

**EMU Mennonite Heritage Invitational - 4/10/2026****EMU Track Complex****Results - Thursday****Men 3000 Meter Steeplechase**

Meet: # 9:41.62 4/11/2025 Bellamy Immanuel, Eastern M							
Name	Year	School	Finals				
Finals							
1 Buckley, John		Shenandoah	11:01.70				
	43.325 (43.325)	2:06.167 (1:22.842)	3:32.078 (1:25.912)	5:01.594 (1:29.517)			
	6:32.943 (1:31.349)	8:05.767 (1:32.824)	9:39.308 (1:33.542)	11:01.692 (1:22.384)			
2 Lyons, Shane		Shenandoah	11:10.97				
	43.008 (43.008)	2:05.827 (1:22.819)	3:31.559 (1:25.733)	4:59.334 (1:27.775)			
	6:29.539 (1:30.205)	8:02.994 (1:33.455)	9:37.907 (1:34.913)	11:10.970 (1:33.064)			
3 Johnson, Carter		Southern Virginia	11:44.65				
	44.282 (44.282)	2:08.804 (1:24.523)	3:35.422 (1:26.618)	5:05.825 (1:30.404)			
	6:40.083 (1:34.258)	8:20.963 (1:40.880)	10:09.219 (1:48.257)	11:44.645 (1:35.427)			
4 Gutierrez Franco, Nick		Jmu Club	12:01.12				
	43.412 (43.412)	2:07.357 (1:23.945)	3:35.819 (1:28.463)	5:09.867 (1:34.048)			
	6:49.942 (1:40.075)	8:32.647 (1:42.705)	10:21.427 (1:48.780)	12:01.115 (1:39.689)			
5 Groomes, Tajee		Mary Baldwin	12:03.68				
	44.322 (44.322)	2:09.942 (1:25.620)	3:41.440 (1:31.499)	5:18.560 (1:37.120)			
	7:00.020 (1:41.460)	8:42.318 (1:42.298)	10:27.103 (1:44.785)	12:03.673 (1:36.570)			
-- Scholz, Bryce		Shenandoah	DNF				
	44.952 (44.952)	2:10.573 (1:25.622)	3:40.409 (1:29.837)				

**Men Hammer Throw**

Meet: # 56.07m 4/11/2025 Sidney Yap, Unattached							
Name	Year	School	Finals				
1 Rucker, Koran		Eastern Mennonite	50.57m				
	46.89m 50.57m	FOUL FOUL	50.08m 48.39m				
2 Keller, Noah		Bridgewater (Va.)	39.94m				
	36.84m 37.12m	35.79m FOUL	38.45m 39.94m				
3 Speer, Grady		Shenandoah	39.73m				
	38.27m 37.56m	FOUL 36.55m	FOUL 39.73m				
4 Duncan, Ryan		Bridgewater (Va.)	39.07m				
	39.07m 38.30m	36.41m 37.36m	37.50m 38.45m				
5 Williams, Luke		Bridgewater (Va.)	37.53m				
	31.71m 35.39m	35.33m FOUL	35.60m 37.53m				
6 Hoffman, Bryce		Bridgewater (Va.)	37.25m				
	35.39m 34.30m	FOUL 34.86m	FOUL 37.25m				
7 Goleno, Nick		Bridgewater (Va.)	34.61m				
	33.80m 33.14m	34.61m FOUL	FOUL FOUL				
8 Bates, Silas		Eastern Mennonite	33.79m				
	33.79m 31.34m	FOUL FOUL	31.60m FOUL				
9 Jacobs, Luke		Shenandoah	32.38m				
	32.38m FOUL	FOUL FOUL	28.00m FOUL				
10 Navarro, Fiell		Bridgewater (Va.)	31.42m				
	30.04m 31.42m	30.72m					
11 Paine, Sawyer		Shenandoah	30.42m				
	FOUL 30.42m	30.33m					
12 Strath, Gavin		Bridgewater (Va.)	25.46m				
	24.72m FOUL	25.46m					
13 Jones, Brandon		Mary Baldwin	22.12m				
	20.82m 22.08m	22.12m					
-- Burke, Trevor		Southern Virginia	FOUL				
	FOUL FOUL	FOUL					

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-- Goodbar, McKinley                      Bridgewater (Va.)                      FOUL  
     FOUL    FOUL    FOUL

**Men Javelin Throw**

Meet: # 46.62m 4/11/2025 Brandon Makowski, W&L Univ						
Name	Year	School	Finals			
1 Koch, Andrew		Jmu Club				47.66m#
	47.66m	40.62m	37.84m	FOUL	38.96m	PASS
2 Trapp, Lincoln		Southern Virginia				47.39m#
	47.39m	45.32m	43.01m	42.79m	39.31m	43.31m
3 Bringhurst, Kavika		Southern Virginia				46.65m#
	44.34m	45.36m	43.96m	43.96m	46.65m	41.60m
4 Birchett, Trey		Bridgewater (Va.)				45.40m
	43.81m	45.40m	42.00m	FOUL	FOUL	43.21m
5 Richardson, Madsen		Southern Virginia				39.93m
	36.02m	FOUL	33.62m	36.33m	38.07m	39.93m
6 Schultz, David		Mary Baldwin				38.72m
	33.98m	38.58m	38.66m	37.24m	38.72m	FOUL
7 Speer, Grady		Shenandoah				37.75m
	33.78m	37.75m	36.16m	35.82m	34.59m	FOUL
8 Skidmore, Tommy		Southern Virginia				35.82m
	35.82m	32.09m	FOUL	FOUL	FOUL	FOUL
9 Leo, Stevie		Southern Virginia				35.14m
	34.83m	35.14m	33.89m	FOUL	26.93m	FOUL
10 Mims, Mekhi		Shenandoah				34.62m
	34.62m	29.32m	32.01m			
11 Harris, Carson		Shenandoah				33.51m
	FOUL	33.51m	29.82m			
12 Bannasch, Tristen		Mary Baldwin				32.14m
	FOUL	31.33m	32.14m			
13 Galaspie, Liam		Marymount (Va.)				29.43m
	FOUL	26.25m	29.43m			
14 Lacroix, Omarion		Mary Baldwin				28.24m
	27.51m	28.24m	24.86m			