

Good Night Everyone - It was a great and wonderful regular season. Thank you to all the athletes who participated, each of you made us as a team better. I look forward to seeing many of you in the spring and good luck to others who will be doing other spring sports. Seniors - you will be missed next winter. Coaches - thanks for dedications and commitment to making us better people first and athletes next. Parents - this season would not be successful without you giving of your times at meets, carpools and volunteering and just being you.

It is a tough decision to shorten the team from an all-time high of 190 to 60 for the championship season. They were many athletes who just needed one more meet and would surely be able to hit auto qualifiers like junior Amanda Tooke who dropped a nearly two second PR in the 300m, junior Stephanie Quijano who dropped nearly a second in the hurdles. However, Freshman Ben Smith made his claim to be a force by flipping event with a 11 second PR on Thursday in the 1600m run and junior Molly Stegman staked her claim to a spot in the hurdles with a half second PR and freshman Miles Atherton setting a personal best in the high jump.

Some people made it easy - Sophomore Heather Holt dropped another sub 5:10 and state Qualifier in the 1600m, Freshman Alyssa Maynard with another conference qualifying perform in the 500m, junior Inga Schlier equaling her personal best in hurdles, Senior Jack Gieseler winning the hurdles, freshman Kristen Hamilton equaling her #2 ranking in the conference, junior Dannie Griggs hitting a personal best and regional qualifier, senior Robert Leap with personal best in 500m and junior Patrick Lynch running alone to a regional qualifier in the 3200m.

We took a look at the all the performances during the season and we think both teams selected has a legit shot at winning the conference championship team title. According the Milestat.com - the girls are favored to win and the boys finishing a close second.

Only the athletes selected to the championship team will continue to practice next week. We will have practice at 3:15PM on Monday - no night practices. Athletes not continuing for the season are asked to please turn in any issue uniforms either to me on Monday or put it in a bag with their names and turn it in to the activities office.

Below are the entries for the championship.

**Attached is the entries by name

**Attached are the final regular season ranking (only athletes who complete the season in good standing are allowed to be ranked).

**Attached is the Edison Meet results

VHSL Group 5A Conference 13 Indoor T&F Championships: George C. Marshall Entries

You are entered in this meet. Your entries are below as of 02/05/2016 22:56:28 EST.

HS Boys 4x200 Meter Relay

Relay Team A
- 1) Daniel E Pedraza 2) Sebastien G Toscano 3) Casey J Lauer 4) Jacob R Han 5) Connor N Quin 6) Jason Gracia 7) Jiahao Luo 8) Samuel P Dunn 1:37.34

HS Boys 4x400 Meter Relay

Relay Team A
- 1) Ryan E Corkill 2) Alexander G Haight 3) Robert J Leap 4) Patrick C Lynch 5) Sebastien G Toscano 6) Daniel E Pedraza 7) Ethan Epstein 8) Benjamin S. Smith 3:46.35

HS Boys 4x800 Meter Relay

Relay Team A
- 1) Alexander G Haight 2) Benjamin S. Smith 3) Patrick C Lynch 4) Sean A Gustafson 5) Ryan E Corkill 6) Justin C McFaul 7) Jonathan A Griggs 8) Austin R Gillmore 8:29.73

HS Boys 55 Meter Dash

- Jason Gracia	6.94
- Jacob R Han	7.01
- Casey J Lauer	7.12

HS Boys 55 Meter Hurdles

- John B Gieseler	8.44
- Jack P Feenick	10.34
- Eric C Schlier	10.18

HS Boys 300 Meter Dash

- Connor N Quin	40.24
- Daniel E Pedraza	37.84
- Sebastien G Toscano	38.72

HS Boys 500 Meter Dash

- Ethan Epstein	1:15.39
- Ryan E Corkill	1:12.39
- Robert J Leap	1:12.44

HS Boys 1,000 Meter Run

- Justin C McFaul	2:51.15
- Jonathan A Griggs	2:56.94
- Samuel B Hassett	3:06.83

HS Boys 1,600 Meter Run

- Alexander G Haight	4:37.67
- Patrick C Lynch	4:34.84
- Benjamin S. Smith	4:36.44

HS Boys 3,200 Meter Run

- Sean A Gustafson	10:24.03
- Oliver F Church	10:55.25
- David Forney	10:34.68

HS Boys High Jump

- John B Gieseler	5-8
- Miles S Atherton	5-0
- Joseph E Handley	4-8

HS Boys Long Jump

- Kyle Torbett	14-9
- Aimal Khan	16-7
- Jason Gracia	16-2.75

HS Boys Shot Put

- Kyle T Sandlin	34-3.5
- Khrystan A Camillo	34-5.25
- Lucas E Cintorino	31-4

HS Boys Triple Jump

- Aimal Khan 33-10.5

HS Girls 4x200 Meter Relay

Relay Team A

- 1) Nina S Orozco 2) Hannah F Smith 4) Thando P Muchemenyi 5) Elise S Dirkse 5) Khristen A Hamilton 7) Morgan H Booth 8) Amanda Tooke 1:52.24

HS Girls 4x400 Meter Relay

Relay Team A

- 1) Morgan H Booth 2) Hannah F Smith 3) Thando P Muchemenyi 4) Ava D Bir 5) Alyssa N Maynard 6) Kelly A Batsford 7) Michelle G Dirkse 8) Anabelle R Lee 4:14.44

HS Girls 4x800 Meter Relay

Relay Team A

- 1) Ava D Bir 2) Sarah C Smith 3) Ashley Holt 4) Heather Holt 5) Jenna Robbins 6) Logan L Murtha 7) Kelly A Batsford 8) Layan Qasem 9:47.20

HS Girls 55 Meter Dash

- Sofia K Devin 7.90
- Nina S Orozco 7.98
- Khristen A Hamilton 7.74

HS Girls 55 Meter Hurdles

- Inga J Schlier 9.54
- Sofia K Devin 10.74
- Molly M Stegman 10.54

HS Girls 300 Meter Dash

- Hannah F Smith 44.43
- Thando P Muchemenyi 45.88
- Sofia K Devin 46.17
- Elise S Dirkse 46.34
- Rachel L Miller 48.05
- Nina S Orozco 45.15
- Morgan H Booth 47.54
- Khristen A Hamilton 46.87
- Anabelle R Lee 45.31
- Alyssa N Maynard 48.46
- Hannah M Washington 48.10

HS Girls 500 Meter Dash

- Hannah F Smith 1:23.54
 - Ava D Bir 1:22.65
 - Michelle G Dirkse 1:26.26
 - Anabelle R Lee 1:27.74
 - Alyssa N Maynard 1:26.82
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HS Girls 1,000 Meter Run

- Sarah C Smith	3:15.54
- Kelly A Batsford	3:24.33
- Ashley Holt	3:12.24

HS Girls 1,600 Meter Run

- Jenna Robbins	5:37.23
- Katherine A Kenny	6:01.35
- Heather Holt	5:06.60

HS Girls 3,200 Meter Run

- Sarah C Smith	12:26.82
- Logan L Murtha	12:45.87
- Jenna Robbins	12:11.81
- Ashley Holt	11:38.67
- Heather Holt	11:14.86

HS Girls High Jump

- Fiona J Rickels	4-6
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HS Girls Long Jump

- Nimna R Rodrigo	13-2.25
- Sofia K Devin	14-10.75
- Nina S Orozco	15-11.25

HS Girls Shot Put

- Alexandra B Stenseth	27-2.5
- Emma N Knoke	24-8.25
- Dannie C Griggs	31-1.5

HS Girls Triple Jump

- Ash Lee T Manley	
- Nimna R Rodrigo	
- Sofia K Devin	31-6

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Thanks,

Clifford C. Wong, USATF Certified Level 1

Head Track and Field Coach

George C. Marshall HS

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Picture Site: <http://marshalltrackandfield.shutterfly.com/>

U-Tube: <http://www.youtube.com/GCMTRACK>

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