

Licensed to Cave Spring High School HY-TEK's Meet Manager 7/23/2026 07:58 PM
Commonwealth Games 2026 - 7/25/2026 to 7/26/2026
Hermitage High School
Meet Program

Event 989 5000 Meter Run Comb. 35-84 Men (7)

Sunday 7/26/2026 - 8:30 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 486 Johnson, Kevin	Unattached	NT	
2 564 Treen, Dave	Unattached	NT	
3 474 Henry, Larry	Unattached	NT	
4 421 Beaumont, Lee	Unattached	NT	
5 187 Poulos, Ted	Potomac Vall	NT	
6 435 Chadim, William	Unattached	NT	
7 508 McLaughlin, Terry	Unattached	NT	

Event 990 50 Meter Dash Comb. 65-74 Women (5)

Sunday 7/26/2026 - 9:20 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
2 175 Mack, Thelma	Pony Express	NT	
3 186 Good, Keg	Potomac Vall	NT	
4 317 Clemmons, Patricia	Unattached	NT	
5 333 Gerber, Kathy	Unattached	NT	
6 355 Kelly, Linda	Unattached	NT	

Event 991 50 Meter Dash Comb. 19-84 Men (11)

Sunday 7/26/2026 - 9:22 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
2 176 Brooks, John	Pony Express	NT	
3 436 Chang, Robert	Unattached	NT	
4 548 Sharps, Jim	Unattached	NT	
5 505 Markley, Anthony	Unattached	NT	
6 467 Guinn, Michael	Unattached	NT	
Section 2 Timed Finals			
2 428 Burk, Matt	Unattached	NT	
3 527 Nance Jr., Calvin	Unattached	NT	
4 555 Sloan, Lonnie	Unattached	NT	
5 183 McDonnough, Kaestner	Pony Express	NT	
6 456 Farr, Shaun	Unattached	NT	
7 554 Sizemore, Herman	Unattached	NT	

Event 68 100 Meter Dash Open Men (23)

Sunday 7/26/2026 - 9:35 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 506 Mccoy, Deryke	Unattached	NT	
2 457 Ferguson, Brock	Unattached	NT	
3 511 Moncion, Dominico	Unattached	NT	
4 530 Obrien, Kyle	Unattached	12.50	
5 527 Nance Jr., Calvin	Unattached	NT	
6 461 Gaines, Cameron	Unattached	NT	
7 414 Anthony, Braeden	Unattached	NT	
Section 2 Timed Finals			

1	443 Cooks, Taishaun	Unattached	12.05
2	463 Gonzales, Sebastian	Unattached	11.99
3	452 Duffy, Noah	Unattached	11.30
4	529 Norman, Tinisi	Unattached	11.30
5	125 Morris, Marquinn	Lazers Track	11.30
6	423 Bennett, Michael	Unattached	11.40
7	484 Jackson, Javan	Unattached	12.00
8	578 Yeboah, Emmanuel	Unattached	12.30

Section 3 Timed Finals

1	415 Aso, Jaedon	Unattached	11.28
2	545 Saunders, Dylan	Unattached	11.20
3	538 Reid, Isaiah	Unattached	10.90
4	523 Moss, Xavier	Unattached	10.69
5	532 Outlaw, Miles	Unattached	10.80
6	478 Howard, Vada	Unattached	11.00
7	439 Coley, Michael	Unattached	11.20
8	572 Williams, Zavier	Unattached	11.30

Event 69 100 Meter Dash 30-34 Men (6)

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Sunday 7/26/2026 - 9:43 AM

Name	Year Team	Seed	Finals
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Section 1 Timed Finals

2	456 Farr, Shaun	Unattached	NT
3	490 Justis, Willie	Unattached	12.06
4	469 Henderson, Travis	Unattached	10.76
5	557 Smith, Oliver	Unattached	11.56
6	522 Moss, Emmanuel	Unattached	13.00
7	437 Claflin, Nathan	Unattached	NT

Event 995 100 Meter Dash Comb. 35-44 Men (4)

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Sunday 7/26/2026 - 9:45 AM

Name	Year Team	Seed	Finals
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Section 1 Timed Finals

3	127 Wilkerson, Troy	Lazers Track Clu	NT
4	489 Jones, Shawn	Unattached	NT
5	474 Henry, Larry	Unattached	NT
6	178 Craig, Antoine	Pony Express	NT

Event 72 100 Meter Dash 45-49 Men (4)

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Sunday 7/26/2026 - 9:47 AM

Name	Year Team	Seed	Finals
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Section 1 Timed Finals

3	429 Busch, Macarthur	Unattached	12.50
4	424 Blunt, Michael	Unattached	11.38
5	413 Adeleke, Anthony	Unattached	12.00
6	448 Dellimore, Chike	Unattached	12.65

Event 74 100 Meter Dash 55-59 Men (4)

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Sunday 7/26/2026 - 9:50 AM

Name	Year Team	Seed	Finals
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Section 1 Timed Finals

3	421 Beaumont, Lee	Unattached	NT
4	502 Luong, Quan	Unattached	14.21
5	455 Fairlee, Jason	Unattached	14.50
6	501 Luong, Quad	Unattached	NT

Event 996 100 Meter Dash Comb. 60-74 Men (6)

=====
Sunday 7/26/2026 - 9:52 AM

	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
2	436 Chang, Robert	Unattached	NT	
3	505 Markley, Anthony	Unattached	NT	
4	183 McDonnough, Kaestner	Pony Express	NT	
5	555 Sloan, Lonnie	Unattached	NT	
6	426 Bradecamp, Mike	Unattached	NT	
7	176 Brooks, John	Pony Express	NT	

Event 78 100 Meter Dash 75-79 Men (3)

=====
Sunday 7/26/2026 - 9:55 AM

	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
3	163 Moon, Richard	Moon	NT	
4	554 Sizemore, Herman	Unattached	NT	
5	182 Mack, J	Pony Express	NT	

Event 79 100 Meter Dash 80-84 Men (3)

=====
Sunday 7/26/2026 - 9:58 AM

	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
3	440 Collins, Jim	Unattached	30.00	
4	548 Sharps, Jim	Unattached	17.00	
5	467 Guinn, Michael	Unattached	19.25	

Event 48 100 Meter Dash Open Women (4)

=====
Sunday 7/26/2026 - 10:00 AM

	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
3	315 Christian, Dezyre	Unattached	NT	
4	399 Weaver, Ellison	Unattached	13.15	
5	306 Bondurant, Samantha	Unattached	NT	
6	373 Moncion, Grace	Unattached	NT	

Event 992 100 Meter Dash Comb. 35-44 Women (2)

=====
Sunday 7/26/2026 - 10:02 AM

	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	305 Beckles, Angelica	Unattached	NT	
5	12 Welby, Karen	Bella N Moti	NT	

Event 993 100 Meter Dash Comb. 45-59 Women (6)

=====
Sunday 7/26/2026 - 10:05 AM

	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
2	348 Johnson, Charmaine	Unattached	NT	
3	316 Churney, Ivette	Unattached	NT	
4	370 Marshall, Carmella	Unattached	NT	
5	368 Luhr, Jocelyn	Unattached	NT	
6	356 Kelly, Nicole	Unattached	NT	
7	382 Scott, Marioky	Unattached	NT	

Event 994 100 Meter Dash Comb. 60-79 Women (7)

Sunday 7/26/2026 - 10:07 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 175 Mack, Thelma	Pony Express	NT	
2 322 Davis, Virginia	Unattached	NT	
3 333 Gerber, Kathy	Unattached	NT	
4 186 Good, Keg	Potomac Vall	NT	
5 433 Carpenter, Ellen	Unattached	NT	
6 402 Wetzel, Grace	Unattached	NT	
7 317 Clemmons, Patricia	Unattached	NT	

Event 974 80 Meter Hurdles Comb. 50-74 Mixed (3)

Sunday 7/26/2026 - 10:30 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3 504 Markley, Anthonny	M Unattached	NT	
4 406 Winterich, Anna	W Unattached	NT	
5 384 Scottt, Marioky	W Unattached	NT	

Event 975 100 Meter Hurdles Comb. 19-59 Mixed (3)

Sunday 7/26/2026 - 10:45 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3 247 Calllo, Anna	W Superior Tra	NT	
4 581 Young, Leslie	M Unattached	NT	
5 428 Burk, Matt	M Unattached	NT	

Event 395 100 Meter Hurdles 60-64 Men (1)

Sunday 7/26/2026 - 10:53 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 555 Sloan, Lonnie	Unattached	NT	

Event 408 110 Meter Hurdles Open Men (1)

Sunday 7/26/2026 - 11:05 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 414 Anthony, Braeden	Unattached	NT	

Event 148 400 Meter Dash Open Men (6)

Sunday 7/26/2026 - 11:20 AM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
2 513 Moncion, Teodosio	Unattached	NT	
3 415 Aso, Jaedon	Unattached	55.58	
4 545 Saunders, Dylan	Unattached	49.57	
5 452 Duffy, Noah	Unattached	52.92	
6 441 Colquhoun, Kamari	Unattached	1:00.00	
7 462 Gipson, David	Unattached	NT	

Event 149 400 Meter Dash 30-34 Men (4)

Sunday 7/26/2026 - 11:25 AM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
3 557 Smith, Oliver	Unattached	56.07	
4 180 Dasta Irizarry, Kevin	Pony Express	53.70	
5 425 Borhauer, Ansel	Unattached	54.18	
6 522 Moss, Emmanuel	Unattached	1:10.00	

Event 998 400 Meter Dash Comb. 35-49 Men (6)

Sunday 7/26/2026 - 11:30 AM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
2 466 Guarino, Matt	Unattached	NT	
3 413 Adeleke, Anthony	Unattached	NT	
4 127 Wilkerson, Troy	Lazers Track Clu	NT	
5 185 Pressley, Dominique	Pony Express	NT	
6 429 Busch, Macarthur	Unattached	NT	
7 448 Dellimore, Chike	Unattached	NT	

Event 999 400 Meter Dash Comb. 55-74 Men (7)

Sunday 7/26/2026 - 11:35 AM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
1 501 Luong, Quad	Unattached	NT	
2 426 Bradecamp, Mike	Unattached	NT	
3 432 Carpenter, Chuck	Unattached	NT	
4 502 Luong, Quan	Unattached	NT	
5 179 Cureton, Benjamin	Pony Express	NT	
6 183 McDonnough, Kaestner	Pony Express	NT	
7 421 Beaumont, Lee	Unattached	NT	

Event 3 400 Meter Dash Comb. 75-84 Men (5)

Sunday 7/26/2026 - 11:40 AM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
2 163 Moon, Richard	Moon	NT	
3 182 Mack, J	Pony Express	NT	
4 467 Guinn, Michael	Unattached	NT	
5 440 Collins, Jim	Unattached	NT	
6 541 Ruozzi, Richard	Unattached	NT	

Event 997 400 Meter Dash Comb. 19-54 Women (6)

Sunday 7/26/2026 - 11:45 AM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
1 405 Winterich, Ana	Unattached	NT	
2 306 Bondurant, Samantha	Unattached	NT	
3 367 Logan-Wesley, Amanda	Unattached	NT	
4 1 Wills, Tremaine	#adulding Tr	NT	
6 370 Marshall, Carmella	Unattached	NT	
7 12 Welby, Karen	Bella N Moti	NT	

Event 4 1500 Meter Run Comb. All Ag Mixed (14)

Sunday 7/26/2026 - 12:09 PM

Name	Year Team	Seed	Finals
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Section 1 Timed Finals

1	398 Walker, Trenita	W Unattached	NT
2	508 McLaughlin, Terry	M Unattached	NT
3	325 Ellenbecker, Hannah	W Unattached	NT
4	564 Treen, Dave	M Unattached	NT
5	187 Poulos, Ted	M Potomac Vall	NT
6	441 Colquhoun, Kamari	M Unattached	NT
7	432 Carpenter, Chuck	M Unattached	NT
8	486 Johnson, Kevin	M Unattached	NT
9	541 Ruozzi, Richard	M Unattached	NT
10	435 Chadim, William	M Unattached	NT
11	535 Perez, Eli	M Unattached	NT
12	500 Lorenzo, John	M Unattached	NT
13	11 Southwood, Michael	M Athletics EA	NT
14	421 Beaumont, Lee	M Unattached	NT

Event 495 300 Meter Hurdles 60-64 Men (1)

Sunday 7/26/2026 - 12:25 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4	555 Sloan, Lonnie	Unattached	NT

Event 14 400 Meter Hurdles Comb. 19-59 Women (2)

Sunday 7/26/2026 - 12:32 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3	367 Logan-Wesley, Amanda	Unattached	NT
4	382 Scott, Marioky	Unattached	NT

Event 15 400 Meter Hurdles Comb. 19-39 Men (3)

Sunday 7/26/2026 - 12:35 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3	545 Saunders, Dylan	Unattached	NT
4	441 Colquhoun, Kamari	Unattached	NT
5	474 Henry, Larry	Unattached	NT

Event 108 200 Meter Dash Open Men (12)

Sunday 7/26/2026 - 12:43 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3	506 Mccoy, Deryke	Unattached	NT
4	463 Gonzales, Sebastian	Unattached	24.88
5	461 Gaines, Cameron	Unattached	NT
6	462 Gipson, David	Unattached	NT
Section 2 Timed Finals			
1	415 Aso, Jaedon	Unattached	23.31
2	478 Howard, Vada	Unattached	23.00
3	538 Reid, Isaiah	Unattached	22.70
4	523 Moss, Xavier	Unattached	21.99
5	532 Outlaw, Miles	Unattached	22.10
6	423 Bennett, Michael	Unattached	22.80
7	125 Morris, Marquinn	Lazers Track	23.03
8	452 Duffey, Noah	Unattached	23.70

Event 109 200 Meter Dash 30-34 Men (7)

=====
Sunday 7/26/2026 - 12:47 PM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
1 456 Farr, Shaun	Unattached	NT	
2 490 Justis, Willie	Unattached	25.50	
3 425 Borhauer, Ansel	Unattached	23.78	
4 469 Henderson, Travis	Unattached	21.71	
5 180 Dasta Irizarry, Kevin	Pony Express	23.70	
6 557 Smith, Oliver	Unattached	24.16	
7 522 Moss, Emmanuel	Unattached	26.00	

Event 7 200 Meter Dash Comb. 35-49 Men (8)

=====
Sunday 7/26/2026 - 12:50 PM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
3 466 Guarino, Matt	Unattached	NT	
4 448 Dellimore, Chike	Unattached	NT	
5 424 Blunt, Michael	Unattached	NT	
6 489 Jones, Shawn	Unattached	NT	
Section 2 Timed Finals			
3 185 Pressley, Dominique	Pony Express	NT	
4 413 Adeleke, Anthony	Unattached	NT	
5 429 Busch, Macarthur	Unattached	NT	
6 178 Craig, Antoine	Pony Express	NT	

Event 8 200 Meter Dash Comb. 55-64 Men (6)

=====
Sunday 7/26/2026 - 12:53 PM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
2 501 Luong, Quad	Unattached	NT	
3 426 Bradecamp, Mike	Unattached	NT	
4 421 Beaumont, Lee	Unattached	NT	
5 502 Luong, Quan	Unattached	NT	
6 555 Sloan, Lonnie	Unattached	NT	
7 179 Cureton, Benjamin	Pony Express	NT	

Event 117 200 Meter Dash 70-74 Men (4)

=====
Sunday 7/26/2026 - 12:56 PM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
3 505 Markley, Anthony	Unattached	NT	
4 183 McDonnough, Kaestner	Pony Express	31.00	
5 559 Stanley, Scott	Unattached	40.00	
6 436 Chang, Robert	Unattached	NT	

Event 9 200 Meter Dash Comb. 75-84 Men (7)

=====
Sunday 7/26/2026 - 12:59 PM

Name	Year Team	Seed	Finals
=====			
Section 1 Timed Finals			
1 464 Goodspeed, Craik	Unattached	NT	
2 554 Sizemore, Herman	Unattached	NT	
3 163 Moon, Richard	Moon	NT	
4 467 Guinn, Michael	Unattached	NT	
5 440 Collins, Jim	Unattached	NT	
6 182 Mack, J	Pony Express	NT	

7	541 Ruozzi, Richard	Unattached	NT
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Event 5 200 Meter Dash Comb. 19-69 Women (9)

Sunday 7/26/2026 - 1:02 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3 368 Luhr, Jocelyn	Unattached	NT	
4 12 Welby, Karen	Bella N Moti	NT	
5 306 Bondurant, Samantha	Unattached	NT	
6 373 Moncion, Grace	Unattached	NT	
Section 2 Timed Finals			
3 305 Beckles, Angelica	Unattached	NT	
4 382 Scott, Marioky	Unattached	NT	
5 370 Marshall, Carmella	Unattached	NT	
6 313 Callo, Anna	Unattached	NT	
7 186 Good, Keg	Potomac Vall	NT	

Event 6 200 Meter Dash Comb. 70-79 Women (4)

Sunday 7/26/2026 - 1:05 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3 333 Gerber, Kathy	Unattached	NT	
4 402 Wetzel, Grace	Unattached	NT	
5 175 Mack, Thelma	Pony Express	NT	
6 322 Davis, Virginia	Unattached	NT	

Event 11 800 Meter Run Comb. 19-64 Men (7)

Sunday 7/26/2026 - 1:20 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 426 Bradecamp, Mike	Unattached	NT	
2 421 Beaumont, Lee	Unattached	NT	
3 533 Palagyi, William	Unattached	NT	
4 441 Colquhoun, Kamari	Unattached	NT	
5 452 Duffy, Noah	Unattached	NT	
6 500 Lorenzo, John	Unattached	NT	
7 111 Fletcher, David	Harrison Roa	NT	

Event 12 800 Meter Run Comb. 65-84 Men (7)

Sunday 7/26/2026 - 1:27 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 11 Southwood, Michael	Athletics EA	NT	
2 564 Treen, Dave	Unattached	NT	
3 435 Chadim, William	Unattached	NT	
4 541 Ruozzi, Richard	Unattached	NT	
5 432 Carpenter, Chuck	Unattached	NT	
6 467 Guinn, Michael	Unattached	NT	
7 498 Leone, Vincent	Unattached	NT	

Event 10 800 Meter Run Comb. 19-44 Women (3)

Sunday 7/26/2026 - 1:35 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 325 Ellenbecker, Hannah	Unattached	NT	

2	12 Welby, Karen	Bella N Moti	NT
3	367 Logan-Wesley, Amanda	Unattached	NT

Event 13 3000 Meter Run Comb. All Mixed (6)

Sunday 7/26/2026 - 1:44 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 186 Good, Keg	W Potomac Vall	NT	
2 187 Poulos, Ted	M Potomac Vall	NT	
3 441 Colquhoun, Kamari	M Unattached	NT	
4 508 McLaughlin, Terry	M Unattached	NT	
5 564 Treen, Dave	M Unattached	NT	
6 500 Lorenzo, John	M Unattached	NT	

Event 310 5000 Meter Run 35-39 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 474 Henry, Larry	Unattached	NT	

Event 311 5000 Meter Run 40-44 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 486 Johnson, Kevin	Unattached	22:00.00	

Event 314 5000 Meter Run 55-59 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 421 Beaumont, Lee	Unattached	NT	

Event 316 5000 Meter Run 65-69 Men (3)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 508 McLaughlin, Terry	Unattached	24:00.00	
2 564 Treen, Dave	Unattached	NT	
3 187 Poulos, Ted	Potomac Vall	NT	

Event 319 5000 Meter Run 80-84 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 435 Chadim, William	Unattached	37:00.00	

Event 16 50 Meter Dash 65-69 Women (3)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3 186 Good, Keg	Potomac Vall	NT	

4	355 Kelly, Linda	Unattached	NT
5	317 Clemmons, Patricia	Unattached	NT

Event 17 50 Meter Dash 70-74 Women (2)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	333	Gerber, Kathy	Unattached	NT
5	175	Mack, Thelma	Pony Express	NT

Event 35 50 Meter Dash 60-64 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	555	Sloan, Lonnie	Unattached	NT

Event 37 50 Meter Dash 70-74 Men (4)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
3	176	Brooks, John	Pony Express	NT
4	436	Chang, Robert	Unattached	7.80
5	183	McDonnough, Kaestner	Pony Express	8.00
6	505	Markley, Anthony	Unattached	NT

Event 38 50 Meter Dash 75-79 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	554	Sizemore, Herman	Unattached	NT

Event 39 50 Meter Dash 80-84 Men (2)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	548	Sharps, Jim	Unattached	9.00
5	467	Guinn, Michael	Unattached	9.34

Event 70 100 Meter Dash 35-39 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	474	Henry, Larry	Unattached	NT

Event 71 100 Meter Dash 40-44 Men (3)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
3	489	Jones, Shawn	Unattached	12.40
4	127	Wilkerson, Troy	Lazers Track Clu	12.33
5	178	Craig, Antoine	Pony Express	12.01

Event 75 100 Meter Dash 60-64 Men (2)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
3 555 Sloan, Lonnie		Unattached	NT	
4 426 Bradecamp, Mike		Unattached	12.75	

Event 77 100 Meter Dash 70-74 Men (4)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
3 505 Markley, Anthony		Unattached	NT	
4 436 Chang, Robert		Unattached	14.98	
5 183 McDonnough, Kaestner		Pony Express	15.00	
6 176 Brooks, John		Pony Express	NT	

Event 50 100 Meter Dash 35-39 Women (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 305 Beckles, Angelica		Unattached	16.00	

Event 51 100 Meter Dash 40-44 Women (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 12 Welby, Karen		Bella N Moti	15.74	

Event 52 100 Meter Dash 45-49 Women (3)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
3 356 Kelly, Nicole		Unattached	NT	
4 368 Luhr, Jocelyn		Unattached	18.00	
5 348 Johnson, Charmaine		Unattached	20.00	

Event 53 100 Meter Dash 50-54 Women (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 370 Marshall, Carmella		Unattached	13.72	

Event 54 100 Meter Dash 55-59 Women (2)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 316 Churney, Ivette		Unattached	NT	
5 382 Scott, Marioky		Unattached	NT	

Event 55 100 Meter Dash 60-64 Women (1)

=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	314	Carpenter, Ellen	Unattached	18.00
Event 56 100 Meter Dash 65-69 Women (2)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	317	Clemmons, Patricia	Unattached	NT
5	186	Good, Keg	Potomac Vall	NT
Event 57 100 Meter Dash 70-74 Women (3)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
3	402	Wetzel, Grace	Unattached	NT
4	175	Mack, Thelma	Pony Express	NT
5	333	Gerber, Kathy	Unattached	NT
Event 58 100 Meter Dash 75-79 Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	322	Davis, Virginia	Unattached	NT
Event 357 80 Meter Hurdles 70-74 Men (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	505	Markley, Anthony	Unattached	NT
Event 333 80 Meter Hurdles 50-54 Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	405	Winterich, Ana	Unattached	16.70
Event 334 80 Meter Hurdles 55-59 Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	382	Scott, Marioky	Unattached	NT
Event 368 100 Meter Hurdles Open Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	313	Callo, Anna	Unattached	17.26

Event 394 100 Meter Hurdles 55-59 Men (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 126 Young, Leslie		Lazers Track	NT	

Event 150 400 Meter Dash 35-39 Men (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 466 Guarino, Matt		Unattached	56.00	

Event 151 400 Meter Dash 40-44 Men (2)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 127 Wilkerson, Troy		Lazers Track Clu	58.00	
5 185 Pressley, Dominique		Pony Express	1:00.00	

Event 152 400 Meter Dash 45-49 Men (3)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
3 429 Busch, Macarthur		Unattached	59.00	
4 413 Adeleke, Anthony		Unattached	55.00	
5 448 Dellimore, Chike		Unattached	57.50	

Event 154 400 Meter Dash 55-59 Men (3)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
3 421 Beaumont, Lee		Unattached	NT	
4 502 Luong, Quan		Unattached	NT	
5 501 Luong, Quad		Unattached	NT	

Event 155 400 Meter Dash 60-64 Men (2)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 426 Bradecamp, Mike		Unattached	59.15	
5 179 Cureton, Benjamin		Pony Express	1:02.00	

Event 157 400 Meter Dash 70-74 Men (2)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 183 McDonnough, Kaestner		Pony Express	1:20.00	
5 432 Carpenter, Chuck		Unattached	1:43.80	

Event 129 400 Meter Dash 30-34 Women (1)

Sunday 7/26/2026 - 8:00 PM				
	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	367 Logan-Wesley, Amanda	Unattached	1:30.00	
Event 130 400 Meter Dash 35-39 Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	1 Wills, Tremaine	#adulging Tr	1:30.00	
Event 131 400 Meter Dash 40-44 Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	12 Welby, Karen	Bella N Moti	1:09.00	
Event 133 400 Meter Dash 50-54 Women (2)				
=====				
Sunday 7/26/2026 - 8:00 PM				
	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	370 Marshall, Carmella	Unattached	1:07.00	
5	405 Winterich, Ana	Unattached	1:20.00	
Event 208 1500 Meter Run Open Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
1	325 Ellenbecker, Hannah	Unattached	5:42.00	
Event 212 1500 Meter Run 45-49 Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
1	398 Walker, Trenita	Unattached	NT	
Event 228 1500 Meter Run Open Men (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
1	441 Colquhoun, Kamari	Unattached	6:00.00	
Event 230 1500 Meter Run 35-39 Men (2)				
=====				
Sunday 7/26/2026 - 8:00 PM				
	Name	Year Team	Seed	Finals
=====				
Section 1 Timed Finals				
1	500 Lorenzo, John	Unattached	5:40.00	
2	535 Perez, Eli	Unattached	NT	

Event 231 1500 Meter Run 40-44 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 486 Johnson, Kevin	Unattached	6:00.00	

Event 234 1500 Meter Run 55-59 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 421 Beaumont, Lee	Unattached	NT	

Event 236 1500 Meter Run 65-69 Men (3)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 508 McLaughlin, Terry	Unattached	6:15.00	
2 187 Poulos, Ted	Potomac Vall	NT	
3 564 Treen, Dave	Unattached	NT	

Event 237 1500 Meter Run 70-74 Men (2)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 432 Carpenter, Chuck	Unattached	8:54.61	
2 11 Southwood, Michael	Athletics EA	NT	

Event 238 1500 Meter Run 75-79 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 541 Ruozzi, Richard	Unattached	7:48.00	

Event 239 1500 Meter Run 80-84 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
1 435 Chadim, William	Unattached	12:00.00	

Event 509 400 Meter Hurdles 30-34 Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 367 Logan-Wesley, Amanda	Unattached	1:41.00	

Event 514 400 Meter Hurdles 55-59 Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			

4 382 Scott, Marioky Unattached NT

Event 528 400 Meter Hurdles Open Men (2)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 441 Colquhoun, Kamari	Unattached	1:20.00	
5 545 Saunders, Dylan	Unattached	NT	

Event 530 400 Meter Hurdles 35-39 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 474 Henry, Larry	Unattached	NT	

Event 110 200 Meter Dash 35-39 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 466 Guarino, Matt	Unattached	25.00	

Event 111 200 Meter Dash 40-44 Men (3)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3 489 Jones, Shawn	Unattached	NT	
4 185 Pressley, Dominique	Pony Express	26.30	
5 178 Craig, Antoine	Pony Express	25.50	

Event 112 200 Meter Dash 45-49 Men (4)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3 448 Dellimore, Chike	Unattached	25.90	
4 424 Blunt, Michael	Unattached	23.35	
5 413 Adeleke, Anthony	Unattached	24.00	
6 429 Busch, Macarthur	Unattached	26.00	

Event 114 200 Meter Dash 55-59 Men (3)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
3 501 Luong, Quad	Unattached	NT	
4 502 Luong, Quan	Unattached	30.98	
5 421 Beaumont, Lee	Unattached	NT	

Event 115 200 Meter Dash 60-64 Men (3)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 426 Bradecamp, Mike	Unattached	25.87	

5	179 Cureton, Benjamin	Pony Express	27.41
6	555 Sloan, Lonnie	Unattached	NT

Event 118 200 Meter Dash 75-79 Men (5)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
2	464	Goodspeed, Craik	Unattached	NT
3	554	Sizemore, Herman	Unattached	NT
4	541	Ruozzi, Richard	Unattached	40.00
5	182	Mack, J	Pony Express	NT
6	163	Moon, Richard	Moon	NT

Event 119 200 Meter Dash 80-84 Men (2)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	467	Guinn, Michael	Unattached	40.52
5	440	Collins, Jim	Unattached	43.43

Event 88 200 Meter Dash Open Women (2)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	313	Callo, Anna	Unattached	30.13
5	373	Moncion, Grace	Unattached	NT

Event 90 200 Meter Dash 35-39 Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	305	Beckles, Angelica	Unattached	NT

Event 91 200 Meter Dash 40-44 Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	12	Welby, Karen	Bella N Moti	31.22

Event 92 200 Meter Dash 45-49 Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	368	Luhr, Jocelyn	Unattached	37.00

Event 93 200 Meter Dash 50-54 Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4	370	Marshall, Carmella	Unattached	28.00

Event 94 200 Meter Dash 55-59 Women (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 382 Scott, Marioky		Unattached	NT	

Event 96 200 Meter Dash 65-69 Women (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 186 Good, Keg		Potomac Vall	NT	

Event 97 200 Meter Dash 70-74 Women (3)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
3 175 Mack, Thelma		Pony Express	NT	
4 333 Gerber, Kathy		Unattached	NT	
5 402 Wetzel, Grace		Unattached	NT	

Event 98 200 Meter Dash 75-79 Women (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 322 Davis, Virginia		Unattached	NT	

Event 188 800 Meter Run Open Men (2)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 441 Colquhoun, Kamari		Unattached	2:30.00	
5 452 Duffy, Noah		Unattached	NT	

Event 190 800 Meter Run 35-39 Men (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 500 Lorenzo, John		Unattached	2:27.00	

Event 194 800 Meter Run 55-59 Men (1)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				
4 421 Beaumont, Lee		Unattached	NT	

Event 195 800 Meter Run 60-64 Men (2)

Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
Section 1 Timed Finals				

4	426	Bradecamp, Mike	Unattached	2:35.00
5	533	Palagyi, William	Unattached	3:27.00

Event 196 800 Meter Run 65-69 Men (1)

=====
Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	564	Treen, Dave	Unattached	NT

Event 197 800 Meter Run 70-74 Men (3)

=====
Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
3	11	Southwood, Michael	Athletics EA	NT
4	498	Leone, Vincent	Unattached	3:09.00
5	432	Carpenter, Chuck	Unattached	4:16.80

Event 198 800 Meter Run 75-79 Men (1)

=====
Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	541	Ruozzi, Richard	Unattached	3:41.00

Event 199 800 Meter Run 80-84 Men (2)

=====
Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	467	Guinn, Michael	Unattached	3:56.08
5	435	Chadim, William	Unattached	5:00.00

Event 945 50 Meter Dash Able Ambulatory Open Men (1)

=====
Sunday 7/26/2026 - 9:24 AM

Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	527	Nance Jr., Calvin	Unattached	NT

Event 168 800 Meter Run Open Women (1)

=====
Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	325	Ellenbecker, Hannah	Unattached	2:48.00

Event 169 800 Meter Run 30-34 Women (1)

=====
Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	367	Logan-Wesley, Amanda	Unattached	3:08.00

Event 171 800 Meter Run 40-44 Women (1)

=====
Sunday 7/26/2026 - 8:00 PM

Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	12	Welby, Karen	Bella N Moti	2:37.00
Event 256 3000 Meter Run 65-69 Women (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
1	186	Good, Keg	Potomac Vall	NT
Event 268 3000 Meter Run Open Men (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
1	441	Colquhoun, Kamari	Unattached	14:00.00
Event 270 3000 Meter Run 35-39 Men (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
1	500	Lorenzo, John	Unattached	13:00.00
Event 276 3000 Meter Run 65-69 Men (3)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
1	508	Mclaughlin, Terry	Unattached	13:34.00
2	187	Poulos, Ted	Potomac Vall	NT
3	564	Treen, Dave	Unattached	NT
Event 941 50 Meter Dash Able Ambulatory 30-34 Men (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	456	Farr, Shaun	Unattached	NT
Event 933 50 Meter Dash Able Ambulatory 50-54 Men (1)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
4	428	Burk, Matt	Unattached	NT
Event 921 100 Meter Dash Able Ambulatory Open Men (3)				
=====				
Sunday 7/26/2026 - 8:00 PM				
Name	Year	Team	Seed	Finals
=====				
Section 1 Timed Finals				
3	527	Nance Jr., Calvin	Unattached	NT
4	461	Gaines, Cameron	Unattached	NT
5	506	Mccoy, Deryke	Unattached	NT

Event 939 100 Meter Dash Able Ambulatory 30-34 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 456 Farr, Shaun	Unattached	NT	

Event 932 100 Meter Dash Able Ambulatory 50-54 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 428 Burk, Matt	Unattached	NT	

Event 928 100 Meter Dash Able Ambulatory Open Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 306 Bondurant, Samantha	Unattached	NT	

Event 930 400 Meter Dash Able Ambulatory Open Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 306 Bondurant, Samantha	Unattached	NT	

Event 922 200 Meter Dash Able Ambulatory Open Men (2)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 506 Mccoy, Deryke	Unattached	NT	
5 461 Gaines, Cameron	Unattached	NT	

Event 940 200 Meter Dash Able Ambulatory 30-34 Men (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 456 Farr, Shaun	Unattached	NT	

Event 929 200 Meter Dash Able Ambulatory Open Women (1)

Sunday 7/26/2026 - 8:00 PM

Name	Year Team	Seed	Finals
Section 1 Timed Finals			
4 306 Bondurant, Samantha	Unattached	NT	