

2020 6C and 6D Region INDOOR TRACK & FIELD CHAMPIONSHIPS February 10 & 12 2020

- DATE:** Monday February 10, Wednesday February 12, 2020
LOCATION: Prince George's Sports & Learning Complex 8001 Sheriff Road, Landover MD 20785
ADMISSION: General Admission - \$7.00
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 3 INDIVIDUALS AND THE TOP 3 RELAYS FROM THE REGION MEET TO THE STATE MEET.
- 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
- 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.**
- 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.

For Running Events: Girls followed by Boys, Region C followed by Region D unless otherwise specified

REGION 6C & 6D TRACK & FIELD CHAMPIONSHIP

Monday, February 10

12:00PM	FACILITY OPENS
2:00PM	Weigh in Shot/Pole vaulters
3:00PM	Pole Vault (Region C Girls followed by Region C Boys)
4:00 PM	Girls Shot (Region C followed by Region D - Pounder) Girls High Jump (Region D – N. Lewis followed by Region C) Girls Long Jump (Region C followed by Region D) Boys Long Jump (Region D followed by Region C)
4:00	Boys 55 Hurdle Prelims (5 sections)
4:30	Girls 55 Hurdle Prelims (5 sections – McNabb, Agnew)
5:00	Boys 55 Dash Prelims (5 sections)
5:20	Girls 55 Dash Prelims (5 sections)
5:40	Girls 4 x 800 Relay - Epstein, Lee, S. Smith, Spoden, Sullivan, L. Smith, Viskupic, DonTigny
6:20	Boys 4 x 800 Relay - Blackwell, Sweeney, A. Sanders, Nguyen, Schmid, Hanzlik, Brock, S. Lee
6:55	Girls 55 Hurdle Finals (2 Sections)
7:05	Boys 55 Hurdle Finals (2 Sections)
7:15	Boys 55 Dash Finals
7:20	Girls 55 Dash Finals

REGION 6C & 6D TRACK & FIELD CHAMPIONSHIP

Wednesday February 12

10:00AM	FACILITY OPENS
11:30AM	Weigh in shot/pole vaulters
12:30PM	Pole Vault (Region D Girls followed by Region D Boys) Boys High Jump (Region C followed Region D – Thompson, Grace, Silva) Boys Shot Put (Region D – Gatti followed by Region C) Girls Triple Jump (Region D followed by Region C)

Boys Triple Jump (Region C followed by Region D – Yeboah)

2:30 800m Relay (section on time) (8 sections)
3:10 1600m Run-all sections (6 sections – Spoden, S. Sanders, S. Smith)
4:00 500m Dash (14 Sections – C. Lee, P. Smith)
4:40 1000m Run-all sections (6 sections – Epstein, S. Smith, S. Sullivan)
5:10 300m Dash (14 sections – Bir, Tryon)
6:00 3200M Run (6 Sections – Spoden, Olivier)
7:20 1600 Meter Relay (8 sections)
8:00 Team Awards Presentation

Individual Meet Entries Report

6A Northern Regional Champs 10-Feb-20 to 12-Feb-20
George C. Marshall High [GCM]

Falls Church, VA 22043

301-793-2900
headcoachwong@yahoo.com

WOMEN

Agnew, Serena (20)	George C. Marshall Hi	# 29	Women 4x400m Relay A	
# 13 Women 55m Hurdles	10.14		Tarutani, Avery L (22)	George C. Marshall Hi
# 17 Women 4x200m Relay A		# 17	Women 4x200m Relay A	
Barnes, Adele M (22)	George C. Marshall Hi	# 29	Women 4x400m Relay A	
# 29 Women 4x400m Relay A			Thompson, Zoe B (23)	George C. Marshall Hi
Bir, Grace E (20)	George C. Marshall Hi	# 17	Women 4x200m Relay A	
# 17 Women 4x200m Relay A			Viskupic, Olivia R (22)	George C. Marshall Hi
# 25 Women 300m Dash	40.78	# 11	Women 4x800m Relay A	
# 29 Women 4x400m Relay A				
Bir, Sayda R (22)	George C. Marshall Hi			
# 17 Women 4x200m Relay A				
# 29 Women 4x400m Relay A				
Curran, Veronica S (23)	George C. Marshall Hi			
# 17 Women 4x200m Relay A				
# 29 Women 4x400m Relay A				
DonTigny, Emilie T (21)	George C. Marshall Hi			
# 11 Women 4x800m Relay A				
Epstein, Elizabeth (21)	George C. Marshall Hi			
# 11 Women 4x800m Relay A				
# 23 Women 1000m Run	3:08.94			
# 29 Women 4x400m Relay A				
Kaup, Selena N (20)	George C. Marshall Hi			
# 17 Women 4x200m Relay A				
Lee, Claire J (21)	George C. Marshall Hi			
# 11 Women 4x800m Relay A				
# 21 Women 500m Dash	1:25.10			
# 29 Women 4x400m Relay A				
Lewis, Noelle Z (20)	George C. Marshall Hi			
# 2 Women High Jump	4-10.00			
McNabb, Torri E (22)	George C. Marshall Hi			
# 13 Women 55m Hurdles	9.82			
Pounder, Sarah M (21)	George C. Marshall Hi			
# 8 Women Shot Put	30-07.50			
Skaggs, Sarah E (23)	George C. Marshall Hi			
# 17 Women 4x200m Relay A				
Smith, Lena G (20)	George C. Marshall Hi			
# 11 Women 4x800m Relay A				
Smith, Sydney M (20)	George C. Marshall Hi			
# 11 Women 4x800m Relay A				
# 19 Women 1600m Run	5:31.61			
# 23 Women 1000m Run	3:16.08			
Spoden, Haley E (23)	George C. Marshall Hi			
# 11 Women 4x800m Relay A				
# 19 Women 1600m Run	5:19.46			
# 27 Women 3200m Run	11:55.24			
Sullivan, Caroline A (21)	George C. Marshall Hi			
# 11 Women 4x800m Relay A				
# 23 Women 1000m Run	3:20.24			

Individual Meet Entries Report

6A Northern Regional Champs 10-Feb-20 to 12-Feb-20
George C. Marshall High [GCM]

MEN

Amarillas, Ryan R (21)	George C. Marshall Hi	Sweeney, Thomas P (20)	George C. Marshall Hi
# 18 Men 4x200m Relay A		# 12 Men 4x800m Relay A	
# 30 Men 4x400m Relay A		Thompson, Ian L (20)	George C. Marshall Hi
Blackwell, William (20)	George C. Marshall Hi	# 1 Men High Jump	6-03.00
# 12 Men 4x800m Relay A		Tryon, Wilson W (20)	George C. Marshall Hi
Brock, Titus S (22)	George C. Marshall Hi	# 18 Men 4x200m Relay A	
# 12 Men 4x800m Relay A		# 26 Men 300m Dash	37.78
Clark, Daniel (22)	George C. Marshall Hi	# 30 Men 4x400m Relay A	
# 18 Men 4x200m Relay A		Yeboah, Emmanuel K (20)	George C. Marshall Hi
Gatti, Alessandro (20)	George C. Marshall Hi	# 5 Men Triple Jump	41-06.25
# 7 Men Shot Put	48-04.00		
Grace, Ethan S (22)	George C. Marshall Hi		
# 1 Men High Jump	5-08.00		
Hanzlik, Luke O (23)	George C. Marshall Hi		
# 12 Men 4x800m Relay A			
Harrington, Jason J (21)	George C. Marshall Hi		
# 18 Men 4x200m Relay A			
# 30 Men 4x400m Relay A			
Lee, Samuel H (23)	George C. Marshall Hi		
# 12 Men 4x800m Relay A			
Malave, Sebastian N (21)	George C. Marshall Hi		
# 24 Men 1000m Run	2:33.76		
# 30 Men 4x400m Relay A			
Mullarkey, James R (22)	George C. Marshall Hi		
# 30 Men 4x400m Relay A			
Nayfeh, Omar (21)	George C. Marshall Hi		
# 18 Men 4x200m Relay A			
Nguyen, Brandon H (22)	George C. Marshall Hi		
# 12 Men 4x800m Relay A			
Oliver, Seth J (23)	George C. Marshall Hi		
# 28 Men 3200m Run	10:24.70		
Porjosh, Edrees M (21)	George C. Marshall Hi		
# 18 Men 4x200m Relay A			
Qureshi, Aamir Z (21)	George C. Marshall Hi		
# 18 Men 4x200m Relay A			
# 30 Men 4x400m Relay A			
Sanders, Aiden T (20)	George C. Marshall Hi		
# 12 Men 4x800m Relay A			
Sanders, Sean P (23)	George C. Marshall Hi		
# 20 Men 1600m Run	4:43.00		
Sarnovsky, Adam (21)	George C. Marshall Hi		
# 18 Men 4x200m Relay A			
# 30 Men 4x400m Relay A			
Schmid, Spencer T (21)	George C. Marshall Hi		
# 12 Men 4x800m Relay A			
Silva, Alejandro M (21)	George C. Marshall Hi		
# 1 Men High Jump	5-09.00		
Smith, Patrick A (21)	George C. Marshall Hi		
# 22 Men 500m Dash	1:09.82		
# 30 Men 4x400m Relay A			

Individual Meet Entries Report**6A Northern Regional Champs 10-Feb-20 to 12-Feb-20****George C. Marshall High [GCM]**

Female IE's:	12	Female RE's:	24
Male IE's:	10	Male RE's:	24
Total IE's:	22	Total RE's:	48
Total Athletes:	46		

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Qureshi, Aamir Z (21) #	Marshall																																																																																																																																																						
Spoden, Haley E (23)	George C. Marshal	5:19.46																																																																																																																																																					
Smith, Sydney M (20)	George C. Marshal	5:31.61																																																																																																																																																					
Sanders, Sean P (23)	George C. Marshal	4:43.00																																																																																																																																																					
Lee, Claire J (21)	George C. Marshal	1:25.10																																																																																																																																																					
Smith, Patrick A (21)	George C. Marshal	1:09.82																																																																																																																																																					
Epstein, Elizabeth (21)	George C. Marshal	3:08.94																																																																																																																																																					
Smith, Sydney M (20)	George C. Marshal	3:16.08																																																																																																																																																					
Sullivan, Caroline A (21)	George C. Marshal	3:20.24																																																																																																																																																					
Malave, Sebastian N (21)	George C. Marshal	2:33.76																																																																																																																																																					

Individual Meet Entries Report

6A Northern Regional Champs 10-Feb-20 to 12-Feb-20

George C. Marshall High [GCM]

25 Women 300m Dash

Bir, Grace E (20)	George C. Marshal	40.78
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Athletes count: 1

26 Men 300m Dash

Tryon, Wilson W (20)	George C. Marshal	37.78
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Athletes count: 1

27 Women 3200m Run

Spoden, Haley E (23)	George C. Marshal	11:55.24
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Athletes count: 1

28 Men 3200m Run

Oliver, Seth J (23)	George C. Marshal	10:24.70
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Athletes count: 1

29 Women 4x400m Relay A

		4:09.25
Bir, Sayda R (22) #	Marshall	
Epstein, Elizabeth (21) #	Marshall	
Lee, Claire J (21) #	Marshall	
Bir, Grace E (20) #	Marshall	
Tarutani, Avery L (22) #	Marshall	
Sullivan, Caroline A (21) #	Marshall	
Curran, Veronica S (23) #	Marshall	
Barnes, Adele M (22) #	Marshall	

Athletes count: 8

30 Men 4x400m Relay A

		3:35.84
Tryon, Wilson W (20) #	Marshall	
Sarnovsky, Adam (21) #	Marshall	
Malave, Sebastian N (21) #	Marshall	
Smith, Patrick A (21) #	Marshall	
Qureshi, Aamir Z (21) #	Marshall	
Harrington, Jason J (21) #	Marshall	
Amarillas, Ryan R (21) #	Marshall	
Mullarkey, James R (22) #	Marshall	

Athletes count: 8

Individual Meet Entries Report**6A Northern Regional Champs 10-Feb-20 to 12-Feb-20****George C. Marshall High [GCM]**

Female IE's:	12	Total Athletes:	
Male IE's:	10		
Total IE's:	22	Total RE's:	6