

Conference 23-24 ID Championships - 2/8/2017

Indoor Conference Championships
Liberty University - Tolsma Track Center

Results

Girls 55 Meter Dash Conference 24**Heat winners plus next best times until lanes are full**

conf 23/24: 7.41 M 2014 Zakiya Bateman

Reg 4A West: 7.59 R

State 4A: 7.42 S

Name	Yr	School	Finals
Finals			
1	Jeffries, Nicolai	9 William Flem	7.37M 10
2	Blakeney, Janae	10 Salem (Roano)	7.40M 8
3	Smith, Carrie	11 Pulaski Coun	7.44R 6
4	Lewis, Shanece	10 Pulaski Coun	7.78 4
5	Hunt, Tawni	12 Salem (Roano)	7.85 2
6	West, Alexis	11 William Byrd	7.93 1
7	Preston, Alexis	12 William Flem	8.10
8	Rozenboom, Jenna	10 William Byrd	8.42

Girls 300 Meter Dash Conference 24**Advance on Time top 5 to Region**

conf 23/24: 42.62 M 2015 Shauntell Johnson

Reg 4A West: 44.12 R

State 4A: 42.00 S

Name	Yr	School	Finals
Finals			
1	Boone, Grace	10 Pulaski Coun	43.01R 10
2	Hunt, Tawni	12 Salem (Roano)	44.19 8
3	Lewis, Shanece	10 Pulaski Coun	44.34 6
4	Smith, Carrie	11 Pulaski Coun	44.58 4
5	Lane, Madison	12 William Byrd	44.95 2
6	Blakeney, Janae	10 Salem (Roano)	45.05 1
7	Jones, Majesty	11 William Flem	46.07
8	Preston, Alexis	12 William Flem	47.08
9	Manns, Olivia	10 Bassett	58.61

Girls 500 Meter Dash Conference 24**Advance on time, top 5 to Region**

conf 23/24: 1:19.45 M 2015 Alyssa Shupe

Reg 4A West: 1:24.73 R

State 4A: 1:20.97 S

Name	Yr	School	Finals
Finals			
1	Boone, Grace	10 Pulaski Coun	1:18.60M 10
2	Majied, Raniyah	11 Salem (Roano)	1:20.52S 8
3	Bond, Kayland	11 William Byrd	1:25.88 6
4	Williams, Nya	10 William Flem	1:26.76 4
5	Woodson, Kathryn	11 William Byrd	1:27.67 2
6	Wall, Berkley	9 Salem (Roano)	1:27.70 1
7	Deeds, Konner	12 Pulaski Coun	1:30.12
8	Beck, Jataysha	10 William Flem	1:34.68
9	George, Victory	12 Bassett	1:37.87

Girls 1000 Meter Run Conference 24**Waterfall start, Advance on time, top 5 to Region**

conf 23/24: 3:12.42 M 2015 Holly Carrington

Reg 4A West: 3:16.23 R

State 4A: 3:12.09 S

Name	Yr	School	Finals
Finals			
1	Boone, Grace	10 Pulaski Coun	3:17.50 10
2	Wienke, Erin	9 William Byrd	3:23.23 8
3	Bond, Kayland	11 William Byrd	3:30.74 6
4	Majied, Raniyah	11 Salem (Roano)	3:35.33 4
5	Fletchall, Morgan	10 William Byrd	3:35.98 2
6	Donahue, Isabelle	12 Salem (Roano)	3:38.02 1
7	Burek, Julia	11 William Byrd	3:44.58
8	Blankenship, Brooke	11 William Byrd	3:45.85
9	Coy, Samantha	11 William Flem	3:58.18
10	Simpson, Hailey	9 Pulaski Coun	3:58.28
11	Vazquez, Ashley	11 Bassett	4:29.77
12	Ballard, Kamryn	9 William Flem	4:35.63

Girls 1600 Meter Run Conference 24**Waterfall start, advance on time, top 5 to Region**

conf 23/24: 5:08.17 M 2015 Libby Davidson

Reg 4A West: 5:33.88 R

State 4A: 5:25.66 S

Name	Yr	School	Finals
Finals			
1	Moran, Hannah	12 Salem (Roano)	5:20.46S 10
2	Nall, Betsy	10 Pulaski Coun	5:26.74R 8
3	Wienke, Erin	9 William Byrd	5:54.50 6
4	Fletchall, Morgan	10 William Byrd	6:17.24 4
5	Richardson, Sam	10 Salem (Roano)	6:20.20 2
6	Coy, Samantha	11 William Flem	6:48.56 1
7	Cox, Mikayla	12 Pulaski Coun	6:54.04

Girls 3200 Meter Run Conference 24**Waterfall start, Advance on time, top 5 to Region**

conf 23/24: 11:01.25 M 2015 Libby Davidson

Reg 4A West: 12:12.49 R

State 4A: 11:14.53 S

Name	Yr	School	Finals
Finals			
1	Moran, Hannah	12 Salem (Roano)	11:41.08R 10
2	Nall, Betsy	10 Pulaski Coun	11:45.62R 8
3	Stover, Alexis	10 Salem (Roano)	13:38.04 6
4	Denny, Kaitlyn	10 Bassett	14:33.46 4

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Girls 55 Meter Hurdles Conference 24

Heat winners plus next best times until lanes are full

conf 23/24: **8.90 M 2014** Ania Thomas
 Reg 4A West: **9.26 R**
 State 4A: **9.00 S**

Name	Yr	School	Finals
Finals			
1 Jones, Majesty	11	William Flem	9.07R 10
2 Orange, Angie	11	Salem (Roano	9.91 8
3 Smith, Carrie	11	Pulaski Coun	10.01 6
4 Athuman, Addila	12	Salem (Roano	10.22 4
5 Anderson, Ashlyn	11	Pulaski Coun	10.45 2
6 Bopp, Hannah	10	Pulaski Coun	10.56 1
7 Allinson, Jasmine	11	William Byrd	10.63
8 Abbott, Alex	11	Salem (Roano	10.68
9 Mccloud, Essence	10	Pulaski Coun	10.73
10 Lewis, Shanece	10	Pulaski Coun	10.85
11 Manns, Olivia	10	Bassett	11.45
12 Palmer, Courtney	11	William Byrd	11.74
13 Wilcher, Shavon	12	William Flem	11.78

Girls 4x200 Meter Relay Conference 24

Top 2 teams advance on time to Region

conf 23/24: **1:53.64 M 2014** E. C. Glass
 Reg 4A West: **1:53.45 R**
 State 4A: **1:49.57 S**

Team	Relay	Finals
Finals		
1 Salem (Roanoke)	A	1:48.45S 10
1) Blakeney, Janae 10	2) Hunt, Tawni 12	
3) Thomas, Te'asia 9	4) Price, ShaCoya 11	
2 William Fleming	A	1:49.23S 8
1) Jeffries, Nicolai 9	2) Preston, Alexis 12	
3) Williams, Ni-Kyah 11	4) Jones, Majesty 11	
3 William Byrd	A	1:54.19 6
1) Lane, Madison 12	2) O'Connor, Kelly 9	
3) Williams, Lexi 12	4) West, Alexis 11	
4 Pulaski County	A	2:00.32 4
1) Anderson, Ashlyn 11	2) Bopp, Hannah 10	
3) Mccloud, Essence 10	4) Spraggins, Tamia 11	

Girls 4x400 Meter Relay Conference 24

Sections on Time - Top 5 to Region

conf 23/24: **4:09.02 M 2015** E. C. Glass
 Reg 4A West: **4:27.70 R**
 State 4A: **4:15.69 S**

Team	Relay	Finals
Finals		
1 William Byrd	A	4:29.13 10
1) Lane, Madison 12	2) Carpenter, Molly 12	
3) O'Connor, Kelly 9	4) Woodson, Kathryn 11	
2 William Fleming	A	4:30.15 8
1) Washington-Brown, Kameron 9	2) Beck, Jataysha 10	
3) Wilcher, Shavon 12	4) Williams, Nya 10	

3 Pulaski County	A	4:36.46 6
1) Anderson, Ashlyn 11	2) Cox, Meagan 10	
3) Deeds, Konner 12	4) Spraggins, Tamia 11	
4 Salem (Roanoke)	A	4:45.10 4
1) Donahue, Isabelle 12	2) Wall, Berkley 9	
3) Look, Elisa 12	4) Thomas, Te'asia 9	

Girls 4x800 Meter Relay Conference 24

Waterfall start, advance on time top 2 to Region

conf 23/24: **10:09.04 M 2015** Jefferson Forest
 Reg 4A West: **10:45.97 R**
 State 4A: **10:21.18 S**

Team	Relay	Finals
Finals		
1 William Byrd	A	10:39.96R 10
1) Bond, Kayland 11	2) Burek, Julia 11	
3) Fletchall, Morgan 10	4) Wienke, Erin 9	
2 Pulaski County	A	12:16.16 8
1) Simpson, Hailey 9	2) Cox, Meagan 10	
3) Fox, Katelyn 11	4) Southern, Emily 11	
3 William Fleming	A	13:04.64 6
1) Beck, Jataysha 10	2) Ballard, Kamryn 9	
3) Webb, Olivea 11	4) Coy, Samantha 11	

Girls High Jump Conference 24

All Conferences jump together. 2 clip boards.

opening height 4-02.00

conf 23/24: **5-01 M 2014** Mia Cromer
 Reg 4A West: **4-10 R**
 State 4A: **4-10 S**

Name	Yr	School	Finals
Finals			
1 Cromer, Mia	11	Salem (Roano	4-06.00 10
2 Jones, Majesty	11	William Flem	4-02.00 7
2 Washington-Brown, Kameron	9	William Flem	4-02.00 7
--- Mccloud, Essence	10	Pulaski Coun	NH

Girls Long Jump Conference 24

Open Pit - 3 jumps

Top 7 to Finals - reverse order based on trials Distance

conf 23/24: **17-08 M 2014** Mya Brown
 Reg 4A West: **16-03 R**
 State 4A: **16-11 S**

Name	Yr	School	Finals
Finals			
1 Preston, Alexis	12	William Flem	16-11.75S 10
2 Price, ShaCoya	11	Salem (Roano	14-10.50 8
3 West, Alexis	11	William Byrd	14-10.00 6
4 Washington-Brown, Kameron	9	William Flem	14-07.00 4
5 Jones, Majesty	11	William Flem	13-10.75 2
6 Mccloud, Essence	10	Pulaski Coun	13-05.25 1
7 Smith, Carrie	11	Pulaski Coun	13-03.25
--- Jeffries, Nicolai	9	William Flem	FOUL

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Girls Triple Jump Conference 24

Open Pit - 3 jumps

Top 7 to finals - reverse order based on trials - 3 more jumps

conf 23/24: 34-04.25 M 2015 Anita Thomas

Reg 4A West: 32-10 R

State 4A: 35-00.50 S

Name	Yr	School	Finals
Finals			
1 Preston, Alexis	12	William Flem	34-07.25M 10
2 Smith, Carrie	11	Pulaski Coun	33-06.25R 8
3 Jones, Majesty	11	William Flem	33-05.75R 6
4 Washington-Brown, Kameron	9	William Flem	31-04.00 4
5 Jeffries, Nicolina	9	William Flem	29-09.25 2
6 Moore, Kinley	11	William Byrd	29-01.75 1
7 Mccloud, Essence	10	Pulaski Coun	27-00.50

Girls Shot Put Conference 24

3 trials - top 7 to finals

conf 23/24: 36-02.25 M 2914 Latasha Williams

Reg 4A West: 32-10 R

State 4A: 33-10.25 S

Name	Yr	School	Finals
Finals			
1 Wiley, Lauryn	12	William Flem	36-01.25S 10
2 Spangler, Ellasen	11	William Byrd	33-00.00R 8
3 Taylor, Trinity	11	Bassett	32-07.25 6
4 Tyus, Gracie	11	William Byrd	27-06.25 4
5 Scales, Perwaiz	12	Bassett	26-11.00 2
6 Willis, Savanna	11	Pulaski Coun	24-11.50 1
7 Mason, Jaime	10	William Flem	23-11.00
8 Smith, Carrie	11	Pulaski Coun	23-06.50
9 Lewis, Samone	10	Salem (Roano	19-02.00

Girls 55 Meter Dash Conference 23

Heat Winners and Next Best Times Until Lanes Are Filled

conf 23/24: 7.39 M 2015 Taylor Watkins

Reg 4A West: 7.59 R

State 4A: 7.42 S

Name	Yr	School	Finals
Finals			
1 Birle, Susannah	10	Charlottesvi	7.49R 10
2 Staton, Lacy	12	Liberty Chri	7.53R 8
3 Lane, Jade	9	E.C. Glass	7.64 6
4 Moreau, Alison	12	Jefferson Fo	7.67 4
5 Jauch, Gracie	10	Liberty Chri	7.68 2
6 Scales, Zoe	11	George Washi	7.76 1
7 Ratliff, Delaney	12	Jefferson Fo	7.76
8 Hankton, Amani	9	Amherst Coun	7.77
9 Wardlaw, Kennedy	11	Charlottesvi	7.78
10 White, Autumn	12	Jefferson Fo	7.86
11 Thomas, Ania	12	George Washi	7.89
12 Miller, Amiqua	9	E.C. Glass	8.14

Girls 300 Meter Dash Conference 23

Sections on Time - Top 5 to Region

conf 23/24: 41.30 M 2014

Taylor Watkins

Reg 4A West: 44.12 R

State 4A: 42.00 S

Name	Yr	School	Finals
Finals			
1 Rennyson, Maddie	12	E.C. Glass	41.68S 10
2 Staton, Lacy	12	Liberty Chri	42.36R 8
3 Birle, Susannah	10	Charlottesvi	42.45R 6
4 Sandidge, Claire	12	Liberty Chri	45.23 4
5 Casto, Bailey	11	Amherst Coun	46.57 2
6 Watson, Myaja	10	Amherst Coun	46.62 1
7 Ratliff, Delaney	12	Jefferson Fo	47.13
8 Moreau, Alison	12	Jefferson Fo	47.15
9 White, Autumn	12	Jefferson Fo	47.53

Girls 500 Meter Dash Conference 23

Advance on time, top 5 to Region

conf 23/24: 1:19.40 M 2015

Taylor Watkins

Reg 4A West: 1:24.73 R

State 4A: 1:20.97 S

Name	Yr	School	Finals
Finals			
1 Rennyson, Maddie	12	E.C. Glass	1:17.23M 10
2 Staton, Lacy	12	Liberty Chri	1:20.65S 8
3 Learn, Morgan	11	Jefferson Fo	1:26.53 6
4 Hartsell, Logan	11	E.C. Glass	1:26.57 4
5 Polk, Allison	11	Jefferson Fo	1:26.81 2
6 Simmons, Sarah	12	Liberty Chri	1:29.02 1
7 Keesecker, Lena	9	Charlottesvi	1:31.93

Girls 1000 Meter Run Conference 23

Waterfall Start, Advance on time, top 5 to Region

conf 23/24: 3:12.42 M 2015

Holly Carrington

Reg 4A West: 3:16.23 R

State 4A: 3:12.09 S

Name	Yr	School	Finals
Finals			
1 Knight, Madelynn	12	Jefferson Fo	3:08.55S 10
2 Manion, Brooke	12	E.C. Glass	3:09.11S 8
3 Southall, Leigha	11	Jefferson Fo	3:18.97 6
4 Bernstein, Anna Lou	11	Charlottesvi	3:23.27 4
5 Daily, Ellie	10	Jefferson Fo	3:27.46 2
6 Pettyjohn, Sara	12	Amherst Coun	3:33.37 1
7 Key, Mary	12	E.C. Glass	3:36.16
8 Simms, Anna	10	Liberty Chri	3:37.37
9 Hiller, Autumn	9	Charlottesvi	3:43.59
10 Beverford, Peyton	10	Amherst Coun	3:47.34
11 Weigner, Meghan	10	Liberty Chri	3:56.78

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Girls 1600 Meter Run Conference 23**Waterfall start, Advance on time, top 5 to Region**

conf 23/24: 5:08.17 M 2015 Libby Davidson

Reg 4A West: 5:33.88 R

State 4A: 5:25.66 S

Name	Yr	School	Finals
Finals			
1	Davidson, Libby	12 E.C. Glass	5:06.57M 10
2	Palmer, Noel	12 Liberty Chri	5:07.83M 8
3	Knight, Madelynn	12 Jefferson Fo	5:19.62S 6
4	Davidson, Jette	9 E.C. Glass	5:21.37S 4
5	Southall, Leigha	11 Jefferson Fo	5:33.62R 2
6	Van der Pluijm, Kika	9 Charlottesvi	5:49.42 1
7	Hensley, Summer	9 Amherst Coun	5:50.21

Girls 3200 Meter Run Conference 23**Waterfall start, Advance on time, top 5 to Region**

conf 23/24: 11:01.25 M 2015 Libby Davidson

Reg 4A West: 12:12.49 R

State 4A: 11:44.53 S

Name	Yr	School	Finals
Finals			
1	Davidson, Libby	12 E.C. Glass	11:08.14S 10
2	Palmer, Noel	12 Liberty Chri	11:08.64S 8
3	Davidson, Jette	9 E.C. Glass	11:56.28R 6
4	Tomlin, Haleigh	11 Amherst Coun	13:05.31 4
5	Branham, Caroline	9 Amherst Coun	13:10.23 2
6	Shupe, Savannah	11 Jefferson Fo	13:10.84 1
7	Long, Grace	12 Liberty Chri	13:20.85

Girls 55 Meter Hurdles Conference 23**Heat winners plus next best times until lanes are full**

conf 23/24: 8.90 M 2014 Ania Thomas

Reg 4A West: 9.26 R

State 4A: 9.00 S

Name	Yr	School	Finals
Finals			
1	Thomas, Ania	12 George Washi	8.69M 10
2	Jeffcoat, Tiffany	12 Liberty Chri	8.70M 8
3	Scales, Zoe	11 George Washi	9.11R 6
4	Foster, Shaleyah	12 E.C. Glass	9.94 4
5	Villeda, Erica	11 E.C. Glass	9.96 2
6	Beverly, Bailee	11 E.C. Glass	10.28 1
7	Jeffcoat, Kaylie	9 Liberty Chri	10.29
8	Jones, Aisha	10 George Washi	10.42
9	Crum, Georgia	12 Charlottesvi	10.67
10	Soistmann, Elle	9 Liberty Chri	10.73
11	Jacoby, Chloe	12 Charlottesvi	10.93

Girls 4x200 Meter Relay Conference 23**Top 2 teams on time advance to Region**

conf 23/24: 1:50.98 M 2015 Louisa County

Reg 4A West: 1:53.45 R

State 4A: 1:49.57 S

Team	Relay	Finals
Finals		
1	Jefferson Forest	A 1:48.92S 10
	1) Ratliff, Delaney 12	2) White, Autumn 12
	3) Galindo, Noelle 11	4) Moreau, Alison 12
2	E.C. Glass	A 1:49.63M 8
	1) Lane, Jade 9	2) Moore, Mya 12
	3) Russell, Jaimee 12	4) Miller, Amiqua 9
3	Liberty Chri	A 1:49.86M 6
	1) Dewey, Shae 10	2) Jauch, Gracie 10
	3) Jeffcoat, Tiffany 12	4) Sandidge, Claire 12
4	Charlottesville	A 1:50.98M 4
	1) Birle, Susannah 10	2) Wardlaw, Kennedy 11
	3) Luendo, Noell 11	4) Thorne, Emily 12
5	George Washington	A 1:53.48 2
	1) Edmunds, Jazyn 10	2) Jones, Aisha 10
	3) Scales, Zoe 11	4) Thomas, Ania 12
6	Amherst County	A 1:55.63 1
	1) Casto, Bailey 11	2) Hankton, Amani 9
	3) Coleman, Sarah 12	4) Watson, Myaja 10

Girls 4x400 Meter Relay Conference 23**Sections on Time - Top 5 to Region**

conf 23/24: 4:09.02 M 2015 E. C. Glass

Reg 4A West: 4:27.70 R

State 4A: 4:15.69 S

Team	Relay	Finals
Finals		
1	Liberty Chri	A 4:19.16R 10
	1) Dewey, Shae 10	2) Hildebrand, Grace 11
	3) Jauch, Gracie 10	4) Sandidge, Claire 12
2	E.C. Glass	A 4:19.37R 8
	1) Manion, Brooke 12	2) Hartsell, Logan 11
	3) Russell, Jaimee 12	4) Rennyson, Maddie 12
3	Charlottesville	A 4:34.18 6
	1) Bernstein, Anna Lou 11	2) Keesecker, Lena 9
	3) Thorne, Emily 12	4) Wielar, Lily 9
4	Jefferson Forest	A 4:34.69 4
	1) Daily, Ellie 10	2) Knight, Madelynn 12
	3) Hunt, Taylar 10	4) Polk, Allison 11
5	Amherst County	A 4:36.56 2
	1) Casto, Bailey 11	2) Hankton, Amani 9
	3) Hensley, Summer 9	4) Watson, Myaja 10

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**Indoor Conference Championships
Liberty University - Tolsma Track Center**

Results

Girls 4x800 Meter Relay Conference 23

Waterfall start, advance on time, top 2 to Region

conf 23/24: 10:09.04 M 2015 Jefferson Forest

Reg 4A West: 10:45.97 R

State 4A: 10:21.18 S

Team	Relay	Finals
Finals		
1 Jefferson Forest	A	10:37.06R 10
1) Learn, Morgan 11	2) Hagwood, Milah 10	
3) Daily, Ellie 10	4) Shupe, Savannah 11	
2 Amherst County	A	10:44.23R 8
1) Tomlin, Haleigh 11	2) Branham, Caroline 9	
3) Hensley, Summer 9	4) Pettyjohn, Sara 12	
3 Charlottesville	A	10:50.36 6
1) Hiller, Autumn 9	2) Keesecker, Lena 9	
3) Thorne, Emily 12	4) Wielar, Lily 9	
4 E.C. Glass	A	10:56.55 4
1) Hartsell, Logan 11	2) Key, Mary 12	
3) Kinder, Reagan 12	4) Peake, Lauren 12	
5 Liberty Chri	A	10:56.98 2
1) Hildebrand, Grace 11	2) Simmons, Sarah 12	
3) Simms, Anna 10	4) Weigner, Meghan 10	

Girls High Jump Conference 23

All Conferences jump together. 2 clip boards.

opening height 4'00.00"

conf 23/24: 5-00 M 2014 K. Hubbard/A. Moreay\u

Reg 4A West: 4-10 R

State 4A: 4-10 S

Name	Yr	School	Finals
Finals			
1 Dewey, Shae	10	Liberty Chri	5-00.00M 10
2 Brown, Amanic	9	E.C. Glass	4-10.00R 8
3 Moreau, Alison	12	Jefferson Fo	J4-10.00R 6
4 Crum, Georgia	12	Charlottesvi	4-08.00 4
5 Moore, Mya	12	E.C. Glass	J4-08.00 2
6 White, Autumn	12	Jefferson Fo	J4-08.00 1
7 Ratliff, Delaney	12	Jefferson Fo	4-06.00
8 Andrews, Rachel	10	Liberty Chri	J4-06.00
--- Keesecker, Lena	9	Charlottesvi	NH

Girls Pole Vault Conference 23

All Conferences jump together. 2 clip boards.

Opening height - one height below Standard

conf 23/24: 11-06 M 2014 Hannah Meador

Reg 4A West: 8-06 R

State 4A: 8-06 S

Name	Yr	School	Finals
Finals			
1 White, Autumn	12	Jefferson Fo	11-00.00R 10
2 Jauch, Gracie	10	Liberty Chri	J11-00.00R 8
3 Coleman, Sarah	12	Amherst Coun	J11-00.00R 6
4 VanWinkle, Lexi	11	E.C. Glass	10-00.00R 4
5 Andrews, Rachel	10	Liberty Chri	9-06.00R 2

6 Polk, Allison	11	Jefferson Fo	8-06.00R 1
7 Lowe, Alexis	11	Amherst Coun	J8-06.00R
8 Casto, Bailey	11	Amherst Coun	7-06.00
--- Hendricks, Sydney	10	Amherst Coun	NH

Girls Long Jump Conference 23

Open pit - 3 jumps

Top 7 to finals - reverse order based on trials distance

conf 23/24: 17-02.50 M 2015 Brandy Brown

Reg 4A West: 16-03 R

State 4A: 16-11 S

Name	Yr	School	Finals
Finals			
1 Jauch, Gracie	10	Liberty Chri	16-10.25R 10
2 Lane, Jade	9	E.C. Glass	16-09.75R 8
3 Staton, Lacy	12	Liberty Chri	16-08.50R 6
4 White, Autumn	12	Jefferson Fo	16-06.75R 4
5 Hankton, Amani	9	Amherst Coun	15-08.00 2
6 Wardlaw, Kennedy	11	Charlottesvi	15-07.00 1
7 Jeffcoat, Kaylie	9	Liberty Chri	15-06.50
8 Jeffcoat, Tiffany	12	Liberty Chri	14-08.50
9 Kendrick, Alyssa	11	E.C. Glass	14-02.50

Girls Triple Jump Conference 23

Open Pit for trials - 3 jumps

Top 7 to Finals, reverse order based on trials - 3 jumps

conf 23/24: 34-10 M 2016 Lauryn Lingenfelter

Reg 4A West: 32-10 R

State 4A: 35-00.50 S

Name	Yr	School	Finals
Finals			
1 Lane, Jade	9	E.C. Glass	36-06.00S 10
2 Jones, Aisha	10	George Washi	34-11.50M 8
3 Jauch, Gracie	10	Liberty Chri	34-02.00R 6
4 Thomas, Ania	12	George Washi	33-11.00R 4
5 Jeffcoat, Tiffany	12	Liberty Chri	33-04.50R 2
6 Hankton, Amani	9	Amherst Coun	33-01.50R 1
7 Staton, Lacy	12	Liberty Chri	32-02.25
8 Kendrick, Alyssa	11	E.C. Glass	30-05.00
9 Crum, Georgia	12	Charlottesvi	28-11.00

Girls Shot Put Conference 23

3 trials - top 7 to finals

conf 23/24: 35-11 M 2014 Rebekah Good

Reg 4A West: 32-10 R

State 4A: 33-10.25 S

Name	Yr	School	Finals
Finals			
1 Wade, Taliyah	11	E.C. Glass	36-01.00M 10
2 Treadwell, Reagan	12	Liberty Chri	30-11.50 8
3 Stowers, Cassie	12	Liberty Chri	30-11.25 6
4 Harre, Cassie	12	Liberty Chri	28-08.00 4
5 Ritz, Katie	9	Liberty Chri	28-00.00 2
6 Safley, Gabby	11	Charlottesvi	27-01.50 1
7 Davis, Koreal	10	E.C. Glass	27-00.00

Conference 23-24 ID Championships - 2/8/2017

**Indoor Conference Championships
Liberty University - Tolsma Track Center**

Results

Finals ... (Girls Shot Put Conference 23)

Name	Yr	School	Finals
8 Snead, Morgan	9	E.C. Glass	24-10.50
9 Robinson, Jahnae	11	Charlottesvi	23-03.50
10 Graham, Rebekah	11	Jefferson Fo	21-05.00

Boys 55 Meter Dash Conference 24
Heat winners plus next best times until lanes are full

conf 23/24: 6.49 M 2015 Joshua Pearson
Reg 4A West: 6.73 R
State 4A: 6.64 S

Name	Yr	School	Finals
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Finals

1 Thomas, Hunter	12	Pulaski Coun	6.63S 10
2 Jackson, Tajai	10	William Flem	6.64S 8
3 Kirtley, Azavier	12	William Flem	6.70R 6
4 Greene, Jehmel	12	William Flem	6.74 4
5 Smith, Christian	12	William Byrd	6.79 2
6 Randolph, Christian	11	William Flem	6.86 1
7 Brown, Dontay	12	Pulaski Coun	6.96
8 Spaar, Jason	12	William Byrd	7.01
9 Pearson, Christopher	10	Bassett	7.01
10 Ross, Devontay	10	Bassett	7.10
11 Jones, Jayvon	11	William Flem	7.15
12 Williams, Tyler	9	Salem (Roano	8.05

Boys 300 Meter Dash Conference 24
Advance on time, top 5 to Region

conf 23/24: 35.87 M 2016 Azavier Kirtley
Reg 4A West: 37.18 R
State 4A: 36.52 S

Name	Yr	School	Finals
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Finals

1 Jackson, Tajai	10	William Flem	35.49M 10
2 Kirtley, Azavier	12	William Flem	35.51M 8
3 Tyree, Sean	12	Salem (Roano	37.32 6
4 Smith, Christian	12	William Byrd	37.33 4
5 Board, Hunter	11	William Byrd	37.79 2
6 Blevins, Rj	11	Pulaski Coun	38.09 1
7 Randolph, Christian	11	William Flem	38.24
8 Woodcock, Jacob	12	William Byrd	38.36
9 Eldridge, Nathan	11	Pulaski Coun	38.75
10 Brim, Vontayvius	9	Bassett	39.47
11 Ross, Devontay	10	Bassett	39.69
12 Cox, Devin	10	Salem (Roano	40.68

Boys 500 Meter Dash Conference 24
Advance on time top 5 to Region

conf 23/24: 1:07.87 M 2015 Hunter Sampson
Reg 4A West: 1:09.99 R
State 4A: 1:08.15 S

Name	Yr	School	Finals
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Finals

1 Kirtley, Azavier	12	William Flem	1:05.84M 10
2 Tyree, Sean	12	Salem (Roano	1:09.67R 8

3 Barker, Jake	12	William Byrd	1:09.78R 6
4 Blevins, Rj	11	Pulaski Coun	1:09.86R 4
5 Eldridge, Nathan	11	Pulaski Coun	1:10.03 2
6 Martin, Robert	9	William Flem	1:10.11 1
7 Woodcock, Jacob	12	William Byrd	1:10.27
8 Settle, Jesse	12	William Byrd	1:11.20
9 Smith, Christian	12	William Byrd	1:12.85
10 Elliott, Jordan	11	Bassett	1:14.87
11 Cox, Devin	10	Salem (Roano	1:15.38
12 Turner, James	10	Bassett	1:24.64

Boys 1000 Meter Run Conference 24
Waterfall start, Advance on time, top 5 to Region

conf 23/24: 2:40.61 M 2016 Shane Gibson
Reg 4A West: 2:44.28 R
State 4A: 2:41.06 S

Name	Yr	School	Finals
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Finals

1 Winesett, Jake	11	Pulaski Coun	2:48.87 10
2 King, Shaun	10	Pulaski Coun	2:52.16 8
3 Ashley, Ashton	11	William Byrd	2:52.51 6
4 Smith, Ryan	11	Pulaski Coun	2:52.56 4
5 Lynch, Conner	12	William Byrd	2:54.46 2
6 Moore, Ryan	12	William Byrd	2:56.24 1
7 Wagher, Logan	12	Salem (Roano	3:09.20
8 Hale, Zach	9	Bassett	3:11.58
9 Fonseca, Christian	9	William Flem	3:16.02
10 Tensen, Hunter	9	Salem (Roano	3:16.32

Boys 1600 Meter Run Conference 24
Waterfall start, Advance on time, top 5 to Region

conf 23/24: 4:35.53 M 2015 Peter Seufer
Reg 4A West: 4:39.71 R
State 4A: 4:34.37 S

Name	Yr	School	Finals
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Finals

1 Recktenwald, Westin	12	William Byrd	4:39.63R 10
2 Winesett, Jake	11	Pulaski Coun	4:42.78 8
3 Moore, Ryan	12	William Byrd	4:48.28 6
4 Lynch, Conner	12	William Byrd	4:48.80 4
5 Whitlow, Noah	10	Pulaski Coun	4:50.01 2
6 Nall, Samuel	11	Pulaski Coun	4:52.54 1
7 King, Shaun	10	Pulaski Coun	4:53.82
8 Smith, Ryan	11	Pulaski Coun	4:58.68
9 Fonseca, Christian	9	William Flem	5:01.44
10 Smith, Garrett	11	Pulaski Coun	5:01.51
11 McKenna, Liam	9	William Flem	6:00.89
12 Castro, Joseph	9	Bassett	6:03.61
13 Hall, Nathan	9	Bassett	7:02.26

Conference 23-24 ID Championships - 2/8/2017

Indoor Conference Championships
Liberty University - Tolsma Track Center

Results

Boys 3200 Meter Run Conference 24**Waterfall start, advance on time, top 5 to Region**

conf 23/24: 9:59.53 M 2015 Peter Seufer

Reg 4A West: 10:21.84 R

State 4A: 10:03.81 S

Name	Yr	School	Finals
Finals			
1 Recktenwald, Westin	12	William Byrd	10:08.64R 10
5:03.637 (5:03.637)	10:08.639 (5:05.002)		
2 Nall, Samuel	11	Pulaski Coun	10:49.53 8
5:16.433 (5:16.433)	10:49.527 (5:33.094)		
3 Whitlow, Noah	10	Pulaski Coun	10:49.89 6
5:14.715 (5:14.715)	10:49.889 (5:35.174)		
4 Smith, Garrett	11	Pulaski Coun	11:03.35 4
5:23.409 (5:23.409)	11:03.349 (5:39.940)		
5 Guthrie, Brendan	12	Pulaski Coun	11:04.28 2
5:23.185 (5:23.185)	11:04.277 (5:41.092)		
6 Johnston, Luke	11	William Byrd	11:05.18 1
5:28.573 (5:28.573)	11:05.171 (5:36.598)		
7 Sable, Aiden	10	Salem (Roano	11:07.81
5:23.835 (5:23.835)	11:07.805 (5:43.970)		
8 Guthrie, James	10	Pulaski Coun	11:13.88
5:27.401 (5:27.401)	11:13.871 (5:46.470)		
9 Cassell, Nathan	10	Bassett	11:19.13
5:24.173 (5:24.173)	11:19.121 (5:54.948)		
10 Compton, Cade	10	Pulaski Coun	11:19.77
5:28.861 (5:28.861)	11:19.763 (5:50.902)		
11 Miller, Jonah	9	Bassett	13:17.64
5:32.151 (5:32.151)	13:17.633 (7:45.482)		

Boys 55 Meter Hurdles Conference 24**Heat winners plus next best times until lanes are full**

conf 23/24: 7.95 M 2015 Cameron Johnson

Reg 4A West: 8.45 R

State 4A: 8.05 S

Name	Yr	School	Finals
Finals			
1 Jones, Major	12	William Flem	7.84M 10
2 Brown, Dontay	12	Pulaski Coun	8.29R 8
3 Wilson, Jeremiah	9	Salem (Roano	8.77 6
4 Gray, Levi	11	Pulaski Coun	9.14 4
5 Cornett, Greyson	10	William Byrd	9.32 2
6 Howard, Zach	9	William Byrd	9.96 1
7 Martin, Jaeqwon	12	Bassett	10.51

Boys 4x200 Meter Relay Conference 24**Top 2 teams advance on time to Region**

conf 23/24: 1:32.48 M 2015 GW-Danville

Reg 4A West: 1:36.41 R

State 4A: 1:34.41 S

Team	Relay	Finals
Finals		
1 William Fleming	A	1:35.59R 10
1) Jones, Major 12	2) Jackson, Deji 11	
3) Brown, Izaya 12	4) Greene, Jehmel 12	
2 William Byrd	A	1:36.37R 8
1) Thomas, Micheal 10	2) Board, Hunter 11	
3) Sareekun, Beem 11	4) Spaar, Jason 12	
3 Bassett	A	1:38.71 6
1) Brim, Vontayvious 9	2) Turner, James 10	
3) Pearson, Christopher 10	4) Ross, Devontay 10	
4 Pulaski County	A	1:45.83 4
1) Eaves, Jaceri, Jaceri 11	2) Gray, Levi 11	
3) Hopkins, Breon 10	4) Williams, Daemon 11	

Boys 4x400 Meter Relay Conference 24**Sections on Time - Top 5 to Region**

conf 23/24: 3:34.91 M 2016 William Fleming

Reg 4A West: 3:44.32 R

State 4A: 3:34.52 S

Team	Relay	Finals
Finals		
1 William Fleming	A	3:34.78M 10
1) Jackson, Tajai 10	2) Jones, Major 12	
3) Randolph, Christian 11	4) Martin, Robert 9	
2 Pulaski County	A	3:37.13R 8
1) King, Shaun 10	2) Blevins, Rj 11	
3) Smith, Ryan 11	4) Eldridge, Nathan 11	
3 William Byrd	A	3:37.13R 6
1) Barker, Jake 12	2) Bohon, Hunter 10	
3) Woodcock, Jacob 12	4) Settle, Jesse 12	
4 Salem (Roanoke)	A	3:59.51 4
1) Cox, Devin 10	2) Tensen, Hunter 9	
3) Tyree, Sean 12	4) Wagher, Logan 12	
5 Bassett	A	4:06.12 2
1) Brim, Vontayvious 9	2) Garcia, Frankie 10	
3) Lopez, Carlos 9	4) Turner, James 10	

Boys 4x800 Meter Relay Conference 24**Waterfall start, advance on time, top 2 to Region**

conf 23/24: 8:39.53 M 2016 William Byrd

Reg 4A West: 8:51.03 R

State 4A: 8:36.78 S

Team	Relay	Finals
Finals		
1 William Byrd	A	9:03.64 10
1) Ashley, Ashton 11	2) Dalton, Cameron 9	
3) Johnston, Luke 11	4) Moore, Ryan 12	

Conference 23-24 ID Championships - 2/8/2017

**Indoor Conference Championships
Liberty University - Tolsma Track Center**

Results

Finals ... (Boys 4x800 Meter Relay Conference 24)

Team	Relay	Finals
2 Bassett	A	9:25.15 8
1) Hale, Zach 9	2) Castro, Joseph 9	
3) Elliott, Jordan 11	4) Garcia, Frankie 10	
3 Salem (Roanoke)	A	9:30.79 6
1) Williams, Tyler 9	2) Sable, Aiden 10	
3) Tensen, Hunter 9	4) Wagher, Logan 12	
4 William Fleming	A	9:33.80 4
1) Fonseca, Christian 9	2) Martin, Robert 9	
3) McKenna, Liam 9	4) Paige, Jai'Chaun 11	
5 Pulaski County	A	10:05.57 2
1) Compton, Cade 10	2) Brubaker, Trey 10	
3) Hall, Austin 9	4) Friend, Jacob 11	

Boys High Jump Conference 24

All Conferences jump together. 2 clip boards.

Opening Height - 5'00.00"

conf 23/24: 5-10 M 2014 Requan Harley
Reg 4A West: 5-10 R
State 4A: 5-11 S

Name	Yr	School	Finals
Finals			
1 Brown, Izaya	12	William Flem	5-08.00 10
2 Gray, Levi	11	Pulaski Coun	5-06.00 8
3 Bohon, Hunter	10	William Byrd	5-04.00 6
4 Niemen, Jared	12	Pulaski Coun	J5-04.00 3
4 Greene, Jehmel	12	William Flem	J5-04.00 3
--- Wilson, Jeremiah	9	Salem (Roano	NH

Boys Pole Vault Conference 24

All Conferences jump together. 2 clip boards.

Opening Height - one height below standard

conf 23/24: 13-03 M 2014 Matthew Crawford
Reg 4A West: 11-00 R
State 4A: 11-06 S

Name	Yr	School	Finals
Finals			
1 Altice, Alex	11	William Byrd	10-00.00 10

Boys Long Jump Conference 24

Open Pit - 3 jumps

Top 7 to finals - reverse order based on trials distance

conf 23/24: 21-07.50 M 2014 Requan Harley
Reg 4A West: 20-06 R
State 4A: 21-00.50 S

Name	Yr	School	Finals
Finals			
1 Altice, Alex	11	William Byrd	20-08.50R 10
2 Brown, Dontay	12	Pulaski Coun	20-06.25R 8
3 Brown, Izaya	12	William Flem	20-04.75 6
4 Greene, Jehmel	12	William Flem	20-03.50 4
5 Jones, Jayvon	11	William Flem	J20-03.50 2
6 Jackson, Deji	11	William Flem	19-07.50 1
7 Thomas, Hunter	12	Pulaski Coun	19-04.00

8 Cornett, Greyson	10	William Byrd	18-05.75
9 Wilson, Jeremiah	9	Salem (Roano	17-09.00
10 Ross, Devontay	10	Bassett	16-09.25

Boys Triple Jump Conference 24

All Conferences jump together. 2 clip boards.

Top 7 to Finals - reverse order based on trials - 3 jumps

conf 23/24: 44-08 M 2016 Jayvon Jones
Reg 4A West: 41-02 R
State 4A: 43-02.25 S

Name	Yr	School	Finals
Finals			
1 Jones, Jayvon	11	William Flem	43-04.50S 10
2 Greene, Jehmel	12	William Flem	43-02.00R 8
3 Gray, Levi	11	Pulaski Coun	40-00.50 6
4 Jackson, Deji	11	William Flem	39-05.50 4
5 Bohon, Hunter	10	William Byrd	38-11.50 2
6 Smith, Ryan	11	Pulaski Coun	38-05.50 1
7 Brown, Dontay	12	Pulaski Coun	37-02.50
8 Cox, Devin	10	Salem (Roano	35-00.00
9 Boland, William	12	William Byrd	34-04.50

Boys Shot Put Conference 24

3 trials - top 7 to finals

30 minute Warm up

conf 23/24: 56-08 M 2014 Matathw Zajac
Reg 4A West: 44-04 R
State 4A: 44-10.75 S

Name	Yr	School	Finals
Finals			
1 Bishop, Caleb	12	Pulaski Coun	46-07.00S 10
2 Hilton, Joshua	12	William Flem	45-10.00S 8
3 Gathers, Dj	11	Pulaski Coun	44-01.00 6
4 Plummer, Maxwell	12	Salem (Roano	43-11.00 4
5 Hunt, Tyreek	11	William Flem	41-03.50 2
6 Fields, Brody	11	Pulaski Coun	40-07.00 1
7 Board, Hunter	11	William Byrd	33-07.50
8 Martin, Jaeqwon	12	Bassett	29-10.00
9 Minnick, Jonathan	11	Pulaski Coun	28-08.00
10 Dicks, Kyeem	10	Bassett	28-05.00

Boys 55 Meter Dash Conference 23

Heat Winners and Next Best Times Until Lanes Are Filled

conf 23/24: 6.49 M 2014 D. Mack/T. Carrington
Reg 4A West: 6.73 R
State 4A: 6.64 S

Name	Yr	School	Finals
Finals			
1 Bradley, Darrien	12	Amherst Coun	6.46M 10
2 Collins, John	12	Amherst Coun	6.57S 8
3 Doss, Jon	12	Liberty Chri	6.58S 6
4 Waller, Curtis	11	George Washi	6.84 4
5 Moncion, Dominico	12	Liberty Chri	6.89 2
6 Howard, Parker	12	Jefferson Fo	6.91 1
7 Hurt, Tacalyen	11	Jefferson Fo	6.95

Conference 23-24 ID Championships - 2/8/2017

Indoor Conference Championships
Liberty University - Tolsma Track Center

Results

Finals ... (Boys 55 Meter Dash Conference 23)

Name	Yr	School	Finals
8 Von Storch, Joe	11	Charlottesvi	6.96
9 Swift, Nazir	11	George Washi	7.05
10 Harris, Marquis	12	E.C. Glass	7.11

Boys 300 Meter Dash Conference 23

Sections on Time - Top 5 to Region

conf 23/24: 36.27 M 2016 Michael Strachan

Reg 4A West: 37.18 R

State 4A: 36.52 S

Name	Yr	School	Finals
Finals			
1 Waller, Emmanuel	11	E.C. Glass	35.84M 10
2 Short, Jordon	12	Amherst Coun	36.66R 8
3 Bradley, Darrien	12	Amherst Coun	37.01R 6
4 Muse, Eddie	11	Liberty Chri	37.09R 4
5 Kirk, Nathan	11	Liberty Chri	37.12R 2
6 Jones, Dymere	12	E.C. Glass	37.61 1
7 Walters, Barry	11	George Washi	38.36
8 Von Storch, Joe	11	Charlottesvi	38.38
9 Moncion, Dominico	12	Liberty Chri	38.39
10 Peterson, Zachary	12	Jefferson Fo	38.51
11 Moreland, Adam	10	Charlottesvi	39.35
12 Swift, Nazir	11	George Washi	40.75

Boys 500 Meter Dash Conference 23

Advance on time, top 5 to Region

conf 23/24: 1:09.15 M 2016 Michael Strachan

Reg 4A West: 1:09.99 R

State 4A: 1:08.15 S

Name	Yr	School	Finals
Finals			
1 Paige, Koulson	10	E.C. Glass	1:07.54S 10
2 Short, Jordon	12	Amherst Coun	1:07.57S 8
3 Hunter, Bryson	10	Liberty Chri	1:11.06 6
4 Sheppard, Logan	12	Jefferson Fo	1:11.23 4
5 Peterson, Zachary	12	Jefferson Fo	1:11.33 2
6 Robbins, Noah	10	Liberty Chri	1:11.79 1
7 Von Storch, Joe	11	Charlottesvi	1:11.96
8 Haworth, Matt	11	Charlottesvi	1:13.79
9 Hammond, Josh	12	Liberty Chri	1:14.29
10 Payne, Redmond	12	E.C. Glass	1:14.56
11 Henderson, Javain	11	George Washi	1:15.29
12 Morris, Kaleb	12	Charlottesvi	1:15.42
13 McCarthy, Ben	10	E.C. Glass	1:15.47
14 Beck, Dylan	12	Amherst Coun	1:15.66
15 Quarmout, Jonathan	10	Liberty Chri	1:17.39
16 Davis, Exzayviar	11	George Washi	1:21.85

Boys 1000 Meter Run Conference 23

Waterfall start, Advance on time, top 5 to Region

conf 23/24: 2:39.54 M 2016 Michael Griffith

Reg 4A West: 2:44.28 R

State 4A: 2:41.06 S

Name	Yr	School	Finals
Finals			
1 Woods, Theo	10	E.C. Glass	2:40.53S 10
2 Moore, Bryce	12	Liberty Chri	2:43.96R 8
3 Haag, Brandon	11	Jefferson Fo	2:46.88 6
4 Rexrode, Travis	12	Jefferson Fo	2:56.11 4
5 Quigg, Josh	10	Liberty Chri	2:56.67 2
6 Ledlow, Hollis	12	Charlottesvi	2:57.58 1
7 Sarantos, Luke	12	E.C. Glass	3:05.33
8 Smothers, Stormm	12	George Washi	3:12.06
9 Grainger, Richard	12	George Washi	3:12.12
10 Dalton, Jacob	10	Amherst Coun	3:12.38

Boys 1600 Meter Run Conference 23

Waterfall start, Advance on time, top 5 to Region

conf 23/24: 4:35.04 M 2015 Warren Riley Covert

Reg 4A West: 4:39.71 R

State 4A: 4:34.37 S

Name	Yr	School	Finals
Finals			
1 Woods, Theo	10	E.C. Glass	4:26.28S 10
2 Moore, Bryce	12	Liberty Chri	4:37.91R 8
3 Haag, Brandon	11	Jefferson Fo	4:40.88 6
4 Munoz, Gerardo	11	Amherst Coun	4:46.33 4
5 Vik, Isaac	10	Charlottesvi	4:50.13 2
6 Quigg, Josh	10	Liberty Chri	4:50.95 1
7 Alston, Jordan	12	E.C. Glass	4:54.40
8 Ferki, Eliot	10	Charlottesvi	5:04.29
9 Hughes, Tate	11	Jefferson Fo	5:25.72

Boys 3200 Meter Run Conference 23

Waterfall start, Advance on time, top 5 to Region

conf 23/24: 9:59.53 M 2015 Peter Seuffer

Reg 4A West: 10:21.84 R

State 4A: 10:03.81 S

Name	Yr	School	Finals
Finals			
1 Munoz, Gerardo	11	Amherst Coun	10:23.45 10
5:08.722 (5:08.722)	10:23.446 (5:14.724)		
2 Krone, Johnathan	10	Jefferson Fo	10:28.80 8
5:09.294 (5:09.294)	10:28.796 (5:19.502)		
3 Vik, Isaac	10	Charlottesvi	11:14.64 6
5:27.928 (5:27.928)	11:14.636 (5:46.708)		
4 Kearney, Nate	11	Liberty Chri	11:17.90 4
5:27.734 (5:27.734)	11:17.898 (5:50.164)		
5 Wright, Dylan	10	E.C. Glass	11:18.61 2
5:27.434 (5:27.434)	11:18.610 (5:51.176)		
6 Ferki, Eliot	10	Charlottesvi	11:25.12 1
5:30.384 (5:30.384)	11:25.118 (5:54.734)		

Conference 23-24 ID Championships - 2/8/2017

Indoor Conference Championships

Liberty University - Tolsma Track Center

Results

Finals ... (Boys 3200 Meter Run Conference 23)

Name	Yr	School	Finals
7 Pabis, Cy	9	E.C. Glass	11:34.92
5:29.518 (5:29.518) 11:34.920 (6:05.402)			
8 Hilty, Daniel	9	Amherst Coun	14:02.03
5:31.782 (5:31.782) 14:02.022 (8:30.240)			

Boys 55 Meter Hurdles Conference 23

Heat winners plus next best times until lanes are full

conf 23/24: 7.75 M 2016 **Adriel McPhee**
Reg 4A West: 8.45 R
State 4A: 8.05 S

Name	Yr	School	Finals
Finals			
1 Waller, Emmanuel	11	E.C. Glass	8.03S 10
2 Jones, Dymere	12	E.C. Glass	8.16R 8
3 Woodfolk, Jordon	12	Amherst Coun	8.50 6
4 Leftwich, Lamar	11	Amherst Coun	8.71 4
5 Johnson, Emmanuel	10	Liberty Chri	9.02 2
6 Robbins, Noah	10	Liberty Chri	9.45 1
7 Fairchild, Cole	11	Charlottesvi	9.61
8 Pahuta, Chris	11	Charlottesvi	9.76
9 Tillas, Niko	12	Liberty Chri	10.55
--- Knowles, Kameron	11	Liberty Chri	DQ

Boys 4x200 Meter Relay Conference 23

Top 2 teams advance on time to Region

conf 23/24: 1:31.56 M 2016 **Amherst**
Reg 4A West: 1:36.41 R
State 4A: 1:34.41 S

Team	Relay	Finals
Finals		
1 Liberty Chri	A	1:30.86M 10
1) Muse, Eddie 11 2) Doss, Jon 12		
3) Moncion, Dominico 12 4) Kirk, Nathan 11		
2 Amherst County	A	1:31.35M 8
1) Bradley, Darrien 12 2) Collins, John 12		
3) Megginson, Tysheem 11 4) Woodfolk, Jordon 12		
3 Jefferson Forest	A	1:32.98S 6
1) Nevarez, Bobby 11 2) Hurt, Tacalyen 11		
3) Adamson, Emmanuel 12 4) Howard, Parker 12		
4 George Washington	A	1:33.96S 4
1) Waller, Curtis 11 2) Wallace, Deshawn 11		
3) Walters, Barry 11 4) Forest, Kuashawn 12		
5 E.C. Glass	A	1:39.31 2
1) Hawkins, Logan 11 2) Odedina, Justin 10		
3) Merriman, Jayden 9 4) Paige, Koulson 10		
6 Charlottesville	A	1:41.93 1
1) Temple, Mitchell 11 2) Morris, Kaleb 12		
3) Haworth, Matt 11 4) Szabu, Daniel 12		

Boys 4x400 Meter Relay Conference 23

Sections on Time - Top 5 to Region

conf 23/24: 3:31.73 M 2016 **LCA**
Reg 4A West: 3:44.32 R
State 4A: 3:34.52 S

Team	Relay	Finals
Finals		
1 E.C. Glass	A	3:32.53S 10
1) Alston, Jordan 12 2) Woods, Theo 10		
3) Paige, Koulson 10 4) Waller, Emmanuel 11		
2 Liberty Chri	A	3:33.89S 8
1) Hammond, Josh 12 2) Hunter, Bryson 10		
3) Kirk, Nathan 11 4) Doss, Jon 12		
3 Amherst County	A	3:43.00R 6
1) Beck, Dylan 12 2) Short, Jalen 11		
3) Short, Jordon 12 4) Woodfolk, Jordon 12		
4 Jefferson Forest	A	3:44.44 4
1) Rexrode, Travis 12 2) Haag, Brandon 11		
3) Sheppard, Logan 12 4) Peterson, Zachary 12		
5 Charlottesville	A	3:53.44 2
1) Davis, Caleb 10 2) Haworth, Matt 11		
3) Ledlow, Hollis 12 4) Pahuta, Chris 11		

Boys 4x800 Meter Relay Conference 23

Waterfall start, advance on time, top 2 to Region

conf 23/24: 8:41.73 M 2016 **E. C. Glass**
Reg 4A West: 8:51.03 R
State 4A: 8:36.78 S

Team	Relay	Finals
Finals		
1 E.C. Glass	A	8:49.14R 10
1) McCarthy, Ben 10 2) Payne, Redmond 12		
3) Alston, Jordan 12 4) Sarantos, Luke 12		
2 Liberty Chri	A	9:00.48 8
1) Becker, Bryce 9 2) Parker, William 10		
3) Quigg, Josh 10 4) Robbins, Noah 10		
3 George Washington	A	9:22.73 6
1) Smothers, Stormm 12 2) Ephriam, Christian 10		
3) Davis, Exzayviar 11 4) Grainger, Richard 12		
4 Jefferson Forest	A	9:24.53 4
1) Hughes, Tate 11 2) Krone, Johnathan 10		
3) Rexrode, Travis 12 4) Laughlin, Reed 11		
5 Amherst County	A	10:07.06 2
1) Beck, Dylan 12 2) Cockerham, James 9		
3) Dalton, Jacob 10 4) Hilty, Daniel 9		

Conference 23-24 ID Championships - 2/8/2017

**Indoor Conference Championships
Liberty University - Tolsma Track Center**

Results

Boys High Jump Conference 23

All Conferences jump together. 2 clip boards.
opening Height - 5'00.00"

conf 23/24: 6-02 M 2016 Niko Tillas
Reg 4A West: 5-10 R
State 4A: 5-11 S

Name	Yr	School	Finals
Finals			
1 Tillas, Niko	12	Liberty Chri	6-02.00M 10
2 Terrell, Coleman	12	Liberty Chri	J6-02.00M 8
3 Muse, Eddie	11	Liberty Chri	5-11.00S 6
4 Adamson, Emmanuel	12	Jefferson Fo	5-08.00 4
5 Howard, Parker	12	Jefferson Fo	5-06.00 1.5
5 Williams, Jacob	10	Liberty Chri	5-06.00 1.5
--- Whorley, Adrian	10	Jefferson Fo	NH
--- Bell, Jeremiah	11	Liberty Chri	NH
--- Pahuta, Chris	11	Charlottesvi	NH
--- Clark, Terrell	11	E.C. Glass	NH
--- Fairchild, Cole	11	Charlottesvi	NH
--- Saunders, Sam	11	Jefferson Fo	NH
--- Jones, Dymere	12	E.C. Glass	NH

Boys Pole Vault Conference 23

All Conferences jump together. 2 clip boards.
Opening Height - one height below standard

conf 23/24: 14-09 M 2016 Ryan McCann
Reg 4A West: 11-00 R
State 4A: 11-06 S

Name	Yr	School	Finals
Finals			
1 Mosteller, Kyle	10	Amherst Coun	12-06.00S 10
2 Newman, Wesley	12	Liberty Chri	J12-06.00S 8
3 Hawkins, Logan	11	E.C. Glass	11-00.00R 6
4 Sarantos, Luke	12	E.C. Glass	J11-00.00R 4
5 Woodworth, Jackson	12	Amherst Coun	10-06.00 2
6 Crews, Ya'quan	11	E.C. Glass	10-00.00 1
7 Bass, Danny	12	E.C. Glass	9-06.00
8 Cundiff, Carter	12	E.C. Glass	9-00.00
9 Morris, Kaleb	12	Charlottesvi	8-06.00
--- Becker, Bryce	9	Liberty Chri	FAIL
--- Fairchild, Cole	11	Charlottesvi	FAIL
--- Calvert, Mack	9	E.C. Glass	FAIL

Boys Long Jump Conference 23

Open Pit - 3 jumps

Top 7 to Finals - reverse order based on trials distance

conf 23/24: 22-00.50 M 2014 Dontae Mack
Reg 4A West: 20-06 R
State 4A: 21-00.50 S

Name	Yr	School	Finals
Finals			
1 Terrell, Coleman	12	Liberty Chri	22-08.00M 10
2 Muse, Eddie	11	Liberty Chri	21-02.50S 8
3 Bradley, Darrien	12	Amherst Coun	20-09.75R 6

4 Megginson, Tysheem	11	Amherst Coun	20-05.50 4
5 Williams, Jacob	10	Liberty Chri	19-09.25 2
6 Jones, Dymere	12	E.C. Glass	19-04.50 1
7 Nevarez, Bobby	11	Jefferson Fo	19-04.00
8 Hunter, Bryson	10	Liberty Chri	18-09.50
9 Odedina, Justin	10	E.C. Glass	18-02.75
10 Poole, Carl	10	George Washi	16-08.50

Boys Triple Jump Conference 23

Open Pit both for Trials - 3 jumps

Top 7 to Finals - reverse order based on trials - 3 jumps

conf 23/24: 44-07 M 2014 Aaron Deane
Reg 4A West: 41-02 R
State 4A: 43-02.25 S

Name	Yr	School	Finals
Finals			
1 Muse, Eddie	11	Liberty Chri	43-06.50S 10
2 Megginson, Tysheem	11	Amherst Coun	41-08.00R 8
3 Bradley, Darrien	12	Amherst Coun	41-02.00R 6
4 Tian, Stephan	12	Liberty Chri	40-01.00 4
5 Terrell, Coleman	12	Liberty Chri	39-09.50 2
6 Jones, Dymere	12	E.C. Glass	39-02.50 1
7 Odedina, Justin	10	E.C. Glass	38-02.00
8 Becker, Bryce	9	Liberty Chri	37-08.00
9 Clark, Terrell	11	E.C. Glass	37-03.50
10 Leftwich, Lamar	11	Amherst Coun	37-00.00
--- Williams, Jacob	10	Liberty Chri	FOUL

Boys Shot Put Conference 23

3 trials - top 7 to finals

conf 23/24: 56-08.25 M 2014 Matthew Zajac
Reg 4A West: 44-03 R
State 4A: 44-10.75 S

Name	Yr	School	Finals
Finals			
1 Waugh, Damien	12	Amherst Coun	46-02.75S 10
2 Moncion, Dominico	12	Liberty Chri	45-04.75S 8
3 Lawhorne, Trent	12	Amherst Coun	44-11.50S 6
4 Simonton, Leighton	12	E.C. Glass	43-08.25 4
5 Bryant, Trejon	11	Charlottesvi	42-06.50 2
6 Woody, Malachi	12	Liberty Chri	41-10.75 1
7 Brown, Chris I	11	Amherst Coun	41-02.50
8 Terrell, Alec	11	E.C. Glass	40-08.00
9 Pantana, Talyor	12	Liberty Chri	39-04.00
10 Henderson, Larry	11	Charlottesvi	38-11.50
11 Tobin, John	11	Jefferson Fo	37-08.50
12 Vaughn, Drake	12	Liberty Chri	37-03.00
13 Powell, Nicholas	12	Liberty Chri	36-11.00
14 Morris, Cayman	11	Jefferson Fo	35-04.00
15 Rice, Hudson	10	Jefferson Fo	34-03.75

Women - Conference 24 - Team Rankings - 14 Events Scored

Conference 23-24 ID Championships - 2/8/2017**Indoor Conference Championships****Liberty University - Tolsma Track Center****Results**

1) William Fleming	109
2) Salem (Roanoke)	105
3) Pulaski County	103
4) William Byrd High School	82
5) Bassett	12

Women - Conference 23 - Team Rankings - 15 Events Scored

1) Liberty Christian Academy	137
1) E.C. Glass	137
3) Jefferson Forest	85
4) Charlottesville	43
5) George Washington	31
6) Amherst County	30

Men - Conference 24 - Team Rankings - 15 Events Scored

1) William Fleming	140
2) Pulaski County	139
3) William Byrd High School	109
4) Salem (Roanoke)	34
5) Bassett	16

Men - Conference 23 - Team Rankings - 15 Events Scored

1) Liberty Christian Academy	151.5
2) Amherst County	132
3) E.C. Glass	100
4) Jefferson Forest	50.5
5) Charlottesville	15
6) George Washington	14