

Washington and Lee Carnival - 3/21/2025 to 3/22/2025

Washington and Lee University
Performance List**Event 6 Women 100 Meter Dash****Saturday 3/22/2025 - 2:55 PM**

Name	School	Seed Time
1 Coleman, Adalia	Bridgewater	11.63
2 Wallace, Summer	Bridgewater	12.49
3 Smith, Kiara	Lynchburg	12.59
4 Turner, Rylee	Lynchburg	12.74
5 Fox, Kenna	Roanoke	12.74
6 Buckles, Jade	Bridgewater	12.74
7 Miller, Tasha	Roanoke	12.88
8 Winston, Cammi	Roanoke	12.90
9 Molina-Shuman, Maryrose	Roanoke	12.90
10 Viers, Olivia	Roanoke	12.90
11 Ladner, Ophelia	Roanoke	12.98
12 Friedman, Riley	Case Western	13.10
13 Iglesias, Gianna	Misericordia	13.18
14 Schmincke, Hannah	Lynchburg	13.20
15 Grinnell, Jacquelynn	Muskingum	13.30
16 Krevey, Emily	Misericordia	13.33
17 Parker, Selah	Lynchburg	13.50
18 Mihalko, Natasha	Misericordia	13.50
19 Holman, Elyssa	Southern Vir	13.51
20 Bunting, Liberty	Muskingum	13.59
21 Jones, Teasia	Muskingum	13.63
22 Aber, Emerson	Marymount (V	13.63
23 Walton, Emily	Case Western	13.72
24 Grasso, Mary	Misericordia	13.77
25 Saleem, Lalah	Case Western	13.88
26 Samuel, Jesikah	Muskingum	13.92
27 Gerhart, Kendall	Misericordia	13.96
28 Boyd, Nia	Eastern Menn	14.24
29 Carpenter, Cynthia	Misericordia	14.32
30 Straub, Samantha	St. Vincent	NT
31 Kane, Amanda	St. Vincent	NT
32 Kaufman, Mea	Muskingum	NT
33 Gore, Ivy	Washington a	NT
34 Hawkins, Ilana	Marymount (V	NT
35 Walter, Megan	Bridgewater	NT
36 Condra, Adelle	Hollins	NT
37 Atwood, Abby	Eastern Menn	NT
38 Hunt, Maia	Southern Vir	NT
39 Dove, Gabrielle	St. Vincent	NT
40 Crigger, Olivia	Bridgewater	NT

Event 18 Women 200 Meter Dash**Saturday 3/22/2025 - 4:20 PM**

Name	School	Seed Time
1 Coleman, Adalia	Bridgewater	24.24
2 Buckles, Jade	Bridgewater	25.49
3 Wallace, Summer	Bridgewater	25.79
4 Hawkins, Ilana	Marymount (V	25.81
5 Turner, Rylee	Lynchburg	26.20
6 D'Ambrosia, Ashley	Washington a	26.31
7 Versen, Lilly	Washington a	26.35
8 Evans, Jesma	Washington a	26.37

9 Friedman, Riley	Case Western	26.63
10 Bates, Olivia	Bridgewater	26.98
11 Wallace, Averl	Muskingum	26.99
12 Fox, Kenna	Roanoke	27.02
13 Iglesias, Gianna	Misericordia	27.11
14 Conklin, Deziree	Marymount (V	27.20
15 Krevey, Emily	Misericordia	27.22
16 Sutliff, Annabelle	Washington a	27.26
17 Curtis, Elise	Southern Vir	27.42
18 Dove, Gabrielle	St. Vincent	27.45
19 Hodneland, Ana	Washington a	27.61
20 Walter, Megan	Bridgewater	27.61
21 Bunting, Liberty	Muskingum	27.69
22 Doyle, Cara	Misericordia	27.80
23 D'Ambrosia, Olivia	Washington a	27.80
24 Taylor, Melanie	Case Western	27.85
25 Kane, Amanda	St. Vincent	27.95
26 Kaufman, Mea	Muskingum	28.00
27 Conti, Abigail	Misericordia	28.02
28 Kannenberg, Siena	Case Western	28.03
29 Jones, Teasia	Muskingum	28.07
30 Saleem, Lalah	Case Western	28.15
31 Grinnell, Jacquelynn	Muskingum	28.18
32 Grasso, Mary	Misericordia	28.22
33 Samuel, Jesikah	Muskingum	28.37
34 Walton, Emily	Case Western	28.39
35 Crigger, Olivia	Bridgewater	28.52
36 Hunt, Maia	Southern Vir	28.53
37 Andreasik, Genna	Lynchburg	28.65
38 Joseph, Destiny	Bridgewater	28.66
39 David, Angel	Eastern Menn	28.70
40 Aber, Emerson	Marymount (V	28.79
41 Schmincke, Hannah	Lynchburg	28.87
42 Little, Samaria	Lynchburg	29.12
43 Showers, Kasi	Bridgewater	29.31
44 Ellis, Emi	Case Western	29.56
45 Gerhart, Kendall	Misericordia	29.59
46 Keylor, Emily	Muskingum	29.62
47 Watson, Maddie	Bridgewater	29.70
48 Matthews, Hailey	Southern Vir	30.28
49 Auman, Kiersten	St. Vincent	30.74
50 Smith, Cadence	St. Vincent	30.77
51 Boyd, Nia	Eastern Menn	30.80
52 Carpenter, Cynthia	Misericordia	31.04

Event 12 Women 400 Meter Dash**Saturday 3/22/2025 - 2:25 PM**

Name	School	Seed Time
1 Wallace, Averl	Muskingum	59.65
2 Cincotta, Miranda	St. Vincent	1:00.22
3 Patterson, Jazmine	Hollins	1:00.35
4 Molina-Shuman, Maryrose	Roanoke	1:00.35
5 Doyle, Cara	Misericordia	1:00.91
6 Lee, Simmons	Washington a	1:01.04
7 Morningstar, Grace	Misericordia	1:01.37
8 Graziano, Lucie	Washington a	1:01.90

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Performance List****Event 12 ...(Women 400 Meter Dash)**

	Name	School	Seed Time
9	Kannenber, Siena	Case Western	1:02.57
10	Little, Samaria	Lynchburg	1:03.13
11	Petrucelli, Sofia	Washington a	1:04.20
12	Keylor, Emily	Muskingum	1:04.61
13	Andreasik, Genna	Lynchburg	1:06.33
14	Seibert, Maura	Muskingum	1:08.50
15	Smith, Cadence	St. Vincent	1:10.00
16	Matthews, Hailey	Southern Vir	1:11.25
17	Bruce, Anna	Mary Baldwin	1:12.30

Event 14 Women 800 Meter Run

Saturday 3/22/2025 - 3:25 PM			
	Name	School	Seed Time
1	Edwards, Hannah	Lynchburg	2:15.39
2	Drumm, Courtney	Lynchburg	2:15.46
3	Barton, Heidi	Southern Vir	2:18.06
4	Derry, Abigail	Muskingum	2:19.06
5	Holbrook, Arianna	Case Western	2:19.19
6	Hluck, Julia	Case Western	2:21.00
7	Taylor, Melanie	Case Western	2:21.14
8	Neubert, Grace	St. Vincent	2:24.00
9	Kammer, Madison	Misericordia	2:24.33
10	Wagner, Brianna	Misericordia	2:25.00
11	Luczak, Brenna	Washington a	2:25.10
12	Vera, Adia	Washington a	2:25.14
13	Wimmer, Megan	Bridgewater	2:25.38
14	Murphy, Lily	St. Vincent	2:26.22
15	Walko, Julia	Case Western	2:26.26
16	Sansbury, Emily	Washington a	2:26.28
17	Cantey, Nadira	Roanoke	2:27.18
18	Reid, Savannah	Roanoke	2:27.23
19	Fleschut, Madison	Misericordia	2:28.00
20	Magee, Evelyn	Roanoke	2:28.55
21	Dalebout, Lilly	Southern Vir	2:29.42
22	Snyder, Isabella	St. Vincent	2:31.16
23	Hughes, Abby	Marymount (V	2:33.85
24	Curry, Sydney	Misericordia	2:35.00
25	Beebe, Kayla	Misericordia	2:35.00
26	Walley, Izzy	Southern Vir	2:35.20
27	Grimm, Teresa	St. Vincent	2:36.00
28	Lovan, Olivia	Washington a	2:37.00
29	Scoville, Grace	St. Vincent	2:39.63
30	Bennett, Ashley	Mary Baldwin	2:44.88
31	De Souza, Jasmine	Southern Vir	2:46.34
32	Farrer, Ella	Misericordia	2:46.85
33	Downer, Rowan	Mary Baldwin	2:48.41
34	Weirsky, Gabrielle	Marymount (V	2:50.00
35	Dellacorte, Elizabeth	Marymount (V	2:50.00
36	Inofuente, Sheyla	Marymount (V	2:50.00
37	McElfresh, Elizabeth	Roanoke	2:52.00
38	Keefer, Evelyn	Hollins	2:54.06
39	Guillet, Sylvia	Hollins	3:05.81

Event 104 Women 1500 Meter Run Unseeded

Friday 3/21/2025 - 4:00 PM			
	Name	School	Seed Time
1	Motley, Caroline	Mary Baldwin	5:11.96
2	Smith, Lane	Washington a	5:12.00
3	Petrucelli, Sofia	Washington a	5:12.57
4	Lanham, Georgie	Lynchburg	5:13.97
5	Walko, Julia	Case Western	5:15.34
6	Gardner, Charlotte	Washington a	5:17.09
7	Beebe, Kayla	Misericordia	5:18.00
8	Curry, Sydney	Misericordia	5:18.74
9	Scoville, Grace	St. Vincent	5:19.50
10	Kowkabany, Hannah	Washington a	5:20.00
11	Magee, Evelyn	Roanoke	5:20.00
12	Gallagher, Allie	Roanoke	5:20.00
13	Lovan, Olivia	Washington a	5:20.73
14	Kochanski, Sarah	Roanoke	5:21.00
15	Hughes, Abby	Marymount (V	5:25.00
16	Pare, Madeleine	Marymount (V	5:25.00
17	Fleschut, Madison	Misericordia	5:30.00
18	Grimm, Teresa	St. Vincent	5:33.00
19	DeFelice, Alaina	Roanoke	5:33.00
20	Snyder, Isabella	St. Vincent	5:33.22
21	De Souza, Jasmine	Southern Vir	5:38.18
22	Murray, Lauren	Roanoke	5:40.00
23	McElfresh, Elizabeth	Roanoke	5:45.00
24	Laudie, Amaura	Southern Vir	6:14.69
25	Hyder, Emma	St. Vincent	6:19.77

Event 4 Women 1500 Meter Run Invite

Friday 3/21/2025 - 5:10 PM			
	Name	School	Seed Time
1	Cincotta, Miranda	St. Vincent	4:44.44
2	Mitchell, Emma	Washington a	4:45.60
3	Barton, Heidi	Southern Vir	4:46.07
4	Morningstar, Grace	Misericordia	4:49.00
5	Redd, Bayleigh	Southern Vir	4:49.07
6	Kemp, Mimi	Washington a	4:51.00
7	Brown, Reese	Washington a	4:52.70
8	Hluck, Julia	Case Western	4:52.73
9	Sansbury, Emily	Washington a	4:54.78
10	Murphy, Lily	St. Vincent	4:55.26
11	Gorsky, Mary	Washington a	4:56.00
12	Edwards, Hannah	Lynchburg	4:56.24
13	Weaver, Jenna	Eastern Menn	4:57.67
14	Luczak, Brenna	Washington a	4:58.00
15	Carpenter, Adelynn	Lynchburg	4:59.00
16	Amerlinck, Brier	Marymount (V	5:00.00
17	Bush, Julie Anne	Washington a	5:00.12
18	Lanza, Cassy	St. Vincent	5:00.40
19	Vera, Adia	Washington a	5:01.07
20	Wimmer, Megan	Bridgewater	5:05.05
21	Saulsbury, Delaney	Lynchburg	5:05.92
22	Graziano, Lucie	Washington a	5:06.00
23	Asefi, Eli	Eastern Menn	5:08.79

Washington and Lee Carnival - 3/21/2025 to 3/22/2025**Washington and Lee University
Performance List****Event 4 ... (Women 1500 Meter Run Invite)**

	Name	School	Seed Time
24	Baker, Mya	Lynchburg	5:10.00

Event 24 Women 3000 Meter Run

Saturday 3/22/2025 - 1:20 PM			
	Name	School	Seed Time
1	Redd, Bayleigh	Southern Vir	10:26.39
2	Lanza, Cassy	St. Vincent	11:13.53
3	Kochanski, Sarah	Roanoke	11:45.00
4	Gallagher, Allie	Roanoke	11:45.00
5	Schemmel, Lauren	St. Vincent	11:53.30
6	DeFelice, Alaina	Roanoke	12:15.00
7	Murray, Lauren	Roanoke	12:25.00
8	Rhyne, Madeleine	Roanoke	12:30.00
9	Laudie, Amaura	Southern Vir	13:30.00
10	McConville, Mary	St. Vincent	14:30.57

Event 120 Women 5000 Meter Run Invite

Friday 3/21/2025 - 5:45 PM			
	Name	School	Seed Time
1	Novak, Ashley	Case Western	17:29.72
2	Breschi, Sophia	Washington a	17:30.00
3	Wagner, Brianna	Misericordia	17:32.00
4	Gallagher, Grace	Misericordia	17:32.00
5	Neubert, Grace	St. Vincent	17:42.62
6	Myers, Taylor	Bridgewater	17:53.03
7	Hamlet, Claire	Washington a	17:53.61
8	Kammer, Madison	Misericordia	18:00.00
9	Harvey, Lydia	Washington a	18:18.67
10	Black, Nicky	Mary Baldwin	18:26.00
11	Saulsbury, Delaney	Lynchburg	18:34.74
12	Clodgo, Kristen	Washington a	18:38.20
13	Dalebout, Lilly	Southern Vir	18:56.85
14	Barton, Heidi	Southern Vir	19:06.69
15	Breyault, Brianna	Washington a	19:21.43
16	Moore, Mackenzie	Washington a	19:25.00
17	Adams, Hannah	Washington a	19:25.00
18	Robinson, Regan	Bridgewater	19:32.02
19	Reid, Savannah	Roanoke	19:45.07
20	Lam, Mandy	Case Western	19:47.76
21	Clark, Sarah	Washington a	20:35.00
22	Hiserman, Paige	Bridgewater	20:40.00
23	Weirsky, Gabrielle	Marymount (V	21:30.00
24	Dellacorte, Elizabeth	Marymount (V	22:45.00
25	Williamson, Molly	Bridgewater	23:21.45

Event 43 Women 10000 Meter Run

Friday 3/21/2025 - 6:50 PM			
	Name	School	Seed Time
1	Gallagher, Grace	Misericordia	36:24.66
2	Prince, Kristen	St. Vincent	38:44.61
3	Amerlinck, Brier	Marymount (V	38:59.00
4	Ulrich, Rachel	Misericordia	39:53.64
5	Weaver, Jenna	Eastern Menn	40:02.94
6	Morrow, Madison	Misericordia	40:40.89

Event 10 Women 100 Meter Hurdles

Saturday 3/22/2025 - 2:00 PM			
	Name	School	Seed Time
1	Conklin, Deziree	Marymount (V	14.88
2	Romano, Amanda	Washington a	14.90
3	Viers, Olivia	Roanoke	14.98
4	Winston, Cammi	Roanoke	15.28
5	Venable, Madelyn	Washington a	15.38
6	Bates, Olivia	Bridgewater	15.53
7	Allman, Shandrey	Southern Vir	15.70
8	Torres, Flo	Southern Vir	15.76
9	Riolo, McKenna	Roanoke	16.02
10	Lee, Joanne	Washington a	16.91
11	Schultz, Faith	Eastern Menn	16.97
12	Atwood, Abby	Eastern Menn	17.00
13	Auman, Kiersten	St. Vincent	19.69
14	Watson, Maddie	Bridgewater	NT

Event 16 Women 400 Meter Hurdles

Saturday 3/22/2025 - 3:45 PM			
	Name	School	Seed Time
1	Romano, Amanda	Washington a	1:03.61
2	Torres, Flo	Southern Vir	1:05.35
3	Ladner, Ophelia	Roanoke	1:05.36
4	Allman, Shandrey	Southern Vir	1:07.95
5	Riolo, McKenna	Roanoke	1:10.02
6	Miller, Anna	Lynchburg	1:10.04
7	Showers, Kasi	Bridgewater	1:15.01
8	Lee, Joanne	Washington a	NT
9	Joseph, Destiny	Bridgewater	NT
10	Golston, Ashlyne	Hollins	NT
11	Workman, Izzy	Hollins	NT

Event 41 Women 3000 Meter Steeplechase

Saturday 3/22/2025 - 12:50 PM			
	Name	School	Seed Time
1	Redd, Bayleigh	Southern Vir	11:00.52
2	Grabenbauer, Ayla	Case Western	11:12.61
3	Pare, Madeleine	Marymount (V	13:00.00

Event 2 Women 4x100 Meter Relay

Saturday 3/22/2025 - 12:30 PM			
	Team	Relay	Seed Time
1	Washington a	A	48.51
2	Southern Vir	A	49.81
3	Muskingum	A	51.29

Event 22 Women 4x400 Meter Relay

Friday 3/21/2025 - 6:30 PM			
	Team	Relay	Seed Time
1	Washington a	A	4:01.21
2	Misericordia	A	4:08.33
3	Muskingum	A	4:11.18
4	St. Vincent	A	4:17.00
5	St. Vincent	B	4:40.00

Washington and Lee Carnival - 3/21/2025 to 3/22/2025**Washington and Lee University****Performance List****Event 39 Women High Jump****Friday 3/21/2025 - 12:30 PM****Prog 139 144 149 154 159 164, then by 3cm**

	Name	School	Seed Mark
1	Gillum, Camille	Washington a	1.69m
2	Simons, Marin	Southern Vir	1.60m
3	Pedersen, Jilane	Southern Vir	1.60m
4	Wallace, Summer	Bridgewater	1.59m
5	Hill, Marissa	Muskingum	1.57m
6	Holman, Elyssa	Southern Vir	1.55m
7	Kasischke, Simone	Washington a	1.53m
8	Freideman, Madison	Hollins	1.50m
9	Curtis, Elise	Southern Vir	1.50m
10	Seibert, Maura	Muskingum	1.46m
11	Dale, Autumn	Hollins	1.43m
12	Dabaghyan, Anna	Bridgewater	1.34m
13	Pittsman, Elizabeth	Misericordia	1.27m
14	Moyer, Erica	Misericordia	1.20m

Event 38 Women Pole Vault**Saturday 3/22/2025 - 2:00 PM****Prog 272 287 302 317 332 347 362 377**

	Name	School	Seed Mark
1	D'Ambrosia, Ashley	Washington a	3.76m
2	Keadle, Layla	Washington a	3.56m
3	Mahmud, Surraiya	Southern Vir	3.55m
4	Weber, Cameron	Lynchburg	3.35m
5	Tonetti, Alyssa	Lynchburg	3.20m
6	Miller, Tasha	Roanoke	3.20m
7	Cholewa, Abby	Washington a	3.11m
8	Pullen, Gabby	Washington a	3.05m
9	Paz, Esther	Marymount (V	2.70m
10	Ellis, Emi	Case Western	2.60m
11	Nelson, Andee	Southern Vir	2.36m
12	Brodie, Allyson	Misericordia	2.30m
13	Disbrow, Claudia	Roanoke	NH

Event 30 Women Long Jump**Friday 3/21/2025 - 3:00 PM**

	Name	School	Seed Mark
1	Venable, Madelyn	Washington a	5.57m
2	Wallace, Summer	Bridgewater	5.52m
3	Viers, Olivia	Roanoke	5.39m
4	Buckles, Jade	Bridgewater	5.36m
5	Devraj, Bella	Washington a	5.29m
6	Conklin, Deziree	Marymount (V	5.29m
7	Smith, Kiara	Lynchburg	5.27m
8	Schultz, Faith	Eastern Menn	5.15m
9	Morante, Mackenzie	Washington a	5.11m
10	David, Angel	Eastern Menn	5.08m
11	Nelson, Andee	Southern Vir	5.00m
12	Versen, Lilly	Washington a	4.98m
13	Su, Jordan	Case Western	4.92m
14	Parker, Selah	Lynchburg	4.80m
15	Conti, Abigail	Misericordia	4.79m

16	Freideman, Madison	Hollins	4.78m
17	Joseph, Destiny	Bridgewater	4.77m
18	Mihalko, Natasha	Misericordia	4.76m
19	Jones, Teasia	Muskingum	4.68m
20	Dale, Autumn	Hollins	4.60m
21	Johnson, Amirah	Mary Baldwin	4.40m
22	Carpenter, Cynthia	Misericordia	4.38m

Event 32 Women Triple Jump**Saturday 3/22/2025 - 11:30 AM**

	Name	School	Seed Mark
1	Morante, Mackenzie	Washington a	11.07m
2	Crigger, Olivia	Bridgewater	11.00m
3	Bates, Olivia	Bridgewater	10.99m
4	Winston, Cammi	Roanoke	10.97m
5	Smith, Kiara	Lynchburg	10.92m
6	Su, Jordan	Case Western	10.87m
7	Straub, Samantha	St. Vincent	10.77m
8	Watson, Maddie	Bridgewater	10.39m
9	Holman, Elyssa	Southern Vir	10.36m
10	Mihalko, Natasha	Misericordia	10.35m
11	Grinnell, Jacquelyn	Muskingum	10.17m
12	Conti, Abigail	Misericordia	9.95m

Event 36 Women Shot Put**Saturday 3/22/2025 - 12:30 PM**

	Name	School	Seed Mark
1	Mikolay, Abby	Bridgewater	13.44m
2	Dotson, Jessica	Muskingum	12.61m
3	Jackson, Emily	Washington a	12.15m
4	Hedgemon, Bailey	Washington a	11.76m
5	Mahmud, Surraiya	Southern Vir	11.50m
6	Wood, Katie	Washington a	11.46m
7	Fuchs, Sarah	Roanoke	11.19m
8	Tuilaepa, Aldora	Eastern Menn	11.00m
9	Gardner, Katrina	Southern Vir	10.97m
10	Matthews, Jasmine	Muskingum	10.87m
11	Monnin-Lee, Kendra	Muskingum	10.75m
12	Timmerding, Bella	Washington a	10.70m
13	Rivera, Isabella	Marymount (V	10.53m
14	Marando, Bri	Roanoke	10.34m
15	Wynder, Shayla	Marymount (V	10.24m
16	Bochicchio, Izabella	Misericordia	10.22m
17	Bowen, Bailey	Case Western	10.00m
18	Martinez, Lamiyah	Mary Baldwin	9.88m
19	Viveiros, Sarah	Case Western	9.62m
20	Allen, Hazel	Southern Vir	9.10m
21	Smith, Gelina	Misericordia	8.92m
22	Martinez, Maddie	Case Western	8.83m
23	Ramos, Elizabeth	Bridgewater	8.58m
24	Mason, Ihyana	Marymount (V	8.41m
25	Biswas, Grace	Case Western	8.37m
26	Rhyne, Polosomo	Southern Vir	6.09m

Washington and Lee Carnival - 3/21/2025 to 3/22/2025**Washington and Lee University****Performance List****Event 34 Women Discus Throw****Friday 3/21/2025 - 4:00 PM**

	Name	School	Seed Mark
1	Mikolay, Abby	Bridgewater	42.14m
2	Tuilaepa, Aldora	Eastern Menn	38.00m
3	Lee, Michelle	Case Western	37.28m
4	McGlothlin, Abby	Roanoke	36.92m
5	Dotson, Jessica	Muskingum	36.36m
6	Disbrow, Claudia	Roanoke	36.22m
7	Roskuszka, Lauren	Case Western	36.16m
8	Hedgemon, Bailey	Washington a	34.88m
9	Ginn, Rachel	Case Western	33.94m
10	Belton, Sanaa	Hollins	33.06m
11	Morgan, Brianna	Bridgewater	32.71m
12	Marando, Bri	Roanoke	32.50m
13	Brodie, Allyson	Misericordia	32.00m
14	Gronau, Brooke	Misericordia	31.33m
15	Andres, Kylie	Muskingum	31.11m
16	Bartlett, Hollis	Roanoke	30.54m
17	Jackson, Emily	Washington a	30.48m
18	Greer, Emma	Eastern Menn	30.00m
19	Wood, Katie	Washington a	28.96m
20	Wynder, Shayla	Marymount (V	28.46m
21	Biswas, Grace	Case Western	28.38m
22	Phillips, Lilly	Hollins	26.91m
23	Gatesman, Lily	Eastern Menn	25.17m
24	Wilds, Ella	Hollins	22.04m
25	Reck, Tenley	Hollins	16.14m
26	Monnin-Lee, Kendra	Muskingum	ND
27	Ramos, Elizabeth	Bridgewater	ND
28	Mason, Ihyana	Marymount (V	ND
29	Allen, Hazel	Southern Vir	ND
30	Mahmud, Surraiya	Southern Vir	ND
31	Matthews, Jasmine	Muskingum	ND
32	Allred, Saydee	Southern Vir	ND

Event 26 Women Hammer Throw**Friday 3/21/2025 - 11:00 AM**

	Name	School	Seed Mark
1	Roskuszka, Lauren	Case Western	50.84m
2	Hedgemon, Bailey	Washington a	48.65m
3	Duffie, Ailean	Case Western	47.88m
4	Ginn, Rachel	Case Western	46.46m
5	Lee, Michelle	Case Western	44.78m
6	O'Neil, Avrie	Muskingum	43.19m
7	Morgan, Brianna	Bridgewater	41.47m
8	Mikolay, Abby	Bridgewater	41.27m
9	Fuchs, Sarah	Roanoke	40.98m
10	Belton, Sanaa	Hollins	40.23m
11	Tuilaepa, Aldora	Eastern Menn	40.00m
12	Corll, Amber	Muskingum	39.77m
13	Wynder, Shayla	Marymount (V	39.30m
14	Andres, Kylie	Muskingum	39.22m
15	Timmerding, Bella	Washington a	37.36m
16	Gardner, Katrina	Southern Vir	34.90m

17	Bochicchio, Izabella	Misericordia	34.87m
18	Rucker, Kya	Lynchburg	34.60m
19	Johnson, Kennedy	Lynchburg	34.33m
20	Bartlett, Hollis	Roanoke	32.86m
21	McGlothlin, Abby	Roanoke	30.00m
22	Marando, Bri	Roanoke	30.00m
23	Wood, Katie	Washington a	27.43m
24	Roscetti, Marisa	Marymount (V	27.18m
25	Phillips, Lilly	Hollins	26.02m
26	Reck, Tenley	Hollins	25.07m
27	Mason, Ihyana	Marymount (V	23.33m
28	Wilds, Ella	Hollins	18.56m
29	Ramos, Elizabeth	Bridgewater	ND
30	Rhyne, Polosomo	Southern Vir	ND
31	Allen, Hazel	Southern Vir	ND
32	Smith, Gelina	Misericordia	ND

Event 28 Women Javelin Throw**Saturday 3/22/2025 - 10:00 AM**

	Name	School	Seed Mark
1	Roskuszka, Lauren	Case Western	42.11m
2	Pedersen, Jilane	Southern Vir	39.28m
3	Stover, Morgan	Misericordia	37.39m
4	Disbrow, Claudia	Roanoke	34.96m
5	Achramaviciute, Nida	Case Western	33.64m
6	Viveiros, Sarah	Case Western	31.96m
7	Martinez, Maddie	Case Western	31.75m
8	Bowen, Bailey	Case Western	30.57m
9	Weber, Cameron	Lynchburg	30.00m
10	Miller, Anna	Lynchburg	30.00m
11	Pittsman, Elizabeth	Misericordia	29.55m
12	Wynder, Shayla	Marymount (V	29.02m
13	McGlothlin, Abby	Roanoke	28.68m
14	Keylor, Emily	Muskingum	27.71m
15	Wood, Katie	Washington a	25.91m
16	Aber, Emerson	Marymount (V	25.64m
17	Fuchs, Sarah	Roanoke	24.79m
18	Gatesman, Lily	Eastern Menn	22.02m
19	Belton, Sanaa	Hollins	21.50m
20	Gonzalez-Hayes, Alma	Mary Baldwin	20.00m
21	Inofuente, Sheyla	Marymount (V	17.78m
22	Nelson, Andee	Southern Vir	ND
23	Allred, Saydee	Southern Vir	ND

Event 5 Men 100 Meter Dash**Saturday 3/22/2025 - 3:05 PM**

	Name	School	Seed Time
1	Davis, Isaiah	Lynchburg	10.70
2	Morgan, Damon	Eastern Menn	10.76
3	Billings, Richard	Misericordia	10.82
4	Brent, Alex	Lynchburg	10.91
5	Raya, Nekolas	Lynchburg	10.95
6	Struggs, Samuel	Marymount (V	10.99
7	Lacayo, Daven	Lynchburg	11.00
8	Sze, Marvin	Case Western	11.10
9	Heffinger, Brandon	Roanoke	11.17

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Event 5 ...(Men 100 Meter Dash)

	Name	School	Seed Time
10	Henson, Blake	Lynchburg	11.20
11	Winters, Da'Shawn	Eastern Menn	11.20
12	Mauer, Ty	Lynchburg	11.20
13	Farbman, Jonathan	Washington a	11.20
14	Bates, Josh	Case Western	11.29
15	Freeman, Mark	Washington a	11.30
16	Geoffrion, Pierre-Andre	Case Western	11.30
17	Camobreco, Lorenzo	Roanoke	11.30
18	Davis, Diver	Roanoke	11.30
19	Fazeli, Artin	Case Western	11.30
20	Hunter, Jacob	Misericordia	11.30
21	Vacchio, Joseph	Misericordia	11.30
22	Meldrum, Duncan	Washington a	11.34
23	Galloway, Kyle	Bridgewater	11.36
24	Xia, Jack	Case Western	11.37
25	Blackwell, Dylan	Misericordia	11.38
26	Bailey, Shaddai	Eastern Menn	11.38
27	France, Patrick	Washington a	11.40
28	Birchett, Trey	Bridgewater	11.42
29	Mast, Micah	Eastern Menn	11.42
30	Campbell, Jalani	St. Vincent	11.44
31	McNeal, PJ	St. Vincent	11.45
32	Alderman, Cy	Bridgewater	11.50
33	Clay, Jorden	St. Vincent	11.55
34	Vann, Jameel	Eastern Menn	11.56
35	Brunelle, Matthieu	Misericordia	11.56
36	Williams, Malachi	Marymount (V	11.60
37	Hill, Iverson	Misericordia	11.66
38	Johnson, Cadyn	Marymount (V	11.68
39	Knick, Dylan	Roanoke	11.71
40	Pernell, Jordan	Misericordia	11.77
41	Mosley, D'Monte	Lynchburg	11.79
42	Bezuneh, Matthew	Case Western	11.81
43	Galaspie, Liam	Marymount (V	11.86
44	Esdelle, Matthew	St. Vincent	12.07
45	Grant, Clayton	Marymount (V	12.14
46	Pessoa, Marcone	Marymount (V	12.44
47	Ward, Teague	Roanoke	12.65
48	Bassous, Philo	St. Vincent	12.74
49	Healy, Ryan	St. Vincent	NT
50	Goldstein, David	Case Western	NT
51	Cook, Evan	Bridgewater	NT
52	Wylie, Gabe	Bridgewater	NT
53	Knically, Walker	Bridgewater	NT
54	Lamb, Lauchnor	Bridgewater	NT
55	Browne, Ian	Bridgewater	NT
56	Taylor, Blake	Southern Vir	NT
57	Williams, Jalen	Southern Vir	NT
58	Neel, Davis	Roanoke	NT
59	Falls, Kyle	Marymount (V	NT
60	Anderson, Cooper	Marymount (V	NT
61	Hertzler, Milo	Eastern Menn	NT
62	Napper, Tony	Southern Vir	NT

Event 17 Men 200 Meter Dash

Saturday 3/22/2025 - 4:35 PM

	Name	School	Seed Time
1	Billings, Richard	Misericordia	21.66
2	Morgan, Damon	Eastern Menn	21.98
3	Raya, Nekolas	Lynchburg	22.06
4	Reid, Isaiah	Eastern Menn	22.10
5	Whyte, Colton	Muskingum	22.13
6	Hunter, Jacob	Misericordia	22.22
7	Bates, Josh	Case Western	22.35
8	Farbman, Jonathan	Washington a	22.45
9	McNeal, PJ	St. Vincent	22.46
10	Kuklica, Elijah	Muskingum	22.48
11	De Fonseka, Ethan	Washington a	22.52
12	Knically, Walker	Bridgewater	22.54
13	Irwin, Ryan	Muskingum	22.55
14	Arnold, Nicholas	Eastern Menn	22.58
15	Alderman, Cy	Bridgewater	22.60
16	McFarlin, Henry	Marymount (V	22.79
17	Struggs, Samuel	Marymount (V	22.80
18	Meldrum, Duncan	Washington a	22.84
19	Shaaban, Yusuf	Case Western	22.86
20	Sze, Marvin	Case Western	22.88
21	Freeman, Mark	Washington a	22.90
22	Galloway, Kyle	Bridgewater	22.96
23	Vacchio, Joseph	Misericordia	22.99
24	Wylie, Gabe	Bridgewater	23.02
25	Davis, Isaiah	Lynchburg	23.14
26	Lamb, Lauchnor	Bridgewater	23.22
27	Bezuneh, Matthew	Case Western	23.22
28	Xia, Jack	Case Western	23.27
29	Blackwell, Dylan	Misericordia	23.30
30	Koenig, Logan	Lynchburg	23.33
31	Clark, Schuyler	Washington a	23.40
32	Vann, Jameel	Eastern Menn	23.42
33	Stant, Aidan	Roanoke	23.45
34	Campbell, Jalani	St. Vincent	23.50
35	Clay, Jorden	St. Vincent	23.50
36	Amlacher, Joe	Bridgewater	23.58
37	Browne, Ian	Bridgewater	23.77
38	Hirwa, Javan	Washington a	23.80
39	Jaboin, Doudley	Muskingum	23.81
40	Moore, Daniel	Marymount (V	23.83
41	Hertzler, Milo	Eastern Menn	23.86
42	Perez, Nelson	Misericordia	23.88
43	Groff, Bryant	Misericordia	23.99
44	James, Ari	Southern Vir	24.02
45	Williams, Malachi	Marymount (V	24.07
46	Williams, Jalen	Southern Vir	24.07
47	Baker, Ben	Bridgewater	24.15
48	Brula, Aaron	Case Western	24.20
49	Patterson, Tim	St. Vincent	24.25
50	Hamman, Jonah	Roanoke	24.28
51	Esdelle, Matthew	St. Vincent	24.34
52	James, Aden	Southern Vir	24.46

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Event 17 ...(Men 200 Meter Dash)

	Name	School	Seed Time
53	Henson, Blake	Lynchburg	24.46
54	McEachern, Reuben	Marymount (V	24.50
55	Manikandaswamy, Madhan	Case Western	24.51
56	Cook, Evan	Bridgewater	24.53
57	Healy, Ryan	St. Vincent	24.67
58	Scott, Cameron	Muskingum	24.69
59	Duffy, Noah	Lynchburg	25.05
60	Anderson, Cooper	Marymount (V	25.08
61	Galaspie, Liam	Marymount (V	25.12
62	Bivens, Bryan	Marymount (V	25.28
63	Sureshkumar, Praveen	Case Western	25.50
64	Grant, Clayton	Marymount (V	25.68
65	Mesfin, Abel	Marymount (V	26.93
66	Rahman, Samir	Marymount (V	26.98
67	Campbell, Owen	Roanoke	NT
68	Birchett, Trey	Bridgewater	NT
69	Newman, Zeke	Southern Vir	NT
70	Pascual, Ryan	Southern Vir	NT

Event 11 Men 400 Meter Dash

Saturday 3/22/2025 - 2:35 PM

	Name	School	Seed Time
1	Whyte, Colton	Muskingum	48.29
2	McNeal, PJ	St. Vincent	49.57
3	Arnold, Nicholas	Eastern Menn	49.80
4	Kuklica, Elijah	Muskingum	49.96
5	Avigliano, Luke	Washington a	50.39
6	Flowers, Brian	Lynchburg	50.45
7	Heffinger, Brandon	Roanoke	51.32
8	Camobreco, Lorenzo	Roanoke	51.33
9	Kieffer, Stephen	Misericordia	51.66
10	Reid, Isaiah	Eastern Menn	51.70
11	Beasley, Branden	Southern Vir	52.20
12	Jaboin, Doudley	Muskingum	52.53
13	McEachern, Reuben	Marymount (V	52.80
14	Shiguango-Holtz, Adrian	Roanoke	53.00
15	Koenig, Logan	Lynchburg	53.00
16	Scott, Cameron	Muskingum	53.05
17	Stant, Aidan	Roanoke	53.13
18	Bezuneh, Matthew	Case Western	53.50
19	Clark, Schuyler	Washington a	53.55
20	Baker, Ben	Bridgewater	53.60
21	Hamman, Jonah	Roanoke	53.63
22	Manikandaswamy, Madhan	Case Western	53.63
23	Bivens, Bryan	Marymount (V	54.10
24	Torres, Fransisco	Misericordia	54.41
25	Polemitis, Yuannis	Misericordia	54.77
26	McFarlin, Henry	Marymount (V	54.80
27	Duffy, Noah	Lynchburg	55.08
28	Smith, Shakei	Misericordia	55.66
29	Esdelle, Matthew	St. Vincent	55.94
30	Olea, Zafit	Marymount (V	NT
31	Measel, Lucas	St. Vincent	NT

Event 13 Men 800 Meter Run

Saturday 3/22/2025 - 3:30 PM

	Name	School	Seed Time
1	Holst, Hans	Case Western	1:53.96
2	Gilbert, Nate	Case Western	1:54.66
3	Mantooth, Jamison	Lynchburg	1:54.76
4	Crowley, Donovan	Case Western	1:57.00
5	White, Randy	Lynchburg	1:57.06
6	Fretwell, Joshua	Lynchburg	1:57.25
7	Herklotz, Carter	Lynchburg	1:57.27
8	Diemoz, Luke	Lynchburg	1:57.50
9	Weddle, Jack	Lynchburg	1:58.00
10	Warner, Ryan	Lynchburg	1:58.20
11	Fitch, William	Washington a	1:58.89
12	DiMond, Mitchell	Washington a	1:58.90
13	DeLoach, Will	Washington a	1:58.90
14	Jackson, Aiden	St. Vincent	1:59.45
15	Sureshkumar, Praveen	Case Western	1:59.98
16	Morales, Peter	Lynchburg	2:00.00
17	Bernard, Bradley	Lynchburg	2:00.00
18	Maters, Chase	Lynchburg	2:00.12
19	Horn, Nathan	Misericordia	2:01.00
20	Fellows, Ian	Roanoke	2:01.52
21	Abebe, Abenezer	Eastern Menn	2:01.79
22	Karwacki, Austin	Misericordia	2:01.88
23	Chandler, Kedryn	Southern Vir	2:01.99
24	Bricker, Thomas	Misericordia	2:02.00
25	Brighter, Jaden	Washington a	2:02.45
26	Jeffrey, Rahsaun	Misericordia	2:03.00
27	Rogers, Garrett	Southern Vir	2:03.37
28	O'Keefe, Daniel	Misericordia	2:03.55
29	Young, Tyler	Lynchburg	2:03.76
30	Bowman, Brennen	Southern Vir	2:05.36
31	Medvetz, Weston	Misericordia	2:07.00
32	Cawley, Ryan	St. Vincent	2:08.00
33	Yakubu, Abdul	Marymount (V	2:08.00
34	Bitera, Cholo	Misericordia	2:08.00
35	Comerford, Colin	Misericordia	2:08.00
36	Tugend, William	Misericordia	2:10.00
37	Sahonick, Devin	Misericordia	2:10.00
38	Stickman, Will	St. Vincent	2:10.05
39	Bridges, Lapatrick	Mary Baldwin	2:10.13
40	Nance, Jahsym	Marymount (V	2:12.00
41	Estes, Andrew	Roanoke	2:12.22
42	Thomas, Matthew	St. Vincent	2:13.25
43	Amato, Owen	Misericordia	2:15.00
44	Meyer, Truman	Southern Vir	2:24.01
45	Kwiat, Roger	St. Vincent	2:25.45
46	Ramirez, Dylan	Misericordia	NT

Event 103 Men 1500 Meter Run Unseeded

Friday 3/21/2025 - 4:15 PM

	Name	School	Seed Time
1	Rush, Jonas	Lynchburg	4:11.46
2	Ramirez Hannon, Gabe	Roanoke	4:13.03

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Performance List****Event 103 ...(Men 1500 Meter Run Unseeded)**

	Name	School	Seed Time
3	Bernard, Bradley	Lynchburg	4:14.00
4	Rogers, Garrett	Southern Vir	4:14.90
5	Kallen, Thomas	Washington a	4:15.00
6	Mehendale, Raja	Washington a	4:15.00
7	Morales, Peter	Lynchburg	4:15.00
8	Young, Tyler	Lynchburg	4:18.02
9	Woodley, Joshua	Roanoke	4:18.63
10	O'Keefe, Daniel	Misericordia	4:19.00
11	Jeffrey, Rahsaun	Misericordia	4:19.00
12	Newton, Luke	Washington a	4:19.03
13	Hudson, Carter	Lynchburg	4:19.52
14	Toliver, Sean	Roanoke	4:20.00
15	Bishop, Kellen	Roanoke	4:20.00
16	Stickman, Will	St. Vincent	4:21.35
17	Bitera, Cholo	Misericordia	4:21.93
18	Medvetz, Weston	Misericordia	4:23.00
19	Lehman, Nate	Eastern Menn	4:24.08
20	Johnson, Carter	Southern Vir	4:25.18
21	Comerford, Colin	Misericordia	4:28.00
22	Bowman, Brennen	Southern Vir	4:28.43
23	Huyard, Ben	Eastern Menn	4:30.82
24	Youmans, Alexander	Marymount (V	4:32.00
25	Tugend, William	Misericordia	4:35.00
26	Cawley, Ryan	St. Vincent	4:35.00
27	Sahonick, Devin	Misericordia	4:35.00
28	Kanagy, Ethan	Eastern Menn	4:36.80
29	Amato, Owen	Misericordia	4:37.00
30	Meraz, Trey	Southern Vir	4:37.01
31	Belisle, Alex	Eastern Menn	4:37.05
32	Brady, William	Misericordia	4:41.00
33	Ramirez, Dylan	Misericordia	4:48.00
34	Bartel, Will	Eastern Menn	4:50.51
35	Meyer, Truman	Southern Vir	4:56.17
36	Kwiat, Roger	St. Vincent	NT

Event 3 Men 1500 Meter Run Invite**Friday 3/21/2025 - 5:25 PM**

	Name	School	Seed Time
1	Gilbert, Nate	Case Western	3:53.48
2	Holst, Hans	Case Western	3:56.16
3	White, Randy	Lynchburg	3:56.78
4	Patterson, Tim	St. Vincent	3:57.85
5	Fretwell, Joshua	Lynchburg	3:57.93
6	Crowley, Donovan	Case Western	3:58.49
7	Weddle, Jack	Lynchburg	3:59.78
8	Hughes, Joseph	Southern Vir	4:00.74
9	Fellows, Ian	Roanoke	4:01.01
10	Perry, Seth	Roanoke	4:01.04
11	Ammon, Elias	Roanoke	4:01.07
12	Warner, Ryan	Lynchburg	4:02.00
13	Jackson, Aiden	St. Vincent	4:02.26
14	DeLoach, Will	Washington a	4:03.00
15	Garis, Matt	Roanoke	4:03.14
16	Bricker, Thomas	Misericordia	4:04.00

17	Diemoz, Luke	Lynchburg	4:05.04
18	Mantooth, Jamison	Lynchburg	4:06.45
19	Herklotz, Carter	Lynchburg	4:06.96
20	Franklin, Thomas	Washington a	4:07.00
21	Raynor, Jordan	St. Vincent	4:08.11
22	Coombes, Jackson	Roanoke	4:08.52
23	Chandler, Kedryn	Southern Vir	4:09.17
24	Maters, Chase	Lynchburg	4:09.17

Event 23 Men 3000 Meter Run**Saturday 3/22/2025 - 1:40 PM**

	Name	School	Seed Time
1	Sterne, Row	Washington a	8:39.51
2	Perry, Seth	Roanoke	8:42.00
3	Fellows, Ian	Roanoke	8:42.00
4	Garis, Matt	Roanoke	8:42.00
5	Daunt, Sam	Washington a	8:44.56
6	Franklin, Thomas	Washington a	8:45.00
7	Patterson, Tim	St. Vincent	8:45.45
8	Dunaway, William	Washington a	8:50.00
9	Ammon, Elias	Roanoke	8:50.00
10	Coombes, Jackson	Roanoke	8:53.00
11	Cupps, Bennett	Bridgewater	8:54.95
12	Hudson, Carter	Lynchburg	9:28.33
13	Bishop, Kellen	Roanoke	9:35.00
14	Woodley, Joshua	Roanoke	9:35.00
15	Meraz, Trey	Southern Vir	9:45.00

Event 119 Men 5000 Meter Run Invite**Friday 3/21/2025 - 6:10 PM**

	Name	School	Seed Time
1	Hunt, Chasen	Lynchburg	14:20.00
2	Rush, Keaton	Washington a	14:20.00
3	Llaneza, Sam	Lynchburg	14:25.78
4	Cooper, Robert	Washington a	14:30.00
5	Hotung-Davidsen, Tor	Lynchburg	14:40.00
6	Jordan, Alex	Lynchburg	14:48.39
7	Hurst, Cooper	Lynchburg	14:52.20
8	May, Dylan	Southern Vir	14:52.82
9	Kovacevic, Marko	Lynchburg	14:54.72
10	Sidebotham, Cameron	Lynchburg	14:55.12
11	Riggle, Aidan	Lynchburg	15:07.70
12	Fernandez, Draven	Lynchburg	15:08.19
13	Slater, Jacob	Case Western	15:12.20
14	Henry, Stephen	Case Western	15:19.49
15	Lombardi, Michael	Case Western	15:27.87
16	Weber, Ryan	Misericordia	15:29.00
17	Shulman, Ryan	Misericordia	15:35.00
18	Paciello, Alex	Lynchburg	15:35.28

Event 19 Men 5000 Meter Run Unseeded**Friday 3/21/2025 - 4:45 PM**

	Name	School	Seed Time
1	Newton, Luke	Washington a	15:44.97
2	Greene, Solomon	Case Western	15:47.52
3	Syms, John	St. Vincent	15:47.67

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	Name	School	Seed Time
4	Miller, Gabe	Bridgewater	15:49.71
5	McKenna, Tavian	Misericordia	15:59.24
6	Counts, Levi	Roanoke	16:27.69
7	Weaver, Garrett	Roanoke	16:27.83
8	Smith, Caleb	Mary Baldwin	16:27.94
9	Shea, Caleb	Misericordia	16:30.00
10	Duncan, Ethan	Bridgewater	16:33.43
11	Thomas, Matthew	St. Vincent	16:47.15
12	Pentel, Aidan	Bridgewater	16:53.86
13	Battistelli, Kenny	St. Vincent	16:56.15
14	Jafarace, Joey	St. Vincent	17:00.00
15	Adamson, Trevor	Roanoke	17:11.93
16	Adamson, Brandon	Bridgewater	17:16.20
17	Buckwalter, Luke	Eastern Menn	17:26.96
18	O'Neil, Charlie	Eastern Menn	17:47.80
19	Facchinato-Sitja, Matias	Case Western	NT

Event 44 Men 10000 Meter Run**Friday 3/21/2025 - 7:35 PM**

	Name	School	Seed Time
1	Riggle, Aidan	Lynchburg	31:28.14
2	Jordan, Alex	Lynchburg	31:30.00
3	Verrett, Colin	Washington a	31:46.71
4	Fernandez, Draven	Lynchburg	32:09.87
5	Paciello, Alex	Lynchburg	32:15.00
6	Sundin, Brady	St. Vincent	32:33.24
7	Raynor, Jeffrey	St. Vincent	33:05.22
8	Wymer, Ethan	St. Vincent	33:06.31
9	McKenna, Tavian	Misericordia	33:12.48
10	Kemp, Kenyon	Southern Vir	34:50.15
11	Parvzian, Cameron	Marymount (V	36:00.00
12	Scialabba, Rory	Misericordia	37:35.57
13	Sidebotham, Cameron	Lynchburg	NT
14	Hughes, Joseph	Southern Vir	NT

Event 7 Men 110 Meter Hurdles**Saturday 3/22/2025 - 2:15 PM**

	Name	School	Seed Time
1	Irwin, Ryan	Muskingum	14.80
2	Graham, Daniel	Roanoke	15.17
3	Hodge, Bryce	Case Western	15.19
4	McGuffey, Owen	Misericordia	15.21
5	Marable, George	Washington a	15.32
6	Jakubowski-Lewis, Daniel	Washington a	15.35
7	Groff, Bryant	Misericordia	15.80
8	Neel, Davis	Roanoke	16.00
9	Bailey, Shaddai	Eastern Menn	16.12
10	Del Pontone, Nickolino	Southern Vir	16.56
11	Zelik, Paxton	Case Western	17.00
12	Vaughn, Will	Washington a	NT
13	Amlacher, Joe	Bridgewater	NT

Event 15 Men 400 Meter Hurdles**Saturday 3/22/2025 - 4:05 PM**

	Name	School	Seed Time
1	Bates, Josh	Case Western	54.48
2	Shaabani, Yusuf	Case Western	54.98
3	Marable, George	Washington a	55.01
4	Jakubowski-Lewis, Daniel	Washington a	55.10
5	McKenna, Ryan	Washington a	55.82
6	Follett, Harrison	Misericordia	56.00
7	Kasischke, Wilson	Washington a	57.45
8	Graham, Daniel	Roanoke	58.27
9	Knick, Dylan	Roanoke	59.13
10	Davis, Diver	Roanoke	1:00.00
11	Brula, Aaron	Case Western	1:00.25
12	Armstrong, Isaac	Southern Vir	1:00.41
13	Glaspie, Jeremiah	Lynchburg	1:02.00
14	Cortez, Angel	Southern Vir	1:05.28
15	Ward, Teague	Roanoke	1:06.31
16	Zelik, Paxton	Case Western	NT

Event 42 Men 3000 Meter Steeplechase**Saturday 3/22/2025 - 1:10 PM**

	Name	School	Seed Time
1	Kishna, Luke	Case Western	9:29.36
2	Ramirez Hannon, Gabe	Roanoke	9:59.00
3	Syms, John	St. Vincent	10:02.63
4	Nash, Victor	Case Western	10:11.14
5	Johnson, Carter	Southern Vir	10:56.74

Event 1 Men 4x100 Meter Relay**Saturday 3/22/2025 - 12:40 PM**

	Team	Relay	Seed Time
1	Washington a	A	42.91
2	Muskingum	A	42.95
3	Marymount (V	A	43.39
4	St. Vincent	A	44.18

Event 21 Men 4x400 Meter Relay**Friday 3/21/2025 - 6:35 PM**

	Team	Relay	Seed Time
1	Washington a	A	3:20.00
2	Eastern Menn	A	3:23.48
3	Muskingum	A	3:24.09
4	Misericordia	A	3:24.15
5	Washington a	B	3:26.00
6	Southern Vir	A	3:26.00
7	St. Vincent	A	3:29.51
8	Misericordia	B	3:35.00
9	Washington a	C	3:35.00
10	Southern Vir	B	3:36.00
11	St. Vincent	B	3:40.00

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Event 40 Men High Jump

Friday 3/21/2025 - 2:15 PM			
Prog 169 174 179 184 189 194 199, then by 3cm			
Name	School	Seed	Mark
1 Lee, Jaren	Lynchburg	1.99m	
2 Rose, Elijah	Lynchburg	1.99m	
3 Birchett, Trey	Bridgewater	1.98m	
4 Roupe, Cody	Roanoke	1.95m	
5 Christman, Thomas	Muskingum	1.91m	
6 Hill, Iverson	Misericordia	1.89m	
7 Gupta, Krish	Case Western	1.85m	
8 Rohrbaugh, Adam	Muskingum	1.82m	
9 Hipp, Aidan	Lynchburg	1.80m	
10 Vaughn, Will	Washington a	1.78m	
11 Perez, Nelson	Misericordia	1.78m	
12 Grant, Clayton	Marymount (V	1.74m	
13 Measel, Lucas	St. Vincent	1.70m	
14 Johnson, Cadyn	Marymount (V	1.62m	
15 Pernell, Jordan	Misericordia	NH	

Event 37 Men Pole Vault

Saturday 3/22/2025 - 11:30 AM			
Prog 341 356 371 386 401 416 431 446 461 476 491			
Name	School	Seed	Mark
1 Langhammer, Evan	Washington a	4.88m	
2 Powell, Julian	Lynchburg	4.67m	
3 Lamarre, Quaylen	Case Western	4.64m	
4 Silvester, Alex	Southern Vir	4.61m	
5 Arnold, Parker	Southern Vir	4.50m	
6 Johnson, McCormick	Southern Vir	4.46m	
7 Martin, Jak	Southern Vir	4.46m	
8 Fazeli, Artin	Case Western	4.35m	
9 McCombs, Dominic	Roanoke	4.31m	
10 Knicely, Walker	Bridgewater	4.28m	
11 Michael, Lukas	Washington a	4.16m	
12 Goldstein, David	Case Western	4.09m	
13 Berman, Joshua	Case Western	4.05m	
14 Hennessy, Thomas	Bridgewater	4.01m	
15 Mast, Micah	Eastern Menn	4.01m	
16 Bastow, Cliff	Southern Vir	4.01m	
17 Spillman, Troy	Washington a	3.77m	
18 Rai, Utshab	Bridgewater	3.71m	
19 King, Colin	Bridgewater	3.55m	
20 Rohrbaugh, Adam	Muskingum	3.51m	
21 Newsome, Reed	Southern Vir	3.30m	
22 Vaughn, Will	Washington a	3.00m	
23 Graham, Daniel	Roanoke	NH	

Event 29 Men Long Jump

Friday 3/21/2025 - 12:00 PM			
Name	School	Seed	Mark
1 Brunelle, Matthieu	Misericordia	7.18m	
2 Lamb, Lauchnor	Bridgewater	6.72m	
3 Browne, Ian	Bridgewater	6.65m	
4 Lacayo, Daven	Lynchburg	6.61m	

5	Gastrich, Trey	Muskingum	6.60m
6	Olson, Troy	Case Western	6.57m
7	Mauer, Ty	Lynchburg	6.56m
8	Fazeli, Artin	Case Western	6.56m
9	Pessoa, Marcone	Marymount (V	6.44m
10	Hill, Iverson	Misericordia	6.42m
11	Christman, Thomas	Muskingum	6.37m
12	Pernell, Jordan	Misericordia	6.37m
13	Vaughn, Will	Washington a	6.35m
14	Haynes, Patrick	Washington a	6.28m
15	Geoffrion, Pierre-Andre	Case Western	6.27m
16	Evans, Connor	Case Western	6.25m
17	Taylor, Blake	Southern Vir	6.24m
18	Knick, Dylan	Roanoke	6.13m
19	Gupta, Krish	Case Western	6.06m
20	Falls, Kyle	Marymount (V	6.06m
21	Bonds, Damarion	Southern Vir	6.03m
22	Olea, Zafit	Marymount (V	5.48m
23	Small, Fidel	Washington a	ND
24	Perez, Nelson	Misericordia	ND
25	Tomlinson, Trey	Roanoke	ND

Event 31 Men Triple Jump

Saturday 3/22/2025 - 1:30 PM			
Name	School	Seed	Mark
1 Brunelle, Matthieu	Misericordia	14.07m	
2 Hinton, Demitri	Lynchburg	13.88m	
3 Mosley, D'Monte	Lynchburg	13.56m	
4 Small, Fidel	Washington a	13.55m	
5 Haynes, Patrick	Washington a	13.45m	
6 Armstrong, Isaac	Southern Vir	13.09m	
7 Bonds, Damarion	Southern Vir	13.06m	
8 Evans, Connor	Case Western	12.78m	
9 Olson, Troy	Case Western	12.56m	
10 Tomlinson, Trey	Roanoke	12.53m	
11 Suraci, Evan	St. Vincent	12.04m	
12 Pascual, Ryan	Southern Vir	12.04m	
13 Gupta, Krish	Case Western	ND	
14 Roupe, Cody	Roanoke	ND	

Event 35 Men Shot Put

Saturday 3/22/2025 - 10:00 AM			
Name	School	Seed	Mark
1 Knight, Will	Washington a	15.34m	
2 Flores, Jesus	Bridgewater	15.31m	
3 Smith, Michael	Bridgewater	15.17m	
4 Langsner, Tobias	Case Western	14.84m	
5 Thomas, Nathan	Muskingum	14.42m	
6 Brown, Brayden	Misericordia	14.41m	
7 Bajski, Stevan	Washington a	14.40m	
8 McKinney, O'Keefe	Washington a	14.29m	
9 Avigliano, Leo	Washington a	13.92m	
10 Sarsfield, Jim	Roanoke	13.33m	
11 Harris, Antonio	Bridgewater	13.28m	
12 Leichty, Grant	Eastern Menn	13.00m	
13 Jackson, Will	Muskingum	12.95m	

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Event 35 ... (Men Shot Put)

	Name	School	Seed Mark
14	Bailey, Jared	St. Vincent	12.72m
15	Vigus, Aidan	Roanoke	12.66m
16	Gihl, Stephen	Misericordia	12.39m
17	Facchino, Bryton	Southern Vir	12.36m
18	Goodbar, McKinley	Bridgewater	12.08m
19	Hoffman, Bryce	Bridgewater	11.79m
20	Solanki, Ishaan	Case Western	11.23m
21	Lacroix, Omarion	Mary Baldwin	11.09m
22	Hughes, Evyn	Roanoke	11.04m
23	Lee, Mason	Case Western	11.03m
24	Navarro, Fiell	Bridgewater	10.40m
25	Adams, Daxton	Southern Vir	10.06m
26	Smith, Hunter	Misericordia	9.82m
27	Trapp, Lincoln	Southern Vir	9.68m
28	Lawson, Mathew	Eastern Menn	9.26m
29	Shuey, Zach	St. Vincent	9.25m
30	Ramos, Will	Eastern Menn	8.31m
31	Kue, Joshua	Case Western	ND

Event 33 Men Discus Throw

Saturday 3/22/2025 - 3:00 PM

	Name	School	Seed Mark
1	Smith, Michael	Bridgewater	47.41m
2	Novak, Evan	Washington a	44.20m
3	Avigliano, Leo	Washington a	44.04m
4	Knight, Will	Washington a	43.89m
5	McCormick, Andy	Lynchburg	41.00m
6	Jackson, Will	Muskingum	40.75m
7	Harris, Antonio	Bridgewater	40.34m
8	Hoffman, Bryce	Bridgewater	39.93m
9	McKinney, O'Keefe	Washington a	38.26m
10	Langsner, Tobias	Case Western	38.17m
11	Leichty, Grant	Eastern Menn	37.63m
12	Agyemang, Kwabena	Case Western	37.49m
13	Brown, Brayden	Misericordia	36.60m
14	Gihl, Stephen	Misericordia	35.49m
15	Evans, Connor	Case Western	35.12m
16	Sarsfield, Jim	Roanoke	32.93m
17	Duncan, Ryan	Bridgewater	32.46m
18	Amato, Zachary	Muskingum	31.28m
19	Schreier, Chance	Case Western	28.40m
20	Lee, Mason	Case Western	27.57m
21	Facchino, Bryton	Southern Vir	22.59m
22	Bailey, Jared	St. Vincent	ND
23	Shuey, Zach	St. Vincent	ND
24	Thomas, Nathan	Muskingum	ND
25	Flynn, Joe	Bridgewater	ND
26	Hughes, Evyn	Roanoke	ND
27	Goodbar, McKinley	Bridgewater	ND
28	Golenko, Nick	Bridgewater	ND
29	Beus, Dallan	Southern Vir	ND
30	Raynor, Jeffrey	St. Vincent	ND
31	Mitchell, Scott	Misericordia	ND
32	Owens, Konor	Southern Vir	ND

Event 25 Men Hammer Throw

Friday 3/21/2025 - 1:30 PM

	Name	School	Seed Mark
1	Smith, Michael	Bridgewater	57.81m
2	Gihl, Stephen	Misericordia	52.02m
3	Sarsfield, Jim	Roanoke	48.32m
4	Novak, Evan	Washington a	47.85m
5	Flores, Jesus	Bridgewater	45.14m
6	Jackson, Will	Muskingum	43.35m
7	Langsner, Tobias	Case Western	41.49m
8	Hoffman, Bryce	Bridgewater	38.54m
9	Harris, Antonio	Bridgewater	38.22m
10	McCormick, Andy	Lynchburg	37.73m
11	Solanki, Ishaan	Case Western	35.04m
12	Duncan, Ryan	Bridgewater	34.83m
13	Agyemang, Kwabena	Case Western	34.51m
14	Facchino, Bryton	Southern Vir	33.31m
15	Vigus, Aidan	Roanoke	32.30m
16	Vye, Andrew	Case Western	32.00m
17	Schreier, Chance	Case Western	29.32m
18	Ramos, Will	Eastern Menn	23.38m
19	Opp, Nolan	Southern Vir	ND
20	Golenko, Nick	Bridgewater	ND
21	Adams, Daxton	Southern Vir	ND
22	Goodbar, McKinley	Bridgewater	ND
23	Avigliano, Leo	Washington a	ND
24	Navarro, Fiell	Bridgewater	ND
25	Leichty, Grant	Eastern Menn	ND
26	Flynn, Joe	Bridgewater	ND
27	Smith, Hunter	Misericordia	ND

Event 27 Men Javelin Throw

Saturday 3/22/2025 - 12:30 PM

	Name	School	Seed Mark
1	Opp, Nolan	Southern Vir	51.06m
2	Makowski, Brandon	Washington a	49.54m
3	Birchett, Trey	Bridgewater	48.72m
4	Solanki, Ishaan	Case Western	45.82m
5	Jackson, Will	Muskingum	45.01m
6	Alderman, Cy	Bridgewater	44.22m
7	Mauer, Ty	Lynchburg	42.00m
8	Trapp, Lincoln	Southern Vir	41.17m
9	Amato, Zachary	Muskingum	40.05m
10	Schreier, Chance	Case Western	39.76m
11	Vigus, Aidan	Roanoke	39.69m
12	Bajski, Stevan	Washington a	39.20m
13	Bannasch, Tristen	Mary Baldwin	37.49m
14	Spillman, Troy	Washington a	36.99m
15	Christman, Thomas	Muskingum	34.10m
16	Lawson, Mathew	Eastern Menn	32.45m
17	Lacroix, Omarion	Mary Baldwin	30.00m
18	Vye, Andrew	Case Western	29.10m
19	Rahman, Samir	Marymount (V	22.44m
20	Kue, Joshua	Case Western	ND
21	Peede, Tommy	Southern Vir	ND

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Event 27 ...(Men Javelin Throw)			
	Name	School	Seed Mark
22	James, Aden	Southern Vir	ND
23	Bauerline, Connor	St. Vincent	ND
24	Adams, Daxton	Southern Vir	ND