

2024 VMI Invitational - 1/26/24

Meet Program

#15 Men's 60 Meter Dash Collegiate Prelims

🕒 3:00 PM

Best 8 times advance to Semi-finals

Heat 1

1	#527	Edwards, Jordan	FR	RANDOLPH	7.28
2	#476	White, Zyshone	SO	MOUNT OLIVE	7.18
3	#782	Yeary, Caleb	JR	UVA-WISE	7.13
4	#431	Ford, Justin	FR	MARY WASHINGTON	7.01
5	#117	Kasmi, Amine	FR	CARSON-NEWMAN	7.02
6	#563	Bolich, Elijah	FR	ROANOKE	7.14
7	#919	Grant, Reggie	SO	WINTHROP	7.19
8	#18	Patterson, Jaylen	FR	ALLEN (S.C.)	7.28

Heat 2

1	#42	Isaacs, Joey	SO	BLUEFIELD STATE	7.26
2	#581	Spradlin, Aiden	JR	ROANOKE	7.18
3	#715	Stephens, Josh	JR	TUSCULUM	7.13
4	#164	Tilby, Bradley	FR	COLUMBIA (S.C.)	6.99
5	#6	Burley, Joshua	JR	ALLEN (S.C.)	7.03
6	#824	McBride, Liam	JR	VMI	7.14
7	#622	Newcome, Wyatt	SO	SHENANDOAH	7.19
8	#85	Young, Dhani	FR	BOWIE STATE	7.28

Heat 3

1	#472	Steadman, Khairi	FR	MOUNT OLIVE	7.25
2	#340	Reyes, Isaiah	SO	LENOIR-RHYNE	7.18
3	#810	Garnett, Jacob	FR	VMI	7.10
4	#700	Cunningham, Lansford	FR	TUSCULUM	6.99
5	#917	Frank Jr., Carlos	SO	WINTHROP	7.05
6	#166	Watt-Martin, Jaden	JR	COLUMBIA (S.C.)	7.14
7	#451	Beckett, Trystan	SR	MOUNT OLIVE	7.20
8	#153	Fulwood, Daniel	SO	COLUMBIA (S.C.)	7.31

Heat 4

1	#929	Nvodjo, Shadrach	FR	WINTHROP	7.25
2	#925	King, Shane	FR	WINTHROP	7.17
3	#21	White, Montrell	SR	ALLEN (S.C.)	7.08
4	#121	Lemao, Tshenolo	JR	CARSON-NEWMAN	6.97
5	#251	Hamm, Michael	JR	FERRUM	7.05
6	#236	Winters, Da'Shawn	FR	EASTERN MENNONITE	7.14
7	#776	Dutton, Brayden	FR	UVA-WISE	7.20
8	#420	Vann, Jameel	FR	MARY BALDWIN	7.31

Heat 5

1	#664	Nwaneri, Elvis	JR	SOUTHERN VIRGINIA	7.24
2	#186	Foddrell, Jaidyn	FR	CONCORD	7.17
3	#534	West, Eric	FR	RANDOLPH	7.06
4	#433	Jones II, Jacinto	SO	MARY WASHINGTON	6.96
5	#232	Morgan, Damon	JR	EASTERN MENNONITE	7.05
6	#429	Creadon, Reese	JR	MARY WASHINGTON	7.15
7	#409	Baker, Landon	FR	MARY BALDWIN	7.21
8	#249	Church, Conner	FR	FERRUM	7.34

Heat 6

1	#77	Julien, Quincy	JR	BOWIE STATE	7.24
2	#256	McPherson, DaMauri	SR	FERRUM	7.16
3	#264	Ashton, Gareth	SR	GALLAUDET	7.06
4	#708	Olson, Isaiah	SO	TUSCULUM	6.96
5	#830	Wilks, Jeremiah	JR	VMI	7.05
6	#458	Hammonds, Matthew	JR	MOUNT OLIVE	7.15
7	#151	Calcano, Willy	FR	COLUMBIA (S.C.)	7.23
8	#370	Lacey, Jaidyn	FR	LYNCHBURG	7.35

#16 Women's 60 Meter Dash Collegiate Prelims

🕒 3:10 PM

Best 8 times advance to Semi-finals

Heat 1

1	#951	Reese, Jade	FR	WINTHROP	8.45
2	#177	Shaw, Ashante	FR	COLUMBIA (S.C.)	8.16
3	#37	Walker, Keturah	FR	ALLEN (S.C.)	8.05
4	#510	Fisher, Elyssia	SO	RADFORD	7.88
5	#398	Seward, Aniya	SR	LYNCHBURG	7.90
6	#273	Brown, Oceana	FR	GALLAUDET	8.06
7	#846	Koumondji, Jennifer	FR	VMI	8.17
8	#844	James, Anijah	FR	VMI	8.46

Heat 2

1	#941	Dreher, Saige	FR	WINTHROP	8.42
2	#32	Patterson, Aisha	JR	ALLEN (S.C.)	8.15
3	#629	Anderson, Janelle	JR	SHENANDOAH	8.04
4	#495	Nicholson, LaSira	SO	MOUNT OLIVE	7.87
5	#957	Verner, Raven	SO	WINTHROP	7.90
6	#753	Hudson, Kaleigh	SO	UNC-WILMINGTON	8.06
7	#591	Henderson, Nalonda	FR	ROANOKE	8.20
8	#687	Parker, Addie	SR	SOUTHERN VIRGINIA	8.50

Heat 3

1	#59	Manu, Stephanie	JR	BLUEFIELD STATE	8.40
2	#22	Belk, Amira	FR	ALLEN (S.C.)	8.15
3	#961	Young-Coleman, Katlyn	FR	WINTHROP	8.03
4	#148	Wilson, Tytiana	JR	CARSON-NEWMAN	7.85
5	#482	Campbell, Kiara	FR	MOUNT OLIVE	7.91
6	#590	Gamble, Haylee	SR	ROANOKE	8.08
7	#949	Murray, Aliya	FR	WINTHROP	8.23
8	#36	Vaughn, Phoenix	FR	ALLEN (S.C.)	8.52

Heat 4

1	#892	D'ambrosia, Ashley	JR	WASHINGTON AND LEE	8.40
2	#726	Smith, Kielely	FR	TUSCULUM	8.14
3	#168	Brown, Latrice	FR	COLUMBIA (S.C.)	8.02
4	#355	Udo-Obong, Zanetta	FR	LENOIR-RHYNE	7.85
5	#145	Taylor, Brooke	SO	CARSON-NEWMAN	7.91
6	#593	Hobin, Lindsey	SO	ROANOKE	8.08
7	#535	Langston, Tatianna	FR	RANDOLPH	8.24
8	#446	Lightner, Erin	FR	MARY WASHINGTON	8.54

Heat 5

1	#683	Heward, Riley	SR	SOUTHERN VIRGINIA	8.38
2	#642	Sidoro, Sarah	SO	SHENANDOAH	8.14
3	#756	Montanari, Brylee	SO	UNC-WILMINGTON	8.00
4	#553	Lavelle, Nina	SO	RICHMOND	7.84
5	#354	Priester, Sharonda	FR	LENOIR-RHYNE	7.94
6	#789	Outland, Madison	FR	UVA-WISE	8.09
7	#505	Carter, Dezmajia	SO	RADFORD	8.25
8	#671	Allman, Shandrey	SO	SOUTHERN VIRGINIA	8.55

Heat 6

1	#449	Richards, Allison	FR	MARY WASHINGTON	8.35
2	#600	Poole, Taylor	SR	ROANOKE	8.14
3	#503	Beatty, Sela	SO	RADFORD	8.00
4	#546	Dawson, Alicia	SR	RICHMOND	7.84
5	#210	Holmes, Talayna	SO	CONCORD	7.96
6	#52	Blue, Trinity	SO	BLUEFIELD STATE	8.11
7	#402	Smith, Kiara	JR	LYNCHBURG	8.27
8	#690	Savage, Lia	FR	SOUTHERN VIRGINIA	8.55

Heat 7

1	#946	Lynch, Jaelyn	FR	WINTHROP	8.29
2	#173	Marks, Kwamecia	FR	COLUMBIA (S.C.)	8.14
3	#58	Major, Ja'Delle	FR	BLUEFIELD STATE	7.99
4	#306	Pittman, Jada	SO	GARDNER-WEBB	7.83
5	#298	Cross, Traci	JR	GARDNER-WEBB	7.97
6	#86	Ayukegba, Ashley	FR	BOWIE STATE	8.12
7	#783	Ansley-Cureton, Destiny	SO	UVA-WISE	8.28
8	#421	Bower, Kaitlin	JR	MARY BALDWIN	8.77

Heat 8

1	#407	Wenger, Elizabeth	SR	LYNCHBURG	8.28
2	#222	Williams, Isabelle	FR	CONCORD	8.13
3	#28	Jones, Measha	SO	ALLEN (S.C.)	7.99
4	#838	Green, SeMore	SO	VMI	7.82
5	#25	Garrett, Ty'kira	FR	ALLEN (S.C.)	7.97
6	#592	Hinckley, Eleanor	JR	ROANOKE	8.12
7	#536	Smith, Kendra	JR	RANDOLPH	8.28
8	#262	Beverley, Airiana	JR	FERRUM	8.83

#13 Men's 60m Hurdles Collegiate Prelims

🕒 3:30 PM

Top finisher per heat + next best 4 times advance to Finals

Heat 1

1	#697	Burkey, Hunter	FR	TUSCULUM	9.27
2	#571	Graham, Daniel	SO	ROANOKE	8.87
3	#441	Young, Ethan	JR	MARY WASHINGTON	8.56
4	#122	Patten, Shemar	JR	CARSON-NEWMAN	8.40
5	#285	Peebles, TJ	SO	GARDNER-WEBB	8.44
6	#8	Dunn, Jayden	FR	ALLEN (S.C.)	8.71
7	#576	Knick, Dylan	SO	ROANOKE	8.96
8	#377	Rose, Elijah	FR	LYNCHBURG	9.33

Heat 2

1	#153	Fulwood, Daniel	SO	COLUMBIA (S.C.)	9.21
2	#158	Mungo, Deshawn	FR	COLUMBIA (S.C.)	8.79
3	#343	Sutton, Laim	FR	LENOIR-RHYNE	8.52
4	#337	McGill, Clarence	SO	LENOIR-RHYNE	8.27
5	#342	Stomne, Philip	SR	LENOIR-RHYNE	8.44
6	#780	Reynolds, Maddox	SO	UVA-WISE	8.72
7	#14	Maddox, Alijah	FR	ALLEN (S.C.)	9.02
8	#281	Jones, Mason	SO	GARDNER-WEBB	9.38

Heat 3

1	#226	Bailey, Shaddai	FR	EASTERN MENNONITE	9.20
2	#16	Moss, Jabari	SO	ALLEN (S.C.)	8.76
3	#315	Kelly, Michael	SO	HAGERSTOWN (MD.) CC	8.51
4	#344	Tibolla, Nick	FR	LENOIR-RHYNE	8.21
5	#920	Gresham, Ian	JR	WINTHROP	8.48
6	#937	Wright, Matthew	SO	WINTHROP	8.72
7	#532	Torres, Cole	JR	RANDOLPH	9.02
8	#613	Hudson, Bernard	FR	SHENANDOAH	9.65

Heat 4					
1	#579	Neel, Davis	FR	ROANOKE	9.14
2	#78	Mboup, Fallou	FR	BOWIE STATE	8.76
3	#429	Creadon, Reese	JR	MARY WASHINGTON	8.50
4	#824	McBride, Liam	JR	VMI	8.08
5	#698	Cash, Jamal	SR	TUSCULUM	8.50
6	#261	Steele, Antaveon	FR	FERRUM	8.75
7	#802	Blount, Isaiah	JR	VMI	9.04
8	#666	Parry, Koby	SO	SOUTHERN VIRGINIA	9.84

#14 Women's 60m Hurdles Collegiate

Prelims

🕒 3:45 PM

Top finisher per heat + next best 4 times advance to Finals

Heat 1					
1	#541	Cahill, Alexandra	FR	RICHMOND	10.06
2	#497	Pemberton, Kiwanna	JR	MOUNT OLIVE	9.61
3	#739	Shelton, Kayleigh	SO	UDC	9.24
4	#354	Priester, Sharonda	FR	LENOIR-RHYNE	8.95
5	#522	Robinson, Jaslyne	SO	RADFORD	8.95
6	#841	Hart, Shea	SO	VMI	9.25
7	#745	Crozier-Carole, Emma	FR	UNC-WILMINGTON	9.64
8	#389	Fox, Margo	SO	LYNCHBURG	10.09

Heat 2					
1	#605	Woolwine, Brooklyn	FR	ROANOKE	9.97
2	#310	Vansintemaatensdijk, Isa	FR	GARDNER-WEBB	9.53
4	#721	Green-White, Theresa	SO	TUSCULUM	8.85
5	#756	Montanari, Blylee	SO	UNC-WILMINGTON	8.98
6	#516	Mclvor, Kandace	SO	RADFORD	9.29
7	#501	Vaughan, J'Naya	SO	MOUNT OLIVE	9.68
8	#683	Heward, Riley	SR	SOUTHERN VIRGINIA	10.09

Heat 3					
1	#205	Abdussalaam, Nadiyah	FR	CONCORD	9.89
2	#604	Winston, Cammi	SR	ROANOKE	9.43
3	#29	Moorer, Teleah	SR	ALLEN (S.C.)	9.18
4	#140	Sangare, Kadidja	SO	CARSON-NEWMAN	8.71
5	#56	Kegler, Khrisalyn	SO	BLUEFIELD STATE	9.02
6	#585	Carr, Rebecca	FR	ROANOKE	9.30
7	#671	Allman, Shandrey	SO	SOUTHERN VIRGINIA	9.69
8	#900	Lee, Joanne	FR	WASHINGTON AND LEE	10.20

Heat 4					
1	#762	Ruffin, Amanda	JR	UNC-WILMINGTON	9.74
2	#603	Viers, Olivia	FR	ROANOKE	9.43
3	#175	Pringle, Mackenzie	FR	COLUMBIA (S.C.)	9.17
4	#398	Seward, Aniya	SR	LYNCHBURG	8.65
5	#396	Mohnkern, Betsy	SR	LYNCHBURG	9.02
6	#352	Marr, Miranda	JR	LENOIR-RHYNE	9.39
7	#513	Jones, Johniece	SO	RADFORD	9.70
8	#395	Miller, Anna	FR	LYNCHBURG	10.30

#15 Men's 60 Meter Dash Collegiate

Semifinals

🕒 4:00 PM

Top finisher per heat + next best 5 times advance to Finals

Heat 1					
1	#830	Wilks, Jeremiah	JR	VMI	7.00
2	#117	Kasmi, Amine	FR	CARSON-NEWMAN	6.92
3	#914	Agbeyomi, Toluwayan	SR	WINTHROP	
4	#119	Langlois, Christian	JR	CARSON-NEWMAN	
5	#338	Moss, Sincere	FR	LENOIR-RHYNE	
6	#345	Turner Jr, Royce	SR	LENOIR-RHYNE	
7	#247	Blackburn, Jamaari	FR	FERRUM	
8	#433	Jones II, Jacinto	SO	MARY WASHINGTON	7.02
Heat 2					
1	#708	Olson, Isaiah	SO	TUSCULUM	6.99
2	#17	Myers, Zalyn	SO	ALLEN (S.C.)	
3	#128	Virgo, Quacy	FR	CARSON-NEWMAN	
4	#701	Edwards, Tyrell	SR	TUSCULUM	
5	#608	Crowder, William	SR	SHENANDOAH	
6	#934	Webb, Jonquez	JR	WINTHROP	
7	#267	Gregory, Eric	SR	GALLAUDET	
8	#431	Ford, Justin	FR	MARY WASHINGTON	7.03
Heat 3					
1	#700	Cunningham, Lansford	FR	TUSCULUM	6.98
2	#367	Jones, Jaylen	JR	LYNCHBURG	
3	#569	Fowler, Brady	JR	ROANOKE	
4	#710	Pittman, Marquel	SR	TUSCULUM	
5	#716	Taylor, Jordan	SR	TUSCULUM	
6	#115	Jones, Dawson	SO	CARSON-NEWMAN	
7	#121	Lemao, Tshenolo	JR	CARSON-NEWMAN	6.94
8	#251	Hamm, Michael	JR	FERRUM	7.07

#16 Women's 60 Meter Dash Collegiate

Semifinals

🕒 4:10 PM

Top finisher per heat + next best 5 times advance to Finals

Heat 1

1	#546	Dawson, Alicia	SR	RICHMOND	7.84
2	#542	Clayton, Blaiklyn	FR	RICHMOND	
3	#721	Green-White, Theresa	SO	TUSCULUM	
4	#833	Armstrong, Eleyah	JR	VMI	
5	#479	Asoburuenwu, Chianel	SO	MOUNT OLIVE	
6	#491	Howell, Jamesha	JR	MOUNT OLIVE	
7	#559	Van der westhuizen, Elke	JR	RICHMOND	
8	#838	Green, SeMore	SO	VMI	7.87

Heat 2

1	#553	Lavelle, Nina	SO	RICHMOND	7.84
2	#725	Shelton, Alonda	FR	TUSCULUM	
3	#131	Davis-gainer, Janaya	SO	CARSON-NEWMAN	
4	#132	De sousa, Sade	SO	CARSON-NEWMAN	
5	#755	Lines, Courtney	SR	UNC-WILMINGTON	
6	#732	Cooper, Kayla	SO	UDC	
7	#355	Udo-Obong, Zanetta	FR	LENOIR-RHYNE	7.82
8	#25	Garrett, Ty'kira	FR	ALLEN (S.C.)	7.89

Heat 3

1	#510	Fisher, Elyssia	SO	RADFORD	7.83
2	#545	Cummings, Gabrielle	FR	RICHMOND	
3	#729	Taylor, Kiera	SO	TUSCULUM	
4	#348	Brown, Alexis	SO	LENOIR-RHYNE	
5	#730	Yates, A'jaylah	FR	TUSCULUM	
6	#303	Marlow, Deborah	JR	GARDNER-WEBB	
7	#298	Cross, Traci	JR	GARDNER-WEBB	7.83
8	#148	Wilson, Tytiana	JR	CARSON-NEWMAN	7.90

#1 Men's 4x800 Relay Collegiate

Finals

🕒 4:25 PM

Heat 1

1	CONCORD	'B'		
	1) #194 Jackson-Darby, Isaiah Sr	2) #191 Holcomb, Wes Fr	3) #183 Cormack, Connor So	4) #197 Payne, Johnathan So
2	SOUTHERN VIRGINIA	'A'	8:40.00	
	1) #663 Norcross, Denver Jr	2) #669 Smith, Jared Fr	3) #658 Johnson, Carter So	4) #659 Kemp, Kenyon Jr
3	BOWIE STATE	'A'	8:20.00	
	1) #81 Rose, Caleb Jr	2) #74 Jackson, Tareik Fr	3) #65 Alston, Justin Sr	4) #68 Boulware, Elijah Fr
4	VMI	'A'	7:50.00	
	1) #812 Hagerich, Benjamin So	2) #828 Topos, Xander Jr	3) #809 Edwards, Richard Jr	4) #826 Shank, Kevin Fr
5	CONCORD	'A'	8:14.00	
	1) #182 Board, Ethan Jr	2) #201 Ward, Braden Fr	3) #200 Skeens, AJ Fr	4) #192 Holstein, Jaedan Fr
6	COLUMBIA (S.C.)	'A'	8:38.04	
	1) #160 Polite, Damaion So	2) #157 McLeod, Evan Fr	3) #165 Timmerman, Patrick Jr	4) #162 Reeder, Kaden So
7	ALLEN (S.C.)	'A'		
	1) #10 Higgins, Tyrone Fr	2) #2 Addison, Zeccharia Fr	3) #19 Simpson, Bryant Fr	4) #16 Moss, Jabari So

#2 Women's 4x800 Relay Collegiate

Finals

🕒 4:35 PM

Heat 1

1	RICHMOND	'A'	8:55.00
	1) #538 Beringer, Ginny Jr	2) #551 Keurentjes, Kyra Sr	3) #547 Donohoe, Caroline So 4) #555 Lyons, Morgan Jr
2	RICHMOND	'B'	9:12.00
	1) #540 Bruce, Aylin Jr	2) #544 Colflesh, Lindsay Jr	3) #556 Miller, Dylan Jr 4) #558 Rzucidlo, Emily Jr
3	UNC-WILMINGTON	'A'	9:30.00
	1) #744 Coughlin, Chandler Fr	2) #760 Robey, Ashley So	3) #757 Rand, Taylor Jr 4) #743 Carmichael, Claire Fr
4	VMI	'A'	9:30.00
	1) #847 Laforest, Alina Fr	2) #850 Shank, Gretal Jr	3) #832 Anderson, Evelyn Fr 4) #843 Hurd, Olivia Fr
5	RADFORD	'A'	10:00.00
	1) #519 Patterson, Reagan So	2) #514 Lafon, Katelyn So	3) #509 Fields, Kayla Fr 4) #508 Farley, Mia Fr
6	CONCORD	'A'	10:06.21
	1) #207 Collins, Hayley Fr	2) #209 Dixon, Kaylee Jr	3) #214 Mills, Alaina Jr 4) #206 Bentley, Baylee Jr
7	SOUTHERN VIRGINIA	'A'	10:10.00
	1) #686 Miller, Tessa Fr	2) #677 Chapin, Savanna Jr	3) #675 Bradshaw-meyer, Kamr... 4) #679 Dalebout, Lilly Jr
8	HAGERSTOWN (MD.) CC	'A'	11:08.20
	1) #329 Jarrell, Morgan Fr	2) #326 Crawford, Arial Fr	3) #333 Woodring, Clare Fr 4) #332 Thompson, Maggie So
9	ALLEN (S.C.)	'A'	11:30.00
	1) #23 Boyd, Deborah Fr	2) #35 Upshaw, Myiah Fr	3) #34 Taylor, Ayani Jr 4) #24 Clifton, Autumn Fr
10	BOWIE STATE	'A'	11:40.00
	1) #95 Hill, Makayla Fr	2) #92 Fields, Nasya Fr	3) #102 Ugbong, Zynobia Jr 4) #97 Lewis, Destiny So
11	ALLEN (S.C.)	'B'	12:45.00
	1) #26 Hight, Caseyona Fr	2) #27 Jackson, Maya Fr	3) #31 Ouattara, Siata Fr 4) #30 Murphy, Leah Fr
12	UDC	'A'	
	1) #740 Sheppard, Rainn Fr	2) #731 Bah, Isatu So	3) #737 Morrison, Samantha So 4) #742 Wilkes, Chacoia Jr

#3 Men's 300 Meters Collegiate

Finals

🕒 4:55 PM

Heat 1

2	#420 Vann, Jameel	FR	MARY BALDWIN
3	#20 Smart, Zion	FR	ALLEN (S.C.)
4	#47 Sigman, Austin	SO	BLUEFIELD STATE
5	#258 Roberts, Francis	FR	FERRUM
6	#260 Shaffer, Seth	SR	FERRUM

Heat 2

1	#781	Robert, Micah	SO	UVA-WISE
2	#417	Rayche, Din	JR	MARY BALDWIN
3	#375	Raya, Nekolas	JR	LYNCHBURG
4	#709	Pickett, Kayvon	FR	TUSCULUM
5	#282	Meadows, Noah	SR	GARDNER-WEBB
6	#16	Moss, Jabari	SO	ALLEN (S.C.)

Heat 3

1	#255	McClung, Logan	SO	FERRUM
2	#14	Maddox, Alijah	FR	ALLEN (S.C.)
3	#13	Lewis, Jamari	FR	ALLEN (S.C.)
4	#616	Lee, Nathan	SO	SHENANDOAH
5	#369	Kwakye, Gabriel	SR	LYNCHBURG
6	#254	Lawson, Deontae	SO	FERRUM

Heat 4

1	#368	Koenig, Logan	FR	LYNCHBURG
2	#414	Jones, Brandon	SO	MARY BALDWIN
3	#269	Johnson, Trey	SO	GALLAUDET
4	#924	Johnson, Calvin	JR	WINTHROP
5	#11	Jackson, Rolik	SO	ALLEN (S.C.)
6	#366	Jacobs, Zachary	SR	LYNCHBURG

Heat 5

1	#365	Hotung-Davidsen, Magnus	SO	LYNCHBURG
2	#920	Gresham, Ian	JR	WINTHROP
3	#413	Green Jr., Leslie	FR	MARY BALDWIN
4	#266	Green, Andrae	FR	GALLAUDET
5	#431	Ford, Justin	FR	MARY WASHINGTON
6	#702	Girard, Noah	FR	TUSCULUM

Heat 6

1	#361	Flowers, Brian	JR	LYNCHBURG
2	#250	Easley, Cameron	JR	FERRUM
3	#8	Dunn, Jayden	FR	ALLEN (S.C.)
4	#775	DeBoard, Nick	JR	UVA-WISE
5	#184	Covington, Ryan	JR	CONCORD
6	#411	Crumbley, Calvin	FR	MARY BALDWIN

Heat 7

1	#248	Bublitz, Ben	SO	FERRUM	
2	#771	Bourgin, William	JR	UVA-WISE	
3	#276	Black, DJ	SO	GARDNER-WEBB	
4	#410	Bannasch, Tristen	SO	MARY BALDWIN	
5	#427	Ahmed, Mohammed	FR	MARY WASHINGTON	53.57
6	#178	Acuna III, George	JR	CONCORD	

Heat 8					
1	#185	Coy, Jacob	FR	CONCORD	40.88
2	#51	Welch, Bryant	SO	BLUEFIELD STATE	40.22
3	#194	Jackson-Darby, Isaiah	SR	CONCORD	40.09
4	#441	Young, Ethan	JR	MARY WASHINGTON	40.00
5	#651	Cortez, Angel	FR	SOUTHERN VIRGINIA	39.86
6	#234	Thompson, Tyler	SO	EASTERN MENNONITE	40.00
Heat 9					
1	#915	Anastasio, Luke	JR	WINTHROP	39.71
2	#665	Opp, Nolan	FR	SOUTHERN VIRGINIA	39.66
3	#181	Bhebhe, Prince	JR	CONCORD	39.54
4	#647	Beasley, Branden	SO	SOUTHERN VIRGINIA	38.81
5	#81	Rose, Caleb	JR	BOWIE STATE	38.00
6	#69	Braxton, Lloyd	FR	BOWIE STATE	38.13
Heat 10					
1	#657	James, Ari	SO	SOUTHERN VIRGINIA	38.00
2	#68	Boulware, Elijah	FR	BOWIE STATE	38.00
3	#225	Arnold, Nicholas	FR	EASTERN MENNONITE	38.00
4	#232	Morgan, Damon	JR	EASTERN MENNONITE	37.07
5	#236	Winters, Da'Shawn	FR	EASTERN MENNONITE	36.00
6	#228	Hunter, Bryson	SR	EASTERN MENNONITE	36.20
Heat 11					
3	#699	Craven, Dorian	SR	TUSCULUM	35.66
4	#227	Gonzalez-Santiago, Jowell	FR	EASTERN MENNONITE	35.20
5	#433	Jones II, Jacinto	SO	MARY WASHINGTON	35.00
6	#927	Lucas, Jurnii	SO	WINTHROP	35.19
Heat 12					
3	#810	Garnett, Jacob	FR	VMI	35.00
4	#696	Brewer, Stephen	JR	TUSCULUM	34.94
5	#809	Edwards, Richard	JR	VMI	34.50
6	#925	King, Shane	FR	WINTHROP	34.91
Heat 13					
3	#830	Wilks, Jeremiah	JR	VMI	34.00
4	#803	Brown, Nick	JR	VMI	34.00
5	#267	Gregory, Eric	SR	GALLAUDET	33.27
6	#707	Nelson, Zack	SR	TUSCULUM	33.74

#4 Women's 300 Meters Collegiate

Finals

🕒 5:30 PM

Heat 1					
1	#730	Yates, A'jaylah	FR	TUSCULUM	
2	#960	Yarema, Sydney	FR	WINTHROP	
3	#63	Wickliff, Arianna	SO	BLUEFIELD STATE	
4	#958	Weeks, Jayla	FR	WINTHROP	
5	#308	Spencer, Anna	FR	GARDNER-WEBB	
6	#729	Taylor, Kiera	SO	TUSCULUM	

Heat 2

1	#728	Sosnowski, Caley	FR	TUSCULUM
2	#727	Snapp, Macey	FR	TUSCULUM
3	#402	Smith, Kiara	JR	LYNCHBURG
4	#794	Slemp, Lydia	FR	UVA-WISE
5	#725	Shelton, Alonda	FR	TUSCULUM
6	#330	Silvera, Amaya	FR	HAGERSTOWN (MD.) CC

Heat 3

1	#639	Rackowski, Kalee	FR	SHENANDOAH
2	#791	Poston, Nicole	FR	UVA-WISE
3	#638	Plowman, Mackenzie	JR	SHENANDOAH
4	#216	Perry, Taylor	JR	CONCORD
5	#426	Ott, Maia	SO	MARY BALDWIN
6	#397	Parsons, Mahlia	SR	LYNCHBURG

Heat 4

1	#636	Nicely, Emma	SR	SHENANDOAH
2	#948	Marulli, Issabella	FR	WINTHROP
3	#723	Martin, Jada	JR	TUSCULUM
4	#900	Lee, Joanne	FR	WASHINGTON AND LEE
5	#329	Jarrell, Morgan	FR	HAGERSTOWN (MD.) CC
6	#425	Johnson, Amirah	FR	MARY BALDWIN

Heat 5

1	#301	Ivanov, Alena	JR	GARDNER-WEBB
2	#943	Hayes, Michaela	SO	WINTHROP
3	#721	Green-White, Theresa	SO	TUSCULUM
4	#326	Crawford, Arial	FR	HAGERSTOWN (MD.) CC
5	#383	Boyce, Madelyn	SO	LYNCHBURG
6	#53	Coty, Kaycee	SO	BLUEFIELD STATE

Heat 6

1	#421	Bower, Kaitlin	JR	MARY BALDWIN	
2	#381	Barnes, Vuronika	SR	LYNCHBURG	
3	#292	Austin, Amira	JR	GARDNER-WEBB	
4	#30	Murphy, Leah	FR	ALLEN (S.C.)	51.87
5	#34	Taylor, Ayani	JR	ALLEN (S.C.)	48.70
6	#31	Quattara, Siata	FR	ALLEN (S.C.)	51.70

Heat 7

2	#39	Wilson, Kiara	FR	ALLEN (S.C.)	48.53
3	#23	Boyd, Deborah	FR	ALLEN (S.C.)	48.21
4	#102	Ugbong, Zynobia	JR	BOWIE STATE	48.00
5	#446	Lightner, Erin	FR	MARY WASHINGTON	48.00
6	#101	Spriggs, Kyera	SO	BOWIE STATE	48.00

Heat 8

3	#92	Fields, Nasya	FR	BOWIE STATE	48.00
4	#676	Castle, Kamree	SR	SOUTHERN VIRGINIA	47.71
5	#692	Torres, Folole	JR	SOUTHERN VIRGINIA	45.89
6	#26	Hight, Caseyona	FR	ALLEN (S.C.)	46.85

Heat 9

3	#910	Sutliff, Annabelle	FR	WASHINGTON AND LEE	45.88
4	#449	Richards, Allison	FR	MARY WASHINGTON	45.00
5	#239	David, Angel	FR	EASTERN MENNONITE	44.87
6	#745	Crozier-Carole, Emma	FR	UNC-WILMINGTON	45.00

Heat 10

3	#90	Enwereji, Catherine	SO	BOWIE STATE	43.82
4	#561	Wright, Kamyah	FR	RICHMOND	42.00
5	#839	Hall, Heaven	SO	VMI	41.60
6	#560	Wright, Kamiah	FR	RICHMOND	41.70

Heat 11

3	#548	Elliott, Morgan	FR	RICHMOND	41.50
4	#507	Cornelius, Raichelle	SO	RADFORD	40.92
5	#559	Van der westhuizen, Elke	JR	RICHMOND	39.45
6	#838	Green, SeMore	SO	VMI	40.20

#5 Men's 5000 Meters Collegiate Finals

🕒 6:10 PM

Heat 1

1	#567	Counts, Levi	SO	ROANOKE	16:30.00
2	#584	Woodley, Joshua	JR	ROANOKE	16:30.00
3	#457	Hall, Evan	FR	MOUNT OLIVE	16:07.89
4	#452	Bierly, Nathanael	SR	MOUNT OLIVE	16:35.00
5	#118	Kolb, Will	SR	CARSON-NEWMAN	16:07.29
6	#179	Amico, Brady	FR	CONCORD	17:37.34
7	#317	McGreevy, Finn	FR	HAGERSTOWN (MD.) CC	
8	#82	Thomas-Talley, Eric	JR	BOWIE STATE	16:14.01
9	#606	Baggett, Sean	SO	SHENANDOAH	17:48.07
10	#610	Godfrey, Noah	FR	SHENANDOAH	17:19.62
11	#617	Maloy, Brenden	FR	SHENANDOAH	

Heat 2

1	#356	Cobb, Jonathan	JR	LYNCHBURG	15:20.11
2	#649	Chandler, Kedryn	JR	SOUTHERN VIRGINIA	15:51.24
3	#358	Davis, Bryce	SR	LYNCHBURG	14:50.48
4	#570	Garis, Matt	JR	ROANOKE	15:58.40
5	#656	Hughes, Joseph	FR	SOUTHERN VIRGINIA	15:55.00
6	#799	Prather, Issac		UNATTACHED	13:59.02
7	#376	Riggle, Aidan	FR	LYNCHBURG	15:10.00
8	#865	Kallen, Thomas	JR	WASHINGTON AND LEE	15:50.00
9	#474	Tsegay, Aman	JR	MOUNT OLIVE	15:29.33
10	#198	Prather, Preston	JR	CONCORD	14:48.79
11	#362	Graham, Sam	SR	LYNCHBURG	15:29.42
12	#360	Fernandez, Draven	SO	LYNCHBURG	15:25.44

#6 Women's 5000 Meters Collegiate

Finals

🕒 6:50 PM

Heat 1

1	#219	Walkup, Katy	SO	CONCORD	19:32.78
2	#331	Tellez, Rebecca	FR	HAGERSTOWN (MD.) CC	
3	#246	Weaver, Jenna	JR	EASTERN MENNONITE	19:16.56
5	#386	DiRisio, Jordan	FR	LYNCHBURG	18:15.00
6	#213	Londeree, Emma	SO	CONCORD	19:58.00
7	#525	Seigel, Abby	SR	RADFORD	18:14.37
8	#146	Van Gog, Imke	JR	CARSON-NEWMAN	19:26.86
9	#130	Couch, Peyton	FR	CARSON-NEWMAN	18:58.21
10	#208	Cornett, Madison	JR	CONCORD	19:17.67
11	#332	Thompson, Maggie	SO	HAGERSTOWN (MD.) CC	
12	#245	Unzicker, Lucy	SR	EASTERN MENNONITE	19:57.70
13	#521	Preston, Natalie	SO	RADFORD	18:49.04
14	#504	Brownrigg, Mackenzie	SR	RADFORD	17:47.00
15	#333	Woodring, Clare	FR	HAGERSTOWN (MD.) CC	
16	#400	Sindt, Sidney	SO	LYNCHBURG	19:35.00

#7 Men's DMR 4000m Collegiate

Finals

🕒 7:15 PM

Heat 1

1	CONCORD	'A'	10:11.25
	1) #190 Hatcher, Garrett Fr	2) #185 Coy, Jacob Fr	3) #188 Grayton, James Fr
			4) #195 Lathroum, Madoc Jr
2	CARSON-NEWMAN	'A'	10:16.52
	1) #104 Blaylock, Ethan So	2) #107 Brugmans, Raymond Sr	3) #120 Lee, Colten So
			4) #129 Wilson, Garrett Fr
3	WINTHROP	'A'	10:25.37
	1) #918 Frasier, Darren Sr	2) #933 Washington, Brailyn Jr	3) #921 Hill, Mitchell So
			4) #922 Hinds, Daren Jr
4	WASHINGTON AND LEE	'A'	10:45.00
	1) #861 Franklin, Thomas Fr	2) #857 Clark, Schuyler So	3) #856 Brighter, Jaden Fr
			4) #880 Verrett, Colin So
5	TUSCULUM	'A'	10:54.13
	1) #718 Valderrama, Pau Fr	2) #713 Shipp, Samuel Fr	3) #695 Bogus, Xavion Jr
			4) #694 Aparicio, Antonio Sr
6	SHENANDOAH	'A'	10:56.83
	1) #611 Harrower, Ethan Jr	2) #609 Eglin, Noah So	3) #615 Kohout, Devin Jr
			4) #614 Hurd, Noah So
7	VMI	'A'	11:00.00
	1) #822 Lowry, Patrick Fr	2) #808 Donaghey, Caleb Fr	3) #818 Kelley, Michael Fr
			4) #813 Hirneisen, Andrew Sr
8	BOWIE STATE	'A'	11:20.00
	1) #84 Witherspoon, Keon Jr	2) #69 Braxton, Lloyd Fr	3) #71 Geron, Aidan Fr
			4) #79 Montague, Sean Fr
9	MARY BALDWIN	'A'	12:32.32
	1) #409 Baker, Landon Fr	2) #412 Diaczyszyn, Daniel Fr	3) #415 Plogger, Brendan Jr
			4) #419 Smith, Caleb Fr
10	CARSON-NEWMAN	'B'	
	1) #110 Cline, Sam Fr	2) #114 Henry, Christian Sr	3) #111 Dupler, Taylor Jr
			4) #105 Borden, Brent Sr
11	CONCORD	'B'	
	1) #197 Payne, Johnathan So	2) #181 Bhebhe, Prince Jr	3) #199 Ruhnke, Luke Jr
			4) #196 Legg, Bryce Jr
12	UVA-WISE	'A'	
	1) #778 Hegg, Eric Fr	2) #772 Bushey, Nate Fr	3) #775 DeBoard, Nick Jr
			4) #768 Adams, Jonah So

#8 Women's DMR 4000m Collegiate

Finals

🕒 7:30 PM

Heat 1

1	UNC-WILMINGTON	'A'	12:20.00
	1) #744 Coughlin, Chandler Fr	2) #754 Hunter, Miquela Jr	3) #743 Carmichael, Claire Fr
			4) #752 Herbertson, Summer Fr
2	LYNCHBURG	'A'	12:11.78
	1) #388 Edwards, Hannah Fr	2) #390 Hill, Taylor Fr	3) #401 Smith, Hailey So
			4) #404 Thomas, Lauren Jr
3	VMI	'A'	13:30.00
	1) #848 Lavender, Nathalie So	2) #846 Koumondji, Jennifer Fr	3) #852 Talbott, Hayden Fr
			4) #835 Fiorillo, Caroline Jr
4	WINTHROP	'A'	13:31.39
	1) #955 Taylor, Lexi Fr	2) #958 Weeks, Jayla Fr	3) #952 Ruff, Morgan Jr
			4) #945 Kemp, Olivia So
5	CARSON-NEWMAN	'A'	13:33.45
	1) #139 Pittman, Jenna Fr	2) #138 McMiller, Myke'Lah Jr	3) #142 Spaulding, McKenna Fr
			4) #136 Lathrop, Grace So

#9 Men's 1 Mile Collegiate

Finals

🕒 10:00 AM

Heat 1

1	#65 Alston, Justin	SR	BOWIE STATE	4:45.64
2	#110 Cline, Sam	FR	CARSON-NEWMAN	4:52.49
3	#318 Munday, Jackson	FR	HAGERSTOWN (MD.) CC	4:54.57
4	#108 Burkett, Bryson	SO	CARSON-NEWMAN	4:46.40
5	#454 Coughlin, Devon	FR	MOUNT OLIVE	4:55.00
6	#319 O'Neill, Jacob	FR	HAGERSTOWN (MD.) CC	5:08.61
7	#818 Kelley, Michael	FR	VMI	5:05.18
8	#200 Skeens, AJ	FR	CONCORD	4:45.59
9	#272 Torres, Roberto	FR	GALLAUDET	4:51.22
10	#419 Smith, Caleb	FR	MARY BALDWIN	5:01.29
11	#820 Kiernan, Patrick	JR	VMI	4:45.66
12	#711 Ricker, Jerry	SO	TUSCULUM	4:49.13
13	#452 Bierly, Nathanael	SR	MOUNT OLIVE	4:49.49
14	#183 Cormack, Connor	SO	CONCORD	5:00.64

Heat 2

1	#582	Toliver, Sean	JR	ROANOKE	4:43.70
2	#201	Ward, Braden	FR	CONCORD	4:35.83
3	#611	Harrower, Ethan	JR	SHENANDOAH	4:42.65
4	#566	Chlebowski, Xavier	SO	ROANOKE	4:43.38
5	#182	Board, Ethan	JR	CONCORD	4:41.56
6	#861	Franklin, Thomas	FR	WASHINGTON AND LEE	4:36.00
7	#658	Johnson, Carter	SO	SOUTHERN VIRGINIA	4:44.43
8	#457	Hall, Evan	FR	MOUNT OLIVE	4:42.05
9	#858	Cooper, Robert	FR	WASHINGTON AND LEE	4:35.46
10	#574	Hoffstaetter, Timothy	SR	ROANOKE	4:43.79
11	#878	Rush, Keaton	SO	WASHINGTON AND LEE	4:36.44
12	#82	Thomas-Talley, Eric	JR	BOWIE STATE	4:40.71
13	#618	McGhie, Elias	SR	SHENANDOAH	4:37.22
14	#287	Pratt, Kaden	FR	GARDNER-WEBB	4:42.61

Heat 3

2	#928	McNeish, Griffin	SO	WINTHROP	4:30.17
3	#379	Williams, Grant	SO	LYNCHBURG	4:20.07
4	#531	Thompson, Cody	SR	RANDOLPH	4:22.41
6	#876	Roberts, Hayden	JR	WASHINGTON AND LEE	4:27.34
7	#229	Immanuel, Bellamy	JR	EASTERN MENNONITE	4:21.56
8	#474	Tsegay, Aman	JR	MOUNT OLIVE	4:35.02
9	#797	Molitor, Austin	JR	UNATTACHED	4:32.05
10	#105	Borden, Brent	SR	CARSON-NEWMAN	4:31.17
11	#662	May, Dylan	JR	SOUTHERN VIRGINIA	4:25.36
12	#284	Morita, Ryan	JR	GARDNER-WEBB	4:16.99
13	#819	Kelley, Stephen	SR	VMI	4:34.29
14	#428	Blair, Luke	SO	MARY WASHINGTON	4:30.94

#10 Women's 1 Mile Collegiate Finals

🕒 10:20 AM

Heat 1

1	#299	Escalera, Jennifer	SR	GARDNER-WEBB	5:54.11
2	#500	Sulton, Ciara	SO	MOUNT OLIVE	5:52.25
3	#720	Delgado, Inmacaluda	SO	TUSCULUM	5:50.53
4	#602	Svaerd, Vendela	FR	ROANOKE	5:52.00
5	#589	Gallaher, Allie	FR	ROANOKE	5:55.00
6	#637	Oleksy, Amy	SO	SHENANDOAH	5:43.36
7	#635	Madrigal, Emma	SO	SHENANDOAH	5:47.90
8	#595	MaGee, Evelyn	FR	ROANOKE	5:55.00
9	#174	Martin, Addison	FR	COLUMBIA (S.C.)	5:46.63
10	#135	Hope, Maggie	SO	CARSON-NEWMAN	5:54.37
11	#636	Nicely, Emma	SR	SHENANDOAH	5:49.94
12	#682	Hale, Emmalee	SO	SOUTHERN VIRGINIA	5:51.15
13	#913	Vera, Adia	JR	WASHINGTON AND LEE	5:39.43
14	#1839	Black, Nicole		UNATTACHED	5:43.73

Heat 2

1	#630	Christy, Sarah	JR	SHENANDOAH	5:35.00
2	#757	Rand, Taylor	JR	UNC-WILMINGTON	5:36.05
3	#518	Millirons, Rachel	SR	RADFORD	5:36.86
4	#447	Pippin, Grace	SR	MARY WASHINGTON	5:35.93
5	#955	Taylor, Lexi	FR	WINTHROP	5:34.67
6	#902	Luczak, Brenna	FR	WASHINGTON AND LEE	5:36.92
7	#245	Unzicker, Lucy	SR	EASTERN MENNONITE	5:30.21
8	#238	Asefa, Eili	SO	EASTERN MENNONITE	5:35.11
9	#675	Bradshaw-meyer, Kamryn	JR	SOUTHERN VIRGINIA	5:35.00
10	#684	Hill, Lissie	FR	SOUTHERN VIRGINIA	5:33.35
11	#887	Breyault, Brianna	SO	WASHINGTON AND LEE	5:39.24
12	#240	Gardiner, Vanessa	SR	EASTERN MENNONITE	5:32.99
13	#760	Robey, Ashley	SO	UNC-WILMINGTON	5:38.49

Heat 3

1	#136	Lathrop, Grace	SO	CARSON-NEWMAN	5:26.37
2	#850	Shank, Gretal	JR	VMI	5:23.83
3	#134	Griffith, Nicole	FR	CARSON-NEWMAN	5:29.33
4	#908	Sansbury, Emily	SO	WASHINGTON AND LEE	5:20.00
5	#888	Brown, Reese	FR	WASHINGTON AND LEE	5:29.48
6	#891	Clodgo, Kristen	JR	WASHINGTON AND LEE	5:19.27
7	#634	Lotts, Madeline	JR	SHENANDOAH	5:24.76
8	#243	Mast, Halie	JR	EASTERN MENNONITE	5:29.29
9	#246	Weaver, Jenna	JR	EASTERN MENNONITE	5:21.49
10	#387	Drumm, Courtney	SR	LYNCHBURG	5:20.00
11	#408	Williams, Annalise	FR	LYNCHBURG	5:26.14

Heat 4

1	#508	Farley, Mia	FR	RADFORD	5:12.51
2	#511	Gilmore, MegAnne	JR	RADFORD	5:03.59
3	#643	Thrush, Makenna	JR	SHENANDOAH	5:15.00
4	#399	Silva, Molly	JR	LYNCHBURG	5:07.43
5	#543	Colflesh, Allison	JR	RICHMOND	4:57.11
6	#539	Blaylock, Izzy	JR	RICHMOND	5:05.00
7	#851	Sisk, Jillian	FR	VMI	5:10.00
8	#517	McLearen, Kate	SO	RADFORD	5:03.56
9	#554	LoVuolo, Ava	FR	RICHMOND	5:08.00
10	#515	Magson, Sophie	SO	RADFORD	4:57.78
11	#557	Reif, Brooke	SO	RICHMOND	4:58.00
12	#509	Fields, Kayla	FR	RADFORD	5:12.80
13	#752	Herbertson, Summer	FR	UNC-WILMINGTON	5:17.11

#11 Men's 400 Meters Collegiate

Finals

🕒 10:50 AM

Heat 1

3	#828	Topos, Xander	JR	VMI	49.47
4	#341	Sisson, John	JR	LENOIR-RHYNE	49.14
5	#803	Brown, Nick	JR	VMI	48.25
6	#187	Gardner, Ian	JR	CONCORD	49.02

Heat 2

3	#251	Hamm, Michael	JR	FERRUM	50.13
4	#927	Lucas, Jurnii	SO	WINTHROP	49.95
5	#809	Edwards, Richard	JR	VMI	49.53
6	#463	Kirksey, Chris	JR	MOUNT OLIVE	49.66

Heat 3

3	#369	Kwakyee, Gabriel	SR	LYNCHBURG	50.74
4	#364	Hodnett, Jacob	JR	LYNCHBURG	50.57
5	#564	Camobreco, Lorenzo	SO	ROANOKE	50.38
6	#808	Donaghey, Caleb	FR	VMI	50.50

Heat 4

3	#933	Washington, Brailyn	JR	WINTHROP	51.48
4	#864	Jakubowski-Lewis, Daniel	SO	WASHINGTON AND LEE	51.20
5	#859	De Fonseca, Ethan	FR	WASHINGTON AND LEE	50.78
6	#853	Avigliano, Luke	JR	WASHINGTON AND LEE	51.03

Heat 5

3	#869	Marable, George	JR	WASHINGTON AND LEE	51.77
4	#361	Flowers, Brian	JR	LYNCHBURG	51.73
5	#104	Blaylock, Ethan	SO	CARSON-NEWMAN	51.50
6	#258	Roberts, Francis	FR	FERRUM	51.71

Heat 6

4	#71	Geron, Aidan	FR	BOWIE STATE	52.04
5	#695	Bogus, Xavion	JR	TUSCULUM	51.84
6	#470	Saul, Brian	JR	MOUNT OLIVE	51.96

Heat 7

3	#150	Bailey, Caleb	SO	COLUMBIA (S.C.)	52.80
4	#4	Brown, Sean	FR	ALLEN (S.C.)	52.54
5	#155	Linen, Xavier	JR	COLUMBIA (S.C.)	52.43
6	#111	Dupler, Taylor	JR	CARSON-NEWMAN	52.51

Heat 8

3	#924	Johnson, Calvin	JR	WINTHROP	52.89
4	#529	Lambert, Colby	JR	RANDOLPH	52.83
5	#573	Hill, Bryson	FR	ROANOKE	52.80
6	#609	Eglin, Noah	SO	SHENANDOAH	52.83

Heat 9

3	#75	James, Jordan	SO	BOWIE STATE	53.06
4	#2	Addison, Zeccharia	FR	ALLEN (S.C.)	53.03
5	#186	Foddrell, Jaidyn	FR	CONCORD	52.95
6	#235	Urglavitch, Gray	FR	EASTERN MENNONITE	53.00

Heat 10

3	#154	Harris, Christian	FR	COLUMBIA (S.C.)	53.45
4	#343	Sutton, Laim	FR	LENOIR-RHYNE	53.25
5	#163	Stroman, Kendell	FR	COLUMBIA (S.C.)	53.10
6	#74	Jackson, Tareik	FR	BOWIE STATE	53.12

Heat 11

3	#427	Ahmed, Mohammed	FR	MARY WASHINGTON	53.57
5	#698	Cash, Jamal	SR	TUSCULUM	53.46
6	#189	Harris, Bradley	FR	CONCORD	53.49

Heat 12

3	#230	Kibler, Chris	SR	EASTERN MENNONITE	53.69
4	#772	Bushey, Nate	FR	UVA-WISE	53.69
5	#626	Vakos, Charles	SO	SHENANDOAH	53.57
6	#20	Smart, Zion	FR	ALLEN (S.C.)	53.66

Heat 13

3	#69	Braxton, Lloyd	FR	BOWIE STATE	54.08
4	#254	Lawson, Deontae	SO	FERRUM	53.96
5	#706	Locklear, Landen	JR	TUSCULUM	53.81
6	#77	Julien, Quincy	JR	BOWIE STATE	53.95

Heat 14

3	#365	Hotung-Davidsen, Magnus	SO	LYNCHBURG	54.78
4	#1206	Cadete, Gabe	FR	GALLAUDET	55.00
5	#290	Waller, Joe	SR	GARDNER-WEBB	54.10
6	#528	Humes, Christian	FR	RANDOLPH	54.19

#12 Women's 400 Meters Collegiate

Finals

🕒 11:30 AM

Heat 1

3	#747	Ferguson, Nasiah	JR	UNC-WILMINGTON	56.81
4	#538	Beringer, Ginny	JR	RICHMOND	56.75
5	#551	Keurentjes, Kyra	SR	RICHMOND	56.50
6	#148	Wilson, Tytiana	JR	CARSON-NEWMAN	56.62

Heat 2

3	#492	Jefferson, Channie	SO	MOUNT OLIVE	58.07
4	#765	Townsend, Mackenzie	SR	UNC-WILMINGTON	58.00
5	#507	Cornelius, Raichelle	SO	RADFORD	56.92
6	#555	Lyons, Morgan	JR	RICHMOND	57.30

Heat 3

3	#733	Francis, Tukey	SO	UDC	59.00
4	#548	Elliott, Morgan	FR	RICHMOND	58.62
5	#547	Donohoe, Caroline	SO	RICHMOND	58.20
6	#553	Lavelle, Nina	SO	RICHMOND	58.34

Heat 4

3	#481	Briggs, Vinesha	JR	MOUNT OLIVE	59.67
4	#941	Dreher, Saige	FR	WINTHROP	59.66
5	#750	Guilford, Grace	FR	UNC-WILMINGTON	59.00
6	#847	Laforest, Alina	FR	VMI	59.00

Heat 5

3	#149	Zander, Abbie	JR	CARSON-NEWMAN	1:00.08
4	#381	Barnes, Vuronika	SR	LYNCHBURG	1:00.03
5	#512	Jackson, Jordan	SO	RADFORD	59.69
6	#502	Wilson, Natalyah	SR	MOUNT OLIVE	59.85

Heat 6

3	#905	Palethorpe, Jordynn	JR	WASHINGTON AND LEE	1:00.78
4	#292	Austin, Amira	JR	GARDNER-WEBB	1:00.27
5	#383	Boyce, Madelyn	SO	LYNCHBURG	1:00.15
6	#301	Ivanov, Alena	JR	GARDNER-WEBB	1:00.17

Heat 7

3	#138	McMiller, Myke'Lah	JR	CARSON-NEWMAN	1:01.27
4	#349	Day, Jani	SO	LENOIR-RHYNE	1:01.16
5	#894	Evans, Jesma	SO	WASHINGTON AND LEE	1:00.82
6	#382	Bobst, Allison	SR	LYNCHBURG	1:01.03

Heat 8

3	#598	Molina-Shuman, Maryrose	SO	ROANOKE	1:01.89
4	#91	Faulk, Mylah	FR	BOWIE STATE	1:01.69
5	#396	Mohnkern, Betsy	SR	LYNCHBURG	1:01.41
6	#28	Jones, Measha	SO	ALLEN (S.C.)	1:01.64

Heat 9

3	#307	Reece, Kendall	JR	GARDNER-WEBB	1:02.74
4	#144	Tabor, Lauren	JR	CARSON-NEWMAN	1:02.07
5	#741	Thompson, Dayna	SO	UDC	1:02.00
6	#641	Ruiz, Kaitlyn	FR	SHENANDOAH	1:02.04

Heat 10

3	#353	Owens, Kimberley	SR	LENOIR-RHYNE	1:03.10
4	#642	Sidoro, Sarah	SO	SHENANDOAH	1:03.05
5	#907	Romano, Amanda	JR	WASHINGTON AND LEE	1:02.77
6	#719	Chellah, Judy	SR	TUSCULUM	1:03.00

Heat 11

4	#497	Pemberton, Kiwanna	JR	MOUNT OLIVE	1:03.32
5	#678	Curtis, Elise	FR	SOUTHERN VIRGINIA	1:03.28
6	#594	Ladner, Ophelia	SO	ROANOKE	1:03.28

Heat 12

3	#57	Lee, Genesis	FR	BLUEFIELD STATE	1:03.90
4	#94	Graham, Zahra	SO	BOWIE STATE	1:03.77
5	#901	Lee, Simmons	FR	WASHINGTON AND LEE	1:03.37
6	#171	Ferrell, Kayla	FR	COLUMBIA (S.C.)	1:03.68

Heat 13

4	#350	Jackson, Kyra	SO	LENOIR-RHYNE	1:04.42
5	#940	Cameron, Alexandra	SO	WINTHROP	1:03.95
6	#537	Taylor, Jessica	FR	RANDOLPH	1:04.00

#13 Men's 60m Hurdles Collegiate

Finals

🕒 12:15 PM

Heat 1

1	#315	Kelly, Michael	SO	HAGERSTOWN (MD.) CC	8.59
2	#122	Patten, Shemar	JR	CARSON-NEWMAN	8.48
3	#344	Tibolla, Nick	FR	LENOIR-RHYNE	8.34
4	#824	McBride, Liam	JR	VMI	8.04
5	#285	Peebles, TJ	SO	GARDNER-WEBB	8.30
6	#343	Sutton, Laim	FR	LENOIR-RHYNE	8.48
7	#337	McGill, Clarence	SO	LENOIR-RHYNE	8.57
8	#698	Cash, Jamal	SR	TUSCULUM	8.61

#14 Women's 60m Hurdles Collegiate

Finals

🕒 12:20 PM

Heat 1

1	#396	Mohnkern, Betsy	SR	LYNCHBURG	9.07
2	#354	Priester, Sharonda	FR	LENOIR-RHYNE	9.02
3	#522	Robinson, Jaslyne	SO	RADFORD	8.97
4	#140	Sangare, Kadidja	SO	CARSON-NEWMAN	8.78
5	#398	Seward, Aniya	SR	LYNCHBURG	8.86
6	#721	Green-White, Theresa	SO	TUSCULUM	9.08
7	#175	Pringle, Mackenzie	FR	COLUMBIA (S.C.)	9.05
8	#56	Kegler, Khrisalyn	SO	BLUEFIELD STATE	9.19

#15 Men's 60 Meter Dash Collegiate

Finals

🕒 12:25 PM

Heat 1

1	#17	Myers, Zalyn	SO	ALLEN (S.C.)	6.89
2	#710	Pittman, Marquel	SR	TUSCULUM	6.89
3	#117	Kasmi, Amine	FR	CARSON-NEWMAN	6.90
4	#115	Jones, Dawson	SO	CARSON-NEWMAN	6.83
5	#608	Crowder, William	SR	SHENANDOAH	6.85
6	#716	Taylor, Jordan	SR	TUSCULUM	6.83
7	#701	Edwards, Tyrell	SR	TUSCULUM	6.89
8	#708	Olson, Isaiah	SO	TUSCULUM	6.90

#16 Women's 60 Meter Dash Collegiate

Finals

🕒 12:30 PM

Heat 1

1	#355	Udo-Obong, Zanetta	FR	LENOIR-RHYNE	7.78
2	#729	Taylor, Kiera	SO	TUSCULUM	7.69
3	#730	Yates, A'jaylah	FR	TUSCULUM	7.62
4	#132	De sousa, Sade	SO	CARSON-NEWMAN	7.55
5	#479	Asoburuenwu, Chianel	SO	MOUNT OLIVE	7.57
6	#303	Marlow, Deborah	JR	GARDNER-WEBB	7.65
7	#755	Lines, Courtney	SR	UNC-WILMINGTON	7.76
8	#553	Lavelle, Nina	SO	RICHMOND	7.79

#17 Men's 800 Meters Collegiate

Finals

🕒 12:35 PM

Heat 1

1	#19	Simpson, Bryant	FR	ALLEN (S.C.)	2:10.68
2	#616	Lee, Nathan	SO	SHENANDOAH	2:08.06
3	#430	Dye, Michael	JR	MARY WASHINGTON	2:05.88
4	#669	Smith, Jared	FR	SOUTHERN VIRGINIA	2:08.88
5	#283	Mellon, Mark	JR	GARDNER-WEBB	2:04.70
6	#926	Knapp, Andrew	FR	WINTHROP	2:05.25
7	#415	Plogger, Brendan	JR	MARY BALDWIN	2:04.92
8	#437	Shultz, Ashton	FR	MARY WASHINGTON	2:06.68
9	#200	Skeens, AJ	FR	CONCORD	2:04.43
10	#817	Jorgensen, Michael	FR	VMI	2:05.00
11	#663	Norcross, Denver	JR	SOUTHERN VIRGINIA	2:08.71

Heat 2

1	#805	Crenshaw, Colin	FR	VMI	2:04.00
2	#363	Herklotz, Carter	FR	LYNCHBURG	2:02.17
3	#223	Abebe, Abenezer	SO	EASTERN MENNONITE	2:01.79
4	#615	Kohout, Devin	JR	SHENANDOAH	2:03.15
5	#434	Kimener, Aidan	SO	MARY WASHINGTON	2:02.00
6	#372	Morales, Peter	SO	LYNCHBURG	2:04.26
7	#648	Beaver, Brad	FR	SOUTHERN VIRGINIA	2:04.00
8	#259	Ryder, Kayden	SO	FERRUM	2:02.28
9	#79	Montague, Sean	FR	BOWIE STATE	2:04.27
10	#84	Witherspoon, Keon	JR	BOWIE STATE	2:03.86
11	#48	Sigman, Luke	FR	BLUEFIELD STATE	2:03.33

Heat 3					
1	#192	Holstein, Jaedan	FR	CONCORD	2:00.00
2	#202	Watty, Alex	SR	CONCORD	1:59.00
3	#921	Hill, Mitchell	SO	WINTHROP	1:58.77
4	#565	Cardwell, Max	SO	ROANOKE	1:58.50
5	#822	Lowry, Patrick	FR	VMI	2:00.00
6	#203	Wilson, Zach	JR	CONCORD	1:59.89
7	#918	Frasier, Darren	SR	WINTHROP	1:59.28
8	#655	Hughes, Ethan	FR	SOUTHERN VIRGINIA	2:01.33
9	#237	Woodruff, Dawson	SR	EASTERN MENNONITE	1:59.41
10	#614	Hurd, Noah	SO	SHENANDOAH	1:59.96
Heat 4					
1	#277	Cremin, Nathan	FR	GARDNER-WEBB	1:54.60
2	#359	Diemoz, Luke	SO	LYNCHBURG	1:57.33
3	#114	Henry, Christian	SR	CARSON-NEWMAN	1:58.30
4	#311	Bildheiser, Thomas	SO	HAGERSTOWN (MD.) CC	1:55.50
5	#812	Hagerich, Benjamin	SO	VMI	1:58.24
6	#477	Willcox, Riley	JR	MOUNT OLIVE	1:55.94
7	#129	Wilson, Garrett	FR	CARSON-NEWMAN	1:57.63
8	#796	Mendoza, Lucas	11	UNATTACHED	1:58.08
9	#107	Brugmans, Raymond	SR	CARSON-NEWMAN	1:56.69

#18 Women's 800 Meters Collegiate

Finals

🕒 12:55 PM

Heat 1					
1	#24	Clifton, Autumn	FR	ALLEN (S.C.)	2:39.56
2	#680	Fowler, Lauren	FR	SOUTHERN VIRGINIA	2:40.22
3	#673	Ball, McKenzie	FR	SOUTHERN VIRGINIA	2:36.00
4	#134	Griffith, Nicole	FR	CARSON-NEWMAN	2:39.56
5	#142	Spaulding, McKenna	FR	CARSON-NEWMAN	2:37.34
6	#97	Lewis, Destiny	SO	BOWIE STATE	2:31.58
7	#64	Williams, Kellie	SO	BLUEFIELD STATE	2:34.59
8	#952	Ruff, Morgan	JR	WINTHROP	2:33.92
9	#883	Barnes, Kate	SR	WASHINGTON AND LEE	2:40.00
10	#537	Taylor, Jessica	FR	RANDOLPH	2:33.18
11	#444	Heckman, Amanda	JR	MARY WASHINGTON	2:33.07
12	#91	Faulk, Mylah	FR	BOWIE STATE	2:31.96

Heat 2

1	#146	Van Gog, Imke	JR	CARSON-NEWMAN	2:30.67
2	#243	Mast, Halie	JR	EASTERN MENNONITE	2:27.83
3	#637	Oleksy, Amy	SO	SHENANDOAH	2:31.09
4	#674	Barton, Heidi	SO	SOUTHERN VIRGINIA	2:27.89
5	#212	Jenkins, Emma	SO	CONCORD	2:28.08
6	#295	Castillo, Isabela	JR	GARDNER-WEBB	2:29.35
7	#852	Talbott, Hayden	FR	VMI	2:30.00
8	#238	Asefa, Elili	SO	EASTERN MENNONITE	2:29.12
9	#500	Sulton, Ciara	SO	MOUNT OLIVE	2:28.38
10	#848	Lavender, Nathalie	SO	VMI	2:30.00
11	#884	Becker, Emilee	SR	WASHINGTON AND LEE	2:28.94
12	#240	Gardiner, Vanessa	SR	EASTERN MENNONITE	2:28.66

Heat 3

1	#514	Lafon, Katelyn	SO	RADFORD	2:24.34
2	#832	Anderson, Evelyn	FR	VMI	2:25.00
3	#399	Silva, Molly	JR	LYNCHBURG	2:25.82
4	#404	Thomas, Lauren	JR	LYNCHBURG	2:27.00
5	#293	Bour, Teryn	JR	GARDNER-WEBB	2:24.41
6	#906	Petrucelli, Sofia	FR	WASHINGTON AND LEE	2:25.00
7	#638	Plowman, Mackenzie	JR	SHENANDOAH	2:26.81
8	#388	Edwards, Hannah	FR	LYNCHBURG	2:25.11
9	#519	Patterson, Reagan	SO	RADFORD	2:27.19
10	#486	Fleurilus, Celine	SR	MOUNT OLIVE	2:24.11
11	#913	Vera, Adia	JR	WASHINGTON AND LEE	2:26.79
12	#896	Graziano, Lucie	JR	WASHINGTON AND LEE	2:26.00

Heat 4

1	#740	Sheppard, Rainn	FR	UDC	2:23.90
2	#305	Perriello, Jessica	SO	GARDNER-WEBB	2:23.97
3	#737	Morrison, Samantha	SO	UDC	2:23.33
4	#543	Colflesh, Allison	JR	RICHMOND	2:17.50
5	#744	Coughlin, Chandler	FR	UNC-WILMINGTON	2:15.00
6	#743	Carmichael, Claire	FR	UNC-WILMINGTON	2:20.00
7	#556	Miller, Dylan	JR	RICHMOND	2:16.01
8	#544	Colflesh, Lindsay	JR	RICHMOND	2:13.47
9	#843	Hurd, Olivia	FR	VMI	2:18.00
10	#557	Reif, Brooke	SO	RICHMOND	2:17.00
11	#539	Blaylock, Izzy	JR	RICHMOND	2:17.00
12	#558	Rzucidlo, Emily	JR	RICHMOND	2:21.00

#19 Men's 200 Meters Collegiate

Finals

🕒 1:15 PM

Heat 1

3	#914	Agbeyomi, Toluwayan	SR	WINTHROP	21.75
4	#460	Hart, Jason	SO	MOUNT OLIVE	21.73
5	#267	Gregory, Eric	SR	GALLAUDET	21.16
6	#117	Kasmi, Amine	FR	CARSON-NEWMAN	21.49

Heat 2

3	#569	Fowler, Brady	JR	ROANOKE	21.92
4	#334	Ajayi, Bamidele	FR	LENOIR-RHYNE	21.85
5	#119	Langlois, Christian	JR	CARSON-NEWMAN	21.80
6	#710	Pittman, Marquel	SR	TUSCULUM	21.82

Heat 3

3	#128	Virgo, Quacy	FR	CARSON-NEWMAN	22.09
4	#716	Taylor, Jordan	SR	TUSCULUM	22.09
5	#282	Meadows, Noah	SR	GARDNER-WEBB	21.94
6	#335	Crumpler, Marcus	SR	LENOIR-RHYNE	22.04

Heat 4

3	#375	Raya, Nekolas	JR	LYNCHBURG	22.33
4	#21	White, Montrell	SR	ALLEN (S.C.)	22.32
5	#251	Hamm, Michael	JR	FERRUM	22.29
6	#232	Morgan, Damon	JR	EASTERN MENNONITE	22.31

Heat 5

3	#366	Jacobs, Zachary	SR	LYNCHBURG	22.45
4	#264	Ashton, Gareth	SR	GALLAUDET	22.45
5	#810	Garnett, Jacob	FR	VMI	22.35
6	#563	Bolich, Elijah	FR	ROANOKE	22.40

Heat 6

3	#929	Nvodjo, Shadrach	FR	WINTHROP	22.50
4	#122	Patten, Shemar	JR	CARSON-NEWMAN	22.48
5	#917	Frank Jr., Carlos	SO	WINTHROP	22.47
6	#367	Jones, Jaylen	JR	LYNCHBURG	22.48

Heat 7

3	#276	Black, DJ	SO	GARDNER-WEBB	22.72
4	#608	Crowder, William	SR	SHENANDOAH	22.69
5	#708	Olson, Isaiah	SO	TUSCULUM	22.62
6	#115	Jones, Dawson	SO	CARSON-NEWMAN	22.65

Heat 8

3	#859	De Fonseca, Ethan	FR	WASHINGTON AND LEE	22.96
4	#17	Myers, Zalyne	SO	ALLEN (S.C.)	22.92
5	#534	West, Eric	FR	RANDOLPH	22.77
6	#186	Foddrell, Jaidyn	FR	CONCORD	22.91

Heat 9

3	#581	Spradlin, Aiden	JR	ROANOKE	23.00
4	#919	Grant, Reggie	SO	WINTHROP	22.99
5	#164	Tilby, Bradley	FR	COLUMBIA (S.C.)	22.96
6	#166	Watt-Martin, Jaden	JR	COLUMBIA (S.C.)	22.97

Heat 10

3	#934	Webb, Jonquez	JR	WINTHROP	23.17
4	#458	Hammonds, Matthew	JR	MOUNT OLIVE	23.11
5	#228	Hunter, Bryson	SR	EASTERN MENNONITE	23.05
6	#236	Winters, Da'Shawn	FR	EASTERN MENNONITE	23.10

Heat 11

3	#254	Lawson, Deontae	SO	FERRUM	23.25
4	#42	Isaacs, Joey	SO	BLUEFIELD STATE	23.23
5	#470	Saul, Brian	JR	MOUNT OLIVE	23.20
6	#77	Julien, Quincy	JR	BOWIE STATE	23.21

Heat 12

3	#83	Wilds, Jalen	SO	BOWIE STATE	23.32
4	#85	Young, Dhani	FR	BOWIE STATE	23.30
5	#189	Harris, Bradley	FR	CONCORD	23.26
6	#323	Stoner, Jacob	FR	HAGERSTOWN (MD.) CC	23.30

Heat 13

3	#870	McKenna, Ryan	JR	WASHINGTON AND LEE	23.41
4	#45	Pennix, McKinley	SO	BLUEFIELD STATE	23.37
5	#151	Calcano, Willy	FR	COLUMBIA (S.C.)	23.35
6	#573	Hill, Bryson	FR	ROANOKE	23.37

Heat 14

3	#609	Eglin, Noah	SO	SHENANDOAH	23.47
4	#624	Smalls, Christopher	SO	SHENANDOAH	23.44
5	#860	Edwards, James	JR	WASHINGTON AND LEE	23.43
6	#13	Lewis, Jamari	FR	ALLEN (S.C.)	23.44

Heat 15

3	#368	Koenig, Logan	FR	LYNCHBURG	23.58
4	#915	Anastasio, Luke	JR	WINTHROP	23.58
5	#527	Edwards, Jordan	FR	RANDOLPH	23.51
6	#339	Olanrewaju, Olawoe	FR	LENOIR-RHYNE	23.53

Heat 16

3	#225	Arnold, Nicholas	FR	EASTERN MENNONITE	23.80
4	#234	Thompson, Tyler	SO	EASTERN MENNONITE	23.70
5	#226	Bailey, Shaddai	FR	EASTERN MENNONITE	23.68
6	#650	Cochran, Meshach	FR	SOUTHERN VIRGINIA	23.70

Heat 17

3	#1218	Martinez-White, Cristian	FR	GALLAUDET	24.33
4	#265	Douglas, Walter	JR	GALLAUDET	23.87
5	#705	Lester, Keelen	SO	TUSCULUM	23.81
6	#664	Nwaneri, Elvis	JR	SOUTHERN VIRGINIA	23.86

#20 Women's 200 Meters Collegiate

Finals

🕒 2:00 PM

Heat 1

3	#838	Green, SeMore	SO	VMI	25.20
4	#542	Clayton, Blaiklyn	FR	RICHMOND	25.20
5	#748	Fields, Janiyah	JR	UNC-WILMINGTON	24.76
6	#545	Cummings, Gabrielle	FR	RICHMOND	25.03

Heat 2

3	#761	Rueckert, Avery	FR	UNC-WILMINGTON	25.54
4	#510	Fisher, Elyssia	SO	RADFORD	25.46
5	#479	Asoburuenwu, Chianel	SO	MOUNT OLIVE	25.30
6	#732	Cooper, Kayla	SO	UDC	25.45

Heat 3

3	#303	Marlow, Deborah	JR	GARDNER-WEBB	25.69
4	#553	Lavelle, Nina	SO	RICHMOND	25.64
5	#839	Hall, Heaven	SO	VMI	25.60
6	#561	Wright, Kamyah	FR	RICHMOND	25.60

Heat 4

3	#346	Alejandro-ortiz, Damyja	SO	LENOIR-RHYNE	26.01
4	#730	Yates, A'jaylah	FR	TUSCULUM	25.81
5	#733	Francis, Tukey	SO	UDC	25.70
6	#590	Gamble, Haylee	SR	ROANOKE	25.70

Heat 5

3	#398	Seward, Aniya	SR	LYNCHBURG	26.11
4	#753	Hudson, Kaleigh	SO	UNC-WILMINGTON	26.04
5	#298	Cross, Traci	JR	GARDNER-WEBB	26.02
6	#131	Davis-gainer, Janaya	SO	CARSON-NEWMAN	26.02

Heat 6

3	#28	Jones, Measha	SO	ALLEN (S.C.)	26.29
4	#222	Williams, Isabelle	FR	CONCORD	26.23
5	#308	Spencer, Anna	FR	GARDNER-WEBB	26.18
6	#755	Lines, Courtney	SR	UNC-WILMINGTON	26.23

Heat 7

3	#86	Ayukegba, Ashley	FR	BOWIE STATE	26.41
4	#448	Redmond, Sophia	SO	MARY WASHINGTON	26.37
5	#498	Roberts, Heaven	FR	MOUNT OLIVE	26.30
6	#801	Ross, Aniah	12	UNATTACHED	26.31

Heat 8

2	#846	Koumondji, Jennifer	FR	VMI	26.50
3	#516	Mclvor, Kandace	SO	RADFORD	26.60
4	#957	Verner, Raven	SO	WINTHROP	26.56
5	#949	Murray, Aliya	FR	WINTHROP	26.48
6	#754	Hunter, Miquela	JR	UNC-WILMINGTON	26.50

Heat 9

3	#592	Hinckley, Eleanor	JR	ROANOKE	26.80
4	#177	Shaw, Ashante	FR	COLUMBIA (S.C.)	26.78
5	#37	Walker, Keturah	FR	ALLEN (S.C.)	26.68
6	#593	Hobin, Lindsey	SO	ROANOKE	26.71

Heat 10

3	#503	Beatty, Sela	SO	RADFORD	26.88
4	#32	Patterson, Aisha	JR	ALLEN (S.C.)	26.86
5	#273	Brown, Oceana	FR	GALLAUDET	26.81
6	#690	Savage, Lia	FR	SOUTHERN VIRGINIA	26.85

Heat 11

2	#172	Howard, Myikayla	FR	COLUMBIA (S.C.)	27.04
3	#629	Anderson, Janelle	JR	SHENANDOAH	27.17
4	#687	Parker, Addie	SR	SOUTHERN VIRGINIA	27.12
5	#951	Reese, Jade	FR	WINTHROP	26.90
6	#482	Campbell, Kiara	FR	MOUNT OLIVE	27.00

Heat 12

3	#948	Marulli, Issabella	FR	WINTHROP	27.25
4	#25	Garrett, Ty'kira	FR	ALLEN (S.C.)	27.23
5	#407	Wenger, Elizabeth	SR	LYNCHBURG	27.17
6	#93	Fontaine, Kam'Ryn	FR	BOWIE STATE	27.18

Heat 13

3	#402	Smith, Kiara	JR	LYNCHBURG	27.34
4	#171	Ferrell, Kayla	FR	COLUMBIA (S.C.)	27.34
5	#598	Molina-Shuman, Maryrose	SO	ROANOKE	27.27
6	#535	Langston, Tatianna	FR	RANDOLPH	27.32

Heat 14

3	#22	Belk, Amira	FR	ALLEN (S.C.)	27.71
4	#215	Parker, Marin	FR	CONCORD	27.70
5	#789	Outland, Madison	FR	UVA-WISE	27.47
6	#275	Wetzel, Hannah	SR	GALLAUDET	27.52

#21 Men's 3000 Meters Collegiate

Finals

🕒 2:45 PM

Heat 1

1	#193	Irvin, Alex	SO	CONCORD	9:38.86
2	#257	Mills, Josh	SO	FERRUM	10:21.29
3	#768	Adams, Jonah	SO	UVA-WISE	9:42.99
4	#127	Thompson, Andrew	SO	CARSON-NEWMAN	9:42.88
5	#191	Holcomb, Wes	FR	CONCORD	10:18.79
6	#317	McGreevy, Finn	FR	HAGERSTOWN (MD.) CC	
7	#319	O'Neill, Jacob	FR	HAGERSTOWN (MD.) CC	
8	#182	Board, Ethan	JR	CONCORD	9:44.74
9	#805	Crenshaw, Colin	FR	VMI	
10	#1	Famiglio, Garrison	JR	08-UNATTACHED	9:37.00
11	#659	Kemp, Kenyon	JR	SOUTHERN VIRGINIA	9:53.92
13	#159	Nolan, Harold	FR	COLUMBIA (S.C.)	9:37.13
14	#419	Smith, Caleb	FR	MARY BALDWIN	10:05.84
15	#439	Volk, Jimmy	FR	MARY WASHINGTON	9:39.30
17	#272	Torres, Roberto	FR	GALLAUDET	10:08.22
18	#165	Timmerman, Patrick	JR	COLUMBIA (S.C.)	9:42.24
19	#116	Jones, Tyler	FR	CARSON-NEWMAN	9:48.22
20	#161	Racic, Dorde	JR	COLUMBIA (S.C.)	9:49.86
21	#318	Mundey, Jackson	FR	HAGERSTOWN (MD.) CC	

Heat 2

1	#568	Fellows, Ian	FR	ROANOKE	9:07.00
2	#440	Wright, Dylan	JR	MARY WASHINGTON	9:25.90
3	#820	Kiernan, Patrick	JR	VMI	9:31.75
4	#201	Ward, Braden	FR	CONCORD	9:18.81
5	#204	Zuchelli, Logan	JR	CONCORD	8:34.52
6	#922	Hinds, Daren	JR	WINTHROP	8:30.77
7	#435	Lohr, Jacob	JR	MARY WASHINGTON	8:55.56
8	#1840	Jordan, Alex		UNATTACHED	8:43.00
9	#935	Weisdorfer, Nolan	JR	WINTHROP	9:09.17
10	#105	Borden, Brent	SR	CARSON-NEWMAN	9:14.42
11	#826	Shank, Kevin	FR	VMI	8:50.00
12	#795	Kavanaugh, Teddy	FR	UNATTACHED	9:25.00
13	#229	Immanuel, Bellamy	JR	EASTERN MENNONITE	8:54.07
14	#874	Newton, Luke	SO	WASHINGTON AND LEE	9:14.00
15	#800	Stayton, Max	JR	UNATTACHED	9:02.73
16	#813	Hirneisen, Andrew	SR	VMI	9:06.59
17	#120	Lee, Colten	SO	CARSON-NEWMAN	8:44.22
18	#797	Molitor, Austin	JR	UNATTACHED	8:53.28

#22 Women's 3000 Meters Collegiate Finals

🕒 3:10 PM

Heat 1

1	#835	Fiorillo, Caroline	JR	VMI	12:08.10
2	#890	Clark, Sarah	SO	WASHINGTON AND LEE	11:30.00
3	#304	McDaniel, Chloe	JR	GARDNER-WEBB	11:21.63
4	#909	Spencer, Eve	SO	WASHINGTON AND LEE	11:30.80
5	#897	Harvey, Lydia	FR	WASHINGTON AND LEE	11:23.00
6	#882	Adams, Hannah	FR	WASHINGTON AND LEE	11:30.00
7	#720	Delgado, Inmacaluda	SO	TUSCULUM	11:11.29
8	#139	Pittman, Jenna	FR	CARSON-NEWMAN	10:54.91
9	#679	Dalebout, Lilly	JR	SOUTHERN VIRGINIA	11:21.27
11	#945	Kemp, Olivia	SO	WINTHROP	10:54.32
12	#141	Smock, Katie	JR	CARSON-NEWMAN	10:50.68
13	#899	Hollar, Kaitlyn	SR	WASHINGTON AND LEE	11:19.27
14	#245	Unzicker, Lucy	SR	EASTERN MENNONITE	11:12.47
15	#243	Mast, Halie	JR	EASTERN MENNONITE	11:07.60
16	#246	Weaver, Jenna	JR	EASTERN MENNONITE	10:49.63

Heat 2					
1	#851	Sisk, Jillian	FR	VMI	10:25.00
2	#752	Herbertson, Summer	FR	UNC-WILMINGTON	10:25.00
3	#525	Seigel, Abby	SR	RADFORD	10:41.92
4	#504	Brownrigg, Mackenzie	SR	RADFORD	10:24.00
5	#517	McLearen, Kate	SO	RADFORD	10:30.88
6	#387	Drumm, Courtney	SR	LYNCHBURG	10:37.49
7	#550	Joyce, Paige	SO	RICHMOND	10:12.51
8	#394	Massey, Lauren	SR	LYNCHBURG	10:20.44
9	#526	Wellings, Chloe	SR	RADFORD	9:40.09
10	#552	Kurtz, Laurel	JR	RICHMOND	10:03.13
11	#391	James, Sarah	SO	LYNCHBURG	10:32.30
12	#221	Wallace, Emily	SR	CONCORD	10:23.62
13	#511	Gilmore, MegAnne	JR	RADFORD	10:29.70
14	#549	Fenn, Mollie	SO	RICHMOND	10:31.88
15	#515	Magson, Sophie	SO	RADFORD	9:57.87
16	#385	Dell, Allison	SO	LYNCHBURG	10:11.38

#23 Men's 4x400 Relay Collegiate Finals

 3:35 PM

Heat 1				
2	WINTHROP		'B'	
	1) #917	Frank Jr., Carlos So	2) #925	King, Shane Fr
	3) #918	Frasier, Darren Sr	4) #924	Johnson, Calvin Jr
3	UVA-WISE		'A'	
	1) #772	Bushey, Nate Fr	2) #781	Robert, Micah So
	3) #775	DeBoard, Nick Jr	4) #778	Hegg, Eric Fr
4	TUSCULUM		'B'	
	1) #698	Cash, Jamal Sr	2) #714	Smith, Daryl So
	3) #700	Cunningham, Lansford Fr	4) #715	Stephens, Josh Jr
5	CONCORD		'B'	
	1) #200	Skeens, AJ Fr	2) #192	Holstein, Jaedan Fr
	3) #202	Watty, Alex Sr	4) #203	Wilson, Zach Jr
6	LYNCHBURG		'B'	
	1) #365	Hotung-Davidsen, Mag...	2) #367	Jones, Jaylen Jr
	3) #368	Koenig, Logan Fr	4) #375	Raya, Nekolas Jr