

Technique Relays 2007
Hosted by Technique Track Club
Darling Stadium Hampton, VA - 5/19/2007
Results

100 Meter Dash Sub-Bantam Boys

Name	Year Team	Seed	Finals	H#	Points
1 Pulley, Burnell	INSIDE TRACK	15.00	15.55	5	10
2 Watson, Isaiah	TRACK EXPRES	15.20	15.97	5	8
3 Watford-Twiggs, Jaren	EAST END FLY	16.01	16.03	5	6
4 Smith, Jerrell	TECHNIQUE TC	16.00	16.17	5	4
5 Williams, Kyle	TECHNIQUE TC	15.68	16.21	5	2
6 Harper, William	BOYS GIRLS C	15.00	16.25	5	1
7 Blackley, Jahkwan	CHURCHLAND T	17.06	16.36	4	
8 Marrero, Nazir	CHURCHLAND T	16.64	16.54	4	
9 Grant, Donald	TRI-CITY REL	16.33	16.55	5	
10 Adkins, Donevan	EAST END FLY	16.49	16.60	4	
11 Carter, Jasper	NORFOLK REAL	16.55	16.68	4	
12 Seymore, Vincent	INDIAN RIVER		16.91	2	
13 Riley, Cameron	INSIDE TRACK		17.17	2	
14 Legrande, Devante	TRI-CITY REL	19.22	18.20	3	
15 Dixon, Micah	CHURCHLAND T	19.09	18.23	3	
16 Legrande, Jevante	TRI-CITY REL	18.90	18.30	3	
17 Redd, Justin	INSIDE TRACK		18.34	1	
18 Dabney, Donavon	INSIDE TRACK		18.70	2	
19 Lee, Keshawn	EAST END FLY	17.69	18.90	3	
20 Carney, Dashawn	WEST END RIC		18.91	1	
21 Henderson, Tavion	SPEED CITY C		19.10	1	
22 Lawton, Matthew	FIA AMBASSAD	19.80	19.31	3	
23 Chillous, Kendall	TECHNIQUE TC	19.00	19.46	3	
24 Gibson, Tyree	FIA AMBASSAD	19.88	20.12	2	
25 Morganjr, Derrick	TRI-CITY REL	17.20	20.47	4	
26 Hughes, Bryson	TRI-CITY REL	21.67	20.68	2	
27 Baldwin, Myles	TECHNIQUE TC	18.00	20.97	3	
28 Frantz, Damian	EAST END FLY	22.14	21.56	2	

800 Meter Run Sub-Bantam Boys

Name	Year Team	Seed	Finals	Points
1 Moore, Gregory	BOYS GIRLS C	2:50.00	3:04.56	10
2 Watson, Isaiah	TRACK EXPRES		3:11.10	8
3 Seymore, Vincent	INDIAN RIVER	3:26.00	3:17.96	6
4 Adkins, Donevan	EAST END FLY	2:59.39	3:21.12	4
5 Cannon, Trejan	TRI-CITY REL	3:22.50	3:27.12	2
6 Carter, Jasper	NORFOLK REAL		3:31.78	1
7 Innes, Collin	CAROLINA LIG		3:33.79	
8 Baldwin, Myles	TECHNIQUE TC	4:00.00	3:47.89	
9 Rose, Michael	FIA AMBASSAD	4:05.00	3:53.83	
10 Orr, Jason	CHURCHLAND T	4:09.70	4:01.02	

1500 Meter Race Walk Sub-Bantam Boys

Name	Year Team	Seed	Finals	Points
1 Orr, Jason	CHURCHLAND T	10:00.00	12:18.06	10

4x100 Meter Relay Sub-Bantam Boys

Team	Seed	Finals	Points
1 TECHNIQUE TC 'A'	1:07.00	1:10.46	10
2 CHURCHLAND TRAILBLAZERS 'A'	1:13.46	1:11.41	8
3 TRI-CITY RELAYS 'A'	1:20.00	1:11.58	6
4 INSIDE TRACK 'A'	1:13.00	1:11.68	4

4x200 Meter Relay Sub-Bantam Boys

Team	Seed	Finals	Points
1 CHURCHLAND TRAILBLAZERS 'A'		2:36.83	10
2 TECHNIQUE TC 'A'	2:34.00	2:44.45	8
3 TRI-CITY RELAYS 'A'	2:32.00	3:02.94	6

4x400 Meter Relay Sub-Bantam Boys

Team	Seed	Finals	Points
1 TECHNIQUE TC 'A'	6:00.00	6:27.68	10
2 TRI-CITY RELAYS 'A'	6:00.00	7:01.67	8

800 Sprint Medley Sub-Bantam Boys

Team	Seed	Finals	Points
1 INSIDE TRACK 'A'		2:38.51	10
2 TECHNIQUE TC 'A'	2:34.00	2:50.60	8

Long Jump Sub-Bantam Boys

Name	Year Team	Seed	Finals
1 Pulley, Burnell	INSIDE TRACK		10-01.00 3.07m
2 Grant, Donald	TRI-CITY REL	11-01.00	9-11.00 3.02m
3 Innes, Collin	CAROLINA LIG		6-06.50 1.99m
4 Carter, Jasper	NORFOLK REAL	7-01.25	6-05.75 1.97m
5 Legrande, Jevante	TRI-CITY REL		5-09.50 1.76m
6 Watson, Isaiah	TRACK EXPRES		5-03.00 1.60m
7 Legrande, Devante	TRI-CITY REL		4-08.50 1.43m
8 Riley, Cameron	INSIDE TRACK		4-01.25 1.25m
-- Orr, Jason	CHURCHLAND T	9-08.50	ND
-- Purvis-Allen, Zion	INDIAN RIVER		ND

Shot Put Sub-Bantam Boys

Name	Year Team	Seed	Finals
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Name	Year Team	Seed	Finals	Points
1 Redd, Justin	INSIDE TRACK		19-01.00	5.81m
2 Johnson, Marcus	PARK PLACE L		13-01.00	3.98m
3 Watson, Isaiah	TRACK EXPRES		11-11.00	3.63m
4 Innes, Collin	CAROLINA LIG		11-10.50	3.61m
5 Purvis-Allen, Zion	INDIAN RIVER		10-00.50	3.06m

100 Meter Dash Bantam Boys

Name	Year Team	Seed	Finals	H#	Points
1 Bivins, Tyson	BOYS GIRLS C	12.90	13.62	6	10
2 Holloaway, Grant	INDIAN RIVER	14.20	13.90	6	8
3 Graham, Charles	INSIDE TRACK	13.80	13.93	6	6
4 Pressley, Tyese	LAZERS TC	14.41	14.27	6	4
5 Watson, Bertram	TRACK EXPRES	13.90	14.32	6	2
6 Logan, Kyle	INSIDE TRACK	14.40	14.45	6	1
7 Faulk, Shuan	LAZERS TC	14.55	14.48	6	
8 Lewis, Michael	CHURCHLAND T	15.02	14.86	5	
9 Jackson, Andre	INSIDE TRACK	14.60	14.91	6	
10 Smith, Tyain	INDIAN RIVER		14.92	1	
11 Dixon, Montel	EAST END FLY	15.19	15.05	5	
12 Stills, Joshua	LAZERS TC	14.99	15.07	5	
13 Hines, Ira	TECHNIQUE TC	15.00	15.11	5	
14 Dixon, Kyree	CHURCHLAND T	14.73	15.32	5	
15 Gillis, Deandre	INSIDE TRACK		15.49	2	
16 Coleman, Joseph	WEST END RIC		15.52	2	
17 Dick, Darion	TRI-CITY REL	16.53	15.60	3	
18 Wallace, Kyree	INDIAN RIVER		15.61	2	
19 Young, Xavier	WEST END RIC		15.67	1	
19 Brown, Ronald	CHURCHLAND T	15.62	15.67	5	
21 Freitag, Brent	CAROLINA LIG	16.11	15.92	4	
22 White, Daeron	TRI-CITY REL	15.92	15.98	4	
23 Pickett, Stephan	TECHNIQUE TC	15.20	15.99	5	
24 Freitag, Bradley	CAROLINA LIG	16.13	16.08	4	
25 Ricks, Jamonte	LAZERS TC	16.00	16.12	4	
26 Wright, Jared	INSIDE TRACK		16.40	1	
27 Sudderth, Frank	SPEED CITY C		16.46	1	
28 Truly, Christopher	INDIAN RIVER		16.56	2	
29 Hallman, Mike	EAST END FLY	15.87	16.59	4	
30 Ocasio, Nevalle	EAST END FLY	16.97	16.61	3	
31 Harris, Micaiah	NORFOLK REAL	16.50	16.63	3	
32 Jones, Tarin	EAST END FLY	16.74	16.64	3	
33 Gibson, Karl	NORFOLK REAL	16.50	16.73	3	
34 Gibson, Rashad	FIA AMBASSAD	18.55	17.05	3	
35 Johnson, Sheneir	BOYS GIRLS C	16.00	17.08	4	
36 Jenkins, Preston	CHURCHLAND T	15.05	17.17	5	
37 Cannon, Tashawn	TRI-CITY REL	16.73	17.31	3	
38 Mahoney, Darius	NORFOLK REAL	20.00	18.69	2	
39 Moten, Julius	CENTRAL VA T		18.93	1	
40 Watkins, Kelly	INSIDE TRACK		19.53	1	

41 West, Austin	TEAM FLASH		20.03	2
42 Viney, Robert	TECHNIQUE TC	20.00	23.49	3

800 Meter Run Bantam Boys

Name	Year Team	Seed	Finals	Points
1 Cabean, Miles	TRI-CITY REL	2:36.60	2:44.64	10
2 Pendleton, Tony	BOYS GIRLS C	2:40.00	2:50.58	8
3 Phillips, Benjamin	EAST END FLY	2:48.79	2:54.55	6
4 Ross, George	CENTRAL VA T	2:55.00	2:59.35	4
5 Crudup, Christopher	FIA AMBASSAD	3:15.00	3:02.13	2
6 Watson, Bertram	TRACK EXPRES		3:07.60	1
7 Williams, Tyrhen	LAZERS TC	3:02.00	3:09.69	
8 Andrews, Louis	CHURCHLAND T	3:15.08	3:10.41	
9 Lee, Khaleel	EAST END FLY	3:39.87	3:13.93	
10 Cannon, Tashawn	TRI-CITY REL	3:30.00	3:17.65	
11 Powell, Dashaun	CHURCHLAND T		3:30.69	
12 Pruitt, Jordann	EAST END FLY	2:58.45	3:35.70	
13 Moore, Wesley	TRI-CITY REL	3:31.32	3:37.58	
14 Neal, Jerod	TRACK EXPRES		3:50.33	
15 Stills, Joseph	LAZERS TC	3:30.00	4:00.54	

1500 Meter Run Bantam Boys

Name	Year Team	Seed	Finals	Points
1 Cabean, Miles	TRI-CITY REL	5:18.00	5:22.57	10
2 Pendleton, Tony	BOYS GIRLS C	5:50.00	5:34.34	8
3 Phillips, Benjamin	EAST END FLY	5:42.49	5:37.79	6
4 Ross, George	CENTRAL VA T	6:20.00	6:02.71	4
5 Moorejr, Gregory	BOYS GIRLS C		6:07.21	2
6 Pruitt, Jordann	EAST END FLY	6:01.35	6:13.95	1
7 Watson, Bertram	TRACK EXPRES		6:14.21	
8 Johnson, Sheneir	BOYS GIRLS C		6:33.82	
9 Sessoms, Tavon	N-MOTION TC	6:32.30	6:46.14	
10 West, Austin	TEAM FLASH		6:46.68	
11 Lyles, Christopher	LAZERS TC	6:34.00	6:47.88	
12 Smith, Hasaan	CENTRAL VA T		7:04.66	
13 Stills, Joseph	LAZERS TC	7:18.00	7:32.29	

1500 Meter Race Walk Bantam Boys

Name	Year Team	Seed	Finals	Points
1 Worthington, Carl	TECHNIQUE TC	10:04.19	9:54.82	10
2 Watkins, Kelly	INSIDE TRACK	8:50.00	12:06.07	8
3 Ward, Duwaun	CHURCHLAND T	10:10.50	13:46.60	6
-- Viney, Robert	TECHNIQUE TC	11:15.00	DQ	

4x100 Meter Relay Bantam Boys

Team	Seed	Finals	H#	Points
1 INSIDE TRACK 'A'	58.00	1:00.31	2	10
2 INDIAN RIVER SPEED 'A'	58.00	1:00.43	2	8
3 TECHNIQUE TC 'A'	1:02.00	1:03.73	2	6
4 CHURCHLAND TRAILBLAZERS 'A'	59.70	1:06.08	2	4
5 WEST END RICHMOND STRIDERS 'A'		1:07.71	1	2

6	CHURCHLAND TRAILBLAZERS 'B'	1:01.50	1:11.00	2	1
7	NORFOLK REAL DEAL TC 'A'		1:11.57	1	
--	EAST END FLYERS TC 'A'	59.74	DQ	2	

4x200 Meter Relay Bantam Boys

Team	Seed	Finals	Points
1 INDIAN RIVER SPEED 'A'	2:37.00	2:06.59	10
2 INSIDE TRACK 'A'		2:08.97	8
3 LAZERS TC 'A'	2:10.00	2:12.18	6
4 TECHNIQUE TC 'A'	2:27.00	2:13.80	4
5 CHURCHLAND TRAILBLAZERS 'B'		2:21.76	2
6 EAST END FLYERS TC 'A'		2:22.54	1
7 CHURCHLAND TRAILBLAZERS 'A'		2:23.37	
8 NORFOLK REAL DEAL TC 'A'		2:30.46	

4x400 Meter Relay Bantam Boys

Team	Seed	Finals	Points
1 BOYS GIRLS CLUB OF THE VIRGI 'A'	5:00.00	5:31.52	10
2 CHURCHLAND TRAILBLAZERS 'A'		5:45.27	8
3 TRI-CITY RELAYS 'A'	5:28.00	5:53.69	6
4 CHURCHLAND TRAILBLAZERS 'B'		6:08.95	4

800 Sprint Medley Bantam Boys

Team	Seed	Finals	Points
1 BOYS GIRLS CLUB OF THE VIRGI 'A'		2:13.56	10
2 INDIAN RIVER SPEED 'A'		2:16.34	8
3 INSIDE TRACK 'A'		2:20.41	6
4 TECHNIQUE TC 'A'	2:27.00	2:23.28	4
5 CHURCHLAND TRAILBLAZERS 'A'		2:29.34	2
6 TRI-CITY RELAYS 'A'	2:25.00	2:35.91	1
7 CHURCHLAND TRAILBLAZERS 'B'		2:38.88	

Long Jump Bantam Boys

Name	Year Team	Seed	Finals	Points
1 Hines, Ira	TECHNIQUE TC	13-02.00	12-02.50	3.72m
2 Pressley, Tyese	LAZERS TC	12-07.00	12-01.50	3.69m
3 Faulk, Shuan	LAZERS TC	13-00.00	12-01.25	3.68m
4 Stills, Joshua	LAZERS TC	13-00.00	12-00.50	3.67m
5 Sessoms, Tavon	N-MOTION TC		11-07.75	3.54m
6 Graves, Jontae	TECHNIQUE TC	10-04.00	11-06.00	3.50m
7 Graham, Charles	INSIDE TRACK		11-05.00	3.47m
8 White, Daeron	TRI-CITY REL		11-02.50	3.41m

9	Jackson, Andre	INSIDE TRACK		11-01.00	3.37m
10	Cabean, Miles	TRI-CITY REL	12-02.00	11-00.00	3.35m
11	Freitag, Brent	CAROLINA LIG	10-08.00	10-07.50	3.23m
12	Harris, Micaiah	NORFOLK REAL	7-00.00	10-06.50	3.21m
13	Freitag, Bradley	CAROLINA LIG	11-02.00	10-05.50	3.18m
14	Wright, Jared	INSIDE TRACK		10-05.25	3.18m
15	Williams, Torrence	CHURCHLAND T	10-05.00	10-01.75	3.09m
16	Andrews, Louis	CHURCHLAND T	8-01.00	9-03.75	2.83m
17	Gillis, Deandre	INSIDE TRACK		9-01.50	2.78m
18	Green, Jesse	TRI-CITY REL		9-00.00	2.74m
19	Moten, Julius	CENTRAL VA T		8-11.00	2.71m
20	Powell, Dashaun	CHURCHLAND T	9-07.50	8-07.50	2.62m
21	Watson, Bertram	TRACK EXPRES		8-01.00	2.46m
22	Mahoney, Darius	NORFOLK REAL	6-00.00	8-00.00	2.43m
23	Gibson, Karl	NORFOLK REAL	7-00.00	7-07.00	2.31m
24	Mackson-Powell, Saikquan	CHURCHLAND T	10-02.00	7-06.50	2.29m
--	Dick, Darion	TRI-CITY REL		ND	

Shot Put Bantam Boys

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Name	Year	Team	Seed	Finals	Points
1	Manning, Rashad	TRACK EXPRES		23-11.00	7.28m
10	2	Ward, Khamari	INDIAN RIVER	20-05.50	6.23m
8	3	Ward, Duwaun	CHURCHLAND T	16-01.00	5.33m
6	4	Purvis, Braxton	INDIAN RIVER	16-07.50	5.06m
4	5	Viney, Robert	TECHNIQUE TC	15-11.00	4.92m
2	6	Watson, Bertram	TRACK EXPRES	15-04.50	4.68m
1	7	Freitag, Brent	CAROLINA LIG	15-00.00	4.57m
	8	Freitag, Bradley	CAROLINA LIG	14-06.50	4.43m
	9	Stills, Joseph	LAZERS TC	14-00.00	4.41m

100 Meter Dash Midget Boys

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Name	Year	Team	Seed	Finals	H#	Points
1	Green, Darius	TECHNIQUE TC	12.80	12.63	5	10
2	Jacobs, Taivon	TRACK EXPRES	12.90	12.92	5	8
3	Johnson, Cardon	BOYS GIRLS C	12.50	12.96	5	6
4	Jones, Quincy	BOYS GIRLS C	13.00	13.07	5	4
5	Payne, Dandre	TRACK EXPRES	13.00	13.35	5	2
6	Clark, Branden	TRI-CITY REL	13.82	13.37	4	1
7	Williams, Terian	TRI-CITY REL	13.60	13.40	4	
8	Marsh, Dominek	BOYS GIRLS C	13.00	13.45	5	
9	Ellis, Abdul	INSIDE TRACK	13.50	13.63	4	
10	Mccain, Randy	TRACK EXPRES	13.30	13.65	5	
11	Smith, Lavaughnte	TRI-CITY REL	14.10	13.73	3	
12	Guerrier, Javon	NORFOLK REAL	14.00	13.81	3	
13	Phillips, Keonta	CHURCHLAND T	13.98	13.83	4	
14	Pennyfeather, Isiah	TECHNIQUE TC	13.60	13.90	4	

15	Stokes, Treyvon	EAST END FLY	13.79	14.00	4
16	Flemings, Derrian	TECHNIQUE TC	13.00	14.10	5
17	Arneaud, Trevor	TECHNIQUE TC	13.50	14.11	4
18	Mathews, John	BOYS GIRLS C	14.00	14.15	4
19	Lamont, Dakota	TRI-CITY REL	14.36	14.19	3
20	Summerville, Eugene	CHURCHLAND T	14.25	14.25	3
21	Roane, Quashawn	WEST END RIC		14.29	1
22	Mccloud, Darren	WEST END RIC		14.32	1
23	Cooper, Gavin	INDIAN RIVER		14.39	1
24	Rivera, Dante	MUSTANGS TRA		14.43	2
25	Ellis, Ashton	EAST END FLY	14.53	14.54	3
26	Robinson, Alvin	INSIDE TRACK		14.65	1
27	Haynes, Dimitri	INDIAN RIVER		14.72	1
28	Hopkins, Colin	VIRGINIA BEA	15.03	14.75	2
28	Wafawanaka, Justin	WEST END RIC		14.75	1
30	Mccall, Json	EAST END FLY	14.73	14.78	3
31	Lawton, Myles	FIA AMBASSAD	14.80	14.99	3
32	Tennessee, Ronald	INDIAN RIVER		15.19	1
33	Brooks, Dequantrae	N-MOTION TC	15.13	15.47	2
34	Payne, Dominic	NORFOLK REAL	16.00	16.23	2

800 Meter Run Midget Boys

Name	Year Team	Seed	Finals	Points
1	Dozier, Shmar	TRACK EXPRES	2:36.22	10
2	Davis, Stanley	NORFOLK REAL	2:30.23	8
3	Warren, John	CENTRAL VA T	2:45.00	6
4	Green, Darius	TECHNIQUE TC	2:38.77	4
5	Ellis, Abdul	INSIDE TRACK	2:41.98	2
6	Hairston, Nicholas	BOYS GIRLS C	2:25.00	1
7	Hayman, Joseph	TRACK EXPRES	2:44.59	
8	Roane, Quashawn	WEST END RIC	2:45.56	
9	Flemings, Derrian	TECHNIQUE TC	2:54.10	
10	Henley, Kijona	TECHNIQUE TC	2:59.00	
11	Little, Juan	NORFOLK REAL	2:50.44	
12	Mccloud, Darren	WEST END RIC	3:01.64	
13	Guerrier, Davon	NORFOLK REAL	2:55.90	
14	Greer, Samuel	BOYS GIRLS C	2:50.00	
15	Robinson, Alvin	INSIDE TRACK	3:05.20	
16	Morris, Marquis	BOYS GIRLS C	3:00.00	
17	Allen, Randy	BOYS GIRLS C	2:50.00	
18	Harrison, Joel	LAZERS TC	3:05.00	
19	Wafawanaka, Justin	WEST END RIC	3:23.32	
20	Wakelyn, Marcus	EAST END FLY	3:01.98	
21	Carrigan, Lane	TEAM FLASH	3:25.09	
22	Lee, Keith	EAST END FLY	3:16.78	

1500 Meter Run Midget Boys

Name	Year Team	Seed	Finals	Points
1	Moses, Shaquille	BOYS GIRLS C	5:00.00	10
2	Hairston, Nicholas	BOYS GIRLS C	5:00.00	8
3	Warren, John	CENTRAL VA T	5:43.00	6
4	Guerrier, Davon	NORFOLK REAL	5:50.00	4
5	Barlow, Duane	TECHNIQUE TC	5:50.79	2
6	Johnson, Tymonee	TRACK EXPRES	6:12.18	1
7	Branch, Omar	TRACK EXPRES	6:23.94	

8 Harrison, Joel	LAZERS TC	6:13.00	6:24.03
9 Williams, Edward	TECHNIQUE TC		6:24.24

1500 Meter Race Walk Midget Boys

Name	Year Team	Seed	Finals	Points
1 Apostoles, Jake	TEAM FLASH	9:57.00	9:52.07	10
2 Henley, Kijona	TECHNIQUE TC	7:00.00	11:06.73	8
3 Williams, Kelvin	TECHNIQUE TC	7:00.00	11:08.50	6
4 Brockington, Morris	TECHNIQUE TC	7:00.00	11:11.20	4
5 Artis, Matt	TECHNIQUE TC	6:00.00	11:39.76	2

4x100 Meter Relay Midget Boys

Team	Seed	Finals	H#	Points
1 TRACK EXPRESS 'A'	44.00	51.85	2	10
2 BOYS GIRLS CLUB OF THE VIRGI 'A'	49.00	52.29	2	8
3 TRI-CITY RELAYS 'A'	55.10	54.75	2	6
4 TECHNIQUE TC 'A'		55.76	1	4
5 CHURCHLAND TRAILBLAZERS 'A'	57.46	56.52	2	2
6 SPEED CITY CHARGERS 'A'	57.00	57.54	2	1
7 EAST END FLYERS TC 'A'	56.74	59.04	2	
8 BOYS GIRLS CLUB OF THE VIRGI 'B'	58.00	59.70	2	
9 INDIAN RIVER SPEED 'A'		1:01.88	1	
-- CHURCHLAND TRAILBLAZERS 'B'	59.18	DQ	1	

4x200 Meter Relay Midget Boys

Team	Seed	Finals	H#	Points
1 BOYS GIRLS CLUB OF THE VIRGI 'A'	1:45.00	1:50.48	2	10
2 TRACK EXPRESS 'A'		1:51.39	1	8
3 TRI-CITY RELAYS 'A'	1:52.00	1:55.33	2	6
4 TECHNIQUE TC 'A'		1:55.57	1	4
5 CHURCHLAND TRAILBLAZERS 'A'		2:01.22	2	2
6 TRACK EXPRESS 'B'		2:01.73	1	1
7 NORFOLK REAL DEAL TC 'A'	1:51.15	2:04.29	2	
8 CHURCHLAND TRAILBLAZERS 'B'		2:04.82	2	
9 EAST END FLYERS TC 'A'		2:07.39	2	
10 BOYS GIRLS CLUB OF THE VIRGI 'B'	2:10.00	2:07.88	2	
11 INDIAN RIVER SPEED 'A'		2:12.80	1	

4x400 Meter Relay Midget Boys

Team	Seed	Finals	Points
1 TRACK EXPRESS 'A'	4:15.00	4:17.61	10
2 BOYS GIRLS CLUB OF THE VIRGI 'A'	4:10.00	4:20.61	8
3 TECHNIQUE TC 'A'		4:56.99	6
4 TRI-CITY RELAYS 'A'	4:51.00	4:59.47	4
5 SPEED CITY CHARGERS 'A'	4:30.00	5:07.56	2
6 CHURCHLAND TRAILBLAZERS 'B'		5:15.64	1

4x800 Meter Relay Midget Boys

Team	Seed	Finals	Points
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1	TRACK EXPRESS 'A'	12:50.00	11:23.37	10
2	TECHNIQUE TC 'A'		12:57.62	8

1600 Sprint Medley Midget Boys

Team	Seed	Finals	Points
1 NORFOLK REAL DEAL TC 'A'	4:27.96	4:48.38	10
2 TRACK EXPRESS 'A'		4:52.01	8
3 SPEED CITY CHARGERS 'A'		5:02.21	6
4 CHURCHLAND TRAILBLAZERS 'A'		5:03.43	4
5 TRACK EXPRESS 'B'		5:21.14	2
6 CHURCHLAND TRAILBLAZERS 'B'		5:21.67	1
7 TECHNIQUE TC 'A'		5:26.72	

Long Jump Midget Boys

Name	Year Team	Seed	Finals
1 Smith, Lavaughnte	TRI-CITY REL		15-11.00 4.85m
2 Davis, Stanley	NORFOLK REAL		15-11.00 4.85m
3 Arneaud, Trevor	TECHNIQUE TC		15-07.00 4.74m
4 McCain, Randy	TRACK EXPRES		14-07.00 4.44m
5 Warren, John	CENTRAL VA T	14-00.00	14-06.00 4.41m
6 Mccloud, Darren	WEST END RIC		14-04.00 4.36m
7 Hightower, John	TRACK EXPRES		14-02.00 4.31m
8 Simmons, Elijah	CHURCHLAND T	13-11.50	14-00.00 4.26m
9 Stokes, Deontae	TRI-CITY REL		13-07.00 4.14m
10 Dozier, Shmar	TRACK EXPRES		13-05.00 4.08m
11 Singleton, Johvonte	TECHNIQUE TC		13-03.00 4.03m
12 Lewis, Christopher	CHURCHLAND T	12-11.00	13-00.00 3.96m
13 Major-Dixon, Darius	CHURCHLAND T		12-08.00 3.86m
14 Lawton, Myles	FIA AMBASSAD	14-01.00	12-01.00 3.68m
15 Tennessee, Ronald	INDIAN RIVER		11-11.00 3.63m
15 Powell, Chase	TRACK EXPRES		11-11.00 3.63m
17 Robinson, Alvin	INSIDE TRACK		11-09.00 3.58m
18 Artis, Matt	TECHNIQUE TC		11-07.50 3.54m
18 Cooper, Gavin	INDIAN RIVER		11-07.50 3.54m
20 Gee, Daquan	CHURCHLAND T	11-11.00	11-06.50 3.51m
21 Hopkins, Colin	VIRGINIA BEA	10-06.00	11-03.00 3.42m
22 Little, Juan	NORFOLK REAL	11-00.00	11-02.50 3.41m
23 Morrison, James	TRI-CITY REL		11-01.50 3.39m
24 Payne, Dominic	NORFOLK REAL	10-00.00	10-10.00 3.30m
25 Harrison, Joel	LAZERS TC		10-09.00 3.27m
26 Cooper, Brandon	INDIAN RIVER		10-08.00 3.25m
27 Brooks, Dequantrae	N-MOTION TC	10-06.00	10-04.50 3.16m
28 Carrigan, Lane	TEAM FLASH		8-03.00 2.51m
-- Roane, Quashawn	WEST END RIC		ND

Shot Put Midget Boys

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Name                Year Team                Seed    Finals
Points
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===
 1 Perry, Shamik          TRACK EXPRES          30-03.00    9.22m
10
 2 Neeley-Willliams, Walter  CHURCHLAND T        30-09.25    30-01.00    9.16m
 8
 3 Grene, Kenny          TRACK EXPRES          28-10.50    8.80m
 6
 4 Mcconnor, Myles       SPEED CITY C         28-00.00    26-06.00    8.07m
 4
 5 Johnson, Sheldon      TECHNIQUE TC         26-04.50    8.03m
 2
 6 Elwell, Preston       UNATTACHED          23-03.25    23-10.00    7.26m
 1
 7 Johnson, Za-Meir      DYNAMITE JOH        23-07.00    7.18m
 8 Culberson, Joshua     CHURCHLAND T        22-07.25    22-06.50    6.87m
 9 Payne, Dominic       NORFOLK REAL        23-05.00    20-10.00    6.35m
10 Geisman, John         EAST END FLY        14-11.50    4.55m
11 Brockington, Morris  TECHNIQUE TC        11-03.50    3.44m

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Discus Throw Midget Boys

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Name                Year Team                Seed    Finals
Points
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===
 1 Mcconnor, Myles       SPEED CITY C         87-00     85-10.50    26.17m
10
 2 Neeley-Willliams, Walter  CHURCHLAND T        81-03.50     72-06     22.09m
 8
 3 Grene, Kenny          TRACK EXPRES          67-01.50    20.45m
 6
 4 Singleton, Johvonte    TECHNIQUE TC         54-07.75    16.65m
 4
 5 Johnson, Sheldon      TECHNIQUE TC         52-05.25    15.98m
 2
 6 Culberson, Joshua     CHURCHLAND T        53-00.50     48-05     14.75m
 1
 7 Elwell, Preston       UNATTACHED          42-06     47-10.50    14.59m
 8 Geisman, John         EAST END FLY        40-11.75    12.49m

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Javelin Throw Midget Boys

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Name                Year Team                Seed    Finals
Points
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===
 1 Elwell, Preston       UNATTACHED          02-08.50     98-08     30.07m
10
 2 Payne, Dominic       NORFOLK REAL          75-11     23.13m
 8
 3 Brooks, Dequantrae    N-MOTION TC         57-04     17.47m
 6

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4	Johnson, Sheldon	TECHNIQUE TC	55-08	16.96m
4	5 Culberson, Joshua	CHURCHLAND T	47-10	14.57m
2	6 Williams, Kelvin	TECHNIQUE TC	40-03	12.26m
1	7 Brockington, Morris	TECHNIQUE TC	32-06	9.90m

100 Meter Dash Youth Boys

Name	Year Team	Seed	Finals	H#	Points
1 Coleman, Joel	NORFOLK REAL	11.70	11.82	6	10
2 Johnson, Rasaan	TRACK EXPRES	11.70	12.08	6	8
3 Gainey, Jake	TRI-CITY REL	11.77	12.12	6	6
4 Stokes, Dwane	TRI-CITY REL	12.05	12.14	6	4
5 Green, Alphonso	TRI-CITY REL	12.20	12.40	6	2
6 Ownes, Dondre	TRACK EXPRES	12.20	12.52	6	1
7 Shufford, Tevon	TECHNIQUE TC	12.80	12.59	5	
8 Tate, Tony	NORFOLK REAL	12.10	12.63	6	
9 Scott, Eric	INDIAN RIVER		12.84	1	
10 McBride, Dominique	INSIDE TRACK		12.92	2	
11 Holloway, Trey	INDIAN RIVER	12.30	12.96	6	
11 Proctor, Rashawn	TECHNIQUE TC	12.85	12.96	5	
13 Booker, Devon	CHURCHLAND T	13.03	13.00	5	
14 Dubois, Benjamin	CHURCHLAND T	13.17	13.02	4	
15 Peters, Andrew	NORFOLK REAL	13.10	13.08	5	
15 Cradle, Deshawn	CHURCHLAND T	12.92	13.08	5	
17 Mullen, Sheldon	INSIDE TRACK		13.12	2	
18 Atkins, Frederick	WEST END RIC		13.16	2	
19 Byrom, Dante	TRI-CITY REL	12.95	13.27	5	
20 Jelks, Monchaz	INSIDE TRACK		13.39	1	
21 Moore, Dymond	TECHNIQUE TC		13.63	2	
22 Smith, Raisean	NORFOLK REAL	12.80	13.68	5	
23 Chapman, John	BOYS GIRLS C	14.00	13.99	4	
24 Watson, Andre	BOYS GIRLS C	13.30	14.01	4	
25 Payne, Khaaliq	TECHNIQUE TC		14.21	2	
26 Bullard, Korey	FIA AMBASSAD	13.30	14.24	4	
27 Augustus, Markis	TECHNIQUE TC		14.28	1	
28 Thompson, Joshua	FIA AMBASSAD	13.55	14.31	4	
29 Samuels, Cameron	FIA AMBASSAD	13.40	14.54	4	
30 Cameron, Siler	BOYS GIRLS C	13.90	14.65	4	
31 Pierce, Clifton	N-MOTION TC	14.98	14.94	4	
32 Mahoney, Devin	NORFOLK REAL	16.35	15.12	3	
33 McClellan, Brandon	N-MOTION TC	15.89	15.56	3	
34 Randle, Sherrod	TEAM FLASH	16.20	15.58	3	
35 Brooks, Demarcus	N-MOTION TC	16.12	15.98	3	
36 Smith, Jamaal	EAST END FLY	16.23	16.35	3	
37 Joe, Aaron	CHURCHLAND T	13.15	17.19	5	

800 Meter Run Youth Boys

Name	Year Team	Seed	Finals	Points
1 Coleman, Joel	NORFOLK REAL	2:13.47	2:16.21	10
2 Brooks, Garland	TRACK EXPRES	2:15.00	2:19.19	8
3 Brown, William	TECHNIQUE TC		2:29.62	6
4 Page, Champ	TRACK EXPRES	2:26.00	2:29.82	4
5 Foster, Antonio	NORFOLK REAL	2:25.65	2:30.72	2

6	Santos, Eduardo	CAROLINA LIG	2:37.00	2:30.77	1
7	Lawton, Michael	FIA AMBASSAD	2:25.00	2:31.53	
8	Atkins, Frederick	WEST END RIC		2:34.44	
9	Cabean, Perry	TRI-CITY REL	2:31.20	2:34.73	
10	Cannon, Terrence	TRI-CITY REL	2:29.76	2:35.29	
11	Quarles, Zachery	TRACK EXPRES	2:30.00	2:36.93	
12	Henley, Kelvin	TECHNIQUE TC		2:39.85	
13	Gibson, Tony	FIA AMBASSAD	2:33.00	2:43.91	
14	Smith, Raisean	NORFOLK REAL	2:40.00	2:44.01	
15	Simmons, Nicholas	NORFOLK REAL		2:45.24	
16	Hamilton, Julian	TRACK EXPRES	2:37.00	2:52.43	
17	Brown, Mathew	TRI-CITY REL		2:54.34	
18	Rogers, Deshaun	CENTRAL VA T		3:07.17	
19	Miles, Alton	NORFOLK REAL	3:00.00	3:08.32	
20	James, Akeme	TECHNIQUE TC		3:08.89	
21	Smith, Jamaal	EAST END FLY	3:45.89	3:36.29	

1500 Meter Run Youth Boys

Name	Year Team	Seed	Finals	Points
1	Brown, William	TECHNIQUE TC	4:56.55	10
2	Santos, Eduardo	CAROLINA LIG	5:04.47	8
3	Cabean, Perry	TRI-CITY REL	5:15.86	6
4	Cannon, Terrence	TRI-CITY REL	5:19.11	4
5	Hamilton, Julian	TRACK EXPRES	5:27.68	2
6	Brown, Mathew	TRI-CITY REL	5:43.54	1
7	Rogers, Deshaun	CENTRAL VA T	5:51.96	

1500 Meter Race Walk Youth Boys

Name	Year Team	Seed	Finals	Points
1	Henley, Kelvin	TECHNIQUE TC	9:38.33	10
2	James, Akeme	TECHNIQUE TC	10:23.76	8
3	Branch, Sharrieff	TRACK EXPRES	10:56.06	6

4x100 Meter Relay Youth Boys

Team	Seed	Finals	Points
1	TRI-CITY RELAYS 'A'	47.75	10
2	TRACK EXPRESS 'A'	48.34	8
3	SPEED CITY CHARGERS 'A'	49.48	6
4	CHURCHLAND TRAILBLAZERS 'A'	50.38	4
5	INDIAN RIVER SPEED 'A'	51.51	2
6	FIA AMBASSADORS 'A'	52.96	1
7	INSIDE TRACK 'A'	55.42	
8	CHURCHLAND TRAILBLAZERS 'B'	59.58	

4x200 Meter Relay Youth Boys

Team	Seed	Finals	H#	Points
1	TRI-CITY RELAYS 'A'	1:41.05	2	10
2	TRACK EXPRESS 'A'	1:41.26	1	8
3	INDIAN RIVER SPEED 'A'	1:44.07	2	6
4	NORFOLK REAL DEAL TC 'A'	1:44.28	2	4
5	CHURCHLAND TRAILBLAZERS 'A'	1:47.12	1	2

6	TECHNIQUE TC 'A'	1:46.00	1:47.95	2	1
7	BOYS GIRLS CLUB OF THE VIRGI 'A'	1:45.00	1:58.28	2	
8	CHURCHLAND TRAILBLAZERS 'B'		2:01.10	1	

4x400 Meter Relay Youth Boys

Team	Seed	Finals	H#	Points
1 SPEED CITY CHARGERS 'A'	3:50.00	3:51.01	2	10
2 TRACK EXPRESS 'A'	3:50.00	3:53.60	2	8
3 NORFOLK REAL DEAL TC 'A'	4:22.45	4:02.37	2	6
4 TRI-CITY RELAYS 'A'	3:55.00	4:03.85	2	4
5 TRACK EXPRESS 'B'	4:10.00	4:15.18	2	2
6 INDIAN RIVER SPEED 'A'		4:22.64	1	1
7 TECHNIQUE TC 'A'		4:34.12	1	
8 CHURCHLAND TRAILBLAZERS 'B'		4:50.49	1	
9 SPEED CITY CHARGERS 'B'	4:10.00	4:59.82	2	

4x800 Meter Relay Youth Boys

Team	Seed	Finals	Points
1 SPEED CITY CHARGERS 'A'	9:20.00	9:20.05	10
2 TRACK EXPRESS 'A'	10:00.00	9:41.86	8
3 INDIAN RIVER SPEED 'A'	9:59.00	10:25.28	6
4 SPEED CITY CHARGERS 'B'	9:47.00	10:51.62	4

1600 Sprint Medley Youth Boys

Team	Seed	Finals	Points
1 NORFOLK REAL DEAL TC 'A'	4:23.00	4:12.71	10
2 TECHNIQUE TC 'A'		4:18.05	8
3 INDIAN RIVER SPEED 'A'		4:22.51	6
4 TRACK EXPRESS 'A'		4:23.26	4
5 CHURCHLAND TRAILBLAZERS 'A'		4:47.37	2
6 INSIDE TRACK 'A'		4:51.33	1
7 SPEED CITY CHARGERS 'A'		4:59.82	
8 BOYS GIRLS CLUB OF THE VIRGI 'A'	4:50.00	5:18.54	

Long Jump Youth Boys

Name	Year Team	Seed	Finals	Points
1 Lawton, Michael	FIA AMBASSAD	18-08.00	20-08.00	6.29m
2 Shufford, Tevon	TECHNIQUE TC		17-06.00	5.33m
3 Jacobs, Levern	TRACK EXPRES		16-10.00	5.13m
4 Nelson, Chavis	TRACK EXPRES		15-02.00	4.62m
4 Reid, Malcom	INDIAN RIVER		15-02.00	4.62m
6 Riddick, Rayshad	NORFOLK REAL		15-00.00	4.57m

7	Bullard, Korey	FIA AMBASSAD	14-05.00	14-05.50	4.40m
8	Moore, Dymond	TECHNIQUE TC		14-00.50	4.27m
9	Smith, Raisean	NORFOLK REAL	14-00.00	14-00.00	4.26m
10	Graham, Tavon	INDIAN RIVER		13-04.00	4.06m
11	Samuels, Cameron	FIA AMBASSAD	15-09.00	12-11.50	3.94m
12	Pierce, Clifton	N-MOTION TC	10-06.00	12-04.50	3.77m
13	James, Akeme	TECHNIQUE TC		12-01.00	3.68m
14	Mahoney, Devin	NORFOLK REAL	10-00.00	10-07.00	3.22m

Shot Put Youth Boys

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Name	Year	Team	Seed	Finals	Points
1	Ward, Earl	INDIAN RIVER		36-09.50	11.21m
10	2	Carmichael, Markeen		35-07.25	10.85m
8	3	Spencer, Devin		33-02.50	10.12m
6	4	Sterling, Kavonti		31-03.00	9.52m
4	5	Graves, Rashaun		28-09.75	8.78m
2	6	Mcclellan, Brandon	30-08.00	28-02.25	8.59m
1	7	Riddick, Rayshad		27-04.00	8.33m
	8	Augustus, Markis		27-03.00	8.30m
	9	Moore, Dymond		26-05.00	8.05m
	10	Payne, Khaaliq		26-03.50	8.01m
	11	Stills, Desmond	28-00.00	25-07.75	7.81m
	12	Hamilton, Julian		24-01.00	7.34m
	13	Simmons, Nicholas	23-08.00	23-03.00	7.08m
	14	Phurman, Jason		23-00.00	7.01m
	15	Brooks, Demarcus		21-06.00	6.55m
	16	Miles, Alton	20-06.00	20-00.25	6.10m
	17	Wilkins, Blake		19-05.50	5.93m
	18	Brown, Frank		19-00.75	5.81m
	19	Lowe, Jirani	25-05.00	16-01.50	4.91m

Disc Throw Youth Boys

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Name	Year	Team	Seed	Finals	Points
1	Graves, Rashaun	TECHNIQUE TC		94-05	28.77m
10	2	Stills, Desmond	85-00	86-07.50	26.40m
8	3	Simmons, Nicholas	78-04	81-05.75	24.83m
6	4	Ward, Earl		68-10.25	20.98m
4	5	Spencer, Devin		68-08	20.92m
2					

6	Phurman, Jason	TECHNIQUE TC		64-04.25	19.61m
1					
7	Wilkins, Blake	N-MOTION TC		62-09.75	19.14m
8	Brown, Frank	TECHNIQUE TC		62-08	19.10m
9	Augustus, Markis	TECHNIQUE TC		62-04.50	19.01m
10	Mcclellan, Brandon	N-MOTION TC	69-06	62-02.75	18.96m
11	Miles, Alton	NORFOLK REAL	54-08	59-06.50	18.14m
12	Brooks, Demarcus	N-MOTION TC		54-08.75	16.68m

Javelin Throw Youth Boys

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Name	Year Team	Seed	Finals	Points
1 Graves, Rashaun	TECHNIQUE TC		91-00	27.73m
10 2 Sterling, Kavonti	INSIDE TRACK		80-02	24.43m
8 3 Mcbride, Dominique	INSIDE TRACK		72-00	21.94m
6 4 Brooks, Demarcus	N-MOTION TC		69-03	21.10m
4 5 Mcclellan, Brandon	N-MOTION TC		64-03	19.58m
2 6 Augustus, Markis	TECHNIQUE TC		63-02	19.25m
1 7 Stills, Desmond	LAZERS TC		61-11	18.87m
8 Hamilton, Julian	TRACK EXPRES		55-10	17.01m
9 Jelks, Monchaz	INSIDE TRACK		54-07	16.63m
10 Spencer, Devin	TECHNIQUE TC		54-05	16.58m
11 Peters, Andrew	NORFOLK REAL		54-03	16.53m
12 Pierce, Clifton	N-MOTION TC		53-06	16.30m
13 Branch, Sharrieff	TRACK EXPRES		51-04	15.64m
14 Wilkins, Blake	N-MOTION TC		46-00	14.02m

4x200 Meter Relay Intermediate Boys

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Team	Seed	Finals	Points
1 TRI-CITY RELAYS 'A'	1:35.00	1:37.02	10
2 VIRGINIA BEACH PATHFINDERS TC 'A'		1:39.52	8
3 TRI-CITY RELAYS 'B'	1:39.00	1:42.88	6
4 INSIDE TRACK 'A'		1:47.14	4

1600 Sprint Medley Intermediate Boys

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Team	Seed	Finals	Points
1 VIRGINIA BEACH PATHFINDERS TC 'A'		3:57.05	10
2 TECHNIQUE TC 'A'		4:12.30	8
3 INSIDE TRACK 'A'		4:18.08	6
4 TRACK EXPRESS 'A'		4:31.11	4

100 Meter Dash Primary Boys

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Name	Year Team	Seed	Finals	H#	Points
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1	Midgette, Keyonte	CHURCHLAND T	17.49	17.82	2	10
2	Grant, Jason	TRI-CITY REL		18.76	1	8
3	Armstead, Kenan	CHURCHLAND T	19.19	19.21	2	6
4	Garlington, Tavis	TRI-CITY REL		19.42	1	4
5	Peters, Alyjah	NORFOLK REAL	21.00	20.12	2	2
6	Frierson, Jahkie	VIRGINIA BEA		21.03	1	1
7	Bunch, Calvin	EAST END FLY	19.65	21.67	2	
8	Harrison, Daniel	LAZERS TC	21.00	22.25	2	
9	Short, Tavaros	WEST END RIC		22.75	1	
10	Harris, Jhalen	NORFOLK REAL	18.00	22.91	2	
11	Fletcherjr, Tylee	TRI-CITY REL		23.20	1	
12	Gibson, Seth	NORFOLK REAL	18.00	24.04	2	

100 Meter Dash Intermediate Men

Name	Year Team	Seed	Finals	H#	Points	
1	Cruz, Lamar	INSIDE TRACK	10.80	11.05	2	10
2	Lindsay, David	TRI-CITY REL	11.02	11.56	2	8
3	Black, Brandon	TRI-CITY REL	11.51	11.74	2	6
4	Williams, Christopher	TRI-CITY REL	11.73	12.04	2	4
5	Marsh, Damion	SPEED CITY C		12.19	1	2
6	Meredith, Douglas	VIRGINIA BEA	11.75	12.30	2	1
7	Morrison, Isiah	TRI-CITY REL	11.94	12.33	2	
7	Mefford, Jimmy	CAROLINA LIG	12.40	12.33	1	
9	Boleyjack, Cameron	VIRGINIA BEA		12.62	1	
10	Morris, Geron	INSIDE TRACK		12.82	1	
11	Williams, Marcellus	TECHNIQUE TC		12.85	1	
12	Alston, Derrick	TECHNIQUE TC		14.35	1	

800 Meter Run Intermediate Men

Name	Year Team	Seed	Finals	Points
1	Redd, Andre	UNATTACHED	2:06.05	10
2	Bertrand, Anderson	CENTRAL VA T	1:58.00	8
3	Hariston, Jalil	TRACK EXPRES		6
4	Anderson, Darius	CHURCHLAND T		4
5	Robertson, Marcus	VIRGINIA BEA	2:14.00	2
6	Mefford, Jimmy	CAROLINA LIG		1
7	Sterling, Ashaunti	INSIDE TRACK		
8	Artist, Donte	CENTRAL VA T	2:00.00	
9	Woodruff, Dominique	TRACK EXPRES		
10	Hayman, Eldon	TRACK EXPRES		

1500 Meter Run Intermediate Men

Name	Year Team	Seed	Finals	Points
1	Bertrand, Anderson	CENTRAL VA T	5:21.00	10
2	Anderson, Darius	CHURCHLAND T		8
3	Hariston, Jalil	TRACK EXPRES		6
4	Robertson, Marcus	VIRGINIA BEA	4:43.00	4
5	Artist, Donte	CENTRAL VA T		2
6	Flemings, Antany	TECHNIQUE TC	4:35.00	1
7	Decoursey, Brandon	TEAM FLASH	5:41.87	

4x100 Meter Relay Intermediate Men

Team	Seed	Finals	Points
1 TRI-CITY RELAYS 'A'	44.90	45.89	10
2 TRI-CITY RELAYS 'B'	46.02	50.53	8

4x400 Meter Relay Intermediate Men

Team	Seed	Finals	Points
1 INSIDE TRACK 'A'		3:58.65	10
2 TRI-CITY RELAYS 'A'	3:41.00	4:02.83	8
3 TRI-CITY RELAYS 'B'	3:55.00	4:14.89	6

4x800 Meter Relay Intermediate Men

Team	Seed	Finals	Points
1 TRACK EXPRESS 'A'		9:55.10	10

Long Jump Intermediate Men

Name	Year Team	Seed	Finals	Points
1 Doran, James	TRI-CITY REL		17-01.00	5.20m
2 Mefford, Jimmy	CAROLINA LIG	16-08.00	16-03.25	4.95m
3 Woodruff, Dominique	TRACK EXPRES		16-02.00	4.92m
4 Moore, Deon	TECHNIQUE TC		15-10.00	4.82m
5 Speaks, Sidney	TRI-CITY REL		15-06.50	4.73m

Shot Put Intermediate Men

Name	Year Team	Seed	Finals	Points
1 Edmond, Jeremy	CHURCHLAND T	28-01.00	29-00.50	8.85m
2 Powell, Xavier	CHURCHLAND T	28-10.50	24-00.50	7.32m
3 Speaks, Sidney	TRI-CITY REL		21-10.25	6.66m
4 Bullock, Mckensey	CHURCHLAND T	29-11.00	17-06.50	5.34m

Discus Throw Intermediate Men

Name	Year Team	Seed	Finals	Points
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1 Edmond, Jeremy          CHURCHLAND T          60-08.75   66-08.50   20.33m
10
2 Powell, Xavier         CHURCHLAND T          59-06.75   48-00      14.63m
8

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

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=====
1) INSIDE TRACK          44          2) Technique TC          42
3) Tri-City Relays      32          4) Churchland Trailblazers 28
5) Track Express        23          6) Boys Girls Club Of The Vi 11
7) East End Flyers TC   10          7) Carolina Lightning     10
9) Park Place Lightning  8           9) Indian River Speed     8
11) Norfolk Real Deal TC 5

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Men - Bantam - Team Rankings - 10 Events Scored

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=====
1) Boys Girls Club Of The Vir 48          2) Indian River Speed     46
3) INSIDE TRACK          39          4) Technique TC          37
5) Churchland Trailblazers 33          6) Lazars TC             28
7) Tri-City Relays      27          8) East End Flyers TC    14
8) Track Express        14          10) Central VA Track Field Cl 8
11) N-Motion TC         2           11) West End Richmond Strider 2
11) FIA Ambassadors     2

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Men - Midget - Team Rankings - 13 Events Scored

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=====
1) Track Express        96          2) Technique TC          77
3) Boys Girls Club Of The Vir 55          4) Norfolk Real Deal TC   38
5) Churchland Trailblazers 29          6) Tri-City Relays       27
7) Speed City Chargers   23          8) Central VA Track Field Cl 14
9) Team Flash           10          10) N-Motion TC           6
11) INSIDE TRACK         2           12) West End Richmond Strider 1

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Men - Youth - Team Rankings - 13 Events Scored

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=====
1) Technique TC         83          2) Track Express         76
3) Tri-City Relays     55          4) Norfolk Real Deal TC  49
5) Indian River Speed   38          6) Speed City Chargers   30
7) INSIDE TRACK        19          8) FIA Ambassadors      11
9) Carolina Lightning   9           10) Churchland Trailblazers 8
10) Lazars TC           8           12) N-Motion TC           7

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Men - Intermediate - Team Rankings - 11 Events Scored

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=====
1) Tri-City Relays     84          2) Churchland Trailblazers 52
3) Track Express       32          4) INSIDE TRACK          30
5) Virginia Beach Pathfinders 25          6) Central VA Track Field Cl 20
7) Technique TC       13          8) Carolina Lightning     9
9) Speed City Chargers  2

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Men - Primary - Team Rankings - 1 Events Scored

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=====
1) Churchland Trailblazers 16          2) Tri-City Relays      12
3) Norfolk Real Deal TC   2           4) Virginia Beach Pathfinder 1

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