

LAMPERT TIMING MEET #5

Hampton, VA
 Boo Williams Sportsplex
 Friday, January 9, 2026

MEET OFFICIALS

Meet Director:
 Zach Lampert



OFFICIAL MEET REPORT
 printed: 1/9/2026 11:31 AM

START LIST**#6 Girls 55 Meters (JV 9-10)****3:50 PM**

Lane Name	Team	Time
Section 1 of 2		
1 Gray, Bailey	Nansemond-Suffolk Ac	9.55
2 Burnette, MC	Norfolk Academy	9.03
3 Behl, Kesar	Norfolk Academy	8.90
4 Murphy, Eva	Norfolk Academy	9.07
5 Holland, Avery	First Flight	9.50
Section 2 of 2		
1 Payne, Eleanor	First Flight	10.20
2 Bruccoleri, Izzy	Isle of Wight Academy	10.00
3 Worthy, Olivia	First Flight	10.26
4 Barnes, Vitaliya	Norfolk Academy	10.90
5 Parrish, Hailey	First Flight	10.40
6 Austin, Parker	First Flight	10.50

#5 Girls 55 Meters (JV 6-8)**3:52 PM**

Lane Name	Team	Time
Section 1 of 4		
1 Mutsch, Addison	Norfolk Christian	8.71
2 Meekins, Hannah	New Kent	8.46
3 Pittman, Kendall	Nansemond-Suffolk Ac	7.98
4 Mihlon, Kate	Norfolk Academy	8.41
5 Nedelin, Emma	Norfolk Christian	8.58
6 Christian, Skyla	New Kent	8.80
Section 2 of 4		
1 McCaa, Madeleine	Norfolk Academy	8.93
2 Clayton, Kali	St. Matthew's	8.86
3 Shipp, Sarah	Norfolk Christian	8.81
4 Startin, Amelia	Norfolk Christian	8.83
5 Elder, Sophia	Norfolk Christian	8.87
6 Gonzales, Marissa	Norfolk Academy	8.94
Section 3 of 4		
1 Hollowell, Caroline	Norfolk Christian	9.40
2 Cruciotti, Lily	New Kent	9.22
3 Totty, Gabby	Isle of Wight Academy	9.00
4 Codington, Emmylou	Norfolk Academy	9.14
5 Vincent, Tilly	Norfolk Academy	9.38
6 Mason, Brinyjae	Northampton	9.48
Section 4 of 4		
1 Cargill, Jordynn	St. Matthew's	10.87
2 Morales, Claire	Nansemond-Suffolk Ac	9.83
3 Kiger, Arabelle	St. Matthew's	9.50
4 Gaskins, Aniyah	Northampton	9.67
5 Rowley, Claire	Isle of Wight Academy	10.00
6 Payne, Maddie	Norfolk Christian	11.62

#3 Boys 55 Meters (JV 9-10)**3:57 PM**

Lane Name	Team	Time
Section 1 of 3		
1 Carofino, Timmy	Norfolk Academy	8.05
2 Perry, Zac	Isle of Wight Academy	7.89
3 Souders, Adam	Isle of Wight Academy	7.44
4 Daniels, Michael	Isle of Wight Academy	7.52
5 Kass, Jonah	Norfolk Academy	7.98
6 Warburton, Max	Norfolk Academy	8.11
Section 2 of 3		
1 Lerner, Locke	Norfolk Academy	8.39
2 Kurt, Kayra	Norfolk Academy	8.29
3 Gray, Mason	Nansemond-Suffolk Ac	8.15
4 Kumar, Sajan	Norfolk Academy	8.15
5 Dorroh, Beck	Norfolk Academy	8.34
Section 3 of 3		
2 Malaisamy, Ro	Nansemond-Suffolk Ac	9.00
3 Musselmani, Adam	Norfolk Academy	8.40
4 Duffee, Ben	Isle of Wight Academy	8.50
5 Crystal, Reid	Nansemond-Suffolk Ac	9.00

#1 Boys 55 Meters (JV 6-8)**4:01 PM**

Lane Name	Team	Time
Section 1 of 7		
1 Mistr, Zachary	New Kent	7.80
2 Walker, Wyatt	New Kent	7.33
3 Hope, Joshua	Northampton	7.21
4 Keene, Tristan	New Kent	7.30
5 Stevens, Grayson	New Kent	7.76
6 Emerson, Zyaire	Norfolk Christian	7.81
Section 2 of 7		
1 Hodge, Rolstan	Norfolk Christian	8.30
2 Chouraqui, Noah	Norfolk Academy	7.96
3 Boyd, Emmett	New Kent	7.88
4 Nguyen, Nathan	Nansemond-Suffolk Ac	7.90
5 Williston, Win	Norfolk Academy	8.16
6 Korving, Mason	Nansemond-Suffolk Ac	8.30
Section 3 of 7		
1 Vu, Benjamin	St. Matthew's	8.64
2 Branch, Tripp	Nansemond-Suffolk Ac	8.63
3 Cash, Collin	Nansemond-Suffolk Ac	8.38
4 Jones, Alexander	Norfolk Academy	8.64
5 Bellamy, Chasen	Norfolk Christian	8.65
Section 4 of 7		
1 Melton, Ryder	Nansemond-Suffolk Ac	9.25
2 Murphy, Anthony	Norfolk Christian	8.81

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START LIST**#1 Boys 55 Meters (JV 6-8) (cont'd)****4:01 PM**

Lane	Name	Team	Time
3	Goldbach, Trevor	Nansemond-Suffolk Ac	8.65
4	Kinney, Aydan	Norfolk Christian	8.80
5	Hammond, Nate	Nansemond-Suffolk Ac	8.82
6	Nguyen, Chris	Nansemond-Suffolk Ac	9.25

Section 5 of 7

1	Holden, Braxton	Nansemond-Suffolk Ac	9.47
2	Thigpen, Magnus	Nansemond-Suffolk Ac	9.38
3	Work, Andrew	Nansemond-Suffolk Ac	9.32
4	Cameron, Landon	St. Matthew's	9.33
5	Fellner, Ashton	Norfolk Christian	9.46
6	Webb, Jack	Nansemond-Suffolk Ac	9.48

Section 6 of 7

1	Joyner, Eli	Isle of Wight Academy	10.00
2	Butler, Jackson	Norfolk Christian	9.61
3	Freeman, Tucker	Norfolk Christian	9.59
4	Russo, Aiden	Nansemond-Suffolk Ac	9.60
5	Baur, Charlie	Nansemond-Suffolk Ac	9.61
6	Bidnick, Joey	Isle of Wight Academy	10.00

Section 7 of 7

2	Curry, David	Nansemond-Suffolk Ac	10.39
3	Holmes, Crew	Isle of Wight Academy	10.00
4	Carpenter, Brody	Nansemond-Suffolk Ac	10.36

#31 Girls 3200 Meters (Varsity)

S Series Record 10:44.97 Julia Lambert 12/6/2016

4:11 PM

Lane	Name	Team	Time
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Section 1 of 1

1	Prince, Rachel	Greenbrier Christian Ac	11:23.22
2	Melnitchouk, Lilyana	Hampton Roads Acade	11:50.00
3	Smith, Carissa	Greenbrier Christian Ac	13:02.84
4	Thomas, Rhylee	Norfolk Academy	14:18.16
5	Thomas, Olivia	Norfolk Academy	14:24.27
6	Cervantes, Mady	Bruton	14:52.50
7	Gallimore, Scarlettte	Northampton	15:00.00
8	Wisecarver, Quinn	First Flight	15:54.04

#30 Boys 3200 Meters (Varsity)

S Series Record 9:45.07 Michael McKnew 1/25/2024

4:11 PM

Lane	Name	Team	Time
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Section 1 of 1

1	Tucker, Karter	First Flight	10:38.15
2	Reed, Sammy	Norfolk Christian	10:43.23
3	Byrne, Jackson	Norfolk Christian	12:00.00

#30 Boys 3200 Meters (Varsity) (cont'd)**4:11 PM**

Lane	Name	Team	Time
4	Lotto, Jonah	Bruton	13:11.22
5	Ferguson, Dylan	First Flight	13:29.09
6	Rose, Braxton	First Flight	15:00.00

#35 Girls 60m Hurdles (JV 6-8)**4:18 PM**

Lane	Name	Team	Time
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Section 1 of 1

3	Fogarty, Aedan	Norfolk Christian	12.98
4	Pittman, Kendall	Nansemond-Suffolk Ac	11.34
5	Clayton, Kali	St. Matthew's	12.86
6	Morrall, Aubrey	Norfolk Academy	13.03

#36 Girls 55m Hurdles (Varsity)

S Series Record 8.18 Zamia Stelly 2/5/2019

4:22 PM

Lane	Name	Team	Time
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Section 1 of 2

1	Lustre, Natalie	Bruton	10.85
2	Moore, Ruth	Lafayette	9.80
3	Coates, Rylee	Northampton	8.81
4	Kulow, Taylor	Norfolk Academy	9.09
5	Coates, Brelyn	Northampton	10.15
6	Bordick, Mikayla	Bruton	10.91

Section 2 of 2

1	McPhee, Chole	Bruton	13.00
2	Harrell, Jaelynn	Norfolk Academy	12.16
3	Slauson-Blevins, Reaga	Norfolk Academy	11.10
4	Mazur, Reese	Nansemond-Suffolk Ac	11.30
5	Hafner, Shayne	Bruton	12.25
6	Drake, Lillian	Bruton	14.00

#111 Girls 55m Hurdles (JV 9-10)**4:25 PM**

Lane	Name	Team	Time
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Section 1 of 1

4	Clark, Beatrix	Norfolk Academy	NT
5	Alexander, Alexa	First Flight	11.10
6	Hogan, Evey	Nansemond-Suffolk Ac	12.31

#34 Boys 60m Hurdles (JV 6-8)**4:29 PM**

Lane	Name	Team	Time
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Section 1 of 1

3	Hammond, Nate	Nansemond-Suffolk Ac	11.79
4	Hamilton, Kingston	Davis Middle School	9.50

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START LIST**#34 Boys 60m Hurdles (JV 6-8) (cont'd)****4:29 PM**

Lane	Name	Team	Time
5	Pierce, Johnathan	Norfolk Christian	11.65
6	Dobratz, Drew	Norfolk Christian	12.15

#32 Boys 55m Hurdles (Varsity)

S Series Record 7.83 Demarcus Henderson 1/14/2025

4:32 PM

Lane	Name	Team	Time
Section 1 of 1			
2	Lewis, Alex	Norfolk Academy	10.00
3	Reid, Campbell	Norfolk Academy	9.32
4	Thomas, Jamal	Nansemond-Suffolk Ac	8.58
5	Reid, Bryson	Bruton	8.89
6	Veith, Paul	Bruton	9.53

#4 Girls 55 Meters (Varsity)

S Series Record 7.14 Aziyah Heru 2/4/2025

4:35 PM

Lane	Name	Team	Time
Section 1 of 7			
1	Fellner, Kaiya	Norfolk Christian	7.97
2	Smith, Imani	Catholic High School	7.70
3	Willis, Kaelyn	Bruton	7.49
4	Coates, Rylee	Northampton	7.53
5	Simmons, Hunter	Norfolk Academy	7.85
6	Reese, Ella - Rae	First Flight	8.00
Section 2 of 7			
1	Ashby, Aniyah	Lafayette	8.08
2	Chambliss, KB	Norfolk Academy	8.02
3	Hammond, Miranda	Nansemond-Suffolk Ac	8.01
4	Rogers, Annabel	Isle of Wight Academy	8.02
5	Williams, Baylee	Norfolk Christian	8.06
6	Willis, Parhyss	Bruton	8.09
Section 3 of 7			
1	Elazier, Nylah	Lafayette	8.35
2	Stewart, Julia	Norfolk Academy	8.26
3	Jervey, Brynn	Norfolk Christian	8.18
4	Gilbert, MeKenzie	Nansemond-Suffolk Ac	8.19
5	Pierce, Arden	Norfolk Christian	8.31
6	Tolbert, Andrea	Hampton Roads Acade	8.35
Section 4 of 7			
1	Carter, Lyric	Norfolk Academy	8.59
2	Beckett, Zynajah	Northampton	8.50
3	McCoy, Carleigh	Nansemond-Suffolk Ac	8.40
4	Donavant, Piper	First Flight	8.46
5	Dimperio, Julianna	Nansemond-Suffolk Ac	8.50

#4 Girls 55 Meters (Varsity) (cont'd)**4:35 PM**

Lane	Name	Team	Time
6	Carroll, Haven	Norfolk Academy	8.63
Section 5 of 7			
1	Morolari, Esther	Norfolk Academy	8.81
2	Kuehl, Makenna	Nansemond-Suffolk Ac	8.77
3	Alexander, Alexa	First Flight	8.64
4	Dunn, Azalea	First Flight	8.64
5	Cumbo, Jewel	Lafayette	8.80
6	Brown, Tymia	Lafayette	8.88
Section 6 of 7			
1	DiGiovanni, Josephina	Nansemond-Suffolk Ac	9.06
2	Walsh, Ellie	Norfolk Academy	8.99
3	Danielson, Emilie	Greenbrier Christian Ac	8.90
4	Thomas, Sophia	Norfolk Academy	8.91
5	Palazzotto, Alaina	Nansemond-Suffolk Ac	9.05
6	Krenz, Isabelle	Greenbrier Christian Ac	9.12
Section 7 of 7			
1	Rafal, Maggie	Norfolk Academy	9.90
2	Sailer, Autumn	First Flight	9.50
3	Garel, Neriah	Greenbrier Christian Ac	9.28
4	Owen, Claire	Norfolk Christian	9.48
5	Shumadine, Charlotte	Norfolk Academy	9.60

#2 Boys 55 Meters (Varsity)

S Series Record 6.48 Brehon Daniels 1/24/2012

4:44 PM

Lane	Name	Team	Time
Section 1 of 10			
1	White, Jeremiah	Northampton	6.86
2	Lovell, Will	Norfolk Academy	6.72
3	Askew, Johnie	Bruton	6.50
4	Owens, Abraham	Bruton	6.68
5	Jefferson, Preston	Norfolk Academy	6.82
6	Gayles, Sharronn	Bruton	6.94
Section 2 of 10			
1	Williams, Matt	First Flight	7.06
2	Simmons, Courtland	Norfolk Academy	7.03
3	Lane, Rj	Nansemond-Suffolk Ac	6.94
4	Davis, Khaidn	Northampton	6.95
5	Thomas, Jamal	Nansemond-Suffolk Ac	7.04
6	Simpson, Josh	Lafayette	7.10
Section 3 of 10			
1	Hope, Charles	Northampton	7.17
2	Muller, William	Bruton	7.11
3	Rodgers, Jeremiah	Norfolk Academy	7.11
4	Warren, Jayden	Lafayette	7.11

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START LIST**#2 Boys 55 Meters (Varsity) (cont'd)****4:44 PM**

Lane	Name	Team	Time
5	Hayden, Jack	Nansemond-Suffolk Ac	7.13
6	Lyman, Amauri	Hampton Roads Acade	7.21

Section 4 of 10

1	Edwards, Delsin	Lafayette	7.27
2	Duncan, Brandon	Lafayette	7.25
3	Winston, Robert	Lafayette	7.22
4	Zook, Carson	Norfolk Christian	7.23
5	Dignan, Conner	Isle of Wight Academy	7.26
6	Wedding, Bryce	Hampton Roads Acade	7.27

Section 5 of 10

1	Croke, Jack	Norfolk Academy	7.32
2	Yi, Simon	Hampton Roads Acade	7.30
3	Leary, Trevor	Hampton Roads Acade	7.27
4	Sims, Kai	Hampton Roads Acade	7.29
5	Fowler, Kam	Lafayette	7.30
6	Holland, Joshuah	Norfolk Christian	7.37

Section 6 of 10

1	Work, Michael	Nansemond-Suffolk Ac	7.48
2	Alexander, Lashawn	First Flight	7.46
3	Nguyen, Pierce	Norfolk Christian	7.38
4	Le, Daniel	Lafayette	7.43
5	Robinson, Liam	Norfolk Christian	7.48
6	Shearin, Kellan	Nansemond-Suffolk Ac	7.49

Section 7 of 10

1	Williams, Noah	First Flight	7.57
2	Check, Gryphon	Bruton	7.50
3	King, Micah	Bruton	7.50
4	Doherty, Jake	Hampton Roads Acade	7.50
5	Guyton, Isaiah	Bruton	7.53
6	Bailey, Michael	Northampton	7.59

Section 8 of 10

1	Nixon, John	Norfolk Christian	7.68
2	Evans, Daniel	First Flight	7.65
3	Gray, Josh	First Flight	7.60
4	Cuyler, Myles	Norfolk Christian	7.60
5	LaBlance, Shae	Greenbrier Christian Ac	7.66
6	Bailey, Nicholas	Nansemond-Suffolk Ac	7.76

Section 9 of 10

1	Cowan, Barrett	Nansemond-Suffolk Ac	8.00
2	Oakley, Jaden	Norfolk Christian	7.86
3	Waruzi, Yvan	Lafayette	7.84
4	Maxwell, Gabriel	Lafayette	7.85
5	Rickman, Joshua	Norfolk Christian	7.90
6	Stephens, Riley	Bruton	8.00

Section 10 of 10**#2 Boys 55 Meters (Varsity) (cont'd)****4:44 PM**

Lane	Name	Team	Time
1	Payne, Logan	Norfolk Christian	8.35
2	Spangler, William	Norfolk Christian	8.16
3	Beversdorf, Alexander	Bruton	8.00
4	Brewington, Maverick	Bruton	8.00
5	Evans, Trayvon	Lafayette	8.23

#29 Girls 1600 Meters (Varsity)

S Series Record 5:04.98 Michaela Rose 1/27/2020

4:57 PM

Lane	Name	Team	Time
Section 1 of 2			
1	Enos, Paisley	Norfolk Academy	5:39.47
2	Hires, Lola	Norfolk Academy	5:43.87
3	McDonald, Delaney	Norfolk Christian	6:01.00
4	Fine, Kate	Norfolk Academy	6:06.58
5	Seremet, Ekaterina	First Flight	6:17.57
6	Melendez, Mia	Bruton	6:26.55
7	Huber, Ella	Isle of Wight Academy	6:30.00
8	Saunders, Eleanor	First Flight	6:37.01
9	Yinger, Liv	First Flight	6:41.45
10	Wisecarver, Quinn	First Flight	6:43.10
11	Shearin, Cassidy	First Flight	6:45.09
12	Raydo, Julie	Bruton	6:46.62
13	Tyson, Savannah	First Flight	6:46.68

Section 2 of 2

1	Krauz, Emma	Bruton	6:56.50
2	Carofino, Allie	Norfolk Academy	7:00.88
3	Sandoval, Nayeli	Bruton	7:11.03
4	Cervantes, Mady	Bruton	7:13.82
5	Amalbert, Andrea	Bruton	7:30.00
6	Ezinwa, Chevelle	Bruton	7:30.00
7	Dougherty, Claire	Bruton	8:00.00

#28 Girls 1600 Meters (JV 6-8)**5:04 PM**

Lane	Name	Team	Time
Section 1 of 1			
8	Dallaire, Nicole	New Kent	6:14.67
9	Stacks, Elizabeth	Norfolk Academy	6:15.00
10	King, Katherine	Norfolk Academy	6:15.00
11	Ostroff, Cecelia	Norfolk Academy	6:20.00
12	Rowley, Connie	Isle of Wight Academy	7:30.00
13	Toro, Anabella	St. Matthew's	7:40.01

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START LIST**#25 Boys 1600 Meters (Varsity)**

S Series Record 4:30.25 Tyler Sylvia 1/13/2020

5:13 PM

Lane Name	Team	Time
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Section 1 of 2

1	Berryman, Adlai	First Flight	4:40.00
2	Brown, Brogan	Norfolk Academy	4:40.04
3	DelValle, Geremiah	Bruton	4:46.61
4	Bousman, Matt	Norfolk Academy	4:47.86
5	Tucker, Karter	First Flight	4:54.08
6	Nedelin, Aleksander	Norfolk Christian	4:58.77
7	Benton, Wade	First Flight	5:10.88
8	Melendez-Colon, Bryan	Bruton	5:20.00
9	Johnson, Lucas	Bruton	5:23.57
10	Youngblood, Landon	Greenbrier Christian Ac	5:23.59
11	Stephens, Riley	Bruton	5:29.10
12	Hudgins, Benja	Greenbrier Christian Ac	5:31.41

Section 2 of 2

1	Lotto, Jonah	Bruton	5:35.00
2	Rayford, Jayden	Bruton	5:35.00
3	St. Jean, Evan	Bruton	5:35.00
4	Huber, Gage	Isle of Wight Academy	5:36.15
5	Kiehl, Alex	Bruton	5:38.74
6	DelValle, Gervel	Bruton	5:48.68
7	Ferguson, Dylan	First Flight	5:49.73
8	Eaton, Gabe	First Flight	5:49.98
9	Souders, Brendan	Isle of Wight Academy	5:52.92
10	Stroud, Earl	First Flight	5:59.81
11	Melsheimer, Nicholas	Greenbrier Christian Ac	6:03.28
12	Kiousis, Theo	First Flight	6:15.23
13	Crum, Foster	First Flight	6:15.99
14	Martin, David	Norfolk Academy	6:19.21
15	Rose, Braxton	First Flight	6:21.30
16	Wang, Shao-Lu	Norfolk Christian	6:27.36
17	Phillips, Joseph	Isle of Wight Academy	6:30.00
18	Delaney, Ronan	Bruton	7:00.00
19	Aiken, Jeffrey	First Flight	7:22.96

#27 Boys 1600 Meters (JV 9-10)**5:27 PM**

Lane Name	Team	Time
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Section 1 of 1

1	Hambleton, Noah	Isle of Wight Academy	7:00.00
2	Klopfert, Jack	Isle of Wight Academy	7:00.00
3	Windley, Oscar	First Flight	7:13.04

#26 Boys 1600 Meters (JV 6-8)**5:27 PM**

Lane Name	Team	Time
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Section 1 of 1

4	Marek, Brennan	St. Patrick Catholic Sch	5:21.00
5	Desai, Aransh	Norfolk Academy	5:50.50
6	Byrne, Jackson	Norfolk Christian	5:55.34
7	Henning, Jameson	New Kent	6:00.00
8	Shipp, Simon	Norfolk Christian	6:18.53
9	Kuehn, Hudson	Norfolk Christian	6:24.59
10	Mutsch, Samuel	Norfolk Christian	6:26.33
11	Anthony, Jack	St. Matthew's	6:28.61
12	Baugher, Brandon	Norfolk Christian	6:44.36
13	Pierce, Carston	Norfolk Christian	6:45.53
14	Palma, Tildon	Greenbrier Christian Ac	7:15.00
15	Prince, Luke	Greenbrier Christian Ac	7:30.00

#42 Girls 4 x 200m Relay (Varsity)

S Series Record 1:47.68 Hampton 1/17/2017

5:35 PM

Lane Team	Time
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Section 1 of 1

1	Bruton (B)	2:10.00
2	Nansemond-Suffolk Academy (A)	2:04.79
3	Norfolk Academy (A)	1:52.45
4	Norfolk Christian (A)	1:56.35
5	Bruton (A)	2:00:00.0
6	Nansemond-Suffolk Academy (B)	2:08.00

#41 Girls 4 x 200m Relay (JV 9-10)**5:39 PM**

Lane Team	Time
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Section 1 of 1

1	First Flight (A)	2:13.87
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#40 Girls 4 x 200m Relay (JV 6-8)**5:39 PM**

Lane Team	Time
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Section 1 of 1

2	Isle of Wight Academy (A)	2:35.00
3	Norfolk Christian (A)	1:56.35
4	Norfolk Academy (A)	1:52.45
5	Northampton (A)	2:20.00
6	Norfolk Academy (B)	1:52.45

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START LIST**#37 Boys 4 x 200m Relay (Varsity)**

S Series Record 1:32.30 Northeastern 1/8/2024

5:43 PM

Lane	Team	Time
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Section 1 of 2

1	Lafayette (A)	1:46.59
2	Nansemond-Suffolk Academy (A)	1:44.11
3	Norfolk Academy (A)	1:35.09
4	Bruton (A)	1:40.00
5	Hampton Roads Academy (A)	1:44.40
6	Isle of Wight Academy (A)	1:45.00

Section 2 of 2

1	Norfolk Academy (B)	1:41.00
2	Lafayette (B)	1:46.59
3	Northampton (A)	1:47.52
4	Norfolk Christian (A)	1:48.25
5	Bruton (B)	1:44.00
6	Isle of Wight Academy (B)	1:39.00

#38 Boys 4 x 200m Relay (JV 9-10)**5:51 PM**

Lane	Team	Time
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Section 1 of 1

1	Norfolk Academy (B)	1:35.09
2	Norfolk Academy (A)	1:35.09

#39 Boys 4 x 200m Relay (JV 6-8)**5:55 PM**

Lane	Team	Time
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Section 1 of 1

1	Nansemond-Suffolk Academy (B)	2:04.49
2	Isle of Wight Academy (A)	2:31.00
3	Norfolk Christian (A)	1:48.25
4	New Kent (A)	1:55.66
5	Nansemond-Suffolk Academy (A)	2:16.24
6	St. Matthew's (A)	4:20.01

#17 Girls 500 Meters (Varsity)

S Series Record 1:14.45 Michaela Rose 2/5/2019

6:00 PM

Lane Name	Team	Time
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Section 1 of 2

1	Hernandez, Pilar	Norfolk Christian	1:25.36
2	Clark, Emma	Norfolk Academy	1:26.00
3	Melnitchouk, Lilyana	Hampton Roads Acade	1:27.00
4	Lapitan, Aniston	Norfolk Academy	1:28.00
5	Loomis, Sophia	Norfolk Academy	1:28.00
6	McDonald, Delaney	Norfolk Christian	1:30.00

#17 Girls 500 Meters (Varsity) (cont'd)**6:00 PM**

Lane	Name	Team	Time
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7	Rutschow, Amelie	Northampton	1:30.00
8	Emerson, Ainslie	Lafayette	1:33.16

Section 2 of 2

1	Chin, Mei Li	Lafayette	1:35.00
2	Franks, Robyn	Lafayette	1:37.00
3	Snead, Priyanka	Lafayette	1:37.00
4	Spencer, Alyssa	Lafayette	1:37.00
5	Sheppard, Claire	Norfolk Academy	1:37.53
6	Parkes, Alex	Lafayette	1:38.00
7	Trembath, Marybelle	Norfolk Academy	1:39.50
8	Clark, Beatrix	Norfolk Academy	1:39.97
9	Trudeau, Lexi	Hampton Roads Acade	1:40.00
10	Wong, Emily	Norfolk Academy	1:40.65
11	Maust, Lauren	Isle of Wight Academy	1:50.00
12	Gray, Megan	Lafayette	1:55.00

#18 Girls 500 Meters (JV 9-10)**6:05 PM**

Lane	Name	Team	Time
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Section 1 of 1

1	Dunn, Azalea	First Flight	1:35.00
2	Gunnells, Giovanna	First Flight	1:36.00
3	Jung, Leah	Norfolk Academy	1:43.25
4	Regner, Caroline	Norfolk Academy	1:45.50
5	Parrish, Hailey	First Flight	1:55.00

#16 Girls 500 Meters (JV 6-8)**6:07 PM**

Lane	Name	Team	Time
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Section 1 of 1

1	Fischer, Mackenzie	New Kent	1:36.74
2	Mutsch, Addison	Norfolk Christian	1:40.62
3	Fogarty, Aedan	Norfolk Christian	1:41.34
4	Clayton, Kali	St. Matthew's	1:50.22
5	Boone, Olivia	Isle of Wight Academy	1:55.00
6	Behl, Simran	Norfolk Academy	1:55.50
7	Desai, Seva	Norfolk Academy	1:55.50
8	Eubanks, Josie	Norfolk Academy	1:55.50
9	Haltli, Nadine	Norfolk Academy	1:55.50
10	Patel, Kayla	Norfolk Academy	1:55.50
11	Rathbone, Ellie	Norfolk Academy	1:55.50

LAMPERT TIMING MEET #5

Hampton, VA
 Boo Williams Sportsplex
 Friday, January 9, 2026

MEET OFFICIALS

Meet Director:
 Zach Lampert



OFFICIAL MEET REPORT
 printed: 1/9/2026 11:31 AM

START LIST**#14 Boys 500 Meters (Varsity)**

S Series Record 1:06.82 Michail Rose 1/26/2023

6:10 PM

Lane Name	Team	Time
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Section 1 of 4

1	Lutz, Alex	First Flight	1:09.28
2	Taylor, Hudson	Northampton	1:15.74
3	Yates, Jack	Hampton Roads Acade	1:16.00
4	Jackson, Brody	Norfolk Academy	1:16.20
5	Shamblee, Keese	Norfolk Academy	1:17.50
6	Medford, Abram	Lafayette	1:18.78
7	Brewington, Maverick	Bruton	1:18.89

Section 2 of 4

1	Crookston, Logan	Lafayette	1:20.00
2	Pascual, Liam	Nansemond-Suffolk Ac	1:20.00
3	Lewis, Alex	Norfolk Academy	1:20.50
4	Rayford, Jayden	Bruton	1:21.42
5	Launi, James	Norfolk Christian	1:22.22
6	Fitzgerald, Brennan	Nansemond-Suffolk Ac	1:23.23
7	Konikoff, Andrew	Norfolk Academy	1:23.63
8	Girardier, William	Greenbrier Christian Ac	1:24.40
9	Mackie, Brendan	Isle of Wight Academy	1:24.56

Section 3 of 4

1	Alexander, Lashawn	First Flight	1:25.00
2	Williams, Noah	First Flight	1:25.00
3	Wood, Jt	Bruton	1:25.00
4	Grimes, Garrett	Nansemond-Suffolk Ac	1:25.58
5	Repole, Alex	Norfolk Academy	1:26.28
6	Silvey, Luke	First Flight	1:31.00
7	walters, owen	Bruton	1:31.89
8	Kiousis, Theo	First Flight	1:32.00
9	Deringer, Adrian	Lafayette	1:33.00

Section 4 of 4

1	Eaton, Gabe	First Flight	1:35.00
2	Parker, Tristan	Bruton	1:35.00
3	Cooke, Jackson	Lafayette	1:36.00
4	Frank, Carson	Lafayette	1:36.00
5	Bugh, Owen	Lafayette	1:36.60
6	Stroud, Earl	First Flight	1:38.41
7	Evans, Daniel	First Flight	1:40.00
8	Davis, Michael	Nansemond-Suffolk Ac	1:41.69
9	Lemasters-Stover, Luke	Isle of Wight Academy	1:45.05
10	Aiken, Jeffrey	First Flight	1:47.24
11	Scheetz, Eliot	Lafayette	1:47.67
12	Wheeler, Derek	Lafayette	1:48.97

#13 Boys 500 Meters (JV 6-8)**6:18 PM**

Lane Name	Team	Time
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Section 1 of 1

1	Korving, Mason	Nansemond-Suffolk Ac	1:20.00
2	Goldbach, Trevor	Nansemond-Suffolk Ac	1:32.53
3	Bellamy, Chasen	Norfolk Christian	1:32.57
4	Lee, Bryton	New Kent	1:41.06
5	Chouraqi, adam	Norfolk Academy	1:45.50
6	Sheppard, Trey	Norfolk Academy	1:45.50
7	Thompson, Robby	Norfolk Academy	1:45.50
8	Olivar Joa, Anthony	St. Matthew's	1:51.89
9	Cameron, Landon	St. Matthew's	1:52.88
10	Grossman, Anthony	Isle of Wight Academy	2:00.00
11	Phillips, Seth	Isle of Wight Academy	2:00.00
12	Sukowaski, Zane	Isle of Wight Academy	2:00.00

#23 Girls 1000 Meters (Varsity)

S Series Record 2:50.55 Michaela Rose 2/4/2020

6:21 PM

Lane Name	Team	Time
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Section 1 of 2

1	Prince, Rachel	Greenbrier Christian Ac	3:09.46
2	Ouedraogo, Wendy	Lafayette	3:15.00
3	Scott, Sydney	Lafayette	3:15.00
4	Mapp, Anouk	Lafayette	3:17.00
5	Mchenry, Caroline	Lafayette	3:18.00
6	Enos, Paisley	Norfolk Academy	3:22.50
7	Fine, Kate	Norfolk Academy	3:28.49
8	Hires, Lola	Norfolk Academy	3:32.81
9	Britt, Lane	Norfolk Academy	3:33.76
10	Castelow, Vivian	Greenbrier Christian Ac	3:36.62

Section 2 of 2

1	Barnhart, Alana	Hampton Roads Acade	3:45.00
2	Shearin, Cassidy	First Flight	3:50.07
3	Seremet, Ekaterina	First Flight	3:56.35
4	Yinger, Liv	First Flight	3:56.61
5	Saunders, Eleanor	First Flight	3:56.70
6	Sosa, Andrea	Lafayette	4:06.54
7	Tyson, Savannah	First Flight	4:10.00
8	Evans, Leah	Bruton	4:30.00
9	Wargo, Grace	Bruton	4:30.00

#22 Girls 1000 Meters (JV 6-8)**6:25 PM**

Lane Name	Team	Time
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Section 1 of 1

10	Dallaire, Nicole	New Kent	3:45.17
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LAMPERT TIMING MEET #5Hampton, VA
Boo Williams Sportsplex
Friday, January 9, 2026**MEET OFFICIALS**Meet Director:
Zach Lampert**OFFICIAL MEET REPORT**
printed: 1/9/2026 11:31 AM**START LIST****#22 Girls 1000 Meters (JV 6-8) (cont'd)****6:25 PM**

Lane	Name	Team	Time
11	Davis, Jaleela	New Kent	4:11.92

#20 Boys 1000 Meters (Varsity)

S Series Record 2:35.47 Liam Sullivan 1/31/2023

6:30 PM

Lane	Name	Team	Time
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Section 1 of 3

1	Baum, Joshua	Lafayette	2:37.00
2	Lee, Coleman	Lafayette	2:38.00
3	Wright, Harry	Lafayette	2:38.00
4	Ouedraogo, John	Lafayette	2:39.00
5	Timothy, Ickes	Lafayette	2:40.00
6	Yaneza, Aaron	Lafayette	2:40.00
7	Lutz, Alex	First Flight	2:46.82
8	Brown, Brogan	Norfolk Academy	2:50.00
9	Bousman, Matt	Norfolk Academy	2:55.00
10	Fulcher, Colten	Hampton Roads Acade	2:55.00
11	Vogt, Oliver	Lafayette	2:55.00
12	Reed, Sammy	Norfolk Christian	2:55.57

Section 2 of 3

1	Nedelin, Aleksander	Norfolk Christian	2:59.07
2	Benton, Wade	First Flight	3:00.00
3	Berryman, Adlai	First Flight	3:00.00
4	Tucker, Karter	First Flight	3:03.75
5	Seutter, Gabriel	Hampton Roads Acade	3:04.00
6	Thompson, Drew	Nansemond-Suffolk Ac	3:07.28
7	Metherell, Cash	Bruton	3:15.00
8	Maust, Aj	Isle of Wight Academy	3:19.48
9	Ferguson, Dylan	First Flight	3:20.00
10	John, Nathan	Norfolk Academy	3:20.00
11	Kiousis, Theo	First Flight	3:20.00

Section 3 of 3

1	Rickert, Elliott	Lafayette	3:22.09
2	Youngblood, Landon	Greenbrier Christian Ac	3:23.28
3	Hudgins, Benja	Greenbrier Christian Ac	3:25.00
4	howard, maddox	Bruton	3:25.00
5	Kavanagh, Matthew	Lafayette	3:25.23
6	Melsheimer, Nicholas	Greenbrier Christian Ac	3:26.31
7	Eaton, Gabe	First Flight	3:26.54
8	Crum, Foster	First Flight	3:26.95
9	Anderson, Cosme	Bruton	3:30.00
10	Stroud, Earl	First Flight	3:35.00
11	Byrne, Jackson	Norfolk Christian	3:35.07
12	Rockey, Will	Nansemond-Suffolk Ac	3:42.64
13	Wang, Shao-Lu	Norfolk Christian	3:56.64

#20 Boys 1000 Meters (Varsity) (cont'd)**6:30 PM**

Lane	Name	Team	Time
14	Windley, Oscar	First Flight	4:30.00

#21 Boys 1000 Meters (JV 9-10)**6:42 PM**

Lane	Name	Team	Time
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Section 1 of 1

1	Gray, John	Nansemond-Suffolk Ac	3:43.00
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#19 Boys 1000 Meters (JV 6-8)**6:42 PM**

Lane	Name	Team	Time
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Section 1 of 1

2	Korving, Mason	Nansemond-Suffolk Ac	3:38.20
3	Scott, Aleck	St. Matthew's	3:40.05
4	Henning, Jameson	New Kent	3:41.36
5	Kuehn, Hudson	Norfolk Christian	3:55.45
6	Shipp, Simon	Norfolk Christian	3:57.15
7	Mutsch, Samuel	Norfolk Christian	3:57.57
8	Pierce, Carston	Norfolk Christian	4:01.16
9	Baugher, Brandon	Norfolk Christian	4:01.60
10	Rowley, Mitchell	Isle of Wight Academy	6:30.00

#10 Girls 300 Meters (Varsity)

S Series Record 40.49 Michaela Rose 1/13/2020

6:49 PM

Lane	Name	Team	Time
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Section 1 of 6

1	Dimperio, Julianna	Nansemond-Suffolk Ac	48.25
2	Chambliss, KB	Norfolk Academy	46.73
3	Willis, Kaelyn	Bruton	43.71
4	Smith, Imani	Catholic High School	46.26
5	Soderberg, Leighton	Norfolk Academy	47.80
6	Fellner, Kaiya	Norfolk Christian	48.42

Section 2 of 6

1	Gilliam, Laila	Bruton	49.21
2	Reese, Ella - Rae	First Flight	48.58
3	Bordick, Mikayla	Bruton	48.56
4	Ware, Lila	Norfolk Academy	48.57
5	Barnhart, Alana	Hampton Roads Acade	48.98
6	Huddleston, Verity	Norfolk Academy	49.30

Section 3 of 6

1	Walsh, Ellie	Norfolk Academy	52.18
2	Overby, Audrey	Bruton	51.00
3	Gunnells, Giovanna	First Flight	49.85
4	Thomas, Sophia	Norfolk Academy	50.44
5	Tolbert, Andrea	Hampton Roads Acade	51.02

LAMPERT TIMING MEET #5

Hampton, VA
 Boo Williams Sportsplex
 Friday, January 9, 2026

MEET OFFICIALS

Meet Director:
 Zach Lampert



OFFICIAL MEET REPORT
 printed: 1/9/2026 11:31 AM

START LIST**#10 Girls 300 Meters (Varsity) (cont'd)****6:49 PM**

Lane	Name	Team	Time
6	Franks, Robyn	Lafayette	52.66

Section 4 of 6

1	Slauson-Blevins, Reaga	Norfolk Academy	55.16
2	Alexander, Alexa	First Flight	54.49
3	Krenz, Isabelle	Greenbrier Christian Ac	52.94
4	Brown, Tymia	Lafayette	53.12
5	Seitz, Leah	Bruton	55.00
6	Cumbo, Jewel	Lafayette	55.18

Section 5 of 6

1	Owen, Claire	Norfolk Christian	59.75
2	Shumadine, Charlotte	Norfolk Academy	57.38
3	Gilbert, MeKenzie	Nansemond-Suffolk Ac	55.88
4	Howes, Jessica	Isle of Wight Academy	56.29
5	Postiglione, Chanel	Bruton	58.18

Section 6 of 6

2	Stinson, Kendall	Isle of Wight Academy	1:11.21
3	Rafal, Maggie	Norfolk Academy	1:05.34
4	Baer, Lily	Isle of Wight Academy	1:11.00

#12 Girls 300 Meters (JV 9-10)**6:57 PM**

Lane	Name	Team	Time
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Section 1 of 2

1	Donavant, Piper	First Flight	53.72
2	Murphy, Eva	Norfolk Academy	51.62
3	Gunnells, Giovanna	First Flight	49.85
4	Burnette, MC	Norfolk Academy	50.96
5	Behl, Kesar	Norfolk Academy	54.50

Section 2 of 2

2	Barnes, Vitaliya	Norfolk Academy	1:11.24
3	Gray, Bailey	Nansemond-Suffolk Ac	1:03.41
4	Holland, Avery	First Flight	56.39
5	Worthy, Olivia	First Flight	1:05.97
6	Giltner, Abby	Isle of Wight Academy	1:45.00

#11 Girls 300 Meters (JV 6-8)**7:00 PM**

Lane	Name	Team	Time
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Section 1 of 2

1	Christian, Madison	Norfolk Academy	55.12
2	Shipp, Sarah	Norfolk Christian	55.00
3	Pittman, Kendall	Nansemond-Suffolk Ac	48.10
4	Meekins, Hannah	New Kent	50.15
5	Toro, Anabella	St. Matthew's	55.01
6	Kiger, Arabelle	St. Matthew's	56.01

#11 Girls 300 Meters (JV 6-8) (cont'd)**7:00 PM**

Lane	Name	Team	Time
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Section 2 of 2

2	Harrell, Jaelynn	Norfolk Academy	1:05.05
3	Smaw, Caasiya	Northampton	56.76
4	Vincent, Tilly	Norfolk Academy	56.96

#9 Boys 300 Meters (Varsity)

S	Series Record	35.80	Izaiah Wingfield	12/12/202
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7:03 PM

Lane	Name	Team	Time
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Section 1 of 8

1	Gholson, Amir	Northampton	40.16
2	Guyton, Isaiah	Bruton	39.58
3	Askew, Johnie	Bruton	37.29
4	Aghaji, Judah	Bruton	39.00
5	Lutz, Alex	First Flight	40.11
6	Reid, Campbell	Norfolk Academy	40.30

Section 2 of 8

1	Alexander, Lashawn	First Flight	41.45
2	White, Antwine	Northampton	41.25
3	Zook, Carson	Norfolk Christian	40.58
4	Yates, Jack	Hampton Roads Acade	40.59
5	Falk, Chase	Norfolk Academy	41.32
6	Williams, Noah	First Flight	41.65

Section 3 of 8

1	Hope, Charles	Northampton	42.57
2	Cuyler, Myles	Norfolk Christian	42.36
3	Arista, Erik Nava	Northampton	41.69
4	Doherty, Jake	Hampton Roads Acade	42.03
5	Gray, Izaiyah	Lafayette	42.55
6	Crookston, Logan	Lafayette	42.60

Section 4 of 8

1	Duncan, Brandon	Lafayette	43.10
2	Morris, Jayden	Northampton	42.88
3	Le, Daniel	Lafayette	42.63
4	Croke, Jack	Norfolk Academy	42.79
5	Waruzi, Yvan	Lafayette	43.00
6	Silvey, Luke	First Flight	43.20

Section 5 of 8

1	Check, Gryphon	Bruton	44.00
2	Seutter, Gabriel	Hampton Roads Acade	43.83
3	Wilson, Jackson	Isle of Wight Academy	43.66
4	Oakley, Jaden	Norfolk Christian	43.82
5	Gayles, Sharronn	Bruton	44.00
6	Maxwell, Gabriel	Lafayette	44.11

Section 6 of 8

LAMPERT TIMING MEET #5

Hampton, VA
 Boo Williams Sportsplex
 Friday, January 9, 2026

MEET OFFICIALS

Meet Director:
 Zach Lampert



OFFICIAL MEET REPORT
 printed: 1/9/2026 11:31 AM

START LIST**#9 Boys 300 Meters (Varsity) (cont'd)****7:03 PM**

Lane	Name	Team	Time
1	Williams, Matt	First Flight	44.94
2	Rickman, Joshua	Norfolk Christian	44.41
3	Monk, Evan	Isle of Wight Academy	44.31
4	Nguyen, Pierce	Norfolk Christian	44.39
5	Spangler, William	Norfolk Christian	44.46
6	Plotino, Joseph	Bruton	45.00

Section 7 of 8

1	Barber, Aiden	Bruton	46.00
2	Sunkins, Tourean	Northampton	45.25
3	Givens, O'Brian	Bruton	45.00
4	Holland, Joshuah	Norfolk Christian	45.04
5	Rodriguez, Felipe	Northampton	45.77
6	Childress, Gage	Bruton	46.00

Section 8 of 8

2	Evans, Trayvon	Lafayette	48.60
3	Makula, Mason	Bruton	46.00
4	Girardier, William	Greenbrier Christian Ac	46.01
5	Nagy, Andrew	Isle of Wight Academy	50.00

#8 Boys 300 Meters (JV 9-10)**7:13 PM**

Lane	Name	Team	Time
Section 1 of 2			
1	Stinson, Ryan	Isle of Wight Academy	47.84
2	Chaing, Preston	Norfolk Academy	47.00
3	Kastrounis, Collin	Norfolk Academy	46.45
4	Brown, Jim	Isle of Wight Academy	46.46
5	Horan, Connor	Norfolk Academy	47.02
6	Christian, Owen	Norfolk Academy	48.74

Section 2 of 2

1	Miller, Landon	Isle of Wight Academy	55.00
2	Wilson, Jayce	Isle of Wight Academy	50.17
3	Dorroh, Beck	Norfolk Academy	49.18
4	Gray, Mason	Nansemond-Suffolk Ac	49.71
5	Patel, Amay	Norfolk Academy	51.26

#7 Boys 300 Meters (JV 6-8)**7:16 PM**

Lane	Name	Team	Time
Section 1 of 4			
1	Hamilton, Kingston	Davis Middle School	45.82
2	Emerson, Zyaire	Norfolk Christian	44.41
3	Walker, Wyatt	New Kent	40.36
4	Keene, Tristan	New Kent	43.94
5	Chouraqui, Noah	Norfolk Academy	45.16

#7 Boys 300 Meters (JV 6-8) (cont'd)**7:16 PM**

Lane	Name	Team	Time
6	Stevens, Grayson	New Kent	46.70

Section 2 of 4

1	Anthony, Jack	St. Matthew's	50.11
2	Mistr, Zachary	New Kent	48.51
3	Pierce, Johnathan	Norfolk Christian	47.71
4	Dobratz, Drew	Norfolk Christian	48.02
5	Kinney, Aydan	Norfolk Christian	49.93

Section 3 of 4

1	Vu, Benjamin	St. Matthew's	51.69
2	Williston, Win	Norfolk Academy	51.41
3	Jones, Alexander	Norfolk Academy	50.80
4	Hodge, Rolstan	Norfolk Christian	51.24
5	Scott, Aleck	St. Matthew's	51.46
6	Olivar Joa, Anthony	St. Matthew's	52.11

Section 4 of 4

1	Lester, Cam	Isle of Wight Academy	1:45.00
2	Lee, Bryton	New Kent	55.92
3	Boyd, Emmett	New Kent	54.11
4	Fellner, Ashton	Norfolk Christian	54.57
5	Freeman, Tucker	Norfolk Christian	57.11

#46 Girls 4 x 400m Relay (Varsity)

S Series Record 4:22.57 Northeastern 1/30/2024

7:20 PM

Lane	Team	Time
Section 1 of 1		
1	Norfolk Christian (A)	4:17.33
2	Lafayette (A)	4:39.10
3	Isle of Wight Academy (A)	4:50.00
4	Bruton (A)	4:54.20
5	First Flight (A)	5:20.00
6	Northampton (A)	5:45.00
7	Lafayette (B)	4:39.10
8	Bruton (B)	4:54.20

#43 Boys 4 x 400m Relay (Varsity)**7:26 PM**

Lane	Team	Time
Section 1 of 2		
1	Lafayette (A)	3:51.18
2	Bruton (A)	4:00.00
3	Northampton (A)	4:00.30
4	Norfolk Christian (A)	4:05.75
5	First Flight (A)	4:06.29
6	Isle of Wight Academy (A)	4:25.65

LAMPERT TIMING MEET #5

Hampton, VA
 Boo Williams Sportsplex
 Friday, January 9, 2026

MEET OFFICIALS

Meet Director:
 Zach Lampert



OFFICIAL MEET REPORT
 printed: 1/9/2026 11:31 AM

START LIST**#43 Boys 4 x 400m Relay (Varsity) (cont'd)****7:26 PM**

Lane	Team	Time
7	Nansemond-Suffolk Academy (A)	4:37.43

Section 2 of 2

1	Lafayette (B)	4:00.00
2	Isle of Wight Academy (B)	4:31.00
3	Bruton (B)	4:08.65

#118 Boys 4 x 400m Relay (JV 9-10)**7:32 PM**

Lane	Team	Time
4	Isle of Wight Academy (A)	5:09.00

#44 Boys 4 x 400m Relay (JV 6-8)**7:32 PM**

Lane	Team	Time
5	Norfolk Christian (A)	4:05.75

#50 Boys High Jump (Varsity)

S Series Record 6' 6" Jordan Jones 1/27/2020

Lane Name	Team	Mark
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Flight 1 of 1

1	Cowan, Barrett	Nansemond-Suffolk Ac	4' 10"
2	Hubbard, Cash	Lafayette	5' 0"
3	Mulcahy, Gage	Lafayette	5' 0"
4	Evans, Trayvon	Lafayette	5' 0"
5	Kastrounis, Collin	Norfolk Academy	5' 2"
6	Kumar, Sajan	Norfolk Academy	5' 4"
7	Miller, Winston	Jamestown	5' 4"
8	Vannoy, Levi	Jamestown	5' 4"
9	Wimber, Camron	Northampton	5' 6"
10	Kirkland, Tyler	Jamestown	6' 0"
11	Gray, Josh	First Flight	6' 0"
12	Overby, Nathaniel	Bruton	6' 7"

#51 Boys High Jump (JV 9-10)

Lane Name	Team	Mark
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Flight 1 of 1

1	Christian, Owen	Norfolk Academy	4' 2"
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#52 Girls High Jump (Varsity)

S Series Record 5' 5" Nadia Khoury 12/3/2013

Lane Name	Team	Mark
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Flight 1 of 1

1	Mazur, Reese	Nansemond-Suffolk Ac	3' 8"
2	Gilbert, MeKenzie	Nansemond-Suffolk Ac	4' 2"
3	Eason, A'Maree	Jamestown	4' 2"

#52 Girls High Jump (Varsity) (cont'd)

Lane	Name	Team	Mark
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4	Burnette, MC	Norfolk Academy	4' 4"
5	Dobrota, Anne	Jamestown	4' 6"
6	Tracey, Eleanor	Jamestown	4' 8"
7	Javernick, Nina	Jamestown	4' 10"
8	Curry, Lauren	Bruton	5' 0"
9	Coates, Rylee	Northampton	5' 0"
10	Kulow, Taylor	Norfolk Academy	5' 4"

#126 Girls High Jump (JV 9-10)

Lane	Name	Team	Mark
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Flight 1 of 1

1	Dunn, Azalea	First Flight	4' 6"
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#54 Boys Pole Vault (Varsity)

S Series Record 15' 0" Ryan Wright 1/14/2025

Lane	Name	Team	Mark
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Flight 1 of 1

1	Kumar, Sajan	Norfolk Academy	5' 6"
2	Kastrounis, Collin	Norfolk Academy	6' 0"
3	Schmidt, George	Jamestown	6' 6"
4	Palacio, Fernando	Northampton	8' 0"
5	Repole, Alex	Norfolk Academy	8' 6"
6	Dambrauskas, David	Jamestown	9' 0"
7	Stuart, Jonas	Lafayette	10' 0"

#59 Girls Pole Vault (Varsity)

S Series Record 11' 6" Rylee Coates 12/16/202

Lane	Name	Team	Mark
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Flight 1 of 1

1	Slauson-Blevins, Reaga	Norfolk Academy	5' 0"
2	Tracey, Mary Grace	Jamestown	5' 0"
3	Coates, Brelyn	Northampton	8' 0"
4	Moore, Ruth	Lafayette	9' 0"
5	Benz, Olivia	Jamestown	9' 0"
6	Coates, Rylee	Northampton	11' 6"

#60 Boys Long Jump (Varsity)

S Series Record 23' 1" Joshua Thomas 1/24/2012

Lane	Name	Team	Mark
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Flight 1 of 2

1	Gray, Josh	First Flight	16' 1"
2	Bailey, Michael	Northampton	16' 6"
3	Shearin, Kellan	Nansemond-Suffolk Ac	16' 8.25"
4	LaBlance, Shae	Greenbrier Christian Ac	17' 2.75"
5	Williams, Noah	First Flight	17' 3.50"
6	Falk, Chase	Norfolk Academy	17' 4"
7	Kirkland, Tyler	Jamestown	17' 6.75"
8	Edwards, Delsin	Lafayette	17' 10"

LAMPERT TIMING MEET #5

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START LIST**#60 Boys Long Jump (Varsity) (cont'd)**

Lane	Name	Team	Mark
9	Klugh, Charles	Jamestown	18' 7.50"
10	Lane, Rj	Nansemond-Suffolk Ac	18' 7.75"
11	Pohren, Luke	Jamestown	20' 1.25"
12	Thomas, Jamal	Nansemond-Suffolk Ac	21' 10.25"

Flight 2 of 2

1	Pisaniello, Joseph	Jamestown	11' 11.50"
2	Pohren, Jacob	Jamestown	13' 8"
3	Mulcahy, Gage	Lafayette	14' 3"
4	Alexander, Lashawn	First Flight	14' 5.50"
5	Wang, Stephen	Jamestown	14' 11.50"
6	Hubbard, Cash	Lafayette	15' 0"

#135 Boys Long Jump (JV 9-10)

Lane	Name	Team	Mark
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Flight 1 of 1

1	Chaing, Preston	Norfolk Academy	13' 1"
2	Carofino, Timmy	Norfolk Academy	14' 0"
3	Warburton, Max	Norfolk Academy	14' 4"
4	Kass, Jonah	Norfolk Academy	14' 6.75"

#61 Boys Long Jump (JV 6-8)

Lane	Name	Team	Mark
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Flight 1 of 1

1	Nguyen, Chris	Nansemond-Suffolk Ac	10' 4.50"
2	Work, Andrew	Nansemond-Suffolk Ac	10' 9.25"
3	Melton, Ryder	Nansemond-Suffolk Ac	11' 0"
4	Branch, Tripp	Nansemond-Suffolk Ac	11' 6"
5	Boyd, Emmett	New Kent	12' 1.50"
6	Cash, Collin	Nansemond-Suffolk Ac	12' 9.25"
7	Lee, Bryton	New Kent	13' 3"
8	Hammond, Nate	Nansemond-Suffolk Ac	13' 7.50"

#66 Boys Triple Jump (Varsity)

S	Series Record	45' 2"	Wonderful Banks	2/4/2020
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Lane	Name	Team	Mark
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Flight 1 of 1

1	Pisaniello, Joseph	Jamestown	26' 4"
2	Pohren, Jacob	Jamestown	29' 0"
3	Wang, Stephen	Jamestown	30' 4"
4	Ho, Elijah	Bruton	32' 6"
5	Williams, Noah	First Flight	34' 0"
6	LaBlance, Shae	Greenbrier Christian Ac	34' 8.50"
7	Work, Michael	Nansemond-Suffolk Ac	34' 11.50"
8	Klugh, Charles	Jamestown	36' 0"
9	Kirkland, Tyler	Jamestown	36' 11.75"
10	Williams, Matt	First Flight	37' 4"
11	Pohren, Luke	Jamestown	41' 7"

#66 Boys Triple Jump (Varsity) (cont'd)

Lane	Name	Team	Mark
12	Thomas, Jamal	Nansemond-Suffolk Ac	45' 9.50"

#64 Girls Long Jump (Varsity)

S	Series Record	18' 11.50"	Jahnelle Saunders	1/5/2021
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Lane	Name	Team	Mark
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Flight 1 of 2

1	Fuller, Margaret	Jamestown	12' 10.25"
2	Coates, Brellyn	Northampton	13' 5.50"
3	Curry, Lauren	Bruton	14' 2"
4	Koeck, Marleigh	Jamestown	14' 5"
5	Hammond, Lianna	Jamestown	14' 7.75"
6	Ware, Lila	Norfolk Academy	14' 10"
7	Hammond, Miranda	Nansemond-Suffolk Ac	15' 3"
8	Fuller, Lucy	Jamestown	15' 4"
9	Coates, Rylee	Northampton	16' 1"
10	Smith, Amiyah	Bruton	16' 8.25"

Flight 2 of 2

1	Drake, Lillian	Bruton	8' 5"
2	Sailer, Autumn	First Flight	11' 2"
3	Hurt, Mckenna	Jamestown	12' 0"
4	DiGiovanni, Josephina	Nansemond-Suffolk Ac	12' 2"
5	Sandoval, Nayeli	Bruton	12' 6"
6	Pisaniello, Lucy	Jamestown	12' 8.50"

#62 Girls Long Jump (JV 9-10)

Lane	Name	Team	Mark
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Flight 1 of 1

1	Behl, Kesar	Norfolk Academy	10' 5"
2	Wong, Emily	Norfolk Academy	10' 5"
3	Donavant, Piper	First Flight	13' 2"
4	Reese, Ella - Rae	First Flight	14' 7"
5	Austin, Parker	First Flight	15' 8"

#63 Girls Long Jump (JV 6-8)

Lane	Name	Team	Mark
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Flight 1 of 1

1	Christian, Skyla	New Kent	12' 0"
2	Fischer, Mackenzie	New Kent	12' 4"
3	Pittman, Kendall	Nansemond-Suffolk Ac	15' 3"

#67 Girls Triple Jump (Varsity)

S	Series Record	38' 2.50"	Jordan Hardy	1/17/2017
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Lane	Name	Team	Mark
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Flight 1 of 1

1	Drake, Lillian	Bruton	21' 5"
2	Fuller, Margaret	Jamestown	23' 0"
3	Koeck, Marleigh	Jamestown	24' 5"
4	Hurt, Mckenna	Jamestown	24' 5"

LAMPERT TIMING MEET #5

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START LIST**#67 Girls Triple Jump (Varsity) (cont'd)**

Lane	Name	Team	Mark
5	Bosek, Lillian	Bruton	25' 2.50"
6	Pisaniello, Lucy	Jamestown	28' 9"
7	Ware, Lila	Norfolk Academy	29' 5"
8	Fuller, Lucy	Jamestown	32' 11"
9	Hammond, Miranda	Nansemond-Suffolk Ac	33' 1"
10	Hammond, Lianna	Jamestown	33' 4.50"
11	Kulow, Taylor	Norfolk Academy	35' 3"

#68 Boys Shot Put (Varsity)

S Series Record 61' 5" Junior Payton-Kimble 1/8/2024

Lane	Name	Team	Mark
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Flight 1 of 3

1	Ha, Yechan	Norfolk Christian	32' 6"
2	Jones, Leo	Norfolk Academy	32' 9"
3	Cox, Austin	Lafayette	33' 0"
4	Nixon, John	Norfolk Christian	33' 5"
5	Moore, Jamaine	Bruton	33' 8"
6	Moore, Jadyn	Bruton	33' 9"
7	Williams, Matt	First Flight	34' 6"
8	Wester, Owen	Jamestown	35' 1"
9	Cano-Ferreira, Aurelio	Jamestown	35' 2.50"
10	Lee, Marvin	Greenbrier Christian Ac	37' 7"
11	Henderson, La Bron	Jamestown	46' 5"
12	Summers, Camden	Lafayette	47' 11"

Flight 2 of 3

1	Clapp, Patrick	Bruton	28' 5"
2	Abernathy, Jack	Bruton	28' 8"
3	Martin, David	Norfolk Academy	29' 0"
4	Hamilton, Landon	Nansemond-Suffolk Ac	29' 1"
5	Willman-Johnson, Willia	Nansemond-Suffolk Ac	29' 10"
6	Cowan, Barrett	Nansemond-Suffolk Ac	29' 11"
7	Corriveau, Ethan	Jamestown	30' 0"
8	Taiwo, Daniel	Lafayette	30' 0"
9	Richardson, John	Lafayette	30' 0"
10	Green, Andrew	Jamestown	30' 1"
11	Bracken, Jacob	Jamestown	30' 1.50"
12	Fawcett, Owen	Nansemond-Suffolk Ac	31' 3"

Flight 3 of 3

1	Payne, Logan	Norfolk Christian	19' 4.50"
2	McClellan, Scott	Bruton	23' 0"
3	Coleman, Parker	Lafayette	23' 8"
4	Evans, Daniel	First Flight	25' 8"
5	Blanchard, Max	Jamestown	25' 10.75"
6	McPherson, Evan	Bruton	26' 0"
7	Gasink, Robert	Jamestown	26' 8"
8	Puffenbarger, Marc	Norfolk Christian	26' 10"
9	Hills, Cayden	Nansemond-Suffolk Ac	27' 3"

#68 Boys Shot Put (Varsity) (cont'd)

Lane	Name	Team	Mark
10	Davis, Tyler	Jamestown	27' 5.50"
11	George, Jackson	Lafayette	28' 1"
12	Gholston, Brian	Jamestown	28' 1"

#70 Boys Shot Put (JV 9-10)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Crystal, Reid	Nansemond-Suffolk Ac	22' 0"
2	Lebrecht, Hampton	Nansemond-Suffolk Ac	22' 4"

#69 Boys Shot Put (JV 6-8)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Butler, Jackson	Norfolk Christian	16' 4.50"
2	Carpenter, Brody	Nansemond-Suffolk Ac	16' 6.50"
3	Holden, Braxton	Nansemond-Suffolk Ac	18' 3"
4	Webb, Jack	Nansemond-Suffolk Ac	19' 0.50"
5	Curry, David	Nansemond-Suffolk Ac	19' 10"
6	Murphy, Anthony	Norfolk Christian	20' 10"
7	Baur, Charlie	Nansemond-Suffolk Ac	21' 1"
8	Velazquez Reynosa, Jo	New Kent	22' 2"
9	Denmark, Aiden	Norfolk Christian	24' 8.50"

#71 Girls Shot Put (Varsity)

S Series Record 40' 5" Ashley Lindsey 1/10/2022

Lane	Name	Team	Mark
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Flight 1 of 1

1	Devers, Lexi	Nansemond-Suffolk Ac	16' 9.50"
2	Ezinwa, Chevelle	Bruton	17' 9"
3	Sailer, Autumn	First Flight	18' 8"
4	Garel, Neriah	Greenbrier Christian Ac	18' 11.50"
5	Randall, Bella	Bruton	21' 7"
6	Burge, Sophie	Bruton	21' 9"
7	Weber, Rosalyne	Jamestown	22' 5"
8	Northrop, Maiya	Norfolk Christian	22' 11"
9	Wallace, Christina	Nansemond-Suffolk Ac	24' 8.50"
10	Coates, Rylee	Northampton	25' 7"
11	Benz, Olivia	Jamestown	29' 0"
12	Stanhope, Alexis	Jamestown	30' 1"
13	Dunn, Laila	Jamestown	30' 2.75"
14	Avery, Milla	Norfolk Academy	33' 4"
15	Curry, Lauren	Bruton	35' 4"

#73 Girls Shot Put (JV 9-10)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Austin, Parker	First Flight	16' 5"
2	Hogan, Evey	Nansemond-Suffolk Ac	20' 0"

LAMPERT TIMING MEET #5

Hampton, VA
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MEET OFFICIALS

Meet Director:
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START LIST**#73 Girls Shot Put (JV 9-10) (cont'd)**

Lane	Name	Team	Mark
3	Payne, Eleanor	First Flight	21' 2"

#72 Girls Shot Put (JV 6-8)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Payne, Maddie	Norfolk Christian	16' 0"
2	Cargill, Jordynn	St. Matthew's	18' 2"
3	Hollowell, Caroline	Norfolk Christian	19' 6.50"
4	Kastrounis, Mia	Norfolk Academy	25' 10.63"

#246 Girls Triple Jump (JV 6-8)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Pittman, Kendall	Nansemond-Suffolk Ac	31' 2"