2012 Sprint Jump Throw Challenge - 1/18/2012
Hosted by: Lynchburg College
1/18/2012
Results

Women 55 Meter Dash

	Name	School	Prelims		H#
Preliminaries					
1	Ho Yee, Chan	Hong Kong Sports Institute	7.20	q	1
2	Flower, Abigail	Liberty	7.23	q	3
3	Hau Sze, Leung	Hong Kong Sports Institute	7.35	q	3
4	Powell, Ronnie	Virginia University Lynchburg	7.37	q	2
5	Spruel, Sherri	Liberty	7.43	q	1
6	Washington, Aleshia	Lynchburg	7.78	q	3
7	Aghaji, Mia	Liberty	7.81	q	3
8	Rohwer, Melissa	Liberty	7.84	q	1
9	Johnson, Jasmyne	Lynchburg	7.87	q	2
10	Washington, Christina	Lynchburg	7.93	q	3
11	Carney, Erin	Liberty	7.96	q	1
12	Foley, Margo	Lynchburg	8.06	q	2
13	Good, Naomi	Eastern Mennonite	8.55		3

Women 55 Meter Dash

	Name	School	Finals	H#
Finals				
1	Ho Yee, Chan	Hong Kong Sports Institute	7.23	1
2	Flower, Abigail	Liberty	7.25	1
3	Powell, Ronnie	Virginia University Lynchburg	7.30	1
4	Hau Sze, Leung	Hong Kong Sports Institute	7.39	1
5	Spruel, Sherri	Liberty	7.50	1
6	Washington, Aleshia	Lynchburg	7.81	1
7	Johnson, Jasmyne	Lynchburg	7.86	2
8	Carney, Erin	Liberty	7.96	2
9	Foley, Margo	Lynchburg	8.02	2

Women 200 Meter Dash

	Name	School	Finals	H#
Finals				
1	Powell, Ronnie	Virginia University Lynchburg	27.30	1
2	Thomas, Serria	Virginia University Lynchburg	28.72	2
3	Miller, Katie	Lynchburg	29.98	3
4	Hargrove, Naomi	Virginia University Lynchburg	30.17	1
5	Gray, Shannon	Lynchburg	30.47	3
6	Good, Naomi	Eastern Mennonite	30.81	3
7	Mitchell, Tierra	Virginia University Lynchburg	33.49	2

Women 400 Meter Dash

	Name	School	Finals
Finals			
1	Dukaly, Bendu	Virginia University Lynchburg	1:02.23
2	Mitchell, Tierra	Virginia University Lynchburg	1:06.27
3	Derstine, Jenessa	Eastern Mennonite	1:11.54

2012 Sprint Jump Throw Challenge - 1/18/2012
Hosted by: Lynchburg College
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Results

Women 55 Meter Hurdles

	Name	School	Prelims		H#
Preliminaries					
1	Houseknecht, Rachel	Liberty	8.25	q	1
2	Charnuski, Olivia	Liberty	8.42	q	2
3	Pak Yan, Poon	Hong Kong Sports Institute	8.50	q	1
4	Dukaly, Bendu	Virginia University Lynchburg	8.82	q	1
5	Bamford, Audrey	Liberty	9.12	q	2
6	Miller, Katie	Lynchburg	9.63	q	2
7	White, Riley	Unattached	9.81	q	1
8	Carney, Erin	Liberty	10.06	q	2
9	Wallace, Catherine	Lynchburg	10.78	q	1
10	Lacourciere, Lauren	Lynchburg	12.08	q	2
---	Thomas, Serria	Virginia University Lynchburg	FS		1
---	Mitchell, Christina	Unattached	DNF		2

Women 55 Meter Hurdles

	Name	School	Finals
Finals			
1	Houseknecht, Rachel	Liberty	8.26
2	Charnuski, Olivia	Liberty	8.29
3	Pak Yan, Poon	Hong Kong Sports Institute	8.31
4	Dukaly, Bendu	Virginia University Lynchburg	8.75
5	Bamford, Audrey	Liberty	9.09
6	Miller, Katie	Lynchburg	9.50

Women High Jump 1.27, 1.33,

	Name	School	Finals	
Finals				
1	Bamford, Audrey	Liberty	1.62m	5-03.75
2	Giersch, Gabrielle	Roanoke	1.52m	4-11.75
2	Pak Yan, Poon	Hong Kong Sports Institute	1.52m	4-11.75
2	Pitchford, Jordan	Bridgewater (Va.)	1.52m	4-11.75
5	Thomas, Serria	Virginia University Lynchburg	1.47m	4-09.75
6	Edwards, Denesha	Virginia University Lynchburg	1.42m	4-07.75
7	Miller, Katie	Lynchburg	1.37m	4-06.00
8	Rittenhouse, Heather	Bridgewater (Va.)	1.32m	4-04.00
9	Wallace, Catherine	Lynchburg	1.27m	4-02.00
---	Merloni, Taylor	Lynchburg	NH	

Women Pole Vault 2.15, 2.30,

	Name	School	Finals	
Finals				
1	Parker, Shelley	Liberty	3.60m	11-09.75
2	Houseknecht, Rachel	Liberty	3.05m	10-00.00
2	Tolsma, Tami	Liberty	3.05m	10-00.00
4	Parker, Erin	Bridgewater (Va.)	2.75m	9-00.25
5	Brandon, Riley	Liberty	2.60m	8-06.25
6	Chiovari, Kristen	Lynchburg	2.15m	7-00.50
6	Stacy, Jenna	Bridgewater (Va.)	2.15m	7-00.50
---	Lacourciere, Lauren	Lynchburg	NH	

2012 Sprint Jump Throw Challenge - 1/18/2012
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Women Long Jump

	Name	School	Finals	
Finals				
1	Rohwer, Melissa	Liberty	5.33m	17-06.00
2	Aghaji, Mia	Liberty	5.05m	16-07.00
3	Hargrove, Naomi	Virginia University Lynchburg	5.01m	16-05.25
4	Washington, Aleshia	Lynchburg	4.90m	16-01.00
4	Pak Yan, Poon	Hong Kong Sports Institute	4.90m	16-01.00
4	Bamford, Audrey	Liberty	4.90m	16-01.00
7	Mitchell, Christina	Unattached	4.71m	15-05.50
8	Edwards, Denesha	Virginia University Lynchburg	4.58m	15-00.50
9	Brandon, Riley	Liberty	4.57m	15-00.00
10	Wallace, Catherine	Lynchburg	4.48m	14-08.50
11	Conley, Megan	Bridgewater (Va.)	4.40m	14-05.25
12	Pitchford, Jordan	Bridgewater (Va.)	4.32m	14-02.25

Women Triple Jump

	Name	School	Finals	
Finals				
1	Rohwer, Melissa	Liberty	11.30m	37-01.00
2	Minter, Bari	Liberty	10.46m	34-04.00
3	Pitchford, Jordan	Bridgewater (Va.)	10.14m	33-03.25
4	Conley, Megan	Bridgewater (Va.)	9.77m	32-00.75
5	Unruh, Rebecca	Bridgewater (Va.)	9.64m	31-07.50
6	Bowling, Dashanna	Virginia University Lynchburg	9.59m	31-05.75

Women Shot Put

	Name	School	Finals	
Finals				
1	Woods, Emily	Liberty	13.46m	44-02.00
2	Barnes, Rachel	Liberty	12.79m	41-11.50
3	Williams, Jocelyn	Liberty	12.02m	39-05.25
4	Bransky, Elizabeth	Roanoke	11.69m	38-04.25
5	Cummings, Katie	Bridgewater (Va.)	11.04m	36-02.75
6	Minter, Bari	Liberty	10.51m	34-05.75
7	Davis, Emily	Lynchburg	9.88m	32-05.00
8	Hughes, Kelsey	Lynchburg	9.68m	31-09.25
9	Mitchell, Christina	Unattached	9.65m	31-08.00
10	Gulick, Britney	Lynchburg	9.24m	30-03.75
11	Bane, Alyssa	Eastern Mennonite	9.19m	30-02.00
12	Unruh, Rebecca	Bridgewater (Va.)	9.09m	29-10.00
13	Bamford, Audrey	Liberty	8.93m	29-03.75
14	Wallace, Catherine	Lynchburg	8.84m	29-00.00
15	Bothof, Sarah	Bridgewater (Va.)	8.21m	26-11.25
16	Thomas, Ashley	Lynchburg	8.11m	26-07.25
17	Beck, Jenni	Eastern Mennonite	7.49m	24-07.00
---	Cumings, Patricia	Liberty	ND	
---	Nicholson, Jennifer	Liberty	ND	

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Women Weight Throw

	Name	School	Finals	
Finals				
1	Bendik, Melinda	Liberty	15.44m	50-08.00
2	Cumings, Patricia	Liberty	15.25m	50-00.50
3	Williams, Jocelyn	Liberty	14.83m	48-08.00
4	Woods, Emily	Liberty	14.36m	47-01.50
5	Barnes, Rachel	Liberty	14.09m	46-02.75
6	Nicholson, Jennifer	Liberty	13.07m	42-10.75
7	Gulick, Britney	Lynchburg	13.01m	42-08.25
8	McCrowey, Alisha	Roanoke	12.39m	40-07.75
9	Cummings, Katie	Bridgewater (Va.)	12.28m	40-03.50
10	Davis, Emily	Lynchburg	12.09m	39-08.00
11	Bransky, Elizabeth	Roanoke	11.02m	36-02.00
12	Bothof, Sarah	Bridgewater (Va.)	9.34m	30-07.75
13	Hughes, Kelsey	Lynchburg	8.41m	27-07.25
14	Aldrich, Audra	Roanoke	8.07m	26-05.75
15	Beck, Jenni	Eastern Mennonite	4.96m	16-03.25

Men 55 Meter Dash

	Name	School	Prelims		H#
Preliminaries					
1	Chun Ho, Lai	Hong Kong Sports Institute	6.43	q	8
2	Yik Chun, Tang	Hong Kong Sports Institute	6.46	q	2
2	Spruel, Roderick	Liberty	6.46	q	1
4	Ka Fung, Ng	Hong Kong Sports Institute	6.47	q	6
5	Chi Ho, Tsui	Hong Kong Sports Institute	6.51	q	8
6	Man Lok, Ho	Hong Kong Sports Institute	6.55	q	5
7	Siu Keung, Yip	Hong Kong Sports Institute	6.58	q	1
8	Williams, Tarell	Liberty	6.59	q	5
9	Shorey, Brady	Liberty	6.63	q	3
10	Ki Ho, Leung	Hong Kong Sports Institute	6.64	q	5
11	Spears, Jamal	Liberty	6.65	q	4
12	Chauteh, Mark	Lynchburg	6.67	q	1
13	Davis, Rachad	Lynchburg	6.69		3
13	Settje, Anthony	Liberty	6.69		6
15	Schmidt, Eric	Liberty	6.72		6
16	Reddington, Kevin	Liberty	6.83		4
17	Cain, Shean	Virginia University Lynchburg	6.86		2
18	Moyer, Adam	Eastern Mennonite	6.89		2
19	Kezar, Zachary	Lynchburg	6.90		7
20	Bryant, Orlando	Bridgewater (Va.)	6.93		7
21	Rucker, Severin	Virginia University Lynchburg	6.95		1
21	Wallace, Josh	Virginia University Lynchburg	6.95		6
23	Duncan, Dave	Bridgewater (Va.)	6.96		1
24	Green, Ron	Virginia University Lynchburg	6.99		4
25	Mills, AJ	Lynchburg	7.03		6
26	Wheeler, Kyle	Liberty	7.04		3
26	McFadgen, Demario	Bridgewater (Va.)	7.04		8
28	Mwano, Vinny	Lynchburg	7.15		8

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Preliminaries ... (Men 55 Meter Dash)

	Name	School	Prelims	H#
29	Baum, Tyler	Bridgewater (Va.)	7.24	6
30	Hawi, Edmond	Lynchburg	7.29	7
31	Bell, James	Lynchburg	7.35	5
32	Hamblin, Justin	Lynchburg	7.60	2
33	Whitehead, Donte	Virginia University Lynchburg	7.63	7
34	Richardson, Tyler	Lynchburg	7.77	4
35	Walters, Daniel	Lynchburg	8.08	3

Men 55 Meter Dash

	Name	School	Finals	H#
Finals				
1	Chun Ho, Lai	Hong Kong Sports Institute	6.40	1
2	Spruel, Roderick	Liberty	6.41	1
3	Ka Fung, Ng	Hong Kong Sports Institute	6.42	1
4	Yik Chun, Tang	Hong Kong Sports Institute	6.45	1
5	Chi Ho, Tsui	Hong Kong Sports Institute	6.53	1
6	Man Lok, Ho	Hong Kong Sports Institute	6.59	1
7	Siu Keung, Yip	Hong Kong Sports Institute	6.62	2
8	Shorey, Brady	Liberty	6.63	2
9	Spears, Jamal	Liberty	6.64	2
10	Ki Ho, Leung	Hong Kong Sports Institute	6.65	2
11	Chauteh, Mark	Lynchburg	6.72	2

Men 200 Meter Dash

	Name	School	Finals	H#
Finals				
1	Cain, Shean	Virginia University Lynchburg	24.11	1
2	Moyer, Adam	Eastern Mennonite	24.41	1
3	Kezar, Zachary	Lynchburg	24.55	3
4	Green, Ron	Virginia University Lynchburg	25.50	4
5	Rucker, Severin	Virginia University Lynchburg	25.63	3
6	Valentine, Terrill	Virginia University Lynchburg	25.68	1
7	Simpson, Darrius	Virginia University Lynchburg	25.74	1
8	Stevens, Linwood	Lynchburg	25.96	4
9	Hamblin, Justin	Lynchburg	28.04	3
10	Walters, Daniel	Lynchburg	29.71	4

Men 400 Meter Dash

	Name	School	Finals	H#
Finals				
1	Valentine, Terrill	Virginia University Lynchburg	55.90	1
2	Coaker, Terry	Virginia University Lynchburg	56.95	1
3	Mills, AJ	Lynchburg	57.60	1
4	Stevens, Linwood	Lynchburg	58.07	2
5	Lee, Jermaine	Virginia University Lynchburg	58.60	1
6	Walters, Daniel	Lynchburg	1:04.03	2

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Men 55 Meter Hurdles

	Name	School	Prelims		H#
Preliminaries					
1	Davis, Rachad	Lynchburg	7.89	q	1
2	DeValve, Jacob	Liberty	8.57	q	2
3	McIntire, Tevan	Liberty	8.61	q	1
4	Lee, Jermaine	Virginia University Lynchburg	8.62	q	2
5	Mwano, Vinny	Lynchburg	9.10	q	1
6	Fifelski, Nick	Liberty	9.46	q	1
7	Coaker, Terry	Virginia University Lynchburg	9.75	q	2

Men 55 Meter Hurdles

	Name	School	Finals
Finals			
1	Davis, Rachad	Lynchburg	7.97
2	DeValve, Jacob	Liberty	8.19
3	McIntire, Tevan	Liberty	8.61
4	Lee, Jermaine	Virginia University Lynchburg	8.69
5	Mwano, Vinny	Lynchburg	8.93
6	Fifelski, Nick	Liberty	9.11

Men High Jump 1.57, 1.62,

	Name	School	Finals	
Finals				
1	Ho Fung, Lam	Hong Kong Sports Institute	1.97m	6-05.50
2	Bloomquist, Jared	Lynchburg	1.92m	6-03.50
3	Klase, Daniel	Unattached	1.77m	5-09.75
4	Walters, Daniel	Lynchburg	1.57m	5-01.75

Men Pole Vault 2.45, 2.75,

	Name	School	Finals	
Finals				
1	Shepherd, Kolby	Liberty	4.60m	15-01.00
2	Drablos, Jon	Liberty	4.10m	13-05.25
2	Fridgen, Cody	Liberty	4.10m	13-05.25
2	Inge, Daniel	Unattached	4.10m	13-05.25
5	Allen, Harrison	Liberty	3.95m	12-11.50
5	Curtis, Nathan	Lynchburg	3.95m	12-11.50
7	Walters, Daniel	Lynchburg	2.75m	9-00.25
8	Bloomquist, Jared	Lynchburg	2.45m	8-00.50
8	Giannone, Chris	Lynchburg	2.45m	8-00.50
---	Richardson, Tyler	Lynchburg	NH	
---	Elliott, Lucas	Bridgewater (Va.)	NH	
---	Thompson, Matt	Liberty	NH	
---	O'Connor, Eric	Lynchburg	NH	

Men Long Jump

	Name	School	Finals	
Finals				
1	Williams, Tarell	Liberty	6.55m	21-06.00
2	Reddington, Kevin	Liberty	6.41m	21-00.50

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Finals ... (Men Long Jump)

	Name	School	Finals	
3	Johnson, Aaron	Liberty	6.38m	20-11.25
4	McIntire, Tevan	Liberty	6.37m	20-10.75
5	Simpson, Darrius	Virginia University Lynchburg	6.23m	20-05.25
6	Settje, Anthony	Liberty	6.14m	20-01.75
6	Schmidt, Eric	Liberty	6.14m	20-01.75
8	Yazdanpanah, Korosh	Lynchburg	6.05m	19-10.25
9	Daniels, Calvin	Unattached	5.87m	19-03.25
10	Fifelski, Nick	Liberty	5.81m	19-00.75
10	Chauteh, Mark	Lynchburg	5.81m	19-00.75
12	Mills, AJ	Lynchburg	5.36m	17-07.00
13	Hamblin, Justin	Lynchburg	5.31m	17-05.25

Men Triple Jump

	Name	School	Finals	
Finals				
1	Daniels, Calvin	Unattached	13.07m	42-10.75
2	Wheeler, Kyle	Liberty	12.76m	41-10.50

Men Shot Put

	Name	School	Finals	
Finals				
1	Smith, Ryan	Liberty	17.23m	56-06.50
2	Wilson, Greg	Lynchburg	15.30m	50-02.50
3	Abbott, Tim	Liberty	14.74m	48-04.50
4	Scouten, David	Liberty	14.25m	46-09.00
5	Davis, Ralph	Lynchburg	14.10m	46-03.25
5	Van Dunk, Eric	Lynchburg	14.10m	46-03.25
7	Latham, Spencer	Unattached	13.94m	45-09.00
8	Fifelski, Nick	Liberty	13.14m	43-01.50
9	Bailey, Hunter	Lynchburg	12.35m	40-06.25
10	Allen, Harrison	Liberty	11.82m	38-09.50
11	McIntire, Tevan	Liberty	11.31m	37-01.25
12	Merck, Gordon	Lynchburg	11.21m	36-09.50
13	Waddy, Leslie	Lynchburg	11.20m	36-09.00
14	Sloan, Aaron	Eastern Mennonite	10.98m	36-00.25
15	Pate, Deverin	Eastern Mennonite	9.45m	31-00.00
16	Giannone, Chris	Lynchburg	9.10m	29-10.25

Men Weight Throw

	Name	School	Finals	
Finals				
1	Smith, Ryan	Liberty	17.19m	56-04.75
2	Davis, Ralph	Lynchburg	15.65m	51-04.25
3	Scouten, David	Liberty	15.00m	49-02.50
4	Abbott, Tim	Liberty	14.60m	47-11.00
5	Wilson, Greg	Lynchburg	13.43m	44-00.75
6	Merck, Gordon	Lynchburg	13.14m	43-01.50
7	Bailey, Hunter	Lynchburg	10.16m	33-04.00
8	Giannone, Chris	Lynchburg	9.70m	31-10.00

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Finals ... (Men Weight Throw)

	Name	School	Finals	
9	Pate, Deverin	Eastern Mennonite	7.18m	23-06.75
10	Sloan, Aaron	Eastern Mennonite	6.24m	20-05.75
---	Van Dunk, Eric	Lynchburg	ND	