
	4:11.881 (1:00.297)		

12	Use Upstate	A	4:13.46
	1) Pryor, Destiny FR	2) Bell, Paden SO	
	3) Cox, Tiara SR	4) Vaughn, Carleigh SR	
	1:05.969 (1:05.969)	2:10.189 (1:04.220)	3:13.983 (1:03.794)
	4:13.457 (59.474)		

Women 4x800 Meter Relay

	Team	Relay	Finals
Finals			
1	East Tenn. St.	A	9:37.48
	1) Archuletta, Ansley SR	2) Lance, Meg JR	
	3) Gray, Bonita JR	4) Lutdke, Deena FR	
	2:25.527 (2:25.527)	4:50.605 (2:25.078)	7:14.598 (2:23.994)
	9:37.473 (2:22.875)		
2	James Madison	A	9:42.21
	1) Greene, Izzy FR	2) Walters, Sidney FR	
	3) Hundley, Meghan SO	4) Giordano, Kristin SO	
	2:23.397 (2:23.397)	4:51.460 (2:28.063)	7:17.395 (2:25.935)
	9:42.206 (2:24.812)		
3	Vmi	A	9:47.86
	1) Anderson, Evelyn SO	2) Shank, Gretal SR	
	3) Hurd, Olivia SO	4) Dias, Natalia FR	
	2:25.230 (2:25.230)	4:46.438 (2:21.209)	7:14.245 (2:27.807)
	9:47.858 (2:33.614)		
4	Use Upstate	A	9:54.77
	1) Glassmeyer, Grace SO	2) Harrison, Adalie SR	
	3) Ortiz, Maureen SO	4) Thornton, Jordan SO	
	2:24.460 (2:24.460)	4:57.753 (2:33.294)	7:32.638 (2:34.885)
	9:54.765 (2:22.127)		
5	King	A	9:57.51
	1) Whitley, Morgan JR	2) Bjerkness, Lily FR	
	3) Lowery, Amanda JR	4) Vazquez, Ermay SO	
	2:26.557 (2:26.557)	4:59.108 (2:32.552)	7:33.047 (2:33.939)
	9:57.508 (2:24.462)		
6	Milligan	A	9:57.97
	1) Jones, Anna SR	2) Fitzgerald, McKenzie SO	
	3) Halterman, Joanna FR	4) Dulaney, Rachel SR	
	2:29.252 (2:29.252)	4:52.201 (2:22.949)	7:23.350 (2:31.149)
	9:57.962 (2:34.613)		
7	East Tenn. St.	B	10:30.74
	1) Kruger, Izelle JR	2) Johnson, Camryn JR	
	3) Lane, Hailey FR	4) Roy, Ashlynn SO	
	2:30.281 (2:30.281)	5:09.295 (2:39.014)	7:48.968 (2:39.674)
	10:30.740 (2:41.772)		

Finals ... (Women 4x800 Meter Relay)

	Team	Relay	Finals
8	Columbia Int'l	A	10:48.07
	1) Gustafson, Elizabeth FR	2) Hartman, Morgan FR	
	3) Wray, Jordan SO	4) Berkemeyer, Mercy JR	
	2:35.380 (2:35.380)	5:09.871 (2:34.492)	7:56.353 (2:46.483)
	10:48.068 (2:51.715)		

Women Distance Medley

	Team	Relay	Finals
Finals			
1	James Madison	A	12:18.80
	1) Gifford, Alayna SO	2) Garrett, Carol-Anne FR	
	3) Mock, Merrick FR	4) Brooks, Kylie FR	
	3:47.033 (3:47.033)	4:50.698 (1:03.665)	7:12.231 (2:21.533)
	12:18.800 (5:06.569)		
2	Milligan	A	12:29.39
	1) Haas, Ashlyn JR	2) Johnson, Isabelle JR	
	3) Kearney, Ellen-Mary JR	4) Bearzi, Alyssa JR	
	3:56.117 (3:56.117)	5:02.763 (1:06.647)	7:16.603 (2:13.840)
	12:29.390 (5:12.787)		
3	Washington and Lee	A	12:54.26
	1) Graziano, Lucie SO	2) Petrucelli, Sofia SO	
	3) Vera, Adia SR	4) Brown, Reese SO	
	3:56.290 (3:56.290)	5:01.195 (1:04.905)	7:26.275 (2:25.080)
	12:54.252 (5:27.978)		
4	King	A	12:57.81
	1) Vazquez, Ermay SO	2) Lowery, Amanda JR	
	3) Bjerkness, Lily FR	4) Whitley, Morgan JR	
	3:53.477 (3:53.477)	5:01.063 (1:07.587)	7:35.315 (2:34.252)
	12:57.801 (5:22.487)		
5	Carson-Newman	A	13:03.52
	1) Hope, Maggie JR	2) Tabor, Lauren SR	
	3) Johnson, Steffi SO	4) Pittman, Jenna SO	
	4:04.730 (4:04.730)	5:04.555 (59.825)	7:43.001 (2:38.447)
	13:03.520 (5:20.519)		
6	Washington and Lee	B	13:16.38
	1) Luczak, Brenna SO	2) Smith, Lane FR	
	3) Gardner, Charlotte FR	4) Breyault, Brianna JR	
	4:04.643 (4:04.643)	5:12.481 (1:07.838)	7:40.212 (2:27.732)
	13:16.372 (5:36.160)		

Women High Jump

	Name	Yr	School	Finals
Finals				
1	Faith, Aidan	SO	Hagerstown C	1.65m
2	Gillum, Camille	JR	Washington a	J1.65m
2	Fraser, Morgan	SO	VMI	J1.65m
4	Dionisio, Mia	SO	Newberry	1.60m
5	Molette, Akera	FR	East Tenn. S	1.55m
5	Rose, Michailyn	JR	Ambassadors	1.55m
5	Wright, Kennedy	FR	Converse	1.55m
5	Evans, Violet	FR	James Madison	1.55m
5	Prows, Mikki	JR	Southern Vir	1.55m
10	Farup, Isabel	FR	Newberry	J1.55m
10	Simons, Marin	FR	Southern Vir	J1.55m

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12	Cunningham, Kamille	SO	Converse	J1.55m
13	Hormazabal, Karla	SR	Mount Olive	J1.55m
14	Whitehead, Kendall	SO	Carson-Newma	1.50m
15	Bryant, Janara	FR	Mount Olive	J1.50m
16	Thomas, D'Asia	JR	Converse	J1.50m
17	Cox, Raegan	FR	Uva-Wise	1.45m
17	Davis, Jameria	SO	Newberry	1.45m
17	Pinckney, Janyia	SR	Converse	1.45m
20	Kasischke, Simone	FR	Washington a	J1.45m
21	Gordon, Kierra	FR	Newberry	J1.45m
22	Chance, Reyani	FR	Virginia Uni	1.40m
22	Freideman, Madison	FR	Hollins	1.40m
22	Yarema, Sydney	SO	Winthrop	1.40m
25	Inman, Macie	FR	Mount Olive	J1.40m
---	Watson, E'Yana	FR	VMI	NH
---	bracey, Latavia	JR	Converse	NH
---	Smith, Kielely	SO	Tusculum	NH
---	Quashie, Sade	SO	Converse	NH
---	Dale, Autumn	FR	Hollins	NH

Women Pole Vault

Name	Yr	School	Finals
Finals			
1	Moolman, Erica	SR James Madiso	3.65m
2	Romero-Barba, Frania	SO East Tenn. S	3.50m
3	D'Ambrosia, Ashley	SR Washington a	3.35m
4	Shingleton, Allison	FR East Tenn. S	J3.35m
5	Mahmud, Surraiya	FR Southern Vir	3.20m
6	Miller, Tasha	JR Roanoke	3.05m
7	Pierce, Sydney	FR East Tenn. S	J3.05m
8	Irick, Allison	FR Converse	2.90m
9	Petersen, Addisen	FR Carson-Newma	2.75m
9	Pullen, Gabby	FR Washington a	2.75m
11	Custodio, Mary	SO Milligan	J2.75m
---	Buchanan, Mady	SR Uva-Wise	NH
---	Flynn, Maya	FR Winthrop	NH
---	Rimmer, Caroline	SO Columbia Int	NH
---	Romero-Barba, Diana	SR East Tenn. S	NH
---	Hefney, Tylee	FR Carson-Newma	NH
---	Butler, Elizabeth	FR King	NH
---	Michaels, Elizabeth	FR James Madiso	NH

Women Long Jump

Name	Yr	School	Finals
Finals			
1	McCarty, Sydney	SR Carson-Newma	5.63m
2	James, Anijah	FR Richard Blan	5.61m
3	Lane, Jade	SR Virginia Uni	5.55m
4	Pryor, Destiny	FR Usc Upstate	5.53m
5	Okoduwa, Eseose	SR Converse	5.52m
6	Taylor, Brooke	JR Carson-Newma	5.51m
7	Hormazabal, Karla	SR Mount Olive	5.45m
8	Blake, Tya	SR East Tenn. S	5.43m
9	Rose, Leiyana	FR Newberry	5.35m
10	Visser, Brooke	SR Carson-Newma	5.33m
11	Jackson, Meah	FR Newberry	5.32m

Finals ... (Women Long Jump)

Name	Yr	School	Finals
12	Hart, Shea	JR VMI	5.24m
13	Green, Keza	JR Mount Olive	5.21m
14	Mimnaugh, Grace	FR James Madiso	5.15m
15	Wood, Faith	JR Winthrop	J5.15m
16	Nuckols, Ellie	SO Christopher	5.14m
17	Dittrich, Agustina	FR Tusculum	5.06m
18	Porter, Taylor	FR Virginia Uni	4.96m
19	Cooper, Shyla	FR Richard Blan	4.95m
20	Garrison, Angell	JR Virginia Uni	4.92m
21	Lynch, Jaelyn	SO Winthrop	4.89m
22	Venable, Madelyn	SR Washington a	4.88m
23	Moore, Ciarra	SO Richard Blan	4.84m
24	Hannibal, Laurin	FR Usc Upstate	4.83m
25	Faulkner, Haley	FR Uva-Wise	4.81m
26	Viers, Olivia	SO Roanoke	J4.81m
27	Pringle, Mackenzie	SO Columbia (S.	J4.81m
28	Armstead, Samaya	FR King	4.80m
29	Freideman, Madison	FR Hollins	4.78m
30	Nelson, Andee	FR Southern Vir	4.77m
31	Cunningham, Kamille	SO Converse	J4.77m
32	Smith, Joella	FR Mount Olive	J4.77m
33	Chance, Reyani	FR Virginia Uni	4.74m
34	Brodth, Kylie	FR Uva-Wise	4.67m
35	Strouth, Braelynn	FR Uva-Wise	4.65m
36	Outland, Madison	SO Uva-Wise	4.64m
37	Thomas, D'Asia	JR Converse	4.61m
38	Dilliard, Alexus	FR Virginia Uni	J4.61m
39	Dale, Autumn	FR Hollins	4.60m
40	Hart, Logan	SR Winthrop	4.56m
41	Holman, Elyssa	SO Southern Vir	4.52m
42	Tate, Ilyriyah	FR Usc Upstate	4.45m
43	Atwell, Kayman	FR Milligan	4.42m
44	Mack, Lasharie	SR Winthrop	4.40m
45	Fort, Nykia	JR Virginia Uni	4.19m
46	bracey, Latavia	JR Converse	J4.19m
47	Wells, Shylah	SO Regent Unive	3.75m
---	Howell, Jamesha	SR Mount Olive	FOUL
---	Sutherland, Madison	FR Uva-Wise	FOUL

Women Triple Jump

Name	Yr	School	Finals
Finals			
1	Hormazabal, Karla	SR Mount Olive	11.88m
2	Wood, Faith	JR Winthrop	11.61m
3	Freitas, Julie	SR VMI	11.58m
4	Moore, Ciarra	SO Richard Blan	11.55m
5	Green, Keza	JR Mount Olive	11.48m
6	Mimnaugh, Grace	FR James Madiso	11.41m
7	Pringle, Mackenzie	SO Columbia (S.	10.75m
8	Molette, Akera	FR East Tenn. S	10.72m
9	Strouth, Braelynn	FR Uva-Wise	J10.72m
10	Pinckney, Janyia	SR Converse	10.61m
11	Whitehead, Kendall	SO Carson-Newma	10.48m
12	Brodth, Kylie	FR Uva-Wise	10.44m

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13	Lynch, Jaelyn	SO	Winthrop	10.42m
14	Winston, Cammi	SR	Roanoke	10.32m
15	Visser, Brooke	SR	Carson-Newma	10.21m
16	Taylor, Brooke	JR	Carson-Newma	10.13m
17	Cox, Raegan	FR	Uva-Wise	9.98m
18	Garrison, Angell	JR	Virginia Uni	9.92m
19	Dittrich, Agustina	FR	Tusculum	9.78m
20	Dale, Autumn	FR	Hollins	9.73m
21	Freideman, Madison	FR	Hollins	9.72m
22	Holman, Elyssa	SO	Southern Vir	9.64m
23	Tate, Ilyriyah	FR	Usc Upstate	9.53m
24	Stanley, Autumn	JR	Milligan	9.42m
---	Bryant, Janara	FR	Mount Olive	FOUL
---	Rose, Michailyn	JR	Ambassadors	FOUL
---	Hart, Logan	SR	Winthrop	FOUL
---	Blake, Tya	SR	East Tenn. S	FOUL
---	Hannibal, Laurin	FR	Usc Upstate	FOUL
---	Cooper, Shyla	FR	Richard Blan	FOUL
---	Whiteside, Mackenzie	SR	Converse	FOUL

Women Shot Put

	Name	Yr	School	Finals
Finals				
1	Shaw, Johntavia	JR	Winthrop	14.46m
2	Davis, Rachel	SR	Usc Upstate	13.93m
3	Thomas, Taylor	SR	Usc Upstate	13.49m
4	Carter, Lexi	FR	East Tenn. S	13.22m
5	Colwell, Jasmine	FR	Mount Olive	13.09m
6	Pickens, Kloey	SR	Columbia Int	12.87m
7	Bennett, Ryann	SR	James Madiso	12.75m
8	Martin, Bella	JR	Converse	12.62m
9	Rogers, Nia	SR	Uva-Wise	12.21m
10	Aristhil, Jenelda	SO	Usc Upstate	12.00m
11	Butler, Kiori	SO	Newberry	11.83m
12	Hutchins, Alla	FR	Converse	11.60m
13	Thomas, Cynthia	JR	Mount Olive	11.45m
14	Wood, Katie	FR	Washington a	11.42m
15	Hedgemon, Bailey	JR	Washington a	11.40m
16	Marshall, ShaNadia	SR	Newberry	11.36m
17	Grena, Isabelle	FR	Mount Olive	11.24m
18	Jackson, Emily	FR	Washington a	11.21m
19	Howell, Morri	SR	East Tenn. S	11.03m
20	Evatt, Anna Katherine	FR	Converse	10.92m
21	Dickersheid, Ruth	FR	VMI	10.84m
22	Prows, Mikki	JR	Southern Vir	10.79m
23	Baker, Diamond	SO	VMI	10.71m
24	Curry, Coral	SO	Columbia Int	10.67m
25	Timmerding, Bella	JR	Washington a	10.59m
26	Hunt, Acoya	SR	Columbia Int	10.55m
27	Kenan, Kaitlin	SR	Mount Olive	10.51m
28	Washington, Madison	FR	Winthrop	10.47m
29	Spenner, Maddie	SO	Winthrop	10.45m
30	Steele, Taylor	JR	Carson-Newma	10.41m
31	Curry, Asha	FR	Converse	10.38m
32	Myers, Kennedy	SR	Newberry	10.38m
33	Marando, Bri	FR	Roanoke	10.34m

Finals ... (Women Shot Put)

	Name	Yr	School	Finals
34	Belton, Sanaa	JR	Hollins	10.32m
35	Hall, Lizzy	FR	Carson-Newma	10.29m
36	McGlothlin, Abby	JR	Roanoke	10.28m
37	Fuchs, Sarah	JR	Roanoke	10.22m
38	Mahmud, Surraiya	FR	Southern Vir	10.21m
39	Johnson, Emma	FR	East Tenn. S	10.11m
40	Venable, Madelyn	SR	Washington a	10.05m
41	Fleming, Olyvia	SO	Uva-Wise	10.01m
42	Disbrow, Claudia	JR	Roanoke	10.00m
43	Martinez, Lamiyah	SR	Mary Baldwin	9.88m
44	Gibson, Emma	FR	Uva-Wise	9.77m
45	Nicholson, Tyla	SO	East Tenn. S	9.77m
46	Bobbitt, Emma	FR	Uva-Wise	9.65m
47	Hollowell, Emoniee	FR	Virginia Uni	9.47m
48	Shannon, SaMaura	JR	Carson-Newma	9.31m
49	Dillaway, Johannah	SR	Mary Baldwin	9.03m
50	Smith, Kieley	SO	Tusculum	8.90m
51	Gross, Kate	FR	Uva-Wise	8.77m
52	Allen, Hazel	FR	Southern Vir	8.35m
53	Reck, Tenley	JR	Hollins	7.29m
54	Gonzalez-Hayes, Alma	FR	Mary Baldwin	6.74m
55	Wells, Shylah	SO	Regent Unive	6.29m
---	Barnes, Kenisha	JR	Mount Olive	FOUL
---	Lindsey, Ashley	JR	Mount Olive	FOUL

Women Weight Throw

	Name	Yr	School	Finals
Finals				
1	Beach, Jessa	SR	Usc Upstate	17.81m
2	Davis, Rachel	SR	Usc Upstate	17.76m
3	Watson-Perez, Irma	SR	Newberry	17.59m
4	Pickens, Kloey	SR	Columbia Int	16.60m
5	Martin, Bella	JR	Converse	16.12m
6	Desir-Moreau, Rolanda	SR	Mount Olive	15.63m
7	Aristhil, Jenelda	SO	Usc Upstate	15.43m
8	Hedgemon, Bailey	JR	Washington a	15.25m
9	Martellucci, Jaiden	SR	James Madiso	15.00m
10	Curry, Coral	SO	Columbia Int	14.64m
11	Bennett, Ryann	SR	James Madiso	14.43m
12	Rydqvist, Elin	SO	Mount Olive	14.26m
13	Kenan, Kaitlin	SR	Mount Olive	14.25m
14	Pascual Rivera, Andrea	SR	Newberry	13.92m
15	Nicholson, Tyla	SO	East Tenn. S	13.88m
16	Marshall, ShaNadia	SR	Newberry	13.46m
17	Myers, Kennedy	SR	Newberry	12.93m
18	Fuchs, Sarah	JR	Roanoke	12.87m
19	Ehrett, Rylee	SO	Christopher	12.82m
20	Timmerding, Bella	JR	Washington a	12.75m
21	Bucher, Peyton	FR	Mount Olive	12.57m
22	Thomas, Taylor	SR	Usc Upstate	12.52m
23	Howell, Morri	SR	East Tenn. S	12.47m
24	Hunt, Acoya	SR	Columbia Int	12.19m
25	Grena, Isabelle	FR	Mount Olive	11.98m
26	Rogers, Nia	SR	Uva-Wise	11.94m

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27	Reks, Joy	SR	Milligan	J11.94m
28	Wood, Katie	FR	Washington a	11.84m
29	Spenner, Maddie	SO	Winthrop	11.83m
30	Baker, Diamond	SO	VMI	11.82m
31	Butler, Kiori	SO	Newberry	11.77m
32	Hoefler, Annika	SO	Milligan	11.48m
33	Hutchins, Alla	FR	Converse	11.42m
34	Day, Janasia	FR	Columbia Int	11.34m
35	Fleming, Olyvia	SO	Uva-Wise	11.28m
36	Evatt, Anna Katherine	FR	Converse	11.24m
37	Washington, Madison	FR	Winthrop	11.12m
38	Carter, Lexi	FR	East Tenn. S	11.02m
39	Sparks, Hannah Grace	SR	Columbia Int	11.01m
40	Helton, Faith	FR	Milligan	10.86m
41	McGlothlin, Abby	JR	Roanoke	10.77m
42	Dickersheid, Ruth	FR	VMI	10.75m
43	Dingus, Emma	JR	Uva-Wise	10.64m
44	Bibza, Alex	SO	Roanoke	10.61m
45	Bobbitt, Emma	FR	Uva-Wise	10.58m
46	Ayala-Renteria, Itzel	SO	Carson-Newma	10.48m
47	Curry, Asha	FR	Converse	10.47m
48	Gross, Kate	FR	Uva-Wise	10.32m
49	Marando, Bri	FR	Roanoke	10.23m
50	Glowatch, Amy	SR	Winthrop	10.19m
51	Johnson, Emma	FR	East Tenn. S	10.05m
52	Gibson, Emma	FR	Uva-Wise	10.04m
53	Bartlett, Hollis	JR	Roanoke	10.01m
54	Prows, Mikki	JR	Southern Vir	9.98m
55	Disbrow, Claudia	JR	Roanoke	9.76m
56	Hall, Lizzy	FR	Carson-Newma	9.58m
57	Gatesman, Lily	SO	Eastern Menn	9.35m
58	Steele, Taylor	JR	Carson-Newma	8.77m
59	Cabales, Isabelle	JR	VMI	8.11m
60	Rhyne, Polosomo	SO	Southern Vir	7.83m
61	Oetgen, Theresa	FR	Mary Washing	7.67m
---	Barnes, Kenisha	JR	Mount Olive	FOUL