

**TIDEWATER CONFERENCE OF INDEPENDENT SCHOOLS  
CHAMPIONSHIP**

Norfolk, VA  
Norfolk Academy  
Weather: Sunny, low 80s 10-15mph wind  
Host: Chad Byler  
Tuesday, May 5, 2026

**MEET OFFICIALS**

**Meet Director:**  
Zach Lampert  
**Meet Referee:**  
Kevin Rhue



**OFFICIAL MEET REPORT**  
printed: 5/4/2026 3:56 PM

**START LIST**

**#31 Boys Discus**

M	TCIS Record	155' 4.50"	Greg Glasser	1982
	2026 VISAA D1	116' 0"		
	2026 VISAA D2	105' 0"		

**1:30 PM**

Lane Name	Team	Mark
<b>Flight 1 of 2</b>		
1	Konikoff, Ashten	Norfolk Academy NM
2	Ross, Henry	Nansemond-Suffolk Ac NM
3	Payne, Logan	Norfolk Christian 59' 5"
4	Clayton, Walker	Walsingham Academy 73' 11"
5	Middleton, Kaymen	Walsingham Academy 78' 1"
6	Jones, Logan	Hampton Roads Acade 79' 0"
<b>Flight 2 of 2</b>		
1	Hines, Samuel	Norfolk Christian 81' 2"
2	Bratsiankov, Mikhail	Cape Henry Collegiate 82' 4.75"
3	Griffin, Zachary	Norfolk Academy 84' 5"
4	Willman-Johnson, Willia	Nansemond-Suffolk Ac 86' 1"
5	Simpson, Josh	Nansemond-Suffolk Ac 92' 2"
6	Scolnick, Henry	Cape Henry Collegiate 93' 5"
7	Jimenez, Ryder	Catholic High School 100' 11"
8	Baker, Porter	Walsingham Academy 109' 10.20"
9	Ha, Yechan	Norfolk Christian 116' 1"
10	Jones, James	Hampton Roads Acade 119' 4"
11	Lemma, Sonny	Catholic High School 128' 9"
12	Ankley, Chris	Catholic High School 140' 3"

**#32 Girls Discus**

M	TCIS Record	110' 3"	Lucas	1995
	2026 VISAA D1	77' 6"		
	2026 VISAA D2	73' 0"		

Lane Name	Team	Mark
<b>Flight 1 of 1</b>		
1	Avery, Milla	Norfolk Academy NM
2	Salib, Emily	Norfolk Academy 49' 2"
3	Devers, Lexi	Nansemond-Suffolk Ac 49' 7"
4	Glee, Lahryn	Hampton Roads Acade 54' 9"
5	Richardson, Ellie	Hampton Roads Acade 63' 1"
6	Mugaisi, Abigail	Nansemond-Suffolk Ac 64' 10"
7	Hammond, Miranda	Nansemond-Suffolk Ac 66' 8"
8	Owen, Ellen	Hampton Roads Acade 69' 5"
9	Brown, Teaghan	Norfolk Academy 73' 2"
10	Boswell, Georgia	Catholic High School 73' 10"
11	Hentschel, Grace	Catholic High School 77' 4"
12	Wright, London	Steward School 92' 2"

**#30 Girls Shot Put**

M	TCIS Record	38' 2"	Logan Gaskin	2019
	2026 VISAA D1	27' 2"		
	2026 VISAA D2	27' 8"		

**1:30 PM**

Lane Name	Team	Mark
<b>Flight 1 of 1</b>		
1	Patel, Gopi	Hampton Roads Acade 19' 2"
2	Devers, Lexi	Nansemond-Suffolk Ac 19' 6"
3	Casper, Carys	Hampton Roads Acade 20' 1"
4	Boswell, Georgia	Catholic High School 21' 3"
5	Mugaisi, Abigail	Nansemond-Suffolk Ac 25' 1"
6	Lubbers, Noel	Hampton Roads Acade 25' 5"
7	Hentschel, Grace	Catholic High School 26' 7"
8	Lundquist, Anya	Catholic High School 28' 9"
9	Hammond, Miranda	Nansemond-Suffolk Ac 30' 9"
10	Avery, Milla	Norfolk Academy 34' 3"

**#29 Boys Shot Put**

M	TCIS Record	54' 7"	Greg Glasser	1982
	2026 VISAA D1	41' 6"		
	2026 VISAA D2	38' 0"		

Lane Name	Team	Mark
<b>Flight 1 of 2</b>		
1	Griffin, Zachary	Norfolk Academy NM
2	Clayton, Walker	Walsingham Academy 26' 4"
3	Middleton, Kaymen	Walsingham Academy 26' 4.50"
4	Kerrick, Joe	Hampton Roads Acade 29' 2"
5	Konikoff, Ashten	Norfolk Academy 29' 4"
6	Puffenbarger, Marc	Norfolk Christian 29' 5"
7	Bratsiankov, Mikhail	Cape Henry Collegiate 30' 4"
8	Baker, Porter	Walsingham Academy 31' 2"
9	Kimaru, Jordan	Norfolk Christian 31' 2"
<b>Flight 2 of 2</b>		
1	Ford, Marx	Peninsula Catholic 35' 2"
2	Fawcett, Owen	Nansemond-Suffolk Ac 36' 2"
3	Scolnick, Henry	Cape Henry Collegiate 36' 7.50"
4	Walters, James	Catholic High School 38' 2"
5	Simpson, Josh	Nansemond-Suffolk Ac 38' 3.50"
6	Nixon, John	Norfolk Christian 38' 4"
7	Lemma, Sonny	Catholic High School 39' 5.50"
8	Jones, James	Hampton Roads Acade 40' 11"
9	Ankley, Chris	Catholic High School 42' 0.50"
10	Ross, Henry	Nansemond-Suffolk Ac 44' 1.50"

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 Norfolk Academy  
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## MEET OFFICIALS

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 Zach Lampert  
 Meet Referee:  
 Kevin Rhue



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## START LIST

### #24 Girls High Jump

M	TCIS Record	5' 4"	Nefertiti Smith	2008
	2026 VISAA D1	4' 4"		
	2026 VISAA D2	4' 4"		

#### 1:30 PM

Lane Name	Team	Mark	
<b>Flight 1 of 1</b>			
1	Alexander, Maryne	Norfolk Academy	4' 2"
2	Cazedessus, Elizabeth	Catholic High School	4' 4"
3	Sutingco, Amelie	Walsingham Academy	4' 4"
4	Gilbert, MeKenzie	Nansemond-Suffolk Ac	4' 4"
5	Mishler, Mackenzie	Walsingham Academy	4' 8"
6	Shepard, Bella	Catholic High School	4' 8"
7	Schultz, Brooklyn	Walsingham Academy	4' 10"
8	Hobson, Iva	Peninsula Catholic	4' 10"
9	Kulow, Taylor	Norfolk Academy	5' 2"

### #23 Boys High Jump

M	TCIS Record	6' 6"	Rocky Rothrock	2005
	2026 VISAA D1	5' 8"		
	2026 VISAA D2	5' 4"		

Lane Name	Team	Mark	
<b>Flight 1 of 1</b>			
1	Major, Ty	Cape Henry Collegiate	4' 10"
2	Rickman, Joshua	Norfolk Christian	4' 10"
3	Salter, Wyatt	Norfolk Academy	5' 2"
4	Graves, Kaleb	Cape Henry Collegiate	5' 2"
5	Kastrounis, Collin	Norfolk Academy	5' 2"
6	Kumar, Sajan	Norfolk Academy	5' 4"
7	Stensland, Luke	Walsingham Academy	5' 6"
8	Torres, Gabe	Catholic High School	5' 6"
9	Hines, Thomas	Norfolk Christian	5' 8"
10	Whittington, K j	Walsingham Academy	5' 8"
11	Lowe, Max	Catholic High School	5' 8"
12	Cheshire, Daniel	Cape Henry Collegiate	5' 8"
13	Mishler, Mason	Walsingham Academy	5' 10"
14	Thomas, Jamal	Nansemond-Suffolk Ac	6' 2"

### #25 Boys Long Jump

M	TCIS Record	22' 4"	Bobby Price	2016
	2026 VISAA D1	19' 10"		
	2026 VISAA D2	18' 10"		

#### 1:30 PM

Lane Name	Team	Mark	
<b>Flight 1 of 2</b>			
1	Jefferson, Preston	Norfolk Academy	NM
2	Cheshire, Daniel	Cape Henry Collegiate	NM
3	Thumm, Keegan	Walsingham Academy	14' 9.50"

### #25 Boys Long Jump (cont'd)

#### 1:30 PM

Lane Name	Team	Mark	
4	Kimaru, Mark	Norfolk Christian	15' 4"
5	Vetter, Seth	Nansemond-Suffolk Ac	16' 1.50"
6	Adkins, Jason	Cape Henry Collegiate	16' 6"
7	Falk, Chase	Norfolk Academy	17' 10"

#### Flight 2 of 2

1	Major, Ty	Cape Henry Collegiate	18' 0.50"
2	Ward, Mekhi	Hampton Roads Acade	18' 0.50"
3	Banks, Isiah	Norfolk Christian	19' 8"
4	Carpenter, Cam	Walsingham Academy	19' 9"
5	Mitchell, Sebastian	Nansemond-Suffolk Ac	19' 10"
6	Lacorte, Jackson	Catholic High School	20' 1"
7	Rodgers, Jeremiah	Norfolk Academy	20' 1.25"
8	Perry, Marshall	Walsingham Academy	20' 1.50"
9	Perez, Ayden	Catholic High School	20' 3.50"
10	Thomas, Jamal	Nansemond-Suffolk Ac	21' 2.25"

### #26 Girls Long Jump

M	TCIS Record	18' 1.75"	Jeylah Hamrick	2024
	2026 VISAA D1	15' 0"		
	2026 VISAA D2	14' 5"		

#### 1:30 PM

Lane Name	Team	Mark	
<b>Flight 1 of 1</b>			
1	Scott, Adaline	Norfolk Academy	NM
2	Fiero, Maddie	Nansemond-Suffolk Ac	13' 5.50"
3	DiGiovanni, Josephina	Nansemond-Suffolk Ac	13' 6"
4	Cherkaoui, Meriam	Walsingham Academy	14' 1"
5	Tolbert, Andrea	Hampton Roads Acade	14' 1.25"
6	Lockhart, Kennedy	Hampton Roads Acade	14' 4.25"
7	Rivera, Carmen	Cape Henry Collegiate	14' 8"
8	Ware, Lila	Norfolk Academy	15' 3"
9	Hammond, Miranda	Nansemond-Suffolk Ac	16' 7"
10	Kulow, Taylor	Norfolk Academy	17' 0"
11	Smith, Imani	Catholic High School	17' 2.25"

### #27 Boys Triple Jump

M	TCIS Record	45' 0"	Will Byrd	2003
	2026 VISAA D1	37' 9"		
	2026 VISAA D2	36' 2"		

Lane Name	Team	Mark	
<b>Flight 1 of 1</b>			
1	Adkins, Jason	Cape Henry Collegiate	33' 0.25"
2	Major, Ty	Cape Henry Collegiate	35' 9"
3	Villasis, Alex	Catholic High School	36' 6"
4	Salter, Wyatt	Norfolk Academy	38' 1"
5	Cheshire, Daniel	Cape Henry Collegiate	38' 3.50"

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# START LIST

## #27 Boys Triple Jump (cont'd)

Lane	Name	Team	Mark
6	Falk, Chase	Norfolk Academy	39' 0"
7	Mitchell, Sebastian	Nansemond-Suffolk Ac	41' 8.50"
8	Torres, Gabe	Catholic High School	42' 6.50"
9	Thomas, Jamal	Nansemond-Suffolk Ac	45' 0.75"

## #28 Girls Triple Jump

M	TCIS Record	38' 10"	Elena Granados	2024
	2026 VISAA D1	29' 4"		
	2026 VISAA D2	28' 4"		

Lane	Name	Team	Mark
<b>Flight 1 of 1</b>			
1	Tolbert, Andrea	Hampton Roads Acade	28' 10.50"
2	Ware, Lila	Norfolk Academy	30' 1.75"
3	O'Connor, Macy	Catholic High School	30' 4.75"
4	Vitug, Gabby	Catholic High School	30' 11.50"
5	Rivera, Carmen	Cape Henry Collegiate	31' 4.50"
6	Pittman, Kendall	Nansemond-Suffolk Ac	32' 6.50"
7	Hammond, Miranda	Nansemond-Suffolk Ac	34' 10"
8	Kulow, Taylor	Norfolk Academy	35' 9.75"

## #22 Girls 4 x 800m Relay

M	TCIS Record	10:06.89	Norfolk Academy	2025
	2026 VISAA D1	12:00.00		
	2026 VISAA D2	12:40.00		

### 2:45 PM

Lane	Team	Time
<b>Section 1 of 1</b>		
1	Norfolk Academy (A)	10:27.14
	1) Enos, Paisley	
	2) Marshall, Megan	
	3) Hedley, Lilly Beth	
	4) Hires, Lola	
	5) Stufflebeem, Ella	
	6) Sheppard, Claire	
	7) Trembath, Marybelle	
	8) Thomas, Olivia	
2	Catholic High School (A)	11:05.88
	1) Mateo, Leila	
	2) O'Connor, Macy	
	3) Gardner, Rae	
	4) Ogden, Teagan	
3	Walsingham Academy (A)	11:09.90
	1) Blinn, Kate	
	2) Freeman, Remington	
	3) Pei, Helia	
	4) Stokes, Natalie	
4	Hampton Roads Academy (A)	11:55.43
	1) Lockhart, Kennedy	
	2) Godfrey, Ella	
	3) Adams, Abbi	
	4) Barnhart, Alana	

## #21 Boys 4 x 800m Relay

M	TCIS Record	8:27.20	Cape Henry	2016
	2026 VISAA D1	9:28.00		
	2026 VISAA D2	10:28.00		

## #21 Boys 4 x 800m Relay (cont'd)

Lane	Team	Time
<b>2:58 PM</b>		
<b>Section 1 of 1</b>		
1	Cape Henry Collegiate (A)	8:05.56
	1) DeBose, Adrian	
	2) McGuigan, Matthew	
	3) Butela, Holden	
	4) Kite, Preston	
	5) Longworth, Kaden	
	6) Adkins, Jason	
2	Norfolk Academy (A)	8:49.14
	1) Zito, Isaac	
	2) Guzik, Finn	
	3) Bousman, Matt	
	4) Brown, Brogan	
	5) Desai, Aransh	
	6) Xu, Ivan	
	7) Dunphey, Davis	
	8) Salib, Andrew	
3	Catholic High School (A)	8:59.78
	1) Eason, Brandon	
	2) Villasis, Alex	
	3) Ankley, Michael	
	4) Seidensticker, Joshu	
4	Hampton Roads Academy (A)	9:36.32
	1) Seutter, Gabriel	
	2) McGee, Joshua	
	3) Evans, Dylan	
	4) Beach, Gage	
	5) Seutter, Calvin	
	6)	
5	Peninsula Catholic (A)	9:40.26
	1) Gisanrian, Locklan	
	2) Woodruff, Jacob	
	3) Slat, Chris	
	4) Mahn, Marshall	
6	Nansemond-Suffolk Academy (A)	10:18.90
	1) Howell, Avery	
	2) Goldbach, Trevor	
	3) Grimes, Garrett	
	4) Starkey, Grant	
	5) Ricks, Nick	
	6)	

## #13 Girls 100m Hurdles

M	TCIS Record	14.89	Nefertiti Smith	2008
	2026 VISAA D1	20.84		
	2026 VISAA D2	21.20		

### 3:10 PM

Lane	Name	Team	Time
<b>Section 1 of 2</b>			
4	Cazedessus, Elizabeth	Catholic High School	29.34
5	DiGiovanni, Josephina	Nansemond-Suffolk Ac	21.09
<b>Section 2 of 2</b>			
1	Hogan, Evey	Nansemond-Suffolk Ac	20.63
2	Carter, Ashley-Elizabet	Hampton Roads Acade	20.59
3	Clark, Beatrix	Norfolk Academy	19.91
4	Wells, Madeleine	Hampton Roads Acade	19.42
5	Kulow, Taylor	Norfolk Academy	15.98
6	Cherkaoui, Meriam	Walsingham Academy	18.37
7	Gilbert, MeKenzie	Nansemond-Suffolk Ac	19.61
8	Slauson-Blevins, Raega	Norfolk Academy	20.47

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**#14 Boys 110m Hurdles**

M	TCIS Record	14.64	Cal Neikirk	2015
	2026 VISAA D1	18.98		
	2026 VISAA D2	20.00		

**3:18 PM**

Lane Name	Team	Time	
<b>Section 1 of 1</b>			
2	Salter, Wyatt	Norfolk Academy	NT
3	Starkey, Grant	Nansemond-Suffolk Ac	21.18
4	Lewis, Alex	Norfolk Academy	17.75
5	Thomas, Jamal	Nansemond-Suffolk Ac	16.34
6	Reid, Campbell	Norfolk Academy	17.46
7	LaChance, Leonidas	Hampton Roads Acade	20.19
8	Vetter, Seth	Nansemond-Suffolk Ac	22.83

**#2 Girls 100 Meters**

M	TCIS Record	12.13	Micayah Holland	2019
	2026 VISAA D1	13.77		
	2026 VISAA D2	13.77		

**3:21 PM**

Lane Name	Team	Time	
<b>Section 1 of 3</b>			
3	Stokes, Natalie	Walsingham Academy	NT
4	Zydron, Addie	Nansemond-Suffolk Ac	15.17
5	Perez- Rosario, Camilla	Norfolk Academy	15.61
<b>Section 2 of 3</b>			
2	Nguyen, Victoria	Peninsula Catholic	14.94
3	Rose, Siri	Hampton Roads Acade	14.38
4	Taber, Daphne	Cape Henry Collegiate	14.24
5	Tolbert, Andrea	Hampton Roads Acade	14.26
6	Fiero, Maddie	Nansemond-Suffolk Ac	14.89
7	Mugaisi, Abigail	Nansemond-Suffolk Ac	15.09
<b>Section 3 of 3</b>			
1	Chambliss, KB	Norfolk Academy	13.77
2	Seidensticker, Marga	Catholic High School	13.48
3	Nguyen, Kaitlynn	Peninsula Catholic	13.15
4	Smith, Imani	Catholic High School	12.52
5	Scott, Adaline	Norfolk Academy	12.90
6	Norman, Brianna	Norfolk Christian	13.43
7	Dimino, Annemarie	Catholic High School	13.55
8	Hale, June	Hampton Roads Acade	14.12

**#1 Boys 100 Meters**

M	TCIS Record	10.77	Aaron Ransom	2006
	2026 VISAA D1	11.50		
	2026 VISAA D2	11.92		

**#1 Boys 100 Meters (cont'd)**

Lane Name	Team	Time	
<b>3:26 PM</b>			
<b>Section 1 of 3</b>			
1	Adkins, Jason	Cape Henry Collegiate	NT
2	Major, Ty	Cape Henry Collegiate	NT
3	Bell, Nicholas	Peninsula Catholic	13.53
4	Oakley, Jaden	Norfolk Christian	12.91
5	Rickman, Joshua	Norfolk Christian	13.02
6	Nguyen, Joseph	Peninsula Catholic	14.54
7	Gucer, Berk	Cape Henry Collegiate	NT
<b>Section 2 of 3</b>			
1	Sims, Kai	Hampton Roads Acade	12.07
2	Ward, Mekhi	Hampton Roads Acade	12.06
3	Hayden, Jack	Nansemond-Suffolk Ac	11.90
4	Gnandt, Nicholas	Catholic High School	11.76
5	Mitchell, Sebastian	Nansemond-Suffolk Ac	11.85
6	Boze, Milo	Catholic High School	11.98
7	Lacorte, Jackson	Catholic High School	12.07
8	Husband, Vince	Hampton Roads Acade	12.20
<b>Section 3 of 3</b>			
1	Banks, Isiah	Norfolk Christian	11.64
2	Ross, Henry	Nansemond-Suffolk Ac	11.60
3	Lovell, Will	Norfolk Academy	11.38
4	Jefferson, Preston	Norfolk Academy	11.24
5	Rodgers, Jeremiah	Norfolk Academy	11.29
6	Perry, Marshall	Walsingham Academy	11.43
7	Carpenter, Cam	Walsingham Academy	11.63
8	Mishler, Mason	Walsingham Academy	11.65

**#10 Girls 1600 Meters**

M	TCIS Record	5:06.89	Molly McKenna	2014
	2026 VISAA D1	5:51.01		
	2026 VISAA D2	5:59.50		

**3:32 PM**

Lane Name	Team	Time	
<b>Section 1 of 1</b>			
1	Freeman, Remington	Walsingham Academy	5:13.76
2	Jones, Alex	Nansemond-Suffolk Ac	5:27.93
3	Hedley, Lilly Beth	Norfolk Academy	5:34.54
4	Hires, Lola	Norfolk Academy	5:34.98
5	Karsanac, Ava	Cape Henry Collegiate	5:52.71
6	Carson, Eliana	Nansemond-Suffolk Ac	6:03.10
7	McGuigan, Mary Kate	Cape Henry Collegiate	6:14.10
8	Pomeroy, Charlotte	Catholic High School	6:44.75
9	Carofino, Allie	Norfolk Academy	7:04.44
10	Doffler, Catherine	Walsingham Academy	7:07.05

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**#9 Boys 1600 Meters**

M	TCIS Record	4:18.95	Michael McKnew	2024
	2026 VISAA D1	4:47.00		
	2026 VISAA D2	4:56.23		

**3:40 PM**

Lane	Name	Team	Time
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**Section 1 of 2**

1	Desai, Aransh	Norfolk Academy	5:08.35
2	Woodruff, Jacob	Peninsula Catholic	5:09.82
3	Lebel, Anders	Walsingham Academy	5:25.90
4	Evans, Dylan	Hampton Roads Acade	5:40.05
5	Seutter, Calvin	Hampton Roads Acade	5:42.47
6	Ware, Casey	Peninsula Catholic	5:48.08
7	Wallace, Johnny	Peninsula Catholic	6:00.21
8	Porter, Liam	Norfolk Christian	6:14.92
9	Sekula, Maks	Walsingham Academy	6:44.58

**Section 2 of 2**

1	McKnew, Michael	Cape Henry Collegiate	4:18.12
2	McGuigan, Matthew	Cape Henry Collegiate	4:27.87
3	Bousman, Matt	Norfolk Academy	4:30.14
4	Reed, Sammy	Norfolk Christian	4:34.28
5	Burnham, Luke	Cape Henry Collegiate	4:38.13
6	Brown, Brogan	Norfolk Academy	4:38.47
7	O'Hallarn, Gene	Walsingham Academy	4:47.18
8	Nedelin, Aleksander	Norfolk Christian	4:52.79
9	Eason, Brandon	Catholic High School	4:58.74
10	Ankley, Michael	Catholic High School	5:01.83

**#18 Girls 4 x 100m Relay**

M	TCIS Record	51.46	Greenbrier Christian	2006
	2026 VISAA D1	59.78		
	2026 VISAA D2	57.10		

**3:53 PM**

Lane	Team	Time
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**Section 1 of 1**

4	Nansemond-Suffolk Academy (A)	54.50
	1) Mugaisi, Abigail	2) DiGiovanni, Josephina
	3) Fiero, Maddie	4) Hammond, Miranda
	5) Zydron, Addie	6)
5	Catholic High School (A)	52.20
	1) Smith, Imani	2) Witter, Eva
	3) Seidensticker, Marga	4) Dimino, Annemarie
6	Norfolk Academy (A)	53.43
	1) Chambliss, KB	2) Kulow, Taylor
	3) Ware, Lila	4) Scott, Adaline
	5) Bore, Eloise	6)

**#18 Girls 4 x 100m Relay (cont'd)**

**3:53 PM**

Lane	Team	Time
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7	Hampton Roads Academy (A)	56.33
	1) Lockhart, Kennedy	2) Hale, June
	3) Rose, Siri	4) Tolbert, Andrea

**#17 Boys 4 x 100m Relay**

M	TCIS Record	43.67	Norfolk Academy	2012
	2026 VISAA D1	49.08		
	2026 VISAA D2	49.30		

**3:56 PM**

Lane	Team	Time
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**Section 1 of 1**

3	Hampton Roads Academy (A)	47.69
	1) Sims, Kai	2) Ward, Mekhi
	3) Yates, Jack	4) Husband, Vince
4	Nansemond-Suffolk Academy (A)	46.35
	1) Hayden, Jack	2) Mitchell, Sebastian
	3) Lane, Rj	4) Thomas, Jamal
	5) Vetter, Seth	6)
5	Norfolk Academy (A)	44.37
	1) Duffy Jr., Sean	2) Jefferson, Preston
	3) Chouraqui, Noah	4) Rodgers, Jeremiah
	5) Lovell, Will	6) Kurt, Kayra
	7) Falk, Chase	8) Reid, Campbell
6	Catholic High School (A)	45.75
	1) Milan, Nick	2) Lacorte, Jackson
	3) Gndt, Nicholas	4) Boze, Milo
7	Norfolk Christian (A)	47.23
	1) Banks, Isiah	2) Ha, Yechan
	3) Oakley, Jaden	4) Hines, Thomas
8	Cape Henry Collegiate (A)	48.27
	1) Major, Ty	2) Graves, Kaleb
	3) Kite, Preston	4) DeBose, Adrian
	5) Adkins, Jason	6) Longworth, Kaden

**#6 Girls 400 Meters**

M	TCIS Record	58.24	Marika Livingston	2013
	2026 VISAA D1	1:08.25		
	2026 VISAA D2	1:07.25		

**4:00 PM**

Lane	Name	Team	Time
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**Section 1 of 3**

4	Bell, Sadie	Norfolk Academy	1:12.25
5	Branan, Lisa	Peninsula Catholic	1:10.50
6	Tolbert, Andrea	Hampton Roads Acade	1:11.58
7	Godfrey, Ella	Hampton Roads Acade	1:12.93

**TIDEWATER CONFERENCE OF INDEPENDENT SCHOOLS  
CHAMPIONSHIP**

Norfolk, VA  
Norfolk Academy  
Weather: Sunny, low 80s 10-15mph wind  
Host: Chad Byler  
Tuesday, May 5, 2026

**MEET OFFICIALS**

Meet Director:  
Zach Lampert  
Meet Referee:  
Kevin Rhue



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**START LIST**

**#6 Girls 400 Meters (cont'd)**

**4:00 PM**

Lane	Name	Team	Time
<b>Section 2 of 3</b>			
2	Blinn, Kate	Walsingham Academy	1:09.13
3	Ibrahim, Olivia	Walsingham Academy	1:08.53
4	Ogden, Teagan	Catholic High School	1:06.56
5	Chee, Marcella	Nansemond-Suffolk Ac	1:05.95
6	Tragert, Ella	Cape Henry Collegiate	1:06.12
7	Houlihan, Cailin	Peninsula Catholic	1:08.10
8	Healey, Keilani	Catholic High School	1:08.78

**Section 3 of 3**

2	Rivera, Carmen	Cape Henry Collegiate	1:05.81
3	Johnson, Brynn	Cape Henry Collegiate	1:04.86
4	Norman, Brianna	Norfolk Christian	1:04.00
5	Branan, Rachel	Peninsula Catholic	59.10
6	Uncapher, Emma	Norfolk Academy	1:02.02
7	Jones, Mia	Norfolk Academy	1:04.78
8	Sutingco, Amelie	Walsingham Academy	1:05.43

**#5 Boys 400 Meters**

M	TCIS Record	49.86	Owen Tragert	2025
	2026 VISAA D1	55.69		
	2026 VISAA D2	55.50		

**4:05 PM**

Lane	Name	Team	Time
<b>Section 1 of 3</b>			
1	Sannes, Sebastion	Walsingham Academy	NT
2	Baquero, Braiden	Cape Henry Collegiate	NT
3	Rickman, Joshua	Norfolk Christian	NT
4	Salib, Andrew	Norfolk Academy	1:04.78
5	Grimes, Garrett	Nansemond-Suffolk Ac	1:03.34
6	Goldbach, Trevor	Nansemond-Suffolk Ac	1:03.48
7	Kimaru, Mark	Norfolk Christian	1:05.29
8	Fowler, Ben	Peninsula Catholic	NT

**Section 2 of 3**

2	Ricks, Nick	Nansemond-Suffolk Ac	1:03.13
3	Seutter, Gabriel	Hampton Roads Acade	59.40
4	Birch, Jaden	Hampton Roads Acade	58.21
5	Yates, Jack	Hampton Roads Acade	56.02
6	Stensland, Luke	Walsingham Academy	57.25
7	Chouraqui, Noah	Norfolk Academy	58.97
8	Ramirez, Damien	Peninsula Catholic	1:00.67

**Section 3 of 3**

2	Duffy Jr., Sean	Norfolk Academy	55.41
3	Hagerman, Gabriel	Catholic High School	53.27
4	Perez, Ayden	Catholic High School	52.02
5	Tragert, Owen	Cape Henry Collegiate	48.78

**#5 Boys 400 Meters (cont'd)**

**4:05 PM**

Lane	Name	Team	Time
6	Peebles, Khristian	Peninsula Catholic	51.39
7	Lowe, Max	Catholic High School	52.20
8	Cheshire, Daniel	Cape Henry Collegiate	54.10

**#16 Girls 300m Hurdles**

M	TCIS Record	43.96	Jehlah Hamrick	2024
	2026 VISAA D1	57.68		
	2026 VISAA D2	57.95		

**4:13 PM**

Lane	Name	Team	Time
<b>Section 1 of 1</b>			
1	Slauson-Blevins, Raega	Norfolk Academy	1:07.62
2	Hogan, Evey	Nansemond-Suffolk Ac	59.44
3	Clark, Beatrix	Norfolk Academy	57.46
4	Cherkaoui, Meriam	Walsingham Academy	54.10
5	Pittman, Kendall	Nansemond-Suffolk Ac	52.99
6	Gilbert, McKenzie	Nansemond-Suffolk Ac	54.01
7	Adams, Abbi	Hampton Roads Acade	57.19
8	Cazedessus, Elizabeth	Catholic High School	59.03

**#15 Boys 300m Hurdles**

M	TCIS Record	40.02	Cameron Lloyd	2019
	2026 VISAA D1	46.50		
	2026 VISAA D2	49.00		

**4:17 PM**

Lane	Name	Team	Time
<b>Section 1 of 1</b>			
1	Vetter, Seth	Nansemond-Suffolk Ac	53.55
2	Starkey, Grant	Nansemond-Suffolk Ac	49.31
3	Salter, Wyatt	Norfolk Academy	48.23
4	Reid, Campbell	Norfolk Academy	45.15
5	Lewis, Alex	Norfolk Academy	44.17
6	Thomas, Jamal	Nansemond-Suffolk Ac	44.94
7	Ha, Yechan	Norfolk Christian	45.52
8	LaChance, Leonidas	Hampton Roads Acade	49.28

**#8 Girls 800 Meters**

M	TCIS Record	2:18.97	Alyssa Pongracz	2024
	2026 VISAA D1	2:39.30		
	2026 VISAA D2	2:41.00		

**4:19 PM**

Lane	Name	Team	Time
<b>Section 1 of 1</b>			
1	Stufflebeem, Ella	Norfolk Academy	2:25.60
2	Jones, Alex	Nansemond-Suffolk Ac	2:29.72
3	Freeman, Remington	Walsingham Academy	2:32.99

**TIDEWATER CONFERENCE OF INDEPENDENT SCHOOLS  
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Norfolk, VA  
 Norfolk Academy  
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**MEET OFFICIALS**

**Meet Director:**  
 Zach Lampert  
**Meet Referee:**  
 Kevin Rhue



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**START LIST****#8 Girls 800 Meters (cont'd)****4:19 PM**

Lane	Name	Team	Time
4	Johnson, Brynn	Cape Henry Collegiate	2:36.70
5	Marshall, Megan	Norfolk Academy	2:37.81
6	Karsanac, Ava	Cape Henry Collegiate	2:37.92
7	Barnhart, Alana	Hampton Roads Acade	2:39.67
8	Sheppard, Claire	Norfolk Academy	2:45.89
9	Gardner, Rae	Catholic High School	2:45.91
10	Nator, Isabella	Cape Henry Collegiate	2:46.28
11	Carson, Eliana	Nansemond-Suffolk Ac	2:46.94
12	Banks, Hannah	Peninsula Catholic	2:47.92
13	Mateo, Leila	Catholic High School	2:50.12
14	Doffler, Catherine	Walsingham Academy	3:00.48
15	Bernabela-Moragne El,	Hampton Roads Acade	3:17.18
16	Sim, Mitra	Hampton Roads Acade	3:24.13

**#7 Boys 800 Meters**

M	TCIS Record	1:56.90	Mike Park	1994
	2026 VISAA D1	2:08.53		
	2026 VISAA D2	2:10.50		

**4:23 PM**

Lane	Name	Team	Time
<b>Section 1 of 2</b>			
1	Gisanrian, Locklan	Peninsula Catholic	2:20.18
2	Rodriguez, Carlos	Peninsula Catholic	2:20.23
3	Xu, Ivan	Norfolk Academy	2:24.07
4	Dunphey, Davis	Norfolk Academy	2:26.14
5	Beach, Gage	Hampton Roads Acade	2:26.52
6	Lebel, Anders	Walsingham Academy	2:34.26
7	Seutter, Calvin	Hampton Roads Acade	2:40.26
8	Nowell, Jack	Walsingham Academy	2:51.25
9	Slat, Chris	Peninsula Catholic	NT
<b>Section 2 of 2</b>			
1	McKnew, Michael	Cape Henry Collegiate	1:52.60
2	Tragert, Owen	Cape Henry Collegiate	1:53.47
3	Baquero, Braiden	Cape Henry Collegiate	1:58.81
4	Reed, Sammy	Norfolk Christian	2:03.47
5	Wise, Taylor	Catholic High School	2:05.70
6	Guzik, Finn	Norfolk Academy	2:05.74
7	Nedelin, Aleksander	Norfolk Christian	2:08.16
8	Seidensticker, Joshu	Catholic High School	2:09.55
9	O'Hallam, Gene	Walsingham Academy	2:16.07
10	McGee, Joshua	Hampton Roads Acade	2:17.91
11	Hines, Samuel	Norfolk Christian	2:18.97

**#4 Girls 200 Meters**

M	TCIS Record	25.53	Emmy Fraenk	2010
	2026 VISAA D1	28.89		
	2026 VISAA D2	28.90		

**4:30 PM**

Lane	Name	Team	Time
<b>Section 1 of 3</b>			
1	Bore, Eloise	Norfolk Academy	32.23
2	Zydron, Addie	Nansemond-Suffolk Ac	31.18
3	Godfrey, Ella	Hampton Roads Acade	30.91
4	Hecker, Alaina	Cape Henry Collegiate	29.56
5	Tragert, Ella	Cape Henry Collegiate	29.34
6	Rivera, Carmen	Cape Henry Collegiate	29.53
7	Hale, June	Hampton Roads Acade	30.84
8	Wells, Madeleine	Hampton Roads Acade	31.18
<b>Section 2 of 3</b>			
2	Schultz, Brooklyn	Walsingham Academy	29.28
3	Ibrahim, Olivia	Walsingham Academy	29.00
4	Sutingco, Amelie	Walsingham Academy	28.51
5	Seidensticker, Marga	Catholic High School	27.94
6	Hammond, Miranda	Nansemond-Suffolk Ac	28.36
7	Houlihan, Cailin	Peninsula Catholic	28.83
8	Chee, Marcella	Nansemond-Suffolk Ac	29.25
<b>Section 3 of 3</b>			
2	Dimino, Annemarie	Catholic High School	27.76
3	Uncapher, Emma	Norfolk Academy	27.45
4	Norman, Brianna	Norfolk Christian	27.13
5	Branan, Rachel	Peninsula Catholic	26.59
6	Smith, Imani	Catholic High School	26.77
7	Jones, Mia	Norfolk Academy	27.16
8	Nguyen, Kaitlynn	Peninsula Catholic	27.61

**#3 Boys 200 Meters**

M	TCIS Record	22.23	Bryce Tucker	2014
	2026 VISAA D1	23.25		
	2026 VISAA D2	24.02		

**4:34 PM**

Lane	Name	Team	Time
<b>Section 1 of 3</b>			
1	Bell, Nicholas	Peninsula Catholic	27.73
2	Howell, Avery	Nansemond-Suffolk Ac	27.63
3	Kite, Preston	Cape Henry Collegiate	26.10
4	Husband, Vince	Hampton Roads Acade	25.31
5	Graves, Kaleb	Cape Henry Collegiate	24.91
6	Mahn, Marshall	Peninsula Catholic	24.92
7	Sims, Kai	Hampton Roads Acade	25.49
8	Oakley, Jaden	Norfolk Christian	26.46

**Section 2 of 3**

**TIDEWATER CONFERENCE OF INDEPENDENT SCHOOLS  
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**MEET OFFICIALS**

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**#3 Boys 200 Meters (cont'd)**

**4:34 PM**

Lane	Name	Team	Time
1	Ward, Mekhi	Hampton Roads Acade	24.85
2	Boze, Milo	Catholic High School	24.74
3	Hines, Thomas	Norfolk Christian	24.62
4	Perez, Ayden	Catholic High School	23.96
5	Mishler, Mason	Walsingham Academy	23.76
6	Ross, Henry	Nansemond-Suffolk Ac	23.79
7	Carpenter, Cam	Walsingham Academy	24.02
8	Major, Ty	Cape Henry Collegiate	24.72

**Section 3 of 3**

1	Mitchell, Sebastian	Nansemond-Suffolk Ac	23.72
2	Lowe, Max	Catholic High School	23.68
3	Rodgers, Jeremiah	Norfolk Academy	23.46
4	Banks, Isiah	Norfolk Christian	23.34
5	Jefferson, Preston	Norfolk Academy	22.82
6	Lovell, Will	Norfolk Academy	23.22
7	Perry, Marshall	Walsingham Academy	23.45
8	Peebles, Khristian	Peninsula Catholic	23.64

**#12 Girls 3200 Meters**

M	TCIS Record	11:46.02	Martine Hunnicutt	2013
	2026 VISAA D1	13:20.00		
	2026 VISAA D2	13:38.00		

**4:39 PM**

Lane	Name	Team	Time
<b>Section 1 of 1</b>			
1	Enos, Paisley	Norfolk Academy	12:13.39
2	Ogden, Teagan	Catholic High School	12:52.71
3	Pei, Helia	Walsingham Academy	13:21.31
4	Thomas, Olivia	Norfolk Academy	14:59.22
5	Trembath, Marybelle	Norfolk Academy	NT

**#11 Boys 3200 Meters**

M	TCIS Record	9:51.00	Kiester	1982
	2026 VISAA D1	10:30.00		
	2026 VISAA D2	11:00.00		

**4:54 PM**

Lane	Name	Team	Time
<b>Section 1 of 1</b>			
1	McGuigan, Matthew	Cape Henry Collegiate	9:41.95
2	Burnham, Luke	Cape Henry Collegiate	10:04.87
3	Bousman, Matt	Norfolk Academy	10:05.65
4	Villasis, Alex	Catholic High School	11:31.12
5	Nicoletti, James	Catholic High School	11:31.23
6	Hanna, Ben	Norfolk Christian	NT
7	Chenoweth, Victor	Norfolk Academy	NT

**#11 Boys 3200 Meters (cont'd)**

**4:54 PM**

Lane	Name	Team	Time
8	Brown, Brogan	Norfolk Academy	NT
9	McKnew, Michael	Cape Henry Collegiate	NT

**#20 Girls 4 x 400m Relay**

M	TCIS Record	4:12.40	Norfolk Academy	2025
	2026 VISAA D1	4:45.50		
	2026 VISAA D2	4:50.00		

**5:07 PM**

Lane	Team	Time
<b>Section 1 of 1</b>		
2	Walsingham Academy (A)	NT
	1) Ibrahim, Olivia	2) Blinn, Kate
	3) Stokes, Natalie	4) Sutingco, Amelie
3	Catholic High School (A)	4:41.93
	1) Gardner, Rae	2) Healey, Keilani
	3) O'Connor, Macy	4) Ankley, Sara
4	Nansemond-Suffolk Academy (A)	4:27.56
	1) Pittman, Kendall	2) Carson, Eliana
	3) Gilbert, MeKenzie	4) Chee, Marcella
	5) Jones, Alex	6)
5	Norfolk Academy (A)	4:17.03
	1) Chambliss, KB	2) Hires, Lola
	3) Stufflebeem, Ella	4) Uncapher, Emma
	5) Jones, Mia	6) Ware, Lila
6	Peninsula Catholic (A)	4:21.33
	1) Branan, Rachel	2) Hobson, Iva
	3) Houlihan, Cailin	4) Nguyen, Kaitlynn
	5) Banks, Hannah	6)
7	Cape Henry Collegiate (A)	4:38.84
	1) Rivera, Carmen	2) Nator, Isabella
	3) Tragert, Ella	4) Johnson, Brynn
	5) Taber, Daphne	6) Karsanac, Ava
8	Hampton Roads Academy (A)	4:49.59
	1) Lockhart, Kennedy	2) Adams, Abbi
	3) Rose, Siri	4) Barnhart, Alana

**#19 Boys 4 x 400m Relay**

M	TCIS Record	3:28.09	Catholic	2014
	2026 VISAA D1	3:55.00		
	2026 VISAA D2	3:58.00		

**5:13 PM**

Lane	Team	Time
<b>Section 1 of 1</b>		

**TIDEWATER CONFERENCE OF INDEPENDENT SCHOOLS  
CHAMPIONSHIP**

Norfolk, VA  
Norfolk Academy  
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Tuesday, May 5, 2026

**MEET OFFICIALS**

**Meet Director:**  
Zach Lampert  
**Meet Referee:**  
Kevin Rhue



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**START LIST**

**#19 Boys 4 x 400m Relay (cont'd)**

**5:13 PM**

<b>Lane</b>	<b>Team</b>	<b>Time</b>
1	Nansemond-Suffolk Academy (A)	4:07.50
	1) Howell, Avery	2) Goldbach, Trevor
	3) Grimes, Garrett	4) Hills, Cayden
	5) Ricks, Nick	6)
2	Peninsula Catholic (A)	3:58.14
	1) Mahn, Marshall	2) Ramirez, Damien
	3) Rodriguez, Carlos	4) Fowler, Ben
3	Norfolk Christian (A)	3:49.27
	1) Hines, Samuel	2) Hines, Thomas
	3) Nedelin, Aleksander	4) Reed, Sammy
4	Cape Henry Collegiate (A)	3:41.42
	1) Baquero, Braiden	2) Graves, Kaleb
	3) Cheshire, Daniel	4) Tragert, Owen
	5) DeBose, Adrian	6) Kite, Preston
5	Norfolk Academy (A)	3:33.82
	1) Zito, Isaac	2) Duffy Jr., Sean
	3) Lewis, Alex	4) Guzik, Finn
	5) Falk, Chase	6) Chouraqui, Noah
	7) Reid, Campbell	8) Kumar, Sajjan
6	Catholic High School (A)	3:39.61
	1) Hagerman, Gabriel	2) Vance, Colin
	3) Lowe, Max	4) Perez, Ayden
7	Walsingham Academy (A)	3:42.85
	1) Carpenter, Cam	2) Stensland, Luke
	3) Whittington, K j	4) Perry, Marshall
8	Hampton Roads Academy (A)	3:52.37
	1) Yates, Jack	2) Seutter, Gabriel
	3) Birch, Jaden	4) Beach, Gage