

2023 IAC / MAC Track and Field Championships - 5/11/2022 to 5/13/2023**The Bullis School****Results****Boys 100 Meter Dash IAC****6 Advance: Top 1 Each Heat plus Next 3 Best Times**

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Igyan, Kofi	Episcopal	11.22	11.03Q	1
2 Phillips, Reed	Landon	11.12	11.10Q	2
3 Shields, Nate	Georgetown Prep	11.04	11.21Q	3
4 Long, Ethan	Bullis		11.05q	1
5 Roberson, Julian	Bullis		11.13q	1
6 Lambert, Alex	Bullis		11.16q	2
7 Emuwa, Kenechi	St Albans For Boys	11.46	11.25	1
8 Bezuneh, Matthew	St Stephens		11.35	3
9 Weaver, Kendall	St Albans For Boys	11.73	11.40	2
10 Abraham, Jason	Episcopal	11.57	11.43	2
11 Swift, William	Landon	11.78	11.53	1
12 Sandy, Myles	St Stephens	11.63	11.56	3
13 Ogunlade, Bayo	Landon	11.90	11.57	1
14 Smith, Thomas	Episcopal	12.34	11.75	3
15 Pittman, Nelson	St Albans For Boys	11.72	11.76	3
16 Williams, Alex	St Stephens	12.40	11.78	2
17 Stoute, Andrew	Georgetown Prep	11.98	13.57	2

Boys 200 Meter Dash IAC**6 Advance: Top 1 Each Heat plus Next 3 Best Times**

Name	Year School	Seed	Prelims	H#
1 Wilson, Quincy	Bullis	21.37	21.81Q	3
2 Phillips, Reed	Landon	22.75	22.16Q	1
3 Shields, Nate	Georgetown Prep	22.43	22.19Q	2
4 Long, Ethan	Bullis	22.68	22.23q	1
5 Roberson, Julian	Bullis	22.75	22.80q	2
6 Ofori-Ansah, Judah	Episcopal	22.94	23.10q	3
7 Cruthirds, Bradley	St Stephens	23.25	23.10	3
8 Fendig, Thomas	Georgetown Prep	23.60	23.24	1
9 Emuwa, Kenechi	St Albans For Boys	23.70	23.67	1
10 Ogunlade, Bayo	Landon	23.28	23.79	2
11 Cherilus, Christian	St Albans For Boys	24.01	24.13	3
12 Figaro, Tawon	St Stephens		24.22	2
13 Pittman, Nelson	St Albans For Boys	23.90	24.26	3
14 Sears, Philip	Landon		24.43	1
15 Bullock, Tramayne	Episcopal		24.44	1
16 Adams, Jonah	St Stephens	25.00	25.14	2

Boys 110 Meter Hurdles IAC**6 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year School	Seed	Prelims	H#
1 Caillat, Franz	St Albans For Boys	15.63	15.56Q	2
2 Shorter, Chris	St Stephens	16.01	15.92Q	1
3 Waizenegger, Gael	St Albans For Boys	16.42	16.34Q	1
4 Lambert, Alex	Bullis		16.59Q	2
5 Guinness, Jack	St Albans For Boys	17.03	16.61q	2
6 Emerson, Kevin	Georgetown Prep	18.26	17.61q	2

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The Bullis School

Results

....Boys 110 Meter Hurdles IAC

7 Tangelo, Chris	Bullis	17.93	1
8 Ristu, Ethan	Georgetown Prep	19.14	2

Boys 4x800 Meter Relay IAC

School	Seed	Finals	Points
Finals			
1 St Albans For Boys 'A'	8:02.40	8:10.17	10
1) Strong, William	2) Hume, Sebi		
3) Rhee, John	4) Attiogbe, Pierre		
2:00.692 (2:00.692)	4:00.966 (2:00.274)	6:08.359 (2:07.394)	8:10.170 (2:01.812)
2 Landon 'A'	8:10.00	8:18.31	8
1) Hakim-Florian, Asim	2) Hamilton, Brannon		
3) Franklin, Larry	4) Cohen, Sam		
2:05.561 (2:05.561)	4:11.738 (2:06.177)	6:21.532 (2:09.794)	8:18.309 (1:56.778)
3 Georgetown Prep 'A'	8:24.40	8:19.38	6
1) Kavanagh, Teddy	2) Sullivan, Jack		
3) Crisp, Michael	4) Knestout, Luke		
2:06.915 (2:06.915)	4:19.172 (2:12.257)	6:16.031 (1:56.859)	8:19.374 (2:03.344)
4 Episcopal 'A'	9:38.75	8:19.74	4
1) Patry, Anderson	2) Siguenza, Eliseo		
3) Moore, Wyatt	4) Abdisalan, Abdi		
2:07.585 (2:07.585)	4:15.196 (2:07.611)	6:19.542 (2:04.347)	8:19.731 (2:00.190)
5 Bullis 'A'	8:15.00	8:31.80	2
1) Pendarvis, Myles	2) Stephenson, Bryce		
3) Conroy, Ewan	4) Steren, Logan		
2:11.492 (2:11.492)	4:16.510 (2:05.019)	6:30.540 (2:14.030)	8:31.797 (2:01.257)
6 St Stephens and St Agnes 'A'	9:08.00	9:03.92	1
1) Adams, Jonah	2) London, James		
3) Walker, Matthew	4) Merino, Niels		
2:11.019 (2:11.019)	4:21.866 (2:10.847)	6:41.959 (2:20.093)	9:03.914 (2:21.956)

Boys Pole Vault IAC

Name	Year	School	Seed	Finals	Points
1 Sather, Cole		St Albans For Boys	10-06.00	10-09.00	10
7-00 7-06 8-00 8-06 9-00 9-06 10-00 10-06 10-09 11-00					
P P O XO O O O XO O XXX					
2 Henderson, Alex		Landon		10-00.00	8
7-00 7-06 8-00 8-06 9-00 9-06 10-00 10-06					
O P P O O O O XXX					
3 Crews, Ian		Episcopal	9-00.00	J10-00.00	6
7-00 7-06 8-00 8-06 9-00 9-06 10-00 10-06					
O XO XO O XO O XXO XXX					
4 Henick, Kit		Georgetown Prep	8-06.00	9-00.00	4
7-00 7-06 8-00 8-06 9-00 9-06					
P P P XO O XXX					
5 Florance, Matthew		St Albans For Boys	7-06.00	8-00.00	2
7-00 7-06 8-00 8-06					
O O O XXX					
6 Akwara, Anthony		Landon		7-00.00	1
7-00 7-06 8-00 8-06					
O P P XXX					

2023 IAC / MAC Track and Field Championships - 5/11/2022 to 5/13/2023**The Bullis School****Results****Boys Long Jump IAC**

Name	Year	School	Seed	Finals	H#	Points
1 Shields, Nate		Georgetown Prep	23-01.50	22-07.50	2	10
	21-06.25	21-08.75	21-08.75	20-09.50	22-07.50	22-01.25
2 Tangelo, Chris		Bullis	18-08.50	21-03.50	2	8
	21-03.50	20-05	19-11.50	PASS	FOUL	FOUL
3 Weaver, Kendall		St Albans For Boys	19-11.00	20-01.25	2	6
	FOUL	20-01.25	18-00.25	18-11.50	18-06.50	19-03.50
4 Taylor, Brandon		Bullis	18-04.50	19-11.25	1	4
	18-10.50	19-04.50	18-05.25	15-09.50	19-11.25	19-00.50
5 Igyan, Kofi		Episcopal	21-00.75	19-08.75	2	2
	19-08.75	FOUL	18-08	11-02.50	17-00	19-02.50
6 Dorsey, Nelson		St Albans For Boys	19-03.00	19-03.75	2	1
	18-09.25	18-06.75	19-03.75	18-10.25	18-10.50	16-03.25
7 Lavu, Avinash		Georgetown Prep	19-03.00	19-03.00	2	
	FOUL	19-03	18-07.25	17-07.25	18-09	18-04.50
8 Peterson, Jadden		Bullis	18-04.50	18-11.50	1	
	FOUL	18-11.50	FOUL			
9 Wynn, Michael		Georgetown Prep	19-05.00	18-07.50	2	
	FOUL	18-07.50	FOUL			
10 Jacobs, Riley		St Stephens		18-00.50	1	
	16-03	16-06.75	18-00.50			
11 Alexander, Carlos		St Stephens		17-07.25	1	
	FOUL	17-07.25	FOUL			
12 Nkrumah, Micah		St Albans For Boys	18-00.00	17-00.75	1	
	14-00.50	15-01.25	17-00.75			
13 Turner, Mark		St Stephens	18-07.00	16-05.50	2	
	16-05.50	FOUL	14-08.75			
14 Harrison, AJ		Landon	16-00.25	15-11.50	1	
	15-11.50	FOUL	15-02.50			
15 Akwara, Anthony		Landon	14-02.00	14-00.00	1	
	14-00	FOUL	FOUL			

Boys Shot Put IAC

Name	Year	School	Seed	Finals	H#	Points
1 Udeogu, Nnamdi		Georgetown Prep	48-02.00	48-04.00	2	10
	44-06.50	FOUL	FOUL	48-04	FOUL	FOUL
2 Sosnik, Phillip		St Albans For Boys	40-10.50	41-05.00	2	8
	39-05	40-05	39-09	39-05.50	41-05	FOUL
3 Jin, Merek		St Albans For Boys	40-00.00	40-07.50	2	6
	39-08.50	38-09	40-04	37-11	FOUL	40-07.50
4 Hill, Justin		St Stephens	35-03.50	40-07.00	1	4
	37-02	34-02	39-09	39-07.50	40-07	40-01
5 Chalk, Aidan		St Albans For Boys	37-02.00	39-05.00	2	2
	39-03	37-10	37-10.50	38-08	39-05	FOUL
6 Hwang, Josh		Episcopal	40-02.00	38-08.00	2	1
	36-02	36-04.50	36-00	36-00	38-08	36-00.50
7 Muwonge, Natheer		Episcopal	30-11.00	35-11.00	1	
	34-07	35-11	33-01	33-02.50	32-07	31-03
8 Rogers, Preston		Georgetown Prep	37-02.50	34-09.00	2	
	34-09	31-08	33-00			
9 Franklin, Terae		Bullis		34-08.00	1	
	34-08	34-01	FOUL			

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10 O'Day, Luka	Georgetown Prep	38-02.00	34-00.50	2
34-00.50 33-08 30-03				
11 Taylor, Brandon	Bullis		29-01.50	1
29-01.50 27-02 28-07.50				
12 Peterson, Jadden	Bullis		29-00.00	1
28-02 28-11 29-00				
13 Tian, Ken	Episcopal	31-02.50	28-10.00	1
FOUL FOUL 28-10				
-- Matteis, Milan	Landon	32-09.50	FOUL	1
FOUL FOUL FOUL				

Boys 100 Meter Dash MAC**6 Advance: Top 1 Each Heat plus Next 3 Best Times**

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 King, Andrew	Flint Hill	10.83	11.00Q	3
2 Mintzer, Nathaniel	Georgetown Day	11.24	11.04Q	2
3 Harris, Ty	Flint Hill	11.42	11.30Q	1
4 Romine, Nathaniel	Georgetown Day	11.49	11.34q	1
5 Yarborough, Julian	Sidwell Friends	11.56	11.40q	2
6 Parkes-Johnson, David	Flint Hill	11.67	11.61q	3
7 Harvey, Jake	Sidwell Friends	11.70	11.61	2
8 Dais, Donovan	Potomac (McLean Va)	11.80	11.62	1
9 Jones, Cameron	St. Andrew's	11.75	11.69	1
10 Somwaru, Sammy (Samuel)	St. Andrew's	11.66	11.76	3
11 Babcock, Will	Georgetown Day	11.87	11.82	2
12 Ahaghotu, Alex	Maret	11.92	11.85	3
13 Warren, Noah	Sidwell Friends	12.03	11.94	2
14 Sosnitsky, John Paul	Potomac (McLean Va)	11.98	11.95	3
15 Voglmayr, Jesse	St. Andrew's	12.14	11.96	1
16 Calkins, Stephen	Potomac (McLean Va)	12.62	12.05	1
17 Johnston, Joey	Maret	12.97	12.65	3

Boys 200 Meter Dash MAC**6 Advance: Top 1 Each Heat plus Next 3 Best Times**

Name	Year School	Seed	Prelims	H#
1 King, Andrew	Flint Hill	22.73	22.40Q	3
2 Mintzer, Nathaniel	Georgetown Day	22.82	22.52Q	2
3 Griswold, Cole	Potomac (McLean Va)	23.03	22.66Q	1
4 Romine, Nathaniel	Georgetown Day	23.77	22.97q	1
5 Harris, Ty	Flint Hill	23.32	23.16q	2
6 Yarborough, Julian	Sidwell Friends	23.12	23.24q	1
7 Kovner, Zachary	Georgetown Day	23.64	23.29	1
8 Parkes-Johnson, David	Flint Hill	23.50	23.44	2
9 Harvey, Jake	Sidwell Friends	24.32	23.69	3
10 Somwaru, Sammy (Samuel)	St. Andrew's	23.38	23.86	3
11 Jones, Cameron	St. Andrew's	23.39	23.88	3
12 Dais, Donovan	Potomac (McLean Va)	24.35	23.98	3
13 Ahaghotu, Alex	Maret	24.42	24.10	2
14 Sosnitsky, John Paul	Potomac (McLean Va)	24.08	24.26	2
15 Eddings, CJ	Sidwell Friends	24.55	24.49	1

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16 Alpuche, Eli	Maret	25.45	24.90	1
17 Keneally, Aiden	St. Andrew's	26.86	26.84	3

Boys 110 Meter Hurdles MAC**6 Advance: Top 2 Each Heat plus Next 2 Best Times**

Name	Year School	Seed	Prelims	H#
1 Freeman, Christian	Georgetown Day	16.22	16.08Q	1
2 Yarborough, Julian	Sidwell Friends	16.14	16.23Q	2
3 Borek, Milo	Georgetown Day	16.88	16.39Q	2
4 Tate, Ashok	Georgetown Day	16.33	16.71Q	1
5 Sheth, Kalin	Flint Hill	18.67	18.40q	1
6 Wells, Jeffrey	Flint Hill	18.80	18.71q	1
7 Ballinger, Christopher	Sidwell Friends	18.49	18.76	2
8 White, Burton	Sidwell Friends	22.12	20.80	2

Boys 4x800 Meter Relay MAC

School	Seed	Finals	Points
Finals			
1 Potomac (McLean Va) 'A'	8:41.72	8:15.54	10
1) Ortmans, Charlie	2) Mathews, Alex		
3) Minsky, Sasha	4) Levine, Eli		
2:02.518 (2:02.518)	4:08.509 (2:05.992)	6:16.561 (2:08.052)	8:15.537 (1:58.977)
2 Georgetown Day 'A'	8:35.40	8:25.02	8
1) Wolin, Ethan	2) Leopold, Andrew		
3) Bazemore, Nate	4) Ogada, Thomas		
2:05.027 (2:05.027)	4:14.520 (2:09.494)	6:21.359 (2:06.839)	8:25.014 (2:03.655)
3 Sidwell Friends 'A'	9:09.54	8:42.65	6
1) King, Myles	2) Bertele, Graham		
3) Medlin, Parker	4) Weissman, Easy		
2:04.325 (2:04.325)	4:16.018 (2:11.693)	6:26.965 (2:10.947)	8:42.645 (2:15.681)
4 St. Andrew's Episcopal 'A'		10:12.62	4
1) Wayne, Greg	2) Sandler, Samuael		
3) Love, Austin	4) Storper, Graham		
2:31.135 (2:31.135)	5:15.379 (2:44.245)	8:02.306 (2:46.927)	10:12.620 (2:10.315)

Boys High Jump MAC

Name	Year School	Seed	Finals	Points
1 Ihegihu, Caleb	Flint Hill	6-02.00	5-08.00	10
4-10 5-00 5-02 5-04 5-06 5-08 5-10				
P P P O O XXO XXX				
2 Gillus, Caleb	Sidwell Friends	5-04.00	5-06.00	8
4-10 5-00 5-02 5-04 5-06 5-08				
P P O O O XXX				
3 Bazemore, Nate	Georgetown Day	5-08.00	J5-06.00	6
4-10 5-00 5-02 5-04 5-06 5-08				
P P XO XO O XXX				
4 Raman, Shiv	Georgetown Day	5-08.00	5-04.00	4
4-10 5-00 5-02 5-04 5-06				
P P XO O XXX				

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5	White, Burton	Sidwell Friends	5-04.00	J5-04.00	2
	4-10 5-00 5-02 5-04 5-06				
	P P XO XO XXX				
6	Ward, Trevor	Sidwell Friends	5-06.00	5-02.00	1
	4-10 5-00 5-02 5-04				
	P P O XXX				
7	Otto-Manzano, Daniel	Georgetown Day	4-10.00	5-00.00	
	4-10 5-00 5-02				
	O O XXX				
7	Syriani, Karl	Potomac (McLean Va)	5-00.00	5-00.00	
	4-10 5-00 5-02				
	P O XXX				

Boys Triple Jump MAC

Name	Year	School	Seed	Finals	Points
1 Freeman, Christian		Georgetown Day	38-10.00	40-05.75	10
	39-09 40-00 40-05.75				
2 Lowenstein, Samson		Georgetown Day	37-07.00	39-02.25	8
	36-06 37-00.50 38-03.50 FOUL 37-10.50 39-02.25				
3 Ihegihu, Caleb		Flint Hill	34-09.75	38-10.50	6
	FOUL FOUL 35-04 37-00.50 37-11.50 38-10.50				
4 Badji, Abe		Georgetown Day	38-00.50	38-08.50	4
	38-08.50 38-08.50 38-02 35-07.50 37-10 37-09.50				
5 Wess, Sebastian		Sidwell Friends	36-08.00	37-03.50	2
	37-03.50 35-06.50 35-03.50 35-05 36-00 37-00				
6 Warren, Noah		Sidwell Friends	34-10.00	35-08.00	1
	FOUL 35-08 FOUL 32-11.50 33-06.75 33-03				
7 Syriani, Karl		Potomac (McLean Va)	33-06.00	34-08.25	
	34-02.50 34-02.25 34-08.25 34-05.50 34-07 34-01				
8 Sheth, Kalin		Flint Hill	36-06.50	34-04.50	
	33-09.50 34-03 34-04.50				
9 Ramsey, Dash		Flint Hill	31-10.00	33-08.00	
	32-10 32-04 33-08				

Boys Discus Throw MAC

Name	Year	School	Seed	Finals	H#	Points
1 Harper, Matt		Flint Hill	117-05	116-00	2	10
	FOUL 104-04 108-02 116-00 111-00 98-05					
2 Vataliya, Om		Flint Hill	112-11	115-00	2	8
	102-07 107-01 115-00 113-00 112-00 FOUL					
3 Snow, Max		Sidwell Friends	109-08	112-09	2	6
	107-03 112-07 110-00 106-07 112-09 111-00					
4 LaForce, Graham		Potomac (McLean Va)	101-07	108-05	2	4
	FOUL 107-10 FOUL 108-05 FOUL FOUL					
5 Ramsey, Dash		Flint Hill	15-10.50	103-04	2	2
	97-07 103-04 FOUL 82-10 FOUL 102-06					
6 Schwinden, Lucas		Sidwell Friends	91-11.50	103-02	2	1
	99-06 100-08 95-07 FOUL 94-10 103-02					
7 Greenspan, Sam		Sidwell Friends	96-01	99-01	2	
	95-04 FOUL 92-02 FOUL 99-01 FOUL					

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8 Romine, Nathaniel	Georgetown Day	88-06	94-02	1
80-02 FOUL 94-02				
9 Christmas, Aiden	St. Andrew's	93-07.50	84-02	2
84-02 FOUL 83-00				
10 Goldstein, Peter	St. Andrew's	80-04	81-00	1
63-06 FOUL 81-00				
11 Lampkin, Andrew	Maret	86-08	77-00	1
77-00 71-00 55-00				
12 Meyer, Ben	Georgetown Day	62-08	67-08	1
FOUL 55-02 67-08				
13 Sandler, Samuael	St. Andrew's	53-10	54-07	1
48-07 54-07 52-00				
14 Pomper, Charles	Maret	70-06	53-03	1
FOUL 52-10 53-03				

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 Men - IAC - Team Rankings - 4 Events Scored
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1) St Albans For Boys	45	2) Georgetown Prep	30
3) Landon	17	4) Bullis	14
5) Episcopal	13	6) St Stephens and St Agnes	5

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 Men - MAC - Team Rankings - 4 Events Scored
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1) Georgetown Day	40	2) Flint Hill	36
3) Sidwell Friends	27	4) Potomac (McLean VA)	14
5) St. Andrew's Episcopal	4		