

WELCOME TO THE

CASSEL'S

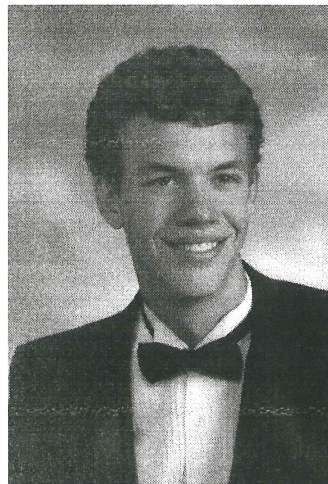
13th Annual Track Experience

20

18



**CHANTILLY HIGH
SCHOOL**



SCHEDULE OF EVENTS

- 7:30 Registration begins; Weigh-in for pole vaulters.
8:15 Coaches Meeting
- 8:30 Girls Shot Put followed by Boys Shot Put *(Sponsored by Big A Brand (Girls) & Reardon Family (Boys))*
(In remembrance of Georgia C. McGuire)
Boys Discus followed by Girls Discus *(Sponsored by the Toney (Boys) & Rogers (Girls) Families)*
Girls Long Jump followed by Girls Triple Jump *((Dedicated to Hall of Famer, Lianne Stahl (92))*
Boys Long Jump followed by Boys Triple Jump *(Dedicated to Hall of Famer, Jimmy Beyeah (2004))*
- 9:00 Boys High Jump followed by Girls High Jump *(Sponsored by Dunkin Donuts (Boys) & Anitas (Girls))*
Girls Pole Vault followed by Boys Pole Vault *(HoF Coach Nicole Kazuba (Girls) & HoF Glen Bayless (Boys))*
- 8:30 Girls 3200m Run *(Sponsored by the Haug Family, in remembrance of Barbara Wigle)*
9:15 Boys 3200m Run *(Sponsor: Captain & Mrs. George Siragusa, USN (R))*
10:00 Girls 100 Meter Low Hurdles *(Dedicated to Hall of Famer Jasmine Nelson (2005))*
10:20 Boys 110 Meter High Hurdles *(Sponsored by Greg Hudson & Family)*
10:40 Girls 400 Meter Dash *(Sponsored by Mission BBQ)*
11:00 Boys 400 Meter Dash *(Dedicated to Hall of Famer Mohamed Labor-Koroma, Jr (2011))*
11:20 Girls 1600m Run (unseeded heats- top 2 in afternoon)
11:35 Boys 1600m Run (unseeded heats-top 2 in afternoon) *(Sponsored by the Applegate Property Services)*

12:30 PM (Recognition of Chantilly HS presentation of Boone Cox Memorial Scholarship, singing of National Anthem)

(All times below are approximate...we will continue ahead on a rolling schedule)

- 1:00 Girls 4x800m Relay *(Dedicated to Ed Lull, CYA Track & Field Director)*
1:15 Boys 4x800m Relay *(Sponsored by the Monson Family)*
1:45 Girls 100m Dash *(Sponsored by Martha Alderman & Family)*
2:20 Boys 100m Dash *(Sponsored by Chantilly Autobody)*
2:40 Girls 1600m Run (top 2 heats only) *(Sponsored by Re Family)*
2:55 Boys 1600m Run (top 2 heats only) *(Dedicated to Brad Siragusa, US Navy SEAL (Class of 2006))*
3:10 Girls 4x100m Relay *(Dedicated to Hall of Famer Sara Kanamine (2006))*
3:25 Boys 4x100m Relay *(Sponsored by Ourisman Toyota of Chantilly)*
3:45 Girls 300m Hurdles *(Sponsored by Northern VA Autobody of Fairfax)*
4:05 Boys 300m Hurdles *(Dedicated to James & Vicki Franks & family)*
4:25 Girls 800m *(Dedicated to Hall of Famer, Alexa Cowne (2013))*
4:45 Boys 800m Run *(Dedicated to Boone Cox & Family, XB III, Kelly & Jordan)*
5:00 Girls 200m Dash *(Dedicated to Hall of Famer Alyssa Aiken (2001))*
5:20 Boys 200m Dash *(Dedicated to Justin West, CHS Record Holder (2015))*
5:45 Girls Freshman 1600m Run *(Dedicated to Hall of Famer, Aryn Fahey (1994))*
6:05 Boys Freshman 1600m Run *(Dedicated to HoFer & US Olympic Trials Qualifier, Sean McGorty (2013))*
6:25 Girls 4x400m Relay *(Sponsored by Potomac River Running)*
6:45 Boys 4x400m Relay *(Sponsored by CYA Track & Field)*

PRESENTATION OF AWARDS:

-1st & 2nd Place Team Trophies- Presented by *Cassel's Sports & Awards*

-Most Outstanding Runner and Field Athlete Awards- Presented by *Potomac River Running*

Cassel's XBC Track Experience
Meet Staff

Director: Dr. Matt Gilchrist

Asst. Director: Jason Franks

Starters: Dan Woolley, Steve Johnson, Charlie Siefert

Referee: Dan Woolley

Announcer: David Criste

Finish Lynx/HyTek: Ivan Chirinos, Kyle Brown, PMV Timing

Clerk of Course: Captain George Siragusa, USN(R), Joe Belkowski (Asst.)

Finish Line Coordinator: Gale Faulkner

High Jump: Joey Muzzio

Pole Vault: Miles Ransom

Horizontal Jumps: James Beyeah, Ed Geraty

Shot Put: Bob Sykes/Matt Miles

Discus: John Morris/Lyzan Rashid

Head of Concessions & Hospitality: Shakita Robinson, Jennifer Monson

Facilities Director: Anver Ansari

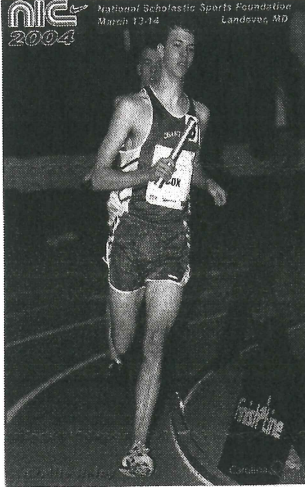
Marketing Director: Chris Huff

Appeals Committee: Joe Belkowski, Gale Faulkner, Captain George Siragusa

XB Cox, IV Memorial Scholarship on behalf of XB III & Kelly Cox

Thank you to all of Chantilly Parents, Faculty and students for volunteering in various positions. Your efforts are sincerely appreciated.

WHAT IS "XBC"?



Literally, "XBC" are the initials for X.B. "Boone" Cox, IV. A member of the Class of 2005, Boone was a 12-season varsity athlete in cross-country, indoor and outdoor track. He earned multiple all-district individual honors, and was a member of the All-Region Chantilly Boys 4x800m relay team. A well rounded athlete, Boone was a 4.0 student and team captain, who attended the University of Virginia in the fall of 2005. He would have graduated in June, 2009.

In January, 2006, Boone was diagnosed with leukemia. This disease turned his own world upside down, and deeply affected all of those around him who love him: his family, his friends, his coaches and former teammates. As he progressed through treatment, and adjusted to life as a cancer survivor, he attacked his new routine with the same vigor and enthusiasm that he displayed for four years as one of Chantilly's top runners. It was this fighting spirit and commitment to success that always touched the Charger coaching staff and team, and it is in this spirit that the Chargers dedicate this invitational towards Boone and his family.

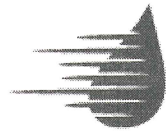
Despite all of the efforts of his doctors, family and friends, Boone lost his battle with leukemia on September 22, 2006. He will live on forever in the hearts and memories of all of those people who knew him best, for his determination, for his smile and laughter, and for his dedication to his team and his sport. He leaves behind not just his memories, but his words:

My request is simple... please, please find a charity, find an organization, find ANYTHING that supports research into a disease such as leukemia, HIV, breast cancer... ANYTHING... and support it. Give money, volunteer time, do anything you can, no matter how small and insignificant it may seem. You never know when something like this may be thrown into your lap, and you never know who may be affected by a disease like this... you think it can't happen to you (I sure didn't) and hopefully it never will, but so long as you're able to help - why not do it?

This experience has truly changed my life in ways that I never could have imagined. Priorities have been flipped upside down, and things that I wouldn't even have given a second thought to in the past I now look at as beauty in everyday life... I hope that you see the value that can be found in the lives of all of your friends and family, and that you take strides toward protecting their lives (and the lives of thousands of others), by supporting an organization which researches life-threatening diseases."Thanks. Boone Cox, March, 2006

It is important to note that cancer of any type is not just a solitary battle. Boone did not fight this alone. Survivors include the afflicted, as well as the families of the victims. Boone's parents, XB III and Kelly, and his sister Jordan, fought this battle alongside him. We, at CHS, realize that many of us may know a cancer victim personally, and wish to remind you that support for each other is as key in the fight against cancer, as is research and funding for better medical techniques. We hope that this meet will remind us of that idea to treasure our opportunities, and to make the best of each opportunity that comes along. This is true in life, as it is in track & field. We wish best of luck to all competitors today.

Coaches Gilchrist, Franks, Ansari, Hicks, Ransom & Soljanyk
Chantilly HS Track & Field/Cross Country



**The Leukemia &
Lymphoma Society®**
Fighting Blood Cancers

Did you know!

- Every 5 minutes someone new is diagnosed with a blood cancer.
- Every 10 minutes someone loses their battle.
- Leukemia causes more deaths than any other cancer among children and young adults under the age of 20.

What is the Leukemia & Lymphoma Society®?

- The Leukemia & Lymphoma Society® is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services.
- 66 chapters in the United States and Canada offer a wide range of programs and services to support the mission to cure leukemia, lymphoma, Hodgkin's disease and myeloma.

How can I help, or find out more:

The Leukemia & Lymphoma Society
5845 Richmond Hwy #800
Alexandria, VA 22303
Ph: 703-960-1100
www.lls.org/nca

For those who might wish to get involved with the fight against leukemia, or to support either the LLS or the Light the Night foundation, please contact Mrs. Kelly Cox at kellywcox@hotmail.com.



Your One Stop Shop!

We Offer

- ★ EMBROIDERY ★ SCREEN PRINT ★
- ★ TROPHIES ★ SPIRIT PACKS ★
- ★ PROMOTIONAL PRODUCTS ★
- ★ SWIM PRO SHOP ★

and much more!

2816 Towerview Rd. Herndon, VA 20171

(703) 435-4446

www.casselonline.com

follow us on



GO CHARGERS!!



CONGRATULATIONS TO THE CHARGER TRACK CLASS OF 2018

We wish you the best of success in the future

The CHS Track & Field Coaching Staff

**Haley Alderman (VA Commonwealth)
Tyler Amos (Johns Hopkins) *
Colton Applegate (Univ. of Virginia)
King Arciaga
Saeed Asghar
Cecelia Bacon (Brown Univeristy)*
Laurel Buck (Johns Hopkins) (Soccer)
Alexa Carlisle (Old Dominion) (Volleyball)
Nicholas Carper (Virginia Tech)
Jonathan Duran-Diaz (George Mason)
Akash Girdhar
Alice Han (Univ. of Virginia)
Julia Haug (James Madison)
Olivia LeFrancois (Virginia Tech)
Karl Lobrin (VA Commonwealth)**

**Marcus Lovett (NVCC)
Justin Luy (Virginia Tech)
Joseph Malazo
Adam Mason (BYU- Idaho)
Ryan Morris (VA Wesleyan) (Lacrosse)
Harrison Shay (Univ. of Tennessee)
Andrew Tam (Stoney Brook)
Eric Tsai (Virginia Tech)
Ronmel Vasquez (NVCC)
Kayla Wigle (Virginia Tech)**

***= Will run Track/
Cross Country**

TEAM CHAMPIONS & TRACK & MOST OUTSTANDING PERFORMERS

Meet Management wishes to thank Cassel's Sports & Awards for providing trophies to the first and second team finishers, as well as to the Most Outstanding Performers (Track & Field) each year. NOTE: All Outstanding Performers are chosen at the conclusion of the meet by Meet Management and a panel of select coaches.

	WOMEN		MEN	
	School	Points	School	Points
2006	Northwest	62 pts	Thomas Edison	100 pts
	Centreville	51 pts	Centreville	73.5 pts
2007	Northwest	60 pts	Magruder	48 pts
	Wootton	53 pts	Stone Bridge	47 pts
2008	Stone Bridge	76 pts	Stone Bridge	77 pts
	Wootton	61 pts	Gonzaga	51 pts
2009	Wootton	100 pts	Fauquier	83 pts
	Stone Bridge	78.33 pts	Chantilly	56 pts
2010	Stone Bridge	53 pts	Hayfield	83 pts
	W.T. Woodson	50 pts	Gonzaga	77 pts
2011	Wootton	87 pts	Westfield	76 pts
	Oakton	77 pts	Thomas Edison	69 pts
2012	Oakton	63 pts	Stone Bridge	58 pts
	Tuscarora-MD	55 pts	Chantilly	56.42 pts
2013	Fauquier	63.5 pts	Chantilly	60.5 pts
	Chantilly	53 pts	Stone Bridge	57.83 pts
2014	Westfield	71 pts	Westfield	91 pts
	Battlefield	67 pts	Chantilly	77.5 pts
2015	Patriot	97 pts	Battlefield	78 pts
	Battlefield	94 pts	Patriot	73 pts
2016	Westfield	131 pts	Tuscarora	75 pts
	South County	86.5 pts	Chantilly	51 pts
2017	Stone Bridge	99.5 pts	Chantilly	75 pts
	Chantilly	58 pts	Annandale	68 pts

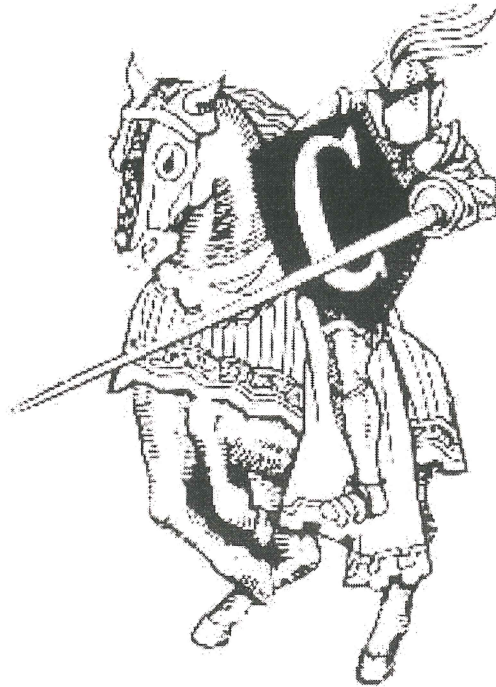
		WOMEN		MEN	
		Athlete	School	Athlete	School
2006	Track MOP	Kristyn Lawson	Riverdale Baptist	Brad Sragusa	Chantilly HS
	Field MOP	Brittini Finch	Centreville	Devan Clark	Edison HS
2007	Track MOP	Jasmine Jones	Hayfield	Daniel Allen	Stone Bridge
	Field MOP	Iva DiValentin	Chantilly HS	Frank Nothaft	Jefferson HSST
2008	Track MOP	Olivia Ekpone	Wootton	Daniel Allen	Stone Bridge
	Field MOP	Chelsea Robinson	Stone Bridge	Darius Ray	Magruder
2009	Track MOP	Jesse Rubin	Wootton	Daniel Allen	Stone Bridge
	Field MOP	Kaylin Newman	Westfield	Quintin Fortes	South Lakes
2010	Track MOP	Taylor Crosson	Robinson	Wayne Fleming	Liberty
	Field MOP	Brittany Johnson	GC Marshall	Joey Muzzio	Robinson
2011	Track MOP	Myah Hicks	Edison	Patrick Joseph	Loudoun County
	Field MOP	Hayley Springman	Stone Bridge	George Owino	Edison
2012	Track MOP	Krystal Clarke	Tuscarora-MD	Michael Thomas-Brown	Mt. Vernon
	Field MOP	Meghan Jean-Baptiste	Oakton	Brandon Chirinos	Tuscarora-VA
2013	Track MOP	Kendall Cowne	Chantilly HS	D'Ante Yarborough	Stone Bridge
	Field MOP	Naihla Rose-Delia	Gar-Field	Dorian Jenkins	Broad Run
2014	Track MOP	Candace Jones	Patriot	D'Ante Yarborough	Stone Bridge
	Field MOP	Katie Friex	Westfield	Devon Burns	Westfield
2015	Track MOP	Rachel McArthur	Patriot	Johnny Pace	Westfield
	Field MOP	Dominique Johnson	Fauquier	Andrew Arlint	Battlefield
2016	Track MOP	Sarah Little	Westfield	Fitsum Seyoum	Tuscarora
	Field MOP	Alexus Foreman	TC Williams	Perry Donkor	South County
2017	Track MOP	Amaya Johnson	Potomac Falls	Bryce McAlpine	Tuscarora
	Field MOP	Jessica Berlin	Lake Braddock	Decker Barborek	Fairfax

MEET RECORDS

BOYS RECORD HOLDER	School	Time/Distance	Year	EVENT	Year	Time/Distance	GIRLS RECORD HOLDER	School
Michael Thomas-Brown	Mt. Vernon	10.69	2012	100m Dash	2008	11.84	Olivia Ekpone	Wootton
Trevor Stewart	South County	21.86	2016	200m Dash	2008	24.42	Olivia Ekpone	Wootton
Trevor Stewart	South County	47.76	2016	400m Dash	2016	57.77	Natalie Lott	Westfield
Brandon McGorty	Chantilly	1:52.43	2017	800m Run	2013	2:13.44	Ellison Grove	Battlefield
Fitsum Seyum	Tuscarora	4:19.05	2016	1600m Run	2013	5:00.50	Kendall Cowne	Chantilly
Sean McGorty	Chantilly	4:33.91	2010	Freshman 1600m Run	2013	5:13.82	Sara Freix	Westfield
Brad Siragusa	Chantilly	9:20.68	2006	3200m Run	2016	10:42.08	Katherine Treanor	Georgetown Day
D'Ante Yarborough	Stone Bridge	14.29	2014	100m/110m Hurdles	2012	15.10	Meghan Jean-Baptiste	Oakton
Bryce McAlpine	Tuscarora	39.00	2017	300m Hurdles	2007	45.14	Jasmine Jones	Hayfield
Devon Burns	Westfield	22' 10"	2014	Long Jump	2008	18' 10"	Alex Oliver	St. John's College HS
George Owino	Edison	47' 7.25"	2011	Triple Jump	2012	37' 0.5"	Amirah Al-Bayyinah	Tuscarora
Dorian Jenkins	Broad Run	6' 6"	2013	High Jump	2014	5' 8"	Nicie Grier-Spratley	Edison
Andrew Arlint	Battlefield	15' 0"	2015	Pole Vault	2008	11' 6"	Emma Dejarnette	Atlee
Michael Kluesner	JEB Stuart	55' 5"	2017	Shot Put	2016	43' 0.75	Alexus Foreman	TC Williams
Quintin Fortes	South Lakes	169' 5"	2009	Discus	2016	128-04	Alexus Foreman	TC Williams
Andre Best, Tyler Smith, Sean Kinnebrew, Daniel Allen	Stone Bridge	42.92	2008	4x100m Relay	2006	49.27	DeAnna Brown, Eris Woodard, Virginia Owens, Marilyn Scott	Dunbar
Michael Scopellite, Justin Loh, Brandon McGorty, Titus Jeffries, Jr	Chantilly HS	3:20.58	2016	4x400m Relay	2007	4:04.54	Kathy Aherne, Tara Okusaga, Kelsey Porter, Becca Stinner	Northwest
Andris Sturans, Adam Huff, Logan Miller, Sean McGorty	Chantilly HS	7:57.25	2013	4x800m Relay	2015	9:27.95	Carla Garcia, Rachel McArthur, Sierra Biber, Candace Jones	Patriot
David D'Alessio, Kris Redding, Josh Volpe, Raphael Chazelle	Northwest	11:03.84	2006	4000m Distance Medley Relay***	2006	13:38.54	Kristy Witek, Jessica Stillwell, Jordan Cox, Alexandra Hally	Chantilly HS

*** DMR Only run in 2006 edition

**CONGRATULATIONS TO THE NINTH CLASS
OF THE CHANTILLY HIGH SCHOOL
CROSS COUNTRY/TRACK & FIELD HALL OF FAME**



Liane Stahli (Class of 1992)

Aryn Fahey (Class of 1994)

Michael Leslie (Class of 1995)

Sara Kanamine (Class of 2006)

Ryan McGorty (Class of 2015)

Coach Nicholas Burgyone (Class of 1998, Coached PV from 2005-2012)

For complete listings of all Hall of Fame members, and their accomplishments, please visit: www.chargerctrack.com for all CHS Hall of Fame or other CHS Track/Cross Country Information.

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 1 Women High Jump (22)

Sponsor: Anitas

Opening Height: 4' 6"

XBC Meet: 5-08 4/26/2014 Nicie Grier-spratley

VA 6A State: 5-02

VA 5A State: 5-00

6A North Reg: 4-10

Name	Yr	School	Seed	Mark
1 Verma, Maya	12	J.E.B. Stuar	5-04.00	_____
2 Allamby, Josephine	JR	Chantilly	5-02.00	_____
3 Bacon, Cecelia	SR	Chantilly	5-02.00	_____
4 Higgins, Erin	12	Stone Bridge	5-00.00	_____
5 Kohler Cristofoli, Sienna	11	Stone Bridge	5-00.00	_____
6 Azcarate, Lauren	12	J.E.B. Stuar	5-00.00	_____
7 Cuellar, Mariana	12	Manassas Par	4-10.00	_____
8 Tinsley, Ayonnah	9	Westfield	4-08.00	_____
9 Stankich, Rachel	11	Manassas Par	4-08.00	_____
10 Smith, Maeve	10	Quince Orcha	4-08.00	_____
11 Johnson, Simien	11	George C. Ma	4-08.00	_____
12 Kashynski, Miranda	10	J.E.B. Stuar	4-08.00	_____
13 Bikim, Arianecain	9	Quince Orcha	4-08.00	_____
14 Van Meter, Christina	11	West Springf	4-06.00	_____
15 Re, Nicole	JR	Chantilly	4-06.00	_____
16 Womble, Olivia	10	Fairfax	4-06.00	_____
17 Moseley, Madison	11	Patriot High	4-06.00	_____
18 Brady, Shea	12	Potomac Fall	4-06.00	_____
19 Smith, Ashley	9	West Springf	4-06.00	_____
20 Rahman, Katerina	11	W.T. Woodson	4-06.00	_____
21 Campbell, Kayla	10	Annandale	4-04.00	_____
22 Maltbie, Jessica	12	Patriot High	4-04.00	_____

Event 2 Men High Jump (32)

Sponsor: Dunkin Donuts

Opening Height: 5' 6"

XBC Meet: 6-06 4/27/2013 Dorian Jenkins

VA 6A State: 6-02

VA 5A State: 6-00

6A North Reg: 5-10

Name	Yr	School	Seed	Mark
1 Sakyi, Terrence	12	T.C. William	6-06.00	_____
2 Pride, Tyler	11	Potomac Fall	6-04.75	_____
3 Park, Riley	11	Manassas Par	6-00.00	_____
4 Patrick, Roman	12	Riverside Hi	5-10.00	_____
5 Hester, Malachi	12	West Springf	5-10.00	_____
6 O'Meara, Kevin	12	West Potomac	5-10.00	_____
7 Dunkelberger, Wade	10	Stone Bridge	5-10.00	_____
8 Costagno, Ronald	12	Herndon	5-10.00	_____
9 Anderson, Ty-ree	12	Annandale	5-10.00	_____
10 Mays, Mason	10	Fairfax	5-08.00	_____
11 Killebrew, Darien	11	The Potomac	5-08.00	_____
12 Woodley, Bizzet	12	Westfield	5-08.00	_____
13 Johnson-Parrotte, Micah	11	Oakton	5-08.00	_____
14 Harrison, Dazon	11	Annandale	5-08.00	_____
15 Burton, Joseph	10	Fairfax	5-06.00	_____
16 Shamat, Mohammed	11	J.E.B. Stuar	5-06.00	_____
17 Wilson, Marcus	10	Patriot High	5-06.00	_____

18 Hull, Liam	10	W.T. Woodson	5-06.00	_____
19 Lephart, Chris	11	Eastern View	5-06.00	_____
20 Brown, Davonte	JR	Chantilly	5-06.00	_____
21 Riley, Kai	12	Thomas Jeffe	5-04.00	_____
22 Bliss, Aidan	JR	Chantilly	5-04.00	_____
23 Hesson, Nick	12	Potomac Fall	5-04.00	_____
24 Lin, Aaron	FR	Chantilly	5-02.00	_____
25 Fahmy, Daniel	12	Westfield	5-00.00	_____
26 Fiorenza, Nicholas	11	Gonzaga Coll	5-00.00	_____
27 Wooten, Jaylen	10	Mount Vernon	NH	_____
28 Jones, Cordale	12	Herndon	NH	_____
29 Stewart, Enrico	11	Mount Vernon	NH	_____
30 Sickels, Jordan	9	Battlefield	NH	_____
31 Hernandez Jimenez, Wand	11	George C. Ma	NH	_____
32 Post, Jordan	11	J.E.B. Stuar	NH	_____

Event 3 Women Pole Vault (30)

Sponsor: Dedicated to Nicole Kazuba, CHS Hall of Fame, 2009

Opening Height: 7' 0"

XBC Meet: 11-06 4/26/2008 Emma Dejarnette *

VA 6A State: 9-09

VA 5A State: 9-00

6A North Reg: 8-09

Name	Yr	School	Seed	Mark
1 McKay, Mary	9	John Handley	11-00.00	_____
2 Anderson, Lauren	12	Westfield	10-06.00	_____
3 Smith, Orah	12	Oakton	9-06.00	_____
4 Luteran, Rachel	10	James W. Rob	9-03.00	_____
5 Sangare, Mariama	10	T.C. William	9-03.00	_____
6 Huckabee, Isabela	11	Thomas Jeffe	8-09.00	_____
7 Hohenstein, Ellie	12	Annandale	8-09.00	_____
8 Oguamena, Kendra	11	T.C. William	8-09.00	_____
9 Summers, Kathleen	11	Fairfax	8-06.00	_____
10 Baumgartner, Alexis	FR	TEHS	8-00.00	_____
11 Beilein, Savannah	11	Eastern View	8-00.00	_____
12 Bussell, Hana	11	Battlefield	8-00.00	_____
13 Fall, Olivia	10	James W. Rob	7-09.00	_____
14 Spangler, Jenna	FR	James W. Rob	7-09.00	_____
15 Grady, Alexis	10	John Handley	7-09.00	_____
16 Ogork, Alessa	JR	TEHS	7-09.00	_____
17 Bishins, Leah	SO	TEHS	7-08.00	_____
18 Aronhime, Caroline	SO	Chantilly	7-06.00	_____
19 Johnson, Deyna	9	Battlefield	7-06.00	_____
20 Phillips, Maddie	10	Eastern View	7-06.00	_____
21 Chadwick, Mattilyn	11	Patriot High	7-06.00	_____
22 Mercer, Sara	10	Quince Orcha	7-03.00	_____
23 Upright, Elizabeth	10	Oakton	7-00.00	_____
24 Hitchcock, Maddie	FR	James W. Rob	7-00.00	_____
25 Serafin, Piper	12	Westfield	7-00.00	_____
26 Johnson, Casey	10	Patriot High	6-06.00	_____
27 Shupp, Allison	10	Thomas Jeffe	6-06.00	_____
28 Schrock, Sophia	12	J.E.B. Stuar	6-00.00	_____
29 Mancoha, Prenna	SO	James W. Rob	6-00.00	_____
30 Gonzales, Virginia	9	J.E.B. Stuar	NH	_____

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 4 Men Pole Vault (37)

Sponsor: Coach Glen Bayless, CHS Hall of Fame, 2014

Opening Height: 8' 6"

Dedicated to Nick Burgoyne, CHS Hall of Fame, 2018

XBC Meet: 15-00 4/25/2015 Andrew Arlint

VA 6A State: 12-09

VA 5A State: 12-06

6A North Reg: 12-00

Name	Yr	School	Seed	Mark
1 Barborek, Decker	12	Fairfax	15-00.00	_____
2 Cherry, Ryan	11	Oakton	14-04.00	_____
3 Walsh, Daniel	12	T.C. William	14-01.00	_____
4 Prue, Dakota	11	Battlefield	14-00.00	_____
5 Joia, Jonathan	12	T.C. William	13-09.00	_____
6 Buckley, Casey	12	Westfield	13-06.00	_____
7 Collins, Matt		Battlefield	13-06.00	_____
8 Lynch, Tyler	10	Battlefield	13-00.00	_____
9 Georges, Zachary	11	Westfield	12-00.00	_____
10 Armel, Jack	11	John Handley	12-00.00	_____
11 Gebiso, Kalkidan	10	T.C. William	11-09.00	_____
12 Gustafson, Harry	11	Oakton	11-06.00	_____
13 Baptiste, Jr., Sherrod	12	T.C. William	11-06.00	_____
14 Hansen, Charlie	12	St. Albans S	11-00.00	_____
15 Tsai, Eric	SR	Chantilly	11-00.00	_____
16 Brown, Zecharias	10	T.C. William	11-00.00	_____
17 Tran, Alex	12	Herndon	10-06.00	_____
18 Cotter, Nate	12	Eastern View	10-06.00	_____
19 Clawson, Will	11	James W. Rob	10-06.00	_____
20 Woodruff, Chancen	12	James W. Rob	10-06.00	_____
21 Han, Justin	10	Thomas Jeffe	10-06.00	_____
22 Doerwaldt, Max	11	John Handley	10-06.00	_____
23 Cordle, Aidan	12	Quince Orcha	10-04.00	_____
24 Luy, Justin	SR	Chantilly	10-00.00	_____
25 Hu, Brian	10	Thomas Jeffe	10-00.00	_____
26 Takanashi, Seita	12	J.E.B. Stuar	9-10.00	_____
27 Reed, Hunter	FR	James W. Rob	9-06.00	_____
28 Gass, Garrett	9	W.T. Woodson	9-06.00	_____
29 Feliciano, Michael	12	Patriot High	9-06.00	_____
30 Karstetter, Joseph	10	Eastern View	9-06.00	_____
31 Brown, Gavin	12	Patriot High	9-06.00	_____
32 Burrer, Jack	10	W.T. Woodson	9-06.00	_____
33 Lamprianidis, Alex	12	Fairfax	9-00.00	_____
34 Vilone, Maher	JR	Chantilly	9-00.00	_____
35 Wonnacott, Taylor	10	Quince Orcha	8-06.00	_____
36 Ventura-Carcamo, Roberto	9	J.E.B. Stuar	NH	_____
37 Krauss, Ben	9	Herndon	NH	_____

Event 5 Women Long Jump (48)

Dedicated to Liane Stahli, CHS Hall of Fame Class of 2018

3 attempts, Top 7 to Finals

XBC Meet: 18-10 4/26/2008 Alex Oliver

VA 6A State: 17-05

VA 5A State: 16-11

6A North Reg: 16-02.25

Name	Yr	School	Seed	Mark
1 Clark, Julia	11	J.E.B. Stuar	17-02.00	_____

2 Brown, Kelsey	12	Battlefield	17-01.75	_____
3 Turner, Jalah	12	Battlefield	16-11.50	_____
4 McCall, Trinity	10	Fairfax	16-10.50	_____
5 Azcarate, Lauren	12	J.E.B. Stuar	16-09.00	_____
6 Snell, Bria	11	Banneker Hig	16-07.00	_____
7 Han, Alice	SR	Chantilly	16-06.25	_____
8 Brookman-Amisshah, Denis	11	Patriot High	16-06.00	_____
9 Seetoo, Emma	9	Westfield	16-05.75	_____
10 Alderman, Haley	SR	Chantilly	16-05.00	_____
11 Rice, Zoe	12	Stone Bridge	16-03.50	_____
12 Flake, Makenzie	11	Stone Bridge	16-00.00	_____
13 Yao Ahouefa, Siby	10	Riverside Hi	15-07.75	_____
14 Miranda, Jاليا	10	Eastern View	15-06.00	_____
15 Otete, Dhiambi	JR	TEHS	15-05.50	_____
16 Campbell, Asher	12	Annandale	15-04.25	_____
17 Jones, Kristen	12	Paul VI Cath	15-02.25	_____
18 May, Acacia	SO	TEHS	15-00.00	_____
19 Ogork, Alessa	JR	TEHS	14-10.50	_____
20 Redding, Olivia	11	Oakton	14-09.00	_____
21 Frank, Maddie	11	Walt Whitman	14-05.00	_____
22 Nahas, Danya	11	W.T. Woodson	14-05.00	_____
23 Brennan, Jillian	9	W.T. Woodson	14-05.00	_____
24 Mackey, Danae	9	West Potomac	14-05.00	_____
25 Au, NhuPhuong	11	Patriot High	14-04.50	_____
26 Leon Ledezma, Valentina	12	Mount Vernon	14-04.50	_____
27 Hinds, Aisha J	10	George C. Ma	14-04.00	_____
28 Soumahro, Jenay	SO	Chantilly	14-04.00	_____
29 Hascall, Alex	10	West Potomac	14-03.50	_____
30 Doherty, Kelly	9	Eastern View	14-03.00	_____
31 Odom, Emma	12	Centreville	14-02.75	_____
32 Faucher, Lindsey	10	Quince Orcha	14-02.00	_____
33 Hicks, Sydney		Rock Ridge	14-01.00	_____
34 Lee, Audrey	11	Tuscarora Hi	13-11.75	_____
35 Allensworth, Lorena	11	Westfield	13-11.50	_____
36 Niamati, Meena	10	Riverside Hi	13-11.00	_____
37 Courtney, Jaylen	12	Herndon	13-11.00	_____
38 Smith, Maeve	10	Quince Orcha	13-08.50	_____
39 Howorth, Sarah	12	Tuscarora Hi	13-07.00	_____
40 Carter-Ogden, Ruby	SO	Chantilly	13-04.00	_____
41 Kisslinger, Gabrielle	10	Walt Whitman	13-00.50	_____
42 Valdivia, Ammy	11	Annandale	13-00.00	_____
43 Weinreich, Tess	9	The Potomac	12-11.00	_____
44 Saran, Riya M	10	George C. Ma	12-09.50	_____
45 Schmitz, Olivia	11	Oakton	12-04.75	_____
46 Schebish, Elizabeth	9	Centreville	11-03.00	_____
47 Fagerstrom, Kerstin	10	Trinity Scho	10-10.50	_____
48 Vuono, Alex	9	The Potomac	10-10.00	_____

Event 6 Men Long Jump (62)

Sponsor: Dedicated to Jimmy Beyeah, CHS Hall of Fame, 2011

3 Attempts, Top 7 to Finals

XBC Meet: 22-10 4/26/2014 Devon Burns

VA 6A State: 21-11

VA 5A State: 20-09

6A North Reg: 20-06.75

Name	Yr	School	Seed	Mark
1 Pride, Tyler	11	Potomac Fall	22-04.00	_____

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 6 ... (Men Long Jump (62))

Name	Yr	School	Seed	Mark
2	Dennis, Izayah	12	Battlefield	21-08.25
3	Christensen, Colin	12	Battlefield	21-07.50
4	Beckett, Galen	10	Battlefield	21-01.50
5	Gibbs, Dominic	11	West Springf	20-09.25
6	Blanc, Jaelyn	11	DeMatha Cath	20-08.00
7	Adeoti, Solomon	10	Walt Whitman	20-07.00
8	Jackson, Dante	FR	TEHS	20-05.25
9	Taylor, Thai	12	Rock Ridge	20-03.00
10	Akines, Elijah	12	Westfield	19-11.50
11	Hesson, Nick	12	Potomac Fall	19-11.50
12	Britt, Joshua	11	West Springf	19-11.00
13	King, Chares	10	Riverside Hi	19-10.00
14	Knight, Jacob	12	Yorktown	19-06.50
15	Lisenby, Bradley	9	West Potomac	19-05.50
16	Luo, Oliver	12	W.T. Woodson	19-05.00
17	Coleman, Ej	11	Herndon	19-04.50
18	Fronza, Justin	10	Gonzaga Coll	19-04.25
19	Derwin II, Aaron	12	Quince Orcha	19-03.00
20	Moody, Miles	11	Riverside Hi	19-03.00
21	Ricks, Tinwin	12	Herndon	19-00.00
22	O'Meara, Kevin	12	West Potomac	19-00.00
23	Molualisi, Blanco	12	Tuscarora Hi	18-11.50
24	Hinton, Saadiq	11	Westfield	18-11.25
25	Proctor, Noah	11	Eastern View	18-10.00
26	Walcott, Jr., Alvin	12	George C. Ma	18-07.00
27	Tsai, Eric	SR	Chantilly	18-06.00
28	Alhalali, Ahmed	12	J.E.B. Stuar	18-06.00
29	Blevins, Michael	11	Eastern View	18-05.00
30	Summers, Cameron	11	DeMatha Cath	18-01.25
31	Williams, Christian	SO	TEHS	18-00.50
32	Tomlin, Elijah	11	Rock Ridge	18-00.00
33	Stevens, Quinton	9	W.T. Woodson	17-09.50
34	Ellington, Owen	9	Gonzaga Coll	17-09.00
35	Corpuz, Noah	10	Fairfax	17-07.00
36	Boxley, Charles	SO	Chantilly	17-06.00
37	Brown, Davonte	JR	Chantilly	17-05.50
38	Tate, Anthony	12	Annandale	17-05.00
39	Matthews, Devin	10	J.E.B. Stuar	17-05.00
40	Stewart, Enrico	11	Mount Vernon	17-04.25
41	Mevo, Alfred	11	Quince Orcha	17-04.25
42	Harper, Matthew	FR	Chantilly	17-03.50
43	Laudermilk, Jaylen	9	Rock Ridge	17-03.50
44	Burton, Joseph	10	Fairfax	17-03.00
45	Bliss, Aidan	JR	Chantilly	17-02.50
46	Tolbert, Travien	10	Mount Vernon	17-01.00
47	Hughes, Tanner M	11	George C. Ma	17-01.00
48	Ridley, Camden	10	Stone Bridge	17-00.00
49	Davis, Alexander	SO	Chantilly	17-00.00
50	Cheng, Edward	12	Thomas Jeffe	16-11.00
51	Tian, Frank	12	Thomas Jeffe	16-08.00
52	Fitzhugh, Samuel	FR	Chantilly	16-07.00
53	Xu, Adam	9	Oakton	16-05.75
54	Wilson, Brian	12	The Potomac	16-02.00
55	Blanda, Christopher	9	Oakton	16-02.00
56	Carter, Joshua	10	Walt Whitman	16-00.00

57	Lehane, Maximus	10	Annandale	15-08.75
58	Rucker, Austin	11	The Potomac	15-01.50
59	Awuah, Samuel	11	Tuscarora Hi	15-01.00
60	Mattison, Marshall	9	Stone Bridge	14-11.00
61	Knight, Justin	10	Yorktown	14-04.75
62	Davenport, Trosodas	FR	Chantilly	13-11.00

Event 7 Women Triple Jump (35)

Sponsor: The Bowerman Family

3 Attempts, Top 7 to Finals

XBC Meet: 37-00.50 4/28/2012 Amirah Al-Bayyinah

VA 6A State: 37-05.75

VA 5A State: 35-06

6A North Reg: 34-06.75

Name	Yr	School	Seed	Mark
1	Otete, Dhiambi	JR	TEHS	36-02.50
2	Morgan, Jasmine	SR	TEHS	36-01.00
3	Barnes, Natalie	11	Stone Bridge	35-11.50
4	Turner, Jalah	12	Battlefield	35-06.00
5	Babende, Tatiana	9	Battlefield	35-05.75
6	Williams, Abigail	SR	TEHS	34-07.50
7	Maurice, Hilary	10	Manassas Par	34-06.00
8	Kashynski, Miranda	10	J.E.B. Stuar	32-05.00
9	Maltbie, Jessica	12	Patriot High	32-03.00
10	Lee, Audrey	11	Tuscarora Hi	31-08.00
11	Verma, Maya	12	J.E.B. Stuar	31-02.25
12	Poe, Taylor	9	Annandale	30-05.75
13	Nahas, Danya	11	W.T. Woodson	30-02.50
14	Moseley, Madison	11	Patriot High	30-00.00
15	Howorth, Sarah	12	Tuscarora Hi	30-00.00
16	Barbero, Marissa	SO	Chantilly	29-11.00
17	Niamati, Meena	10	Riverside Hi	29-10.00
18	Doherty, Kelly	9	Eastern View	29-06.00
19	Hart, Brianna	12	Fairfax	29-03.50
20	DuBois, Rebecca	10	Paul VI Cath	29-02.00
21	Hicks, Sydney		Rock Ridge	29-01.25
22	Smith, Maeve	10	Quince Orcha	29-01.00
23	Lavenhouse, Trinity	12	Westfield	29-00.50
24	Miranda, Jalicia	10	Eastern View	29-00.00
25	Kohler Cristofoli, Sienna	11	Stone Bridge	28-11.50
26	Carter-Ogden, Ruby	SO	Chantilly	28-09.75
27	Han, Alice	SR	Chantilly	28-08.00
28	Jamison, Taylor	11	West Potomac	28-07.00
29	Gallard, Oivia	9	Paul VI Cath	28-03.50
30	Faucher, Lindsey	10	Quince Orcha	28-02.50
31	Jones, Claire	SO	Chantilly	27-03.75
32	Jackson, Ahmari	12	Westfield	27-02.00
33	Guzman, Monica	9	Riverside Hi	24-05.00
34	Valdivia, Ammy	11	Annandale	24-00.00
35	Fagerstrom, Kerstin	10	Trinity Scho	ND

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 8 Men Triple Jump (44)

Sponsor: The Bowerman Family

3 Attempts, Top 7 to Finals

XBC Meet: 47-07.25 4/30/2011 George Owino

VA 6A State: 44-02.75

VA 5A State: 42-09

6A North Reg: 42-00

	Name	Yr	School	Seed	Mark
1	Agossou, Marc	11	Fairfax	44-01.00	_____
2	Abdelrahman, Mohamad	11	Herndon	43-06.50	_____
3	Dennis, Izayah	12	Battlefield	42-10.00	_____
4	Blanc, Jaelyn	11	DeMatha Cath	42-05.00	_____
5	Molualisi, Blanco	12	Tuscarora Hi	41-10.50	_____
6	Christensen, Colin	12	Battlefield	41-08.00	_____
7	Bostic, Calvin	12	Rock Ridge	41-07.00	_____
8	Dean, Caleb	11	DeMatha Cath	41-04.00	_____
9	Patrick, Roman	12	Riverside Hi	41-03.50	_____
10	King, Chares	10	Riverside Hi	40-04.50	_____
11	Moody, Miles	11	Riverside Hi	40-01.50	_____
12	Le, Ian	12	Westfield	39-07.00	_____
13	Yates, Thomas	11	Eastern View	39-07.00	_____
14	Sickels, Jordan	9	Battlefield	39-06.00	_____
15	Fronza, Justin	10	Gonzaga Coll	38-10.50	_____
16	Riley, Kai	12	Thomas Jeffe	38-10.00	_____
17	Kassaye, Matthew	12	The Potomac	38-10.00	_____
18	Tolbert, Travien	10	Mount Vernon	38-07.50	_____
19	Mevo, Alfred	11	Quince Orcha	38-06.00	_____
20	Woodley, Bizzet	12	Westfield	38-04.00	_____
21	Proctor, Noah	11	Eastern View	38-04.00	_____
22	Williams, Christian	SO	TEHS	38-01.00	_____
23	Hesson, Nick	12	Potomac Fall	38-00.50	_____
24	Charecky, Michael	10	West Springf	37-05.25	_____
25	Hull, Liam	10	W.T. Woodson	37-05.00	_____
26	Harvey, Gavin	9	Stone Bridge	37-02.00	_____
27	Coker, Anwar		Rock Ridge	37-00.00	_____
28	Jones, William	11	W.T. Woodson	36-11.00	_____
29	Ellington, Owen	9	Gonzaga Coll	36-10.50	_____
30	Post, Jordan	11	J.E.B. Stuar	36-04.50	_____
31	Kode, Pranav	SO	Chantilly	36-01.50	_____
32	Fitzhugh, Samuel	FR	Chantilly	35-11.75	_____
33	McNabb, Gavin	10	George C. Ma	35-09.00	_____
34	Shamat, Mohammed	11	J.E.B. Stuar	35-05.50	_____
35	Brown, Davonte	JR	Chantilly	35-02.00	_____
36	Tian, Frank	12	Thomas Jeffe	34-11.25	_____
37	Laatour, Robert	9	Annandale	34-10.50	_____
38	Kargbo, Idrissa	9	Annandale	34-09.50	_____
39	Boyd, Michael	10	Stone Bridge	34-07.00	_____
40	Colon, Joey	12	The Potomac	34-04.50	_____
41	Crutchfield, Gabriel	9	Oakton	33-10.00	_____
42	Knight, Jacob	12	Yorktown	33-00.00	_____
43	Knight, Justin	10	Yorktown	30-02.00	_____
44	Sengupta, Mayuk	10	George C. Ma	30-01.00	_____

Event 9 Women Discus Throw (54)

Sponsor: The Toney & Rogers Families

3 Attempts, Top 7 to Final

XBC Meet: 128-04 4/30/2016 Alexis Foreman

VA 6A State: 110-00

VA 5A State: 104-07

6A North Reg: 96-07

	Name	Yr	School	Seed	Mark
1	Thrasher, Tayelor	12	Westfield	121-07	_____
2	Kuo, Jodie	10	The Potomac	109-05	_____
3	Clarke, Simone	12	J.E.B. Stuar	101-06	_____
4	Wan, Annaliese	11	George C. Ma	97-08	_____
5	Schwartz, Caitlin	12	Annandale	93-07	_____
6	Park, Sophia	12	Yorktown	93-00	_____
7	Lenderman, Kyra	11	Stone Bridge	91-06	_____
8	Whelan, Maura	12	Tuscarora Hi	90-05	_____
9	Curlee, Kyla	11	Fairfax	89-08	_____
10	Griffin, Briana	10	Patriot High	89-04	_____
11	Gary, Sophia	12	Yorktown	88-11	_____
12	Hull, Jaliyah	11	Eastern View	85-10	_____
13	Cottoms, Tykia	9	Eastern View	84-06	_____
14	Powers, Julia	SR	TEHS	83-07	_____
15	Hines, Lauren	11	Stone Bridge	82-00	_____
16	Kuo, Megan	10	Fairfax	81-09	_____
17	Thomas, Cora	10	Paul VI Cath	80-04	_____
18	D'Imperio, Lindsay	JR	Chantilly	80-03	_____
19	Huckabee, Isabela	11	Thomas Jeffe	78-08	_____
20	Foerster, Keeley	9	Tuscarora Hi	78-04	_____
21	Stuart, Delaney E	11	George C. Ma	78-02	_____
22	Gamez, Angelic	12	Potomac Fall	77-01	_____
23	Woo, Amanda	11	Manassas Par	75-08	_____
24	Howell, Tianna	12	Mount Vernon	75-02	_____
25	Wikiera, Amy	12	Battlefield	74-09	_____
26	Owusu, Josie	11	Potomac Fall	74-05	_____
27	Oliver, Maddy	10	Trinity Scho	74-00	_____
28	Arthur, Merom	9	Battlefield	73-09	_____
29	Edwards, Kailey	12	Centreville	72-09	_____
30	Dieng, Aida	12	Westfield	72-01	_____
31	Brown, Zaraya	9	Annandale	70-06	_____
32	Lopez, Alexis	11	Patriot High	70-04	_____
33	Avoletta, Sydney	10	Paul VI Cath	70-00	_____
34	LaBar, Amelia	JR	Chantilly	69-03	_____
35	Carlisle, Alexa	SR	Chantilly	68-09	_____
36	Ehlers, Hannah	JR	Chantilly	68-07	_____
37	Salmans, Clara	9	West Springf	67-09	_____
38	Rashid, Mastan	JR	Chantilly	66-07	_____
39	Morse, Miriam	10	Thomas Jeffe	66-06	_____
40	Mesri, Sarah	10	Quince Orcha	65-05	_____
41	Fish, Sydney	FR	Chantilly	63-05	_____
42	Bustillos, Brithany	JR	Chantilly	62-02	_____
43	Perkins, Jaida	10	J.E.B. Stuar	61-10.50	_____
44	Battan, Emily	11	Walt Whitman	60-10	_____
45	Orlov, Katya	SO	Chantilly	60-03	_____
46	Lasota, Taya	10	The Potomac	58-09.50	_____
47	Nicholas, Tori	11	Oakton	58-01	_____
48	Vargas, Andri	10	W.T. Woodson	56-04	_____

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 9 ... (Women Discus Throw (54))

Name	Yr	School	Seed Mark
49 Yoon, Grace	9	W.T. Woodson	54-00
50 Shaher, Isabella	10	Centreville	52-07.25
51 Bishop, Zara	9	West Potomac	45-00
52 Nowell, Margaret	9	Walt Whitman	32-06
53 Butt, Mahmina	11	Mount Vernon	30-00
54 Christenson, Charlotte	10	Trinity Scho	ND

Event 10 Men Discus Throw (56)

Sponsor: The Toney & Rogers Families

3 Attempts, Top 7 to Final

Dedicated to Matt Dobson, CHS Hall of Fame, 2013

XBC Meet: 169-05 4/25/2009 Quintin Fortes

VA 6A State: 141-07

VA 5A State: 134-04

6A North Reg: 130-03

Name	Yr	School	Seed Mark
1 Allen, Robert	12	Potomac Fall	143-01
2 Bowman, Jared	10	Riverside Hi	142-01
3 Kirby, Carrington	12	Battlefield	140-05
4 Lee, Daniel	SR	TEHS	138-04
5 Monroe, Bobby	12	Westfield	134-08
6 Colon, Joey	12	The Potomac	130-00
7 Richlin, Alex	10	Oakton	121-03
8 Foster, James	11	Stone Bridge	116-10
9 Smith, Derek	12	Patriot High	116-08
10 Wilkins, Nathaniel	10	Fairfax	115-00
11 Chadwick, Clayton	12	Yorktown	113-06
12 Guerra, Rogelio	11	Centreville	113-02
13 Toney, Jack	12	Oakton	111-11
14 Canterbury, Noble	9	Patriot High	110-08
15 Knight, Jacob	12	Yorktown	107-03
16 Robinson, Michael	12	Battlefield	107-01
17 Blose, Daniel	11	Stone Bridge	104-06
18 Jones, Jarett	11	The Potomac	103-00
19 Titus, Zion	12	Quince Orcha	102-09
20 Blevins, Michael	11	Eastern View	101-10
21 Mpanya, Ejiba	11	Potomac Fall	101-08
22 Thomas, Gavin	11	Centreville	101-02
23 Thirkill, Noah	11	Trinity Scho	101-02
24 Watson, Collin	10	Gonzaga Coll	99-03
25 Yates, Jordan	10	Eastern View	99-02
26 Kim, Alex	10	Riverside Hi	99-00
27 Kestyn, Bobby	11	Fairfax	99-00
28 Girdhar, Aakash	SR	Chantilly	97-06
29 Malone, Anthony	11	West Potomac	97-03
30 Brooke, James T	12	George C. Ma	95-08
31 Medina, Jackson	FR	TEHS	95-04
32 Godin, David	11	Thomas Jeffe	95-01
33 Turner, Jack	11	Tuscarora Hi	93-08
34 Reyes, Jaime	11	Mount Vernon	92-02
35 Kouevi, Cedric	12	Mount Vernon	92-00
36 Raymond, Kyle	12	Westfield	91-09
37 Legum, Travis	11	W.T. Woodson	90-06
38 Graham, Sam	12	Paul VI Cath	90-00
39 Ohene, Alex	11	Annandale	90-00

40 Williams, Joshua	9	Gonzaga Coll	89-09
41 Moreno, Denilson	SO	Chantilly	88-09
42 Rogers, Bryan	FR	Chantilly	88-04
43 Gerber, Jeffery	10	Thomas Jeffe	85-10
44 Belkayat, Zak	10	Annandale	85-08
45 Caldwell, Bobby	12	Tuscarora Hi	85-05
46 Fuentes, Alfredo	10	West Potomac	84-07
47 Mpalang, Andrew	9	W.T. Woodson	84-07
48 Griffin, Matthew	12	J.E.B. Stuar	84-03
49 Lindsey, Michael	11	Manassas Par	82-04
50 Adubi, Paul B	11	George C. Ma	81-05
51 Duero, Kyle	9	Manassas Par	72-10
52 Hoernig, Micah	11	Trinity Scho	72-07
53 Wiese, Ted	9	Walt Whitman	67-01.50
54 Wirth, Coleman	11	J.E.B. Stuar	67-01
55 Mickum, Ben	11	Walt Whitman	60-00
56 Chirchi, Nour	SO	TEHS	ND

Event 11 Women Shot Put (51)

Sponsor: Big A Brand

3 Attempts, Top 7 to Final

Dedicated to Lauren Thomas, CHS Hall of Famer, 2010

XBC Meet: 43-00.75 4/30/2016 Alexis Foreman

VA 6A State: 36-06.25

VA 5A State: 34-03

6A North Reg: 34-01

Name	Yr	School	Seed Mark
1 Thrasher, Tayelor	12	Westfield	39-04.00
2 Carlisle, Alexa	SR	Chantilly	34-05.50
3 Stuart, Delaney E	11	George C. Ma	34-03.75
4 Curlee, Kyla	11	Fairfax	34-00.00
5 Schwartz, Caitlin	12	Annandale	33-07.50
6 Ford, Erika	12	W.T. Woodson	33-04.00
7 Collins, Cemara	9	Riverside Hi	32-10.50
8 Fort, Brittany	9	Battlefield	32-01.50
9 Lin, Ashley	12	Thomas Jeffe	31-06.50
10 Griffin, Briana	10	Patriot High	31-01.00
11 Hines, Lauren	11	Stone Bridge	30-11.50
12 Mensah, Christabelle	10	Patriot High	30-11.00
13 Arthur, Merom	9	Battlefield	30-01.00
14 Malay, Shravani	11	Fairfax	30-00.00
15 Cottoms, Tykia	9	Eastern View	29-02.00
16 Edwards, Kailey	12	Centreville	29-01.00
17 Clarke, Simone	12	J.E.B. Stuar	28-11.00
18 Hull, Jaliyah	11	Eastern View	28-09.50
19 Salmans, Clara	9	West Springf	28-06.00
20 Collins, Nia	9	Annandale	28-04.50
21 McHenry, Julianne	11	Paul VI Cath	28-03.50
22 Howell, Tianna	12	Mount Vernon	28-01.50
23 Kuo, Jodie	10	The Potomac	28-00.00
24 Owusu, Josie	11	Potomac Fall	27-08.00
25 Schmitz, Audrey	11	Oakton	27-05.25
26 Perkins, Jaida	10	J.E.B. Stuar	27-02.50
27 Powers, Julia	SR	TEHS	27-00.50
28 Cao, Kha	12	Mount Vernon	26-06.25
29 Rogers, Brianna	JR	Chantilly	26-05.75
30 Park, Sophia	12	Yorktown	26-01.75

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 11 ... (Women Shot Put (51))

Name	Yr	School	Seed	Mark
31 Flake, Makenzie	11	Stone Bridge	26-01.00	_____
32 Whelan, Maura	12	Tuscarora Hi	25-11.00	_____
33 Shaher, Isabella	10	Centreville	25-09.00	_____
34 Marillery, Cassandra	12	Paul VI Cath	25-07.75	_____
35 Morse, Miriam	10	Thomas Jeffe	25-06.50	_____
36 Cooper, Emera	FR	Chantilly	25-05.00	_____
37 Dieng, Aida	12	Westfield	25-04.50	_____
38 de Oliveira, Daphne	10	Yorktown	25-03.00	_____
39 Wan, Annaliese	11	George C. Ma	25-01.25	_____
40 Woo, Amanda	11	Manassas Par	24-08.00	_____
41 Gamez, Angelic	12	Potomac Fall	24-07.00	_____
42 Bray, Amira	11	Tuscarora Hi	24-04.00	_____
43 Conteh, Sento	9	W.T. Woodson	23-00.00	_____
44 Oliver, Maddy	10	Trinity Scho	22-07.50	_____
45 Montes, Sophia	11	Oakton	22-03.00	_____
46 Headley, Georgia	10	Walt Whitman	21-11.00	_____
47 Battan, Emily	11	Walt Whitman	21-05.00	_____
48 Bishop, Zara	9	West Potomac	20-01.00	_____
49 Acheampong, Stacy	9	West Potomac	18-10.00	_____
50 Efreem, Miira	10	The Potomac	18-09.00	_____
51 Christenson, Charlotte	10	Trinity Scho	ND	_____

Event 12 Men Shot Put (53)

Sponsor: The Reardon Family

3 Attempts, Top 7 to Finals

In remembrance of Georgia C. McGuire

XBC Meet: 55-05 4/29/2017 Michael Kluesner

VA 6A State: 49-00.75

VA 5A State: 48-01

6A North Reg: 45-05.75

Name	Yr	School	Seed	Mark
1 Smith, Derek	12	Patriot High	45-10.50	_____
2 Guerra, Rogelio	11	Centreville	44-04.00	_____
3 Thomas, Gavin	11	Centreville	43-08.00	_____
4 Birge, Tyler	11	Patriot High	42-01.00	_____
5 Malsam, Jackson	11	Fairfax	42-00.00	_____
6 Kestyn, Bobby	11	Fairfax	41-06.25	_____
7 Bowman, Jared	10	Riverside Hi	41-01.50	_____
8 Lindsey, Michael	11	Manassas Par	40-03.00	_____
9 Kirby, Carrington	12	Battlefield	39-11.00	_____
10 Chirchi, Nour	SO	TEHS	39-10.00	_____
11 Krush, Christopher	12	Oakton	39-10.00	_____
12 Wells, Tyler	11	Eastern View	39-04.75	_____
13 Clark, Jason	JR	Chantilly	39-01.00	_____
14 Titus, Zion	12	Quince Orcha	38-08.00	_____
15 Lee, Daniel	SR	TEHS	37-07.00	_____
16 Alexander-Goldsmith, Josl	10	Westfield	37-02.50	_____
17 Ohene, Alex	11	Annandale	37-02.00	_____
18 Hesson, Nick	12	Potomac Fall	36-10.50	_____
19 Blose, Daniel	11	Stone Bridge	36-07.25	_____
20 Malone, Anthony	11	West Potomac	36-06.50	_____
21 Colon, Joey	12	The Potomac	36-06.00	_____
22 Yates, Jordan	10	Eastern View	36-05.50	_____
23 Robinson, Michael	12	Battlefield	36-05.00	_____
24 Lipscomb, Miles	12	Potomac Fall	36-05.00	_____

25 Hiep, Thomas	11	Oakton	36-03.00	_____
26 Madaj, Jack	JR	Chantilly	36-02.75	_____
27 Gerber, Jeffery	10	Thomas Jeffe	36-01.50	_____
28 Williams, Joshua	9	Gonzaga Coll	35-08.25	_____
29 Palmer, Thadius	12	Westfield	35-02.50	_____
30 Reyes, Jaime	11	Mount Vernon	35-01.00	_____
31 McGlone, Michael	11	Riverside Hi	35-00.50	_____
32 Caldwell, Bobby	12	Tuscarora Hi	34-10.75	_____
33 Belkayat, Zak	10	Annandale	33-09.50	_____
34 Ryder, James	11	W.T. Woodson	33-07.50	_____
35 Brooke, James T	12	George C. Ma	33-07.00	_____
36 Medina, Jackson	FR	TEHS	33-05.00	_____
37 Kouevi, Cedric	12	Mount Vernon	33-05.00	_____
38 Wirth, Coleman	11	J.E.B. Stuar	32-11.00	_____
39 Dereje, Phillip	12	The Potomac	32-09.00	_____
40 Lee, Samuel	11	W.T. Woodson	32-09.00	_____
41 Wiese, Ted	9	Walt Whitman	32-02.00	_____
42 Clancy, Liam	12	Trinity Scho	31-11.00	_____
43 Kowkabi, Cyrus J	12	George C. Ma	31-09.00	_____
44 Thirkill, Noah	11	Trinity Scho	31-07.00	_____
45 Griffin, Matthew	12	J.E.B. Stuar	31-07.00	_____
46 Fuentes, Alfredo	10	West Potomac	30-05.00	_____
47 Watson, Collin	10	Gonzaga Coll	30-01.25	_____
48 Knight, Justin	10	Yorktown	30-00.50	_____
49 Liang, Derrick	10	Thomas Jeffe	29-10.25	_____
50 Duero, Kyle	9	Manassas Par	29-09.50	_____
51 Mickum, Ben	11	Walt Whitman	29-01.00	_____
52 Harvey, coree	9	DeMatha Cath	21-03.00	_____
53 Jones, Zach	12	Tuscarora Hi	ND	_____

Event 13 Women 4x800 Meter Relay (14)

Dedicated to Ed Lull, CYA Track & Field

XBC Meet: 9:27.95 4/25/2015 Patriot

C Garcia, R McArthur, S Biber, C Jones

VA 6A State: 9:33.83

VA 5A State: 9:49.63

6A North Reg: 9:53.77

Team	Relay	Seed	Time
1 Paul VI Cath	A	9:59.81	_____
2 Walt Whitman	A	10:01.50	_____
1) El-Hifnawi, Jenan 12	2) Ashley, Shanthi 11		
3) Sklaire, Elizabeth 10	4) McDonald, Breanna 11		
3 W.T. Woodson	A	10:15.00	_____
1) Peterson, Josie 11	2) Brennan, Olivia 12		
3) Weiss, Samantha 11	4) Greening, Allison 9		
4 Fairfax	A	10:18.30	_____
1) Soyster-Heinz, Sloan 11	2) Meade, Kate 11		
3) Tran, Chloe 12	4) Baxter-Gagen, Kayleigh 12		
5 Tuscarora Hi	A	10:27.41	_____
1) Wolcott, Emma 12	2) Hassebrock, Ava 11		
3) Tunador, Maya 10	4) Carrigan, Elizabeth 9		
6 West Springf	A	10:35.24	_____
1) Smith, Kyrsten 11	2) Pepper, Anna 9		
3) Coleman, Taylor 9	4) Lermo, Leslie 12		
7 Westfield	A	10:37.13	_____
1) Hart, Jacqueline 12	2) Choi, Eunice 10		
3) Duba, Summer 12	4) Lindahl, Erika 10		

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 13 ... (Women 4x800 Meter Relay (14))

Team	Relay	Seed Time
8 TEHS	A	10:38.49
1) Klein, Erin SO	2) Guerrero, Alexis JR	
3) Nasse, Abigail FR	4) Nelson, Olivia SO	
9 Potomac Fall	A	10:39.78
1) Mogensen, Kelly 12	2) Olia, Erin 11	
3) Means, Tyler 11	4) Brady, Shea 12	
10 Riverside Hi	A	10:45.93
1) Cole, Anna 10	2) Fieser, Amelie 10	
3) Hill, Alanna 11	4) Johnson, Sarah 10	
11 George C. Ma	A	10:56.64
12 Thomas Jeffe	A	11:06.53
1) Covey, Margaret 12	2) Xu, Hanna 11	
3) Du, Michelle 10	4) Evanisko, Sophia 9	
13 T.C. William	A	12:04.01
1) Cromley, Lena 11	2) Naughton-Rockwell, Tessa 1	
3) Ulmer, Madeline 10	4) Keum, Corinna 9	
14 Mount Vernon	A	NT
1) Fonseca, Trisha 12	2) Dejesus, Dayanette 12	
3) Hutcheson, Larissa 11	4) Walthall, Ashley 9	

Event 14 Men 4x800 Meter Relay (24)

Sponsor: The Monson Family

Dedicated to Logan Miller, CHS Hall of Fame, 2016

XBC Meet: 7:57.25 4/27/2013 Chantilly HS

A Huff, A Sturans, L Miller, S McGorty

VA 6A State: 8:07.22

VA 5A State: 8:05.45

6A North Reg: 8:19.82

Team	Relay	Seed Time
1 Patriot High	A	8:11.62
1) Polhamus, Liam 10	2) Polhamus, Miles 11	
3) Gulati, Sahil 11	4) Sriver, Justin 11	
2 George C. Ma	A	8:16.45
1) Quin, Connor N 12	2) Kennedy, Sanchir T 11	
3) Smith, Benjamin S. 11	4) Blackwell, William 10	
3 Potomac Fall	A	8:18.21
1) Ghetta, Kian 12	2) Groscup, Charles 12	
3) Linza, Andrew 12	4) Mott, Aidan 12	
4 Tuscarora Hi	A	8:21.40
1) Johnson, Derek 12	2) Nibbelink, Benjamin 12	
3) Bryant, Avery 12	4) Fella, Sammy 11	
5 Walt Whitman	A	8:24.90
1) Engels, Joshua 12	2) Rumsfeld, Ben 11	
3) Yu, Dalton 11	4) Onwuamaegbu, Obi 11	
6 Chantilly	A	8:30.00
1) Monson, James JR	2) Shay, Harrison SR	
3) Puhok, Joshua SO	4) Amos, Tyler SR	
7 Gonzaga Coll	A	8:30.63
1) Colucci, John 12	2) Stackhouse, Marcus 11	
3) Capuano, Cullen 10	4) McElhennon, Gavin 10	
8 Oakton	A	8:31.36
1) Johnson, Tripp 12	2) Sullivan, Scott 11	
3) Messaros, Zach 11	4) Buttrey, Bryce 9	

9 TEHS	A	8:40.00
1) Sonnefeld, Garrett SO	2) Pinkney, Kyle JR	
3) Wallace, Liam SO	4) Overton, James SR	
10 Riverside Hi	A	8:40.37
1) Rocha, Justin 12	2) Viadero, Jason 11	
3) Bollman, Samuel 10	4) Sequino, Greyson 11	
11 West Springf	A	8:42.24
1) Steele, Josh 9	2) Neal, Criostoir 12	
3) Libman, Justin 12	4) Bailey, Will 12	
12 T.C. William	A	8:45.00
1) Keum, Marcus 11	2) Ballestero, Sebastian 9	
3) Belaye, Eyasu 9	4) Gebiso, Kalkidan 10	
13 Thomas Jeffe	A	8:45.38
1) Judish, Max 12	2) Malhotra, Rayaana 11	
3) Diperna, Leo 10	4) Bumbar, Turner 10	
14 Stone Bridge	A	8:52.48
1) Hughes, Jack 12	2) Disilvestre, Jackson 11	
3) Fryer, Andrew 11	4) Cheng, Mitchell 9	
15 Westfield	A	8:59.00
1) Diachenko, Max 12	2) Lacalle, David 12	
3) Choi, Victor 12	4) Warrington, John 12	
16 Eastern View	A	8:59.82
1) Cotter, Nate 12	2) LaRosa, Matthew 11	
3) Bencomo, Andres 12	4) Akbar, Elijah 9	
17 W.T. Woodson	A	9:00.00
1) Stohlman, Sean 12	2) Brodniak, Hunter 10	
3) Dempster, Cody 10	4) Weiss, Paul 9	
18 J.E.B. Stuar	A	9:00.00
1) Asmelash, Sem 10	2) Simaitis, Ethan 10	
3) Abdinoor, Mohamud 10	4) Bessie, Bereket 9	
19 Fairfax	A	9:02.25
1) Lamprianidis, Alex 12	2) Tran, Noah 10	
3) Indugula, Niam 9	4) Burton, Joseph 10	
20 Annandale	A	9:04.08
1) Nguyen, Nghia 12	2) DiPerna, Vincent 11	
3) Peters, Nate 10	4) Bile, Mohamed 10	
21 Paul VI Cath	A	9:05.90
22 The Potomac	A	9:41.37
1) Brooks, Hamilton 12	2) Zhang, Louis 10	
3) Kassaye, Caleb 9	4) Nayyar, Shaurya 9	
23 Manassas Par	A	9:41.94
1) Smith, Matthew 11	2) Cruz, Michael 10	
	4) Lam, Nathan 9	
24 Mount Vernon	A	9:49.00
1) Van Buren, Matthew 11	2) Mills, Kai 9	
3) Alvarez-Carcamo, Bryan 11	4) Snel, Christoffer 11	

Event 15 Women 100 Meter Hurdles (38)

Dedicated to Jasmine Nelson Hart, CHS Hall of Fame, 2015

XBC Meet: 15.10 4/28/2012 Meghan Jean-baptiste

VA 6A State: 15.20

VA 5A State: 15.49

6A North Reg: 16.40

Name	Yr	School	Seed Time
1 Barnes, Natalie	11	Stone Bridge	14.97
2 Moseley, Madison	11	Patriot High	15.69
3 Rice, Zoe	12	Stone Bridge	15.95

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 15 ... (Women 100 Meter Hurdles (38))

Name	Yr	School	Seed Time
4 Brookman-Amisshah, Denis	11	Patriot High	16.09
5 Jackson, Bijee	12	Episcopal	16.10
6 Dirkse, Michelle G	12	George C. Ma	16.17
7 Lin, Ashley	12	Thomas Jeffe	16.44
8 Jones, Kayla	11	Battlefield	16.45
9 Cassata, Bridget	10	W.T. Woodson	16.73
10 Kjorness, Ashley	12	Mount Vernon	16.74
11 Backes, Madalyn	9	West Springf	16.90
12 Lanser, Juliette	11	West Springf	17.34
13 Bochkova, Jacqueline	11	Fairfax	17.66
14 Eby, Ashlyn	11	Paul VI Cath	17.67
15 Peacock, Isis	11	W.T. Woodson	17.67
16 Olsen, Katarina	9	Yorktown	17.98
17 Barbero, Marissa	SO	Chantilly	18.00
18 Soumahro, Jenay	SO	Chantilly	18.06
19 Gardner, Kamoni	11	Battlefield	18.14
20 Liacopolous, Dina	12	Yorktown	18.29
21 Slater, Sophie	11	Walt Whitman	18.34
22 Huynh, Nali	11	Thomas Jeffe	18.36
23 Morgan, NeShanti	11	Riverside Hi	18.37
24 Headley, Georgia	10	Walt Whitman	18.38
25 Dear, Grace	10	Quince Orcha	18.50
26 Holz, Sarah	12	Potomac Fall	18.83
27 Endersbee, Lauren	11	Riverside Hi	18.92
28 Lagura, Hanna	12	Westfield	18.94
29 Kim, Taylor	12	Westfield	19.11
30 Hougaard, Anna	9	Oakton	19.16
31 Campbell, Kayla	10	Annandale	19.17
32 Odom, Emma	12	Centreville	19.43
33 DuBois, Rebecca	10	Paul VI Cath	19.49
34 Hunt, Hannah	10	Oakton	19.66
35 Allache, Laeticia	10	J.E.B. Stuar	20.75
36 Agrafas, Sophia	9	Annandale	21.82
37 Ice, Madeline	10	George C. Ma	21.88
38 Walthall, Ashley	9	Mount Vernon	NT

Event 16 Men 110 Meter Hurdles (45)

Sponsor: Greg Hudson & Family

XBC Meet:	14.29	4/26/2014	D'Ante Yarborough
VA 6A State:	15.12		
VA 5A State:	15.55		
6A North Reg:	15.95		

Name	Yr	School	Seed Time
1 Pride, Tyler	11	Potomac Fall	14.59
2 McNamara, Matthew	12	W.T. Woodson	15.20
3 Wilson, Marcus	10	Patriot High	15.21
4 Harris, Belton	12	Riverside Hi	15.31
5 Dean, Caleb	11	DeMatha Cath	15.36
6 Branch, Joseph	12	West Springf	15.44
7 Johnson, Dean	10	Herndon	15.86
8 Taylor, Thai	12	Rock Ridge	15.90
9 Ajavon, Litchfield	11	Episcopal	16.20
10 Fiorenza, Nicholas	11	Gonzaga Coll	16.38
11 Gillmore, Austin R	12	George C. Ma	16.66
12 Carlisle, Geoffrey	10	Battlefield	16.78

13 Tsai, Eric	SR	Chantilly	17.04
14 Kutlug, Mehmet	11	Tuscarora Hi	17.14
15 Gordon, Brad	10	West Springf	17.24
16 Kanaan, Mitchell	10	Westfield	17.27
17 Aiello, Thomas	SR	TEHS	17.27
18 Wright, Matthew	11	Paul VI Cath	17.35
19 Hoffman, Sean	11	Battlefield	17.52
20 Bennett, Ryan	10	Riverside Hi	17.64
21 Christofides, Andreas	11	Walt Whitman	17.64
22 Knight, Jacob	12	Yorktown	17.65
23 Zameer, Muhammad	10	J.E.B. Stuar	17.67
24 Killebrew, Darien	11	The Potomac	17.68
25 Martin, Malcolm	10	Quince Orcha	17.71
26 Adjani-Aldrin, John Edwa	11	Quince Orcha	17.84
27 Duren, Ryan	11	Paul VI Cath	17.87
28 Thanigai, Athilesh	11	Thomas Jeffe	17.87
29 Stroh, Nathan	12	Thomas Jeffe	17.99
30 Bonilla - Reyes, Jensen	12	Westfield	18.35
31 Bookbinder, Alexander	11	Yorktown	18.55
32 Washington, Marcus	11	Eastern View	18.63
33 Koroma, Bakai	10	Centreville	18.76
34 Heitman, Elijah	9	Centreville	18.78
35 Kargbo, Idrissa	9	Annandale	18.80
36 Davis, Alexander	SO	Chantilly	18.92
37 Barnes, Isaiah	11	W.T. Woodson	19.01
38 Cook, Anthony	11	Eastern View	19.29
39 Mohd, Aiman	9	George C. Ma	19.30
40 Fitzhugh, Samuel	FR	Chantilly	19.31
41 Sarvis, Cameron	11	Patriot High	19.44
42 Boucher, Dylan	SO	Chantilly	19.53
43 Samuels, Pj	11	The Potomac	21:00.00
44 Wiese, Ted	9	Walt Whitman	NT
45 Cole, James	9	Mount Vernon	NT

Event 17 Women 100 Meter Dash (69)

Sponsor: Martha Alderman & Family

Dedicated to Jenny Geldermann, CHS Hall of Fame, 2014

XBC Meet:	11.84	4/26/2008	Olivia Ekpone
VA 6A State:	12.44		
VA 5A State:	12.63		
6A North Reg:	12.79		

Name	Yr	School	Seed Time
1 Fitzsimon, Bridget	12	Paul VI Cath	12.46
2 Snell, Bria	11	Banneker Hig	12.50
3 Simmon, Kennedy		Rock Ridge	12.60
4 Jones, Inaya	12	Westfield	12.64
5 Seetoo, Emma	9	Westfield	12.67
6 Wong, Angelique	12	Rockville	12.69
7 Linville, Melody	10	Yorktown	12.74
8 McCall, Trinity	10	Fairfax	12.79
9 Cummings, Malioka	12	W.T. Woodson	12.80
10 Johnson, Jordan	12	Rock Ridge	12.81
11 Morgan, Jasmine	SR	TEHS	12.85
12 Brown, Kelsey	12	Battlefield	12.91
13 Alderman, Haley	SR	Chantilly	12.95
14 Moore, Nina	10	Episcopal	12.97
15 Wright, Jade	10	Rock Ridge	13.00

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 17 ... (Women 100 Meter Dash (69))

Name	Yr	School	Seed	Time
16 Kyle, Danejah	9	Quince Orcha	13.00	_____
17 Thomas, Madison		Rock Ridge	13.04	_____
18 Hamilton, Kristen A	11	George C. Ma	13.05	_____
19 May, Acacia	SO	TEHS	13.17	_____
20 Maurice, Hilary	10	Manassas Par	13.21	_____
21 Chisolm, Chelsea	9	Patriot High	13.24	_____
22 Mackey, Danae	9	West Potomac	13.25	_____
23 Lobo, Ariela	11	Eastern View	13.29	_____
24 Gunn, Sydney	10	Quince Orcha	13.30	_____
25 Knowles, Taylor	11	Stone Bridge	13.30	_____
26 Lee, Micah	10	Eastern View	13.30	_____
27 Cunningham, Catherine	12	Paul VI Cath	13.33	_____
28 Baumgartner, Alexis	FR	TEHS	13.40	_____
29 Hart, Brianna	12	Fairfax	13.40	_____
30 Bass, Yukorah	9	Riverside Hi	13.42	_____
31 Han, Alice	SR	Chantilly	13.45	_____
32 Yao Ahouefa, Siby	10	Riverside Hi	13.47	_____
33 Cooper, Emera	FR	Chantilly	13.53	_____
34 Crockett, Kelanie	12	Patriot High	13.57	_____
35 Schourek, Candace	11	W.T. Woodson	13.60	_____
36 Dubose, Aniya	12	Banneker Hig	13.61	_____
37 Farmer, Gabrielle	12	West Potomac	13.62	_____
38 Robinson, Aariel	10	Eastern View	13.65	_____
39 Faour, Nadia	12	Potomac Fall	13.67	_____
40 Kimbrough, Taylor	11	Battlefield	13.68	_____
41 Wong, Atira	10	Rockville	13.69	_____
42 Hakkli, Julianna		Eastern View	13.70	_____
43 Eaton, Amaya	JR	Chantilly	13.73	_____
44 Check, Isabella	10	Yorktown	13.74	_____
45 Landy, Leeza	10	Walt Whitman	13.74	_____
46 Berliner, Isabella A	11	George C. Ma	13.78	_____
47 Mullings, Juvianadean	9	Oakton	13.87	_____
48 Stoute, Alisha	9	Stone Bridge	13.90	_____
49 Frank, Maddie	11	Walt Whitman	13.90	_____
50 Jones, Claire	SO	Chantilly	14.02	_____
51 Bush, Kendra	FR	Chantilly	14.05	_____
52 Van Meter, Christina	11	West Springf	14.07	_____
53 Chollette, Jenelle	9	J.E.B. Stuar	14.07	_____
54 Cuellar, Mariana	12	Manassas Par	14.12	_____
55 Dickson, Danielle	10	W.T. Woodson	14.14	_____
56 Hunt, Hannah	10	Oakton	14.14	_____
57 Sanchez, Doraliz	9	Mount Vernon	14.19	_____
58 Malcolm, Shelby	10	The Potomac	14.25	_____
59 Acosta, Catarina	9	West Springf	14.26	_____
60 Morton, Lexi	12	Tuscarora Hi	14.30	_____
61 Lewis, Nia	10	Annandale	14.33	_____
62 Ding, Tammy	9	Thomas Jeffe	14.36	_____
63 Josties, Jordan	11	Tuscarora Hi	14.50	_____
64 Yadav, Pratistha	JR	Chantilly	14.88	_____
65 Yang, Mia	10	Thomas Jeffe	15.03	_____
66 Schebish, Elizabeth	9	Centreville	15.29	_____
67 Kargbo, Fauzah	9	Annandale	15.37	_____
68 Reyes, Kaisly	9	Mount Vernon	15.66	_____
69 Ellis, Faith	9	Centreville	16.43	_____

Event 18 Men 100 Meter Dash (67)

Sponsor: Chantilly Autobody

XBC Meet: 10.69 4/28/2012 Michael Thomas-Brown

VA 6A State: 11.26

VA 5A State: 11.28

6A North Reg: 11.38

Name	Yr	School	Seed	Time
1 Kamara, Sam	11	Episcopal	11.10	_____
2 Derwin II, Aaron	12	Quince Orcha	11.20	_____
3 Simmonds, Doval	10	West Potomac	11.20	_____
4 Jones, Perris	12	Episcopal	11.26	_____
5 Adeoti, Solomon	10	Walt Whitman	11.27	_____
6 Luy, Justin	SR	Chantilly	11.28	_____
7 Hwang, Minyoung	12	Thomas Jeffe	11.29	_____
8 Akines, Elijah	12	Westfield	11.34	_____
9 Allen, Robert	12	Potomac Fall	11.35	_____
10 Hinton, Saadiq	11	Westfield	11.37	_____
11 Luo, Oliver	12	W.T. Woodson	11.40	_____
12 Genovez Green, Aaron	11	Quince Orcha	11.40	_____
13 Bailey, Alex	12	Tuscarora Hi	11.47	_____
14 Reid, Jordyn	10	Mount Vernon	11.47	_____
15 Summers, Cameron	11	DeMatha Cath	11.50	_____
16 Jones, Cordale	12	Herndon	11.52	_____
17 Khan, Daarian	12	Tuscarora Hi	11.55	_____
18 Hughes, Tanner M	11	George C. Ma	11.55	_____
19 Hu, Brian	10	Thomas Jeffe	11.62	_____
20 Gibbs, Dominic	11	West Springf	11.63	_____
21 Moreno, Daniel	11	Manassas Par	11.64	_____
22 Hirani, Rohan	11	Oakton	11.64	_____
23 Glover, Terrance	10	Patriot High	11.65	_____
24 Kang, Ian	12	Thomas Jeffe	11.66	_____
25 Abdelrahman, Mohamad	11	Herndon	11.68	_____
26 Stephenson, Brooks	10	West Springf	11.69	_____
27 Brown, Davonte	JR	Chantilly	11.70	_____
28 Smith, Damon	10	Gonzaga Coll	11.72	_____
29 Beckett, Galen	10	Battlefield	11.73	_____
30 Mays, Mason	10	Fairfax	11.73	_____
31 Evans, Nathan	11	Centreville	11.73	_____
32 Caffo, Nick	12	Patriot High	11.74	_____
33 Dennis, Izayah	12	Battlefield	11.75	_____
34 Logan, Josh	9	Eastern View	11.76	_____
35 Luo, Jiahao	12	George C. Ma	11.77	_____
36 Palmer, Jack	11	J.E.B. Stuar	11.77	_____
37 Harvey, Gavin	9	Stone Bridge	11.79	_____
38 Proctor, Noah	11	Eastern View	11.80	_____
39 Landefeld, Porter	10	Yorktown	11.80	_____
40 Jackson, Eric	11	The Potomac	11.81	_____
41 Titus, Tuhafeni	SO	TEHS	11.82	_____
42 Farfan, Robert	JR	TEHS	11.84	_____
43 Lippy, Robert	11	Riverside Hi	11.84	_____
44 Horton, Ben	12	Walt Whitman	11.84	_____
45 Thomas, Aaron	9	Banneker Hig	11.85	_____
46 Quansah, Albert	12	Annandale	11.87	_____
47 Matthews, Devin	10	J.E.B. Stuar	11.87	_____
48 Agossou, Marc	11	Fairfax	11.88	_____
49 Lisenby, Bradley	9	West Potomac	11.88	_____

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 18 ... (Men 100 Meter Dash (67))

Name	Yr	School	Seed Time
50 King, Ashton	9	Eastern View	11.89
51 Tanzola, Robert	11	Riverside Hi	11.92
52 Killebrew, Darien	11	The Potomac	11.92
53 Perry-Elem, Ta-Juan	10	Yorktown	11.94
54 Namay, Dj	10	Potomac Fall	12.04
55 Nininger, Colin D	11	George C. Ma	12.11
56 Egbars, Presley	11	Centreville	12.17
57 Newman, Nick	9	Manassas Par	12.24
58 Balot, Ryan	10	Paul VI Cath	12.30
59 Robinson, Mark	JR	Chantilly	12.34
60 Le, Namkhang	SO	Chantilly	12.34
61 Mattison, Marshall	9	Stone Bridge	12.34
62 Duffy, Aidan	12	Gonzaga Coll	12.38
63 Danso, Daniel	10	Mount Vernon	12.70
64 Becker, Edwin	9	Oakton	12.95
65 Lehaney, Maximus	10	Annandale	13.02
66 Sherman, Zach	10	Paul VI Cath	13.63
67 Brooks, Curtis	10	Banneker Hig	NT

Event 19 Women 1600 Meter Run (56)

Sponsor: The Re Family

In Memory of Lt.Col. Mark Scott USAF (R), & Family, Kim & Kate.

XBC Meet: 5:00.50 4/27/2013 Kendall Cowne

VA 6A State: 5:07.21

VA 5A State: 5:20.24

6A North Reg: 5:15.69

Name	Yr	School	Seed Time
1 Yentz, Lindsay	12	Patriot High	5:06.02
2 Re, Nicole	JR	Chantilly	5:13.42
3 Holt, Ashley	12	George C. Ma	5:14.29
4 Cantrell, Jessica	11	Broadway	5:17.58
5 Sajonia, Isabelle	12	Quince Orcha	5:20.17
6 Muller, Suzie	10	Stone Bridge	5:20.21
7 Luther, Kelsey	11	Stonewall Ja	5:22.68
8 Szabos, Sydney	10	Thomas Jeffe	5:23.55
9 Graves, Emily	10	Patriot High	5:24.85
10 Oliver, Maddy	10	Trinity Scho	5:28.72
11 Lauwers, Alicia	10	Walt Whitman	5:28.90
12 Daniels, Sarah	SR	Lake Braddock	5:30.00
13 Tunador, Maya	10	Tuscarora Hi	5:30.64
14 West, Katie	10	Tuscarora Hi	5:31.95
15 Heaton, Helen	11	West Springf	5:33.84
16 Seaward, Haley	11	West Springf	5:34.24
17 Whitehouse, Catherine	11	Yorktown	5:35.24
18 Gilyard, Kirstyn	11	Eastern View	5:35.43
19 Willey, Jacqueline	12	W.T. Woodson	5:37.06
20 O'Cadiz, Emiko	10	J.E.B. Stuar	5:37.15
21 Henson Vendrell, Raphael	12	Paul VI Cath	5:37.45
22 Nyborg, Natalie	11	Quince Orcha	5:37.99
23 Dickenson, Rachael	12	Westfield	5:39.14
24 Fowler, Paige	10	W.T. Woodson	5:41.00
25 Graser, Claire	11	Battlefield	5:41.51
26 Wu, Elizabeth	FR	Chantilly	5:43.35
27 Weinberg, Emmersen	10	Walt Whitman	5:44.15
28 Ginger, Kenzie	10	Battlefield	5:48.73

29 Jonathan, Justine	11	Fairfax	5:48.80
30 Medearis, Eliza	10	T.C. William	5:50.00
31 Mackey, Kirin	9	T.C. William	5:50.00
32 Baxter-Gagen, Kayleigh	12	Fairfax	5:52.30
33 Dhue, Helen	11	Oakton	5:52.64
34 Granberg, Abigail	9	Centreville	5:54.04
35 Menchavez, Sarah	10	Riverside Hi	5:56.49
36 Johnson, Sarah	10	Riverside Hi	5:59.41
37 Zydallis, Gaby	9	Potomac Fall	6:00.00
38 Koon, Caroline	12	Potomac Fall	6:00.00
39 Fagerstrom, Kerstin	10	Trinity Scho	6:00.17
40 Guerrero, Adrianna	JR	TEHS	6:00.56
41 Phillips, Nicole	10	Westfield	6:01.14
42 Landefeld, Savannah	12	Yorktown	6:01.36
43 Smith, Windsor	10	The Potomac	6:03.58
44 Culver, Mattison	SO	Chantilly	6:04.16
45 Schlechty, Abigail R	11	George C. Ma	6:08.93
46 Du, Michelle	10	Thomas Jeffe	6:11.43
47 Lee, Jessica	12	Centreville	6:11.89
48 Treadwell, Noelle	10	Stone Bridge	6:15.57
49 Villanueva, Stefany	11	J.E.B. Stuar	6:21.00
50 Phillips, Paige	JR	TEHS	6:22.91
51 Eichenauer, Martha	11	The Potomac	6:40.00
52 Smith, Lindsey	JR	TEHS	6:45.00
53 Modell, Sophia	9	Walt Whitman	6:49.50
54 Armstrong, Evelyn	9	Centreville	6:56.37
55 Dejesus, Dayanette	12	Mount Vernon	7:49.00
56 Kelley, Mikiah	10	Mount Vernon	NT

Event 20 Men 1600 Meter Run (78)

Sponsor: Applegate Property Services, LLC

Dedicated to Brad Siragusa, US Navy SEAL & CHS Hall of Fame, 09

XBC Meet: 4:19.05 4/30/2016 Fitsum Seyum

VA 6A State: 4:22.12

VA 5A State: 4:26.31

6A North Reg: 4:34.56

Name	Yr	School	Seed Time
1 Asmelash, Natnael	12	J.E.B. Stuar	4:23.77
2 Johnson, Derek	12	Tuscarora Hi	4:25.80
3 Joiner, Mason	12	Westfield	4:26.45
4 Giannini, David	11	Gonzaga Coll	4:28.22
5 Makenin, William	12	West Potomac	4:28.31
6 Bryant, Avery	12	Tuscarora Hi	4:28.43
7 O'Cadiz, Matthew	12	J.E.B. Stuar	4:28.49
8 Thoms, Chris	12	Quince Orcha	4:28.85
9 Leech, Jackson	11	W.T. Woodson	4:31.79
10 Moses, Justin	12	Westfield	4:31.88
11 Bratt, Aaron	11	Walt Whitman	4:33.02
12 Lebahn, Kyle	10	Westfield	4:33.31
13 Fowlie, Hunter	11	Mount Vernon	4:34.29
14 Middleton, Gavin	10	Yorktown	4:34.86
15 Albertini, Scott	11	Bullis Schoo	4:35.45
16 Early, Quinn	10	J.E.B. Stuar	4:35.47
17 LaCava, Mason	11	Stonewall Ja	4:36.69
18 Fellah, Sammy	11	Tuscarora Hi	4:37.00
19 Sriver, Justin	11	Patriot High	4:37.07
20 Hamacher, Ryan	11	Patriot High	4:37.64

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 20 ... (Men 1600 Meter Run (78))

Name	Yr	School	Seed Time
21 Morales, Daniel	11	Oakton	4:37.84
22 Robinson, Drew	12	Fairfax	4:38.30
23 Groscup, Charles	12	Potomac Fall	4:39.31
24 Khatri, Robin	10	Centreville	4:42.81
25 Johnson, Greg	11	West Springf	4:43.24
26 Lozano, Chris	10	West Springf	4:43.24
27 Hamacher, Jacob	10	Patriot High	4:43.25
28 Abdelraof, Khalid	12	Oakton	4:43.97
29 Kennedy, David	10	Battlefield	4:44.11
30 Marlow, Patrick	JR	Chantilly	4:44.13
31 Cyr, Wyatt	JR	Chantilly	4:44.26
32 Allen, Jack	10	Fairfax	4:46.70
33 Velikonja, Albert	10	Yorktown	4:47.02
34 Moar, Colin	11	W.T. Woodson	4:47.06
35 Walsh, Collin	11	Stone Bridge	4:47.42
36 Sreeram, Aravind	10	Thomas Jeffe	4:48.14
37 Cotter, Nate	12	Eastern View	4:48.58
38 Francese, Luke	10	Gonzaga Coll	4:49.33
39 Tussey, Ernest	11	Stone Bridge	4:49.63
40 Shay, Harrison	SR	Chantilly	4:50.51
41 Applegate, Colton	SR	Chantilly	4:51.40
42 Murphy, Michael	11	Walt Whitman	4:51.47
43 Jaynes, Adam	SO	Chantilly	4:52.68
44 Michael, Tomas	12	Trinity Scho	4:54.52
45 Nickelsburg, Justin	12	T.C. William	4:55.00
46 Barr, Owen	10	West Potomac	4:55.31
47 Tirrell, Jackson	10	Battlefield	4:55.71
48 LeMasters, Bruce	JR	Chantilly	4:56.47
49 Barnes, Mason	10	Centreville	4:57.32
50 Ganta, Akshay	SO	Chantilly	4:57.48
51 Stanley, Tucker	10	Thomas Jeffe	4:58.52
52 Thomas, Matthew	11	Riverside Hi	4:59.00
53 Stanley, Ethan	10	Thomas Jeffe	4:59.25
54 Broadbent, Jeffrey K	10	George C. Ma	4:59.39
55 Canavan, Connor	JR	Chantilly	4:59.80
56 Cabral, Isaac	11	Potomac Fall	4:59.87
57 Eggert, Mitchell	10	Annandale	5:00.79
58 Yang, Louis	SO	Chantilly	5:01.94
59 Buchsbaum, Noah	11	Quince Orcha	5:02.00
60 O'Such, Joseph	10	Riverside Hi	5:03.47
61 LaRosa, Matthew	11	Eastern View	5:03.58
62 Bhardwaj, Kanav	JR	Chantilly	5:04.43
63 Perry, Andrew	SO	Chantilly	5:05.86
64 Hadley, Cameron	SO	Chantilly	5:06.23
65 Sonnefeld, Garrett	SO	TEHS	5:06.81
66 Wallace, Liam	SO	TEHS	5:07.37
67 Polovchik, Timothy	JR	TEHS	5:07.74
68 Keum, Marcus	11	T.C. William	5:08.00
69 Durr-Cannon, Javonte	11	Annandale	5:09.00
70 Brady, Shane	9	Battlefield	5:17.30
71 Haug, Joshua	SO	Chantilly	5:20.70
72 Alvarez, Elvis	9	Mount Vernon	5:28.00
73 Wernick, Grant	9	Trinity Scho	5:29.48
74 Nation, Ayden	9	Paul VI Cath	5:29.66
75 Smith, Matthew	11	Manassas Par	5:30.33

76 Cruz, Michael	10	Manassas Par	5:41.19
77 Kiernan, Patrick	9	Paul VI Cath	6:14.12
78 DeLaVile, Rafael	10	The Potomac	6:35.00

Event 21 Women 4x100 Meter Relay (21)

Dedicated to Sara Kanamine, CHS Class of 2018

XBC Meet: 49.27 4/29/2006 Brown, Woodard, Owens, Scott
DeAnna Brown, Eris Woodard, Virginia Owens, Marily

VA 6A State: 49.09

VA 5A State: 49.42

6A North Reg: 51.07

Team	Relay	Seed Time
1 Rock Ridge	A	50.20
1) Wright, Jade 10	2) Simmon, Kennedy	
3) Thomas, Madison	4) Johnson, Jordan 12	
2 W.T. Woodson	A	50.82
1) Kiss, Nava 12	2) Cummings, Maliaka 12	
3) Schourek, Candace 11	4) Hutson, Danyale 12	
3 Eastern View	A	51.38
1) Lobo, Ariela 11	2) Miranda, Jاليا 10	
3) Robinson, Ariel 10		
4 George C. Ma	A	51.88
1) Sheth, Keya A 10		
5 Quince Orcha	A	52.00
1) Jean, Trinity 11	2) Kyle, Danejah 9	
3) Gunn, Sydney 10	4) Bikim, Arianecain 9	
6 Patriot High	A	52.36
1) Brookman-Amissah, Denise	2) Chisolm, Chelsea 9	
3) Glenn, Kamryn 9	4) Demby, Justice 10	
7 TEHS	A	52.50
1) Baumgartner, Alexis FR	2) Otete, Dhiambi JR	
3) Ogork, Alessa JR	4) May, Acacia SO	
8 Battlefield	A	52.59
1) McQuillan, Abby 10	2) Stinson, Caitlin 10	
3) Arthur, Merom 9	4) Brown, Kelsey 12	
9 Annandale	A	53.06
1) Milian Guerrero, Janice 12	2) Lopez, Makayla 11	
3) Lazard, Kelsey 10	4) Campbell, Kayla 10	
10 Stone Bridge	A	53.15
1) Bethel, Anna 11	2) Alexander, Caroline 10	
3) Deans, Jasmine 10	4) Stoute, Alisha 9	
11 Thomas Jeffe	A	53.57
1) Huynh, Nali 11	2) Morse, Miriam 10	
3) Yang, Mia 10	4) Ding, Tammy 9	
12 Riverside Hi	A	53.65
1) Blake, Cynthia 10	2) Kincaid, Sarah 11	
3) Smith, Brittany 12	4) Bass, Yukorah 9	
13 Chantilly	A	53.80
1) Eaton, Amaya JR	2) Bush, Kendra FR	
3) Cooper, Emera FR	4) Jones, Claire SO	
14 Fairfax	A	55.00
1) Curlee, Kyla 11	2) Caraballo-Garcia, Jaya 10	
3) Cox, Anisa 9	4) West, Camille 9	
15 Mount Vernon	A	55.43
1) Sanchez, Doraliz 9	2) Nyamekye, Jessica 9	
3) Lemons, Chantelle 9	4) Reyes, Kaisly 9	
16 Paul VI Cath	A	55.90

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 21 ... (Women 4x100 Meter Relay (21))

Team	Relay	Seed Time
17 J.E.B. Stuar	A	56.00
1) Azcarate, Lauren 12	2) Chollette, Jenelle 9	
3) Woodrum, Emma 9	4) Gonzales, Virginia 9	
18 Walt Whitman	A	56.46
1) Frank, Maddie 11	2) Bathalon, Paula 10	
3) Headley, Georgia 10	4) Landy, Leeza 10	
19 Potomac Fall	A	56.72
1) Faour, Nadia 12	2) Holz, Sarah 12	
3) Owusu, Josie 11	4) Olia, Kaitlyn 9	
20 Westfield	A	56.90
1) Allensworth, Lorena 11	2) Lavenhouse, Trinity 12	
3) James, Christina 10	4) Jackson, Ahmari 12	
21 Tuscarora Hi	A	NT

Event 22 Men 4x100 Meter Relay (28)

Sponsor: Ourisman Toyota of Chantilly

XBC Meet: 42.92 4/26/2008 Stone Bridge

A Best, T Smith, S Kinnebrew, D Allen

VA 6A State: 43.32

VA 5A State: 43.34

6A North Reg: 44.62

Team	Relay	Seed Time
1 Battlefield	A	42.02
2 Episcopal	A	43.42
3 Centreville	A	44.01
4 Annandale	A	44.70
1) Quansah, Albert 12	2) Lehaney, Maximus 10	
3) Laatour, Robert 9	4) Harrison, Dazon 11	
5 West Springf	A	44.75
1) Britt, Joshua 11	2) Gibbs, Dominic 11	
3) Haworth, Charles 10	4) Stephenson, Brooks 10	
6 TEHS	A	44.80
1) Titus, Tuhafeni SO	2) Farfan, Robert JR	
3) Lee, Donny SO	4) Rosimo, Socrates SO	
7 Rock Ridge	A	44.90
1) Bostic, Calvin 12	2) Taylor, Thai 12	
3) Laudermilk, Jaylen 9	4) Avalos, Kaegan 11	
8 Potomac Fall	A	44.91
1) Riddick, Bryson 11	2) Pride, Tyler 11	
3) Namay, Dj 10	4) Allen, Robert 12	
9 Thomas Jeffe	A	44.96
1) Crotty, Matt 12	2) Kang, Ian 12	
3) Hwang, Minyoung 12	4) Ding, Frank 12	
10 Westfield	A	44.99
1) Buckley, Casey 12	2) Hinton, Saadiq 11	
3) Snyder, Bryce 10	4) Akines, Elijah 12	
11 J.E.B. Stuar	A	45.02
1) Palmer, Jack 11	2) Takanashi, Seita 12	
3) Alhalali, Ahmed 12	4) Matthews, Devin 10	
12 Tuscarora Hi	A	45.11
13 Oakton	A	45.13
1) Hirani, Rohan 11	2) Johnson-Parrotte, Micah 11	
3) Rivera, Nicholas 10	4) Mudge, Jared 12	

14 Manassas Par	A	45.17
1) Moreno, Daniel 11	2) Park, Riley 11	
3) Newman, Nick 9	4) Lindsey, Michael 11	
15 Mount Vernon	A	45.33
1) Mensah, Ebenezer 11	2) Brefo-Sarpong, Derick 10	
3) Brooker, Kai 11	4) Danso, Daniel 10	
16 DeMatha Cath	A	45.50
1) Dean, Caleb 11	2) Blanc, Jaelyn 11	
3) Summers, Cameron 11	4) Bigelow, Lance 9	
17 The Potomac	A	45.50
1) Wilson, Miles 12	2) Wilson, Brian 12	
3) Jackson, Eric 11	4) Wooten, Josh 11	
18 Quince Orcha	A	45.50
19 Gonzaga Coll	A	45.56
1) Stackhouse, Marcus 11	2) Smith, Damon 10	
3) Fronza, Justin 10	4) Ellington, Owen 9	
20 Riverside Hi	A	45.81
1) Patrick, Roman 12	2) Hampton, Justin 11	
3) Tanzola, Robert 11	4) Lippy, Robert 11	
21 Walt Whitman	A	46.04
1) Adeoti, Solomon 10	2) Arulpragasam, Lucas 10	
3) Hedberg, Robert 12	4) Horton, Ben 12	
22 Eastern View	A	46.24
1) Presley, Dashuan 9	2) King, Ashton 9	
3) Proctor, Noah 11	4) Logan, Josh 9	
23 Paul VI Cath	A	46.89
24 W.T. Woodson	A	47.00
1) Luo, Oliver 12	2) Gaither, Jonathan 11	
3) Lopez, Phillip 11	4) Barnes, Isaiah 11	
25 Yorktown	A	47.04
1) Alchin, Michael 12	2) Knight, Jacob 12	
3) Landefeld, Porter 10	4) D'Emidio, Joseph 10	
26 Fairfax	A	47.32
1) Daugherty, William 12	2) Mays, Mason 10	
3) Peters, Michael 9	4) Agossou, Marc 11	
27 George C. Ma	A	47.52
1) Russell, Kyle W 11		
28 Stone Bridge	A	50.22
1) Long, Stuart 11	2) Boyd, Michael 10	
3) Ridley, Camden 10	4) Rivera, Noah 11	

Event 23 Women 400 Meter Dash (55)

Sponsor: Mission BBQ

Dedicated to Adeola Abisogun, CHS Hall of Fame, 2017

XBC Meet: 57.77 4/30/2016 Natalie Lott

VA 6A State: 58.33

VA 5A State: 58.13

6A North Reg: 1:00.06

Name	Yr	School	Seed Time
1 Banks, Mackenzie	10	Stonewall Ja	57.60
2 Bir, Grace E	10	George C. Ma	58.20
3 Williams, Abigail	SR	TEHS	58.21
4 Fitzsimon, Bridget	12	Paul VI Cath	58.32
5 Hyman, Catherine	10	The Potomac	59.00
6 Clark, Julia	11	J.E.B. Stuar	59.18
7 Copeland, Kayla	12	Stone Bridge	59.68
8 McCall, Trinity	10	Fairfax	59.71

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 23 ...(Women 400 Meter Dash (55))

Name	Yr	School	Seed Time
9 McDonald, Breanna	11	Walt Whitman	1:00.00
10 Walker, Fredericka	9	Westfield	1:00.02
11 Woodrum, Emma	9	J.E.B. Stuar	1:01.00
12 Lopez, Makayla	11	Annandale	1:01.00
13 Labrecque, Margot	11	The Potomac	1:01.50
14 Rivera, Natasha	9	Battlefield	1:01.74
15 Cummings, Malieka	12	W.T. Woodson	1:02.00
16 Carter-Ogden, Nyla	SO	Chantilly	1:02.07
17 Henry, Nazareth	12	Battlefield	1:02.10
18 Carter-Ogden, Ruby	SO	Chantilly	1:02.11
19 Lawson, Alexandra	11	Fairfax	1:02.47
20 Leon Ledezma, Valentina	12	Mount Vernon	1:03.02
21 Khurana, Saachi	11	Oakton	1:03.48
22 Knott, Sydney	10	Yorktown	1:03.51
23 Smith, Siena	10	Walt Whitman	1:03.60
24 Petranek, Lauren	9	Stone Bridge	1:03.83
25 Zhang, Anna	12	Thomas Jeffe	1:03.84
26 Vazquez, Sierra	9	Battlefield	1:03.84
27 Hathaway, Paige	12	Episcopal	1:03.99
28 Simmons, Regan	9	Episcopal	1:04.00
29 Shea-Engratt, Lauren	10	Tuscarora Hi	1:04.03
30 Hogan, Beth	10	Paul VI Cath	1:04.18
31 Oliver, Maddy	10	Trinity Scho	1:04.56
32 Brennan, Olivia	12	W.T. Woodson	1:05.00
33 Stankich, Rachel	11	Manassas Par	1:05.03
34 Lazard, Kelsey	10	Annandale	1:05.13
35 Latino, Gabby	9	Oakton	1:05.56
36 Forrester, Elizabeth	11	Centreville	1:05.99
37 ylagan, jillian	10	West Potomac	1:06.00
38 Henshaw, Madilyn	10	Yorktown	1:06.24
39 Nyamekye, Jessica	9	Mount Vernon	1:06.64
40 Sullivan, Caroline A	9	George C. Ma	1:07.30
41 Houston, Zaida	FR	TEHS	1:07.43
42 Fieser, Amelie	10	Riverside Hi	1:07.70
43 Smith, Brittany	12	Riverside Hi	1:07.74
44 Dunaway, Corynne	9	Patriot High	1:07.81
45 Carrigan, Elizabeth	9	Tuscarora Hi	1:08.08
46 Kamobaya, Clare	10	Manassas Par	1:08.97
47 Boyd, Brynna	SO	TEHS	1:09.36
48 Roberts, Samantha	10	Eastern View	1:09.37
49 Jean, Trinity	11	Quince Orcha	1:10.00
50 Olia, Kaitlyn	9	Potomac Fall	1:10.76
51 Walsh, Fiona	9	West Potomac	1:10.99
52 Durham, Nina	10	Banneker Hig	1:11.27
53 Doherty, Kelly	9	Eastern View	1:11.55
54 Christenson, Charlotte	10	Trinity Scho	NT
55 Snell, Bria	11	Banneker Hig	NT

Event 24 Men 400 Meter Dash (70)

Sponsor: Mission BBQ

Dedicated to Mohamed Labor-Koroma, Jr- CHS Hall of Fame, 2014

XBC Meet: 47.76 4/30/2016 Trevor Stewart

VA 6A State: 49.95

VA 5A State: 50.44

6A North Reg: 51.34

Name	Yr	School	Seed Time
1 Barborek, Decker	12	Fairfax	49.26
2 Porter, John	SR	TEHS	49.28
3 Jackson, Dante	FR	TEHS	49.60
4 Hatchett, Justin	12	Fairfax	49.63
5 Riddick, Bryson	11	Potomac Fall	50.16
6 Hastings, Zach		Battlefield	50.87
7 Avalos, Kaegan	11	Rock Ridge	50.98
8 Curtis, Barry	11	Episcopal	51.00
9 Harrison, Dazon	11	Annandale	51.00
10 Rucker, Austin	11	The Potomac	51.07
11 Gelin, Matthew	11	The Potomac	51.08
12 Sweeney, Noah	12	Herndon	51.24
13 Kaplan, Garret	12	Tuscarora Hi	51.39
14 Yates, Thomas	11	Eastern View	51.41
15 Brooks, Curtis	10	Banneker Hig	51.90
16 Kellum, Angelo	12	Mount Vernon	52.34
17 Waller, Kaden	9	Battlefield	52.56
18 Lee, Donny	SO	TEHS	52.66
19 Mason, Adam	SR	Chantilly	52.87
20 Duran-Diaz, Jonathan	SR	Chantilly	52.92
21 Halterman-mitche, Noah	10	Herndon	53.00
22 McCarthy, Sean	10	Battlefield	53.07
23 Dixon, James	11	Episcopal	53.22
24 Maravilla, Christian	11	Centreville	53.25
25 Hardy, Clay	12	Patriot High	53.26
26 Mahajan, Vikrant	11	Thomas Jeffe	53.33
27 Wright, Darius	10	West Potomac	53.35
28 Asumang, Kofi	12	Stone Bridge	53.40
29 Palmer, Jack	11	J.E.B. Stuar	53.42
30 Dakessian, Brandon	SR	TEHS	53.51
31 Manilli, John	12	Patriot High	53.55
32 Spartin, Will	12	Gonzaga Coll	53.62
33 Stewart, Enrico	11	Mount Vernon	53.70
34 Ellington, Owen	9	Gonzaga Coll	53.89
35 Keeley, Sean	12	Yorktown	53.91
36 Robinson, Queyan	10	Quince Orcha	54.00
37 Holsomback, Karl	10	Potomac Fall	54.07
38 Aldiva, Nemmuell	11	Eastern View	54.08
39 Quin, Connor N	12	George C. Ma	54.14
40 Duble, Sean	9	W.T. Woodson	54.20
41 Bollman, Samuel	10	Riverside Hi	54.30
42 Snyder, Bryce	10	Westfield	54.42
43 Davies, Ethan	9	West Springf	54.54
44 Alchin, Michael	12	Yorktown	54.55
45 McClain, Paul	9	Centreville	54.63
46 Murray, Kenan	11	Oakton	54.64
47 Riley, Kai	12	Thomas Jeffe	54.66
48 Yang, Joseph	9	W.T. Woodson	54.90

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 24 ... (Men 400 Meter Dash (70))

Name	Yr	School	Seed	Time
49 Khan, Sheharyar	11	Westfield		55.32
50 Davenport, Trosodas	FR	Chantilly		55.36
51 Onwuamaegbu, Obi	11	Walt Whitman		55.57
52 Abouelfadl, Islam	10	Tuscarora Hi		55.92
53 Kabamba, Exauce	11	Quince Orcha		56.40
54 Yu, Dalton	11	Walt Whitman		56.40
55 Charecky, Michael	10	West Springf		56.44
56 Nhouyvanisvong, Michael	11	Manassas Par		56.56
57 Forster, Mark	10	Paul VI Cath		56.77
58 Hamell, Damarcus	11	West Potomac		56.86
59 Bollman, Jakob	10	Riverside Hi		57.04
60 Post, Jordan	11	J.E.B. Stuar		57.20
61 Darwiesh, Tarik	10	Annandale		57.70
62 Thomas, Aaron	9	Banneker Hig		57.95
63 Cheng, Alexander	10	Stone Bridge		58.54
64 Park, Nolan	9	Manassas Par		58.57
65 Fitzsimon, Kiernan	10	Paul VI Cath		58.90
66 Xu, Billy	10	Trinity Scho		59.37
67 Watts, Brady	12	George C. Ma		59.58
68 Maher, Josh	11	Trinity Scho	1:02.28	
69 Bigelow, Lance	9	DeMatha Cath		NT
70 Summers, Cameron	11	DeMatha Cath		NT

Event 25 Women 300 Meter Hurdles (45)

Sponsor: Northern VA Autobody of Fairfax

XBC Meet: 45.14 4/28/2007 Jasmine Jones
 VA 6A State: 45.75
 VA 5A State: 47.13
 6A North Reg: 48.50

Name	Yr	School	Seed	Time
1 Lawson, Alexandra	11	Fairfax		45.44
2 Barnes, Natalie	11	Stone Bridge		46.33
3 Farquharson, Dawn	12	Episcopal		47.36
4 Dirkse, Michelle G	12	George C. Ma		47.98
5 Hart, Brianna	12	Fairfax		48.18
6 Brookman-Amisshah, Denis	11	Patriot High		48.48
7 Thomas, Alana	10	J.E.B. Stuar		48.55
8 Moses, Jahsaiah	11	Episcopal		48.80
9 Otete, Dhiambi	JR	TEHS		48.91
10 Olsen, Katarina	9	Yorktown		49.76
11 Hutson, Danyale	12	W.T. Woodson		49.81
12 Soumahro, Jenay	SO	Chantilly		49.97
13 Kjorness, Ashley	12	Mount Vernon		50.22
14 Tinsley, Ayonnah	9	Westfield		50.22
15 Lanser, Juliette	11	West Springf		50.68
16 Ajibola, Stephanie	10	Westfield		50.81
17 Morgan, Jasmine	SR	TEHS		51.01
18 Backes, Madalyn	9	West Springf		52.21
19 Herzog, Hannah	11	Paul VI Cath		52.44
20 Chan, Allison	11	West Potomac		52.48
21 Jones, Kayla	11	Battlefield		52.57
22 Endersbee, Lauren	11	Riverside Hi		52.79
23 Keeling, Mackenzie	10	Stone Bridge		52.90
24 Gorsky, Danielle	10	Tuscarora Hi		52.92
25 Headley, Georgia	10	Walt Whitman		53.25

26 Aronhime, Caroline	SO	Chantilly		53.43
27 Hascall, Alex	10	West Potomac		53.48
28 Gardner, Kamoni	11	Battlefield		53.64
29 Allache, Laeticia	10	J.E.B. Stuar		53.70
30 Slater, Sophie	11	Walt Whitman		53.89
31 Dear, Grace	10	Quince Orcha		54.20
32 Johnson, Caroline	11	Tuscarora Hi		54.91
33 Barbero, Marissa	SO	Chantilly		54.96
34 Huynh, Nali	11	Thomas Jeffe		55.05
35 Oskoui, Elizabeth	9	The Potomac		55.48
36 Ice, Madeline	10	George C. Ma		56.39
37 Harris, Trinity	10	Riverside Hi		56.64
38 Odom, Emma	12	Centreville		57.04
39 Unruh, Anna	11	W.T. Woodson		57.24
40 Green, Meredith	FR	Chantilly		57.90
41 Hougaard, Anna	9	Oakton		58.12
42 Upright, Elizabeth	10	Oakton		59.83
43 Olia, Kaitlyn	9	Potomac Fall	1:03.04	
44 Agrafas, Sophia	9	Annandale		NT
45 Campbell, Kayla	10	Annandale		NT

Event 26 Men 300 Meter Hurdles (50)

Dedicated to James & Vicki Franks and Family

XBC Meet: 39.00 4/29/2017 Bryce McAlpine
 VA 6A State: 39.86
 VA 5A State: 40.73
 6A North Reg: 41.53

Name	Yr	School	Seed	Time
1 Pride, Tyler	11	Potomac Fall		39.95
2 Dean, Caleb	11	DeMatha Cath		40.83
3 Athwal, Gurveer	11	Tuscarora Hi		41.07
4 Wilson, Marcus	10	Patriot High		41.45
5 McNamara, Matthew	12	W.T. Woodson		41.68
6 Bostic, Calvin	12	Rock Ridge		42.00
7 Branch, Joseph	12	West Springf		42.08
8 Tanzola, Robert	11	Riverside Hi		42.18
9 Gillmore, Austin R	12	George C. Ma		42.43
10 Gibbs, Dominic	11	West Springf		42.63
11 Martin, Malcolm	10	Quince Orcha		42.74
12 Taylor, Thai	12	Rock Ridge		43.06
13 Tomlin, Elijah	11	Rock Ridge		43.09
14 Duren, Ryen	11	Paul VI Cath		43.17
15 Holsomback, Karl	10	Potomac Fall		43.42
16 Hoffman, Sean	11	Battlefield		43.57
17 Carlisle, Geoffrey	10	Battlefield		43.72
18 Aiello, Thomas	SR	TEHS		43.97
19 Mamere, Ryan	11	W.T. Woodson		44.18
20 Knight, Jacob	12	Yorktown		44.30
21 Fiorenza, Nicholas	11	Gonzaga Coll		44.44
22 Wright, Matthew	11	Paul VI Cath		44.76
23 Kutlug, Mehmet	11	Tuscarora Hi		44.80
24 Boucher, Dylan	SO	Chantilly		44.86
25 Pennington, William	11	West Potomac		45.35
26 Heitman, Elijah	9	Centreville		45.50
27 Christofides, Andreas	11	Walt Whitman		45.88
28 Davis, Alexander	SO	Chantilly		45.91
29 Takyi, Ephraim	11	West Potomac		46.09

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 26 ... (Men 300 Meter Hurdles (50))

Name	Yr	School	Seed Time
30 Adjani-Aldrin, John Edwa	11	Quince Orcha	46.13
31 Cook, Anthony	11	Eastern View	46.17
32 Koroma, Bakai	10	Centreville	46.29
33 Thanigai, Athilesh	11	Thomas Jeffe	46.38
34 Riley, Kai	12	Thomas Jeffe	46.52
35 Washington, Marcus	11	Eastern View	46.82
36 Ferguson, Zachary	12	Riverside Hi	46.90
37 Corpuz, Noah	10	Fairfax	46.91
38 Fahmy, Daniel	12	Westfield	47.11
39 McConaghie, Shane	12	Westfield	47.15
40 Sarvis, Cameron	11	Patriot High	47.25
41 Sarnovsky, Adam	9	George C. Ma	47.40
42 Bookbinder, Alexander	11	Yorktown	47.64
43 Williams, Christian	SO	TEHS	47.68
44 Turman, Miles	11	The Potomac	48.38
45 Cole, James	9	Mount Vernon	49.00
46 Zameer, Muhammad	10	J.E.B. Stuar	49.03
47 Cheng, Alexander	10	Stone Bridge	49.42
48 Kargbo, Idrissa	9	Annandale	51.50
49 Delaville, Elliot	9	The Potomac	54.00
50 Mallisham, Dominic	9	Manassas Par	NT

Event 27 Women 800 Meter Run (56)

Sponsor: Dedicated to Kendall Cowne, CHS Hall of Fame, 2016

XBC Meet: 2:13.44 4/27/2013 Ellison Grove

VA 6A State: 2:16.64

VA 5A State: 2:20.74

6A North Reg: 2:20.27

Name	Yr	School	Seed Time
1 Muller, Suzie	10	Stone Bridge	2:21.84
2 Hathaway, Paige	12	Episcopal	2:22.28
3 Schaefer, Ann Marie	11	W.T. Woodson	2:23.74
4 Cantrell, Jessica	11	Broadway	2:24.49
5 Tran, Chloe	12	Fairfax	2:24.73
6 Bardach, Natalie M	11	George C. Ma	2:24.88
7 Eidson, Grace	12	W.T. Woodson	2:25.75
8 Burrell, Elizabeth	10	Patriot High	2:27.44
9 Jenkins, Riley	12	Westfield	2:27.47
10 El-Hifnawi, Jenan	12	Walt Whitman	2:27.50
11 Oliver, Maddy	10	Trinity Scho	2:27.80
12 Banks, Mackenzie	10	Stonewall Ja	2:28.06
13 Yentz, Hailey	9	Patriot High	2:28.84
14 Sklaire, Elizabeth	10	Walt Whitman	2:28.87
15 DuCharme, Naomi	12	W.T. Woodson	2:29.52
16 Nyborg, Natalie	11	Quince Orcha	2:30.00
17 James, Sophia	11	Riverside Hi	2:30.25
18 Morris, Isabel	12	The Potomac	2:30.47
19 Blake, Courtland	11	Tuscarora Hi	2:30.52
20 Anderson, Michaila	10	Riverside Hi	2:30.76
21 Drojinsky, Nedezha	11	Annandale	2:31.80
22 Gibson, Megan		Tuscarora Hi	2:32.00
23 Russell, Katherine O	11	Tuscarora Hi	2:32.50
24 Mogensen, Kelly	12	Potomac Fall	2:33.00
25 Murray, Gaby	10	Westfield	2:33.31
26 Wingate, Ashleigh	9	Battlefield	2:33.46

27 Soyster-Heinz, Sloan	11	Fairfax	2:35.40
28 O'Cadiz, Emiko	10	J.E.B. Stuar	2:35.70
29 Agostini, Kaitlyn	11	Stonewall Ja	2:36.64
30 Ginger, Kenzie	10	Battlefield	2:37.15
31 Klein, Erin	SO	TEHS	2:37.40
32 Ferguson, Mackenzie	10	Quince Orcha	2:38.00
33 Mackey, Kirin	9	T.C. William	2:38.00
34 Zhang, Izzy	10	The Potomac	2:38.00
35 Stack, Raven	9	Centreville	2:38.55
36 Hutcheson, Larissa	11	Mount Vernon	2:39.00
37 Guerrero, Alexis	JR	TEHS	2:39.00
38 Carey, Elise	11	J.E.B. Stuar	2:39.86
39 Gay, Amelia	12	Potomac Fall	2:40.00
40 Wu, Elizabeth	FR	Chantilly	2:40.00
41 Fagerstrom, Kerstin	10	Trinity Scho	2:42.00
42 Hogg, Isabel	12	West Springf	2:42.24
43 Kennedy, Tatiana A	12	George C. Ma	2:42.30
44 Nguyen, Cynthia	10	Annandale	2:43.04
45 Fonseca, Trisha	12	Mount Vernon	2:43.45
46 Phelps, Bethany	9	Oakton	2:43.88
47 Cao-Dao, Vivian	SO	Chantilly	2:45.35
48 Saadvandi, Tess	11	West Springf	2:46.24
49 Doyle, Rachel	9	Stone Bridge	2:49.05
50 Harrity, Jordan	9	Centreville	2:51.87
51 Tong, Margaret	9	Oakton	2:53.07
52 Roberts, Samantha	10	Eastern View	2:54.13
53 Van Oort, Jersey	10	Manassas Par	2:56.91
54 Xu, Hanna	11	Thomas Jeffe	2:57.00
55 Karstetter, Kaily	12	Eastern View	2:58.37
56 Ulmer, Madeline	10	T.C. William	3:05.00

Event 28 Men 800 Meter Run (61)

Dedicated to Boone Cox & Family, XB III, Kelly & Jordan

XBC Meet: 1:52.43 4/29/2017 Brandon McGorty

VA 6A State: 1:56.77

VA 5A State: 1:57.15

6A North Reg: 2:00.10

Name	Yr	School	Seed Time
1 Shuttleworth, Bowen	10	Yorktown	2:00.20
2 Dropik, Marcus	10	Fairfax	2:00.33
3 Jones, Jacob	11	Fort Defianc	2:00.60
4 Makinen, William	12	West Potomac	2:01.19
5 Asmelash, Natnael	12	J.E.B. Stuar	2:01.47
6 Trott, Curtrell	11	Fairfax	2:02.42
7 Shaffer, Zachary	11	Battlefield	2:02.58
8 Mott, Aidan	12	Potomac Fall	2:02.69
9 Banerji, Lucas	10	Oakton	2:02.85
10 Baumgartner, Brandon	SR	TEHS	2:03.06
11 Lebahn, Sam	12	Westfield	2:03.60
12 Yates, Thomas	11	Eastern View	2:03.74
13 Early, Quinn	10	J.E.B. Stuar	2:03.87
14 Posadas-Nava, Alejandro	10	W.T. Woodson	2:04.00
15 Sequino, Greyson	11	Riverside Hi	2:04.19
16 Fantaye, Natnael	SR	TEHS	2:04.22
17 Begotka, Nick	12	Thomas Jeffe	2:04.66
18 Adams, Joe	11	Westfield	2:04.81
19 Clancy, Sean	12	Thomas Jeffe	2:04.89

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 28 ... (Men 800 Meter Run (61))

Name	Yr	School	Seed Time
20 Mudge, Jared	12	Oakton	2:05.45
21 Gheta, Kian	12	Potomac Fall	2:06.73
22 Nickelsburg, Justin	12	T.C. William	2:07.00
23 Kassaye, Matthew	12	The Potomac	2:07.95
24 Sporre, Christian	10	Riverside Hi	2:08.00
25 McCarthy, Steven	10	Battlefield	2:08.26
26 Polhamus, Miles	11	Patriot High	2:09.54
27 Pinkney, Kyle	JR	TEHS	2:10.00
28 Coello, JC	10	Stone Bridge	2:10.09
29 Khatri, Robin	10	Centreville	2:10.14
30 Francese, Luke	10	Gonzaga Coll	2:10.26
31 Michael, Tomas	12	Trinity Scho	2:11.10
32 Bailey, Will	12	West Springf	2:11.24
33 Gulati, Sahil	11	Patriot High	2:11.49
34 Libman, Justin	12	West Springf	2:11.84
35 Buchsbaum, Noah	11	Quince Orcha	2:12.00
36 Wonnacott, Taylor	10	Quince Orcha	2:12.00
37 Uhrin, Wesley	10	West Potomac	2:12.18
38 Leal, John	11	W.T. Woodson	2:12.20
39 Judish, Max	12	Thomas Jeffe	2:13.00
40 Akbar, Elijah	9	Eastern View	2:14.16
41 Alvarez-Carcamo, Bryan	11	Mount Vernon	2:14.90
42 Anton, Tyler	9	Centreville	2:14.94
43 Cleaver, Declan	10	The Potomac	2:15.00
44 Jaynes, Adam	SO	Chantilly	2:15.00
45 Rumsfeld, Ben	11	Walt Whitman	2:15.20
46 Colucci, John	12	Gonzaga Coll	2:15.57
47 McCartney, Stephen	10	Yorktown	2:15.68
48 Nesheim, Kristian	11	Stone Bridge	2:16.69
49 Yang, Louis	SO	Chantilly	2:16.72
50 Bratt, Aaron	11	Walt Whitman	2:16.90
51 Horstman, Matthew	12	Paul VI Cath	2:17.24
52 Snel, Christoffer	11	Mount Vernon	2:18.00
53 Dabich, Benjamin C	10	George C. Ma	2:19.14
54 McCarthy, Damon	10	Paul VI Cath	2:19.52
55 Peters, Nate	10	Annandale	2:20.00
56 Bile, Mohamed	10	Annandale	2:21.82
57 Sweeney, Thomas P	10	George C. Ma	2:22.01
58 Maher, Josh	11	Trinity Scho	2:22.56
59 Keum, Marcus	11	T.C. William	2:26.96
60 Elam, Ryan	10	Manassas Par	2:33.07
61 Reyes, Victor		Manassas Par	2:45.57

Event 29 Women 200 Meter Dash (66)

Dedicated to Alyssa Aiken Abbey, CHS Hall of Famer, 2009

XBC Meet: 24.42 4/26/2008 Olivia Ekpone

VA 6A State: 25.55

VA 5A State: 25.68

6A North Reg: 26.24

Name	Yr	School	Seed Time
1 Lawson, Alexandra	11	Fairfax	25.15
2 Snell, Bria	11	Banneker Hig	25.41
3 Johnson, Jordan	12	Rock Ridge	25.99
4 McCall, Trinity	10	Fairfax	26.07
5 Wong, Angelique	12	Rockville	26.11

6 Simmon, Kennedy		Rock Ridge	26.19
7 Demby, Justice	10	Patriot High	26.30
8 Morgan, Jasmine	SR	TEHS	26.38
9 Kiss, Nava	12	W.T. Woodson	26.54
10 Linville, Melody	10	Yorktown	26.60
11 Wright, Jade	10	Rock Ridge	26.75
12 Jones-Suggs, Makayla R	9	George C. Ma	26.86
13 Williams, Abigail	SR	TEHS	26.89
14 Landy, Leeza	10	Walt Whitman	26.94
15 Leon Ledezma, Valentina	12	Mount Vernon	27.05
16 Lee, Anabelle R	11	George C. Ma	27.29
17 Miranda, Jalicia	10	Eastern View	27.32
18 Walker, Fredericka	9	Westfield	27.36
19 Maurice, Hilary	10	Manassas Par	27.36
20 Dubose, Aniya	12	Banneker Hig	27.47
21 Frank, Maddie	11	Walt Whitman	27.51
22 Henry, Nazareth	12	Battlefield	27.63
23 Bikim, Arianecain	9	Quince Orcha	27.70
24 Kyle, Danejah	9	Quince Orcha	27.70
25 Thomas, Madison		Rock Ridge	27.70
26 James, Christina	10	Westfield	27.71
27 Schourek, Candace	11	W.T. Woodson	27.73
28 Lobo, Ariela	11	Eastern View	27.77
29 Baumgartner, Alexis	FR	TEHS	27.81
30 Bass, Yukorah	9	Riverside Hi	28.00
31 Glenn, Kamryn	9	Patriot High	28.06
32 Marin, Addie	10	The Potomac	28.09
33 Deans, Jasmine	10	Stone Bridge	28.09
34 Bethel, Anna	11	Stone Bridge	28.14
35 Check, Isabella	10	Yorktown	28.14
36 Zhang, Anna	12	Thomas Jeffe	28.16
37 Yao Ahouefa, Siby	10	Riverside Hi	28.20
38 Mackey, Danae	9	West Potomac	28.40
39 Rivera, Natasha	9	Battlefield	28.45
40 Aronhime, Caroline	SO	Chantilly	28.50
41 Berliner, Isabella A	11	George C. Ma	28.58
42 Van Meter, Christina	11	West Springf	28.81
43 Carter-Ogden, Nyla	SO	Chantilly	28.84
44 Milian Guerrero, Janice	12	Annandale	28.88
45 Sanchez, Doraliz	9	Mount Vernon	28.96
46 Eaton, Amaya	JR	Chantilly	28.98
47 Carter-Ogden, Ruby	SO	Chantilly	29.01
48 Kashynski, Miranda	10	J.E.B. Stuar	29.10
49 Young, Alina	12	West Potomac	29.10
50 Forrester, Elizabeth	11	Centreville	29.12
51 Wong, Atira	10	Rockville	29.20
52 Weissenbock, Elena-Marie	10	Oakton	29.26
53 Shea-Engratt, Nicole	11	Tuscarora Hi	29.26
54 Chollette, Jenelle	9	J.E.B. Stuar	29.41
55 Kolenhagen, Anna	10	Tuscarora Hi	29.46
56 Stankich, Rachel	11	Manassas Par	29.76
57 Cliff, Lindsey	9	Oakton	29.87
58 Jones, Claire	SO	Chantilly	29.90
59 Acosta, Catarina	9	West Springf	29.92
60 Bush, Kendra	FR	Chantilly	29.97
61 Kim, Angela	12	Annandale	30.00
62 Owusu, Josie	11	Potomac Fall	30.14

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 29 ... (Women 200 Meter Dash (66))

Name	Yr	School	Seed Time
63 Ding, Tammy	9	Thomas Jeffe	30.61
64 Ellis, Faith	9	Centreville	30.94
65 Weinreich, Tess	9	The Potomac	31.58
66 Cooper, Emera	FR	Chantilly	NT

Event 30 Men 200 Meter Dash (62)

Dedicated to Justin West, CHS 200m Record Holder

XBC Meet: 21.86 4/30/2016 Trevor Stewart

VA 6A State: 22.44

VA 5A State: 22.67

6A North Reg: 22.96

Name	Yr	School	Seed Time
1 Casey, Aman	12	Battlefield	21.88
2 Porter, John	SR	TEHS	22.12
3 Ream, Patrick	11	Battlefield	22.54
4 Riddick, Bryson	11	Potomac Fall	22.66
5 Britt, Joshua	11	West Springf	22.70
6 Mason, Adam	SR	Chantilly	22.75
7 Bailey, Alex	12	Tuscarora Hi	22.77
8 Barborek, Decker	12	Fairfax	22.86
9 Hatchett, Justin	12	Fairfax	22.87
10 Jackson, Dante	FR	TEHS	22.96
11 Avalos, Kaegan	11	Rock Ridge	22.96
12 Summers, Cameron	11	DeMatha Cath	23.00
13 Allen, Robert	12	Potomac Fall	23.10
14 Hwang, Minyoung	12	Thomas Jeffe	23.12
15 Landefeld, Porter	10	Yorktown	23.37
16 Moreno, Daniel	11	Manassas Par	23.42
17 Brown, Davonte	JR	Chantilly	23.44
18 Wilson, Miles	12	The Potomac	23.67
19 Reid, Jordyn	10	Mount Vernon	23.67
20 Adeoti, Solomon	10	Walt Whitman	23.73
21 Davenport, Trosoadas	FR	Chantilly	23.73
22 Talbott, Chase	11	Stone Bridge	23.74
23 Kanu, Bassie	12	Centreville	23.74
24 Lopez, Phillip	11	W.T. Woodson	23.79
25 King, Ashton	9	Eastern View	23.80
26 Anunay, Jabar	10	Centreville	23.84
27 Brooks, Curtis	10	Banneker Hig	23.84
28 Luo, Jiahao	12	George C. Ma	23.87
29 Hester, Markus	12	West Springf	23.88
30 Wooten, Josh	11	The Potomac	23.88
31 Khan, Daarian	12	Tuscarora Hi	23.90
32 Genovez Green, Aaron	11	Quince Orcha	23.90
33 Brooker, Kai	11	Mount Vernon	23.91
34 King, Chares	10	Riverside Hi	23.92
35 Blanc, Jaelyn	11	DeMatha Cath	23.95
36 Wright, Darius	10	West Potomac	23.99
37 Horton, Ben	12	Walt Whitman	24.00
38 Lauder milk, Jaylen	9	Rock Ridge	24.00
39 Glover, Terrance	10	Patriot High	24.04
40 Logan, Josh	9	Eastern View	24.18
41 Proctor, Noah	11	Eastern View	24.20
42 Asumang, Kofi	12	Stone Bridge	24.24
43 Lee, Donny	SO	TEHS	24.28

44 Alhalali, Ahmed	12	J.E.B. Stuar	24.34
45 Robinson, Queyan	10	Quince Orcha	24.50
46 Smith, Damon	10	Gonzaga Coll	24.61
47 Ferdinand, Zachary	12	Westfield	24.61
48 Thomas, Aaron	9	Banneker Hig	24.72
49 Gaither, Jonathan	11	W.T. Woodson	24.73
50 Mundie, sean	10	Riverside Hi	24.76
51 Walters, Aidan	10	West Potomac	24.82
52 Quansah, Albert	12	Annandale	24.83
53 Laatour, Robert	9	Annandale	24.84
54 Hu, Brian	10	Thomas Jeffe	24.87
55 Matthews, Devin	10	J.E.B. Stuar	24.90
56 Tryon, Wilson W	10	George C. Ma	24.97
57 Lindsey, Michael	11	Manassas Par	25.13
58 Rivera, Nicholas	10	Oakton	25.14
59 Fronda, Justin	10	Gonzaga Coll	25.36
60 Gresham, Ian	9	Patriot High	25.44
61 Xu, Billy	10	Trinity Scho	28.37
62 Maher, Josh	11	Trinity Scho	NT

Event 31 Women 3200 Meter Run (45)

Sponsor: The Haug Family

Dedicated to Barbara Wigle & Family, David, Christopher & Kayla

XBC Meet: 10:42.08 4/30/2016 Katherine Treanor

VA 6A State: 11:13.14

VA 5A State: 11:37.99

6A North Reg: 11:32.62

Name	Yr	School	Seed Time
1 Wolcott, Emma	12	Tuscarora Hi	10:39.63
2 Holt, Heather	12	George C. Ma	10:42.13
3 Yentz, Lindsay	12	Patriot High	11:00.37
4 Hassebrock, Ava	11	Tuscarora Hi	11:05.91
5 Graves, Emily	10	Patriot High	11:20.49
6 Cromley, Lena	11	T.C. William	11:25.91
7 Tedesco, Sophie E	10	George C. Ma	11:27.19
8 Gould, Sarah		Tuscarora Hi	11:36.00
9 Pando, Naylle	11	W.T. Woodson	11:38.69
10 Szabos, Sydney	10	Thomas Jeffe	11:39.77
11 Thurneysen, Ellie	10	Paul VI Cath	11:41.40
12 Sajonia, Isabelle	12	Quince Orcha	11:43.26
13 Naughton-Rockwell, Tessa	11	T.C. William	11:43.84
14 Wigle, Kayla	SR	Chantilly	11:46.08
15 Lauwers, Alicia	10	Walt Whitman	11:49.00
16 Olia, Erin	11	Potomac Fall	11:50.17
17 Hunt, Emma		Tuscarora Hi	11:53.00
18 Eidson, Grace	12	W.T. Woodson	11:56.60
19 Hawkins, Anya	12	West Springf	12:02.24
20 Gilyard, Kirstyn	11	Eastern View	12:04.37
21 Graser, Claire	11	Battlefield	12:05.27
22 Covey, Margaret	12	Thomas Jeffe	12:05.87
23 Haug, Julia	SR	Chantilly	12:06.00
24 McKinstry, Camilla	9	Centreville	12:12.51
25 Lilyestrom, Margaret	11	Quince Orcha	12:22.00
26 Woodhouse, Rebecca	12	Oakton	12:25.09
27 Manning, Nicole	12	The Potomac	12:30.00
28 Brady, Shea	12	Potomac Fall	12:37.24
29 Thorpe, Madison	10	Battlefield	12:38.16

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 31 ... (Women 3200 Meter Run (45))

Name	Yr	School	Seed Time
30 Lindahl, Erika	10	Westfield	12:39.71
31 Fuller, Rachel	10	Riverside Hi	12:40.00
32 Jarvie, Olivia	10	Riverside Hi	12:40.22
33 Blaisdell, Madeleine	10	Walt Whitman	12:55.70
34 Duba, Summer	12	Westfield	12:57.01
35 Kindling, Rebecca	12	Annandale	13:00.00
36 Fuentes, Vitalina	11	Annandale	13:00.00
37 Smythers, Lauren	9	Yorktown	13:03.02
38 Phelps, Emma	11	Oakton	13:22.88
39 Fagerstrom, Kerstin	10	Trinity Scho	13:23.71
40 Griffen, Sonia	11	The Potomac	13:32.92
41 Villanueva, Stefany	11	J.E.B. Stuar	13:51.77
42 Buford, Lauren	10	J.E.B. Stuar	13:59.32
43 Craig, Allison	9	Yorktown	14:21.24
44 Tellen, Cierra	9	Centreville	14:42.29
45 Johnston, Griffin	11	Trinity Scho	14:56.53

Event 32 Men 3200 Meter Run (54)

Sponsor: Capt. George Siragusa USN (R) & Audrey Potasinski Siragusa
Dedicated to Chris Foley, CHS Hall of Fame, 2014

XBC Meet: 9:20.68 4/29/2006 Brad Siragusa

VA 6A State: 9:38.69

VA 5A State: 9:41.08

6A North Reg: 9:50.56

Name	Yr	School	Seed Time
1 Thoms, Chris	12	Quince Orcha	9:35.24
2 Engels, Joshua	12	Walt Whitman	9:37.59
3 Sahlu, Mikiyas	10	Annandale	9:41.82
4 Hamacher, Ryan	11	Patriot High	9:45.31
5 McElhennon, Gavin	10	Gonzaga Coll	9:46.62
6 Fowlie, Hunter	11	Mount Vernon	9:48.00
7 Klapper, Dylan	12	Thomas Jeffe	9:49.71
8 Barron, David	10	Westfield	9:49.71
9 Weisel, Benjamin	12	West Potomac	9:56.76
10 Capuano, Cullen	10	Gonzaga Coll	9:57.16
11 Simaitis, Ethan	10	J.E.B. Stuar	10:03.03
12 Monson, James	JR	Chantilly	10:05.00
13 Puhek, Joshua	SO	Chantilly	10:06.00
14 Yared, Abbey	11	Annandale	10:08.76
15 Brodie, Tristan	10	Stone Bridge	10:08.88
16 Asmelash, Sem	10	J.E.B. Stuar	10:09.33
17 Hajdo, Peter	12	Stone Bridge	10:09.75
18 Belaye, Eyasu	9	T.C. William	10:10.00
19 Amos, Tyler	SR	Chantilly	10:10.00
20 Brown, Patrick	JR	TEHS	10:12.00
21 Bissoondhary, Emil	SR	TEHS	10:12.00
22 Wagner, Jack	10	Battlefield	10:14.52
23 Hamacher, Jacob	10	Patriot High	10:15.34
24 Beckham, Andy		Gonzaga Coll	10:18.33
25 Gotschi, Tysen	11	Tuscarora Hi	10:18.60
26 Murn, Christopher	SO	TEHS	10:20.00
27 Underwood, David	10	West Potomac	10:20.00
28 Cheng, Benjamin	12	West Springf	10:21.24
29 Athwal, Jasveer	10	Tuscarora Hi	10:21.28
30 Simmons, Tre	10	Episcopal	10:23.32

31 Callahan, Ethan	11	W.T. Woodson	10:25.00
32 Church, Oliver F	12	George C. Ma	10:25.60
33 Murphy, Michael	11	Walt Whitman	10:27.70
34 Todd, Nathan	11	Riverside Hi	10:29.00
35 West, Jonathan	10	Thomas Jeffe	10:30.39
36 Rhodes, Daniel	12	Centreville	10:30.78
37 Setash, Charlie	12	Westfield	10:30.88
38 Serrano, Trevor	10	Centreville	10:31.35
39 Johnson, Robert	9	W.T. Woodson	10:33.10
40 Hall, Cooper	10	Quince Orcha	10:34.32
41 Mogensen, Scott	10	Potomac Fall	10:34.87
42 Cobb, Doug	11	The Potomac	10:40.00
43 Whipp, Aidan	9	Oakton	10:40.32
44 Mesfin, Matthewos	10	Oakton	10:44.56
45 Ballestero, Sebastian	9	T.C. William	10:45.00
46 Trautman, Cole	11	Riverside Hi	10:53.00
47 Bencomo, Andres	12	Eastern View	11:02.06
48 Ahalt, John	12	DeMatha Cath	11:04.36
49 Parsons, Thomas	10	DeMatha Cath	11:04.39
50 Fedei, Ryan	10	Potomac Fall	11:06.26
51 Burke, Julian	11	Fairfax	11:27.09
52 Harvey, Sebastian	10	The Potomac	12:08.08
53 Wernick, Grant	9	Trinity Scho	NT
54 Patterson, William	9	Trinity Scho	NT

Event 33 Women 4x400 Meter Relay (17)

Sponsor: Potomac River Running

XBC Meet: 4:04.54 4/28/2007 Northwest High School

K Aherne, T Okusaga, K Porter, B Stinner

VA 6A State: 3:59.55

VA 5A State: 4:02.74

6A North Reg: 4:09.94

Team	Relay	Seed Time
1 George C. Ma	A	4:05.73
2 Chantilly	A	4:11.00
1) Carter-Ogden, Nyla SO	2) Carter-Ogden, Ruby SO	
3) Soumahro, Jenay SO	4) Aronhime, Caroline SO	
3 The Potomac	A	4:12.00
1) Morris, Isabel 12	2) Kristen, Fairbank 11	
3) Hyman, Catherine 10	4) Yankey, Khaya 10	
4 J.E.B. Stuar	A	4:17.49
5 W.T. Woodson	A	4:17.56
1) Eidson, Grace 12	2) Peterson, Josie 11	
3) Brennan, Olivia 12	4) Hutson, Danyale 12	
6 Walt Whitman	A	4:23.80
1) Smith, Siena 10	2) Frank, Maddie 11	
3) El-Hifnawi, Jenan 12	4) McDonald, Breanna 11	
7 Fairfax	A	4:24.00
1) Hart, Brianna 12	2) Bochkova, Jacqueline 11	
3) Womble, Olivia 10	4) Meade, Kate 11	
8 Mount Vernon	A	4:24.61
1) Fonseca, Trisha 12	2) Kjorness, Ashley 12	
3) Leon Ledezma, Valentina 12	4) Hutcheson, Larissa 11	
9 Stone Bridge	A	4:25.27
1) Bethel, Anna 11	2) Petranek, Lauren 9	

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 33 ... (Women 4x400 Meter Relay (17))

Team	Relay	Seed Time
10 Patriot High	A	4:25.30
1) Burrell, Elizabeth 10	2) Dunaway, Corynne 9	
3) Moseley, Madison 11	4) Yentz, Hailey 9	
11 TEHS	A	4:28.00
1) Houston, Zaida FR	2) Boyd, Brynna SO	
3) Contreras Pena, Lilliana	4) Nguyen, Julia FR	
12 Tuscarora Hi	A	4:30.16
13 Manassas Par	A	4:31.75
1) Stankich, Rachel 11	2) Kamobaya, Clare 10	
3) Diaz, Lesley 10	4) Van Oort, Jersey 10	
14 Eastern View	A	4:31.90
1) Roberts, Samantha 10	2) Robinson, Aariel 10	
3) Woods, Sara 9	4) Lee, Micah 10	
15 Annandale	A	4:35.00
16 Riverside Hi	A	4:39.54
1) James, Sophia 11	2) Fieser, Amelie 10	
3) Hill, Alanna 11	4) Smith, Brittany 12	
17 Battlefield	A	4:42.89
1) Vazquez, Sierra 9	2) Wingate, Ashleigh 9	
3) Rivera, Natasha 9	4) Henry, Nazareth 12	

Event 34 Men 4x400 Meter Relay (21)

Sponsor: CYA Track & Field

Dedicated to the 2015 & 16 Virginia State 4x400m Champions

XBC Meet: 3:20.58 4/30/2016 Chantilly HS

M Scopellite, J Loh, B McGorty, T Jeffries

VA 6A State: 3:24.08

VA 5A State: 3:25.86

6A North Reg: 3:30.80

Team	Relay	Seed Time
1 Fairfax	A	3:21.00
1) Barborek, Decker 12	2) Hatchett, Justin 12	
3) Dropik, Marcus 10	4) Saiyed, Zahir 11	
2 TEHS	A	3:24.57
1) Lee, Donny SO	2) Dakessian, Brandon SR	
3) Porter, John SR	4) Jackson, Dante FR	
3 The Potomac	A	3:28.00
1) Gelin, Matthew 11	2) Wooten, Caleb 11	
3) Thompson, Jamal 12	4) Rucker, Austin 11	
4 West Springf	A	3:31.85
1) Hester, Markus 12	2) Branch, Joseph 12	
3) Davies, Ethan 9	4) Lozano, Chris 10	
5 Battlefield	A	3:34.08
6 Tuscarora Hi	A	3:36.02
7 Gonzaga Coll	A	3:36.76
1) Spartin, Will 12	2) Giannini, David 11	
3) Stackhouse, Marcus 11	4) Ellington, Owen 9	
8 Manassas Par	A	3:37.00
1) Nhouyvanisvong, Michael 11	2) Elam, Ryan 10	
3) Park, Nolan 9	4) Daniel, Rex 9	
9 George C. Ma	A	3:37.72
10 Thomas Jeffe	A	3:37.83
1) Clancy, Sean 12	2) Han, Timothy 12	
3) Mahajan, Vikrant 11	4) Thanigai, Athilesh 11	

11 Chantilly	A	3:37.93
1) Davis, Alexander SO	2) Boucher, Dylan SO	
3) Davenport, Trosoadas FR	4) Saben, Clark SO	
12 Eastern View	A	3:39.01
1) Cotter, Nate 12	2) Miller-Harris, Isaiah 11	
3) Yates, Thomas 11	4) Tines, Jacob 12	
13 W.T. Woodson	A	3:40.00
1) Gaither, Jonathan 11	2) Lopez, Phillip 11	
3) Brodniak, Hunter 10	4) Duble, Sean 9	
14 Quince Orcha	A	3:40.00
1) Martin, Malcolm 10	2) Adjani-Aldrin, John Edward	
3) Mwepu, Josh 9	4) Robinson, Queyan 10	
15 Walt Whitman	A	3:44.40
1) Hedberg, Robert 12	2) Yu, Dalton 11	
3) Rumsfeld, Ben 11	4) Onwuamaegbu, Obi 11	
16 Riverside Hi	A	3:44.49
1) Ferguson, Zachary 12	2) Sequino, Greyson 11	
3) Hampton, Justin 11	4) Bollman, Jakob 10	
17 Westfield	A	3:44.57
1) Moses, Justin 12	2) Lebahn, Sam 12	
3) Barron, David 10	4) Snyder, Bryce 10	
18 Yorktown	A	3:46.04
1) Keeley, Sean 12	2) Alchin, Michael 12	
3) Shuttleworth, Bowen 10	4) Middleton, Gavin 10	
19 Mount Vernon	A	3:47.55
1) Kellum, Angelo 12	2) Snel, Christoffer 11	
3) Alvarez-Carcamo, Bryan 11	4) Mensah, Ebenezer 11	
20 Stone Bridge	A	3:54.87
21 Annandale	A	3:57.00
1) Barahona, Kevin 9	2) Han, Robin 10	
3) Seok, Alex 9	4) Darwiesh, Tarik 10	

Event 35 Women 1600 Meter Run Freshman (32)

Dedicated to Aryn Fahey, CHS Hall of Famer (2018)

XBC Meet: 5:13.82 4/27/2013 Sara Friex

VA 6A State: 5:07.21

VA 5A State: 5:20.24

6A North Reg: 5:15.69

Name	Yr	School	Seed Time
1 Yentz, Hailey	9	Patriot High	5:23.90
2 Byars, Kelly	9	Stone Bridge	5:30.28
3 McDaniel, Farah	9	Battlefield	5:41.59
4 Lomis, Paige	9	W.T. Woodson	5:42.00
5 Belogay, Izi	9	Potomac Fall	5:48.73
6 Carrigan, Elizabeth	9	Tuscarora Hi	5:49.57
7 Gibbons, Vivian	9	W.T. Woodson	5:50.10
8 Dunaway, Corynne	9	Patriot High	5:50.10
9 Tinsley, Ayonnah	9	Westfield	5:51.07
10 Glade, Grace	8	T.C. William	5:55.00
11 Bruenjes, Elizabeth	9	West Springf	5:55.24
12 Keum, Corinna	9	T.C. William	6:00.00
13 Miller, Chase	9	Battlefield	6:00.38
14 Costello, Abigail		Tuscarora Hi	6:02.00
15 Aldrian, Emma	9	Tuscarora Hi	6:02.31
16 Silkowitz, Jesse		W.T. Woodson	6:06.32
17 Sullivan, Caroline A	9	George C. Ma	6:06.96
18 Shaughnessy, Tenney	9	West Potomac	6:11.10

2018 Cassel's XBC Track Experience - 4/28/2018

Performance List

Event 35 ... (Women 1600 Meter Run Freshman (32))

Name	Yr	School	Seed Time
19 Evanisko, Sophia	9	Thomas Jeffe	6:17.28
20 DonTigny, Emilie	9	George C. Ma	6:21.22
21 Partner, Courtney	9	Stone Bridge	6:22.96
22 Wu, Cindy	FR	Chantilly	6:28.34
23 Yao, Helen	9	Oakton	6:28.98
24 Bowers, Alexandra	9	Oakton	6:33.19
25 Betancourth, Gaby	9	Centreville	6:35.72
26 Walthall, Ashley	9	Mount Vernon	6:48.00
27 Prante-Price, Adeleine	9	Fairfax	6:48.30
28 Modell, Sophia	9	Walt Whitman	6:49.50
29 Armstrong, Evelyn	9	Centreville	6:56.37
30 Goldstein, Keira	9	Fairfax	6:57.10
31 Widra, Nicole	9	Walt Whitman	7:03.40
32 Christopher, Dana	9	The Potomac	7:28.40

34 Langhorne, Neal	9	Centreville	5:32.11
35 Akbar, Elijah	9	Eastern View	5:32.87
36 Schmid, Spencer	9	George C. Ma	5:33.28
37 Logan, Evan	9	Riverside Hi	5:34.36
38 Liepzig, Thomas	9	Potomac Fall	5:34.57
39 Bippert, Brian	FR	Chantilly	5:36.44
40 Doolin, John	9	Gonzaga Coll	5:41.93
41 Stevason, Andrew	FR	TEHS	5:43.00
42 Hernandez, Andrew	FR	TEHS	5:43.00
43 Nazareno, Anthony	9	Manassas Par	5:44.49
44 Mills, Kai	9	Mount Vernon	5:49.16
45 Post, Tristan	9	J.E.B. Stuar	5:49.32
46 Rodriquez, Ben	9	Manassas Par	6:06.50
47 Michael, David	9	Trinity Scho	NT
48 Barth, Kurt	9	Trinity Scho	NT

Event 36 Men 1600 Meter Run Freshman (48)

Dedicated to 2016 US Olympic Trials 5K Finalist, Sean McGorty

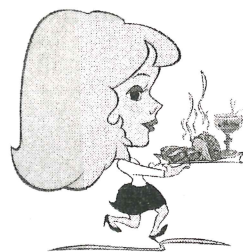
XBC Meet: 4:33.91 4/24/2010 Sean McGorty

VA 6A State: 4:22.12

VA 5A State: 4:26.31

6A North Reg: 4:34.56

Name	Yr	School	Seed Time
1 Malave, Sebastian	9	George C. Ma	4:44.22
2 Hawkins, Luke	9	West Springf	4:46.04
3 Johnson, Robert	9	W.T. Woodson	4:50.80
4 Ayoub, Mousa	9	Annandale	4:57.13
5 Stenberg, Bennett	9	Annandale	4:57.14
6 French, Benjamin	FR	Chantilly	4:57.87
7 Woodhouse, Garrett	9	Oakton	4:58.56
8 Donnelly, Patrick	9	Gonzaga Coll	4:59.97
9 Dante, Eynosyas	8	T.C. William	5:00.00
10 Talbot, Ricardo	9	Stone Bridge	5:00.10
11 Lyon, Michael	9	West Potomac	5:01.00
12 Hover, William	9	West Springf	5:01.24
13 Bessie, Bereket	9	J.E.B. Stuar	5:02.87
14 Thomas, Wyatt	9	Centreville	5:03.76
15 Tussey, Kalen	9	Stone Bridge	5:04.51
16 Moffitt, Brandon	9	Oakton	5:12.98
17 Buechter, Geoffrey	9	Fairfax	5:13.80
18 Chilukuri, Varun	9	Thomas Jeffe	5:13.98
19 Legendyk, Marco	9	George C. Ma	5:14.47
20 Bhat, Ikhlalas	9	Thomas Jeffe	5:14.82
21 Schwab, Joseph	9	Patriot High	5:15.44
22 Brady, Shane	9	Battlefield	5:17.30
23 Kocherla, Teja	9	Thomas Jeffe	5:18.00
24 Penella, Miquel	9	Yorktown	5:19.84
25 Dubin, Benji	9	Quince Orcha	5:20.00
26 Torres, Daniel	9	Westfield	5:20.70
27 Schulman, Sander	9	Walt Whitman	5:20.70
28 O'Brien, Beck	9	Walt Whitman	5:22.10
29 Weisberg, Alexander	9	Patriot High	5:23.24
30 Stevens, Lachlan	9	Yorktown	5:23.42
31 Dresen, Jason	8	T.C. William	5:25.00
32 Smith, Theodore	9	W.T. Woodson	5:27.20
33 Indugula, Myan	9	Fairfax	5:27.40



Anita's
 "New Mexico Style"
 Mexican Food



TRACK & FIELD

DEVELOPING THE NEXT GENERATION OF HIGH SCHOOL SUPERSTARS WHILE HAVING FUN!

Ages 4-15

www.cyatrack.org

CYA (Chantilly Youth Association) Track and Field salutes all of its former participants and all of the excellent efforts at the Cassel's XBC Track Experience.

**The Chantilly High School Track & Field/Cross Country Programs
would like to thank the following individuals and organizations for their
generous and continued support of the XBC Track Experience.**

Cassel's Sports & Awards
Potomac River Running
PMV Timing
Big A Brand
Mission BBQ
Chantilly Youth Association- Track & Field
Papa Johns

Chantilly Autobody
Dunkin Donuts
Ourisman Toyota of Chantilly
Northern VA Autobody of Fairfax/Centreville
Applegate Property Service, LLC
Anitas

INDIVIDUALS & FAMILIES

BRONZE (\$50 Donation)

Jennifer & Michael Fish
Eileen Meeker
Cathy French
Quette Veals
Anne Helzer
David & Laura Barbero

Rita & Timothy LeMasters
David Wigle
Leding Uw & Linjie Li
Heather & John Amos
Joanne & Kenneth Perkins
Dhanagar Family

Rochon & Isaac Bumgardner
Carol & Paul Do
Matthew & Carolgene
Reardon
Christopher & Laurie Senio
Michael & Joyce Green
Susan & Kent Davis
Eric & Barbara Westrate
Patricia & Jeffrey Boehlert

SILVER (\$75 Donation)

Susan & Robert Fitzhugh
David Ashby
Eugene Allamby & Tanny
Gordon
Michael Lin & Jinwen Chen
Nicole Singleton
Sally Anne Bippert
Joseph & Arian Hadley
Jeffrey Lui & Anh Dai Nguyen

GOLD (\$100 Donation)

Amy & Sean Swindell
Mark & Lori Colonna
James & Carolyn Re
James Barlow & Hikari Asano
Kami & Clifton McClelland
Cherita & Betty Peppers
David & Christina Haug
Gary & Mercedes Puhek
Hemanth Ganta
Colin & Jennifer Shay
Marcelo & Adriana Barreto

Martha Alderman
Jane Hsieh
Pam Hayes
Glen Bayless
Kathy Kennedy
Lisa Lim
Richard & Jennifer Monson
Bonita J Toney
Anthony Toney
Greg Hudson



“BIG A” BRAND...Est 2008... WHEN ONLY THE BEST WILL DO!!!



**HAPPY BIRTHDAY TO
NORMANDY HIGH SCHOOL'S
NUMBER ONE TRACK MOM**



Love,

Coach Soljanyk and Suzanna



About Northern Virginia Autobody, Inc.

3160 Roanoke St
Fairfax, VA 22031

(703) 591-3007
novautobody.com

HOURS

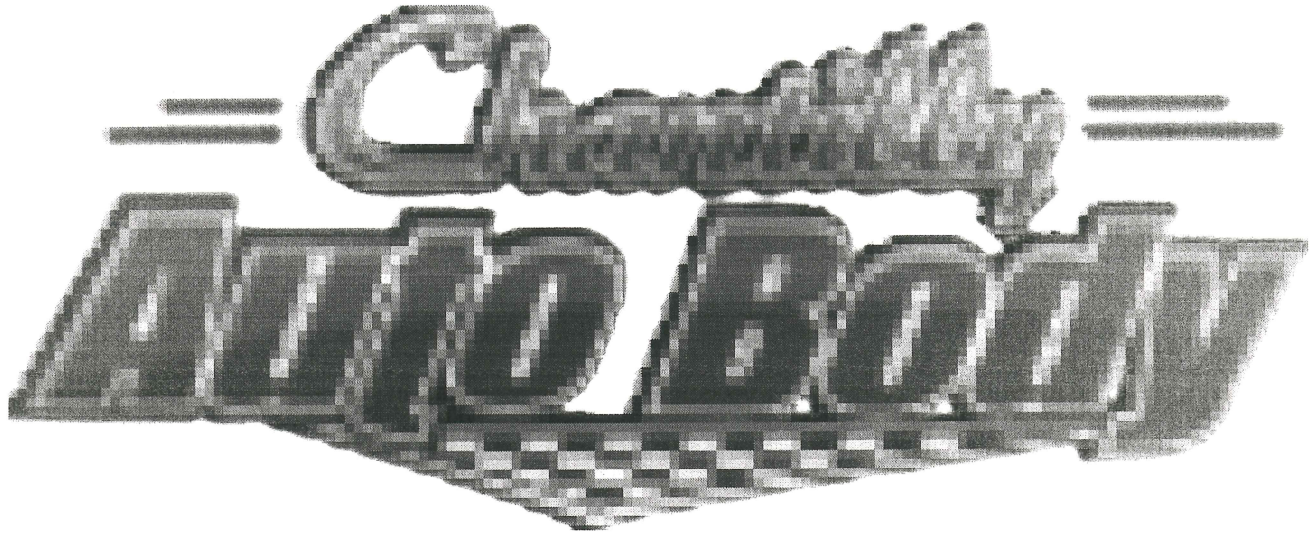
Sun Closed
Mon 7:30 am - 6:00 pm
Tue 7:30 am - 6:00 pm
Wed 7:30 am - 6:00 pm
Thu 7:30 am - 6:00 pm
Fri 7:30 am - 6:00 pm
Sat 9:00 am - 2:00 pm
* Holiday hours may differ.

SERVICES

- Automotive Glass Replacement
- Detailing
- Free Estimates
- Full Service Mechanical
- Insurance Company Assistance
- Lifetime Warranty
- On-Site Car Rental
- Towing

ACCEPTED PAYMENT METHODS

- Cash
- Debit Card
- Discover Card
- MasterCard
- Visa



Partners

- Centreville Collision Center 14805 Willard Rd Chantilly, VA 20151
- Fairfax Collision Center 4211 Henninger Court Chantilly, Va 20151
- Metro Collision Center 6981 Industrial Rd, Springfield, VA 22151
- Quantico Collision Center 18265 Jefferson Davis Hwy Dumfries, VA 22026
- Rick's Auto Body 5383 Telephone Rd. Warrenton, VA 20187

Chantilly Auto Body Info

Monday - Friday 8am to 6pm Saturday 8am to 12pm

(703) 263-9599

Fax:(703) 263-9551

sales@chantillyautobody.com

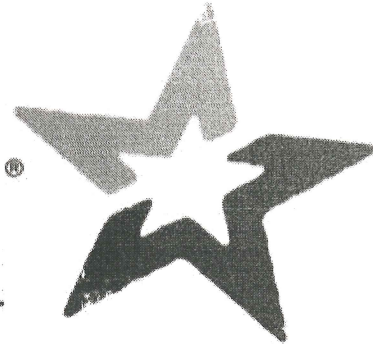
4530 Stonecroft Boulevard, Chantilly, VA 20151-1717





MISSION BBQ®

The American Way.



Restaurant Hours:

Mon-Thu: 11am to 9pm

Fri & Sat: 11am to 10pm

Sun: 11:30am to 8pm

Closed Early:

New Year's Eve: 6pm

Super Bowl Sunday: 5pm

Thanksgiving Eve: 5pm

Chantilly, VA

13067 Lee Jackson Memorial Highway, Chantilly, VA 22033

571-325-0975 Restaurant, 571-325-0975 Catering

1st Monday in December: 6pm

Christmas Eve: 4pm

Closed Holidays:

New Year's Day

Easter

Memorial Day

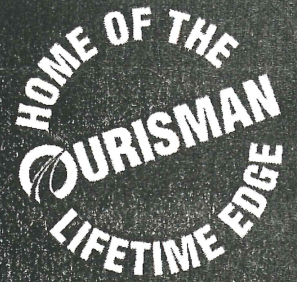
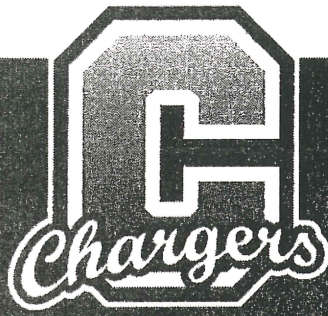
July 4th

Labor Day

Thanksgiving

Christmas Day





**Ourisman
Chantilly Toyota
Proudly Supports
Chantilly High School!**

Let's ride together.



4135 Auto Park Circle, Chantilly, VA 20151 703-378-2121 | Ourismanchantillytoyota.com

POTOMAC RIVER RUNNING PROUDLY SUPPORTS HIGH SCHOOL RUNNING IN VIRGINIA!

15% OFF HIGH SCHOOL DISCOUNT*



=PR=

POTOMAC RIVER RUNNING STORE

FOLLOW US ON SOCIAL MEDIA

 /PotomacRiverRunning

 @PotomacRiverRunning

 @PRrunning

 /PRrunning

ARLINGTON

4501 North Fairfax Dr.
703-243-2332

ASHBURN

43150 Broadlands Center Plz
#154 | 703-729-0133

BURKE

5715 Burke Centre Pkwy.
703-978-0500

DC

919 F St. NW
202-393-8500

FAIRFAX

11895 Grand Commons Ave.
703-988-9700

LEESBURG

1601 Village Market Blvd. SE,
#120 | 571-918-0302

RESTON

11911 Democracy Dr.
703-689-0999

VIENNA

111 Maple Ave. West
703-790-3338

PotomacRiverRunning.com

*Exclusions apply. Not valid on previous purchases, or with other discounts or promotions. In cases where more than one discount may be relevant, greater discount applies. Not valid on electronics, CWX, or on certain key footwear models from Adidas, Asics, Brooks, Hoka, Mizuno, New Balance, Nike, and Saucony.

GOOD LUCK TODAY AND THE REST OF THE SEASON!