



Rockingham County Rec Center Records	Name	School	Time	Set On
Men's Weight Throw	Micheal Smith	Bridgewater College	55' 0"	2/21/2025
Men's High Jump	Jayton Hall	Southern Virginia	6' 7"	2/21/2025
Men's Long Jump	Furious Trammel	Hagerstown CC	21' 9"	2/21/2025
Men's Tripple Jump	Demitri Hinton	Lynchburg	45' 6.25"	2/21/2025
Men's Shot Put	Chet Brunner	McDaniel	48' 3"	2/21/2025
Men's Pole Vault	Evan Langhammer	Washington & Lee	15' 6"	2/21/2025
Men's DMR	Washington & Lee 2025	Washington & Lee	10:46.08	2/21/2025
Men's 60m Hurdles	Micah Leech	Lynchburg	8.45	2/21/2025
Men's 60m Dash	Awls Odin Desir	Hagerstown CC	7.02	2/21/2025
Men's Mile	George Austinn III	JMU XC&TF Club	4:18.48	2/21/2025
Men's 400m Dash	George Marable	Washington & Lee	51.31	2/21/2025
Men's 800m	Bellamy Immanuel	Eastern Mennonite	1:57.48	2/21/2025
Men's 200m	Tristan Wright	Lynchburg	22.04	2/21/2025
Men's 3,000m	Aidan Riggle	Lynchburg	8:58.64	2/21/2025
Men's 4x400m	McDaniel 2025	McDaniel	3:36.34	2/21/2025
Men's 5,000m	William Ashley	Shenandoah	16:17.82	2/21/2025
Women's Weight Throw	Abby Milkolay	Bridgewater College	48' 6.50"	2/21/2025
Women's High Jump	Aidan Faith	Hagerstown CC	5' 5.50"	2/21/2025
Women's Long Jump	Jade Buckles	Bridgewater College	17' 7"	2/21/2025
Women's Tripple Jump	Kacey Kelly	Lynchburg	37' 3.50"	2/21/2025
Women's Shot Put	Abby Mikolay	Bridgewater College	42' 2.5"	2/21/2025
Women's Pole Vault	Ashley D'Ambrosia	Washington & Lee	12' 2"	2/21/2025
Women's DMR	Southern Virginia 2025	Southern Virginia	13:59.9	2/21/2025
Women's 60m Hurdles	Amada Romano	Washington & Lee	9.07	2/21/2025
Women's 60m Dash	Jade Buckles	Bridgewater College	7.79	2/21/2025
Women's Mile	Emily Sansbury	Washington & Lee	5:21.86	2/21/2025
Women's 400m Dash	Kaitlyn Ruiz	Unattached (Former Shenadoah)	1:01.81	2/21/2025
Women's 800m	Elizabeth Chikotas	Unattached (Former Pen State)	2:16.40	2/21/2025
Women's 200m	Summer Wallace	Bridgewater College	26.04	2/21/2025
Women's 3,000m	Elizabeth Chikotas	Unattached (Former Pen State)	9:56.52	2/21/2025
Women's 4x400m	Southern Virginia 2025	Southern Virginia	04:25.0	2/21/2025
Women's 5,000m	Bayleigh Redd	Southern Virginia	19:13.5	2/21/2025