

2007 AAU Virginia District Track & Field Meet - 6/9/2007 to 6/10/2007

DARLING STADIUM, HAMPTON, VIRGINIA

Results

Event 1 Girls 100 Meter Dash Primary

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National: N 14.11	2001	Shaquita Johnson, Ft. Pierce, FL			
Name	Year	Team	Prelims	Wind	H#

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Preliminaries

1	Ward, Destiny	99	Indian River Spe	15.23Q	NWI	3
2	Brown, Neecole	01	Suffolk Stars	15.86Q	NWI	4
3	Johnson, Zanasia	99	Track Serious Tr	15.95Q	NWI	1
4	Johnson, Erykah	99	Virginia Beach F	16.27Q	NWI	5
5	Pope, Tamaya	00	Technique Track	18.20Q	NWI	2
6	Williams, Victoria	99	Track Serious Tr	16.00q	NWI	4
7	Cobbin, Tatyana	99	Norfolk Real Dea	16.33q	NWI	3
8	Valentine, LaChelle'	99	Norfolk Extremes	16.67q	NWI	1
9	Norman, Jasmine	99	Churchland Trail	17.03	NWI	4
10	Hopkins, Avianna	99	Indian River Spe	17.28	NWI	1
11	Steave, JaDyn	99	Virginia Beach F	17.63	NWI	3
12	McGill, Jayla	99	East End Flyers	17.86	NWI	1
13	Harper, Brianna	00	Hampton Blazers	18.06	NWI	3
14	Banks, Alexis	01	Churchland Trail	18.13	NWI	5
15	Hinton, Jade	00	Track Serious Tr	18.72	NWI	2
16	Purham, Naria	01	Technique Track	18.80	NWI	5
17	Keels, Ariyana	99	Churchland Trail	18.81	NWI	3
18	Hughes, Hydeah	99	East End Flyers	18.92	NWI	3
18	Dawson, Princess Kayla	99	Indian River Spe	18.92	NWI	5
20	Simmons, Sabrina	00	Norfolk Real Dea	19.03	NWI	5
21	Warren, Amy	02	Central Vatrack	19.10	NWI	4
22	Scott, Tre'Breh	01	Churchland Trail	19.16	NWI	2
23	Edwards, Niyah	99	Indian River Spe	19.43	NWI	2
24	Weeks, Tabitha	01	Faith In Action	19.81	NWI	2
25	Hanke, Elizabeth	99	Track Serious Tr	20.35	NWI	5
26	Blair, Nayla	02	Speed Inc.	20.40	NWI	1
27	Gaston, Imani	01	East End Flyers	20.56	NWI	5
28	Augustus, Aysha	01	Technique Track	20.79	NWI	1
29	Sterling, Jazzmine	00	Inside Track	21.04	NWI	1
30	Edlow, Zaria	00	Speed Inc.	21.27	NWI	4
31	Rountree, Alexis	01	Suffolk Stars	21.57	NWI	3
32	Mueller, Haley	01	Speed Inc.	21.76	NWI	2
--	Harrell, Christina	00	Lion's Den Track	DNS	NWI	2
--	Blair, Jayla	00	Speed Inc.	DNS	NWI	3
--	Curtis, Ayanna	99	Churchland Trail	DNS	NWI	1
--	Ackerson, Skylar	99	Central Vatrack	DNS	NWI	2
--	Bunch, Telina	00	East End Flyers	DNS	NWI	4
--	Person, Christine	00	Technique Track	DNS	NWI	4
--	Scarbor, Talesia	99	Virginia Beach F	DNS	NWI	4
--	Carter, Xavia	00	Team Flash	DNS	NWI	5

Event 1 Girls 100 Meter Dash Primary

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National: N 14.11	2001	Shaquita Johnson, Ft. Pierce, FL		
Name	Year	Team	Finals	Wind

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Finals

1	Williams, Victoria	99	Track Serious Tr	15.50	NWI
2	Ward, Destiny	99	Indian River Spe	15.53	NWI
3	Johnson, Erykah	99	Virginia Beach F	16.54	NWI
4	Valentine, LaChelle'	99	Norfolk Extremes	16.59	NWI
5	Johnson, Zanasia	99	Track Serious Tr	16.63	NWI

6	Cobbin, Tatyana	99	Norfolk Real Dea	16.68	NWI
7	Pope, Tamaya	00	Technique Track	18.65	NWI
8	Brown, Neecole	01	Suffolk Stars	18.68	NWI

Event 2 Boys 100 Meter Dash Primary

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National: N 13.73 2005 Steffin McCarter, Copperas Cove, TX  
Name Year Team Prelims Wind H#  
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Preliminaries

1	King, Isaiah	99	Park Place Track	15.47Q	NWI	1
2	Pulley, Burnell	99	Inside Track	15.59Q	NWI	5
3	Blackley, Jahkwan	99	Churchland Trail	15.61Q	NWI	2
4	Addison, Brenton	99	Churchland Trail	16.29Q	NWI	6
5	Harper, William	99	Boys & Girls Clu	16.41Q	NWI	3
6	Drummond, Keon	99	East End Flyers	17.19Q	NWI	4
7	Williams, Kyle	99	Technique Track	15.68q	NWI	2
7	Blair, Allen	99	Speed Inc.	15.68q	NWI	5
9	Watford-Twiggs, Jaren	99	East End Flyers	16.06	NWI	1
10	Smith, Jerrell	99	Technique Track	16.31	NWI	6
11	Mason, Jr., Ron	99	Suffolk Stars	16.48	NWI	1
12	Adkins, Donevan	99	East End Flyers	16.59	NWI	3
13	Marrero, Nazir	99	Churchland Trail	16.69	NWI	5
14	Combs, Shaun	99	Technique Track	16.90	NWI	1
15	Carter III, Jasper	00	Norfolk Real Dea	16.99	NWI	3
16	Stoval, Antonio	99	Technique Track	17.02	NWI	5
17	Love, Joshua	99	Suffolk Stars	17.51	NWI	6
18	Midgette, Keyonte	01	Churchland Trail	17.54	NWI	1
19	Henry, Jonathan	00	Team Flash	17.82	NWI	2
20	Johns, Ronald	00	Virginia Beach F	17.83	NWI	2
21	Armstrong, Romel	01	Virginia Beach F	17.91	NWI	4
22	Riley, Cameron	99	Inside Track	18.03	NWI	6
23	Chillous, Kendall	99	Technique Track	18.17	NWI	4
24	Brown, Barry	00	Faith In Action, Vir	18.28	NWI	3
25	Wilson, A'Ryan	00	Virginia Beach F	18.37	NWI	6
26	Crowell, Ricky	99	Speed Inc.	18.45	NWI	4
27	Dabney, Donovan	00	Inside Track	18.52	NWI	2
28	Dixon, Micah	00	Churchland Trail	18.55	NWI	4
29	Knox, Ta'ron	00	Virginia Beach F	18.64	NWI	5
30	Lee, Keshawn	00	East End Flyers	18.83	NWI	5
31	Lawton, Matthew	00	Faith In Action, Che	19.05	NWI	5
32	Armstead, Kenan	01	Churchland Trail	19.47	NWI	3
33	Frierson, Jahki	01	VA Beach Pathfin	20.23	NWI	4
34	DuBois, Christian	01	Churchland Trail	20.93	NWI	1
35	Harrison, Daniel	01	Lazers Track Clu	21.08	NWI	1
36	Bunch, Calvin	01	East End Flyers	21.92	NWI	6
37	Frantz, Daymion	99	East End Flyers	22.32	NWI	2
38	Jordan, Montain	02	Suffolk Stars	24.68	NWI	3
--	Harris, Michael	99	Team Flash	DNS	NWI	6
--	Purvis-Allen, Zion	99	Indian River Spe	DNS	NWI	4
--	Henderson, Tavion	00	Speed City Charg	DNS	NWI	2
--	Redd, Justin	99	Inside Track	DNS	NWI	3

Event 2 Boys 100 Meter Dash Primary

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National: N 13.73 2005 Steffin McCarter, Copperas Cove, TX  
Name Year Team Finals Wind  
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Finals

1	King, Isaiah	99	Park Place Track	15.62	NWI
2	Pulley, Burnell	99	Inside Track	15.79	NWI
3	Blackley, Jahkwan	99	Churchland Trail	15.97	NWI

4	Harper, William	99	Boys & Girls Clu	15.98	NWI
5	Blair, Allen	99	Speed Inc.	16.29	NWI
6	Williams, Kyle	99	Technique Track	16.31	NWI
7	Addison, Brenton	99	Churchland Trail	16.77	NWI
8	Drummond, Keon	99	East End Flyers	17.31	NWI

Event 3 Girls 100 Meter Dash Sub-Bantam

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National: N 13.23 2005 Aleia Hobbs, Avondale, LA  
Name Year Team Prelims Wind H#  
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Preliminaries

1	Mitchell, Amari	98	Virginia Beach F	15.27Q	NWI	3
2	Banks, Aleya	98	Churchland Trail	15.31Q	NWI	2
3	Rountree, Kiera	98	Suffolk Stars	15.46Q	NWI	1
4	Holiday, Kenya	98	Kks	15.67q	NWI	1
5	Mitchell, Dashai	98	Boys & Girls Clu	15.78q	NWI	1
6	Knight, Vierra	98	Suffolk Stars	16.17q	NWI	2
7	Macklin, Keausha	98	Hampton Blazers	16.19q	NWI	1
8	Coles, Trezure	98	Hampton Blazers	16.20q	NWI	2
9	Jacobs, Erica	98	Track Serious Tr	16.22	NWI	1
10	Ford, Peyton	98	Unattached, Montclai	16.42	NWI	1
11	Hinton, Joyner	98	Track Serious Tr	16.46	NWI	3
12	Payne-Robinson, Nyckya	98	Speed City Charg	16.60	NWI	2
13	Valentine, Cioni	98	Indian River Spe	16.72	NWI	3
14	Council, Jacquazja	98	Suffolk Stars	16.77	NWI	3
15	Harrison, Danaria	98	Speed Inc.	16.81	NWI	2
16	Cox, Jonae	98	Churchland Trail	16.93	NWI	1
17	Hinton, Zykeara	98	Churchland Trail	17.15	NWI	2
18	Ferebee, Laneaa'	98	Churchland Trail	17.34	NWI	2
19	Summerville, Jourdan	98	Churchland Trail	17.74	NWI	3
--	Holiday, Kenya	98	Freedom Striders	DNS	NWI	3
--	Hawkes, Aviance	98	Indian River Spe	DNS	NWI	1
--	Ricks, Kyra	98	Unattached, Portsmou	DNS	NWI	3
--	Gaines, Breshahna	98	Unattached, Frederic	DNS	NWI	2

Event 3 Girls 100 Meter Dash Sub-Bantam

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National: N 13.23 2005 Aleia Hobbs, Avondale, LA  
Name Year Team Finals Wind  
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Finals

1	Mitchell, Dashai	98	Boys & Girls Clu	15.39	NWI
2	Banks, Aleya	98	Churchland Trail	15.53	NWI
3	Rountree, Kiera	98	Suffolk Stars	15.61	NWI
4	Holiday, Kenya	98	Kks	15.94	NWI
5	Coles, Trezure	98	Hampton Blazers	16.04	NWI
6	Mitchell, Amari	98	Virginia Beach F	16.11	NWI
7	Macklin, Keausha	98	Hampton Blazers	16.54	NWI
8	Knight, Vierra	98	Suffolk Stars	16.79	NWI

Event 4 Boys 100 Meter Dash Sub-Bantam

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National: N 13.33 2002 Cameron Vines, Columbus, OH  
Name Year Team Prelims Wind H#  
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Preliminaries

1	Faulk, Shuan	98	Lazers Track Clu	14.55Q	NWI	3
2	Stills, Joshua	98	Lazers Track Clu	14.79Q	NWI	4
3	Freeze, Julian	98	Virginia Beach F	14.85Q	NWI	1
4	Smith, Tyain	98	Indian River Spe	15.02Q	NWI	2
5	Hines, Ira	98	Technique Track	14.69q	NWI	3

6	Jackson, Andre	98	Inside Track	14.91q	NWI	1
7	Williams, Anthony	98	Track Serious Tr	14.96q	NWI	3
8	Boone, Noah	98	Virginia Beach F	15.11q	NWI	4
9	Landry, Kiere	98	Churchland Trail	15.33	NWI	4
10	Brown, Ronald	98	Churchland Trail	15.89	NWI	3
11	Gillis, Deandre	98	Inside Track	16.02	NWI	2
12	Pickett, Stephan	98	Technique Track	16.04	NWI	2
13	Jones, Tarin	98	East End Flyers	16.14	NWI	3
14	Currie, Isaiah	98	Virginia Beach F	16.15	NWI	2
15	Harris, Micaiah	98	Norfolk Real Dea	16.26	NWI	2
16	Gibson, Karl	98	Norfolk Real Dea	16.48	NWI	3
17	Ricks, Jamonte	98	Lazers Track Clu	16.48	NWI	1
18	Gibson, Rashad	98	Faith In Action	16.66	NWI	1
19	Mitchell, Brandon	98	Norfolk Real Dea	16.70	NWI	4
20	Mackson-Powell, Saikquan	98	Churchland Trail	17.09	NWI	1
21	Powell, DaShaun	98	Churchland Trail	17.13	NWI	1
22	Wiggins, Lonnell	98	Churchland Trail	17.14	NWI	2
23	Johnson, Sheneir	98	Boys & Girls Clu	17.65	NWI	2
24	Salaam, William	98	Norfolk Extremes	19.34	NWI	1
25	Watkins, Kelly	98	Inside Track	19.84	NWI	3
26	Purvis, Braxton	98	Indian River Spe	21.70	NWI	4
--	Ocasio, Nevalle	98	East End Flyers	DNS	NWI	4
--	Jelks, Malon	98	Inside Track	DNS	NWI	4

Event 4 Boys 100 Meter Dash Sub-Bantam

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National: N 13.33	2002	Cameron Vines, Columbus, OH
Name	Year Team	Finals Wind

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Finals

1	Faulk, Shuan	98	Lazers Track Clu	14.96	NWI
2	Smith, Tyain	98	Indian River Spe	15.03	NWI
3	Stills, Joshua	98	Lazers Track Clu	15.19	NWI
4	Williams, Anthony	98	Track Serious Tr	15.20	NWI
5	Freeze, Julian	98	Virginia Beach F	15.22	NWI
6	Hines, Ira	98	Technique Track	15.25	NWI
7	Boone, Noah	98	Virginia Beach F	15.37	NWI
8	Jackson, Andre	98	Inside Track	15.38	NWI

Event 5 Girls 100 Meter Dash Bantam

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National: N 12.93	2001	Bijon Robinson, N. Hollywood, CA
Name	Year Team	Prelims Wind H#

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Preliminaries

1	Brown, Ianna	97	Track Serious Tr	14.27Q	NWI	2
2	Coleman, Sydney	97	Norfolk Real Dea	14.44Q	NWI	3
3	Greenlee, Ashley	97	Hampton Blazers	14.77Q	NWI	1
4	Wilson, Taylor	97	Indian River Spe	14.82Q	NWI	4
5	Eastman, Jasmine	97	Norfolk Extremes	14.87q	NWI	1
6	Epps, Keyla	97	Technique Track	14.91q	NWI	3
7	Bunch, Ashaila	97	East End Flyers	14.95q	NWI	2
8	Ward, Nadiya	97	Norfolk Extremes	15.16q	NWI	2
9	Mallory, Tayla	97	Suffolk Stars	15.25	NWI	2
10	Eley, Jaylah	97	Inside Track	15.26	NWI	3
11	Young, Alexis	97	Mustang's	15.67	NWI	1
12	Hughes, Celina	97	Virginia Beach F	15.68	NWI	4
13	Washington, Twanika	97	Inside Track	15.85	NWI	4
14	Linton, A'Via	97	Suffolk Stars	15.85	NWI	1
15	Brown, Kayla	97	Churchland Trail	15.95	NWI	2
16	Shepard, Brianna	97	Churchland Trail	15.96	NWI	4
17	Massie, Taylor	97	Churchland Trail	16.13	NWI	1

18 Ford, Mackenzie	97 Unattached, Montclai	16.24	NWI	2
19 Boone, Bianna	97 Virginia Beach F	16.43	NWI	3
20 Stukes, Brittany	97 Churchland Trail	16.46	NWI	3
21 Goodhope, Danielle	97 Faith In Action	16.71	NWI	3
22 Jean, Kaylin	97 Speed City Charg	17.05	NWI	4
23 Cotman, Tadaja	97 Suffolk Stars	17.83	NWI	4
24 Swain, Atiya	97 Norfolk Extremes	18.03	NWI	4
25 Chandler, Aliyah	97 Track Serious Tr	20.09	NWI	1

Event 5 Girls 100 Meter Dash Bantam

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National: N 12.93	2001	Bijon Robinson, N. Hollywood, CA		
Name	Year Team	Finals	Wind	
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Finals

1 Wilson, Taylor	97 Indian River Spe	14.80	NWI	
2 Brown, Ianna	97 Track Serious Tr	14.82	NWI	
3 Coleman, Sydney	97 Norfolk Real Dea	15.21	NWI	
4 Epps, Keyla	97 Technique Track	15.39	NWI	
5 Eastman, Jasmine	97 Norfolk Extremes	15.52	NWI	
6 Greenlee, Ashley	97 Hampton Blazers	15.56	NWI	
7 Bunch, Ashaila	97 East End Flyers	15.60	NWI	
8 Ward, Nadiya	97 Norfolk Extremes	16.05	NWI	

Event 6 Boys 100 Meter Dash Bantam

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National: N 12.71	1996	Perry Harris, Dallas, TX			
Name	Year Team	Prelims	Wind	H#	
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Preliminaries

1 Grahm, Charles	97 Inside Track	13.83Q	NWI	1
2 Bivins, Tyson	97 Boys & Girls Clu	13.95Q	NWI	3
3 Pressley, Tyese	97 Lazars Track Clu	14.31Q	NWI	2
4 Holloway, Grant	97 Indian River Spe	13.99q	NWI	1
5 Jenkins, Preston	97 Churchland Trail	14.40q	NWI	3
6 Dixon, Kyree	97 Churchland Trail	14.58q	NWI	2
7 Hudson, Brian	97 Technique Track	14.68q	NWI	2
8 Harrison, Byrsen	97 Indian River Spe	14.82q	NWI	3
9 Zaryczny, David	97 Central Vatrack	14.87	NWI	3
10 Dixon, Montel	97 East End Flyers	14.99	NWI	3
11 Lewis, Michael	97 Churchland Trail	15.04	NWI	3
12 Edwards, Aaron	97 Inside Track	15.12	NWI	3
13 Wallace, Kyree	97 Indian River Spe	15.14	NWI	2
14 Ward, Khamari	97 Indian River Spe	15.22	NWI	1
15 Talbert, Timothy	97 Highlands Heat	15.29	NWI	2
16 Jones, Ivan	97 Churchland Trail	15.42	NWI	1
17 Nipper, Devyn	97 Norfolk Real Dea	15.51	NWI	1
18 Jackson, Travon	97 Churchland Trail	16.98	NWI	1
19 Hallman, Mike	97 East End Flyers	17.48	NWI	2
-- Jones, D'Andre	97 Suffolk Stars	DNS	NWI	2
-- Boone, Kenneth	97 Lazars Track Clu	DNS	NWI	1

Event 6 Boys 100 Meter Dash Bantam

=====					
National: N 12.71	1996	Perry Harris, Dallas, TX			
Name	Year Team	Finals	Wind		
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Finals

1 Bivins, Tyson	97 Boys & Girls Clu	14.17	NWI	
2 Grahm, Charles	97 Inside Track	14.31	NWI	
3 Holloway, Grant	97 Indian River Spe	14.50	NWI	
4 Pressley, Tyese	97 Lazars Track Clu	14.60	NWI	

5	Dixon, Kyree	97	Churchland Trail	14.71	NWI
6	Jenkins, Preston	97	Churchland Trail	14.76	NWI
7	Hudson, Brian	97	Technique Track	15.35	NWI
8	Harrison, Byrsen	97	Indian River Spe	15.46	NWI

Event 7 Girls 100 Meter Dash Sub-Midget

=====					
National: N 12.78		2001	Shatterri Alston, Camden, NJ		
Name	Year	Team	Prelims	Wind	H#
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Preliminaries

1	Taliaferro, Briana	96	Norfolk Real Dea	13.79Q	NWI	2
2	Arrington, Tearra	96	East End Flyers	13.83Q	NWI	3
3	Ray, Chantel	96	Inside Track	14.07Q	NWI	1
4	Snipes, Gabrielle	96	Unattached,Suffolk,	13.85q	NWI	3
5	Cole, Ruby	96	Norfolk Extremes	14.09q	NWI	3
6	Preayer, Bianca	96	Speed City Charg	14.19q	NWI	2
7	Johnson, Nichele	96	East End Flyers	14.51q	NWI	2
8	Smith, Sherelle	96	Churchland Trail	14.52q	NWI	2
9	Sanford, Leah	96	Virginia Beach F	14.53	NWI	3
10	Lyles, Kara	96	Lazers Track Clu	14.56	NWI	1
11	Glenn, Kyra	96	Track Serious Tr	14.69	NWI	1
12	Marsh, Shanyia	96	Speed City Charg	15.10	NWI	3
13	Qadir, Bakari	96	East End Flyers	15.86	NWI	1
14	Velez, Alyssia	96	Speed City Charg	16.04	NWI	1
15	Curry, Dayzja	96	Technique Track	16.26	NWI	2
16	Sumner, Sydney	96	Speed Inc.	16.36	NWI	2
--	Doucet, Jade	96	Freedom Striders	DNS	NWI	2
--	Hanks, Micah	96	Speed Inc.	DNS	NWI	3
--	Ferebee, Drew	96	Lazers Track Clu	DNS	NWI	3
--	Gaines, Brittany	96	Unattached,Frederic	DNS	NWI	1

Event 7 Girls 100 Meter Dash Sub-Midget

=====					
National: N 12.78		2001	Shatterri Alston, Camden, NJ		
Name	Year	Team	Finals	Wind	
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Finals

1	Snipes, Gabrielle	96	Unattached,Suffolk,	14.00	NWI
2	Taliaferro, Briana	96	Norfolk Real Dea	14.01	NWI
3	Ray, Chantel	96	Inside Track	14.32	NWI
4	Arrington, Tearra	96	East End Flyers	14.50	NWI
5	Cole, Ruby	96	Norfolk Extremes	14.53	NWI
6	Preayer, Bianca	96	Speed City Charg	14.78	NWI
7	Johnson, Nichele	96	East End Flyers	14.84	NWI
8	Smith, Sherelle	96	Churchland Trail	14.97	NWI

Event 8 Boys 100 Meter Dash Sub-Midget

=====					
National: N 12.04		2004	Walter Williams, Detroit, MI		
Name	Year	Team	Prelims	Wind	H#
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Preliminaries

1	Blackley, Joell	96	Churchland Trail	13.94Q	NWI	5
2	Summerville, Eugene	96	Churchland Trail	14.01Q	NWI	2
3	Ellis, Ashton	96	East End Flyers	14.22Q	NWI	1
4	Hinton, Justice	96	Track Serious Tr	14.24Q	NWI	3
5	Merideth, Dominic	96	Speed City Charg	14.37Q	NWI	4
6	Pennyfeather, Isaiah	96	Technique Track	14.05q	NWI	2
7	Gould, Andrew	96	Suffolk Stars	14.25q	NWI	1
8	Ellis, Abdul	96	Inside Track	14.27q	NWI	5
9	Sessoms, Quamel	96	Churchland Trail	14.46	NWI	1

10	Lewis, Christopher	96	Churchland Trail	14.48	NWI	4
11	Giles, Kenneth	96	Hampton Blazers	14.74	NWI	3
12	Lawton, Myles	96	Faith In Action, Che	14.82	NWI	5
13	Rogers, Wendell	96	Virginia Beach F	14.83	NWI	5
14	Smalley, Clarence	96	Churchland Trail	14.84	NWI	3
15	McCall, J'Son	96	East End Flyers	14.85	NWI	5
16	Hudson, Dwaylon	96	Faith In Action	14.95	NWI	2
17	Hopkins, Collin	96	VA Beach Pathfin	14.99	NWI	5
18	Robinson, JaQuan	96	Hampton Blazers	14.99	NWI	4
19	Samuels, Tyler	96	Faith In Action	15.09	NWI	1
20	Allen, Randy	96	Boys & Girls Clu	15.21	NWI	2
21	Massie, Michael	96	Churchland Trail	15.34	NWI	5
22	Singleton, Johvonte'	96	Technique Track	15.41	NWI	1
22	Parker, Anthony	96	Churchland Trail	15.41	NWI	4
24	Rountree, Gregory	96	Suffolk Stars	15.43	NWI	3
25	Lawrence, Justin	96	Track Serious Tr	15.61	NWI	4
26	Hall, Brandon	96	Suffolk Stars	15.90	NWI	4
27	Gonzales, Jonathon	96	Quiet Storm Elit	16.56	NWI	3
28	Artis, Matt	96	Technique Track	16.61	NWI	3
29	Castleman, Tristian	96	Team Flash	17.83	NWI	2
30	Davis, Darius	96	Norfolk Extremes	17.96	NWI	2
31	Bialk, Jacob	96	HamptonCityElite	18.77	NWI	3
--	Robinson, Alvin	96	Inside Track	DNS	NWI	4
--	Young, McKinley	96	Norfolk Real Dea	DNS	NWI	1

Event 8 Boys 100 Meter Dash Sub-Midget

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National: N 12.04	2004	Walter Williams, Detroit, MI
Name	Year Team	Finals Wind

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Finals

1	Blackley, Joell	96	Churchland Trail	14.29	NWI
2	Summerville, Eugene	96	Churchland Trail	14.30	NWI
3	Hinton, Justice	96	Track Serious Tr	14.34	NWI
4	Pennyfeather, Isaiah	96	Technique Track	14.49	NWI
5	Ellis, Abdul	96	Inside Track	14.51	NWI
6	Gould, Andrew	96	Suffolk Stars	14.89	NWI
7	Ellis, Ashton	96	East End Flyers	14.93	NWI
8	Merideth, Dominic	96	Speed City Charg	14.93	NWI

Event 9 Girls 100 Meter Dash Midget

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National: N 12.02	1996	Alisha Williams, Dallas, TX
Name	Year Team	Prelims Wind H#

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Preliminaries

1	Blackwell, Cayla	95	Boys & Girls Clu	13.65Q	NWI	2
2	Scott, Shandell	95	Park Place Track	13.88Q	NWI	3
3	Thomas, Jayme	95	Hampton Blazers	13.97Q	NWI	1
4	Russell, Shamera	95	Technique Track	14.07q	NWI	2
5	Moore, Alexia	95	Norfolk Real Dea	14.43q	NWI	1
6	Marrow, Kimberly	95	Inside Track	14.47q	NWI	1
7	Hicks, Ashley	95	Norfolk Real Dea	14.66q	NWI	2
8	White, Ceazia	95	Virginia Beach F	14.67q	NWI	3
9	Jones, Mashea	95	Churchland Trail	14.91	NWI	2
10	Littleton-Davis, Micaela	95	HamptonCityElite	15.18	NWI	1
11	Edwards, Kayla	95	Indian River Spe	15.29	NWI	1
12	Jones, Jessica	95	Bay Rivers T&F C	15.33	NWI	3
13	Hatton, Kanitra	95	Churchland Trail	15.42	NWI	3
14	Hunt, Michelle	95	Indian River Spe	15.67	NWI	2
15	Bryant, Twanja	95	Track Serious Tr	15.75	NWI	3
16	Dolly, Cherelle	95	Churchland Trail	15.98	NWI	1

17 Bumpers, Montrella	95 East End Flyers	16.05	NWI	3
-- Brown, Geoquasha	95 Inside Track,Hampto	DNS	NWI	2

Event 9 Girls 100 Meter Dash Midget

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National: N 12.02 1996 Alisha Williams, Dallas, TX  
Name Year Team Finals Wind  
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Finals

1 Scott, Shandell	95 Park Place Track	13.67	NWI
2 Thomas, Jayme	95 Hampton Blazers	13.94	NWI
3 Blackwell, Cayla	95 Boys & Girls Clu	14.14	NWI
4 White, Ceazia	95 Virginia Beach F	14.54	NWI
5 Moore, Alexia	95 Norfolk Real Dea	14.66	NWI
6 Marrow, Kimberly	95 Inside Track	14.82	NWI
7 Russell, Shamera	95 Technique Track	14.83	NWI
8 Hicks, Ashley	95 Norfolk Real Dea	15.14	NWI

Event 10 Boys 100 Meter Dash Midget

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National: N 11.80 2000 Christopher Winton, Knoxville, TN  
Name Year Team Prelims Wind H#  
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Preliminaries

1 Green, Darius	95 Technique Track	12.97Q	NWI	2
2 Johnson, Cardon	95 Boys & Girls Clu	13.02Q	NWI	3
3 Jones, Quincy	95 Boys & Girls Clu	13.44Q	NWI	1
4 Banks, Darius	95 Speed City Charg	13.54q	NWI	1
5 Johnson, Noah	95 Chesapeake Speed	13.61q	NWI	3
6 Smith, Jacorey	95 Churchland Trail	13.75q	NWI	2
7 Stokes, Treyvon	95 East End Flyers	13.91q	NWI	3
8 Greer Jr, Samuel	95 Boys & Girls Clu	14.04q	NWI	2
9 Phillips, Keonta	95 Churchland Trail	14.20	NWI	1
10 Copeland, Calvin	95 Chesapeake Speed	14.24	NWI	1
11 Mathews, John	95 Boys & Girls Clu	14.24	NWI	2
12 Guerrier, Javon	95 Norfolk Real Dea	14.41	NWI	2
13 Taylor, Marcus	95 Speed City Charg	14.49	NWI	2
14 Arneaud, Trevor	95 Technique Track	14.61	NWI	1
15 Rivera, Dante	95 Mustang's	14.65	NWI	3
16 Lawrence, DaiQuan	95 Virginia Beach F	14.71	NWI	2
17 Brown, Raashad	95 Track Serious Tr	14.92	NWI	1
18 Gee, DaQuan	95 Churchland Trail	15.26	NWI	3
19 Trotter, Jalon	95 Churchland Trail	15.29	NWI	3
20 Morris, Marquis	95 Boys & Girls Clu	15.70	NWI	1
-- Terrell, Deon	95 Lazars Track Clu	DNS	NWI	1
-- Flemings, Derrian	95 Technique Track	DNS	NWI	3

Event 10 Boys 100 Meter Dash Midget

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National: N 11.80 2000 Christopher Winton, Knoxville, TN  
Name Year Team Finals Wind  
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Finals

1 Green, Darius	95 Technique Track	13.30	NWI
2 Johnson, Cardon	95 Boys & Girls Clu	13.48	NWI
3 Jones, Quincy	95 Boys & Girls Clu	13.57	NWI
4 Banks, Darius	95 Speed City Charg	13.71	NWI
5 Smith, Jacorey	95 Churchland Trail	13.84	NWI
6 Johnson, Noah	95 Chesapeake Speed	13.99	NWI
7 Stokes, Treyvon	95 East End Flyers	14.01	NWI
-- Taylor, Marcus	95 Speed City Charg	DNS	NWI

Event 11 Girls 100 Meter Dash Sub-Youth

National: N 12.35 2005 Kia Jackson, Lithonia, GA					
Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1 Ellick, Tiffany	94	Norfolk Real Dea	12.63Q	NWI	1
2 Moore, Maya	94	Technique Track	13.16Q	NWI	2
3 Taylor, Taranisha	94	Norfolk Real Dea	13.34q	NWI	2
4 Smith, Fatasia	94	Technique Track	13.52q	NWI	1
5 Vonner, Alexia	94	Norfolk Real Dea	13.64q	NWI	1
6 Bivins, Kiana	94	Boys & Girls Clu	13.92q	NWI	1
7 Thompson, Di'Yea	94	Central Vatrack,Ric	14.05q	NWI	1
8 Muhammad, Maria	94	Norfolk Real Dea	14.07q	NWI	2
9 Valentine, Tiffany	94	Norfolk Extremes	14.33	NWI	1
10 Forester, Yasmine	94	Norfolk Real Dea	14.42	NWI	2
11 Collins, Alicia	94	Norfolk Real Dea	14.67	NWI	2
12 Carney, Taira	94	Central Vatrack	14.88	NWI	2
13 Clark, Britani	94	Mustang's	14.97	NWI	1
14 Washington, Kathleen	94	Indian River Spe	15.59	NWI	1
-- Sharp, Olicia	94	Central Vatrack	DNS	NWI	2

Event 11 Girls 100 Meter Dash Sub-Youth

National: N 12.35 2005 Kia Jackson, Lithonia, GA				
Name	Year	Team	Finals	Wind
Finals				
1 Ellick, Tiffany	94	Norfolk Real Dea	12.80	NWI
2 Moore, Maya	94	Technique Track	13.19	NWI
3 Taylor, Taranisha	94	Norfolk Real Dea	13.20	NWI
4 Smith, Fatasia	94	Technique Track	13.84	NWI
5 Vonner, Alexia	94	Norfolk Real Dea	14.08	NWI
6 Muhammad, Maria	94	Norfolk Real Dea	14.12	NWI
7 Bivins, Kiana	94	Boys & Girls Clu	14.22	NWI
8 Thompson, Di'Yea	94	Central Vatrack,Ric	14.37	NWI

Event 12 Boys 100 Meter Dash Sub-Youth

National: N 11.80 2005 Dequadis Tucker, Decatur, GA					
Name	Year	Team	Prelims	Wind	H#
Preliminaries					
1 Coleman, Joel	94	Norfolk Real Dea	11.96Q	NWI	4
2 Keith, Austin	94	Unattached,Richmond	12.35Q	NWI	3
3 Shufford, Tevon	94	Technique Track	12.66Q	NWI	2
4 Booker, De'Von	94	Churchland Trail	12.71Q	NWI	1
5 Holloway, Trey	94	Indian River Spe	12.79q	NWI	3
6 Proctor, Rashawn	94	Technique Track	12.87q	NWI	4
7 Peters, Andrew	94	Norfolk Real Dea	13.15q	NWI	1
8 Daniels, Brehon	94	Track Serious Tr	13.38q	NWI	1
9 Soloman, Thomas	94	Hampton Blazers	13.91	NWI	1
10 Neely, Jared	94	Technique Track	13.96	NWI	3
11 Bullard, Korey	94	Faith In Action,Vir	13.99	NWI	4
12 Watson, Andre'	94	Boys & Girls Clu	14.11	NWI	4
13 Chapman, John	94	Boys & Girls Clu	14.22	NWI	2
14 McBride, Dominique	94	Inside Track	14.54	NWI	4
15 Siler, Cameron	94	Boys & Girls Clu	14.79	NWI	3
16 Landry, Dameron	94	Churchland Trail	14.82	NWI	4
17 Turner, Ryan	94	Churchland Trail	15.08	NWI	3
18 Bialk, Wesley	94	HamptonCityElite	15.45	NWI	4
19 Brown, Frank	94	Technique Track	15.59	NWI	3

20	Jelks, Monchaz	94	Inside Track	15.70	NWI	1
--	Randle, Sherrod	94	Team Flash	DNS	NWI	3
--	Augustus, Marki's	94	Technique Track	DNS	NWI	1
--	Thompson, Joshua	94	Faith In Action	DNS	NWI	2
--	Jones, Jordan	94	Indian River Spe	DNS	NWI	2
--	Brown, Kenneth	94	Churchland Trail	DNS	NWI	2
--	Jones, Franklin	94	Lazers Track Clu	DNS	NWI	2

Event 12 Boys 100 Meter Dash Sub-Youth

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National: N 11.80 2005 Dequadis Tucker, Decatur, GA  
Name Year Team Finals Wind  
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Finals

1	Coleman, Joel	94	Norfolk Real Dea	11.90	NWI
2	Keith, Austin	94	Unattached, Richmond	12.58	NWI
3	Booker, De'Von	94	Churchland Trail	12.69	NWI
4	Shufford, Tevon	94	Technique Track	12.74	NWI
5	Holloway, Trey	94	Indian River Spe	13.15	NWI
6	Proctor, Rashawn	94	Technique Track	13.32	NWI
7	Peters, Andrew	94	Norfolk Real Dea	13.46	NWI
8	Daniels, Brehon	94	Track Serious Tr	13.79	NWI

Event 13 Girls 100 Meter Dash Youth

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National: N 11.70 1980 Carla McLaughlin, Durham, NC  
Name Year Team Prelims Wind H#  
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Preliminaries

1	McCants, Brittney	93	Phase II	12.58Q	NWI	3
2	Saunders, Sha'keela	93	Unattached, Chesapea	12.64Q	NWI	2
3	Moore, Brianna	93	Virginia Beach F, Vi	12.91Q	NWI	1
4	Williams, Monica	93	Track Serious Tr	12.62q	NWI	3
5	Hankins, Jasmine	93	Track Serious Tr	12.74q	NWI	2
6	Combs, Rashaun	93	Technique Track	12.91q	NWI	3
7	Ferrell, Krista	93	Kks	13.16q	NWI	1
8	Sharp, Olivia	93	Central Vatrack	13.17q	NWI	2
9	Johnson, Courtney	93	Technique Track	13.30	NWI	1
10	Harris, Angela	93	Central Vatrack	13.32	NWI	1
11	Smith, Sydney	93	VA Beach Pathfin	13.34	NWI	2
12	Smalley, Takeria	93	Churchland Trail	13.38	NWI	2
13	Todd, Seanda	93	Norfolk Real Dea	13.52	NWI	3
14	Poteat, Mishae	93	Indian River Spe	13.52	NWI	2
15	Ellick, Ashley	93	Lion's Den Track	13.52	NWI	1
16	Smith, Jasmine	93	Central Vatrack	13.69	NWI	3
17	Johnson, Monica	93	Churchland Trail	14.00	NWI	1
18	Thomas, Ebony	93	Bay Rivers T&F C	14.01	NWI	1
19	Patrick, Daniqua	93	Inside Track	15.33	NWI	1
20	Howell, Shontavia	93	Indian River Spe	16.87	NWI	3
--	Herrind, Anisha	93	Inside Track, Hampto	DNS	NWI	3
--	Cupka, Sarah	93	Norfolk Real Dea	DNS	NWI	2
--	Bryant, Alana	93	Team Flash	DNS	NWI	2
--	Brown, Sharae	93	HamptonCityElite	DNS	NWI	3

Event 13 Girls 100 Meter Dash Youth

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National: N 11.70 1980 Carla McLaughlin, Durham, NC  
Name Year Team Finals Wind  
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Finals

1	Saunders, Sha'keela	93	Unattached, Chesapea	12.81	NWI
2	McCants, Brittney	93	Phase II	12.83	NWI

3	Williams, Monica	93	Track Serious Tr	13.13	NWI
4	Combs, Rashaun	93	Technique Track	13.38	NWI
5	Moore, Brianna	93	Virginia Beach F,Vi	13.41	NWI
6	Hankins, Jasmine	93	Track Serious Tr	13.46	NWI
7	Sharp, Olivia	93	Central Vatrack	13.47	NWI
8	Ferrell, Krista	93	Kks	13.53	NWI

Event 14 Boys 100 Meter Dash Youth

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National: N 10.81 1995 Jason Hodge, Giddings, TX  
Name Year Team Prelims Wind H#  
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Preliminaries

1	Mitchell, Walter	93	Norfolk Real Dea	11.88Q	NWI	1
2	Kimbrough, Dominique	93	Norfolk Real Dea	12.30Q	NWI	2
3	Smith, Damian	93	Norfolk Real Dea	12.40Q	NWI	3
4	Scott, Erik	93	Indian River Spe	12.61Q	NWI	4
5	Green, Anthony	93	Team Flash	12.46q	NWI	2
6	Ward, Earl	93	Indian River Spe	12.47q	NWI	2
7	Blueford, Mylon	93	Indian River Spe	12.54q	NWI	1
8	Cradle, Deshawn	93	Churchland Trail	12.83q	NWI	2
9	Staton, Antoine	93	Virginia Beach F	12.83	NWI	1
10	Robinson, Stephen	93	Speed City Charg	12.83	NWI	3
11	Scott, Tory	93	Central Vatrack	12.91	NWI	4
12	DuBois, Benjamin	93	Churchland Trail	13.10	NWI	1
13	Sanchez, Daezon	93	Virginia Beach F	13.35	NWI	3
14	Holloman, Gene	93	Virginia Beach F	13.57	NWI	4
15	Smith, Raisean	93	Norfolk Real Dea	13.58	NWI	4
16	Washington, Deivan	93	Team Flash	13.60	NWI	1
17	Simms, Stevon	93	Churchland Trail	13.62	NWI	3
18	Moore, Dymond	93	Technique Track	13.76	NWI	4
19	Payne, Evonte	93	Churchland Trail	13.79	NWI	3
20	Samuels, Cameron	93	Faith In Action	14.70	NWI	2
21	Taylor, Michael	93	Speed City Charg	15.29	NWI	2
22	Joe, Aaron	93	Churchland Trail	16.45	NWI	4
--	Smallwood, Desmond	93	Team Flash	DNS	NWI	3
--	Gaines, Brian	93	Unattached, frederic	DNS	NWI	1
--	Lawton, Michael	93	Faith In Action, Che	DNS	NWI	3
--	Wallace, Dominique	93	Team Flash	DNS	NWI	4

Event 14 Boys 100 Meter Dash Youth

=====  
National: N 10.81 1995 Jason Hodge, Giddings, TX  
Name Year Team Finals Wind  
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Finals

1	Mitchell, Walter	93	Norfolk Real Dea	12.00	NWI
2	Kimbrough, Dominique	93	Norfolk Real Dea	12.44	NWI
3	Ward, Earl	93	Indian River Spe	12.46	NWI
4	Smith, Damian	93	Norfolk Real Dea	12.59	NWI
5	Green, Anthony	93	Team Flash	12.65	NWI
6	Scott, Erik	93	Indian River Spe	12.87	NWI
7	Blueford, Mylon	93	Indian River Spe	12.88	NWI
8	Cradle, Deshawn	93	Churchland Trail	12.89	NWI

Event 15 Girls 100 Meter Dash Intermediate

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National: N 11.50 1981 Michelle Glover, Pennsauken, NJ  
Name Year Team Prelims Wind H#  
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Preliminaries

1	Wesh, Marlana	91	Phase II	12.27Q	NWI	5
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2	Owens, Derica	92	Virginia Beach F	12.48Q	NWI	1
3	Chandler, Tanay	91	Norfolk Real Dea	12.60Q	NWI	2
4	Hunt, Ruth	91	Track Serious Tr	12.63Q	NWI	6
5	Johnson, Zamia	92	Track Serious Tr	13.26Q	NWI	4
6	James, Shkemea	92	Technique Track	13.32Q	NWI	3
7	Pannell, Courtni	92	Technique Track	12.27q	NWI	5
8	Sumler, Monica	91	Indian River Spe	12.91q	NWI	1
9	Holloman, Sarah	92	Virginia Beach F	13.03	NWI	5
10	Payne-Roebuck, Piarrah	92	Norfolk Real Dea	13.06	NWI	1
11	Chase, Ashley	91	Hampton Blazers	13.29	NWI	2
12	Ferrell, Shaneka	91	Kks	13.34	NWI	2
13	Diggs, Angela	92	Track Serious Tr	13.42	NWI	3
14	Dales, Jasmine	92	Mustang's	13.53	NWI	4
15	Davis, Breha	92	Mustang's	13.58	NWI	3
16	Daniels, Dionna	92	Central Vatrack	13.73	NWI	4
17	Green, Gabrielle	92	VA Beach Pathfin	13.84	NWI	5
18	Hall, Brittany	92	Mustang's	13.88	NWI	5
19	Blair, Shirae	91	Speed Inc.	14.00	NWI	3
20	Clements, Tocara	92	Churchland Trail	14.08	NWI	2
21	Meredith, Renee	91	Speed City Charg	14.24	NWI	5
22	Ross, Ladasha	92	Churchland Trail	14.36	NWI	5
23	Jackson, Raven	92	Norfolk Real Dea	14.65	NWI	4
24	Davis, Felicia	91	VA Beach Pathfin	14.66	NWI	1
25	Betts, Letha	92	Mustang's,Newport N	14.72	NWI	6
26	Carly, Deanna	91	Speed City Charg	14.78	NWI	4
27	Smith, Melina	92	Churchland Trail	14.82	NWI	3
28	Jackson, Alexis	91	Inside Track	15.57	NWI	6
29	Allsopp, Paige	92	Mustang's	15.89	NWI	2
--	Ragland, Lauren	92	Lion's Den Track	DNS	NWI	1
--	Smith, Nefertiti	92	Norfolk Real Dea	DNS	NWI	6
--	Owens, Derica	91	Norfolk Real Dea	DNS	NWI	3
--	McCoy, Chanelle	92	Speed City Charg	DNS	NWI	1
--	Jackson, Ciarra	91	Suffolk Stars	DNS	NWI	6
--	Speller, Krystina	92	Norfolk Extremes	DNS	NWI	2
--	Shepard, Karimah	91	Indian River Spe	DNS	NWI	2
--	Ogwu, Nneka	92	Indian River Spe	DNS	NWI	4
--	Fields, Schleace	91	East End Flyers	DNS	NWI	4
--	Geisman, Caitlyn	91	East End Flyers	DNS	NWI	6
--	Thompson, Rachel	90	Faith In Action	DNS	NWI	3
--	Cannady, Iman	92	Unattached,Richmond	DNS	NWI	6

Event 15 Girls 100 Meter Dash Intermediate

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National: N 11.50 1981 Michelle Glover, Pennsauken, NJ

Name Year Team Finals Wind

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Finals

1	Wesh, Marlana	91	Phase II	12.24	NWI
2	Owens, Derica	92	Virginia Beach F	12.82	NWI
3	Chandler, Tanay	91	Norfolk Real Dea	12.84	NWI
4	Hunt, Ruth	91	Track Serious Tr	12.93	NWI
5	Pannell, Courtni	92	Technique Track	13.11	NWI
6	James, Shkemea	92	Technique Track	13.35	NWI
7	Sumler, Monica	91	Indian River Spe	13.50	NWI
8	Johnson, Zamia	92	Track Serious Tr	13.63	NWI

Event 16 Boys 100 Meter Dash Intermediate

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National: N 10.27 1996 Ryan Berard, Houston, TX

Name Year Team Prelims Wind H#

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Preliminaries

1	Simmons, Dejour	92	Virginia Beach F	10.92Q	NWI	1
2	House, Earl	91	Technique Track	11.06Q	NWI	3
3	Simmons, Antonio	91	Virginia Beach F	11.13Q	NWI	2
4	Cruz, Lamar	91	Inside Track	11.08q	NWI	3
5	Gatling, Tavon	91	Virginia Beach F	11.31q	NWI	3
6	Wesh, Darrell	92	Phase II	11.44q	NWI	1
7	Meredith, Douglas	92	VA Beach Pathfin	11.79q	NWI	1
8	Lockley, Donivan	91	Unattached, Richmond	11.98q	NWI	2
9	Hinton, Jordan	91	Track Serious Tr	12.15	NWI	3
10	Dean, Marcus	92	Chesapeake Speed	12.40	NWI	3
11	Boleyjack, Cameron	91	VA Beach Pathfin	12.58	NWI	2
12	Washington, Dwayne	92	Virginia Beach F	12.61	NWI	1
13	Marsh, Damion	92	Speed City Charg	12.66	NWI	1
14	Alston, Derrick	91	Technique Track	12.88	NWI	2
15	Stokley, Tevin	92	Suffolk Stars	12.90	NWI	2
16	Williams, Demetrius	91	Norfolk Extremes	13.01	NWI	3
17	Bullock, McKinsey	92	Churchland Trail	13.10	NWI	2
18	Odom, Alan	92	Bay Rivers T&F C	13.26	NWI	3
19	Ranshaw, Darrin	92	Inside Track	13.33	NWI	1
--	Sivels Ellick, Phillip	92	Lion's Den Track	DNS	NWI	2
--	Evans, Marcus	91	VA Beach Pathfin, VB	DNS	NWI	3
--	Morgan, Derrick	91	Virginia Beach F	DNS	NWI	2
--	Williams, Marcellus	92	Technique Track	DNS	NWI	1
--	Robinson, Giovanni	92	Hampton Blazers	DNS	NWI	1

Event 16 Boys 100 Meter Dash Intermediate

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National: N 10.27 1996 Ryan Berard, Houston, TX  
Name Year Team Finals Wind  
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Finals

1	Simmons, Dejour	92	Virginia Beach F	11.17	NWI
2	Simmons, Antonio	91	Virginia Beach F	11.26	NWI
3	Cruz, Lamar	91	Inside Track	11.38	NWI
4	House, Earl	91	Technique Track	11.55	NWI
5	Wesh, Darrell	92	Phase II	11.74	NWI
6	Gatling, Tavon	91	Virginia Beach F	11.79	NWI
7	Lockley, Donivan	91	Unattached, Richmond	12.19	NWI
8	Meredith, Douglas	92	VA Beach Pathfin	12.28	NWI

Event 17 Women 100 Meter Dash Young

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National: N 11.30 1984 Carla McLaughlin, Durham, NC  
Name Year Team Prelims Wind H#  
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Preliminaries

1	Dales, Alexis	90	Mustang's	11.59q	NWI	2
2	Wilson, Raven	90	Norfolk Real Dea	12.08q	NWI	1
3	Kenner, Nicole	89	Lazers Track Clu	12.34q	NWI	2
4	Beckles, Angelica	89	VA Beach Pathfin	12.80q	NWI	1
5	Thompson, Rachel	90	Faith In Action	13.30q	NWI	1
6	Green, Aurielle	90	Team Flash	13.50q	NWI	2
7	Bell, La-Drina	89	Churchland Trail	13.82q	NWI	2
8	Sample, Ravyn	90	Churchland Trail	13.85q	NWI	1
--	Moore, Denyse	90	Norfolk Real Dea	DNS	NWI	2
--	Kenner, Nicole	89	Norfolk Real Dea	DNS	NWI	1

Event 18 Men 100 Meter Dash Young

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National: N 10.11 1996 Xavier Alson, Houston, TX  
Name Year Team Prelims Wind H#  
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1	Griffin, Kelvin	90	Virginia Beach F	10.93Q	NWI	2
2	Gyasi, Isiah	89	Norfolk Real Dea	11.04Q	NWI	4
3	Staton, Brandon	90	Virginia Beach F	11.06Q	NWI	1
4	Durrant, Preston	89	Track Serious Tr	11.15Q	NWI	3
5	Thompson, Brian	89	Track Serious Tr	11.11q	NWI	4
6	Taylor, James	90	Norfolk Real Dea	11.13q	NWI	1
7	Nichols, Kevin	88	Norfolk Real Dea	11.14q	NWI	2
8	Smith, Wesley	89	Norfolk Real Dea	11.17q	NWI	3
9	Noel, Jelani	89	Norfolk Real Dea	11.35	NWI	4
10	Bryan, Deandre	90	Virginia Beach F	11.54	NWI	4
11	Shelton, Darris	89	HamptonCityElite	11.59	NWI	3
12	Maldonado, Andre'	89	Technique Track	11.77	NWI	1
13	Hymes, Terrance	89	Mustang's	12.13	NWI	4
14	Gaston, Michael	89	East End Flyers	12.15	NWI	3
15	Desper, Mark	90	Technique Track	12.16	NWI	2
16	Clark, Christopher	89	Mustang's	12.52	NWI	1
17	Banks, David	89	HamptonCityElite	12.55	NWI	2
18	McGhee, Chris	90	HamptonCityElite	12.66	NWI	1
19	McQuillen, William	89	Technique Track	12.88	NWI	4
20	Francis, Brian	89	VA Beach Pathfin	13.37	NWI	2
--	Alexander, James	89	Norfolk Real Dea	DNS	NWI	1
--	Alston, Kevin	89	Track Serious Tr	DNS	NWI	2
--	Poole, Taylor	90	Technique Track	DNS	NWI	3
--	Usman, Shehzaib	89	Unattached, Sterling	DNS	NWI	1
--	Webb, Kareem	90	Virginia Beach F	DNS	NWI	3
--	Gregory, Tony	89	Virginia Beach F	DNS	NWI	3
--	Church, Anthony	90	Lazers Track Clu	DNS	NWI	1
--	Hines, Anthony	89	Norfolk Real Dea	DNS	NWI	2
--	Moss, Bartholomew	90	Unattached, Montpeli	DNS	NWI	2
--	Collins, Joe	89	East End Flyers	DNS	NWI	4

Event 18 Men 100 Meter Dash Young

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National: N 10.11		1996	Xavier Alson, Houston, TX			
Name	Year	Team	Finals	Wind		
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Finals

1	Gyasi, Isiah	89	Norfolk Real Dea	11.04	NWI	
2	Griffin, Kelvin	90	Virginia Beach F	11.24	NWI	
3	Nichols, Kevin	88	Norfolk Real Dea	11.33	NWI	
4	Durrant, Preston	89	Track Serious Tr	11.35	NWI	
5	Staton, Brandon	90	Virginia Beach F	11.36	NWI	
6	Taylor, James	90	Norfolk Real Dea	11.37	NWI	
7	Smith, Wesley	89	Norfolk Real Dea	11.44	NWI	
8	Thompson, Brian	89	Track Serious Tr	11.44	NWI	

Event 19 Girls 200 Meter Dash Primary

=====						
National: N 29.05		2001	Shaquita Johnson, Ft. Pierce, FL			
Name	Year	Team	Prelims	Wind	H#	
=====						

Preliminaries

1	Ward, Destiny	99	Indian River Spe	32.51Q	NWI	3
2	Williams, Victoria	99	Track Serious Tr	34.87Q	NWI	4
3	Johnson, Erykah	99	Virginia Beach F	35.99Q	NWI	1
4	Norman, Jasmine	99	Churchland Trail	36.05Q	NWI	2
5	McGill, Jayla	99	East End Flyers	37.61Q	NWI	5
6	Johnson, Zanasia	99	Track Serious Tr	34.63q	NWI	3
7	Ferrell, Bryana	99	Central Vatrack	37.55q	NWI	1
8	Goodman, Raven	99	Suffolk Stars	37.96q	NWI	2
9	Purham, Naria	01	Technique Track	38.62	NWI	4
10	Harper, Brianna	00	Hampton Blazers	38.81	NWI	2

11	Sterling, Jazzmine	00	Inside Track	38.89	NWI	2
12	Pope, Tamaya	00	Technique Track	39.36	NWI	3
13	Hopkins, Avianna	99	Indian River Spe	39.47	NWI	2
14	Scott, Tre'Breh	01	Churchland Trail	39.82	NWI	5
15	Brown, Talieyah	00	Hampton Blazers	39.86	NWI	5
16	Simmons, Sabrina	00	Norfolk Real Dea	40.42	NWI	4
17	Blair, Jayla	00	Speed Inc.	40.42	NWI	2
18	Steave, JaDyn	99	Virginia Beach F	40.60	NWI	5
19	Keels, Ariyana	99	Churchland Trail	41.08	NWI	4
20	Person, Christine	00	Technique Track	42.01	NWI	3
21	Hughes, Hydeah	99	East End Flyers	42.03	NWI	3
22	Brown, Neecole	01	Suffolk Stars	42.60	NWI	5
23	Hinton, Jade	00	Track Serious Tr	42.68	NWI	1
24	Hill, Simone	99	Technique Track	43.17	NWI	5
25	Dawson, Princess Kayla	99	Indian River Spe	44.44	NWI	1
26	Blair, Nayla	02	Speed Inc.	45.42	NWI	5
27	Gaston, Imani	01	East End Flyers	46.16	NWI	4
28	Rountree, Alexis	01	Suffolk Stars	48.46	NWI	1
29	Augustus, Aysha	01	Technique Track	49.21	NWI	1
--	Harrell, Christina	00	Lion's Den Track	DNS	NWI	4
--	Scarbor, Talesia	99	Virginia Beach F	DNS	NWI	2
--	Mueller, Haley	01	Speed Inc.	DNS	NWI	3
--	Banks, Alexis	01	Churchland Trail	DNS	NWI	3
--	Curtis, Ayanna	99	Churchland Trail	DNS	NWI	1
--	Warren, Amy	02	Central Vatrack	DNS	NWI	4
--	Henley, Kelsy	99	Technique Track	DNS	NWI	2
--	Ackerson, Skylar	99	Central Vatrack	DNS	NWI	5

Event 19 Girls 200 Meter Dash Primary

=====						
National:	N 29.05	2001	Shaquita Johnson, Ft. Pierce, FL			
Name		Year Team		Finals	Wind	
=====						

Finals

1	Ward, Destiny	99	Indian River Spe	32.18	NWI	
2	Williams, Victoria	99	Track Serious Tr	32.82	NWI	
3	Ferrell, Bryana	99	Central Vatrack	33.81	NWI	
4	Johnson, Zanasia	99	Track Serious Tr	34.22	NWI	
5	Johnson, Erykah	99	Virginia Beach F	35.43	NWI	
6	Norman, Jasmine	99	Churchland Trail	36.48	NWI	
7	McGill, Jayla	99	East End Flyers	37.16	NWI	
8	Goodman, Raven	99	Suffolk Stars	40.11	NWI	

Event 20 Boys 200 Meter Dash Primary

=====						
National:	N 28.43	2005	Steffin McCarter, Copperas Cove, TX			
Name		Year Team		Prelims	Wind	H#
=====						

Preliminaries

1	Smith, Jerrell	99	Technique Track	33.52Q	NWI	4
2	Blair, Allen	99	Speed Inc.	34.16Q	NWI	5
3	Addison, Brenton	99	Churchland Trail	34.59Q	NWI	3
4	Carter III, Jasper	00	Norfolk Real Dea	35.02Q	NWI	2
5	Williams, Kyle	99	Technique Track	35.27Q	NWI	1
6	Blackley, Jahkwan	99	Churchland Trail	35.26q	NWI	4
7	Moore, Gregory	99	Boys & Girls Clu	35.34q	NWI	3
8	Midgette, Keyonte	01	Churchland Trail	35.79q	NWI	1
9	Stoval, Antonio	99	Technique Track	36.00q	NWI	5
10	Marrero, Nazir	99	Churchland Trail	36.35q	NWI	4
11	Harrison, Daniel	01	Lazers Track Clu	36.50q	NWI	1
12	Love, Joshua	99	Suffolk Stars	36.71q	NWI	5
13	Combs, Shaun	99	Technique Track	36.85q	NWI	2

14	Johns, Ronald	00	Virginia Beach F	37.38q	NWI	2
15	Watford-Twigg, Jaren	99	East End Flyers	37.50q	NWI	3
16	Lee, Keshawn	00	East End Flyers	38.05q	NWI	1
17	Barr, Malik	00	Virginia Beach F	38.27	NWI	1
18	Crowell, Ricky	99	Speed Inc.	38.49	NWI	1
19	Drummond, Keon	99	East End Flyers	38.88	NWI	2
20	Joyner, Keshawn	00	Faith In Action	39.12	NWI	2
21	Armstrong, Romel	01	Virginia Beach F	39.20	NWI	4
22	Henry, Jonathan	00	Team Flash	39.52	NWI	3
23	Dixon, Micah	00	Churchland Trail	40.13	NWI	5
24	Mason, Jr., Ron	99	Suffolk Stars	40.50	NWI	4
25	Henderson, Tavion	00	Speed City Charg	41.27	NWI	1
26	Chillous, Kendall	99	Technique Track	42.10	NWI	3
27	Armstead, Kenan	01	Churchland Trail	43.63	NWI	5
28	Wilson, A'Ryan	00	Virginia Beach F	43.85	NWI	5
29	Frierson, Jahki	01	VA Beach Pathfin	47.19	NWI	4
30	DuBois, Christian	01	Churchland Trail	51.79	NWI	2
--	Harper, William	99	Boys & Girls Clu	DNS	NWI	5
--	King, Isaiah	99	Park Place Track	DNS	NWI	4
--	Knox, Ta'ron	00	Virginia Beach F	DNS	NWI	3
--	Moulton, Sean	00	Lion's Den Track	DNS	NWI	3
--	Redd, Justin	99	Inside Track	DNS	NWI	2
--	Northover, Karim	99	Ribbon Breakers	DNS	NWI	2
--	Jordan, Montain	02	Suffolk Stars	DNS	NWI	3
--	Pulley, Burnell	99	Inside Track	DNS	NWI	4
--	Dabney, Donovan	00	Inside Track	DNS	NWI	1
--	Riley, Cameron	99	Inside Track	DNS	NWI	5

Event 20 Boys 200 Meter Dash Primary

=====						
National: N 28.43		2005	Steffin McCarter, Copperas Cove, TX			
Name	Year	Team	Finals	Wind	H#	
=====						

Finals

1	Pulley, Burnell	99	Inside Track	32.89	NWI	2
2	Blackley, Jahkwan	99	Churchland Trail	33.41	NWI	1
3	Carter III, Jasper	00	Norfolk Real Dea	33.50	NWI	1
4	King, Isaiah	99	Park Place Track	33.91	NWI	2
5	Williams, Kyle	99	Technique Track	34.19	NWI	1
6	Crowell, Ricky	99	Speed Inc.	34.60	NWI	2
7	Blair, Allen	99	Speed Inc.	35.04	NWI	1
8	Smith, Jerrell	99	Technique Track	35.18	NWI	1
9	Addison, Brenton	99	Churchland Trail	35.60	NWI	1
10	Stoval, Antonio	99	Technique Track	36.34	NWI	2
11	Marrero, Nazir	99	Churchland Trail	36.53	NWI	2
12	Moore, Gregory	99	Boys & Girls Clu	37.14	NWI	1
13	Riley, Cameron	99	Inside Track	37.46	NWI	2
14	Midgette, Keyonte	01	Churchland Trail	38.32	NWI	1

Event 21 Girls 200 Meter Dash Sub-Bantam

=====						
National: N 27.98		2005	Aleia Hobbs, Avondale, LA			
Name	Year	Team	Prelims	Wind	H#	
=====						

Preliminaries

1	Leonard, Jaelan	98	Norfolk Real Dea	30.96Q	NWI	3
2	Banks, Aleya	98	Churchland Trail	32.63Q	NWI	4
3	Mitchell, Dashai	98	Boys & Girls Clu	32.97Q	NWI	2
4	Williams, Nyra	98	Technique Track	33.70Q	NWI	1
5	Brockington, Aysha	98	Technique Track	32.11q	NWI	3
6	Mitchell, Amari	98	Virginia Beach F	33.19q	NWI	4
7	Holiday, Kenya	98	Kks	33.71q	NWI	3

8	Coles, Trezure	98	Hampton Blazers	33.79q	NWI	3
9	Macklin, Keausha	98	Hampton Blazers	34.19	NWI	2
10	Dillard, Tiara	98	Speed City Charg	34.43	NWI	1
11	Valentine, Cioni	98	Indian River Spe	34.54	NWI	1
12	Cox, Jonae	98	Churchland Trail	34.55	NWI	1
13	Payne-Robinson, Nyckya	98	Speed City Charg	34.75	NWI	2
14	Edwards, Nia	98	Technique Track	35.04	NWI	4
15	Hawkes, Aviance	98	Indian River Spe	35.14	NWI	4
16	Hinton, Zykeara	98	Churchland Trail	35.39	NWI	3
17	Council, Jacquazja	98	Suffolk Stars	35.60	NWI	2
18	Andrews, Maya	98	Indian River Spe	36.61	NWI	3
19	Harrison, Danaria	98	Speed Inc.	37.33	NWI	2
20	Gilchrist, Mikayla	98	Suffolk Stars	37.87	NWI	4
21	Ferebee, Laneaa'	98	Churchland Trail	38.14	NWI	2
22	Lewis, India	98	Inside Track	38.63	NWI	2
23	Washington, Alyssa	98	Hampton Blazers	43.14	NWI	4
--	Holiday, Kenya	98	Freedom Striders	DNS	NWI	4
--	Ford, Peyton	98	Unattached, Montclai	DNS	NWI	1
--	Gaines, Breshahna	98	Unattached, Frederic	DNS	NWI	3
--	Ricks, Kyra	98	Unattached, Portsmou	DNS	NWI	1

Event 21 Girls 200 Meter Dash Sub-Bantam

=====						
National: N 27.98		2005	Aleia Hobbs, Avondale, LA			
Name	Year	Team	Finals	Wind		
=====						

Finals

1	Mitchell, Dashai	98	Boys & Girls Clu	31.46	NWI	
2	Leonard, Jaelan	98	Norfolk Real Dea	31.51	NWI	
3	Brockington, Aysha	98	Technique Track	31.69	NWI	
4	Banks, Aleya	98	Churchland Trail	32.50	NWI	
5	Coles, Trezure	98	Hampton Blazers	32.99	NWI	
6	Mitchell, Amari	98	Virginia Beach F	33.31	NWI	
7	Williams, Nyra	98	Technique Track	33.89	NWI	
8	Holiday, Kenya	98	Kks	35.37	NWI	

Event 22 Boys 200 Meter Dash Sub-Bantam

=====						
National: N 27.52		2005	Deron Thompson, Wichita, KS			
Name	Year	Team	Prelims	Wind	H#	
=====						

Preliminaries

1	Freeze, Julian	98	Virginia Beach F	30.10Q	NWI	2
2	Smith, Tyain	98	Indian River Spe	30.96Q	NWI	1
3	Stills, Joshua	98	Lazers Track Clu	30.99Q	NWI	3
4	Jackson, Andre	98	Inside Track	31.03Q	NWI	4
5	Faulk, Shuan	98	Lazers Track Clu	31.00q	NWI	2
6	Williams, Anthony	98	Track Serious Tr	31.79q	NWI	4
7	Crudup, Christopher	98	Faith In Action, Por	31.87q	NWI	3
8	Boone, Noah	98	Virginia Beach F	32.05q	NWI	3
9	Pickett, Stephan	98	Technique Track	32.80	NWI	1
10	Thornton, Jalen	98	Virginia Beach F	32.88	NWI	1
11	Williams, Torrence	98	Churchland Trail	34.00	NWI	2
12	Gibson, Rashad	98	Faith In Action	34.05	NWI	2
13	Ricks, Jamonte	98	Lazers Track Clu	34.39	NWI	1
14	Harris, Micaiah	98	Norfolk Real Dea	34.54	NWI	4
15	Gillis, Deandre	98	Inside Track	34.65	NWI	4
15	Brown, Ronald	98	Churchland Trail	34.65	NWI	3
17	Wiggins, Lonnell	98	Churchland Trail	35.23	NWI	1
18	Mitchell, Brandon	98	Norfolk Real Dea	35.54	NWI	3
19	Jelks, Malon	98	Inside Track	35.59	NWI	3
20	Wright, Jared	98	Inside Track	35.64	NWI	1

21	Henry, Andrew	98	Team Flash	36.48	NWI	3
22	Powell, DaShaun	98	Churchland Trail	36.68	NWI	4
23	Johnson, Sheneir	98	Boys & Girls Clu	38.22	NWI	4
24	Ocasio, Nevalle	98	East End Flyers	38.59	NWI	2
25	Gibson, Karl	98	Norfolk Real Dea	40.69	NWI	2
26	Mackson-Powell, Saikquan	98	Churchland Trail	42.11	NWI	4
27	Watkins, Kelly	98	Inside Track	49.80	NWI	2
--	Jones, Tarin	98	East End Flyers	DNS	NWI	1

Event 22 Boys 200 Meter Dash Sub-Bantam

=====						
National: N 27.52		2005	Deron Thompson, Wichita, KS			
Name	Year	Team	Finals	Wind		
=====						

Finals

1	Faulk, Shuan	98	Lazers Track Clu	30.00	NWI	
2	Smith, Tyain	98	Indian River Spe	30.17	NWI	
3	Stills, Joshua	98	Lazers Track Clu	30.62	NWI	
4	Freeze, Julian	98	Virginia Beach F	30.66	NWI	
5	Williams, Anthony	98	Track Serious Tr	30.83	NWI	
6	Jackson, Andre	98	Inside Track	30.89	NWI	
7	Boone, Noah	98	Virginia Beach F	31.05	NWI	
--	Crudup, Christopher	98	Faith In Action, Por	DNS	NWI	

Event 23 Girls 200 Meter Dash Bantam

=====						
National: N 26.36		2001	Bijon Robinson, N. Hollywood, CA			
Name	Year	Team	Prelims	Wind	H#	
=====						

Preliminaries

1	Coleman, Sydney	97	Norfolk Real Dea	30.25Q	NWI	2
2	Brown, Ianna	97	Track Serious Tr	30.80Q	NWI	4
3	Greenlee, Ashley	97	Hampton Blazers	31.13Q	NWI	1
4	Mallory, Tayla	97	Suffolk Stars	32.03Q	NWI	3
5	Epps, Keyla	97	Technique Track	31.49q	NWI	4
6	Ward, Nadiya	97	Norfolk Extremes	31.88q	NWI	4
7	Bunch, Ashaila	97	East End Flyers	32.11q	NWI	2
8	Hughes, Celina	97	Virginia Beach F	32.53q	NWI	1
9	Eley, Jaylah	97	Inside Track	32.66	NWI	4
10	Davis, Sydney	97	Norfolk Real Dea	32.78	NWI	3
11	Patterson, Desiree	97	Suffolk Stars	33.11	NWI	2
12	Ellis, Al 'moni	97	Indian River Spe	33.13	NWI	2
13	Livingston, Marika	97	Virginia Beach F	33.25	NWI	4
14	Hazel, Jalaia	97	Churchland Trail	33.57	NWI	4
15	Shepard, Brianna	97	Churchland Trail	33.64	NWI	2
16	Brown, Kayla	97	Churchland Trail	33.91	NWI	4
17	Washington, Twanika	97	Inside Track	33.98	NWI	3
18	Massie, Taylor	97	Churchland Trail	34.55	NWI	1
19	Boone, Bianna	97	Virginia Beach F	34.62	NWI	2
20	Stukes, Brittany	97	Churchland Trail	35.29	NWI	3
21	Young, Alexis	97	Mustang's	35.51	NWI	3
22	Goodhope, Danielle	97	Faith In Action	35.82	NWI	1
23	Jean, Kaylin	97	Speed City Charg	35.98	NWI	3
24	Bullock, Kaliyah	97	Inside Track	36.01	NWI	2
25	Ahmad, Jewel	97	Virginia Beach F	36.82	NWI	3
26	Cotman, Tadaja	97	Suffolk Stars	40.38	NWI	1
27	Chandler, Aliyah	97	Track Serious Tr	45.15	NWI	1
--	Ford, Mackenzie	97	Unattached, Montclai	DNS	NWI	1

Event 23 Girls 200 Meter Dash Bantam

=====						
National: N 26.36		2001	Bijon Robinson, N. Hollywood, CA			
=====						

Name	Year Team	Finals	Wind
=====			
Finals			
1 Brown, Ianna	97 Track Serious Tr	29.97	NWI
2 Greenlee, Ashley	97 Hampton Blazers	30.16	NWI
3 Coleman, Sydney	97 Norfolk Real Dea	30.31	NWI
4 Epps, Keyla	97 Technique Track	31.08	NWI
5 Bunch, Ashaila	97 East End Flyers	31.64	NWI
6 Mallory, Tayla	97 Suffolk Stars	32.42	NWI
7 Ward, Nadiya	97 Norfolk Extremes	32.61	NWI
8 Hughes, Celina	97 Virginia Beach F	33.29	NWI

Event 24 Boys 200 Meter Dash Bantam

=====			
National: N 25.97	2003	Walter Williams, Detroit, MI	
Name	Year Team	Prelims	Wind H#
=====			

Preliminaries			
1 Bivins, Tyson	97 Boys & Girls Clu	28.81Q	NWI 3
2 Holloway, Grant	97 Indian River Spe	28.94Q	NWI 2
3 Grahm, Charles	97 Inside Track	29.26Q	NWI 1
4 Pressley, Tyese	97 Lazars Track Clu	29.17q	NWI 3
5 Logan, Kyle	97 Inside Track	29.83q	NWI 2
6 Harrison, Byrsen	97 Indian River Spe	31.22q	NWI 1
7 Hudson, Brian	97 Technique Track	31.42q	NWI 1
8 Zaryczny, David	97 Central Vatrack	31.51q	NWI 3
9 Dixon, Montel	97 East End Flyers	31.65	NWI 3
10 Edwards, Aaron	97 Inside Track	31.77	NWI 3
11 Wallace, Kyree	97 Indian River Spe	31.88	NWI 3
12 Stokley, Jordan	97 Suffolk Stars	32.04	NWI 2
13 Suddenth, Frank	97 Speed City Charg	33.13	NWI 2
14 Nipper, Devyn	97 Norfolk Real Dea	34.37	NWI 1
15 Hallman, Mike	97 East End Flyers	35.32	NWI 2
16 Jones, Ivan	97 Churchland Trail	35.77	NWI 3
17 Jackson, Travon	97 Churchland Trail	39.82	NWI 2
18 Moten, Julius	97 Central Vatrack	41.77	NWI 1
-- Jones, D'Andre	97 Suffolk Stars	DNS	NWI 1
-- Young, Jalen	97 Indian River Spe	DNS	NWI 2
-- Dixon, Kyree	97 Churchland Trail	DNS	NWI 1

Event 24 Boys 200 Meter Dash Bantam

=====			
National: N 25.97	2003	Walter Williams, Detroit, MI	
Name	Year Team	Finals	Wind
=====			

Finals			
1 Bivins, Tyson	97 Boys & Girls Clu	28.40	NWI
2 Grahm, Charles	97 Inside Track	28.43	NWI
3 Holloway, Grant	97 Indian River Spe	29.01	NWI
4 Pressley, Tyese	97 Lazars Track Clu	29.15	NWI
5 Logan, Kyle	97 Inside Track	30.72	NWI
6 Hudson, Brian	97 Technique Track	30.81	NWI
7 Harrison, Byrsen	97 Indian River Spe	31.25	NWI
-- Zaryczny, David	97 Central Vatrack	DNS	NWI

Event 25 Girls 200 Meter Dash Sub-Midget

=====			
National: N 25.70	2005	Robin Reynolds, Miami, FL	
Name	Year Team	Prelims	Wind H#
=====			

Preliminaries			
1 Smith, Sherelle	96 Churchland Trail	28.98Q	NWI 3

2	Ray, Chantel	96	Inside Track	29.15Q	NWI	2
3	Taliaferro, Briana	96	Norfolk Real Dea	29.23Q	NWI	1
4	Preayer, Bianca	96	Speed City Charg	29.80q	NWI	3
5	Torain, Maya	96	Phase II	29.87q	NWI	2
6	Usher, Kitana	96	Technique Track	29.88q	NWI	1
7	Hilliard, Shaquanna	96	Technique Track	30.68q	NWI	2
8	Glenn, Kyra	96	Track Serious Tr	30.84q	NWI	1
9	Sanford, Leah	96	Virginia Beach F	30.89	NWI	3
10	Brown, Deja	96	Norfolk Real Dea	31.31	NWI	2
11	Rogers, Kara	96	Technique Track	31.99	NWI	3
12	Marsh, Shanyia	96	Speed City Charg	32.31	NWI	3
13	Mandigo, Melody	96	Boys & Girls Clu	32.94	NWI	2
14	White, Jahniece	96	Speed City Charg,Ne	32.97	NWI	2
15	Velez, Alyssia	96	Speed City Charg	34.41	NWI	1
16	Curry, Dayzja	96	Technique Track	35.85	NWI	3
17	Brown, Taylor	96	Faith In Action	35.92	NWI	1
18	Sumner, Sydney	96	Speed Inc.	36.56	NWI	1
--	Gaines, Brittany	96	Unattached,Frederic	DNS	NWI	3
--	Ferebee, Drew	96	Lazers Track Clu	DNS	NWI	2

Event 25 Girls 200 Meter Dash Sub-Midget

=====						
National: N 25.70		2005	Robin Reynolds, Miami, FL			
Name	Year	Team	Finals	Wind		
=====						

Finals

1	Taliaferro, Briana	96	Norfolk Real Dea	28.72	NWI	
2	Ray, Chantel	96	Inside Track	29.12	NWI	
3	Smith, Sherelle	96	Churchland Trail	29.45	NWI	
4	Usher, Kitana	96	Technique Track	29.61	NWI	
5	Preayer, Bianca	96	Speed City Charg	29.70	NWI	
6	Torain, Maya	96	Phase II	30.30	NWI	
7	Glenn, Kyra	96	Track Serious Tr	31.20	NWI	
8	Hilliard, Shaquanna	96	Technique Track	31.34	NWI	

Event 26 Boys 200 Meter Dash Sub-Midget

=====						
National: N 25.05		2001	Christopher Rainey, St Louis, MO			
Name	Year	Team	Prelims	Wind	H#	
=====						

Preliminaries

1	Ellis, Abdul	96	Inside Track	28.74Q	NWI	3
2	Blackley, Joell	96	Churchland Trail	28.82Q	NWI	4
3	Brown, Kai	96	Freedom Striders	29.28Q	NWI	1
4	Hendrieth, Frederick	96	Virginia Beach F	29.77Q	NWI	2
5	Pennyfeather, Isaiah	96	Technique Track	29.40q	NWI	4
6	Haynes, Dimitri	96	Indian River Spe	29.67q	NWI	4
7	Fiesta, Javen	96	Virginia Beach F	30.12q	NWI	4
8	Giles, Kenneth	96	Hampton Blazers	30.24q	NWI	3
9	Smalley, Clarence	96	Churchland Trail	30.43	NWI	1
10	Rogers, Wendell	96	Virginia Beach F	30.50	NWI	1
11	Robinson, JaQuan	96	Hampton Blazers	30.58	NWI	2
12	Watts, Quincy	96	Virginia Beach F	30.70	NWI	3
12	Hudson, Dwaylon	96	Faith In Action	30.70	NWI	4
14	Sessoms, Quamel	96	Churchland Trail	30.79	NWI	2
15	Ellis, Ashton	96	East End Flyers	30.89	NWI	3
16	Prunty, Darryl	96	Track Serious Tr	30.98	NWI	1
16	Allen, Randy	96	Boys & Girls Clu	30.98	NWI	2
18	McCall, J'Son	96	East End Flyers	31.02	NWI	1
19	Massie, Michael	96	Churchland Trail	31.75	NWI	3
20	Hopkins, Collin	96	VA Beach Pathfin	31.80	NWI	2
21	Lawton, Myles	96	Faith In Action,Che	32.12	NWI	3

22	Singleton, Johvonte'	96	Technique Track	32.36	NWI	2
23	Samuels, Tyler	96	Faith In Action	32.63	NWI	2
24	Parker, Anthony	96	Churchland Trail	33.23	NWI	3
25	Lawrence, Justin	96	Track Serious Tr	34.61	NWI	2
26	Artis, Matt	96	Technique Track	35.57	NWI	1
27	Carrigan, Lane	96	Team Flash	36.83	NWI	4
28	Mitchell, Adonis	96	Virginia Beach F	38.05	NWI	1
29	Davis, Darius	96	Norfolk Extremes	43.61	NWI	3
--	Overton, Darrien	96	Freedom Striders	DNS	NWI	4
--	Robinson, Alvin	96	Inside Track	DNS	NWI	1

Event 26 Boys 200 Meter Dash Sub-Midget

=====						
National: N 25.05		2001	Christopher Rainey, St Louis, MO			
Name	Year	Team	Finals	Wind		
=====						

Finals

1	Ellis, Abdul	96	Inside Track	28.58	NWI	
2	Blackley, Joell	96	Churchland Trail	28.63	NWI	
3	Brown, Kai	96	Freedom Striders	29.04	NWI	
4	Pennyfeather, Isaiah	96	Technique Track	29.46	NWI	
5	Hendrieth, Frederick	96	Virginia Beach F	29.92	NWI	
6	Haynes, Dimitri	96	Indian River Spe	30.01	NWI	
7	Giles, Kenneth	96	Hampton Blazers	30.22	NWI	
8	Fiesta, Javen	96	Virginia Beach F	30.42	NWI	

Event 27 Girls 200 Meter Dash Midget

=====						
National: N 25.26		1996	Alisha Williams, Dallas, TX			
Name	Year	Team	Prelims	Wind	H#	
=====						

Preliminaries

1	Thomas, Jayme	95	Hampton Blazers	28.08Q	NWI	2
2	Scott, Shandell	95	Park Place Track	28.13Q	NWI	1
3	Brown, Geoquasha	95	Inside Track,Hampto	29.20Q	NWI	3
4	Blackwell, Cayla	95	Boys & Girls Clu	28.88q	NWI	2
5	Moore, De'Ja	95	Technique Track	29.22q	NWI	3
6	Russell, Shamera	95	Technique Track	29.50q	NWI	2
7	Moore, Alexia	95	Norfolk Real Dea	29.87q	NWI	2
8	Lott, Leah	95	Virginia Beach F	30.18q	NWI	3
9	Marrow, Kimberly	95	Inside Track	30.24	NWI	1
10	Washington, Aliyah	95	Hampton Blazers	30.28	NWI	1
11	Hicks, Ashley	95	Norfolk Real Dea	30.33	NWI	3
12	Jones, Mashea	95	Churchland Trail	32.01	NWI	1
13	Williams, Breanna	95	Norfolk Extremes	32.06	NWI	2
14	Jones, Jessica	95	Bay Rivers T&F C	32.15	NWI	1
15	Bryant, Twanja	95	Track Serious Tr	32.19	NWI	2
16	Hatton, Kanitra	95	Churchland Trail	33.09	NWI	3
17	Bumpers, Montrella	95	East End Flyers	34.22	NWI	3
--	White, Ceazia	95	Virginia Beach F	DNS	NWI	1
--	Hunt, Michelle	95	Indian River Spe	DNS	NWI	1
--	Henry, Alexxus	95	Inside Track	DNS	NWI	2
--	Littleton-Davis, Micaela	95	HamptonCityElite	DNS	NWI	3

Event 27 Girls 200 Meter Dash Midget

=====						
National: N 25.26		1996	Alisha Williams, Dallas, TX			
Name	Year	Team	Finals	Wind		
=====						

Finals

1	Scott, Shandell	95	Park Place Track	28.02	NWI	
2	Thomas, Jayme	95	Hampton Blazers	28.44	NWI	

3	Blackwell, Cayla	95	Boys & Girls Clu	28.91	NWI
4	Brown, Geoquasha	95	Inside Track,Hampto	29.12	NWI
5	Russell, Shamera	95	Technique Track	29.40	NWI
6	Moore, De'Ja	95	Technique Track	29.53	NWI
7	Lott, Leah	95	Virginia Beach F	29.82	NWI
8	Moore, Alexia	95	Norfolk Real Dea	29.96	NWI

Event 28 Boys 200 Meter Dash Midget

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National: N 23.96	1989	Jason Johnson, Shreveport, LA			
Name	Year	Team	Prelims	Wind	H#

=====

Preliminaries

1	Green, Darius	95	Technique Track	25.78Q	NWI	2
2	Johnson, Cardon	95	Boys & Girls Clu	26.98Q	NWI	1
3	Flemings, Derrian	95	Technique Track	27.19Q	NWI	3
4	Marsh, Dominek	95	Boys & Girls Clu	27.75q	NWI	3
5	Smith, Jacorey	95	Churchland Trail	27.77q	NWI	2
6	Johnson, Noah	95	Chesapeake Speed	28.16q	NWI	2
7	Copeland, Calvin	95	Chesapeake Speed	28.27q	NWI	3
8	Jones, Quincy	95	Boys & Girls Clu	28.32q	NWI	1
9	Phillips, Keonta	95	Churchland Trail	28.75	NWI	2
10	Stokes, Treyvon	95	East End Flyers	29.05	NWI	2
11	Guerrier, Javon	95	Norfolk Real Dea	29.25	NWI	3
12	Arneaud, Trevor	95	Technique Track	29.52	NWI	1
13	Simmons, Elijah	95	Churchland Trail	30.32	NWI	1
14	Mathews, John	95	Boys & Girls Clu	30.42	NWI	1
14	Rivera, Dante	95	Mustang's	30.42	NWI	2
16	Major-Dixon, Darius	95	Churchland Trail	30.83	NWI	3
17	Johnson, Za'Meir	95	Track Serious Tr	30.84	NWI	3
18	Lawrence, DaiQuan	95	Virginia Beach F	31.37	NWI	2
19	Dodson, Jamie	95	Chesapeake Speed	31.54	NWI	1
20	Robinson, Vernon	95	Boys & Girls Clu	32.45	NWI	2
21	Gee, DaQuan	95	Churchland Trail	32.50	NWI	3
22	Trotter, Jalon	95	Churchland Trail	34.42	NWI	1
--	LaBrie, Luke	95	Unattached,Richmond	DNS	NWI	1
--	Terrell, Deon	95	Lazers Track Clu	DNS	NWI	3

Event 28 Boys 200 Meter Dash Midget

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National: N 23.96	1989	Jason Johnson, Shreveport, LA			
Name	Year	Team	Finals	Wind	

=====

Finals

1	Green, Darius	95	Technique Track	26.46	NWI
2	Johnson, Cardon	95	Boys & Girls Clu	27.03	NWI
3	Smith, Jacorey	95	Churchland Trail	27.65	NWI
4	Flemings, Derrian	95	Technique Track	27.69	NWI
5	Marsh, Dominek	95	Boys & Girls Clu	27.79	NWI
6	Jones, Quincy	95	Boys & Girls Clu	27.99	NWI
7	Johnson, Noah	95	Chesapeake Speed	28.59	NWI
8	Copeland, Calvin	95	Chesapeake Speed	29.02	NWI

Event 29 Girls 200 Meter Dash Sub-Youth

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National: N 24.89	2005	Kamaria Brown, Baton Rouge, LA			
Name	Year	Team	Prelims	Wind	H#

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Preliminaries

1	Ellick, Tiffany	94	Norfolk Real Dea	25.75Q	NWI	3
2	Edwards, J'Nai	94	Technique Track	27.46Q	NWI	2
3	Daniels, Brehanna	94	Track Serious Tr	27.61Q	NWI	1

4	Taylor, Taranisha	94	Norfolk Real Dea	27.40q	NWI	3
5	Murray, Imani	94	Quiet Storm Elit,St	27.96q	NWI	1
6	Muhammad, Maria	94	Norfolk Real Dea	28.01q	NWI	2
7	Smith, Fatasia	94	Technique Track	28.05q	NWI	1
8	Thompson, Di'Yea	94	Central Vatrack,Ric	28.63q	NWI	2
9	Vonner, Alexia	94	Norfolk Real Dea	28.96	NWI	1
10	Carney, Taira	94	Central Vatrack	29.03	NWI	1
11	Bivins, Kiana	94	Boys & Girls Clu	29.17	NWI	3
12	Forester, Yasmine	94	Norfolk Real Dea	29.57	NWI	1
13	DuBois, Breanna	94	Churchland Trail	29.65	NWI	1
14	Vaughn, Jazmine	94	Inside Track	29.95	NWI	2
15	Valentine, Tiffany	94	Norfolk Extremes	29.99	NWI	3
16	Collins, Alicia	94	Norfolk Real Dea	30.59	NWI	3
17	Burney, Kimani	94	Speed Inc.	31.04	NWI	2
18	Clark, Britani	94	Mustang's	31.44	NWI	2
19	Freeze, Sakeyi	94	Virginia Beach F	31.75	NWI	3
20	Williams, Kej-dra	94	Norfolk Extremes	31.76	NWI	2
21	Washington, Kathleen	94	Indian River Spe	31.83	NWI	2
--	Bell, Arielle	94	Virginia Beach F	DNS	NWI	1
--	Sharp, Olicia	94	Central Vatrack	DNS	NWI	3
--	Cuffee, Anise	94	Technique Track	DNS	NWI	3

Event 29 Girls 200 Meter Dash Sub-Youth

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National: N 24.89		2005	Kamaria Brown, Baton Rouge, LA	
Name	Year	Team	Finals	Wind

=====

Finals

1	Ellick, Tiffany	94	Norfolk Real Dea	26.20	NWI
2	Taylor, Taranisha	94	Norfolk Real Dea	26.95	NWI
3	Edwards, J'Nai	94	Technique Track	27.34	NWI
4	Daniels, Brehanna	94	Track Serious Tr	27.82	NWI
5	Murray, Imani	94	Quiet Storm Elit,St	28.09	NWI
6	Smith, Fatasia	94	Technique Track	28.13	NWI
7	Thompson, Di'Yea	94	Central Vatrack,Ric	29.04	NWI
8	Muhammad, Maria	94	Norfolk Real Dea	30.14	NWI

Event 30 Boys 200 Meter Dash Sub-Youth

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National: N 23.55		2005	Dequadis Tucker, Decatur, GA		
Name	Year	Team	Prelims	Wind	H#

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Preliminaries

1	Keith, Austin	94	Unattached,Richmond	25.58Q	NWI	4
2	Booker, De'Von	94	Churchland Trail	25.84Q	NWI	2
3	Foster, Antonio	94	Norfolk Real Dea	26.17Q	NWI	3
4	Chandler, Nathan	94	Track Serious Tr	26.85Q	NWI	1
5	Proctor, Rashawn	94	Technique Track	26.66q	NWI	2
6	Gibson, Tony	94	Faith In Action	26.80q	NWI	4
7	Corbett, Travis	94	Indian River Spe	26.90q	NWI	1
8	Cheseman, Kebari	94	Inside Track	27.09q	NWI	1
9	Simmons, Nicholas	94	Norfolk Real Dea	27.33	NWI	4
10	Daniels, Brehon	94	Track Serious Tr	27.75	NWI	3
11	Peters, Andrew	94	Norfolk Real Dea	27.82	NWI	1
12	Bullard, Korey	94	Faith In Action,Vir	27.93	NWI	3
13	Soloman, Thomas	94	Hampton Blazers	28.11	NWI	2
14	Neely, Jared	94	Technique Track	28.83	NWI	1
15	Watson, Andre'	94	Boys & Girls Clu	29.50	NWI	4
16	Chapman, John	94	Boys & Girls Clu	30.17	NWI	3
17	Landry, Davon	94	Churchland Trail	30.38	NWI	3
18	Siler, Cameron	94	Boys & Girls Clu	30.43	NWI	2
19	Bialk, Wesley	94	HamptonCityElite	30.83	NWI	3

20	Jelks, Monchaz	94	Inside Track	31.31	NWI	4
21	Hill, Devonte	94	Virginia Beach F	32.42	NWI	4
22	Turner, Ryan	94	Churchland Trail	33.22	NWI	4
--	Jones, Franklin	94	Lazers Track Clu	DNS	NWI	2
--	Thompson, Joshua	94	Faith In Action	DNS	NWI	2
--	McBride, Dominique	94	Inside Track	DNS	NWI	3
--	Brown, Kenneth	94	Churchland Trail	DNS	NWI	1

Event 30 Boys 200 Meter Dash Sub-Youth

=====  
National: N 23.55 2005 Dequadis Tucker, Decatur, GA  
Name Year Team Finals Wind  
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Finals

1	Keith, Austin	94	Unattached, Richmond	25.55	NWI
2	Booker, De'Von	94	Churchland Trail	25.88	NWI
3	Foster, Antonio	94	Norfolk Real Dea	26.19	NWI
4	Proctor, Rashawn	94	Technique Track	26.94	NWI
5	Gibson, Tony	94	Faith In Action	27.01	NWI
6	Corbett, Travis	94	Indian River Spe	27.08	NWI
7	Chandler, Nathan	94	Track Serious Tr	27.09	NWI
8	Cheseman, Kebari	94	Inside Track	27.94	NWI

Event 31 Girls 200 Meter Dash Youth

=====  
National: N 23.10 1985 Njeri McGee, San Francisco, CA  
Name Year Team Prelims Wind H#  
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Preliminaries

1	Saunders, Sha'keela	93	Unattached, Chesapea	25.78Q	NWI	2
2	Williams, Monica	93	Track Serious Tr	26.12Q	NWI	1
3	McCants, Brittney	93	Phase II	26.46Q	NWI	3
4	Moore, Brianna	93	Virginia Beach F, Vi	26.74Q	NWI	4
5	Combs, Rashaun	93	Technique Track	26.49q	NWI	1
6	Hankins, Jasmine	93	Track Serious Tr	26.62q	NWI	2
7	Wright, Jazmine	93	Technique Track	26.68q	NWI	2
8	Sharp, Olivia	93	Central Vatrack	27.38q	NWI	1
9	Smith, Sydney	93	VA Beach Pathfin	27.51	NWI	4
10	Johnson, Courtney	93	Technique Track	27.53	NWI	4
11	Poteat, Mishae	93	Indian River Spe	27.60	NWI	4
12	Todd, Seanda	93	Norfolk Real Dea	27.71	NWI	3
13	Ferrell, Krista	93	Kks	27.73	NWI	4
14	Harris, Angela	93	Central Vatrack	27.93	NWI	2
15	Smalley, Takeria	93	Churchland Trail	27.93	NWI	2
16	Coney, Jayisha	93	East End Flyers	28.03	NWI	3
17	Smith, Jasmine	93	Central Vatrack	28.20	NWI	3
18	Thomas, Ebony	93	Bay Rivers T&F C	28.34	NWI	1
19	Hopkins, Kristen	93	VA Beach Pathfin	28.78	NWI	1
20	Washington, Aleshia	93	Track Serious Tr	28.85	NWI	4
21	Harrington, Brittney	93	VA Beach Pathfin	29.09	NWI	3
22	Johnson, Monica	93	Churchland Trail	29.89	NWI	1
23	Mia, Lauren	93	VA Beach Pathfin	31.93	NWI	3
24	Patrick, Daniqua	93	Inside Track	32.32	NWI	2
--	Hinton, Jalen	93	Track Serious Tr	DNS	NWI	3
--	Ellick, Ashley	93	Lion's Den Track	DNS	NWI	1
--	Herrind, Anisha	93	Inside Track, Hampto	DNS	NWI	4
--	Corinaldi, Kadija	93	VA Beach Pathfin	DNS	NWI	2
--	Bryant, Alana	93	Team Flash	DNS	NWI	2
--	Brown, Sharae	93	HamptonCityElite	DNS	NWI	1
--	Cupka, Sarah	93	Norfolk Real Dea	DNS	NWI	4

Event 31 Girls 200 Meter Dash Youth

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=====
National: N 23.10 1985          Njeri McGee, San Francisco, CA
Name                          Year Team                        Finals  Wind
=====
Finals
1 Saunders, Sha'keela         93 Unattached, Chesapea      25.67  NWI
2 Williams, Monica           93 Track Serious Tr          26.08  NWI
3 McCants, Brittney          93 Phase II                   26.37  NWI
4 Wright, Jazmine             93 Technique Track           26.65  NWI
5 Combs, Rashaun              93 Technique Track           26.70  NWI
6 Moore, Brianna              93 Virginia Beach F, Vi       26.82  NWI
7 Hankins, Jasmine           93 Track Serious Tr          26.93  NWI
8 Sharp, Olivia               93 Central Vatrack           27.15  NWI

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Event 32 Boys 200 Meter Dash Youth

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National: N 21.85 1989          Darius Brewington, High Point, NC
Name                          Year Team                        Prelims Wind H#
=====
Preliminaries
1 Bateman, Jamar              93 Speed City Charg          24.46Q  NWI 4
2 Mitchell, Walter            93 Norfolk Real Dea          24.52Q  NWI 1
3 Green, Anthony              93 Team Flash                 24.55Q  NWI 5
4 Kimbrough, Dominique        93 Norfolk Real Dea          24.71Q  NWI 3
5 Vaughn, Darius              93 Indian River Spe          25.68Q  NWI 2
6 Tate, Tony                  93 Norfolk Real Dea          24.73q  NWI 4
7 Fiesta, Jered               93 Virginia Beach F          25.09q  NWI 3
8 Blueford, Mylon             93 Indian River Spe          25.38q  NWI 4
9 Robinson, Stephen           93 Speed City Charg          25.62   NWI 1
10 Smith, Damian               93 Norfolk Real Dea          25.94   NWI 5
11 Cradle, Deshawn             93 Churchland Trail          26.30   NWI 3
12 Staton, Antoine            93 Virginia Beach F          26.67   NWI 2
13 Glenn, Kahana              93 Track Serious Tr          26.81   NWI 2
14 Sanchez, Daezon             93 Virginia Beach F          26.95   NWI 4
15 Holloman, Gene              93 Virginia Beach F          27.19   NWI 5
16 Wallace, Connor            93 Speed Inc.                 27.41   NWI 3
17 Mullen, Sheldon             93 Inside Track               27.57   NWI 5
18 Smith, Raisean              93 Norfolk Real Dea          27.84   NWI 2
19 Sterling, Kavonte           93 Inside Track               27.97   NWI 3
20 Marcus, Troupe              93 Lazars Track Clu          28.82   NWI 1
21 Washington, Justin          93 VA Beach Pathfin          28.97   NWI 4
22 Payne, Evonte              93 Churchland Trail          29.74   NWI 1
23 Samuels, Cameron            93 Faith In Action           30.36   NWI 5
24 Hall, Marcus                 93 Mustang's                  30.54   NWI 3
25 Taylor, Michael             93 Speed City Charg          31.14   NWI 2
-- Washington, Deivan          93 Team Flash                 DNS     NWI 1
-- Wilson, Michael             93 Track Serious Tr          DNS     NWI 1
-- Gaines, Brian               93 Unattached, frederic      DNS     NWI 2
-- Simms, Stevon               93 Churchland Trail          DNS     NWI 4
-- Freeman, Javon              93 Phase II                   DNS     NWI 3
-- Lawton, Michael             93 Faith In Action, Che       DNS     NWI 2
-- Scott, Tory                 93 Central Vatrack           DNS     NWI 5
-- Wallace, Dominique          93 Team Flash                 DNS     NWI 4
-- Joe, Aaron                   93 Churchland Trail           DNS     NWI 5

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Event 32 Boys 200 Meter Dash Youth

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=====
National: N 21.85 1989          Darius Brewington, High Point, NC
Name                          Year Team                        Finals  Wind
=====
Finals
1 Mitchell, Walter            93 Norfolk Real Dea          23.88  NWI

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2	Bateman, Jamar	93	Speed City Charg	24.82	NWI
3	Green, Anthony	93	Team Flash	24.95	NWI
4	Kimbrough, Dominique	93	Norfolk Real Dea	25.23	NWI
5	Tate, Tony	93	Norfolk Real Dea	25.41	NWI
6	Vaughn, Darius	93	Indian River Spe	25.86	NWI
7	Fiesta, Jered	93	Virginia Beach F	25.91	NWI
8	Blueford, Mylon	93	Indian River Spe	26.06	NWI

Event 33 Girls 200 Meter Dash Intermediate

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=====
National: N 23.77 2005      Victoria Jordan, Fort Worth, TX
Name                        Year Team                    Prelims  Wind H#
=====
Preliminaries
1 Wesh, Marlana             91 Phase II                   24.61Q  NWI  7
2 Owens, Derica             91 Norfolk Real Dea           25.41Q  NWI  3
3 Townsend, Jazmen         91 Virginia Beach F           25.84Q  NWI  6
4 Lott, JaQuonna           91 Quiet Storm Elit           25.94Q  NWI  1
5 Hunt, Ruth               91 Track Serious Tr           26.01Q  NWI  4
6 Butler, Emily            91 Track Serious Tr           26.42Q  NWI  2
7 Sumler, Monica           91 Indian River Spe           27.23Q  NWI  5
8 James, Shkemea           92 Technique Track            27.62Q  NWI  8
9 Dennis, Breanna          92 Virginia Beach F           25.88    NWI  7
10 Miles, Tylesia           91 Norfolk Real Dea           25.91    NWI  7
11 Harris, Tiffany          91 Norfolk Real Dea           26.20    NWI  4
12 Lott, Jaime              91 Quiet Storm Elit           26.28    NWI  6
13 Chandler, Tanay          91 Norfolk Real Dea           26.42    NWI  6
14 Holloman, Sarah          92 Virginia Beach F           26.85    NWI  4
15 Pannell, Courtni         92 Technique Track            26.90    NWI  3
16 Payne-Roebuck, Piarrah  92 Norfolk Real Dea           27.15    NWI  3
17 Ferrell, Shaneka        91 Kks                         27.17    NWI  4
18 Langford, Keona          92 Speed City Charg            27.40    NWI  1
19 Betts, Letha             92 Mustang's,Newport N        27.56    NWI  1
20 Chase, Ashley           91 Hampton Blazers            28.32    NWI  6
21 Johnson, Zamia           92 Track Serious Tr           28.35    NWI  5
22 Green, Gabrielle         92 VA Beach Pathfin           28.45    NWI  4
23 Davis, Breha            92 Mustang's                   28.49    NWI  2
24 Addison, TiAna          92 Unattached, Virginia       28.50    NWI  3
25 Sims, Camille            92 Quiet Storm Elit,Fr        28.52    NWI  8
26 Meredith, Renee         91 Speed City Charg            29.24    NWI  7
27 Reid, Morgan             92 Indian River Spe           29.40    NWI  7
28 Dales, Jasmine          92 Mustang's                   29.42    NWI  8
29 Tanner, Chantiqua       92 Central Vatrack            29.58    NWI  2
30 Owens, Asia              92 Virginia Beach F           29.73    NWI  3
31 Owens, Derica            92 Virginia Beach F           29.79    NWI  5
31 Blair, Shirae           91 Speed Inc.                  29.79    NWI  5
33 Ross, Ladasha            92 Churchland Trail           29.89    NWI  4
34 Clements, Tocara        92 Churchland Trail           30.23    NWI  8
35 Lee, Erica               91 Lion's Den Track           30.28    NWI  6
36 Smith, Melina            92 Churchland Trail           30.49    NWI  6
37 Carly, Deanna           91 Speed City Charg            30.51    NWI  3
38 Garlick, Kim             92 Norfolk Real Dea           30.54    NWI  2
39 Bryant, Dominique        92 Inside Track                30.56    NWI  1
40 Robinson, Cydney         92 Norfolk Real Dea           30.60    NWI  1
41 Williams, Arianna        92 Speed City Charg            31.11    NWI  8
42 Haye, Vanessa            91 Inside Track                31.15    NWI  5
43 Davis, Felicia          91 VA Beach Pathfin           31.76    NWI  6
44 Williams, Ayanna         92 Speed City Charg            32.24    NWI  5
45 Allsopp, Paige          92 Mustang's                   33.48    NWI  3
46 Jackson, Alexis         91 Inside Track                33.54    NWI  6
-- Diggs, Angela           92 Track Serious Tr            DNS     NWI  1
-- Hall, Brittany          92 Mustang's                   DNS     NWI  5

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-- Speller, Krystina	92	Norfolk Extremes	DNS	NWI	7
-- Ragland, Lauren	92	Lion's Den Track	DNS	NWI	1
-- Shepard, Karimah	91	Indian River Spe	DNS	NWI	3
-- Fields, Schleace	91	East End Flyers	DNS	NWI	4
-- Cannady, Iman	92	Unattached,Richmond	DNS	NWI	2
-- Van Alstyne, Tashara	91	Norfolk Real Dea	DNS	NWI	8
-- Ogwu, Nneka	92	Indian River Spe	DNS	NWI	8
-- Smith, Cheyeane	92	Norfolk Real Dea	DNS	NWI	2
-- Jackson, Ciearra	91	Suffolk Stars	DNS	NWI	2
-- Thompson, Rachel	90	Faith In Action	DNS	NWI	7
-- Bell, Champagne	91	Norfolk Real Dea	DNS	NWI	5

Event 33 Girls 200 Meter Dash Intermediate

=====					
National: N 23.77	2005	Victoria Jordan, Fort Worth, TX			
Name	Year	Team	Finals	Wind	
=====					

Finals

1	Wesh, Marlana	91	Phase II	24.79	NWI
2	Townsend, Jazmen	91	Virginia Beach F	25.90	NWI
3	Owens, Derica	91	Norfolk Real Dea	26.31	NWI
4	Lott, JaQuonna	91	Quiet Storm Elit	26.58	NWI
5	Butler, Emily	91	Track Serious Tr	26.76	NWI
6	Hunt, Ruth	91	Track Serious Tr	26.99	NWI
7	Sumler, Monica	91	Indian River Spe	27.05	NWI
8	James, Shkemea	92	Technique Track	27.90	NWI

Event 34 Boys 200 Meter Dash Intermediate

=====					
National: N 20.88	2000	Brendan Christian, Austin, TX			
Name	Year	Team	Prelims	Wind	H#
=====					

Preliminaries

1	Simmons, Dejour	92	Virginia Beach F	21.80Q	NWI	5
2	Cruz, Lamar	91	Inside Track	22.37Q	NWI	3
3	Wesh, Darrell	92	Phase II	23.00Q	NWI	2
4	Gatling, Tavon	91	Virginia Beach F	23.37Q	NWI	4
5	Cuffee, Austin	91	Technique Track	23.61Q	NWI	1
6	House, Earl	91	Technique Track	22.69q	NWI	3
7	Fentress, Jevone	92	Track Serious Tr	23.62q	NWI	4
8	Meredith, Douglas	92	VA Beach Pathfin	23.83q	NWI	3
9	Turner, Damion	91	Norfolk Real Dea	23.90	NWI	1
10	Bertram, Chris	91	Track Serious Tr	23.99	NWI	2
11	Moody, Darrius	92	Beast Boyz	24.09	NWI	2
12	Blair, William	92	Speed Inc.	24.34	NWI	5
13	Lockley, Donivan	91	Unattached,Richmond	24.51	NWI	4
14	Sivels Ellick, Phillip	92	Lion's Den Track	24.62	NWI	2
15	Dean, Marcus	92	Chesapeake Speed	24.64	NWI	5
16	Taliferro, Brandon	92	Phase II	24.81	NWI	3
17	Williams, Marcellus	92	Technique Track	24.95	NWI	5
18	Jones, Randy	91	Beast Boyz	24.98	NWI	4
19	Hinton, Jordan	91	Track Serious Tr	25.25	NWI	5
20	Blake, Ricky	91	Beast Boyz	25.60	NWI	1
21	Morris, Geron	91	Inside Track	25.67	NWI	2
22	Alston, Derrick	91	Technique Track	25.91	NWI	4
23	Bullock, McKinsey	92	Churchland Trail	25.95	NWI	5
24	Robinson, Giovanni	92	Hampton Blazers	25.96	NWI	4
25	Boleyjack, Cameron	91	VA Beach Pathfin	26.00	NWI	1
26	Hutchins, Adam	92	Track Serious Tr	26.10	NWI	1
27	Stokley, Tevin	92	Suffolk Stars	26.12	NWI	2
28	Williams, Demetrius	91	Norfolk Extremes	26.21	NWI	2
29	Washington, Dwayne	92	Virginia Beach F	27.00	NWI	1

30	Odom, Alan	92	Bay Rivers T&F C	27.92	NWI	3
31	Stevsns, Quatez	92	Quiet Storm Elit	28.69	NWI	4
--	Evans, Marcus	91	VA Beach Pathfin,VB	DNS	NWI	5
--	Marsh, Damion	92	Speed City Charg	DNS	NWI	3
--	Morgan, Derrick	91	Virginia Beach F	DNS	NWI	3

Event 34 Boys 200 Meter Dash Intermediate

=====  
 National: N 20.88 2000                   Brendan Christian, Austin, TX

=====  
 Name                                   Year Team                                   Finals   Wind  
 =====

Finals

1	Simmons, Dejour	92	Virginia Beach F	21.89	NWI
2	Cuffee, Austin	91	Technique Track	22.59	NWI
3	Cruz, Lamar	91	Inside Track	22.65	NWI
4	House, Earl	91	Technique Track	22.84	NWI
5	Wesh, Darrell	92	Phase II	23.17	NWI
6	Gatling, Tavon	91	Virginia Beach F	23.56	NWI
7	Fentress, Jevone	92	Track Serious Tr	23.60	NWI
8	Meredith, Douglas	92	VA Beach Pathfin	24.07	NWI

Event 35 Women 200 Meter Dash Young

=====  
 National: N 22.08 1996                   Darion Rolle, Vero Beach, FL

=====  
 Name                                   Year Team                                   Prelims   Wind H#  
 =====

Preliminaries

1	Kenner, Nicole	89	Lazers Track Clu	26.08q	NWI	2
2	Jones, Quanique	90	Hampton Blazers,Ham	26.45q	NWI	1
3	Hutchins, Olivia	90	Track Serious Tr	26.69q	NWI	3
4	Wright, Melonie	90	Quiet Storm Elit	26.14q	NWI	2
5	Peterson-Hassan, Jasmin	90	Quiet Storm Elit	26.77q	NWI	1
6	Lassiter, Brittany	90	Inside Track	27.19q	NWI	1
7	Waller, Monae	90	Quiet Storm Elit	27.74q	NWI	3
8	Dales, Alexis	90	Mustang's	27.80q	NWI	3
9	Thomas, Delia	89	Track Serious Tr	27.91	NWI	1
10	Ditto, Nicole	90	Central Vatrack	28.24	NWI	2
11	Bell, La-Drina	89	Churchland Trail	28.45	NWI	3
12	Green, Aurielle	90	Team Flash	28.70	NWI	3
13	Beckles, Angelica	89	VA Beach Pathfin	28.91	NWI	1
14	Sample, Ravyn	90	Churchland Trail	30.21	NWI	1
15	Gray, Wilma	89	Lion's Den Track	30.93	NWI	2
16	Kenner, Nicole	89	Norfolk Real Dea	31.92	NWI	2
--	Delphin, Kacen	90	Unattached,Richmond	DNS	NWI	2
--	Wilson, Raven	90	Norfolk Real Dea	DNS	NWI	1
--	Evans, Kayla	90	HamptonCityElite	DNS	NWI	2
--	Moore, Denyse	90	Norfolk Real Dea	DNS	NWI	3
--	Pearson-Spence, Amber	90	Lazers Track Clu	DNS	NWI	1
--	Beaty, Britney	89	Norfolk Real Dea	DNS	NWI	3

Event 35 Women 200 Meter Dash Young

=====  
 National: N 22.08 1996                   Darion Rolle, Vero Beach, FL

=====  
 Name                                   Year Team                                   Finals   Wind  
 =====

Finals

1	Kenner, Nicole	89	Lazers Track Clu	26.17	NWI
2	Wright, Melonie	90	Quiet Storm Elit	26.43	NWI
3	Jones, Quanique	90	Hampton Blazers,Ham	26.53	NWI
4	Peterson-Hassan, Jasmin	90	Quiet Storm Elit	26.93	NWI
5	Lassiter, Brittany	90	Inside Track	27.25	NWI
6	Waller, Monae	90	Quiet Storm Elit	28.00	NWI

7	Hutchins, Olivia	90	Track Serious Tr	28.01	NWI
8	Dales, Alexis	90	Mustang's	28.83	NWI

Event 36 Men 200 Meter Dash Young

=====

National: N 20.58 2004 J-Mee Samuels, WInston Salem, NC

Name	Year	Team	Prelims	Wind	H#
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Preliminaries

1	Gyasi, Isiah	89	Norfolk Real Dea	21.91Q	NWI	4
2	Ricks, Keith	90	Norfolk Real Dea	22.11Q	NWI	5
2	Staton, Brandon	90	Virginia Beach F	22.11Q	NWI	1
4	Taylor, James	90	Norfolk Real Dea	22.21Q	NWI	3
5	Thompson, Brian	89	Track Serious Tr	22.44Q	NWI	6
6	Bullard, Ja-Vell	90	Technique Track	22.52Q	NWI	2
7	Durrant, Preston	89	Track Serious Tr	22.50q	NWI	1
8	Smith, Wesley	89	Norfolk Real Dea	22.60q	NWI	1
9	O'Garra, Jonathan	89	Track Serious Tr	22.84	NWI	2
10	O'Brien, Justin	89	VA Beach Pathfin	23.20	NWI	2
11	Bryan, Deandre	90	Virginia Beach F	23.49	NWI	6
12	Norvell, Antonio	89	Norfolk Real Dea	23.61	NWI	3
13	Collins, Joe	89	East End Flyers	23.63	NWI	4
14	Russell, Victor	89	Technique Track	23.76	NWI	3
15	Walker, Anthony	90	Lazers Track Clu	24.16	NWI	3
16	Noel, Jelani	89	Norfolk Real Dea	24.42	NWI	1
17	Anderson, Darius	90	Churchland Trail	24.44	NWI	2
18	Hymes, Terrance	89	Mustang's	24.50	NWI	2
19	Turner, Brendon	89	Unattached,Portsmou	24.81	NWI	5
20	Ransom, Aaron	88	Track Serious Tr,Vi	25.17	NWI	3
21	Desper, Mark	90	Technique Track	25.30	NWI	1
22	Clark, Christopher	89	Mustang's	26.12	NWI	6
23	Francis, Brian	89	VA Beach Pathfin	27.39	NWI	6
24	Letterio, Richmond	90	Lion's Den Track	27.93	NWI	2
--	Hines, Anthony	89	Norfolk Real Dea	DNS	NWI	2
--	Alexander, James	89	Norfolk Real Dea	DNS	NWI	4
--	Brickhouse, Darryl	90	Norfolk Real Dea	DNS	NWI	6
--	Poole, Taylor	90	Technique Track	DNS	NWI	6
--	McQuillen, William	89	Technique Track	DNS	NWI	4
--	McGhee, Chris	90	HamptonCityElite	DNS	NWI	5
--	Maldonado, Andre'	89	Technique Track	DNS	NWI	5
--	Webb, Kareem	90	Virginia Beach F	DNS	NWI	4
--	Griffin, Kelvin	90	Virginia Beach F	DNS	NWI	5
--	Gregory, Tony	89	Virginia Beach F	DNS	NWI	3
--	Church, Anthony	90	Lazers Track Clu	DNS	NWI	6
--	Faulkner, Troy	89	VA Beach Pathfin	DNS	NWI	4
--	Miller, Antonio	89	Central Vatrack	DNS	NWI	3
--	Crenshaw, Rasul	90	Lazers Track Clu	DNS	NWI	5
--	Usman, Shehzaib	89	Unattached,Sterling	DNS	NWI	1
--	Shelton, Darris	89	HamptonCityElite	DNS	NWI	4
--	Frierson, Khari	90	VA Beach Pathfin	DNS	NWI	5

Event 36 Men 200 Meter Dash Young

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National: N 20.58 2004 J-Mee Samuels, WInston Salem, NC

Name	Year	Team	Finals	Wind
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=====

Finals

1	Ricks, Keith	90	Norfolk Real Dea	22.11	NWI
2	Gyasi, Isiah	89	Norfolk Real Dea	22.24	NWI
3	Taylor, James	90	Norfolk Real Dea	22.61	NWI
4	Thompson, Brian	89	Track Serious Tr	22.63	NWI
5	Staton, Brandon	90	Virginia Beach F	22.68	NWI

6	Bullard, Ja-Vell	90	Technique Track	22.73	NWI
7	Durrant, Preston	89	Track Serious Tr	23.11	NWI
8	Smith, Wesley	89	Norfolk Real Dea	23.44	NWI

Event 37 Girls 400 Meter Dash Primary

=====  
National: N 1:08.26 2004 Alexa Harmon-Thomas, Lawrence, KS  
Name Year Team Prelims H#  
=====

Preliminaries

1	Williams, Victoria	99	Track Serious Tr	1:15.38Q	2
2	Ferrell, Bryana	99	Central Vatrack	1:16.54Q	3
3	Ward, Destiny	99	Indian River Spe	1:16.60Q	1
4	Johnson, Erykah	99	Virginia Beach F	1:19.23q	2
5	Johnson, Zanasia	99	Track Serious Tr	1:21.64q	1
6	Aduma, Amira	99	HamptonCityElite	1:22.78q	3
7	Peele, Kaisi	99	Technique Track	1:27.95q	3
8	Goodman, Raven	99	Suffolk Stars	1:28.73q	1
9	Harper, Brianna	00	Hampton Blazers	1:29.37	1
10	Bunch, Telina	00	East End Flyers	1:30.05	2
11	Brown, Talieyah	00	Hampton Blazers	1:30.40	3
12	Phifer, Alexia	00	Speed City Charg	1:32.28	1
13	Henley, Kelsy	99	Technique Track	1:33.69	2
14	Norman, Jasmine	99	Churchland Trail	1:34.63	2
15	Banks, Alexis	01	Churchland Trail	1:36.01	3
16	Scott, Tre'Breh	01	Churchland Trail	1:38.71	1
17	Weeks, Tabitha	01	Faith In Action	1:48.58	3
--	Scarbor, Talesia	99	Virginia Beach F	DNS	1
--	Gurney, Cheyenne	00	Virginia Beach F	DNS	3
--	Carter, Xavia	00	Team Flash	DNS	2
--	Morris, Kamryn	99	Norfolk Extremes	DNS	2

Event 37 Girls 400 Meter Dash Primary

=====  
National: N 1:08.26 2004 Alexa Harmon-Thomas, Lawrence, KS  
Name Year Team Finals  
=====

Finals

1	Ward, Destiny	99	Indian River Spe	1:14.43
2	Johnson, Erykah	99	Virginia Beach F	1:17.73
3	Ferrell, Bryana	99	Central Vatrack	1:18.71
4	Williams, Victoria	99	Track Serious Tr	1:20.90
5	Johnson, Zanasia	99	Track Serious Tr	1:21.09
6	Peele, Kaisi	99	Technique Track	1:22.02
7	Aduma, Amira	99	HamptonCityElite	1:28.26
8	Goodman, Raven	99	Suffolk Stars	1:31.05

Event 38 Boys 400 Meter Dash Primary

=====  
National: N 1:05.90 2005 Aaron Washington, Lee's Summit, MO  
Name Year Team Prelims H#  
=====

Preliminaries

1	Pulley, Burnell	99	Inside Track	1:17.25Q	2
2	King, Isaiah	99	Park Place Track	1:17.29Q	3
3	Johns, Ronald	00	Virginia Beach F	1:25.11Q	1
4	Blackley, Jahkwan	99	Churchland Trail	1:17.72q	3
5	Moore, Gregory	99	Boys & Girls Clu	1:19.59q	3
6	Riley, Cameron	99	Inside Track	1:24.96q	3
7	Seymore, Vincent	99	Indian River Spe	1:26.28q	1
8	Adkins, Donevan	99	East End Flyers	1:28.19q	2
9	Barr, Malik	00	Virginia Beach F	1:29.20	2

10	Joyner, Keshawn	00	Faith In Action	1:33.35	3
11	Baldwin, Myles	00	Technique Track	1:38.72	1
12	Callahan, Tylan	99	HamptonCityElite	1:44.31	3
13	Dabney, Donovan	00	Inside Track	1:46.84	1
14	Harper, William	99	Boys & Girls Clu	1:51.60	2
15	Rose, Michael	01	Faith In Action	1:51.61	2
--	Moulton, Sean	00	Lion's Den Track	DNS	3
--	Henderson, Tavion	00	Speed City Charg	DNS	2
--	Northover, Karim	99	Ribbon Breakers	DNS	1
--	Pinson, Matthew	99	Unattached,Richmond	DNS	2
--	Orr, Jason	99	Churchland Trail	DNS	1

Event 38 Boys 400 Meter Dash Primary

=====  
National: N 1:05.90 2005 Aaron Washington, Lee's Summit, MO  
Name Year Team Finals  
=====

Finals

1	Pulley, Burnell	99	Inside Track	1:14.75	
2	King, Isaiah	99	Park Place Track	1:15.19	
3	Blackley, Jahkwan	99	Churchland Trail	1:19.12	
4	Moore, Gregory	99	Boys & Girls Clu	1:21.11	
5	Seymore, Vincent	99	Indian River Spe	1:25.38	
6	Johns, Ronald	00	Virginia Beach F	1:25.83	
7	Adkins, Donevan	99	East End Flyers	1:27.50	
--	Riley, Cameron	99	Inside Track	DNS	

Event 39 Girls 400 Meter Dash Sub-Bantam

=====  
National: N 1:04.35 2005 Ariel Pryor, Macon, GA  
Name Year Team Prelims H#  
=====

Preliminaries

1	Leonard, Jaelan	98	Norfolk Real Dea	1:10.35Q	2
2	Mitchell, Dashai	98	Boys & Girls Clu	1:11.96Q	1
3	Keith, Asia	98	Unattached,Richmond	1:15.61q	1
4	Brockington, Aysha	98	Technique Track	1:16.13q	2
5	Dillard, Tiara	98	Speed City Charg	1:19.22q	1
6	Macklin, Keausha	98	Hampton Blazers	1:19.68q	2
7	Johnson, Ashley	98	Technique Track	1:22.14q	2
8	Coles, Trezure	98	Hampton Blazers	1:22.32q	1
9	Williams, Nyra	98	Technique Track	1:22.38	1
10	Andrews, Maya	98	Indian River Spe	1:23.73	2
11	Gilchrist, Mikayla	98	Suffolk Stars	1:26.01	2
12	Earp, Alexis	98	Hampton Blazers	1:26.09	1
13	Clarke, Indiana	98	Faith In Action	1:31.83	2
14	Lewis, India	98	Inside Track	1:35.40	2
--	Gaines, Breshahna	98	Unattached,Frederic	DNS	1
--	Ricks, Kyra	98	Unattached,Portsmou	DNS	1

Event 39 Girls 400 Meter Dash Sub-Bantam

=====  
National: N 1:04.35 2005 Ariel Pryor, Macon, GA  
Name Year Team Finals  
=====

Finals

1	Mitchell, Dashai	98	Boys & Girls Clu	1:11.70	
2	Brockington, Aysha	98	Technique Track	1:14.10	
3	Keith, Asia	98	Unattached,Richmond	1:15.82	
4	Dillard, Tiara	98	Speed City Charg	1:19.42	
5	Johnson, Ashley	98	Technique Track	1:19.70	
6	Coles, Trezure	98	Hampton Blazers	1:19.93	

7 Macklin, Keausha	98 Hampton Blazers	1:22.31
-- Leonard, Jaelan	98 Norfolk Real Dea	DQ

Event 40 Boys 400 Meter Dash Sub-Bantam

=====  
National: N 1:02.34 2001 Jurell Henry, Newport News, VA  
Name Year Team Prelims H#  
=====

Preliminaries

1 Pendleton, Tony	98 Boys & Girls Clu	1:10.93Q	3
2 Crudup, Christopher	98 Faith In Action, Por	1:11.60Q	2
3 Disnew, Cleon	98 East End Flyers	1:16.56Q	1
4 Trotman, Jermaine	98 Virginia Beach F	1:16.41q	2
5 Ricks, Jamonte	98 Lazars Track Clu	1:17.21q	2
6 Andrews, Louis	98 Churchland Trail	1:19.32q	3
7 Wiggins, Lonnell	98 Churchland Trail	1:19.90q	1
8 Brown, Ronald	98 Churchland Trail	1:20.53q	3
9 Powell, DaShaun	98 Churchland Trail	1:20.88	3
10 Henry, Andrew	98 Team Flash	1:22.83	3
11 Hinton, Moses	98 Virginia Beach F	1:23.42	1
12 Gillis, Deandre	98 Inside Track	1:23.94	3
13 Thornton, Jalen	98 Virginia Beach F	1:24.83	2
13 Wright, Jared	98 Inside Track	1:24.83	2
15 Lee, Khaleel	98 East End Flyers	1:25.82	2
16 Johnson, Sheneir	98 Boys & Girls Clu	1:27.01	1
17 Jelks, Malon	98 Inside Track	1:27.89	1
18 Long, Deandre	98 Churchland Trail	1:29.56	2
19 Currie, Isaiah	98 Virginia Beach F	1:30.24	3
20 Mackson-Powell, Saikquan	98 Churchland Trail	1:30.96	1
21 Edwards, Darius	98 Churchland Trail, Po	1:30.97	1
22 Norman, Jacob	98 HamptonCityElite	1:32.85	1

Event 40 Boys 400 Meter Dash Sub-Bantam

=====  
National: N 1:02.34 2001 Jurell Henry, Newport News, VA  
Name Year Team Finals  
=====

Finals

1 Pendleton, Tony	98 Boys & Girls Clu	1:09.96
2 Crudup, Christopher	98 Faith In Action, Por	1:09.97
3 Disnew, Cleon	98 East End Flyers	1:15.19
4 Trotman, Jermaine	98 Virginia Beach F	1:17.26
5 Ricks, Jamonte	98 Lazars Track Clu	1:17.56
6 Andrews, Louis	98 Churchland Trail	1:18.14
7 Wiggins, Lonnell	98 Churchland Trail	1:19.37
8 Brown, Ronald	98 Churchland Trail	1:25.74

Event 41 Girls 400 Meter Dash Bantam

=====  
National: N 1:00.82 1993 Monique Henderson, San Diego, CA  
Name Year Team Prelims H#  
=====

Preliminaries

1 Coleman, Sydney	97 Norfolk Real Dea	1:08.73Q	2
2 Greenlee, Ashley	97 Hampton Blazers	1:11.60Q	1
3 Jones, Mia	97 Suffolk Stars	1:13.39q	1
4 Hazel, Jalaia	97 Churchland Trail	1:14.91q	2
5 Skinner, Shaytorria	97 Indian River Spe	1:18.02q	2
6 Davis, Sydney	97 Norfolk Real Dea	1:19.90q	1
7 Bullock, Kaliyah	97 Inside Track	1:19.98q	1
8 Hollins, Kerya	97 Indian River Spe	1:24.47q	1
9 Stukes, Brittany	97 Churchland Trail	1:25.95	1

10	Brown, Kayla	97	Track Serious Tr	1:27.33	2
11	Rountree, Tori	97	Suffolk Stars	1:27.92	2
--	Eley, Jaylah	97	Inside Track	DNS	2
--	Young, Alexis	97	Mustang's	DNS	1
--	Grainger, Aleeya	97	Norfolk Real Dea	DNS	2

Event 41 Girls 400 Meter Dash Bantam

=====  
National: N 1:00.82 1993 Monique Henderson, San Diego, CA  
Name Year Team Finals  
=====

Finals

1	Greenlee, Ashley	97	Hampton Blazers	1:09.03
2	Coleman, Sydney	97	Norfolk Real Dea	1:09.55
3	Jones, Mia	97	Suffolk Stars	1:13.32
4	Hazel, Jalaia	97	Churchland Trail	1:17.72
5	Skinner, Shaytorria	97	Indian River Spe	1:17.87
6	Davis, Sydney	97	Norfolk Real Dea	1:19.42
7	Bullock, Kaliyah	97	Inside Track	1:19.63
8	Hollins, Kerya	97	Indian River Spe	1:26.73

Event 42 Boys 400 Meter Dash Bantam

=====  
National: N 59.60 2003 Westley Polston, Baltimore, MD  
Name Year Team Prelims H#  
=====

Preliminaries

1	Dixon, Kyree	97	Churchland Trail	1:07.79Q	2
2	Bivins, Tyson	97	Boys & Girls Clu	1:08.34Q	3
3	Logan, Kyle	97	Inside Track	1:09.24Q	1
4	Dixon, Montel	97	East End Flyers	1:09.48q	2
5	Trotman, Tyriug	97	Virginia Beach F	1:09.59q	2
6	Suddenth, Frank	97	Speed City Charg	1:10.01q	3
7	Stokley, Jordan	97	Suffolk Stars	1:11.95q	1
8	Northover, Jahlil	97	Ribbon Breakers	1:13.03q	1
9	Neighbors, Ryley	97	Virginia Beach F	1:13.86	1
10	Hallman, Mike	97	East End Flyers	1:14.93	1
11	Boone, Kenneth	97	Lazers Track Clu	1:17.59	2
11	Zaryczny, David	97	Central Vatrack	1:17.59	2
13	Williams, Tyrhen	97	Lazers Track Clu	1:18.04	1
14	Jones, Ivan	97	Churchland Trail	1:23.23	3
15	Thompson, Jeremiah	97	Central Vatrack	1:32.22	3
--	Outen, Marcus	97	Virginia Beach F	DNS	3
--	Young, Jalen	97	Indian River Spe	DNS	2

Event 42 Boys 400 Meter Dash Bantam

=====  
National: N 59.60 2003 Westley Polston, Baltimore, MD  
Name Year Team Finals  
=====

Finals

1	Bivins, Tyson	97	Boys & Girls Clu	1:07.66
2	Dixon, Kyree	97	Churchland Trail	1:10.43
3	Stokley, Jordan	97	Suffolk Stars	1:11.02
4	Trotman, Tyriug	97	Virginia Beach F	1:11.84
5	Suddenth, Frank	97	Speed City Charg	1:13.06
6	Logan, Kyle	97	Inside Track	1:13.47
7	Dixon, Montel	97	East End Flyers	1:14.76
8	Northover, Jahlil	97	Ribbon Breakers	1:17.53

Event 43 Girls 400 Meter Dash Sub-Midget

=====

National: N 58.86 2005 Robin Reynolds, Miami, FL

Name	Year	Team	Prelims	H#
=====				
Preliminaries				
1	Wedlock, Penchell	96 Norfolk Real Dea	1:06.20Q	3
2	Torain, Maya	96 Phase II	1:06.92Q	2
3	Clark, Niya	96 Norfolk Real Dea,Vi	1:10.68Q	1
4	White, Ebony	96 Indian River Spe	1:08.78q	3
5	Brown, Deja	96 Norfolk Real Dea	1:09.22q	2
6	Hilliard, Shaquanna	96 Technique Track	1:10.28q	2
7	Lyles, Kara	96 Lazars Track Clu	1:11.72q	1
8	Mandigo, Melody	96 Boys & Girls Clu	1:13.48q	1
9	Edwards, Briana	96 Inside Track	1:13.86	1
10	White, Jahniece	96 Speed City Charg,Ne	1:14.13	3
11	Wyatt, Jade	96 Virginia Beach F	1:15.69	2
12	Brown, Taylor	96 Faith In Action	1:15.71	2
13	Gainey, Kennae	96 Churchland Trail	1:16.20	3
14	Curry, Dayzja	96 Technique Track	1:20.90	3
15	Reyes, Alexis	96 Team Flash	1:22.22	1
16	O'Brien, Jasmine	96 VA Beach Pathfin	1:22.63	3
17	Qadir, Bakari	96 East End Flyers	1:26.26	2
18	Long, Kiera	96 Churchland Trail	1:27.03	2
--	Usher, Kitana	96 Technique Track	DNS	1
--	Ferebee, Drew	96 Lazars Track Clu	DNS	2
--	Gaines, Brittany	96 Unattached,Frederic	DNS	1
--	Curtis, Qierra	96 Churchland Trail	DNS	1
--	Reese, Daneia	96 Churchland Trail	DNS	3

Event 43 Girls 400 Meter Dash Sub-Midget

National: N 58.86 2005 Robin Reynolds, Miami, FL

Name	Year	Team	Finals
=====			
Finals			
1	Wedlock, Penchell	96 Norfolk Real Dea	1:06.39
2	Torain, Maya	96 Phase II	1:06.82
3	White, Ebony	96 Indian River Spe	1:07.39
4	Lyles, Kara	96 Lazars Track Clu	1:10.79
5	Brown, Deja	96 Norfolk Real Dea	1:10.95
6	Hilliard, Shaquanna	96 Technique Track	1:12.17
7	Clark, Niya	96 Norfolk Real Dea,Vi	1:12.28
8	Mandigo, Melody	96 Boys & Girls Clu	1:17.91

Event 44 Boys 400 Meter Dash Sub-Midget

National: N 57.38 2003 Marguise Mitchell, Largo, FL

Name	Year	Team	Prelims	H#
=====				
Preliminaries				
1	Giles, Kenneth	96 Hampton Blazers	1:03.93Q	4
2	Toomer, Roy	96 Virginia Beach F	1:04.84Q	3
3	Brown, Kai	96 Freedom Striders	1:06.11Q	1
4	Ellis, Abdul	96 Inside Track	1:07.31Q	2
5	Davis, Stanley	96 Norfolk Real Dea	1:04.13q	4
6	Haynes, Dimitri	96 Indian River Spe	1:06.76q	4
7	Prunty, Darryl	96 Track Serious Tr	1:07.51q	1
8	Demiell, Deonte	96 Suffolk Stars	1:07.66q	3
9	Golden, Harry	96 East End Flyers	1:09.20	2
10	Spencer, Malcolm	96 Technique Track	1:11.04	1
11	Wells, Bradley	96 Unattached,Glen All	1:11.30	3
12	Hudson, Dwaylon	96 Faith In Action	1:11.34	3
13	Little, Juan	96 Norfolk Real Dea	1:11.55	2

14 Allen, Randy	96 Boys & Girls Clu	1:12.16	4
15 Watts, Quincy	96 Virginia Beach F	1:12.27	2
16 Robinson, JaQuan	96 Hampton Blazers	1:15.32	2
17 Tennessee, Ronnie	96 Indian River Spe	1:16.63	1
18 Moure, Pehue	96 Track Serious Tr	1:18.79	3
19 Nash, Izaiah	96 Virginia Beach F	1:20.23	1
20 Gonzales, Jonathon	96 Quiet Storm Elit	1:20.82	2
21 Lee, Keith	96 East End Flyers	1:21.46	1
22 Doby, De'Shawn	96 Virginia Beach F	1:23.83	3
23 Neely, Jordan	96 Technique Track	1:28.31	2
-- Parker, Anthony	96 Churchland Trail	DNS	3
-- Pennyfeather, Isaiah	96 Technique Track	DNS	4
-- Robinson, Alvin	96 Inside Track	DNS	4
-- Gilmore, Ty'rell	96 Virginia Beach F	DNS	4

Event 44 Boys 400 Meter Dash Sub-Midget

=====			
National: N 57.38	2003	Marguise Mitchell, Largo, FL	
Name	Year Team	Finals	
=====			

Finals

1 Davis, Stanley	96 Norfolk Real Dea	1:01.99	
2 Toomer, Roy	96 Virginia Beach F	1:04.76	
3 Ellis, Abdul	96 Inside Track	1:05.61	
4 Demiel, Deonte	96 Suffolk Stars	1:07.00	
5 Haynes, Dimitri	96 Indian River Spe	1:08.26	
6 Brown, Kai	96 Freedom Striders	1:08.98	
7 Prunty, Darryl	96 Track Serious Tr	1:16.35	
-- Giles, Kenneth	96 Hampton Blazers	DQ	

Event 45 Girls 400 Meter Dash Midget

=====				
National: N 55.11	2000	Brandi Cross, Missouri City, TX		
Name	Year Team	Prelims	H#	
=====				

Preliminaries

1 Thomas, Jayme	95 Hampton Blazers	1:04.68Q	1	
2 Russell, Shamera	95 Technique Track	1:08.80Q	2	
3 Moore, Alexia	95 Norfolk Real Dea	1:07.17q	1	
4 Hicks, Ashley	95 Norfolk Real Dea	1:09.29q	2	
5 Marrow, Kimberly	95 Inside Track	1:10.17q	1	
6 Moore, De'Ja	95 Technique Track	1:10.17q	1	
7 Brown, Ronicia	95 Churchland Trail	1:10.40q	2	
8 Matais, Karhreen	95 Chesapeake Speed	1:10.69q	2	
9 Washington, Aliyah	95 Hampton Blazers	1:10.74	2	
10 Hunt, Michelle	95 Indian River Spe	1:16.00	1	
11 Williams, Breanna	95 Norfolk Extremes	1:18.81	1	
12 Lyons, Brayannah	95 Churchland Trail	1:29.98	1	
13 Hollins, Tatyana	95 Indian River Spe	1:39.98	2	
-- Roland, Dajah	95 Virginia Beach F	DNS	1	
-- Henry, Alexxus	95 Inside Track	DNS	2	

Event 45 Girls 400 Meter Dash Midget

=====				
National: N 55.11	2000	Brandi Cross, Missouri City, TX		
Name	Year Team	Finals		
=====				

Finals

1 Thomas, Jayme	95 Hampton Blazers	1:04.59	
2 Moore, Alexia	95 Norfolk Real Dea	1:07.96	
3 Moore, De'Ja	95 Technique Track	1:08.44	
4 Brown, Ronicia	95 Churchland Trail	1:09.83	

5	Marrow, Kimberly	95	Inside Track	1:10.21
6	Hicks, Ashley	95	Norfolk Real Dea	1:10.36
7	Russell, Shamera	95	Technique Track	1:11.17
8	Matais, Karhreen	95	Chesapeake Speed	1:13.17

Event 46 Boys 400 Meter Dash Midget

=====				
National: N 53.49		2004	Corvin Lamb, Miami, FL	
Name	Year	Team	Prelims	H#
=====				

Preliminaries

1	Green, Darius	95	Technique Track	57.53Q	2
2	Moses, Shaquille	95	Boys & Girls Clu	1:01.31Q	1
3	Smith, Jacorey	95	Churchland Trail	1:02.15Q	3
4	Reuben, Keanu	95	Virginia Beach F	1:00.16q	2
5	Flemings, Derrian	95	Technique Track	1:02.84q	1
6	Abdullah, Khalid	95	Boys & Girls Clu	1:03.55q	3
7	Guerrier, Javon	95	Norfolk Real Dea	1:03.61q	1
8	Major-Dixon, Darius	95	Churchland Trail	1:06.40q	1
9	McCoy, Clint	95	Speed City Charg	1:08.42	2
10	Henley, KiJona	95	Technique Track	1:09.33	3
11	Addison, Brandon	95	Churchland Trail	1:09.89	2
12	Guerrier, Davon	95	Norfolk Real Dea	1:10.53	3
13	LaBrie, Luke	95	Unattached, Richmond	1:12.54	2
14	Robinson, Vernon	95	Boys & Girls Clu	1:13.19	2
15	Mathews, John	95	Boys & Girls Clu	1:14.77	3
16	Wakelyn, Marcus	95	East End Flyers	1:23.92	3
--	Trotter, Jalon	95	Churchland Trail	DNS	1
--	Terrell, Deon	95	Lazers Track Clu	DNS	1
--	Trotter, Jamel	95	Churchland Trail	DNS	3

Event 46 Boys 400 Meter Dash Midget

=====				
National: N 53.49		2004	Corvin Lamb, Miami, FL	
Name	Year	Team	Finals	
=====				

Finals

1	Green, Darius	95	Technique Track	58.65
2	Moses, Shaquille	95	Boys & Girls Clu	1:01.17
3	Reuben, Keanu	95	Virginia Beach F	1:01.31
4	Smith, Jacorey	95	Churchland Trail	1:03.05
5	Abdullah, Khalid	95	Boys & Girls Clu	1:03.22
6	Flemings, Derrian	95	Technique Track	1:03.24
7	Guerrier, Javon	95	Norfolk Real Dea	1:03.97
8	Major-Dixon, Darius	95	Churchland Trail	1:10.19

Event 47 Girls 400 Meter Dash Sub-Youth

=====				
National: N 55.80		2005	Brianna Frazier, Jacksonville, FL	
Name	Year	Team	Prelims	H#
=====				

Preliminaries

1	Moore, Maya	94	Technique Track	59.14Q	3
2	Edwards, J'Nai	94	Technique Track	1:00.63Q	1
3	Cuffee, Anise	94	Technique Track	1:02.91Q	2
4	Boddie, Vamonie	94	Inside Track	1:02.39q	3
5	Taylor, Taranisha	94	Norfolk Real Dea	1:02.62q	3
6	Muhammad, Maria	94	Norfolk Real Dea	1:03.81q	2
7	Carney, Taira	94	Central Vatrack	1:04.31q	1
8	Thompson, Di'Yea	94	Central Vatrack, Ric	1:06.05q	2
9	Bivins, Kiana	94	Boys & Girls Clu	1:07.85	2
10	DuBois, Breanna	94	Churchland Trail	1:08.37	3

11 Forester, Yasmine	94 Norfolk Real Dea	1:08.42	1
12 Rogers, Renee	94 Technique Track	1:08.74	1
13 Patterson, Markelle	94 Suffolk Stars	1:10.93	3
14 Murray, Imani	94 Quiet Storm Elit,St	1:11.21	1
15 Bell, Arielle	94 Virginia Beach F	1:12.70	1
16 Evans, Danielle	94 East End Flyers	1:13.24	3
17 Burney, Kimani	94 Speed Inc.	1:13.46	1
18 Jones, T'Nai	94 East End Flyers	1:15.99	2
19 Williams, Kej-dra	94 Norfolk Extremes	1:17.28	2
20 Freeze, Sakeyi	94 Virginia Beach F	1:20.49	2
21 Clark, Britani	94 Mustang's	1:20.85	3

Event 47 Girls 400 Meter Dash Sub-Youth

=====  
National: N 55.80 2005 Brianna Frazier, Jacksonville, FL  
Name Year Team Finals  
=====

Finals

1 Moore, Maya	94 Technique Track	58.79	
2 Edwards, J'Nai	94 Technique Track	1:00.19	
3 Cuffee, Anise	94 Technique Track	1:02.36	
4 Taylor, Taranisha	94 Norfolk Real Dea	1:02.97	
5 Muhammad, Maria	94 Norfolk Real Dea	1:05.68	
6 Carney, Taira	94 Central Vatrack	1:08.10	
7 Thompson, Di'Yea	94 Central Vatrack,Ric	1:10.74	
-- Boddie, Vamonie	94 Inside Track	DNS	

Event 48 Boys 400 Meter Dash Sub-Youth

=====  
National: N 53.33 2005 Raphael Thompson, Orlando, FL  
Name Year Team Prelims H#  
=====

Preliminaries

1 Shufford, Tevon	94 Technique Track	56.84Q	2
2 Coleman, Joel	94 Norfolk Real Dea	58.55Q	4
3 Gibson, Tony	94 Faith In Action	59.96Q	1
4 Simmons, Nicholas	94 Norfolk Real Dea	1:00.57Q	3
5 Foster, Antonio	94 Norfolk Real Dea	58.08q	2
6 McBride, Dominique	94 Inside Track	1:00.62q	3
7 Ringo, Darnell	94 Indian River Spe	1:01.05q	3
8 Corbett, Travis	94 Indian River Spe	1:01.08q	1
9 Peters, Andrew	94 Norfolk Real Dea	1:02.08	1
10 Childs, Jordan	94 Churchland Trail	1:03.29	1
11 Soloman, Thomas	94 Hampton Blazers	1:03.86	2
12 Cheseman, Kebari	94 Inside Track	1:03.95	1
13 Jelks, Monchaz	94 Inside Track	1:08.12	4
14 Siler, Cameron	94 Boys & Girls Clu	1:08.43	1
15 Chapman, John	94 Boys & Girls Clu	1:08.45	2
16 Cobbs, Justin	94 Speed City Charg	1:10.23	4
17 Watson, Andre'	94 Boys & Girls Clu	1:11.44	3
18 James, Akeme	94 Technique Track	1:13.74	1
19 Turner, Ryan	94 Churchland Trail	1:17.13	2
20 Knightnor, Jamel	94 East End Flyers	1:17.65	3
21 Hill, Devonte	94 Virginia Beach F	1:18.40	2
22 Lowe, Jirani	94 Churchland Trail	1:28.33	3
-- Charles, Denis	94 Lion's Den Track	DNS	4
-- Landry, Davon	94 Churchland Trail	DNS	4
-- Bankerd, Troy	94 Speed City Charg	DNS	2
-- Jones, Franklin	94 Lazers Track Clu	DNS	4
-- Rogers, Deshaun	94 Central Vatrack	DNS	3
-- Chandler, Nathan	94 Track Serious Tr	DNS	4

Event 48 Boys 400 Meter Dash Sub-Youth

National: N 53.33 2005 Raphael Thompson, Orlando, FL			
Name	Year	Team	Finals
Finals			
1 Coleman, Joel	94	Norfolk Real Dea	53.14N
2 Foster, Antonio	94	Norfolk Real Dea	58.02
3 Shufford, Tevon	94	Technique Track	58.36
4 Gibson, Tony	94	Faith In Action	1:00.48
5 Corbett, Travis	94	Indian River Spe	1:00.83
6 Ringo, Darnell	94	Indian River Spe	1:01.64
7 Simmons, Nicholas	94	Norfolk Real Dea	1:03.39
-- McBride, Dominique	94	Inside Track	DNS

Event 49 Girls 400 Meter Dash Youth

National: N 54.67 2003 Ebony Collins, Hawthorne, CA				
Name	Year	Team	Prelims	H#
Preliminaries				
1 Wright, Jazmine	93	Technique Track	59.85Q	2
2 Moore, Brianna	93	Virginia Beach F,Vi	1:01.77Q	1
3 Poteat, Mishae	93	Indian River Spe	1:03.24Q	3
4 Ellick, Ashley	93	Lion's Den Track	1:03.00q	1
5 Sharp, Olivia	93	Central Vatrack	1:03.06q	1
6 Hinton, Jalen	93	Track Serious Tr	1:05.08q	2
7 Coney, Jayisha	93	East End Flyers	1:05.99q	3
8 Todd, Seanda	93	Norfolk Real Dea	1:06.21q	1
9 Smith, Jasmine	93	Central Vatrack	1:06.29	2
10 Hopkins, Kristen	93	VA Beach Pathfin	1:06.31	3
11 Smalley, Takeria	93	Churchland Trail	1:08.70	2
12 Corinaldi, Kadija	93	VA Beach Pathfin	1:09.40	2
13 Clark, Stranje	93	Technique Track	1:13.18	1
14 Mia, Lauren	93	VA Beach Pathfin	1:13.79	1
15 Johnson, Monica	93	Churchland Trail	1:16.25	3
16 O'Neal, Shacai	93	Virginia Beach F	1:17.80	3
17 Lamb, Keristan	93	Churchland Trail	1:18.57	1
-- McCants, Brittney	93	Phase II	DNS	3
-- Harrington, Brittney	93	VA Beach Pathfin	DNS	2
-- Brown, Sharae	93	HamptonCityElite	DNS	3
-- Cupka, Sarah	93	Norfolk Real Dea	DNS	2

Event 49 Girls 400 Meter Dash Youth

National: N 54.67 2003 Ebony Collins, Hawthorne, CA			
Name	Year	Team	Finals
Finals			
1 Wright, Jazmine	93	Technique Track	1:00.37
2 Poteat, Mishae	93	Indian River Spe	1:02.16
3 Sharp, Olivia	93	Central Vatrack	1:02.56
4 Ellick, Ashley	93	Lion's Den Track	1:03.76
5 Hinton, Jalen	93	Track Serious Tr	1:05.39
6 Todd, Seanda	93	Norfolk Real Dea	1:07.64
7 Coney, Jayisha	93	East End Flyers	1:08.61
-- Moore, Brianna	93	Virginia Beach F,Vi	DQ

Event 50 Boys 400 Meter Dash Youth

National: N 48.26 1993 Obea Moore, So Pasadena, CA			
Name	Year	Team	Prelims H#

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=====
Preliminaries
  1 Bateman, Jamar          93 Speed City Charg      54.43Q  3
  2 Kimbrough, Dominique  93 Norfolk Real Dea      55.18Q  4
  3 Green, Anthony         93 Team Flash            55.26Q  1
  4 Mitchell, Walter       93 Norfolk Real Dea      56.26Q  2
  5 Kinslow, Ajani         93 Central Vatrack       55.39q  4
  6 White, Denzel          93 Indian River Spe      56.47q  2
  7 Fiesta, Jered         93 Virginia Beach F      56.47q  1
  8 Smith, Damian          93 Norfolk Real Dea      56.67q  2
  9 Thomas, Darion        93 Virginia Beach F      57.45   3
 10 Tate, Tony            93 Norfolk Real Dea      57.45   3
 11 Vaughn, Darius        93 Indian River Spe      57.81   4
 12 Riddick, Rayshad      93 Norfolk Real Dea      58.56   1
 13 Freeman, Javon        93 Phase II              58.82   1
 14 Glenn, Kahana         93 Track Serious Tr      59.07   2
 15 Simms, Stevon         93 Churchland Trail     1:00.34  2
 16 McLaughlin, Graham    93 Team Flash            1:00.68  3
 17 Watford, David        93 East End Flyers      1:00.99  4
 18 Wallace, Connor       93 Speed Inc.            1:02.74  3
 19 Wilson, Michael       93 Track Serious Tr     1:04.22  1
 20 Smith, Raisean        93 Norfolk Real Dea     1:04.39  4
 21 Mullen, Sheldon       93 Inside Track          1:04.44  4
 22 Payne, Evonte         93 Churchland Trail     1:04.63  3
 23 Washington, Justin    93 VA Beach Pathfin     1:06.66  3
 24 Samuels, Cameron      93 Faith In Action      1:08.89  1
 25 Hall, Marcus          93 Mustang's            1:08.96  1
 26 Joe, Aaron            93 Churchland Trail     1:25.15  1
-- Staton, Antoine       93 Virginia Beach F      DNS     4
-- Lawton, Michael       93 Faith In Action,Che   DNS     2
-- Smallwood, Desmond    93 Team Flash            DNS     2
-- Gaines, Brian         93 Unattached,frederic   DNS     3
-- Holloman, Gene        93 Virginia Beach F      DNS     2
-- Williams, Erwin       93 Speed City Charg      DNS     4

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Event 50 Boys 400 Meter Dash Youth

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=====
National: N 48.26 1993 Obea Moore, So Pasadena, CA
Name Year Team Finals
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Finals

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  1 Mitchell, Walter       93 Norfolk Real Dea      53.09
  2 Green, Anthony         93 Team Flash            54.35
  3 Bateman, Jamar        93 Speed City Charg      54.95
  4 Kimbrough, Dominique  93 Norfolk Real Dea      55.69
  5 Kinslow, Ajani        93 Central Vatrack       55.89
  6 Smith, Damian          93 Norfolk Real Dea      56.44
  7 Fiesta, Jered         93 Virginia Beach F      56.55
  8 White, Denzel          93 Indian River Spe      59.89

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Event 51 Girls 400 Meter Dash Intermediate

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=====
National: N 53.70 1980 Maxine Underwood, Dorchester, MA
Name Year Team Prelims H#
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Preliminaries

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  1 Miles, Tylesia        91 Norfolk Real Dea      57.25Q  2
  2 Dennis, Breanna       92 Virginia Beach F      58.58Q  3
  3 Robinson, Cydney      92 Norfolk Real Dea      59.62Q  5
  4 Townsend, Jazmen      91 Virginia Beach F      59.68Q  4
  5 Harris, Tiffany        91 Norfolk Real Dea     1:01.38Q  1
  6 Cobbs, Jasmine        91 Speed City Charg     1:01.52Q  7

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7	Fulton, DaVita	91	Speed City Charg	1:01.67Q	6
8	Lott, JaQuonna	91	Quiet Storm Elit	1:00.08q	3
9	Wise, Miya	91	Norfolk Real Dea	1:00.61	2
10	Lott, Jaime	91	Quiet Storm Elit	1:01.14	4
11	Whitties, Venus	92	Norfolk Real Dea	1:02.51	7
12	Payne-Roebuck, Piarrah	92	Norfolk Real Dea	1:02.55	4
13	Adams, Shanece	92	Technique Track	1:02.77	2
14	Sessoms, Ashley	92	Inside Track	1:03.91	2
15	Addison, TiAna	92	Unattached, Virginia	1:03.92	3
16	Ajuma, Akilah	91	Inside Track	1:04.00	5
17	Langford, Keona	92	Speed City Charg	1:04.26	5
18	Pannell, Courtni	92	Technique Track	1:04.32	1
19	Owens, Asia	92	Virginia Beach F	1:04.60	2
20	Chase, Ashley	91	Hampton Blazers	1:05.74	4
21	Green, Gabrielle	92	VA Beach Pathfin	1:06.01	6
22	Williams, Nicole	92	Norfolk Real Dea	1:06.47	3
23	Davis, Breha	92	Mustang's	1:06.53	5
24	Tanner, Chantiqua	92	Central Vatrack	1:07.58	5
25	Brown, Morgan	91	Faith In Action	1:07.65	5
26	Lee, Erica	91	Lion's Den Track	1:07.88	2
27	Anderson, Jazlyn	92	Technique Track	1:07.88	7
28	Ross, Ladasha	92	Churchland Trail	1:07.93	1
29	Smith, Melina	92	Churchland Trail	1:08.20	4
30	Clements, Tocara	92	Churchland Trail	1:08.31	6
31	Adams, Tavia	92	Norfolk Real Dea	1:08.80	4
32	Mann, Victoria	91	Norfolk Real Dea	1:09.54	1
33	Myers, Roshawana	92	Indian River Spe	1:11.66	7
34	Betts, Letha	92	Mustang's, Newport N	1:17.01	3
35	Brooks, Jennifer	92	Team Flash	1:17.03	2
36	Deloatch-Dixon, Jewel	92	Churchland Trail	1:17.55	5
37	Allsopp, Paige	92	Mustang's	1:17.84	4
38	Stevens, Rashida	92	Virginia Beach F	1:23.68	7
--	Barr, Myesha	91	Track Serious Tr	DNS	6
--	Haye, Vanessa	91	Inside Track	DNS	6
--	Hall, Brittany	92	Mustang's	DNS	1
--	Ragland, Lauren	92	Lion's Den Track	DNS	3
--	Wesh, Marlana	91	Phase II	DNS	7
--	Smith, Cheyeane	92	Norfolk Real Dea	DNS	7
--	Sims, Camille	92	Quiet Storm Elit, Fr	DNS	1
--	Mitchell, Tara	91	Norfolk Real Dea	DNS	6
--	Williams, Ayanna	92	Speed City Charg	DNS	3
--	Williams, Arianna	92	Speed City Charg	DNS	1
--	Williams, Nakia	92	Freedom Striders	DNS	6

Event 51 Girls 400 Meter Dash Intermediate

=====

National: N 53.70 1980 Maxine Underwood, Dorchester, MA

Name	Year	Team	Finals
=====			
Finals			
1	Dennis, Breanna	92	Virginia Beach F 58.00
2	Miles, Tylesia	91	Norfolk Real Dea 58.31
3	Robinson, Cydney	92	Norfolk Real Dea 58.60
4	Harris, Tiffany	91	Norfolk Real Dea 58.98
5	Townsend, Jazmen	91	Virginia Beach F 59.50
6	Lott, JaQuonna	91	Quiet Storm Elit 1:00.12
7	Fulton, DaVita	91	Speed City Charg 1:02.08
8	Cobbs, Jasmine	91	Speed City Charg 1:03.65

Event 52 Boys 400 Meter Dash Intermediate

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National: N 46.11 1995 Obea Moore, So Pasadena, CA

Name	Year	Team	Prelims	H#
Preliminaries				
1	Redd, Andre	92 Unattached,midlothi	49.76Q	4
2	Cuffee, Austin	91 Technique Track	50.56Q	3
3	House, Earl	91 Technique Track	51.55Q	1
4	Wesh, Darrell	92 Phase II	52.54Q	2
5	Simmons, Antionio	91 Virginia Beach F	49.78q	4
6	Burton, Brandon	92 Speed City Charg	52.93q	1
7	Bertram, Chris	91 Track Serious Tr	53.04q	1
8	O'Brien, Aaryon	91 VA Beach Pathfin	53.09q	2
9	Taliferro, Brandon	92 Phase II	54.23	3
10	Robertson, Marcus	91 VA Beach Pathfin	55.16	4
11	Gunnerson, David	92 Speed Inc.	55.45	2
12	Blair, William	92 Speed Inc.	56.29	4
13	Gomes, David	91 Inside Track	56.64	1
14	Marsh, Damion	92 Speed City Charg	56.84	4
15	Artist, Donte	92 Central Vatrack	57.20	1
16	Washington, Dwayne	92 Virginia Beach F	57.68	3
17	Robinson, Giovanni	92 Hampton Blazers	58.38	3
18	Morris, Geron	91 Inside Track	58.93	2
19	Sterling, McKinsey	92 Inside Track	59.27	4
20	Bullock, Ashaunti	92 Churchland Trail	59.45	3
21	Street, Solomon	92 Virginia Beach F	59.93	1
22	Mask, Corey	91 Inside Track	1:00.50	3
23	Stevsns, Quatez	92 Quiet Storm Elit	1:00.63	1
24	Alston, Derrick	91 Technique Track	1:03.01	2
--	Walton, Jeremie	91 Beast Boyz	DNS	4
--	Lockley, Donivan	91 Unattached,Richmond	DNS	3
--	Rinehardt, Marcus	92 Lion's Den Track	DNS	2
--	Williams, Demetrius	91 Norfolk Extremes	DNS	2
--	Morgan, Derrick	91 Virginia Beach F	DNS	2
--	Jones, Randy	91 Beast Boyz	DNS	3
--	bryant, jerad	91 Unattached,boonvill	DNS	1

Event 52 Boys 400 Meter Dash Intermediate

National: N 46.11 1995 Obea Moore, So Pasadena, CA				
Name	Year	Team	Finals	

Finals

1	Cuffee, Austin	91 Technique Track	50.17	
2	Redd, Andre	92 Unattached,midlothi	51.31	
3	House, Earl	91 Technique Track	51.87	
4	Wesh, Darrell	92 Phase II	52.19	
5	Simmons, Antionio	91 Virginia Beach F	52.47	
6	O'Brien, Aaryon	91 VA Beach Pathfin	52.86	
7	Bertram, Chris	91 Track Serious Tr	53.75	
8	Burton, Brandon	92 Speed City Charg	53.88	

Event 53 Women 400 Meter Dash Young

National: N 53.27 1996 Sharkara Grant, Silver Springs, MD				
Name	Year	Team	Prelims	H#

Preliminaries

1	Wright, Melonie	90 Quiet Storm Elit	57.35Q	1
2	Briggs, DeShana	90 Norfolk Real Dea	58.44Q	3
3	Delphin, Kacen	90 Unattached,Richmond	59.84Q	2
4	Peterson-Hassan, Jasmin	90 Quiet Storm Elit	59.47q	3
5	Pearson-Spence, Amber	90 Lazars Track Clu	1:00.22q	2
6	Washington, Aubree	90 Quiet Storm Elit	1:00.61q	1

7	Farmer, Ciara	90	Track Serious Tr,Vi	1:03.24q	3
8	Bell, La-Drina	89	Churchland Trail	1:03.76q	3
9	Thomas, Delia	89	Track Serious Tr	1:04.26	1
10	Lockhart, Shannon	90	Hampton Blazers	1:06.91	2
11	Gray, Chynell	88	Lion's Den Track,Vi	1:10.06	2
12	Gray, Wilma	89	Lion's Den Track	1:10.11	1
--	Jordan, Dominique	89	Norfolk Real Dea	DNS	2
--	Evans, Kayla	90	HamptonCityElite	DNS	3
--	Sample, Ravyn	90	Churchland Trail	DNS	2
--	Dales, Alexis	90	Mustang's	DNS	3
--	Lassiter, Brittany	90	Inside Track	DNS	3
--	Green, Aurielle	90	Team Flash	DNS	1
--	Saunders, Necole	89	Norfolk Real Dea	DNS	1
--	Scott, Monique	90	Quiet Storm Elit,Ma	DNS	2

Event 53 Women 400 Meter Dash Young

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National: N 53.27	1996	Sharkara Grant, Silver Springs, MD
Name	Year Team	Finals

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Finals

1	Briggs, DeShana	90	Norfolk Real Dea	58.52
2	Wright, Melonie	90	Quiet Storm Elit	59.32
3	Pearson-Spence, Amber	90	Lazers Track Clu	59.80
4	Delphin, Kacen	90	Unattached,Richmond	1:00.71
5	Washington, Aubree	90	Quiet Storm Elit	1:01.32
6	Peterson-Hassan, Jasmin	90	Quiet Storm Elit	1:02.23
7	Farmer, Ciara	90	Track Serious Tr,Vi	1:03.08
8	Bell, La-Drina	89	Churchland Trail	1:05.19

Event 54 Men 400 Meter Dash Young

=====

National: N 45.83	1996	Brandon Coutts, Houston, TX
Name	Year Team	Prelims H#

=====

Preliminaries

1	Marrow, Sharrard	90	Norfolk Real Dea	48.89Q	4
2	Ricks, Keith	90	Norfolk Real Dea	49.14Q	1
3	Balsor, Jared	89	Norfolk Real Dea	49.62Q	2
4	Russell, Victor	89	Technique Track	51.69Q	3
5	Brickhouse, Darryl	90	Norfolk Real Dea	49.98q	2
6	O'Garra, Jonathan	89	Track Serious Tr	50.22q	1
7	Bullard, Ja-Vell	90	Technique Track	50.22q	4
8	O'Brien, Justin	89	VA Beach Pathfin	51.10q	4
9	Collins, Joe	89	East End Flyers	51.49	1
10	Turner, Brendon	89	Unattached,Portsmou	51.78	4
11	Sands, Tarnell	90	Track Serious Tr	52.60	4
12	Maldonado, Andre'	89	Technique Track	52.90	1
13	Anderson, Darius	90	Churchland Trail	53.30	3
14	Gaston, Michael	89	East End Flyers	54.17	2
15	Womack, David	90	Norfolk Real Dea	55.60	3
16	Hymes, Terrance	89	Mustang's	59.67	1
17	Clark, Christopher	89	Mustang's	1:07.62	4
--	Harris, Antonio	89	Norfolk Real Dea	DNS	3
--	Alston, Kevin	89	Track Serious Tr	DNS	2
--	Poole, Taylor	90	Technique Track	DNS	2
--	Church, Anthony	90	Lazers Track Clu	DNS	1
--	Webb, Kareem	90	Virginia Beach F	DNS	3
--	McBride, Malik	89	Norfolk Real Dea	DNS	2
--	Wilson, Kevin	89	Track Serious Tr,Vi	DNS	3
--	Crenshaw, Rasul	90	Lazers Track Clu	DNS	4

Event 54 Men 400 Meter Dash Young

National: N 45.83 1996 Brandon Coutts, Houston, TX			
Name	Year	Team	Finals
Finals			
1 Bullard, Ja-Vell	90	Technique Track	48.95
2 Ricks, Keith	90	Norfolk Real Dea	49.04
3 Balsor, Jared	89	Norfolk Real Dea	49.56
4 Marrow, Sharrard	90	Norfolk Real Dea	49.58
5 Brickhouse, Darryl	90	Norfolk Real Dea	50.51
6 O'Garra, Jonathan	89	Track Serious Tr	51.15
7 O'Brien, Justin	89	VA Beach Pathfin	51.50
8 Russell, Victor	89	Technique Track	52.89

Event 55 Girls 800 Meter Run Primary

National: N 2:42.81 2005 April Spencer, Dickinson, TX			
Name	Year	Team	Finals
1 Ferrell, Bryana	99	Central Vatrack	3:08.23
2 Cobbin, Tatyana	99	Norfolk Real Dea	3:15.11
3 Peterson, Kirstin	99	Team Flash	3:17.36
4 Peele, Kaisi	99	Technique Track	3:20.47
5 Keels, Ariyana	99	Churchland Trail	3:27.73
6 Phifer, Alexia	00	Speed City Charg	3:28.43
7 Gurney, Cheyenne	00	Virginia Beach F	3:32.49
8 Henley, Kelsy	99	Technique Track	3:36.53
9 Bunch, Telina	00	East End Flyers	3:37.01
10 Morris, Kamryn	99	Norfolk Extremes	4:29.12
-- Brown, Talieyah	00	Hampton Blazers	DNS

Event 56 Boys 800 Meter Run Primary

National: N 2:31.81 2000 Jurell Henry, Newport News, VA			
Name	Year	Team	Finals
1 Pinson, Matthew	99	Unattached, Richmond	2:50.97
2 Moore, Gregory	99	Boys & Girls Clu	2:52.37
3 Steck, Konrad	99	Team Flash	3:03.61
4 Northover, Karim	99	Ribbon Breakers	3:10.45
5 Seymore, Vincent	99	Indian River Spe	3:22.92
6 Adkins, Donevan	99	East End Flyers	3:36.41
7 Baldwin, Myles	00	Technique Track	3:38.28
8 Callahan, Tylan	99	HamptonCityElite	3:46.16
9 Moulton, Sean	00	Lion's Den Track	3:53.71
10 Rose, Michael	01	Faith In Action	4:02.52
-- Orr, Jason	99	Churchland Trail	DNS
-- Harris-Smith, Hasaan	00	Central Vatrack	DNS

Event 57 Girls 800 Meter Run Sub-Bantam

National: N 2:30.92 1998 Quantikia Stepney, Baltimore, MD			
Name	Year	Team	Finals
1 Keith, Asia	98	Unattached, Richmond	2:54.61
2 Alexander, Cydney	98	Virginia Beach F	3:02.69
3 Cornelius, Heavenle	98	Virginia Beach F	3:03.02
4 Johnson, Ashley	98	Technique Track	3:07.94
5 Earp, Alexis	98	Hampton Blazers	3:09.39
6 Smith, Shanyn	98	Churchland Trail	3:27.91
7 Clarke, Indiana	98	Faith In Action	3:35.42

8 Washington, Amariss 98 Hampton Blazers 4:17.16

Event 58 Boys 800 Meter Run Sub-Bantam

=====			
National: N 2:27.20 2000 Tyler Brock, St Charles, MO			
Name	Year	Team	Finals
=====			
1	Phillips, Benjamin	98 East End Flyers	2:44.44
2	Pendleton, Tony	98 Boys & Girls Clu	2:44.61
3	Ramsawh, Josiah	98 Virginia Beach F	2:53.00
4	Trotman, Jermaine	98 Virginia Beach F	2:59.65
5	Andrews, Louis	98 Churchland Trail	3:02.17
6	Ross, George	98 Central Vatrack	3:02.42
7	Lyles, Christopher	98 Lazars Track Clu	3:07.40
8	Hinton, Moses	98 Virginia Beach F	3:08.23
9	Long, Deandre	98 Churchland Trail	3:09.01
10	Disnew, Cleon	98 East End Flyers	3:09.87
11	Norman, Jacob	98 HamptonCityElite	3:19.81
12	Lee, Khaleel	98 East End Flyers	3:23.10
13	Edwards, Darius	98 Churchland Trail,Po	3:38.87
14	Stills, Joseph	98 Lazars Track Clu	3:52.28

Event 59 Girls 800 Meter Run Bantam

=====			
National: N 2:24.05 1986 Shalynn Carr, LaVerne, CA			
Name	Year	Team	Finals
=====			
1	Molloy, Jessica	97 Unattached,glen all	2:56.11
2	Gary, Ieisha	97 Speed City Charg	2:56.89
3	Grainger, Aleeya	97 Norfolk Real Dea	3:10.47
4	Odenwald, Christine	97 Lazars Track Clu	3:14.25
5	Harris, Elva	97 Virginia Beach F	3:25.09

Event 60 Boys 800 Meter Run Bantam

=====			
National: N 2:20.28 2003 Desmond Bell, Akron, OH			
Name	Year	Team	Finals
=====			
1	Northover, Jahlil	97 Ribbon Breakers	2:38.81
2	Trotman, Tyriug	97 Virginia Beach F	2:38.82
3	Peterson, Joshua	97 Team Flash	2:56.35
4	Graves, Jontae'	97 Technique Track	2:59.00
5	Worthington, Carl	97 Technique Track	3:00.21
6	Lipscomb, Avaree	97 Virginia Beach F	3:01.30
7	Pruitt, Jordann	97 East End Flyers	3:01.38
8	Davis, Kevin	97 Lazars Track Clu	3:02.87
9	Pillow, Calan	97 Unattached,Glen All	3:03.96
--	Williams, Tyrhen	97 Lazars Track Clu	DNS
--	Moore, Jerrell	97 Virginia Beach F	DNS
--	Logan, Kyle	97 Inside Track	DNS

Event 61 Girls 800 Meter Run Sub-Midget

=====			
National: N 2:19.27 2000 Quantikia Stepney, Baltimore, MD			
Name	Year	Team	Finals
=====			
1	White, Ebony	96 Indian River Spe	2:47.71
2	Clark, Niya	96 Norfolk Real Dea,Vi	2:48.99
3	Jackson, Ashanti	96 Inside Track	2:56.59
4	Wedlock, Penchell	96 Norfolk Real Dea	2:57.91
5	Roebuck, Cinqua	96 Norfolk Real Dea	2:58.98
6	Dance, Jahnisha	96 East End Flyers	3:01.31

7	Wyatt, Jade	96	Virginia Beach F	3:02.07
8	Mandigo, Melody	96	Boys & Girls Clu	3:04.55
9	Wibberly, Alaina	96	Unattached,Richmond	3:04.63
10	Girona, Alexis	96	East End Flyers	3:05.29
11	Edwards, Briana	96	Inside Track	3:06.10
12	Young, Kayla	96	Hampton Blazers	3:08.42
13	Gainey, Kennae	96	Churchland Trail	3:15.80
14	O'Brien, Jasmine	96	VA Beach Pathfin	3:19.05
15	Clarke, Kristiana	96	Faith In Action	3:23.53
16	Long, Kiera	96	Churchland Trail	3:40.97
17	Staton, Iamme	96	Hampton Blazers	4:09.36
--	Torain, Maya	96	Phase II	DNS
--	Reese, Daneia	96	Churchland Trail	DNS
--	McManus, Dakota	96	Team Flash	DNS

Event 62 Boys 800 Meter Run Sub-Midget

National: N 2:16.92 2002 Sadiki White, E Brunswick, NJ				
Name	Year	Team	Finals	
1	Davis, Stanley	96	Norfolk Real Dea	2:26.01
2	Warren, John	96	Central Vatrack	2:28.72
3	Wiggins, Grant	96	Unattached,Norfolk,	2:29.95
4	Toomer, Roy	96	Virginia Beach F	2:29.99
5	Little, Juan	96	Norfolk Real Dea	2:45.82
6	Jones, DaeQuan	96	Virginia Beach F	2:45.83
7	Spencer, Malcolm	96	Technique Track	2:48.23
8	Golden, Harry	96	East End Flyers	2:54.86
9	Moure, Pehue	96	Track Serious Tr	2:58.71
10	Harrison, Joel	96	Lazers Track Clu	3:08.36
11	Payne, Dominic	96	Norfolk Real Dea	3:09.81
12	Carrigan, Lane	96	Team Flash	3:18.79
13	Lee, Keith	96	East End Flyers	3:22.90
--	Maxson, Rosbert	96	Phase II	DNS
--	Pinson, Daniel	96	Unattached,Richmond	DNS
--	Overton, Darrien	96	Freedom Striders	DNS
--	Nash, Izaiah	96	Virginia Beach F	DNS

Event 63 Girls 800 Meter Run Midget

National: N 2:16.83 2001 Quantikia Stepeny, Baltimore, MD				
Name	Year	Team	Finals	
1	Wright, Chelsea	95	Norfolk Real Dea	2:41.14
2	Smith, Briana	95	Inside Track	2:55.99
3	Brown, Ronicia	95	Churchland Trail	3:16.15
--	Shawver, Julia	95	Team Flash	DNS
--	Roland, Dajah	95	Virginia Beach F	DNS
--	Henry, Alexxus	95	Inside Track	DNS

Event 64 Boys 800 Meter Run Midget

National: N 2:07.84 1992 Rudy DeLosSantos, Eagle Pass, TX				
Name	Year	Team	Finals	
1	Reuben, Keanu	95	Virginia Beach F	2:24.73
2	Guerrier, Davon	95	Norfolk Real Dea	2:44.51
3	Tooke, Corey	95	Unattached,bristow,	2:50.60
4	LaBrie, Luke	95	Unattached,Richmond	2:54.92
5	Hairston, Nicholas	95	Boys & Girls Clu	2:54.95
6	Greer Jr, Samuel	95	Boys & Girls Clu	2:55.02
7	Addison, Brandon	95	Churchland Trail	2:58.71

8	Morris, Marquis	95	Boys & Girls Clu	3:01.70
9	Whitaker, Corey	95	Norfolk Extremes	3:08.61
10	Wakelyn, Marcus	95	East End Flyers	3:25.16
--	Robinson, Vernon	95	Boys & Girls Clu	DNS
--	Trotter, Jamel	95	Churchland Trail	DNS

Event 65 Girls 800 Meter Run Sub-Youth

=====				
National: N 2:14.43		2005	Cory McGee, Pass Christian, MS	
Name	Year	Team	Finals	
=====				
1	Peterson, Heidi	94	Team Flash	2:31.33
2	DuBois, Breanna	94	Churchland Trail	2:42.52
3	Gonzalas, Marina	94	Quiet Storm Elit,St	2:44.67
4	Miller, Summer	94	Unattached,Toano, V	2:54.04
5	Patterson, Markelle	94	Suffolk Stars	3:10.25
6	Jones, T'Nai	94	East End Flyers	3:10.30
7	Evans, Danielle	94	East End Flyers	3:18.47
--	Bell, Arielle	94	Virginia Beach F	DNS
--	Freeze, Sakeyi	94	Virginia Beach F	DNS
--	Rogers, Renee	94	Technique Track	DNS

Event 66 Boys 800 Meter Run Sub-Youth

=====				
National: N 2:08.49		2005	Andre Redd, Midlothian, VA	
Name	Year	Team	Finals	
=====				
1	Coleman, Joel	94	Norfolk Real Dea	2:16.29
2	Brown, William	94	Technique Track	2:21.12
3	Ringo, Darnell	94	Indian River Spe	2:25.06
4	Shufford, Tevon	94	Technique Track	2:27.74
5	Charles, Denis	94	Lion's Den Track	2:31.88
6	Taylor, Seth	94	VA Beach Pathfin	2:34.06
7	Proctor, Rashawn	94	Technique Track	2:36.13
8	Speray, Eric	94	Bay Rivers T&F C	2:40.57
9	Cheseman, Kebari	94	Inside Track	2:40.75
10	Moniak, DJ	94	Team Flash	2:54.72
11	Cobbs, Justin	94	Speed City Charg	2:54.84
12	Miles, Alton	94	Norfolk Real Dea	2:59.05
13	Knightnor, Jamel	94	East End Flyers	3:02.14
14	Odenwald, Brian	94	Lazers Track Clu	3:09.11
15	James, Akeme	94	Technique Track	3:14.00
16	Lowe, Jirani	94	Churchland Trail	3:28.53
--	Foster, Antonio	94	Norfolk Real Dea	DNS
--	Childs, Jordan	94	Churchland Trail	DNS
--	Bankerd, Troy	94	Speed City Charg	DNS
--	Rogers, Deshaun	94	Central Vatrack	DNS

Event 67 Girls 800 Meter Run Youth

=====				
National: N 2:11.28		1986	Melissa Benner, Norristown, PA	
Name	Year	Team	Finals	
=====				
1	Smith, Amanda	93	Unattached,Chesapea	2:27.77
2	Redd, Alaina	93	Unattached,midlothi	2:29.87
3	Wyche, DeBresha	93	Central Vatrack	2:34.65
4	Smith, Ariel	93	Norfolk Real Dea	2:37.51
5	Simmons, Christian	93	Quiet Storm Elit	2:38.00
6	Walker, Kenya	93	Technique Track	2:47.01
7	Clark, Stranje	93	Technique Track	3:06.64
8	O'Neal, Shacai	93	Virginia Beach F	3:10.34
9	Lamb, Keristan	93	Churchland Trail	3:11.21

-- Saunders, Sha'keela 93 Unattached, Chesapeake DNS

Event 68 Boys 800 Meter Run Youth

National: N 1:57.72 2005 Howard Shepard, Dallas, TX			
Name	Year	Team	Finals
1 Kinslow, Ajani	93	Central Vatrack	2:18.40
2 Thomas, Darion	93	Virginia Beach F	2:19.65
3 Morrison, Randy	93	Unattached	2:21.65
4 Williams, Erwin	93	Speed City Charg	2:22.51
5 Riddick, Rayshad	93	Norfolk Real Dea	2:23.16
6 White, Denzel	93	Indian River Spe	2:26.31
7 Tupper, Devin	93	Norfolk Real Dea	2:33.51
8 Graham, Tavon	93	Indian River Spe	2:33.70
9 Henley, Kelvin	93	Technique Track	2:34.40
10 Glenn, Kahana	93	Track Serious Tr	2:34.92
11 Reid, Malcolm	93	Indian River Spe	2:36.36
12 Mullen, Sheldon	93	Inside Track	2:40.46
13 Wilson, Michael	93	Track Serious Tr	2:41.43
14 Washington, Justin	93	VA Beach Pathfin	2:43.35
15 Hall, Marcus	93	Mustang's	2:43.37
16 Watford, David	93	East End Flyers	2:46.18
-- Greenwald, Jeremy	93	Unattached, Chesapeake	DNS
-- Freeman, Javon	93	Phase II	DNS
-- Gaines, Brian	93	Unattached, frederic	DNS

Event 69 Girls 800 Meter Run Intermediate

National: N 2:10.73 2004 Latavia Thomas, Philadelphia, PA				
Name	Year	Team	Finals	H#
1 Gonzalas, Cristin	91	Quiet Storm Elit, St	2:21.96	2
2 Varnell, Hannah	91	Bay Rivers T&F C, Gl	2:24.27	2
3 Cobbs, Jasmine	91	Speed City Charg	2:30.24	2
4 Ledbetter, Mekenna	92	Lion's Den Track, Vi	2:32.56	2
5 Adams, Shanece	92	Technique Track	2:32.72	2
6 Claiborne, Raven	91	Norfolk Real Dea	2:38.25	2
7 Owens, Asia	92	Virginia Beach F	2:41.90	1
8 Brown, Morgan	91	Faith In Action	2:51.17	1
9 Simmons, Rebecca	92	Norfolk Real Dea	2:51.34	1
10 Mann, Victoria	91	Norfolk Real Dea	3:07.99	2
11 Stevens, Rashida	92	Virginia Beach F	3:26.45	1
-- Lee, Erica	91	Lion's Den Track	DNS	1
-- Prochnow, Katherine	93	Bay Rivers T&F C	DNS	1
-- Fulton, DaVita	91	Speed City Charg	DNS	2

Event 70 Boys 800 Meter Run Intermediate

National: N 1:53.70 1984 Tony Perez, Manteca, CA				
Name	Year	Team	Finals	H#
1 Burton, Brandon	92	Speed City Charg	2:00.60	4
2 Hunter, Adam	91	Norfolk Real Dea	2:01.61	4
3 Bertrand, Anderson	91	Central Vatrack	2:03.23	4
4 Gunnerson, David	92	Speed Inc.	2:04.07	4
5 Redd, Andre	92	Unattached, midlothi	2:04.09	4
6 Johnson, Previn	91	Virginia Beach F	2:05.50	1
7 McIntyre, Andre	91	Norfolk Real Dea	2:07.36	4
8 Harrison, DeVinn	91	Speed Inc.	2:08.31	4
9 Garlick, Anthony	91	Norfolk Real Dea	2:11.63	4
10 Robertson, Marcus	91	VA Beach Pathfin	2:12.21	3

11 Artist, Donte	92 Central Vatrack	2:18.22	3
12 Street, Solomon	92 Virginia Beach F	2:18.66	1
13 Gomes, David	91 Inside Track	2:20.14	3
14 Harrison, Aaron	92 Lazars Track Clu	2:23.55	1
15 Pennyfeather, Gamal	91 Technique Track	2:23.58	1
16 Williams, Demetrius	91 Norfolk Extremes	2:24.23	1
17 Sterling, Ashaunti	92 Inside Track	2:29.76	3
18 Bowe, Vincent	92 Inside Track	2:29.82	3
19 Flemings, Antany	91 Technique Track	2:31.98	2
20 Mask, Corey	91 Inside Track	2:48.70	2
21 DeCoursey, Brandon	92 Team Flash	2:56.48	2
-- Rinehardt, Marcus	92 Lion's Den Track	DNS	2
-- Bullock, McKinsey	92 Churchland Trail	DNS	3
-- bryant, jerad	91 Unattached,boonvill	DNS	2
-- Kempster, Morgan	92 Norfolk Real Dea	DNS	3
-- Taliferro, Brandon	92 Phase II	DNS	2
-- Nuss, Elliot	91 Norfolk Real Dea	DNS	3

Event 71 Women 800 Meter Run Young

=====				
National: N 2:08.20		1980	Regina Jacobs, Los Angeles, CA	
Name	Year	Team	Finals	H#
=====				
1 Scott, Monique	90	Quiet Storm Elit, Ma	2:24.12	2
2 Washington, Aubree	90	Quiet Storm Elit	2:25.09	2
3 Delphin, Kacen	90	Unattached, Richmond	2:32.06	2
4 Barnes, Shamika	90	East End Flyers	2:33.83	2
5 Farmer, Ciara	90	Track Serious Tr, Vi	2:38.45	1
6 Gray, Chynell	88	Lion's Den Track, Vi	2:47.01	2
7 Lockhart, Shannon	90	Hampton Blazers	2:47.83	1
8 Bryceland, Shelby	90	Lion's Den Track	3:07.39	1
-- Shaw, Maya	90	HamptonCityElite	DNS	2
-- Briggs, DeShana	90	Norfolk Real Dea	DNS	2

Event 72 Men 800 Meter Run Young

=====				
National: N 1:49.80		1980	John Marshall, Plainville, NJ	
Name	Year	Team	Finals	H#
=====				
1 Gonslaves, Dean	89	Speed Inc.	1:58.64	2
2 Davidson, Tim	89	Norfolk Real Dea	2:00.23	2
3 Clark, Alfonso	88	Norfolk Real Dea	2:01.38	2
4 Stansbury, Paul	89	Faith In Action	2:04.90	2
5 Womack, David	90	Norfolk Real Dea	2:05.16	2
6 Martin, Bernard	89	Lazars Track Clu	2:06.30	2
7 Speray, Ryan	90	Bay Rivers T&F C	2:07.34	1
8 Russell, Victor	89	Technique Track	2:07.89	1
9 Anderson, Darius	90	Churchland Trail	2:09.22	1
10 Moulton, Daniel	90	Lion's Den Track	2:20.36	1
-- Leavitt, Brenden	90	Norfolk Real Dea	DNS	1
-- Hylton, Ryan	89	Lion's Den Track	DNS	2
-- McBride, Malik	89	Norfolk Real Dea	DNS	1
-- Desper, Mark	90	Technique Track	DNS	1
-- O'Brien, Trey	90	Norfolk Real Dea	DNS	2
-- Tupper, Ian	90	Norfolk Real Dea	DNS	1

Event 73 Girls 1500 Meter Run Sub-Bantam

=====				
National: N 5:09.15		2003	Kiah Seymour, Washington, DC	
Name	Year	Team	Finals	H#
=====				
1 Alexander, Cydney	98	Virginia Beach F	6:22.62	

2	Cornelius, Heavenle	98	Virginia Beach F	6:24.67
3	Brockington, D'Asia	98	Technique Track	7:04.18
4	Smith, Shanyan	98	Churchland Trail	7:05.72

Event 74 Boys 1500 Meter Run Sub-Bantam

=====				
National: N 4:57.47		2001	Ramses Dukes, Detroit, MI	
Name	Year	Team	Finals	
=====				
1	Phillips, Benjamin	98	East End Flyers	5:30.39
2	Pendleton, Tony	98	Boys & Girls Clu	5:30.42
3	Ross, George	98	Central Vatrack	5:59.47
4	Hinton, Moses	98	Virginia Beach F	6:00.84
5	Womeldorf, Zachary	98	Team Flash	6:00.93
6	Ramsawh, Josiah	98	Virginia Beach F	6:06.73
7	Lyles, Christopher	98	Lazers Track Clu	6:30.24
8	Stills, Joseph	98	Lazers Track Clu	7:17.42

Event 75 Girls 1500 Meter Run Bantam

=====				
National: N 5:01.26		1986	Heather Burroughs, Kansas City, MO	
Name	Year	Team	Finals	
=====				
1	Gary, Ieisha	97	Speed City Charg	5:56.02
2	Molloy, Jessica	97	Unattached,glen all	6:04.88
3	Odenwald, Christine	97	Lazers Track Clu	6:23.83

Event 76 Boys 1500 Meter Run Bantam

=====				
National: N 4:52.91		2001	Menachem Dukes, Detroit, MI	
Name	Year	Team	Finals	
=====				
1	Northover, Jahlil	97	Ribbon Breakers	5:27.66
2	Peterson, Joshua	97	Team Flash	5:38.84
3	Pruitt, Jordann	97	East End Flyers	6:09.71
4	Davis, Kevin	97	Lazers Track Clu	6:13.93
5	Pillow, Calan	97	Unattached,Glen All	6:17.08
6	Gilmour, Daniel	97	Team Flash	6:33.13

Event 77 Girls 1500 Meter Run Sub-Midget

=====				
National: N 4:53.57		2005	Nyna Cutler, Marietta, GA	
Name	Year	Team	Finals	
=====				
1	McManus, Dakota	96	Team Flash	5:17.17
2	Jackson, Ashanti	96	Inside Track	5:52.28
3	Girona, Alexis	96	East End Flyers	6:00.89
4	Roebuck, Cinqua	96	Norfolk Real Dea	6:02.94
5	Wibberly, Alaina	96	Unattached,Richmond	6:04.15
6	Dunwoodie, Ricki	96	East End Flyers	6:30.75
7	Clarke, Kristiana	96	Faith In Action	6:49.13

Event 78 Boys 1500 Meter Run Sub-Midget

=====				
National: N 4:43.30		2004	Mark Blackmon, Rock Hill, SC	
Name	Year	Team	Finals	
=====				
1	Wiggins, Grant	96	Unattached,Norfolk,	5:08.73
2	Warren, John	96	Central Vatrack	5:17.51
3	Maxson, Rosbert	96	Phase II	5:25.71
4	Jones, DaeQuan	96	Virginia Beach F	5:35.64
5	Pinson, Daniel	96	Unattached,Richmond	5:48.34

6	Beaulieu, Nicholas	96	Team Flash	5:53.91
7	Harris, Gabriel	96	Virginia Beach F	5:57.17
8	Moure, Pehue	96	Track Serious Tr	6:26.88
8	Harrison, Joel	96	Lazers Track Clu	6:26.88
--	Barlow, Duane	96	Technique Track	DNS

Event 79 Girls 1500 Meter Run Midget

=====				
National: N 4:45.00		1988	Heather Burroughs, Overland Park, KS	
Name	Year	Team	Finals	
=====				
1	Wright, Chelsea	95	Norfolk Real Dea	5:15.01
2	Stratton, Taylor	95	Lion's Den Track	6:14.86
3	Shawver, Julia	95	Team Flash	6:48.95
--	Smith, Briana	95	Inside Track	DNS
--	Slate, Kaylah	95	Team Flash	DNS

Event 80 Boys 1500 Meter Run Midget

=====				
National: N 4:29.80		2005	Shaine Kirtright, Draper, UT	
Name	Year	Team	Finals	
=====				
1	Steck, Kurtis	95	Team Flash	5:13.64
2	Tooke, Corey	95	Unattached,bristow,	5:37.47
3	Guerrier, Davon	95	Norfolk Real Dea	5:45.54

Event 81 Girls 1500 Meter Run Sub-Youth

=====				
National: N 4:39.59		2005	Cory McGee, Pass Christian, MS	
Name	Year	Team	Finals	
=====				
1	Peterson, Heidi	94	Team Flash	5:03.72
2	Gonzalas, Marina	94	Quiet Storm Elit,St	5:38.23
3	Butler, Emilly	94	Track Serious Tr,Vi	5:55.11

Event 82 Boys 1500 Meter Run Sub-Youth

=====				
National: N 4:31.96		2005	Terrell Wilson, Dallas, TX	
Name	Year	Team	Finals	
=====				
1	Brown, William	94	Technique Track	4:47.50
2	Speray, Kevin	94	Bay Rivers T&F C	5:00.98
3	Taylor, Seth	94	VA Beach Pathfin	5:08.73
4	Lewis, Donnell	94	Speed City Charg	5:08.74
5	Shannon, Patrick	94	Team Flash	5:38.31
6	Moniak, DJ	94	Team Flash	6:00.11
7	Staton, Richie	94	Hampton Blazers	6:05.16
8	Miles, Alton	94	Norfolk Real Dea	6:11.90
9	Odenwald, Brian	94	Lazers Track Clu	6:16.02
--	Rogers, Deshaun	94	Central Vatrack	DNS

Event 83 Girls 1500 Meter Run Youth

=====				
National: N 4:34.10		1986	Melissa Benner, Norristown, PA	
Name	Year	Team	Finals	
=====				
1	Redd, Alaina	93	Unattached,midlothi	5:09.93
2	Simmons, Christian	93	Quiet Storm Elit	5:29.41
3	Smith, Ariel	93	Norfolk Real Dea	5:35.26
4	Walker, Kenya	93	Technique Track	5:39.09
5	Wyche, DeBresha	93	Central Vatrack	5:41.16
6	Lamb, Keristan	93	Churchland Trail	6:47.67

## Event 84 Boys 1500 Meter Run Youth

National: N 4:10.78 2005 Sadiki White, Manalapan, NJ			
Name	Year	Team	Finals
1 Greenwald, Jeremy	93	Unattached, Chesapea	4:47.46
2 Morrison, Randy	93	Unattached	4:57.08
3 Girona, Damiano	93	East End Flyers	5:08.73
4 McLaughlin, Graham	93	Team Flash	5:13.76
-- Tupper, Devin	93	Norfolk Real Dea	DNS

## Event 85 Girls 1500 Meter Run Intermediate

National: N 4:35.58 2002 Sarah Bowman, Warrenton, VA			
Name	Year	Team	Finals
1 Varnell, Hannah	91	Bay Rivers T&F C, Gl	5:01.14
2 Augins, Nicole	92	Lazers Track Clu	5:12.88
3 Vaughn, Chiquita	92	East End Flyers	6:14.05

## Event 86 Boys 1500 Meter Run Intermediate

National: N 3:59.20 1980 Jim Jennings, Crystal City, MO			
Name	Year	Team	Finals
1 Burton, Orlando	91	Speed City Charg	4:24.16
2 Bertrand, Anderson	91	Central Vatrack	4:28.33
3 Gunnerson, David	92	Speed Inc.	4:37.22
4 Harrison, DeVinn	91	Speed Inc.	4:38.25
5 Artist, Donte	92	Central Vatrack	4:47.39
6 Harrison, Aaron	92	Lazers Track Clu	4:48.31
7 Via, Travis	92	Unattached, Virginia	4:55.54
8 Flemings, Antany	91	Technique Track	4:59.28
9 Perry, Jamarcus	91	Norfolk Real Dea	5:16.70
10 Sterling, Ashaunti	92	Inside Track	5:20.92
11 DeCoursey, Brandon	92	Team Flash	5:35.54
12 Pennyfeather, Gamal	91	Technique Track	5:37.80
-- Street, Solomon	92	Virginia Beach F	DNS
-- Nuss, Elliot	91	Norfolk Real Dea	DNS
-- Burton, Brandon	92	Speed City Charg	DNS
-- Kempster, Morgan	92	Norfolk Real Dea	DNS

## Event 87 Women 1500 Meter Run Young

National: N 4:28.95 1992 Becki Wells, Dickinson, ND			
Name	Year	Team	Finals
1 Bryceland, Shelby	90	Lion's Den Track	6:00.80
-- Johnson, Crystal	90	Lazers Track Clu	DNS

## Event 88 Men 1500 Meter Run Young

National: N 3:51.40 1980 John Hinton, Danville, VA			
Name	Year	Team	Finals
1 Gonslaves, Dean	89	Speed Inc.	4:19.63
2 Martin, Bernard	89	Lazers Track Clu	4:30.35
3 Speray, Ryan	90	Bay Rivers T&F C	4:32.12
4 Hylton, Ryan	89	Lion's Den Track	4:33.17
5 Moulton, Daniel	90	Lion's Den Track	4:43.64
6 Anderson, Darius	90	Churchland Trail	4:47.50

-- O'Brien, Trey	90	Norfolk Real Dea	DNS
-- Leavitt, Brenden	90	Norfolk Real Dea	DNS
-- Holt, John	90	Team Flash	DNS
-- Rushing, David	90	Unattached, Virginia	DNS
-- Tupper, Ian	90	Norfolk Real Dea	DNS

Event 89 Girls 3000 Meter Run Sub-Midget

=====			
Name	Year	Team	Finals
National: N 10:22.97	2001	Aurora Scott, Portsmouth, VA	
=====			
1 McManus, Dakota	96	Team Flash	11:43.73

Event 90 Boys 3000 Meter Run Sub-Midget

=====			
Name	Year	Team	Finals
National: N 9:55.22	2003	Ramses Dukes, Detroit, Mi	
=====			
1 Wiggins, Grant	96	Unattached, Norfolk,	11:16.39
2 Maxson, Rosbert	96	Phase II	12:10.56
3 Pinson, Daniel	96	Unattached, Richmond	12:44.54
4 Beaulieu, Nicholas	96	Team Flash	12:50.22
-- Barlow, Duane	96	Technique Track	DNS

Event 91 Girls 3000 Meter Run Midget

=====			
Name	Year	Team	Finals
National: N 10:17.13	1988	Heather Burroughs, Overland Park, KS	
=====			
1 Stratton, Taylor	95	Lion's Den Track	15:05.75
2 Talbert, Tiffany	95	Highlands Heat	15:29.25

Event 92 Boys 3000 Meter Run Midget

=====			
Name	Year	Team	Finals
National: N 9:40.80	1987	James Garritson, Fullerton, CA	
=====			
1 Steck, Kurtis	95	Team Flash	11:24.55
2 Webb, Wyatt	95	Team Flash	12:36.06
3 Tooke, Corey	95	Unattached, bristow,	12:57.49

Event 93 Girls 3000 Meter Run Sub-Youth

=====			
Name	Year	Team	Finals
National: N 10:48.16	2005	Aylla Lashaway, Rolling Meadow, IL	
=====			
1 Peterson, Heidi	94	Team Flash	10:56.32

Event 94 Boys 3000 Meter Run Sub-Youth

=====			
Name	Year	Team	Finals
National: N 9:52.04	2005	Stacey Eden, Simpsonville, KY	
=====			
1 Lewis, Donnell	94	Speed City Charg	11:57.94
2 Shannon, Patrick	94	Team Flash	12:22.45
3 Neefus, John	94	Lion's Den Track	12:25.00

Event 95 Girls 3000 Meter Run Youth

=====			
Name	Year	Team	Finals
National: N 10:11.21	1996	Michelle DeLaVina, Valparaiso, IN	
=====			

1 Redd, Alaina 93 Unattached,midlothi 11:06.19

Event 96 Boys 3000 Meter Run Youth

=====			
National: N 9:14.13	2005	Connor Revord, Bradenton, FL	
Name	Year Team		Finals
=====			
1 Greenwald, Jeremy	93 Unattached,Chesapea		10:35.24
2 Girona, Damiano	93 East End Flyers		11:27.77
-- Tupper, Devin	93 Norfolk Real Dea		DNS

Event 97 Girls 3000 Meter Run Intermediate

=====			
National: N 9:40.40	1984	Karlene Erickson, Ericson, NE	
Name	Year Team		Finals
=====			
1 Augins, Nicole	92 Lazars Track Clu		12:08.60
2 Georgiades, Kara	91 Lion's Den Track		13:39.69
3 Neefus, Suzanne	92 Lion's Den Track		14:19.62

Event 98 Boys 3000 Meter Run Intermediate

=====			
National: N 8:42.50	1983	Chris Borsa, St. Louis, MO	
Name	Year Team		Finals
=====			
1 Harrison, Aaron	92 Lazars Track Clu		10:25.43
2 Perry, Jamarcus	91 Norfolk Real Dea		11:09.09
-- Nuss, Elliot	91 Norfolk Real Dea		DNS
-- Kempster, Morgan	92 Norfolk Real Dea		DNS

Event 99 Women 3000 Meter Run Young

=====			
National: N 9:39.70	1980	Denise Marini, Wilmington, DE	
Name	Year Team		Finals
=====			
1 Bryceland, Shelby	90 Lion's Den Track		14:32.46
-- Johnson, Crystal	90 Lazars Track Clu		DNS

Event 100 Men 3000 Meter Run Young

=====			
National: N 8:19.20	1982	Tom Kringstad, Bismarck, NC	
Name	Year Team		Finals
=====			
1 Moulton, Daniel	90 Lion's Den Track		10:12.23
-- O'Brien, Trey	90 Norfolk Real Dea		DNS
-- Leavitt, Brenden	90 Norfolk Real Dea		DNS
-- Holt, John	90 Team Flash		DNS
-- Martin, Bernard	89 Lazars Track Clu		DNS
-- Tupper, Ian	90 Norfolk Real Dea		DNS

Event 101 Girls 1500 Meter Race Walk Sub-Bantam

=====			
National: N 9:08.56	2002	Claudia Ortiz, Mission, TX	
Name	Year Team		Finals
=====			
1 Brockington, D'Asia	98 Technique Track		11:23.34
2 Horry, Deajanay	98 Hampton Blazers		11:34.14
3 Staton, Ashlee	98 Hampton Blazers		12:08.13
4 Washington, Alyssa	98 Hampton Blazers		12:13.17
5 Washington, Amariss	98 Hampton Blazers		12:18.82

Event 102 Boys 1500 Meter Race Walk Sub-Bantam

=====			
National: N 7:53.71 2000 Kyle Regul, Elgin, IL			
Name	Year	Team	Finals
=====			
1 Salaam, William	98	Norfolk Extremes	11:50.49
2 Pinto, Anthony	98	Team Flash	13:01.10
3 Watkins, Kelly	98	Inside Track	13:25.85
4 Viney, Robert	98	Technique Track	13:50.72

Event 103 Girls 1500 Meter Race Walk Bantam

=====			
National: N 7:59.10 1986 Naomi Sepulveda, Rialto, CA			
Name	Year	Team	Finals
=====			
1 Pinto, Madison	97	Team Flash	10:11.17
2 Odenwald, Christine	97	Lazers Track Clu	10:12.52

Event 104 Boys 1500 Meter Race Walk Bantam

=====			
National: N 7:33.06 1996 Jason Wettlind, Palm Beach, FL			
Name	Year	Team	Finals
=====			
1 Worthington, Carl	97	Technique Track	10:08.71
2 Ward, DuWaun	97	Churchland Trail	14:50.05
-- Williams, Tyrhen	97	Lazers Track Clu	DNS

Event 105 Girls 1500 Meter Race Walk Sub-Midget

=====			
National: N 7:56.17 2004 Claudia Ortiz, Mission, TX			
Name	Year	Team	Finals
=====			
1 Young, Kayla	96	Hampton Blazers	10:06.89
2 Staton, Iamme	96	Hampton Blazers	10:19.62
3 Brown, Deja	96	Norfolk Real Dea	10:49.21
4 Rogers, Kara	96	Technique Track	10:57.46
5 Reyes, Alexis	96	Team Flash	11:13.21
-- Powell, NaDashea	96	Churchland Trail	DNS

Event 106 Boys 1500 Meter Race Walk Sub-Midget

=====			
National: N 7:31.34 2001 Eric Lawson, Crystal Lake, IL			
Name	Year	Team	Finals
=====			
1 Neely, Jordan	96	Technique Track	11:41.18

Event 107 Girls 1500 Meter Race Walk Midget

=====			
National: N 7:21.30 1990 Anya Ruoss, Fayetteville, AR			
Name	Year	Team	Finals
=====			
1 Peter, Madeline	95	New Energy, Virginia	10:28.04
2 Douglass, Emily	95	Team Flash	10:28.51
3 Cromis, Emily	95	Team Flash	10:32.49
4 Griffith, Ariel	95	Team Flash	10:48.71
5 Viney, Imani	95	Technique Track	10:57.63
6 Hopson, Dorothy	95	Hampton Blazers	11:11.28
7 Challis, Andi	95	Team Flash	11:23.30

Event 108 Boys 1500 Meter Race Walk Midget

=====			
National: N 7:16.20 2002 Eric Lawson, Crystal Lake, IL			
Name	Year	Team	Finals
=====			

1	Apostoles, Jake	95	Team Flash	9:39.77
2	Henley, KiJona	95	Technique Track	9:41.15
3	Williams, Edward	95	Technique Track	10:26.80
4	Apostoles, Travis	95	Team Flash	10:28.03
5	Brockington, Morris	95	Technique Track	10:42.98
6	Williams, Kelvin	95	Technique Track	11:10.41

Event 109 Girls 3000 Meter Race Walk Sub-Youth

National: N 17:42.32 2005 Nicole Gomez, McAllen, TX				
Name	Year	Team	Finals	
1 Collins, Alicia	94	Norfolk Real Dea	21:45.00	

Event 110 Boys 3000 Meter Race Walk Sub-Youth

National: N 17:44.45 2005 Ricardo Mancha, Elgin, IL				
Name	Year	Team	Finals	
-- Odenwald, Brian	94	Lazers Track Clu	DNS	

Event 111 Girls 3000 Meter Race Walk Youth

National: N 15:45.79 1992 Danielle Safran, Brentwood, NY				
Name	Year	Team	Finals	
1 Apostoles, Meghan	93	Team Flash	18:40.00	
2 Sutton, Kieleley	93	Team Flash	18:50.00	
3 Higgins, Aleiza	93	Team Flash	20:20.00	
4 Barne'y, Ming	93	Technique Track	21:25.00	
5 Rogers, LaNa	93	Technique Track	22:34.00	

Event 112 Boys 3000 Meter Race Walk Youth

National: N 14:45.36 2004 Roberto Vergara, Edinburg, TX				
Name	Year	Team	Finals	
1 Henley, Kelvin	93	Technique Track	18:44.00	
2 Feldman, Anthony	93	Team Flash	19:15.00	

Event 115 Women 3000 Meter Race Walk Young

National: N 16:05.30 1995 Tara Shea, Long Island, NY				
Name	Year	Team	Finals	
1 Lockhart, Shannon	90	Hampton Blazers	20:50.00	

Event 121 Girls 80 Meter Hurdles Sub-Midget

National: N 12.80 2001 Jasmine Isley, Charlotte, NC					
Name	Year	Team	Finals	Wind	
1 Ray, Chantel	96	Inside Track	15.93	NWI	
2 White, Ebony	96	Indian River Spe	17.62	NWI	
3 Corner, Brittany	96	Suffolk Stars	18.86	NWI	

Event 122 Boys 80 Meter Hurdles Sub-Midget

National: N 12.48 2002 Phillip Gains, San Antonio, TX					
Name	Year	Team	Finals	Wind	

1	Holstege, Benjamin	96	Unattached,Keswick,	16.21	NWI
2	Tennessee, Ronnie	96	Indian River Spe	17.78	NWI
3	Demiell, Deonte	96	Suffolk Stars	18.86	NWI
4	Watts, Quincy	96	Virginia Beach F	21.60	NWI

Event 123 Girls 80 Meter Hurdles Midget

=====					
National: N 11.97		2002	Jasmine Isley, Charlotte, NC		
Name	Year	Team	Finals	Wind	
=====					
1	Clark, Diamond	95	Virginia Beach F	16.94	NWI
2	Sutton, Briana	95	Team Flash	17.04	NWI
3	Jones-Young, Tatyana	95	Suffolk Stars	18.56	NWI
4	Gould, Octavia	95	Suffolk Stars	20.73	NWI
--	Slate, Kaylah	95	Team Flash	DNS	NWI
--	Brown, Geoquasha	95	Inside Track,Hampto	DNS	NWI

Event 125 Girls 100 Meter Hurdles Sub-Youth

=====					
National: N 14.80		2005	Kayla Parker, Port St. Joe, FL		
Name	Year	Team	Finals	Wind	
=====					
1	Roberts, Chantel	94	Suffolk Stars	21.87	NWI

Event 126 Girls 100 Meter Hurdles Youth

=====					
National: N 13.88		1994	Char Foster, Clearwater, FL		
Name	Year	Team	Finals	Wind	
=====					
1	Harper, Amani	93	Norfolk Real Dea	18.93	NWI
2	Davis, Mikeisha	93	Suffolk Stars	20.65	NWI
3	Washington, Aleshia	93	Track Serious Tr	21.07	NWI

Event 127 Boys 100 Meter Hurdles Sub-Youth

=====					
National: N 14.78		2005	Clinton Hutson, Lexington, TX		
Name	Year	Team	Finals	Wind	
=====					
1	Holloway, Trey	94	Indian River Spe	16.98	NWI
2	Holstege, Elijah	94	Unattached,Keswick,	19.35	NWI
--	Love, Cameron	94	Suffolk Stars	DNS	NWI

Event 128 Boys 100 Meter Hurdles Youth

=====					
National: N 13.34		1989	Toya Jones, Refugio, TX		
Name	Year	Team	Finals	Wind	
=====					
1	Marcus, Troupe	93	Lazers Track Clu	18.21	NWI
2	Holstege, Erik	93	Unattached,Keswick,	19.00	NWI
--	Smith, Darryl	93	Norfolk Real Dea	DNS	NWI

Event 129 Girls 100 Meter Hurdles Intermediate

=====					
National: N 13.55		2004	April Williams, Dallas, TX		
Name	Year	Team	Finals	Wind	
=====					
1	Smith, Nefertiti	92	Norfolk Real Dea	16.17	NWI
2	Burns, Seneman	91	Norfolk Real Dea	16.76	NWI
3	Porter, Johniqua	91	Suffolk Stars	17.51	NWI
--	Luedeke, Chantal	91	Virginia Beach F	DNS	NWI

Event 130 Women 100 Meter Hurdles Young

National: N 13.40 1981 Jill Redo, Wichita, KS				
Name	Year	Team	Finals	Wind
1 Bryant, Charisse	90	Track Serious Tr	15.04	NWI
2 Waller, Monae	90	Quiet Storm Elit	16.23	NWI
3 Hutchins, Olivia	90	Track Serious Tr	16.34	NWI
4 Thornton, MARRISA	90	Technique Track	17.54	NWI
5 Charles, Fiona	90	Lion's Den Track	20.20	NWI
-- Watkins, Kali	89	Norfolk Real Dea	DNS	NWI
-- Chapman, Kristina	89	Inside Track,Hampto	DNS	NWI

Event 131 Boys 110 Meter Hurdles Intermediate

National: N 13.74 1997 Jermaine Cooper, Ledbetter, TX				
Name	Year	Team	Finals	Wind
1 Stewart, James	91	Speed City Charg	16.52	NWI
2 Demiel, JaQuan	92	Suffolk Stars	16.54	NWI
3 McFadden, Daniel	92	Norfolk Real Dea	18.22	NWI
4 Morris, Geron	91	Inside Track	20.53	NWI
-- bryant, jerad	91	Unattached,boonvill	DNS	NWI

Event 132 Men 110 Meter Hurdles Young

National: N 13.20 1982 Thomas Wilcher, Detroit, MI				
Name	Year	Team	Finals	Wind
1 Walker, Predist	90	Suffolk Stars	14.55	NWI
2 Brisco, Mario	89	Norfolk Real Dea	14.65	NWI
3 Singleton, John	90	Technique Track	15.86	NWI
4 Black, Ronnie	90	Norfolk Real Dea	16.51	NWI
5 Sands, Tarnell	90	Track Serious Tr	17.27	NWI
6 Garcia, Amin	89	Track Serious Tr	17.80	NWI
7 Letterio, Richmond	90	Lion's Den Track	20.60	NWI
-- Malicdem, Aaron	89	Track Serious Tr	DNS	NWI

Event 133 Girls 200 Meter Hurdles Sub-Youth

National: N 28.22 2005 Bridgette Mitchell, Detroit, MI				
Name	Year	Team	Finals	Wind
1 Boddie, Vamonie	94	Inside Track	32.35	NWI
2 Vaughn, Jazmine	94	Inside Track	33.12	NWI
3 Murray, Imani	94	Quiet Storm Elit,St	34.17	NWI
4 Roberts, Chantel	94	Suffolk Stars	35.71	NWI
5 Dunn, Deonna	94	Inside Track	35.89	NWI

Event 134 Boys 200 Meter Hurdles Sub-Youth

National: N 26.37 2005 Clinton Hutson, Lexington, TX				
Name	Year	Team	Finals	Wind
1 Holloway, Trey	94	Indian River Spe	30.42	NWI
2 Bialk, Wesley	94	HamptonCityElite	35.27	NWI
-- Holstege, Elijah	94	Unattached,Keswick,	DNS	NWI
-- Love, Cameron	94	Suffolk Stars	DNS	NWI

Event 135 Girls 200 Meter Hurdles Youth

National: N 27.15 2004 Brittany Carroll, Charlotte, NC				
Name	Year	Team	Finals	Wind

=====

1	Davis, Mikeisha	93	Suffolk Stars	34.18	NWI
---	-----------------	----	---------------	-------	-----

Event 136 Boys 200 Meter Hurdles Youth

=====

National: N 24.25		2003	Trey Charles, Smyrna, GA		
Name	Year	Team	Finals	Wind	
=====					
1	Tate, Tony	93	Norfolk Real Dea	28.48	NWI
2	Marcus, Troupe	93	Lazers Track Clu	33.11	NWI
--	Smith, Darryl	93	Norfolk Real Dea	DNS	NWI
--	Holstege, Erik	93	Unattached, Keswick,	DNS	NWI

Event 137 Girls 400 Meter Hurdles Intermediate

=====

National: N 59.50		1984	Shawn Moore, Philadelphia, PA		
Name	Year	Team	Finals	H#	
=====					
1	Burns, Seneman	91	Norfolk Real Dea	1:06.69	2
2	Rolax, Candace	92	Unattached	1:10.26	2
3	Whitties, Venus	92	Norfolk Real Dea	1:11.37	2
4	Ajuma, Akilah	91	Inside Track	1:11.43	2
5	Porter, Johniqua	91	Suffolk Stars	1:15.04	2
6	Simmons, Rebecca	92	Norfolk Real Dea	1:17.81	1
7	Vasquez, Samantha	91	Norfolk Real Dea	1:18.58	2
--	Sessoms, Ashley	92	Inside Track	DNS	2
--	Reid, Morgan	92	Indian River Spe	DNS	1
--	Myers, Roshawana	92	Indian River Spe	DNS	1

Event 138 Women 400 Meter Hurdles Young

=====

National: N 58.70		1980	Marlene Harmon, Thousand Oaks, CA		
Name	Year	Team	Finals		
=====					
1	Rhoads, Elaine	89	Norfolk Real Dea	1:03.24	
2	Waller, Monae	90	Quiet Storm Elit	1:06.44	
3	Jones, Quaniqua	90	Hampton Blazers, Ham	1:08.17	
4	Williams, Taylore	91	Norfolk Real Dea	1:09.57	
5	Thornton, Marris	90	Technique Track	1:09.75	
--	Charles, Fiona	90	Lion's Den Track	DNS	
--	Chapman, Kristina	89	Inside Track, Hampto	DNS	

Event 139 Boys 400 Meter Hurdles Intermediate

=====

National: N 52.79		2005	Robert Griffin, Copperas Cove, TX		
Name	Year	Team	Finals		
=====					
1	Demiell, JaQuan	92	Suffolk Stars	1:02.04	
2	Turner, Damion	91	Norfolk Real Dea	1:02.84	
3	Muhammad, Jabari	91	Virginia Beach F	1:04.58	
4	Burton, Orlando	91	Speed City Charg	1:04.95	
5	Fentress, Jevone	92	Track Serious Tr	1:05.21	
6	McFadden, Daniel	92	Norfolk Real Dea	1:08.09	
7	Moore, Deon	91	Technique Track	1:08.25	
--	bryant, jerad	91	Unattached, boonvill	DNS	

Event 140 Men 400 Meter Hurdles Young

=====

National: N 50.97		1987	Ralph Carrington, Austin, TX		
Name	Year	Team	Finals	H#	
=====					
1	Brisco, Mario	89	Norfolk Real Dea	54.76	2

2	Reed, Jarius	90	Norfolk Real Dea	57.58	2
3	Garcia, Amin	89	Track Serious Tr	1:00.05	2
4	Hearns, James	89	Unattached	1:01.10	2
5	Walker, Anthony	90	Lazers Track Clu	1:02.55	2
6	Johnson, Aaron	90	Virginia Beach F,Vi	1:04.68	1
7	Hicks, Jacob	90	Technique Track	1:04.71	1
--	Malicdem, Aaron	89	Track Serious Tr	DNS	2
--	Black, Ronnie	90	Norfolk Real Dea	DNS	2

Event 141 Girls Long Jump Primary

National: N 12-10 2002 Donjhae Jones, Gainesville, FL						
Name	Year	Team	Finals	Wind		
1	Asuma, Amira	99	HamptonCityElite	9-07.50	NWI	2.93m
2	Valentine, LaChelle'	99	Norfolk Extremes	9-07.00	NWI	2.92m
3	Cobbin, Tatyana	99	Norfolk Real Dea	8-11.50	NWI	2.73m
4	Dawson, Princess Kayla	99	Indian River Spe	8-06.50	NWI	2.60m
5	Hopkins, Avianna	99	Indian River Spe	8-03.00	NWI	2.51m
6	Goodman, Raven	99	Suffolk Stars	8-00.50	NWI	2.45m
7	Simmons, Sabrina	00	Norfolk Real Dea	8-00.00	NWI	2.43m
8	Blair, Jayla	00	Speed Inc.	7-05.00	NWI	2.26m
9	Person, Christine	00	Technique Track	7-04.00	NWI	2.23m
10	Sterling, Jazzmine	00	Inside Track	7-03.50	NWI	2.22m
11	Hanke, Elizabeth	99	Track Serious Tr	6-09.00	NWI	2.05m
12	Brown, Neecole	01	Suffolk Stars	6-08.00	NWI	2.03m
13	Edlow, Zaria	00	Speed Inc.	6-02.50	NWI	1.89m
14	Morris, Kamryn	99	Norfolk Extremes	5-11.00	NWI	1.80m
15	Hill, Simone	99	Technique Track	5-07.00	NWI	1.70m
16	Mueller, Haley	01	Speed Inc.	5-00.50	NWI	1.53m
17	Hinton, Jade	00	Track Serious Tr	4-11.50	NWI	1.51m
18	Edwards, Niyah	99	Indian River Spe	4-08.50	NWI	1.43m
--	Weeks, Tabitha	01	Faith In Action	FOUL	NWI	
--	Carter, Xavia	00	Team Flash	DNS	NWI	
--	Blair, Nayla	02	Speed Inc.	DNS	NWI	
--	Gurney, Cheyenne	00	Virginia Beach F	DNS	NWI	
--	Rountree, Alexis	01	Suffolk Stars	DNS	NWI	
--	Ackerson, Skylar	99	Central Vatrack	DNS	NWI	
--	Curtis, Ayanna	99	Churchland Trail	DNS	NWI	

Event 142 Boys Long Jump Primary

National: N 13-07.25 2000 Isaiah Battle, Prairie View, TX						
Name	Year	Team	Finals	Wind		
1	Blair, Allen	99	Speed Inc.	10-02.50	NWI	3.11m
2	Marrero, Nazir	99	Churchland Trail	9-10.50	NWI	3.00m
3	Love, Joshua	99	Suffolk Stars	9-10.00	NWI	2.99m
4	Seymore, Vincent	99	Indian River Spe	9-04.25	NWI	2.85m
5	Mason, Jr., Ron	99	Suffolk Stars	9-02.00	NWI	2.79m
6	Brown, Barry	00	Faith In Action,Vir	9-01.00	NWI	2.76m
7	Turner, Jordan	99	Team Flash,Williams	8-08.25	NWI	2.64m
8	Carter III, Jasper	00	Norfolk Real Dea	8-06.25	NWI	2.59m
9	Wilson, A'Ryan	00	Virginia Beach F	8-05.50	NWI	2.57m
10	Barr, Malik	00	Virginia Beach F	8-03.00	NWI	2.51m
11	Dixon, Micah	00	Churchland Trail	7-07.00	NWI	2.31m
12	Orr, Jason	99	Churchland Trail	7-01.00	NWI	2.15m
13	DuBois, Christian	01	Churchland Trail	6-05.00	NWI	1.95m
14	Armstrong, Romel	01	Virginia Beach F	5-00.50	NWI	1.53m
15	Baldwin, Myles	00	Technique Track	4-08.00	NWI	1.42m
--	Midgette, Keyonte	01	Churchland Trail	FOUL	NWI	
--	Armstead, Kenan	01	Churchland Trail	FOUL	NWI	

-- Lawton, Matthew	00	Faith In Action,Che	FOUL	NWI
-- Jordan, Montain	02	Suffolk Stars	FOUL	NWI
-- Addison, Brenton	99	Churchland Trail	FOUL	NWI
-- Harrison, Daniel	01	Lazers Track Clu	FOUL	NWI
-- Knox, Ta'ron	00	Virginia Beach F	DNS	NWI
-- Crowell, Ricky	99	Speed Inc.	DNS	NWI
-- Chillous, Kendall	99	Technique Track	DNS	NWI
-- Harris-Smith, Hasaan	00	Central Vatrack	DNS	NWI

Event 143 Girls Long Jump Sub-Bantam

National: N 14-02 2004 Raymona Carryl, Lake Grove, NY					
Name	Year	Team	Finals	Wind	
1 Rountree, Kiera	98	Suffolk Stars	12-00.50	NWI	3.67m
2 Leonard, Jaelan	98	Norfolk Real Dea	10-10.00	NWI	3.30m
3 Holiday, Kenya	98	Kks	10-07.25	NWI	3.23m
4 Harrison, Danaria	98	Speed Inc.	10-06.25	NWI	3.20m
5 Edwards, Nia	98	Technique Track	10-02.50	NWI	3.11m
6 Knight, Vierra	98	Suffolk Stars	10-01.00	NWI	3.07m
7 Hinton, Joyner	98	Track Serious Tr	9-06.00	NWI	2.89m
8 Jacobs, Erica	98	Track Serious Tr	9-05.50	NWI	2.88m
9 Council, Jacquazja	98	Suffolk Stars	9-02.50	NWI	2.80m
10 Gilchrist, Mikayla	98	Suffolk Stars	9-01.75	NWI	2.78m
11 Ferebee, Laneaa'	98	Churchland Trail	8-04.00	NWI	2.54m
12 Summerville, Jourdan	98	Churchland Trail	7-07.00	NWI	2.31m
-- Holiday, Kenya	98	Freedom Striders	DNS	NWI	

Event 144 Boys Long Jump Sub-Bantam

National: N 15-00.50 2001 Jamaine Sherman, Ft Pierce, FL					
Name	Year	Team	Finals	Wind	
1 Hines, Ira	98	Technique Track	13-07.75	NWI	4.15m
2 Stills, Joshua	98	Lazers Track Clu	13-03.50	NWI	4.05m
3 Faulk, Shuan	98	Lazers Track Clu	12-08.00	NWI	3.86m
4 Crudup, Christopher	98	Faith In Action,Por	11-11.50	NWI	3.64m
4 Trotman, Jermaine	98	Virginia Beach F	11-11.50	NWI	3.64m
6 Currie, Isaiah	98	Virginia Beach F	11-03.50	NWI	3.44m
7 Williams, Torrence	98	Churchland Trail	10-06.00	NWI	3.20m
8 Wright, Jared	98	Inside Track	9-11.00	NWI	3.02m
9 Harris, Micaiah	98	Norfolk Real Dea	9-09.00	NWI	2.97m
10 Mitchell, Brandon	98	Norfolk Real Dea	9-01.00	NWI	2.76m
11 Thornton, Jalen	98	Virginia Beach F	8-11.50	NWI	2.73m
12 Gibson, Karl	98	Norfolk Real Dea	8-10.50	NWI	2.70m
13 Salaam, William	98	Norfolk Extremes	8-04.00	NWI	2.54m
14 Edwards, Darius	98	Churchland Trail,Po	7-02.00	NWI	2.18m
15 Gibson, Rashad	98	Faith In Action	7-00.00	NWI	2.13m
-- Long, Deandre	98	Churchland Trail	FOUL	NWI	

Event 145 Girls Long Jump Bantam

National: N 15-06.75 2005 Raymona Carryl, Lake Grove, NY					
Name	Year	Team	Finals	Wind	
1 Patterson, Desiree	97	Suffolk Stars	11-05.00	NWI	3.47m
2 Livingston, Marika	97	Virginia Beach F	11-02.50	NWI	3.41m
3 Linton, A'Via	97	Suffolk Stars	10-03.50	NWI	3.13m
4 Rountree, Tori	97	Suffolk Stars	9-06.00	NWI	2.89m
5 Eastman, Jasmine	97	Norfolk Extremes	9-03.75	NWI	2.83m
6 Skinner, Shaytorria	97	Indian River Spe	8-06.25	NWI	2.59m
7 Young, Alexis	97	Mustang's	7-08.50	NWI	2.34m

8	Hollins, Kerya	97	Indian River Spe	7-00.00	NWI	2.13m
9	Swain, Atiya	97	Norfolk Extremes	6-10.00	NWI	2.08m
10	Cotman, Tadaja	97	Suffolk Stars	6-05.00	NWI	1.95m
--	Goodhope, Danielle	97	Faith In Action		DNS	NWI
--	Molloy, Jessica	97	Unattached,glen all		DNS	NWI
--	Jones, Mia	97	Suffolk Stars		DNS	NWI

Event 146 Boys Long Jump Bantam

=====						
National: N 16-08.25		2003	Deanthy Dupree, Moreno Valley, CA			
Name	Year	Team	Finals	Wind		
=====						
1	Talbert, Timothy	97	Highlands Heat	12-08.75	NWI	3.87m
2	Pressley, Tyese	97	Lazers Track Clu	12-00.50	NWI	3.67m
3	Stokley, Jordan	97	Suffolk Stars	11-11.00	NWI	3.63m
4	Graves, Jontae'	97	Technique Track	11-10.00	NWI	3.60m
5	Outen, Marcus	97	Virginia Beach F	11-06.00	NWI	3.50m
6	Nipper, Devyn	97	Norfolk Real Dea	11-04.00	NWI	3.45m
7	Boone, Kenneth	97	Lazers Track Clu	10-10.00	NWI	3.30m
8	Moten, Julius	97	Central Vatrack	10-06.00	NWI	3.20m
9	Jackson, Travon	97	Churchland Trail	8-07.50	NWI	2.62m
--	Jones, D'Andre	97	Suffolk Stars		DNS	NWI
--	Moore, Jerrell	97	Virginia Beach F		DNS	NWI
--	Davis, Kevin	97	Lazers Track Clu		DNS	NWI
--	Wallace, Kyree	97	Indian River Spe		DNS	NWI

Event 147 Girls Long Jump Sub-Midget

=====						
National: N 16-04.25		2000	Taryn Wentz, Charlotte, NC			
Name	Year	Team	Finals	Wind		
=====						
1	Taliaferro, Briana	96	Norfolk Real Dea	4.59m	NWI	15-00.75
2	Parks, Milan	96	East End Flyers	4.26m	NWI	13-11.75
3	Lyles, Kara	96	Lazers Track Clu	4.20m	NWI	13-09.50
4	Cole, Ruby	96	Norfolk Extremes	3.94m	NWI	12-11.25
4	Sanford, Leah	96	Virginia Beach F	3.94m	NWI	12-11.25
6	Hanks, Micah	96	Speed Inc.	3.76m	NWI	12-04.00
7	Wibberly, Alaina	96	Unattached,Richmond	3.59m	NWI	11-09.50
8	Brown, Taylor	96	Faith In Action	3.26m	NWI	10-08.50
8	Corner, Brittany	96	Suffolk Stars	3.26m	NWI	10-08.50
10	Sumner, Sydney	96	Speed Inc.	2.72m	NWI	8-11.25
--	Wesson, Talia	96	East End Flyers		ND	NWI
--	Curtis, Qierra	96	Churchland Trail		DNS	NWI
--	Long, Kiera	96	Churchland Trail		DNS	NWI
--	Doucet, Jade	96	Freedom Striders		DNS	NWI
--	Reese, Daneia	96	Churchland Trail		DNS	NWI

Event 148 Boys Long Jump Sub-Midget

=====						
National: N 18-01		1997	Derrick McPhearson, Columbia, MD			
Name	Year	Team	Finals	Wind		
=====						
1	Warren, John	96	Central Vatrack	13-10.00	NWI	4.21m
2	Davis, Stanley	96	Norfolk Real Dea	13-01.00	NWI	3.98m
3	Summerville, Eugene	96	Churchland Trail	12-08.50	NWI	3.87m
4	Hinton, Justice	96	Track Serious Tr	12-07.00	NWI	3.83m
5	White, Myles	96	Track Serious Tr	12-04.50	NWI	3.77m
6	Brown, Kai	96	Freedom Striders	12-01.00	NWI	3.68m
7	Hendrieth, Frederick	96	Virginia Beach F	12-00.00	NWI	3.65m
8	Lewis, Christopher	96	Churchland Trail	11-11.50	NWI	3.64m
9	Fiesta, Javen	96	Virginia Beach F	11-09.00	NWI	3.58m
10	Hopkins, Collin	96	VA Beach Pathfin	11-08.00	NWI	3.55m

11	Haynes, Dimitri	96	Indian River Spe	11-05.00	NWI	3.47m
12	Gilmore, Ty'rell	96	Virginia Beach F	11-04.00	NWI	3.45m
13	Little, Juan	96	Norfolk Real Dea	11-02.50	NWI	3.41m
13	Hall, Brandon	96	Suffolk Stars	11-02.50	NWI	3.41m
15	Lawrence, Justin	96	Track Serious Tr	11-01.50	NWI	3.39m
16	Geisman, John	96	East End Flyers	10-07.00	NWI	3.22m
17	Holstege, Benjamin	96	Unattached, Keswick,	10-06.50	NWI	3.21m
18	Harrison, Joel	96	Lazers Track Clu	10-06.00	NWI	3.20m
19	Lawton, Myles	96	Faith In Action, Che	10-05.00	NWI	3.17m
20	Samuels, Tyler	96	Faith In Action	9-04.50	NWI	2.85m
21	Morris, George	96	Norfolk Extremes	9-04.00	NWI	2.84m
22	Davis, Darius	96	Norfolk Extremes	6-01.00	NWI	1.85m
--	McCall, J'Son	96	East End Flyers	DNS	NWI	
--	Overton, Darrien	96	Freedom Striders	DNS	NWI	
--	Ellis, Ashton	96	East End Flyers	DNS	NWI	

Event 149 Girls Long Jump Midget

=====						
National: N 17-09.50		2005	Raven Sims, Baton Rouge, LA			
Name	Year	Team	Finals	Wind		
=====						
1	Scott, Shandell	95	Park Place Track	4.55m	NWI	14-11.25
2	Shawver, Julia	95	Team Flash	3.57m	NWI	11-08.50
3	Jones-Young, Tatyana	95	Suffolk Stars	3.27m	NWI	10-08.75
4	Bryant, Twanja	95	Track Serious Tr	3.22m	NWI	10-06.75
5	Williams, Breanna	95	Norfolk Extremes	2.56m	NWI	8-04.75
--	Slate, Kaylah	95	Team Flash	ND	NWI	
--	Jones, Jessica	95	Bay Rivers T&F C	ND	NWI	
--	Hollins, Tatyana	95	Indian River Spe	ND	NWI	
--	Gould, Octavia	95	Suffolk Stars	ND	NWI	
--	Roland, Dajah	95	Virginia Beach F	ND	NWI	

Event 150 Boys Long Jump Midget

=====						
National: N 19-11.25		2004	Trevor Tatum, Smyrna, GA			
Name	Year	Team	Finals	Wind		
=====						
1	Simmons, Elijah	95	Churchland Trail	14-02.50	NWI	4.33m
2	Arneaud, Trevor	95	Technique Track	14-00.00	NWI	4.26m
3	Lawrence, DaiQuan	95	Virginia Beach F	13-02.00	NWI	4.01m
4	Addison, Brandon	95	Churchland Trail	13-00.00	NWI	3.96m
5	Rivera, Dante	95	Mustang's	12-03.00	NWI	3.73m
6	Major-Dixon, Darius	95	Churchland Trail	12-02.00	NWI	3.70m
7	Gee, DaQuan	95	Churchland Trail	11-08.50	NWI	3.56m
8	Whitaker, Corey	95	Norfolk Extremes	10-05.00	NWI	3.17m

Event 151 Girls Long Jump Sub-Youth

=====						
National: N 18-04.50		2005	Nicole Cummings, Peekskill, NY			
Name	Year	Team	Finals	Wind		
=====						
1	Ellick, Tiffany	94	Norfolk Real Dea	5.50m	NWI	18-00.50
2	Shufford, Jenira	94	Technique Track	4.83m	NWI	15-10.25
3	Thompson, Di'Yea	94	Central Vatrack, Ric	4.53m	NWI	14-10.50
4	Valentine, Tiffany	94	Norfolk Extremes	4.20m	NWI	13-09.50
4	Burney, Kimani	94	Speed Inc.	4.20m	NWI	13-09.50
6	Forester, Yasmine	94	Norfolk Real Dea	4.19m	NWI	13-09.00
7	Carney, Taira	94	Central Vatrack	4.15m	NWI	13-07.50
8	Williams, Kej-dra	94	Norfolk Extremes	4.00m	NWI	13-01.50
9	Roberts, Chantel	94	Suffolk Stars	3.96m	NWI	13-00.00
10	Collins, Alicia	94	Norfolk Real Dea	3.69m	NWI	12-01.25
--	Washington, Kathleen	94	Indian River Spe	DNS	NWI	

-- Vonner, Alexia	94 Norfolk Real Dea	DNS	NWI
-- DuBois, Breanna	94 Churchland Trail	DNS	NWI
-- Sharp, Olicia	94 Central Vatrack	DNS	NWI

Event 152 Boys Long Jump Sub-Youth

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National: N 19-11.25 2005          Trevor Tatum, Marietta, GA
Name                               Year Team                               Finals  Wind
=====
1 Keith, Austin                    94 Unattached,Richmond  18-00.00  NWI    5.48m
2 Shufford, Tevon                  94 Technique Track      17-01.00  NWI    5.20m
3 Gibson, Tony                     94 Faith In Action      14-09.50  NWI    4.50m
4 Bullard, Korey                   94 Faith In Action,Vir  14-07.50  NWI    4.45m
5 Jones, Franklin                  94 Lazars Track Clu     14-03.00  NWI    4.34m
6 Daniels, Brehon                  94 Track Serious Tr     14-00.00  NWI    4.26m
7 Holstege, Elijah                 94 Unattached,Keswick,  12-05.00  NWI    3.78m
8 Turner, Ryan                     94 Churchland Trail     12-03.50  NWI    3.74m
9 James, Akeme                     94 Technique Track      11-08.00  NWI    3.55m
-- Corbett, Travis                 94 Indian River Spe     DNS      NWI
-- Foster, Antonio                 94 Norfolk Real Dea     DNS      NWI
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Event 153 Girls Long Jump Youth

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National: N 19-02.75 1998          Ychcindria Spears, Luling, TX
Name                               Year Team                               Finals  Wind
=====
1 Saunders, Sha'keela              93 Unattached,Chesapea  5.43m    NWI    17-09.75
2 Wyche, DeBresha                  93 Central Vatrack      4.69m    NWI    15-04.75
3 Harper, Amani                    93 Norfolk Real Dea    4.56m    NWI    14-11.50
4 Coney, Jayisha                   93 East End Flyers     4.55m    NWI    14-11.25
5 Ferrell, Krista                  93 Kks                  4.47m    NWI    14-08.00
6 Combs, Rashaun                   93 Technique Track     4.46m    NWI    14-07.75
7 Davis, Mikeisha                  93 Suffolk Stars       4.33m    NWI    14-02.50
8 O'Neal, Shacai                   93 Virginia Beach F    3.61m    NWI    11-10.25
-- Smalley, Taker                  93 Churchland Trail     DNS      NWI
-- Johnson, Monica                  93 Churchland Trail     DNS      NWI
-- Brown, Sharae                    93 HamptonCityElite     DNS      NWI
-- Howell, Shontavia                93 Indian River Spe     DNS      NWI
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Event 154 Boys Long Jump Youth

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National: N 22-02.25 1979          Carlton White, Houston, TX
Name                               Year Team                               Finals  Wind
=====
1 Lawton, Michael                   93 Faith In Action,Che  18-08.00  NWI    5.68m
2 Fiesta, Jered                    93 Virginia Beach F    17-11.50  NWI    5.47m
3 Scott, Tory                       93 Central Vatrack     17-02.00  NWI    5.23m
4 DuBois, Benjamin                 93 Churchland Trail    16-10.50  NWI    5.14m
5 Thomas, Darion                   93 Virginia Beach F    16-09.00  NWI    5.10m
6 Holstege, Erik                   93 Unattached,Keswick,  16-07.25  NWI    5.06m
7 Stewart, Justin                   93 Speed City Charg    16-06.00  NWI    5.02m
8 Sanchez, Daezon                   93 Virginia Beach F    16-04.00  NWI    4.97m
9 Riddick, Rayshad                  93 Norfolk Real Dea    15-09.50  NWI    4.81m
10 Marcus, Troupe                   93 Lazars Track Clu    15-00.50  NWI    4.58m
11 Wallace, Connor                  93 Speed Inc.          14-10.50  NWI    4.53m
12 Smith, Raisean                   93 Norfolk Real Dea    14-04.00  NWI    4.36m
13 Reid, Malcolm                    93 Indian River Spe    13-11.25  NWI    4.24m
14 Sterling, Kavonte                93 Inside Track        13-00.00  NWI    3.96m
15 Samuels, Cameron                 93 Faith In Action     12-11.00  NWI    3.93m
16 Graham, Tavon                    93 Indian River Spe    12-10.00  NWI    3.91m
-- Glenn, Kahana                    93 Track Serious Tr     DNS      NWI
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## Event 155 Girls Long Jump Intermediate

National: N 21-01.50 2000 Ychlandria Spears, Luling, TX					
Name	Year	Team	Finals	Wind	
1 Harris, Tiffany	91	Norfolk Real Dea	5.49m	NWI	18-00.25
2 Smith, Melina	92	Churchland Trail	5.32m	NWI	17-05.50
3 Butler, Emily	91	Track Serious Tr	5.15m	NWI	16-10.75
4 Ferrell, Shaneka	91	Kks	5.10m	NWI	16-08.75
5 Dennis, Breanna	92	Virginia Beach F	5.06m	NWI	16-07.25
6 Geisman, Caitlyn	91	East End Flyers	5.01m	NWI	16-05.25
7 James, Shkemea	92	Technique Track	4.87m	NWI	15-11.75
8 Dales, Jasmine	92	Mustang's	4.82m	NWI	15-09.75
8 Daniels, Dionna	92	Central Vatrack	4.82m	NWI	15-09.75
10 Chandler, Tanay	91	Norfolk Real Dea	4.79m	NWI	15-08.75
11 Porter, Johniqua	91	Suffolk Stars	4.57m	NWI	15-00.00
12 Clements, Tocara	92	Churchland Trail	4.15m	NWI	13-07.50
13 Tanner, Chantiqua	92	Central Vatrack	4.13m	NWI	13-06.75
14 Brown, Morgan	91	Faith In Action	4.09m	NWI	13-05.00
15 Davis, Breha	92	Mustang's	3.88m	NWI	12-08.75
16 Jackson, Raven	92	Norfolk Real Dea	3.56m	NWI	11-08.25
17 Deloatch-Dixon, Jewel	92	Churchland Trail	3.39m	NWI	11-01.50
18 Jackson, Alexis	91	Inside Track	3.23m	NWI	10-07.25
-- Ross, Ladasha	92	Churchland Trail	DNS	NWI	
-- Smith, Nefertiti	92	Norfolk Real Dea	DNS	NWI	
-- McCoy, Chanelle	92	Speed City Charg	DNS	NWI	
-- Speller, Krystina	92	Norfolk Extremes	DNS	NWI	
-- Blair, Shirae	91	Speed Inc.	DNS	NWI	
-- Jackson, Ciearra	91	Suffolk Stars	DNS	NWI	
-- Addison, TiAna	92	Unattached, Virginia	DNS	NWI	
-- Van Alstyne, Tashara	91	Norfolk Real Dea	DNS	NWI	
-- Williams, Nakia	92	Freedom Striders	DNS	NWI	

## Event 156 Boys Long Jump Intermediate

National: N 24-02.50 1999 Paul Brown, Manteca, CA					
Name	Year	Team	Finals	Wind	
1 Blake, Ricky	91	Beast Boyz	20-11.50	NWI	6.38m
2 Cuffee, Austin	91	Technique Track	20-10.50	NWI	6.36m
3 Demiel, JaQuan	92	Suffolk Stars	19-02.50	NWI	5.85m
4 Muhammad, Jabari	91	Virginia Beach F	19-00.50	NWI	5.80m
4 Johnson, Previn	91	Virginia Beach F	19-00.50	NWI	5.80m
6 Blair, William	92	Speed Inc.	18-07.50	NWI	5.67m
7 Lockley, Donivan	91	Unattached, Richmond	17-11.00	NWI	5.46m
8 Moody, Darrius	92	Beast Boyz	17-08.50	NWI	5.39m
8 Stewart, James	91	Speed City Charg	17-08.50	NWI	5.39m
10 Dean, Marcus	92	Chesapeake Speed	17-07.00	NWI	5.35m
11 McFadden, Daniel	92	Norfolk Real Dea	16-10.00	NWI	5.13m
12 Harrison, DeVinn	91	Speed Inc.	16-04.50	NWI	4.99m
13 Stokley, Tevin	92	Suffolk Stars	15-09.00	NWI	4.80m
14 Odom, Alan	92	Bay Rivers T&F C	15-00.50	NWI	4.58m
-- Jones, Randy	91	Beast Boyz	FOUL	NWI	
-- Moore, Deon	91	Technique Track	DNS	NWI	

## Event 157 Women Long Jump Young

National: N 21-10.75 1996 Roxanne Lawson, Lake Park, FL					
Name	Year	Team	Finals	Wind	
1 Rhoads, Elaine	89	Norfolk Real Dea	5.17m	NWI	16-11.50
2 Allen, Kiera	89	Track Serious Tr	5.05m	NWI	16-07.00

3	Phillips, Christina	90	Speed Inc.	5.02m	NWI	16-05.75
4	Dales, Alexis	90	Mustang's	4.94m	NWI	16-02.50
5	Delphin, Kacen	90	Unattached,Richmond	4.84m	NWI	15-10.50
6	Ditto, Nicole	90	Central Vatrack	4.48m	NWI	14-08.50
7	Barnes, Shamika	90	East End Flyers	4.47m	NWI	14-08.00
8	Beckles, Angelica	89	VA Beach Pathfin	4.12m	NWI	13-06.25
--	Moore, Denyse	90	Norfolk Real Dea	DNS	NWI	
--	Green, Aurielle	90	Team Flash	DNS	NWI	
--	Forbes, Shakia	89	Norfolk Real Dea	DNS	NWI	

Event 158 Men Long Jump Young

National: N 25-06.25 2001 Cleavon Dillon, Shawnee Mission, KS						
Name	Year	Team	Finals	Wind		
1	Nichols, Kevin	88	Norfolk Real Dea	22-06.00	NWI	6.85m
2	Ricks, Keith	90	Norfolk Real Dea	22-01.75	NWI	6.75m
3	Wallace, Brian	89	Norfolk Real Dea	22-00.50	NWI	6.71m
4	Smith, Wesley	89	Norfolk Real Dea	21-07.00	NWI	6.57m
5	Shelton, Darris	89	HamptonCityElite	21-02.50	NWI	6.46m
6	Moss, Bartholomew	90	Unattached,Montpeli	20-11.50	NWI	6.38m
7	Banks, David	89	HamptonCityElite	20-02.00	NWI	6.14m
8	Johnson, Aaron	90	Virginia Beach F,Vi	19-11.00	NWI	6.07m
9	Gaston, Michael	89	East End Flyers	19-00.00	NWI	5.79m
9	Maldonado, Andre'	89	Technique Track	19-00.00	NWI	5.79m
11	Johnson, Chris	90	Virginia Beach F,Vi	17-11.50	NWI	5.47m
12	Frierson, Khari	90	VA Beach Pathfin	17-10.50	NWI	5.44m
13	Hymes, Terrance	89	Mustang's	17-07.50	NWI	5.37m
14	Vann, Troy	90	Track Serious Tr,Vi	17-07.00	NWI	5.35m
15	Coney, Denzel	90	East End Flyers	16-08.50	NWI	5.09m
16	Clark, Christopher	89	Mustang's	16-04.00	NWI	4.97m
--	Thomas, Marquel	90	VA Beach Pathfin	DNS	NWI	
--	Turner, Brendon	89	Unattached,Portsmou	DNS	NWI	
--	Norvell, Antonio	89	Norfolk Real Dea	DNS	NWI	
--	Miller, Antonio	89	Central Vatrack	DNS	NWI	

Event 159 Girls Triple Jump Sub-Youth

National: N 35-10 2005 Nefertiti Smith, Portsmouth, VA						
Name	Year	Team	Finals	Wind		
1	Patterson, Markelle	94	Suffolk Stars	24-01.00	NWI	7.34m
2	Roberts, Chantel	94	Suffolk Stars	24-00.00	NWI	7.31m

Event 160 Boys Triple Jump Sub-Youth

National: N 38-03 2005 Ikem Okwudiafor, Fremont, CA						
Name	Year	Team	Finals	Wind		
--	Love, Cameron	94	Suffolk Stars	DNS	NWI	
--	Jones, Jordan	94	Indian River Spe	DNS	NWI	

Event 161 Girls Triple Jump Youth

National: N 40-02 1998 Ychlindria Spears, Luling, TX						
Name	Year	Team	Finals	Wind		
1	Davis, Mikeisha	93	Suffolk Stars	32-11.00	NWI	10.03m
2	Sharp, Olivia	93	Central Vatrack	31-06.00	NWI	9.60m

Event 162 Boys Triple Jump Youth

=====

National: N 45-00.75 1998 Quincy Seaberry, Hammond, LA

Name	Year	Team	Finals	Wind	
1 Scott, Tory	93	Central Vatrack	37-08.00	NWI	11.48m
-- Smith, Darryl	93	Norfolk Real Dea	DNS	NWI	

Event 163 Girls Triple Jump Intermediate

National: N 42-01.75 2000 Ychlindria Spears, Luling, TX

Name	Year	Team	Finals	Wind	
1 Smith, Nefertiti	92	Norfolk Real Dea	38-10.00	NWI	11.83m
2 Ferrell, Shaneka	91	Kks	31-06.00	NWI	9.60m
3 Porter, Johniqua	91	Suffolk Stars	31-01.00	NWI	9.47m
4 Rolax, Candace	92	Unattached	30-06.00	NWI	9.29m
5 Tanner, Chantiqua	92	Central Vatrack	28-08.00	NWI	8.73m
-- Daniels, Dionna	92	Central Vatrack	DNS	NWI	
-- Van Alstyne, Tashara	91	Norfolk Real Dea	DNS	NWI	
-- Jackson, Ciearra	91	Suffolk Stars	DNS	NWI	
-- Luedeke, Chantal	91	Virginia Beach F	DNS	NWI	
-- Williams, Nakia	92	Freedom Striders	DNS	NWI	

Event 164 Boys Triple Jump Intermediate

National: N 49-09.50 1987 Bryan Delsite, Elysburg, PA

Name	Year	Team	Finals	Wind	
1 Blake, Ricky	91	Beast Boyz	40-05.00	NWI	12.31m
2 Muhammad, Jabari	91	Virginia Beach F	38-09.50	NWI	11.82m
3 Stewart, James	91	Speed City Charg	38-07.50	NWI	11.77m
4 Demiel, JaQuan	92	Suffolk Stars	38-06.00	NWI	11.73m
5 McFadden, Daniel	92	Norfolk Real Dea	38-00.00	NWI	11.58m
6 Stokley, Tevin	92	Suffolk Stars	35-03.00	NWI	10.74m
-- Knight, Kyle	91	Speed Inc.	DNS	NWI	

Event 165 Women Triple Jump Young

National: N 42-06 1996 Deanne Davis, Burlington, NC

Name	Year	Team	Finals	Wind	
1 Rhoads, Elaine	89	Norfolk Real Dea	37-01.50	NWI	11.31m
2 Phillips, Christina	90	Speed Inc.	35-00.00	NWI	10.66m
3 Beaty, Britney	89	Norfolk Real Dea	34-09.50	NWI	10.60m
4 Jones, Quanique	90	Hampton Blazers,Ham	34-07.00	NWI	10.54m
5 Ditto, Nicole	90	Central Vatrack	34-03.00	NWI	10.43m
6 Evans, Kayla	90	HamptonCityElite	32-07.50	NWI	9.94m
7 Shaw, Maya	90	HamptonCityElite	32-05.50	NWI	9.89m
8 Thornton, MARRISA	90	Technique Track	32-03.00	NWI	9.82m
9 Barnes, Shamika	90	East End Flyers	30-06.00	NWI	9.29m

Event 166 Men Triple Jump Young

National: N 51-09.75 1985 James Martin, Durham, NC

Name	Year	Team	Finals	Wind	
1 Griffin, Kelvin	90	Virginia Beach F	46-04.00	NWI	14.12m
2 Garcia, Amin	89	Track Serious Tr	46-02.00	NWI	14.07m
3 Shelton, Darris	89	HamptonCityElite	44-05.50	NWI	13.55m
4 Johnson, Chris	90	Virginia Beach F,Vi	42-05.00	NWI	12.92m
5 Johnson, Aaron	90	Virginia Beach F,Vi	42-00.00	NWI	12.80m
6 Frierson, Khari	90	VA Beach Pathfin	39-07.00	NWI	12.06m
7 Coney, Denzel	90	East End Flyers	39-05.00	NWI	12.01m

8	Banks, David	89	HamptonCityElite	38-04.50	NWI	11.69m
9	Vann, Troy	90	Track Serious Tr,Vi	34-03.00	NWI	10.43m
--	Miller, Antonio	89	Central Vatrack		DNS	NWI

Event 167 Girls High Jump Sub-Bantam

=====						
National: N 4-00.50		2005	Daley Handy, Ulysses, KS			
Name	Year	Team	Finals			
=====						
1	Ford, Peyton	98	Unattached, Montclai	2-01.00		0.63m

Event 169 Girls High Jump Bantam

=====						
National: N 4-06		1997	Alexis Beaudet, Hutchinson, KS			
Name	Year	Team	Finals			
=====						
1	Livingston, Marika	97	Virginia Beach F	3-10.00		1.16m
2	Davis, Sydney	97	Norfolk Real Dea	3-06.00		1.06m
3	Ford, Mackenzie	97	Unattached, Montclai	3-02.00		0.96m
--	Harris, Elva	97	Virginia Beach F		DNS	

Event 170 Boys High Jump Bantam

=====						
National: N 5-00		1987	Travis Schmidt, Goessell, KS			
Name	Year	Team	Finals			
=====						
1	Neighbors, Ryley	97	Virginia Beach F	3-08.00		1.11m
2	Pruitt, Jordann	97	East End Flyers	3-06.00		1.06m
3	Lipscomb, Avaree	97	Virginia Beach F	3-04.00		1.01m
4	Talbert, Timothy	97	Highlands Heat	J3-04.00		1.01m

Event 171 Girls High Jump Sub-Midget

=====						
National: N 5-00		2003	Shanay Briscoe, Cypress, TX			
Name	Year	Team	Finals			
=====						
1	Mansion, Mia	96	East End Flyers	4-02.00		1.27m
2	Dunwoodie, Ricki	96	East End Flyers	3-06.00		1.06m

Event 172 Boys High Jump Sub-Midget

=====						
National: N 5-01		2004	Stanley Broaden, Wilmington, NC			
Name	Year	Team	Finals			
=====						
1	Golden, Harry	96	East End Flyers	4-00.00		1.21m
2	Gould, Andrew	96	Suffolk Stars	3-08.00		1.11m
3	Gilmore, Ty'rell	96	Virginia Beach F	J3-08.00		1.11m
--	Harris, Gabriel	96	Virginia Beach F		NH	

Event 173 Girls High Jump Midget

=====						
National: N 5-04		2000	Brandi Cross, Missouri City, TX			
Name	Year	Team	Finals			
=====						
1	Sutton, Briana	95	Team Flash	4-00.00		1.21m
2	Gould, Octavia	95	Suffolk Stars	J4-00.00		1.21m
3	Jones-Young, Tatyana	95	Suffolk Stars	3-10.00		1.16m
4	Clark, Diamond	95	Virginia Beach F	J3-10.00		1.16m
5	Lott, Leah	95	Virginia Beach F	3-08.00		1.11m
6	McLaughlin, Samantha	95	Team Flash	J3-08.00		1.11m

Event 174 Boys High Jump Midget

National: N 5-08.50 1991 David Gonzales, Corpus Christi, TX				
Name	Year	Team	Finals	
1 Reuben, Keanu	95	Virginia Beach F	4-04.00	1.32m
2 Sutton, Braden	95	Team Flash	4-00.00	1.21m
3 Stokes, Treyvon	95	East End Flyers	J4-00.00	1.21m

Event 175 Girls High Jump Sub-Youth

National: N 5-06 2005 Shanay Briscoe, Houston, TX				
Name	Year	Team	Finals	
1 Daniels, Brehanna	94	Track Serious Tr	4-08.00	1.42m
2 Patterson, Markelle	94	Suffolk Stars	3-10.00	1.16m

Event 176 Boys High Jump Sub-Youth

National: N 5-06 2005 Chris Roberts, Little Rock, AR				
Name	Year	Team	Finals	
1 Childs, Jordan	94	Churchland Trail	4-02.00	1.27m
-- Love, Cameron	94	Suffolk Stars	DNS	

Event 177 Girls High Jump Youth

National: N 5-08.50 1988 Amy Acuff, Robstown, TX				
Name	Year	Team	Finals	
1 Harper, Amani	93	Norfolk Real Dea	4-08.00	1.42m
2 Hinton, Jalen	93	Track Serious Tr	J4-08.00	1.42m
-- Howell, Shontavia	93	Indian River Spe	NH	

Event 178 Boys High Jump Youth

National: N 6-04 1980 Mark Trujillo, Reno, NV				
Name	Year	Team	Finals	
1 Stewart, Justin	93	Speed City Charg	5-07.00	1.70m
2 Scott, Erik	93	Indian River Spe	5-02.00	1.57m
3 Washington, Deivan	93	Team Flash	5-00.00	1.52m
4 DuBois, Benjamin	93	Churchland Trail	4-08.00	1.42m
5 Smallwood, Desmond	93	Team Flash	4-00.00	1.21m
-- Smith, Darryl	93	Norfolk Real Dea	DNS	
-- Wallace, Dominique	93	Team Flash	DNS	
-- Fiesta, Jered	93	Virginia Beach F	DNS	

Event 179 Girls High Jump Intermediate

National: N 6-00.25 1982 Sherri Bruant, Indianapolis, IN				
Name	Year	Team	Finals	
1 Payne-Roebuck, Piarrah	92	Norfolk Real Dea	4-08.00	1.42m
2 Vaughn, Chiquita	92	East End Flyers	4-00.00	1.21m
-- Bell, Champagne	91	Norfolk Real Dea	NH	

Event 180 Boys High Jump Intermediate

National: N 7-00 1986 Johnnie Bartley, Oakland City, IN				
Name	Year	Team	Finals	
1 Muhammad, Jabari	91	Virginia Beach F	5-04.00	1.62m

-- bryant, jerad 91 Unattached,boonvill DNS

Event 181 Women High Jump Young

=====  
National: N 6-00 1980 Susan Lind, Albion, NE  
Name Year Team Finals  
=====  
1 Briggs, DeShana 90 Norfolk Real Dea 5-08.00 1.72m  
2 Phillips, Christina 90 Speed Inc. 5-04.00 1.62m  
3 Bryant, Charisse 90 Track Serious Tr 5-02.00 1.57m  
-- Barnes, Shamika 90 East End Flyers DNS

Event 182 Men High Jump Young

=====  
National: N 7-03 2003 Dusty Jonas, La Vernia, TX  
Name Year Team Finals  
=====  
1 Nichols, Kevin 88 Norfolk Real Dea 6-06.00 1.98m  
2 Copeland, Chris 90 Suffolk Stars,Suffo 6-04.00 1.93m  
3 Collins, Joe 89 East End Flyers 6-02.00 1.87m  
4 Black, Ronnie 90 Norfolk Real Dea 5-10.00 1.77m  
-- Moss, Bartholomew 90 Unattached,Montpeli NH  
-- Coney, Denzel 90 East End Flyers NH  
-- Gaston, Michael 89 East End Flyers DNS

Event 183 Girls Discus Throw Sub-Midget

=====  
National: N 100-04 2005 Brittany Mann, Neverly Hills, MI  
Name Year Team Finals  
=====  
1 Brown, Tijae 96 East End Flyers 40-04 12.29m  
2 Johnson, McKenzie 96 East End Flyers 28-01 8.55m  
-- Powell, NaDashea 96 Churchland Trail DNS

Event 184 Boys Discus Throw Sub-Midget

=====  
National: N 106-03 2001 Judd Allen, College Station, TX  
Name Year Team Finals  
=====  
1 Neeley-Williams, Walter 96 Churchland Trail 83-04 25.40m  
2 Morris, George 96 Norfolk Extremes 65-07 19.98m  
3 Johnson, Sheldon 96 Technique Track 61-01 18.61m  
4 Payne, Dominic 96 Norfolk Real Dea 57-09 17.60m  
5 Tennessee, Ronnie 96 Indian River Spe 57-05 17.50m  
6 Culberson, Joshua 96 Churchland Trail 52-05 15.97m  
7 Mitchell, Adonis 96 Virginia Beach F 44-03 13.48m  
8 Bialk, Jacob 96 HamptonCityElite 32-00 9.75m  
-- Young, McKinley 96 Norfolk Real Dea DNS  
-- Geisman, John 96 East End Flyers DNS

Event 185 Girls Discus Throw Midget

=====  
National: N 121-00 1999 Amy Bilmanis, Hughesville, MD  
Name Year Team Finals  
=====  
1 Hopson, Dorothy 95 Hampton Blazers 62-01 18.92m  
2 McLaughlin, Samantha 95 Team Flash 58-03 17.75m  
3 Ellis, Hyleah 95 East End Flyers 56-06 17.22m  
4 Challis, Andi 95 Team Flash 48-04 14.73m  
5 Lyons, Brayannah 95 Churchland Trail 45-03 13.79m  
6 Edwards, Kayla 95 Indian River Spe 43-11 13.38m  
7 Viney, Imani 95 Technique Track 40-00 12.19m

8 Douglass, Emily 95 Team Flash 37-05 11.40m

Event 186 Boys Discus Throw Midget

=====  
National: N 134-07 1998 Brian Kerr, Ft Pierce, FL  
Name Year Team Finals  
=====  
1 McConnor, Myles 95 Speed City Charg 78-08 23.97m  
2 Trotter, Jamel 95 Churchland Trail 54-07 16.63m  
3 Sutton, Braden 95 Team Flash 54-04 16.56m

Event 187 Girls Discus Throw Sub-Youth

=====  
National: N 123-02 2005 Rachel Hydrick, Aransas Pass, TX  
Name Year Team Finals  
=====  
1 Bell, Cameron 94 East End Flyers 60-06 18.44m  
2 Knight, Zieera 94 Suffolk Stars 51-09 15.77m  
3 Johnson, Morgan 94 East End Flyers 45-05 13.84m  
4 Williams, Kej-dra 94 Norfolk Extremes 41-11 12.77m

Event 188 Boys Discus Throw Sub-Youth

=====  
National: N 153-03 2005 Cody Snyder, Lake Andes, SD  
Name Year Team Finals  
=====  
1 Hutchins, Aaron 94 Track Serious Tr 102-08 31.29m  
2 Coles, Tykhari 94 Hampton Blazers 97-03 29.64m  
3 Graves, Rashaun 94 Technique Track 97-01 29.59m  
4 Stills, Desmond 94 Lazars Track Clu 87-06 26.67m  
5 Segers, Ricky 94 Unattached,Glen All 85-06 26.06m  
6 Simmons, Nicholas 94 Norfolk Real Dea 84-11 25.88m  
7 Taylor, Seth 94 VA Beach Pathfin 79-03 24.15m  
8 Staton, Richie 94 Hampton Blazers 79-01 24.10m  
9 Brown, Frank 94 Technique Track 75-00 22.86m  
10 Augustus, Marki's 94 Technique Track 68-02 20.77m  
11 Miles, Alton 94 Norfolk Real Dea 63-06 19.35m  
12 Rountree, Devante 94 Suffolk Stars 62-08 19.10m  
13 Hill, Devonte 94 Virginia Beach F 55-11 17.04m  
14 Smith, Jamaal 94 East End Flyers 49-07 15.11m  
-- Jones, Jordan 94 Indian River Spe DNS  
-- Potter, Rodney 94 Norfolk Extremes DNS  
-- Childs, Jordan 94 Churchland Trail DNS

Event 189 Girls Discus Throw Youth

=====  
National: N 138-06 1997 Julia Pedersen, Grand Forks, ND  
Name Year Team Finals  
=====  
1 Challis, Erin 93 Team Flash 96-08 29.46m  
2 Wyatt, Alexandra 93 Unattached,Richmond 80-03 24.46m  
3 Douglass, Sarah 93 Team Flash 68-04 20.82m  
4 Callicutt, Catherine 93 Central Vatrack 64-01 19.53m  
5 Rogers, LaNa 93 Technique Track 47-11 14.60m  
-- Sutton, Kielely 93 Team Flash DNS  
-- Barne'y, Ming 93 Technique Track DNS

Event 190 Boys Discus Throw Youth

=====  
National: N 186-02 2000 Brady Maska, Hayes, KS  
Name Year Team Finals  
=====

1	Thompson, Clifton	93	Central Vatrack	143-10	43.84m
2	Lloyd, Nathaniel	93	Faith In Action, Vir	129-04	39.42m
3	Webb, Garion	93	Hampton Blazers	113-07	34.62m
4	Spencer, Devin	93	Technique Track	76-10	23.41m
5	Payne, Khaaliq	93	Technique Track	75-08	23.06m
6	McLaughlin, Graham	93	Team Flash	72-09	22.17m
7	Wilson, Michael	93	Track Serious Tr	61-07	18.77m
8	Argue, John	93	Team Flash	58-01	17.70m
--	Moore, Dymond	93	Technique Track	DNS	
--	Ward, Earl	93	Indian River Spe	DNS	

Event 191 Girls Discus Throw Intermediate

National: N 162-06 1998 Briona Reynolds, Grand Forks, ND					
Name	Year	Team	Finals		
1	Williams, Jessica	91	Suffolk Stars	111-10	34.08m
2	Barber, Millicent	92	Virginia Beach F	94-09	28.87m
3	Williams, Jaleesa	91	Suffolk Stars	92-10	28.29m
4	James, Kelley	91	Speed Inc.	83-10	25.55m
5	Jackson, Raven	92	Norfolk Real Dea	80-01	24.40m
6	Simmons, Rebecca	92	Norfolk Real Dea	62-04	18.99m
7	Henry, Ashley	92	Suffolk Stars	62-00	18.89m
8	Anderson, Jazlyn	92	Technique Track	61-02	18.64m
9	Boykins, Tazjznique	91	Unattached, Richmond	59-07	18.16m
10	Stevens, Rashida	92	Virginia Beach F	53-10	16.40m
--	Geisman, Caitlyn	91	East End Flyers	DNS	

Event 192 Boys Discus Throw Intermediate

National: N 196-11 1989 Brian Milne, Union City, PA					
Name	Year	Team	Finals		
1	Nixon, Rory	91	Technique Track	105-01	32.02m
2	O'Brien, Aaryon	91	VA Beach Pathfin	82-10	25.24m
3	Robinson, Giovanni	92	Hampton Blazers	81-08	24.89m
4	Smith, Phillip	92	VA Beach Pathfin	81-02	24.73m
5	Hutchins, Adam	92	Track Serious Tr	79-05	24.20m
6	Walton, Jeremie	91	Beast Boyz	67-05	20.54m
7	Edmond, Jeremy	91	Churchland Trail	67-04	20.52m
8	Ranshaw, Darrin	92	Inside Track	59-02	18.03m
--	Powell, Xavier	91	Churchland Trail	DNS	

Event 193 Women Discus Throw Young

National: N 163-02 1995 Stephanie Wigness, Grand Forks, ND					
Name	Year	Team	Finals		
1	Moss, Christianna	90	Unattached, Montpeli	113-01	34.46m
2	Lewis, Chelsea	90	Speed Inc.	75-09	23.08m
3	Thompson, Rachel	90	Faith In Action	69-02	21.08m
4	Thornton, Courtney	90	Technique Track	61-00	18.59m
--	Edward, Megan	90	Freedom Striders	DNS	
--	Green, Quaneisha	90	Freedom Striders, Wi	DNS	

Event 194 Men Discus Throw Young

National: N 202-07 2001 Brian Robison, Splendora, TX					
Name	Year	Team	Finals		
1	Spellman, Frede	90	Norfolk Real Dea	134-07	41.02m
2	Moore, Donald	89	Suffolk Stars	125-02	38.15m

3	Hicks, Jacob	90	Technique Track	117-10	35.91m
4	Coney, Denzel	90	East End Flyers	108-00	32.91m
--	Davis, Sheldon	90	Technique Track		DNS
--	Usman, Shehzaib	89	Unattached, Sterling		DNS

Event 195 Girls Shot Put Primary

National: N 24-08 2005 Delisha Lawrence, Desoto, TX					
	Name	Year	Team	Finals	
1	Edwards, Niyah	99	Indian River Spe	2.80m	9-02.25
2	Steave, JaDyn	99	Virginia Beach F	2.78m	9-01.50

Event 196 Boys Shot Put Primary

National: N 29-11.50 2001 Jon Allen, Houston, KS					
	Name	Year	Team	Finals	
1	Redd, Justin	99	Inside Track	5.68m	18-07.75
2	Johnson, Marcus	99	Park Place Track, No	3.74m	12-03.25
3	Gibson, Tyree	00	Faith In Action	3.37m	11-00.75
4	Purvis-Allen, Zion	99	Indian River Spe	3.25m	10-08.00
--	Goodhope, Corey	99	Faith In Action		FOUL
--	Harris, Michael	99	Team Flash		DNS
--	Frierson, Jahki	01	VA Beach Pathfin		DNS

Event 197 Girls Shot Put Sub-Bantam

National: N 25-04.25 2003 Brittany Roxbury, Boynton Beach, Fl					
	Name	Year	Team	Finals	
1	Williams, Nyra	98	Technique Track	5.10m	16-08.75
2	Keith, Asia	98	Unattached, Richmond	5.07m	16-07.75
3	Staton, Ashlee	98	Hampton Blazers	4.46m	14-07.75
4	Brockington, D'Asia	98	Technique Track	4.26m	13-11.75
5	Moten, Kayla	98	Central Vatrack	3.93m	12-10.75
6	Horry, Deajanay	98	Hampton Blazers	3.75m	12-03.75
7	Smith, Shanyyn	98	Churchland Trail	2.86m	9-04.75

Event 198 Boys Shot Put Sub-Bantam

National: N 37-01.50 2002 Jon Allen, College Station, TX					
	Name	Year	Team	Finals	
1	Williams, Anthony	98	Track Serious Tr	7.49m	24-07.00
2	Purvis, Braxton	98	Indian River Spe	4.64m	15-02.75
3	Viney, Robert	98	Technique Track	4.37m	14-04.00
4	Stills, Joseph	98	Lazers Track Clu	4.35m	14-03.25
5	Lyles, Christopher	98	Lazers Track Clu	3.93m	12-10.75
6	Pinto, Anthony	98	Team Flash	3.84m	12-07.25

Event 199 Girls Shot Put Bantam

National: N 31-01.75 2004 Brittany Mann, Beverly Hills, MI					
	Name	Year	Team	Finals	
1	Chandler, Aliyah	97	Track Serious Tr	4.96m	16-03.25
2	Brown, Kayla	97	Track Serious Tr	4.75m	15-07.00
3	Pinto, Madison	97	Team Flash	3.51m	11-06.25

Event 200 Boys Shot Put Bantam

National: N 31-01.75 2004 Brittany Mann, Beverly Hills, MI					
--	--	--	--	--	--

National: N 42-04 2003 Jon Allen, College Station, TX

Name	Year	Team	Finals	
1 Ward, Khamari	97	Indian River Spe	6.67m	21-10.75
2 Thompson, Jeremiah	97	Central Vatrack	6.15m	20-02.25
3 Ward, DuWaun	97	Churchland Trail	5.18m	17-00.00
4 Lloyd, Isaiah	97	Faith In Action, Vir	5.17m	16-11.50
5 Worthington, Carl	97	Technique Track	4.88m	16-00.25
6 Pillow, Calan	97	Unattached, Glen All	4.38m	14-04.50
-- Young, Jalen	97	Indian River Spe	DNS	

Event 201 Girls Shot Put Sub-Midget

National: N 36-00.25 2000 CJ (Maree) Navarro, Mesa, AZ

Name	Year	Team	Finals	
1 Corner, Brittany	96	Suffolk Stars	5.75m	18-10.50
2 Glenn, Kyra	96	Track Serious Tr	5.63m	18-05.75
3 Brown, Tijae	96	East End Flyers	4.75m	15-07.00
4 Johnson, McKenzie	96	East End Flyers	3.78m	12-05.00
-- Powell, NaDashea	96	Churchland Trail	DNS	
-- Cole, Ruby	96	Norfolk Extremes	DNS	
-- Curtis, Qierra	96	Churchland Trail	DNS	

Event 202 Boys Shot Put Sub-Midget

National: N 48-01 2004 Jon Allen, College Station, TX

Name	Year	Team	Finals	
1 Neeley-Williams, Walter	96	Churchland Trail	9.81m	32-02.25
2 Johnson, Sheldon	96	Technique Track	8.63m	28-03.75
3 Singleton, Johvonte'	96	Technique Track	8.18m	26-10.00
4 Culberson, Joshua	96	Churchland Trail	7.47m	24-06.25
5 Morris, George	96	Norfolk Extremes	7.34m	24-01.00
6 Doby, De'Shawn	96	Virginia Beach F	6.27m	20-07.00
7 Mitchell, Adonis	96	Virginia Beach F	6.24m	20-05.75
8 Payne, Dominic	96	Norfolk Real Dea	6.17m	20-03.00
9 Geisman, John	96	East End Flyers	5.28m	17-04.00
10 Harris, Devontay	96	Track Serious Tr	4.63m	15-02.25
11 Castleman, Tristian	96	Team Flash	3.76m	12-04.00
-- Young, McKinley	96	Norfolk Real Dea	DNS	

Event 203 Girls Shot Put Midget

National: N 47-03 1982 Tami Keitner, Ft Yates, ND

Name	Year	Team	Finals	
1 Sutton, Briana	95	Team Flash	7.59m	24-11.00
2 Washington, Aliyah	95	Hampton Blazers	7.20m	23-07.50
3 Ellis, Hyleah	95	East End Flyers	7.15m	23-05.50
4 Hopson, Dorothy	95	Hampton Blazers	6.94m	22-09.25
5 Edwards, Kayla	95	Indian River Spe	6.50m	21-04.00
6 Lyons, Brayannah	95	Churchland Trail	6.35m	20-10.00
7 Challis, Andi	95	Team Flash	5.22m	17-01.50
8 Hollins, Tatyana	95	Indian River Spe	4.54m	14-10.75
-- Littleton-Davis, Micaela	95	HamptonCityElite	DNS	
-- Viney, Imani	95	Technique Track	DNS	

Event 204 Boys Shot Put Midget

National: N 54-02.50 1995 Kevin Bookout, Stroud, OK

Name	Year	Team	Finals	
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1	Sutton, Braden	95	Team Flash	8.21m	26-11.25
2	Brockington, Morris	95	Technique Track	4.04m	13-03.25
--	McConnor, Myles	95	Speed City Charg		DNS

Event 205 Girls Shot Put Sub-Youth

National: N 41-00.75 2005 Shanay Briscoe, Houston, TX					
Name	Year	Team	Finals		
1	Bell, Cameron	94	East End Flyers	7.98m	26-02.25
2	Knight, Zieera	94	Suffolk Stars	5.88m	19-03.50
3	Johnson, Morgan	94	East End Flyers	5.81m	19-00.75
--	Valentine, Tiffany	94	Norfolk Extremes		DNS

Event 206 Boys Shot Put Sub-Youth

National: N 47-00.75 2005 Deandre Johnson, Miami, FL					
Name	Year	Team	Finals		
1	Hutchins, Aaron	94	Track Serious Tr	10.28m	33-08.75
2	Coles, Tykhari	94	Hampton Blazers	9.76m	32-00.25
3	Staton, Richie	94	Hampton Blazers	9.57m	31-04.75
4	Graves, Rashaun	94	Technique Track	8.68m	28-05.75
5	Stills, Desmond	94	Lazers Track Clu	8.39m	27-06.50
6	Augustus, Marki's	94	Technique Track	7.46m	24-05.75
7	Segers, Ricky	94	Unattached,Glen All	7.33m	24-00.75
8	Rountree, Devante	94	Suffolk Stars	6.76m	22-02.25
9	Miles, Alton	94	Norfolk Real Dea	6.69m	21-11.50
10	Brown, Frank	94	Technique Track	6.03m	19-09.50
11	Smith, Jamaal	94	East End Flyers	5.97m	19-07.00
12	Hill, Devonte	94	Virginia Beach F	5.75m	18-10.50
--	Jones, Jordan	94	Indian River Spe		DNS
--	Potter, Rodney	94	Norfolk Extremes		DNS
--	Lowe, Jirani	94	Churchland Trail		DNS

Event 207 Girls Shot Put Youth

National: N 49-08.25 2003 Kamorean Hayes, Charlotte, NC					
Name	Year	Team	Finals		
1	Challis, Erin	93	Team Flash	11.31m	37-01.25
2	Wyatt, Alexandra	93	Unattached,Richmond	11.05m	36-03.00
3	Sutton, Kieley	93	Team Flash	8.88m	29-01.75
4	Callicutt, Catherine	93	Central Vatrack	8.75m	28-08.50
5	Lamb, Keristan	93	Churchland Trail	6.79m	22-03.50
6	Rogers, LaNa	93	Technique Track	6.16m	20-02.50
7	Barne'y, Ming	93	Technique Track	4.55m	14-11.25
--	Douglass, Sarah	93	Team Flash		DNS

Event 208 Boys Shot Put Youth

National: N 60-05 1980 Arnold Campbell, Shreveport, LA					
Name	Year	Team	Finals		
1	Lloyd, Nathaniel	93	Faith In Action,Vir	12.50m	41-00.25
2	Thompson, Clifton	93	Central Vatrack	12.47m	40-11.00
3	Webb, Garion	93	Hampton Blazers	11.88m	38-11.75
4	Ward, Earl	93	Indian River Spe	10.93m	35-10.50
5	Spencer, Devin	93	Technique Track	9.39m	30-09.75
6	Sterling, Kavonte	93	Inside Track	9.31m	30-06.50
7	McLaughlin, Graham	93	Team Flash	8.71m	28-07.00

8	Riddick, Rayshad	93	Norfolk Real Dea	8.52m	27-11.50
9	Payne, Khaaliq	93	Technique Track	8.06m	26-05.50
10	Argue, John	93	Team Flash	7.13m	23-04.75

Event 209 Girls Shot Put Intermediate

National: N 48-05.75 2004 Kamorean Hayes, Charlotte, NC					
Name	Year	Team	Finals		
1	Williams, Jaleesa	91	Suffolk Stars	11.32m	37-01.75
2	Williams, Jessica	91	Suffolk Stars	9.33m	30-07.50
3	Barber, Millicent	92	Virginia Beach F	8.78m	28-09.75
4	Henry, Ashley	92	Suffolk Stars	8.51m	27-11.00
5	James, Kelley	91	Speed Inc.	7.53m	24-08.50
6	Chase, Ashley	91	Hampton Blazers	7.48m	24-06.50
7	Boykins, Tazjznique	91	Unattached, Richmond	6.94m	22-09.25
8	Jackson, Raven	92	Norfolk Real Dea	6.61m	21-08.25
9	Simmons, Rebecca	92	Norfolk Real Dea	6.47m	21-02.75
10	Johnson, Zamia	92	Track Serious Tr	5.87m	19-03.25
11	Stevens, Rashida	92	Virginia Beach F	5.49m	18-00.25
12	Jackson, Alexis	91	Inside Track	5.33m	17-06.00
--	Anderson, Jazlyn	92	Technique Track	DNS	
--	Speller, Krystina	92	Norfolk Extremes	DNS	

Event 210 Boys Shot Put Intermediate

National: N 62-09.25 2000 Michael D'Andrea, Avon Lake, OH					
Name	Year	Team	Finals		
1	Nixon, Rory	91	Technique Track	12.26m	40-02.75
2	Butler, David	92	Track Serious Tr, Vi	10.60m	34-09.50
3	Walton, Jeremie	91	Beast Boyz	10.41m	34-02.00
4	Smith, Phillip	92	VA Beach Pathfin	9.33m	30-07.50
5	Hutchins, Adam	92	Track Serious Tr	9.19m	30-02.00
6	Edmond, Jeremy	91	Churchland Trail	8.49m	27-10.25
7	Ranshaw, Darrin	92	Inside Track	8.21m	26-11.25
8	Moody, Darrius	92	Beast Boyz	8.09m	26-06.50
9	Powell, Xavier	91	Churchland Trail	7.84m	25-08.75

Event 211 Women Shot Put Young

National: N 47-04.75 1991 Stacy Schroeder, Grand Island, NY					
Name	Year	Team	Finals		
1	Campbell, Kayla	90	Norfolk Real Dea	11.85m	38-10.50
2	Moss, Christianna	90	Unattached, Montpelis	9.88m	32-05.00
3	Lewis, Chelsea	90	Speed Inc.	9.16m	30-00.75
4	Thornton, Courtney	90	Technique Track	7.62m	25-00.00
5	Thompson, Rachel	90	Faith In Action	7.52m	24-08.25
--	Edward, Megan	90	Freedom Striders	DNS	
--	Green, Quaneisha	90	Freedom Striders, Wi	DNS	

Event 212 Men Shot Put Young

National: N 67-01.50 1989 Scott Peterson, Lafayette, LA					
Name	Year	Team	Finals		
1	Spellman, Frede	90	Norfolk Real Dea	16.31m	53-06.25
2	Davis, Sheldon	90	Technique Track	10.99m	36-00.75
3	Moore, Donald	89	Suffolk Stars	10.00m	32-09.75

Event 213 Girls Javelin Throw Sub-Youth

National: N 99-09 2005 Stephanie Nelson, Kansas City, KS				
Name	Year	Team	Finals	
1 Shufford, Jenira	94	Technique Track	74-02	22.60m
-- Knight, Zieera	94	Suffolk Stars	ND	

Event 214 Boys Javelin Throw Sub-Youth

National: N 135-03 2005 Justin Shaffer, Cedar Park, TX				
Name	Year	Team	Finals	
1 Graves, Rashaun	94	Technique Track	86-02.50	26.27m
2 Hutchins, Aaron	94	Track Serious Tr	77-02	23.52m
3 Bialk, Wesley	94	HamptonCityElite	70-03	21.41m
4 Stills, Desmond	94	Lazers Track Clu	64-04	19.60m
5 Neely, Jared	94	Technique Track	63-07	19.38m
6 Augustus, Marki's	94	Technique Track	44-04	13.51m
7 Rountree, Devante	94	Suffolk Stars	39-08	12.09m
8 Brown, Frank	94	Technique Track	39-01	11.91m

Event 215 Girls Javelin Throw Youth

National: N 136-09 1998 Katie Wilson, Grand Forks, ND				
Name	Year	Team	Finals	
1 Smith, Amanda	93	Unattached, Chesapea	76-02	23.21m
2 Maltinsky-Wilson, Sydney	93	Team Flash	66-00	20.11m
3 Douglass, Sarah	93	Team Flash	58-03	17.75m
-- Sutton, Kieley	93	Team Flash	DNS	

Event 216 Boys Javelin Throw Youth

National: N 191-04 2000 Brian Kerr, Ft Pierce, FL				
Name	Year	Team	Finals	
1 Wells, Aaron	93	Unattached, Glen All	131-06	40.08m
2 Thompson, Clifton	93	Central Vatrack	101-10	31.03m
3 Spencer, Devin	93	Technique Track	76-10	23.41m
4 Argue, John	93	Team Flash	72-09	22.17m
5 Moore, Dymond	93	Technique Track	72-05	22.07m
6 Henley, Kelvin	93	Technique Track	71-07	21.81m
7 Payne, Khaaliq	93	Technique Track	68-05	20.85m

Event 217 Girls Javelin Throw Intermediate

National: N 151-11 1983 Sabrina Eames, Chehalis, WA				
Name	Year	Team	Finals	
1 Williams, Jaleesa	91	Suffolk Stars	74-10	22.80m
2 Boykins, Tazjznique	91	Unattached, Richmond	45-05.50	13.85m
3 Adams, Shanece	92	Technique Track	45-00	13.71m

Event 218 Boys Javelin Throw Intermediate

National: N 221-05 1985 John Richardson, Miller, MO				
Name	Year	Team	Finals	
1 Moore, Deon	91	Technique Track	57-03	17.44m

Event 219 Women Javelin Throw Young

National: N 168-07 1980 Lynda Hughes, Newberg, OR

Name	Year	Team	Finals	
1 Moss, Christianna	90	Unattached, Montpeli	60-03	18.36m
-- Green, Quaneisha	90	Freedom Striders, Wi	DNS	
-- Evans, Kayla	90	Hampton City Elite	DNS	
-- Edward, Megan	90	Freedom Striders	DNS	

Event 220 Men Javelin Throw Young

National: N 234-01 1987 John Richardson, Miller, MO

Name	Year	Team	Finals	
1 Powers, Alex	90	Team Flash	116-03	35.43m
2 Greenhow, Stephen	90	Team Flash	105-05	32.13m
3 Hicks, Jacob	90	Technique Track	91-11	28.01m
-- Davis, Sheldon	90	Technique Track	DNS	

Event 229 Girls 4x100 Meter Relay Bantam

National: N 53.73 2000 Tri-City Relays, Winston-Salem, NC

Team Prelims H#

Preliminaries

1 Indian River Speed 'A'	1:01.55Q	2
2 Suffolk Stars 'A'	1:01.57Q	1
3 Churchland Trailblazers 'A'	1:02.59q	1
4 Technique Track Club 'A'	1:02.76q	2
5 Virginia Beach Flames 'A'	1:02.81q	2
6 Norfolk Extremes 'A'	1:03.46q	1
7 Track Serious Track and Field 'A'	1:04.61q	1
8 Churchland Trailblazers 'B'	1:04.67q	1
9 Suffolk Stars 'B'	1:05.82	2
10 Technique Track Club 'B'	1:13.65	2

Event 229 Girls 4x100 Meter Relay Bantam

National: N 53.73 2000 Tri-City Relays, Winston-Salem, NC

Team Finals H#

Finals

1 Indian River Speed 'A'	1:01.55	2
1) Wilson, Taylor 97		
2) Ellis, Al 'moni 97		
3) Hawkes, Aviance 98		
4) Valentine, Cioni 98		
2 Suffolk Stars 'A'	1:01.57	2
1) Rountree, Tori 97		
2) Gilchrist, Mikayla 98		
3) Linton, A'Via 97		
4) Jones, Mia 97		
3 Churchland Trailblazers 'A'	1:02.59	2
1) Banks, Aleya 98		
2) Hazel, Jalaia 97		
3) Hinton, Zykeara 98		
4) Shepard, Brianna 97		
4 Technique Track Club 'A'	1:02.76	2
1) Johnson, Ashley 98		
2) Edwards, Nia 98		
3) Epps, Keyla 97		
4) Brockington, Aysha 98		
5) Williams, Nyra 98		
6) Brockington, D'Asia 98		
5 Virginia Beach Flames 'A'	1:02.81	2
1) Mitchell, Amari 98		
2) Boone, Bianna 97		
3) Ahmad, Jewel 97		
4) Hughes, Celina 97		
6 Norfolk Extremes 'A'	1:03.46	1
1) Eastman, Jasmine 97		
2) Swain, Atiya 97		
3) Valentine, LaChelle' 99		
4) Ward, Nadiya 97		
7 Track Serious Track and Field 'A'	1:04.61	2
1) Brown, Ianna 97		
2) Brown, Kayla 97		

3) Hinton, Joyner 98	4) Jacobs, Erica 98	
8 Churchland Trailblazers 'B'		1:04.67 2
1) Brown, Kayla 97	2) Cox, Jonae 98	
3) Summerville, Jourdan 98	4) Massie, Taylor 97	
9 Suffolk Stars 'B'		1:05.82 1
1) Knight, Vierra 98	2) Rountree, Kiera 98	
3) Patterson, Desiree 97	4) Mallory, Tayla 97	
10 Technique Track Club 'B'		1:13.65 1
1) Hill, Simone 99	2) Peele, Kaisi 99	
3) Pope, Tamaya 00	4) Purham, Naria 01	
5) Person, Christine 00	6) Henley, Kelsy 99	

Event 230 Boys 4x100 Meter Relay Bantam

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National: N 51.83 2000	Sensations Youth Sports, Orlando, FL
Team	Finals

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1 Indian River Speed 'A'		58.24
1) Holloway, Grant 97	2) Smith, Tyain 98	
3) Harrison, Byrsen 97	4) Ward, Khamari 97	
2 Inside Track 'A'		58.64
1) Grahm, Charles 97	2) Logan, Kyle 97	
3) Jackson, Andre 98	4) Edwards, Aaron 97	
5) Pulley, Burnell 99	6)	
3 Churchland Trailblazers 'A'		1:01.21
1) Landry, Kiere 98	2) Williams, Torrence 98	
3) Jenkins, Preston 97	4) Lewis, Michael 97	
4 Virginia Beach Flames 'A'		1:01.45
1) Boone, Noah 98	2) Freeze, Julian 98	
3) Neighbors, Ryley 97	4) Moore, Jerrell 97	
5 Technique Track Club 'A'		1:02.77
1) Hudson, Brian 97	2) Hines, Ira 98	
3) Graves, Jontae' 97	4) Pickett, Stephan 98	
5) Worthington, Carl 97	6)	
6 Technique Track Club 'B'		1:07.45
1) Williams, Kyle 99	2) Stoval, Antonio 99	
3) Combs, Shaun 99	4) Smith, Jerrell 99	
5) Baldwin, Myles 00	6) Chillous, Kendall 99	

Event 231 Girls 4x100 Meter Relay Midget

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National: N 49.00 1996	Texas Heat, Dallas, TX
Team	Finals

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1 Technique Track Club 'A'		55.38
2 East End Flyers 'A'		55.57
1) Parks, Milan 96	2) Johnson, Nichele 96	
3) Arrington, Tearra 96	4) Wesson, Talia 96	
5) Bunch, Ashaila 97	6) Qadir, Bakari 96	
3 Virginia Beach Flames 'A'		57.43
1) Wyatt, Jade 96	2) Lott, Leah 95	
3) Clark, Diamond 95	4) White, Ceazia 95	
4 Churchland Trailblazers 'A'		58.69
1) Dolly, Cherelle 95	2) Jones, Mashea 95	
3) Hatton, Kanitra 95	4) Smith, Sherelle 96	
5 Speed City Chargers TC 'A'		1:00.24
1) Marsh, Shanyia 96	2) Preayer, Bianca 96	
3) Velez, Alyssia 96	4) White, Jahniece 96	

Event 232 Boys 4x100 Meter Relay Midget

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National: N 48.08 2005	Universal Striders, Moreno Valley, CA
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Team	Finals
1 Boys & Girls Club of the Virgi 'A'	52.53
1) Marsh, Dominek 95	2) Jones, Quincy 95
3) Abdullah, Khalid 95	4) Johnson, Cardon 95
2 Speed City Chargers TC 'A'	54.69
1) Banks, Darius 95	2) McCoy, Clint 95
3) Merideth, Dominic 96	4) Taylor, Marcus 95
3 Churchland Trailblazers 'A'	54.77
1) Lewis, Christopher 96	2) Summerville, Eugene 96
3) Phillips, Keonta 95	4) Simmons, Elijah 95
4 Chesapeake Speed 'A'	55.70
1) Copeland, Calvin 95	2) Dodson, Jamie 95
3) Johnson, Noah 95	4) Murphy, Sean 95
5 Virginia Beach Flames 'A'	56.08
1) Hendrieth, Frederick 96	2) Toomer, Roy 96
3) Fiesta, Javen 96	4) Rogers, Wendell 96
6 Churchland Trailblazers 'B'	56.43
1) Massie, Michael 96	2) Sessoms, Quamel 96
3) Smalley, Clarence 96	4) Blackley, Joell 96
7 Track Serious Track and Field 'A'	56.46
1) White, Myles 96	2) Brown, Raashad 95
3) Johnson, Za'Meir 95	4) Hinton, Justice 96
8 Suffolk Stars 'A'	1:00.51
1) Demiel, Deonte 96	2) Gould, Andrew 96
3) Hall, Brandon 96	4) Rountree, Gregory 96

Event 233 Girls 4x100 Meter Relay Youth

National: N	Year	Team	Finals
N 46.99	2003	Quiet Fire TC, Hawthorne, CA	50.51
1 Track Serious Track and Field 'A'			50.51
1) Daniels, Brehanna 94		2) Washington, Aleshia 93	
3) Hankins, Jasmine 93		4) Williams, Monica 93	
5) Hinton, Jalen 93		6)	
2 Technique Track Club 'A'			50.52
1) Moore, Maya 94		2) Edwards, J'Nai 94	
3) Johnson, Courtney 93		4) Wright, Jazmine 93	
5) Cuffee, Anise 94		6)	
3 Norfolk Real Deal 'A'			50.53
1) Harper, Amani 93		2) Taylor, Taranisha 94	
3) Todd, Seanda 93		4) Ellick, Tiffany 94	
5) Muhammad, Maria 94		6)	
4 Technique Track Club 'B'			51.35
1) Combs, Rashaun 93		2) Smith, Fatasia 94	
3) Walker, Kenya 93		4) Shufford, Jenira 94	
5) Rogers, Renee 94		6)	
5 VA Beach Pathfinders 'A'			53.21
1) Harrington, Brittney 93		2) Mia, Lauren 93	
3) Hopkins, Kristen 93		4) Corinaldi, Kadija 93	
5) Smith, Sydney 93		6)	
6 Virginia Beach Flames 'A'			56.02
1) Freeze, Sakeyi 94		2) Bell, Arielle 94	
3) O'Neal, Shacai 93		4) Moore, Brianna 93	

Event 234 Boys 4x100 Meter Relay Youth

National: N	Year	Team	Finals
N 43.97	1998	Texas Heat, Austin, TX	48.38
1 Indian River Speed 'A'			48.38

1) Holloway, Trey 94	2) Vaughn, Darius 93	
3) Blueford, Mylon 93	4) Ward, Earl 93	
5) Scott, Erik 93	6)	
2 Virginia Beach Flames 'A'		49.45
1) Thomas, Darion 93	2) Holloman, Gene 93	
3) Sanchez, Daezon 93	4) Staton, Antoine 93	
3 Churchland Trailblazers 'A'		49.71
1) Booker, De'Von 94	2) Cradle, Deshawn 93	
3) DuBois, Benjamin 93	4) Joe, Aaron 93	
-- Inside Track 'A'		DQ
1) Sterling, Kavonte 93	2) McBride, Dominique 94	
3) Mullen, Sheldon 93	4) Cheseman, Kebari 94	
5) Jelks, Monchaz 94	6)	
-- Churchland Trailblazers 'B'		DNS
1) Brown, Kenneth 94	2) Landry, Davon 94	
3) Payne, Evonte 93	4) Simms, Stevon 93	

Event 235 Girls 4x100 Meter Relay Intermediate

National: N 46.11 2002		Young Achievers, Jacksonville, FL
Team		Finals
=====		
1 Virginia Beach Flames 'A'		48.97
1) Luedeke, Chantal 91	2) Dennis, Breanna 92	
3) Townsend, Jazmen 91	4) Holloman, Sarah 92	
5) Owens, Derica 92	6)	
2 Track Serious Track and Field 'A'		48.97
1) Barr, Myesha 91	2) Butler, Emily 91	
3) Diggs, Angela 92	4) Hunt, Ruth 91	
3 Norfolk Real Deal 'A'		49.75
1) Bell, Champagne 91	2) Owens, Derica 91	
3) Van Alstyne, Tashara 91	4) Chandler, Tanay 91	
5) Burns, Seneman 91	6) Whitties, Venus 92	
7) Miles, Tylesia 91	8)	
4 Indian River Speed 'A'		51.94
1) Reid, Morgan 92	2) Sumler, Monica 91	
3) Shepard, Karimah 91	4) Myers, Roshawana 92	
5) Ogwu, Nneka 92	6)	
5 Speed City Chargers TC 'A'		52.69
1) Cobbs, Jasmine 91	2) Fulton, DaVita 91	
3) Langford, Keona 92	4) Carly, Deanna 91	
6 Speed City Chargers TC 'B'		55.56
1) Meredith, Renee 91	2) McCoy, Chanelle 92	
3) Williams, Arianna 92	4) Williams, Ayanna 92	

Event 236 Boys 4x100 Meter Relay Intermediate

National: N 41.30 1985		Dallas TX, Dallas, TX
Team		Finals
=====		
1 Virginia Beach Flames 'A'		44.47
1) Morgan, Derrick 91	2) Gatling, Tavon 91	
3) Simmons, Antionio 91	4) Simmons, Dejour 92	
5) Washington, Dwayne 92	6)	
2 Beast Boyz 'A'		46.63
1) Jones, Randy 91	2) Moody, Darrius 92	
3) Walton, Jeremie 91	4) Blake, Ricky 91	
3 Track Serious Track and Field 'A'		47.12
1) Hutchins, Adam 92	2) Fentress, Jevone 92	
3) Hinton, Jordan 91	4) Bertram, Chris 91	
4 VA Beach Pathfinders 'A'		47.16
1) Meredith, Douglas 92	2) O'Brien, Aaryon 91	

- 3) Robertson, Marcus 91
- 4) Boleyjack, Cameron 91
- 5) Evans, Marcus 91
- 6)

Event 237 Women 4x100 Meter Relay Young

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National: N 45.68 2005 Dallas Gold Track Club, Dallas, TX  
 Team Finals

=====

- 1 Norfolk Real Deal 'A' 48.82
  - 1) Wilson, Raven 90
  - 2) Moore, Denyse 90
  - 3) Kenner, Nicole 89
  - 4) Saunders, Necole 89
  - 5) Rhoads, Elaine 89
  - 6) Jordan, Dominique 89
  - 7) Forbes, Shakia 89
  - 8) Watkins, Kali 89
- 2 Track Serious Track and Field 'A' 49.10
  - 1) Allen, Kiera 89
  - 2) Hutchins, Olivia 90
  - 3) Bryant, Charisse 90
  - 4) Thomas, Delia 89
  - 5) Gates, Jasmine 88
  - 6)

Event 238 Men 4x100 Meter Relay Young

=====

National: N 40.25 1996 Sun Devils, Houston, TX  
 Team Finals

=====

- 1 Norfolk Real Deal 'A' 42.15
  - 1) Norvell, Antonio 89
  - 2) Gyasi, Isiah 89
  - 3) Ricks, Keith 90
  - 4) Alexander, James 89
  - 5) Balsor, Jared 89
  - 6) Noel, Jelani 89
- 2 Virginia Beach Flames 'A' 42.27
  - 1) Bryan, Deandre 90
  - 2) Gregory, Tony 89
  - 3) Griffin, Kelvin 90
  - 4) Staton, Brandon 90
- 3 Track Serious Track and Field 'A' 43.19
  - 1) Alston, Kevin 89
  - 2) Durrant, Preston 89
  - 3) O'Garra, Jonathan 89
  - 4) Sands, Tarnell 90
  - 5) Thompson, Brian 89
  - 6) Ransom, Aaron 88
- 4 Norfolk Real Deal 'B' 43.28
  - 1) Nichols, Kevin 88
  - 2) Smith, Wesley 89
  - 3) Hines, Anthony 89
  - 4) Wallace, Brian 89
  - 5) Taylor, James 90
  - 6)
- 5 VA Beach Pathfinders 'A' 46.61
  - 1) O'Brien, Justin 89
  - 2) Faulkner, Troy 89
  - 3) Francis, Brian 89
  - 4) Frierson, Khari 90
  - 5) Blaze, Mike 90
  - 6) Thomas, Marquel 90

Event 239 Girls 4x400 Meter Relay Bantam

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National: N 4:20.87 2001 Willingboro TC, Willingboro, NJ  
 Team Finals

=====

- 1 Indian River Speed 'A' 5:16.67
  - 1) Wilson, Taylor 97
  - 2) Ellis, Al 'moni 97
  - 3) Andrews, Maya 98
  - 4) Hollins, Kerya 97
  - 5) Skinner, Shaytorria 97
  - 6)
- 2 Speed City Chargers TC 'A' 5:26.37
  - 1) Payne-Robinson, Nyckya 98
  - 2) Dillard, Tiara 98
  - 3) Jean, Kaylin 97
  - 4) Gary, Ieisha 97
- 3 Inside Track 'A' 5:34.27
  - 1) Bullock, Kaliyah 97
  - 2) Eley, Jaylah 97
  - 3) Lewis, India 98
  - 4) Washington, Twanika 97
- 4 Virginia Beach Flames 'A' 5:38.06
  - 1) Alexander, Cydney 98
  - 2) Cornelius, Heavenle 98
  - 3) Harris, Elva 97
  - 4) Ahmad, Jewel 97

Event 240 Boys 4x400 Meter Relay Bantam

=====  
National: N 4:15.70 2005 CA Rising Stars Track Club, Rialto, CA  
Team Finals  
=====

1 Virginia Beach Flames 'A'	5:14.83
1) Ramsawh, Josiah 98	2) Outen, Marcus 97
3) Lipscomb, Avaree 97	4) Trotman, Tyriug 97
2 Churchland Trailblazers 'A'	5:21.19
1) Andrews, Louis 98	2) Landry, Kiere 98
3) Jenkins, Preston 97	4) Lewis, Michael 97

Event 241 Girls 4x400 Meter Relay Midget

=====  
National: N 3:57.93 1996 United Stars, Brookhaven, PA  
Team Finals  
=====

1 East End Flyers 'A'	4:40.03
1) Arrington, Tearra 96	2) Parks, Milan 96
3) Johnson, Nichele 96	4) Wesson, Talia 96
5) Qadir, Bakari 96	6)
2 Inside Track 'A'	4:51.84
1) Brown, Geoquasha 95	2) Marrow, Kimberly 95
3) Ray, Chantel 96	4) Edwards, Briana 96
5) Jackson, Ashanti 96	6)
3 Churchland Trailblazers 'A'	5:16.22
1) Brown, Ronicia 95	2) Gainey, Kennae 96
3) Dolly, Cherelle 95	4) Hatton, Kanitra 95

Event 242 Boys 4x400 Meter Relay Midget

=====  
National: N 3:49.90 2001 Florida Elite, Orlando, FL  
Team Finals  
=====

1 Boys & Girls Club of the Virgi 'A'	4:22.64
1) Moses, Shaquille 95	2) Hairston, Nicholas 95
3) Marsh, Dominek 95	4) Abdullah, Khalid 95
2 Speed City Chargers TC 'A'	4:41.33
1) Banks, Darius 95	2) McCoy, Clint 95
3) Merideth, Dominic 96	4) Taylor, Marcus 95
3 Track Serious Track and Field 'A'	4:55.03
1) White, Myles 96	2) Brown, Raashad 95
3) Johnson, Za'Meir 95	4) Prunty, Darryl 96

Event 243 Girls 4x400 Meter Relay Youth

=====  
National: N 3:48.61 2003 Quiet Fire Track Club, Hawthorne, CA  
Team Finals  
=====

1 Technique Track Club 'A'	4:09.56
1) Moore, Maya 94	2) Edwards, J'Nai 94
3) Wright, Jazmine 93	4) Smith, Fatasia 94
5) Cuffee, Anise 94	6)
2 Technique Track Club 'B'	4:19.99
1) Shufford, Jenira 94	2) Walker, Kenya 93
3) Johnson, Courtney 93	4) Rogers, Renee 94
5) Combs, Rashaun 93	6)
3 Track Serious Track and Field 'A'	4:24.70
1) Daniels, Brehanna 94	2) Washington, Aleshia 93
3) Hankins, Jasmine 93	4) Williams, Monica 93
5) Hinton, Jalen 93	6)
4 VA Beach Pathfinders 'A'	4:32.71

- |                        |                            |
|------------------------|----------------------------|
| 1) Mia, Lauren 93      | 2) Harrington, Brittney 93 |
| 3) Hopkins, Kristen 93 | 4) Corinaldi, Kadija 93    |
| 5) Smith, Sydney 93    | 6)                         |

Event 244 Boys 4x400 Meter Relay Youth

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=====
National: N 3:28.68 1993      LA Jets, Los Angeles, CA
Team                          Finals
=====
1 Norfolk Real Deal 'A'      3:45.33
  1) Coleman, Joel 94        2) Mitchell, Walter 93
  3) Kimbrough, Dominique 93 4) Tate, Tony 93
  5) Smith, Damian 93        6)
2 Speed City Chargers TC 'A' 3:50.20
  1) Bateman, Jamar 93       2) Robinson, Stephen 93
  3) Williams, Erwin 93      4) Stewart, Justin 93
3 Indian River Speed 'A'     4:05.66
  1) Scott, Erik 93          2) Vaughn, Darius 93
  3) White, Denzel 93        4) Corbett, Travis 94
  5) Ringo, Darnell 94       6)
4 Speed City Chargers TC 'B' 4:46.15
  1) Bankerd, Troy 94        2) Cobbs, Justin 94
  3) Lewis, Donnell 94       4) Taylor, Michael 93

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Event 245 Girls 4x400 Meter Relay Intermediate

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=====
National: N 3:44.76 2005      Visions Track Club, Missouri City, TX
Team                          Finals
=====
1 Norfolk Real Deal 'A'      3:55.58
  1) Bell, Champagne 91      2) Owens, Derica 91
  3) Harris, Tiffany 91      4) Robinson, Cydney 92
  5) Burns, Seneman 91      6) Whitties, Venus 92
  7) Wise, Miya 91          8) Miles, Tylesia 91
2 Quiet Storm Elite 'A'     4:07.32
  1) Gonzalas, Cristin 91    2) Lott, JaQuonna 91
  3) Lott, Jaime 91          4) Sims, Camille 92
3 Speed City Chargers TC 'A' 4:17.49
  1) Cobbs, Jasmine 91       2) Fulton, DaVita 91
  3) Langford, Keona 92      4) Carly, Deanna 91
4 Track Serious Track and Field 'A' 4:26.01
  1) Barr, Myesha 91         2) Butler, Emily 91
  3) Diggs, Angela 92        4) Johnson, Zamia 92
  5) Hunt, Ruth 91          6)
5 Indian River Speed 'A'     4:28.93
  1) Reid, Morgan 92         2) Sumler, Monica 91
  3) Shepard, Karimah 91     4) Myers, Roshawana 92
  5) Ogwu, Nneka 92         6)
6 Speed City Chargers TC 'B' 4:58.33
  1) Meredith, Renee 91      2) McCoy, Chanelle 92
  3) Williams, Arianna 92    4) Williams, Ayanna 92

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Event 246 Boys 4x400 Meter Relay Intermediate

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=====
National: N 3:15.62 1995      LA Jets, Los Angeles, CA
Team                          Finals
=====
1 Virginia Beach Flames 'A' 3:31.86
  1) Simmons, Antionio 91    2) Simmons, Dejour 92
  3) Street, Solomon 92      4) Gatling, Tavon 91
  5) Johnson, Previn 91      6)
2 Norfolk Real Deal 'A'     3:39.84

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- |                            |                          |
|----------------------------|--------------------------|
| 1) Hunter, Adam 91         | 2) Perry, Jamarcus 91    |
| 3) Turner, Damion 91       | 4) McIntyre, Andre 91    |
| 5) Garlick, Anthony 91     | 6)                       |
| 3 VA Beach Pathfinders 'A' | 3:43.70                  |
| 1) Meredith, Douglas 92    | 2) O'Brien, Aaryon 91    |
| 3) Robertson, Marcus 91    | 4) Boleyjack, Cameron 91 |
| 4 Speed Inc. 'A'           | 4:05.01                  |
| 1) Blair, William 92       | 2) Knight, Kyle 91       |
| 3) Gunnerson, David 92     | 4) Harrison, DeVinn 91   |

Event 247 Women 4x400 Meter Relay Young

=====  
National: N 3:40.80 1990 Klub Keystone, Philadelphia, PA  
Team Finals  
=====

- |                                     |                          |
|-------------------------------------|--------------------------|
| 1 Norfolk Real Deal 'A'             | 3:56.80                  |
| 1) Saunders, Necole 89              | 2) Jordan, Dominique 89  |
| 3) Forbes, Shakia 89                | 4) Briggs, DeShana 90    |
| 5) Kenner, Nicole 89                | 6) Rhoads, Elaine 89     |
| 7) Wilson, Raven 90                 | 8)                       |
| 2 Quiet Storm Elite 'A'             | 4:02.92                  |
| 1) Peterson-Hassan, Jasmin 90       | 2) Scott, Monique 90     |
| 3) Wright, Melonie 90               | 4) Washington, Aubree 90 |
| 3 Track Serious Track and Field 'A' | 4:24.39                  |
| 1) Allen, Kiera 89                  | 2) Hutchins, Olivia 90   |
| 3) Rudolph, Keshia 90               | 4) Thomas, Delia 89      |
| 5) Bryant, Charisse 90              | 6) Farmer, Ciara 90      |

Event 248 Men 4x400 Meter Relay Young

=====  
National: N 3:09.34 2001 Willingboro TC, Willingboro, NJ  
Team Finals  
=====

- |                                     |                        |
|-------------------------------------|------------------------|
| 1 Norfolk Real Deal 'A'             | 3:20.52                |
| 1) Brickhouse, Darryl 90            | 2) Clark, Alfonso 88   |
| 3) Marrow, Sharrard 90              | 4) Balsor, Jared 89    |
| 5) Ricks, Keith 90                  | 6)                     |
| 2 Norfolk Real Deal 'B'             | 3:26.23                |
| 1) Wallace, Brian 89                | 2) Reed, Jarius 90     |
| 3) Brisco, Mario 89                 | 4) Norvell, Antonio 89 |
| 5) Davidson, Tim 89                 | 6)                     |
| 3 Track Serious Track and Field 'A' | 3:27.71                |
| 1) Alston, Kevin 89                 | 2) Garcia, Amin 89     |
| 3) O'Garra, Jonathan 89             | 4) Sands, Tarnell 90   |
| 5) Thompson, Brian 89               | 6) Wilson, Kevin 89    |
| -- VA Beach Pathfinders 'A'         | DNS                    |
| 1) O'Brien, Justin 89               | 2) Faulkner, Troy 89   |
| 3) Francis, Brian 89                | 4) Blaze, Mike 90      |
| 5) Thomas, Marquel 90               | 6)                     |

Event 249 Girls 4x800 Meter Relay Midget

=====  
National: N 9:41.03 1996 United Stars, Brookhaven, PA  
Team Finals  
=====

- |                         |                        |
|-------------------------|------------------------|
| 1 Norfolk Real Deal 'A' | 11:30.53               |
| 1) Clark, Niya 96       | 2) Wright, Chelsea 95  |
| 3) Wedlock, Penchell 96 | 4) Roebuck, Cinqua 96  |
| 2 East End Flyers 'A'   | 12:50.78               |
| 1) Girona, Alexis 96    | 2) Dunwoodie, Ricki 96 |
| 3) Dance, Jahnissha 96  | 4) Qaadir, Bakari 96   |
| 5) Mansion, Mia 96      | 6) Johnson, Nichele 96 |

Event 250 Boys 4x800 Meter Relay Midget

=====

National: N 9:27.78 2000	Metro Eagles, Laurelton, NY
Team	Finals
=====	
1 Boys & Girls Club of the Virgi 'A'	10:55.84
1) Moses, Shaquille 95	2) Greer Jr, Samuel 95
3) Morris, Marquis 95	4) Hairston, Nicholas 95
2 Virginia Beach Flames 'A'	11:22.14
1) Jones, DaeQuan 96	2) Harris, Gabriel 96
3) Nash, Izaiah 96	4) Doby, De'Shawn 96
3 Technique Track Club 'A'	12:19.93
1) Williams, Edward 95	2) Williams, Kelvin 95
3) Henley, KiJona 95	4) Spencer, Malcolm 96
5) Neely, Jordan 96	6)

Event 252 Boys 4x800 Meter Relay Youth

=====

National: N 8:30.00 2005	Texas Stars Track Club, Dallas, TX
Team	Finals
=====	
1 Speed City Chargers TC 'A'	9:50.44
1) Bateman, Jamar 93	2) Robinson, Stephen 93
3) Stewart, Justin 93	4) Williams, Erwin 93
2 Indian River Speed 'A'	10:22.89
1) White, Denzel 93	2) Ringo, Darnell 94
3) Reid, Malcolm 93	4) Graham, Tavon 93
-- Speed City Chargers TC 'B'	DNS
1) Bankerd, Troy 94	2) Cobbs, Justin 94
3) Lewis, Donnell 94	4) Taylor, Michael 93

Event 253 Girls 4x800 Meter Relay Intermediate

=====

National: N 9:17.57 1984	Klub Keystone, Philadelphia, PA
Team	Finals
=====	
1 Norfolk Real Deal 'A'	11:11.94
1) Claiborne, Raven 91	2) Mann, Victoria 91
3) Wise, Miya 91	4) Adams, Tavia 92
5) Vasquez, Samantha 91	6) Mitchell, Tara 91
7) Williams, Taylore 91	8) Williams, Nicole 92
2 Technique Track Club 'A'	11:48.94
1) Anderson, Jazlyn 92	2) James, Shkemea 92
3) Pannell, Courtni 92	4) Adams, Shanece 92

Event 254 Boys 4x800 Meter Relay Intermediate

=====

National: N 8:02.20 1982	S-C-Uc-Tc, Schertz, TX
Team	Finals
=====	
1 Norfolk Real Deal 'A'	9:01.70
1) Hunter, Adam 91	2) Perry, Jamarcus 91
3) Turner, Damion 91	4) McIntyre, Andre 91
5) Garlick, Anthony 91	6)
-- Inside Track 'A'	DNS
1) Gomes, David 91	2) Mask, Corey 91
3) Sterling, Ashaunti 92	4) Bowe, Vincent 92
-- Technique Track Club 'A'	DNS
1) Moore, Deon 91	2) Flemings, Antany 91
3) Pennyfeather, Gamal 91	4) Cuffee, Austin 91
5) Williams, Marcellus 92	6)

Event 256 Men 4x800 Meter Relay Young

National: N 7:41.86 1999		North Miami Beach TC, Miami Bch, FL	
Team		Finals	
1	Norfolk Real Deal 'A'		8:38.02
	1) Brickhouse, Darryl 90	2) Clark, Alfonso 88	
	3) Marrow, Sharrard 90	4) Davidson, Tim 89	
	5) McBride, Malik 89	6) Reed, Jarius 90	
	7) Womack, David 90	8)	
2	Technique Track Club 'A'		9:05.69
	1) Russell, Victor 89	2) Bullard, Ja-Vell 90	
	3) Maldonado, Andre' 89	4) Poole, Taylor 90	
	5) Desper, Mark 90	6)	

Event 600 Girls Javelin Throw Primary

Name	Year Team	Finals
1 Warren, Amy	02 Central Vatrack	16-05 5.00m

Event 601 Boys Javelin Throw Primary

Name	Year Team	Finals
1 Purvis-Allen, Zion	99 Indian River Spe	19-08 5.99m
-- Harris-Smith, Hasaan	00 Central Vatrack	DNS

Event 602 Girls Javelin Throw Sub-Bantam

Name	Year Team	Finals
1 Moten, Kayla	98 Central Vatrack	17-05 5.30m

Event 603 Boys Javelin Throw Sub-Bantam

Name	Year Team	Finals
1 Ross, George	98 Central Vatrack	42-04 12.90m
2 Womeldorf, Zachary	98 Team Flash	42-01.50 12.83m
-- Purvis, Braxton	98 Indian River Spe	DNS

Event 605 Boys Javelin Throw Bantam

Name	Year Team	Finals
1 Davis, Kevin	97 Lazars Track Clu	55-03 16.84m
2 Thompson, Jeremiah	97 Central Vatrack	50-08 15.44m
3 Moten, Julius	97 Central Vatrack	26-00 7.92m

Event 607 Boys Javelin Throw Sub-Midget

Name	Year Team	Finals
1 Wells, Bradley	96 Unattached, Glen All	79-09 24.30m
2 Bialk, Jacob	96 HamptonCityElite	42-09 13.03m
3 Castleman, Tristian	96 Team Flash	35-02 10.71m