

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Girls 55 Meter Dash**Meet Record:** 7.09 ! 12/27/2005 Francena McCrory**AAA State:** 7.35 &**North Region:** 7.57 #

7.39 STAT

7.58 REGI

Name	Yr	School	Prelims
Preliminaries			
1 Peter, Carina	12	Herndon High Sch	& 7.19q STAT
2 Saunders, Shakeela	12	Nansemond Ri	& 7.28q STAT
3 Lathern, Terika	12	Suitland Hig	# 7.41q REGI
4 McClain, Mia	10	Nansemond Ri	# 7.43q REGI
5 Mayo, Johvonna	11	McKinley Tec	# 7.49q REGI
6 Hatacher, Lakin	--	McDonogh Sch	# 7.50q REGI
7 Cox, Sharonda	11	Western High	# 7.53q REGI
8 Moore, Destiny	9	Milford Mill	# 7.56q REGI
9 Coleman, Marsharika	12	Washington-L	# 7.57 REGI
10 Gay, Jaela	9	Bishop McNam	7.58 REGI
11 Dixon, Mykeal	12	Milford Mill	7.60
12 Korkoya, Harrisa	10	Forest Park	7.60
13 Rashid, Malika	12	Nansemond Ri	7.61
14 Butler, Cierra	11	Bishop McNam	7.62
15 Griffin, India	10	Suitland Hig	7.63
16 Williams, Anna	JR	Edison	7.65
17 Burroughs, Aaliyah	12	St. John's C	7.66
18 Nickerson, Stephanie	12	Largo High S	7.67
19 Raymond, Seye	FR	Robinson	7.68
20 Jones, Chantice	10	Western High	7.69
21 Clements, Annchristina	11	Oakton	7.69
22 Agyepong-Wiafe, Yaa	10	Forest Park	7.74
23 Jones, Antonaya	JR	Edison	7.76
24 Calhoun, HeleneAngel	11	Forest Park	7.79
25 Parker, Nichole	12	Mount Vernon	7.84
26 McCullam, Ijaz	9	Western High	7.85
27 Baxter, Chandler	10	St. John's C	7.85
28 Butters, Christianne	11	Oakton	7.86
29 Toote, Jada	11	T.C. William	7.88
30 Epps, Micah	11	Dunbar High	7.88
31 Cook, Katrina	11	Washington-L	7.90
32 Waters, Andrea	12	Western Tech	7.90
33 Fennell, Autumn	12	McKinley Tec	7.90
34 Nicholas, Nichole	--	Washington-L	7.90
35 Cox, Anna	10	Langley	7.91
36 Caldwell, Jessica	12	McDonogh Sch	7.91
37 Bacon, Jackie	12	Paul VI Cath	7.92
38 Boyd, Alana	FR	Edison	7.97
39 Mackey, Dominique	10	Mount Vernon	7.97
40 Brown, Toni	10	Milford Mill	7.98
41 Crook, Crystal	12	Largo High S	7.99
42 Schmidt, Adrienne	11	Langley	8.00
43 Diggs, Monique	12	Annandale	8.00
44 Galeas, Caitlin	11	South County	8.00
45 Hipwell, Sarah	--	Oakton	8.01
46 Wilson, Brianna	10	Western Tech	8.02
47 Ross, Katherine	10	Annandale	8.06

48 Luna, Valery	12	Centreville	8.06
49 Burge, Tonya	9	Riverdale Ba	8.06
50 Revell, Daijona	9	Western Tech	8.07
51 Prioleau, Morgan	10	Western Tech	8.10
52 Meekins, Jessica	11	T.C. William	8.11
53 Powell, Lauren	--	Chantilly	8.12
54 Smiga, Meghan	11	W.T. Woodson	8.13
55 Majors, EnNijah	10	South County	8.13
56 Rashid, Zakiya	--	Nansemond Ri	8.17
57 Wilson, Carolanne	11	Yorktown	8.17
58 Matthews, Dominique	9	McKinley Tec	8.20
59 Bowie, Leah	10	Annandale	8.21
60 Johnson, Alexandra	10	George C. Ma	8.21
61 Lombardo, Maggie	10	W.T. Woodson	8.22
62 Fogg, Taylor	11	Western High	8.25
63 Patnett, Bria	11	Mount Vernon	8.27
64 Sanson, Rachel	12	Langley	8.27
65 Moseley, Ciara	9	Milford Mill	8.30
66 Carlson, Sarah	10	George C. Ma	8.30
67 Uher, Katrina E	9	George C. Ma	8.33
68 Honesty, Kyla	9	St. John's C	8.40
69 Magruder, Stephanie	9	Largo High S	8.41
70 Robinson, Janet	--	Baltimore Po	8.43
71 Davis, Kiarra	11	Riverdale Ba	8.47
72 Epps, Yolanda	11	Dunbar High	8.55
73 Sain-felix, Ginelle	10	Eleanor Roos	8.69
74 Zukergood, Ariana J	9	George C. Ma	8.73
75 Cano-Guerrero, Eliza	10	W.T. Woodson	8.80
76 Taylor, Elisa	10	Riverdale Ba	8.81
77 Green, Raven	11	Riverdale Ba	8.91
78 Cruz-Reyes, Topacio	9	St. John's C	9.00
79 Armstrong, Derricka	12	Suitland Hig	9.08
80 Keating, Shannon	JR	Robinson	9.19
81 Aye, Karen	9	St. John's C	9.22
82 Hunter, Maggie	9	Paul VI Cath	9.74
83 Danielle, ChrissHall	10	Riverdale Ba	9.87

Girls 55 Meter Dash**Meet Record:** 7.09 ! 12/27/2005 Francena McCrory**AAA State:** 7.35 &**North Region:** 7.57 #

7.39 STAT

7.58 REGI

Name	Yr	School	Finals
Finals			
1 Saunders, Shakeela	12	Nansemond Ri	7.21&STAT
2 Peter, Carina	12	Herndon High Sch	7.23&STAT
3 Cox, Sharonda	11	Western High	7.33&STAT
4 McClain, Mia	10	Nansemond Ri	7.49#REGI
5 Hatacher, Lakin	--	McDonogh Sch	7.52#REGI
6 Moore, Destiny	9	Milford Mill	7.56#REGI
7 Mayo, Johvonna	11	McKinley Tec	7.60
8 Lathern, Terika	12	Suitland Hig	7.64

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Girls 300 Meter Dash

Meet Record: 40.21 ! 12/27/2008 Cearha Miller

AAA State: 41.16 &

North Region: 42.79 #

41.38 STAT

42.76 REGI

Name	Yr	School	Finals
Finals			
1 McCant, Genamarie	SR	Robinson	40.45&STAT
2 Racquel, Moses	12	Milford Mill	40.49&STAT
3 Franklin, Autumne	12	McDonogh Sch	40.60&STAT
4 Dorsey, Sharon	10	Western Tech	41.64#REGI
5 Hatacher, Lakin	--	McDonogh Sch	41.71#REGI
6 Majors, Felecia	11	South County	41.87#REGI
7 Freeland, London	10	Dunbar High	42.14#REGI
8 Simmons, Kalyan	12	Osbourn Park	42.46#REGI
9 Peter, Carina	12	Herndon High Sch	42.49#REGI
10 Dixon, Mykeal	12	Milford Mill	42.70#REGI
11 Kilgore, Briauana	11	Elizabeth Se	42.95
12 Cox, Sharonda	11	Western High	42.97
12 Williams, Alyse	12	Elizabeth Se	42.97
14 Coleman, Naimah	12	South Lakes	43.02
15 Smith, Heather	11	Great Bridge	43.14
16 Stevens, Chelsie	12	Elizabeth Se	43.30
17 Robinson, Jasmine	9	Elizabeth Se	43.39
18 Butler, Cierra	11	Bishop McNam	43.48
19 Roberson, Liz	SR	Robinson	43.49
20 Hill, Jaidlin	10	Bishop McNam	43.51
21 Krumholz, Brianna	12	Forest Park	43.69
22 Winner, Kaleigh	9	Mount Vernon	43.71
23 Dubuisson, Widney	10	South County	43.87
24 Brown, Toni	10	Milford Mill	43.87
25 Nickerson, Stephanie	12	Largo High S	43.90
26 Mayers, Dyani	11	McKinley Tec	43.92
27 Lopes *, Sydney	11	Armstrong	43.96
28 Jones, Chantice	10	Western High	43.97
29 Patnett, Bria	11	Mount Vernon	44.00
30 Williams, Bryana	10	Riverdale Ba	44.23
31 Mackey, Dominique	10	Mount Vernon	44.25
32 Moore, Destiny	9	Milford Mill	44.31
33 Williams, Anna	JR	Edison	44.36
34 McCullam, Ijaz	9	Western High	44.45
35 Lataillade, Morgan	11	T.C. William	44.52
36 McNeil, Alexis	11	Bishop McNam	44.62
37 Hale, Danielle	10	South Lakes	44.63
38 Griffin, India	10	Suitland Hig	44.68
39 Hipwell, Sarah	--	Oakton	44.78
40 Gay, Jaela	9	Bishop McNam	44.88
41 Burroughs, Aaliyah	12	St. John's C	45.07
42 Shartel, Rowan	11	Annandale	45.08
43 Bacon, Jackie	12	Paul VI Cath	45.21
44 Rivera, Cheyanne	10	Thomas Jeffe	45.31
45 Jones, Antonaya	JR	Edison	45.35
46 Johnson, Deja	9	Dunbar High	45.61
47 Boyd, Alana	FR	Edison	45.78

48 McManus, Meigan	12	Langley	45.92
49 Lee, Erin	12	Forest Park	45.96
50 Koroma, Isatu	10	Annandale	45.97
51 Hordge, Jocelyn	12	Baltimore Po	46.10
52 Hendley, Kathryn	12	T.C. William	46.25
53 Willridge, Alexandria	9	Western Tech	46.41
54 Weidman, Mary Kim	11	Thomas Jeffe	46.66
55 Raymond, Seye	FR	Robinson	46.71
56 Weeks, Myracle	9	McKinley Tec	46.79
56 Ashwood, Sarah	10	Hereford Hig	46.79
58 Bowie, Leah	10	Annandale	46.80
59 Nieuσμα, Claire	9	South Lakes	46.80
60 Coleman, Ces	11	Largo High S	46.81
61 Coppa, Margaret	12	Yorktown	46.86
62 Wilson, Brianna	10	Western Tech	46.88
63 Oakley, Morgan	10	Hereford Hig	46.94
64 Stewart, Maddie	10	W.T. Woodson	47.06
65 Luna, Valery	12	Centreville	47.17
66 Diagne, Mbeyone		Herndon High Sch	47.25
67 Wilhelm, Bailey	12	Hereford Hig	47.26
68 Wilson, Carolanne	11	Yorktown	47.32
69 Benjamin, Bernadette	11	Eleanor Roos	47.78
70 Sheppard, Tirezah	FR	Edison	48.02
71 Castaneda, Claudia	11	George C. Ma	48.09
72 Brew, Samantha	12	McKinley Tec	48.30
73 Timm, Tabitha	10	Thomas Jeffe	48.34
74 Obregon, Isabel	9	W.T. Woodson	48.41
75 Woods, Majorie	11	West Potomac	48.48
76 Settles, Jessica	10	West Springf	48.51
77 Harris, Cari	10	Western Tech	48.65
78 Powell, Lauren	--	Chantilly	48.75
79 Tankersley, Rennie	12	Hereford Hig	48.78
80 Atcherson, Eva-Mallay	12	Elizabeth Se	48.79
81 Pryor, Sydney	11	Centreville	48.92
82 Griffin, Jasmin	10	Eleanor Roos	49.16
83 Davis, Tiffany	12	St. John's C	49.20
84 Page, Marin	11	Suitland Hig	49.51
85 McKinney, Shannon	11	Chantilly	49.58
86 Zukergood, Ariana J	9	George C. Ma	49.68
87 Almeida, Isabella	9	W.T. Woodson	49.82
88 Robinson, Janet	--	Baltimore Po	49.85
89 Dixon, Carolyn	9	Oakton	50.18
90 Pleta, Mary	10	Paul VI Cath	50.40
91 Wilson, Caroline	9	Langley	50.46
92 Yates, Alexia	10	St. John's C	51.02
93 Aye, Karen	9	St. John's C	52.43
94 Upshaw, Kiara	--	West Potomac	53.06
95 Keating, Shannon	JR	Robinson	53.09
96 Farnsworth, Maggie	--	Langley	53.24
97 Graves, Jasmine	9	St. John's C	53.37
98 Nicholson, Shakeithia	9	McKinley Tec	53.99
99 Screen, Maris	11	Riverdale Ba	54.66
100 Milazzo, Kathy		Herndon High Sch	56.08
101 Armstrong, Derricka	12	Suitland Hig	57.50

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Girls 500 Meter Dash**Meet Record: 1:15.79 ! 12/29/2007 Doris Anyanwu****AAA State: 1:17.77 &****North Region: 1:20.35 #****1:18.13 STAT****1:20.08 REGI**

Name	Yr	School	Finals
Finals			
1 Dorsey, Sharon	10	Western Tech	1:16.87&STAT
2 Freeland, London	10	Dunbar High	1:18.44#REGI
3 Hayes, Sidney	10	McDonogh Sch	1:18.88#REGI
4 Linton, Ashley	12	Western Tech	1:19.69#REGI
5 Krumholz, Brianna	12	Forest Park	1:19.79#REGI
6 Roche, Katie	10	Lake Braddoc	1:20.40
7 Schweikert, Macey	SO	Robinson	1:20.44
8 Allen, Elise	11	Eleanor Roos	1:20.63
9 Middleton, Kieaira	11	Nansemond Ri	1:21.23
10 Butler, Genae	11	Western High	1:21.33
11 McEntire, Alexis	12	West Springf	1:21.61
12 Stegner, Kelly	10	W.T. Woodson	1:21.83
13 Conrad, Leia	11	Bishop McNam	1:22.10
14 Johnson, Zuwena	11	Riverdale Ba	1:22.27
15 Boyles, Caitlin	11	Largo High S	1:22.32
16 Clifton, Lahni	11	Western High	1:22.77
17 Davis, China	11	Western High	1:23.17
18 Syers, Serwaa	11	Elizabeth Se	1:23.60
19 Oputa, Angelina	12	Elizabeth Se	1:23.84
20 Ashwood, Sarah	10	Hereford Hig	1:23.85
21 Abdullah, Naqiyah	11	Baltimore Po	1:24.26
22 Tucker, Kayla	9	Riverdale Ba	1:24.90
23 Kramer, Liana	11	Langley	1:25.41
24 Zinser, Corrine	JR	Robinson	1:25.54
25 Williams, Bryana	10	Riverdale Ba	1:26.14
26 Oakley, Morgan	10	Hereford Hig	1:26.55
27 Walston, Alexxis	12	Suitland Hig	1:26.73
28 Chambers, Curtlyn	10	Elizabeth Se	1:27.30
29 Coates, Emani	10	Largo High S	1:27.70
30 Thillairajah, Anna	9	George C. Ma	1:27.72
31 West, Aphrodite	10	Forest Park	1:27.76
32 Wilhelm, Bailey	12	Hereford Hig	1:27.95
33 Mueller, Katelyn	SR	Robinson	1:27.96
34 Yarbrough, Jimmica	9	Suitland Hig	1:28.45
35 Tankersley, Rennie	12	Hereford Hig	1:28.61
36 Bethel, Lindsey	12	Bishop McNam	1:28.80
37 Brody, Ilana	11	Yorktown	1:28.86
38 Lefrancois, Danielle	--	Chantilly	1:29.52
39 Pratt, Melissa	10	Annandale	1:29.69
40 Wheeler, Kacey	SO	Robinson	1:29.72
41 Miller, Sami	12	West Potomac	1:29.95
42 Gibbons, Helen	9	Lake Braddoc	1:30.00
43 Johnson, Artesha	11	Forest Park	1:30.44
44 Abboud, Maddison	12	Langley	1:30.77
45 Diagne, Mbeyone		Herndon High Sch	1:30.98
46 Fautroy, Nalo	10	Dunbar High	1:31.40
47 Ingraham, Kathryn	12	Chantilly	1:31.47

48 Hurling-spears, Asha	11	Suitland Hig	1:31.75
49 Timm, Tabitha	10	Thomas Jeffe	1:31.97
50 Brown, Erin	12	North Point	1:32.50
51 Nagle, Alex	SO	Robinson	1:32.75
52 Taylor, Chelsea	11	Elizabeth Se	1:32.83
53 Nickerson, Nia	10	Eleanor Roos	1:33.06
54 Wilson, Caroline	9	Langley	1:33.60
55 Bartholomew, Chelsea	9	South County	1:33.70
56 Platt, Sharon	9	Yorktown	1:34.67
57 Grundvig, Ariana	SR	Robinson	1:34.93
58 Bock, Katherine	9	George C. Ma	1:35.20
59 Evans, Sydney	11	Centreville	1:35.60
60 Manhertz, Maddie	11	Lake Braddoc	1:35.66
61 Sargent, Saidah	9	Western Tech	1:36.32
62 Golden-Brown, Aviance	9	Milford Mill	1:37.10
63 Kamara, Ameratu	10	T.C. William	1:37.17
64 Cox, Anna	10	Langley	1:37.24
65 Miller, Rachel	11	Mount Vernon	1:37.42
66 Boyles, Jennifer	9	Lake Braddoc	1:37.86
67 Smith, Anna	10	West Potomac	1:38.30
68 Cox, Nora	11	Paul VI Cath	1:39.05
69 Ashby, Hanna	9	Paul VI Cath	1:39.34
70 Henry, Ashelle	--	Baltimore Po	1:40.51
71 Headen, Naudia	--	Baltimore Po	1:40.57
72 Meer, Zarina	12	St. John's C	1:41.25
73 Wright, Jillian	9	St. John's C	1:41.27
74 Brown, Maya	9	St. John's C	1:43.17
75 Bouknight, Nikol	11	McKinley Tec	1:45.27
76 Jackson, Atinuke	--	Baltimore Po	1:46.59
77 Yancy, Briana	9	St. John's C	1:47.40
78 Milazzo, Kathy		Herndon High Sch	1:48.94
79 Martin, Rashawn	--	Baltimore Po	1:58.77
80 Evans, Kynita	12	Suitland Hig	1:58.82
--- Armstead, Ineka	9	McKinley Tec	DQ

Girls 1000 Meter Run**Meet Record: 2:58.35 ! 12/27/2008 Amirah Johnson****AAA State: 3:02.78 &****North Region: 3:06.31 #****3:03.65 STAT****3:06.72 REGI**

Name	Yr	School	Finals
Finals			
1 Underwood, Sarah Jane	12	West Potomac	2:55.97! STAT
2 Sheridan, Katherine	12	Thomas Jeffe	3:03.51#STAT
3 Cowne, Kendall	11	Chantilly	3:05.78#REGI
4 Carrigan, Kristi	11	Oakton	3:06.68 REGI
5 Stewart, Briana	11	Oakton	3:08.57
6 Bullard, Erin	12	Forest Park	3:10.81
7 Passacantando, Sophia	11	West Potomac	3:11.04
8 Price, Lauren	11	West Potomac	3:11.43
9 Nielsen, Sarah	12	Thomas Jeffe	3:12.93
10 Montgomery, Didi	11	W.T. Woodson	3:14.59
11 Rosini, Caroline	10	Paul VI Cath	3:15.15
12 Zeng, Grace	10	Thomas Jeffe	3:15.73
13 Fanet, Olivia	9	W.T. Woodson	3:18.98

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Finals ... (Girls 1000 Meter Run)

Name	Yr	School	Finals
14 Dixon, Robin	10	Oakton	3:19.02
15 Clark, Hannah	12	T.C. William	3:19.20
16 Johnson, Zuvena	11	Riverdale Ba	3:19.49
17 Anderson, Hayley	12	Centreville	3:20.50
18 Gates, Kersten	11	W.T. Woodson	3:20.82
19 Junta, Katrina	9	Thomas Jeffe	3:21.20
20 Lull, Samantha	11	Chantilly	3:21.93
21 Short, Barbaretta	12	Dunbar High	3:23.40
22 Ishita, Erina	SR	Robinson	3:24.49
23 Anderson, Kat	11	W.T. Woodson	3:25.46
24 Garrahan, Grace	12	T.C. William	3:27.38
25 Bidwell, Erin	9	South Lakes	3:27.74
26 Delabrer, Nicole	10	Eleanor Roos	3:27.80
27 Sagar, Elizabeth	12	Mount Vernon	3:28.19
28 King, Natalie	--	Centreville	3:29.34
29 Smith, Mckinsey	--	Centreville	3:29.41
30 Jeong, Esther	12	Langley	3:29.59
31 Smith, Mary	12	West Springf	3:30.64
32 Walker, Abbie	11	West Springf	3:31.71
33 Hart, Kelly	9	Yorktown	3:34.45
34 Egbers, Lindsay	--	Centreville	3:34.63
35 Loh, Jennifer	11	Chantilly	3:34.80
36 Williams, Mia	10	Bishop McNam	3:35.17
37 Cate, Mackenzie	12	West Potomac	3:35.56
38 Dickey, Treyniqua	12	McKinley Tec	3:36.37
39 Danisewicz, Julia	9	Paul VI Cath	3:36.51
40 Smith, Charlotte	10	South Lakes	3:37.73
41 Peisch, Barbara	9	T.C. William	3:37.89
42 Walsh, Virginia	10	Chantilly	3:38.16
43 Countess, Kennedy	10	Western Tech	3:38.44
44 Hurling-spears, Asha	11	Suitland Hig	3:38.61
45 O'Rourke, Amber	11	George C. Ma	3:39.07
46 Martinez, Aissa	JR	Robinson	3:41.96
47 Shelby, Jaya	9	Largo High S	3:45.95
48 Awe, Folakemi	10	Western Tech	3:54.08
49 Matthews, Taylor	12	Suitland Hig	4:03.67
50 Douglas, Diamond	9	McKinley Tec	4:10.85

Girls 1600 Meter Run

Meet Record: 5:07.07 ! 12/29/2006 Sarrah Hadiji

AAA State: 5:14.25 &

North Region: 5:19.25 #

5:14.73 STAT

5:19.52 REGI

Name	Yr	School	Finals
Finals			
1 Lescher, Dale	12	West Potomac	5:14.56# STAT
2 Dougherty, Hailey	10	Oakton	5:16.57# REGI
3 Bodmer, Allyson	11	Forest Park	5:16.61# REGI
4 Stewart, Briana	11	Oakton	5:21.26
5 Vinter, Rebecca	11	Centreville	5:23.17
6 Vandewater, Emily	12	Hereford Hig	5:24.08
7 Scully, Mary Cate	11	South County	5:24.57
8 Carter, Sara	10	Hereford Hig	5:25.92

9 Causey, Erin	10	Hereford Hig	5:27.60
10 Carlson, Carolyn	12	Chantilly	5:31.26
11 Clark, Hannah	12	T.C. William	5:31.57
12 Short, Lea	--	Baltimore Po	5:36.49
13 Nieusma, Devin	9	South Lakes	5:38.35
14 Stewart, Grace	9	Oakton	5:38.35
15 Wittich, Maddie	11	West Springf	5:38.48
16 Reinhold, Abigail	10	South Lakes	5:38.53
17 Mcnulla, Allison	11	West Potomac	5:40.50
18 Fouse, Mary	12	Langley	5:40.94
19 Martello, Shannon	11	Hereford Hig	5:41.04
20 Mayuga, Christin	10	Thomas Jeffe	5:41.19
21 Thomas, Ellery	11	W.T. Woodson	5:43.13
22 Sullivan, Momo	12	West Springf	5:44.33
23 Garrahan, Grace	12	T.C. William	5:46.06
24 Johnson, Nakiarah	11	Western High	5:47.24
25 Hawvermale, Xaveria	9	Chantilly	5:48.78
26 Lawson, Courtney	12	Lake Braddoc	5:49.16
27 Wittich, Christine	9	West Springf	5:49.20
28 Murray, Katie	10	West Potomac	5:50.04
29 Lull, Hannah	9	Chantilly	5:50.35
30 Mclenigan, Emily	12	Centreville	5:51.90
31 Cason, Patricia	10	Chantilly	5:53.74
32 Yaglou, Kelsey	11	W.T. Woodson	5:53.99
33 Amico, Nikki	9	West Potomac	5:56.22
34 Moschella, Emily	9	Thomas Jeffe	5:56.58
35 Stumvoll, Haley	9	Thomas Jeffe	5:57.14
36 Sagar, Elizabeth	12	Mount Vernon	5:57.64
37 Mcgrath, Molly	9	South Lakes	5:59.26
38 Chong, Stephanie	11	West Springf	6:04.15
39 Myers, Ajee	12	Western High	6:07.52
40 Cooke, Hannah	12	W.T. Woodson	6:07.69
41 Geter-jackson, D	11	Western High	6:07.73
42 Strub, Sydney	10	Chantilly	6:10.42
43 Franke, Charlene	9	Thomas Jeffe	6:12.46
44 Boel, Madeline	JR	Edison	6:13.32
45 Melendez, Natalie	SO	Edison	6:19.18
46 Hargrove, Kelahni	11	Dunbar High	6:25.21
47 Lesko, Julia	9	North Point	6:25.77
48 Cox, Nora	11	Paul VI Cath	6:26.55
49 Lyon, Nicole	JR	Edison	6:26.88
50 Dugger, Armani	10	Dunbar High	6:27.23
51 Krulak-Palmer, Zoe	--	Baltimore Po	6:29.72
52 Ashby, Hanna	9	Paul VI Cath	6:32.47
53 Simonton, Teghan	9	North Point	6:33.65
54 Nelson, Victoria	--	Centreville	6:35.28
55 Ona, Kimberly	12	Centreville	6:40.86
56 Jaffier, Toni	11	North Point	6:48.14
57 Johnson, Jacqueline	10	Paul VI Cath	6:50.24
58 Dangnokho, Marieme	10	Baltimore Po	7:29.37

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Girls 3200 Meter Run

Meet Record: 11:11.75 ! 12/28/2010 Sophie Chase

AAA State: 11:18.00 &

North Region: 11:37.50 #

11:24.67 STAT

11:43.01 REGI

Name	Yr	School	Finals
Finals			
1 Dougherty, Hailey	10	Oakton	11:12.78&STAT
2 Alcorta, Caroline	10	West Springf	11:13.40&STAT
3 Young, Natalie	12	Forest Park	11:14.78&STAT
4 Kolonich, Bailey	10	Robert E. Le	11:16.23&STAT
5 Blackstone, Meghan	12	Paul VI Cath	11:20.21#STAT
6 Vinter, Rebecca	11	Centreville	11:52.64
7 Genuario, Katie	10	West Potomac	11:54.18
8 O'Shea, Jackie	9	Centreville	12:01.49
9 Reffett, Taylor	12	Thomas Jeffe	12:04.05
10 Causey, Erin	10	Hereford Hig	12:05.07
11 Schnepf, Rekha	12	Thomas Jeffe	12:16.09
12 Bonaro, Katy	12	North Point	12:16.19
13 Bayer, Morgan	12	Oakton	12:21.65
14 Short, Lea	--	Baltimore Po	12:27.99
15 Anderson, Meghan	9	Hereford Hig	12:43.56
16 Davis, D'Atra	11	North Point	12:44.40
17 Nenno, Jessica	11	North Point	12:56.70
18 Bowie, Samantha	9	Bishop McNam	13:01.14
19 Malhotra, Ana	9	Thomas Jeffe	13:01.93
20 Yang, Jahyun	10	W.T. Woodson	13:06.37
21 Martinez, Yosselyn	12	South Lakes	13:10.22
22 Gasteiger, Elizabeth	11	W.T. Woodson	13:11.42
23 Suresh, Misha	11	Lake Braddoc	13:19.63
24 Pollin, Mary	9	Thomas Jeffe	13:23.53
25 Mccleary, Alaina	10	Hereford Hig	13:23.79
26 Milef, Gabby	9	West Springf	13:24.54
27 Suarez, Ana	--	West Springf	13:27.37
28 Cornwall, Jessica		Hereford Hig	13:44.31
29 Mccullen, Kailey	12	Oakton	13:53.36
30 Krulak-Palmer, Zoe	--	Baltimore Po	15:07.35

Girls 55 Meter Hurdles

Meet Record: 8.33 ! 12/28/2010 Alexis Stroman

AAA State: 8.64 &

North Region: 9.25 #

8.86 STAT

9.28 REGI

Name	Yr	School	Prelims
Preliminaries			
1 Franklin, Autumne	12	McDonogh Sch	! 8.24q STAT
2 Racquel, Moses	12	Milford Mill	& 8.49q STAT
3 Smith, Heather	11	Great Bridge	& 8.63q STAT
4 Stevens *, Alea	12	Armstrong	# 8.88q REGI
5 Atcherson, Eva-Mallay	12	Elizabeth Se	# 8.94q REGI
6 Rogers, Brielyn	11	Bishop McNam	# 8.94q REGI
7 Stevens, Chelsie	12	Elizabeth Se	# 9.01q REGI
8 Mayo, Johvonna	11	McKinley Tec	# 9.03q REGI

9 Dixon, Mykeal	12	Milford Mill	# 9.04 REGI
10 Cook, Jori	11	Eleanor Roos	# 9.04 REGI
11 Wheatley, Danielle	11	Bishop McNam	# 9.11 REGI
12 Abdelhalim, Aya	10	South Lakes	# 9.21 REGI
13 Hordge, Jocelyn	12	Baltimore Po	# 9.25 REGI
14 Ramdeen, Simone	12	South County	9.29
15 Knight, Morgan	10	South County	9.29
16 Clifton, Lahni	11	Western High	9.42
17 Antoine, Javonne	10	Elizabeth Se	9.43
18 Agyepong-Wiafe, Yaa	10	Forest Park	9.65
19 Bacon, Jackie	12	Paul VI Cath	9.68
20 Sandlin, Alexandra	11	George C. Ma	9.75
20 Pryor, Sydney	11	Centreville	9.75
22 Troy, Emma	11	Washington-L	9.82
23 Wallace, Kendra	12	North Point	9.91
24 Shaw, Kaela	10	South County	9.97
25 Jalloh, Aminata	11	South County	9.98
26 Revell, Daijona	9	Western Tech	9.99
27 Tran, Connie	11	Annandale	10.01
28 Fogg, Taylor	11	Western High	10.09
29 Taylor, Tori	10	Western Tech	10.15
30 Pyatt, Tabitha	--	Baltimore Po	10.16
31 Tenberg, Susan	11	Hereford Hig	10.19
32 Nieuwsma, Claire	9	South Lakes	10.20
33 Zinser, Corrine	JR	Robinson	10.30
34 Smith, Ivy	11	Hereford Hig	10.31
35 Pratt, Melissa	10	Annandale	10.44
36 Crafton, Lauren	11	Chantilly	10.47
37 Folk, Taylor	12	Western Tech	10.54
38 Schulze, Jenna	11	Hereford Hig	10.56
39 Alcorta, Christina	12	Yorktown	10.65
40 Evans, Sydney	11	Centreville	10.68
41 Zhu, Jennifer	12	T.C. William	10.80
42 Barlow, Megan	JR	Robinson	10.83
43 Clark, Mckenzie	10	Hereford Hig	10.84
44 Korkoya, Harris	10	Forest Park	10.87
45 Koger, Jaslyn	9	Milford Mill	11.14
46 Al-Saadawi, Noora	12	West Potomac	11.28
47 Fancher, Alexis	10	Milford Mill	11.34
48 String, Emily	11	Lake Braddoc	11.47
49 Wade, Miriam	10	Lake Braddoc	11.57
50 Benham, Aubrey	SR	Robinson	11.58
51 Troung, Kaitlyn	10	Lake Braddoc	11.63
52 Barry, Saibatu	11	Eleanor Roos	11.63
53 Johnson, Deja	9	Dunbar High	11.68
54 Nelson, Lauren	10	Yorktown	11.77
--- Pleta, Mary	10	Paul VI Cath	DQ

Friends of Indoor Track Invitational - 12/27/2011

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Results

Girls 55 Meter Hurdles

Meet Record: 8.33 ! 12/28/2010 Alexis Stroman

AAA State: 8.64 &

North Region: 9.25 #

8.86 STAT

9.28 REGI

Name	Yr	School	Finals
Finals			
1 Franklin, Autumnne	12	McDonogh Sch	8.26! STAT
2 Smith, Heather	11	Great Bridge	8.48&STAT
3 Racquel, Moses	12	Milford Mill	8.54&STAT
4 Atcherson, Eva-Mallay	12	Elizabeth Se	8.80# STAT
5 Stevens *, Alea	12	Armstrong	8.83# STAT
6 Rogers, Brielyn	11	Bishop McNam	8.95# REGI
7 Stevens, Chelsie	12	Elizabeth Se	9.39
8 Mayo, Johvonna	11	McKinley Tec	9.45

Girls 4x200 Meter Relay

Meet Record: 1:42.30 ! 12/21/2002 Largo

AAA State: 1:46.76 &

North Region: 1:50.70 #

1:47.04 STAT

1:50.63 REGI

Team	Relay	Finals
Finals		
1 McDonogh School	A	1:46.05&STAT
1) Franklin, Autumnne 12	2) Hatcher, Lakin --	
3) Caldwell, Jessica 12	4) Hayes, Sidney 10	
2 Milford Mill Academy	A	1:46.95# STAT
1) Moore, Destiny 9	2) Dixon, Mykael --	
3) Racquel, Moses 12	4) Goode, Sakina 12	
3 Bishop McNam	A	1:47.33# REGI
1) Gay, Jaela 9	2) Butler, Cierra 11	
3) Hill, Jaidlin 10	4) McNeil, Alexis 11	
4 Western High School	A	1:47.49# REGI
1) Jones, Chantice 10	2) Cox, Sharonda 11	
3) Davis, China 11	4) Clifton, Lahni 11	
5 South County	A	1:48.26# REGI
1) Kendall, Brittany 11	2) Majors, EnNijah 10	
3) Rountree, Kierra 11	4) Majors, Felecia 11	
6 Nansemond River	A	1:48.29# REGI
1) Rashid, Malika 12	2) McClain, Mia 10	
3) Patterson, Markelle 12	4) Middleton, Kieaira 11	
7 Elizabeth Se	A	1:48.55# REGI
1) Kilgore, Briauna 11	2) Williams, Alyse 12	
3) Tatum, Russia 12	4) Stevens, Chelsie 12	
8 McKinley Tec	A	1:49.25# REGI
1) Mayers, Dyani 11	2) Mayo, Johvonna 11	
3) Fennell, Autumn 12	4) Weeks, Myracle 9	
9 Largo High School	A	1:49.49# REGI
1) Nickerson, Stephanie 12	2) Coleman, Ces 11	
3) Crook, Crystal 12	4) Farrar, Devonni 10	
10 Robinson	A	1:49.83# REGI
1) Roberson, Liz SR	2) Raymond, Seye FR	
3) McCant, Genamarie SR	4) Wheeler, Kacey SO	

11 Washington-Lee	A	1:49.87# REGI
1) Troy, Emma 11	2) Nicholas, Nichole --	
3) Coleman, Marsharika 12	4) Cook, Katrina 11	
12 South Lakes	A	1:49.96# REGI
1) Coleman, Naimah 12	2) Tran, Kristin 10	
3) Abdelhalim, Aya 10	4) Hale, Danielle 10	
13 Forest Park	A	1:51.43
1) Lee, Erin 12	2) Agyepong-Wiafe, Yaa 10	
3) Calhoun, Helene Angel 11	4) Korkoya, Harris 10	
14 Suitland High School	A	1:51.56
1) Lathern, Terika 12	2) Walston, Alexxis 12	
3) Jefferson, Maia 12	4) Griffin, India 10	
15 Dunbar High School	A	1:54.15
1) Epps, Micah 11	2) Johnson, Deja 9	
3) Epps, Yolanda 11	4) Fauntroy, Nalo 10	
16 Western Tech	A	1:54.57
1) Wilson, Brianna 10	2) Prioleau, Morgan 10	
3) Waters, Andrea 12	4) Willridge, Alexandria 9	
17 Eleanor Roos	A	1:54.99
1) Benjamin, Bernadette 11	2) Cook, Jori 11	
3) Barry, Saibatu 11	4) Kanmi, Ah Young 10	
18 W.T. Woodson	A	1:55.81
1) Stewart, Maddie 10	2) Canty, Hannah 11	
3) Lombardo, Maggie 10	4) Smiga, Meghan 11	
19 North Point	A	1:58.29
1) Holton, Deanne 11	2) Wallace, Kendra 12	
3) Johnson, Tahirah 10	4) Brown, Erin 12	
20 Baltimore Po	A	1:58.36
1) Hodge, Jocelyn 12	2) Robinson, Janet --	
3) Henry, Ashelle --	4) Abdullah, Naqiyah 11	
21 George C. Marshall	A	1:58.41
1) Johnson, Alexandra 10	2) Sandlin, Alexandra 11	
3) Carlson, Sarah 10	4) Uher, Katrina E 9	
22 T.C. Williams	A	1:58.96
1) Hendley, Kathryn 12	2) Zhu, Jennifer 12	
3) Toote, Jada 11	4) Lataillade, Morgan 11	
23 Riverdale Baptist	A	1:59.39
1) Windham, Aleah 12	2) Burge, Tonya 9	
3) Davis, Kiarra 11	4) Morris, Jocelyn 12	
24 Chantilly	A	1:59.68
1) Lull, Samantha 11	2) Powell, Lauren --	
3) McKinney, Shannon 11	4) Lefrancois, Danielle --	
25 Hereford High School	A	2:03.25
1) Clark, Mckenzie 10	2) Schulze, Jenna 11	
3) Smith, Ivy 11	4) Sakinejad, Parrisa 11	
26 West Potomac	A	2:03.87
1) Gyamfi, Mychelle 10	2) Adams, Rebecca 12	
3) Woods, Majorie 11	4) Salam, Safiat 12	
27 Edison High School	A	2:04.05
1) Sheppard, Tirzah FR	2) Stansfield, Natalie SO	
3) Carr, Amelia FR	4) Boyd, Alana FR	
28 Centreville	A	2:06.77
1) Evans, Sydney 11	2) Im, Seo Hee --	
3) Alca, Ximena --	4) Morris, Dominique 11	

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Results

Finals ... (Girls 4x200 Meter Relay)

Team	Relay	Finals
29 St. John's C	A	2:09.94
1) Cruz-Reyes, Topacio 9	2) Logan, Faith 10	
3) Logan, Joy 9	4) Robinson, May 9	
--- Annandale	A	DQ
1) Shartel, Rowan 11	2) Koroma, Isatu 10	
3) Diggs, Monique 12	4) Anderson, Destiny 10	
--- Oakton	A	DQ
1) Clements, Annachristina 11	2) Hipwell, Sarah --	
3) Fitzgerald, Danielle 12	4) Butters, Christianne 11	

Girls 4x400 Meter Relay

Meet Record: 3:52.80 ! 12/21/2002 Eleanor Roosevelt

AAA State: 4:05.58 &

North Region: 4:12.38 #

4:05.78 STAT

4:11.33 REGI

Team	Relay	Finals
Finals		
1 Eleanor Roos	A	4:00.40&STAT
1) Anyanwu, Cristeen 10	2) Allen, Elise 11	
3) Malloy, Erika 11	4) Ngondi, Carole 12	
2 Western Tech	A	4:05.48&STAT
1) Linton, Ashley 12	2) Taylor, Tori 10	
3) Folk, Taylor 12	4) Dorsey, Sharon 10	
3 South County	A	4:07.90#REGI
1) Majors, EnNijah 10	2) Taylor, Jeonna 10	
3) Rountree, Kierra 11	4) Majors, Felecia 11	
4 Largo High School	A	4:09.29#REGI
1) Farrar, Devonni 10	2) Coleman, Cayla 9	
3) Nickerson, Stephanie 12	4) Boyles, Caitlin 11	
5 Nansemond River	A	4:12.54
1) Patterson, Markelle 12	2) Saunders, Shakeela 12	
3) McClain, Mia 10	4) Middleton, Kieaira 11	
6 Western High School	A	4:12.55
1) Butler, Genae 11	2) Davis, China 11	
3) Jones, Chantice 10	4) Clifton, Lahni 11	
7 Elizabeth Se	A	4:16.58
1) Robinson, Jasmine 9	2) Oputa, Angelina 12	
3) Easley, Monique 11	4) Kilgore, Briana 11	
8 Bishop McNam	A	4:18.53
1) Conrad, Leia 11	2) Hill, Jaidlin 10	
3) Rogers, Brielyn 11	4) Williams, Mia 10	
9 South Lakes	A	4:22.93
1) Coleman, Naimah 12	2) Vaughn, Haley 11	
3) Anderson, Jenna 11	4) Reinhold, Abigail 10	
10 Riverdale Baptist	A	4:23.85
1) Johnson, Zuwena 11	2) Tucker, Kayla 9	
3) Burge, Tonya 9	4) Williams, Bryana 10	
11 Forest Park	A	4:24.84
1) Calhoun, HeleneAngel 11	2) Bodmer, Allyson 11	
3) Bullard, Erin 12	4) Krumholz, Brianna 12	
12 Hereford High School	A	4:28.02
1) Tankersley, Rennie 12	2) Ashwood, Sarah 10	
3) Oakley, Morgan 10	4) Wilhelm, Bailey 12	

13 West Springfield	A	4:28.37
1) Grewe, Chloe 12	2) Wittich, Christine 9	
3) Wittich, Maddie 11	4) Settles, Jessica 10	
14 Chantilly	A	4:29.40
1) Cowne, Kendall 11	2) Lull, Samantha 11	
3) Ingraham, Kathryn 12	4) Lefrancois, Danielle --	
15 T.C. Williams	A	4:32.37
1) Hendley, Kathryn 12	2) Zhu, Jennifer 12	
3) Lataillade, Morgan 11	4) Toote, Jada 11	
16 Robinson	A	4:32.52
1) Grundvig, Ariana SR	2) Nagle, Alex SO	
3) Mueller, Katelyn SR	4) Schweikert, Macey SO	
17 McKinley Tec	A	4:37.12
1) Weeks, Myracle 9	2) Brew, Samantha 12	
3) Mayo, Johvonna 11	4) Armstead, Ineka 9	
18 George C. Marshall	A	4:46.06
1) Thillairajah, Anna 9	2) Uher, Katrina E 9	
3) Bock, Katherine 9	4) Castaneda, Claudia 11	
19 Milford Mill Academy	A	4:48.94
1) Golden-Brown, Aviance 9	2) Dixon, Mykael --	
3) Moseley, Ciara 9	4) Fancher, Alexis 10	
20 Centreville	A	4:52.70
1) Luna, Valery 12	2) Smith, Mckinsey --	
3) Morris, Dominique 11	4) Im, Seo Hee --	

Girls 4x800 Meter Relay

Meet Record: 9:42.3h ! 12/16/2000 Thomas Jefferson

AAA State: 9:44.11 &

North Region: 9:56.13 #

9:43.72 STAT

9:55.54 REGI

Team	Relay	Finals
Finals		
1 Thomas Jefferson S&T	A	9:57.86
1) Rivera, Cheyanne 10	2) Nielsen, Sarah 12	
3) Zeng, Grace 10	4) Sheridan, Katherine 12	
2 Hereford High School	A	9:58.95
1) Martello, Shannon 11	2) Tenberg, Susan 11	
3) Carter, Sara 10	4) Vandewater, Emily 12	
3 Lake Braddock	A	10:04.01
1) Christen, Hannah 10	2) Roche, Katie 10	
3) Manhertz, Maddie 11	4) Fasana, Rachel 10	
4 South County	A	10:14.79
1) Scully, Mary Cate 11	2) Dubuisson, Widney 10	
3) Woods, Taylor 9	4) Taylor, Jeonna 10	
5 Largo High School	A	10:19.04
1) Boyles, Caitlin 11	2) Coleman, Cayla 9	
3) Coates, Emani 10	4) Farrar, Devonni 10	
6 Paul VI Catholic	A	10:22.17
1) Rosini, Caroline 10	2) Blackstone, Meghan 12	
3) Patrick, Alaina 11	4) Danisewicz, Julia 9	
7 Western High School	A	10:23.16
1) Geter-jackson, Deja 11	2) Johnson, Nakiarah 11	
3) Myers, Ajee 12	4) Barbyebwa, Olympia 10	

Friends of Indoor Track Invitational - 12/27/2011

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Results

Finals ... (Girls 4x800 Meter Relay)

Team	Relay	Finals
8 Bishop McNam	A	10:23.71
1) Conrad, Leia 11	2) Williams, Mia 10	
3) Hamilton, Amara 11	4) Bowie, Samantha 9	
9 Centreville	A	10:26.46
1) O'Shea, Jackie 9	2) Anderson, Hayley 12	
3) King, Natalie --	4) Smith, Mckinsey --	
10 Forest Park	A	10:33.35
1) Young, Natalie 12	2) Bullard, Erin 12	
3) Nicolai, Elsbeth 12	4) Finley, Grace --	
11 Dunbar High School	A	10:34.15
1) Short, Barbaretta 12	2) Freeland, London 10	
3) Fauntroy, Nalo 10	4) Durham, Daiyonna 12	
12 South Lakes	A	10:46.26
1) Vaughn, Haley 11	2) Golac, Valentina 10	
3) Anderson, Jenna 11	4) Mcgrath, Molly 9	
13 North Point	A	10:49.07
1) Davis, D'Atra 11	2) Bonaro, Katy 12	
3) Davis, Liesel 9	4) Nenno, Jessica 11	
14 Elizabeth Se	A	10:57.72
1) Oputa, Angelina 12	2) Allen, Lakia 12	
3) Taylor, Chelsea 11	4) Burton, Kimberly 10	
15 Western Tech	A	10:58.96
1) Linton, Ashley 12	2) Allen, Jade 10	
3) Nicholson, Simone 10	4) Countess, Kennedy 10	
16 Lake Braddock	B	11:48.54
1) String, Emily 11	2) Boyles, Jennifer 9	
3) Robinson, Alyson 9	4) Lawson, Courtney 12	
17 Robinson	A	11:48.55
1) Taitano, Rachel JR	2) Hatfield, Hanna SO	
3) Kats, Danya FR	4) Jocz, Michelle JR	

Girls High Jump

Meet Record: 5-08 ! 12/29/2007 Saniel Atkinson

AAA State: 5-02 &

North Region: 5-00 #

5-02.00 STAT

5-00.00 REGI

Name	Yr	School	Finals
Finals			
1 Frazier, Dennisha	12	Dunbar High	5-02.00&STAT
2 Saunders, Shakeela	12	Nansemond Ri	J5-02.00&STAT
3 Smith, Heather	11	Great Bridge	5-00.00#REGI
3 Pyatt, Tabitha	--	Baltimore Po	5-00.00#REGI
5 Atcherson, Eva-Mallay	12	Elizabeth Se	J5-00.00#REGI
6 Antoine, Javonne	10	Elizabeth Se	4-10.00
7 Bethel, Lindsey	12	Bishop McNam	4-08.00
8 Knight, Morgan	10	South County	J4-08.00
8 Dickey, Treyniqua	12	McKinley Tec	J4-08.00
8 Krumholz, Brianna	12	Forest Park	J4-08.00
11 Hale, Danielle	10	South Lakes	J4-08.00
12 Sanson, Rachel	12	Langley	4-06.00
12 Clements, Annachristina	11	Oakton	4-06.00
12 Zhu, Jennifer	12	T.C. William	4-06.00
12 Weeks, Myracle	9	McKinley Tec	4-06.00

12 Nwaolu, Uloma	FR	Robinson	4-06.00
12 Sakinejad, Parrisa	11	Hereford Hig	4-06.00
12 Lull, Samantha	11	Chantilly	4-06.00
--- Smith, Anna	10	West Potomac	NH
--- Hunter, Tatyana	--	Baltimore Po	NH
--- Hordge, Jocelyn	12	Baltimore Po	NH
--- Evans, Sydney	11	Centreville	NH
--- Baker, Danielle	11	North Point	NH
--- Stansfield, Natalie	SO	Edison	NH
--- Owen, Lindsay	12	W.T. Woodson	NH
--- Abdelhalim, Aya	10	South Lakes	NH
--- Park, Natalia	12	Washington-L	NH
--- Hill, Javon	12	Largo High S	NH
--- Rieck, Allison	12	Lake Braddoc	NH
--- Jennings, Jada	11	Largo High S	NH
--- Gibbons, Helen	9	Lake Braddoc	NH
--- Manhertz, Maddie	11	Lake Braddoc	NH
--- Middleton, Kieaira	11	Nansemond Ri	NH
--- Mackey, Dominique	10	Mount Vernon	NH
--- Rashid, Malika	12	Nansemond Ri	NH
--- Bouknight, Nikol	11	McKinley Tec	NH
--- Cook, Jori	11	Eleanor Roos	NH

Girls Pole Vault

Meet Record: 10-09.50 ! 12/15/2001 Kira Barcus

AAA State: 9-06 &

North Region: 9-02 #

9-06.00 STAT

9-04.00 REGI

Name	Yr	School	Finals
Finals			
1 Majors, Felecia	11	South County	11-00.00! STAT
2 Bertrand, Tori	12	Northeast High S	9-06.00&STAT
3 Fasana, Rachel	10	Lake Braddoc	9-00.00
4 McManus, Meigan	12	Langley	8-06.00
5 Knight, Morgan	10	South County	J8-06.00
6 Crafton, Lauren	11	Chantilly	8-00.00
7 Nicolai, Elsbeth	12	Forest Park	7-06.00
--- Stewart, Maddie	10	W.T. Woodson	NH
--- Hasken, Kristen	11	South County	NH
--- Majors, EnNijah	10	South County	NH
--- Benham, Ava	SO	Robinson	NH
--- Claunch, Valerie	11	Chantilly	NH
--- Emery, Merika	JR	Robinson	NH
--- Folta, Naomi	11	Oakton	NH
--- Farnsworth, Maggie	--	Langley	NH

Girls Long Jump

Meet Record: 19-04.75 ! 12/15/1995 Destyne Jones

AAA State: 17-07.25 &

North Region: 16-06.50 #

17-08.50 STAT

16-08.00 REGI

Name	Yr	School	Finals
Finals			
1 Peter, Carina	12	Herndon High Sch	17-08.50&STAT

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Finals ... (Girls Long Jump)

Name	Yr	School	Finals
2 Holt, Nancy	12	McDonogh Sch	17-01.00#REGI
3 Majors, Felecia	11	South County	16-01.00
4 Caldwell, Jessica	12	McDonogh Sch	16-00.50
5 Hill, Jaidlin	10	Bishop McNam	15-11.50
6 Bacon, Jackie	12	Paul VI Cath	15-09.25
7 Rashid, Malika	12	Nansemond Ri	15-08.50
8 Rogers, Brielyn	11	Bishop McNam	15-07.50
9 Frazier, Dennisha	12	Dunbar High	15-07.25
10 Kanmi, Ah Young	10	Eleanor Roos	15-04.50
11 Anderson, Destiny	10	Annandale	15-03.50
12 McClain, Mia	10	Nansemond Ri	15-03.25
13 Hayes, Sidney	10	McDonogh Sch	15-02.75
14 Patterson, Markelle	12	Nansemond Ri	14-10.00
15 Tran, Kristin	10	South Lakes	14-08.50
16 Clements, Annachristina	11	Oakton	14-07.25
17 Schmidt, Adrienne	11	Langley	14-06.50
18 Lathern, Terika	12	Suitland Hig	14-04.75
19 Diggs, Monique	12	Annandale	14-04.00
20 Rieck, Allison	12	Lake Braddoc	14-03.50
21 Sandlin, Alexandra	11	George C. Ma	14-02.25
22 Galeas, Caitlin	11	South County	14-02.00
23 Sanson, Rachel	12	Langley	14-00.00
24 Weaver, Indya	11	T.C. William	13-10.50
24 Crafton, Lauren	11	Chantilly	13-10.50
26 Coleman, Ces	11	Largo High S	13-10.00
27 Weidman, Mary Kim	11	Thomas Jeffe	13-06.00
28 Easley, Monique	11	Elizabeth Se	13-05.25
29 Cox, Anna	10	Langley	13-03.75
30 Fennell, Autumn	12	McKinley Tec	13-02.75
31 Jones, Karaamah	11	T.C. William	12-06.00
32 Tu, Wicksie	12	Annandale	12-05.00
33 Tangaro, Silvia	12	Chantilly	12-03.25
34 Fitzgerald, Danielle	12	Oakton	12-02.50
35 Anasoh, Chinazor	12	McKinley Tec	12-02.00
35 Carlson, Sarah	10	George C. Ma	12-02.00
37 Uher, Katrina E	9	George C. Ma	12-00.00
38 Carr, Amelia	FR	Edison	11-11.50
39 Page, Marin	FR	Suitland Hig	11-07.50
40 Raymond, Seye	FR	Robinson	11-04.25
41 Castaneda, Claudia	11	George C. Ma	11-02.50
42 Gibbons, Helen	9	Lake Braddoc	10-09.00
--- Ermak, Tania	12	Thomas Jeffe	ND
--- Silva, Isabel	9	West Springf	ND
--- Baker, Lilian	10	Riverdale Ba	ND
--- Baxter, Chandler	10	St. John's C	ND
--- Pleta, Mary	10	Paul VI Cath	ND
--- Seals, Kela	10	Elizabeth Se	ND
--- Burwell, Ryesha	11	DuVal High S	ND
--- Kriner, Kady	11	Langley	ND
--- Calhoun, HeleneAngel	11	Forest Park	ND
--- Reeves, Emani	12	Dunbar High	ND
--- Carter, Acquirra	12	Dunbar High	ND
--- Adekun, Mobolaji	12	DuVal High S	ND
--- Hollins, Aisha	10	North Point	ND

--- Baker, Danielle	11	North Point	ND
--- Wallace, Kendra	12	North Point	ND
--- Mackey, Dominique	10	Mount Vernon	ND
--- Hill, Javon	12	Largo High S	ND
--- Jones, Antonaya	JR	Edison	FOUL
--- Patnett, Bria	11	Mount Vernon	FOUL

Girls Triple Jump

Meet Record: 39-07.50 ! 12/20/1997 Yolanda Thompson

AAA State: 36-07.50 &

North Region: 34-03 #

36-04.50 STAT

34-07.50 REGI

Name	Yr	School	Finals
1 Saunders, Shakeela	12	Nansemond Ri	38-04.25&STAT
2 Caldwell, Jessica	12	McDonogh Sch	37-08.00&STAT
3 Rogers, Brielyn	11	Bishop McNam	37-03.75&STAT
4 Holt, Nancy	12	McDonogh Sch	35-11.00#REGI
5 Antoine, Javonne	10	Elizabeth Se	35-01.50#REGI
6 Jones, Antonaya	JR	Edison	34-09.50#REGI
7 Frazier, Dennisha	12	Dunbar High	33-11.50
8 McManus, Meigan	12	Langley	33-03.25
9 Allen, Lakia	12	Elizabeth Se	33-02.00
10 Weaver, Indya	11	T.C. William	32-04.75
11 Rivera, Cheyanne	10	Thomas Jeffe	32-01.00
12 Crook, Crystal	12	Largo High S	31-10.75
13 Pryor, Sydney	11	Centreville	31-10.00
14 Bouknight, Nikol	11	McKinley Tec	31-09.75
15 Rieck, Allison	12	Lake Braddoc	31-01.50
16 Tran, Kristin	10	South Lakes	30-06.50
17 Sanson, Rachel	12	Langley	29-09.00
18 Nwaolu, Uloma	FR	Robinson	29-06.50
19 Fitzgerald, Danielle	12	Oakton	29-05.00
20 Martinez, Aissa	JR	Robinson	29-03.75
21 Stewart, Maddie	10	W.T. Woodson	29-02.50
22 Fasana, Rachel	10	Lake Braddoc	29-00.50
23 Manhertz, Maddie	11	Lake Braddoc	29-00.00
23 Weidman, Mary Kim	11	Thomas Jeffe	29-00.00
25 Baxter, Chandler	10	St. John's C	28-10.25
26 Schmidt, Adrienne	11	Langley	28-09.50
26 Crafton, Lauren	11	Chantilly	28-09.50
28 Tu, Wicksie	12	Annandale	28-05.00
29 Im, Seo Hee	--	Centreville	28-02.00
30 Jones, Karaamah	11	T.C. William	26-10.25
--- Short, Barbaretta	12	Dunbar High	ND
--- Sharpe, Kayla	11	Paul VI Cath	ND
--- Boyd, Alana	FR	Edison	FOUL

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Girls Shot Put

Meet Record: 45-02.50 ! 12/21/2002 Tiffany Evans

AAA State: 35-08.25 &

North Region: 33-08 #

36-07.75 STAT

33-03.00 REGI

Name	Yr	School	Finals
Finals			
1 Onyekwere, Chioma	SR	Robinson	39-02.00&STAT
2 Scott, Alexis	12	Eleanor Roos	38-02.00&STAT
3 Ward, Ayzha	12	T.C. William	36-10.00&STAT
4 Barnes, Ornesha	12	Dunbar High	36-08.00&STAT
5 Bethel, Lindsey	12	Bishop McNam	35-04.00#REGI
6 Otighigbo, Sarah	12	Elizabeth Se	34-03.00#REGI
7 Molock, Diarra	11	Bishop McNam	33-09.00#REGI
8 Rashid, Zakiya	--	Nansemond Ri	32-10.00
9 hall, jasmyn	10	Suitland Hig	32-08.00
10 Yates, Sumiya	12	South Lakes	31-10.00
11 Vance, Tess	11	Hereford Hig	30-08.00
12 Paul, Corinne	11	St. John's C	30-07.00
13 Colon, Jasmin	12	South Lakes	30-06.00
14 Anderson, Renee	--	Western High	29-04.00
15 Sparks, Whitney	12	West Springf	29-01.00
16 Mcneil, Jewel	12	Washington-L	28-10.00
17 Ihekwe, Favor	10	Largo High S	28-09.00
18 Morris, Jocelyn	12	Riverdale Ba	28-07.00
19 Parker, Imane	10	Dunbar High	28-07.00
20 Burrell, Sabrina	11	Western High	28-02.00
21 Cameron, Karissa	12	Mount Vernon	27-09.00
22 Terrell, Rebecca	12	Mount Vernon	27-06.00
23 Njomo, Margaret	10	Annandale	27-01.00
24 Tigani, Tiara	--	Lake Braddoc	26-10.00
25 Hall, Katherine	12	Elizabeth Se	26-09.00
26 Martin, Ashley	10	T.C. William	26-07.00
27 Rashid, Lyzan	12	Chantilly	26-02.00
28 Galvin, Meaghan	11	Yorktown	26-01.00
29 Black, Sandra	11	Suitland Hig	26-00.00
30 Kerbuski, Bryanna	12	Chantilly	25-08.00
31 Edwards, Raven	10	Elizabeth Se	25-02.00
32 Kousen, Amanda T	11	George C. Ma	24-08.00
33 Hargroves, DeCaria	12	Dunbar High	24-02.00
34 Sizer, Kris' Jaii	9	Western Tech	23-08.00
35 Williams, Anna	JR	Edison	23-07.00
36 Gibbs, Angel	10	Annandale	23-01.00
37 Ononiwu, Hope	SO	Robinson	23-00.00
38 Headen, Naudia	--	Baltimore Po	22-04.00
39 Foley, Amanda L	9	George C. Ma	22-01.00
39 Barnett, Jazmyne	11	Forest Park	22-01.00
41 Henry, Ashelle	--	Baltimore Po	21-04.00
42 Martin, Rashawn	--	Baltimore Po	20-03.00
--- Epps, Bria	12	Dunbar High	ND
--- Diggs, Alexandria	9	McKinley Tec	ND
--- Coleman, Brianna	9	Mount Vernon	ND
--- Shaw, Tangie	11	George C. Ma	ND
--- Hillard, Diamond	9	Largo High S	ND

--- Curcci, Joanna	11	South County	ND
--- Moses, Cassidy	12	South County	ND
--- Nnaji, Cassandra	11	Paul VI Cath	ND
--- Cruz, Neida	10	George C. Ma	ND

Boys 55 Meter Dash

Meet Record: 6.36 ! 12/28/2010 Ronald Darby

AAA State: 6.60 &

North Region: 6.72 #

6.61 STAT

6.74 REGI

Name	Yr	School	Prelims
Preliminaries			
1 Raymond, Ayo	JR	Robinson	& 6.48q STAT
2 Dunbar, Rajee	12	Gonzaga Coll	& 6.59q STAT
3 Summer, Za'Quan	12	T.C. William	# 6.61q STAT
4 Stone, David	11	Bishop McNam	# 6.61q STAT
5 Thomas-brown, Michael	11	Mount Vernon	# 6.67q REGI
5 Izegwire, Olu	12	Dunbar High	# 6.67q REGI
7 Crutchfield, Blair	12	Roosevelt Se	# 6.68q REGI
8 winters, david	12	Suitland Hig	# 6.71q REGI
9 Witherspoon, Patrick	11	Dunbar High	# 6.72 REGI
10 Butler, Jacob	11	South County	# 6.72 REGI
11 Abolurin, Afees	12	Milford Mill	6.75
12 Ellison, Alex	11	Annandale	6.75
13 Andoh, Roland	12	Annandale	6.77
14 Baah, Joseph	12	South County	6.77
15 davis, tyrell	11	Suitland Hig	6.78
16 Chatmon, Brandon	12	North Point	6.79
17 Cisse, Mohamed	12	Largo High S	6.80
18 Garcia, Wilber	9	St. John's C	6.83
19 Green, Ben		Herndon High Sch	6.84
20 Stewart, Terry	12	Largo High S	6.84
21 Cherry, Michael	11	Oscar Smith	6.86
22 Dunn, Jonathan	11	West Springf	6.86
23 Fernandez, Louis	12	George C. Ma	6.88
24 Jones, Kemahn	12	Western Tech	6.89
25 perry, shamik	11	DuVal High S	6.90
26 Owens, Brandon	12	Baltimore Po	6.91
27 Van Balen, Dylan	12	Annandale	6.91
28 Cox, Najee	--	Oakton	6.92
29 Manlan, Walter	12	Annandale	6.95
30 Washington, Joshua	11	Forest Park	6.96
31 Creed, Thomas	SR	Robinson	6.97
32 Yu, Robert	11	Langley	6.98
33 Dennis, Brandon	12	Gonzaga Coll	6.98
34 Akosa, Carrington	10	Western Tech	7.00
34 Flowers, Timothy	11	Baltimore Po	7.00
36 Derrios, Michael	9	Chantilly	7.00
36 Thai, Aeron	10	South Lakes	7.00
38 Brinson, Brian	12	South Lakes	7.01
39 Stanley, Aaron	11	Baltimore Po	7.01
40 Martin, Brett	12	Centreville	7.02
41 Carter, Andrew	11	Eleanor Roos	7.02
42 Briscoe, D'Andre	12	North Point	7.04
43 Idowu, Tulu	SR	Edison	7.04

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Results

Preliminaries ... (Boys 55 Meter Dash)

Name	Yr	School	Prelims
44 Freeman, Chris	11	Western Tech	7.04
45 Ingea, Elias	11	South Lakes	7.06
46 Johnson, Ashad	JR	Edison	7.06
47 Kern, James	10	W.T. Woodson	7.07
48 Daughtry, Rolon	--	Cardozo High	7.08
49 Atkinson, Carlos	11	Dunbar High	7.09
50 Boyd, Joseph	11	South County	7.09
51 Terry, Alexander	12	Chantilly	7.09
52 Williams, Bashan	12	Mount Vernon	7.10
53 Tobias, Robert	11	West Springf	7.11
53 Truitt, Omar	--	St. John's C	7.11
55 Gaines, Hayes	10	Milford Mill	7.12
56 Marshall Jr., Darryl	9	DeMatha Cath	7.13
57 Odinammadu, Kamsi	11	Western Tech	7.15
58 Monticelli, Federico	12	George C. Ma	7.16
59 Owens, Andre	11	Largo High S	7.17
60 Sankoh, Yusuf	10	T.C. William	7.19
61 Stansfield, Nicholas	SR	Edison	7.24
62 Burns, Brian	--	Oakton	7.25
62 Oputa, Emeka	12	Chantilly	7.25
64 Hicks, Darcel	11	Riverdale Ba	7.26
65 Woods, Anthony	11	Riverdale Ba	7.26
66 Crawford, Hazle	11	Dunbar High	7.29
67 Ayling, Kevin	11	W.T. Woodson	7.29
68 Watson, Hunter	10	Gonzaga Coll	7.30
69 Smith, Marcell	11	Centreville	7.31
70 Terry, Ray	11	South Lakes	7.32
71 Ta, Daniel	10	Oakton	7.34
72 Batille, Frantz	11	Forest Park	7.35
72 Kieze, Orville	12	Baltimore Po	7.35
74 Battle, George	11	Bishop McNam	7.37
75 Brown, Jajuan	11	Eleanor Roos	7.37
76 Arhu, Ebenezer	SR	Edison	7.39
77 Albritton-Turner, Cameror	11	Bishop McNam	7.41
78 Streater, Justin	11	Western Tech	7.41
79 Thomas, Jordan	12	South County	7.43
80 Matthews, Kenneth	10	McKinley Tec	7.44
81 Stevens, Daeon	10	Riverdale Ba	7.44
82 Ruffin, Alonzo	9	St. John's C	7.45
83 Smith-Holmes, Jonathan	9	DeMatha Cath	7.45
84 Dykes, Denzel	10	St. John's C	7.47
85 Nixon, Will	12	Paul VI Cath	7.52
86 Dickens, Terell	--	Roosevelt Se	7.58
87 Smith, Gregory	9	St. John's C	7.60
88 Sanson, Timothy	10	Langley	7.62
89 King, J'Von	10	Milford Mill	7.63
90 Gracia, Jonathan	12	George C. Ma	7.64
91 Mckee, Maxwell	9	Langley	7.67
92 Cox, Jeff	--	Paul VI Cath	7.69
93 Martin, Antuan	--	Cardozo High	7.72
94 McGregor, Michael	9	Paul VI Cath	7.84
95 Togbe, Koffi	SR	Edison	7.85
96 Gant, Malik	9	H.D. Woodson	7.93
97 Matthews, Joseph	9	H.D. Woodson	7.95

98 Robinson, Danny	10	H.D. Woodson	8.21
99 Eberhardt, Nick	9	Langley	8.71

Boys 55 Meter Dash

Meet Record: 6.36 ! 12/28/2010 Ronald Darby

AAA State: 6.60 &

North Region: 6.72 #

6.61 STAT

6.74 REGI

Name	Yr	School	Finals
Finals			
1 Raymond, Ayo	JR	Robinson	6.43&STAT
2 Dunbar, Rajee	12	Gonzaga Coll	6.53&STAT
3 Stone, David	11	Bishop McNam	6.57&STAT
4 Thomas-brown, Michael	11	Mount Vernon	6.60&STAT
5 Summer, Za'Quan	12	T.C. William	6.61#STAT
6 winters, david	12	Suitland Hig	6.68#REGI
7 Crutchfield, Blair	12	Roosevelt Se	6.68#REGI
8 Izegwire, Olu	12	Dunbar High	6.71#REGI

Boys 300 Meter Dash

Meet Record: 35.00 ! 12/21/2002 Daniel Bailey

AAA State: 35.89 &

North Region: 36.93 #

35.94 STAT

36.92 REGI

Name	Yr	School	Finals
Finals			
1 Jacobs, Teyvon	11	Suitland Hig	34.52! STAT
2 Tate, Christopher	12	Riverdale Ba	35.49&STAT
3 Claggett, Dorian	11	Baltimore Po	35.54&STAT
4 Stone, David	11	Bishop McNam	35.78&STAT
5 Cherry, Michael	11	Oscar Smith	35.80&STAT
6 coaxum, niko	12	Largo High S	36.21#REGI
7 Cisse, Mohamed	12	Largo High S	36.22#REGI
8 scarsborough, travis	12	Suitland Hig	36.28#REGI
9 Akosa, Carrington	10	Western Tech	36.42#REGI
10 perry, shamik	11	DuVal High S	36.71#REGI
11 Howell, Luis	12	Largo High S	36.93#
12 Miller, Deonte	12	Roosevelt Se	36.97
13 Jones, Kyle	11	North Point	37.04
14 Cardwell, Christian	11	Bishop McNam	37.04
15 Manlan, Walter	12	Annandale	37.06
16 Drain, Armando	12	South Lakes	37.06
17 Alston, Ervin	12	Dunbar High	37.10
18 Borhauer, Ansel	SR	Robinson	37.13
19 Wheeler, Leon	11	Dunbar High	37.17
20 Green, Ben		Herndon High Sch	37.33
21 Raymond, Ayo	JR	Robinson	37.35
22 Sheppard, Shamaal	JR	Edison	37.49
23 Garcia, Wilber	9	St. John's C	37.52
24 Thomas-brown, Michael	11	Mount Vernon	37.52
25 davis, tyrell	11	Suitland Hig	37.60
26 Crutchfield, Blair	12	Roosevelt Se	37.61
27 Gordon, Jahlan	11	DeMatha Cath	37.70
28 Andoh, Roland	12	Annandale	37.74

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Results

Finals ... (Boys 300 Meter Dash)

Name	Yr	School	Finals
29 Metcalf, Connor	12	South Lakes	37.88
30 Creed, Thomas	SR	Robinson	37.96
31 Chatmon, Brandon	12	North Point	38.08
32 Burton, Kashief	12	Milford Mill	38.12
33 Rowe, Julian	10	Eleanor Roos	38.13
34 Brinson, Brian	12	South Lakes	38.26
35 Hill, Denzel	11	North Point	38.27
36 Abolurin, Afees	12	Milford Mill	38.28
37 Thompson, Kevin	10	H.D. Woodson	38.28
38 Daughtry, Rolon	--	Cardozo High	38.28
39 Washington, Joshua	11	Forest Park	38.31
40 Wright, Michael	11	Centreville	38.33
41 Curry, Willie	12	T.C. William	38.35
42 West, Ricky	12	Mount Vernon	38.36
43 McDuffy, Arthur	12	Chantilly	38.39
44 Boyd, Joseph	11	South County	38.40
45 Folta, Nestor	11	Oakton	38.44
46 Penny, Raeford	10	Thomas Jeffe	38.45
47 Williams, Kordell	10	DeMatha Cath	38.48
48 Owens, Jefferey	12	Langley	38.54
49 Amiker, Jared	11	Forest Park	38.60
50 Bacon, Jeffery	11	Paul VI Cath	38.67
51 Balen, Dylan Van	12	Annandale	38.80
52 Stanley, Aaron	11	Baltimore Po	38.86
53 Banks, Stephen	12	West Potomac	39.02
54 Cox, Najee	--	Oakton	39.10
55 Garner, Malique	12	Dunbar High	39.11
56 Seals, John	10	West Springf	39.20
57 Gilmore, Corey	12	South Lakes	39.22
58 Gray, Darien	11	Gonzaga Coll	39.22
59 Idowu, Tulu	SR	Edison	39.32
60 Patterson, Malanta	10	Dunbar High	39.32
60 Oputa, John	10	DeMatha Cath	39.32
62 Dunn, Jonathan	11	West Springf	39.41
63 Thornton, Marquis	12	Milford Mill	39.50
64 Martin, Brett	12	Centreville	39.51
65 Smith, Johnny	12	Forest Park	39.53
66 Dallen, Daniel A	11	George C. Ma	39.54
67 Johnson, Ashad	JR	Edison	39.55
68 Garvin, Timothy	11	T.C. William	39.65
69 Gaines, Hayes	10	Milford Mill	39.68
70 Cumby, Matt	12	W.T. Woodson	39.79
71 Brown, Kheelum	10	McKinley Tec	39.81
72 Akil, Isaiah	9	Riverdale Ba	39.91
73 Taylor, Davaughn	9	H.D. Woodson	39.96
74 Owens, Brandon	12	Baltimore Po	40.01
75 Flowers, Timothy	11	Baltimore Po	40.08
76 Starling, Grier	12	McKinley Tec	40.11
77 Chin, Kevin	11	Langley	40.18
78 Albritton-Turner, Cameror	11	Bishop McNam	40.59
79 Ransom, Miles	12	Chantilly	40.59
80 Runkle, Jacob	11	Yorktown	40.62
81 Danisewicz, Matt	11	Paul VI Cath	40.77
82 Terell, Harry	10	H.D. Woodson	40.78

83 Starkes, Tyree	11	Western Tech	40.79
84 Roof, Jonathan	FR	Robinson	40.82
85 Gee, Tyler	10	Hereford Hig	41.15
86 Harris, Joshua	11	DeMatha Cath	41.27
87 Truitt, Omar	--	St. John's C	41.30
88 Morais, Alexander	10	W.T. Woodson	41.44
89 Quion, Chris	10	Langley	41.58
90 Ike-azubogu, Ifeanyi	9	Western Tech	41.61
91 Konteh, Khave	9	South County	41.63
92 Watson, Hunter	10	Gonzaga Coll	41.74
93 White, Troy	--	St. John's C	41.75
94 Milligan, William	10	Roosevelt Se	41.77
95 Arhu, Ebenezer	SR	Edison	41.79
96 Turner, Josh	10	Western Tech	41.85
97 Smoot, Corey	11	Riverdale Ba	41.93
98 Martin, Antuan	--	Cardozo High	41.93
99 Ridenour, Andrew	SO	Robinson	42.54
100 Eze, Prince	10	Hereford Hig	42.75
101 Mckee, Maxwell	9	Langley	43.01
102 Ruffin, Alonzo	9	St. John's C	43.53
103 Shor, Matt	12	W.T. Woodson	43.72
104 Armstrong, Paul	11	Paul VI Cath	43.83
105 Stansfield, Nicholas	SR	Edison	43.94
106 Wanzer, Ricardo	11	Bishop McNam	44.04
107 Turner, Kevon	9	Gonzaga Coll	45.78
108 Montague, Savon	9	H.D. Woodson	46.05
--- Alsadig, Mossab	11	Thomas Jeffe	DQ

Boys 500 Meter Dash

Meet Record: 1:03.93 ! 12/29/2006 Sean Holston

AAA State: 1:07.05 &

North Region: 1:08.42 #

1:06.95 STAT

1:08.25 REGI

Name	Yr	School	Finals
1 Claggett, Dorian	11	Baltimore Po	1:06.65&STAT
2 Smith, Nicholas	12	Baltimore Po	1:07.36#REGI
3 Tate, Christopher	12	Riverdale Ba	1:07.99#REGI
4 Jones, Kemahn	12	Western Tech	1:08.40#
5 Dozier, Shamir	12	Bishop McNam	1:08.44
6 Smith, Michael	11	Dunbar High	1:08.67
7 Dunbar, Rajee	12	Gonzaga Coll	1:08.73
8 Grundahl, Jacob	12	South Lakes	1:08.90
9 Chavez, Austin	11	Annandale	1:08.94
10 Thompson, Kevin	10	H.D. Woodson	1:09.26
11 Agyei, Hassan	12	Eleanor Roos	1:09.82
12 Camacho, Daniel	12	Forest Park	1:09.85
13 Angara, Ian	12	South Lakes	1:09.98
14 Tielman-Fenelus, Brett	12	DeMatha Cath	1:10.16
15 Sheppard, Shamaal	JR	Edison	1:10.30
16 Butler, Jacob	11	South County	1:10.36
17 Penny, Raeford	10	Thomas Jeffe	1:10.44
18 Starling, Grier	12	McKinley Tec	1:10.74
19 Stormo, Michael	11	West Springf	1:11.08
20 Owens, Jefferey	12	Langley	1:11.27

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Finals ... (Boys 500 Meter Dash)

Name	Yr	School	Finals
21 Coopermilller, Stephon	11	Baltimore Po	1:11.34
22 Miller, Austin		Herndon High Sch	1:12.03
23 Hogye, Nathan	9	Annandale	1:12.58
24 Moduka, Austin	11	Eleanor Roos	1:12.89
25 Montgomery, Jamal	11	Dunbar High	1:12.96
26 Snare, Trent	11	South County	1:13.19
27 Beil, Zach	12	Hereford Hig	1:13.28
28 Kalu, Obinna	11	Western Tech	1:13.34
29 Sauerbier, Daniel	12	Lake Braddoc	1:13.46
30 Vellayan, Nathan	12	South Lakes	1:13.55
31 Shepperd, Zachary	12	Gonzaga Coll	1:13.61
32 Lee, Kahron	12	T.C. William	1:14.04
33 Ahmed, Saweel	12	George C. Ma	1:14.16
34 Chin, Kevin	11	Langley	1:14.33
35 Dunlap, Marcus	11	Lake Braddoc	1:14.33
36 Copp, Spenser	11	W.T. Woodson	1:14.48
37 Periera, Edgar	9	Lake Braddoc	1:14.61
38 Blake, Brandon	11	Western Tech	1:14.89
39 Akil, Isaiah	9	Riverdale Ba	1:15.09
40 Quion, Chris	10	Langley	1:15.13
41 Minter, Tyreek	--	Centreville	1:15.14
42 Bradner, James	12	North Point	1:15.17
43 Ayala, Rodan	12	West Springf	1:15.32
44 Burris, Davon	11	Dunbar High	1:16.02
45 Shotwell, Alexander	11	Forest Park	1:16.29
46 Walker, Kyron	12	McKinley Tec	1:16.35
47 Brown, Jamaal	10	St. John's C	1:16.43
48 Doherty, Shane	10	George C. Ma	1:17.12
49 Taylor, Davaughn	9	H.D. Woodson	1:17.21
50 thomas, mike	11	Suitland Hig	1:17.39
51 Ullom, Nicholas	10	Chantilly	1:17.39
52 Leon, Jordan	--	Milford Mill	1:17.74
53 Eshelman, Daniel	12	W.T. Woodson	1:17.81
54 Der, Martase	12	Baltimore Po	1:18.02
55 Alsadig, Mossab	11	Thomas Jeffe	1:18.04
56 Witter, Ryan	SO	Robinson	1:18.94
57 Daus, Jack	11	Paul VI Cath	1:19.04
58 Terell, Harry	10	H.D. Woodson	1:19.49
59 Morris, De'Shaan	11	Baltimore Po	1:20.77
60 Danisewicz, Jack	9	Paul VI Cath	1:20.89
61 Brown, Mike	12	Hereford Hig	1:21.69
62 Eller, Stephen	11	South County	1:22.31
63 Caplen, Daniel	FR	Edison	1:22.42
64 Salisbury, Conner	9	South County	1:23.19
65 Dixon, Keyon	10	Western Tech	1:24.19
--- Tyler, Philip	10	T.C. William	DQ
--- Williams, Anthony	12	Largo High S	DQ

Boys 1000 Meter Run

Meet Record: 2:32.93 ! 12/27/2008 Leoule Degfae

AAA State: 2:35.89 &

North Region: 2:39.89 #

2:35.88 STAT

2:39.50 REGI

Name	Yr	School	Finals
1 Colson, Louis	SO	Edison	2:37.65# REGI
2 Brewer, John	12	DeMatha Cath	2:39.65#
3 Sprague, Christopher	11	Oakton	2:40.39
4 Lotterrie, Marc	11	West Potomac	2:41.10
5 Rollo, Patrick	12	McDonogh Sch	2:41.44
6 Spahn, Patrick	SR	Robinson	2:41.46
7 Kelly, Abdur-Rahmaan	10	Roosevelt Se	2:41.54
8 Tuck, Nick	11	Lake Braddoc	2:41.65
9 Laubinger, Miles	12	Langley	2:41.86
10 Mchugh, Michael	11	South Lakes	2:42.47
11 Knopp, Michael	SR	Edison	2:42.96
12 Hart, Ryan	11	Yorktown	2:43.02
13 Wattendorf, Michael	12	Thomas Jeffe	2:43.38
14 Ballard, Sawyer	12	South Lakes	2:44.31
15 Muskett, Michael	11	West Springf	2:44.35
16 Perez, Gerardo	12	Mount Vernon	2:44.44
17 O'Shea, Andrew	12	Thomas Jeffe	2:44.52
18 Foresster, Aaron	12	Forest Park	2:44.88
19 Snyder, Adam	12	Eleanor Roos	2:45.81
20 Meyerson, Henry	12	Gonzaga Coll	2:46.68
21 Young, Scott	12	T.C. William	2:46.72
22 Swanson, Vernon	11	Suitland Hig	2:46.90
23 Jones, Chris	12	Centreville	2:47.15
24 Danisewicz, Matt	11	Paul VI Cath	2:47.40
25 Rabil, William	11	West Springf	2:47.97
26 Larson, Andy	12	Oakton	2:48.59
27 Van Acker, Leif	JR	Robinson	2:49.00
28 Kerwin, Brendan	10	T.C. William	2:50.25
29 Asefaw, Mark	12	Western Tech	2:50.69
30 Lah Lou, Adel	11	Mount Vernon	2:52.39
31 Gharbi, Karim	SO	Edison	2:53.01
32 Tolbert, John	SO	Robinson	2:54.29
33 Bock, Steven	11	Yorktown	2:54.52
34 Horton, DeAndre	11	H.D. Woodson	2:55.03
35 Talman, Kip	11	Centreville	2:55.71
36 Boku, Daniel	JR	Edison	2:56.27
37 Armstrong, Sampson	12	Gonzaga Coll	2:56.35
38 Amare, Abenezzer	11	Robert E. Le	2:56.51
39 Hiett, Deshawn	10	Largo High S	2:57.26
40 Wattendorf, Matt	10	Thomas Jeffe	2:57.85
41 Baker, Brendan	9	George C. Ma	2:58.66
42 Lee, Terry	11	Forest Park	2:58.75
43 Cate, David	10	West Potomac	2:58.83
44 Walsh, James	12	Yorktown	2:59.12
45 Swayne, Steven	12	Langley	2:59.49
46 Bhavsar, Raaj	12	Chantilly	2:59.73
47 Cucinotta, Nicholas	9	West Potomac	3:00.21

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Finals ... (Boys 1000 Meter Run)

Name	Yr	School	Finals
48 Brownbey, Shadede	10	Suitland Hig	3:00.30
49 Liu, Aaron	--	Lake Braddoc	3:00.62
50 Sohl, Mark	11	Lake Braddoc	3:00.72
51 Webetu, Yohnes	11	Annandale	3:00.77
52 Ahlers, Zartosht	10	Thomas Jeffe	3:01.41
53 Lim, Marco	9	Centreville	3:01.49
54 Chase, Gerald	12	H.D. Woodson	3:02.56
55 Falcone, David	9	W.T. Woodson	3:02.83
56 Thompson, Brian	10	Lake Braddoc	3:03.75
57 Santaniello, Andrew	10	W.T. Woodson	3:04.13
58 Korupolu, Krishna	12	West Potomac	3:05.46
59 Day, Presley	9	Centreville	3:06.67
60 Shaw, Reese	JR	Edison	3:06.69
61 Robinson, Nicholas	12	George C. Ma	3:07.05
62 Clark, Kimani	12	McKinley Tec	3:07.20
63 J, Donnell	12	Suitland Hig	3:08.12
64 Lockett, Donell	12	Roosevelt Se	3:08.42
65 Johnson, Justin	9	Bishop McNam	3:08.92
66 Freeman, Gregory	11	Bishop McNam	3:09.99
67 Berigan, Liam	JR	Robinson	3:10.06
68 Ng, Andrew	10	George C. Ma	3:11.74
69 Hiles, Stephen	SO	Robinson	3:12.16
70 Morrissey, Peter	10	George C. Ma	3:12.77
71 Stewart, Horace	12	H.D. Woodson	3:16.36
72 Rajaguru, Praveen	11	Eleanor Roos	3:19.73
73 Taitano, Ben	JR	Robinson	3:19.98
74 Brown, Javier	10	Western Tech	3:20.38
75 Marshall, Jameson	FR	Robinson	3:21.34

Boys 1600 Meter Run

Meet Record: 4:18.54 ! 12/27/2008 Leoule Degfae

AAA State: 4:25.97 &

North Region: 4:32.71 #

4:27.24 STAT

4:33.09 REGI

Name	Yr	School	Finals
1 Gates, Paul	12	W.T. Woodson	4:25.36&STAT
2 Miller, Logan	11	Chantilly	4:32.77 REGI
3 Hart, Ryan	11	Yorktown	4:33.54
4 Haight, Mackenzie	10	George C. Ma	4:34.84
5 Mohammadi, Ashkan	11	South Lakes	4:35.21
6 Stoney, Jack	10	Oakton	4:35.55
7 Zucker, Jacob	12	Thomas Jeffe	4:36.14
8 Jones, Chris	12	Centreville	4:37.91
9 Eberhart, Patrick	12	Oakton	4:38.38
10 Rivera, Julian	11	Hereford Hig	4:38.60
11 Green, Jordan	11	Forest Park	4:38.93
12 Lehnert, Matthew	11	Hereford Hig	4:41.03
13 Rosenberg, Corey	11	West Potomac	4:41.10
14 Amare, Biruk	10	Robert E. Le	4:42.54
15 Luckin, Jon	11	Hereford Hig	4:43.29
16 Pike, Draven	11	Annandale	4:46.18
17 Lee, Chan Young	11	Centreville	4:46.37

18 Amann, John	11	West Springf	4:47.52
19 Rivas, Luis	10	South Lakes	4:48.09
20 Brown, Erick	11	DeMatha Cath	4:48.82
21 Yirdaw, Caleb	JR	Edison	4:48.90
22 Bernier, Crispin	11	West Potomac	4:49.36
23 Chase, Gerald	12	H.D. Woodson	4:50.35
24 Matson, Daniel	11	Thomas Jeffe	4:50.83
25 Horton, DeAndre	11	H.D. Woodson	4:51.07
26 Dejausserand, Justin	12	North Point	4:51.34
27 Davis, Garrett	11	North Point	4:51.40
28 Gebrehiwot, Aviad	9	Annandale	4:51.83
29 Perdue, Tyler	10	North Point	4:52.42
30 Kerr, Michael	10	South Lakes	4:52.70
31 Garcia, Joaquin	9	Forest Park	4:53.45
32 Marshall, Nick	JR	Robinson	4:53.78
33 McGorty, Ryan	9	Chantilly	4:54.20
34 Gatti, Matt	12	Gonzaga Coll	4:56.16
35 Yavorski, Neil	12	Lake Braddoc	4:57.06
36 Forbes, Jonathan	11	T.C. William	4:57.66
37 Gautier, Ben	10	South County	4:57.68
38 Admasu, Yonel	10	W.T. Woodson	4:57.69
39 Parshall, Joshua	11	Chantilly	4:57.75
40 Belachew, Anduaem	--	Mount Vernon	4:58.30
41 Gebrehiwot, Elliad	12	Annandale	4:58.39
42 Schaefer, Jake	10	West Springf	4:59.09
43 Ray, Ryan	12	Forest Park	5:00.87
44 Shands, Perry	12	West Springf	5:02.28
45 Blagg, Chris	--	Thomas Jeffe	5:04.32
46 Danisewicz, Jack	9	Paul VI Cath	5:04.67
47 Shumacer, Zach	11	Forest Park	5:06.50
48 Ivers, Samuel	12	Chantilly	5:07.08
49 Ryan, Sean	12	George C. Ma	5:07.44
50 Turner, Eric	9	West Potomac	5:08.67
51 Girvin, Sam	12	Thomas Jeffe	5:09.10
52 Constantini, Paul	SR	Robinson	5:09.98
53 Vandewater, Tim	10	Hereford Hig	5:10.56
54 Morris, Peter	11	Yorktown	5:10.64
55 Hulett, Josh	11	Langley	5:11.35
56 Kocis, Matt	9	Paul VI Cath	5:11.41
57 Molina, Daniel	12	Centreville	5:15.09
58 Cyrus, Ralph	11	Bishop McNam	5:15.46
59 Mcnulla, James	9	West Potomac	5:22.45
60 Dougherty, Nicholas	10	Bishop McNam	5:23.06
61 Hein, Seth	SO	Robinson	5:25.31
62 Nurul-Haqq, Aswad	11	Roosevelt Se	5:27.70
63 Min, Alex	FR	Robinson	5:32.66
64 Zirkle, Nicholas	11	George C. Ma	5:33.50
65 Kassahun, Solomon	--	Cardozo High	5:49.88
66 Jarosz, Michael	9	Gonzaga Coll	6:05.77
67 Johnson, Patrick	FR	Robinson	6:09.34
68 Lockett, Donell	12	Roosevelt Se	6:12.82
69 Hafiz, Hamid	SO	Robinson	6:18.14
70 Stewart, Horace	12	H.D. Woodson	6:26.31
71 Felix, David	9	Riverdale Ba	6:26.37
72 Alemayehu, Muse	10	Mount Vernon	6:33.07
73 Wilkins, Trevon	9	Western Tech	6:34.07

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Boys 3200 Meter Run

Meet Record: 9:37.48 ! 12/28/2004 Dawit Legesse

AAA State: 9:40.48 &

North Region: 9:50.03 #

9:42.01 STAT

9:48.81 REGI

Name	Yr	School	Finals
Finals			
1 Gaiser, Andrew	11	Forest Park	9:52.50
2 Corum, Brady	12	West Potomac	9:54.93
3 Keim, Robert	11	North Point	9:57.80
4 Jones, Christopher	11	North Point	9:59.07
5 Jewell, Chris	12	Oakton	9:59.79
6 Lee, Chan Young	11	Centreville	10:03.75
7 Luckin, Jon	11	Hereford Hig	10:10.59
8 Jones, Patrick	11	North Point	10:11.54
9 Singh, Pratik	12	Oakton	10:11.77
10 Corbett, Alex	9	Lake Braddoc	10:12.49
11 Rivera, Julian	11	Hereford Hig	10:13.58
12 Sakallah, Faris	11	Chantilly	10:15.36
13 Greenwood, William	12	Lake Braddoc	10:18.03
14 Payne, Kevin	11	Hereford Hig	10:25.45
15 Raiti, Michael	12	Oakton	10:28.35
16 Rangel, John	SO	Edison	10:29.58
17 Hoyle, Chris	10	Gonzaga Coll	10:29.60
18 Rivera, Gabriel	11	Hereford Hig	10:31.59
19 Boku, Daniel	JR	Edison	10:34.09
20 Hawkins, Josh	12	Forest Park	10:42.70
21 Yirdaw, Eyasu	JR	Edison	10:44.88
22 Kool, Stephen	11	Thomas Jeffe	10:45.68
23 Preshun, Matt	12	Lake Braddoc	10:45.91
24 Wason, Bryce	10	West Springf	10:46.29
25 Tucker, Nick	12	South Lakes	10:46.36
26 Pitrelli, Jj	11	Lake Braddoc	10:48.52
27 Malander, Peter	10	Chantilly	10:49.57
28 Tapen, Thomas	12	Thomas Jeffe	10:55.93
29 Brown, Kyle	SO	Edison	10:57.98
30 Blackburn, Matt	9	West Springf	11:00.77
31 O'Connell, Brendan	SO	Robinson	11:05.97
32 Trueheart, Avery	11	West Springf	11:11.92
33 Jeletic, Chris	9	DeMatha Cath	11:18.92
34 Simpson, Connor	9	Thomas Jeffe	11:27.74
35 Mastaler, Trey	10	Paul VI Cath	11:28.19
36 Mcdermott, Michael	9	South Lakes	11:36.36
37 Handley, Alex	12	George C. Ma	11:36.93
38 Dougherty, Nicholas	10	Bishop McNam	11:48.39
39 Cyrus, Ralph	11	Bishop McNam	11:49.85
40 Bigler, James	11	West Potomac	11:52.05
41 Phillips, Connor	10	Thomas Jeffe	11:55.44
42 Sikorsky, Peter	9	Gonzaga Coll	12:03.23
43 Kassahun, Solomon	--	Cardozo High	12:03.31
--- Kvartunas, Michael	11	Paul VI Cath	DNF

Boys 55 Meter Hurdles

Meet Record: 7.48 ! 12/28/2010 John Jenkins

AAA State: 7.92 &

North Region: 8.19 #

7.89 STAT

8.33 REGI

Name	Yr	School	Prelims
Preliminaries			
1 Cai, Ed	12	Thomas Jeffe	& 7.86q STAT
2 Burton, Kashief	12	Milford Mill	# 8.00q REGI
3 Drain, Armando	12	South Lakes	# 8.12q REGI
4 Jones, Kyle	11	North Point	# 8.13q REGI
5 Williams, Kordell	10	DeMatha Cath	# 8.17q REGI
6 Ransom, Miles	12	Chantilly	8.23q REGI
7 Calderwood, Kaden	12	Langley	8.24q REGI
8 Coopermilller, Stephon	11	Baltimore Po	8.26q REGI
9 Brew, Victor	12	West Springf	8.28 REGI
10 Mitchell, Randall	12	Gonzaga Coll	8.33 REGI
11 Chang, Andrew	11	W.T. Woodson	8.33 REGI
12 Daugherty, Sean	12	Lake Braddoc	8.38
13 Baah, Joseph	12	South County	8.40
14 Maku, Richard	12	Annandale	8.51
15 Haskins, Percy	12	T.C. William	8.52
16 Medric, Ryan T	12	George C. Ma	8.53
17 Bryant, John-richard	12	Bishop McNam	8.55
18 Pilaka, Raj	11	South Lakes	8.66
19 Nguyen, Eric	11	Chantilly	8.67
20 Curry, Terrance	11	T.C. William	8.69
21 Christian, Josiah	12	McKinley Tec	8.71
22 Vellayan, Nathan	12	South Lakes	8.76
23 Banks, Stephen	12	West Potomac	8.82
24 Gray, Darien	11	Gonzaga Coll	8.84
25 Gulding, Michael	JR	Robinson	8.94
26 Holmes, Maurice	10	Gonzaga Coll	9.02
27 Gee, Tyler	10	Hereford Hig	9.21
28 Eze, Prince	10	Hereford Hig	9.25
29 Brailey, Andrew	11	George C. Ma	9.27
30 Gutrick, Devon	9	North Point	9.27
31 Linsay, Jabrie	--	Forest Park	9.36
32 Belay, David	11	Annandale	9.38
33 Tinio, Jason Patrick	11	George C. Ma	9.41
34 Nixon, Will	12	Paul VI Cath	9.63
35 Finley, Nikko	JR	Robinson	9.71
36 Morris, De'Shaan	11	Baltimore Po	9.80
37 Chaing, Randy	12	Centreville	9.86
38 Alvarez, Steven	11	Lake Braddoc	10.01
39 Bacon, Jeffery	11	Paul VI Cath	10.14
40 DeBus, Kai	10	Lake Braddoc	10.41
41 Folta, Nestor	11	Oakton	10.41
42 Hohenstein, Tyler	10	Annandale	10.58
43 Fabian, Grant	11	South County	10.64
44 Stromberg, Josh	--	South County	11.58

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Boys 55 Meter Hurdles**Meet Record:** 7.48 ! 12/28/2010 John Jenkins**AAA State:** 7.92 &**North Region:** 8.19 #

7.89 STAT

8.33 REGI

Name	Yr	School	Finals
Finals			
1 Burton, Kashief	12	Milford Mill	7.76&STAT
2 Cai, Ed	12	Thomas Jeffe	7.77&STAT
3 Williams, Kordell	10	DeMatha Cath	8.04#REGI
4 Drain, Armando	12	South Lakes	8.18#REGI
5 Jones, Kyle	11	North Point	8.19#REGI
6 Calderwood, Kaden	12	Langley	8.21 REGI
7 Ransom, Miles	12	Chantilly	8.26 REGI
8 Coopermilller, Stephon	11	Baltimore Po	8.29 REGI

Boys 4x200 Meter Relay**Meet Record:** 1:30.18 ! 12/28/2010 Suitland High School**J Colman, L Jabocs, R Allen, T Jacobs****AAA State:** 1:33.42 &**North Region:** 1:35.26 #

1:33.27 STAT

1:35.91 REGI

Team	Relay	Finals
Finals		
1 Suitland High School	A	1:30.48&STAT
1) Allen, Ryan 12	2) Jacobs, Teyvon 11	
3) davis, tyrell 11	4) winters, david 12	
2 T.C. Williams	A	1:33.32®I
1) Curry, Willie 12	2) Alcon, Abbey Joshua 12	
3) Haskins, Percy 12	4) Summer, Za'Quan 12	
3 Dunbar High School	A	1:33.76#REGI
1) Izegwire, Olu 12	2) Smith, Michael 11	
3) Alston, Ervin 12	4) Garner, Malique 12	
4 DeMatha Cath	A	1:34.36#REGI
1) Gordon, Jahlan 11	2) Haraway, Darryl 9	
3) Monroe, Demory 11	4) Mayuga, Jon 12	
5 Robinson	A	1:34.39#REGI
1) Raymond, Ayo JR	2) Cook, David SR	
3) Creed, Thomas SR	4) Borhauer, Ansel SR	
6 Annandale	A	1:34.93#REGI
1) Manlan, Walter 12	2) Van Balen, Dylan 12	
3) Andoh, Roland 12	4) Ellison, Alex 11	
7 Largo High School	A	1:35.00#REGI
1) Howell, Luis 12	2) coaxum, niko 12	
3) Owens, Andre 11	4) Cisse, Mohamed 12	
8 West Springfield	A	1:36.68
1) Dunn, Jonathan 11	2) Tobias, Robert 11	
3) Breedlove, Danny 12	4) Brew, Victor 12	
9 Bishop McNam	A	1:37.21
1) Stone, David 11	2) Cardwell, Christian 11	
3) Bryant, John-richard 12	4) Albritton-Turner, Cameron 1	

10 Western Tech	A	1:37.39
1) Freeman, Chris 11	2) Odinammadu, Kamsi 11	
3) Streater, Justin 11	4) Akosa, Carrington 10	
11 Centreville	A	1:37.47
1) Smith, Marcell 11	2) Wright, Michael 11	
3) Martin, Brett 12	4) Williams, Texas 12	
12 South Lakes	A	1:38.01
1) Metcalf, Connor 12	2) Ingea, Elias 11	
3) Thai, Aeron 10	4) Terry, Ray 11	
13 North Point	A	1:38.36
1) Briscoe, D'Andre 12	2) Johnson, Tarif 11	
3) Hill, Denzel 11	4) Bradner, James 12	
14 Forest Park	A	1:38.98
1) Washington, Joshua 11	2) Smith, Johnny 12	
3) Hawkins, Elijah 12	4) Batille, Frantz 11	
15 Gonzaga Coll	A	1:39.03
1) Mitchell, Randall 12	2) Dennis, Brandon 12	
3) Shepperd, Zachary 12	4) Watson, Hunter 10	
16 Chantilly	A	1:39.16
1) McDuffy, Arthur 12	2) Terry, Alexander 12	
3) Oputa, Emeka 12	4) Derrios, Michael 9	
17 George C. Marshall	A	1:39.61
1) Fernandez, Louis 12	2) Monticelli, Federico 12	
3) Dallen, Daniel A 11	4) Medric, Ryan T 12	
18 H.D. Woodson	A	1:39.67
1) Taylor, Davaughn 9	2) Thompson, Kevin 10	
3) Terell, Harry 10	4) Horton, DeAndre 11	
19 Eleanor Roos	A	1:39.96
1) Ajanlekokom, Isaac 12	2) Rowe, Julian 10	
3) Carter, Andrew 11	4) Agyei, Hassan 12	
20 Baltimore Po	A	1:40.18
1) Claggett, Dorian 11	2) Stanley, Aaron 11	
3) Kieze, Orville 12	4) Owens, Brandon 12	
21 McKinley Tec	A	1:40.52
1) Christian, Josiah 12	2) Starling, Grier 12	
3) Young, Denacco 12	4) Reid, Terrell 12	
22 Riverdale Baptist	A	1:41.16
1) Acors, Nicolas 11	2) Bosir, Victor 12	
3) Hicks, Darcel 11	4) Akil, Isaiah 9	
23 W.T. Woodson	A	1:41.73
1) Maloy, Kevin 10	2) Ayling, Kevin 11	
3) Cumby, Matt 12	4) Chang, Andrew 11	
24 Roosevelt Se	A	1:41.99
1) Kelly, Abdur-Rahmaan 10	2) Dickens, Terell --	
3) Milligan, William 10	4) Lockett, Donell 12	
25 Paul VI Catholic	A	1:45.15
1) Nixon, Will 12	2) Bacon, Jeffery 11	
3) Daus, Jack 11	4) McGregor, Michael 9	
26 Edison High School	A	1:48.03
1) Caplen, Daniel FR	2) Togbe, Koffi SR	
3) Arhu, Ebenezer SR	4) Gillis, Troy SR	
27 St. John's C	A	1:48.32
1) Paul, Cedric 9	2) Smith, Gregory 9	
3) Vessels, Corey 9	4) Ruffin, Alonzo 9	

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Finals ... (Boys 4x200 Meter Relay)

Team	Relay	Finals
--- South County	A	DQ
1) Butler, Jacob 11	2) Boyd, Joseph 11	
3) Baah, Joseph 12	4) Snare, Trent 11	
--- Robinson	B	DQ
1) Diggs, Stephen SO	2) Roof, Jonathan FR	
3) Witter, Ryan SO	4) Gulding, Michael JR	

Boys 4x400 Meter Relay

Meet Record: 3:23.09 ! 12/29/2007 Meade

M Brinkley, A Uzoh, J Murdock, D Smiles

AAA State: 3:29.97 &

North Region: 3:34.38 #

3:29.70 STAT

3:34.41 REGI

Team	Relay	Finals
Finals		
1 Largo High School	A	3:26.34&STAT
1) coaxum, niko 12	2) Howell, Luis 12	
3) Williams, Anthony 12	4) Cisse, Mohamed 12	
2 Bishop McNam	A	3:27.19&STAT
1) Stone, David 11	2) Dozier, Shamir 12	
3) Cardwell, Christian 11	4) Bryant, John-richard 12	
3 South Lakes	A	3:30.89#REGI
1) Angara, Ian 12	2) Gilmore, Corey 12	
3) Grundahl, Jacob 12	4) Drain, Armando 12	
4 Roosevelt Se	A	3:33.55#REGI
1) Kelly, Abdur-Rahmaan 10	2) Crutchfield, Blair 12	
3) Nurul-Haqq, Aswad 11	4) Miller, Deonte 12	
5 DeMatha Cath	A	3:34.42
1) Brown, Erick 11	2) Williams, Kordell 10	
3) George, David 9	4) Johnson Jr., Daniel 12	
6 Baltimore Po	A	3:34.84
1) Smith, Nicholas 12	2) Stanley, Aaron 11	
3) Coopermilller, Stephon 11	4) Claggett, Dorian 11	
7 Dunbar High School	A	3:37.81
1) Smith, Michael 11	2) Alston, Ervin 12	
3) Garner, Malique 12	4) Izegwire, Olu 12	
8 H.D. Woodson	A	3:41.67
1) Thompson, Kevin 10	2) Horton, DeAndre 11	
3) Chase, Gerald 12	4) Taylor, Davaughn 9	
9 Eleanor Roos	A	3:42.26
1) Clyburn, Jelani 12	2) Agyei, Hassan 12	
3) Bookard, Daniel 12	4) Moduka, Austin 11	
10 Western Tech	A	3:42.39
1) Asefaw, Mark 12	2) Kalu, Obinna 11	
3) Blake, Brandon 11	4) Jones, Kemahn 12	
11 Edison High School	B	3:42.81
1) Sheppard, Shamaal JR	2) Johnson, Ashad JR	
3) Idowu, Tulu SR	4) Knopp, Michael SR	
12 Centreville	A	3:43.23
1) Wright, Michael 11	2) Williams, Texas 12	
3) Christophe, Philip 12	4) Smith, Marcell 11	

13 Gonzaga Coll	A	3:43.28
1) Dennis, Brandon 12	2) Dunbar, Rajee 12	
3) Shepperd, Zachary 12	4) Roberts, Ajani 9	
14 Chantilly	A	3:44.81
1) Ransom, Miles 12	2) Ullom, Nicholas 10	
3) Miller, Logan 11	4) McDuffy, Arthur 12	
15 West Springfield	A	3:45.45
1) Breedlove, Danny 12	2) Ayala, Rodan 12	
3) Stormo, Michael 11	4) Muskett, Michael 11	
16 Forest Park	A	3:45.93
1) Camacho, Daniel 12	2) Foresster, Aaron 12	
3) Green, Jordan 11	4) Zimitis, Scott 11	
17 T.C. Williams	A	3:49.16
1) Curry, Willie 12	2) Tyler, Philip 10	
3) Carrol, Glenn 10	4) Young, Scott 12	
18 Edison High School	A	3:49.72
1) Gharbi, Karim SO	2) Colson, Louis SO	
3) Rangel, John SO	4) Brown, Kyle SO	
19 George C. Marshall	A	3:51.49
1) Medric, Ryan T 12	2) Fernandez, Louis 12	
3) Doherty, Shane 10	4) Gracia, Jonathan 12	
20 W.T. Woodson	A	4:04.01
1) Eshelman, Daniel 12	2) Foster, Kyle 10	
3) Copp, Spenser 11	4) Cumby, Matt 12	
--- McKinley Tec	A	DQ
1) Starling, Grier 12	2) Hill, David 12	
3) Walker, Kyron 12	4) Clark, Kimani 12	

Boys 4x800 Meter Relay

Meet Record: 8:08.5h ! 12/21/1996 Hayfield

AAA State: 8:10.18 &

North Region: 8:24.87 #

8:11.55 STAT

8:20.10 REGI

Team	Relay	Finals
Finals		
1 Forest Park	A	8:31.92
1) Foresster, Aaron 12	2) Gaiser, Andrew 11	
3) Garcia, Joaquin 9	4) Camacho, Daniel 12	
2 South Lakes	A	8:32.34
1) Mchugh, Michael 11	2) Ballard, Sawyer 12	
3) Church, Jeff 12	4) Kerr, Michael 10	
3 West Springfield	A	8:37.83
1) Stormo, Michael 11	2) Rabil, William 11	
3) Muskett, Michael 11	4) Ritter, Cameron 12	
4 Lake Braddock	A	8:40.18
1) Sauerbier, Daniel 12	2) Tuck, Nick 11	
3) Greenwood, William 12	4) Dunlap, Marcus 11	
5 North Point	A	8:42.26
1) Jones, Patrick 11	2) Escanilla, Michael 12	
3) Tarjamo, Markus 12	4) Keim, Robert 11	
6 Eleanor Roos	A	8:43.54
1) Moduka, Austin 11	2) Snyder, Adam 12	
3) Clyburn, Jelani 12	4) Ahalt, Justin 12	

Friends of Indoor Track Invitational - 12/27/2011

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Results

Finals ... (Boys 4x800 Meter Relay)

Team	Relay	Finals
7 Robinson	A	8:48.47
1) Van Acker, Leif JR	2) Janas, David SR	
3) Spahn, Patrick SR	4) Tolbert, John SO	
8 Western Tech	A	9:04.96
1) Kalu, Obinna 11	2) Blake, Brandon 11	
3) Howe, Darius 9	4) Asefaw, Mark 12	
9 George C. Marshall	A	9:05.02
1) Haight, Mackenzie 10	2) Baker, Brendan 9	
3) Ryan, Sean 12	4) Ahmed, Saweel 12	
10 South County	A	9:24.59
1) Puhek, Jeff 12	2) Gorski, Ray 12	
3) Lazar, Jacob 12	4) Stoner, Zachery --	
11 Robinson	B	9:28.79
1) Kozy, Mark JR	2) Cevasco, Brendan SO	
3) Keith, Cameron JR	4) Schumpp, Colin SR	
12 Suitland High School	A	9:29.82
1) Swanson, Vernon 11	2) Brown, Brandon 10	
3) Brown, Shadeed --	4) Blocker, Keith --	
13 Thomas Jefferson S&T	A	9:31.62
1) Wattendorf, Matt 10	2) Chen, Alex 12	
3) Anderson, Daniel 11	4) Hay, Thomas 11	
14 Chantilly	A	9:37.51
1) Cohen, Samuel 11	2) Zhou, Austin 10	
3) Reingold, Michael --	4) Stahle, Austin 11	
15 Centreville	A	9:40.41
1) Talman, Kip 11	2) McLeningan, Andrew 11	
3) Day, Presley 9	4) Lim, Marco 9	

Boys High Jump

Meet Record: 6-09 ! 12/16/2000 Greg McCormick

AAA State: 6-03 &

North Region: 6-00 #

6-03.00 STAT

6-00.00 REGI

Name	Yr	School	Finals
Finals			
1 Jones, Rashaan	11	South Lakes	6-08.00&STAT
2 Lee, Kahron	12	T.C. William	6-02.00#REGI
2 Little, Justin	12	Westfield High S	6-02.00#REGI
4 Seals, John	10	West Springf	J6-02.00#REGI
5 cooper, devon	12	T.C. William	6-00.00#REGI
6 Maku, Richard	12	Annandale	J6-00.00#REGI
7 Breedlove, Danny	12	West Springf	5-10.00
8 Boyd, Joseph	11	South County	5-08.00
8 Summer, Za'Quan	12	T.C. William	5-08.00
10 Abraham, Michael	12	North Point	J5-08.00
11 Holmes, Maurice	10	Gonzaga Coll	J5-08.00
11 Ransom, Miles	12	Chantilly	J5-08.00
13 Hopkins, Chris	10	West Springf	5-06.00
--- Barnes, Christopher	12	DeMatha Cath	NH
--- Frawley, Andrew	SR	Edison	NH
--- Brown, Shadeed	--	Suitland Hig	NH
--- Duff, James	10	Dunbar High	NH
--- Ullom, Nicholas	10	Chantilly	NH

--- Johnson, Ashad	JR	Edison	NH
--- Park, Sung Woo	11	Chantilly	NH
--- Sanson, Timothy	10	Langley	NH
--- Murphy, Ta'Von	10	H.D. Woodson	NH
--- Pugh, Jordan	10	South County	NH
--- Horton, DeAndre	11	H.D. Woodson	NH
--- Matthews, Davon	9	H.D. Woodson	NH
--- Paul, Cedric	9	St. John's C	NH
--- Blocker, Keith	--	Suitland Hig	NH
--- jack, joshua	--	DuVal High S	NH
--- Terry, Ray	11	South Lakes	NH

Boys Pole Vault

Meet Record: 15-06 ! 12/15/2001 David Sullivan

AAA State: 12-09 &

North Region: 12-00 #

13-00.00 STAT

11-11.00 REGI

Name	Yr	School	Finals
Finals			
1 Daugherty, Sean	12	Lake Braddoc	13-06.00&STAT
2 Miller, Austin		Herndon High Sch	13-00.00&STAT
3 Payne, Kevin	11	Hereford Hig	12-06.00#REGI
4 Lietzau, Zak	SR	Robinson	J12-06.00#REGI
5 Wratschko, Lucas	11	Oakton	11-06.00
6 Shotwell, Alexander	11	Forest Park	J11-06.00
7 Nguyen, Eric	11	Chantilly	11-00.00
8 Herlong, Will	SR	Robinson	J11-00.00
9 Schneider, Drew	11	Hereford Hig	10-00.00
9 Sung, Alexander	11	Chantilly	10-00.00
9 Young, Scott	12	T.C. William	10-00.00
12 Whitaker, Duncan	11	Hereford Hig	9-06.00
12 Cox, Najee	--	Oakton	9-06.00
--- Yu, Robert	11	Langley	NH
--- Folta, Nestor	11	Oakton	NH
--- Ahumada, Nicholas	12	T.C. William	NH
--- Austin, Jacob	11	Northeast High S	NH
--- Park, Sung Woo	11	Chantilly	NH
--- Taitano, Ben	JR	Robinson	NH
--- Collins, Connor	11	Hereford Hig	NH
--- String, Andrew	--	Lake Braddoc	NH
--- Zimitis, Scott	11	Forest Park	NH

Boys Long Jump

Meet Record: 24-03.25 ! 12/21/1996 Mike Newell

AAA State: 21-11.75 &

North Region: 20-06 #

22-01.00 STAT

20-09.00 REGI

Name	Yr	School	Finals
Finals			
1 Summer, Za'Quan	12	T.C. William	21-00.00#REGI
2 Carter, Andrew	11	Eleanor Roos	20-03.00
3 Borhauer, Ansel	SR	Robinson	20-01.00
4 Christophe, Philip	12	Centreville	19-10.00
5 Christian, Josiah	12	McKinley Tec	19-05.00

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Results

Finals ... (Boys Long Jump)

Name	Yr	School	Finals
6 Maku, Richard	12	Annandale	19-04.50
7 Medric, Ryan T	12	George C. Ma	J19-04.50
8 Martin, Brett	12	Centreville	19-01.00
9 Oputa, Emeka	12	Chantilly	19-00.00
9 Thornton, Marquis	12	Milford Mill	19-00.00
11 Walton, Marcus	10	Annandale	18-09.00
12 Little, Justin	12	Westfield High S	18-08.50
13 Curry, Willie	12	T.C. William	18-06.50
13 Mitchell, Randall	12	Gonzaga Coll	18-06.50
15 Barte, Alan	11	Thomas Jeffe	18-06.00
15 Yu, Robert	11	Langley	18-06.00
17 Bosir, Victor	12	Riverdale Ba	18-05.50
18 Banks, Stephen	12	West Potomac	18-01.00
19 Akil, Isaiah	9	Riverdale Ba	18-00.00
19 Fernandez, Louis	12	George C. Ma	18-00.00
21 Seals, John	10	West Springf	17-11.00
22 Holmes, Maurice	10	Gonzaga Coll	17-09.00
23 Solomon, Robel	12	Annandale	17-08.75
24 Kern, James	10	W.T. Woodson	17-07.00
25 Young, Denacco	12	McKinley Tec	17-06.00
26 Briscoe, Corey	10	Bishop McNam	17-03.00
27 Chang, Andrew	11	W.T. Woodson	17-01.00
28 Johnson, Tarif	11	North Point	16-08.00
28 Cook, David	SR	Robinson	16-08.00
28 Sanson, Timothy	10	Langley	16-08.00
31 Park, Sung Woo	11	Chantilly	16-07.75
32 Stansfield, Nicholas	SR	Edison	16-06.00
33 Burns, Brian	--	Oakton	16-05.00
34 Richter, Will	10	South County	16-00.00
35 Finley, Nikko	JR	Robinson	15-06.50
36 Mckee, Maxwell	9	Langley	15-05.00
37 Holzhauer, Aaron	SO	Robinson	15-03.00
38 Caplen, Daniel	FR	Edison	14-08.75
39 Paul, Cedric	9	St. John's C	14-03.00
40 Bray, Dana	--	H.D. Woodson	12-10.00
41 Mitike, Fitsum	--	Cardozo High	11-09.50
42 Eberhardt, Nick	9	Langley	11-04.50
--- Breedlove, Danny	12	West Springf	ND
--- Mazloum, Sean	11	Chantilly	ND
--- Stewart, Terry	12	Largo High S	ND
--- Scott, Malik	11	Largo High S	ND
--- McGregor, Michael	9	Paul VI Cath	ND
--- Carr, Jamal	11	Eleanor Roos	ND
--- Gupton, James	11	North Point	ND
--- Daus, Jack	11	Paul VI Cath	ND
--- Chapman, Justin	11	Suitland Hig	ND
--- Mason, Iyrell	11	Suitland Hig	ND
--- Denny, Khayri	10	South Lakes	ND

Boys Triple Jump

Meet Record: 50-00 ! 12/18/1999 Allen Simms

AAA State: 44-08.50 &

North Region: 42-02.50 #

44-09.25 STAT

41-11.00 REGI

Name	Yr	School	Finals
1 Jones, Rashaan	11	South Lakes	44-05.00# REGI
2 McDuffy, Arthur	12	Chantilly	44-03.00# REGI
3 Daye, Tamarus	12	Forest Park	42-02.00 REGI
4 Bryant, John-richard	12	Bishop McNam	41-10.00
5 Rowe, Julian	10	Eleanor Roos	41-07.00
6 Little, Justin	12	Westfield High S	41-06.00
7 Lee, Kahron	12	T.C. William	40-00.00
8 Gray, Darien	11	Gonzaga Coll	39-09.00
9 Amon, Tarik	12	DeMatha Cath	39-03.00
10 Garvin, Timothy	11	T.C. William	39-02.00
11 Daugherty, Sean	12	Lake Braddoc	39-01.00
12 Cai, Ed	12	Thomas Jeffe	39-00.00
13 Christian, Josiah	12	McKinley Tec	38-11.00
13 Barte, Alan	11	Thomas Jeffe	38-11.00
15 Gonzalez, Osscarr	12	Yorktown	38-08.00
16 Ayling, Kevin	11	W.T. Woodson	38-04.00
17 Thompson, Kevin	10	H.D. Woodson	38-02.00
18 Brinson, Brian	12	South Lakes	37-08.00
19 Christophe, Philip	12	Centreville	37-06.50
20 Cook, David	SR	Robinson	37-00.00
21 Stansfield, Nicholas	SR	Edison	36-09.00
22 Solomon, Robel	12	Annandale	36-07.00
23 Howe, Darius	9	Western Tech	36-06.00
24 Park, Sung Woo	11	Chantilly	35-10.00
25 Ha, Yongjoo	11	West Springf	35-03.00
26 Duff, James	10	Dunbar High	34-10.00
27 Walton, Marcus	10	Annandale	34-07.00
28 Sanson, Timothy	10	Langley	34-01.00
29 Chin, Kevin	11	Langley	33-05.00
30 Price, Torrence	12	McKinley Tec	33-04.00
31 Stewart, Horace	12	H.D. Woodson	33-00.00
32 Finley, Nikko	JR	Robinson	32-01.00
33 Mckee, Maxwell	9	Langley	32-00.00
34 Burns, Brian	--	Oakton	30-11.00
--- Mayuga, Jonathan	12	DeMatha Cath	ND
--- Mitike, Fitsum	--	Cardozo High	ND
--- Briscoe, Corey	10	Bishop McNam	ND
--- Mazloum, Sean	11	Chantilly	ND
--- Stephenson, Akeem	12	Oxon Hill Hi	ND
--- Thornton, Marquis	12	Milford Mill	ND
--- Corbin, Hezekiah	10	North Point	ND
--- Sampson, Todd	10	Oxon Hill Hi	ND
--- Burke, Joshua	10	Suitland Hig	ND
--- Chapman, Justin	11	Suitland Hig	ND
--- Paul, Cedric	9	St. John's C	ND

Friends of Indoor Track Invitational - 12/27/2011

PG Sports and Learning Complex

Results

Boys Shot Put

Meet Record: 57-10 ! 12/21/2002 Steve Huntzinger

AAA State: 50-03.25 &

North Region: 45-10.25 #

50-07.75 STAT

45-11.00 REGI

Name	Yr	School	Finals
Finals			
1 Manning, Rashad	9	Riverdale Ba	50-05.00®I
2 Anderson, Jonathan	12	T.C. William	50-02.00# REGI
3 Urratia, Jose	12	T.C. William	46-02.00# REGI
4 Crockett, Michael	12	T.C. William	45-09.00
5 Banks, Jared	SO	Edison	44-08.00
6 Burnett, Richard	12	Bishop McNam	44-05.00
7 Kurtz, Luke	12	Hereford Hig	42-05.00
8 Rawlings, Justin	12	Eleanor Roos	42-04.00
9 Hensley, Graham	11	Hereford Hig	41-02.00
9 Koshuta, Mike	12	Langley	41-02.00
11 Arrington, Charles	12	H.D. Woodson	40-10.00
12 Daye, Tamarus	12	Forest Park	40-02.00
13 Monticelli, Federico	12	George C. Ma	39-11.00
14 Bass, Sean	12	W.T. Woodson	39-10.00
15 Reid, Terrell	12	McKinley Tec	39-06.00
16 Frawley, Andrew	SR	Edison	39-04.00
17 Booker, Zachary	12	Chantilly	39-00.00
18 Clark, Colin	12	Oakton	38-10.00
19 Weatherly, Max	12	W.T. Woodson	38-06.00
20 Bos, Chris	11	West Springf	38-05.00
21 Smith-Holmes, Jonathan	9	DeMatha Cath	38-03.00
22 Rodriguez, Jonathan	SO	Robinson	38-02.00
23 Robinson, Harvey	9	H.D. Woodson	37-10.00
24 Graham, Jerrod	12	North Point	37-09.00
25 Rousseau, Peter	11	St. John's C	35-07.00
25 Njoku, Brian	12	Western Tech	35-07.00
27 Dollard, Mitch	12	Oakton	35-06.00
28 Lose, Steven	12	Annandale	35-05.00
28 Carter, Christian	11	Dunbar High	35-05.00
30 Tobias, Michael	12	West Springf	34-05.00
31 Simpson, Klarance	10	Riverdale Ba	34-04.00
32 Terry, Alexander	12	Chantilly	33-09.00
33 Gulding, Michael	JR	Robinson	33-05.00
34 Screen, Roni	12	Riverdale Ba	33-01.00
35 Milton, Nathan	12	Centreville	30-10.00
36 Gillis, Troy	SR	Edison	30-03.00
37 Kile, Brian	10	South County	30-01.00
38 Matthews, Joseph	9	H.D. Woodson	29-08.00
39 Summers, Adam	SO	Robinson	29-05.00
40 Powers, Greg	12	Riverdale Ba	27-01.00
--- hicks, ryan	--	DuVal High S	ND
--- Beinhart, David	SO	Edison	ND
--- Avers, Teddy	12	Lake Braddoc	ND
--- Antwi, Prince	12	Eleanor Roos	ND
--- Yohannes, Eyassau	11	Annandale	ND
--- Daniels, Matthew	12	Lake Braddoc	ND
--- kolencik, Alex	10	Langley	ND

---	Jackson, Trevon	12	Dunbar High	ND
---	Harris, Daryll	12	Dunbar High	ND
---	Lynn, Michael	9	Riverdale Ba	ND
---	Rana, Issac	12	Oxon Hill Hi	ND
---	Boulware, Quarvez	9	McKinley Tec	ND
---	Johnson, Damion	9	H.D. Woodson	ND
---	Harris, Phillip	10	Milford Mill	ND
---	Lee, Robert	11	Suitland Hig	ND
---	standly, deontea	11	Suitland Hig	ND
---	Keitelman, Paul	--	South County	ND
---	Johnson, Dale	11	Largo High S	ND
---	Martinez-Umana, Juan	12	George C. Ma	FOUL