

## Individual Meet Entries Report

**Last Track to Philly 25-Jan-20**  
**George C. Marshall High [GCM]**

**Falls Church, VA 22043**

**301-793-2900**

**headcoachwong@yahoo.com**

<b>WOMEN</b>
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<b>Agnew, Serena (20)</b>		<b>George C. Marshall Hi</b>
# 9 Women 4x55m ShuHurdIR A		
<b>Becker, Nicola J (22)</b>		<b>George C. Marshall Hi</b>
# 9 Women 4x55m ShuHurdIR A		
# 13 Women 4x200m Relay B		
<b>Bir, Grace E (20)</b>		<b>George C. Marshall Hi</b>
# 5 Women 1600m SptMedlyR A		
<b>Bir, Sayda R (22)</b>		<b>George C. Marshall Hi</b>
# 5 Women 1600m SptMedlyR A		
<b>Curran, Veronica S (23)</b>		<b>George C. Marshall Hi</b>
# 5 Women 1600m SptMedlyR A		
# 13 Women 4x200m Relay B		
<b>Kaup, Selena N (20)</b>		<b>George C. Marshall Hi</b>
# 5 Women 1600m SptMedlyR A		
# 13 Women 4x200m Relay B		
<b>Leap, Annie M (20)</b>		<b>George C. Marshall Hi</b>
# 9 Women 4x55m ShuHurdIR A		
# 13 Women 4x200m Relay B		
<b>Lewis, Noelle Z (20)</b>		<b>George C. Marshall Hi</b>
# 21 Women High Jump		4-10.00
<b>McCarthy, Sydney L (21)</b>		<b>George C. Marshall Hi</b>
# 1 Women 1600m Walk		NT
<b>McNabb, Torri E (22)</b>		<b>George C. Marshall Hi</b>
# 9 Women 4x55m ShuHurdIR A		
<b>Pounder, Sarah M (21)</b>		<b>George C. Marshall Hi</b>
# 19 Women Shot Put		30-03.50
<b>Smith, Lena G (20)</b>		<b>George C. Marshall Hi</b>
# 1 Women 1600m Walk		NT
# 3 Women 1 Mile Run		NT
<b>Spoden, Haley E (23)</b>		<b>George C. Marshall Hi</b>
# 3 Women 1 Mile Run		NT
<b>Tadlock, Catherine H (20)</b>		<b>George C. Marshall Hi</b>
# 1 Women 1600m Walk		NT

# Last Track To Philly - 1/25/2020

Georgetown Prep

Hanley Center

Session Report

Session: 1 Track

Day 1 - Saturday 1/25/2020 - Starts at 08:30 AM

Starts at	Event	Round	Entries	Heats
8:10 AM	#1 Girls 1600 Meter Race Walk	Finals	27	1
8:10 AM	#2 Boys 1600 Meter Race Walk	Finals	26	1
8:30 AM	#3 Girls Distance Medley	Finals	13	1
8:45 AM	#4 Boys Distance Medley	Finals	15	1
9:00 AM	#5 Girls 4x200 Meter Relay B Relays	Finals	26	5
9:15 AM	#6 Boys 4x200 Meter Relay B Relays	Finals	24	4
9:30 AM	#7 Girls 4x200 Meter Relay A Relays	Finals	39	7
9:55 AM	#8 Boys 4x200 Meter Relay A Relays	Finals	35	6
10:10 AM	#9 Girls 4x55 Meter Shuttle Hurdle	Finals	20	5
10:20 AM	#10 Boys 4x55 Meter Shuttle Hurdle	Finals	16	4
10:30 AM	#11 Girls 1 Mile Run B Race	Finals	40	3
10:50 AM	#12 Boys 1 Mile Run B Race	Finals	45	3
11:10 AM	#13 Girls 1 Mile Run A Race	Finals	13	1
11:17 AM	#14 Boys 1 Mile Run A Race	Finals	11	1
11:22 AM	#15 Girls 1600 Sprint Medley	Finals	32	6
11:52 AM	#16 Boys 1600 Sprint Medley	Finals	31	6
12:22 PM	#17 Girls 4x400 Meter Relay	Finals	36	6
12:52 PM	#18 Boys 4x400 Meter Relay	Finals	37	7
1:30 PM	#19 Girls 3200 Meter Run	Finals	14	1
1:45 PM	#20 Boys 3200 Meter Run	Finals	16	1
2:00 PM	#21 Girls 4x800 Meter Relay	Finals	15	1
2:15 PM	#22 Boys 4x800 Meter Relay	Finals	15	1
Athlete Count: 974			=====	=====
Entry / Heat Totals:			546	72

Session: 2 Field

Day 1 - Saturday 1/25/2020 - Starts at 08:30 AM

Starts at	Event	Round	Entries	Heats
8:30 AM	#23 Girls Long Jump	Finals	13	1
8:30 AM	#24 Boys Long Jump	Finals	15	1
8:30 AM	#25 Girls Triple Jump	Finals	13	1
8:30 AM	#26 Boys Triple Jump	Finals	16	1
8:30 AM	#27 Girls Shot Put	Finals	12	1
8:30 AM	#28 Boys Shot Put	Finals	14	1
8:30 AM	#29 Girls High Jump	Finals	18	1
8:30 AM	#30 Boys High Jump	Finals	14	1
8:30 AM	#31 Girls Pole Vault	Finals	10	1
8:30 AM	#32 Boys Pole Vault	Finals	12	1
Athlete Count: 115			=====	=====
Entry / Heat Totals:			137	10

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**George C. Marshall High [GCM]**

<b>MEN</b>
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<b>Amarillas, Ryan R (21)</b>	<b>George C. Marshall Hi</b>
# 14 Men 4x200m Relay A	
# 18 Men 4x400m Relay A	
<b>Dumont, Charles N (23)</b>	<b>George C. Marshall Hi</b>
# 6 Men 1600m SptMedlyR A	
<b>Gatti, Alessandro (20)</b>	<b>George C. Marshall Hi</b>
# 20 Men Shot Put	48-04.00
<b>Grace, Ethan S (22)</b>	<b>George C. Marshall Hi</b>
# 6 Men 1600m SptMedlyR A	
# 22 Men High Jump	5-08.00
<b>Hanzlik, Luke O (23)</b>	<b>George C. Marshall Hi</b>
# 4 Men 1 Mile Run	NT
<b>Harrington, Jason J (21)</b>	<b>George C. Marshall Hi</b>
# 18 Men 4x400m Relay A	
<b>Hickey-Bailey, Stephen (21)</b>	<b>George C. Marshall Hi</b>
# 20 Men Shot Put	38-07.00
<b>Malave, Sebastian N (21)</b>	<b>George C. Marshall Hi</b>
# 4 Men 1 Mile Run	NT
# 12 Men 4x800m Relay A	
<b>McCarthy, III, Robert J (23)</b>	<b>George C. Marshall Hi</b>
# 2 Men 1600m Walk	NT
<b>Nayfeh, Omar (21)</b>	<b>George C. Marshall Hi</b>
# 6 Men 1600m SptMedlyR A	
# 14 Men 4x200m Relay A	
<b>Oliver, Seth J (23)</b>	<b>George C. Marshall Hi</b>
# 16 Men 3200m Run	10:38.24
<b>Qureshi, Aamir Z (21)</b>	<b>George C. Marshall Hi</b>
# 6 Men 1600m SptMedlyR A	
# 8 Men 4000m DisMedlyR A	
<b>Sanders, Sean P (23)</b>	<b>George C. Marshall Hi</b>
# 8 Men 4000m DisMedlyR A	
# 12 Men 4x800m Relay A	
<b>Sarnovsky, Adam (21)</b>	<b>George C. Marshall Hi</b>
# 14 Men 4x200m Relay A	
# 18 Men 4x400m Relay A	
<b>Smith, Patrick A (21)</b>	<b>George C. Marshall Hi</b>
# 8 Men 4000m DisMedlyR A	
# 12 Men 4x800m Relay A	
<b>Sweeney, Thomas P (20)</b>	<b>George C. Marshall Hi</b>
# 8 Men 4000m DisMedlyR A	
# 12 Men 4x800m Relay A	
<b>Tryon, Wilson W (20)</b>	<b>George C. Marshall Hi</b>
# 14 Men 4x200m Relay A	
# 18 Men 4x400m Relay A	
<b>Yeboah, Emmanuel K (20)</b>	<b>George C. Marshall Hi</b>
# 26 Men Long Jump	17-10.00
# 28 Men Triple Jump	40-08.50

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**Individual Meet Entries Report****Last Track to Philly 25-Jan-20****George C. Marshall High [GCM]**

<b>Female IE's:</b>	<b>7</b>	<b>Female RE's:</b>	<b>12</b>
<b>Male IE's:</b>	<b>9</b>	<b>Male RE's:</b>	<b>20</b>
<hr/>		<hr/>	
<b>Total IE's:</b>	<b>16</b>	<b>Total RE's:</b>	<b>32</b>
<b>Total Athletes:</b>	<b>32</b>		

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<b># 1 Women 1600m Walk</b>			Malave, Sebastian N (21) #	Marshall	
McCarthy, Sydney L (21)	George C. Marshal	NT	Smith, Patrick A (21) #	Marshall	
Smith, Lena G (20)	George C. Marshal	NT	Sweeney, Thomas P (20) #	Marshall	
Tadlock, Catherine H (20)	George C. Marshal	NT	Sanders, Sean P (23) #	Marshall	
<b>Athletes count: 3</b>			<b>Athletes count: 4</b>		
<b># 2 Men 1600m Walk</b>			<b># 13 Women 4x200m Relay A</b>		
McCarthy, III, Robert J (23)	George C. Marshal	NT	No Runners Entered	Marshall	1:47.00
<b>Athletes count: 1</b>			<b>Athletes count: 1</b>		
<b># 3 Women 1 Mile Run</b>			<b># 13 Women 4x200m Relay B</b>		
Smith, Lena G (20)	George C. Marshal	NT	Becker, Nicola J (22) #	Marshall	NT
Spoden, Haley E (23)	George C. Marshal	NT	Curran, Veronica S (23) #	Marshall	
<b>Athletes count: 2</b>			Kaup, Selena N (20) #	Marshall	
<b># 4 Men 1 Mile Run</b>			Leap, Annie M (20) #	Marshall	
Hanzlik, Luke O (23)	George C. Marshal	NT	<b>Athletes count: 4</b>		
Malave, Sebastian N (21)	George C. Marshal	NT	<b># 14 Men 4x200m Relay A</b>		
<b>Athletes count: 2</b>			Sarnovsky, Adam (21) #	Marshall	1:34.23
<b># 5 Women 1600m SptMedlyR A</b>			Nayfeh, Omar (21) #	Marshall	
Bir, Sayda R (22) #	Marshall	4:11.80	Tryon, Wilson W (20) #	Marshall	
Kaup, Selena N (20) #	Marshall		Amarillas, Ryan R (21) #	Marshall	
Curran, Veronica S (23) #	Marshall		<b>Athletes count: 4</b>		
Bir, Grace E (20) #	Marshall		<b># 16 Men 3200m Run</b>		
<b>Athletes count: 4</b>			Oliver, Seth J (23)	George C. Marshal	10:38.24
<b># 6 Men 1600m SptMedlyR A</b>			<b>Athletes count: 1</b>		
Qureshi, Aamir Z (21) #	Marshall	3:39.40	<b># 18 Men 4x400m Relay A</b>		
Nayfeh, Omar (21) #	Marshall		Amarillas, Ryan R (21) #	Marshall	3:26.38
Grace, Ethan S (22) #	Marshall		Harrington, Jason J (21) #	Marshall	
Dumont, Charles N (23) #	Marshall		Tryon, Wilson W (20) #	Marshall	
<b>Athletes count: 4</b>			Sarnovsky, Adam (21) #	Marshall	
<b># 8 Men 4000m DisMedlyR A</b>			<b>Athletes count: 4</b>		
Sweeney, Thomas P (20) #	Marshall	10:42.74	<b># 19 Women Shot Put</b>		
Qureshi, Aamir Z (21) #	Marshall		Pounder, Sarah M (21)	George C. Marshal	30-03.50
Smith, Patrick A (21) #	Marshall		<b>Athletes count: 1</b>		
Sanders, Sean P (23) #	Marshall		<b># 20 Men Shot Put</b>		
<b>Athletes count: 4</b>			Gatti, Alessandro (20)	George C. Marshal	48-04.00
<b># 9 Women 4x55m ShuHurdIR A</b>			Hickey-Bailey, Stephen (21)	George C. Marshal	38-07.00
Agnew, Serena (20) #	Marshall	36.43	<b>Athletes count: 2</b>		
McNabb, Torri E (22) #	Marshall		<b># 21 Women High Jump</b>		
Leap, Annie M (20) #	Marshall		Lewis, Noelle Z (20)	George C. Marshal	4-10.00
Becker, Nicola J (22) #	Marshall		<b>Athletes count: 1</b>		
<b>Athletes count: 4</b>			<b># 22 Men High Jump</b>		
<b># 12 Men 4x800m Relay A</b>					
		7:50.70			

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## Individual Meet Entries Report

**Last Track to Philly 25-Jan-20**

**George C. Marshall High [GCM]**

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**# 22 Men High Jump**

Grace, Ethan S (22)	George C. Marshal	5-08.00
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Athletes count: 1

**# 26 Men Long Jump**

Yeboah, Emmanuel K (20)	George C. Marshal	17-10.00
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Athletes count: 1

**# 28 Men Triple Jump**

Yeboah, Emmanuel K (20)	George C. Marshal	40-08.50
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Athletes count: 1

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**Individual Meet Entries Report****Last Track to Philly 25-Jan-20****George C. Marshall High [GCM]**

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<b>Female IE's:</b>	<b>7</b>	<b>Total Athletes:</b>	<b>14</b>
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<b>Male IE's:</b>	<b>9</b>
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<b>Total IE's:</b>	<b>16</b>
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<b>Total RE's:</b>	<b>9</b>
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