

2021 ODAC Outdoor Track & Field Championships - 4/30/2021 to 5/2/2021

University of Lynchburg

Results

Women 100 Meter Dash

Conf Rec: 11.63 \$ 2017

Amber Celen

Meet Rec: 11.98 # 2010

Jaleesa Osborne

Name	School	Prelims
Preliminaries		
1 Coleman, Adalia	Bridgewater	# 11.94Q1.8
2 Gamble, Katelyn	Washington a	12.30Q-0.9
3 Measell, Kaitlin	Shenandoah	12.70Q4.2
4 Seward, Aniya	Lynchburg	12.41q 1.8
5 Hamlin, Haleigh	Bridgewater	12.78q 4.2
6 Poole, Taylor	Roanoke	12.79q 1.8
7 Oguamena, Kendra	Eastern Menn	12.92q 4.2
8 Gheen, Savannah	Roanoke	12.99q 1.8
9 Perry, Destaunia	Lynchburg	13.01 -0.9
10 Birle, Susannah	Washington a	13.04 -0.9
11 Alexander, Saja	Roanoke	13.59 1.8
12 Taylor, Keyazia	Hollins	14.14 4.2
13 Scott, Savannah	Hollins	14.27 -0.9
14 Boyer, Cindi	Eastern Menn	14.28 4.2
15 Pitts, Zarea	Guilford	14.96 1.8
16 Geiger, Shai	Shenandoah	15.42 1.8
--- Russell, Paige	Hollins	FS -0.9
--- Lane, Jaylyn	Virginia Wes	FS 4.2

Women 100 Meter Dash

Conf Rec: 11.63 \$ 2017

Amber Celen

Meet Rec: 11.98 # 2010

Jaleesa Osborne

Name	School	Finals
Finals		
1 Coleman, Adalia	Bridgewater	11.83# 10
2 Gamble, Katelyn	Washington a	12.06 8
3 Seward, Aniya	Lynchburg	12.51 6
4 Poole, Taylor	Roanoke	12.71 5
5 Measell, Kaitlin	Shenandoah	12.81 4
6 Hamlin, Haleigh	Bridgewater	12.87 3
7 Gheen, Savannah	Roanoke	12.90 2
8 Oguamena, Kendra	Eastern Menn	13.05 1

Women 200 Meter Dash

Conf Rec: 23.87 \$ 2017

Amber Celen

Meet Rec: 24.72 # 2010

Robin Yerkes

Name	School	Prelims
Preliminaries		
1 Coleman, Adalia	Bridgewater	24.62Q2.6
2 Gamble, Katelyn	Washington a	25.46Q-0.4
3 Hooker, Kacee	Bridgewater	25.85Q-0.6
4 Lane, Jaylyn	Virginia Wes	25.87Q-0.3
5 Barnes, Vuronika	Lynchburg	25.95Q4.2
6 Gamble, Haylee	Roanoke	25.92q -0.4
7 Oliver, Cassidy	Bridgewater	26.16q 2.6
8 Poole, Taylor	Roanoke	26.22q -0.3
9 Lippert, Lily	Roanoke	26.25 4.2
10 Lacy, Maya	Lynchburg	26.28 -0.4
11 Birle, Susannah	Washington a	26.41 4.2
12 Cammarata, Jessica	Lynchburg	26.45 2.6

13 Hefferon, Mikayla	Roanoke	26.51 -0.6
14 Palethorpe, Jordynn	Washington a	26.61 -0.3
15 Brewer, Taylor	Guilford	26.73 -0.3
16 Crocker, Niya	Virginia Wes	26.73 4.2
17 Casto, Bailey	Lynchburg	26.88 -0.6
18 Oguamena, Kendra	Eastern Menn	27.02 -0.6
19 Stedman, Casey	Virginia Wes	27.62 2.6
20 Rankin, Meredyth	Bridgewater	28.02 2.6
21 Adams, Grace	Virginia Wes	28.22 -0.3
22 Hamlin, Haleigh	Bridgewater	28.24 -0.4
23 Hurst, Anna	Washington a	28.39 4.2
24 Philleo, Kaillee	Roanoke	28.59 -0.4
25 Alexander, Saja	Roanoke	28.61 -0.6
26 Nicely, Emma	Shenandoah	29.02 -0.3
27 Camden, Caroline	Lynchburg	29.06 4.2
28 Moore, Jennifer	Randolph	29.60 -0.6
29 King, Kyra	Hollins	29.69 -0.4
30 Russell, Paige	Hollins	30.30 2.6
31 Thorpe, Yasmin	Emory & Henr	30.32 2.6
32 Boyer, Cindi	Eastern Menn	30.37 -0.4
33 Scott, Savannah	Hollins	30.51 -0.6
34 Weldon, Darice	Hollins	31.88 -0.3
35 Geiger, Shai	Shenandoah	32.07 4.2

Women 200 Meter Dash

Conf Rec: 23.87 \$ 2017

Amber Celen

Meet Rec: 24.72 # 2010

Robin Yerkes

Name	School	Finals
Finals		
1 Coleman, Adalia	Bridgewater	24.42# 10
2 Hooker, Kacee	Bridgewater	24.84 8
3 Gamble, Katelyn	Washington a	25.13 6
4 Lane, Jaylyn	Virginia Wes	25.28 5
5 Gamble, Haylee	Roanoke	26.13 4
6 Barnes, Vuronika	Lynchburg	26.26 3
7 Oliver, Cassidy	Bridgewater	26.32 2
8 Poole, Taylor	Roanoke	26.49 1

Women 400 Meter Dash

Conf Rec: 54.78 \$ 2009

Robin Yerkes

Meet Rec: 56.03 # 2015

Alease Kinney

Name	School	Prelims
Preliminaries		
1 Hefferon, Mikayla	Roanoke	58.98Q
2 Barnes, Vuronika	Lynchburg	59.06Q
3 Gamble, Haylee	Roanoke	1:00.03Q
4 Casto, Bailey	Lynchburg	1:00.55Q
5 Ball, Emily	Roanoke	59.42q
6 Brewer, Taylor	Guilford	1:00.36q
7 Palethorpe, Jordynn	Washington a	1:00.58q
8 Lippert, Lily	Roanoke	1:01.15q
9 Oliver, Cassidy	Bridgewater	1:01.29
10 Cammarata, Jessica	Lynchburg	1:02.00
11 Rocha, Jensen	Washington a	1:02.36
12 Crocker, Niya	Virginia Wes	1:02.36
13 Henson, Lauren	Roanoke	1:03.72

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Preliminaries ... (Women 400 Meter Dash)

Name	School	Prelims
14 Harris, Jaia	Shenandoah	1:04.99
15 Rankin, Meredyth	Bridgewater	1:05.41
16 Nicely, Emma	Shenandoah	1:06.22
17 Moore, Jennifer	Randolph	1:07.11
18 Plowman, Mackenzie	Shenandoah	1:07.31
19 Philleo, Kaillee	Roanoke	1:07.67
20 Adams, Grace	Virginia Wes	1:07.82
21 Camden, Caroline	Lynchburg	1:07.97
22 Filley, Eleni	Washington a	1:09.05
23 King, Kyra	Hollins	1:09.93
24 Baltins, Elina	Ferrum	1:10.67
25 Thorpe, Yasmin	Emory & Henr	1:12.83
26 Forbes, Robyn	Hollins	1:14.59
27 Smith, Caylin	Hollins	1:18.40
--- Hooker, Kacee	Bridgewater	DQ

Women 400 Meter Dash

Conf Rec: 54.78 \$ 2009 Robin Yerkes
Meet Rec: 56.03 # 2015 Alese Kinney

Name	School	Finals
Finals		
1 Hefferon, Mikayla	Roanoke	58.74 10
2 Barnes, Vuronika	Lynchburg	59.35 8
3 Ball, Emily	Roanoke	59.52 6
4 Gamble, Haylee	Roanoke	1:00.26 5
5 Palethorpe, Jordynn	Washington a	1:00.48 4
6 Casto, Bailey	Lynchburg	1:00.64 3
7 Brewer, Taylor	Guilford	1:00.92 2
8 Lippert, Lily	Roanoke	1:01.33 1

Women 800 Meter Run

Conf Rec: 2:07.32 \$ 2012 Carmen Graves
Meet Rec: 2:11.80 # 2016 Hannah Chappell-Dick

Name	School	Finals
Finals		
1 Wilson, Jackie	Lynchburg	2:19.53 10
2 Cunningham, Anne	Washington a	2:22.06 8
3 Pinkerton, Abbey	Washington a	2:23.97 6
4 Hollen, Sarah	Washington a	2:24.23 5
5 Barthol, Allison	Roanoke	2:26.38 4
6 Pace, Didi	Washington a	2:28.31 3
7 Pineiro, Genesis	Ferrum	2:28.47 2
8 Ramsden, Angela	Lynchburg	2:28.71 1
9 Smith, Claire	Washington a	2:28.96
10 Brown, Ashley	Roanoke	2:33.19
11 Kozlowski, Haleigh	Lynchburg	2:33.57
12 Hansford, Marranda	Virginia Wes	2:33.97
13 Huntington, Cecelia	Virginia Wes	2:36.35
14 Becker, Emilee	Washington a	2:36.56
15 Massey, Lauren	Lynchburg	2:38.86
16 Redlich, Marlene	Randolph	2:42.70
17 Smith, Anastasia	Shenandoah	2:43.35
18 Bishop, Madeline	Emory & Henr	2:43.84
19 Laine, Abigail	Lynchburg	2:45.26

20 Witt, Haley	Virginia Wes	2:47.44
21 Fuentes, Sara	Randolph	2:48.92
22 Howell, Grace	Bridgewater	2:49.88
23 Siv, Seaira	Hollins	2:52.27
24 Karstetter, Kaily	Shenandoah	2:56.09
25 Franklin, Kailee	Eastern Menn	2:56.14
26 Petsko, Emily	Virginia Wes	2:57.45
27 McGovern, Abigail	Ferrum	2:58.12
28 Coy, Samantha	Hollins	2:58.29
29 Smith, Caylin	Hollins	3:11.92
30 Vasquez, Escarlen	Ferrum	3:19.72
31 Cox, Cadence	Hollins	3:21.93

Women 1500 Meter Run

Conf Rec: 4:25.89 \$ 2017 Marsha Coombs
Meet Rec: 4:38.61 # 2014 Hannah Chappell-Dick

Name	School	Finals
Finals		
1 Pinkerton, Abbey	Washington a	4:56.69 10
2 Hawk, Parker	Washington a	4:57.76 8
3 Massey, Lauren	Lynchburg	5:03.39 6
4 Barnes, Kate	Washington a	5:05.93 5
5 Atkinson, Erin	Shenandoah	5:08.37 4
6 Shelly, Allison	Eastern Menn	5:10.03 3
7 Elebash, Chloe	Washington a	5:23.80 2
8 Hampton-Weinberg, Emmersc	Washington a	5:24.86 1
9 Nelson, Anna	Washington a	5:25.69
10 Corbin, Haley	Eastern Menn	5:30.76
11 Miller, Elizabeth	Eastern Menn	5:31.17
12 Petsko, Emily	Virginia Wes	5:38.35
13 Unzicker, Lucy	Eastern Menn	5:38.52
14 Gardiner, Vanessa	Eastern Menn	5:39.28
15 Witt, Haley	Virginia Wes	5:44.76
16 Fuentes, Sara	Randolph	5:46.26
17 Karstetter, Kaily	Shenandoah	6:08.43
18 Coy, Samantha	Hollins	6:08.88
19 Nowell, Caroline	Roanoke	6:38.26
20 Cox, Cadence	Hollins	6:49.05
21 Fairbanks, Kasey	Roanoke	7:08.28
22 Casen, Abby	Roanoke	7:16.48

Women 5000 Meter Run

Conf Rec: 16:48.60 \$ 2001 Casey Smith
Meet Rec: 17:29.84 # 2008 Jessica Shaw

Name	School	Finals
Finals		
1 Burnett, Stephanie	Lynchburg	18:23.92 10
2 Todd, Carolyn	Washington a	18:27.87 8
3 Miller, Emily	Shenandoah	18:28.39 6
4 Lagunas, Kelsey	Lynchburg	18:33.70 5
5 Doran, Rebecca	Shenandoah	19:09.29 4
6 Dieterle, Hannah	Washington a	19:09.92 3
7 Shelly, Allison	Eastern Menn	19:19.21 2
8 Hawk, Parker	Washington a	19:33.68 1
9 Young, Mackenzie	Bridgewater	19:49.57
10 Atkinson, Erin	Shenandoah	20:13.00

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Finals ... (Women 5000 Meter Run)

Name	School	Finals
11 Hollar, Kaitlyn	Washington a	20:30.77
12 Maras, Emma	Roanoke	20:31.60
13 Miller, Elizabeth	Eastern Menn	20:34.28
14 Hale, Hannah	Shenandoah	20:35.06
15 Chambers, Samantha	Shenandoah	20:43.16
16 Dolberg, Amanda	Washington a	20:43.34
17 Brown, Lauren	Roanoke	20:46.96
18 McHone, Annalyse	Emory & Henr	20:48.09
19 Macias, Jennifer	Shenandoah	21:07.23
20 Westerman, Megan	Randolph	22:11.27
21 Larcombe, Elena	Bridgewater	24:36.86
--- Unzicker, Lucy	Eastern Menn	DNF
--- Bergeron, Madeline	Roanoke	DNF
--- Tolarchyk, Ashley	Virginia Wes	DNF

Women 10000 Meter Run

Conf Rec: 35:05.63 \$ 2001 Casey Smith
 Meet Rec: 37:58.71 # 2013 Casey Mackintosh

Name	School	Finals
1 Burnett, Stephanie	Lynchburg	38:28.80 10
2 Todd, Carolyn	Washington a	38:42.79 8
3 Lagunas, Kelsey	Lynchburg	38:45.22 6
4 Miller, Emily	Shenandoah	40:03.77 5
5 Doran, Rebecca	Shenandoah	40:24.77 4
6 Shelly, Allison	Eastern Menn	40:44.16 3
7 Hatch, Bri	Washington a	41:35.38 2
8 Payne, Kodi	Lynchburg	41:43.93 1
9 Miller, Elizabeth	Eastern Menn	42:40.46
10 Hale, Hannah	Shenandoah	44:15.26
11 Westerman, Megan	Randolph	46:46.91

Women 100 Meter Hurdles

Conf Rec: 14.70 \$ 2009 Sarah Witt
 Meet Rec: 14.70 # 2009 Janey Fugate

Name	School	Prelims
1 Seward, Aniya	Lynchburg	14.85Q-2.2
2 Lacy, Maya	Lynchburg	14.86Q-1.1
3 Koepfinger, Hannah	Roanoke	15.91q -1.1
4 Fitzpatrick, Erin	Bridgewater	15.93q -1.1
5 Winston, Cammi	Roanoke	16.39q -2.2
6 Mohnkern, Betsy	Lynchburg	16.71q -2.2
7 Wiley, Katelyn	Roanoke	16.89q -1.1
8 Hurst, Anna	Washington a	17.33q -2.2
--- Perry, Destautnia	Lynchburg	DNF -1.1

Women 100 Meter Hurdles

Conf Rec: 14.70 \$ 2009 Sarah Witt
 Meet Rec: 14.70 # 2009 Janey Fugate

Name	School	Finals
1 Seward, Aniya	Lynchburg	14.43 10
2 Lacy, Maya	Lynchburg	14.55 8

3 Koepfinger, Hannah	Roanoke	15.36 6
4 Fitzpatrick, Erin	Bridgewater	15.52 5
5 Winston, Cammi	Roanoke	15.56 4
6 Mohnkern, Betsy	Lynchburg	15.64 3
7 Wiley, Katelyn	Roanoke	16.74 2
8 Hurst, Anna	Washington a	16.84 1

Women 400 Meter Hurdles

Conf Rec: 1:01.82 \$ 2015 Janey Fugate
 Meet Rec: 1:03.69 # 2015 Janey Fugate

Name	School	Prelims
1 Koepfinger, Hannah	Roanoke	1:05.32Q
2 Davis, Lizzie	Lynchburg	1:06.88Q
3 Bobst, Allison	Lynchburg	1:07.56q
4 Mohnkern, Betsy	Lynchburg	1:08.20q
5 Fitzpatrick, Erin	Bridgewater	1:08.44q
6 Tulenko, Paige	Washington a	1:08.78q
7 Antonucci, Cassidy	Lynchburg	1:10.99q
8 Wenger, Elizabeth	Lynchburg	1:12.55q
9 Teagle, Sarah	Washington a	1:12.89
10 Longood, Parker	Washington a	1:13.52
11 Henson, Lauren	Roanoke	1:18.47
12 Stedman, Casey	Virginia Wes	1:20.36

Women 400 Meter Hurdles

Conf Rec: 1:01.82 \$ 2015 Janey Fugate
 Meet Rec: 1:03.69 # 2015 Janey Fugate

Name	School	Finals
1 Koepfinger, Hannah	Roanoke	1:03.96 10
2 Davis, Lizzie	Lynchburg	1:06.23 8
3 Bobst, Allison	Lynchburg	1:06.24 6
4 Fitzpatrick, Erin	Bridgewater	1:08.54 5
5 Mohnkern, Betsy	Lynchburg	1:08.61 4
6 Tulenko, Paige	Washington a	1:09.75 3
7 Antonucci, Cassidy	Lynchburg	1:11.14 2
8 Wenger, Elizabeth	Lynchburg	1:18.13 1

Women 3000 Meter Steeplechase

Conf Rec: 10:50.41 \$ 2019 Calista Ariel
 Meet Rec: 11:11.53 # 2019 Calista Ariel

Name	School	Finals
1 Miller, Emily	Shenandoah	11:36.35 10
2 Atkinson, Erin	Shenandoah	12:45.44 8
3 Chambers, Samantha	Shenandoah	12:51.24 6
4 Macias, Jennifer	Shenandoah	13:21.03 5
5 Gardiner, Vanessa	Eastern Menn	13:53.89 4
6 Sullivan, Rebekah	Roanoke	14:32.11 3
7 Larcombe, Elena	Bridgewater	15:11.78 2
8 Chapman, Emma	Roanoke	15:36.98 1

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Women 4x100 Meter Relay

Conf Rec: 46.54 \$ 2008

Roanoke College

Osborne, France, Mason, Yerkes

Meet Rec: 46.84 # 2008

Roanoke College

Osborne, France, Mason, Yerkes

Team	Relay	Finals
Finals		
1 Lynchburg	A	48.33 10
1) Perry, Destautnia	2) Lacy, Maya	
3) Barnes, Vuronika	4) Seward, Aniya	
2 Bridgewater (Va.)	A	48.50 8
1) Coleman, Adalia	2) Gray, Kyla	
3) Hamlin, Haleigh	4) Hooker, Kacee	
3 Roanoke	A	49.61 6
1) Poole, Taylor	2) Gheen, Savannah	
3) Hefferon, Mikayla	4) Lippert, Lily	
4 Washington and Lee	A	49.62 5
1) Rocha, Jensen	2) Gamble, Katelyn	
3) Palethorpe, Jordynn	4) Birle, Susannah	
5 Virginia Wesleyan	A	50.41 4
1) Crocker, Niya	2) Stedman, Casey	
3) Adams, Grace	4) Lane, Jaylyn	
6 Hollins	A	55.96 3
1) King, Kyra	2) Tucker, Tiandria	
3) Scott, Savannah	4) Taylor, Keyazia	

Women 4x400 Meter Relay

Conf Rec: 3:49.24 \$ 2015

Roanoke College

Kinney, McGovern, Mejia, Janney

Meet Rec: 3:54.07 # 2016

Roanoke College

Davignon, Janney, MacDougall, McGovern

Team	Relay	Finals
Finals		
1 Lynchburg	A	3:59.88 10
1) Barnes, Vuronika	2) Bobst, Allison	
3) Casto, Bailey	4) Wilson, Jackie	
2 Roanoke	A	4:00.33 8
1) Ball, Emily	2) Lippert, Lily	
3) Gamble, Haylee	4) Hefferon, Mikayla	
3 Washington and Lee	A	4:08.41 6
1) Rocha, Jensen	2) Cunningham, Anne	
3) Pinkerton, Abbey	4) Palethorpe, Jordynn	
4 Virginia Wesleyan	A	4:10.87 5
1) Crocker, Niya	2) Stedman, Casey	
3) Adams, Grace	4) Lane, Jaylyn	
5 Shenandoah	A	4:26.66 4
1) Harris, Jaia	2) Plowman, Mackenzie	
3) Nicely, Emma	4) Atkinson, Erin	
6 Randolph	A	4:31.39 3
1) Moore, Jennifer	2) Redlich, Marlene	
3) Chaffins, Meghan	4) Fuentes, Sara	
7 Ferrum	A	4:48.16 2
1) Baltins, Elina	2) Pineiro, Genesis	
3) Vasquez, Escarlen	4) McGovern, Abigail	

8 Hollins	A	4:51.45 1
1) King, Kyra	2) Smith, Caylin	
3) Siv, Seaira	4) Scott, Savannah	
9 Eastern Mennonite	A	4:55.47
1) Gardiner, Vanessa	2) Unzicker, Lucy	
3) Miller, Elizabeth	4) Shelly, Allison	

Women High Jump

Prog: 138 143 148 153 158 161, by 3cm

Conf Rec: 1.73m \$ 2000

Vicki Osinga

Meet Rec: 1.69m # 1998

Emily Hollett

Name	School	Finals
Finals		
1 Davis, Lizzie	Lynchburg	1.58m 10
2 Chaffins, Meghan	Randolph	1.53m 7
2 Heifner, Sydney	Washington a	1.53m 7
4 Moreau, Alison	Roanoke	J1.53m 5
5 Hunley, Taja	Randolph	J1.53m 4
6 Hertzberg, Elizabeth	Washington a	1.48m 2.5
6 Winston, Cammi	Roanoke	1.48m 2.5
8 Nguyen, Kaitlyn	Roanoke	J1.48m 1
9 Fitzpatrick, Erin	Bridgewater	J1.48m
10 Green, Leah	Washington a	J1.48m
11 Wadman, May	Eastern Menn	1.43m
12 Russell, Abby	Lynchburg	J1.43m
--- Geiger, Shai	Shenandoah	NH

Women Pole Vault

Prog: 216 231 246 261 276 291 306 321 336 346, by 10cm

Conf Rec: 3.94m \$ 2003

Laura Rosenberger

Meet Rec: 3.77m # 2010

Christina Rhodes

Name	School	Finals
Finals		
1 Casto, Bailey	Lynchburg	3.46m 10
2 Anderson, Lauren	Lynchburg	J3.46m 8
3 Bobst, Allison	Lynchburg	3.36m 6
4 Guerra, Jillian	Lynchburg	3.21m 5
5 Trotto, Claire	Roanoke	J3.21m 3.5
5 Jones, Murfee	Washington a	J3.21m 3.5
7 Van Duyne, Chloe	Roanoke	3.06m 2
8 Fucigna, Isabella	Washington a	J3.06m 1
9 Akers, Kelly	Bridgewater	2.76m
10 Franklin, Kailee	Eastern Menn	2.61m
11 Antonucci, Cassidy	Lynchburg	2.46m
12 Coffey, Skylar	Eastern Menn	2.16m

Women Pole Vault Jump Off

Name	School	Finals
Finals		
1 Casto, Bailey	Lynchburg	3.56m
--- Anderson, Lauren	Lynchburg	NH

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Women Long Jump

Conf Rec: 5.94m \$ 2010 Jalessa Osborne
 Meet Rec: 5.94m # 2010 Jaleesa Osborne

Name	School	Finals
Finals		
1 Measell, Kaitlin	Shenandoah	5.51m 10
2 Lane, Jaylyn	Virginia Wes	5.45m 8
3 Seward, Aniya	Lynchburg	5.40m 6
4 Chaffins, Meghan	Randolph	5.27m 5
5 Koepfinger, Hannah	Roanoke	5.23m 4
6 Gheen, Savannah	Roanoke	5.08m 3
7 Guerra, Jillian	Lynchburg	5.06m 2
8 Gray, Kylah	Bridgewater	5.04m 1
9 Wiley, Katelyn	Roanoke	J5.04m 0.4
10 Oliver, Cassidy	Bridgewater	5.01m +0.0
11 Heifner, Sydney	Washington a	J5.01m 1.8
12 Hertzberg, Elizabeth	Washington a	5.00m 1.3
13 Gamble, Katelyn	Washington a	4.97m 0.9
14 Perry, Destaunia	Lynchburg	4.94m 1.0
15 Longood, Parker	Washington a	4.86m 0.6
16 Winston, Cammi	Roanoke	J4.86m -0.8
17 Hunley, Taja	Randolph	4.85m -0.9
18 Ryman, Brooke	Roanoke	4.80m 1.2
19 Hamlin, Haleigh	Bridgewater	J4.80m 1.8
20 Brown, J'Quaycia	Bridgewater	4.77m 1.2
21 Wenger, Elizabeth	Lynchburg	4.73m -1.1
22 Scott, Savannah	Hollins	4.42m 1.3
23 Brown, Ky'Asia	Hollins	3.72m +0.0

Women Triple Jump

Conf Rec: 12.04m \$ 2016 Kristen Trice
 Meet Rec: 11.47m # 2006 Wendy Driver

Name	School	Finals
Finals		
1 Lane, Jaylyn	Virginia Wes	11.94m# 10
2 Seward, Aniya	Lynchburg	11.72m# 8
3 Chaffins, Meghan	Randolph	11.42m 6
4 Lacy, Maya	Lynchburg	11.07m 5
5 Oliver, Cassidy	Bridgewater	11.04m 4
6 Winston, Cammi	Roanoke	10.99m 3
7 Measell, Kaitlin	Shenandoah	10.91m 2
8 Gray, Kylah	Bridgewater	10.81m 1
9 Davis, Lizzie	Lynchburg	10.62m 0.3
10 Wiley, Katelyn	Roanoke	10.61m 0.8
11 Ryman, Brooke	Roanoke	10.47m 1.5
12 Longood, Parker	Washington a	10.41m 1.2
13 Perry, Destaunia	Lynchburg	10.33m 0.2
14 Brown, J'Quaycia	Bridgewater	10.15m 0.7
14 Hunley, Taja	Randolph	10.15m 0.6
16 Hertzberg, Elizabeth	Washington a	10.00m -0.6
17 Hamlin, Haleigh	Bridgewater	9.89m 2.6
18 Parsons, Mahlia	Lynchburg	9.65m 1.4
19 Green, Leah	Washington a	9.55m 0.5
20 Akers, Kelly	Bridgewater	9.18m 1.1
21 Scott, Savannah	Hollins	8.88m 1.5

--- Brown, Ky'Asia

Hollins FOUL

Women Shot Put

Conf Rec: 13.60m \$ 1995 Crystal Campbell
 Meet Rec: 12.92m # 2006 Amanda Reynolds

Name	School	Finals
Finals		
1 Benefield, Elle	Lynchburg	11.28m 10
2 Fowler, Grace	Roanoke	11.12m 8
3 Morrow, Dale	Lynchburg	11.01m 6
4 Tucker, Alicia	Bridgewater	10.84m 5
5 Terrell, Cameron	Bridgewater	10.83m 4
6 Kloster, Olivia	Bridgewater	10.31m 3
7 McCaffery, Natalie	Washington a	10.24m 2
8 Andrawas, Lene	Eastern Menn	9.82m 1
9 Zehr, Lorin	Emory & Henr	9.73m
10 Kinney, Clare	Roanoke	9.62m
11 Ryan, Jamie	Shenandoah	9.59m
12 Reynolds, Megan	Roanoke	9.48m
13 Felston, Kiara	Shenandoah	9.40m
14 Helms, Carsen	Hollins	8.84m
15 Decker, Andrea	Shenandoah	8.76m
16 Shifflett, Faith	Bridgewater	8.32m
17 Lumpkin, Rose	Virginia Wes	8.00m
18 Cirillo, Emma	Hollins	7.96m
19 Blackwell, Quimia	Virginia Wes	J7.96m
20 Tyler, Yasmine	Hollins	7.91m
21 Dowd, Amanda	Hollins	7.33m
22 Crum, Hannah	Hollins	6.66m
23 Lucien, Vanessa	Virginia Wes	5.24m
24 Hatter, Holly	Virginia Wes	5.17m

Women Discus Throw

Conf Rec: 46.04m \$ 2017 Katelyn Senger
 Meet Rec: 42.18m # 2015 Katelyn Senger

Name	School	Finals
Finals		
1 Benefield, Elle	Lynchburg	37.57m 10
2 Kloster, Olivia	Bridgewater	34.43m 8
3 Felston, Kiara	Shenandoah	34.11m 6
4 Morrow, Dale	Lynchburg	34.09m 5
5 Gray, Kylah	Bridgewater	31.79m 4
6 Gajkowski, Abbey	Roanoke	30.70m 3
7 McCaffery, Natalie	Washington a	29.54m 2
8 Fowler, Grace	Roanoke	29.39m 1
9 Kinney, Clare	Roanoke	28.18m
10 Jackson, Suzanne	Roanoke	27.98m
11 Zehr, Lorin	Emory & Henr	27.70m
12 Shifflett, Faith	Bridgewater	26.78m
13 Ryan, Jamie	Shenandoah	26.57m
14 Wheatly, Olivia	Shenandoah	25.72m
15 Helms, Carsen	Hollins	25.34m
16 Tucker, Alicia	Bridgewater	25.27m
17 Lumpkin, Rose	Virginia Wes	25.07m
18 Blackwell, Quimia	Virginia Wes	23.27m
19 Wolde, Yoben	Randolph	22.53m

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Finals ... (Women Discus Throw)

	Name	School	Finals
20	Van Doren, Jill	Roanoke	19.52m
21	Dowd, Amanda	Hollins	18.72m
22	Hatter, Holly	Virginia Wes	17.57m
23	Andrawas, Lene	Eastern Menn	17.48m
24	Cirillo, Emma	Hollins	17.07m
25	Crum, Hannah	Hollins	16.28m
26	Lucien, Vanessa	Virginia Wes	14.76m

Women Hammer Throw

Conf Rec: 50.69m \$ 2014 Kim Alfaro

Meet Rec: 49.66m # 2011 Whitney Fitzwater

	Name	School	Finals
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Finals

1	Culhane, Caitlin	Roanoke	41.90m	10
2	Terrell, Cameron	Bridgewater	40.91m	8
3	Benefield, Elle	Lynchburg	40.49m	6
4	Ryan, Jamie	Shenandoah	37.96m	5
5	Fowler, Grace	Roanoke	37.72m	4
6	Gajkowski, Abbey	Roanoke	37.32m	3
7	McCaffery, Natalie	Washington a	37.22m	2
8	Kloster, Olivia	Bridgewater	36.64m	1
9	Zehr, Lorin	Emory & Henr	34.28m	
10	Decker, Andrea	Shenandoah	33.99m	
11	Wolde, Yoben	Randolph	31.14m	
12	Felston, Kiara	Shenandoah	29.45m	
13	Shifflett, Faith	Bridgewater	27.55m	
14	higgins, Micheleigh	Guilford	26.75m	
15	Blackwell, Quimia	Virginia Wes	26.33m	
16	Tucker, Alicia	Bridgewater	23.49m	
17	Lucien, Vanessa	Virginia Wes	15.91m	
18	Hatter, Holly	Virginia Wes	15.71m	

Women Javelin Throw

Conf Rec: 42.44m \$ 2003 Megan Wiseman

Meet Rec: 39.57m # 2013 Leah Heal

	Name	School	Finals
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Finals

1	Guerra, Jillian	Lynchburg	35.20m	10
2	McCaffery, Natalie	Washington a	33.58m	8
3	Terrell, Cameron	Bridgewater	31.28m	6
4	Jackson, Suzanne	Roanoke	31.04m	5
5	Koepfinger, Hannah	Roanoke	30.24m	4
6	Kaufman, Abby	Eastern Menn	30.20m	3
7	Ryan, Jamie	Shenandoah	30.11m	2
8	Landis, Kate	Eastern Menn	29.20m	1
9	Decker, Andrea	Shenandoah	28.73m	
10	Anderson, Lauren	Lynchburg	28.71m	
11	Gajkowski, Abbey	Roanoke	27.44m	
12	Fowler, Grace	Roanoke	25.23m	
13	Reynolds, Megan	Roanoke	25.21m	
14	Van Doren, Jill	Roanoke	24.42m	
15	Culhane, Caitlin	Roanoke	22.27m	
16	Oguamena, Kendra	Eastern Menn	20.19m	
---	higgins, Micheleigh	Guilford	FOUL	

Women - Team Rankings - 20 Events Scored

1)	Lynchburg	238
2)	Roanoke	140
3)	Washington and Lee	131
4)	Bridgewater (Va.)	98
5)	Shenandoah	85
6)	Virginia Wesleyan	32
7)	Randolph	25
8)	Eastern Mennonite	18
9)	Ferrum	4
9)	Hollins	4
11)	Guilford	2

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Men 100 Meter Dash

Conf Rec: 10.20 \$ 2019

Davonta Womack

Meet Rec: 10.62 # 2014

Randy Lott

Name	School	Prelims
Preliminaries		
1 Moore, Miles	Shenandoah	10.88Q-0.6
2 Douglas, Julian	Lynchburg	10.92Q1.4
3 Crowder, William	Shenandoah	10.96Q-2.2
4 Jackson, Andre	Shenandoah	10.99Q-0.7
5 Shadkhoo, Alex	Lynchburg	10.90q -0.6
6 best, keshawn	Guilford	11.11q 1.4
7 Morin, Blake	Roanoke	11.16q -2.2
8 Ellerbe, Joshua	Ferrum	11.23q -0.7
9 McCatty, Langston	Shenandoah	11.24 -0.6
10 Brown-Flowers, Zashon	Lynchburg	11.26 -2.2
11 Crawley, Troy	Roanoke	11.29 -0.6
12 McPherson, DaMauri	Ferrum	11.35 1.4
13 Moffo, Landry	Virginia Wes	11.36 -0.7
14 Thom, Doug	Lynchburg	11.43 -0.7
15 Williams, Grant	Roanoke	11.63 -0.7
16 Holliday, Kyle	Shenandoah	11.63 -2.2
17 Langhorne, Cameron	Ferrum	11.65 1.4
18 McGlone, Orryn	Emory & Henr	11.66 1.4
19 Anderson, Christopher	Ferrum	11.69 1.4
20 Goins, Kesean	Emory & Henr	11.77 -0.7
21 Johnson, Aaron	Virginia Wes	11.79 -2.2
22 Ayers, Jerrick	Ferrum	11.79 -0.6
23 Mohabir, Lamont	Randolph	11.87 -2.2
24 Alston, Ki'van	Virginia Wes	12.09 -0.7
25 Banks, James	Ferrum	12.18 1.4
26 Johnson, Darrian	Ferrum	12.18 -2.2
27 little, Jayard	Guilford	12.27 -0.6
28 Cottonham, Zavien	Shenandoah	12.57 -0.6

Men 100 Meter Dash

Conf Rec: 10.20 \$ 2019

Davonta Womack

Meet Rec: 10.62 # 2014

Randy Lott

Name	School	Finals
Finals		
1 Moore, Miles	Shenandoah	10.65 10
2 Crowder, William	Shenandoah	10.66 8
3 Douglas, Julian	Lynchburg	10.79 6
4 Ellerbe, Joshua	Ferrum	10.91 5
5 best, keshawn	Guilford	10.93 4
6 Morin, Blake	Roanoke	10.93 3
7 Jackson, Andre	Shenandoah	10.94 2
8 Shadkhoo, Alex	Lynchburg	11.07 1

Men 200 Meter Dash

Conf Rec: 21.10 \$ 2012

Johnathan Smith

Meet Rec: 21.55 # 2014

Randy Lott

Name	School	Prelims
Preliminaries		
1 Crawford, Samuel	Roanoke	21.88Q0.2
2 Johnson, Alijah	Eastern Menn	21.94Q1.5

3 Morin, Blake	Roanoke	21.94Q3.1
4 Shadkhoo, Alex	Lynchburg	21.95Q2.1
5 Harrison, Dazon	Ferrum	22.11Q2.3
6 Moore, Miles	Shenandoah	22.37Q-1.9
7 Avalos, Kaegan	Bridgewater	22.21q 2.3
8 Kwakye, Gabriel	Lynchburg	22.25q 3.1
9 best, keshawn	Guilford	22.27 3.1
10 McCatty, Langston	Shenandoah	22.42 1.5
11 Jackson, Andre	Shenandoah	22.44 0.2
12 Raya, Nekolas	Lynchburg	22.65 -1.9
13 Justice, Brandon	Roanoke	22.71 3.1
14 Jones, Darnell	Guilford	22.74 -1.9
15 Anderson, Kobe	Lynchburg	22.78 2.3
16 Arndt, Ethan	Shenandoah	22.79 1.5
17 Williams, Grant	Roanoke	22.91 3.1
18 Crawley, Troy	Roanoke	22.97 2.3
19 Douglas, Julian	Lynchburg	23.02 2.1
20 Moffo, Landry	Virginia Wes	23.10 -1.9
21 Harris, Cameron	Roanoke	23.16 0.2
22 Thom, Doug	Lynchburg	23.17 -1.9
23 Jacobs, Zachary	Lynchburg	23.22 2.1
24 Abdur-Rahim, Amir	Guilford	23.28 2.3
25 Dugan, Sam	Washington a	23.40 2.1
26 hunter, Jamaal	Guilford	23.44 3.1
27 Johnson, Aaron	Virginia Wes	23.44 0.2
28 Mohabir, Lamont	Randolph	23.58 2.3
29 Cornett, Greyson	Roanoke	23.59 0.2
30 Goins, Kesean	Emory & Henr	23.68 0.2
31 Burdette, John	Bridgewater	23.83 1.5
32 McGlone, Orryn	Emory & Henr	24.14 2.1
33 Langhorne, Cameron	Ferrum	24.18 1.5
34 Alston, Ki'van	Virginia Wes	24.50 1.5
35 little, Jayard	Guilford	25.48 2.3
36 Cottonham, Zavien	Shenandoah	25.64 2.1
37 Spratley, Quvodus	Ferrum	26.37 -1.9
38 Atkins, Chris	Bridgewater	42.48 2.1

Men 200 Meter Dash

Conf Rec: 21.10 \$ 2012

Johnathan Smith

Meet Rec: 21.55 # 2014

Randy Lott

Name	School	Finals
Finals		
1 Johnson, Alijah	Eastern Menn	21.45 10
2 Harrison, Dazon	Ferrum	21.99 8
3 Avalos, Kaegan	Bridgewater	22.02 6
4 Crawford, Samuel	Roanoke	22.09 5
5 Morin, Blake	Roanoke	22.15 4
6 Shadkhoo, Alex	Lynchburg	22.29 3
7 Kwakye, Gabriel	Lynchburg	22.38 2
8 Moore, Miles	Shenandoah	24.61 1

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Men 400 Meter Dash

Conf Rec: 46.74 \$ 1978 Jesse Thomas
Meet Rec: 47.66 # 2014 Zander Tallman

Name	School	Prelims
1 Harrison, Dazon	Ferrum	48.45Q
2 Crawford, Samuel	Roanoke	48.66Q
3 Avalos, Kaegan	Bridgewater	50.12Q
4 Johnson, Alijah	Eastern Menn	51.32Q
5 Nevarez, Bobby	Lynchburg	50.54q
6 Atkins, Chris	Bridgewater	50.56q
7 Kwakye, Gabriel	Lynchburg	50.74q
8 Jones, Darnell	Guilford	50.88q
9 Sheets, Michael	Bridgewater	51.27
10 Philpot, Dominick	Ferrum	51.47
11 Caines, Alexander	Washington a	51.51
12 Diggs, London	Lynchburg	51.55
13 Harris, Cameron	Roanoke	51.68
14 Anderson, Kobe	Lynchburg	52.43
15 Justice, Brandon	Roanoke	52.51
16 Raya, Nekolas	Lynchburg	52.87
17 Short, Jordan	Lynchburg	53.14
18 Weaver, Max	Washington a	53.46
19 Arndt, Ethan	Shenandoah	53.47
20 Shaffer, Seth	Ferrum	53.83
21 Gaydon, Jackson	Guilford	54.04
22 Pineiro, Alberto	Ferrum	54.11
23 Katterhagen, Spencer	Washington a	54.18
24 Burdette, John	Bridgewater	54.50
25 McGlone, Orryn	Emory & Henr	55.51
26 hunter, Jamaal	Guilford	56.34
27 Powers, Andrew	Virginia Wes	57.07

Men 400 Meter Dash

Conf Rec: 46.74 \$ 1978 Jesse Thomas
Meet Rec: 47.66 # 2014 Zander Tallman

Name	School	Finals
1 Harrison, Dazon	Ferrum	48.10 10
2 Crawford, Samuel	Roanoke	48.16 8
3 Avalos, Kaegan	Bridgewater	48.49 6
4 Johnson, Alijah	Eastern Menn	50.25 5
5 Jones, Darnell	Guilford	50.74 4
6 Kwakye, Gabriel	Lynchburg	50.89 3
7 Nevarez, Bobby	Lynchburg	51.12 2
--- Atkins, Chris	Bridgewater	DNF

Men 800 Meter Run

Conf Rec: 1:50.58 \$ 2016 Sam Gunther
Meet Rec: 1:52.90 # 2003 Josh Zobenica

Name	School	Finals
1 Llaneza, Sam	Lynchburg	1:53.04 10
2 Alderfer, Isaac	Eastern Menn	1:53.10 8
3 Turbeville, Clint	Lynchburg	1:54.29 6

4 Hotung-Davidsen, Tor	Lynchburg	1:55.14 5
5 Fowler, William	Lynchburg	1:55.59 4
6 Dixon, James	Washington a	1:56.17 3
7 Hawk, Andrew	Lynchburg	1:56.29 2
8 Ruiz, Chris	Washington a	1:56.78 1
9 Symonds, Jake	Washington a	1:57.86
10 Moore, Zach	Washington a	1:58.31
11 Cupps, Bennett	Bridgewater	1:58.52
12 Lauffenberger, Kyle	Lynchburg	1:59.39
13 Allinger, Jeremy	Shenandoah	1:59.79
14 Veney, Domonique	Ferrum	2:00.20
15 Thompson, Cody	Randolph	2:00.26
16 Varney, Bowen	Bridgewater	2:00.65
17 Butler, Danner	Washington a	2:01.60
18 Jewell, Daniel	Roanoke	2:02.07
19 Wood, Owen	Bridgewater	2:03.07
20 White, Conor	Emory & Henr	2:03.66
21 Woodruff, Dawson	Eastern Menn	2:03.82
22 Dalton, Zachary	Roanoke	2:03.98
23 Luckey, Isaiah	Virginia Wes	2:04.21
24 Gaydon, Jackson	Guilford	2:04.87
25 Stimpson, Justin	Hampden-Sydn	2:05.15
26 Hodges, Blan	Randolph	2:05.54
27 Tate Jr., Kevin	Ferrum	2:06.54
28 Palmer, Tristian	Randolph	2:06.93
29 AndreaS, Isaac	Eastern Menn	2:07.34
30 Sullivan, Kenneth	Bridgewater	2:07.73
31 Wilson, Da'Shawn	Bridgewater	2:07.92
32 Donovan, Jack	Bridgewater	2:08.17
33 Payton, Jordan	Hampden-Sydn	2:08.55
34 Sims, Nicholas	Shenandoah	2:13.18
35 Johnson, Thomas	Eastern Menn	2:13.65
36 Garcia, Roy	Ferrum	2:14.33
37 Green, Canon	Shenandoah	2:16.80
38 Dilaurio, Jake	Ferrum	2:17.79
39 Golub, Jason	Virginia Wes	2:19.18
40 Coffelt, Ryan	Shenandoah	2:31.64

Men 1500 Meter Run

Conf Rec: 3:49.64 \$ 1978 Ken Brady
Meet Rec: 3:56.27 # 2016 Ian Mcdonald

Name	School	Finals
1 Alderfer, Isaac	Eastern Menn	3:51.02# 10
2 Llaneza, Sam	Lynchburg	3:53.26# 8
3 White, Conor	Emory & Henr	3:57.87 6
4 Johnson, Andrew	Lynchburg	3:58.33 5
5 Bernstein, Ethan	Washington a	3:59.64 4
6 Fingerhut, Josh	Washington a	4:01.85 3
7 Cupps, Bennett	Bridgewater	4:02.84 2
8 Green, Corbin	Lynchburg	4:08.21 1
9 McCarthy, Tyler	Shenandoah	4:10.29
10 Burgos, Izaiah	Randolph	4:11.55
11 Varney, Bowen	Bridgewater	4:12.39
12 Miller, Jansen	Eastern Menn	4:15.83
13 Allen, Justice	Eastern Menn	4:17.40

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Finals ... (Men 1500 Meter Run)

Name	School	Finals
14 Neeble, Cooper	Roanoke	4:17.53
15 Miller, Daniel	Lynchburg	4:18.47
16 Firkins, Tanner	Lynchburg	4:19.61
17 Watson, Nick	Washington a	4:20.76
18 AndreaS, Isaac	Eastern Menn	4:22.81
19 Spence, Colton	Virginia Wes	4:24.62
20 Moehringer, Brendan	Washington a	4:26.39
21 Golub, Jason	Virginia Wes	4:26.40
22 Gotschi, Tysen	Ferrum	4:26.46
23 Gunter, Samuel	Lynchburg	4:28.21
24 Johnson, Thomas	Eastern Menn	4:28.71
25 Burcham, Carter	Hampden-Sydn	4:31.95
26 Moench, Jason	Lynchburg	4:32.94
27 Green, Canon	Shenandoah	4:43.49
28 Massey, Robert	Virginia Wes	4:45.47
29 Hoye, Robert	Roanoke	4:46.46
30 Bliss, Justin	Randolph	4:47.96
31 Coffelt, Ryan	Shenandoah	4:56.63
32 Guthrie, James	Emory & Henr	5:06.73
--- Todd, Matthew	Washington a	DNF

Men 5000 Meter Run

Conf Rec: 14:25.22 \$ 2010

Ricky Flynn

Meet Rec: 14:52.68 # 2019

Jamie Hiegel

Name	School	Finals
1 Sparks, Maximillian	Lynchburg	14:56.92 10
2 Csorba, Frank	Lynchburg	15:08.90 8
3 Straits, Brennan	Lynchburg	15:09.00 6
4 Woodfolk, Drew	Washington a	15:18.10 5
5 Roberts, Hayden	Washington a	15:18.60 4
6 Cope, Daniel	Washington a	15:21.27 3
7 Marx, Freddie	Washington a	15:22.06 2
8 Cobb, Jonathan	Lynchburg	15:23.95 1
9 Lattuca, Skyler	Virginia Wes	15:26.13
10 Warren, Tim	Washington a	15:49.16
11 Jacobs, Jackson	Washington a	15:49.26
12 Smith, Peter	Roanoke	15:52.32
13 Zulauf, Chamberlain	Roanoke	15:58.12
14 Verrett, Connor	Washington a	16:02.11
15 Allen, Justice	Eastern Menn	16:21.18
16 Hodge, Austin	Lynchburg	16:29.04
17 Cadle, Anthony	Bridgewater	16:30.47
18 Leo, Vincent	Bridgewater	16:38.73
19 Davis, Reed	Shenandoah	16:41.35
20 Cravens, Ethan	Virginia Wes	16:49.52
21 Yoder, Nathan	Eastern Menn	16:54.92
22 Hulleman, Alexander	Bridgewater	17:03.22
23 Kaufman, Clay	Eastern Menn	17:32.17
24 Roden, Christian	Virginia Wes	17:39.16
25 Bradley, Caleb	Bridgewater	17:50.90
26 Hoffstaetter, Timothy	Roanoke	18:12.28
27 King, Christopher	Shenandoah	18:13.04
28 Smith, Tyler	Shenandoah	18:22.63

29 Biggerstaff, Lucas	Emory & Henr	19:04.32
30 Hostetler, Caleb	Eastern Menn	19:12.30
31 Munoz, Zach	Eastern Menn	19:44.83
--- Armstrong, Tyrell	Lynchburg	DNF
--- Green, Corbin	Lynchburg	DNF
--- Ramassini, Zachary	Roanoke	DNF
--- Thomas, Max	Washington a	DNF
--- Bernstein, Ethan	Washington a	DNF

Men 10000 Meter Run

Conf Rec: 29:37.97 \$ 2021

Frank Csorba

Meet Rec: 31:44.88 # 2018

Jamie Hiegel

Name	School	Finals
1 Csorba, Frank	Lynchburg	31:45.87 10
2 Sparks, Maximillian	Lynchburg	32:01.56 8
3 Marx, Freddie	Washington a	32:14.32 6
4 Smith, Peter	Roanoke	32:27.51 5
5 Roberts, Hayden	Washington a	32:44.41 4
6 Armstrong, Tyrell	Lynchburg	33:19.23 3
7 Zulauf, Chamberlain	Roanoke	33:31.73 2
8 Jacobs, Jackson	Washington a	33:38.26 1
9 Clarke, Kyle	Washington a	34:07.64
10 Davis, Bryce	Lynchburg	34:21.47
11 Hodge, Austin	Lynchburg	34:25.37
12 Dye, Mason	Randolph	34:30.54
13 Davis, Reed	Shenandoah	34:31.14
14 Graham, Sam	Lynchburg	34:34.67
15 Kinkema, Connor	Roanoke	34:48.78
16 Leo, Vincent	Bridgewater	35:02.01
17 Hanna, Christian	Washington a	36:16.45
18 Yoder, Nathan	Eastern Menn	36:18.78
19 Hulleman, Alexander	Bridgewater	36:25.59
20 Cadle, Anthony	Bridgewater	36:33.11
21 Kaufman, Clay	Eastern Menn	36:54.69
22 Stanford, Clayton	Ferrum	37:00.81
23 Cochran, Tanner	Randolph	37:21.78
24 King, Christopher	Shenandoah	37:44.50
25 Hoffstaetter, Timothy	Roanoke	37:49.96
26 Hostetler, Caleb	Eastern Menn	38:39.66
27 Scott, Aaron	Randolph	38:50.62
28 Smith, Tyler	Shenandoah	39:06.62
29 Ramassini, Zachary	Roanoke	42:30.09
--- Munoz, Zach	Eastern Menn	DNF

Men 110 Meter Hurdles

Conf Rec: 14.30 \$ 1987

Andy White

Meet Rec: 14.54 # 1988

Andy White

Name	School	Prelims
1 Fore, Ryan	Lynchburg	15.02Q2.0
2 O'Connor, Joe	Washington a	15.35Q0.5
3 Moffo, Landry	Virginia Wes	15.07q 2.0
4 Watters, Seamus	Washington a	15.77q 2.0
5 Gatling, Michael	Virginia Wes	16.01q 2.0
6 Klocke, Matthew	Shenandoah	16.08q 0.5

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Preliminaries ... (Men 110 Meter Hurdles)

Name	School	Prelims
7 Kavounis, Corey	Lynchburg	16.09q 2.0
8 Cornett, Greyson	Roanoke	16.17q 2.0
9 Holliday, Kyle	Shenandoah	16.32 0.5
10 Romsdahl, Isaiah	Lynchburg	16.51 0.5
--- Harvey, Malik	Lynchburg	DNF 0.5

Men 110 Meter Hurdles

Conf Rec: 14.30 \$ 1987 Andy White
Meet Rec: 14.54 # 1988 Andy White

Name	School	Finals
Finals		
1 Moffo, Landry	Virginia Wes	15.00 10
2 Fore, Ryan	Lynchburg	15.29 8
3 Watters, Seamus	Washington a	15.45 6
4 O'Connor, Joe	Washington a	15.57 5
5 Cornett, Greyson	Roanoke	15.79 4
6 Klocke, Matthew	Shenandoah	15.91 3
7 Gatling, Michael	Virginia Wes	16.04 2
8 Kavounis, Corey	Lynchburg	16.08 1

Men 400 Meter Hurdles

Conf Rec: 51.35 \$ 2018 Connor Faint
Meet Rec: 53.67 # R. Davis & C. Faint

Name	School	Prelims
Preliminaries		
1 Brothers, Isaiah	Lynchburg	55.97Q
2 Fore, Ryan	Lynchburg	56.01Q
3 McGhie, Elias	Shenandoah	57.01Q
4 Waller, Mark	Washington a	57.41q
5 Klocke, Matthew	Shenandoah	57.84q
6 Kavounis, Corey	Lynchburg	58.31q
7 Blackstone, David	Lynchburg	58.52q
8 Rogers, Aaron	Roanoke	58.64q
9 Powell, Ty	Washington a	59.33
10 McCarthy, Tyler	Shenandoah	59.48
11 Skutt, Charlie	Lynchburg	1:00.58
12 Warren, Tyrone	Bridgewater	1:01.26
13 Torres, Cole	Randolph	1:02.55
14 Romsdahl, Isaiah	Lynchburg	1:07.59
15 Thomas-Talley, Eric	Bridgewater	1:08.35

Men 400 Meter Hurdles

Conf Rec: 51.35 \$ 2018 Connor Faint
Meet Rec: 53.67 # R. Davis & C. Faint

Name	School	Finals
Finals		
1 Brothers, Isaiah	Lynchburg	55.57 10
2 McGhie, Elias	Shenandoah	55.97 8
3 Fore, Ryan	Lynchburg	56.93 6
4 Waller, Mark	Washington a	57.16 5
5 Klocke, Matthew	Shenandoah	57.24 4
6 Kavounis, Corey	Lynchburg	1:02.10 3
--- Rogers, Aaron	Roanoke	DQ

Men 3000 Meter Steeplechase

Conf Rec: 9:09.71 \$ 2016 Harrison Toney
Meet Rec: 9:21.67 # 2016 Harrison Toney

Name	School	Finals
Finals		
1 Neeble, Cooper	Roanoke	9:34.92 10
2 Johnson, Andrew	Lynchburg	9:38.18 8
3 McCarthy, Tyler	Shenandoah	9:45.02 6
4 Fowler, William	Lynchburg	9:53.90 5
5 Turbeville, Clint	Lynchburg	9:59.84 4
6 Allen, Justice	Eastern Menn	10:04.68 3
7 Moench, Jason	Lynchburg	10:10.85 2
8 Allinger, Jeremy	Shenandoah	10:11.43 1
9 Thomas-Talley, Eric	Bridgewater	10:11.60
10 Lattuca, Skyler	Virginia Wes	10:16.01
11 AndreaS, Isaac	Eastern Menn	10:17.64
12 Howell, Noah	Bridgewater	10:23.16
13 Miller, Jansen	Eastern Menn	10:33.36
14 Robinson, Holden	Washington a	10:55.29
15 Bradley, Caleb	Bridgewater	11:03.42
16 McGhie, Elias	Shenandoah	11:15.83
17 Hoyer, Robert	Roanoke	12:16.32

Men 4x100 Meter Relay

Conf Rec: 41.16 \$ 2019 Bridgewater College

Cannon, Jones, Galloway, Womack

Meet Rec: 41.16 # 2019 Bridgewater College

Cannon, Jones, Galloway, Womack

Team	Relay	Finals
Finals		
1 Shenandoah	A	41.80 10
1) Crowder, William	2) Moore, Miles	
3) Jackson, Andre	4) McCatty, Langston	
2 Roanoke	A	42.11 8
1) Crawley, Troy	2) O'Brien, Xavier	
3) Morin, Blake	4) Crawford, Samuel	
3 Lynchburg	A	42.16 6
1) Brown-Flowers, Zashon	2) Douglas, Julian	
3) Fore, Ryan	4) Shadkhoo, Alex	
4 Guilford	A	43.40 5
1) hunter, Jamaal	2) best, keshawn	
3) Jones, Darnell	4) Abdur-Rahim, Amir	
5 Bridgewater (Va.)	A	43.54 4
1) Sheets, Michael	2) Avalos, Kaegan	
3) Burdette, John	4) Warren, Tyrone	
6 Ferrum	A	43.58 3
1) Ayers, Jerrick	2) Anderson, Christopher	
3) McPherson, DaMauri	4) Ellerbe, Joshua	
7 Washington and Lee	A	44.33 2
1) Teagle, Jack	2) Dugan, Sam	
3) Watters, Seamus	4) Powell, Ty	
8 Virginia Wesleyan	A	45.55 1
1) Johnson, Aaron	2) Gatling, Michael	
3) Moffo, Landry	4) Alston, Ki'van	

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University of Lynchburg

Results

Men 4x400 Meter Relay

Conf Rec: 3:10.20 \$ 2019

Lynchburg College

Smith, Harris, Smith, Williams

Meet Rec: 3:18.12 # 2016

Virginia Wesleyan

Hawkins, Ramirez, Sivels, White

Team	Relay	Finals
Finals		
1 Lynchburg	A	3:23.59 10
1) Diggs, London	2) Hotung-Davidsen, Tor	
3) Kwakye, Gabriel	4) Nevarez, Bobby	
2 Bridgewater (Va.)	A	3:25.70 8
1) Varney, Bowen	2) Avalos, Kaegan	
3) Sheets, Michael	4) Sullivan, Kenneth	
3 Ferrum	A	3:26.41 6
1) Philpot, Dominick	2) Pineiro, Alberto	
3) Shaffer, Seth	4) Harrison, Dazon	
4 Shenandoah	A	3:27.70 5
1) Arndt, Ethan	2) White, Jason	
3) Allinger, Jeremy	4) McGhie, Elias	
5 Roanoke	A	3:28.03 4
1) Harris, Cameron	2) Crawley, Troy	
3) Justice, Brandon	4) Rogers, Aaron	
6 Washington and Lee	A	3:31.04 3
1) Caines, Alexander	2) Dixon, James	
3) Dugan, Sam	4) Moore, Zach	
7 Randolph	A	3:36.48 2
1) Mohabir, Lamont	2) Hodges, Blan	
3) Palmer, Tristian	4) Thompson, Cody	
8 Virginia Wesleyan	A	3:37.61 1
1) Powers, Andrew	2) Gatling, Michael	
3) Spence, Colton	4) Luckey, Isaiah	
9 Eastern Mennonite	A	3:40.15
1) Johnson, Alijah	2) Miller, Jansen	
3) Woodruff, Dawson	4) AndreaS, Isaac	
10 Guilford	A	3:43.59
1) best, keshawn	2) Abdur-Rahim, Amir	
3) hunter, Jamaal	4) Jones, Darnell	

Men High Jump

Porg: 168 173 178 183 188 193 196, by 3cm

Conf Rec: 2.19m \$ 1997

DaVon Lewis

Meet Rec: 2.14m # 2005

Ricky Easterling

Name	School	Finals
Finals		
1 Kuntz, Dan	Washington a	1.88m 10
2 O'Connor, Joe	Washington a	1.83m 7
2 Avalos, Kaegan	Bridgewater	1.83m 7
4 Waller, Mark	Washington a	1.78m 4
4 Teagle, Jack	Washington a	1.78m 4
4 Brothers, Isaiah	Lynchburg	1.78m 4
7 McIntyre, Jared	Roanoke	1.73m 2
8 Perkey, Chase	Lynchburg	1.68m 1
9 Romsdahl, Isaiah	Lynchburg	J1.68m

Men Pole Vault

Prog: 308 323 338 353 368 383 398 413 428 438, by 10cm

Conf Rec: 5.02m \$ 2007

Andy Rollins

Meet Rec: 5.02m # 2007

Andy Rollins

Name	School	Finals
Finals		
1 O'Connor, Joe	Washington a	4.86m 10
2 Wilson, Marques	Lynchburg	4.13m 8
3 Repko, Easton	Bridgewater	3.98m 6
4 Powell, Julian	Lynchburg	J3.98m 5
5 Skutt, Charlie	Lynchburg	3.68m 4
--- Johnson, Brice	Virginia Wes	NH
--- Charecky, Michael	Lynchburg	NH

Men Long Jump

Conf Rec: 7.67m \$ 2015

Evan Truman

Meet Rec: 7.42m # 1998

Dave Lichtenstein

Name	School	Finals
Finals		
1 Roberts, Geni	Virginia Wes	7.19m 10
2 Douglas, Julian	Lynchburg	6.77m 8
3 Brothers, Isaiah	Lynchburg	6.62m 6
4 Perkey, Chase	Lynchburg	6.60m 5
5 Gatling, Michael	Virginia Wes	6.56m 4
6 Blackstone, David	Lynchburg	6.46m 3
7 White, Jason	Shenandoah	J6.46m 2
8 Bisseck, Aymar	Shenandoah	5.88m 1
9 Warren, Tyronne	Bridgewater	5.74m 1.4
10 hunter, Jamaal	Guilford	5.45m 0.3
11 Johnson, Aaron	Virginia Wes	5.29m -0.1

Men Triple Jump

Conf Rec: 15.27m \$ 1990

James Walker

Meet Rec: 15.27m # 2007

James Walker

Name	School	Finals
Finals		
1 Roberts, Geni	Virginia Wes	14.33m 10
2 Gatling, Michael	Virginia Wes	13.70m 8
3 White, Jason	Shenandoah	13.54m 6
4 Kuntz, Dan	Washington a	13.12m 5
5 Brothers, Isaiah	Lynchburg	13.03m 4
6 Blackstone, David	Lynchburg	12.47m 3
7 Charecky, Michael	Lynchburg	12.35m 2
8 Perkey, Chase	Lynchburg	12.13m 1
9 McIntyre, Jared	Roanoke	12.11m 0.5
10 Johnson, Aaron	Virginia Wes	11.95m -0.7
--- Bisseck, Aymar	Shenandoah	FOUL

Men Shot Put

Conf Rec: 17.22m \$ 2008

Nathan Turner

Meet Rec: 16.69m # 2008

Nathan Turner

Name	School	Finals
Finals		
1 Kindig, John	Shenandoah	14.26m 10
2 Schannauer, Wyatt	Shenandoah	13.56m 8

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Results

Finals ... (Men Shot Put)

Name	School	Finals	
3 Govan, Cosray	Virginia Wes	13.20m	6
4 Rajner, Edward	Emory & Henr	12.84m	5
5 Knave, James	Shenandoah	12.74m	4
6 Fulton, Peter	Bridgewater	12.46m	3
7 Pinnix, Donovan	Emory & Henr	12.43m	2
8 Hall, Wyatt	Bridgewater	12.41m	1
9 Patterson, Reginald	Bridgewater	12.38m	
10 Fields, Brody	Emory & Henr	12.11m	
11 Stott, Christopher	Lynchburg	12.04m	
12 Doss, Mitchell	Randolph	12.01m	
13 Mefford, Isaiah	Washington a	11.96m	
14 Wilson, Seth	Shenandoah	11.65m	
15 Roy, Adam	Washington a	11.56m	
16 McNutt, Jake	Bridgewater	11.43m	
17 Dalmasi, AJ	Guilford	11.36m	
18 Brown, Justin	Emory & Henr	J11.36m	
19 Masters, Sam	Lynchburg	10.88m	
20 Taylor, Andrew	Virginia Wes	10.64m	
21 Soto-Ventura, Jorge	Washington a	9.36m	
22 Perry, Gabe	Washington a	9.14m	
23 Chrisco, Nick	Guilford	8.64m	
24 Fyffe, Keive	Virginia Wes	8.62m	
25 Bass, Sha-Ron	Randolph	8.11m	
26 Gilliam, Jordan	Virginia Wes	7.97m	

Men Discus Throw

Conf Rec: 50.62m \$ 1995 Seth McGuffin
 Meet Rec: 48.82m # 1995 Seth McGuffin

Name	School	Finals	
1 Fulton, Peter	Bridgewater	45.04m	10
2 Govan, Cosray	Virginia Wes	42.80m	8
3 Degenshein, Jake	Lynchburg	39.99m	6
4 Hall, Wyatt	Bridgewater	38.54m	5
5 McNutt, Jake	Bridgewater	38.37m	4
6 Ruff, Michael	Lynchburg	38.22m	3
7 Young, Jacob	Shenandoah	37.77m	2
8 Schannauer, Wyatt	Shenandoah	36.72m	1
9 Rajner, Edward	Emory & Henr	34.51m	
10 Stott, Christopher	Lynchburg	32.90m	
11 Chrisco, Nick	Guilford	32.68m	
12 Pinnix, Donovan	Emory & Henr	31.65m	
13 Brooks, Andriquez	Guilford	31.14m	
14 Doss, Mitchell	Randolph	30.38m	
15 Gilliam, Jordan	Virginia Wes	30.08m	
16 Roy, Adam	Washington a	29.28m	
17 Taylor, Andrew	Virginia Wes	28.71m	
18 Masters, Sam	Lynchburg	27.97m	
19 Perry, Gabe	Washington a	25.68m	
20 Bass, Sha-Ron	Randolph	23.67m	
21 Soto-Ventura, Jorge	Washington a	21.83m	
22 Fyffe, Keive	Virginia Wes	21.11m	
23 Washington, Franklin	Virginia Wes	15.88m	
24 Osipov, Gregory	Virginia Wes	15.56m	

--- Patterson, Reginald Bridgewater FOUL

Men Hammer Throw

Conf Rec: 55.63m \$ 2010 Dan Reid
 Meet Rec: 55.63m # 2010 Dan Reid

Name	School	Finals	
1 Kindig, John	Shenandoah	51.06m	10
2 Hall, Wyatt	Bridgewater	43.21m	8
3 McNutt, Jake	Bridgewater	43.04m	6
4 Doss, Mitchell	Randolph	41.76m	5
5 Smith, Matthew	Shenandoah	41.47m	4
6 Patterson, Reginald	Bridgewater	38.81m	3
7 Knave, James	Shenandoah	38.38m	2
8 Fulton, Peter	Bridgewater	38.29m	1
9 Govan, Cosray	Virginia Wes	37.89m	
10 Ruff, Michael	Lynchburg	37.19m	
11 Schannauer, Wyatt	Shenandoah	37.14m	
12 Rajner, Edward	Emory & Henr	36.45m	
13 Masters, Sam	Lynchburg	34.37m	
14 Bass, Sha-Ron	Randolph	33.92m	
15 Dalmasi, AJ	Guilford	33.24m	
16 Stott, Christopher	Lynchburg	30.95m	
17 Taylor, Andrew	Virginia Wes	29.11m	
18 Brooks, Andriquez	Guilford	28.50m	
19 Chrisco, Nick	Guilford	24.08m	
20 Gilliam, Jordan	Virginia Wes	23.11m	
21 Fyffe, Keive	Virginia Wes	18.83m	
22 Perry, Gabe	Washington a	18.58m	

Men Javelin Throw

Conf Rec: 63.76m \$ 2014 Kevin Sullivan
 Meet Rec: 63.76m # 2014 Kevin Sullivan

Name	School	Finals	
1 Degenshein, Jake	Lynchburg	53.21m	10
2 Roy, Adam	Washington a	49.97m	8
3 Kuntz, Dan	Washington a	48.41m	6
4 Thom, Doug	Lynchburg	47.97m	5
5 Hall, Wyatt	Bridgewater	45.28m	4
6 Young, Jacob	Shenandoah	45.07m	3
7 Teagle, Jack	Washington a	43.57m	2
8 Jacobs, Zachary	Lynchburg	41.40m	1
9 Fulton, Peter	Bridgewater	40.39m	
10 Smith, Matthew	Shenandoah	32.99m	
11 Chrisco, Nick	Guilford	29.95m	
12 Romsdahl, Isaiah	Lynchburg	28.86m	
13 Perry, Gabe	Washington a	28.04m	
14 Taylor, Andrew	Virginia Wes	28.02m	
15 Washington, Franklin	Virginia Wes	15.66m	
16 Osipov, Gregory	Virginia Wes	15.35m	
--- Patterson, Reginald	Bridgewater	FOUL	

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Results

Men - Team Rankings - 20 Events Scored

1) Lynchburg	246
2) Washington and Lee	113
3) Shenandoah	111
4) Bridgewater (Va.)	84
5) Virginia Wesleyan	60
6) Roanoke	55
7) Eastern Mennonite	36
8) Ferrum	32
9) Emory & Henry	13
9) Guilford	13
11) Randolph	7