

VMI Winter Relays - 1/31/2025 to 2/1/2025

Corps Physical Training Facility

Results

Women 60 Meter Dash

Facility:		7.35 F 2018		Destiny Carter	
Name	Yr	School	Prelims		
Preliminaries					
1	Hart, Jahzara	JR	Tusculum	7.42q	
2	Jackson, Iyanna	SR	District of	7.63q	
3	Taylor, Kiera	JR	Tusculum	7.64q	
4	Cox, Shanice	JR	Tusculum	7.65q	
5	Wooten, Kamiyah	SO	North Caroli	7.70q	
6	Cooper, Kayla	JR	District of	7.70q	
7	Green-White, Theresa	JR	Tusculum	7.73q	
8	Renk, Olivia	FR	Saint Franci	7.73q	
9	Faison, Naturale	FR	VMI	7.74	
10	Castlin, Qitarah	FR	Tusculum	7.83	
11	Yates, A'Jaylah	SO	Tusculum	7.85	
12	Beatty, Sela	JR	Radford	7.90	
13	Niles, Danae	FR	Radford	7.94	
14	Herrera, Geri	SO	Unc Pembroke	7.94	
15	Baxter, Janel	JR	District of	7.95	
16	Thompson, Dayna	JR	District of	7.95	
17	Green, SeMore	JR	VMI	7.98	
18	Taylor, Symone	JR	Lees-McRae	8.00	
19	Versen, Lilly	FR	Washington a	8.02	
20	Koumondji, Jennifer	SO	VMI	8.05	
21	Watts, Miranda	FR	Western Caro	8.05	
22	Glaspie, Taniyah	FR	Unc Pembroke	8.08	
23	Torres, Flo	SR	Southern Vir	8.09	
24	Camire, Sandryne	SO	Lees-McRae	8.10	
25	Turner, Ashlyn	FR	Unc Pembroke	8.11	
26	Winston, Amiya	FR	Unc Pembroke	8.23	
27	Watts, Marissa	FR	Western Caro	8.24	
28	Gore, Ivy	FR	Washington a	8.40	
29	Hodneland, Ana	FR	Washington a	8.41	
30	Hernandez, Mariela	SO	District of	8.55	
31	D'Ambrosia, Olivia	FR	Washington a	8.58	
32	Curtis, Elise	SO	Southern Vir	8.60	
33	Bower, Kaitlin	SR	Mary Baldwin	8.67	
34	Allman, Shandrey	JR	Southern Vir	8.94	

Women 60 Meter Dash

Facility:		7.35 F 2018		Destiny Carter	
Name	Yr	School	Finals		
Finals					
1	Hart, Jahzara	JR	Tusculum	7.48	
2	Jackson, Iyanna	SR	District of	7.68	
3	Wooten, Kamiyah	SO	North Caroli	7.69	
4	Cooper, Kayla	JR	District of	7.72	
5	Green-White, Theresa	JR	Tusculum	7.73	
6	Renk, Olivia	FR	Saint Franci	7.74	
7	Taylor, Kiera	JR	Tusculum	7.76	

Women 200 Meter Dash

Facility:		23.71 F 2018		Destiny Carter	
Name	Yr	School	Finals		
Finals					
1	Wooten, Kamiyah	SO	North Caroli	24.29	
2	Renk, Olivia	FR	Saint Franci	25.36	
3	Faison, Naturale	FR	VMI	25.41	
4	Herrera, Geri	SO	Unc Pembroke	25.51	
5	Green, SeMore	JR	VMI	25.53	
6	Niles, Danae	FR	Radford	25.86	
7	Watts, Miranda	FR	Western Caro	26.14	
8	Torres, Flo	SR	Southern Vir	26.23	
9	Hall, Heaven	JR	VMI	26.26	
10	Osika, Keagan	JR	Lees-McRae	26.26	
11	Alexis, Sabianka	FR	Lincoln (Pa.	26.28	
12	Thompson, Dayna	JR	District of	26.30	
13	Jackson, Iyanna	SR	District of	26.33	
14	Hine, Trinity	SO	Lincoln Memo	26.43	
15	Jordan, Leannah	FR	Lincoln (Pa.	26.44	
16	Glaspie, Taniyah	FR	Unc Pembroke	26.47	
17	del Pielago, Gabriella	SO	Saint Franci	26.53	
18	Winston, Amiya	FR	Unc Pembroke	26.57	
19	Yates, A'Jaylah	SO	Tusculum	26.69	
20	Baxter, Janel	JR	District of	26.71	
21	D'Ambrosia, Ashley	SR	Washington a	26.73	
22	Watts, Marissa	FR	Western Caro	26.73	
23	Versen, Lilly	FR	Washington a	26.74	
24	Turner, Ashlyn	FR	Unc Pembroke	26.94	
25	Beatty, Sela	JR	Radford	26.99	
26	Simmons, Amilliana	SO	Western Caro	27.13	
27	Mosby, Mckylee	SO	Unc Pembroke	27.50	
28	Camire, Sandryne	SO	Lees-McRae	27.70	
29	Lee, Simmons	SO	Washington a	27.85	
30	Harris, Marie	FR	Western Caro	27.86	
31	Sutliff, Annabelle	SO	Washington a	28.16	
32	D'Ambrosia, Olivia	FR	Washington a	28.19	
33	Taylor, Symone	JR	Lees-McRae	28.39	
34	Tolliver, Eva	SR	Tusculum	28.51	
35	Hernandez, Mariela	SO	District of	28.91	
36	Lee, Joanne	SO	Washington a	29.39	
37	Holman, Elyssa	SO	Southern Vir	29.65	
38	Mansogo, Jade		Unattached	29.78	
39	Bruce, Anna	SR	Mary Baldwin	31.58	
40	Oliver, Alecea	FR	Mary Baldwin	35.10	

Women 400 Meter Dash

Facility:		54.16 F 2020		Sarah Moore	
Name	Yr	School	Finals		
Finals					
1	Hamrick, Jeylah	FR	Radford	56.66	
2	Sherlock, Katie-Marie	SO	Unc Pembroke	57.13	
3	Cornelius, Raichelle	JR	Radford	58.09	
4	Morton, McKenzie	SO	Tusculum	58.81	
5	Shelton, Alonda	SO	Tusculum	59.30	
6	Jackson, Jordan	JR	Radford	59.41	

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Results

Finals ... (Women 400 Meter Dash)

Name	Yr	School	Finals
7 Jordan, Leannah	FR	Lincoln (Pa.	59.47
8 Gore, Ereyonna	SR	Lincoln Memo	1:00.02
9 Jarrett, Ayesha	SR	District of	1:00.04
10 Robinson, Jaslyne	JR	Radford	1:00.12
11 Cox, Shanice	JR	Tusculum	1:00.15
12 Colman, Sarah	SO	Saint Franci	1:00.43
13 Gray, Tashianna	SR	Tusculum	1:00.65
14 del Pielago, Gabriella	SO	Saint Franci	1:00.88
15 Flores, Mattie	FR	Radford	1:01.17
16 Anderson, Evelyn	SO	VMI	1:01.27
17 Djokic, Lidija	SR	Lincoln Memo	1:01.28
18 Simmons, Amilliana	SO	Western Caro	1:01.65
19 Harris, Marie	FR	Western Caro	1:01.74
20 Whitfield, Aniya	SO	Lincoln (Pa.	1:02.54
21 Francis, Tukey	JR	District of	1:02.57
22 Hodneland, Ana	FR	Washington a	1:02.80
23 Lina, Yalix	FR	District of	1:03.00
24 Cobb, Ellie	FR	Lees-McRae	1:03.54
25 Martinka, Landri	SO	Lees-McRae	1:04.08
26 Sutliff, Annabelle	SO	Washington a	1:05.14
27 Hernandez, Mariela	SO	District of	1:07.37
28 Bennett, Ashley	FR	Mary Baldwin	1:09.20
29 Bruce, Anna	SR	Mary Baldwin	1:15.97

Women 800 Meter Run

Facility: 2:05.68 F 2022 Megan Marvin

Name	Yr	School	Finals
1 Johns, Kamani	SR	Lincoln (Pa.	2:16.38
2 Gilman, Reagan	FR	VMI	2:18.58
3 Anderson, Mariclare	SR	Saint Franci	2:20.38
4 Fleck, Emma	SR	Saint Franci	2:21.12
5 Butler, Leah	SO	Western Caro	2:21.97
6 Colman, Sarah	SO	Saint Franci	2:23.79
7 Church, Jazlynn	SR	Lincoln (Pa.	2:23.88
8 Lane, Grace	SO	Western Caro	2:24.16
9 Barton, Heidi	JR	Southern Vir	2:24.16
10 Lowe, Sydney	JR	Western Caro	2:24.28
11 Morrison, Samantha	JR	District of	2:25.92
12 Dias, Natalia	FR	VMI	2:29.87
13 Redd, Bayleigh	SO	Southern Vir	2:30.50
14 Lafon, Katelyn	JR	Radford	2:31.08
15 Black, Nicky	FR	Mary Baldwin	2:31.43
16 Green, Landey	JR	Western Caro	2:34.09
17 Morgan, Madison	FR	Lincoln (Pa.	2:34.32
18 Suitte, Alayna	SR	Tusculum	2:37.05
19 Talbott, Hayden	SO	VMI	2:39.44
20 Adams, Amani	JR	Lincoln (Pa.	2:43.58
21 Owens, Denasia	FR	VMI	2:51.66
22 Laudie, Amaura	FR	Southern Vir	3:03.30

Women 1 Mile Run

Facility: 4:38.23 F 2019 Karisa Nelson

Name	Yr	School	Finals
1 Bailey, Sienna	FR	Radford	5:07.05
2 Curde, Reaghan	JR	Lincoln Memo	5:13.99
3 Farley, Mia	SO	Radford	5:16.69
4 Cash, Megan	JR	Radford	5:17.03
5 Campbell, Katelyn	FR	Radford	5:18.96
6 Redd, Bayleigh	SO	Southern Vir	5:19.03
7 McIntosh, Weslyn	SO	Lincoln Memo	5:21.87
8 Connors, Nina	FR	Saint Franci	5:23.09
9 Knapp, Megan	FR	Lees-McRae	5:23.56
10 McIntyre, Nadine	FR	Lincoln Memo	5:24.25
11 Black, Nicky	FR	Mary Baldwin	5:28.18
12 Gaydos, Rosemary	FR	Saint Franci	5:28.93
13 Bennewitz, Malea	SO	Unc Pembroke	5:30.73
14 Dille, Campbell	SO	Lees-McRae	5:30.88
15 Brownrigg, Mackenzie	SR	Radford	5:32.54
16 Chizzali, Greta	FR	Lincoln Memo	5:32.86
17 Lane, Grace	SO	Western Caro	5:35.15
18 Motley, Caroline	SR	Mary Baldwin	5:39.03
19 Hirt, Mackenzie	FR	Saint Franci	5:41.61
20 Gonzalez, Zoffia	FR	VMI	5:46.65
21 Lovan, Olivia	JR	Washington a	6:03.04
22 Kleiber, Rebecca	FR	Lees-McRae	6:12.54
23 Mclean, Miranda	SO	Lincoln (Pa.	6:12.73
24 Hmiston, Megan	SR	Tusculum	6:12.74
--- Kimaiyo, Moureen	SO	Unc Pembroke	DNF
--- Fowler, Lauren	SO	Southern Vir	DNF
--- Fields, Kayla	SO	Radford	DNF
--- Dalebout, Lilly	SR	Southern Vir	DNF

Women 3000 Meter Run

Facility: 9:11.04 F 2019 Savannah Carnahan

Name	Yr	School	Finals
1 Bailey, Sienna	FR	Radford	10:09.22
2 Sisk, Jillian	SO	VMI	10:14.70
3 Helms, Tesslyn	JR	Saint Franci	10:17.18
4 Hopkins, Katherine	SO	Western Caro	10:44.80
5 Knapp, Megan	FR	Lees-McRae	10:56.24
6 Dille, Campbell	SO	Lees-McRae	10:58.05
7 McKinney, Riley	JR	Western Caro	11:06.52
8 Motley, Caroline	SR	Mary Baldwin	11:28.94
9 Kowkabany, Hannah	FR	Washington a	11:34.91
10 Layton, Samantha	FR	VMI	11:35.92
11 Lomago, Lauren	SO	Saint Franci	12:05.45
12 Wilson, Ryan	SO	Saint Franci	12:06.03
13 Dzurenda, Ava	SO	Saint Franci	12:18.12
14 Fiorillo, Caroline	SR	VMI	12:40.07
15 Kleiber, Rebecca	FR	Lees-McRae	12:50.44
--- Farley, Mia	SO	Radford	DNF
--- Campbell, Katelyn	FR	Radford	DNF
--- Cash, Megan	JR	Radford	DNF

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Results

Finals ... (Women 3000 Meter Run)

Name	Yr	School	Finals
--- Fields, Kayla	SO	Radford	DNF
--- Brownrigg, Mackenzie	SR	Radford	DNF

Women 5000 Meter Run

Facility: 16:22.61 F 2019 Savannah Carnahan

Name	Yr	School	Finals
Finals			
1 Quackenbush, Anna	SO	Saint Franci	17:46.48
2 Kimaiyo, Moureen	SO	Unc Pembroke	18:12.87
3 Harvey, Lydia	SO	Washington a	18:31.66
4 McNaughton, Morgan	JR	Saint Franci	18:37.11
5 Smock, Katie	SR	Lincoln Memo	18:43.40
6 Bennewitz, Malea	SO	Unc Pembroke	18:56.00
7 Bachtel, Aubrey	SR	Lincoln Memo	20:44.62

Women 60 Meter Hurdles

Facility: 8.18 F 2018 Gabrielle Cunningham

Name	Yr	School	Prelims
Preliminaries			
1 Green-White, Theresa	JR	Tusculum	8.57q
2 Carrington, Aisha	SR	Lincoln (Pa.	8.81q
3 Moore, Kori	FR	Tusculum	8.83q
4 Robinson, Jaslyne	JR	Radford	8.97q
5 Romano, Amanda	SR	Washington a	9.22q
6 Moore, Ida Rose	SR	Lincoln (Pa.	9.27q
7 Mosby, Mckylee	SO	Unc Pembroke	9.43q
8 McIvor, Kandace	JR	Radford	9.53q
9 Moye, Leah	FR	Radford	9.65
10 Mansogo, Jade		Unattached	10.38
11 Lee, Joanne	SO	Washington a	10.48
12 Allman, Shandrey	JR	Southern Vir	10.67
13 Hall, Heaven	JR	VMI	11.29
14 Tolliver, Eva	SR	Tusculum	13.81

Women 60 Meter Hurdles

Facility: 8.18 F 2018 Gabrielle Cunningham

Name	Yr	School	Finals
Finals			
1 Green-White, Theresa	JR	Tusculum	8.51
2 Carrington, Aisha	SR	Lincoln (Pa.	8.67
3 Moore, Kori	FR	Tusculum	8.82
4 Robinson, Jaslyne	JR	Radford	9.10
5 Moore, Ida Rose	SR	Lincoln (Pa.	9.21
6 Romano, Amanda	SR	Washington a	9.32
7 Mosby, Mckylee	SO	Unc Pembroke	9.49
8 McIvor, Kandace	JR	Radford	9.58

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Radford	A	3:51.77
1) Robinson, Jaslyne JR	2) Cornelius, Raichelle JR	
3) Jackson, Jordan JR	4) Hamrick, Jeylah FR	

2 Tusculum	A	3:57.63
1) Gray, Tashianna SR	2) Shelton, Alonda SO	
3) Hart, Jahzara JR	4) Cox, Shanice JR	
3 Lincoln (Pa.)	A	3:57.71
1) Jordan, Leannah FR	2) Alexis, Sabianka FR	
3) Whitfield, Aniya SO	4) Talley, Paris SO	
4 Unc Pembroke	A	3:58.06
1) Sherlock, Katie-Marie SO	2) Winston, Amiya FR	
3) Haney, Mallory SR	4) Herrera, Geri SO	
5 Saint Francis	A	4:08.48
1) Anderson, Mariclare SR	2) Connors, Nina FR	
3) Fleck, Emma SR	4) Gaydos, Rosemary FR	
6 Radford	B	4:12.05
1) McIvor, Kandace JR	2) Niles, Danae FR	
3) Flores, Mattie FR	4) Lafon, Katelyn JR	
7 Lees-McRae	A	4:23.47
1) Cobb, Ellie FR	2) Martinka, Landri SO	
3) Osika, Keagan JR	4) Camire, Sandryne SO	

Women Distance Medley

Team	Relay	Finals
Finals		
1 Saint Francis	A	12:31.00
1) Connors, Nina FR	2) Renk, Olivia FR	
3) Anderson, Mariclare SR	4) Hillen, Naomi SR	
2 Saint Francis	B	12:49.42
1) Hirt, Mackenzie FR	2) Lomago, Lauren SO	
3) Fleck, Emma SR	4) Gaydos, Rosemary FR	
3 Lees-McRae	A	13:16.51
1) Dille, Campbell SO	2) Martinka, Landri SO	
3) Kleiber, Rebecca FR	4) Knapp, Megan FR	
4 Vmi	B	13:47.98
1) Dias, Natalia FR	2) Owens, Denasia FR	
3) Talbott, Hayden SO	4) Layton, Samantha FR	
5 Lincoln (Pa.)	A	13:50.43
1) Morgan, Madison FR	2) Adams, Amani JR	
3) Church, Jazlynn SR	4) Mclean, Miranda SO	

Women High Jump

Name	Yr	School	Finals
Finals			
1 Gillum, Camille	JR	Washington a	1.67m
2 Fraser, Morgan	SO	VMI	1.62m
3 Prows, Mikki	JR	Southern Vir	1.57m
3 Nelson, Makayla	FR	Radford	1.57m
5 Watson, E'Yana	FR	VMI	1.52m
6 McPherson, Emily	SO	Lincoln Memo	J1.52m
7 Dever, Alexandra	FR	Saint Franci	J1.52m
9 Holman, Elyssa	SO	Southern Vir	J1.47m
9 Haney, Mallory	SR	Unc Pembroke	1.42m
11 Curtis, Elise	SO	Southern Vir	J1.42m
--- McIvor, Kandace	JR	Radford	NH
--- Kasischke, Simone	FR	Washington a	X1.47m

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Women Pole Vault

Facility: 4.33m F 2021 Sydney Horn

Name	Yr	School	Finals
Finals			
1	D'Ambrosia, Ashley	SR Washington a	3.56m
2	Keadle, Layla	FR Washington a	3.41m
3	Fiorucci, Carina	SO Unc Pembroke	3.26m
3	Wagner, Jennifer	SR Western Caro	3.26m
5	Hilleary, Bella	SO Western Caro	J3.26m
6	Henry, Claire	FR Saint Franci	3.11m
7	Mahmud, Surraiya	FR Southern Vir	2.96m
7	Wells, Aubrie	FR Saint Franci	2.96m
7	Cholewa, Abby	SO Washington a	2.96m
10	Foley, Emily	FR Saint Franci	J2.96m
11	Pullen, Gabby	FR Washington a	J2.96m
12	Nelson, Andee	FR Southern Vir	2.36m
---	walker, Jocelyn	JR Lees-McRae	NH

Women Long Jump

Facility: 6.26m F 2023 Shakeela Saunders

Name	Yr	School	Finals
Finals			
1	Armstrong, Eleyah	SR VMI	5.97m
2	Hudson, Kendal	SO Western Caro	5.49m
3	Vadala, Raelyn	JR Western Caro	5.47m
4	Shaw, Zoe	JR District of	5.20m
5	Moore, Ida Rose	SR Lincoln (Pa.	5.16m
6	McIvor, Kandace	JR Radford	5.10m
7	Venable, Madelyn	SR Washington a	5.06m
8	Cooper, Kayla	JR District of	5.01m
9	Nelson, Andee	FR Southern Vir	4.95m
10	Foster, Taylor	JR Saint Franci	4.94m
11	Anderson, Gianna	SO Saint Franci	4.78m
12	Mansogo, Jade	Unattached	4.73m
13	Holman, Elyssa	SO Southern Vir	4.69m
14	Hall, Delaney	FR Saint Franci	4.68m
15	Dever, Alexandra	FR Saint Franci	4.64m
16	Devraj, Bella	SR Washington a	4.55m
17	Bower, Kaitlin	SR Mary Baldwin	4.48m
18	Gardner, Azjia	JR Saint Franci	4.38m
19	Eric, Miracle	FR VMI	4.32m
---	Taylor, Aliyah	FR Radford	FOUL
---	Nelson, Makayla	FR Radford	FOUL

Women Triple Jump

Facility: 12.80m F 2023 Eni Akinniyi

Name	Yr	School	Finals
Finals			
1	Dillon, Lora	JR Lees-McRae	11.62m
2	Shaw, Zoe	JR District of	J11.62m
3	Vadala, Raelyn	JR Western Caro	11.58m
4	Haney, Mallory	SR Unc Pembroke	11.54m
5	Lanier, Gabrielle	FR Lincoln (Pa.	11.06m
6	Hudson, Kendal	SO Western Caro	10.88m
7	Anderson, Gianna	SO Saint Franci	10.79m

8	Moye, Leah	FR Radford	10.72m
9	Foster, Taylor	JR Saint Franci	10.48m
10	Gardner, Azjia	JR Saint Franci	10.13m
11	Hall, Delaney	FR Saint Franci	9.93m
---	Nelson, Makayla	FR Radford	FOUL
---	Arnold, Kelsey	SR Radford	FOUL
---	Freitas, Julie	SR VMI	FOUL

Women Shot Put

Facility: 16.94m F 2022 Essence Henderson

Name	Yr	School	Finals
Finals			
1	Durban, Lexie	FR Western Caro	12.73m
2	Babbs, Logan	SR Radford	12.50m
3	Baker, Diamond	SO VMI	11.57m
4	Rosser, Mya	JR Radford	11.55m
5	Jackson, Emily	FR Washington a	11.39m
6	Roundtree, Toria	JR Western Caro	11.37m
7	Hedgemon, Bailey	JR Washington a	11.20m
8	Finley, Emmie	FR Western Caro	11.11m
9	Nicklas, Rylee	FR Saint Franci	10.82m
10	Kouami- Katou, Emmanuela	JR District of	10.78m
11	Wood, Katie	FR Washington a	10.77m
12	Gardner, Katrina	SO Southern Vir	10.74m
13	Rosser, Jaylen	JR Radford	10.69m
14	Mahmud, Surraiya	FR Southern Vir	10.41m
15	Dickersheid, Ruth	FR VMI	10.40m
16	Prows, Mikki	JR Southern Vir	10.20m
17	Hogan, Amber	SR Tusculum	10.16m
18	Gray, Morgan	SO Lees-McRae	10.13m
19	Olaleye, Jenella	SO Unc Pembroke	10.01m
20	Timmerding, Bella	JR Washington a	9.88m
21	Jackson-Morgan, Hailee	SO Western Caro	9.33m
22	Agwu, Comfort	SO Unc Pembroke	9.28m
23	Garmendiz, Rhianna	FR Unc Pembroke	9.24m
24	Martinez, Lamiyah	SR Mary Baldwin	9.23m
25	Wells, Merkenzee	SO Western Caro	8.89m
26	Vandusen, Makayla	SO Unc Pembroke	8.68m
27	Allen, Hazel	FR Southern Vir	8.67m
28	Dillaway, Johannah	SR Mary Baldwin	8.60m
29	Davis, Devon	JR Lees-McRae	7.83m
30	Gonzalez-Hayes, Alma	FR Mary Baldwin	6.86m
31	Rhyne, Polosomo	SO Southern Vir	6.09m
---	Dawkins, Yanelli	SO Unc Pembroke	FOUL

Women Weight Throw

Facility: 19.20m F 2018 Mohogany Baker

Name	Yr	School	Finals
Finals			
1	Babbs, Logan	SR Radford	17.10m
2	Hedgemon, Bailey	JR Washington a	16.07m
3	Sedun, Carly	SR Saint Franci	15.98m
4	Kouami- Katou, Emmanuela	JR District of	15.90m
5	Roundtree, Toria	JR Western Caro	15.23m
6	Rosser, Mya	JR Radford	15.04m
7	Nicklas, Rylee	FR Saint Franci	14.52m

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Finals ... (Women Weight Throw)

Name	Yr	School	Finals
8 Kerns, Nevaeh	JR	Lincoln Memo	14.12m
9 Timmerding, Bella	JR	Washington a	13.21m
10 Wells, Merkenzee	SO	Western Caro	13.11m
11 Turner, Cate	SO	Lincoln Memo	12.97m
12 Dawkins, Yanelli	SO	Unc Pembroke	12.92m
13 Hogan, Amber	SR	Tusculum	12.66m
14 Pivarunas, Catherine	SO	Saint Franci	12.48m
15 Durban, Lexie	FR	Western Caro	12.47m
16 Agwu, Comfort	SO	Unc Pembroke	12.39m
17 Gray, Morgan	SO	Lees-McRae	12.28m
18 Finley, Emmie	FR	Western Caro	12.27m
19 Vandusen, Makayla	SO	Unc Pembroke	11.68m
20 Jackson-Morgan, Hailee	SO	Western Caro	11.42m
21 Wood, Katie	FR	Washington a	11.24m
22 Garmendiz, Rhianna	FR	Unc Pembroke	10.74m
23 Baker, Diamond	SO	VMI	10.69m
24 Dickersheid, Ruth	FR	VMI	10.63m
25 Prows, Mikki	JR	Southern Vir	9.25m
26 Rhyne, Polosomo	SO	Southern Vir	8.34m
27 Cabales, Isabelle	JR	VMI	7.26m
--- Olaley, Jenella	SO	Unc Pembroke	FOUL

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals
1 Hart, Shea	JR	VMI	2:26.78 734
2 Siler, Melissa	SR	Carson-Newma	2:33.76 646
3 White, Jeniya	FR	VMI	2:38.19 594
4 Sanderson, Maggie	JR	Lincoln Memo	2:39.19 582
5 Ivens, Kellie	JR	Carson-Newma	2:48.32 481
6 Osika, Keagan	JR	Lees-McRae	2:51.55 448
7 Clark, Ava	FR	Carson-Newma	2:52.83 435
8 Collins, Eliza	FR	Carson-Newma	2:59.01 374

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals
1 Hart, Shea	JR	VMI	8.78 956
2 Siler, Melissa	SR	Carson-Newma	10.14 686
3 Collins, Eliza	FR	Carson-Newma	10.15 684
4 Clark, Ava	FR	Carson-Newma	10.22 672
5 Sanderson, Maggie	JR	Lincoln Memo	10.50 621
6 Osika, Keagan	JR	Lees-McRae	10.95 545
7 Ivens, Kellie	JR	Carson-Newma	11.15 512
8 White, Jeniya	FR	VMI	11.31 487

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals
1 Hart, Shea	JR	VMI	1.54m 666
2 Siler, Melissa	SR	Carson-Newma	1.51m 632
3 Osika, Keagan	JR	Lees-McRae	1.48m 599
4 Ivens, Kellie	JR	Carson-Newma	1.45m 566
4 Collins, Eliza	FR	Carson-Newma	1.45m 566

6 Sanderson, Maggie	JR	Lincoln Memo	1.42m 534
7 White, Jeniya	FR	VMI	1.36m 470
8 Clark, Ava	FR	Carson-Newma	1.33m 439

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Facility: 6.26m F

Name	Yr	School	Finals
1 Osika, Keagan	JR	Lees-McRae	5.43m 680
2 Hart, Shea	JR	VMI	5.37m 663
3 Siler, Melissa	SR	Carson-Newma	5.10m 587
4 Clark, Ava	FR	Carson-Newma	4.68m 474
5 Sanderson, Maggie	JR	Lincoln Memo	4.62m 459
5 Collins, Eliza	FR	Carson-Newma	4.62m 459
7 Ivens, Kellie	JR	Carson-Newma	4.61m 456
8 White, Jeniya	FR	VMI	4.37m 396

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Yr	School	Finals
1 Siler, Melissa	SR	Carson-Newma	10.64m 571
2 Collins, Eliza	FR	Carson-Newma	9.51m 497
3 Sanderson, Maggie	JR	Lincoln Memo	9.11m 471
4 Ivens, Kellie	JR	Carson-Newma	8.54m 434
5 Osika, Keagan	JR	Lees-McRae	8.51m 432
6 Hart, Shea	JR	VMI	8.37m 423
7 Clark, Ava	FR	Carson-Newma	8.05m 403
8 White, Jeniya	FR	VMI	7.77m 385