

# Adidas Track Nationals

Virginia Beach Sports Center • Virginia Beach, VA

March 17-19, 2022

## GIRLS SUNDAY 3/19

### BOYS SUNDAY 3/19

SMR NE: 3. Gump 3:54.49

60 CH: 2. Cole Cabana 6.82 (6.33)

8. Ian Thompson 6.92 (6.43)

400 CH: 4. Alexander Yon 47.75 (22.59)

4x2 CH: 2. Maximum Output 1:28.66 (Cabana 21.46, Henry 22.89, Davis 22.38, Thompson 21.93)

4x4 CH: 1. Elite Performance 3:21.05 (Alexander Yon 50.38, Donovan Hayward 50.69, Amarion Howard 50.73, Damarcus Rouse 49.25)

## GIRLS SATURDAY 3/18

LJ NE: 6. Abby Fush 16-10.5

## BOYS SATURDAY 3/18

60H NE:

2. Armon Howard 8.28 (7.70)

4. Lance Riddle 8.47 (7.88)

60 CH (s): Cole Cabana 7.00 (6.50)

Ian Thompson 6.95 (6.46)

Mile frosh: 3. TJ Hansen 4:47.22

400 NE: Micah Davis 50.86

Lance Riddle 51.74

Donovan Hayward 51.83

400 CH: (h): Alexander Yon 48.25q (22.88)

4x4 NE: Maximum Output 3:48.69

200 CH: 3. Alexander Yon 21.77

200 NE: 5. Damarcus Rouse 22.41

7. Devin Henry 22.79

## GIRLS FRIDAY 3/17

200 NE heat: Lianna Shakoor 25.96

200 frosh: Kennedy Galy 25.98

400 frosh: Kennedy Galy 61.24

60H NE (h): Abby Fush 9.53nq (8.83)

4x2 CH: 8. MI Racers (Shakoor, Moyer, Fush 26.83, Koehler 27.29) 1:47.47

## BOYS FRIDAY 3/17

200 NE Heat:

Damarcus Rouse 22.50  
Devin Henry 22.53  
Amare Hannon 22.69

60 NE (h): Amare Hannon 7.22 (6.70)

60 CH (h): Cole Cabana 6.93q (6.43)

Ian Thompson 7.12 (6.62)

60H NE (h):

Armon Howard 8.25q (7.66)

Lance Riddle 8.71q (8.03)

4x2 CH (h)

4. Maximum Output 1:29.07 (Cabana, Henry, Davis 22.48, Thompson 22.32)

9. Elite Performance 1:30.17 (Yon, Amar. Howard, Hayward 23.09, Rouse 22.21)