

**VHSL 5A REGION D CHAMPIONSHIP**

Penn Laird, VA

Burtner Farm

Host: Harrisonburg High School

Tuesday, October 30, 2018

**MEET OFFICIALS****Meet Director:**

TBD

**Meet Referee:**

TBD

**Timing:**

Blue Ridge Timing

**OFFICIAL MEET REPORT**

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**Race #2  
Girls 5D Championship****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Avg.	Spread
1 Albemarle*Team	38	1-5-7-10-15(16)(22)	21:18	1:55.1
2 Mountain View*Team	69	6-11-13-19-20(24)(28)	21:57	1:28.9
3 Patrick Henry (Roanoke)*T	87	4-8-17-25-33(45)(50)	22:25	3:38.4
4 Massaponax	103	2-18-21-27-35(36)	22:40	4:01.1
5 Stafford High School	113	12-14-26-29-32(34)(41)	22:59	2:18.7
6 Harrisonburg	133	3-23-30-31-46(47)(51)	23:27	5:39.8
7 North Stafford	171	9-38-39-42-43(49)(53)	24:35	4:00.4
8 Orange County	250	37-48-52-55-58(59)	27:44	5:46.6
9 Halifax County	251	40-44-54-56-57(60)(61)	27:35	4:44.2

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1.75 Mile
1 DeBoer, Arianna *Team	SO	11	Albemarle	1	20:15.8	6:30.9	4:03.2	11:24.5
2 Kosco, Kayla *Indiv	JR	73	Massaponax	2	20:23.5	6:33.4	4:04.7	11:32.7
3 Miller, Hannah *Indiv	SR	63	Harrisonburg	3	20:29.7	6:35.4	4:05.9	11:23.4
4 Vazquez-Miller, Reyna *Tea	SR	151	Patrick Henry (Roa	4	20:42.9	6:39.6	4:08.6	11:33.2
5 Zarzyski, Madelyne *Team	JR	20	Albemarle	5	20:52.8	6:42.8	4:10.6	11:34.0
6 Lieske, Sara *Team	9	89	Mountain View	6	21:03.0	6:46.1	4:12.6	11:51.4
7 Leach, Sarah *Team	JR	15	Albemarle	7	21:24.3	6:53.0	4:16.9	11:46.7
8 McGinnis, Megan *Team	SO	146	Patrick Henry (Roa	8	21:28.0	6:54.1	4:17.6	11:58.7
9 Smith, Hailey *Indiv	SO	113	North Stafford	9	21:32.4	6:55.6	4:18.5	11:54.2
10 Kohler, Grace *Team	9	13	Albemarle	10	21:43.3	6:59.1	4:20.7	12:17.6
11 Dausman, Grace *Team	JR	86	Mountain View	11	21:46.2	7:00.0	4:21.2	12:07.8
12 Betties, Zoi *Indiv	JR	174	Stafford High Schoo	12	21:48.6	7:00.8	4:21.7	12:07.5
13 Simmons, Rebekah *Team	SO	94	Mountain View	13	21:52.6	7:02.1	4:22.5	12:19.1
14 Ramirez, Caroline *Indiv	SR	181	Stafford High Schoo	14	21:57.4	7:03.6	4:23.5	12:08.3
15 Zarzyski, Elynore *Team	SR	19	Albemarle	15	22:10.9	7:07.9	4:26.2	12:06.3
16 Kronebusch, Madeline *Tea	SO	14	Albemarle	(16)	22:19.5	7:10.7	4:27.9	12:06.7
17 Smith, Ryan *Team	SR	149	Patrick Henry (Roa	17	22:22.5	7:11.7	4:28.5	12:28.0
18 McGowen, Serena	SR	74	Massaponax	18	22:26.6	7:13.0	4:29.3	12:20.4
19 Peterson, Laura *Team	SO	93	Mountain View	19	22:29.6	7:14.0	4:29.9	12:17.1
20 Muratore, Grace *Team	SR	91	Mountain View	20	22:31.9	7:14.7	4:30.4	11:59.7
21 Garvie, Lola	9	71	Massaponax	21	22:41.9	7:17.9	4:32.4	12:37.3
22 Southall, Skye *Team	JR	17	Albemarle	(22)	22:43.8	7:18.5	4:32.8	12:38.9
23 Kirwan, Kate	9	62	Harrisonburg	23	22:47.3	7:19.6	4:33.5	12:39.1
24 McCabe, Sarah *Team	SR	90	Mountain View	(24)	23:04.8	7:25.3	4:37.0	12:43.6
25 Jamison, Libby *Team	9	145	Patrick Henry (Roa	25	23:05.9	7:25.6	4:37.2	12:52.6
26 Perminter, Ashley	JR	179	Stafford High Schoo	26	23:10.9	7:27.2	4:38.2	12:54.3
27 Varga, Nadia	SO	75	Massaponax	27	23:22.5	7:31.0	4:40.5	13:03.9
28 Stockham, Emma *Team	SR	95	Mountain View	(28)	23:30.5	7:33.5	4:42.1	12:46.7
29 O'Dell, Shelby	SO	177	Stafford High Schoo	29	23:47.2	7:38.9	4:45.4	13:00.4
30 Campillo, Abby	SR	58	Harrisonburg	30	23:48.8	7:39.4	4:45.8	12:57.8
31 Deloney, Sarah	JR	60	Harrisonburg	31	23:54.8	7:41.4	4:47.0	13:04.6
32 Picadas, Katerina	SR	180	Stafford High Schoo	32	24:07.3	7:45.4	4:49.5	13:19.9

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**Race #2  
Girls 5D Championship****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1.75 Mile
33 Sherman, Alice *Team	9	148	Patrick Henry (Roa	33	24:21.3	7:49.9	4:52.3	13:29.6
34 Calvert, Katherine	JR	175	Stafford High Schoo	(34)	24:22.1	7:50.1	4:52.4	13:40.1
35 Bautista, Rebekah	JR	70	Massaponax	35	24:24.6	7:50.9	4:52.9	13:05.7
36 Hudson, Julianne	SR	72	Massaponax	(36)	24:42.5	7:56.7	4:56.5	12:53.5
37 Trask, Kylie	SO	132	Orange County	37	25:09.2	8:05.3	5:01.8	13:58.8
38 Micallef, Isabella	SO	111	North Stafford	38	25:09.6	8:05.4	5:01.9	13:28.8
39 Wooten, Destiny	9	114	North Stafford	39	25:13.3	8:06.6	5:02.7	13:54.1
40 Casen, Abby	JR	38	Halifax County	40	25:17.2	8:07.8	5:03.4	13:47.6
41 Sutton, Norah	9	183	Stafford High Schoo	(41)	25:20.5	8:08.9	5:04.1	13:08.7
42 Antonucci, Katherine	JR	106	North Stafford	42	25:26.0	8:10.7	5:05.2	14:02.5
43 Isaacs, Allure	JR	109	North Stafford	43	25:32.8	8:12.9	5:06.6	14:03.6
44 Wenzel, Lydia	9	45	Halifax County	44	25:38.5	8:14.7	5:07.7	14:31.2
45 Carroll, Keagan	SR	161	Potomac Senior Hig	-	25:59.5	8:21.4	5:11.9	14:15.1
46 Fiddler, Marin *Team	9	144	Patrick Henry (Roa	(45)	26:02.2	8:22.3	5:12.4	14:19.9
47 Blagg, Kira	JR	57	Harrisonburg	46	26:09.5	8:24.7	5:13.9	14:32.0
48 Bill, Holly	SO	56	Harrisonburg	(47)	26:16.2	8:26.8	5:15.2	14:33.3
49 Knights, Olivia	9	129	Orange County	48	26:24.9	8:29.6	5:17.0	14:08.2
50 Franks, India	JR	108	North Stafford	(49)	26:26.2	8:30.0	5:17.2	14:58.8
51 Van Der Linden, Anna *Team	JR	150	Patrick Henry (Roa	(50)	26:41.4	8:34.9	5:20.3	15:09.8
52 Gonzalez, Laura	9	61	Harrisonburg	(51)	26:58.8	8:40.5	5:23.8	14:40.3
53 Eckert, Abby	JR	127	Orange County	52	27:23.7	8:48.5	5:28.7	14:46.0
54 Morrison, Hannah	SR	112	North Stafford	(53)	27:30.8	8:50.8	5:30.2	14:53.1
55 Morrison, Ella	9	44	Halifax County	54	27:36.9	8:52.8	5:31.4	15:23.0
56 Conto, Arica	JR	126	Orange County	55	28:43.7	9:14.2	5:44.7	15:54.2
57 Villanueva, Alyssa	SO	163	Potomac Senior Hig	-	29:05.6	9:21.3	5:49.1	16:02.5
58 Lacks, Chloe	9	42	Halifax County	56	29:17.0	9:25.0	5:51.4	16:22.4
59 Hansen, Janae	SR	39	Halifax County	57	30:01.4	9:39.2	6:00.3	16:52.3
60 Henley, Jewell	JR	128	Orange County	58	30:55.8	9:56.7	6:11.2	17:12.4
61 Snodgrass, Hannah	SR	131	Orange County	(59)	30:55.9	9:56.8	6:11.2	16:12.5
62 Lontchi, Marilyn	SO	162	Potomac Senior Hig	-	31:31.0	10:08.0	6:18.2	17:26.2
63 Henderson, Maci	JR	40	Halifax County	(60)	32:05.5	10:19.1	6:25.1	17:45.5
64 Lacks, Summer	SR	43	Halifax County	(61)	32:25.8	10:25.7	6:29.2	18:02.6
65 Bryson, Briana	SO	160	Potomac Senior Hig	-	33:18.0	10:42.4	6:39.6	18:09.6

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**Race #3  
Boys 5D Championship****Final Results****TEAM SCORING SUMMARY**

Final Standings	Score	Scoring Order	Avg.	Spread
1 Albemarle*Team	22	2-3-4-6-7(15)(17)	17:16	0:21.1
2 Stafford High School*Team	60	1-8-9-16-26(30)(39)	17:50	1:54.9
3 North Stafford*Team	107	13-14-19-24-37(40)(54)	18:29	1:17.1
4 Patrick Henry (Roanoke)	112	10-11-28-29-34(43)(44)	18:29	1:23.7
5 Mountain View	124	21-22-23-27-31(36)(38)	18:45	0:19.7
6 Harrisonburg	187	18-20-41-52-56(65)(70)	19:35	2:22.6
7 Orange County	197	5-33-42-58-59(64)(66)	19:33	3:40.8
8 Massaponax	207	25-32-46-49-55(57)	19:48	1:59.2
9 Potomac Senior High Scho	221	12-35-45-61-68(72)	20:12	4:41.5
10 Halifax County	281	50-51-53-60-67(69)(71)	21:00	1:57.2
11 Brooke Point	293	47-48-62-63-73	21:52	5:18.3

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1.75 Mile
1 Sepulveda, Paul *Team	SR	170	Stafford High Schoo	1	16:53.2	5:25.8	3:22.6	9:25.3
2 Mackenzie, Will *Team	JR	4	Albemarle	2	17:06.1	5:29.9	3:25.2	9:28.9
3 Yung, Joe *Team	SO	10	Albemarle	3	17:06.2	5:30.0	3:25.2	9:29.2
4 Huston, Cutter *Team	SR	3	Albemarle	4	17:11.1	5:31.5	3:26.2	9:30.6
5 Pettyjohn, Ethan *Indiv	SO	119	Orange County	5	17:16.4	5:33.2	3:27.3	9:30.8
6 MacKnight, J.D. *Team	JR	5	Albemarle	6	17:25.1	5:36.0	3:29.0	9:33.8
7 Naseh, Harris *Team	JR	6	Albemarle	7	17:27.2	5:36.7	3:29.4	9:29.4
8 Notgrass, Nathan *Team	JR	164	Stafford High Schoo	8	17:32.3	5:38.4	3:30.5	9:36.1
9 Polcha, Justin *Team		9 167	Stafford High Schoo	9	17:38.1	5:40.2	3:31.6	9:54.1
10 Bonere, Ndayizeye *Indiv	SR	134	Patrick Henry (Roa	10	17:42.6	5:41.7	3:32.5	9:37.7
11 Murphy, Charles *Indiv	JR	140	Patrick Henry (Roa	11	17:45.6	5:42.6	3:33.1	9:49.4
12 Burns, Willie *Indiv		9 153	Potomac Senior Hig	12	17:49.1	5:43.8	3:33.8	10:02.3
13 Smith, Jordan *Team	JR	101	North Stafford	13	17:55.5	5:45.8	3:35.1	9:58.4
14 Smith, Ryan *Team	JR	102	North Stafford	14	17:59.8	5:47.2	3:36.0	9:57.6
15 Tambre, Samuel *Team	JR	9	Albemarle	(15)	18:07.9	5:49.8	3:37.6	9:56.1
16 Oylear, Dalton *Team	JR	165	Stafford High Schoo	16	18:17.4	5:52.9	3:39.5	10:05.6
17 Smith, Stephen *Team	SO	8	Albemarle	(17)	18:23.2	5:54.7	3:40.6	10:10.3
18 Beck, David *Indiv	SO	46	Harrisonburg	18	18:25.8	5:55.6	3:41.2	10:14.3
19 LeCain, Noah *Team	SO	98	North Stafford	19	18:31.9	5:57.5	3:42.4	10:24.2
20 Kirwan, Hayden	SO	49	Harrisonburg	20	18:32.0	5:57.6	3:42.4	10:18.6
21 Swain, Craig	SO	84	Mountain View	21	18:36.8	5:59.1	3:43.4	10:18.7
22 D'Lugos, Matt	JR	78	Mountain View	22	18:37.9	5:59.5	3:43.6	10:22.4
23 Vargas, Jorge	SR	85	Mountain View	23	18:41.4	6:00.6	3:44.3	10:18.2
24 Webb, Joshua *Team	SO	103	North Stafford	24	18:43.3	6:01.2	3:44.7	10:29.2
25 Wrye, Ethan	SO	68	Massaponax	25	18:48.0	6:02.7	3:45.6	10:22.3
26 Polcha, Jacob *Team	JR	166	Stafford High Schoo	26	18:48.1	6:02.7	3:45.6	10:19.6
27 Fritz, Aidan	SR	79	Mountain View	27	18:49.7	6:03.2	3:45.9	10:20.0
28 Duckwall, James	SO	135	Patrick Henry (Roa	28	18:54.2	6:04.7	3:46.8	10:30.2
29 Kerr, Riley		9 139	Patrick Henry (Roa	29	18:55.9	6:05.2	3:47.2	10:30.5
30 Zinn, Liam *Team	SO	173	Stafford High Schoo	(30)	18:56.2	6:05.3	3:47.2	10:30.9

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**Race #3  
Boys 5D Championship****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Avg. Mile	Avg. kM	1.75 Mile
31 Popphan, Paul	JR	81	Mountain View	31	18:56.5	6:05.4	3:47.3	10:28.4
32 Johnson, Alex	9	66	Massaponax	32	18:58.3	6:06.0	3:47.7	10:29.5
33 Lee, Bobby	SR	118	Orange County	33	18:58.7	6:06.1	3:47.7	10:25.5
34 Suess, Luke	JR	142	Patrick Henry (Roa	34	19:06.3	6:08.6	3:49.3	10:49.8
35 Free, Justin	SR	157	Potomac Senior Hig	35	19:10.1	6:09.8	3:50.0	10:38.4
36 Billings, Abram	JR	76	Mountain View	(36)	19:10.9	6:10.1	3:50.2	10:26.6
37 Yakulis Jr., Samuel *Team	9	105	North Stafford	37	19:12.6	6:10.6	3:50.5	10:34.4
38 Solorzano, Anthony	SR	83	Mountain View	(38)	19:16.7	6:11.9	3:51.3	10:44.6
39 Sepulveda, Thomas *Team	SO	171	Stafford High Schoo	(39)	19:18.2	6:12.4	3:51.6	10:42.3
40 Rash, Phoenix *Team	JR	100	North Stafford	(40)	19:24.9	6:14.6	3:53.0	10:41.6
41 McGrath, Tucker	JR	51	Harrisonburg	41	19:26.9	6:15.2	3:53.4	10:30.8
42 Rose, Ryder	9	120	Orange County	42	19:35.7	6:18.0	3:55.1	10:55.3
43 Gettings, Noah	JR	136	Patrick Henry (Roa	(43)	19:38.3	6:18.9	3:55.7	10:57.7
44 Ruble, Sebastian	JR	141	Patrick Henry (Roa	(44)	19:46.9	6:21.6	3:57.4	11:00.2
45 Driscoll, Dylan	9	156	Potomac Senior Hig	45	20:03.1	6:26.8	4:00.6	11:08.6
46 Richardson, Nathan	JR	67	Massaponax	46	20:07.0	6:28.1	4:01.4	11:08.2
47 Islas, Isaac	JR	23	Brooke Point	47	20:08.2	6:28.5	4:01.6	11:04.0
48 Lenzmeier, Owen	SO	25	Brooke Point	48	20:10.5	6:29.2	4:02.1	11:19.5
49 Appleton, Matthew	9	64	Massaponax	49	20:18.2	6:31.7	4:03.6	11:06.5
50 van Opstal, Will	9	37	Halifax County	50	20:19.7	6:32.2	4:03.9	11:22.4
51 Salley, Andrew	SO	35	Halifax County	51	20:22.7	6:33.2	4:04.5	11:27.4
52 Wickline, Elias	JR	55	Harrisonburg	52	20:37.0	6:37.7	4:07.4	11:29.8
53 Irby, Benjamin	SR	32	Halifax County	53	20:40.7	6:38.9	4:08.1	11:30.3
54 Wolf, Jackson *Team	SR	104	North Stafford	(54)	20:43.8	6:39.9	4:08.8	11:25.5
55 Byrd, Carter	9	65	Massaponax	55	20:47.2	6:41.0	4:09.4	11:13.5
56 Tongen, Micah	9	54	Harrisonburg	56	20:48.4	6:41.4	4:09.7	11:33.4
57 Wrye, Nik	SR	69	Massaponax	(57)	20:51.8	6:42.5	4:10.4	11:10.7
58 Suggs, Elijah	SR	123	Orange County	58	20:55.7	6:43.8	4:11.1	11:28.7
59 Faulkner, Jarious	SR	117	Orange County	59	20:57.2	6:44.2	4:11.4	11:37.2
60 Francis, Holden	SR	29	Halifax County	60	21:16.2	6:50.4	4:15.2	11:34.2
61 Aly, Omar	JR	152	Potomac Senior Hig	61	21:25.0	6:53.2	4:17.0	11:33.0
62 Braun, Hayden	SO	21	Brooke Point	62	21:44.8	6:59.5	4:21.0	11:56.9
63 Gomez, Benicio	SO	22	Brooke Point	63	21:45.5	6:59.8	4:21.1	12:00.5
64 Bowers, Chance	SR	116	Orange County	(64)	21:50.2	7:01.3	4:22.0	12:02.1
65 McKenna, Liam		184	William Flemming	-	21:54.5	7:02.7	4:22.9	12:18.7
66 Neufeld, Alex	SO	52	Harrisonburg	(65)	21:55.6	7:03.0	4:23.1	12:21.2
67 Zummo, Rodney	SO	124	Orange County	(66)	22:13.7	7:08.8	4:26.7	12:05.9
68 Thornhill, Jonathan	SR	36	Halifax County	67	22:16.9	7:09.9	4:27.4	12:20.8
69 Collins, Jordan	SO	155	Potomac Senior Hig	68	22:30.6	7:14.3	4:30.1	12:46.2
70 Francis, James	SO	30	Halifax County	(69)	22:51.2	7:20.9	4:34.2	12:36.4
71 Siderhurst, Noah	SR	53	Harrisonburg	(70)	22:56.5	7:22.6	4:35.3	12:35.5
72 Hudson, Tyler	SR	31	Halifax County	(71)	23:02.0	7:24.4	4:36.4	12:36.0
73 Sheedy, John	SR	159	Potomac Senior Hig	(72)	23:07.1	7:26.0	4:37.4	12:36.4
74 Islas, Ryan	JR	24	Brooke Point	73	25:26.5	8:10.8	5:05.3	13:34.3