

Liberty Flames Invitational - 2/2/2019

Liberty Indoor Track Complex

Results

Women 60 Meter Dash

Facility: 7.38 F 2/3/2018 Maiya Dendy
7.73 ECAC

Name	Yr	School	Prelims
Preliminaries			
1 Parker_love, Dajah	FR	Norfolk Stat	7.67q ECAC
2 Wilson, Alexis	SO	Liberty	7.77q
3 Morris, Latrice	SR	VCU	7.80q
4 Lee, Tyrika	SR	Norfolk Stat	7.81q
5 Saalih, Ameenah	SO	Howard	7.82q
6 Gbai, Jessika	SO	Howard	7.83q
7 Lewis, Kennedy	FR	Howard	7.88q
8 Thomas, Jada	FR	Liberty	7.90q
9 Rolan, Alexis	SO	Liberty	7.92
10 Willis, Alexis	JR	VCU	7.92
11 Morris, Jullia	JR	Campbell	8.01
12 Davis, Deonna		Unat-Liberty	8.05
13 Lee, Faith	JR	Campbell	8.31
14 Blue, Nascha	SO	Campbell	8.39
15 Plummer, Leah	JR	Liberty	8.65

Women 60 Meter Dash

Facility: 7.38 F 2/3/2018 Maiya Dendy
7.73 ECAC

Name	Yr	School	Finals
Finals			
1 Parker_love, Dajah	FR	Norfolk Stat	7.62 ECAC
2 Wilson, Alexis	SO	Liberty	7.74
3 Gbai, Jessika	SO	Howard	7.77
4 Morris, Latrice	SR	VCU	7.89
5 Lee, Tyrika	SR	Norfolk Stat	7.90
6 Saalih, Ameenah	SO	Howard	7.98
7 Lewis, Kennedy	FR	Howard	7.98

Women 200 Meter Dash

Facility: 23.62 F 1/19/2019 Kayla Davis
24.94 ECAC

Name	Yr	School	Finals
Finals			
1 Gbai, Jessika	SO	Howard	24.54 ECAC
2 Grant, Kiara	SO	Norfolk Stat	24.90 ECAC
3 Dansbury, Ty'Asia	SO	Liberty	25.07
4 Wilson, Alexis	SO	Liberty	25.10
5 Pride, Malika	SO	Norfolk Stat	25.20
6 Lewis, Kennedy	FR	Howard	25.26
7 Morris, Latrice	SR	VCU	25.39
8 Parker_love, Dajah	FR	Norfolk Stat	25.43
9 Dowling, Cortney	JR	Liberty	25.47
10 Rolan, Alexis	SO	Liberty	25.67
11 Lee, Tyrika	SR	Norfolk Stat	25.70
12 James, Candice	SR	VCU	25.81
13 Davis, Deonna		Unat-Liberty	25.84
14 Morris, Jullia	JR	Campbell	25.88
15 Willis, Alexis	JR	VCU	25.94
16 Onuoha, Uchechi	JR	Howard	25.96

17 Saalih, Ameenah	SO	Howard	26.04
18 Dorsey, Jenae	FR	Campbell	26.18
19 Mayfield, Madeline	FR	Campbell	26.50
20 Lee, Faith	JR	Campbell	26.66
21 Sheehan, Faith	FR	Liberty	26.84
22 Henke, Shelby	FR	Liberty	27.58
23 Gray, Jamie	FR	Liberty	27.90
24 Plummer, Leah	JR	Liberty	28.04

Women 400 Meter Dash

Facility: 52.55 F 1/18/2019 Athing Mu
56.94 ECAC

Name	Yr	School	Finals
Finals			
1 Dowling, Cortney	JR	Liberty	55.04 ECAC
27.372 (27.372)	55.032 (27.660)		
2 Smith, Kayla	JR	VCU	55.36 ECAC
25.747 (25.747)	55.353 (29.607)		
3 Ike, Oluchi	JR	Howard	56.81 ECAC
25.916 (25.916)	56.810 (30.894)		
4 Pride, Malika	SO	Norfolk Stat	57.36
26.821 (26.821)	57.358 (30.538)		
5 Hale, Aliyah	SR	Howard	58.38
26.846 (26.846)	58.378 (31.533)		
6 Dansbury, Ty'Asia	SO	Liberty	58.53
27.928 (27.928)	58.526 (30.598)		
7 Wright, Jessica	FR	Howard	59.00
27.013 (27.013)	58.997 (31.984)		
8 Johnson, Ayanna	FR	Campbell	59.21
27.637 (27.637)	59.210 (31.573)		
9 Watkins, Taylor	SR	VCU	59.32
28.036 (28.036)	59.313 (31.278)		
10 Raspberry, Makenli	FR	Howard	59.50
27.003 (27.003)	59.496 (32.493)		
11 Sheehy, Ann	SR	VCU	1:01.26
28.186 (28.186)	1:01.252 (33.067)		
12 Green, Crystal	SR	Norfolk Stat	1:01.70
28.009 (28.009)	1:01.691 (33.683)		
13 Sheehan, Faith	FR	Liberty	1:03.08
26.982 (26.982)	1:03.077 (36.095)		
14 Henke, Shelby	FR	Liberty	1:03.39
30.867 (30.867)	1:03.381 (32.514)		
--- Mcclendon, Jemya	FR	Howard	DNF

Women 500 Meter Run

Facility: 1:10.61 F 1/19/2019 Charokee Young
1:16.04 ECAC

Name	Yr	School	Finals
Finals			
1 Lyles, Kara	JR	VCU	1:15.80 ECAC
2 Rennyson, Maddie	SO	Virginia	1:15.87 ECAC
3 Greenlee, Ashley	SR	VCU	1:16.32
4 McDowell, Javenique	SO	Charleston S	1:20.00
5 Lowe, Lauren	FR	Howard	1:20.58
6 Doherty, Kathryn	JR	Liberty	1:25.16
7 Perez Erickson, Ava	FR	Liberty	1:27.51

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Results

Finals ... (Women 500 Meter Run)

Name	Yr	School	Finals
---		Hodges, Channelle	FR VCU DQ

Women 800 Meter Run

Facility: 2:08.28 F 2/11/2017 Carly Hamilton
2:13.54 ECAC

Name	Yr	School	Finals
Finals			
1		Coppolino, Sydney	FR Virginia 2:17.46 1:07.396 (1:07.396) 2:17.456 (1:10.060)
2		Korkernak, Amelia	FR Virginia 2:18.80 1:07.436 (1:07.436) 2:18.796 (1:11.360)
3		Lansing, Maryanna	JR Virginia 2:19.90 1:07.091 (1:07.091) 2:19.898 (1:12.808)
4		Sargent, Olivia	JR Virginia 2:20.72 1:07.203 (1:07.203) 2:20.718 (1:13.515)
5		Smolinski, Nina	FR Virginia 2:21.74 1:07.803 (1:07.803) 2:21.736 (1:13.933)
6		Cole, Natalee	JR Liberty 2:24.91 1:08.072 (1:08.072) 2:24.909 (1:16.838)
7		Blankemeier, Mary	SO Virginia 2:26.27 1:08.898 (1:08.898) 2:26.268 (1:17.370)
8		Mann, Courtney	SO Maryland 2:30.55 1:08.339 (1:08.339) 2:30.542 (1:22.203)
9		Cranford, Hannah	FR Campbell 2:32.61 1:09.596 (1:09.596) 2:32.609 (1:23.014)

Women 1000 Meter Run

Facility: 2:41.98 F 1/27/2018 Rachel Pocratsky
2:56.24 ECAC

Name	Yr	School	Finals
Finals			
1		Bowser, Naomi	FR Liberty 2:58.51
2		Brown, Ashley	JR VCU 2:58.86
3		White, Judith Marley	JR VCU 3:01.06
4		Kass, Yasmine	FR Maryland 3:09.54
5		McAllister, Emily	SO Maryland 3:09.90
6		Tiamfook, Jasmine	FR Maryland 3:14.65
7		Keller, Kiernan	SR Maryland 3:17.67
8		Stocki, Chelsea	FR Unat-Liberty 3:17.96
9		MacDougall, Katie	FR Liberty 3:19.11

Women 1 Mile Run

Facility: 4:51.66 F 2/11/2017 Carol Strock
4:59.04 ECAC

Name	Yr	School	Finals
Finals			
1		Bothwell, Kiera	SO Virginia 4:58.35 ECAC
2		McDowell, Delaney	SR Liberty 4:58.67 ECAC
3		Lang, Brittany	JR Maryland 4:59.24
4		Palmer, Noel	SO Liberty 4:59.29
5		Parlier, Calli	FR Liberty 5:00.95
6		Lindsay, Helena	FR Virginia 5:05.24
7		Moran, Hannah	FR Virginia 5:07.62
8		Wolcott, Emma	FR Virginia 5:10.44

9		Bower, Emma	FR Liberty 5:10.61
10		Novak, Paige	JR Maryland 5:13.79
11		Smith, Heidi	SO Liberty 5:15.75
12		Kurtz, Kammi	SR Liberty 5:17.41
13		Fitch, Madeline	JR Campbell 5:19.78
14		Savedge, Delaney	JR VCU 5:20.40
15		Mills, Makennah	FR Charleston S 5:21.45
16		MacPherson, Madison	FR Liberty 5:22.33
17		Jantomaso, Sophia	FR Liberty 5:24.53
18		White, Melanie	FR Howard 5:25.39
19		Leone, Rebekah	FR Liberty 5:28.25
20		McGillberry, Brittany	Unattached 5:33.97
21		Baldwin, Jade	JR Campbell 5:39.84
22		Woltjen, Alexa	FR Maryland 5:45.40
23		Baker, Essence	FR Howard 5:50.97
---		Wilson, Greer	JR Liberty DNF
---		Ricksecker, Rebekah	Unattached DNF

Women 3000 Meter Run

Facility: 9:31.88 F 2/11/2017 Ellie Abrahamson
9:55.24 ECAC

Name	Yr	School	Finals
Finals			
1		Gearhart, Kathryn	JR Maryland 10:09.94 5:22.381 (5:22.381) 10:09.933 (4:47.553)
2		Louw, Michaela	JR Campbell 10:10.45 5:22.993 (5:22.993) 10:10.443 (4:47.450)
3		Rogers, Jessica	FR Liberty 10:31.31 5:39.280 (5:39.280) 10:31.308 (4:52.029)
4		Sorg, Kyley	FR Liberty 10:33.65 5:39.097 (5:39.097) 10:33.648 (4:54.552)
5		Hirneisen, Lauren	SO Liberty 10:34.58 5:38.812 (5:38.812) 10:34.575 (4:55.763)
6		Augelli, Caroline	JR Maryland 10:36.15 5:30.055 (5:30.055) 10:36.148 (5:06.094)
7		Anderson, Jamie	FR Liberty 10:40.13 5:39.045 (5:39.045) 10:40.126 (5:01.082)
8		Barrick, Molly	SO Maryland 10:44.53 5:39.865 (5:39.865) 10:44.527 (5:04.663)
9		Botha, Lize	JR Campbell 10:45.94 5:39.707 (5:39.707) 10:45.931 (5:06.224)
10		Bowen, Ali	SR Campbell 10:52.58 5:42.471 (5:42.471) 10:52.573 (5:10.103)
11		Koech, Fridah	FR Norfolk Stat 10:58.87 5:45.503 (5:45.503) 10:58.867 (5:13.364)
12		Samoei, Caroline	JR Norfolk Stat 11:19.00 5:51.138 (5:51.138) 11:18.991 (5:27.853)
13		Lynch, Clara	SO Liberty 11:42.94 6:00.833 (6:00.833) 11:42.932 (5:42.099)
---		Schvaneveldt, Grace	FR Charleston S DNF 5:41.370 (5:41.370)

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Women 5000 Meter Run

Facility: 15:37.12 F 1/20/2018 Katelyn Tuohy
17:28.24 ECAC

Name	Yr	School	Finals
Finals			
1		Crandall, Jacy	Unattached 18:44.31
2		Koech, Fridah	FR Norfolk Stat 18:49.32
3		Samoei, Caroline	JR Norfolk Stat 19:13.86
4		Willemse, Zanelle	FR Charleston S 19:20.57
5		Thornhill, Bethany	SR Charleston S 19:21.55
6		Barnes, Taylor	SO Charleston S 19:56.70
7		Cole, Darrian	FR Charleston S 20:16.16

Women 60 Meter Hurdles

Facility: 8.21 F 1/27/2018 Kayla White
8.85 ECAC

Name	Yr	School	Prelims
Preliminaries			
1		Knight, Andrenette	JR Virginia 8.58q ECAC
2		Woodley, Alexis	JR Virginia 8.59q ECAC
3		Robertson, Taejah	SR Norfolk Stat 8.72q ECAC
4		Leonard, Ciara	SR Virginia 8.73q ECAC
5		Onuoha, Uchechi	JR Howard 8.74q ECAC
6		Polsgrove, Kylie	SR Liberty 8.81q ECAC
7		Thomas, Jada	FR Liberty 8.82q ECAC
8		Mulder, Jaiden	JR Liberty 8.89q
9		James, Kellyann	SR Norfolk Stat 9.14
10		Banks, Khoi	JR VCU 9.17
11		Jeffcoat, Tiffany	FR Liberty 9.19
12		Dodson, Katie	JR Liberty 9.23
13		Higgins, Courtney	SO VCU 9.30
14		Gray, Jamie	FR Liberty 9.30
15		Blue, Nascha	SO Campbell 9.36
16		Guine-Herndon, Nia	FR Howard 9.42
17		Lowe, Lauren	FR Howard 9.43
18		Bunch, Ashalia	SR Norfolk Stat 9.49
19		Beres, LeClare	SR VCU 9.65
20		Mayfield, Madeline	FR Campbell 10.58
---		Lee, Faith	JR Campbell FS

Women 60 Meter Hurdles

Facility: 8.21 F 1/27/2018 Kayla White
8.85 ECAC

Name	Yr	School	Finals
Finals			
1		Woodley, Alexis	JR Virginia 8.53 ECAC
2		Robertson, Taejah	SR Norfolk Stat 8.60 ECAC
3		Leonard, Ciara	SR Virginia 8.62 ECAC
4		Knight, Andrenette	JR Virginia 8.68 ECAC
5		Onuoha, Uchechi	JR Howard 8.73 ECAC
6		Thomas, Jada	FR Liberty 8.85 ECAC
7		Polsgrove, Kylie	SR Liberty 8.88
8		Mulder, Jaiden	JR Liberty 8.91

Women 4x400 Meter Relay

Facility: 3:39.60 F 1/19/2018 Bullis School
3:52.54 ECAC

Team	Relay	Finals
Finals		
1	Howard	A 3:55.21
	1) Raspberry, Makenli FR	2) Hale, Aliyah SR
	3) Wright, Jessica FR	4) Ike, Oluchi JR
	59.191 (59.191) 1:58.364 (59.173)	2:58.085 (59.722)
	3:55.209 (57.124)	
2	Vcu	B 3:57.64
	3) Sheehy, Ann SR	4) James, Candice SR
	1:02.201 (1:02.201) 1:58.904 (56.703)	2:59.030 (1:00.127)
	3:57.631 (58.602)	
3	Virginia	B 4:04.45
	1) Still, Alix FR	2) Smolinski, Nina FR
	3) Coppolino, Sydney FR	4) Lansing, Maryanna JR
	1:02.119 (1:02.119) 2:04.593 (1:02.474)	3:04.930 (1:00.338)
	4:04.449 (59.519)	
4	Virginia	A 4:04.63
	1) Rennyson, Maddie SO	2) Bothwell, Kiera SO
	3) Korkernak, Amelia FR	4) Sargent, Olivia JR
	58.185 (58.185) 1:58.703 (1:00.518)	3:01.352 (1:02.649)
	4:04.622 (1:03.270)	
5	Howard	B 4:07.07
	1) Lowe, Lauren FR	2) Gbai, Jessika SO
	3) Lewis, Kennedy FR	4) Onuoha, Uchechi JR
	1:01.639 (1:01.639) 2:02.689 (1:01.050)	3:07.121 (1:04.433)
	4:07.064 (59.943)	
6	Campbell	A 4:07.58
	1) Morris, Jullia JR	2) Mayfield, Madeline FR
	3) Dorsey, Jenae FR	4) Cranford, Hannah FR
	1:00.576 (1:00.576) 2:00.204 (59.628)	3:00.939 (1:00.735)
	4:07.579 (1:06.640)	
7	Liberty	A 4:19.79
	1) Henke, Shelby FR	2) Sheehan, Faith FR
	3) Doherty, Kathryn JR	4) Perez Erickson, Ava FR
	1:05.210 (1:05.210) 2:08.155 (1:02.945)	3:12.875 (1:04.720)
	4:19.787 (1:06.912)	
8	Liberty	D 4:34.74
	1) Rogers, Jessica FR	2) Sorg, Kyley FR
	3) Anderson, Jamie FR	4) Lynch, Clara SO
	1:04.585 (1:04.585) 2:18.532 (1:13.947)	3:29.935 (1:11.404)
	4:34.738 (1:04.803)	
9	Liberty	B 4:37.45
	1) Parlier, Calli FR	2) Palmer, Noel SO
	3) Bower, Emma FR	
	1:06.283 (1:06.283) 2:17.545 (1:11.263)	3:27.979 (1:10.434)
	4:37.443 (1:09.464)	
---	Liberty	C DQ
	1) Leone, Rebekah FR	2) MacPherson, Madison FR
	3) MacDougall, Katie FR	4) Jantomaso, Sophia FR
	1:04.483 (1:04.483) 2:05.003 (1:00.520)	3:10.047 (1:05.044)
	4:18.204 (1:08.158)	

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Results

Finals ... (Women 4x400 Meter Relay)

Team	Relay	Finals
--- Vcu	A	DQ
1) Hodges, Channelle FR	2) Lyles, Kara JR	
3) Watkins, Taylor SR	4) Smith, Kayla JR	
58.380 (58.380)	1:55.425 (57.045)	2:52.441 (57.017)
3:49.019 (56.578)		

Women High Jump

Facility: 1.83m F 1/19/2019 Shelby Tyler
1.70m ECAC

Name	Yr	School	Finals
Finals			
1 Feyeraabend, Carly	SR	Virginia	1.62m
1 Hayes, Gabi	SO	Virginia	1.62m
3 Still, Alix	FR	Virginia	1.57m
--- James, Kellyann	SR	Norfolk Stat	NH

Women Pole Vault

Facility: 4.27m F 1/28/2017 Alina McDonald
3.65m ECAC

Name	Yr	School	Finals
Finals			
1 Guy, Bridget	SR	Virginia	4.30m ECAC
2 Langin, Taylen	FR	Liberty	3.90m ECAC
3 Zeckowski, Gwendolyn	FR	Maryland	3.65m ECAC
4 Goecki, Gabrielle	FR	Campbell	3.05m
--- Milnes, Rachel	SO	Liberty	NH
--- Martin, Alexis	FR	Liberty	NH
--- Bowser, Naomi	FR	Liberty	NH
--- McCray, Deshonde	JR	Norfolk Stat	NH
--- Etamadipour, Kelly	FR	Liberty	NH

Women Long Jump

Facility: 6.18m F 2/23/2018 Sabina Allen
5.60m ECAC

Name	Yr	School	Finals
Finals			
1 Polsgrove, Kylie	SR	Liberty	5.72m ECAC
2 Mizera, Makenzy	FR	Liberty	5.66m ECAC
3 Barnes, Fiona	JR	Liberty	5.61m ECAC
4 James, Kellyann	SR	Norfolk Stat	5.23m
5 Rice, Kylan	FR	Howard	5.19m
6 Abulencia, Mia	FR	Virginia	5.18m
7 Gray, Jamie	FR	Liberty	5.17m
8 Rice, Zoe	FR	Virginia	5.08m
9 Edler, Rachel	SO	Howard	5.06m
10 Morris, Jullia	JR	Campbell	5.00m
11 Johnson, Ayanna	SO	Liberty	4.59m
12 Harris, Taleya	SR	Howard	4.54m
--- Still, Alix	FR	Virginia	FOUL
--- Cheatham, Janelle	JR	VCU	FOUL

Women Triple Jump

Facility: 13.44m F 2/24/2018 Sabina Allen
11.60m ECAC

Name	Yr	School	Finals
Finals			
1 Newman, Aliyah	SO	VCU	12.44m ECAC
2 Mitchell, Adrianna	SO	Liberty	11.54m
3 Jackson, Amari	FR	VCU	11.05m
4 Ermias, Metasebia	SO	VCU	11.02m
5 Dorsey, Jenae	FR	Campbell	10.98m
6 Guine-Herndon, Nia	FR	Howard	10.91m
7 James, Kellyann	SR	Norfolk Stat	10.55m

Women Shot Put

Facility: 16.09m F 2/10/2018 Galissia Cause
13.50m ECAC

Name	Yr	School	Finals
Finals			
1 Jones, Brittany	SO	Virginia	15.53m ECAC
2 Sanders, Camora	SR	VCU	15.19m ECAC
3 Mojica, Naomi	SO	Liberty	14.20m ECAC
4 Moise, Shannon	FR	VCU	14.09m ECAC
5 Marshall, Patience	FR	Campbell	13.99m ECAC
6 Dankert, Jenna	FR	Campbell	13.96m ECAC
7 Vaimaona, Patria	JR	Liberty	13.88m ECAC
8 Igberaese, Chelsea	FR	Liberty	13.56m ECAC
9 Henderson, Kamryn	FR	Maryland	12.68m
10 Robin, Tyler	SR	VCU	12.05m
11 Simms, Tiara	FR	Norfolk Stat	11.80m
12 Burrell, Daiysa	JR	Norfolk Stat	11.66m
13 Sessoms, Akiera	FR	Norfolk Stat	11.64m
14 Williams, Milan	JR	Charleston S	11.36m
15 Polsgrove, Kylie	SR	Liberty	11.07m
16 Effiom, Diana	FR	Howard	11.02m
17 Gray, Jamie	FR	Liberty	10.34m
18 Still, Alix	FR	Virginia	9.78m
--- Clark, Kaylah	SO	Howard	FOUL

Women Weight Throw

Facility: 20.35m F 2/10/2017 Victoria Merriweather
16.50m ECAC

Name	Yr	School	Finals
Finals			
1 Vaimaona, Patria	JR	Liberty	19.39m ECAC
2 Igberaese, Chelsea	FR	Liberty	18.04m ECAC
3 Vernon, Marvalyn	SR	Liberty	17.69m ECAC
4 Barnsdale, Alice	SO	Maryland	17.26m ECAC
5 Williams, Milan	JR	Charleston S	17.13m ECAC
6 Smith, Bayli	SO	Maryland	16.74m ECAC
7 Sanders, Camora	SR	VCU	16.58m ECAC
8 Mojica, Naomi	SO	Liberty	16.35m
9 Yankson, Samantha	JR	VCU	15.15m
10 Parker, Aricana	FR	Norfolk Stat	14.38m
11 Henderson, Kamryn	FR	Maryland	14.21m
12 Effiom, Diana	FR	Howard	14.05m

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Finals ... (Women Weight Throw)

Name	Yr	School	Finals
13 Clark, Kaylah	SO	Howard	13.90m
14 Burrell, Daiysa	JR	Norfolk Stat	13.70m
15 Sally, PreAsia	FR	Norfolk Stat	13.58m
16 Marshall, Patience	FR	Campbell	13.39m
17 O'Rourke, Denise	SR	VCU	13.09m
18 Vester, Caitlyn	SO	Campbell	12.86m
19 Moise, Shannon	FR	VCU	12.76m
20 Robin, Tyler	SR	VCU	12.61m
21 Dankert, Jenna	FR	Campbell	12.43m
22 Brown, Jasmine	SO	Campbell	10.23m

Men 60 Meter Dash

Facility: 6.66 F 2/10/2018 Jaylan Mitchell
6.98 IC4A

Name	Yr	School	Prelims
1 Carr, Curtis	JR	Campbell	6.83q IC4A
2 Waller, JeVon	FR	VCU	6.90q IC4A
3 Alexander, Jamik	SR	VCU	7.01q
4 Adams, Samuel	SO	Campbell	7.03q
5 Smalley, Brad	JR	Liberty	7.04q
6 Pierson, Elijah	SO	Liberty	7.07q
7 Henderson, Travis		Unattached	7.10q
8 Doss, Jonathan	FR	Liberty	7.11q
9 Davis, Jeremy	SO	Liberty	7.12
10 Browne, Camron	FR	VCU	7.22
11 Alfano, Andrew	SR	Maryland	7.25
12 Rogers, Erik	FR	Howard	7.29
13 Santiago, Alhec	FR	Campbell	7.42
14 Imes IV, Steven	SO	Howard	7.66

Men 60 Meter Dash

Facility: 6.66 F 2/10/2018 Jaylan Mitchell
6.98 IC4A

Name	Yr	School	Finals
1 Carr, Curtis	JR	Campbell	6.81 IC4A
2 Waller, JeVon	FR	VCU	6.88 IC4A
3 Smalley, Brad	JR	Liberty	6.99
4 Pierson, Elijah	SO	Liberty	7.03
5 Alexander, Jamik	SR	VCU	7.03
6 Henderson, Travis		Unattached	7.07
7 Doss, Jonathan	FR	Liberty	7.10
8 Adams, Samuel	SO	Campbell	7.13

Men 200 Meter Dash

Facility: 21.03 F 1/27/2018 Rodney Rowe
22.24 IC4A

Name	Yr	School	Finals
1 Barnes, Trequan	SO	Norfolk Stat	21.38 IC4A
2 Lyon, Christian		Unat-Liberty	21.53 IC4A
3 Smalley, Brad	JR	Liberty	21.96 IC4A
4 Faircloth, Daiqwaun	FR	VCU	22.04 IC4A

5 Durham, Jahquez	JR	Liberty	22.05 IC4A
6 Waller, JeVon	FR	VCU	22.08 IC4A
7 Alexander, Jamik	SR	VCU	22.08 IC4A
8 Rolle, Branson	SO	Liberty	22.13 IC4A
9 Lombard, Korey	SR	Howard	22.25
10 Payne, Corinthians	FR	Howard	22.48
11 Adams, Samuel	SO	Campbell	22.54
12 Bullard, Ja-Vell	SR	Diamond TC	22.55
13 Pierson, Elijah	SO	Liberty	22.59
14 Doss, Jonathan	FR	Liberty	22.64
15 Benson, Richard	SO	Campbell	22.69
16 West, Justin	SR	VCU	22.71
17 Carr, Curtis	JR	Campbell	22.74
18 Henderson, Travis		Unattached	22.78
19 Davis, Jeremy	SO	Liberty	23.05
20 Rogers, Erik	FR	Howard	23.08
21 Compito, Trevon	SO	Campbell	23.09
22 Alfano, Andrew	SR	Maryland	23.20
23 Kirk, Nathaniel	FR	Liberty	23.22
24 Gilliam, Christian	SO	Liberty	23.59
--- Carter, Kishaun	FR	Howard	DQ

Men 400 Meter Dash

Facility: 46.80 F 2/10/2018 Alejandro Perlaza Zapata
49.20 IC4A

Name	Yr	School	Finals
1 Zapata, Alejandro	SR	Liberty	46.84 IC4A
22.243 (22.243)	46.831 (24.589)		
2 Outlaw, Brandon	SO	Virginia	48.97 IC4A
22.906 (22.906)	48.961 (26.055)		
3 Durham, Jahquez	JR	Liberty	49.03 IC4A
23.400 (23.400)	49.021 (25.622)		
4 Lyon, Christian		Unat-Liberty	50.00
23.250 (23.250)	49.995 (26.745)		
5 Waller, Emmanuel	FR	VCU	50.40
23.477 (23.477)	50.395 (26.918)		
6 Pinder, Justin	SR	Norfolk Stat	50.51
23.729 (23.729)	50.505 (26.777)		
7 Benson, Richard	SO	Campbell	50.76
23.160 (23.160)	50.756 (27.597)		
8 Aguolu, Chukwuezo	JR	VCU	50.78
23.886 (23.886)	50.778 (26.892)		
9 Kirk, Nathaniel	FR	Liberty	50.98
24.236 (24.236)	50.979 (26.743)		
10 Cooper, Collin	JR	Campbell	51.52
24.010 (24.010)	51.511 (27.502)		
11 Fouse, Bailey	FR	Liberty	51.98
24.401 (24.401)	51.971 (27.570)		
12 Rider, Caleb	JR	Liberty	52.34
25.592 (25.592)	52.334 (26.743)		
13 Brown, Keith	SO	Norfolk Stat	52.52
24.084 (24.084)	52.512 (28.428)		
14 Ignacio, Isaiiah	SO	Liberty	52.59
25.142 (25.142)	52.589 (27.448)		

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Results

Finals ... (Men 400 Meter Dash)

Name	Yr	School	Finals
15 Compito, Trevon	SO	Campbell	52.71
24.543 (24.543)	52.707 (28.164)		
16 Gilliam, Christian	SO	Liberty	52.72
24.079 (24.079)	52.712 (28.633)		
17 Robinson, Elijah	FR	Norfolk Stat	52.74
24.323 (24.323)	52.736 (28.414)		
18 Wynn, Ka'Deem	JR	Campbell	52.85
24.175 (24.175)	52.847 (28.673)		

Men 800 Meter Run

Facility: 1:50.85 F 1/14/2017 Brandon McGorty

1:54.50 IC4A

Name	Yr	School	Finals
Finals			
1 Todd, Michael	SR	Liberty	1:52.68 IC4A
54.397 (54.397)	1:52.679 (58.283)		
2 Toney, Noah	JR	Virginia	1:54.95
56.139 (56.139)	1:54.948 (58.809)		
3 Kipchirchir, Ally	FR	Liberty	1:55.38
54.652 (54.652)	1:55.374 (1:00.723)		
4 Nixon, Aariq	FR	Howard	1:56.10
56.202 (56.202)	1:56.097 (59.895)		
5 Gordon-Bester, Anthony	SO	Howard	1:56.19
55.927 (55.927)	1:56.184 (1:00.258)		
6 Scott, Ryan	SR	Maryland	1:56.89
56.514 (56.514)	1:56.886 (1:00.372)		
7 Fisher, Graeme	JR	Campbell	1:58.38
56.689 (56.689)	1:58.377 (1:01.688)		
8 Dollhausen, Tyler	FR	Campbell	1:58.46
56.899 (56.899)	1:58.454 (1:01.555)		
9 Jennings, Jacari	FR	VCU	1:59.19
57.143 (57.143)	1:59.188 (1:02.045)		
10 Jones, William	SO	Maryland	2:05.43
59.457 (59.457)	2:05.422 (1:05.965)		
11 Bedell, Christian		Unattached	2:12.52
59.327 (59.327)	2:12.517 (1:13.190)		

Men 1000 Meter Run

Facility: 2:21.89 F 1/27/2018 Neil Gourley

2:28.50 IC4A

Name	Yr	School	Finals
Finals			
1 Martin, Avery		Unattached	2:30.24
2 Kipruto, Meshack	JR	Campbell	2:31.88
3 Sidle, Lucas	JR	VCU	2:31.95
4 Jihad, Kamil	FR	Norfolk Stat	2:32.92
5 Fountain, Jordan	SO	VCU	2:33.11
6 Davis, Solomon		Unat-Liberty	2:34.92
7 Gallimore, Travis	JR	Campbell	2:35.94
8 Moulton, Sean	FR	VCU	2:39.89
9 Loadholt, Jared	SR	Maryland	2:49.84

Men 1 Mile Run

Facility: 4:04.98 F 2/11/2017 Donnie Cowart

4:14.50 IC4A

Name	Yr	School	Finals
Finals			
1 Doan, Nick	JR	Liberty	4:13.75 IC4A
2 Bogucki, Colton		Unattached	4:13.94 IC4A
3 Buscaglia, Ryan	SO	Virginia	4:15.71
4 Too, Lelei	SO	Norfolk Stat	4:19.91
5 Kipruto, Meshack	JR	Campbell	4:20.69
6 Cheruiyot, Evans	FR	Norfolk Stat	4:21.71
7 Fullerton, Tariq	SR	Howard	4:22.09
8 Spitzer, Joe	FR	Liberty	4:22.84
9 Catlett, Bryce	JR	VCU	4:25.31
10 Gallimore, Travis	JR	Campbell	4:25.73
11 Adebisi, Ayoade	FR	Howard	4:28.06
12 Jones, William	SO	Maryland	4:29.59
13 Gonzalez, Humberto	FR	Howard	5:03.63

Men 3000 Meter Run

Facility: 8:06.11 F 1/28/2017 Henry Wynne

8:28.00 IC4A

Name	Yr	School	Finals
Finals			
1 Kipkoech, Lawrence	SR	Campbell	8:18.77 IC4A
4:23.447 (4:23.447)	8:18.770 (3:55.323)		
2 Monroe, Harry	FR	Virginia	8:23.02 IC4A
4:29.046 (4:29.046)	8:23.012 (3:53.967)		
3 Kimutai, Godwin	FR	Campbell	8:32.83
4:28.755 (4:28.755)	8:32.821 (4:04.067)		
4 Hendrickson, Connor	SR	Virginia	8:39.28
4:29.470 (4:29.470)	8:39.272 (4:09.803)		
5 Hassan, Ahmed	FR	Virginia	8:43.22
4:29.727 (4:29.727)	8:43.215 (4:13.488)		
6 Klemmeck, Benjamin	SO	Liberty	8:43.39
4:37.702 (4:37.702)	8:43.390 (4:05.688)		
7 Johnson, Derek	FR	Virginia	8:43.50
4:34.491 (4:34.491)	8:43.500 (4:09.009)		
8 Kipchirchir, Meshack	FR	Norfolk Stat	8:45.20
4:34.404 (4:34.404)	8:45.192 (4:10.789)		
9 Gilbert, Hunter	JR	Campbell	8:50.39
4:40.847 (4:40.847)	8:50.386 (4:09.539)		
10 Rosacia, Paul	FR	VCU	8:56.85
4:41.045 (4:41.045)	8:56.846 (4:15.802)		
11 Bett, Festus	JR	Norfolk Stat	9:01.71
4:38.734 (4:38.734)	9:01.702 (4:22.969)		
12 Burgamy, Jacob	JR	Campbell	9:06.90
4:42.951 (4:42.951)	9:06.891 (4:23.940)		
13 Keter, Cosmas	FR	Virginia	9:09.71
4:42.721 (4:42.721)	9:09.707 (4:26.987)		

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Results

Men 5000 Meter Run

Facility: 14:22.51 F 2/23/2018 Amon Kemboi
14:42.50 IC4A

Name	Yr	School	Finals
Finals			
1 Kirwa, Azaria	SR	Liberty	14:25.05 IC4A
2 Kipchirchir, Meshack	FR	Norfolk Stat	15:00.96
3 Lisoreng, Augostine	SO	Liberty	15:01.80
4 Squires, Paul	FR	Liberty	15:23.55
5 Blaes, Archie	FR	VCU	15:30.95

Men 60 Meter Hurdles

Facility: 7.71 F 2/24/2018 Jovaine Atkinson
8.25 IC4A

Name	Yr	School	Prelims
Preliminaries			
1 Davis, Ian	JR	VCU	8.19q IC4A
2 Jackson, Emmanuel	SR	Virginia	8.21q IC4A
3 Atkinson, Jovaine	JR	Liberty	8.28q
4 Rolle, Branson	SO	Liberty	8.37q
5 Faircloth, Daiqwaun	FR	VCU	8.41q
6 Waller, Emmanuel	FR	VCU	8.43q
7 Banks, Jaylen	JR	Norfolk Stat	8.44q
8 Carter, Kishaun	FR	Howard	8.45q
9 Atavwigho, Chigozie	SR	Campbell	8.52
10 Hillard, Dajion	FR	Norfolk Stat	8.53
11 Myrick, Kysheen	SO	Liberty	8.56
12 Carson, Byron	FR	Norfolk Stat	8.66
13 Imes IV, Steven	SO	Howard	9.00

Men 60 Meter Hurdles

Facility: 7.71 F 2/24/2018 Jovaine Atkinson
8.25 IC4A

Name	Yr	School	Finals
Finals			
1 Atkinson, Jovaine	JR	Liberty	8.06 IC4A
2 Davis, Ian	JR	VCU	8.15 IC4A
3 Jackson, Emmanuel	SR	Virginia	8.17 IC4A
4 Rolle, Branson	SO	Liberty	8.29
5 Waller, Emmanuel	FR	VCU	8.33
6 Banks, Jaylen	JR	Norfolk Stat	8.34
7 Faircloth, Daiqwaun	FR	VCU	8.49
--- Carter, Kishaun	FR	Howard	DQ

Men 4x400 Meter Relay

Facility: 3:11.22 F 1/21/2017 St. Augustine's
3:19.90 IC4A

Team	Relay	Finals
Finals		
1 Liberty	A	3:19.99
1) Smalley, Brad JR	2) Fouse, Bailey FR	
3) Rolle, Branson SO	4) Durham, Jahquez JR	
49.294 (49.294)	1:40.560 (51.267)	2:30.063 (49.503)
3:19.990 (49.928)		

2 Vcu	A	3:23.38
1) Waller, Emmanuel FR	2) Davis, Ian JR	
3) Faircloth, Daiqwaun FR	4) Aguolu, Chukwuezugbo JR	
50.881 (50.881)	1:40.393 (49.512)	2:33.398 (53.005)
3:23.380 (49.983)		

3 Liberty	B	3:27.97
1) Kirk, Nathaniel FR	2) Ignacio, Isaiah SO	
3) Myrick, Kysheen SO	4) Davis, Jeremy SO	
52.423 (52.423)	1:43.454 (51.032)	2:37.160 (53.707)
3:27.961 (50.802)		

4 Howard	A	3:28.80
1) Lombard, Korey SR	2) Payne, Corinthians FR	
3) Carter, Kishaun FR	4) Imes IV, Steven SO	
51.435 (51.435)	1:41.019 (49.584)	2:35.793 (54.774)
3:28.799 (53.007)		

5 Campbell	B	3:29.94
1) Cooper, Collin JR	2) Wynn, Ka'Deem JR	
3) Dollhausen, Tyler FR	4) Fisher, Graeme JR	
53.145 (53.145)	1:44.585 (51.440)	2:37.635 (53.050)
3:29.935 (52.300)		

Men High Jump

Facility: 2.19m F 2/3/2018 Samuel Shoultz
2.04m IC4A

Name	Yr	School	Finals
Finals			
1 Foster, Brenton	JR	Virginia	2.21m FIC4A
2 Milton, Jacob	JR	Norfolk Stat	2.18m IC4A
3 Xrichardson, Xyan	SO	VCU	2.03m
--- Warner, Garth	JR	Norfolk Stat	NH
--- Carson, Byron	FR	Norfolk Stat	NH
--- Banks, Jaylen	JR	Norfolk Stat	NH
--- Henley, Kequan	JR	Norfolk Stat	NH

Men Pole Vault

Facility: 5.71m F 2/10/2018 Scott Houston
4.80m IC4A

Name	Yr	School	Finals
Finals			
1 Young, Sam	JR	Virginia	5.10m IC4A
2 Stroot, Reilly	SO	Liberty	4.90m IC4A
3 Janes, Anders	FR	Liberty	4.60m
4 Ray, Isaac	SO	Campbell	4.00m
--- Booker, Patrick	SO	Norfolk Stat	NH
--- Fox, Ryan	FR	Liberty	NH
--- Spiess, Chris	SO	Maryland	NH

Men Long Jump

Facility: 7.73m F 1/26/2019 Erik Eckleben
7.02m IC4A

Name	Yr	School	Finals
Finals			
1 Northover, Wayne		Jamaica	6.79m
2 Browne, Camron	FR	VCU	6.62m
3 Banks, Jaylen	JR	Norfolk Stat	6.40m
4 Myrick, Kysheen	SO	Liberty	6.35m

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Results

Finals ... (Men Long Jump)

Name	Yr	School	Finals
5 Henley, Kequan	JR	Norfolk Stat	6.00m
6 Carson, Byron	FR	Norfolk Stat	5.92m
7 Are, Nathaniel	SO	Howard	5.61m
8 Imes IV, Steven	SO	Howard	5.59m

Men Triple Jump

Facility: 15.98m F 2/3/2018 Olu Olamigoke
14.45m IC4A

Name	Yr	School	Finals
1 Idris, Bashir	SR	VCU	15.12m IC4A
2 Saintil, Jonathan	SR	Liberty	14.66m IC4A
3 Vanzego, Carlos	SR	Maryland	14.55m IC4A
4 Bethea, Devin	SR	VCU	13.77m
5 McCants, Jeremiah	FR	Liberty	13.44m
6 Santiago, Alhec	FR	Campbell	12.85m
7 Are, Nathaniel	SO	Howard	12.68m

Men Shot Put

Facility: 20.49m F 2/11/2017 Stipe Zunic
15.70m IC4A

Name	Yr	School	Finals
1 Plesko, Nace	SR	Virginia	17.96m IC4A
2 Mitchell, Kyle	SO	Unat-Liberty	17.41m IC4A
3 Ballivian, Jose	SO	Liberty	17.29m IC4A
4 Vollbrecht, Jaekob	FR	VCU	16.82m IC4A
5 Clarke, Jonhoi	SO	Campbell	16.58m IC4A
6 Thompson, Greg	SR	Maryland	16.33m IC4A
7 Belayneh, Ebenezer	SO	VCU	15.32m
8 Spiecha, Ryan	JR	Charleston S	15.31m
9 Strickler, Jacob		Unat-Liberty	14.35m
10 Mastro, Sam	FR	Liberty	14.30m
11 Yancey, Glen	SO	VCU	14.01m
12 Wolfe, Seth	SO	Charleston S	13.86m
13 Barnes, Zaire	SO	Norfolk Stat	13.02m
14 Hudson, David	SR	Howard	12.98m
14 Rice, Jerome	FR	Charleston S	12.98m
16 Moss, Clarence	JR	Charleston S	12.69m
17 Myrick, Kysheen	SO	Liberty	12.58m
18 Brown, Tyler	FR	Howard	11.18m
19 Coleman, Uriah	FR	Campbell	9.63m
--- Ward, David	SO	Campbell	FOUL
--- Codrington, Michael	FR	Howard	FOUL

Men Weight Throw

Facility: 20.87m F 2/10/2018 Ryan Davis
17.00m IC4A

Name	Yr	School	Finals
1 Caglione, JP	JR	Charleston S	17.47m IC4A
2 Wolfe, Seth	SO	Charleston S	16.92m
3 Schwartz, Will	SO	VCU	16.61m
4 Spiecha, Ryan	JR	Charleston S	16.13m

5	Ward, David	SO	Campbell	16.06m
6	Mastro, Sam	FR	Liberty	15.37m
7	McClain, DJ	FR	Campbell	14.87m
8	Belayneh, Ebenezer	SO	VCU	14.38m
9	Vollbrecht, Jaekob	FR	VCU	13.97m
10	Moss, Clarence	JR	Charleston S	13.81m
11	Yancey, Glen	SO	VCU	12.70m
12	Johnson, Sergei	FR	Campbell	12.46m
13	Brown, Tyler	FR	Howard	11.86m
14	Codrington, Michael	FR	Howard	11.77m