



Results

WOMEN 100 M

1 Sarah AKPAN	FR Virginia	11.34	+3.9	SB
2 Kayla BONNICK	JR Virginia	11.36	+3.9	SB
3 De'Niya GRAVELY	JR Norfolk State	12.00	+3.9	SB
4 Joelle PATTON	JR Liberty	12.31	+3.9	SB
5 Emily COATES	FR Liberty	12.34	+3.9	
6 Gabrielle BROHARD	JR Liberty	12.78	+3.9	
7 Rhoda ALABAN-TAFON	JR Saint Francis	13.40	+3.9	
DNS Brooke LONG	FR Saint Francis			DNS

WOMEN 200 M

1 Sarah AKPAN	FR Virginia	23.50	+4.9	
2 Jada PIERRE	FR Virginia	23.72	+4.9	
3 Kayla BONNICK	JR Virginia	24.02	+4.9	
4 Alahna SABBAKHAN	JR Virginia	24.58	+5.2	
5 Jezelle SHAW	SR Liberty	24.61	+4.9	
6 Dawn HILTON	JR Liberty	24.91	+4.9	
7 Abby COMELLA	JR Virginia	25.06	+4.9	
8 Aryana BOOSTANI	FR Virginia	25.29	+5.2	
9 Emily COATES	FR Liberty	25.45	+5.2	
10 Joelle PATTON	JR Liberty	25.89	+5.2	
11 Patasha BRYAN	FR Liberty	25.98	+4.9	
12 Armani HARRIS	JR Norfolk State	26.17	+4.9	
13 Ava PODOLSKI	FR Liberty	26.53	+5.2	
14 Gabrielle BROHARD	JR Liberty	26.91	+5.2	
15 Paige DRAKE	FR Saint Francis	27.06	+5.2	
16 Brooke BARNER	FR Saint Francis	27.35	+5.2	

WOMEN 400 M

1 Jezelle SHAW	SR Liberty	56.85		PB
2 Alahna SABBAKHAN	JR Virginia	57.27		
3 Armani HARRIS	JR Norfolk State	57.78		PB
4 Abby COMELLA	JR Virginia	58.42		
5 Esther SEELAND	SR Virginia	58.88		
6 Rhoda ALABAN-TAFON	JR Saint Francis	59.38		SB
7 Aryana BOOSTANI	FR Virginia	1:00.35		
8 Isis BROOKS	SR Liberty	1:01.63		
9 Ava PODOLSKI	FR Liberty	1:02.42		
10 Faith SIDWELL	FR Liberty	1:03.21		PB
11 Jaelyn COLE	SO Saint Francis	1:06.23		=PB
DNF Dawn HILTON	JR Liberty			DNF

WOMEN 800 M

1 Katie LOCKER	Unattached	2:12.67		
2 Monica GREGG	JR Saint Francis	2:17.73		
3 Mariclare ANDERSON	JR Saint Francis	2:18.23		PB
4 Lily JAMES	JR Virginia	2:20.14		
5 Annamarie MCKENZIE	Unattached	2:28.13		
6 Hailey PRESTASH	JR Saint Francis	2:29.77		
7 Isabella HUNER	JR Liberty	2:29.82		
DNS Samantha TROUP	SO Liberty			DNS
DNS Martha BISSAH	Unattached			DNS
DNS Keara SEASHOLTZ	JR Virginia			DNS
DNS Rebekah SIMMONS	SO Liberty			DNS
DNS Allison ENGLE	FR Liberty			DNS

WOMEN 1500 M

1 Ellie DESMOND	JR Virginia	4:35.14		SB
2 Anna WORKMAN	JR Virginia	4:35.26		
3 Keara SEASHOLTZ	JR Virginia	4:36.41		

4 Sophie ATKINSON	FR Virginia	4:37.38		
5 Luci ILLNICKI-LAMBERT	FR Virginia	4:39.96		PB
6 Katie DORSEY	FR Virginia	4:40.77		
7 Amelia MAUGHAN	FR Virginia	4:47.85		
8 Mercylina KIMAIYO	SO Norfolk State	5:03.65		
9 Emma FLECK	SO Saint Francis	5:20.84		
10 Baylee CARPENTER	SO Saint Francis	5:24.82		
DNS Martha BISSAH	Unattached			DNS
DNS Linnaea KAVULICH	SO Virginia			DNS
DNS Lila FENNER	JR Virginia			DNS
DNS Samantha TROUP	SO Liberty			DNS
DNS Rebekah SIMMONS	SO Liberty			DNS

WOMEN 5000 M

1 Lila FENNER	JR Virginia	18:05.99		
2 Quinn MCELHENNY	JR Saint Francis	18:47.90		
3 Tesslyn HELMS	SO Saint Francis	19:06.03		
DNF Linnaea KAVULICH	SO Virginia			DNF

WOMEN 100 M HURDLES

1 Indea CARTWRIGHT	Unattached	13.42	+2.5	
2 Jasmine WILLIAMS	SR Liberty	13.73	+2.5	SB
3 Jada PIERRE	FR Virginia	13.84	+4.4	
4 Brooklyn ROBINSON	FR Norfolk State	14.21	+2.5	
5 Gabrielle STANAVICH	JR Saint Francis	14.40	+2.5	SB
6 Patasha BRYAN	FR Liberty	14.49	+4.4	
7 Zion SMITH	SR Norfolk State	14.57	+4.4	
8 Maria FERRARO	JR Saint Francis	15.98	+4.4	
DNS Tamesia PINNIX	FR Norfolk State			DNS
DNS Indya RICHARDS	SR Norfolk State			DNS
DNS Essence SHAW	FR Norfolk State			DNS

WOMEN 400 M HURDLES

1 Emily ALEXANDRU	SO Virginia	59.96		
2 Gabrielle STANAVICH	JR Saint Francis	1:05.75		
3 Sophia AKPAN	FR Virginia	1:06.36		
4 Nimeesha COLEMAN	JR Liberty	1:09.41		
FS Zion SMITH	SR Norfolk State			FS
DNS Indea CARTWRIGHT	Unattached			DNS
DNS Jasmine WILLIAMS	SR Liberty			DNS

WOMEN 4X100 M RELAY

1 LIBERTY		46.68		
2 NORFOLK STATE		48.28		
3 SAINT FRANCIS		49.79		SB
4 VIRGINIA		50.45		

WOMEN 4X400 M RELAY

1 VIRGINIA		3:49.39		
2 SAINT FRANCIS		4:18.54		
DNS LIBERTY				DNS

WOMEN HIGH JUMP

1 Carly TARENTINO	SO Virginia	1.73m	5-8	PB
2 Meredith ENGLE	SO Liberty	1.73m	5-8	PB
3 Patasha BRYAN	FR Liberty	1.67m	5-5 1/2	
4 Caroline RATCHFORD	JR Saint Francis	1.61m	5-3 1/4	SB
5 Tierney BEEBOUT	FR Saint Francis	1.55m	5-1	
6 Shonte SEALE	SR Norfolk State	1.55m	5-1	
7 Saige WILT	FR Saint Francis	1.50m	4-11	PB



Results

DNS Kacy COX SO Liberty DNS

WOMEN POLE VAULT

1 Hanne BORSTLAP	JR Virginia	4.00m	13-1½	
2 Taylen LANGIN	SR Liberty	4.00m	13-1½	
3 Maya MALONEY	JR Virginia	3.90m	12-9½	
4 Trina BARCAROLA	JR Virginia	3.80m	12-5½	
5 Caroline DANNENBAUM	JR Virginia	3.80m	12-5½	SB
6 Mia BOWERS	SO Liberty	3.80m	12-5½	
7 Riley LARSEN	JR Virginia	3.65m	11-11¼	
8 Emory PAFFORD	SO Liberty	3.35m	10-11¼	
9 Abby GUNTHER	JR Virginia	3.35m	10-11¼	
10 Vittoria LAROSA	SR Saint Francis	3.05m	10-0	
11 Abigail TULLY	FR Liberty	3.05m	10-0	PB
DNS Cierra JOHNSON	FR Norfolk State		DNS	
DNS Leah WOOD	FR Liberty		DNS	
NH Destiny HOOKS	SR Norfolk State		NH	
NH D'Nysha BRIGHTFUL	SO Norfolk State		NH	

WOMEN LONG JUMP

1 Ayanna JOHNSON	Unattached	6.04m	19-9¼	+6.9
2 Tara ZENI	SO Virginia	5.63m	18-5¼	+2.6
3 Rebecca ALLEN	FR Liberty	5.57m	18-3¼	+5.3
4 Tamesia PINNIX	FR Norfolk State	5.47m	17-11½	+5.9
5 Essence SHAW	FR Norfolk State	5.33m	17-6	+3.6
6 Jenna BEITEL	JR Saint Francis	5.32m	17-5½	+2.3
7 Taylor FOSTER	FR Saint Francis	5.12m	16-9¼	+9.9
8 Kiamia COOPER	Unattached	4.99m	16-4½	+1.7
X Brooke LONG	FR Saint Francis			X
DNS Corryn CONNER	FR Norfolk State			DNS
DNS Jordan HARDY	SO Virginia			DNS
DNS Amani HANKTON	JR Liberty			DNS
DNS Indya RICHARDS	SR Norfolk State			DNS
DNS Makenzy MIZERA	JR Liberty			DNS

WOMEN TRIPLE JUMP

1 Madeline MURPHY	JR Saint Francis	11.81m	38-9	+3.7
2 De'Niya GRAVELY	JR Norfolk State	11.52m	37-9½	+4.6
3 Jenna BEITEL	JR Saint Francis	11.34m	37-2½	+3.9
4 Emma ARBLASTER	JR Liberty	11.33m	37-2¼	+4.2
5 Rebecca ALLEN	FR Liberty	11.32m	37-1¼	+3.5
6 Marie-Therese COOPER	SO Saint Francis	11.21m	36-9½	+5.0
7 Saige WILT	FR Saint Francis	11.03m	36-2¼	+4.8
8 Maddy HUNT	JR Liberty	11.00m	36-1¼	+3.1
9 Brooke LONG	FR Saint Francis	10.75m	35-3¼	+4.7
10 Kamia COOPER	Unattached	10.26m	33-8	+4.9
11 Randilyn HESS	SO Liberty	9.64m	31-7½	+4.7
X Azjia GARDNER	FR Saint Francis			X
DNS Makenzy MIZERA	JR Liberty			DNS
DNS Kacy COX	SO Liberty			DNS
DNS Jordan HARDY	SO Virginia			DNS

WOMEN SHOT PUT

1 Janae PROFIT	SO Virginia	15.52m	50-11	PB
2 Kaiya SAUNDERS	JR Virginia	15.22m	49-11¼	PB
3 Megan MANN	JR Liberty	14.80m	48-6¼	PB
4 Brooke LUMPKIN	SO Virginia	14.09m	46-2¼	
5 Leslie YOUNG	SO Norfolk State	13.50m	44-3½	PB
6 Caroline FYOCK	JR Saint Francis	12.74m	41-9¼	PB
7 Sofia MOJICA	JR Liberty	12.33m	40-5½	

8 Myiah SCOTT	JR Liberty	12.27m	40-3¼	PB
9 Meredith ENGLE	SO Liberty	11.37m	37-3¼	
10 Arieana PARKER	SR Norfolk State	10.62m	34-10¼	
11 Brooke ALEXANDER	SO Saint Francis	10.06m	33-¼	

WOMEN DISCUS

1 Megan MANN	JR Liberty	49.72m	163-1	PB
2 Sofia MOJICA	JR Liberty	46.92m	153-11	SB
3 Janae PROFIT	SO Virginia	46.81m	153-7	
4 Annika HANTHO	JR Liberty	46.58m	152-10	SB
5 Kaiya SAUNDERS	JR Virginia	45.42m	149-0	
6 Leslie YOUNG	SO Norfolk State	40.78m	133-9	

WOMEN HAMMER

1 Paola BUENO	FR Liberty	57.91m	190-0	PB
2 Jada MARSH	SO Virginia	53.90m	176-10	SB
3 Megan MANN	JR Liberty	53.78m	176-5	
4 Annika HANTHO	JR Liberty	52.11m	170-11	-PB
5 Bree LUMPKIN	SO Virginia	52.05m	170-9	
6 Sofia MOJICA	JR Liberty	49.73m	163-2	SB
7 Morgan JOHNSON	JR Virginia	47.78m	156-9	
8 Arieana PARKER	SR Norfolk State	46.36m	152-1	
9 Carly SEDUN	SO Saint Francis	45.48m	149-2	
10 Caroline FYOCK	JR Saint Francis	45.08m	147-11	PB
11 Brooke ALEXANDER	SO Saint Francis	41.10m	134-10	PB
12 Leslie YOUNG	SO Norfolk State	36.26m	118-11	

WOMEN JAVELIN

1 Kali GRAYSON	JR Liberty	45.96m	150-9	SB
2 Olivia CONRAD	JR Saint Francis	39.96m	131-1	SB
3 Brooke LUMPKIN	SO Virginia	39.69m	130-2	
4 Patasha BRYAN	FR Liberty	39.60m	129-11	PB
5 Abigail MECKES	FR Virginia	37.99m	124-7	
6 Josilyn WEHNER	SO Saint Francis	37.25m	122-2	
7 Margaret FOX	SO Saint Francis	30.32m	99-6	SB
DNS Mackenzie WHITE	SO Liberty		DNS	

MEN 100 M

1 Kai COLE	JR Norfolk State	10.32	+5.0
2 Jay PENDARVIS	JR Virginia	10.37	+5.0
3 Nigal DAVIS	JR Virginia	10.48	+5.0
4 Bryan MADISON-AHOUMAN	SO Norfolk State	10.51	+5.0
5 Dwight HENRY	SO Norfolk State	10.73	+5.0
6 Jerlan FISH	SO Virginia	10.77	+5.0
7 Jackson BIRDSEYE	FR Liberty	10.79	+5.0
8 Michael KOEPKE	FR Virginia	10.89	+3.5
9 Eaghan KIEFF	FR Saint Francis	10.97	+3.5
10 Luke SMITH	JR Virginia	11.02	+3.5
11 Samir SMITH	SO Saint Francis	11.70	+3.5
12 Daniel BRITTEN	FR Saint Francis	11.86	+3.5
DNS Carlson WHITE	FR Norfolk State		DNS
FS Anthony FRANKLIN	JR Norfolk State		FS

MEN 200 M

1 Kai COLE	JR Norfolk State	20.93	+3.8
2 Jay PENDARVIS	JR Virginia	21.05	+3.8
3 Tre'quan BARNES	Unattached	21.29	+3.8
4 Jeremiah ZELLANDER	JR Norfolk State	21.53	+4.2
5 Bryan MADISON-AHOUMAN	SO Norfolk State	21.54	+4.2
6 Jaden LYONS	FR Virginia	21.54	+3.8



Results

7	Julian SAUNDERS	SO Saint Francis	21.66	+3.8	
8	Nigal DAVIS	JR Virginia	21.70	+3.8	SB
9	Devin MOSLEY	FR Norfolk State	21.76	+4.5	
10	Michael KOEPKE	FR Virginia	21.79	+4.5	
11	Chayce CHALMERS	FR Virginia	21.84	+4.5	
12	Jertan FISH	SO Virginia	21.85	+4.2	
13	Peter DJAN	FR Virginia	21.93	+4.2	
14	Bryce BAKER	JR Saint Francis	21.94	+4.2	
15	Eaghan KIEFF	FR Saint Francis	22.00	+4.5	
16	Anthony FRANKLIN	JR Norfolk State	22.02	+3.8	
17	Jackson BIRDSEYE	FR Liberty	22.05	+4.5	
18	Will TRENT	SO Virginia	22.34	+4.2	
19	Samir SMITH	SO Saint Francis	22.48	+4.2	
20	Adam LANZENDORFER	SO Saint Francis	24.33	+4.5	
DNF	Hunter BLEAM	FR Liberty		DNF	

MEN 400 M

1	Jaden LYONS	FR Virginia	48.64		
2	Tom COREL	SR Virginia	49.33		PB
3	Evans WHITE IV	FR Virginia	49.49		
4	Luke SCHROEDER	FR Virginia	49.69		
5	Dazon HARRISON	JR Norfolk State	50.21		
6	Samir SMITH	SO Saint Francis	50.55		
7	Will TRENT	SO Virginia	51.34		
8	Chayce CHALMERS	FR Virginia	51.48		
9	Knasir ALSTON	FR Norfolk State	51.67		
10	Caleb BARKWELL	FR Liberty	51.72		
11	Micah DENNIS	FR Liberty	51.92		
12	Daniel LEJA	FR Liberty	52.46		
13	Adam LANZENDORFER	SO Saint Francis	56.37		

MEN 800 M

1	Liam BELLAMY	SO Virginia	1:53.80		
2	Myles PLUMMER	FR Virginia	1:54.08		
3	Kenton BACHMANN	SR Virginia	1:55.19		
4	James PARMELEE	FR Saint Francis	2:01.65		
5	Seamus GIRDUSKY	SO Saint Francis	2:05.76		SB
6	Thomas PRESNAR	FR Saint Francis	2:12.84		
DNF	Graham MUSSMON	FR Liberty		DNF	

MEN 110 M HURDLES

1	Ardonntrell WILLIAMS	JR Saint Francis	13.74	+4.7	
2	Felix LAWRENCE	JR Liberty	14.08	+4.7	
3	Prosper EKPORERE	SO Liberty	14.13	+4.7	
4	Dwight HENRY	SO Norfolk State	14.47	+4.7	
5	Luke ANDERSON	Unattached	14.56	+4.4	
6	Peter DJAN	FR Virginia	14.60	+4.4	
7	Daniel VAN DUREN	JR Liberty	14.81	+4.4	
8	David NIANG	JR Saint Francis	14.88	+4.7	
9	Camren WYNDER-HILL	SO Norfolk State	14.88	+4.7	
10	Joshua SUTTON	SR Norfolk State	14.91	+4.7	
11	Rayshawn JOHNSON	JR Liberty	15.09	+4.3	
12	Henry SULLIVAN	FR Virginia	15.15	+4.3	
13	Isaiah IDORE	FR Liberty	15.66	+4.4	
14	Zack WEEKMAN	JR Liberty	15.83	+4.3	
15	Daniel BRITTEN	FR Saint Francis	16.14	+4.3	
16	Hunter BLEAM	FR Liberty	17.68	+4.3	
DNF	Antaeveon PAYNE	SR Norfolk State		DNF	
DNF	Jonathan RICHARDSON	FR Norfolk State		DNF	

MEN 400 M HURDLES

1	Alex SHERMAN	SO Virginia	51.95		
2	Rayan HOLMES	SR Liberty	52.13		
3	Josh BLALOCK	FR Liberty	55.77		
4	Luke ANDERSON	Unattached	56.01		
5	Zack WEEKMAN	JR Liberty	56.73		
6	Isaiah IDORE	FR Liberty	58.43		
DNF	Felix LAWRENCE	JR Liberty		DNF	

MEN 4X100 M RELAY

1	NORFOLK STATE	41.72		
2	SAINT FRANCIS	42.32		
DNF	VIRGINIA		DNF	

MEN 4X400 M RELAY

1	VIRGINIA	3:20.11		
2	NORFOLK STATE	3:23.38		
3	VIRGINIA B	3:27.08		
4	SAINT FRANCIS B	3:45.53		
5	SAINT FRANCIS C	3:50.46		

MEN HIGH JUMP

1	Terric JONES	FR Norfolk State	1.94m	6-4¼	PB
2	Ethan ROBINSON	JR Virginia	1.91m	6-3¼	
3	Arnold MVE NDJAMEN	FR Saint Francis	1.88m	6-2	PB
4	David FRASIER	FR Virginia	1.88m	6-2	
5	Hunter BLEAM	FR Liberty	1.85m	6-¾	PB

MEN LONG JUMP

1	Heldi VALIKAJ	SO Virginia	7.37m	24-2¼	+5.0
2	Camren WYNDER-HILL	SO Norfolk State	7.35m	24-1½	+8.1
3	Caleb NELSON	JR Saint Francis	7.19m	23-7¼	+9.4
4	Jasir PARKER	JR Saint Francis	6.72m	22-¾	+6.1
5	Luke SMITH	JR Virginia	6.52m	21-4¼	+2.0
6	Isaac HAYWOOD	SO Norfolk State	6.45m	21-2	+8.5
7	Jacob SCHNEIDER	FR Saint Francis	5.75m	18-10½	+4.6
DNF	Shane WANG	FR Liberty		DNF	
DNF	Joshua SMITH	FR Liberty		DNF	
DNF	Rodric COX-COOPER	JR Norfolk State		DNF	
DNF	Jonathan RICHARDSON	FR Norfolk State		DNF	

MEN TRIPLE JUMP

1	Jasir PARKER	JR Saint Francis	14.78m	48-6	+3.0
2	Isaac HAYWOOD	SO Norfolk State	14.77m	48-5½	+7.4
3	Joshua SMITH	FR Liberty	14.38m	47-2¼	+2.9
4	Caleb NELSON	JR Saint Francis	14.30m	46-11	+6.4
5	Kameron STEVENS	JR Saint Francis	13.70m	44-11½	+4.9
6	Jacob TSIKALAS	SO Saint Francis	12.44m	40-9¼	+2.5
DNF	Shane WANG	FR Liberty		DNF	
DNF	Rodric COX-COOPER	JR Norfolk State		DNF	

MEN DISCUS

1	Kevin NEDRICK	SR Liberty	59.27m	194-5	PB
2	Desmond COLEMAN	FR Liberty	57.12m	187-5	
3	Christian HICKS	FR Liberty	48.29m	158-5	
4	David FRASIER	FR Virginia	42.23m	138-6	
5	Elby OMOHUNDRO	JR Virginia	41.90m	137-5	
6	Ethan ROBINSON	JR Virginia	35.38m	116-1	
7	Hunter BLEAM	FR Liberty	34.33m	112-7	
8	Raeshon SMITH	SO Norfolk State	33.70m	110-7	



Results

9 Daniel VAN DUREN	JR Liberty	32.47m	106-6	PB
X Rayquan SMITH	JR Norfolk State		X	
DNS Henry SULLIVAN	FR Virginia		DNS	
DNS Zach WENDT	JR Liberty		DNS	

MEN HAMMER

1 John FAY	SO Virginia	61.15m	200-7	
2 John HICKS	JR Liberty	61.07m	200-4	
3 Stuart FOLKERTS	JR Liberty	54.95m	180-3	PB
4 Parker HILAMAN	JR Saint Francis	51.43m	168-8	
5 Christian HICKS	FR Liberty	50.04m	164-2	
6 Trey BANEY	SO Saint Francis	43.26m	141-11	
7 Rayquan SMITH	JR Norfolk State	40.65m	133-4	
8 Vincent FRANCO	FR Saint Francis	40.31m	132-3	
9 Raeshon SMITH	SO Norfolk State	35.45m	116-3	

MEN JAVELIN

1 Tyler ZAWATSKI	FR Virginia	58.88m	193-2	PB
2 Ethan MYLIN	SO Liberty	54.87m	180-0	
3 Brady DILLER	FR Liberty	53.93m	176-11	
4 Ethan STROUP	FR Saint Francis	53.18m	174-6	
5 Thomas DICKINSON	SO Virginia	51.24m	168-1	
6 Henry SULLIVAN	FR Virginia	44.18m	144-11	
7 Ethan ROBINSON	JR Virginia	42.64m	139-11	
8 Luke SMITH	JR Virginia	40.88m	134-1	
9 Elby OMOHUNDRO	JR Virginia	40.06m	131-5	
DNS Zach WENDT	JR Liberty		DNS	
DNS Ben SHUGHART	SO Liberty		DNS	

WOMEN 100 M CLUB

1 Zoe KLINE	App State TC	17.12	+0.3
2 Natalie LOEHNE	App State TC	17.85	+0.3
DNS Callie FALLIS	Virginia TC		DNS

WOMEN 200 M CLUB

1 Callie FALLIS	Virginia TC	27.68	+0.8
2 Sarah HANDEL	James Madison TC	27.75	+0.8
3 Kiera WISSING	James Madison TC	30.06	+0.8
DNS Zoe KLINE	App State TC		DNS
DNS Natalie LOEHNE	App State TC		DNS

WOMEN 400 M CLUB

1 Avery TARUTANI	James Madison TC	1:02.60
2 Callie FALLIS	Virginia TC	1:02.83

WOMEN 800 M CLUB

1 Lena CAFFALL	James Madison TC	2:35.05
2 Emma TESSLER	Virginia TC	2:37.09
3 Abigail CONRAD	Liberty TC	2:47.26
4 Ashley DOBZYNIK	James Madison TC	2:50.87
5 Hermi GOING	James Madison TC	2:54.73
DNF Jada MENDEZ	James Madison TC	DNF
DNS Jordan HUGHES	James Madison TC	DNS
DNS Danielle LUGO	App State TC	DNS
DNS Julia SPAMPINATO	James Madison TC	DNS

WOMEN 1500 M CLUB

1 Kate SULLIVAN	Cornell TC	5:16.55
2 Lizzie BURRELL	Virginia TC	5:30.66
3 Olivia CHIAPPETTA	Virginia TC	5:33.28

4 Chloe KLINE	Virginia TC	5:36.05
5 Stella BANINO	Virginia TC	5:40.82
6 Mary MURRAY	Virginia TC	5:42.02
7 Addie KING	James Madison TC	5:46.89
8 Madison GALLAGHER	Virginia TC	5:51.70
9 Natalie LOEHNE	App State TC	5:55.57
10 Michelle WURMSER	Virginia TC	5:59.11
11 Natalie BUFORD	James Madison TC	6:03.56
12 Talyn STEINMANN	Virginia TC	6:08.70
13 Abigail CONRAD	Liberty TC	6:11.79
14 Zoe KLINE	App State TC	6:15.59
15 Liza HAROLD	Virginia TC	6:42.02
16 Kate HORGAN	Liberty TC	7:17.07
DNS Jada MENDEZ	James Madison TC	DNS
DNS Brynn VEA	Virginia TC	DNS
DNS Danielle LUGO	App State TC	DNS
DNS Shannon HIGGINS	James Madison TC	DNS
DNS Ashley DOBZYNIK	James Madison TC	DNS
DNS Julia SPAMPINATO	James Madison TC	DNS
DNS Lauren KNITTER	James Madison TC	DNS
DNS Anna STEGMEIER	James Madison TC	DNS

WOMEN 3000 M STEEPLE CLUB

1 Ashley DOBZYNIK	James Madison TC	13:41.13
2 Sophia MEAGHER	Virginia TC	13:45.05
3 Julia BUSTAMANTE	Virginia TC	14:14.01
4 Mary MURRAY	Virginia TC	14:26.59
5 Michelle WURMSER	Virginia TC	15:04.43
6 Betsy ALTENBURGER	Virginia TC	15:33.45
7 Shannon HIGGINS	James Madison TC	18:06.49
8 Addie KING	James Madison TC	18:43.70
9 Jordan HUGHES	James Madison TC	18:49.55
DNS Stella BANINO	Virginia TC	DNS
DNS Zoe KLINE	App State TC	DNS
DNS Lauren KNITTER	James Madison TC	DNS
DNS Natalie LOEHNE	App State TC	DNS

WOMEN 5000 M CLUB

1 Zoe WINCKEL	Virginia TC	19:10.75
2 Ayla PEARSON	Virginia TC	20:24.39
3 Natalie BUFORD	James Madison TC	20:31.76
4 Olivia BEEGLE	Virginia TC	20:38.62
5 Rachel WEGHORST	Virginia TC	22:00.81
DNF Sasha POND	Virginia TC	DNF
DNS Kate SULLIVAN	Cornell TC	DNS
DNS Danielle LUGO	App State TC	DNS

WOMEN 4X400 M RELAY CLUB

1 VIRGINIA TC	4:35.42
DNS APP STATE TC	DNS

WOMEN LONG JUMP CLUB

1 Shannon HIGGINS	James Madison TC 4.11m	13-6	+0.9
2 Jordan HUGHES	James Madison TC 2.96m	9-8½	+1.6

MEN 100 M CLUB

1 Ariel TILL	Virginia TC	11.61	+0.2
2 Ji ZHOU	William & Mary TC	11.95	-1.3
3 Anderson BURNS	James Madison TC	12.00	+0.2
4 Jack ALLISON	Virginia TC	12.18	+0.2



Results

5 Jackson TIRRELL	Virginia TC	12.73	+0.2
6 Ali ASFOUR	Virginia TC	13.29	+0.2
7 Jacob YAEGER	James Madison TC	13.41	-1.3
8 Hayden BAKO	James Madison TC	14.07	-1.3
DNS Quinn JACKSON	Virginia TC	DNS	
DNS Jay LEE	Virginia TC	DNS	
DNS Noah BULLARD	App State TC	DNS	
DNS Chris COPPOLA	Virginia TC	DNS	

MEN 200 M CLUB

1 Quinn JACKSON	Virginia TC	23.58	+0.8
2 Ariel TILL	Virginia TC	23.88	+0.8
3 Chris COPPOLA	Virginia TC	24.65	+1.1
4 Jack ALLISON	Virginia TC	24.95	+0.8
5 Jackson TIRRELL	Virginia TC	25.50	+1.1
6 Ali ASFOUR	Virginia TC	26.91	+1.1
7 Hayden BAKO	James Madison TC	27.44	+1.1
DNS Anderson BURNS	James Madison TC	DNS	
DNS Jay LEE	Virginia TC	DNS	
DNS Matthew BURCH	William & Mary TC	DNS	

MEN 400 M CLUB

1 Quinn JACKSON	Virginia TC	52.46	
2 Connor BERNE	Virginia TC	54.00	
3 Jacob YAEGER	James Madison TC	55.05	
4 Chris COPPOLA	Virginia TC	55.88	
5 Simrat SAINI	Virginia TC	1:12.13	
6 Ali ASFOUR	Virginia TC	1:14.97	
DNS Jay LEE	Virginia TC	DNS	
DNS Charlie ROSENZWEIG	Virginia TC	DNS	

MEN 800 M CLUB

1 Patrick SMITH	William & Mary TC	1:56.86	
2 Brendan ANSELM	William & Mary TC	2:03.77	
3 Eli COOK	Virginia TC	2:04.23	
4 Colin KIRKWOOD	James Madison TC	2:06.19	
5 Charles NOWICKI	Virginia TC	2:08.69	
6 Mitchell PALMER	Virginia TC	2:09.80	
7 Nathaniel DOTY	Virginia TC	2:13.14	
8 Ethan MCKEEVER	Virginia TC	2:18.41	
9 George NUTT	App State TC	2:19.57	
10 Ethan MCCALLISTER	App State TC	2:20.32	
11 Kamren REEVES	Virginia TC	2:22.11	
12 Todd BENSON	Virginia TC	2:23.46	
13 David COPPI	Virginia TC	2:25.10	
14 Sam RUBIN	William & Mary TC	2:32.24	
DNS Casey HUGHES	James Madison TC	DNS	
DNS Antwon WRIGHT	Liberty TC	DNS	
DNS Connor BERNE	Virginia TC	DNS	
DNS Lee TEIXEIRA	James Madison TC	DNS	
DNS Liam O'CASEY	Virginia TC	DNS	

MEN 1500 M CLUB

1 Patrick SMITH	William & Mary TC	4:12.34	
2 Liam O'CASEY	Virginia TC	4:14.62	
3 Andreas MASIAKOS	Virginia TC	4:19.41	
4 Eli COOK	Virginia TC	4:26.57	
5 Mason BARNES	Virginia TC	4:30.77	
6 Greer MATTHIAS	Virginia TC	4:31.39	
7 Michael HILLER	App State TC	4:31.52	

8 Mitchell PALMER	Virginia TC	4:33.61	
9 Garreth FULCHER	App State TC	4:38.42	
10 Charlie ROSENZWEIG	Virginia TC	4:49.27	
11 Colin KIRKWOOD	James Madison TC	4:53.55	
12 Grant ZOU	Virginia TC	4:55.95	
13 Kyle MOORE	Liberty TC	4:59.64	
14 Surya SELVAM	Virginia TC	4:59.97	
15 Lawrence MACLIN	William & Mary TC	5:09.26	
16 Kamren REEVES	Virginia TC	5:17.82	
17 Owen PLIMPTON	James Madison TC	5:21.65	
18 David COPPI	Virginia TC	5:21.66	
19 Ryan MCCLURE	App State TC	5:38.91	
DNS Caleb BIRNBAUM	Virginia TC	DNS	
DNS Andrew SHINKLE	James Madison TC	DNS	
DNS Declan STACY	Virginia TC	DNS	
DNS Ashton BLACKWELL	James Madison TC	DNS	
DNS Ben ROBERTS	William & Mary TC	DNS	
DNS Ethan MCKEEVER	Virginia TC	DNS	
DNS Kane DACIER	James Madison TC	DNS	

MEN 3000 M STEEPLE CLUB

1 Eli COOK	Virginia TC	10:01.01	
2 Ashton BLACKWELL	James Madison TC	10:43.70	
3 Charles MELVIN	Virginia TC	11:11.71	
4 Nathaniel DOTY	Virginia TC	11:14.52	
5 Garreth FULCHER	App State TC	11:38.55	
6 Aidan RAND	Virginia TC	12:29.86	
7 Jackson TIRRELL	Virginia TC	12:37.12	
8 Will TOTH	James Madison TC	12:51.92	
9 Ethan MCCALLISTER	App State TC	12:59.86	
10 Kane DACIER	James Madison TC	13:00.95	
11 Luke STROBACH	Virginia TC	13:15.15	
12 Sam RUBIN	William & Mary TC	13:43.70	
13 Jesse HARRELL	Liberty TC	15:24.69	
DNF Aiden PIPKIN	James Madison TC	DNF	
DNS Adam CONKLIN	James Madison TC	DNS	
DNS Jake THOMAS	Virginia TC	DNS	
DNS Derek LIU	Virginia TC	DNS	

MEN 5000 M CLUB

1 Dean YOST	Virginia TC	15:32.95	
2 Luke ELLIS	James Madison TC	16:38.51	
3 Jesse SMITH	Virginia TC	16:54.10	
4 Max SIFUENTES	James Madison TC	17:07.61	
5 Jenny SCHILLING	Virginia TC	17:11.10	
6 Ben ROBERTS	William & Mary TC	17:26.11	
7 Adam CONKLIN	James Madison TC	17:49.64	
8 Eugene GONZALEZ	Cornell TC	17:52.18	
9 Charles MELVIN	Virginia TC	17:58.09	
10 Declan MCQUINN	Virginia TC	18:30.78	
11 Jiaming ZHANG	Virginia TC	18:53.09	
12 Owen PLIMPTON	James Madison TC	19:09.75	
13 Andrew SHINKLE	James Madison TC	20:26.56	
14 Simrat SAINI	Virginia TC	21:51.74	
DNF Brandon SCHIMMEL	Liberty TC	DNF	
DNS Dominic LORUSSO	James Madison TC	DNS	

MEN 4X100 M RELAY CLUB

1 APP STATE TC	50.37
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Results

MEN 4X400 M RELAY CLUB

1 VIRGINIA TC	4:11.77
DNS APP STATE TC	DNS

MEN HIGH JUMP CLUB

1 Jesse SMITH	Virginia TC	1.44m	4-8 ³ / ₄
2 Eli COOK	Virginia TC	1.42m	4-7 ³ / ₄
3 Lee TEIXEIRA	James Madison TC	1.42m	4-7 ³ / ₄
DNS Declan MCQUINN	Virginia TC		DNS
DNS Ariel TILL	Virginia TC		DNS

MEN LONG JUMP CLUB

1 Dominic LORUSSO	James Madison TC	5.01m	16-5 ¹ / ₄	+1.7
2 Lee TEIXEIRA	James Madison TC	4.84m	15-10 ¹ / ₂	+1.8
3 Noah BULLARD	App State TC	4.81m	15-9 ¹ / ₂	+1.1
4 Ethan MCCALLISTER	App State TC	4.43m	14-6 ¹ / ₂	+1.5
DNS Jacob YAEGER	James Madison TC			DNS

MEN TRIPLE JUMP CLUB

X Jacob YAEGER	James Madison TC	X
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WOMEN 4X800 M RELAY CLUB

1 VIRGINIA TC	10:49.92
2 VIRGINIA TC B	11:56.79
3 JAMES MADISON TC	12:29.33

MEN 4X800 M RELAY CLUB

1 JAMES MADISON TC	9:07.20
1 JAMES MADISON TC	9:07.20

MIXED 4X400 M RELAY CLUB

1 VIRGINIA TC C	4:20.76
2 VIRGINIA TC D	4:41.03
3 VIRGINIA TC A	4:51.74
4 VIRGINIA TC F	4:58.37
5 VIRGINIA TC E	5:17.33
6 VIRGINIA TC B	5:19.09