

PERFORMANCE LIST

#44 Girls 4 x 800m Relay (VHSL Region 3A)

Team	Time
1 Tabb (A)	10:17.28
2 New Kent (A)	10:37.61
3 York (A)	10:59.74
4 I.C. Norcom (A)	NT
5 Hopewell (A)	NT

#43 Girls 4 x 800m Relay (VHSL Region 4A)

Team	Time
1 Grafton High School (A)	9:33.74
2 Jamestown (A)	9:54.65
3 Smithfield (A)	10:34.51
4 Warhill (A)	10:41.04
5 Churchland (A)	11:12.67
6 Manor (A)	13:45.79
7 Phoebus (A)	NT

#41 Boys 4 x 800m Relay (VHSL Region 3A)

Team	Time
1 Tabb (A)	8:44.31
2 New Kent (A)	8:57.63
3 York (A)	9:00.39
4 Hopewell (A)	9:05.38
5 Heritage (Newport News) (A)	9:25.28
6 I.C. Norcom (A)	NT

#42 Boys 4 x 800m Relay (VHSL Region 4A)

Team	Time
1 Jamestown (A)	8:02.16
2 Lafayette (A)	8:09.00
3 Grafton High School (A)	8:12.02
4 Smithfield (A)	8:12.74
5 Churchland (A)	8:32.21
6 Phoebus (A)	8:43.60
7 Warhill (A)	8:58.57
8 Hampton (A)	9:06.23
9 Gloucester High School (A)	9:24.10
10 Denbigh (A)	9:26.12

#25 Girls 100m Hurdles (VHSL Region 3A)

#	Name	Team	Time
1	1403 BEASLEY, Jaleia	Heritage (Newport New	15.05
2	895 DAVIS, Gabrielle	Lakeland	15.19
3	313 BRYANT, Tyise	I.C. Norcom	15.91
4	386 THORNE, Aureliana	York	16.51
5	337 THORNTON, Aaliyah	I.C. Norcom	16.65
6	894 WHEELER, Angel	Lakeland	17.39

#25 Girls 100m Hurdles (VHSL Region 3A) (cont'd)

#	Name	Team	Time
7	299 MOORE, Deiona	I.C. Norcom	17.49
8	909 JONES, Madison	Lakeland	19.14
9	2220 PARLETT, Kendall	Tabb	19.25
10	1836 BOYD, Austynn	New Kent	19.29
11	2238 SMITH, Jocelyn	Tabb	19.54
12	1898 ROSS, Aubrey	New Kent	19.98
13	1887 COLEMAN, Ashlin	New Kent	20.21
14	426 BAREFOOT, JossAlynn	York	20.59

#27 Boys 110m Hurdles (VHSL Region 3A)

#	Name	Team	Time
1	317 EDWARDS JR, Darius	I.C. Norcom	15.32
2	921 ALFRED, Zy'yon	Lakeland	15.50
3	2073 BOOMER, Emanuel	Booker T. Washington	15.68
4	1859 YOUNG, Carlos	New Kent	15.81
5	1673 FREEMAN, Aaron	Colonial Heights	16.00
6	2198 FREDERICK, Gannon	Tabb	17.55
7	319 MATTHEWS JR, Kelin	I.C. Norcom	17.66
8	1942 YOUNG, Kyle	New Kent	18.55
9	330 BRYANT, Elijah	I.C. Norcom	19.09
10	1940 KEENE, Jshaun	New Kent	19.65
11	1401 DOZIER, Marcus	Heritage (Newport New	NT

#28 Boys 110m Hurdles (VHSL Region 4A)

#	Name	Team	Time
1	615 WEBSTER, Daylen	Smithfield	14.24
2	943 OSIFO, Jamar	Phoebus	14.34
3	1248 TERNS, Braden	Warhill	14.47
4	1331 MOORE, Jason	Churchland	14.51
5	123 YEMBU, Emmanuel	Grafton High School	14.84
6	1037 KIRKLAND, Trent	Jamestown	15.35
7	1750 GARNER, Dekaeveion	Manor	15.93
8	1791 BRITT, Elijah	Manor	16.08
9	1178 BROWN, Nyko	Warhill	16.36
10	1549 JACKSON, Maliq	Gloucester High School	16.43
11	1761 MORGAN, Santana	Manor	17.96
12	1339 MCINTYRE, Xzavier	Churchland	18.83
13	1599 COOKE, Kryshire	Gloucester High School	19.04
14	20 BROOKS, Joell	Grafton High School	19.14
15	602 MORAN, Mason	Smithfield	19.16

#4 Girls 100 Meters (VHSL Region 3A)

#	Name	Team	Time
1	787 ZINSOU, Agape	Lake Taylor	12.29
2	1711 MCKENZIE, Zoi	Colonial Heights	12.72
3	2233 HUGGINS, Alayha	Tabb	12.85

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PERFORMANCE LIST**#4 Girls 100 Meters (VHSL Region 3A) (cont'd)**

#	Name	Team	Time
4	2265 HUGGINS, SaMeria	Tabb	12.87
5	320 MOSLEY, Amora	I.C. Norcom	12.88
6	830 ROBINSON, Kourtnei	Lake Taylor	12.89
7	793 PINKNEY, Ty'nasha	Lake Taylor	12.93
8	915 TOWNES, Londyn	Lakeland	12.97
9	871 DILDY, Genia	Lakeland	13.00
10	2262 FORD, Kaidyn	Tabb	13.07
11	309 MAPP, Shannon	I.C. Norcom	13.33
12	1540 DAVIS, Zanari	Petersburg	13.53
13	1456 ASKEW, Aeryn	Heritage (Newport New	13.55
14	1447 DAVIS, Daunazia	Heritage (Newport New	13.73
15	1692 MCKENZIE, Miyka	Colonial Heights	13.78
16	369 BENNETT, Zaria	York	13.84
17	1480 DUKES, Serena	Heritage (Newport New	13.93
18	297 INGRAM, KaMaiyah	I.C. Norcom	13.99
19	1512 WILLIAMS, Amare	Petersburg	14.05
20	413 JUDKINS, Ta'liah	York	14.13
21	408 MCNAIR, Marlie	York	14.32
22	1544 WILLIAMS, Neema	Petersburg	14.73
23	898 CHATMAN, Robin	Lakeland	15.39

#3 Girls 100 Meters (VHSL Region 4A)

#	Name	Team	Time
1	1727 MAPP, Adriana	Manor	12.20
2	1122 MIMS, Kyrie	Jamestown	12.33
3	605 CARNES, Simone	Smithfield	12.37
4	1324 REED, Trinity	Churchland	12.37
5	1265 VEAL, Remiah	Churchland	12.62
6	1341 BRIGHT, Jazmen	Churchland	12.68
7	68 PITTS, Kaylei	Grafton High School	12.74
8	167 SIDEBOTTOM, Brielle	Hampton	12.90
9	1223 JAMES, Mia	Warhill	12.95
10	532 EVANS, Tatiana	Lafayette	12.98
11	998 JACKSON, Selena	Phoebus	13.10
12	119 WATKINS, Naylin	Grafton High School	13.15
13	168 WHITE, Arianna	Hampton	13.17
14	1734 DEBERRY, Heaven	Manor	13.22
15	1158 LAM, Mikayla	Warhill	13.24
16	960 PATTEN, Serenity	Phoebus	13.25
17	675 BURKE, Zaria	Smithfield	13.29
18	1798 BILLINGS, Zoey	Manor	13.33
19	1000 HOLMES, Tanaya	Phoebus	13.43
20	610 HAMLIN, Kaydence	Smithfield	13.46
21	1156 GILBERT, Tayler	Warhill	13.50
22	254 FOSTER, Ariel	Denbigh	13.78
23	1556 HUNT, Amari	Gloucester High School	13.93

#3 Girls 100 Meters (VHSL Region 4A) (cont'd)

#	Name	Team	Time
24	1583 COUVINGTON, Zarheia	Gloucester High School	13.94
25	287 WILLIAMS, Destiny	Denbigh	13.97
26	495 WYATT, Samone	Lafayette	14.00
27	202 PRICE, Jiana	Hampton	14.02
28	1041 SMITH, Doneil	Jamestown	14.07
29	1007 BENZ, Olivia	Jamestown	14.09
30	1624 HOGGE, Emma	Gloucester High School	14.45
31	290 BAILEY, Amari	Denbigh	14.81
32	477 BROWN, Tymia	Lafayette	14.94

#2 Boys 100 Meters (VHSL Region 3A)

#	Name	Team	Time
1	2205 NGAMBWE, Dan	Tabb	10.94
2	2235 BATES, Torai	Tabb	11.04
3	2109 POWELL, Kielin	Booker T. Washington	11.18
4	325 REID, Cameron	I.C. Norcom	11.20
5	363 LAWRENCE, Benjamin	York	11.33
6	1957 MEEKINS, Dayton	New Kent	11.36
7	1392 WEEKS, Sean	Heritage (Newport New	11.42
8	1467 BROWM, Elijah M.	Heritage (Newport New	11.48
9	2056 PRESTON, Maxximus	Hopewell	11.52
10	835 BROWN, Christian	Lake Taylor	11.56
11	1395 WILLIAMS, Elijah	Heritage (Newport New	11.56
12	2092 ANDERSON, Malachi	Booker T. Washington	11.56
13	863 WILSON, Antonio	Lakeland	11.63
14	406 REA, Lincoln	York	11.65
15	340 BARNES JR, Kevin	I.C. Norcom	11.67
16	1907 PAYNE, Owen	New Kent	11.67
17	1709 CLAIBOURNE, Ny'zier	Colonial Heights	11.69
18	2217 OUTLAW, Khalil	Tabb	11.70
19	1529 BEASLEY, Joshua	Petersburg	11.76
20	1531 PEEBLES, Kemonie	Petersburg	11.78
21	875 BAKER, Jamari	Lakeland	11.80
22	1525 MOSS, Demerrion	Petersburg	11.80
23	333 CARROLL, Eddie	I.C. Norcom	11.91
24	844 LAWTON, Maurice	Lake Taylor	11.93
25	827 TAYLOR, Jeremiah	Lake Taylor	12.02
26	1947 NELSON, Andrew	New Kent	12.15
27	1718 BROWN, Nehemiah	Colonial Heights	12.49
28	1720 WOODSON, Donavyn	Colonial Heights	12.49
29	418 WU, Joe	York	13.11
30	922 KESSINGER, Carter	Lakeland	13.26

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#	Name	Team	Time
1	1312 HUNTER, Zykee	Churchland	10.73
2	1354 FOLK, Jeremiah	Churchland	10.87
3	94 DIGGS, Ahmad	Grafton High School	10.92
4	59 GBEDJE, Noah	Grafton High School	11.10
5	1264 WHITE, Marquis	Churchland	11.11
6	1219 JONES, Jamonte	Warhill	11.20
7	32 LAWSON, Joshua	Grafton High School	11.23
8	1229 PRICE, Devon	Warhill	11.23
9	1783 HOLLOMAN, Jamauri	Manor	11.23
10	281 MENSAH, Eron	Denbigh	11.27
11	604 HANCOCK, Tavaris	Smithfield	11.28
12	1370 LONG, Keymond	Churchland	11.31
13	189 MORRIS, Allen	Hampton	11.34
14	240 MCINTYRE, Jashon	Denbigh	11.48
15	246 SHAVERS, Jeremiah	Denbigh	11.48
16	1191 MASON, Micah	Warhill	11.48
17	1559 SHIELD, Grayson	Gloucester High School	11.49
18	997 SIMMON, Jayvin	Phoebus	11.54
19	702 ROBSINSON, Truth	Smithfield	11.55
20	1754 BROWN, Kennell	Manor	11.59
21	223 LASSITER, Casey	Hampton	11.63
22	515 NOCK, Aizek	Lafayette	11.65
23	977 POWELL, Kingston	Phoebus	11.72
24	999 JONES, Xavier	Phoebus	11.79
25	1632 LOCKLEY, Omari	Gloucester High School	11.80
26	626 SMITH, Alex	Smithfield	11.81
27	176 LOFTON, Zymire	Hampton	12.01
28	454 TALIAFERRO, Major	Lafayette	12.01
29	1643 THOMPSON, Jadon	Gloucester High School	12.08
30	1151 HATCHETT , Kenyatta	Jamestown	12.09
31	1013 VANNOY, Levi	Jamestown	12.13
32	1777 BANKS, Mike	Manor	12.27
33	1095 LUTTRELL, Daniel	Jamestown	12.51

#8 Girls 200 Meters (VHSL Region 3A)

#	Name	Team	Time
1	787 ZINSOU, Agape	Lake Taylor	25.60
2	830 ROBINSON, Kourtnei	Lake Taylor	26.64
3	2023 MORGAN, Madisyn	Hopewell	26.73
4	1540 DAVIS , Zanari	Petersburg	26.81
5	2265 HUGGINS, SaMeria	Tabb	26.89
6	2233 HUGGINS, Alayha	Tabb	26.92
7	2039 MIDDLETON, Trinity	Hopewell	26.96
8	1980 CLEMENTS, Madison	New Kent	27.07
9	369 BENNETT, Zaria	York	27.51
10	2215 ALCONABA, Amaiah	Tabb	27.71

#8 Girls 200 Meters (VHSL Region 3A) (cont'd)

#	Name	Team	Time
11	1512 WILLIAMS, Amare	Petersburg	28.12
12	871 DILDY, Genia	Lakeland	28.20
13	413 JUDKINS, Ta'liah	York	28.30
14	1898 ROSS, Aubrey	New Kent	28.47
15	309 MAPP, Shannon	I.C. Norcom	28.56
16	1484 BENTON, Zelai	Heritage (Newport New	29.14
17	859 ST. LOUIS, Arianna	Lakeland	29.22
18	1442 DEAN, Alexis	Heritage (Newport New	29.63
19	417 BELGRAVE, Aliyah	York	29.77
20	344 COOKE, Janiya	I.C. Norcom	29.85
21	1692 MCKENZIE, Miyka	Colonial Heights	30.20
22	297 INGRAM, KaMaiyah	I.C. Norcom	30.26
23	910 RIDDICK, Tamera	Lakeland	30.29
24	1536 JAMES, Frenchona	Petersburg	30.56

#7 Girls 200 Meters (VHSL Region 4A)

#	Name	Team	Time
1	939 MAYO, Cheyanne	Phoebus	24.84
2	1727 MAPP, Adriana	Manor	24.92
3	53 WILLIAMS, Ariauna	Grafton High School	25.25
4	1324 REED, Trinity	Churchland	25.49
5	605 CARNES, Simone	Smithfield	25.92
6	1314 VANPELT, Cyniah	Churchland	25.94
7	1618 HOLLAND, Aryiel	Gloucester High School	25.94
8	1731 ARMSTRONG, Jazzyria	Manor	26.49
9	1223 JAMES, Mia	Warhill	26.60
10	68 PITTS, Kaylei	Grafton High School	26.61
11	167 SIDEBOTTOM, Brielle	Hampton	26.62
12	532 EVANS, Tatiana	Lafayette	27.01
13	675 BURKE, Zaria	Smithfield	27.21
14	998 JACKSON, Selena	Phoebus	27.35
15	168 WHITE, Arianna	Hampton	27.37
16	688 WELLS, Neveah	Smithfield	27.49
17	1158 LAM, Mikayla	Warhill	27.53
18	206 OLSON, Anah	Hampton	27.56
19	245 CRENSHAW-PINKARD	Denbigh	27.58
20	491 OUEDRAOGO, Wendy	Lafayette	27.93
21	495 WYATT, Samone	Lafayette	28.01
22	274 GATLING, Lauren	Denbigh	28.41
23	1104 FLORES, Jimena	Jamestown	28.51
24	1556 HUNT, Amari	Gloucester High School	28.67
25	1022 FULLER, Devon	Jamestown	28.70
26	1591 BEBCO, Payten	Gloucester High School	28.72
27	1070 HOUGHTON, Elsie	Jamestown	28.94
28	254 FOSTER, Ariel	Denbigh	29.41
29	960 PATTEN, Serenity	Phoebus	29.88

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#5 Boys 200 Meters (VHSL Region 3A)			
#	Name	Team	Time
1	2235 BATES, Torai	Tabb	22.03
2	325 REID, Cameron	I.C. Norcom	22.38
3	363 LAWRENCE, Benjamin	York	22.43
4	2172 PAPPAS, Noah	Tabb	22.49
5	2205 NGAMBWE, Dan	Tabb	22.61
6	2109 POWELL, Kielin	Booker T. Washington	22.82
7	1988 CROCKETT, Darnell	Hopewell	23.01
8	1525 MOSS, Demerrion	Petersburg	23.32
9	1957 MEEKINS, Dayton	New Kent	23.41
10	406 REA, Lincoln	York	23.42
11	2092 ANDERSON, Malachi	Booker T. Washington	23.50
12	1485 USHER, Antonious	Heritage (Newport New	23.62
13	340 BARNES JR, Kevin	I.C. Norcom	23.63
14	1467 BROWM, Elijah M.	Heritage (Newport New	23.68
15	1392 WEEKS, Sean	Heritage (Newport New	23.70
16	1907 PAYNE, Owen	New Kent	23.77
17	823 BROOKS, Isaac	Lake Taylor	23.87
18	835 BROWN, Christian	Lake Taylor	23.93
19	2056 PRESTON, Maxximus	Hopewell	23.96
20	1531 PEEBLES, Kemonie	Petersburg	23.98
21	1709 CLAIBOURNE, Ny'zier	Colonial Heights	24.10
22	343 WADE, Danny	I.C. Norcom	24.40
23	1535 MALLORY, Javarie	Petersburg	24.56
24	1927 HALL, Hunter	New Kent	24.61
25	875 BAKER, Jamari	Lakeland	24.86
26	827 TAYLOR, Jeremiah	Lake Taylor	25.92
27	1720 WOODSON, Donavyn	Colonial Heights	26.00
28	397 MARTIN, Ethan	York	26.03
29	922 KESSINGER, Carter	Lakeland	27.50
30	901 EDWARDS, Tyce	Lakeland	NT

#6 Boys 200 Meters (VHSL Region 4A)			
#	Name	Team	Time
1	208 FRAZIER, Quarzel	Hampton	21.54
2	1312 HUNTER, Zykee	Churchland	21.75
3	1354 FOLK, Jeremiah	Churchland	22.03
4	467 SIMPSON, Josh	Lafayette	22.11
5	1082 WALSTON, Josiah	Jamestown	22.16
6	94 DIGGS, Ahmad	Grafton High School	22.17
7	59 GBEDJE, Noah	Grafton High School	22.39
8	1264 WHITE, Marquis	Churchland	22.41
9	281 MENSAH, Eron	Denbigh	22.45
10	1330 PERRY, Taron	Churchland	22.55
11	189 MORRIS, Allen	Hampton	22.56
12	951 MASON, Christian	Phoebus	22.77
13	1575 LEMASTER, Elijah	Gloucester High School	22.79

#6 Boys 200 Meters (VHSL Region 4A) (cont'd)			
#	Name	Team	Time
14	1229 PRICE, Devon	Warhill	22.80
15	604 HANCOCK, Tavaris	Smithfield	22.82
16	135 CARPER, Teague	Grafton High School	22.95
17	702 ROBSINSON, Truth	Smithfield	23.17
18	240 MCINTYRE, Jashon	Denbigh	23.18
19	246 SHAVERS, Jeremiah	Denbigh	23.26
20	162 JONES, Destin	Hampton	23.33
21	997 SIMMON, Jayvin	Phoebus	23.46
22	1191 MASON, Micah	Warhill	23.47
23	494 GRAY, Izaiyah	Lafayette	23.58
24	626 SMITH, Alex	Smithfield	23.64
25	1553 STEVERSON, Shawn	Gloucester High School	23.67
26	1242 ROOKS, Ashtin	Warhill	23.79
27	1151 HATCHETT , Kenyatta	Jamestown	23.83
28	973 COX, Nairobi	Phoebus	24.11
29	1013 VANNOY, Levi	Jamestown	24.48
30	1626 JONES, Mayron	Gloucester High School	24.54
31	1745 JOHNSON, Lundun	Manor	24.82
32	1794 AYIM, Yeyra	Manor	24.92
33	1755 TONYI, Rashid	Manor	25.61

#62 Boys Shot Put (VHSL Region 3A)			
#	Name	Team	Mark
1	1973 MOORE, Sean	New Kent	42' 1"
2	1899 PEARSON, Brendan	New Kent	41' 0"
3	872 CROCKER, Lynard	Lakeland	40' 11"
4	1434 PENN, Landyn	Heritage (Newport New	40' 5"
5	1990 WARD, Dante	Hopewell	40' 2"
6	1664 ENGLISH, Colby	Colonial Heights	37' 8"
7	355 JONES, Glenn Scotty	York	37' 1"
8	841 HESSON, Casaun	Lake Taylor	36' 3"
9	1518 AVANS, Urijah	Petersburg	34' 0.50"
10	2200 BERNSTEIN, Samuel	Tabb	33' 7"
11	296 LEWIS, Joshua	I.C. Norcom	32' 10"
12	1445 WALTHALL, Aiden	Heritage (Newport New	31' 3"
13	1431 PIERCE- MALONE, Re	Heritage (Newport New	31' 0"
14	1510 WALKER, Kamari	Petersburg	30' 3.50"
15	1956 MORGHEIM, Beau	New Kent	30' 3"
16	887 MARTIN, Christian	Lakeland	29' 11.75"
17	1539 BRANCH, Kemontae	Petersburg	29' 6.50"

#61 Boys Shot Put (VHSL Region 4A)			
#	Name	Team	Mark
1	1347 QUINERLY, Travis	Churchland	55' 10"
2	1169 HOWELL, Jaxson	Warhill	52' 7"
3	1003 HENDERSON, La Bron	Jamestown	50' 9"

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#	Name	Team	Mark
4	680 SISTARE, Logan	Smithfield	50' 0"
5	1568 ERRAJI, Mohamed	Gloucester High School	48' 3"
6	1160 KLINE, Ryan	Warhill	47' 7"
7	544 SUMMERS, Camden	Lafayette	46' 2"
8	1174 EDWARDS, Larry	Warhill	43' 3"
9	1825 MERRITT, Kwame	Manor	43' 2"
10	1635 ELLIOTT, Jaden	Gloucester High School	42' 7"
11	1011 WESTER, Owen	Jamestown	42' 6"
12	36 STEWART-JONES, Der	Grafton High School	42' 5"
13	1749 COPELAND, Georvian	Manor	41' 9.50"
14	1640 ERRAJI, Hakeem	Gloucester High School	41' 2"
15	1821 JACKSON, Avahn	Manor	40' 2"
16	222 TURNER, Justice	Hampton	40' 1"
17	739 PIERCE, Ramone	Smithfield	40' 0"
18	1322 PERDUE, Wakil	Churchland	39' 11"
19	219 EUSTACHE, Wedley	Hampton	39' 4"
20	137 BROWN, Chase	Grafton High School	38' 10"
21	562 ROBERTS, David	Smithfield	38' 7"
22	180 JONES, Gene	Hampton	37' 0"
23	1043 BRACKEN, Jacob	Jamestown	37' 0"
24	133 PATTERSON, Jeremia	Grafton High School	36' 8"
25	1287 FREDRICK, Kyee	Churchland	36' 3"
26	965 DILLARD, Kayden	Phoebus	35' 0"
27	516 WILSON, Greydon	Lafayette	34' 10"
28	279 ADAMS, Errol	Denbigh	33' 10"
29	460 COX, Austin	Lafayette	33' 4"
30	972 SIMS, Lamar	Phoebus	32' 7"
31	953 POWERS, Marquis	Phoebus	30' 3.50"
32	280 KING-JETER, Dante	Denbigh	28' 4"
33	284 LAGOS-MARTINEZ, Lu	Denbigh	26' 10"

#68 Girls Discus (VHSL Region 4A)

#	Name	Team	Mark
1	1792 WILLIAMS, Leah	Manor	140' 0"
2	1737 DAUGHTRY, Alexis	Manor	115' 1"
3	99 MOTT-SMITH, Star	Grafton High School	114' 4"
4	1365 VANN, Airris	Churchland	102' 1"
5	149 PERCY, Caliya	Hampton	101' 0"
6	1015 DUNN, Laila	Jamestown	100' 9"
7	1047 COOKE, Leah	Jamestown	87' 3"
8	3 BOYD, Amilya	Grafton High School	86' 2"
9	1061 FACUNDO, Gabrielly	Jamestown	85' 5"
10	92 GIBBS, Autumn	Grafton High School	85' 1"
11	1567 MULLIS, Hannah	Gloucester High School	84' 6"
12	1734 DEBERRY, Heaven	Manor	83' 1"
13	1209 FORYS, Eddie	Warhill	82' 7"

#68 Girls Discus (VHSL Region 4A) (cont'd)

#	Name	Team	Mark
14	1582 COLEY, Zakia	Gloucester High School	81' 10"
15	1172 SALUD, Kailani	Warhill	79' 8"
16	1622 PEET, Brianna	Gloucester High School	76' 11"
17	1195 MERRITT, Alaysia	Warhill	75' 0"
18	1319 YOUNG, Breona	Churchland	74' 3"
19	217 BEALE, Jaedyn	Hampton	73' 10.50"
20	247 WHIDBEE, Jazzlynn	Denbigh	68' 5.50"
21	195 WHITE, Christina	Hampton	64' 11"
22	547 GRAUPMAN, Aubrey	Smithfield	52' 10.50"
23	285 RIVAS, Genesis	Denbigh	38' 7.50"

#67 Girls Discus (VHSL Region 3A)

#	Name	Team	Mark
1	1855 ARMSTEAD, Amiya	New Kent	105' 1"
2	2270 ATKINS, Haley	Tabb	97' 6.50"
3	2005 WATKINS, Camryn	Hopewell	93' 6"
4	370 SMITH, Gray	York	90' 7"
5	862 BARNES, Torian	Lakeland	82' 5.25"
6	340 BARNES JR, Kevin	I.C. Norcom	76' 8"
7	1955 ROSADO FLORES, Ma	New Kent	73' 6"
8	1884 PERRY, madaleigh	New Kent	72' 8"
9	321 MOORE, Jewel	I.C. Norcom	71' 9"
10	1469 WALKER-KEY, Saana	Heritage (Newport New	66' 11"
11	2161 SANCHEZ, Tanaya	Tabb	66' 8.50"
12	1454 BROWN, J'Marie	Heritage (Newport New	62' 10"
13	327 SANDERLIN, VaNaey	I.C. Norcom	59' 11"
14	1479 DARDEN, Azareyah	Heritage (Newport New	58' 3"
15	782 MOYE, lasia	Lake Taylor	56' 10.25"
16	893 STEPHENS, Kriscena	Lakeland	56' 9"
17	911 JOHNSON, Marissa	Lakeland	52' 4.50"

#57 Boys Triple Jump (VHSL Region 4A)

#	Name	Team	Mark
1	673 BOWE, Deion	Smithfield	46' 9"
2	181 PERRY, Davion	Hampton	44' 6"
3	1342 PAIGE, Primas	Churchland	44' 1"
4	1288 WILLIAMS, Keith	Churchland	44' 0"
5	1370 LONG, Keymond	Churchland	43' 6"
6	600 GOODWIN, Malachi	Smithfield	43' 4"
7	943 OSIFO, Jamar	Phoebus	42' 3"
8	977 POWELL, Kingston	Phoebus	41' 11"
9	1207 MORRIS, Anthony	Warhill	41' 1"
10	219 EUSTACHE, Wedley	Hampton	38' 10"
11	1242 ROOKS, Ashtin	Warhill	38' 9"
12	1784 BUTLER, Grant	Manor	38' 8"
13	244 ROBINSON, Zayden	Denbigh	38' 7"

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#57 Boys Triple Jump (VHSL Region 4A) (cont'd)			
#	Name	Team	Mark
14	1215 BAUER, Hunter	Warhill	38' 7"
15	671 PEARSON, Shaun	Smithfield	37' 6"
16	1049 PEERS, Nathan	Jamestown	37' 6"
17	238 FOSTER, Camden	Denbigh	37' 1"
18	211 MCGLONE, Andre	Hampton	36' 11"
19	1002 GRIFFITH, Adon	Phoebus	36' 1"
20	519 EDWARDS, Delsin	Lafayette	35' 7"
21	1103 POHREN, Jacob	Jamestown	32' 7"
22	231 WARDRETT, Dorian	Denbigh	NM

#58 Boys Triple Jump (VHSL Region 3A)			
#	Name	Team	Mark
1	1401 DOZIER, Marcus	Heritage (Newport New	45' 0"
2	774 LANE, Sincere	Lake Taylor	42' 2.50"
3	863 WILSON, Antonio	Lakeland	41' 11.50"
4	2209 MORANCY, Malik	Tabb	41' 7.50"
5	317 EDWARDS JR, Darius	I.C. Norcom	40' 6"
6	319 MATTHEWS JR, Kelin	I.C. Norcom	40' 2"
7	921 ALFRED, Zy'yon	Lakeland	39' 5"
8	2217 OUTLAW, Khalil	Tabb	38' 7.75"
9	300 ISINKAIYE, Johnathan	I.C. Norcom	38' 3"
10	2127 MUHAMMAD-PAYNE,	Tabb	37' 8.25"
11	1963 CHRISTIAN, Blaze	New Kent	37' 6"
12	1902 PFEIFER, Isaac	New Kent	35' 9.75"
13	416 NEMEC, Jake	York	34' 5.50"
14	1455 SHELTON, Tyrell	Heritage (Newport New	34' 5.50"
15	1850 WEATHERBEE, Jamari	New Kent	33' 10.75"

#59 Girls Triple Jump (VHSL Region 3A)			
#	Name	Team	Mark
1	1975 GRIFFITH, Ryan	New Kent	36' 1.50"
2	335 CHILTON, Brielle	I.C. Norcom	35' 5.50"
3	337 THORNTON, Aaliyah	I.C. Norcom	34' 8"
4	1403 BEASLEY, Jaleia	Heritage (Newport New	33' 4.50"
5	782 MOYE, lasia	Lake Taylor	33' 1.25"
6	386 THORNE, Aureliana	York	32' 5.50"
7	2210 WILLIAMS, Shamyra	Tabb	31' 6"
8	1898 ROSS, Aubrey	New Kent	31' 3.25"
9	1836 BOYD, Austynn	New Kent	30' 6"
10	2228 RAMOS, Angelisa	Tabb	29' 10.50"

#60 Girls Triple Jump (VHSL Region 4A)			
#	Name	Team	Mark
1	1198 DAVIS, Symone	Warhill	36' 7"
2	1828 DESINCE, Triniti	Manor	35' 4"
3	610 HAMLIN, Kaydence	Smithfield	35' 1.25"

#60 Girls Triple Jump (VHSL Region 4A) (cont'd)			
#	Name	Team	Mark
4	1799 BAKER, Zaniyah	Manor	34' 0"
5	1815 AYIM, Yenam	Manor	34' 0"
6	1023 HAMMOND, Lianna	Jamestown	33' 11.50"
7	940 CARR, Lundyn	Phoebus	33' 9"
8	1289 WHITFIELD, Naomi	Churchland	33' 7"
9	1199 SWAN, Alexis	Warhill	32' 10"
10	1239 PHELPS, Lauren	Warhill	31' 7.75"
11	988 ANDREWS, Za'Nya	Phoebus	30' 2"
12	1020 PETERSON, Francine	Jamestown	29' 7"
13	1044 FULLER, Maggie	Jamestown	25' 11"

#45 Boys High Jump (VHSL Region 3A)			
#	Name	Team	Mark
1	1401 DOZIER, Marcus	Heritage (Newport New	6' 8"
2	1475 DANIEL, Qunicy	Heritage (Newport New	6' 0"
3	1525 MOSS, Demerrion	Petersburg	6' 0"
4	317 EDWARDS JR, Darius	I.C. Norcom	5' 8"
5	2004 LIGHT, Dominic	Hopewell	5' 8"
6	2037 SMITH, Zarian	Hopewell	5' 8"
7	2056 PRESTON, Maxximus	Hopewell	5' 8"
8	319 MATTHEWS JR, Kelin	I.C. Norcom	5' 6"
9	339 SIMMS, Bryant	I.C. Norcom	5' 6"
10	1907 PAYNE, Owen	New Kent	5' 6"
11	863 WILSON, Antonio	Lakeland	5' 4"
12	1527 LEWIS, jylrique	Petersburg	5' 0"
13	892 HARRELL, Antonio	Lakeland	NM
14	1464 MATTHEWS- PORTER	Heritage (Newport New	NM

#46 Boys High Jump (VHSL Region 4A)			
#	Name	Team	Mark
1	1302 CORPREW, Malik	Churchland	6' 4"
2	181 PERRY, Davion	Hampton	6' 2"
3	1137 KIRKLAND, Tyler	Jamestown	6' 2"
4	1370 LONG, Keymond	Churchland	6' 2"
5	949 HINES, Jeremiah	Phoebus	6' 0"
6	1742 JOHNSON, Jaidon	Manor	6' 0"
7	665 PRETLOW, Kayden	Smithfield	5' 10"
8	1339 MCINTYRE, Xzavier	Churchland	5' 10"
9	1766 MOTEN, Kaden	Manor	5' 10"
10	162 JONES, Destin	Hampton	5' 8"
11	1178 BROWN, Nyko	Warhill	5' 6"
12	292 WHITBY, Zaiden	Denbigh	5' 6"
13	943 OSIFO, Jamar	Phoebus	5' 6"
14	1009 FINO , Alessandro	Jamestown	5' 6"
15	32 LAWSON, Joshua	Grafton High School	5' 6"
16	1202 GORDON, Mark	Warhill	5' 6"

PERFORMANCE LIST

#46 Boys High Jump (VHSL Region 4A) (cont'd)

#	Name	Team	Mark
17	219 EUSTACHE, Wedley	Hampton	5' 4"
18	1018 WHITBY, Jedidiah	Jamestown	5' 4"
19	932 SAMUELS, James	Phoebus	NM

#52 Girls Pole Vault (VHSL Region 4A)

#	Name	Team	Mark
1	438 MOORE, Ruth	Lafayette	10' 3"
2	1007 BENZ, Olivia	Jamestown	9' 6"
3	1145 ZIEBERT, Lily	Jamestown	9' 3"
4	1245 MICHAELS, Haley	Warhill	8' 6"
5	1272 SAMPSON, Patricia	Churchland	8' 6"
6	1210 RANDOLPH, Brooks	Warhill	8' 0"
7	1217 KAUFFMAN, Sara	Warhill	7' 6"
8	1187 HASSELL, Eva	Warhill	7' 6"
9	1132 MCCABE, Carrington	Jamestown	7' 6"
10	1334 GAY, Chenai	Churchland	7' 6"

#51 Girls Pole Vault (VHSL Region 3A)

#	Name	Team	Mark
1	2154 CRAMER, Mary	Tabb	9' 6"
2	1906 ROLLINS, Faith	New Kent	7' 6"
3	2208 COVINGTON, Taylor	Tabb	7' 6"
4	1897 KORNEICH, Danica	New Kent	6' 6"
5	2227 LERMA, Sophia	Tabb	6' 6"
6	1977 BURNO, Olivia	New Kent	6' 0"

#23 Girls 3200 Meters (VHSL Region 3A)

#	Name	Team	Time
1	2132 OPDYKE, Hillary	Tabb	11:49.29
2	1933 DALLAIRE, Andrea	New Kent	12:25.55
3	366 GRAY, Delaney	York	13:31.05
4	1880 LOUCKS, Aubrey	New Kent	14:09.43
5	404 BELLFLOWER, Mary-C	York	14:27.99
6	356 WU, Fiona	York	14:46.73
7	2260 SCOTT, Mariana	Tabb	15:19.53

#24 Girls 3200 Meters (VHSL Region 4A)

#	Name	Team	Time
1	1074 DAHL, Emily	Jamestown	11:00.46
2	127 BYRNE, Sophia	Grafton High School	11:33.12
3	30 TAYLOR, Nari	Grafton High School	11:55.30
4	44 DIVIETRO, Abigail	Grafton High School	12:11.72
5	1114 FOSTER, Erica	Jamestown	12:16.70
6	95 BARKER, Ashlin	Grafton High School	12:40.17
7	757 FETSCH, Ellie	Smithfield	12:43.22
8	699 SANDERS, Addison	Smithfield	12:44.01

#24 Girls 3200 Meters (VHSL Region 4A) (cont'd)

#	Name	Team	Time
9	1064 PLASKON, Sophie	Jamestown	13:01.69
10	591 MORGAN, Rachel	Smithfield	13:31.39
11	1374 MICHALSKI, Erin	Churchland	13:46.92
12	1601 PRICE, Peyton	Gloucester High School	15:03.92
13	1292 FUZY, Mia	Churchland	15:53.42

#22 Boys 3200 Meters (VHSL Region 3A)

#	Name	Team	Time
1	353 FITZSIMMONS, Connor	York	10:40.42
2	2185 LAPETODA, Joshua	Tabb	10:43.92
3	2126 ORNELAS, Marcos	Tabb	10:52.97
4	428 DIESEL-REYNOLDS, K	York	11:00.13
5	1857 LEE, Braxton	New Kent	11:07.66
6	2258 SHURTLEFF, Matthew	Tabb	11:32.33
7	1951 FLIPPO, Luke	New Kent	12:54.25

#21 Boys 3200 Meters (VHSL Region 4A)

#	Name	Team	Time
1	25 JENKS, Isaac	Grafton High School	9:43.49
2	465 LEE, Coleman	Lafayette	9:44.08
3	45 BARKER, Oran	Grafton High School	9:51.02
4	666 GREER, Caleb	Smithfield	9:51.85
5	1266 WALTERS, Riley	Churchland	10:00.92
6	1059 STEVENS, Ephram	Jamestown	10:05.90
7	608 SISTARE, Lucas	Smithfield	10:20.74
8	114 CLYMER, Landon	Grafton High School	10:21.81
9	77 ARGABRIGHT, Evan	Grafton High School	10:26.54
10	641 FONTANA, Caden	Smithfield	10:28.97
11	712 THOMPSON, Brennen	Smithfield	10:30.57
12	1127 GIANOUKOS, Jack	Jamestown	10:30.98
13	31 SHENTON, Gabriel	Grafton High School	10:34.72
14	1117 GIANOUKOS, Alexand	Jamestown	10:37.22
15	1090 DAHL, Harold	Jamestown	10:39.05
16	1384 GRIMSLEY, Carter	Churchland	10:42.43
17	1316 PITTMAN, Bryson	Churchland	11:39.87

#25 Girls 100m Hurdles (VHSL Region 3A)

#	Name	Team	Time
1	1403 BEASLEY, Jaleia	Heritage (Newport New	15.05
2	895 DAVIS, Gabrielle	Lakeland	15.19
3	313 BRYANT, Tyise	I.C. Norcom	15.91
4	386 THORNE, Aureliana	York	16.51
5	337 THORNTON, Aaliyah	I.C. Norcom	16.65
6	894 WHEELER, Angel	Lakeland	17.39
7	299 MOORE, Deiona	I.C. Norcom	17.49
8	909 JONES, Madison	Lakeland	19.14

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PERFORMANCE LIST**#25 Girls 100m Hurdles (VHSL Region 3A) (cont'd)**

#	Name	Team	Time
9	2220 PARLETT, Kendall	Tabb	19.25
10	1836 BOYD, Austynn	New Kent	19.29
11	2238 SMITH, Jocelyn	Tabb	19.54
12	1898 ROSS, Aubrey	New Kent	19.98
13	1887 COLEMAN, Ashlin	New Kent	20.21
14	426 BAREFOOT, JossAlynn	York	20.59

#26 Girls 100m Hurdles (VHSL Region 4A)

#	Name	Team	Time
1	939 MAYO, Cheyanne	Phoebus	14.47
2	218 ROGERS, Chri'shiya	Hampton	15.09
3	940 CARR, Lundyn	Phoebus	15.09
4	1815 AYIM, Yenam	Manor	15.76
5	1198 DAVIS, Symone	Warhill	15.86
6	1189 GREEN, Sahmera	Warhill	16.34
7	1615 SEATON, Jenna	Gloucester High School	17.79
8	1196 HAIRSTON, Ava	Warhill	18.34
9	1799 BAKER, Zaniyah	Manor	19.37
10	993 MUNDY, Keyani	Phoebus	19.47
11	1131 FULLER, Lucy	Jamestown	21.70

#27 Boys 110m Hurdles (VHSL Region 3A)

#	Name	Team	Time
1	317 EDWARDS JR, Darius	I.C. Norcom	15.32
2	921 ALFRED, Zy'yon	Lakeland	15.50
3	2073 BOOMER, Emanuel	Booker T. Washington	15.68
4	1859 YOUNG, Carlos	New Kent	15.81
5	1673 FREEMAN, Aaron	Colonial Heights	16.00
6	2198 FREDERICK, Gannon	Tabb	17.55
7	319 MATTHEWS JR, Kelin	I.C. Norcom	17.66
8	1942 YOUNG, Kyle	New Kent	18.55
9	330 BRYANT, Elijah	I.C. Norcom	19.09
10	1940 KEENE, Jshaun	New Kent	19.65
11	1401 DOZIER, Marcus	Heritage (Newport New	NT

#28 Boys 110m Hurdles (VHSL Region 4A)

#	Name	Team	Time
1	615 WEBSTER, Daylen	Smithfield	14.24
2	943 OSIFO, Jamar	Phoebus	14.34
3	1248 TERNS, Braden	Warhill	14.47
4	1331 MOORE, Jason	Churchland	14.51
5	123 YEMBU, Emmanuel	Grafton High School	14.84
6	1037 KIRKLAND, Trent	Jamestown	15.35
7	1750 GARNER, Dekaevion	Manor	15.93
8	1791 BRITT, Elijah	Manor	16.08
9	1178 BROWN, Nyko	Warhill	16.36

#28 Boys 110m Hurdles (VHSL Region 4A) (cont'd)

#	Name	Team	Time
10	1549 JACKSON, Maliq	Gloucester High School	16.43
11	1761 MORGAN, Santana	Manor	17.96
12	1339 MCINTYRE, Xzavier	Churchland	18.83
13	1599 COOKE, Kryshire	Gloucester High School	19.04
14	20 BROOKS, Joell	Grafton High School	19.14
15	602 MORAN, Mason	Smithfield	19.16

#4 Girls 100 Meters (VHSL Region 3A)

#	Name	Team	Time
1	787 ZINSOU, Agape	Lake Taylor	12.29
2	1711 MCKENZIE, Zoi	Colonial Heights	12.72
3	2233 HUGGINS, Alayha	Tabb	12.85
4	2265 HUGGINS, SaMeria	Tabb	12.87
5	320 MOSLEY, Amora	I.C. Norcom	12.88
6	830 ROBINSON, Kourtnei	Lake Taylor	12.89
7	793 PINKNEY, Ty'nasha	Lake Taylor	12.93
8	915 TOWNES, Londyn	Lakeland	12.97
9	871 DILDY, Genia	Lakeland	13.00
10	2262 FORD, Kaidyn	Tabb	13.07
11	309 MAPP, Shannon	I.C. Norcom	13.33
12	1540 DAVIS, Zanari	Petersburg	13.53
13	1456 ASKEW, Aeryn	Heritage (Newport New	13.55
14	1447 DAVIS, Daunazia	Heritage (Newport New	13.73
15	1692 MCKENZIE, Miyka	Colonial Heights	13.78
16	369 BENNETT, Zaria	York	13.84
17	1480 DUKES, Serena	Heritage (Newport New	13.93
18	297 INGRAM, KaMaiyah	I.C. Norcom	13.99
19	1512 WILLIAMS, Amare	Petersburg	14.05
20	413 JUDKINS, Ta'liah	York	14.13
21	408 MCNAIR, Marlie	York	14.32
22	1544 WILLIAMS, Neema	Petersburg	14.73
23	898 CHATMAN, Robin	Lakeland	15.39

#3 Girls 100 Meters (VHSL Region 4A)

#	Name	Team	Time
1	1727 MAPP, Adriana	Manor	12.20
2	1122 MIMS, Kyrie	Jamestown	12.33
3	605 CARNES, Simone	Smithfield	12.37
4	1324 REED, Trinity	Churchland	12.37
5	1265 VEAL, Remiah	Churchland	12.62
6	1341 BRIGHT, Jazmen	Churchland	12.68
7	68 PITTS, Kaylei	Grafton High School	12.74
8	167 SIDEBOTTOM, Brielle	Hampton	12.90
9	1223 JAMES, Mia	Warhill	12.95
10	532 EVANS, Tatiana	Lafayette	12.98
11	998 JACKSON, Selena	Phoebus	13.10

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PERFORMANCE LIST**#3 Girls 100 Meters (VHSL Region 4A) (cont'd)**

#	Name	Team	Time
12	119 WATKINS, Naylin	Grafton High School	13.15
13	168 WHITE, Arianna	Hampton	13.17
14	1734 DEBERRY, Heaven	Manor	13.22
15	1158 LAM, Mikayla	Warhill	13.24
16	960 PATTEN, Serenity	Phoebus	13.25
17	675 BURKE, Zaria	Smithfield	13.29
18	1798 BILLINGS, Zoey	Manor	13.33
19	1000 HOLMES, Tanaya	Phoebus	13.43
20	610 HAMLIN, Kaydence	Smithfield	13.46
21	1156 GILBERT, Tayler	Warhill	13.50
22	254 FOSTER, Ariel	Denbigh	13.78
23	1556 HUNT, Amari	Gloucester High School	13.93
24	1583 COUVINGTON, Zarheia	Gloucester High School	13.94
25	287 WILLIAMS, Destiny	Denbigh	13.97
26	495 WYATT, Samone	Lafayette	14.00
27	202 PRICE, Jiana	Hampton	14.02
28	1041 SMITH, Doneil	Jamestown	14.07
29	1007 BENZ, Olivia	Jamestown	14.09
30	1624 HOGGE, Emma	Gloucester High School	14.45
31	290 BAILEY, Amari	Denbigh	14.81
32	477 BROWN, Tymia	Lafayette	14.94

#2 Boys 100 Meters (VHSL Region 3A)

#	Name	Team	Time
1	2205 NGAMBWE, Dan	Tabb	10.94
2	2235 BATES, Torai	Tabb	11.04
3	2109 POWELL, Kielin	Booker T. Washington	11.18
4	325 REID, Cameron	I.C. Norcom	11.20
5	363 LAWRENCE, Benjamin	York	11.33
6	1957 MEEKINS, Dayton	New Kent	11.36
7	1392 WEEKS, Sean	Heritage (Newport New	11.42
8	1467 BROWM, Elijah M.	Heritage (Newport New	11.48
9	2056 PRESTON, Maxximus	Hopewell	11.52
10	835 BROWN, Christian	Lake Taylor	11.56
11	1395 WILLIAMS, Elijah	Heritage (Newport New	11.56
12	2092 ANDERSON, Malachi	Booker T. Washington	11.56
13	863 WILSON, Antonio	Lakeland	11.63
14	406 REA, Lincoln	York	11.65
15	340 BARNES JR, Kevin	I.C. Norcom	11.67
16	1907 PAYNE, Owen	New Kent	11.67
17	1709 CLAIBOURNE, Ny'zier	Colonial Heights	11.69
18	2217 OUTLAW, Khalil	Tabb	11.70
19	1529 BEASLEY, Joshua	Petersburg	11.76
20	1531 PEEBLES, Kemonie	Petersburg	11.78
21	875 BAKER, Jamari	Lakeland	11.80
22	1525 MOSS, Demerrion	Petersburg	11.80

#2 Boys 100 Meters (VHSL Region 3A) (cont'd)

#	Name	Team	Time
23	333 CARROLL, Eddie	I.C. Norcom	11.91
24	844 LAWTON, Maurice	Lake Taylor	11.93
25	827 TAYLOR, Jeremiah	Lake Taylor	12.02
26	1947 NELSON, Andrew	New Kent	12.15
27	1718 BROWN, Nehemiah	Colonial Heights	12.49
28	1720 WOODSON, Donavyn	Colonial Heights	12.49
29	418 WU, Joe	York	13.11
30	922 KESSINGER, Carter	Lakeland	13.26

#1 Boys 100 Meters (VHSL Region 4A)

#	Name	Team	Time
1	1312 HUNTER, Zykee	Churchland	10.73
2	1354 FOLK, Jeremiah	Churchland	10.87
3	94 DIGGS, Ahmad	Grafton High School	10.92
4	59 GBEDJE, Noah	Grafton High School	11.10
5	1264 WHITE, Marquis	Churchland	11.11
6	1219 JONES, Jamonte	Warhill	11.20
7	32 LAWSON, Joshua	Grafton High School	11.23
8	1229 PRICE, Devon	Warhill	11.23
9	1783 HOLLOMAN, Jamauri	Manor	11.23
10	281 MENSAH, Eron	Denbigh	11.27
11	604 HANCOCK, Tavaris	Smithfield	11.28
12	1370 LONG, Keymond	Churchland	11.31
13	189 MORRIS, Allen	Hampton	11.34
14	240 MCINTYRE, Jashon	Denbigh	11.48
15	246 SHAVERS, Jeremiah	Denbigh	11.48
16	1191 MASON, Micah	Warhill	11.48
17	1559 SHIELD, Grayson	Gloucester High School	11.49
18	997 SIMMON, Jayvin	Phoebus	11.54
19	702 ROBSINSON, Truth	Smithfield	11.55
20	1754 BROWN, Kennell	Manor	11.59
21	223 LASSITER, Casey	Hampton	11.63
22	515 NOCK, Aizek	Lafayette	11.65
23	977 POWELL, Kingston	Phoebus	11.72
24	999 JONES, Xavier	Phoebus	11.79
25	1632 LOCKLEY, Omari	Gloucester High School	11.80
26	626 SMITH, Alex	Smithfield	11.81
27	176 LOFTON, Zymire	Hampton	12.01
28	454 TALIAFERRO, Major	Lafayette	12.01
29	1643 THOMPSON, Jadon	Gloucester High School	12.08
30	1151 HATCHETT, Kenyatta	Jamestown	12.09
31	1013 VANNOY, Levi	Jamestown	12.13
32	1777 BANKS, Mike	Manor	12.27
33	1095 LUTTRELL, Daniel	Jamestown	12.51

PERFORMANCE LIST

#20 Girls 1600 Meters (VHSL Region 3A)

#	Name	Team	Time
1	2132 OPDYKE, Hillary	Tabb	5:24.44
2	1926 HUDSON, Audrey	New Kent	5:37.26
3	1933 DALLAIRE, Andrea	New Kent	5:42.45
4	1924 HUDSON, Olivia	New Kent	5:43.81
5	394 WEAVER, Julie	York	5:56.94
6	420 NEICE, Caroline	York	6:13.10
7	356 WU, Fiona	York	6:19.79
8	2045 GENAO, Gabriella	Hopewell	6:39.94
9	2207 GRAHAM, Madeline	Tabb	6:55.05
10	2274 RODRIGUEZ, Madison	Tabb	7:01.12

#19 Girls 1600 Meters (VHSL Region 4A)

#	Name	Team	Time
1	1074 DAHL, Emily	Jamestown	5:11.86
2	125 VALENTI, Amelia	Grafton High School	5:12.74
3	66 DODSON, Macy	Grafton High School	5:14.19
4	444 SCOTT, Sydney	Lafayette	5:23.18
5	108 FITZER, Sophia	Grafton High School	5:33.04
6	30 TAYLOR, Nari	Grafton High School	5:33.70
7	588 CLOVE, Ella	Smithfield	5:35.31
8	1637 HUTTON, Avalynn	Gloucester High School	5:35.48
9	1010 HERCE, Clara	Jamestown	5:41.07
10	1118 COOK, Elly	Jamestown	5:47.88
11	1578 BLITTLE, Rachel	Gloucester High School	5:48.05
12	699 SANDERS, Addison	Smithfield	5:53.31
13	762 CLOVE, Ava	Smithfield	5:56.70
14	1374 MICHALSKI, Erin	Churchland	6:06.72
15	453 PARKES, Alex	Lafayette	6:09.55
16	1194 POLIDORA, Sophia	Warhill	6:15.09
17	205 TROY, Kennedy	Hampton	6:18.86
18	1292 FUZY, Mia	Churchland	6:38.08
19	996 POLLARD, Jaileah	Phoebus	8:07.85
20	934 WILLIAMS, Jordyn	Phoebus	8:42.58
21	988 ANDREWS, Za'Nya	Phoebus	NT

#18 Boys 1600 Meters (VHSL Region 3A)

#	Name	Team	Time
1	398 WEST, Gavin	York	4:36.36
2	2252 LOWERY, Kody	Tabb	4:44.15
3	334 FOX, Jordan	I.C. Norcom	4:52.37
4	353 FITZSIMMONS, Connor	York	4:53.20
5	2134 WINSTEAD, Charles	Tabb	4:53.64
6	2197 GRIEME, Jacob	Tabb	5:10.66
7	1857 LEE, Braxton	New Kent	5:10.89
8	318 JACKSON, Gabriel	I.C. Norcom	5:14.84
9	360 DEYNES, Daniel	York	5:14.94

#18 Boys 1600 Meters (VHSL Region 3A) (cont'd)

#	Name	Team	Time
10	883 WHEELER, Malik	Lakeland	5:16.71
11	798 HOWARD, Joseph	Lake Taylor	5:44.80
12	1986 RHOADES, Brody	Hopewell	5:53.81
13	1433 SKINNER, D'Allen	Heritage (Newport New	NT
14	1470 BATTLE, Rian	Heritage (Newport New	NT
15	1478 TROTTER, Caleb	Heritage (Newport New	NT

#17 Boys 1600 Meters (VHSL Region 4A)

#	Name	Team	Time
1	1144 GRIMM, Jonathan	Jamestown	4:13.48
2	1017 HENDERSON, Lucas	Jamestown	4:27.99
3	666 GREER, Caleb	Smithfield	4:29.36
4	608 SISTARE, Lucas	Smithfield	4:31.29
5	1266 WALTERS, Riley	Churchland	4:35.40
6	114 CLYMER, Landon	Grafton High School	4:42.05
7	45 BARKER, Oran	Grafton High School	4:43.88
8	1785 SYKES, Jaxon	Manor	4:45.74
9	535 YANEZA, Aaron	Lafayette	4:51.36
10	1384 GRIMSLEY, Carter	Churchland	4:53.22
11	47 YEMBU, Justin	Grafton High School	4:53.56
12	448 OUEDRAOGO, John	Lafayette	4:53.62
13	1075 RIVERA, Armand	Jamestown	4:56.15
14	1159 LAMPITT, Christopher	Warhill	4:56.22
15	695 OWENS, Noah	Smithfield	4:56.70
16	1230 BUZEK, Aiden	Warhill	4:57.69
17	1623 DEPAZ, Adan	Gloucester High School	5:00.11
18	449 ICKES, Timothy	Lafayette	5:03.36
19	1284 RAMIREZ, Diego	Churchland	5:13.59
20	1236 WOOD, Johnathan	Warhill	5:19.13
21	1617 GOMEZ, Cesar	Gloucester High School	5:21.40
22	1630 ALCORN, Lincoln	Gloucester High School	5:23.43
23	230 HANLEY, Kameron	Denbigh	5:31.66
24	201 SMITH, Aiden	Hampton	6:29.33
25	938 VEREEN, Kenneth	Phoebus	6:36.32
26	981 HYLAND, Liam	Phoebus	7:17.34
27	225 ROSE III, Ainsworth	Hampton	NT
28	936 THORTON, Miles	Phoebus	NT

#35 Girls 4 x 100m Relay (VHSL Region 3A)

Team	Time
1 Lake Taylor (A)	49.39
2 I.C. Norcom (A)	49.73
3 Tabb (A)	49.77
4 New Kent (A)	50.58
5 Hopewell (A)	51.33
6 Heritage (Newport News) (A)	52.57

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Team	Time
7 Booker T. Washington (A)	53.58
8 Lakeland (A)	54.04
9 York (A)	54.14

#36 Girls 4 x 100m Relay (VHSL Region 4A)

Team	Time
1 Churchland (A)	49.31
2 Manor (A)	49.35
3 Phoebus (A)	50.27
4 Hampton (A)	50.37
5 Grafton High School (A)	50.38
6 Smithfield (A)	50.79
7 Warhill (A)	51.28
8 Jamestown (A)	51.97
9 Lafayette (A)	53.39

#33 Boys 4 x 100m Relay (VHSL Region 3A)

Team	Time
1 Tabb (A)	42.72
2 Booker T. Washington (A)	43.90
3 New Kent (A)	43.96
4 Petersburg (A)	43.98
5 Lake Taylor (A)	44.10
6 Heritage (Newport News) (A)	44.15
7 I.C. Norcom (A)	44.68
8 Hopewell (A)	44.71
9 Lakeland (A)	45.73
10 York (A)	48.34

#34 Boys 4 x 100m Relay (VHSL Region 4A)

Team	Time
1 Churchland (A)	42.19
2 Grafton High School (A)	42.73
3 Smithfield (A)	42.82
4 Warhill (A)	43.00
5 Hampton (A)	43.02
6 Lafayette (A)	43.92
7 Phoebus (A)	43.96
8 Gloucester High School (A)	43.96
9 Denbigh (A)	44.52
10 Jamestown (A)	46.61

#12 Girls 400 Meters (VHSL Region 3A)

#	Name	Team	Time
1	1540 DAVIS , Zanari	Petersburg	58.89
2	2023 MORGAN, Madisyn	Hopewell	59.23

#12 Girls 400 Meters (VHSL Region 3A) (cont'd)

#	Name	Team	Time
3	324 SAMPSON, Gabrielle	I.C. Norcom	59.63
4	380 GRANT, Nadia	York	59.74
5	2184 YOUNG, Deandra	Tabb	1:00.13
6	2131 BADGETT, Jordynn	Tabb	1:01.01
7	2239 PAZ, Emmalee	Tabb	1:02.07
8	335 CHILTON, Brielle	I.C. Norcom	1:02.21
9	781 WILLIAMS, Joelle	Lake Taylor	1:03.53
10	338 MATTHEWS, Karmen	I.C. Norcom	1:04.27
11	389 ROBLES, Bethany	York	1:04.52
12	804 WILLIAMS, Asaiah	Lake Taylor	1:05.37
13	833 BROWN, Antonia	Lake Taylor	1:05.81
14	1836 BOYD, Austynn	New Kent	1:06.15
15	1894 FRANCOIS, Ariana	New Kent	1:08.39
16	1484 BENTON, Zelai	Heritage (Newport New	1:08.65
17	877 HARVEY, Sincere	Lakeland	1:13.90
18	909 JONES, Madison	Lakeland	NT

#11 Girls 400 Meters (VHSL Region 4A)

#	Name	Team	Time
1	1727 MAPP, Adriana	Manor	55.62
2	1324 REED, Trinity	Churchland	57.27
3	1828 DESINCE, Triniti	Manor	57.46
4	53 WILLIAMS, Ariauna	Grafton High School	58.21
5	491 OUEDRAOGO, Wendy	Lafayette	59.16
6	1086 KELLOGG, Kathleen	Jamestown	59.74
7	571 MOBLEY, Masirah	Smithfield	59.78
8	1618 HOLLAND, Aryiel	Gloucester High School	59.84
9	1770 BROWN, Ca'Asia	Manor	1:00.29
10	1299 WALLEY, Kaela	Churchland	1:00.47
11	731 HATTEMER, Emma	Smithfield	1:01.40
12	1014 BAKER, Jaclyn	Jamestown	1:01.99
13	952 ETHERIDGE, Demi	Phoebus	1:02.14
14	245 CRENSHAW-PINKARD	Denbigh	1:03.01
15	1239 PHELPS, Lauren	Warhill	1:03.21
16	80 BANG, Ada	Grafton High School	1:03.90
17	1378 GREEN, Nyasia	Churchland	1:04.46
18	196 VICKS, Ayanna	Hampton	1:05.63
19	442 ASHBY, Aniyah	Lafayette	1:05.70
20	942 TAYLOR, M'Kenzye	Phoebus	1:06.10
21	1214 JACKSON, Zion	Warhill	1:06.36
22	651 HODGES, Izzy	Smithfield	1:06.44
23	274 GATLING, Lauren	Denbigh	1:06.73
24	1649 AUSTIN, Laci	Gloucester High School	1:07.30
25	1556 HUNT, Amari	Gloucester High School	1:07.33
26	159 WELLONS, Tori	Hampton	1:08.14
27	956 DIGGS, Dru	Phoebus	1:09.08

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	#	Name	Team	Time
28	165	MCGLONE, Joelle	Hampton	1:13.92
29	290	BAILEY, Amari	Denbigh	1:15.28
30	503	SNEAD, Priyanka	Lafayette	NT

#10 Boys 400 Meters (VHSL Region 3A)

	#	Name	Team	Time
1	1397	BOWEN, Terris	Heritage (Newport New	48.45
2	2243	BROOKS, David	Tabb	49.80
3	2067	SILVERS, Johnie	Booker T. Washington	50.19
4	2172	PAPPAS, Noah	Tabb	50.20
5	2051	MONTEIRO, Samir	Hopewell	51.09
6	2104	NASH, Malachi	Booker T. Washington	51.77
7	1974	NELSON, Noah	New Kent	51.89
8	1994	JACKSON, Cody	Hopewell	51.91
9	1988	CROCKETT, Darnell	Hopewell	52.21
10	326	PERRY, Jermaine	I.C. Norcom	52.41
11	401	LINVILLE, Aidan	York	52.71
12	1487	JOHNSON, Jataevion	Heritage (Newport New	52.96
13	339	SIMMS, Bryant	I.C. Norcom	53.28
14	435	WARD JR., Tyrence	York	53.51
15	1459	TALTON, Kehlani	Heritage (Newport New	54.00
16	857	WIGGINS, Christian	Lakeland	54.64
17	333	CARROLL, Eddie	I.C. Norcom	54.90
18	357	CORBETT, Jacob	York	55.20
19	880	BARNES, Khalel	Lakeland	55.49
20	844	LAWTON, Maurice	Lake Taylor	55.57
21	2105	LEWIS, Leon	Booker T. Washington	56.21
22	1963	CHRISTIAN, Blaze	New Kent	56.54
23	2155	MITCHELL, Jayden	Tabb	56.61
24	1966	KING, Zackariah	New Kent	58.31
25	1538	JOHNSON, Da'son	Petersburg	58.36
26	1524	BRIGHT, Tyreke	Petersburg	1:00.86
27	901	EDWARDS, Tyce	Lakeland	NT

#9 Boys 400 Meters (VHSL Region 4A)

	#	Name	Team	Time
1	1120	FUENTES, Diego	Jamestown	48.31
2	471	BAUM, Joshua	Lafayette	49.30
3	94	DIGGS, Ahmad	Grafton High School	49.55
4	949	HINES, Jeremiah	Phoebus	49.65
5	467	SIMPSON, Josh	Lafayette	49.98
6	1783	HOLLOMAN, Jamauri	Manor	50.06
7	59	GBEDJE, Noah	Grafton High School	50.31
8	1572	SMITH, Izak	Gloucester High School	50.43
9	1370	LONG, Keymond	Churchland	50.68
10	263	MCRAE, Jatari	Denbigh	50.86

#9 Boys 400 Meters (VHSL Region 4A) (cont'd)

	#	Name	Team	Time
11	951	MASON, Christian	Phoebus	50.90
12	1040	SMITH, Travis	Jamestown	50.90
13	1295	GATTIS, Myron	Churchland	51.17
14	1383	RIPLEY, Dareon	Churchland	51.41
15	1553	STEVERSON, Shawn	Gloucester High School	52.60
16	259	EVANS, Jyran	Denbigh	53.37
17	1232	HARRIS, Griffin	Warhill	53.39
18	494	GRAY, Izaiyah	Lafayette	53.45
19	1732	KENDALL, Dante	Manor	53.67
20	954	COLE, Malachi	Phoebus	53.68
21	1754	BROWN, Kennell	Manor	53.87
22	197	AURABY, Tylis	Hampton	53.96
23	258	LEMI, Lominyo	Denbigh	54.00
24	630	NETH, Ayden	Smithfield	54.00
25	609	JONES, Taj	Smithfield	54.45
26	661	AMARILLO, Anthony	Smithfield	54.63
27	1581	SOTO, Edwin	Gloucester High School	55.23
28	1227	ZANCA, Devon	Warhill	55.60
29	201	SMITH, Aiden	Hampton	58.67
30	211	MCGLONE, Andre	Hampton	58.82

#31 Girls 300m Hurdles (VHSL Region 3A)

	#	Name	Team	Time
1	313	BRYANT, Tyise	I.C. Norcom	45.81
2	895	DAVIS, Gabrielle	Lakeland	46.92
3	337	THORNTON, Aaliyah	I.C. Norcom	47.64
4	403	MORTON, Rachel	York	47.80
5	2063	BROWN, Leah	Hopewell	48.75
6	1403	BEASLEY, Jaleia	Heritage (Newport New	49.00
7	2033	KETTER, Kaleya	Hopewell	49.82
8	299	MOORE, Deiona	I.C. Norcom	49.88
9	1975	GRIFFITH, Ryan	New Kent	50.09
10	2238	SMITH, Jocelyn	Tabb	50.60
11	2032	COOKE, Annaya	Hopewell	51.95
12	2167	PARLETT, Kennedy	Tabb	53.31
13	2220	PARLETT, Kendall	Tabb	56.22
14	1959	LOUCKS, Haven	New Kent	57.16
15	1887	COLEMAN, Ashlin	New Kent	58.97
16	910	RIDDICK, Tamera	Lakeland	59.01
17	426	BAREFOOT, JossAlynn	York	1:00.29
18	925	MOORE, Savannah	Lakeland	1:07.05

#32 Girls 300m Hurdles (VHSL Region 4A)

	#	Name	Team	Time
1	1828	DESINCE, Triniti	Manor	45.40
2	218	ROGERS, Chri'shiya	Hampton	46.23

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#	Name	Team	Time
3	940 CARR, Lundyn	Phoebus	47.84
4	976 DEGRUY, Serron	Phoebus	48.54
5	51 JOSEPH, Johannah	Grafton High School	49.48
6	1196 HAIRSTON, Ava	Warhill	49.66
7	1815 AYIM, Yenam	Manor	49.80
8	1189 GREEN, Sahmera	Warhill	49.95
9	1615 SEATON, Jenna	Gloucester High School	50.95
10	1289 WHITFIELD, Naomi	Churchland	51.04
11	116 JENKINS, Tyi-myah	Grafton High School	51.29
12	1165 SHABANI, Neema	Warhill	52.20
13	170 CHERRY, Jordan	Hampton	52.62
14	993 MUNDY, Keyani	Phoebus	53.01
15	1799 BAKER, Zaniyah	Manor	54.36
16	1131 FULLER, Lucy	Jamestown	56.76

#30 Boys 300m Hurdles (VHSL Region 3A)

#	Name	Team	Time
1	1859 YOUNG, Carlos	New Kent	41.62
2	2177 SMITH, Jared	Tabb	42.33
3	1954 LEEPER, Rashad	New Kent	42.73
4	319 MATTHEWS JR, Kelin	I.C. Norcom	43.46
5	1428 WOODBURY, Charlie	Heritage (Newport New	44.04
6	323 TROTTER, Kaden	I.C. Norcom	44.17
7	1673 FREEMAN, Aaron	Colonial Heights	44.27
8	2198 FREDERICK, Gannon	Tabb	44.53
9	330 BRYANT, Elijah	I.C. Norcom	44.83
10	1942 YOUNG, Kyle	New Kent	46.59

#29 Boys 300m Hurdles (VHSL Region 4A)

#	Name	Team	Time
1	943 OSIFO, Jamar	Phoebus	37.86
2	1356 RICHARDSON, Corye	Churchland	38.90
3	615 WEBSTER, Daylen	Smithfield	39.02
4	1248 TERNS, Braden	Warhill	39.36
5	123 YEMBU, Emmanuel	Grafton High School	39.60
6	1331 MOORE, Jason	Churchland	39.79
7	1037 KIRKLAND, Trent	Jamestown	41.06
8	673 BOWE, Deion	Smithfield	41.99
9	1549 JACKSON, Maliq	Gloucester High School	41.99
10	1791 BRITT, Elijah	Manor	42.37
11	1178 BROWN, Nyko	Warhill	43.16
12	999 JONES, Xavier	Phoebus	43.60
13	1339 MCINTYRE, Xzavier	Churchland	43.95
14	1761 MORGAN, Santana	Manor	43.97
15	244 ROBINSON, Zayden	Denbigh	44.10
16	1750 GARNER, Dekaeion	Manor	44.51

#29 Boys 300m Hurdles (VHSL Region 4A) (cont'd)

#	Name	Team	Time
17	219 EUSTACHE, Wedley	Hampton	44.82
18	1599 COOKE, Kryshire	Gloucester High School	45.49
19	231 WARDRETT, Dorian	Denbigh	45.62
20	20 BROOKS, Joell	Grafton High School	45.65
21	602 MORAN, Mason	Smithfield	45.97
22	935 HENDLEY, Jamarie	Phoebus	47.08
23	238 FOSTER, Camden	Denbigh	NT

#15 Girls 800 Meters (VHSL Region 3A)

#	Name	Team	Time
1	2240 DOVER, Melissa	Tabb	2:26.18
2	108 FITZER, Sophia	Grafton High School	2:27.58
3	2062 WINFIELD, April	Hopewell	2:31.23
4	1924 HUDSON, Olivia	New Kent	2:34.89
5	2042 FLEMING, Tiana	Hopewell	2:35.19
6	2145 LOMBARDO, Erica	Tabb	2:35.49
7	1926 HUDSON, Audrey	New Kent	2:38.20
8	366 GRAY, Delaney	York	2:38.71
9	420 NEICE, Caroline	York	2:39.82
10	1880 LOUCKS, Aubrey	New Kent	2:42.46
11	2151 ROONEY, Nicole	Tabb	2:44.61
12	404 BELLFLOWER, Mary-C	York	2:47.73
13	868 JAGESSAR, Mila	Lakeland	2:50.79
14	2096 WHITAKER, Quishana	Booker T. Washington	2:53.03
15	911 JOHNSON, Marissa	Lakeland	2:58.89
16	837 ELLIOTT, Rowyn	Lake Taylor	3:08.06

#16 Girls 800 Meters (VHSL Region 4A)

#	Name	Team	Time
1	1042 ANDRESKY, Samantha	Jamestown	2:17.36
2	82 WALLEN, Jillian	Grafton High School	2:18.94
3	1190 DIGGS, Kayla	Warhill	2:19.25
4	1216 DAY, Mary	Warhill	2:20.13
5	125 VALENTI, Amelia	Grafton High School	2:20.94
6	103 SCHILLER, Lana	Grafton High School	2:21.03
7	66 DODSON, Macy	Grafton High School	2:23.33
8	444 SCOTT, Sydney	Lafayette	2:24.68
9	505 CHIN, Mei Li	Lafayette	2:27.49
10	1108 VOGEL, Nancy	Jamestown	2:28.04
11	127 BYRNE, Sophia	Grafton High School	2:28.05
12	44 DIVIETRO, Abigail	Grafton High School	2:30.17
13	588 CLOVE, Ella	Smithfield	2:35.10
14	753 ENGSTROM, Kylee	Smithfield	2:35.61
15	1561 WILLIAMS, Josephine	Gloucester High School	2:36.59
16	1379 STEWART, Hailey	Churchland	2:37.00
17	205 TROY, Kennedy	Hampton	2:38.94

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#	Name	Team	Time
18	696 SPERO, Leah	Smithfield	2:41.98
19	1578 BLITTLE, Rachel	Gloucester High School	2:42.59
20	1318 GOODWYN, Madison	Churchland	2:44.61
21	1279 TERRY, Sybil	Churchland	2:45.52
22	1152 LERBERG, Elise	Jamestown	2:48.06
23	1596 WYMER, Addison	Gloucester High School	2:48.56
24	1001 MABRY, Olivia	Phoebus	2:54.46
25	165 MCGLONE, Joelle	Hampton	2:55.97
26	1738 EBBIN, Chloe	Manor	2:58.70
27	996 POLLARD, Jaileah	Phoebus	3:05.75
28	988 ANDREWS, Za'Nya	Phoebus	3:09.74
29	187 NEAL, kawaii	Hampton	NT
30	534 MCHENRY, Caroline	Lafayette	NT

#14 Boys 800 Meters (VHSL Region 3A)

#	Name	Team	Time
1	2252 LOWERY, Kody	Tabb	2:03.68
2	1945 HENNING, Carter	New Kent	2:06.26
3	2035 WILLIAMS, Kingston	Hopewell	2:06.45
4	2129 STEWART, Colton	Tabb	2:06.98
5	855 CLEMMONS, Fidel	Lake Taylor	2:08.32
6	2191 LASHLEY, Corban	Tabb	2:08.71
7	334 FOX, Jordan	I.C. Norcom	2:10.07
8	892 HARRELL, Antonio	Lakeland	2:10.35
9	409 BURRIS, Carson	York	2:10.96
10	2029 FLEMING, Michael	Hopewell	2:11.48
11	352 THOMPSON, Dominic	York	2:13.78
12	1398 DALE, Kamahje	Heritage (Newport New	2:15.36
13	318 JACKSON, Gabriel	I.C. Norcom	2:16.40
14	798 HOWARD, Joseph	Lake Taylor	2:17.57
15	1881 CHANDLER, Davis	New Kent	2:18.13
16	883 WHEELER, Malik	Lakeland	2:18.31
17	1857 LEE, Braxton	New Kent	2:19.61
18	1450 WILSON, kamal	Heritage (Newport New	2:22.57
19	430 COMPTON, Tyler	York	2:22.92
20	779 SADDLER, Nizayah	Lake Taylor	2:26.48
21	1420 ST. GEORGE, Nehemi	Heritage (Newport New	2:28.95

#13 Boys 800 Meters (VHSL Region 4A)

#	Name	Team	Time
1	465 LEE, Coleman	Lafayette	1:57.44
2	1017 HENDERSON, Lucas	Jamestown	1:58.08
3	1144 GRIMM, Jonathan	Jamestown	1:58.77
4	759 KUCHA, Ewan	Smithfield	1:59.00
5	18 BROHIMER, Tyler	Grafton High School	1:59.92
6	1301 BEGLEY, Anthony	Churchland	2:00.74

#13 Boys 800 Meters (VHSL Region 4A) (cont'd)

#	Name	Team	Time
7	25 JENKS, Isaac	Grafton High School	2:02.10
8	198 SIMMONS, Daryl	Hampton	2:03.10
9	1085 SMITH, Ty	Jamestown	2:03.59
10	718 CANADY, Zachary	Smithfield	2:03.94
11	1170 DEAN, Morgan	Warhill	2:04.37
12	16 SHANNON, Juston	Grafton High School	2:04.52
13	475 WARREN, Jayden	Lafayette	2:05.29
14	526 CROOKSTON, Logan	Lafayette	2:06.26
15	1586 WATERS, Erik	Gloucester High School	2:06.97
16	1785 SYKES, Jaxon	Manor	2:07.09
17	252 JAMES, Khamani	Denbigh	2:07.12
18	1338 SCOTT, Emoni	Churchland	2:07.46
19	273 OUTLAW, Jason	Denbigh	2:08.69
20	735 ROWE, Jack	Smithfield	2:09.61
21	1355 BOONE, Ian	Churchland	2:10.42
22	1623 DEPAZ, Adan	Gloucester High School	2:11.02
23	197 AURABY, Tylis	Hampton	2:12.31
24	950 PATTERSON, Kameran	Phoebus	2:12.43
25	1576 JOHNSON, Brayl'n	Gloucester High School	2:12.60
26	225 ROSE III, Ainsworth	Hampton	2:13.11
27	990 THOMPSON, Mason	Phoebus	2:14.07
28	967 BELTON, Kyleil	Phoebus	2:14.20
29	229 HAL, Quillon	Denbigh	2:15.89

#8 Girls 200 Meters (VHSL Region 3A)

#	Name	Team	Time
1	787 ZINSOU, Agape	Lake Taylor	25.60
2	830 ROBINSON, Kourtnei	Lake Taylor	26.64
3	2023 MORGAN, Madisyn	Hopewell	26.73
4	1540 DAVIS , Zanari	Petersburg	26.81
5	2265 HUGGINS, SaMeria	Tabb	26.89
6	2233 HUGGINS, Alayha	Tabb	26.92
7	2039 MIDDLETON, Trinity	Hopewell	26.96
8	1980 CLEMENTS, Madison	New Kent	27.07
9	369 BENNETT, Zaria	York	27.51
10	2215 ALCONABA, Amaiah	Tabb	27.71
11	1512 WILLIAMS, Amare	Petersburg	28.12
12	871 DILDY, Genia	Lakeland	28.20
13	413 JUDKINS, Ta'liah	York	28.30
14	1898 ROSS, Aubrey	New Kent	28.47
15	309 MAPP, Shannon	I.C. Norcom	28.56
16	1484 BENTON, Zelai	Heritage (Newport New	29.14
17	859 ST. LOUIS, Arianna	Lakeland	29.22
18	1442 DEAN, Alexis	Heritage (Newport New	29.63
19	417 BELGRAVE, Aliyah	York	29.77
20	344 COOKE, Janiya	I.C. Norcom	29.85

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#	Name	Team	Time
21	1692 MCKENZIE, Miyka	Colonial Heights	30.20
22	297 INGRAM, KaMaiyah	I.C. Norcom	30.26
23	910 RIDDICK, Tamera	Lakeland	30.29
24	1536 JAMES, Frenchona	Petersburg	30.56

#7 Girls 200 Meters (VHSL Region 4A)

#	Name	Team	Time
1	939 MAYO, Cheyanne	Phoebus	24.84
2	1727 MAPP, Adriana	Manor	24.92
3	53 WILLIAMS, Ariauna	Grafton High School	25.25
4	1324 REED, Trinity	Churchland	25.49
5	605 CARNES, Simone	Smithfield	25.92
6	1314 VANPELT, Cyniah	Churchland	25.94
7	1618 HOLLAND, Aryiel	Gloucester High School	25.94
8	1731 ARMSTRONG, Jazzyria	Manor	26.49
9	1223 JAMES, Mia	Warhill	26.60
10	68 PITTS, Kaylei	Grafton High School	26.61
11	167 SIDEBOTTOM, Brielle	Hampton	26.62
12	532 EVANS, Tatiana	Lafayette	27.01
13	675 BURKE, Zaria	Smithfield	27.21
14	998 JACKSON, Selena	Phoebus	27.35
15	168 WHITE, Arianna	Hampton	27.37
16	688 WELLS, Neveah	Smithfield	27.49
17	1158 LAM, Mikayla	Warhill	27.53
18	206 OLSON, Anah	Hampton	27.56
19	245 CRENSHAW-PINKARD	Denbigh	27.58
20	491 OUEDRAOGO, Wendy	Lafayette	27.93
21	495 WYATT, Samone	Lafayette	28.01
22	274 GATLING, Lauren	Denbigh	28.41
23	1104 FLORES, Jimena	Jamestown	28.51
24	1556 HUNT, Amari	Gloucester High School	28.67
25	1022 FULLER, Devon	Jamestown	28.70
26	1591 BEBCO, Payten	Gloucester High School	28.72
27	1070 HOUGHTON, Elsie	Jamestown	28.94
28	254 FOSTER, Ariel	Denbigh	29.41
29	960 PATTEN, Serenity	Phoebus	29.88

#5 Boys 200 Meters (VHSL Region 3A)

#	Name	Team	Time
1	2235 BATES, Torai	Tabb	22.03
2	325 REID, Cameron	I.C. Norcom	22.38
3	363 LAWRENCE, Benjamin	York	22.43
4	2172 PAPPAS, Noah	Tabb	22.49
5	2205 NGAMBWE, Dan	Tabb	22.61
6	2109 POWELL, Kielin	Booker T. Washington	22.82
7	1988 CROCKETT, Darnell	Hopewell	23.01

#5 Boys 200 Meters (VHSL Region 3A) (cont'd)

#	Name	Team	Time
8	1525 MOSS, Demerrion	Petersburg	23.32
9	1957 MEEKINS, Dayton	New Kent	23.41
10	406 REA, Lincoln	York	23.42
11	2092 ANDERSON, Malachi	Booker T. Washington	23.50
12	1485 USHER, Antonious	Heritage (Newport New	23.62
13	340 BARNES JR, Kevin	I.C. Norcom	23.63
14	1467 BROWM, Elijah M.	Heritage (Newport New	23.68
15	1392 WEEKS, Sean	Heritage (Newport New	23.70
16	1907 PAYNE, Owen	New Kent	23.77
17	823 BROOKS, Isaac	Lake Taylor	23.87
18	835 BROWN, Christian	Lake Taylor	23.93
19	2056 PRESTON, Maxximus	Hopewell	23.96
20	1531 PEEBLES, Kemonie	Petersburg	23.98
21	1709 CLAIBOURNE, Ny'zier	Colonial Heights	24.10
22	343 WADE, Danny	I.C. Norcom	24.40
23	1535 MALLORY, Javarie	Petersburg	24.56
24	1927 HALL, Hunter	New Kent	24.61
25	875 BAKER, Jamari	Lakeland	24.86
26	827 TAYLOR, Jeremiah	Lake Taylor	25.92
27	1720 WOODSON, Donavyn	Colonial Heights	26.00
28	397 MARTIN, Ethan	York	26.03
29	922 KESSINGER, Carter	Lakeland	27.50
30	901 EDWARDS, Tyce	Lakeland	NT

#6 Boys 200 Meters (VHSL Region 4A)

#	Name	Team	Time
1	208 FRAZIER, Quarzel	Hampton	21.54
2	1312 HUNTER, Zykee	Churchland	21.75
3	1354 FOLK, Jeremiah	Churchland	22.03
4	467 SIMPSON, Josh	Lafayette	22.11
5	1082 WALSTON, Josiah	Jamestown	22.16
6	94 DIGGS, Ahmad	Grafton High School	22.17
7	59 GBEDJE, Noah	Grafton High School	22.39
8	1264 WHITE, Marquis	Churchland	22.41
9	281 MENSAH, Eron	Denbigh	22.45
10	1330 PERRY, Taron	Churchland	22.55
11	189 MORRIS, Allen	Hampton	22.56
12	951 MASON, Christian	Phoebus	22.77
13	1575 LEMASTER, Elijah	Gloucester High School	22.79
14	1229 PRICE, Devon	Warhill	22.80
15	604 HANCOCK, Tavaris	Smithfield	22.82
16	135 CARPER, Teague	Grafton High School	22.95
17	702 ROBSINSON, Truth	Smithfield	23.17
18	240 MCINTYRE, Jashon	Denbigh	23.18
19	246 SHAVERS, Jeremiah	Denbigh	23.26
20	162 JONES, Destin	Hampton	23.33

PERFORMANCE LIST

#6 Boys 200 Meters (VHSL Region 4A) (cont'd)

#	Name	Team	Time
21	997 SIMMON, Jayvin	Phoebus	23.46
22	1191 MASON, Micah	Warhill	23.47
23	494 GRAY, Izaiyah	Lafayette	23.58
24	626 SMITH, Alex	Smithfield	23.64
25	1553 STEVERSON, Shawn	Gloucester High School	23.67
26	1242 ROOKS, Ashtin	Warhill	23.79
27	1151 HATCHETT , Kenyatta	Jamestown	23.83
28	973 COX, Nairobi	Phoebus	24.11
29	1013 VANNOY, Levi	Jamestown	24.48
30	1626 JONES, Mayron	Gloucester High School	24.54
31	1745 JOHNSON, Lundun	Manor	24.82
32	1794 AYIM, Yeyra	Manor	24.92
33	1755 TONYI, Rashid	Manor	25.61

#39 Girls 4 x 400m Relay (VHSL Region 3A)

Team	Time
1 Tabb (A)	4:08.63
2 I.C. Norcom (A)	4:12.43
3 York (A)	4:17.13
4 New Kent (A)	4:18.30
5 Hopewell (A)	4:18.44
6 Lake Taylor (A)	4:27.64
7 Lakeland (A)	4:46.74
8 Heritage (Newport News) (A)	NT

#40 Girls 4 x 400m Relay (VHSL Region 4A)

Team	Time
1 Churchland (A)	3:58.52
2 Grafton High School (A)	4:05.11
3 Manor (A)	4:05.46
4 Jamestown (A)	4:12.38
5 Lafayette (A)	4:12.76
6 Warhill (A)	4:12.80
7 Phoebus (A)	4:12.85
8 Hampton (A)	4:17.19
9 Smithfield (A)	4:18.63
10 Gloucester High School (A)	4:37.90
11 Denbigh (A)	5:06.87

#37 Boys 4 x 400m Relay (VHSL Region 3A)

Team	Time
1 Tabb (A)	3:22.32
2 New Kent (A)	3:31.26
3 Lakeland (A)	3:31.70
4 Booker T. Washington (A)	3:32.20
5 Hopewell (A)	3:35.71

#37 Boys 4 x 400m Relay (VHSL Region 3A) (cont'd)

Team	Time
6 York (A)	3:37.73
7 Heritage (Newport News) (A)	3:41.24
8 I.C. Norcom (A)	3:43.26
9 Lake Taylor (A)	3:57.23

#38 Boys 4 x 400m Relay (VHSL Region 4A)

Team	Time
1 Churchland (A)	3:21.88
2 Phoebus (A)	3:22.01
3 Jamestown (A)	3:24.84
4 Hampton (A)	3:25.93
5 Lafayette (A)	3:27.68
6 Gloucester High School (A)	3:31.43
7 Smithfield (A)	3:31.70
8 Manor (A)	3:32.57
9 Warhill (A)	3:36.04
10 Denbigh (A)	3:43.02

#55 Girls Long Jump (VHSL Region 4A)

#	Name	Team	Mark
1	605 CARNES, Simone	Smithfield	18' 9.25"
2	1828 DESINCE, Triniti	Manor	17' 2.50"
3	167 SIDEBOTTOM, Brielle	Hampton	16' 8.50"
4	610 HAMLIN, Kaydence	Smithfield	16' 8"
5	940 CARR, Lundyn	Phoebus	16' 4"
6	1198 DAVIS, Symone	Warhill	16' 4"
7	1023 HAMMOND, Lianna	Jamestown	15' 11"
8	1131 FULLER, Lucy	Jamestown	15' 7.50"
9	1734 DEBERRY, Heaven	Manor	15' 7.50"
10	1815 AYIM, Yenam	Manor	15' 5.50"
11	1199 SWAN, Alexis	Warhill	15' 4"
12	622 POPE, Gisele	Smithfield	15' 1"
13	952 ETHERIDGE, Demi	Phoebus	14' 11"
14	477 BROWN, Tymia	Lafayette	14' 8"
15	495 WYATT, Samone	Lafayette	14' 6"
16	998 JACKSON, Selena	Phoebus	14' 4"
17	1092 PISANIELLO , Lucy	Jamestown	13' 10"
18	215 MCPHATTER, Jaisa	Hampton	12' 1"
19	528 CHIKELU, Judith	Lafayette	NM

#56 Girls Long Jump (VHSL Region 3A)

#	Name	Team	Mark
1	320 MOSLEY, Amora	I.C. Norcom	17' 0.75"
2	2023 MORGAN, Madisyn	Hopewell	17' 0.50"
3	782 MOYE, Iasia	Lake Taylor	16' 8"
4	1403 BEASLEY, Jaleia	Heritage (Newport New	16' 5.50"

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#	Name	Team	Mark
5	1975 GRIFFITH, Ryan	New Kent	16' 5"
6	2032 COOKE, Annaya	Hopewell	16' 3"
7	1711 MCKENZIE, Zoi	Colonial Heights	16' 1"
8	1980 CLEMENTS, Madison	New Kent	16' 0.50"
9	2265 HUGGINS, SaMeria	Tabb	16' 0"
10	386 THORNE, Aureliana	York	15' 11.50"
11	337 THORNTON, Aaliyah	I.C. Norcom	15' 11"
12	2233 HUGGINS, Alayha	Tabb	15' 6.50"
13	324 SAMPSON, Gabrielle	I.C. Norcom	15' 4"
14	1480 DUKES, Serena	Heritage (Newport New	15' 2.25"
15	2215 ALCONABA, Amaiah	Tabb	15' 1.75"
16	1898 ROSS, Aubrey	New Kent	14' 8"
17	1484 BENTON, Zelai	Heritage (Newport New	13' 10"
18	868 JAGESSAR, Mila	Lakeland	13' 2"
19	909 JONES, Madison	Lakeland	NM

#53 Boys Long Jump (VHSL Region 3A)

#	Name	Team	Mark
1	2205 NGAMBWE, Dan	Tabb	23' 4.75"
2	1401 DOZIER, Marcus	Heritage (Newport New	22' 8"
3	2043 WILLIAMS, Jahlii	Hopewell	20' 10"
4	2127 MUHAMMAD-PAYNE,	Tabb	20' 9"
5	841 HESSON, Casaun	Lake Taylor	20' 4.50"
6	1722 SPRINKLE, Lucas	Colonial Heights	20' 4"
7	774 LANE, Sincere	Lake Taylor	20' 0"
8	1709 CLAIBOURNE, Ny'zier	Colonial Heights	20' 0"
9	2209 MORANCY, Malik	Tabb	19' 11"
10	2051 MONTEIRO, Samir	Hopewell	19' 9.50"
11	1907 PAYNE, Owen	New Kent	19' 7"
12	2104 NASH, Malachi	Booker T. Washington	19' 5"
13	1954 LEEPER, Rashad	New Kent	19' 4.50"
14	822 MOORE-WARREN, Jav	Lake Taylor	19' 4"
15	921 ALFRED, Zy'yon	Lakeland	19' 3.50"
16	317 EDWARDS JR, Darius	I.C. Norcom	19' 3"
17	1963 CHRISTIAN, Blaze	New Kent	19' 2.50"
18	2056 PRESTON, Maxximus	Hopewell	19' 2"
19	1444 BUTLER, Rommel	Heritage (Newport New	19' 1"
20	1535 MALLORY, Javarie	Petersburg	18' 9.50"
21	319 MATTHEWS JR, Kelin	I.C. Norcom	18' 9"
22	1455 SHELTON, Tyrell	Heritage (Newport New	18' 8.75"
23	863 WILSON, Antonio	Lakeland	18' 6.50"
24	300 ISINKAIYE, Johnathan	I.C. Norcom	18' 0"
25	1718 BROWN, Nehemiah	Colonial Heights	17' 5"
26	416 NEMEC, Jake	York	17' 1.50"
27	1495 BAILEY, Terrell	Petersburg	16' 4"
28	872 CROCKER, Lynam	Lakeland	NM

#54 Boys Long Jump (VHSL Region 4A)

#	Name	Team	Mark
1	181 PERRY, Davion	Hampton	22' 10"
2	1354 FOLK, Jeremiah	Churchland	22' 6.75"
3	673 BOWE, Deion	Smithfield	22' 2"
4	1342 PAIGE, Primas	Churchland	22' 2"
5	1370 LONG, Keymond	Churchland	21' 9.50"
6	600 GOODWIN, Malachi	Smithfield	21' 5"
7	1229 PRICE, Devon	Warhill	21' 4"
8	1288 WILLIAMS, Keith	Churchland	21' 4"
9	977 POWELL, Kingston	Phoebus	21' 3"
10	162 JONES, Destin	Hampton	20' 9"
11	176 LOFTON, Zymire	Hampton	20' 2.25"
12	94 DIGGS, Ahmad	Grafton High School	20' 1"
13	1783 HOLLOMAN, Jamauri	Manor	20' 1"
14	661 AMARILLO, Anthony	Smithfield	19' 11"
15	142 MIMS, Luke	Grafton High School	19' 10.25"
16	246 SHAVERS, Jeremiah	Denbigh	19' 10"
17	999 JONES, Xavier	Phoebus	19' 10"
18	1576 JOHNSON, Brayl'n	Gloucester High School	19' 8"
19	951 MASON, Christian	Phoebus	19' 6"
20	1242 ROOKS, Ashtin	Warhill	19' 5.75"
21	244 ROBINSON, Zayden	Denbigh	19' 4"
22	1207 MORRIS, Anthony	Warhill	18' 9.50"
23	238 FOSTER, Camden	Denbigh	18' 4"
24	1643 THOMPSON, Jadon	Gloucester High School	18' 4"
25	519 EDWARDS, Delsin	Lafayette	18' 1.75"
26	33 HOLLOMAN, Naszier	Grafton High School	18' 0.50"
27	454 TALIAFERRO, Major	Lafayette	17' 10"
28	1732 KENDALL, Dante	Manor	17' 10"
29	1049 PEERS, Nathan	Jamestown	17' 9"
30	1594 DAVIDSON, Brayden	Gloucester High School	17' 7"
31	1754 BROWN, Kennell	Manor	16' 10.50"
32	518 HEAVILIN, Isaac	Lafayette	16' 3"
33	1103 POHREN, Jacob	Jamestown	15' 10.75"

#47 Girls High Jump (VHSL Region 3A)

#	Name	Team	Mark
1	2063 BROWN, Leah	Hopewell	5' 2"
2	345 VAUGHAN, Josie	I.C. Norcom	5' 0"
3	895 DAVIS, Gabrielle	Lakeland	5' 0"
4	320 MOSLEY, Amora	I.C. Norcom	4' 10"
5	1853 WETHERELL, Elizabet	New Kent	4' 10"
6	1975 GRIFFITH, Ryan	New Kent	4' 10"
7	299 MOORE, Deiona	I.C. Norcom	4' 8"
8	335 CHILTON, Brielle	I.C. Norcom	4' 8"
9	2233 HUGGINS, Alayha	Tabb	4' 8"
10	2268 COLEMAN, Peyton	Tabb	4' 8"

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#	Name	Team	Mark
11	2059 MORRIS, Dionne	Hopewell	4' 6"
12	894 WHEELER, Angel	Lakeland	4' 4"
13	2032 COOKE, Annaya	Hopewell	4' 4"
14	2175 MILLER, Baya	Tabb	4' 4"

#48 Girls High Jump (VHSL Region 4A)

#	Name	Team	Mark
1	1344 WILLIAMS, Senye	Churchland	5' 6"
2	1308 WILLIAMS, Ma'Riyah	Churchland	5' 4"
3	1165 SHABANI, Neema	Warhill	5' 2"
4	1189 GREEN, Sahmera	Warhill	5' 2"
5	51 JOSEPH, Johannah	Grafton High School	5' 0"
6	939 MAYO, Cheyanne	Phoebus	5' 0"
7	167 SIDEBOTTOM, Brielle	Hampton	4' 10"
8	1023 HAMMOND, Lianna	Jamestown	4' 10"
9	1079 JAVERNICK, Nina	Jamestown	4' 10"
10	1161 SHABANI, Beka	Warhill	4' 10"
11	1267 MOSES, Keasia	Churchland	4' 10"
12	1799 BAKER, Zaniyah	Manor	4' 8"
13	1029 EASON, A'Maree	Jamestown	4' 8"
14	1070 HOUGHTON, Elsie	Jamestown	4' 8"
15	1022 FULLER, Devon	Jamestown	4' 8"
16	159 WELLONS, Tori	Hampton	4' 4"
17	993 MUNDY, Keyani	Phoebus	4' 4"

#64 Girls Shot Put (VHSL Region 3A)

#	Name	Team	Mark
1	2005 WATKINS, Camryn	Hopewell	35' 9"
2	2270 ATKINS, Haley	Tabb	35' 2"
3	862 BARNES, Torian	Lakeland	33' 6"
4	370 SMITH, Gray	York	30' 9"
5	1855 ARMSTEAD, Amiya	New Kent	30' 9"
6	321 MOORE, Jewel	I.C. Norcom	29' 0"
7	340 BARNES JR, Kevin	I.C. Norcom	28' 4.50"
8	327 SANDERLIN, VaNaey	I.C. Norcom	26' 6.50"
9	893 STEPHENS, Kriscena	Lakeland	25' 8.50"
10	2161 SANCHEZ, Tanaya	Tabb	25' 6"
11	1479 DARDEN, Azareyah	Heritage (Newport New	25' 2"
12	1454 BROWN, J'Marie	Heritage (Newport New	23' 1.50"
13	1977 BURNO, Olivia	New Kent	22' 4"
14	1884 PERRY, madaleigh	New Kent	22' 1"
15	911 JOHNSON, Marissa	Lakeland	22' 0.75"
16	1457 MARTIN, JeNyla	Heritage (Newport New	20' 2"

#63 Girls Shot Put (VHSL Region 4A)

#	Name	Team	Mark
1	1792 WILLIAMS, Leah	Manor	43' 10"
2	1567 MULLIS, Hannah	Gloucester High School	40' 7"
3	149 PERCY, Caliya	Hampton	38' 4"
4	1365 VANN, Airris	Churchland	37' 0"
5	99 MOTT-SMITH, Star	Grafton High School	36' 7"
6	541 CHARITY, Kenzie	Lafayette	35' 1.50"
7	1734 DEBERRY, Heaven	Manor	33' 11"
8	1198 DAVIS, Symone	Warhill	33' 0"
9	1737 DAUGHTRY, Alexis	Manor	32' 2"
10	1622 PEET, Brianna	Gloucester High School	30' 1"
11	1294 SPELLMAN, Jaylah	Churchland	29' 10"
12	1061 FACUNDO, Gabrielly	Jamestown	29' 8"
13	1375 STEPHENS, Onaesty	Churchland	28' 3"
14	1015 DUNN, Laila	Jamestown	27' 9"
15	1247 COWLES, Ken'iyah	Warhill	27' 7"
16	1195 MERRITT, Alaysia	Warhill	26' 2"
17	217 BEALE, Jaedyn	Hampton	26' 1"
18	195 WHITE, Christina	Hampton	26' 0"
19	1582 COLEY, Zakia	Gloucester High School	25' 11"
20	92 GIBBS, Autumn	Grafton High School	22' 9"
21	247 WHIDBEE, Jazzlynn	Denbigh	22' 4"
22	1051 AYERS, Alexa	Jamestown	21' 1"
23	117 PHILLIPS, Jasmine	Grafton High School	19' 8"
24	547 GRAUPMAN, Aubrey	Smithfield	19' 3"
25	285 RIVAS, Genesis	Denbigh	16' 10"

#65 Boys Discus (VHSL Region 3A)

#	Name	Team	Mark
1	1899 PEARSON, Brendan	New Kent	127' 11"
2	1990 WARD, Dante	Hopewell	121' 11"
3	1518 AVANS, Urijah	Petersburg	115' 5"
4	1956 MORGHEIM, Beau	New Kent	114' 1"
5	296 LEWIS, Joshua	I.C. Norcom	113' 9"
6	1973 MOORE, Sean	New Kent	113' 6"
7	1434 PENN, Landyn	Heritage (Newport New	111' 9.25"
8	2180 MADDOX, Ryan	Tabb	105' 2"
9	841 HESSON, Casaun	Lake Taylor	99' 10"
10	872 CROCKER, Lynard	Lakeland	95' 11"
11	1664 ENGLISH, Colby	Colonial Heights	91' 2"
12	1445 WALTHALL, Aiden	Heritage (Newport New	89' 7.50"
13	887 MARTIN, Christian	Lakeland	82' 7"
14	2273 SCHANTZ, Carter	Tabb	81' 11"
15	1399 CAMBPELL, Jacari	Heritage (Newport New	79' 1.50"
16	799 SPENCE, Brehon	Lake Taylor	77' 8"
17	2200 BERNSTEIN, Samuel	Tabb	73' 7"
18	1510 WALKER, Kamari	Petersburg	73' 3"

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#	Name	Team	Mark
19	1539 BRANCH, Kemontae	Petersburg	57' 5"

#66 Boys Discus (VHSL Region 4A)

#	Name	Team	Mark
1	1349 STOKES, Aaron	Churchland	187' 8"
2	1347 QUINERLY, Travis	Churchland	180' 11"
3	1174 EDWARDS, Larry	Warhill	155' 4"
4	1568 ERRAJI, Mohamed	Gloucester High School	154' 0"
5	1169 HOWELL, Jaxson	Warhill	145' 8"
6	1003 HENDERSON, La Bron	Jamestown	143' 4"
7	36 STEWART-JONES, Der	Grafton High School	141' 0"
8	498 AIKEN, Benjamin	Lafayette	140' 6"
9	1307 WILLIAMS JR., Travon	Churchland	137' 10"
10	680 SISTARE, Logan	Smithfield	135' 0"
11	544 SUMMERS, Camden	Lafayette	132' 8.50"
12	1240 WATKINS, Brody	Warhill	126' 10.50"
13	1635 ELLIOTT, Jaden	Gloucester High School	126' 3"
14	1749 COPELAND, Georvian	Manor	121' 1"
15	1043 BRACKEN, Jacob	Jamestown	120' 1"
16	460 COX, Austin	Lafayette	119' 4"
17	137 BROWN, Chase	Grafton High School	116' 10"
18	1825 MERRITT, Kwame	Manor	115' 11"
19	219 EUSTACHE, Wedley	Hampton	112' 6"
20	607 ROBERTS, Jonathan	Smithfield	111' 1"
21	1011 WESTER, Owen	Jamestown	110' 8"
22	1640 ERRAJI, Hakeem	Gloucester High School	110' 4"
23	197 AURABY, Tylis	Hampton	102' 5"
24	133 PATTERSON, Jeremia	Grafton High School	102' 4"
25	279 ADAMS, Errol	Denbigh	100' 1"
26	222 TURNER, Justice	Hampton	99' 2"
27	986 BALTRIP, Exavion	Phoebus	93' 9"
28	1821 JACKSON, Avahn	Manor	92' 4"
29	927 GOYENS, Maisan	Phoebus	90' 0"
30	994 COLLINS, Gavin	Phoebus	86' 3"
31	280 KING-JETER, Dante	Denbigh	69' 7"
32	284 LAGOS-MARTINEZ, Lu	Denbigh	64' 3"

#49 Boys Pole Vault (VHSL Region 3A)

#	Name	Team	Mark
1	1870 HOLLOWAY, Liam	New Kent	12' 6"
2	1922 SCHALASNY, Mason	New Kent	12' 6"
3	1952 EVANS, Landon	New Kent	11' 9"

#50 Boys Pole Vault (VHSL Region 4A)

#	Name	Team	Mark
1	1296 SMITH, Prince	Churchland	11' 0"
2	1762 HARRIS, Patrick	Manor	11' 0"
3	1026 DAMBRAUSKAS, Davi	Jamestown	10' 6"
4	441 STUART, Jonas	Lafayette	10' 0"
5	1301 BEGLEY, Anthony	Churchland	10' 0"
6	1030 WHITNEY, Tavian	Jamestown	9' 6"
7	1193 DOWELL, Joshua	Warhill	9' 6"
8	437 STUART, Kale	Lafayette	9' 0"