

LAMPERT TIMING MEET #6Hampton, VA
Boo Williams Sportsplex

Tuesday, January 13, 2026

MEET OFFICIALSMeet Director:
Zach Lampert**OFFICIAL MEET REPORT**

printed: 1/13/2026 9:56 AM

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

Lane Name	Team	Time
Section 1 of 2		
1 Legan, Ella	St. Gertrude	9.00
2 Carter, Zoe	Stonebridge School	8.81
3 Bruccoleri, Izzy	Isle of Wight Academy	8.50
4 DeVita, Raegan	Stonebridge School	8.78
5 Wilson, Jocelyn	Stonebridge School	8.83
6 Rubis, Eleni	St. Gertrude	9.00
Section 2 of 2		
1 Aryeh, Ailyana	St. Gertrude	10.00
2 Hufner, Savannah	St. Gertrude	10.00
3 Miller, Sadie	St. Gertrude	9.09
4 Covill, Zoe	Stonebridge School	9.23
5 Flores-Ramirez, Julyssa	St. Gertrude	10.00
6 DeGenna, Mira	St. Gertrude	10.00

#5 Girls 55 Meters (JV 6-8)**3:53 PM**

Lane Name	Team	Time
Section 1 of 2		
2 Crockett, Breslyn	Poquoson	8.90
3 Fleming (JV), Kayci	Woodside	8.73
4 DeMay, Elliana	Poquoson	8.75
5 Totty, Gabby	Isle of Wight Academy	9.15
Section 2 of 2		
2 Rowley, Claire	Isle of Wight Academy	11.43
3 Mitchell, Dallas	Cumberland Middle Sch	9.50
4 Ellis, Wynter	Stonebridge School	10.50

#3 Boys 55 Meters (JV 9-10)**3:56 PM**

Lane Name	Team	Time
Section 1 of 1		
2 Desai, Caelus	Cape Henry Collegiate	10.12
3 Johnson, Josiah	Benedictine	7.00
4 Nied, Randall	Cape Henry Collegiate	8.41

#1 Boys 55 Meters (JV 6-8)**3:57 PM**

Lane Name	Team	Time
Section 1 of 3		
1 Webb (JV), William	Woodside	7.42
2 Wyatt (JV), Xavier	Woodside	7.29
3 Schwizer, Jack	Poquoson	6.78
4 Brady, Kayden	Poquoson	7.20
5 Williams (JV), Jeremiah	Woodside	7.35

#1 Boys 55 Meters (JV 6-8) (cont'd)**3:57 PM**

Lane Name	Team	Time
6 Lane, Griff	Cape Henry Collegiate	7.78
Section 2 of 3		
1 Johnston, Connor	Poquoson	8.87
2 Bragg, Jordan	Cumberland Middle Sch	8.20
3 Battle (JV), Eric	Woodside	8.08
4 Woodson-Trent, Bren	Cumberland Middle Sch	8.10
5 Bidnick, Joey	Isle of Wight Academy	8.50
6 Mishler, Mica	Walsingham Academy	9.34
Section 3 of 3		
2 Bentley, Timmy	Walsingham Academy	NT
3 Holmes, Crew	Isle of Wight Academy	9.50
4 Joyner, Eli	Isle of Wight Academy	9.74
5 Smith, Dominic	Walsingham Academy	NT

#31 Girls 3200 Meters (Varsity)

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

4:01 PM

Lane Name	Team	Time
Section 1 of 1		
1 Butterfield, Isabella	Poquoson	12:24.23
2 Ogden, Teagan	Catholic High School	13:11.00
3 Karsanac, Ava	Cape Henry Collegiate	14:23.03

#30 Boys 3200 Meters (Varsity)

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

4:01 PM

Lane Name	Team	Time
Section 1 of 1		
1 Burnham, Luke	Cape Henry Collegiate	10:15.00
2 Whitfield, Kyle	Cape Henry Collegiate	10:50.00
3 Seidensticker, Joshua	Catholic High School	10:58.00
4 Bekele, Kaleb	Stonebridge School	11:13.00
5 Woodruff, Jacob	Peninsula Catholic	11:19.88
6 Anderson, Tj	Catholic High School	11:50.00
7 Gonzalez, Levi	Stonebridge School	12:45.00
8 Wall, Ronnie	Stonebridge School	12:45.00

#36 Girls 55m Hurdles (Varsity)

S Series Record 8.18 Zamia Stelly 2/5/2019

4:17 PM

Lane Name	Team	Time
Section 1 of 2		
3 Cherkaoui, Meriam	Walsingham Academy	11.03
4 Gilbert, McKenzie	Nansemond-Suffolk Ac	10.60
5 Schultz, Brooklyn	Walsingham Academy	10.80
6 Mazur, Reese	Nansemond-Suffolk Ac	11.30

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START LIST**#36 Girls 55m Hurdles (Varsity) (cont'd)****4:17 PM**

Lane	Name	Team	Time
Section 2 of 2			
4	Kampmann, Alyssa	John A. Holmes	12.81
5	Boatwright, Sharonda	John A. Holmes	11.34
6	Yates, Elizabeth	Peninsula Catholic	12.33

#34 Boys 60m Hurdles (JV 6-8)**4:22 PM**

Lane	Name	Team	Time
Section 1 of 1			
2	Wyatt (JV), Xavier	Woodside	9.60

#32 Boys 55m Hurdles (Varsity)

S Series Record 7.83 Demarcus Henderson 1/14/2025

4:23 PM

Lane	Name	Team	Time
Section 1 of 1			
3	Wood, Jude	Stonebridge School	10.22
4	Henderson, Demarcus	Currituck County	7.69
5	Thomas, Jamal	Nansemond-Suffolk Ac	8.58
6	LaBryer, Robert	Currituck County	10.74

#33 Boys 55m Hurdles (JV 9-10)**4:25 PM**

Lane	Name	Team	Time
Section 1 of 1			
3	Perry, Zac	Isle of Wight Academy	13.50
4	Fulani, Abdullah	Cumberland High Scho	10.48
5	Thomas, Jayden	Cumberland High Scho	10.90
6	Duffee, Ben	Isle of Wight Academy	13.50

#4 Girls 55 Meters (Varsity)

S Series Record 7.14 Aziyah Heru 2/4/2025

4:28 PM

Lane	Name	Team	Time
Section 1 of 9			
1	Ofole, Zara	Stonebridge School	7.78
2	Ofole, Chiamaka	Stonebridge School	7.69
3	Martinez, Kyria	St. Gertrude	7.62
4	Smith, Imani	Catholic High School	7.65
5	Nguyen, Kaitlynn	Peninsula Catholic	7.73
6	Wood, Stella	Catholic High School	7.87
Section 2 of 9			
1	Cannon, Taniya	Stonebridge School	7.99
2	Rogers, Annabel	Isle of Wight Academy	7.97
3	Okobi, Onyebuka	Catholic High School	7.88
4	Seidensticker, Margaret	Catholic High School	7.91

#4 Girls 55 Meters (Varsity) (cont'd)**4:28 PM**

Lane	Name	Team	Time
5	Hawkins, Makiya	Cumberland High Scho	7.98
6	Dimino, Annemarie	Catholic High School	7.99
Section 3 of 9			
1	Campbell, Riya	Stonebridge School	8.17
2	Hobson, Iva	Peninsula Catholic	8.13
3	Hammond, Miranda	Nansemond-Suffolk Ac	8.01
4	Shick, Cassie	St. Gertrude	8.05
5	Massie, Ella	St. Gertrude	8.14
6	Enfield, Holland	Stonebridge School	8.19
Section 4 of 9			
1	McCoy, Carleigh	Nansemond-Suffolk Ac	8.38
2	Barrafato, Bailey	St. Gertrude	8.30
3	Gilbert, MeKenzie	Nansemond-Suffolk Ac	8.19
4	Anderson, Faith	Stonebridge School	8.20
5	Wilbanks, Katelyn	Stonebridge School	8.31
6	Hedgebeth, Kamiyah	Currituck County	8.42
Section 5 of 9			
1	Carpenter, Zoey	Nansemond-Suffolk Ac	8.61
2	Dimperio, Julianna	Nansemond-Suffolk Ac	8.50
3	Thompson, Hayden	Peninsula Catholic	8.46
4	Witter, Eva	Catholic High School	8.47
5	Snyder, Evalyn	Catholic High School	8.53
6	Schultz, Shirley	Walsingham Academy	8.63
Section 6 of 9			
1	Slades, Juliana	John A. Holmes	8.84
2	DiGiovanni, Josephina	Nansemond-Suffolk Ac	8.75
3	Kuehl, Makenna	Nansemond-Suffolk Ac	8.68
4	Palazzotto, Alaina	Nansemond-Suffolk Ac	8.68
5	Tankersley, Abby	Currituck County	8.84
6	Rindfleisch, Jazmine	Currituck County	8.86
Section 7 of 9			
1	Kincaid, Campbell	St. Gertrude	9.00
2	Vaughan, Cambree	John A. Holmes	8.91
3	Browning, Claire	Cape Henry Collegiate	8.86
4	Beckwith, Natahlia	Stonebridge School	8.88
5	Wylie, Reagan	Currituck County	8.96
6	McDonough, Claire	St. Gertrude	9.00
Section 8 of 9			
1	Garland, Gabrielle	St. Gertrude	9.29
2	Mazur, Reese	Nansemond-Suffolk Ac	9.11
3	Spruill, Amiya	John A. Holmes	9.02
4	Thursby, Jayonna	Currituck County	9.02
5	Lockhart, Kaylee	Currituck County	9.24
Section 9 of 9			
2	Johnson, Bre	Nansemond-Suffolk Ac	10.50

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START LIST**#4 Girls 55 Meters (Varsity) (cont'd)****4:28 PM**

Lane	Name	Team	Time
3	Ertsgaard, Marissa	Currituck County	9.35
4	Zaremba, Alli	St. Gertrude	9.78

#2 Boys 55 Meters (Varsity)

S Series Record 6.48 Brehon Daniels 1/24/2012

4:40 PM

Lane	Name	Team	Time
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Section 1 of 8

1	Ayres, Blake	Currituck County	6.94
2	Thomas, Jamal	Nansemond-Suffolk Ac	6.93
3	Henderson, Demarcus	Currituck County	6.80
4	Gnandt, Nicholas	Catholic High School	6.85
5	Fournier, John	Benedictine	6.94
6	Peebles, Khristian	Peninsula Catholic	6.94

Section 2 of 8

1	Boggs, Blake	Benedictine	7.00
2	Hutchins, Jejuan	Benedictine	7.00
3	DeMay, Dillon	Poquoson	6.97
4	Vaughan, Aidan	Benedictine	7.00
5	Turner, Mac	Benedictine	7.00
6	Sturtevant, Ethan	Benedictine	7.00

Section 3 of 8

1	Hayden, Jack	Nansemond-Suffolk Ac	7.13
2	Wilson, Chris	John A. Holmes	7.06
3	Siano, Greyson	Benedictine	7.00
4	Basnight, Ja'marion	John A. Holmes	7.02
5	Nwafor, Chima	Stonebridge School	7.06
6	Hagerman, Gabriel	Catholic High School	7.15

Section 4 of 8

1	Daniels, Michael	Isle of Wight Academy	7.29
2	Perry, Marshall	Walsingham Academy	7.16
3	Norton, Carson	Catholic High School	7.15
4	Souders, Adam	Isle of Wight Academy	7.16
5	Perez, Ayden	Catholic High School	7.20
6	Davis, Rhys	Benedictine	7.32

Section 5 of 8

1	Bailey, Cessario	Currituck County	7.40
2	Churchro, Christian	Catholic High School	7.36
3	McCully, Andrew	Catholic High School	7.32
4	Felton, Micah	John A. Holmes	7.33
5	Williams, Carter	Currituck County	7.39
6	Lane, Keaton	Cape Henry Collegiate	7.45

Section 6 of 8

1	Bailey, Nicholas	Nansemond-Suffolk Ac	7.57
2	Wagner, Jonah	Catholic High School	7.50

#2 Boys 55 Meters (Varsity) (cont'd)**4:40 PM**

Lane	Name	Team	Time
3	Work, Michael	Nansemond-Suffolk Ac	7.48
4	Shearin, Kellan	Nansemond-Suffolk Ac	7.49
5	McNeil, Jayden	John A. Holmes	7.54
6	kahley, brady	Currituck County	7.60

Section 7 of 8

1	VandeSand, Brayden	Walsingham Academy	7.76
2	Ryan, Latrell	John A. Holmes	7.64
3	Leary, Keymoni	John A. Holmes	7.60
4	Cowan, Barrett	Nansemond-Suffolk Ac	7.61
5	Huber, George	Stonebridge School	7.72
6	Stokley, Jailen	Currituck County	7.93

Section 8 of 8

1	Scaggs, Adam	Walsingham Academy	8.78
2	McClung, Kellan	Stonebridge School	8.21
3	Bock, Jonathan	Catholic High School	7.95
4	Sigmon, Maddox	Stonebridge School	8.18
5	Leggett, Zach	Stonebridge School	8.76
6	Sannes, Sebastion	Walsingham Academy	NT

#29 Girls 1600 Meters (Varsity)

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

4:50 PM

Lane	Name	Team	Time
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Section 1 of 2

1	Freeman, Remington	Walsingham Academy	5:17.55
2	Ogden, Teagan	Catholic High School	6:13.00
3	Pei, Helia	Walsingham Academy	6:13.59
4	Ankley, Sara	Catholic High School	6:14.00
5	Gardner, Rae	Catholic High School	6:14.00
6	Mateo, Leila	Catholic High School	6:14.26
7	O'Connor, Macy	Catholic High School	6:18.00
8	McGuigan, Mary Kate	Cape Henry Collegiate	6:28.12
9	Lynch, Rachel	Stonebridge School	6:30.09
10	Braendeholm, Emma	Catholic High School	6:42.11
11	Rivera, Allie	Stonebridge School	6:48.32

Section 2 of 2

1	Huber, Ella	Isle of Wight Academy	7:01.47
2	Bardsley, Morgan	Currituck County	7:05.00
3	Lizama, Michelle	Currituck County	7:15.00
4	LeBlanc, Sarah	Stonebridge School	7:42.96
5	Thomas, Claire	St. Gertrude	8:07.43

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START LIST**#101 Girls 1600 Meters (JV 9-10)****4:57 PM**

Lane Name	Team	Time
Section 1 of 1		
7 Suess, Sophia	Cape Henry Collegiate	6:40.00
8 McDonald, Ava	Stonebridge School	7:52.03

#28 Girls 1600 Meters (JV 6-8)**4:57 PM**

Lane Name	Team	Time
Section 1 of 1		
9 Jones, Lauren	Poquoson	6:37.00
10 Jordan, Charlotte	Poquoson	6:46.00
11 Taylor, Laney	Poquoson	7:33.00
12 Rowley, Connie	Isle of Wight Academy	9:04.96

#25 Boys 1600 Meters (Varsity)

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

5:07 PM

Lane Name	Team	Time
Section 1 of 2		
1 Rodriguez, Carlos	Peninsula Catholic	4:57.38
2 O'Hallarn, Gene	Walsingham Academy	4:57.87
3 Seidensticker, Joshua	Catholic High School	5:00.00
4 Ankley, Michael	Catholic High School	5:08.00
5 Villasis, Alex	Catholic High School	5:10.40
6 Anderson, Tj	Catholic High School	5:11.00
7 Nicoletti, James	Catholic High School	5:14.00
8 Null, Jaymin	Currituck County	5:15.12
9 Presnell, Sebastian	Cape Henry Collegiate	5:21.86
10 Davis, Keegan	Currituck County	5:25.21
11 Coleman, Michael	Cape Henry Collegiate	5:31.45
12 Huber, Gage	Isle of Wight Academy	5:36.15
Section 2 of 2		
1 Mackie, Brendan	Isle of Wight Academy	5:44.36
2 Williams, Evan	Peninsula Catholic	5:52.72
3 Ware, Casey	Peninsula Catholic	5:52.98
4 Lebel, Anders	Walsingham Academy	5:53.73
5 McClung, Aiden	Stonebridge School	5:59.00
6 Dillender, Michael	Stonebridge School	6:07.57
7 Campbell, Sohan	Stonebridge School	6:07.60
8 Phillips, Joseph	Isle of Wight Academy	6:30.00
9 Rockey, Will	Nansemond-Suffolk Ac	6:30.00

#27 Boys 1600 Meters (JV 9-10)**5:20 PM**

Lane Name	Team	Time
Section 1 of 1		

#27 Boys 1600 Meters (JV 9-10) (cont'd)**5:20 PM**

Lane Name	Team	Time
1 Barrett, Brady	Cape Henry Collegiate	5:35.68
2 Butela, Holden	Cape Henry Collegiate	5:52.28
3 Lillard, Henri	Cape Henry Collegiate	6:09.03
4 Tomeu, Graham	Cape Henry Collegiate	6:09.45
5 Yang, Changxing	Cape Henry Collegiate	6:40.00
6 Klopfer, Jack	Isle of Wight Academy	7:15.00
7 Hambleton, Noah	Isle of Wight Academy	7:15.45

#26 Boys 1600 Meters (JV 6-8)**5:20 PM**

Lane Name	Team	Time
Section 1 of 1		
8 Mohammed (JV), Sean	Woodside	5:49.74
9 Bucci, Luca	Walsingham Academy	6:04.07
10 Davis (JV), Mason	Woodside	6:04.45
11 Fleming (JV), Tracey	Woodside	6:05.17
12 Cespedes, Cannon	Cape Henry Collegiate	6:05.56
13 Schwizer, Jack	Poquoson	6:36.00
14 Alger, Jackson	Poquoson	10:20.00

#42 Girls 4 x 200m Relay (Varsity)

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

5:31 PM

Lane Team	Time
Section 1 of 2	
1 Catholic High School (A)	NT
2 Nansemond-Suffolk Academy (A)	2:02.42
3 John A. Holmes (A)	2:06.47
4 Cape Henry Collegiate (A)	1:57.72
5 Walsingham Academy (A)	2:05.45
6 St. Gertrude (A)	2:07.00

Section 2 of 2

1 Cape Henry Collegiate (B)	1:57.72
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#41 Girls 4 x 200m Relay (JV 9-10)**5:35 PM**

Lane Team	Time
Section 1 of 1	
2 St. Gertrude (A)	2:16.00

#40 Girls 4 x 200m Relay (JV 6-8)**5:35 PM**

Lane Team	Time
Section 1 of 1	
3 Isle of Wight Academy (A)	5:00.00

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

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

5:39 PM

Lane	Team	Time
Section 1 of 2		
1	Nansemond-Suffolk Academy (A)	1:44.11
2	John A. Holmes (A)	1:41.69
3	Currituck County (A)	1:37.91
4	Cape Henry Collegiate (A)	1:41.18
5	Benedictine (A)	1:43.50
6	Isle of Wight Academy (A)	1:55.00
Section 2 of 2		
2	Catholic High School (A)	NT
3	Stonebridge School (A)	1:52.14
4	Isle of Wight Academy (B)	1:44.47

#39 Boys 4 x 200m Relay (JV 6-8)**5:43 PM**

Lane	Team	Time
Section 1 of 1		
5	Woodside (A)	1:42.47
6	Isle of Wight Academy (A)	2:38.00

#17 Girls 500 Meters (Varsity)

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

5:48 PM

Lane	Name	Team	Time
Section 1 of 3			
1	Branan, Rachel	Peninsula Catholic	1:21.23
2	Bailey, Illianna	Currituck County	1:24.60
3	Doron, Lauren	Cape Henry Collegiate	1:26.44
4	Andrews, Reese	Cape Henry Collegiate	1:27.00
5	Cajulis, Maia	Cape Henry Collegiate	1:28.71
6	Megroz, Eve	Cape Henry Collegiate	1:30.00
7	Barley, Brynn	Cape Henry Collegiate	1:31.00
Section 2 of 3			
1	Garrett, Lucy	Walsingham Academy	1:32.12
2	Hill, Savannah	Currituck County	1:34.68
3	Sutingco, Amelie	Walsingham Academy	1:34.83
4	Adolf, Addi	Currituck County	1:35.00
5	Fisher, Addison	Currituck County	1:35.00
6	Branan, Lisa	Peninsula Catholic	1:37.02
7	Healey, Keilani	Catholic High School	1:40.11
Section 3 of 3			
1	Hawkins, Makiya	Cumberland High Scho	1:40.39
2	Anderson, Faith	Stonebridge School	1:40.77
3	Moody, Rylan	St. Gertrude	1:41.00
4	Chesney, Gabby	Catholic High School	1:42.00

#17 Girls 500 Meters (Varsity) (cont'd)**5:48 PM**

Lane	Name	Team	Time
5	Maust, Lauren	Isle of Wight Academy	1:44.86
6	Cazedessus, Elizabeth	Catholic High School	1:46.00
7	Rideout, Hannah	Currituck County	2:07.84

#18 Girls 500 Meters (JV 9-10)**5:54 PM**

Lane	Name	Team	Time
Section 1 of 1			
1	Spicer, Danielle	St. Gertrude	1:51.00
2	Gilikin, Isabella	Stonebridge School	1:52.97
3	Gilliss,, Mary Archer	St. Gertrude	1:56.00
4	El-Mahdy, Noor	Cape Henry Collegiate	1:58.00
5	Beckner, Millie	Stonebridge School	2:01.00

#16 Girls 500 Meters (JV 6-8)**5:56 PM**

Lane	Name	Team	Time
Section 1 of 1			
1	Battle, Nadia	Stonebridge School	1:46.00
2	Ellis, Wynter	Stonebridge School	1:48.00
3	Boone, Olivia	Isle of Wight Academy	1:59.10
4	Martin, Reagan	Poquoson	5:00.00

#14 Boys 500 Meters (Varsity)

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

5:59 PM

Lane	Name	Team	Time
Section 1 of 2			
1	Tragert, Owen	Cape Henry Collegiate	1:06.36
2	Baquero, Braiden	Cape Henry Collegiate	1:12.00
3	Kite, Preston	Cape Henry Collegiate	1:18.78
4	Wagner, Jonah	Catholic High School	1:20.00
5	Fender, Logan	Catholic High School	1:21.44
6	Fitzgerald, Brennan	Nansemond-Suffolk Ac	1:21.97
7	Ryan, Latrell	John A. Holmes	1:23.70
Section 2 of 2			
1	Mackie, Brendan	Isle of Wight Academy	1:24.56
2	Walker, Tyler	Catholic High School	1:25.00
3	Grimes, Garrett	Nansemond-Suffolk Ac	1:25.58
4	Gucer, Berk	Cape Henry Collegiate	1:33.03
5	Leary, Keymoni	John A. Holmes	1:33.31
6	Lemasters-Stover, Luke	Isle of Wight Academy	1:39.46
7	Sigmon, Maddox	Stonebridge School	1:43.00

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START LIST**#15 Boys 500 Meters (JV 9-10)****6:03 PM**

Lane Name	Team	Time
Section 1 of 1		
1 Fulani, Abdullah	Cumberland High Scho	1:17.40
2 Thomas, Jayden	Cumberland High Scho	1:20.31
3 Belzile, Daniel	Benedictine	1:37.00
4 Akbar, Alex	Benedictine	1:38.00
5 Levelle, Hunter	Norfolk Collegiate	1:55.00

#13 Boys 500 Meters (JV 6-8)**6:05 PM**

Lane Name	Team	Time
Section 1 of 1		
1 Garran, Chris	Cape Henry Collegiate	1:25.00
2 Mohammed (JV), Sean	Woodside	1:30.00
3 Carter (JV), Jayden	Woodside	1:35.00
4 Davis (JV), Mason	Woodside	1:37.00
5 Fleming (JV), Tracey	Woodside	1:40.00
6 Williams, Derek	Cumberland Middle Sch	1:48.00
7 Radley, Sebastian	Walsingham Academy	1:50.00
8 Grossman, Anthony	Isle of Wight Academy	1:55.60
9 Sukowaski, Zane	Isle of Wight Academy	1:56.02
10 Alger, Jackson	Poquoson	1:58.00
11 Phillips, Seth	Isle of Wight Academy	1:58.49
12 Jenkins, Elijah	Norfolk Collegiate	2:45.00

#23 Girls 1000 Meters (Varsity)

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

6:08 PM

Lane Name	Team	Time
Section 1 of 2		
1 Rapp, Ava	Nansemond-Suffolk Ac	3:10.00
2 Blinn, Kate	Walsingham Academy	3:32.32
3 Banks, Hannah	Peninsula Catholic	3:34.39
4 Prewitt, Riley	Currituck County	3:35.98
5 Curran, Caitlyn	Currituck County	3:41.07
6 Miller, Claire	St. Gertrude	3:51.00
7 Mercer, Rylee	Currituck County	3:51.89
8 Elder, Lila	St. Gertrude	3:52.00
9 Rock, Gabrielle	Currituck County	3:53.63
Section 2 of 2		
1 Guild, Maggie	Catholic High School	4:04.00
2 Gelormine, Avery	Currituck County	4:06.58
3 Pomeroy, Charlotte	Catholic High School	4:08.21
4 McMahon, Zoe	Peninsula Catholic	4:45.64
5 Wilson, Blinda	Catholic High School	4:53.00

#24 Girls 1000 Meters (JV 9-10)**6:12 PM**

Lane Name	Team	Time
Section 1 of 1		
6 Dillard, Ava	St. Gertrude	4:33.00

#22 Girls 1000 Meters (JV 6-8)**6:12 PM**

Lane Name	Team	Time
Section 1 of 1		
7 Jordan, Charlotte	Poquoson	5:00.00
8 Jones, Lauren	Poquoson	5:00.00
9 Taylor, Laney	Poquoson	5:30.00
10 Ordaz, Sophie	Walsingham Academy	7:00.00

#20 Boys 1000 Meters (Varsity)

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

6:19 PM

Lane Name	Team	Time
Section 1 of 2		
1 McGuigan, Matthew	Cape Henry Collegiate	2:52.60
2 Green, Oliver	Currituck County	2:55.25
3 Bekele, Kaleb	Stonebridge School	2:57.39
4 Pascual, Liam	Nansemond-Suffolk Ac	3:00.00
5 Healey, Matthew	Catholic High School	3:00.35
6 Thompson, Drew	Nansemond-Suffolk Ac	3:00.62
7 Eason, Brandon	Catholic High School	3:01.61
8 Wilson, Cooper	Catholic High School	3:09.46
9 Wall, Ronnie	Stonebridge School	3:12.42
10 Maust, Aj	Isle of Wight Academy	3:16.01
11 Gonzalez, Levi	Stonebridge School	3:16.90

Section 2 of 2

1 Davis, Michael	Nansemond-Suffolk Ac	3:20.00
2 McClung, Aiden	Stonebridge School	3:20.00
3 Pollock, Hudson	Walsingham Academy	3:22.44
4 Parkerson, Lawrence	Stonebridge School	3:24.67
5 Allen, Hershel	Currituck County	3:28.07
6 Sigmon, Kade	Stonebridge School	3:42.70
7 Campbell, Sohan	Stonebridge School	3:50.04
8 Dougherty, Brendan	Catholic High School	3:51.00

#21 Boys 1000 Meters (JV 9-10)**6:27 PM**

Lane Name	Team	Time
Section 1 of 1		
1 Barrett, Brady	Cape Henry Collegiate	3:25.00
2 Butela, Holden	Cape Henry Collegiate	3:30.00
3 Dunaway, Nolan	Benedictine	3:34.00

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START LIST**#21 Boys 1000 Meters (JV 9-10) (cont'd)****6:27 PM**

Lane	Name	Team	Time
4	Tomeu, Graham	Cape Henry Collegiate	3:35.00
5	Yang, Changxing	Cape Henry Collegiate	3:37.48
6	Acquista, Dominic	Benedictine	3:41.00

#19 Boys 1000 Meters (JV 6-8)**6:27 PM**

Lane	Name	Team	Time
Section 1 of 1			
7	Scott, Emmett	Cumberland Middle Sch	3:31.00
8	Schwizer, Jack	Poquoson	4:00.00
9	Rowley, Mitchell	Isle of Wight Academy	5:12.74
10	Radley, Teddy	Walsingham Academy	7:00.00

#10 Girls 300 Meters (Varsity)

S Series Record 40.49 Michaela Rose 1/13/2020

6:33 PM

Lane	Name	Team	Time
Section 1 of 8			
1	Seidensticker, Margaret	Catholic High School	45.55
2	Doron, Lauren	Cape Henry Collegiate	45.11
3	Branan, Rachel	Peninsula Catholic	43.60
4	Bailey, Illianna	Currituck County	44.77
5	Smith, Imani	Catholic High School	45.48
6	Nguyen, Kaitlynn	Peninsula Catholic	46.65
Section 2 of 8			
1	Dimperio, Julianna	Nansemond-Suffolk Ac	48.25
2	Massie, Ella	St. Gertrude	47.77
3	Cajulis, Maia	Cape Henry Collegiate	47.35
4	Megroz, Eve	Cape Henry Collegiate	47.43
5	Hammond, Miranda	Nansemond-Suffolk Ac	47.87
6	Houlihan, Cailin	Peninsula Catholic	48.69
Section 3 of 8			
1	Kampmann, Alyssa	John A. Holmes	49.55
2	Boatwright, Sharonda	John A. Holmes	48.97
3	Tankersley, Abby	Currituck County	48.80
4	Mulkey, Lia	Cape Henry Collegiate	48.92
5	Browning, Claire	Cape Henry Collegiate	49.25
6	Andrews, Reese	Cape Henry Collegiate	49.67
Section 4 of 8			
1	Okobi, Onyebuka	Catholic High School	50.38
2	McCloskey, Kate	Catholic High School	50.25
3	Dininy, Leylana	Cape Henry Collegiate	49.71
4	Kincaid, Campbell	St. Gertrude	50.00
5	Sharp, Kelly	Cape Henry Collegiate	50.38
6	Wood, Stella	Catholic High School	50.46

#10 Girls 300 Meters (Varsity) (cont'd)**6:33 PM**

Lane	Name	Team	Time
Section 5 of 8			
1	Witter, Eva	Catholic High School	51.22
2	Barley, Brynn	Cape Henry Collegiate	50.88
3	Dimino, Annemarie	Catholic High School	50.63
4	Rindfleisch, Jazmine	Currituck County	50.70
5	Cherkaoui, Meriam	Walsingham Academy	51.21
6	Schultz, Shirley	Walsingham Academy	51.27
Section 6 of 8			
1	Wylie, Reagan	Currituck County	53.26
2	Carpenter, Zoey	Nansemond-Suffolk Ac	51.90
3	Enfield, Holland	Stonebridge School	51.30
4	Bunch, Ava	John A. Holmes	51.84
5	Hedgebeth, Kamiyah	Currituck County	51.90
6	Amankona, Cheryl	Catholic High School	53.57
Section 7 of 8			
1	Rivera, Allie	Stonebridge School	55.10
2	Vaughan, Cambree	John A. Holmes	54.30
3	Snyder, Evalyn	Catholic High School	53.57
4	Marchesi, Kate	Catholic High School	53.57
5	Thursby, Jayonna	Currituck County	54.36
6	Beckwith, Natahlia	Stonebridge School	55.98
Section 8 of 8			
1	Stinson, Kendall	Isle of Wight Academy	1:11.21
2	Pope, Sara	Catholic High School	57.84
3	Howes, Jessica	Isle of Wight Academy	56.29
4	LeBlanc, Sarah	Stonebridge School	57.07
5	Slades, Juliana	John A. Holmes	1:00.46
6	Baer, Lily	Isle of Wight Academy	1:15.76

#12 Girls 300 Meters (JV 9-10)**6:43 PM**

Lane	Name	Team	Time
Section 1 of 3			
1	Lynch, Rachel	Stonebridge School	57.00
2	Carter, Zoe	Stonebridge School	54.31
3	Wilson, Jocelyn	Stonebridge School	50.00
4	DeVita, Raegan	Stonebridge School	51.00
5	Gillikin, Isabella	Stonebridge School	54.78
6	Falcone, Ava	St. Gertrude	1:00.00
Section 2 of 3			
2	Kulak, Vivian	St. Gertrude	1:00.00
3	Pfisterer, Stella	St. Gertrude	1:00.00
4	Halafihi, Hope	St. Gertrude	1:00.00
5	El-Mahdy, Noor	Cape Henry Collegiate	1:00.96
Section 3 of 3			

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START LIST**#12 Girls 300 Meters (JV 9-10) (cont'd)****6:43 PM**

Lane	Name	Team	Time
2	Beckner, Millie	Stonebridge School	1:04.48
3	Giltner, Abby	Isle of Wight Academy	1:01.42
4	McDonald, Ava	Stonebridge School	1:01.64

#11 Girls 300 Meters (JV 6-8)**6:47 PM**

Lane	Name	Team	Time
Section 1 of 1			
2	DeMay, Elliana	Poquoson	1:00.00
3	Fleming (JV), Kayci	Woodside	52.89
4	Battle, Nadia	Stonebridge School	1:00.00
5	Crockett, Breslyn	Poquoson	1:03.00

#9 Boys 300 Meters (Varsity)

S Series Record 35.80 Izaiah Wingfield 12/12/202

6:49 PM

Lane	Name	Team	Time
Section 1 of 8			
1	Brown, Mason	Cape Henry Collegiate	39.00
2	Tragert, Owen	Cape Henry Collegiate	38.37
3	Lane, Keaton	Cape Henry Collegiate	36.86
4	Peebles, Khristian	Peninsula Catholic	38.14
5	Shepler, Austin	Currituck County	38.83
6	Baquero, Braiden	Cape Henry Collegiate	39.00
Section 2 of 8			
1	Fournier, John	Benedictine	39.43
2	Ayres, Blake	Currituck County	39.12
3	Cheshire, Daniel	Cape Henry Collegiate	39.00
4	Lewis, Dylan	Cape Henry Collegiate	39.00
5	Hill, London	Currituck County	39.33
6	Hively, Jett	Currituck County	39.67
Section 3 of 8			
1	Gnandt, Nicholas	Catholic High School	40.91
2	Dignan, Conner	Isle of Wight Academy	40.50
3	Perez, Ayden	Catholic High School	40.20
4	Hagerman, Gabriel	Catholic High School	40.27
5	Wilson, Chris	John A. Holmes	40.57
6	kahley, brady	Currituck County	41.00
Section 4 of 8			
1	Perry, Marshall	Walsingham Academy	42.84
2	Leary, Keymoni	John A. Holmes	42.34
3	McCully, Andrew	Catholic High School	41.75
4	Bock, Jonathan	Catholic High School	42.02
5	Kite, Preston	Cape Henry Collegiate	42.45
6	Felton, Micah	John A. Holmes	42.95

#9 Boys 300 Meters (Varsity) (cont'd)**6:49 PM**

Lane	Name	Team	Time
Section 5 of 8			
1	Ryan, Latrell	John A. Holmes	43.74
2	Basnight, Ja'marion	John A. Holmes	43.58
3	Lowe, Max	Catholic High School	43.25
4	Norton, Carson	Catholic High School	43.50
5	Wilson, Jackson	Isle of Wight Academy	43.66
6	Brown, Jim	Isle of Wight Academy	43.78
Section 6 of 8			
1	Gucer, Berk	Cape Henry Collegiate	44.69
2	Monk, Evan	Isle of Wight Academy	44.23
3	Boggs, Blake	Benedictine	44.00
4	Churchro, Christian	Catholic High School	44.17
5	White, Ethan	Currituck County	44.57
6	Rubino, Tyler	Cape Henry Collegiate	45.00
Section 7 of 8			
1	Nagy, Andrew	Isle of Wight Academy	52.14
2	Bach, Zach	Cape Henry Collegiate	46.59
3	McNeil, Jayden	John A. Holmes	45.01
4	VandeSand, Brayden	Walsingham Academy	45.64
5	McClung, Kellan	Stonebridge School	47.27
Section 8 of 8			
2	Sannes, Sebastian	Walsingham Academy	NT
3	Leggett, Zach	Stonebridge School	52.29
4	Barnes, Cayden	Stonebridge School	52.31

#8 Boys 300 Meters (JV 9-10)**6:59 PM**

Lane	Name	Team	Time
Section 1 of 2			
2	Stinson, Ryan	Isle of Wight Academy	47.55
3	Belzile, Daniel	Benedictine	45.00
4	Raine, Tripp	Benedictine	45.00
5	Wilson, Jayce	Isle of Wight Academy	47.93
Section 2 of 2			
2	Garrison, Cooper	Poquoson	1:00.00
3	Nied, Randall	Cape Henry Collegiate	48.00
4	Miller, Landon	Isle of Wight Academy	50.00

#7 Boys 300 Meters (JV 6-8)**7:02 PM**

Lane	Name	Team	Time
Section 1 of 2			
2	Brady, Kayden	Poquoson	45.87
3	Lane, Griff	Cape Henry Collegiate	42.42
4	Garran, Chris	Cape Henry Collegiate	44.92

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START LIST**#7 Boys 300 Meters (JV 6-8) (cont'd)****7:02 PM**

Lane	Name	Team	Time
5	Johnston, Connor	Poquoson	52.00

Section 2 of 2

2	Smith, Dominic	Walsingham Academy	NT
3	Mishler, Mica	Walsingham Academy	58.10
4	Bentley, Timmy	Walsingham Academy	NT

#46 Girls 4 x 400m Relay (Varsity)

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

7:04 PM

Lane	Team	Time
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Section 1 of 1

1	Currituck County (A)	4:37.53
2	Stonebridge School (A)	4:45.00
3	Nansemond-Suffolk Academy (A)	5:01.22
4	St. Gertrude (A)	5:05.00
5	Isle of Wight Academy (A)	5:16.09
6	Catholic High School (A)	NT

#43 Boys 4 x 400m Relay (Varsity)**7:11 PM**

Lane	Team	Time
------	------	------

Section 1 of 1

1	Currituck County (A)	3:50.01
2	Isle of Wight Academy (A)	4:18.00
3	Stonebridge School (A)	4:08.00
4	Nansemond-Suffolk Academy (A)	4:27.30
5	Catholic High School (A)	NT
6	Isle of Wight Academy (B)	4:04.08
7	Catholic High School (B)	NT

#118 Boys 4 x 400m Relay (JV 9-10)**7:11 PM**

Lane	Team	Time
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Section 1 of 1

8	Isle of Wight Academy (A)	5:09.00
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#44 Boys 4 x 400m Relay (JV 6-8)**7:11 PM**

Lane	Team	Time
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Section 1 of 1

9	Woodside (A)	4:10.80
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#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	Scaggs, Adam	Walsingham Academy	NM
2	Marchigiani, Alfred Jose	Stonebridge School	5' 0"
3	Bratsiankou, Mikhail	Cape Henry Collegiate	5' 2"
4	Cheshire, Daniel	Cape Henry Collegiate	5' 4"
5	Lewis, Dylan	Cape Henry Collegiate	5' 4"
6	Perez, Ayden	Catholic High School	5' 4"
7	Lowe, Max	Catholic High School	5' 6"
8	Brown, Mason	Cape Henry Collegiate	5' 6"
9	Hinshelwood, Owen	Stonebridge School	5' 8"

#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	Sutingco, Amelie	Walsingham Academy	NM
2	Amankona, Cheryl	Catholic High School	4' 0"
3	Mulkey, Lia	Cape Henry Collegiate	4' 2"
4	Sharp, Kelly	Cape Henry Collegiate	4' 2"
5	Banks, Hannah	Peninsula Catholic	4' 2"
6	Thompson, Hayden	Peninsula Catholic	4' 2"
7	McCloskey, Kate	Catholic High School	4' 6"
8	Shepard, Bella	Catholic High School	4' 6"
9	Hobson, Iva	Peninsula Catholic	4' 10"
10	Schultz, Brooklyn	Walsingham Academy	4' 10"

#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	Johnson, Ty	Stonebridge School	NM
2	Leggett, Zach	Stonebridge School	NM
3	McClung, Kellan	Stonebridge School	NM
4	Parkerson, Lawrence	Stonebridge School	NM

#55 Boys Pole Vault (JV 6-8)

Lane	Name	Team	Mark
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Flight 1 of 1

1	Williams, Derek	Cumberland Middle Sch	6' 0"
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#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	DeVita, Raegan	Stonebridge School	NM
2	Covill, Zoe	Stonebridge School	NM

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START LIST**#59 Girls Pole Vault (Varsity) (cont'd)**

Lane	Name	Team	Mark
3	Wilson, Jocelyn	Stonebridge School	NM
4	Hawkins, Makiya	Cumberland High Scho	6' 6"

#60 Boys Long Jump (Varsity)

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

Lane	Name	Team	Mark
Flight 1 of 2			
1	Lewis, Dylan	Cape Henry Collegiate	16' 0"
2	Shearin, Kellan	Nansemond-Suffolk Ac	16' 8.25"
3	Hinshelwood, Owen	Stonebridge School	16' 8.50"
4	Mcleod, Keanu	Currituck County	17' 6"
5	Lacorte, Jackson	Catholic High School	19' 0"
6	DeMay, Dillon	Poquoson	19' 3"
7	Felton, Micah	John A. Holmes	19' 8.25"
8	Thomas, Jamal	Nansemond-Suffolk Ac	21' 10.25"

Flight 2 of 2

1	Perry, Marshall	Walsingham Academy	NM
2	Sigmon, Kade	Stonebridge School	9' 7.75"
3	Scaggs, Adam	Walsingham Academy	10' 8.50"
4	Parkerson, Lawrence	Stonebridge School	14' 4"
5	McNeil, Jayden	John A. Holmes	14' 4.75"
6	McClung, Kellan	Stonebridge School	15' 2.75"
7	Marchigiani, Alfred Jose	Stonebridge School	15' 3.75"
8	Bratsiankou, Mikhail	Cape Henry Collegiate	15' 5"

#135 Boys Long Jump (JV 9-10)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Thomas, Jayden	Cumberland High Scho	17' 8"

#61 Boys Long Jump (JV 6-8)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Scott, Emmett	Cumberland Middle Sch	12' 0"
2	Bragg, Jordan	Cumberland Middle Sch	14' 0"
3	Woodson-Trent, Bren	Cumberland Middle Sch	14' 5"

#66 Boys Triple Jump (Varsity)

S Series Record 45' 2" Wonderful Banks 2/4/2020

Lane	Name	Team	Mark
Flight 1 of 1			
1	Cowan, Barrett	Nansemond-Suffolk Ac	31' 0"
2	Marchigiani, Alfred Jose	Stonebridge School	32' 0.50"
3	Work, Michael	Nansemond-Suffolk Ac	34' 11.50"
4	Cheshire, Daniel	Cape Henry Collegiate	35' 0"
5	Wilson, Chris	John A. Holmes	38' 9.50"
6	Brown, Mason	Cape Henry Collegiate	39' 5.75"
7	Felton, Micah	John A. Holmes	39' 8"

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

Lane	Name	Team	Mark
8	Nwafor, Chima	Stonebridge School	40' 5.75"
9	Thomas, Jamal	Nansemond-Suffolk Ac	47' 2.25"

#64 Girls Long Jump (Varsity)

S Series Record 18' 11.50" Jahnelle Saunders 1/5/2021

Lane	Name	Team	Mark
Flight 1 of 1			
1	Covill, Zoe	Stonebridge School	9' 11.50"
2	Boatwright, Sharonda	John A. Holmes	11' 0.25"
3	Cherkaoui, Meriam	Walsingham Academy	12' 4.50"
4	DiGiovanni, Josephina	Nansemond-Suffolk Ac	12' 7"
5	Bunch, Ava	John A. Holmes	12' 8"
6	Mulkey, Lia	Cape Henry Collegiate	12' 8.50"
7	Kampmann, Alyssa	John A. Holmes	12' 9"
8	Schultz, Shirley	Walsingham Academy	13' 2.75"
9	Capehart, Yezra	John A. Holmes	13' 4"
10	Ofole, Chiamaka	Stonebridge School	13' 9.50"
11	Smith, Imani	Catholic High School	14' 0"
12	Seidensticker, Margaret	Catholic High School	14' 6"
13	Hammond, Miranda	Nansemond-Suffolk Ac	15' 3"

#63 Girls Long Jump (JV 6-8)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Mitchell, Dallas	Cumberland Middle Sch	11' 0"

#67 Girls Triple Jump (Varsity)

S Series Record 38' 2.50" Jordan Hardy 1/17/2017

Lane	Name	Team	Mark
Flight 1 of 1			
1	Sharp, Kelly	Cape Henry Collegiate	26' 11.75"
2	Bunch, Ava	John A. Holmes	27' 7"
3	Ofole, Zara	Stonebridge School	28' 9"
4	Vitug, Gabby	Catholic High School	30' 0"
5	Cannon, Taniya	Stonebridge School	30' 0"
6	Hammond, Miranda	Nansemond-Suffolk Ac	33' 1"

#68 Boys Shot Put (Varsity)

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

Lane	Name	Team	Mark
Flight 1 of 2			
1	Stillion, Evan	Poquoson	30' 3"
2	Buyalos, Andrew	Poquoson	30' 4"
3	Fawcett, Owen	Nansemond-Suffolk Ac	31' 3"
4	Bean, Ayden	Currituck County	31' 3"
5	Lemma, Sonny	Catholic High School	31' 8"
6	Cowan, Barrett	Nansemond-Suffolk Ac	31' 9.50"
7	Venable, Earl	Cumberland High Scho	31' 10"

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START LIST**#68 Boys Shot Put (Varsity) (cont'd)**

Lane	Name	Team	Mark
8	Willman-Johnson, Willia	Nansemond-Suffolk Ac	31' 10.75"
9	Hamilton, Landon	Nansemond-Suffolk Ac	32' 4.50"
10	Ford, Marx	Peninsula Catholic	35' 2"
11	Spolarich, Ethan	Currituck County	36' 2"
12	Rubino, Tyler	Cape Henry Collegiate	36' 10.50"
13	Ankley, Chris	Catholic High School	38' 11.75"
14	Mcleod, Keanu	Currituck County	47' 10"

Flight 2 of 2

1	VandeSand, Brayden	Walsingham Academy	NM
2	Scholl, Bryson	Stonebridge School	21' 1"
3	Barnes, Cayden	Stonebridge School	22' 1"
4	Navarro, Lucas	Walsingham Academy	23' 9"
5	Winchester, Declan	Poquoson	24' 2"
6	Beasley, Jackson	Currituck County	25' 1"
7	Jimenez, Ryder	Catholic High School	25' 7.50"
8	Stewart, Samuel	Catholic High School	26' 4"
9	Bratsiankou, Mikhail	Cape Henry Collegiate	26' 6.50"
10	Bach, Zach	Cape Henry Collegiate	27' 2.75"
11	Hills, Cayden	Nansemond-Suffolk Ac	27' 5.25"
12	Washington, Joshua	Stonebridge School	27' 6"
13	Lebrecht, Hampton	Nansemond-Suffolk Ac	27' 9.25"
14	Washington, Caleb	Stonebridge School	27' 11"
15	Mahl, Drew	Catholic High School	29' 6.50"

#70 Boys Shot Put (JV 9-10)

Lane	Name	Team	Mark
1	Desai, Caelus	Cape Henry Collegiate	24' 6.50"

#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 2

1	Gomez, Sophia	Currituck County	24' 0"
2	Carpenter, Zoey	Nansemond-Suffolk Ac	24' 4"
3	Wallace, Christina	Nansemond-Suffolk Ac	24' 8.50"
4	Maynard, Kailani	Currituck County	24' 9"
5	Hedgepeth, Jeorgia	John A. Holmes	25' 0"
6	Hoskins, Tanyah	Stonebridge School	25' 10"
7	Van der Pool, Amberlyn	Currituck County	26' 3"
8	Bernstein, Alex	Cape Henry Collegiate	27' 0.25"
9	Lundquist, Anya	Catholic High School	29' 5"
10	Augustin, Jayla	Cumberland High Scho	34' 2.50"

Flight 2 of 2

1	Marfio, Mia	Stonebridge School	15' 0"
2	Litkowski, Lauren	Catholic High School	16' 1"
3	Carter, Zoe	Stonebridge School	17' 0"

#71 Girls Shot Put (Varsity) (cont'd)

Lane	Name	Team	Mark
4	Dininny, Leylana	Cape Henry Collegiate	19' 9"
5	Spruill, Amiya	John A. Holmes	20' 6"
6	Devers, Lexi	Nansemond-Suffolk Ac	20' 6.75"
7	Hancock, Akaia	Currituck County	23' 1"
8	Barth, Callie	Currituck County	23' 8"

#72 Girls Shot Put (JV 6-8)

Lane	Name	Team	Mark
Flight 1 of 1			
1	Heywood, Mayson	Poquoson	19' 0"
2	DeMay, Elliana	Poquoson	23' 0"