

APP State Open - 4/18/2025 to 4/19/2025

Randy Marion Track and Field Facility

Boone, NC

Results

Event 1 Women Javelin Throw

	Name	School	Finals
Finals			
1	Goetz, Abigail	App State	35.18m
2	Buchanan, Mady	Uva-Wise	31.66m
3	Karnilowicz, Julia	Lenoir-Rhyne	31.07m
4	Fisher, Shannon	Virginia Tec	29.68m
5	Nippa, Savannah	Lenoir-Rhyne	25.39m
6	Sanderson, Maggie	Lincoln Memo	25.14m
7	Bussey, Mary	Unattached	24.37m
8	Dingus, Emma	Uva-Wise	21.35m
9	Lensch, Caitlyn	Lenoir-Rhyne	20.89m
10	Fleming, Olyvia	Uva-Wise	20.85m
11	Dalton, Madeline	Lincoln Memo	20.28m
12	Grabow, Emily	Lenoir-Rhyne	18.23m

Event 2 Men Javelin Throw

	Name	School	Finals
Finals			
1	Wise, Josh	Lenoir-Rhyne	52.51m
2	Gentile, Dominick	Catawba	50.32m
3	Stanley, Jake	App State	50.21m
4	Owens, Zachary	Uva-Wise	43.81m
5	Cline, Bobby	Uva-Wise	40.33m
6	Brannen, Miller	App State	40.04m
7	Grate, Ezra	Lenoir-Rhyne	39.63m
8	Barrata, Anthony	Catawba	39.34m
9	Hatfield, Asher	Lincoln Memo	39.27m
10	Dingus, Abel	Uva-Wise	37.16m
11	Cruise, Hunter	Cleveland CC	35.26m
12	Phan, Steven	Lenoir-Rhyne	34.81m
13	Hill, Jack	Lincoln Memo	32.43m
14	Campbell, Ryan	Uva-Wise	31.79m
15	McBride, Nathan	Lincoln Memo	30.75m

Event 3 Women Hammer Throw

	Name	School	Finals
Finals			
1	Bonjean, Candyce	Unattached	56.96m
2	Edwards, Emily	App State	42.02m
3	Kerns, Nevaeh	Lincoln Memo	41.92m
4	Turner, Cate	Lincoln Memo	41.85m
5	Rogers, Nia	Uva-Wise	40.97m
6	Boykin, Dianna	App State	38.79m
7	Nippa, Savannah	Lenoir-Rhyne	37.95m
8	Karnilowicz, Julia	Lenoir-Rhyne	36.68m
9	Fleming, Olyvia	Uva-Wise	36.48m
10	Alvis, Kylee	Lincoln Memo	36.28m
11	Dingus, Emma	Uva-Wise	34.48m
12	Ellis, Brittany	App State	32.66m
13	Gross, Kate	Uva-Wise	29.33m
14	Fisher, Shannon	Virginia Tec	29.27m

Event 4 Men Hammer Throw

	Name	School	Finals
Finals			
1	Bell, Brent	East Tenn. S	54.05m
2	Waddell, Harrison	Lenoir-Rhyne	51.19m
3	Stanley, Jake	App State	48.42m
4	Cline, Bobby	Uva-Wise	47.92m
5	Salzer, Ian	Carson-Newma	45.53m
6	Mowatt Jr., Dennis	App State	45.51m
7	Daly, Tim	Unattached	44.61m
8	Poplin, Caleb	Unattached	43.45m
9	Burch Jr., Jeremiah	App State	42.36m
10	Hatfield, Avery	Lincoln Memo	42.30m
11	Blevins, Hunter	Uva-Wise	42.00m
12	Sheriff, Nyle	Virginia Tec	41.93m
13	Joseph, Rubens	Lenoir-Rhyne	41.31m
14	Helmsen, Chris	Virginia Tec	39.74m
15	Keen, Michael	App State	39.10m
16	Campbell, Ryan	Uva-Wise	38.69m
17	Paylor, James	Virginia Tec	38.15m
18	Herron, Ben	Uva-Wise	37.62m
19	Dunn, Owen	App State	37.58m
20	Combs, Caleb	Lenoir-Rhyne	32.07m
21	Scannell, Jacob	Catawba	31.26m
22	Evans, Shane	Virginia Tec	26.02m

Event 5 Women High Jump

	Name	School	Finals
Finals			
1	Whitehead, Kendall	Carson-Newma	1.56m
2	Ivens, Kellie	Carson-Newma	J1.46m
2	Piper, Georgia	Anderson (S.	J1.46m
4	Strouth, Braelynn	Uva-Wise	J1.46m
5	Cox, Raegan	Uva-Wise	J1.46m
6	McKinley, Madeline	Virginia Tec	J1.46m
---	Sackey, Korkor	Virginia Tec	NH

Event 6 Men High Jump

	Name	School	Finals
Finals			
1	Richards, Oluwafemi	Carson-Newma	J1.97m
2	Johnson, Paris	Virginia Tec	J1.97m
3	Hiatt, Jared	App State	J1.92m
3	Respress, Simeon	Anderson (S.	J1.92m
5	Gross, Jordan	Anderson (S.	1.87m
6	Estremera, Bennett	Uva-Wise	J1.77m
6	Koontz, Namaurion	Catawba	J1.77m
8	Davis, Jonathan	Cleveland CC	1.67m
---	Cruise, Hunter	Cleveland CC	NH

Event 7 Women Long Jump

	Name	School	Finals
Finals			
1	McCarty, Sydney	Carson-Newma	6.08m -1.2

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Finals ... (Event 7 Women Long Jump)

	Name	School	Finals
2	Wright, Jahaila	App State	5.67m -1.7
3	Owens, Kimberley	Lenoir-Rhyne	5.65m 0.1
4	Williams, Jessica	Virginia Tec	5.60m -0.6
5	Visser, Brooke	Carson-Newma	5.50m -0.2
6	McCord, Mariah	App State	5.38m -0.8
7	Long, Maggie	Anderson (S.	5.31m +0.0
8	Kone, Holly	Lenoir-Rhyne	4.92m -1.6
9	Collins, Eliza	Carson-Newma	4.90m 0.9
10	Sanderson, Maggie	Lincoln Memo	4.87m +0.0
11	Ulanday, Sofia	Lenoir-Rhyne	4.83m +0.0
12	DeJesus, Jayline	Lenoir-Rhyne	4.82m 1.7
13	Ansley-Cureton, Destiny	Uva-Wise	4.80m +0.0
14	Faulkner, Haley	Uva-Wise	4.69m +0.0
15	Murawski, Cate	Anderson (S.	4.64m 0.9
16	Brodt, Kylie	Uva-Wise	4.62m +0.0
17	Washington, Haleigh	Catawba	4.59m -1.3
18	Williams, Mia	Virginia Tec	4.58m +0.0
19	Waterman, Morgan	Virginia Tec	4.49m 0.3
---	Sutherland, Madison	Uva-Wise	FOUL

Event 8 Men Long Jump

	Name	School	Finals
Finals			
1	Hiatt, Jared	App State	7.12m -0.3
2	Walker, Kendred	App State	7.04m -0.2
3	Respress, Simeon	Anderson (S.	6.90m -1.0
4	Gross, Jordan	Anderson (S.	6.88m -1.2
5	Cardillo, Nikolas	Lenoir-Rhyne	6.86m +0.0
6	Jimenez, Kruz	Flagler	6.75m -0.7
7	Lopez, Caleb	App State	6.66m -1.2
8	Gramann, Keaton	Carson-Newma	6.44m -1.5
9	Coates, Tristan	Virginia Tec	6.36m 0.5
10	Kuhneman, Mason	Catawba	6.35m -1.0
11	Brown, David	Anderson (S.	6.24m +0.0
11	Hixon, Addison	App State Cl	6.24m 0.1
13	Terry, Tre	Uva-Wise	6.19m -1.5
14	Gatenby, Ryder	Virginia Tec	6.12m 1.0
15	Farris, Tyler	Anderson (S.	6.06m 0.4
16	Walters, Cooper	Virginia Tec	5.91m -0.1
17	Gentile, Dominick	Catawba	5.73m +0.0
17	Coker, Benjamin	Virginia Tec	5.73m 0.6
19	Elmer, Orrin	Lees-McRae	5.60m -0.1
20	Broom, Jaryd	Lees-McRae	5.51m 1.2
21	Todd, Daniel	Virginia Tec	4.93m 0.6
---	Shaw, Nick	Anderson (S.	FOUL

Event 9 Women Shot Put

	Name	School	Finals
Finals			
1	Rogers, Nia	Uva-Wise	12.48m
2	Ellis, Brittany	App State	12.37m
3	Edwards, Emily	App State	10.83m
4	Nippa, Savannah	Lenoir-Rhyne	10.67m

5	Hall, Lizzy	Carson-Newma	10.23m
6	Fisher, Shannon	Virginia Tec	10.07m
7	Carroll, Quinn	Virginia Tec	9.66m
8	Fleming, Olyvia	Uva-Wise	9.41m
9	Gross, Kate	Uva-Wise	9.05m
10	Kamilowicz, Julia	Lenoir-Rhyne	6.94m

Event 10 Men Shot Put

	Name	School	Finals
Finals			
1	Stewart, Chris	App State	16.37m
2	Williams, Oluwatimi	Carson-Newma	16.00m
3	Bell, Brent	East Tenn. S	15.33m
4	Mowatt Jr., Dennis	App State	15.23m
5	Wagner, Logan	East Tenn. S	14.98m
6	Gardner, Jared	Unattached	14.74m
7	Wise, Josh	Lenoir-Rhyne	14.31m
8	Dunn, Owen	App State	14.06m
9	Blevins, Hunter	Uva-Wise	13.84m
10	Joseph, Rubens	Lenoir-Rhyne	13.49m
11	Keen, Michael	App State	13.42m
12	Waddell, Harrison	Lenoir-Rhyne	12.94m
13	Grate, Ezra	Lenoir-Rhyne	12.42m
14	Wilson, Jack	Virginia Tec	12.27m
15	Poplin, Caleb	Unattached	11.93m
16	Combs, Caleb	Lenoir-Rhyne	11.82m
17	Cline, Bobby	Uva-Wise	11.79m
18	Houser, Justin	Cleveland CC	11.71m
19	Scannell, Jacob	Catawba	11.51m
20	Herron, Ben	Uva-Wise	11.00m
21	Sharpe, Zayne	Carson-Newma	10.91m
22	Hatfield, Avery	Lincoln Memo	10.81m
23	Daly, Tim	Unattached	10.48m
24	Bolger, Sean	Catawba	10.43m
25	Evans, Shane	Virginia Tec	10.40m
26	Shervanick, Sam	Virginia Tec	9.91m
27	Chen, Leon	Virginia Tec	9.87m
28	Paylor, James	Virginia Tec	9.86m
29	Gore, Westley	Catawba	8.80m

Event 11 Women Pole Vault

	Name	School	Finals
Finals			
1	Nichols, Lilly	App State	3.92m
2	Studney, Ava	App State	3.77m
2	Marshall, Avery	Anderson (S.	3.77m
2	Hefney, Tylee	Carson-Newma	J3.17m
4	Jenkins, Rylie	Anderson (S.	3.62m
4	Meeker, Noelle	Unattached	3.62m
6	Goetz, Abigail	App State	3.47m
6	Fowlkes, Caroline	App State	3.47m
8	Fox, Jorja	Anderson (S.	3.17m
10	Lensch, Caitlyn	Lenoir-Rhyne	3.02m
10	Ramsdale, Harper	Lenoir-Rhyne	3.02m
---	Ballard, Pearl	Lenoir-Rhyne	NH

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Finals ... (Event 11 Women Pole Vault)

Name	School	Finals
--- Buchanan, Mady	Uva-Wise	NH
--- Petersen, Addisen	Carson-Newma	NH
--- Jorgensen, Stacie	Lenoir-Rhyne	NH

Event 12 Men Pole Vault

Name	School	Finals
Finals		
1 Gray, Matthew	App State	J5.35m
2 Freeman, Patrick	App State	J5.35m
3 Hopkins, Jonathan	Unattached	5.25m
4 Bigelow, Matthew	App State	4.80m
5 Hardy, Lambdin	Anderson (S.	J4.50m
6 Karicher, Mike	Lenoir-Rhyne	J4.50m
7 Farris, Tyler	Anderson (S.	4.35m
7 O'Cain, Will	Anderson (S.	4.35m
9 Drake, Seth	Catawba	4.20m
10 Brown, David	Anderson (S.	3.90m
10 Phan, Steven	Lenoir-Rhyne	3.90m
10 Cruise, Hunter	Cleveland CC	3.90m
13 Garrett, Hunter	Uva-Wise	3.75m
14 Holmes, Caleb	Lenoir-Rhyne	3.35m
--- Noel, Avone	Uva-Wise	NH
--- Rollins, Noah	Cleveland CC	NH
--- Jennings, Aaron	Lenoir-Rhyne	NH

Event 13 Women Triple Jump

Name	School	Finals
Finals		
1 Kone, Holly	Lenoir-Rhyne	11.88m -3.1
2 Wright, Jahaila	App State	11.84m +0.0
3 Taylor, Brooke	Carson-Newma	11.49m -2.2
4 Williams, Jessica	Virginia Tec	11.26m 3.4
5 Whitehead, Kendall	Carson-Newma	11.24m 1.7
6 Ulanday, Sofia	Lenoir-Rhyne	11.13m -1.1
7 Visser, Brooke	Carson-Newma	10.75m -1.2
8 Long, Maggie	Anderson (S.	10.67m 2.3
9 Strouth, Braelynn	Uva-Wise	10.47m 0.6
10 Brodt, Kylie	Uva-Wise	10.36m 2.8
11 Williams, Mia	Virginia Tec	10.23m 2.7
12 Murawski, Cate	Anderson (S.	9.83m 4.4
13 Waterman, Morgan	Virginia Tec	9.78m +0.0

Event 14 Men Triple Jump

Name	School	Finals
Finals		
1 Wilkins, Niejel	Unattached	15.02m -3.1
2 Brown, Chris	Catawba	14.44m -0.3
3 Cardillo, Nikolas	Lenoir-Rhyne	14.32m -0.8
4 Lopez, Caleb	App State	14.31m -0.1
4 Kouassi, Carlos	Carson-Newma	14.31m 2.4
6 Jimenez, Kruz	Flagler	13.78m +0.0
7 Walker, Kendred	App State	13.65m -1.0
8 Walters, Cooper	Virginia Tec	13.26m -1.4

9 Gross, Jordan	Anderson (S.	13.08m 0.5
10 Coates, Tristan	Virginia Tec	12.80m -1.5
11 Bankole, Tayo	Lees-McRae	12.04m 1.3
--- Polcha, Justin	Virginia Tec	FOUL

Event 15 Women Discus Throw

Name	School	Finals
Finals		
1 Boykin, Dianna	App State	40.94m
2 Ellis, Brittany	App State	36.98m
3 Tallent, Lily	Unattached	36.96m
4 Alvis, Kylee	Lincoln Memo	35.03m
5 Bobbitt, Emma	Uva-Wise	34.63m
6 Edwards, Emily	App State	33.37m
7 Fleming, Olyvia	Uva-Wise	33.17m
8 Nippa, Savannah	Lenoir-Rhyne	31.91m
9 Fisher, Shannon	Virginia Tec	31.58m
10 Gross, Kate	Uva-Wise	29.06m
11 Kerns, Nevaeh	Lincoln Memo	27.48m
12 Turner, Cate	Lincoln Memo	26.99m
13 Hall, Lizzy	Carson-Newma	25.19m
14 Carroll, Quinn	Virginia Tec	24.16m
15 Karnilowicz, Julia	Lenoir-Rhyne	23.42m

Event 16 Men Discus Throw

Name	School	Finals
Finals		
1 Adams, Terrell	Unattached	59.41m
2 Williams, Oluwatimi	Carson-Newma	52.23m
3 Stewart, Chris	App State	47.62m
4 Burch Jr., Jeremiah	App State	46.61m
5 Grate, Ezra	Lenoir-Rhyne	46.14m
6 Gardner, Jared	Unattached	42.40m
7 Keen, Michael	App State	42.00m
8 Wagner, Logan	East Tenn. S	41.32m
9 McBride, Nathan	Lincoln Memo	40.09m
10 Wilson, Jack	Virginia Tec	39.46m
11 Joseph, Rubens	Lenoir-Rhyne	38.79m
12 Poplin, Caleb	Unattached	37.98m
13 Cline, Bobby	Uva-Wise	37.69m
14 Dunn, Owen	App State	37.62m
15 Waddell, Harrison	Lenoir-Rhyne	37.03m
16 Helmsen, Chris	Virginia Tec	35.90m
17 Hatfield, Avery	Lincoln Memo	35.26m
18 Sheriff, Nyle	Virginia Tec	34.97m
19 Harris, Kendric	App State Cl	34.84m
20 Mowatt Jr., Dennis	App State	33.84m
21 Paylor, James	Virginia Tec	33.15m
22 Campbell, Ryan	Uva-Wise	32.67m
23 Combs, Caleb	Lenoir-Rhyne	32.66m
24 Herron, Ben	Uva-Wise	32.50m
25 Chen, Leon	Virginia Tec	31.99m
26 Shervanick, Sam	Virginia Tec	30.63m
27 Scannell, Jacob	Catawba	29.65m
28 Hatfield, Asher	Lincoln Memo	25.41m

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Finals ... (Event 16 Men Discus Throw)

	Name	School	Finals
29	Daly, Tim	Unattached	24.77m
30	Bolger, Sean	Catawba	24.21m
31	Gore, Westley	Catawba	21.32m

Event 17 Women 3000 Meter Steeplechase

	Name	School	Finals
Finals			
1	Hodge, Regan	App State	11:21.82
2	Farley, Mia	Radford	11:49.23
3	Chizzali, Greta	Lincoln Memo	12:09.17
4	Sanchez, Justine	Catawba	13:05.48
5	Kornke, Morgan	App State	13:08.36
6	Mortensen, Ashley	Virginia Tec	13:14.38

Event 18 Men 3000 Meter Steeplechase

	Name	School	Finals
Finals			
1	Wlazlowski, Thomas	App State	9:20.35
2	Smith, Steven	App State	9:35.79
3	McAdams, Sean	Anderson (S.	9:39.46
4	Pote, Josh	App State	9:54.18
5	Chandler, Conner	Lincoln Memo	10:29.90
6	McGrath, Jackson	Virginia Tec	11:04.33
7	Short, James	Virginia Tec	11:06.53
8	Barlow, Luke	Virginia Tec	11:19.85
9	Morris, Alex	Virginia Tec	11:20.73
10	Olson, Jackson	Lees-McRae	11:21.70
11	Kenny, Sean	Virginia Tec	12:16.92

Event 19 Women 10000 Meter Run

	Name	School	Finals
Finals			
1	Maynard, Linnea	App State	38:18.15
2	Biagini, Mary	App State	38:50.08
3	Breault, Catherine	App State	38:55.02
4	Roach, Riley	App State	39:09.12
5	Porter, Alexsis	Uva-Wise	40:34.15
6	Granberg, Abby	App State	41:42.90
---	Budzinski, Bre	Unattached	DNF
---	Russum, Emma	Unattached	DNF

Event 20 Women 5000 Meter Run

	Name	School	Finals
Finals			
1	Bailey, Sienna	Radford	17:56.54
2	Smith, Chloe	Flagler	18:07.21
3	Rose, Grace	Lincoln Memo	18:08.42
4	Savel, Enola	Flagler	18:20.47
5	Farris, Lana	App State	18:21.81
6	States, Natalie	Anderson (S.	18:46.36
7	Fitzpatrick, Audrey	Virginia Tec	18:50.16
8	Norton, Abby	Virginia Tec	18:53.18
9	McIntosh, Weslyn	Lincoln Memo	19:04.44

10	Hanlon, Molly	Anderson (S.	19:29.71
11	Rihova, Eliska	Lenoir-Rhyne	19:44.11
12	Bachtel, Aubrey	Lincoln Memo	20:13.69
13	Cronin, Eva	Lenoir-Rhyne	20:26.03
14	Overby, Rachel	Catawba	20:41.40
15	Truelove, Olivia	Lincoln Memo	20:47.72
16	Thomas, Molly	Virginia Tec	21:27.96
17	Gent, Allyssa	Lincoln Memo	21:29.75
---	Hopwood, Rose	Virginia Tec	DNF

Event 21 Men 5000 Meter Run

	Name	School	Finals
Finals			
1	Eide, Jon	Flagler	15:02.86
2	Cronin, William	Anderson (S.	15:04.50
3	Fons, Miquel	Flagler	15:04.66
4	Ajala, Oussama	Catawba	15:06.47
5	Thomas, Wyatt	Virginia Tec	15:10.09
6	Rich, Memphis	App State	15:10.38
7	Burrell, Chase	App State	15:10.39
8	Lauchner, Stefan	Catawba	15:12.73
9	Wilson-Cook, Oliver	App State	15:15.64
10	Biguet, Romain	Flagler	15:17.27
11	Ramirez, Francisco	Flagler	15:19.07
12	Pierce, Ian	Catawba	15:22.15
13	Lecorche, Anthony	Catawba	15:28.69
14	Naseh, Harris	Virginia Tec	15:28.72
15	Branham, Jaxson	Lincoln Memo	15:28.94
16	Martinez, Michael	Catawba	15:32.32
17	Whitehead, Andrew	Catawba	15:41.86
18	Burns, Brannon	Catawba	15:44.59
19	Wells, Carson	Catawba	15:45.01
20	Fernandez, Christian	Flagler	15:50.81
21	Fillers, Simon	Lincoln Memo	15:52.63
22	Tank, Ethan	Flagler	15:56.54
23	Williams, David	Anderson (S.	16:00.94
24	Bhinge, Samik	Virginia Tec	16:09.89
25	Threatt, EJ	Catawba	16:13.94
26	Khan, Hayat	Radford	16:22.50
27	Daniels, Christopher	Lincoln Memo	16:37.89
28	Riley, Carson	Virginia Tec	16:43.46
29	Emley, Kaden	Virginia Tec	16:43.59
30	Volpe, Colin	Virginia Tec	16:47.01
31	Donohue, William	Virginia Tec	16:56.90
32	Gober, David	Lincoln Memo	17:05.27
33	Polcha, Justin	Virginia Tec	17:11.76
34	Almer, Dorian	Uva-Wise	17:16.31
35	Thomas, Luke	Virginia Tec	17:35.24
36	McGrath, Jackson	Virginia Tec	17:40.90
37	Kiernan, Kevin	Virginia Tec	17:57.27
38	Kline, Caleb	Virginia Tec	18:29.81
39	Vega, Yahir	Cleveland CC	18:58.38
---	Sangster, Tucker	App State	DNF

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Event 22 Mixed 4x100 Meter Relay Community

Team	Relay	Finals
Finals		
1 Boone Locals	A	45.05
1) Bailey, Eli	2) Thompson, Trey	
3) Suyao, Kai	4) Hunt, Davis	
2 Barbell Blazers	A	50.80
1) Zwierzynski, Julia	2) Scharinger, Nico	
3) DaCosta, Nicholas	4) Marchak III, John James	
3 Moore	A	55.76
1) Moore, Kemsley	2) Moore, Katie	
3) Moore, Ben	4) Moore, Rob	
4 Yosef Bolt	A	57.95
1) Roebuck, Blake	2) Schmidt, Ryan	
3) Jamtgaard, Kat	4) Jones, Joey	
5 Pole Vault Dads	A	1:01.22
1) Dad, Matt's	2) Dad, Miller's	
3) Dad, Matthew's	4) Dad, Noelle's	
6 Sports Med Speedsters	A	1:02.37
1) Crynes, Elliot	2) Deathrage, Hannah	
3) Patrino, Grace	4) Steinbrink, Jill	
7 Le-baton James	A	1:07.20
1) Ollendick, William	2) Ollendick, Katie	
3) Hodge, Julie	4) Hodge, Riley	
8 not fast, just f	A	1:16.80
1) Johnson, Brett	2) Battel, Chris	
3) Battel, Kara	4) Johnson, Jen	

Event 23 Women 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 App State	A	44.92
1) Littlejohn, Zaniya	2) Wells, Nicole	
3) McCord, Mariah	4) Johnson, Kendall	
2 Uva-Wise	A	48.93
1) Sutherland, Madison	2) Ansley-Cureton, Destiny	
3) Outland, Madison	4) Faulkner, Haley	
3 Virginia Tec	A	1:00.41
1) Williams, Mia	2) Donaldson, Molly	
3) Lo, Ellie	4) Reid, Maria	

Event 24 Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 App State	A	40.21
1) Parker, Brandon	2) Ferguson, Armonte	
3) Lee, Ray	4) Wilson, Jonathan	
2 Carson-Newman	A	40.76
1) Patten, Shemar	2) Jordan, Rylan	
3) Jones, Dawson	4) Ekpekpe, Favour	
3 King	A	41.35
1) Stevens, Dominick	2) Hammond, Braylon	
3) Grant, Thomas	4) Johnson, Lynden	

4 Flagler	A	41.77
1) Watson, Nate	2) Vann, Caden	
3) Sen, Ryan	4) South, Malachi	
5 Virginia Tec	A	42.82
1) Braun, Nico	2) Outlaw, Miles	
3) Colella, Domenico	4) Duncan, Kadir	
6 Virginia Tec	B	44.37
1) McKay, Logan	2) Gora, Joe	
3) Malone, Josiah	4) Campbell, Chatham	
7 Virginia Tec	C	54.02
1) Evans, Shane	2) Paylor, James	
3) Wilson, Jack	4) Shervanick, Sam	

Event 25 Women 1 Mile Run

Name	School	Finals
Finals		
1 Caudill, Hannah	Catawba	5:00.99
2 Brosthaus, Theresa	Lincoln Memo	5:11.89
3 Quinn, Maddie	App State	5:14.21
4 Pittman, Jenna	Carson-Newma	5:14.71
5 Wyatt, Melayne	Anderson (S.	5:15.93
6 Theunis, Iris	Flagler	5:17.84
7 Tipper, Evelyn	Virginia Tec	5:18.39
8 Battel, Ella	App State	5:21.15
9 Fowler, Blair	Flagler	5:24.35
10 Fitzpatrick, Audrey	Virginia Tec	5:26.64
11 Couch, Peyton	Carson-Newma	5:27.78
12 Johnson, Katie	App State	5:33.19
13 Croft, Katilee	Lincoln Memo	5:33.35
14 Rudolph, Sarah	Anderson (S.	5:33.94
15 Siner, Hope	Flagler	5:36.16
16 Mills, Tori	Flagler	5:36.91
17 Johnson, Steffi	Carson-Newma	5:37.61
18 Economou, Erika	Virginia Tec	5:40.97
19 Reedy, Hannah	Anderson (S.	5:48.25
20 Gates, Jessie	Flagler	5:50.49
21 Donaldson, Molly	Virginia Tec	5:50.81
22 Bright, Lindsey	Anderson (S.	5:59.96
23 Taylor, Charlotte	Virginia Tec	6:08.01
24 Thompsen, Sophie	Virginia Tec	6:10.70
25 Verschell, Lillian	Virginia Tec	6:15.66
26 Fucello, Sarah	Virginia Tec	6:24.22
27 Williams, Hannah	Anderson (S.	6:28.97
28 Metzger, Danielle	Virginia Tec	7:36.72
--- Carter, Maia	Unattached	DNF

Event 26 Men 1 Mile Run

Name	School	Finals
Finals		
1 Lee, Colten	Carson-Newma	4:16.15
2 Engelbrecht, Marig	Lincoln Memo	4:16.87
3 McAdams, Sean	Anderson (S.	4:20.20
4 Fiore, Will	App State	4:21.09
5 Burch, Logan	Flagler	4:22.28
6 Baldwin, Spencer	Lincoln Memo	4:23.19

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Finals ... (Event 26 Men 1 Mile Run)

Name	School	Finals
7 Wedgewood, Edward	Anderson (S.	4:25.07
8 Fulton, Sam	Lincoln Memo	4:25.65
9 Shue, James	Catawba	4:28.12
10 Hunter, Henry	Carson-Newma	4:28.76
11 Smith, Tanner	Catawba	4:29.21
12 Aikenhead, Caleb	Unattached	4:30.30
13 Wilson, Garrett	Carson-Newma	4:31.37
14 Nichols, Jackson	App State	4:31.80
15 Keyser, Andre	Virginia Tec	4:32.08
16 Ducharne, Luis	Virginia Tec	4:32.26
17 Brainerd, Zach	Flagler	4:32.42
18 Barrow, Jacob	Unattached	4:34.07
19 Thompson, Andrew	Carson-Newma	4:36.68
20 Harden, Declan	Virginia Tec	4:40.33
21 Sebastian, Andrew	Virginia Tec	4:40.52
22 Bowlin, Max	Flagler	4:43.83
23 Tyberg, Dylan	Virginia Tec	4:44.54
24 Hamilton, Logan	Radford	4:47.34
25 Zona, Andrew	Carson-Newma	4:48.88
26 Reynolds, Finn	Virginia Tec	4:50.83
27 Short, James	Virginia Tec	4:51.06
28 Dugan, Joshua	Virginia Tec	4:56.06
29 Topf, Brandon	Virginia Tec	4:57.30
30 Baker, Sean	Virginia Tec	4:59.55
31 Trimm, Benjamin	Lincoln Memo	4:59.88
32 Solomon, Tyler	Virginia Tec	5:01.00
33 Ciulla, Roman	Virginia Tec	5:01.67
34 Volpe, Colin	Virginia Tec	5:10.85
35 Montgomery, Nathan	Virginia Tec	5:18.78
36 Kenny, Sean	Virginia Tec	5:21.21
37 Latham, Carson	Uva-Wise	5:26.67
38 Salisbury, William	Virginia Tec	5:28.44
--- Sangster, Tucker	App State	DNF

Event 27 Women 100 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Kindel, Jessa	Anderson (S.	15.17Q-1.7
2 Moretina, Mackenzie	Anderson (S.	15.21Q-1.5
3 Zinnie, Zoe	Flagler	15.41q -1.7
4 Washington, Haleigh	Catawba	15.87q -1.5
5 Strouth, Braelynn	Uva-Wise	16.72q -1.7
6 Phillips, Paige	Uva-Wise	17.18q -1.7
7 O'Herron, Clare	Virginia Tec	17.54q -1.5
8 Clark, Ava	Carson-Newma	17.56q -1.5

Event 27 Women 100 Meter Hurdles

Name	School	Finals
Finals		
1 Moretina, Mackenzie	Anderson (S.	14.93 1.7
2 Kindel, Jessa	Anderson (S.	15.29 1.7
3 Zinnie, Zoe	Flagler	15.43 1.7
4 Washington, Haleigh	Catawba	15.93 1.7

5 Strouth, Braelynn	Uva-Wise	16.44 1.7
6 O'Herron, Clare	Virginia Tec	17.17 1.7
7 Phillips, Paige	Uva-Wise	19.54 1.7

Event 28 Men 110 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Vann, Caden	Flagler	14.94Q-2.2
2 Colella, Domenico	Virginia Tec	15.13Q-0.8
3 Jimenez, Kruz	Flagler	16.50Q-2.3
4 Malone, Josiah	Virginia Tec	15.55q -2.2
4 Budham, Kahneil	Lenoir-Rhyne	15.55q -0.8
4 Shearin IV, John	Catawba	15.55q -0.8
7 Cantrell, Dallas	Anderson (S.	17.16q -2.2
8 Farris, Tyler	Anderson (S.	17.25q -0.8
9 McKay, Logan	Virginia Tec	17.31 -2.2
10 Cruise, Hunter	Cleveland CC	17.59 -0.8
11 Brown, David	Anderson (S.	18.14 -2.3
12 Dingus, Abel	Uva-Wise	18.54 -2.2
13 Bishop, Landon	Uva-Wise	21.24 -2.3

Event 28 Men 110 Meter Hurdles

Name	School	Finals
Finals		
1 Colella, Domenico	Virginia Tec	15.13 -1.3
2 Malone, Josiah	Virginia Tec	15.45 -1.3
3 Shearin IV, John	Catawba	15.58 -1.3
4 Jimenez, Kruz	Flagler	15.62 -1.3
5 Cantrell, Dallas	Anderson (S.	17.08 -1.3
6 Farris, Tyler	Anderson (S.	17.13 -1.3
--- Budham, Kahneil	Lenoir-Rhyne	DNF -1.3

Event 29 Women 100 Meter Dash

Name	School	Prelims
Preliminaries		
1 Johnson, Kendall	App State	11.62Q-1.1
2 McCord, Mariah	App State	12.06Q-1.7
3 Littlejohn, Zaniya	App State	12.13Q-1.5
4 Udo-Obong, Zanetta	Lenoir-Rhyne	12.13q -1.7
5 De Sousa, Sade	Carson-Newma	12.35q -1.5
6 Buchanan, Sadie	Watauga High	12.44q -1.1
7 Sutherland, Madison	Uva-Wise	12.72q -1.7
8 Legros, Lea	Catawba	12.85q -1.7
9 Faulkner, Haley	Uva-Wise	13.08 -1.5
10 Lensch, Caitlyn	Lenoir-Rhyne	13.44 -1.1
11 Goetz, Abigail	App State	13.51 -1.5
12 Ansari, Jaida	Lenoir-Rhyne	13.57 -1.1
13 Saulters, Sidnee	Lenoir-Rhyne	13.87 -1.7
14 Catan, Helen	Virginia Tec	14.63 -1.5

Event 29 Women 100 Meter Dash

Name	School	Finals
Finals		
1 Johnson, Kendall	App State	11.70 -3.0
2 Udo-Obong, Zanetta	Lenoir-Rhyne	11.97 -3.0

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Finals ... (Event 29 Women 100 Meter Dash)				45	Tran, Douglas	Virginia Tec	12.27	0.6
Name	School	Finals		46	Ermann, Zachary	Virginia Tec	12.70	0.6
3	McCord, Mariah	App State	12.00 -3.0	Event 30 Men 100 Meter Dash				
4	De Sousa, Sade	Carson-Newma	12.28 -3.0	Name	School	Finals		
5	Buchanan, Sadie	Watauga High	12.50 -3.0	Finals				
6	Sutherland, Madison	Uva-Wise	12.80 -3.0	1	Lee, Ray	App State	10.59	1.3
7	Legros, Lea	Catawba	12.92 -3.0	2	Kasmi, Amine	Carson-Newma	10.67	1.3
Event 30 Men 100 Meter Dash				3	Yearly, Caleb	Uva-Wise	10.77	1.3
Name	School	Prelims		4	Parker, Brandon	App State	10.88	1.3
Preliminaries				5	Hailstock, Jeremiah	Catawba	10.91	1.3
1	Lee, Ray	App State	10.40q 0.6	---	Langlois, Christian	Carson-Newma	DNF	1.3
2	Johnson, Lynden	King	10.60q -2.5	Event 31 Women 400 Meter Dash				
3	Kasmi, Amine	Carson-Newma	10.78q -2.1	Name	School	Finals		
4	Hailstock, Jeremiah	Catawba	10.79q 0.5	Finals				
5	Langlois, Christian	Carson-Newma	10.82q -2.1	1	Wells, Nicole	App State	54.03	
6	Yearly, Caleb	Uva-Wise	10.86q -1.5	2	Boozer, Lacey	Anderson (S.	55.69	
7	Ferguson, Armonte	App State	10.90q -2.2	3	Warner, Trishanie	Carson-Newma	57.23	
8	Jones, Dawson	Carson-Newma	10.92q -1.5	4	Bivens, Onii	Catawba	57.38	
9	Stevens, Dominick	King	10.81 0.5	5	Ollendick-Smith, Addison	App State	57.46	
10	Parker, Brandon	App State	10.83 -2.1	6	Wilson, Tytiana	Carson-Newma	57.62	
11	Ekpekepe, Favour	Carson-Newma	10.85 -2.1	7	Gore, Ereyonna	Lincoln Memo	59.10	
12	Wilson, Jonathan	App State	10.86 -2.1	8	Owens, Kimberley	Lenoir-Rhyne	59.14	
13	Baker, Corey	Lenoir-Rhyne	10.91 -1.5	9	Chigwerewe, Tatiana	Catawba	59.75	
14	Turner Jr, Royce	Lenoir-Rhyne	10.99 -2.5	10	Kone, Holly	Lenoir-Rhyne	1:01.18	
14	Gary, Au'Wann	Catawba	10.99 0.6	11	Cleveland, Kiera	Virginia Tec	1:04.41	
16	Mcadams, Tysin	Nxtis TC	11.01 0.5	12	Delano, Leilanni	Cleveland CC	1:10.66	
16	Virgo, Quacy	Carson-Newma	11.01 -1.5	13	Lo, Ellie	Virginia Tec	1:16.29	
18	Patten, Shemar	Carson-Newma	11.02 -2.1	Event 32 Men 400 Meter Dash				
19	Tabb, Rodney	Lenoir-Rhyne	11.03 0.6	Name	School	Finals		
20	James, Bryce	App State	11.05 -2.2	Finals				
21	Honeycutt, Peyton	Uva-Wise	11.13 -2.5	1	Kinney, Parker	App State	47.54	
22	Duncan, Kadir	Virginia Tec	11.14 0.5	2	Jordan, Rylan	Carson-Newma	47.93	
23	Goins, Spencer	Dynamic Spee	11.22 0.5	3	Dupler, Taylor	Carson-Newma	49.48	
24	Outlaw, Miles	Virginia Tec	11.27 -1.5	4	Harper, Houston	Flagler	49.56	
25	Sneed, Virgil	Fayetteville	11.29 -2.5	5	Camara, Logan	Flagler	49.78	
26	Watson, Nate	Flagler	11.30 -2.2	6	Edwards, Malik	Flagler	50.06	
27	Vann, Caden	Flagler	11.34 -1.5	7	Zuralski, Patrick	Lincoln Memo	50.27	
28	Sen, Ryan	Flagler	11.43 -2.5	8	Cunningham, Xander	Flagler	50.47	
29	McFarlane, Christian	Unattached	11.44 -1.5	9	Wright, William	Anderson (S.	50.61	
30	Cullen, Mark	Unattached	11.45 -2.2	10	Scheper, Landon	Virginia Tec	50.65	
31	Kuhneman, Mason	Catawba	11.46 -2.1	11	Holden, Anthony	Catawba	50.66	
32	Roberts, Francis	Uva-Wise	11.62 -1.5	11	Davis, Jonathan	Cleveland CC	50.66	
33	Broom, Jaryd	Lees-McRae	11.66 -1.5	13	Molitor, Ben	Anderson (S.	50.77	
34	Nickelson, Trae	App State	11.68 -2.1	14	Blaylock, Ethan	Carson-Newma	51.18	
34	Coker, Benjamin	Virginia Tec	11.68 -2.5	15	Grant, Thomas	King	51.33	
36	Tat, Dillan	Virginia Tec	11.70 0.5	16	Malave, Sebastian	Virginia Tec	51.42	
36	Reid, Dennis	Unattached	11.70 0.6	17	Bogaert, Guillaume	Lincoln Memo	51.46	
38	Braun, Nico	Virginia Tec	11.71 -2.2	18	Grant, Jordan	Catawba	51.68	
39	Stotts, Brandon	Virginia Tec	11.72 -2.1	19	Budham, Kahneil	Lenoir-Rhyne	51.84	
40	Luke, Dillon	Virginia Tec	11.85 -1.5	20	Crespo, Maquenly	Catawba	52.29	
41	Heintz, Oliver	Virginia Tec	11.86 -2.1	21	Ragin, Corey	Lenoir-Rhyne	52.38	
42	Mitchell, Mason	Lenoir-Rhyne	12.01 0.6	22	Briggs, Anthony	Virginia Tec	52.49	
43	Thomas, Jaleal	Lenoir-Rhyne	12.05 -2.5					
44	DelPesce, Sal	Unattached	12.21 -1.5					

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Finals ... (Event 32 Men 400 Meter Dash)

	Name	School	Finals
23	Verity, Alex	Catawba	53.08
24	Balvin, Carlos	Virginia Tec	53.16
25	Shearin IV, John	Catawba	55.61
26	Kuchinsky, Joshua	Virginia Tec	56.06
27	Bourgin, William	Uva-Wise	59.98
28	Akkale, Volkan	Virginia Tec	1:02.84

Event 33 Women 800 Meter Run

	Name	School	Finals
Finals			
1	Misch, Abigail	Flagler	2:12.70
2	Whitaker, Emma	Anderson (S.	2:15.77
3	Barnwell, Eden	Catawba	2:15.80
4	Russell, Harper	Lincoln Memo	2:16.31
5	Marchant, Zoie	Flagler	2:16.49
6	Begley, Jacie	Lincoln Memo	2:17.45
7	Keefe, Claire	Radford	2:17.94
8	Owczarz, Joanna	Catawba	2:19.22
9	Overholt, Olivia	Lenoir-Rhyne	2:19.48
10	Lewis, Kerigan	Unattached	2:21.31
11	Reid, Maria	Virginia Tec	2:21.35
12	Cockerham, Sydney	Catawba	2:24.55
13	Etienne, Mathilde	Lenoir-Rhyne	2:25.71
14	Tipper, Evelyn	Virginia Tec	2:28.44
15	Slemp, Lydia	Uva-Wise	2:30.15
16	Edmunds, Hope	Anderson (S.	2:33.75
17	Cleveland, Kiera	Virginia Tec	2:37.78
18	Adams, Grace	Uva-Wise	2:42.14
19	Hamilton, Amelia	Uva-Wise	2:43.22
20	Nolen, Brooke	Virginia Tec	2:44.49
21	Cannon, Shaylen	Uva-Wise	2:45.96
22	Griffith, Nicole	Carson-Newma	2:47.96
23	Guinn, Hadassah	Unattached	2:48.02
24	Sisk, Jayden	Uva-Wise	2:48.81
25	Fuchs, Bridget	Virginia Tec	2:50.81
26	Poston, Nicole	Uva-Wise	2:53.69
27	Hopwood, Rose	Virginia Tec	2:54.83
28	Taylor, Charlotte	Virginia Tec	2:56.97
29	Ballard, Kayla	Virginia Tec	3:06.60
30	Donaldson, Molly	Virginia Tec	3:31.72

Event 34 Men 800 Meter Run

	Name	School	Finals
Finals			
1	Tindale, Joey	Anderson (S.	1:53.34
2	Borkey, Luis	Lincoln Memo	1:53.65
3	Boerkey, Joel	Lincoln Memo	1:54.98
4	Carbone, John	Flagler	1:56.17
5	Yakulis, Samuel	Virginia Tec	1:56.26
6	Stump, Noah	Anderson (S.	1:56.66
7	Trusty, Adam	Anderson (S.	1:57.53
8	Miller, Matthew	Virginia Tec	1:58.07
9	Crumpler, Sean	Lenoir-Rhyne	2:01.06

10	Adams, Jonah	Uva-Wise	2:01.20
11	Fulton, Sam	Lincoln Memo	2:01.36
12	Dinardo, David	Virginia Tec	2:01.67
13	Brubaker, Zeke	Virginia Tec	2:02.76
14	Moore, Donald	Unattached	2:02.90
15	Tyberg, Dylan	Virginia Tec	2:02.92
16	Burkett, Bryson	Carson-Newma	2:03.05
17	Burch, Logan	Flagler	2:03.17
18	Tassell, Nicholas	Virginia Tec	2:03.27
19	Macurda, Ian	Anderson (S.	2:04.22
20	Sebastian, Andrew	Virginia Tec	2:04.48
21	Nasch, Harris	Virginia Tec	2:04.79
22	Lego, Dylan	Anderson (S.	2:04.90
23	Bright, Marcus	Anderson (S.	2:04.94
24	Keyser, Andre	Virginia Tec	2:05.38
25	Baldwin, Spencer	Lincoln Memo	2:05.50
26	Goerlich, Jonathan	Virginia Tec	2:05.73
27	Aikenhead, Caleb	Unattached	2:06.23
28	Topf, Brandon	Virginia Tec	2:06.59
29	Donohue, William	Virginia Tec	2:06.91
30	Douglas, Chad	Uva-Wise	2:07.00
31	Greczyn, Max	Virginia Tec	2:07.23
32	Ducharne, Luis	Virginia Tec	2:07.90
33	Bhing, Samik	Virginia Tec	2:08.09
34	Hamilton, Jerry	Uva-Wise	2:08.14
35	Snow, Matthew	Virginia Tec	2:08.91
36	Harden, Declan	Virginia Tec	2:09.13
37	Reynolds, Finn	Virginia Tec	2:10.06
38	Cline, Sam	Carson-Newma	2:15.39
39	Baker, Sean	Virginia Tec	2:19.50
40	Lovingood, Marty	Cleveland CC	2:20.60
41	Gehrt, Jacob	Virginia Tec	2:23.47
42	Palmer, Matthew	Virginia Tec	2:29.99
43	Grabeel, Jacey	Lincoln Memo	2:31.66
44	Barnette, Christian	Cleveland CC	2:38.01

Event 35 Women 400 Meter Hurdles

	Name	School	Finals
Finals			
1	Djokic, Lidija	Lincoln Memo	1:03.68
2	Scott, Corlasia	App State	1:04.05
3	Kwasny, Abby	Anderson (S.	1:06.65
4	Jordan, Aaliyah	Flagler	1:08.23
5	O'Herron, Clare	Virginia Tec	1:12.26
6	Miller, Sara	Flagler	1:12.46
7	Plum, Anna	Flagler	1:12.60
8	Thompson, Tessa	Flagler	1:12.65

Event 36 Men 400 Meter Hurdles

	Name	School	Finals
Finals			
1	Howell, Tayman	Unattached	53.28
2	Gore, Christian	App State	55.07
3	Capille, Trystan	Flagler	55.32
4	Malone, Josiah	Virginia Tec	55.60

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Finals ... (Event 36 Men 400 Meter Hurdles)

	Name	School	Finals
5	Preston, Hunter	Lincoln Memo	56.72
6	Stanley, David	Flagler	57.08
7	McCoy, Johnathan	Anderson (S.	57.78
8	Green, Jayden	Lees-McRae	58.14
9	Ricketts, Noah	Carson-Newma	1:00.00
10	Linder, Ethan	Anderson (S.	1:01.37
11	McKay, Logan	Virginia Tec	1:03.31
12	Gora, Joe	Virginia Tec	1:06.29
13	Bishop, Landon	Uva-Wise	1:11.13

Event 37 Women 200 Meter Dash

	Name	School	Finals
Finals			
1	Johnson, Kendall	App State	23.57 1.8
2	Wells, Nicole	App State	23.65 1.8
3	McCord, Mariah	App State	23.85 1.8
4	Littlejohn, Zaniya	App State	24.25 1.8
5	Udo-Obong, Zanetta	Lenoir-Rhyne	24.84 1.8
6	Buchanan, Sadie	Watauga High	24.88 2.6
7	Boozer, Lacey	Anderson (S.	25.04 1.8
8	Bivens, Onii	Catawba	25.05 0.4
9	Moretina, Mackenzie	Anderson (S.	25.63 0.4
10	Hine, Trinity	Lincoln Memo	25.82 0.4
11	Faulkner, Haley	Uva-Wise	26.24 0.4
12	Sutherland, Madison	Uva-Wise	26.56 0.4
13	Kwasny, Abby	Anderson (S.	26.70 3.4
14	Zinnie, Zoe	Flagler	27.09 0.4
15	Clabo, Amanda	Carson-Newma	27.25 3.4
16	Kindel, Jessa	Anderson (S.	27.51 3.4
17	Ansari, Jaida	Lenoir-Rhyne	27.60 0.4
18	Cleveland, Kiera	Virginia Tec	27.72 2.6
19	Soles, Lacey	Lenoir-Rhyne	28.22 3.4
20	Brodt, Kylie	Uva-Wise	28.38 3.4
21	Saulters, Sidnee	Lenoir-Rhyne	28.72 3.4
22	Reid, Maria	Virginia Tec	29.16 2.6
---	Sanders, Nevaeh	dynamic spee	FS 0.4

Event 38 Men 200 Meter Dash

	Name	School	Finals
Finals			
1	Ekpekpe, Favour	Carson-Newma	21.04 2.7
2	Lee, Ray	App State	21.05 3.0
3	Ferguson, Armonte	App State	21.22 2.7
4	Wilson, Jonathan	App State	21.40 3.0
5	Kinney, Parker	App State	21.49 3.0
6	Quilici, Vincent	Lincoln Memo	21.58 3.0
7	Hailstock, Jeremiah	Catawba	21.73 2.6
8	James, Bryce	App State	21.92 3.0
9	Turner Jr, Royce	Lenoir-Rhyne	21.99 2.6
10	Parker, Brandon	App State	22.04 2.7
11	Gatenby, Ryder	Virginia Tec	22.06 3.0
12	South, Malachi	Flagler	22.15 3.0
13	Virgo, Quacy	Carson-Newma	22.28 3.0

14	Tabb, Rodney	Lenoir-Rhyne	22.34 2.6
15	Edwards, Malik	Flagler	22.41 2.6
16	Cullen, Mark	Unattached	22.45 0.3
16	Roberts, Francis	Uva-Wise	22.45 2.6
18	Duncan, Kadir	Virginia Tec	22.50 -0.1
19	Honeycutt, Peyton	Uva-Wise	22.55 2.6
20	Baker, Corey	Lenoir-Rhyne	22.62 2.8
21	Sneed, Virgil	Fayetteville	22.63 0.3
22	Camara, Logan	Flagler	22.66 2.8
23	Campbell, Chatham	Virginia Tec	22.67 2.8
24	Harper, Houston	Flagler	22.71 2.6
25	Cunningham, Xander	Flagler	22.72 2.6
26	Outlaw, Miles	Virginia Tec	22.87 -0.1
27	Watson, Nate	Flagler	22.93 2.8
28	McFarlane, Christian	Unattached	23.04 0.3
29	Goins, Spencer	Dynamic Spee	23.07 0.3
30	Sen, Ryan	Flagler	23.14 2.8
31	White, Timothy	Catawba	23.17 -0.1
32	Verity, Alex	Catawba	23.41 -0.2
33	DeBoard, Nick	Uva-Wise	23.44 -0.2
33	Crespo, Maquently	Catawba	23.44 0.3
35	Stotts, Brandon	Virginia Tec	23.53 -0.2
36	Heintz, Oliver	Virginia Tec	23.86 -0.2
36	Tat, Dillan	Virginia Tec	23.86 0.3
38	Kuchinsky, Joshua	Virginia Tec	24.31 -0.2
39	Mitchell, Mason	Lenoir-Rhyne	24.36 -0.2
40	Davis, Jonathan	Cleveland CC	24.38 -0.1
41	Bourgin, William	Uva-Wise	25.20 0.3
42	Thomas, Jaleal	Lenoir-Rhyne	25.21 -0.2
43	Tran, Douglas	Virginia Tec	25.31 -0.2
44	Ermann, Zachary	Virginia Tec	26.74 0.3

Event 39 Women 1 Mile Run MJ Harrelson

	Name	School	Finals
Finals			
1	Bailey, Sienna	Radford	4:58.87
2	Almond, Natalie	Catawba	5:00.75
3	Moore, Savannah	App State	5:05.27
4	Curde, Reagan	Lincoln Memo	5:11.12
5	Ammon, Rhys	App State	5:12.05
6	Cash, Megan	Radford	5:13.57
7	Whiteman, Monique	Flagler	5:14.23
8	Farley, Mia	Radford	5:22.17
9	Treguer, Clemence	Flagler	5:23.09
10	Cockerham, Sydney	Catawba	5:27.06
11	Kempf, Marissa	Flagler	5:27.72

Event 40 Men 1 Mile Run Men's Invita

	Name	School	Finals
Finals			
1	Caudill, Seth	Catawba	4:08.82
2	Lyons, Will	Catawba	4:08.91
3	Stone, Will	Flagler	4:09.00
4	Gwin, Rowan	App State	4:09.20
5	Tonkovich, Michael	Ovrc Elite	4:11.61

APP State Open - 4/18/2025 to 4/19/2025

Randy Marion Track and Field Facility

Boone, NC

Results

Finals ... (Event 40 Men 1 Mile Run Men's Invita)

Name	School	Finals
6 Smith, Steven	App State	4:11.88
7 Dance, Charlie	Radford	4:12.76
8 Hollins, Kaleb	Flagler	4:12.86
9 Haskett, Rylan	App State	4:17.63
10 Cabusao, Azrael	Radford	4:21.56
11 Knieja, Brandon	Flagler	4:24.92
--- Ramirez, Francisco	Flagler	DNF
--- Lipham, Ethan	App State	DNF

Event 41 Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 App State	A	3:55.59
1) Ollendick-Smith, Addison	2) Hodge, Regan	
3) Ammon, Rhys	4) Moore, Savannah	
2 Lincoln Memorial	A	3:55.82
1) Djokic, Lidiya	2) Hine, Trinity	
3) Webb, Sterling	4) Gore, Ereyonna	
3 Catawba	A	4:00.33
1) Chigwerewe, Tatiana	2) Cockerham, Sydney	
3) Barnwell, Eden	4) Bivens, Onii	
4 Flagler	A	4:06.28
1) Treguer, Clemence	2) Marchant, Zoie	
3) Whiteman, Monique	4) Misch, Abigail	
5 Lincoln Memorial	B	4:07.54
1) Begley, Jacie	2) Brosthaus, Theresa	
3) Curde, Reaghan	4) Russell, Harper	
6 App State	B	4:18.63
1) Breault, Catherine	2) Farris, Lana	
3) Kane, Karsyn	4) Kornke, Morgan	
7 App State	C	4:30.19
1) Biagini, Mary	2) Granberg, Abby	
3) Maynard, Linnea	4) Battel, Ella	
8 Virginia Tec	A	4:42.61
1) Cleveland, Kiera	2) Ballard, Kayla	
3) Taylor, Charlotte	4) Catan, Helen	
9 Virginia Tec	B	5:00.09
1) Thomas, Molly	2) Lo, Ellie	
3) Fuchs, Bridget	4) Hopwood, Rose	
--- Carson-Newman	A	DNF
1) Wilson, Tytiana	2) Warner, Trishanie	
3) Zander, Molly	4) Clabo, Amanda	

Event 42 Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Carson-Newman	A	3:18.69
1) Jordan, Rylan	2) Blaylock, Ethan	
3) Dupler, Taylor	4) Ekpekepe, Favour	
2 Lincoln Memorial	A	3:21.55
1) Bogaert, Guillaume	2) Preston, Hunter	
3) Quilici, Vincent	4) Zuralski, Patrick	

3 Lincoln Memorial	B	3:27.51
1) Baldwin, Spencer	2) Boerkey, Joel	
3) Borkey, Luis	4) Engelbrecht, Marig	
4 Virginia Tec	A	3:27.89
1) Campbell, Chatham	2) Balvin, Carlos	
3) Malave, Sebastian	4) Scheper, Landon	
5 Virginia Tec	B	3:37.05
1) Miller, Matthew	2) Briggs, Anthony	
3) Kuchinsky, Joshua	4) Donohue, William	
6 Virginia Tec	C	4:02.00
1) Montgomery, Nathan	2) Dugan, Joshua	
3) Ciulla, Roman	4) Gehrt, Jacob	
7 Virginia Tec	D	4:07.57
1) Thomas, Wyatt	2) Akkale, Volkan	
3) Gora, Joe	4) Palmer, Matthew	