

**OLD DOMINION ATHLETIC CONFERENCE CHAMPIONSHIPS**

Lynchburg, VA

WildCat Stadium

4/19/2019 - 4/20/2019



**OFFICIAL MEET REPORT**

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**RESULTS**

**#7 Men's 100 Meters**

☿ Conference	10.50	Randy Lott
# Meet	10.62	Randy Lott

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Womack, Davonta	SR	Bridgewater (	10.79 (-2.9)	4(1)	10
2	Morton, Elijah	JR	Shenandoah	10.94 (-2.1)	3(1)	8
3	Shadkhoo, Alex	FR	Lynchburg	11.01 (-2.9)	4(2)	6
4	Douglas, Julian	SO	Lynchburg	11.09 (-2.9)	4(3)	5
5	Dudley, Curtis	JR	Virginia Wesl	11.12 (+1.4)	2(1)	4
6	Bell, Asa	SO	Guilford	11.15 (-2.1)	3(2)	3
7	Dracon, Doug	FR	Washington a	11.17 (-2.9)	4(4)	2
8	Jones, Dirk	SO	Bridgewater (	11.27 (-2.9)	4(5)	1
9	Moffo, Landry	FR	Virginia Wesl	11.27 (-2.1)	3(3)	
10	Crawley, Troy	JR	Roanoke	11.31 (+1.4)	2(2)	
11	Reid, Joey	FR	Roanoke	11.34 (-2.9)	4(6)	
12	Kreimes, Jaylyn	FR	Emory & Hen	11.35 (-2.1)	3(4)	
13	alexander, trevel	FR	Guilford	11.36 (+1.4)	2(3)	
14	Brown-Flowers, Zashon	FR	Lynchburg	11.37 (-2.9)	4(7)	
15	Marshall, desmond	FR	Guilford	11.44 (-2.1)	3(5)	
16	Johnson, Dan	FR	Virginia Wesl	11.47 (-2.1)	3(6)	
17	Williams, Grant	FR	Roanoke	11.62 (+1.4)	2(4)	
18	Geddis, Deonte	FR	Emory & Hen	11.71 (+1.4)	2(5)	
19	Mohabir, Lamont	FR	Randolph	11.72 (+1.4)	2(6)	
20	Nevarez, Bobby	FR	Lynchburg	11.73 (-2.1)	3(7)	
21	Turner, James	FR	Shenandoah	11.77 (+1.4)	2(7)	
22	Turay, Ahdonis	FR	Emory & Hen	11.84 (+1.4)	2(8)	
23	Galloway, Alex	SR	Bridgewater (	11.93 (-2.1)	3(8)	
24	Ruddock, Jared	FR	Randolph	12.44 (-0.6)	1(1)	
25	Peabody, Destiny	FR	Shenandoah	12.45 (-0.6)	1(2)	

**#11 Men's 200 Meters**

☿ Conference	21.10	Johnathan Smith
# Meet	21.55	Randy Lott

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Shadkhoo, Alex	FR	Lynchburg	22.03 (+0.5)	4(1)	10
2	Womack, Davonta	SR	Bridgewater (	22.14 (+0.5)	4(2)	8
3	Dracon, Doug	FR	Washington a	22.26 (+0.5)	4(3)	6
4	Fiore, Donovan	JR	Washington a	22.27 (+0.5)	4(4)	5
5	Dudley, Curtis	JR	Virginia Wesl	22.38 (-0.4)	3(1)	4
6	Cannon, Diante	FR	Bridgewater (	22.45 (+0.5)	4(5)	3
7	Douglas, Julian	SO	Lynchburg	22.48 (-0.4)	3(2)	2
8	Galloway, Alex	SR	Bridgewater (	22.53 (+0.5)	4(6)	1
9	Morton, Elijah	JR	Shenandoah	22.66 (+0.3)	2(1)	
10	Johnson, Dan	FR	Virginia Wesl	22.67 (+0.3)	2(2)	
11	Short, Jordan	SO	Lynchburg	22.69 (-0.4)	3(3)	
12	Johnson, Alijah	FR	Eastern Menn	22.72 (+0.5)	4(7)	
13	Mayo, James	FR	Bridgewater (	23.10 (+0.5)	4(8)	

**#11 Men's 200 Meters (cont'd)**

Pl	Name	Yr	Team	Time	H(Pl)	Pts
14	Ray, Micah	SO	Roanoke	23.10 (+0.3)	2(3)	
15	Frazier, Karim	SR	Randolph	23.18 (-0.4)	3(4)	
16	Bell, Asa	SO	Guilford	23.37 (-0.4)	3(5)	
17	Jones, Dirk	SO	Bridgewater (	23.44 (-0.4)	3(6)	
18	Jackson III, Wilson	FR	Shenandoah	23.50 (+0.3)	2(4)	
19	Anderson, Eric	FR	Lynchburg	23.53 (-0.4)	3(7)	
20	Houston, Juwan	JR	Guilford	23.68 (+1.8)	1(1)	
21	Kreimes, Jaylyn	FR	Emory & Hen	23.81 (+0.3)	2(5)	
22	Dorsey, kyahl	FR	Guilford	24.08 (+0.3)	2(6)	
23	Abdur-Rahim, Amir	FR	Guilford	24.16 (+0.3)	2(7)	
24	Turay, Ahdonis	FR	Emory & Hen	24.19 (+1.8)	1(2)	
25	Turner, James	FR	Shenandoah	24.25 (+1.8)	1(3)	
26	Cofie, Al	FR	Randolph	25.09 (+1.8)	1(4)	
27	Harris, Ivan	SR	Eastern Menn	25.41 (+1.8)	1(5)	
28	Peabody, Destiny	FR	Shenandoah	26.27 (+1.8)	1(6)	

**#5 Men's 400 Meters**

☿ Conference	46.74	Jesse Thomas
# Meet	47.66	Alexander Tallman

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Galloway, Alex	SR	Bridgewater (	48.78	4(1)	10
2	Fiore, Donovan	JR	Washington a	48.80	4(2)	8
3	Huffman, Carter	SR	Washington a	49.85	4(3)	6
4	Ray, Micah	SO	Roanoke	49.95	3(1)	5
5	Atkins, Chris	FR	Bridgewater (	50.29	4(4)	4
6	Short, Jordan	SO	Lynchburg	50.48	4(5)	3
7	Mayo, James	FR	Bridgewater (	50.65	4(6)	2
8	Oliver, Miles	SO	Washington a	50.77	3(2)	1
9	Johnson, Alijah	FR	Eastern Menn	50.82	4(7)	
10	Moran, Kevin	JR	Lynchburg	51.11	3(3)	
11	Anderson, Eric	FR	Lynchburg	51.12	3(4)	
12	Cannon, Diante	FR	Bridgewater (	51.25	4(8)	
13	White, Conor	JR	Emory & Hen	51.70	3(5)	
14	Dalton, Zachary	SO	Roanoke	51.86	3(6)	
15	Abdur-Rahim, Amir	FR	Guilford	52.00	3(7)	
16	Jimenez, Coy	FR	Eastern Menn	52.14	2(1)	
17	Justice, Brandon	FR	Roanoke	52.60	2(2)	
18	Anderson, Kobe	SO	Lynchburg	52.63	2(3)	
19	Jackson III, Wilson	FR	Shenandoah	52.87	3(8)	
20	Katterhagen, Spencer	SO	Washington a	53.14	2(4)	
21	Allen, Jeremiah	FR	Lynchburg	53.77	2(5)	
22	Harris, Ivan	SR	Eastern Menn	56.07	2(6)	
23	Alston, Cory	FR	Virginia Wesl	57.79	2(7)	
24	Henderson, Mahmoud	SR	Guilford	1:00.56	1(1)	
25	Murray, Keyshawn	FR	Guilford	1:01.13	1(2)	

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## RESULTS

### #19 Men's 800 Meters

☿ Conference	1:50.58	Sam Gunther
# Meet	1:52.90	Josh Zobenica

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Gmurek, Shawn	JR	Lynchburg	1:55.10	3(1)	10
2	Sharkey, Reid	JR	Lynchburg	1:56.19	3(2)	8
3	Caines, Alexander	SO	Washington a	1:56.29	3(3)	6
4	Haizel-Cobbina, Johnny	SR	Bridgewater (	1:57.00	3(4)	5
5	Fowler, William	FR	Lynchburg	1:58.71	3(5)	4
6	Oliver, Miles	SO	Washington a	1:59.02	3(6)	3
7	Martin, Andre	FR	Bridgewater (	1:59.78	2(1)	2
8	Hawk, Andrew	SO	Lynchburg	2:00.14	2(2)	1
9	Wilson, Tyler	FR	Roanoke	2:00.60	2(3)	
10	Baird, Cooper	SR	Washington a	2:00.79	3(7)	
11	Butler, Danner	SO	Washington a	2:01.05	2(4)	
12	Turbeville, Clint	SO	Lynchburg	2:01.14	3(8)	
13	Gibson, Shane	JR	Bridgewater (	2:02.17	2(5)	
14	Epperly, Brayden	FR	Randolph	2:03.91	1(1)	
15	Johnson, Andrew	SO	Lynchburg	2:04.56	3(9)	
16	Allinger, Jeremy	FR	Shenandoah	2:04.87	2(6)	
17	Elliott, Kevin	SR	Roanoke	2:05.07	1(2)	
18	Herrera-Bevan, Ezekiel	SO	Virginia Wesl	2:06.12	2(7)	
19	Kaze, Jackson	JR	Emory & Hen	2:08.65	1(3)	
20	Crump, Athey	JR	Roanoke	2:09.93	1(4)	
21	Steel, Gavin	SR	Virginia Wesl	2:10.84	2(8)	
22	Mott, Sam	FR	Randolph	2:11.72	1(5)	
23	Sullivan, Kenneth	SO	Bridgewater (	2:13.17	2(9)	
24	Carlson, Alec	JR	Roanoke	2:16.01	1(6)	

### #17 Men's 1500 Meters

☿ Conference	3:49.64	Ken Brady
# Meet	3:56.27	Ian McDonald

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Sharkey, Reid	JR	Lynchburg	3:57.07	2(1)	10
2	Haizel-Cobbina, Johnny	SR	Bridgewater (	3:59.92	2(2)	8
3	Baird, Cooper	SR	Washington a	4:00.17	2(3)	6
4	Sparks, Maximillian	FR	Lynchburg	4:02.50	2(4)	5
5	Patrick, Hank	SR	Washington a	4:04.64	2(5)	4
6	Bernstein, Ethan	FR	Washington a	4:05.31	2(6)	3
7	Johnson, Andrew	SO	Lynchburg	4:05.95	2(7)	2
8	Barton, Zachary	SR	Shenandoah	4:10.16	2(8)	1
9	Marx, Freddie	SO	Washington a	4:14.66	2(9)	
10	Allen, Justice	SO	Eastern Menn	4:15.74	1(1)	
11	Shay, Tim	SR	Roanoke	4:20.67	1(2)	
12	Kaze, Jackson	JR	Emory & Hen	4:22.05	1(3)	
13	Allinger, Jeremy	FR	Shenandoah	4:24.83	1(4)	
14	Chirinos, Derrick	SR	Eastern Menn	4:26.12	1(5)	

### #17 Men's 1500 Meters (cont'd)

Pl	Name	Yr	Team	Time	H(Pl)	Pts
15	Mehrer, Justin	SR	Shenandoah	4:26.23	2(10)	
16	Carmody, Joe	SR	Washington a	4:31.04	1(6)	
17	Hanna, Christian	SO	Washington a	4:34.89	1(7)	
18	Pierce, Colt	JR	Emory & Hen	5:09.01	1(8)	
	Sulcer, Jordan	SO	Virginia Wesl	DNF	2	

### #21 Men's 5000 Meters

☿ Conference	14:25.22	Ricky Flynn
# Meet	15:03.74	Chad Norton

Pl	Name	Yr	Team	Time	Pts
1	Hiegel, Robert	SR	Bridgewater (	# 14:52.68	10
2	Lucy-Speidel, Tristan	SR	Lynchburg	# 14:58.88	8
3	Dolwick, Alex	SR	Washington a	15:12.35	6
4	Lattuca, Skyler	FR	Virginia Wesl	15:20.46	5
5	Patrick, Hank	SR	Washington a	15:27.84	4
6	Kinne, Austin	JR	Washington a	15:33.48	3
7	Cope, Daniel	SO	Washington a	15:41.01	2
8	Smith, Peter	FR	Roanoke	15:45.97	1
9	Sparks, Maximillian	FR	Lynchburg	15:57.34	
10	Allen, Justice	SO	Eastern Menn	15:58.82	
11	Gmurek, Shawn	JR	Lynchburg	16:16.60	
12	Barton, Zachary	SR	Shenandoah	16:25.26	
13	Davis, Reed	SO	Shenandoah	16:29.28	
14	Barrett, Tyler	JR	Roanoke	16:41.96	
15	Vest, Ian	SR	Bridgewater (	16:46.25	
16	Wilt, Joshua	SR	Bridgewater (	16:54.72	
17	King, Christopher	FR	Shenandoah	18:00.67	
18	Biggerstaff, Lucas	SO	Emory & Hen	18:34.56	
	Zulauf, Chamberlain	FR	Roanoke	DNF	
	Marx, Freddie	SO	Washington a	DNF	
	Sharkey, Reid	JR	Lynchburg	DNF	

### #13 Men's 10000 Meters

☿ Conference	30:03.39	Ricky Flynn
# Meet	31:44.88	Jamie Hiegel

Pl	Name	Yr	Team	Time	Pts
1	Hiegel, Robert	SR	Bridgewater (	32:10.63	10
2	Dolwick, Alex	SR	Washington a	32:35.89	8
3	Kinne, Austin	JR	Washington a	33:21.85	6
4	Marx, Freddie	SO	Washington a	33:32.82	5
5	Smith, Peter	FR	Roanoke	33:47.59	4
6	Mehrer, Justin	SR	Shenandoah	33:51.72	3
7	McCarthy, Tyler	FR	Shenandoah	33:52.26	2
8	Batchelor, Ethan	JR	Lynchburg	34:27.31	1
9	Hunter, Patrick	SR	Washington a	34:47.87	

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**RESULTS**

**#13 Men's 10000 Meters (cont'd)**

Pl	Name	Yr Team	Time	Pts
10	Davis, Reed	SO Shenandoah	34:53.14	
11	Lucas, Neil	FR Lynchburg	36:39.73	
	Dye, Mason	FR Randolph	DNF	

**#3 Men's 110m Hurdles**

Pl	Name	Yr Team	Time	H(Pl)	Pts
1	Moffo, Landry	FR Virginia Wesl	14.87 (+1.0)	2(1)	10
2	Rosenthal, Chase	SO Bridgewater (	14.90 (+1.0)	2(2)	8
3	Pranka, Drew	SR Washington a	14.98 (+1.0)	2(3)	6
4	Petty, Darren	SR Randolph	15.25 (+1.0)	2(4)	5
5	Moran, Kevin	JR Lynchburg	15.38 (+1.0)	2(5)	4
6	O'Connor, Joe	FR Washington a	15.57 (+1.0)	2(6)	3
7	Gatling, Michael	FR Virginia Wesl	15.69 (+1.0)	2(7)	2
8	Holliday, Kyle	FR Shenandoah	15.92 (-0.7)	1(1)	1
9	Banks , Wade	FR Eastern Menn	16.12 (-0.7)	1(2)	
10	Klocke, Matthew	FR Shenandoah	16.40 (-0.7)	1(3)	
11	Kavounis, Corey	FR Lynchburg	16.41 (-0.7)	1(4)	
12	Peyton, William	SO Virginia Wesl	16.66 (+1.0)	2(8)	
13	Moss, Markell	JR Emory & Hen	18.72 (-0.7)	1(5)	
	Gieseler, John	JR Bridgewater (	DQ (NW)	1	

**#9 Men's 400m Hurdles**

Pl	Name	Yr Team	Time	H(Pl)	Pts
1	Cooney, Eamon	FR Virginia Wesl	54.46	3(1)	10
2	Pranka, Drew	SR Washington a	54.52	3(2)	8
3	Moran, Kevin	JR Lynchburg	55.74	3(3)	6
4	Moore, Christopher	JR Bridgewater (	56.01	3(4)	5
5	Banks , Wade	FR Eastern Menn	58.28	2(1)	4
6	Del Cristo, Albert	SR Washington a	58.78	2(2)	3
7	Klocke, Matthew	FR Shenandoah	59.47	3(5)	2
8	Cahill, Connor	JR Lynchburg	1:00.16	3(6)	1
9	Suter, Charlie	SO Lynchburg	1:00.33	2(3)	
10	Grauer, Dalton	FR Washington a	1:01.28	2(4)	
11	Warren, Tyronne	FR Bridgewater (	1:01.31	1(1)	
12	Holliday, Kyle	FR Shenandoah	1:01.32	2(5)	
13	Conley, Myles	SR Bridgewater (	1:01.70	1(2)	
14	Pierce, Brayton	SO Roanoke	1:02.50	2(6)	
15	Rogers, Aaron	SO Roanoke	1:03.19	3(7)	
16	Kavounis, Corey	FR Lynchburg	1:04.85	2(7)	
17	Peyton, William	SO Virginia Wesl	1:04.86	3(8)	

**#1 Men's 3000m Steeple**

Pl	Name	Yr Team	Time	Pts
1	Lucy-Speidel, Tristan	SR Lynchburg	9:29.27	10
2	Mehrer, Justin	SR Shenandoah	9:41.71	8
3	Johnson, Andrew	SO Lynchburg	9:58.94	6
4	McCarthy, Tyler	FR Shenandoah	10:05.85	5
5	Allen, Justice	SO Eastern Menn	10:06.66	4
6	Moench, Jason	FR Lynchburg	10:10.55	3
7	Barrett, Tyler	JR Roanoke	10:11.62	2
8	Tres, Michael	JR Virginia Wesl	10:24.72	1
9	Howell, Noah	SO Bridgewater (	10:29.17	
10	Chirinos, Derrick	SR Eastern Menn	10:47.43	
11	Currens, Max	FR Virginia Wesl	11:14.48	
	Zulauf, Chamberlain	FR Roanoke	DNF	
	Class, Michael	SR Virginia Wesl	DNF	

**#15 Men's 4 x 100m Relay**

Pl	Team	Time	H(Pl)	Pts
1	Bridgewater (Va.) (A)	41.16	2(1)	10
	1) Cannon, Diante FR			
	2) Jones, Dirk SO			
	3) Galloway, Alex SR			
	4) Womack, Davonta SR			
2	Lynchburg (A)	41.64	2(2)	8
	1) Brown-Flowers, Zashon FR			
	2) Douglas, Julian SO			
	3) Short, Jordan SO			
	4) Shadkhoo, Alex FR			
3	Washington and Lee (A)	41.71	2(3)	6
	1) Pranka, Drew SR			
	2) Fiore, Donovan JR			
	3) Huffman, Carter SR			
	4) Dracon, Doug FR			
4	Roanoke (A)	42.46	2(4)	5
	1) Crawley, Troy JR			
	2) Williams, Grant FR			
	3) Justice, Brandon FR			
	4) Reid, Joey FR			
5	Virginia Wesleyan (A)	43.26	2(5)	4
	1) Dudley, Curtis JR			
	2) Moffo, Landry FR			
	3) Fisher, Eric SO			
	4) Johnson, Dan FR			
6	Eastern Mennonite (A)	43.64	1(1)	3
	1) Amoateng, Grant SR			
	2) Johnson, Alijah FR			
	3) Jimenez, Coy FR			
	4) Howard, Jamel JR			
7	Guilford (A)	43.68	2(6)	2
	1) Houston, Juwan JR			
	2) Marshall, desmond FR			
	3) Hedrick, Jeremiah JR			
	4) Bell, Asa SO			
8	Emory & Henry (A)	43.70	1(2)	1
	1) Turay, Ahdonis FR			
	2) Geddis, Deonte FR			
	3) Moss, Markell JR			
	4) Kreimes, Jaylyn FR			

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## RESULTS

### #15 Men's 4 x 100m Relay (cont'd)

Pl	Team	Time	H(Pl)	Pts
	Randolph (A)	DNF	2	
1)	Petty, Darren SR			
2)	Frazier, Karim SR			
3)	Mohabir, Lamont FR			
4)	Afrifa-Boakye, Philemon SR			
	Shenandoah (A)	DQ	1	
1)	Jackson III, Wilson FR			
2)	White, Jason SO			
3)	Allinger, Jeremy FR			
4)	Morton, Elijah JR			

### #23 Men's 4 x 400m Relay

Pl	Team	Time	H(Pl)	Pts
¢	Conference	3:10.20	Lynchburg	
#	Meet	3:18.12	Hawkins, Ramirez, Sivels,	
1	Washington and Lee (A)	3:21.32	2(1)	10
1)	Caines, Alexander SO			
2)	Del Cristo, Albert SR			
3)	Dracon, Doug FR			
4)	Fiore, Donovan JR			
2	Bridgewater (Va.) (A)	3:21.56	2(2)	8
1)	Cannon, Diante FR			
2)	Galloway, Alex SR			
3)	Atkins, Chris FR			
4)	Womack, Davonta SR			
3	Lynchburg (A)	3:27.19	2(3)	6
1)	Moran, Kevin JR			
2)	Allen, Jeremiah FR			
3)	Cahill, Connor JR			
4)	Short, Jordan SO			
4	Roanoke (A)	3:30.29	2(4)	5
1)	Ray, Micah SO			
2)	Justice, Brandon FR			
3)	Schwabauer, Cliff FR			
4)	Dalton, Zachary SO			
5	Virginia Wesleyan (A)	3:32.37	2(5)	4
1)	Gatling, Michael FR			
2)	Steel, Gavin SR			
3)	Peyton, William SO			
4)	Cooney, Eamon FR			
6	Shenandoah (A)	3:33.68	2(6)	3
1)	Allinger, Jeremy FR			
2)	White, Jason SO			
3)	Jackson III, Wilson FR			
4)	McCarthy, Tyler FR			
7	Emory & Henry (A)	3:36.32	2(7)	2
1)	Kreimes, Jaylyn FR			
2)	White, Conor JR			
3)	Kaze, Jackson JR			
4)	Geddis, Deonte FR			
8	Eastern Mennonite (A)	3:37.97	2(8)	1
1)	Jimenez, Coy FR			
2)	Johnson, Alijah FR			
3)	Banks, Wade FR			
4)	Harris, Ivan SR			

### #26 Men's High Jump

Pl	Name	Yr	Team	Mark	Pts
¢	Conference		Devon Lewis	2.19m	
#	Meet		Ricky Easterling	2.14m	
1	O'Connor, Joe		FR Washington a	1.94m	10
2	Teagle, Jack		SO Washington a	1.91m	8
3	Scott, Simeon		FR Lynchburg	1.91m	6
4	Williams, Cee Jay		FR Lynchburg	1.86m	4.5
4	Banks, Wade		FR Eastern Menn	1.86m	4.5

### #26 Men's High Jump (cont'd)

Pl	Name	Yr	Team	Mark	Pts
6	Howard, Jamel		JR Eastern Menn	1.86m	3
7	Davis, Rashon		JR Bridgewater (	1.86m	2
8	Christian, Brandon		SR Bridgewater (	1.86m	1
9	Johnson, Candacio		FR Guilford	1.81m	
9	Robinson, Ellis		SO Washington a	1.81m	
9	Gieseler, John		JR Bridgewater (	1.81m	
9	Rosenthal, Chase		SO Bridgewater (	1.81m	
13	Afrifa-Boakye, Philemon		SR Randolph	1.81m	
14	Columbus, Brycen		FR Virginia West	1.81m	
15	Kuntz, Dan		SO Washington a	1.76m	
16	Carr, Lucas		FR Lynchburg	1.71m	
	Harris, Randy		SR Lynchburg	NH	

### #28 Men's Pole Vault

Pl	Name	Yr	Team	Mark	Pts
¢	Conference	5.02m	Andy Rollins		
#	Meet	5.02m	Andy Rollins		
1	O'Connor, Joe		FR Washington a	4.48m	10
2	Bautista, Melbert		FR Lynchburg	4.38m	8
3	Turner, Corbin		SO Roanoke	4.28m	6
4	Pranka, Drew		SR Washington a	4.18m	5
5	Simpson, Griffin		FR Bridgewater (	3.93m	4
6	Frazier, Karim		SR Randolph	3.93m	3
7	Smith, Jackson		FR Roanoke	3.78m	2
8	Rosenthal, Chase		SO Bridgewater (	3.48m	1
9	Kopec, Dillon		JR Roanoke	3.48m	

### #30 Men's Long Jump

Pl	Name	Yr	Team	Mark	F(Pl)	Pts
¢	Conference		Evan Trumann	7.67m		
#	Meet		Dave Lichtenstein	7.42m		
1	Womack, Davonta		SR Bridgewater (	7.24m (+2.7)	2(1)	10
2	Christian, Brandon		SR Bridgewater (	6.95m (+1.3)	2(2)	8
3	Hedrick, Jeremiah		JR Guilford	6.77m (+2.4)	2(3)	6
4	Jones, Dirk		SO Bridgewater (	6.70m (+1.2)	2(4)	5
5	Howard, Jamel		JR Eastern Menn	6.64m (+0.1)	1(1)	4
6	Robinson, Ellis		SO Washington a	6.64m (+3.9)	1(1)	3
7	Amoateng, Grant		SR Eastern Menn	6.58m (+1.4)	2(5)	2
8	alexander, trevel		FR Guilford	6.50m (+0.5)	2(6)	1
9	Afrifa-Boakye, Philemon		SR Randolph	6.43m (+2.3)	2(7)	
10	Dorsey, kyahl		FR Guilford	6.40m (+2.2)	2(8)	
8	Rosenthal, Chase		SO Bridgewater (	6.39m (+1.7)	2(9)	
12	Breece, Josh		SO Washington a	6.35m (+2.1)	1(3)	
13	Douglas, Julian		SO Lynchburg	6.33m (+1.7)	2(10)	
14	Williams, Cee Jay		FR Lynchburg	6.32m (+0.0)	2(11)	



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**#30 Men's Long Jump (cont'd)**

Pl	Name	Yr Team	Mark	F(Pl)	Pts
15	Roeschley, Eli	FR Eastern Menn	6.29m (+1.5)	2(12)	
16	White, Jason	SO Shenandoah	6.20m (+0.1)	2(13)	
17	Gatling, Michael	FR Virginia Wesl	6.14m (-1.9)	1(4)	
18	Johnson, Candacio	FR Guilford	5.99m (+0.3)	1(5)	
19	Banks, Wade	FR Eastern Menn	5.95m (+1.3)	1(6)	
20	Barefoot, Brady	JR Bridgewater (	5.93m (+0.6)	2(14)	
21	Jones, Jayvon	FR Roanoke	5.84m (+1.4)	1(7)	
22	Walker, Tuari	SO Guilford	5.66m (+3.5)	1(8)	
23	McNeil, Zach	FR Roanoke	5.51m (+0.0)	1(9)	
24	Turay, Ahdonis	FR Emory & Hen	5.37m (-2.4)	1(10)	
25	Johnson, Aaron	SO Virginia Wesl	5.35m (-1.0)	1(11)	
26	Alston, Cory	FR Virginia Wesl	5.18m (-0.9)	1(12)	
	Moss, Markell	JR Emory & Hen	NM (NW)	1	
	Msheleni, Schlitz	FR Randolph	NM (NW)	1	
	Smith, Evan	FR Lynchburg	NM (NW)	1	

**#32 Men's Triple Jump**

☿	Conference	15.27m	James Walker
#	Meet	15.27m	James Walker

Pl	Name	Yr Team	Mark	F(Pl)	Pts
1	Rosenthal, Chase	SO Bridgewater (	13.99m (+1.9)	2(1)	10
2	White, Jason	SO Shenandoah	13.93m (+0.3)	2(2)	8
3	Amoateng, Grant	SR Eastern Menn	13.85m (+0.2)	2(3)	6
4	Harris, Randy	SR Lynchburg	13.79m (+0.8)	2(4)	5
5	Christian, Brandon	SR Bridgewater (	13.70m (+0.0)	2(5)	4
6	Afrifa-Boakye, Philemon	SR Randolph	13.41m (+1.4)	2(6)	3
7	Jones, Jayvon	FR Roanoke	13.40m (+0.0)	1(1)	2
8	Gatling, Michael	FR Virginia Wesl	13.21m (+0.6)	1(2)	1
9	Blackstone, David	FR Lynchburg	13.17m (+0.6)	1(3)	
10	Hedrick, Jeremiah	JR Guilford	13.15m (-1.4)	2(7)	
11	Moore, Christopher	JR Bridgewater (	13.10m (+1.2)	2(8)	
12	Breece, Josh	SO Washington a	12.99m (+0.9)	1(4)	
13	Kuntz, Dan	SO Washington a	12.80m (+0.3)	1(5)	
14	Roeschley, Eli	FR Eastern Menn	12.61m (+0.6)	1(6)	
15	Brown, Elijah	FR Virginia Wesl	12.10m (+0.0)	1(7)	
16	Johnson, Aaron	SO Virginia Wesl	12.10m (-0.1)	1(7)	
17	Dunn, Meredith	JR Virginia Wesl	11.95m (+0.4)	1(9)	

**#34 Men's Shot Put**

☿	Conference	17.22m	Nate Turner
#	Meet	16.69m	Nate Turner

Pl	Name	Yr Team	Mark	F(Pl)	Pts
1	Phillips, Trel	JR Emory & Hen	14.55m	2(1)	10
2	Roberts, Jay	JR Washington a	14.41m	2(2)	8
3	Fannon, Justin	JR Emory & Hen	13.84m	2(3)	6

**#34 Men's Shot Put (cont'd)**

Pl	Name	Yr Team	Mark	F(Pl)	Pts
4	Rajner, Edward	SO Emory & Hen	13.24m	2(4)	5
5	Doss, Mitchell	SO Randolph	13.19m	2(5)	4
6	Cockrell, Coby	FR Virginia Wesl	13.11m	2(6)	3
7	Bland, Kaleb	JR Roanoke	12.93m	2(7)	2
8	Govan, CJ	SO Virginia Wesl	12.86m	1(1)	1
9	Cantrell, Alex	SR Washington a	12.43m	2(8)	
10	Lotts, Michael	FR Bridgewater (	12.40m	1(2)	
11	Kindig, John	FR Shenandoah	12.13m	1(3)	
12	Fields, Brody	SO Emory & Hen	11.85m	1(4)	
13	Hall, Wyatt	FR Bridgewater (	11.81m	1(5)	
14	Owusu, Abel	JR Virginia Wesl	11.81m	2(9)	
15	Odom, Justin	JR Eastern Menn	11.80m	1(6)	
16	Patterson, Reginald	FR Bridgewater (	11.67m	2(10)	
17	Morris, Jacob	SO Shenandoah	11.66m	1(7)	
18	Knave, James	JR Shenandoah	11.38m	1(8)	
19	Brown, Chance	FR Lynchburg	11.08m	1(9)	
20	Williby, Zach	FR Randolph	10.76m	1(10)	
21	diggs, montrell	JR Guilford	8.94m	1(11)	
22	Southland, William	JR Shenandoah	8.86m	1(12)	
	Huffman, Corey	SR Bridgewater (	NM	2	

**#36 Men's Discus**

☿	Conference	50.62m	Seth McGuffin
#	Meet	48.82m	Seth McGuffin

Pl	Name	Yr Team	Mark	F(Pl)	Pts
1	Roberts, Jay	JR Washington a	42.56m	2(1)	10
2	Rajner, Edward	SO Emory & Hen	42.02m	2(2)	8
3	Huffman, Corey	SR Bridgewater (	41.54m	2(3)	6
4	Cockrell, Coby	FR Virginia Wesl	39.91m	2(4)	5
5	Bland, Kyle	JR Roanoke	38.46m	2(5)	4
6	Lotts, Michael	FR Bridgewater (	37.62m	1(1)	3
7	Phillips, Trel	JR Emory & Hen	37.53m	1(2)	2
8	Saunders, Cooper	SO Emory & Hen	36.92m	2(6)	1
9	Govan, CJ	SO Virginia Wesl	36.88m	2(7)	
10	Fannon, Justin	JR Emory & Hen	36.40m	1(3)	
11	Patterson, Reginald	FR Bridgewater (	35.10m	2(8)	
12	Owusu, Abel	JR Virginia Wesl	34.61m	1(4)	
13	Brown, Chance	FR Lynchburg	33.44m	2(9)	
14	Morris, Jacob	SO Shenandoah	32.71m	1(5)	
15	Hoppe, Dalton	SR Lynchburg	32.50m	2(10)	
16	Kindig, John	FR Shenandoah	32.11m	1(6)	
17	Knave, James	JR Shenandoah	31.85m	1(7)	
18	Degenshein, Jake	SO Lynchburg	31.07m	1(8)	
19	Fields, Brody	SO Emory & Hen	29.71m	1(9)	
20	Southland, William	JR Shenandoah	28.63m	1(10)	

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### #36 Men's Discus (cont'd)

Pl	Name	Yr Team	Mark	F(Pl)	Pts
21	Williby, Zach	FR Randolph	24.43m	1(11)	
22	diggs, montrell	JR Guilford	21.33m	1(12)	
	Doss, Mitchell	SO Randolph	NM	1	
	Hall, Wyatt	FR Bridgewater (	NM	2	

### #38 Men's Hammer

Pl	Name	Yr Team	Mark	F(Pl)	Pts
¢	Conference		55.63m		Dan Reid
#	Meet		55.63m		Dan Reid
1	Webert, Quentin	SO Virginia Wesl	46.31m	2(1)	10
2	Hoppe, Dalton	SR Lynchburg	45.50m	2(2)	8
3	Cockrell, Coby	FR Virginia Wesl	41.85m	2(3)	6
4	Bland, Kyle	JR Roanoke	41.37m	2(4)	5
5	Bland, Kaleb	JR Roanoke	41.00m	2(5)	4
6	Huffman, Corey	SR Bridgewater (	39.10m	2(6)	3
7	Lotts, Michael	FR Bridgewater (	38.85m	2(7)	2
8	Hall, Wyatt	FR Bridgewater (	38.40m	1(1)	1
9	Rajner, Edward	SO Emory & Hen	37.45m	1(2)	
10	Morris, Jacob	SO Shenandoah	36.31m	1(3)	
11	Cantrell, Alex	SR Washington a	36.28m	1(4)	
12	Knave, James	JR Shenandoah	35.22m	1(5)	
13	Kindig, John	FR Shenandoah	34.90m	2(8)	
14	Doss, Mitchell	SO Randolph	34.52m	1(6)	
15	Schlott, Max	SR Washington a	34.24m	1(7)	
16	Brown, Chance	FR Lynchburg	32.01m	1(8)	
17	Williby, Zach	FR Randolph	30.94m	1(9)	
18	Southland, William	JR Shenandoah	24.76m	1(10)	

### #40 Men's Javelin

Pl	Name	Yr Team	Mark	Pts
¢	Conference		63.76m	Kevin Sullivan
#	Meet		63.76m	Kevin Sullivan
1	Huffman, Corey	SR Bridgewater (	53.72m	10
2	Hoppe, Dalton	SR Lynchburg	50.65m	8
3	Duke, Tyreece	FR Virginia Wesl	49.76m	6
4	Degenshein, Jake	SO Lynchburg	48.87m	5
5	Wojno, Richard	SR Bridgewater (	46.42m	4
6	Cantrell, Alex	SR Washington a	45.73m	3
7	Kuntz, Dan	SO Washington a	41.60m	2
8	Barefoot, Brady	JR Bridgewater (	41.38m	1
9	Tres, Michael	JR Virginia Wesl	40.12m	
10	Hall, Wyatt	FR Bridgewater (	39.51m	
11	Davis, Devon	SR Randolph	39.43m	
12	Cramer, Eli	FR Lynchburg	38.73m	
13	Schlott, Max	SR Washington a	36.96m	

### #40 Men's Javelin (cont'd)

Pl	Name	Yr Team	Mark	Pts
14	Peabody, Destiny	FR Shenandoah	32.46m	
15	Saunders, Cooper	SO Emory & Hen	27.30m	
16	Morris, Jacob	SO Shenandoah	23.13m	
17	diggs, montrell	JR Guilford	20.39m	

### Men's Scores

Pl	Team	Code	Score
1	Bridgewater (Va.)	BRID	180
2	Washington and Lee	WLEE	179
3	Lynchburg	LYNC	163.5
4	Virginia Wesleyan	VIRG	76
5	Roanoke	ROAN	47
6	Shenandoah	SHEN	41
7	Emory & Henry	EMVA	35
8	Eastern Mennonite	EAVA	31.5
9	Randolph	RAND	15
10	Guilford	GUIL	12

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**#8 Women's 100 Meters**

☿ Conference	11.63	Amber Celen
# Meet	11.98	Jaleesa Osborne

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Wilkerson, Shamyra	JR	Shenandoah	12.34 (+0.4)	3(1)	10
2	Valle, Emily	JR	Bridgewater (	12.40 (+0.4)	3(2)	8
3	Aurand, Claire	JR	Roanoke	12.84 (+0.4)	2(1)	6
4	Moreau, Alison	SO	Roanoke	12.84 (+0.4)	3(3)	5
5	Miller, Tajah	SR	Eastern Menn	12.99 (+0.4)	3(4)	4
6	Scales, Zoe	FR	Lynchburg	13.04 (+0.4)	2(2)	3
7	Cammarata, Jessica	FR	Lynchburg	13.12 (+0.4)	3(5)	2
8	Perry, Destaunia	SO	Lynchburg	13.14 (+0.4)	3(6)	1
9	Rios, Grace	FR	Roanoke	13.27 (+0.4)	2(3)	
10	Berg, Donzailya	FR	Lynchburg	13.27 (+0.1)	1(1)	
11	Neff, Destiny	FR	Bridgewater (	13.34 (+0.4)	3(7)	
12	Harris, Shannon	SO	Virginia Wesl	13.35 (+0.1)	1(2)	
13	Sargeant, Ranicha	FR	Guilford	13.35 (+0.4)	2(4)	
14	Alexander, Saja	SO	Roanoke	13.36 (+0.4)	3(8)	
15	Summers, Ania	SO	Eastern Menn	13.39 (+0.4)	2(5)	
16	Barrs, Graysen	SR	Emory & Hen	13.49 (+0.1)	1(3)	
17	Mosley, Quiana	FR	Roanoke	13.61 (+0.4)	2(6)	
18	Penn, Jalil	JR	Randolph	13.62 (+0.1)	1(4)	
19	Curtis, Carmen	SO	Guilford	13.80 (+0.1)	1(5)	
20	Graves, Mariah	SO	Shenandoah	14.17 (+0.1)	1(6)	
21	Kindsvater, Samantha	SO	Washington a	15.03 (+0.4)	2(7)	

**#12 Women's 200 Meters**

☿ Conference	23.87	Amber Celen
# Meet	24.72	Robin Yerkes

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Wilkerson, Shamyra	JR	Shenandoah	25.21 (+0.6)	3(1)	10
2	Hooker, Kacee	FR	Bridgewater (	25.89 (+0.6)	3(2)	8
3	Cammarata, Jessica	FR	Lynchburg	26.11 (+0.6)	3(3)	6
4	Doherty, Nikki	JR	Washington a	26.38 (+0.6)	3(4)	5
5	Moreau, Alison	SO	Roanoke	26.43 (+0.6)	3(5)	4
6	Harris, Shannon	SO	Virginia Wesl	26.67 (+0.4)	2(1)	3
7	Francis, Faith	FR	Lynchburg	26.97 (+0.6)	3(6)	2
8	Sheets, Jordan	JR	Randolph	27.02 (+0.4)	2(2)	1
9	Aurand, Claire	JR	Roanoke	27.16 (+0.4)	2(3)	
10	Rosenwasser, Jessica	SR	Washington a	27.47 (+0.4)	2(4)	
11	White, Taylor	JR	Shenandoah	27.56 (+0.4)	2(5)	
12	Neff, Destiny	FR	Bridgewater (	27.61 (+0.6)	3(7)	
13	Perry, Destaunia	SO	Lynchburg	27.80 (+0.4)	2(6)	
14	Hurst, Anna	FR	Washington a	27.90 (+0.4)	2(7)	
15	Gheen, Savannah	FR	Roanoke	28.01 (+0.4)	2(8)	
16	Barrs, Graysen	SR	Emory & Hen	28.08 (-0.4)	1(1)	
17	Berg, Donzailya	FR	Lynchburg	28.16 (+0.6)	3(8)	

**#12 Women's 200 Meters (cont'd)**

Pl	Name	Yr	Team	Time	H(Pl)	Pts
18	Penn, Jalil	JR	Randolph	28.34 (-0.4)	1(2)	
19	Childress, Kiana	JR	Eastern Menn	28.66 (-0.4)	1(3)	
20	Britt, Jamie	JR	Guilford	29.39 (-0.4)	1(4)	
21	Graves, Mariah	SO	Shenandoah	30.44 (-0.4)	1(5)	

**#6 Women's 400 Meters**

☿ Conference	54.78	Robin Yerkes
# Meet	56.03	Alease Kinney

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Mitchell, Endasia	SR	Lynchburg	58.57	3(1)	10
2	Cammarata, Jessica	FR	Lynchburg	59.16	3(2)	8
3	Hooker, Kacee	FR	Bridgewater (	59.38	3(3)	6
4	Chowning , Michaela	FR	Eastern Menn	59.56	3(4)	5
5	Meador, Tye	SR	Bridgewater (	1:01.63	2(1)	4
6	Sheets, Jordan	JR	Randolph	1:01.70	3(5)	3
7	Dollins, Alizae	SR	Virginia Wesl	1:01.80	3(6)	2
8	Casto, Bailey	FR	Lynchburg	1:03.45	2(2)	1
9	White, Taylor	JR	Shenandoah	1:03.47	2(3)	
10	Lerro, Jackie	SO	Lynchburg	1:03.51	3(7)	
11	Blake, Savannah	FR	Bridgewater (	1:04.29	2(4)	
12	Spanfeller, Jamie	FR	Washington a	1:04.45	2(5)	
13	Francis, Faith	FR	Lynchburg	1:04.57	3(8)	
14	Ramsden, Angela	SO	Lynchburg	1:04.98	2(6)	
15	Crocker, Niya	FR	Virginia Wesl	1:05.23	2(7)	
16	Caple, Terra	JR	Virginia Wesl	1:05.83	2(8)	
17	Robben, Madeleine	SO	Roanoke	1:08.36	1(1)	
18	Philleo, Kaillee	SO	Roanoke	1:08.45	1(2)	

**#20 Women's 800 Meters**

☿ Conference	2:07.32	Carmen Graves
# Meet	2:11.80	Hannah Chappell-Dick

Pl	Name	Yr	Team	Time	H(Pl)	Pts
1	Schiffman, Avery	FR	Washington a	2:20.58	3(1)	10
2	Cunningham, Anne	SO	Washington a	2:21.11	3(2)	8
3	Seybold, Margaret	SR	Washington a	2:21.92	3(3)	6
4	Cholak, Michela	JR	Lynchburg	2:24.79	3(4)	5
5	Barthol, Allison	SO	Roanoke	2:26.58	3(5)	4
6	Pace, Didi	SO	Washington a	2:30.50	3(6)	3
7	Anderson, Whitney	FR	Shenandoah	2:32.28	2(1)	2
8	Watson, Morgan	SR	Lynchburg	2:32.75	3(7)	1
9	Shelly, Abigail	SO	Eastern Menn	2:33.41	2(2)	
10	Nelson, Anna	SO	Washington a	2:35.02	3(8)	
11	Mack, Delia	JR	Shenandoah	2:35.73	2(3)	
12	Bearisto, Elizabeth	JR	Randolph	2:36.66	2(4)	
13	Bernardo, Ananya	SO	Guilford	2:37.06	2(5)	

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**#20 Women's 800 Meters (cont'd)**

Pl Name	Yr Team	Time	H(Pl)	Pts
14 Hatch, Maria	SO Emory & Hen	2:42.46	2(6)	
15 Williams, Ariana	FR Shenandoah	2:43.24	2(7)	
16 Dowd, Claire	FR Lynchburg	2:49.69	2(8)	
17 Saunders, Michaela	SR Randolph	2:57.29	1(1)	
18 James, Jocelin	JR Virginia Wesl	3:07.48	1(2)	

**#18 Women's 1500 Meters**

☿ Conference	4:25.89	Marissa Coombs
# Meet	4:38.61	Hannah Chappell-Dick

Pl Name	Yr Team	Time	H(Pl)	Pts
1 Ariel, Calista	JR Bridgewater (	4:41.83	2(1)	10
2 Seybold, Margaret	SR Washington a	4:42.27	2(2)	8
3 Pace, Didi	SO Washington a	4:51.25	2(3)	6
4 Bearup, Katie	JR Washington a	4:53.45	2(4)	5
5 Jackson, English	JR Bridgewater (	4:55.10	2(5)	4
6 Watson, Morgan	SR Lynchburg	4:55.35	2(6)	3
7 Miller, Emily	JR Shenandoah	4:56.20	2(7)	2
8 Serrell, Laurie	SR Eastern Menn	4:57.72	2(8)	1
9 Smith, Claire	SO Washington a	5:01.02	2(9)	
10 Doran, Rebecca	FR Shenandoah	5:06.60	2(10)	
11 Anderson, Whitney	FR Shenandoah	5:07.78	2(11)	
12 Good, Megan	SO Eastern Menn	5:10.79	1(1)	
13 Shelly, Abigail	SO Eastern Menn	5:11.35	1(2)	
14 Smith, Aislynn	SR Shenandoah	5:21.45	2(12)	
15 Lorenzi, Teah	FR Virginia Wesl	5:36.79	1(3)	
16 Atkinson, Erin	FR Shenandoah	5:43.82	1(4)	
17 Kinka, Destiny	FR Virginia Wesl	5:54.06	1(5)	
18 Wurgesa, Ermela	FR Randolph	6:01.58	1(6)	

**#22 Women's 5000 Meters**

☿ Conference	16:48.60	Casey Smith
# Meet	17:29.84	Jessica Shaw

Pl Name	Yr Team	Time	Pts
1 Ariel, Calista	JR Bridgewater (	18:09.39	10
2 Jackson, English	JR Bridgewater (	18:29.56	8
3 Bearup, Katie	JR Washington a	18:37.42	6
4 Yates, Samantha	SR Washington a	18:40.56	5
5 Burnett, Stephanie	SO Lynchburg	18:46.07	4
6 Miller, Emily	JR Shenandoah	18:46.26	3
7 Albright, Olivia	FR Washington a	18:50.60	2
8 Schreiber, Samantha	SR Lynchburg	19:03.50	1
9 Doran, Rebecca	FR Shenandoah	19:05.55	
10 Johnson, Kaitlyn	SO Lynchburg	19:16.10	
11 Rea, Jenna	SR Bridgewater (	19:20.94	
12 Serrell, Laurie	SR Eastern Menn	19:41.41	

**#22 Women's 5000 Meters (cont'd)**

Pl Name	Yr Team	Time	Pts
13 Grupp, Erica	SO Emory & Hen	20:14.02	
14 Keeley, Mallory	FR Washington a	20:26.28	
15 Chambers, Samantha	FR Shenandoah	20:28.63	
16 Nowlin, Caroline	SR Washington a	20:33.81	
17 Miluski, Kristi	SR Washington a	20:41.64	
18 McGuire , Alette	SO Emory & Hen	20:45.49	
19 Schriever, Erin	FR Randolph	24:13.42	
Watson, Morgan	SR Lynchburg	DNF	

**#14 Women's 10000 Meters**

☿ Conference	35:05.63	Casey Smith
# Meet	37:58.71	Casey Mackintosh

Pl Name	Yr Team	Time	Pts
1 Jackson, English	JR Bridgewater (	38:13.67	10
2 Schreiber, Samantha	SR Lynchburg	38:15.99	8
3 Burnett, Stephanie	SO Lynchburg	38:16.25	6
4 McMichael, Kirsten	SR Washington a	38:25.04	5
5 Miller, Emily	JR Shenandoah	39:41.04	4
6 Rea, Jenna	SR Bridgewater (	39:53.11	3
7 Johnson, Kaitlyn	SO Lynchburg	40:09.11	2
8 Harris, Katie	SO Washington a	40:23.87	1
9 Macias, Jennifer	FR Shenandoah	45:06.62	
Bradach, Ellie	JR Washington a	DNF	

**#4 Women's 100m Hurdles**

☿ Conference	14.70	Sarah Witt
# Meet	14.70	Sarah Witt

Pl Name	Yr Team	Time	H(Pl)	Pts
1 Valle, Emily	JR Bridgewater (	15.07 (+0.7)	2(1)	10
2 Lacy, Maya	SO Lynchburg	15.31 (+0.7)	2(2)	8
3 Lippert, Lily	FR Roanoke	15.64 (+0.7)	2(3)	6
4 Doherty, Nikki	JR Washington a	15.74 (+0.7)	2(4)	5
5 Scales, Zoe	FR Lynchburg	16.05 (+0.7)	2(5)	4
6 Koepfinger, Hannah	FR Roanoke	16.19 (+0.7)	2(6)	3
7 Hurst, Anna	FR Washington a	16.29 (-1.0)	1(1)	2
8 Fitzpatrick, Erin	SO Bridgewater (	16.88 (-1.0)	1(2)	1
9 Matthews, Amaya	SO Lynchburg	16.96 (+0.7)	2(7)	
10 Perry, Destautia	SO Lynchburg	17.29 (+0.7)	2(8)	

**#10 Women's 400m Hurdles**

☿ Conference	1:01.82	Janey Fugate
# Meet	1:03.69	Janey Fugate

Pl Name	Yr Team	Time	H(Pl)	Pts
1 Valle, Emily	JR Bridgewater (	1:04.66	2(1)	10



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**RESULTS**

**#10 Women's 400m Hurdles (cont'd)**

Pl	Name	Yr Team	Time	H(Pl)	Pts
2	Washington, Kwonsha	SR Virginia Wesl	1:05.14	2(2)	8
3	Mitchell, Endasia	SR Lynchburg	1:05.56	2(3)	6
4	Koepfinger, Hannah	FR Roanoke	1:06.21	2(4)	5
5	Davis, Lizzie	FR Lynchburg	1:06.44	2(5)	4
6	Lippert, Lily	FR Roanoke	1:07.78	2(6)	3
7	Jones, Murfee	FR Washington a	1:09.60	2(7)	2
8	Fitzpatrick, Erin	SO Bridgewater (	1:11.70	2(8)	1
9	Smith, Aislynn	SR Shenandoah	1:12.99	1(1)	
10	Mallette, Brittany	JR Roanoke	1:13.28	1(2)	
11	Reese, Keaira	JR Lynchburg	1:19.85	1(3)	

**#2 Women's 3000m Steeple**

¢	Conference	10:57.34	Amy Smith
#	Meet	11:22.19	Becca Taylor

Pl	Name	Yr Team	Time	Pts
1	Ariel, Calista	JR Bridgewater (	# 11:11.53	10
2	Schreiber, Samantha	SR Lynchburg	11:43.29	8
3	Cholak, Michela	JR Lynchburg	11:44.16	6
4	Watson, Morgan	SR Lynchburg	11:47.52	5
5	Smith, Aislynn	SR Shenandoah	12:12.33	4
6	Stephenson, Sara	FR Washington a	12:18.30	3
7	Good, Megan	SO Eastern Menn	12:25.98	2
8	Hoaglund, Maddie	SO Washington a	12:52.84	1
9	Mattson, Alexis	SO Roanoke	13:01.42	
10	Chambers, Samantha	FR Shenandoah	13:15.06	

**#16 Women's 4 x 100m Relay**

¢	Conference	46.54	Roanoke
#	Meet	46.84	Osborne, France, Mason,

Pl	Team	Time	H(Pl)	Pts
1	Bridgewater (Va.) (A) 1) Meador, Tye SR 3) Hooker, Kacee FR	48.65	2(1)	10
2	Lynchburg (A) 1) Perry, Destautonia SO 3) Cammarata, Jessica FR	49.69	2(2)	8
3	Roanoke (A) 1) Alexander, Saja SO 3) Rios, Grace FR	49.88	2(3)	6
4	Washington and Lee (A) 1) Kindsvater, Samantha SO 3) Rosenwasser, Jessica SR	50.51	2(4)	5
5	Virginia Wesleyan (A) 1) Washington, Kwonsha SR 3) Caple, Terra JR	50.58	2(5)	4

**#16 Women's 4 x 100m Relay (cont'd)**

Pl	Team	Time	H(Pl)	Pts
6	Shenandoah (A) 1) White, Taylor JR 3) Williams, Ariana FR	50.60	1(1)	3
7	Guilford (A) 1) Pitts, Zarea SO 3) Sargeant, Ranicha FR	52.10	2(6)	2
8	Randolph (A) 1) Kelly, Tiffanie FR 3) Penn, Jalil JR	52.66	1(2)	1
	Eastern Mennonite (A) 1) Childress, Kiana JR 3) Summers, Ania SO	DQ		1

**#24 Women's 4 x 400m Relay**

¢	Conference	3:49.24	Roanoke
#	Meet	3:54.07	Roanoke

Pl	Team	Time	H(Pl)	Pts
1	Lynchburg (A) 1) Davis, Lizzie FR 3) Cammarata, Jessica FR	4:06.86	2(1)	10
2	Virginia Wesleyan (A) 1) Washington, Kwonsha SR 3) Crocker, Niya FR	4:07.56	2(2)	8
3	Washington and Lee (A) 1) Spanfeller, Jamie FR 3) Jones, Murfee FR	4:09.84	2(3)	6
4	Bridgewater (Va.) (A) 1) Meador, Tye SR 3) Hooker, Kacee FR	4:11.26	2(4)	5
5	Roanoke (A) 1) Moreau, Alison SO 3) Aurand, Claire JR	4:16.46	2(5)	4
6	Shenandoah (A) 1) Mack, Delia JR 3) Williams, Ariana FR	4:25.14	2(6)	3
7	Randolph (A) 1) Bearisto, Elizabeth JR 3) Saunders, Michaela SR	4:29.57	2(7)	2
8	Eastern Mennonite (A) 1) Chowning, Michaela FR 3) Spears, Danielle FR	4:31.62	2(8)	1

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## RESULTS

### #25 Women's High Jump

☿ Conference	1.73m	Vicki Osinga
# Meet	1.69m	E Hollett, M Briggs

Pl	Name	Yr	Team	Mark	Pts
1	Chowning, Michaela	FR	Eastern Menn	1.69m	10
2	Briggs, Mara	SR	Roanoke	1.66m	8
3	Berg, Donzailya	FR	Lynchburg	1.57m	5
3	Chaffins, Meghan	SO	Randolph	1.57m	5
3	Moreau, Alison	SO	Roanoke	1.57m	5
6	Davis, Lizzie	FR	Lynchburg	1.57m	3
7	Castellana, Alexa	JR	Washington a	1.52m	2
8	Fitzpatrick, Erin	SO	Bridgewater (	1.47m	1
9	Leonard, Sarah	JR	Washington a	1.47m	
9	Mitchell, Endasia	SR	Lynchburg	1.47m	
11	Gilbert, Taylor	FR	Emory & Hen	1.47m	
12	Maku, Batres	JR	Shenandoah	1.42m	
12	Hunley, Taja	FR	Randolph	1.42m	
14	Newman, Olivia	FR	Roanoke	1.42m	
15	McElroy, Katie	JR	Bridgewater (	1.42m	
16	Green, Leah	SO	Washington a	1.37m	
	Mack, Delia	JR	Shenandoah	NH	

### #27 Women's Pole Vault

☿ Conference	3.94m	Laura Rosenberger
# Meet	3.77m	Christina Rhodes

Pl	Name	Yr	Team	Mark	Pts
1	Baxter, Lindsey	JR	Roanoke	3.31m	10
2	Mitchell, Endasia	SR	Lynchburg	3.31m	8
3	Trotto, Claire	SO	Roanoke	3.31m	6
4	Tester, Louise	SO	Roanoke	3.21m	5
5	Jones, Murfee	FR	Washington a	3.11m	4
6	Vanwinkle, Alexis	FR	Randolph	3.01m	3
7	Guerra, Jillian	FR	Lynchburg	3.01m	2
8	Casto, Bailey	FR	Lynchburg	2.86m	1
9	Furr, Anne	FR	Washington a	2.71m	
10	Washington, Kwonsha	SR	Virginia Wesl	2.56m	
11	Crawford, Shanda	FR	Lynchburg	2.26m	
	VanAken, Maddie	SR	Lynchburg	NH	

### #29 Women's Long Jump

☿ Conference	5.94m	Jaleesa Osburne
# Meet	5.94m	Jaleesa Osborne

Pl	Name	Yr	Team	Mark	F(Pl)	Pts
1	Meador, Tye	SR	Bridgewater (	5.76m (+0.2)	2(1)	10
2	Berg, Donzailya	FR	Lynchburg	5.48m (+1.1)	2(2)	8
3	Valle, Emily	JR	Bridgewater (	5.29m (+1.5)	2(3)	6

### #29 Women's Long Jump (cont'd)

Pl	Name	Yr	Team	Mark	F(Pl)	Pts
4	VanAken, Maddie	SR	Lynchburg	5.22m (+0.0)	1(1)	5
5	Chaffins, Meghan	SO	Randolph	5.17m (+0.0)	2(4)	4
6	Scales, Zoe	FR	Lynchburg	5.06m (+1.7)	2(5)	3
7	Perry, Destaunia	SO	Lynchburg	4.87m (+1.6)	2(6)	2
8	Castellana, Alexa	JR	Washington a	4.84m (+0.9)	1(2)	1
9	Blake, Savannah	FR	Bridgewater (	4.80m (+1.6)	2(7)	
10	Sargeant, Ranicha	FR	Guilford	4.67m (+0.0)	1(3)	
11	Spears, Danielle	FR	Eastern Menn	4.60m (+0.0)	2(8)	
12	Gheen, Savannah	FR	Roanoke	4.55m (+2.1)	1(4)	
13	Britt, Jamie	JR	Guilford	4.54m (+1.4)	2(9)	
14	Hunley, Taja	FR	Randolph	4.52m (+1.0)	1(5)	
15	Ryman, Brooke	FR	Roanoke	4.42m (+2.2)	1(6)	
16	Dixon, Ayanna	SR	Shenandoah	4.40m (+2.6)	1(7)	
17	Neff, Destiny	FR	Bridgewater (	4.25m (+0.9)	1(8)	
18	Lowe, Julie	SO	Washington a	4.15m (-0.1)	1(9)	

### #31 Women's Triple Jump

☿ Conference	12.04m	Kristen Trice
# Meet	11.47m	Wendy Driver

Pl	Name	Yr	Team	Mark	F(Pl)	Pts
1	VanAken, Maddie	SR	Lynchburg	11.22m (+1.4)	2(1)	10
2	Castellana, Alexa	JR	Washington a	10.84m (+1.3)	2(2)	8
3	Reese, Keaira	JR	Lynchburg	10.83m (+1.1)	2(3)	6
4	Meador, Tye	SR	Bridgewater (	10.74m (+1.0)	2(4)	5
5	Chaffins, Meghan	SO	Randolph	10.60m (-0.4)	1(1)	4
6	Davis, Lizzie	FR	Lynchburg	10.52m (+1.2)	2(5)	3
7	Spears, Danielle	FR	Eastern Menn	10.30m (+0.7)	1(2)	2
8	Hunley, Taja	FR	Randolph	10.21m (-0.7)	2(6)	1
9	Dollins, Alizae	SR	Virginia Wesl	10.17m (+0.0)	1(3)	
10	Lacy, Maya	SO	Lynchburg	10.02m (+1.6)	2(7)	
11	Ryman, Brooke	FR	Roanoke	9.94m (+2.4)	2(8)	
12	Green, Leah	SO	Washington a	9.79m (+1.1)	1(4)	
13	Blake, Savannah	FR	Bridgewater (	9.78m (+0.9)	1(5)	
14	Leonard, Sarah	JR	Washington a	9.69m (+0.0)	1(6)	
15	Gheen, Savannah	FR	Roanoke	9.58m (+0.0)	1(7)	
16	Lowe, Julie	SO	Washington a	9.51m (+2.7)	1(8)	
17	Dixon, Ayanna	SR	Shenandoah	9.18m (+0.0)	1(9)	
	McElroy, Katie	JR	Bridgewater (	NM (NW)	1	
	Scales, Zoe	FR	Lynchburg	NM (NW)	2	

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## RESULTS

### #33 Women's Shot Put

☿ Conference	13.60m	Crystal Campbell
# Meet	12.92m	Amanda Reynolds

Pl	Name	Yr	Team	Mark	F(Pl)	Pts
1	Woods, Samantha	JR	Lynchburg	12.31m	2(1)	10
2	Calascione, Jennifer	SR	Roanoke	11.94m	2(2)	8
3	Moseley, Sydne	JR	Bridgewater (	11.36m	2(3)	6
4	Morrow, Dale	JR	Lynchburg	11.07m	2(4)	5
5	Suamataia-Teo, Cheyenne	SO	Eastern Menn	11.02m	2(5)	4
6	Cunningham, Cor'shauna	FR	Eastern Menn	11.02m	2(5)	3
7	Sale, Madelyn	FR	Roanoke	11.01m	2(7)	2
8	Benefield, Elle	SO	Lynchburg	10.93m	2(8)	1
9	Coleman, Emma	SO	Washington a	10.57m	1(1)	
10	Lloyd, Nia	FR	Bridgewater (	10.40m	1(2)	
11	Murray, Rachel	SR	Lynchburg	10.27m	2(9)	
12	Stevenson, Teliya	SR	Randolph	10.22m	2(10)	
13	Ferguson, Chloe	SR	Bridgewater (	10.08m	2(11)	
14	Waddell, Alexis	SO	Guilford	9.69m	1(3)	
15	Ryan, Jamie	SO	Shenandoah	9.58m	1(4)	
16	Haugsdahl, Disa	SO	Lynchburg	9.44m	1(5)	
17	Doss, Toni	SR	Eastern Menn	9.40m	1(6)	
18	Lepri, Natalie	SO	Shenandoah	9.23m	1(7)	
19	Kloster, Olivia	FR	Bridgewater (	9.06m	1(8)	
20	Zehr, Lorin	SO	Emory & Hen	8.98m	1(9)	
21	higgins, micheleigh	SO	Guilford	8.67m	1(10)	
22	Custer, Renee	SO	Shenandoah	8.34m	1(11)	
23	Masiello, Nicole	FR	Shenandoah	7.61m	1(12)	
24	O'Neal, Kyia	SO	Guilford	7.27m	1(13)	

### #35 Women's Discus

☿ Conference	46.04m	Katelyn Senger
# Meet	42.18m	Katelyn Senger

Pl	Name	Yr	Team	Mark	F(Pl)	Pts
1	Calascione, Jennifer	SR	Roanoke	40.23m	2(1)	10
2	Cunningham, Cor'shauna	FR	Eastern Menn	37.61m	2(2)	8
3	Custer, Renee	SO	Shenandoah	37.01m	2(3)	6
4	Diallo, Mariama	FR	Virginia Wesl	35.08m	2(4)	5
5	Murray, Rachel	SR	Lynchburg	34.66m	2(5)	4
6	Waddell, Alexis	SO	Guilford	34.47m	1(1)	3
7	Sale, Madelyn	FR	Roanoke	33.44m	2(6)	2
8	Jean-Jules, Jayna	JR	Roanoke	32.80m	2(7)	1
9	Coleman, Emma	SO	Washington a	32.51m	1(2)	
10	Moughrabi, Nicole	SR	Roanoke	31.98m	2(8)	
11	Wilhelm, Kayla	SR	Randolph	31.15m	1(3)	
12	Stevenson, Teliya	SR	Randolph	30.72m	2(9)	
13	Kloster, Olivia	FR	Bridgewater (	30.53m	2(10)	
14	Zehr, Lorin	SO	Emory & Hen	30.48m	1(4)	

### #35 Women's Discus (cont'd)

Pl	Name	Yr	Team	Mark	F(Pl)	Pts
15	Moseley, Sydne	JR	Bridgewater (	28.80m	1(5)	
16	Lepri, Natalie	SO	Shenandoah	28.70m	1(6)	
17	Morrow, Dale	JR	Lynchburg	27.83m	2(11)	
18	Suamataia-Teo, Cheyenne	SO	Eastern Menn	27.71m	1(7)	
19	Doss, Toni	SR	Eastern Menn	27.37m	1(8)	
20	Benefield, Elle	SO	Lynchburg	27.23m	1(9)	
21	Ryan, Jamie	SO	Shenandoah	27.18m	1(10)	
22	Lloyd, Nia	FR	Bridgewater (	25.19m	1(11)	
23	Ruff, Kennedy	FR	Guilford	21.12m	1(12)	
24	O'Neal, Kyia	SO	Guilford	19.68m	1(13)	

### #37 Women's Hammer

☿ Conference	50.69m	Kim Alfaro
# Meet	49.66m	Whitney Fitzwater

Pl	Name	Yr	Team	Mark	F(Pl)	Pts
1	Moughrabi, Nicole	SR	Roanoke	42.52m	2(1)	10
2	Jean-Jules, Jayna	JR	Roanoke	42.25m	2(2)	8
3	Calascione, Jennifer	SR	Roanoke	41.54m	2(3)	6
4	Woods, Samantha	JR	Lynchburg	39.66m	2(4)	5
5	Lepri, Natalie	SO	Shenandoah	39.42m	2(5)	4
6	Murray, Rachel	SR	Lynchburg	38.03m	2(6)	3
7	Stevenson, Teliya	SR	Randolph	36.40m	2(7)	2
8	Wilhelm, Kayla	SR	Randolph	35.97m	2(8)	1
9	Moseley, Sydne	JR	Bridgewater (	34.79m	2(9)	
10	Lloyd, Nia	FR	Bridgewater (	33.66m	1(1)	
11	Benefield, Elle	SO	Lynchburg	33.36m	1(2)	
12	Doss, Toni	SR	Eastern Menn	33.36m	1(2)	
13	Coleman, Emma	SO	Washington a	33.27m	2(10)	
14	Suamataia-Teo, Cheyenne	SO	Eastern Menn	32.36m	1(4)	
15	Ryan, Jamie	SO	Shenandoah	31.40m	1(5)	
16	Sale, Madelyn	FR	Roanoke	31.17m	1(6)	
17	Ferguson, Chloe	SR	Bridgewater (	29.89m	1(7)	
18	Zehr, Lorin	SO	Emory & Hen	28.98m	1(8)	
19	Kloster, Olivia	FR	Bridgewater (	28.64m	1(9)	
20	Custer, Renee	SO	Shenandoah	27.13m	2(11)	
21	O'Neal, Kyia	SO	Guilford	22.23m	1(10)	
	Ruff, Kennedy	FR	Guilford	NM	1	

### #39 Women's Javelin

☿ Conference	42.44m	Megan Wiseman
# Meet	39.57m	Leah Heal

Pl	Name	Yr	Team	Mark	Pts
1	Murray, Rachel	SR	Lynchburg	38.59m	10
2	Vandegriff, Brynn	FR	Virginia Wesl	32.97m	8
3	Haugsdahl, Disa	SO	Lynchburg	32.31m	6

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**RESULTS****#39 Women's Javelin (cont'd)**

Pl	Name	Yr Team	Mark	Pts
4	Custer, Renee	SO Shenandoah	31.43m	5
5	Ryan, Jamie	SO Shenandoah	28.76m	4
6	Petsch, Shannon	SR Guilford	28.58m	3
7	Wilhelm, Kayla	SR Randolph	25.55m	2
8	Mack, Delia	JR Shenandoah	25.22m	1
9	Perry, Destania	SO Lynchburg	24.77m	
10	Carll, Grace	SR Roanoke	23.69m	
11	Denning, Lexi	SR Roanoke	23.19m	
12	higgins, micheleigh	SO Guilford	23.01m	
13	Caretti, Jody	FR Lynchburg	22.57m	
14	Redlich, Marlene	FR Randolph	21.52m	
15	Zehr, Lorin	SO Emory & Hen	21.03m	
16	Lloyd, Nia	FR Bridgewater (	20.03m	
17	Tester, Louise	SO Roanoke	17.36m	
18	O'Neal, Kyia	SO Guilford	12.73m	
	Moseley, Sydne	JR Bridgewater (	NM	

**Women's Scores**

Pl	Team	Code	Score
1	Lynchburg	LYNC	222
2	Bridgewater (Va.)	BRID	146
3	Roanoke	ROAN	127
4	Washington and Lee	WLEE	109
5	Shenandoah	SHEN	61
6	Eastern Mennonite	EAVA	40
7	Virginia Wesleyan	VIRG	38
8	Randolph	RAND	29
9	Guilford	GUIL	8