

## Indoor - Last Track to Philly

**WHEN:** Jan. 25th, 2020**TIME:** 8:15am**WHERE:** Georgetown Preparatory School

### Relay Info.

To allow athletes to compete on a fast, 200m indoor track in an attempt to meet Penn Relays qualifying times, heights, and distances.

Sanction: Neighboring states to Maryland

### Race Walk Comes to Maryland

A one mile race walk high school event for HS boys and girls will be contested. This event contest can serve as a qualifier for both indoor and outdoor meets requiring qualifying times for race walk events being held during the 2020 season. This includes New Balance Indoor and Outdoor National Championships and the Penn Relays. Any contestants interested should email me at [gregdunston@yahoo.com](mailto:gregdunston@yahoo.com).

Clinic: A short clinic will be held before the meet at 7:00am for all participants.

### Relay Events

\*(Teams will need to verify their entry time in the Penn events by either listing their individual splits or the meet where the performance occurred.) Only the top 12 entries will be placed in the Penn Relay events. Coaches will be notified of those entries that are accepted. Boys' events will follow the girls. Each team may enter 2 athletes for the Mile, with the top 12 in the seeded race.

email this info to [gregdunston@yahoo.com](mailto:gregdunston@yahoo.com) after completing entries.

\* 1600m Race Walk

1. \*DMR (1200, 400, 800, 1600) (top 12 entries)
2. 4 x 200m B Teams (1 team per school)
3. 4x 200m A Teams (1 team per school)
4. Shuttle Hurdle/ Sprint Relay (55Sprint, 55 HH, 55S, 55 HH)(1 per school)
5. Mile B
6. \*Mile A (top 12 entries)
7. Sprint Medley Relay (400, 200, 200, 800) (1 team per school)
8. 4 x 400m Relay (1 per school)
9. \*3200m Run (top 12 entries)
10. \*4 x 800m (top 12 entries)

Field events limited to the top 12 entries

- \*Long Jump
- \*Triple to follow
- \*High Jump to follow shot put
- \*Shot Put
- \*Pole Vault

\* Penn Relay events that have qualifying standards.

### Relay Registration

Fees: \$25 for each \* Penn Relay Event, \$15 for Individual Event, \$175 for single team entry in all events, \$275 for both boys and girls teams. **FIRST 40 TEAMS TO RESPOND WITH THEIR ENTRY CHECK WILL BE ACCEPTED.** [info@woodwardrelays.com](mailto:info@woodwardrelays.com)

Entries due by 6:00 pm Sun. Jan. 20th, 2020.

Make **checks payable** to **Woodward Relays**, label as **Last Track** and mail to:

Greg Dunston

5911 Crawford Dr.

Rockville, MD 20851

Checks due by Jan. 19, 2020 for acceptance

Register through [www.athletic.net](http://www.athletic.net)

## Individual Meet Entries Report

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

**301-793-2900**

**Falls Church, VA 22043**

**headcoachwong@yahoo.com**

|                                    |                   |          |                                  |                            |
|------------------------------------|-------------------|----------|----------------------------------|----------------------------|
| <b># 1 Women 1600m Walk</b>        |                   |          | Smith, Patrick A (21) #          | Marshall                   |
| Forman, Faith A (21)               | George C. Marshal | NT       | <b>Athletes count: 4</b>         |                            |
| McCarthy, Sydney L (21)            | George C. Marshal | NT       | <b># 11 Women 4x800m Relay A</b> |                            |
| Smith, Lena G (20)                 | George C. Marshal | NT       | Epstein, Elizabeth (21) #        | Marshall 9:20.90           |
| Tadlock, Catherine H (20)          | George C. Marshal | NT       | Lee, Claire J (21) #             | Marshall                   |
| <b>Athletes count: 4</b>           |                   |          | Spoden, Haley E (23) #           | Marshall                   |
| <b># 2 Men 1600m Walk</b>          |                   |          | Sullivan, Caroline A (21) #      | Marshall                   |
| Heltberg, Daniel (22)              | George C. Marshal | NT       | <b>Athletes count: 4</b>         |                            |
| Lee, Samuel H (23)                 | George C. Marshal | NT       | <b># 12 Men 4x800m Relay A</b>   |                            |
| Sadeque, Zimraan M (22)            | George C. Marshal | NT       | Malave, Sebastian N (21) #       | Marshall 7:50.70           |
| Schmid, Spencer T (21)             | George C. Marshal | NT       | Smith, Patrick A (21) #          | Marshall                   |
| <b>Athletes count: 4</b>           |                   |          | Sweeney, Thomas P (20) #         | Marshall                   |
| <b># 3 Women 1 Mile Run</b>        |                   |          | Sanders, Sean P (23) #           | Marshall                   |
| Smith, Lena G (20)                 | George C. Marshal | NT       | <b>Athletes count: 4</b>         |                            |
| Spoden, Haley E (23)               | George C. Marshal | NT       | <b># 13 Women 4x200m Relay A</b> |                            |
| <b>Athletes count: 2</b>           |                   |          | Epstein, Elizabeth (21) #        | Marshall 1:47.00           |
| <b># 4 Men 1 Mile Run</b>          |                   |          | Bir, Grace E (20) #              | Marshall                   |
| Hanzlik, Luke O (23)               | George C. Marshal | NT       | Bir, Sayda R (22) #              | Marshall                   |
| Malave, Sebastian N (21)           | George C. Marshal | NT       | Tarutani, Avery L (22) #         | Marshall                   |
| <b>Athletes count: 2</b>           |                   |          | <b>Athletes count: 4</b>         |                            |
| <b># 5 Women 1600m SptMedlyR A</b> |                   |          | <b># 13 Women 4x200m Relay B</b> |                            |
| Bir, Sayda R (22) #                | Marshall          | 4:11.80  | Becker, Nicola J (22) #          | Marshall NT                |
| Kaup, Selena N (20) #              | Marshall          |          | Curran, Veronica S (23) #        | Marshall                   |
| Tarutani, Avery L (22) #           | Marshall          |          | Kaup, Selena N (20) #            | Marshall                   |
| Bir, Grace E (20) #                | Marshall          |          | Jones-Suggs, Makayla R (21) #    | Marshall                   |
| <b>Athletes count: 4</b>           |                   |          | <b>Athletes count: 4</b>         |                            |
| <b># 6 Men 1600m SptMedlyR A</b>   |                   |          | <b># 14 Men 4x200m Relay A</b>   |                            |
| Dumont, Charles N (23) #           | Marshall          | 3:39.40  | Sarnovsky, Adam (21) #           | Marshall 1:34.23           |
| Grace, Ethan S (22) #              | Marshall          |          | Nayfeh, Omar (21) #              | Marshall                   |
| Nayfeh, Omar (21) #                | Marshall          |          | Tryon, Wilson W (20) #           | Marshall                   |
| Qureshi, Aamir Z (21) #            | Marshall          |          | Amarillas, Ryan R (21) #         | Marshall                   |
| <b>Athletes count: 4</b>           |                   |          | <b>Athletes count: 4</b>         |                            |
| <b># 7 Women 4000m DisMedlyR A</b> |                   |          | <b># 14 Men 4x200m Relay B</b>   |                            |
| Bol, Jamie R (21) #                | Marshall          | 12:21.96 | Lewis, Spencer D (22) #          | Marshall NT                |
| Smith, Lena G (20) #               | Marshall          |          | Qureshi, Aamir Z (21) #          | Marshall                   |
| Salem, Ruqaia (20) #               | Marshall          |          | Grace, Ethan S (22) #            | Marshall                   |
| Viskupic, Olivia R (22) #          | Marshall          |          | Harrington, Jason J (21) #       | Marshall                   |
| <b>Athletes count: 4</b>           |                   |          | <b>Athletes count: 4</b>         |                            |
| <b># 8 Men 4000m DisMedlyR A</b>   |                   |          | <b># 16 Men 3200m Run</b>        |                            |
| Sanders, Sean P (23) #             | Marshall          | 10:42.74 | Oliver, Seth J (23)              | George C. Marshal 10:38.24 |
| Sanders, Aiden T (20) #            | Marshall          |          | Sanders, Aiden T (20)            | George C. Marshal 11:04.24 |
| Sweeney, Thomas P (20) #           | Marshall          |          |                                  |                            |

## Individual Meet Entries Report

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

Athletes count: 2

|                                  |          |         |
|----------------------------------|----------|---------|
| <b># 17 Women 4x400m Relay A</b> |          | 3:59.45 |
| Barnes, Adele M (22) #           | Marshall |         |
| Curran, Veronica S (23) #        | Marshall |         |
| Bell, Leah A (21) #              | Marshall |         |
| Thompson, Zoe B (23) #           | Marshall |         |

Athletes count: 4

|                                |          |         |
|--------------------------------|----------|---------|
| <b># 18 Men 4x400m Relay A</b> |          | 3:26.38 |
| Amarillas, Ryan R (21) #       | Marshall |         |
| Harrington, Jason J (21) #     | Marshall |         |
| Tryon, Wilson W (20) #         | Marshall |         |
| Sarnovsky, Adam (21) #         | Marshall |         |

Athletes count: 4

|                            |                   |          |
|----------------------------|-------------------|----------|
| <b># 19 Women Shot Put</b> |                   |          |
| Pounder, Sarah M (21)      | George C. Marshal | 30-03.50 |

Athletes count: 1

|                             |                   |          |
|-----------------------------|-------------------|----------|
| <b># 20 Men Shot Put</b>    |                   |          |
| Gatti, Alessandro (20)      | George C. Marshal | 48-04.00 |
| Hickey-Bailey, Stephen (21) | George C. Marshal | 38-07.00 |

Athletes count: 2

|                             |                   |         |
|-----------------------------|-------------------|---------|
| <b># 21 Women High Jump</b> |                   |         |
| Lewis, Noelle Z (20)        | George C. Marshal | 4-10.00 |
| Becker, Nicola J (22)       | George C. Marshal | 4-08.00 |

Athletes count: 2

|                           |                   |         |
|---------------------------|-------------------|---------|
| <b># 22 Men High Jump</b> |                   |         |
| Thompson, Ian L (20)      | George C. Marshal | 6-02.00 |
| Grace, Ethan S (22)       | George C. Marshal | 5-08.00 |

Athletes count: 2

|                             |                   |          |
|-----------------------------|-------------------|----------|
| <b># 25 Women Long Jump</b> |                   |          |
| Agnew, Serena (20)          | George C. Marshal | 15-05.75 |

Athletes count: 1

|                           |                   |          |
|---------------------------|-------------------|----------|
| <b># 26 Men Long Jump</b> |                   |          |
| Yeboah, Emmanuel K (20)   | George C. Marshal | 17-10.00 |
| McNabb, Gavin (20)        | George C. Marshal | 17-02.00 |

Athletes count: 2

|                             |                   |          |
|-----------------------------|-------------------|----------|
| <b># 28 Men Triple Jump</b> |                   |          |
| Yeboah, Emmanuel K (20)     | George C. Marshal | 40-08.50 |
| McNabb, Gavin (20)          | George C. Marshal | 35-09.00 |

Athletes count: 2

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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>10</b> | <b>Total Athletes:</b> | <b>23</b> |
|---------------------|-----------|------------------------|-----------|

|                   |           |
|-------------------|-----------|
| <b>Male IE's:</b> | <b>16</b> |
|-------------------|-----------|

|                    |           |                    |           |
|--------------------|-----------|--------------------|-----------|
| <b>Total IE's:</b> | <b>26</b> | <b>Total RE's:</b> | <b>12</b> |
|--------------------|-----------|--------------------|-----------|

## 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**

### WOMEN

|                                    |                              |      |                                  |                              |
|------------------------------------|------------------------------|------|----------------------------------|------------------------------|
| <b>Agnew, Serena (20)</b>          | <b>George C. Marshall Hi</b> | # 11 | Women 4x800m Relay A             |                              |
| # 25 Women Long Jump               | 15-05.75                     |      | <b>Tadlock, Catherine H (20)</b> | <b>George C. Marshall Hi</b> |
| <b>Barnes, Adele M (22)</b>        | <b>George C. Marshall Hi</b> | # 1  | Women 1600m Walk                 | NT                           |
| # 17 Women 4x400m Relay A          |                              |      | <b>Tarutani, Avery L (22)</b>    | <b>George C. Marshall Hi</b> |
| <b>Becker, Nicola J (22)</b>       | <b>George C. Marshall Hi</b> | # 5  | Women 1600m SptMedlyR A          |                              |
| # 13 Women 4x200m Relay B          |                              | # 13 | Women 4x200m Relay A             |                              |
| # 21 Women High Jump               | 4-08.00                      |      | <b>Thompson, Zoe B (23)</b>      | <b>George C. Marshall Hi</b> |
| <b>Bell, Leah A (21)</b>           | <b>George C. Marshall Hi</b> | # 17 | Women 4x400m Relay A             |                              |
| # 17 Women 4x400m Relay A          |                              |      | <b>Viskupic, Olivia R (22)</b>   | <b>George C. Marshall Hi</b> |
| <b>Bir, Grace E (20)</b>           | <b>George C. Marshall Hi</b> | # 7  | Women 4000m DisMedlyR A          |                              |
| # 5 Women 1600m SptMedlyR A        |                              |      |                                  |                              |
| # 13 Women 4x200m Relay A          |                              |      |                                  |                              |
| <b>Bir, Sayda R (22)</b>           | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 5 Women 1600m SptMedlyR A        |                              |      |                                  |                              |
| # 13 Women 4x200m Relay A          |                              |      |                                  |                              |
| <b>Bol, Jamie R (21)</b>           | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 7 Women 4000m DisMedlyR A        |                              |      |                                  |                              |
| <b>Curran, Veronica S (23)</b>     | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 13 Women 4x200m Relay B          |                              |      |                                  |                              |
| # 17 Women 4x400m Relay A          |                              |      |                                  |                              |
| <b>Epstein, Elizabeth (21)</b>     | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 11 Women 4x800m Relay A          |                              |      |                                  |                              |
| # 13 Women 4x200m Relay A          |                              |      |                                  |                              |
| <b>Forman, Faith A (21)</b>        | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 1 Women 1600m Walk               | NT                           |      |                                  |                              |
| <b>Jones-Suggs, Makayla R (21)</b> | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 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>Lee, Claire J (21)</b>          | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 11 Women 4x800m Relay A          |                              |      |                                  |                              |
| <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>Pounder, Sarah M (21)</b>       | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 19 Women Shot Put                | 30-03.50                     |      |                                  |                              |
| <b>Salem, Ruqaia (20)</b>          | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 7 Women 4000m DisMedlyR A        |                              |      |                                  |                              |
| <b>Smith, Lena G (20)</b>          | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 1 Women 1600m Walk               | NT                           |      |                                  |                              |
| # 3 Women 1 Mile Run               | NT                           |      |                                  |                              |
| # 7 Women 4000m DisMedlyR A        |                              |      |                                  |                              |
| <b>Spoden, Haley E (23)</b>        | <b>George C. Marshall Hi</b> |      |                                  |                              |
| # 3 Women 1 Mile Run               | NT                           |      |                                  |                              |
| # 11 Women 4x800m Relay A          |                              |      |                                  |                              |
| <b>Sullivan, Caroline A (21)</b>   | <b>George C. Marshall Hi</b> |      |                                  |                              |

## Individual Meet Entries Report

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

| MEN                                |                              |                                |                |                              |
|------------------------------------|------------------------------|--------------------------------|----------------|------------------------------|
| <b>Amarillas, Ryan R (21)</b>      | <b>George C. Marshall Hi</b> | # 2                            | Men 1600m Walk | NT                           |
| # 14 Men 4x200m Relay A            |                              | <b>Smith, Patrick A (21)</b>   |                | <b>George C. Marshall Hi</b> |
| # 18 Men 4x400m Relay A            |                              | # 8 Men 4000m DisMedlyR A      |                |                              |
| <b>Dumont, Charles N (23)</b>      | <b>George C. Marshall Hi</b> | # 12 Men 4x800m Relay A        |                |                              |
| # 6 Men 1600m SptMedlyR A          |                              | <b>Sweeney, Thomas P (20)</b>  |                | <b>George C. Marshall Hi</b> |
| <b>Gatti, Alessandro (20)</b>      | <b>George C. Marshall Hi</b> | # 8 Men 4000m DisMedlyR A      |                |                              |
| # 20 Men Shot Put                  | 48-04.00                     | # 12 Men 4x800m Relay A        |                |                              |
| <b>Grace, Ethan S (22)</b>         | <b>George C. Marshall Hi</b> | <b>Thompson, Ian L (20)</b>    |                | <b>George C. Marshall Hi</b> |
| # 6 Men 1600m SptMedlyR A          |                              | # 22 Men High Jump             | 6-02.00        |                              |
| # 14 Men 4x200m Relay B            |                              | <b>Tryon, Wilson W (20)</b>    |                | <b>George C. Marshall Hi</b> |
| # 22 Men High Jump                 | 5-08.00                      | # 14 Men 4x200m Relay A        |                |                              |
| <b>Hanzlik, Luke O (23)</b>        | <b>George C. Marshall Hi</b> | # 18 Men 4x400m Relay A        |                |                              |
| # 4 Men 1 Mile Run                 | NT                           | <b>Yeboah, Emmanuel K (20)</b> |                | <b>George C. Marshall Hi</b> |
| <b>Harrington, Jason J (21)</b>    | <b>George C. Marshall Hi</b> | # 26 Men Long Jump             | 17-10.00       |                              |
| # 14 Men 4x200m Relay B            |                              | # 28 Men Triple Jump           | 40-08.50       |                              |
| # 18 Men 4x400m Relay A            |                              |                                |                |                              |
| <b>Heltberg, Daniel (22)</b>       | <b>George C. Marshall Hi</b> |                                |                |                              |
| # 2 Men 1600m Walk                 | NT                           |                                |                |                              |
| <b>Hickey-Bailey, Stephen (21)</b> | <b>George C. Marshall Hi</b> |                                |                |                              |
| # 20 Men Shot Put                  | 38-07.00                     |                                |                |                              |
| <b>Lee, Samuel H (23)</b>          | <b>George C. Marshall Hi</b> |                                |                |                              |
| # 2 Men 1600m Walk                 | NT                           |                                |                |                              |
| <b>Lewis, Spencer D (22)</b>       | <b>George C. Marshall Hi</b> |                                |                |                              |
| # 14 Men 4x200m Relay B            |                              |                                |                |                              |
| <b>Malave, Sebastian N (21)</b>    | <b>George C. Marshall Hi</b> |                                |                |                              |
| # 4 Men 1 Mile Run                 | NT                           |                                |                |                              |
| # 12 Men 4x800m Relay A            |                              |                                |                |                              |
| <b>McNabb, Gavin (20)</b>          | <b>George C. Marshall Hi</b> |                                |                |                              |
| # 26 Men Long Jump                 | 17-02.00                     |                                |                |                              |
| # 28 Men Triple Jump               | 35-09.00                     |                                |                |                              |
| <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          |                              |                                |                |                              |
| # 14 Men 4x200m Relay B            |                              |                                |                |                              |
| <b>Sadeque, Zimraan M (22)</b>     | <b>George C. Marshall Hi</b> |                                |                |                              |
| # 2 Men 1600m Walk                 | NT                           |                                |                |                              |
| <b>Sanders, Aiden T (20)</b>       | <b>George C. Marshall Hi</b> |                                |                |                              |
| # 8 Men 4000m DisMedlyR A          |                              |                                |                |                              |
| # 16 Men 3200m Run                 | 11:04.24                     |                                |                |                              |
| <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>Schmid, Spencer T (21)</b>      | <b>George C. Marshall Hi</b> |                                |                |                              |

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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>10</b> | <b>Female RE's:</b> | <b>24</b> |
| <b>Male IE's:</b>      | <b>16</b> | <b>Male RE's:</b>   | <b>24</b> |
| <hr/>                  |           | <hr/>               |           |
| <b>Total IE's:</b>     | <b>26</b> | <b>Total RE's:</b>  | <b>48</b> |
| <b>Total Athletes:</b> | <b>49</b> |                     |           |