

National District Indoor Track and Field Championships - 1/29/2020 to 1/31/202

Thomas Jefferson Community Center

Meet Program - Day 1

Event 1 Girls 55 Meter Dash (19)

6 Advance: Top 1 Each Heat plus Next 2 Best Times

Lane	Name	School	Seed Time
Heat 1 of 4 Prelims			
1	Langott, Makayla	Robert E. Le	8.58
2	Kaup, Selena N	George C. Ma	7.97
3	Dial, Julia	Thomas Ediso	7.49
4	Miranda, Isabel	Thomas Ediso	7.92
5	Lampros, Susanna	Justice	8.44
Heat 2 of 4 Prelims			
1	Guevara-Lovo, Noelia	Robert E. Le	8.64
2	Ding, Tammy	Thomas Jeffe	8.01
3	Baumgartner, Alexis	Thomas Ediso	7.51
4	Brooks, Raja'e	Wakefield Hi	7.84
5	Tarutani, Avery L	George C. Ma	8.38
Heat 3 of 4 Prelims			
1	Lu, Christina	Thomas Jeffe	8.75
2	Giron, Paola	Wakefield Hi	8.08
3	Haynes, Morgan	Thomas Ediso	7.54
4	Rogers, Cai	Robert E. Le	7.80
5	Yang, Mia	Thomas Jeffe	8.33
Heat 4 of 4 Prelims			
2	Diaz-Nolasco, Leslie	Justice	8.08
3	Figaro, Chelsea	Wakefield Hi	7.72
4	Boyd, Brynna	Thomas Ediso	7.76
5	Leap, Annie M	George C. Ma	8.28

Event 2 Boys 55 Meter Dash (22)

6 Advance: Top 1 Each Heat plus Next 2 Best Times

Lane	Name	School	Seed Time
Heat 1 of 4 Prelims			
1	Alvarado, Carlos	Wakefield Hi	7.19
2	Reid, David	Falls Church	6.94
3	Clark, Jaden	Thomas Ediso	6.64
4	Kruppa, Michael	Thomas Jeffe	6.89
5	Thomas II, Troy	Robert E. Le	7.17
Heat 2 of 4 Prelims			
1	Cohen, Theodore	Justice	7.28
2	Mefford, Isaiah	Wakefield Hi	6.94
3	Jan, Sherzoy	Thomas Jeffe	6.71
4	Fannell, Christian	Thomas Ediso	6.86
5	Nayfeh, Omar	George C. Ma	7.16
Heat 3 of 4 Prelims			
1	Clayborne, David	Wakefield Hi	7.23
2	Kwabi-Addo, David	Thomas Jeffe	6.94
3	Hairston, Joshua	Thomas Ediso	6.72
4	Kwame, Michael	Robert E. Le	6.87
5	Lewis, Spencer D	George C. Ma	6.99
6	Abraham, Mohamed	Justice	7.44

Heat 4 of 4 Prelims

1	Brock, Daniel	Justice	7.28
2	Tryon, Wilson W	George C. Ma	6.96
3	Hu, Brian	Thomas Jeffe	6.74
4	Jangtrakool, Tan	Robert E. Le	6.83
5	Rosimo, Socrates	Thomas Ediso	6.98
6	Dao, An	Falls Church	7.34

Event 3 Girls 55 Meter Hurdles (13)

6 Advance: Top 1 Each Heat plus Next 3 Best Times

TJ and Wakefield Hurdle Crew

Lane	Name	School	Seed Time
Heat 1 of 3 Prelims			
1	Staples, Ava	Thomas Ediso	12.08
2	McCormick, Jessica	Falls Church	10.20
3	Topchy, Annika	Thomas Jeffe	9.35
4	Agnew, Serena	George C. Ma	10.30
5	Cruz Reyes, Judith	Justice	11.75
Heat 2 of 3 Prelims			
2	Waters, Ginger	Thomas Ediso	11.49
3	Evans-Holmes, Shanay	Robert E. Le	9.47
4	Gilbert, Hala N	George C. Ma	10.65
5	Lai, Lauren	Justice	11.43
Heat 3 of 3 Prelims			
2	Langott, Makayla	Robert E. Le	11.31
3	Thomas, Alana	Justice	9.61
4	McNabb, Torri E	George C. Ma	10.03
5	Nguyen, Kayla	Falls Church	10.66

Event 4 Boys 55 Meter Hurdles (23)

6 Advance: Top 1 Each Heat plus Next 2 Best Times

TJ and Wakefield Hurdle Crew

Lane	Name	School	Seed Time
Heat 1 of 4 Prelims			
1	Smits, David	Justice	10.42
2	Renwick, Tejan	Thomas Ediso	8.90
3	Nguyen, Jason	Falls Church	8.32
4	Watts, Liam B	George C. Ma	8.88
5	Morris, Daniel	Robert E. Le	9.22
Heat 2 of 4 Prelims			
1	Auvil, Henry A	George C. Ma	10.19
2	Conley, Alex	Falls Church	9.00
3	Jangtrakool, Tan	Robert E. Le	8.35
4	Delgado, Justin	Wakefield Hi	8.86
5	Nino-walder, Luis	Thomas Ediso	9.55
6	Ranjan, Ronith	Thomas Jeffe	12.06
Heat 3 of 4 Prelims			
1	McNabb, Gavin	George C. Ma	10.08
2	Rushton, Ryan	Wakefield Hi	9.09
3	Dockery, Tishere	Falls Church	8.43
4	Niang, Alioune	Robert E. Le	8.85
5	Heo, Justin	Robert E. Le	9.20
6	Arulandu, Caleb	Thomas Jeffe	11.71

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Heat 4 of 4 Prelims...(Event 4 Boys 55 Meter Hurdles (23))

1	Powell, Quinn	Thomas Jeffe	10.93	_____
2	Aguillon Menefee, Carlos	Robert E. Le	9.03	_____
3	Schappi, Christopher	Falls Church	8.56	_____
4	Determan, Steven	Justice	8.70	_____
5	Creadon, Reese	Wakefield Hi	9.09	_____
6	Castellon, William	Thomas Ediso	11.16	_____

Event 19 Girls 4x800 Meter Relay (6)

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	Thomas Ediso	A	10:19.85	_____
2	George C. Ma	A	10:25.71	_____
3	Wakefield Hi	A	10:37.55	_____
4	Thomas Jeffe	A	10:58.79	_____
5	Robert E. Le	A	11:06.56	_____
6	Justice	A	11:10.94	_____

Event 20 Boys 4x800 Meter Relay (7)

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	George C. Ma	A	8:24.61	_____
2	Thomas Ediso	A	8:37.48	_____
3	Thomas Jeffe	A	8:46.14	_____
4	Justice	A	8:48.44	_____
5	Falls Church	A	8:51.00	_____
6	Wakefield Hi	A	8:55.74	_____
7	Robert E. Le	A	10:12.91	_____

Event 21 Girls High Jump (16)

Open Height 4-4, 2 inches to 5-0, one inch there after

Marshall Helpers

Pos	Name	School	Seed Mark	
Flight 1 of 1 Finals				
1	Federovich, Mia	Falls Church	4-02.00	_____
2	Westfall, Caroline	Wakefield Hi	4-03.00	_____
3	Haynes, Morgan	Thomas Ediso	4-04.00	_____
4	Kashynski, Miranda	Justice	4-04.00	_____
5	Diaz-Nolasco, Leslie	Justice	4-04.00	_____
6	Kotliarov, Alexandra	Wakefield Hi	4-04.00	_____
7	Clarke, Cameron	Justice	4-05.00	_____
8	Waters, Ginger	Thomas Ediso	4-06.00	_____
9	Bir, Sayda R	George C. Ma	4-06.00	_____
10	Becker, Nicola J	George C. Ma	4-06.00	_____
11	Lewis, Keris	Robert E. Le	4-06.00	_____
12	Jackson, Shannon	Thomas Ediso	4-06.00	_____
13	Topchy, Annika	Thomas Jeffe	4-08.00	_____
14	Kerns-Varner, Eva	Wakefield Hi	4-08.00	_____
15	Lewis, Noelle Z	George C. Ma	4-10.00	_____
16	Evans-Holmes, Shanay	Robert E. Le	4-10.00	_____

Event 22 Boys High Jump (23)

Open height 5-4, 2" to 6-0, one inch there after

Marshall Helpers

Pos	Name	School	Seed Mark	
Flight 1 of 1 Finals				
1	Etefa, Kenna	Falls Church	5-00.00	_____
2	Ostyn, Luke	Thomas Jeffe	5-00.00	_____
3	Ali, Zaeem	Justice	5-01.00	_____
4	Dockery, Tishere	Falls Church	5-02.00	_____
5	Stevenson, John	Wakefield Hi	5-02.00	_____
6	Clayborne, David	Wakefield Hi	5-02.00	_____
7	Abebe, Nebeyu	Robert E. Le	5-04.00	_____
8	Bryant, Ethan	Thomas Ediso	5-04.00	_____
9	Harari, Jackson	Wakefield Hi	5-04.00	_____
10	Simaitis, Ethan	Justice	5-04.00	_____
11	Van Zandt, Benjamin	Justice	5-04.00	_____
12	Poythress, Cason	Wakefield Hi	5-05.00	_____
13	Garvey, Jeremiah	Wakefield Hi	5-05.00	_____
14	Heo, Justin	Robert E. Le	5-06.00	_____
15	Niang, Alioune	Robert E. Le	5-06.00	_____
16	Abboud, Maurice	Wakefield Hi	5-07.00	_____
17	Grace, Ethan S	George C. Ma	5-08.00	_____
18	Creadon, Reese	Wakefield Hi	5-09.00	_____
19	Silva, Alejandro M	George C. Ma	5-09.00	_____
20	Mefford, Isaiah	Wakefield Hi	5-10.00	_____
21	Renwick, Tejan	Thomas Ediso	6-00.00	_____
22	Thompson, Ian L	George C. Ma	6-01.00	_____
23	Hatcher, Lukai	Wakefield Hi	6-01.00	_____

Event 23 Girls Pole Vault (5)

Open Height 6-6, 6" to 9-0, 3" there after

Justice Helper

Pos	Name	School	Seed Mark	
Flight 1 of 1 Finals				
1	Gonzales, Virginia	Justice	7-00.00	_____
2	Chappell, Halla	Justice	7-06.00	_____
3	Morse, Miriam	Thomas Jeffe	8-00.00	_____
4	Miranda, Isabel	Thomas Ediso	8-06.00	_____
5	Baumgartner, Alexis	Thomas Ediso	10-03.00	_____

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Event 24 Boys Pole Vault (12)

Open Height 8-0, 6" to 10-6, 3" there after

Justice Helpers

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Ho, Philip	Robert E. Le	NH
2	Hu, Brian	Thomas Jeffe	NH
3	Do, Richard	Justice	6-00.00
4	Ventura-Carcamo, Roberto	Justice	7-00.00
5	Park, Bryant	Thomas Jeffe	8-00.00
6	Kith, Zack	Falls Church	8-00.00
7	Platre, Nikolas	Thomas Ediso	9-00.00
8	Das, Jo	Thomas Jeffe	9-00.00
9	Conley, Alex	Falls Church	10-00.00
10	Franco, Joshua	Justice	10-06.00
11	Han, David	Thomas Jeffe	11-00.00
12	Han, Justin	Thomas Jeffe	11-00.00

Event 25 Girls Long Jump (20)

Top 7 to final

Lee Helpers

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	Lewis, Noelle Z	George C. Ma	10-05.25
2	Khan, Maha	Robert E. Le	12-01.50
3	Federovich, Mia	Falls Church	12-02.50
4	Lewis, Keris	Robert E. Le	13-03.00
5	McCormick, Jessica	Falls Church	13-03.75
6	Leap, Annie M	George C. Ma	13-06.00
7	Clark, Zoe	Wakefield Hi	13-07.00
8	Tran, Erin	Thomas Jeffe	13-11.25
9	Alcorn Rodrique, Amelia	Wakefield Hi	13-11.75
10	Diaz-Nolasco, Leslie	Justice	14-04.00

Flight 2 of 2 Finals

1	Evans-Holmes, Shanay	Robert E. Le	14-09.50
2	Chen, Jessica	Thomas Jeffe	14-09.75
3	Agnew, Serena	George C. Ma	14-11.00
4	Figaro, Chelsea	Wakefield Hi	14-11.25
5	Baumgartner, Alexis	Thomas Ediso	15-01.00
6	Boyd, Brynna	Thomas Ediso	15-05.00
7	Miranda, Isabel	Thomas Ediso	15-05.00
8	Haynes, Morgan	Thomas Ediso	15-06.25
9	Dial, Julia	Thomas Ediso	15-09.00
10	Kashynski, Miranda	Justice	16-04.50

Event 26 Boys Long Jump (22)

Top 7 to Finals

Lee Helpers

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	Dockery, Tishere	Falls Church	15-05.75
2	Van Zandt, Benjamin	Justice	16-02.50
3	Sattiraju, Charan	Thomas Jeffe	16-03.00
4	Haggerty, Ryan	George C. Ma	16-04.50
5	Hairston, Joshua	Thomas Ediso	17-01.50
6	McNabb, Gavin	George C. Ma	17-05.50
7	Nguyen, Jason	Falls Church	17-05.75
8	Dao, An	Falls Church	17-06.25
9	Creadon, Reese	Wakefield Hi	17-08.50
10	Fannell, Christian	Thomas Ediso	17-09.00
11	Cohen, Theodore	Justice	17-09.00

Flight 2 of 2 Finals

1	Park, Ian	Thomas Jeffe	17-11.75
2	Salahuddin, Alif	Robert E. Le	18-08.25
3	Heo, Justin	Robert E. Le	18-09.00
4	Yaqubi, Arsalan	Robert E. Le	18-09.50
5	Yeboah, Emmanuel K	George C. Ma	19-00.00
6	Niang, Alioune	Robert E. Le	19-01.00
7	Gowe, Sam	Robert E. Le	19-06.50
8	Titus, Tuhafeni	Thomas Ediso	19-11.00
9	Mefford, Isaiah	Wakefield Hi	20-03.50
10	Harari, Jackson	Wakefield Hi	20-05.00
11	Jan, Sherzoy	Thomas Jeffe	20-05.50

Event 27 Girls Triple Jump (11)

Top 7 to Finals

Edison Helpers

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Agnew, Serena	George C. Ma	26-02.00
2	Valey Pineda, Danna	Robert E. Le	28-04.00
3	Lewis, Keris	Robert E. Le	29-06.00
4	Houston, Zaida	Thomas Ediso	30-02.50
5	Federovich, Mia	Falls Church	31-01.50
6	Kashynski, Miranda	Justice	31-05.25
7	Staples, Ava	Thomas Ediso	32-00.50
8	Diaz-Nolasco, Leslie	Justice	32-01.00
9	Boyd, Brynna	Thomas Ediso	32-07.50
10	Evans-Holmes, Shanay	Robert E. Le	33-08.50
11	Miranda, Isabel	Thomas Ediso	34-05.00

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Meet Program - Day 1

Event 28 Boys Triple Jump (14)

Top 7 to Finals

Edison Helpers

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	Lewis, Spencer D	George C. Ma	35-01.50
2	McNabb, Gavin	George C. Ma	35-02.00
3	Jan, Sherzoy	Thomas Jeffe	37-08.00
4	Hairston, Joshua	Thomas Ediso	38-02.50
5	Aguillon Menefee, Carlos	Robert E. Le	38-05.00
6	Niang, Alioune	Robert E. Le	38-05.75
7	Heo, Justin	Robert E. Le	38-06.00
8	Grayer, Wesley	Robert E. Le	38-06.75
9	Junior Ndam, Cavour El Mou	Wakefield Hi	39-02.00
10	Mefford, Isaiah	Wakefield Hi	39-06.00
11	Harari, Jackson	Wakefield Hi	39-09.00
12	Yeboah, Emmanuel K	George C. Ma	41-00.25
13	Renwick, Tejan	Thomas Ediso	41-01.00
14	Titus, Tuhafeni	Thomas Ediso	41-02.75

Event 29 Girls Shot Put (19)

Top 7 to finals

Falls Church Helpers

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	Hernandez, Amy	Falls Church	18-07.25
2	Kassem, Nour	Robert E. Le	20-00.25
3	Conley, Claire	Falls Church	20-06.25
4	Leap, Annie M	George C. Ma	22-01.50
5	Kim, Rae Young	George C. Ma	22-03.50
6	Mendoza-Hernandez, Samantl	Falls Church	22-11.00
7	Watson, Sierra	Justice	23-02.50
8	Felipe, Teresa	Wakefield Hi	23-08.25
9	Perkins, Jaida	Justice	24-01.00
Flight 2 of 2 Finals			
1	Flores, Ashley	Wakefield Hi	24-03.50
2	Morse, Miriam	Thomas Jeffe	24-06.50
3	Abi-aad, Rebecca	Thomas Ediso	24-07.75
4	Meyer, Victoria	Robert E. Le	25-11.00
5	Houston, Zaida	Thomas Ediso	27-07.00
6	Chambers, Rosalie	Thomas Jeffe	28-03.00
7	Pounder, Sarah M	George C. Ma	30-03.50
8	Yelicie Brown, Gabrielle	Thomas Ediso	30-06.50
9	Achugamonu, Faith	Wakefield Hi	31-11.25
10	Marquez-Aguilar, Andrea	Robert E. Le	33-00.50

Event 30 Boys Shot Put (23)

Top 7 to Finals

Falls Church Helpers

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	Oker, Arthur	Falls Church	28-00.00
2	Healey, Daniel	Thomas Jeffe	28-09.50
3	Das, Jo	Thomas Jeffe	30-09.00
4	Coates, Kenneth	Justice	31-09.00
5	Manarin, Peter	Falls Church	32-00.50
6	Abraham, Mohamed	Justice	32-08.50
7	Tran, Brandon	Justice	34-03.00
8	Palm, Brock C	George C. Ma	34-10.00
9	Pantaleo, Paul	Thomas Ediso	35-09.50
10	Stevenson, John	Wakefield Hi	37-00.50
11	Madden, William	Wakefield Hi	37-06.00
Flight 2 of 2 Finals			
1	Kassa, Yabusra	Robert E. Le	37-06.00
2	Bell, Andrew	Falls Church	37-09.75
3	Hickey-Bailey, Stephen	George C. Ma	38-07.00
4	Medina, Jackson	Thomas Ediso	39-03.50
5	Aliaga, Luis	Wakefield Hi	41-01.00
6	O'Mara, Ethan	Wakefield Hi	41-01.00
7	Florian-Grant, Josue	Wakefield Hi	42-06.00
8	Tomeczyk, Drew	Robert E. Le	43-04.00
9	Yaqubi, Arsalan	Robert E. Le	46-03.50
10	Mefford, Isaiah	Wakefield Hi	46-04.00
11	Gatti, Alessandro	George C. Ma	48-04.00
12	Chirchi, Nour	Thomas Ediso	49-08.25