



Virginia High Performance

Lannigan Field
Charlottesville, VA - University of Virginia
April 28, 2024



Results

WOMEN 100 M

1 Sarah AKPAN	SO	Virginia	11.51	+1.4	PB
2 Kayla BONNICK	SR	Virginia	11.70	+1.4	SB
3 Ariel FLETCHER	FR	Virginia	11.79	+1.4	
4 Aniella DELAFOSSE		Ivory Coast	11.94	+1.4	
5 Melissa CUNNINGHAM	JR	William & Mary	12.02	+1.4	
6 Marlee MORGAN	FR	Virginia	12.10	+1.4	PB
7 Jacqueline JONES	JR	William & Mary	12.14	+1.4	
8 Lola KOLAWOLE	FR	Virginia	12.26	+1.4	PB

WOMEN 200 M

1 Melissa CUNNINGHAM	JR	William & Mary	24.78	+0.7	
2 Marlee MORGAN	FR	Virginia	24.97	+0.7	PB
3 Lola KOLAWOLE	FR	Virginia	25.17	+0.7	PB
4 Blaiklyn CLAYTON	FR	Richmond	25.36	+0.7	
5 Tori DANIELS	FR	Virginia	25.43	+0.7	
DNS Jacqueline JONES	JR	William & Mary	DNS		

WOMEN 400 M

1 Anzhelika PARENCHUK	SR	Virginia	55.32		
2 Star PRICE	JR	Virginia Tech	56.00		
3 Emily ERVIN	JR	William & Mary	56.50		
4 Lindsey BUTLER	JR	Virginia Tech	57.12		
5 Jamison GILMORE	FR	William & Mary	58.08		
6 Annie SULLIVAN	FR	Virginia Tech	58.59		PB
7 Mary GREGORY	SR	William & Mary	58.88		
8 Lydia WALLIS	SO	William & Mary	1:00.24		PB
9 Hannah BALLOWE	SR	Virginia Tech	1:00.73		
10 Charlotte ROBINSON	SO	William & Mary	1:03.42		
DNS Avery LEGAULT	FR	Virginia Tech	DNS		

WOMEN 800 M

1 Star PRICE	JR	Virginia Tech	2:03.80		
2 Lindsey BUTLER	JR	Virginia Tech	2:05.29		
3 Maggie HOCK	JR	Virginia	2:05.40		PB
4 Marie BILO	FR	Boston College	2:05.72		
5 Molly HUDSON	JR	Boston College	2:06.00		PB
6 Caroline TIMM	JR	Virginia	2:07.14		
7 Ella AUDERSET		North Carolina	2:10.42		
8 Cate DESOUSA	FR	Virginia	2:13.32		
9 Hannah BALLOWE	SR	Virginia Tech	2:13.68		
10 Makenzie JOINER	SR	William & Mary	2:13.72		
11 Molly COYLE	SR	William & Mary	2:16.29		
12 Addison PIGNETTI		North Carolina	2:17.07		
13 Jennifer GERSON	SR	William & Mary	2:23.21		
DNF Annie SULLIVAN	FR	Virginia Tech	DNF		
DNS Rylee PENN	SR	Louisville	DNS		
DNF Elsa SPOOR	FR	Virginia	DNF		
DNS Hannah HOLLAND	JR	William & Mary	DNS		
DNS Lydia WALLIS	SO	William & Mary	DNS		
DNS Avery LEGAULT	FR	Virginia Tech	DNS		

WOMEN 1500 M

1 Rylee PENN	SR	Louisville	4:16.87		
2 Lou TROIS	SR	Toledo	4:18.79		SB
3 Aoife DUNNE	JR	Boston College	4:19.53		
4 Sarah FLYNN	JR	Boston College	4:20.59		PB
5 Ava HASSEBROCK	SR	Virginia Tech	4:21.29		
6 Molly HUDSON	JR	Boston College	4:21.49		
7 Lily FLYNN	JR	Boston College	4:22.09		PB

8 Elizabeth COE	FR	Virginia Tech	4:25.14		PB
9 Emma TAVELLA	SR	Boston College	4:25.63		PB
10 Gillian BUSHEE	FR	Virginia	4:26.05		PB
11 Lila WATERS	FR	Virginia Tech	4:27.64		PB
12 Luci ILNICKI-LAMBERT	SO	Virginia	4:29.72		SB
13 Katie DORSEY	SO	Virginia	4:30.63		PB
14 Ellie DESMOND	SR	Virginia	4:30.73		
15 Camryn MENNINGER	JR	Virginia	4:32.30		
16 Lila FENNER	SR	Virginia	4:37.98		
17 Caitlyn JONES	FR	Virginia Tech	4:39.92		
18 Mary Kate MCGRANAHAN	JR	Virginia Tech	4:41.32		
19 Chase KAPPELER	SR	Virginia Tech	4:43.45		
20 Clark STEWART	FR	Virginia	4:49.74		PB
DNF Caroline TIMM	JR	Virginia	DNF		
DNF Maggie HOCK	JR	Virginia	DNF		
DNS Marie BILO	FR	Boston College	DNS		
DNF Cate DESOUSA	FR	Virginia	DNF		

WOMEN 3000 M STEEPLE

1 Elizabeth BADER	JR	Virginia	10:40.59		PB
DNF Mary Kate MCGRANAHAN	JR	Virginia Tech	DNF		
DNF Lila WATERS	FR	Virginia Tech	DNF		
DNF Chase KAPPELER	SR	Virginia Tech	DNF		

WOMEN 100 M HURDLES

1 Sophia AKPAN	SO	Virginia	14.19	+1.4	PB
2 Elizabeth IMOH	FR	Virginia	14.34	+1.4	
3 Katriel AMOYAW	FR	William & Mary	15.02	+1.4	
4 Aurora SCHWANER	FR	William & Mary	17.07	+1.4	

WOMEN 400 M HURDLES

1 Emily ALEXANDRU	JR	Virginia	59.23		SB
2 Brooke Lyn DRAKEFORD	FR	Virginia	1:01.97		
3 Sophia AKPAN	SO	Virginia	1:02.06		
4 Clare HOWARD	JR	William & Mary	1:03.94		
5 Elizabeth IMOH	FR	Virginia	1:04.01		
6 Evelyn BRANTLEY	FR	William & Mary	1:04.32		

WOMEN 4X100 M RELAY

DQ RICHMOND	DQ
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WOMEN HIGH JUMP

1 Celia RIFATERRA	SO	Virginia	1.72m	5-7¾
2 Elsa SPOOR	FR	Virginia	1.69m	5-6½
3 Grace FLYNN	FR	Virginia	1.69m	5-6½

WOMEN POLE VAULT

1 Samantha ROMANO	SO	Virginia	4.24m	13-11
2 Elizabeth STROBACH	FR	William & Mary	3.84m	12-7¾
3 Caroline DANNENBAUM	SR	Virginia	3.69m	12-1¼
3 Gabriella RECCE	SR	Virginia	3.69m	12-1¼
5 Elizabeth UPRIGHT	SR	William & Mary	3.69m	12-1¼
DNS Hanne BORSTLAP	SR	Virginia	DNS	
NH Sophie FERNANDEZ	JR	William & Mary	NH	
NH Fiona BASEWITZ	JR	William & Mary	NH	

WOMEN LONG JUMP

1 Aniella DELAFOSSE		Ivory Coast	6.43m	21-1¼	+2.0	PB
2 Molly WISE	FR	Richmond	6.00m	19-8¼	-1.1	PB
3 Megan HEIDEBRECHT	SR	William & Mary	5.91m	19-4¾	+1.7	SB



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4 Katriel AMOYAW	FR	William & Mary	5.78m	18-11¼	+3.2	SB
5 Mahkaia LEE	JR	Virginia	5.60m	18-4½	+0.5	
6 Aurora SCHWANER	FR	William & Mary	5.07m	16-7¼	+0.8	
DNS Alicia DAWSON	SR	Richmond		DNS		

WOMEN TRIPLE JUMP						
1 Megan HEIDEBRECHT	SR	William & Mary	12.67m	41-7	-0.4	PB
X Libby WHITE	FR	Virginia		X		
X Grace FLYNN	FR	Virginia		X		
X Imani OLIVER		Tracksmith		X		
X Mahkaia LEE	JR	Virginia		X		
DNS Alicia DAWSON	SR	Richmond		DNS		

WOMEN SHOT PUT						
1 Brooke LUMPKIN	JR	Virginia	15.04m	49-4¼		
2 Megan MANN	SR	Liberty	14.05m	46-1¼		
3 Efe LATHAM	JR	Liberty	13.50m	44-3½		
4 Ella CARLSON	SO	William & Mary	13.41m	44-0		
5 Kali GRAYSON	SR	Liberty	12.59m	41-3¼		

WOMEN DISCUS						
1 Janae PROFIT	JR	Virginia	51.79m	169-11		SB
2 Megan MANN	SR	Liberty	48.02m	157-6		
3 Annika HANTHO	SR	Liberty	46.37m	152-1		
4 Keeley SUZENSKI	SR	William & Mary	43.77m	143-7		
5 Ella CARLSON	SO	William & Mary	42.55m	139-7		PB

WOMEN HAMMER						
1 Paola BUENO	SO	Liberty	60.93m	199-11		
2 Annika HANTHO	SR	Liberty	60.75m	199-3		PB
3 Megan MANN	SR	Liberty	56.33m	184-9		
4 Keeley SUZENSKI	SR	William & Mary	56.11m	184-1		
5 Bree LUMPKIN	JR	Virginia	55.26m	181-3		
6 Efe LATHAM	JR	Liberty	52.94m	173-8		
7 Talia ANDERSON	SO	William & Mary	44.88m	147-3		

WOMEN JAVELIN						
1 Addilae WATTS	SO	Liberty	48.24m	158-3		PB
2 Liv CANTBY	SR	William & Mary	47.64m	156-3		SB
3 Chantae MCMILLAN		United States	47.08m	154-5		
4 Siobhan LOUGHNEY	JR	Virginia	41.60m	136-6		PB
5 Brooke LUMPKIN	JR	Virginia	40.23m	132-0		
6 Abigail MECKES	SO	Virginia	39.76m	130-5		PB
DNS Mackenzie BALLIVIAN	JR	Liberty		DNS		
DNS Kali GRAYSON	SR	Liberty		DNS		
DNS Efe LATHAM	JR	Liberty		DNS		
DNS Josephine GENEREUX	SO	Virginia		DNS		

MEN 100 M						
1 Brandon LETTS		Eclipse Track & Fie	10.34	+2.4		SB
2 Peter DJAN	SO	Virginia	10.50	+2.4		SB
3 Brandon JONES		Belize	10.70	+2.4		
4 Jay PNDARVIS	SR	Virginia	10.75	+2.4		SB
5 Jaden LYONS	SO	Virginia	10.87	+1.8		
6 Matthew MITCHELL		United States	11.00	+1.8		
7 Austin RICE	SO	William & Mary	11.16	+1.8		
8 Michael KOEPKE	SO	Virginia	11.28	+1.8		
9 Jackson COOLEY	SR	William & Mary	13.69	+2.4		

MEN 200 M

1 Jay PNDARVIS	SR	Virginia	21.48	+1.4		SB
2 Evans WHITE IV	SO	Virginia	21.60	+1.4		
3 Brandon JONES		Belize	21.73	+1.4		
4 Matthew MITCHELL		United States	21.94	+1.4		PB
5 Jerlan FISH	JR	Virginia	22.69	+1.4		
6 Austin RICE	SO	William & Mary	22.74	+1.4		

MEN 400 M

1 Jaden LYONS	SO	Virginia	48.09			
2 Jacob ROBINSON	FR	William & Mary	48.44			
3 Nicholas PLANT	SO	Virginia Tech	49.52			PB
4 Jonathan KUMER	SO	William & Mary	49.90			PB
5 Azaan DAWSON	SO	Virginia Tech	50.11			
6 Stephen LARSON	SR	William & Mary	50.31			PB
7 Ethan MILLS	JR	Virginia Tech	50.38			
8 William JONES	SO	Virginia Tech	53.98			

MEN 800 M

1 Nicholas PLANT	SO	Virginia Tech	1:48.75			
2 Andrew REGNIER	FR	North Carolina	1:49.35			
3 Dillon ARYEH		United States	1:49.36			SB
4 Matt WISNER		United States	1:49.58			
5 Josh LEWIN		United States	1:49.63			SB
6 Azaan DAWSON	SO	Virginia Tech	1:49.97			PB
7 Ethan COLEMAN	SO	Virginia Tech	1:50.03			PB
8 Viktor IDHAMMAR		Unattached	1:50.04			
9 Ethan MILLS	JR	Virginia Tech	1:50.11			PB
10 Michael SPRAGLEY	SR	North Carolina	1:50.14			SB
11 Myles PLUMMER	SO	Virginia	1:50.27			PB
12 Alex LEATH	FR	Virginia	1:50.27			
13 Ryan CHEVALIER	SO	Virginia Tech	1:52.62			
14 Liam BELLAMY	JR	Virginia	1:53.63			
15 Luke HENKEL	JR	William & Mary	1:54.38			PB
16 William JONES	SO	Virginia Tech	1:54.49			
17 Matthias OETTL	SO	William & Mary	1:55.29			SB
18 Stephen LARSON	SR	William & Mary	1:55.85			
19 Owen LIPPS	JR	William & Mary	1:57.86			
DNF Ethan ROBINSON	JR	Virginia	DNF			

MEN 1500 M

1 Steven JACKSON	JR	Boston College	3:41.72			PB
2 Aidan TOOKER		United States	3:43.34			PB
3 Declan RYMER	JR	Virginia Tech	3:43.52			PB
4 Yacine GUERMALI		Philippines	3:43.54			
5 Ben NAGEL		United States	3:43.71			PB
6 Jack ELIASON	SR	Virginia	3:44.62			
7 William WINTER	FR	Virginia Tech	3:44.87			PB
8 Jacob HUNTER	SR	Virginia	3:45.49			SB
9 Alexander BROWN	SO	Boston College	3:45.87			PB
10 Patrick MULRYAN	FR	Boston College	3:46.46			PB
11 James PARTLOW		United States	3:47.21			
12 Justin WACHTEL	SO	Virginia	3:47.44			PB
13 Andrew SCHROFF	JR	Virginia Tech	3:48.04			
14 Scott SIKORSKI	JR	Virginia	3:49.22			PB
15 Jacob JONES	SR	William & Mary	3:49.89			
16 Billy ATKINSON	FR	Virginia	3:50.38			PB
17 Robert RIMMEL	FR	Virginia Tech	3:50.67			
18 Trevor MASON	SO	Virginia Tech	3:51.14			PB
19 Sam HUBERT	SR	Virginia Tech	3:51.29			PB
20 Dylan DECAMBRE	FR	Virginia Tech	3:51.70			



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21 Colin DORAN	FR	Virginia Tech	3:53.44	
22 Eric FAGAN	FR	William & Mary	3:54.86	
23 Alec FLEMING	SR	Virginia Tech	3:58.94	
24 Quinn GREEN	FR	William & Mary	3:59.62	
25 Garrett WINTER	SO	Virginia Tech	4:01.44	
26 Evan GOODELL		United States	4:03.26	
27 Aidan COX	FR	Virginia	4:04.07	PB
DNF James DONAHUE	FR	Virginia	DNF	
DNF Ryan CHEVALIER	SO	Virginia Tech	DNF	
DNS Brendan DISTEFANO	JR	William & Mary	DNS	

MEN 3000 M STEEPLE

1 Ryan MCGINLEY	FR	Virginia Tech	9:22.25	
2 Luke TIGHE	FR	Virginia Tech	9:30.24	
DNF Aidan TOOKER		United States	DNF	
DNF Alec FLEMING	SR	Virginia Tech	DNF	
DNF Ethan COLEMAN	SO	Virginia Tech	DNF	
DNF Colin DORAN	FR	Virginia Tech	DNF	
DNF Declan RYMER	JR	Virginia Tech	DNF	
DNS Garrett WINTER	SO	Virginia Tech	DNS	

MEN 110 M HURDLES

1 Peter DJAN	SO	Virginia	14.27	+2.4	
2 Brian WALSH	FR	William & Mary	14.81	+2.4	SB
3 Gabriel ALBERS	SR	William & Mary	15.28	+2.4	
4 Cole HARRIS	SR	William & Mary	15.76	+2.4	SB
DNF Israel NELSON		United States	DNF		

MEN 400 M HURDLES

1 Gage GOSE	FR	Virginia	53.32	
2 Jeremiah WILSON	JR	Virginia	56.02	

MEN 4X100 M RELAY

MEN HIGH JUMP

MEN POLE VAULT

1 Jacob SPOTSWOOD		United States	5.42m	17-9¼	PB
2 Justin ROGERS	SO	Virginia	5.17m	16-11½	PB
3 Tyler LYNCH	SR	Virginia	4.77m	15-7¾	SB
4 Sebastian PHILLIPS	FR	Virginia	4.47m	14-8	PB
5 John MINTZ	SR	William & Mary	4.32m	14-2	
DNS David FRASIER	FR	Virginia	DNF		

MEN LONG JUMP

1 Hedi VALIKAJ	JR	Virginia	7.36m	24-1¾	+2.0	
2 Brian WALSH	FR	William & Mary	7.23m	23-8¾	+2.2	SB
3 Ethan BUENVIAJE	SR	William & Mary	7.11m	23-4	-1.7	PB
4 Gabriel ALBERS	SR	William & Mary	6.69m	21-11½	+2.6	SB
5 Cole HARRIS	SR	William & Mary	6.02m	19-9	+2.4	SB

MEN TRIPLE JUMP

1 Joshua MCCORMICK	SO	William & Mary	13.53m	44-4¾	+1.3	PB
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MEN SHOT PUT

1 Warren BARRETT	SR	Liberty	18.82m	61-9		PB
2 Chris VAN NIEKERK	SR	High Point	18.61m	61-¾		SB
3 Jordae EDWARDS	FR	Liberty	16.92m	55-6¼		PB
4 Jason NWOSU	SO	William & Mary	16.39m	53-9¼		
5 Beau BACKES	JR	Liberty	14.76m	48-5¼		

6 Ross BAZZICHI	SO	William & Mary	14.01m	45-11¼	
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MEN DISCUS

1 Kevin NEDRICK		Unattached	61.17m	200-8	
2 Jacob LEMMON	JR	Virginia	60.50m	198-6	PB
3 Desmond COLEMAN	SO	Liberty	55.95m	183-6	
4 Christian HICKS	SO	Liberty	54.27m	178-0	PB
5 Beau BACKES	JR	Liberty	51.92m	170-4	
6 Chris VAN NIEKERK	SR	High Point	51.14m	167-9	
7 Jason HAYES	FR	Liberty	48.08m	157-9	PB
8 Jason NWOSU	SO	William & Mary	46.98m	154-1	
9 John HICKS	SR	Liberty	45.17m	148-2	
10 Ethan ROBINSON	JR	Virginia	36.21m	118-9	
DNS Ross BAZZICHI	SO	William & Mary	DNF		
DNS Kellen KIMES	FR	Liberty	DNF		

MEN HAMMER

1 Marcus DISBROW		United States	68.45m	224-7	
2 John HICKS	SR	Liberty	65.92m	216-3	
3 Desmond COLEMAN	SO	Liberty	61.07m	200-4	
4 Jason HAYES	FR	Liberty	53.49m	175-6	PB
5 Christian HICKS	SO	Liberty	53.17m	174-5	
6 Jason NWOSU	SO	William & Mary	52.70m	172-11	
DNS Ross BAZZICHI	SO	William & Mary	DNF		
DNS Kellen KIMES	FR	Liberty	DNF		

MEN JAVELIN

1 Christopher ARIAS	SR	William & Mary	69.98m	229-7	PB
2 Raiden LAFORTUNE	FR	William & Mary	60.69m	199-1	
3 Tyler ZAWATSKI	SO	Virginia	59.95m	196-8	
4 Alex UST	JR	William & Mary	57.04m	187-2	PB
5 Daniel HARMAN		United States	51.44m	168-9	
DNS Thomas DICKINSON	JR	Virginia	DNF		

MIXED 1 MILE MASTERS

1 Forest BRADEN		Unattached	4:29.39	
2 Bill PALMER		Unattached	4:58.18	
3 Kevin JONES		Unattached	5:09.71	
4 Lindsay CARTER		Unattached	5:22.09	
5 Philip LORISH		Unattached	5:25.20	
6 Jon GARDNER		Unattached	5:45.17	
7 Maria BADARACCO		Unattached	6:00.03	
8 Stephan DE WEKKER		Unattached	6:08.98	
9 Richard WEAVER		Unattached	6:20.59	
10 Terry MCLAUGHLIN		Unattached	6:30.05	
11 Leah CONNOR		Unattached	7:47.71	
12 Bill PETRI		Unattached	8:21.65	
DNS David SINGERMAN		Unattached	DNF	

MEN 1500 M INVITE

1 Cooper TEARE		United States	3:32.16		FR
2 Thomas VANOPPEN		Belgium	3:36.78		PB
DNF Cole HOCKER		United States	DNF		
DNF Matt WISNER		United States	DNF		
DNF Viktor IDHAMMAR		Unattached	DNF		