

## Welcome to the 24th CAROLYN LEGARD RELAYS AT W.T. WOODSON HIGH SCHOOL

**WHEN:** Saturday, March 30, 2019 9:30 a.m.

**WHERE:** W.T. Woodson High School, [9525 Main St., Fairfax, VA 22031](https://www.fairfaxva.gov/9525-Main-St.-Fairfax-VA-22031).

**ENTRIES:** One relay team per school in each event. There is a limit of 2 athletes allowed per team in the FR/SO 1600 meter run. Each field event is a two person relay.

**CONCESSIONS:** There will be concessions and t-shirts on sale throughout the meet.

**MEET DIRECTOR:** Katarina Zuber / [kazuber@fcps.edu](mailto:kazuber@fcps.edu)

**TRACK:** You may use 1/4 inch spikes or smaller

**ADMISSIONS:** Admission is \$5. Children under the age of 12 are admitted free.

**FIELD EVENT PROCEDURES:** Field event order will be top seeded flight first. Horizontal jumpers and throwers will be given three attempts, no finals. High jump and pole vault will use the FIVE ALIVE METHOD. Starting heights will be: GHJ 4'4, BHJ 5'4, GPV 7'0. BPV 9'0. The best performance for each athlete in the relay will be combined to determine the relay score must have two athletes per event to score team points. In the case of a tie in the vertical jumps, total number of misses by both athletes combined will be the tiebreaker. In the horizontal jumps/throws, the best 2nd jump/throw by both athletes combined will be the tiebreaker.

### SCHEDULE:

Girls will run first. The meet will run continuously. If possible, a tentative time schedule will be posted after registration close. Field events will go best seeded flight to lowest seeded flight. Running events will go fast to slow.

**9:00 a.m.** Coaches Meeting at the finish line

#### Field Events - 9:30 a.m.

Boys and Girls Long Jump

Boys Discus Throw

Girls Shot Put

Boys High Jump

Girls Pole Vault followed by boys. Boys will have a 45 min warm-up after the girls.

#### Field Events - 1:30 p.m.

Boys and Girls Triple Jump

Girls Discus Throw

Boys Shot Put

Girls High Jump

#### Running Events - 9:30 a.m.

4x1600 Meter Relay

100/110 Hurdle Relay

(two hurdlers - times will be combined)

Swedish Relay (100-200-300-400m)

4 x 800 Meter Relay

4 x 200 Meter Relay

8th grade 100 Meter Dash \*#

8th grade 1600 Meter Run \*#

4 x 100 Meter Relay

9/10th Grade 1600 Meter Run \*

Sprint Medley (200-200-400-800)

Distance Medley Relay (1200-400-800-1600)

Co-ed Clydesdale Relay 4x100m - Throwers only - 2 girls, 2 boys (order will be girl, girl, boy, boy)

9/10th Grade 4 x 400 Meter Relay \*

4 x 400 Meter Relay

# If you have any 8th grade students who wish to participate, please have them show up at the check-in on 1st call - no registration is needed.

\* Non-scoring events (points will not count towards team scores)

### Individual Meet Entries Report

**Carolyn Legard Relays 30-Mar-19**  
**George C. Marshall High [GCM]**

301-793-2900

headcoachwong@yahoo.com

Falls Church, VA 22043

<b># 1 Women V High Jump</b>			<b>Athletes count: 2</b>		
Becker, Nicola J (22)	George C. Marshal	4-08.00			
Ford, Emma A (22)	George C. Marshal	4-04.00			
<b># 2 Men V High Jump</b>			<b># 13 Women 4x1600m Relay A</b> 21:41.68		
Thompson, Ian L (20)	George C. Marshal	5-06.00	Battista, Emma A (22) #	Marshall	
Grace, Ethan S (22)	George C. Marshal	5-04.00	DonTigny, Emilie T (21) #	Marshall	
<b>Athletes count: 2</b>			<b>Athletes count: 4</b>		
<b># 3 Women V Long Jump</b>			<b># 14 Men 4x1600m Relay A</b> 18:18.94		
Lewis, Noelle Z (20)	George C. Marshal	14-06.00	Smith, Benjamin S (19) #	Marshall	
Manise, Genevieve E (22)	George C. Marshal	13-00.50	Malave, Sebastian N (21) #	Marshall	
Agnew, Serena (20)	George C. Marshal	12-09.00	Kennedy, Sanchir T (19) #	Marshall	
<b>Athletes count: 3</b>			<b>Athletes count: 4</b>		
<b># 4 Men V Long Jump</b>			<b># 15 Women V 100m Hurdles</b>		
Yeboah, Emmanuel K (20)	George C. Marshal	17-10.00	Tadlock, Sarah M (19)	George C. Marshal	19.03
Hernandez Jimenez, Wanderley I (19)	George C. Marshal	17-05.50	Agnew, Serena (20)	George C. Marshal	20.59
<b>Athletes count: 2</b>			<b>Athletes count: 2</b>		
<b># 5 Women V Triple Jump</b>			<b># 16 Men V 110m Hurdles</b>		
Agnew, Serena (20)	George C. Marshal	30-04.00	Schlier, Eric C (19)	George C. Marshal	17.60
Saran, Riya M (20)	George C. Marshal	29-01.00	Watts, Liam B (20)	George C. Marshal	18.25
<b>Athletes count: 2</b>			<b>Athletes count: 2</b>		
<b># 6 Men V Triple Jump</b>			<b># 17 Women 4x250m Relay A</b> NT		
Yeboah, Emmanuel K (20)	George C. Marshal	37-11.25	Ford, Emma A (22) #	Marshall	
Sengupta, Mayuk (20)	George C. Marshal	36-01.00	Becker, Nicola J (22) #	Marshall	
<b>Athletes count: 2</b>			<b>Athletes count: 6</b>		
<b># 9 Women V Shot Put</b>			<b># 18 Men 4x250m Relay A</b> NT		
Stuart, Delaney E (19)	George C. Marshal	37-11.00	Chang, Ethan P (20) #	Marshall	
Pounder, Sarah M (21)	George C. Marshal	27-07.25	Hernandez Jimenez, Wanderley I (19) #	Marshall	
<b>Athletes count: 2</b>			<b>Athletes count: 4</b>		
<b># 10 Men V Shot Put</b>			<b># 19 Women 4x800m Relay A</b> 9:20.90		
Gatti, Alessandro (20)	George C. Marshal	47-03.50	Bardach, Natalie M (19) #	Marshall	
Adubi, Paul B (19)	George C. Marshal	41-09.00	Epstein, Elizabeth (21) #	Marshall	
<b>Athletes count: 2</b>			<b>Athletes count: 4</b>		
<b># 11 Women V Discus</b>					
Wan, Annaliese (19)	George C. Marshal	100-03.00	Smith, Sydney M (20) #	Marshall	
Stuart, Delaney E (19)	George C. Marshal	79-01.00	Tedesco, Sophie E (20) #	Marshall	
<b>Athletes count: 2</b>					
<b># 12 Men V Discus</b>					
Adubi, Paul B (19)	George C. Marshal	105-02.00			
Gatti, Alessandro (20)	George C. Marshal	ND			

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<b># 20 Men 4x800m Relay A</b>		8:02.07	
Miller, Jacob C (19) #	Marshall		
Smith, Calvin J (20) #	Marshall		
Legendyk, Marco A (21) #	Marshall		
Blackwell, William (20) #	Marshall		
<b>Athletes count: 4</b>			
<b># 21 Women 4x200m Relay A</b>		1:47.16	
Bir, Grace E (20) #	Marshall		
Hughes, Rylie B (22) #	Marshall		
Berliner, Isabella A (19) #	Marshall		
Hamilton, Kristen A (19) #	Marshall		
<b>Athletes count: 4</b>			
<b># 22 Men 4x200m Relay A</b>		1:35.66	
Schlier, Eric C (19) #	Marshall		
Hughes, Tanner M (19) #	Marshall		
Tryon, Wilson W (20) #	Marshall		
Sarnovsky, Adam (21) #	Marshall		
<b>Athletes count: 4</b>			
<b># 27 Women 4x100m Relay A</b>		50.75	
Ford, Emma A (22) #	Marshall		
Reback, Grace M (19) #	Marshall		
Becker, Nicola J (22) #	Marshall		
Manise, Genevieve E (22) #	Marshall		
<b>Athletes count: 4</b>			
<b># 28 Men 4x100m Relay A</b>		43.94	
Thompson, Ian L (20) #	Marshall		
Chang, Ethan P (20) #	Marshall		
Lee-Pawlak, Brogan (20) #	Marshall		
Lewis, Spencer D (22) #	Marshall		
<b>Athletes count: 4</b>			
<b># 29 Women V 1600m Run 9/10th</b>			
Alonso, Kathryn L (22)	George C. Marshal	NT	
Mohran, Yasmin (21)	George C. Marshal	NT	
<b>Athletes count: 2</b>			
<b># 30 Men V 1600m Run 9/10th</b>			
Ice, Edward J (22)	George C. Marshal	NT	
Legendyk, Marco A (21)	George C. Marshal	NT	
<b>Athletes count: 2</b>			
<b># 31 Women 1600m SptMedlyR A</b>		4:02.37	
Hamilton, Kristen A (19) #	Marshall		
Lee, Anabelle R (19) #	Marshall		
Bir, Grace E (20) #	Marshall		
Bardach, Natalie M (19) #	Marshall		
<b>Athletes count: 4</b>			
<b>Athletes count: 4</b>			
<b># 32 Men 1600m SptMedlyR A</b>		3:35.37	
Schlier, Eric C (19) #	Marshall		
Hughes, Tanner M (19) #	Marshall		
Kennedy, Sanchir T (19) #	Marshall		
Malave, Sebastian N (21) #	Marshall		
<b>Athletes count: 4</b>			
<b># 33 Women 4000m DisMedlyR A</b>		12:21.96	
Smith, Sydney M (20) #	Marshall		
Orozco, Nina S (19) #	Marshall		
McCarthy, Sydney L (21) #	Marshall		
Salem, Ruqaiya (20) #	Marshall		
<b>Athletes count: 4</b>			
<b># 34 Men 4000m DisMedlyR A</b>		10:42.74	
Dabich, Benjamin C (20) #	Marshall		
Jordan, Kailen M (20) #	Marshall		
Nguyen, Brandon H (22) #	Marshall		
Sadeque, Zimraan M (22) #	Marshall		
<b>Athletes count: 4</b>			
<b># 35 Women 4x400m Relay A</b>		4:01.49	
Epstein, Elizabeth (21) #	Marshall		
Lee, Claire J (21) #	Marshall		
Sullivan, Caroline A (21) #	Marshall		
Hughes, Rylie B (22) #	Marshall		
<b>Athletes count: 4</b>			
<b># 36 Men 4x400m Relay A</b>		3:26.38	
Amarillas, Ryan R (21) #	Marshall		
Sarnovsky, Adam (21) #	Marshall		
Lewis, Spencer D (22) #	Marshall		
Smith, Patrick A (21) #	Marshall		
<b>Athletes count: 4</b>			
<b># 37 Women 4x400m Relay A</b>		4:01.49	
Berliner, Isabella A (19) #	Marshall		
Lee, Anabelle R (19) #	Marshall		
Reback, Grace M (19) #	Marshall		
Manise, Genevieve E (22) #	Marshall		
<b>Athletes count: 4</b>			
<b># 38 Men 4x400m Relay A</b>		3:26.38	
Thompson, Ian L (20) #	Marshall		
Tryon, Wilson W (20) #	Marshall		
Smith, Benjamin S (19) #	Marshall		
Miller, Jacob C (19) #	Marshall		
<b>Athletes count: 4</b>			

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<b># 39 Mixed 4x100m Relay A</b>		1:02.46
Stuart, Delaney E (19) #	Marshall	
Wan, Annaliese (19) #	Marshall	
Gatti, Alessandro (20) #	Marshall	
Adubi, Paul B (19) #	Marshall	
Pounder, Sarah M (21) #	Marshall	

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**Athletes count: 5**

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<b>Female IE's:</b>	<b>15</b>	<b>Total Athletes:</b>	
<b>Male IE's:</b>	<b>14</b>		
<b>Total IE's:</b>	<b>29</b>	<b>Total RE's:</b>	<b>19</b>