

2017 VHSL 5A REGION D CHAMPIONSHIP

Earlysville, VA

Panorama Farms

Weather: Sunny, Breezy, 75

Host: Albemarle High School

Thursday, November 2, 2017

MEET OFFICIALS**Meet Director:**

Adrian Lorenzoni

Timing:

Blue Ridge Timing

**OFFICIAL MEET REPORT**

printed: 11/2/2017 4:09 PM

**Race #1
Girls 5000m****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Avg.	Spread
1 Albemarle*SQ-T*	28	1-2-6-9-10(13)(18)	20:06	2:14.1
2 Mountain View*SQ-T*	82	8-12-17-21-24(36)(40)	21:14	1:37.9
3 Stafford High School*SQ-T	86	4-11-22-23-26(27)(30)	21:25	2:07.1
4 Harrisonburg	92	5-7-19-29-32(37)(47)	21:36	2:48.2
5 Massaponax	137	14-15-28-39-41(45)(48)	22:35	3:15.3
6 North Stafford	154	3-16-42-43-50(52)(56)	23:06	5:23.6
7 Patrick Henry (Roanoke)	177	25-31-33-35-53(58)(60)	23:28	3:30.9
8 Orange County	211	34-38-44-46-49(51)(61)	24:22	1:58.9
9 Potomac Senior High Scho	264	20-54-55-67-68	27:50	11:40.0
10 Halifax County	305	57-59-62-63-64(65)(66)	28:21	2:32.3

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	2km	4km
1 HELMERS, Ryann *SQ-T*	SR	102	Albemarle	1	18:33.3	---	5:58.0	3:42.7	7:10.1	14:54.9
2 LI, Natalie *SQ-T*	SR	105	Albemarle	2	20:00.0	1:27.0	6:25.9	4:00.0	7:45.3	16:10.5
3 OLYNIEC, Savannah *SQ-In	SR	153	North Stafford	3	20:04.5	1:31.5	6:27.3	4:00.9	7:44.4	16:18.1
4 LAMBERT, Maria *SQ-T*	JR	184	Stafford High Schoo	4	20:07.9	1:34.9	6:28.4	4:01.6	7:44.9	16:17.7
5 CONSTANTIN, Mia *SQ-Ind*	9	124	Harrisonburg	5	20:17.5	1:44.5	6:31.5	4:03.5	7:51.7	16:29.4
6 DEBOER, Arianna *SQ-T*	9	101	Albemarle	6	20:19.8	1:46.8	6:32.2	4:04.0	7:58.2	16:29.8
7 MILLER, Hannah *SQ-Ind*	JR	126	Harrisonburg	7	20:23.0	1:50.0	6:33.2	4:04.6	7:39.0	16:16.0
8 SQUILLANTE, Julia *SQ-T*	SR	143	Mountain View	8	20:24.8	1:51.8	6:33.8	4:05.0	7:50.8	16:30.0
9 ZARZYSKI, Madelyne *SQ-T	SO	110	Albemarle	9	20:44.8	2:11.8	6:40.3	4:09.0	7:57.3	16:40.5
10 SHIFFLETT, Beth *SQ-T*	SO	108	Albemarle	10	20:47.4	2:14.4	6:41.1	4:09.5	7:57.6	16:40.1
11 LAMBERT, Greta *SQ-T*	9	183	Stafford High Schoo	11	20:52.3	2:19.3	6:42.7	4:10.5	7:59.9	16:49.2
12 MURATORE, Grace *SQ-T*	JR	139	Mountain View	12	20:53.2	2:20.2	6:43.0	4:10.6	7:58.4	16:47.6
13 LLOYD, Kenzie *SQ-T*	SR	106	Albemarle	(13)	20:55.1	2:22.1	6:43.6	4:11.0	7:59.2	16:40.6
14 HUDSON, Julianne *SQ-Ind*	JR	132	Massaponax	14	21:00.3	2:27.3	6:45.2	4:12.1	7:58.9	16:55.6
15 KOSCO, Kayla *SQ-Ind*	SO	134	Massaponax	15	21:04.6	2:31.6	6:46.6	4:12.9	7:58.9	16:50.4
16 SMITH, Hailey	9	154	North Stafford	16	21:05.8	2:32.8	6:47.0	4:13.2	7:57.4	17:04.1
17 DITTMER, Catherine *SQ-T*	9	136	Mountain View	17	21:09.2	2:36.2	6:48.1	4:13.8	7:57.8	
18 KRONEBUSCH, Madeline *S	9	103	Albemarle	(18)	21:29.3	2:56.3	6:54.6	4:17.9	7:59.2	17:07.7
19 AMINE, Yodit	9	119	Harrisonburg	19	21:31.4	2:58.4	6:55.2	4:18.3	8:09.0	17:17.0
20 VILLANUEVA, Jasmine	SR	180	Potomac Senior Hig	20	21:33.0	3:00.0	6:55.8	4:18.6	8:17.9	17:19.8
21 SIMMONS, Rebekah *SQ-T*	9	142	Mountain View	21	21:37.0	3:04.0	6:57.0	4:19.4	8:18.4	17:28.4
22 RAMIREZ, Caroline *SQ-T*	JR	188	Stafford High Schoo	22	21:49.3	3:16.3	7:01.0	4:21.9	8:20.3	
23 O'DELL, Shelby *SQ-T*	9	185	Stafford High Schoo	23	21:55.9	3:22.9	7:03.1	4:23.2	8:18.9	17:34.1
24 WEST, Mackenzie *SQ-T*	SR	145	Mountain View	24	22:02.7	3:29.7	7:05.3	4:24.5	8:30.2	
25 MCGINNIS, Megan	9	165	Patrick Henry (Roa	25	22:06.0	3:33.0	7:06.4	4:25.2	8:40.3	
26 PICADAS, Katerina *SQ-T*	JR	187	Stafford High Schoo	26	22:15.0	3:42.0	7:09.3	4:27.0	8:20.4	17:45.1
27 CALVERT, Katherine *SQ-T*	SO	181	Stafford High Schoo	(27)	22:31.5	3:58.5	7:14.6	4:30.3	8:17.6	17:55.1
28 MCGOWAN, Serena	JR	135	Massaponax	28	22:35.0	4:02.0	7:15.7	4:31.0	8:19.6	18:03.6
29 CAMPILLO, Abby	JR	122	Harrisonburg	29	22:42.3	4:09.3	7:18.0	4:32.5	8:27.7	18:15.2
30 JONES, Caroline *SQ-T*	SR	182	Stafford High Schoo	(30)	22:43.6	4:10.6	7:18.5	4:32.7	8:39.3	18:24.5
31 CARISTA, Sarah	SR	164	Patrick Henry (Roa	31	22:50.2	4:17.2	7:20.6	4:34.0	8:46.1	18:30.3

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Race #1
Girls 5000m**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	2km	4km
32 CESSNA, Iris	SO	123	Harrisonburg	32	23:05.7	4:32.7	7:25.6	4:37.1	8:35.1	18:28.1
33 VAZQUEZ-MILLER, Reyna	JR	169	Patrick Henry (Roa	33	23:14.2	4:41.2	7:28.3	4:38.8	8:43.4	18:30.1
34 FAULCONER, Virginia	SR	157	Orange County	34	23:16.7	4:43.7	7:29.1	4:39.3	8:47.4	18:39.3
35 SMITH, Ryan	JR	167	Patrick Henry (Roa	35	23:30.7	4:57.7	7:33.6	4:42.1	8:45.5	18:49.2
36 STOCKHAM, Emma *SQ-T*	JR	144	Mountain View	(36)	23:42.2	5:09.2	7:37.3	4:44.4	8:30.9	18:54.2
37 RODRIGUEZ, Ana	SR	127	Harrisonburg	(37)	23:44.5	5:11.5	7:38.0	4:44.9	8:41.5	19:00.7
38 OELRICH, Mary	SO	159	Orange County	38	23:47.1	5:14.1	7:38.9	4:45.4	8:46.8	19:07.1
39 BAUTISTA, Rebekah	SO	129	Massaponax	39	23:56.7	5:23.7	7:42.0	4:47.3	8:43.5	19:09.3
40 HOLMQUIST, Emilee *SQ-T*	JR	137	Mountain View	(40)	24:11.9	5:38.9	7:46.8	4:50.4	8:39.9	18:53.4
41 JEAN-BART, Hillary	SO	133	Massaponax	41	24:15.6	5:42.6	7:48.0	4:51.1	8:43.5	19:09.2
42 GASTON, Sydney	SR	147	North Stafford	42	24:18.2	5:45.2	7:48.9	4:51.6	8:50.5	19:32.5
43 ISAACS, Allore	SO	149	North Stafford	43	24:30.9	5:57.9	7:53.0	4:54.2	8:57.3	19:36.7
44 FLOYD, Daisy	SO	158	Orange County	44	24:36.8	6:03.8	7:54.9	4:55.4	9:09.2	19:49.1
45 DAVIES, Kayla	9	130	Massaponax	(45)	24:46.4	6:13.4	7:57.9	4:57.3	9:10.5	19:59.8
46 TRASK, Kylie	9	162	Orange County	46	24:49.6	6:16.6	7:59.0	4:57.9	9:08.7	19:48.7
47 DELONEY, Sarah	SO	125	Harrisonburg	(47)	24:51.8	6:18.8	7:59.7	4:58.4	8:34.9	19:49.9
48 HAINES, Ana	SR	131	Massaponax	(48)	25:03.7	6:30.7	8:03.5	5:00.7	9:06.9	20:13.3
49 STEIGLER, Gracie	JR	161	Orange County	49	25:15.6	6:42.6	8:07.3	5:03.1	9:05.2	20:21.6
50 CYPHERS, Sarah	JR	146	North Stafford	50	25:28.1	6:55.1	8:11.4	5:05.6	9:13.4	20:15.4
51 CARTER, Alden	SR	156	Orange County	(51)	25:31.1	6:58.1	8:12.3	5:06.2	9:30.5	20:37.8
52 MCDONALD, Riley	SR	151	North Stafford	(52)	25:36.0	7:03.0	8:13.9	5:07.2	9:18.9	20:42.4
53 WILSON, Ella	JR	170	Patrick Henry (Roa	53	25:36.9	7:03.9	8:14.2	5:07.4	9:32.3	20:47.5
54 CARROLL, Keagan	JR	172	Potomac Senior Hig	54	25:42.2	7:09.2	8:15.9	5:08.4	9:34.2	20:47.6
55 VILLANUEVA, Alyssa	9	179	Potomac Senior Hig	55	25:55.1	7:22.1	8:20.0	5:11.0	20:59.4	
56 SNYDER, Lydia	JR	155	North Stafford	(56)	26:58.5	8:25.5	8:40.4	5:23.7	9:39.8	21:09.9
57 CASEN, Abby	SO	111	Halifax County	57	26:59.6	8:26.6	8:40.8	5:23.9	9:41.8	21:28.5
58 ARNOLD, Brynn	9	163	Patrick Henry (Roa	(58)	27:28.1	8:55.1	8:49.9	5:29.6	10:06.7	21:47.2
59 WATTS, Jessica	SR	118	Halifax County	59	27:39.5	9:06.5	8:53.6	5:31.9	10:19.0	22:13.4
60 MILLER, Amanda	JR	166	Patrick Henry (Roa	(60)	27:54.8	9:21.8	8:58.5	5:35.0	10:22.7	22:32.4
61 ROSE, Cassidy	JR	160	Orange County	(61)	28:33.0	10:00.0	9:10.8	5:42.6	10:20.9	22:12.2
62 HANSEN, Janae	JR	113	Halifax County	62	28:43.5	10:10.5	9:14.2	5:44.7	10:56.1	23:33.2
63 MURRAY, Tyra	SR	116	Halifax County	63	28:50.1	10:17.1	9:16.3	5:46.0	10:56.0	23:31.9
64 COY, Samantha	SR	192	William Fleming	-	29:05.3	10:32.3	9:21.2	5:49.1	10:00.8	23:08.2
65 WALLER, Kayla	SR	117	Halifax County	64	29:31.9	10:58.9	9:29.7	5:54.4	10:43.7	23:33.8
66 BECK, Jataysha	JR	191	William Fleming	-	29:42.5	11:09.5	9:33.2	5:56.5	10:30.5	
67 TRAN, Uyen	SR	193	William Fleming	-	30:00.0	11:27.0	9:38.8	6:00.0	10:32.9	24:05.8
68 LACKS, Summer	JR	115	Halifax County	(65)	31:06.6	12:33.6	10:00.2	6:13.3	11:10.9	24:48.4
69 HENDERSON, Maci	SO	114	Halifax County	(66)	32:12.2	13:39.2	10:21.3	6:26.4	11:25.4	25:44.3
70 BRYSON, Briana	9	171	Potomac Senior Hig	67	32:44.9	14:11.9	10:31.8	6:33.0	11:23.2	26:04.0
71 LONTCHI, Marilyn	9	176	Potomac Senior Hig	68	33:13.0	14:40.0	10:40.8	6:38.6	12:02.1	26:53.3

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Race #2
Boys 5000m

Final Results

TEAM SCORING SUMMARY

Final Standings	Score	Scoring Order	Avg.	Spread
1 Albemarle*SQ-T*	32	4-5-6-8-9(11)(12)	17:04	0:27.7
2 Stafford High School*SQ-T	64	2-3-15-19-25(26)(49)	17:19	1:26.8
3 Mountain View*SQ-T*	96	1-16-17-28-34(35)(37)	17:34	2:23.9
4 North Stafford	119	14-20-22-30-33(48)(51)	18:01	0:57.2
5 Patrick Henry (Roanoke)	144	10-18-24-40-52(55)(57)	18:13	1:54.2
6 Harrisonburg	162	23-29-32-36-42(43)(58)	18:26	0:48.0
7 Brooke Point	175	21-27-38-44-45(47)(54)	18:32	1:01.0
8 Orange County	179	7-31-39-46-56(59)(67)	18:34	2:35.7
9 Massaponax	266	41-50-53-60-62(63)(68)	19:43	1:57.0
10 Potomac Senior High Scho	288	13-64-69-70-72(75)(76)	20:42	4:31.6
11 Halifax County	336	61-65-66-71-73(74)(77)	21:21	1:34.5

INDIVIDUAL RESULTS

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	2km	4km
1 ANDERSON, Henrik *SQ-Ind	SR	447	Mountain View	1	16:06.3	---	5:10.7	3:13.3	6:14.0	
2 LAMBERT, Philip *SQ-Ind*	SR	347	Stafford High Schoo	2	16:39.5	0:33.5	5:21.4	3:19.9	6:36.0	13:24.3
3 SEPULVEDA, Paul *SQ-Ind*	JR	352	Stafford High Schoo	3	16:43.5	0:37.5	5:22.7	3:20.7	6:35.4	
4 FARD, Josh *SQ-Ind*	SR	402	Albemarle	4	16:51.2	0:45.2	5:25.1	3:22.2	6:34.6	13:36.6
5 PELLISSIER, Mark *SQ-Ind*	SR	409	Albemarle	5	16:53.0	0:47.0	5:25.7	3:22.6	6:35.0	13:36.2
6 NASEH, Harris *SQ-T*	SO	408	Albemarle	6	16:56.5	0:50.5	5:26.8	3:23.3	6:35.8	13:40.0
7 PETTYJOHN, Ethan	9	474	Orange County	7	17:01.7	0:55.7	5:28.5	3:24.3	6:36.7	
8 HUSTON, Cutter *SQ-T*	JR	404	Albemarle	8	17:18.1	1:12.1	5:33.8	3:27.6	6:35.6	13:51.9
9 MACKNIGHT, J.D. *SQ-T*	SO	406	Albemarle	9	17:18.9	1:12.9	5:34.1	3:27.8	6:35.8	13:51.8
10 HARMON, Henry	SR	481	Patrick Henry (Roa	10	17:19.2	1:13.2	5:34.1	3:27.8	6:47.9	
11 TAMBLRE, Samuel *SQ-T*	SO	410	Albemarle	(11)	17:20.8	1:14.8	5:34.7	3:28.2	6:35.8	13:57.1
12 MACKENZIE, Will *SQ-T*	SO	405	Albemarle	(12)	17:21.1	1:15.1	5:34.8	3:28.2	6:36.7	13:59.8
13 FREE, Justin	JR	491	Potomac Senior Hig	13	17:27.3	1:21.3	5:36.8	3:29.5	6:52.9	14:10.3
14 SMITH, Ryan	SO	464	North Stafford	14	17:27.9	1:21.9	5:36.9	3:29.6	6:49.9	14:15.3
15 OYLEAR, Dalton *SQ-T*	SO	349	Stafford High Schoo	15	17:28.4	1:22.4	5:37.1	3:29.7	6:49.9	14:07.6
16 WEST, Tyler *SQ-T*	SR	456	Mountain View	16	17:30.1	1:24.1	5:37.7	3:30.0	6:40.9	14:00.3
17 FRITZ, Aidan *SQ-T*	JR	450	Mountain View	17	17:30.7	1:24.7	5:37.8	3:30.1	6:50.5	14:10.7
18 MURPHY, Charles	SO	483	Patrick Henry (Roa	18	17:35.3	1:29.3	5:39.3	3:31.1	6:52.7	14:10.3
19 NOTGRASS, Nathan *SQ-T*	SO	348	Stafford High Schoo	19	17:35.3	1:29.3	5:39.3	3:31.1	7:03.4	14:20.3
20 LUNA, Justin	SR	460	North Stafford	20	17:50.3	1:44.3	5:44.1	3:34.1	6:50.3	14:15.7
21 OHLEGER, Graham	SR	417	Brooke Point	21	17:58.2	1:52.2	5:46.7	3:35.6	6:47.7	14:30.8
22 SMITH, Jordan	SO	463	North Stafford	22	18:01.6	1:55.6	5:47.8	3:36.3	7:06.0	14:42.6
23 KING, Isaiah	-23	433	Harrisonburg	23	18:04.8	1:58.8	5:48.8	3:37.0	6:49.8	
24 SUESS, Luke	SO	486	Patrick Henry (Roa	24	18:06.2	2:00.2	5:49.3	3:37.2	7:03.3	
25 HARRIS, Samuel *SQ-T*	SR	346	Stafford High Schoo	25	18:06.3	2:00.3	5:49.3	3:37.3	7:04.4	14:40.4
26 POLCHA, Jacob *SQ-T*	SO	350	Stafford High Schoo	(26)	18:08.2	2:02.2	5:49.9	3:37.6	6:55.9	14:41.6
27 ROCK, Jack	SR	418	Brooke Point	27	18:08.8	2:02.8	5:50.1	3:37.8	6:50.4	14:34.6
28 GAINES, Edward *SQ-T*	SR	451	Mountain View	28	18:10.1	2:04.1	5:50.5	3:38.0	6:56.7	14:40.8
29 LANDES, Ashton	SR	435	Harrisonburg	29	18:15.8	2:09.8	5:52.3	3:39.2	7:04.1	
30 LECAIN, Noah	9	459	North Stafford	30	18:15.9	2:09.9	5:52.4	3:39.2	7:07.2	14:47.5

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Final Results

INDIVIDUAL RESULTS (cont'd)

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km	2km	4km
31 LEE, Bobby	JR	473	Orange County	31	18:21.2	2:15.2	5:54.1	3:40.2	6:54.7	14:44.1
32 JOST, Evan	-23	432	Harrisonburg	32	18:22.0	2:16.0	5:54.3	3:40.4	7:02.9	14:51.3
33 WEBB, Joshua	9	465	North Stafford	33	18:25.1	2:19.1	5:55.3	3:41.0	7:08.1	14:47.4
34 SOLORZANO, Anthony *SQ-	JR	454	Mountain View	34	18:30.2	2:24.2	5:57.0	3:42.0	7:02.4	15:00.6
35 POPPHAN, Paul *SQ-T*	SO	452	Mountain View	(35)	18:30.4	2:24.4	5:57.0	3:42.1	7:14.4	15:02.9
36 WILSON, Josh	SO	439	Harrisonburg	36	18:32.5	2:26.5	5:57.7	3:42.5	6:56.7	14:48.7
37 BILLINGS, Abram *SQ-T*	SO	448	Mountain View	(37)	18:33.5	2:27.5	5:58.0	3:42.7	7:14.0	
38 LEWIS, Joseph	JR	416	Brooke Point	38	18:36.2	2:30.2	5:58.9	3:43.2	6:58.7	15:03.5
39 FLOYD, Griffin	SR	471	Orange County	39	18:45.1	2:39.1	6:01.8	3:45.0	7:12.2	15:07.7
40 FONSECA, Christian	SO	498	William Fleming	-	18:48.4	2:42.4	6:02.8	3:45.7	7:13.1	15:11.3
41 MILES, Brandyn	SR	482	Patrick Henry (Roa	40	18:49.1	2:43.1	6:03.1	3:45.8	7:12.8	15:11.8
42 WRYE, Ethan	SO	444	Massaponax	41	18:49.9	2:43.9	6:03.3	3:46.0	7:05.9	15:07.1
43 BECK, David	9	430	Harrisonburg	42	18:52.8	2:46.8	6:04.2	3:46.6	7:06.4	15:11.7
44 BLAGG, Jacob	SR	431	Harrisonburg	(43)	18:54.4	2:48.4	6:04.8	3:46.9	7:04.3	15:06.7
45 SPEYER, Ethan	JR	419	Brooke Point	44	18:56.8	2:50.8	6:05.5	3:47.4	7:04.1	15:08.9
46 GUERRERO, Christopher	JR	412	Brooke Point	45	18:59.2	2:53.2	6:06.3	3:47.8	7:09.4	15:20.9
47 BOWERS, Chance	JR	468	Orange County	46	19:04.4	2:58.4	6:08.0	3:48.9	7:06.3	15:20.4
48 LENZMEIER, Owen	9	415	Brooke Point	(47)	19:05.2	2:59.2	6:08.2	3:49.0	7:08.1	15:21.1
49 BURBA, Mason	SR	457	North Stafford	(48)	19:07.8	3:01.8	6:09.1	3:49.6	7:07.6	15:20.1
50 SEPULVEDA, Thomas *SQ-	9	353	Stafford High Schoo	(49)	19:09.1	3:03.1	6:09.5	3:49.8	26:59.6	
51 WRYE, Nik	JR	445	Massaponax	50	19:11.4	3:05.4	6:10.2	3:50.3	7:09.0	15:16.0
52 MARUSHI, Cole	SO	461	North Stafford	(51)	19:12.5	3:06.5	6:10.6	3:50.5	7:09.6	15:32.4
53 CARSON, Alston Wellsley	SR	477	Patrick Henry (Roa	52	19:13.4	3:07.4	6:10.9	3:50.7	7:15.5	
54 BRIDGES, Jadon	SO	441	Massaponax	53	19:16.1	3:10.1	6:11.7	3:51.2	7:19.6	15:36.8
55 AUSTIN, Myles	SR	411	Brooke Point	(54)	19:26.2	3:20.2	6:15.0	3:53.2	7:15.1	15:34.4
56 DUCKWALL, James	9	478	Patrick Henry (Roa	(55)	19:30.1	3:24.1	6:16.2	3:54.0	7:18.0	15:41.3
57 TRASK, Tyler	SR	475	Orange County	56	19:37.4	3:31.4	6:18.6	3:55.5	7:17.9	15:48.9
58 GRAY, Hayden	SO	480	Patrick Henry (Roa	(57)	19:39.0	3:33.0	6:19.1	3:55.8	7:21.8	
59 MCGRATH, Tucker	SO	437	Harrisonburg	(58)	19:55.4	3:49.4	6:24.4	3:59.1	7:08.8	15:49.2
60 FAULKNER, Jarious	JR	470	Orange County	(59)	20:19.4	4:13.4	6:32.1	4:03.9	7:29.7	16:14.5
61 BARAHONA JR, Mario	SO	440	Massaponax	60	20:26.2	4:20.2	6:34.3	4:05.2	7:43.7	16:29.0
62 BOSIGER, Jackson	SR	421	Halifax County	61	20:30.7	4:24.7	6:35.7	4:06.1	7:34.8	16:30.3
63 RICHARDSON, Nathan	SO	443	Massaponax	62	20:46.9	4:40.9	6:40.9	4:09.4	8:02.0	16:46.0
64 DOERING, Ryan	SO	442	Massaponax	(63)	20:57.7	4:51.7	6:44.4	4:11.5	8:10.7	17:03.4
65 PENA, Morris	JR	494	Potomac Senior Hig	64	20:58.4	4:52.4	6:44.6	4:11.7	7:48.3	16:43.6
66 REDD, William	SR	427	Halifax County	65	21:00.0	4:54.0	6:45.1	4:12.0	7:44.1	17:08.5
67 DAWSON, Joshua	SR	422	Halifax County	66	21:06.1	5:00.1	6:47.1	4:13.2	7:48.7	16:58.7
68 WILSON, Luke	SR	476	Orange County	(67)	21:08.6	5:02.6	6:47.9	4:13.7	7:40.8	16:53.9
69 YANSACK, Ian	9	446	Massaponax	(68)	21:19.7	5:13.7	6:51.5	4:15.9	8:02.5	17:05.1
70 ALY, Omar	SO	487	Potomac Senior Hig	69	21:22.7	5:16.7	6:52.4	4:16.5	7:57.4	17:09.1
71 UGO, Zacari	JR	496	Potomac Senior Hig	70	21:40.8	5:34.8	6:58.3	4:20.2	7:54.6	17:14.9
72 BLANKS, Ethan	SR	420	Halifax County	71	21:58.2	5:52.2	7:03.9	4:23.6	8:03.0	17:36.5
73 SHEEDY, John	JR	495	Potomac Senior Hig	72	21:58.9	5:52.9	7:04.1	4:23.8	8:13.3	17:44.9
74 IRBY, Benjamin	JR	424	Halifax County	73	22:05.2	5:59.2	7:06.1	4:25.0	8:15.4	17:53.8
75 NICHOLS, Grant	SR	426	Halifax County	(74)	22:50.0	6:44.0	7:20.5	4:34.0	8:19.9	18:23.5
76 COLLINS, Jordan	9	490	Potomac Senior Hig	(75)	22:59.9	6:53.9	7:23.7	4:36.0	9:01.2	18:50.0

2017 VHSL 5A REGION D CHAMPIONSHIP

Earlysville, VA

Panorama Farms

Weather: Sunny, Breezy, 75

Host: Albemarle High School

Thursday, November 2, 2017

MEET OFFICIALS**Meet Director:**

Adrian Lorenzoni

Timing:

Blue Ridge Timing

**OFFICIAL MEET REPORT**

printed: 11/2/2017 4:09 PM

Race #2
Boys 5000m**Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM	2km	4km
77 GOMEZ, Salomon	SO	492	Potomac Senior Hig	(76)	23:01.9	6:55.9	7:24.3	4:36.4	9:01.6	18:34.7
78 HUDSON, Tyler	JR	423	Halifax County	(77)	23:07.1	7:01.1	7:26.0	4:37.4	8:16.1	18:23.2
79 MCKENNA, Liam	SO	499	William Fleming	-	23:24.1	7:18.1	7:31.5	4:40.8	8:36.4	18:47.7
80 ALLEN, Timothy	SO	497	William Fleming	-	24:07.2	8:01.2	7:45.3	4:49.4	8:37.1	19:19.8