

## Individual Meet Entries Report

**Herndon vs McLean vs Marshall 11-Dec-21**  
**George C. Marshall High [GCM]**

**301-793-2900**

**Falls Church, VA 22043**

**headcoachwong@yahoo.com**

<b># 2 Women High Jump</b>			Connelly, Elise (25)	George C. Marshal	8.63
Ford, Emma (22)	George C. Marshal	4-10.00	Lauber, Samantha (24)	George C. Marshal	8.64
Crone, Laura (22)	George C. Marshal	NH	Haggerty Graham, Adrianna (24)	George C. Marshal	8.66
<b>Athletes count: 2</b>			Skaggs, Sarah (23)	George C. Marshal	8.74
<b># 3 Men Long Jump</b>			Kim, Ellie (23)	George C. Marshal	8.84
Gonzalez, Jose (23)	George C. Marshal	16-03.00	Stalin, Sheetal (25)	George C. Marshal	8.85
Lee, Curtis (23)	George C. Marshal	16-02.00	Lang, Maya (25)	George C. Marshal	8.86
Ayers, Jacob (24)	George C. Marshal	16-01.00	Kalavapudi, Laya (25)	George C. Marshal	10.42
Lin, David (23)	George C. Marshal	16-01.00	Ali, Hadil (23)	George C. Marshal	NT
Tillman, Hayden (23)	George C. Marshal	14-09.75	Jimenez, Tamara (25)	George C. Marshal	NT
Taranov, Alek (23)	George C. Marshal	13-00.00	Khoubbieh, Carlie (25)	George C. Marshal	NT
Timbrook, Jack (25)	George C. Marshal	11-02.50	McGowan, Laila (25)	George C. Marshal	NT
Vaidya, Vedansh (23)	George C. Marshal	10-09.00	Oluwehinmi, Oluwatoni (25)	George C. Marshal	NT
Lee, Patrick (24)	George C. Marshal	ND	Raj, Arpita (25)	George C. Marshal	NT
<b>Athletes count: 9</b>			Sbai, Israa (25)	George C. Marshal	NT
<b># 5 Men Triple Jump</b>			Swanberry, Alyssa (25)	George C. Marshal	NT
Tillman, Hayden (23)	George C. Marshal	ND	<b>Athletes count: 22</b>		
<b>Athletes count: 1</b>			<b># 16 Men 55m Dash</b>		
<b># 7 Men Shot Put</b>			Lewis, Spencer (22)	George C. Marshal	6.85
Katz, Benjamin (22)	George C. Marshal	33-07.00	Lin, David (23)	George C. Marshal	7.14
Perrault, Adam (23)	George C. Marshal	32-02.00	Elwannas, Nawfal (23)	George C. Marshal	7.24
Tadlock, Conner (23)	George C. Marshal	31-02.00	Lomax, Bennett (24)	George C. Marshal	7.50
Heimann, Nicholas (23)	George C. Marshal	29-07.00	Taranov, Alek (23)	George C. Marshal	7.53
Rowe, William (23)	George C. Marshal	25-11.00	Chhina, Aman (24)	George C. Marshal	7.63
Schwartz, Ethan (23)	George C. Marshal	24-05.00	Redding, Ian (25)	George C. Marshal	7.68
<b>Athletes count: 6</b>			Moser, Gavin (25)	George C. Marshal	7.84
<b># 8 Women Shot Put</b>			Lim, Daniel (25)	George C. Marshal	7.92
Haggerty Graham, Adrianna (24)	George C. Marshal	26-10.00	Thompson, Joshua (25)	George C. Marshal	8.05
Garcia Palencia, Daniela (24)	George C. Marshal	26-00.50	Choe, Ethan (24)	George C. Marshal	8.15
Patrick, Jada (24)	George C. Marshal	22-08.00	Rahman, Zaid (24)	George C. Marshal	8.26
Mohamed Ali, Hoda (25)	George C. Marshal	21-02.75	Tillman, Hayden (23)	George C. Marshal	8.34
Sbai, Israa (25)	George C. Marshal	ND	Ayers, Jacob (24)	George C. Marshal	NT
<b>Athletes count: 5</b>			Brown, John (25)	George C. Marshal	NT
<b># 13 Women 55m Hurdles</b>			Burbano, Tyler (25)	George C. Marshal	NT
McNabb, Torri (22)	George C. Marshal	9.47	Busi, Likith (25)	George C. Marshal	NT
<b>Athletes count: 1</b>			Citino, Joshua (25)	George C. Marshal	NT
<b># 15 Women 55m Dash</b>			Cook, Jayden (24)	George C. Marshal	NT
Fravel, Allie (25)	George C. Marshal	8.04	Dabich, Jackson (23)	George C. Marshal	NT
Curran, Veronica (23)	George C. Marshal	8.29	Frisk, Joseph (25)	George C. Marshal	NT
Patrick, Jada (24)	George C. Marshal	8.29	Frizell, Colin (25)	George C. Marshal	NT
Daader, Farah (25)	George C. Marshal	8.53	Himmel, Levi (25)	George C. Marshal	NT
Thatcher, Maria (25)	George C. Marshal	8.54	Kalapa, Naveen (25)	George C. Marshal	NT
Abu Gafra, Leen (24)	George C. Marshal	8.62	Klinowski, Yacob (25)	George C. Marshal	NT
			Klinowski, Yonas (25)	George C. Marshal	NT
			Martin, Aidan (24)	George C. Marshal	NT
			McKay, Hunter (23)	George C. Marshal	NT
			Moore, Ethan (24)	George C. Marshal	NT

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**Herndon vs McLean vs Marshall 11-Dec-21**
**George C. Marshall High [GCM]**
**# 16 Men 55m Dash**

Paine, Christopher (24)	George C. Marshal	NT
Pettine, Lucas (25)	George C. Marshal	NT
Safsaf, Mohammed (25)	George C. Marshal	NT
Sazzad, Sajid (24)	George C. Marshal	NT
Timbrook, Jack (25)	George C. Marshal	NT
Uggen, Liam (25)	George C. Marshal	NT
Um, Ethan (24)	George C. Marshal	NT
Vidwans, Kalen (23)	George C. Marshal	NT

**Athletes count: 37**
**# 17 Women 4x200m Relay A**

Fravel, Allie (25) #	Marshall	1:47.00
Curran, Veronica (23) #	Marshall	
Ford, Emma (22) #	Marshall	
McNabb, Torri (22) #	Marshall	
Patrick, Jada (24) #	Marshall	
Thatcher, Maria (25) #	Marshall	
Lauber, Samantha (24) #	Marshall	

**Athletes count: 7**
**# 19 Women 1600m Run**

Spoden, Haley (23)	George C. Marshal	5:15.23
Battista, Emma (22)	George C. Marshal	5:47.56
Viskupic, Olivia (22)	George C. Marshal	5:50.11
Salem, Fatimah (22)	George C. Marshal	6:33.61
Blanton, Josephine (24)	George C. Marshal	6:44.99
Forman, Hadley (24)	George C. Marshal	NT

**Athletes count: 6**
**# 20 Men 1600m Run**

Sanders, Sean (23)	George C. Marshal	4:33.59
Lee, Samuel (23)	George C. Marshal	4:57.45
Barnes, Simon (24)	George C. Marshal	5:03.44
Patke, Bhaskar (23)	George C. Marshal	5:29.60
McCarthy, Aidan (24)	George C. Marshal	5:33.90
Buckley, Reid (23)	George C. Marshal	5:47.40
Church, Henry (23)	George C. Marshal	5:49.34
Kiersz, Christopher (23)	George C. Marshal	5:51.15
Russin, Benjamin (23)	George C. Marshal	6:01.27
Bruno, Andrew (23)	George C. Marshal	NT
Callihan, Alexander (25)	George C. Marshal	NT
Nolan-Landwehr, Kian (23)	George C. Marshal	NT
Zoesch, Finley (25)	George C. Marshal	NT

**Athletes count: 13**
**# 21 Women 500m Dash**

Crone, Laura (22)	George C. Marshal	1:41.60
Ackerman, Rachel (25)	George C. Marshal	1:49.41
Ouikhlfen, Fairouz (23)	George C. Marshal	2:27.34

**Athletes count: 3**
**# 22 Men 500m Dash**

Sandall, Gavin (23)	George C. Marshal	1:13.00
Desai, Kush (25)	George C. Marshal	1:15.64
Hanzlik, Luke (23)	George C. Marshal	1:21.10
Lee, Curtis (23)	George C. Marshal	1:23.39
Weeks, Brandon (24)	George C. Marshal	1:28.78
Doshi, Devin (23)	George C. Marshal	1:56.75
Burbano, Malcolm (22)	George C. Marshal	NT

**Athletes count: 7**
**# 23 Women 1000m Run**

Heffernan, Zoe (25)	George C. Marshal	NT
Platter, Haley (22)	George C. Marshal	NT
Tarutani, Avery (22)	George C. Marshal	NT

**Athletes count: 3**
**# 24 Men 1000m Run**

Penix, Jaime (23)	George C. Marshal	3:13.92
Lagendyk, Leonardo (23)	George C. Marshal	3:17.00
Tarutani, Pierce (25)	George C. Marshal	3:17.33
Rader, George (23)	George C. Marshal	3:19.70
Sadeque, Zimraan (22)	George C. Marshal	3:24.78
Gonzalez, Jose (23)	George C. Marshal	3:29.11
Wineland, Naveen (23)	George C. Marshal	4:27.55
Clopper, Ryan (25)	George C. Marshal	NT
Lee, Patrick (24)	George C. Marshal	NT
Mueller, Christian (25)	George C. Marshal	NT
Tedesco, Henry (25)	George C. Marshal	NT
Tolcha, Bermaji (23)	George C. Marshal	NT

**Athletes count: 12**
**# 25 Women 300m Dash**

Ford, Emma (22)	George C. Marshal	45.98
McNabb, Torri (22)	George C. Marshal	46.57
Curran, Veronica (23)	George C. Marshal	46.84
Thatcher, Maria (25)	George C. Marshal	48.30
Lauber, Samantha (24)	George C. Marshal	48.32
Lang, Maya (25)	George C. Marshal	49.50
Skaggs, Sarah (23)	George C. Marshal	49.74
Abu Gafra, Leen (24)	George C. Marshal	50.13
Oluwehinmi, Oluwatoni (25)	George C. Marshal	50.34
Daader, Farah (25)	George C. Marshal	50.95
Connelly, Elise (25)	George C. Marshal	51.03
Stalin, Sheetal (25)	George C. Marshal	51.17
Patrick, Jada (24)	George C. Marshal	52.42
Haggerty Graham, Adrianna (24)	George C. Marshal	52.89
Khoubbieh, Carlie (25)	George C. Marshal	54.79
Kim, Ellie (23)	George C. Marshal	54.96
Swanberry, Alyssa (25)	George C. Marshal	1:00.08

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**Herndon vs McLean vs Marshall 11-Dec-21**

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

**# 25 Women 300m Dash**

Kalavapudi, Laya (25)	George C. Marshal	1:02.06
Ali, Hadil (23)	George C. Marshal	NT
Jimenez, Tamara (25)	George C. Marshal	NT
McGowan, Laila (25)	George C. Marshal	NT
Raj, Arpita (25)	George C. Marshal	NT

Athletes count: 22

**# 26 Men 300m Dash**

Oliver, Alexander (23)	George C. Marshal	39.39
Lewis, Spencer (22)	George C. Marshal	39.74
Lomax, Bennett (24)	George C. Marshal	40.49
Elwannas, Nawfal (23)	George C. Marshal	40.64
Chhina, Aman (24)	George C. Marshal	41.10
Taranov, Alek (23)	George C. Marshal	41.67
Moore, Ethan (24)	George C. Marshal	41.83
Redding, Ian (25)	George C. Marshal	41.87
Paine, Christopher (24)	George C. Marshal	42.73
Frizell, Colin (25)	George C. Marshal	43.77
Tillman, Hayden (23)	George C. Marshal	43.90
Ayers, Jacob (24)	George C. Marshal	43.93
McKay, Hunter (23)	George C. Marshal	44.44
Lim, Daniel (25)	George C. Marshal	44.91
Vidwans, Kalen (23)	George C. Marshal	44.93
Choe, Ethan (24)	George C. Marshal	45.69
Cook, Jayden (24)	George C. Marshal	46.07
Martin, Aidan (24)	George C. Marshal	46.09
Citino, Joshua (25)	George C. Marshal	46.44
Safsaf, Mohammed (25)	George C. Marshal	47.01
Busi, Likith (25)	George C. Marshal	47.35
Frisk, Joseph (25)	George C. Marshal	47.86
Sazzad, Sajid (24)	George C. Marshal	48.11
Pettine, Lucas (25)	George C. Marshal	49.28
Um, Ethan (24)	George C. Marshal	49.82
Klinowski, Yacob (25)	George C. Marshal	49.91
Klinowski, Yonas (25)	George C. Marshal	50.88
Brown, John (25)	George C. Marshal	51.63
Himmel, Levi (25)	George C. Marshal	51.88
Burbano, Tyler (25)	George C. Marshal	53.01
Dabich, Jackson (23)	George C. Marshal	NT
Kalapa, Naveen (25)	George C. Marshal	NT
Moser, Gavin (25)	George C. Marshal	NT
Rahman, Zaid (24)	George C. Marshal	NT
Thompson, Joshua (25)	George C. Marshal	NT
Timbrook, Jack (25)	George C. Marshal	NT
Uggen, Liam (25)	George C. Marshal	NT

Athletes count: 37

**# 27 Women 3200m Run**

Shoemaker, Amelia (25)	George C. Marshal	NT
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Athletes count: 1

**# 28 Men 3200m Run**

Wilder, Henry (23)	George C. Marshal	11:39.38
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Athletes count: 1

**# 29 Women 4x400m Relay A**

No Runners Entered	Marshall	3:59.45
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Athletes count: 1

**# 30 Men 4x400m Relay A**

Sandall, Gavin (23) #	Marshall	3:26.38
Sanders, Sean (23) #	Marshall	
Oliver, Alexander (23) #	Marshall	
Elwannas, Nawfal (23) #	Marshall	
Lewis, Spencer (22) #	Marshall	
Desai, Kush (25) #	Marshall	
Hanzlik, Luke (23) #	Marshall	
Penix, Jaime (23) #	Marshall	

Athletes count: 8

**# 30 Men 4x400m Relay B**

No Runners Entered	Marshall	NT
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Athletes count: 1

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### Individual Meet Entries Report

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George C. Marshall High [GCM]

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Female IE's:	65	Total Athletes:	
Male IE's:	123		
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Total IE's:	188	Total RE's:	4