



Start Lists

WOMEN 4X100 M RELAY Saturday 2:45 PM |

Facility: Kentucky - 43.14 (2016)

EVENT WILL BE SEEDED AFTER CHECK-IN

- NORFOLK STATE
- SAINT FRANCIS
- VIRGINIA

MEN 4X100 M RELAY Saturday 2:55 PM |

Facility: Florida State - 39.08 (2012)

EVENT WILL BE SEEDED AFTER CHECK-IN

- NORFOLK STATE
- SAINT FRANCIS
- VIRGINIA

WOMEN 100 M HURDLES Saturday 3:20 PM |

Facility: Queen Harrison - Asics - 12.70 (2014)

EVENT WILL BE SEEDED AFTER CHECK-IN

- Patasha BRYAN FR Liberty
- Indea CARTWRIGHT Unattached
- Meredith ENGLE SO Liberty
- Maria FERRARO JR Saint Francis
- Amani HANKTON JR Liberty
- Jada PIERRE FR Virginia
- Tamesia PINNIX FR Norfolk State
- Indya RICHARDS SR Norfolk State
- Brooklyn ROBINSON FR Norfolk State
- Essence SHAW FR Norfolk State
- Gabrielle STANAVICH JR Saint Francis
- Jasmine WILLIAMS SR Liberty

MEN 110 M HURDLES Saturday 3:30 PM |

Facility: Devon Hill - Miami - 13.35 (2012)

EVENT WILL BE SEEDED AFTER CHECK-IN

- Luke ANDERSON Unattached
- Hunter BLEAM FR Liberty
- Daniel BRITTEN FR Saint Francis
- Peter DJAN FR Virginia
- Prosper EKPORERE SO Liberty
- Dwight HENRY SO Norfolk State
- Isaiah IDORE FR Liberty
- Rayshawn JOHNSON JR Liberty
- Felix LAWRENCE JR Liberty
- Haiden LITWINOVICH SO Saint Francis
- David NIANG JR Saint Francis
- Antaeveon PAYNE SR Norfolk State
- Jonathan RICHARDSON FR Norfolk State
- Henry SULLIVAN FR Virginia
- Joshua SUTTON SR Norfolk State
- Daniel VAN DUREN JR Liberty
- Zach WENDT JR Liberty
- Ardonntrell WILLIAMS JR Saint Francis
- Camren WYNDER-HILL SO Norfolk State

WOMEN 400 M Saturday 3:45 PM |

Facility: Marlana Wash - Clemson - 51.43 (2012)

EVENT WILL BE SEEDED AFTER CHECK-IN

- Rhoda ALABAN-TAFON JR Saint Francis
- Aryana BOOSTANI FR Virginia
- Jaelyn COLE SO Saint Francis
- Abby COMELLA JR Virginia

- Kara GRANT SR Norfolk State
- Armani HARRIS JR Norfolk State
- Ava PODOLSKI FR Liberty
- Alahna SABBAKHAN JR Virginia
- Esther SEELAND SR Virginia
- Faith SIDWELL FR Liberty

MEN 400 M Saturday 3:55 PM |

Facility: Brycen Sprattling - Pittsburgh - 45.22 (2014)

EVENT WILL BE SEEDED AFTER CHECK-IN

- Knasir ALSTON FR Norfolk State
- Caleb BARKWELL FR Liberty
- Tre'quan BARNES Unattached
- Chayce CHALMERS FR Virginia
- Tom COREL SR Virginia
- Micah DENNIS FR Liberty
- Dazon HARRISON JR Norfolk State
- Adam LANZENDORFER SO Saint Francis
- Daniel LEJA FR Liberty
- Jaden LYONS FR Virginia
- Luke SCHROEDER FR Virginia
- Samir SMITH SO Saint Francis
- Will TRENT SO Virginia
- Evans WHITE IV FR Virginia

WOMEN 100 M Saturday 4:05 PM |

Facility: Ka'Tia Seymour - Florida State - 11.14 (2019)

EVENT WILL BE SEEDED AFTER CHECK-IN

- Sarah AKPAN FR Virginia
- Rhoda ALABAN-TAFON JR Saint Francis
- Kayla BONNICK JR Virginia
- Gabrielle BROHARD JR Liberty
- Emily COATES FR Liberty
- Allysia FARRAR JR Norfolk State
- De'Niya GRAVELY JR Norfolk State
- Brooke LONG FR Saint Francis
- Joelle PATTON JR Liberty
- Indya RICHARDS SR Norfolk State
- Brooklyn ROBINSON FR Norfolk State

MEN 100 M Saturday 4:15 PM |

Facility: Andre Ewers - Florida State - 10.06 (2019)

EVENT WILL BE SEEDED AFTER CHECK-IN

- Jackson BIRDSEYE FR Liberty
- Daniel BRITTEN FR Saint Francis
- Kai COLE JR Norfolk State
- Nigal DAVIS JR Virginia
- Jerlan FISH SO Virginia
- Anthony FRANKLIN JR Norfolk State
- Dwight HENRY SO Norfolk State
- Eaghan KIEFF FR Saint Francis
- Michael KOEPKE FR Virginia
- Bryan MADISON-AHOUMAN SO Norfolk State
- Devin MOSLEY FR Norfolk State
- Caleb NELSON JR Saint Francis
- Jay PENDARVIS JR Virginia
- Luke SMITH JR Virginia
- Samir SMITH SO Saint Francis
- Joshua SUTTON SR Norfolk State
- Carlson WHITE FR Norfolk State



Start Lists

WOMEN 800 M Saturday 4:25 PM |

Facility: Michaela Meyer - Virginia - 2:01.82 (2021)

Final

| | | |
|----------------------|----|---------------|
| 1 Lily JAMES | JR | Virginia |
| 2 Monica GREGG | JR | Saint Francis |
| 3 Samantha TROUP | SO | Liberty |
| 4 Katie LOCKER | | Unattached |
| 5 Martha BISSAH | | Unattached |
| 6 Keara SEASHOLTZ | JR | Virginia |
| 7 Annamarie MCKENZIE | | Unattached |
| 8 Mariclare ANDERSON | JR | Saint Francis |
| 9 Rebekah SIMMONS | SO | Liberty |
| 10 Allison ENGLE | FR | Liberty |
| 11 Isabella HUNER | JR | Liberty |
| 12 Hailey PRESTASH | JR | Saint Francis |

MEN 800 M Saturday 4:30 PM |

Facility: Isaiah Harris - Penn State - 1:45.12 (2017)

Final

| | | |
|-------------------|----|---------------|
| 1 Seamus GIRDUSKY | SO | Saint Francis |
| 2 Thomas PRESNAR | FR | Saint Francis |
| 3 James PARMELEE | FR | Saint Francis |
| 4 Graham MUSSMON | FR | Liberty |
| 5 Myles PLUMMER | FR | Virginia |
| 6 Liam BELLAMY | SO | Virginia |
| 7 Kenton BACHMANN | SR | Virginia |

WOMEN 400 M HURDLES Saturday 4:40 PM |

Facility: Autumnne Franklin - Harvard - 55.70 (2016)

*****EVENT WILL BE SEEDED AFTER CHECK-IN*****

| | | |
|-----------------------|----|---------------|
| - Sophia AKPAN | FR | Virginia |
| - Emily ALEXANDRU | SO | Virginia |
| - Indea CARTWRIGHT | | Unattached |
| - Jaelyn COLE | SO | Saint Francis |
| - Nimeesha COLEMAN | JR | Liberty |
| - Gabrielle STANAVICH | JR | Saint Francis |
| - Jasmine WILLIAMS | SR | Liberty |

MEN 400 M HURDLES Saturday 4:45 PM |

Facility: Bershawn Jackson - Nike - 48.76 (2014)

*****EVENT WILL BE SEEDED AFTER CHECK-IN*****

| | | |
|----------------------|----|---------------|
| - Luke ANDERSON | | Unattached |
| - Josh BLALOCK | FR | Liberty |
| - Rayan HOLMES | SR | Liberty |
| - Isaiah IDORE | FR | Liberty |
| - Rayshawn JOHNSON | JR | Liberty |
| - Felix LAWRENCE | JR | Liberty |
| - Haiden LITWINOVICH | SO | Saint Francis |
| - Alex SHERMAN | SO | Virginia |
| - Zack WEEKMAN | JR | Liberty |
| - Zack WEEKMAN | | Unattached |

WOMEN 200 M Saturday 4:55 PM |

Facility: Rochelle Stevens - Morgan State - 22.84 (1987)

*****EVENT WILL BE SEEDED AFTER CHECK-IN*****

| | | |
|-------------------|----|---------------|
| - Sarah AKPAN | FR | Virginia |
| - Brooke BARNER | FR | Saint Francis |
| - Kayla BONNICK | JR | Virginia |
| - Aryana BOOSTANI | FR | Virginia |

| | | |
|---------------------|----|---------------|
| - Gabrielle BROHARD | JR | Liberty |
| - Patasha BRYAN | FR | Liberty |
| - Emily COATES | FR | Liberty |
| - Abby COMELLA | JR | Virginia |
| - Paige DRAKE | FR | Saint Francis |
| - Meredith ENGLE | SO | Liberty |
| - Allysia FARRAR | JR | Norfolk State |
| - Armani HARRIS | JR | Norfolk State |
| - Joelle PATTON | JR | Liberty |
| - Jada PIERRE | FR | Virginia |
| - Ava PODOLSKI | FR | Liberty |
| - Alahna SABBAKHAN | JR | Virginia |

MEN 200 M Saturday 5:05 PM |

Facility: Andre Ewers - Florida State - 20.31 (2019)

*****EVENT WILL BE SEEDED AFTER CHECK-IN*****

| | | |
|-------------------------|----|---------------|
| - Bryce BAKER | JR | Saint Francis |
| - Tre'quan BARNES | | Unattached |
| - Jackson BIRDSEYE | FR | Liberty |
| - Hunter BLEAM | FR | Liberty |
| - Chayce CHALMERS | FR | Virginia |
| - Kai COLE | JR | Norfolk State |
| - Nigal DAVIS | JR | Virginia |
| - Peter DJAN | FR | Virginia |
| - Jerlan FISH | SO | Virginia |
| - Anthony FRANKLIN | JR | Norfolk State |
| - Eaghan KIEFF | FR | Saint Francis |
| - Michael KOEPKE | FR | Virginia |
| - Adam LANZENDORFER | SO | Saint Francis |
| - Jaden LYONS | FR | Virginia |
| - Bryan MADISON-AHOUMAN | SO | Norfolk State |
| - Devin MOSLEY | FR | Norfolk State |
| - Jay PNDARVIS | JR | Virginia |
| - Julian SAUNDERS | SO | Saint Francis |
| - Samir SMITH | SO | Saint Francis |
| - Will TRENT | SO | Virginia |
| - Daniel VAN DUREN | JR | Liberty |
| - Zach WENDT | JR | Liberty |
| - Carlson WHITE | FR | Norfolk State |
| - Jeremiah ZELLANDER | JR | Norfolk State |

WOMEN 5000 M Saturday 5:15 PM |

Facility: Katelyn Tuohy - NC State - 15:14.61 (2022)

Final

| | | |
|--------------------|----|---------------|
| 1 Linnaea KAVULICH | SO | Virginia |
| 2 Lila FENNER | JR | Virginia |
| 3 Quinn MCELHENNY | JR | Saint Francis |
| 4 Tesslyn HELMS | SO | Saint Francis |

MEN 5000 M Saturday 5:35 PM |

Facility: Zach Facioni - Wake Forest - 13:35.33 (2021)

Final

| | | |
|--------------------|----|---------------|
| 1 Griffin MCCAULEY | JR | Virginia |
| 2 Zachary KOHLER | SO | Saint Francis |

WOMEN 4X400 M RELAY Saturday 5:55 PM |

Facility: Duke - 3:32.92 (2021)

*****EVENT WILL BE SEEDED AFTER CHECK-IN*****

| |
|-----------------|
| - SAINT FRANCIS |
| - VIRGINIA |



Start Lists

MEN 4X400 M RELAY

Saturday 6:00 PM |

Facility: Villanova - 3:05.01 (1985)

EVENT WILL BE SEEDED AFTER CHECK-IN

- LIBERTY
- LIBERTY B
- NORFOLK STATE
- NORFOLK STATE B
- SAINT FRANCIS
- SAINT FRANCIS B
- SAINT FRANCIS C
- VIRGINIA
- VIRGINIA B

WOMEN 1500 M

Saturday 6:10 PM |

Facility: Josette Norris - Reebok Boston TC - 4:07.35 (2021)

Final

- 1 Martha BISSAH Unattached
- 2 Anna WORKMAN JR Virginia
- 3 Sophie ATKINSON FR Virginia
- 4 Keara SEASHOLTZ JR Virginia
- 5 Ellie DESMOND JR Virginia
- 6 Linnaea KAVULICH SO Virginia
- 7 Lila FENNER JR Virginia
- 8 Katie DORSEY FR Virginia
- 9 Samantha TROUP SO Liberty
- 10 Mercyline KIMAIYO SO Norfolk State
- 11 Luci ILLNICKI-LAMBERT FR Virginia
- 12 Amelia MAUGHAN FR Virginia
- 13 Emma FLECK SO Saint Francis
- 14 Rebekah SIMMONS SO Liberty
- 15 Baylee CARPENTER SO Saint Francis

MEN 1500 M

Saturday 6:15 PM |

Facility: Henry Wynne - Virginia - 3:38.05 (2016)

Final

- 1 Victor JUMO SO Norfolk State
- 2 Gidion SIGEI SO Norfolk State
- 3 Griffin MCCAULEY JR Virginia
- 4 Justin DIEHL SO Virginia
- 5 Jack ELIASON JR Virginia
- 6 Nick KARAYIANIS SO Virginia
- 7 Regan KIMTAI SR Norfolk State
- 8 Brian ROTICH SO Norfolk State
- 9 Jacob HUNTER JR Virginia

WOMEN JAVELIN

Saturday 12:00 PM |

Facility: Alexandra Roberts - Wake Forest - 56.32m (184-9) (2021)

Flight 1 of 1

- 1 Kali GRAYSON JR Liberty
- 2 Margaret FOX SO Saint Francis
- 3 Josilyn WEHNER SO Saint Francis
- 4 Mackenzie WHITE SO Liberty
- 5 Brooke LUMPKIN SO Virginia
- 6 Patasha BRYAN FR Liberty
- 7 Abigail MECKES FR Virginia
- 8 Olivia CONRAD JR Saint Francis

WOMEN HAMMER

Saturday 1:00 PM |

Facility: Laura Igaune - Latvia - 69.56m (228-2) (2019)

Flight 1 of 1

- 1 Arieana PARKER SR Norfolk State
- 2 Brooke ALEXANDER SO Saint Francis
- 3 Caroline FYOCK JR Saint Francis
- 4 Morgan JOHNSON JR Virginia
- 5 Leslie YOUNG SO Norfolk State
- 6 Paola BUENO FR Liberty
- 7 Sofia MOJICA JR Liberty
- 8 Annika HANTHO JR Liberty
- 9 Carly SEDUN SO Saint Francis
- 10 Bree LUMPKIN SO Virginia
- 11 Jada MARSH SO Virginia
- 12 Megan MANN JR Liberty

MEN HAMMER

Saturday follows WHT |

Facility: Hilmar Jonsson - Virginia - 75.26m (246-11) (2019)

Flight 1 of 1

- 1 Stuart FOLKERTS JR Liberty
- 2 Raeshon SMITH SO Norfolk State
- 3 Parker HILAMAN JR Saint Francis
- 4 Vincent FRANCO FR Saint Francis
- 5 Christian HICKS FR Liberty
- 6 Trey BANEY SO Saint Francis
- 7 John FAY SO Virginia
- 8 John HICKS JR Liberty

WOMEN HIGH JUMP

Saturday 2:00 PM |

Facility: Nicole Greene - North Carolina - 1.88m (6-2) (2019)

Flight 1 of 1

- 1 Saige WILT FR Saint Francis
- 2 Shonte SEALE SR Norfolk State
- 3 Caroline RATCHFORD JR Saint Francis
- 4 Kacy COX SO Liberty
- 5 Tierney BEEBOUT FR Saint Francis
- 6 Patasha BRYAN FR Liberty
- 7 Carly TARENTINO SO Virginia
- 8 Meredith ENGLE SO Liberty

MEN HIGH JUMP

Saturday follows WHJ |

Facility: Shultz (UMD) / Foster (UVA) - 2.24m (7-4¼) (2021)

Flight 1 of 1

- 1 David FRASIER FR Virginia
- 2 Hunter BLEAM FR Liberty
- 3 Arnold MVE NDJAMEN FR Saint Francis
- 4 Ethan ROBINSON JR Virginia
- 5 Terric JONES FR Norfolk State

WOMEN DISCUS

Saturday 3:45 PM |

Facility: Katelyn Daniels - Michigan State - 59.07m (193-9) (2016)

Flight 1 of 1

- 1 Kaiya SAUNDERS JR Virginia
- 2 Janae PROFIT SO Virginia
- 3 Sofia MOJICA JR Liberty
- 4 Annika HANTHO JR Liberty
- 5 Megan MANN JR Liberty
- 6 Leslie YOUNG SO Norfolk State

MEN DISCUS

Saturday follows WDT |

Facility: Sam Mattis - Penn - 65.12m (213-8) (2016)

Flight 1 of 1



Start Lists

| | |
|--------------------|------------------|
| 1 Zach WENDT | JR Liberty |
| 2 Christian HICKS | FR Liberty |
| 3 Hunter BLEAM | FR Liberty |
| 4 Henry SULLIVAN | FR Virginia |
| 5 Ethan ROBINSON | JR Virginia |
| 6 Kevin NEDRICK | SR Liberty |
| 7 Elby OMOHUNDRO | JR Virginia |
| 8 Desmond COLEMAN | FR Liberty |
| 9 Daniel VAN DUREN | JR Liberty |
| 10 Rayquan SMITH | JR Norfolk State |
| 11 David FRASIER | FR Virginia |

WOMEN POLE VAULT Saturday 4:00 PM |

Facility: Maddie Gardner - West Virginia - 4.47m (14-8) (2019)

Flight 1 of 1

| | |
|------------------------|------------------|
| 1 Cierra JOHNSON | FR Norfolk State |
| 2 Destiny HOOKS | SR Norfolk State |
| 3 D'Nysha BRIGHTFUL | SO Norfolk State |
| 4 Abigail TULLY | FR Liberty |
| 5 Abby GUNTHER | JR Virginia |
| 6 Vittoria LAROSA | SR Saint Francis |
| 7 Leah WOOD | FR Liberty |
| 8 Riley LARSEN | JR Virginia |
| 9 Emory PAFFORD | SO Liberty |
| 10 Mia BOWERS | SO Liberty |
| 11 Caroline DANNENBAUM | JR Virginia |
| 12 Maya MALONEY | JR Virginia |
| 13 Hanne BORSTLAP | JR Virginia |
| 14 Taylen LANGIN | SR Liberty |
| 15 Trina BARCAROLA | JR Virginia |

MEN POLE VAULT Saturday follows MPV |

Facility: Deakin Volz - Virginia Tech - 5.62m (18-5¼) (2019)

Flight 1 of 1

| | |
|----------------------|------------------|
| 1 Daniel VAN DUREN | JR Liberty |
| 2 Haiden LITWINOVICH | SO Saint Francis |
| 3 Ethan ROBINSON | JR Virginia |
| 4 Ryan HARMAN | JR Saint Francis |
| 5 Tyler LYNCH | JR Virginia |
| 6 Hunter FLACK | SO Liberty |
| 7 Kyle MOSTELLER | JR Virginia |
| 8 Anders JANES | SR Liberty |
| 9 Justin ROGERS | FR Virginia |

MEN LONG JUMP Saturday 4:00 PM |

Facility: Queshun Watson-Riggins - FIU - 7.93m (26-¼) (2022)

Flight 1 of 1

| | |
|------------------------|------------------|
| 1 Jacob SCHNEIDER | FR Saint Francis |
| 2 Luke SMITH | JR Virginia |
| 3 Joshua SMITH | FR Liberty |
| 4 Heldi VALIKAJ | SO Virginia |
| 5 Isaac HAYWOOD | SO Norfolk State |
| 6 Caleb NELSON | JR Saint Francis |
| 7 Camren WYNDER-HILL | SO Norfolk State |
| 8 Shane WANG | FR Liberty |
| 9 Jasir PARKER | JR Saint Francis |
| 10 Rodric COX-COOPER | JR Norfolk State |
| 11 Jonathan RICHARDSON | FR Norfolk State |

WOMEN LONG JUMP Saturday 4:00 PM |

Facility: Kenyattia Hackworth - Unattached - 6.79m (22-3¼) (2016)

Flight 1 of 1

| | |
|-------------------|------------------|
| 1 Jenna BEITEL | JR Saint Francis |
| 2 Amani HANKTON | JR Liberty |
| 3 Ayanna JOHNSON | Unattached |
| 4 Essence SHAW | FR Norfolk State |
| 5 Brooke LONG | FR Saint Francis |
| 6 Makenzy MIZERA | JR Liberty |
| 7 Jordan HARDY | SO Virginia |
| 8 Corryn CONNER | FR Norfolk State |
| 9 Rebecca ALLEN | FR Liberty |
| 10 Tamesia PINNIX | FR Norfolk State |
| 11 Taylor FOSTER | FR Saint Francis |
| 12 Tara ZENI | SO Virginia |
| 13 Indya RICHARDS | SR Norfolk State |

WOMEN SHOT PUT Saturday 5:30 PM |

Facility: Danniell Thomas-Dodd - Jamaica - 19.48m (63-11) (2019)

Flight 1 of 1

| | |
|--------------------|------------------|
| 1 Myiah SCOTT | JR Liberty |
| 2 Caroline FYOCK | JR Saint Francis |
| 3 Meredith ENGLE | SO Liberty |
| 4 Brooke ALEXANDER | SO Saint Francis |
| 5 Megan MANN | JR Liberty |
| 6 Kaiya SAUNDERS | JR Virginia |
| 7 Arieana PARKER | SR Norfolk State |
| 8 Sofia MOJICA | JR Liberty |
| 9 Brooke LUMPKIN | SO Virginia |
| 10 Leslie YOUNG | SO Norfolk State |
| 11 Janae PROFIT | SO Virginia |

MEN TRIPLE JUMP Saturday 5:30 PM |

Facility: Jordan Scott - Virginia - 17.08m (56-½) (2019)

Flight 1 of 1

| | |
|---------------------|------------------|
| 1 Caleb NELSON | JR Saint Francis |
| 2 Joshua SMITH | FR Liberty |
| 3 Jasir PARKER | JR Saint Francis |
| 4 Isaac HAYWOOD | SO Norfolk State |
| 5 Kameron STEVENS | JR Saint Francis |
| 6 Shane WANG | FR Liberty |
| 7 Jacob TSIKALAS | SO Saint Francis |
| 8 Rodric COX-COOPER | JR Norfolk State |

WOMEN TRIPLE JUMP Saturday 5:35 PM |

Facility: Ayana Alexander - Trinidad & Tobago - 14.14m (46-4¾) (2012)

Flight 1 of 1

| | |
|------------------------|------------------|
| 1 Rebecca ALLEN | FR Liberty |
| 2 De'Niya GRAVELY | JR Norfolk State |
| 3 Marie-Therese COOPER | SO Saint Francis |
| 4 Randilyn HESS | SO Liberty |
| 5 Brooke LONG | FR Saint Francis |
| 6 Emma ARBLASTER | JR Liberty |
| 7 Jordan HARDY | SO Virginia |
| 8 Azjia GARDNER | FR Saint Francis |
| 9 Kacy COX | SO Liberty |
| 10 Madeline MURPHY | JR Saint Francis |
| 11 Maddy HUNT | JR Liberty |
| 12 Jenna BEITEL | JR Saint Francis |
| 13 Makenzy MIZERA | JR Liberty |
| 14 Saige WILT | FR Saint Francis |



Start Lists

MEN SHOT PUT Saturday 5:45 PM |

Facility: Filip Mihaljevic - Virginia - 20.52m (67-4) (2017)

Flight 1 of 1

| | | |
|--------------------|----|---------------|
| 1 Rayquan SMITH | JR | Norfolk State |
| 2 Luke SMITH | JR | Virginia |
| 3 Jared OAKES | SO | Saint Francis |
| 4 Elby OMOHUNDRO | JR | Virginia |
| 5 Desmond COLEMAN | FR | Liberty |
| 6 Raeshon SMITH | SO | Norfolk State |
| 7 Henry SULLIVAN | FR | Virginia |
| 8 Dustin HYDE | SO | Saint Francis |
| 9 David FRASIER | FR | Virginia |
| 10 Kevin NEDRICK | SR | Liberty |
| 11 Nickolas HYDE | JR | Saint Francis |
| 12 Troy MCWILLIAMS | FR | Norfolk State |
| 13 Ethan ROBINSON | JR | Virginia |

MEN JAVELIN Saturday 6:00 PM |

Facility: Ethan DABBS - Virginia - 80.41m (263-9) (2022)

Flight 1 of 1

| | | |
|--------------------|----|---------------|
| 1 Luke SMITH | JR | Virginia |
| 2 Elby OMOHUNDRO | JR | Virginia |
| 3 Ethan MYLIN | SO | Liberty |
| 4 Thomas DICKINSON | SO | Virginia |
| 5 Zach WENDT | JR | Liberty |
| 6 Henry SULLIVAN | FR | Virginia |
| 7 Brady DILLER | FR | Liberty |
| 8 Tyler ZAWATSKI | FR | Virginia |
| 9 Ben SHUGHART | SO | Liberty |
| 10 Ethan ROBINSON | JR | Virginia |
| 11 Ethan STROUP | FR | Saint Francis |

WOMEN 4X800 M RELAY CLUB Saturday 10:30 AM |

Facility: - ()

Final

| | |
|--------------------|---|
| 1 JAMES MADISON TC | |
| 2 VIRGINIA TC | |
| 3 VIRGINIA TC | B |

MEN 4X800 M RELAY CLUB Saturday 10:45 AM |

Facility: - ()

Final

| |
|--------------------|
| 1 JAMES MADISON TC |
|--------------------|

MIXED 4X400 M RELAY CLUB Saturday 11:00 AM |

Final

| | |
|---------------|---|
| 3 VIRGINIA TC | B |
| 4 VIRGINIA TC | D |
| 5 VIRGINIA TC | E |
| 6 VIRGINIA TC | |
| 7 VIRGINIA TC | F |
| 8 VIRGINIA TC | C |

MEN 4X100 M RELAY CLUB Saturday 11:10 AM |

Facility: Florida State - 39.08 (2012)

Final

| |
|----------------|
| 6 APP STATE TC |
|----------------|

MEN 3000 M STEEPLE CLUB Saturday 11:20 AM |

Facility: Parker Stokes - Georgetown - 8:32.22 (2022)

Final

| | |
|---------------------|-------------------|
| 1 Eli COOK | Virginia TC |
| 2 Jackson TIRRELL | Virginia TC |
| 3 Aidan RAND | Virginia TC |
| 4 Ashton BLACKWELL | James Madison TC |
| 5 Charles MELVIN | Virginia TC |
| 6 Nathaniel DOTY | Virginia TC |
| 7 Ethan MCCALLISTER | App State TC |
| 8 Garreth FULCHER | App State TC |
| 9 Adam CONKLIN | James Madison TC |
| 10 Will TOTH | James Madison TC |
| 11 Kane DACIER | James Madison TC |
| 12 Aiden PIPKIN | James Madison TC |
| 13 Sam RUBIN | William & Mary TC |
| 14 Jesse HARRELL | Liberty TC |
| 15 Jake THOMAS | Virginia TC |
| 16 Derek LIU | Virginia TC |
| 17 Luke STROBACH | Virginia TC |

WOMEN 400 M CLUB Saturday 11:40 AM |

Facility: Marlena Wesh - Clemson - 51.43 (2012)

Final

| | |
|------------------|------------------|
| 4 Avery TARUTANI | James Madison TC |
| 5 Liz EPSTEIN | Virginia TC |
| 6 Callie FALLIS | Virginia TC |

MEN 400 M CLUB Saturday 11:45 AM |

Facility: Brycen Spratling - Pittsburgh - 45.22 (2014)

Final

| | |
|----------------------|------------------|
| 1 Simrat SAINI | Virginia TC |
| 2 Ali ASFOUR | Virginia TC |
| 3 Jacob YAEGER | James Madison TC |
| 4 Jay LEE | Virginia TC |
| 5 Chris COPPOLA | Virginia TC |
| 6 Quinn JACKSON | Virginia TC |
| 7 Charlie ROSENZWEIG | Virginia TC |
| 8 Connor BERNE | Virginia TC |

WOMEN 100 M CLUB Saturday 11:55 AM |

Facility: Ka'Tia Seymour - Florida State - 11.14 (2019)

Final

| | |
|------------------|--------------|
| 3 Natalie LOEHNE | App State TC |
| 4 Callie FALLIS | Virginia TC |
| 5 Zoe KLINE | App State TC |

MEN 100 M CLUB Saturday 12:00 PM |

Facility: Andre Ewers - Florida State - 10.06 (2019)

Section 1 of 2

| | |
|-----------------|-------------------|
| 2 Ji ZHOU | William & Mary TC |
| 3 Jacob YAEGER | James Madison TC |
| 4 Jay LEE | Virginia TC |
| 5 Noah BULLARD | App State TC |
| 6 Chris COPPOLA | Virginia TC |
| 7 Hayden BAKO | James Madison TC |

Section 2 of 2

| | |
|------------------|------------------|
| 2 Ali ASFOUR | Virginia TC |
| 3 Ariel TILL | Virginia TC |
| 4 Quinn JACKSON | Virginia TC |
| 5 Anderson BURNS | James Madison TC |



Start Lists

6 Jack ALLISON Virginia TC
 7 Jackson TIRRELL Virginia TC

WOMEN 800 M CLUB Saturday 12:10 PM |

Facility: Michaela Meyer - Virginia - 2:01.82 (2021)

Final

1 Hermi GOING James Madison TC
 2 Jordan HUGHES James Madison TC
 3 Ashley DOBZYNIK James Madison TC
 4 Jada MENDEZ James Madison TC
 5 Emma TESSLER Virginia TC
 6 Danielle LUGO App State TC
 7 Lena CAFFALL James Madison TC
 8 Abigail CONRAD Liberty TC
 9 Julia SPAMPINATO James Madison TC

MEN 800 M CLUB Saturday 12:15 PM |

Facility: Isaiah Harris - Penn State - 1:45.12 (2017)

Section 1 of 2

1 Sam RUBIN William & Mary TC
 2 Casey HUGHES James Madison TC
 3 David COPPI Virginia TC
 4 Todd BENSON Virginia TC
 5 Antwon WRIGHT Liberty TC
 6 Ethan MCCALLISTER App State TC
 7 George NUTT App State TC
 8 Kamren REEVES Virginia TC
 9 Connor BERNE Virginia TC
 10 Lee TEIXEIRA James Madison TC

Section 2 of 2

1 Charles NOWICKI Virginia TC
 2 Mitchell PALMER Virginia TC
 3 Liam O'CASEY Virginia TC
 4 Colin KIRKWOOD James Madison TC
 5 Brendan ANSELM William & Mary TC
 6 Patrick SMITH William & Mary TC
 7 Nathaniel DOTY Virginia TC
 8 Eli COOK Virginia TC
 9 Ethan MCKEEVER Virginia TC

WOMEN 200 M CLUB Saturday 12:25 PM |

Facility: Rochelle Stevens - Morgan State - 22.84 (1987)

Final

3 Zoe KLINE App State TC
 4 Kiera WISSING James Madison TC
 5 Sarah HANDEL James Madison TC
 6 Callie FALLIS Virginia TC
 7 Natalie LOEHNE App State TC

MEN 200 M CLUB Saturday 12:30 PM |

Facility: Andre Ewers - Florida State - 20.31 (2019)

Section 1 of 2

3 Matthew BURCH William & Mary TC
 4 Ali ASFOUR Virginia TC
 5 Chris COPPOLA Virginia TC
 6 Jackson TIRRELL Virginia TC
 7 Hayden BAKO James Madison TC

Section 2 of 2

3 Anderson BURNS James Madison TC
 4 Jack ALLISON Virginia TC

5 Ariel TILL Virginia TC
 6 Quinn JACKSON Virginia TC
 7 Jay LEE Virginia TC

WOMEN 5000 M CLUB Saturday 12:35 PM |

Facility: Katelyn Tuohy - NC State - 15:14.61 (2022)

Final

1 Zoe WINCKEL Virginia TC
 2 Kate SULLIVAN Cornell TC
 3 Sasha POND Virginia TC
 4 Olivia BEEGLE Virginia TC
 5 Natalie BUFORD James Madison TC
 6 Ayla PEARSON Virginia TC
 7 Rachel WEGHORST Virginia TC
 8 Danielle LUGO App State TC

MEN 5000 M CLUB Saturday 1:00 PM |

Facility: Zach Facioni - Wake Forest - 13:35.33 (2021)

Final

1 Dean YOST Virginia TC
 2 Brandon SCHIMMEL Liberty TC
 3 Luke ELLIS James Madison TC
 4 Jesse SMITH Virginia TC
 5 Max SIFUENTES James Madison TC
 6 Adam CONKLIN James Madison TC
 7 Jenny SCHILLING Virginia TC
 8 Eugene GONZALEZ Cornell TC
 9 Ben ROBERTS William & Mary TC
 10 Charles MELVIN Virginia TC
 11 Declan MCQUINN Virginia TC
 12 Jiaming ZHANG Virginia TC
 13 Dominic LORUSSO James Madison TC
 14 Andrew SHINKLE James Madison TC
 15 Owen PLIMPTON James Madison TC
 16 Simrat SAINI Virginia TC

WOMEN 4X400 M RELAY CLUB Saturday 1:25 PM |

Facility: Duke - 3:32.92 (2021)

Final

6 VIRGINIA TC

MEN 4X400 M RELAY CLUB Saturday 1:30 PM |

Facility: Villanova - 3:05.01 (1985)

Final

5 APP STATE TC
 6 VIRGINIA TC

WOMEN 1500 M CLUB Saturday 1:35 PM |

Facility: Josette Norris - Reebok Boston TC - 4:07.35 (2021)

Final

1 Kate SULLIVAN Cornell TC
 2 Stella BANINO Virginia TC
 3 Mary MURRAY Virginia TC
 4 Lizzie BURRELL Virginia TC
 5 Jada MENDEZ James Madison TC
 6 Abigail CONRAD Liberty TC
 7 Addie KING James Madison TC
 8 Natalie BUFORD James Madison TC
 9 Brynn VEA Virginia TC
 10 Olivia CHIAPPETTA Virginia TC



Start Lists

| | |
|----------------------|------------------|
| 11 TalyN STEINMANN | Virginia TC |
| 12 Natalie LOEHNE | App State TC |
| 13 Chloe KLINE | Virginia TC |
| 14 Danielle LUGO | App State TC |
| 15 Zoe KLINE | App State TC |
| 16 Shannon HIGGINS | James Madison TC |
| 17 Ashley DOBZYNIK | James Madison TC |
| 18 Julia SPAMPINATO | James Madison TC |
| 19 Michelle WURMSER | Virginia TC |
| 20 Lauren KNITTER | James Madison TC |
| 21 Liza HAROLD | Virginia TC |
| 22 Kate HORGAN | Liberty TC |
| 23 Anna STEGMEIER | James Madison TC |
| 24 Madison GALLAGHER | Virginia TC |

MEN 1500 M CLUB Saturday 1:45 PM |

Facility: Henry Wynne - Virginia - 3:38.05 (2016)

Section 1 of 2

| | |
|----------------------|-------------------|
| 1 Caleb BIRNBAUM | Virginia TC |
| 2 Charlie ROSENZWEIG | Virginia TC |
| 3 Grant ZOU | Virginia TC |
| 4 Kamren REEVES | Virginia TC |
| 5 Andrew SHINKLE | James Madison TC |
| 6 David COPPI | Virginia TC |
| 7 Owen PLIMPTON | James Madison TC |
| 8 Declan STACY | Virginia TC |
| 9 Kyle MOORE | Liberty TC |
| 10 Ryan MCCLURE | App State TC |
| 11 Surya SELVAM | Virginia TC |
| 12 Lawrence MACLIN | William & Mary TC |

Section 2 of 2

| | |
|--------------------|-------------------|
| 1 Colin KIRKWOOD | James Madison TC |
| 2 Eli COOK | Virginia TC |
| 3 Ashton BLACKWELL | James Madison TC |
| 4 Liam O'CASEY | Virginia TC |
| 5 Andreas MASIAKOS | Virginia TC |
| 6 Ben ROBERTS | William & Mary TC |
| 7 Patrick SMITH | William & Mary TC |
| 8 Ethan MCKEEVER | Virginia TC |
| 9 Mitchell PALMER | Virginia TC |
| 10 Michael HILLER | App State TC |
| 11 Greer MATTHIAS | Virginia TC |
| 12 Mason BARNES | Virginia TC |
| 13 Garreth FULCHER | App State TC |
| 14 Kane DACIER | James Madison TC |

WOMEN 3000 M STEEPLE CLUB Saturday 2:15 PM |

Facility: Leah O'Connor - Michigan State - 9:41.88 (2015)

Final

| | |
|---------------------|------------------|
| 1 Julia BUSTAMANTE | Virginia TC |
| 2 Michelle WURMSER | Virginia TC |
| 3 Stella BANINO | Virginia TC |
| 4 Addie KING | James Madison TC |
| 5 Betsy ALTENBURGER | Virginia TC |
| 6 Jordan HUGHES | James Madison TC |
| 7 Zoe KLINE | App State TC |
| 8 Sophia MEAGHER | Virginia TC |
| 9 Mary MURRAY | Virginia TC |
| 10 Lauren KNITTER | James Madison TC |
| 11 Shannon HIGGINS | James Madison TC |

| | |
|--------------------|------------------|
| 12 Ashley DOBZYNIK | James Madison TC |
| 13 Natalie LOEHNE | App State TC |

MEN HIGH JUMP CLUB Saturday 10:00 AM |

Facility: Shoultz (UMD) / Foster (UVA) - 2.24m (7-4¼) (2021)

Flight 1 of 1

| | |
|------------------|------------------|
| 1 Ariel TILL | Virginia TC |
| 2 Lee TEIXEIRA | James Madison TC |
| 3 Eli COOK | Virginia TC |
| 4 Jesse SMITH | Virginia TC |
| 5 Declan MCQUINN | Virginia TC |

WOMEN LONG JUMP CLUB Saturday 12:00 PM |

Facility: Kenyattia Hackworth - Unattached - 6.79m (22-3½) (2016)

Flight 1 of 1

| | |
|-------------------|------------------|
| 1 Jordan HUGHES | James Madison TC |
| 2 Shannon HIGGINS | James Madison TC |

MEN LONG JUMP CLUB Saturday 12:00 PM |

Facility: Queshun Watson-Riggins - FIU - 7.93m (26-¼) (2022)

Flight 1 of 1

| | |
|---------------------|------------------|
| 1 Lee TEIXEIRA | James Madison TC |
| 2 Noah BULLARD | App State TC |
| 3 Ethan MCCALLISTER | App State TC |
| 4 Jacob YAEGER | James Madison TC |
| 5 Dominic LORUSSO | James Madison TC |

MEN TRIPLE JUMP CLUB Saturday 1:00 PM |

Facility: Jordan Scott - Virginia - 17.08m (56-½) (2019)

Flight 1 of 1

| | |
|----------------|------------------|
| 1 Jacob YAEGER | James Madison TC |
|----------------|------------------|