



Virginia High Performance

Lannigan Field
Charlottesville, VA - University of Virginia
April 30, 2023



Results

WOMEN 100 M

1	Melissa CUNNINGHAM	SO	William & Mary	11.97	+1.7	SB
2	Glenda JENKINS	SR	Virginia State	12.09	+1.7	PB
3	Aryana BOOSTANI	FR	Virginia	12.34	+1.7	PB
4	Jayla GREENE	FR	Virginia State	12.38	+1.7	=PB
5	Sydni MCMILLAN		Unattached	12.41	+1.7	
6	Shakell WILLIAMS	SO	Virginia State	12.57	+1.7	PB
7	Charlotte ROBINSON	FR	William & Mary	12.58	+1.7	PB
8	Sela BEATTY	FR	Radford	13.18	+1.7	

WOMEN 200 M

1	Barbora MALIKOVA	SO	Virginia Tech	24.07	-0.2	
2	Emily ERVIN	SO	William & Mary	24.28	-0.2	
3	Amaya JOHNSON	SR	William & Mary	24.36	-0.2	
4	Mary GREGORY	JR	William & Mary	24.60	-0.2	PB
5	Elyssia FISHER	FR	Radford	25.21	-0.2	PB
6	Carly SWIERBUT	SR	William & Mary	25.40	-0.2	
7	Sydni MCMILLAN		Unattached	25.74	-0.2	
8	Aryana BOOSTANI	FR	Virginia	25.90	-0.2	
9	Julia BURKLEY	SR	Radford	26.23	-0.2	PB
10	Charlotte ROBINSON	FR	William & Mary	26.23	-0.2	
DNS	Bahiyah BARNES	JR	Virginia State	DNS		

WOMEN 400 M

1	Barbora MALIKOVA	SO	Virginia Tech	52.59		PB
2	Lindsey BUTLER	SO	Virginia Tech	55.42		
3	Abby COMELLA	JR	Virginia	57.50		SB
4	Jordan BURZYNSKI	SR	Virginia State	59.90		PB
5	Bahiyah BARNES	JR	Virginia State	1:03.10		

WOMEN 800 M

1	Star PRICE	SO	Virginia Tech	2:03.97		PB
2	Lily JAMES	JR	Virginia	2:12.69		PB
3	Makenzie JOINER	JR	William & Mary	2:14.03		
4	Emoni COLEMAN	JR	Virginia State	2:14.33		SB
5	Hannah BALLOWE	JR	Virginia Tech	2:14.35		
6	Miracle PRICE	FR	Virginia State	2:16.69		PB
7	Megan DOUGHERTY	JR	William & Mary	2:19.50		PB
8	Anna CESTARI	JR	William & Mary	2:20.55		
9	Claire Frazier BOLTON	JR	Virginia	2:21.38		
10	Jennifer GERSON	JR	William & Mary	2:22.16		PB
11	Manuela DEIGH	JR	Virginia State	2:23.54		PB
12	Lydia WALLIS	FR	William & Mary	2:24.62		
13	Hannah HOLLAND	JR	William & Mary	2:25.05		
DNS	Alandina HYPOLITE	JR	Virginia State	DNS		

WOMEN 1500 M

1	Grace BOONE	JR	Virginia Tech	4:20.42		PB
2	Lindsey BUTLER	SO	Virginia Tech	4:26.97		
3	Chase KAPPELER	JR	Virginia Tech	4:32.29		SB
4	Arianna DEBOER	SO	William & Mary	4:33.27		
5	Cheyenne LEATHAM	SR	Virginia Tech	4:34.61		
6	Katie DORSEY	FR	Virginia	4:35.25		
7	Luci ILLNICKI-LAMBERT	FR	Virginia	4:36.83		
8	Nicole RE	FR	Virginia Tech	4:37.89		
9	Riley BASINGER	FR	Virginia Tech	4:37.92		PB
10	Addison COX	FR	Virginia	4:38.91		
11	Amelia MAUGHAN	FR	Virginia	4:39.84		
12	Lucy YOUNG	SO	William & Mary	4:41.53		
13	Catherine GARRISON	FR	William & Mary	4:42.04		

14	Lila FENNER	JR	Virginia	4:48.36		
15	Sarah LEACH	SO	Virginia Tech	4:53.71		
16	Kaycee COX-PHILYAW	JR	William & Mary	5:05.68		
17	Manuelene DEIGH	JR	Virginia State	5:07.67		PB
DNF	Ellie DESMOND	JR	Virginia	DNF		
DNS	Sophia JACOBS-TOWNSLEY	SO	Syracuse	DNS		
DNS	Ruby WILLIAMS	JR	Virginia State	DNS		
DNS	Emetem BEZUZUH	FR	Virginia State	DNS		

WOMEN 2000 M STEEPLE

1	Ellie DESMOND	JR	Virginia	7:04.73		
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WOMEN 100 M HURDLES

1	Symone FOSTER	SR	VCU	13.65	+0.9	PB
2	Lauryn FREEMAN	SR	VCU	13.77	+0.9	
3	Sydni MCMILLAN		Unattached	13.96	+0.9	
4	Jaslyne ROBINSON	FR	Radford	14.68	+0.9	PB
5	Jaelynn WYNDER-HILL	FR	Virginia State	15.12	+0.9	PB
6	Kandace MCIVOR	FR	Radford	15.47	+0.9	PB
7	Zaria HALL	SO	Virginia State	17.66	+0.9	PB

WOMEN 400 M HURDLES

1	Sophia AKPAN	FR	Virginia	1:02.53		
2	Clare HOWARD	SO	William & Mary	1:03.30		PB
3	Imari DELOATCH	FR	Virginia State	1:12.88		
4	Lillian STEPHENS	SR	William & Mary	1:14.71		
5	Jaelynn WYNDER-HILL	FR	Virginia State	1:18.24		

WOMEN 4X100 M RELAY

1	VIRGINIA STATE	48.10			
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WOMEN HIGH JUMP

1	Liliana KLEMANSKI	SR	William & Mary	1.60m	5-3	
2	Aanya HOWARD	JR	Virginia State	1.50m	4-11	
DNS	Carly TARENTINO	SO	Virginia	DNS		
DNS	Alix STILL	JR	Virginia	DNS		

WOMEN POLE VAULT

1	Trina BARCAROLA	JR	Virginia	4.09m	13-5	PB
2	Hanne BORSTLAP	JR	Virginia	4.09m	13-5	
3	Maya MALONEY	JR	Virginia	3.89m	12-9	
4	Riley LARSEN	JR	Virginia	3.79m	12-5½	PB
5	Caroline DANNENBAUM	JR	Virginia	3.79m	12-5½	
6	Abby GUNTHER	JR	Virginia	3.19m	10-5½	
NH	Samantha ROMANO	FR	Virginia	NH		

WOMEN LONG JUMP

1	Tara ZENI	SO	Virginia	5.67m	18-7¼	+1.7	SB
2	Elyssia FISHER	FR	Radford	5.60m	18-4½	+1.1	PB
3	Dezmajia CARTER	FR	Radford	5.34m	17-6¼	+1.6	PB
4	Kandace MCIVOR	FR	Radford	5.00m	16-5	+1.2	
DNS	Jada SEAMAN	JR	Virginia	DNS			
DNS	Maddie WRIGHT	SR	Radford	DNS			

WOMEN SHOT PUT

1	Kaiya SAUNDERS	JR	Virginia	15.26m	50-¾		PB
2	Brooke LUMPKIN	SO	Virginia	14.73m	48-4		
3	Janae PROFIT	SO	Virginia	14.68m	48-2		
4	Ella CARLSON	FR	William & Mary	12.02m	39-5¼		
5	Janiya HARMON	FR	Virginia State	11.85m	38-10½		PB



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Results

6 Mya ROSSER	FR Radford	11.31m	37-1¼	PB
7 Jaylen ROSSER	FR Radford	10.46m	34-4	PB
DNS Brooklyn RICHARDSON	SO Virginia State		DNS	

WOMEN DISCUS

1 Ashley ANUMBA	SR Virginia	57.09m	187-3	
2 Janae PROFIT	SO Virginia	49.93m	163-9	
3 Kaiya SAUNDERS	JR Virginia	48.73m	159-10	
4 Ella CARLSON	FR William & Mary	38.19m	125-3	
5 Mya ROSSER	FR Radford	33.36m	109-5	
6 Jaylen ROSSER	FR Radford	31.92m	104-9	PB
DNS Brooklyn RICHARDSON	SO Virginia State		DNS	

WOMEN HAMMER

1 Jada MARSH	SO Virginia	54.38m	178-5	
2 Bree LUMPKIN	SO Virginia	52.80m	173-3	
3 Morgan JOHNSON	JR Virginia	45.78m	150-2	
4 Talia ANDERSON	FR William & Mary	44.27m	145-3	PB
5 Mya ROSSER	FR Radford	34.91m	114-6	PB
6 Jaylen ROSSER	FR Radford	34.14m	112-0	PB
7 Janiya HARMON	FR Virginia State	32.44m	106-5	

WOMEN JAVELIN

1 Brooke LUMPKIN	SO Virginia	40.30m	132-3	PB
2 Kaiya SAUNDERS	JR Virginia	38.70m	127-0	PB
3 Abigail MECKES	FR Virginia	36.14m	118-7	
4 Bree LUMPKIN	SO Virginia	34.27m	112-5	
DNS Janiya HARMON	FR Virginia State		DNS	
DNS Brooklyn RICHARDSON	SO Virginia State		DNS	

MEN 100 M

1 Darrell WESH	Unattached	10.38	+0.8	
2 Demick STARLING	FR Virginia	10.58	+0.8	
3 Jackson COOLEY	JR William & Mary	10.61	+0.8	
4 Jay PENDARVIS	JR Virginia	10.72	+0.8	
5 Matthew MITCHELL	SR Unattached	10.78	+1.5	
6 Jerlan FISH	SO Virginia	10.91	+1.5	PB
7 Chayce CHALMERS	FR Virginia	11.11	+1.5	
8 Conner FREDERICK	FR Virginia State	11.48	+1.5	
9 Michael KOEPKE	FR Virginia	11.57	+1.5	
FS Jaelan BLACK	SO Virginia State		FS	

MEN 200 M

1 Matthew MITCHELL	SR Unattached	21.46	+0.0	
2 Demick STARLING	FR Virginia	21.71	+0.0	
3 Jerlan FISH	SO Virginia	22.21	+0.0	
4 Jaelan BLACK	SO Virginia State	22.26	+0.0	
5 Chayce CHALMERS	FR Virginia	22.28	+0.0	

MEN 400 M

1 Evans WHITE IV	FR Virginia	48.04		PB
2 Tom COREL	SR Virginia	48.40		PB
3 Austin RICE	FR William & Mary	48.40		PB
4 Luke SCHROEDER	FR Virginia	48.68		
5 Owayne OWENS	SR Virginia	49.68		
6 Nicholas PLANT	FR Virginia Tech	49.74		PB
7 Will TRENT	SO Virginia	50.64		SB
8 Tariq GARRISON	SO Virginia State	51.61		SB
9 Jayson LEE	FR Virginia State	52.75		PB

MEN 800 M

1 Viktor IDHAMMAR	SO Virginia Tech	1:48.63		PB
2 Mahamed SHARIF	JR Connecticut	1:48.73		PB
3 Kenton BACHMANN	Virginia	1:49.90		
4 Alex LOMONG	Unattached	1:50.16		
5 Myles PLUMMER	FR Virginia	1:50.82		PB
6 Antonio LOPEZ SEGURA	SR Virginia Tech	1:51.49		
7 Charlie STOCK	FR Virginia Tech	1:51.54		PB
8 Stephen LARSON	JR William & Mary	1:51.96		PB
9 Ethan ZEH	SO Virginia	1:52.75		SB
10 Bryce REEBURGH	FR Virginia Tech	1:53.52		
11 Ben MADRIGAL	FR Virginia Tech	1:54.19		
12 Jalen BROWNLEE	SO Virginia State	1:59.41		
13 JaPrince GAINES	FR Virginia State	2:01.63		PB
14 Gabriel MILES	SO Virginia State	2:01.85		PB
15 Jeremiah MONTS	SO Virginia State	2:06.63		
DNF Nicholas PLANT	FR Virginia Tech	DNF		
DNF Liam BELLAMY	Virginia	DNF		
DNF Elijah JOHNSON	JR Virginia State	DNF		

MEN 1 MILE

1 Rocky HANSEN	RA Running	3:59.56		PB
2 Jack ELIASON	JR Virginia	3:59.64		PB
3 Ben NAGEL	SR Virginia Tech	3:59.96		
4 Declan RYMER	SO Virginia Tech	4:00.70		
5 Jacob JONES	JR William & Mary	4:02.69		PB
6 Ryan FORD	ZAP Endurance	4:03.15		
7 Jacobo HUNTER	JR Virginia	4:03.19		PB
8 Jack SALISBURY	Unattached	4:03.60		
9 Tinoda MATSATSU	SR Unattached	4:05.68		
10 Ethan COLEMAN	FR Virginia Tech	4:07.58		
11 Evan GOODELL	SR William & Mary	4:12.24		
12 Owen MCARDLE	Unattached	4:15.74		
13 Joseph TAYLOR	FR William & Mary	4:19.29		
14 Karl WINTER	SR Syracuse	4:20.36		
15 Samuel PRITCHARD	SO William & Mary	4:21.31		
16 Luke HENKEL	FR William & Mary	4:25.06		
17 Caleb LAKEMAN	FR Unattached	4:31.68		
DNF William JONES	FR Virginia Tech	DNF		
DNF Trevor MASON	FR Virginia Tech	DNF		
DNF Peter LOMONG	Unattached	DNF		
DNF Ethan ZEH	SO Virginia	DNF		

MEN 3000 M STEEPLE

1 Elham HUQ	FR Virginia Tech	9:25.62		
DNF Derek JOHNSON	JR Virginia	DNF		
DNF Alec FLEMING	JR Virginia Tech	DNF		
DNF Blake FAIRBANKS	FR Virginia Tech	DNF		

MEN 110 M HURDLES

1 Daiqwaun FAIRCLOTH	SR VCU	14.09	+0.2	PB
2 Peter DJAN	Virginia	14.72	+0.2	
3 Savion SPENCER	SO Virginia State	16.04	+0.2	
4 John WILLIAMS	SO Virginia State	16.24	+0.2	

MEN 400 M HURDLES

1 Gabriel ALBERS	JR William & Mary	57.54		
2 Savion SPENCER	SO Virginia State	1:01.03		

MEN HIGH JUMP

Results available at www.flashresults.com



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Results

1 Joseph BRISCOE	SO	Virginia State	1.90m	6-2¼	
2 Shaaukeeme MITCHELL-WA	SO	Virginia State	1.85m	6-¾	=PB
DNS Lamin BUNDU	FR	Virginia State		DNS	

7 Bob MCINTYRE Unattached 9:24.49

MEN POLE VAULT

1 Justin ROGERS	FR	Virginia	4.88m	16-0	
2 Tyler LYNCH	JR	Virginia	4.88m	16-0	PB
3 Kyle MOSTELLER	JR	Virginia	4.63m	15-2¼	
4 Henry SULLIVAN	FR	Virginia	4.18m	13-8½	PB

MEN LONG JUMP

1 Daryl MACKKEY	JR	Virginia State	7.16m	23-6	+0.4	PB
2 Jahaz MORGAN	SO	Virginia State	7.00m	22-11¼	+0.1	SB
DNS Benedict UZOCHUKWU	FR	Virginia State		DNS		

MEN SHOT PUT

1 Atrell WILLIAMS	SO	Virginia State	15.83m	51-11¼		PB
2 Isaiah RAMADANE	JR	Virginia State	15.10m	49-6½		
3 Devonte MOORE	JR	Virginia State	14.72m	48-3½		SB
4 Mark BANBERGER	SO	Virginia State	13.58m	44-6¼		
5 Christian BOONE	SO	Virginia State	13.02m	42-8¼		

MEN DISCUS

1 Legend BOYESEN		Garage Strength	53.18m	174-6		
2 Noah WHITE		Garage Strength	50.64m	166-2		
3 Isaiah RAMADANE	JR	Virginia State	45.93m	150-8		SB
4 Atrell WILLIAMS	SO	Virginia State	45.69m	149-11		SB
5 Ross BAZZICHI	FR	William & Mary	42.72m	140-2		PB
6 Elby OMOHUNDRO	JR	Virginia	40.13m	131-8		
7 Mark BANBERGER	SO	Virginia State	40.03m	131-4		
8 Devonte MOORE	JR	Virginia State	38.44m	126-1		
9 Chalmus BURGESS	FR	Virginia State	37.02m	121-5		
10 Henry SULLIVAN	FR	Virginia	34.87m	114-5		
DNS Daye KARIB-WHYTE	FR	Hampton		DNS		
DNS Luke SMITH	JR	Virginia		DNS		

MEN HAMMER

1 James JOYCEY	SR	North Carolina	68.38m	224-4		SB
2 Ross BAZZICHI	FR	William & Mary	49.00m	160-9		
3 Isaiah RAMADANE	JR	Virginia State	43.17m	141-7		
4 Chalmus BURGESS	FR	Virginia State	33.88m	111-2		PB
DNS John FAY	SO	Virginia		DNS		
DNS Atrell WILLIAMS	SO	Virginia State		DNS		

MEN JAVELIN

1 Tyler ZAWATSKI	FR	Virginia	64.16m	210-6		PB
2 Thomas DICKINSON	SO	Virginia	61.22m	200-10		PB
3 Mark BANBERGER	SO	Virginia State	41.96m	137-8		PB
4 Christian BOONE	SO	Virginia State	35.32m	115-10		
DNS Luke SMITH	JR	Virginia		DNS		

MIXED 100 M KIDS 100M

MIXED 1 MILE MASTERS

1 Bill PALMER	Unattached	4:51.59
2 Kevin JONES	Unattached	5:08.65
3 Scott APICELLA	Unattached	5:24.66
4 Ian HARRISON	Unattached	5:42.41
5 Maria BADARACCO	Unattached	5:54.24
6 Rick WEAVER	Unattached	6:19.30