

Event 1 Women Hammer Throw

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Top 7 Advance to Finals

NCAA Auto: A 52.60m
 NCAA Prov: P 46.50m
 ODAC Meet: * 143-08.75 2007 Katie Suehs, Roanoke
 2008 Winner: # 43.37m Katie Suehs, Roanoke

Name	Year	School	Seed	Prelims
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Preliminaries

1 Allen, Ashley	SO	Lynchburg	39.53m	# 43.47mq	142-07
2 Crews, Deana	SO	Lynchburg	35.87m	36.07mq	118-04
3 Szumiesz, Aimee	JR	Roanoke	37.07m	35.96mq	118-00
4 Andrews, Grace	SR	Washington & Lee	33.46m	33.64mq	110-04
5 Schots, Pauke	FR	Roanoke	27.91m	31.26mq	102-07

Event 1 Women Hammer Throw

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Top 7 Advance to Finals

NCAA Auto: A 52.60m
 NCAA Prov: P 46.50m
 ODAC Meet: * 143-08.75 2007 Katie Suehs, Roanoke
 2008 Winner: # 43.37m Katie Suehs, Roanoke

Name	Year	School	Prelims	Finals	Points
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Finals

1 Allen, Ashley	SO	Lynchburg	43.47m	43.47m#	142-07	10
2 Crews, Deana	SO	Lynchburg	36.07m	36.07m	118-04	8
3 Szumiesz, Aimee	JR	Roanoke	35.96m	35.96m	118-00	6
4 Andrews, Grace	SR	Washington & Lee	33.64m	33.64m	110-04	4
5 Schots, Pauke	FR	Roanoke	31.26m	31.26m	102-07	2

Event 2 Men Hammer Throw

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Top 7 Advance to Finals

NCAA Auto: A 57.00m
 NCAA Prov: P 52.00m
 ODAC Meet: * 170-07.25 2008 Nathan Turner, Bridgewater
 2008 Winner: # 52.00m Nathan Turner, Bridgewater

Name	Year	School	Seed	Prelims
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Preliminaries

1 Billington, Billy	JR	Washington & Lee	48.90m	49.82mq	163-05
2 Reid, Dan		Lynchburg	44.95m	46.68mq	153-02
3 Pavia, John Michael	SO	Lynchburg	47.96m	43.21mq	141-09
4 Bell, Thomas	JR	Bridgewater (Va.	43.30m	42.07mq	138-00
5 Edwards, Kyle	SR	Lynchburg	43.21m	41.82mq	137-02
6 Murphy, Hunter	SO	Roanoke	37.78m	40.37mq	132-05
7 Viscome, Greg		Lynchburg	37.05m	38.13mq	125-01
8 Wilson, Ben	SR	Washington & Lee	32.53m	35.73m	117-03
9 Godshall, Jason	JR	Eastern Mennonit	34.53m	34.72m	113-11

Event 2 Men Hammer Throw

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Top 7 Advance to Finals

NCAA Auto: A 57.00m

NCAA Prov: P 52.00m
 ODAC Meet: * 170-07.25 2008 Nathan Turner, Bridgewater
 2008 Winner: # 52.00m Nathan Turner, Bridgewater

Name	Year	School	Prelims	Finals	Points
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Finals					
1 Billington, Billy	JR	Washington & Lee	49.82m	49.82m	163-05 10
2 Reid, Dan		Lynchburg	46.68m	46.68m	153-02 8
3 Pavia, John Michael	SO	Lynchburg	43.21m	43.21m	141-09 6
4 Bell, Thomas	JR	Bridgewater (Va.	42.07m	42.07m	138-00 4
5 Edwards, Kyle	SR	Lynchburg	41.82m	41.82m	137-02 2
6 Murphy, Hunter	SO	Roanoke	40.37m	40.37m	132-05 1
7 Viscome, Greg		Lynchburg	38.13m	38.13m	125-01

Event 3 Women Shot Put

Top 7 Advance to Finals

NCAA Auto: A 14.20m
 NCAA Prov: P 12.90m
 ODAC Meet: * 42-05 2006 Amanda Reynolds, Eastern Mennonite
 2008 Winner: # 11.86m Chelsea Lawhorn, Eastern Mennonite

Name	Year	School	Seed	Prelims
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Preliminaries				
1 Cummings, Katie	FR	Bridgewater (Va.	12.14m	# 11.91mq 39-01.00
2 Allen, Ashley	SO	Lynchburg	10.47m	11.37mq 37-03.75
3 Armstrong, Sallie	JR	Washington & Lee	10.10m	10.89mq 35-08.75
4 Burke, Brittany	SO	Eastern Mennonit	10.54m	10.61mq 34-09.75
5 Lawhorn, Chelsea	SR	Eastern Mennonit	10.57m	10.43mq 34-02.75
6 Hartman, Courtney	JR	Bridgewater (Va.	10.48m	10.34mq 33-11.25
7 Doornbos, Stacy	SR	Washington & Lee	10.18m	10.24mq 33-07.25
8 Andrews, Grace	SR	Washington & Lee	9.89m	10.23m 33-06.75
9 Sutherland, Maggie	JR	Washington & Lee	9.48m	9.98m 32-09.00
10 Fitzwater, Whitney	SO	Roanoke	10.25m	9.85m 32-03.75
11 Crews, Deana	SO	Lynchburg	9.59m	9.53m 31-03.25

Event 3 Women Shot Put

Top 7 Advance to Finals

NCAA Auto: A 14.20m
 NCAA Prov: P 12.90m
 ODAC Meet: * 42-05 2006 Amanda Reynolds, Eastern Mennonite
 2008 Winner: # 11.86m Chelsea Lawhorn, Eastern Mennonite

Name	Year	School	Prelims	Finals	Points
=====					
Finals					
1 Cummings, Katie	FR	Bridgewater (Va.	11.91m	11.91m# 39-01.00	10
2 Allen, Ashley	SO	Lynchburg	11.37m	11.37m 37-03.75	8
3 Armstrong, Sallie	JR	Washington & Lee	10.89m	10.89m 35-08.75	6
4 Burke, Brittany	SO	Eastern Mennonit	10.61m	10.61m 34-09.75	4
5 Lawhorn, Chelsea	SR	Eastern Mennonit	10.43m	10.43m 34-02.75	2
6 Hartman, Courtney	JR	Bridgewater (Va.	10.34m	10.34m 33-11.25	1
7 Doornbos, Stacy	SR	Washington & Lee	10.24m	10.24m 33-07.25	

Event 4 Men Shot Put

Top 7 Advance to Finals

NCAA Auto: A 17.00m
 NCAA Prov: P 15.45m
 ODAC Meet: * 54-09 2008 Nathan Turner, Bridgewater
 2008 Winner: # 16.69m Nathan Turner, Bridgewater

Name	Year	School	Seed	Prelims
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Preliminaries

1	Billington, Billy	JR	Washington & Lee	13.08m	13.70mq	44-11.50
2	Bell, Thomas	JR	Bridgewater (Va.	13.30m	13.66mq	44-09.75
3	Tomczak, Jesse	SO	Virginia Wesleya	12.24m	13.37mq	43-10.50
4	Pavia, John Michael	SO	Lynchburg	13.03m	13.13mq	43-01.00
5	Printz, Justin	FR	Eastern Mennonit	12.77m	13.06mq	42-10.25
6	Davis, Ralph	FR	Lynchburg	12.34m	12.90mq	42-04.00
7	Reid, Dan		Lynchburg	12.90m	12.64mq	41-05.75
8	Godshall, Jason	JR	Eastern Mennonit	11.68m	11.97m	39-03.25
9	Wilson, Ben	SR	Washington & Lee	11.72m	11.95m	39-02.50
10	Joyce, Matt	SR	Bridgewater (Va.	11.57m	11.65m	38-02.75
11	Viscome, Greg		Lynchburg	11.03m	11.21m	36-09.50
12	Brevil, Carl	SR	Virginia Wesleya	7.74m	8.55m	28-00.75
13	Bondurant, Jordan	FR	Virginia Wesleya	7.45m	7.66m	25-01.75

Event 4 Men Shot Put

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Top 7 Advance to Finals

NCAA Auto: A 17.00m
 NCAA Prov: P 15.45m
 ODAC Meet: * 54-09 2008 Nathan Turner, Bridgewater
 2008 Winner: # 16.69m Nathan Turner, Bridgewater

Name	Year	School	Prelims	Finals	Points	
1	Billington, Billy	JR	Washington & Lee	13.70m	44-11.50	10
2	Bell, Thomas	JR	Bridgewater (Va.	13.66m	44-09.75	8
3	Tomczak, Jesse	SO	Virginia Wesleya	13.37m	43-10.50	6
4	Pavia, John Michael	SO	Lynchburg	13.13m	43-01.00	4
5	Printz, Justin	FR	Eastern Mennonit	13.06m	42-10.25	2
6	Davis, Ralph	FR	Lynchburg	12.90m	42-04.00	1
7	Reid, Dan		Lynchburg	12.64m	41-05.75	

Event 5 Women Long Jump

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Top 7 Advance to Finals

NCAA Auto: A 5.80m
 NCAA Prov: P 5.47m
 ODAC Meet: * 18-11.50 1998 Tara Strawderman, Roanoke
 2008 Winner: # 5.70m JeLeesa Osborne, Roanoke

Name	Year	School	Seed	Prelims	Wind
1	Osborne, JaLeesa	JR	Roanoke	# 5.73mq	+0.0 18-09.75
2	Gibbs, Jessica	SO	Lynchburg	P 5.49mq	-0.8 18-00.25
3	Doornbos, Stacy	SR	Washington & Lee	P 5.48mq	1.5 17-11.75
4	Hartman, Courtney	JR	Bridgewater (Va.	5.25mq	0.7 17-02.75
5	Jackson, Kendra	SO	Bridgewater (Va.	5.14mq	0.7 16-10.50
6	Bickford, Lydia	SO	Roanoke	5.13mq	1.1 16-10.00
7	Rose, Nicole	SO	Roanoke	5.07mq	NWI 16-07.75
8	Richardson, Kyra	JR	Lynchburg	5.03m	+0.0 16-06.00
9	Bogart, Brooke	FR	Virginia Wesleya	4.99m	+0.0 16-04.50
9	Altizer, Tara	SR	Eastern Mennonit	4.99m	2.0 16-04.50
11	Cornett, Brittany	FR	Roanoke	4.91m	-0.3 16-01.50
12	Largen, Kelsey	FR	Roanoke	4.81m	1.5 15-09.50
13	Mizerak, Sammy	JR	Bridgewater (Va.	4.74m	-0.2 15-06.75
14	Lollie, Summer	SO	Washington & Lee	4.73m	0.1 15-06.25
15	Stoker, Kai Lynn	FR	Bridgewater (Va.	4.55m	+0.0 14-11.25
16	Stallings, Jazamine	JR	Roanoke	4.50m	-0.7 14-09.25
17	Bogoto, Gisele	SO	Eastern Mennonit	4.35m	+0.0 14-08.75
18	Williams, Adrienne	FR	Virginia Wesleya	4.44m	0.1 14-07.00
19	Mills, Ashley	SO	Eastern Mennonit	4.19m	-1.1 13-08.75
20	Doe, Samfee	SO	Eastern Mennonit	4.11m	1.2 13-07.50

21 Lamb, Shaunique FR Virginia Wesleya 4.00m 4.14m +0.0 13-07.00

Event 5 Women Long Jump

Top 7 Advance to Finals

NCAA Auto: A 5.80m
NCAA Prov: P 5.47m
ODAC Meet: * 18-11.50 1998 Tara Strawderman, Roanoke
2008 Winner: # 5.70m JeLeesa Osborne, Roanoke

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Osborne, JaLeesa	JR	Roanoke	5.73m	5.73m#	NWI 18-09.75	10
2 Gibbs, Jessica	SO	Lynchburg	5.49m	5.49mP	NWI 18-00.25	8
3 Doornbos, Stacy	SR	Washington & Lee	5.48m	5.48mP	NWI 17-11.75	6
4 Hartman, Courtney	JR	Bridgewater (Va.	5.25m	5.25m	NWI 17-02.75	4
5 Jackson, Kendra	SO	Bridgewater (Va.	5.14m	5.14m	NWI 16-10.50	2
6 Bickford, Lydia	SO	Roanoke	5.13m	5.13m	NWI 16-10.00	1
7 Rose, Nicole	SO	Roanoke	5.07m	5.07m	NWI 16-07.75	

Event 6 Men Long Jump

Top 7 Advance to Finals

NCAA Auto: A 7.30m
NCAA Prov: P 7.00m
ODAC Meet: * 24-04.50 1998 Dave Lichtenstein, Lynchburg
2008 Winner: # 6.96m Brandon Copeland, Bridgewater

Name	Year	School	Seed	Prelims	Wind	Points
Preliminaries						
1 Allen, Michael	FR	Eastern Mennonit	6.73m	P 7.26mq	+0.0 23-10.00	
2 Hamilton, Okechi	JR	Virginia Wesleya	6.39m	6.76mq	0.1 22-02.25	
3 Edwards, Brandon	SR	Lynchburg		6.53mq	-0.1 21-05.25	
4 Graves, Earl	SR	Lynchburg	6.21m	6.49mq	+0.0 21-03.50	
5 Konate, Tony	JR	Bridgewater (Va.		6.40mq	-0.2 21-00.00	
6 Fenwick, Keenan	SO	Bridgewater (Va.	6.27m	6.32mq	1.2 20-09.00	
7 Asconi, Patrick	FR	Bridgewater (Va.	6.49m	6.24mq	0.2 20-05.75	
8 Castle, Ryan	JR	Washington & Lee	5.68m	6.15m	0.7 20-02.25	
8 Bradley, Leigh	SO	Bridgewater (Va.	5.64m	6.15m	1.4 20-02.25	
10 Frederick, Mac	FR	Virginia Wesleya	5.79m	5.84m	-0.3 19-02.00	
11 Eldridge, JacQuan	FR	Lynchburg	6.04m	5.80m	0.1 19-00.50	
12 Hamblin, Justin	FR	Bridgewater (Va.	5.74m	5.72m	+0.0 18-09.25	
13 Bell, James	FR	Lynchburg	6.10m	5.71m	+0.0 18-09.00	
14 Lewis, Jeremy	JR	Bridgewater (Va.	5.09m	5.67m	1.5 18-07.25	
15 Crosby, Devin	FR	Virginia Wesleya	5.80m	5.44m	+0.0 17-10.25	

Event 6 Men Long Jump

Top 7 Advance to Finals

NCAA Auto: A 7.30m
NCAA Prov: P 7.00m
ODAC Meet: * 24-04.50 1998 Dave Lichtenstein, Lynchburg
2008 Winner: # 6.96m Brandon Copeland, Bridgewater

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Allen, Michael	FR	Eastern Mennonit	7.26m	7.26mP	NWI 23-10.00	10
2 Hamilton, Okechi	JR	Virginia Wesleya	6.76m	6.76m	NWI 22-02.25	8
3 Edwards, Brandon	SR	Lynchburg	6.53m	6.53m	NWI 21-05.25	6
4 Graves, Earl	SR	Lynchburg	6.49m	6.49m	NWI 21-03.50	4
5 Konate, Tony	JR	Bridgewater (Va.	6.40m	6.40m	NWI 21-00.00	2
6 Fenwick, Keenan	SO	Bridgewater (Va.	6.32m	6.32m	NWI 20-09.00	1
7 Asconi, Patrick	FR	Bridgewater (Va.	6.24m	6.24m	NWI 20-05.75	

Event 7 Women High Jump

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Starting Height 1.28m (5cm increments)

NCAA Auto: A 1.71m

NCAA Prov: P 1.65m

ODAC Meet: * 5-06.50 1998 Emily Hollett, Roanoke

2008 Winner: # 1.60m Stacy Doornbos, Washington and Lee

Name	Year	School	Seed	Finals	Points
1 Altizer, Tara	SR	Eastern Mennonit	1.53m	1.53m	5-00.25 10
2 Sutherland, Maggie	JR	Washington & Lee	1.37m	J1.53m	5-00.25 8
3 Doornbos, Stacy	SR	Washington & Lee	1.37m	J1.53m	5-00.25 6
4 Largen, Kelsey	FR	Roanoke	1.43m	1.48m	4-10.25 4
5 Foor, Kaylin	FR	Roanoke	1.48m	J1.48m	4-10.25 1.50
5 Pascucci, Melissa	FR	Virginia Wesleya	1.43m	J1.48m	4-10.25 1.50
7 Garofalo, Alicia	SO	Lynchburg	1.43m	J1.48m	4-10.25
8 Nelson, Erin	SO	Roanoke	1.43m	1.43m	4-08.25
9 Stoker, Kai Lynn	FR	Bridgewater (Va.		1.28m	4-02.25

Event 8 Men High Jump

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Starting Height 1.68m (5cm increments)

NCAA Auto: A 2.11m

NCAA Prov: P 2.02m

ODAC Meet: * 7-00.25 2005 Rick Easterling, Bridgewater

2008 Winner: # 1.88m Leigh Bradley, Bridgewater

Name	Year	School	Seed	Finals	Points
1 Bradley, Leigh	SO	Bridgewater (Va.	1.93m	1.93m#	6-04.00 10
2 Goetsch, Ben	JR	Washington & Lee	1.90m	J1.93m#	6-04.00 8
3 Bell, James	FR	Lynchburg	1.97m	1.88m#	6-02.00 6
4 Castle, Ryan	JR	Washington & Lee		J1.88m#	6-02.00 4
5 Graves, Earl	SR	Lynchburg	1.92m	J1.88m#	6-02.00 2
6 Montague, Donte	JR	Bridgewater (Va.	1.88m	1.83m	6-00.00 1
7 Eldridge, JacQuan	FR	Lynchburg	1.72m	J1.83m	6-00.00
8 Doobin, David	SO	Washington & Lee	1.83m	1.78m	5-10.00
9 Harrison, Kevin	JR	Roanoke	1.68m	J1.78m	5-10.00
10 Allen, Michael	FR	Eastern Mennonit	1.77m	J1.78m	5-10.00
-- Mattern, David	FR	Lynchburg	1.67m	NH	
-- Crosby, Devin	FR	Virginia Wesleya		DNF	
-- Painter, JT	SO	Bridgewater (Va.	1.70m	DNF	

Event 9 Women 3000 Meter Steeplechase

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NCAA Auto: A 10:44.00

NCAA Prov: P 11:13.00

ODAC Meet: * 11:55.04 2008 Jennie Pernisi, Lynchburg

2008 Winner: # 11:55.04 Jennie Pernisi, Lynchburg

Name	Year	School	Seed	Finals	Points
1 Taylor, Rebecca	SR	Washington & Lee	11:37.98	11:22.19#	10
2 Shaw, Jessica	SR	Washington & Lee		11:34.64#	8
3 Pernisi, Jennie	SO	Lynchburg	12:04.54	12:06.98	6
4 Berry, Aubrey	FR	Lynchburg	12:45.96	12:39.88	4
5 Iwata, Kathryn	FR	Washington & Lee		13:06.72	2
6 Gerometta, Amelia	FR	Roanoke		14:02.95	1

Event 10 Men 3000 Meter Steeplechase

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NCAA Auto: A 9:08.00

NCAA Prov: P 9:23.00

ODAC Meet: * 10:02.4h 2008 Nathan Rittenhouse, Bridgewater

2008 Winner: # 10:02.4h

Nathan Rittenhouse, Bridgewater

Name	Year	School	Seed	Finals	Points
1 Rittenhouse, Nathan	SR	Bridgewater (Va.	10:21.69	9:51.99#	10
2 Ashby, Evan	JR	Virginia Wesleya	10:00.05	10:01.74#	8
3 Demers, Brandon	SO	Lynchburg	10:12.24	10:01.77#	6
4 Ivy, Jack	SO	Washington & Lee		10:06.36	4
5 McCauley, Jeffrey	JR	Bridgewater (Va.	10:40.34	10:10.03	2
6 Jackson, Alex	SR	Washington & Lee	10:27.61	10:12.11	1
7 Cutright, Daniel	FR	Lynchburg	10:30.32	10:20.20	
8 Hanlon, Greg	SO	Roanoke	10:37.74	10:27.72	
9 Apgar, Todd	FR	Lynchburg	10:09.05	10:39.39	
10 Moody, Kory	JR	Virginia Wesleya	10:41.08	10:40.54	
11 Stutzman, Cody	JR	Eastern Mennonit	10:50.48	11:03.97	
12 Doyle, Jamie	SR	Bridgewater (Va.	11:35.89	11:06.91	
13 Neikirk, Chris	JR	Roanoke	11:29.34	11:27.41	

Event 11 Women 100 Meter Hurdles

Heat Winners + next 3 fastest times advance to Finals

NCAA Auto: A 14.35

NCAA Prov: P 14.95

ODAC Meet: * 14.86 2007 Meredith Withers, Roanoke

2008 Winner: # 15.32 Michelle Leaman, Eastern Mennonite

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Witt, Sarah	FR	Roanoke	14.87	# 15.20Q	1.7	3
2 Leaman, Michelle	JR	Eastern Mennonit	15.31	# 15.26Q	0.4	1
3 Doornbos, Stacy	SR	Washington & Lee	15.21	15.34Q	1.4	2
4 Cornett, Brittany	FR	Roanoke	16.39	15.80q	1.4	2
5 Sutherland, Maggie	JR	Washington & Lee	17.10	15.99q	1.4	2
6 Armstrong, Sallie	JR	Washington & Lee	16.92	16.09q	1.7	3
7 Boone, Haley	FR	Roanoke	16.00	16.27	0.4	1
8 Hartman, Courtney	JR	Bridgewater (Va.	16.83	16.30	1.7	3
9 Stelter, Stephanie	SR	Washington & Lee	17.00	16.71	0.4	1
10 Stier, Natalie	FR	Washington & Lee	16.99	17.00	1.4	2
11 Smith, Elizabeth	SO	Bridgewater (Va.	17.29	17.02	1.7	3
12 Foor, Kaylin	FR	Roanoke	17.01	17.27	0.4	1
13 Sacco, Gabrielle	FR	Virginia Wesleya	17.32	17.32	1.7	3
14 Garofalo, Alicia	SO	Lynchburg	17.57	18.49	0.4	1

Event 11 Women 100 Meter Hurdles

Heat Winners + next 3 fastest times advance to Finals

NCAA Auto: A 14.35

NCAA Prov: P 14.95

ODAC Meet: * 14.86 2007 Meredith Withers, Roanoke

2008 Winner: # 15.32 Michelle Leaman, Eastern Mennonite

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Witt, Sarah	FR	Roanoke	15.20	14.70*	1.6	10
2 Doornbos, Stacy	SR	Washington & Lee	15.34	14.89P	1.6	8
3 Leaman, Michelle	JR	Eastern Mennonit	15.26	15.36	1.6	6
4 Sutherland, Maggie	JR	Washington & Lee	15.99	15.92	1.6	4
5 Cornett, Brittany	FR	Roanoke	15.80	16.09	1.6	2
6 Armstrong, Sallie	JR	Washington & Lee	16.09	16.20	1.6	1

Event 12 Men 110 Meter Hurdles

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 14.42

NCAA Prov: P 14.90
 ODAC Meet: * 14.54 1988 Andy White, Washington and Lee
 2008 Winner: # 15.51 Andy Nagle, Roanoke

Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1 Nagel, Andy	JR	Roanoke	15.55	# 15.41Q	1.8	1
2 Bell, James	FR	Lynchburg	15.70	15.62Q	2.1	2
3 Painter, JT	SO	Bridgewater (Va.	16.27	15.71q	1.8	1
4 Warner, Kevonte	FR	Lynchburg	15.90	16.16q	2.1	2
5 Curtis, Nathan	FR	Lynchburg	18.35	16.40q	1.8	1
6 Fenwick, Keenan	SO	Bridgewater (Va.	16.28	16.81q	1.8	1
7 Burkholder, Craig	FR	Lynchburg	16.89	17.00	2.1	2
8 Young, Phillip	SO	Lynchburg	17.29	17.00	2.1	2
9 Coyner, Jamie	SR	Bridgewater (Va.	18.92	19.61	1.8	1

Event 12 Men 110 Meter Hurdles

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 14.42
 NCAA Prov: P 14.90
 ODAC Meet: * 14.54 1988 Andy White, Washington and Lee
 2008 Winner: # 15.51 Andy Nagle, Roanoke

Name	Year	School	Prelims	Finals	Wind	Points
=====						
Finals						
1 Nagel, Andy	JR	Roanoke	15.41	15.28	2.6	10
2 Bell, James	FR	Lynchburg	15.62	15.43	2.6	8
3 Warner, Kevonte	FR	Lynchburg	16.16	15.67	2.6	6
4 Fenwick, Keenan	SO	Bridgewater (Va.	16.81	15.95	2.6	4
5 Painter, JT	SO	Bridgewater (Va.	15.71	15.96	2.6	2
-- Curtis, Nathan	FR	Lynchburg	16.40	DNF	2.6	

Event 13 Women 400 Meter Dash

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 55.90
 NCAA Prov: P 57.50
 ODAC Meet: * 56.64 2007 Tonya Phillipe, Roanoke
 2008 Winner: # 57.25 Robin Yerkes, Roanoke

Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 Yerkes, Robin	JR	Roanoke	56.28	58.23q	2
2 Washington, Christina	FR	Lynchburg	58.82	59.50q	1
3 Landes, Krystle	SO	Lynchburg	1:00.71	1:00.00q	2
4 Brown, Tiffany	JR	Virginia Wesleya	1:02.50	1:00.61q	1
5 Altizer, Tara	SR	Eastern Mennonit	59.67	1:00.62q	1
6 Rose, Nicole	SO	Roanoke	1:00.04	1:00.65q	2
7 Doe, Samfee	SO	Eastern Mennonit	1:01.07	1:01.89	1
8 Hildenbrand, Tara	SR	Washington & Lee	1:03.30	1:02.89	2
9 Carr, Ashley	FR	Washington & Lee	1:05.61	1:06.93	1
10 Mills, Regina	SR	Washington & Lee	1:14.45	1:12.36	1

Event 13 Women 400 Meter Dash

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 55.90
 NCAA Prov: P 57.50
 ODAC Meet: * 56.64 2007 Tonya Phillipe, Roanoke
 2008 Winner: # 57.25 Robin Yerkes, Roanoke

Name	Year	School	Prelims	Finals	Points
=====					

Finals

1	Yerkes, Robin	JR Roanoke	58.23	56.83#	10
2	Rose, Nicole	SO Roanoke	1:00.65	58.29	8
3	Washington, Christina	FR Lynchburg	59.50	58.80	6
4	Altizer, Tara	SR Eastern Mennonit	1:00.62	59.89	4
5	Landes, Krystle	SO Lynchburg	1:00.00	1:00.14	2
6	Brown, Tiffany	JR Virginia Wesleya	1:00.61	1:00.77	1

Event 14 Men 400 Meter Dash

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 47.40
 NCAA Prov: P 48.50
 ODAC Meet: * 48.19 1999 Kevin Smith, Lynchburg
 2008 Winner: # 49.24 Chris Word, Lynchburg

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Ellison, Evan	FR Lynchburg	48.98	49.30q	1
2	Graves, Earl	SR Lynchburg	49.19	49.89q	2
3	Adams, Rashard	SO Lynchburg	49.77	50.28q	2
4	Asconi, Patrick	FR Bridgewater (Va.)	50.99	50.84q	2
5	McNaughton, Ian	SO Lynchburg	50.44	51.19q	1
6	Steinke, Sam	FR Lynchburg	49.90	51.41q	1
7	Grant, Tyler	FR Washington & Lee	51.50	51.56	2
8	Springer, Jesse	SO Eastern Mennonit	51.58	51.81	1

Event 14 Men 400 Meter Dash

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 47.40
 NCAA Prov: P 48.50
 ODAC Meet: * 48.19 1999 Kevin Smith, Lynchburg
 2008 Winner: # 49.24 Chris Word, Lynchburg

Name	Year	School	Prelims	Finals	Points
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Finals

1	Graves, Earl	SR Lynchburg	49.89	49.31	10
2	Steinke, Sam	FR Lynchburg	51.41	50.59	8
3	Adams, Rashard	SO Lynchburg	50.28	50.93	6
4	Asconi, Patrick	FR Bridgewater (Va.)	50.84	50.95	4
5	McNaughton, Ian	SO Lynchburg	51.19	51.18	2
6	Ellison, Evan	FR Lynchburg	49.30	54.10	1

Event 15 Women 100 Meter Dash

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 12.00
 NCAA Prov: P 12.30
 ODAC Meet: * 12.30 2003 Lorenda Abbott, Eastern Mennonite
 2008 Winner: # 12.38 Robin Yerkes, Roanoke

Name	Year	School	Seed	Prelims	Wind	H#
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Preliminaries

1	Yerkes, Robin	JR Roanoke	12.27	12.12q	2.2	2
2	Osborne, JaLeesa	JR Roanoke	12.61	12.16q	2.2	2
3	Hartman, Courtney	JR Bridgewater (Va.)	12.49	12.50q	NWI	1
4	Bickford, Lydia	SO Roanoke	12.57	12.51q	2.2	2
5	Stallings, Jazamine	JR Roanoke	12.81	12.60q	NWI	1
6	Lewis, Candace	FR Roanoke	12.92	12.70q	2.2	2
7	Desrosiers, Daphne	SO Lynchburg	12.51	12.79	NWI	1
8	Wattai, Jill	SR Bridgewater (Va.)	12.98	12.96	2.2	2
9	Phillips, Samantha	JR Bridgewater (Va.)	12.80	13.07	NWI	1

10 Booker, Chevonne	JR Lynchburg	13.32	13.58	NWI	1
11 Mills, Ashley	SO Eastern Mennonit	14.30	14.34	2.2	2
-- Richardson, Kyra	JR Lynchburg	13.09	DNF	NWI	1

Event 15 Women 100 Meter Dash

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 12.00

NCAA Prov: P 12.30

ODAC Meet: * 12.30 2003

Lorenda Abbott, Eastern Mennonite

2008 Winner: # 12.38

Robin Yerkes, Roanoke

Name	Year School	Prelims	Finals	Wind	Points
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Finals

1 Osborne, JaLeesa	JR Roanoke	12.16	12.18*	1.8	10
2 Yerkes, Robin	JR Roanoke	12.12	12.25*	1.8	8
3 Hartman, Courtney	JR Bridgewater (Va.)	12.50	12.31#	1.8	6
4 Bickford, Lydia	SO Roanoke	12.51	12.68	1.8	4
5 Stallings, Jazamine	JR Roanoke	12.60	12.69	1.8	2
6 Lewis, Candace	FR Roanoke	12.70	12.74	1.8	1

Event 16 Men 100 Meter Dash

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 10.55

NCAA Prov: P 10.78

ODAC Meet: * 10.73 2007

Melvin Queen, Bridgewater

2008 Winner: # 11.00

Melvin Queen, Bridgewater

Name	Year School	Seed	Prelims	Wind	H#
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Preliminaries

1 Konate, Tony	JR Bridgewater (Va.)	10.96	# 10.89q	1.9	2
2 Edwards, Brandon	SR Lynchburg	11.14	11.14q	1.9	1
3 Beiler, Tyler	SO Bridgewater (Va.)	11.24	11.16q	1.6	3
4 Giordano, Jeff	SO Washington & Lee	11.20	11.21q	1.6	3
5 Allen, Michael	FR Eastern Mennonit	11.26	11.24q	1.9	1
6 Word, Chris	Lynchburg	11.35	11.43q	1.9	2
7 Chauteh, Mark	FR Lynchburg	11.37	11.43	1.9	1
8 Corley, Terrell	FR Bridgewater (Va.)	11.77	11.47	1.6	3
9 Underwood, Wes	JR Roanoke		11.59	1.6	3
10 Linton, Colton	FR Roanoke	11.66	11.62	1.6	3
11 Jackson, Rudy	SO Bridgewater (Va.)	11.36	11.62	1.9	2
12 Frederick, Mac	FR Virginia Wesleya	12.05	11.88	1.9	2
13 Coyner, Jamie	SR Bridgewater (Va.)	11.99	12.03	1.9	1
14 Jeter, Dominic	FR Bridgewater (Va.)	12.50	13.07	1.9	2
15 Brevil, Carl	SR Virginia Wesleya	12.96	13.08	1.9	1

Event 16 Men 100 Meter Dash

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 10.55

NCAA Prov: P 10.78

ODAC Meet: * 10.73 2007

Melvin Queen, Bridgewater

2008 Winner: # 11.00

Melvin Queen, Bridgewater

Name	Year School	Prelims	Finals	Wind	Points
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Finals

1 Konate, Tony	JR Bridgewater (Va.)	10.89	10.80	2.6	10
2 Edwards, Brandon	SR Lynchburg	11.14	10.82	2.6	8
3 Giordano, Jeff	SO Washington & Lee	11.21	11.08	2.6	6
4 Allen, Michael	FR Eastern Mennonit	11.24	11.17	2.6	4
5 Beiler, Tyler	SO Bridgewater (Va.)	11.16	11.33	2.6	2
6 Word, Chris	Lynchburg	11.43	11.73	2.6	1

Event 17 Women 400 Meter Hurdles

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Heat Winners + next 3 fastest times advance to Finals

NCAA Auto: A 1:02.00

NCAA Prov: P 1:04.00

ODAC Meet: * 1:04.47 2004 Ashley Palmer, Lynchburg

2008 Winner: # 1:04.98 Meredith Withers, Roanoke

Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 Stier, Natalie	FR	Washington & Lee	1:06.63	1:07.32q	1
2 Witt, Sarah	FR	Roanoke	1:07.06	1:08.15q	2
3 Cornett, Brittany	FR	Roanoke	1:10.80	1:08.24q	1
4 Leaman, Michelle	JR	Eastern Mennonit	1:09.02	1:08.80q	2
5 Johnston, Olivia	FR	Lynchburg	1:07.86	1:08.87q	3
6 Armstrong, Sallie	JR	Washington & Lee	1:08.98	1:08.89q	3
7 Stelter, Stephanie	SR	Washington & Lee	1:09.81	1:09.02	1
8 Boone, Haley	FR	Roanoke	1:10.80	1:10.14	2
9 Gibbs, Jessica	SO	Lynchburg	1:11.06	1:10.84	3
10 Mizerak, Sammy	JR	Bridgewater (Va.	1:11.13	1:12.45	3
11 Sacco, Gabrielle	FR	Virginia Wesleya	1:15.50	1:13.66	1
12 Smith, Elizabeth	SO	Bridgewater (Va.	1:15.56	1:14.38	1
13 Foor, Kaylin	FR	Roanoke	1:18.58	1:16.49	3
14 Pascucci, Melissa	FR	Virginia Wesleya	1:17.88	1:18.26	2

Event 17 Women 400 Meter Hurdles

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Heat Winners + next 3 fastest times advance to Finals

NCAA Auto: A 1:02.00

NCAA Prov: P 1:04.00

ODAC Meet: * 1:04.47 2004 Ashley Palmer, Lynchburg

2008 Winner: # 1:04.98 Meredith Withers, Roanoke

Name	Year	School	Prelims	Finals	Points
=====					
Finals					
1 Witt, Sarah	FR	Roanoke	1:08.15	1:06.31	10
2 Johnston, Olivia	FR	Lynchburg	1:08.87	1:06.67	8
3 Stier, Natalie	FR	Washington & Lee	1:07.32	1:06.92	6
4 Armstrong, Sallie	JR	Washington & Lee	1:08.89	1:08.22	4
5 Cornett, Brittany	FR	Roanoke	1:08.24	1:11.94	2
6 Leaman, Michelle	JR	Eastern Mennonit	1:08.80	1:14.73	1

Event 18 Men 400 Meter Hurdles

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Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 52.65

NCAA Prov: P 54.30

ODAC Meet: * 54.12 1999 Safwan Williams, Lynchburg

2008 Winner: # 54.77 Brandon Edwards, Lynchburg

Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 Nagel, Andy	JR	Roanoke	54.22	56.05q	1
2 Curtis, Nathan	FR	Lynchburg	57.27	57.04q	2
3 McCoy, Chip	SR	Washington & Lee	58.19	58.11q	1
4 Burkholder, Craig	FR	Lynchburg	57.77	58.39q	1
5 Brandlein, Tom	JR	Washington & Lee	58.35	58.64q	2
6 Edwards, Brandon	SR	Lynchburg	55.80	59.16q	2
7 Bell, James	FR	Lynchburg	58.56	59.77	2
8 Warner, Kevonte	FR	Lynchburg	1:00.71	1:00.88	1
9 Painter, JT	SO	Bridgewater (Va.	1:01.47	1:00.92	2
10 Wilson, Jenks	FR	Washington & Lee	1:00.27	1:01.07	1

11 Coyner, Jamie SR Bridgewater (Va. 1:02.09 1:02.51 2

Event 18 Men 400 Meter Hurdles

Heat Winners + next 4 fastest times advance to Finals

NCAA Auto: A 52.65
NCAA Prov: P 54.30
ODAC Meet: * 54.12 1999 Safwan Williams, Lynchburg
2008 Winner: # 54.77 Brandon Edwards, Lynchburg

Name	Year	School	Prelims	Finals	Points
1 Nagel, Andy	JR	Roanoke	56.05	54.55#	10
2 McCoy, Chip	SR	Washington & Lee	58.11	57.49	8
3 Brandlein, Tom	JR	Washington & Lee	58.64	57.89	6
4 Burkholder, Craig	FR	Lynchburg	58.39	58.17	4
5 Curtis, Nathan	FR	Lynchburg	57.04	1:07.16	2
-- Edwards, Brandon	SR	Lynchburg	59.16	DNF	

Event 19 Women 200 Meter Dash

Heat Winners + next 3 fastest times advance to Finals

NCAA Auto: A 24.57
NCAA Prov: P 25.25
ODAC Meet: * 25.10 2007 Robin Yerkes, Roanoke
2008 Winner: # 25.50 Robin Yerkes, Roanoke

Name	Year	School	Seed	Prelims	Wind	H#
1 Yerkes, Robin	JR	Roanoke	24.40	25.62q	NWI	3
2 Hartman, Courtney	JR	Bridgewater (Va.	25.35	25.69q	2.0	1
3 Lewis, Candace	FR	Roanoke	25.96	26.05q	1.0	2
4 Doornbos, Stacy	SR	Washington & Lee	26.41	26.29q	NWI	3
5 Landes, Krystle	SO	Lynchburg	26.58	26.32q	2.0	1
6 Altizer, Tara	SR	Eastern Mennonit	27.04	26.37q	NWI	3
7 Desrosiers, Daphne	SO	Lynchburg	26.26	26.41	1.0	2
8 Phillips, Samantha	JR	Bridgewater (Va.	26.31	26.52	2.0	1
9 Wattai, Jill	SR	Bridgewater (Va.	26.45	26.58	NWI	3
10 Stallings, Jazamine	JR	Roanoke	26.67	26.87	1.0	2
11 Brown, Tiffany	JR	Virginia Wesleya	26.87	27.13	1.0	2
12 Doe, Samfee	SO	Eastern Mennonit	27.33	27.57	2.0	1
13 Hildenbrand, Tara	SR	Washington & Lee	27.96	27.63	1.0	2
14 Bogoto, Gisele	SO	Eastern Mennonit	28.97	28.28	2.0	1
15 Booker, Chevonne	JR	Lynchburg	27.22	28.67	NWI	3
16 Carr, Ashley	FR	Washington & Lee	29.86	29.45	NWI	3
17 Mills, Ashley	SO	Eastern Mennonit	28.93	29.64	1.0	2

Event 19 Women 200 Meter Dash

Heat Winners + next 3 fastest times advance to Finals

NCAA Auto: A 24.57
NCAA Prov: P 25.25
ODAC Meet: * 25.10 2007 Robin Yerkes, Roanoke
2008 Winner: # 25.50 Robin Yerkes, Roanoke

Name	Year	School	Prelims	Finals	Wind	Points
1 Yerkes, Robin	JR	Roanoke	25.62	24.81*	1.7	10
2 Hartman, Courtney	JR	Bridgewater (Va.	25.69	25.05*	1.7	8
3 Doornbos, Stacy	SR	Washington & Lee	26.29	25.88	1.7	6
4 Lewis, Candace	FR	Roanoke	26.05	26.12	1.7	4
5 Altizer, Tara	SR	Eastern Mennonit	26.37	26.53	1.7	2
6 Landes, Krystle	SO	Lynchburg	26.32	26.53	1.7	1

Event 20 Men 200 Meter Dash

Heat Winners + next 3 fastest times advance to Finals

NCAA Auto: A 21.31

NCAA Prov: P 21.80

ODAC Meet: * 21.71 2004 Michael Lansdowne, Lynchburg

2008 Winner: # 21.86 Tony Konate, Bridgewater

Name	Year	School	Seed	Prelims	Wind	H#
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Preliminaries

1	Konate, Tony	JR	Bridgewater (Va.	22.31	22.06q	1.4	2
2	Graves, Earl	SR	Lynchburg	22.57	22.50q	0.9	3
3	Allen, Michael	FR	Eastern Mennonit	22.30	22.55q	1.8	1
4	Giordano, Jeff	SO	Washington & Lee	22.47	22.65q	1.4	2
5	Word, Chris		Lynchburg	22.54	22.68q	1.8	1
6	Edwards, Brandon	SR	Lynchburg	22.25	22.81q	0.9	3
7	Asconi, Patrick	FR	Bridgewater (Va.		22.84	1.8	1
8	Chauteh, Mark	FR	Lynchburg	23.01	23.14	1.4	2
9	Ritchie, Jesse	FR	Bridgewater (Va.	22.96	23.16	1.8	1
10	Linton, Colton	FR	Roanoke	23.20	23.46	1.4	2
11	Corley, Terrell	FR	Bridgewater (Va.	24.49	23.64	0.9	3
12	Martin, Nils	SO	Eastern Mennonit	23.97	23.77	1.8	1
13	Ellison, Evan	FR	Lynchburg	22.62	26.85	0.9	3

Event 20 Men 200 Meter Dash

Heat Winners + next 3 fastest times advance to Finals

NCAA Auto: A 21.31

NCAA Prov: P 21.80

ODAC Meet: * 21.71 2004 Michael Lansdowne, Lynchburg

2008 Winner: # 21.86 Tony Konate, Bridgewater

Name	Year	School	Prelims	Finals	Wind	Points
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Finals

1	Konate, Tony	JR	Bridgewater (Va.	22.06	21.81#	1.6	10
2	Edwards, Brandon	SR	Lynchburg	22.81	22.09	1.6	8
3	Giordano, Jeff	SO	Washington & Lee	22.65	22.29	1.6	6
4	Graves, Earl	SR	Lynchburg	22.50	22.36	1.6	4
5	Allen, Michael	FR	Eastern Mennonit	22.55	22.62	1.6	2
6	Word, Chris		Lynchburg	22.68	23.45	1.6	1

Event 21 Women Javelin Throw

Top 7 Advance to Finals

NCAA Auto: A 44.20m

NCAA Prov: P 38.50m

ODAC Meet: * 127-08 2002 Meghan Randler, Lynchburg

2008 Winner: # 36.02m Aimee Szumiesz, Roanoke

Name	Year	School	Seed	Prelims
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Preliminaries

1	Mizerak, Sammy	JR	Bridgewater (Va.	35.88m	35.73mq	117-03
2	Hartman, Courtney	JR	Bridgewater (Va.	33.42m	35.08mq	115-01
3	Landes, Krystle	SO	Lynchburg	33.23m	32.02mq	105-01
4	Szumiesz, Aimee	JR	Roanoke	34.86m	32.01mq	105-00
5	Fitzwater, Whitney	SO	Roanoke	34.38m	30.89mq	101-04
6	Doornbos, Stacy	SR	Washington & Lee	29.30m	30.83mq	101-02
7	Armstrong, Sallie	JR	Washington & Lee	27.67m	29.11mq	95-06
8	McFerren, Rhiannon	FR	Virginia Wesleya	25.61m	26.04m	85-05
9	Telfeyan, Kat	JR	Washington & Lee	18.40m	24.23m	79-06
10	Sutherland, Maggie	JR	Washington & Lee	21.52m	23.72m	77-10
11	Schots, Pauke	FR	Roanoke	25.19m	21.00m	68-11

12 Snyder, Melissa	FR Virginia Wesleya	17.01m	17.00m	55-09
13 Johnston, Amanda	FR Lynchburg		16.78m	55-01
-- Monckeberg, Ali	FR Lynchburg		FOUL	

Event 21 Women Javelin Throw

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 Top 7 Advance to Finals

NCAA Auto: A 44.20m
 NCAA Prov: P 38.50m
 ODAC Meet: * 127-08 2002 Meghan Randler, Lynchburg
 2008 Winner: # 36.02m Aimee Szumiesz, Roanoke

Name	Year School	Prelims	Finals	Points
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Finals

1 Mizerak, Sammy	JR Bridgewater (Va.)	35.73m	35.73m	117-03	10
2 Hartman, Courtney	JR Bridgewater (Va.)	35.08m	35.08m	115-01	8
3 Landes, Krystle	SO Lynchburg	32.02m	32.02m	105-01	6
4 Szumiesz, Aimee	JR Roanoke	32.01m	32.01m	105-00	4
5 Fitzwater, Whitney	SO Roanoke	30.89m	30.89m	101-04	2
6 Doornbos, Stacy	SR Washington & Lee	30.83m	30.83m	101-02	1
7 Armstrong, Sallie	JR Washington & Lee	29.11m	29.11m	95-06	

Event 22 Men Javelin Throw

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 Top 7 Advance to Finals

NCAA Auto: A 62.50m
 NCAA Prov: P 57.50m
 ODAC Meet: * 186-11 2008 Alan Boyles, Lynchburg
 2008 Winner: # 56.98m Alan Boyles, Lynchburg

Name	Year School	Seed	Prelims
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Preliminaries

1 Giannone, Chris	FR Lynchburg	47.29m	51.57mq	169-02
2 Asconi, Patrick	FR Bridgewater (Va.)	43.52m	49.56mq	162-07
3 Foxen, Peter	FR Roanoke	49.28m	47.69mq	156-05
4 Mattern, David	FR Lynchburg	47.86m	46.08mq	151-02
5 Bell, James	FR Lynchburg	44.84m	45.77mq	150-02
6 McNaughton, Ian	SO Lynchburg		45.53mq	149-04
7 Underwood, Wes	JR Roanoke	44.00m	44.03mq	144-05
8 Fenwick, Keenan	SO Bridgewater (Va.)	42.11m	41.83m	137-03
9 Crosby, Devin	FR Virginia Wesleya	40.73m	40.17m	131-09
10 Epperly, Lucas	SR Roanoke	37.40m	40.13m	131-08
11 Grant, Tyler	FR Washington & Lee		38.96m	127-10
12 Monahan, Jamison	SO Roanoke	38.12m	37.52m	123-01
13 Chauteh, Mark	FR Lynchburg		35.50m	116-06
14 Tomczak, Jesse	SO Virginia Wesleya	38.93m	35.14m	115-03
15 Pickle, Jimmy	FR Washington & Lee	38.10m	32.52m	106-08
16 Castle, Ryan	JR Washington & Lee	31.45m	30.09m	98-09
-- Nibley, Pearson	SO Washington & Lee	38.35m	FOUL	
-- Lewis, Jeremy	JR Bridgewater (Va.)	30.46m	DNF	
-- Montague, Donte	JR Bridgewater (Va.)	33.81m	DNF	

Event 22 Men Javelin Throw

=====
 Top 7 Advance to Finals

NCAA Auto: A 62.50m
 NCAA Prov: P 57.50m
 ODAC Meet: * 186-11 2008 Alan Boyles, Lynchburg
 2008 Winner: # 56.98m Alan Boyles, Lynchburg

Name	Year School	Prelims	Finals	Points
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Finals

1 Giannone, Chris	FR Lynchburg	51.57m	51.57m	169-02	10
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2	Asconi, Patrick	FR	Bridgewater (Va.	49.56m	49.56m	162-07	8
3	Foxen, Peter	FR	Roanoke	47.69m	47.69m	156-05	6
4	Mattern, David	FR	Lynchburg	46.08m	46.08m	151-02	4
5	Bell, James	FR	Lynchburg	45.77m	45.77m	150-02	2
6	McNaughton, Ian	SO	Lynchburg	45.53m	45.53m	149-04	1
7	Underwood, Wes	JR	Roanoke	44.03m	44.03m	144-05	

Event 23 Women Triple Jump

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Top 7 Advance to Finals

NCAA Auto: A 12.00m
 NCAA Prov: P 11.30m
 ODAC Meet: * 37-07.50 2005 Wendy Driver, Eastern Mennonite
 2008 Winner: # 11.09m Dominique McCoy, Roanoke

Name	Year	School	Seed	Prelims	Wind		
=====							
Preliminaries							
1	Rose, Nicole	SO	Roanoke	11.02m	11.03mq	-1.5	36-02.25
2	Cornett, Brittany	FR	Roanoke	10.80m	11.02mq	+0.0	36-02.00
3	Osborne, JaLeesa	JR	Roanoke	10.02m	10.61mq	+0.0	34-09.75
4	Lollie, Summer	SO	Washington & Lee	10.19m	10.38mq	+0.0	34-00.75
4	Bogart, Brooke	FR	Virginia Wesleya	10.59m	10.38mq	0.6	34-00.75
6	Jackson, Kendra	SO	Bridgewater (Va.	10.60m	10.33mq	+0.0	33-10.75
7	Largen, Kelsey	FR	Roanoke	10.32m	10.30mq	-1.2	33-09.50
8	Bickford, Lydia	SO	Roanoke		10.20m	-1.9	33-05.75
9	Williams, Adrienne	FR	Virginia Wesleya	10.89m	10.02m	+0.0	32-10.50
10	Stoker, Kai Lynn	FR	Bridgewater (Va.	9.32m	9.84m	+0.0	32-03.50
11	Mizerak, Sammy	JR	Bridgewater (Va.	9.61m	9.79m	-0.3	32-01.50
12	Nelson, Erin	SO	Roanoke		9.23m	-0.8	30-03.50
13	Lamb, Shaunique	FR	Virginia Wesleya	9.00m	9.15m	-1.1	30-00.25
14	Garofalo, Alicia	SO	Lynchburg		8.67m	-0.5	28-05.50

Event 23 Women Triple Jump

=====
Top 7 Advance to Finals

NCAA Auto: A 12.00m
 NCAA Prov: P 11.30m
 ODAC Meet: * 37-07.50 2005 Wendy Driver, Eastern Mennonite
 2008 Winner: # 11.09m Dominique McCoy, Roanoke

Name	Year	School	Prelims	Finals	Wind	Points		
=====								
Finals								
1	Rose, Nicole	SO	Roanoke	11.03m	11.03m	NWI	36-02.25	10
2	Cornett, Brittany	FR	Roanoke	11.02m	11.02m	NWI	36-02.00	8
3	Osborne, JaLeesa	JR	Roanoke	10.61m	10.61m	NWI	34-09.75	6
4	Bogart, Brooke	FR	Virginia Wesleya	10.38m	10.38m	NWI	34-00.75	4
5	Lollie, Summer	SO	Washington & Lee	10.38m	J10.38m	NWI	34-00.75	2
6	Jackson, Kendra	SO	Bridgewater (Va.	10.33m	10.33m	NWI	33-10.75	1
7	Largen, Kelsey	FR	Roanoke	10.30m	10.30m	NWI	33-09.50	

Event 24 Men Triple Jump

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Top 7 Advance to Finals

NCAA Auto: A 14.80m
 NCAA Prov: P 14.20m
 ODAC Meet: * 50-01.25 1990 James Walker, Lynchburg
 2008 Winner: # 14.27m Brandon Edwards, Lynchburg

Name	Year	School	Seed	Prelims	Wind		
=====							
Preliminaries							
1	Allen, Michael	FR	Eastern Mennonit	14.17m	A 14.85mq	0.2	48-08.75
2	Edwards, Brandon	SR	Lynchburg		# 14.77mq	1.2	48-05.50
3	Bradley, Leigh	SO	Bridgewater (Va.	13.56m	13.49mq	2.0	44-03.25

4	Graves, Earl	SR	Lynchburg	11.83m	13.23mq	+0.0	43-05.00
5	Montague, Donte	JR	Bridgewater (Va.	13.11m	13.10mq	+0.0	42-11.75
6	Bondurant, Brian	JR	Washington & Lee	12.02m	12.87mq	0.2	42-02.75
7	Lewis, Jeremy	JR	Bridgewater (Va.	12.57m	12.71mq	NWI	41-08.50
8	Hamilton, Okechi	JR	Virginia Wesleya	13.35m	12.68m	1.2	41-07.25
9	Morris, Chris	SR	Bridgewater (Va.	12.83m	12.45m	-0.9	40-10.25
10	Harrison, Kevin	JR	Roanoke	11.62m	12.09m	+0.0	39-08.00
--	Eldridge, JacQuan	FR	Lynchburg	11.66m	FOUL	NWI	
--	Asconi, Patrick	FR	Bridgewater (Va.		DNF	NWI	

Event 24 Men Triple Jump

=====
Top 7 Advance to Finals

NCAA Auto: A 14.80m
 NCAA Prov: P 14.20m
 ODAC Meet: * 50-01.25 1990 James Walker, Lynchburg
 2008 Winner: # 14.27m Brandon Edwards, Lynchburg

Name	Year	School	Prelims	Finals	Wind	Points
------	------	--------	---------	--------	------	--------

=====
Finals

1	Allen, Michael	FR	Eastern Mennonit	14.85m	14.85mA	NWI	48-08.75	10
2	Edwards, Brandon	SR	Lynchburg	14.77m	14.77m#	NWI	48-05.50	8
3	Bradley, Leigh	SO	Bridgewater (Va.	13.49m	13.49m	NWI	44-03.25	6
4	Graves, Earl	SR	Lynchburg	13.23m	13.23m	NWI	43-05.00	4
5	Montague, Donte	JR	Bridgewater (Va.	13.10m	13.10m	NWI	42-11.75	2
6	Bondurant, Brian	JR	Washington & Lee	12.87m	12.87m	NWI	42-02.75	1
7	Lewis, Jeremy	JR	Bridgewater (Va.	12.71m	12.71m	NWI	41-08.50	

Event 25 Women Pole Vault

=====
Starting Height 2.29m (15cm increments)

NCAA Auto: A 3.82m
 NCAA Prov: P 3.50m
 ODAC Meet: * 12-01 2000 Laura Rosenberger, Eastern Mennonite
 2008 Winner: # 3.21m Christina Rhodes, Bridgewater

Name	Year	School	Seed	Finals	Points
------	------	--------	------	--------	--------

1	Rhodes, Christina	SO	Bridgewater (Va.	3.58m	3.52mP	11-06.50	10
2	Dziewisz, Jill	FR	Lynchburg	3.10m	3.04m	9-11.75	8
3	Thomas, Sophie	FR	Bridgewater (Va.	2.90m	J3.04m	9-11.75	6
4	Rhodes, Renee	SO	Roanoke	2.90m	2.74m	8-11.75	4
5	Altizer, Tara	SR	Eastern Mennonit	2.61m	2.59m	8-06.00	2
6	Monckeberg, Ali	FR	Lynchburg	2.50m	2.44m	8-00.00	1
7	DeHaven, Stacey	JR	Bridgewater (Va.	2.59m	2.29m	7-06.00	
--	TenEyck, Emily	FR	Washington & Lee		NH		
--	Ginhaven, Brittany	FR	Bridgewater (Va.	2.15m	NH		

Event 26 Men Pole Vault

=====
Starting Height 3.04m (15cm increments)

NCAA Auto: A 5.04m
 NCAA Prov: P 4.70m
 ODAC Meet: * 16-06 2007 Andy Rollins, Lynchburg
 2008 Winner: # 4.50m Scott Decker, Lynchburg

Name	Year	School	Seed	Finals	Points
------	------	--------	------	--------	--------

1	Bell, James	FR	Lynchburg	4.70m	4.12m	13-06.25	10
2	Curtis, Nathan	FR	Lynchburg	4.00m	3.82m	12-06.25	7
2	Rudd, Casey	JR	Lynchburg	3.82m	3.82m	12-06.25	7
4	Mattern, David	FR	Lynchburg	3.35m	3.67m	12-00.50	4
5	Letterio, Richmond	FR	Virginia Wesleya	3.60m	2.92m	9-07.00	2

Event 27 Women Discus Throw

=====
 Top 7 Advance to Finals

NCAA Auto: A 47.00m
 NCAA Prov: P 42.50m
 ODAC Meet: * 133-04.75 2005 Kristen Lovell, Roanoke
 2008 Winner: # 36.51m Katie Suehs, Roanoke

Name	Year	School	Seed	Finals	Points
1 Cummings, Katie	FR	Bridgewater (Va.	35.99m	36.11m	118-06 10
2 Burke, Brittany	SO	Eastern Mennonit	32.71m	34.13m	112-00 8
3 Andrews, Grace	SR	Washington & Lee	27.54m	33.99m	111-06 6
4 Allen, Ashley	SO	Lynchburg	31.58m	33.13m	108-08 4
5 Lawhorn, Chelsea	SR	Eastern Mennonit	30.12m	30.04m	98-07 2
6 Fitzwater, Whitney	SO	Roanoke	25.19m	28.86m	94-08 1
7 Crews, Deana	SO	Lynchburg	31.47m	26.45m	86-09
8 McFerren, Rhiannon	FR	Virginia Wesleya	24.45m	21.56m	70-09
9 Lamb, Shaunique	FR	Virginia Wesleya	18.13m	19.95m	65-05

Event 28 Men Discus Throw

=====
 Top 7 Advance to Finals

NCAA Auto: A 51.50m
 NCAA Prov: P 47.00m
 ODAC Meet: * 160-02 1995 Seth McGuffin, Lynchburg
 2008 Winner: # 44.61m Nathan Turner, Bridgewater

Name	Year	School	Seed	Finals	Points
1 Bell, Thomas	JR	Bridgewater (Va.	43.67m	43.40m	142-05 10
2 Billington, Billy	JR	Washington & Lee	39.47m	42.15m	138-03 8
3 Pavia, John Michael	SO	Lynchburg	38.66m	39.32m	129-00 6
4 Tomczak, Jesse	SO	Virginia Wesleya	36.95m	38.39m	125-11 4
5 Reid, Dan		Lynchburg	44.51m	38.00m	124-08 2
6 Viscome, Greg		Lynchburg	36.36m	36.41m	119-05 1
7 Printz, Justin	FR	Eastern Mennonit	33.04m	35.79m	117-05
8 Davis, Ralph	FR	Lynchburg	35.07m	35.55m	116-08
9 Wilson, Ben	SR	Washington & Lee	32.71m	33.78m	110-10
10 Nibley, Pearson	SO	Washington & Lee	33.69m	32.42m	106-04
11 Edwards, Kyle	SR	Lynchburg	27.26m	29.56m	97-00
12 Nwankwo, Kenny	FR	Bridgewater (Va.		29.08m	95-05
13 Murphy, Hunter	SO	Roanoke	31.47m	28.46m	93-04
14 Fabian, Merlin	FR	Roanoke	31.52m	26.32m	86-04
15 Crosby, Devin	FR	Virginia Wesleya	24.15m	25.14m	82-06
16 Brevil, Carl	SR	Virginia Wesleya	21.42m	24.35m	79-11
17 Bondurant, Jordan	FR	Virginia Wesleya	20.19m	22.88m	75-01

Event 29 Women 4x100 Meter Relay

=====
 NCAA Auto: A 47.30
 NCAA Prov: P 48.65
 ODAC Meet: * 46.84 2008 Roanoke
 2008 Winner: # 46.84 Roanoke

School	Seed	Finals	Points
1 Roanoke 'A'	47.12	48.15P	10
1) Osborne, JaLeesa JR		2) Lewis, Candace FR	
3) Stallings, Jazamine JR		4) Yerkes, Robin JR	
2 Bridgewater (Va.) 'A'	49.34	49.46	8
1) Wattai, Jill SR		2) Phillips, Samantha JR	
3) Mizerak, Sammy JR		4) Hartman, Courtney JR	
3 Lynchburg 'A'	49.65	49.93	6
1) Richardson, Kyra JR		2) Landes, Krystle SO	
3) Booker, Chevonne JR		4) Desrosiers, Daphne SO	
4 Washington & Lee 'A'	50.50	50.02	4

- | | | | |
|-------------------------|--------------------------|-------|---------|
| 1) Lollie, Summer SO | 2) Stier, Natalie FR | | |
| 3) Hildenbrand, Tara SR | 4) Doornbos, Stacy SR | | |
| 5 Virginia Wesleyan 'A' | | 53.77 | 53.32 2 |
| 1) Brown, Tiffany JR | 2) Williams, Adrienne FR | | |
| 3) Sacco, Gabrielle FR | 4) Pascucci, Melissa FR | | |

Event 30 Men 4x100 Meter Relay

=====

NCAA Auto: A 41.00
 NCAA Prov: P 41.90
 ODAC Meet: * 41.73 2008 Bridgewater
 2008 Winner: # 41.73 Bridgewater

School	Seed	Finals	Points
=====			
1 Lynchburg 'A'	42.10	42.45	10
1) Adams, Rashard SO			
3) Edwards, Brandon SR			
2 Bridgewater (Va.) 'A'	42.67	42.61	8
1) Jackson, Rudy SO			
3) Beiler, Tyler SO			
3 Washington & Lee 'A'	45.14	44.26	6
1) Bondurant, Brian JR			
3) Castle, Ryan JR			
4 Roanoke 'A'		44.46	4
1) Nagel, Andy JR			
3) Linton, Colton FR			
5 Virginia Wesleyan 'A'	47.05	46.59	2
1) Frederick, Mac FR			
3) Letterio, Richmond FR			
2) Hamilton, Okechi JR			
4) Tomczak, Jesse SO			

Event 31 Women 1500 Meter Run

=====

NCAA Auto: A 4:32.50
 NCAA Prov: P 4:39.00
 ODAC Meet: * 4:43.85 2001 Casey Smith, Roanoke
 2008 Winner: # 4:44.90 Elizabeth Webb, Washington and Lee

Name	Year School	Seed	Finals	Points
=====				
1 Webb, Elizabeth	SR Washington & Lee	4:41.04	4:46.77	10
2 Meyer, Ashley	JR Lynchburg	4:53.16	4:49.34	8
3 Pernisi, Jennie	SO Lynchburg	4:55.32	4:50.89	6
4 Shaw, Jessica	SR Washington & Lee	4:51.69	4:53.37	4
5 Taylor, Rebecca	SR Washington & Lee	4:56.93	4:59.76	2
6 Donnelly, Megan	SR Lynchburg	5:08.72	5:06.76	1
7 Fenwick, Katherine	SO Washington & Lee	5:12.69	5:08.35	
8 Ernstes, Casey	FR Washington & Lee	5:07.70	5:13.39	
9 Berry, Aubrey	FR Lynchburg	5:22.75	5:19.30	
10 Fletcher, Kelly	SR Roanoke	5:29.38	5:21.29	
11 Collier, Cathy	SO Washington & Lee	5:27.40	5:42.33	
12 Delaney, Ashley	SO Lynchburg	6:01.10	5:58.16	
-- Brown, Lauren	FR Roanoke		DNF	

Event 32 Men 1500 Meter Run

=====

NCAA Auto: A 3:50.60
 NCAA Prov: P 3:55.00
 ODAC Meet: * 3:58.84 1984 Angus McBride, Washington and Lee
 2008 Winner: # 4:02.60 Travis Wray, Lynchburg

Name	Year School	Seed	Finals	Points
=====				
1 Flynn, Ricky	JR Lynchburg	3:58.70	3:59.74#	10
2 Berry, Vance	SR Washington & Lee	4:02.83	4:02.49#	8
3 Welsh, Michael	SR Washington & Lee	4:05.08	4:02.54#	6

4	Kidd, David	SO	Virginia Wesleya	4:06.03	4:04.23	4
5	Gossett, Matt	FR	Washington & Lee	4:13.86	4:04.48	2
6	Jacobs, Patrick	JR	Lynchburg	4:10.74	4:08.51	1
7	Rittenhouse, Nathan	SR	Bridgewater (Va.	4:09.44	4:10.81	
8	White, Jordan	FR	Bridgewater (Va.	4:13.92	4:12.28	
9	Apgar, Todd	FR	Lynchburg	4:10.75	4:12.77	
10	Demers, Brandon	SO	Lynchburg	4:13.94	4:17.07	
11	Jones, Cole	FR	Lynchburg	4:26.73	4:17.71	
12	Rawlings, Mike	FR	Roanoke	4:22.36	4:20.97	
13	Bell, Rob	SO	Virginia Wesleya	4:22.40	4:21.25	
14	Stutzman, Cody	JR	Eastern Mennonit	4:22.73	4:22.34	
15	Fiske, Patrick	FR	Roanoke	4:26.35	4:24.77	
16	Doyle, Jamie	SR	Bridgewater (Va.	4:26.15	4:24.81	
17	Johnson, Joe	FR	Lynchburg	4:20.32	4:27.55	
18	Moulton, Danny	FR	Virginia Wesleya	4:28.36	4:33.84	
19	Zgorski, Nick	JR	Roanoke	4:19.18	4:56.81	

Event 33 Women 800 Meter Run

=====

NCAA Auto: A 2:11.00
 NCAA Prov: P 2:14.40
 ODAC Meet: * 2:18.16 1998 Natasha Dorofeeva, Washington and Lee
 2008 Winner: # 2:18.15 Elizabeth Webb, Washington and Lee

Name	Year	School	Seed	Finals	Points	
1	Webb, Elizabeth	SR	Washington & Lee	2:19.30	2:21.17	10
2	Spickard, Stephanie	FR	Roanoke	2:23.53	2:23.55	8
3	Meyer, Ashley	JR	Lynchburg	2:25.17	2:23.88	6
4	Wilson, Emma	SO	Roanoke	2:24.87	2:25.12	4
5	Morris, Kristina	FR	Lynchburg	2:28.24	2:25.52	2
6	Miata, Jule	SR	Washington & Lee	2:26.39	2:26.50	1
7	Fauth, Kelly	FR	Virginia Wesleya	2:30.18	2:27.28	
8	Fenwick, Katherine	SO	Washington & Lee	2:30.36	2:31.86	
9	Donnelly, Megan	SR	Lynchburg	2:30.38	2:32.39	
10	Iwata, Kathryn	FR	Washington & Lee	2:33.32	2:33.20	
11	Markey, Whitney	SR	Lynchburg	2:32.51	2:35.42	
12	Beebe, Stephanie	FR	Washington & Lee	2:37.35	2:36.16	
13	Johnston, Amanda	FR	Lynchburg	2:32.97	2:37.16	
14	Nuccilli, Ryleigh	SO	Washington & Lee	2:35.99	2:40.22	
15	Fletcher, Kelly	SR	Roanoke	2:43.65	2:47.34	
16	Lee, Katie	FR	Bridgewater (Va.	2:45.60	2:51.45	

Event 34 Men 800 Meter Run

=====

NCAA Auto: A 1:51.10
 NCAA Prov: P 1:53.00
 ODAC Meet: * 1:52.90 2003 Josh Zobenica, Lynchburg
 2008 Winner: # 1:55.66 Luke Yoder, Eastern Mennonite

Name	Year	School	Seed	Finals	Points	
1	Griffin, Jacob	JR	Bridgewater (Va.	1:55.71	1:55.31#	10
2	Janse, Zaan	FR	Roanoke	1:56.78	1:55.50#	8
3	Bikko, Richard	SO	Eastern Mennonit	1:55.82	1:56.65	6
4	Taylor, Reid	FR	Lynchburg	1:57.94	1:58.41	4
5	Shelton, Terrell	FR	Virginia Wesleya	2:00.81	1:58.57	2
6	Johnson, Paul	FR	Bridgewater (Va.	2:00.47	1:58.97	1
7	Monahan, Jamison	SO	Roanoke	1:57.80	2:00.53	
8	Springer, Jesse	SO	Eastern Mennonit	2:00.27	2:00.61	
9	Ivy, Jack	SO	Washington & Lee	2:00.32	2:02.13	
10	Gossett, Matt	FR	Washington & Lee	2:02.48	2:02.36	
11	Averette, James	FR	Lynchburg	2:00.95	2:02.37	
12	Shiplot, Michael	SO	Washington & Lee	2:05.75	2:04.30	
13	Franklin, Davis	SO	Washington & Lee	2:04.17	2:04.85	

14	Britton, Ryan	FR	Roanoke	2:06.57	2:06.10
15	Rawlings, Mike	FR	Roanoke	2:03.08	2:07.49
16	Johnson, Joe	FR	Lynchburg	2:05.28	2:08.01
17	Bell, Rob	SO	Virginia Wesleya	2:07.58	2:09.54
18	Stutzman, Cody	JR	Eastern Mennonit	2:08.93	2:11.06
19	Neikirk, Chris	JR	Roanoke	2:11.11	2:14.98
20	Kulp, Ben	SO	Lynchburg	2:12.17	2:16.08

Event 35 Women 5000 Meter Run

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=====
NCAA Auto: A 16:55.00
NCAA Prov: P 17:35.00
ODAC Meet: * 17:29.84 2008 Jessica Shaw, Washington and Lee
2008 Winner: # 17:29.84 Jessica Shaw, Washington and Lee
Name Year School Seed Finals Points
=====
```

1	Webb, Elizabeth	SR	Washington & Lee	17:51.39	18:58.30	10
2	Taylor, Rebecca	SR	Washington & Lee		19:26.20	8
3	Pernisi, Jennie	SO	Lynchburg	18:52.42	19:48.34	6
4	Meyer, Ashley	JR	Lynchburg		19:52.65	4
5	Roane, Ashley	SR	Virginia Wesleya	19:20.17	20:02.19	2
6	Satterwhite, Rachel	FR	Virginia Wesleya	20:01.63	20:41.07	1
7	Tran, Lan	JR	Virginia Wesleya	20:32.61	21:02.82	
8	Fender, Lindsay	SO	Lynchburg	19:56.77	21:07.55	
9	Haugen, Katie	FR	Roanoke	20:50.64	21:11.99	
10	Kelley, Rosemary	JR	Washington & Lee	20:16.76	21:20.34	
11	Worner, Caitlyn	SO	Virginia Wesleya		22:29.51	
12	Grogan, Erin	FR	Lynchburg		23:40.25	
--	Holden, Jennie	FR	Roanoke	23:28.10	DNF	

Event 36 Men 5000 Meter Run

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=====
NCAA Auto: A 14:28.00
NCAA Prov: P 14:45.00
ODAC Meet: * 15:04.00 1980 Ken Layman, Eastern Mennonite
2008 Winner: # 15:27.00 Ricky Flynn, Lynchburg
Name Year School Seed Finals Points
=====
```

1	Van Alstine, Ryan	SO	Lynchburg	15:17.95	15:46.75	10
2	Spalding, Brandon	SR	Bridgewater (Va.	15:57.45	15:47.00	8
3	Welsh, Michael	SR	Washington & Lee	15:33.36	15:58.00	6
4	Aaron, Robert	SR	Virginia Wesleya	15:56.08	16:04.47	4
5	Minor, Lawrence	FR	Lynchburg	15:47.42	16:21.97	2
6	Jackson, Alex	SR	Washington & Lee	16:24.24	16:24.11	1
7	Whitson, Sean	FR	Virginia Wesleya	15:57.12	16:29.96	
8	White, Jordan	FR	Bridgewater (Va.	16:08.26	16:32.13	
9	Jacobs, Patrick	JR	Lynchburg	15:50.61	16:36.82	
10	Lauter, Nick	SO	Virginia Wesleya	16:25.20	16:43.80	
11	Nichols, Drew	FR	Roanoke	16:33.73	16:48.23	
12	McCaughey, Jeffrey	JR	Bridgewater (Va.	17:15.10	16:52.72	
13	Orndorff, William	FR	Lynchburg	15:58.67	17:07.56	
14	Metz, Josh	SO	Roanoke	16:43.13	17:20.13	
15	Barnett, Brian	FR	Bridgewater (Va.	16:48.21	17:22.39	
16	George, Robert	SO	Washington & Lee	16:34.09	17:34.00	
17	DeLuna, Alex	SO	Roanoke	17:06.34	17:46.85	
18	Knutsen, Alex	SR	Roanoke	17:27.28	17:52.33	
19	Fiske, Patrick	FR	Roanoke	17:13.56	18:10.76	
20	Veddern, Chris	FR	Washington & Lee	17:18.10	18:13.07	
21	Young, James	SO	Lynchburg	17:47.10	18:19.71	
22	Lendway, Spencer	SR	Roanoke		18:48.93	

Event 37 Women 4x400 Meter Relay

=====

NCAA Auto: A 3:49.60
 NCAA Prov: P 3:56.60
 ODAC Meet: * 4:03.90 2007
 2008 Winner: # 4:09.64

Roanoke
 Bridgewater

School	Seed	Finals	Points
1 Roanoke 'A'	4:08.03	4:00.28*	10
1) Spickard, Stephanie FR	2) Rose, Nicole SO		
3) Crosby, Karis FR	4) Yerkes, Robin JR		
2 Lynchburg 'A'	4:04.69	4:00.63*	8
1) Landes, Krystle SO	2) Johnston, Olivia FR		
3) Washington, Christina FR	4) Gibbs, Jessica SO		
3 Bridgewater (Va.) 'A'	4:12.03	4:11.40	6
1) Hartman, Courtney JR	2) Mizerak, Sammy JR		
3) Phillips, Samantha JR	4) Palmer, Jess FR		
4 Eastern Mennonite 'A'		4:12.60	4
1) Altizer, Tara SR	2) Bogoto, Gisele SO		
3) Doe, Samfee SO	4) Leaman, Michelle JR		
5 Washington & Lee 'A'	4:14.68	4:15.59	2
1) Doornbos, Stacy SR	2) Armstrong, Sallie JR		
3) Sutherland, Maggie JR	4) Hildenbrand, Tara SR		
6 Virginia Wesleyan 'A'	4:49.19	4:36.02	1
1) Bogart, Brooke FR	2) Brown, Tiffany JR		
3) Williams, Adrianne FR	4) Fauth, Kelly FR		

Event 38 Men 4x400 Meter Relay

NCAA Auto: A 3:13.00
 NCAA Prov: P 3:16.80
 ODAC Meet: * 3:18.40 1999
 2008 Winner: # 3:21.70

Lynchburg
 Lynchburg

School	Seed	Finals	Points
1 Lynchburg 'A'	3:36.76	3:21.98	10
1) Adams, Rashard SO	2) Averette, James FR		
3) Apgar, Todd FR	4) Bell, James FR		
2 Roanoke 'A'	3:28.90	3:25.91	8
1) Monahan, Jamison SO	2) Janse, Zaan FR		
3) Epperly, Lucas SR	4) Harrison, Kevin JR		
3 Eastern Mennonite 'A'	3:30.47	3:29.02	6
1) Allen, Michael FR	2) Bikko, Richard SO		
3) Springer, Jesse SO	4) Martin, Nils SO		
4 Bridgewater (Va.) 'A'	3:39.84	3:29.98	4
1) Asconi, Patrick FR	2) Ritchie, Jesse FR		
3) Griffin, Jacob JR	4) Fenwick, Keenan SO		
5 Washington & Lee 'A'	3:31.76	3:31.21	2
1) Brandlein, Tom JR	2) Giordano, Jeff SO		
3) Castle, Ryan JR	4) Grant, Tyler FR		
6 Virginia Wesleyan 'A'	3:36.67	3:36.17	1
1) Frederick, Mac FR	2) Kidd, David SO		
3) Shelton, Terrell FR	4) Robinson, Josh FR		

Women - Team Rankings - 19 Events Scored

1) Roanoke	173.50	2) Washington & Lee	139
3) Lynchburg	127	4) Bridgewater (Va.)	90
5) Eastern Mennonite	45	6) Virginia Wesleyan	12.50

Men - Team Rankings - 19 Events Scored

1) Lynchburg	227	2) Bridgewater (Va.)	127
3) Washington & Lee	103	4) Roanoke	47
5) Virginia Wesleyan	41	6) Eastern Mennonite	40

