

Individual Meet Entries Report

Quad Meet - ANN - GCM - OAK - WEST 03-Jan-20

George C. Marshall High [GCM]

301-793-2900

Falls Church, VA 22043

headcoachwong@yahoo.com

WOMEN

Curran, Veronica S (23)	George C. Marshall Hi	Thompson, Zoe B (23)	George C. Marshall Hi
# 15 Women 55m Dash	NT	# 15 Women 55m Dash	8.54
# 21 Women 500m Dash	1:47.14	# 21 Women 500m Dash	NT
El-Hage, Nora B (23)	George C. Marshall Hi	Viskupic, Olivia R (22)	George C. Marshall Hi
# 8 Women Shot Put	19-05.75	# 23 Women 1000m Run	3:42.24
# 15 Women 55m Dash	NT		
Epstein, Elizabeth (21)	George C. Marshall Hi		
# 11 Women 4x800m Relay A			
# 25 Women 300m Dash	42.75		
Forman, Faith A (21)	George C. Marshall Hi		
# 23 Women 1000m Run	4:19.56		
Kazan, Haseba S (23)	George C. Marshall Hi		
# 15 Women 55m Dash	8.95		
# 17 Women 4x200m Relay A			
# 25 Women 300m Dash	57.28		
Kazden, Naomi K (23)	George C. Marshall Hi		
# 15 Women 55m Dash	9.34		
# 25 Women 300m Dash	1:03.03		
Kim, Ellie (23)	George C. Marshall Hi		
# 15 Women 55m Dash	9.14		
Leap, Annie M (20)	George C. Marshall Hi		
# 8 Women Shot Put	22-01.50		
# 15 Women 55m Dash	8.28		
# 17 Women 4x200m Relay A			
Lee, Claire J (21)	George C. Marshall Hi		
# 11 Women 4x800m Relay A			
# 25 Women 300m Dash	46.52		
McNabb, Torri E (22)	George C. Marshall Hi		
# 13 Women 55m Hurdles	10.47		
# 15 Women 55m Dash	8.69		
# 17 Women 4x200m Relay A			
Plazas, Sophia I (23)	George C. Marshall Hi		
# 15 Women 55m Dash	NT		
# 25 Women 300m Dash	1:04.64		
Reskusic, Arijana (20)	George C. Marshall Hi		
# 13 Women 55m Hurdles	11.14		
# 15 Women 55m Dash	9.54		
# 17 Women 4x200m Relay A			
Smith, Lena G (20)	George C. Marshall Hi		
# 23 Women 1000m Run	3:16.04		
Spoden, Haley E (23)	George C. Marshall Hi		
# 11 Women 4x800m Relay A			
# 23 Women 1000m Run	3:24.70		
Sullivan, Caroline A (21)	George C. Marshall Hi		
# 11 Women 4x800m Relay A			
# 25 Women 300m Dash	NT		
Tadlock, Catherine H (20)	George C. Marshall Hi		
# 23 Women 1000m Run	3:40.43		

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MEN			
Amarillas, Ryan R (21)	George C. Marshall Hi	# 30	Men 4x400m Relay B
# 16 Men 55m Dash	7.18	Malave, Sebastian N (21)	George C. Marshall Hi
# 18 Men 4x200m Relay A		# 12 Men 4x800m Relay A	
# 30 Men 4x400m Relay A		# 30 Men 4x400m Relay A	
Auvil, Henry A (20)	George C. Marshall Hi	Mathews, Brent B (23)	George C. Marshall Hi
# 16 Men 55m Dash	NT	# 28 Men 3200m Run	NT
Bracamontes, Pierce D (22)	George C. Marshall Hi	McNabb, Gavin (20)	George C. Marshall Hi
# 1 Men High Jump	NH	# 14 Men 55m Hurdles	9.99
# 16 Men 55m Dash	8.62	# 16 Men 55m Dash	7.84
Brand, Miguel J (23)	George C. Marshall Hi	# 18 Men 4x200m Relay D	
# 16 Men 55m Dash	8.40	Nayfeh, Omar (21)	George C. Marshall Hi
# 18 Men 4x200m Relay E		# 16 Men 55m Dash	7.16
Brock, Titus S (22)	George C. Marshall Hi	# 18 Men 4x200m Relay A	
# 12 Men 4x800m Relay B		Nguyen, Brandon H (22)	George C. Marshall Hi
# 28 Men 3200m Run	11:48.27	# 24 Men 1000m Run	3:14.64
Calderon, Alejandro E (22)	George C. Marshall Hi	Oliver, Alexander J (23)	George C. Marshall Hi
# 16 Men 55m Dash	8.12	# 16 Men 55m Dash	7.97
# 18 Men 4x200m Relay C		# 22 Men 500m Dash	1:22.24
Dumont, Charles N (23)	George C. Marshall Hi	Oliver, Seth J (23)	George C. Marshall Hi
# 24 Men 1000m Run	3:15.10	# 12 Men 4x800m Relay A	
Elam, Nathan D (20)	George C. Marshall Hi	# 30 Men 4x400m Relay B	
# 28 Men 3200m Run	NT	Patke, Bhaskar S (23)	George C. Marshall Hi
Espinola, Gabriel A (22)	George C. Marshall Hi	# 20 Men 1600m Run	6:18.94
# 16 Men 55m Dash	7.74	Penix, Jaime R (23)	George C. Marshall Hi
# 18 Men 4x200m Relay E		# 16 Men 55m Dash	8.14
Evans, Jack W (21)	George C. Marshall Hi	# 26 Men 300m Dash	48.06
# 24 Men 1000m Run	NT	Perrault, Adam J (23)	George C. Marshall Hi
Gattuso, Andre J (22)	George C. Marshall Hi	# 7 Men Shot Put	19-00.50
# 24 Men 1000m Run	3:26.24	# 16 Men 55m Dash	NT
Grace, Ethan S (22)	George C. Marshall Hi	Porjosh, Edrees M (21)	George C. Marshall Hi
# 1 Men High Jump	5-08.00	# 16 Men 55m Dash	7.34
# 16 Men 55m Dash	7.44	# 18 Men 4x200m Relay D	
# 18 Men 4x200m Relay B		# 26 Men 300m Dash	41.27
Haggerty, Ryan (20)	George C. Marshall Hi	Rader, George G (23)	George C. Marshall Hi
# 16 Men 55m Dash	7.34	# 24 Men 1000m Run	3:29.83
# 18 Men 4x200m Relay B		Rocco, Stefano (22)	George C. Marshall Hi
# 26 Men 300m Dash	NT	# 20 Men 1600m Run	NT
Heltberg, Daniel (22)	George C. Marshall Hi	Rodriguez, Devin L (23)	George C. Marshall Hi
# 20 Men 1600m Run	5:57.91	# 14 Men 55m Hurdles	15.46
Jones, Benjamin R (23)	George C. Marshall Hi	# 16 Men 55m Dash	NT
# 16 Men 55m Dash	8.21	Rodriguez, Loudin J (23)	George C. Marshall Hi
# 18 Men 4x200m Relay F		# 16 Men 55m Dash	7.44
Kiersz, Christopher L (23)	George C. Marshall Hi	# 18 Men 4x200m Relay D	
# 20 Men 1600m Run	6:08.14	Russin, Benjamin A (23)	George C. Marshall Hi
Lee, Andrew S (21)	George C. Marshall Hi	# 22 Men 500m Dash	NT
# 16 Men 55m Dash	8.34	Ryder, Paul J (23)	George C. Marshall Hi
# 18 Men 4x200m Relay D		# 16 Men 55m Dash	7.88
Lee, Curtis A (23)	George C. Marshall Hi	# 18 Men 4x200m Relay B	
# 16 Men 55m Dash	NT	# 26 Men 300m Dash	42.30
# 18 Men 4x200m Relay F		Sadeque, Irfaan M (22)	George C. Marshall Hi

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MEN				
Sadeque, Irfaan M (22)	George C. Marshall Hi	# 16	Men 55m Dash	9.24
# 16 Men 55m Dash	8.14	# 18	Men 4x200m Relay E	
# 18 Men 4x200m Relay E		Watts, Liam B (20)	George C. Marshall Hi	
Sadeque, Zimraan M (22)	George C. Marshall Hi	# 14	Men 55m Hurdles	8.99
# 12 Men 4x800m Relay B		# 16	Men 55m Dash	8.54
# 22 Men 500m Dash	NT	Wineland, Naveen T (23)	George C. Marshall Hi	
Sanders, Aiden T (20)	George C. Marshall Hi	# 20	Men 1600m Run	NT
# 12 Men 4x800m Relay B		Zaman, Damien N (21)	George C. Marshall Hi	
# 30 Men 4x400m Relay B		# 16	Men 55m Dash	NT
Sanders, Sean P (23)	George C. Marshall Hi	# 18	Men 4x200m Relay B	
# 12 Men 4x800m Relay B		# 26	Men 300m Dash	40.74
# 30 Men 4x400m Relay B				
Sarnovsky, Adam (21)	George C. Marshall Hi			
# 16 Men 55m Dash	7.14			
# 18 Men 4x200m Relay A				
# 30 Men 4x400m Relay A				
Smith, Patrick A (21)	George C. Marshall Hi			
# 12 Men 4x800m Relay A				
# 30 Men 4x400m Relay A				
Swanberry, Ryan G (23)	George C. Marshall Hi			
# 16 Men 55m Dash	7.99			
# 22 Men 500m Dash	1:22.74			
Swann, Dylan R (21)	George C. Marshall Hi			
# 16 Men 55m Dash	7.74			
# 18 Men 4x200m Relay C				
Sweeney, Thomas P (20)	George C. Marshall Hi			
# 12 Men 4x800m Relay A				
Tadlock, Conner E (23)	George C. Marshall Hi			
# 7 Men Shot Put	22-09.50			
# 22 Men 500m Dash	NT			
Taranov, Alek C (23)	George C. Marshall Hi			
# 16 Men 55m Dash	7.81			
# 22 Men 500m Dash	1:25.64			
Temple, Noah B (22)	George C. Marshall Hi			
# 16 Men 55m Dash	8.54			
# 18 Men 4x200m Relay F				
Tillman, Hayden M (23)	George C. Marshall Hi			
# 16 Men 55m Dash	9.01			
# 18 Men 4x200m Relay F				
Tran, Tyler L (23)	George C. Marshall Hi			
# 16 Men 55m Dash	7.73			
# 18 Men 4x200m Relay C				
Tryon, Wilson W (20)	George C. Marshall Hi			
# 16 Men 55m Dash	6.96			
# 18 Men 4x200m Relay A				
# 26 Men 300m Dash	38.52			
Tseten, Kalsang T (21)	George C. Marshall Hi			
# 16 Men 55m Dash	7.84			
# 18 Men 4x200m Relay C				
Vaidya, Vedansh (23)	George C. Marshall Hi			

Individual Meet Entries Report

Quad Meet - ANN - GCM - OAK - WEST 03-Jan-20
George C. Marshall High [GCM]

Female IE's:	27	Female RE's:	8
Male IE's:	65	Male RE's:	40
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Total IE's:	92	Total RE's:	48
Total Athletes:	73		

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Quad Meet - ANN - GCM - OAK - WEST 03-Jan-20
George C. Marshall High [GCM]

301-793-2900

Falls Church, VA 22043

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# 1 Men High Jump			Thompson, Zoe B (23)	George C. Marshal	8.54
Grace, Ethan S (22)	George C. Marshal	5-08.00	McNabb, Torri E (22)	George C. Marshal	8.69
Bracamontes, Pierce D (22)	George C. Marshal	NH	Kazan, Haseba S (23)	George C. Marshal	8.95
Athletes count: 2			Kim, Ellie (23)	George C. Marshal	9.14
# 7 Men Shot Put			Kazden, Naomi K (23)	George C. Marshal	9.34
Tadlock, Conner E (23)	George C. Marshal	22-09.50	Reskusic, Arijana (20)	George C. Marshal	9.54
Perrault, Adam J (23)	George C. Marshal	19-00.50	Curran, Veronica S (23)	George C. Marshal	NT
Athletes count: 2			El-Hage, Nora B (23)	George C. Marshal	NT
# 8 Women Shot Put			Plazas, Sophia I (23)	George C. Marshal	NT
Leap, Annie M (20)	George C. Marshal	22-01.50	Athletes count: 10		
El-Hage, Nora B (23)	George C. Marshal	19-05.75	# 16 Men 55m Dash		
Athletes count: 2			Tryon, Wilson W (20)	George C. Marshal	6.96
# 11 Women 4x800m Relay A			Sarnovsky, Adam (21)	George C. Marshal	7.14
Epstein, Elizabeth (21) #	Marshall	9:20.90	Nayfeh, Omar (21)	George C. Marshal	7.16
Spoden, Haley E (23) #	Marshall		Amarillas, Ryan R (21)	George C. Marshal	7.18
Lee, Claire J (21) #	Marshall		Haggerty, Ryan (20)	George C. Marshal	7.34
Sullivan, Caroline A (21) #	Marshall		Porjosh, Edrees M (21)	George C. Marshal	7.34
Athletes count: 4			Grace, Ethan S (22)	George C. Marshal	7.44
# 12 Men 4x800m Relay A			Rodriguez, Loudin J (23)	George C. Marshal	7.44
Malave, Sebastian N (21) #	Marshall	7:50.70	Tran, Tyler L (23)	George C. Marshal	7.73
Smith, Patrick A (21) #	Marshall		Espinola, Gabriel A (22)	George C. Marshal	7.74
Sweeney, Thomas P (20) #	Marshall		Swann, Dylan R (21)	George C. Marshal	7.74
Oliver, Seth J (23) #	Marshall		Taranov, Alek C (23)	George C. Marshal	7.81
Athletes count: 4			McNabb, Gavin (20)	George C. Marshal	7.84
# 12 Men 4x800m Relay B			Tseten, Kalsang T (21)	George C. Marshal	7.84
Sanders, Aiden T (20) #	Marshall	NT	Ryder, Paul J (23)	George C. Marshal	7.88
Sanders, Sean P (23) #	Marshall		Oliver, Alexander J (23)	George C. Marshal	7.97
Brock, Titus S (22) #	Marshall		Swanberry, Ryan G (23)	George C. Marshal	7.99
Sadeque, Zimraan M (22) #	Marshall		Calderon, Alejandro E (22)	George C. Marshal	8.12
Athletes count: 4			Penix, Jaime R (23)	George C. Marshal	8.14
# 13 Women 55m Hurdles			Sadeque, Irfaan M (22)	George C. Marshal	8.14
McNabb, Torri E (22)	George C. Marshal	10.47	Jones, Benjamin R (23)	George C. Marshal	8.21
Reskusic, Arijana (20)	George C. Marshal	11.14	Lee, Andrew S (21)	George C. Marshal	8.34
Athletes count: 2			Brand, Miguel J (23)	George C. Marshal	8.40
# 14 Men 55m Hurdles			Temple, Noah B (22)	George C. Marshal	8.54
Watts, Liam B (20)	George C. Marshal	8.99	Watts, Liam B (20)	George C. Marshal	8.54
McNabb, Gavin (20)	George C. Marshal	9.99	Bracamontes, Pierce D (22)	George C. Marshal	8.62
Rodriguez, Devin L (23)	George C. Marshal	15.46	Tillman, Hayden M (23)	George C. Marshal	9.01
Athletes count: 3			Vaidya, Vedansh (23)	George C. Marshal	9.24
# 15 Women 55m Dash			Auvil, Henry A (20)	George C. Marshal	NT
Leap, Annie M (20)	George C. Marshal	8.28	Lee, Curtis A (23)	George C. Marshal	NT
Athletes count: 33			Perrault, Adam J (23)	George C. Marshal	NT
# 17 Women 4x200m Relay A			Rodriguez, Devin L (23)	George C. Marshal	NT
			Zaman, Damien N (21)	George C. Marshal	NT

1:47.00

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# 17 Women 4x200m Relay A		1:47.00	Kiersz, Christopher L (23)	George C. Marshall	6:08.14
Leap, Annie M (20) #	Marshall		Patke, Bhaskar S (23)	George C. Marshall	6:18.94
McNabb, Torri E (22) #	Marshall		Rocco, Stefano (22)	George C. Marshall	NT
Kazan, Haseba S (23) #	Marshall		Wineland, Naveen T (23)	George C. Marshall	NT
Reskusic, Arijana (20) #	Marshall		Athletes count: 5		
Athletes count: 4			# 21 Women 500m Dash		
# 18 Men 4x200m Relay A		1:34.23	Curran, Veronica S (23)	George C. Marshall	1:47.14
Tryon, Wilson W (20) #	Marshall		Thompson, Zoe B (23)	George C. Marshall	NT
Amarillas, Ryan R (21) #	Marshall		Athletes count: 2		
Nayfeh, Omar (21) #	Marshall		# 22 Men 500m Dash		
Sarnovsky, Adam (21) #	Marshall		Oliver, Alexander J (23)	George C. Marshall	1:22.24
Athletes count: 4			Swanberry, Ryan G (23)	George C. Marshall	1:22.74
# 18 Men 4x200m Relay B		NT	Taranov, Alek C (23)	George C. Marshall	1:25.64
Grace, Ethan S (22) #	Marshall		Russin, Benjamin A (23)	George C. Marshall	NT
Zaman, Damien N (21) #	Marshall		Sadeque, Zimraan M (22)	George C. Marshall	NT
Haggerty, Ryan (20) #	Marshall		Tadlock, Conner E (23)	George C. Marshall	NT
Ryder, Paul J (23) #	Marshall		Athletes count: 6		
Athletes count: 4			# 23 Women 1000m Run		
# 18 Men 4x200m Relay C		NT	Smith, Lena G (20)	George C. Marshall	3:16.04
Swann, Dylan R (21) #	Marshall		Spoden, Haley E (23)	George C. Marshall	3:24.70
Calderon, Alejandro E (22) #	Marshall		Tadlock, Catherine H (20)	George C. Marshall	3:40.43
Tran, Tyler L (23) #	Marshall		Viskupic, Olivia R (22)	George C. Marshall	3:42.24
Tseten, Kalsang T (21) #	Marshall		Forman, Faith A (21)	George C. Marshall	4:19.56
Athletes count: 4			Athletes count: 5		
# 18 Men 4x200m Relay D		NT	# 24 Men 1000m Run		
Rodriguez, Loudin J (23) #	Marshall		Nguyen, Brandon H (22)	George C. Marshall	3:14.64
Porjosh, Edrees M (21) #	Marshall		Dumont, Charles N (23)	George C. Marshall	3:15.10
McNabb, Gavin (20) #	Marshall		Gattuso, Andre J (22)	George C. Marshall	3:26.24
Lee, Andrew S (21) #	Marshall		Rader, George G (23)	George C. Marshall	3:29.83
Athletes count: 4			Evans, Jack W (21)	George C. Marshall	NT
Athletes count: 4			Athletes count: 5		
# 18 Men 4x200m Relay E		NT	# 25 Women 300m Dash		
Brand, Miguel J (23) #	Marshall		Epstein, Elizabeth (21)	George C. Marshall	42.75
Vaidya, Vedansh (23) #	Marshall		Lee, Claire J (21)	George C. Marshall	46.52
Espinola, Gabriel A (22) #	Marshall		Kazan, Haseba S (23)	George C. Marshall	57.28
Sadeque, Irfaan M (22) #	Marshall		Kazden, Naomi K (23)	George C. Marshall	1:03.03
Athletes count: 4			Plazas, Sophia I (23)	George C. Marshall	1:04.64
Athletes count: 4			Sullivan, Caroline A (21)	George C. Marshall	NT
# 18 Men 4x200m Relay F		NT	Athletes count: 6		
Lee, Curtis A (23) #	Marshall		# 26 Men 300m Dash		
Temple, Noah B (22) #	Marshall		Tryon, Wilson W (20)	George C. Marshall	38.52
Tillman, Hayden M (23) #	Marshall		Zaman, Damien N (21)	George C. Marshall	40.74
Jones, Benjamin R (23) #	Marshall		Porjosh, Edrees M (21)	George C. Marshall	41.27
Athletes count: 4			Ryder, Paul J (23)	George C. Marshall	42.30
# 20 Men 1600m Run			Penix, Jaime R (23)	George C. Marshall	48.06
Heltberg, Daniel (22)	George C. Marshall	5:57.91			

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26 Men 300m Dash

Haggerty, Ryan (20)	George C. Marshal	NT
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Athletes count: 6**# 28 Men 3200m Run**

Brock, Titus S (22)	George C. Marshal	11:48.27
Elam, Nathan D (20)	George C. Marshal	NT
Mathews, Brent B (23)	George C. Marshal	NT

Athletes count: 3**# 30 Men 4x400m Relay A**

Malave, Sebastian N (21) #	Marshall	3:26.38
Smith, Patrick A (21) #	Marshall	
Amarillas, Ryan R (21) #	Marshall	
Sarnovsky, Adam (21) #	Marshall	

Athletes count: 4**# 30 Men 4x400m Relay B**

Sanders, Sean P (23) #	Marshall	NT
Sanders, Aiden T (20) #	Marshall	
Oliver, Seth J (23) #	Marshall	
Lee, Curtis A (23) #	Marshall	

Athletes count: 4

Individual Meet Entries Report

Quad Meet - ANN - GCM - OAK - WEST 03-Jan-20
George C. Marshall High [GCM]

Female IE's:	27	Total Athletes:	
Male IE's:	65		
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Total IE's:	92	Total RE's:	12

2019-2020 ORDER OF EVENTS

Thomas Jefferson Community Center

Doors open – 5:00 p.m. on Friday

FIELD EVENTS

- 5:30 PM Girls high jump – unlimited entries - starting height 4'0" (raise 2") to be followed by Boys high jump – unlimited entries - starting height 5'0" (raise 2") Elevation of bar will not wait for athletes competing in running events and will not be lowered
- Boys shot put to be followed by girls shot put (unlimited entries)

RUNNING EVENTS (rolling schedule)

- 5:30 PM Girls - 4 x 800 meter relay (2 teams max per school)
- Boys - 4 x 800 meter relay (2 teams max per school)

ONLY SCORING ATHLETES MAY USE STARTING BLOCKS IN 55 METER RACES!!!!

- Girls – 55 meter hurdles – maximum of six hurdlers per school, run on homestretch
- Boys – 55 meter hurdles – maximum of six hurdlers per school, run on homestretch
- Varsity Girls – 55 meter dash – maximum of three runners per school, run on homestretch
- Varsity Boys – 55 meter dash – maximum of three runners per school, run on homestretch
- JV Girls – 55 meter dash – unlimited entries, run on backstretch - opposite side of track
- JV Boys – 55 meter dash – unlimited entries, run on backstretch - opposite side of track
- Girls – 4 x 200 meter relay – seven teams per school – 1st team only scores
- Boys – 4 x 200 meter relay – seven teams per school – 1st team only scores
- Girls – 1600 meter run – five runners maximum per school (two sections only)
- Boys – 1600 meter run – five runners maximum per school (two sections only)
- Girls – 500 meter dash – six runners per school, three varsity & three JV
- Boys – 500 meter dash – six runners per school, three varsity & three JV
- Girls – 1000 meter run – five runners maximum per school (three sections only)
- Boys – 1000 meter run – five runners maximum per school (three sections only)
- Girls – 300 meter dash – seven runners per school, three varsity & four JV
- Boys – 300 meter dash – seven runners per school, three varsity & four JV
- Girls – 3200 meter run – three runners maximum per school (one section only)
- Boys – 3200 meter run – three runners maximum per school (one section only)
- Girls – 4 x 400 meter relay (one team per school if start is after 9:45 p.m.)
- Boys – 4 x 400 meter relay (one team per school if start is after 9:45 p.m.)

If 4 x 400 relays start before 9:45 p.m., a maximum of 4 teams per school may compete (2 girls, 2 boys)