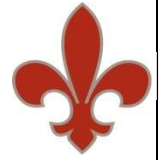




STC Middle School “Distance” Track Meet

St. Christopher’s School – Cal Boyd Track

Saturday, April 25th, 2026 – 10:00am



Teams:

Grade Level: Open to athletes in grades 5-8.

Events and *Estimated* Time Schedule

10:00am	Girls 3200 meter run	*Boys & Girls 3200 will be combined if possible.
10:20am	Boys 3200 meter run	
10:40am	Girls 400 meter run	
11:10am	Boys 400 meter run	
11:35am	Girls 1600 meter run	
11:55am	Boys 1600 meter run	
12:30pm	Girls 800 meter run	
12:45pm	Boys 800 meter run	
1:00pm	Girls 4 x 400 meter relay	
1:15pm	Boys 4 x 400 meter relay	

Other Important Information

1. The individual 400 will be run in lanes. All other events will utilize waterfall starts (no lane assignments). Multiple heats will be run depending on the number of entrants in each event. No blocks will be allowed at this meet. All runners in the 3200, 1600, 800, and 4x4 anchor leg will wear a chest number during their race as an identifier for the timer/judge.

2. This will NOT be a scored meet. This meet will be hand-timed with stopwatches by STC coaches. Results will be posted on MileStat after the meet. It is also recommended that coaches time their own athletes as back-up and for split purposes. Since results will be hand-timed, these times CANNOT be used for league/state qualifying cuts.

3. Entries will be done on MileStat.

You must enter an accurate/estimated seed time for EVERY ATHLETE/RELAY TEAM to ensure proper seeding. Please be sure you enter your times with minutes, seconds, and tenths/hundredths. For example, someone who runs the 400 in 1:07 should be entered as 1:07.00, NOT 1:07 or 67. **The 400 is restricted to 6 entries per gender per team, due to being a lane-assigned race. You may have unlimited entries in all other events. Athletes are limited to 2 events maximum, including relays.** Entries are due by Wednesday, April 22nd at 9:00pm. This will allow time to figure out heats and timing logistics. A heat sheet will be emailed out after all entries have been received. Below are some suggestions for seed time estimates.

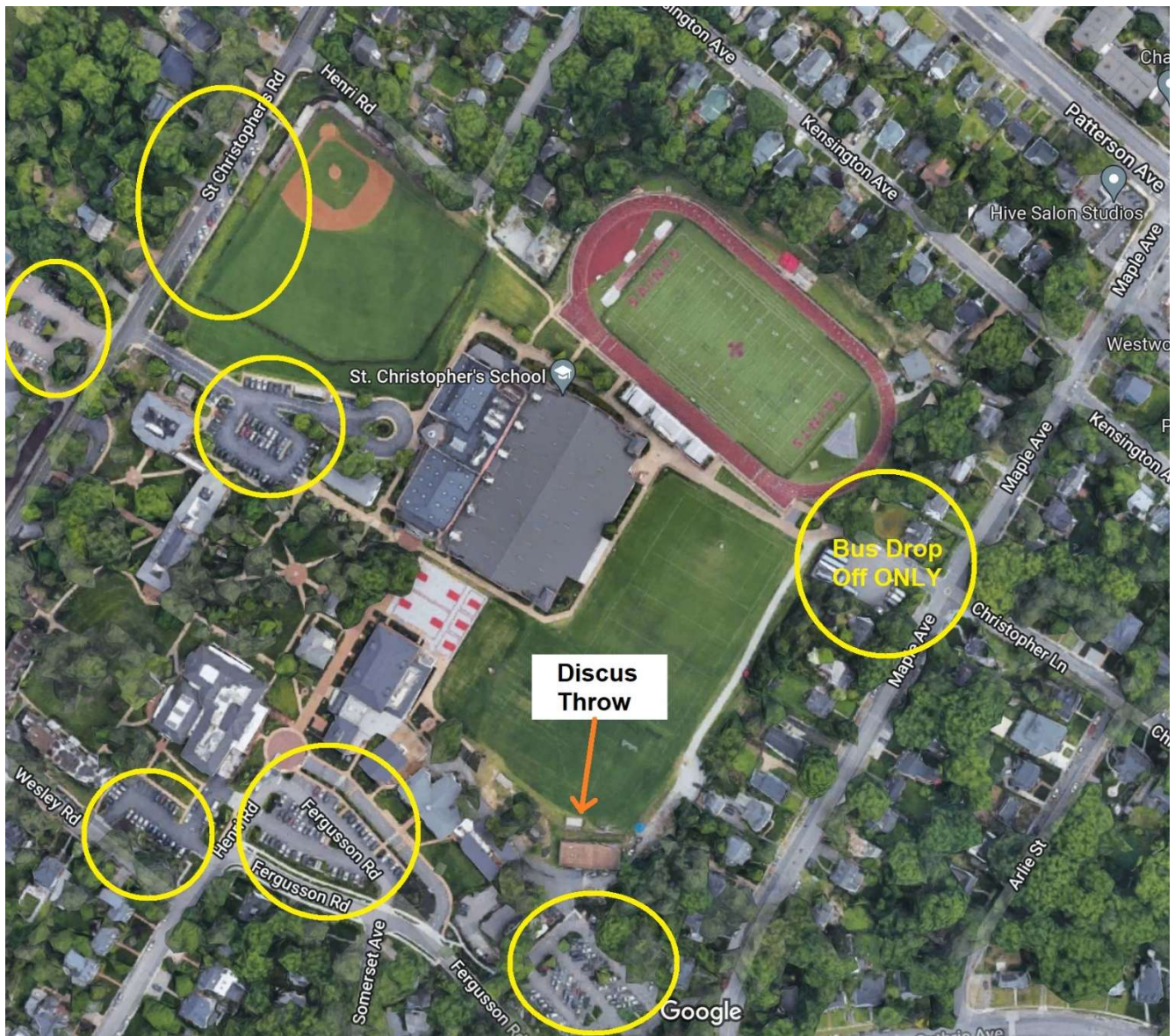
3200 Seed Time: Double 1600 time and add 1:15	800 Seed Time: Double 400 time and add :20
1600 Seed Time: Double 800 time and add :20	400 Seed Time: Double 200 time and add :10

4. Be sure to enter all 4 relay members in the 4x4 in the correct order AND provide **accurate seed times for the personnel running** on each relay team, as MileStat will just default to the fastest 4x4 time you have run this season.

Parking

Parking lots are circled in YELLOW. Please keep the athletic center circle clear as that is the fire lane. Anyone traveling with a bigger bus may inform their driver to use the gravel lot near the corner of St. Christopher's Rd. and Three Chopt Rd, across from St. Bridget Middle School. In addition to the lots indicated on the map, there is street parking on all the surrounding roads. Please be sure to avoid blocking driveways, parking on someone's property, or blocking the flow of traffic.

Please remind spectators to stay outside of the track. They can be along the black perimeter fence or in the stands. Teams are welcome to set up in any grassy areas outside of the black perimeter fence. The "backstretch" side is typically less populated than the area around the stands.



STC Middle School “Distance” Track Meet

Boys Top Historical Performers – 2016-2025

Boys 400

1. 53.41	Elex Churchwell	St. Christopher’s	4/26/2025
2. 53.50	Matthew Corbitt	St. Mary’s	5/4/2024
3. 54.44	Michael Corbitt	St. Mary’s	5/4/2024
4. 55.68	Tobiah Jarvis	Louisa	5/4/2024
5. 55.75	Coleman Mayer	St. Christopher’s	5/6/2023

Boys 800

1. 2:14.49	Kirk George	St. Christopher’s	5/7/2018
2. 2:15.10	Ian Smith	St. Christopher’s	5/4/2016
3. 2:16.65	Neal Dhar	St. Christopher’s	5/4/2016
4. 2:18.21	Alexander Koussoglou	St. Christopher’s	4/26/2025
5. 2:19.84	Jackson Schreffler	Louisa	4/26/2025

Boys 1600

1. 4:47.13	Grayson Jones	St. Bridget	5/4/2024
2. 4:48.76	Noah St. Julien	Louisa	5/4/2024
3. 4:50.49	Bryson Nemec	Louisa	4/26/2025
4. 4:52.14	LT Nguyen	St. Christopher’s	5/6/2023
5. 4:53.49	Langdon Sexton	St. Christopher’s	4/26/2025

Boys 3200

1. 10:54.20	LT Nguyen	St. Christopher’s	5/2/2022
2. 11:10.53	Lewis McMillan	Our Lady of Lourdes	4/26/2025
3. 11:10.65	Asa White	St. Christopher’s	5/4/2024
4. 11:13.46	Jonah Brown	Louisa	5/4/2024
5. 11:14.38	Charlie Branch	St. Christopher’s	5/4/2024

Boys 4x400

1. 3:54.80	Elijah O’Neill, Peyton Monroe-Johnson Caleb Spaid, Bryce Whetzel	Louisa	4/26/2025
2. 4:04.37	LT Nguyen, Ben Franks James Edwards, Noah Smith	St. Christopher’s	5/2/2022
3. 4:05.64	Nash Steed, Meyann Avele-Eya Christian Johnson, Hoby Ballou	St. Christopher’s	5/4/2016
4. 4:08.05	Liam Larkin, Mason Pritchard David Allport, Commodore Washington	Our Lady of Lourdes	4/26/2025
5. 4:08.06	Davis Mullen, Eli Holloway Jassen Jordan, Tapiwa Mutoti	St. Christopher’s	4/26/2025

STC Middle School “Distance” Track Meet

Girls Top Historical Performers – 2016-2025

Girls 400

1. 1:01.54	Aaris Moore	St. Catherine’s	5/4/2024
2. 1:03.26	Reagan Perkinson	St. Edward’s	5/6/2023
3. 1:03.67	Kaitlyn Diest	Louisa	4/26/2025
4. 1:03.84	Hampton Turton	St. Catherine’s	5/7/2018
5. 1:04.50	Addison Wright	Fredericksburg Christian	5/6/2023

Girls 800

1. 2:34.31	Piper Clemons	St. Catherine’s	5/4/2024
2. 2:38.14	Kenzie Drymond	Louisa	5/4/2024
3. 2:40.54	Olivia Killeen	St. Catherine’s	4/26/2025
4. 2:41.00	Anne Gamble Jennings	St. Catherine’s	5/1/2017
5. 2:41.19	Ella Farmer	St. Catherine’s	4/26/2025

Girls 1600

1. 5:49.85	Olivia Killeen	St. Catherine’s	4/26/2025
2. 5:51.97	Chloe Stribling	St. Bridget	4/26/2025
3. 6:02.79	Andie Weiler	St. Michael’s	4/26/2025
4. 6:03.45	Jane Oxenreiter	St. Michael’s	4/26/2025
5. 6:03.73	Sophie Hudson	St. Michael’s	4/26/2025

Girls 3200

1. 11:56.27	Isabella Aguilon	Louisa	4/26/2025
2. 12:35.23	Chloe Stribling	St. Bridget	5/4/2024
3. 12:57.42	Jane Oxenreiter	St. Michael’s	4/26/2025
4. 13:00.81	Hannah Lipscomb	St. Catherine’s	4/26/2025
5. 13:09.71	Olivia Killeen	St. Catherine’s	5/4/2024

Girls 4x400

1. 4:24.00	Abby Armstrong, Madelyn Diradour Anjali Mead, Chelsea Brown	St. Catherine’s	4/29/2019
2. 4:27.10	Bella Lupica, Logan Thorne-Begland Eva Green, Hampton Turton	St. Catherine’s	4/29/2019
3. 4:30.84	Aaris Moore, Rebecca Zwicker Zoe McMullen, Piper Clemons	St. Catherine’s	5/4/2024
4. 4:38.64	Madelyn Diradour, Chelsea Brown McKay Magness, Hampton Turton	St. Catherine’s	5/7/2018
5. 4:39.70	Briana Garland, Avery Mullen Lydia Payne, Kenzie Drymond	Louisa	5/4/2024