

D1 Pre-Nationals - 2/13/2026 to 2/14/2026

Virginia Beach Sports Center

Results

Women 60 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1	Ufodiana, Kelly	SO East Carolin	7.31q
2	Johnson, Haniyyah	SR Mount Olive	7.53q
3	Shular, Daisha	FR East Carolin	7.55q
4	Oku, Gifty	SR Coppin State	7.56q
5	Sutton, Melanne	JR N.C. Central	7.57q
6	Elliott, Kailey	JR East Carolin	7.58q
7	Hall, Brandy	SR Norfolk Stat	7.59q
8	Wike, Asiah	JR Norfolk Stat	7.64q
9	Miller, Tresta	FR SC State	7.65
10	Bryant, Ti'asia	JR North Caroli	7.66
11	Robinson, Brooklyn	SR Norfolk Stat	7.66
12	Daniels, Kaydence	FR N.C. Central	7.66
13	Ramsey, Jaidyn	SR East Carolin	7.67
14	Manser, Loreena	SO California (7.68
15	Minor, Dakota	JR East Carolin	7.69
16	Speller, Amilia	FR East Carolin	7.76
17	Lovett, Taiya	FR Bryant & Str	7.77
18	Turner, Deshay	FR East Carolin	7.79
19	Wooten, Kamiyah	JR North Caroli	7.79
20	Tighe, Riley	SO California (7.83
21	Heard, Jamese	SO SC State	7.87
22	Stansbury, Jamayla	JR Maryland-Eas	7.88
23	Olakunle, Lore	JR Villanova	7.88
24	Galbreath, Nya	FR North Caroli	7.92
25	Arnold, Channing	SO N.C. Central	7.92
26	Miller, Breshauna	SO Richard Blan	7.94
27	Muse, J'Miaya	SO Richard Blan	7.94
28	Pecon, Alessandra	JR California (7.99
29	Franklin, Jessica	SO Hagerstown C	8.01
30	Mercurius, Amanda	FR California (8.05
31	Hoggard, Lyric	SR Virginia Wes	8.11
32	Wills, heaven	FR Richard Blan	8.17
33	Bundrage, Kiara	SO SC State	8.26
34	Wilson, Dream	FR Coppin State	8.51
35	Wells, Shylah	JR Regent Unive	8.80
36	Olojo, Elizabeth	FR Regent Unive	8.85
37	Foose, Jordana	SO Regent Unive	9.00
38	Ward, V'Kaylynn	SO Voorhees	9.03

Women 60 Meter Dash

Name	Yr	School	Finals
Finals			
1	Ufodiana, Kelly	SO East Carolin	7.33
2	Sutton, Melanne	JR N.C. Central	7.46
3	Hall, Brandy	SR Norfolk Stat	7.52
4	Oku, Gifty	SR Coppin State	7.52
5	Elliott, Kailey	JR East Carolin	7.57
6	Wike, Asiah	JR Norfolk Stat	7.60
7	Shular, Daisha	FR East Carolin	7.84

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1	Ufodiana, Kelly	SO East Carolin	23.07
2	Harris, Futoria	SO Mount Olive	24.36
3	Roberts, Heavan	JR Mount Olive	24.43
4	Harvey, Serenity	FR Mount Olive	24.46
5	Turner, Deshay	FR East Carolin	24.51
6	Clayton, Brianna	SR East Carolin	24.52
7	Manser, Loreena	SO California (24.57
8	Wooten, Kamiyah	JR North Caroli	24.62
9	Sutton, Melanne	JR N.C. Central	24.63
10	Daniels, Kaydence	FR N.C. Central	24.63
11	Carpenter, Laila	FR Hampton	24.63
12	Elliott, Kailey	JR East Carolin	24.65
13	Burrell, Autumn	SO Norfolk Stat	24.70
14	Minor, Dakota	JR East Carolin	24.81
15	Slate, Essence	SR Mount Olive	24.83
16	Miller, Tresta	FR SC State	24.88
17	Moore, T'Sheylah	JR N.C. Central	25.06
18	Gilmer, Arriah	JR Hampton	25.16
19	Wike, Asiah	JR Norfolk Stat	25.21
20	Drumwright, Payton	FR Unattached	25.37
21	Heard, Jamese	SO SC State	25.48
22	Sanders, Lakeiya	FR Mount Olive	25.49
23	Baccus, Nyree	SR N.C. Central	25.50
24	Speller, Amilia	FR East Carolin	25.57
25	Williams, TyQwasia	JR SC State	25.63
26	Mercurius, Amanda	FR California (25.63
27	Lewis, Nevaeh	FR Norfolk Stat	25.64
28	Yetunde, Olayinka	FR Hampton	25.77
29	Arnold, Channing	SO N.C. Central	25.85
30	Inman, Macie	SO Mount Olive	25.93
31	Galbreath, Nya	FR North Caroli	25.96
32	Franklin, Jessica	SO Hagerstown C	26.00
33	Tighe, Riley	SO California (26.19
34	Macher, Jadyne	FR Hagerstown C	26.20
35	Harris, Kristin	FR Bryant & Str	26.27
36	Oldham, Saniya	FR Bryant & Str	26.29
37	Singleton, Nia	SO SC State	26.38
38	Davenport-White, Karima	SO Coppin State	26.64
39	Pecon, Alessandra	JR California (26.66
40	Hine, Trinity	JR Mount Olive	26.94
41	Johnson, Ciara	FR Voorhees	27.12
42	Asbury, Emami	SO SC State	27.37
43	Joe, Shania	FR SC State	27.61
44	Gross, Kirsten	SR California (27.73
45	Kersey, Anisah	SR Virginia Wes	27.95
46	Davis, Christy	SO Mount Olive	28.63
47	Brown, Jada	FR Voorhees	28.92
48	Olojo, Elizabeth	FR Regent Unive	29.03
49	Foose, Jordana	SO Regent Unive	29.94

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Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Douglas, Ciara	FR	East Carolin	55.71
2 Carpenter, Laila	FR	Hampton	56.19
3 Gilmer, Arriah	JR	Hampton	56.30
4 Moore, T'Sheyelah	JR	N.C. Central	56.52
5 Clayton, Brianna	SR	East Carolin	56.76
6 Singleton, Nia	SO	SC State	56.96
7 Lovett, Taiya	FR	Bryant & Str	57.20
8 Yetunde, Olayinka	FR	Hampton	57.23
9 Drumwright, Payton	FR	Unattached	57.64
10 Baccus, Nyree	SR	N.C. Central	57.64
11 Ogundairo, Boluwatito	JR	Maryland-Eas	57.65
12 Hall, Saniya	FR	North Caroli	58.18
13 Muse, J'Miaya	SO	Richard Blan	58.34
14 Gayle, Rihanna	SO	Maryland-Eas	58.40
15 Arrington, Jada	FR	Norfolk Stat	58.42
16 Oldham, Saniya	FR	Bryant & Str	58.86
17 Simms, Shennell	SR	Maryland-Eas	59.01
18 Jenkins, Tiara	FR	Bryant & Str	59.16
19 Marquez, Gianna	SR	N.C. Central	59.51
20 Wilson, Tayla	FR	Maryland-Eas	59.71
21 Harris, Kristin	FR	Bryant & Str	1:00.56
22 Priano, Bekah	JR	California (1:00.59
23 Gross, Kirsten	SR	California (1:00.77
24 Everett, Alaila	FR	Bryant & Str	1:00.89
25 Toussaint, Makayla	JR	SC State	1:01.16
26 Asbury, Emani	SO	SC State	1:01.37
27 Hine, Trinity	JR	Mount Olive	1:01.77
28 Franklin, Jessica	SO	Hagerstown C	1:02.49
29 Lee, Jayla	SO	Maryland-Eas	1:02.49
30 Joe, Shania	FR	SC State	1:02.68
31 Sanders, Lakeiya	FR	Mount Olive	1:02.75
32 Burnett, Zaria	FR	N.C. Central	1:03.75
33 Cineas, Chase	FR	Coppin State	1:04.15
34 Kersey, Anisah	SR	Virginia Wes	1:07.06
35 Johnson, Ciara	FR	Voorhees	1:08.58
36 Brown, Jada	FR	Voorhees	1:11.36

Women 600 Meter Run

Name	Yr	School	Finals
Finals			
1 King, Kylee	SO	Hampton	1:33.07
2 Savage, Avah	FR	Hampton	1:33.84
3 Wilson, Mekayla	SR	Hampton	1:34.10
4 Warren, Nia	SR	Hampton	1:34.55
5 Runge, Alannah	FR	Hampton	1:36.18

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Pistner, Gabby	FR	Villanova	2:11.66
2 O'Leary, Caelen	JR	Villanova	2:12.25
3 Trainer, Therese	JR	Villanova	2:13.52

4 Jackson, Laila	SR	N.C. Central	2:13.84
5 Johnson, Kayla	SR	N.C. Central	2:13.86
6 Schweitzer, Abrielle	JR	East Carolin	2:14.43
7 Mead, Madelyn	SO	East Carolin	2:15.67
8 Kenneh, Moamiky	FR	Norfolk Stat	2:17.09
9 Swepson, Victoria	SR	N.C. Central	2:21.79
10 King, Dannielle	JR	Norfolk Stat	2:23.55
11 Fralin, Gabriella	JR	California (2:25.24
12 Butler, Gabrielle	FR	Regent Unive	2:25.88
13 Dailey, Amira	FR	Norfolk Stat	2:28.89
14 Williams, TyQwasia	JR	SC State	2:31.26
15 Roebuck, Peyton	FR	Mount Olive	2:33.79
16 Cofone, Ruby	SR	Mount Olive	2:33.89
17 Monga-Rochard, Louise	FR	Regent Unive	2:35.50
18 Snowe, Kendal	FR	Mount Olive	2:41.92
19 Cooper, Sydney	SR	SC State	2:50.21
20 Munoz de Verger, Lola	FR	Mount Olive	2:53.37
21 Harper, Kimora	FR	Voorhees	3:00.12
22 Riley, Tracey	SR	Coppin State	3:00.81
23 Badgett, Victoria	SO	Mount Olive	3:05.64

Women 1 Mile Run

Name	Yr	School	Finals
Finals			
1 Pogue, Kinsey	SR	Villanova	5:08.64
2 Koech, Sonia	JR	Norfolk Stat	5:17.63
3 Elliott, Ava	FR	East Carolin	5:19.18
4 Mann, Kiley	FR	East Carolin	5:19.68
5 Chebet, Abigael	JR	Norfolk Stat	5:20.08
6 Murtland, Madison	SR	California (5:20.55
7 Swepson, Victoria	SR	N.C. Central	5:25.61
8 McDowell, Navi	SO	N.C. Central	5:29.54
9 Fisher, Abigail	SR	Maryland-Eas	5:30.16
10 Dailey, Amira	FR	Norfolk Stat	5:34.41
11 Wyatt, Jahmei		Unattached	5:39.88
12 Alibey, Mckenzie	SR	Maryland-Eas	5:51.24
13 Monga-Rochard, Louise	FR	Regent Unive	5:58.03
14 Harper, Kimora	FR	Voorhees	7:34.32
--- Kenneh, Moamiky	FR	Norfolk Stat	DNF

Women 3000 Meter Run

Name	Yr	School	Finals
Finals			
1 Schweitzer, Abrielle	JR	East Carolin	9:41.95
2 Ford, Katrina	JR	East Carolin	9:43.17
3 McCullough, Kaylee	SR	East Carolin	9:44.72
4 Zar, Ester	FR	Virginia Wes	10:24.16
5 Mann, Kiley	FR	East Carolin	10:40.88
6 Elliott, Ava	FR	East Carolin	10:41.81
7 Dennard, Alitza	JR	N.C. Central	10:43.89
8 Peck, Abby	JR	Virginia Wes	11:14.40

Women 5000 Meter Run

Name	Yr	School	Finals
Finals			
1 Zar, Ester	FR	Virginia Wes	17:52.21

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Finals ... (Women 5000 Meter Run)

Name	Yr	School	Finals
2 Perozzi, Rosalyn	JR	California (18:40.14
3 Dennard, Alitza	JR	N.C. Central	18:46.81
4 Peck, Abby	JR	Virginia Wes	19:03.13

Women 60 Meter Hurdles

Name	Yr	School	Prelims
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Preliminaries

1 Elliott, Kailey	JR	East Carolin	8.16q
2 Robinson, Brooklyn	SR	Norfolk Stat	8.32q
3 Johnson, Haniyyah	SR	Mount Olive	8.55q
4 Rice, Zionn	SR	Hampton	8.62q
5 Brown-Muhammad, Aaliyah	JR	East Carolin	8.70q
6 PenaSoto, Carmen	SO	Hampton	8.78q
7 Smalls, Keira	SO	SC State	8.88q
8 Hasan, Layla	FR	Hampton	8.92q
9 Evans, Saniyah	SO	Hampton	8.99
10 Burnett, Zaria	FR	N.C. Central	8.99
11 Jackson, Alisha	SO	Bryant & Str	9.02
12 South, Tajhana	FR	SC State	9.04
13 Evans, Lynzi	FR	Maryland-Eas	9.06
14 Bundrage, Kiara	SO	SC State	9.17
15 Everett, Alaila	FR	Bryant & Str	9.20
16 Davenport-White, Karima	SO	Coppin State	9.22
17 Clay, Oriyah	FR	Maryland-Eas	9.26
18 Thomas, Ariell	FR	Coppin State	9.28
19 Williams, Michael'Michelle	FR	SC State	9.34
20 Neutzling, Camille	SO	California (9.45
21 Neal-Smith, Angel	FR	Bryant & Str	9.81
22 Moser, Kristi	SO	Regent Unive	9.93
23 Ward, V'Kaylynn	SO	Voorhees	10.78

Women 60 Meter Hurdles

Name	Yr	School	Finals
1 Elliott, Kailey	JR	East Carolin	8.18
2 Robinson, Brooklyn	SR	Norfolk Stat	8.24
3 Brown-Muhammad, Aaliyah	JR	East Carolin	8.51
4 Rice, Zionn	SR	Hampton	8.56
5 PenaSoto, Carmen	SO	Hampton	8.60
6 Smalls, Keira	SO	SC State	8.76
7 Johnson, Haniyyah	SR	Mount Olive	8.78
8 Hasan, Layla	FR	Hampton	8.84

Women 4x400 Meter Relay

Team	Relay	Finals
1 East Carolina	A	3:44.08
1) Douglas, Ciara FR	2) Elliott, Kailey JR	
3) Clayton, Brianna SR	4) Ufodiama, Kelly SO	
2 North Caroli	A	3:47.86
1) Hall, Saniya FR	2) Wooten, Kamiyah JR	
3) Bryant, Ti'asia JR	4) Stanford, NaQuayla FR	

3 East Carolina	B	3:50.36
1) Turner, Deshay FR	2) Minor, Dakota JR	
3) Mead, Madelyn SO	4) Speller, Amilia FR	
4 Norfolk State	A	3:53.80
1) Arrington, Jada FR	2) King, Dannielle JR	
3) Lewis, Nevaeh FR	4) Kenneh, Moamiky FR	
5 Coppin State	A	4:18.20
1) Wooten, Danielle FR	2) Bain, Zeana SO	
3) Cineas, Chase FR	4) Kwartemaa, Benidicta JR	

Women Distance Medley

Team	Relay	Finals
1 N.C. Central	A	12:31.24
1) Jackson, Laila SR	2) Johnson, Kayla SR	
3) Swepson, Victoria SR	4) McDowell, Navi SO	
2 Norfolk State	A	12:50.23
1) Koech, Sonia JR	2) King, Dannielle JR	
3) Dailey, Amira FR	4) Chebet, Abigael JR	
3 California (Pa.)	A	12:53.62
1) Murtland, Madison SR	2) Fralin, Gabriella JR	
3) Priano, Bekah JR	4) Perozzi, Rosalyn JR	

Women High Jump

Name	Yr	School	Finals
1 Key-White, Rachel	FR	N.C. Central	1.72m
1 Shaw, Emmani	SR	Hampton	1.72m
3 Lee, Brianna	SO	California (J1.72m
4 Lucas, Tia	SR	N.C. Central	1.67m
5 South, Tajhana	FR	SC State	1.62m
6 Mahle, Emily	JR	California (1.57m
7 Boehm, Charlotte	FR	Mount Olive	1.52m
7 Bain, Zeana	SO	Coppin State	1.52m
9 Dailey, Kyla	FR	SC State	1.47m
10 Plummer, Maria	JR	Virginia Wes	1.42m
10 Inman, Macie	SO	Mount Olive	1.42m
--- Valdez, Lael	JR	SC State	NH

Women Pole Vault

Name	Yr	School	Finals
1 Woodward, Adeline	SO	East Carolin	3.48m
2 Svetiev, Emma	FR	Norfolk Stat	3.18m
3 Stabile, Angelina	FR	SC State	J3.18m
4 Lexa, Hunter	JR	Norfolk Stat	J3.18m
5 Renelus, Fabienne	FR	Unattached	2.43m
6 Cooper, Sydney	SR	SC State	2.28m

Women Long Jump

Name	Yr	School	Finals
1 James, Danielle	JR	Hampton	6.05m
2 Manser, Loreena	SO	California (5.97m
3 Hawaaboo, Kira	JR	East Carolin	5.89m
4 Jefferson, Caylie	SO	Hampton	5.88m

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Finals ... (Women Long Jump)

Name	Yr	School	Finals
5 Evans, Saniyah	SO	Hampton	5.71m
6 Ayim, Yowome	FR	Norfolk Stat	5.68m
7 Johnson, Naomi	FR	SC State	J5.68m
8 Key-White, Rachel	FR	N.C. Central	5.58m
9 Etienne, Alice	SR	California (5.43m
10 Lopez del Valle, Mariana	FR	Villanova	5.32m
11 Smith, Jenny	SO	Villanova	J5.32m
12 Daniels, Kaydence	FR	N.C. Central	J5.32m
13 Scott, Michelle	SO	Norfolk Stat	5.24m
14 Bain, Zeana	SO	Coppin State	5.18m
15 Stanford, NaQuayla	FR	North Caroli	5.16m
16 Arnold, Channing	SO	N.C. Central	5.13m
17 Prucien, Jonysha	SR	Maryland-Eas	5.12m
18 Norman, Indya	FR	Coppin State	4.86m
19 Hampton, Alani	FR	Virginia Wes	4.85m
20 Simms, Lyee	JR	Maryland-Eas	4.76m
21 Hickman, Dakota	FR	Maryland-Eas	4.73m
22 Wilson, Tayla	FR	Maryland-Eas	4.72m
23 Moser, Kristi	SO	Regent Unive	4.57m
24 Johnson, Serenitie	FR	Mount Olive	4.25m
25 Woods, Rachael	FR	N.C. Central	4.17m
26 Wells, Shylah	JR	Regent Unive	3.98m
27 Olojo, Elizabeth	FR	Regent Unive	3.91m
--- Bryant, Janara	SO	Mount Olive	FOUL
--- Vandervoort, Emersyn	FR	Regent Unive	FOUL
--- Floyd, Zayre	SO	Norfolk Stat	FOUL

Women Triple Jump

Name	Yr	School	Finals
1 Spencer, Faith	JR	East Carolin	12.76m
2 Bryant, Janara	SO	Mount Olive	12.51m
3 Etienne, Alice	SR	California (12.09m
4 James, Danielle	JR	Hampton	11.98m
5 Gray, Arden	FR	Hampton	11.83m
6 Smith, Gina	JR	Villanova	11.78m
7 Jackson, Alisha	SO	Bryant & Str	11.68m
8 Ayim, Yowome	FR	Norfolk Stat	11.65m
9 Johnson, Naomi	FR	SC State	11.52m
10 Dailey, Kyla	FR	SC State	11.25m
11 Everett, Alaila	FR	Bryant & Str	11.24m
12 Key-White, Rachel	FR	N.C. Central	11.21m
13 Johnson, Serenitie	FR	Mount Olive	11.15m
14 Lucas, Tia	SR	N.C. Central	11.13m
15 Shaw, Emmani	SR	Hampton	11.06m
16 Neal-Smith, Angel	FR	Bryant & Str	10.91m
17 Scott, Michelle	SO	Norfolk Stat	10.69m
18 Floyd, Zayre	SO	Norfolk Stat	10.61m
19 Riedel, Skylar	SR	California (10.51m
20 Griffin, Katelyn	SO	Virginia Wes	10.00m
21 Hampton, Alani	FR	Virginia Wes	9.74m
--- Richards, Woizero	SR	Coppin State	FOUL
--- Jefferson, Caylie	SO	Hampton	FOUL

Women Shot Put

Name	Yr	School	Finals
1 Solmon, Rochele	JR	Hampton	15.22m
2 Bryson, Mia	FR	Hampton	13.56m
3 Dupreez, Anika	FR	East Carolin	12.74m
4 Dulaney, Macy	FR	East Carolin	12.58m
5 Swanson, Mackenzie	SR	Virginia Wes	12.21m
6 Mayes, Amanti	SO	Norfolk Stat	11.66m
7 Grena, Isabelle	SO	Mount Olive	11.52m
8 Tewksbury, Gianna	FR	California (11.43m
9 Colwell, Jasmine	SO	Mount Olive	11.21m
10 Hall, Kenya	SR	N.C. Central	11.13m
11 Burrell, Kaleese	FR	SC State	11.02m
12 Randolph, Aniah	FR	Voorhees	10.79m
13 Andrews, Naa'Irah	SO	N.C. Central	10.52m
14 Perry, Raniya	SR	Coppin State	10.45m
15 Durand, Zantia	JR	Virginia Wes	10.25m
16 Griffith, Blair	FR	Coppin State	10.18m
17 McCann, Jing	SR	California (10.16m
18 Telfaire, Mackenna	FR	N.C. Central	9.94m
19 Schottin, Bailey	SO	Virginia Wes	9.72m
20 Cole, Mikaela	FR	Regent Unive	9.52m
21 Hubbard, Zacarah	FR	Regent Unive	9.44m
22 Taylor, Kailah	FR	Mount Olive	9.37m
23 Codner, Anthonise	FR	Coppin State	8.78m
24 Hill, Daesha	FR	Regent Unive	8.46m
25 Hopkins, LaTanya	FR	Regent Unive	8.17m
26 Hill, Desi	FR	Virginia Wes	8.02m
27 Turner, Jade	FR	Virginia Wes	7.66m
28 Wilson, Dream	FR	Coppin State	7.43m

Women Weight Throw

Name	Yr	School	Finals
1 Williams, Damali	JR	Hampton	17.50m
2 Baylor, Anna	FR	East Carolin	16.49m
3 Simmons, Lydia	SO	East Carolin	16.41m
4 Graham, Jaida	JR	Hampton	16.31m
5 Grena, Isabelle	SO	Mount Olive	15.47m
6 Yangue, Belvia Ann	JR	Hampton	14.66m
7 Colwell, Jasmine	SO	Mount Olive	14.46m
8 McCann, Jing	SR	California (13.86m
9 Hall, Kenya	SR	N.C. Central	13.37m
10 Riley, Kaena	SO	Norfolk Stat	13.14m
11 Mayes, Amanti	SO	Norfolk Stat	12.72m
12 Tewksbury, Gianna	FR	California (12.45m
13 Valdez, Lael	JR	SC State	12.21m
14 Odom, Savannah	FR	Mount Olive	12.13m
15 Spencer, Kayla	SO	Norfolk Stat	12.05m
16 Swanson, Mackenzie	SR	Virginia Wes	11.80m
17 Taylor, Kailah	FR	Mount Olive	11.51m
18 Burrell, Kaleese	FR	SC State	10.99m
19 Griffith, Blair	FR	Coppin State	10.23m
20 Telfaire, Mackenna	FR	N.C. Central	9.94m

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Finals ... (Women Weight Throw)

Name	Yr	School	Finals
21 Hill, Daesha	FR	Regent Unive	9.23m
22 Ducker, Amia	SR	Maryland-Eas	9.04m
23 Hopkins, LaTanya	FR	Regent Unive	8.89m
24 Hill, Desi	FR	Virginia Wes	8.61m
25 Bailey, Julianna	FR	N.C. Central	8.56m
26 Turner, Jade	FR	Virginia Wes	7.68m
27 Hubbard, Zacarah	FR	Regent Unive	4.57m
--- Cole, Mikaela	FR	Regent Unive	FOUL

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals
1 Macher, Jady	FR	Hagerstown C	2:32.59 661
2 Louis, DeAuna	FR	Hampton	2:33.59 649
3 Lydsdottir, Sara Kristin	FR	Mount Olive	2:43.23 536
4 Dockman, Jaeda	FR	California (2:44.46 523
5 Cooper, Shyla	SO	Richard Blan	2:51.44 449
6 Shaw, Essence	SR	Norfolk Stat	2:56.56 398
7 Dyer, Daena	JR	Norfolk Stat	3:05.56 315
8 Cage, Jalynn	FR	SC State	3:12.40 259
9 Hatcher, Jada	SO	Richard Blan	3:14.76 240

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals
1 Dyer, Daena	JR	Norfolk Stat	8.98 914
2 Louis, DeAuna	FR	Hampton	9.00 910
3 Hatcher, Jada	SO	Richard Blan	9.10 889
4 Cooper, Shyla	SO	Richard Blan	9.11 887
5 Shaw, Essence	SR	Norfolk Stat	9.20 869
6 Lydsdottir, Sara Kristin	FR	Mount Olive	9.40 828
7 Cage, Jalynn	FR	SC State	10.20 675
8 Dockman, Jaeda	FR	California (10.22 672
9 Macher, Jady	FR	Hagerstown C	10.71 585

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals
1 Lydsdottir, Sara Kristin	FR	Mount Olive	1.60m 736
2 Shaw, Essence	SR	Norfolk Stat	1.57m 701
2 Louis, DeAuna	FR	Hampton	1.57m 701
4 Macher, Jady	FR	Hagerstown C	1.54m 666
5 Dockman, Jaeda	FR	California (1.51m 632
6 Cooper, Shyla	SO	Richard Blan	1.45m 566
7 Dyer, Daena	JR	Norfolk Stat	1.42m 534
8 Cage, Jalynn	FR	SC State	1.39m 502
9 Hatcher, Jada	SO	Richard Blan	1.33m 439

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals
1 Cooper, Shyla	SO	Richard Blan	5.52m 706
2 Lydsdottir, Sara Kristin	FR	Mount Olive	5.46m 688
3 Shaw, Essence	SR	Norfolk Stat	5.37m 663

4 Macher, Jady	FR	Hagerstown C	5.33m 651
5 Hatcher, Jada	SO	Richard Blan	5.25m 628
6 Louis, DeAuna	FR	Hampton	4.91m 535
7 Cage, Jalynn	FR	SC State	4.88m 527
8 Dockman, Jaeda	FR	California (4.74m 490
9 Dyer, Daena	JR	Norfolk Stat	4.50m 428

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Yr	School	Finals
1 Shaw, Essence	SR	Norfolk Stat	9.77m 514
2 Lydsdottir, Sara Kristin	FR	Mount Olive	9.64m 506
3 Louis, DeAuna	FR	Hampton	8.36m 423
4 Dyer, Daena	JR	Norfolk Stat	7.42m 362
5 Dockman, Jaeda	FR	California (7.41m 361
6 Cage, Jalynn	FR	SC State	7.34m 357
7 Cooper, Shyla	SO	Richard Blan	7.15m 345
8 Hatcher, Jada	SO	Richard Blan	6.86m 326
9 Macher, Jady	FR	Hagerstown C	6.47m 301

Women Indoor Pentathlon

Name	Yr	School	Finals
1 Lydsdottir, Sara Kristin	FR	Mount Olive	3294
2 Louis, DeAuna	FR	Hampton	3218
3 Shaw, Essence	SR	Norfolk Stat	3145
4 Cooper, Shyla	SO	Richard Blan	2953
5 Macher, Jady	FR	Hagerstown C	2864
6 Dockman, Jaeda	FR	California (2678
7 Dyer, Daena	JR	Norfolk Stat	2553
8 Hatcher, Jada	SO	Richard Blan	2522
9 Cage, Jalynn	FR	SC State	2320