

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

Colgan High School

Results

Girls 100 Meter Dash 8-under

Name	Age	Team	Finals
Finals			
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
Finals			
1 Kali Simon	6	Roanoke Vall	35.00
1 Hope Simmonds	6	Spartan Chos	35.00
1 Khloe Smith	8	Prominent At	35.00
1 Lennon Norcott	6	Pwc Panthers	35.00
1 Karter Hill	8	VA Blaze Ath	35.00
1 Elise Pridgeon	6	Unattached	35.00
1 Jelitza Willis	7	Spartan Chos	35.00
1 Alexia Romano	8	Legacy Track	35.00
1 Peyton Boyd	7	Prominent At	35.00
1 Farrah Bramlett	8	2nd To None	35.00
1 Laila Sanders	8	Prominent At	35.00
1 Grace Murray	8	Prominent At	35.00
--- Alexis Hall	8	Dale City Li	NT

Girls 400 Meter Dash 8-under

Name	Age	Team	Finals
Finals			
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
Finals			
1 Morgan Washington	8	Virginia Pri	3:30.00
1 London Mcclendon	8	Falmouth Tid	3:30.00
1 Farrah Bramlett	8	2nd To None	3:30.00
1 Isabella Martinez	7	Legacy Track	3:30.00

Girls 1500 Meter Run 8-under

Name	Age	Team	Finals
Finals			
1 Morgan Washington	8	Virginia Pri	6:15.00

Girls Long Jump 8-under

Name	Age	Team	Finals
Finals			
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
Finals			
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
Finals			
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
Finals			
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
1 Maya Wooden	9	Prominent At	33.00
1 Jordyn Simmons	9	Roanoke Vall	33.00
1 Lauryn Vick	9	Mustangs Tra	33.00
1 Camille Ford	9	Prominent At	33.00
1 Zaara Ali	9	Spartan Chos	33.00
1 Mycah Bingham	9	Eight o Four	33.00
1 Naomi Mcghee	9	Southwestern	33.00
1 Detrice Pitre	9	Southwestern	33.00
1 Kelcia Howard-Perez	9	Dale City Li	33.00
1 Kourtney Howard-Perez	9	Dale City Li	33.00
1 Ellory Ridenour	9	Ashburn Elit	33.00
1 Holland Smith	9	Ashburn Elit	33.00
1 Taryn Patrick	9	Eight o Four	33.00
1 Todshira Jones	9	Future Flyer	33.00
1 Jessie Jalivay	9	Dale City Li	33.00
1 Lauryn Pete	9	Dale City Li	33.00

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
1 Allie Driscoll	9	Virginia Pri	3:30.00
1 Christabel Agyeman-Duah	9	Legacy Track	3:30.00
1 Tattiana Russell	9	Unattached	3:30.00
1 Addison Bacon	9	2nd To None	3:30.00
1 Emily Gordon	9	Ashburn Elit	3:30.00

Girls 1500 Meter Run 9 years old

Name	Age	Team	Finals
1 Allie Driscoll	9	Virginia Pri	6:00.00
1 Emily Gordon	9	Ashburn Elit	6:00.00

Girls High Jump 9 years old

Name	Age	Team	Finals
1 Haley Thomas	9	Ashburn Elit	3-00.00

Girls Long Jump 9 years old

Name	Age	Team	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
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
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
1 Haley Thomas	9	Ashburn Elit	36.00 147
1 Addison Bacon	9	2nd To None	36.00 147

Triathlon: #1 Girls High Jump 9 years old Triathlon

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

Triathlon: #2 Girls Shot Put 9 years old Triathlon

Name	Age	Team	Finals
1 Haley Thomas	9	Ashburn Elit	4.00m 146
1 Addison Bacon	9	2nd To None	4.00m 146

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Girls Triathlon 9 years old

Name	Age	Team	Finals
Finals			
1 Haley Thomas	9	Ashburn Elit	434
1 Addison Bacon	9	2nd To None	434

Girls 1500 Meter Race Walk 9 years old

Name	Age	Team	Finals
Finals			
1 Iasia Adams	9	Roanoke Vall	12:00.00

Girls 100 Meter Dash 10 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Nhandi Logan	10	VA Blaze Ath	32.00
1 Jordan Thomas	10	Pwc Panthers	32.00
1 Sydney Taylor	10	Virginia Pri	32.00
1 Kyah Smith	10	Prominent At	32.00
1 Morgan Evans	10	Pwc Panthers	32.00
1 Haley Jackson	10	Unattached	32.00
1 Nevaeh Hawkins	10	Unattached	32.00
1 Jocelyn Enis	10	Eight o Four	32.00
1 Mikayla Francis	10	Unattached	32.00
1 Mariah Hall	10	Dale City Li	32.00
1 Alanna Pennant	10	Ashburn Elit	32.00
1 Gabriella Hampton	10	Dale City Li	32.00
1 Zoe Galloway	10	Ashburn Elit	32.00
1 Lauren Lucas	10	Ashburn Elit	32.00
1 Devyn Garrett-Bey	10	Falmouth Tid	32.00
1 Amiya Rodriguez	10	Full Throttl	32.00
1 Julia Wallace	10	Dale City Li	32.00
1 Skyler Hope	10	Eight o Four	32.00

Girls 400 Meter Dash 10 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Janiyah Marshall	10	Pwc Panthers	3:30.00
1 Sorrell Alexander	10	Unattached	3:30.00
1 Olivia Blakey	10	434 Elite	3:30.00
1 Sofia Collier	10	Pwc Panthers	3:30.00

Girls 1500 Meter Run 10 years old

Name	Age	Team	Finals
Finals			
1 Janiyah Marshall	10	Pwc Panthers	6:00.00

Girls 4x100 Meter Relay 10 years old

Team	Relay	Finals
Finals		
1 Ashburn Elit	A	1:05.00
1) Alanna Pennant 10	2) Ellory Ridenour 9	
3) Haley Thomas 9	4) Lauren Lucas 10	
1 Dale City Li	A	1:05.00
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
Finals		
1 Eight o Four Relays	B	5:00.00
1) Brielle Comer 9	2) Ceyanna Allen-Owens 9	
3) Jalia Johnson 9		
5) Londyn Tyler 10		
1 Eight o Four Relays	A	5:00.00
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
Finals			
1 Morgan Evans	10	Pwc Panthers	3-06.00

Girls Long Jump 10 years old

Name	Age	Team	Finals
Finals			
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
Finals			
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
Finals			
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
Finals			
1 Morgan Evans	10	Pwc Panthers	32.00 351
1 Jordan Thomas	10	Pwc Panthers	32.00 351
1 Janiyah Marshall	10	Pwc Panthers	32.00 351
1 Layla Pearson	10	Pwc Panthers	32.00 351

Triathlon: #1 Girls High Jump 10 years old Triathlon

Name	Age	Team	Finals
Finals			
1 Layla Pearson	10	Pwc Panthers	1.20m 312
1 Morgan Evans	10	Pwc Panthers	1.20m 312
1 Janiyah Marshall	10	Pwc Panthers	1.20m 312
1 Jordan Thomas	10	Pwc Panthers	1.20m 312

Triathlon: #2 Girls Shot Put 10 years old Triathlon

Name	Age	Team	Finals
Finals			
1 Janiyah Marshall	10	Pwc Panthers	4.00m 146
1 Jordan Thomas	10	Pwc Panthers	4.00m 146
1 Layla Pearson	10	Pwc Panthers	4.00m 146
1 Morgan Evans	10	Pwc Panthers	4.00m 146

Girls Triathlon 10 years old

Name	Age	Team	Finals
Finals			
1 Layla Pearson	10	Pwc Panthers	809
1 Jordan Thomas	10	Pwc Panthers	809
1 Morgan Evans	10	Pwc Panthers	809
1 Janiyah Marshall	10	Pwc Panthers	809

Girls 1500 Meter Race Walk 10 years old

Name	Age	Team	Finals
Finals			
1 Layla Pearson	10	Pwc Panthers	12:00.00

Girls 100 Meter Dash 11 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Donea Lancaster	11	Legacy Track	30.00
1 Imani Wood	11	Legacy Track	30.00
1 Natalia Boudreau	11	Legacy Track	30.00
1 Elise Ernest	11	Legacy Track	30.00
1 Alana Hassell	11	Virginia Pri	30.00
1 Kendall Cherry	11	Unattached	30.00
1 Arianna Thomas	11	Pwc Panthers	30.00
1 Morgan Greene	11	Ashburn Elit	30.00
1 Amaiya Newton	11	Ashburn Elit	30.00
1 Zoe Fyne-Okorie	11	Ashburn Elit	30.00
1 Maleeha Davis	11	Dale City Li	30.00
1 Lauryn Robertson	11	Dale City Li	30.00
1 Asima Crawley-Howell	11	Dale City Li	30.00

Girls 400 Meter Dash 11 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Isabella Savage	11	Prominent At	3:00.00
1 Brooklyn George	11	Pwc Panthers	3:00.00

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

Name	Age	Team	Finals
1 Reign Jones	11	Dale City Li	3:00.00
1 Kherrington Latona	11	Prominent At	3:00.00

Girls 1500 Meter Run 11 years old

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	6:00.00
1 Isabella Savage	11	Prominent At	6:00.00

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
1 Amaiya Newton	11	Ashburn Elit	18.00
1 Morgan Greene	11	Ashburn Elit	18.00

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
1 Victoria Clark	11	Infinite Spe	40-00
1 Jaida Stukes-lancaster	11	Legacy Track	40-00
1 Reign Jones	11	Dale City Li	40-00

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

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	3:00.00 365

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

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	18.00 366

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

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	1.20m 312

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

Name	Age	Team	Finals
1 Brooklyn George	11	Pwc Panthers	4.50m 428

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	1679

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
1 Ruth Mcghee	12	Southwestern	29.00
1 Olivia Patterson	12	Pwc Panthers	29.00
1 Gabriel Jackson	12	Virginia Pri	29.00
1 Carrington Pitre	12	Southwestern	29.00
1 Micah Younger	12	Legacy Track	29.00
1 Alejandra Crawley-Howell	12	Dale City Li	29.00
1 Soleil Riddick	12	Mvp League	29.00
1 Sydney White	12	Mustangs Tra	29.00

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
Finals			
1 Lianna Hardiman	12	Virginia Pri	3:00.00
1 Laila Thomas	12	Pwc Panthers	3:00.00
1 Sydney Worsham	12	Eight o Four	3:00.00
1 Olivia Priddy	12	Mvp League	3:00.00
1 Olivia Wilcoxon	12	Prominent At	3:00.00

Girls 1500 Meter Run 12 years old

Name	Age	Team	Finals
Finals			
1 Layla Driscoll	12	Virginia Pri	5:30.00
1 Laila Thomas	12	Pwc Panthers	5:30.00
1 Lianna Hardiman	12	Virginia Pri	5:30.00
1 Olivia Priddy	12	Mvp League	5:30.00
1 Caroline Tribett	12	Mustangs Tra	5:30.00
1 Olivia Wilcoxon	12	Prominent At	5:30.00

Girls 3000 Meter Run 12 years old

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

Girls 80 Meter Hurdles 12 years old

Name	Age	Team	Finals
Finals			
1 Arianna Simon	12	Roanoke Vall	16.00
1 Milaina Matveeva	12	Unattached	16.00
1 Sydney Jalivay	12	Dale City Li	16.00
1 Shanel Rawlins	12	Roanoke Vall	16.00

Girls 4x100 Meter Relay 12 years old

Team	Relay	Finals
Finals		
1 Legacy Track	A	55.00
1) Elise Ernest 11	2) Imani Wood 11	
3) Madison Wanza 12	4) Micah Younger 12	
1 Dale City Li	A	55.00
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
Finals		
1 Eight o Four Relays	A	12:00.00
1) Brianna Comer 12	2) Harmony Redd 11	
3) Iyndia Bey 11		

Girls High Jump 12 years old

Name	Age	Team	Finals
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Finals			
1 Milaina Matveeva	12	Unattached	4-04.00

Girls Long Jump 12 years old

Name	Age	Team	Finals
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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
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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
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Finals			
1 Genese Grant	12	Spartan Chos	54-09

Girls Javelin Throw Turbo (400 g 12 years old)

Name	Age	Team	Finals
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Finals			
1 Laila Thomas	12	Pwc Panthers	50-00
1 Genese Grant	12	Spartan Chos	50-00
1 Lindsey Canty	12	2nd To None	50-00
1 Macari Singleton	12	Dale City Li	50-00

Girls 1500 Meter Race Walk 12 years old

Name	Age	Team	Finals
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Finals			
1 Lindsey Canty	12	2nd To None	12:00.00

Girls 100 Meter Dash 13 years old

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

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
Finals			
1 Jada Chambliss	13	Pwc Panthers	28.00
1 Lauryn Sanders	13	Prominent At	28.00
1 Kennedy Flynn	13	Pwc Panthers	28.00
1 Lois Robertson	13	Legacy Track	28.00
1 Kennedy Adams	13	Prominent At	28.00
1 Sydney Yang	13	Virginia Pri	28.00
1 Ayauna Williams	13	Pwc Panthers	28.00
1 Liliana Friedman	13	Unattached	28.00
1 Jai-Yana Martin	13	Pwc Panthers	28.00
1 Lauryn Pearson	13	Pwc Panthers	28.00
1 Alexis Mcduffie	13	Dale City Li	28.00
1 Nina Simpson	13	Ashburn Elit	28.00
1 Amari Moore	13	Dale City Li	28.00
1 Valerie Gruen	13	Ashburn Elit	28.00
1 Amoroa Lucas	13	Ashburn Elit	28.00
1 Jaelynn Joiner	13	Eight o Four	28.00
1 Makayla Stokes	13	Full Throttl	28.00
1 Alyssa Upshaw	13	Dale City Li	28.00
1 Ke'Shae Wright	13	Dale City Li	28.00

Girls 400 Meter Dash 13 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Isabelle Morissette	13	Prominent At	3:00.00
1 Janiesia Stokes	13	Full Throttl	3:00.00
1 Payton Collier	13	Pwc Panthers	3:00.00
--- Jaelynn Joiner	13	Eight o Four	NT
--- Emma Johnston	13	Dale City Li	NT
--- Psalmn Jones	13	Dale City Li	NT
--- Jane Macik	13	Legacy Track	NT
--- Liliana Friedman	13	Unattached	NT
--- Tanishka Enugu	13	Legacy Track	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
Finals			
1 Isabelle Morissette	13	Prominent At	5:30.00
1 Jane Macik	13	Legacy Track	5:30.00
1 Liliana Friedman	13	Unattached	5:30.00
1 Payton Collier	13	Pwc Panthers	5:30.00
1 Kaia Woolfe	13	Ashburn Elit	5:30.00
1 Lauren Crain	13	Ashburn Elit	5:30.00
1 Psalmn Jones	13	Dale City Li	5:30.00
1 Emma Johnston	13	Dale City Li	5:30.00

Girls 3000 Meter Run 13 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Jada Hatcher	13	Pwc Panthers	20.00
1 Breanna Adams	13	Roanoke Vall	20.00
1 Kennedy Flynn	13	Pwc Panthers	20.00
1 Deja Scott	13	Virginia Pri	20.00
1 Bailey Walker	13	Virginia Pri	20.00
1 Dajah Garrison	13	Roanoke Vall	20.00
1 Candence Opoku-Mensah	13	2nd To None	20.00
1 Indira O'Neil	13	Ashburn Elit	20.00
1 Layanna Hayes	13	Caroline Youth T	20.00
1 Lauren Thomas	13	Ashburn Elit	20.00
1 Johanna Stuard	13	Ashburn Elit	20.00

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Girls 200 Meter Hurdles 13 years old

Name	Age	Team	Finals
Finals			
1 Breanna Adams	13	Roanoke Vall	35.00
1 Dajah Garrison	13	Roanoke Vall	35.00
1 Jada Hatcher	13	Pwc Panthers	35.00
1 Bailey Walker	13	Virginia Pri	35.00
1 Deja Scott	13	Virginia Pri	35.00
1 Indira O'Neil	13	Ashburn Elit	35.00
1 Candence Opoku-Mensah	13	2nd To None	35.00
1 Kennedy Flynn	13	Pwc Panthers	35.00
1 Lauren Thomas	13	Ashburn Elit	35.00

Girls High Jump 13 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Breanna Adams	13	Roanoke Vall	14-00.00
1 Lauryn Pearson	13	Pwc Panthers	14-00.00
1 Bailey Walker	13	Virginia Pri	14-00.00
1 Deja Scott	13	Virginia Pri	14-00.00
1 Johanna Stuard	13	Ashburn Elit	14-00.00
1 Layanna Hayes	13	Caroline Youth T	14-00.00
1 Jada Chambliss	13	Pwc Panthers	14-00.00

Girls Triple Jump 13 years old

Name	Age	Team	Finals
Finals			
1 Layanna Hayes	13	Caroline Youth T	28-00.00

Girls Shot Put 6 lbs 13 years old

Name	Age	Team	Finals
Finals			
1 Ariel 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
Finals			
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
Finals			
1 Dajah Garrison	13	Roanoke Vall	60-00
1 Makayla Stokes	13	Full Throttl	60-00

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

Name	Age	Team	Finals
Finals			
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
Finals			
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
Finals			
1 Johanna Stuard	13	Ashburn Elit	1.25m 359
1 Kennedy Flynn	13	Pwc Panthers	1.25m 359
1 Lauryn Pearson	13	Pwc Panthers	1.25m 359
1 Jada Hatcher	13	Pwc Panthers	1.25m 359
1 Tanishka Enugu	13	Legacy Track	1.25m 359

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

Name	Age	Team	Finals
Finals			
1 Kennedy Flynn	13	Pwc Panthers	4.50m 428
1 Jada Hatcher	13	Pwc Panthers	4.50m 428
1 Lauryn Pearson	13	Pwc Panthers	4.50m 428
1 Tanishka Enugu	13	Legacy Track	4.50m 428
1 Johanna Stuard	13	Ashburn Elit	4.50m 428

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

Name	Age	Team	Finals
Finals			
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
Finals			
1 Tanishka Enugu	13	Legacy Track	1848
1 Johanna Stuard	13	Ashburn Elit	1848
1 Kennedy Flynn	13	Pwc Panthers	1848
1 Jada Hatcher	13	Pwc Panthers	1848
1 Lauryn Pearson	13	Pwc Panthers	1848

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Girls 100 Meter Dash 14 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1	Rishika Sharma	14 Legacy Track	27.00
1	Janai Coleman	14 Eight o Four	27.00
1	Venecia Draper	14 Mustangs Tra	27.00
1	Paige Woolfolk	14 Dale City Li	27.00
1	Nirel Blake	14 Eight o Four	27.00
1	Camryn Rouse	14 Virginia Amb	27.00
1	Ayeshia Watson	14 Speed Proteg	27.00
1	Zaniya Edwards	14 Virginia Eli	27.00
1	Alauna Rutland	14 Mustangs Tra	27.00
1	Sidney Stith	14 Prominent At	27.00
1	Morgan Giles	14 Ashburn Elit	27.00
1	Ella Curling	14 Ashburn Elit	27.00
1	Emily Stewart	14 Ashburn Elit	27.00
1	Jaidyn Ferguson	14 Caroline Youth T	27.00
1	Lorelei Bangit	14 Ashburn Elit	27.00
1	Amaya Upshaw	14 Dale City Li	27.00
1	Laila Simpson	14 Dale City Li	27.00
1	Naomi Woolfolk	14 Dale City Li	27.00
1	Lena Gooden	14 Dale City Li	27.00
1	Iyana Orneval	14 Dale City Li	27.00

Girls 400 Meter Dash 14 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1	Bailey Fleming	14 Legacy Track	2:45.00
1	Sidney Nolan	14 Mustangs Tra	2:45.00
1	Janai Coleman	14 Eight o Four	2:45.00
1	Rena Johnson	14 Prominent At	2:45.00
1	Bridgette Matveeva	14 Unattached	2:45.00
1	Evelyn Anderson	14 Mvp League	2:45.00
1	Ariel Jacob	14 Audacious At	2:45.00
1	Camberly Leary	14 Audacious At	2:45.00
1	Makenzie Zimmerman	14 Ashburn Elit	2:45.00
1	Mahina Hagans	14 Dale City Li	2:45.00
1	Maya Dabney	14 Dale City Li	2:45.00

Girls 1500 Meter Run 14 years old

Name	Age	Team	Finals
Finals			
1	Sidney Nolan	14 Mustangs Tra	5:30.00
1	Evelyn Anderson	14 Mvp League	5:30.00
1	Makenzie Zimmerman	14 Ashburn Elit	5:30.00
1	Mahina Hagans	14 Dale City Li	5:30.00

Girls 100 Meter Hurdles 14 years old

Name	Age	Team	Finals
Finals			
1	Kimora Jones	14 Speed Proteg	20.00
1	Sydney Loder	14 Roanoke Vall	20.00
1	Bridgette Matveeva	14 Unattached	20.00
1	Ariel Jacob	14 Audacious At	20.00
1	Jaidyn Ferguson	14 Caroline Youth T	20.00
1	Camberly Leary	14 Audacious At	20.00

Girls 200 Meter Hurdles 14 years old

Name	Age	Team	Finals
Finals			
1	Sydney Loder	14 Roanoke Vall	35.00
1	Kimora Jones	14 Speed Proteg	35.00
1	Coralynn Fisher	14 Mvp League	35.00

Girls 4x100 Meter Relay 14 years old

Team	Relay	Finals
Finals		
1	Ashburn Elit	A 52.00
	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
1 Ashburn Elit	B	52.00
1) Amoroa Lucas 13	2) Ella Curling 14	
3) Indira O'Neil 13	4) Morgan Giles 14	
5) Arial Kennedy 13		
1 Roanoke Vall	A	52.00
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
1 Ashburn Elit	B	4:30.00
1) Amoroa Lucas 13	2) Ella Curling 14	
3) Emily Stewart 14	4) Valerie Gruen 13	
1 Dale City Li	A	4:30.00
1) Iyana Orneval 14	2) Ke'Shae Wright 13	
3) Mahina Hagans 14	4) Ruqayyah Byrd 13	
5) Amari Moore 13		
1 2nd To None	A	4:30.00
1) Alyss Velerio 13	2) Candence Opoku-Mensah 13	
3) Kenndy Batts 13	4) Tilea Bacon 13	
1 Ashburn Elit	A	4:30.00
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
1 2nd To None	A	12:00.00
1) Alyss Velerio 13	2) Candence Opoku-Mensah 13	
3) Kenndy Batts 13	4) Tilea Bacon 13	
1 Dale City Li	A	12:00.00
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	8-00.00
1 Coralynn Fisher	14	Mvp League	8-00.00

Girls Long Jump 14 years old

Name	Age	Team	Finals
1 Coralynn Fisher	14	Mvp League	14-00.00
1 Olivia Manning	14	Speed Proteg	14-00.00
1 Paige Woolfolk	14	Dale City Li	14-00.00
1 Zaniya Edwards	14	Virginia Eli	14-00.00
1 Bridgette Matveeva	14	Unattached	14-00.00
1 Ayeshia Watson	14	Speed Proteg	14-00.00
1 Morgan Giles	14	Ashburn Elit	14-00.00
1 Ariel Jacob	14	Audacious At	14-00.00
1 Jaidyn Ferguson	14	Caroline Youth T	14-00.00
1 Lena Gooden	14	Dale City Li	14-00.00
1 Laila Simpson	14	Dale City Li	14-00.00
1 Camberly Leary	14	Audacious At	14-00.00

Girls Triple Jump 14 years old

Name	Age	Team	Finals
1 Coralynn Fisher	14	Mvp League	30-00.00
1 Kimora Jones	14	Speed Proteg	30-00.00
1 Jaidyn Ferguson	14	Caroline Youth T	30-00.00

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	70-00

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

Name	Age	Team	Finals
1 Bailey Fleming	14	Legacy Track	2:45.00 517
1 Ariel Jacob	14	Audacious At	2:45.00 517
1 Rishika Sharma	14	Legacy Track	2:45.00 517
1 Camberly Leary	14	Audacious At	2:45.00 517

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
Finals			
1 Bailey Fleming	14	Legacy Track	1.40m 512
1 Rishika Sharma	14	Legacy Track	1.40m 512
1 Camberly Leary	14	Audacious At	1.40m 512
1 Ariel Jacob	14	Audacious At	1.40m 512

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

Name	Age	Team	Finals
Finals			
1 Bailey Fleming	14	Legacy Track	4.50m 428
1 Rishika Sharma	14	Legacy Track	4.50m 428
1 Camberly Leary	14	Audacious At	4.50m 428
1 Ariel Jacob	14	Audacious At	4.50m 428

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

Name	Age	Team	Finals
Finals			
1 Ariel Jacob	14	Audacious At	5.50m 240
1 Bailey Fleming	14	Legacy Track	5.50m 240
1 Rishika Sharma	14	Legacy Track	5.50m 240
1 Camberly Leary	14	Audacious At	5.50m 240

Girls Outdoor Pentathlon 14 years old

Name	Age	Team	Finals
Finals			
1 Bailey Fleming	14	Legacy Track	2185
1 Rishika Sharma	14	Legacy Track	2185
1 Ariel Jacob	14	Audacious At	2185
1 Camberly Leary	14	Audacious At	2185

Girls 100 Meter Dash 15-16 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Helena Sandler	15	Mvp League	26.00
1 Alexis Lambert	16	Prominent At	26.00
1 Aaliyah Pyatt	16	Mvp League	26.00
1 Chelsea Chisolm	16	Pwc Panthers	26.00
1 Alyssa Conyers	16	Pwc Panthers	26.00
1 Kristen Mancinelli	15	Prominent At	26.00
1 Lovevanna Armstead	16	Mvp League	26.00
1 Tatia Battiste	16	Mvp League	26.00
1 Alexis Cobbinah	15	Mustangs Tra	26.00
1 Erin Irlan	15	Mvp League	26.00
1 Ameree Hall	16	Mvp League	26.00
1 Brianna London	16	VA Blaze Ath	26.00
1 Alyson Smith	15	VA Blaze Ath	26.00
1 Yasmin Deane	16	VA Blaze Ath	26.00
1 Channie Jefferson	15	Unattached	26.00
1 Markayla Taylor	15	Unattached	26.00
1 Madison Cunningham	16	Unattached	26.00
1 Emma Dalton	15	Roanoke Vall	26.00
1 Shannon Jackson	16	Spartan Chos	26.00
1 Lyana Zarnock	15	Pwc Panthers	26.00
1 Markhiah Coleman	16	VA Blaze Ath	26.00
1 Nadiyah Jordan	16	Speed Proteg	26.00
1 Brinley Bryan	15	Ashburn Elit	26.00
1 Finley Cox	15	Ashburn Elit	26.00
1 Yukorah Bass	16	Ashburn Elit	26.00
1 Alexis Baumgartner	16	Dale City Li	26.00
1 Gabrielle Bishop	15	Dale City Li	26.00
1 Sofia Sadler	16	Ashburn Elit	26.00
1 Rhian Batts	15	2nd To None	26.00
1 Lauren Davis	15	2nd To None	26.00
1 Nahazha Young	15	Pwc Panthers	26.00
1 Dami Ayandipo	15	Ashburn Elit	26.00
1 Cassandra Opoku-Mensah	15	2nd To None	26.00

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

Name	Age	Team	Finals
1 Lee'Nesa Whittaker	15	Falmouth Tid	26.00
1 Makayla Barnes	15	Legacy Track	26.00
1 Jayla Pringle	15	Falmouth Tid	26.00
1 Sidnee Addo	16	Mustangs Tra	26.00
1 Emma Macik	15	Legacy Track	26.00
1 Raichelle Cornelius	15	Dale City Li	26.00
1 Raven Evans	15	Dale City Li	26.00
1 Sydney Carr	16	Dale City Li	26.00
1 Taylor Small	16	Dale City Li	26.00
1 Mariama Kargbo	16	Dale City Li	26.00

Girls 400 Meter Dash 15-16 years old

Name	Age	Team	Finals
Finals			
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 Jai Lynn 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
Finals			
1 Virginia Beringer	16	Mvp League	2:45.00
1 Anna Fleischauer	16	Prominent At	2:45.00
1 Keziah Buford	16	Infinite Spe	2:45.00
1 Geneva Bellows	15	Mustangs Tra	2:45.00
1 Sophia Barthlow	16	Virginia Pri	2:45.00
1 Yvonnia Perrelo	16	Unattached	2:45.00
1 Nadia Leonce	15	Pwc Panthers	2:45.00
1 Shannon Jackson	16	Spartan Chos	2:45.00
1 Sadie Dillard	15	Ashburn Elit	2:45.00
1 Callie Scholz	15	Ashburn Elit	2:45.00
1 Belinda Johnson	15	2nd To None	2:45.00
1 Finley Cox	15	Ashburn Elit	2:45.00
1 Molly Porch	15	Dale City Li	2:45.00
1 Jayla Pringle	15	Falmouth Tid	2:45.00
1 Talise Leslie	15	Dale City Li	2:45.00

Girls 1500 Meter Run 15-16 years old

Name	Age	Team	Finals
Finals			
1 Anna Fleischauer	16	Prominent At	5:30.00
1 Lola Garvie	15	Mvp League	5:30.00
1 Madison Garcia	16	Virginia Pri	5:30.00
1 Farah Mcdaniel	16	Prominent At	5:30.00
1 Callie Scholz	15	Ashburn Elit	5:30.00
1 Sadie Dillard	15	Ashburn Elit	5:30.00
1 Keziah Buford	16	Infinite Spe	5:30.00
1 Molly Porch	15	Dale City Li	5:30.00

Girls 3000 Meter Run 15-16 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Brianna London	16	VA Blaze Ath	18.00
1 Alyson Smith	15	VA Blaze Ath	18.00
1 Alexis Lambert	16	Prominent At	18.00
1 Scarlett Eversley	15	Pwc Panthers	18.00
1 Viana Coles	15	Virginia Pri	18.00
1 Joy Taiwo	15	Mvp League	18.00
1 Jada Starks	15	Virginia Eli	18.00
1 Sophia Barthlow	16	Virginia Pri	18.00
1 Talise Leslie	15	Dale City Li	18.00
1 Jada Yeboah	15	Dale City Li	18.00
1 Lauren Davis	15	2nd To None	18.00
1 Sara Kiflai	15	Dale City Li	18.00
1 Tatia Battiste	16	Mvp League	18.00
1 Madyson Kannon	15	Prominent At	18.00
1 Jasmine Coe	15	Mustangs Tra	18.00

Girls 400 Meter Hurdles 15-16 years old

Name	Age	Team	Finals
Finals			
1 Scarlett Eversley	15	Pwc Panthers	1:10.00
1 Jada Starks	15	Virginia Eli	1:10.00
1 Kristen Mancinelli	15	Prominent At	1:10.00
1 Joy Taiwo	15	Mvp League	1:10.00
1 Viana Coles	15	Virginia Pri	1:10.00
1 Jada Yeboah	15	Dale City Li	1:10.00
1 Ariana Grant	15	Prominent At	1:10.00
1 Talise Leslie	15	Dale City Li	1:10.00
1 Alexis Lambert	16	Prominent At	1:10.00
1 Madyson Kannon	15	Prominent At	1:10.00

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Girls 4x100 Meter Relay 15-16 years old

Team	Relay	Finals
Finals		
1 Mvp League	B	50.00
3) Lovevanna Armstead 16	2) Lola Garvie 15	
1 Ashburn Elit	A	50.00
1) Brinley Bryan 15	2) Dami Ayandipo 15	
3) Finley Cox 15	4) Yukorah Bass 16	
5) Kaitlyn Greene 15	6) Sofia Sadler 16	
1 Dale City Li	A	50.00
1) Gabrielle Bishop 15	2) Raichelle Cornelius 15	
3) Raven Evans 15	4) Taylor Small 16	
5) Mariama Kargbo 16		
1 Mvp League	A	50.00
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
Finals		
1 Mvp League	B	4:20.00
1) Helena Sandler 15	2) Jenna Callan 15	
3) Natalie Mial 16	4) Tatia Battiste 16	
1 2nd To None	A	4:20.00
1) Belinda Johnson 15	2) Cassandra Opoku-Mensah 16	
3) Katie Jones 16	4) Lauren Davis 15	
5) Rhian Batts 15		
1 Mvp League	A	4:20.00
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
Finals		
1 Mvp League	A	10:00.00
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
Finals			
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
Finals			
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
Finals			
1 Kristen Mancinelli	15	Prominent At	15-00.00
1 Lyana Zarnock	15	Pwc Panthers	15-00.00
1 Madyson Kannon	15	Prominent At	15-00.00
1 Alexis Lambert	16	Prominent At	15-00.00
1 Channie Jefferson	15	Unattached	15-00.00
1 Yvonnia Perrelo	16	Unattached	15-00.00
1 Nadiyah Jordan	16	Speed Proteg	15-00.00
1 Sophia Barthlow	16	Virginia Pri	15-00.00
1 Sara Kiflai	15	Dale City Li	15-00.00
1 Talise Leslie	15	Dale City Li	15-00.00
1 Alexis Baumgartner	16	Dale City Li	15-00.00
1 Mariama Kargbo	16	Dale City Li	15-00.00
1 Geneva Bellows	15	Mustangs Tra	15-00.00
1 Imahni Spears	16	Mvp League	15-00.00
1 Taylor Small	16	Dale City Li	15-00.00

Girls Triple Jump 15-16 years old

Name	Age	Team	Finals
Finals			
1 Imahni Spears	16	Mvp League	34-00.00
1 Helena Sandler	15	Mvp League	34-00.00
1 Markayla Taylor	15	Unattached	34-00.00
1 Madison Cunningham	16	Unattached	34-00.00
1 Sara Kiflai	15	Dale City Li	34-00.00
1 Sydney Carr	16	Dale City Li	34-00.00
1 Jasmine Coe	15	Mustangs Tra	34-00.00

Girls Shot Put 4 kg 15-16 years old

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

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

Name	Age	Team	Finals
Finals			
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
Finals			
1 Samantha Descalzo	16	Virginia Pri	2:45.00 517
1 Sophia Barthlow	16	Virginia Pri	2:45.00 517

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

Name	Age	Team	Finals
Finals			
1 Sophia Barthlow	16	Virginia Pri	17.00 596
1 Samantha Descalzo	16	Virginia Pri	17.00 596

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

Name	Age	Team	Finals
Finals			
1 Samantha Descalzo	16	Virginia Pri	1.50m 621
1 Sophia Barthlow	16	Virginia Pri	1.50m 621

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

Name	Age	Team	Finals
Finals			
1 Samantha Descalzo	16	Virginia Pri	4.50m 428
1 Sophia Barthlow	16	Virginia Pri	4.50m 428

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

Name	Age	Team	Finals
Finals			
1 Sophia Barthlow	16	Virginia Pri	6.00m 271
1 Samantha Descalzo	16	Virginia Pri	6.00m 271

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

Name	Age	Team	Finals
Finals			
1 Sophia Barthlow	16	Virginia Pri	20.00m 289
1 Samantha Descalzo	16	Virginia Pri	20.00m 289

Girls Heptathlon 15-16 years old

Name	Age	Team	Finals
Finals			
1 Samantha Descalzo	16	Virginia Pri	3204
1 Sophia Barthlow	16	Virginia Pri	3204

Women 100 Meter Dash 17-18 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Syvanna Metcalfe	19	Pwc Panthers	26.00
1 Alicia Thomas	18	Pwc Panthers	26.00
1 Arcieri Lowe	17	Pwc Panthers	26.00
1 Nyave' Willis-Rodriguez	18	Roanoke Vall	26.00
1 Kaleigh Dalton	18	Roanoke Vall	26.00
1 Michelle Diaz	18	Pwc Panthers	26.00
1 Beatrice Boasiako	18	Pwc Panthers	26.00
1 Kaloni Jackson	17	Pwc Panthers	26.00
1 Yasmine El	17	Pwc Panthers	26.00
1 Ashley Wallace	17	Unattached	26.00
1 Teozha Williams	18	Unattached	26.00
1 Trinity Mccall	17	Unattached	26.00
1 Makenzie Joiner	18	Unattached	26.00
1 Zahra Ghuzlan	18	Virginia Amb	26.00
1 Makaila Keyes	17	VA Blaze Ath	26.00
1 Zayin Roe	18	Unattached	26.00
1 Vanasia Coles	18	Virginia Pri	26.00
1 Aariel Robinson	17	Mustangs Tra	26.00
1 Catherine Bradsher	17	Mvp League	26.00
1 Jalicia Miranda	17	Mustangs Tra	26.00
1 Pearl Nagbe	18	Mvp League	26.00
1 Zoey Goldstein	17	Mvp League	26.00
1 Gabrielle Brohard	17	Ashburn Elit	26.00
1 Deborah Taylor	17	2nd To None	26.00
1 Kamryn Glenn	17	Mustangs Tra	26.00
1 Jordan Giles	17	Ashburn Elit	26.00
1 Anesia Boyd	17	Prominent At	26.00
1 Sabrina Sokol	18	Mvp League	26.00
1 Jordan Dabney	19	Prominent At	26.00
1 Lucy Brookover	18	Prominent At	26.00
1 Savanah Ray	17	Mvp League	26.00
1 Dahja Price	18	Mvp League	26.00

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

Name	Age	Team	Finals
1 Morgan Snow	17	Mvp League	26.00
1 Jana Riley	17	Mvp League	26.00

Women 400 Meter Dash 17-18 years old

Name	Age	Team	Finals
Finals			
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
Finals			
1 Michelle Diaz	18	Pwc Panthers	2:30.00
1 Sydney Metcalfe	18	Pwc Panthers	2:30.00
1 Aisha Abed	17	Pwc Panthers	2:30.00
1 Makenzie Joiner	18	Unattached	2:30.00
1 Sydney Judd	17	Virginia Amb	2:30.00
1 Zoi Betties	17	2nd To None	2:30.00
1 Amani Alvarez	17	Virginia Eli	2:30.00
1 Sabrina Sokol	18	Mvp League	2:30.00
1 Brianna Bryson	17	Dale City Li	2:30.00

Women 1500 Meter Run 17-18 years old

Name	Age	Team	Finals
Finals			
1 Ella Dalton	17	Unattached	5:00.00
1 Aisha Abed	17	Pwc Panthers	5:00.00

Women 3000 Meter Run 17-18 years old

Name	Age	Team	Finals
Finals			
1 Ella Dalton	17	Unattached	11:18.24

Women 100 Meter Hurdles 17-18 years old

Name	Age	Team	Finals
Finals			
1 Nyave' Willis-Rodriguez	18	Roanoke Vall	18.00
1 Jada Upson	17	Virginia Pri	18.00

1 Te'Arah Thomas	18	Roanoke Vall	18.00
1 Te'Asia Thomas	18	Roanoke Vall	18.00
1 Ashley Wallace	17	Unattached	18.00
1 Sarah Purdy	18	Unattached	18.00
1 Teozha Williams	18	Unattached	18.00
1 Treasure Jones	17	Pwc Panthers	18.00
1 Tiana Lewis	18	Pwc Panthers	18.00
1 Kamryn Glenn	17	Mustangs Tra	18.00
1 Sabrina Sokol	18	Mvp League	18.00
1 Alisha Yarbrough	18	Pwc Panthers	18.00
1 Baylee Hodson	17	Roanoke Vall	18.00
1 Isha Sesay	17	Pwc Panthers	18.00

Women 400 Meter Hurdles 17-18 years old

Name	Age	Team	Finals
Finals			
1 Jada Upson	17	Virginia Pri	1:10.00
1 Zayin Roe	18	Unattached	1:10.00
1 Te'Arah Thomas	18	Roanoke Vall	1:10.00
1 Te'Asia Thomas	18	Roanoke Vall	1:10.00
1 Samantha Weiss	18	Unattached	1:10.00
1 Sarah Purdy	18	Unattached	1:10.00
1 Teozha Williams	18	Unattached	1:10.00
1 Treasure Jones	17	Pwc Panthers	1:10.00
1 Tiana Lewis	18	Pwc Panthers	1:10.00
1 Gartasia Crawley	19	Mvp League	1:10.00
1 Isha Sesay	17	Pwc Panthers	1:10.00
1 Alisha Yarbrough	18	Pwc Panthers	1:10.00
1 Syvanna Metcalfe	19	Pwc Panthers	1:10.00

Women 4x100 Meter Relay 17-18 years old

Team	Relay	Finals
Finals		
1 Pwc Panthers	A	48.00
1) Alicia Thomas 18	2) Arcieri Lowe 17	
3) Isha Sesay 17	4) Tiana Lewis 18	
1 Mvp League	C	48.00
1) Catherine Bradsher 17	2) Lola Taiwo 18	
3) Olivia Lippincott 17	4) Savannah Ray 17	
1 Roanoke Vall	A	48.00
1) Baylee Hodson 17	2) Dasia Mayo 18	
3) Nyave' Willis-Rodriguez 18	4) Te'Asia Thomas 18	
1 Mvp League	A	48.00
1) Dahja Price 18	2) Morgan Snow 17	
3) Pearl Nagbe 18	4) Skyler Reynolds 18	
1 Mvp League	B	48.00
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
Finals		
1 Mvp League	C	4:00.00
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
1 Pwc Panthers	A	4:00.00
1) Alisha Yarbrough 18	2) Kaloni Jackson 17	
3) Syvanna Metcalfe 19	4) Tiana Lewis 18	
1 Mvp League	A	4:00.00
1) Gartasia Crawley 19	2) Morgan Snow 17	
3) Olivia Lippincott 17	4) Pearl Nagbe 18	
1 Mvp League	B	4:00.00
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
Finals			
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
Finals			
1 Te'Arah Thomas	18	Roanoke Vall	7-00.00

Women Long Jump 17-18 years old

Name	Age	Team	Finals
Finals			
1 Te'Arah Thomas	18	Roanoke Vall	16-00.00
1 Zahra Ghuzlan	18	Virginia Amb	16-00.00
1 Alicia Thomas	18	Pwc Panthers	16-00.00
1 Baylee Hodson	17	Roanoke Vall	16-00.00
1 Alisha Stoute	17	Virginia Pri	16-00.00
1 Ashley Wallace	17	Unattached	16-00.00
1 Sydney Judd	17	Virginia Amb	16-00.00
1 Emily Kuni	17	Virginia Pri	16-00.00
1 Kamryn Glenn	17	Mustangs Tra	16-00.00
1 Jalicia Miranda	17	Mustangs Tra	16-00.00
1 Gabrielle Brohard	17	Ashburn Elit	16-00.00
1 Jordan Giles	17	Ashburn Elit	16-00.00
1 Skyler Reynolds	18	Mvp League	16-00.00
1 Brianna Kamdoun	17	Pwc Panthers	16-00.00
1 Lauren Jones	17	Mvp League	16-00.00

Women Triple Jump 17-18 years old

Name	Age	Team	Finals
Finals			
1 Alisha Stoute	17	Virginia Pri	34-00.00
1 Emily Kuni	17	Virginia Pri	34-00.00
1 Ashley Wallace	17	Unattached	34-00.00
1 Zayin Roe	18	Unattached	34-00.00
1 Jalicia Miranda	17	Mustangs Tra	34-00.00
1 Kamryn Glenn	17	Mustangs Tra	34-00.00
1 Te'Asia Thomas	18	Roanoke Vall	34-00.00
1 Brianna Kamdoun	17	Pwc Panthers	34-00.00

Women Shot Put 4 kg 17-18 years old

Name	Age	Team	Finals
Finals			
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
Finals			
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
Finals			
1 Baylee Hodson	17	Roanoke Vall	80-00
1 Barbara Antwi	17	Pwc Panthers	80-00
1 Kiah Riley	18	Unattached	80-00
1 Dasia Mayo	18	Roanoke Vall	80-00
1 Kendra Williams	18	2nd To None	80-00
1 Deborah Taylor	17	2nd To None	80-00
1 Olivia Lippincott	17	Mvp League	80-00

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

Name	Age	Team	Finals
Finals			
1 Sabrina Sokol	18	Mvp League	28.00 631

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

Name	Age	Team	Finals
Finals			
1 Sabrina Sokol	18	Mvp League	2:45.00 517

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

Name	Age	Team	Finals
Finals			
1 Sabrina Sokol	18	Mvp League	17.00 596

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

Name	Age	Team	Finals
Finals			
1 Sabrina Sokol	18	Mvp League	1.40m 512

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

Name	Age	Team	Finals
Finals			
1 Sabrina Sokol	18	Mvp League	5.00m 559

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
Finals				
1	Sabrina Sokol	18	Mvp League	6.00m 271

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

	Name	Age	Team	Finals
Finals				
1	Sabrina Sokol	18	Mvp League	20.00m 289

Women Heptathlon 17-18 years old

	Name	Age	Team	Finals
Finals				
1	Sabrina Sokol	18	Mvp League	3375

Women 3000 Meter Race Walk 17-18 years old

	Name	Age	Team	Finals
Finals				
1	Amanda Hatch	17	Unattached	18:00.00