

CNU's High School Showcase - 1/6/2012 to 1/7/2012
Vince Brown Track in the Freeman Center
Christopher Newport Univ., Newport News, VA
Results

Girls 55 Meter Dash**Top 6 Advance by Time****Top 6 times to SATURDAY finals**

State Q-AA: 7.55 %

State Q-AAA: 7.35 \$

Freeman Rec: 6.86 # 2/18/2006 FRANCENA McCrory, BETHEL HIGH SCHOOL

Name	Age	School	Prelims	H#
Preliminaries				
1 Rountree, Kierra		South County	% 7.49 q	2
2 Hankins, Jasmine		Tallwood	% 7.51 q	7
3 Moseley, Alexandria		Cosby	% 7.54 q	4
4 McKinsey, Maya		Tallwood	7.57 q	2
4 Majors, Felecia		South County	7.57 q	6
6 Kendall, Brittany		South County	7.59 q	5
7 Person, Brittany		Dinwiddie	7.64	7
8 Hanks, Micah		Tabb HS	7.66	4
9 Harrover, Madeline		Kettle Run	7.77	3
10 Wells, Atashia		Warhill	7.82	3
10 D'Orazio*, Gina		Cosby	7.82	5
12 Lowe, India		Atlee	7.84	2
13 Pruitt, Austin		Collegiate	7.86	1
14 Schmidt, Adrienne		Langley	7.87	6
14 Carter, Jordan		Cosby	7.87	3
16 Melson, Katherine		Collegiate	7.89	7
16 Toote, Jada		T.C. Williams	7.89	1
18 Progar, Melissa		Tabb HS	7.91	4
19 Foster, Sydnei		North Stafford	7.92	7
19 Nathan, Violet		Maury High School	7.92	3
21 Shelton, Cierra		Atlee	7.97	2
22 Green, Xandria		Tallwood	7.98	5
23 Lozama, Jordan		South Lakes	7.99	3
24 Chapman, Jordan		Jamestown	8.06	1
25 Murray, Imani		King George	8.17	6
25 Williams, Arrien		Kettle Run	8.17	1
27 Wells, Alexis		Warhill	8.19	7
28 dodd, victoria		Jamestown	8.20	6
29 Cooper, Hannah		Norfolk Academy	8.21	2
30 Meekins, Jessica		T.C. Williams	8.26	4
31 Forman, Gabrielle		Maury High School	8.36	2
32 Jackson, Tia		J.R. Tucker High School	8.37	3
33 Von Seggern, Analea		Langley	8.43	1
34 Morgan, Annie		Collegiate	8.49	4
35 Murray, Arielle		Norfolk Academy	8.57	4
36 Hewitt, Lindsay		Currituck County	8.76	5
37 Gordon, Ellie		Norfolk Academy	9.16	7
38 Smith, Franiqua		J.R. Tucker High School	9.26	6

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 State Q-AAA: 7.35 \$
 Freeman Rec: 6.86 # 2/18/2006 FRANCENA McCrory, BETHEL HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Majors, Felecia		South County	7.42 %
2 Rountree, Kierra		South County	7.53 %
3 Hankins, Jasmine		Tallwood	7.55 %
4 Moseley, Alexandria		Cosby	7.56 %
5 Kendall, Brittany		South County	7.57
6 McKinsey, Maya		Tallwood	7.61

Girls 300 Meter Dash

State Q-AA: 43.31 %
 State Q-AAA: 41.16 \$
 Freeman Rec: 38.06 # 2/18/2006 FRANCENA MCCRORY, BETHEL HIGH SCHOOL

Name	Age	School	Finals	H#
Finals				
1 Majors, Felecia		South County	41.00 \$	9
2 Rountree, Kierra		South County	42.93 %	9
3 McCarty, Madeleine		Kellam	43.12 %	9
4 Novak*, Molly		Cosby	43.27 %	8
5 Pruitt, Austin		Collegiate	43.29 %	9
6 Segala, Marisssa		Jamestown	43.31 %	9
7 King, Brittni		Tabb HS	43.42	9
8 Pringle *, Alexis		Atlee	43.63	8
9 Marioneaux, Laura		Warhill	43.92	6
10 Lataillade, Morgan		T.C. Williams	44.14	7
11 Person, Brittany		Dinwiddie	44.21	7
12 Omweg, Taylor		Tabb HS	44.36	6
13 Hill, Dasha		Bruton	44.49	8
14 Sroba, Jennie		Collegiate	44.50	7
15 Schwalen, Katherine		Currituck County	44.62	8
16 Sanford, Mary-Payton		Maury High School	44.76	8
17 Melson, Katherine		Collegiate	45.10	8
18 Fritz*, Megan		Hanover	45.19	6
19 Battle, Erica		North Stafford	45.46	7
20 Canty, Zaire		North Stafford	45.54	7
21 Helms, Kayla		Cosby	45.80	4
22 Toote, Jada		T.C. Williams	45.80	5
23 Scott*, Mackenzie		Hanover	46.10	6
24 Vinson, Tiara		Maury High School	46.23	7
25 Bremer, Molly		Langley	46.27	5
26 Nieuwsma, Claire		South Lakes	46.29	4
27 Zollar *, Jasmine		Atlee	46.57	4
28 Progar, Melissa		Tabb HS	47.25	6
29 Baldwin, Keeajah		Tallwood	47.65	6
30 Riefner *, Lindsay		Atlee	48.08	5

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Name	Age	School	Finals	H#
31 Rodrigue*, Desire		Dinwiddie	48.17	1
32 Murray, Imani		King George	48.24	5
33 Matthews, Leah		Jamestown	48.38	4
34 Copeman, Kayla		Bruton	48.42	4
35 Lozama, Jordan		South Lakes	48.64	3
36 Doucet, Jade		Bruton	48.75	2
37 Johnson, Jasmine		Tallwood	48.99	5
38 Parynik, Kailee		Cosby	49.21	3
39 Breathwaite, Marisa		Currituck County	49.32	2
40 Shulterbrandt, Siana		Tallwood	49.86	5
41 Owens, Rachel		Greenbrier Christian Academy	49.86	4
42 Green, Miranda		King George	50.28	3
43 Pruitt, Mary		Kellam	50.38	3
44 Shawver, Julia		Warhill	50.40	2
45 Brush, Anna		Norfolk Academy	50.51	2
46 Von Seggern, Analea		Langley	50.61	3
47 Humphrey, Samantha		North Stafford	50.75	2
48 Pope, Sadie		J.R. Tucker High School	50.77	1
49 Cooper, Hannah		Norfolk Academy	51.66	3
50 Parks, Julia		Greenbrier Christian Academy	51.77	2
51 Martin *, Meghan		J.R. Tucker High School	57.67	1

Girls 500 Meter Dash

State Q-AA: 1:22.17 %

State Q-AAA: 1:17.77 \$

Freeman Rec: 1:11.97 # 2/18/2006 FRANCENA MCCRORY, BETHEL HIGH SCHOOL

Name	Age	School	Finals	H#
Finals				
1 Ewing, Jessica		Tallwood	1:19.04 %	7
2 Tito *, Claire		J.R. Tucker High School	1:19.39 %	7
3 McCarty, Madeleine		Kellam	1:19.95 %	7
4 Omweg, Taylor		Tabb HS	1:21.29 %	7
5 Newcomb, Kelsey		Dinwiddie	1:22.24	6
6 Harmatz, Alison		Tabb HS	1:23.45	6
7 Majors, EnNijah		South County	1:23.77	7
8 Fritz*, Megan		Hanover	1:24.61	5
9 Kramer, Liana		Langley	1:24.77	6
10 Schlenker, Lauren		Kettle Run	1:25.35	6
11 Green, Miranda		King George	1:25.60	6
12 Gardner *, Katie		Atlee	1:25.66	5
13 Howe, Libby		Tabb HS	1:25.68	5
14 McManus, Meigan		Langley	1:26.16	5
15 Hicks, Whitney		North Stafford	1:26.40	5
16 Bennett, Dezi		Atlee	1:26.63	2
17 Bryce, Shannon		Jamestown	1:27.33	4
18 Thomasson*, Melody		Dinwiddie	1:27.67	5
19 Clarke, Courtney		Currituck County	1:28.34	3
20 Hendley, Kathryn		T.C. Williams	1:28.41	4
21 Chinaka, Ozioma		South Lakes	1:28.90	3

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Name	Age	School	Finals	H#
22 Pruitt, Mary		Kellam	1:29.64	4
23 Mellman, Emily		Jamestown	1:29.80	6
24 Decker, Emily		South Lakes	1:30.64	3
25 Martin, Arianna		Atlee	1:31.20	4
26 Bartholomew, Chelsea		South County	1:32.21	3
27 Plante, Emily		Norfolk Academy	1:32.60	2
28 Troup, Kelly		Warhill	1:34.39	2
29 Hoade, Emily		Collegiate	1:34.74	3
30 Wilson *, Anna		J.R. Tucker High School	1:35.19	2
31 Ellis, Makhalia		Maury High School	1:35.36	4
32 Kamara, Ameratu		T.C. Williams	1:36.32	1
33 Branscome, Cordie		Warhill	1:37.77	2
34 Westry, Cierra		Tallwood	1:38.16	1
35 Hopkins, Monique		Maury High School	1:41.91	3
36 Gough, Reid		North Stafford	1:43.68	1
37 Mendu, Sanjana		Norfolk Academy	1:47.44	2

Girls 1000 Meter Run

State Q-AA: 3:12.65 %

State Q-AAA: 3:02.78 \$

Freeman Rec: 2:56.30 # 2/18/2006 KRISTY TOBIN, GREAT BRIDGE HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Leitch *, Katharine		Atlee	3:08.52 %
2 Newcomb, Kelsey		Dinwiddie	3:11.56 %
3 Bland *, Katie		Atlee	3:12.18 %
4 Sadler*, Annie		Hanover	3:13.18
5 Redd, Alaina		Cosby	3:14.00
6 Wirz*, Elena		Cosby	3:14.84
7 Williams, Lindsey		Warhill	3:16.71
8 Glueck, Gaylin		Jamestown	3:16.86
9 Gwin, Courtney		Kellam	3:17.03
10 Arner *, Emma		Atlee	3:17.16
11 Schlenker, Lauren		Kettle Run	3:18.15
12 Shannon, Carley		Bruton	3:19.43
13 Strickland, Madison		Denbigh Baptist	3:19.55
14 Clark, Hannah		T.C. Williams	3:19.84
15 Lewis, Rachel		Kellam	3:20.04
16 McMullan, Kelly		Kellam	3:20.23
17 Fouse, Mary		Langley	3:22.32
18 Latimer, Emily		Currituck County	3:22.35
19 McAllister, Alex		Cosby	3:22.69
20 Foret, Shelby		Jamestown	3:23.83
21 Blunt*, Katie		Hanover	3:24.50
22 Mcgrath, Molly		South Lakes	3:26.07
23 Henderson, Megan		Warhill	3:28.43
24 McGiboney, Virginia		South Lakes	3:28.50
25 Chen, Wendy		Norfolk Academy	3:35.38
26 Desimone, Maria		Tallwood	3:36.55

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Finals ... (Girls 1000 Meter Run)

Name	Age	School	Finals
27 Harvey, Waverlee		Maury High School	3:38.09
28 Dick, Haley		Dinwiddie	3:39.12
29 Chako, Hannah		Norfolk Academy	3:45.90
30 Mantzouranis, Krystina		Tallwood	3:54.88
31 Spratley, Cindy		Collegiate	3:57.66
32 Kimberly, Caitlyn		Tallwood	3:58.74
33 Davis, Clara		Collegiate	4:00.37
34 McDonnell, Nicole		Maury High School	4:06.41

Girls 1600 Meter Run

State Q-AA: 5:29.00 %

State Q-AAA: 5:14.25 \$

Freeman Rec: 4:54.84 # 2/18/2003 JENNIFER BOYD, HICKORY HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Motley, Abby		Kellam	5:18.86 %
2 Smythe, Shannon		T.C. Williams	5:19.86 %
3 Schaedel, Sydney		T.C. Williams	5:21.65 %
4 Buscher, Mariam		Warhill	5:21.75 %
5 Birnbaum*, Kate		Cosby	5:32.92
6 Grasberger *, Katt		Atlee	5:37.78
7 Mearns, Devon		Jamestown	5:37.88
8 Reynolds*, Cary		Cosby	5:38.53
9 Strickland, Madison		Denbigh Baptist	5:40.60
10 McMullan, Kelly		Kellam	5:41.32
11 Bavin, Chloe		Atlee	5:41.64
12 Gaunt*, Rachel		Hanover	5:42.48
13 Brady, Allison		Langley	5:42.86
14 Effinger, Daphne		Kellam	5:50.80
15 Helbling*, Megan		Dinwiddie	5:51.89
16 Green, Miranda		King George	5:53.67
17 McGiboney, Virginia		South Lakes	5:55.24
18 Dister, Megan		Maury High School	5:55.75
19 Mcgrath, Molly		South Lakes	6:01.73
20 Little, Gray		Collegiate	6:03.48
21 Carrington, Mia		Tallwood	6:03.68
22 Innis, Kelly		Cosby	6:07.08
23 Ford *, Logan		J.R. Tucker High School	6:09.09
24 Harvey, Waverlee		Maury High School	6:09.60
25 Cole, Amanda		Collegiate	6:11.00
26 Fields, Hannah		North Stafford	6:11.69
27 Reeves*, Savannah		Hanover	6:15.28
28 Lyons, Courtney		North Stafford	6:18.33
29 Donovan *, Eryn		Atlee	6:20.90
30 Fanelty, Chloe		Tallwood	6:25.63
31 Pryor, Jenna		North Stafford	6:34.41
32 Brownell *, Taylor		J.R. Tucker High School	6:35.89
33 Kane, Katie		Denbigh Baptist	6:37.11
34 McFadden, Molly		Collegiate	6:41.32

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Finals ... (Girls 1600 Meter Run)

Name	Age	School	Finals
35 Young, Allison		Norfolk Academy	7:34.34

Girls 3200 Meter Run**Fastest section contested on SATURDAY**

State Q-AA: 11:51.71 %

State Q-AAA: 11:18.00 \$

Freeman Rec: 10:42.81 # 1/8/2005 MELISSA DEWEY, HAYFIELD HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Moye *, Megan		Cosby	10:48.39 \$
2 Scully, Mary Cate		South County	11:21.48 %
3 Debrito, Emily		North Stafford	11:44.28 %
4 Buscher, Mariam		Warhill	11:45.48 %
5 Garrahan, Grace		T.C. Williams	12:11.30
6 Dister, Megan		Maury High School	12:13.62
7 Nieuwsma, Devin		South Lakes	12:16.01
8 Blum *, Lindsey		Cosby	12:16.17
9 Bavin *, Scarlett		Atlee	12:21.88
10 Harrar *, Paige		Atlee	12:26.60
11 Purdy, Blair		Langley	12:33.50
12 Kopfer, Madisen		Jamestown	12:36.16
13 Simonsen, Haley		Jamestown	12:37.16
14 Bidwell, Erin		South Lakes	12:41.39
15 Morelli, Joanna		Walsingham Academy	12:45.13
16 Steinman *, Amanda		Cosby	12:47.03
17 Fraser *, Julia		Atlee	12:48.50
18 Quinn, Erin		North Stafford	12:51.10
19 Queen, Alyssa		Bruton	13:45.90
20 Whitaker, Sarah		Collegiate	13:55.06
21 Garrett, Allison		Norfolk Academy	13:55.41
22 Szeligowski, Taylor		Tallwood	13:59.88
23 Sugianto, Amelia		Langley	14:00.57
24 Rohler, Kelsie		Tallwood	14:01.89
25 Brown, Cori		Bruton	14:02.18
26 Ferebee, Alexis		Bruton	14:04.22
27 Cosby, Caitie		Collegiate	14:08.40
28 Pincus, Anna Britta		Maury High School	14:12.84
29 Brownell *, Taylor		J.R. Tucker High School	14:26.96
30 Shuklis, Kaitlynn		Dinwiddie	14:40.21
31 Eosso, Corinne		Currituck County	14:56.87
32 Diamond*, Makayla		Dinwiddie	14:57.52
33 Hopper, Meredith		Hanover	15:11.09

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Girls 55 Meter Hurdles**Top 6 Advance by Time****Top 6 times to SATURDAY finals**

State Q-AA: 9.26 %

State Q-AAA: 8.64 \$

Freeman Rec: 7.95 # 2/18/2007 KALI WATKINS, MENCHVILLE HIGH SCHOOL

Name	Age	School	Prelims	H#
Preliminaries				
1 Scott*, Mackenzie		Hanover	% 8.99 q	6
2 Smith, De'Nisha		Cosby	% 9.06 q	2
3 Knight, Morgan		South County	% 9.25 q	3
4 Myers, Hannah		Collegiate	9.37 q	5
5 Brown, Melvina		Kettle Run	9.46 q	1
6 Gundran, Jada		Tallwood	9.52 q	4
7 Feyerabend, Carly		Atlee	9.54	5
8 Shaw, Katana		South County	9.96	5
9 Randolph, Ellie		Norfolk Academy	10.01	3
10 Zhu, Jennifer		T.C. Williams	10.06	6
11 Cleveland, Ashleigh		Currituck County	10.19	2
12 Niesma, Claire		South Lakes	10.33	1
13 Kriner, Kady		Langley	10.34	4
14 Vaccaro, Carissa		North Stafford	10.36	2
15 Spicer, Cheyenne		Currituck County	10.38	3
16 Shawver, Julia		Warhill	10.41	6
17 Brown, Ja'Tia		Tallwood	10.43	1
18 Parynik, Kailee		Cosby	10.51	4
19 Bannister, Tyler		Norfolk Academy	10.61	6
20 McLaughlin, Allison		Atlee	10.69	4
21 Wright, Katie		Collegiate	10.91	3
22 Murrin, Savannah		Cosby	10.98	5
23 Brush, Anna		Norfolk Academy	11.13	6
24 Weaver, Indya		T.C. Williams	11.56	1
25 Perkins, sydney		Dinwiddie	11.64	2
26 Shawver, Anna		Warhill	11.68	5
27 Hoade, Emily		Collegiate	12.66	3
--- Decker, Emily		South Lakes	DNF	1

Girls 55 Meter Hurdles**Top 6 times to SATURDAY finals**

State Q-AA: 9.26 %

State Q-AAA: 8.64 \$

Freeman Rec: 7.95 # 2/18/2007 KALI WATKINS, MENCHVILLE HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Scott*, Mackenzie		Hanover	8.77 %
2 Smith, De'Nisha		Cosby	8.94 %
3 Knight, Morgan		South County	9.00 %
4 Myers, Hannah		Collegiate	9.05 %
5 Gundran, Jada		Tallwood	9.17 %
6 Brown, Melvina		Kettle Run	9.89

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Girls 4x200 Meter Relay

State Q-AA: 1:51.01 %

State Q-AAA: 1:46.76 \$

Freeman Rec: 1:40.77 # 2/23/2004 , BETHEL HIGH SCHOOL

Team	Relay	Finals	H#
Finals			
1 Cosby		1:46.79 %	4
1) D'Orazio*, Gina	2) Carter, Jordan	3) Smith, De'Nisha	4) Moseley, Alexandria
2 Tallwood		1:48.07 %	4
1) Hankins, Jasmine	2) Ewing, Jessica	3) Gundran, Jada	4) Perry, Dya'mond
3 Collegiate		1:49.88 %	4
1) Sroba, Jennie	2) Myers, Hannah	3) Pruitt, Austin	4) Melson, Katherine
4 T.C. Williams		1:50.94 %	2
1) Zhu, Jennifer	2) Hendley, Kathryn	3) Lataillade, Morgan	4) Benites, Allegra
5 Warhill		1:52.01	4
1) Massaro, Haley	2) Marioneaux, Laura	3) Wells, Atashia	4) Roy, Marguerite
6 Tabb HS		1:52.73	3
7 Langley		1:52.85	3
1) Bremer, Molly	2) Schmidt, Adrienne	3) Cox, Anna	4) Kriner, Kady
8 South County		1:53.04	4
1) Ramdeen, Simone	2) Shaw, Katana	3) Kendall, Brittany	4) Knight, Morgan
9 North Stafford		1:53.19	4
1) Hicks, Whitney	2) Canty, Zaire	3) Foster, Sydnei	4) Battle, Erica
10 Jamestown		1:53.72	2
11 Atlee		1:54.87	3
1) Taylor *, Cassidy	2) Pringle *, Alexis	3) O'Toole *, Abby	4) Riefner *, Lindsay
12 Bruton		1:55.15	3
1) Udovich, Heidi	2) Copeman, Kayla	3) Hill, Dasha	4) Everrette, Taylor
13 Kettle Run		1:55.49	3
1) Harrover, Madeline	2) Campbell, Taylor	3) Hunter, Alisha	4) Brown, Melvina
14 Maury High School		1:57.86	2
1) Forman, Gabrielle	2) Hardy, Patra	3) Nathan, Violet	4) Roberts, Zakiyyah
15 Dinwiddie		1:59.52	2
1) Thomasson*, Melody	2) Bonner*, Cameron	3) Beasley, Brianna	4) Rodrigue*, Desire
16 J.R. Tucker High School		2:02.20	1
1) Nosrati, Mina	2) Lewis *, Maggie	3) Genesis, Enyiah	4) Jackson, Tia
17 Norfolk Academy		2:02.77	2
18 Currituck County		2:04.54	1
1) Davis, Leighanne	2) Clarke, Courtney	3) Schwalen, Katherine	4) Breathwaite, Marisa

Girls 4x400 Meter Relay

Fastest section contested on SATURDAY

State Q-AA: 4:20.25 %

State Q-AAA: 4:05.58 \$

Freeman Rec: 3:57.18 # 12/11/2010 Western Branch, Western Bran
S Williams, S Epps, J Lee, C Wright

Team	Relay	Finals	H#
Finals			
1 Cosby		4:00.82 \$	3
1) D'Orazio*, Gina	2) Carter, Jordan	3) Smith, De'Nisha	4) Metzger*, Jayden
2 T.C. Williams		4:12.55 %	3
1) Hendley, Kathryn	2) Smythe, Shannon	3) Conroy, Sarah	4) Schaedel, Sydney

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Team	Relay	Finals	H#
3 Tallwood		4:14.01 %	3
1) Ewing, Jessica	2) Gundran, Jada	3) Perry, Dya'mond	4) Green, Xandria
4 Tabb HS		4:14.08 %	2
5 North Stafford		4:17.70 %	3
1) Hicks, Whitney	2) Ingalsbe, Ashlyn	3) Canty, Zaire	4) Battle, Erica
6 Bruton		4:19.21 %	2
1) Udovich, Heidi	2) Cody, Michaela	3) Shannon, Carley	4) Smith, Shona
7 South County		4:20.61	3
1) Taylor, Jeonna	2) Bartholomew, Chelsea	3) Woods, Taylor	4) Dubuisson, Widney
8 Warhill		4:21.20	2
1) Massaro, Haley	2) Troup, Kelly	3) Marioneaux, Laura	4) Wells, Atashia
9 Kellam		4:24.26	3
1) Gwin, Courtney	2) Motley, Abby	3) Effinger, Daphne	4) McCarty, Madeleine
10 Atlee		4:24.94	1
1) Bland *, Katie	2) Gardner *, Katie	3) Bennett, Dezi	4) Leitch *, Katharine
11 Jamestown		4:31.63	2
12 Dinwiddie		4:42.44	2
1) Bonner*, Cameron	2) Dick, Haley	3) Rodrigue*, Destiny	4) Jones, Rumani
13 Currituck County		4:44.70	2
1) Davis, Leighanne	2) Latimer, Emily	3) Clarke, Courtney	4) Schwalen, Katherine
14 Maury High School		4:50.42	1
1) Hopkins, Monique	2) Forman, Gabrielle	3) Vinson, Tiara	4) Ellis, Makhalia
15 Norfolk Academy		4:51.37	1
16 J.R. Tucker High School		4:52.28	1
1) Wilson *, Rebecca	2) Wilson *, Anna	3) Martin *, Meghan	4) Lewis *, Maggie

Girls 4x800 Meter Relay

State Q-AA: 10:09.42 %

State Q-AAA: 9:44.11 \$

Freeman Rec: 9:22.90 # 1/11/2008 , WESTFIELD HIGH SCHOOL

Team	Relay	Finals
Finals		
1 Atlee		9:58.18 %
1) Bland *, Katie	2) Gardner *, Katie	3) Grasberger *, Katt
4) Bavin *, Scarlett		
2 Cosby		10:01.85 %
1) Wirz*, Elena	2) Redd, Alaina	3) Birnbaum*, Kate
4) Ward*, Kelly		
3 T.C. Williams		10:11.78
1) Smythe, Shannon	2) Clark, Hannah	3) Garrahan, Grace
4) Schaedel, Sydney		
4 Jamestown		10:20.85
5 Kellam		10:26.70
1) Gwin, Courtney	2) Motley, Abby	3) McMullan, Kelly
4) Effinger, Daphne		
6 South County		10:31.30
1) Scully, Mary Cate	2) Taylor, Jeonna	3) Woods, Taylor
4) Dubuisson, Widney		
7 Bruton		10:35.16
1) Brown, Cori	2) Cody, Michaela	3) Ferebee, Zoe
4) Queen, Aylssa		
8 Warhill		10:37.19
1) Buscher, Mariam	2) Branscome, Cordie	3) Henderson, Megan
4) Hutton, Olivia		
9 Hanover		10:40.01
1) Reeves*, Savannah	2) Breidenbaugh*, Molly	3) Blunt*, Katie
4) Gaunt*, Rachel		
10 Langley		10:40.21
1) Fouse, Mary	2) Purdy, Elissa	3) Kramer, Liana
4) Purdy, Blair		

CNU's High School Showcase - 1/6/2012 to 1/7/2012
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Finals ... (Girls 4x800 Meter Relay)

Team	Relay			Finals
11 Tallwood	1) Mantzouranis, Krystina	2) Carrington, Mia	3) Szeligowski, Taylor	11:04.98
12 Collegiate	1) Mountcastle, Grace	2) Morgan, Annie	3) Sommers, Sally	11:07.30
13 J.R. Tucker High School	1) Tito *, Claire	2) Wilson *, Anna	3) Ford *, Logan	11:13.53
14 North Stafford	1) Debrito, Emily	2) Quinn, Erin	3) Ingalsbe, Ashlyn	11:18.06
15 Norfolk Academy				11:44.65
16 Currituck County	1) Temple, Kelsey	2) Eosso, Corinne	3) Davis, Leighanne	11:50.05
			4) Latimer, Emily	

Girls High Jump**Opening Height: 4-4**

State Q-AA:	4-11	%		
State Q-AAA:	5-02	\$		
Freeman Rec:	5-08	#	12/11/2004	ASHLEY HAISLIP, LAKE BRADDOCK HIGH SCHOOL
Freeman Rec:	5-08	#	2/9/2005	Ashley Gatling, Deep Creek HS
Freeman Rec:	5-08	#	12/15/2007	DeShana Briggs, Booker T Washington HS
Freeman Rec:	5-08	#	1/10/2009	Tynita Butts, T.C. Williams HS

Name	Age	School	Finals
Finals			
1 Cleveland, Ashleigh		Currituck County	5-00.00 %
2 Foster, Sydney		North Stafford	J5-00.00 %
3 Feyerabend, Carly		Atlee	J5-00.00 %
3 Shelton, Cierra		Atlee	J5-00.00 %
5 Bannister, Tyler		Norfolk Academy	4-10.00
6 Knight, Morgan		South County	J4-10.00
7 Zhu, Jennifer		T.C. Williams	J4-10.00
8 Majors, Felecia		South County	4-08.00
8 Jacobson, Gabriella		Langley	4-08.00
10 Novak*, Molly		Cosby	4-06.00
10 Moore, Ali		Collegiate	4-06.00
10 Smith, De'Nisha		Cosby	4-06.00
13 Perry, Dya'mond		Tallwood	4-04.00
13 Glueck, Gaylin		Jamestown	4-04.00
13 Green, Miranda		King George	4-04.00
--- Wright, Katie		Collegiate	FAIL
--- Shulterbrandt, Siana		Tallwood	FAIL
--- Figus, Aaron		Jamestown	FAIL

Girls Pole Vault

Name	Age	School	Finals
Finals			
1 Majors, Felecia		South County	11-00.00
2 Knight, Morgan		South County	8-06.00
2 Schaedel, Sydney		T.C. Williams	8-06.00
4 McManus, Meigan		Langley	8-00.00
5 Martins, Kelly		Langley	J8-00.00
6 Szeligowski, Taylor		Tallwood	7-06.00

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Finals ... (Girls Pole Vault)

Name	Age	School	Finals
7 Bannister, Tyler		Norfolk Academy	7-00.00
8 Sommers, Sally		Collegiate	J7-00.00
9 Figus, Aaron		Jamestown	J7-00.00
10 Chinaka, Ozioma		South Lakes	6-06.00
11 Watkins, Zaniya		Tallwood	J6-06.00
11 Miller, Val		Atlee	J6-06.00
13 Sugianto, Amelia		Langley	6-00.00
--- McDaniel, Erin		Atlee	NH

Girls Long Jump**Top 6 Advance by Time****Minimum Mark: 14-6 (first legal mark will be measured)****Top 6 to SATURDAY finals**

State Q-AA: 16-07 %

State Q-AAA: 17-07.25 \$

Freeman Rec: 19-10.75 # 1/9/2009 **TIFFANY HARRIS, CHURCHLAND HIGH SCHOOL**

Name	Age	School	Prelims
Preliminaries			
1 Taylor, Jeonna		South County	16-00.00 q
2 McManus, Meigan		Langley	15-09.00 q
3 Novak*, Molly		Cosby	15-04.00 q
4 Sroba, Jennie		Collegiate	15-02.00 q
5 Burney, Kimani		Tabb HS	15-01.00 q
6 Perry, Dya'mond		Tallwood	15-00.00 q
7 Schmidt, Adrienne		Langley	14-10.00
8 Myers, Hannah		Collegiate	14-01.00
9 Helms, Kayla		Cosby	14-00.50
10 Harrover, Madeline		Kettle Run	14-00.00
11 D'Orazio*, Gina		Cosby	13-11.00
12 Majors, EnNijah		South County	13-10.50
13 Beasley, Brianna		Dinwiddie	13-06.50
14 Harmatz, Alison		Tabb HS	13-05.00
15 Spicer, Cheyenne		Currituck County	13-04.00
15 dodd, victoria		Jamestown	13-04.00
17 Moore, Ali		Collegiate	13-02.50
18 Chapman, Jordan		Jamestown	13-00.00
19 Hicks, Whitney		North Stafford	12-09.50
20 Feyerabend, Carly		Atlee	12-03.50
21 Weaver, Indya		T.C. Williams	12-01.00
22 Bannister, Tyler		Norfolk Academy	12-00.50
23 Hunter, Alisha		Kettle Run	11-08.50
24 Lowe, India		Atlee	11-06.00
25 Armistead, Kami		Tallwood	11-01.75
26 Randolph, Ellie		Norfolk Academy	10-06.00
27 Battle, Erica		North Stafford	9-01.50
--- Person, Brittany		Dinwiddie	FOUL

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Girls Long Jump**Minimum Mark: 14-6 (first legal mark will be measured)****Top 6 to SATURDAY finals**

State Q-AA: 16-07 %

State Q-AAA: 17-07.25 \$

Freeman Rec: 19-10.75 # 1/9/2009 **TIFFANY HARRIS, CHURCHLAND HIGH SCHOOL**

Name	Age	School	Finals
Finals			
1 Taylor, Jeonna		South County	16-02.00
2 Novak*, Molly		Cosby	15-10.50
3 McManus, Meigan		Langley	15-09.00
4 Sroba, Jennie		Collegiate	15-02.00
5 Burney, Kimani		Tabb HS	15-01.00
6 Perry, Dya'mond		Tallwood	15-00.00
7 Schmidt, Adrienne		Langley	14-10.00
8 Myers, Hannah		Collegiate	14-01.00
9 Helms, Kayla		Cosby	14-00.50
10 Harrover, Madeline		Kettle Run	14-00.00
11 D'Orazio*, Gina		Cosby	13-11.00
12 Majors, EnNijah		South County	13-10.50
13 Beasley, Brianna		Dinwiddie	13-06.50
14 Harmatz, Alison		Tabb HS	13-05.00
15 Spicer, Cheyenne		Currituck County	13-04.00
15 dodd, victoria		Jamestown	13-04.00
17 Moore, Ali		Collegiate	13-02.50
18 Chapman, Jordan		Jamestown	13-00.00
19 Hicks, Whitney		North Stafford	12-09.50
20 Feyerabend, Carly		Atlee	12-03.50
21 Weaver, Indya		T.C. Williams	12-01.00
22 Bannister, Tyler		Norfolk Academy	12-00.50
23 Hunter, Alisha		Kettle Run	11-08.50
24 Lowe, India		Atlee	11-06.00
25 Armistead, Kami		Tallwood	11-01.75
26 Randolph, Ellie		Norfolk Academy	10-06.00
27 Battle, Erica		North Stafford	9-01.50
--- Person, Brittany		Dinwiddie	FOUL

Girls Triple Jump**Top 6 Advance by Time****Top 6 to SATURDAY finals**

State Q-AA: 34-05 %

State Q-AAA: 36-07.50 \$

Freeman Rec: 41-04.50 # 12/21/2002 **YVETTE LEWIS, MENCHVILLE HIGH SCHOOL**

Name	Age	School	Prelims
Preliminaries			
1 Smith, De'Nisha		Cosby	% 34-05.50 q
2 Moseley, Alexandria		Cosby	34-02.50 q
3 Weaver, Indya		T.C. Williams	33-06.00 q
4 Taylor, Jeonna		South County	33-04.00 q
5 Gundran, Jada		Tallwood	33-03.00 q

CNU's High School Showcase - 1/6/2012 to 1/7/2012
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Preliminaries ... (Girls Triple Jump)

Name	Age	School	Prelims
6 Sommers, Sally		Collegiate	32-10.00 q
7 Lowe, India		Atlee	32-08.00
8 Brown, Melvina		Kettle Run	32-03.00
9 Armistead, Kami		Tallwood	31-10.00
10 Scott*, Mackenzie		Hanover	31-09.50
11 Smith *, Sarah		Atlee	31-04.00
12 Melson, Katherine		Collegiate	30-06.00
12 Burney, Kimani		Tabb HS	30-06.00
14 Murray, Imani		King George	30-05.00
15 dodd, victoria		Jamestown	30-04.00
16 Randolph, Ellie		Norfolk Academy	28-08.50
17 Bonner*, Cameron		Dinwiddie	28-05.00
17 Wright, Katie		Collegiate	28-05.00
19 Sanson, Rachel		Langley	28-03.00
20 Bartholomew, Chelsea		South County	27-09.50
21 Bannister, Tyler		Norfolk Academy	27-08.00
22 Battle, Erica		North Stafford	27-05.50
23 Owens, Rachel		Greenbrier Christian Academy	27-00.00
24 Jones, Karaamah		T.C. Williams	26-02.00
25 Brush, Anna		Norfolk Academy	25-10.00
26 Figus, Aaron		Jamestown	25-09.50
--- Thomasson*, Melody		Dinwiddie	FOUL
--- Parks, Julia		Greenbrier Christian Academy	FOUL

Girls Triple Jump**Top 6 to SATURDAY finals**

State Q-AA: 34-05 %

State Q-AAA: 36-07.50 \$

Freeman Rec: 41-04.50 # 12/21/2002 YVETTE LEWIS, MENCHVILLE HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Moseley, Alexandria		Cosby	35-00.00 %
2 Smith, De'Nisha		Cosby	34-05.50 %
3 Weaver, Indya		T.C. Williams	33-06.00
4 Taylor, Jeonna		South County	33-04.00
5 Gundran, Jada		Tallwood	33-03.00
6 Sommers, Sally		Collegiate	32-10.00

Girls Shot Put**Top 6 Advance by Time****Minimum Mark: 25-0 (first legal mark will be measured)****Top 6 to SATURDAY finals**

State Q-AA: 33-07 %

State Q-AAA: 35-08.25 \$

Freeman Rec: 45-05.50 # 2/19/2001 LINDSEY NEUBERGER, COX HIGH SCHOOL

Name	Age	School	Prelims
Preliminaries			
1 Edwards*, Logan		Cosby	\$ 37-04.25 q
2 Ward, Ayzha		T.C. Williams	% 35-02.75 q

CNU's High School Showcase - 1/6/2012 to 1/7/2012
Vince Brown Track in the Freeman Center
Christopher Newport Univ., Newport News, VA
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Preliminaries ... (Girls Shot Put)

Name	Age	School	Prelims
3 Sutton, Brianna		Jamestown	% 33-08.25 q
4 King *, Mikayla		Atlee	32-04.00 q
5 O'Connor, Katie		Collegiate	32-02.00 q
6 Cowan, ShaShia		North Stafford	32-01.75 q
7 Bannister, Tyler		Norfolk Academy	31-04.50
8 Banton*, Mallory		Hanover	31-00.25
9 O'Rourke, Denise		J.R. Tucker High School	30-10.50
10 Colon, Jasmin		South Lakes	30-09.50
11 Chilcoat *, Betsy		Atlee	29-00.25
12 Iglesia, Mah'Nyiah		Currituck County	28-11.75
13 Henry, Elizabeth		Jamestown	28-11.00
14 Baker *, Elysa		J.R. Tucker High School	28-01.25
15 Lien, Bailey		Hanover	27-09.00
16 Martin, Ashley		T.C. Williams	27-01.75
17 Cheatham, Caroline		Collegiate	26-06.00
18 Scaplehorn, Sarah		Atlee	26-04.00
19 McFadden, Molly		Collegiate	25-02.50
20 Humphrey, Samantha		North Stafford	25-01.25
21 Mill, Gabriella		Cosby	24-00.00
22 Watkins, Zaniya		Tallwood	23-03.75
22 Rawlings, Kennae		Cosby	23-03.75
24 Hafley, Lauren		Tallwood	23-01.75
25 Bonner, Shania		Dinwiddie	19-06.50
26 Clark, Joanne		Dinwiddie	18-06.50
27 Brush, Anna		Norfolk Academy	16-03.50

Girls Shot Put

Minimum Mark: 25-0 (first legal mark will be measured)

Top 6 to SATURDAY finals

State Q-AA: 33-07 %

State Q-AAA: 35-08.25 \$

Freeman Rec: 45-05.50 # 2/19/2001 LINDSEY NEUBERGER, COX HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Edwards*, Logan		Cosby	37-04.25 \$
2 Ward, Ayzha		T.C. Williams	35-02.75 %
3 Sutton, Brianna		Jamestown	34-06.50 %
4 King *, Mikayla		Atlee	33-04.50
5 Cowan, ShaShia		North Stafford	32-03.75
6 O'Connor, Katie		Collegiate	32-02.00

CNU's High School Showcase - 1/6/2012 to 1/7/2012
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Boys 55 Meter Dash**Top 6 Advance by Time****Top 6 times to SATURDAY finals**

State Q-AA: 6.69 %

State Q-AAA: 6.60 \$

Freeman Rec: 6.36 # 2/23/2004 LaSHAWN MERRITT, WILSON HIGH SCHOOL

Name	Age	School	Prelims	H#
Preliminaries				
1 Moore, Julius		Cosby	% 6.66 q	5
2 Spurlock, Kenny		Hanover	% 6.69 q	1
3 Laury*, Brandyn		Cosby	6.72 q	4
4 Anthony, Jeremy		Dinwiddie	6.75 q	2
5 Alcon, Abbey Joshua		T.C. Williams	6.77 q	2
5 Tapscott, Josh		Kettle Run	6.77 q	3
7 Evans, Marquis		Norfolk Academy	6.78	6
8 Yorkshire, Keonte		Tallwood	6.79	4
9 Matthews, Kentory		Tallwood	6.81	8
9 Summer, Za'Quan		T.C. Williams	6.81	6
11 Tilghman, Kenny		Cosby	6.82	2
12 Roberts, Chap		Collegiate	6.84	1
13 Weaver, Tykwuan		Dinwiddie	6.85	4
14 Parker, Michael		Kettle Run	6.88	5
15 Ingea, Elias		South Lakes	6.89	1
16 Thai, Aeron		South Lakes	6.94	3
16 Barcliff Jr., Russell		Maury High School	6.94	8
16 Cleveland, Jordan		Hanover	6.94	7
16 Stallings, Demetrius		Maury High School	6.94	6
20 Doyle, Devonte		Tallwood	6.98	7
21 Frezzell, David		Kellam	6.99	1
21 Chapman, John		Hampton Christian	6.99	3
23 Yu, Robert		Langley	7.00	5
24 Doss, Mike		Maury High School	7.01	7
25 Kirkpatrick, Zachary		Warhill	7.08	5
26 Kobashigawa, Noboru		Collegiate	7.11	7
27 Boyce, Darrell		Norfolk Academy	7.12	2
27 Boyce, Demitri		Norfolk Academy	7.12	4
29 Hamilton, Rashaun		Western Branch	7.13	7
30 Dandridge, Loumond		Atlee	7.14	6
31 Canady, Kyle		Warhill	7.15	5
32 Craver, William		Langley	7.16	8
33 Tarrer *, Michael		J.R. Tucker High School	7.21	8
34 Owecke *, Joe		Atlee	7.26	3
35 Nixon, LaCroy		Warhill	7.32	4
36 Chiles, Gregory		Western Branch	7.38	2
37 Brion, Treyvon		Jamestown	7.44	6
38 Wilaby, Jack		Currituck County	7.49	6
39 Bills, Jaden		Jamestown	7.52	1
40 Gensler, Ben		Hampton Christian	7.53	2
41 Stefenack, Chris		Currituck County	7.64	4
42 Williams, Jacob		North Stafford	7.65	5

CNU's High School Showcase - 1/6/2012 to 1/7/2012**Vince Brown Track in the Freeman Center****Christopher Newport Univ., Newport News, VA****Results****Preliminaries ... (Boys 55 Meter Dash)**

Name	Age	School	Prelims	H#
43 Opoku, Denzel		North Stafford	7.78	1
44 Eads *, Brian		J.R. Tucker High School	7.92	3

Boys 55 Meter Dash**Top 6 times to SATURDAY finals**

State Q-AA: 6.69 %

State Q-AAA: 6.60 \$

Freeman Rec: 6.36 # 2/23/2004 LaSHAWN MERRITT, WILSON HIGH SCHOOL

Name	Age	School	Finals
1 Spurlock, Kenny		Hanover	6.70
2 Alcon, Abbey Joshua		T.C. Williams	6.71
3 Moore, Julius		Cosby	6.72
4 Laury*, Brandyn		Cosby	6.81
5 Tapscott, Josh		Kettle Run	6.85

Boys 300 Meter Dash

State Q-AA: 37.07 %

State Q-AAA: 35.89 \$

Freeman Rec: 34.60 # 1/10/2004 LaSHAWN MERRITT, WILSON HIGH SCHOOL

Name	Age	School	Finals	H#
1 Williams, Kenneth		Woodrow Wilson	37.00 %	9
2 Curry, Willie		T.C. Williams	37.45	9
3 Roney, Rodhem		Dinwiddie	37.62	5
4 Metcalf, Connor		South Lakes	37.68	8
5 Moore, Julius		Cosby	37.71	7
6 Murdock, Chris		Jamestown	37.73	8
7 Bennett, Dre		Atlee	37.78	4
8 Camarillo, David		Tabb HS	38.01	8
9 Gunther, Samuel		Matoaca High School	38.04	7
10 Summer, Za'Quan		T.C. Williams	38.09	8
11 Tilghman, Kenny		Cosby	38.14	6
12 Rodriguez, Corey		King George	38.20	7
13 Evans, Marquis		Norfolk Academy	38.29	6
14 Fast, Robert		North Stafford	38.31	7
15 Laury*, Brandyn		Cosby	38.33	8
16 Burke, Shepley		Dinwiddie	38.36	6
17 Roberts, Chap		Collegiate	38.37	9
18 Combs *, Matt		Atlee	38.56	8
19 Frazier, Scott		Bruton	38.65	3
20 Vellayan, Nathan		South Lakes	38.74	6
21 Jolley, Marik		Tallwood	38.85	9
22 Kotarides, David		Norfolk Academy	38.86	3
23 Owens, Jefferey		Langley	38.92	7
24 Drennan, Cole		Collegiate	39.05	3
25 Vasko, Zac		Currituck County	39.06	3
26 Hanke, Caleb		Currituck County	39.07	4
27 Clayton, Joseph		Western Branch	39.15	2

CNU's High School Showcase - 1/6/2012 to 1/7/2012
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Finals ... (Boys 300 Meter Dash)

	Name	Age	School	Finals	H#
28	Jones, Jamal		Tallwood	39.32	4
29	Chapman, John		Hampton Christian	39.50	5
30	Chiles, Gregory		Western Branch	39.58	6
31	Darden, Bailey		Kellam	39.59	5
32	Mooney, Brenden		Jamestown	39.59	4
33	White, Jordan		Warhill	39.62	6
34	Fyffe, Paul		Bruton	39.76	5
35	Flood, Terrell		Maury High School	39.94	5
36	White*, Nic		Hanover	40.22	4
37	Hill, Elijah		North Stafford	40.29	5
38	Chin, Kevin		Langley	40.46	4
39	Melton*, Chris		Hanover	40.53	2
40	Lollis, Jarred		Maury High School	41.00	1
41	Holmes, Trenton		Greenbrier Christian Academy	41.25	3
42	Tarrer *, Michael		J.R. Tucker High School	41.34	3
43	Warren, T.J.		Atlee	41.73	2
44	Taylor, Wesley		Norfolk Academy	41.93	2
45	Lestyan, Patrick		Greenbrier Christian Academy	43.32	1
46	Agvei, Junias		J.R. Tucker High School	43.55	2
47	Gensler, Ben		Hampton Christian	44.11	1

Boys 500 Meter Dash

State Q-AA: 1:09.38 %

State Q-AAA: 1:07.05 \$

Freeman Rec: 1:04.16 # 2/18/2003 **DERRON FLOYD, DEEP CREEK HIGH SCHOOL**

	Name	Age	School	Finals	H#
Finals					
1	Camarillo, David		Tabb HS	1:08.43 %	8
2	Hunt *, Brandon		Atlee	1:08.71 %	8
3	Rodriguez, Corey		King George	1:08.89 %	8
4	Kokal, Michael		Cosby	1:10.34	7
5	Gunther, Samuel		Matoaca High School	1:10.55	8
6	Segovia *, David		Atlee	1:11.21	7
7	Sutherland *, Austin		Atlee	1:11.24	7
8	Darden, Bailey		Kellam	1:11.85	6
9	Snipes, Robert-Richard		Maury High School	1:11.90	7
10	Moon, Trent		Tabb HS	1:12.35	7
11	Thomas, Corbin		Cosby	1:12.39	6
12	White*, Nic		Hanover	1:12.78	6
13	Williams, Tj		North Stafford	1:12.90	5
14	Freeman, Joshua		Norfolk Academy	1:12.99	5
15	Calle, Alvaro		South Lakes	1:13.44	5
16	Tyler, Philip		T.C. Williams	1:13.46	3
17	Church, Jeff		South Lakes	1:13.62	7
18	Ryon, Connery		Kettle Run	1:13.79	8
19	Charles, Denis		Tallwood	1:13.96	6
20	Drennan, Cole		Collegiate	1:14.43	2
21	Houska, Brad		Kettle Run	1:14.46	8
22	Chin, Kevin		Langley	1:14.54	4

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Finals ... (Boys 500 Meter Dash)

Name	Age	School	Finals	H#
23 Quion, Chris		Langley	1:15.11	3
24 McCoy, Justin		Tallwood	1:15.21	5
25 Thomas, Cedric		Warhill	1:15.57	2
26 Chapman, John		Hampton Christian	1:15.95	2
27 Rhodes *, Justin		J.R. Tucker High School	1:16.08	3
28 Von Appen, Marc		Warhill	1:16.26	3
29 McGowan, Andrae		Hampton Christian	1:16.29	4
30 Rais, Mouad		North Stafford	1:16.32	4
31 Howard, Nicholas		Maury High School	1:16.49	2
32 Santini, Michael		Currituck County	1:16.62	2
33 Quijano, Hector		North Stafford	1:17.27	2
34 Powell, Billy		Currituck County	1:17.48	1
35 Caughey, Jon		Norfolk Academy	1:18.16	6
36 Lee, Kahron		T.C. Williams	1:18.78	5
37 Middleton, Michael		J.R. Tucker High School	1:21.37	1
38 Rapp, Miles		Dinwiddie	1:24.06	1
39 Major-Dixon, Darius		Western Branch	1:26.50	5

Boys 1000 Meter Run

State Q-AA: 2:40.57 %

State Q-AAA: 2:35.89 \$

Freeman Rec: 2:30.37 # 1/12/2002 RICHARD SMITH, SOUTH LAKES HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Worsley, Marquis		Norview HS	2:35.82 \$
2 Little, Jack		York HS	2:36.12 %
3 Carmichael *, Griffin		Atlee	2:36.36 %
4 Negron*, Thomas		Cosby	2:39.37 %
5 Grundahl, Jacob		South Lakes	2:39.50 %
6 Boros, Billy		Kellam	2:40.42 %
7 Mchugh, Michael		South Lakes	2:42.60
8 Ballard, Sawyer		South Lakes	2:43.26
9 Dunn, Chris		Cosby	2:45.64
10 Addeo, Anthony		Bruton	2:45.98
11 Madison, Andrew		Maury High School	2:46.07
12 Jacob *, Chad		Atlee	2:46.52
13 Shannon, Patrick		Jamestown	2:48.29
14 Taylor *, Justin		Atlee	2:49.31
15 Reynolds*, Trevor		Cosby	2:49.49
16 Blair, Russell		Warhill	2:50.37
17 Nasworthy, Teddy		Collegiate	2:50.80
18 Young, Scott		T.C. Williams	2:50.86
19 Kerwin, Brendan		T.C. Williams	2:51.90
20 Green, Justice		North Stafford	2:52.22
21 Moore*, Noah		Matoaca High School	2:52.67
22 Short, Christopher		Warhill	2:54.19
23 Ellington, Stefvon		Tallwood	2:56.13
24 Swayne, Steven		Langley	2:56.56
25 Salimov, Alan		Norfolk Academy	2:56.93

CNU's High School Showcase - 1/6/2012 to 1/7/2012
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Finals ... (Boys 1000 Meter Run)

Name	Age	School	Finals
26 Page, Luke		Collegiate	2:57.87
27 Church, Christopher		Tallwood	2:59.23
28 Hutchinson, Kristian		Langley	3:00.63
29 Turner, Brian		Currituck County	3:00.95
30 McGowan, Andrae		Hampton Christian	3:02.26
31 Wardle, Jacob		Dinwiddie	3:02.36
32 Haneline, Caleb		Hanover	3:05.65
33 Shah, Jay		Norfolk Academy	3:12.02
34 Trinh *, Thanh		J.R. Tucker High School	3:19.71
35 Sanders, Mohamed		Western Branch	3:25.96
36 Springer, Charles		Norfolk Academy	3:30.91
37 Moyer, Jake		Western Branch	3:37.53

Boys 1600 Meter Run

State Q-AA: 4:34.62 %

State Q-AAA: 4:25.97 \$

Freeman Rec: 4:17.04 # 1/12/2002 ALEX TATU, THOMAS DALE HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Little, Jack		York HS	4:26.47 %
2 Helmke, Sean		Kellam	4:27.37 %
3 Boros, Billy		Kellam	4:30.13 %
4 Poyer*, James		Hanover	4:30.19 %
5 Laubinger, Miles		Langley	4:34.13 %
6 Mohammadi, Ashkan		South Lakes	4:35.21
7 Finkenauer, Blake		Tabb HS	4:36.97
8 Nachman*, Lucas		Hanover	4:39.20
9 Madison, Andrew		Maury High School	4:41.24
10 Granger, Ian		Norfolk Academy	4:41.57
11 Taylor, Robert		Kellam	4:41.70
12 Flood, Chad		Tallwood	4:43.59
13 Rivas, Luis		South Lakes	4:46.11
14 Todd *, Mike		Cosby	4:48.38
15 Girma, Anteneh		T.C. Williams	4:49.73
16 Cosnahan, Kevin		Currituck County	4:50.34
17 Canty, Chris		Cosby	4:50.68
18 Richards, Robert		Jamestown	4:53.68
19 Lynch, Adam		North Stafford	4:55.73
20 Modzelewski, Greg		Jamestown	4:55.83
21 Anger, Ryan		Langley	5:03.76
22 McGuire, Alex		Warhill	5:04.47
23 Mosman, Kyle		Collegiate	5:05.39
24 Glover, Deandre		Tallwood	5:08.00
25 Partlow, Connor		Collegiate	5:08.68
26 Young *, Michael		J.R. Tucker High School	5:10.61
27 Favale *, Tyler		Atlee	5:12.24
28 McGowan, Andrae		Hampton Christian	5:12.72
29 Wardle, Jacob		Dinwiddie	5:12.78
30 Vahedi-Faridi, John		Norfolk Academy	5:17.78

CNU's High School Showcase - 1/6/2012 to 1/7/2012
Vince Brown Track in the Freeman Center
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Finals ... (Boys 1600 Meter Run)

Name	Age	School	Finals
31 Ryan*, Zachary		Cosby	5:18.03
32 Ratke *, Evan		Atlee	5:22.12
33 Harless, Jacob		J.R. Tucker High School	5:27.87
34 Kirkbride, Matt		Currituck County	5:30.97
35 Massie, Kennard		Western Branch	6:00.52
36 Branzelle, Benjamin		Dinwiddie	6:24.44

Boys 3200 Meter Run**Fastest section contested on SATURDAY**

State Q-AA: 9:58.75 %

State Q-AAA: 9:40.48 \$

Freeman Rec: 9:06.00 # 1/31/2001 ALAN WEBB, SOUTH LAKES HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Hall *, Nathaniel		Atlee	9:37.99 \$
2 Helmke, Sean		Kellam	9:39.80 \$
3 Moniak, Daniel		Jamestown	9:52.13 %
4 Connell, Dawson		York HS	9:55.83 %
5 Osborne, Andrew		York HS	9:56.94 %
6 Gregory, David		Kellam	10:00.21
7 Taylor, Robert		Kellam	10:04.85
8 Mohammadi, Ashkan		South Lakes	10:09.04
9 Granger, Ian		Norfolk Academy	10:14.05
10 Link, Adam		Walsingham Academy	10:20.07
11 Cosnahan, Kevin		Currituck County	10:26.60
12 Rose, Glenn		Tallwood	10:27.09
13 Rivas, Luis		South Lakes	10:30.68
14 Forbes, Jonathan		T.C. Williams	10:30.91
15 Garnowski, Taylor		Cosby	10:40.96
16 Murch, Sam		Cosby	10:43.97
17 McKay-Roberts, Daniel		Jamestown	10:44.29
18 Pheneger *, Andrew		Cosby	10:49.88
19 Dailey, Zachary		Langley	10:54.84
20 Smith *, Austin		Atlee	10:56.13
21 Batt, Charles		North Stafford	11:00.67
22 Dye*, Keane		J.R. Tucker High School	11:05.48
23 Fields, Tre		Atlee	11:06.51
24 Raycroft, Grant		T.C. Williams	11:14.15
25 Kirkbride, Kyle		Currituck County	11:26.28
26 Hulett, Josh		Langley	11:26.76
27 Madison, Stephen		Maury High School	11:43.01
28 Ossi, Nick		Maury High School	11:44.08
29 Bennett, William		Collegiate	11:45.81
30 Wade, Sean		Tallwood	11:52.22
31 Harrison*, Logan		Dinwiddie	11:54.53
32 Coburn, Tommy		Dinwiddie	11:54.59
33 Wojcieszak, Cameron		Bruton	11:56.00
34 Pryor, Jake		North Stafford	12:06.90
35 Horn, Alex		Bruton	13:27.88

CNU's High School Showcase - 1/6/2012 to 1/7/2012**Vince Brown Track in the Freeman Center****Christopher Newport Univ., Newport News, VA****Results****Finals ... (Boys 3200 Meter Run)**

Name	Age	School	Finals
36 Betro, Thomas		Bruton	14:43.63

Boys 55 Meter Hurdles**Top 6 Advance by Time****Top 6 times to SATURDAY finals**

State Q-AA: 8.11 %

State Q-AAA: 7.92 \$

Freeman Rec: 7.35 # 2/12/2002 ESTEBAN GUZEMAN, NANSEMOND RIVER HIGH SCH

Name	Age	School	Prelims	H#
Preliminaries				
1 Crawford, Christopher		Western Branch	% 7.98 q	4
2 Aarestad, Cody		Currituck County	8.25 q	1
3 Burke, Shepley		Dinwiddie	8.27 q	3
4 Haskins, Percy		T.C. Williams	8.32 q	5
5 Pilaka, Raj		South Lakes	8.36 q	4
6 Ledesma, Jonathan		Langley	8.37 q	3
7 Segovia *, David		Atlee	8.62	5
8 Hart, Will		Collegiate	8.71	4
9 Vellayan, Nathan		South Lakes	8.72	3
10 Curry, Terrance		T.C. Williams	8.82	2
11 Chester, Aaron		Cosby	8.89	3
11 Dawkins, Kevin		Cosby	8.89	3
13 Chandler, Thomas		Currituck County	9.00	2
14 Oten, Bron		Cosby	9.04	2
15 Day, Jonathan		Langley	9.15	1
16 Warren, T.J.		Atlee	9.29	4
17 Tan, Kevin		Norfolk Academy	9.34	5
18 Garrett, Vincent		Dinwiddie	10.69	1
19 Lowe, Jirani		Tallwood	10.74	1
20 Woodley, Robert		North Stafford	10.99	2

Boys 55 Meter Hurdles**Top 6 times to SATURDAY finals**

State Q-AA: 8.11 %

State Q-AAA: 7.92 \$

Freeman Rec: 7.35 # 2/12/2002 ESTEBAN GUZEMAN, NANSEMOND RIVER HIGH SCH

Name	Age	School	Finals
Finals			
1 Crawford, Christopher		Western Branch	7.93 %
2 Burke, Shepley		Dinwiddie	8.08 %
3 Haskins, Percy		T.C. Williams	8.25
4 Pilaka, Raj		South Lakes	8.36
5 Ledesma, Jonathan		Langley	8.44
6 Aarestad, Cody		Currituck County	8.74

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Boys 4x200 Meter Relay

State Q-AA: 1:36.03 %

State Q-AAA: 1:33.42 \$

Freeman Rec: 1:29.51 # 1/30/2003 , DEEP CREEK HIGH SCHOOL

Team	Relay	Finals	H#
Finals			
1 Cosby		1:33.76 %	4
1) Cahoon*, Cody	2) Laury*, Brandyn	3) Moore, Julius	4) Tilghman, Kenny
2 Tallwood		1:34.52 %	4
1) Moore, Rafael	2) White, Malcolm	3) Matthews, Kentory	4) Cason, Andre
3 Warhill		1:36.38	3
1) Marioneaux, James	2) White, Jordan	3) Thomas, Cedric	4) Canady, Kyle
4 T.C. Williams		1:38.02	4
1) Curry, Willie	2) Curry, Terrance	3) Haskins, Percy	4) Sankoh, Yusuf
5 Dinwiddie		1:38.19	3
1) Garrett, Vincent	2) Weaver, Tykwuan	3) Roney, Rodhem	4) Shands, Parnelle
6 Kettle Run		1:38.52	4
1) Tapscott, Josh	2) Vegerano, Carlos	3) Parker, Michael	4) Rodgers, Austin
7 Maury High School		1:38.54	4
1) Lee, Antonio	2) Barcliff Jr., Russell	3) Lollis, Jarred	4) Stallings, Demetrius
8 Western Branch		1:38.56	3
9 Collegiate		1:38.91	4
1) Smalkowski, Justin	2) Hart, Will	3) Drennan, Cole	4) Roberts, Chap
10 Hanover		1:39.67	1
1) Spurlock, Kenny	2) Melton*, Chris	3) White*, Nic	4) Cleveland, Jordan
11 South Lakes		1:39.78	3
1) Calle, Alvaro	2) Ingea, Elias	3) Thai, Aeron	4) Pilaka, Raj
12 Norfolk Academy		1:40.07	3
13 Currituck County		1:41.18	2
1) Aarestad, Cody	2) Powell, Billy	3) Vasko, Zac	4) Squires, Clint
14 Jamestown		1:41.27	2
15 Atlee		1:41.32	2
1) Hunt *, Brandon	2) Sutherland *, Austin	3) Combs *, Matt	4) Segovia *, David
16 North Stafford		1:42.52	3
1) Daniels, Kevin	2) Williams, Tj	3) Rais, Mouad	4) Fast, Robert
17 Langley		1:43.19	2
1) Calderwood, Kaden	2) Day, Jonathan	3) Chin, Kevin	4) Schurmeir, Mason
18 J.R. Tucker High School		1:45.48	1
1) Simmons *, Nick	2) Eads *, Brian	3) Tarrer *, Michael	4) Agyei, Junias

Boys 4x400 Meter Relay

Fastest section contested on SATURDAY

State Q-AA: 3:36.11 %

State Q-AAA: 3:29.97 \$

Freeman Rec: 3:25.93 # 12/15/2007 , BETHEL HIGH SCHOOL

Team	Relay	Finals	H#
Finals			
1 Atlee		3:33.36 %	3
1) Hunt *, Brandon	2) Sutherland *, Austin	3) Bennett, Dre	4) Combs *, Matt
2 Tallwood		3:35.59 %	3
1) White, Malcolm	2) Charles, Denis	3) Matthews, Kentory	4) Dunbar, Steven
3 Jamestown		3:38.67	3

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Finals ... (Boys 4x400 Meter Relay)

Team	Relay	Finals	H#
4 Western Branch		3:39.71	2
5 Cosby		3:41.40	2
1) Cahoon*, Cody	2) Harris*, David	3) Hayes, Troy	4) Pollard, Joseph
6 T.C. Williams		3:41.62	3
1) Ahumada, Nicholas	2) Young, Scott	3) Curry, Willie	4) Alcon, Abbey Joshua
7 Warhill		3:41.63	2
1) Marioneaux, James	2) McGuire, Alex	3) White, Jordan	4) Sabin, Jimmy
8 South Lakes		3:42.11	3
1) Metcalf, Connor	2) Mchugh, Michael	3) Church, Jeff	4) Ballard, Sawyer
9 Langley		3:42.21	2
1) Ledesma, Jonathan	2) Owens, Jefferey	3) Byrne, Steven	4) Quion, Chris
10 Maury High School		3:42.58	3
1) Lee, Antonio	2) Becher, David	3) Lollis, Jarred	4) Johnson, Charles
11 Norfolk Academy		3:47.75	2
12 North Stafford		3:48.39	1
1) Ojeda, Trynity	2) Williams, Tj	3) Rais, Mouad	4) Fast, Robert
13 Kettle Run		3:50.94	1
1) Ryon, Connery	2) Adzima, Marshall	3) Houska, Brad	4) Magill, Garrett
14 Bruton		3:51.12	1
1) Addeo, Anthony	2) Fyffe, Paul	3) Frazier, Scott	4) Gust, Robert
15 Currituck County		3:51.72	2
1) Aarestad, Cody	2) Powell, Billy	3) Vasko, Zac	4) Hanke, Caleb
16 J.R. Tucker High School		3:56.05	1
1) Dye*, Keane	2) Simmons *, Nick	3) Middleton, Michael	4) Rhodes *, Justin
17 Dinwiddie		4:16.72	1
1) Garrett, Vincent	2) Roney, Rodhem	3) Anthony, Jeremy	4) Burke, Shepley

Boys 4x800 Meter Relay

State Q-AA: 8:29.26 %

State Q-AAA: 8:10.18 \$

Freeman Rec: 8:03.30 # 1/10/2003 , MIDLOTHIAN HIGH SCHOOL

Team	Relay	Finals
Finals		
1 Atlee		8:15.31 %
1) Hunt *, Brandon	2) Sutherland *, Austin	3) Smith *, Austin
		4) Jacob *, Chad
2 Western Branch		8:16.84 %
3 Kellam		8:23.41 %
1) Taylor, Robert	2) Helmke, Sean	3) Gregory, David
		4) Brown, Jacob
4 South Lakes		8:32.97
1) Grundahl, Jacob	2) Mchugh, Michael	3) Kerr, Michael
		4) Ballard, Sawyer
5 Jamestown		8:40.78
6 Hanover		8:41.19
1) Poyer*, James	2) Nachman*, Lucas	3) Woodring*, Blake
		4) Piccolomini, Mario
7 Warhill		8:44.86
1) McGuire, Alex	2) Blair, Russell	3) Johnson, Braden
		4) Nassar, Said
8 Tallwood		8:46.87
1) Rose, Glenn	2) Charles, Denis	3) Flood, Chad
		4) Ellington, Stefvon
9 Collegiate		9:02.18
1) Page, Luke	2) Rowland, Ian	3) Partlow, Connor
		4) Mosman, Kyle
10 North Stafford		9:05.90
1) Lynch, Adam	2) Batt, Charles	3) Dawkins, Mykal
		4) Batt, Zachary

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Finals ... (Boys 4x800 Meter Relay)

Team	Relay			Finals
11 Currituck County	1) Kirkbride, Kyle	2) Cosnahan, Kevin	3) Turner, Brian	9:14.65
12 Maury High School	1) Singleton, Delano	2) Ossi, Nick	3) Madison, Stephen	9:14.91
13 Cosby	1) Dunn, Chris	2) Medina, Fernando	3) Rodgers*, Jake	9:19.14
14 Langley	1) Swayne, Steven	2) Hulett, Josh	3) Sriram, Ezzy	9:23.82
15 Bruton	1) Addeo, Anthony	2) Wojcieszak, Cameron	3) Horn, Alex	9:33.27
16 J.R. Tucker High School	1) Dye*, Keane	2) Dimain, Cravelyn	3) Trinh *, Thanh	9:50.78
			4) Hanke, Caleb	
			4) Crumpler, John	
			4) Ryan*, Zachary	
			4) Byrne, Steven	
			4) Maeso, Andrew	
			4) Young *, Michael	

Boys High Jump**Opening Height: 5-4**

State Q-AA: 6-01 %

State Q-AAA: 6-03 \$

Freeman Rec: 7-02.25 # 2/18/2002 KEITH MOFFATT, MENCHVILLE HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Dunbar, Steven		Tallwood	6-04.00 \$
2 Bennett, Dre		Atlee	6-02.00 %
3 Aarestad, Cody		Currituck County	J6-02.00 %
3 Lee, Kahron		T.C. Williams	J6-02.00 %
5 Charles, Denis		Tallwood	6-00.00
6 Squires, Clint		Currituck County	5-10.00
7 Doss, Mike		Maury High School	5-08.00
7 Rodriguez, Corey		King George	5-08.00
7 Cooper, Devon		T.C. Williams	5-08.00
7 Pollard, Joseph		Cosby	5-08.00
7 Segovia *, David		Atlee	5-08.00
12 Thomas, Corbin		Cosby	5-06.00
12 Shands, Parnelle		Dinwiddie	5-06.00
12 Stallings, Demetrius		Maury High School	5-06.00
15 Lumsden, Tanner		Currituck County	5-04.00
15 Calderwood, Kaden		Langley	5-04.00
--- Schurmeir, Mason		Langley	NH
--- Christian, Kareem		Jamestown	NH
--- Evans, Marquis		Norfolk Academy	NH
--- Williams, Elijah		Dinwiddie	NH

Boys Pole Vault

Name	Age	School	Finals
Finals			
1 Johnson, Brad		Kellam	14-00.00
2 Rydel *, Trey		Atlee	13-00.00
3 Besougloff, Logan		Langley	12-00.00
4 Brown, Jacob		Kellam	11-06.00
4 Yu, Robert		Langley	11-06.00
6 Ahumada, Nicholas		T.C. Williams	J11-06.00

CNU's High School Showcase - 1/6/2012 to 1/7/2012
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Finals ... (Boys Pole Vault)

Name	Age	School	Finals
7 Corey, Nick		Western Branch	11-00.00
8 Ojeda, Trynity		North Stafford	10-06.00
9 Tholen, Jeffrey		Langley	10-00.00
10 Ballard, Sawyer		South Lakes	9-06.00
11 Buyas, Charlie		Atlee	J9-06.00
12 Simpson, Bryce		Atlee	9-00.00
13 Woodley, Robert		North Stafford	8-06.00
14 Ingea, Elias		South Lakes	J8-06.00
--- Allred, Nathan		Jamestown	NH
--- Young, Scott		T.C. Williams	NH

Boys Long Jump**Top 6 Advance by Time****Minimum Mark: 18-0 (first legal mark will be measured)****Top 6 to SATURDAY finals**

State Q-AA: 20-00 %

State Q-AAA: 21-11.75 \$

Freeman Rec: 23-04 # 2/18/2006 **TORIANO MOODY, INDIAN RIVER HIGH SCHOOL**

Name	Age	School	Prelims
Preliminaries			
1 Moore, Rafael		Tallwood	% 21-06.00 q
2 Matthews, Kentory		Tallwood	% 20-08.50 q
3 Laury*, Brandyn		Cosby	% 20-05.00 q
4 Whaley, Ronniere		Tallwood	% 20-01.50 q
5 Parker, Michael		Kettle Run	19-09.00 q
6 Roney, Rodhem		Dinwiddie	19-08.50 q
7 Summer, Za'Quan		T.C. Williams	19-05.25
8 Evans, Marquis		Norfolk Academy	19-03.50
9 Tapscott, Josh		Kettle Run	19-02.25
10 Morgan, Jason		Western Branch	19-00.00
11 Chandler, Thomas		Currituck County	18-10.00
12 Bennett, Dre		Atlee	18-09.50
13 Anthony, Jeremy		Dinwiddie	18-08.25
14 Jacobsen, Alex		Langley	18-08.00
15 Council, Darin		North Stafford	18-04.50
15 Kobashigawa, Noboru		Collegiate	18-04.50
17 Hart, Will		Collegiate	18-02.50
18 Boyce, Darrell		Norfolk Academy	18-02.25
19 Williams, Tj		North Stafford	18-02.00
20 Pollard, Joseph		Cosby	18-00.00
21 Garvin, Timothy		T.C. Williams	17-10.00
22 Chapman, John		Hampton Christian	17-08.50
23 Squires, Clint		Currituck County	17-07.25
24 Parker, Aaron		Cosby	17-06.00
25 Barcliff Jr., Russell		Maury High School	17-05.50
26 Kyle, John		South Lakes	17-05.00
27 Gabay, Akheem		Western Branch	17-02.00
28 Fast, Robert		North Stafford	16-07.50
29 Brion, Trevvon		Jamestown	16-05.00

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Preliminaries ... (Boys Long Jump)

Name	Age	School	Prelims
29 Boyce, Demitri		Norfolk Academy	16-05.00
31 Martin, Joe		Atlee	16-03.00
32 Bills, Jaden		Jamestown	15-11.50
33 Craver, William		Langley	15-05.00

Boys Long Jump

Minimum Mark: 18-0 (first legal mark will be measured)

Top 6 to SATURDAY finals

State Q-AA: 20-00 %

State Q-AAA: 21-11.75 \$

Freeman Rec: 23-04 # 2/18/2006 **TORIANO MOODY, INDIAN RIVER HIGH SCHOOL**

Name	Age	School	Finals
Finals			
1 Moore, Rafael		Tallwood	21-06.00 %
2 Matthews, Kentory		Tallwood	20-08.50 %
3 Laury*, Brandyn		Cosby	20-05.00 %
4 Whaley, Ronniere		Tallwood	20-01.50 %
5 Parker, Michael		Kettle Run	19-11.00
6 Roney, Rodhem		Dinwiddie	19-08.50

Boys Triple Jump

Top 7 Advance by Time

Top 6 to SATURDAY finals

State Q-AA: 43-00 %

State Q-AAA: 44-08.50 \$

Freeman Rec: 48-11.50 # 2/18/2002 **MELVIN WOODHOUSE, LANDSTOWN HIGH SCHOOL**

Name	Age	School	Prelims
Preliminaries			
1 Moore, Rafael		Tallwood	42-00.00 q
2 Weaver, Tykwuan		Dinwiddie	41-06.50 q
3 Cason, Andre		Tallwood	41-00.00 q
4 Shands, Parnelle		Dinwiddie	40-07.00 q
5 Dunbar, Steven		Tallwood	40-04.50 q
6 Bennett, Dre		Atlee	40-01.00 q
6 Jacobsen, Alex		Langley	40-01.00 q
8 Barcliff Jr., Russell		Maury High School	39-07.50
9 Council, Darin		North Stafford	39-00.50
10 Parker, Aaron		Cosby	37-10.50
11 Squires, Clint		Currituck County	37-04.00
12 Curry, Willie		T.C. Williams	37-00.50
13 Pollard, Joseph		Cosby	36-10.00
13 Shakya, Deven		Collegiate	36-10.00
15 Kotarides, David		Norfolk Academy	36-00.00
16 Brion, Treyvon		Jamestown	35-06.00
17 Ojeda, Trynity		North Stafford	35-02.00
18 Smalkowski, Justin		Collegiate	35-00.00
19 Slade, Tim		Jamestown	34-11.00
20 Boyce, Darrell		Norfolk Academy	33-03.00
--- Martin, Joe		Atlee	FOUL

CNU's High School Showcase - 1/6/2012 to 1/7/2012
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Preliminaries ... (Boys Triple Jump)

Name	Age	School	Prelims
--- Williams, Tj		North Stafford	FOUL
--- Craver, William		Langley	FOUL
--- Cobb, Alston		Western Branch	FOUL
--- Kyle, John		South Lakes	FOUL

Boys Triple Jump**Top 6 to SATURDAY finals**

State Q-AA: 43-00 %

State Q-AAA: 44-08.50 \$

Freeman Rec: 48-11.50 # 2/18/2002 MELVIN WOODHOUSE, LANDSTOWN HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Weaver, Tykwuan		Dinwiddie	43-01.00 %
1 Kotarides, David		Norfolk Academy	36-00.00
2 Moore, Rafael		Tallwood	42-00.00
2 Brion, Treyvon		Jamestown	35-06.00
3 Jacobsen, Alex		Langley	41-05.50
3 Ojeda, Trynity		North Stafford	35-02.00
4 Cason, Andre		Tallwood	41-00.00
4 Smalkowski, Justin		Collegiate	35-00.00
5 Shands, Parnelle		Dinwiddie	40-11.50
5 Slade, Tim		Jamestown	34-11.00
6 Dunbar, Steven		Tallwood	40-04.50
7 Bennett, Dre		Atlee	40-01.00
--- Craver, William		Langley	FOUL
--- Kyle, John		South Lakes	FOUL

Boys Shot Put**Top 7 Advance by Time**

Minimum Mark: 35-0 (first legal mark will be measured)

Top 6 to SATURDAY finals

State Q-AA: 46-06 %

State Q-AAA: 50-03.25 \$

Freeman Rec: 61-11.50 # 2/7/2007 FREDE SPELLMAN, OSCAR SMITH HIGH SCHOOL

Name	Age	School	Prelims
Preliminaries			
1 Anderson, Jordan		Tallwood	\$ 54-05.00 q
2 Anderson, Jonathan		T.C. Williams	% 47-02.25 q
3 Jones, Clifton		Tallwood	% 47-01.00 q
4 Urratia, Jose		T.C. Williams	46-02.00 q
5 Timmons, Paul		Collegiate	44-08.75 q
6 Cannon, Austin		Atlee	44-06.75 q
6 Ryan, Zack		Tallwood	44-06.75 q
8 Condrey*, Blake		Cosby	43-11.75
9 Stout *, Cole		Atlee	43-11.50
10 Griffey *, Evan		Atlee	43-00.00
11 Sharp, Terrance		Warhill	42-01.00
12 Fitzgerald*, JaCory		Dinwiddie	41-08.00
13 Melton *, Ben		J.R. Tucker High School	41-07.50

CNU's High School Showcase - 1/6/2012 to 1/7/2012
Vince Brown Track in the Freeman Center
Christopher Newport Univ., Newport News, VA
Results

Preliminaries ... (Boys Shot Put)

Name	Age	School	Prelims
14 Koshuta, Mike		Langley	39-10.75
15 Guthrie, Cullen		North Stafford	39-05.25
16 Council, Darin		North Stafford	39-00.75
17 Tarrer *, Michael		J.R. Tucker High School	39-00.50
18 Bennett, Justin		Jamestown	38-10.00
19 Parker, Darnell		North Stafford	38-06.50
20 Yang, John		Jamestown	38-06.25
21 Stevenson, Denzel		Woodrow Wilson	38-05.25
22 Lopez, Jordan		Langley	38-02.25
23 Cunningham, Ronald		Dinwiddie	38-01.75
24 Moore, Joseph		Cosby	36-11.25
25 Warren, Sam		Maury High School	36-07.00
26 Heins, Austin		Hanover	34-10.25
27 Beard, Lewis		Western Branch	34-04.25
28 Long*, Ryan		Hanover	32-03.75
29 Gensler, Ben		Hampton Christian	31-07.50
30 Rust, Tyler		Cosby	26-02.75

Boys Shot Put

Minimum Mark: 35-0 (first legal mark will be measured)

Top 6 to SATURDAY finals

State Q-AA: 46-06 %

State Q-AAA: 50-03.25 \$

Freeman Rec: 61-11.50 # 2/7/2007 FREDE SPELLMAN, OSCAR SMITH HIGH SCHOOL

Name	Age	School	Finals
Finals			
1 Anderson, Jordan		Tallwood	54-05.00 \$
2 Anderson, Jonathan		T.C. Williams	51-01.00 \$
3 Jones, Clifton		Tallwood	47-01.00 %
4 Urratia, Jose		T.C. Williams	46-02.00
5 Timmons, Paul		Collegiate	44-08.75
6 Ryan, Zack		Tallwood	44-06.75
6 Cannon, Austin		Atlee	44-06.75