

**2019 6 C and D Region
OUTDOOR TRACK & FIELD
CHAMPIONSHIPS**

- DATE:** Wednesday, May 22 and Thursday, May 23, 2019
- LOCATION:** Robinson Secondary School, 5035 Sideburn Rd., Fairfax, VA 22032
- ADMISSION:** General Admission - \$7.00 students \$5.00
- PRE-SEASON MEETING:** TBA (In-person) for the rules clinic and followed by pre-season meeting.
- AWARDS:** Championship and Runner-Up Team Trophies – Medals for first, second, third places for individual events, and for first, second and third for relays. Duplicate awards for ties. NOTE: THE VHSL NOW ADVANCES THE TOP 4 INDIVIDUALS AND THE TOP 4 RELAYS FROM THE REGION MEET TO THE STATE MEET.
- NOTES:** The one minute rule will apply in all field events. DO NOT BRING YOUR OWN BLOCKS. Each school must bring their own batons, discus, shots, pole vault poles, water, towels, and safety pins.
- SCRATCH MEETING:** Monday, May 20th, 2019 at 6:30pm at Robinson Secondary in the gold cafeteria.
- REPORTING FOR EVENTS:** Each contestant in a running event shall report to the clerk of course at the first call. Failure to report by the third call will result in a scratch. Each individual declared for participation must actually participate.
- CALL FOR EVENTS:** First call – 15 minutes prior to the scheduled time of event
Second call – 10 minutes prior to the scheduled time of event
Third call – 5 minutes prior to the scheduled time of event
- UNIFORMS:** Team members shall wear the school uniform. A competitor must be in the proper track uniform and wearing his contestant number (when numbers are used) before he will be permitted to compete. Numbers, when worn, shall be attached to the front of the jersey for all events. In relay events each team member shall wear the same color and design school uniform (jersey and trunks). When more than one team member wears other apparel under the jersey, that apparel must be identical.
- NUMBERS:** The numbers and other official materials will be distributed to the coaches at the press box prior to the start of the meet.
- CONTROL OF THE FIELD:** Each coach is asked to keep his squad in the stands, off the track and out of the infield, except when an individual is warming up or participating in an event. **The only people allowed on the infield are those with identification tags indicating an official capacity in the meet. No shots or discus are allowed in the stands.**
- WARM-UP** Coaches are asked to instruct their athletes to warm up on the upper fields. In the field events, as much as possible, have your athletes' warm-up prior to the first call for the event. Please keep athletes in the stands except when they are warming up or are competing.
- Final Advancement Formula** **Advancement to the races with 1 section final will be: The winner of each semifinal heat and the next (X) fastest times (number needed to complete the 8 finalists). Seeding for finals will be based on place then time from semifinals.**
- RELAY EXCHANGES:** Sliding relay exchanges will be used in the 4 * 400 and 4 * 800 Relays, (i.e., the team leading off the last turn will have the pole, second off the turn, the second lane, etc. – 4 * 400 will be run on a 3 turn stagger so this only applies to last 2 exchanges). **IN LANE EVENTS COMPETITORS MUST RETURN TO THE FINISH LINE AND REMAIN IN THEIR RESPECTIVE LANES UNTIL THE JUDGES HAVE REACHED THEIR DECISION AS TO THE WINNER.**
- AWARDS:** Individual medals for running and field events will be presented to teams at the end of the meet. Team trophy will be presented after the 1600-meter relay.
- DISCUS& SHOT:** Shots and Discus will be weighed and certified by Head Field Judge.

LONG JUMP & TRIPLE JUMP: Three jumps in the trials and three jumps in the finals.

HIGH JUMP & POLE VAULT: Starting height will be determined by the games committee. Vaulters must be weighed in by Head Judge.

REGION OUTDOOR TRACK & FIELD CHAMPIONSHIP SCHEDULE

WEDNESDAY, MAY 22

4:00 p.m. Coaches Meeting
Weigh in Discus/Shot
Pole Vault Verification

4:30 p.m. Boys Discus Region C then D
Girls Shot Region D (Pounder, Stuart) then C
Boys Long Jump Region C then D
Girls Long Jump Region D (Manise, Moskowitz) then C
Girls High Jump Region C then D (Lewis, Becker)
Boys Pole Vault Region D then C

6:00 p.m. 100m/110m Hurdles-Prelims (Schlier)
6:30 p.m. 100m Dash-Prelims (Hamilton)
6:55 p.m. 3200m RELAY FINALS
(Lagendyk, Miller, C. Smith, Sweeney)
(Epstein, Sullivan, Dontigny, Battista, Lee, Natalie)

7:50 p.m. 200m Dash-Prelims (Hughes, Berliner)
8:10 p.m. 3200 Meter Run (Smith, Tedesco)

THURSDAY, MAY 23

4:00 p.m. Coaches Meeting
Weigh in Discus/Shot
Pole Vault Verification

4:30 p.m. Girls Discus Region C then D
Boys Shot Region D (Gatti, Adubi) then C
Boys Triple Jump Region C then D (Yeboah)
Girls Triple Jump Region D then C
Boys High Jump Region C then D (Thompson)
Girls Pole Vault Region D then C

5:25 p.m. NATIONAL ANTHEM

RUNNING FINALS

5:30 p.m. 100m/110m Hurdles (Schlier)
5:50 p.m. 100m Dash (Hamilton)
6:10 p.m. 1600m Run (Bardach, S. Smith, Tedesco, B. Smith)
6:50 p.m. 400m Relay
7:20 p.m. 400m Dash (Bir, Hughes, A. Lee, Sarnovsky)
8:00 p.m. 300m Hurdles (Tarutani, Jones-Suggs, Schlier)
8:40 p.m. 800m Run (Bardach, C. Lee, B. Smith, P. Smith, Kennedy, Malave)
9:05 p.m. 200m Dash (Berliner, Hughes)
9:20 p.m. 1600m Relay
10:00 p.m. TEAM AWARDS

REGION OUTDOOR TRACK & FIELD CHAMPIONSHIP SCHEDULE

WEDNESDAY, MAY 22

4:00 p.m.	Coaches Meeting Weigh in Discus/Shot Pole Vault Verification
4:30 p.m.	Boys Discus Region C then D Girls Shot Region D then C Boys Long Jump Region C then D Girls Long Jump Region D then C Girls High Jump Region C then D Boys Pole Vault Region D then C
6:00 p.m.	100m/110m Hurdles-Prelims
6:30 p.m.	100m Dash-Prelims
6:55 p.m.	3200m RELAY FINALS
7:50 p.m.	200m Dash-Prelims
8:10 p.m.	3200 Meter Run

THURSDAY, MAY 23

4:00 p.m.	Coaches Meeting Weigh in Discus/Shot Pole Vault Verification
4:30 p.m.	Girls Discus Region C then D Boys Shot Region D then C Boys Triple Jump Region C then D Girls Triple Jump Region D then C Boys High Jump Region C then D Girls Pole Vault Region D then C
5:25 p.m.	NATIONAL ANTHEM
5:30 p.m.	<u>RUNNING FINALS</u> 100m/110m Hurdles
5:50 p.m.	100m Dash
6:10 p.m.	1600m Run
6:50 p.m.	400m Relay
7:20 p.m.	400m Dash
8:00 p.m.	300m Hurdles
8:40 p.m.	800m Run
9:05 p.m.	200m Dash
9:20 p.m.	1600m Relay
10:00 p.m.	TEAM AWARDS

2019 Region 6A C and D Region Championship - 5/22/2019 to 5/23/2019

Robinson Secondary School
Meet Program**Event 35 Girls High Jump Northern**

4'10", 2" to 5'6, 1" thereafter

Langley Provides Helpers

6A NOR REC: 5-11 5/19/1978 Dale Wallace/2017 Sydney Banks
 6A State: 5-00
 6A NOR: 4-10

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	836 Redding, Olivia	Oakton	4-06.00
2	838 Schmitz, Olivia	Oakton	4-06.00
3	682 Becker, Nicola J	George C. Ma	4-07.00
4	563 Lambert, Alexis	Battlefield	4-08.00
5	650 Dougherty, Kylie	Chantilly	4-08.00
6	692 Lewis, Noelle Z	George C. Ma	4-09.00
7	745 Markley, Kayla	James Madiso	4-10.00
8	554 Clough, Lyndsie	Battlefield	4-10.00
9	1007 Tinsley, Yasmeeen	Washington-L	4-10.00
10	776 Richardson, Hannah	Langley	4-10.00
11	783 Windus, Sara	Langley	4-10.00
12	770 Keys, Caroline	Langley	4-10.00
13	919 Demby, Justice	Patriot High	5-00.00
14	924 Moseley, Madison	Patriot High	5-00.00
15	866 Pack, Azaria	Osborn	5-00.00
16	777 Singireddy, Saanvi	Langley	5-00.00
17	951 Cuthill, Mira	South Lakes	5-00.00
18	868 Prosper, Talia	Osborn	5-00.00
19	967 Van Haaren, Samantha	South Lakes	5-02.00
20	639 Allamby, Josephine	Chantilly	5-02.00
21	807 Hecker, Maddy	McLean	5-02.00
22	813 Tvedt, JaneAnne	McLean	5-04.00
23	882 Banks, Sydney	Osborn Park	5-10.00

Event 36 Boys High Jump Northern

5'8", 2" to 6'2", 1" thereafter

GC Marshall Provides Helpers

6A NOR REC: 6-11 5/26/1983 Eric Hairston
 6A State: 6-02
 6A NOR: 5-09

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	589 Gallant, Austin	Battlefield	5-04.00
2	858 Richlin, Alex	Oakton	5-06.00
3	629 Fall, David	Centreville	5-06.00
4	819 Mizusawa, Eric	McLean	5-08.00
5	625 Carleton, Phillip	Centreville	5-08.00
6	982 Miller, Caleb	South Lakes	5-08.00
7	621 Andersen, Nick	Centreville	5-10.00
8	872 Blanco, Elmer	Osborn	5-10.00
9	945 Wilson, Marcus	Patriot High	5-10.00
10	1055 Woodley, Bizzet	Westfield	5-10.00
11	1068 Barrett, Mikhail	Yorktown	5-10.00
12	1017 Male, Charles	Washington-L	5-10.00
13	721 Thompson, Ian L	George C. Ma	6-00.00
14	1075 Patterson, Maxwell	Yorktown	6-00.00
15	786 Boiardi, Briton	Langley	6-02.00

Event 37 Girls Pole Vault Northern

8'3", 6" to 10'3", 3" thereafter

Westfield Provides Helpers

6A NOR REC: 12-06 5/23/2013 Felecia Majors
 6A State: 9-09
 6A NOR: 8-09

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	960 LaRow, Grace	South Lakes	6-06.00
2	768 Hou, Leanne	Langley	7-00.00
3	837 Schmitz, Audrey	Oakton	7-00.00
4	823 Forbes, Sofia	Oakton	7-00.00
5	563 Lambert, Alexis	Battlefield	7-03.00
6	554 Clough, Lyndsie	Battlefield	7-03.00
7	640 Aronhime, Caroline	Chantilly	7-06.00
8	747 Rothrock, Emily	James Madiso	7-09.00
9	844 Williams, Hannah	Oakton	8-00.00
10	552 Bussell, Hana	Battlefield	8-03.00
11	559 Johnson, Deyna	Battlefield	8-03.00
12	1032 Serafin, Piper	Westfield	8-09.00
13	952 DiBiase, Amelia	South Lakes	9-00.00
14	921 Grant, Ariana	Patriot High	9-01.00
15	770 Keys, Caroline	Langley	10-00.00
16	887 Pullen, Margaret	Osborn Park	10-03.00
17	842 Upright, Elizabeth	Oakton	10-09.00
18	776 Richardson, Hannah	Langley	11-00.00

2019 Region 6A C and D Region Championship - 5/22/2019 to 5/23/2019

Robinson Secondary School
Meet Program**Event 38 Boys Pole Vault Northern**

12'3", 6" to 14'3", 3" thereafter

Westfield Provides Helpers

6A NOR REC: 16-04 5/24/2002 David Sullivan
 6A State: 12-09
 6A NOR: 12-00

Pos	Name	School	Seed Mark	
Flight 1 of 1 Finals				
1	668 Hogan, Glenn	Chantilly	9-06.00	_____
2	677 Vilone, Maher	Chantilly	9-06.00	_____
3	801 Wang, Kevin	Langley	10-00.00	_____
4	785 Bendewald, Ryker	Langley	10-00.00	_____
5	1052 Schlatter, Sam	Westfield	10-06.00	_____
6	762 Reimann, Jake	James Madiso	10-06.00	_____
7	738 Nielsen, Joshua	Herndon	10-06.00	_____
8	971 Allison, Thomas	South Lakes	10-06.00	_____
9	901 Kunz, Jared	Osborn Park	11-00.00	_____
10	893 Bellows, Blake	Osborn Park	11-00.00	_____
11	590 Goetz, Reese	Battlefield	12-00.00	_____
12	586 Davidson, Jonas	Battlefield	12-00.00	_____
13	814 Fan, Aaron	McLean	12-03.00	_____
14	980 Luu, Jonathan	South Lakes	12-09.00	_____
15	797 Surratt, Alex	Langley	12-09.00	_____
16	796 Miner, Thomas	Langley	12-09.00	_____
17	585 Collins, Matt	Battlefield	12-09.00	_____
18	978 Levy-Myers, Asher	South Lakes	13-03.00	_____
19	791 Hao, Camden	Langley	13-03.00	_____
20	851 Gustafson, Harry	Oakton	13-06.00	_____
21	859 Scott, Nicholas	Oakton	13-06.00	_____
22	610 Westerfield, Jacob	Battlefield	13-09.00	_____
23	1044 Georges, Zachary	Westfield	14-00.00	_____
24	847 Cherry, Ryan	Oakton	14-03.00	_____
25	602 Prue, Dakota	Battlefield	14-09.00	_____
26	597 Lynch, Tyler	Battlefield	15-00.00	_____

Event 39 Girls Long Jump Northern

Battlefield Provides Helpers

6A NOR REC: 20-04.50 5/22/2008 Tynita Butts
 6A State: 17-06.50
 6A NOR: 16-02

Pos	Name	School	Seed Mark	
Flight 1 of 2 Finals				
1	694 Moskowitz, Dana J	George C. Ma	15-04.50	_____
2	836 Redding, Olivia	Oakton	15-05.75	_____
3	1026 Chen, Gracie	Westfield	15-06.50	_____
4	996 Alleyne, Kristen	Washington-L	15-08.00	_____
5	693 Manise, Genevieve E	George C. Ma	15-11.00	_____
6	969 Williams, Kristen	South Lakes	16-02.50	_____
7	1009 Wyman, Ella	Washington-L	16-04.00	_____
8	998 Brookover, Lucy	Washington-L	16-04.00	_____
9	651 Eaton, Amaya	Chantilly	16-04.75	_____
10	867 Pack, Oasis	Osborn	16-05.00	_____
11	868 Prosper, Talia	Osborn	16-05.00	_____
12	746 Ramey, Abigail	James Madiso	16-05.00	_____
13	616 Koroma, Doussou	Centreville	16-05.00	_____
14	649 Cooper, Emera	Chantilly	16-05.25	_____
Flight 2 of 2 Finals				
1	965 Post, Nicole	South Lakes	16-07.50	_____
2	561 Kannon, Madyson	Battlefield	16-08.50	_____
3	564 Mancinelli, Kristen	Battlefield	16-08.75	_____
4	865 Delaney, Love	Osborn	16-10.50	_____
5	776 Richardson, Hannah	Langley	17-03.50	_____
6	919 Demby, Justice	Patriot High	17-06.00	_____
7	924 Moseley, Madison	Patriot High	17-06.00	_____
8	920 Glenn, Kamryn	Patriot High	17-08.50	_____
9	888 Reynolds, Skyler	Osborn Park	17-11.50	_____
10	1002 Mesa, Giulia	Washington-L	18-01.00	_____
11	968 Waller, Hannah	South Lakes	18-07.50	_____
12	885 Ogawa, Megan	Osborn Park	18-09.50	_____
13	1031 Seetoo, Emma	Westfield	19-01.50	_____

Event 40 Boys Long Jump Northern

Centreville Provides Helpers

6A NOR REC: 24-05.50 5/24/1989 Allen Johnson
 6A State: 21-10
 6A NOR: 20-05.25

Pos	Name	School	Seed Mark	
Flight 1 of 2 Finals				
1	874 Lordsamba, Andy	Osborn	19-08.50	_____
2	667 Harper, Matthew	Chantilly	20-01.00	_____
3	665 Davenport, Trosoadas	Chantilly	20-02.25	_____
4	735 Johnson, Dean	Herndon	20-02.75	_____
5	1046 Hinton, Saadiq	Westfield	20-04.00	_____
6	941 Marks, Brendin	Patriot High	20-05.50	_____
7	940 Marcelle, Jahmia	Patriot High	20-07.00	_____

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Robinson Secondary School

Meet Program

Flight 2 of 2 Finals...(Event 40 Boys Long Jump Northern)

1	1017 Male, Charles	Washington-L	20-08.50	_____
2	853 Huang, Ian	Oakton	20-09.00	_____
3	754 Eggers, William	James Madiso	20-11.50	_____
4	973 Cooley, Jackson	South Lakes	21-00.25	_____
5	580 Beckett, Galen	Battlefield	21-00.50	_____
6	1018 McBride, Liam	Washington-L	21-02.00	_____
7	788 Cheng, Kevin	Langley	21-03.00	_____
8	945 Wilson, Marcus	Patriot High	21-05.00	_____
9	727 Abdelrahman, Mohamad	Herndon	22-09.00	_____
10	635 Nickens-Yzer, Carrington	Centreville	22-11.25	_____

Event 41 Girls Triple Jump Northern**Washington-Lee Provides Helpers****6A NOR REC: 41-10.75 5/15/1987 Dana Boone****6A State: 37-05****6A NOR: 34-05.25**

Pos	Name	School	Seed Mark	
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Flight 1 of 2 Finals

1	870 Williams, Jasmine	Osborn	32-03.50	_____
2	989 Oyebade, Esther	Stonewall Ja	32-06.00	_____
3	639 Allamby, Josephine	Chantilly	32-06.50	_____
4	996 Alleyne, Kristen	Washington-L	33-09.00	_____
5	924 Moseley, Madison	Patriot High	34-02.50	_____
6	1009 Wyman, Ella	Washington-L	34-03.75	_____
7	810 Shen, Stella	McLean	34-06.00	_____
8	777 Singireddy, Saanvi	Langley	34-07.00	_____

Flight 2 of 2 Finals

1	836 Redding, Olivia	Oakton	34-08.25	_____
2	651 Eaton, Amaya	Chantilly	34-10.50	_____
3	969 Williams, Kristen	South Lakes	34-11.00	_____
4	1034 Tinsley, Ayonnah	Westfield	34-11.75	_____
5	1006 Stewart, Rebecca	Washington-L	35-04.50	_____
6	578 Wooten, Maya	Battlefield	35-08.00	_____
7	1002 Mesa, Giulia	Washington-L	36-02.00	_____
8	885 Ogawa, Megan	Osborn Park	36-06.50	_____
9	1031 Seetoo, Emma	Westfield	36-09.75	_____
10	968 Waller, Hannah	South Lakes	39-01.00	_____

Event 42 Boys Triple Jump Northern**Herndon Provides Helpers****6A NOR REC: 49-04 5/24/1989 James Colbert****6A State: 44-01****6A NOR: 41-09.50**

Pos	Name	School	Seed Mark	
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Flight 1 of 2 Finals

1	1042 Brennan, Leo	Westfield	38-04.00	_____
2	1045 Hill, Justin	Westfield	38-08.75	_____
3	580 Beckett, Galen	Battlefield	38-09.00	_____
4	977 Kurtu, Hussen	South Lakes	39-01.00	_____
5	991 Johnson, Jeremiah	Stonewall Ja	39-01.50	_____
6	944 Stubbs, Mason	Patriot High	39-05.50	_____
7	798 Sutton, Zachary	Langley	39-07.00	_____
8	946 Yaeger, Jacob	Patriot High	39-09.00	_____
9	1017 Male, Charles	Washington-L	40-00.00	_____
10	625 Carleton, Phillip	Centreville	40-02.00	_____

Flight 2 of 2 Finals

1	623 Baugh, Dahntay	Centreville	40-04.75	_____
2	759 Morgan, Eric	James Madiso	40-07.00	_____
3	724 Yeboah, Emmanuel K	George C. Ma	40-08.50	_____
4	605 Russell, Todd	Battlefield	41-03.00	_____
5	818 Malouche, Aziz	McLean	41-05.00	_____
6	1022 Ray, Phillip	Washington-L	41-05.50	_____
7	588 DiBassinga, Brian	Battlefield	41-08.00	_____
8	1055 Woodley, Bizzet	Westfield	42-00.50	_____
9	871 An'Nur, Malik	Osborn	42-07.00	_____
10	727 Abdelrahman, Mohamad	Herndon	47-06.50	_____

Event 43 Girls Discus Throw Northern**Osborn Provides Helpers****6A NOR REC: 146-04 5/16/1996 Kristy Martin****6A State: 110-10****6A NOR: 96-01**

Pos	Name	School	Seed Mark	
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Flight 1 of 2 Finals

1	568 Miller, Chase	Battlefield	68-03	_____
2	613 Eddy, Natalie	Centreville	72-07	_____
3	831 Montes, Sophia	Oakton	73-03	_____
4	641 Ashby, Charlotte	Chantilly	73-11	_____
5	808 Hensley, Reese	McLean	76-02	_____
6	812 Tuvaan, Victoria	McLean	78-04	_____
7	644 Bumgardner, Alani	Chantilly	78-10	_____
8	569 Nisbet, Daniell	Battlefield	79-02	_____
9	950 Brown, Sarah Jane	South Lakes	81-03	_____
10	1067 Tucker, Lauren	Yorktown	82-00	_____

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Robinson Secondary School
Meet Program**Flight 2 of 2 Finals...(Event 43 Girls Discus Throw Northern)**

1	652 Fish, Sydney	Chantilly	83-09	_____
2	742 Ceynowa, Alaina	James Madiso	84-03	_____
3	1062 Kwiterovich, Virginia	Yorktown	85-06	_____
4	697 Stuart, Delaney E	George C. Ma	85-10	_____
5	1005 Sandiford, Juliana	Washington-L	89-01	_____
6	869 Salomon, Amani	Osborn	95-06	_____
7	551 Arthur, Merom	Battlefield	97-00	_____
8	702 Wan, Annaliese	George C. Ma	102-07	_____
9	913 Anonyuo, Nonnie	Patriot High	109-07	_____
10	880 Antwi, Barbara	Osborn Park	110-03	_____

Event 44 Boys Discus Throw Northern**McLean/Oakton Provides Helpers**

6A NOR REC:	183-00	5/20/1976	Phil Vincenzes
6A State:	142-04		
6A NOR:	128-05		

Pos	Name	School	Seed Mark	
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Flight 1 of 2 Finals

1	817 Jenkins, William	McLean	103-03	_____
2	676 Rogers, Bryan	Chantilly	105-04	_____
3	792 Illoh, Dike	Langley	106-05	_____
4	750 Almquist, Ryan	James Madiso	106-07	_____
5	636 Pascoe, Andrew	Centreville	108-10	_____
6	790 Endean, Daniel	Langley	112-08	_____
7	905 Nitganzwa, Dante	Osborn Park	113-05	_____
8	798 Sutton, Zachary	Langley	114-01	_____

Flight 2 of 2 Finals

1	877 Ramirez, Dylan	Osborn	116-05	_____
2	663 Clark, Jason	Chantilly	117-02	_____
3	906 Owusu-Appiah, Isaac	Osborn Park	117-10	_____
4	930 Birge, Tyler	Patriot High	120-11	_____
5	1039 Alexander-Goldsmith, Jc	Westfield	123-11	_____
6	1078 Vartanian, John	Yorktown	126-00	_____
7	600 McGee, Garrett	Battlefield	131-07	_____
8	589 Gallant, Austin	Battlefield	131-08	_____
9	858 Richlin, Alex	Oakton	140-00	_____
10	982 Miller, Caleb	South Lakes	141-08	_____

Event 45 Girls Shot Put Northern**Patriot Provides Helpers**

6A NOR REC:	45-02.25	5/29/2014	Galissia Cause
6A State:	36-09		
6A NOR:	34-00.25		

Pos	Name	School	Seed Mark	
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Flight 1 of 2 Finals

1	1062 Kwiterovich, Virginia	Yorktown	26-02.00	_____
2	1001 Johnson, Da'Mya	Washington-L	26-03.00	_____
3	961 Matthews, Beth	South Lakes	26-08.00	_____
4	725 Anane, Mercy	Herndon	27-04.50	_____
5	1027 De La Cruz, Paola	Westfield	27-11.75	_____
6	613 Eddy, Natalie	Centreville	28-00.00	_____
7	1005 Sandiford, Juliana	Washington-L	28-01.00	_____
8	649 Cooper, Emera	Chantilly	28-03.75	_____
9	695 Pounder, Sarah M	George C. Ma	29-06.00	_____
10	572 Sloan, Trinity	Battlefield	31-03.00	_____

Flight 2 of 2 Finals

1	950 Brown, Sarah Jane	South Lakes	31-03.50	_____
2	1033 Smoot, Leena	Westfield	31-06.00	_____
3	741 Bolinger, Abigail	James Madiso	32-11.00	_____
4	551 Arthur, Merom	Battlefield	33-06.50	_____
5	742 Ceynowa, Alaina	James Madiso	34-07.00	_____
6	556 Fort, Brittany	Battlefield	35-00.00	_____
7	923 Griffin, Briana	Patriot High	36-03.00	_____
8	697 Stuart, Delaney E	George C. Ma	37-04.00	_____
9	913 Anonyuo, Nonnie	Patriot High	38-00.75	_____
10	880 Antwi, Barbara	Osborn Park	39-08.25	_____

Event 46 Boys Shot Put Northern**Stonewall Jackson Provides Helpers**

6A NOR REC:	63-07.25	5/26/1997	Rodney Johnson
6A State:	49-02		
6A NOR:	44-09		

Pos	Name	School	Seed Mark	
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Flight 1 of 2 Finals

1	820 Varela, Nicky	McLean	36-10.00	_____
2	740 Yohannes, Elroe	Herndon	37-01.25	_____
3	979 Lister, Jon	South Lakes	38-04.50	_____
4	985 Semelfort, Immanuel	South Lakes	38-09.50	_____
5	1078 Vartanian, John	Yorktown	39-08.00	_____
6	676 Rogers, Bryan	Chantilly	40-03.75	_____
7	892 Arthur-Humphrey, Andrew	Osborn Park	41-05.50	_____
8	703 Adubi, Paul B	George C. Ma	41-08.50	_____
9	750 Almquist, Ryan	James Madiso	42-03.25	_____
10	663 Clark, Jason	Chantilly	42-04.50	_____
11	1050 Palmer, Thadius	Westfield	43-02.50	_____

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Flight 2 of 2 Finals...(Event 46 Boys Shot Put Northern)

1	929 Anonyuo, Bube	Patriot High	43-08.50	_____
2	628 Elrasheed, Mohamed	Centreville	43-09.00	_____
3	931 Brown, Blake	Patriot High	44-04.00	_____
4	671 Madaj, Jack	Chantilly	45-02.50	_____
5	589 Gallant, Austin	Battlefield	45-08.50	_____
6	906 Owusu-Appiah, Isaac	Osborn Park	46-00.50	_____
7	930 Birge, Tyler	Patriot High	46-01.50	_____
8	897 Gross, Garin	Osborn Park	46-09.00	_____
9	706 Gatti, Alessandro	George C. Ma	47-07.00	_____
10	982 Miller, Caleb	South Lakes	49-09.50	_____

Event 47 Girls 4x800 Meter Relay Northern

1-3 to the outside alley

6A NOR REC: 8:57.61 5/26/2016 Lake Braddock

S Browning, S Schwers, M Tippet, K Murphy

6A State: 9:35.54

6A NOR: 9:56.31

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	South Lakes	A	9:22.06	_____
2	George C. Ma	A	9:45.61	_____
3	Chantilly	A	9:48.77	_____
4	Battlefield	A	9:50.73	_____
5	McLean	A	9:50.97	_____
6	Langley	A	9:53.73	_____
7	Westfield	A	9:59.57	_____
8	Patriot High	A	10:04.57	_____
9	Oakton	A	10:09.64	_____

Event 48 Boys 4x800 Meter Relay Northern

1-3 to the outside alley

6A NOR REC: 7:46.58 5/28/2015 Lake Braddock

A Delvecchio, A Corbett, B Bergan, B Fogg

6A State: 8:07.66

6A NOR: 8:23.66

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	George C. Ma	A	7:50.70	_____
2	Oakton	A	7:59.17	_____
3	Westfield	A	8:02.98	_____
4	James Madiso	A	8:05.76	_____
5	Washington-L	A	8:06.80	_____
6	Battlefield	A	8:08.93	_____
7	Yorktown	A	8:09.95	_____
8	Herndon	A	8:16.01	_____
9	Chantilly	A	8:16.26	_____
10	Patriot High	A	8:22.63	_____
11	Centreville	A	8:23.48	_____
12	Osborn Park	A	8:29.65	_____

Event 49 Girls 100 Meter Hurdles Northern

Heat Winners Plus Next 5 Fastest to Finals

Robinson Provides Helpers

6A NOR REC: 14.10 5/26/2016 Lauren Hoffman

6A State: 15.17

6A NOR: 16.52

Lane	Name	School	Seed Time	
Heat 1 of 3 Prelims				
2	964 Pardo, Alana	South Lakes	16.96	_____
3	915 Brookman-Amisshah, Den	Patriot High	15.89	_____
4	563 Lambert, Alexis	Battlefield	15.57	_____
5	658 Soumahro, Jenay	Chantilly	15.59	_____
6	924 Moseley, Madison	Patriot High	15.99	_____
7	557 Gardner, Kamoni	Battlefield	17.07	_____
Heat 2 of 3 Prelims				
2	825 Hunt, Hannah	Oakton	16.89	_____
3	965 Post, Nicole	South Lakes	15.88	_____
4	918 Coe, Jasmine	Patriot High	15.33	_____
5	1002 Mesa, Giulia	Washington-L	15.81	_____
6	616 Koroma, Doussou	Centreville	16.06	_____
7	651 Eaton, Amaya	Chantilly	17.24	_____
Heat 3 of 3 Prelims				
2	746 Ramey, Abigail	James Madiso	16.51	_____
3	969 Williams, Kristen	South Lakes	15.86	_____
4	1007 Tinsley, Yasmeen	Washington-L	15.12	_____
5	813 Tvedt, JaneAnne	McLean	15.85	_____
6	560 Jones, Kayla	Battlefield	16.07	_____
7	642 Barbero, Marissa	Chantilly	17.94	_____

Event 50 Boys 110 Meter Hurdles Northern

Heat Winners Plus Next 5 Fastest to Finals

Robinson Provides Helpers

6A NOR REC: 13.74 6/2/2000 Rickey Harris

6A State: 15.41

6A NOR: 16.16

Lane	Name	School	Seed Time	
Heat 1 of 3 Prelims				
2	904 Mensah, Brian	Osborn Park	16.75	_____
3	594 Hoffman, Sean	Battlefield	16.24	_____
4	735 Johnson, Dean	Herndon	15.15	_____
5	1018 McBride, Liam	Washington-L	15.45	_____
6	987 Watson, William	South Lakes	16.25	_____
7	660 Boucher, Dylan	Chantilly	16.91	_____
Heat 2 of 3 Prelims				
2	581 Broiles, Winston	Battlefield	16.57	_____
3	1051 Phillips, Noah	Westfield	15.98	_____
4	583 Carlisle, Geoffrey	Battlefield	14.94	_____
5	630 Heitman, Elijah	Centreville	15.55	_____
6	633 Koroma, Bakai	Centreville	16.26	_____
7	1069 Bookbinder, Alexander	Yorktown	17.22	_____

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Heat 3 of 3 Prelims...(Event 50 Boys 110 Meter Hurdles Northern)

1	1073 Knight, Justin	Yorktown	17.49	_____
2	934 Gresham, Ian	Patriot High	16.44	_____
3	1055 Woodley, Bizzet	Westfield	15.91	_____
4	945 Wilson, Marcus	Patriot High	14.12	_____
5	715 Schlier, Eric C	George C. Ma	15.75	_____
6	674 O'Reilly, Tyler	Chantilly	16.34	_____
7	972 Bower, Ethan	South Lakes	17.30	_____

Event 51 Girls 100 Meter Dash Northern**Heat Winners Plus Next 6 Fastest to Finals**

6A NOR REC:	11.99	5/27/2005	Murielle Ahoure
6A State:	12.47		
6A NOR:	12.86		

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	649 Cooper, Emera	Chantilly	13.13	_____
2	917 Chisolm, Chelsea	Patriot High	12.79	_____
3	1064 Linville, Melody	Yorktown	12.68	_____
4	963 Mullings, Juvianadean	South Lakes	12.26	_____
5	1031 Seetoo, Emma	Westfield	12.46	_____
6	1029 Jones, Inaya	Westfield	12.71	_____
7	988 Ervin, Azjah	Stonewall Ja	12.83	_____
8	654 Jones, Claire	Chantilly	13.44	_____

Heat 2 of 2 Prelims

1	889 Thibodeau, Amaya	Osborn Park	12.97	_____
2	866 Pack, Azaria	Osborn	12.77	_____
3	958 Konadu, Rhema	South Lakes	12.57	_____
4	968 Waller, Hannah	South Lakes	11.99	_____
5	561 Kannon, Madyson	Battlefield	12.53	_____
6	919 Demby, Justice	Patriot High	12.75	_____
7	687 Hamilton, Kristen A	George C. Ma	12.89	_____
8	619 Sangari, Mabinty	Centreville	13.64	_____

Event 52 Boys 100 Meter Dash Northern**Heat Winners Plus Next 5 Fastest to Finals**

6A NOR REC:	10.46	5/26/2016	Noah Lyles
6A State:	11.25		
6A NOR:	11.39		

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

2	580 Beckett, Galen	Battlefield	11.36	_____
3	944 Stubbs, Mason	Patriot High	11.26	_____
4	908 Smoot, Anthony	Osborn Park	10.96	_____
5	973 Cooley, Jackson	South Lakes	11.03	_____
6	727 Abdelrahman, Mohamad	Herndon	11.26	_____
7	635 Nickens-Yzer, Carrington	Centreville	11.43	_____

Heat 2 of 3 Prelims

2	1074 Landefeld, Porter	Yorktown	11.36	_____
3	1046 Hinton, Saadiq	Westfield	11.20	_____
4	612 Zieleniewski, Kevin	Battlefield	10.93	_____
5	788 Cheng, Kevin	Langley	11.06	_____
6	665 Davenport, Trosoadas	Chantilly	11.27	_____
7	661 Brown, Davonte	Chantilly	11.46	_____

Heat 3 of 3 Prelims

2	632 Koroma, Abdul	Centreville	11.32	_____
3	911 Waheed, Meelod	Osborn Park	11.18	_____
4	939 Henley, Dorryen	Patriot High	10.80	_____
5	603 Ream, Patrick	Battlefield	11.08	_____
6	928 Allums, Bobby	Patriot High	11.27	_____
7	755 Finney, John	James Madiso	11.52	_____

Event 53 Girls 1600 Meter Run Northern**1-6 to the outside alley**

6A NOR REC:	4:41.67	5/26/2017	Rachel McArthur
6A State:	5:08.79		
6A NOR:	5:16.47		

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	680 Bardach, Natalie M	George C. Ma	5:05.61	_____
2	955 Gulgert, Isabelle	South Lakes	5:05.62	_____
3	997 Arnade, Eva	Washington-L	5:07.07	_____
4	744 Keady, Megan	James Madiso	5:09.54	_____
5	962 Morris, Caitlyn	South Lakes	5:10.17	_____
6	618 McKinstry, Camilla	Centreville	5:10.56	_____
7	809 Howley, Caroline	McLean	5:12.37	_____
8	829 Lebert, Katya	Oakton	5:13.40	_____
9	1003 Obenberger, Ally	Washington-L	5:17.08	_____
10	779 Spear, Anna	Langley	5:17.10	_____
11	927 Yentz, Hailey	Patriot High	5:17.35	_____
12	696 Smith, Sydney M	George C. Ma	5:21.79	_____
13	922 Graves, Emily	Patriot High	5:25.15	_____
14	1035 Tran, Brigitte	Westfield	5:26.04	_____
15	916 Burrell, Elizabeth	Patriot High	5:26.91	_____
16	657 Rodrigues, Julia	Chantilly	5:28.48	_____
17	700 Tedesco, Sophie E	George C. Ma	5:28.91	_____
18	565 McDaniel, Farah	Battlefield	5:35.48	_____
19	570 Ott, Abigail	Battlefield	5:46.84	_____
20	890 Tyson, Khadija	Osborn Park	5:51.42	_____

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Event 54 Boys 1600 Meter Run Northern**1-6 to the outside alley**

6A NOR REC: 4:07.35 5/23/1997 Sharif Karie
 6A State: 4:22.97
 6A NOR: 4:34.31

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	760 Murphy, Kevin	James Madiso	4:20.14
2	1079 Velikonja, Albert	Yorktown	4:20.65
3	737 McCauley, Colin	Herndon	4:20.71
4	717 Smith, Benjamin S.	George C. Ma	4:22.25
5	937 Hamacher, Jacob	Patriot High	4:22.48
6	816 Jemison, Xavier	McLean	4:22.74
7	1077 Shuttleworth, Reece	Yorktown	4:23.11
8	1040 Barron, David	Westfield	4:24.11
9	1013 Jackson, Jonny	Washington-L	4:25.64
10	1049 Moses, Justin	Westfield	4:27.87
11	938 Hamacher, Ryan	Patriot High	4:30.25
12	876 Nowak, Zach	Osborn	4:31.12
13	596 Kennedy, David	Battlefield	4:31.73
14	795 Kordziel, Joseph	Langley	4:33.67
15	1048 Lebahn, Kyle	Westfield	4:33.74
16	672 Marlow, Patrick	Chantilly	4:33.74
17	766 Young, Mark	James Madiso	4:33.77
18	1071 Karamitsos, George	Yorktown	4:34.26
19	626 Cobos, Alejo	Centreville	4:34.67
20	860 Sullivan, Scott	Oakton	4:35.97
21	607 Tirrell, Jackson	Battlefield	4:50.48

Event 55 Girls 4x100 Meter Relay Northern

6A NOR REC: 47.59 5/15/1988 Lake Braddock
 6A State: 49.11
 6A NOR: 51.16

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Oakton	A	52.09
4	Battlefield	A	50.98
5	Langley	A	52.08
6	Centreville	A	52.37
Section 2 of 2 Finals			
1	Osborn	A	50.46
2	Yorktown	A	50.21
3	George C. Ma	A	49.83
4	South Lakes	A	46.86
5	Washington-L	A	49.76
6	Osborn Park	A	50.03
7	Patriot High	A	50.35
8	Chantilly	A	50.92

Event 56 Boys 4x100 Meter Relay Northern

6A NOR REC: 41.91 5/6/1992 T.C. Williams
 6A State: 43.26
 6A NOR: 44.53

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Chantilly	A	44.97
4	Osborn	A	44.19
5	James Madiso	A	44.38
6	Stonewall Ja	A	45.30
Section 2 of 2 Finals			
1	Centreville	A	43.57
2	South Lakes	A	43.33
3	Patriot High	A	42.78
4	Osborn Park	A	42.33
5	Battlefield	A	42.52
6	Langley	A	43.32
7	Herndon	A	43.45
8	Washington-L	A	43.94

Event 57 Girls 400 Meter Dash Northern

6A NOR REC: 55.15 5/20/1985 Cathron Birge
 6A State: 58.29
 6A NOR: 1:00.20

Lane	Name	School	Seed Time
Section 1 of 3 Finals			
3	617 Mandable, Kristinia	Centreville	1:07.25
4	648 Chang, Kayla	Chantilly	1:05.47
5	830 Lopresti, Julia	Oakton	1:07.13
Section 2 of 3 Finals			
1	690 Lee, Anabelle R	George C. Ma	1:02.89
2	778 Snyder, Maya	Langley	1:01.65
3	578 Wooten, Maya	Battlefield	1:00.52
4	1025 Campbell, Lily	Westfield	1:00.03
5	688 Hughes, Rylie B	George C. Ma	1:00.10
6	947 Anderson, Jordan	South Lakes	1:00.68
7	576 Wild, Ella	Battlefield	1:01.93
Section 3 of 3 Finals			
1	865 Delaney, Love	Osborn	59.91
2	957 Howard, Jillian	South Lakes	58.78
3	953 Gregory, Mary	South Lakes	57.22
4	684 Bir, Grace E	George C. Ma	56.63
5	1036 Walker, Fredericka	Westfield	56.72
6	726 Samrhouni, Abla	Herndon	58.75
7	772 Maguire, Taylor	Langley	59.62
8	575 Vazquez, Sierra	Battlefield	59.91

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6A NOR REC: 46.44 5/27/2016 Trevor Stewart
6A State: 49.85
6A NOR: 51.47

Lane	Name	School	Seed Time
Section 1 of 3 Finals			
3	976 Gregory, Joshua	South Lakes	53.39
4	796 Miner, Thomas	Langley	53.09
5	818 Malouche, Aziz	McLean	53.19
6	731 Elgin, Joseph	Herndon	54.04

Section 2 of 3 Finals

1	627 Dublin, Richard	Centreville	52.69
2	599 McCarthy, Steven	Battlefield	51.29
3	802 Withers, Cole	Langley	51.21
4	983 Napolitano, Nicky	South Lakes	50.74
5	873 Jones, Warren	Osborn	51.13
6	714 Sarnovsky, Adam	George C. Ma	51.25
7	666 Gonzalez, Nick	Chantilly	52.13
8	638 Vlissides, Robert	Centreville	52.95

Section 3 of 3 Finals

1	1053 Snyder, Bryce	Westfield	50.41
2	898 Homere, David	Osborn Park	50.00
3	895 Freeman, Lewis	Osborn Park	49.14
4	936 Hackerson, Noah	Patriot High	48.85
5	609 Waller, Kaden	Battlefield	48.98
6	933 Daly, Jack	Patriot High	49.44
7	589 Gallant, Austin	Battlefield	50.16
8	634 McClain, Paul	Centreville	50.54

Event 59 Girls 300 Meter Hurdles Northern**Robinson Provides Helpers**

6A NOR REC: 42.48 5/26/2017 Lauren Hoffman
6A State: 45.74
6A NOR: 48.57

Lane	Name	School	Seed Time
Section 1 of 3 Finals			
3	825 Hunt, Hannah	Oakton	50.15
4	1023 Ajibola, Stephanie	Westfield	49.93
5	640 Aronhime, Caroline	Chantilly	49.95

Section 2 of 3 Finals

1	689 Jones-Suggs, Makayla R	George C. Ma	49.61
2	1024 Amouzou, Benita	Westfield	48.58
3	969 Williams, Kristen	South Lakes	48.34
4	564 Mancinelli, Kristen	Battlefield	47.89
5	964 Pardo, Alana	South Lakes	48.12
6	699 Tarutani, Avery L	George C. Ma	48.41
7	1004 Regalia, Camilla	Washington-L	48.61
8	804 Andrews, Aneka	McLean	49.89

Section 3 of 3 Finals

1	915 Brookman-Amisshah, Den	Patriot High	47.87
2	746 Ramey, Abigail	James Madiso	47.33
3	561 Kannon, Madyson	Battlefield	46.23
4	1007 Tinsley, Yasmeen	Washington-L	44.98
5	965 Post, Nicole	South Lakes	45.81
6	563 Lambert, Alexis	Battlefield	47.24
7	920 Glenn, Kamryn	Patriot High	47.41
8	884 Kelly, Kacey	Osborn Park	47.89

Event 60 Boys 300 Meter Hurdles Northern**Robinson Provides Helpers**

6A NOR REC: 36.88 5/25/1998 Ricky Harris
6A State: 39.89
6A NOR: 41.61

Lane	Name	School	Seed Time
Section 1 of 3 Finals			
3	793 Jamal, Kareem	Langley	44.07
4	987 Watson, William	South Lakes	43.15
5	1020 Mineau, Andrew	Washington-L	43.33

Section 2 of 3 Finals

1	934 Gresham, Ian	Patriot High	43.05
2	715 Schlier, Eric C	George C. Ma	42.51
3	633 Koroma, Bakai	Centreville	42.26
4	1055 Woodley, Bizzet	Westfield	42.07
5	674 O'Reilly, Tyler	Chantilly	42.17
6	1022 Ray, Phillip	Washington-L	42.31
7	594 Hoffman, Sean	Battlefield	42.84
8	946 Yaeger, Jacob	Patriot High	43.15

Section 3 of 3 Finals

1	874 Lordsamba, Andy	Osborn	41.69
2	630 Heitman, Elijah	Centreville	40.90
3	735 Johnson, Dean	Herndon	40.11
4	945 Wilson, Marcus	Patriot High	38.28
5	1051 Phillips, Noah	Westfield	39.27
6	1018 McBride, Liam	Washington-L	40.37
7	583 Carlisle, Geoffrey	Battlefield	40.99
8	1041 Bonilla, Jenson	Westfield	42.06

Event 61 Girls 800 Meter Run Northern**1-3 to the outside alley**

6A NOR REC: 2:09.38 5/25/2012 Sarah Jane Underwood
6A State: 2:17.11
6A NOR: 2:20.57

Lane	Name	School	Seed Time
Section 1 of 2 Finals			
1	558 Golsen, Sarah	Battlefield	2:23.57
2	970 Yu, Annika	South Lakes	2:23.63
3	646 Carter-ogden, Nyla	Chantilly	2:23.82
4	767 Brzezinski, Sophie	Langley	2:25.04
5	916 Burrell, Elizabeth	Patriot High	2:25.36
6	577 Wingate, Ashleigh	Battlefield	2:28.24
7	553 Carroll, Jayanna	Battlefield	2:28.51
8	691 Lee, Claire J	George C. Ma	2:28.69
9	840 Stroud, Sophia	Oakton	2:29.08

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Section 2 of 2 Finals...(Event 61 Girls 800 Meter Run Northern)

1	1057 Corcoran, Anna Macon	Yorktown	2:15.33	_____
2	959 Lannen, Emily	South Lakes	2:15.68	_____
3	726 Samrhouni, Abila	Herndon	2:17.07	_____
4	926 Weaver, Ella	Patriot High	2:17.42	_____
5	886 Pagel, Campbell	Osborn Park	2:18.62	_____
6	962 Morris, Caitlyn	South Lakes	2:19.45	_____
7	1034 Tinsley, Ayonnah	Westfield	2:20.08	_____
8	680 Bardach, Natalie M	George C. Ma	2:22.24	_____
9	647 Carter-ogden, Ruby	Chantilly	2:22.27	_____

Event 62 Boys 800 Meter Run Northern

1-3 to the outside alley

6A NOR REC:	1:48.71	5/26/2017	Brandon McGorty
6A State:	1:56.84		
6A NOR:	2:00.25		

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	754 Eggers, William	James Madiso	2:00.12	_____
2	1021 O'Casey, Liam	Washington-L	2:01.74	_____
3	848 Davidsen, Tor	Oakton	2:02.22	_____
4	672 Marlow, Patrick	Chantilly	2:02.79	_____
5	846 Buttrey, Bryce	Oakton	2:02.83	_____
6	1019 Meiners, Zach	Washington-L	2:03.35	_____
7	631 Ibadin, Oseremen	Centreville	2:03.76	_____
8	606 Shaffer, Zachary	Battlefield	2:04.40	_____
9	595 Joumas, Stephen	Battlefield	2:05.24	_____

Section 2 of 2 Finals

1	845 Banerji, Lucas	Oakton	1:56.05	_____
2	1076 Shuttleworth, Bowen	Yorktown	1:56.91	_____
3	816 Jemison, Xavier	McLean	1:57.27	_____
4	717 Smith, Benjamin S.	George C. Ma	1:58.02	_____
5	855 Messaros, Zach	Oakton	1:58.02	_____
6	708 Kennedy, Sanchir T	George C. Ma	1:58.32	_____
7	710 Malave, Sebastian N	George C. Ma	1:58.40	_____
8	591 Hastings, Zach	Battlefield	1:58.84	_____
9	719 Smith, Patrick A	George C. Ma	1:59.40	_____
10	601 Morris, Joseph	Battlefield	1:59.50	_____

Event 63 Girls 200 Meter Dash Northern

Heat Winners Plus Next 5 Fastest to Finals

6A NOR REC:	23.94	5/28/1999	Alyssa Aiken
6A State:	25.62		
6A NOR:	26.40		

Lane	Name	School	Seed Time
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Heat 1 of 3 Prelims

2	917 Chisolm, Chelsea	Patriot High	27.04	_____
3	988 Ervin, Azjah	Stonewall Ja	26.33	_____
4	953 Gregory, Mary	South Lakes	25.47	_____
5	957 Howard, Jillian	South Lakes	25.56	_____
6	688 Hughes, Rylie B	George C. Ma	26.54	_____
7	645 Bush, Kendra	Chantilly	27.04	_____

Heat 2 of 3 Prelims

2	683 Berliner, Isabella A	George C. Ma	26.88	_____
3	998 Brookover, Lucy	Washington-L	26.29	_____
4	963 Mullings, Juvannadean	South Lakes	24.93	_____
5	1031 Seetoo, Emma	Westfield	25.62	_____
6	1024 Amouzou, Benita	Westfield	26.58	_____
7	571 Rivera, Natasha	Battlefield	27.12	_____

Heat 3 of 3 Prelims

2	914 Banks, Mackenzie	Patriot High	26.68	_____
3	958 Konadu, Rhema	South Lakes	25.98	_____
4	968 Waller, Hannah	South Lakes	24.55	_____
5	1029 Jones, Inaya	Westfield	25.92	_____
6	866 Pack, Azaria	Osborn	26.60	_____

Event 64 Boys 200 Meter Dash Northern

Heat Winners Plus Next 6 Fastest to Finals

6A NOR REC:	20.23	5/27/2016	Noah Lyles
6A State:	22.44		
6A NOR:	22.95		

Lane	Name	School	Seed Time
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Heat 1 of 2 Prelims

1	975 Fiobotei, Ebiobowei	South Lakes	23.30	_____
2	1074 Landefeld, Porter	Yorktown	23.01	_____
3	973 Cooley, Jackson	South Lakes	22.48	_____
4	788 Cheng, Kevin	Langley	22.32	_____
5	603 Ream, Patrick	Battlefield	22.39	_____
6	609 Waller, Kaden	Battlefield	22.52	_____
7	898 Homere, David	Osborn Park	23.06	_____

Heat 2 of 2 Prelims

1	1046 Hinton, Saadiq	Westfield	23.29	_____
2	665 Davenport, Trosoadas	Chantilly	22.85	_____
3	1053 Snyder, Bryce	Westfield	22.48	_____
4	939 Henley, Dorryen	Patriot High	22.00	_____
5	933 Daly, Jack	Patriot High	22.46	_____
6	580 Beckett, Galen	Battlefield	22.69	_____
7	632 Koroma, Abdul	Centreville	23.23	_____

2019 Region 6A C and D Region Championship - 5/22/2019 to 5/23/2019

Robinson Secondary School

Meet Program

Event 65 Girls 3200 Meter Run Northern

1-6 to the outside alley

6A NOR REC: 10:15.28 5/16/1987 Erin Keogh

6A State: 11:18.44

6A NOR: 11:33.60

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	997 Arnade, Eva	Washington-L	11:03.30
2	955 Gulgert, Isabelle	South Lakes	11:11.79
3	809 Howley, Caroline	McLean	11:12.54
4	744 Keady, Megan	James Madiso	11:17.92
5	700 Tedesco, Sophie E	George C. Ma	11:18.73
6	927 Yentz, Hailey	Patriot High	11:20.92
7	922 Graves, Emily	Patriot High	11:30.74
8	1000 Holemans, Elizabeth	Washington-L	11:37.11
9	948 Banga, Marissa	South Lakes	11:37.57
10	659 Wu, Elizabeth	Chantilly	11:43.77
11	748 Rusinski, Caroline	James Madiso	11:47.59
12	696 Smith, Sydney M	George C. Ma	11:48.50
13	954 Grossback, Emma	South Lakes	11:49.45
14	643 Barlow, Momiji	Chantilly	11:52.39
15	743 DeLacy, Riley	James Madiso	11:57.17
16	565 McDaniel, Farah	Battlefield	12:04.05
17	655 Lenz, Emma	Chantilly	12:19.19
18	925 Pippin, Grace	Patriot High	12:27.43
19	822 Dhue, Helen	Oakton	12:32.88
20	570 Ott, Abigail	Battlefield	12:50.39
21	881 Averna, Hadleigh	Osborn Park	12:51.61

Event 66 Boys 3200 Meter Run Northern

1-5 to the outside alley

6A NOR REC: 9:06.16 5/17/1975 George Watts

6A State: 9:39.12

6A NOR: 9:50.49

Lane	Name	School	Seed Time
Section 1 of 1 Finals			
1	760 Murphy, Kevin	James Madiso	9:27.72
2	938 Hamacher, Ryan	Patriot High	9:27.93
3	937 Hamacher, Jacob	Patriot High	9:33.38
4	862 Walls, Ethan	Oakton	9:42.17
5	766 Young, Mark	James Madiso	9:50.62
6	675 Puhek, Joshua	Chantilly	9:52.10
7	856 Morse, Zachary	Oakton	9:53.88
8	815 Frew, Quin	McLean	9:59.37
9	863 Woodhouse, Garrett	Oakton	10:03.92
10	850 Guo, Jonathan	Oakton	10:09.80
11	789 Ellinger, Jack	Langley	10:13.09
12	729 Anthony, Duncan	Herndon	10:20.87
13	592 Hewitt, Alex	Battlefield	10:20.91
14	1010 Anzaldi, Luke	Washington-L	10:33.67
15	794 Jones, Ethan	Langley	10:34.66
16	593 Hewitt, Ian	Battlefield	10:52.40

Event 67 Girls 4x400 Meter Relay Northern

6A NOR REC: 3:52.50 5/29/2015 South Lakes

J Lozama, C Nicusma, D Jones, G Kumi-Darfour

6A State: 3:59.88

6A NOR: 4:10.57

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Oakton	A	4:29.92
4	Washington-L	A	4:08.74
5	Chantilly	A	4:16.09
Section 2 of 2 Finals			
1	Patriot High	A	4:07.04
2	Langley	A	4:04.22
3	George C. Ma	A	3:59.45
4	South Lakes	A	3:48.52
5	Westfield	A	3:55.51
6	Battlefield	A	4:00.14
7	Yorktown	A	4:05.45
8	Osborn Park	A	4:08.05

Event 68 Boys 4x400 Meter Relay Northern

6A NOR REC: 3:17.16 5/28/1999 Centreville

6A State: 3:24.38

6A NOR: 3:31.32

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Herndon	A	3:35.09
4	Osborn Park	A	3:31.27
5	South Lakes	A	3:34.94
Section 2 of 2 Finals			
1	Oakton	A	3:31.04
2	George C. Ma	A	3:29.52
3	Westfield	A	3:26.47
4	Patriot High	A	3:22.56
5	Battlefield	A	3:23.29
6	Centreville	A	3:27.68
7	Yorktown	A	3:30.61