

BOYS OUTDOOR TRACK

Team Champions

(champion, runner-up)

AAA

2011	Atlee	41.0	First Colonial	35.50
2010	Ocean Lakes	49.5	Western Branch	42.0
2009	Western Branch	62.0	Nansemond	47.0
2008	Western Branch	62.0	Bethel	45.0
2007	Deep Creek	57.0	Western Branch	55.0
2006	Bayside	51.0	Great Bridge	39.0
2005	Great Bridge (tie)	52.0	Landstown (tie)	52.0
2004	Westfield	78.0	Deep Creek	65.5
2003	Deep Creek	42.0	Colonial Forge/Thomas Dale (tie)	37.0
2002	Deep Creek	35.0	Lakeland	30.0
2001	Deep Creek	64.0	Petersburg	47.0
2000	Bethel	46.0	Potomac	43.0
1999	Potomac	57.5	Centreville	51.0
1998	Western Branch	55.0	Deep Creek	45.0
1997	Western Branch	50.0	Denbigh	39.0
1996	West Springfield	49.0	W. Potomac, P.Henry-R	36.0
1995	Menchville	45.0	West Springfield	41.0
1994	Menchville	41.0	Salem-VB	36.0
1993	T.C. Williams	60.0	Lafayette	32.0
1992	T.C. Williams	42.0	E.C. Glass	40.0
1991	George Washington	80.0	Kecoughtan	34.0
1990	Heritage-Lynch.	46.0	T.C. Williams	40.0
1989	T.C. Williams	60.0	Green Run	41.0
1988	Kempsville	68.5	Green Run	37.0
1987	Green Run	50.0	Bayside	36.0
1986	Green Run	60.0	Lake Braddock	42.0
1985	Bethel, Wm Fleming	40.0	Green Run	34.0
1984	Denbigh	43.0	Menchville	38.0
1983	Jeff./Huguenot/Wythe	72.0	Denbigh	36.0
1982	Gar-Field	34.0	Menchville	33.0
1981	Menchville	53.0	Jeff./Huguenot/Wythe	36.0
1980	Menchville	73.0	Gar-Field	45.0
1979	Menchville	53.86	Hermitage	50.0
1978	Fort Hunt	50.0	Hampton	38.0
1977	Bethel	58.0	Ferguson	39.0
1976	Charlottesville	52.0	Menchville	39.0
1975	Ferguson, Albemarle	41.0	William Fleming	15.5
1974	Ferguson	35.5	Albemarle	30.0
1973	Thomas Edison	23.0	Albemarle	22.0
1972	Menchville	30.5	T.C. Williams	24.5
1971	Denbigh	30.0	Huntington	27.0

AA

2011	Louisa County	75.5	Loudoun County	46.0
2010	Grafton	46.5	King George	42.0
2009	Western Albemarle	48.0	Brookville	46.0
2008	Western Albemarle	54.0	Brookville	45.33
2007	Harrisonburg	46.0	Brunswick Sr.	44.0
2006	Appomattox	45.0	John Handley	40.0

2005	Lafayette	43.5	Basset/Brentsville	38.0
2004	Fauquier	54.0	Charlottesville	41.5
2003	Heritage-Lynchburg	52.0	Spotswood	37.0
2002	John Handley	48.0	Greensville Co.	43.0
2001	John Handley	63.0	King George	36.0
2000	John Handley	78.0	Western Albemarle	52.0
1999	Spotswood	56.0	Laurel Park	44.0
1998	Laurel Park	57.0	Spotswood	49.0
1997	Charlottesville	55.0	Staunton River	48.0
1996	Staunton River	40.0	Christiansburg	37.0
1995	Charlottesville	90.0	Spotswood	70.0
1994	Charlottesville	62.0	Spotswood	31.0
1993	Handley	47.0	Charlottesville	42.0
1992	Handley	50.0	Smithfield, Greenville	36.0
1991	Tabb	46.33	York	40.33
1990	Western Albemarle	55.0	Waynesboro	38.0
1989	Tabb	38.0	Matoaca	36.0
1988	William Byrd	38.0	Rustburg	35.0
1987	Louisa County	36.0	Bruton	33.0
1986	Clover Hill	31.0	Culpeper	28.0
1985	J.F. Kennedy	40.0	Courtland	34.0
1984	J.F. Kennedy	42.0	Martinsville	34.0
1983	Waynesboro	36.0	Louisa County	34.33
1982	Blacksburg	59.0	Osborn Park	57.0
1981	Blacksburg	60.0	Virginia	35.0
1980	Bassett	62.0	Waynesboro	32.0
1979	Sussex Central	56.0	Western Albemarle	42.0
1978	Rustburg	46.0	Sussex Central	40.0
1977	Robert E. Lee-Stntn	55.0	Handley	54.0
1976	Handley	47.0	Broad Run	45.0
1975	Nelson County		Handley	
1974	Nelson County	41.0	Southampton	27.0
1973	Nelson County	32.0	Turner Ashby	20.0
1972	Radford	28.5	Nelson County	27.0
1971	Nelson County	39.0	Lexington	23.0

A

2011	Manassas Park	51.0	Radford	50.0
2010	Clarke County	68.0	Appomattox	49.0
2009	Riverheads	51.0	Virginia	47.0
2008	Lebanon	66.0	Radford	49.0
2007	Clarke County	82.0	Essex	56.0
2006	Clarke County	73.0	Middlesex	38.0
2005	Nelson County	55.0	Clarke County	49.0
2004	William Campbell	63.0	Sussex Central	60.0
2003	Sussex Central	82.0	William Campbell	54.5
2002	Powell Valley	56.0	W. Campbell/Sussex C. (tie)	48.0
2001	Page County	50.0	Amelia County	40.0
2000	Floyd County	64.0	Madison County	62.0
1999	Essex	50.5	Brentsville District	40.0
			Powell Valley	40.0
1998	Radford	73.0	Northumberland	46.0
1997	Sussex Central	72.0	Amelia County	50.0

1996	Central-Woodstock	68.0	Randolph Henry	41.0					
1995	Charles City	46.0	Cumberland	36.0					
1994	Powell Valley	49.5	Charles City	40.0					
1993	Cumberland	48.0	Sussex Central	39.0	1961	IA Hampton	30.0	Great Bridge	23.5
1992	Sussex Central	101.0	Essex	37.0		IB Cave Spring		Stafford	16.0
1991	Sussex Central	57.0	Central-Woodstock	47.0		II Northampton	28.33	York	18.5
1990	Sussex Central	68.0	King & Queen	36.0		III Atlantic	21.0	Central-Painter	15.0
1989	Sussex Central	58.0	Middlesex	44.0	1960	I Newport News	37	Granby, Warwick	22.5
1988	William Monroe	38.0	Castlewood	36.0		II not available			
1987	Middlesex	40.0	Castlewood	30.0		III Onancock			
1986	Mathews	38.0	Arcadia	28.0	1959	I Andrew Lewis	32.66	Wakefield	26
1985	Lancaster	66.0	Buffalo Gap	43.0		II not available			
1984	Buffalo Gap	60.0	William Monroe	46.0		III Onancock			
1983	Fluvanna	76.0	Fieldale-Collinsville	50.0	1958	I Washington-Lee	27	Woodrow Wilson	26
1982	Fluvanna	72.0	New Kent	38.0		II Christiansburg			
1981	Fluvanna	80.0	Powell Valley	45.0		III West Point			
1980	Washington & Lee	80.0	Powell Valley	42.0	1957	I T. Jefferson-Rich.	36.25	Wakefield	33
1979	Montevideo	58.0	Western Albemarle	56.0		II Handley			
1978	Buffalo Gap	60.0	Stonewall Jackson	36.0		III Troutville			
1977	Montevideo	83.0	Fluvanna	64.0	1956	I T. Jefferson-Rich.	27.5	Jefferson Sr.-Roa.	23
1976	Montevideo	49.0	Madison County	43.0		II Handley			
1975	Rappahannock	18.33	William Monroe	18.0		III Elkton			
1974	New Kent	29.0	Montevideo	19.20	1955	I Washington-Lee	40	T. Jefferson-Rich.	29
1973	Central-Woodstock	30.5	West Point	29.0		II William Fleming			
1972	Montevideo	24.0	Poquoson	22.0		III Chincoteague			
1971	Madison County	38.0	Castlewood	23.5	1954	I G. Washington-A.	32	Granby	30.66
1970	IA Douglas Freeman	18.0	Bethel, Denbigh	17.0		II Marion			
	IB Glenvar	40.0	Handley	24.0		III George Mason			
	II Nelson County	51.5	Wilson Memorial	17.0	1953	I Newport News	23.5	Washington-Lee	22
	III Mathews	45.0	Brentsville District	41.0		II Handley			
1969	IA Newport News	42.0	G.W. Carver	17.0		III Elkton			
	IB Orange	38.0	Albemarle	30.0	1952	I Newport News	23.5	T. Jefferson-Rich.	17.5
	II Nelson County	43.0	Gloucester	22.0		II not available			
	III West Point	40.0	Mathews	36.0		III not available			
1968	IA Newport News	30.0	Washington-Lee	22.0	1951	I E.C. Glass	33	Newport News	24
	IB Stafford		James Wood	24.0		II Handley			
	II Turner Ashby	32.5	Nelson County	31.0		III West Point			
	III Caroline	61.0	J.E.B. Stuart	35.0	1950	I John Marshall	27	Washington-Lee	22
1967	IA Newport News	39.0	Douglas Freeman	29.0		II Highland Springs			
	IB Herndon	31.0	Stafford	16.0		III West Point			
	II Central-Woodstock	26.0	Appomattox	20.0	1949	I Newport News	29.5	Washington-Lee	27.5
	III Caroline	47.0	Onancock	37.0		II Blacksburg			
1966	IA Washington-Lee	33.0	E.C. Glass	24.0		III West Point			
	IB Herndon	38.5	Galax	19.0	1948	I John Marshall	31	Washington-Lee	23
	II Gloucester	15.0	Appomattox	11.0		II Warwick County			
	III Caroline	31.25	Onancock	24.75		III Smithfield			
1965	IA Newport News	46.5	Great Bridge	22.0	1947	I Newport News	23.5	John Marshall	20
	IB Herndon	29.0	J.R. Tucker	26.0		II Handley			
	II Nelson Co, Smithfield	21.0	Gloucester	17.0		III Matthew Whaley-Wmsburg			
	III Onancock	20.0	Middlesex	18.0	1946	I Newport News	49.5	Granby	34.5
1964	IA Newport News	35.0	Churchland	15.0		II Handley			
	IB Albemarle	42.0	R.E. Lee-Staunton	15.0		III West Point			
	II Southampton	24.5	Turner Ashby	17.0		IV Greenwood			
	III Onancock	29.0	Rappahannock	25.0	1945	No championships			
1963	IA Newport News	35.0	Washington-Lee	27.0	1944	A Maury	48	T. Jefferson-Rich.	40
	IB Albemarle	43.0	James Monroe	27.5		B Handley			
	II Lord Botetourt	23.0	Varina, Northampton	13.0		C West Point			
	III Atlantic, Onancock	21.0	Northumberland	16.0		D Timberville			
1962	IA Norview	38.0	Wakefield, N.News	17.0	1943	No championships			
					1942	A Newport News	34.6	T. Jefferson-Rich.	21

	B	Big Stone Gap			
	C	West Point			
	D	Beaverdam			
1941	A	Newport News	34.7	Jefferson Sr.-Roa.	24.2
	B	Handley			
	C	West Point			
	D	Beaverdam			
1940	A	Newport News	35.5	T. Jefferson-Rich.	23
	B	Handley			
	C	West Point			
	D	Craigsville			
1939	A	Newport News	34	Jefferson Sr.-Roa.	27
	B	Handley			
	C	Culpeper			
	D	Accomac			
1938	A	Newport News	37.5	Maury	36.5
	B	Handley			
	C	King William-Manquin			
1937	A	Maury	51	Newport News	41
	B	Handley			
	C	King William-Manquin			
1936	A	Maury	36.5	Newport News	35.5
	B	Handley			
	C	King William-Manquin			
1935	A	Newport News	42.33	John Marshall	37.5
	B	Handley			
	C	Central-Manquin			
1934	A	Newport News	41.75	John Marshall	37
	B	Clifton Forge			
	C	Triplett-Mt. Jackson			
1933	A	John Marshall	50	Newport News	29
	B	Vinton			
	C	Triplett-Mt. Jackson,		West Point	
1932	A	John Marshall	45.8	Maury	30
	B	Hampton			
	C	Meriwether Lewis			
1931	Prep	Staunton Military			
	A	Maury	50.25	John Marshall	27.75
	B	Lane			
	C	Broadway			
1930	Prep	Woodberry Forest			
	A	Maury	40	Jefferson Sr.-Roa.	32.5
	B	Hampton			
	C	James Madison			
1929	Prep	Episcopal			
	A	John Marshall	48	Jefferson Sr.-Roa.	34
	B	Hampton			
	C	Broadway, Varina			
1928	Prep	Staunton Military			
	A	John Marshall	48.5	Woodrow Wilson	38.5
	B	Hampton			
	C	Broadway			
1927	Prep	Augusta Military			
	A	Woodrow Wilson	46	Jefferson Sr.-Roa.	23.5
	B	Hampton			
	C	Broadway			

1926	Prep	Virginia Episcopal			
	A	Maury	46	J. Marshall, Jeff.Sr.	31
	B	Hampton			
	C	James Madison			
1925	Prep	Woodberry Forest			
	High	John Marshall	42.66	Jefferson Sr.-Roa.	38
1924	Prep	Woodberry Forest			
	High	Jefferson Sr.-Roa.	43	Maury	39.5
1923	Prep	Episcopal			
	High	Jefferson Sr.-Roa.	53	Maury	26
1922	Prep	Episcopal			
	High	Jefferson Sr.-Roa.	65.7	Maury	26.5
1921	Prep	Staunton Military			
	High	Jeff. Sr.-R.	21.25	Maury	18
1920	Prep	Staunton Military		Woodberry Forest	
	High	Lynchburg	29	Maury	14
1919		Woodberry Forest	39.5	Staunton Military	35
1918		Episcopal	50	Woodberry Forest	41.5
1917		Woodberry Forest	36	Jefferson Sr.-Roa.	34
1916		Woodberry Forest	36.5	Episcopal	27
1915		Woodberry Forest	43	Manassas	25.5

Team Records

State championships (before groupings):

19	Newport News,	1934-35, 1938-42, 1946-47, 1949, 1952-53, 1960, 1963-65, 1967-69
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State championships (after groupings):

6	Menchville	1972, 1979-81, 1994-95
6	Sussex Central	1989-92, 1997, 2003

Consecutive championships (before groupings):

7	Handley	1935-41
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Consecutive championships (after groupings):

4	Sussex Central	1989-92
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Most points (after groupings):

101	Sussex Central	1992
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Individual Records

Most individual championships

10	Benton Dodd	Newport News
7	Doug Dickinson	Newport News
7	Bernard McRae	Huntington
7	Bobby Lockheart	Handley

Four Year Winner (Single Event)

1600m Run	Bobby Lockheart	Handley	1999-2002
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Individual Champions

AAA

Shot Put

2011	66-00.50	Isaiah Simmons	Woodbridge
2010	60-02	Isaiah Simmons	Woodbridge
2009	57.03.25	Philip Mesadeui	Patrick Henry
2008	57.00	Frede Spellman	Oscar Smith
2007	57-07	Frede Spellman	Oscar Smith
2006	58-04.50	Michael Zajac	E.C. Glass

2005	55-10.	Thomas McCutcheon	Deep Creek	1947	52-5	Robert Bell	Maury
2004	56-8	Joseph Jones	Great Bridge	1946	50-3.875	Robert Bell	Maury
2003	64-0.25	Steve Huntzinger	James Robinson	1944	48-7	Raymond Lizana	Granby
2002	59-3	Steve Huntzinger	James Robinson	1942	48-5.5	H. Gregory	Maury
2001	55-3	Steve Huntzinger	James Robinson	1941	44-5	Paul Kelly	Newport News
2000	53-11.5	Jason Dixon	Maury	1940	47.25	Hamilton Arnall	Thos.Jefferson-R
1999	56-3.25	Nick Welihozkiy	West Springfield	1939	44-8.75	Red Rogers	Newport News
1998	58-6.5	Nathaniel Adibi	Phoebus	1938	46-8	Lawrence Farry	Newport News
1997	65-0.75	Rodney Johnson	T.C. Williams	1937	51-9	Lee McLaughlin	John Marshall
1996	60-6	Aaron Trammell	Osbourn Park	1936	47-1	McVay	Maury
1995	57-1.5	Deon Dyer	Deep Creek	1935	46-5.875	Robert Spangler	Newport News
1994	56-1	Robert Hunt	Menchville	1934	40-11.5	Herbert Hudgins	Maury
1993	60-4.25	Chris Snyder	Indian River	1933	49-1.25	Howard Owings	Maury
1992	59-10.75	Mike Washington	Great Bridge	1932	45.5	Howard Owings	Maury
1991	54-3	Chris Snyder	Indian River	1931	46-7	Johnson	Maury
1990	55-6	J.T. Morris	Heritage-Lynchburg	1930	45-0	Tarrall	Maury
1989	59-4	Ralph Bell	Great Bridge	1929	42-2.5	Taylor	Jefferson Senior
1988	56-5	Carey Cash	Bayside	1928	44-10	G Powell	Wilson
1987	61-4	Robert Lee	Thomas Jefferson-R	1927	45-0	Swartz	Lane
1986	57-4.25	John Boobas	McLean	1926	44-8	William Hasse	John Marshall
1985	60-9.25	John Rymiszewski	Mt. Vernon	1925	40-5	William Hassa	John Marshall
1984	57-3.25	Walter Bryant	Lake Taylor	1924	42-6	Turpin	Maury
1983	59-5	Reggie Lee	Halifax County	1923	38-2	Turpin	Maury
1982	59-2	David Gutierrez	Gar-Field	1922	40-11.5	Bunn	Big Stone Gap
1981	58-0	Jody Sease	Salem-Salem	1921	48-5	Walter Bentz	Staunton Military
1980	58-2.75	Greg Brooks	E.C. Glass	1920	47-1	Walter Bentz	Staunton Military
1979	57-4.25	Sam Brutcher	Great Bridge	1919	44-0	Walter Bentz	Staunton Military
1978	64-5.5	Dan Krueger	Bayside	1918	43-1	Unsworth	Woodberry Forest
1977	60-5	Dan Krueger	Bayside	1917	37-7	Summers	G. Washington
1976	60-11	Larry Wheeler	Robert E. Lee	1916	41-8	Francis Byrd	Lafayette-Norfolk Co.
1975	58-8	Dale Sloan	Charlottesville	1915	37-9	Spencer	Woodberry Forest
1974	58-2	Joe Taylor	Ferguson				
1973	59-9.25	Drexel George	Thomas Edison				
1972	60-1.5	Andrew Hutchinson	Annandale	Discus			
1971	55-5	Andrew Hutchinson	Annandale	2011	194-07	Isaiah Simmons	Woodbridge
1970	57-9	Barty Smith	Douglas Freeman	2010	167-02	Isaiah Simmons	Woodbridge
1969	60-7.25	Reggie Harrison	Washington-Lee	2009	175-00	Quintin Fortes	South Lakes
1968	57-9.75	Reggie Harrison	Washington-Lee	2008	168-04	Frank Afriye	T.C. Williams
1967	55-8	Dave Jones	James Madison	2007	157-06	Terrence Riggins	Denbigh
1966	58-5.75	Gene Hutchens	Warwick	2006	175-04	Michael Zajac	E.C. Glass
1965	58-4	Joe Wingo	Newport News	2005	181-00	John Cowden	Lake Braddock
1964	57-5.75	Ray Austin	Churchland	2004	158-3	Louis Corum	Westfield
1963	55-7	Andy Bowing	E.C. Glass	2003	174-10	Steve Huntzinger	James Robinson
1962	54-2.5	Bill Jones	Douglas Freeman	2002	166-0	Steve Huntzinger	James Robinson
1961	56-7.5	John Thompson	Great Bridge	2001	157-5	Andrew Kenney	Sherando
1960	55-0	Don Carroll	Newport News	2000	151-7	Mike Wanderer	Granby
1959	58-4	Don Carroll	Newport News	1999	183-2	Marvin Urquhart	Western Branch
1958	51-10.25	Harvey Henry	Maury	1998	180-10	Nick Welihozkiy	West Springfield
1957	53-11.5	Lowell Vaught	Warwick	1997	181-9	Brian Kollar	First Colonial
1956	53-1	James Dyer	Jefferson Senior	1996	157-8	Shawn Brown	E.C. Glass
1955	52-3	Frank Call	Thomas Jefferson-R	1995	160-8	Levar Bowers	Norcom
1954	54-10	Chris Plain	Washington-Lee	1994	163-3	Robert Hunt	Menchville
1953	52-1.75	Chris Plain	Washington-Lee	1993	161-0	Jon Davlin	James Robinson
1952	53-7.25	Joseph Holland	John Marshall	1992	16-2	Mike Washington	Great Bridge
1951	50-4	William Cox	E.C. Glass	1991	177-9	Tyrone Holt	Halifax County
1950	53-7.25	Joseph Holland	John Marshall	1990	161-4	J.T. Morris	Heritage
1949	48-8.75	Floyd Tyson	Thomas Jefferson-R	1989	169-10	Mark McCall	Norcom
1948	50-7.25	Kelly Hylton	Granby	1988	164-4	Carey Cash	Bayside
				1987	161-0	Joe Bright	Great Bridge

1986	174-11	John Boobas	McLean
1985	177-5	Tom Huminik	Herndon
1984	168-8	Andrew Heck	W.T. Woodson
1983	168-4	Darryl Parham	Heritage
1982	181-7	Robert Muzzio	James Robinson
1981	169-1	Robert Muzzio	James Robinson
1980	164-7	Tom Pasco	JEB Stuart
1979	166-11	Curtis Franklin	Woodrow Wilson
1978	190-2	Steve Mehr	Gar-Field
1977	176-7	Darryl Baugh	George Wythe
1976	168-7	Hunter Yancey	Albemarle
1975	164-5	Earl Cabbage	Robert E. Lee
1974	166-5	Earl Cabbage	Robert E. Lee
1973	166-2	Dennis Hackworth	Manchester
1972	164-5	Chuck Baer	W.T. Woodson
1971	166-4.5	Chuck Baer	W.T. Woodson
1970	169-3	Barty Smith	Douglas Freeman
1969	168-3.5	Barry White	Warwick
1968	168-9	Barry White	Warwick
1967	15-5.5	Larry Smith	Douglas Freeman
1966	165-8.5	Ed George	E.C. Glass
1965	159-1	Bill Lyons	James Madison
1964	164-5.5	James Bull	Newport News
1963	164-3.5	James Bull	Newport News
1962	157-10	George Edwards	Norview
1961	160-2	Max Taback	Warwick
1960	158-2	Don Carroll	Newport News
1959	151-8	Gary Pratt	Wilson
1958	143-9.5	Paul Stone	Wakefield
1957	147-4.25	Jack Beason	Andrew Lewis
1956	158-2.5	James Dyer	Jefferson Senior
1955	149-1	Frank Call	Thomas Jefferson-R
1954	143-6.25	Harold Outten	George Washington-A
1953	136.5	Frank Call	Thomas Jefferson-R
1952	141.75	R. Kauffman	Mt. Vernon
1951	149-10.5	Lloyd Hicks	Hampton
1950	142-.5	Lloyd Hicks	Hampton
1949	132-2.375	William Vaughan	Warwick
1948	144.375	Kelly Hylton	Granby
1947	138-6.625	Robert Bell	Mauzy
1946	121-11	Richard Forest	Newport News
1944	111-4	Raymond Lizana	Granby
1942	125-10	R. Newsom	Washington-Lee
1941	118-3	Jack Ittner	John Marshall
1940	120-5	Hamilton Arnall	Thomas Jefferson-R
1939	116-11	Charles Hagerman	John Marshall
1938	119-11	William James	Hampton
1937	119-5.75	Lee McLaughlin	John Marshall
1936	125-0	Paul Shu	George Washington-A
1935	118-5	Al Miller	Hampton
1934	114-7	Al Miller	Hampton
1933	120-10.25	James Farley	John Marshall
1932	107-10.5	James Farley	John Marshall
1931	113-9	Johnson	Mauzy
1930	110-6.5	Ponton	Mauzy
1929	111-3.5	Carter Hasse	John Marshall
1928	116-4	Carter Hasse	John Marshall
1927	106-10	Swartz	Lange

1926	108-6.75	Turpin	Maury
1925	111-4.25	Looney	Jefferson Senior
1924	95-3	Turpin	Maury
1923	102-5	Cuddy	Jefferson Senior
1922	101-4	Cuddy	Jefferson Senior
1921	120-0	Walter Bentz	Staunton Military Aca.
1920		Walter Bentz	Staunton Military Aca.
1919	109-9	Walter Bentz	Staunton Military Aca.
1918	95-8	Houser	Staunton Military Aca.
1917	97-11	Clifton Gleaves	Jefferson Senior
1916	101-9	Thomas	Episcopal
1915	96-3	David Matson	Roanoke

Long Jump

2011	23-01	Jamarian Bates	Matoaca
2010	25-08.7	Justin Hunter	Ocean Lakes
2009	25-03.75	Justin Hunter	Ocean Lakes
2008	24-07	Wesley Smith	Oscar Smith
2007	23-08.50	Wesley Smith	Oscar Smith
2006	24-09	Corey Vinston	Phoebus
2005	23-5.50	Percy Harvin	Landstown
2004	23-5.25	Percy Harvin	Landstown
2003	23-1.25	Carl Hunter	Lake Braddock
2002	23-1.75	Chris Walker	Norview
2001	24-1	Jerome Mathis	Petersburg
2000	24-1.25	Rico Lloyd	Potomac
1999	23-7	Gus Schamader	Chantilly
1998	24-5.5	Anthony Wallace	Courtland
1997	25-4	Chauncey Rogers	Denbigh
1996	24-4	Jesse Grant	Indian River
1995	23-8	Daniel Edwards	Gar-Field
1994	22-10	Dominick Millner	William Fleming
1993	23-9	Atiim Barber	Cave Spring
1992	23-1.75	Jamael Barber	Cave Spring
1991	23-6	Daryl Newby	George Washington
1990	23-9.25	Tony Lanier	George Washington
1989	24-3.75	Allen Johnson	Lake Braddock
1988	24-8	Larry Moore	Kempsville
1987	24-6.5	Keith Holley	Bayside
1986	24-1.75	Keith Holley	Bayside
1985	24-8.5	Robert Majors	William Fleming
1984	24-6	Robert Majors	William Fleming
1983	24-2	Michael Cavins	William Fleming
1982	23-5.75	Kenny Stewart	Bethel
1981	24-1.75	Ricky Gilliam	Dinwiddie
1980	23-3	Ricky Gilliam	Dinwiddie
1979	22-3.75	Cornelious Cousins	Hermitage
1978	23-7.5	Ketter Jackson	Stafford
1977	22-11.75	Cornelius Redfern	Fort Hunt
1976	23-10.5	Darryl McCoy	William Fleming
1975	24-1.25	James Gardner	Albemarle
1974	23-10.75	Jeryl Henderson	Huguenot
1973	23-6	Vernon Rasberry	John Marshall
1972	24-4	Jackie Smith	Menchville
1971	22-7	Jackie Smith	Menchville
1970	23-5.5	Norman Williams	First Colonial
1969	24.75	Doug Dickinson	Newport News
1968	23-1.25	Clayton Deskins	Washington-Lee

1967	23-1.75	Doug Dickinson	Newport News
1966	22-8.5	Del Gardner	Washington-Lee
1965	22-6.5	David Asch	J.E.B. Stuart
1964	22-4.25	David Asch	J.E.B. Stuart
1963	21-10	Fred Anspach	Newport News
1962	21-6.75	Preston Blackwell	James Madison
1961	22-2.5	Mike Coles	Hampton
1960	22-1	John Thomas	Washington-Lee
1959	21-9.5	Thomas Winingder	Granby
1958	22-6.5	Jack Taylor	Jefferson Senior
1957	22-3.25	Jonas Spiegel	Thomas Jefferson-R
1956	21-6.25	Jonas Spiegel	Thomas Jefferson-R
1955	22-3.5	Johnny McLeod	E.C. Glass
1954	19-8.5	William Shaal	Warwick
1953	20-10.25	George Riggs	Wilson
1952	21-2.5	Millard Thomas	Newport News
1951	20-5.75	Jerry Powell	E.C. Glass
1950	21.5	Charles Nuttycombe	Thomas Jefferson-R
1949	20-6.25	John Terry	Hampton
1948	23.375	Frank Scott	Petersburg
1947	21-7.5	Frank Scott	Petersburg
1946	21-3.5	Alfred Rosenfeld	Newport News
1944	21-0	Ronald Allen	Mauzy
1942	21-7	Robert McLearn	Thomas Jefferson-R
1941	20-8.5	R. Luedeka	Granby
		Fred Tucker	Newport News
1940	21.5	Fred Tucker	Newport News
1939	20-4.5	Mel McClelland	Newport News
1938	22.75	Parr	Hopewell
1937	21-11.75	Benton Dodd	Newport News
1936	23-8.875	Benton Dodd	Newport News
1935	20-11.625	Woodson	Jefferson Senior
1934	21-6.5	Benton Dodd	Newport News
1933	21-9.5	Charles Spangler	Newport News
1932	21-7.5	Bruce Lindsey	E.C. Glass
1931	22-7.5	Moncure Little	Mauzy
1930	22-6.5	Moncure Little	Mauzy
1929	20-11.875	Henry Taylor	John Marshall
1928	20-10.5	Henry Taylor	John Marshall
1927	19-10.5	Draper	Jefferson Senior
1926	21-1	Sydney Bogness	John Marshall
1925	19-8.5	Sydney Bogness	John Marshall
		Walker	Mauzy
1924	19-7	Laterneau	Charlottesville
1923	19-11.25	Freidberg	Mauzy
1922	19-8	Edwin	Mauzy
1921		Watkins	Jefferson Senior
1920	19-3.5	Earl Miller	E.C. Glass
1919	21-0	Ben Baker	Episcopal
1918	20-5.5	Jack Reinhart	Episcopal
1917	20-0	Baker	Woodberry Forest
1916	22-2	Francis Byrd	Lafayette-Norfolk Co.
1915	21.25	Elder	Fishburne

High Jump

2011	6-8	Joey Muzzio	James Robinson
2010	7-0	Justin Hunter	Ocean Lakes
2009	6-10	Justin Hunter	Ocean Lakes

2008	6-10	Chris Copeland	Lakeland
2007	6-08	Chris Copeland	Lakeland
2006	6-10	Marlon Woods	Booker T. Washington
2005	6-06	Raphael Hall	Deep Creek
2004	6-10	Raphael Hall	Deep Creek
2003	7-0	Jerome Miller	Colonial Forge
2002	7-3	Keith Mofatt	Menchville
2001	6-8	Quentin Matthews	Deep Creek
2000	7-0.25	Quentin Matthews	Deep Creek
1999	6-8	Teddy Presley	Oakton
1998	7-0	James Carr	Courtland
1997	6-8	Nathaniel Clopton	Denbigh
1996	7-0	Doug Humphrey	West Springfield
1995	6-7	Doug Humphrey	West Springfield
1994	6-8	William Higginbottom	Hayfield
1993	7-0	Jason Woodard	Norview
1992	6-6	Jason Woodard	Norview
1991	6-8	Lionel Demeritt	Denbigh
1990	6-8	Bob Efird	First Colonial
1989	6-11	Allen Johnson	Lake Braddock
1988	6-8	Alexander Coles	Armstrong
1987	7-1	Alexander Coles	Armstrong
1986	7-0.25	Charles Charity	Warwick
1985	6-9	Jarrad Swann	E.C. Glass
1984	6-10	Steve Sayles	Denbigh
1983	6-8	Richard Morgan	Salem-Salem
1982	6-9	Jeff Ford	Princess Anne
1981	6-10.75	Cecil Jackson	E.C. Glass
1980	6-10	James Wallace	Menchville
1979	6-6	Scott Landers	W.T. Woodson
1978	6-8	Dale Davis	Hampton
1977	6-9	Brad Johnson	Langley
1976	6-9	James Dixon	John Marshall
1975	7-0	Donald Wilson	Kecoughtan
1974	6-9	Russell Davis	Woodbridge
1973	6-5	David Smith	Highland Springs
1972	6-6.5	Bruce Whitehouse	West Springfield
1971	6-6	Phil McGuire	Albemarle
1970	6-2	Scott Clark	James Madison
1969	6-4.25	Jimmy O'Brien	J.E.B. Stuart
1968	6-5.75	Myron Kostyk	Hermitage
1967	6-4.75	Reginald Sommers	Wakefield
1966	6-3.75	Reginald Sommers	Wakefield
1965	6-3.25	Terry Wright	Granby
1964	6-2.25	Lou Coleman	Wakefield
1963	6.5	John Bender	Wakefield
1962	5-10.75	John Bender	Wakefield
		Vann Wilder	Wakefield
1961	6-2	Robert Kaiser	Warwick
1960	6-3.5	George Leonard	Warwick
1959	6.75	William Jeffries	Jefferson Senior
		Marion Carroll	Cradock
1958	6-1.5	Jerry Gerich	Wakefield
1957	5-11	Jerry Gerich	Wakefield
1956	5-10.5	Raymond Johnson	Manchester
		James Harrill	Washington-Lee
1955	6.875	Lewis Holder	Washington-Lee
1954	5-10	Don Cormack	Granby

		F. Bentley	Jefferson Senior
		Edward Cooke	Granby
1953	5-9.75	William Warren	Newport News
1952	6-0	Robert Lester	Hampton
1951	6.875	W.B. Jones	Wilson
		Jim McFadden	Washington-Lee
1950	6-0	Wilton Lankford	Hampton
1949	6-2.625	Doug Mitchell	Newport News
1948		Doug Mitchell	Newport News
1947	5-11	Jerry Garrison	Newport News
1946	5-11	David Mundy	Granby
1944	5-10	Spruill	Maury
1943			
1942	5-9	J. Fulcher	Newport News
		A. Graves	Newport News
1941	5-10	Cotton Smith	Thomas Jefferson-R
1940	5-10	Ernest McDermon	Newport News
1939	6-0	Suter	Maury
1938	5-9	Fred Tucker	Newport News
1937	5-8.75	Benton Dodd	Newport News
1936	6-1.6	Benton Dodd	Newport News
1935	6-0	Benton Dodd	Newport News
1934	5-8.75	Robert Spressard	Jefferson Senior
1933	5-9.75	Doug Holland	John Marshall
1932	5-8.75	Harry Haffen	Jefferson Senior
1931	5-10.25	Anderson	Wilson
1930	5-11.25	James West	Newport News
1929	5-6.75	Anderson	Wilson
1928	5-9.75	Lemuel Mayo	Wilson
1927	5-9.75	Lemuel Mayo	Wilson
1926	5-6	Lemon	Jefferson Senior
1925	5-6.5	Parrish	Newport News
1924	5-4	Old	Maury
1923	5-6	Kahn	John Marshall
1922	5-3	Davis	Clarksville
1921			
1920	5-5	Giles Miller	E.C. Glass
1919	5-6	Ben Baker	Episcopal
1918	5-5	Williamson	Roanoke
1917	5-5	Duyk Kuyk	Richmond Academy
1916	5-11.5	Francis Byrd	Lafayette-Norfolk Co.
1915	5-6	David Matson	Roanoke

Triple Jump

2011	48-11.50	Marcus Dean	Western Branch
2010	50-08.25	Justin Hunter	Ocean Lakes
2009	49-05.25	David Wilson	George Washington
2008	49-11	David Wilson	George Washington
2007	48-08.50	Antonio Miller	Manchester
2006	47-08	Antonio Miller	Manchester
2005	47-07	Percy Harvin	Landstown
2004	49-1	Dionne McClain	Granby
2003	47-8.25	Reynold Smith	Forest Park
2002	46-2.75	Nick Crumpton	Langley
2001	51-2.25	Alonzo Moore	Phoebus
2000	49-11.5	Jason Fludd	Brooke Point
1999	47-6.25	Dexter Reid	Granby
1998	48-9.75	Emmett Johnson	Western Branch
1997	48-3.25	Steven Roberts	Dinwiddie

1996	49-10	Cleveland McClory	West Potomac
1995	47-6.5	Cleveland McClory	West Potomac
1994	46-10	Shauntae Hairston	George Washington
1993	49-3	Atiim Barber	Cave Spring
1992	47-10	Curtis Anderson	E.C. Glass
1991	48-8.5	Sean Archer	Thomas Jefferson-Rich.
1990	49-4.5	Ryan Harris	Highland Springs
1989	48-9	Ryan Harris	Highland Springs
1988	49-6.75	Larry Moore	Kempsville
1987	50-5.5	Keith Holley	Bayside
1986	49-2	Matt Darby	Green Run
1985	49-10.75	Matt Darby	Green Run
1984	48-3	Quincy Bethea	First Colonial
1983	50-9.5	Roger Bennett	Gar-Field
1982	50-2	Roger Bennett	Fairfax
1981	49-5.5	Nick Dillard	Albemarle
1980	48-3.5	Al Toon	Menchville
1979	47-6.25	Cornelius Cousins	Hermitage
1978	48-10.75	Cornelius Cousins	Hermitage
1977	48-9.75	Cornelius Cousins	Hermitage
1976	49-2	Joe Smith	Denbigh
1975	49-11.5	James Gardner	Albemarle
1974	49-2.75	James Gardner	Albemarle
1973	47-8	Dennis Hinton	Western Branch
1972	48-10	Dale Scott	Menchville
1971	49-4.5	Keith Witherspoon	Huntington
1970	49-4.5	Jerry Gaines	Western Branch
1969	48-6.75	Doug Dickinson	Newport News
1968	46-8.5	Clayton Deskins	Washington-Lee
1967	46-10	Doug Dickinson	Newport News
1966	43-7.5	Jim Livesay	Huguenot
1965	44-1	Dave Smith	Douglas Freeman

Pole Vault

2011	15-3	Chris Pillow	Atlee
2010	15-6	Matt Hazelgren	Stafford
2009	15-9	Matthew Armentrout	Deep Run
2008	14-9	Allen Kelly	King's Fork
2007	15-0	Matthew Armentrout	Deep Run
2006	15-0	Michael Morrison	Great Bridge
2005	16-6	Michael Morrison	Great Bridge
2004	15-6	Daniel Magness	Great Bridge
2003	15-0	Daniel Magness	Great Bridge
2002	16-1	David Sullivan	Centreville
2001	15-4	David Sullivan	Centreville
2000	14-0	David Sullivan	Centreville
1999	14-0	Jimmy Tran	Great Bridge
1998	13-6	Matt Turner	Deep Creek
1997	15-6	Brian Hunter	Great Bridge
1996	14-6	Brian Hunter	Great Bridge
1995	14-6	Kevin Coyne	West Springfield
1994	14-6	Gregory Benhase	Bayside
1993	15-0	Robbie Thompson	Herndon
1992	16-0	Lawrence Johnson	Great Bridge
1991	15-8	Lawrence Johnson	Great Bridge
1990	14-6	Tom Cooke	James Wood
1989	15-7	Kevin Brown	Henrico
1988	14-3	Ben Huggins	E.C. Glass
1987	14-6	Mike Hood	Bayside

1974	14.0	Mark Brown	Kecoughtan
1973	14.2	Mike Voight	Indian River
1972	14.6	John Johnson	T.C. Williams
1971	14.5	Charles Dobson	Bethel
1970	14.4	Mike Taliaferro	Denbigh
1969	14.3	Doug Dickinson	Newport News
1968	14.4	Jim Cutler	Newport News
1967	14.6	Doug Dickinson	Newport News
1966	14.6	Al Kent	Douglas Freeman
1965	14.6	Greg Magee	York
1964	14.7	Harry Patterson	Huguenot
1963	14.3	David Lewis	Douglas Freeman
1962	15.2	Glen Spear	Granby
1961	15.3	David Lewis	Douglas Freeman
1960	14.3	Joe McDonough	Granby
1959	15.0	James Williams	Andrew Lewis
1958	14.8	Donald Snead	Warwick
1957	14.4	William Johnson	Wakefield
1956	15.1	Jerry Saunders	Newport News
1955	14.8	James Starboard	Newport News
1954	15.8	James Thomas	Granby
1953	15.6	Gene Drury	George Washington-A
1952	15.1	Buddy Arnold	Thomas Jefferson-R
1951	15.6	Buddy Arnold	Thomas Jefferson-R
1950	15.2	Herman Gatling	Mauzy
1949	15.4	Chiles Larson	Mauzy
1948	14.7	Jack Gale	John Marshall
1947	15.3	Sanford White	E.C. Glass
1946	16.0	Buddy Sherrill	Granby
1944	16.4	Brock	Mauzy
1942	16.2	Clyde McAllister	John Marshall
1941	16.3	Robert McLearn	Thomas Jefferson-R
1940	16.0	Gordon Highfill	Jefferson Senior
1939	16.1	Gordon Highfill	Jefferson Senior
1938	15.8	William Burrell	George Washington-A
1937	16.2	Jack Moore	Mauzy
1936	15.7	Clinton Prebble	E.C. Glass
1935	16.3	Clinton Prebble	E.C. Glass
1934	16.7	Arthur Taylor	John Marshall
1933	15.5	William McMullin	John Marshall
1932	17.0	William McMullin	John Marshall
1931	17.2	Moncure Little	Mauzy
1930	17.4	C. Smith	Jefferson Senior
1929	17.6	Jason Ballou	E.C. Glass
1928	18.2	Roland Smith	John Marshall
1927	17.5	Wiley Wood	E.C. Glass
1926	18.2	Eddy	Jefferson Senior
1925		Thompson	Jefferson Senior
1924	18.4	Major	Mauzy
1923	19.6	Montgomery	Jefferson Senior
1922	20.4	Hesser	Jefferson Senior
1921			
1920	17.0	Harding	Woodberry Forest
1919	19.2	Walter Burge	Augusta Military Aca.
1918	17.0	Jack Reinhart	Episcopal
1917	19.2	Cole	Woodberry Forest

120 yd. (low) Hurdles

1915	14.6	Boswell Round	Manassas High School
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300m Hurdles

2011	36.99	Anthony Williams	Potomac Senior
2010	37.83	JaQuan Demiel	Lakeland
2009	36.76	Damien Thigpen	Stonewall Jackson-M
2008	37.04	Damien Thigpen	Stonewall Jackson-M
2007	37.50	Damien Thigpen	Stonewall Jackson-M
2006	38.26	Michael Morrison	Great Bridge
2005	38.07	Hamid Abdurrahman	Hampton
2004	39.13	Philippe Tondereau	Westfield
2003	38.41	Terry Thornton	Petersburg
2002	38.56	Craig Gallimore	Lake Braddock
2001	37.99	Rashad Gardner	Oscar Smith
2000	37.97	Gemayel Hazard	Bethel
1999	37.43	Boyd Ouden	C.D. Hylton
1998	37.28	Rickey Harris	Centreville
1997	37.23	Derrick Blount	Hermitage
1996	38.03	Cleveland McClory	West Potomac
1995	37.58	Tony Smith	Western Branch
1994	37.42	Charles Reid	Salem-Virginia Beach
1993	37.03	Jerel Williams	Menchville
1992	37.80	Demond Ferguson	E.C. Glass
1991	38.15	Michael Cherry	Bethel
1990	37.15	Dennis Toole	Gar-Field
1989	37.19	Michael Chance	Lake Taylor
1988	38.04	Herschel McLemore	Woodbridge
1987	37.41	Eric Carroll	L.C. Bird
1986	36.56	William Goode	Heritage
1985	37.98	Curtis Ponton	Bethel
1984	36.50	Patrick Mann	Gar-Field
1983	37.35	Patrick Mann	Gar-Field
1982	37.50	Keith Browning	Menchville
1981	38.10	Ray Perry	Menchville
1980	37.0	Eric Perry	Menchville

330yd Hurdles

1979	37.7	Cornelius Cousins	Hermitage
1978	37.75	Antoine Holliman	Princess Anne
1977	36.7	David Washington	Bethel
1976	37.0	Jimmy Little	Woodbridge
1975	37.4	Carney Perkins	Ferguson
1974	37.2	Mark Blackwell	Groveton
1973	37.5	Rod Schlipf	Western Branch

180yd Hurdles (Curve)

1972	19.6	John Johnson	T.C. Williams
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180yd Hurdles (Straight)

1971	19.2	Charles Dobson	Bethel
1970	18.7	Kent Merritt	Lane
1969	18.9	Doug Dickinson	Newport News
1968	19.0	Jim Cutler	Newport News
1967	19.4	Lathan Hill	Mauzy
1966	19.7	Dave Marsden	W.T. Woodson
1965	19.4	Lee Abrahamson	Ferguson
1964	20.0	Fella Rhodes	Great Bridge
1963	19.2	David Lewis	Douglas Freeman
1962	20.6	Buddy Bell	Hammond
1961	20.2	Mike Cole	Hampton
1960	19.7	Robert Vermillion	Hampton

1938	10.2	Hundley Diffendal	E.C. Glass
1937	10.1	Benton Dodd	Newport News
1936	10.0	Benton Dodd	Newport News
1935	10.0	William Hopkins	John Marshall
1934	10.2	William Hopkins	John Marshall
1933	10.1	John Johnston	Jefferson Senior
1932	10.1	Ernest Pritchard	Maury
1931	10.5	Moncure Little	Maury
1930	10.3	Tarrall	Maury
1929	10.6	Draper	Jefferson Senior
1928	10.6	Oppenheimer	John Marshall
1927	10.5	Draper	Jefferson Senior
1926	10.5	Sydney Boggress	John Marshall
1925	10.5	Sydney Boggress	John Marshall
1924	10.6	Tinsley	Jefferson Senior
1923	10.4	Cuddy	Jefferson Senior
1922	10.8	Cuddy	Jefferson Senior
1921		Watkins	Jefferson Senior
1920	10.6	Owens	Wilson
1919	11.0	Ben Baker	Episcopal
1918	10.6	Simon Seward	Episcopal
1917	11.0	Hancock	Fork Union
1916	10.2	Strubbin	Episcopal
1915	10.0	McCall	Woodberry Forest

200m Dash

2011	21.72	Justin Burke	First Colonial
2010	21.33	Darrell Wesh	Landstown
2009	21.68	James Taylor	Nansemond River
2008	21.59	Torry Womack	Western Branch
2007	21.47	Sean Holston	R.E. Lee-Springfield
2006	21.47	Charles Clark	Bayside
2005	21.59	Percy Harvin	Landstown
2004	21.13	Lashawn Merritt	Woodrow Wilson
2003	21.79	Isaac Madison	Bayside
2002	22.18	Charles Cox	Kempsville
2001	21.68	Jerome Mathis	Petersburg
2000	21.35	Rickey Harris	Centreville
1999	21.87	Rico Lloyd	Potomac
1998	21.70	Christopher Deshazor	George Washington
1997	22.23	Roscoe Coles	Salem-Virginia Beach
1996	21.74	Sevend Mason	Green Run
1995	21.81	Ian Winston	Hayfield
1994	21.22	Ian Winston	Hayfield
1993	21.65	Anthony Holley	T.C. Williams
1992	21.90	Cory Doxey	Norview
1991	21.57	Daryl Newby	George Washington
1990	21.30	Tyrone Turpin	Heritage
1989	21.47	Rodney Bridges	T.C. Williams
1988	21.59	Aaron Merriweather	Petersburg
1987	21.00	Kerry Wooden	Warwick
1986	21.24	Andre Cason	Green Run
1985	21.60	Robert Foster	Denbigh
1984	21.37	Zach Dortch	Bethel
1983	21.78	Martin Smith	Jefferson/Huguenot/ Wythe
1982	21.90	Brian Banks	Gar-Field
1981	21.80	Donald Pitt	Booker T. Washington
1980	20.90	Curtis Riddick	First Colonial

220yd Dash (Curve)

1979	21.6	Mark Mial	Fort Hunt
1978	21.39	Eric Brown	Bethel
1977	21.1	Eric Brown	Bethel
1976	21.6	Gerald Marcus	Ferguson
1975	21.0	Ronnie Harris	Albemarle
1974	21.3	Ronnie Harris	Albemarle
1973	22.0	Lee Dowell	Albemarle
1972	21.6	Ronnie Ray	Ferguson

220yd Dash (Straight)

1971	21.9	Barney Cobb	John Marshall
1970	21.6	Charles Dobson	Bethel
1969	21.3	Kent Merritt	Lane
1968	21.5	Mike Canzonieri	Robert E. Lee
1967	21.1	Mike Fratkin	Douglas Freeman
1966	21.3	Mike Fratkin	Douglas Freeman
1965	21.6	Billy Schroding	Newport News
1964	21.4	Fred Anspach	Newport News
1963	22.3	Fred Anspach	Newport News
1962	22.2	Ronnie Spruill	Norview
1961	22.2	Mike Cole	Hampton
1960	21.8	Gene Duncan	Newport News
1959	22.5	John Zwerner	Wakefield
1958	22.4	Robert Sher	Wilson
1957	21.4	Jonas Spiegall	Thomas Jefferson-R
1956	21.95	Jonas Spiegall	Thomas Jefferson-R
1955	22.2	Howard Moss	Thomas Jefferson-R
1954	23.2	Charles Holt	Norview
1953	23.7	J. Ingfalsen	Washington-Lee
1952	22.9	James Henderson	Wilson
1951	23.0	Maury White	Cradock
1950	23.2	Malcolm Byrd	Washington-Lee
1949	22.2	Malcolm Byrd	Washington-Lee
1948	22.2	Frank Scott	Petersburg
1947	23.0	Rex Johnson	Washington-Lee
1946	22.7	Frank Rosenfeld	Newport News
1944	24.0	Ronald Allen	Maury
1942	22.6	L. Sanford	Newport News
1941	22.4	Courtney Renshaw	George Washington-A
1940	22.9	William Hargrave	Thomas Jefferson-R
1939	23.4	Floyd McKenna	E.C. Glass
1938	22.9	Brown	Maury
1937	25.1	Jack Moore	Maury
1936	22.1	Benton Dodd	Newport News
1935	22.0	William Hopkins	John Marshall
1934	22.5	William Hopkins	John Marshall
1933	22.0	John Johnston	Jefferson Senior
1932	22.9	John Johnston	Jefferson Senior
1931	22.7	Dinsmore Scruggs	E.C. Glass
1930	23.1	Tarrall	Maury
1929	23.4	Draper	Jefferson Senior
1928	23.4	Oppenheimer	John Marshall
1927	23.4	Powell	Wilson
1926	22.4	H.G. Robinson	Maury
1925	24.0	Mirmelstein	Newport News
1924	22.8	H.G. Robinson	Maury
1923	22.9	Cuddy	Jefferson Senior
1922	24.0	Cuddy	Jefferson Senior

1921		Watkins	Jefferson Senior
1920	23.6	Owens	Wilson
1919	24.0	Ben Baker	Episcopal
1918	23.4	Simon Seward	Episcopal
1917	22.6	Hancock	Fork Union
1916	23.2	John Strubbin	Episcopal
1915	23.2	McCall	Woodberry Forest

400m Dash

2011	47.42	Justin Burke	First Colonial
2010	47.10	Justin Burke	First Colonial
2009	47.12	James Taylor	Nansemond River
2008	47.60	Javell Bullard	Bethel
2007	47.47	Sean Holston	R.E. Lee-Springfield
2006	47.21	Charles Clark	Bayside
2005	48.26	Quentin Moore	Deep Creek
2004	47.69	Lashawn Merritt	Woodrow Wilson
2003	48.04	Lashawn Merritt	Woodrow Wilson
2002	48.98	Marcus Satchell	Bethel
2001	47.74	Domonich Richmond	Bethel
2000	46.21	Rickey Harris	Centreville
1999	47.64	Rickey Harris	Centreville
1998	48.30	Lawrence Ward	Western Branch
1997	47.86	Robert Hamilton	Douglas Freeman
1996	48.63	Robert Hamilton	Douglas Freeman
1995	48.28	Shaun Ricks	Menchville
1994	48.29	Shaun Ricks	Menchville
1993	48.11	Shelby Crawley	Meadowbrook
1992	48.70	Brad Meade	Centreville
1991	47.60	Michael Lacy	Lake Braddock
1990	47.43	Charles Cook	Menchville
1989	47.73	Johnny Davenport	Deep Creek
1988	46.99	Kerry Wooden	Warwick
1987	46.25	Kerry Wooden	Warwick
1986	48.10	Kerry Wooden	Warwick
1985	48.10	Michael Wooden	Bethel
1984	47.29	Byron Moyer	William Fleming
1983	47.59	Ronald Coleman	Denbigh
1982	47.30	Ronald Coleman	Denbigh
1981	47.10	Johnny Epps	Maury
1980	47.50	Joe Miller	Gar-Field

440yd Dash

1979	48.7	Steve Henderson	George Washington-D
1978	47.97	Willie Smith	Warwick
1977	47.2	Darryl Patterson	Bethel
1976	48.2	Sandy Lawrence	Indian River
1975	47.0	Ronnie Harris	Albemarle
1974	48.2	Sandy Lawrence	Indian River
1973	48.5	Ronnie Harris	Albemarle
1972	45.8	Ronnie Ray	Ferguson
1971	49.1	Everett Browning	Huntington
1970	49.2	Alfonso Blackley	Kecoughtan
1969	49.0	Walter Cooke	George Wythe
1968	49.3	Bob Knox	Virginia
1967	49.0	John Morris	E.C. Glass
1966	49.4	Bruce Wint	Washington-Lee
1965	49.0	William Schroding	Newport News
1964	49.0	Fred Anspach	Newport News

1963	48.8	Fred Anspach	Newport News
1962	49.9	Fred Anspach	Newport News
1961	50.4	Bill Jenkins	Great Bridge
1960	49.0	James Patillo	Norview
1959	50.7	James Patillo	Norview
1958	50.7	Mike Turner	Washington-Lee
1957	50.8	Durman Arrington	Granby
1956	49.9	Charles Chalkley	Wakefield
1955	50.7	Lee Calhoun	Washington-Le
1954	54.5	B. Garwood	Lane
1953	52.1	Donnie Jacques	Hampton
1952	51.9	J. Curry	Wilson
1951	51.7	Ashton Violette	Newport News
1950	51.1	Stuart McCowan	Washington-Lee
1949	51.2	Eddie Fowler	Washington-Lee
1948	51.0	Robert Parrish	John Marshall
1947	51.5	Robert Parrish	John Marshall
1946	52.2	Lyle Snidow	Thomas Jefferson-R
1944	53.6	Norris	Lane
1942	51.2	H. Walton	Jefferson Senior
1941	51.1	B. Cato	Maury
1940	51.8	Edgar Thacker	John Marshall
1939	55.2	William Lugar	Thomas Jefferson-R
1938	51.1	Brown	Maury
1937	53.8	Pritchard	Hopewell
1936	52.9	Roy Carter	Newport News
1935	51.0	Roy Carter	Newport News
1934	52.1	Benton Dodd	Newport News
1933	50.8	Williard Gresham	Newport News
1932	52.3	Platt Bullard	John Marshall
1931	52.0	Platt Bullard	John Marshall
1930	52.9	Platt Bullard	John Marshall
1929	51.2	Maury Gatewood	John Marshall
1928	54.0	Maury Gatewood	John Marshall
1927	53.4	Spears	Wilson
1926	50.1	H.G. Robinson	Maury
1925	53.2	Holtzclaw	Hampton
1924	53.2	Leitch	Charlottesville
1923	56.9	Garrett	Fredricksburg
1922	55.8	Phillips	Scottsville
1921			
1920	55.5	William Deitrick	Maury
1919	55.0	Ben Baker	Episcopal
1918	52.4	Ben Baker	Episcopal
1917	54.2	Lynch	Eastern College
1916	54.4	John Haywood	Episcopal
1915	53.6	Lynch	Manassas

800m Run

2011	1:52.59	Zack Fanelty	Tallwood
2010	1:53.07	Brandon Burton	Woodside
2009	1:55.16	Zachary Vrhovac	Albemarle
2008	1:54.07	Eric Hoepker	Battlefield
2007	1:53.98	Mathew Anderson	West
2006	1:54.51	Alex Bowman	Hermitage
2005	1:54.63	Thuom Mathiang	J.R. Tucker
2004	1:55.97	Brian Fussell	Hayfield
2003	1:54.39	Alex Tatu	Thomas Dale
2002	1:52.06	Richard Smith	South Lakes

2001	1:47.74	Alan Webb	South Lakes
2000	1:53.81	Curtis Parker	Woodside
1999	1:56.24	Juan Person	Mt. Vernon
1998	1:54.33	Andrew MacLeod	Oakton
1997	1:49.61	Sharif Karie	West Springfield
1996	1:53.82	James Vasak	Thomas Jefferson S&T
1995	1:49.90	Seneca Lassiter	Lafayette
1994	1:53.77	Michael Brown	Salem-Virginia Beach
1993	1:52.89	Alfonso Mitchell	Hampton
1992	1:57.89	Marcus Luck	George Washington
1991	1:53.10	Steve Johnson	Menchville
1990	1:52.62	Steve Johnson	Menchville
1989	1:55.70	Joe King	Norview
1988	1:53.70	Rodney Smith	E.C. Glass
1987	1:54.96	Rodney Smith	E.C. Glass
1986	1:54.29	Rudy Wilkins	Menchville
1985	1:53.43	Michael Johnson	Petersburg
1984	1:50.34	Cedric Matterson	T.C. Williams
1983	1:53.17	Michael Davila	Langley
1982	1:54.3	Ed Thornton	Menchville
1981	1:52.1	Kelly Whitehurst	Bayside
1980	1:51.6	Cullen Mattox	Jefferson/Huguenot/ Wythe

880yd Run

1979	1:57.0	Melvin Johnson	Hermitage
1978	1:53.58	Cullen Mattox	Thomas Jefferson-R
1977	1:52.8	Raymond McDaniels	Cox
1976	1:52.2	Clifton Perry	Menchville
1975	1:51.3	Clifton Perry	Menchville
1974	1:54.9	Brian Rhinehart	Cox
1973	1:53.1	Willie Mason	York
1972	1:55.6	Steve Muck	Mt. Vernon
1971	1:54.2	Craig Talley	T.C. Williams
1970	1:53.1	Allan Sharrett	Langley
1969	1:55.2	Haynes Lund	George Wythe
1968	1:53.2	John Averett	E.C. Glass
1967	1:57.0	Vince Little	Maury
1966	1:56.5	Siguard Lee	McLean
1965	1:57.0	Wayne Futrell	Warwick
1964	1:56.3	Steve Washburn	Falls Church
1963	1:56.0	Terry Donnelly	Washington-Lee
1962	1:56.0	Jimmy Johnson	Norview
1961	1:59.6	Bob Blankenbaker	Annandale
1960	1:58.7	Joseph Duggan	Douglas Freeman
1959	1:58.5	John Irby	Douglas Freeman
1958	1:56.4	David Peltz	Newport News
1957	1:59.2	Joseph Grammer	Wakefield
1956	1:59.2	Joseph Grammer	Wakefield
1955	2:01.8	D. Brown	George Washington-A
1954	2:06.2	J. Hort	Washington-Lee
1953	2:05.2	J. Carter	Jefferson Senior
1952	2:03.9	J. Draper	Lane
1951	2:07.0	Smith	Andrew Lewis
1950	2:04.0	George Parsons	Thomas Jefferson-R
1949	2:03.6	Phil Levy	Newport News
1948	1:57.0	Robert Jones	George Washington-A
1947	1:58.2	Robert Jones	George Washington-A
1946	2:03.1	Clarence Roy	Granby
1944	2:15.8	Cousins	Maury

1942	2:02.8	G. Rector	Fairfax
1941	2:07.2	Alvin Smith	Jefferson Senior
1940	2:05.6	Alvin Smith	Jefferson Senior
1939	2:07.2	Weston	Jefferson Senior
1938	2:05.2	Bernard Stinson	Newport News
1937	2:05.6	Bernard Stinson	Newport News
1936	2:05.6	Fred Hardy	John Marshall
1935	2:02.6	Joseph Marcotte	E.C. Glass
1934	2:05.1	Fred Hardy	John Marshall
1933	2:01.0	Willard Gresham	Newport News
1932	2:00.4	Platt Bullard	John Marshall
1931	2:00.2	Platt Bullard	John Marshall
1930	2:06.6	Platt Bullard	John Marshall
1929	2:09.5	Maury Gatewood	John Marshall
1928	2:10.0	Rudd	Maury
1927	2:07.9	Slaydon	Newport News
1926	2:05.6	Campbell	Maury
1925	2:07.9	Robert Mitchell	John Marshall
1924	2:03.6	Nininger	Jefferson Senior
1923	2:08.2	Garland Sharp	John Marshall
1922	2:13.4	Preston	Jefferson Senior
1921			
1920		Smyser	Staunton Military Aca.
1919	2:16.4	Smyser	Staunton Military Aca.
1918	2:07.2	Kinlock Yellott	Episcopal
1917	2:15.4	Cochran	Augusta Military Ac.
1916	2:08.4	Carroll	Woodberry Forest
1915	2:14.6	Fitzsimmons	Woodberry Forest

1600m Run

2011	4:10.91	Ahmed Bile	Annandale
2010	4:11.37	Drew Paisley	Ocean Lakes
2009	4:10.03	Thomas Porter	Mountain View
2008	4:13.38	Joe LoRusso	Oakton
2007	4:15.78	Eddie Judge	Frank Cox
2006	4:15.26	Daniel Leyh	Colonial Forge
2005	4:13.85	Micheal Chapa	J.R. Tucker
2004	4:13.39	Christo Landry	Thomas Jefferson S&T
2003	4:19.41	Alex Tatu	Thomas Dale
2002	4:15.15	Alex Tatu	Thomas Dale
2001	4:13.67	Matt Maline	Oakton
2000	4:19.77	Alan Webb	South Lakes
1999	4:11.43	Alan Webb	South Lakes
1998	4:15.57	Pat Conway	West Springfield
1997	4:05.38	Sharif Karie	West Springfield
1996	4:14.21	Sharif Karie	West Sprigfield
1995	4:08.85	Sharif Karie	West Springfield
1994	4:08.76	Seneca Lassiter	Lafayette
1993	4:16.91	James Collins	Chantilly
1992	4:22.50	Jon Hunt	Princess Anne
1991	4:16.7	Roy Borden	Hayfield
1990	4:14.44	Joe King	Norview
1989	4:17.9	Eddie Antoine	Green Run
1988	4:14.76	Brad Baker	Lake Braddock
1987	4:12.97	Barry Maroney	Monacan
1986	4:12.97	Nicky Embrey	North Stafford
1985	4:16.19	Bill Boatwright	Annandale
1984	4:13.83	David Swann	James Robinson
1983	4:14.09	Bernard Thomas	E.C. Glass

1982	4:16.1	Mark Anderson	Manor
1981	4:17.8	Eric Fredericksen	Henrico
1980	4:12.3	Cullen Mattox	Jefferson/Huguenot/ Wythe

Mile Run

1979	4:13.3	Mike Mansey	T.C. Williams
1978	4:13.59	Chuck Wimberly	Thomas Edison
1977	4:11.8	Raymond McDaniels	Cox
1976	4:16.6	Matt Smith	Fort Hunt
1975	4:11.6	Mike Ellington	Ferguson
1974	4:12.3	Walt Jachimowicz	Gar-Field
1973	4:11.1	Richard Schwartz	E.C. Glass
1972	4:10.1	James Vogt	Stonewall Jackson
1971	4:19.8	James Vogt	Stonewall Jackson
1970	4:17.7	Steve Nobles	West Springfield
1969	4:21.0	Horace Hawkins	Cradock
1968	4:23.1	Eric O'Neill	Huguenot
1967	4:21.3	Clyde Goode	George Wythe
1966	4:16.5	Ben Wilson	Hermitage
1965	4:21.1	Herb Daniel	George Wythe
1964	4:23.4	Greg Camp	McLean
1963	4:23.2	Terry Donnelly	Washington-Lee
1962	4:22.9	Jimmy Johnson	Norview
1961	4:30.4	Addison Higginbotham	E.C. Glass
1960	4:30.7	Frank Brown	Warwick
1959	4:29.9	John Garten	George Washington-A
1958	4:29.8	Virgil Meares	Newport News
1957	4:26.3	Frank Colavita	Washington-Lee
1956	4:34.2	Samuel Ellis	Fairfax
1955	4:37.1	James Outen	Lane
1954	4:47.9	Norman Williams	Thomas Jefferson-R
1953	4:40.3	Thomas Weymouth	Newport News
1952	4:37.2	V. Theide	Washington-Lee
1951	4:48.5	Jack Sanford	John Marshall
1950	4:43.8	Jack Sanford	John Marshall
1949	4:26.5	Robert Jones	George Washington-A
1948	4:37.4	Lee Early	John Marshall
1947	4:47.8	Stewart Anderson	George Washington-A
1946	4:40.2	Penny	Newport News
1944	4:36.8	Cousins	Mauzy
1942	4:42.2	A. Glass	George Washington-A
1941	4:43.9	Alvin Smith	Jefferson Senior
1940	4:42.8	Alvin Smith	Jefferson Senior
1939	4:41.7	Phillip Thomas	Thomas Jefferson-R
1938	4:39.8	Bernard Stinson	Newport News
1937	4:38.0	Bernard Stinson	Newport News
1936	4:33.3	Fred Hardy	John Marshall
1926-1935 Class A High Schools did not run the mile as an event in the state meet			
1925	4:47.0	Willard Gresham	Newport News
1924	4:51.0	Nininger	Jefferson Senior
1923	4:58.0	Nininger	Jefferson Senior
1922	4:55.4	Duiguid	Jefferson Senior
1921			
1920	4:53.2	Howard Jackson	E.C. Glass
1919	5:11.0	Christian	Virginia Episcopal
1918	5:01.8	Weaver	Augusta Military Aca.
1917	5:12.6	Pace	Woodberry Forest
1916	4:55.0	Willie Wharton	John Marshall

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1915	4:59.2	Fitzsimmons	Woodberry Forest
3200m Run			
2011	9:09.59	Adam Visokay	Albemarle
2010	9:08.43	Christopher Foley	Chantilly
2009	9:06.28	Ben DeJarnette	Atlee
2008	9:17.46	Jason Witt	Midlothian
2007	9:18.03	Mike Spooner	West Springfield
2006	9:19.80	Mike Spooner	West Springfield
2005	9:27.33	Jason Vick	Oakton
2004	9:13.74	Christo Landry	Thomas Jefferson S&T
2003	9:33.43	Steve Hoogland	Lake Braddock
2002	9:13.61	Matt Keally	Ocean Lakes
2001	9:17.93	Matt Keally	Ocean Lakes
2000	9:32.88	Austin Smith	Midlothian
1999	9:17.13	Jacob Frey	Oakton
1998	9:34.63	Alan Webb	South Lakes
1997	9:12.94	Eric Post	Chantilly
1996	9:12.54	Eric Kweder	Thomas Edison
1995	9:12.50	Sharif Karie	West Springfield
1994	9:26.31	Seneca Lassiter	Lafayette
1993	9:31.50	Samuel Gahremariam	T.C. Williams
1992	9:24.70	Tony Sawyer	Denbigh
1991	9:27.8	Tony Sawyer	Denbigh
1990	9:26.9	Mayura Bolollagama	George Marshall
1989	9:35.1	Andre Williams	Armstrong
1988	9:24.55	Travis Walter	Franklin County
1987	9:28.2	Jeff Pajack	Annandale
1986	9:26.31	Desmond Proctor	J.R. Tucker
1985	9:32.85	David Ryan	Kempsville
1984	9:22.11	John Stein	Woodbridge
1983	9:21.67	Shannon McCarter	Stonewall Jackson-M.
1982	9:17.0	Rick Clarke	Kempsville
1981	9:22.7	Danny Usher	Douglas Freeman
1980	9:01.4	Dwight Stephens	T.C. Williams

Two Mile Run

1979	8:56.0	Jim Hill	Oakton
1978	9:17.39	Jim Hill	Oakton
1977	9:18.1	Jim Hill	Oakton
1976	9:08.8	Pete Tatro	Fort Hunt
1975	9:13.1	George Watts	Thomas Edison
1974	8:59.6	George Watts	Thomas Edison
1973	9:14.7	George Watts	Thomas Edison
1972	9:06.8	Chris Tulou	Mauzy
1971	9:17.2	Scott Eden	Douglas Freeman
1970	9:27.8	Scott Eden	Douglas Freeman
1969	9:34.4	Irvin Lyerly	Newport News
1968	9:35.9	Nathan Boettcher	Lee-Davis
1967	9:36.8	Fred Guest	Tucker
1966	9:20.2	Fred Guest	Tucker
1965	9:39.2	Tom Morris	Warwick

400m Relay (4x100)

2011	42.04	Brooke Point
2010	41.63	Landstown
2009	42.21	Western Branch
2008	41.77	Nansemond River
2007	41.52	I.C. Norcom

2006	42.62	Manchester	1978	3:15.98	Hampton
2005	42.06	Landstown	1977	3:15.1	Bethel
2004	42.03	Deep Creek	1976	3:14.5	Hampton
2003	42.42	Bayside	1975	3:20.6	Lafayette
2002	41.98	Lakeland	1974	3:17.3	Ferguson
2001	41.60	Deep Creek	1973	3:19.9	Bethel
2000	42.01	Deep Creek	1972	3:17.7	Ferguson
1999	41.36	Potomac	1971	3:17.9	Huntington
1998	41.75	William Fleming	1970	3:21.2	E.C. Glass
1997	42.14	Western Branch	1969	3:21.2	Carver
1996	41.92	Green Run	1968	3:21.5	E.C. Glass
1995	41.63	Green Run	1967	3:21.6	E.C. Glass
1994	41.60	Green Run	1966	3:23.8	Washington-Lee
1993	41.70	T.C. Williams	1965	3:24.8	Wakefield and Douglas Freeman
1992	42.80	Green Run	1964	3:28.0	Newport News
1991	42.23	Kecoughtan	1963	3:24.0	Hammond
1990	41.86	George Washington	1962	3:25.4	Hampton
1989	42.28	Bayside	1961	3:27.9	Douglas Freeman
1988	42.08	T.C. Williams	1960	3:28.5	Washington-Lee
1987	41.60	Green Run	1959	3:30.3	Norview
1986	41.85	Green Run	1958	3:30.9	Washington-Lee
1985	41.57	Ferguson	1957	3:29.0	Newport News

1600m Relay (4x400)

2011	3:18.33	Kings Fork	1956	3:30.1	Granby
2010	3:20.61	Oscar Smith	1955	3:32.5	Washington-Lee
2009	3:18.52	West Potomac	1954	3:41.1	Norview
2008	3:15.71	Bethel	1953	3:31.0	Washington-Lee
2007	3:15.75	Western Branch	1952	3:36.5	Lane
2006	3:20.27	Bethel	1951	3:40.3	E.C. Glass
2005	3:21.13	Potomac	1950	3:36.2	Newport News
2004	3:21.52	Deep Creek	1949	3:34.8	Washington-Lee
2003	3:18.31	Deep Creek	1948	3:29.0	Washington-Lee
2002	3:17.29	Deep Creek	1947	3:39.5	Wilson
2001	3:16:81	Bethel	1946	3:36.2	Thomas Jefferson-R
2000	3:14.66	Heritage-Newport News	1944		Thomas Jefferson-R
1999	3:18.25	C.D. Hylton	1942	3:37.2	Jefferson Senior
1998	3:17.07	Heritage-Newport News	1941	3:34.1	Maury
1997	3:17.52	Heritage-Newport News	1940	3:32.5	Hampton
1996	3:18.03	Hampton	1939	3:40.6	Hampton
1995	3:15.54	Hampton	1938	3:36.6	Thomas Jefferson-R
1994	3:16.97	Hampton	1937	3:37.2	Hopewell
1993	3:20.28	Denbigh	1936	3:32.7	Newport News
1992	3:21.60	T.C. Williams	1935	3:34.5	John Marshall
1991	3:18.6	George Washington	1934	3:35.8	Newport News
1990	3:14.26	Menchville	1933	3:27.5	John Marshall
1989	3:18.20	Maury	1932	3:42.0	Jefferson Senior
1988	3:17.84	Denbigh	1931	3:36.2	John Marshall
1987	3:16.74	Menchville	1930	3:38.8	John Marshall
1986	3:16.71	Lake Braddock	1929	3:41.0	John Marshall
1985	3:16.76	Bethel	1928	3:52.6	Maury
1984	3:14.23	Bethel	1927	3:36.5	Wilson
1983	3:14.15	Marshall/Walker	1926	3:38.4	E.C. Glass
1982	3:16.7	T.C. Williams	1925	3:39.2	John Marshall
1981	3:15.6	Maury	1924	3:49.4	John Marshall
1980	3:16.4	Jefferson/Huguenot/Wythe	1923	3:47.0	John Marshall
			1922	3:38.4	Jefferson Senior
			1921	3:45.0	Jefferson Senior
			1920	3:42.6	E.C. Glass
			1919		E.C. Glass
			1918	3:59.6	Jefferson Senior

Mile Relay

1979 3:16.2 Menchville

1917 3:52.0 Jefferson Senior
 1916 John Marshall
 1915 3:47.0 Woodberry Forest

3200m Relay (4x800)

2011 7:49.44 Atlee
 2010 7:49.09 Western Branch
 2009 7:55.48 Albemarle
 2008 7:49.55 Albemarle
 2007 7:53.87 Forest Park
 2006 7:46.81 Colonial Forge
 2005 7:49.89 Herndon
 2004 7:58.39 Westfield
 2003 7:42.39 Midlothian
 2002 7:53.09 South Lakes
 2001 7:53.75 Lake Braddock
 2000 7:49.85 South Lakes
 1999 7:50.74 T.C. Williams
 1998 7:50.59 Hayfield
 1997 7:51.26 Hayfield
 1996 7:58.01 West Springfield
 1995 7:46.83 Menchville
 1994 7:48.87 James Madison
 1993 7:52.90 Lafayette
 1992 8:02.80 West Springfield
 1991 7:56.2 T.C. Williams
 1990 7:48.6 T.C. Williams
 1989 7:52.56 T.C. Williams

Individual Champions

AA

Shot Put

2011	53-07	James Potts	
2010	53-06	Brandon Sparrow	Liberty-Bedford
2009	55-02	Jake Kroko	James Monroe
2008	54-02	Justin Smith	Turner Ashby
2007	57-07.50	Erik Kuster	Liberty-Bedford
2006	55-08.50	Jarrod Burton	Tazewell
2005	56-02	Jordon Purvis	Waynesboro
2004	55-11.5	Nathan Turner	Spotswood
2003	50-11	Charlie Porterfield	Lee
2002	51-7	Britton Williams	Graham
2001	55-10	Willie Walker	Greensville Co.
2000	53-5	Willie Walker	Greensville Co.
1999	53-3	Josh Young	Spotswood
1998	53-5	Todd Bradley	York
1997	55-4	Chad Beasley	Gate City
1996	53-3.25	Derrick Hull	Liberty-Bealeton
1995	57.25	Dillon Taylor	Spotswood
1994	58-4.25	Dillon Taylor	Spotswood
1993	56-2	Dillon Taylor	Spotswood
1992	58-5	Perry Gaskins	Loudon Valley
1991	54-11	Seth McGuffin	Waynesboro
1990	58-1.75	Kenneth Ford	Southampton
1989	58-8.5	Kenneth Ford	Southampton
1988	56-3.5	Tony Shifflett	Waynesboro
1987	55-8	Donald Jones	William Campbell

1986	60-3.75	Ray Barnett	Spotsylvania
1985	56-7	Donald Jones	William Campbell
1984	58-8.25	Tim Goad	Patrick County
1983	53-9	Crobett Durrett	Waynesboro
1982	54-4.5	Tom Malloy	Broad Run
1981	57-6	Milton Franklin	Virginia
1980	55-11	John Blackwell	Waynesboro
1972	53-8	Fred Garst	Turner Ashby

Discus

2011	158-04	Matthew Zajac	E.C. Glas
2010	177-03	Kyle Fortney	Fauquier
2009	167.00	Omar Omokodian	Briar Woods
2008	152-00	Rueben Shanks	Warren County
2007	179-00	Erik Kuster	Liberty-Bedford
2006	164-01	Brian Roof	Liberty, Bealton
2005	165-06	Kevin Boggs	Warren County
2004	168-03	Jason Cook	Brentsville
2003	155-8	Kalani Heppe	Liberty-Bealeton
2002	150-2	Bryant Garrett	Staunton River
2001	155-11	Willie Walker	Greensville Co.
2000	159-8	Samuel McKinney	Salem
1999	149-11	Jeff Papirtis	Loudon Co.
1998	150-4	Jake Housewright	Gate City
1997	176-3	Chad Beasley	Gate City
1996	158-6	Richard Griffin	James Monroe
1995	173-3	Dillon Taylor	Spotswood
1994	160-4	Dhata Harris	Loudon Co.
1993	152-11	James Robinson	Handley
1992	159-10	Gerald Smith	Western Albemarle
1991	161-0	Jared Jamlin	Blacksburg
1990	150-8	Darius Boles	Handley
1989	166-9	Matthew Eckstein	York
1988	152-3	Edward Birchett	Sussex
1987	157-3	Donald Jones	William Campbell
1986	166-3	Ray Barnett	Spotsylvania
1985	162-8	John Farmer	Louisa
1984	162-6	Jeff Saylor	Park View-Sterling
1983	157-0	Dave Choiniere	Loudoun Valley
1982	163-9	Gene Thomas	Waynesboro
1981	162-10	Milton Franklin	Virginia
1980	158-6	John Blackwell	Waynesboro
1972	155-1.5	Mike Heatwole	Turner Ashby

Long Jump

2011	22-02.50	Corrinn Harris	Louisa County
2010	21-08.75	Jaquan Dickson	James Monroe
2009	22-09	Alex Owah	Harrisonburg
2008	21-01.75	Eric Watts	Powhatan
2007	22-00.00	Brandon Banks	Courtland
2006	23-01.75	Robert Colman	Caroline
2005	22-10.25	Wayne Ferguson	Heritage-Lynchburg
2004	23-00.75	Mijuan Curtin	William Fleming
2003	23-3	Tim Jackson	Courtland
2002	23-2.5	Brandon Via	Magna Vista
2001	22-6.25	Chris Carter	Orange Co.
2000	23-4	Anthony Martin	Spotswood
1999	23-7.75	Chad Wilson	Laurel Park

1998	23-7	Shaun Talley	Park View-Sterling
1997	23-9	Jarrett Ferguson	Staunton River
1996	23-0	Larry Carter	Christiansburg
1995	23-2.5	Arthur Alexander	Charlottesville
1994	22-10.5	Cordell Green	Nelson Co.
1993	23-5	William White	Charlottesville
1992	22-6.5	Russell Hunter	Louisa Co.
1991	22-6	Aaron Shirkey	Turner Ashby
1990	22-4.5	Broderick Bonds	William Byrd
1989	22-10	James Robertson	Chatham
1988	23-8.5	Eric Bates	James Monroe
1987	23-0.5	Frank Parrott	Bruton
1986	23-4.75	Danyell Meriweather	Meadowbrook
1985	22-11.75	Terrence Warren	Kennedy
1984	23-4	Gregory Roundtree	Kennedy
1983	24-2	D.D. Manns	Bassett
1982	24-8.25	D.D. Manns	Bassett
1981	23-3.5	Denny Brinkley	John Yeates
1980	23-1.25	Ronald Humes	Orange
1972	22-2.75	Sylvester Robinson	Loudoun County

High Jump

2011	6-5	Travis Hudson	Christiansburg
2010	6-6	Tyler Davis	Magna Vista
2009	6-8	Travis Hudson	Christiansburg
2008	6-6	Justin Jackson	Charlottesville
2007	6-7	Tony Brown	Brunswick Sr.
2006	6-5	Jeff Edwards	Broad Run
2005	6-8	Maurice Hall	Gretna
2004	6-6	Joseph Owens	Warren Co.
2003	6-10	Adam Linkenauer	Lord Botetourt
2002	6-10	Adam Linkenauer	Lord Botetourt
2001	6-10	Bryan Morgan	Spotsylvania
2000	6-6	Mike Riso	Monticello
1999	6-10	Gary Buchanan	Lee
1998	6-6	Luke Orman	Jefferson Forest
1997	6-7	Mike Kirby	Fauquier
1996	6-7	Kevin Marshall	Liberty-Bealeton
1995	6-8	William Vaughn	Lee
1994	6-7	Cordell Green	Nelson Co.
1993	6-6	Eric Payton	Handley
1992	6-7	Mark Smith	Handley
1991	7-1	Elonga Hicks	Franklin
1990	6-7	Brian Burke	Northside
1989	6-3	Bobby Tonker	Charlottesville
1988	6-11	James Cockram	Patrick Co.
1987	6-11.5	James Cockram	Patrick Co.
1986	6-8	Avery Howard	Loudon Valley
1985	6-6	Mike Nelson	Thomas Dale
1984	6-7	Jvon Carter	Martinsville
1983	6-6	Kurt Sebacher	York
1982	6-7	George Ward	King George
1981	6-10	Chris Vest	Poquoson
1980	6-8	Greg Holthausen	Fieldale-Collinsville
1972	6-0	Curtis Hagwood	Patrick County

Triple Jump

2011	48-02.75	David Johnson	Charlottesville
2010	46-09	Wesley Gates	Staunton River

2009	46-00	Cornell Jones	Smithfield
2008	45-05	Ethan Nixon	Brookville
2007	45-11.75	Garrick Piggott	Lafayette
2006	46-08.25	Wayne Ferguson	Heritage, Lynchburg
2005	47-04.75	Dak Taylor-Watson	Lafayette
2004	45-8.75	Dakari Watson	Lafayette
2003	48-7	Idikoro Eradiri	Broad Run
2002	48-1	Lawrence Waller	Tunstall
2001	45-7	Lawrence Waller	Tunstall
2000	48-5.75	Anthony Johnson	Charlottesville
1999	47-10.25	Anthony Johnson	Charlottesville
1998	49-0	Shaun Talley	Park View-South Hill
1997	50-8	Shaun Talley	Park View-South Hill
1996	47-7	James Mills	Charlottesville
1995	46-5	Arthur Alexander	Charlottesville
1994	49-4.75	William White	Charlottesville
1993	49-2	Adrian Sensabaugh	Virginia
1992	46-4.25	Dustin Buckley	Caroline
1991	47-10	John Citizen	Tabb
1990	47-2.5	Keith Jefferson	Matoaca
1989	47-6.75	Kevin Childs	Louisa
1988	49-3.5	John Fullen	Patrick Henry
1987	49-5.5	John Fullen	Patrick Henry
1986	47-11	Mike Stuart	Patrick Henry
1985	46-7	Mike Stuart	Patrick Henry
1984	46-2.75	Bryant Johnson	Patrick Henry
1983	46-6	Donald Snell	Radford
1982	47-1.5	William Tillery	Western Albemarle
1981	47-8	William Tillery	Western Albemarle
1980	47-6.5	Glen Foster	Patrick Henry
1972	45-3.25	Don Dickens	Radford

Pole Vault

2011	13-9	Pavel Makayed	Harrisonburg
2010	15-2	Josh Drablos	Jefferson Forest
2009	15-1.50	Andrew Epperson	Brookville
2008	14-3	Nick Durante	Jamestown
2007	14-9.00	Tim Beierle	Harrisonburg
2006	14-9	Tim Belerie	Harrisonburg
2005	15-1	Caleb Stuart	Lafayette
2004	13-9	Anthony Pavia	Jefferson Forest
2003	13-6	Chris Smith	Spotswood
2002	14-0	Adam Wright	Turner Ashby
2001	14-9	Thomas Batson	Tabb
2000	15-0	J.B. Rossen	Spotswood
1999	14-6.75	Matthew Care	Rustburg
1998	13-0	Jeremy Wright	Turner Ashby
1997	14-0	Jason Abbott	Poquoson
1996	13-6	Rodney Kirby	Western Albemarle
1995	14-0	Erik Raynes	Spotswood
1994	13-6	Matthew Misno	Altavista
1993	14-0	Matthew Hall	Turner Ashby
1992	13-3	Joseph Wooten	William Campbell
1990	12-3	Stephen Pettyjohn	Western Albemarle
1989	12-6	Ben Price	Harrisonburg
1988	14-6	Ken Wright	Park View-Sterling
1987	14-3	Ken Wright	Park View-Sterling
1986	14-5	Ed Zuraw	Park View-Sterling

1985	14-0	Patrick Phillips	Blacksburg
1984	14-0	Irvin Grant	Warren County
1983	14-0	Bob Harper	Park View-Sterling
1982	13-6	Billy Sayre	Waynesboro
1981	14-3	Jim Shotwell	Spotsylvania
1980	14-3.75	Keith Arington	Patrick Henry
1972	13-0	Johnny Vaughn	Matoaca

110m Hurdles

2011	14.60	Tony Green	Louisa County
2010	14.44	Chris Dobbins	Christiansburg
2009	14.59	Dante Davis	Louisa County
2008	14.78	Ethan Nixon	Brookville
2007	14.59	Ethan Nixon	Brookville
2006	14.32	Keith Gaines	Salem
2005	14.49	Les Bradley	Heritage-Leesburg
2004	14.61	Robert Blackwell	Dan River
2003	14.40	Marco Gatson	Bruton
2002	14.71	Onrea Jones	Bruton
2001	14.73	Seann Chambers	Handley
2000	14.91	Frederic Tarver	Fluvanna Co.
1999	14.37	Dwight Norris	King George
1998	14.22	Jarrett Hagwood	Laurel Park
1997	14.32	Jarrett Hagwood	Laurel Park
1996	14.55	Kevin Walker	Appomattox Co.
1995	14.33	Kevin Walker	Appomattox Co.
1994	14.90	Kevin Walker	Appomattox Co.
1993	14.51	Eric Payton	Handley
1992	14.55	Fred Miles	Greensville
1991	14.4	Kirk Wynne	Bruton
1990	14.7	Kirk Wynne	Bruton
1989	14.2	Chris Hairston	Tunstall
1988	14.7	Adrian Brown	Greensville
1987	14.2	David Dickinson	George Wythe
1986	14.6	David Fleming	Clover Hill
1985	14.4	Jeff Hairston	Martinsville
1984	14.6	Garry Thomas	Spotsylvania
1983	14.7	Malcolm Manning	Sussex Central
1982	14.2	Jeff Wingo	Blacksburg
1981	14.2	Linwood Carroll	Lloyd Bird
1980	14.3	Malcolm Hairston	Bassett

120yd High Hurdles

1972	14.7	Don Leighton	Radford
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180yd Low Hurdles

1972	20.2	Herbert Reece	Harrisonburg
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300m Hurdles

2011	37.54	Jonathan Russell	Broad Run
2010	38.61	Scott Campbell	Salem-Salem
2009	39.52	Joseph Villanueva	Salem-Salem
2008	39.22	Brenton Parham	Millbrook
2007	38.71	Brett Olinger	Broadway
2006	39.62	Brett Olinger	Broadway
2005	39.10	Brandt Hicks	William Fleming
2004	40.12	Colin Weiman	Millbrook
2003	38.09	Nelson Dawson	Heritage-Lynchburg

2002	39.15	Onrea Jones	Bruton
2001	39.36	Jamie McMillian	Nottoway
2000	39.63	Frederic Tarver	Fluvanna Co.
1999	38.02	Dwight Norris	King George
1998	38.20	Jarrett Hagwood	Laurel Park
1997	39.08	Jarrett Hagwood	Laurel Park
1996	38.76	Kevin Walker	Appomattox Co.
1995	38.77	Kevin Walker	Appomattox Co.
1994	38.93	Kevin Walker	Appomattox Co.
1993	38.70	Gavin McKelvey	Park View
1992	39.04	Fred Miles	Greensville
1991	38.80	Brek Hall	Courtland
1990	39.40	Andy Bell	Park View-Sterling
1989	38.10	Tirreil Tucker	Brunswick
1988	39.60	Chris Hairston	Tunstall
1987	38.90	Tirrell Tucker	Brunswick
1986	38.90	David Fleming	Clover Hill
1985	38.00	Mike Franklin	Graham
1984	38.8	Shawn O'Connell	Western Albemarle
1983	39.4	Donald Snell	Radford
1982	38.6	Jeff Wingo	Blacksburg
1981	37.5	Thomas Barker	Caroline
1980	38.1	Malcolm Hairston	Bassett

100m Dash

2011	11.14	Harrison Scharf	E.C. Glass
2010	11.15	Joe Walton	King George
2009	11.04	Alex Owha	Harrisonburg
2008	11.20	Kevin Pearson	Orange County
2007	10.98	Roderick Spruel	Chancellor
2006	10.92	Justin Stith	Nottoway
2005	10.76	Brandon Dillard	Bassett
2004	10.58	Mike Coleman	Broad Run
2003	11.00	Reuben Jones	Charlottesville
2002	10.89	Michael Lewis	Greensville
2001	10.80	Derome Boxley	King George
2000	10.87	Wilbur Hargrove	Bluestone
1999	10.82	Wilbur Hargrove	Bluestone
1998	10.95	Mike Batson	Fauquier
1997	10.97	Mike Washington	Tabb
1996	11.02	Milton Byard	Graham
1995	10.94	Cory Poindexter	Dan River
1994	11.04	Derrick Bell	Charlottesville
1993	11.12	Keith Moyer	Salem
1992	10.80	Jermaine Thurston	Charlottesville
1991	10.7	Jermaine Thurston	Charlottesville
1990	10.9	Kelly Hawkins	Tabb
1989	10.8	Kelly Hawkins	Tabb
1988	10.4	Terrence Warren	Kennedy
1987	10.4	Terrence Warren	Kennedy
1986	10.9	Steve Shanks	Culpeper
1985	10.9	Michael Colbert	Lexington
1984	10.9	Willie Ingram	Martinsville
1983	11.0	Curtis Turner	Brookville
1982	10.4	Leroy Delk	Smithfield
1981	10.7	Jeff Couch	Midlothian
1980	10.7	Leroy Delk	Smithfield

100yd Dash

1972	10.0	Jim Macheras	Lexington
1971	9.7	Pete Macheras	Lexington

200m Dash

2011	21.94	Jonathan Russell	Broad Run
2010	22.12	Jaquan Dickson	James Monroe
2009	21.78	Alex Owha	Harrisonburg
2008	22.88	Andre Wanzer	Brentsville District
2007	22.38	Ronquis Posey	Brunswick Sr.
2006	21.45	Rashad Kelso	Appomattox
2005	21.92	Brandon Dillard	Bassett
2004	21.55	Mike Coleman	Broad Run
2003	22.12	Reuben Jones	Charlottesville
2002	22.09	Shamar Clary	Park View
2001	21.96	Derrick Harvey	Appomattox Co.
2000	22.04	Michael Lewis	Greensville
1999	22.13	Chad Wilson	Laurel Park
1998	22.25	Mike Batson	Fauquier
1997	21.93	Mike Washington	Tabb
1996	22.01	Melvin Faulk	Lakeland
1995	22.13	Travis Hawkins	Nelson Co.
1994	22.22	Reginald Trottier	Brunswick
1993	22.45	Victor Freeman	Caroline
1992	21.92	Jermaine Thurston	Charlottesville
1991	21.7	Chris Bradford	Tabb
1990	21.6	Thomas Hill	Western Albemarle
1989	22.0	Kermit Brown	Matoaca
1988	21.2	Terrence Warren	Kennedy
1987	21.1	Terrence Warren	Kennedy
1986	22.2	Scott Rice	Tabb
1985	22.0	Chris Booker	Buckingham
1984	21.8	Brian West	L.C. Bird
1983	22.2	Julian Anderson	Louisa
1982	21.5	Leroy Delk	Smithfield
1981	21.6	Leroy Delk	Smithfield
1980	21.8	Leroy Delk	Smithfield

220yd Dash

1972	22.4	Sylvester Robinson	Loudoun County
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400m Dash

2011	49.55	Steven Graham	Loudoun County
2010	48.68	Dwayne Stover	Grafton
2009	48.95	Chris Williams	R.E. Lee-Staunton
2008	50.00	Andre Wanzer	Brentsville District
2007	49.03	Ronquis Posey	Brunswick Sr.
2006	48.66	Rashad Kelso	Appomattox County
2005	48.99	Rashad Kelso	Appomattox County
2004	48.86	Mike Coleman	Broad Run
2003	50.11	Marcus Tines	Liberty-Beaeton
2002	49.68	Calvin Bannister	William Flemming
2001	49.66	Brandon Noel	Matoaca
2000	49.10	Wilbur Hargrove	Bluestone
1999	48.82	Chad Wilson	Laurel Park
1998	49.59	Josh Young	Spotsylvania
1997	50.01	Ahmed Sangbana	Staunton River
1996	49.31	Roshaun Martin	Patrick Co.
1995	49.1	Travis Hawkins	Nelson Co.

1994	49.46	Brett Jones	John Battle
1993	49.36	Reginald Jeter	James Monroe
1992	48.75	Max Butler	Smithfield
1991	48.7	Orlanda Wheeler	Virginia
1990	49.1	Thomas Hill	Western Albemarle
1989	49.9	Corey Moore	Bassett
1988	48.2	Terrence Warren	Kennedy
1987	48.6	Joel Hardware	Handley
1986	48.4	Joel Hardware	Handley
1985	48.7	Chris Booker	Buckingham
1984	47.2	Gregory Roundtree	Kennedy
1983	48.3	Julian Anderson	Louisa
1982	48.3	Julian Anderson	Louisa
1981	48.6	Jeff Couch	Midlothian
1980	47.8	Ricky Dillard	Bassett

440yd Run

1972	49.6	Lehman Catlett	Gloucester
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800m Run

2011	1:53.22	Michael Waller	Chancellor
2010	1:56.06	Michael Waller	Chancellor
2009	1:53.93	Tyler Stutzman	Western Albemarle
2008	1:55.55	Logan Collins	Orange County
2007	1:54.40	Peter Dorrell	Blacksburg
2006	1:56.18	Ryan Gaul	Lafayette
2005	1:55.75	Will Shoemaker	Turner Ashby
2004	1:56.75	Matt Bierlein	Fauquier
2003	1:57.33	Matt Bierlein	Fauquier
2002	1:57.37	Bobby Lockhart	John Handley
2001	1:55.86	Stephen Carlson	Louisa Co.
2000	1:55.26	Jeremy Cadle	Western Albemarle
1999	1:58.86	Kurt Hein	York
1998	1:54.89	Joe Hembrook	Loudoun Co.
1997	1:56.27	James Connelly	James Wood
1996	1:57.34	James Connelly	James Wood
1995	2:00.36	Darold Morris	Charlottesville
1994	1:56.30	Jason Outlaw	York
1993	1:55.28	Curtis Lassiter	Bruton
1992	1:55.47	Kennon Outlaw	York
1991			
1990	1:56.40	Mark Hiatt	Patrick Co.
1989	1:59.8	Carl Preston	Tabb
1988	1:56.90	Bernard Brown	Smithfield
1987	1:55.5	Coultrane Gardner	Nelson Co.
1986	1:57.4	Rob Anderson	William Byrd
1985	1:51.4	Jason Morgan	Handley
1984			
1983	1:55.1	William Carter	Virginia
1982	1:56.4	Ken Turner	Loudoun County
1981	1:54.8	John Hinton	Tunstall
1980	1:52.8	John Hinton	Tunstall

880yd Run

1972	1:58.8	George Woodson	Nelson County
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1600m Run

2011	4:17.64	Juan Campos	Potomac Falls
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2010	4:19.64	Colin Mearns	Jamestown
2009	4:13.76	Alex Ott	Turner Ashby
2008	4:18.28	Peter Dorrell	Blacksburg
2007	4:15.22	Peter Dorrell	Blacksburg
2006	4:27.32	Ryan Witt	Sherando
2005	4:25.66	Pat Eggleston	Brentsville
2004	4:26.34	Matt Bierlein	Fauquier
2003	4:20.40	Ryan Foster	Sherando
2002	4:11.37	Bobby Lockhart	John Handley
2001	4:16.49	Bobby Lockhart	John Handley
2000	4:12.89	Bobby Lockhart	John Handley
1999	4:20.32	Bobby Lockhart	John Handley
1998	4:20.14	James Connelly	James Wood
1997	4:20.70	Robert Thiele	Charlottesville
1996	4:19.26	Robert Thiele	Charlottesville
1995	4:21.2	Joseph Gibson	Spotswood
1994	4:23.5	Aaron Johnson	Handley
1993	4:23.0	James Clanton	Patrick Co.
1992	4:24.1	Brian Eigel	Christiansburg
1991	4:17.1	Mark Smith	Western Albemarle
1990	4:21.4	Landrum Cross	Blacksburg
1989	4:25.3	Mark Smith	Western Albemarle
1988	4:20.7	David Shell	William Byrd
1987	4:25.8	Kevin Stoats	Marion
1986	4:20.4	Robbie Turner	Christiansburg
1985	4:09.4	Matt Hopkins	Courtland
1984	4:15.7	Matt Hopkins	Courtland
1983	4:17.3	Darrel Clowes	Blacksburg
1982	4:19.9	Kevin Ambrose	Osbourne Park
1981	4:14.0	John Hinton	Tunstall
1980	4:07.6	John Hinton	Tunstall

Mile Run

1972	4:26.0	George Woodson	Nelson County
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3200m Run

2011	9:11.88	Kyle King	Grafton
2010	9:14.90	Colin Mearns	Jamestown
2009	9:10.03	Tyler Stutzman	Western Albemarle
2008	9:19.73	Peter Dorrell	Blacksburg
2007	9:10.47	Peter Dorrell	Blacksburg
2006	9:32.00	Zac Edwards	Northside
2005	9:37.51	Pat Eggleston	Brentsville
2004	9:35.09	Joel Hanlon	Millbrook
2003	9:16.74	Ryan Foster	Sherando
2002	9:22.44	Fleet Hower	Marion
2001	9:26.26	Bobby Lockhart	John Handley
2000	9:19.06	Bobby Lockhart	John Handley
1999	9:46.96	Bobby Lockhart	John Handley
1998	9:41.5	Will Wyche	Lord Botetourt
1997	9:49.62	Jose Ruiz	Harrisonburg
1996	9:37.56	Michael Fox	Western Albemarle
1995	9:33.43	Joseph Gibson	Spotswood
1994	9:36.49	Joseph Gibson	Spotswood
1993	9:27.37	Howard Townsend	Tabb
1992	9:45.10	Howard Townsend	Tabb
1991	9:37.1	Brian Eigel	Christiansburg
1990	9:39.2	Landrum Cross	Blacksburg
1989	9:29.2	Phil Dickensen	Harrisonsburg

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1988	9:28.4	David Shell	William Byrd
1987	9:36.9	Brad Crofts	Blacksburg
1986	9:28.2	Rob Golden	Alleghany
1985	9:30.2	Chris Dunn	Courtland
1984	9:38.4	Jackie Worthington	Thomas Dale
1983	9:19.6	Darrel Clowes	Blacksburg
1982	9:23.2	Kevin Ambrose	Osbourne Park
1981	9:30.0	Kevin Ambrose	Osbourne Park
1980	9:31.4	A.F. Barker	Virginia

Two Mile Run

1972	9:31.6	Mike Hairston	Laurel Park
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400m Relay (4x100)

2011	42.52	Louisa County
2010	42.52	Park View-Sterling
2009	42.64	Heritage-Leesburg
2008	42.96	Jamestown
2007	42.77	Charlottesville
2006	42.85	Caroline
2005	42.75	Fauquier
2004	42.47	Fauquier
2003	43.75	Harrisonburg
2002	43.22	Bruton
2001	42.55	Bruton
2000	42.86	Handley
1999	43.71	Lee
1998	42.90	Spotswood
1997	43.03	Spotswood
1996	43.01	Nansemond River
1995	43.07	Charlottesville
1994	42.69	Charlottesville
1993	43.16	Caroline
1992	42.95	James Monroe
1991	42.9	Appomattox Co.
1990	43.1	Kennedy
1989	43.1	Matoaca
1988	43.4	Caroline
1987	42.2	Louisa
1986	42.6	Varina
1985	42.8	York

880 Yard Relay

1984	1:28.6	Kennedy
1983	1:31.2	L.C. Bird
1982	1:30.5	Varina
1981	1:30.1	Smithfield
1980	1:29.6	L.C. Bird
1972	1:31.6	Patrick Henry-Duncan/McCray/Wohlford/Sheets

1600m Relay (4x400)

2011	3:20.24	Broad Run
2010	3:20.91	Blacksburg
2009	3:22.84	Blacksburg
2008	3:23.38	Brentsville District
2007	3:25.27	Potomac Falls
2006	3:24.05	Apptomattox County
2005	3:23.67	Loudon Valley

2004	3:26.08	New Kent
2003	3:23.47	Heritage
2002	3:20.25	Tabb
2001	3:23.39	Tabb
2000	3:26.30	Jamestown
1999	3:26.09	Lafayette
1998	3:22.92	Laurel Park
1997	3:26.28	Spotswood
1996	3:27.37	Sherando
1995	3:24.89	Charlottesville
1994	3:27.13	Bruton
1993	3:26.6	Northside
1992	3:23.92	York
1991	3:23.1	Smithfield
1990	3:27.3	Courtland
1989	3:28.2	Brunswick
1988	3:24.7	Brunswick
1987	3:22.6	Handley
1986	3:24.2	L.C. Bird
1985	3:19.6	Handley

Mile Relay

1984	3:22.2	Kennedy
1983	3:26.0	Sussex Central
1982	3:22.0	Blacksburg
1981	3:23.1	Blacksburg
1980	3:22.8	Northampton
1972	3:27.0	Brookville-Fowler/Sweeney/Lindsey/Fulton

3200m Relay (4x800)

2011	7:49.61	Loudoun County
2010	7:53.42	Blacksburg
2009	7:59.60	Blacksburg
2008	8:00.63	William Byrd
2007	7:56.76	Harrisonburg
2006	7:53.54	Fort Defiance
2005	8:03.67	Jefferson Forest
2004	8:02.56	Turner Ashby
2003	8:02.15	Loudon Valley
2002	8:00.28	John Handley
2001	7:57.67	Louisa Co.
2000	8:01.13	Western Albemarle
1999	8:03.19	Jamestown
1998	8:03.33	James Wood
1997	8:00.68	James Wood
1996	8:09.13	Christiansburg

Individual Champions

A

Shot Put

2011	50-4	Myron Wynn	George Wythe
2010	51-10	Hilton Morgan, Jr.	Clarke County
2009	53-1.25	Bennett Fulper	Gretna
2008	52-9	Emanuel Alfred	Covington
2007	55-2.75	Andrew Williams	Parry McCluer
2006	51-0	Andrew Williams	Parry McCluer
2005	50-6.50	Joshua Harris	James River
2004	51-8.5	Zach Jones	Gate City
2003	49-9.5	LeRoy Austin	Altavista

2002	55-1.5	Michael Stacy	Powell Valley
2001	50-11	Michael Stacy	Powell Valley
2000	54.5	Benjamin Vincent	West Point
1999	51-1	Josh Warren	Powell Valley
1998	50-11	Jeremy Garrett	Parry McCluer
1997	50-1.5	Doug Hockman	Strasburg
1996	50-7.25	Doug Hockman	Strasburg
1995	49-1.75	Jeremy Keen	Garden
1994	52-10	Joel Davis	Powell Valley
1993	56-0	Justin May	Patrick Henry
1992	51-3.25	Jason Clendenin	Northwood
1991	49-10	Aaron Randolph	Central-Woodstock
1990	55-5.25	Rickie Carter	Sussex
1989	53-11.5	Rickie Carter	Sussex
1988	54-4	Eric Galloway	Drewry Mason
1987	54-10.5	Mike Sergent	Brentsville
1986	52-2.25	Carlton Darby	Rappahannock
1985	51-7.5	Lawrence Robinson	Middlesex
1984	53-3.25	Terrence Merchant	James River
1982	56-10.75	David Haden	Fluvanna
1972	49-7	Steve Edens	Powell Valley

Discus

2011	164-0	Nick Huffman	Virginia
2010	161-4	Jule Rich	Cumberland
2009	163-10	Will Sawyers	George Wythe
2008	166-7	Emanuel Alfred	Covington
2007	160-2	Emanuel Alfred	Covington
2006	150-0	Ryan Swanger	Strasburg
2005	148-4	Cam Moore	Chatham
2004	168-9	Tommy Mulcahy	Riverheads
2003	151-4	Jason Cook	Brentsville District
2002	164-2	Kris Barnes	Partick Henry
2001	163-2	Jarnell Peet	Northumberland
2000	148-2	Josh Spence	Floyd Co.
1999	149-10	Maurice Holmes	King & Queen
1998	155-0	Josh Spence	Floyd Co.
1997	148-3	Doug Hockman	Strasburg
1996	152-8	Shane Collins	Pound
1995	146-3	Ajani Ruffin	Middlesex
1994	158-2	Joel Davis	Powell Valley
1993	170-2	Juan Blick	Windsor
1992	140-5	Jason Clendenin	Northwood
1991	144-5	Brian Lee	Riverheads
1990	139-4	Rickie Carter	Sussex
1989	154-10	Dwayne Boatwright	Powell Valley
1988	149-7	Tom Hoffman	William Monroe
1987	156-6	Mike Sergent	Brentsville
1986	154-3	Mike Sergent	Brentsville
1985	138-5	Wayne Gilley	Powell Valley
1984	149-0	Terrence Merchant	James River
1972	145-9	Steve Edens	Powell Valley

Long Jump

2011	22-8.50	Chris Henry	Middlesex
2010	24-1.25	Kenny Scott	Appomattox
2009	23-2	Kenny Scott	Appomattox
2008	22-11.25	Kenny Scott	Appomattox
2007	22-8.25	Nathaniel Abram	Mathews

2006	22-11.50	Ronnie Wells	Surry County
2005	21-11	Travis Greene	George Mason
2004	23-1	Toriano Moody	Sussex Central
2003	22-0.25	Toriano Moody	Sussex Central
2002	21-10	Glenwod Williams	Cumberland
2001	21-1.5	Grady King	Castlewood
2000	22-6.25	Juan Brown	Madison Co.
1999	22-9	Craig Lewis	Arcadia
1998	22-11	Termaine Hill	Surry Co.
1997	23-8	James Bailey	Sussex Central
1996	22-4.75	Jerome Jackson	Randolph Henry
1995	22-6	Lionel Scruggs	Cumberland
1994	21-5.5	J. Brokenborough	Middlesex
1993	22-3	Mike Hart	Ludenburg Central
1992	22-1.75	Swade Booker	Essex
1991	21-9.75	Demond Venable	Covington
1990	23-3.25	Scott Hubbard	Natural Bridge
1989	23-5.75	Reecie Gravely	J. I. Burton
1988	23-4.25	Calvin Talford	Castlewood
1987	23-6.5	Calvin Talford	Castlewood
1986	22-2.75	Jason Smith	Mathews
1985	22-1.5	James Gray	Fluvanna
1983	22-11.5	Dwayne Reid	Suffolk
1981	22-5	Kevin Mitchell	Powell Valley
1980	21-10	Kevin Mitchell	Powell Valley
1972	21-10	Von Himmelright	Poquoson

High Jump

2011	6-6	Thomas Napper	Nelson County
2010	6-10	Philip Morris	Glenvar
2009	6-9	Philip Morris	Glenvar
2008	6-7	Philip Morris	Glenvar
2007	6-6	Bryan Wallace	Essex
2006	6-10	Maurice Hall	Gretna
2005	6-4	Anthony Haliburton	Nelson County
2004	6-7	Clarence Taylor	Essex
2003	6-4	Jaret Hubbard	J.J. Kelly
2002	6-7	Mario King	King & Queen
2001	6-5	Pierre Gore	Arcadia
2000	6-6	Larry Alexander	Madison Co.
1999	6-4	Nicolas Reese	Sussex Central
1998	6-3	Jonathan Mercer	King & Queen
1997	6-9	Damond Jeter	Amelia Co.
1996	6-6	John Stringfield	Surry Co.
1995	6-5	Cleo Green	Charles City Co.
1994	6-6	Cleo Green	Charles City Co.
1993	6-6	Marcus Ordonez	Strasburg
1992	6-6	Sederous Carter	Sussex Central
1991	6-6	William Dungan	Chilhowie
1990	6-4	William Dungan	Chilhowie
1989	6-5	Doug Brown	Riverheads
1988	7-0	Calvin Talford	Castlewood
1987	6-8.5	Calvin Talford	Castlewood
1986	6-6	Mark Jackman	Brentsville
1985	6-10.5	Ryan Shelton	Buffalo Gap
1984	6-10	James Brown	Riverheads
1981	6-8.25	Gregory Holthausen,	Fieldale-Collinsville
1972	6-3	Von Himmelright	Poquoson

Triple Jump

2011	45-11	Daniel Hamm	Fort Chiswell
2010	44-10.50	Chris Henry	Middlesex
2009	47-6.75	DaVon Ross	James River-B
2008	46-3.25	DaVon Ross	James River-B
2007	45-6.00	Lavar Rich	Northumberland
2006	45-5	Steven Frye	Strasburg
2005	43-5.25	Jonathon Kegan	Powell Valley
2004	45-5	A.C. Fitchett	Manassas Park
2003	43-10.5	Clint Deskins	Stonewall Jackson
2002	44-10.5	William Ricks	Sussex
2001	44-10.5	Carl Ross	Amelia Co.
2000	46-1.5	Juan Brown	Madison Co.
1999	44-6	Julius Jones	Powell Valley
1998	45-6	Jeremy Anderson	J.J. Kelly
1997	48-3	James Bailey	Sussex Central
1996	44-6.5	Jerome Jackson	Randolph Henry
1995	44-3.5	Carlton Jones	Amelia Co.
1994	45-6	Leroy Holliman	Sussex Central
1993	46-9.75	Lewis Hicks	Cumberland
1992	46-4.5	Delwyn Dillard	Sussex Central
1991	44-9.5	Hampton Taliaferro	King & Queen
1990	47-4	Welton Allen	Goochland
1989	47-10.5	James Parker	Middlesex
1988	49-8.25	Calvin Talford	Castlewood
1987	48-6.5	Calvin Talford	Castlewood
1986	48-4.5	Jason Smith	Mathews
1985	46-10.5	Kendall Curry	Lancaster
1984	47-2.5	Kendall Curry	Lancaster
1983	46-44.25	Dwayne Reid	Suffolk
1981	44-7.5	Kevin Mitchell	Powell Valley
1980	45-9.5	Kevin Mitchell	Powell Valley
1972	44-7.75	Von Himmelright	Poquoson

Pole Vault:

1987	12-0	Lance Conner	West Point
1986	13-0	Joe Shillinberg	Prince Edward
1985	13-0	Paul Parnly	Fluvanna

110m Hurdles

2011	14.44	Forrest Stuart	Appalachia
2010	14.91	Forrest Stuart	Appalachia
2009	14.65	Mark Waugh	Virginia
2008	14.49	Kevonte Warner	Buckingham County
2007	15.17	Bryan Wallace	Essex
2006	15.06	Raphael Rigaud	Manassas Park
2005	14.96	Raphael Rigaud	Manassas Park
2004	14.92	Ryan Woolridge	Amelia County
2003	15.22	Tommy Lloyd	Riverheads
2002	15.32	Sean Murphy	Powell Valley
2001	14.97	Albert Potts	Page Co.
2000	15.03	Justin Hamilton	Clintwood
1999	14.02	Julius Jones	Powell Valley
1998	14.44	Julius Jones	Powell Valley
1997	15.13	Rondell White	Amelia Co.
1996	15.13	Rondell White	Amelia Co.
1995	15.33	Dinelle Stalnaker	Essex
1994	14.72	George Taylor	William Monroe
1993	14.8	George Taylor	William Monroe

1992	14.1	Curtis Jones	Sussex Central
1991	15.7	Anthony Wilson	Central Ludenburg
1990	14.7	Jack Baker	James River
1989	14.6	Sean Croker	Sussex Central
1988	15.1	Marcus Murrell	Chatham
1987	14.8	Steve King	King William
1986	14.7	Upton Jackson	Powell Valley
1985	14.7	Michael Mattocks	Lancaster
1984	14.6	Allen Ellis	Surry Co.
1983	14.8	Steve Hays	Drewry Mason
1982	15.0	Marvin Wilson	Arcadia
1980	14.7	Larry Britton	Washington & Lee

120yd High Hurdles

1972	14.9	Preston Jordan	Lancaster
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180yd Low Hurdles

1972	20.3	Preston Jordan	Lancaster
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300m Hurdles

2011	40.15	Markeese Hines	Northampton
2010	40.43	Nick Groves	Patrick Henry-GS
2009	38.50	Shemie Witcher	Chatham
2008	39:09	Trey Johnson	Patrick Henry-GS
2007	40.64	Devin Mann	William Campbell
2006	41.72	Travis Sanlin	Gate City
2005	40.28	Ben Brooks	Riverheads
2004	40.77	Ryan Woolridge	Amelia County
2003	40.34	Andrew Grubb	Brentsville District
2002	40.30	T.J. Hamler	Powell Valley
2001	40.42	Albert Potts	Page Co.
2000	39.93	Justin Hamilton	Clintwood
1999	38.53	Lazarus Boone	Essex
1998	38.74	Julius Jones	Powell Valley
1997	38.76	Safwan Williams	Randolph Henry
1996	39.58	Rondell White	Amelia Co.
1995	39.88	Rondell White	Amelia Co.
1994	39.47	George Taylor	William Monroe
1993	39.8	Denzick Gallahan	George Mason
1992	38.7	Curtis Jones	Sussex Central
1991	40.9	Daniel Perry	James River
1990	39.2	Jack Baker	James River
1989	39.7	Sean Croker	Sussex Central
1988	40.3	Marcus Murrell	Chatham
1987	39.1	Steven Barlow	Holston
1986	39.2	Jason Smith	Mathews
1985	39.0	Michael Mattocks	Lancaster
1980	39.2	Larry Britton	Washington & Lee

100m Dash

2011	10.74	Joseph Betts	Lancaster
2010	10.80	Justin Brown	Altavista
2009	10.76	Jon Thompson	Radford
2008	10.88	Jon Thompson	Radford
2007	10.81	James Harris	Middlesex
2006	10.70	D.J. Coles	Goochland
2005	10.71	Jerry Jones	Middlesex
2004	10.67	Cedric Peerman	William Campbell
2003	10.99	Cedric Peerman	William Campbell

2002	10.97	Sheldon Adams	Powell Valley
2001	11.18	David Hackett	Washington & Lee
2000	11.41	Shawn Brooks	Essex
1999	10.95	Jared Wormley	Essex
1998	10.85	Terry Gordon	Northumberland
1997	10.97	Terry Gordon	Northumberland
1996	10.95	Justin Hayes	Charles City
1995	10.96	Kori Gilliam	Cumberland
1994	11.19	Justin Hayes	Charles City
1993	10.9	Kori Gilliam	Cumberland
1992	11.1	James Johnson	King & Queen
1991	10.9	Sam Daniels	J.I. Burton
1990	11.4	Chris Brown	Prince Edward
1989	10.6	Brian Jackson	Goochland
1988	10.8	Vernon Boyd	Middlesex
1987	10.7	Steve Osbourne	Middlesex
1986	10.8	Mark Brown	Galax
1985	10.8	Steve Osbourne	Middlesex
1983	10.8	Clarence Lewis	Fluvanna
1981	10.1	Kevin Mitchell	Powell Valley
1980	9.9	Kevin Mitchell	Powell Valley

100yd Dash

1972	10.2	Jim Crisman	Central
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200m Dash

2011	22.01	Trey Edmonds	Dan River
2010	21.91	Kenny Scott	Appomattox
2009	22.34	Jon Thompson	Radford
2008	22.27	Jon Thompson	Radford
2007	21.79	Zack Titman	Holston
2006	22.01	Zack Titman	Holston
2005	21.92	Jerry Jones	Middlesex
2004	22.03	Cedric Peerman	William Campbell
2003	22.67	Brandon Lacey	Washington & Lee
2002	22.40	William Ricks	Sussex
2001	22.55	Albert Potts	Page County
2000	23.11	Khalid Dover	Charles City
1999	22.50	Alonzo Mitchell	Amelia Co.
1998	21.77	Terry Gordon	Northumberland
1997	22.09	Terry Gordon	Northumberland
1996	22.21	Justin Haynes	Charles City
1995	22.0	Justin Haynes	Charles City
1994	22.51	Justin Haynes	Charles City
1993	22.4	Richard Gaines	Rappahannock
1992	22.4	Maja Griffey	J.I. Burton
1991	22.2	Sam Daniels	J.I. Burton
1990	22.0	Ronnie Harvey	King & Queen
1989	22.1	Robert Strawbridge	Lexington
1988	22.2	Robert Strawbridge	Lexington
1987	21.9	Steve Osbourne	Middlesex
1986	22.1	John Gains	Essex
1985	22.3	Steve Osbourne	Middlesex
1983	22.4	Clarence Lewis	Fluvanna
1981	22.0	Kevin Mitchell	Powell Valley
1980	22.2	Kevin Mitchell	Powell Valley

220yd Dash

1972	22.9	Jim Crisman	Central
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400m Dash

2011	48.75	Steve Coles	Essex
2010	49.84	Justin Harris	Floyd County
2009	49.96	Joseph Collins	J.J. Kelly
2008	49.98	Ander Taylor	Northampton
2007	48.71	Lavar Rich	Northumberland
2006	49.84	Lavar Rich	Northumberland
2005	49.48	Joshua Jenkins	George Mason
2004	50.29	Jastair Bailey	Sussex Central
2003	49.02	William Ricks	Sussex Central
2002	49.19	William Ricks	Sussex Central
2001	50.09	Tony Bundy	Middlesex
2000	49.59	Tony Bundy	Middlesex
1999	49.99	Cedric Ollison	Brentsville
1998	49.92	Damon Harper	Central-Woodstock
1997	49.58	Michael Decker	Parry McCluer
1996	50.17	Michael Decker	Parry McCluer
1995	51.09	Chad Bates	J.J. Kelly
1994	49.54	Dettrick Stith	Sussex Central
1993	50.4	Jimmy Messer	Powell Valley
1992	48.5	Maja Griffey	J.I. Burton
1991	49.5	Maja Griffey	J.I. Burton
1990	48.4	Ronnie Harvery	King & Queen
1989	49.3	Robert Strawbridge	Lexington
1988	50.0	Robert Strawbridge	Lexington
1987	49.2	Mark Hedrick	Wilson Memorial
1986	49.5	Allen Harris	William Monroe
1985	49.6	Kendall Curry	Lancaster

800m Run

2011	1:58.91	Baha Bassil	Manassas Park
2010	2:01.58	Colin Brown	Clarke County
2009	1:59.80	Andrew Rigler	Altavista
2008	2:00.35	Jakob Maidens	Lebanon
2007	1:56.88	Daniel Callan	Clarke County
2006	2:01.20	Daniel Callan	Clarke County
2005	1:58.87	Peter Serkes	Nelson County
2004	1:57.92	Alex Wilkens	Floyd Co.
2003	1:59.53	Travis Hunnicutt	Madison Co.
2002	2:00.13	Robby Coley	Haysi
2001	2:00.39	Stuart Brooks	Prince Edward Co.
2000	2:00.32	Stuart Brooks	Prince Edward Co.
1999	2:00.17	Bernard Redmond	Middlesex
1998	2:01.32	Josh Benson	Radford
1997	1:53.56	Jason Long	Central Woodstock
1996	1:57.88	Jason Long	Central Woodstock
1995	1:59.68	Erik Fox	Luray
1994	1:58.90	Erik Fox	Luray
1993	1:58.6	Lars Fasten	Central Woodstock
1992	1:59.9	Ian Wallace	Riverheads
1991	1:57.5	R'Wayne Walton	Prince Edward
1990	1:59.5	R'Wayne Walton	Prince Edward
1989	1:57.7	Bryon Holmes	Surry Co.
1988	1:59.2	James Cooper	Lexington
	1:59.2	Paul Helmandollar	Glenvar
1987	2:00.1	Scott Nye	Lexington
1986	1:59.4	Tim Byars	Buffalo Gap
1985	1:59.6	Paul Johnson	Luray
1984	1:57.1	Lorenzo Brown	William Monroe

1983	1:59.8	William Franklin	Fluvanna
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880yd Run

1972	2:00.2	Reggie Palmer	Chilhowie
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1600m Run

2011	4:23.11	Bradley Rasnake	Lebanon
2010	4:32.41	Adam Owens	Clarke County
2009	4:18.90	Ben Veilleux	Clarke County
2008	4:27.31	Ben Veilleux	Clarke County
2007	4:22.09	Nathan Brame	Radford
2006	4:24.83	Nathan Brame	Radford
2005	4:26.63	Tim Young	James Monroe
2004	4:27.4	W. C. Winston	William Campbell
2003	4:25.26	Zach Bradford	Central Woodstock
2002	4:27.39	Jesse Dalton	Altavista
2001	4:19.10	Guy Alton	New Kent
2000	4:27.41	William James	Mathews
1999	4:30.23	Andrew Nesse	Patrick Henry-GS
1998	4:31.08	Tim Dlugasch	Central Woodstock
1997	4:25.51	Jason Long	Central Woodstock
1996	4:21.57	Jason Long	Central Woodstock
1995	4:22.60	Ben Cooke	Floyd Co.
1994	4:25.80	Kimble Woodsworth	Stuarts Draft
1993	4:26.4	Kris Goldman	Strasburg
1992	4:31.1	Joe Darnell	Strasburg
1991	4:27.5	R'Wayne Walton	Prince Edward
1990	4:32.3	R'Wayne Walton	Prince Edward
1989	4:32.4	Adam Messes	Manassas Park
1988	4:26.6	Richard Murr	George Mason
1987	4:27.1	Richard Murr	George Mason
1986	4:25.9	Tim Byars	Buffalo Gap
1985	4:25.0	Paul Johnson	Luray
1984	4:22.7	Paul Johnson	Luray
1980	4:27.5	Kevin Runion	Stonewall Jackson

Mile Run

1972	4:26.3	Charles Thomas	Rappahannock County
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3200m Run

2011	9:57.62	Walker Mogen	Radford
2010	10:08.33	Brian Brillhart	Virginia
2009	9:28.60	Ben Veilleux	Clarke County
2008	9:56.82	Ben Veilleux	Clarke County
2007	9:34.16	Simon Biddle-Snead	Clarke County
2006	9:47.08	Simon Biddle-Snead	Clarke County
2005	9:57.53	Simon Biddle-Snead	Clarke County
2004	9:58.57	Simon Biddle-Snead	Clarke County
2003	9:54.37	Todd Somers	Page County
2002	10:11.26	Todd Somers	Page County
2001	9:39.90	William James	Mathews
2000	9:54.39	Gabe Narduzzi	Highland
1999	9:59.37	Mathew Schu	Luray
1998	10:03.20	Tim Dlugasch	Central Woodstock
1997	9:46.50	Brent Young	Covington
1996	9:46.85	Ben Cooke	Floyd Co.
1995	9:46.30	Chris Merrell	Covington
1994	9:45.1	Jason Alexander	George Wythe
1993	9:55.4	Jason Alexander	George Wythe

1992	10:15.2	Mike Wittler	Northumberland
1991	10:05.8	Bill Jackson	Council
1990	10:25.8	Jamie Soltis	Glenvar
1989	9:54.3	Jamie Soltis	Glenvar
1988	9:53.0	Michael Marsh	Prince Edward
1987	9:48.8	John Kagey	Stonewall Jackson
1986	9:51.4	John Kagey	Stonewall Jackson
1985	9:49.7	John Kagey	Stonewall Jackson
1980	9:45.1	Mark Stickley	Strasburg

400m Relay (4x100)

2011	42.97	George Wythe
2010	43.21	Altavista
2009	44.42	Lancaster
2008	43.44	Northumberland
2007	43.21	Northumberland
2006	43.31	Goochland
2005	43.37	Lancaster
2004	43.52	Lancaster
2003	43.27	William Campbell
2002	43.81	William Campbell
2001	44.22	Amelia Co.
2000	44.44	George Wythe
1999	42.98	Essex
1998	42.24	Northumberland
1997	48.99	Northumberland
1996	43.11	Charles City Co.
1995	43.26	Charles City Co.
1994	43.61	Charles City Co.
1993	42.9	Cumberland
1992	43.1	Essex
1991	43.9	Essex
1990	42.4	King & Queen
1989	43.3	King & Queen
1988	43.9	G.W. Carver
1987	43.6	Drewry Mason
1986	44.3	Lancaster
1985	43.8	West Point

1600m Relay (4x400)

2011	3:24.24	Radford
2010	3:27.64	Stonewall Jackson-Quicksburg
2009	3:26.81	Stonewall Jackson-Quicksburg
2008	3:33.35	Chatham
2007	3:27.71	Chatham
2006	3:33.10	George Mason
2005	3:26.88	Nelson County
2004	3:28.86	Floyd County
2003	3:27.50	Sussex Co.
2002	3:32.38	Cumberland
2001	3:27.78	Amelia Co.
2000	3:27.16	Middlesex
1999	3:26.13	Middlesex
1998	3:38.47	Radford
1997	3:26.39	Sussex Central
1996	3:31.72	Central Woodstock
1995	3:33.29	Fluvanna Co.
1994	3:27.66	Clarke Co.

1993	3:27.9	Sussex Central
1992	3:28.3	Sussex Central
1991	3:25.0	Central Woodstock
1990	3:28.7	Sussex Central
1989		Middlesex
1988	3:27.6	William Monroe
1987	3:38.4	Lexington
1986	3:28.8	William Monroe
1985	3:27.0	William Monroe
1984	3:27.4	William Monroe

State Meet Records

AAA

Shot Put:	66-00.5	Isaiah Simmons	Woodbridge	2011
Discus:	194-07	Isaiah Simmons	Woodbridge	2011
Long Jump:	25-08.75	Justin Hunter	Ocean Lakes	2010
High Jump:	7-3	Keith Moffatt	Menchville	2002
Triple Jump:	51-2.25	Alonzo Moore	Phoebus	2001
Pole Vault:	16-06	Michael Morrison	Great Bridge	2005
120Y Hurdles:	13.7	Karl Williams	George Wythe	1976
		Steve Darvus	Albemarle	1975
110M Hurdles:	13.5	Rickey Harris	Centreville	2000
180Y Hurdles:	18.7	Kent Meritt	Lane	1970
330Y Hurdles:	36.7	David Washington	Bethel	1977
300M Hurdles:	36.50	Patrick Mann	Gar-Field	1984
100Y Dash:	9.4	Jesse Williams	Princess Anne	1977
100M Dash:	10.47	Lashawn Merritt	Woodrow Wilson	2004
220Y Dash:	21.0	Ronnie Harris	Albemarle	1975
200M Dash:	21.13	Lashawn Merritt	Woodrow Wilson	2004
440Y Dash:	45.8	Ronald Ray	Ferguson	1972
400M Dash:	46.21	Rickey Harris	Centreville	2000
880Y Run:	1:51.3	Clifton Perry	Menchville	1975
800M Run:	1:47.74	Alan Webb	South Lakes	2001
Mile Run:	4:10.1	James Vogt	St. Jackson	1972
1600M Run:	4:05.38	Sharif Karie	West Springfield	1997
2-Mile Run:	8:56.0	Jim Hall	Oakton	1979
3200M Run:	9:01.4	Dwight Stephens	T.C. Williams	1980
400M Relay:	41.36	Potomac:		1999

Phil Acosta, Edward Sims, Rico Lloyd, Michael Newell

880Y Relay:	1:26.4	Bethel:		1975
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Arthur Armstead, Bruce Elliot, Whitney Powell, Moore

800M Relay:	1:25.51	Menchville:		1984
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Rodney Evans, Skip Thomas, Lonnie Hill, Tony Ragunas

Mile Relay:	3:14.5	Hampton:		1976
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Wallace Payne, George Musline, Virgil Newkirk, Arthur Jones

1600M Relay:	3:14.15	Marshall Walker:		1983
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Kevin Robinson, Robert Clark, Trevin Robinson, Andra Brown

3200M Relay:	7:42.93	Midlothian		2003
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AA

Shot Put:	60-8	Steve Kluge	Robert E. Lee-Stn	1977
Discus:	179-00	Erik Kuster	Liberty-Bedford	2007
Long Jump:	24-8.25	D.D. Manns	Bassett	1982
High Jump:	7-1	Elgonda Hicks	Franklin	1991
Triple Jump:	50-8	Shaun Talley	Park View	1997
Pole Vault:	15-2	Josh Drablos	Jefferson Forest	2010
120Y Hurdles:	14.2	James Scott	Brookville	1976

110M Hurdles:	14.19	Chris Dobbins	Christiansburg	2010
180Y Hurdles:	19.7	Stan Young	Herndon	1966
330Y Hurdles:	38.7	Theodore McIvor	Wm Campbell	1978
		Mike Timberlake	Nelson County	1975
300M Hurdles:	37.54	Jonathan Russell	Broad Run	2011
100Y Dash:	9.7	Leroy King	Sussex	1979
		James Sims	Spotsylvania	1975
		Peter Macheras	Lexington	1971
100M Dash:	10.58	Michael Coleman	Broad Run	2004
		Leroy Delk	Smithfield	1982
220Y Dash:	21.8	Dulaney Washington	Loudoun Co.	1982
200M Dash:	21.1	Terrence Warren	John F. Kennedy	1987
440Y Dash:	48.4	Cyril White	Orange County	1978
400M Dash:	47.2	Gregory Rountree	John F. Kennedy	1984
880Y Run:	1:54.3	Greg Canty	Broad Run	1976
800M Run:	1:51.4	Jason Morgan	Handley	1985
Mile Run:	4:13.3	Ben Turpin	Radford	1978
1600M Run:	4:07.6	John Hinton	Tunstall,	1980
Two-Mile Run:	9:12.6	William Graham	Tabb	1979
3200M Run:	9:10.03	Tyler Stutzman	W. Albemarle	2009
400M Relay:	42.44	Louisa County:		1987
		Eric Thurston, James Smith, William Anderson, David Hunter		
880Y Relay:	1:28.6	John F. Kennedy:		1984
		Marcus Cutler, Johnny Barnes, Greg Rountree, Anthony Harris,		
Mile Relay:	3:22.0	Blacksburg:		1982
		Steve Carroll, John Gotow, Jeff Wingo, Randy Bungard		
1600M Relay:	3:19.6	Handley:		1985
		Willie Robinson, Scott Jackson, Jason Morgan, Joel Hardware		
3200M Relay:	7:49.61	Loudoun County:		2011
		Dejuan McConnell, Steven Graham, Thomas Curtin, Patrick Joseph		

		Braden Tyler, Marvin Smith, Keith Matthews, Willie Williams		
800M Relay:	1:30.7	Fluvanna:		1982
		Herman Key, Clarence Lewis, Carlo Guerra, Charles Drumheller		
Mile Relay:	3:32.4	Fieldale-Collinsville:		1981
		Harry Shelton, Greg Holthausen, Marquis Hairston, James Fleague		
1600M Relay:	3:24.24	Radford		2011

A

Shot Put:	56-10.75	David Haden	Fluvanna	1982
Discus:	170-2	Juan Blick	Windsor	1993
Long Jump:	24-01.25	Kenny Scott	Appomattox Co.	2010
High Jump:	7-0	Calvin Talford	Castlewood	1988
Triple Jump:	49-8.25	Calvin Talford	Castlewood	1988
Pole Vault:	14-0.25	Frank Whitmer	Montevideo	1978
120Y Hurdles:	14.5	Alan Mumbert	Montevideo	1974
110M Hurdles:	14.02	Julius Jones	Powell Valley	1999
180Y Hurdles:	19.8	Garry Tull	Atlantic	1978
330Y Hurdles:	39.2	Larry Britton	Wash-Lee	1980
300M Hurdles:	38.50	Shemie Witcher	Chatham	2009
100Y Dash:	9.9	Kevin Mitchell	Powell Valley	1980
		Harry Evans	Amelia	1977
		Doug Crockett	Fort Chiswell	1975
100M Dash:	10.67	Cedric Peerman	William Campbell	2004
220Y Dash:	21.5	Ollan Cassell	Appalachia	1956
200M Dash:	21.77	Terry Gordon	Northumberland	1998
440Y Dash:	48.7	Calvin Bruce	Fluvanna	1977
400M Dash:	48.4	Ronnie Harvey	King & Queen	1990
880Y Run:	1:56.7	Sean Quinn	Luray	1978
		Harry Holmes	Wm. Monroe	1976
800M Run:	1:53.56	Jason Long	Central W-stock	1997
Mile Run:	4:14.4	Kevin Cropp	Parry McCluer	1974
1600M Run:	4:18.90	Ben Veilleux	Clarke County	2009
Two-Mile Run:	9:45.1	Mark Stickley	Strasburg	1980
3200M Run:	9:28.60	Ben Veilleux	Clarke County	2009
400M Relay:	42.24	Northumberland		1998
880Y Relay:	1:30.1	Onancock:		1977

GIRLS OUTDOOR TRACK

Team Champions

(Champion, Runner-Up)

AAA

2011	Western Branch	112.0	Lake Braddock	31.0
2010	Western Branch	96.0	Phoebus	39.0
2009	Landstown	73.0	Deep Run	39.50
2008	Landstown	98.0	Grassfield	38.0
2007	Deep Creek	46.0	Landstown	43.0
2006	Deep Creek (tie)	41.0	Landstown (tie)	41.0
2005	Bethel	41.0	Heritage	36.0
2004	Bethel	54.0	Floyd Kellam	38.0
2003	Bethel	63.0	Menchville	57.5
2002	Western Branch	56.0	Oakton	51.0
2001	Bethel	88.0	Lake Braddock	53.25
2000	Gar-Field	79.0	Bethel	56.0
1999	Bethel	76.0	Gar-Field	51.0
1998	Bethel	71.0	Centreville	42.5
1997	Gar-Field	79.0	Bayside	60.0
1996	Centreville	62.0	Bayside	46.0
1995	Bayside	39.0	Centreville	36.0
1994	Centreville	66.0	Menchville	50.0
1993	Phoebus	52.0	Menchville	32.0
1992	Bethel	52.0	Phoebus	46.0
1991	Bethel	45.0	Phoebus	43.0
1990	Lake Braddock	36.0	Hampton	34.0
1989	Green Run	50.0	Lake Braddock	47.0
1988	Manor	42.0	Stonewall Jackson	28.0
1987	Lake Braddock	61.0	Denbigh	38.0
1986	Lake Braddock	94.0	Falls Church	34.0
1985	Lake Braddock	64.0	Jeff.-Huguenot-Wythe	56.0
1984	Jeff.-Huguenot-Wythe	78.0	Langley	44.0
1983	Jeff.-Huguenot-Wythe	42.0	Menchville	41.0
1982	Menchville	52.0	Jeff.-Huguenot-Wythe	39.0
1981	Jeff.-Huguenot-Wythe	62.0	Fort Hunt	49.0
1980	Fort Hunt	46.0	Marshall/Walker	43.0
1979	Thomas Jefferson-Ric.	41.0	Gar-Field	40.0
1978	Warwick	55.0	Thomas Jefferson-Ric.	32.0
1977	Thomas Jefferson-Ric.	50.0	Bethel	46.0
1976	Gar-Field	59.0,	Thomas Jefferson-Ric.	47.0
1975	Gar-Field	70.0	Thomas Jefferson-Ric.	45.0
1974	Gar-Field	30.0	Groveton	25.0
1973	Falls Church	18.0	James Robinson	18.0

AA

2011	Hidden Valley	48.0	John Handley	40
2010	Blacksburg	79.9	R.E. Lee-Staunton	64
2009	Blacksburg	52.0	Brookville	41.0
2008	Park View-Sterling	42.0		
	Brentsville District	42.0		
2007	Park View-Sterling	51.0	Charlottesville	35.0
2006	Courtland	67.5	William Fleming	43.0
2005	Fauquier	57.0	Western Albemarle	37.0

2004	Courtland	52.5	Fauquier	50.5
2003	Heritage-Lynchburg	51.0	Amherst County	50.0
2002	Amherst County	75.0	Caroline	52.0
2001	Jefferson Forest	58.0	Caroline	51.0
2000	Jefferson Forest	61.0	Turner Ashby	45.0
1999	Jefferson Forest	72.75	Charlottesville	47.0
1998	Liberty-Bealeton	51.0	Bruton	46.0
1997	Bruton	55.0	Louisa County	46.0
1996	Bruton	67.0	Spotswood	45.0
1995	Christiansburg	34.0	Broadway	30.0
1994	Abingdon,Harrisonburg	30.0	Charlottesville	29.0
1993	Blacksburg	56.0	Brookville	32.33
1992	John Handley	64.0	Chancellor	39.0
1991	Blacksburg	50.0	Louisa County	48.0
1990	Blacksburg	41.0	George Wythe	31.0
1989	Radford	72.0	Laurel Park	56.0
1988	Laurel Park	60.0	Carroll County	54.0
1987	Laurel Park	48.0	Christiansburg	40.0
1986	Laurel Park	34.0	Carroll County	?
1985	Blacksburg	57.0	Tabb	36.0
1984	Blacksburg	58.0	York	38.0
1983	Blacksburg	71.0	York	48.5
1982	Blacksburg	64.0	York	51.0
1981	Virginia	54.0	Blacksburg	36.0
1980	Virginia	47.0	Blacksburg	37.0
1979	Harrisonburg	63.0	Virginia	62.0
1978	Virginia	40.0	Loudoun Valley	39.0
1977	Andrew Lewis	48.0	Lexington	28.0
1976	Loudoun Valley	50.0	Andrew Lewis	46.0
1975	Orange	44.0	Loudoun County	38.0

A

2011	Manassas Park	63.0	James River-B	54.0
2010	Manassas Park	56.0	James River-B	51.0
2009	Clarke County	60.0	James River-B	39.0
2008	Clarke County	74.5	George Mason	49.0
2007	Buffalo Gap	77.0	Clarke County	43.0
2006	Buffalo Gap	90.0	Clarke County	43.0
2005	Buffalo Gap	82.0	James Monroe	79.0
2004	Buffalo Gap	98.25	James Monroe	47.0
2003	Sussex Central	90.0	Brentsville District	46.0
2002	Sussex Central	89.0	Brentsville District	60.0
2001	Sussex Central	79.0	Brentsville District	53.0
2000	Stonewall Jackson-Qkb	47.0	Strasburg	38.0
1999	New Kent	69.0	Sussex Central	63.0
1998	Sussex Central	74.0	Riverheads	61.0
1997	Sussex Central	79.0	New Kent	60.0
1996	Patrick Henry-Glade Spr.	50.5	New Kent	49.0
1995	Surry County	46.0	Giles	39.0
1994	George Wythe	57.0	King William	42.0
1993	George Wythe, Strasburg	48.0	Goochland	34.0
1992	Strasburg	53.0	Patrick Henry-Glade S	49.0
1991	Middlesex	44.0	Appalachia	40.0

1990	Essex	52.0	Amelia	46.0
1989	Amelia	46.0	Essex	35.0
1988	Amelia	47.0	Clarke County	38.0
1987	Amelia		Central-Woodstock	53.0
1986	New Kent	82.0	Drewry Mason	36.0
1985	New Kent	87.33	Pound	38.0
1984	New Kent	98.0	Floyd County	33.0
1983	New Kent		Luray	45.0
1982	New Kent	62.0	Fluvanna	59.0
1981	Fluvanna	75.0	George Washington Carver	41.0
1980	Stonewall Jackson-Qkb	68.0	Buffalo Gap	
1979	Stonewall Jackson-Qkb	68.0	Fort Defiance	37.0
1978	Cumberland	46.0	Rappahannock County	44.0
1977	Stuarts Draft	48.0	Stonewall Jackson-Qkb	41.0
1976	Stonewall Jackson-Qkb	62.0	Fort Defiance	47.0
1975	Orange	44.0	Loudoun County	38.0

Team Records

State championships:

9	Blacksburg (AA)	1982-85, 1990-91, 1993, 2009-10
8	Bethel (AAA)	1991-92, 1998-99, 2001, 03-05
6	New Kent (A)	1982-86, 1999
5	Gar-Field (AAA)	1974-76, 1997, 2000
5	Sussex Central (A)	1997-98, 2001-2003
4	Lake Braddock (AAA)	1985-87, 1990

Consecutive championships:

5	New Kent	1982-86
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Most Points:

112	Western Branch	2011
98.25	Buffalo Gap	2004
98	Landstown	2008
96	Western Branch	2010
94	Lake Braddock	1986

Coaching Records

Most coaching wins:

121	Mathews	1973-99
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Individual Records

Most individual championships

9	Sheena Johnson	Gar-Field	1997-2000
9	Paula Girven	Gar-Field	1974-76
8	Sarah Bowman	Fauquier	2002-05
8	Kiamesha Otey	New Kent	1996-99
7	Meghan McCarthy	James Robinson	1989-92
7	Natailie Baird	Park View-Sterling	2005-08

Four championships in a single event

Meghan McCarthy	James Robinson	3200m Run	1989-92
Kiamesha Otey	New Kent	100m Dash	1996-99
Kiamesha Otey	New Kent	200m Dash	1996-99
Sarah Bowman	Fauquier	1600m Run	2002-05
Sheena Johnson	Gar-Field	300m Hurdles	1997-2000

Jenkins	Buffalo Gap	Long Jump	2003-06
Shylan Bumbrey	James Monroe	800m Run	2002-05
Natalie Baird	Park View-Sterling	Discus	2005-08

Individual Champions

AAA

Shot Put (4 Kilo)

2011	42-01	Kiara Howell	Grassfield
2010	40-09.50	Tiera Williams	Freedom-W
2009	41-06.75	Jaleesa Williams	First Colonial
2008	40-03.75	Kayla Lewis	William Fleming
2007	41-01	Samella Koroma	T.C. Williams
2006	41-06	Kathy Howard	Lee-Davis
2005	43-11.25	Kathy Howard	Lee-Davis
2004	40-1	Kathy Howard	Lee-Davis
2003	45-4	Tiffany Evans	Gar-Field
2002	45-10	Lindsay Neuberger	Frاند Cox
2001	48-2	Lindsay Neuberger	Frank Cox
2000	43-5.5	India Odum	Hayfield
1999	40-6.25	Courtney Washington	William Fleming
1998	39-9	Chastity Williams	Culpeper County
1997	41-10	Missy Banks	Norcom
1996	45-3.5	Kristy Martin	James Robinson
1995	42-9.5	Alease Tate	Gar-Field
1994	40-10	Myra Williams	Menchville
1993	40-11	Tamika Powell	Floyd Kellam
1992	38-9.25	Tamika Powell	Floyd Kellam
1991	39-6.5	Shelby Stillwell	Mt. Vernon
1990	41-8.5	Dionne Dodson	JEB Stuart
1989	45-1.75	Chandra Johnson	Great Bridge
1988	43-11.25	Shane Johnson	Great Bridge
1987	40-6	Debbie Mann	Mt. Vernon
1986	45-0.5	Jeannie Burris	Mt. Vernon
1985	41-10	Jeannie Burris	Mt. Vernon
1984	42-6.25	Debbie Rogazinski	Stonewall Jackson
1983	40-0	Maria Lovelace	T.C. Williams
1982	49-9	Tracey Toon	Menchville
1981	44-10.75	Tracey Toon	Menchville
1980	44-11.5	Stephanie Thomas	Gar-Field
(8 lbs)			
1979	46-1.75	Barbara Woodfolk	Charlottesville
1978	44-6.75	Jacqueline Bland	Highland Springs
1977	43-11	Jeri Daniels	Robinson
1976	42-5	Donna Firebaugh	Northside
1975	42-2.5	Jackie Gordon	W.T. Woodson
1974	43-11	Jackie Gordon	W.T. Woodson
1973	40-0	Jackie Gordon	W.T. Woodson

Discus

2011	135.02	Haley Springman	Stone Bridge
2010	125-07	Haley Springman	Stone Bridge
2009	140-09	Christianna Moss	Patrick Henry-R
2008	129-07	Christianna Moss	Patrick Henry-R
2007	124-11	Porter Watkins	Fauquier
2006	123-02	Jennifer Marinacci	Manchester
2005	136.04	Marissa Facey	Western Branch
2004	118-4	Jennifer Marinacci	Manchester
2003	139-3	Tiffany Evans	Gar-Field

2007	11.96	Shanneka Claiborne	Matoaca	1990	24.56	Janelle Johnson	Bethel
2006	11.91	Shanneka Claiborne	Matoaca	1989	23.79	Kim Graham	Stonewall Jackson
2005	11.78	Francena McCorory	Bethel	1988	24.42	Kim Graham	Stonewall Jackson
2004	11.83	Francena McCorory	Bethel	1987	24.8	Kendyl Baugh	South Lakes
2003	12.57	Francena McCorory	Bethel	1986	24.35	Julie Sandy	Salem-Salem
2002	12.25	Tosin Oluwole	Western Branch	1985	24.91	Julie Sandy	Salem-Salem
2001	12.07	Ara Towns	Bethel	1984	23.50	Dawn Sowell	Jeff./Huguenot/Wythe
2000	11.81	Ara Towns	Bethel	1983	24.33	Jonja Fridy	Patrick Henry-Ash.
1999	12.04	Ara Towns	Bethel	1982	24.2	Fawn Young	Manor
1998	12.17	Kandis Harris	Bethel	1981	24.9	Fawn Young	Manor
1997	11.95	LaShonda Cutchin	Bayside	1980	23.6	Denise Cox	Marshall/Walker
1996	12.05	LaShonda Cutchin	Bayside				
1995	12.25	LaShonda Cutchin	Bayside				
1994	11.71*	LaTasha Colander	Woodrow Wilson	220yd Dash			
1993	12.01	LaTasha Colander	Manor	1979	24.6	Benita Fitzgerald	Gar-Field
1992	12.20	Janelle Johnson	Bethel	1978	24.66	Judy Washington	Kempsville
1991	12.29	Alisha Tucker	Hampton	1977	24.5	Sherri Cook	Bethel
1990	12.0	Tracie Harris	Huguenot	1976	24.0	Linda Portasik	Fort Hunt
1989	11.73	Kim Graham	Stonewall Jackson	1975	25.1	Paula Girven	Gar-Field
1988	11.94	Monique Everett	Denbigh	1974	26.1	Paula Girven	Gar-Field
1987	12.11	Monique Everett	Denbigh	1973	25.5	Debbie Pastel	Robinson
1986	11.87	Julie Sandy	Salem-Salem				
1985	12.00	Julie Sandy	Salem-Salem	400m Dash			
1984	11.71*	Dawn Sowell	Jeff./Huguenot/Wythe	2011	55.62	Monica Williams	Green Run
1983	12.15	Sonja Fridy	Patrick Henry-Ash	2010	54.87	Monica Williams	Green Run
1982	11.7	Fawn Young	Manor	2009	54.30	Marlena Wesh	Landstown
1981	12.0	Joyce Walton	Bayside	2008	55.05	Cierra McGee	Landstown
1980	11.7	Denise Cox	Marshall/Walker	2007	54.42	Dominique Jordan	Woodside
				2006	55.62	Tiara Swindell	Kecoughtan
				2005	55.60	Crystal Roscoe	Oscar Smith
100yd Dash				2004	55.61	Farnigh Giles	Tallwood
1979	11.0	Judy Washington	Kempsville	2003	56.99	Shareese Woods	Prince George
1978	10.91	Judy Washington	Kempsville	2002	55.47	Faraigh Giles	Tallwood
1977	10.7	Judy Washington	Kempsville	2001	57.28	Sarah Beale	Lake Braddock
1976	10.6*	Bernadette Jones	Washington-Lee	2000	53.83	Alyssa Aiken	Chantilly
1975	11.2	Lizzette Deskins	Yorktown	1999	53.45	Alyssa Aiken	Chantilly
1974	11.6	Sharon Richardson	Kecoughtan	1998	54.10	Faith Rein	Centreville
1973	11.6	Mary Arthurs	Washington-Lee	1997	54.12	Faith Rein	Centreville
				1996	55.95	Yolanda Thompson	West Potomac
200m Dash				1995	55.55	Promise Mose	John Kennedy
2011	23.53	Keilah Tyson	Western Branch	1994	54.91	Leslie Satchell	Bethel
2010	24.09	Christal Peterson	Phoebus	1993	55.33	Fatima Joyner	Indian River
2009	24.20	Marlena Wesh	Landstown	1992	57.80	Sadie Jackson	Menchville
2008	23.97	Marlena Wesh	Landstown	1991	55.75	Batanya Poole	Manor
2007	24.10	Dominique Jordan	Woodside	1990	54.72	Batanya Poole	Manor
2006	24.40	Cierra McGee	Landstown	1989	55.61	Batanya Poole	Manor
2005	23.84	Francena McCorory	Bethel	1988	55.90	Kendyl Baugh	South Lakes
2004	24.20	Francena McCorory	Bethel	1987	54.66	Kendyl Baugh	South Lakes
2003	24.77	Francena McCorory	Bethel	1986	55.52	Cathron Birge	Lake Braddock
2002	24.97	Yvette Lewis	Denbigh	1985	55.84	Cathron Birge	Lake Braddock
2001	24.82	Asia Carroll	Bethel	1984	54.12	Cathron Birge	Lake Braddock
2000	24.44	Alyssa Aiken	Chantilly	1983	55.16	Trina Creekmore	First Colonial
1999	24.52	Faith Rein	Centreville	1982	55.1	Trina Creekmore	First Colonial
1998	24.93	Kandis Harris	Bethel	1981	55.1	Durie Rhodes	Fort Hunt
1997	24.11	LaShonda Cutchin	Bayside	1980	54.8	Millicent Brown	Ferguson
1996	24.40	LaShonda Cutchin	Bayside				
1995	25.26	Promise Mose	John Kennedy	440yd Dash			
1994	23.64	LaTasha Colander	Woodrow Wilson	1979	57.1	Pam Christian	Lafayette
1993	24.15	LaTasha Colander	Manor	1978	54.7	Cassandra Jones	Warwick
1992	24.50	Janelle Johnson	Bethel	1977	55.0	Linda Portasik	Fort Hunt
1991	24.39	Janelle Johnson	Bethel				

1976	55.7	Linda Portasik	Fort Hunt	2001	5:06.89	Keira Carlstrom	Oakton
1975	55.7	Enda Jenkins	Kecoughtan	2000	5:03.49	Nikeya Green	Hayfield
1974	58.3	Sherry James	Groveton	1999	4:53.42	Sharon O'Connor	Mt. Vernon
1973	58.7	Connie Franklin	Amherst Co.	1998	4:51.95	Laura Heiner	Centreville
800m Run				1997	4:57.23	Nicole Snider	T. Jefferson S&T
2011	2:08.99	Myah Hicks	Thomas Edison	1996	5:01.85	Cammie Heiner	Centreville
2010	2:10.55	Myah Hicks	Thomas Edison	1995	4:55.81	Jaclyn Kerr	T. Jefferson S&T
2009	2:12.09	Frances Dowd	Fairfax	1994	4:55.08	Jessica Heiner	Centreville
2008	2:15.82	Amanda Smith	Grassfield	1993	5:00.58	Stacey Carpenter	C.D. Hylton
2007	2:13.93	Paige Johnston	Midlothian	1992	4:57.80	Meghan McCarthy	James Robinson
2006	2:15.06	Marlene Belizaire	Kecoughtan	1991	4:57.3	Kelly Donahoe	Stafford
2005	2:15.38	Christi Harsha	Douglas Freeman	1990	5:00.00	Meghan McCarthy	James Robinson
2004	2:15.64	Natalie Sherbak	Floyd Kellam	1989	4:57.69	Meghan McCarthy	James Robinson
2003	2:10.06	Leslie Treherne	Western Branch	1988	5:54.4	Anne Evans	South Lakes
2002	2:12.61	Dacia Barr	Centreville	1987	4:53.14	Wendy Neely	Lake Braddock
2001	2:10.76	Nicole Cook	Petersburg	1986	4:54.40	Wendy Neely	Lake Braddock
2000	2:09.30	Nikeya Green	Hayfield	1985	4:59.1	Kathy Graves	South Lakes
1999	2:10.69	Sharon O'Connor	Mt. Vernon	1984	4:55.27	Victoria Verinder	Langley
1998	2:10.40	Sharon O'Connor	Mt. Vernon	1983	4:50.32	Alisa Harvey	T. Jefferson S&T
1997	2:15.16	Sarah Burkett	Manchester	1982	4:50.9	Andrea Volpe	Lake Braddock
1996	2:14.55	Sarah Burkett	Manchester	1981	5:00.5	Sue Miley	Fort Hunt
1995	2:14.35	Stacey Carpenter	C.D. Hylton	1980	4:59.6	Sue Miley	Fort Hunt
1994	2:16.03	Anna Kohler	Menchville	1979	4:50.3	Linda Portsik	Fort Hunt
1993	2:17.29	Regina Ware	Green Run	1978	5:07.2	Robin Roughton	Mt. Vernon
1992	2:15.70	Kelly Mercer	T.C. Williams	1977	5:00.0	Sandra McGuire	Annandale
1991	2:15.2	Kelly Mercer	T.C. Williams	1976	5:16.1	Alanna McCarthy	Charlottesville
1990	2:15.1	Devon Lindahl	West Springfield	1975	5:16.8	Alanna McCarthy	Charlottesville
1989	2:15.88	Jill Baumgartner	West Springfield	3200m Run			
1988	2:15.7	Judith Scott	Langley	2011	10:35.91	Sophie Chase	Lake Braddock
1987	2:13.53	Robin Grimm	Fairfax	2010	10:30.08	Katherine Walker	Brooke Point
1986	2:12.18	Sharon Poole	Langley	2009	10:50.50	Stacey Nobles	Ocean Lakes
1985	2:14.68	Sharon Poole	Langley	2008	11:00.23	Hiruni Wijayarathne	Herndon
1984	2:12.51	Jenny Pedersen	Langley	2007	11:02.41	Sarrah Hadiji	W.T. Woodson
1983	2:13.21	Alisa Harvey	T. Jefferson-Alex.	2006	10:50.73	Rachel Rose	Albemarle
1982	2:13.2	Alisa Harvey	T. Jefferson-Alex.	2005	10:50.83	Aurora Scott	Western Branch
1981	2:14.6	Joan Humphries	James Madison	2004	10:42.70	Melissa Dewey	Hayfield
1980	2:18.7	Joan Humphries	James Madison	2003	11:07.97	Jennifer Boyd	Hickory
880yd Run				2002	11:03.26	Jennifer Boyd	Hickory
1979	2:11.7	Linda Portasik	Fort Hunt	2001	11:08.51	Jeannie Addison	T. Jefferson S&T
1978	2:10.13	Linda Portasik	Fort Hunt	2000	11:04.23	Erin Swain	Lake Braddock
1977	2:17.5	Kim Dunlap	James Wood	1999	10:40.06	Liz Awtrey	James Robinson
1976	2:23.6	Tanya Hill	Thomas Jefferson-R	1998	10:49.60	Laura Heiner	Centreville
1975	2:20.2	Barbara Butler	Groveton	1997	10:54.34	Pamela Edwards	Tallwood
1974	2:22.2	Barbara Butler	Groveton	1996	10:51.89	Jennifer Owens	Albemarle
1973	2:23.6	Kaye Underhill	Dinwiddie	1995	10:47.80	Jaclyn Kerr	T. Jefferson S&T
1600m Run				1994	10:47.17	Elisa Beres	Centreville
2011	4:28.21	Megan Moye	Cosby	1993	11:08.30	Elisa Beres	Centreville
2010	4:56.22	Kathleen Lautzenheiser	Midlothian	1992	10:57.70	Meghan McCarthy	James Robinson
2009	5:01.20	Elizabeth Barclay	Albemarle	1991	11:08.3	Meghan McCarthy	James Robinson
2008	4:56.75	Tasia Potasinski	Westfield	1990	11:03.2	Meghan McCarthy	James Robinson
2007	4:59.46	Kathleen Lautzenheiser	Midlothian	1989	10:51.48	Meghan McCarthy	James Robinson
2006	4:53.02	Kristine Tobin	Great Bridge	1988	10:43.8	Alexa Lange	Herndon
2005	4:58.99	Aurora Scott	Western Branch	1987	10:22.35	Erin Keogh	Langley
2004	4:57.18	Natalie Sherbak	Floyd Kellam	1986	10:05.58	Erin Keogh	Langley
2003	5:00.24	Kelley Taylor	Floyd Kellam	1985	10:35.69	Erin Keogh	Langley
2002	5:03.88	Kiera Carlstrom	Oakton	1984	10:59.03	Demarch Robertson	Jeff./Huguenot/Wythe
				1983	10:47.45	Andrea Volpe	Lake Braddock
				1982	10:40.7	Charlene Burstrom	Yorktown

1981	10:56.7	Sue Miley	Fort Hunt
1980	10:44.1	Kendall Tata	Kempsville
1979	10:54.0	Kendall Tata	Kempsville
1978	11:15.34	Robin Roughton	Mt. Vernon

400m Relay (4x100)

2011	47.25	Western Branch
2010	47.33	Western Branch
2009	47.36	Bethel
2008	46.51	Landstown
2007	46.95	Deep Creek
2006	46.87	Salem
2005	47.27	Bethel
2004	48.45	Bethel
2003	47.48	Bethel
2002	47.32	Salem - Virginia Beach
2001	46.97	Bethel
2000	46.74	Bethel
1999	47.55	Bethel
1998	46.75	Bethel
1997	45.79	Bayside
1996	47.11	Bayside
1995	47.26	Bayside
1994	48.55	Centreville
1993	48.33	Phoebus
1992	49.10	Phoebus
1991	47.54	Bethel
1990	48.70	Hampton
1989	47.71	Stonewall Jackson
1988	48.63	Stonewall Jackson
1987	47.0	Denbigh
1986	47.90	Lake Braddock
1985	47.48	Jefferson/Huguenot/Wythe
1984	48.62	Jefferson/Huguenot/Wythe
1983	48.60	Menchville
1982	47.8	Phoebus
1981	48.2	Jefferson/Huguenot/Wythe
1980	48.2	Armstrong/Kennedy

440yd Relay

1979	48.7	Bethel
1978	47.69	Warwick
1977	48.3	Warwick
1976	48.9	Pembroke
1975	49.4	Hayfield
1974	50.6	Ferguson
1973	51.1	Essex

800m Relay

1984	1:40.51	Jefferson/Huguenot/Wythe
1983	1:41.82	Menchville
1982	1:40.2	Menchville
1981	1:41.0	Jefferson/Huguenot/Wythe
1980	1:39.1	Marshall-Walker

880yd Relay

1979	1:41.8	Manor
1978	1:41.0	Warwick
1977	1:40.1	Bethel

1976	1:44.0	Thomas Jefferson-R
1975	1:43.9	Thomas Jefferson-R
1974	1:49.3	Woodson

1600m Relay (4x400)

2011	3:44.20	Bethel
2010	3:48.84	Bethel
2009	3:48.86	Bethel
2008	3:47.92	Landstown
2007	3:48.35	Landstown
2006	3:48.79	Landstown
2005	3:53.22	Oscar Smith
2004	3:54.66	Tallwood
2003	3:52.04	Tallwood
2002	3:52.73	Bethel
2001	3:52.91	Bethel
2000	3:46.28	Bethel
1999	3:48.24	Bethel
1998	3:43.46	Menchville
1997	3:48.79	Bayside
1996	3:51.92	Hampton
1995	3:51.34	Bayside
1994	3:48.52	Menchville
1993	3:53.93	Phoebus
1992	3:56.10	Bethel
1991	3:47.29	Bethel
1990	3:50.62	Bethel
1989	3:51.88	Green Run
1988	3:52.39	Manor
1987	3:53.2	West Springfield
1986	3:48.67	Lake Braddock
1985	3:52.53	Lafayette
1984	3:48.69	Jefferson/Huguenot/Wythe
1983	3:53.92	Salem-Salem
1982	3:52.2	Jefferson/Huguenot/Wythe
1981	3:50.6	Jefferson/Huguenot/Wythe
1980	3:52.3	Jefferson/Huguenot/Wythe
1979	3:57.1	Bethel
1978	3:53.1	Bethel
1977	3:59.0	Woodson
1976	4:06.1	Gar-Field
1975	4:04.0	Gar-Field

3200m Relay (4x800)

2011	9:09.07	Lake Braddock
2010	9:08.32	West Springfield
2009	9:19.11	Lake Braddock
2008	9:19.42	Landstown
2007	9:14.86	Westfield
2006	9:15.03	Lake Braddock
2005	9:17.42	Oakton
2004	9:30.92	Floyd Kellam
2003	9:12.13	James Robinson
2002	9:15.34	West Springfield
2001	9:18.02	James Robinson
2000	9:22.32	Oakton
1999	9:10.29	Thomas Jefferson S&T
1998	9:22.53	Kecoughtan

1997	9:11.50	Manchester
1996	9:16.82	Manchester
1995	9:17.90	Thomas Jefferson-Richmond
1994	9:22.64	E.C. Glass
1993	9:27.00	Lake Braddock
1992	9:37.80	Langley
1991	9:31.4	North Stafford
1990	9:31.6	Lake Braddock
1989	9:32.45	Lake Braddock

2001	128-1	Christina Miller	Potomac Falls
2000	116-11	Jennell Holmes	York
1999	121-7	Ashley Honeycutt	Lee
1998	130-9	Ashely Honeycutt	Lee
1997	132-9	Rachel Pendleton	Patrick Co.
1996	121-0	Damie Malone	Handley
1995	130-7	Maureen Jackson	Christiansburg
1994	129-5	Alyson Blankenship	Richlands
1993	125-10	Tennell Smith	Altavista
1992	125-4	Marie Alcala	Loudon Co.
1991	128-9	Simone Farrar	Matoaca
1990	134-1	Simone Farrar	Matoaca
1989	131-4	Amy Washington	Harrisonburg
1988	130-4	Nicky Wilcoxson	Giles
1987	131-8	Heidi Halbert	Loudon Valley
1986	132-5	Missy Poff	Radford
1985	128-1	Missy Poff	Radford
1984	124-2	Missy Poff	Radford
1983	138-10	Susan Ballenger	Loudoun County
1982	130-7	Susan Ballenger	Loudoun County
1981	138-11	Kelly Haught	John Battle
1980	137-7	Gloria Stanton	Culpeper

Individual Champions

AA

Shot Put

2011	45.09*	Rochelle Evans	Christiansburg
2010	40-01.50	Daquaa Scott	R.E. Lee-Staunton
2009	39-04.75	Jerica Glover	Amherst County
2008	43-09	Natalie Baird	Park View-Sterling
2007	42-0.75	Natalie Baird	Park View-Sterling
2006	42-08	Natalie Baird	Park View-Sterling
2005	42-00.50	Rachel Clark	Liberty-Beaeton
2004	42-1.25	Tierra Hubbard	William Fleming
2003	40-3	Tierra Hubbard	William Fleming
2002	40-4	Tierra Hubbard	William Fleming
2001	39-5.75	Mildred Cooper	Gretna
2000	39-6	Latonya Nelson	Caroline
1999	39-7.5	Ashley Honeycutt	Lee
1998	40-8.25	Ashley Honeycutt	Lee
1997	39-8.25	Ashley Honeycutt	Lee
1996	41-5.5	Solondria Wyche	Brunswick
1995	39-7	Solondria Wyche	Brunswick
1994	39-1	Rebekah Melton	Lee
1993	40-1	Kish Jordan	Harrisonburg
1992	38-5.75	Marie Alcala	Loudon Co.
1991	39-9.25	Angela Walton	Brunswick
1990	40-4	Simone Farrar	Matoaca
1989	40-4.75	Amy Washington	Harrisonburg
1988	44-2	Gloria Dillard	Christiansburg
1987	42-9.5	Gloria Dillard	Christiansburg
1986	42-3.5	Gloria Dillard	Christiansburg
1985	39-7.75	Missy Dudley	Western Albemarle
1984	37-11.5	Lisa Campbell	Turner Ashby
1983	45-7.75	Teena Brooks	Meadowbrook
1982	43-9	Teena Brooks	Meadowbrook
1981	39-11	Vadine Holmes	King George
1980	40-1.5	Cindy Wilson	Gloucester

Discus

2011	135.07	Rochelle Evans	Christiansburg
2010	135-11	Daquaa Scott	R.E. Lee-Staunton
2009	117-5*	Ashley Rasmussen	Skyline
2008	161-7	Natailie Baird	Park View-Sterling
2007	159-4	Natalie Baird	Park View-Sterling
2006	152-5	Natalie Baird	Park View-Sterling
2005	139-11	Natalie Baird	Park View-Sterling
2004	133-6	Geonna Adeka	Stone Bridge
2003	124-3	Jennifer Showker	Spotswood
2002	128-2	Liz Hager	Pulaski County

Long Jump

2011	19.05*	Javanique Burruss	Louisa County
2010	18-05	Javanique Burruss	Louisa County
2009	18-02	Krystal Parrish	Park View-South Hill
2008	18-10.25	Krystal Parrish	Park View-South Hill
2007	17-09.25	Tiffany France	Patrick County
2006	18-01.50	Sha'Tia Hart	Courtland
2005	17-09	Leslie Anderson	Pulaski Coutny
2004	18-9.5	Octavia Best	Prince Edward Co.
2003	18-2.75	Latoya Baker	Waynesboro
2002	19-0.75	LaTonya Anderson	Caroline
2001	18-3	Ebony Foster	Jefferson Forest
2000	18-2	Ebony Foster	Jefferson Forest
1999	17-9.75	Arica Dickson	Salem-Salem
1998	18-8	Nicole Kelly	Bruton
1997	18-11	Nicole Kelly	Bruton
1996	17-10.5	Nicole Kelly	Bruton
1995	18-6	Leema Madden	Harrisonburg
1994	17-10.5	Leema Madden	Harrisonburg
1993	18-11	Latish Blakey	Charlottesville
1992	17-11.5	Tonya Ullery	Handley
1991	18-10.75	Kikki Hughes	Magna Vista
1990	18-10	Teri Braxton	Park View
1989	19-2.5	Millicent Shabazz	Radford
1988	17-11	Tracy Housel	Radford
1987	18-0.75	Tanya Lawrence	Louisa County
1986	19-1	Lisa Dillard	Tabb
1985	18-6.5	Jocelin Wilson	Tunstall
1984	18-10	Robin Watkins	Martinsville
1983	18-1.5	Wilcoxson	Giles
1982	18-1.25	Sheila Holland	Louisa
1981	18-7	Grannie Scott	William Campbell
1980	18-11.25	Thomasina Busch	Northampton

High Jump

2011	5-05	Talisha Watts	Brookville
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2010	5-04	Shanita Glen	Eastern View	1987	38-3	Chelsea Wicks	Charlottesville
2009	5-04	Danyelle Kent-Robinson	Brentsville District	1986	37-0	Rebecca Russell	Carroll County
2008	5-04	Christina Fenske	Stuarts Draft	Pole Vault			
2007	5-04	Shiontae Preston	James Monroe	2011	11-6	Hannah Earley	Fluvanna
2006	5-04	Danyelle Kent-Robinson	Brentsville	2010	11-6	Justine Dutton	Caroline
2005	5-04	Kaylor Vaughn	R.E. Lee	2009	11-3	Shelly Parker	Brookville
2004	5-3	Blair Brown	Loudoun Valley	2008	11-0	Shelly Parker	Brookville
2003	5-4	Nikkia Slade	Tabb	2007	11-0	Chrissy Rhodes	Turner Ashby
2002	5-7	Tanika Brown	Powhatan	2006	10-6	Emma Pelton	Monticello
2001	5-7	Jennifer Nelms	Spotsylvania	2005	12-6.25*	Ashley Early	Western Albemarle
2000	5-4	Jessica Clem	William Byrd	2004	11-1	Ashley Early	Western Albemarle
1999	5-10*	Jennifer Nelms	Spotsylvania	2003	10-0	Randi Lawson	Appomattox County
1998	5-6	Nicole Kelly	Bruton	2002	11-0.25	Megan Mlinarchik	Broadway
1997	5-6	Nicole Kelly	Bruton	2001	10-6.25	Tabitha Schwartz	Appomattox County
1996	5-3	Nicole Kelly	Bruton	2000	10-6	Brandy King	Appomattox County
1995	5-5	Tiffany Ferguson	William Campbell	1999	9-0	Jade Burris	Spotsylvania
1994	5-5	Naomi Singleton	Osbourne	100m Hurdles			
1993	5-5	Kathleen Ollendick	Blacksburg	2011	15.02	Javanique Burruss	Louisa County
1992	5-7	Kathleen Ollendick	Blacksburg	2010	14.94	Amber Church	Pulaski County
1991	5-7	Hollie Slusser	Christiansburg	2009	14.95	Amber Church	Pulaski County
1990	5-5	Heather McFadden	Waynesboro	2008	15.12	Danielle Kent-Robinson	Brentsville District
1989	5-6	Heather McFadden	Waynesboro	2007	15.26	Tanisha Jenkins	Louisa
1988	5-6	Rhonda Jackson	Carroll Co.	2006	14.56	Ayla Smith	Handley
1987	5-8	Chelsea Wicks	Charlottesville	2005	15.15	Tierra Gregory	Jamestown
1986	5-7	Molly Foster	R.E. Lee	2004	14.68	Jacqueline Bailey	Brentsville
1985	5-3	Missy Dudley	Western Albemarle	2003	15.20	Jessica Alexander	Heritage - Lynch.
1984	5-9	Pam Perreault	Courtland	2002	15.08	Monique Walker	Park View
1983	5-6	Norma Shepherd	Brookville	2001	14.94	Alesia Hovatter	Central
1982	5-6	Norma Shepherd	Brookville	2000	15.49	Danielle Tapscott	Liberty-Beaeton
1981	5-6	Liz Owings	Thomas Dale	1999	15.51	Lashaunda Jefferson	Matoaca
1980	5-7	Lisa Smallville	Blacksburg	1998	15.52	Ashley Bush	Salem
Triple Jump				1997	14.87	Jaime Roberts	Bassett
2011	38-00.50	Karissa Jenkins	R.E. Lee-Staunton	1996	15.17	Cynthia Lundstrum	Salem
2010	38-01	Karissa Jenkins	R.E. Lee-Staunton	1995	14.92	Cynthia Lundstrum	Salem
2009	36-10.75	Karissa Jenkins	R.E. Lee-Staunton	1994	14.91	Lee O'Donnell	Handley
2008	38-2.25	Krystal Parrish	Park View-South Hill	1993	15.17	Kim Downs	Brookville
2007	38-06.00	Rashawnda James	Charlottesville	1992	14.76	Kellie Ross	Caroline
2006	37-11.75	Sha'Tia Hart	Courtland	1991	14.8	Kellie Ross	Caroline
2005	37-03.25	Candace Nelms	Staunton River	1990	15.0	Kellie Ross	Caroline
2004	38-4	Octavia Best	Prince Edward Co.	1989	14.1	Tracy Housel	Radford
2003	39-0.5	Imani Moorman	Amherst Co.	1988	14.44*	Tracy Housel	Radford
2002	38-7.25	Joyce Johnson	Charlottesville	1987	15.1	Shannon Miller	Waynesboro
2001	38-3.5	Imani Moorman	Amherst Co.	1986	14.7	Jen Kittle	Blacksburg
2000	36-11.25	Joyce Johnson	Charlottesville	1985	14.3	Jen Kittle	Blacksburg
1999	38-5.5	Johanna Garrity	Charlottesville	1984	14.5	Jen Kittle	Blacksburg
1998	39-11.25	Candace Lee	Appomattox	1983	14-6	Sherri DiLisio	Courtland
1997	40-11.75*	Tasha Coleman	Louisa County	1982	14.1	Lisa Jackson	Handley
1996	37-4.25	Starr Anderson	Tazewell	1981	14.4	Bobbie Puckett	Virginia
1995	37-2	Starr Anderson	Tazewell	1980	14.3	Thomasina Busch	Northampton
1996	37-11.4	Tasha Coleman	Louisa County	300m Hurdles			
1995	37-4	Lucian Clark	Patrick County	2011	44.94	Mystique Ro	Brentsville District
1994	38-3.25	Javander Banks	Spotsylvania	2010	45.06	Amber Church	Pulaski County
1993	38-6	Kikki HughesLoui	Magna Vista	2009	45.47	Kiya Day	Dominion
1992	38-2	Lai Madden	Harrisonburg	2008	45.28	Bilnita Armstead	James Monroe
1991	39-1.5	Millicent Shabaaz	Radford	2007	45.77	Chelsea High	Salem
1990	38-5	Rebecca Russell	Carroll County	2006	43.43*	Ayla Smith	Handley
1989	39-1.5	Millicent Shabazz	Radford				
1988	38-5	Rebecca Russell	Carroll County				

2005	45.97	Brittany Taylor	Chancellor
2004	44.75	Jacqueline Bailey	Brentsville
2003	45.32	Sharita Jones	Loudon County
2002	45.21	Tanika Brown	Powhatan
2001	45.05	Tanika Brown	Powhatan
2000	45.73	Erin Haile	Turner Ashby
1999	45.8	Devin Grim	Handley
1998	45.88	Ashley Bush	Salem
1997	46.47	Katie Brunk	Turner Ashby
1996	46.97	Twanna Scott	Appomattox County
1995	46.34	Rhonda Ellis	Bruton
1994	45.48	Lee O'Donnell	Handley
1993	45.33	Kim Downs	Brookville
1992	46.19	Kellie Ross	Caroline
1991	47.0	Joanne Ware	James Monroe
1990	45.6	Anne Fontaine	Wythe
1989	44.4	Millicent Shabaaz	Radford
1988	45.0	Tracy Housel	Radford
1987	46.1	Aimee Tait	Christiansburg
1986	45.0	Jen Kittle	Blacksburg
1985	44.4	Jen Kittle	Blacksburg

100m Dash

2011	12.08	Ronnie Powell	Southampton
2010	12.48	Ronnie Powell	Southampton
2009	12.20	Sherelle White	York
2008	12.61	Sherelle White	York
2007	12.42	Jennifer Weatherly	Dominion
2006	12:09	TeCarla Wade	Magna Vista
2005	11.83*	Patrice Potts	Brunswick
2004	11.97	Sheemeca Berkley	Amherst County
2003	12.14	Patrice Potts	Brunswick
2002	12.14	Courtney Green	Caroline
2001	12.36	Courtney Green	Caroline
2000	12.15	Ebony Foster	Jefferson Forest
1999	12.20	Ebony Foster	Jefferson Forest
1998	12.38	Latisha Sensabaugh	Virginia
1997	11.89	Keena Schuler	Broadway
1996	12.29	Keena Schuler	Broadway
1995	12.12	Keena Schuler	Broadway
1994	12.28	Tracy Jones	Brunswick
1993	12.67	Vanessa Lindsay	Orange
1992	12.48	Dana Gardner	Handley
1991	12.4	Treva Lowery	Liberty
1990	12.4	Wendy Graveley	Laurel Park
1989	11.9	Tracy Housel	Radford
1988	12.0	Tracy Housel	Radford
1987	12.1	Tanya Johnson	Kennedy
1986	12.4	Lisa Dillard	Tabb
1985	11.8	Lisa Dillard	Tabb
1984	11.9	Charlene Moore	Southampton
1983	12.3	Lisa Dillard	Tabb
1982	11.9	Sheila Holland	Louisa
1981	11.7	Bonita Ennis	Spotsylvania
1980	12.0	Natasha Johnson	Tabb

200m Dash

2011	24.18*	Kiara Porter	Tabb
2010	25.38	Ronnie Powell	Southampton

2009	25.04	Sherelle White	York
2008	26.0	Jennifer Weatherly	Dominion
2007	25.03	Jennifer Weatherly	Dominion
2006	24.85	Marie Fields	James Monroe
2005	24.72	Patrice Potts	Brunswick
2004	24.67	Sheemeca Berkley	Amherst County
2003	24.95	Darwansha Rose	Heritage
2002	24.90	Jenea Brown	Amherst
2001	25.21	Courtney Green	Caroline
2000	24.89	Ebony Foster	Jefferson Forest
1999	25.20	Ebony Foster	Jefferson Forest
1998	25.67	Johanna Garrity	Charlottesville
1997	24.36	Keena Schuler	Broadway
1996	25.10	Keena Schuler	Broadway
1995	25.07	Keena Schuler	Broadway
1994	26.12	Javander Banks	Spotsylvania
1993	25.98	Dana Gardner	Handley
1992	25.11	Dana Gardner	Handley
1991	25.6	Dominique Henderson	Louisa
1990	26.0	Wanda Coverty	Bruton
1989	25.0	Tracy Housel	Radford
1988	24.8	Rebecca Russell	Carroll County
1987	24.9	Rebecca Russell	Carroll County
1986	24.9	Rebecca Russell	Carroll County
1985	24.3	Lisa Dillard	Tabb
1984			
1983	25.4	Lisa Dillard	Tabb
1982	25.1	Sheila Holland	Louisa
1981	24.6	Bonita Ennis	Spotsylvania
1980	24.7	Sheila Holland	Louisa

400m Dash

2011	54.77*	Kiara Porter	Tabb
2010	56.36	Destiny Simmons	R.E. Lee-Staunton
2009	56.68	Ashontae Jackson	Orange County
2008	56.37	Michelle Speede	Grafton
2007	56.54	Kristin Smith	Rustburg
2006	57.87	Latasha Watson	Sherando
2005	56.38	Leslie Anderson	Pulaski County
2004	58.3	Shawna McCoy	Tabb
2003	57.42	LaTonya Anderson	Caroline
2002	57.02	LaTonya Anderson	Caroline
2001	57.22	LaTonya Anderson	Caroline
2000	56.10	Jennifer Nelms	Spotsylvania
1999	57.0	Jennifer Nelms	Spotsylvania
1998	58.18	Johanna Garrity	Charlottesville
1997	56.92	Keena Schuler	Broadway
1996	56.09	Keena Schuler	Broadway
1995	57.33	Keena Schuler	Broadway
1994	59.24	Antonia Louderback	Charlottesville
1993	59.26	Kiersten Murray	Chancellor
1992	58.06	Kathleen Ollendick	Blacksburg
1991	57.4	Kristen Murray	Chancellor
1990	59.5	Theresa Marshall	Courtland
1989	59.3	Maretta Hagwood	Laurel Park
1988	55.24	Rebecca Russell	Carroll County
1987	56.4	Rebecca Russell	Carroll County
1986	57.1	Rebecca Russell	Carroll County
1985	56.7	Shelby Moorman	Laurel Park

1984	57.0	Debbie Walker	Waynesboro	1993	5:17.3	Sarah Hendricks	Blacksburg
1983	58.2	Traci Abbott	Clover Hill	1992	5:16.25	Melissa Ward	Jefferson Forest
1982	56.9	Rhonda Mason	Sussex Central	1991	5:16.5	Gereme Alvarez	Blacksburg
1981	57.6	Patricia Meboine	Martinsville	1990	5:11.1	Jennifer Adkissan	Blacksburg
1980	57.4	Rhonda Mason	Sussex Central	1989	5:12.9	Heather Shutt	Courtland
800m Run				1988	5:16.0	Christy Atkins	William Byrd
2011	2:14.65	Hannah Brown	Blacksburg	1987	5:06.7	Christy Atkins	William Byrd
2010	2:13.99	Hannah Brown	Blacksburg	1986	5:05.6	Becky Runion	Central
2009	2:16.70	Christina Lee	Potomac Falls	1985	5:11.9	Alice Gaines	Blacksburg
2008	2:17.15	Laura Rapp	Heritage-Lynchburg	1984	5:13.1	Karen Wierwille	Blacksburg
2007	2:13.70	Catherine White	Northside	1983	5:09.5	Karen Wierwille	Blacksburg
2006	2:16.93	Catherine White	Northside	1982	4:59.0	Maria Large	Virginia
2005	2:09.32*	Sarah Bowman	Fauquier	1981	5:04.3	Missi Jones	Virginia
2004	2:10.44	Sarah Bowman	Fauquier	1980	5:05.5	Marianne Downey	Martinsville
2003	2:11.41	Sarah Bowman	Fauquier	3200m Run			
2002	2:20.51	Macy Zwanzig	Turner Ashby	2011	10:33.21	Krista DeCeault	Sherando
2001	2:18.9	Kurstin Nelms	Spotsylvania	2010	10:16.03*	Kathleen Stevens	Blacksburg
2000	2:16.21	Elizabeth Hanger	Fort Defiance	2009	10:55.48	Joanna Stevens	Blacksburg
1999	2:18.75	Katie Brunk	Turner Ashby	2008	11:12.0	Laurel MacMillan	Blacksburg
1998	2:20.56	Katie Brunk	Turner Ashby	2007	10:47.90	Catherine White	Northside
1997	2:20.21	Sara Moore	Lord Botetourt	2006	10:49.52	Catherine White	Northside
1996	2:17.23	Sarah Hendricks	Blacksburg	2005	10:21.15	Sarah Bowman	Fauquier
1995	2:17.03	Adjoa Taylor	James Wood	2004	10:46.43	Emily Harrison	Warren Co.
1994	2:20.83	Angela Dalton	Brookville	2003	10:46.03	Jennifer Beury	Hidden Valley
1993	2:21.13	Jennifer Golay	Osbourn	2002	11:22.55	Emily Harrison	Warren County
1992	2:23.85	Ayanna Johnson	Spotsylvania	2001	11:14.96	Shannon Saunders	Jefferson Forest
1991	2:18.3	Colleen Stroud	Spotswood	2000	11:19.64	Christy Dannenberg	Potomac Falls
1990	2:20.5	Hollie Slusser	Christiansburg	1999	11:13.32	Kimberly Myers	Jefferson Forest
1989	2:18.2	Amy Flint	Salem	1998	10:50.78	Jennifer Modliszewski	Liberty-Beaeton
1988	2:20.5	Melissa Bowden	John Battle	1997	10:59.27	Jennifer Modliszewski	Liberty-Beaeton
1987	2:21.0	Karen Giles	Laurel Park	1996	11:09.84	Carin Ward	Western Albemarle
1986	2:18.4	Tracy Wrenn	Alleghany	1995	10:59.6	Bethany Eigel	Christiansburg
1985	2:19.0	Tracy Wrenn	Alleghany	1994	11:30.3	Carin Ward	Western Albemarle
1984				1993	11:45.82	Cantrese Hairston	Laurel Park
1983	2:15.1	Karen Wierwille	Blacksburg	1992	11:59.86	Christy Shell	William Byrd
1982	2:14.3	Karen Wierwille	Blacksburg	1991	11:45.6	Dana Price	Blacksburg
1981	2:17.2	Karen Wierwille	Blacksburg	1990	11:30.0	Lori Archer	Salem
1980	2:17.3	Lynn LeVanseller	Monacan	1989	11:18.1	Heather Shutt	Harrisonburg
1600m Run				1988	11:32.1	Mary Purcell	Louisa
2011	4:57.07	Annie LeHardy	Hidden Valley	1987	11:03.7	Christy Atkins	William Byrd
2010	4:52.61	Kathleen Stevens	Blacksburg	1986	11:17.3	Christy Atkins	William Byrd
2009	5:05.37	Joanna Stevens	Blacksburg	1985	11:00	Beth Fleming	Blacksburg
2008	5:06.13	Annie LeHardy	Hidden Valley	1984	11:29.6	Whitney Jessee	John Battle
2007	4:55.55	Catherine White	Northside	1983	11:09.4	Cecile Gaines	Blacksburg
2006	5:05.81	Catherine White	Northside	1982	10:51.4	Cecile Gaines	Blacksburg
2005	4:41.81*	Sarah Bowman	Fauquier	1981	11:21.7	Maria Large	Virginia
2004	4:51.11	Sarah Bowman	Fauquier	1980	11:13	Maria Large	Virginia
2003	4:54.90	Sarah Bowman	Fauquier	400m Relay (4x100)			
2002	4:57.09	Sarah Bowman	Fauquier	2011	48.60	E.C. Glass	
2001	5:04.15	Delaney Moje	Western Albemarle	2010	49.28	Spotswood	
2000	5:08.55	Delaney Moje	Western Albemarle	2009	48.84	York	
1999	5:03.96	Kimberly Myers	Jefferson Forest	2008	49.72	Brookville	
1998	4:45.99	Jennifer Modliszewski	Liberty-Beaeton	2007	48.87	Charlottesville	
1997	4:54.80	Jennifer Modliszewski	Liberty-Beaeton	2006	48.85	Courtland	
1996	5:01.07	Sarah Hendricks	Blacksburg	2005	48.86	Brunswick	
1995	4:59.22	Bethany Eigel	Christiansburg	2004	49.94	Courtland	
1994	5:13.4	Becky Flowers	Loudoun Valley	2003	49.62	Amherst County	

2002	48.28*	Caroline
2001	49.30	Caroline
2000	49.76	Spotsylvania
1999	49.51	Matoaca
1998	49.24	Liberty-Beaeton
1997	49.72	Brunswick
1996	49.74	Fort Defiance
1995	50.30	Harrisonburg
1994	50.16	Harrisonburg
1993	49.60	York
1992	49.91	Handley
1991	50.0	Louisa
1990	50.4	Louisa
1989	49.9	Magna Vista
1988	49.6	Laurel Park
1987	49.1	Laurel Park
1986	49.3	Waynesboro
1985	48.7	Laurel Park
1984	49.1	Courtland
1983	50.2	L.C. Bird
1982	49.0	Nottoway
1981	48.3	Loudoun Valley
1980	49.0	Loudoun Valley

880 Yard Relay

1984	1:43.6	York
1983	1:46.8	Park View
1982	1:42.5	Sussex Central
1981	1:42.1	Sussex Central
1980	1:44.2	Harrisonburg

1600m Relay (4x400)

2011	3:54.56*	Tabb
2010	3:55.51	John Handley
2009	4:00.10	Heritage-Leesburg
2008	3:59.72	Heritage-Leesburg
2007	3:59.22	Heritage-Leesburg
2006	3:58.69	Courtland
2005	4:01.82	Loudon Valley
2004	4:04.05	Fauquier
2003	3:58.40	Heritage
2002	4:05.09	Heritage
2001	4:05.16	Spotsylvania
2000	4:03.37	Lafayette
1999	4:00.31	Lafayette
1998	4:03.27	Spotswood
1997	4:01.62	Bruton
1996	4:02.29	Spotswood
1995	4:03.89	Spotswood
1994	4:06.21	Spotswood
1993	4:03.02	York
1992	4:06.74	York
1991	4:06.7	Spotswood
1990	4:07.6	Magna Vista
1989	4:04.0	Laurel Park
1988	4:01.1	Richlands
1987	3:59.7	Laurel Park
1986	4:01.4	Laurel Park
1985	4:02.1	Louisa

Mile Relay

1984	3:59.7	York
1983	4:01.6	York
1982	4:01.4	Blacksburg
1981	4:02.0	Virginia
1980	4:04.9	G.W. Carver

3200m Relay (4x800)

2011	9:26.89	Sherando
2010	9:23.98*	Blacksburg
2009	9:26.27	Blacksburg
2008	9:35.37	Blacksburg
2007	9:30.84	Blacksburg
2006	9:36.49	Blacksburg
2005	9:45.10	Brentsville
2004	9:50.72	Brentsville
2003	9:26.00	Western Albemarle
2002	9:39.64	Western Albemarle
2001	9:35.45	Turner Ashby
2000	9:39.31	Turner Ashby
1999	9:32.49	Turner Ashby
1998	9:47.86	Western Albemarle
1997	9:41.22	Western Albemarle
1996	9:37.19	Western Albemarle

Individual Champions

A

Shot Put

2011	38-04	Cheyenne Falls	James River-B
2010	36-07	Cheyenne Falls	James River-B
2009	42:01	Kim Johnson	Virginia
2008	41-00.50	Desi Simmons	Radford
2007	37-06.75	Monet Stevenson	Northumberland
2006	37-00.50	Monet Stevenson	Northumberland
2005	44-11*	Susan Lucas	Giles
2004	40-6	Susan Lucas	Giles
2003	38-2	Susan Lucas	Giles
2002	38-2.5	Lawuana Nock	Nandua
2001	40-1	Frances Caravajal	Covington
2000	40-7	Laquana Nock	Nandua
1999	37-3.75	Frances Caravajal	Covington
1998	38-7.25	Mary Jenkins	George Wythe
1997	39-4	Melissa Lucas	Narrows
1996	38-1.75	Kimberly Corvin	George Wythe
1995	36-10.25	Melissa Lucas	Narrows
1994	39-7.1	Melinda Fleeman	Narrows
1993	40-1	Kristi Persinger	Strasburg
1992	36-9.5	Kristi Persinger	Strasburg
1991	43-0	Sandra Giles	Amelia
1990	34-10.75	Sandra Giles	Amelia
1989	38-5.25	Susan Cope	Amelia
1988	37-1	Robin Banner	Castlewood
1987	38-7.25	Carol Brown	James River
1986	36.75	Jody Beard	Stuarts Draft
1985	40-6.5	Crystal Robinson	Strasburg
1984	39-5	Lorie Goff	Floyd County
1983	38-2	Crystal Robinson	Strasburg

1982	36-9.75	Sherry Cousins	Fluvanna
1981	35-6	Sherry Cousins	Fluvanna
1980	36-9	Rose Williams	Buffalo Gap

Discus

2011	120-06	Wileta Tibbs	Manassas Park
2010	119-10	Ava Bell	Radford
2009	119-04	Cassandra Frye	Strasburg
2008	113-10	Cassandra Frye	Strasburg
2007	122-09	Melanie Taylor	Giles
2006	120-08	Melanie Taylor	Giles
2005	129-05	Abby Lemon	Clarke County
2004	131-8*	Whitney King	Radford
2003	117-3	Ashley Hayes	Radford
2002	110-5	Terri Hill	Saint Paul
2001	124-2	Kristen Lovell	Floyd County
2000	117-11	Frances Carvajal	Covington
1999	120-9	Courtney Hendricks	Radford
1998	112-10	Joselyn Johnson	Strasburg
1997	118-6	Nikki Davis	Patrick Henry-GS
1996	120-7	Nikki Davis	Patrick Henry-GS
1995	124-5	Sharon Boyd	Middlesex
1994	117-4	Sharon Boyd	Middlesex
1993	117-5	Tracey Steele	Powell Valley
1992	108-4	Rachel Freeman	Stuarts Draft
1991	120-0	Sandra Giles	Amelia
1990	113-1	India Bryson	Galax
1989	128-10	Susan Cope	Amelia
1988	122-6	Susan Cope	Amelia
1987	121-5	Veronica Carey	Clarke County
1986	119-10	Susan Spangler	Floyd County
1985	125-5	Crystal Robinson	Strasburg
1984	114-7	Lorie Goff	Floyd County
1983	120-1	Teresa Taylor	J.J. Kelly
1981	117-10	Sherry Cousins	Fluvanna
1980	122-7	Rose Williams	Buffalo Gap

Long Jump

2011	17-05.25	Jasmine Mitchell	Amelia County
2010	17-01-50	Savanna Burton	Narrows
2009	17-05	Andrea White	Lancaster
2008	17-07	Andrea White	Lancaster
2007	18-01.50	Amanda Caporelli	Buffalo Gap
2006	16-09	Angela Jenkins	Buffalo Gap
2005	19-00.50	Angela Jenkins	Buffalo Gap
2004	19-2.25	Angela Jenkins	Buffalo Gap
2003	17-10.7	Angela Jenkins	Buffalo Gap
2002	17-9	Dasha Holmes	King & Queen
2001	18-0.25	Erica Deskins	Stonewall Jackson
2000	17-9.75	Erica Deskins	Stonewall Jackson
1999	19-2	Kiamesha Otey	New Kent
1998	19-6.25	Kiamesha Otey	New Kent
1997	18-6.5	Kiamesha Otey	New Kent
1996	19-0.25	Tamika Lomax	Essex
1995	17-7.5	Tomika Saunders	Giles
1994	18-9.5	Stacey Green	George Wythe
1993	18-8.75	April Wright	Essex
1992	18-2.5	Billie Hart	Patrick Henry-GS
1991	17-7.75	Billie Hart	Patrick Henry-GS

1990	17-4.75	Shelli Clendenon	Appalachia
1989	18-7	Ericka Mathew	Mathews
1988	18-1.5	Dora Holmes	Essex
1987	18-1	Sharon Crouch	Amelia
1986	18-3	Mia Pollard	New Kent
1985	17-9.5	Kelly Shortt	Pound
1984	18-11	Jennifer Tutt	Luray
1983	17-11.75	Susan French	Stuarts Draft
1982	17-7.5	Anita Johnson	Middlesex
1981	16-19.25	Janice Vogel	Mathews
1980		Francine Hall	Buffalo Gap

High Jump

2011	5-06	Jasmine Mitchell	Amelia County
2010	5-03	Katie Jo Lester	Twin Valley
2009	5-08*	Andrea White	Lancaster
2008	5-07.75	Andrea White	Lancaster
2007	5-07	Ashton Bishop	Gate City
2006	5-05	Ashton Bishop	Gate City
2005	5-06	Mecca Brown	Middlesex
2004	5-4	Ashton Bishop	Gate City
2003	5-3	Sarah Helton	J.J. Kelly
2002	5-2	Emily Cantrell	Powell Valley
2001	5-6.25	Jaime Johnson	Giles
2000	5-4	Sara Hines	Strasburg
1999	5-5	Jaime Johnson	Giles
1998	5-4	Lacretia White	Sussex Central
1997	5-4	Kiamesha Otey	New Kent
1996	5-1	Casey Taylor	Prince Edward
1995	5-1	Casey Taylor	Prince Edward
1994	5-4	Casey Taylor	Prince Edward
1993	5-4.75	April Wright	Essex
1992	5-4	Liberty Liscombe	Luray
1991	5-3	Shelli Clendenan	Appalachia
1990	5-7.5	Shelli Clendenan	Appalachia
1989	5-4	Tricia Weathersholtz	Luray
1988	5-4	Tricia Weathersholtz	Luray
1987	5-3	Linda Lipscombe	Luray
1986	5-4	Mia Pollard	New Kent
1985	5-5	Kelly Shortt	Pound
1984	5-7	Kelly Shortt	Pound
1982	5-6	Janice Vogel	Mathews

Triple Jump

2011	36-01	Nia Jones	Northumberland
2010	34-02.25	Lindsay Toothman	Central-Woodstock
2009	37-10.50	Andrea White	Lancaster
2008	35-04	Andrea White	Lancaster
2007	37-02.50	Janetah Bailey	Sussex Central
2006	36-11.25	Angela Jenkins	Buffalo Gap
2005	37-02	Marlena Frye	Strasburg
2004	36-3.75	Angela Jenkins	Buffalo Gap
2003	38-0	Megan Morrison	Sussex Central
2002	37-11	Megan Morrison	Sussex Central
2001	38-6	Megan Morrison	Sussex Central
2000	37-0.5	Erica Deskins	Stonewall Jackson
1999	36-8	Kiamesha Otey	New Kent
1998	34-9	Amanda Day	Radford
1997	37-2	Sarah Claud	Sussex Central

1996	36-8	Casey Taylor	Prince Edward	1997	46.29	Melissa Baker	James River-B.
1995	36-6.25	Amy Sturgill	Pound	1996	46.36	Melissa Baker	James River-B.
1994	38-11.5*	Stacey Green	George Wythe	1995	47.13	Amanda McDonald	Strasburg
1993	38-3	Christy Gray	Coeburn	1994	47.06	Amanda McDonald	Strasburg
1992	36-7	Christy Gray	Coeburn	1993	47.6	Artrice Taylor	Sussex
1991	36-0	Christy Gray	Coeburn	1992	46.4	Billie Hart	Patrick Henry-GS
1990	36-0.5	Erica Mathew	Mathews	1991	45.7	Jackie Pratt	Middlesex
1989	39-0.5	Erica Mathew	Mathews	1990	45.2	Jackie Pratt	Middlesex
1988	38-6	Angela Smith	Central Lunenburg	1989	46.6	Jackie Pratt	Middlesex
1987	36-10	Sharon Crouch	Amelia	1988	47.2	Jackie Pratt	Middlesex
1986	36-3	Tovonia Strickland	New Kent	1987	48.0	Angie Hill	Natural Bridge
				1986	47.1	Tovonia Strickland	Drewry Mason
				1985	46.7	Marshena McDuffie	Stuarts Draft
100m Hurdles				100m Dash			
2011	15.61	Hannah Hadaway	Rural Retreat	2011	11.96	Tori McKenzie	Chatham
2010	15.99	Caitlin Lake	Clarke County	2010	12.19	Reanna Hamm	James River-B
2009	15.72	Kierra Gaines	West Point	2009	12.26	Andrea Gaither	Clarke County
2008	15.19	Chandra Burnett	West Point	2008	12.28	Megan Marsico	Glenvar
2007	15.16	Ashton Bishop	Gate City	2007	12.68	Marissa Thompson	Chatham
2006	15.19	Ashton Bishop	Gate City	2006	11.94	RahSheeta Hundley	West Point
2005	15.27	Camelia Blake	Amelia County	2005	12.35	Marie Fields	James Monroe
2004	15.47	Shequenta Hatch	Sussex Central	2004	12.20	Angela Jenkins	Buffalo Gap
2003	14.66	Jaqueline Bailey	Brentsville District	2003	12.20	Kashaunda Baines	Sussex Central
2002	15.10	Jacqueline Bailey	Brentsville District	2002	12.38	Ryisha Cook	Rappahannock Co.
2001	15.36	Roshana Jackson	Appalachia	2001	12.55	Ashley Gurley	Sussex Central
2000	15.48	Tessa Sturgill	Pound	2000	12.69	Erica Noel	Northumberland
1999	15.58	Tiffany Jones	Sussex Central	1999	11.93	Kiamesha Otey	New Kent
1998	15.38	Tiffany Jones	Sussex Central	1998	11.96	Kiamesha Otey	New Kent
1997	15.20	Tiffany Jones	Sussex Central	1997	12.21	Kiamesha Otey	New Kent
1996	15.95	Amy Sturgill	Pound	1996	12.11	Kiamesha Otey	New Kent
1995	16.05	Amy Sturgill	Pound	1995	12.57	Tearena Brown	Surry Co.
1994	15.85	Tanika Lawson	Goochland	1994	12.68	Alysia Washington	King William
1993	15.1	Melanie Givens	Amelia	1993	12.2	Stacey Green	George Wythe
1992	15.2	Billie Hart	Patrick Henry-GS	1992	12.2	Itrina Payne	Goochland
1991	15.4	Billie Hart	Patrick Henry-GS	1991	12.5	Itrina Payne	Goochland
1990	14.6	Evangela Booker	Amelia	1990	12.8	Pam Lennon	Floyd Co.
1989	15.2	Evangela Booker	Amelia	1989	12.0	Pam Lennon	Floyd Co.
1988	15.7	Kelly Armstrong	Buffalo Gap	1988	12.1	Angel Fleetwood	Windsor
1987	14.5	Sharon Crouch	Amelia	1987	11.9*	Sharon Crouch	Amelia
1986	14.7	Sharon Crouch	Amelia	1986	12.3	Monica Bell	Lancaster
1985	15.0	Sharon Crouch	Amelia	1985	12.4	Jennifer Brown	Rockbridge
1982	15.1	Janice Vogel	Mathews	1983	12.4	Cindy Ross	Fieldale-Collinsville
1981	15.5	Janice Vogel	Mathews	1982		Lisa Hanes	Prince Edward
1980		Dewie Jordon	Stonewall Jackson-Q	1980		Francine Hall	Buffalo Gap
300m Hurdles				200m Dash			
2011	46.31	Kelsey Weddle	Patrick Henry-GS	2011	24.99	Tori McKenzie	Chatham
2010	47.99	Hannah Hadaway	Rural Retreat	2010	25.35	Sharese Roberts	Manassas Park
2009	48.47	Shanice Johnson	Sussex Central	2009	25.63	Roneqah Jones	Northampton
2008	48.76	Chantal Thomas	George Mason	2008	25.84	Sharese Roberts	Manassas Park
2007	45.84	Ashton Bishop	Gate City	2007	25.93	Sasha King	Giles
2006	46.59	Ashton Bishop	Gate City	2006	25.24	RahSheeta Hundley	West Point
2005	45.86	Laurie Hines	Strasburg	2005	25.18	Marie Fields	James Monroe
2004	45.56	Ashton Bishop	Gate City	2004	25.42	Whitney Key	Goochland
2003	44.79*	Jaqueline Bailey	Brentsville District	2003	25.97	Ashley Gurley	Sussex
2002	46.78	Shreena Peerman	William Campbell	2002	23.67*	Ryisha Cook	Rappahannock Co.
2001	46.11	Jacqueline Bailey	Brentsville District	2001	25.86	Antoinette Wilcox	Nandua
2000	46.12	Tessa Sturgill	Pound	2000	25.95	Erica Noel	Northumberland
1999	46.96	Alesia Hovatter	Central-Woodstock				
1998	46.19	Jill Massie	Brentsville District				

2010	11:47.01	Natalie Young	George Mason
2009	11:48.08	Natalie Young	George Mason
2008	11:00.76	Megan Marsico	Glenvar
2007	11:27.80	Sussana Sullivan	George Mason
2006	11:17.20	Kelly Clark	Glenvar
2005	11:41.11	Kelly Clark	Glenvar
2004	11:47.50	Ashley Osborne	John Battle
2003	11:38.76	Anna Carpenter	Giles
2002	12:05.46	Laura Hodges	George Wythe
2001	12:05.46	Laura Hodges	George Wythe
2000	11:34.87	Laura Hodges	George Wythe
1999	11:59.69	Leslie Grant	Strasburg
1998	11:34.43	Lauren Carruth	Patrick Henry-GS
1997	11:58.15	Lauren Carruth	Patrick Henry-GS
1996	10:59.44	Trish Nervo	Glenvar
1995	10:58.62	Trish Nervo	Glenvar
1994	11:21.1	Trish Nervo	Glenvar
1993	12:12.4	Jennifer Estep	Stonewall Jackson
1992	12:29.8	Allison Yates	Strasburg
1991	12:14.0	Sonya Day	Appalachia
1990	12:35.4	Tracy Thomas	Essex
1989	11:50.0	Becky Runion	Woodstock
1988	12:09.6	Becky Runion	Woodstock
1987	11:46.1	Becky Runion	Woodstock
1986	12:23.2	Debbie Fink	Buffalo Gap
1985	12:17.9	Debbie Fink	Buffalo Gap
1984	11:56.1	Joy Nicholson	Independence
1982	12:42.0	Clarissa Aliff	New Kent
1980		Marcella McCue	Montevideo

400m Relay (4x100)

2011	50.21	King William
2010	50.15	Appomattox County
2009	50.13	Northumberland
2008	50.79	Northumberland
2007	50.89	Essex
2006	51.86	Sussex Central
2005	49.58	James Monroe
2004	51.49	Northwood
2003	49.00	Sussex Central
2002	48.88*	Sussex Central
2001	49.47	Sussex Central
2000	51.19	Sussex Central
1999	49.86	Sussex Central
1998	49.78	Sussex Central
1997	50.06	New Kent
1996	50.73	Surry County
1995	50.88	Surry County
1994	50.39	Central
1993	50.2	Ludenburg-Central
1992	51.0	Essex
1991	51.3	Surry County
1990	51.9	Madison County
1989	50.9	Sussex Central
1988	50.2	Drewry Mason
1987	50.3	Powell Valley
1986	50.2	Fluvanna
1985	49.9	Northumberland

1600m Relay (4x400)

2011	4:09.86	Radford
2010	4:08.17	Appomattox County
2009	4:09.38	Appomattox County
2008	4:09.39	Clarke County
2007	4:07.92	Clarke County
2006	4:15.49	Radford
2005	4:08.00	Goochland
2004	4:14.09	James Monroe
2003	4:04.91*	Brentsville District
2002	4:10.12	Sussex Central
2001	4:08.90	Brentsville District
2000	4:13.02	Brentsville District
1999	4:13.55	Sussex Central
1998	4:07.70	Riverheads
1997	4:11.16	George Mason
1996	4:11.16	George Mason
1995	4:14.10	Sussex Central
1994	4:13.26	Floyd County
1993	4:13.2	Giles
1992	4:09.9	Giles
1991	4:16.1	Riverheads
1990	4:14.9	Essex
1989	4:17.1	Essex
1988	4:09.8	Clarke County
1987	4:13.7	Drewry Mason
1986		New Kent

State Meet Records

AAA

Shot Put:	49-9	Tracey Toon,	Menchville	1982
Discus:	159-0	Jackie Wallace	Lafayette	1982
Long Jump:	20-6.5	Piper Bressant	Jeff.-Hug-Wythe	1981
High Jump:	6-0.25	Paula Girven	Gar-Field	1976
Triple Jump:	41-9.25	Dana Boone	Lake Braddock	1987
Pole Vault:	12-06	Lizzie Powell	Patrick Henry-A	2010
	12-06	Cameron Overstreet	Atlee	2011
80Y Hurdles:	10.3	Michelle Kennard	Bethel	1977
110Y Hurdles:	14.2	Benita Fitzgerald	Gar-Field	1979
100M Low Hrdls:	13.4	Arnita Epps	Kellam	1982
100M High Hrdls:	13.73	Tierra Brown	Hampton	2007
300M Low Hrdls:	40.94	Sheena Johnson	Gar-Field	2000
100Y Dash:	10.7	Judy Washington	Kempsville	1977
100M Dash:	11.39	Keilah Tyson	Western Branch	2011
220Y Dash:	24.5	Sheri Cook	Bethel	1977
	23.53	Linda Portasik	Fort Hunt	1977
200M Dash:	23.53	Keilah Tyson	Western Branch	2011
440Y Dash:	54.7	Cassandra Jones	Warwick	1978
400M Dash:	54.30	Alyssa Aiken	Chantilly	1999
880Y Run:	2:10.3	Linda Portasik	Fort Hunt	1978
800M Run:	2:08.99	Myah Hicks	Thomas Edison	2011
Mile Run:	4:50.3	Linda Portasik	Fort Hunt	1979
1600M Run:	4:48.21	Megan Moyer	Cosby	2011
Two-Mile Run:	10:54.0	Kendall Tata	Kempsville	1979
3200M Run:	10:05.58	Erin Keogh	Langley	1986
440Y Relay:	47.7	Warwick:		1978
		Cassandra Jones, Leslie Hawkins, Dana Cary, Debra Clark		

400M Relay:	45.79	Bayside:	1997
		KeishaKicks,EbonyShelton,TenayiaSimpson,LashondaCutchin	
880Y Relay:	1:40.1	Bethel:	1977
		JesseIverson,Sherri Cook,Michll Kennard,SandraBrumbaugh	
800M Relay:	1:39.1	Marshall-Walker:	1980
		Denise Cox, Diane Turner, Sharon Hence, Sherry Stevens	
880Y Medley Relay:	1:45.4	Warwick	1977
		Dana Cary, CeiliaBryant, Sherri Wiggins, Leslie Hawkins	
Mile Relay:	3:53.1	Bethel:	1978
		TammyHoward,Gina Cooper,Michelle Kennard,JesseeIverson	
1600M Relay:	3:43.46	Menchville	1998
3200M Relay:	9:08.32	West Springfield	2010
		Maddie Wittich, Alex Watt, Anna Barber, Paige Karabinus	

AA

Shot Put 8lb:	45-9	Rochelle Evans	Christiansburg	2011
Shot Put 4kg:	45-7.75	Teena Brooks	Meadowbrook	1983
Discus:	161-7	Natalie Baird	Park View	2007
Long Jump:	19-05	Javanique Burruss	Louisa County	2011
High Jump:	5-10	Jennifer Nelms	Spotsylvania	1999
Triple Jump:	39-11.25	Candace Lee	Appomattox	1998
Pole Vault:	12-06.25	Ashley Early	Western Albemarle	2005
80Y Hurdles:	10.6	Susan Brownell	Lexington	1977
110Y Hurdles:	14.4	Judy Thomas	Patrick Henry	1979
100M Low Hrdls:	14.1	Lisa Jackson	Handley	1982
300M Hrdls:	43.43	Ayla Smith	John Handley	2006
100Y Dash:	10.9	Lisa Garrett	Amherst	1979
100M Dash:	11.7	Bonita Ennis	Spotsylvania	1981
220Y Dash:	24.6	Lisa Garrett	Amherst	1978
200M Dash:	24.9	Kiara Porter	Tabb	2011
440Y Dash:	57.1	Debbie Hunt	Loudoun Co.	1977
400M Dash:	54.77	Kiara Porter	Tabb	2011
880Y Run:	2:20.3	Vanessa Mitchell	Wm Campbell	1979
800M Run:	2:09.32	Sarah Bowman	Fauquier	2005
Mile Run:	5:07.9	Nancy Radford	Andrew Lewis	1976
1600M Run:	4:41.81	Sarah Bowman	Fauquier	2005
Two-Mile Run:	11:26.4	Nancy Rose	Virginia	1979
3200M Run:	10:16.03	Kathleen Stevens	Blacksburg	2010
440Y Relay:	49.0	Loudoun Valley:	1978	
		Linda Mallory, Sandy Biltmore, Salley Samie, Cindy Carter		
400M Relay:	48.28	Caroline	2002	
880Y Relay:	1:42.1	Sussex:	1981	
		Vanessa Jackson, Rhonda Mason, Maxine Graves, Detra Taylor		
880Y Medley:	1:51.4	Park View-Sterling:	1977	
		Katie Clark, Diane Lind, Jan Ullman, Shari Higgs		
Mile Relay:	3:58.2	Virginia:	1978	
		CharlotteCansler,CynthiaWilson,DeniseCansler,KathyKearfoot		
1600M Relay:	3:54.56	Tabb	2011	
		Leigh Soistmann, Taylor Omweg, Julia Aymonin, Kiara Porter		
3200M Relay:	9:23.98	Blacksburg	2010	
		Leah Fitchett, Kate Buss, Sarah Dorrell, Hannah Brown		

A

Shot Put 8lb:	44-11	Susan Lucas	Giles	2005
Shot Put 4kg:	43-0	Sandra Giles	Amelia	1991
Discus:	131-8	Whitney King	Radford	2004
Long Jump:	19-6.25	Kiamesha Otey	New Kent	1998

High Jump:	5-08	Andrea White	Lancaster	2009
Triple Jump:	39-0.33-	Erica Mathew	Mathews	1989
80Y Hurdles:	10.9	Sally Irwin	Central-Wood.	1977
110Y Hurdles:	15.2	Dewie Jordan	St. Jackson	1980
100M Low Hrdls:	15.1	Janice Vogel	Mathews	1982
100M High Hrdls:	14.5	Sharon Crouch	Amelia	1987
300M Hurdles:	44.79	Jacqueline Bailey	Brentsville	2003
100Y Dash:	11.3	Francine Hall	Buffalo Gap	1980
100M Dash:	11.94	Rahshetta Hundley	West Point	2006
220Y Dash:	25.7	Jamelle Prudhum	Rappahannock Co.	1978
200M Dash:	24.88	Kiamesha Otey	New Kent	1998
440Y Dash:	58.5	Jammelle Prudhum	Rappahannock Co.	1976
400M Dash:	56.17	Alysia Washington	King William	1994
880Y Run:	2:22.8	Patricia Bladen	Central-Wood.	1980
800M Run:	2:12.76	Shylan Bumbrey	James Monroe	2005
Mile Run:	5:16.1	Marcella McCue	Montevideo	1980
1600M Run:	4:49.97	Megan Marsico	Glenvar	2008
Two-Mile Run:	11:41.4	Marcella McCue	Montevideo	1980
3200M Run:	10:58.62	Trish Nervo	Glenvar	1995
440Y Relay:	50.9	Stuarts Draft		1977
400M Relay:	48.88	Sussex Central		2002
880Y Relay:	1:47.1	Central-Woodstock		1980
800M Relay:	1:46.5	Arcadia		1982
880Y Medley:	1:55.8	Stonewall Jackson-Quicksburg		1976
Mile Relay:	4:06.0	New Kent		1980
1600M Relay:	4:04.91	Brentsville District		2003