

Rank	Mark	Standard	Round	Name	Class	Date	Meet
Women 55m Dash							
1	7.71	District Qualifier	F	Gardner, Allison	24	12/9/2022	Northern VA TJMS Meet #3 2023
2	7.93	Lettering	P	Alaydrus, Lylana	24	12/10/2022	Ed Bowie Invitational
3	7.94	Lettering	F	Stefanoua, Iuanna	24	12/9/2022	Northern VA TJMS Meet #3 2023
4	8.04	Lettering	F	Curran, Veronica	23	12/17/2022	Grant Holloway Invitational
5	8.06	Lettering	F	Patrick, Jada	24	12/3/2022	5th David Cannon PB Invite
6	8.19	Lettering	F	Eric, Miracle	23	12/9/2022	Northern VA TJMS Meet #3 2023
7	8.34	Lettering	F	McGowan, Laila	25	12/9/2022	Northern VA TJMS Meet #3 2023
8	8.57		F	Nguyen, Chau-Anh	26	12/9/2022	Northern VA TJMS Meet #3 2023
9	8.64		F	Lynch, Natifah	26	12/9/2022	Northern VA TJMS Meet #3 2023
10	8.70		F	Oluwehinmi, Oluwatoni	25	12/3/2022	5th David Cannon PB Invite
11	8.71		F	Connelly, Elise	25	12/17/2022	Polar Titans Invitational
12	8.75		F	Stalin, Sheetal	25	12/17/2022	Polar Titans Invitational
13	8.76		F	Stefanoua, Naomi	26	12/3/2022	5th David Cannon PB Invite
14	8.84		F	Lauber, Samantha	24	12/9/2022	Northern VA TJMS Meet #3 2023
14	8.84		F	Khoubbieh, Carlie	25	12/9/2022	Northern VA TJMS Meet #3 2023
16	8.94		F	Mundy, Isabella	26	12/9/2022	Northern VA TJMS Meet #3 2023
16	8.94		F	Rivas Perez, Stephanie	25	12/9/2022	Northern VA TJMS Meet #3 2023
16	8.94		F	Lin, Lulu	24	12/9/2022	Northern VA TJMS Meet #3 2023
19	9.06		F	Somboonpakron, Lauren	26	12/3/2022	5th David Cannon PB Invite
20	9.07		F	Morgan, Eryn	25	12/3/2022	5th David Cannon PB Invite
21	9.14		F	Huynh, An	26	12/9/2022	Northern VA TJMS Meet #3 2023
22	9.22		F	Streett, Georgia	26	12/17/2022	Polar Titans Invitational
23	9.24		F	Nkojo, Noemi	25	12/9/2022	Northern VA TJMS Meet #3 2023
23	9.24		F	Illemann, Emma Victoria	26	12/9/2022	Northern VA TJMS Meet #3 2023
25	9.44		F	Bae, Anna	26	12/9/2022	Northern VA TJMS Meet #3 2023
26	9.51		F	Swanberry, Alyssa	25	12/3/2022	5th David Cannon PB Invite
27	9.68		F	Chinnala, Anannya	25	12/17/2022	Polar Titans Invitational
28	9.74		F	Chinnala, Amulya	25	12/9/2022	Northern VA TJMS Meet #3 2023
29	9.84		F	Hua, Bao Ngan	25	12/3/2022	5th David Cannon PB Invite
30	9.87		F	Ramirez, Valeria	25	12/3/2022	5th David Cannon PB Invite
31	9.94		F	Pinzon, Natalia	25	12/9/2022	Northern VA TJMS Meet #3 2023
32	9.96		F	Lee, Gloria	26	12/3/2022	5th David Cannon PB Invite
33	10.24		F	Leuy, Christina	25	12/9/2022	Northern VA TJMS Meet #3 2023
34	10.62		F	Wild, Riley	24	12/3/2022	5th David Cannon PB Invite
35	10.80		F	Bromand, Zahra	24	12/3/2022	5th David Cannon PB Invite
36	11.04		F	Pak, Ashley	25	12/3/2022	5th David Cannon PB Invite
Women 300m Dash							
1	45.49	Lettering	F	Curran, Veronica	23	12/17/2022	Grant Holloway Invitational
2	46.55	Lettering	F	Skaggs, Sarah	23	12/10/2022	Ed Bowie Invitational
3	47.35	Lettering	F	Gardner, Allison	24	12/9/2022	Northern VA TJMS Meet #3 2023
4	47.72	Lettering	F	Eric, Miracle	23	12/3/2022	5th David Cannon PB Invite
5	48.26	Lettering	F	Alaydrus, Lylana	24	12/3/2022	5th David Cannon PB Invite
6	48.61	Lettering	F	Lauber, Samantha	24	12/3/2022	5th David Cannon PB Invite
7	49.73	Lettering	F	Oluwehinmi, Oluwatoni	25	12/3/2022	5th David Cannon PB Invite
8	50.27		F	Nguyen, Chau-Anh	26	12/9/2022	Northern VA TJMS Meet #3 2023
9	50.35		F	Dabich, Samantha	26	12/17/2022	Grant Holloway Invitational
10	50.67		F	Lang, Maya	25	12/9/2022	Northern VA TJMS Meet #3 2023
11	51.90		F	Stalin, Sheetal	25	12/17/2022	Polar Titans Invitational
12	53.45		F	Lin, Lulu	24	12/3/2022	5th David Cannon PB Invite
13	53.91		F	Stewart, Asha	26	12/3/2022	5th David Cannon PB Invite
14	55.32		F	Kim, Ellie	23	12/3/2022	5th David Cannon PB Invite
15	55.78		F	Ephraim, Eden	26	12/3/2022	5th David Cannon PB Invite
16	56.37		F	Lynch, Natifah	26	12/17/2022	Grant Holloway Invitational
17	57.99		F	Stefanoua, Iuanna	24	12/9/2022	Northern VA TJMS Meet #3 2023
18	58.44		F	Chinnala, Anannya	25	12/17/2022	Polar Titans Invitational
19	59.47		F	Bae, Anna	26	12/3/2022	5th David Cannon PB Invite
Women 500m Dash							
1	1:22.33	District Qualifier	F	Dabich, Samantha	26	12/17/2022	Grant Holloway Invitational
2	1:32.32	Lettering	F	Gardner, Allison	24	12/17/2022	Polar Titans Invitational
3	1:32.71		F	Stefanoua, Naomi	26	12/17/2022	Polar Titans Invitational
3	1:32.71		F	Stefanoua, Iuanna	24	12/17/2022	Polar Titans Invitational
5	1:38.20		F	Lauber, Samantha	24	12/9/2022	Northern VA TJMS Meet #3 2023
6	1:52.46		F	Musa, Beverly	24	12/9/2022	Northern VA TJMS Meet #3 2023

Rank	Mark	Standard	Round	Name	Class	Date	Meet
7	2:05.40		F	Leuy, Christina	25	12/3/2022	5th David Cannon PB Invite
8	2:10.01		F	Jean, Sydney	26	12/9/2022	Northern VA TJMS Meet #3 2023
9	2:12.54		F	Ramesh, Srinidhi	26	12/9/2022	Northern VA TJMS Meet #3 2023
10	2:20.98		F	Jha, Adya	26	12/9/2022	Northern VA TJMS Meet #3 2023
				Women 800m Run			
1	2:46.29		F	Brewer, Sadie	26	12/10/2022	Ed Bowie Invitational
				Women 1000m Run			
1	3:26.51	Lettering	F	Heffernan, Zoe	25	12/17/2022	Grant Holloway Invitational
2	3:31.12	Lettering	F	Shoemaker, Amelia	25	12/17/2022	Grant Holloway Invitational
3	3:37.31	Lettering	F	Parish, Sydney	25	12/17/2022	Grant Holloway Invitational
4	3:47.12		F	Brewer, Sadie	26	12/3/2022	5th David Cannon PB Invite
5	3:59.49		F	Wise, Margaret	26	12/9/2022	Northern VA TJMS Meet #3 2023
6	4:06.85		F	Blanton, Josephine	24	12/17/2022	Grant Holloway Invitational
7	4:16.97		F	Miller, Audrey	25	12/9/2022	Northern VA TJMS Meet #3 2023
8	4:37.77		F	Piracha, Ayesha	26	12/9/2022	Northern VA TJMS Meet #3 2023
9	4:39.48		F	Lefer, Serita	26	12/3/2022	5th David Cannon PB Invite
10	5:01.59		F	Jean, Sydney	26	12/3/2022	5th David Cannon PB Invite
11	5:26.19		F	Ramesh, Srinidhi	26	12/3/2022	5th David Cannon PB Invite
12	7:07.62		F	Kops, Emma	26	12/3/2022	5th David Cannon PB Invite
				Women 1600m Run			
1	5:13.48	State Qualifier	F	Spoden, Haley	23	12/10/2022	Ed Bowie Invitational
2	5:55.69	Lettering	F	Shoemaker, Amelia	25	12/17/2022	Grant Holloway Invitational
3	6:02.80	Lettering	F	Parish, Sydney	25	12/3/2022	5th David Cannon PB Invite
4	6:20.38		F	Jha, Adya	26	12/3/2022	5th David Cannon PB Invite
5	6:43.50		F	Friefeld, Julia	26	12/9/2022	Northern VA TJMS Meet #3 2023
6	6:58.95		F	Lefer, Serita	26	12/9/2022	Northern VA TJMS Meet #3 2023
7	7:04.43		F	Blanton, Josephine	24	12/17/2022	Grant Holloway Invitational
8	7:08.70		F	Kops, Emma	26	12/9/2022	Northern VA TJMS Meet #3 2023
9	7:33.69		F	Hosch, Katherine	26	12/3/2022	5th David Cannon PB Invite
				Women 3200m Run			
1	12:23.61	Lettering	F	Shoemaker, Amelia	25	12/9/2022	Northern VA TJMS Meet #3 2023
				Women 55m Hurdles			
1	12.14		F	Lang, Maya	25	12/9/2022	Northern VA TJMS Meet #3 2023
2	12.21		F	Khoubbieh, Carlie	25	12/17/2022	Polar Titans Invitational
3	12.26		F	Streett, Georgia	26	12/17/2022	Polar Titans Invitational
4	14.15		F	Ahmed, Merziya	26	12/3/2022	5th David Cannon PB Invite
				Women Long Jump			
1	14-00.00	Lettering	F	Curran, Veronica	23	12/17/2022	Grant Holloway Invitational
2	10-00.00		F	Bae, Anna	26	12/3/2022	5th David Cannon PB Invite
				Women Triple Jump			
1	31-01.50	District Qualifier	F	Curran, Veronica	23	12/3/2022	5th David Cannon PB Invite
				Women Shot Put			
1	31-00.50	District Qualifier	F	Haggerty Graham, Adrianna	24	12/3/2022	5th David Cannon PB Invite
2	28-11.50	District Qualifier	F	Patrick, Jada	24	12/3/2022	5th David Cannon PB Invite
3	28-04.00	District Qualifier	F	Garcia Palencia, Daniela	24	12/9/2022	Northern VA TJMS Meet #3 2023
4	23-00.75		F	Eric, Miracle	23	12/3/2022	5th David Cannon PB Invite
5	20-00.00		F	Onyekachi, Chikodi	23	12/9/2022	Northern VA TJMS Meet #3 2023
				Men 55m Dash			
1	6.67	Regional Qualifier	F	Proctor, Christos	23	12/10/2022	Ed Bowie Invitational
2	7.05	Lettering	F	Moore, Ethan	24	12/17/2022	Polar Titans Invitational
3	7.06	Lettering	F	Bhalla, Krish	24	12/17/2022	Grant Holloway Invitational
4	7.09	Lettering	F	Zarandazchi, Shervin	23	12/17/2022	Grant Holloway Invitational
5	7.24	Lettering	F	Nguyen, Thai	24	12/9/2022	Northern VA TJMS Meet #3 2023
5	7.24	Lettering	F	Paine, Chris	24	12/9/2022	Northern VA TJMS Meet #3 2023
7	7.27	Lettering	F	Lomax, Bennett	24	12/17/2022	Grant Holloway Invitational
8	7.30	Lettering	F	Oketunji, Carter Michael	25	12/3/2022	5th David Cannon PB Invite
9	7.33	Lettering	F	Paine, Joshua	26	12/17/2022	Polar Titans Invitational
10	7.34	Lettering	F	Dierbeck, Nicholas	26	12/9/2022	Northern VA TJMS Meet #3 2023
11	7.40	Lettering	F	Davila, Lucas	22	12/17/2022	Grant Holloway Invitational
12	7.42	Lettering	F	Lim, Daniel	25	12/17/2022	Polar Titans Invitational
13	7.44	Lettering	F	Mathews, Brent B	23	12/9/2022	Northern VA TJMS Meet #3 2023
13	7.44	Lettering	F	Hosch, Alexander	24	12/9/2022	Northern VA TJMS Meet #3 2023
13	7.44	Lettering	F	Anis, Neil	24	12/9/2022	Northern VA TJMS Meet #3 2023
13	7.44	Lettering	F	Estep, Nathan	24	12/9/2022	Northern VA TJMS Meet #3 2023

Rank	Mark	Standard	Round	Name	Class	Date	Meet
17	7.45		F	Pho, Hong-An	25	12/17/2022	Polar Titans Invitational
18	7.54		F	Miller, Dylan	24	12/9/2022	Northern VA TJMS Meet #3 2023
19	7.61		F	Owino, George	26	12/17/2022	Grant Holloway Invitational
20	7.62		F	Raparaolina, Tiana	24	12/3/2022	5th David Cannon PB Invite
21	7.63		F	Frizell, Colin	25	12/17/2022	Polar Titans Invitational
22	7.64		F	Walcott, Alexander	25	12/9/2022	Northern VA TJMS Meet #3 2023
23	7.69		F	Gershman, Cooper	26	12/17/2022	Polar Titans Invitational
24	7.75		F	Tillman, Hayden	23	12/17/2022	Grant Holloway Invitational
25	7.84		F	Cook, Jayden	24	12/9/2022	Northern VA TJMS Meet #3 2023
25	7.84		F	Lutchman, Joshua	25	12/3/2022	5th David Cannon PB Invite
27	7.91		F	Akbari, Hamza	24	12/17/2022	Grant Holloway Invitational
28	8.06		F	Um, Ethan	24	12/3/2022	5th David Cannon PB Invite
29	8.08		F	Mertz, Kieran	25	12/3/2022	5th David Cannon PB Invite
29	8.08		F	Malhotra, Ribhau	25	12/3/2022	5th David Cannon PB Invite
31	8.09		F	Acharya, Pratik	24	12/3/2022	5th David Cannon PB Invite
32	8.10		F	Cotto-Rivera, Andrew	24	12/3/2022	5th David Cannon PB Invite
33	8.14		F	Choe, Ethan	24	12/9/2022	Northern VA TJMS Meet #3 2023
34	8.20		F	Frisk, Joseph	25	12/17/2022	Polar Titans Invitational
35	8.22		F	Lum, Conner	24	12/3/2022	5th David Cannon PB Invite
36	8.33		F	Lara-Hernandez, Christopher	25	12/3/2022	5th David Cannon PB Invite
36	8.33		F	Martin, Aidan	24	12/3/2022	5th David Cannon PB Invite
38	8.34		F	Rahman, Zaid	24	12/9/2022	Northern VA TJMS Meet #3 2023
39	8.35		F	Edmonson, Wesley	26	12/3/2022	5th David Cannon PB Invite
40	8.43		F	Bullotta, Simon	25	12/3/2022	5th David Cannon PB Invite
41	8.45		F	Abu Gafra, Laith	26	12/3/2022	5th David Cannon PB Invite
42	8.54		F	Nguyen, Bao	24	12/9/2022	Northern VA TJMS Meet #3 2023
42	8.54		F	Pillalamarri, Kaunteya	24	12/9/2022	Northern VA TJMS Meet #3 2023
44	8.62		F	Bhalla, Aadil	26	12/3/2022	5th David Cannon PB Invite
45	8.64		F	Vaidya, Vedansh	23	12/9/2022	Northern VA TJMS Meet #3 2023
45	8.64		F	Hodge, Jonathan	25	12/9/2022	Northern VA TJMS Meet #3 2023
47	8.74		F	Burbano, Tyler	25	12/9/2022	Northern VA TJMS Meet #3 2023
48	8.84		F	Bishop, Nathaniel	25	12/9/2022	Northern VA TJMS Meet #3 2023
48	8.84		F	Chon-Baker, Hayden	24	12/3/2022	5th David Cannon PB Invite
50	8.94		F	Al-Gailani, Ammar	23	12/9/2022	Northern VA TJMS Meet #3 2023
51	9.64		F	Hussein, Shuayb	24	12/3/2022	5th David Cannon PB Invite
52	9.74		F	Clopper, Ryan	25	12/9/2022	Northern VA TJMS Meet #3 2023
53	19:11.50		F	Kalla, Gaurau	26	12/9/2022	Northern VA TJMS Meet #3 2023
Men 300m Dash							
1	36.63	Regional Qualifier	F	Oliver, Alexander	23	12/17/2022	Grant Holloway Invitational
2	37.98	District Qualifier	F	Sandall, Gavin	23	12/10/2022	Ed Bowie Invitational
3	38.08	District Qualifier	F	Proctor, Christos	23	12/17/2022	Grant Holloway Invitational
4	38.46	Lettering	F	Zarandazchi, Shervin	23	12/3/2022	5th David Cannon PB Invite
5	38.51	Lettering	F	Bhalla, Krish	24	12/17/2022	Grant Holloway Invitational
6	39.02	Lettering	F	Moore, Ethan	24	12/17/2022	Polar Titans Invitational
7	40.11	Lettering	F	Davila, Lucas	22	12/17/2022	Grant Holloway Invitational
8	40.37	Lettering	F	Anis, Neil	24	12/17/2022	Polar Titans Invitational
9	40.87		F	Lomax, Bennett	24	12/17/2022	Grant Holloway Invitational
10	41.10		F	Cook, Jayden	24	12/3/2022	5th David Cannon PB Invite
11	41.38		F	Pho, Hong-An	25	12/17/2022	Polar Titans Invitational
12	41.63		F	Frizell, Colin	25	12/17/2022	Polar Titans Invitational
13	42.05		F	Tillman, Hayden	23	12/17/2022	Grant Holloway Invitational
14	42.09		F	Mathews, Brent B	23	12/3/2022	5th David Cannon PB Invite
15	42.28		F	Lim, Daniel	25	12/3/2022	5th David Cannon PB Invite
16	42.42		F	Dierbeck, Nicholas	26	12/3/2022	5th David Cannon PB Invite
17	42.76		F	Oketunji, Carter Michael	25	12/9/2022	Northern VA TJMS Meet #3 2023
18	42.92		F	Lee, Curtis	23	12/3/2022	5th David Cannon PB Invite
19	43.71		F	Estep, Nathan	24	12/9/2022	Northern VA TJMS Meet #3 2023
20	43.80		F	Hosch, Alexander	24	12/3/2022	5th David Cannon PB Invite
21	43.83		F	Choe, Ethan	24	12/3/2022	5th David Cannon PB Invite
22	43.99		F	Akbari, Hamza	24	12/17/2022	Grant Holloway Invitational
23	44.47		F	Weeks, Brandon	24	12/3/2022	5th David Cannon PB Invite
24	44.65		F	Frisk, Joseph	25	12/3/2022	5th David Cannon PB Invite
25	44.83		F	Chargel, Sebastian	25	12/3/2022	5th David Cannon PB Invite
26	44.92		F	Owino, George	26	12/17/2022	Grant Holloway Invitational

Rank	Mark	Standard	Round	Name	Class	Date	Meet
27	45.07		F	Gershman, Cooper	26	12/3/2022	5th David Cannon PB Invite
28	45.41		F	Cotto-Rivera, Andrew	24	12/17/2022	Polar Titans Invitational
29	45.73		F	Petersen, Nicolas	25	12/3/2022	5th David Cannon PB Invite
30	49.00		F	Vaidya, Vedansh	23	12/3/2022	5th David Cannon PB Invite
31	57.70		F	Nguyen, Bao	24	12/17/2022	Polar Titans Invitational
Men 500m Dash							
1	1:08.86	Regional Qualifier	F	Oliver, Alexander	23	12/3/2022	5th David Cannon PB Invite
2	1:13.74	Lettering	F	Sandall, Gavin	23	12/3/2022	5th David Cannon PB Invite
3	1:18.46		F	Davila, Lucas	22	12/9/2022	Northern VA TJMS Meet #3 2023
4	1:22.27		F	Rader, George	23	12/17/2022	Polar Titans Invitational
5	1:24.09		F	Owino, George	26	12/17/2022	Grant Holloway Invitational
6	1:27.47		F	Penix, Jaime	23	12/9/2022	Northern VA TJMS Meet #3 2023
7	1:34.32		F	Stine, Mateo	26	12/9/2022	Northern VA TJMS Meet #3 2023
8	1:41.57		F	Lin, David	23	12/3/2022	5th David Cannon PB Invite
9	2:17.18		F	Bromand, Jalal	26	12/9/2022	Northern VA TJMS Meet #3 2023
Men 800m Run							
1	2:09.29		F	Hanzlik, Luke	23	12/10/2022	Ed Bowie Invitational
2	2:16.77		F	McCarthy, Aidan	24	12/10/2022	Ed Bowie Invitational
Men 1000m Run							
1	2:43.46	District Qualifier	F	Oliver, Seth J	23	12/17/2022	Grant Holloway Invitational
2	2:49.21	Lettering	F	Elwannas, Nawfal	23	12/3/2022	5th David Cannon PB Invite
3	2:52.67	Lettering	F	Hanzlik, Luke	23	12/3/2022	5th David Cannon PB Invite
4	2:56.62	Lettering	F	McCarthy, Aidan	24	12/17/2022	Grant Holloway Invitational
5	3:07.21		F	Buckley, Reid	23	12/17/2022	Polar Titans Invitational
6	3:09.62		F	Church, Henry	23	12/3/2022	5th David Cannon PB Invite
7	3:14.75		F	Tolcha, Bermaji	23	12/3/2022	5th David Cannon PB Invite
8	3:15.69		F	Tarutani, Pierce	25	12/3/2022	5th David Cannon PB Invite
9	3:17.95		F	Rader, George	23	12/9/2022	Northern VA TJMS Meet #3 2023
10	3:21.80		F	Hall, Colin	26	12/17/2022	Polar Titans Invitational
11	3:23.77		F	Schroen, William	25	12/9/2022	Northern VA TJMS Meet #3 2023
12	3:31.92		F	Seshadri, Rishi	26	12/17/2022	Polar Titans Invitational
13	3:37.02		F	Stine, Mateo	26	12/17/2022	Polar Titans Invitational
14	3:43.10		F	Smith, Elijah	25	12/9/2022	Northern VA TJMS Meet #3 2023
15	3:46.06		F	Oliver, Stephen	26	12/9/2022	Northern VA TJMS Meet #3 2023
Men 1600m Run							
1	4:25.07	State Qualifier	F	Sanders, Sean	23	12/17/2022	Grant Holloway Invitational
2	4:28.07	State Qualifier	F	Oliver, Seth J	23	12/17/2022	Grant Holloway Invitational
3	4:53.49	Lettering	F	Lee, Samuel	23	12/10/2022	Ed Bowie Invitational
4	4:57.22	Lettering	F	Barnes, Simon	24	12/17/2022	Grant Holloway Invitational
5	4:57.27	Lettering	F	McCarthy, Aidan	24	12/17/2022	Grant Holloway Invitational
6	5:09.78	Lettering	F	Russin, Benjamin	23	12/3/2022	5th David Cannon PB Invite
7	5:18.17		F	Buckley, Reid	23	12/17/2022	Polar Titans Invitational
8	5:19.20		F	Church, Henry	23	12/17/2022	Polar Titans Invitational
9	5:30.77		F	Hall, Colin	26	12/17/2022	Polar Titans Invitational
10	5:36.69		F	St-Louis, Noah	25	12/17/2022	Polar Titans Invitational
11	5:45.58		F	Estrada Zapata, Samuel	24	12/3/2022	5th David Cannon PB Invite
12	5:47.83		F	Tedesco, Henry	25	12/3/2022	5th David Cannon PB Invite
13	6:07.53		F	Oliver, Stephen	26	12/17/2022	Grant Holloway Invitational
14	6:25.07		F	Carias Flores, Felipe	26	12/9/2022	Northern VA TJMS Meet #3 2023
15	6:25.20		F	Wineland, Naveen	23	12/3/2022	5th David Cannon PB Invite
16	7:02.67		F	Kiersz, Christopher	23	12/9/2022	Northern VA TJMS Meet #3 2023
Men 3200m Run							
1	9:42.80	State Qualifier	F	Oliver, Seth J	23	12/10/2022	Ed Bowie Invitational
2	10:17.33	Lettering	F	Barnes, Simon	24	12/17/2022	Grant Holloway Invitational
Men 55m Hurdles							
1	9.72	Lettering	F	Taranou, Alek	23	12/10/2022	Ed Bowie Invitational
2	10.10		F	Pho, Hong-An	25	12/17/2022	Polar Titans Invitational
3	10.83		F	Lin, David	23	12/3/2022	5th David Cannon PB Invite
Men Long Jump							
1	17-07.50	Lettering	F	Lim, Daniel	25	12/17/2022	Polar Titans Invitational
2	15-02.50		F	Lin, David	23	12/3/2022	5th David Cannon PB Invite
3	15-01.50		F	Mathews, Brent B	23	12/3/2022	5th David Cannon PB Invite
4	14-06.25		F	Pho, Hong-An	25	12/3/2022	5th David Cannon PB Invite
5	14-03.75		F	Tillman, Hayden	23	12/3/2022	5th David Cannon PB Invite

Rank	Mark	Standard	Round	Name	Class	Date	Meet
6	14-02.50		F	Lee, Curtis	23	12/3/2022	5th David Cannon PB Invite
7	11-06.25		F	Bishop, Nathaniel	25	12/3/2022	5th David Cannon PB Invite
8	11-02.25		F	Vaidya, Vedansh	23	12/3/2022	5th David Cannon PB Invite
				Men Triple Jump			
1	34-04.25	Lettering	F	Tillman, Hayden	23	12/17/2022	Grant Holloway Invitational
2	33-02.50	Lettering	F	Lee, Curtis	23	12/3/2022	5th David Cannon PB Invite
3	25-10.50		F	Vaidya, Vedansh	23	12/3/2022	5th David Cannon PB Invite
				Men Shot Put			
1	41-06.50	District Qualifier	F	Peterson, Graham	23	12/3/2022	5th David Cannon PB Invite
2	32-04.00		F	Tadlock, Conner	23	12/3/2022	5th David Cannon PB Invite
3	28-03.00		F	Perrault, Adam	23	12/9/2022	Northern VA TJMS Meet #3 2023
4	27-00.50		F	Toman, Matthew	23	12/3/2022	5th David Cannon PB Invite
5	25-06.25		F	Jones, Roshan	24	12/9/2022	Northern VA TJMS Meet #3 2023
6	23-02.75		F	Perry, Daniel	26	12/9/2022	Northern VA TJMS Meet #3 2023
7	20-11.25		F	Benkorah, Ahmed	25	12/3/2022	5th David Cannon PB Invite
8	19-08.75		F	Kalla, Gaurau	26	12/3/2022	5th David Cannon PB Invite