

Individual Meet Entries Report

**National District Championship 29-Jan-20 to 31-Jan-20 [Ageup: 1/28/2020]
George C. Marshall High [GCM]**

Falls Church, VA 22043

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

Name		Mark	Date	Meet
# 1 Men High Jump				
Thompson, Ian L (20)	George C. Marshall F	6-01.00 5ADI	12/26/2019	FIT Invitational
Silva, Alejandro M (21)	George C. Marshall F	5-09.00 5ADI	1/25/2020	Edison Polar Bear Meet
Grace, Ethan S (22)	George C. Marshall F	5-08.00 5ADI	12/7/2019	3rd David Cannon PB Invitational
Athletes count: 3				
# 2 Women High Jump				
Lewis, Noelle Z (20)	George C. Marshall F	4-10.00 5ADI	1/7/2020	Polar Titans Invitational
Becker, Nicola J (22)	George C. Marshall F	4-06.00 5ADI	12/7/2019	3rd David Cannon PB Invitational
Bir, Sayda R (22)	George C. Marshall F	4-06.00 5ADI	12/7/2019	3rd David Cannon PB Invitational
Athletes count: 3				
# 3 Men Long Jump				
McNabb, Gavin (20)	George C. Marshall F	17-05.50	1/25/2020	Edison Polar Bear Meet
Haggerty, Ryan (20)	George C. Marshall F	17-00.00	12/21/2019	Quad Meet vs TCW-WP-YKT
Yeboah, Emmanuel K (20)	George C. Marshall F	16-07.75	1/25/2020	Last Track to Philly
Athletes count: 3				
# 4 Women Long Jump				
Agnew, Serena (20)	George C. Marshall F	14-11.00 5ADI	12/21/2019	Quad Meet vs TCW-WP-YKT
Leap, Annie M (20)	George C. Marshall F	13-06.00	12/21/2019	Quad Meet vs TCW-WP-YKT
Lewis, Noelle Z (20)	George C. Marshall F	10-05.25	12/7/2019	3rd David Cannon PB Invitational
Athletes count: 3				
# 5 Men Triple Jump				
Yeboah, Emmanuel K (20)	George C. Marshall F	41-00.25 5ADI	1/25/2020	Last Track to Philly
McNabb, Gavin (20)	George C. Marshall F	35-02.00	1/7/2020	Polar Titans Invitational
Lewis, Spencer D (22)	George C. Marshall F	35-01.50	12/14/2019	Ed Bowie Invitational
Athletes count: 3				
# 6 Women Triple Jump				
Agnew, Serena (20)	George C. Marshall F	26-02.00	12/7/2019	3rd David Cannon PB Invitational
Athletes count: 1				
# 7 Men Shot Put				
Gatti, Alessandro (20)	George C. Marshall F	48-04.00 5ADI	1/11/2020	VTCA Indoor Invitational
Hickey-Bailey, Stephen (21)	George C. Marshall F	38-07.00 5ADI	12/7/2019	3rd David Cannon PB Invitational
Palm, Brock C (21)	George C. Marshall F	34-10.00	12/7/2019	3rd David Cannon PB Invitational
Athletes count: 3				
# 8 Women Shot Put				
Pounder, Sarah M (21)	George C. Marshall F	30-03.50 5ADI	1/17/2020	VA Showcase 2019
Kim, Rae Young (21)	George C. Marshall F	22-03.50	12/21/2019	Quad Meet vs TCW-WP-YKT
Leap, Annie M (20)	George C. Marshall F	22-01.50	12/21/2019	Quad Meet vs TCW-WP-YKT
Athletes count: 3				
# 11 Women 4x800m Relay Relay A				
Epstein, Elizabeth (21) #		10:26.04	12/21/2019	Quad Meet vs TCW-WP-YKT

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Name	Mark	Date	Meet
# 11 Women 4x800m Relay Relay A	10:26.04	12/21/2019	Quad Meet vs TCW-WP-YKT
Spoden, Haley E (23) #			
Smith, Sydney M (20) #			
Lee, Claire J (21) #			
Sullivan, Caroline A (21) # (Alternate)			
DonTigny, Emilie T (21) # (Alternate)			
Bell, Leah A (21) # (Alternate)			
Viskopic, Olivia R (22) # (Alternate)			
Athletes count: 8			
# 12 Men 4x800m Relay Relay A	8:24.61	1/25/2020	Last Track to Philly
Malave, Sebastian N (21) #			
Smith, Patrick A (21) #			
Sanders, Sean P (23) #			
Sweeney, Thomas P (20) #			
Nguyen, Brandon H (22) # (Alternate)			
Schmid, Spencer T (21) # (Alternate)			
Hanzlik, Luke O (23) # (Alternate)			
Lagendyk, Marco A (21) # (Alternate)			
Athletes count: 8			
# 13 Women 55m Hurdles			
McNabb, Torri E (22)	George C. Marshall F	10.03 5ADI	1/11/2020 VTCA Indoor Invitational
Agnew, Serena (20)	George C. Marshall F	10.30 5ADI	1/11/2020 VTCA Indoor Invitational
Gilbert, Hala N (22)	George C. Marshall F	10.65	1/17/2020 Tri Meet vs CHAN-LEE
Athletes count: 3			
# 14 Men 55m Hurdles			
Watts, Liam B (20)	George C. Marshall F	8.88 5ADI	1/11/2020 VTCA Indoor Invitational
McNabb, Gavin (20)	George C. Marshall F	10.08	1/25/2020 Edison Polar Bear Meet
Auvil, Henry A (20)	George C. Marshall F	10.19	1/17/2020 Tri Meet vs CHAN-LEE
Athletes count: 3			
# 15 Women 55m Dash			
Kaup, Selena N (20)	George C. Marshall F	7.97	12/28/2019 PR Holiday Invitational
Tarutani, Avery L (22)	George C. Marshall F	8.14	12/21/2019 Quad Meet vs TCW-WP-YKT
Leap, Annie M (20)	George C. Marshall F	8.28	12/14/2019 Ed Bowie Invitational
Athletes count: 3			
# 16 Men 55m Dash			
Tryon, Wilson W (20)	George C. Marshall F	6.96 5ADI	1/11/2020 VTCA Indoor Invitational
Lewis, Spencer D (22)	George C. Marshall F	6.99 5ADI	12/14/2019 Ed Bowie Invitational
Nayfeh, Omar (21)	George C. Marshall F	7.16	12/14/2019 Ed Bowie Invitational
Athletes count: 3			
# 17 Women 4x200m Relay Relay A	1:49.07	1/11/2020	VTCA Indoor Invitational
Kaup, Selena N (20) #			
Tarutani, Avery L (22) #			

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Name	Mark	Date	Meet
# 17 Women 4x200m Relay Relay A	1:49.07	1/11/2020	VTCA Indoor Invitational
Agnew, Serena (20) #			
Bir, Sayda R (22) #			
Jones-Suggs, Makayla R (21) # (Alternate)			
Curran, Veronica S (23) # (Alternate)			
Skaggs, Sarah E (23) # (Alternate)			
Becker, Nicola J (22) # (Alternate)			
Athletes count: 8			
# 18 Men 4x200m Relay Relay A	1:35.53	1/11/2020	VTCA Indoor Invitational
Nayfeh, Omar (21) #			
Tryon, Wilson W (20) #			
Amarillas, Ryan R (21) #			
Grace, Ethan S (22) #			
Porjosh, Edrees M (21) # (Alternate)			
Haggerty, Ryan (20) # (Alternate)			
Lewis, Spencer D (22) # (Alternate)			
Clark, Daniel (22) # (Alternate)			
Athletes count: 8			
# 19 Women 1600m Run			
Spoden, Haley E (23)	George C. Marshall F	5:19.82 5ADI	1/25/2020 Last Track to Philly
Smith, Sydney M (20)	George C. Marshall F	5:31.61 5ADI	1/17/2020 VA Showcase 2019
Smith, Lena G (20)	George C. Marshall F	6:16.81	1/25/2020 Last Track to Philly
Athletes count: 3			
# 20 Men 1600m Run			
Malave, Sebastian N (21)	George C. Marshall F	4:30.04 5ADI	1/17/2020 VA Showcase 2019
Sanders, Sean P (23)	George C. Marshall F	4:48.56 5ADI	1/17/2020 VA Showcase 2019
Brock, Titus S (22)	George C. Marshall F	5:07.28	12/14/2019 Ed Bowie Invitational
Athletes count: 3			
# 21 Women 500m Dash			
Bir, Grace E (20)	George C. Marshall F	1:14.28 5ADI	1/17/2020 VA Showcase 2019
Lee, Claire J (21)	George C. Marshall F	1:25.16 5ADI	1/25/2020 Edison Polar Bear Meet
Thompson, Zoe B (23)	George C. Marshall F	1:31.41	1/17/2020 VA Showcase 2019
Athletes count: 3			
# 22 Men 500m Dash			
Smith, Patrick A (21)	George C. Marshall F	1:09.82 5ADI	1/17/2020 VA Showcase 2019
Sarnovsky, Adam (21)	George C. Marshall F	1:10.22 5ADI	1/17/2020 VA Showcase 2019
Harrington, Jason J (21)	George C. Marshall F	1:11.95 5ADI	12/7/2019 3rd David Cannon PB Invitational
Qureshi, Aamir Z (21)	George C. Marshall F	1:11.96 5ADI	12/7/2019 3rd David Cannon PB Invitational
Athletes count: 4			
# 23 Women 1000m Run			
Epstein, Elizabeth (21)	George C. Marshall F	3:08.94 5ADI	1/17/2020 VA Showcase 2019
Smith, Sydney M (20)	George C. Marshall F	3:16.08 5ADI	1/17/2020 VA Showcase 2019

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Name	Mark	Date	Meet
# 23 Women 1000m Run			
Sullivan, Caroline A (21)	George C. Marshall F 3:22.24 5ADI	1/17/2020	VA Showcase 2019
Athletes count: 3			
# 24 Men 1000m Run			
Malave, Sebastian N (21)	George C. Marshall F 2:33.76 5ADI	1/17/2020	VA Showcase 2019
Sanders, Sean P (23)	George C. Marshall F 2:47.14 5ADI	1/17/2020	VA Showcase 2019
Sweeney, Thomas P (20)	George C. Marshall F 2:56.98	1/17/2020	VA Showcase 2019
Athletes count: 3			
# 25 Women 300m Dash			
Bir, Grace E (20)	George C. Marshall F 40.78 5ADI	1/17/2020	VA Showcase 2019
Bir, Sayda R (22)	George C. Marshall F 43.27 5ADI	1/17/2020	VA Showcase 2019
Tarutani, Avery L (22)	George C. Marshall F 45.38 5ADI	1/17/2020	VA Showcase 2019
Kaup, Selena N (20)	George C. Marshall F 46.45 5ADI	1/11/2020	VTCA Indoor Invitational
Curran, Veronica S (23)	George C. Marshall F 46.84 5ADI	1/17/2020	VA Showcase 2019
Agnew, Serena (20)	George C. Marshall F 46.97 5ADI	12/28/2019	PR Holiday Invitational
Athletes count: 6			
# 26 Men 300m Dash			
Sarnovsky, Adam (21)	George C. Marshall F 37.43 5ADI	1/17/2020	VA Showcase 2019
Nayfeh, Omar (21)	George C. Marshall F 37.76 5ADI	1/17/2020	VA Showcase 2019
Tryon, Wilson W (20)	George C. Marshall F 37.82 5ADI	1/11/2020	VTCA Indoor Invitational
Amarillas, Ryan R (21)	George C. Marshall F 38.43 5ADI	1/17/2020	VA Showcase 2019
Athletes count: 4			
# 27 Women 3200m Run			
Spoden, Haley E (23)	George C. Marshall F 11:59.14 5ADI	1/11/2020	VTCA Indoor Invitational
Salem, Ruqaia (20)	George C. Marshall F 13:47.62	12/7/2019	3rd David Cannon PB Invitational
Athletes count: 2			
# 28 Men 3200m Run			
Oliver, Seth J (23)	George C. Marshall F 10:29.44	1/25/2020	Last Track to Philly
Sanders, Aiden T (20)	George C. Marshall F 11:04.24	12/14/2019	Ed Bowie Invitational
Lee, Samuel H (23)	George C. Marshall F 11:26.86	1/25/2020	Edison Polar Bear Meet
Athletes count: 3			
# 29 Women 4x400m Relay Relay A			
Bir, Sayda R (22) #	4:09.25	1/11/2020	VTCA Indoor Invitational
Bir, Grace E (20) #			
Lee, Claire J (21) #			
Epstein, Elizabeth (21) #			
Sullivan, Caroline A (21) # (Alternate)			
Thompson, Zoe B (23) # (Alternate)			
Curran, Veronica S (23) # (Alternate)			
Barnes, Adele M (22) # (Alternate)			
Athletes count: 8			

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Name	Mark	Date	Meet
# 30 Men 4x400m Relay Relay A	3:35.84	1/11/2020	VTCA Indoor Invitational
Smith, Patrick A (21) #			
Sarnovsky, Adam (21) #			
Qureshi, Aamir Z (21) #			
Amarillas, Ryan R (21) #			
Harrington, Jason J (21) # (Alternate)			
Haggerty, Ryan (20) # (Alternate)			
Mullarkey, James R (22) # (Alternate)			
Ryder, Paul J (23) # (Alternate)			

Athletes count: **8**

Individual Meet Entries Report

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Name	Mark	Date	Meet
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Female IE's: 33	Total Athletes:	
Male IE's: 35		
<hr style="width: 100%;"/>		
Total IE's: 68	Total RE's: 6	

Individual Meet Entries Report

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# 1 Men High Jump				Smith, Sydney M (20) #	Marshall	
Thompson, Ian L (20)	George C. Marshal	6-01.00	5ADI	Lee, Claire J (21) #	Marshall	
Silva, Alejandro M (21)	George C. Marshal	5-09.00	5ADI	Sullivan, Caroline A (21) #	Marshall	
Grace, Ethan S (22)	George C. Marshal	5-08.00	5ADI	DonTigny, Emilie T (21) #	Marshall	
Athletes count: 3				Bell, Leah A (21) #	Marshall	
# 2 Women High Jump				Viskupic, Olivia R (22) #	Marshall	
Lewis, Noelle Z (20)	George C. Marshal	4-10.00	5ADI	Athletes count: 8		
Becker, Nicola J (22)	George C. Marshal	4-06.00	5ADI	# 12 Men 4x800m Relay A 8:24.61		
Bir, Sayda R (22)	George C. Marshal	4-06.00	5ADI	Malave, Sebastian N (21) #	Marshall	
Athletes count: 3				Smith, Patrick A (21) #	Marshall	
# 3 Men Long Jump				Sanders, Sean P (23) #	Marshall	
McNabb, Gavin (20)	George C. Marshal	17-05.50		Sweeney, Thomas P (20) #	Marshall	
Haggerty, Ryan (20)	George C. Marshal	17-00.00		Nguyen, Brandon H (22) #	Marshall	
Yeboah, Emmanuel K (20)	George C. Marshal	16-07.75		Schmid, Spencer T (21) #	Marshall	
Athletes count: 3				Hanzlik, Luke O (23) #	Marshall	
# 4 Women Long Jump				Legendyk, Marco A (21) #	Marshall	
Agnew, Serena (20)	George C. Marshal	14-11.00	5ADI	Athletes count: 8		
Leap, Annie M (20)	George C. Marshal	13-06.00		# 13 Women 55m Hurdles		
Lewis, Noelle Z (20)	George C. Marshal	10-05.25		McNabb, Torri E (22)	George C. Marshal	10.03 5ADI
Athletes count: 3				Agnew, Serena (20)	George C. Marshal	10.30 5ADI
# 5 Men Triple Jump				Gilbert, Hala N (22)	George C. Marshal	10.65
Yeboah, Emmanuel K (20)	George C. Marshal	41-00.25	5ADI	Athletes count: 3		
McNabb, Gavin (20)	George C. Marshal	35-02.00		# 14 Men 55m Hurdles		
Lewis, Spencer D (22)	George C. Marshal	35-01.50		Watts, Liam B (20)	George C. Marshal	8.88 5ADI
Athletes count: 3				McNabb, Gavin (20)	George C. Marshal	10.08
# 6 Women Triple Jump				Auvil, Henry A (20)	George C. Marshal	10.19
Agnew, Serena (20)	George C. Marshal	26-02.00		Athletes count: 3		
Athletes count: 1				# 15 Women 55m Dash		
# 7 Men Shot Put				Kaup, Selena N (20)	George C. Marshal	7.97
Gatti, Alessandro (20)	George C. Marshal	48-04.00	5ADI	Tarutani, Avery L (22)	George C. Marshal	8.14
Hickey-Bailey, Stephen (21)	George C. Marshal	38-07.00	5ADI	Leap, Annie M (20)	George C. Marshal	8.28
Palm, Brock C (21)	George C. Marshal	34-10.00		Athletes count: 3		
Athletes count: 3				# 16 Men 55m Dash		
# 8 Women Shot Put				Tryon, Wilson W (20)	George C. Marshal	6.96 5ADI
Pounder, Sarah M (21)	George C. Marshal	30-03.50	5ADI	Lewis, Spencer D (22)	George C. Marshal	6.99 5ADI
Kim, Rae Young (21)	George C. Marshal	22-03.50		Nayfeh, Omar (21)	George C. Marshal	7.16
Leap, Annie M (20)	George C. Marshal	22-01.50		Athletes count: 3		
Athletes count: 3				# 17 Women 4x200m Relay A 1:49.07		
# 11 Women 4x800m Relay A 10:26.04				Kaup, Selena N (20) #	Marshall	
Epstein, Elizabeth (21) #	Marshall			Tarutani, Avery L (22) #	Marshall	
Spoden, Haley E (23) #	Marshall			Agnew, Serena (20) #	Marshall	
				Bir, Sayda R (22) #	Marshall	
				Jones-Suggs, Makayla R (21) #	Marshall	

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George C. Marshall High [GCM]

# 17 Women 4x200m Relay A		X	1:49.07	Sweeney, Thomas P (20)	George C. Marshal	2:56.98
Curran, Veronica S (23) #	Marshall			Athletes count: 3		
Skaggs, Sarah E (23) #	Marshall			# 25 Women 300m Dash		
Becker, Nicola J (22) #	Marshall			Bir, Grace E (20)	George C. Marshal	40.78 5ADI
Athletes count: 8				Bir, Sayda R (22)	George C. Marshal	43.27 5ADI
# 18 Men 4x200m Relay A			1:35.53	Tarutani, Avery L (22)	George C. Marshal	45.38 5ADI
Nayfeh, Omar (21) #	Marshall			Kaup, Selena N (20)	George C. Marshal	46.45 5ADI
Tryon, Wilson W (20) #	Marshall			Curran, Veronica S (23)	George C. Marshal	46.84 5ADI
Amarillas, Ryan R (21) #	Marshall			Agnew, Serena (20)	George C. Marshal	46.97 5ADI
Grace, Ethan S (22) #	Marshall			Athletes count: 6		
Porjosh, Edrees M (21) #	Marshall			# 26 Men 300m Dash		
Haggerty, Ryan (20) #	Marshall			Sarnovsky, Adam (21)	George C. Marshal	37.43 5ADI
Lewis, Spencer D (22) #	Marshall			Nayfeh, Omar (21)	George C. Marshal	37.76 5ADI
Clark, Daniel (22) #	Marshall			Tryon, Wilson W (20)	George C. Marshal	37.82 5ADI
Athletes count: 8				Amarillas, Ryan R (21)	George C. Marshal	38.43 5ADI
# 19 Women 1600m Run				Athletes count: 4		
Spoden, Haley E (23)	George C. Marshal	5:19.82	5ADI	# 27 Women 3200m Run		
Smith, Sydney M (20)	George C. Marshal	5:31.61	5ADI	Spoden, Haley E (23)	George C. Marshal	11:59.14 5ADI
Smith, Lena G (20)	George C. Marshal	6:16.81		Salem, Ruqia (20)	George C. Marshal	13:47.62
Athletes count: 3				Athletes count: 2		
# 20 Men 1600m Run				# 28 Men 3200m Run		
Malave, Sebastian N (21)	George C. Marshal	4:30.04	5ADI	Oliver, Seth J (23)	George C. Marshal	10:29.44
Sanders, Sean P (23)	George C. Marshal	4:48.56	5ADI	Sanders, Aiden T (20)	George C. Marshal	11:04.24
Brock, Titus S (22)	George C. Marshal	5:07.28		Lee, Samuel H (23)	George C. Marshal	11:26.86
Athletes count: 3				Athletes count: 3		
# 21 Women 500m Dash				# 29 Women 4x400m Relay A		
Bir, Grace E (20)	George C. Marshal	1:14.28	5ADI			4:09.25
Lee, Claire J (21)	George C. Marshal	1:25.16	5ADI	Bir, Sayda R (22) #	Marshall	
Thompson, Zoe B (23)	George C. Marshal	1:31.41		Bir, Grace E (20) #	Marshall	
Athletes count: 3				Lee, Claire J (21) #	Marshall	
# 22 Men 500m Dash				Epstein, Elizabeth (21) #	Marshall	
Smith, Patrick A (21)	George C. Marshal	1:09.82	5ADI	Sullivan, Caroline A (21) #	Marshall	
Sarnovsky, Adam (21)	George C. Marshal	1:10.22	5ADI	Thompson, Zoe B (23) #	Marshall	
Harrington, Jason J (21)	George C. Marshal	1:11.95	5ADI	Curran, Veronica S (23) #	Marshall	
Qureshi, Aamir Z (21)	George C. Marshal	1:11.96	5ADI	Barnes, Adele M (22) #	Marshall	
Athletes count: 4				Athletes count: 8		
# 23 Women 1000m Run				# 30 Men 4x400m Relay A		
Epstein, Elizabeth (21)	George C. Marshal	3:08.94	5ADI			3:35.84
Smith, Sydney M (20)	George C. Marshal	3:16.08	5ADI	Smith, Patrick A (21) #	Marshall	
Sullivan, Caroline A (21)	George C. Marshal	3:22.24	5ADI	Sarnovsky, Adam (21) #	Marshall	
Athletes count: 3				Qureshi, Aamir Z (21) #	Marshall	
# 24 Men 1000m Run				Amarillas, Ryan R (21) #	Marshall	
Malave, Sebastian N (21)	George C. Marshal	2:33.76	5ADI	Harrington, Jason J (21) #	Marshall	
Sanders, Sean P (23)	George C. Marshal	2:47.14	5ADI	Haggerty, Ryan (20) #	Marshall	
				Mullarkey, James R (22) #	Marshall	
				Ryder, Paul J (23) #	Marshall	

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Athletes count: 8

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Female IE's:	33	Total Athletes:		
Male IE's:	35			
Total IE's:		68	Total RE's:	6

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headcoachwong@yahoo.com**

WOMEN

<p>Agnew, Serena (20) # 4 Women Long Jump # 6 Women Triple Jump # 13 Women 55m Hurdles # 17 Women 4x200m Relay A # 25 Women 300m Dash Barnes, Adele M (22) # 29 Women 4x400m Relay A Becker, Nicola J (22) # 2 Women High Jump # 17 Women 4x200m Relay A Bell, Leah A (21) # 11 Women 4x800m Relay A Bir, Grace E (20) # 21 Women 500m Dash # 25 Women 300m Dash # 29 Women 4x400m Relay A Bir, Sayda R (22) # 2 Women High Jump # 17 Women 4x200m Relay A # 25 Women 300m Dash # 29 Women 4x400m Relay A Curran, Veronica S (23) # 17 Women 4x200m Relay A # 25 Women 300m Dash # 29 Women 4x400m Relay A DonTigny, Emilie T (21) # 11 Women 4x800m Relay A Epstein, Elizabeth (21) # 11 Women 4x800m Relay A # 23 Women 1000m Run # 29 Women 4x400m Relay A Gilbert, Hala N (22) # 13 Women 55m Hurdles Jones-Suggs, Makayla R (21) # 17 Women 4x200m Relay A Kaup, Selena N (20) # 15 Women 55m Dash # 17 Women 4x200m Relay A # 25 Women 300m Dash Kim, Rae Young (21) # 8 Women Shot Put Leap, Annie M (20) # 4 Women Long Jump # 8 Women Shot Put # 15 Women 55m Dash Lee, Claire J (21) # 11 Women 4x800m Relay A</p>	<p>George C. Marshall Hi 14-11.00 5ADI George C. Marshall Hi 26-02.00 10.30 5ADI 46.97 5ADI George C. Marshall Hi George C. Marshall Hi 4-06.00 5ADI George C. Marshall Hi George C. Marshall Hi 1:14.28 5ADI 40.78 5ADI George C. Marshall Hi 4-06.00 5ADI 43.27 5ADI George C. Marshall Hi 46.84 5ADI George C. Marshall Hi George C. Marshall Hi 3:08.94 5ADI George C. Marshall Hi 10.65 George C. Marshall Hi 7.97 46.45 5ADI George C. Marshall Hi 22-03.50 George C. Marshall Hi 13-06.00 22-01.50 8.28 George C. Marshall Hi</p>	<p># 21 Women 500m Dash 1:25.16 5ADI # 29 Women 4x400m Relay A Lewis, Noelle Z (20) George C. Marshall Hi # 2 Women High Jump 4-10.00 5ADI # 4 Women Long Jump 10-05.25 McNabb, Torri E (22) George C. Marshall Hi # 13 Women 55m Hurdles 10.03 5ADI Pounder, Sarah M (21) George C. Marshall Hi # 8 Women Shot Put 30-03.50 5ADI Salem, Ruqaiya (20) George C. Marshall Hi # 27 Women 3200m Run 13:47.62 Skaggs, Sarah E (23) George C. Marshall Hi # 17 Women 4x200m Relay A Smith, Lena G (20) George C. Marshall Hi # 19 Women 1600m Run 6:16.81 Smith, Sydney M (20) George C. Marshall Hi # 11 Women 4x800m Relay A # 19 Women 1600m Run 5:31.61 5ADI # 23 Women 1000m Run 3:16.08 5ADI Spoden, Haley E (23) George C. Marshall Hi # 11 Women 4x800m Relay A # 19 Women 1600m Run 5:19.82 5ADI # 27 Women 3200m Run 11:59.14 5ADI Sullivan, Caroline A (21) George C. Marshall Hi # 11 Women 4x800m Relay A # 23 Women 1000m Run 3:22.24 5ADI # 29 Women 4x400m Relay A Tarutani, Avery L (22) George C. Marshall Hi # 15 Women 55m Dash 8.14 # 17 Women 4x200m Relay A # 25 Women 300m Dash 45.38 5ADI Thompson, Zoe B (23) George C. Marshall Hi # 21 Women 500m Dash 1:31.41 # 29 Women 4x400m Relay A Viskopic, Olivia R (22) George C. Marshall Hi # 11 Women 4x800m Relay A</p>
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Individual Meet Entries Report

**National District Championship 29-Jan-20 to 31-Jan-20 [Ageup: 1/28/2020]
George C. Marshall High [GCM]**

MEN

Amarillas, Ryan R (21)	George C. Marshall Hi	Oliver, Seth J (23)	George C. Marshall Hi
# 18 Men 4x200m Relay A		# 28 Men 3200m Run	10:29.44
# 26 Men 300m Dash	38.43 5ADI	Palm, Brock C (21)	George C. Marshall Hi
# 30 Men 4x400m Relay A		# 7 Men Shot Put	34-10.00
Auvil, Henry A (20)	George C. Marshall Hi	Porjosh, Edrees M (21)	George C. Marshall Hi
# 14 Men 55m Hurdles	10.19	# 18 Men 4x200m Relay A	
Brock, Titus S (22)	George C. Marshall Hi	Qureshi, Aamir Z (21)	George C. Marshall Hi
# 20 Men 1600m Run	5:07.28	# 22 Men 500m Dash	1:11.96 5ADI
Clark, Daniel (22)	George C. Marshall Hi	# 30 Men 4x400m Relay A	
# 18 Men 4x200m Relay A		Ryder, Paul J (23)	George C. Marshall Hi
Gatti, Alessandro (20)	George C. Marshall Hi	# 30 Men 4x400m Relay A	
# 7 Men Shot Put	48-04.00 5ADI	Sanders, Aiden T (20)	George C. Marshall Hi
Grace, Ethan S (22)	George C. Marshall Hi	# 28 Men 3200m Run	11:04.24
# 1 Men High Jump	5-08.00 5ADI	Sanders, Sean P (23)	George C. Marshall Hi
# 18 Men 4x200m Relay A		# 12 Men 4x800m Relay A	
Haggerty, Ryan (20)	George C. Marshall Hi	# 20 Men 1600m Run	4:48.56 5ADI
# 3 Men Long Jump	17-00.00	# 24 Men 1000m Run	2:47.14 5ADI
# 18 Men 4x200m Relay A		Sarnovsky, Adam (21)	George C. Marshall Hi
# 30 Men 4x400m Relay A		# 22 Men 500m Dash	1:10.22 5ADI
Hanzlik, Luke O (23)	George C. Marshall Hi	# 26 Men 300m Dash	37.43 5ADI
# 12 Men 4x800m Relay A		# 30 Men 4x400m Relay A	
Harrington, Jason J (21)	George C. Marshall Hi	Schmid, Spencer T (21)	George C. Marshall Hi
# 22 Men 500m Dash	1:11.95 5ADI	# 12 Men 4x800m Relay A	
# 30 Men 4x400m Relay A		Silva, Alejandro M (21)	George C. Marshall Hi
Hickey-Bailey, Stephen (21)	George C. Marshall Hi	# 1 Men High Jump	5-09.00 5ADI
# 7 Men Shot Put	38-07.00 5ADI	Smith, Patrick A (21)	George C. Marshall Hi
Lagendyk, Marco A (21)	George C. Marshall Hi	# 12 Men 4x800m Relay A	
# 12 Men 4x800m Relay A		# 22 Men 500m Dash	1:09.82 5ADI
Lee, Samuel H (23)	George C. Marshall Hi	# 30 Men 4x400m Relay A	
# 28 Men 3200m Run	11:26.86	Sweeney, Thomas P (20)	George C. Marshall Hi
Lewis, Spencer D (22)	George C. Marshall Hi	# 12 Men 4x800m Relay A	
# 5 Men Triple Jump	35-01.50	# 24 Men 1000m Run	2:56.98
# 16 Men 55m Dash	6.99 5ADI	Thompson, Ian L (20)	George C. Marshall Hi
# 18 Men 4x200m Relay A		# 1 Men High Jump	6-01.00 5ADI
Malave, Sebastian N (21)	George C. Marshall Hi	Tryon, Wilson W (20)	George C. Marshall Hi
# 12 Men 4x800m Relay A		# 16 Men 55m Dash	6.96 5ADI
# 20 Men 1600m Run	4:30.04 5ADI	# 18 Men 4x200m Relay A	
# 24 Men 1000m Run	2:33.76 5ADI	# 26 Men 300m Dash	37.82 5ADI
McNabb, Gavin (20)	George C. Marshall Hi	Watts, Liam B (20)	George C. Marshall Hi
# 3 Men Long Jump	17-05.50	# 14 Men 55m Hurdles	8.88 5ADI
# 5 Men Triple Jump	35-02.00	Yeboah, Emmanuel K (20)	George C. Marshall Hi
# 14 Men 55m Hurdles	10.08	# 3 Men Long Jump	16-07.75
Mullarkey, James R (22)	George C. Marshall Hi	# 5 Men Triple Jump	41-00.25 5ADI
# 30 Men 4x400m Relay A			
Nayfeh, Omar (21)	George C. Marshall Hi		
# 16 Men 55m Dash	7.16		
# 18 Men 4x200m Relay A			
# 26 Men 300m Dash	37.76 5ADI		
Nguyen, Brandon H (22)	George C. Marshall Hi		
# 12 Men 4x800m Relay A			

Individual Meet Entries Report**National District Championship 29-Jan-20 to 31-Jan-20 [Ageup: 1/28/2020]****George C. Marshall High [GCM]**

Female IE's:	33	Female RE's:	24
Male IE's:	35	Male RE's:	24
Total IE's:	68	Total RE's:	48
Total Athletes:	61		