

## Individual Meet Entries Report

**National District Champs 07-May-19 to 08-May-19**  
**George C. Marshall High [GCM]**

**Falls Church, VA 22043**

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

Name		Mark	Date	Meet
<b># 1 Men V High Jump</b>				
Thompson, Ian L (20)	George C. Marshall F	5-10.00	5ADS	4/24/2019 Meet A @ Edison
Hernandez Jimenez, Wanderley I (19)	George C. Marshall F	5-06.00	5ADS	5/1/2019 Mega Meet @ Falls Church
Grace, Ethan S (22)	George C. Marshall F	5-04.00	5ADS	4/24/2019 Meet A @ Edison
Athletes count: 3				
<b># 2 Women V High Jump</b>				
Johnson, Simien D (19)	George C. Marshall F	4-08.00	5ADS	4/27/2019 Cassel's XBC Track Experience
Becker, Nicola J (22)	George C. Marshall F	4-06.00	5ADS	5/4/2019 Nike Invitational
Ford, Emma A (22)	George C. Marshall F	4-06.00	5ADS	5/4/2019 Nike Invitational
Lewis, Noelle Z (20)	George C. Marshall F	4-06.00	5ADS	5/1/2019 Mega Meet @ Falls Church
Moskowitz, Dana J (19)	George C. Marshall F	4-06.00	5ADS	3/27/2019 Meet B @ Marshall
Athletes count: 5				
<b># 3 Men V Long Jump</b>				
Yeboah, Emmanuel K (20)	George C. Marshall F	17-10.00		3/13/2019 Meet B @ Wakefield HS
Hernandez Jimenez, Wanderley I (19)	George C. Marshall F	17-05.50		3/13/2019 Meet B @ Wakefield HS
Leonard, Talon W (20)	George C. Marshall F	16-03.50		3/13/2019 Meet B @ Wakefield HS
Athletes count: 3				
<b># 4 Women V Long Jump</b>				
Agnew, Serena (20)	George C. Marshall F	15-05.75	5ADS	5/1/2019 Mega Meet @ Falls Church
Manise, Genevieve E (22)	George C. Marshall F	15-01.00	5ADS	5/1/2019 Mega Meet @ Falls Church
Moskowitz, Dana J (19)	George C. Marshall F	14-07.75	5ADS	5/1/2019 Mega Meet @ Falls Church
Athletes count: 3				
<b># 5 Men V Triple Jump</b>				
Yeboah, Emmanuel K (20)	George C. Marshall F	37-11.25		3/20/2019 Meet A @ Justice
Lewis, Spencer D (22)	George C. Marshall F	35-07.00		5/4/2019 Nike Invitational
Moyes, Kiefer J (22)	George C. Marshall F	32-04.50		5/4/2019 Nike Invitational
Athletes count: 3				
<b># 6 Women V Triple Jump</b>				
Manise, Genevieve E (22)	George C. Marshall F	30-04.50		3/13/2019 Meet B @ Wakefield HS
Agnew, Serena (20)	George C. Marshall F	30-04.00		3/13/2019 Meet B @ Wakefield HS
Saran, Riya M (20)	George C. Marshall F	29-01.00		3/13/2019 Meet B @ Wakefield HS
Athletes count: 3				
<b># 7 Men V Discus</b>				
Adubi, Paul B (19)	George C. Marshall F	119-05.00	5ADS	4/3/2019 Meet A @ Thomas Jefferson
Gatti, Alessandro (20)	George C. Marshall F	105-02.00		4/3/2019 Meet A @ Thomas Jefferson
Sorto-Argueta, Javier I (21)	George C. Marshall F	90-10.00		4/12/2019 Jim Vollmer Invitational
Athletes count: 3				
<b># 8 Women V Discus</b>				
Wan, Annaliese (19)	George C. Marshall F	102-07.00	5ADS	5/4/2019 Nike Invitational
Stuart, Delaney E (19)	George C. Marshall F	81-06.00	5ADS	5/1/2019 Mega Meet @ Falls Church
Kim, Rae Young (21)	George C. Marshall F	69-07.00		4/5/2019 Northern VA Invitational

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Name	Mark	Date	Meet
<hr/>			
Athletes count:	3		
<b># 9 Men V Shot Put</b>			
Gatti, Alessandro (20)	George C. Marshall F 47-07.00 5ADS	4/10/2019	Meet B @ Lee
Adubi, Paul B (19)	George C. Marshall F 40-06.00 5ADS	4/5/2019	Northern VA Invitational
Blakeley, Coleman Z (19)	George C. Marshall F 34-10.00	3/27/2019	Meet B @ Marshall
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Athletes count:	3		
<b># 10 Women V Shot Put</b>			
Stuart, Delaney E (19)	George C. Marshall F 37-04.00 5ADS	4/12/2019	Jim Vollmer Invitational
Pounder, Sarah M (21)	George C. Marshall F 29-06.00 5ADS	4/24/2019	Meet A @ Edison
Young, Katie J (19)	George C. Marshall F 24-04.50	4/12/2019	Jim Vollmer Invitational
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Athletes count:	3		
<b># 13 Women 4x800m Relay Relay A</b>			
	9:45.12	3/30/2019	Carolyn Legard Relays
Bardach, Natalie M (19) #			
Epstein, Elizabeth (21) #			
Smith, Sydney M (20) #			
Tedesco, Sophie E (20) #			
Lee, Claire J (21) # (Alternate)			
Sullivan, Caroline A (21) # (Alternate)			
DonTigny, Emilie T (21) # (Alternate)			
Alonso, Kathryn L (22) # (Alternate)			
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Athletes count:	8		
<b># 14 Men 4x800m Relay Relay A</b>			
	7:55.89	4/25/2019	Penn Relays
Malave, Sebastian N (21) #			
Kennedy, Sanchir T (19) #			
Smith, Benjamin S (19) #			
Smith, Patrick A (21) #			
Miller, Jacob C (19) # (Alternate)			
Blackwell, William (20) # (Alternate)			
Smith, Calvin J (20) # (Alternate)			
Sweeney, Thomas P (20) # (Alternate)			
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Athletes count:	8		
<b># 15 Women V 100m Hurdles</b>			
Tarutani, Avery L (22)	George C. Marshall F 18.26 5ADS	5/1/2019	Mega Meet @ Falls Church
Agnew, Serena (20)	George C. Marshall F 18.45 5ADS	5/1/2019	Mega Meet @ Falls Church
Moskowitz, Dana J (19)	George C. Marshall F 18.78	5/1/2019	Mega Meet @ Falls Church
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Athletes count:	3		
<b># 16 Men V 110m Hurdles</b>			
Schlier, Eric C (19)	George C. Marshall F 16.49 5ADS	4/3/2019	Meet A @ Thomas Jefferson
Watts, Liam B (20)	George C. Marshall F 17.32 5ADS	5/1/2019	Mega Meet @ Falls Church
Yeboah, Emmanuel K (20)	George C. Marshall F 18.90	5/1/2019	Mega Meet @ Falls Church
<hr/>			
Athletes count:	3		

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Name	Mark	Date	Meet
<b># 17 Women V 100m Dash</b>			
Hughes, Rylie B (22)	George C. Marshall F 13.03 5ADS	5/4/2019	Nike Invitational
Hamilton, Kristen A (19)	George C. Marshall F 13.13 5ADS	4/3/2019	Meet A @ Thomas Jefferson
Jones-Suggs, Makayla R (21)	George C. Marshall F 13.33 5ADS	4/3/2019	Meet A @ Thomas Jefferson
Berliner, Isabella A (19)	George C. Marshall F 13.47 5ADS	3/20/2019	Meet A @ Justice
Manise, Genevieve E (22)	George C. Marshall F 13.61 5ADS	5/4/2019	Nike Invitational
Moskowitz, Dana J (19)	George C. Marshall F 13.66 5ADS	4/3/2019	Meet A @ Thomas Jefferson
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Athletes count:	6		
<b># 18 Men V 100m Dash</b>			
Hughes, Tanner M (19)	George C. Marshall F 11.62 5ADS	4/3/2019	Meet A @ Thomas Jefferson
Tryon, Wilson W (20)	George C. Marshall F 11.69 5ADS	5/4/2019	Nike Invitational
Chang, Ethan P (20)	George C. Marshall F 11.82 5ADS	5/1/2019	Mega Meet @ Falls Church
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Athletes count:	3		
<b># 19 Women V 1600m Run</b>			
Bardach, Natalie M (19)	George C. Marshall F 5:09.89 5ADS	4/12/2019	Jim Vollmer Invitational
Tedesco, Sophie E (20)	George C. Marshall F 5:25.53 5ADS	3/20/2019	Meet A @ Justice
Smith, Sydney M (20)	George C. Marshall F 5:26.04 5ADS	5/5/2019	T. C. Williams Invitational
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Athletes count:	3		
<b># 20 Men V 1600m Run</b>			
Smith, Benjamin S (19)	George C. Marshall F 4:25.14 5ADS	5/4/2019	Nike Invitational
Malave, Sebastian N (21)	George C. Marshall F 4:30.14 5ADS	5/1/2019	Mega Meet @ Falls Church
Smith, Patrick A (21)	George C. Marshall F 4:36.90 5ADS	5/1/2019	Mega Meet @ Falls Church
Blackwell, William (20)	George C. Marshall F 4:42.37 5ADS	4/24/2019	Meet A @ Edison
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Athletes count:	4		
<b># 21 Women 4x100m Relay Relay A</b>			
Berliner, Isabella A (19) #		50.69	5/1/2019 Mega Meet @ Falls Church
Hughes, Rylie B (22) #			
Tarutani, Avery L (22) #			
Hamilton, Kristen A (19) #			
Manise, Genevieve E (22) # (Alternate)			
Moskowitz, Dana J (19) # (Alternate)			
Reback, Grace M (19) # (Alternate)			
Ford, Emma A (22) # (Alternate)			
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Athletes count:	8		
<b># 22 Men 4x100m Relay Relay A</b>			
Schlier, Eric C (19) #	44.94	5/1/2019	Mega Meet @ Falls Church
Hughes, Tanner M (19) #			
Chang, Ethan P (20) #			
Tryon, Wilson W (20) #			
Lee-Pawlak, Brogan (20) # (Alternate)			
Thompson, Ian L (20) # (Alternate)			
Haggerty, Ryan (20) # (Alternate)			
Lewis, Spencer D (22) # (Alternate)			

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Name	Mark	Date	Meet
<b>Athletes count: 8</b>			
<b># 23 Women V 400m Dash</b>			
Bir, Grace E (20)	George C. Marshall F 56.80 5ADS	4/12/2019	Jim Vollmer Invitational
Epstein, Elizabeth (21)	George C. Marshall F 59.58 5ADS	5/4/2019	Nike Invitational
Lee, Anabelle R (19)	George C. Marshall F 1:02.89 5ADS	3/27/2019	Meet B @ Marshall
<b>Athletes count: 3</b>			
<b># 24 Men V 400m Dash</b>			
Sarnovsky, Adam (21)	George C. Marshall F 51.89 5ADS	5/4/2019	Nike Invitational
Kennedy, Sanchir T (19)	George C. Marshall F 53.53 5ADS	4/12/2019	Jim Vollmer Invitational
Qureshi, Aamir Z. (21)	George C. Marshall F 54.84	5/4/2019	Nike Invitational
<b>Athletes count: 3</b>			
<b># 25 Women V 300m Hurdles</b>			
Jones-Suggs, Makayla R (21)	George C. Marshall F 49.37 5ADS	5/4/2019	Nike Invitational
Tarutani, Avery L (22)	George C. Marshall F 49.84 5ADS	4/27/2019	Cassel's XBC Track Experience
Agnew, Serena (20)	George C. Marshall F 54.90	4/27/2019	Cassel's XBC Track Experience
<b>Athletes count: 3</b>			
<b># 26 Men V 300m Hurdles</b>			
Schlier, Eric C (19)	George C. Marshall F 42.84 5ADS	4/5/2019	Northern VA Invitational
Watts, Liam B (20)	George C. Marshall F 47.20	3/20/2019	Meet A @ Justice
Auvil, Henry A (20)	George C. Marshall F 49.78	3/13/2019	Meet B @ Wakefield HS
<b>Athletes count: 3</b>			
<b># 27 Women V 800m Run</b>			
Bardach, Natalie M (19)	George C. Marshall F 2:21.44 5ADS	3/27/2019	Meet B @ Marshall
Epstein, Elizabeth (21)	George C. Marshall F 2:23.14 5ADS	5/1/2019	Mega Meet @ Falls Church
Lee, Claire J (21)	George C. Marshall F 2:26.73 5ADS	5/4/2019	Nike Invitational
Sullivan, Caroline A (21)	George C. Marshall F 2:31.48 5ADS	4/5/2019	Northern VA Invitational
DonTigny, Emilie T (21)	George C. Marshall F 2:34.45 5ADS	5/1/2019	Mega Meet @ Falls Church
<b>Athletes count: 5</b>			
<b># 28 Men V 800m Run</b>			
Kennedy, Sanchir T (19)	George C. Marshall F 1:58.32 5ADS	5/4/2019	Nike Invitational
Malave, Sebastian N (21)	George C. Marshall F 1:58.40 5ADS	3/27/2019	Meet B @ Marshall
Smith, Patrick A (21)	George C. Marshall F 1:59.40 5ADS	5/4/2019	Nike Invitational
Blackwell, William (20)	George C. Marshall F 2:05.31 5ADS	3/27/2019	Meet B @ Marshall
Miller, Jacob C (19)	George C. Marshall F 2:05.46 5ADS	5/1/2019	Mega Meet @ Falls Church
<b>Athletes count: 5</b>			
<b># 29 Women V 200m Dash</b>			
Bir, Grace E (20)	George C. Marshall F 25.51 5ADS	4/27/2019	Cassel's XBC Track Experience
Hughes, Rylie B (22)	George C. Marshall F 26.64 5ADS	5/1/2019	Mega Meet @ Falls Church
Berliner, Isabella A (19)	George C. Marshall F 27.61 5ADS	5/1/2019	Mega Meet @ Falls Church
<b>Athletes count: 3</b>			

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Name	Mark	Date	Meet
<b># 30 Men V 200m Dash</b>			
Sarnovsky, Adam (21)	George C. Marshall F 23.56 5ADS	5/1/2019	Mega Meet @ Falls Church
Hughes, Tanner M (19)	George C. Marshall F 23.57 5ADS	4/3/2019	Meet A @ Thomas Jefferson
Nayfeh, Omar (21)	George C. Marshall F 24.29	5/4/2019	Nike Invitational
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Athletes count:	3		
<b># 31 Women V 3200m Run</b>			
Tedesco, Sophie E (20)	George C. Marshall F 11:18.73 5ADS	4/27/2019	Cassel's XBC Track Experience
Smith, Sydney M (20)	George C. Marshall F 11:53.47 5ADS	5/1/2019	Mega Meet @ Falls Church
Viskupic, Olivia R (22)	George C. Marshall F 12:28.01 5ADS	3/27/2019	Meet B @ Marshall
Battista, Emma A (22)	George C. Marshall F 12:34.45 5ADS	5/4/2019	Nike Invitational
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Athletes count:	4		
<b># 32 Men V 3200m Run</b>			
Schmid, Spencer T (21)	George C. Marshall F 10:51.80	5/1/2019	Mega Meet @ Falls Church
Urdaneta, Luis A (21)	George C. Marshall F 11:06.93	5/4/2019	Nike Invitational
Legendyk, Marco A (21)	George C. Marshall F 11:20.57	5/4/2019	Nike Invitational
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Athletes count:	3		
<b># 33 Women 4x400m Relay Relay A</b>			
Bir, Grace E (20) #		3:59.45	4/25/2019 Penn Relays
Hamilton, Kristen A (19) #			
Lee, Claire J (21) #			
Lee, Anabelle R (19) #			
Sullivan, Caroline A (21) # (Alternate)			
Orozco, Nina S (19) # (Alternate)			
Manise, Genevieve E (22) # (Alternate)			
Becker, Nicola J (22) # (Alternate)			
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Athletes count:	8		
<b># 34 Men 4x400m Relay Relay A</b>			
Sarnovsky, Adam (21) #		3:29.52	3/20/2019 Meet A @ Justice
Tryon, Wilson W (20) #			
Smith, Benjamin S (19) #			
Qureshi, Aamir Z (21) #			
Amarillas, Ryan R (21) # (Alternate)			
Nayfeh, Omar (21) # (Alternate)			
Lee-Pawlak, Brogan (20) # (Alternate)			
Miller, Jacob C (19) # (Alternate)			
<hr/>			
Athletes count:	8		

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Name	Mark	Date	Meet
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<b>Female IE's:</b>	47	<b>Total Athletes:</b>		
<b>Male IE's:</b>	42			
<b>Total IE's:</b>	89	<b>Total RE's:</b>	6	