

## EMU Mennonite Heritage Invitational - 4/10/2026

## EMU Track Complex

## Results

**Men 100 Meter Dash**

Meet: 11.58 # 4/11/2025 Jamahrie Owens

Name	School	Finals
<b>Finals</b>		
1 Turner, Dash	Shenandoah V	10.73 2.5
2 Winters, Da'Shawn	Eastern Menn	10.86 2.5
3 Vann, Jameel	Eastern Menn	10.90 2.5
4 Rosner, Sean	Shenandoah	11.09 2.5
5 Browne, Ian	Bridgewater	11.21 2.5
6 Brown, Hezekiah	Eastern Menn	11.28 2.5
7 Pendleton, Dante	Jmu Club	11.50 2.5
8 Elijah, Koshy	Jmu Club	11.73 2.5
9 Nascimento, Christopher	Marymount (V)	11.82 2.5
10 Morgan, Janie	Eastern Menn	12.14 2.5
11 McGhee, Anthony	Shenandoah	12.36 2.5

**Men 200 Meter Dash**

Meet: 22.20 # 4/11/2025 Damon Morgan

Name	School	Finals
<b>Finals</b>		
1 Abul-Qasim, Ahsan	Eastern Menn	21.80 2.9
2 Newcome, Wyatt	Shenandoah	22.66 2.9
3 Vann, Jameel	Eastern Menn	22.77 2.9
4 Browne, Ian	Bridgewater	22.83 2.9
5 Rosner, Sean	Shenandoah	22.86 3.1
6 Bailey, Shaddai	Eastern Menn	23.04 3.1
7 Bridges, Lapatrick	Mary Baldwin	23.21 2.9
8 Joseph, Joshua	Eastern Menn	23.42 1.1
9 Elijah, Koshy	Jmu Club	23.54 1.1
10 Cameron, Jaidan	Shenandoah	23.62 1.1
11 McCarthy, Xavier	Eastern Menn	23.66 3.1
12 Pendleton, Dante	Jmu Club	23.84 1.1
13 Alley, Bryce	Eastern Menn	23.92 1.1
14 Nascimento, Christopher	Marymount (V)	24.56 0.9
15 Brassfield, Kowen	Shenandoah	24.79 1.1
16 McGhee, Anthony	Shenandoah	24.93 0.9
17 Talbot, Gavyn	Bridgewater	24.98 0.9
18 Luster, Xalen	Marymount (V)	25.11 1.1

**Men 400 Meter Dash**

Meet: 51.20 # 4/11/2025 Lapatrick Bridges

Name	School	Finals
<b>Finals</b>		
1 Arnold, Nick	Eastern Menn	50.01#
2 Joseph, Joshua	Eastern Menn	51.77
3 Alley, Bryce	Eastern Menn	53.82
4 Cameron, Jaidan	Shenandoah	53.99
5 Newson, Reese	Jmu Club	54.91
6 Moore, Daniel	Marymount (V)	56.80
7 Talbot, Gavyn	Bridgewater	58.00

**Men 800 Meter Run**

Meet: 1:58.28 # 4/11/2025 Tucker McGrath

Name	School	Finals
<b>Finals</b>		
1 Brys, Henry	Marymount (V)	2:07.38
2 Gemerek, Henry	Jmu Club	2:09.89
3 Rose, Ryder	Bridgewater	2:13.07
4 Belisle, Alex	Eastern Menn	2:14.12
5 Kanagy, Ethan	Eastern Menn	2:14.38
6 Huyard, Ben	Eastern Menn	2:14.47
7 Micco, Jack	Shenandoah	2:15.91
8 Christensen, Corey	Shenandoah	2:16.34
9 Buckley, John	Shenandoah	2:19.53
10 Buckwalter, Noah	Eastern Menn	2:22.40
11 Baker, Jack	Shenandoah	2:27.51

**Men 1500 Meter Run**

Meet: 4:01.09 # 4/11/2025 Tucker McGrath

Name	School	Finals
<b>Finals</b>		
1 Immanuel, Bellamy	Unattached	4:17.01
2 Banga, Noah	Jmu Club	4:25.51
3 Kanagy, Ethan	Eastern Menn	4:29.77
4 Rose, Ryder	Bridgewater	4:29.81
5 Parvizian, Cameron	Marymount (V)	4:31.21
6 Christensen, Corey	Shenandoah	4:35.07
7 Ferrario, Mason	Jmu Club	4:36.71
8 Buckley, John	Shenandoah	4:37.75
9 Huyard, Ben	Eastern Menn	4:44.09
10 Belisle, Alex	Eastern Menn	4:44.64
11 Micco, Jack	Shenandoah	4:47.04
12 Redmon, Carson	Jmu Club	4:53.87
13 Buckwalter, Noah	Eastern Menn	4:53.91
14 Diaczyszyn, Daniel	Mary Baldwin	4:56.49
15 Scholz, Bryce	Shenandoah	5:00.91
16 Baker, Jack	Shenandoah	5:02.58
17 Samuels, Jason	Jmu Club	5:38.18
--- Nelson, Ian	Mary Baldwin	DNF

**Men 5000 Meter Run**

Meet: 15:57.54 # 4/11/2025 Hunter Moss

Name	School	Finals
<b>Finals</b>		
1 Miller, Gabe	Bridgewater	15:49.43#
2 Berrios-Gandarillas, Sebastiar	Shenandoah	16:24.90
3 Jacquez, Grayson	Bridgewater	16:29.93
4 Clarke, Isaac	Shenandoah	16:38.72
5 Adamson, Brandon	Bridgewater	16:42.43
6 Maloy, Brenden	Shenandoah	16:47.67
7 Hamacher, Zachary	Shenandoah	16:48.23
8 Beaugez, Ethan	Shenandoah	17:00.55
9 Dumas, Aiden	Bridgewater	17:15.54
10 Devine, Patrick	Jmu Club	17:20.04
11 Beiswenger, Caleb	Shenandoah	17:20.49
12 Mullen, Tyler	Shenandoah	17:39.48

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## EMU Track Complex

## Results

**Finals ... (Men 5000 Meter Run)**

Name	School	Finals
13 Gutierrez Franco, Nick	Jmu Club	17:57.46
14 Lyons, Shane	Shenandoah	17:59.61

**Men 110 Meter Hurdles**

Meet: 15.08 # 4/11/2025 Joe Amlacher

Name	School	Finals
1 Toelau, Filipino	Eastern Menn	14.85 2.5
2 McEachern, Reuben	Marymount (V)	18.01 2.5

**Men 400 Meter Hurdles**

Meet: 55.81 # 4/11/2025 Ryan McKenna

Name	School	Finals
1 Toelau, Filipino	Eastern Menn	58.49
2 McEachern, Reuben	Marymount (V)	58.53
3 Bridges, Lapatrick	Mary Baldwin	59.47
4 Swisher, Dylan	Jmu Club	59.77
5 Galaspie, Liam	Marymount (V)	1:00.40
6 Groomes, Tajee	Mary Baldwin	1:05.66

**Men 3000 Meter Steeplechase**

Meet: 9:41.62 # 4/11/2025 Bellamy Immanuel

Name	School	Finals
1 Buckley, John	Shenandoah	11:01.70
2 Lyons, Shane	Shenandoah	11:10.97
3 Johnson, Carter	Southern Vir	11:44.65
4 Gutierrez Franco, Nick	Jmu Club	12:01.12
5 Groomes, Tajee	Mary Baldwin	12:03.68
--- Scholz, Bryce	Shenandoah	DNF

**Men 4x400 Meter Relay**

Meet: 3:32.33 # 4/11/2025 Bridgewater (Va.)

C Alderman, J Amlacher, L Lamb, G Wylie

Team	Relay	Finals
1 Shenandoah	A	3:31.00#
1) Newcome, Wyatt	2) Corpin, Kyle	
3) Lee, Nathan	4) Bernard, Roman	

**Men High Jump**

Meet: 1.85m # 4/11/2025 Trey Birchett

Name	School	Finals
1 Birchett, Trey	Bridgewater	1.96m#
2 Abul-Qasim, Ahsan	Eastern Menn	1.90m#
3 Mims, Mekhi	Shenandoah	1.85m#
4 Bivens, Bryan	Marymount (V)	1.70m
5 Johnson, Cady	Marymount (V)	1.65m
6 Tucker, Jordan	Marymount (V)	J1.65m
6 Struggs, Samuel	Marymount (V)	J1.65m

**Men Pole Vault**

Meet: 4.31m # 4/11/2025 Walker Knicely

Name	School	Finals
1 Jantzen, Alex	Eastern Menn	3.41m
2 Johnson, Cady	Marymount (V)	3.11m
--- Wolfe, Griffen	Unattached	NH
--- Jewell, Bryan	Marymount (V)	NH

**Men Long Jump**

Meet: 6.56m # 4/11/2025 Grant Amoateng

Name	School	Finals
1 Abul-Qasim, Ahsan	Eastern Menn	7.10m# 1.7
2 Brown, Hezekiah	Eastern Menn	6.86m 2.9
3 Sheehan, Zachary	Shenandoah	6.60m# 0.8
4 Winters, Da'Shawn	Eastern Menn	6.39m 2.6
5 Struggs, Samuel	Marymount (V)	6.37m 1.6
6 Johnson, Cady	Marymount (V)	6.19m 1.6
7 Joyner, Janiah	Marymount (V)	6.13m 1.1
8 Browne, Ian	Bridgewater	6.04m 1.1
9 Pittman, Kadin	Mary Baldwin	5.58m 3.0
10 Luster, Xalen	Marymount (V)	5.57m 1.7
11 Edmonds, Charles	Marymount (V)	5.50m 1.3

**Men Triple Jump**

Meet: 13.63m # 4/11/2025 Grant Amoateng

Name	School	Finals
1 Sheehan, Zachary	Shenandoah	13.85m 5.0
2 Struggs, Samuel	Marymount (V)	12.94m 2.4
3 Pittman, Kadin	Mary Baldwin	12.60m 3.3
4 Joyner, Janiah	Marymount (V)	11.85m 2.7
--- Edmonds, Charles	Marymount (V)	FOUL

**Men Shot Put**

Meet: 13.28m # 4/11/2025 Stevan Bajski

Name	School	Finals
1 Rucker, Koran	Eastern Menn	15.38m#
2 Goodbar, McKinley	Bridgewater	12.89m
3 Williams, Luke	Bridgewater	J12.89m
4 Speer, Grady	Shenandoah	12.79m
5 Harris, Antonio	Bridgewater	12.38m
6 Hoffman, Bryce	Bridgewater	12.33m
7 Strath, Gavin	Bridgewater	11.73m
8 Koch, Andrew	Jmu Club	11.23m
9 Navarro, Fiell	Bridgewater	10.97m
10 Keller, Noah	Bridgewater	10.65m
11 Jones, Brandon	Mary Baldwin	10.62m
12 Jacobs, Luke	Shenandoah	10.26m
13 Lagomarsino, Thomas	Jmu Club	10.08m
14 Paine, Sawyer	Shenandoah	9.66m
--- Bates, Silas	Eastern Menn	FOUL

## EMU Mennonite Heritage Invitational - 4/10/2026

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## Results

## Men Discus Throw

Meet: 41.65m # 4/11/2025 Michael Smith

Name	School	Finals
<b>Finals</b>		
1 Rucker, Koran	Eastern Menn	47.74m#
2 Harris, Antonio	Bridgewater	43.12m#
3 Williams, Luke	Bridgewater	42.39m#
4 Speer, Grady	Shenandoah	41.70m#
5 Goleno, Nick	Bridgewater	41.67m#
6 Keller, Noah	Bridgewater	38.76m
7 Hoffman, Bryce	Bridgewater	37.43m
8 Jacobs, Luke	Shenandoah	35.06m
9 Bates, Silas	Eastern Menn	35.04m
10 Koch, Andrew	Jmu Club	35.00m
11 Navarro, Fiell	Bridgewater	34.99m
12 Strath, Gavin	Bridgewater	33.67m
13 Goodbar, McKinley	Bridgewater	32.33m
14 Duncan, Ryan	Bridgewater	29.67m
15 Jones, Brandon	Mary Baldwin	27.50m
16 Lagomarsino, Thomas	Jmu Club	26.38m
17 Paine, Sawyer	Shenandoah	25.52m
18 Tucker, Jordan	Marymount (V	18.64m

9 Leo, Stevie	Southern Vir	35.14m
10 Mims, Mekhi	Shenandoah	34.62m
11 Harris, Carson	Shenandoah	33.51m
12 Bannasch, Tristen	Mary Baldwin	32.14m
13 Galaspie, Liam	Marymount (V	29.43m
14 Lacroix, Omarion	Mary Baldwin	28.24m

## Men Hammer Throw

Meet: 56.07m # 4/11/2025 Sidney Yap

Name	School	Finals
<b>Finals</b>		
1 Rucker, Koran	Eastern Menn	50.57m
2 Keller, Noah	Bridgewater	39.94m
3 Speer, Grady	Shenandoah	39.73m
4 Duncan, Ryan	Bridgewater	39.07m
5 Williams, Luke	Bridgewater	37.53m
6 Hoffman, Bryce	Bridgewater	37.25m
7 Goleno, Nick	Bridgewater	34.61m
8 Bates, Silas	Eastern Menn	33.79m
9 Jacobs, Luke	Shenandoah	32.38m
10 Navarro, Fiell	Bridgewater	31.42m
11 Paine, Sawyer	Shenandoah	30.42m
12 Strath, Gavin	Bridgewater	25.46m
13 Jones, Brandon	Mary Baldwin	22.12m
--- Burke, Trevor	Southern Vir	FOUL
--- Goodbar, McKinley	Bridgewater	FOUL

## Men Javelin Throw

Meet: 46.62m # 4/11/2025 Brandon Makowski

Name	School	Finals
<b>Finals</b>		
1 Koch, Andrew	Jmu Club	47.66m#
2 Trapp, Lincoln	Southern Vir	47.39m#
3 Bringhurst, Kavika	Southern Vir	46.65m#
4 Birchett, Trey	Bridgewater	45.40m
5 Richardson, Madsen	Southern Vir	39.93m
6 Schultz, David	Mary Baldwin	38.72m
7 Speer, Grady	Shenandoah	37.75m
8 Skidmore, Tommy	Southern Vir	35.82m