

## 2019 Virginia AAU North District Qualifier - 6/9/2019

## Colgan High School

## Results

**Girls 100 Meter Dash 8-under**

Name	Age	Team	Finals
<b>Finals</b>			
1 Alexis Hall	8	Dale City Li	15.27
2 Khloe Smith	8	Prominent At	15.32
3 Alexia Romano	8	Legacy Track	15.75
4 Peyton Boyd	7	Prominent At	15.76
5 Grace Murray	8	Prominent At	15.95
6 Elise Pridgeon	6	Unattached	16.30
7 Karter Hill	8	VA Blaze Ath	17.08
8 Jelitza Willis	7	Spartan Chos	17.36
9 Laila Sanders	8	Prominent At	17.58
10 Kaylee Walker	8	Virginia Pri	18.04
11 Nyiemah Preston	8	Spartan Chos	18.49
12 Iyana Lewis	8	Roanoke Vall	18.65
13 Mckenzie Stewart	8	Dale City Li	18.90
14 Kali Simon	6	Roanoke Vall	18.99
15 Hope Simmonds	6	Spartan Chos	19.36
16 Julia Bryan	7	Prominent At	19.97
17 Silease James	8	Dale City Li	20.18
18 Kayden Davis	6	2nd To None	20.42
19 Lennon Norcott	6	Pwc Panthers	20.60
20 Tiana Jones	8	Future Flyer	21.77
21 Zuri Gatson	6	Legacy Track	25.36

**Girls 200 Meter Dash 8-under**

Name	Age	Team	Finals
<b>Finals</b>			
--- Kali Simon	6	Roanoke Vall	NT
--- Hope Simmonds	6	Spartan Chos	NT
--- Khloe Smith	8	Prominent At	NT
--- Lennon Norcott	6	Pwc Panthers	NT
--- Karter Hill	8	VA Blaze Ath	NT
--- Elise Pridgeon	6	Unattached	NT
--- Jelitza Willis	7	Spartan Chos	NT
--- Alexis Hall	8	Dale City Li	NT
--- Alexia Romano	8	Legacy Track	NT
--- Farrah Bramlett	8	2nd To None	NT
--- Grace Murray	8	Prominent At	NT
--- Laila Sanders	8	Prominent At	NT
--- Peyton Boyd	7	Prominent At	NT

**Girls 400 Meter Dash 8-under**

Name	Age	Team	Finals
<b>Finals</b>			
1 Khloe Smith	8	Prominent At	1:17.31
2 Alexia Romano	8	Legacy Track	1:19.15
3 Alexis Hall	8	Dale City Li	1:20.79
4 London Mcclendon	8	Falmouth Tid	1:22.63
5 Elise Pridgeon	6	Unattached	1:23.14
6 Isabella Martinez	7	Legacy Track	1:25.37
7 Farrah Bramlett	8	2nd To None	1:25.59
8 Laila Sanders	8	Prominent At	1:33.92
9 Jelitza Willis	7	Spartan Chos	1:36.13
10 Julia Bryan	7	Prominent At	1:45.84

11 Kayden Davis 6 2nd To None 1:49.39

**Girls 800 Meter Run 8-under**

Name	Age	Team	Finals
<b>Finals</b>			
--- Morgan Washington	8	Virginia Pri	NT
--- London Mcclendon	8	Falmouth Tid	NT
--- Farrah Bramlett	8	2nd To None	NT
--- Isabella Martinez	7	Legacy Track	NT

**Girls 1500 Meter Run 8-under**

Name	Age	Team	Finals
<b>Finals</b>			
--- Morgan Washington	8	Virginia Pri	NT

**Girls Long Jump 8-under**

Name	Age	Team	Finals
<b>Finals</b>			
1 Grace Murray	8	Prominent At	10-03.00
2 Kaylee Walker	8	Virginia Pri	9-07.00
3 Peyton Boyd	7	Prominent At	9-01.50
4 Karter Hill	8	VA Blaze Ath	5-11.25
5 Tiana Jones	8	Future Flyer	5-05.50

**Girls Shot Put 4 lbs 8-under**

Name	Age	Team	Finals
<b>Finals</b>			
1 Silease James	8	Dale City Li	16-06.00
2 Mckenzie Stewart	8	Dale City Li	14-11.00
3 Iyana Lewis	8	Roanoke Vall	14-02.00
4 Nyiemah Preston	8	Spartan Chos	12-02.00

**Girls Javelin Throw Turbo (300 g 8-under)**

Name	Age	Team	Finals
<b>Finals</b>			
1 Silease James	8	Dale City Li	29-03
2 Isabella Martinez	7	Legacy Track	28-05
3 Nyiemah Preston	8	Spartan Chos	27-08
4 London Mcclendon	8	Falmouth Tid	27-00
5 Iyana Lewis	8	Roanoke Vall	26-01
6 Mckenzie Stewart	8	Dale City Li	24-07
7 Hope Simmonds	6	Spartan Chos	23-03
8 Kali Simon	6	Roanoke Vall	23-00
9 Tiana Jones	8	Future Flyer	22-04
10 Lennon Norcott	6	Pwc Panthers	14-05
11 Kayden Davis	6	2nd To None	14-01
12 Zuri Gatson	6	Legacy Track	13-06

**Girls 100 Meter Dash 9 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Maya Wooden	9	Prominent At	14.78
2 Taryn Patrick	9	Eight o Four	14.86
3 Naomi Mcghee	9	Southwestern	14.89
4 Camille Ford	9	Prominent At	15.47
5 Lauryn Vick	9	Mustangs Tra	15.64
6 Holland Smith	9	Ashburn Elit	15.75

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**Finals ... (Girls 100 Meter Dash 9 years old)**

Name	Age	Team	Finals
7 Jessie Jalivay	9	Dale City Li	15.85
8 Ellory Ridenour	9	Ashburn Elit	15.86
9 Faith Simmonds	9	Spartan Chos	15.98
10 Kourtney Howard-Perez	9	Dale City Li	16.08
11 Kelcia Howard-Perez	9	Dale City Li	16.89
12 Detrice Pitre	9	Southwestern	16.97
13 Zaara Ali	9	Spartan Chos	17.52
14 Jordyn Simmons	9	Roanoke Vall	17.63
15 Peige Moyer	9	Speed Proteg	18.57
16 Peyton Pannel	9	Unattached	19.02

**Girls 200 Meter Dash 9 years old**

Name	Age	Team	Finals
--- Maya Wooden	9	Prominent At	NT
--- Jordyn Simmons	9	Roanoke Vall	NT
--- Lauryn Vick	9	Mustangs Tra	NT
--- Camille Ford	9	Prominent At	NT
--- Zaara Ali	9	Spartan Chos	NT
--- Mycah Bingham	9	Eight o Four	NT
--- Naomi Mcghee	9	Southwestern	NT
--- Detrice Pitre	9	Southwestern	NT
--- Kelcia Howard-Perez	9	Dale City Li	NT
--- Kourtney Howard-Perez	9	Dale City Li	NT
--- Ellory Ridenour	9	Ashburn Elit	NT
--- Holland Smith	9	Ashburn Elit	NT
--- Taryn Patrick	9	Eight o Four	NT
--- Todshira Jones	9	Future Flyer	NT
--- Jessie Jalivay	9	Dale City Li	NT
--- Lauryn Pete	9	Dale City Li	NT

**Girls 400 Meter Dash 9 years old**

Name	Age	Team	Finals
1 Maya Wooden	9	Prominent At	1:11.91
2 Christabel Agyeman-Duah	9	Legacy Track	1:12.68
3 Haley Thomas	9	Ashburn Elit	1:19.22
4 Lauryn Vick	9	Mustangs Tra	1:19.24
5 Naomi Mcghee	9	Southwestern	1:20.08
6 Camille Ford	9	Prominent At	1:20.72
7 Lauryn Pete	9	Dale City Li	1:21.71
8 Addison Bacon	9	2nd To None	1:22.73
9 Tattiana Russell	9	Unattached	1:23.33
10 Detrice Pitre	9	Southwestern	1:23.96
11 Kourtney Howard-Perez	9	Dale City Li	1:26.96

**Girls 800 Meter Run 9 years old**

Name	Age	Team	Finals
--- Allie Driscoll	9	Virginia Pri	NT
--- Christabel Agyeman-Duah	9	Legacy Track	NT
--- Tattiana Russell	9	Unattached	NT
--- Addison Bacon	9	2nd To None	NT
--- Emily Gordon	9	Ashburn Elit	NT

**Girls 1500 Meter Run 9 years old**

Name	Age	Team	Finals
Finals			
--- Allie Driscoll	9	Virginia Pri	NT
--- Emily Gordon	9	Ashburn Elit	NT

**Girls High Jump 9 years old**

Name	Age	Team	Finals
Finals			
--- Haley Thomas	9	Ashburn Elit	NH

**Girls Long Jump 9 years old**

Name	Age	Team	Finals
Finals			
1 Tattiana Russell	9	Unattached	9-04.25
2 Faith Simmonds	9	Spartan Chos	9-03.50
3 Jordyn Simmons	9	Roanoke Vall	9-02.00
4 Holland Smith	9	Ashburn Elit	9-00.75
5 Peige Moyer	9	Speed Proteg	8-02.00
6 Todshira Jones	9	Future Flyer	5-08.25

**Girls Shot Put 6 lbs 9 years old**

Name	Age	Team	Finals
Finals			
1 Iasia Adams	9	Roanoke Vall	15-09.00
2 Peige Moyer	9	Speed Proteg	11-07.00

**Girls Javelin Throw Turbo (400 g 9 years old)**

Name	Age	Team	Finals
Finals			
1 Todshira Jones	9	Future Flyer	33-07
2 Faith Simmonds	9	Spartan Chos	28-07
3 Zaara Ali	9	Spartan Chos	25-05
4 Iasia Adams	9	Roanoke Vall	25-00

**Triathlon: #3 Girls 200 Meter Dash 9 years old Triathlon**

Name	Age	Team	Finals
Finals			
1 Haley Thomas	9	Ashburn Elit	30.00 482
1 Addison Bacon	9	2nd To None	30.00 482

**Triathlon: #1 Girls High Jump 9 years old Triathlon**

Name	Age	Team	Finals
Finals			
1 Addison Bacon	9	2nd To None	1.01m 149
2 Haley Thomas	9	Ashburn Elit	1.00m 141

**Triathlon: #2 Girls Shot Put 9 years old Triathlon**

Name	Age	Team	Finals
Finals			
1 Haley Thomas	9	Ashburn Elit	5.00m 208
1 Addison Bacon	9	2nd To None	5.00m 208

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**Girls Triathlon 9 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Addison Bacon	9	2nd To None	839
2 Haley Thomas	9	Ashburn Elit	831

**Girls 1500 Meter Race Walk 9 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Iasia Adams	9	Roanoke Vall	NT

**Girls 100 Meter Dash 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jordan Thomas	10	Pwc Panthers	14.47
2 Lauren Lucas	10	Ashburn Elit	14.50
3 Alanna Pennant	10	Ashburn Elit	14.53
4 Sydney Taylor	10	Virginia Pri	14.93
5 Nhandi Logan	10	VA Blaze Ath	15.03
6 Kyah Smith	10	Prominent At	15.06
7 Mariah Hall	10	Dale City Li	15.08
8 Julia Wallace	10	Dale City Li	15.40
9 Zoe Galloway	10	Ashburn Elit	16.08
10 Nevaeh Hawkins	10	Unattached	16.20
11 Mikayla Francis	10	Unattached	16.48
12 Gabriella Hampton	10	Dale City Li	16.90
13 Haley Jackson	10	Unattached	17.75
14 Jayda Lewis	10	Roanoke Vall	18.48

**Girls 200 Meter Dash 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Nhandi Logan	10	VA Blaze Ath	NT
--- Jordan Thomas	10	Pwc Panthers	NT
--- Sydney Taylor	10	Virginia Pri	NT
--- Kyah Smith	10	Prominent At	NT
--- Morgan Evans	10	Pwc Panthers	NT
--- Haley Jackson	10	Unattached	NT
--- Nevaeh Hawkins	10	Unattached	NT
--- Jocelyn Enis	10	Eight o Four	NT
--- Mikayla Francis	10	Unattached	NT
--- Mariah Hall	10	Dale City Li	NT
--- Alanna Pennant	10	Ashburn Elit	NT
--- Gabriella Hampton	10	Dale City Li	NT
--- Zoe Galloway	10	Ashburn Elit	NT
--- Lauren Lucas	10	Ashburn Elit	NT
--- Devyn Garrett-Bey	10	Falmouth Tid	NT
--- Amiya Rodriguez	10	Full Throttl	NT
--- Julia Wallace	10	Dale City Li	NT
--- Skyler Hope	10	Eight o Four	NT

**Girls 400 Meter Dash 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jocelyn Enis	10	Eight o Four	1:13.56
2 Kyah Smith	10	Prominent At	1:14.08

3 Skyler Hope	10	Eight o Four	1:15.03
4 Olivia Blakey	10	434 Elite	1:18.77
5 Zoe Galloway	10	Ashburn Elit	1:21.71
6 Devyn Garrett-Bey	10	Falmouth Tid	1:22.95
7 Sofia Collier	10	Pwc Panthers	1:23.83
8 Sorrell Alexander	10	Unattached	1:26.13
9 Haley Jackson	10	Unattached	1:34.26
10 Nevaeh Hawkins	10	Unattached	1:41.76

**Girls 800 Meter Run 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Janiyah Marshall	10	Pwc Panthers	NT
--- Sorrell Alexander	10	Unattached	NT
--- Olivia Blakey	10	434 Elite	NT
--- Sofia Collier	10	Pwc Panthers	NT

**Girls 1500 Meter Run 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Janiyah Marshall	10	Pwc Panthers	NT

**Girls 4x100 Meter Relay 10 years old**

Team	Relay	Finals
<b>Finals</b>		
--- Ashburn Elit	A	NT
1) Alanna Pennant 10	2) Ellory Ridenour 9	
3) Haley Thomas 9	4) Lauren Lucas 10	
--- Dale City Li	A	NT
1) Jessie Jalivay 9	2) Julia Wallace 10	
3) Lauryn Pete 9	4) Mariah Hall 10	

**Girls 4x400 Meter Relay 10 years old**

Team	Relay	Finals
<b>Finals</b>		
--- Eight o Four Relays	B	NT
1) Brielle Comer 9	2) Ceyanna Allen-Owens 9	
3) Jalia Johnson 9		
5) Londyn Tyler 10		
--- Eight o Four Relays	A	NT
1) Charly Williams 9	2) Harmony White-Owens 10	
3) Imani Bey 9	4) Keviya Snead 9	
	6) Skyler Hope 10	
	7) Taryn Patrick 9	

**Girls High Jump 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Morgan Evans	10	Pwc Panthers	NH

**Girls Long Jump 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jordan Thomas	10	Pwc Panthers	12-08.50
2 Nhandi Logan	10	VA Blaze Ath	12-02.50
3 Sydney Taylor	10	Virginia Pri	12-00.25
4 Skyler Hope	10	Eight o Four	11-08.25

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**Finals ... (Girls Long Jump 10 years old)**

Name	Age	Team	Finals
5 Olivia Blakey	10	434 Elite	10-01.00
6 Jocelyn Enis	10	Eight o Four	10-00.25
7 Morgan Evans	10	Pwc Panthers	9-11.75
8 Layla Pearson	10	Pwc Panthers	8-10.00

**Girls Shot Put 6 lbs 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jayda Lewis	10	Roanoke Vall	15-01.00
2 Samantha Linder	10	Legacy Track	14-02.00
3 Gabriella Hampton	10	Dale City Li	12-05.00
4 Joelle Griffin	10	Legacy Track	11-00.00
5 Layla Pearson	10	Pwc Panthers	10-08.00

**Girls Javelin Throw Turbo (400 g 10 years old)**

Name	Age	Team	Finals
<b>Finals</b>			
1 Samantha Linder	10	Legacy Track	36-11
2 Devyn Garrett-Bey	10	Falmouth Tid	34-01
3 Jayda Lewis	10	Roanoke Vall	28-07
4 Joelle Griffin	10	Legacy Track	27-07
5 Sofia Collier	10	Pwc Panthers	24-01

**Triathlon: #3 Girls 200 Meter Dash 10 years old Triathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Morgan Evans	10	Pwc Panthers	30.00 482
1 Jordan Thomas	10	Pwc Panthers	30.00 482
1 Janiyah Marshall	10	Pwc Panthers	30.00 482
1 Layla Pearson	10	Pwc Panthers	30.00 482

**Triathlon: #1 Girls High Jump 10 years old Triathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Layla Pearson	10	Pwc Panthers	1.00m 141
1 Morgan Evans	10	Pwc Panthers	1.00m 141
1 Janiyah Marshall	10	Pwc Panthers	1.00m 141
1 Jordan Thomas	10	Pwc Panthers	1.00m 141

**Triathlon: #2 Girls Shot Put 10 years old Triathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Janiyah Marshall	10	Pwc Panthers	5.00m 208
1 Jordan Thomas	10	Pwc Panthers	5.00m 208
1 Layla Pearson	10	Pwc Panthers	5.00m 208
1 Morgan Evans	10	Pwc Panthers	5.00m 208

**Girls Triathlon 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Layla Pearson	10	Pwc Panthers	831
1 Jordan Thomas	10	Pwc Panthers	831
1 Morgan Evans	10	Pwc Panthers	831
1 Janiyah Marshall	10	Pwc Panthers	831

**Girls 1500 Meter Race Walk 10 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Layla Pearson	10	Pwc Panthers	NT

**Girls 100 Meter Dash 11 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Maleeha Davis	11	Dale City Li	13.60
2 Alana Hassell	11	Virginia Pri	13.97
3 Donea Lancaster	11	Legacy Track	14.04
4 Zoe Fyne-Okorie	11	Ashburn Elit	14.29
5 Kendall Cherry	11	Unattached	14.56
6 Asima Crawley-Howell	11	Dale City Li	14.59
7 Amaiya Newton	11	Ashburn Elit	14.72
8 Lauryn Robertson	11	Dale City Li	15.27

**Girls 200 Meter Dash 11 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Donea Lancaster	11	Legacy Track	NT
--- Imani Wood	11	Legacy Track	NT
--- Natalia Boudreau	11	Legacy Track	NT
--- Elise Ernest	11	Legacy Track	NT
--- Alana Hassell	11	Virginia Pri	NT
--- Kendall Cherry	11	Unattached	NT
--- Arianna Thomas	11	Pwc Panthers	NT
--- Morgan Greene	11	Ashburn Elit	NT
--- Amaiya Newton	11	Ashburn Elit	NT
--- Zoe Fyne-Okorie	11	Ashburn Elit	NT
--- Maleeha Davis	11	Dale City Li	NT
--- Lauryn Robertson	11	Dale City Li	NT
--- Asima Crawley-Howell	11	Dale City Li	NT

**Girls 400 Meter Dash 11 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Arianna Thomas	11	Pwc Panthers	1:04.69
2 Morgan Greene	11	Ashburn Elit	1:05.98
3 Imani Wood	11	Legacy Track	1:06.49
4 Elise Ernest	11	Legacy Track	1:07.85
5 Kendall Cherry	11	Unattached	1:08.56
6 Zoe Fyne-Okorie	11	Ashburn Elit	1:10.26
7 Donea Lancaster	11	Legacy Track	1:11.21
8 Reign Jones	11	Dale City Li	1:12.40
9 Tierra Braxton	11	Dale City Li	1:13.45
10 Natalia Boudreau	11	Legacy Track	1:16.18
11 Lauryn Robertson	11	Dale City Li	1:17.01
12 Kherrington Latona	11	Prominent At	1:18.78
13 Jaida Stukes-lancaster	11	Legacy Track	1:25.41

**Girls 800 Meter Run 11 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Isabella Savage	11	Prominent At	NT
--- Brooklyn George	11	Pwc Panthers	NT

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**Finals ... (Girls 800 Meter Run 11 years old)**

Name	Age	Team	Finals
--- Reign Jones	11	Dale City Li	NT
--- Kherrington Latona	11	Prominent At	NT

**Girls 1500 Meter Run 11 years old**

Name	Age	Team	Finals
--- Brooklyn George	11	Pwc Panthers	NT
--- Isabella Savage	11	Prominent At	NT

**Girls 3000 Meter Run 11 years old**

Name	Age	Team	Finals
1 Isabella Savage	11	Prominent At	12:09.02

**Girls 80 Meter Hurdles 11 years old**

Name	Age	Team	Finals
--- Amaiya Newton	11	Ashburn Elit	NT
--- Morgan Greene	11	Ashburn Elit	NT

**Girls Long Jump 11 years old**

Name	Age	Team	Finals
1 Arianna Thomas	11	Pwc Panthers	13-11.50
2 Alana Hassell	11	Virginia Pri	13-06.00
3 Tierra Braxton	11	Dale City Li	11-06.50
4 Natalia Boudreau	11	Legacy Track	9-10.50

**Girls Shot Put 6 lbs 11 years old**

Name	Age	Team	Finals
1 Asima Crawley-Howell	11	Dale City Li	25-02.00
2 Brooklyn George	11	Pwc Panthers	13-03.00
3 Jaida Stukes-lancaster	11	Legacy Track	12-09.00

**Girls Javelin Throw Turbo (400 g 11 years old)**

Name	Age	Team	Finals
--- Victoria Clark	11	Infinite Spe	ND
--- Jaida Stukes-lancaster	11	Legacy Track	ND
--- Reign Jones	11	Dale City Li	ND

**Outdoor Pentathlon: #5 Girls 800 Meter Run 11 years old Outdo**

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	3:10.00 278

**Outdoor Pentathlon: #1 Girls 80 Meter Hurdles 11 years old Out**

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	19.00 275

**Outdoor Pentathlon: #4 Girls High Jump 11 years old Outdoor P**

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	1.00m 141

**Outdoor Pentathlon: #2 Girls Long Jump 11 years old Outdoor P**

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	3.00m 107

**Outdoor Pentathlon: #3 Girls Shot Put 11 years old Outdoor Pen**

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	5.00m 208

**Girls Outdoor Pentathlon 11 years old**

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	1009

**Girls 100 Meter Dash 12 years old**

Name	Age	Team	Finals
1 Ruth Mcghee	12	Southwestern	13.31
2 Madison Wanza	12	Legacy Track	13.34
3 Carrington Pitre	12	Southwestern	14.52
4 Arianna Simon	12	Roanoke Vall	14.53
5 Olivia Patterson	12	Pwc Panthers	14.54
6 Sydney White	12	Mustangs Tra	14.56
7 Olivia Wilcoxon	12	Prominent At	16.41
8 Macari Singleton	12	Dale City Li	16.64
9 Kailey Thom	12	Prominent At	18.35

**Girls 200 Meter Dash 12 years old**

Name	Age	Team	Finals
--- Ruth Mcghee	12	Southwestern	NT
--- Olivia Patterson	12	Pwc Panthers	NT
--- Gabriel Jackson	12	Virginia Pri	NT
--- Carrington Pitre	12	Southwestern	NT
--- Micah Younger	12	Legacy Track	NT
--- Alejandra Crawley-Howell	12	Dale City Li	NT
--- Soleil Riddick	12	Mvp League	NT
--- Sydney White	12	Mustangs Tra	NT

**Girls 400 Meter Dash 12 years old**

Name	Age	Team	Finals
1 Ruth Mcghee	12	Southwestern	1:04.60
2 Sydney Jalivay	12	Dale City Li	1:05.71
3 Hailey Martinez	12	Prominent At	1:07.08
4 Carrington Pitre	12	Southwestern	1:08.81
5 Shanel Rawlins	12	Roanoke Vall	1:09.23
6 Sydney Worsham	12	Eight o Four	1:09.79
7 Alejandra Crawley-Howell	12	Dale City Li	1:10.26
8 Micah Younger	12	Legacy Track	1:11.47

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**Finals ... (Girls 400 Meter Dash 12 years old)**

Name	Age	Team	Finals
9 Soleil Riddick	12	Mvp League	1:12.98
10 Olivia Patterson	12	Pwc Panthers	1:13.99
11 Gabriel Jackson	12	Virginia Pri	1:16.02
12 Sydney White	12	Mustangs Tra	1:22.77
13 Kailey Thom	12	Prominent At	1:34.78

**Girls 800 Meter Run 12 years old**

Name	Age	Team	Finals
---			
Lianna Hardiman	12	Virginia Pri	NT
Laila Thomas	12	Pwc Panthers	NT
Sydney Worsham	12	Eight o Four	NT
Olivia Priddy	12	Mvp League	NT
Olivia Wilcoxon	12	Prominent At	NT

**Girls 1500 Meter Run 12 years old**

Name	Age	Team	Finals
---			
Layla Driscoll	12	Virginia Pri	NT
Laila Thomas	12	Pwc Panthers	NT
Lianna Hardiman	12	Virginia Pri	NT
Olivia Priddy	12	Mvp League	NT
Caroline Tribett	12	Mustangs Tra	NT
Olivia Wilcoxon	12	Prominent At	NT

**Girls 3000 Meter Run 12 years old**

Name	Age	Team	Finals
---			
Caroline Tribett	12	Mustangs Tra	11:30.68
Layla Driscoll	12	Virginia Pri	11:48.86

**Girls 80 Meter Hurdles 12 years old**

Name	Age	Team	Finals
---			
Arianna Simon	12	Roanoke Vall	NT
Milaina Matveeva	12	Unattached	NT
Sydney Jalivay	12	Dale City Li	NT
Shanel Rawlins	12	Roanoke Vall	NT

**Girls 4x100 Meter Relay 12 years old**

Team	Relay	Finals
---		
Legacy Track	A	NT
1) Elise Ernest 11	2) Imani Wood 11	
3) Madison Wanza 12	4) Micah Younger 12	
---		
Dale City Li	A	NT
1) Alejandra Crawley-Howell 1	2) Maleeha Davis 11	
3) Sydney Jalivay 12	4) Tierra Braxton 11	

**Girls 4x800 Meter Relay 12 years old**

Team	Relay	Finals
---		
Eight o Four Relays	A	NT
1) Brianna Comer 12	2) Harmony Redd 11	
3) Iyndia Bey 11		

**Girls High Jump 12 years old**

Name	Age	Team	Finals
------	-----	------	--------

---			
Milaina Matveeva	12	Unattached	NH

**Girls Long Jump 12 years old**

Name	Age	Team	Finals
------	-----	------	--------

---			
1 Madison Wanza	12	Legacy Track	14-06.50
2 Shanel Rawlins	12	Roanoke Vall	14-03.00
3 Arianna Simon	12	Roanoke Vall	13-05.00
4 Sydney Worsham	12	Eight o Four	12-06.00
5 Summer Gee	12	Mustangs Tra	11-06.50
6 Milaina Matveeva	12	Unattached	9-03.50

**Girls Shot Put 6 lbs 12 years old**

Name	Age	Team	Finals
------	-----	------	--------

---			
1 Summer Gee	12	Mustangs Tra	24-07.00
2 Genese Grant	12	Spartan Chos	22-06.50
3 Macari Singleton	12	Dale City Li	18-11.50

**Girls Discus Throw 1.0 Kg 12 years old**

Name	Age	Team	Finals
------	-----	------	--------

---			
1 Genese Grant	12	Spartan Chos	54-09

**Girls Javelin Throw Turbo (400 g 12 years old)**

Name	Age	Team	Finals
------	-----	------	--------

---			
Laila Thomas	12	Pwc Panthers	ND
Genese Grant	12	Spartan Chos	ND
Lindsey Canty	12	2nd To None	ND
Macari Singleton	12	Dale City Li	ND

**Girls 1500 Meter Race Walk 12 years old**

Name	Age	Team	Finals
------	-----	------	--------

---			
Lindsey Canty	12	2nd To None	NT

**Girls 100 Meter Dash 13 years old**

Name	Age	Team	Finals
------	-----	------	--------

---			
1 Kennedy Flynn	13	Pwc Panthers	12.88
2 Lois Robertson	13	Legacy Track	13.02
3 Amoroa Lucas	13	Ashburn Elit	13.28
4 Jada Chambliss	13	Pwc Panthers	13.32
5 Makayla Stokes	13	Full Throttl	13.36
6 Ke'Shae Wright	13	Dale City Li	13.60
7 Alyssa Upshaw	13	Dale City Li	13.71
8 Bailey Walker	13	Virginia Pri	13.73
9 Deja Scott	13	Virginia Pri	13.92
10 Lauryn Pearson	13	Pwc Panthers	14.02
11 Ruqayyah Byrd	13	Dale City Li	14.09
12 Ayauna Williams	13	Pwc Panthers	14.10
13 Alexis Mcduffie	13	Dale City Li	14.14

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**Finals ... (Girls 100 Meter Dash 13 years old)**

Name	Age	Team	Finals
14 Amari Moore	13	Dale City Li	14.14
15 Lauryn Sanders	13	Prominent At	14.16
16 Jai-Yana Martin	13	Pwc Panthers	14.21
17 Kennedy Adams	13	Prominent At	14.53
18 Natalia Griese	13	Dale City Li	14.73
19 Arial Kennedy	13	Ashburn Elit	15.03
20 Layanna Hayes	13	Caroline Youth T	15.07

**Girls 200 Meter Dash 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Jada Chambliss	13	Pwc Panthers	NT
--- Lauryn Sanders	13	Prominent At	NT
--- Kennedy Flynn	13	Pwc Panthers	NT
--- Lois Robertson	13	Legacy Track	NT
--- Kennedy Adams	13	Prominent At	NT
--- Sydney Yang	13	Virginia Pri	NT
--- Ayauna Williams	13	Pwc Panthers	NT
--- Liliana Friedman	13	Unattached	NT
--- Jai-Yana Martin	13	Pwc Panthers	NT
--- Lauryn Pearson	13	Pwc Panthers	NT
--- Alexis Mcduffie	13	Dale City Li	NT
--- Nina Simpson	13	Ashburn Elit	NT
--- Amari Moore	13	Dale City Li	NT
--- Valerie Gruen	13	Ashburn Elit	NT
--- Amoroa Lucas	13	Ashburn Elit	NT
--- Jaelynn Joiner	13	Eight o Four	NT
--- Makayla Stokes	13	Full Throttl	NT
--- Alyssa Upshaw	13	Dale City Li	NT
--- Ke'Shae Wright	13	Dale City Li	NT

**Girls 400 Meter Dash 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Jaelynn Joiner	13	Eight o Four	1:02.21
2 Jada Hatcher	13	Pwc Panthers	1:02.23
3 Makayla Stokes	13	Full Throttl	1:03.37
4 Alyssa Upshaw	13	Dale City Li	1:03.38
5 Lois Robertson	13	Legacy Track	1:03.54
6 Valerie Gruen	13	Ashburn Elit	1:04.25
7 Jada Chambliss	13	Pwc Panthers	1:05.15
8 Ke'Shae Wright	13	Dale City Li	1:05.24
9 Alyss Velerio	13	2nd To None	1:07.00
10 Natalia Griese	13	Dale City Li	1:09.23
11 Tanishka Enugu	13	Legacy Track	1:09.46
12 Lauryn Sanders	13	Prominent At	1:09.79
13 Tilea Bacon	13	2nd To None	1:10.04
14 Payton Collier	13	Pwc Panthers	1:10.29
15 Amari Moore	13	Dale City Li	1:10.57
16 Ayauna Williams	13	Pwc Panthers	1:10.65
17 Kennedy Adams	13	Prominent At	1:12.35
18 Alexis Mcduffie	13	Dale City Li	1:15.08

**Girls 800 Meter Run 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Janiesia Stokes	13	Full Throttl	NT
--- Jaelynn Joiner	13	Eight o Four	NT
--- Tanishka Enugu	13	Legacy Track	NT
--- Emma Johnston	13	Dale City Li	NT
--- Psalmn Jones	13	Dale City Li	NT
--- Payton Collier	13	Pwc Panthers	NT
--- Liliana Friedman	13	Unattached	NT
--- Jane Macik	13	Legacy Track	NT
--- Isabelle Morissette	13	Prominent At	NT
--- Alyss Velerio	13	2nd To None	NT
--- Lauren Crain	13	Ashburn Elit	NT
--- Tilea Bacon	13	2nd To None	NT
--- Kenndy Batts	13	2nd To None	NT
--- Ruqayyah Byrd	13	Dale City Li	NT
--- Natalia Griese	13	Dale City Li	NT
--- Johanna Stuard	13	Ashburn Elit	NT
--- Kaia Woolfe	13	Ashburn Elit	NT

**Girls 1500 Meter Run 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Isabelle Morissette	13	Prominent At	NT
--- Jane Macik	13	Legacy Track	NT
--- Liliana Friedman	13	Unattached	NT
--- Payton Collier	13	Pwc Panthers	NT
--- Kaia Woolfe	13	Ashburn Elit	NT
--- Lauren Crain	13	Ashburn Elit	NT
--- Psalmn Jones	13	Dale City Li	NT
--- Emma Johnston	13	Dale City Li	NT

**Girls 3000 Meter Run 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Kaia Woolfe	13	Ashburn Elit	11:41.44
2 Emma Johnston	13	Dale City Li	13:01.22
3 Lauren Crain	13	Ashburn Elit	14:19.69

**Girls 100 Meter Hurdles 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Jada Hatcher	13	Pwc Panthers	NT
--- Breanna Adams	13	Roanoke Vall	NT
--- Kennedy Flynn	13	Pwc Panthers	NT
--- Deja Scott	13	Virginia Pri	NT
--- Bailey Walker	13	Virginia Pri	NT
--- Dajah Garrison	13	Roanoke Vall	NT
--- Candence Opoku-Mensah	13	2nd To None	NT
--- Indira O'Neil	13	Ashburn Elit	NT
--- Layanna Hayes	13	Caroline Youth T	NT
--- Lauren Thomas	13	Ashburn Elit	NT
--- Johanna Stuard	13	Ashburn Elit	NT

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**Girls 200 Meter Hurdles 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
---	Breanna Adams	13 Roanoke Vall	NT
---	Dajah Garrison	13 Roanoke Vall	NT
---	Jada Hatcher	13 Pwc Panthers	NT
---	Bailey Walker	13 Virginia Pri	NT
---	Deja Scott	13 Virginia Pri	NT
---	Indira O'Neil	13 Ashburn Elit	NT
---	Candence Opoku-Mensah	13 2nd To None	NT
---	Kennedy Flynn	13 Pwc Panthers	NT
---	Lauren Thomas	13 Ashburn Elit	NT

**Girls High Jump 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1	Johanna Stuard	13 Ashburn Elit	4-06.00
2	Nina Simpson	13 Ashburn Elit	J4-06.00
---	Lauryn Pearson	13 Pwc Panthers	NH

**Girls Long Jump 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
---	Breanna Adams	13 Roanoke Vall	ND
---	Lauryn Pearson	13 Pwc Panthers	ND
---	Bailey Walker	13 Virginia Pri	ND
---	Deja Scott	13 Virginia Pri	ND
---	Johanna Stuard	13 Ashburn Elit	ND
---	Layanna Hayes	13 Caroline Youth T	ND
---	Jada Chambliss	13 Pwc Panthers	ND

**Girls Triple Jump 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
---	Layanna Hayes	13 Caroline Youth T	ND

**Girls Shot Put 6 lbs 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1	Arial Kennedy	13 Ashburn Elit	27-01.50
2	Janiesia Stokes	13 Full Throttl	23-02.50
3	Jai-Yana Martin	13 Pwc Panthers	21-09.00

**Girls Discus Throw 1.0 Kg 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1	Janiesia Stokes	13 Full Throttl	46-02
2	Jai-Yana Martin	13 Pwc Panthers	32-06

**Girls Javelin Throw 600 g 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1	Dajah Garrison	13 Roanoke Vall	105-00
1	Makayla Stokes	13 Full Throttl	105-00

**Outdoor Pentathlon: #5 Girls 800 Meter Run 13 years old Outdoor**

Name	Age	Team	Finals
<b>Finals</b>			
1	Tanishka Enugu	13 Legacy Track	3:00.00 365
1	Kennedy Flynn	13 Pwc Panthers	3:00.00 365
1	Jada Hatcher	13 Pwc Panthers	3:00.00 365
1	Johanna Stuard	13 Ashburn Elit	3:00.00 365
1	Lauryn Pearson	13 Pwc Panthers	3:00.00 365

**Outdoor Pentathlon: #1 Girls 100 Meter Hurdles 13 years old Outdoor**

Name	Age	Team	Finals
<b>Finals</b>			
1	Johanna Stuard	13 Ashburn Elit	18.00 488
1	Lauryn Pearson	13 Pwc Panthers	18.00 488
1	Tanishka Enugu	13 Legacy Track	18.00 488
1	Jada Hatcher	13 Pwc Panthers	18.00 488
1	Kennedy Flynn	13 Pwc Panthers	18.00 488

**Outdoor Pentathlon: #4 Girls High Jump 13 years old Outdoor P**

Name	Age	Team	Finals
<b>Finals</b>			
1	Johanna Stuard	13 Ashburn Elit	1.00m 141
1	Kennedy Flynn	13 Pwc Panthers	1.00m 141
1	Lauryn Pearson	13 Pwc Panthers	1.00m 141
1	Jada Hatcher	13 Pwc Panthers	1.00m 141
1	Tanishka Enugu	13 Legacy Track	1.00m 141

**Outdoor Pentathlon: #2 Girls Long Jump 13 years old Outdoor F**

Name	Age	Team	Finals
<b>Finals</b>			
1	Kennedy Flynn	13 Pwc Panthers	3.00m 107
1	Jada Hatcher	13 Pwc Panthers	3.00m 107
1	Lauryn Pearson	13 Pwc Panthers	3.00m 107
1	Tanishka Enugu	13 Legacy Track	3.00m 107
1	Johanna Stuard	13 Ashburn Elit	3.00m 107

**Outdoor Pentathlon: #3 Girls Shot Put 13 years old Outdoor Pen**

Name	Age	Team	Finals
<b>Finals</b>			
1	Tanishka Enugu	13 Legacy Track	5.00m 208
1	Kennedy Flynn	13 Pwc Panthers	5.00m 208
1	Johanna Stuard	13 Ashburn Elit	5.00m 208
1	Lauryn Pearson	13 Pwc Panthers	5.00m 208
1	Jada Hatcher	13 Pwc Panthers	5.00m 208

**Girls Outdoor Pentathlon 13 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1	Tanishka Enugu	13 Legacy Track	1309
1	Johanna Stuard	13 Ashburn Elit	1309
1	Kennedy Flynn	13 Pwc Panthers	1309
1	Jada Hatcher	13 Pwc Panthers	1309
1	Lauryn Pearson	13 Pwc Panthers	1309



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**Girls 100 Meter Dash 14 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Iyana Orneval	14	Dale City Li	12.64
2 Venecia Draper	14	Mustangs Tra	12.67
3 Nirel Blake	14	Eight o Four	12.82
4 Lena Gooden	14	Dale City Li	12.84
5 Laila Simpson	14	Dale City Li	13.09
6 Ayeshia Watson	14	Speed Proteg	13.33
7 Asia Thomas	14	Ashburn Elit	13.34
8 Emily Stewart	14	Ashburn Elit	13.38
9 Ella Curling	14	Ashburn Elit	13.44
10 Morgan Giles	14	Ashburn Elit	13.54
11 Sidney Stith	14	Prominent At	14.10
12 Paige Woolfolk	14	Dale City Li	14.11
13 Rishika Sharma	14	Legacy Track	14.18
14 Zaniya Edwards	14	Virginia Eli	14.32
15 Amaya Upshaw	14	Dale City Li	14.52
16 Camryn Rouse	14	Virginia Amb	15.37

**Girls 200 Meter Dash 14 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Rishika Sharma	14	Legacy Track	NT
--- Janai Coleman	14	Eight o Four	NT
--- Venecia Draper	14	Mustangs Tra	NT
--- Paige Woolfolk	14	Dale City Li	NT
--- Nirel Blake	14	Eight o Four	NT
--- Camryn Rouse	14	Virginia Amb	NT
--- Ayeshia Watson	14	Speed Proteg	NT
--- Zaniya Edwards	14	Virginia Eli	NT
--- Alauna Rutland	14	Mustangs Tra	NT
--- Sidney Stith	14	Prominent At	NT
--- Morgan Giles	14	Ashburn Elit	NT
--- Ella Curling	14	Ashburn Elit	NT
--- Emily Stewart	14	Ashburn Elit	NT
--- Jaidyn Ferguson	14	Caroline Youth T	NT
--- Lorelei Bangit	14	Ashburn Elit	NT
--- Amaya Upshaw	14	Dale City Li	NT
--- Laila Simpson	14	Dale City Li	NT
--- Naomi Woolfolk	14	Dale City Li	NT
--- Lena Gooden	14	Dale City Li	NT
--- Iyana Orneval	14	Dale City Li	NT

**Girls 400 Meter Dash 14 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Iyana Orneval	14	Dale City Li	59.57
2 Lena Gooden	14	Dale City Li	59.92
3 Lorelei Bangit	14	Ashburn Elit	1:00.02
4 Asia Thomas	14	Ashburn Elit	1:01.92
5 Nirel Blake	14	Eight o Four	1:02.38
6 Venecia Draper	14	Mustangs Tra	1:04.22
7 Maya Dabney	14	Dale City Li	1:05.17
8 Chanel Rein	14	Unattached	1:05.97

9 Janai Coleman	14	Eight o Four	1:06.48
10 Olivia Manning	14	Speed Proteg	1:07.82
11 Zaniya Edwards	14	Virginia Eli	1:08.06
12 Rishika Sharma	14	Legacy Track	1:10.20
13 Bailey Fleming	14	Legacy Track	1:11.10
14 Rena Johnson	14	Prominent At	1:12.53
15 Amaya Upshaw	14	Dale City Li	1:13.62
16 Sidney Stith	14	Prominent At	1:19.58
17 Camryn Rouse	14	Virginia Amb	1:26.30

**Girls 800 Meter Run 14 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Bailey Fleming	14	Legacy Track	NT
--- Sidney Nolan	14	Mustangs Tra	NT
--- Janai Coleman	14	Eight o Four	NT
--- Rena Johnson	14	Prominent At	NT
--- Bridgette Matveeva	14	Unattached	NT
--- Evelyn Anderson	14	Mvp League	NT
--- Ariel Jacob	14	Audacious At	NT
--- Camberly Leary	14	Audacious At	NT
--- Makenzie Zimmerman	14	Ashburn Elit	NT
--- Mahina Hagans	14	Dale City Li	NT
--- Maya Dabney	14	Dale City Li	NT

**Girls 1500 Meter Run 14 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Sidney Nolan	14	Mustangs Tra	NT
--- Evelyn Anderson	14	Mvp League	NT
--- Makenzie Zimmerman	14	Ashburn Elit	NT
--- Mahina Hagans	14	Dale City Li	NT

**Girls 100 Meter Hurdles 14 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Kimora Jones	14	Speed Proteg	NT
--- Sydney Loder	14	Roanoke Vall	NT
--- Bridgette Matveeva	14	Unattached	NT
--- Ariel Jacob	14	Audacious At	NT
--- Jaidyn Ferguson	14	Caroline Youth T	NT
--- Camberly Leary	14	Audacious At	NT

**Girls 200 Meter Hurdles 14 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Sydney Loder	14	Roanoke Vall	NT
--- Kimora Jones	14	Speed Proteg	NT
--- Coralynn Fisher	14	Mvp League	NT

**Girls 4x100 Meter Relay 14 years old**

Team	Relay	Finals
<b>Finals</b>		
--- Ashburn Elit	A	NT
1) Asia Thomas 14	2) Emily Stewart 14	
3) Lauren Thomas 13	4) Lorelei Bangit 14	
5) Ashleigh Vizek 13	6) Valerie Gruen 13	

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## Finals ... (Girls 4x100 Meter Relay 14 years old)

Team	Relay	Finals
--- Ashburn Elit	B	NT
1) Amoroa Lucas 13	2) Ella Curling 14	
3) Indira O'Neil 13	4) Morgan Giles 14	
5) Arial Kennedy 13		
--- Roanoke Vall	A	NT
1) Breanna Adams 13	2) Dajah Garrison 13	
3) Morgan Doyle 14	4) Sydney Loder 14	

## Girls 4x400 Meter Relay 14 years old

Team	Relay	Finals
--- Ashburn Elit	B	NT
1) Amoroa Lucas 13	2) Ella Curling 14	
3) Emily Stewart 14	4) Valerie Gruen 13	
--- Dale City Li	A	NT
1) Iyana Orneval 14	2) Ke'Shae Wright 13	
3) Mahina Hagans 14	4) Ruqayyah Byrd 13	
5) Amari Moore 13		
--- 2nd To None	A	NT
1) Alyss Velerio 13	2) Candence Opoku-Mensah 13	
3) Kenndy Batts 13	4) Tilea Bacon 13	
--- Ashburn Elit	A	NT
1) Asia Thomas 14	2) Indira O'Neil 13	
3) Lauren Thomas 13	4) Lorelei Bangit 14	
5) Arial Kennedy 13	6) Ashleigh Vizek 13	
7) Kaia Woolfe 13	8) Nina Simpson 13	

## Girls 4x800 Meter Relay 14 years old

Team	Relay	Finals
--- 2nd To None	A	NT
1) Alyss Velerio 13	2) Candence Opoku-Mensah 13	
3) Kenndy Batts 13	4) Tilea Bacon 13	
--- Dale City Li	A	NT
1) Emma Johnston 13	2) Mahina Hagans 14	
3) Maya Dabney 14	4) Psalmn Jones 13	
5) Ruqayyah Byrd 13		

## Girls High Jump 14 years old

Name	Age	Team	Finals
1 Sydney Loder	14	Roanoke Vall	4-08.00
2 Camberly Leary	14	Audacious At	4-00.00
3 Bridgette Matveeva	14	Unattached	3-08.00
4 Ariel Jacob	14	Audacious At	3-06.00
--- Bailey Fleming	14	Legacy Track	NH

## Girls Pole Vault 14 years old

Name	Age	Team	Finals
1 Alencia Lentz	14	Unattached	9-00.00
1 Coralynn Fisher	14	Mvp League	9-00.00

## Girls Long Jump 14 years old

Name	Age	Team	Finals
--- Coralynn Fisher	14	Mvp League	ND
--- Olivia Manning	14	Speed Proteg	ND
--- Paige Woolfolk	14	Dale City Li	ND
--- Zaniya Edwards	14	Virginia Eli	ND
--- Bridgette Matveeva	14	Unattached	ND
--- Ayeshia Watson	14	Speed Proteg	ND
--- Morgan Giles	14	Ashburn Elit	ND
--- Ariel Jacob	14	Audacious At	ND
--- Jaidyn Ferguson	14	Caroline Youth T	ND
--- Lena Gooden	14	Dale City Li	ND
--- Laila Simpson	14	Dale City Li	ND
--- Camberly Leary	14	Audacious At	ND

## Girls Triple Jump 14 years old

Name	Age	Team	Finals
--- Coralynn Fisher	14	Mvp League	ND
--- Kimora Jones	14	Speed Proteg	ND
--- Jaidyn Ferguson	14	Caroline Youth T	ND

## Girls Shot Put 6 lbs 14 years old

Name	Age	Team	Finals
1 Naomi Woolfolk	14	Dale City Li	35-02.00
2 Kaena Riley	14	Pwc Panthers	30-07.00

## Girls Discus Throw 1.0 Kg 14 years old

Name	Age	Team	Finals
1 Naomi Woolfolk	14	Dale City Li	85-11
2 Kaena Riley	14	Pwc Panthers	80-02

## Girls Javelin Throw 600 g 14 years old

Name	Age	Team	Finals
1 Kaena Riley	14	Pwc Panthers	100-00

## Outdoor Pentathlon: #5 Girls 800 Meter Run 14 years old Outdoor

Name	Age	Team	Finals
1 Bailey Fleming	14	Legacy Track	3:00.00 365
1 Ariel Jacob	14	Audacious At	3:00.00 365
1 Rishika Sharma	14	Legacy Track	3:00.00 365
1 Camberly Leary	14	Audacious At	3:00.00 365

## Outdoor Pentathlon: #1 Girls 100 Meter Hurdles 14 years old Outdoor

Name	Age	Team	Finals
1 Rishika Sharma	14	Legacy Track	18.00 488
1 Bailey Fleming	14	Legacy Track	18.00 488
1 Camberly Leary	14	Audacious At	18.00 488
1 Ariel Jacob	14	Audacious At	18.00 488

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**Outdoor Pentathlon: #4 Girls High Jump 14 years old Outdoor P**

Name	Age	Team	Finals
<b>Finals</b>			
1 Bailey Fleming	14	Legacy Track	1.00m 141
1 Rishika Sharma	14	Legacy Track	1.00m 141
1 Camberly Leary	14	Audacious At	1.00m 141
1 Ariel Jacob	14	Audacious At	1.00m 141

**Outdoor Pentathlon: #2 Girls Long Jump 14 years old Outdoor I**

Name	Age	Team	Finals
<b>Finals</b>			
1 Bailey Fleming	14	Legacy Track	3.00m 107
1 Rishika Sharma	14	Legacy Track	3.00m 107
1 Camberly Leary	14	Audacious At	3.00m 107
1 Ariel Jacob	14	Audacious At	3.00m 107

**Outdoor Pentathlon: #3 Girls Shot Put 14 years old Outdoor Pen**

Name	Age	Team	Finals
<b>Finals</b>			
1 Ariel Jacob	14	Audacious At	5.00m 208
1 Bailey Fleming	14	Legacy Track	5.00m 208
1 Rishika Sharma	14	Legacy Track	5.00m 208
1 Camberly Leary	14	Audacious At	5.00m 208

**Girls Outdoor Pentathlon 14 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Bailey Fleming	14	Legacy Track	1309
1 Rishika Sharma	14	Legacy Track	1309
1 Ariel Jacob	14	Audacious At	1309
1 Camberly Leary	14	Audacious At	1309

**Girls 100 Meter Dash 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Lee'Nesa Whittaker	15	Falmouth Tid	12.48
2 Channie Jefferson	15	Unattached	12.81
3 Taylor Small	16	Dale City Li	12.81
4 Chelsea Chisolm	16	Pwc Panthers	12.85
5 Madyson Kannon	15	Prominent At	12.90
6 Jasmine Coe	15	Mustangs Tra	13.02
7 Helena Sandler	15	Mvp League	13.06
8 Brinley Bryan	15	Ashburn Elit	13.16
9 Ameree Hall	16	Mvp League	13.17
10 Kristen Mancinelli	15	Prominent At	13.18
11 Lovevanna Armstead	16	Mvp League	13.21
12 Raichelle Cornelius	15	Dale City Li	13.21
13 Imahni Spears	16	Mvp League	13.27
14 Jada Starks	15	Virginia Eli	13.28
15 Yukorah Bass	16	Ashburn Elit	13.29
16 Mariama Kargbo	16	Dale City Li	13.32
17 Markhiah Coleman	16	VA Blaze Ath	13.37
18 Sydney Carr	16	Dale City Li	13.38
19 Raven Evans	15	Dale City Li	13.39
20 Shakira Conway	15	Eight o Four	13.40
21 Gabrielle Bishop	15	Dale City Li	13.44

22 Emma Macik	15	Legacy Track	13.45
23 Sidnee Addo	16	Mustangs Tra	13.53
24 Alexis Baumgartner	16	Dale City Li	13.54
25 Emma Dalton	15	Roanoke Vall	13.57
26 Dami Ayandipo	15	Ashburn Elit	13.60
27 Joy Taiwo	15	Mvp League	13.62
28 Yvonnia Perrelo	16	Unattached	13.80
29 Rhian Batts	15	2nd To None	13.82
30 Shannon Jackson	16	Spartan Chos	13.83
31 Alexis Cobbinah	15	Mustangs Tra	14.10
32 Kyla Gee	15	Mustangs Tra	14.11
33 Mckenna Giannos	16	Mvp League	14.21
34 Jailyynn Keyes	15	VA Blaze Ath	14.44
35 Nadiyah Jordan	16	Speed Proteg	14.48
36 Sofia Sadler	16	Ashburn Elit	14.49
37 Lyana Zarnock	15	Pwc Panthers	14.53
38 Nahazha Young	15	Pwc Panthers	14.91
39 Makayla Barnes	15	Legacy Track	15.58
40 Cassandra Opoku-Mensah	15	2nd To None	15.70

**Girls 200 Meter Dash 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Helena Sandler	15	Mvp League	NT
--- Alexis Lambert	16	Prominent At	NT
--- Aaliyah Pyatt	16	Mvp League	NT
--- Chelsea Chisolm	16	Pwc Panthers	NT
--- Alyssa Conyers	16	Pwc Panthers	NT
--- Kristen Mancinelli	15	Prominent At	NT
--- Lovevanna Armstead	16	Mvp League	NT
--- Tatia Battiste	16	Mvp League	NT
--- Alexis Cobbinah	15	Mustangs Tra	NT
--- Erin Irlan	15	Mvp League	NT
--- Ameree Hall	16	Mvp League	NT
--- Brianna London	16	VA Blaze Ath	NT
--- Alyson Smith	15	VA Blaze Ath	NT
--- Yasmin Deane	16	VA Blaze Ath	NT
--- Channie Jefferson	15	Unattached	NT
--- Markayla Taylor	15	Unattached	NT
--- Madison Cunningham	16	Unattached	NT
--- Emma Dalton	15	Roanoke Vall	NT
--- Shannon Jackson	16	Spartan Chos	NT
--- Lyana Zarnock	15	Pwc Panthers	NT
--- Markhiah Coleman	16	VA Blaze Ath	NT
--- Nadiyah Jordan	16	Speed Proteg	NT
--- Brinley Bryan	15	Ashburn Elit	NT
--- Finley Cox	15	Ashburn Elit	NT
--- Yukorah Bass	16	Ashburn Elit	NT
--- Alexis Baumgartner	16	Dale City Li	NT
--- Gabrielle Bishop	15	Dale City Li	NT
--- Sofia Sadler	16	Ashburn Elit	NT
--- Rhian Batts	15	2nd To None	NT
--- Lauren Davis	15	2nd To None	NT
--- Nahazha Young	15	Pwc Panthers	NT
--- Dami Ayandipo	15	Ashburn Elit	NT
--- Cassandra Opoku-Mensah	15	2nd To None	NT

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## Colgan High School

## Results

**Finals ... (Girls 200 Meter Dash 15-16 years old)**

Name	Age	Team	Finals
---	Lee'Nesa Whittaker	15 Falmouth Tid	NT
---	Makayla Barnes	15 Legacy Track	NT
---	Jayla Pringle	15 Falmouth Tid	NT
---	Sidnee Addo	16 Mustangs Tra	NT
---	Emma Macik	15 Legacy Track	NT
---	Raichelle Cornelius	15 Dale City Li	NT
---	Raven Evans	15 Dale City Li	NT
---	Sydney Carr	16 Dale City Li	NT
---	Taylor Small	16 Dale City Li	NT
---	Mariamama Kargbo	16 Dale City Li	NT

**Girls 400 Meter Dash 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1	Alyssa Conyers	16 Pwc Panthers	56.72
2	Virginia Beringer	16 Mvp League	1:00.10
3	Erin Irlan	15 Mvp League	1:00.45
4	Jada Starks	15 Virginia Eli	1:04.14
5	Emma Macik	15 Legacy Track	1:04.39
6	Chelsea Chisolm	16 Pwc Panthers	1:04.80
7	Gabrielle Bishop	15 Dale City Li	1:05.30
8	Geneva Bellows	15 Mustangs Tra	1:05.40
9	Lydia Spicer	16 VA Blaze Ath	1:05.65
10	Lauren Davis	15 2nd To None	1:06.28
11	Rhian Batts	15 2nd To None	1:07.40
12	Jayla Pringle	15 Falmouth Tid	1:08.49
13	Madison Cunningham	16 Unattached	1:09.13
14	Nadia Leonce	15 Pwc Panthers	1:09.82
15	Keziah Buford	16 Infinite Spe	1:09.95
16	Jailynn Keyes	15 VA Blaze Ath	1:10.00
17	Belinda Johnson	15 2nd To None	1:10.98
18	Lyana Zarnock	15 Pwc Panthers	1:12.15
19	Sidnee Addo	16 Mustangs Tra	1:13.68
20	Cassandra Opoku-Mensah	15 2nd To None	1:16.54
21	Nahazha Young	15 Pwc Panthers	1:18.32

**Girls 800 Meter Run 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
---	Virginia Beringer	16 Mvp League	NT
---	Anna Fleischauer	16 Prominent At	NT
---	Keziah Buford	16 Infinite Spe	NT
---	Geneva Bellows	15 Mustangs Tra	NT
---	Sophia Barthlow	16 Virginia Pri	NT
---	Yvonnia Perrelo	16 Unattached	NT
---	Nadia Leonce	15 Pwc Panthers	NT
---	Shannon Jackson	16 Spartan Chos	NT
---	Sadie Dillard	15 Ashburn Elit	NT
---	Callie Scholz	15 Ashburn Elit	NT
---	Belinda Johnson	15 2nd To None	NT
---	Finley Cox	15 Ashburn Elit	NT
---	Molly Porch	15 Dale City Li	NT
---	Jayla Pringle	15 Falmouth Tid	NT
---	Talise Leslie	15 Dale City Li	NT

**Girls 1500 Meter Run 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
---	Anna Fleischauer	16 Prominent At	NT
---	Lola Garvie	15 Mvp League	NT
---	Madison Garcia	16 Virginia Pri	NT
---	Farah Mcdaniel	16 Prominent At	NT
---	Callie Scholz	15 Ashburn Elit	NT
---	Sadie Dillard	15 Ashburn Elit	NT
---	Keziah Buford	16 Infinite Spe	NT
---	Molly Porch	15 Dale City Li	NT

**Girls 3000 Meter Run 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1	Lola Garvie	15 Mvp League	11:20.43
2	Farah Mcdaniel	16 Prominent At	11:49.05
3	Madison Garcia	16 Virginia Pri	12:31.38
4	Anna Fleischauer	16 Prominent At	13:37.40
5	Sadie Dillard	15 Ashburn Elit	14:52.62
6	Callie Scholz	15 Ashburn Elit	14:52.98
7	Molly Porch	15 Dale City Li	15:01.21

**Girls 100 Meter Hurdles 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
---	Brianna London	16 VA Blaze Ath	NT
---	Alyson Smith	15 VA Blaze Ath	NT
---	Alexis Lambert	16 Prominent At	NT
---	Scarlett Eversley	15 Pwc Panthers	NT
---	Viana Coles	15 Virginia Pri	NT
---	Joy Taiwo	15 Mvp League	NT
---	Jada Starks	15 Virginia Eli	NT
---	Sophia Barthlow	16 Virginia Pri	NT
---	Talise Leslie	15 Dale City Li	NT
---	Jada Yeboah	15 Dale City Li	NT
---	Lauren Davis	15 2nd To None	NT
---	Sara Kiflai	15 Dale City Li	NT
---	Tatia Battiste	16 Mvp League	NT
---	Madyson Kannon	15 Prominent At	NT
---	Jasmine Coe	15 Mustangs Tra	NT

**Girls 400 Meter Hurdles 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
---	Scarlett Eversley	15 Pwc Panthers	NT
---	Jada Starks	15 Virginia Eli	NT
---	Kristen Mancinelli	15 Prominent At	NT
---	Joy Taiwo	15 Mvp League	NT
---	Viana Coles	15 Virginia Pri	NT
---	Jada Yeboah	15 Dale City Li	NT
---	Ariana Grant	15 Prominent At	NT
---	Talise Leslie	15 Dale City Li	NT
---	Alexis Lambert	16 Prominent At	NT
---	Madyson Kannon	15 Prominent At	NT

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## Colgan High School

## Results

**Girls 4x100 Meter Relay 15-16 years old**

Team	Relay	Finals
<b>Finals</b>		
--- Mvp League	B	NT
3) Lovevanna Armstead 16	2) Lola Garvie 15	
--- Ashburn Elit	A	NT
1) Brinley Bryan 15	2) Dami Ayandipo 15	
3) Finley Cox 15	4) Yukorah Bass 16	
5) Kaitlyn Greene 15	6) Sofia Sadler 16	
--- Dale City Li	A	NT
1) Gabrielle Bishop 15	2) Raichelle Cornelius 15	
3) Raven Evans 15	4) Taylor Small 16	
5) Mariama Kargbo 16		
--- Mvp League	A	NT
1) Erin Irlan 15	2) Imahni Spears 16	
3) Jenna Callan 15	4) Natalie Mial 16	

**Girls 4x400 Meter Relay 15-16 years old**

Team	Relay	Finals
<b>Finals</b>		
--- Mvp League	B	NT
1) Helena Sandler 15	2) Jenna Callan 15	
3) Natalie Mial 16	4) Tatia Battiste 16	
--- 2nd To None	A	NT
1) Belinda Johnson 15	2) Cassandra Opoku-Mensah 16	
3) Katie Jones 16	4) Lauren Davis 15	
5) Rhian Batts 15		
--- Mvp League	A	NT
1) Ameree Hall 16	2) Erin Irlan 15	
3) Lovevanna Armstead 16	4) Virginia Beringer 16	

**Girls 4x800 Meter Relay 15-16 years old**

Team	Relay	Finals
<b>Finals</b>		
--- Mvp League	A	NT
1) Aaliyah Pyatt 16	2) Ameree Hall 16	
3) Lola Garvie 15	4) Virginia Beringer 16	

**Girls High Jump 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Alyson Smith	15	VA Blaze Ath	5-02.00
2 Mckenna Giannos	16	Mvp League	4-10.00
3 Sara Kiflai	15	Dale City Li	4-06.00
--- Shannon Jackson	16	Spartan Chos	NH

**Girls Pole Vault 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Ariana Grant	15	Prominent At	9-00.00
1 Alexis Baumgartner	16	Dale City Li	9-00.00

**Girls Long Jump 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Kristen Mancinelli	15	Prominent At	ND
--- Lyana Zarnock	15	Pwc Panthers	ND
--- Madyson Kannon	15	Prominent At	ND
--- Alexis Lambert	16	Prominent At	ND
--- Channie Jefferson	15	Unattached	ND
--- Yvonnia Perrelo	16	Unattached	ND
--- Nadiyah Jordan	16	Speed Proteg	ND
--- Sophia Barthlow	16	Virginia Pri	ND
--- Sara Kiflai	15	Dale City Li	ND
--- Talise Leslie	15	Dale City Li	ND
--- Alexis Baumgartner	16	Dale City Li	ND
--- Mariama Kargbo	16	Dale City Li	ND
--- Geneva Bellows	15	Mustangs Tra	ND
--- Imahni Spears	16	Mvp League	ND
--- Taylor Small	16	Dale City Li	ND

**Girls Triple Jump 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Imahni Spears	16	Mvp League	ND
--- Helena Sandler	15	Mvp League	ND
--- Markayla Taylor	15	Unattached	ND
--- Madison Cunningham	16	Unattached	ND
--- Sara Kiflai	15	Dale City Li	ND
--- Sydney Carr	16	Dale City Li	ND
--- Jasmine Coe	15	Mustangs Tra	ND

**Girls Shot Put 4 kg 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Kalei Memmer	16	Roanoke Vall	32-09.00
2 Kyla Gee	15	Mustangs Tra	31-01.00
3 Katie Jones	16	2nd To None	29-01.00
4 Tayla Belony	16	Southwestern	27-03.00
5 Elizabeth Mensah	16	2nd To None	23-10.50
6 Belinda Johnson	15	2nd To None	22-04.00
7 Aniyah Stoute	16	Virginia Pri	21-10.00
8 Shakira Conway	15	Eight o Four	20-08.00
9 Sophia Barthlow	16	Virginia Pri	19-08.00
10 Olivia Schatz	15	Spartan Chos	19-05.00

**Girls Discus Throw 1.0 Kg 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Kalei Memmer	16	Roanoke Vall	128-10
2 Kyla Gee	15	Mustangs Tra	81-06
3 Elizabeth Mensah	16	2nd To None	76-01
4 Katie Jones	16	2nd To None	49-10
5 Olivia Schatz	15	Spartan Chos	41-04

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**Girls Javelin Throw 600 g 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Elizabeth Mensah	16	2nd To None	70-00
2 Kalei Memmer	16	Roanoke Vall	57-00
2 Olivia Schatz	15	Spartan Chos	57-00
2 Katie Jones	16	2nd To None	57-00

**Heptathlon: #4 Girls 200 Meter Dash 15-16 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sophia Barthlow	16	Virginia Pri	30.00 482
1 Samantha Descalzo	16	Virginia Pri	30.00 482

**Heptathlon: #7 Girls 800 Meter Run 15-16 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Samantha Descalzo	16	Virginia Pri	3:00.00 365
2 Sophia Barthlow	16	Virginia Pri	3:20.00 202

**Heptathlon: #1 Girls 100 Meter Hurdles 15-16 years old Heptath**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sophia Barthlow	16	Virginia Pri	18.00 488
1 Samantha Descalzo	16	Virginia Pri	18.00 488

**Heptathlon: #2 Girls High Jump 15-16 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Samantha Descalzo	16	Virginia Pri	1.10m 222
1 Sophia Barthlow	16	Virginia Pri	1.10m 222

**Heptathlon: #5 Girls Long Jump 15-16 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Samantha Descalzo	16	Virginia Pri	3.00m 107
1 Sophia Barthlow	16	Virginia Pri	3.00m 107

**Heptathlon: #3 Girls Shot Put 15-16 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sophia Barthlow	16	Virginia Pri	5.00m 208
1 Samantha Descalzo	16	Virginia Pri	5.00m 208

**Heptathlon: #6 Girls Javelin Throw 15-16 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sophia Barthlow	16	Virginia Pri	25.00m 382
1 Samantha Descalzo	16	Virginia Pri	25.00m 382

**Girls Heptathlon 15-16 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Samantha Descalzo	16	Virginia Pri	2254
2 Sophia Barthlow	16	Virginia Pri	2091

**Women 100 Meter Dash 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Alicia Thomas	18	Pwc Panthers	12.50
2 Lauren Jones	17	Mvp League	12.54
3 Dahja Price	18	Mvp League	12.58
4 Anesia Boyd	17	Prominent At	12.80
5 Makaila Keyes	17	VA Blaze Ath	12.88
6 Jalicia Miranda	17	Mustangs Tra	13.00
7 Beatrice Boasiako	18	Pwc Panthers	13.07
8 Lucy Brookover	18	Prominent At	13.15
9 Kaloni Jackson	17	Pwc Panthers	13.25
10 Arcieri Lowe	17	Pwc Panthers	13.26
11 Gabrielle Brohard	17	Ashburn Elit	13.32
12 Jordan Dabney	19	Prominent At	13.54
13 Aariel Robinson	17	Mustangs Tra	13.56
14 Deborah Taylor	17	2nd To None	13.70
15 Jordan Giles	17	Ashburn Elit	13.72
16 Savanah Ray	17	Mvp League	14.97

**Women 200 Meter Dash 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Syvanna Metcalfe	19	Pwc Panthers	NT
--- Alicia Thomas	18	Pwc Panthers	NT
--- Arcieri Lowe	17	Pwc Panthers	NT
--- Nyave' Willis-Rodriguez	18	Roanoke Vall	NT
--- Kaleigh Dalton	18	Roanoke Vall	NT
--- Michelle Diaz	18	Pwc Panthers	NT
--- Beatrice Boasiako	18	Pwc Panthers	NT
--- Kaloni Jackson	17	Pwc Panthers	NT
--- Yasmine El	17	Pwc Panthers	NT
--- Ashley Wallace	17	Unattached	NT
--- Teozha Williams	18	Unattached	NT
--- Trinity Mccall	17	Unattached	NT
--- Makenzie Joiner	18	Unattached	NT
--- Zahra Ghuzlan	18	Virginia Amb	NT
--- Makaila Keyes	17	VA Blaze Ath	NT
--- Zayin Roe	18	Unattached	NT
--- Vanasia Coles	18	Virginia Pri	NT
--- Aariel Robinson	17	Mustangs Tra	NT
--- Catherine Bradsher	17	Mvp League	NT
--- Jalicia Miranda	17	Mustangs Tra	NT
--- Pearl Nagbe	18	Mvp League	NT
--- Zoey Goldstein	17	Mvp League	NT
--- Gabrielle Brohard	17	Ashburn Elit	NT
--- Deborah Taylor	17	2nd To None	NT
--- Kamryn Glenn	17	Mustangs Tra	NT
--- Jordan Giles	17	Ashburn Elit	NT
--- Anesia Boyd	17	Prominent At	NT
--- Sabrina Sokol	18	Mvp League	NT
--- Jordan Dabney	19	Prominent At	NT
--- Lucy Brookover	18	Prominent At	NT
--- Savanah Ray	17	Mvp League	NT
--- Dahja Price	18	Mvp League	NT

## 2019 Virginia AAU North District Qualifier - 6/9/2019

## Colgan High School

## Results

**Finals ... (Women 200 Meter Dash 17-18 years old)**

Name	Age	Team	Finals
--- Morgan Snow	17	Mvp League	NT
--- Jana Riley	17	Mvp League	NT

**Women 400 Meter Dash 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Pearl Nagbe	18	Mvp League	57.75
2 Makenzie Joiner	18	Unattached	59.04
3 Catherine Bradsher	17	Mvp League	1:00.65
4 Jana Riley	17	Mvp League	1:01.16
5 Lucy Brookover	18	Prominent At	1:02.74
6 Sydney Judd	17	Virginia Amb	1:02.97
7 Arcieri Lowe	17	Pwc Panthers	1:03.44
8 Samantha Weiss	18	Unattached	1:04.56
9 Jordan Dabney	19	Prominent At	1:05.07
10 Vanasia Coles	18	Virginia Pri	1:05.36
11 Yasmine El	17	Pwc Panthers	1:05.37
12 Zoi Betties	17	2nd To None	1:05.43
13 Michelle Diaz	18	Pwc Panthers	1:05.57
14 Zahra Ghuzlan	18	Virginia Amb	1:05.61
15 Treasure Jones	17	Pwc Panthers	1:05.62
16 Kaleigh Dalton	18	Roanoke Vall	1:07.56
17 Brianna Bryson	17	Dale City Li	1:07.82
18 Deborah Taylor	17	2nd To None	1:11.88
19 Brianna Kamdoum	17	Pwc Panthers	1:12.03

**Women 800 Meter Run 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Michelle Diaz	18	Pwc Panthers	NT
--- Sydney Metcalfe	18	Pwc Panthers	NT
--- Aisha Abed	17	Pwc Panthers	NT
--- Makenzie Joiner	18	Unattached	NT
--- Sydney Judd	17	Virginia Amb	NT
--- Zoi Betties	17	2nd To None	NT
--- Amani Alvarez	17	Virginia Eli	NT
--- Sabrina Sokol	18	Mvp League	NT
--- Brianna Bryson	17	Dale City Li	NT

**Women 1500 Meter Run 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Ella Dalton	17	Unattached	NT
--- Aisha Abed	17	Pwc Panthers	NT

**Women 3000 Meter Run 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Ella Dalton	17	Unattached	11:18.24

**Women 100 Meter Hurdles 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Nyave' Willis-Rodriguez	18	Roanoke Vall	NT
--- Jada Upson	17	Virginia Pri	NT

--- Te'Arah Thomas	18	Roanoke Vall	NT
--- Te'Asia Thomas	18	Roanoke Vall	NT
--- Ashley Wallace	17	Unattached	NT
--- Sarah Purdy	18	Unattached	NT
--- Teozha Williams	18	Unattached	NT
--- Treasure Jones	17	Pwc Panthers	NT
--- Tiana Lewis	18	Pwc Panthers	NT
--- Kamryn Glenn	17	Mustangs Tra	NT
--- Sabrina Sokol	18	Mvp League	NT
--- Alisha Yarbrough	18	Pwc Panthers	NT
--- Baylee Hodson	17	Roanoke Vall	NT
--- Isha Sesay	17	Pwc Panthers	NT

**Women 400 Meter Hurdles 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Jada Upson	17	Virginia Pri	NT
--- Zayin Roe	18	Unattached	NT
--- Te'Arah Thomas	18	Roanoke Vall	NT
--- Te'Asia Thomas	18	Roanoke Vall	NT
--- Samantha Weiss	18	Unattached	NT
--- Sarah Purdy	18	Unattached	NT
--- Teozha Williams	18	Unattached	NT
--- Treasure Jones	17	Pwc Panthers	NT
--- Tiana Lewis	18	Pwc Panthers	NT
--- Gartasia Crawley	19	Mvp League	NT
--- Isha Sesay	17	Pwc Panthers	NT
--- Alisha Yarbrough	18	Pwc Panthers	NT
--- Syvanna Metcalfe	19	Pwc Panthers	NT

**Women 4x100 Meter Relay 17-18 years old**

Team	Relay	Finals
<b>Finals</b>		
--- Pwc Panthers	A	NT
1) Alicia Thomas 18	2) Arcieri Lowe 17	
3) Isha Sesay 17	4) Tiana Lewis 18	
--- Mvp League	C	NT
1) Catherine Bradsher 17	2) Lola Taiwo 18	
3) Olivia Lippincott 17	4) Savannah Ray 17	
--- Roanoke Vall	A	NT
1) Baylee Hodson 17	2) Dasia Mayo 18	
3) Nyave' Willis-Rodriguez 18	4) Te'Asia Thomas 18	
--- Mvp League	A	NT
1) Dahja Price 18	2) Morgan Snow 17	
3) Pearl Nagbe 18	4) Skyler Reynolds 18	
--- Mvp League	B	NT
1) Gartasia Crawley 19	2) Jana Riley 17	
3) Lauren Jones 17	4) Zoey Goldstein 17	

**Women 4x400 Meter Relay 17-18 years old**

Team	Relay	Finals
<b>Finals</b>		
--- Mvp League	C	NT
1) Lauren Jones 17	2) Lola Taiwo 18	
3) Savannah Ray 17	4) Skyler Reynolds 18	

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**Finals ... (Women 4x400 Meter Relay 17-18 years old)**

Team	Relay	Finals
--- Pwc Panthers	A	NT
1) Alisha Yarbrough 18	2) Kaloni Jackson 17	
3) Syvanna Metcalfe 19	4) Tiana Lewis 18	
--- Mvp League	A	NT
1) Gartasia Crawley 19	2) Morgan Snow 17	
3) Olivia Lippincott 17	4) Pearl Nagbe 18	
--- Mvp League	B	NT
1) Catherine Bradsher 17	2) Dahja Price 18	
3) Jana Riley 17	4) Zoey Goldstein 17	

**Women High Jump 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sabrina Sokol	18	Mvp League	5-02.00
2 Dasia Mayo	18	Roanoke Vall	5-00.00

**Women Pole Vault 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Te'Arah Thomas	18	Roanoke Vall	7-00.00

**Women Long Jump 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Te'Arah Thomas	18	Roanoke Vall	ND
--- Zahra Ghuzlan	18	Virginia Amb	ND
--- Alicia Thomas	18	Pwc Panthers	ND
--- Baylee Hodson	17	Roanoke Vall	ND
--- Alisha Stoute	17	Virginia Pri	ND
--- Ashley Wallace	17	Unattached	ND
--- Sydney Judd	17	Virginia Amb	ND
--- Emily Kuni	17	Virginia Pri	ND
--- Kamryn Glenn	17	Mustangs Tra	ND
--- Jalicia Miranda	17	Mustangs Tra	ND
--- Gabrielle Brohard	17	Ashburn Elit	ND
--- Jordan Giles	17	Ashburn Elit	ND
--- Skyler Reynolds	18	Mvp League	ND
--- Brianna Kamdoum	17	Pwc Panthers	ND
--- Lauren Jones	17	Mvp League	ND

**Women Triple Jump 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
--- Alisha Stoute	17	Virginia Pri	ND
--- Emily Kuni	17	Virginia Pri	ND
--- Ashley Wallace	17	Unattached	ND
--- Zayin Roe	18	Unattached	ND
--- Jalicia Miranda	17	Mustangs Tra	ND
--- Kamryn Glenn	17	Mustangs Tra	ND
--- Te'Asia Thomas	18	Roanoke Vall	ND
--- Brianna Kamdoum	17	Pwc Panthers	ND

**Women Shot Put 4 kg 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Barbara Antwi	17	Pwc Panthers	37-06.00
2 Kiah Riley	18	Unattached	33-04.50
3 Kendra Williams	18	2nd To None	30-02.00
4 Larissa Freeman	18	Pwc Panthers	29-02.00
5 Lola Taiwo	18	Mvp League	27-07.00
6 Brianna Bryson	17	Dale City Li	24-08.00
7 Amanda Hatch	17	Unattached	21-10.00

**Women Discus Throw 1.0 kg 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Kiah Riley	18	Unattached	113-11
2 Barbara Antwi	17	Pwc Panthers	106-00
3 Kendra Williams	18	2nd To None	101-10
4 Lola Taiwo	18	Mvp League	73-00
5 Amanda Hatch	17	Unattached	71-07
6 Larissa Freeman	18	Pwc Panthers	63-10

**Women Javelin Throw 600 g 17-18 years old**

Name	Age	Team	Finals
<b>Finals</b>			
1 Baylee Hodson	17	Roanoke Vall	95-00
1 Barbara Antwi	17	Pwc Panthers	95-00
1 Kiah Riley	18	Unattached	95-00
1 Dasia Mayo	18	Roanoke Vall	95-00
1 Kendra Williams	18	2nd To None	95-00
1 Deborah Taylor	17	2nd To None	95-00
1 Olivia Lippincott	17	Mvp League	95-00

**Heptathlon: #4 Women 200 Meter Dash 17-18 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sabrina Sokol	18	Mvp League	29.00 554

**Heptathlon: #7 Women 800 Meter Run 17-18 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sabrina Sokol	18	Mvp League	3:00.00 365

**Heptathlon: #1 Women 100 Meter Hurdles 17-18 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sabrina Sokol	18	Mvp League	19.00 390

**Heptathlon: #2 Women High Jump 17-18 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sabrina Sokol	18	Mvp League	1.10m 222

**Heptathlon: #5 Women Long Jump 17-18 years old Heptathlon**

Name	Age	Team	Finals
<b>Finals</b>			
1 Sabrina Sokol	18	Mvp League	3.00m 107



## 2019 Virginia AAU North District Qualifier - 6/9/2019

## Colgan High School

## Results

**Heptathlon: #3 Women Shot Put 17-18 years old Heptathlon**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Sabrina Sokol	18	Mvp League	5.00m 208

**Heptathlon: #6 Women Javelin Throw 17-18 years old Heptathlo**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Sabrina Sokol	18	Mvp League	25.00m 382

**Women Heptathlon 17-18 years old**

	Name	Age	Team	Finals
<b>Finals</b>				
1	Sabrina Sokol	18	Mvp League	2228

**Women 3000 Meter Race Walk 17-18 years old**

	Name	Age	Team	Finals
<b>Finals</b>				
---	Amanda Hatch	17	Unattached	NT