
Individual Meet Entries Report

PR Holiday Invitational 28-Dec-19
George C. Marshall High [GCM]

Falls Church, VA 22043

301-793-2900

headcoachwong@yahoo.com

WOMEN

Agnew, Serena (20)	George C. Marshall Hi
# 4 Women Long Jump	15-05.75
# 13 Women 55m Hurdles	10.44
# 17 Women 4x200m Relay A	
# 25 Women 300m Dash	48.50
Benton, Ava (21)	George C. Marshall Hi
# 4 Women Long Jump	ND
# 17 Women 4x200m Relay A	
Bir, Grace E (20)	George C. Marshall Hi
# 21 Women 500m Dash	1:17.22
Bir, Sayda R (22)	George C. Marshall Hi
# 2 Women High Jump	4-06.00
# 21 Women 500m Dash	1:22.04
Busch, Paige K (22)	George C. Marshall Hi
# 23 Women 1000m Run	4:23.14
Epstein, Elizabeth (21)	George C. Marshall Hi
# 23 Women 1000m Run	3:09.28
Gilbert, Hala N (22)	George C. Marshall Hi
# 15 Women 55m Dash	NT
# 17 Women 4x200m Relay A	
Kaup, Selena N (20)	George C. Marshall Hi
# 15 Women 55m Dash	7.84
# 17 Women 4x200m Relay A	
Kim, Rae Young (21)	George C. Marshall Hi
# 8 Women Shot Put	22-03.50
Pounder, Sarah M (21)	George C. Marshall Hi
# 8 Women Shot Put	29-11.50
Smith, Lena G (20)	George C. Marshall Hi
# 19 Women 1600m Run	5:45.69
Spoden, Haley E (23)	George C. Marshall Hi
# 19 Women 1600m Run	5:39.72
Thompson, Zoe B (23)	George C. Marshall Hi
# 17 Women 4x200m Relay A	
# 25 Women 300m Dash	48.24

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MEN

Amarillas, Ryan R (21)	George C. Marshall Hi
# 26 Men 300m Dash	39.89
Auvil, Henry A (20)	George C. Marshall Hi
# 14 Men 55m Hurdles	10.44
Brock, Titus S (22)	George C. Marshall Hi
# 24 Men 1000m Run	3:09.04
Elam, Nathan D (20)	George C. Marshall Hi
# 12 Men 4x800m Relay A	
Gonzalez, Jose A (23)	George C. Marshall Hi
# 12 Men 4x800m Relay A	
Grace, Ethan S (22)	George C. Marshall Hi
# 1 Men High Jump	5-08.00
# 3 Men Long Jump	17-07.50
Heltberg, Daniel (22)	George C. Marshall Hi
# 12 Men 4x800m Relay A	
Katz, Benjamin N (22)	George C. Marshall Hi
# 7 Men Shot Put	26-03.00
Malave, Sebastian N (21)	George C. Marshall Hi
# 20 Men 1600m Run	4:30.14
Oliver, Seth J (23)	George C. Marshall Hi
# 20 Men 1600m Run	5:00.75
Palm, Brock C (21)	George C. Marshall Hi
# 7 Men Shot Put	34-10.00
Peterson, Graham H (23)	George C. Marshall Hi
# 18 Men 4x200m Relay A	
Qureshi, Aamir Z (21)	George C. Marshall Hi
# 16 Men 55m Dash	7.54
Rodriguez, Loudin J (23)	George C. Marshall Hi
# 3 Men Long Jump	14-08.50
# 16 Men 55m Dash	7.44
Ryder, Paul J (23)	George C. Marshall Hi
# 22 Men 500m Dash	1:19.29
Sadeque, Irfaan M (22)	George C. Marshall Hi
# 18 Men 4x200m Relay A	
Sadeque, Zimraan M (22)	George C. Marshall Hi
# 12 Men 4x800m Relay A	
Sarnovsky, Adam (21)	George C. Marshall Hi
# 26 Men 300m Dash	38.04
Schmid, Spencer T (21)	George C. Marshall Hi
# 24 Men 1000m Run	3:18.10
Swanberry, Ryan G (23)	George C. Marshall Hi
# 22 Men 500m Dash	1:22.74
Swann, Dylan R (21)	George C. Marshall Hi
# 18 Men 4x200m Relay A	
Thompson, Ian L (20)	George C. Marshall Hi
# 1 Men High Jump	6-02.00
Tseten, Kalsang T (21)	George C. Marshall Hi
# 18 Men 4x200m Relay A	
Watts, Liam B (20)	George C. Marshall Hi
# 14 Men 55m Hurdles	8.99

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Female IE's:	16	Female RE's:	5
Male IE's:	18	Male RE's:	8
Total IE's:	34	Total RE's:	13
Total Athletes:	37		

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# 1 Men High Jump			Athletes count: 2		
Thompson, Ian L (20)	George C. Marshal	6-02.00			
Grace, Ethan S (22)	George C. Marshal	5-08.00			
# 2 Women High Jump			# 16 Men 55m Dash		
Bir, Sayda R (22)	George C. Marshal	4-06.00	Rodriguez, Loudin J (23)	George C. Marshal	7.44
Athletes count: 1			Qureshi, Aamir Z (21)	George C. Marshal	7.54
# 3 Men Long Jump			Athletes count: 2		
Grace, Ethan S (22)	George C. Marshal	17-07.50			
Rodriguez, Loudin J (23)	George C. Marshal	14-08.50			
Athletes count: 2			# 17 Women 4x200m Relay A		
# 4 Women Long Jump			Kaup, Selena N (20) # Marshall		
Agnew, Serena (20)	George C. Marshal	15-05.75	Agnew, Serena (20) # Marshall		
Benton, Ava (21)	George C. Marshal	ND	Thompson, Zoe B (23) # Marshall		
Athletes count: 2			Gilbert, Hala N (22) # Marshall		
# 7 Men Shot Put			Benton, Ava (21) # Marshall		
Palm, Brock C (21)	George C. Marshal	34-10.00	Athletes count: 5		
Katz, Benjamin N (22)	George C. Marshal	26-03.00	# 18 Men 4x200m Relay A		
Athletes count: 2			Swann, Dylan R (21) # Marshall		
# 8 Women Shot Put			Tseten, Kalsang T (21) # Marshall		
Pounder, Sarah M (21)	George C. Marshal	29-11.50	Peterson, Graham H (23) # Marshall		
Kim, Rae Young (21)	George C. Marshal	22-03.50	Sadeque, Irfaan M (22) # Marshall		
Athletes count: 2			Athletes count: 4		
# 12 Men 4x800m Relay A			# 19 Women 1600m Run		
Elam, Nathan D (20) # Marshall		7:50.70	Spoden, Haley E (23) George C. Marshal 5:39.72		
Gonzalez, Jose A (23) # Marshall			Smith, Lena G (20) George C. Marshal 5:45.69		
Sadeque, Zimraan M (22) # Marshall			Athletes count: 2		
Heltberg, Daniel (22) # Marshall			# 20 Men 1600m Run		
Athletes count: 4			Malave, Sebastian N (21) George C. Marshal 4:30.14		
# 13 Women 55m Hurdles			Oliver, Seth J (23) George C. Marshal 5:00.75		
Agnew, Serena (20)	George C. Marshal	10.44	Athletes count: 2		
Athletes count: 1			# 21 Women 500m Dash		
# 14 Men 55m Hurdles			Bir, Grace E (20) George C. Marshal 1:17.22		
Watts, Liam B (20)	George C. Marshal	8.99	Bir, Sayda R (22) George C. Marshal 1:22.04		
Auvil, Henry A (20)	George C. Marshal	10.44	Athletes count: 2		
Athletes count: 2			# 22 Men 500m Dash		
# 15 Women 55m Dash			Ryder, Paul J (23) George C. Marshal 1:19.29		
Kaup, Selena N (20)	George C. Marshal	7.84	Swanberry, Ryan G (23) George C. Marshal 1:22.74		
Gilbert, Hala N (22)	George C. Marshal	NT	Athletes count: 2		
			# 23 Women 1000m Run		
			Epstein, Elizabeth (21) George C. Marshal 3:09.28		
			Busch, Paige K (22) George C. Marshal 4:23.14		
			Athletes count: 2		
			# 24 Men 1000m Run		
			Brock, Titus S (22) George C. Marshal 3:09.04		

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24 Men 1000m Run

Schmid, Spencer T (21)	George C. Marshal	3:18.10
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Athletes count: 2**# 25 Women 300m Dash**

Thompson, Zoe B (23)	George C. Marshal	48.24
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Agnew, Serena (20)	George C. Marshal	48.50
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Athletes count: 2**# 26 Men 300m Dash**

Sarnovsky, Adam (21)	George C. Marshal	38.04
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Amarillas, Ryan R (21)	George C. Marshal	39.89
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Athletes count: 2

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Female IE's:	16	Total Athletes:	29
Male IE's:	18		
Total IE's:	34	Total RE's:	3