

**Individual Meet Entries Report**

**Justice vs Jefferson & Marshall 25-Jan-19**  
**George C. Marshall High [GCM]**

**301-793-2900**  
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**Falls Church, VA 22043**

**WOMEN**

<b>Agnew, Serena (20)</b>	<b>George C. Marshall Hi</b>	# 17	Women 4x200m Relay A	
# 15 Women 55m Dash	8.54		<b>Hsu, Oivia M (21)</b>	<b>George C. Marshall Hi</b>
# 17 Women 4x200m Relay B		# 15	Women 55m Dash	9.00
# 25 Women 300m Dash	48.78	# 17	Women 4x200m Relay D	
<b>Al-Barazanchi, Maryam A (19)</b>	<b>George C. Marshall Hi</b>		<b>Johnson, Simien D (19)</b>	<b>George C. Marshall Hi</b>
# 15 Women 55m Dash	9.24	# 2	Women High Jump	4-08.00
# 17 Women 4x200m Relay E		# 15	Women 55m Dash	NT
<b>Amaya, Jacqueline (21)</b>	<b>George C. Marshall Hi</b>	# 25	Women 300m Dash	51.44
# 15 Women 55m Dash	8.94		<b>Jones-Suggs, Makayla R (21)</b>	<b>George C. Marshall Hi</b>
# 17 Women 4x200m Relay F		# 15	Women 55m Dash	7.84
<b>Bardach, Natalie M (19)</b>	<b>George C. Marshall Hi</b>	# 17	Women 4x200m Relay A	
# 11 Women 4x800m Relay A			<b>Kaley, Morgan M (19)</b>	<b>George C. Marshall Hi</b>
<b>Battista, Emma A (22)</b>	<b>George C. Marshall Hi</b>	# 8	Women Shot Put	18-06.00
# 27 Women 3200m Run	13:21.50		<b>Kim, Rae Young (21)</b>	<b>George C. Marshall Hi</b>
<b>Becker, Nicola J (22)</b>	<b>George C. Marshall Hi</b>	# 8	Women Shot Put	19-07.50
# 2 Women High Jump	4-08.00		<b>Lee, Anabelle R (19)</b>	<b>George C. Marshall Hi</b>
# 15 Women 55m Dash	8.44	# 17	Women 4x200m Relay B	
# 17 Women 4x200m Relay D			<b>Lee, Claire J (21)</b>	<b>George C. Marshall Hi</b>
<b>Bell, Leah A (21)</b>	<b>George C. Marshall Hi</b>	# 11	Women 4x800m Relay B	
# 21 Women 500m Dash	1:41.24		<b>Maxwell, Heather A (21)</b>	<b>George C. Marshall Hi</b>
<b>Berliner, Isabella A (19)</b>	<b>George C. Marshall Hi</b>	# 15	Women 55m Dash	8.54
# 15 Women 55m Dash	8.04	# 17	Women 4x200m Relay C	
# 17 Women 4x200m Relay A		# 25	Women 300m Dash	51.13
<b>Bir, Grace E (20)</b>	<b>George C. Marshall Hi</b>		<b>McCarthy, Sydney L (21)</b>	<b>George C. Marshall Hi</b>
# 17 Women 4x200m Relay B		# 19	Women 1600m Run	5:52.11
<b>Bir, Sayda R (22)</b>	<b>George C. Marshall Hi</b>		<b>Mohran, Yasmin (21)</b>	<b>George C. Marshall Hi</b>
# 13 Women 55m Hurdles	11.16	# 19	Women 1600m Run	7:33.42
# 15 Women 55m Dash	NT		<b>Oliver, Kate M (21)</b>	<b>George C. Marshall Hi</b>
# 17 Women 4x200m Relay D		# 15	Women 55m Dash	9.18
<b>Bol, Jamie R (21)</b>	<b>George C. Marshall Hi</b>	# 17	Women 4x200m Relay F	
# 11 Women 4x800m Relay B			<b>Orozco, Nina S (19)</b>	<b>George C. Marshall Hi</b>
# 21 Women 500m Dash	1:35.36	# 21	Women 500m Dash	1:25.69
<b>Chhina, Naseeb K (21)</b>	<b>George C. Marshall Hi</b>		<b>Ozkan, Dunya H (21)</b>	<b>George C. Marshall Hi</b>
# 15 Women 55m Dash	8.59	# 15	Women 55m Dash	10.57
# 17 Women 4x200m Relay C		# 17	Women 4x200m Relay F	
# 25 Women 300m Dash	51.16		<b>Pounder, Sarah M (21)</b>	<b>George C. Marshall Hi</b>
<b>DonTigny, Emilie T (21)</b>	<b>George C. Marshall Hi</b>	# 8	Women Shot Put	27-07.25
# 27 Women 3200m Run	13:39.85		<b>Pullarkat, Rejana R (19)</b>	<b>George C. Marshall Hi</b>
<b>Dumont, Gillian L (20)</b>	<b>George C. Marshall Hi</b>	# 8	Women Shot Put	21-04.00
# 15 Women 55m Dash	8.24		<b>Reback, Grace M (19)</b>	<b>George C. Marshall Hi</b>
# 17 Women 4x200m Relay B		# 15	Women 55m Dash	8.54
# 25 Women 300m Dash	47.82	# 17	Women 4x200m Relay C	
<b>Epstein, Elizabeth (21)</b>	<b>George C. Marshall Hi</b>	# 25	Women 300m Dash	48.34
# 11 Women 4x800m Relay B			<b>Reskusic, Arijana (20)</b>	<b>George C. Marshall Hi</b>
<b>Forman, Faith A (21)</b>	<b>George C. Marshall Hi</b>	# 13	Women 55m Hurdles	11.14
# 23 Women 1000m Run	4:23.24	# 15	Women 55m Dash	9.84
<b>Hamilton, Kristen A (19)</b>	<b>George C. Marshall Hi</b>	# 17	Women 4x200m Relay E	
# 15 Women 55m Dash	7.52		<b>Robinson, Katherine G (21)</b>	<b>George C. Marshall Hi</b>

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<b>Robinson, Katherine G (21)</b>	<b>George C. Marshall Hi</b>
# 15 Women 55m Dash	8.64
# 17 Women 4x200m Relay C	
# 25 Women 300m Dash	51.04
<b>Salem, Fatimah A (22)</b>	<b>George C. Marshall Hi</b>
# 23 Women 1000m Run	4:20.24
<b>Salem, Ruqaiya (20)</b>	<b>George C. Marshall Hi</b>
# 19 Women 1600m Run	6:31.03
<b>Schlechty, Abigail R (19)</b>	<b>George C. Marshall Hi</b>
# 27 Women 3200m Run	13:04.59
<b>Shirolkar, Neha G (20)</b>	<b>George C. Marshall Hi</b>
# 15 Women 55m Dash	9.24
# 17 Women 4x200m Relay F	
<b>Smith, Lena G (20)</b>	<b>George C. Marshall Hi</b>
# 11 Women 4x800m Relay A	
<b>Smith, Sydney M (20)</b>	<b>George C. Marshall Hi</b>
# 11 Women 4x800m Relay A	
<b>Stuart, Delaney E (19)</b>	<b>George C. Marshall Hi</b>
# 8 Women Shot Put	37-11.00
<b>Sullivan, Caroline A (21)</b>	<b>George C. Marshall Hi</b>
# 11 Women 4x800m Relay A	
<b>Tadlock, Catherine H (20)</b>	<b>George C. Marshall Hi</b>
# 17 Women 4x200m Relay E	
# 23 Women 1000m Run	3:40.43
<b>Tadlock, Sarah M (19)</b>	<b>George C. Marshall Hi</b>
# 13 Women 55m Hurdles	11.13
# 17 Women 4x200m Relay D	
<b>Tarutani, Avery L (22)</b>	<b>George C. Marshall Hi</b>
# 13 Women 55m Hurdles	10.62
# 15 Women 55m Dash	NT
# 17 Women 4x200m Relay A	
<b>Tedesco, Sophie E (20)</b>	<b>George C. Marshall Hi</b>
# 11 Women 4x800m Relay B	
<b>Toubassi, Tala (19)</b>	<b>George C. Marshall Hi</b>
# 8 Women Shot Put	20-11.00
<b>Viskupic, Olivia R (22)</b>	<b>George C. Marshall Hi</b>
# 27 Women 3200m Run	13:10.84
<b>Wan, Annaliese (19)</b>	<b>George C. Marshall Hi</b>
# 8 Women Shot Put	26-02.50
<b>Young, Katie J (19)</b>	<b>George C. Marshall Hi</b>
# 8 Women Shot Put	23-09.00
# 15 Women 55m Dash	8.91
# 17 Women 4x200m Relay E	

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**MEN**

<b>Adubi, Paul B (19)</b>	<b>George C. Marshall Hi</b>	<b>Osborne, Eli Z (20)</b>	<b>George C. Marshall Hi</b>
# 7 Men Shot Put	39-00.00	# 16 Men 55m Dash	8.07
<b>Atherton, Miles S (19)</b>	<b>George C. Marshall Hi</b>	# 18 Men 4x200m Relay C	
# 1 Men High Jump	5-06.00	<b>Parrott, William C (20)</b>	<b>George C. Marshall Hi</b>
<b>Bhagat, Soven (20)</b>	<b>George C. Marshall Hi</b>	# 7 Men Shot Put	31-00.00
# 16 Men 55m Dash	8.34	<b>Porjosh, Edrees M (21)</b>	<b>George C. Marshall Hi</b>
# 18 Men 4x200m Relay D		# 16 Men 55m Dash	7.34
# 26 Men 300m Dash	46.01	# 18 Men 4x200m Relay D	
<b>Buckley, Cole P (19)</b>	<b>George C. Marshall Hi</b>	<b>Qudsi, Salahaldeen U (20)</b>	<b>George C. Marshall Hi</b>
# 22 Men 500m Dash	1:29.79	# 24 Men 1000m Run	3:33.24
<b>Coker, Afolarin A (22)</b>	<b>George C. Marshall Hi</b>	<b>Qureshi, Aamir Z (21)</b>	<b>George C. Marshall Hi</b>
# 16 Men 55m Dash	7.54	# 16 Men 55m Dash	7.54
# 18 Men 4x200m Relay B		# 18 Men 4x200m Relay A	
# 26 Men 300m Dash	42.71	# 26 Men 300m Dash	40.85
<b>Delta, John T (22)</b>	<b>George C. Marshall Hi</b>	<b>Razi, Sam R (22)</b>	<b>George C. Marshall Hi</b>
# 24 Men 1000m Run	3:22.14	# 16 Men 55m Dash	8.54
<b>Foster, Nicholas P (21)</b>	<b>George C. Marshall Hi</b>	# 18 Men 4x200m Relay C	
# 24 Men 1000m Run	3:34.14	# 26 Men 300m Dash	NT
<b>Gatti, Alessandro (20)</b>	<b>George C. Marshall Hi</b>	<b>Sadeque, Zimraan M (22)</b>	<b>George C. Marshall Hi</b>
# 7 Men Shot Put	41-04.50	# 20 Men 1600m Run	6:12.28
<b>Gattuso, Andre J (22)</b>	<b>George C. Marshall Hi</b>	<b>Sarnovsky, Adam (21)</b>	<b>George C. Marshall Hi</b>
# 20 Men 1600m Run	6:03.24	# 12 Men 4x800m Relay A	
<b>Hughes, Tanner M (19)</b>	<b>George C. Marshall Hi</b>	<b>Schlier, Eric C (19)</b>	<b>George C. Marshall Hi</b>
# 16 Men 55m Dash	6.94	# 14 Men 55m Hurdles	8.32
# 18 Men 4x200m Relay A		# 18 Men 4x200m Relay A	
<b>Kalra, Bharat (22)</b>	<b>George C. Marshall Hi</b>	<b>Schmid, Spencer T (21)</b>	<b>George C. Marshall Hi</b>
# 16 Men 55m Dash	NT	# 28 Men 3200m Run	12:30.87
# 18 Men 4x200m Relay D		<b>Smith, Patrick A (21)</b>	<b>George C. Marshall Hi</b>
# 26 Men 300m Dash	NT	# 12 Men 4x800m Relay B	
<b>Kennedy, Sanchir T (19)</b>	<b>George C. Marshall Hi</b>	<b>Tedesco, William P (22)</b>	<b>George C. Marshall Hi</b>
# 12 Men 4x800m Relay B		# 24 Men 1000m Run	3:37.32
<b>Legendyk, Marco A (21)</b>	<b>George C. Marshall Hi</b>	<b>Togher, Collin (22)</b>	<b>George C. Marshall Hi</b>
# 12 Men 4x800m Relay B		# 12 Men 4x800m Relay A	
# 20 Men 1600m Run	5:14.47	# 18 Men 4x200m Relay D	
<b>Malave, Sebastian N (21)</b>	<b>George C. Marshall Hi</b>	# 24 Men 1000m Run	NT
# 12 Men 4x800m Relay A		<b>Tryon, Wilson W (20)</b>	<b>George C. Marshall Hi</b>
<b>Melchiorre, Alejandro S (21)</b>	<b>George C. Marshall Hi</b>	# 16 Men 55m Dash	7.04
# 16 Men 55m Dash	8.23	# 18 Men 4x200m Relay A	
# 18 Men 4x200m Relay B		<b>Urdaneta, Luis A (21)</b>	<b>George C. Marshall Hi</b>
<b>Mohran, Yasser (19)</b>	<b>George C. Marshall Hi</b>	# 12 Men 4x800m Relay A	
# 7 Men Shot Put	28-04.00	# 24 Men 1000m Run	3:06.84
<b>Mullarkey, James R (22)</b>	<b>George C. Marshall Hi</b>	<b>Usowski, Owen W (19)</b>	<b>George C. Marshall Hi</b>
# 12 Men 4x800m Relay B		# 16 Men 55m Dash	7.54
# 24 Men 1000m Run	NT	# 18 Men 4x200m Relay B	
<b>Nayfeh, Omar (21)</b>	<b>George C. Marshall Hi</b>	# 26 Men 300m Dash	43.24
# 16 Men 55m Dash	7.34	<b>Watts, Liam B (20)</b>	<b>George C. Marshall Hi</b>
# 18 Men 4x200m Relay B		# 14 Men 55m Hurdles	9.54
# 26 Men 300m Dash	41.08	# 18 Men 4x200m Relay C	
<b>Nguyen, Brandon H (22)</b>	<b>George C. Marshall Hi</b>	<b>Yeboah, Emmanuel K (20)</b>	<b>George C. Marshall Hi</b>
# 24 Men 1000m Run	3:26.74	# 14 Men 55m Hurdles	10.74

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<b>MEN</b>
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<b>Yeboah, Emmanuel K (20)</b>	<b>George C. Marshall Hi</b>
# 16 Men 55m Dash	7.74
# 18 Men 4x200m Relay C	

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<b>Female IE's:</b>	<b>55</b>	<b>Female RE's:</b>	<b>32</b>
<b>Male IE's:</b>	<b>41</b>	<b>Male RE's:</b>	<b>24</b>
<b>Total IE's:</b>	<b>96</b>	<b>Total RE's:</b>	<b>56</b>
<b>Total Athletes:</b>	<b>88</b>		

# 2018-2019 ORDER OF EVENTS

## Thomas Jefferson Community Center

Doors open – 5:00 p.m. on Friday

### FIELD EVENTS

5:30 PM Girls high jump – unlimited entries - starting height 4'0" (raise 2") to be followed by  
Boys high jump – unlimited entries - starting height 5'0" (raise 2")  
Elevation of bar **will not wait** for athletes competing in running events and will not be lowered  
Boys shot put to be followed by girls shot put (unlimited entries)

### RUNNING EVENTS (rolling schedule)

5:30 PM Girls - 4 x 800 meter relay (2 teams max per school)  
Boys - 4 x 800 meter relay (2 teams max per school)

### **ONLY SCORING ATHLETES MAY USE STARTING BLOCKS IN 55 METER RACES!!!!**

Girls – 55 meter hurdles – maximum of six hurdlers per school, run on homestretch  
Boys – 55 meter hurdles – maximum of six hurdlers per school, run on homestretch  
Varsity Girls – 55 meter dash – maximum of three runners per school, run on homestretch  
Varsity Boys – 55 meter dash – maximum of three runners per school, run on homestretch  
JV Girls – 55 meter dash – unlimited entries, run on backstretch - opposite side of track  
JV Boys – 55 meter dash – unlimited entries, run on backstretch - opposite side of track  
Girls – 4 x 200 meter relay – seven teams per school – 1<sup>st</sup> team only scores  
Boys – 4 x 200 meter relay – seven teams per school – 1<sup>st</sup> team only scores  
Girls – 1600 meter run – five runners maximum per school (two sections only)  
Boys – 1600 meter run – five runners maximum per school (two sections only)  
Girls – 500 meter dash – seven runners per school, three varsity & four JV  
Boys – 500 meter dash – seven runners per school, three varsity & four JV  
Girls – 1000 meter run – five runners maximum per school (three sections only)  
Boys – 1000 meter run – five runners maximum per school (three sections only)  
Girls – 300 meter dash – seven runners per school, three varsity & four JV  
Boys – 300 meter dash – seven runners per school, three varsity & four JV  
Girls – 3200 meter run – three runners maximum per school (one section only)  
Boys – 3200 meter run – three runners maximum per school (one section only)  
Girls – 4 x 400 meter relay (**one team per school if start is after 9:45 p.m.**)  
Boys – 4 x 400 meter relay (**one team per school if start is after 9:45 p.m.**)

**If 4 x 400 relays start before 9:45 p.m., a maximum of 4 teams per school may compete (2 girls, 2 boys)**

All schools **must** provide a coach to help count laps and time their distance runners. (1000, 1600, 3200 & 3200 relay) All schools **must** provide timers to help with meet management. If additional timers are needed, coaches will be asked to time.

Scoring – only three athletes and one relay are eligible per school per event to score

Miscellaneous - No spikes are allowed in the facility. Athletes will be disqualified for wearing spikes. Represent your school well by showing good sportsmanship. No throwing or kicking balls, frisbees, hacky sacks, etc. Many thanks to athletes, coaches and spectators for placing trash in the proper receptacles.

**All athletes, coaches & spectators must vacate the premises within ten minutes of the completion of the final event.**

**We always are in need of timers. If you wish to volunteer, please see the head timer! Thank you!**