

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****100 Meter Dash Sub-Bantam Girls**

Name	Team	Finals	
1 Jacobs, Tamir	Track Expres	15.39	10
2 Ward, Samaria	Track Expres	15.44	8
3 Ward, Destiny	Indian River	15.78	6
4 Coles, Trezure	Hampton Blaz	15.97	5
5 Cobbin, Tatyana	Norfolk Real	16.58	4
6 Hinton, Zykeara	Churchland T	16.61	3
7 Bell, Chelsie	Technique TC	16.68	2
8 Brockington, Aysha	Technique TC	17.02	1
9 Cornelius, Heavenle	VA Beach Fla	17.04	
10 Jackson, Dominique	Track Expres	17.13	
11 Alexander, Cydney	VA Beach Fla	17.36	
12 Conner, Imani	Track Expres	17.42	
13 Buster, Jasmine	West End Ric	17.44	
14 Akinkoye, Ayanna	Norfolk Real	17.75	
15 Mcgill, Jayla	East End Fly	17.77	
16 Lewis, Nadia	West End Ric	18.27	
17 Clarke, Indiana	Faith In Act	18.36	
18 Smith, Shanyyn	Churchland T	18.60	
19 Summerville, Jourdan	Churchland T	18.85	
20 Givens, Yaudon	Team Flash	18.96	
21 Brockington, Dasia	Technique TC	19.11	
22 Harrison, Danaria	Freedom Stri	19.58	
23 Moore, Hallie	Hampton Blaz	19.64	
24 Plaskett, Shakia	West End Ric	19.83	
25 Bruton, Mackaylin	Flying Angel	19.94	
26 Mcneal, Lauryn	Portsmouth T	19.96	
27 Johnson, Jazmyne	Flying Angel	20.62	
28 Cooke, Jessica	Team Flash	21.27	
29 Booker, Mckayla	Stallions Ex	21.54	

800 Meter Run Sub-Bantam Girls

Name	Team	Finals	
1 Ward, Samaria	Track Expres	3:15.00	10
2 Johnson, Ashley	Technique TC	3:19.40	8
3 Hamilton, Allana	Track Expres	3:26.22	6
4 Cornelius, Heavenle	VA Beach Fla	3:29.90	5
5 Sultan, Nailah	Flying Angel	3:46.84	4
6 Mcneal, Lauryn	Portsmouth T	4:46.69	2.5
6 Plaskett, Shakia	West End Ric	4:46.69	2.5

1500 Meter Race Walk Sub-Bantam Girls

Name	Team	Finals	
1 Brockington, Dasia	Technique TC	10:36.40	10
2 Johnson, Jazmyne	Flying Angel	13:27.15	8
3 Bruton, Mackaylin	Flying Angel	14:14.33	6

4x100 Meter Relay Sub-Bantam Girls

Team	Relay	Finals	
1 Track Express TC	A	1:09.16	10
1) Hamilton, Allana	2) Jackson, Dominique		
3) Jacobs, Tamir	4) Ward, Samaria		

2 Indian River	A	1:09.91	8
1) Andrews, Maya	2) Hopkins, Avianna		
3) Ward, Destiny			
3 Technique TC	A	1:11.97	6
1) Edwards, Nia	2) Hill, Simone		
3) Johnson, Ashley	4) Williams, Nyra		
4 Track Express TC	B	x1:13.94	
1) Conner, Imani	2) Martin, Sheree		
3) Palmer, Tovee	4) Perry, Lauren		
5 Churchland T	A	1:14.00	5
1) Hinton, Zykeara	2) Marshall, Cameron		
3) Smith, Shanyyn	4) Summerville, Jourdan		

4x200 Meter Relay Sub-Bantam Girls

Team	Relay	Finals	
1 Technique TC	A	2:32.42	10
1) Bell, Chelsie	2) Brockington, Aysha		
3) Brockington, Dasia	4) Edwards, Nia		
2 Indian River	A	2:35.29	8
1) Andrews, Maya	2) Hopkins, Avianna		
3) Ward, Destiny			
3 Churchland T	A	2:42.64	6
1) Hinton, Zykeara	2) Marshall, Cameron		
3) Smith, Shanyyn	4) Summerville, Jourdan		
4 Track Express TC	A	2:47.11	5
1) Conner, Imani	2) Jacobs, Tamir		
3) Palmer, Tovee	4) Perry, Lauren		
5 Hampton Blazers TC	A	2:48.27	4
6 West End Ric	A	2:54.21	3
1) Buster, Jasmine	2) Jones, Arhea		
3) Lightfoot, Brianna	4) Watts, Ashlie		
7 Flying Angel	A	3:08.61	2
1) Bobbs, Makayla	2) Sultan, Nailah		
8 Track Express TC	B	x3:15.72	
1) Brown, Pagie	2) Lawoyin, Titilayo		
3) Martin, Sheree			
9 Team Flash	A	3:16.42	1
1) Cooke, Jessica	2) Cooke, Kayla		
3) Peterson, Kirstie	4) Watkins, Jaela		

4x400 Meter Relay Sub-Bantam Girls

Team	Relay	Finals	
1 Technique TC	A	6:19.71	10
1) Brockington, Aysha	2) Edwards, Nia		
3) Johnson, Ashley	4) Williams, Nyra		

800 Sprint Medley Sub-Bantam Girls

Team	Relay	Finals	
1 Technique TC	A	2:37.70	10
1) Bell, Chelsie	2) Brockington, Aysha		
3) Brockington, Dasia	4) Edwards, Nia		
2 Indian River	A	2:41.13	8
1) Andrews, Maya	2) Hopkins, Avianna		
3) Ward, Destiny			

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****(800 Sprint Medley Sub-Bantam Girls)**

Team	Relay	Finals	
3 Track Express TC	A	2:53.14	6
1) Hamilton, Allana	2) Jackson, Dominique		
3) Jacobs, Tamir	4) Ward, Samaria		
4 Flying Angel	A	2:53.37	5
1) Bobbs, Makayla	2) Sultan, Nailah		
5 Churchland T	A	2:53.97	4
1) Hinton, Zykeara	2) Marshall, Cameron		
3) Smith, Shanyn	4) Summerville, Jourdan		
6 Track Express TC	B	x3:32.30	
1) Brown, Pagie	2) Fitzhugh, Kendra		
3) Lawoyin, Titilayo	4) Palmer, Tovee		

Long Jump Sub-Bantam Girls

Name	Team	Finals	
1 Cobbin, Tatyana	Norfolk Real	2.84m	10
2 Fitzhugh, Kendra	Track Expres	2.75m	8
3 Harrison, Danaria	Freedom Stri	2.46m	6
4 Lawoyin, Titilayo	Track Expres	2.37m	5
5 Riddick, Deja	VA Beach Fla	2.36m	4
6 Martin, Sheree	Track Expres	2.14m	3
7 Cooke, Kayla	Team Flash	1.93m	2
8 Alexander, Cydney	VA Beach Fla	1.85m	1
9 Clarke, Indiana	Faith In Act	1.73m	
10 Hill, Simone	Technique TC	1.62m	
11 Watkins, Jaela	Team Flash	1.52m	
12 McGill, Jayla	East End Fly	1.44m	
13 Booker, Mckayla	Stallions Ex	1.39m	
14 Cornelius, Heavenle	VA Beach Fla	1.23m	

Shot Put Sub-Bantam Girls

Name	Team	Finals	
1 Brown, Pagie	Track Expres	11.90m	10
2 Williams, Nyra	Technique TC	10.20m	8
3 Alexander, Cydney	VA Beach Fla	9.20m	6
4 Riddick, Deja	VA Beach Fla	9.00m	5
5 Givens, Yaudon	Team Flash	7.80m	3.5
5 Cooke, Jessica	Team Flash	7.80m	3.5
7 Palmer, Tovee	Track Expres	5.60m	2
8 Cobbin, Tatyana	Norfolk Real	5.20m	0.5
8 Conner, Imani	Track Expres	5.20m	0.5

100 Meter Dash Bantam Girls

Name	Team	Finals	
1 Wedlock, Penchell	Norfolk Real	14.47	10
2 Wilson, Cameron	Lazers TC	14.67	8
3 Innis, Enaasha	Inside Trac	14.90	6
4 Sanford, Leah	VA Beach Fla	14.97	5
5 Dixon, Maylonie	Virginia Bea	15.20	4
6 Greenlee, Ashley	Hampton Blaz	15.33	3
7 Coleman, Sydney	Norfolk Real	15.36	2
8 Marsh, Shania	Speed City C	15.43	1
9 Coleman, Cayla	Track Expres	15.60	
10 Bossieau, Monet	West End Ric	15.75	
11 White, Jahniece	Boys And Gir	15.83	

12 Harris, Aja	VA Beach Fla	15.94	
13 Johnson, Kiara	Lazers TC	15.95	
14 Teague, Arianna	Track Expres	15.99	
15 Johnson, Yaneek	West End Ric	16.00	
16 Ward, Nadiya	Norfolk Extr	16.11	
17 Stewart, Alexa	Track Expres	16.17	
18 Ricks, Courtney	Lazers TC	16.29	
19 Ferebee, Drew	Lazers TC	16.73	
20 Ameer, Faith	Lazers TC	16.82	
21 Livingston, Marika	VA Beach Fla	16.89	
22 Booker, Mercedes	Stallions Ex	16.97	
23 Davis, Sydney	Norfolk Real	17.12	
24 Thompson, Kyana	Inside Trac	17.36	
25 Jones, Pache	Flying Angel	17.42	
26 Brabson-Askew, Jazmin	Churchland T	17.50	
27 O'Brien, Jazmyne	Virginia Bea	17.76	
28 Ahmad, Jewel	VA Beach Fla	17.82	
29 Echevarria, Christine	Flying Angel	18.03	
30 Clarke, Kristiana	Faith In Act	18.39	
31 Long, Kiera	Churchland T	18.86	
32 Heyward, Jada	Boys And Gir	19.10	

800 Meter Run Bantam Girls

Name	Team	Finals	
1 Clark, Niya	Norfolk Real	2:52.36	10
2 Mcfadden, Breanna	Norfolk Real	2:57.34	8
3 Khaila, Prather	Lazers TC	2:59.90	6
4 Girona, Alexis	East End Fly	3:04.52	5
5 Coleman, Cayla	Track Expres	3:07.65	4
6 Coleman, Sydney	Norfolk Real	3:08.68	3
7 Jackson, Ashanti	Inside Trac	3:09.37	2
8 Carter, Eriyana	West End Ric	3:10.95	1
9 Greenlee, Ashley	Hampton Blaz	3:15.05	
10 Gary, Ieisha	Speed City C	3:15.46	
11 Seal, Ana	Team Flash	3:18.22	
12 Robinson, Lauryn	Inside Trac	3:18.52	
13 Livingston, Marika	VA Beach Fla	3:20.56	
14 Teague, Arianna	Track Expres	3:20.84	
15 Mitchell, Destynee	Technique TC	3:21.79	
16 Innis, Enaasha	Inside Trac	3:26.68	
17 Groves, Ashley	VA Beach Fla	3:30.77	
18 Perkins, Kiarra	Technique TC	3:31.89	
19 Wood, Maia	East End Fly	3:33.36	
20 Ray, Chantel	Inside Trac	3:33.65	
21 Dunwoodie, Ricki	East End Fly	3:41.16	
22 Booker, Mercedes	Stallions Ex	3:43.02	
23 Price-Clear, Myasia	West End Ric	4:05.12	

1500 Meter Run Bantam Girls

Name	Team	Finals	
1 Girona, Alexis	East End Fly	6:17.14	10
2 Gary, Ieisha	Speed City C	6:35.47	8
3 Jackson, Ashanti	Inside Trac	6:51.32	6
4 Mitchell, Destynee	Technique TC	7:08.85	5
5 Wood, Maia	East End Fly	7:44.59	4

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(1500 Meter Run Bantam Girls)

Name	Team	Finals
6 Robinson, Lauryn	Inside Trac	8:12.23 3

1500 Meter Race Walk Bantam Girls

Name	Team	Finals
1 Perkins, Kiarra	Technique TC	10:19.90 10
2 Jones, Pache	Flying Angel	10:32.76 8
3 Cheely, Dalajah	Technique TC	10:33.40 6
4 Thompson, Kyana	Inside Trac	11:05.76 5
5 Ferebee, Drew	Lazers TC	11:06.18 4
6 Pinto, Madison	Team Flash	11:39.29 3
7 Heebner, Samantha	Team Flash	11:40.39 2

4x100 Meter Relay Bantam Girls

Team	Relay	Finals
1 East End Flyers TC	A	1:00.52 10
1) Bunch, Ashaila	2) Johnson, Nichele	
3) Parks, Milan	4) Wesson, Talia	
2 Norfolk Real Deal	A	1:01.06 8
1) Clark, Niya	2) Mcfadden, Breanna	
3) Taliaferro, Briana	4) Wedlock, Penchell	
3 Lazars TC	A	1:02.97 6
1) Ferebee, Drew	2) Kara, Lyles	
3) Khaila, Prather	4) Wilson, Cameron	
4 Virginia Bea	A	1:03.01 5
1) Dixon, Maylonie	2) Obrien, Jazmyne	
5 Indian River	A	1:03.28 4
1) Jones, Aleisha	2) Skinner, Shay	
3) Weaver, Taylor	4) White, Ebony	

4x200 Meter Relay Bantam Girls

Team	Relay	Finals
1 East End Flyers TC	A	2:09.24 10
1) Bunch, Ashaila	2) Johnson, Nichele	
3) Parks, Milan	4) Wesson, Talia	
2 Lazars TC	A	2:11.89 8
1) Ferebee, Drew	2) Kara, Lyles	
3) Khaila, Prather	4) Wilson, Cameron	
3 Indian River	A	2:18.64 5.5
1) Jones, Aleisha	2) Skinner, Shay	
3) Weaver, Taylor	4) White, Ebony	
3 Norfolk Real Deal	A	2:18.64 5.5
1) Clark, Niya	2) Coleman, Sydney	
3) Taliaferro, Briana	4) Wedlock, Penchell	
5 West End Ric	A	2:27.27 4
1) Bossieau, Monet	2) Goldsborough, Kennedy	
3) Johnson, Yaneek	4) Thompson, Tytauna	
6 VA Beach Flames TC	A	2:33.23 3
1) Ahmad, Jewel	2) Gerald, Janelle	
3) Groves, Ashley	4) Harris, Aja	
7 Flying Angel	A	2:33.61 2
1) Bruton, Joyneca	2) Tittle, Raven	
8 Technique TC	A	2:38.15 1
1) Cheely, Dalajah	2) Mitchell, Destynee	
3) Perkins, Kiarra	4) Brockington, Dasia	

9 Team Flash	A	2:42.59
1) Heebner, Samantha	2) Johnson, Leah	
3) Pinto, Madison	4) Seal, Ana	

4x400 Meter Relay Bantam Girls

Team	Relay	Finals
1 East End Flyers TC	A	5:33.33 10
1) Bunch, Ashaila	2) Johnson, Nichele	
3) Parks, Milan	4) Wesson, Talia	
2 Indian River	A	6:28.90 8
1) Jones, Aleisha	2) Skinner, Shay	
3) Weaver, Taylor	4) White, Ebony	

800 Sprint Medley Bantam Girls

Team	Relay	Finals
1 Norfolk Real Deal	A	2:20.54 10
1) Clark, Niya	2) Coleman, Sydney	
3) Taliaferro, Briana	4) Wedlock, Penchell	
2 Indian River	A	2:23.06 8
1) Jones, Aleisha	2) Skinner, Shay	
3) Weaver, Taylor	4) White, Ebony	
3 Inside Trac	A	2:28.22 6
1) Innis, Enaasha	2) Jackson, Ashanti	
3) Ray, Chantel	4) Spells, Destine	
4 Flying Angel	A	2:38.29 5
1) Bruton, Joyneca	2) Tittle, Raven	
5 East End Flyers TC	A	2:40.46 4
1) Dunwoodie, Ricki	2) Johnson, Mckenzie	
3) Mansion, Mia	4) Wood, Maia	
6 Technique TC	A	2:49.73 3
1) Cheely, Dalajah	2) Mitchell, Destynee	
3) Perkins, Kiarra		

Long Jump Bantam Girls

Name	Team	Finals
1 Kara, Lyles	Lazers TC	4.33m 10
2 Taliaferro, Briana	Norfolk Real	4.08m 8
3 Parks, Milan	East End Fly	3.96m 6
4 Wesson, Talia	East End Fly	3.91m 5
5 Khaila, Prather	Lazers TC	3.55m 4
6 Sanford, Leah	VA Beach Fla	3.44m 3
7 Mcfadden, Breanna	Norfolk Real	3.42m 2
8 Stewart, Alexa	Track Expres	3.34m 1
9 Wilson, Cameron	Lazers TC	3.30m
10 Culley, Cathryn	VA Beach Fla	3.25m
11 Teague, Arianna	Track Expres	3.17m
12 Dixon, Maylonie	Virginia Bea	3.06m
13 Dunwoodie, Ricki	East End Fly	3.03m
14 Brabson-Askew, Jazmin	Churchland T	2.92m
15 Davis, Sydney	Norfolk Real	2.89m
16 Groves, Ashley	VA Beach Fla	2.84m
17 Girona, Alexis	East End Fly	2.83m
18 Seal, Ana	Team Flash	2.81m
19 Booker, Mercedes	Stallions Ex	2.40m
20 Long, Kiera	Churchland T	2.17m
21 Obrien, Jazmyne	Virginia Bea	1.93m

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(Long Jump Bantam Girls)

Name	Team	Finals
22 Clarke, Kristiana	Faith In Act	1.90m
23 Coleman, Cayla	Track Expres	1.53m

Shot Put Bantam Girls

Name	Team	Finals
1 Cheely, Dalajah	Technique TC	5.01m 10
2 Harris, Aja	VA Beach Fla	4.57m 8
3 Stewart, Alexa	Track Expres	4.54m 6
4 Stephenson, Kendra	Track Expres	4.45m 5
5 Johnson, Mckenzie	East End Fly	2.08m 4

100 Meter Dash Midget Girls

Name	Team	Finals
1 Cuffee, Anise	Technique TC	13.19 10
2 Scott, Shandell	Park Place L	13.33 8
3 Taylor, Taranisha	Norfolk Real	13.44 6
4 Igwe, Erika	Track Expres	13.86 5
5 Forester, Yasmine	Norfolk Real	14.11 4
6 Plaskett, Kiante	West End Ric	14.25 3
7 Moore, DeJa	Technique TC	14.35 2
8 Brown, Alicia	Track Expres	14.39 1
9 Clark, Diamond	VA Beach Fla	14.52
10 Graham, Tamira	Indian River	14.62
11 Burney, Kimani	Freedom Stri	14.79
12 Dubois, Breanna	Churchland T	14.87
13 Coleman, Ces	Track Expres	14.94
14 Marrow, Kimberly	Inside Trac	15.01
15 Brown, Dnea	Speed City C	15.17
16 Williams, Breanna	Norfolk Extr	15.18
17 Mcguire, Shawnedra	Norfolk Extr	15.21
18 Cook, Jori	Track Expres	15.23
19 Riddick, Asia	VA Beach Fla	15.63
20 Moore, Endia	Norfolk Real	15.76
21 Daniels, Lamonica	Norfolk Extr	15.91
22 Quintana, Tierra	Park Place L	16.03
23 Booker, Bryanna	Stallions Ex	16.06
24 Williams, Kedra	Norfolk Extr	16.13
25 Parries, Nakari	Inside Trac	16.29
26 Whitles, Alexis	Flying Angel	16.62
27 Quintana, Tiana	Park Place L	16.81
28 Holloway, Niyah	Norfolk Real	16.99
29 Viney, Imani	Technique TC	17.44
30 Weideman, Megan	Team Flash	18.32
31 Sheppard, Miltisa	Flying Angel	18.40

800 Meter Run Midget Girls

Name	Team	Finals
1 Marrow, Kimberly	Inside Trac	2:36.37 10
2 Browne, Micaela	Track Expres	2:42.47 8
3 Edwards, Jnai	Technique TC	2:43.10 6
4 Hamilton, Sharnae	Speed City C	2:45.11 5
5 Wright, Chelsea	Norfolk Real	2:54.00 4
6 Moore, Maya	Technique TC	2:55.91 3
7 Tate, Chelsey	Technique TC	3:00.94 2

8 Price-Clear, Shameeka	West End Ric	3:10.79 1
9 Hutto, Arial	Indian River	3:26.07
10 Jones, Triana	Indian River	3:27.62
11 Burney, Angelina	East End Fly	3:35.16
12 Moore, Endia	Norfolk Real	3:35.31
13 Douglass, Emily	Team Flash	3:38.02
14 Holloway, Niyah	Norfolk Real	3:41.12
15 Parries, Nakari	Inside Trac	3:55.47
16 Peterson, Heidi	Team Flash	3:57.16

1500 Meter Run Midget Girls

Name	Team	Finals
1 Peterson, Heidi	Team Flash	5:37.73 10
2 Browne, Micaela	Track Expres	5:41.11 8
3 Douglass, Emily	Team Flash	7:27.21 6

1500 Meter Race Walk Midget Girls

Name	Team	Finals
1 Davis, Rashaun	Technique TC	11:41.00 10
2 Tate, Chelsey	Technique TC	12:05.81 8
3 Viney, Imani	Technique TC	12:36.75 6

4x100 Meter Relay Midget Girls

Team	Relay	Finals
1 Norfolk Real Deal	A	55.46 10
1) Forester, Yasmine	2) Smith, Gabrielle	
3) Taylor, Taranisha	4) Vonner, Alexia	
2 Technique TC	A	56.10 8
1) Cuffee, Anise	2) Edwards, Jnai	
4) Moore, DeJa		
3 Boys And Gir	A	57.58 6
1) Allmond, Kenequa	2) Bivins, Kiana	
3) Blackwell, Cayla		
4 Hampton Blazers TC	A	59.01 5
1) Chandler, Keyonnia	2) Gray, Kierra	
3) Russell, Shamara	4) Thomas, Jayme	
5 Park Place L	A	1:02.40 4
1) Collins, Samantha	2) Quintana, Tiana	
3) Quintana, Tierra	4) Scott, Shandell	
6 Flying Angel	A	1:06.90 3
1) Coyazo, Esther	2) Ford, Stephany	
3) Sheppard, Miltisa	4) Whitles, Alexis	

4x200 Meter Relay Midget Girls

Team	Relay	Finals
1 Technique TC	A	1:53.49 10
1) Cuffee, Anise		
3) Edwards, Jnai	4) Moore, DeJa	
2 Norfolk Real Deal	A	1:58.81 8
1) Forester, Yasmine	2) Smith, Gabrielle	
3) Taylor, Taranisha	4) Vonner, Alexia	
3 Track Express TC	A	2:00.40 6
1) Bailey, Briana	2) Brown, Alicia	
3) Igwe, Erika	4) Saunders, Vonshalla	

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(4x200 Meter Relay Midget Girls)

Team	Relay	Finals
4 Hampton Blazers TC	A	2:03.61 5
1) Chandler, Keyonna	2) Russell, Shamara	
3) Thomas, Jayme	4) Washington, Aliyah	
5 Boys And Gir	A	2:04.33 4
1) Allmond, Kenequa	2) Bivins, Kiana	
3) Blackwell, Cayla		
6 Track Express TC	B	x2:09.55
1) Browne, Dana	2) Cook, Jori	
3) Jacobs, Taylor	4) Webster, Tiffany	
7 VA Beach Flames TC	A	2:13.57 3
1) Clark, Diamond	2) Fitzgerald, Feyonda	
3) Gironimi, Natasha	4) Riddick, Asia	
8 West End Ric	A	2:14.15 2
1) Dabney, Kaleigh	2) Hogan, Tyasia	
3) Lewis, Precious	4) Plaskett, Kiante	
9 Team Flash	A	2:26.86 1
1) Marley, Cara	2) Peterson, Heidi	
3) Petrin, Alexis	4) Weideman, Megan	

4x400 Meter Relay Midget Girls

Team	Relay	Finals
1 Technique TC	A	4:42.90 10
1) Davis, Rashaun	4) Moore, DeJa	
3) Edwards, Jnai		
2 Boys And Gir	A	5:03.67 8
1) Allmond, Kenequa	2) Bivins, Kiana	
3) Blackwell, Cayla		
3 Park Place L	A	6:01.78 6
1) Collins, Samantha	2) Haneline, Rachel	
3) Quintana, Tierra	4) Scott, Shandell	

4x800 Meter Relay Midget Girls

Team	Relay	Finals
1 Track Express TC	A	11:40.00 10

1600 Sprint Medley Midget Girls

Team	Relay	Finals
1 Technique TC	A	4:43.86 10
1) Cuffee, Anise	4) Moore, DeJa	
3) Edwards, Jnai		
2 Norfolk Real Deal	A	5:04.07 8
1) Smith, Gabrielle	2) Taylor, Taranisha	
3) Vonner, Alexia	4) Wright, Chelsea	
3 Track Express TC	A	5:05.22 6
1) Bailey, Briana	2) Brown, Alicia	
3) Coleman, Ces	4) Igwe, Erika	
4 Speed City C	A	5:26.86 5
1) Brown, Dnea	2) Hamilton, Sharnae	
3) Wallace, Amanda		
5 Track Express TC	B	x5:42.46
1) Barnett, Parisse	2) Browne, Dana	
3) Cook, Jori	4) Webster, Tiffany	

6 Hampton Blazers TC	A	5:45.88 4
1) Chandler, Keyonna	2) Russell, Shamara	
3) Thomas, Jayme	4) Washington, Aliyah	
7 East End Flyers TC	A	5:54.83 3
1) Asbury, Sierra	2) Johnson, Asheli	
3) Jones, Tnai	4) Williams, Brianna	

Long Jump Midget Girls

Name	Team	Finals
1 Smith, Gabrielle	Norfolk Real	4.30m 10
2 Saunders, Vonshalla	Track Expres	4.25m 8
3 Scott, Shandell	Park Place L	4.11m 6
4 Vonner, Alexia	Norfolk Real	4.08m 5
5 Burney, Kimani	Freedom Stri	3.83m 4
6 Cook, Jori	Track Expres	3.78m 3
7 Wright, Chelsea	Norfolk Real	3.58m 2
8 Clark, Diamond	VA Beach Fla	3.39m 1
9 Jones, Tnai	East End Fly	3.32m
10 Williams, Kedra	Norfolk Extr	3.30m
10 Mcguire, Shawndra	Norfolk Extr	3.30m
12 Booker, Bryanna	Stallions Ex	3.16m
13 Riddick, Asia	VA Beach Fla	3.14m
14 Moore, Endia	Norfolk Real	3.07m
15 Jacobs, Taylor	Track Expres	3.02m
16 Jones, Triana	Indian River	2.99m
17 Dubois, Breanna	Churchland T	2.88m
18 Barnett, Parisse	Track Expres	2.81m
19 Petrin, Alexis	Team Flash	2.75m
20 Thomas, Jayme	Hampton Blaz	2.71m
21 Holloway, Niyah	Norfolk Real	2.70m
22 Graham, Tamira	Indian River	2.61m
23 Weideman, Megan	Team Flash	2.56m
24 Whitley, Alexis	Flying Angel	2.26m
25 Haneline, Rachel	Park Place L	2.15m
26 Williams, Breanna	Norfolk Extr	2.13m

Shot Put Midget Girls

Name	Team	Finals
1 Gray, Kierra	Hampton Blaz	9.32m 10
2 Washington, Aliyah	Hampton Blaz	7.39m 8
3 Collins, Samantha	Park Place L	7.35m 6
4 Marley, Cara	Team Flash	6.98m 5
5 Shufford, Jenira	Technique TC	6.57m 4
6 Barnett, Parisse	Track Expres	6.53m 3
7 Bell, Cameron	East End Fly	5.84m 2
8 Gironimi, Natasha	VA Beach Fla	5.06m 1
9 Stephenson, Kristen	Track Expres	4.06m
10 Viney, Imani	Technique TC	3.77m

Discus Throw Midget Girls

Name	Team	Finals
1 Gray, Kierra	Hampton Blaz	21.51m 10
2 Gironimi, Natasha	VA Beach Fla	20.25m 8
3 Shufford, Jenira	Technique TC	15.67m 5.5
3 Barnett, Parisse	Track Expres	15.67m 5.5
5 Jones, Triana	Indian River	15.58m 4

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****(Discus Throw Midget Girls)**

Name	Team	Finals
6 Collins, Samantha	Park Place L	15.57m 3
7 Bell, Cameron	East End Fly	15.11m 2
8 Stephenson, Kristen	Track Expres	13.00m 1
9 Hutto, Arial	Indian River	11.20m

100 Meter Dash Youth Girls

Name	Team	Finals
1 Smith, Nefertiti	Norfolk Real	11.93 10
2 Pannell, Courtnei	Technique TC	12.61 8
3 Smith, Sydney	Virginia Bea	12.75 6
4 Poteat, Mishae	Indian River	12.98 5
5 Combs, Rashaun	Technique TC	13.09 4
6 McBride, Jazmyne	Inside Trac	13.15 3
7 Jordan, B	Indian River	13.18 2
8 Teague, Tiana	Track Expres	13.24 1
9 Bobbs, Marche	Flying Angel	13.26
10 Johnson, Courtney	Technique TC	13.55
11 Booker, Icess	Stallions Ex	13.91
12 Wilson, Charity	Lazers TC	14.02
13 Pacella, Allison	Team Flash	14.25
14 Mosby, Ndea	DelFive	14.52
15 Smith, Lucrecia	VA Beach Fla	14.60
16 Williams, Arianna	Speed City C	14.61
17 Lee, Monique	Churchland T	15.20
18 Richardson, Mary	Track Expres	15.78
19 Williams, Ayanna	Speed City C	15.81
20 Stith, Shelby	Norfolk Extr	15.93
21 Sartain, Brianne	Team Flash	16.25
22 Barney, Ming	Technique TC	16.65
23 Still, Tiara	Track Expres	16.69
24 Dudley, Laneisha	Portsmouth T	17.22

800 Meter Run Youth Girls

Name	Team	Finals
1 Bobbs, Marche	Flying Angel	2:29.04 10
2 Adams, Shanece	Technique TC	2:34.90 8
3 Augins, Nicole	Lazers TC	2:39.72 6
4 Dixon, Ashley	East End Fly	2:42.78 5
5 Teague, Tiana	Track Expres	2:44.73 4
6 Myers, Rashawna	Indian River	2:47.66 3
7 Walker, Kenya	Technique TC	2:49.05 2
8 Simmons, Rebecca	Norfolk Real	2:49.19 1
9 McBride, Jazmyne	Inside Trac	2:56.90
10 Wilson, Monica	Portsmouth T	3:03.51
11 Vaughn, Chiquita	East End Fly	3:08.11
12 Pratt, Rchardae	East End Fly	3:09.31
13 Booker, Icess	Stallions Ex	3:16.58
14 Franklin, Katie	Norfolk Real	3:24.59
15 Still, Tiara	Track Expres	3:59.74

1500 Meter Run Youth Girls

Name	Team	Finals
1 Redd, Alaina	Unattached	5:18.69 10
2 Augins, Nicole	Lazers TC	5:28.18 8

3 Walker, Kenya	Technique TC	5:53.46 6
4 Pratt, Rchardae	East End Fly	6:38.00 5
5 Vaughn, Chiquita	East End Fly	6:42.40 4

1500 Meter Race Walk Youth Girls

Name	Team	Finals
1 Apostoles, Meghan	Team Flash	9:26.15 10
2 Wilson, Charity	Lazers TC	10:24.80 8
3 Frederick, Natanya	Technique TC	11:35.27 6
4 Anderson, Jazlyn	Technique TC	11:44.62 5
5 Barney, Ming	Technique TC	11:45.86 4

4x100 Meter Relay Youth Girls

Team	Relay	Finals
1 Technique TC	A	51.47 10
1) Combs, Rashaun	2) James, Shkemea	
3) Johnson, Courtney	4) Pannell, Courtnei	
2 Norfolk Real Deal	A	51.50 8
1) Harper, Amani	2) Payne-Roebuck, Piarrah	
3) Smith, Nefertiti	4) Todd, Seanda	
3 Virginia Bea	A	52.70 6
1) Green, Gabrielle	2) Harrington, Brittany	
3) Hopkins, Kristin	4) Smith, Sydney	

4x200 Meter Relay Youth Girls

Team	Relay	Finals
1 Technique TC	A	1:49.11 10
1) Adams, Shanece	2) Combs, Rashaun	
3) James, Shkemea	4) Pannell, Courtnei	
2 Norfolk Real Deal	A	1:49.40 8
1) Harper, Amani	2) King, Erica	
3) Payne-Roebuck, Piarrah	4) Todd, Seanda	
3 Virginia Bea	A	1:55.93 6
1) Green, Gabrielle	2) Harrington, Brittany	
3) Hopkins, Kristin	4) Smith, Sydney	
4 Team Flash	A	2:16.73 5
1) Apostoles, Meghan	2) Pacella, Allison	
3) Sartain, Brianne		

4x400 Meter Relay Youth Girls

Team	Relay	Finals
1 Norfolk Real Deal	A	4:26.91 10
1) Harper, Amani	2) Payne-Roebuck, Piarrah	
3) Simmons, Rebecca	4) Todd, Seanda	
2 Technique TC	A	4:38.46 8
1) Adams, Shanece	2) Anderson, Jazlyn	
3) James, Shkemea	4) Johnson, Courtney	
3 East End Flyers TC	A	5:38.92 6
1) Johnson, Lauren	2) Taylor, Alexis	
3) Taylor, Genee	4) Wilson, Mariah	

1600 Sprint Medley Youth Girls

Team	Relay	Finals
1 Norfolk Real Deal	A	4:40.78 10
1) Harper, Amani	2) Payne-Roebuck, Piarrah	
3) Smith, Nefertiti	4) Todd, Seanda	

Technique Relays 2006 - 5/20/2006
Norcom Track and Field Complex
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Results

(1600 Sprint Medley Youth Girls)

Team	Relay	Finals
2 Technique TC	A	4:41.00 8
1) Adams, Shanece	2) Combs, Rashaun	
3) James, Shkemea	4) Pannell, Courtni	
3 East End Flyers TC	A	5:30.57 6
1) Dixon, Ashley	2) Mejia, Veronica	
3) Taylor, Genee	4) Wilson, Mariah	

Long Jump Youth Girls

Name	Team	Finals
1 Smith, Nefertiti	Unattached	5.11m 10
2 Jordan, B	Indian River	4.64m 8
3 Dixon, Ashley	East End Fly	4.34m 6
4 Wilson, Charity	Lazers TC	4.08m 5
5 Smith, Lucrecia	VA Beach Fla	4.01m 4
6 Walker, Kenya	Technique TC	3.91m 3
7 Poteat, Mishae	Indian River	3.89m 2
8 Teague, Tiana	Track Expres	3.83m 1
9 Myers, Rashawna	Indian River	3.81m
10 Wilson, Monica	Portsmouth T	3.78m
11 Frederick, Natanya	Technique TC	3.67m
12 Williams, Arianna	Speed City C	3.65m
13 Lee, Monique	Churchland T	3.44m
14 Still, Tiara	Track Expres	3.09m
15 Sartain, Brianne	Team Flash	2.99m
16 Williams, Ayanna	Speed City C	2.49m

Shot Put Youth Girls

Name	Team	Finals
1 Challis, Erin	Team Flash	10.18m 10
2 Perry, Sherita	Park Place L	8.38m 8
3 Dixon, Kiea	East End Fly	7.81m 6
4 Simmons, Rebecca	Norfolk Real	7.62m 5
5 Anderson, Jazlyn	Technique TC	7.37m 4
6 Barber, Millicent	VA Beach Fla	6.80m 3
7 Johnson, Courtney	Technique TC	6.28m 2
8 Franklin, Katie	Norfolk Real	6.26m 1
9 Douglass, Sarah	Team Flash	6.12m
10 Johnson, Lauren	East End Fly	6.10m
11 Laveist, Coryn	Technique TC	5.99m
12 Taylor, Alexis	East End Fly	5.86m
13 Barney, Ming	Technique TC	3.17m

Discus Throw Youth Girls

Name	Team	Finals
1 Barber, Millicent	VA Beach Fla	21.47m 10
2 Perry, Sherita	Park Place L	20.71m 8
3 Challis, Erin	Team Flash	19.71m 6
4 Simmons, Rebecca	Norfolk Real	17.85m 5
5 Dixon, Kiea	East End Fly	16.05m 4
6 Douglass, Sarah	Team Flash	15.01m 3
7 Johnson, Lauren	East End Fly	14.65m 2
8 Anderson, Jazlyn	Technique TC	14.50m 1
9 Taylor, Alexis	East End Fly	14.19m
10 Frederick, Natanya	Technique TC	13.63m

11 Franklin, Katie	Norfolk Real	13.22m
12 Mosby, Ndea	DelFive	12.16m
13 Barney, Ming	Technique TC	4.81m

100 Meter Dash Intermediate Girls

Name	Team	Finals
1 Chase, Ashley	Hampton Blaz	12.71 10
2 Myers, Rolanda	Indian River	13.03 8
3 Jordan, Jasmine	Indian River	13.72 6
4 Davis, Felicia	Virginia Bea	14.30 5

800 Meter Run Intermediate Girls

Name	Team	Finals
1 Dobosy, Becky	Team Flash	2:46.08 10
2 Chase, Ashley	Hampton Blaz	2:47.96 8
3 Vaughn, Alexis	East End Fly	3:00.96 6
4 Percelle, Lyvonne	Flying Angel	3:04.72 5
5 Sultan, Tajah	Flying Angel	3:47.28 4

1500 Meter Run Intermediate Girls

Name	Team	Finals
1 Dobosy, Becky	Team Flash	6:02.02 10
2 Sultan, Tajah	Flying Angel	7:04.79 8

4x100 Meter Relay Intermediate Girls

Team	Relay	Finals
1 Indian River	A	52.97 10

1600 Sprint Medley Intermediate Girls

Team	Relay	Finals
1 Flying Angel	A	4:48.11 10
1) Sultan, Tajah		

Long Jump Intermediate Girls

Name	Team	Finals
1 Myers, Rolanda	Indian River	4.28m 10
2 Sultan, Tajah	Flying Angel	3.98m 7
2 Davis, Felicia	Virginia Bea	3.98m 7
4 Jordan, Jasmine	Indian River	3.85m 5

Shot Put Intermediate Girls

Name	Team	Finals
1 Joyner, Kashaunda	Faith In Act	7.02m 10
2 Taylor, Ebony	East End Fly	5.57m 8

Discus Throw Intermediate Girls

Name	Team	Finals
1 Joyner, Kashaunda	Faith In Act	22.73m 10
2 Taylor, Ebony	East End Fly	12.54m 8

50 Meter Dash Primary Girls

Name	Team	Finals
1 Carter, Korinna	Boys And Gir	9.20 10
2 Lightfoot, Brianna	West End Ric	9.49 8
3 Sterling, Jazmine	Inside Trac	9.78 6
4 Watts, Ashlie	West End Ric	9.97 5
5 Pope, Tamyia	Technique TC	10.28 4
6 Purham, Naria	Technique TC	10.29 3

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****(50 Meter Dash Primary Girls)**

Name	Team	Finals
7 Taylor, Nia	Track Expres	10.81 2
8 Mcgee, Essence	East End Fly	11.10 1
9 Parks, Skylar	East End Fly	12.82
10 Rome, Jordan	Norfolk Real	13.00
11 Brown, Talieyah	Hampton Blaz	13.55
12 Simmons, Sabrina	Unattached	13.74
13 Ash, Avianna	Inside Trac	14.20
14 Harrell, Alexis	VA Beach Fla	14.32

100 Meter Dash Primary Girls

Name	Team	Finals
1 Parks, Skylar	East End Fly	17.88 10
2 Carter, Korinna	Boys And Gir	18.15 8
3 Brown, Talieyah	Hampton Blaz	18.80
3 Young, Markeeha	DelFive	18.80 6
5 Sterling, Jazmine	Inside Trac	18.86 5
6 Simmons, Sabrina	Unattached	19.70 4
7 Pope, Tamyia	Technique TC	19.73 3
8 Taylor, Nia	Track Expres	19.99 2
9 Mcgee, Essence	East End Fly	20.35 1
10 Ash, Avianna	Inside Trac	20.40
11 Purham, Naria	Technique TC	21.51
12 Harrell, Alexis	VA Beach Fla	22.04

Other Primary Girls

Name	Team	Finals
1 Sterling, Jazmine	Inside Trac	33.00m 10
2 Harrell, Alexis	VA Beach Fla	28.50m 8
3 Simmons, Sabrina	Unattached	27.30m 6
4 Mcgee, Essence	East End Fly	26.90m 5
5 Purham, Naria	Technique TC	25.60m 4
6 Pope, Tamyia	Technique TC	24.90m 3
7 Ash, Avianna	Inside Trac	23.70m 2
8 Brown, Talieyah	Hampton Blaz	22.00m 1
9 Parks, Skylar	East End Fly	21.90m
10 Rome, Jordan	Norfolk Real	10.90m

100 Meter Dash Sub-Bantam Boys

Name	Team	Finals
1 Faulk, Shaun	Lazers TC	14.48 10
2 Mcfarland, Anthony	Track Expres	14.82 8
3 Smith, Tyain	Indian River	14.90 6
4 Hines, Ira	Technique TC	15.25 5
5 Stills, Joshua	Lazers TC	15.58 4
6 Freeze, Julian	VA Beach Fla	15.64 3
7 Jackson, Andre	Inside Trac	15.71 2
8 Jones, Jerimah	Indian River	15.81 1
9 Pulley, Burnell	Inside Trac	15.86
10 Johnson, Trejan	Flying Angel	16.15
11 Abdus-Salaam, Zafir	Churchland T	16.21
12 Currie, Isaiah	VA Beach Fla	16.39
13 Mann, Lonnie	Inside Trac	16.40
13 Crudup, Christopher	Faith In Act	16.40
15 Boyd, Gabriel	Boys And Gir	16.47

16 Williams, Kyle	Norfolk Extr	16.65
17 Thornton, Jalen	VA Beach Fla	16.69
18 Jelks, Malon	Inside Trac	16.79
18 Forde, Paris	East End Fly	16.79
20 Graham, Jalen	Track Expres	16.85
21 Trotman, Jermaine	VA Beach Fla	16.93
22 Addison, Brenton	Churchland T	17.04
23 Moore, Isaiah	Norfolk Real	17.14
24 Jones, Christian	DelFive	17.19
25 Mcfarland, Timothy	Track Expres	17.22
26 Tukpah, Ivah	Track Expres	17.47
27 Harris, Micaiah	Norfolk Real	17.60
28 Truss, Taylor	Virginia Bea	17.65
29 Ocasio, Nevalle	East End Fly	17.69
30 Drummond, Keon	East End Fly	18.01
31 Boyd, Alon	Boys And Gir	18.18
32 Long, Deandre	Churchland T	18.85
33 Cooke, Jordan	Freedom Stri	18.86
34 Stills, Joseph	Lazers TC	18.90
35 Hill, Josiah	Team Flash	19.76
36 Marshall, Cullen	Churchland T	20.76
37 Viney, Robert	Technique TC	22.68
38 Rome, Khalil	Norfolk Real	23.89

800 Meter Run Sub-Bantam Boys

Name	Team	Finals
1 Phillips, Benjamin	East End Fly	3:17.07 10
2 Jones, Christian	DelFive	3:28.20 8
3 Womeldorf, Zach	Team Flash	3:29.31 6
4 Mumford, Nathan	East End Fly	3:31.32 5
5 Jones, Tarin	East End Fly	3:40.72 4
6 Beaulieu, Austin	Team Flash	3:49.32 3
7 Johnson, Robert	DelFive	4:03.09 2
8 Watkins, Kelly	Inside Trac	6:32.07 1

1500 Meter Race Walk Sub-Bantam Boys

Name	Team	Finals
1 Faulk, Shaun	Lazers TC	10:36.31 10
2 Stills, Joshua	Lazers TC	11:18.13 8
3 Stills, Joseph	Lazers TC	12:01.12 6
4 Viney, Robert	Technique TC	12:52.47 5
5 Watkins, Kelly	Inside Trac	12:52.80 4
6 Redd, Justin	Inside Trac	13:14.27 3

4x100 Meter Relay Sub-Bantam Boys

Team	Relay	Finals
1 VA Beach Flames TC	A	1:07.64 10
1) Currie, Isaiah	2) Freeze, Julian	
3) Thornton, Jalen	4) Trotman, Jermaine	
2 Inside Trac	A	1:09.27 8
1) Gillis, Deandre	2) Jackson, Andre	
3) Jelks, Malon	4) Pulley, Burnell	
3 Boys And Gir	A	1:10.29 6
1) Boyd, Alon	2) Boyd, Gabriel	
3) Pendleton, Tony		

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****(4x100 Meter Relay Sub-Bantam Boys)**

Team	Relay	Finals	
4 Track Express TC	A	1:10.53	5
1) Mcfarland, Anthony	2) Mcfarland, Timothy		
3) Winston, Daniel			
5 Norfolk Real Deal	A	1:10.72	4
1) Gibson, Karl	2) Harris, Micaiah		
3) Mitchell, Brandon	4) Moore, Isaiah		
6 East End Flyers TC	B	x1:11.12	
1) Crowell-Owens, Dylis	2) Drummond, Keon		
3) Mcauliffe, Christian	4) Osborne, Divine		
7 Churchland T	A	1:12.53	3
1) Abdus-Salaam, Zafir	2) Addison, Brenton		
3) Wiggins, Lonnell	4) Williams, Torrence		
8 Team Flash	A	2:16.60	2
1) Carpenter, Cody	2) Carpenter, Tyree		
3) Hill, Josiah			

4x200 Meter Relay Sub-Bantam Boys

Team	Relay	Finals	
1 Churchland T	A	2:25.46	10
1) Abdus-Salaam, Zafir	2) Addison, Brenton		
3) Wiggins, Lonnell	4) Williams, Torrence		
2 East End Flyers TC	B	x2:28.48	
1) Crowell-Owens, Dylis	2) Drummond, Keon		
3) Mcauliffe, Christian	4) Osborne, Divine		
3 East End Flyers TC	A	2:29.99	8
1) Disnew, Cleon	2) Forde, Paris		
3) Mcgee, Mario	4) Ocasio, Nevalle		
4 Inside Trac	A	2:30.64	6
1) Gillis, Deandre	2) Jackson, Andre		
3) Jelks, Malon	4) Pulley, Burnell		
5 VA Beach Flames TC	A	2:32.60	5
1) Currie, Isaiah	2) Freeze, Julian		
3) Thornton, Jalen	4) Trotman, Jermaine		
6 Norfolk Real Deal	A	2:38.74	4
1) Gibson, Karl	2) Harris, Micaiah		
3) Mitchell, Brandon	4) Moore, Isaiah		
7 Track Express TC	A	2:39.09	3
1) Graham, Jalen	2) Mcfarland, Anthony		
3) Tukpah, Ivah	4) Winston, Daniel		
8 Boys And Gir	A	2:42.00	2
1) Boyd, Alon	2) Boyd, Gabriel		
3) Kelly, Aubrey			
9 Team Flash	A	2:48.82	1
1) Beaulieu, Austin	2) Carpenter, Tyree		
3) Hill, Josiah	4) Womeldorf, Zach		
10 Churchland T	B	x3:06.64	
1) Long, Deandre	2) Marshall, Cullen		
3) Moser, Jordan	4) Ranisawh, Josiah		

4x400 Meter Relay Sub-Bantam Boys

Team	Relay	Finals	
1 East End Flyers TC	A	5:54.50	10
1) Disnew, Cleon	2) Jones, Tarin		
3) Mcgee, Mario	4) Phillips, Benjamin		

800 Sprint Medley Sub-Bantam Boys

Team	Relay	Finals	
1 Inside Trac	A	2:37.30	10
1) Gillis, Deandre	2) Jackson, Andre		
3) Jelks, Malon	4) Mann, Lonnie		
2 Churchland T	A	2:42.73	8
1) Abdus-Salaam, Zafir	2) Addison, Brenton		
3) Wiggins, Lonnell	4) Williams, Torrence		
3 Norfolk Real Deal	A	2:43.42	6
1) Gibson, Karl	2) Harris, Micaiah		
3) Mitchell, Brandon	4) Moore, Isaiah		
4 Track Express TC	A	2:46.86	5
1) Graham, Jalen	2) Mcfarland, Anthony		
3) Mcfarland, Timothy	4) Tukpah, Ivah		
5 Team Flash	A	2:55.47	4
1) Beaulieu, Austin	2) Carpenter, Cody		
3) Carpenter, Tyree	4) Womeldorf, Zach		
6 East End Flyers TC	A	2:57.76	3
1) Crowell-Owens, Dylis	2) Mcauliffe, Christian		
3) Mumford, Nathan	4) Osborne, Divine		
7 Churchland T	B	x3:06.33	
1) Long, Deandre	2) Marshall, Cullen		
3) Moser, Jordan	4) Ranisawh, Josiah		

Long Jump Sub-Bantam Boys

Name	Team	Finals	
1 Faulk, Shaun	Lazers TC	3.70m	10
2 Hines, Ira	Technique TC	3.49m	8
3 Smith, Tyain	Indian River	3.27m	6
4 Stills, Joshua	Lazers TC	3.17m	5
5 Williams, Torrence	Churchland T	3.11m	4
6 Trotman, Jermaine	VA Beach Fla	3.04m	3
7 Currie, Isaiah	VA Beach Fla	2.84m	2
8 Gibson, Karl	Norfolk Real	2.81m	1
9 Ramsawh, Josiah	Churchland T	2.75m	
10 Crowell-Owens, Dylis	East End Fly	2.64m	
11 Jones, Christian	DelFive	2.56m	
12 Freeze, Julian	VA Beach Fla	2.43m	
13 Thornton, Jalen	VA Beach Fla	2.20m	
14 Williams, Kyle	Norfolk Extr	1.98m	
14 Carpenter, Tyree	Team Flash	1.98m	
16 Graham, Jalen	Track Expres	1.11m	

Shot Put Sub-Bantam Boys

Name	Team	Finals	
1 Redd, Justin	Inside Trac	4.07m	10
2 Womeldorf, Zach	Team Flash	3.13m	8
3 Pinto, Anthony	Team Flash	2.83m	6
4 Carpenter, Cody	Team Flash	2.46m	5

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****100 Meter Dash Bantam Boys**

Name	Team	Finals	
1 Bivins, Tyson	Boys And Gir	13.46	10
2 Payne, Dandre	Track Expres	13.61	8
3 Summerville, Eugene	Churchland T	13.81	6
4 Holloway, Grant	Indian River	14.20	5
5 Pennyfeather, Isaiah	Technique TC	14.44	4
6 Graham, Charles	Inside Trac	14.54	3
7 Pressley, Tyese	Lazers TC	14.66	2
8 Hopkins, Colin	Virginia Bea	14.78	1
9 Watts, Quincy	Lazers TC	14.79	
10 Giles, Kenneth	Lazers TC	14.83	
11 Hendrieth, Frederick	VA Beach Fla	14.86	
12 Payne-Carter, Dominic	Norfolk Real	15.06	
13 Fiesta, Javen	VA Beach Fla	15.16	
14 Jackson, Revon	Inside Trac	15.30	
15 Logan, Kyle	Inside Trac	15.31	
16 Walker, Dominique	Churchland T	15.33	
17 Rogers, Wendell	VA Beach Fla	15.45	
18 Ward, Khamahri	Indian River	15.49	
19 Sudderth3rd, Frank	Flying Angel	15.58	
20 Edwards, Aaron	Inside Trac	15.62	
21 Solomon, Wise	Lazers TC	15.65	
22 Burris, Tavon	Portsmouth T	15.72	
23 Worthington, Carl	Technique TC	15.85	
24 Regas, Ricky	Freedom Stri	15.89	
25 Hunter, Tyler	VA Beach Fla	15.94	
26 Lindsey, David	Indian River	15.96	
27 Bias, Michael	Boys And Gir	16.12	
28 Artis, Matt	Technique TC	16.14	
29 Fox, Gordon	Freedom Stri	16.15	
30 Gray, Donovan	Churchland T	16.35	
31 Blunt, Tre	Team Flash	16.40	
32 Lindfors, Zackary	Team Flash	16.47	
33 Nixon, Lacroy	Team Flash	16.55	
33 Bethea, Supreme	Boys And Gir	16.55	
35 Griffin, Ahmad	Technique TC	16.58	
36 Clark, Kayoma	Track Expres	16.65	
37 Mcneal, Christian	Portsmouth T	17.27	
38 Washington, Austin	Track Expres	17.28	
39 Palmer, Christian	Track Expres	17.53	

800 Meter Run Bantam Boys

Name	Team	Finals	
1 Wise, Daniel	Lazers TC	2:42.81	10
2 Hightower, John	Track Expres	2:43.67	8
3 Regas, Ricky	Freedom Stri	2:45.92	6
4 Beaulieu, Nick	Team Flash	3:01.69	5
5 Trotman, Tyriug	VA Beach Fla	3:02.02	4
6 Pruit, Jordann	East End Fly	3:04.35	3
7 Spencer, Malcolm	Technique TC	3:05.72	2
8 Phillips, Thomas	East End Fly	3:06.00	1
9 Washington, Austin	Track Expres	3:06.41	
10 Wise, Solomon	Lazers TC	3:10.61	

11 Campbell, Kenneth	VA Beach Fla	3:15.12	
11 France, Brian	Indian River	3:15.12	
13 Percelle3rd, Barry	Flying Angel	3:17.58	
14 Mccall, Jmal	East End Fly	3:18.45	
15 Peterson, Joshua	Team Flash	3:19.79	
16 Carter, Kishon	Inside Trac	3:23.36	
17 Clark, Kayoma	Track Expres	3:23.46	
18 Davis, Kevin	Lazers TC	3:23.98	
19 Hyder, Warrick	Inside Trac	3:27.58	
20 Mcneal, Christian	Portsmouth T	3:43.41	
21 Allen, Krisean	Inside Trac	3:53.20	
22 Joyner, Deshawn	Faith In Act	4:00.88	

1500 Meter Run Bantam Boys

Name	Team	Finals	
1 Wise, Daniel	Lazers TC	5:52.93	10
2 Beaulieu, Nick	Team Flash	6:24.54	8
3 Peterson, Joshua	Team Flash	6:39.80	6
4 Neely, Jordan	Technique TC	7:09.79	5

1500 Meter Race Walk Bantam Boys

Name	Team	Finals	
1 Solomon, Wise	Lazers TC	10:29.93	10
2 Worthington, Carl	Technique TC	10:35.46	8
3 Davis, Kevin	Lazers TC	10:44.02	6
4 Gumbs, Malachi	Inside Trac	10:45.42	5
5 Griffin, Ahmad	Technique TC	12:02.47	4
6 Artis, Matt	Technique TC	12:02.72	3
7 Neely, Jordan	Technique TC	12:24.40	2

4x100 Meter Relay Bantam Boys

Team	Relay	Finals	
1 Technique TC	A	1:01.03	10
1) Pennyfeather, Isaiah	2) Singleton, Johvonte		
3) Spencer, Malcolm			
2 Boys And Gir	A	1:01.56	8
1) Allen, Randy	2) Bias, Michael		
3) Bivins, Tyson	4) Carter, Devante		
3 VA Beach Flames TC	A	1:02.01	6
1) Fiesta, Javen	2) Hendrieth, Frederick		
3) Hunter, Tyler	4) Rogers, Wendell		
4 Inside Trac	A	1:02.31	5
1) Edwards, Aaron	2) Ellis, Abdul		
3) Freeman, Lewis	4) Jackson, Revon		
5 East End Flyers TC	A	1:03.28	4
1) Dixon, Montel	2) Ellis, Ashton		
3) Mccall, Json	4) Stokes, Jalen		
6 Indian River	A	1:04.03	3
1) Blissett, Corbyn	2) Holloway, Grant		
3) Tennessee, Ronald	4) Ward, Khamahri		
7 Churchland T	A	1:04.38	2
1) Gray, Donovan	2) Nealy-Williams, Walter		
3) Summerville, Eugene	4) Walker, Dominique		

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4x200 Meter Relay Bantam Boys

Team	Relay	Finals	
1 Lazars TC	A	2:09.00	10
1) Giles, Kenneth	2) Pressley, Tyese		
3) Watts, Quincy			
2 Track Express TC	A	2:09.03	8
1) Hightower, John	2) Manning, Rashad		
3) Payne, Dandre	4) Washington, Austin		
3 Boys And Gir	A	2:10.35	6
1) Allen, Randy	2) Bethea, Supreme		
3) Bivins, Tyson	4) Carter, Devante		
4 Inside Trac	A	2:10.89	5
1) Edwards, Aaron	2) Ellis, Abdul		
3) Freeman, Lewis	4) Graham, Charles		
5 VA Beach Flames TC	B	x2:14.34	
1) Jones, Daequan	2) Miller, Zakee		
3) Poe, Jiadarius	4) Riddick, Jaylan		
6 East End Flyers TC	A	2:15.08	4
1) Dixon, Montel	2) Ellis, Ashton		
3) Mccall, Json	4) Stokes, Jalen		
7 VA Beach Flames TC	A	2:15.27	3
1) Fiesta, Javen	2) Hendrieth, Frederick		
3) Hunter, Tyler	4) Rogers, Wendell		
8 Churchland T	A	2:18.48	2
1) Gray, Donovan	2) Nealy-Williams, Walter		
3) Summerville, Eugene	4) Walker, Dominique		
9 Technique TC	A	2:18.69	1
1) Artis, Matt	2) Pennyfeather, Isaiah		
3) Singleton, Johvonte	4) Spencer, Malcolm		
10 Indian River	A	2:19.34	
1) Blissett, Corbyn	2) Holloway, Grant		
3) Tennessee, Ronald	4) Ward, Khamahri		

4x400 Meter Relay Bantam Boys

Team	Relay	Finals	
1 Lazars TC	A	5:02.21	10
1) Giles, Kenneth	2) Pressley, Tyese		
3) Watts, Quincy	4) Wise, Daniel		
2 Inside Trac	A	5:10.88	8
1) Ellis, Abdul	2) Freeman, Lewis		
3) Graham, Charles	4) Logan, Kyle		
3 Boys And Gir	A	5:21.41	6
1) Allen, Randy	2) Bethea, Supreme		
3) Bias, Michael	4) Carter, Devante		
4 East End Flyers TC	A	6:10.10	5
1) Dixon, Montel	2) Mccall, Jmal		
3) Phillips, Thomas	4) Pruitt, Jordann		

800 Sprint Medley Bantam Boys

Team	Relay	Finals	
1 Track Express TC	A	2:13.50	10
1) Hightower, John	2) Manning, Rashad		
3) Payne, Dandre	4) Washington, Austin		

2 Technique TC	A	2:22.57	8
1) Neely, Jordan	2) Pennyfeather, Isaiah		
3) Spencer, Malcolm	4) Worthington, Carl		
3 Churchland T	A	2:25.90	6
1) Gray, Donovan	2) Nealy-Williams, Walter		
3) Summerville, Eugene	4) Walker, Dominique		
4 Indian River	A	2:29.32	5
1) Blissett, Corbyn	2) Holloway, Grant		
3) Tennessee, Ronald	4) Ward, Khamahri		
5 East End Flyers TC	A	2:30.65	4
1) Ellis, Ashton	2) Mccall, Json		
3) Pruitt, Jordann	4) Stokes, Jalen		
6 VA Beach Flames TC	A	2:34.10	3
1) Jones, Daequan	2) Miller, Zakee		
3) Poe, Jiadarius	4) Riddick, Jaylan		
7 Inside Trac	A	2:36.06	2
1) Gumbs, Malachi	2) Hyder, Warrick		
3) Jackson, Revon	4) Rodriguez, Versace		

Long Jump Bantam Boys

Name	Team	Finals	
1 Davis, Stanley	Norfolk Real	4.19m	10
2 Payne, Dandre	Track Expres	4.07m	8
3 Hightower, John	Track Expres	4.01m	6
4 Wise, Daniel	Lazars TC	3.96m	5
5 Hendrieth, Frederick	VA Beach Fla	3.70m	4
6 Fiesta, Javen	VA Beach Fla	3.65m	3
7 Payne-Carter, Dominic	Norfolk Real	3.54m	2
8 Solomon, Wise	Lazars TC	3.50m	1
9 Regas, Ricky	Freedom Stri	3.35m	
10 Singleton, Johvonte	Technique TC	3.26m	
10 Hopkins, Colin	Virginia Bea	3.26m	
12 Davis, Kevin	Lazars TC	3.09m	
13 Fox, Gordon	Freedom Stri	3.04m	
14 Hunter, Tyler	VA Beach Fla	2.97m	
15 Artis, Matt	Technique TC	2.89m	
16 Beaulieu, Nick	Team Flash	2.87m	
17 Burris, Tavon	Portsmouth T	2.85m	
18 Gilmore, TyRell	VA Beach Fla	2.84m	
19 Pressley, Tyese	Lazars TC	2.46m	
20 Griffin, Ahmad	Technique TC	2.38m	
21 Joyner, Deshawn	Faith In Act	1.85m	
22 Palmer, Christian	Track Expres	1.77m	
23 Brown, George	Track Expres	1.54m	

Shot Put Bantam Boys

Name	Team	Finals	
1 Nealy-Williams, Walter	Churchland T	7.53m	10
2 Singleton, Johvonte	Technique TC	7.37m	8
3 Manning, Rashad	Track Expres	7.30m	6
4 Gray, Tyler	Faith In Act	5.72m	5
5 Chandler, Tyler	Faith In Act	4.83m	4
6 Lloyd, Isaiah	Faith In Act	4.66m	3
7 Griffin, Ahmad	Technique TC	4.59m	2
8 Brown, George	Track Expres	4.41m	1

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Name	Team	Finals
9 Clark, Kayoma	Track Expres	3.46m

100 Meter Dash Midget Boys

Name	Team	Finals
1 Price, Michael	Track Expres	12.28 10
2 Dozier, Shamir	Track Expres	12.63 8
3 Holloway, Trey	Indian River	12.87 6
4 Smith, Jacorey	Churchland T	13.38 5
5 Green, Darius	Technique TC	13.50 4
6 McBride, Dominique	Inside Trac	13.52 3
7 Banks, Darius	Speed City C	13.66 2
8 Wildur, Kenneth	Lazers TC	13.70 1
9 Cheseman, Karbari	Inside Trac	13.77
10 Holloway, Michael	Churchland T	13.90
11 Matthews, John	Speed City C	13.94
12 Smith, Paris	VA Beach Fla	14.14
13 Stokes, Treyvon	East End Fly	14.15
14 Arneaud, Trevor	Technique TC	14.24
15 Soloman, Thomas	Hampton Blaz	14.28
15 Simmons, Elijah	Churchland T	14.28
17 Marsh, Dominek	Speed City C	14.35
18 Burns, Damond	VA Beach Fla	14.36
19 Leggett, Chet	Technique TC	14.48
20 Winston, Rashad	Churchland T	14.61
21 Bullard, Korey	Faith In Act	14.63
22 Whitney, Eric	Norfolk Extr	14.64
23 Russell, Ryan	Lazers TC	14.65
24 Jones, Franklin	Lazers TC	14.77
25 Harrison, Darrian	Freedom Stri	14.86
26 Jelks, Monchaz	Inside Trac	14.95
27 Early, Nicolas	VA Beach Fla	15.27
28 Weary, Torie	Speed City C	15.31
29 Speller, Travon	Virginia Bea	15.36
30 Myers, Lonnie	Indian River	15.43
31 Johnson, Williams	Lazers TC	15.65
32 Cospy, Leryan	Flying Angel	15.72
33 Livingston, Niko	VA Beach Fla	16.36
34 Boyd, Joshua	Freedom Stri	19.81

800 Meter Run Midget Boys

Name	Team	Finals
1 Reuben, Keanu	VA Beach Fla	2:29.02 10
2 Ringo, Evan	Indian River	2:32.45 8
3 Brown, William	Technique TC	2:34.21 6
4 Green, Darius	Technique TC	2:37.29 5
5 Quarles, Zachary	Track Expres	2:38.55 4
6 Hairston, Nicholas	Boys And Gir	2:38.70 3
7 Sartar, Odell	Boys And Gir	2:39.72 2
8 Culley, Conner	VA Beach Fla	2:42.06 1
9 Leggett, Chet	Technique TC	2:44.08
10 Smith, Willie	Indian River	2:45.70
11 Prather, Craig	Lazers TC	2:51.41
12 Cheseman, Karbari	Inside Trac	2:59.47

13 Gentlecore, Patrick	Lazers TC	2:59.83
14 Mills, Jonathan	VA Beach Fla	3:04.76
15 Walden, Treavor	East End Fly	3:13.81
16 Stipe, Cullen	Flying Angel	3:14.51
17 Allison, Gary	Faith In Act	3:16.28
18 Cooper, Gavin	Indian River	3:19.65
19 Owens, Sebastian	West End Ric	3:20.24
20 Henry, Kylan	Track Expres	3:24.82
21 Antoine, Triston	Track Expres	3:26.05
22 Soloman, Thomas	Hampton Blaz	3:32.57

1500 Meter Race Walk Midget Boys

Name	Team	Finals
1 Neely, Jared	Technique TC	10:48.62 10
2 Renfroe, Kijon	Technique TC	10:56.31 8
3 Seal, Austin	Team Flash	11:07.13 6
4 Apostoles, Travis	Team Flash	11:15.93 5
5 Williams, Kelvin	Technique TC	11:20.62 4
6 James, Akeme	Technique TC	11:29.58 3
7 Johnson, Williams	Lazers TC	11:31.16 2
8 Stills, Desmond	Lazers TC	12:04.03 1

4x100 Meter Relay Midget Boys

Team	Relay	Finals
1 Norfolk Real Deal	A	52.93 10
1) Coleman, Joel	2) Johnson, James	
3) Peters, Andrew	4) Simmons, Nicholas	
2 Track Express TC	A	54.02 8
1) Hamilton, Julian	2) Mynatt, Jordan	
3) Price, Michael	4) Quarles, Zachary	
3 Technique TC	A	55.30 6
1) Arneaud, Trevor	2) Fleming, Derrian	
3) Flemings, Derrian	4) Shufford, Tevon	
4 Boys And Gir	A	56.69 5
1) Abdullah, Khalid	2) Johnson, Cardon	
3) Moses, Shaquille	4) Turner, William	
5 Churchland T	A	57.23 4
1) Holloway, Michael	2) Simmons, Elijah	
3) Smith, Jacorey	4) Winston, Rashad	
6 Track Express TC	B	x58.49
1) Chambers, James	2) Martin, Kyle	
3) Monkjr, Dexter	4) Perry, Shameek	
7 Speed City C	A	58.79 3
1) Banks, Darius	2) Cooper, Trent	
3) Marsh, Dominek	4) Matthews, John	
8 Churchland T	B	x1:02.08
1) Addison, Brandon	2) Childs, Jordan	
3) Scott, Shawn	4) Trotter, Jalon	

4x200 Meter Relay Midget Boys

Team	Relay	Finals
1 Norfolk Real Deal	A	1:51.15 10
1) Coleman, Joel	2) Johnson, James	
3) Peters, Andrew	4) Simmons, Nicholas	

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(4x200 Meter Relay Midget Boys)

Team	Relay	Finals	
2 Track Express TC	A	1:54.17	8
1) Martin, Kyle	2) Mynatt, Jordan		
3) Price, Michael	4) Quarles, Zachary		
3 Technique TC	A	1:55.66	6
1) Brown, William	2) Fleming, Derrian		
3) Flemings, Derrian	4) Green, Darius		
4 Boys And Gir	A	2:00.20	5
1) Abdullah, Khalid	2) Johnson, Cardon		
3) Moses, Shaquille	4) Turner, William		
5 Indian River	A	2:01.31	4
1) Cooper, Gavin	2) Holloway, Trey		
3) Myers, Lonnie	4) Ringo, Evan		
6 Churchland T	A	2:01.81	3
1) Holloway, Michael	2) Simmons, Elijah		
3) Smith, Jacorey	4) Winston, Rashad		
7 VA Beach Flames TC	A	2:03.26	2
1) Burns, Damond	2) Early, Nicolas		
3) Livingston, Niko	4) Reuben, Keanu		
8 Track Express TC	B	x2:04.54	
1) Chambers, James	2) Kelly, Darwin		
3) Monkjr, Dexter	4) Perry, Shameek		
9 Speed City C	A	2:08.39	1
1) Banks, Darius	2) Cooper, Trent		
3) Marsh, Dominek	4) Matthews, John		
10 Churchland T	B	x2:15.37	
1) Addison, Brandon	2) Childs, Jordan		
3) Scott, Shawn	4) Trotter, Jalon		
11 Flying Angel	A	2:15.69	
1) Bobbs, Maceo	2) Cospy, Leryan		
3) Ray, Jared	4) Ray, Justin		

4x400 Meter Relay Midget Boys

Team	Relay	Finals	
1 Technique TC	A	4:32.62	10
1) Brown, William	2) Fleming, Derrian		
3) Flemings, Derrian	4) Green, Darius		
2 Boys And Gir	A	4:39.15	8
1) Abdullah, Khalid	2) Johnson, Cardon		
3) Moses, Shaquille	4) Sartar, Odell		
3 Speed City C	A	5:06.67	6
1) Banks, Darius	2) Cooper, Trent		
3) Marsh, Dominek	4) Matthews, John		
4 Technique TC	B	x5:38.29	
1) Henley, Kijona	2) Leggett, Chet		
3) Williams, Edward	4) Williams, Kelvin		

4x800 Meter Relay Midget Boys

Team	Relay	Finals	
1 Track Express TC	A	11:30.13	10
1) Hamilton, Julian	2) Kelly, Darwin		
3) Martin, Kyle	4) Mynatt, Jordan		

2 Technique TC	A	12:33.12	8
1) James, Akeme	2) Leggett, Chet		
3) Neely, Jared	4) Williams, Edward		
3 Track Express TC	B	x13:28.54	
1) Antoine, Triston	2) Henry, Kylen		
3) Monkjr, Dexter	4) Wardjr, Reginald		

1600 Sprint Medley Midget Boys

Team	Relay	Finals	
1 Norfolk Real Deal	A	4:27.96	10
1) Coleman, Joel	2) Johnson, James		
3) Peters, Andrew	4) Simmons, Nicholas		
2 Technique TC	A	4:45.13	8
1) Arneaud, Trevor	2) Flemings, Derrian		
3) Mitchell, Robert	4) Shufford, Tevon		
3 VA Beach Flames TC	A	4:51.90	6
1) Burns, Damond	2) Early, Nicolas		
3) Livingston, Niko	4) Smith, Paris		
4 Boys And Gir	A	4:56.04	5
1) Hairston, Nicholas	2) Moses, Shaquille		
3) Sartar, Odell	4) Turner, William		
5 Inside Trac	A	5:05.65	4
1) Cheseman, Karbari	2) Jelks, Monchaz		
3) Mcbride, Dominique	4) Reed, Jushawn		
6 Lazars TC	A	5:06.07	3
1) Gentlecore, Patrick	2) Jones, Franklin		
3) Prather, Craig	4) Russell, Ryan		
7 Indian River	A	5:06.22	2
1) Cooper, Gavin	2) Holloway, Trey		
3) Ringo, Evan	4) Smith, Willie		
8 Flying Angel	A	5:07.93	1
1) Bobbs, Maceo	2) Ray, Jared		
3) Ray, Justin			
9 Churchland T	A	5:31.77	
1) Addison, Brandon	2) Childs, Jordan		
3) Scott, Shawn	4) Trotter, Jalon		
10 East End Flyers TC	A	5:32.22	
1) Eddy, Joseph	2) Lundgren, Eric		
3) Stokes, Treyvon	4) Wintjen, Kyle		
11 Technique TC	B	x5:36.20	
1) Henley, Kijona	2) Neely, Jared		
3) Williams, Edward	4) Williams, Kelvin		
12 Track Express TC	A	6:06.54	
1) Chambers, James	2) Hamilton, Julian		
3) Perry, Shameek	4) Wardjr, Reginald		

Long Jump Midget Boys

Name	Team	Finals	
1 Holloway, Trey	Indian River	4.64m	10
2 Bullard, Corey	Faith In Act	4.40m	8
3 Turner, William	Boys And Gir	4.34m	6
4 Wildur, Kenneth	Lazars TC	4.30m	5
5 Simmons, Elijah	Churchland T	4.17m	3.5
5 Smith, Jacorey	Churchland T	4.17m	3.5
7 Ringo, Evan	Indian River	4.07m	2

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(Long Jump Midget Boys)

Name	Team	Finals
8 Jones, Franklin	Lazers TC	3.83m 1
9 Stills, Desmond	Lazers TC	3.78m
10 Arneaud, Trevor	Technique TC	3.72m
11 Whitney, Eric	Norfolk Extr	3.61m
11 James, Akeme	Technique TC	3.61m
13 Trotter, Jamel	Churchland T	3.54m
14 Winston, Rashad	Churchland T	3.35m
15 Cooper, Gavin	Indian River	3.25m
15 Walden, Treavor	East End Fly	3.25m
17 Antoine, Triston	Track Expres	3.14m
18 Smith, Willie	Indian River	3.08m
19 Henley, Kijona	Technique TC	3.07m
20 Stokes, Treyvon	East End Fly	2.99m
21 Livingston, Niko	VA Beach Fla	2.89m
22 Allison, Gary	Faith In Act	2.81m
23 Early, Nicolas	VA Beach Fla	2.64m
24 Truss, Savon	Virginia Bea	2.24m
25 Boyd, Joshua	Freedom Stri	1.95m

Shot Put Midget Boys

Name	Team	Finals
1 Saunders, Gabriel	Hampton Blaz	9.91m 10
2 Stills, Desmond	Lazers TC	8.43m 8
3 Perry, Shameek	Track Expres	8.15m 6
4 Tennant, Drew	Team Flash	7.88m 5
5 Chandler, Tramel	Faith In Act	7.74m 4
6 Prather, Craig	Lazers TC	7.73m 3
7 Coles, Tykhari	Hampton Blaz	7.70m 2
8 Kelly, Darwin	Track Expres	7.58m 1
9 Adam, Diashawn	Boys And Gir	6.44m
10 Mills, Jonathan	VA Beach Fla	6.23m
11 Mcconner, Myles	Speed City C	6.05m
12 Wardjr, Reginald	Track Expres	5.85m
13 Boyd, Joshua	Freedom Stri	5.62m
14 Cooke, Joshua	Freedom Stri	4.52m
15 Seal, Austin	Team Flash	4.36m

Discus Throw Midget Boys

Name	Team	Finals
1 Tennant, Drew	Team Flash	18.70m 10
2 Adam, Diashawn	Boys And Gir	18.63m 8
3 Simmons, Nicholas	Norfolk Real	18.20m 6
4 Saunders, Gabriel	Hampton Blaz	17.95m 5
5 Coles, Tykhari	Hampton Blaz	16.64m 4
6 Prather, Craig	Lazers TC	16.26m 3
7 Mcconner, Myles	Speed City C	15.88m 2
8 Renfroe, Kijon	Technique TC	15.35m 1
9 Chandler, Tramel	Faith In Act	13.27m
10 Boyd, Joshua	Freedom Stri	12.50m
11 Cooke, Joshua	Freedom Stri	10.62m
12 Apostoles, Travis	Team Flash	8.51m

100 Meter Dash Youth Boys

Name	Team	Finals
1 Simmons, Dejour	VA Beach Fla	11.01 10
2 Scott, Arlando	Track Expres	11.19 8
3 Moody, Saquon	Indian River	11.86 6
4 Blair, William	Freedom Stri	11.89 4.5
4 Coleman, Joel	Norfolk Real	11.89 4.5
6 Cherenowsky, Anthony	VA Beach Fla	11.99 3
7 Marsh, Damion	Speed City C	12.11 2
8 Saunders, Ronald	Hampton Blaz	12.12 1
9 Meredith, Douglas	Virginia Bea	12.31
10 Matthews, Aaron	Technique TC	12.33
11 Owens, Reggie	Virginia Bea	12.41
12 Walton, Carl	VA Beach Fla	12.50
13 Melton, Dion	Churchland T	12.56
14 Cowell, Kent	Virginia Bea	12.61
15 Frazier, Marquis	Speed City C	12.62
16 Owensjr, Dondre	Track Expres	12.72
17 Webb, Garion	Hampton Blaz	12.93
17 Ward, Earl	Indian River	12.93
19 Cradle, Deshawn	Churchland T	13.00
20 Parries, Davante	Inside Trac	13.36
21 Ray, Jordan	Flying Angel	13.58
21 Saunders, Kevon	Virginia Bea	13.58
23 Horton, Quinn	Park Place L	13.62
24 Camphor, Dedric	Norfolk Real	13.63
25 Wallace, Connor	Speed City C	13.92
26 Harrison, Kyree	Park Place L	14.03
27 Chandler, Travis	Faith In Act	14.21
28 McBride, Marcus	Inside Trac	14.23
29 Sterling, Kavonte	Inside Trac	14.39
30 Horton, Bernard	Park Place L	14.54
31 Troupe, Marcus	Lazers TC	14.61
32 Taylor, Said	Hampton Blaz	15.00
33 Heebner, Charlie	Team Flash	15.14
34 Sultan, Basil	Flying Angel	16.75
--- Ransaw, Darrin	Inside Trac	DNF

800 Meter Run Youth Boys

Name	Team	Finals
1 Burton, Brandon	Speed City C	2:09.13 10
2 Redd, Andre	Unattached	2:09.15 8
3 Willams, Julian	VA Beach Fla	2:19.28 6
4 Jacobs, Kyle	Norfolk Real	2:24.25 5
5 Sterling, Ashaunti	Inside Trac	2:32.39 4
6 Wedlock, Wardell	Norfolk Real	2:33.70 3
7 Leggett, Trey	Technique TC	2:34.29 2
8 Girona, Damiano	East End Fly	2:34.72 0.5
8 Riddick, Rayshad	Norfolk Real	2:34.72 0.5
10 Adams, Tyler	Technique TC	2:35.58
11 James, Lavonte	Technique TC	2:36.25
12 Horton, Quinn	Park Place L	2:36.28
13 Girona, Miguel	East End Fly	2:41.00
14 Saunders, Ronald	Hampton Blaz	2:41.38

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Name	Team	Finals
15 White, Denzel	Indian River	2:43.79
16 Sawyer, Quinton	Lazers TC	2:46.56
17 Moore, Shawn	Flying Angel	2:47.85
18 Woodruff, Dominique	Track Expres	2:51.11
19 Horton, Bernard	Park Place L	2:54.03
20 McBride, Marcus	Inside Trac	2:54.57
21 Vaughn, Darious	Indian River	2:55.19
22 Harrison, Kyree	Park Place L	2:58.16
23 Monrue, Paul	DelFive	3:02.78
24 Joyner, Vance	Team Flash	3:04.09
25 Palmer, Chamon	Flying Angel	3:21.04
26 Harrison, Deangelo	Freedom Stri	3:30.41
27 Millhouse, Jakob	Team Flash	3:32.30

1500 Meter Run Youth Boys

Name	Team	Finals
1 Jacobs, Kyle	Norfolk Real	4:53.25 10
2 Girona, Damiano	East End Fly	5:08.22 8
3 Girona, Miguel	East End Fly	5:14.65 6
4 Smith, Jeronimo	Norfolk Real	5:38.45 5
5 Woodruff, Dominique	Track Expres	5:43.84 4
6 Horton, Quinn	Park Place L	5:46.45 3
7 Taylor, Said	Hampton Blaz	5:55.26 2
8 Palmer, Chamon	Flying Angel	6:36.31 1
9 Ray, Jordan	Flying Angel	6:38.29
10 Harrison, Deangelo	Freedom Stri	8:00.89

1500 Meter Race Walk Youth Boys

Name	Team	Finals
1 Sawyer, Quinton	Lazers TC	9:59.04 10
2 Troupe, Marcus	Lazers TC	9:59.42 8
3 Henley, Kelvin	Technique TC	10:21.60 6
4 Moore, Dymond	Technique TC	11:18.34 5
5 Ransaw, Darrin	Inside Trac	12:21.51 4
6 Spencer, Devin	Technique TC	12:22.06 3
7 Sultan, Basil	Flying Angel	12:58.08 2

4x100 Meter Relay Youth Boys

Team	Relay	Finals
1 VA Beach Flames TC	A	47.56 10
1) Cherenowsky, Anthony	2) Simmons, Dejour	
3) Walton, Carl	4) Willams, Julian	
2 Track Express TC	A	49.43 8
1) Cook, Jairus	2) Owensjr, Dondre	
3) Perry, Jaquan	4) Scott, Arlando	
3 Speed City C	A	49.50 6
1) Frazier, Marquis	2) Marsh, Damion	
3) Stewart, Justin		
4 Norfolk Real Deal	A	51.93 5
1) Riddick, Rayshad	2) Smith, Damian	
3) Smith, Jeronimo	4) Wedlock, Wardell	
5 Virginia Bea	A	52.13 4
1) Cowell, Kent	2) Meredith, Douglas	
3) Nicholson, Tra	4) Owens, Reggie	

6 Technique TC	A	1:08.76 3
1) Adams, Tyler	2) James, Lavonte	
3) Matthews, Aaron	4) Taliaferro, Brandon	

4x200 Meter Relay Youth Boys

Team	Relay	Finals
1 VA Beach Flames TC	A	1:40.65 10
1) Cherenowsky, Anthony	2) Simmons, Dejour	
3) Walton, Carl	4) Willams, Julian	
2 Track Express TC	A	1:43.30 8
1) Cook, Jairus	2) Owensjr, Dondre	
3) Perry, Jaquan	4) Scott, Arlando	
3 Speed City C	A	1:45.29 6
1) Bateman, Jamar	2) Marsh, Damion	
3) Mcfadden, Daniel		
4 Indian River	A	1:49.69 5
1) Moody, Saquon	2) Vaughn, Darious	
3) Ward, Earl	4) White, Denzel	
5 Norfolk Real Deal	A	1:50.12 4
1) Riddick, Rayshad	2) Smith, Damian	
3) Smith, Jeronimo	4) Wedlock, Wardell	
6 Technique TC	A	1:53.89 3
1) James, Lavonte	2) Matthews, Aaron	
3) Sessoms, Laquan	4) Taliaferro, Brandon	
7 Virginia Bea	A	1:55.79 2
1) Cowell, Kent	2) Meredith, Douglas	
3) Nicholson, Tra	4) Owens, Reggie	
8 Norfolk Real Deal	B	x1:58.12
1) Bond, Franklin	2) Camphor, Dedric	
3) Dildy, Edwin	4) Moore, Ralph	
9 Churchland T	A	2:00.10 1
1) Cradle, Deshawn	2) Gibson, Jamal	
3) Melton, Dion	4) Melton, Rashad	
10 Flying Angel	A	2:07.50
1) Ray, Jordan	2) Sharpe, Jilil	
11 Team Flash	A	2:21.15
1) Green, Anthony	2) Heebner, Charlie	
3) Millhouse, Jakob	4) Sartain, Alec	

4x400 Meter Relay Youth Boys

Team	Relay	Finals
1 Speed City C	A	4:22.45 10
1) Bateman, Jamar	2) Burton, Brandon	
3) Mcfadden, Daniel		
2 Technique TC	A	5:06.07 8
1) Adams, Tyler	2) James, Lavonte	
3) Leggett, Trey	4) Moore, Dymond	

4x800 Meter Relay Youth Boys

Team	Relay	Finals
1 Technique TC	A	11:04.67 10
1) James, Lavonte	2) Leggett, Trey	
3) Sessoms, Laquan	4) Taliaferro, Brandon	

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****1600 Sprint Medley Youth Boys**

Team	Relay	Finals	
1 Speed City C	A	4:23.00	10
1) Burton, Brandon	2) Frazier, Marquis		
3) Marsh, Damion	4) Stewart, Justin		
2 Track Express TC	A	4:27.56	8
1) Cook, Jairus	2) Perry, Jaquan		
3) Strange, Joshua			
3 Technique TC	A	4:37.64	6
1) Adams, Tyler	2) Leggett, Trey		
3) Matthews, Aaron	4) Taliaferro, Brandon		
4 Indian River	A	4:42.57	5
1) Moody, Saquon	2) Vaughn, Darius		
3) Ward, Earl	4) White, Denzel		
5 Norfolk Real Deal	A	5:08.61	4
1) Bond, Franklin	2) Camphor, Dedric		
3) Dildy, Edwin	4) Moore, Ralph		

Long Jump Youth Boys

Name	Team	Finals	
1 Moody, Saquon	Indian River	5.85m	10
2 Mcfadden, Daniel	Speed City C	5.28m	8
3 Frazier, Marquis	Speed City C	5.24m	6
4 Green, Anthony	Team Flash	5.20m	5
5 Blair, William	Freedom Stri	5.18m	4
6 Smith, Damian	Norfolk Real	5.16m	3
7 Ward, Earl	Indian River	4.57m	2
8 Stewart, Justin	Speed City C	4.52m	1
9 Camphor, Dedric	Norfolk Real	4.49m	
10 Dildy, Edwin	Norfolk Real	4.34m	
11 Sawyer, Quinton	Lazers TC	4.29m	
11 Riddick, Rayshad	Norfolk Real	4.29m	
11 Strange, Joshua	Track Expres	4.29m	
14 Harrison, Kyree	Park Place L	4.27m	
15 Washington, Justin	Virginia Bea	4.21m	
16 Sharpe, Jilil	Flying Angel	4.16m	
17 Troupe, Marcus	Lazers TC	4.08m	
18 Cook, Jairus	Track Expres	4.01m	
18 Sterling, Kavonte	Inside Trac	4.01m	
20 Horton, Bernard	Park Place L	3.75m	
21 Harrison, Deangelo	Freedom Stri	3.73m	
22 Woodruff, Dominique	Track Expres	3.58m	
23 Horton, Quinn	Park Place L	3.46m	

Shot Put Youth Boys

Name	Team	Finals	
1 Long, Willie	Lazers TC	11.96m	10
2 Lloyd, Nathaniel	Faith In Act	10.82m	8
3 Chandler, Tracy	Faith In Act	10.69m	6
4 Smith, Phillip	Virginia Bea	9.66m	5
5 Houston, Tyler	Speed City C	8.94m	4
6 Inman, Mike	Norfolk Extr	8.12m	3
7 Smith, Jeronimo	Norfolk Real	8.07m	2
8 Monrue, Paul	DelFive	7.79m	1
9 Hollis, Terrence	Flying Angel	7.51m	

10 Ransaw, Darrin	Inside Trac	6.26m	
11 Joyner, Vance	Team Flash	6.15m	
12 Spencer, Devin	Technique TC	6.06m	
13 Moore, Dymond	Technique TC	5.11m	

Discus Throw Youth Boys

Name	Team	Finals	
1 Long, Willie	Lazers TC	31.70m	10
2 Lloyd, Nathaniel	Faith In Act	31.54m	8
3 Houston, Tyler	Speed City C	24.26m	6
4 Hollis, Terrence	Flying Angel	23.22m	5
5 Smith, Phillip	Virginia Bea	22.95m	4
6 Inman, Mike	Norfolk Extr	22.63m	3
7 Webb, Garion	Hampton Blaz	21.40m	2
8 Monrue, Paul	DelFive	19.40m	1
9 Spencer, Devin	Technique TC	18.20m	
10 Moore, Dymond	Technique TC	17.57m	
11 Ransaw, Darrin	Inside Trac	13.90m	
12 Sartain, Alec	Team Flash	12.28m	

100 Meter Dash Intermediate Boys

Name	Team	Finals	
1 Cruz, Lamar	Inside Trac	10.76	10
2 Faulkner, Jamel	Virginia Bea	10.83	8
3 Simmons, Antionio	VA Beach Fla	11.03	6
4 House, Earl	Technique TC	11.16	5
5 Young, Patrick	VA Beach Fla	11.24	4
6 Forester, James	Norfolk Real	11.28	3
7 Freeze, Julius	VA Beach Fla	11.36	2
8 Blake, Ricky	Lazers TC	11.58	1
9 Frierson, Khairi	Virginia Bea	11.83	
10 Williams, Darius	Speed City C	12.00	
11 Burts-Fogle, Dionte	Track Expres	12.07	
12 Myers, Roland	Indian River	12.66	
13 Powell, Demetrius	Inside Trac	13.38	
14 Bates, Bryant	Technique TC	14.15	
15 Hollis, Dahji	Flying Angel	14.46	

800 Meter Run Intermediate Boys

Name	Team	Finals	
1 O'Brien, Aaryon	Virginia Bea	2:11.90	10
2 Williams, Darius	Speed City C	2:19.05	8
3 Harrison, Devinn	Freedom Stri	2:21.48	6
4 Flemings, Antany	Technique TC	2:23.11	5
5 Pennyfeather, Gamal	Technique TC	2:23.83	4
6 Powell, Carter	VA Beach Fla	2:30.88	3
7 Mask, Corey	Inside Trac	2:34.97	2
8 Knight, Daquan	Park Place L	2:36.50	1
9 Myers, Roland	Indian River	2:36.71	

1500 Meter Run Intermediate Boys

Name	Team	Finals	
1 Harrison, Devinn	Freedom Stri	5:06.26	10

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****4x100 Meter Relay Intermediate Boys**

Team	Relay	Finals	
1 Virginia Bea	A	45.14	10
1) Boleyjack, Cameron	2) Faulkner, Jamel		
3) Frierson, Khairi	4) Robertson, Marcus		
2 Technique TC	A	45.73	8
1) Flemings, Antany	2) House, Earl		
3) Pennyfeather, Gamal	4) Singleton, John		
3 Norfolk Real Deal	A	47.22	6
1) Bell, Albert	2) Forester, James		
3) Harper, Quinton	4) Wright, Kenneth		
4 Track Express TC	A	48.84	5
1) Burts-Fogle, Dionte	2) Martin, Terrance		
3) Perry, Melsum	4) Quarlesjr, Donald		

4x200 Meter Relay Intermediate Boys

Team	Relay	Finals	
1 Technique TC	A	1:37.12	10
1) Flemings, Antany	2) House, Earl		
3) Pennyfeather, Gamal	4) Poole, Taylor		
2 Virginia Bea	A	1:39.07	8
1) Boleyjack, Cameron	2) Faulkner, Jamel		
3) Frierson, Khairi	4) Obrien, Aaryon		
3 Norfolk Real Deal	A	1:41.12	6
1) Bell, Albert	2) Forester, James		
3) Harper, Quinton	4) Wright, Kenneth		
4 Track Express TC	A	1:41.40	5
1) Burts-Fogle, Dionte	2) Martin, Terrance		
3) Perry, Melsum	4) Quarlesjr, Donald		

4x400 Meter Relay Intermediate Boys

Team	Relay	Finals	
1 Inside Trac	A	4:15.87	10
1) Cruz, Lamar	2) Gomes, David		
3) Mask, Corey	4) Powell, Demetrius		

1600 Sprint Medley Intermediate Boys

Team	Relay	Finals	
1 Track Express TC	A	4:08.95	10
1) Martin, Terrance	2) Perry, Melsum		
3) Quarlesjr, Donald			
2 Technique TC	A	4:16.41	8
1) Flemings, Antany	2) House, Earl		
3) Poole, Taylor	4) Wilkins, Markell		

Long Jump Intermediate Boys

Name	Team	Finals	
1 Wright, Kenneth	Norfolk Real	5.89m	10
2 Blake, Ricky	Lazers TC	5.84m	8
3 Obrien, Aaryon	Virginia Bea	5.79m	6
4 Powell, Carter	VA Beach Fla	5.52m	5
5 Singleton, John	Technique TC	5.51m	4
6 Harper, Quinton	Norfolk Real	5.48m	3
7 Myers, Roland	Indian River	4.62m	2
8 Knight, Daquan	Park Place L	4.38m	1
9 Martin, Terrance	Track Expres	4.05m	

Shot Put Intermediate Boys

Name	Team	Finals	
1 Davis, Sheldon	Technique TC	9.48m	10
2 Bates, Bryant	Technique TC	9.37m	8
3 Blake, Ricky	Lazers TC	8.49m	5.5
3 Singleton, John	Technique TC	8.49m	5.5
5 Hollis, Dahji	Flying Angel	7.70m	4

Discus Throw Intermediate Boys

Name	Team	Finals	
1 Singleton, John	Technique TC	10.00m	10
2 Bates, Bryant	Technique TC	9.01m	8
3 Davis, Sheldon	Technique TC	7.92m	6
4 Hollis, Dahji	Flying Angel	7.89m	5
5 Laveist, Joshua	Technique TC	5.79m	4

50 Meter Dash Primary Boys

Name	Team	Finals	
1 Stewart, Brendon	Track Expres	7.98	10
2 Walker, Joseph	Churchland T	8.89	8
3 Wyatt, Jyandre	Indian River	8.91	6
4 Williams, Cammeron	Indian River	9.12	5
5 Blissett, Koby	Indian River	9.38	4
6 Osborne, Unique	East End Fly	9.68	3
7 Johns, Ronald	VA Beach Fla	9.75	2
8 Fogle, Ethan	Track Expres	9.93	1
9 Jones, Jalen	Lazers TC	10.00	
10 Carter, Jasper	Norfolk Real	10.02	
11 Porche, Donivon	Indian River	10.11	
12 Frierson, Jahkia	Virginia Bea	10.63	
13 Peters, Elijah	Unattached	11.01	
14 Harris, Jaelan	Unattached	11.04	
15 Beckles, James	Virginia Bea	12.02	
16 Still, Jared	Track Expres	12.05	
17 Rose, Michael	Faith In Act	12.07	
18 Mangham, Chris	VA Beach Fla	12.25	
19 Williams, Brandon	East End Fly	12.64	

100 Meter Dash Primary Boys

Name	Team	Finals	
1 Carter, Jasper	Norfolk Real	18.12	10
2 Fogle, Ethan	Track Expres	18.46	8
3 Wyatt, Jyandre	Indian River	18.52	6
4 Stewart, Brendon	Track Expres	18.81	5
5 Walker, Joseph	Churchland T	19.14	4
6 Joyner, Keshawn	Faith In Act	19.53	3
7 Williams, Cammeron	Indian River	19.70	2
8 Johns, Ronald	VA Beach Fla	20.50	1
9 Blissett, Koby	Indian River	21.04	
10 Porche, Donivon	Indian River	21.47	
11 Frierson, Jahkia	Virginia Bea	21.54	
12 Williams, Brandon	East End Fly	21.73	
13 Osborne, Unique	East End Fly	21.97	
14 Beckles, James	Virginia Bea	22.72	
15 Peters, Elijah	Unattached	24.29	

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results****(100 Meter Dash Primary Boys)**

Name	Team	Finals
16 Mangham, Chris	VA Beach Fla	26.20
17 Still, Jared	Track Expres	28.18

Other Primary Boys

Name	Team	Finals
1 Fogle, Ethan	Track Expres	49.50m 10
2 Johns, Ronald	VA Beach Fla	47.90m 8
3 Carter, Jasper	Norfolk Real	45.50m 6
4 Beckles, James	Virginia Bea	44.70m 5
5 Wyatt, Jyandre	Indian River	41.20m 4
6 Stewart, Brendon	Track Expres	37.50m 3
7 Blissett, Koby	Indian River	36.70m 2
8 Joyner, Keshawn	Faith In Act	31.10m 1
9 Williams, Brandon	East End Fly	30.10m
10 Frierson, Jahkia	Virginia Bea	29.10m
11 Porche, Donivon	Indian River	28.70m
12 Williams, Cammeron	Indian River	24.70m
13 Rose, Michael	Faith In Act	24.20m
14 Mangham, Chris	VA Beach Fla	22.10m
15 Still, Jared	Track Expres	20.90m
16 Peters, Elijah	Unattached	16.70m
17 Harris, Jaelan	Unattached	16.50m
18 Jones, Jalen	Lazers TC	10.80m

Women - Sub-Bantam - Team Rankings - 9 Events Scored

1) Track Express TC	83.5
2) Technique TC	65
3) INDIAN RIVER SPEED T F CLUB	30
4) Flying Angels Track Field	25
5) VA BEACH FLAMES TC	21
6) Churchland Trailblazers	18
7) Norfolk Real Deal	14.5
8) Team Flash	10
9) Hampton Blazers TC	9
10) Freedom Striders TC	6
11) West End Richmond Striders	5.5
12) Portsmouth Track Field Club	2.5

Women - Bantam - Team Rankings - 10 Events Scored

1) East End Flyers TC	68
2) Norfolk Real Deal	66.5
3) Lazars TC	46
4) Technique TC	35
5) INSIDE TRAC	28
6) INDIAN RIVER SPEED T F CLUB	25.5
7) VA BEACH FLAMES TC	19
8) Track Express TC	16
9) Flying Angels Track Field	15
10) Speed City Chargers TC	9
10) Virginia Beach Pathfinders TC	9
12) West End Richmond Striders	5
12) Team Flash	5
14) Hampton Blazers TC	3

Women - Midget - Team Rankings - 12 Events Scored

1) Technique TC	94.5
2) Track Express TC	64.5
3) Norfolk Real Deal	57
4) Hampton Blazers TC	42
5) Park Place Lightning Track	33
6) Team Flash	22
7) Boys And Girls Club Of The Vir	18
8) VA BEACH FLAMES TC	13
9) INSIDE TRAC	10
9) Speed City Chargers TC	10
11) East End Flyers TC	7
12) West End Richmond Striders	6
13) INDIAN RIVER SPEED T F CLUB	4
13) Freedom Striders TC	4
15) Flying Angels Track Field	3

Women - Youth - Team Rankings - 11 Events Scored

1) Technique TC	89
2) Norfolk Real Deal	58
3) East End Flyers TC	44
4) Team Flash	34
5) Lazars TC	27
6) INDIAN RIVER SPEED T F CLUB	20
7) Virginia Beach Pathfinders TC	18
8) VA BEACH FLAMES TC	17
9) Park Place Lightning Track	16
10) Flying Angels Track Field	10
11) Track Express TC	6
12) INSIDE TRAC	3

Women - Intermediate - Team Rankings - 8 Events Scored

1) INDIAN RIVER SPEED T F CLUB	39
2) Flying Angels Track Field	34
3) East End Flyers TC	22
4) Faith In Action Ministry	20
4) Team Flash	20
6) Hampton Blazers TC	18
7) Virginia Beach Pathfinders TC	12

Women - Primary - Team Rankings - 3 Events Scored

1) INSIDE TRAC	23
2) Boys And Girls Club Of The Vir	18
3) Technique TC	17
3) East End Flyers TC	17
5) West End Richmond Striders	13
6) VA BEACH FLAMES TC	8
7) DelFive	6
8) Track Express TC	4
9) Hampton Blazers TC	1

Men - Sub-Bantam - Team Rankings - 9 Events Scored

1) Lazars TC	53
2) INSIDE TRAC	44

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results**

3) East End Flyers TC	40
4) Team Flash	35
5) Churchland Trailblazers	25
6) VA BEACH FLAMES TC	23
7) Track Express TC	21
8) Technique TC	18
9) Norfolk Real Deal	15
10) INDIAN RIVER SPEED T F CLUB	13
11) DelFive	10
12) Boys And Girls Club Of The Vir	8

15) Hampton Blazers TC	5
15) Team Flash	5
17) Park Place Lightning Track	3
18) DelFive	2
19) Churchland Trailblazers	1

Men - Intermediate - Team Rankings - 10 Events Scored**Men - Bantam - Team Rankings - 10 Events Scored**

1) Lazers TC	64
2) Technique TC	57
3) Track Express TC	55
4) Boys And Girls Club Of The Vir	30
5) INSIDE TRAC	28
6) Churchland Trailblazers	26
7) VA BEACH FLAMES TC	23
8) East End Flyers TC	21
9) Team Flash	19
10) INDIAN RIVER SPEED T F CLUB	13
11) Faith In Action Ministry	12
11) Norfolk Real Deal	12
13) Freedom Striders TC	6
14) Virginia Beach Pathfinders TC	1

Men - Midget - Team Rankings - 11 Events Scored

1) Technique TC	79
2) Track Express TC	55
3) Boys And Girls Club Of The Vir	42
4) Norfolk Real Deal	36
5) INDIAN RIVER SPEED T F CLUB	32
6) Lazers TC	27
7) Team Flash	26
8) Hampton Blazers TC	21
9) Churchland Trailblazers	19
9) VA BEACH FLAMES TC	19
11) Speed City Chargers TC	14
12) Faith In Action Ministry	12
13) INSIDE TRAC	7
14) Flying Angels Track Field	1

Men - Youth - Team Rankings - 12 Events Scored

1) Speed City Chargers TC	69
2) Technique TC	46
2) Norfolk Real Deal	46
4) VA BEACH FLAMES TC	39
5) Lazers TC	38
6) Track Express TC	36
7) INDIAN RIVER SPEED T F CLUB	28
8) Faith In Action Ministry	22
9) Virginia Beach Pathfinders TC	15
10) East End Flyers TC	14.5
11) Freedom Striders TC	8.5
12) Flying Angels Track Field	8
12) INSIDE TRAC	8
14) Norfolk Extremes	6

Technique Relays 2006 - 5/20/2006**Norcom Track and Field Complex****I. C. Norcom High School****Results**

1) Technique TC	95.5
2) Virginia Beach Pathfinders TC	42
3) Norfolk Real Deal	28
4) INSIDE TRAC	22
5) VA BEACH FLAMES TC	20
5) Track Express TC	20
7) Freedom Striders TC	16
8) Lazers TC	14.5
9) Flying Angels Track Field	9
10) Speed City Chargers TC	8
11) INDIAN RIVER SPEED T F CLUB	2
11) Park Place Lightning Track	2

Men - Primary - Team Rankings - 3 Events Scored

1) Track Express TC	37
2) INDIAN RIVER SPEED T F CLUB	29
3) Norfolk Real Deal	16
4) Churchland Trailblazers	12
5) VA BEACH FLAMES TC	11
6) Virginia Beach Pathfinders TC	5
7) Faith In Action Ministry	4
8) East End Flyers TC	3