

2019 Nike Spring Invitational

South Lakes High School Reston VA

When: Saturday, May 4, 2019. Running Events will begin at 3:30, and field events will begin at 3:45.

Where: South Lakes High School, 11400 South Lakes Drive., Reston, VA 20191

Field events:

Opening heights: BHJ: 5'6"; GHJ: 4'6"; BPV: 8'6"; GPV: 6'9". Flight order will be top seeded flight last and the top seven athletes in the LJ, TJ, SP, and DT from the preliminaries will advance to finals.

Track events: Section order will be top seeded section last.

Awards: Medals to top six in each individual event and top 3 in each relay event. The top three teams will receive team trophies.

Results: Results and pictures will be posted at milestat.com

Concessions: A variety of hot and cold concessions will be sold throughout the meet.

Shirts: a limited number of commemorative nike shirts will be sold for \$20.

Admission: \$5 for Saturday; free for children 12 & under.

May 4, 2019

3:45 PM#1Girls High Jump Finals

3:45 PM#7Girls Triple Jump Finals

3:45 PM#6Boys Long Jump Finals

3:45 PM#3Girls Pole Vault Finals

3:45 PM#10Boys Discus Throw Varsity Finals

3:45 PM#11Girls Shot Put Finals

6:00 PM#9Girls Discus Throw Finals

6:00 PM#12Boys Shot Put Finals

6:00 PM#2Boys High Jump Finals

6:00 PM#4Boys Pole Vault Finals

6:00 PM#5Girls Long Jump Finals

6:00 PM#8Boys Triple Jump Finals

****Field Events will start 30 minutes after prior event, no later than 6:00****

3:30 PM#13Girls 100 Meter Hurdles Finals

3:40 PM#14Boys 110 Meter Hurdles Finals

3:55 PM#37Girls 100 Meter Dash FroshFinals

4:05 PM#38Boys 100 Meter Dash FroshFinals

4:15 PM#15Girls 100 Meter Dash Finals

4:25 PM#16Boys 100 Meter Dash Finals
4:40 PM#33Girls 4x800 Meter Relay Finals
4:55 PM#34Boys 4x800 Meter Relay Finals
5:10 PM#35Girls 800 Meter Run FroshFinals
5:20 PM#36Boys 800 Meter Run Frosh Finals
5:30 PM#19Girls 1600 Meter Run Finals
5:55 PM#20Boys 1600 Meter Run Finals
6:20 PM#17Girls 4x100 Meter Relay Finals
6:25 PM#18Boys 4x100 Meter Relay Finals
6:30 PM#21Girls 400 Meter Dash Finals
6:45 PM#22Boys 400 Meter Dash Finals
7:05 PM#23Girls 300 Meter Hurdles Finals
7:20 PM#24Boys 300 Meter Hurdles Finals
7:35 PM#25Girls 800 Meter Run Finals
7:50 PM#26Boys 800 Meter Run Finals
8:05 PM#27Girls 200 Meter Dash Finals
8:20 PM#28Boys 200 Meter Dash Finals
8:40 PM#29Girls 3200 Meter Run Finals
9:10 PM#30Boys 3200 Meter Run Finals
9:40 PM#31Girls 4x400 Meter Relay Finals
9:50 PM#32Boys 4x400 Meter Relay Finals

Individual Meet Entries Report

**Nike Invitational 04-May-19
George C. Marshall High [GCM]**

**301-793-2900
headcoachwong@yahoo.com**

Falls Church, VA 22043

WOMEN

| | | | |
|---|--|--|---|
| Acharya, Prajakta (21) # 15 Women V 100m Hurdles | George C. Marshall Hi 22.05 | Pounder, Sarah M (21) # 10 Women V Shot Put | George C. Marshall Hi 29-06.00 |
| Alonso, Kathryn L (22) # 27 Women V 800m Run | George C. Marshall Hi 2:46.52 | Reback, Katherine A (21) # 6 Women V Triple Jump | George C. Marshall Hi 25-10.50 |
| # 37 Women F 800m Run | 2:46.52 | # 23 Women V 400m Dash | 1:18.74 |
| Battista, Emma A (22) # 31 Women V 3200m Run | George C. Marshall Hi 12:48.07 | Robinson, Katherine G (21) # 4 Women V Long Jump | George C. Marshall Hi 13-01.00 |
| # 37 Women F 800m Run | 2:52.31 | # 17 Women V 100m Dash | 14.47 |
| Becker, Nicola J (22) # 2 Women V High Jump | George C. Marshall Hi 4-08.00 | # 29 Women V 200m Dash | 29.75 |
| # 21 Women V 4x100m Relay A | | Salem, Fatimah A (22) # 37 Women F 800m Run | George C. Marshall Hi 3:16.29 |
| # 29 Women V 200m Dash | 29.83 | Salem, Ruqaiya (20) # 31 Women V 3200m Run | George C. Marshall Hi 13:13.23 |
| # 35 Women F 100m Dash | 14.38 | Stuart, Delaney E (19) # 8 Women V Discus | George C. Marshall Hi 79-01.00 |
| Berliner, Sarah K (22) # 2 Women V High Jump | George C. Marshall Hi NH | # 10 Women V Shot Put | 37-11.00 |
| # 4 Women V Long Jump | 13-05.50 | Sullivan, Caroline A (21) # 27 Women V 800m Run | George C. Marshall Hi 2:31.48 |
| # 17 Women V 100m Dash | 14.94 | Tadlock, Sarah M (19) # 15 Women V 100m Hurdles | George C. Marshall Hi 19.03 |
| Capuano-Rizzo, Teresa L (21) # 6 Women V Triple Jump | George C. Marshall Hi 26-00.50 | Tarutani, Avery L (22) # 15 Women V 100m Hurdles | George C. Marshall Hi 18.61 |
| # 17 Women V 100m Dash | 14.42 | # 21 Women V 4x100m Relay A | |
| DonTigny, Emilie T (21) # 19 Women V 1600m Run | George C. Marshall Hi 5:57.92 | # 25 Women V 300m Hurdles | 49.84 |
| Epstein, Elizabeth (21) # 23 Women V 400m Dash | George C. Marshall Hi 1:00.46 | # 35 Women F 100m Dash | 13.54 |
| Ford, Emma A (22) # 2 Women V High Jump | George C. Marshall Hi 4-06.00 | Viskopic, Olivia R (22) # 19 Women V 1600m Run | George C. Marshall Hi 5:50.11 |
| # 21 Women V 4x100m Relay A | | Wan, Annaliese (19) # 8 Women V Discus | George C. Marshall Hi 101-07.00 |
| # 29 Women V 200m Dash | 30.00 | # 10 Women V Shot Put | 26-02.50 |
| # 35 Women F 100m Dash | 14.39 | | |
| Hughes, Rylie B (22) # 23 Women V 400m Dash | George C. Marshall Hi 1:00.75 | | |
| # 35 Women F 100m Dash | 13.20 | | |
| Ice, Madeline (20) # 25 Women V 300m Hurdles | George C. Marshall Hi 55.92 | | |
| Jones-Suggs, Makayla R (21) # 21 Women V 4x100m Relay A | George C. Marshall Hi 50.37 | | |
| # 25 Women V 300m Hurdles | | | |
| Kim, Rae Young (21) # 8 Women V Discus | George C. Marshall Hi 69-07.00 | | |
| Lee, Claire J (21) # 27 Women V 800m Run | George C. Marshall Hi 2:30.59 | | |
| Manise, Genevieve E (22) # 4 Women V Long Jump | George C. Marshall Hi 14-07.00 | | |
| # 6 Women V Triple Jump | 30-04.50 | | |
| # 21 Women V 4x100m Relay A | | | |
| # 35 Women F 100m Dash | 13.96 | | |
| Mohran, Yasmin (21) # 19 Women V 1600m Run | George C. Marshall Hi 6:40.86 | | |

Individual Meet Entries Report

**Nike Invitational 04-May-19
George C. Marshall High [GCM]**

MEN

| | | | | |
|----------------------------------|------------------------------|-------------------------------------|------------------------------|---------|
| Adubi, Paul B (19) | George C. Marshall Hi | # 28 | Men V 800m Run | 2:01.64 |
| # 7 Men V Discus | 119-05.00 | Sorto-Argueta, Javier I (21) | George C. Marshall Hi | |
| # 9 Men V Shot Put | 41-09.00 | # 7 Men V Discus | 94-04.00 | |
| Amarillas, Ryan R (21) | George C. Marshall Hi | Sweeney, Thomas P (20) | George C. Marshall Hi | |
| # 24 Men V 400m Dash | 57.17 | # 20 Men V 1600m Run | 5:05.92 | |
| # 30 Men V 200m Dash | 25.54 | Tennenbaum, Noah K (22) | George C. Marshall Hi | |
| Foster, Nicholas P (21) | George C. Marshall Hi | # 36 Men F 100m Dash | 13.38 | |
| # 32 Men V 3200m Run | NT | Tryon, Wilson W (20) | George C. Marshall Hi | |
| Gatti, Alessandro (20) | George C. Marshall Hi | # 3 Men V Long Jump | 17-06.25 | |
| # 7 Men V Discus | 105-02.00 | # 18 Men V 100m Dash | 11.89 | |
| # 9 Men V Shot Put | 47-07.00 | Urdaneta, Luis A (21) | George C. Marshall Hi | |
| Grace, Ethan S (22) | George C. Marshall Hi | # 32 Men V 3200m Run | 11:29.65 | |
| # 1 Men V High Jump | 5-04.00 | Watts, Liam B (20) | George C. Marshall Hi | |
| # 3 Men V Long Jump | 14-10.00 | # 16 Men V 110m Hurdles | 17.36 | |
| # 36 Men F 100m Dash | 12.81 | # 26 Men V 300m Hurdles | 47.20 | |
| Ice, Edward J (22) | George C. Marshall Hi | | | |
| # 38 Men F 800m Run | 2:33.36 | | | |
| Kennedy, Sanchir T (19) | George C. Marshall Hi | | | |
| # 28 Men V 800m Run | 1:59.60 | | | |
| Legendyk, Marco A (21) | George C. Marshall Hi | | | |
| # 32 Men V 3200m Run | 11:21.86 | | | |
| Lewis, Spencer D (22) | George C. Marshall Hi | | | |
| # 1 Men V High Jump | 5-04.00 | | | |
| # 3 Men V Long Jump | 13-05.50 | | | |
| # 5 Men V Triple Jump | 34-09.75 | | | |
| # 30 Men V 200m Dash | 24.99 | | | |
| # 36 Men F 100m Dash | 12.04 | | | |
| Malave, Sebastian N (21) | George C. Marshall Hi | | | |
| # 28 Men V 800m Run | 1:58.40 | | | |
| Moyes, Kiefer J (22) | George C. Marshall Hi | | | |
| # 5 Men V Triple Jump | 29-04.50 | | | |
| Mullarkey, James R (22) | George C. Marshall Hi | | | |
| # 38 Men F 800m Run | 2:33.82 | | | |
| Nayfeh, Omar (21) | George C. Marshall Hi | | | |
| # 18 Men V 100m Dash | 12.35 | | | |
| # 30 Men V 200m Dash | 24.50 | | | |
| Nguyen, Brandon H (22) | George C. Marshall Hi | | | |
| # 38 Men F 800m Run | 2:30.21 | | | |
| Pottenger, Nicolas M (21) | George C. Marshall Hi | | | |
| # 9 Men V Shot Put | 30-04.00 | | | |
| Qureshi, Aamir Z (21) | George C. Marshall Hi | | | |
| # 18 Men V 100m Dash | 12.43 | | | |
| # 24 Men V 400m Dash | 55.64 | | | |
| Sarnovsky, Adam (21) | George C. Marshall Hi | | | |
| # 24 Men V 400m Dash | 52.89 | | | |
| Schmid, Spencer T (21) | George C. Marshall Hi | | | |
| # 20 Men V 1600m Run | 5:02.00 | | | |
| Smith, Benjamin S (19) | George C. Marshall Hi | | | |
| # 20 Men V 1600m Run | 4:26.11 | | | |
| Smith, Patrick A (21) | George C. Marshall Hi | | | |

Individual Meet Entries Report

Nike Invitational 04-May-19
George C. Marshall High [GCM]

| | | | |
|------------------------|-----------|---------------------|----------|
| Female IE's: | 46 | Female RE's: | 5 |
| Male IE's: | 39 | | |
| <hr/> | | <hr/> | |
| Total IE's: | 85 | Total RE's: | 5 |
| Total Athletes: | 53 | | |

Individual Meet Entries Report

**Nike Invitational 04-May-19
George C. Marshall High [GCM]**

301-793-2900

Falls Church, VA 22043

headcoachwong@yahoo.com

| | | | | | |
|--------------------------------|-------------------|-----------|----------------------------------|-------------------|----------|
| # 1 Men V High Jump | | | Pottenger, Nicolas M (21) | George C. Marshal | 30-04.00 |
| Grace, Ethan S (22) | George C. Marshal | 5-04.00 | | | |
| Lewis, Spencer D (22) | George C. Marshal | 5-04.00 | | | |
| Athletes count: 2 | | | | | |
| # 2 Women V High Jump | | | # 10 Women V Shot Put | | |
| Becker, Nicola J (22) | George C. Marshal | 4-08.00 | Stuart, Delaney E (19) | George C. Marshal | 37-11.00 |
| Ford, Emma A (22) | George C. Marshal | 4-06.00 | Pounder, Sarah M (21) | George C. Marshal | 29-06.00 |
| Berliner, Sarah K (22) | George C. Marshal | NH | Wan, Annaliese (19) | George C. Marshal | 26-02.50 |
| Athletes count: 3 | | | Athletes count: 3 | | |
| # 3 Men V Long Jump | | | # 15 Women V 100m Hurdles | | |
| Tryon, Wilson W (20) | George C. Marshal | 17-06.25 | Tarutani, Avery L (22) | George C. Marshal | 18.61 |
| Grace, Ethan S (22) | George C. Marshal | 14-10.00 | Tadlock, Sarah M (19) | George C. Marshal | 19.03 |
| Lewis, Spencer D (22) | George C. Marshal | 13-05.50 | Acharya, Prajakta (21) | George C. Marshal | 22.05 |
| Athletes count: 3 | | | Athletes count: 3 | | |
| # 4 Women V Long Jump | | | # 16 Men V 110m Hurdles | | |
| Manise, Genevieve E (22) | George C. Marshal | 14-07.00 | Watts, Liam B (20) | George C. Marshal | 17.36 |
| Berliner, Sarah K (22) | George C. Marshal | 13-05.50 | Athletes count: 1 | | |
| Robinson, Katherine G (21) | George C. Marshal | 13-01.00 | # 17 Women V 100m Dash | | |
| Athletes count: 3 | | | Capuano-Rizzo, Teresa L (21) | George C. Marshal | 14.42 |
| # 5 Men V Triple Jump | | | Robinson, Katherine G (21) | George C. Marshal | 14.47 |
| Lewis, Spencer D (22) | George C. Marshal | 34-09.75 | Berliner, Sarah K (22) | George C. Marshal | 14.94 |
| Moyes, Kiefer J (22) | George C. Marshal | 29-04.50 | Athletes count: 3 | | |
| Athletes count: 2 | | | # 18 Men V 100m Dash | | |
| # 6 Women V Triple Jump | | | Tryon, Wilson W (20) | George C. Marshal | 11.89 |
| Manise, Genevieve E (22) | George C. Marshal | 30-04.50 | Nayfeh, Omar (21) | George C. Marshal | 12.35 |
| Capuano-Rizzo, Teresa L (21) | George C. Marshal | 26-00.50 | Qureshi, Aamir Z (21) | George C. Marshal | 12.43 |
| Reback, Katherine A (21) | George C. Marshal | 25-10.50 | Athletes count: 3 | | |
| Athletes count: 3 | | | # 19 Women V 1600m Run | | |
| # 7 Men V Discus | | | Viskupic, Olivia R (22) | George C. Marshal | 5:50.11 |
| Adubi, Paul B (19) | George C. Marshal | 119-05.00 | DonTigny, Emilie T (21) | George C. Marshal | 5:57.92 |
| Gatti, Alessandro (20) | George C. Marshal | 105-02.00 | Mohran, Yasmin (21) | George C. Marshal | 6:40.86 |
| Sorto-Argueta, Javier I (21) | George C. Marshal | 94-04.00 | Athletes count: 3 | | |
| Athletes count: 3 | | | # 20 Men V 1600m Run | | |
| # 8 Women V Discus | | | Smith, Benjamin S (19) | George C. Marshal | 4:26.11 |
| Wan, Annaliese (19) | George C. Marshal | 101-07.00 | Schmid, Spencer T (21) | George C. Marshal | 5:02.00 |
| Stuart, Delaney E (19) | George C. Marshal | 79-01.00 | Sweeney, Thomas P (20) | George C. Marshal | 5:05.92 |
| Kim, Rae Young (21) | George C. Marshal | 69-07.00 | Athletes count: 3 | | |
| Athletes count: 3 | | | # 21 Women 4x100m Relay A | | |
| # 9 Men V Shot Put | | | Manise, Genevieve E (22) # | Marshall | 53.98 |
| Gatti, Alessandro (20) | George C. Marshal | 47-07.00 | Jones-Suggs, Makayla R (21) # | Marshall | |
| Adubi, Paul B (19) | George C. Marshal | 41-09.00 | Tarutani, Avery L (22) # | Marshall | |
| | | | Becker, Nicola J (22) # | Marshall | |
| | | | Ford, Emma A (22) # | Marshall | |

Individual Meet Entries Report

Nike Invitational 04-May-19 George C. Marshall High [GCM]

Athletes count: 5

23 Women V 400m Dash

| | | |
|--------------------------|-------------------|---------|
| Epstein, Elizabeth (21) | George C. Marshal | 1:00.46 |
| Hughes, Rylie B (22) | George C. Marshal | 1:00.75 |
| Reback, Katherine A (21) | George C. Marshal | 1:18.74 |

Athletes count: 3

24 Men V 400m Dash

| | | |
|------------------------|-------------------|-------|
| Sarnovsky, Adam (21) | George C. Marshal | 52.89 |
| Qureshi, Aamir Z (21) | George C. Marshal | 55.64 |
| Amarillas, Ryan R (21) | George C. Marshal | 57.17 |

Athletes count: 3

25 Women V 300m Hurdles

| | | |
|-----------------------------|-------------------|-------|
| Tarutani, Avery L (22) | George C. Marshal | 49.84 |
| Jones-Suggs, Makayla R (21) | George C. Marshal | 50.37 |
| Ice, Madeline (20) | George C. Marshal | 55.92 |

Athletes count: 3

26 Men V 300m Hurdles

| | | |
|--------------------|-------------------|-------|
| Watts, Liam B (20) | George C. Marshal | 47.20 |
|--------------------|-------------------|-------|

Athletes count: 1

27 Women V 800m Run

| | | |
|---------------------------|-------------------|---------|
| Lee, Claire J (21) | George C. Marshal | 2:30.59 |
| Sullivan, Caroline A (21) | George C. Marshal | 2:31.48 |
| Alonso, Kathryn L (22) | George C. Marshal | 2:46.52 |

Athletes count: 3

28 Men V 800m Run

| | | |
|--------------------------|-------------------|---------|
| Malave, Sebastian N (21) | George C. Marshal | 1:58.40 |
| Kennedy, Sanchir T (19) | George C. Marshal | 1:59.60 |
| Smith, Patrick A (21) | George C. Marshal | 2:01.64 |

Athletes count: 3

29 Women V 200m Dash

| | | |
|----------------------------|-------------------|-------|
| Robinson, Katherine G (21) | George C. Marshal | 29.75 |
| Becker, Nicola J (22) | George C. Marshal | 29.83 |
| Ford, Emma A (22) | George C. Marshal | 30.00 |

Athletes count: 3

30 Men V 200m Dash

| | | |
|------------------------|-------------------|-------|
| Nayfeh, Omar (21) | George C. Marshal | 24.50 |
| Lewis, Spencer D (22) | George C. Marshal | 24.99 |
| Amarillas, Ryan R (21) | George C. Marshal | 25.54 |

Athletes count: 3

31 Women V 3200m Run

| | | |
|-----------------------|-------------------|----------|
| Battista, Emma A (22) | George C. Marshal | 12:48.07 |
| Salem, Ruqaiya (20) | George C. Marshal | 13:13.23 |

Athletes count: 2

32 Men V 3200m Run

| | | |
|-------------------------|-------------------|----------|
| Legendyk, Marco A (21) | George C. Marshal | 11:21.86 |
| Urdaneta, Luis A (21) | George C. Marshal | 11:29.65 |
| Foster, Nicholas P (21) | George C. Marshal | NT |

Athletes count: 3

35 Women F 100m Dash

| | | |
|--------------------------|-------------------|-------|
| Hughes, Rylie B (22) | George C. Marshal | 13.20 |
| Tarutani, Avery L (22) | George C. Marshal | 13.54 |
| Manise, Genevieve E (22) | George C. Marshal | 13.96 |
| Becker, Nicola J (22) | George C. Marshal | 14.38 |
| Ford, Emma A (22) | George C. Marshal | 14.39 |

Athletes count: 5

36 Men F 100m Dash

| | | |
|-------------------------|-------------------|-------|
| Lewis, Spencer D (22) | George C. Marshal | 12.04 |
| Grace, Ethan S (22) | George C. Marshal | 12.81 |
| Tennenbaum, Noah K (22) | George C. Marshal | 13.38 |

Athletes count: 3

37 Women F 800m Run

| | | |
|------------------------|-------------------|---------|
| Alonso, Kathryn L (22) | George C. Marshal | 2:46.52 |
| Battista, Emma A (22) | George C. Marshal | 2:52.31 |
| Salem, Fatimah A (22) | George C. Marshal | 3:16.29 |

Athletes count: 3

38 Men F 800m Run

| | | |
|-------------------------|-------------------|---------|
| Nguyen, Brandon H (22) | George C. Marshal | 2:30.21 |
| Ice, Edward J (22) | George C. Marshal | 2:33.36 |
| Mullarkey, James R (22) | George C. Marshal | 2:33.82 |

Athletes count: 3

Individual Meet Entries Report

Nike Invitational 04-May-19
George C. Marshall High [GCM]

| | | | |
|---------------------|-----------|------------------------|-----------|
| Female IE's: | 46 | Total Athletes: | 53 |
| Male IE's: | 39 | | |
| Total IE's: | 85 | Total RE's: | 1 |