

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

## Thomas Jefferson Community Center

## Meet Program - Day 2

## Event 5 Girls 300 Meter Dash (26)

Lane	Name	School	Seed Time
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## Section 1 of 7 Finals

1	Loayes Gonzalez, Marilin	Robert E. Le	55.59
2	Lu, Christina	Thomas Jeffe	51.73
3	Cordone Tabeira, Valentina	Robert E. Le	53.88

## Section 2 of 7 Finals

1	Lewis, Keris	Robert E. Le	48.40
2	Woodrum, Emma	Justice	47.40
3	Tran, Erin	Thomas Jeffe	47.85

## Section 3 of 7 Finals

1	Boyd, Brynna	Thomas Ediso	46.95
2	Kaup, Selena N	George C. Ma	46.45
3	Curran, Veronica S	George C. Ma	46.84
4	Agnew, Serena	George C. Ma	46.97

## Section 4 of 7 Finals

1	Waters, Ginger	Thomas Ediso	45.86
2	Dial, Julia	Thomas Ediso	45.35
3	Tarutani, Avery L	George C. Ma	45.38
4	Giron, Paola	Wakefield Hi	45.88

## Section 5 of 7 Finals

1	Brooks, Raja'e	Wakefield Hi	45.28
2	Kerns-Varner, Eva	Wakefield Hi	45.09
3	Staples, Ava	Thomas Ediso	45.25
4	Kashynski, Miranda	Justice	45.34

## Section 6 of 7 Finals

1	Topchy, Annika	Thomas Jeffe	43.78
2	Haynes, Morgan	Thomas Ediso	43.56
3	Walker, Damierah	Falls Church	43.77
4	Figaro, Chelsea	Wakefield Hi	44.89

## Section 7 of 7 Finals

1	Jackson, Shannon	Thomas Ediso	42.64
2	Bir, Grace E	George C. Ma	40.78
3	Baumgartner, Alexis	Thomas Ediso	42.57
4	Bir, Sayda R	George C. Ma	43.27

## Event 6 Boys 300 Meter Dash (24)

Lane	Name	School	Seed Time
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## Section 1 of 6 Finals

1	Buford, Aidan	Justice	42.08
2	Benhamida, Rami	Falls Church	40.17
3	Bagali, Anup	Thomas Jeffe	40.22
4	Etefa, Kenna	Falls Church	43.08

## Section 2 of 6 Finals

1	Cohen, Theodore	Justice	39.21
2	Muhammad, Ahad	Robert E. Le	38.72
3	Grayer, Wesley	Robert E. Le	38.78
4	Ji, Curtis	Thomas Jeffe	39.95

## Section 3 of 6 Finals

1	Edenhardt, Brennan	Thomas Ediso	38.48
2	Fannell, Christian	Thomas Ediso	38.40
3	Amarillas, Ryan R	George C. Ma	38.43
4	Rosimo, Socrates	Thomas Ediso	38.50

## Section 4 of 6 Finals

1	Hu, Brian	Thomas Jeffe	37.87
2	Tryon, Wilson W	George C. Ma	37.82
3	Hairston, Joshua	Thomas Ediso	37.86
4	Kwame, Michael	Robert E. Le	38.07

## Section 5 of 6 Finals

1	Dial, Alan	Thomas Ediso	37.75
2	Sarnovsky, Adam	George C. Ma	37.43
3	Harari, Jackson	Wakefield Hi	37.50
4	Nayfeh, Omar	George C. Ma	37.76

## Section 6 of 6 Finals

1	Mefford, Isaiah	Wakefield Hi	36.96
2	Lee, Donny	Thomas Ediso	34.86
3	Jenkins, Fred	Thomas Ediso	36.84
4	Creadon, Reese	Wakefield Hi	37.20

## Event 7 Girls 500 Meter Run (17)

Lane	Name	School	Seed Time
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## Section 1 of 5 Finals

2	Negassi, Maron	Robert E. Le	1:49.34
3	Grayer, Ashley	Robert E. Le	1:52.61

## Section 2 of 5 Finals

1	Khan, Maha	Robert E. Le	1:40.82
2	Basireddy, Tarini	Thomas Jeffe	1:37.39
3	Fu, Helen	Thomas Jeffe	1:37.83

## Section 3 of 5 Finals

1	Clark, Zoe	Wakefield Hi	1:35.76
2	Thompson, Zoe B	George C. Ma	1:31.41
3	Lewis, Hannah	Wakefield Hi	1:31.60
4	Janada, Camila	Thomas Jeffe	1:36.34

## Section 4 of 5 Finals

1	Layne, Misa	Justice	1:27.66
2	Lee, Claire J	George C. Ma	1:25.98
3	Woodrum, Emma	Justice	1:27.59
4	Abu-Jamous, Anaa	Thomas Ediso	1:28.06

## Section 5 of 5 Finals

1	Thomas, Alana	Justice	1:24.14
2	Bir, Grace E	George C. Ma	1:14.28
3	Jackson, Shannon	Thomas Ediso	1:23.75
4	Mccarrick, Mia	Thomas Ediso	1:25.90

## Event 8 Boys 500 Meter Run (17)

Lane	Name	School	Seed Time
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## Section 1 of 5 Finals

2	Laoufir, Mohammedali	Wakefield Hi	1:14.61
3	Garcia-Cruz, Jose	Wakefield Hi	1:15.53

## Section 2 of 5 Finals

1	Grayer, Wesley	Robert E. Le	1:13.46
2	Muhammad, Ahad	Robert E. Le	1:12.77
3	Wallace, Liam	Thomas Ediso	1:13.20

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## Section 3 of 5 Finals...(Event 8 Boys 500 Meter Run (17))

1	Qureshi, Aamir Z	George C. Ma	1:11.96
2	Jangtrakool, Tan	Robert E. Le	1:11.93
3	Harrington, Jason	George C. Ma	1:11.95
4	Abbas, Ahmed	Justice	1:12.62

## Section 4 of 5 Finals

1	Ralda, Pablo	Justice	1:10.62
2	Kruppa, Michael	Thomas Jeffe	1:09.88
3	Sarnovsky, Adam	George C. Ma	1:10.22
4	Ostyn, Luke	Thomas Jeffe	1:11.81

## Section 5 of 5 Finals

1	Duvall, Tavo	Thomas Jeffe	1:09.64
2	Lee, Donny	Thomas Ediso	1:05.74
3	Jenkins, Fred	Thomas Ediso	1:09.60
4	Smith, Patrick A	George C. Ma	1:09.82

## Event 9 Girls 1000 Meter Run (15)

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Stowers, Kareena	Wakefield Hi	3:32.90
2	Fuentes, Sara	Wakefield Hi	3:32.98
3	Williams, Irene	Thomas Jeffe	3:34.35
4	Grant, Riley	Justice	3:35.84
5	Gomez Villalta, Melissa	Robert E. Le	3:37.15
6	Glass, Gabrielle	Thomas Ediso	3:38.27
7	Bekkadjja, Kheira	Thomas Ediso	3:47.83

## Section 2 of 2 Finals

1	Silva, Andrea	Thomas Jeffe	3:07.42
2	Epstein, Elizabeth	George C. Ma	3:08.94
3	Smith, Sydney M	George C. Ma	3:16.08
4	Klein, Erin	Thomas Ediso	3:19.74
5	Sullivan, Caroline A	George C. Ma	3:22.24
6	Allache, Laeticia	Justice	3:22.64
7	White, Amaria	Robert E. Le	3:29.47
8	Hanley, Courtney	Wakefield Hi	3:30.08

## Event 10 Boys 1000 Meter Run (20)

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Vu, Thomas	Falls Church	2:54.00
2	Gardner, Noah	Falls Church	2:54.60
3	Bryant, Ethan	Thomas Ediso	2:54.68
4	Sweeney, Thomas P	George C. Ma	2:56.98
5	Tian, Dennis	Thomas Jeffe	2:57.61
6	Choque Guzman, Victor	Wakefield Hi	3:00.38
7	Schrock, Cody	Wakefield Hi	3:00.80
8	Caballero, Jesse	Robert E. Le	3:05.43
9	Ryan, Alek	Falls Church	3:05.90
10	Dominguez, Allim	Robert E. Le	3:08.91

## Section 2 of 2 Finals

1	Malave, Sebastian N	George C. Ma	2:33.76
2	Moyar, Trent	Thomas Jeffe	2:40.78
3	Early, Quinn	Justice	2:43.74
4	Carcamo-Reyes, Angel	Robert E. Le	2:44.73
5	Sreeram, Aravind	Thomas Jeffe	2:45.69
6	Abdu, Nadim	Wakefield Hi	2:46.38
7	Sonnefeld, Garrett	Thomas Ediso	2:47.07
8	Sanders, Sean P	George C. Ma	2:47.14
9	Simaitis, Ethan	Justice	2:48.90
10	Callisaya Flores, Angel	Thomas Ediso	2:50.61

## Event 11 Girls 1600 Meter Run (16)

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Elshafie, Hannah	Robert E. Le	5:57.82
2	Du, Michelle	Thomas Jeffe	5:59.84
3	Geffa, Elaini	Thomas Ediso	6:05.83
4	Staresina, Emily	Thomas Ediso	6:16.65
5	Smith, Lena G	George C. Ma	6:16.81
6	Buford, Lauren	Justice	6:26.67
7	McCormick, Megan	Falls Church	6:31.77
8	Rubeiz, Sophia	Falls Church	6:41.33

## Section 2 of 2 Finals

1	Spoden, Haley E	George C. Ma	5:19.82
2	Silva, Andrea	Thomas Jeffe	5:26.64
3	Smith, Sydney M	George C. Ma	5:31.61
4	Szabos, Sydney	Thomas Jeffe	5:34.51
5	Nasse, Abigail	Thomas Ediso	5:39.17
6	Moran, Kathryn	Robert E. Le	5:40.71
7	Harris, Julia	Wakefield Hi	5:42.90
8	White, Amaria	Robert E. Le	5:44.92

## Event 12 Boys 1600 Meter Run (19)

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Abiy, Ebenezer	Thomas Ediso	4:59.12
2	Brock, Titus	George C. Ma	5:07.28
3	Perez, Carlos	Falls Church	5:07.41
4	Achtermann, Jerry	Falls Church	5:09.35
5	Kumashiro, John Jack	Wakefield Hi	5:12.28
6	Scheuerman, Casey	Falls Church	5:16.13
7	Najjar-Pope, Aiden	Robert E. Le	5:18.26
8	Klug, Ryan	Wakefield Hi	5:20.22
9	Haile, Michael	Robert E. Le	5:21.49

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## Section 2 of 2 Finals...(Event 12 Boys 1600 Meter Run (19))

1	Malave, Sebastian N	George C. Ma	4:30.04	_____
2	Early, Quinn	Justice	4:33.73	_____
3	Carcamo-Reyes, Angel	Robert E. Le	4:36.48	_____
4	Lorenger, Michael	Thomas Ediso	4:42.49	_____
5	Watson, Ryan	Justice	4:47.28	_____
6	Sanders, Sean P	George C. Ma	4:48.56	_____
7	Moyar, Trent	Thomas Jeffe	4:49.85	_____
8	West, Jonathan	Thomas Jeffe	4:53.84	_____
9	Chilukuri, Varun	Thomas Jeffe	4:57.16	_____
10	Bunch, Willis	Thomas Ediso	4:58.64	_____

## Event 13 Girls 3200 Meter Run (11)

Lane	Name	School	Seed Time	
<b>Section 1 of 1 Finals</b>				
1	Szabos, Sydney	Thomas Jeffe	11:44.93	_____
2	Spoden, Haley E	George C. Ma	11:59.14	_____
3	Nasse, Abigail	Thomas Ediso	12:13.94	_____
4	Breyault, Brianna	Wakefield Hi	12:31.31	_____
5	Nelson, Olivia	Thomas Ediso	13:02.86	_____
6	Hall, Marina	Wakefield Hi	13:10.73	_____
7	Singh, Shreya	Thomas Jeffe	13:23.67	_____
8	Tran, Kate	Justice	13:35.95	_____
9	Knowles, Caroline	Thomas Ediso	13:36.07	_____
10	Salem, Ruqaia F	George C. Ma	13:47.62	_____
11	Ranjan, Simrith	Thomas Jeffe	14:52.09	_____

## Event 14 Boys 3200 Meter Run (15)

Lane	Name	School	Seed Time	
<b>Section 1 of 1 Finals</b>				
1	Stanley, Tucker	Thomas Jeffe	10:00.70	_____
2	Stanley, Ethan	Thomas Jeffe	10:11.00	_____
3	Hernandez, Andrew	Thomas Ediso	10:12.69	_____
4	Watson, Ryan	Justice	10:14.32	_____
5	Oliver, Seth J	George C. Ma	10:29.44	_____
6	Major, Dylan	Falls Church	10:32.87	_____
7	Gunnam, Prateek	Thomas Jeffe	10:43.94	_____
8	Alden, Mercer	Thomas Ediso	10:46.17	_____
9	Anthes, Braden	Thomas Ediso	10:46.92	_____
10	Cruz, Braylan	Justice	10:57.04	_____
11	Sanders, Aiden	George C. Ma	11:04.24	_____
12	Gronemeyer, Paine	Wakefield Hi	11:14.94	_____
13	Najjar-Pope, Aiden	Robert E. Le	11:17.85	_____
14	Lee, Samuel H	George C. Ma	11:26.86	_____
15	Hecker, Jonathan	Wakefield Hi	11:29.60	_____

## Event 15 Girls 4x200 Meter Relay (7)

Lane	Team	Relay	Seed Time	
<b>Section 1 of 2 Finals</b>				
1	Justice	A	2:01.30	_____
2	Robert E. Le	A	1:57.93	_____
3	Thomas Jeffe	A	1:59.84	_____

## Section 2 of 2 Finals

1	Falls Church	A	1:52.12	_____
2	George C. Ma	A	1:49.07	_____
3	Thomas Ediso	A	1:49.33	_____
4	Wakefield Hi	A	1:52.95	_____

## Event 16 Boys 4x200 Meter Relay (7)

Lane	Team	Relay	Seed Time	
<b>Section 1 of 2 Finals</b>				
1	Justice	A	1:43.35	_____
2	Falls Church	A	1:36.59	_____
3	Robert E. Le	A	1:42.25	_____

## Section 2 of 2 Finals

1	George C. Ma	A	1:35.53	_____
2	Thomas Ediso	A	1:34.59	_____
3	Wakefield Hi	A	1:35.05	_____
4	Thomas Jeffe	A	1:36.44	_____

## Event 17 Girls 4x400 Meter Relay (7)

Lane	Team	Relay	Seed Time	
<b>Section 1 of 2 Finals</b>				
1	Wakefield Hi	A	4:44.69	_____
2	Thomas Jeffe	A	4:52.67	_____
3	Robert E. Le	A	5:00.65	_____

## Section 2 of 2 Finals

1	George C. Ma	A	4:09.25	_____
2	Thomas Ediso	A	4:21.98	_____
3	Falls Church	A	4:22.91	_____
4	Justice	A	4:25.64	_____

## Event 18 Boys 4x400 Meter Relay (7)

Lane	Team	Relay	Seed Time	
<b>Section 1 of 2 Finals</b>				
1	Falls Church	A	3:41.89	_____
2	Justice	A	3:46.47	_____
3	Wakefield Hi	A	3:48.22	_____

## Section 2 of 2 Finals

1	George C. Ma	A	3:35.84	_____
2	Thomas Ediso	A	3:36.46	_____
3	Thomas Jeffe	A	3:37.46	_____
4	Robert E. Le	A	3:39.63	_____