

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program**Event 1 Girls Long Jump Northern****Top 7 to Finals****Centreville Provides Helpers**

Dist Record: 19-05.50 2/27/1990 Yolanda Thompson

6A State: 17-05

6A Northern: 16-03.25

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|-----------------------|----|--------------|----------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 124 Katrina Swan | 9 | James Madiso | 14-07.50 | _____ |
| 2 | 308 Gracie Chen | 11 | Westfield | 15-04.00 | _____ |
| 3 | 104 Bryana Webb | 11 | Herndon | 16-00.00 | _____ |
| 4 | 22 Emera Cooper | 11 | Chantilly | 16-01.00 | _____ |
| 5 | 309 Katie Conway | 11 | Westfield | 16-01.50 | _____ |
| 6 | 5 Daria Haynie | 10 | Centreville | 16-03.00 | _____ |
| 7 | 149 Hannah Richardson | 12 | Langley | 16-04.00 | _____ |
| 8 | 290 Kristen Alleyne | 12 | Washington-L | 17-02.50 | _____ |
| 9 | 293 Giulia Mesa | 12 | Washington-L | 17-04.00 | _____ |
| 10 | 298 Rebecca Stewart | 12 | Washington-L | 18-01.00 | _____ |
| 11 | 315 Emma Seetoo | 11 | Westfield | 18-01.50 | _____ |
| 12 | 244 Hannah Waller | 12 | South Lakes | 18-03.25 | _____ |

Event 2 Boys Long Jump Northern**Top 7 to Finals****Herndon Provides Helpers**

Dist Record: 23-08.50 2/21/1998 Brandon Royster

6A State: 21-02

6A Northern: 19-11.75

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|---------------------|----|--------------|----------|-------|
| Flight 1 of 2 Finals | | | | | |
| 1 | 9 Dahntay Baugh | 10 | Centreville | 18-09.75 | _____ |
| 2 | 11 Phillip Carleton | 11 | Centreville | 19-01.00 | _____ |
| 3 | 162 Andrew Walker | 12 | Langley | 19-07.75 | _____ |
| 4 | 187 Nathan Sigel | 11 | McLean | 19-09.00 | _____ |
| 5 | 206 Andrew Franco | 11 | Oakton | 20-00.75 | _____ |
| 6 | 43 Matthew Harper | 11 | Chantilly | 20-01.00 | _____ |
| 7 | 336 Rodney Redman | 12 | Westfield | 20-03.25 | _____ |
| 8 | 261 Caleb Miller | 12 | South Lakes | 20-03.25 | _____ |
| Flight 2 of 2 Finals | | | | | |
| 1 | 289 Isaiah Mefford | 12 | Wakefield Hi | 20-03.50 | _____ |
| 2 | 110 Dean Johnson | 12 | Herndon | 20-04.00 | _____ |
| 3 | 285 Jackson Harari | 11 | Wakefield Hi | 20-05.00 | _____ |
| 4 | 249 Tyler Benett | 10 | South Lakes | 20-09.25 | _____ |
| 5 | 302 Charles Male | 11 | Washington-L | 20-10.25 | _____ |
| 6 | 207 Ethan Gregory | 10 | Oakton | 20-11.25 | _____ |
| 7 | 208 Ian Huang | 12 | Oakton | 21-01.25 | _____ |
| 8 | 303 Liam McBride | 12 | Washington-L | 21-06.50 | _____ |
| 9 | 253 Jackson Cooley | 12 | South Lakes | 22-00.00 | _____ |

Event 3 Girls Triple Jump Northern**Top 7 to Finals****Langley Provides Helpers**

Dist Record: 41-00.25 2/21/1998 Yolanda Thompson

6A State: 36-07

6A Northern: 33-06.50

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|-----------------------|----|--------------|----------|-------|
| Flight 1 of 2 Finals | | | | | |
| 1 | 124 Katrina Swan | 9 | James Madiso | 30-11.00 | _____ |
| 2 | 308 Gracie Chen | 11 | Westfield | 32-04.00 | _____ |
| 3 | 119 Kira Mikhin | 10 | James Madiso | 33-01.25 | _____ |
| 4 | 311 Kaedance Hamilton | 9 | Westfield | 33-03.50 | _____ |
| 5 | 242 Briana Reveron | 10 | South Lakes | 33-09.25 | _____ |
| Flight 2 of 2 Finals | | | | | |
| 1 | 290 Kristen Alleyne | 12 | Washington-L | 33-09.50 | _____ |
| 2 | 175 Stella Shen | 11 | McLean | 34-00.50 | _____ |
| 3 | 318 Ayannah Tinsley | 11 | Westfield | 34-10.00 | _____ |
| 4 | 141 Samantha Brascia | 12 | Langley | 35-09.25 | _____ |
| 5 | 315 Emma Seetoo | 11 | Westfield | 37-00.25 | _____ |
| 6 | 293 Giulia Mesa | 12 | Washington-L | 37-02.50 | _____ |
| 7 | 298 Rebecca Stewart | 12 | Washington-L | 37-08.25 | _____ |
| 8 | 244 Hannah Waller | 12 | South Lakes | 37-10.50 | _____ |

Event 4 Boys Triple Jump Northern**Top 7 to Finals****South Lakes Provides Helpers**

Dist Record: 49-04.50 1987 Cornell Grayson

6A State: 43-05

6A Northern: 41-07.50

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|--------------------------|----|--------------|----------|-------|
| Flight 1 of 2 Finals | | | | | |
| 1 | 211 Bradley Kessler | 10 | Oakton | 37-05.50 | _____ |
| 2 | 325 Leo Brennan | 10 | Westfield | 38-02.25 | _____ |
| 3 | 138 Colin Sullivan | 10 | James Madiso | 38-03.50 | _____ |
| 4 | 11 Phillip Carleton | 11 | Centreville | 38-09.00 | _____ |
| 5 | 305 Bilguun Soronzonbold | 11 | Washington-L | 39-00.00 | _____ |
| 6 | 289 Isaiah Mefford | 12 | Wakefield Hi | 39-06.00 | _____ |
| Flight 2 of 2 Finals | | | | | |
| 1 | 42 Samuel Fitzhugh | 11 | Chantilly | 40-00.00 | _____ |
| 2 | 9 Dahntay Baugh | 10 | Centreville | 40-07.50 | _____ |
| 3 | 302 Charles Male | 11 | Washington-L | 40-07.50 | _____ |
| 4 | 183 Aziz Malouche | 12 | McLean | 40-11.00 | _____ |
| 5 | 97 Emmanuel K Yeboah | 12 | George C. Ma | 41-00.25 | _____ |
| 6 | 162 Andrew Walker | 12 | Langley | 41-01.00 | _____ |
| 7 | 249 Tyler Benett | 10 | South Lakes | 43-02.25 | _____ |
| 8 | 253 Jackson Cooley | 12 | South Lakes | 43-09.50 | _____ |

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program**Event 5 Girls High Jump Northern**

4'6" Opening Height, up 2" to 5'0", 1" thereafter

McLean Provides Helpers

Dist Record: 5-10.50 2/12/2018 Sydney Banks

6A State: 5-00

6A Northern: 4-10

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|----------------------|----|--------------|---------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 197 Carmella Wheeler | 10 | Oakton | 4-04.00 | _____ |
| 2 | 24 Kiera Davenport | 10 | Chantilly | 4-04.00 | _____ |
| 3 | 309 Katie Conway | 11 | Westfield | 4-08.00 | _____ |
| 4 | 5 Daria Haynie | 10 | Centreville | 4-10.00 | _____ |
| 5 | 154 Sara Windus | 11 | Langley | 4-10.00 | _____ |
| 6 | 25 Kylie Dougherty | 10 | Chantilly | 4-10.00 | _____ |
| 7 | 60 Noelle Z Lewis | 12 | George C. Ma | 4-10.00 | _____ |
| 8 | 170 Maddy Hecker | 12 | McLean | 5-00.00 | _____ |
| 9 | 299 Yasmeen Tinsley | 11 | Washington-L | 5-00.00 | _____ |
| 10 | 144 Caroline Keys | 12 | Langley | 5-00.00 | _____ |
| 11 | 151 Ana Sobonja | 11 | Langley | 5-00.00 | _____ |
| 12 | 293 Giulia Mesa | 12 | Washington-L | 5-01.00 | _____ |
| 13 | 228 Mira Cuthill | 12 | South Lakes | 5-04.00 | _____ |

Event 6 Boys High Jump Northern

5'5" Opening Height, up 2" to 6'1", 1" thereafter

Madison Provides Helpers

Dist Record: 6-10 1996 Doug Humphrey

6A State: 6-01

6A Northern: 5-09

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|----------------------|----|--------------|---------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 207 Ethan Gregory | 10 | Oakton | 5-04.00 | _____ |
| 2 | 178 Robbie Coates | 10 | McLean | 5-04.00 | _____ |
| 3 | 45 Maximus James | 10 | Chantilly | 5-06.00 | _____ |
| 4 | 39 Ryan Boehlert | 11 | Chantilly | 5-06.00 | _____ |
| 5 | 206 Andrew Franco | 11 | Oakton | 5-08.00 | _____ |
| 6 | 214 Alex Richlin | 12 | Oakton | 5-08.00 | _____ |
| 7 | 76 Ethan S Grace | 10 | George C. Ma | 5-08.00 | _____ |
| 8 | 184 Eric Mizusawa | 11 | McLean | 5-08.00 | _____ |
| 9 | 11 Phillip Carleton | 11 | Centreville | 5-08.00 | _____ |
| 10 | 279 Maurice Abboud | 12 | Wakefield Hi | 5-08.00 | _____ |
| 11 | 92 Alejandro M Silva | 11 | George C. Ma | 5-09.00 | _____ |
| 12 | 302 Charles Male | 11 | Washington-L | 5-10.00 | _____ |
| 13 | 156 Briton Boiardi | 12 | Langley | 5-10.00 | _____ |
| 14 | 113 Daniel Robles | 10 | Herndon | 5-10.00 | _____ |
| 15 | 282 Reese Creadon | 12 | Wakefield Hi | 5-10.00 | _____ |
| 16 | 289 Isaiah Mefford | 12 | Wakefield Hi | 5-10.00 | _____ |
| 17 | 356 Dominic Lowe | 11 | Yorktown | 6-00.00 | _____ |
| 18 | 95 Ian L Thompson | 12 | George C. Ma | 6-01.00 | _____ |
| 19 | 286 Lukai Hatcher | 11 | Wakefield Hi | 6-02.00 | _____ |

Event 7 Girls Shot Put Northern

Top 7 to Finals

Marshall Provides Helpers

Dist Record: 45-04.50 2/18/2016 Maria Muzzio

6A State: 36-02.50

6A Northern: 33-04

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|--------------------------|----|--------------|----------|-------|
| Flight 1 of 2 Finals | | | | | |
| 1 | 172 Kristen Kohler | 12 | McLean | 25-04.75 | _____ |
| 2 | 222 Sydney Anderson | 12 | South Lakes | 26-06.50 | _____ |
| 3 | 177 Victoria Tuvaan | 11 | McLean | 26-08.50 | _____ |
| 4 | 21 Sydney Clark | 10 | Chantilly | 26-10.00 | _____ |
| 5 | 347 Virginia Kwiterovich | 12 | Yorktown | 27-06.50 | _____ |
| 6 | 243 Molly Shapiro | 11 | South Lakes | 28-11.00 | _____ |
| Flight 2 of 2 Finals | | | | | |
| 1 | 27 Sydney Fish | 11 | Chantilly | 29-02.75 | _____ |
| 2 | 62 Sarah M Pounder | 11 | George C. Ma | 30-03.50 | _____ |
| 3 | 3 Natalie Eddy | 11 | Centreville | 30-06.00 | _____ |
| 4 | 320 Mary Tursic | 12 | Westfield | 30-10.00 | _____ |
| 5 | 271 Faith Achugamonu | 12 | Wakefield Hi | 31-11.25 | _____ |
| 6 | 312 Anastasia Hubbard | 11 | Westfield | 32-06.50 | _____ |
| 7 | 224 Sarah Jane Brown | 12 | South Lakes | 33-03.75 | _____ |
| 8 | 30 Katherine Kinnier | 11 | Chantilly | 33-06.00 | _____ |

Event 8 Boys Shot Put Northern

Top 7 to Finals

Yorktown Provides Helpers

Dist Record: 64-00.25 2/12/2018 Jabari Bennett

6A State: 47-07.25

6A Northern: 44-01.25

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|----------------------------|----|--------------|----------|-------|
| Flight 1 of 2 Finals | | | | | |
| 1 | 115 Nicholas Schimmel | 12 | Herndon | 33-11.50 | _____ |
| 2 | 186 Jaden Sarinana | 11 | McLean | 34-11.00 | _____ |
| 3 | 117 Hayden Wilson | 12 | Herndon | 37-02.75 | _____ |
| 4 | 259 Adam Hvitfeldt-Matthe | 10 | South Lakes | 38-07.25 | _____ |
| 5 | 265 Jeremy Semelfort | 10 | South Lakes | 39-04.50 | _____ |
| 6 | 14 Mohamed Elrasheed | 12 | Centreville | 42-09.00 | _____ |
| 7 | 214 Alex Richlin | 12 | Oakton | 43-04.25 | _____ |
| Flight 2 of 2 Finals | | | | | |
| 1 | 50 Carlex Tiemeni | 12 | Chantilly | 43-09.00 | _____ |
| 2 | 284 Josue Florian-Grant | 11 | Wakefield Hi | 44-05.00 | _____ |
| 3 | 335 Thadius Palmer | 12 | Westfield | 45-05.50 | _____ |
| 4 | 126 Nick Cloud | 11 | James Madiso | 46-01.75 | _____ |
| 5 | 289 Isaiah Mefford | 12 | Wakefield Hi | 46-04.00 | _____ |
| 6 | 322 Josh Alexander-Goldsmi | 12 | Westfield | 46-05.00 | _____ |
| 7 | 75 Alessandro Gatti | 12 | George C. Ma | 48-04.00 | _____ |
| 8 | 261 Caleb Miller | 12 | South Lakes | 52-01.00 | _____ |

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program**Event 9 Girls Pole Vault Northern**

7'0" Opening Height, up 6" to 10'0", 3" thereafter

Westfield Provides Helpers

Dist Record: 12-02 2/15/2017 Emily Harrison

6A State: 9-00

6A Northern: 8-00

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|------------------------|----|--------------|----------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 143 Leanne Hou | 11 | Langley | 7-00.00 | _____ |
| 2 | 120 Hannah Petersen | 9 | James Madiso | 7-03.00 | _____ |
| 3 | 198 Hannah Williams | 11 | Oakton | 7-06.00 | _____ |
| 4 | 243 Molly Shapiro | 11 | South Lakes | 7-06.00 | _____ |
| 5 | 231 Mary Gregory | 12 | South Lakes | 7-06.00 | _____ |
| 6 | 32 Mackenzie Nicholson | 10 | Chantilly | 7-09.00 | _____ |
| 7 | 122 Emily Rothrock | 11 | James Madiso | 8-06.00 | _____ |
| 8 | 316 Piper Serafin | 11 | Westfield | 8-09.00 | _____ |
| 9 | 230 Amelia DiBiase | 11 | South Lakes | 10-00.00 | _____ |
| 10 | 144 Caroline Keys | 12 | Langley | 10-00.00 | _____ |
| 11 | 196 Elizabeth Upright | 12 | Oakton | 11-00.00 | _____ |
| 12 | 149 Hannah Richardson | 12 | Langley | 12-00.00 | _____ |

Event 10 Boys Pole Vault Northern

10'0" Opening Height, up 6" to 12'0", 3" thereafter

Westfield Provides Helpers

Dist Record: 15-00 2/21/2009 Wesley Sun

6A State: 12-09

6A Northern: 11-06

| Pos | Name | Yr | School | Seed | Mark |
|-----------------------------|---------------------|----|--------------|----------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | 339 JT Weatherholtz | 10 | Westfield | 9-00.00 | _____ |
| 2 | 44 Glenn Hogan | 12 | Chantilly | 9-06.00 | _____ |
| 3 | 264 Matthew Ryan | 10 | South Lakes | 9-09.00 | _____ |
| 4 | 266 Gabe Simmons | 12 | South Lakes | 10-00.00 | _____ |
| 5 | 49 Clark Saben | 12 | Chantilly | 10-02.00 | _____ |
| 6 | 136 Jake Reimann | 11 | James Madiso | 10-06.00 | _____ |
| 7 | 42 Samuel Fitzhugh | 11 | Chantilly | 11-00.00 | _____ |
| 8 | 247 Thomas Allison | 11 | South Lakes | 12-00.00 | _____ |
| 9 | 215 Nicholas Scott | 12 | Oakton | 14-00.00 | _____ |

Event 11 Girls 4x800 Meter Relay Northern

Top 3 Teams to Outside Alley

Dist Record: 9:23.30 2/21/1998 Thomas Jefferson

A Hall, A Slade, K Otstott, N Snider

6A State: 9:40.80

6A Northern: 10:01.97

| Lane | Team | Relay | Seed | Time |
|------------------------------|-------------------------------|-------|------------------------------|-------|
| Section 1 of 1 Finals | | | | |
| 1 | South Lakes | A | 9:48.92 | _____ |
| 2 | George C. Ma | A | 9:52.55 | _____ |
| | 1) #59 Claire J Lee 11 | | 2) #57 Elizabeth Epstein 11 | |
| | 3) #65 Sydney M Smith 12 | | 4) #66 Haley E Spoden 9 | |
| | 5) #67 Caroline A Sullivan 11 | | 6) #64 Lena G Smith 12 | |
| | 7) #70 Olivia R Viskupic 10 | | 8) #56 Emilie T DonTigny 11 | |
| 3 | Westfield | A | 9:55.05 | _____ |
| | 1) #319 Brigitte Tran 10 | | 2) #318 Ayonnah Tinsley 11 | |
| | 3) #313 Riley Jenkins 12 | | 4) #307 Lily Campbell 10 | |
| | 5) #321 Fredericka Walker 11 | | | |
| 4 | Chantilly | A | 10:01.45 | _____ |
| | 1) #19 Momiji Barlow 12 | | 2) #35 Julia Rodrigues 10 | |
| | 3) #31 Ava Miller 10 | | 4) #37 Elizabeth Wu 11 | |
| | 5) #23 Mattison Culver 12 | | | |
| 5 | McLean | A | 10:02.87 | _____ |
| | 1) #171 Kylie Keysor 11 | | 2) #174 Thais Rolly 9 | |
| | 3) #176 Mary Steinbicker 10 | | 4) #167 Natalie Flint 12 | |
| | 5) #165 Isabella Andreoli 9 | | 6) #164 Liza Alieva 12 | |
| 6 | Herndon | A | 10:06.17 | _____ |
| | 1) #100 Madeline Bergeron 12 | | 2) #101 Valentina Bowes 11 | |
| | 3) #99 Abigail Bachman 10 | | 4) #102 Gillian Bushee 9 | |
| | 5) #98 Kristina Aucoin 12 | | 6) #103 Isabella Hammond 10 | |
| 7 | Wakefield Hi | A | 10:11.63 | _____ |
| | 1) #277 Julia Harris 11 | | 2) #278 Kareena Stowers 11 | |
| | 3) #276 Courtney Hanley 11 | | 4) #272 Brianna Breyvault 10 | |
| | 5) #275 Sara Fuentes 12 | | | |
| 8 | Oakton | A | 10:19.61 | _____ |
| | 1) #188 Samantha James 9 | | 2) #194 Anna Pingel 9 | |
| | 3) #192 Sitota Mesfin 9 | | 4) #190 Kanykei Korosheva 10 | |
| | 5) #199 Helen Yao 11 | | 6) #193 Carly Odom 10 | |

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program**Event 12 Boys 4x800 Meter Relay Northern****Top 2 Teams to Outside Alley****Dist Record: 7:53.22 2/28/2004 Westfield****C Courson, C Black, J Scheiner, D Groff****6A State: 8:15.41****6A Northern: 8:25.49**

| Lane | Team | Relay | Seed Time |
|------|------|-------|-----------|
|------|------|-------|-----------|

Section 1 of 1 Finals

| | | | |
|----------|-----------------------------------|----------|------------------------------|
| 1 | Oakton | A | 8:09.14 |
| | 1) #205 Tor Davidsen 12 | | 2) #213 Zachary Morse 11 |
| | 3) #218 Aidan Whipp 11 | | 4) #209 Elham Huq 10 |
| | 5) #204 Tyler Coleman 9 | | 6) #210 Nelson Jenkins 11 |
| | 7) #216 Carter Stowe 10 | | 8) #212 Matthewos Mesfin 12 |
| 2 | George C. Ma | A | 8:15.07 |
| | 1) #77 Luke O Hanzlik 9 | | 2) #73 Titus Brock 10 |
| | 3) #79 Samuel H Lee 9 | | 4) #84 Brandon H Nguyen 10 |
| | 5) #88 Aiden Sanders 12 | | 6) #94 Thomas P Sweeney 12 |
| | 7) #91 Spencer T Schmid 11 | | 8) #82 James R Mullarkey 10 |
| 3 | Yorktown | A | 8:18.41 |
| | 1) #354 Bennett Lamb 10 | | 2) #352 Benjamin Ingram 11 |
| | 3) #359 Reece Shuttleworth 12 | | 4) #362 Albert Velikonja 12 |
| | 5) #358 Bowen Shuttleworth 12 | | 6) #353 George Karamitsos 12 |
| 4 | Herndon | A | 8:20.08 |
| | 1) #108 Noah Halterman-Mitchell 1 | | 2) #116 Denzel Webb 9 |
| | 3) #106 Joseph Elgin 12 | | 4) #112 Colin McCauley 12 |
| | 5) #111 Nicholas Markeloff 12 | | 6) #107 Natnaele Ghile 12 |
| | 7) #109 Liban Hanfi 12 | | 8) #105 Duncan Anthony 12 |
| 5 | South Lakes | A | 8:32.99 |
| 6 | Westfield | A | 8:33.66 |
| | 1) #323 David Barron 12 | | 2) #332 Kyle Lebahn 12 |
| | 3) #328 James Johnson 12 | | 4) #329 Asfandiyar Khan 11 |
| | 5) #340 Zachary Weber 10 | | 6) #330 Robin Khatri 12 |
| 7 | James Madiso | A | 8:40.80 |
| | 1) #128 Aidan DiConti 10 | | 2) #129 Jason Diconti 10 |
| | 3) #135 William Massey 11 | | 4) #140 Mark Young 12 |
| | 5) #137 Jack Sprague 10 | | 6) #132 Robert Gibson 10 |
| | 7) #134 Solomon Hutchins 11 | | |

Event 13 Girls 55 Meter Hurdles Northern**Winner Plus Next 6 Fastest Times to Finals****Dist Record: 7.98 2/26/2006 Alyssa Aiken****6A State: 8.51****6A Northern: 9.31**

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Heat 1 of 2 Prelims

| | | | | |
|----------|--------------------------|-----------|---------------------|--------------|
| 1 | 118 Federica Lewis | 10 | James Madiso | 10.39 |
| 2 | 61 Torri E McNabb | 10 | George C. Ma | 10.03 |
| 3 | 290 Kristen Alleyne | 12 | Washington-L | 9.31 |
| 4 | 298 Rebecca Stewart | 12 | Washington-L | 8.57 |
| 5 | 293 Giulia Mesa | 12 | Washington-L | 8.62 |
| 6 | 309 Katie Conway | 11 | Westfield | 9.35 |
| 7 | 310 Salma Fizaoui | 9 | Westfield | 10.29 |

Heat 2 of 2 Prelims

| | | | | |
|----------|------------------------|-----------|---------------------|--------------|
| 1 | 29 Graysen Jones | 11 | Chantilly | 10.37 |
| 2 | 169 Eva Grau | 10 | McLean | 9.53 |
| 3 | 166 Aneka Andrews | 10 | McLean | 9.22 |
| 4 | 299 Yasmeen Tinsley | 11 | Washington-L | 8.52 |
| 5 | 36 Jenay Soumahro | 12 | Chantilly | 8.80 |
| 6 | 6 Tori Hudspeth | 12 | Centreville | 9.46 |
| 7 | 51 Serena Agnew | 12 | George C. Ma | 10.30 |

Event 14 Boys 55 Meter Hurdles Northern**Winner Plus Next 6 Fastest Times to Finals****Dist Record: 7.24 2/26/2000 Ricky Harris****6A State: 7.84****6A Northern: 8.32**

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Heat 1 of 2 Prelims

| | | | | |
|---|----------------------|----|-------------|------|
| 1 | 219 Charles Wilson | 10 | Oakton | 8.75 |
| 2 | 15 Connor Graydon | 10 | Centreville | 8.65 |
| 3 | 185 Casey Prestidge | 11 | McLean | 8.50 |
| 4 | 268 William Watson | 10 | South Lakes | 7.99 |
| 5 | 48 Tyler O'Reilly | 12 | Chantilly | 8.45 |
| 6 | 326 Brandon Dailey | 9 | Westfield | 8.51 |
| 7 | 334 Shane McConaghie | 12 | Westfield | 8.65 |

Heat 2 of 2 Prelims

| | | | | |
|---|--------------------------|----|--------------|------|
| 1 | 283 Justin Delgado | 10 | Wakefield Hi | 8.72 |
| 2 | 305 Bilguun Soronzonbold | 11 | Washington-L | 8.62 |
| 3 | 333 Arjun Mangipudi | 11 | Westfield | 8.50 |
| 4 | 303 Liam McBride | 12 | Washington-L | 7.60 |
| 5 | 157 Jayeesh Chennupati | 10 | Langley | 8.47 |
| 6 | 282 Reese Creadon | 12 | Wakefield Hi | 8.60 |
| 7 | 304 Andrew Mineau | 11 | Washington-L | 8.69 |

Event 15 Girls 55 Meter Dash Northern**Winner Plus Next 6 Fastest Times to Finals****Dist Record: 6.96 2/26/2000 Alyssa Aiken****6A State: 7.32****6A Northern: 7.56**

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Heat 1 of 2 Prelims

| | | | | |
|---|--------------------|----|--------------|------|
| 1 | 28 Claire Jones | 12 | Chantilly | 7.84 |
| 2 | 297 Anna Rupert | 10 | Washington-L | 7.59 |
| 3 | 121 Alyssa Romer | 12 | James Madiso | 7.50 |
| 4 | 315 Emma Seetoo | 11 | Westfield | 7.33 |
| 5 | 235 Jillian Howard | 10 | South Lakes | 7.34 |
| 6 | 5 Daria Haynie | 10 | Centreville | 7.51 |
| 7 | 22 Emera Cooper | 11 | Chantilly | 7.63 |
| 8 | 24 Kiera Davenport | 10 | Chantilly | 7.86 |

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program**Heat 2 of 2 Prelims...(Event 15 Girls 55 Meter Dash Northern)**

| | | | | |
|---|----------------------------|-----------------|------|-------|
| 1 | 341 Isabella Check | 12 Yorktown | 7.76 | _____ |
| 2 | 317 Caroline Shepard | 11 Westfield | 7.56 | _____ |
| 3 | 291 Lucy Brookover | 12 Washington-L | 7.48 | _____ |
| 4 | 244 Hannah Waller | 12 South Lakes | 7.00 | _____ |
| 5 | 231 Mary Gregory | 12 South Lakes | 7.46 | _____ |
| 6 | 344 Alma de Miguel Evuna E | 10 Yorktown | 7.53 | _____ |
| 7 | 273 Raja'e Brooks | 10 Wakefield Hi | 7.72 | _____ |
| 8 | 189 Abba Kodiaga | 10 Oakton | 7.89 | _____ |

Event 16 Boys 55 Meter Dash Northern**Winner Plus Next 6 Fastest Times to Finals****Dist Record:** 6.25 2/18/2016 Josephus Lyles**6A State:** 6.60**6A Northern:** 6.77

| Lane | Name | Yr | School | Seed | Time |
|------|------|----|--------|------|------|
|------|------|----|--------|------|------|

Heat 1 of 2 Prelims

| | | | | |
|---|------------------------|-----------------|------|-------|
| 1 | 206 Andrew Franco | 11 Oakton | 6.85 | _____ |
| 2 | 38 Aaron Aldridge | 10 Chantilly | 6.79 | _____ |
| 3 | 155 Evan Bellino | 12 Langley | 6.73 | _____ |
| 4 | 253 Jackson Cooley | 12 South Lakes | 6.55 | _____ |
| 5 | 40 Trosoadas Davenport | 11 Chantilly | 6.57 | _____ |
| 6 | 302 Charles Male | 11 Washington-L | 6.74 | _____ |
| 7 | 10 Steve Bradley | 11 Centreville | 6.81 | _____ |

Heat 2 of 2 Prelims

| | | | | |
|---|----------------------|-----------------|------|-------|
| 1 | 43 Matthew Harper | 11 Chantilly | 6.82 | _____ |
| 2 | 114 Harold Romero | 11 Herndon | 6.76 | _____ |
| 3 | 16 Abdul Koroma | 12 Centreville | 6.67 | _____ |
| 4 | 303 Liam McBride | 12 Washington-L | 6.50 | _____ |
| 5 | 355 Porter Landefeld | 12 Yorktown | 6.63 | _____ |
| 6 | 337 Michael Riche | 12 Westfield | 6.74 | _____ |
| 7 | 162 Andrew Walker | 12 Langley | 6.82 | _____ |

Event 17 Girls 4x200 Meter Relay Northern**3 Turn Stagger****Dist Record:** 1:44.30 1986 Lake Braddock**D Boone, C McCormick, A Hicks, A Griffith****6A State:** 1:47.05**6A Northern:** 1:50.19

| Lane | Team | Relay | Seed | Time |
|------|------|-------|------|------|
|------|------|-------|------|------|

Section 1 of 2 Finals

| | | | | |
|---|----------------------------------|---|----------------------------|-------|
| 2 | Centreville | A | 1:53.21 | _____ |
| | 1) #2 Tatum Baugh 10 | | 2) #5 Daria Haynie 10 | |
| | 3) #6 Tori Hudspeth 12 | | 4) #7 Kasaty Kofman 9 | |
| 3 | George C. Ma | A | 1:49.07 | _____ |
| | 1) #55 Veronica S Curran 9 | | 2) #58 Selena N Kaup 12 | |
| | 3) #63 Sarah E Skaggs 9 | | 4) #68 Avery L Tarutani 10 | |
| | 5) #54 Sayda R Bir 10 | | | |
| 4 | Yorktown | A | 1:49.67 | _____ |
| | 1) #345 Madilyn Henshaw 12 | | 2) #346 Elena Horn 11 | |
| | 3) #344 Alma de Miguel Evuna Eki | | 4) #341 Isabella Check 12 | |
| | 5) #342 Anna Macon Corcoran 10 | | | |

Section 2 of 2 Finals

| | | | | |
|---|-----------------------------|---|------------------------------|-------|
| 2 | Westfield | A | 1:47.27 | _____ |
| | 1) #306 Benita Amouzou 11 | | 2) #317 Caroline Shepard 11 | |
| | 3) #314 Lily Render 11 | | 4) #315 Emma Seetoo 11 | |
| | 5) #307 Lily Campbell 10 | | | |
| 3 | South Lakes | A | 1:40.00 | _____ |
| | 1) #225 Elizabeth Burke 11 | | 2) #226 Julianna Byrd 9 | |
| | 3) #227 Alyssa Cephas 9 | | 4) #229 Frankie Delmolino 12 | |
| | 5) #234 Charlotte Hoelzl 12 | | 6) #237 Megan Luczko 10 | |
| | 7) #238 Beth Matthews 12 | | 8) #241 Maya Prater 10 | |
| 4 | Washington-L | A | 1:46.34 | _____ |
| | 1) #290 Kristen Alleyne 12 | | 2) #291 Lucy Brookover 12 | |
| | 3) #298 Rebecca Stewart 12 | | 4) #293 Giulia Mesa 12 | |
| | 5) #296 Camilla Regalia 12 | | | |
| 5 | Chantilly | A | 1:48.78 | _____ |
| | 1) #20 Kendra Bush 11 | | 2) #26 Kylie Finney 10 | |
| | 3) #28 Claire Jones 12 | | 4) #22 Emera Cooper 11 | |

Event 18 Boys 4x200 Meter Relay Northern**3 Turn Stagger****Dist Record:** 1:30.43 1993 TC Williams**C Samuels, A Holley, B Drummond, D King****6A State:** 1:33.80**6A Northern:** 1:35.97

| Lane | Team | Relay | Seed | Time |
|------|------|-------|------|------|
|------|------|-------|------|------|

Section 1 of 2 Finals

| | | | | |
|---|-----------------------------|---|-----------------------------|-------|
| 2 | Yorktown | A | 1:35.62 | _____ |
| | 1) #351 Liam Haley 12 | | 2) #350 Matthew Burke 12 | |
| | 3) #355 Porter Landefeld 12 | | 4) #356 Dominic Lowe 11 | |
| | 5) #349 Jackson Birdseye 10 | | 6) #361 Sean Sullivan 12 | |
| 3 | George C. Ma | A | 1:35.53 | _____ |
| | 1) #71 Ryan R Amarillas 11 | | 2) #78 Jason Harrington 11 | |
| | 3) #87 Aamir Z Qureshi 11 | | 4) #90 Adam Sarnovsky 11 | |
| | 5) #83 Omar Nayfeh 11 | | 6) #86 Edrees M Porjosh 11 | |
| | 7) #80 Spencer D Lewis 10 | | 8) #74 Daniel Clark 10 | |
| 4 | Centreville | A | 1:35.61 | _____ |
| | 1) #10 Steve Bradley 11 | | 2) #13 Richard Dublin 12 | |
| | 3) #15 Connor Graydon 10 | | 4) #16 Abdul Koroma 12 | |
| | 5) #17 Jaidon Siler 9 | | | |
| 5 | James Madiso | A | 1:44.52 | _____ |
| | 1) #127 Adam Collazo 11 | | 2) #130 Aidan Fechter 10 | |
| | 3) #131 Connor Gephart 11 | | 4) #133 Alexander Gurski 11 | |
| | 5) #136 Jake Reimann 11 | | 6) #138 Colin Sullivan 10 | |
| | 7) #139 Holden Sullivan 9 | | 8) #125 Sean Blevins 11 | |

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program

Section 2 of 2 Finals...(Event 18 Boys 4x200 Meter Relay Northern)

| Lane | Name | Yr | School | Seed Time |
|------|----------------------------|----|--------------------------------|-----------|
| 1 | Westfield | A | | 1:34.88 |
| 1) | #331 Daniel Lanigan 12 | 2) | #338 Bryce Snyder 12 | |
| 3) | #340 Zachary Weber 10 | 4) | #327 Zach Ferdinand 12 | |
| 5) | #337 Michael Riche 12 | 6) | #324 Jayson Bell 9 | |
| 2 | Oakton | A | | 1:33.70 |
| 1) | #200 Youssef Abdelsamad 12 | 2) | #206 Andrew Franco 11 | |
| 3) | #207 Ethan Gregory 10 | 4) | #221 Adam Xu 11 | |
| 5) | #208 Ian Huang 12 | 6) | #219 Charles Wilson 10 | |
| 7) | #202 Jalen Bunch 9 | | | |
| 3 | South Lakes | A | | 1:32.02 |
| 1) | #248 Gavin Anthony 10 | 2) | #250 Ethan Bower 10 | |
| 3) | #252 Malcolm Coker 11 | 4) | #254 Stephen Esse 12 | |
| 5) | #255 Kai Gibson 9 | 6) | #257 Benjamin Hamlett 10 | |
| 7) | #258 Alexander Harbour 12 | 8) | #260 Spencer Line 10 | |
| 4 | Chantilly | A | | 1:32.25 |
| 1) | #43 Matthew Harper 11 | 2) | #42 Samuel Fitzhugh 11 | |
| 3) | #40 Trosoadas Davenport 11 | 4) | #49 Clark Saben 12 | |
| 5) | #47 Pierre Johnson 12 | | | |
| 5 | Langley | A | | 1:34.36 |
| 1) | #155 Evan Bellino 12 | 2) | #160 Jack Pino 9 | |
| 3) | #162 Andrew Walker 12 | 4) | #163 Cole Withers 11 | |
| 5) | #159 Marc James-Finell 12 | | | |
| 6 | Wakefield Hi | A | | 1:35.05 |
| 1) | #282 Reese Creadon 12 | 2) | #288 Mohammedali Laoufir 10 | |
| 3) | #285 Jackson Harari 11 | 4) | #289 Isaiah Mefford 12 | |
| 5) | #281 Carlos Alvarado 11 | 6) | #287 Cavour El Mounir Junior N | |

Event 19 Girls 1600 Meter Run Northern

Top 4 to Outside Alley

Dist Record: 4:50.18 2/18/2016 Kate Murphy
6A State: 5:17.27
6A Northern: 4:37.56

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | 342 Anna Macon Corcoran | 10 | Yorktown | 5:08.84 |
| 2 | 102 Gillian Bushee | 9 | Herndon | 5:14.43 |
| 3 | 66 Haley E Spoden | 9 | George C. Ma | 5:19.46 |
| 4 | 239 Caitlyn Morris | 12 | South Lakes | 5:20.80 |
| 5 | 295 Ally Obenberger | 11 | Washington-L | 5:21.14 |
| 6 | 245 Annalise Williams | 9 | South Lakes | 5:22.89 |
| 7 | 319 Brigitte Tran | 10 | Westfield | 5:24.73 |
| 8 | 191 Katya Lebert | 12 | Oakton | 5:24.88 |
| 9 | 167 Natalie Flint | 12 | McLean | 5:27.58 |
| 10 | 348 Grace Nunamaker | 11 | Yorktown | 5:29.27 |
| 11 | 277 Julia Harris | 11 | Wakefield Hi | 5:30.41 |
| 12 | 65 Sydney M Smith | 12 | George C. Ma | 5:31.61 |
| 13 | 4 Abby Granberg | 11 | Centreville | 5:36.17 |
| 14 | 19 Momiji Barlow | 12 | Chantilly | 5:38.12 |

Event 20 Boys 1600 Meter Run Northern

Top 4 to Outside Alley

Dist Record: 4:07.02 2/26/2000 Alan Webb
6A State: 4:28.34
6A Northern: 4:33.47

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | 182 Xavier Jemison | 10 | McLean | 4:16.90 |
| 2 | 112 Colin McCauley | 12 | Herndon | 4:22.91 |
| 3 | 362 Albert Velikonja | 12 | Yorktown | 4:25.34 |
| 4 | 158 Jackson Ellinger | 11 | Langley | 4:28.45 |
| 5 | 323 David Barron | 12 | Westfield | 4:30.39 |
| 6 | 353 George Karamitsos | 12 | Yorktown | 4:30.52 |
| 7 | 213 Zachary Morse | 11 | Oakton | 4:30.61 |
| 8 | 203 Bryce Buttrey | 11 | Oakton | 4:31.70 |
| 9 | 220 Garrett Woodhouse | 11 | Oakton | 4:32.60 |
| 10 | 140 Mark Young | 12 | James Madiso | 4:33.95 |
| 11 | 12 Alejo Cobos | 12 | Centreville | 4:35.61 |
| 12 | 354 Bennett Lamb | 10 | Yorktown | 4:38.74 |
| 13 | 89 Sean P Sanders | 9 | George C. Ma | 4:43.00 |
| 14 | 105 Duncan Anthony | 12 | Herndon | 4:43.45 |

Event 21 Girls 500 Meter Dash Northern

2 Turn Stagger

Dist Record: 1:13.79 1987 Kendyl Baugh
6A State: 1:18.54
6A Northern: 1:20.76

| Lane | Name | Yr | School | Seed Time |
|------------------------------|--------------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 2 | 33 Samantha Philipps | 10 | Chantilly | 1:26.77 |
| 3 | 153 Lauren Treacy | 12 | Langley | 1:22.34 |
| 4 | 59 Claire J Lee | 11 | George C. Ma | 1:25.10 |
| Section 2 of 2 Finals | | | | |
| 1 | 34 Kaitlyn Purvis | 9 | Chantilly | 1:22.15 |
| 2 | 240 Juvianadean Mullings | 11 | South Lakes | 1:18.74 |
| 3 | 231 Mary Gregory | 12 | South Lakes | 1:17.15 |
| 4 | 342 Anna Macon Corcoran | 10 | Yorktown | 1:17.74 |
| 5 | 146 Arielle Moore | 11 | Langley | 1:20.89 |

Event 22 Boys 500 Meter Dash Northern

2 Turn Stagger

Dist Record: 1:03.45 2/24/2007 Sean Holston
6A State: 1:08.16
6A Northern: 1:09.35

| Lane | Name | Yr | School | Seed Time |
|------------------------------|--------------------|----|--------------|-----------|
| Section 1 of 2 Finals | | | | |
| 1 | 183 Aziz Malouche | 12 | McLean | 1:11.10 |
| 2 | 106 Joseph Elgin | 12 | Herndon | 1:10.03 |
| 3 | 45 Maximus James | 10 | Chantilly | 1:09.64 |
| 4 | 93 Patrick A Smith | 11 | George C. Ma | 1:09.82 |
| 5 | 41 Timothy Depalma | 10 | Chantilly | 1:10.68 |
| 6 | 13 Richard Dublin | 12 | Centreville | 1:11.14 |

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program**Section 2 of 2 Finals...(Event 22 Boys 500 Meter Dash Northern)**

| | | | | |
|---|-----------------------------|----------------|---------|-------|
| 1 | 108 Noah Halterman-Mitchell | 12 Herndon | 1:09.50 | _____ |
| 2 | 205 Tor Davidsen | 12 Oakton | 1:08.59 | _____ |
| 3 | 256 Joshua Gregory | 10 South Lakes | 1:07.90 | _____ |
| 4 | 201 Lucas Banerji | 12 Oakton | 1:08.02 | _____ |
| 5 | 263 David Ramirez | 12 South Lakes | 1:09.10 | _____ |
| 6 | 163 Cole Withers | 11 Langley | 1:09.50 | _____ |

Event 23 Girls 1000 Meter Run Northern**Top 2 to Outside Alley****Dist Record:** 2:52.41 2/24/2001 Kelley Otstott**6A State:** 3:05.51**6A Northern:** 3:07.77

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 2 Finals

| | | | | | |
|---|------------------------|----|--------------|---------|-------|
| 1 | 65 Sydney M Smith | 12 | George C. Ma | 3:16.08 | _____ |
| 2 | 194 Anna Pingel | 9 | Oakton | 3:16.93 | _____ |
| 3 | 31 Ava Miller | 10 | Chantilly | 3:17.47 | _____ |
| 4 | 188 Samantha James | 9 | Oakton | 3:18.30 | _____ |
| 5 | 67 Caroline A Sullivan | 11 | George C. Ma | 3:20.24 | _____ |
| 6 | 278 Kareena Stowers | 11 | Wakefield Hi | 3:21.92 | _____ |

Section 2 of 2 Finals

| | | | | | |
|---|-----------------------|----|--------------|---------|-------|
| 1 | 236 Emily Lannen | 12 | South Lakes | 3:02.68 | _____ |
| 2 | 174 Thais Rolly | 9 | McLean | 3:07.29 | _____ |
| 3 | 57 Elizabeth Epstein | 11 | George C. Ma | 3:08.94 | _____ |
| 4 | 318 Ayannah Tinsley | 11 | Westfield | 3:09.19 | _____ |
| 5 | 246 Annika Yu | 10 | South Lakes | 3:11.70 | _____ |
| 6 | 313 Riley Jenkins | 12 | Westfield | 3:12.70 | _____ |
| 7 | 348 Grace Nunamaker | 11 | Yorktown | 3:14.32 | _____ |
| 8 | 165 Isabella Andreoli | 9 | McLean | 3:14.41 | _____ |

Event 24 Boys 1000 Meter Run Northern**Top 2 to Outside Alley****Dist Record:** 2:25.81 2/18/2016 Sean McGorty**6A State:** 2:36.53**6A Northern:** 2:39.78

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 2 Finals

| | | | | | |
|---|-----------------------------|----|-------------|---------|-------|
| 1 | 353 George Karamitsos | 12 | Yorktown | 2:43.60 | _____ |
| 2 | 8 Tyler Anton | 11 | Centreville | 2:44.80 | _____ |
| 3 | 116 Denzel Webb | 9 | Herndon | 2:45.39 | _____ |
| 4 | 108 Noah Halterman-Mitchell | 12 | Herndon | 2:45.45 | _____ |
| 5 | 251 Curtis Boykin Jr. | 10 | South Lakes | 2:45.48 | _____ |
| 6 | 329 Asfandiyar Khan | 11 | Westfield | 2:45.70 | _____ |

Section 2 of 2 Finals

| | | | | | |
|---|------------------------|----|--------------|---------|-------|
| 1 | 182 Xavier Jemison | 10 | McLean | 2:31.28 | _____ |
| 2 | 81 Sebastian N Malave | 11 | George C. Ma | 2:33.76 | _____ |
| 3 | 201 Lucas Banerji | 12 | Oakton | 2:34.31 | _____ |
| 4 | 358 Bowen Shuttleworth | 12 | Yorktown | 2:34.54 | _____ |
| 5 | 359 Reece Shuttleworth | 12 | Yorktown | 2:35.15 | _____ |
| 6 | 332 Kyle Lebahn | 12 | Westfield | 2:38.51 | _____ |
| 7 | 203 Bryce Buttrey | 11 | Oakton | 2:40.11 | _____ |
| 8 | 280 Nadim Abdu | 10 | Wakefield Hi | 2:43.40 | _____ |

Event 25 Girls 300 Meter Dash Northern**Dist Record:** 38.89 2/26/2000 Alyssa Aiken**6A State:** 41.38**6A Northern:** 43.00

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 2 Finals

| | | | | | |
|---|---------------------|----|--------------|-------|-------|
| 1 | 26 Kylie Finney | 10 | Chantilly | 43.81 | _____ |
| 2 | 297 Anna Rupert | 10 | Washington-L | 42.95 | _____ |
| 3 | 5 Daria Haynie | 10 | Centreville | 41.86 | _____ |
| 4 | 299 Yasmeen Tinsley | 11 | Washington-L | 41.91 | _____ |
| 5 | 121 Alyssa Romer | 12 | James Madiso | 43.75 | _____ |

Section 2 of 2 Finals

| | | | | | |
|---|--------------------------|----|--------------|-------|-------|
| 1 | 315 Emma Seetoo | 11 | Westfield | 41.53 | _____ |
| 2 | 240 Juvianadean Mullings | 11 | South Lakes | 40.57 | _____ |
| 3 | 244 Hannah Waller | 12 | South Lakes | 39.54 | _____ |
| 4 | 235 Jillian Howard | 10 | South Lakes | 39.72 | _____ |
| 5 | 53 Grace E Bir | 12 | George C. Ma | 40.78 | _____ |
| 6 | 306 Benita Amouzou | 11 | Westfield | 41.74 | _____ |

Event 26 Boys 300 Meter Dash Northern**Dist Record:** 34.37 2/18/2016 Noah Lyles**6A State:** 36.21**6A Northern:** 37.01

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 3 Finals

| | | | | | |
|---|-------------------|----|--------------|-------|-------|
| 2 | 16 Abdul Koroma | 12 | Centreville | 37.86 | _____ |
| 3 | 160 Jack Pino | 9 | Langley | 37.67 | _____ |
| 4 | 96 Wilson W Tryon | 12 | George C. Ma | 37.78 | _____ |

Section 2 of 3 Finals

| | | | | | |
|---|-------------------|----|--------------|-------|-------|
| 2 | 162 Andrew Walker | 12 | Langley | 37.59 | _____ |
| 3 | 207 Ethan Gregory | 10 | Oakton | 37.17 | _____ |
| 4 | 282 Reese Creadon | 12 | Wakefield Hi | 37.20 | _____ |
| 5 | 351 Liam Haley | 12 | Yorktown | 37.60 | _____ |

Section 3 of 3 Finals

| | | | | | |
|---|--------------------|----|--------------|-------|-------|
| 1 | 163 Cole Withers | 11 | Langley | 36.73 | _____ |
| 2 | 253 Jackson Cooley | 12 | South Lakes | 36.44 | _____ |
| 3 | 256 Joshua Gregory | 10 | South Lakes | 35.93 | _____ |
| 4 | 249 Tyler Benett | 10 | South Lakes | 36.13 | _____ |
| 5 | 324 Jayson Bell | 9 | Westfield | 36.54 | _____ |
| 6 | 289 Isaiah Mefford | 12 | Wakefield Hi | 36.96 | _____ |

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program**Event 27 Girls 3200 Meter Run Northern****Top 5 to Outside Alley**

Dist Record: 9:57.83 1987 Erin Keough
6A State: 11:22.67
6A Northern: 11:41.51

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | 102 Gillian Bushee | 9 | Herndon | 11:09.11 |
| 2 | 343 Piper Dean | 11 | Yorktown | 11:22.71 |
| 3 | 100 Madeline Bergeron | 12 | Herndon | 11:38.55 |
| 4 | 191 Katya Lebert | 12 | Oakton | 11:42.19 |
| 5 | 37 Elizabeth Wu | 11 | Chantilly | 11:46.34 |
| 6 | 35 Julia Rodrigues | 10 | Chantilly | 11:47.56 |
| 7 | 123 Caroline Rusinski | 12 | James Madiso | 11:49.45 |
| 8 | 142 Lilly Fowler | 11 | Langley | 11:53.09 |
| 9 | 66 Haley E Spoden | 9 | George C. Ma | 11:55.24 |
| 10 | 4 Abby Granberg | 11 | Centreville | 11:56.06 |
| 11 | 292 Anna Harpel | 12 | Washington-L | 11:56.65 |
| 12 | 319 Brigitte Tran | 10 | Westfield | 11:57.78 |
| 13 | 223 Marissa Banga | 12 | South Lakes | 12:00.47 |
| 14 | 232 Emma Grossback | 12 | South Lakes | 12:04.50 |
| 15 | 294 Rachel Mulvaney | 10 | Washington-L | 12:12.98 |
| 16 | 272 Brianna Breyault | 10 | Wakefield Hi | 12:25.75 |

Event 28 Boys 3200 Meter Run Northern**Top 4 to Outside Alley**

Dist Record: 9:13.21 2/24/2007 Mike Spooner
6A State: 9:45.64
6A Northern: 9:59.59

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-----------------------|----|--------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | 112 Colin McCauley | 12 | Herndon | 9:28.29 |
| 2 | 220 Garrett Woodhouse | 11 | Oakton | 9:38.02 |
| 3 | 213 Zachary Morse | 11 | Oakton | 9:42.94 |
| 4 | 217 Arnav Tikhe | 11 | Oakton | 9:46.03 |
| 5 | 158 Jackson Ellinger | 11 | Langley | 9:46.36 |
| 6 | 12 Alejo Cobos | 12 | Centreville | 9:54.56 |
| 7 | 140 Mark Young | 12 | James Madiso | 10:00.58 |
| 8 | 161 Roan Toole | 10 | Langley | 10:05.75 |
| 9 | 109 Liban Hanfi | 12 | Herndon | 10:08.46 |
| 10 | 357 Owen McArdle | 10 | Yorktown | 10:09.06 |
| 11 | 180 Quin Frew | 12 | McLean | 10:09.58 |
| 12 | 360 Lachlan Stevens | 11 | Yorktown | 10:11.15 |
| 13 | 18 Wyatt Thomas | 11 | Centreville | 10:14.91 |
| 14 | 85 Seth J Oliver | 9 | George C. Ma | 10:24.70 |

Event 29 Girls 4x400 Meter Relay Northern**2-Turn Stagger**

Dist Record: 3:58.31 2/24/2001 Lake Braddock
6A State: 4:07.60
6A Northern: 4:13.72

| Lane | Team | Relay | Seed Time |
|----------------------------------|--------------|-------------------------------|-----------|
| Section 1 of 2 Finals | | | |
| 2 | Oakton | A | 4:24.60 |
| 1) #188 Samantha James 9 | | 2) #191 Katya Lebert 12 | |
| 3) #189 Abba Kodiaga 10 | | 4) #195 Sophia Smoot-Canty 9 | |
| 5) #194 Anna Pingel 9 | | | |
| 3 | Chantilly | A | 4:13.34 |
| 1) #20 Kendra Bush 11 | | 2) #31 Ava Miller 10 | |
| 3) #26 Kylie Finney 10 | | 4) #34 Kaitlyn Purvis 9 | |
| 5) #33 Samantha Philipps 10 | | | |
| 4 | McLean | A | 4:16.29 |
| 1) #166 Aneka Andrews 10 | | 2) #168 Paloma Galdo 12 | |
| 3) #176 Mary Steinbicker 10 | | 4) #165 Isabella Andreoli 9 | |
| 5) #173 Anna Proctor 11 | | 6) #169 Eva Grau 10 | |
| Section 2 of 2 Finals | | | |
| 1 | Langley | A | 4:12.06 |
| 1) #145 Claudia Mikolic-Gryczews | | 2) #146 Arielle Moore 11 | |
| 3) #150 Maya Snyder 12 | | 4) #153 Lauren Treacy 12 | |
| 5) #147 Anne O'Hara 11 | | 6) #152 Emily Treacy 12 | |
| 7) #148 Elena Pesavento 9 | | | |
| 2 | Washington-L | A | 4:03.69 |
| 1) #298 Rebecca Stewart 12 | | 2) #299 Yasmeen Tinsley 11 | |
| 3) #297 Anna Rupert 10 | | 4) #291 Lucy Brookover 12 | |
| 5) #290 Kristen Alleyne 12 | | 6) #296 Camilla Regalia 12 | |
| 3 | South Lakes | A | 3:57.68 |
| 1) #233 Ellen Ha 12 | | | |
| 4 | Westfield | A | 3:59.99 |
| 1) #306 Benita Amouzou 11 | | 2) #307 Lily Campbell 10 | |
| 3) #317 Caroline Shepard 11 | | 4) #318 Ayannah Tinsley 11 | |
| 5) #314 Lily Render 11 | | | |
| 5 | George C. Ma | A | 4:09.25 |
| 1) #52 Adele M Barnes 10 | | 2) #67 Caroline A Sullivan 11 | |
| 3) #69 Zoe B Thompson 9 | | | |

2020 Northern Region Indoor Track Championship - 2/10/2020 to 2/12/2020

P.G. Sportsplex
Meet Program**Event 30 Boys 4x400 Meter Relay Northern****2-Turn Stagger**

Dist Record: 3:24.52 2/22/2003 Westfield

P Tondereau, A Tondereau, C Courson, C Black

6A State: 3:31.91

6A Northern: 3:36.69

| Lane | Team | Relay | Seed Time |
|------------------------------|-------------------------------|-------|---------------------------------|
| Section 1 of 2 Finals | | | |
| 2 | Centreville | A | 3:37.05 |
| | 1) #8 Tyler Anton 11 | | 2) #9 Dahntay Baugh 10 |
| | 3) #10 Steve Bradley 11 | | 4) #13 Richard Dublin 12 |
| | 5) #15 Connor Graydon 10 | | 6) #17 Jaidon Siler 9 |
| 3 | Washington-L | A | 3:36.60 |
| | 1) #303 Liam McBride 12 | | 2) #300 Luis Ceballos-Medina 11 |
| | 3) #304 Andrew Mineau 11 | | 4) #302 Charles Male 11 |
| | 5) #301 Lawson Knisely 10 | | 6) #305 Bilguun Soronzonbold 11 |
| 4 | Westfield | A | 3:36.96 |
| | 1) #327 Zach Ferdinand 12 | | 2) #340 Zachary Weber 10 |
| | 3) #338 Bryce Snyder 12 | | 4) #324 Jayson Bell 9 |
| | 5) #325 Leo Brennan 10 | | |
| Section 2 of 2 Finals | | | |
| 1 | George C. Ma | A | 3:35.84 |
| | 1) #72 William Blackwell 12 | | 2) #71 Ryan R Amarillas 11 |
| | 3) #78 Jason Harrington 11 | | 4) #81 Sebastian N Malave 11 |
| | 5) #87 Aamir Z Qureshi 11 | | 6) #96 Wilson W Tryon 12 |
| | 7) #93 Patrick A Smith 11 | | 8) #90 Adam Sarnovsky 11 |
| 2 | Oakton | A | 3:34.57 |
| | 1) #203 Bryce Buttrey 11 | | 2) #207 Ethan Gregory 10 |
| | 3) #201 Lucas Banerji 12 | | 4) #205 Tor Davidsen 12 |
| | 5) #206 Andrew Franco 11 | | 6) #221 Adam Xu 11 |
| | 7) #219 Charles Wilson 10 | | |
| 3 | South Lakes | A | 3:28.60 |
| | 1) #262 Vincent Prudhomme 12 | | 2) #267 Branden Tirona 12 |
| | 3) #269 Ryan Weaver 10 | | 4) #270 Marcus Williams 10 |
| 4 | Chantilly | A | 3:34.19 |
| | 1) #40 Trosodas Davenport 11 | | 2) #41 Timothy Depalma 10 |
| | 3) #49 Clark Saben 12 | | 4) #45 Maximus James 10 |
| | 5) #46 Adam Jaynes 12 | | |
| 5 | Yorktown | A | 3:35.84 |
| | 1) #350 Matthew Burke 12 | | 2) #351 Liam Haley 12 |
| | 3) #362 Albert Velikonja 12 | | 4) #359 Reece Shuttleworth 12 |
| | 5) #358 Bowen Shuttleworth 12 | | 6) #355 Porter Landefeld 12 |
| 6 | McLean | A | 3:36.00 |
| | 1) #183 Aziz Malouche 12 | | 2) #187 Nathan Sigel 11 |
| | 3) #185 Casey Prestidge 11 | | 4) #182 Xavier Jemison 10 |
| | 5) #181 Ethan Himes 11 | | 6) #179 Hayden Formica 11 |