

VHSL 5A CONFERENCE 12 CHAMPIONSHIP

Richmond, VA
Varina High School

May 19, 2016 - May 20, 2016



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RESULTS

#6 Men's 100 Meters

☿ Conference 11.01 Malik Gurley

Finals

PI Name	Yr Team	Time	Pts	Wind: (+0.0)
1 Gurley, Malik	SR Prince Georg	11.04	10	
2 bivens, aman	JR Prince Georg	11.09	8	
3 Brown, Keith	JR Prince Georg	11.14	6	
4 McCray, Jesson	JR Meadowbroo	11.39	5	
5 sandiford, royel	JR Prince Georg	11.44	4	
6 La Pierre, Jevon	SO L.C. Bird	11.48	3	
7 Harris, Braxton	JR Varina	11.51	2	
8 Davis, Jourdan	SR Varina	11.58	1	

Prelims

PI Name	Yr Team	Time	H(PI)
1 Brown, Keith	JR Prince Georg	11.09 (NW)Q	2(1)
2 Gurley, Malik	SR Prince Georg	11.14 (NW)Q	3(1)
3 bivens, aman	JR Prince Georg	11.15 (NW)q	2(2)
4 McCray, Jesson	JR Meadowbroo	11.18 (NW)Q	1(1)
5 sandiford, royel	JR Prince Georg	11.23 (NW)q	1(2)
6 La Pierre, Jevon	SO L.C. Bird	11.30 (NW)q	3(2)
7 Harris, Braxton	JR Varina	11.38 (NW)q	2(3)
8 Davis, Jourdan	SR Varina	11.43 (NW)q	3(3)
9 Carter, Jeremaiah	SO Matoaca High	11.43 (NW)	3(3)
10 Raymond*, Nadear	JR Meadowbroo	11.45 (NW)	3(5)
11 Henderson, De'Andre	JR Highland Spri	11.56 (NW)	2(4)
12 Smith, RayQuan	FR Highland Spri	11.57 (NW)	2(5)
13 Hill, Josiah	FR L.C. Bird	11.65 (NW)	1(3)
14 Johnston, Jordan	JR L.C. Bird	11.69 (NW)	2(6)
15 Sharpe, Jakai	SO Highland Spri	11.79 (NW)	1(4)
16 Davis, Paul	SO Meadowbroo	11.91 (NW)	2(7)
17 Richardson, Stephen	SO Varina	11.91 (NW)	1(5)
18 Walker, Marco	FR Matoaca High	12.52 (NW)	3(6)

#18 Men's 200 Meters

☿ Conference 22.21 Malik Gurley

Finals

PI Name	Yr Team	Time	Pts	Wind: (+0.0)
1 Gurley, Malik	SR Prince Georg	22.51	10	
2 bivens, aman	JR Prince Georg	22.54	8	
3 Brown, Keith	JR Prince Georg	22.68	6	
4 Davis, Jourdan	SR Varina	22.87	5	
5 Samuel, Tarik	JR Prince Georg	22.89	4	
6 Kemp, Joseph	JR Prince Georg	22.98	3	
7 Lewis, Aaron	SO L.C. Bird	23.01	2	
8 McCray, Jesson	JR Meadowbroo	23.11	1	

#18 Men's 200 Meters (cont'd)

Prelims

PI Name	Yr Team	Time	H(PI)
1 Gurley, Malik	SR Prince Georg	22.40 (NW)Q	2(1)
2 Davis, Jourdan	SR Varina	22.49 (NW)q	2(2)
3 Brown, Keith	JR Prince Georg	22.64 (NW)Q	1(1)
4 bivens, aman	JR Prince Georg	22.66 (NW)Q	3(1)
5 Samuel, Tarik	JR Prince Georg	22.69 (NW)q	1(2)
6 McCray, Jesson	JR Meadowbroo	22.74 (NW)q	2(3)
7 Kemp, Joseph	JR Prince Georg	22.81 (NW)q	1(3)
8 Lewis, Aaron	SO L.C. Bird	22.85 (NW)q	3(2)
9 Raymond*, Nadear	JR Meadowbroo	22.88 (NW)	2(4)
10 Johnston, Jordan	JR L.C. Bird	23.04 (NW)	3(3)
11 La Pierre, Jevon	SO L.C. Bird	23.18 (NW)	2(5)
12 Harris, Braxton	JR Varina	23.23 (NW)	2(6)
13 Carter, Jeremaiah	SO Matoaca High	23.48 (NW)	3(4)
14 Claytor, Roland	JR Varina	23.49 (NW)	1(4)
15 Smith, RayQuan	FR Highland Spri	23.73 (NW)	3(5)
16 Blake, Avion	JR Highland Spri	23.78 (NW)	1(5)
17 Henderson, De'Andre	JR Highland Spri	23.92 (NW)	3(6)
18 Warner, Anthony	SR Matoaca High	24.10 (NW)	2(7)
19 Davis, Paul	SO Meadowbroo	24.59 (NW)	1(6)
20 Richardson, Stephen	SO Varina	24.59 (NW)	3(7)
21 webb, tommy	JR Prince Georg	26.09 (NW)	1(7)

#12 Men's 400 Meters

☿ Conference 49.98 Ben Taminer

PI Name	Yr Team	Time	H(PI)	Pts
1 Samuel, Tarik	JR Prince Georg	☿ 49.77	3(1)	10
2 Hill, Josiah	FR L.C. Bird	50.15	3(2)	8
3 Kemp, Joseph	JR Prince Georg	50.28	3(3)	6
4 Johnston, Jordan	JR L.C. Bird	50.30	3(4)	5
5 Midgett, Keyonte	FR Highland Spri	51.57	3(5)	4
6 Davis, Jourdan	SR Varina	51.62	3(6)	3
7 St. Helen, Chris	JR Highland Spri	52.65	2(1)	2
8 Cohen, Russell	JR Matoaca High	52.94	3(7)	1
9 Talley, Deonte	FR Matoaca High	53.02	2(2)	
10 samuel, Kai	SO Prince Georg	53.60	1(1)	
11 Lane, Josiah	JR Meadowbroo	53.65	1(2)	
12 Hodges*, Matthew	JR Meadowbroo	54.04	2(3)	
13 Rodriguez, Alec	JR Meadowbroo	54.19	1(3)	
14 Scott, Trey	SO Varina	54.35	2(4)	
15 Griner, Mario	SR Varina	54.39	1(4)	
16 White, Tahjhea	SR Highland Spri	54.86	3(8)	

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#16 Men's 800 Meters

☿ Conference		1:59.76	Josh Willard		
Pl	Name	Yr Team	Time	H(Pl)	Pts
1	Evans, Tyron	SR Highland Spri	2:00.87	2(1)	10
2	Sullivan, Kenny	JR L.C. Bird	2:01.51	2(2)	8
3	Stevens, Kaleb	SR Prince Georg	2:02.14	2(3)	6
4	Fountain, Jordan	SR Varina	2:03.22	2(4)	5
5	Patterson, Matthew	FR Matoaca High	2:05.62	2(5)	4
6	McKay, Tucker	SR Matoaca High	2:05.75	2(6)	3
7	Johnson, Brennan	SR Highland Spri	2:06.98	1(1)	2
8	Fountain, Corey	JR Varina	2:07.30	2(7)	1
9	Hill, Josiah	FR L.C. Bird	2:07.60	2(8)	
10	Mills, Ezekiel	SR Varina	2:09.70	1(2)	
11	Maldonado, Abiasaph	JR Prince Georg	2:11.59	1(3)	
12	Ross-Clunis, Henry	JR Highland Spri	2:13.77	1(4)	
13	Harper, Charles	SR Meadowbroo	2:20.48	1(5)	
14	Wright, Tariq	JR Meadowbroo	2:20.77	1(6)	
15	allen, Michael	SO Prince Georg	2:27.98	1(7)	

#8 Men's 1600 Meters

☿ Conference		4:21.40	Dalton Randall		
Pl	Name	Yr Team	Time	H(Pl)	Pts
1	Fountain, Jordan	SR Varina	4:33.96	2(1)	10
2	Evans, Tyron	SR Highland Spri	4:36.91	2(2)	8
3	Alex, Albin	JR L.C. Bird	4:40.11	2(3)	6
4	McNulty, Tyler	JR L.C. Bird	4:42.90	2(4)	5
5	Johnson, Brennan	SR Highland Spri	4:47.61	1(1)	4
6	Wood, Samuel	SO Prince Georg	4:47.75	2(5)	3
7	Ross-Clunis, Henry	JR Highland Spri	4:47.80	1(2)	2
8	Harris, Tyler	SO L.C. Bird	4:48.21	2(6)	1
9	Cromwell, Shahmique	FR L.C. Bird	4:49.39	2(7)	
10	Mills, Ezekiel	SR Varina	4:51.50	2(8)	
11	Blanks, Justin	SO Matoaca High	4:51.65	1(3)	
12	Fountain, Corey	JR Varina	4:57.03	1(4)	
13	Gruwell, Austin	JR Matoaca High	5:02.40	1(5)	
14	Arapoff, Nathan	FR Matoaca High	5:05.64	1(6)	
15	Johnson, Ross	JR Prince Georg	5:19.50	1(7)	
16	Ramsey, Preston	JR Prince Georg	5:19.61	1(8)	

#20 Men's 3200 Meters

☿ Conference		9:45.15	Dalton Randall		
Pl	Name	Yr Team	Time	H(Pl)	Pts
1	Sullivan, Kenny	JR L.C. Bird	10:16.36		10
2	McNulty, Tyler	JR L.C. Bird	10:17.34		8
3	Wood, Samuel	SO Prince Georg	10:25.56		6
4	Alex, Albin	JR L.C. Bird	10:30.89		5
5	Harris, Tyler	SO L.C. Bird	10:52.10		4

#20 Men's 3200 Meters (cont'd)

Pl	Name	Yr Team	Time	Pts
6	Cromwell, Shahmique	FR L.C. Bird	11:00.06	3
7	Cook-Henderson, James	SR Varina	11:40.59	2
8	Johnson, Micheal	FR Varina	12:06.02	1
9	Barber, Savion	SR Matoaca High	12:06.44	
10	Wood, Jacob	SO Prince Georg	12:09.51	
11	Jones, Jaedon	FR Highland Spri	12:19.03	

#4 Men's 110m Hurdles

☿ Conference		14.95	JaTuan Harvey		Wind: (+0.0)
Pl	Name	Yr Team	Time	Pts	
1	Elliot, Jaques	JR Prince Georg	15.40	10	
2	Berry, Thomas	JR Highland Spri	15.62	8	
3	Lewis, Aaron	SO L.C. Bird	16.55	6	
4	Neal, JaQuel	JR Highland Spri	16.82	5	
5	Tunstall, Kenneth	JR Highland Spri	17.17	4	
6	Elliot, Tavion	JR Prince Georg	17.18	3	
7	Montgomery, Jacobi	JR Prince Georg	17.29	2	
8	Claytor, Roland	JR Varina	18.00	1	

Prelims

Pl	Name	Yr Team	Time	H(Pl)
1	Elliot, Jaques	JR Prince Georg	15.47 (NW)Q	2(1)
2	Lewis, Aaron	SO L.C. Bird	15.67 (NW)Q	1(1)
3	Berry, Thomas	JR Highland Spri	15.88 (NW)q	2(2)
4	Tunstall, Kenneth	JR Highland Spri	16.73 (NW)q	1(2)
5	Elliot, Tavion	JR Prince Georg	16.83 (NW)q	2(3)
6	Neal, JaQuel	JR Highland Spri	16.86 (NW)q	2(4)
7	Montgomery, Jacobi	JR Prince Georg	17.09 (NW)q	1(3)
8	Claytor, Roland	JR Varina	18.09 (NW)q	2(5)
9	Green, Xavier	SR L.C. Bird	18.19 (NW)	2(6)
10	Honore, Aamin	JR L.C. Bird	19.10 (NW)	1(4)
11	Trapp, Micheal	SR Varina	21.39 (NW)	1(5)
12	Williams, Tyrese	FR Varina	22.40 (NW)	1(6)

#14 Men's 300m Hurdles

☿ Conference		42.22	Omary Branch		
Pl	Name	Yr Team	Time	H(Pl)	Pts
1	Evans, Brandon	SR Prince Georg	☿ 41.37	2(1)	10
2	Lewis, Aaron	SO L.C. Bird	☿ 41.37	2(1)	8
3	Elliot, Jaques	JR Prince Georg	☿ 42.14	2(3)	6
4	Elliot, Tavion	JR Prince Georg	42.61	2(4)	5
5	Berry, Thomas	JR Highland Spri	42.68	2(5)	4
6	Jones, Timothy	SO Varina	42.93	2(6)	3
7	Claytor, Roland	JR Varina	43.64	1(1)	2
8	Neal, JaQuel	JR Highland Spri	43.68	1(2)	1

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#14 Men's 300m Hurdles (cont'd)

Pl	Name	Yr Team	Time	H(Pl)	Pts
9	Honore, Aamin	JR L.C. Bird	44.60	2(7)	
10	Tunstall, Kenneth	JR Highland Spri	46.41	1(3)	
11	Green, Xavier	SR L.C. Bird	47.29	2(8)	
12	Williams, Tyrese	FR Varina	51.38	1(4)	

#10 Men's 4 x 100m Relay

Pl	Team	Time	Pts
¢	Conference	43.32	
1	Prince George High School (A)	¢ 42.53	10
	1) Brown, Keith JR	2) Gurley, Malik SR	
	3) Kemp, Joseph JR	4) bivens, aman JR	
2	Matoaca High School (A)	43.38	8
	1) Carter, Jeremiaah SO	2) Cohen, Russell JR	
	3) Goode, Cameron SO	4) Warner, Anthony SR	
3	Highland Springs (A)	43.92	6
4	Meadowbrook (A)	44.49	5
	1) Hodges*, Matthew JR	2) McCray, Jesson JR	
	3) Davis, Paul SO	4) Raymond*, Nadear JR	
5	Varina (A)	44.58	4
	1) Richardson, Stephen SO	2) Smith, Ronald JR	
	3) Mallory, Denzel JR	4) Harris, Braxton JR	
6	L.C. Bird (A)	46.02	3
	1) Chen, Jason SO	2) Goode, Preston JR	
	3) La Pierre, Jevon SO	4) Pleasants, Leon SO	

#22 Men's 4 x 400m Relay

Pl	Team	Time	Pts
¢	Conference	3:28.03	
1	Highland Springs (A)	3:31.17	10
2	Matoaca High School (A)	3:34.55	8
	1) Cohen, Russell JR	2) McKay, Tucker SR	
	3) Stokes, Jamal JR	4) Talley, Deonte FR	
3	Meadowbrook (A)	3:36.39	6
	1) Hodges*, Matthew JR	2) Hodges, Michael SR	
	3) Rodriguez, Alec JR	4) Lane, Josiah JR	
4	Varina (A)	3:37.91	5
	1) Scott, Trey SO	2) Griner, Mario SR	
	3) Taylor, Kenneth SR	4) Jones, Timothy SO	
5	L.C. Bird (A)	3:50.09	4
	1) Green, Xavier SR	2) Honore, Aamin JR	
	3) Mosley, Lawrence SO	4) Akinrinmade, Joseph SO	
	Prince George High School (A)	DQ	
	1) Elliot, Jaques JR	2) Samuel, Tarik JR	
	3) Stevens, Kaleb SR	4) samuel, Kai SO	

#2 Men's 4 x 800m Relay

Pl	Team	Time	Pts
¢	Conference	8:28.24	
1	Highland Springs (A)	¢ 8:22.63	10
2	L.C. Bird (A)	¢ 8:24.93	8
	1) Alex, Albin JR	2) Harris, Tyler SO	
	3) McNulty, Tyler JR	4) Sullivan, Kenny JR	
3	Varina (A)	¢ 8:25.40	6
	1) Fountain, Jordan SR	2) Fountain, Corey JR	
	3) Mills, Ezekiel SR	4) Taylor, Kenneth SR	
4	Matoaca High School (A)	8:45.90	5
	1) Blanks, Justin SO	2) Gruwell, Austin JR	
	3) McKay, Tucker SR	4) Patterson, Matthew FR	
5	Prince George High School (A)	9:07.26	4
	1) Johnson, Ross JR	2) Maldonado, Abiasaph JR	
	3) allen, Michael SO	4) Stevens, Kaleb SR	
6	Meadowbrook (A)	9:21.63	3
	1) Lane, Josiah JR	2) Wright, Tariq JR	
	3) Harper, Charles SR	4) Rodriguez, Alec JR	

#23 Men's High Jump

Pl	Name	Yr Team	Mark	Pts
¢	Conference	6' 2"	Z. Marshall, D. Boston	
1	Berry, Thomas	JR Highland Spri	5' 10"	10
2	Elliot, Tavion	JR Prince Georg	5' 8"	7
2	Warner, Anthony	SR Matoaca High	5' 8"	7
4J	Midgett, Keyonte	FR Highland Spri	5' 8"	4.5
4J	Jeter, Jordan	JR Meadowbroo	5' 8"	4.5
6	Henderson, De'Andre	JR Highland Spri	5' 6"	3
7J	McCray, Jesson	JR Meadowbroo	5' 6"	1.5
7J	height, james	JR Prince Georg	5' 6"	1.5
9J	Shelton, Keith	JR Varina	5' 6"	
10	Davis, Isaiah	SO Varina	5' 0"	
	Pleasants, Leon	SO L.C. Bird	NH	
	Claytor, Roland	JR Varina	NH	
	La Pierre, Jevon	SO L.C. Bird	NH	
	Talley, Deonte	FR Matoaca High	NH	

#25 Men's Pole Vault

Pl	Name	Yr Team	Mark	Pts
1	St. Helen, Chris	JR Highland Spri	15' 0"	10
2	Booker, Patrick	JR Highland Spri	12' 0"	8
3	Johnson, Brennan	SR Highland Spri	8' 6"	6
4	Berry, Thomas	JR Highland Spri	7' 0"	5

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#27 Men's Long Jump

☿ Conference		22' 11"	John Warren		
Pl	Name	Yr	Team	Mark	Pts
1	La Pierre, Jevon	SO	L.C. Bird	21' 10" (NW)	10
2	Henderson, De'Andre	JR	Highland Spri	21' 8" (NW)	8
3	Warner, Anthony	SR	Matoaca High	21' 6" (NW)	6
4	Midgett, Keyonte	FR	Highland Spri	20' 5" (NW)	5
5	Raymond*, Nadear	JR	Meadowbroo	19' 9" (NW)	4
6J	Talley, Deonte	FR	Matoaca High	19' 9" (NW)	3
7	Lane, Josiah	JR	Meadowbroo	19' 8" (NW)	2
8	Berry, Thomas	JR	Highland Spri	19' 5 1/2" (NW)	1
9	Claytor, Roland	JR	Varina	19' 2" (NW)	
10	Stokes, Jamal	JR	Matoaca High	18' 11" (NW)	
11	Hodges, Chris	JR	Varina	18' 0 1/2" (NW)	
12	Mobley, Kavoss	JR	Prince Georg	17' 11" (NW)	
13	Akinrinmade, Joseph	SO	L.C. Bird	16' 9" (NW)	
14	Chen, Jason	SO	L.C. Bird	16' 7" (NW)	
	Davis, Isaiah	SO	Varina	FOUL (NW)	
	White, Darryl	SR	Meadowbroo	FOUL (NW)	

#29 Men's Triple Jump

☿ Conference		48' 5"	John Warren		
Pl	Name	Yr	Team	Mark	Pts
1	Warner, Anthony	SR	Matoaca High	44' 5 1/4" (NW)	10
2	Stokes, Jamal	JR	Matoaca High	44' 5" (NW)	8
3	Samuel, Tarik	JR	Prince Georg	42' 9" (NW)	6
4	Berry, Thomas	JR	Highland Spri	42' 4" (NW)	5
5	Lane, Josiah	JR	Meadowbroo	42' 1" (NW)	4
6	White, Darryl	SR	Meadowbroo	41' 9" (NW)	3
7	Talley, Deonte	FR	Matoaca High	41' 1" (NW)	2
8	La Pierre, Jevon	SO	L.C. Bird	40' 9" (NW)	1
9	Neal, JaQuel	JR	Highland Spri	40' 2 1/2" (NW)	
10	Akinrinmade, Joseph	SO	L.C. Bird	40' 1" (NW)	
11	Davis, Isaiah	SO	Varina	39' 5 1/2" (NW)	
12	Raymond*, Nadear	JR	Meadowbroo	39' 4" (NW)	
13	Claytor, Roland	JR	Varina	38' 10" (NW)	
14	Williams III, Calvin	JR	Matoaca High	38' 7 1/2" (NW)	
15	Honore, Aamin	JR	L.C. Bird	37' 1" (NW)	
	Mobley, Kavoss	JR	Prince Georg	FOUL (NW)	

#31 Men's Shot Put

☿ Conference		50' 1.25"	Doug Hawthorne		
Pl	Name	Yr	Team	Mark	Pts
1	Copeland*, Chauncey	JR	Meadowbroo	49' 10"	10
2	gurley, maliki	JR	Prince Georg	47' 0"	8
3	Hall, Charles	SR	Varina	46' 9"	6
4	Daniel, Saije	SR	Highland Spri	45' 8"	5

#31 Men's Shot Put (cont'd)

Pl	Name	Yr	Team	Mark	Pts
5	Thomas, Cory	SR	Highland Spri	45' 6"	4
6	Brennan, william	JR	L.C. Bird	44' 9"	3
7	Clay III, Ben	SO	Highland Spri	44' 5"	2
8	Bland, Richard	SR	Highland Spri	42' 6"	1
9	White, Darryl	SR	Meadowbroo	40' 0"	
10	Stafford, Justin	FR	Varina	39' 4"	
11	merideth, cyler	JR	Prince Georg	37' 5"	
12J	height, james	JR	Prince Georg	37' 5"	
13	Jones, Aaron	FR	Matoaca High	37' 3"	
14	Smith, Marcel	SR	Matoaca High	35' 11"	
15	Bentley, Jaylen	FR	L.C. Bird	19' 4"	

#33 Men's Discus

☿ Conference		144' 7"	Brad Parlow		
Pl	Name	Yr	Team	Mark	Pts
1	Copeland*, Chauncey	JR	Meadowbroo	146' 5 1/2"	10
2	Clay III, Ben	SO	Highland Spri	131' 6"	8
3	Hall, Charles	SR	Varina	131' 0 1/2"	6
4	Brennan, william	JR	L.C. Bird	122' 8"	5
5	Thomas, Cory	SR	Highland Spri	121' 6 1/2"	4
6	Daniel, Saije	SR	Highland Spri	121' 3"	3
7	Smith, Marcel	SR	Matoaca High	116' 4"	2
8	gurley, maliki	JR	Prince Georg	115' 1"	1
9	height, james	JR	Prince Georg	101' 4"	
10	Manly, Jahlid	JR	Prince Georg	95' 8"	
11	Carter, Loghan	JR	Meadowbroo	94' 9"	
12	Stafford, Justin	FR	Varina	90' 2"	
13	Turner, Brandon	SR	Varina	71' 0"	
14	Bentley, Jaylen	FR	L.C. Bird	40' 5 1/2"	

#5 Women's 100 Meters

☿ Conference		12.40	Jada Cunningham		
Finals					
				Wind: (+0.0)	
Pl	Name	Yr	Team	Time	Pts
1	Temple, Kamiyah	JR	Highland Spri	12.98	10
2	Ross, Kamryn	FR	Highland Spri	13.05	8
3	Dorsey*, Carmya	SR	Meadowbroo	13.06	6
4	Smith, Tatiana	FR	Varina	13.36	5
5	Morrison, Nia	FR	Highland Spri	13.42	4
6	Wallace, Takeah	SO	L.C. Bird	13.47	3
7	Bennett, Kiara	JR	L.C. Bird	13.80	2
	Lightfoot, Brianna	SO	Highland Spri	FS	
Prelims					
Pl	Name	Yr	Team	Time	H(Pl)
1	Dorsey*, Carmya	SR	Meadowbroo	12.86 (NW)Q	1(1)

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#5 Women's 100 Meters (cont'd)

Prelims

Pl	Name	Yr Team	Time	H(Pl)
2	Ross, Kamryn	FR Highland Spri	12.91 (NW)q	1(2)
3	Temple, Kamiyah	JR Highland Spri	12.95 (NW)Q	2(1)
4	Lightfoot, Brianna	SO Highland Spri	12.98 (NW)q	2(2)
5	Smith, Tatiana	FR Varina	13.14 (NW)Q	3(1)
6	Morrison, Nia	FR Highland Spri	13.22 (NW)q	1(3)
7	Bennett, Kiara	JR L.C. Bird	13.24 (NW)q	2(3)
8	Wallace, Takeah	SO L.C. Bird	13.40 (NW)q	3(2)
9	Wright, Ajah	FR L.C. Bird	13.64 (NW)	3(3)
10	Bruce, Dasja	FR Varina	13.78 (NW)	3(4)
11	Mason, salicity	FR Prince Georg	13.94 (NW)	1(4)
12	Culmer, Tyra	JR Matoaca High	14.00 (NW)	3(5)
13	Wade, Breanna	FR Matoaca High	14.10 (NW)	2(4)
14	Tobey*, Sydney	SR Meadowbroo	14.12 (NW)	1(5)
15	Townsel, Portia	SO Meadowbroo	14.13 (NW)	2(5)
16	Brown, Alisha	SR Prince Georg	14.41 (NW)	1(6)
17	oliver, my'keyah	SR Prince Georg	14.42 (NW)	1(7)
18	White, Dakah	FR Varina	14.47 (NW)	3(6)

#17 Women's 200 Meters

☿ Conference 25.83 Jada Cunningham

Finals

Pl	Name	Yr Team	Time	Pts	Wind: (+0.0)
1	Washington, Tenae	SR Varina	☿ 25.76	10	
2	Linkous, Marissa	JR Highland Spri	26.49	8	
3	Ross, Kamryn	FR Highland Spri	26.55	6	
4	Temple, Kamiyah	JR Highland Spri	26.81	5	
5	Stafford, Alexis	JR Varina	27.08	4	
6	Bently, Brina	JR L.C. Bird	27.53	3	
7	Dorsey*, Carmya	SR Meadowbroo	28.03	2	
8	Harris, Tinyia	JR L.C. Bird	28.25	1	

Prelims

Pl	Name	Yr Team	Time	H(Pl)
1	Washington, Tenae	SR Varina	25.98 (NW)Q	2(1)
2	Linkous, Marissa	JR Highland Spri	26.28 (NW)Q	3(1)
3	Temple, Kamiyah	JR Highland Spri	26.49 (NW)Q	1(1)
4	Ross, Kamryn	FR Highland Spri	26.54 (NW)q	3(2)
5	Stafford, Alexis	JR Varina	26.85 (NW)q	1(2)
6	Bently, Brina	JR L.C. Bird	27.27 (NW)q	1(3)
7	Harris, Tinyia	JR L.C. Bird	27.75 (NW)q	1(4)
8	Dorsey*, Carmya	SR Meadowbroo	27.96 (NW)q	2(2)
9	Hughes, Dazia	SO L.C. Bird	28.46 (NW)	3(3)
10	Mcclever, Jaeshauda	FR Matoaca High	28.59 (NW)	2(3)
11	Allen, Iva	FR Matoaca High	29.07 (NW)	3(4)
12	Warren, Gabriel	SO Matoaca High	29.10 (NW)	1(5)

#17 Women's 200 Meters (cont'd)

Prelims

Pl	Name	Yr Team	Time	H(Pl)
13	hilton, haley	SR Prince Georg	29.43 (NW)	2(4)
14	Mason, salicity	FR Prince Georg	29.57 (NW)	1(6)
15	Blue, imani	JR Prince Georg	29.59 (NW)	3(5)
16	Patton, Kya	SO Meadowbroo	30.40 (NW)	2(5)
17	Pleasant, Deoni	FR Meadowbroo	32.52 (NW)	3(6)

#11 Women's 400 Meters

☿ Conference 58.76 Jada Cunningham

Pl	Name	Yr Team	Time	H(Pl)	Pts
1	Ross, Kamryn	FR Highland Spri	1:00.48	3(1)	10
2	Stafford, Alexis	JR Varina	1:00.69	3(2)	8
3	James, Al Lauren	SO Prince Georg	1:01.44	3(3)	6
4	Harris, Tinyia	JR L.C. Bird	1:04.05	3(4)	5
5	Bently, Brina	JR L.C. Bird	1:04.24	3(5)	4
6	knight, jaylyn	FR Prince Georg	1:05.16	3(6)	3
7	Means, Sydney	JR L.C. Bird	1:06.02	2(1)	2
8	Blevins, Tiara	JR Matoaca High	1:06.84	2(2)	1
9	powell, anjl	SO Prince Georg	1:07.51	1(1)	
10	Mcclever, Jaeshauda	FR Matoaca High	1:07.87	2(3)	
11	Allen, Iva	FR Matoaca High	1:09.93	2(4)	
12	Patton, Kya	SO Meadowbroo	1:10.20	1(2)	
13	Lane, Breanna	FR Varina	1:10.77	2(5)	
14	Pleasant, Deoni	FR Meadowbroo	1:15.99	1(3)	
15	Robinson, NaKyra	JR Varina	1:17.04	1(4)	

#15 Women's 800 Meters

☿ Conference 2:17.64 Nichelle Scott

Pl	Name	Yr Team	Time	Pts
1	Green, Kamille	SO Prince Georg	2:26.52	10
2	Stafford, Alexis	JR Varina	2:34.49	8
3	Tillman, Nalicia	JR L.C. Bird	2:35.48	6
4	White*, Kristy	SR L.C. Bird	2:37.47	5
5	McCray, Deshonde	SR Highland Spri	2:39.40	4
6	Green, Kaisha	SR Prince Georg	2:39.79	3
7	Tyler, Caroline	FR L.C. Bird	2:45.51	2
8	Byrdsong, Kayla	SO Highland Spri	2:49.03	1
9	Flood, Jordyn	FR Matoaca High	2:49.04	
10	Johnson, Kristy	SR Highland Spri	2:50.01	
11	Lane, Breanna	FR Varina	2:51.85	
12	Winter, Addison	SO Matoaca High	2:57.49	

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#7 Women's 1600 Meters

Pl	Name	Yr Team	Time	Pts
☿	Conference	5:33.72	Maddie McElfresh	
1	White*, Kristy	SR L.C. Bird	5:44.57	10
2	Flood, Jordyn	FR Matoaca High	5:49.76	8
3	Miller, Emma	FR L.C. Bird	6:02.34	6
4	Alvarez, Melissa	FR L.C. Bird	6:05.16	5
5	Byrdsong, Kayla	SO Highland Spri	6:05.88	4
6	humphries, Hannah	SO Prince Georg	6:10.54	3
7	Johnson, Kristy	SR Highland Spri	6:21.27	2
8	Winter, Addison	SO Matoaca High	6:22.24	1
9	Pedrick, Chloe	FR Matoaca High	6:34.49	
10	Smith, Tamara	FR Highland Spri	6:52.25	
11	Barry, Michelle	SO Prince Georg	6:53.71	
12	Iarson, desiree	SO Prince Georg	6:59.11	

#19 Women's 3200 Meters

Pl	Name	Yr Team	Time	Pts
☿	Conference	12:18.09	Jada Cunningham	
1	Miller, Emma	FR L.C. Bird	13:36.45	10
2	Alvarez, Melissa	FR L.C. Bird	13:55.54	8
3	Adams, Ammie	SO L.C. Bird	13:57.33	6
4	Pedrick, Chloe	FR Matoaca High	14:50.90	5

#3 Women's 100m Hurdles

Pl	Name	Yr Team	Time	Pts
☿	Conference	14.81	Jonniece Scott	
Finals Wind: (+0.0)				
1	Washington, Tenae	SR Varina	15.71	10
2	Davis, Tayla	JR Highland Spri	16.95	8
3	Spencer, Kayla	FR Highland Spri	17.10	6
4	Johnson, Kendalynn	SR Prince Georg	17.30	5
5	Wright, Ajah	FR L.C. Bird	18.01	4
6	Rodriguez, Caila	FR Meadowbroo	19.14	3
7	Davenport, Destiny	JR L.C. Bird	19.33	2
8	Dejesus, Kayla	FR Varina	19.47	1

Prelims

Pl	Name	Yr Team	Time	H(Pl)
1	Washington, Tenae	SR Varina	15.12 (NW)Q	1(1)
2	Davis, Tayla	JR Highland Spri	16.76 (NW)Q	2(1)
3	Johnson, Kendalynn	SR Prince Georg	17.39 (NW)q	2(2)
4	Spencer, Kayla	FR Highland Spri	17.69 (NW)q	1(2)
5	Wright, Ajah	FR L.C. Bird	17.87 (NW)q	1(3)
6	Rodriguez, Caila	FR Meadowbroo	19.10 (NW)q	1(4)
7	Davenport, Destiny	JR L.C. Bird	19.16 (NW)q	2(3)
8	Dejesus, Kayla	FR Varina	19.84 (NW)q	2(4)

#3 Women's 100m Hurdles (cont'd)

Pl	Name	Yr Team	Time	H(Pl)
9	Pettway, Leigh-Ashley	FR L.C. Bird	20.86 (NW)	2(5)
10	wolcott, aaliyah	SO Prince Georg	21.21 (NW)	1(5)

#13 Women's 300m Hurdles

Pl	Name	Yr Team	Time	H(Pl)	Pts
☿	Conference	46.28	Nikki Nielsen		
1	Washington, Tenae	SR Varina	☿ 44.69	2(1)	10
2	Spencer, Kayla	FR Highland Spri	48.85	2(2)	8
3	Harris, Milissa	JR Prince Georg	49.19	2(3)	6
4	Davis, Tayla	JR Highland Spri	51.02	2(4)	5
5	Wright, Ajah	FR L.C. Bird	51.13	2(5)	4
6	France*, Dyanna	JR Meadowbroo	51.27	2(6)	3
7	Goodwin, Destiny	SR Highland Spri	51.35	2(7)	2
8	Reid, Asyah	SO Varina	52.25	2(8)	1
9	Johnson, Kendalynn	SR Prince Georg	53.41	1(1)	
10	Davenport, Destiny	JR L.C. Bird	53.54	1(2)	
11	Gholson, Sarai	FR Matoaca High	53.78	1(3)	
12	Massenberg, Ashuntique	JR L.C. Bird	54.11	1(4)	
13	Coleman, Jade	FR Varina	54.28	1(5)	
14	Rodriguez, Caila	FR Meadowbroo	56.96	1(6)	

#9 Women's 4 x 100m Relay

Pl	Team	Time	Pts
☿	Conference	49.58	
1	Highland Springs (A)	49.97	10
	1) Temple, Kamiyah JR		
	2) Richardson, Steshe JR		
	3) Lightfoot, Brianna SO		
	4) Morrison, Nia FR		
2	Meadowbrook (A)	51.69	8
	1) Townsel, Portia SO		
	2) France*, Dyanna JR		
	3) Dorsey*, Carmya SR		
	4) Tobey*, Sydney SR		
3	L.C. Bird (A)	52.05	6
	1) Bennett, Kiara JR		
	2) Hughes, Dazia SO		
	3) Maxwell, Ifechilu FR		
	4) McDowell, Lehanna SO		
4	Varina (A)	52.63	5
	1) Dejesus, Kayla FR		
	2) Bruce, Dasja FR		
	3) White, Dakah FR		
	4) Taylor, Latiah SO		
5	Prince George High School (A)	53.42	4
	1) Brown, Alisha SR		
	2) Jefferson, Kiera SO		
	3) Mason, salicity FR		
	4) oliver, my'keyah SR		
6	Matoaca High School (A)	58.22	3
	1) Allen, Iva FR		
	2) Culmer, Tyra JR		
	3) Leach, Mariah SO		
	4) Tyler, Di'Jah JR		

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#21 Women's 4 x 400m Relay

PI	Team	Time	Pts
☺	Conference	4:08.09	
1	L.C. Bird (A)	4:10.38	10
	1) Bennett, Kiara JR	2) Bently, Brina JR	
	3) Harris, Tinyia JR	4) Tillman, Nalicia JR	
2	Prince George High School (A)	4:18.88	8
	1) Blue, imani JR	2) Harris, Milissa JR	
	3) James, Al Lauren SO	4) hilton, haley SR	
3	Highland Springs (A)	4:30.66	6
4	Matoaca High School (A)	4:34.40	5
	1) Allen, Iva FR	2) Blevins, Tiara JR	
	3) Mcclever, Jaeshauda FR	4) Tyler, Di'Jah JR	
5	Varina (A)	4:38.97	4
	1) Reid, Asyah SO	2) Coleman, Jade FR	
	3) Smith, Tatiana FR	4) Lane, Breanna FR	
6	Meadowbrook (A)	4:40.37	3
	1) Patton, Kya SO	2) Townsel, Portia SO	
	3) Tobey*, Sydney SR	4) France*, Dyanna JR	

#1 Women's 4 x 800m Relay

PI	Team	Time	Pts
☺	Conference	10:34.24	
1	L.C. Bird (A)	☺ 10:18.19	10
	1) Means, Sydney JR	2) Miller, Emma FR	
	3) Tillman, Nalicia JR	4) Tyler, Caroline FR	
2	Prince George High School (A)	☺ 10:19.10	8
	1) Green, Kaisha SR	2) Green, Kamille SO	
	3) Harris, Milissa JR	4) James, Al Lauren SO	
3	Highland Springs (A)	11:14.68	6
	1) McCray, Deshonde SR	2) Byrdsong, Kayla SO	
	3) Smith, Tamara FR	4) Johnson, Kristy SR	

#24 Women's High Jump

PI	Name	Yr	Team	Mark	Pts
☺	Conference			5' 2"	Brianna Hayes
1	Goodwin, Destiny		SR Highland Spri	4' 6"	10
2	Smith, Tatiana		FR Varina	4' 6"	8
3	Dorsey*, Carmya		SR Meadowbroo	4' 4"	5
3	Bennett, Kiara		JR L.C. Bird	4' 4"	5
3	McCray, Deshonde		SR Highland Spri	4' 4"	5
6	wolcott, aaliyah		SO Prince Georg	4' 2"	3
	Davis, Tayla		JR Highland Spri	NH	
	Wright, Ajah		FR L.C. Bird	NH	
	Washington, Tenae		SR Varina	NH	

#26 Women's Pole Vault

PI	Name	Yr	Team	Mark	Pts
1	Linkous, Marissa		JR Highland Spri	8' 6"	10
2	Spencer, Kayla		FR Highland Spri	8' 0"	8
3	McCray, Deshonde		SR Highland Spri	6' 0"	6

#28 Women's Long Jump

PI	Name	Yr	Team	Mark	Pts
☺	Conference			17' 11.50"	Jada Cunningham
1	Washington, Tenae		SR Varina	17' 0" (NW)	10
2	Dorsey*, Carmya		SR Meadowbroo	16' 4" (NW)	8
3	McCray, Deshonde		SR Highland Spri	16' 3" (NW)	6
4	Linkous, Marissa		JR Highland Spri	16' 1" (NW)	5
5	Smith, Tatiana		FR Varina	15' 7 1/2" (NW)	4
6	Wallace, Takeah		SO L.C. Bird	15' 4" (NW)	3
7	Wright, Ajah		FR L.C. Bird	15' 3" (NW)	2
8	Stafford, Alexis		JR Varina	14' 8" (NW)	1
9	Ross, Kamryn		FR Highland Spri	14' 7 1/2" (NW)	
10	Kittrell, Brelle		SO Matoaca High	13' 9" (NW)	
11	Bennett, Kiara		JR L.C. Bird	13' 8 1/2" (NW)	
12	Jefferson, Kiera		SO Prince Georg	13' 8" (NW)	
13	Townsel, Portia		SO Meadowbroo	13' 7 1/2" (NW)	
14	Tobey*, Sydney		SR Meadowbroo	13' 5" (NW)	
15	Guinyard, Javae		SO Matoaca High	12' 8" (NW)	

#30 Women's Triple Jump

PI	Name	Yr	Team	Mark	Pts
☺	Conference			38' 5.50"	Jada Cunningham
1	Dorsey*, Carmya		SR Meadowbroo	34' 1" (NW)	10
2	McCray, Deshonde		SR Highland Spri	33' 0 1/2" (NW)	8
3	Smith, Tatiana		FR Varina	32' 3 1/2" (NW)	6
4	Goodwin, Destiny		SR Highland Spri	32' 0 1/2" (NW)	5
5	Bennett, Kiara		JR L.C. Bird	31' 3 1/2" (NW)	4
6	Bently, Brina		JR L.C. Bird	31' 0" (NW)	3
7	Brown, Alexis		SR L.C. Bird	30' 1" (NW)	2
8	Tobey*, Sydney		SR Meadowbroo	30' 0 1/2" (NW)	1
9	Robinson, NaKyra		JR Varina	28' 7" (NW)	
10	Jefferson, Kiera		SO Prince Georg	27' 4" (NW)	
11	White, Dakah		FR Varina	27' 2" (NW)	

#32 Women's Shot Put

PI	Name	Yr	Team	Mark	Pts
☺	Conference			42' 5.50"	Sldra Morris
1	Jones*, Briahna		JR Meadowbroo	34' 6"	10
2	martin, raven		FR Prince Georg	33' 4"	8
3	Brown, Lauryn		JR L.C. Bird	32' 9"	6
4	Holmes, Nykaiya		FR Matoaca High	32' 6"	5

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RESULTS**#32 Women's Shot Put (cont'd)**

Pl	Name	Yr	Team	Mark	Pts
5	Allen, Iva	FR	Matoaca High	30' 8"	4
6	Tobey*, Sydney	SR	Meadowbroo	30' 7"	3
7	Pierce, Jaelin	JR	Highland Spri	30' 5"	2
8	Pryor, Tahirah	FR	Varina	30' 0"	1
9	Davis, Madison	JR	L.C. Bird	28' 4"	
10	Hires, Jasmine	JR	Matoaca High	28' 0"	
11	tyler, jade	JR	Prince Georg	27' 4"	
12	Valentine, Jade	SO	Varina	26' 5"	
13	potts, kaliyah	SR	Prince Georg	25' 10"	
14	Gaines, Genesis	JR	L.C. Bird	24' 4"	

#34 Women's Discus

Pl	Name	Yr	Team	Mark	Pts
¢	Conference		105' 9"	Logan Witt	
1	Parker, Kristi	JR	Matoaca High	86' 11"	10
2	martin, raven	FR	Prince Georg	86' 7 1/2"	8
3	summers, naila	SO	Prince Georg	85' 1"	6
4	Jones*, Briahna	JR	Meadowbroo	84' 11 1/2"	5
5	Murphy, Janesha	FR	Matoaca High	83' 8"	4
6	potts, kaliyah	SR	Prince Georg	80' 7 1/2"	3
7	Pierce, Jaelin	JR	Highland Spri	76' 1"	2
8	Hires, Jasmine	JR	Matoaca High	63' 2"	1
9	Davis, Madison	JR	L.C. Bird	62' 9 1/2"	
10	Brown, Lauryn	JR	L.C. Bird	60' 9 1/2"	
11	Gaines, Genesis	JR	L.C. Bird	52' 5 1/2"	
	France*, Dyanna	JR	Meadowbroo	FOUL	
	Phillips, Kaitlyn	JR	Varina	FOUL	
	Seward, Autumn	SO	Meadowbroo	FOUL	

Men's Scores

Pl	Team	Code	Score
1	Highland Springs	HS	172.5
2	Prince George High School	PG	163.5
3	L.C. Bird	LCBI	116
4	Matoaca High School	MATO	67
5	Varina	VAR	63
6	Meadowbrook	MEAD	59

Women's Scores

Pl	Team	Code	Score
1	Highland Springs	HS	180
2	L.C. Bird	LCBI	139
3	Varina	VAR	96
4	Prince George High School	PG	84
5	Meadowbrook	MEAD	67
6	Matoaca High School	MATO	47