

APP State Open - 4/28/2023 to 4/29/2023
Randy Marion Track and Field Facility
Boone, NC
Results

Event 1 Women Hammer Throw

Name	School	Finals
Finals		
1 Cooper, Daiyanna	Appalachian	56.86m
2 Arnold, Graysen	Appalachian	45.78m
3 Harris, Joy	Unattached	42.64m
4 Harris, Jaeda	Appalachian	39.18m
5 Woods, Cierra	Appalachian	38.76m
6 Gonzalez, Judith	VMI	37.60m
7 Roundtree, Toria	Western Caro	36.98m
8 Webb, Kacey	Milligan	35.85m
9 Howson, Kylie	Higher Power	34.82m
10 Kirkland, Jenna	VMI	33.51m

Event 2 Men Hammer Throw

Name	School	Finals
Finals		
1 Wainscott, Christopher	Appalachian	56.36m
2 Granger, Andrew	VMI	55.59m
3 Brooks, Herbert	VMI	49.01m
4 Center, Riley	Western Caro	47.07m
5 Dale, Dominick	Western Caro	46.16m
6 Thomas, Jacob	Western Caro	44.70m
7 Keen, Carson	Bob Jones	27.98m

Event 3 Women Javelin Throw

Name	School	Finals
Finals		
1 Harris, Joy	Unattached	36.37m
2 Bailey, Grace	Bob Jones	28.68m
3 Jimenez, Melanie	VMI	24.87m
4 Roberson, Rachel	VMI	24.48m
5 Lytell, Brynn	Bob Jones	19.42m
6 Cabaes, Isabelle	VMI	18.09m

Event 4 Men Javelin Throw

Name	School	Finals
Finals		
1 Livingston, Jackson	Western Caro	56.87m
2 Dale, Dominick	Western Caro	47.58m
3 Rogers, Ethan	Bob Jones	41.40m
4 Green, David	Bob Jones	34.67m
5 Jones, Robert	VMI	34.05m
6 Clendenin, Samuel	VMI	32.94m

Event 5 Women Discus Throw

Name	School	Finals
Finals		
1 Glover, Tyler	Higher Power	43.44m
2 Kirkland, Jenna	VMI	39.69m
3 Plummer, Megan	Appalachian	39.09m
4 Arnold, Graysen	Appalachian	36.81m
5 Webb, Kacey	Milligan	36.73m
6 Hope, Naliah	N.C. Central	34.41m
7 Walker, Marlesia	Lenoir-Rhyne	33.46m

8 Woods, Cierra	Appalachian	30.59m
9 Harris, Jaeda	Appalachian	29.92m
10 Nippa, Savannah	Lenoir-Rhyne	29.47m
11 Howson, Kylie	Higher Power	29.31m
12 O'Neill, Saniah	N.C. Central	29.19m
13 Gonzalez, Judith	VMI	27.32m
14 Hall, Kenya	N.C. Central	26.78m
15 Andre, Cassidy	Bob Jones	21.36m
--- Roundtree, Toria	Western Caro	FOUL

Event 6 Men Discus Throw

Name	School	Finals
Finals		
1 Wainscott, Christopher	Appalachian	50.23m
2 Karl, Nate	Appalachian	48.71m
3 Brooks, Herbert	VMI	45.70m
4 Swepson, Matthew	N.C. Central	44.97m
5 Arrington, Khamari	N.C. Central	44.68m
6 Stewart, Christopher	Higher Power	44.26m
7 Anderson, Nelson	N.C. Central	42.24m
8 Williams, Terry	Livingstone	38.58m
9 Thomas, Jacob	Western Caro	38.14m
10 Granger, Andrew	VMI	37.78m
11 Dale, Dominick	Western Caro	37.74m
12 Scott, Monte	Lenoir-Rhyne	36.67m
13 Tako, Paul	Livingstone	28.37m

Event 7 Women Pole Vault

Name	School	Finals
Finals		
1 Studney, Ava	Appalachian	3.66m
2 Agee, Celia	Appalachian	3.56m
3 Gallant, Sydney	Western Caro	3.46m
4 Fowlkes, Caroline	Appalachian	J3.46m
5 Meinert, Casey	Appalachian	J3.46m
6 Leonard, Kirsten	Anderson (S.	3.31m
7 Wagner, Jennifer	Western Caro	J3.31m
8 Fox, Jorja	Unattached	2.86m
--- Cooley, Alyssa	Western Caro	NH

Event 8 Men Pole Vault

Name	School	Finals
Finals		
1 Bigelow, Matthew	Appalachian	4.91m
2 Underwood, Braden	Appalachian	4.81m
3 Fox, Taylor	Appalachian	4.71m
4 Lehe, Jonathan	Western Caro	4.56m
5 Field, Jason	RMPV	4.41m
6 Linko, Kevin	VMI	J4.41m
7 Blount, Isaiah	VMI	4.26m
8 Pryor, Lucas	Anderson (S.	4.11m
9 Hardy, Lambdin	Anderson (S.	J4.11m
10 Armstrong, Kaelum	Unattached	3.96m
11 Bauman, Brandon	VMI	3.81m
--- James, Tyrus	VMI	NH

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Event 9 Women Long Jump

Name	School	Finals
Finals		
1 Yao, Siby	Appalachian	5.99m 0.6
2 Smith, Taylor	Appalachian	5.97m 1.7
3 Branch, Jada	Appalachian	5.96m 3.0
4 Small, Taylor	N.C. Central	5.70m 1.8
5 Boddie, Joidon	N.C. Central	5.33m 2.6
6 Ulanday, Sofia	Lenoir-Rhyne	5.10m 2.4
7 Lindsay, Cyana	N.C. Central	4.80m 2.2

Event 10 Men Long Jump

Name	School	Finals
Finals		
1 Midgett, Keyandre	VMI	7.29m 0.6
2 Azar-Moise, Luis	Livingstone	6.50m 0.4
3 Forbes, Malcolm	N.C. Central	6.40m -1.0
4 Blount, Isaiah	VMI	6.18m +0.0
5 Cook, Marcus	Livingstone	6.10m -0.7
6 Larvie, Christian	VMI	6.08m +0.0
7 Steele, Antaveon	Unattached	6.01m 0.3
8 Linko, Kevin	VMI	5.93m 0.3
9 Daung, Moses	Bob Jones	5.69m 1.7
--- Johnson, Neco	N.C. Central	FOUL

Event 11 Women High Jump

Name	School	Finals
Finals		
1 Byard, Nadiyah	Appalachian	1.67m
2 Lucas, Tia	N.C. Central	1.62m
3 Urraca, Alejandra	N.C. Central	1.57m
--- Hill, Taylor	VMI	NH
--- Hart, Shea	VMI	NH
--- Millner, Amaya	N.C. Central	NH

Event 12 Men High Jump

Name	School	Finals
Finals		
1 Finger, Brenden	N.C. Central	1.93m
2 Hall, Yates	Appalachian	1.88m
3 Jenkins, Jaden	Livingstone	1.83m
3 Male, Charles	VMI	1.83m
--- Victoria, Lamont	N.C. Central	NH
--- Harris, Dillon	Bob Jones	NH
--- Munson, Stephen	VMI	NH
--- Larvie, Christian	VMI	NH
--- Hunt, Jamison	Milligan	NH

Event 13 Women Shot Put

Name	School	Finals
Finals		
1 Cooper, Daiyanna	Appalachian	13.61m
2 Glover, Tyler	Higher Power	12.56m
3 Plummer, Megan	Appalachian	11.54m
4 Arnold, Graysen	Appalachian	11.51m

5 Jackson, Olivia	Lenoir-Rhyne	11.31m
6 Hope, Naliah	N.C. Central	11.03m
7 O'Neill, Saniah	N.C. Central	11.01m
8 Howson, Kylie	Higher Power	10.73m
9 Roundtree, Toria	Western Caro	10.40m
10 Kirkland, Jenna	VMI	10.18m
11 Lake, Alexis	Livingstone	10.14m
12 Harris, Jaeda	Appalachian	9.73m
13 Hall, Kenya	N.C. Central	9.47m
14 Andre, Cassidy	Bob Jones	7.67m

Event 14 Men Shot Put

Name	School	Finals
Finals		
1 Wainscott, Christopher	Appalachian	17.88m
2 Karl, Nate	Appalachian	16.15m
3 Center, Riley	Western Caro	14.70m
4 Swepson, Matthew	N.C. Central	14.58m
5 Arrington, Khamari	N.C. Central	14.50m
6 Davis, Hunter	VMI	13.62m
7 Thomas, Jacob	Western Caro	13.56m
8 Stewart, Christopher	Higher Power	13.34m
9 Granger, Andrew	VMI	12.97m
10 Brooks, Herbert	VMI	12.23m
11 Dale, Dominick	Western Caro	11.35m
12 Tabron, Chase	Louisburg Co	10.33m
13 Johnson, Neco	N.C. Central	9.13m
--- Anderson, Nelson	N.C. Central	FOUL

Event 15 Women Triple Jump

Name	School	Finals
Finals		
1 Branch, Jada	Appalachian	13.35m 2.5
2 Boddie, Joidon	N.C. Central	12.26m -0.2
3 Posey, Jazmine	Appalachian	11.96m +0.0
4 Petersen, Djamilia	Appalachian	11.89m -0.8
5 Yao, Siby	Appalachian	11.56m -0.6
6 Taylor, Breah	Appalachian	11.19m -0.3
7 O'Neal, Taryn	Livingstone	10.61m -0.2
8 Lucas, Tia	N.C. Central	10.47m 0.2
9 Alejandro-Ortiz, Dajaneen	Livingstone	9.93m -0.6
--- Freitas, Julie	VMI	FOUL

Event 16 Men Triple Jump

Name	School	Finals
Finals		
1 Wilkins, Niejel	Appalachian	15.31m 1.4
2 Azar-Moise, Luis	Livingstone	14.03m -3.2
3 Cook, Marcus	Livingstone	14.02m -0.9
4 Forbes, Malcolm	N.C. Central	13.30m -0.8
5 Jones, Robert	VMI	12.73m 2.8
6 Joinville, Andrew	Bob Jones	11.83m -1.7

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Event 17 Women 5000 Meter Run

Name	School	Finals
Finals		
1 Maynard, Linnea	Appalachian	18:51.68
2 Christy, Madison	Appalachian	18:58.22
3 Granberg, Abby	Appalachian	19:11.04
4 Breault, Catherine	Appalachian	19:37.57
5 Farris, Lana	Appalachian	19:47.85
6 Fiorillo, Caroline	VMI	20:28.48
7 Lee, Abby	Appalachian	20:31.37
8 kuipers, andie	Unattached	21:07.53
9 Loehne, Natalie	Unattached	21:40.99

Event 18 Men 5000 Meter Run

Name	School	Finals
Finals		
1 Bong, Simon	Unattached	15:28.36
2 Horner, Griffin	Unattached	15:35.36
3 Guest, Calbert	Appalachian	15:52.79
4 Burrell, Chase	Appalachian	15:52.84
5 Chelidona, Zachary	Unattached	15:57.44
6 Barber., Ethan	Unattached	16:04.37
7 Datte, Ben	Appalachian	16:06.45
8 Tavenner, Brian	VMI	16:18.36
9 Lipham, Ethan	Appalachian	16:35.29
10 Diller, Zachary	VMI	16:39.38
11 Shafer, Sol	Bob Jones	16:45.34
12 Kiernan, Patrick	VMI	16:45.57
13 Johnson, Marc	Bob Jones	17:09.13
14 Sabo, Kevin	Unattached	17:23.99

Event 19 Women 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Appalachian State	A	45.21
1) Smith, Jelennie	2) Robinson, Hunter	
3) Smith, Taylor	4) Atwater, Mariah	
2 Appalachian State	B	45.59
1) Yao, Siby	2) Branch, Jada	
3) McCord, Mariah	4) Talley, Daye	
3 Vmi	A	48.22
1) Green, SeMore	2) Hall, Heaven	
3) Hart, Shea	4) Armstrong, Eleyah	
4 Bob Jones	A	52.77
1) Whiteford, Mikayla	2) Witherspoon, Kaniyah	
3) Landry, Emma	4) Peters, Francesca	

Event 20 Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Livingstone	A	41.62
1) Strader, Keilan	2) Wagner, Tyler	
3) Fields, Avery	4) Bradford, David	
2 App St. Alums	A	43.09

3 Bob Jones	A	46.92
1) Fressel, Luke	2) Hugley, Stephan	
3) Gray, Misha	4) Steurer, Michael	
--- Milligan	A	DNF
1) Lee, Kamdyn	2) Stephens, Skylan	
3) Williams, Ja'Quan	4) Fletcher, Keith	

Event 21 Women 1500 Meter Run

Name	School	Finals
Finals		
1 Young, Samantha	Unattached	4:55.24
2 Shank, Gretal	VMI	4:58.89
3 Wilhjelm, Karly	Unattached	5:09.10
4 DiBlasi, Angelina	Appalachian	5:17.30
5 Mcdonald, Sydney	Livingstone	5:20.05
6 Heinz, Liesl	Bob Jones	5:22.25
7 Copeman, Bianca	Appalachian	5:27.61
8 Snyder, Margaret	Bob Jones	5:30.05
9 Lain, Joanna	Bob Jones	5:49.25
10 Taylor, Alexis	Lenoir-Rhyne	6:00.42

Event 22 Men 1500 Meter Run

Name	School	Finals
Finals		
1 Sangster, Tucker	Appalachian	3:57.91
2 Haskett, Ry	Appalachian	3:59.16
3 Bird, Jonah	Appalachian	4:00.21
4 Paddyfote, Emmanuel	N.C. Central	4:04.34
5 Wilson-Cook, Oliver	Appalachian	4:07.29
6 Morris, Jonah	Appalachian	4:08.05
7 Hirneisen, Andrew	VMI	4:11.76
8 Teuscher, Ryan	Appalachian	4:11.93
9 Stone, Douglas	Bob Jones	4:15.66
10 Sosebee, Sam	Milligan	4:17.05
11 LePrell, Riley	Unattached	4:17.19
12 Ligday, Nicholas	VMI	4:18.07
13 Chelidona, Zachary	Unattached	4:18.41
14 Emmons, Alexander	Unattached	4:18.73
15 Grassmid, Joseph	Bob Jones	4:18.95
16 Arias, Caleb	Milligan	4:20.86
17 Bruce, Evan	Milligan	4:22.74
18 Diller, Zachary	VMI	4:23.61
19 Drake, Ashton	N.C. Central	4:24.11
20 Rutledge, Jacob	Milligan	4:25.48
21 Lakeman, Jon	Lenoir-Rhyne	4:25.50
22 McIntyre Jr., Jason	Louisburg Co	4:30.42
23 Woodard, Tiwan	Louisburg Co	4:33.10
24 Adkins, Jacob	Livingstone	4:33.78
25 Valladares, Mikel	Milligan	4:36.26
26 Johnson, Kohen	Cleveland CC	4:53.01
27 McIntyre, Tucker	Cleveland CC	6:17.45
--- Lillie, Dwayne	Appalachian	DNF

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Event 24 Men 110 Meter Hurdles

Name	School	Finals
Finals		
1 Robinson, Harrison	Appalachian	14.92 +0.0
2 Topos, Xander	VMI	15.18 +0.0
3 Ambrose, Kaleb	Western Caro	15.30 +0.0
4 Mungo, Jayden	Livingstone	15.52 +0.0
5 Dunlap, Mekhi	Unattached	15.71 -1.0
6 Steele, Antaveon	Unattached	16.25 +0.0
7 Munson, Stephen	VMI	16.43 +0.0
8 Linko, Kevin	VMI	16.69 -1.0
9 Blount, Isaiah	VMI	17.18 +0.0
10 Gray, Misha	Bob Jones	17.44 -1.0
11 Johnson, Neco	N.C. Central	21.65 -1.0
--- Dohanich, A.J.	Unattached	DNF +0.0

Event 25 Women 100 Meter Dash

Name	School	Finals
Finals		
1 Smith, Taylor	Appalachian	11.71 -0.2
2 McCord, Mariah	Appalachian	11.81 -0.2
3 Yao, Siby	Appalachian	11.83 -0.2
4 Talley, Daye	Appalachian	12.10 -0.2
5 Chapple, Lydia	Livingstone	12.22 -0.2
6 Razzak, Khalilal	Appalachian	12.37 -0.9
7 Verner, Raven	N.C. Central	12.40 -0.2
8 Judd, Ani	Appalachian	12.62 -0.2
9 Williams, Amaya	Livingstone	12.64 -0.2
10 Starkie, Tania	Livingstone	13.13 -0.9
11 Whiteford, Mikayla	Bob Jones	13.59 -0.9
12 Witherspoon, Kaniyah	Bob Jones	14.25 -0.9
13 Arce, Laurel	Bob Jones	14.51 -0.9
14 Steurer, Elisabeth	Bob Jones	14.69 -0.9

Event 26 Men 100 Meter Dash

Name	School	Finals
Finals		
1 Sims, Brian	Bob Jones	10.51 -2.5
2 Johnson, Jayvion	Appalachian	10.67 -2.5
3 Hale, Luke	Appalachian	10.69 -2.5
4 Victoria, Lamont	N.C. Central	10.70 -2.5
5 McClendon, Chandler	Unattached	10.72 -2.5
6 Brown, Nick	VMI	10.73 -2.9
7 McBride, Liam	VMI	10.95 0.2
8 Midgett, Keyandre	VMI	10.96 0.2
9 Geddie, Jordan	Livingstone	11.23 -2.9
10 Nickelson, Trae	Appalachian	11.55 -2.9
11 Hugley, Stephan	Bob Jones	11.59 -2.9
12 Gray, Misha	Bob Jones	11.76 +0.0
13 Cullen, Mark	Unattached	11.78 +0.0
14 Crowley, Nathaniel	Bob Jones	12.00 +0.0
15 Joinville, Andrew	Bob Jones	12.05 +0.0
16 Johnson, Neco	N.C. Central	12.14 0.2
17 Newsome II, Eley M	Unattached	14.52 -2.5

--- Male, Charles VMI DNF -2.9

Event 27 Women 400 Meter Dash

Name	School	Finals
Finals		
1 Robinson, Hunter	Appalachian	55.63
2 Atwater, Mariah	Appalachian	55.76
3 Smith, Jelonnie	Appalachian	56.43
4 Deloatch, Saa'Naudia	Livingstone	1:01.66
5 Beckham, Mylena	N.C. Central	1:02.00
6 Fair, Asia'Lee	Livingstone	1:03.37
7 Peters, Francesca	Bob Jones	1:03.76
8 Smith, Sydni	N.C. Central	1:04.11
9 Lynch, Carmen	Louisburg Co	1:06.65
10 Landry, Emma	Bob Jones	1:06.92
11 Whiteford, Mikayla	Bob Jones	1:07.05
12 Witherspoon, Kaniyah	Bob Jones	1:07.35
13 Marks, Alyssa	Bob Jones	1:07.66
14 Lynch, Cameron	Louisburg Co	1:12.23

Event 28 Men 400 Meter Dash

Name	School	Finals
Finals		
1 Carter, Donnell	N.C. Central	47.13
2 Krehnbrink, Cole	Appalachian	48.24
3 Harris, Fitzroy	Unattached	49.79
4 Stephens, Skylan	Milligan	50.78
5 Gilbert, Louis	Livingstone	51.86
6 Little, Corey	N.C. Central	51.89
7 Williams, Ja'Quan	Milligan	51.99
8 Cullen, Mark	Unattached	52.56
9 Steurer, Michael	Bob Jones	53.07
10 VeraCruz, Isaac	Bob Jones	54.01
11 Gatlin, Demetrius	Louisburg Co	54.21
12 Caudle, Kahari	Louisburg Co	54.49
13 Lair, Luke	Unattached	54.67
14 Johnson, Sean	Louisburg Co	56.74
15 Whitehead, Jason	Lenoir-Rhyne	58.24
--- Sanchez, Jamie	Cleveland CC	DNF

Event 29 Women 800 Meter Run

Name	School	Finals
Finals		
1 Jackson, Laila	N.C. Central	2:14.94
2 Vande Pol, Katherine	Unattached	2:14.97
3 Ollendick-Smith, Addison	Appalachian	2:15.50
4 Donohue, Jasmine	Appalachian	2:15.52
5 Charles, Ericka	G.W. Express	2:17.72
6 Hodge, Regan	Appalachian	2:24.89
7 Lavender, Nathalie	VMI	2:28.07
8 Kornke, Morgan	Appalachian	2:29.25
9 Jimenez, Jadiza	N.C. Central	2:30.19
10 Hanson, Taylor	N.C. Central	2:30.75
11 Garcia, Lucia	Unattached	2:40.18
12 Womack, Tanniya	Livingstone	2:40.50

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Finals ... (Event 29 Women 800 Meter Run)

Name	School	Finals
13 Jones, Lauren	Bob Jones	2:46.00

Event 30 Men 800 Meter Run

Name	School	Finals
Finals		
1 McIntyre, Gray	Unattached	1:56.68
2 Brannen, Miller	Unattached	1:56.82
3 Fryson, Curtxavier	Livingstone	1:58.02
4 Hagerich, Benjamin	VMI	1:58.44
5 Roney, Evan	Unattached	2:01.10
6 Hiller, Michael	Unattached	2:01.15
7 Paddyfote, Emmanuel	N.C. Central	2:01.19
8 Hamilton, Nick	Unattached	2:01.53
9 Kelley, Stephen	VMI	2:02.69
10 Sarver, Andrew	Bob Jones	2:03.60
11 LePrell, Riley	Unattached	2:04.32
12 Heying, Ryan	Bob Jones	2:04.50
13 Pratt, Korey	Louisburg Co	2:04.87
14 Hirneisen, Andrew	VMI	2:07.42
15 Tavenner, Brian	VMI	2:08.89
16 Ligday, Nicholas	VMI	2:10.01
17 Johnson, Marc	Bob Jones	2:11.37
18 Arias, Caleb	Milligan	2:13.56
19 Shannon, Nehemiah	Louisburg Co	2:13.57
20 casimir, quincy	Unattached	2:23.19
21 Johnson, Kohen	Cleveland CC	2:26.42
--- Adkins, Jacob	Livingstone	DNF
--- Valladares, Mikel	Milligan	DNF

Event 31 Women 400 Meter Hurdles

Name	School	Finals
Finals		
1 Marquez, Gianna	N.C. Central	1:06.03
2 Mason, Claire	Appalachian	1:16.76

Event 32 Men 400 Meter Hurdles

Name	School	Finals
Finals		
1 Gore, Christian	Appalachian	52.52
2 Bradford, David	Livingstone	52.82
3 Wadsworth, Jacob	Lenoir-Rhyne	53.91
4 Dalton, Jabari	Appalachian	54.08
5 Topos, Xander	VMI	55.93
6 Caudle, Kahari	Louisburg Co	59.40
7 Cantrell, Dallas	Anderson (S.	1:00.90
8 Mungo, Jayden	Livingstone	1:01.02

Event 33 Women 200 Meter Dash

Name	School	Finals
Finals		
1 McCord, Mariah	Appalachian	24.43 0.3
2 Chapple, Lydia	Livingstone	24.88 0.3
3 Talley, Daye	Appalachian	24.96 0.3

4 Williams, Amaya	Livingstone	25.93 0.3
5 Verner, Raven	N.C. Central	26.35 0.4
6 Petersen, Djamilia	Appalachian	26.48 0.3
7 Judd, Ani	Appalachian	26.51 0.3
8 Starkie, Tania	Livingstone	27.59 0.4
9 Smith, Sydney	N.C. Central	27.81 0.4
10 Lynch, Carmen	Louisburg Co	29.11 0.4
11 Lynch, Cameron	Louisburg Co	30.41 0.4

Event 34 Men 200 Meter Dash

Name	School	Finals
Finals		
1 Brown, Nick	VMI	21.47 2.6
2 Hale, Luke	Appalachian	21.51 2.6
3 Johnson, Jayvion	Appalachian	21.64 2.6
4 Wagner, Tyler	Livingstone	22.02 2.6
5 Strader, Keilan	Livingstone	22.29 2.6
6 Jones, Casee	N.C. Central	23.46 -1.3
7 Cullen, Mark	Unattached	23.51 -1.3
8 Gatlin, Demetrius	Louisburg Co	24.32 -1.3
9 Maung, Zin	Unattached	24.49 -1.3
10 Moore, Jerome	Louisburg Co	24.76 -1.3
11 Wingster, Devin	Louisburg Co	24.78 -1.3

Event 36 Men 3000 Meter Steeplechase

Name	School	Finals
Finals		
1 Hoyes, Lane	Appalachian	9:46.03
2 Famiglietti, Anthony	Reckless Running	9:51.29
3 Swain, Craig	VMI	10:28.14
4 Budgen, Lewis	Lenoir-Rhyne	10:30.75
5 Julian, Noah	Lenoir-Rhyne	10:39.59
--- Morris, Jonah	Appalachian	DNF

Event 37 Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Appalachian State	A	3:42.17
1) Smith, Jelennie	2) Branch, Jada	
3) Robinson, Hunter	4) Atwater, Mariah	
2 Vmi	A	4:09.86
1) Armstrong, Eleyah	2) Hall, Heaven	
3) Green, SeMore	4) Hart, Shea	
3 Appalachian State	B	4:13.68
1) DiBlasi, Angelina	2) Ollendick-Smith, Addison	
3) Hodge, Regan	4) Kornke, Morgan	

Event 38 Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Appalachian State	A	3:19.70
1) Gore, Christian	2) Krehnbrink, Cole	
3) Kinney, Parker	4) Johnson, Jayvion	

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Finals ... (Event 38 Men 4x400 Meter Relay)

Team	Relay	Finals
2 N.C. Central	A	3:22.59
1) Carter, Donnell	2) Jones, Casee	
3) Little, Corey	4) Smith, Octavious	
3 Appalachian State	B	3:39.39
1) Lillie, Dwayne	2) Burrell, Chase	
3) Morris, Jonah	4) Sangster, Tucker	
4 Appalachian State	D	3:46.99
1) Bird, Jonah	2) Wilson-Cook, Oliver	
3) Datte, Ben	4) Teuscher, Ryan	