

**Run Eight "O" Four
Invitational
Track & Field
Boys Meet Records**

Event	Name	School	Performance	Year
Discus	D. Anderson	Kecoughtan	150-5	2023
ShotPut	J. Craig	Western Branch	55-2	2025
Long Jump	M. White	Heritage (Lynchburg)	22-6	2024
Triple Jump	M. White	Heritage (Lynchburg)	44-9	2024
High Jump	K. Yancey	Hermitage	6-4	2025
Pole Vault	C. McCarty	Heritage (Lynchburg)	15-3	2025
4x800		Louisa	08:06.5	2025
110 HH	F. Middleton	South Lakes	13.69	2025
100	N. Tyree	Thomas Dale	10.48	2024
100 Freshman	M. Nelson	Kecoughtan	11.20	2025
1600	Q. Green	Hermitage	4:24.82	2023
1600 Freshman	E. Furr	Massaponax	4:52.28	2025
4x100		South Lakes	42.27	2025
400	M. Johnson	Digital Harbor	49.02	2025
400 Freshman	M. Nelson	Kecoughtan	50.81	2025
300 IH	D. Booker	Massaponax	37.71	2025
800	P. Noll	Woodgrove	1:59.70	2024
200	C. Salmin	Woodgrove	21.52	2024
3200	A. Groues	Waynesboro	9:54.32	2023
4x400		Digital Harbor	3:20.82	2025
<i>*Meet records are through Preliminaries and Finals*</i>				

**Run Eight "O" Four
Invitational
Track & Field
Girls Meet Records**

Event	Name	School	Performance	Year
Discus	M. Braxton	Atlee	110-4	2025
ShotPut	M. Evans	Western Branch	40-4	2025
Long Jump	E. Bradner	Heritage (Lynchburg)	18-0	2025
Triple Jump	K. Harris	Clover Hill	37-10	2025
High Jump	M. Brown	Oscar Smith	5-2	2025
Pole Vault	E. Hood	South Lakes	9-0	2025
4x800		South Lakes	9:23.36	2025
110 H	S. Lavender	Oscar Smith	13.75	2024
100	A. Suku	C. H. Flowers	11.86	2024
100 Freshman	C. Bailey	Elizabeth Seton	12.49	2025
1600	L. Shields	Maggie Walker	5:19.95	2025
1600 Freshman	I. Junkermann	Monacan	5:31.86	2025
4x100		C. H. Flowers	48.57	2024
400	M. Jameson	J. R. Tucker	57.29	2023
400 Freshman	I. Junkermann	Monacan	1:02.65	2025
300 H	T. Jenkins	Oscar Smith	43.74	2025
800	C. Elliott	South Lakes	2:13.81	2025
200	S. Huckstep	Elizabeth Seton	24.95	2025
3200	L. Miller	Hanover	11:48.11	2024
4x400		Massaponax	3:56.88	2025
<i>*Meet records are through Preliminaries and Finals*</i>				