

## ODAC Outdoor Track &amp; Field Championships - 4/24/2026 to 4/25/2026

## Bomberger Field

## Results - Friday

## Men 100 Meter Dash

Conference: 10.20 \$ 2019 Davonta Womack  
 Meet Rec: 10.57 # 2023 Kyle Clayton

Name	School	Prelims
<b>Preliminaries</b>		
1 Victoria, Lamont	Lynchburg	# 10.51Q1.1
2 Carter, Amari	Roanoke	10.63Q1.1
3 Davenport, Jayden	Bridgewater	10.65Q2.0
4 Smith, Ja'mar	Randolph	10.74q 1.1
5 Winters, Da'Shawn	Eastern Menn	10.81q 1.1
6 Hall, Jordan	Virginia Wes	10.87q 1.1
7 Mendscole, Jeff	Randolph	10.87q 2.0
8 Freeman, Mark	Washington a	10.90q 1.1
9 Reid, Isaiah	Eastern Menn	10.94 2.0
10 Martino, Guillermo	Lynchburg	10.98 1.1
11 McCarthy, Xavier	Eastern Menn	11.03 1.1
12 Coley, Michael	Lynchburg	11.04 1.1
13 Vann, Jameel	Eastern Menn	11.06 1.1
14 Rosner, Sean	Shenandoah	11.08 1.1
15 Galloway, Kyle	Bridgewater	11.09 1.1
16 Linebaugh, Sam	Roanoke	11.15 1.1
17 Browne, Ian	Bridgewater	11.16 2.0
18 Tucker, Trenton	Lynchburg	11.17 2.0
19 Allen, KJ	Guilford	11.19 2.0
20 McLean, James	Randolph	11.20 2.0
21 Thomas, Savion	Randolph	11.21 1.1
22 Glover, Aaron	Roanoke	11.21 1.1
23 Blowe, Cedric	Guilford	11.22 2.0
24 Evans, Jacob	Roanoke	11.46 1.1

## Men 200 Meter Dash

Conference: 20.95 \$ 2024 Brady Fowler  
 Meet Rec: 21.29 # 4/26/2024 Brady Fowler

Name	School	Prelims
<b>Preliminaries</b>		
1 Victoria, Lamont	Lynchburg	21.48Q-0.2
2 Davenport, Jayden	Bridgewater	21.80Q-0.1
3 Carter, Amari	Roanoke	21.81Q-0.1
4 Abul-Qasim, Ahsan	Eastern Menn	22.01Q+0.0
5 Jackson, Leander	Randolph	22.10q -0.1
6 Jones, Jaden	Guilford	22.30q +0.0
7 Hill, Bryson	Roanoke	22.36q -0.1
8 Hall, Jordan	Virginia Wes	22.36q -0.2
9 Heffinger, Brandon	Roanoke	22.38 -0.1
10 Winters, Da'Shawn	Eastern Menn	22.43 -0.1
11 Kurtz, Kyle	Randolph	22.51 +0.0
12 McLean, James	Randolph	22.64 -0.2
13 Cardwell, Max	Roanoke	22.66 +0.0
14 Galloway, Kyle	Bridgewater	22.72 -0.1
15 Newcome, Wyatt	Shenandoah	22.85 -0.2
16 De Fonseca, Ethan	Washington a	22.85 -0.1
17 Blowe, Cedric	Guilford	22.86 +0.0
18 Browne, Ian	Bridgewater	23.02 -0.1
19 Young, James	Lynchburg	23.25 -0.1
20 Linebaugh, Sam	Roanoke	23.30 -0.2

21 Allen, KJ	Guilford	23.50 -0.1
22 Evans, Jacob	Roanoke	23.78 +0.0
23 Glover, Aaron	Roanoke	23.81 -0.1

## Men 400 Meter Dash

Conference: 46.74 \$ 1978 Jesse Thomas  
 Meet Rec: 47.21 # 4/26/2025 Eric West

Name	School	Prelims
<b>Preliminaries</b>		
1 Bernard, Roman	Shenandoah	48.14Q
2 Cardwell, Max	Roanoke	48.63Q
3 Camobreco, Lorenzo	Roanoke	48.93Q
4 Humes, Christian	Randolph	48.70q
5 Wylie, Gabe	Bridgewater	49.39q
6 Jackson, Emir	Randolph	49.53q
7 Marshall, Parker	Lynchburg	49.58q
8 Knicely, Walker	Bridgewater	50.00q
9 Heffinger, Brandon	Roanoke	50.12
10 LaCour, Connor	Washington a	50.32
11 Hill, Bryson	Roanoke	50.37
12 Mayfield, David	Lynchburg	50.41
13 Davis, Tkwon	Guilford	50.57
14 Davis, Isaiah	Lynchburg	50.67
15 Joseph, Joshua	Eastern Menn	51.06
16 Jones, Jaden	Guilford	51.40
17 Allam, Yassine	Guilford	52.02
18 Clark, Schuyler	Washington a	52.54
19 Lamb, Lauchnor	Bridgewater	52.66
20 Hamman, Jonah	Roanoke	52.67
21 Torain, Trenton	Guilford	52.83
22 Gardner, Anthony	Roanoke	52.98
23 Hirwa, Javan	Washington a	53.21
24 Baker, Ben	Bridgewater	53.49

## Men 1000 Meter Run

Conference: 29:36.78 \$ 2026 Keaton Rush  
 Meet Rec: 31:10.87 # 4/26/2024 Jonathan Cobb

Name	School	Finals
<b>Finals</b>		
1 Paciello, Alex	Lynchburg	32:56.39 10
2 Riggie, Aidan	Lynchburg	32:57.19 8
3 Fernandez, Draven	Lynchburg	32:57.83 6
4 Verrett, Colin	Washington a	32:58.43 5
5 Blosser, Parker	Roanoke	33:04.54 4
6 Sidebotham, Cameron	Lynchburg	33:04.98 3
7 Cooper, Robert	Washington a	33:10.26 2
8 Cobb, Jonathan	Lynchburg	33:11.89 1
9 Ashley, William	Shenandoah	33:11.95
10 Khouri, Ethan	Washington a	33:28.05
11 Alden, Mercer	Lynchburg	33:35.92
12 Shotwell, Brayden	Shenandoah	34:09.64
13 Black, Casey	Virginia Wes	34:11.41
14 Miller, Gabe	Bridgewater	34:20.16
15 Hamacher, Zachary	Shenandoah	34:36.60
16 Brasler, Samuel	Roanoke	34:42.78
17 Weaver, Garrett	Roanoke	34:52.06

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## Finals ... (Men 10000 Meter Run)

Name	School	Finals
18 Breneman, Blaise	Lynchburg	34:55.88
19 Beaugez, Ethan	Shenandoah	35:12.20
20 Dumas, Aiden	Bridgewater	35:27.80
21 Adamson, Brandon	Bridgewater	35:33.26
22 Bishop, Kellen	Roanoke	35:47.81
--- Clarke, Isaac	Shenandoah	DNF

## Men 110 Meter Hurdles

Conference: 14.28 \$ 2026 Macky Gartley  
Meet Rec: 14.54 # 1988 Andy White

Name	School	Prelims
<b>Preliminaries</b>		
1 Toelau, Filipo	Eastern Menn	14.73Q-1.8
2 Gartley, Davin (Macky)	Washington a	14.78Q-1.6
3 Steele, Antaveon	Lynchburg	15.12q -1.6
4 Taylor, Mitchell	Roanoke	15.21q -1.8
5 Brown, Jayden	Bridgewater	15.52q -1.8
6 Amlacher, Joe	Bridgewater	15.56q -1.6
7 Leech, Micah	Lynchburg	15.59q -1.6
8 Bailey, Shaddai	Eastern Menn	15.66q -1.6
9 Neel, Davis	Roanoke	15.84 -1.8
10 Fisher, Ethan	Randolph	15.99 -1.8
11 Graham, Daniel	Roanoke	16.14 -1.6
12 Arends, Johan	Randolph	16.23 -1.6
13 Brewington, Jasha	Virginia Wes	16.24 -1.8

## Men 400 Meter Hurdles

Conference: 51.35 \$ 2018 Connor Faint  
Meet Rec: 53.67 # 2013 Rachad Davis  
Meet Rec: 53.67 # 2017 Connor Faint

Name	School	Prelims
<b>Preliminaries</b>		
1 Austin, DeShawn	Roanoke	# 52.95Q
2 Gartley, Davin (Macky)	Washington a	54.53Q
3 Arnold, Nick	Eastern Menn	# 53.46q
4 Brown, Jayden	Bridgewater	55.16q
5 Daniels, John	Washington a	55.19q
6 Hills, Javon	Virginia Wes	55.23q
7 Taylor, Mitchell	Roanoke	55.50q
8 Jakubowski-Lewis, Daniel	Washington a	55.78q
9 Rose, Elijah	Lynchburg	56.08
10 Knick, Dylan	Roanoke	56.44
11 Fisher, Ethan	Randolph	57.60
12 Henson, Blake	Lynchburg	57.77
13 Davis, George	Roanoke	1:00.22
14 Baker, Ben	Bridgewater	1:02.42
--- Bailey, Shaddai	Eastern Menn	FS

## Men 3000 Meter Steeplechase

Conference: 8:55.18 \$ 2025 Cooper Hurst  
Meet Rec: 9:18.36 # 2022 Connor McCroy

Name	School	Finals
1 Fretwell, Joshua	Lynchburg	9:53.12 10

2 Coombes, Jackson	Roanoke	9:59.06 8
3 Ramirez Hannon, Gabe	Roanoke	10:02.58 6
4 Bryant, Emerson	Lynchburg	10:07.18 5
5 Diemoz, Luke	Lynchburg	10:10.55 4
6 Henson, Shea	Lynchburg	10:19.95 3
7 Meredith, Teddy	Washington a	10:20.52 2
8 Watson, Jerry	Virginia Wes	10:24.11 1
9 Rife, Kaden	Washington a	10:26.19
10 Rose, Ryder	Bridgewater	10:39.35
11 Hudson, Carter	Lynchburg	10:40.30
12 Beiswenger, Caleb	Shenandoah	10:41.72
13 Foley, Michael	Roanoke	10:48.84
14 Buckley, John	Shenandoah	10:55.06
15 Harway, Jeremy	Guilford	11:13.16
16 Lyons, Shane	Shenandoah	11:33.38
--- Wildman, Hall	Washington a	DNF

## Men High Jump

Conference: 2.19m \$ 1997 DaVon Lewis  
Meet Rec: 2.14m # 2005 Ricky Easterling

Name	School	Finals
<b>Finals</b>		
1 Brown, Jamarcus	Lynchburg	2.11m 10
2 Victoria, Lamont	Lynchburg	2.08m 8
3 Birchett, Trey	Bridgewater	2.05m 6
4 Rose, Elijah	Lynchburg	1.92m 5
5 Toney, Na'Tevis	Roanoke	J1.92m 4
6 Akinubi, David	Washington a	J1.92m 3
7 Roupe, Cody	Roanoke	J1.92m 2
8 Mims, Mekhi	Shenandoah	1.87m 1
9 Abul-Qasim, Ahsan	Eastern Menn	J1.87m
10 Amlacher, Joe	Bridgewater	1.82m
11 Washington, Cyle	Lynchburg	1.77m

## Men Long Jump

Conference: 7.67m \$ 2015 Evan Truman  
Meet Rec: 7.42m # 1998 Dave Lichtenstein

Name	School	Finals
<b>Finals</b>		
1 Hall, Jordan	Virginia Wes	7.21m 10
2 Austin, DeShawn	Roanoke	7.18m 8
3 Abul-Qasim, Ahsan	Eastern Menn	7.17m 6
4 Mauer, Ty	Lynchburg	7.09m 5
5 Hinton, Demetri	Lynchburg	6.95m 4
6 Leech, Micah	Lynchburg	6.92m 3
7 Smith, Ja'mar	Randolph	6.75m 2
8 Coley, Michael	Lynchburg	6.60m 1
9 Mandis, Mason	Washington a	6.59m NWI
10 Thomas, Savion	Randolph	6.53m NWI
11 Martino, Guillermo	Lynchburg	J6.53m NWI
12 Gault, Kyron	Randolph	6.48m NWI
13 Blowe, Cedric	Guilford	6.47m NWI
14 Brown, Hezekiah	Eastern Menn	6.43m NWI
15 Lamb, Lauchnor	Bridgewater	J6.43m NWI
16 Browne, Ian	Bridgewater	6.39m NWI
17 Fielder, Jordan	Virginia Wes	6.36m NWI

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## Finals ... (Men Long Jump)

Name	School	Finals
18 Winters, Da'Shawn	Eastern Menn	6.34m NWI
19 Sheehan, Zachary	Shenandoah	6.29m NWI
20 Lacayo, Daven	Lynchburg	J6.29m NWI
21 Calloway, Xavier	Randolph	J6.29m NWI
22 Howard, AJ	Virginia Wes	6.22m NWI
23 Smith, Da'Quan	Virginia Wes	6.11m NWI
24 Gipson, David	Roanoke	5.81m NWI

## Men Shot Put

Conference: 17.22m \$ 2008 Nathan Turner  
 Meet Rec: 16.69m # 2008 Nathan Turner

Name	School	Finals
<b>Finals</b>		
1 Flores, Jesus	Bridgewater	15.98m 10
2 Rucker, Koran	Eastern Menn	15.32m 8
3 Stephens, Kyle	Roanoke	14.25m 6
4 Noll, Maddox	Washington a	14.04m 5
5 Williams, Luke	Bridgewater	13.38m 4
6 Goodbar, McKinley	Bridgewater	13.35m 3
7 Speer, Grady	Shenandoah	13.10m 2
8 Mullins, Ezekiel	Washington a	12.93m 1
9 Avigliano, Leo	Washington a	12.91m
10 McKinney, O'Keefe	Washington a	12.41m
11 Navarro, Fiell	Bridgewater	12.15m
12 White, Xavier	Randolph	12.03m
13 Vigus, Aidan	Roanoke	11.97m
14 Keller, Noah	Bridgewater	11.62m
15 Alvarenga, Julio	Randolph	11.40m
16 Hoffman, Bryce	Bridgewater	11.39m
17 Harris, Antonio	Bridgewater	11.37m
18 Bates, Silas	Eastern Menn	11.17m
19 Strath, Gavin	Bridgewater	11.13m
20 Smith, Jamal	Averett	10.96m
21 Stiltner, Gregory	Roanoke	10.87m
22 Erickson, Carter	Averett	10.83m
23 Kareem-Ojo, Opeyemi	Virginia Wes	10.53m
24 Paine, Sawyer	Shenandoah	9.99m

## Men Hammer Throw

Conference: 60.34m \$ 2023 Peter Fulton  
 Meet Rec: 57.85m # 2023 Peter Fulton

Name	School	Finals
<b>Finals</b>		
1 Rucker, Koran	Eastern Menn	56.19m 10
2 Flores, Jesus	Bridgewater	51.65m 8
3 Speer, Grady	Shenandoah	47.71m 6
4 Flynn, Joe	Bridgewater	47.63m 5
5 Harris, Antonio	Bridgewater	47.35m 4
6 White, Xavier	Randolph	46.66m 3
7 Hoffman, Bryce	Bridgewater	41.89m 2
8 Goodbar, McKinley	Bridgewater	40.74m 1
9 Glenn, Noah	Lynchburg	40.58m
10 Keller, Noah	Bridgewater	39.85m
11 Williams, Malik	Virginia Wes	38.03m

12	Bea, Jayven	Roanoke	37.46m
13	Halterman, Austin	Washington a	36.87m
14	Goleno, Nick	Bridgewater	36.77m
15	Jacobs, Luke	Shenandoah	36.16m
16	Vigus, Aidan	Roanoke	36.08m
17	Bates, Silas	Eastern Menn	33.78m
18	Stephens, Kyle	Roanoke	33.74m
19	Alvarenga, Julio	Randolph	31.75m
20	Paine, Sawyer	Shenandoah	29.40m
---	Duncan, Ryan	Bridgewater	FOUL

## Men - Team Rankings - 6 Events Scored

1) Lynchburg	86
2) Bridgewater (Va.)	43
3) Roanoke	38
4) Eastern Mennonite	24
5) Washington and Lee	18
6) Virginia Wesleyan	11
7) Shenandoah	9
8) Randolph	5