

## **Falls Church vs GCM & Edison Tri-meet Summary**

### **Event Wins (1)**

Marsh, Kellie K (Women's Shot Put)

### **District Qualifier (3)**

Marsh, Kellie K (Women's Shot Put)

McIntyre, Hallie (Women's Shot Put)

### **Lettering Achieved (18)**

Brailey, Andrew N

Brookes, Madison M

Castaneda, Claudia L

Cintorino, Keaton D

Cruz, Neida C

Gilbo, Katya

Greene, Caitlin F

Haight, MacKenzie

Konnath, Andrew J

Lewsen, Madeleine M

Marsh, Kellie K

McIntyre, Hallie M

McLeod, Katrina S

Palermo, Anthony E

Perlowski, Lauren E

Sandlin, Alexandra R

Tinio, Jason Patrick R

Tortella, John H

**Personal Best achieved 73 personal best.**

Falls Church vs Marshall & Edison Dec-3rd-2010

Location: Thomas Jefferson Middle School

Individual Meet Results

Mark	Name	Class	Place	Point	Improv	Comment	
Event # 2 Women High Jump							
4-06.00	1.37m	Lewsen, Madeleine M	13	3	2	0-00.00	Lettering, Equal Personal Best
Event # 7 Men Shot Put							
37-03.00	11.35m	Palermo, Anthony E	11	2	3	---	Lettering, Personal Best
33-07.00	10.23m	Tortella, John H	11	3	2	-6-02.00	Lettering, Personal Best
31-09.00	9.67m	Cruz, Milton A	11	---	---	-1-11.75	
31-02.00	9.50m	Lloyd, William R	13	---	---	---	Personal Best
30-03.00	9.22m	Gedik, Cemil C	12	---	---	---	Personal Best
23-07.00	7.18m	Minor, William L	13	---	---	---	Personal Best
22-04.00	6.80m	Houk, Kevin M	13	---	---	---	Personal Best
Event # 8 Women Shot Put							
28-08.00	8.73m	Marsh, Kellie K	11	1	5	---	Event Winner, District Qualifier, Personal Best
28-03.00	8.61m	McIntyre, Hallie M	12	2	3	3-03.00	District Qualifier, Personal Best
23-01.00	7.03m	Cruz, Neida C	14	4	1	---	Lettering, Personal Best
18-03.00	5.56m	Gonzalez, Romina	11	---	---	---	Personal Best
Event # 13 Women 55m Hurdles							
10.64	Sandlin, Alexandra R	13	3	2	.99		Lettering
10.84	Greene, Caitlin F	11	4	1	---		Lettering, Personal Best
12.54	Chirachaturaphak, Isaya	13	---	---	---		Personal Best
12.84	Carlson, Sarah C	14	---	---	---		Personal Best
13.24	Ford, Christina M	14	---	---	---		Personal Best
13.24	Johnson, Alexandra R	14	---	---	---		Personal Best
Event # 14 Men 55m Hurdles							
10.14	Brailey, Andrew N	13	2	3	-.38		Lettering, Personal Best
10.34	Tinio, Jason Patrick R	13	3	2	-.60		Lettering, Personal Best
10.64	Konnath, Andrew J	13	4	1	-.20		Lettering, Personal Best
11.04	Zapata, Brandon E	13	---	---	---		Personal Best
Event # 15 Women 55m Dash							
8.54	McLeod, Katrina S	13	3	2	.00		Lettering, Equal Personal Best
8.64	Torre, Jianna T	14	---	---	---		Personal Best
8.84	Clark, Katherine A	13	---	---	---		Personal Best
Event # 16 Men 55m Dash							
7.84	Aghayan, Ruben T	12	---	---	---		Personal Best
7.84	Smith, Nathan	14	---	---	---		Personal Best
7.94	Cintorino, Keaton D	14	---	---	---		Personal Best
7.94	Thompson, Nicholas S	13	---	---	---		Personal Best
8.04	Thompson, Peter A	14	---	---	---		Personal Best
8.04	Venturella, Dominic H	14	---	---	---		Personal Best
8.14	Eftekhari, Sam M	14	---	---	---		Personal Best
8.14	Wise, John D	14	---	---	---		Personal Best
8.24	Rivera, William E	13	---	---	---		Personal Best
8.54	Garcia, Franklin A	13	---	---	---		Personal Best
8.64	Gardner, Christopher W	14	---	---	---		Personal Best
8.74	Lee, Joseph D	13	---	---	.10		
8.84	Holmes, David A	12	---	---	-.60		Personal Best
9.24	Ryan, Alex M	14	---	---	---		Personal Best
10.17	Ahmed, Zuhayr N	12	---	---	---		Personal Best
Event # 19 Women 1600m Run							
6:33.84	Perlowski, Lauren E	14	3	2	---		Lettering, Personal Best
7:31.04	Casey, Emily M	14	---	---	---		Personal Best
7:56.84	McNabb, Meghan R	13	---	---	---		Personal Best
8:02.24	Them, Rathneary	13	---	---	---		Personal Best
Event # 20 Men 1600m Run							
5:05.44	Haight, MacKenzie	14	4	1	---		Lettering, Personal Best
5:13.84	Werking, James R	11	---	---	9.44		
5:24.94	Benson, Michael A	11	---	---	.70		
5:37.34	Tollo, Spencer E	13	---	---	8.35		
5:51.74	Ryan, Sean P	12	---	---	4.50		
Event # 21 Women 500m Dash							
1:34.34	Castaneda, Claudia L	13	2	3	-4.70		Lettering, Personal Best
1:37.84	McLeod, Katrina S	13	---	---	4.82		

1:39.24	O'Rourke, Amber M	13	---	---	---	Personal Best
1:40.64	Ghajar-Rahimi, Gelare	13	---	---	6.15	
1:43.24	Sandlin, Alexandra R	13	---	---	6.30	
1:52.74	Lewsen, Madeleine M	13	---	---	13.22	
Event # 22 Men 500m Dash						
<b>1:19.44</b>	<b>Cintorino, Keaton D</b>	<b>14</b>	<b>4</b>	<b>1</b>	---	<b>Lettering, Personal Best</b>
1:20.24	Ahmed, Saweel	12	---	---	5.78	
1:22.34	Fernandez, Louis I	12	---	---	-1.80	Personal Best
1:24.54	Gracia, Jonathan	12	---	---	---	Personal Best
1:26.24	Thompson, Peter A	14	---	---	---	Personal Best
1:36.14	Lee, Joseph D	13	---	---	0.30	
Event # 23 Women 1000m Run						
<b>3:45.74</b>	<b>Gilbo, Katya</b>	<b>13</b>	<b>2</b>	<b>3</b>	---	<b>Lettering, Personal Best</b>
<b>3:58.74</b>	<b>Brookes, Madison M</b>	<b>14</b>	<b>4</b>	<b>1</b>	---	<b>Lettering, Personal Best</b>
4:09.44	Gabor, Greer M	14	---	---	---	Personal Best
4:12.64	Brinza, Annmarie K	13	---	---	---	Personal Best
Event # 24 Men 1000m Run						
2:57.24	Norton, Alexander J	11	3	2	7.22	
3:13.34	Konnath, Andrew J	13	---	---	---	Personal Best
3:20.54	Robinson, Nicholas T	12	---	---	---	Personal Best
3:21.74	Wang, Mike L	12	---	---	-6.27	Personal Best
4:28.24	Khandpur, Jay	14	---	---	---	Personal Best
Event # 25 Women 300m Dash						
52.34	Carlson, Sarah C	14	---	---	---	Personal Best
52.84	Johnson, Alexandra R	14	---	---	---	Personal Best
52.94	Torre, Jianna T	14	---	---	---	Personal Best
54.34	Hahm, Sara Y	14	---	---	---	Personal Best
57.44	Chirachaturaphak, Isaya	13	---	---	-.50	Personal Best
58.94	Ford, Christina M	14	---	---	---	Personal Best
Event # 26 Men 300m Dash						
43.14	Aghayan, Ruben T	12	---	---	---	Personal Best
46.14	Venturella, Dominic H	14	---	---	---	Personal Best
46.74	Rivera, William E	13	---	---	---	Personal Best
48.14	Ahmed, Zuhayr N	12	---	---	---	Personal Best
50.04	Garcia, Franklin A	13	---	---	---	Personal Best
51.74	Gardner, Christopher W	14	---	---	---	Personal Best
53.44	Ryan, Alex M	14	---	---	---	Personal Best
Event # 28 Men 3200m Run						
12:27.04	Williams, Robert A	13	---	---	---	Personal Best
12:50.14	Silberstein, Taylor K	14	---	---	---	Personal Best
13:12.34	Ferrer, William R	14	---	---	---	Personal Best

# Relay Results

**Time Place Points**

## Event # 11 Women 4x800m Relay

Amber M. O'Rourke (13) 2:50.20	Madison M. Brookes (14) 2:58.50	Gelare Ghajar-Rahimi (13) 3:15.00	Katya Gilbo (13) 2:50.24	A Relay	11:53.94	2	3
Greer M. Gabor (14) 3:02.80	Rathneary Them (13) 3:23.00	Annmarie K. Brinza (13) 2:59.30	Madeleine M. Lewsen (13) 3:09.34	B Relay	12:34.44		---

## Event # 17 Women 4x200m Relay

Alexandra R. Sandlin (13) 32.40	Claudia L. Castaneda (13) 30.30	Katrina S. McLeod (13) 32.50	Sarah C. Carlson (14) 31.94	A Relay	2:07.14	2	3
Alexandra R. Johnson (14) 35.60	Katherine A. Clark (13) 32.40	Jianna T. Torre (14) 32.70	Sara Y. Hahm (14) 33.44	B Relay	2:14.14		---

## Event # 18 Men 4x200m Relay

Louis I. Fernandez (12) 25.90	Jonathan Gracia (12) 27.70	Andrew N. Brailey (13) 27.60	Keaton D. Cintorino (14) 26.84	A Relay	1:48.04		---
Nathan Smith (14) 30.20	Peter A. Thompson (14) 28.90	Nicholas S. Thompson (13) 28.40	Jason Patrick R. Tinio (13) 28.54	B Relay	1:56.04		---
John D. Wise (14)	Dominic H. Venturella (14)	Brandon E. Zapata (13)	Sam M. Eftekhari (14)	C Relay	2:05.04		---
Franklin A. Garcia (13)	Christopher W. Gardner (14)	Alex M. Ryan (14)	David A. Holmes (12)	D Relay	2:13.84		---

## Event # 29 Women 4x400m Relay

Claudia L. Castaneda (13) 1:12.80	Katrina S. McLeod (13) 1:19.30	Amber M. O'Rourke (13) 1:15.20	Gelare Ghajar-Rahimi (13) 1:15.54	A Relay	5:02.84	3	---
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## Event # 30 Men 4x400m Relay

James R. Werking (11) 1:02.40	Saweel Ahmed (12) 1:02.10	MacKenzie Haight (14) 1:01.80	Spencer E. Tollo (13) 1:04.04	A Relay	4:10.34	3	2
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