

Northern Region Indoor T&F Championship

Heat Sheets

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HY-TEK's Meet Manager 2/14/2012 03:13 PM

VHSL-AAA 2011 Northern Regional - 2/18/2012

INDOOR TRACK & FIELD CHAMPIONSHIPS

George Mason University

Meet Program

Event 1 Girls Long Jump

Oakton Helpers

3 Jumps - 9 Best to Finals

3 Jumps in Finals

Meet Record: 19-05.50 2/27/1999 Yolanda Thompson, West Potomac

17-07.25 STA State stand.

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1	285	Christianne Butters	11	Oakton	14-06.00
2	112	Cierra Artis	12	Herndon	14-08.50
3	47	Lauren Crafton	11	Chantilly	14-11.25
4	3	Monique Diggs	12	Annandale	15-01.00
5	186	Allison Rieck	12	Lake Braddock	15-01.00
6	183	Maddie Manhertz	11	Lake Braddock	15-02.25
7	91	Kerisha Goode	10	Hayfield	15-05.00
8	61	Jamia Montgomery	11	Fairfax	15-06.50
9	402	Antonaya Jones	11	Thomas Edison	15-06.50
10	222	Adrienne Schmidt	11	Langley	15-06.75
11	485	Nicole Nicholas	12	Washington-L	15-10.75
Flight 2 Finals					
1	320	Morgan Knight	10	South County	15-11.50
2	287	Annachristina Clements	11	Oakton	16-04.50
3	327	Jeonna Taylor	10	South County	16-05.00
4	292	Meghan Jean-Baptiste	11	Oakton	16-06.50
5	479	Marsharika Coleman	12	Washington-L	16-09.50
6	93	Sheyda Khodaei	12	Hayfield	17-00.50
7	219	Meigan McManus	12	Langley	17-06.00
8	407	Anna Williams	11	Thomas Edison	17-09.75 STA
9	322	Felecia Majors	11	South County	18-00.50 STA
10	346	Danielle Hale	10	South Lakes	18-01.50 STA
11	116	Carina Peter	12	Herndon	18-09.75 STA

Event 2 Boys Long Jump

West Potomac Helpers

3 Jumps - 9 Best to Finals -

3 Jumps in Finals

Meet Record: 23-08.50 2/21/1998 Brandon Royster, Fairfax

21-11.75 STA State stand.

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					

1	419	Nicholas Stansfield	12	Thomas Ediso	18-11.25	
2	414	Ashad Johnson	11	Thomas Ediso	19-01.50	
3	58	Emeka Oputa	12	Chantilly	19-06.75	
4	301	Najee Cox	12	Oakton	19-07.00	
5	124	Austin Miller	12	Herndon	19-09.50	
6	299	Ty Carroll	12	Oakton	19-10.50	
7	20	Marcus Walton	10	Annandale	19-11.00	
8	531	Danny Breedlove	12	West Springf	20-00.00	
9	103	Justin Moye	12	Hayfield	20-00.25	
10	85	Louis Fernandez	12	George C. Ma	20-00.25	
11	199	Sean Daugherty	12	Lake Braddoc	20-01.50	
12	359	Corey Gilmore	12	South Lakes	20-03.00	
13	96	Robert Banks	11	Hayfield	20-04.50	
Flight 2 Finals						
1	254	Alexander Hedrick	11	McLean	20-05.00	
2	32	Philip Christophe	12	Centreville	20-05.25	
3	168	Thomas Creed	12	James W. Rob	20-06.00	
4	366	Zac Parker	11	South Lakes	20-06.00	
5	87	Ryan T Medric	12	George C. Ma	20-06.50	
6	357	Khayri Denny	10	South Lakes	20-07.50	
7	387	Devon Cooper	12	T.C. William	20-09.25	
8	394	Za'Quan Summer	12	T.C. William	21-00.50	
9	280	Michael Thomas-Brown	11	Mount Vernon	21-01.00	
10	510	Tyrone Jenkins	12	West Potomac	21-06.50	
11	362	Rashaan Jones	11	South Lakes	21-08.00	
12	54	Arthur McDuffy	12	Chantilly	22-04.00	STA

Event 3 Girls Triple Jump

Edison Helpers

3 Jumps - 9 Best Jumps to Finals

3 Jumps in Finals

Meet Record: 41-00.25 2/21/1998 Yolanda Thompson, West Potomac
 36-07.50 STA State stand.

	Name	Year	School	Seed Mark	Finals	
=====						
Flight 1 Finals						
1	47	Lauren Crafton	11	Chantilly	31-04.00	
2	82	Madeleine Lewsen	11	George C. Ma	32-04.25	
3	268	Nichole Parker	12	Mount Vernon	32-06.00	
4	350	Kristin Tran	10	South Lakes	32-07.00	
5	180	Rachel Fasana	10	Lake Braddoc	32-07.00	
6	186	Allison Rieck	12	Lake Braddoc	32-07.00	
7	183	Maddie Manhertz	11	Lake Braddoc	32-07.25	
8	60	Naomi Lanos	10	Fairfax	32-11.25	
9	289	Danielle Fitzgerald	12	Oakton	33-01.75	
10	287	Annachristina Clements	11	Oakton	33-05.50	
11	382	Indya Weaver	11	T.C. William	33-06.00	
12	428	Cheyenne Rivera	10	Thomas Jeffe	33-07.50	
Flight 2 Finals						
1	30	Sydney Pryor	11	Centreville	33-11.00	
2	219	Meigan McManus	12	Langley	33-11.25	
3	402	Antonaya Jones	11	Thomas Ediso	34-09.50	
4	479	Marsharika Coleman	12	Washington-L	34-11.25	
5	327	Jeonna Taylor	10	South County	34-11.25	
6	292	Meghan Jean-Baptiste	11	Oakton	34-11.50	
7	346	Danielle Hale	10	South Lakes	35-09.50	
8	401	Kristina Brown	12	Thomas Ediso	37-00.50	STA
9	407	Anna Williams	11	Thomas Ediso	37-04.00	STA
10	322	Felecia Majors	11	South County	37-09.50	STA

11	93 Sheyda Khodaei	12 Hayfield	37-11.00	STA
12	116 Carina Peter	12 Herndon	38-02.50	STA

Event 4 Boys Triple Jump

Edison Helpers

3 Jumps - 9 Best to Finals

3 Jumps in Finals

Meet Record: 49-04.50 1987 Cornell Grayson, West Potomac
44-08.50 STA State stand.

Name	Year	School	Seed Mark	Finals
Flight 1 Finals				
1	277	Daryl Newton	11 Mount Vernon	38-09.25
2	199	Sean Daugherty	12 Lake Braddoc	39-02.50
3	584	Osscar Gonzalez	12 Yorktown	39-10.00
4	283	Bashan Williams	12 Mount Vernon	39-11.00
5	58	Emeka Oputa	12 Chantilly	40-01.00
6	470	Andrew Chang	11 W.T. Woodson	40-01.00
7	391	Kahron Lee	12 T.C. William	40-02.00
8	32	Philip Christophe	12 Centreville	40-11.00
9	18	Quy To	12 Annandale	41-02.00
10	299	Ty Carroll	12 Oakton	41-07.00
11	103	Justin Moye	12 Hayfield	41-08.25
12	227	Alex Jacobsen	10 Langley	41-08.75

Flight 2 Finals

1	366	Zac Parker	11 South Lakes	41-08.75	
2	253	Nathan Goff	12 McLean	41-11.00	
3	96	Robert Banks	11 Hayfield	42-00.50	
4	42	Texas Williams	12 Centreville	42-01.50	
5	87	Ryan T Medric	12 George C. Ma	42-02.50	
6	15	Richard Maku	12 Annandale	43-06.00	
7	359	Corey Gilmore	12 South Lakes	43-07.75	
8	561	Justin Little	12 Westfield	44-01.50	
9	362	Rashaan Jones	11 South Lakes	44-05.00	
10	54	Arthur McDuffy	12 Chantilly	46-03.25	STA
11	510	Tyrone Jenkins	12 West Potomac	46-04.00	STA

Event 5 Girls High Jump

Jefferson Helpers

Starting Height: 4'8" Being Raised 2" to 5'2" & 1" Thereafter

Meet Record: 5-09 2/26/2005 Ashley Haislip, Lake Braddock
5-02.00 STA State stand.

Name	Year	School	Seed Mark	Finals
Flight 1 Finals				
1	76	Elizabeth Sullivan	11 Falls Church	4-02.00
2	74	Charlotte Loudon	12 Falls Church	4-02.00
3	81	Juliana Laszakovits	12 George C. Ma	4-04.00
4	571	Amelia Blakeslee	9 Yorktown	4-04.00
5	271	Alliyah Stevens	9 Mount Vernon	4-04.00
6	93	Sheyda Khodaei	12 Hayfield	4-04.00
7	577	Anzhu Liang	12 Yorktown	4-04.00
8	112	Cierra Artis	12 Herndon	4-04.00
9	285	Christianne Butters	11 Oakton	4-06.00
10	401	Kristina Brown	12 Thomas Ediso	4-06.00
11	374	Allasha Farmer	9 T.C. William	4-06.00
12	141	Tara Razjouyan	11 James Madiso	4-06.00
13	504	Kelly Slatery	10 West Potomac	4-06.00

14	221 Rachel Sanson	12 Langley	4-06.00	
15	91 Kerisha Goode	10 Hayfield	4-06.00	
16	244 Elizabeth Lewis	11 McLean	4-06.00	
17	139 Geena May	10 James Madiso	4-08.00	
18	216 Gabriella Jacobson	12 Langley	4-08.00	
19	481 Elizabeth Grossmann	11 Washington-L	4-08.00	
20	519 Michelle Lipka	10 West Springf	4-08.00	
21	462 Lindsay Owen	12 W.T. Woodson	4-08.00	
22	287 Annachristina Clements	11 Oakton	4-08.00	
23	336 Aya Abdelhalim	10 South Lakes	4-08.00	
24	48 Samantha Lull	11 Chantilly	4-10.00	
25	320 Morgan Knight	10 South County	4-10.00	
26	157 Uloma Nwaolu	9 James W. Rob	4-10.00	
27	346 Danielle Hale	10 South Lakes	4-10.00	
28	383 Jennifer Zhu	12 T.C. William	4-10.00	
29	190 Kyra Rodi	11 Lake Braddoc	5-00.00	
30	322 Felecia Majors	11 South County	5-02.00	STA
31	292 Meghan Jean-Baptiste	11 Oakton	5-04.00	STA

Event 6 Boys High Jump

Herndon Helpers

Starting Height: 5'8" Being Raised 2" to 6'2" & 1" Thereafter

Meet Record: 6-10 1996 Doug Humphrey, West Springfield

6-03.00 STA State stand.

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1	419	Nicholas Stansfield	12	Thomas Ediso	5-04.00
2	414	Ashad Johnson	11	Thomas Ediso	5-04.00
3	587	Nicholas Ullom	10	Chantilly	5-05.00
4	253	Nathan Goff	12	McLean	5-06.00
5	439	Jonathan Lin	10	Thomas Jeffe	5-06.00
6	108	Casey White	12	Hayfield	5-06.00
7	232	Mason Schurmeir	10	Langley	5-06.00
8	586	Sung Woo Park	11	Chantilly	5-06.00
9	583	David Bunton	12	Yorktown	5-06.00
10	299	Ty Carroll	12	Oakton	5-07.00
11	298	Mitchell Carroll	11	Oakton	5-08.00
12	121	Ben Green	11	Herndon	5-09.00
13	15	Richard Maku	12	Annandale	6-00.00
14	87	Ryan T Medric	12	George C. Ma	6-00.00
15	470	Andrew Chang	11	W.T. Woodson	6-00.00
16	59	Miles Ransom	12	Chantilly	6-01.00
17	540	John Seals	10	West Springf	6-02.00
18	387	Devon Cooper	12	T.C. William	6-02.00
19	561	Justin Little	12	Westfield	6-02.00
20	129	Edward Chase	12	J.E.B. Stuar	6-03.00 STA
21	331	Joseph Boyd	11	South County	6-04.00 STA
22	391	Kahron Lee	12	T.C. William	6-04.00 STA
23	362	Rashaan Jones	11	South Lakes	7-00.00 STA

Event 7 Girls Shot Put

WT Woodson Helpers

3 Throws - 9 Best To Finals

3 - Throws In Finals

Meet Record: 45-00.25 1983 Maria Lovelace, T.C. Williams

35-08.25 STA State stand.

Name	Year	School	Seed	Mark	Finals
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Flight 1 Finals

1	5 Margaret Njomo	10 Annandale	28-00.25
2	243 Ellen Knapp	11 McLean	28-02.50
3	83 Tangie Shaw	12 George C. Ma	28-05.25
4	458 Noelle Gill	9 W.T. Woodson	28-07.00
5	377 Ashley Martin	10 T.C. William	28-08.00
6	486 Elli Panagiotopolous	10 Washington-L	28-09.00
7	548 Saliya Hinton	10 Westfield	28-09.50
8	582 Carolanne Wilson	11 Yorktown	28-11.00
9	50 Lyzan Rashid	12 Chantilly	29-00.00
10	524 Whitney Sparks	12 West Springf	29-01.00
11	117 Kathleen Ratana	12 Herndon	29-09.75

Flight 2 Finals

1	80 Amanda T Kousen	12 George C. Ma	30-04.50	
2	483 Jewel Mcneil	12 Washington-L	30-06.75	
3	184 Jeanette Menye	11 Lake Braddoc	31-00.00	
4	484 Kirby Miller	11 Washington-L	31-02.75	
5	551 Lia Sumner	12 Westfield	31-04.50	
6	490 D'Wannisha Wilson	11 Washington-L	31-06.75	
7	578 Florena Makuiza	12 Yorktown	31-08.00	
8	342 Jasmin Colon	12 South Lakes	32-00.00	
9	162 Kelsey Stonehocker	12 James W. Rob	33-08.75	
10	353 Sumiya Yates	12 South Lakes	36-00.75	STA
11	381 Ayzha Ward	12 T.C. William	39-02.00	STA
12	158 Chioma Onyekwere	12 James W. Rob	40-09.25	STA

Event 8 Boys Shot Put

Annandale Helpers

3 Throws - 9 Best To Finals

3 Throws in Finals

Meet Record: 60-09.50 2/22/2003 Steve Huntzinger, Robinson
50-03.25 STA State stand.

Name	Year	School	Seed	Mark	Finals
=====					
Flight 1 Finals					
1	275	Carlton Griffith	10	Mount Vernon	39-11.25
2	250	Mark D'Ermes	12	McLean	40-02.00
3	226	Kevin Herman	11	Langley	40-05.25
4	230	Jordan Lopez	10	Langley	40-08.00
5	53	Brandon Galindo	11	Chantilly	40-08.25
6	411	Andrew Frawley	12	Thomas Ediso	40-08.75
7	175	Jonathan Rodriguez	10	James W. Rob	40-10.50
8	52	Zachary Booker	12	Chantilly	42-00.25
9	195	Teddy Avers	12	Lake Braddoc	42-05.00
10	300	Colin Clark	12	Oakton	42-05.50
11	560	Alex Krall	12	Westfield	42-06.00
12	198	Matthew Daniels	12	Lake Braddoc	42-06.00
Flight 2 Finals					
1	494	Biru Jones	11	Washington-L	42-09.25
2	228	Mike Koshuta	12	Langley	43-00.75
3	565	Anthony Richardson	11	Westfield	44-02.00
4	495	Corey Robinson	11	Washington-L	44-08.25
5	131	Hector Hernandez	11	J.E.B. Stuar	45-01.25
6	468	Sean Bass	12	W.T. Woodson	45-07.00
7	396	Jose Urratia	12	T.C. William	46-02.00
8	88	Federico Monticelli	12	George C. Ma	46-03.00
9	408	Jared Banks	10	Thomas Ediso	47-10.50
10	393	Mohammed Sesay	12	T.C. William	48-05.00

11	256	Scott Lafoon	12	McLean	49-03.25	
12	386	Jonathan Anderson	12	T.C. William	51-05.00	STA

Event 9 Girls Pole Vault

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Sponsor: Robinson Helpers

Starting Height: 7'6" Being Raised 6" to 9'6" & 3" Thereafter

Meet Record: 11-01 2/24/2007 Betsy Alter, Westfield
9-06.00 STA State stand.

	Name	Year	School	Seed	Mark	Finals
=====						
Flight 1 Finals						
1	90 Hannah Fielder	11	Hayfield	6-06.00		
2	155 SuJung Lee	12	James W. Rob	7-00.00		
3	423 Monique Mezher	9	Thomas Jeffe	7-00.00		
4	238 Samantha Chinn	11	McLean	7-00.00		
5	215 Maggie Farnsworth	10	Langley	7-06.00		
6	152 Merika Emery	11	James W. Rob	7-06.00		
7	192 Diana Tanner	12	Lake Braddoc	7-08.00		
8	290 Naomi Folta	11	Oakton	8-00.00		
9	45 Valerie Claunch	11	Chantilly	8-00.00		
10	424 Lizzy Miranda	11	Thomas Jeffe	8-00.00		
11	465 Maddie Stewart	10	W.T. Woodson	8-02.00		
12	218 Kelly Martins	12	Langley	8-06.00		
13	550 Meghan Reilly	12	Westfield	8-06.00		
14	47 Lauren Crafton	11	Chantilly	8-06.00		
15	320 Morgan Knight	10	South County	8-08.00		
16	219 Meigan McManus	12	Langley	9-00.00		
17	191 Maggie Ruud	10	Lake Braddoc	9-06.00		STA
18	378 Sydney Schaedel	10	T.C. William	9-06.00		STA
19	180 Rachel Fasana	10	Lake Braddoc	10-00.00		STA
20	322 Felecia Majors	11	South County	11-06.00		STA

Event 10 Boys Pole Vault

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Westfield Helpers

Starting Height: 11'0" Being Raised 6" to 12'6" & 3" Thereafter

Meet Record: 15-00 2/21/2009 Wesley Sun, Chantilly
12-09.00 STA State stand.

	Name	Year	School	Seed	Mark	Finals
=====						
Flight 1 Finals						
1	203 Cy Haukdal	9	Lake Braddoc	8-00.00		
2	355 Sawyer Ballard	12	South Lakes	10-00.00		
3	194 Steven Alvarez	11	Lake Braddoc	10-00.00		
4	446 Thomas Zanger	11	Thomas Jeffe	10-06.00		
5	233 Jeffrey Tholen	11	Langley	11-00.00		
6	397 Scott Young	12	T.C. William	11-06.00		
7	385 Abbey Joshua Alcon	12	T.C. William	11-06.00		
8	234 Robert Yu	11	Langley	11-06.00		
9	560 Alex Krall	12	Westfield	12-00.00		
10	557 Troy Dennis	12	Westfield	12-00.00		
11	134 Oussama Semmami	12	J.E.B. Stuar	12-00.00		
12	170 Zachary Lietzau	12	James W. Rob	12-06.00		
13	59 Miles Ransom	12	Chantilly	12-06.00		
14	384 Nicholas Ahumada	12	T.C. William	12-09.00		STA
15	199 Sean Daugherty	12	Lake Braddoc	13-06.00		STA
16	312 Lucas Wratschko	11	Oakton	13-06.00		STA
17	224 Logan Besougloff	11	Langley	14-00.00		STA
18	124 Austin Miller	12	Herndon	14-00.00		STA

Event 11 Girls 4x800 Meter Relay

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Meet Record: 9:23.30 2/21/1998 Thomas Jefferson H.S.
9:44.11 STA State stand.

School	Seed	Finals
=====		
Section 1 Timed Finals		
1 West Potomac	9:26.50	STA
2 Lake Braddock	9:27.82	STA
3 West Springfield	9:34.18	STA
4 McLean	9:41.22	STA
5 Oakton	9:42.70	STA
6 Thomas Jefferson S&T	9:44.80	
7 South Lakes	9:47.86	
8 W.T. Woodson	9:49.60	
9 Chantilly	9:50.41	
10 Westfield	10:01.91	

Event 12 Boys 4x800 Meter Relay

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Meet Record: 7:53.22 2/28/2004 Westfield High, Westfield
C Courson, C Black, J Scheiner, D Groff
8:10.18 STA State stand.

School	Seed	Finals
=====		
Section 1 Timed Finals		
1 Westfield	8:04.19	STA
2 Oakton	8:05.10	STA
3 Centreville	8:07.30	STA
4 Thomas Edison	8:14.10	
5 South Lakes	8:18.04	
6 West Potomac	8:20.00	
7 Hayfield	8:20.58	
8 West Springfield	8:21.36	
9 Lake Braddock	8:22.15	
10 Annandale	8:22.89	
11 Thomas Jefferson S&T	8:26.36	
12 McLean	8:27.21	
13 Mount Vernon	8:33.85	
14 Fairfax	8:42.83	

Event 13 Girls 55 Meter Hurdles

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12 Advance: Top 1 Each Heat plus Next 8 Best Times

Heat winners plus next 7 best times

Chantilly Helpers

Meet Record: 7.98 2/26/2000 Alyssa Aiken, Chantilly
8.64 STA State stand.

Name	Year School	Seed relim Time
=====		
Heat 1 Prelims		
1 238 Samantha Chinn	11 McLean	9.91
2 30 Sydney Pryor	11 Centreville	9.51
3 323 Simone Ramdeen	12 South County	9.07
4 402 Antonaya Jones	11 Thomas Ediso	9.10
5 139 Geena May	10 James Madiso	9.66
6 271 Alliyah Stevens	9 Mount Vernon	10.02
Heat 2 Prelims		
1 47 Lauren Crafton	11 Chantilly	9.84

2	489 Emma Troy	10	Washington-L	9.71
3	320 Morgan Knight	10	South County	9.00
4	519 Michelle Lipka	10	West Springf	9.10
5	164 Corinne Zinser	11	James W. Rob	9.69
6	235 Annie Brown	11	McLean	10.02
Heat 3 Prelims				
1	347 Claire Nieuwma	9	South Lakes	9.83
2	383 Jennifer Zhu	12	T.C. William	9.37
3	292 Meghan Jean-Baptiste	11	Oakton	8.79
4	181 Jennie Fofi	11	Lake Braddoc	9.15
5	318 Aminata Jalloh	11	South County	9.42
6	487 Cailin Ramsey	10	Washington-L	10.21
Heat 4 Prelims				
1	153 Sara Jones	12	James W. Rob	9.76
2	82 Madeleine Lewsen	11	George C. Ma	9.30
3	336 Aya Abdelhalim	10	South Lakes	8.65
4	401 Kristina Brown	12	Thomas Ediso	9.22
5	284 Erin Bennett	11	Oakton	9.74
6	569 Christina Alcorta	12	Yorktown	10.55

Event 14 Boys 55 Meter Hurdles

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12 Advance: Top 1 Each Heat plus Next 7 Best Times

Heat winners plus next 8 best times

Chantilly Helpers

Meet Record: 7.24 2/26/2000 Rickey Harris, Centreville

7.92 STA State stand.

	Name	Year	School	Seed	relin	Time
=====						
Heat 1 Prelims						
1	277 Daryl Newton	11	Mount Vernon	8.92		
2	330 Joseph Baah	12	South County	8.24		
3	120 Brian Fuentes	12	Herndon	8.04		
4	59 Miles Ransom	12	Chantilly	8.05		
5	254 Alexander Hedrick	11	McLean	8.24		
6	494 Biru Jones	11	Washington-L	8.97		
Heat 2 Prelims						
1	491 Jordan Armstrong	12	Washington-L	8.71		
2	302 Nestor Folta	11	Oakton	8.22		
3	532 Victor Brew	12	West Springf	7.93		
4	66 Lorenzo Harris	12	Fairfax	8.07		
5	87 Ryan T Medric	12	George C. Ma	8.26		
6	584 Osscar Gonzalez	12	Yorktown	9.18		
Heat 3 Prelims						
1	506 Stephen Banks	12	West Potomac	8.61		
2	71 Soo Beom Park	12	Fairfax	8.19		
3	358 Armando Drain	12	South Lakes	7.92	STA	
4	225 Kaden Calderwood	12	Langley	8.08		
5	564 Hani Mustafa	12	Westfield	8.27		
6	133 Joshua Okada	9	J.E.B. Stuar	9.22		
Heat 4 Prelims						
1	41 Brian Su	12	Centreville	8.56		
2	15 Richard Maku	12	Annandale	8.12		
3	414 Ashad Johnson	11	Thomas Ediso	7.82	STA	
4	367 Raj Pilaka	11	South Lakes	8.08		
5	199 Sean Daugherty	12	Lake Braddoc	8.27		
Heat 5 Prelims						
1	57 Eric Nguyen	11	Chantilly	8.45		
2	390 Percy Haskins	12	T.C. William	8.10		
3	436 Ed Cai	12	Thomas Jeffe	7.77	STA	

4	470 Andrew Chang	11 W.T. Woodson	8.10
5	166 Tyler Brookins	12 James W. Rob	8.38

Event 15 Girls 55 Meter Dash

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12 Advance: Top 1 Each Heat plus Next 8 Best Times

Heat winners plus next 8 best times

Meet Record: 6.96 2/26/2000 Alyssa Aiken, Chantilly
7.35 STA State stand.

	Name	Year	School	Seed	relim	Time
=====						
Heat 1	Prelims					
1	6 Katherine Ross	10	Annandale	7.78		
2	138 Murphy Massey	12	James Madiso	7.63		
3	479 Marsharika Coleman	12	Washington-L	7.40		
4	324 Kierra Rountree	11	South County	7.41		
5	289 Danielle Fitzgerald	12	Oakton	7.64		
6	95 Kiana Seabrook	9	Hayfield	7.80		
Heat 2	Prelims					
1	214 Anna Cox	10	Langley	7.76		
2	402 Antonaya Jones	11	Thomas Ediso	7.62		
3	322 Felecia Majors	11	South County	7.36		
4	31 Maryn Wood	10	Centreville	7.45		
5	480 Katrina Cook	11	Washington-L	7.67		
6	222 Adrienne Schmidt	11	Langley	7.84		
Heat 3	Prelims					
1	317 Caitlin Galeas	11	South County	7.76		
2	287 Annachristina Clements	11	Oakton	7.60		
3	91 Kerisha Goode	10	Hayfield	7.35	STA	
4	407 Anna Williams	11	Thomas Ediso	7.50		
5	62 Kiana Sherlund	9	Fairfax	7.68		
6	485 Nicole Nicholas	12	Washington-L	7.84		
Heat 4	Prelims					
1	343 Symone Damper	11	South Lakes	7.74		
2	319 Brittany Kendall	11	South County	7.54		
3	116 Carina Peter	12	Herndon	7.14	STA	
4	159 Seye Raymond	9	James W. Rob	7.53		
5	552 Khyra Thomas	12	Westfield	7.72		

Event 16 Boys 55 Meter Dash

=====

12 Advance: Top 1 Each Heat plus Next 8 Best Times

Heat winners plus next 8 best times

Meet Record: 6.38 2/25/2006 Sean Holston, R.E. Lee
6.60 STA State stand.

	Name	Year	School	Seed	relim	Time
=====						
Heat 1	Prelims					
1	42 Texas Williams	12	Centreville	6.78		
2	555 Danny Bulas	12	Westfield	6.72		
3	394 Za'Quan Summer	12	T.C. William	6.57	STA	
4	332 Jacob Butler	11	South County	6.58	STA	
5	19 Dylan Van Balen	12	Annandale	6.71		
6	99 Kurtis Blair	12	Hayfield	6.84		
Heat 2	Prelims					
1	554 Kendell Anderson	12	Westfield	6.77		
2	104 Michael Myles	12	Hayfield	6.70		
3	280 Michael Thomas-Brown	11	Mount Vernon	6.55	STA	
4	146 Kenneth Bowden	12	James Madiso	6.64		
5	361 Elias Ingea	11	South Lakes	6.72		

6	413 Tolulope Idowu	12 Thomas Ediso	6.86	
Heat 3 Prelims				
1	366 Zac Parker	11 South Lakes	6.76	
2	121 Ben Green	11 Herndon	6.70	
3	8 Roland Andoh	12 Annandale	6.54	STA
4	330 Joseph Baah	12 South County	6.68	
5	385 Abbey Joshua Alcon	12 T.C. William	6.71	
6	77 Deion Dupont	9 Falls Church	6.93	
Heat 4 Prelims				
1	301 Najee Cox	12 Oakton	6.75	
2	283 Bashan Williams	12 Mount Vernon	6.70	
3	173 Ayo Raymond	11 James W. Rob	6.43	STA
4	11 Alex Ellison	11 Annandale	6.64	
5	67 Shawn Harvey	10 Fairfax	6.73	

Event 17 Girls 4x200 Meter Relay

Finals - Sections on Time

Meet Record: 1:44.3h 1986 Lake Braddock H.S.
1:46.76 STA State stand.

School	Seed	Finals
Section 1 Timed Finals		
2 Hayfield	1:53.99	
3 Mount Vernon	1:50.63	
4 Westfield	1:51.68	
Section 2 Timed Finals		
1 Langley	1:49.75	
2 James Madison	1:49.49	
3 Annandale	1:48.91	
4 T.C. Williams	1:48.96	
5 Washington-Lee	1:49.64	
Section 3 Timed Finals		
1 Thomas Edison	1:48.67	
2 James W. Robinson	1:48.29	
3 South Lakes	1:48.22	
4 South County	1:48.23	
5 Oakton	1:48.58	

Event 18 Boys 4x200 Meter Relay

Finals - Sections on Time

Meet Record: 1:30.43 1993 T.C. Williams H.S.
1:33.42 STA State stand.

School	Seed	Finals
Section 1 Timed Finals		
1 Mount Vernon	1:35.62	
2 Thomas Jefferson S&T	1:35.73	
3 W.T. Woodson	1:36.68	
4 Lake Braddock	1:38.52	
5 J.E.B. Stuart	1:40.52	
Section 2 Timed Finals		
1 Oakton	1:33.92	
2 James Madison	1:34.06	
3 West Springfield	1:34.65	
4 Hayfield	1:34.88	
5 Herndon	1:35.04	
Section 3 Timed Finals		
1 Annandale	1:32.36	STA

2	Westfield	1:32.87	STA
3	South Lakes	1:33.04	STA
4	T.C. Williams	1:33.32	STA
5	James W. Robinson	1:33.55	

Event 19 Girls 1600 Meter Run

Finals - Sections on Time

Meet Record: 4:52.05 2/21/1998 Laura Heiner, Centreville
5:14.25 STA State stand.

	Name	Year	School	Seed	Finals
Section 1 Timed Finals					
1	142 Anna Stone	11	James Madiso	5:29.01	
2	482 Annika Macewen	10	Washington-L	5:30.26	
3	476 Helen Amend	12	Washington-L	5:31.67	
4	94 Abigail Power	10	Hayfield	5:32.18	
5	405 Rachel Tinsley	9	Thomas Ediso	5:33.19	
6	75 Erin Nunan	10	Falls Church	5:37.23	
7	573 Molly Crum	11	Yorktown	5:38.93	
8	245 Megan McCormack	10	McLean	5:24.20	
Section 2 Timed Finals					
1	178 Sophie Chase	11	Lake Braddoc	4:54.07	STA
2	294 Briana Stewart	11	Oakton	5:07.42	STA
3	161 Macey Schweikert	10	James W. Rob	5:08.86	STA
4	286 Kristi Carrigan	11	Oakton	5:13.30	STA
5	498 Dale Lescher	12	West Potomac	5:14.56	
6	379 Shannon Smythe	12	T.C. William	5:16.61	
7	497 Katie Genuario	10	West Potomac	5:16.81	
8	325 Mary Cate Scully	11	South County	5:16.83	
9	220 Jessica Miles	11	Langley	5:17.57	

Event 20 Boys 1600 Meter Run

Finals - Sections on Time

Meet Record: 4:04.02 2/26/2000 Alan Webb, South Lakes
4:25.97 STA State stand.

	Name	Year	School	Seed	Finals
Section 1 Timed Finals					
1	78 Dylan Freeman	11	Falls Church	4:34.30	
2	261 Jason Richards	12	McLean	4:34.97	
3	445 Michael Wattendorf	12	Thomas Jeffe	4:35.01	
4	101 Connor Maguder	11	Hayfield	4:37.42	
5	537 Michael Muskett	11	West Springf	4:40.13	
6	529 John Amann	11	West Springf	4:40.14	
7	132 Henry Lopez	12	J.E.B. Stuar	4:42.85	
Section 2 Timed Finals					
1	55 Sean McGorty	11	Chantilly	4:15.29	STA
2	308 Michael McNamee	12	Oakton	4:15.78	STA
3	9 Ahmed Bile	12	Annandale	4:19.70	STA
4	56 Logan Miller	11	Chantilly	4:21.90	STA
5	558 Jeffrey Edmondson	11	Westfield	4:22.08	STA
6	309 Gregory Petruncio	12	Oakton	4:23.75	STA
7	304 Chris Jewell	12	Oakton	4:29.02	
8	86 Mackenzie Haight	10	George C. Ma	4:32.98	
9	585 Ryan Hart	11	Yorktown	4:33.39	

Event 21 Girls 500 Meter Dash

Finals - Sections on Time

Meet Record: 1:13.79 1987 Kendyl Baugh, South Lakes
1:17.77 STA State stand.

Name	Year	School	Seed	Finals
Section 1 Timed Finals				
1 575 Amanda Gaylord	10	Yorktown	1:28.49	
2 84 Katrina E Uher	9	George C. Ma	1:25.80	
3 456 Teresa Fruchterman	10	W.T. Woodson	1:24.29	
4 570 Isabel Arnold	12	Yorktown	1:24.29	
5 580 Sharon Platt	9	Yorktown	1:28.04	
Section 2 Timed Finals				
1 268 Nichole Parker	12	Mount Vernon	1:24.24	
2 546 Amanda Cameron	12	Westfield	1:23.34	
3 428 Cheyanne Rivera	10	Thomas Jeffe	1:22.71	
4 345 Grace Gillen	10	South Lakes	1:22.91	
5 351 Haley Vaughn	11	South Lakes	1:23.37	
Section 3 Timed Finals				
1 316 Widney Dubuisson	10	South County	1:21.78	
2 291 Sarah Hipwell	9	Oakton	1:21.47	
3 464 Kelly Stegner	10	W.T. Woodson	1:19.85	
4 339 Kyannah Calhoun	11	South Lakes	1:20.72	
5 321 EnNijah Majors	10	South County	1:21.69	
Section 4 Timed Finals				
1 520 Alexis McEntire	12	West Springf	1:19.60	
2 239 Hannah Dimmick	11	McLean	1:18.94	
3 322 Felecia Majors	11	South County	1:15.21	STA
4 156 Genamarie McCant	12	James W. Rob	1:15.88	STA
5 189 Katie Roche	10	Lake Braddoc	1:19.09	

Event 22 Boys 500 Meter Dash

Finals - Sections on Time

Meet Record: 1:03.45 2/24/2007 Sean Holston, R.E. Lee
1:07.05 STA State stand.

Name	Year	School	Seed	Finals
Section 1 Timed Finals				
2 79 Lincoln Scott	11	Falls Church	1:13.34	
3 335 Trent Snare	11	South County	1:11.90	
4 420 Eyasu Yirdaw	11	Thomas Ediso	1:12.49	
5 274 Tony De-la-garza	10	Mount Vernon	1:13.48	
Section 2 Timed Finals				
1 512 Marc Lotterie	11	West Potomac	1:11.56	
2 306 Matt Livingston	10	Oakton	1:10.65	
3 541 Michael Stormo	11	West Springf	1:10.28	
4 97 Kwabena Bempong	12	Hayfield	1:10.60	
5 395 Philip Tyler	10	T.C. William	1:11.35	
Section 3 Timed Finals				
1 231 Jefferey Owens	12	Langley	1:10.11	
2 418 Shamaal Sheppard	11	Thomas Ediso	1:09.83	
3 199 Sean Daugherty	12	Lake Braddoc	1:09.36	
4 72 Yol Ho Sung	11	Fairfax	1:09.47	
5 442 Raeford Penny	10	Thomas Jeffe	1:09.89	
Section 4 Timed Finals				
1 566 Troy Sevachko	11	Westfield	1:08.69	
2 568 Brenden Wallace	9	Westfield	1:08.21	
3 358 Armando Drain	12	South Lakes	1:07.95	
4 308 Michael McNamee	12	Oakton	1:07.99	
5 446 Thomas Zanger	11	Thomas Jeffe	1:08.58	

Section 5 Timed Finals

1	567 Tyrone Walker	12 Westfield	1:07.68	
2	556 Max Chambers	11 Westfield	1:07.46	
3	559 Nathan Kiley	11 Westfield	1:05.97	STA
4	10 Austin Chavez	11 Annandale	1:07.14	
5	165 Ansel Borhauer	12 James W. Rob	1:07.64	

Event 23 Girls 1000 Meter Run

Finals - Sections on Time

Meet Record: 2:52.41 2/24/2001 Kelley Otstott, Thomas Jefferson
3:02.78 STA State stand.

	Name	Year	School	Seed	Finals
Section 1 Timed Finals					
1	426 Sarah Nielsen	12	Thomas Jeffe	3:08.44	
2	140 Sarah McShane	12	James Madiso	3:09.20	
3	188 Ally Robinson	9	Lake Braddoc	3:09.44	
4	247 Alexa Tabackman	12	McLean	3:10.26	
5	349 Abigail Reinhold	10	South Lakes	3:14.17	
6	482 Annika Macewen	10	Washington-L	3:18.68	
7	73 Emily Grabauskas	10	Falls Church	3:19.91	
8	270 Elizabeth Sagar	11	Mount Vernon	3:20.19	
9	126 Aden Bullock	11	J.E.B. Stuar	3:22.85	
Section 2 Timed Finals					
1	505 Sarah Jane Underwood	12	West Potomac	2:53.79	STA
2	378 Sydney Schaedel	10	T.C. William	2:59.29	STA
3	46 Kendall Cowne	11	Chantilly	3:01.39	STA
4	161 Macey Schweikert	10	James W. Rob	3:01.85	STA
5	294 Briana Stewart	11	Oakton	3:02.11	STA
6	460 Devon Montgomery	11	W.T. Woodson	3:03.83	
7	113 Belle Burgess	12	Herndon	3:05.31	
8	189 Katie Roche	10	Lake Braddoc	3:06.14	
9	286 Kristi Carrigan	11	Oakton	3:06.68	
10	528 Maddie Wittich	11	West Springf	3:07.65	

Event 24 Boys 1000 Meter Run

Finals - Sections on Time

Meet Record: 2:29.40 2/23/2002 Phil Gaeta, Oakton
2:35.89 STA State stand.

	Name	Year	School	Seed	Finals
Section 1 Timed Finals					
1	363 Michael Mchugh	11	South Lakes	2:42.27	
2	355 Sawyer Ballard	12	South Lakes	2:42.49	
3	415 Michael Knopp	12	Thomas Ediso	2:42.96	
4	507 Crispin Bernier	11	West Potomac	2:43.73	
5	101 Connor Maguder	11	Hayfield	2:44.59	
6	334 Josh Prosser	11	South County	2:45.04	
7	278 Gerardo Perez	12	Mount Vernon	2:45.24	
8	492 Martin Debraine	12	Washington-L	2:46.07	
9	78 Dylan Freeman	11	Falls Church	2:46.20	
Section 2 Timed Finals					
1	308 Michael McNamee	12	Oakton	2:29.05	STA
2	309 Gregory Petruncio	12	Oakton	2:33.87	STA
3	558 Jeffrey Edmondson	11	Westfield	2:35.32	STA
4	360 Jacob Grundahl	12	South Lakes	2:37.84	
5	310 Christopher Sprague	11	Oakton	2:38.29	
6	307 Oliver Lopez-gomez	11	Oakton	2:39.41	

7	538 William Rabil	11 West Springf	2:39.73
8	147 Matthew Calem	10 James Madiso	2:40.79
9	447 Jacob Zucker	12 Thomas Jeffe	2:40.83
10	229 Miles Laubinger	12 Langley	2:40.83
11	514 Corey Rosenberg	11 West Potomac	2:41.54

Event 25 Girls 300 Meter Dash

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 Finals - Sections on Time

Meet Record: 38.89 2/26/2000 Alyssa Aiken, Chantilly
 41.16 STA State stand.

	Name	Year School	Seed	Finals
===== Section 1 Timed Finals				
1	336 Aya Abdelhalim	10 South Lakes	44.29	
2	62 Kiana Sherlund	9 Fairfax	44.21	
3	214 Anna Cox	10 Langley	43.89	
4	265 Erikka Kirk	10 Mount Vernon	43.94	
5	289 Danielle Fitzgerald	12 Oakton	44.22	
Section 2 Timed Finals				
1	136 Rebecca Henry	12 James Madiso	43.76	
2	316 Widney Dubuisson	10 South County	43.47	
3	163 Kacey Wheeler	10 James W. Rob	43.42	
4	321 EnNijah Majors	10 South County	43.43	
5	7 Rowan Shartel	11 Annandale	43.73	
Section 3 Timed Finals				
1	93 Sheyda Khodaei	12 Hayfield	43.39	
2	272 Kaleigh Winner	9 Mount Vernon	42.88	
3	31 Maryn Wood	10 Centreville	42.55	
4	407 Anna Williams	11 Thomas Ediso	42.74	
5	160 Elizabeth Roberson	12 James W. Rob	42.90	
Section 4 Timed Finals				
1	341 Naimah Coleman	12 South Lakes	42.36	
2	116 Carina Peter	12 Herndon	41.68	
3	322 Felecia Majors	11 South County	40.24	STA
4	156 Genamarie McCant	12 James W. Rob	40.28	STA
5	324 Kierra Rountree	11 South County	42.26	

Event 26 Boys 300 Meter Dash

=====
 Finals - Sections on Time

Meet Record: 34.61 2/27/1993 Carlos Samuels, T.C. Williams
 35.89 STA State stand.

	Name	Year School	Seed	Finals
===== Section 1 Timed Finals				
1	77 Deion Dupont	9 Falls Church	39.30	
2	127 Audley Adams-Murry	12 J.E.B. Stuar	37.86	
3	231 Jefferey Owens	12 Langley	37.60	
4	356 Brian Brinson	12 South Lakes	37.61	
5	474 James Kern	10 W.T. Woodson	38.04	
Section 2 Timed Finals				
1	280 Michael Thomas-Brown	11 Mount Vernon	37.52	
2	43 Michael Wright	11 Centreville	37.44	
3	64 Will Dykstra	11 Fairfax	37.41	
4	11 Alex Ellison	11 Annandale	37.44	
5	418 Shamaal Sheppard	11 Thomas Ediso	37.49	
Section 3 Timed Finals				
1	364 Connor Metcalf	12 South Lakes	37.36	
2	173 Ayo Raymond	11 James W. Rob	37.18	

3	16	Walter Manlan	12	Annandale	37.01
4	394	Za'Quan Summer	12	T.C. William	37.14
5	104	Michael Myles	12	Hayfield	37.20
Section 4 Timed Finals					
1	354	Ian Angara	12	South Lakes	36.92
2	165	Ansel Borhauer	12	James W. Rob	36.57
3	559	Nathan Kiley	11	Westfield	36.25
4	332	Jacob Butler	11	South County	36.26
5	42	Texas Williams	12	Centreville	36.63

Event 27 Girls 3200 Meter Run

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Finals

Meet Record: 9:57.83 1987 Erin Keough, Langley
11:18.00 STA State stand.

	Name	Year	School	Seed	Finals
=====					
Section 1 Timed Finals					
1	498	Dale Lescher	12	West Potomac	11:39.30
2	547	Lauren Hicks	12	Westfield	11:44.47
3	496	Colleen Boyle	12	West Potomac	11:47.25
4	29	Jackie O'Shea	9	Centreville	11:50.82
5	295	Grace Stewart	9	Oakton	11:50.93
6	348	Devin Nieusma	9	South Lakes	11:52.06
7	212	Allison Brady	12	Langley	11:52.50
8	182	Courtney Lawson	12	Lake Braddoc	11:54.89
9	405	Rachel Tinsley	9	Thomas Ediso	12:19.18
10	488	Jordan Selby	10	Washington-L	12:19.75
11	406	Tara Tinsley	12	Thomas Ediso	12:23.57
12	581	Katherine Spaeth	11	Yorktown	13:02.56
Section 2 Timed Finals					
1	179	Hannah Christen	10	Lake Braddoc	10:56.34 STA
2	516	Caroline Alcorta	10	West Springf	10:57.37 STA
3	293	Allie Klimkiewicz	9	Oakton	11:05.32 STA
4	178	Sophie Chase	11	Lake Braddoc	11:06.77 STA
5	288	Hailey Dougherty	10	Oakton	11:12.78 STA
6	325	Mary Cate Scully	11	South County	11:15.31 STA
7	313	Bailey Kolonich	10	Robert E. Le	11:16.23 STA
8	429	Katherine Sheridan	12	Thomas Jeffe	11:18.49
9	143	Amanda Swaak	9	James Madiso	11:22.41
10	220	Jessica Miles	11	Langley	11:22.63
11	477	Isabel Amend	12	Washington-L	11:23.78
12	430	Grace Zeng	10	Thomas Jeffe	11:29.22
13	242	Madalyn Harper	10	McLean	11:37.45

Event 28 Boys 3200 Meter Run

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Finals

Meet Record: 9:13.21 2/24/2007 Mike Spooner, West Springfield
9:40.48 STA State stand.

	Name	Year	School	Seed	Finals
=====					
Section 1 Timed Finals					
1	365	Ashkan Mohammadi	11	South Lakes	9:59.77
2	441	Andrew O'Shea	12	Thomas Jeffe	10:00.68
3	202	William Greenwood	12	Lake Braddoc	10:01.11
4	17	Draven Pike	11	Annandale	10:02.99
5	440	Daniel Matson	11	Thomas Jeffe	10:12.18
6	211	Neil Yavorski	12	Lake Braddoc	10:12.49
7	229	Miles Laubinger	12	Langley	10:13.25

8	102	Jacob Miller	12	Hayfield	10:18.71	
9	145	Garrett Bourne	12	James Madiso	10:18.85	
10	493	Haileye Demsie	10	Washington-L	10:25.98	
11	100	Gabriel Larios	12	Hayfield	10:29.54	
12	107	Riaz Tyler	9	Hayfield	10:30.29	
Section 2 Timed Finals						
1	473	Paul Gates	12	W.T. Woodson	9:19.16	STA
2	55	Sean McGorty	11	Chantilly	9:25.54	STA
3	409	Louis Colson	10	Thomas Ediso	9:27.05	STA
4	210	Nick Tuck	12	Lake Braddoc	9:28.91	STA
5	56	Logan Miller	11	Chantilly	9:35.45	STA
6	508	Brady Corum	12	West Potomac	9:45.87	
7	86	Mackenzie Haight	10	George C. Ma	9:46.79	
8	36	Chan Young Lee	11	Centreville	9:48.83	
9	311	Jack Stoney	10	Oakton	9:50.11	
10	177	Patrick Spahn	12	James W. Rob	9:51.18	
11	585	Ryan Hart	11	Yorktown	9:57.66	
12	304	Chris Jewell	12	Oakton	9:58.41	
13	197	Alex Corbett	9	Lake Braddoc	9:58.66	
14	314	Biruk Amare	10	Robert E. Le	9:59.45	

Event 29 Girls 4x400 Meter Relay

Finals - Sections on Time

Meet Record: 3:58.31 2/24/2001 Hayfield H.S.
4:05.58 STA State stand.

School	Seed	Finals
Section 1 Timed Finals		
2 Falls Church	4:31.30	
3 Centreville	4:20.59	
4 Thomas Edison	4:24.21	
Section 2 Timed Finals		
1 McLean	4:20.22	
2 James Madison	4:17.19	
3 Herndon	4:15.62	
4 W.T. Woodson	4:15.70	
5 Mount Vernon	4:17.84	
Section 3 Timed Finals		
1 West Springfield	4:13.58	
2 T.C. Williams	4:07.80	
3 South County	4:01.30	STA
4 James W. Robinson	4:06.38	
5 South Lakes	4:09.56	

Event 30 Boys 4x400 Meter Relay

Finals - Sections on Time

Meet Record: 3:24.52 2/22/2003 Westfield High, Westfield
P Tondereau, A Tondereau, C Courson, C Black
3:29.97 STA State stand.

School	Seed	Finals
Section 1 Timed Finals		
1 Mount Vernon	3:46.29	
2 West Springfield	3:40.89	
3 Thomas Edison	3:42.81	
4 J.E.B. Stuart	3:50.53	
Section 2 Timed Finals		
1 South County	3:37.49	

2	Herndon	3:36.30	
3	McLean	3:34.34	
4	Lake Braddock	3:35.97	
5	James W. Robinson	3:36.44	
Section 3 Timed Finals			
1	James Madison	3:34.20	
2	Westfield	3:27.61	STA
3	South Lakes	3:26.65	STA
4	Annandale	3:26.97	STA
5	Centreville	3:30.90	