



TENTATIVE TIME SCHEDULE  
 2019 INDOOR TRI-REGION MEET 5A North/6A-C-D

PROPOSED  
 11.07.2018

<b>Day 2</b>			
Region C will compete first then Region D	<b>ON THE TRACK</b>		Sections/Heats
StartTime			
3:20pm	Event		4
	NATIONAL ANTHEM		
3:30pm			4
	55m Hurdle Final		
3:40pm			2
	55m Dash Final		
4:00pm			4
	4 x 200m Relay Final		
4:15pm			12
	1600m Run Final		
5:00pm			12
	500m Dash Final		
5:30pm			12
	1000m Run Final		
6:10pm			4
	300m Dash Final		
6:30pm			8
	3200m Run Final		
7:30pm			
	4x400m Relay Final		
10 minutes after completion of 4x4	Team Awards		
	Team Awards		
<b>Day 2</b>	<b>IN THE FIELD</b>		
<b>12:00 PM Noon</b>	Track Opens- Warm-Up		
1:30-3:30pm	Boys Shot Put	D	

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

## PG County SportsPlex

## Meet Program

**Event 1 Women High Jump (25)**

Opening Height: 4-08

Progression: 4-10 - 5-00 - 5-02 then the Bar is raised 1"

Rec: 5-10.50 2/12/2018 Sydney Banks

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Jones, Graysen	Chantilly	4-02.00
2	Tinsley, Ayannah	Westfield	4-06.00
3	Johnson, Simien D	George C. Ma	4-06.00
4	Gibbs, Amani	Centreville	4-06.00
5	Schmitz, Olivia	Oakton	4-06.00
6	Dougherty, Kylie	Chantilly	4-06.00
7	Lewis, Noelle Z	George C. Ma	4-07.00
8	Lambert, Alexis	Battlefield	4-08.00
9	Moseley, Madison	Patriot High	4-08.00
10	Demby, Justice	Patriot High	4-08.00
11	Windus, Sara	Langley	4-10.00
12	Clough, Lyndsie	Battlefield	4-10.00
13	Tinsley, Yasmeeen	Washington-L	4-10.00
14	Sobonja, Ana	Langley	4-10.00
15	Gragnani, Mariana	Langley	4-10.00
16	Cuthill, Mira	South Lakes	5-00.00
17	Van Haaren, Samantha	South Lakes	5-00.00
18	Hecker, Maddy	McLean	5-00.00
19	Singireddy, Saanvi	Langley	5-00.00
20	Keys, Caroline	Langley	5-00.00
21	Pack, Azaria	Osborn	5-00.00
22	Smith, Ashley	Osborn Park	5-02.00
23	Allamby, Josephine	Chantilly	5-05.00
24	Tvedt, JaneAnne	McLean	5-07.00
25	Banks, Sydney	Osborn Park	5-08.00

**Event 2 Women Pole Vault (19)**

Opening Height: 7-06

Progression: 8-00 - 8-06 - 9-00 then Bar is raised 3"

Rec: 12-02 2/15/2017 Emily Harrison

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Martin, Sydney	James Madiso	6-00.00
2	Pequignet, Jade	South Lakes	6-03.00
3	Hou, Leanne	Langley	6-03.00
4	Sadriddin, Saaty	Osborn Park	6-06.00
5	Rothrock, Emily	James Madiso	6-06.00
6	Clough, Lyndsie	Battlefield	6-06.00
7	Regmi, Priyasha	Osborn Park	6-06.00
8	Kim, Karis	Osborn Park	7-00.00
9	Aronhime, Caroline	Chantilly	7-00.00
10	Dibiase, Amelia	South Lakes	7-00.00
11	Forbes, Sofia	Oakton	7-00.00
12	Grant, Ariana	Patriot High	7-00.00
13	Schmitz, Audrey	Oakton	7-00.00
14	Serafin, Piper	Westfield	7-06.00
15	Shapiro, Molly	South Lakes	7-06.00
16	Bussell, Hana	Battlefield	8-00.00
17	Keys, Caroline	Langley	9-06.00
18	Pullen, Margaret	Osborn Park	10-06.00
19	Richardson, Hannah	Langley	11-00.00

**Event 3 Women Long Jump (19)**

3 Attempts Top 9 advance for 3 additional attempts in the Finals

Rec: 19-05.50 2/27/1999 Yolanda Thompson

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Redding, Olivia	Oakton	15-01.25
2	Allamby, Josephine	Chantilly	15-02.25
3	Koroma, Doussou	Centreville	15-04.75
4	Richardson, Hannah	Langley	15-06.00
5	Williams, Kristen	South Lakes	15-06.00
6	Conway, Katie	Westfield	15-09.00
7	Ramey, Abigail	James Madiso	15-10.00
8	Post, Nicole	South Lakes	16-00.00
9	Kannon, Madyson	Battlefield	16-01.50
<b>Flight 2 of 2 Finals</b>			
1	Coe, Jasmine	Patriot High	16-03.25
2	Stewart, Rebecca	Washington-L	16-06.50
3	Mancinelli, Kristen	Battlefield	16-07.00
4	Brookover, Lucy	Washington-L	16-09.00
5	Mesa, Guilia	Washington-L	17-02.75
6	Demby, Justice	Patriot High	17-03.00
7	Seetoo, Emma	Westfield	17-09.25
8	Ogawa, Megan	Osborn Park	18-03.00
9	Brookman-Amissah, Denise	Patriot High	18-03.50
10	Waller, Hannah	South Lakes	18-05.00

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

## PG County SportsPlex

## Meet Program

**Event 4 Women Triple Jump (17)**

3 Attempts Top 9 advance to the Finals for 3 additional attempts

Rec: 41-00.25 2/21/1998 Yolanda Thompson

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Mata, Karina	Osborn	28-04.50
2	Moseley, Madison	Patriot High	29-09.00
3	Coe, Jasmine	Patriot High	31-04.50
4	Jackson, Ahmari	Westfield	31-05.50
5	Allamby, Josephine	Chantilly	31-10.00
6	Lavenhouse, Trinity	Westfield	31-11.00
7	Hunt, Hannah	Oakton	32-02.00
8	Shen, Stella	McLean	32-08.25

**Flight 2 of 2 Finals**

1	Alleyne, Kristen	Washington-L	32-08.75
2	Demby, Justice	Patriot High	32-11.00
3	Eaton, Amaya	Chantilly	33-05.50
4	Mesa, Guilina	Washington-L	33-06.25
5	Redding, Olivia	Oakton	33-07.00
6	Singireddy, Saanvi	Langley	33-08.25
7	Williams, Kristen	South Lakes	34-05.00
8	Ogawa, Megan	Osborn Park	35-11.00
9	Stewart, Rebecca	Washington-L	37-08.50

**Event 5 Women Shot Put (19)**

3 Attempts Top 9 advance to the Finals for 3 additional attempts

Rec: 45-04.50 2/18/2016 Maria Muzzio

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Daniels, Lilianah	Stonewall Ja	26-05.00
2	Jamal, Lana	Langley	26-07.25
3	Schmitz, Audrey	Oakton	27-04.00
4	Joy, Caroline	Battlefield	28-00.00
5	Kwiterovich, Virginia	Yorktown	28-01.00
6	Shapiro, Molly	South Lakes	28-03.00
7	Tay, Sonja	Patriot High	28-04.00
8	Abuzobaa, Sofia	Langley	28-07.50
9	Cooper, Emera	Chantilly	28-09.00
<b>Flight 2 of 2 Finals</b>			
1	Sandiford, Juliana	Washington-L	30-00.50
2	Kinnier, Spencer	Chantilly	30-03.25
3	Brown, Sarah Jane	South Lakes	31-00.50
4	Bolinger, Abigail	James Madiso	31-02.00
5	Anonyuo, Nonnie	Patriot High	31-06.50
6	Hubbard, Anastasia	Westfield	32-01.75
7	Fort, Brittany	Battlefield	33-02.50
8	Ceynowa, Alaina	James Madiso	35-01.00
9	Stuart, Delaney E	George C. Ma	35-10.25
10	Antwi, Barbara	Osborn Park	37-00.00

**Event 6 Women 4x800 Meter Relay (9)**

Rec: 9:23.30 2/21/1998 Thomas Jefferson H.S.

A. Hall, A. Slade, K. Otsott, N. Snider

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Chantilly	A	9:46.40
	1) Carter-ogden, Nyla	2) Wu, Elizabeth	
	3) Carter-ogden, Ruby	4) Re, Nicole	
	5) Barlow, Momiji	6) Miller, Ava	
2	George C. Ma	A	9:49.54
	1) Epstein, Elizabeth	2) Tedesco, Sophie E	
	3) Smith, Sydney M	4) Bardach, Natalie M	
	5) Smith, Lena G	6) Lee, Claire J	
	7) Sullivan, Caroline A		
3	South Lakes	A	9:49.70
4	Yorktown	A	10:01.50
	1) Montgomery, Shay	2) Smythers, Lauren	
	3) Sprinkel, Sophia	4) Whitehouse, Catherine	
	5) Corcoran, Anna Macon	6) Dean, Piper	
	7) Boston, Ava	8) Koumans, Elizabeth	
5	Langley	A	10:12.18
	1) Spear, Anna	2) Middleton, Genevieve	
	3) Kuligowski, Courtney	4) Snyder, Maya	
	5) Brzezinski, Sophie	6) Stark, Victoria	
6	James Madiso	A	10:14.92
	1) Shoemaker, Rachel	2) Sprague, Elaina	
	3) Rusinski, Caroline	4) Keady, Megan	
	5) Dent, Keely	6) May, Candace	
7	Patriot High	A	10:15.34
	1) Grant, Ariana	2) Burrell, Elizabeth	
	3) Weaver, Ella	4) Yentz, Hailey	
	5) Green, Landey		
8	Centreville	A	10:21.85
	1) Armstrong, Evelyn	2) Granberg, Abigail	
	3) Harrity, Jordan	4) Jones, Megan	
	5) Mobley, Olivia		
9	Battlefield	A	10:32.13
	1) Carroll, Jayanna	2) Ott, Abigail	
	3) McDaniel, Farah	4) McLain, Bailey	
	5) Wild, Ella		

**Event 7 Women 55 Meter Hurdles (19)**

Heat Winners + the next 5 fastest times adv. to Final

Rec: 7.98 2/26/2000 Alyssa Aiken

Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
2	Jones, Kayla	Battlefield	9.38
3	Mesa, Guilina	Washington-L	9.11
4	Tinsley, Yasmeen	Washington-L	8.73
5	Tvedt, JaneAnne	McLean	8.74
6	Hunt, Hannah	Oakton	9.17
7	Gardner, Kamoni	Battlefield	9.42

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

PG County SportsPlex  
Meet Program**Heat 2 of 3 Prelims...(Event 7 Women 55 Meter Hurdles (19))**

2	Glenn, Kamryn	Patriot High	9.38
3	Koroma, Doussou	Centreville	9.04
4	Soumahro, Jenay	Chantilly	8.70
5	Coe, Jasmine	Patriot High	8.86
6	Brookman-Amisshah, Denise	Patriot High	9.17
7	Ramey, Abigail	James Madiso	9.47

**Heat 3 of 3 Prelims**

1	Shields, Sierra	James Madiso	9.58
2	Laybourn, Jeanie	Washington-L	9.36
3	Post, Nicole	South Lakes	9.02
4	Stewart, Rebecca	Washington-L	8.63
5	Williams, Kristen	South Lakes	8.96
6	Conway, Katie	Westfield	9.31
7	Lambert, Alexis	Battlefield	9.53

**Event 8 Women 55 Meter Dash (13)****Heat Winners + next 6 fastest times adv. to Final**

Rec: 6.96 2/26/2000 Alyssa Aiken

Lane Name School Seed Time

**Heat 1 of 2 Prelims**

2	Jones, Kayla	Battlefield	7.75
3	Choutka, Olivia	James Madiso	7.66
4	Konadu, Rhema	South Lakes	7.48
5	Howard, Jillian	South Lakes	7.49
6	Cooper, Emera	Chantilly	7.66
7	Chisolm, Chelsea	Patriot High	7.78

**Heat 2 of 2 Prelims**

1	Ogawa, Megan	Osborn Park	7.88
2	Hamilton, Kristen A	George C. Ma	7.68
3	Stirling, Lindsey	McLean	7.58
4	Waller, Hannah	South Lakes	7.04
5	Jones, Inaya	Westfield	7.55
6	Romer, Alyssa	James Madiso	7.68
7	Jones, Claire	Chantilly	7.80

**Event 9 Women 4x200 Meter Relay (11)**

Rec: 1:44.30 1986 Lake Braddock H.S.

D. Boone, C. McCormick, A. Hicks, A. Griffith

Lane Team Relay Seed Time

**Section 1 of 2 Finals**

1	Herndon	A	1:52.75
	1) Stern, Katherine	2) Moore, Makare	
	3) Campbell, Brianna	4) Bowes, Valentina	
2	Langley	A	1:52.32
	1) Keys, Caroline	2) O'Hara, Anne	
	3) Mikolic-Gryczewski, Claudia	4) Treacy, Lauren	
	5) Reis, Cassandra	6) Chung, Erika	
3	Osborn	A	1:50.77
	1) Augustine, Kaylee	2) Pack, Azaria	
	3) Pack, Oasis	4) Delaney, Love	
4	Chantilly	A	1:51.48
	1) Bush, Kendra	2) Conroy, Miranda	
	3) Jones, Claire	4) Cooper, Emera	
	5) Soumahro, Jenay		
5	James Madiso	A	1:52.57
	1) Choutka, Olivia	2) Romer, Alyssa	
	3) Ramey, Abigail	4) Shields, Sierra	
	5) Sylvester, Brooke	6) Miller, Virginia	

**Section 2 of 2 Finals**

1	Washington-L	A	1:49.61
	1) Mesa, Guilia	2) Stewart, Rebecca	
	3) Brookover, Lucy	4) Tinsley, Yasmeen	
	5) Laybourn, Jeanie	6) Alleyne, Kristen	
	7) Regalia, Camilla	8) Miller, Grace	
2	George C. Ma	A	1:48.78
	1) Bir, Grace E	2) Berliner, Isabella A	
	3) Jones-Suggs, Makayla R	4) Hamilton, Kristen A	
	5) Hughes, Rylie B	6) Tarutani, Avery L	
	7) Lee, Anabelle R		
3	South Lakes	A	1:42.94
	1) Habibi, Tina	2) Anderson, Jordan	
	3) Anderson, Sydney	4) Halkett, Sophie	
	5) Matthews, Beth		
4	Battlefield	A	1:48.02
	1) McQuillan, Abby	2) Mosley, Maya	
	3) Powell, Tori	4) Stinson, Caitlin	
	5) Jones, Kayla	6) Kannon, Madyson	
	7) Mancinelli, Kristen	8) Vazquez, Sierra	
5	Patriot High	A	1:49.16
	1) Coe, Jasmine	2) Chisolm, Chelsea	
	3) Glenn, Kamryn	4) Demby, Justice	
	5) Moseley, Madison	6) Hardy, Cameron	
	7) Gresham, Lauren	8) Brookman-Amisshah, Denise	
6	Westfield	A	1:49.80
	1) Beckner, Olivia	2) Jones, Inaya	
	3) Seetoo, Emma	4) Walker, Fredericka	
	5) Conway, Katie	6) Lavenhouse, Trinity	
	7) Campbell, Lily		

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

PG County SportsPlex  
Meet Program**Event 10 Women 1600 Meter Run (18)**

Rec: 4:50.18 2/18/2016 Kate Murphy			
Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Sprague, Elaina	James Madiso	5:27.93
2	Barlow, Momiji	Chantilly	5:28.84
3	Smith, Sydney M	George C. Ma	5:33.01
4	McDaniel, Farah	Battlefield	5:34.93
5	Valcich, Michelle	Patriot High	5:43.81
6	Carroll, Jayanna	Battlefield	5:44.73
7	Tyson, Khadija	Osborn Park	5:44.79
8	Pippin, Grace	Patriot High	5:52.57
<b>Section 2 of 2 Finals</b>			
1	Keady, Megan	James Madiso	5:12.35
2	Yentz, Hailey	Patriot High	5:14.93
3	Lebert, Katya	Oakton	5:15.08
4	Spear, Anna	Langley	5:15.63
5	Dean, Piper	Yorktown	5:15.83
6	Howley, Caroline	McLean	5:17.79
7	Tedesco, Sophie E	George C. Ma	5:18.41
8	Corcoran, Anna Macon	Yorktown	5:19.68
9	Samrhouni, Abla	Herndon	5:26.65
10	Gulgert, Isabelle	South Lakes	5:27.07

**Event 11 Women 500 Meter Dash (15)**

Rec: 1:13.79 1987 Kendyl Baugh			
Lane	Name	School	Seed Time
<b>Section 1 of 3 Finals</b>			
2	Lee, Anabelle R	George C. Ma	1:24.68
3	York, Alexandra	Osborn Park	1:22.92
4	Wooten, Maya	Battlefield	1:23.90
<b>Section 2 of 3 Finals</b>			
1	Lambert, Alexis	Battlefield	1:21.97
2	Moore, Arielle	Langley	1:21.87
3	Ogawa, Megan	Osborn Park	1:20.18
4	Vazquez, Sierra	Battlefield	1:20.49
5	Treacy, Lauren	Langley	1:21.89
6	Mancinelli, Kristen	Battlefield	1:22.26
<b>Section 3 of 3 Finals</b>			
1	Samrhouni, Abla	Herndon	1:19.80
2	Epstein, Elizabeth	George C. Ma	1:19.44
3	Gregory, Mary	South Lakes	1:17.97
4	Walker, Fredericka	Westfield	1:18.83
5	Weaver, Ella	Patriot High	1:19.76
6	Snyder, Maya	Langley	1:20.03

**Event 12 Women 1000 Meter Run (20)**

Rec: 2:52.41 2/24/2001 Kelley Otsott			
Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Pagel, Campbell	Osborn Park	3:14.54
2	Steinbicker, Mary	McLean	3:15.44
3	Smith, Sydney M	George C. Ma	3:16.58
4	Miller, Ava	Chantilly	3:16.69
5	Carroll, Jayanna	Battlefield	3:18.37
6	Agostini, Kaitlyn	Stonewall Ja	3:20.73
7	Wild, Ella	Battlefield	3:22.36
8	Smith, Lena G	George C. Ma	3:22.64
9	McLain, Bailey	Battlefield	3:23.40
<b>Section 2 of 2 Finals</b>			
1	Bardach, Natalie M	George C. Ma	3:01.78
2	Samrhouni, Abla	Herndon	3:03.52
3	Lannen, Emily	South Lakes	3:04.85
4	Re, Nicole	Chantilly	3:05.52
5	Carter-ogden, Ruby	Chantilly	3:07.62
6	Morris, Caitlyn	South Lakes	3:08.67
7	Tinsley, Ayannah	Westfield	3:09.45
8	Burrell, Elizabeth	Patriot High	3:09.96
9	Gulgert, Isabelle	South Lakes	3:10.46
10	Montgomery, Shay	Yorktown	3:10.51
11	Keady, Megan	James Madiso	3:12.75

**Event 13 Women 300 Meter Dash (16)**

Rec: 38.89 2/26/2000 Alyssa Aiken			
Lane	Name	School	Seed Time
<b>Section 1 of 3 Finals</b>			
2	Berliner, Isabella A	George C. Ma	45.00
3	Glenn, Kamryn	Patriot High	44.30
4	Delaney, Love	Osborn	44.66
5	Koroma, Doussou	Centreville	45.19
<b>Section 2 of 3 Finals</b>			
1	Post, Nicole	South Lakes	43.83
2	Choutka, Olivia	James Madiso	43.28
3	Brookman-Amisshah, Denise	Patriot High	42.76
4	Konadu, Rhema	South Lakes	43.13
5	Demby, Justice	Patriot High	43.56
6	Khurana, Saachi	Oakton	43.83
<b>Section 3 of 3 Finals</b>			
1	Mullings, Juvannadean	South Lakes	41.44
2	Kannon, Madyson	Battlefield	41.24
3	Waller, Hannah	South Lakes	39.46
4	Gregory, Mary	South Lakes	40.52
5	Bir, Grace E	George C. Ma	41.33
6	Howard, Jillian	South Lakes	41.76

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

## PG County SportsPlex

## Meet Program

**Event 14 Women 3200 Meter Run (19)**

Rec: 9:57.83 1987 Erin Keough

Lane	Name	School	Seed Time
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**Section 1 of 1 Finals**

1	Dean, Piper	Yorktown	11:08.82
2	Howley, Caroline	McLean	11:14.83
3	Tedesco, Sophie E	George C. Ma	11:22.30
4	Lebert, Katya	Oakton	11:23.90
5	Shoemaker, Rachel	James Madiso	11:30.73
6	Smith-Perry, Eva	Washington-L	11:30.94
7	Banga, Marissa	South Lakes	11:47.65
8	Bergeron, Madeline	Herndon	11:54.88
9	Barlow, Momiji	Chantilly	12:00.60
10	Poole, Caroline	Chantilly	12:01.75
11	Rusinski, Caroline	James Madiso	12:02.57
12	Lenz, Emma	Chantilly	12:11.47
13	McDaniel, Farah	Battlefield	12:23.40
14	Valcich, Michelle	Patriot High	12:30.67
15	Averna, Hadleigh	Osborn Park	12:33.21
16	Pippin, Grace	Patriot High	12:33.95
17	Smith, Sade	Battlefield	12:54.00
18	Viskupic, Olivia R	George C. Ma	13:10.60
19	Battista, Emma A	George C. Ma	13:19.06

**Event 15 Women 4x400 Meter Relay (10)**

Rec: 3:58.31 2/24/2001 Lake Braddock.

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

2	Osborn Park	A	4:21.38
1)	Banks, Sydney	2) El, Yasmine	
3)	Ogawa, Megan	4) York, Alexandra	
5)	Thibodeau, Amaya	6) Pagel, Campbell	
3	Patriot High	A	4:18.51
1)	Yentz, Hailey	2) Burrell, Elizabeth	
3)	Demby, Justice	4) Weaver, Ella	
5)	Grant, Ariana	6) Hardy, Cameron	
7)	Gresham, Lauren		
4	Chantilly	A	4:19.75
1)	Carter-ogden, Nyla	2) Soumahro, Jenay	
3)	Carter-ogden, Ruby	4) Re, Nicole	
5)	Bush, Kendra		
5	Oakton	A	4:30.36
1)	Phelps, Bethany	2) Latino, Gabby	
3)	Wheeler, Carmella	4) Lopresti, Julia	
5)	Odom, Carly	6) Yao, Helen	
7)	Dhue, Helen	8) Korosheva, Kanykei	

**Section 2 of 2 Finals**

1	Langley	A	4:10.42
1)	Treacy, Lauren	2) Moore, Arielle	
3)	Mikolic-Gryczewski, Claudia	4) Snyder, Maya	
5)	O'Hara, Anne	6) Reis, Cassandra	
2	Battlefield	A	4:08.00
1)	Powell, Tori	2) Waller, Loren	
3)	Wild, Ella	4) Kannon, Madyson	
5)	Lambert, Alexis	6) Mancinelli, Kristen	
7)	Vazquez, Sierra	8) Wooten, Maya	
3	South Lakes	A	4:00.25
4	George C. Ma	A	4:07.86
1)	Epstein, Elizabeth	2) Bir, Grace E	
3)	Bardach, Natalie M	4) Orozco, Nina S	
5)	Hamilton, Kristen A	6) Lee, Anabelle R	
7)	Hughes, Rylie B	8) Lee, Claire J	
5	Washington-L	A	4:08.19
1)	Stewart, Rebecca	2) Alleyne, Kristen	
3)	Brookover, Lucy	4) Tinsley, Yasmeeen	
5)	Regalia, Camilla	6) Dowling, Quincy	
6	Westfield	A	4:12.60
1)	Ajibola, Stephanie	2) Amouzou, Benita	
3)	Beckner, Olivia	4) Campbell, Lily	
5)	Jones, Inaya	6) Seetoo, Emma	
7)	Tinsley, Ayannah	8) Walker, Fredericka	

**Event 16 Men High Jump (16)**

Opening Height: 5-06.00

Progression: 5-08 - 5-10 - 6-00 - then the Bar is raised 1"

Rec: 6-10 1996 Doug Humphrey

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	Huang, Ian	Oakton	5-02.00
2	Wilson, Marcus	Patriot High	5-04.00
3	Hamilton, Robert	Langley	5-04.00
4	Miller, Caleb	South Lakes	5-04.00
5	Brown, Davonte	Chantilly	5-04.00
6	Hill, Justin	Westfield	5-04.00
7	Abdelrahman, Mohamad	Herndon	5-06.00
8	Fitzgerald, Daniel	Oakton	5-06.00
9	Shapiro, Will	South Lakes	5-06.00
10	McKnight, Matthew	Washington-L	5-06.00
11	Augustin, Aidan	Washington-L	5-06.00
12	Gallant, Austin	Battlefield	5-08.00
13	Male, Charles	Washington-L	5-10.00
14	Blanco, Elmer	Osborn	5-10.00
15	Woodley, Bizzet	Westfield	5-10.00
16	Haynie, Derek	Centreville	5-10.00

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

PG County SportsPlex  
Meet Program**Event 17 Men Pole Vault (22)**

Opening Height: 11-00.00

Progression: 11-06 - 12-00 - 12-06 then the Bar is raised 3"

Rec: 15-00 2/21/2009 Wesley Sun

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Reimann, Jake	James Madiso	9-06.00
2	McIntyre, Thomas	James Madiso	9-06.00
3	Vilone, Maher	Chantilly	10-00.00
4	Schlatter, Sam	Westfield	10-00.00
5	Miller, Caleb	South Lakes	10-06.00
6	Davidson, Jonas	Battlefield	11-00.00
7	Bendewald, Ryker	Langley	11-00.00
8	Fan, Aaron	McLean	11-06.00
9	Luu, Jonathan	South Lakes	11-06.00
10	Kunz, Jared	Osborn Park	11-06.00
11	Miner, Thomas	Langley	12-00.00
12	Gustafson, Harry	Oakton	12-00.00
13	Goetz, Reese	Battlefield	12-00.00
14	Hao, Camden	Langley	12-00.00
15	Georges, Zachary	Westfield	12-09.00
16	Surratt, Alex	Langley	12-09.00
17	Levy-Myers, Asher	South Lakes	13-04.00
18	Collins, Matt	Battlefield	13-06.00
19	Scott, Nicholas	Oakton	13-06.00
20	Prue, Dakota	Battlefield	14-00.00
21	Lynch, Tyler	Battlefield	14-06.00
22	Cherry, Ryan	Oakton	14-10.00

**Event 18 Men Long Jump (16)**

3 Attempts Top 9 advance to the Finals for 3 additional attempts

Rec: 23-08.50 2/21/1998 Brandon Royster

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Woodley, Bizzet	Westfield	18-08.75
2	Johnson, Dean	Herndon	19-00.25
3	McBride, Liam	Washington-L	19-04.50
4	Haynie, Derek	Centreville	19-10.25
5	Hinton, Saadiq	Westfield	20-00.75
6	Male, Charles	Washington-L	20-03.00
7	Waller, Kaden	Battlefield	20-03.00
<b>Flight 2 of 2 Finals</b>			
1	Yaeger, Jacob	Patriot High	20-03.00
2	Nickens, Carrington	Centreville	20-03.75
3	Cheng, Kevin	Langley	20-07.25
4	Washington, Jordan	Battlefield	20-11.00
5	Jones, Stephen	South Lakes	21-01.50
6	Wilson, Marcus	Patriot High	21-04.00
7	Beckett, Galen	Battlefield	21-06.00
8	Abdelrahman, Mohamad	Herndon	22-01.00
9	Bilbo, Jeffrey	Osborn Park	22-01.00

**Event 19 Men Triple Jump (18)**

3 Attempts Top 9 advance to the Finals for 3 additional attempts

Rec: 49-04.50 1987 Cornell Grayson

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Brent, James	Battlefield	36-06.50
2	Fitzhugh, Samuel	Chantilly	37-09.00
3	Koroma, Bakai	Centreville	38-00.25
4	Hill, Justin	Westfield	38-05.50
5	Biendl, Caden	Patriot High	38-07.00
6	Eshraghi, Seth	McLean	38-07.50
7	Johnson, Jeremiah	Stonewall Ja	39-01.00
8	Dambo, Yasar	McLean	39-01.50
<b>Flight 2 of 2 Finals</b>			
1	Brown, Davonte	Chantilly	39-02.00
2	DiBassinga, Brian	Battlefield	39-02.50
3	Linares-Rivera, Edwin	Stonewall Ja	39-11.00
4	Phan, Tobey	Chantilly	40-00.50
5	Malouche, Aziz	McLean	40-04.00
6	Sutton, Zachary	Langley	40-07.25
7	Woodley, Bizzet	Westfield	40-10.00
8	Benett, Tyler	South Lakes	41-00.50
9	Beckett, Galen	Battlefield	41-03.00
10	Abdelrahman, Mohamad	Herndon	46-01.50

**Event 20 Men Shot Put (20)**

3 Attempts Top 9 advance to the Finals for 3 additional attempts

Rec: 64-00.25 2/12/2018 Jabari Bennett

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Barrera, Vicente	Patriot High	31-03.00
2	Taylor, Dominic	Battlefield	32-00.00
3	Nitganzwa, Dante	Osborn Park	32-04.00
4	Yohannes, Elroe	Herndon	36-06.50
5	Sutton, Zachary	Langley	37-10.00
6	Adubi, Paul B	George C. Ma	38-08.00
7	Semelfort, Immanuel	South Lakes	40-01.50
8	Clark, Jason	Chantilly	40-03.00
9	Vartanian, John	Yorktown	40-10.50
<b>Flight 2 of 2 Finals</b>			
1	Palmer, Thadius	Westfield	41-00.75
2	Rogers, Bryan	Chantilly	41-01.00
3	Alexander-Goldsmith, Josh	Westfield	41-05.75
4	Gatti, Alessandro	George C. Ma	41-06.00
5	Tiemeni, Carlex	Chantilly	42-02.00
6	Lister, Jon	South Lakes	43-05.50
7	Birge, Tyler	Patriot High	43-10.00
8	Gallant, Austin	Battlefield	44-00.75
9	Thomas, Gavin	Centreville	45-09.00
10	Gross, Garin	Osborn Park	47-05.00
11	Miller, Caleb	South Lakes	49-07.00



## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

## PG County SportsPlex

## Meet Program

**Event 21 Men 4x800 Meter Relay (11)**

Rec: 7:53.22 2/28/2004 Westfield High

C Courson, C Black, J Scheiner, D Groff

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	George C. Ma	A	8:09.22
	1) Urdaneta, Luis A	2) Togher, Collin	
	3) Schmid, Spencer	4) Lagendyk, Marco A	
2	Yorktown	A	8:12.16
	1) Keith, Lucas	2) Middleton, Gavin	
	3) Shuttleworth, Bowen	4) Shuttleworth, Reece	
	5) Stevens, Lachlan	6) Velikonja, Albert	
	7) Karamitsos, George		
3	Battlefield	A	8:15.90
	1) Kennedy, David	2) Hastings, Zach	
	3) Shaffer, Zachary	4) Morris, Joseph	
	5) Joumas, Stephen		
4	Oakton	A	8:16.41
	1) Buttrey, Bryce	2) Banerji, Lucas	
	3) Sullivan, Scott	4) Morse, Zachary	
	5) Messaros, Zach		
5	James Madiso	A	8:19.99
	1) Murphy, Kevin	2) Topoleski, Evan	
	3) Ahmed, Omar	4) Eggers, William	
	5) Carney, Ryan	6) Young, Mark	
	7) McIntyre, Thomas	8) Hutchins, Solomon	
6	Chantilly	A	8:20.00
	1) Monson, James	2) Cyr, Wyatt	
	3) Jaynes, Adam	4) Marlow, Patrick	
	5) Puhek, Joshua	6) Bhardwaj, Kanav	
7	Washington-L	A	8:21.61
	1) O'Casey, Liam	2) Meiners, Zach	
	3) Anzaldi, Luke	4) Jackson, Jonny	
	5) Licato, James	6) Brancati, Daniel	
8	South Lakes	A	8:23.21
9	Patriot High	A	8:24.97
	1) Hamacher, Jacob	2) Daly, Jack	
	3) Speeney, Michael	4) Gulati, Sahil	
	5) Sriver, Justin	6) Polhamus, Liam	
10	Herndon	A	8:26.87
	1) Halterman-Mitchell, Noah	2) Hanfi, Liban	
	3) Bunch, Bradley	4) McCauley, Colin	
11	Osborn Park	A	9:10.17
	1) Taylor, Jonathan	2) House, Malcolm	
	3) Stephenson, Nathaniel	4) Kunz, Jared	
	5) Kline, Jonathan	6) Conrad, Drake	

**Event 22 Men 55 Meter Hurdles (20)**

Heat Winners plus next 5 fastest times adv. to Final

Rec: 7.24 2/26/2000 Rickey Harris

Lane	Name	School	Seed Time
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**Heat 1 of 3 Prelims**

2	Sarvis, Cameron	Patriot High	8.59
3	McBride, Liam	Washington-L	8.33
4	Johnson, Dean	Herndon	8.04
5	Otwell, Jackson	Battlefield	8.18
6	Koroma, Bakai	Centreville	8.43
7	Watson, William	South Lakes	8.73

**Heat 2 of 3 Prelims**

1	Augustin, Aidan	Washington-L	9.18
2	O'Reilly, Tyler	Chantilly	8.56
3	Schlier, Eric C	George C. Ma	8.32
4	Carlisle, Geoffrey	Battlefield	7.98
5	Kanaan, Mitchell	Westfield	8.18
6	Young, Alex	Battlefield	8.44
7	Prestidge, Casey	McLean	8.82

**Heat 3 of 3 Prelims**

1	McKnight, Matthew	Washington-L	8.88
2	Mensah, Brian	Osborn Park	8.54
3	Woodley, Bizzet	Westfield	8.26
4	Wilson, Marcus	Patriot High	7.89
5	Heitman, Elijah	Centreville	8.19
6	Hoffman, Sean	Battlefield	8.50
7	Graydon, Connor	Centreville	8.83

**Event 23 Men 55 Meter Dash (26)**

Heat Winners + the next 4 fastest times adv. to Final

Rec: 6.25 2/18/2016 Josephus Lyles

Lane	Name	School	Seed Time
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**Heat 1 of 4 Prelims**

2	Xereas, Elias	Battlefield	6.88
3	Davenport, Trosoadas	Chantilly	6.76
4	Hinton, Saadiq	Westfield	6.63
5	Nickens, Carrington	Centreville	6.64
6	Riche, Michael	Westfield	6.78
7	Miles, Craig	Battlefield	6.88

**Heat 2 of 4 Prelims**

2	Beckett, Galen	Battlefield	6.84
3	McBride, Liam	Washington-L	6.73
4	Jones, Stephen	South Lakes	6.60
5	Zieleniewski, Kevin	Battlefield	6.64
6	Koroma, Abdul	Centreville	6.79
7	Hughes, Tanner M	George C. Ma	6.91

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

## PG County SportsPlex

## Meet Program

**Heat 3 of 4 Prelims...(Event 23 Men 55 Meter Dash (26))**

1	Cheeks, Cameron	Battlefield	6.98
2	Hirani, Rohan	Oakton	6.83
3	Cooley, Jackson	South Lakes	6.70
4	Romero, Harold	Herndon	6.57
5	Cheng, Kevin	Langley	6.65
6	Garcia Lopez, Jonathan	Osborn	6.81
7	Anderson, Gavin	Battlefield	6.98

**Heat 4 of 4 Prelims**

1	Cobb, Stephen	Patriot High	6.98
2	Abdelrahman, Mohamad	Herndon	6.83
3	Hackerson, Noah	Patriot High	6.68
4	Ream, Patrick	Battlefield	6.57
5	Henley, Dorryen	Patriot High	6.68
6	Blanco, Elmer	Osborn	6.82
7	McCarthy, Steven	Battlefield	6.98

**Event 24 Men 4x200 Meter Relay (10)**

Rec: 1:30.43 1993 T.C. Williams H.S.

C. Samuels, A. Holley, B. Drummond, D. King

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

2	Westfield	A	1:34.87
	1) Ferdinand, Zach	2) Hinton, Saadiq	
	3) Kanaan, Mitchell	4) Lanigan, Daniel	
	5) Riche, Michael	6) Snyder, Bryce	
3	Centreville	A	1:33.83
	1) Haynie, Derek	2) Heitman, Elijah	
	3) Koroma, Abdul	4) Koroma, Bakai	
4	George C. Ma	A	1:34.40
	1) Nayfeh, Omar	2) Qureshi, Aamir Z	
	3) Togher, Collin	4) Coker, Afolarin A	
	5) Lewis, Spencer D	6) Usowski, Owen W	
5	Langley	A	1:35.68
	1) Cheng, Kevin	2) Cumberbatch, Michael	
	3) Jamal, Kareem	4) Walker, Andrew	
	5) Stephens, Matthew		

**Section 2 of 2 Finals**

1	Chantilly	A	1:33.51
	1) Davenport, Trosodas	2) Brown, Davonte	
	3) Henry, Tyjuan	4) Saben, Clark	
	5) O'Reilly, Tyler		
2	Osborn	A	1:32.68
	1) Blanco, Elmer	2) Garcia Lopez, Jonathan	
	3) Nguyen, Nick	4) Jones, Warren	
	5) Lordsamba, Andy		
3	South Lakes	A	1:32.35
	1) Beckner, Alex	2) Esse, Stephen	
	3) Ezidinma, Daniel	4) Gregory, Joshua	
	5) Harbour, Alexander	6) Prudhomme, Vincent	
	7) Nims, Webb		
4	Patriot High	A	1:32.64
	1) Wilson, Marcus	2) Cobb, Stephen	
	3) Gresham, Ian	4) Henley, Dorryen	
	5) Brown, Ethan		
5	Battlefield	A	1:32.97
	1) Anderson, Gavin	2) McCarthy, Sean	
	3) McCarthy, Steven	4) Washington, Jordan	
	5) Carlisle, Geoffrey	6) Beckett, Galen	
	7) Hoffman, Sean	8) Miles, Craig	
6	Herndon	A	1:33.57
	1) Ahmed, Hanan	2) Johnson, Dean	
	3) Abdelrahman, Mohamad	4) Romero, Harold	

**Event 25 Men 1600 Meter Run (23)**

Rec: 4:07.02 2/26/2000 Alan Webb

Lane	Name	School	Seed Time
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**Section 1 of 2 Finals**

1	Malave, Sebastian N	George C. Ma	4:33.57
2	Kennedy, David	Battlefield	4:34.46
3	Lebahn, Kyle	Westfield	4:34.57
4	Messaros, Zach	Oakton	4:34.60
5	Marlow, Patrick	Chantilly	4:35.13
6	Sullivan, Scott	Oakton	4:35.27
7	Morse, Zachary	Oakton	4:35.67
8	Hanfi, Liban	Herndon	4:38.81
9	Sriver, Justin	Patriot High	4:39.05
10	Wagner, Jack	Battlefield	4:39.60
11	Smith, Patrick A	George C. Ma	4:39.64

**Section 2 of 2 Finals**

1	Shuttleworth, Bowen	Yorktown	4:25.54
2	Jackson, Jonny	Washington-L	4:26.34
3	McCauley, Colin	Herndon	4:26.52
4	Jemison, Xavier	McLean	4:26.98
5	Velikonja, Albert	Yorktown	4:27.10
6	Murphy, Kevin	James Madiso	4:27.28
7	Smith, Benjamin S.	George C. Ma	4:27.32
8	Hamacher, Jacob	Patriot High	4:28.21
9	Hamacher, Ryan	Patriot High	4:28.95
10	Warstler, Calvin	South Lakes	4:31.10
11	Nowak, Zach	Osborn	4:31.55
12	LaCava, Mason	Stonewall Ja	4:32.42

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

PG County SportsPlex  
Meet Program**Event 26 Men 500 Meter Dash (20)**

Rec: 1:03.45 2/24/2007 Sean Holston			
Lane	Name	School	Seed Time
<b>Section 1 of 4 Finals</b>			
2	Malouche, Aziz	McLean	1:13.62
3	Murray, Kenan	Oakton	1:12.73
4	Stephens, Matthew	Langley	1:12.74
<b>Section 2 of 4 Finals</b>			
1	Elgin, Joseph	Herndon	1:12.42
2	Davidson, Tor	Oakton	1:11.31
3	Sarnovsky, Adam	George C. Ma	1:10.77
4	Bonilla, Jenson	Westfield	1:11.00
5	Halterman-Mitchell, Noah	Herndon	1:12.34
<b>Section 3 of 4 Finals</b>			
1	La Piana, Jay	Washington-L	1:10.40
2	Homere, David	Osborn Park	1:09.63
3	Kennedy, Sanchir T	George C. Ma	1:08.17
4	Banerji, Lucas	Oakton	1:09.40
5	Allums, Bobby	Patriot High	1:09.96
6	Ibadin, Oseremen	Centreville	1:10.69
<b>Section 4 of 4 Finals</b>			
1	Freeman, Lewis	Osborn Park	1:07.85
2	Speeney, Michael	Patriot High	1:07.28
3	Daly, Jack	Patriot High	1:06.90
4	Gallant, Austin	Battlefield	1:07.25
5	Hastings, Zach	Battlefield	1:07.70
6	Jones, Warren	Osborn	1:08.03

**Event 27 Men 1000 Meter Run (19)**

Rec: 2:25.81 2/18/2016 Brandon McGorty			
Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Morris, Joseph	Battlefield	2:42.47
2	Smith, Patrick A	George C. Ma	2:42.62
3	Bunch, Bradley	Herndon	2:43.03
4	Shaffer, Zachary	Battlefield	2:43.10
5	Joumas, Stephen	Battlefield	2:43.46
6	Marlow, Patrick	Chantilly	2:43.47
7	Gulati, Sahil	Patriot High	2:44.19
8	Lopez Del Pino, Ben	Osborn	2:47.27
9	Polhamus, Liam	Patriot High	2:47.66
<b>Section 2 of 2 Finals</b>			
1	Moses, Justin	Westfield	2:34.52
2	Banerji, Lucas	Oakton	2:35.66
3	Shuttleworth, Bowen	Yorktown	2:35.98
4	Jemison, Xavier	McLean	2:36.68
5	Eggers, William	James Madiso	2:38.18
6	Shuttleworth, Reece	Yorktown	2:39.40
7	Ramirez, David	South Lakes	2:39.97
8	Cyr, Wyatt	Chantilly	2:40.75
9	Messaros, Zach	Oakton	2:41.28
10	Blackwell, William	George C. Ma	2:42.29

**Event 28 Men 300 Meter Dash (25)**

Rec: 34.37 2/18/2016 Noah Lyles			
Lane	Name	School	Seed Time
<b>Section 1 of 5 Finals</b>			
2	Dublin, Richard	Centreville	38.67
3	Refai, Adam	Oakton	38.58
4	Ferdinand, Zach	Westfield	38.64
<b>Section 2 of 5 Finals</b>			
2	Nickens, Carrington	Centreville	38.39
3	Schlier, Eric C	George C. Ma	38.11
4	Hirani, Rohan	Oakton	38.38
5	Koroma, Abdul	Centreville	38.46
<b>Section 3 of 5 Finals</b>			
1	Johnson, Dean	Herndon	37.79
2	Saben, Clark	Chantilly	37.48
3	Romero, Harold	Herndon	37.12
4	Hughes, Tanner M	George C. Ma	37.12
5	Napolitano, Nicky	South Lakes	37.65
6	Ahmed, Hanan	Herndon	38.08
<b>Section 4 of 5 Finals</b>			
1	Snyder, Bryce	Westfield	36.77
2	Henley, Dorryen	Patriot High	36.48
3	Hackerson, Noah	Patriot High	36.36
4	Gallant, Austin	Battlefield	36.38
5	Beckett, Galen	Battlefield	36.59
6	Washington, Jordan	Battlefield	36.79
<b>Section 5 of 5 Finals</b>			
1	Ream, Patrick	Battlefield	36.18
2	Jones, Warren	Osborn	36.12
3	Garcia Lopez, Jonathan	Osborn	35.63
4	Waller, Kaden	Battlefield	35.89
5	Freeman, Lewis	Osborn Park	36.14
6	Cheng, Kevin	Langley	36.29

## 2019 North Region D Indoor Championship - 2/11/2019 to 2/13/2019

PG County SportsPlex  
Meet Program**Event 29 Men 3200 Meter Run (18)**

Rec: 9:13.21 2/24/2007 Mike Spooner

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Murphy, Kevin	James Madiso	9:41.72
2	Hamacher, Ryan	Patriot High	9:42.21
3	Hamacher, Jacob	Patriot High	9:43.69
4	McCauley, Colin	Herndon	9:43.95
5	Sriver, Justin	Patriot High	9:48.20
6	LaCava, Mason	Stonewall Ja	9:49.60
7	Morse, Zachary	Oakton	9:51.06
8	Warstler, Calvin	South Lakes	9:55.36
9	Hanfi, Liban	Herndon	9:57.57
10	Tikhe, Arnav	Oakton	9:57.85
11	Adams, Joe	Westfield	10:00.31
12	Walls, Ethan	Oakton	10:03.96
13	Puhek, Joshua	Chantilly	10:04.45
14	Lebahn, Kyle	Westfield	10:05.42
15	Wagner, Jack	Battlefield	10:07.50
16	Bunch, Bradley	Herndon	10:16.70
17	Anthony, Duncan	Herndon	10:19.90
18	McIllece, Daniel	Osborn Park	10:29.40

**Event 30 Men 4x400 Meter Relay (10)**

Rec: 3:24.52 2/22/2003 Westfield High

P Tondereau, A Tondereau, C Courson, C Black

Lane	Team	Relay	Seed Time
<b>Section 1 of 2 Finals</b>			
2	Osborn Park	A	3:41.23
	1) Bilbo, Jeffrey	2) Freeman, Lewis	
	3) Gabel, Sutter	4) Homere, David	
	5) Stephenson, Nathaniel	6) Waheed, Meelod	
	7) Jones, Keyonte	8) Conrad, Drake	
3	Centreville	A	3:37.37
	1) Dublin, Richard	2) Heitman, Elijah	
	3) Ibadin, Oseremen	4) Koroma, Bakai	
4	Yorktown	A	3:40.21
	1) Burke, Matthew	2) Landefeld, Porter	
	3) Moeller, Paul	4) Shuttleworth, Reece	
	5) Velikonja, Albert	6) Foti, Thomas	
5	McLean	A	3:42.20
	1) Truver, Flinn	2) Sigel, Nathan	
	3) Himes, Ethan	4) Malouche, Aziz	
	5) Jemison, Xavier		

**Section 2 of 2 Finals**

1	George C. Ma	A	3:34.69
	1) Kennedy, Sanchir T	2) Malave, Sebastian N	
	3) Hughes, Tanner M	4) Schlier, Eric C	
	5) Sarnovsky, Adam	6) Smith, Patrick A	
2	South Lakes	A	3:32.17
3	Battlefield	A	3:29.64
	1) Washington, Jordan	2) McCarthy, Steven	
	3) McCarthy, Sean	4) Broiles, Winston	
	5) Archer, Logan	6) Waller, Kaden	
	7) Hastings, Zach	8) Gallant, Austin	
4	Patriot High	A	3:30.59
	1) Daly, Jack	2) Speeney, Michael	
	3) Allums, Bobby	4) Hackerson, Noah	
	5) Wilson, Marcus		
5	Westfield	A	3:33.76
	1) Bonilla, Jenson	2) Fahmy, Daniel	
	3) Ferdinand, Zach	4) Lanigan, Daniel	
	5) McConaghie, Shane	6) Moses, Justin	
	7) Snyder, Bryce	8) Weber, Zachary	
6	Chantilly	A	3:36.65
	1) Davenport, Trosoadas	2) Cyr, Wyatt	
	3) Pandal, Carlos	4) Saben, Clark	
	5) Henry, Tyjuan		

**Individual Meet Entries Report**

**6A Northern Regional D 11-Feb-19 to 13-Feb-19 [Ageup: 1/11/2019]  
George C. Marshall High [GCM]**

**Falls Church, VA 22043**

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

**WOMEN**

<b>Bardach, Natalie M (19)</b>	<b>George C. Marshall Hi</b>	<b>Stuart, Delaney E (19)</b>	<b>George C. Marshall Hi</b>
# 11 Women 4x800m Relay A		# 8 Women Shot Put	35-10.25
# 23 Women 1000m Run	3:01.78	<b>Sullivan, Caroline A (21)</b>	<b>George C. Marshall Hi</b>
# 29 Women 4x400m Relay A		# 11 Women 4x800m Relay A	
<b>Battista, Emma A (22)</b>	<b>George C. Marshall Hi</b>	<b>Tarutani, Avery L (22)</b>	<b>George C. Marshall Hi</b>
# 27 Women 3200m Run	13:19.06	# 17 Women 4x200m Relay A	
<b>Berliner, Isabella A (19)</b>	<b>George C. Marshall Hi</b>	<b>Tedesco, Sophie E (20)</b>	<b>George C. Marshall Hi</b>
# 17 Women 4x200m Relay A		# 11 Women 4x800m Relay A	
# 25 Women 300m Dash	45.00	# 19 Women 1600m Run	5:18.41
<b>Bir, Grace E (20)</b>	<b>George C. Marshall Hi</b>	<b>Viskupic, Olivia R (22)</b>	<b>George C. Marshall Hi</b>
# 17 Women 4x200m Relay A		# 27 Women 3200m Run	13:10.84
# 25 Women 300m Dash	41.33		
# 29 Women 4x400m Relay A			
<b>Bol, Jamie R (21)</b>	<b>George C. Marshall Hi</b>		
# 11 Women 4x800m Relay A			
<b>Epstein, Elizabeth (21)</b>	<b>George C. Marshall Hi</b>		
# 11 Women 4x800m Relay A			
# 21 Women 500m Dash	1:19.44		
# 29 Women 4x400m Relay A			
<b>Hamilton, Kristen A (19)</b>	<b>George C. Marshall Hi</b>		
# 15 Women 55m Dash	7.68		
# 17 Women 4x200m Relay A			
# 25 Women 300m Dash	43.60		
# 29 Women 4x400m Relay A			
<b>Hughes, Rylie B (22)</b>	<b>George C. Marshall Hi</b>		
# 17 Women 4x200m Relay A			
# 29 Women 4x400m Relay A			
<b>Johnson, Simien D (19)</b>	<b>George C. Marshall Hi</b>		
# 2 Women High Jump	4-06.00		
<b>Jones-Suggs, Makayla R (21)</b>	<b>George C. Marshall Hi</b>		
# 17 Women 4x200m Relay A			
<b>Lee, Anabelle R (19)</b>	<b>George C. Marshall Hi</b>		
# 17 Women 4x200m Relay A			
# 21 Women 500m Dash	1:24.68		
# 29 Women 4x400m Relay A			
<b>Lee, Claire J (21)</b>	<b>George C. Marshall Hi</b>		
# 11 Women 4x800m Relay A			
<b>Lewis, Noelle Z (20)</b>	<b>George C. Marshall Hi</b>		
# 2 Women High Jump	4-07.00		
<b>Orozco, Nina S (19)</b>	<b>George C. Marshall Hi</b>		
# 29 Women 4x400m Relay A			
<b>Smith, Lena G (20)</b>	<b>George C. Marshall Hi</b>		
# 11 Women 4x800m Relay A			
# 23 Women 1000m Run	3:22.64		
<b>Smith, Sydney M (20)</b>	<b>George C. Marshall Hi</b>		
# 11 Women 4x800m Relay A			
# 19 Women 1600m Run	5:33.01		
# 23 Women 1000m Run	3:16.58		

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**Individual Meet Entries Report**
**6A Northern Regional D 11-Feb-19 to 13-Feb-19 [Ageup: 1/11/2019]**
**George C. Marshall High [GCM]**

<b>MEN</b>
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<b>Adubi, Paul B (19)</b>	<b>George C. Marshall Hi</b>
# 7 Men Shot Put	39-00.00
<b>Blackwell, William (20)</b>	<b>George C. Marshall Hi</b>
# 24 Men 1000m Run	2:42.29
<b>Gatti, Alessandro (20)</b>	<b>George C. Marshall Hi</b>
# 7 Men Shot Put	41-06.00
<b>Hughes, Tanner M (19)</b>	<b>George C. Marshall Hi</b>
# 16 Men 55m Dash	6.91
# 18 Men 4x200m Relay A	
# 26 Men 300m Dash	37.12
<b>Kennedy, Sanchir T (19)</b>	<b>George C. Marshall Hi</b>
# 22 Men 500m Dash	1:08.17
# 30 Men 4x400m Relay A	
<b>Legendyk, Marco A (21)</b>	<b>George C. Marshall Hi</b>
# 12 Men 4x800m Relay A	
<b>Malave, Sebastian N (21)</b>	<b>George C. Marshall Hi</b>
# 20 Men 1600m Run	4:33.57
# 30 Men 4x400m Relay A	
<b>Nayfeh, Omar (21)</b>	<b>George C. Marshall Hi</b>
# 18 Men 4x200m Relay A	
<b>Qureshi, Aamir Z (21)</b>	<b>George C. Marshall Hi</b>
# 18 Men 4x200m Relay A	
<b>Sarnovsky, Adam (21)</b>	<b>George C. Marshall Hi</b>
# 18 Men 4x200m Relay A	
# 22 Men 500m Dash	1:10.77
# 30 Men 4x400m Relay A	
<b>Schlier, Eric C (19)</b>	<b>George C. Marshall Hi</b>
# 14 Men 55m Hurdles	8.32
# 18 Men 4x200m Relay A	
# 26 Men 300m Dash	38.11
<b>Schmid, Spencer T (21)</b>	<b>George C. Marshall Hi</b>
# 12 Men 4x800m Relay A	
<b>Smith, Benjamin S (19)</b>	<b>George C. Marshall Hi</b>
# 20 Men 1600m Run	4:27.32
<b>Smith, Patrick A (21)</b>	<b>George C. Marshall Hi</b>
# 20 Men 1600m Run	4:39.64
# 24 Men 1000m Run	2:42.62
# 30 Men 4x400m Relay A	
<b>Togher, Collin (22)</b>	<b>George C. Marshall Hi</b>
# 12 Men 4x800m Relay A	
# 30 Men 4x400m Relay A	
<b>Tryon, Wilson W (20)</b>	<b>George C. Marshall Hi</b>
# 18 Men 4x200m Relay A	
# 30 Men 4x400m Relay A	
<b>Urdaneta, Luis A (21)</b>	<b>George C. Marshall Hi</b>
# 12 Men 4x800m Relay A	

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**Individual Meet Entries Report****6A Northern Regional D 11-Feb-19 to 13-Feb-19 [Ageup: 1/11/2019]****George C. Marshall High [GCM]**

<b>Female IE's:</b>	<b>16</b>	<b>Female RE's:</b>	<b>22</b>
<b>Male IE's:</b>	<b>13</b>	<b>Male RE's:</b>	<b>16</b>
<b>Total IE's:</b>	<b>29</b>	<b>Total RE's:</b>	<b>38</b>
<b>Total Athletes:</b>	<b>38</b>		