

**2023 ST ALBANS-NCS MEET #1**

Washington, DC  
 St. Albans  
 Host: St. Albans  
 Thursday, March 16, 2023

**MEET OFFICIALS**

**Meet Director:**  
 Ted Findler  
**Timing:**  
 Windsor Running

**WINDSORRUNNING****OFFICIAL MEET REPORT**

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**RESULTS****#1 Boys 110m Hurdles**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	CAILLAT, Franz	SO St Albans For Boys	16.12		(NW) 1(1)	5
2	YARBOROUGH, Julian	SR Sidwell Friends	16.14		(NW) 1(2)	3
3	FREEMAN, Christian	SR Georgetown Day	16.65		(NW) 1(3)	1
4	TATE, Ashok	SR Georgetown Day	16.94		(NW) 2(1)	
5	GUINNESS, Jack	JR St Albans For Boys	17.09		(NW) 1(4)	
6	BOREK, Milo	SR Georgetown Day	18.96		(NW) 2(2)	
7	WAIZENEGGER, Gael	JR St Albans For Boys	19.09		(NW) 2(3)	
8	SAVIN, Charlie	JR St Albans For Boys	20.30		(NW) 2(4)	

**#2 Girls 100 Meters**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	SOLOMON, Alexandra	FR Georgetown Day	13.40		(NW) 3(1)	5
2	WHITE, Danielle	SR National Cathedral f	13.56		(NW) 1(1)	3
3	NWOKOYE, Amara	SR National Cathedral f	13.58		(NW) 2(1)	1
4	TSAI, Nora	SO Sidwell Friends	13.68		(NW) 1(2)	
5	GOLDSTOCK, Alana	SR Georgetown Day	13.85		(NW) 2(2)	
6	ETCHU, Paris	SO National Cathedral f	13.87		(NW) 2(3)	
7	ROYSTER, Carden	SR National Cathedral f	13.90		(NW) 1(3)	
8	KRAMARENKO, Julie	JR National Cathedral f	14.01		(NW) 3(2)	
9	VAIDYA, Maina	FR Sidwell Friends	14.09		(NW) 1(4)	
10	SMITH, Malia	SO National Cathedral f	14.11		(NW) 2(4)	
11	JOEMAH, Bendu	JR National Cathedral f	14.18		(NW) 3(3)	
12	SACHS, Rachel	FR Georgetown Day	14.23		(NW) 3(4)	
13	NASSIRY, Annica	SO Sidwell Friends	14.26		(NW) 1(5)	
14	MOORE-NICHOLSON, Madisyn	JR Georgetown Day	14.29		(NW) 2(5)	
15	HSU, Izzie	SO Georgetown Day	14.34		(NW) 2(6)	
16	WALKER, Sora	SO Georgetown Day	14.66		(NW) 4(1)	
17	D'ABREU-CARR, Camryn	SO National Cathedral f	15.43		(NW) 3(5)	
18	BENYOUCEF, Shiraz	SO Georgetown Day	15.56		(NW) 5(1)	
19	FAWAZ, Lina	JR Georgetown Day	15.62		(NW) 3(6)	
20	MCGINNIS, Anissa	JR Georgetown Day	16.13		(NW) 4(2)	
21	COYNE, Layla	SO Georgetown Day	16.14		(NW) 4(3)	
22	WARRING, Carolina	SR Sidwell Friends	16.22		(NW) 4(4)	
23	GETACHEW, Tsion	FR National Cathedral f	17.07		(NW) 5(2)	
24	HOLDER, Pilar	SR Georgetown Day	17.63		(NW) 5(3)	
25	JONES, Zuri	FR Georgetown Day	17.85		(NW) 4(5)	

**#3 Boys 100 Meters**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	SMITH, Kovan	JR Georgetown Day	11.88		(NW) 2(1)	5
2	BABCOCK, Will	JR Georgetown Day	11.91		(NW) 2(2)	3
3	LOWENSTEIN, Samson	SO Georgetown Day	11.99		(NW) 4(1)	1
4	EMUWA, Kenechi	FR St Albans For Boys	12.00		(NW) 1(1)	
5	KOVNER, Zachary	JR Georgetown Day	12.04		(NW) 1(2)	
6	EATON, Matt	SR Sidwell Friends	12.11		(NW) 4(2)	
7	PITTMAN, Nelson	FR St Albans For Boys	12.12		(NW) 3(1)	

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**RESULTS****#3 Boys 100 Meters (cont'd)**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
8	CAILLAT, Franz		SO St Albans For Boys	12.36	12.354	(NW)	2(3)
9	HILL, Langston		FR Sidwell Friends	12.36	12.358	(NW)	1(3)
10	BURIK, Omar		FR Sidwell Friends	12.37		(NW)	3(2)
11	NATARAJAN, Roshan		SR Georgetown Day	12.42		(NW)	4(3)
12	CHERILUS, Christian		SO St Albans For Boys	12.49		(NW)	1(4)
13	BADJI, Abe		JR Georgetown Day	12.50		(NW)	3(3)
14	DORSEY, Nelson		JR St Albans For Boys	12.58		(NW)	1(5)
15	ADELEYE, David		SO St Albans For Boys	12.63		(NW)	2(4)
16	KOUKIOS, Robert		JR Georgetown Day	12.65		(NW)	4(4)
17	ESPINOZA, Xixi		FR St Albans For Boys	12.74		(NW)	2(5)
18	COHEN, Vincent		FR Sidwell Friends	12.80		(NW)	3(4)
19	ALLEN, Joshua		FR St Albans For Boys	12.81		(NW)	4(5)
20	CHAPMAN, Kaden		FR Sidwell Friends	12.86		(NW)	4(6)
21	ZIA, Nate		FR Georgetown Day	12.92		(NW)	5(1)
22	TATE, Amit		FR Georgetown Day	13.17		(NW)	5(2)
23	COBB, Zahir		FR St Albans For Boys	13.46		(NW)	2(6)
24	DONOGHOE, Gabe		FR St Albans For Boys	13.64		(NW)	6(1)
25	GARLAND, James		FR St Albans For Boys	13.77		(NW)	5(3)
26	PRESTON, Paulos		FR St Albans For Boys	13.94		(NW)	5(4)
27	WILLIAMS, James		SO Sidwell Friends	13.95		(NW)	5(5)
28	RAZI, Lincoln		FR St Albans For Boys	14.05		(NW)	5(6)
29	GORMAN, Andrew		FR Sidwell Friends	14.58		(NW)	6(2)
30	GRAHAM, Connor		FR Sidwell Friends	15.50		(NW)	6(3)
31	GARY, Clayton		SO Sidwell Friends	25.28		(NW)	1(6)

**#4 Girls 1600 Meters**

Pl	Name	Yr	Team	Time	Note	Pts
1	SINGH, Jasmine		SO Sidwell Friends	5:44.98		5
2	WRIGHT, Cecilia		FR National Cathedral f	5:47.16		3
3	YINGLING, Helen		SR National Cathedral f	5:55.24		1
4	DWIGHT, Campbell		SO Sidwell Friends	5:55.48		
5	BOREK, Naomi		SO Georgetown Day	6:01.11		
6	WORTHING, Lane		SR Sidwell Friends	6:05.24		
7	KALER, Cassidy		JR National Cathedral f	6:05.58		
8	MAAS, Zoe		FR Georgetown Day	6:06.17		
9	GLENDINNING, Charlotte		FR Georgetown Day	6:07.24		
10	LEFF, Audrey		SO Georgetown Day	6:08.62		
11	VEDANTAMBE, Anya		JR Sidwell Friends	6:11.08		
12	FOER, Sadie		SR Georgetown Day	6:22.66		
13	YOUNG, Julia		SO Georgetown Day	6:23.63		
14	HOLLEY, Lucy		JR Georgetown Day	6:24.33		
15	SACHSE, Nora		SO Georgetown Day	6:26.02		
16	MACPHERSON, Charlotte		SO National Cathedral f	6:37.52		
17	JORDAN, Katie		JR National Cathedral f	6:37.84		
18	MARZILLI, Rae		SO Sidwell Friends	6:51.79		

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**RESULTS****#5 Boys 1600 Meters**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	ATTIOGBE, Pierre	SR St Albans For Boys	4:14.49		2(1)	5
2	HUME, Sebi	SO St Albans For Boys	4:34.35		2(2)	3
3	WOLFE, Laszlo	SO St Albans For Boys	4:50.99		2(3)	1
4	THOMAS, Jack	SR St Albans For Boys	4:53.39		2(4)	
5	SINGH, Jaden	SR Sidwell Friends	4:55.29		2(5)	
6	BAZEMORE, Nate	SR Georgetown Day	4:56.31		2(6)	
7	MILLER, Sammy	SO St Albans For Boys	4:59.73		2(7)	
8	SPECTOR, Will	SR St Albans For Boys	5:02.85		2(8)	
9	RAMAN, Shiv	SR Georgetown Day	5:07.29		2(9)	
10	PALMORE, Teddy	SR St Albans For Boys	5:10.12		2(10)	
11	LEOPOLD, Andrew	FR Georgetown Day	5:10.51		2(11)	
12	LEIPHART, Thaddeus	JR St Albans For Boys	5:15.29		1(1)	
13	MATSUI, Robby	SO Sidwell Friends	5:15.99		1(2)	
14	BLOCH-PRIME, Dominic	FR Georgetown Day	5:17.37		1(3)	
15	ISHI, Kenji	SR Sidwell Friends	5:17.71		2(12)	
16	MARELLI, Daniel	SO Sidwell Friends	5:21.19		1(4)	
17	GRACE, Wyatt	SO Georgetown Day	5:21.29		2(13)	
18	IRERI, Nathan	SO Georgetown Day	5:21.68		2(14)	
19	BERTELE, Graham	FR Sidwell Friends	5:21.71		1(5)	
20	SIFF, Gideon	SO Georgetown Day	5:22.31		1(6)	
21	CRESSALL, Rafi	FR Sidwell Friends	5:22.32		1(7)	
22	KOCHENDERFER, Nathaniel	JR Sidwell Friends	5:27.14		1(8)	
23	WALLACE, Sean	SR Sidwell Friends	5:29.05		2(15)	
24	CUSICANQUI, Sulayman	SO Sidwell Friends	5:40.48		1(9)	
25	CHANDER, Milan	SR Sidwell Friends	5:45.65		1(10)	
26	NGUYEN, Tyler	FR Sidwell Friends	5:46.07		1(11)	
27	SMITH, Teddy	SR Sidwell Friends	5:59.71		1(12)	
28	JAIN, Isaac	FR Sidwell Friends	6:04.22		1(13)	
29	JOSEPH, Nathan	SR Sidwell Friends	6:18.08		1(14)	
30	SCHROPFER, Kai	FR Sidwell Friends	6:23.02		1(15)	
31	ALVAREZ, Pierre	SR Sidwell Friends	6:51.19		1(16)	

**#6 Girls 4 x 100m Relay**

Pl	Team	Time	Note	Pts
1	National Cathedral for Girls (A)	51.58		5
2	Sidwell Friends (A)	52.20		3
3	Georgetown Day (A)	53.57		
4	Georgetown Day (B)	55.52		
5	Georgetown Day (C)	1:06.98		

**#7 Boys 4 x 100m Relay**

Pl	Team	Time	Note	Pts
1	Sidwell Friends (A)	45.64		5
2	St Albans For Boys (A)	46.07		3
3	Sidwell Friends (B)	48.01		
4	Georgetown Day (B)	49.14		

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**RESULTS****#7 Boys 4 x 100m Relay (cont'd)**

Pl	Team	Time	Note	Pts
5	Sidwell Friends (C)	49.95		
	Georgetown Day (A)	DQ		

**#8 Girls 400 Meters**

Pl	Name	Yr	Team	Time	Note	Pts
1	GREGORY, Ava	SR	Sidwell Friends	1:02.84		5
2	CAMPBELL, CoCo	FR	Sidwell Friends	1:05.08		3
3	VALBURNE, Sophie	SR	Sidwell Friends	1:07.32		1
4	WHITE, Danielle	SR	National Cathedral f	1:11.92		
5	MEADES, Hattie	FR	National Cathedral f	1:14.86		

**#9 Boys 400 Meters**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	KOVNER, Zachary	JR	Georgetown Day	53.63		1(1)	5
2	BADJI, Abe	JR	Georgetown Day	53.64		1(2)	3
3	LEYDEN, Connor	JR	St Albans For Boys	57.05		1(3)	1
4	VOGELMAN, Ethan	SR	St Albans For Boys	57.37	57.361	2(1)	
5	HARVEY, Jake	SR	Sidwell Friends	57.37	57.368	1(4)	
6	DIDEHVAR, Arya	SO	St Albans For Boys	58.92		2(2)	
7	FANG, Alan	JR	St Albans For Boys	1:00.20		1(5)	
8	MARTZ, Noah	SO	Georgetown Day	1:01.34		2(3)	
9	MARKHAM, Ned	JR	St Albans For Boys	1:02.35		3(1)	
10	SUTTON, Jack	JR	St Albans For Boys	1:07.40		2(4)	
11	OSORIO-BUITRAGO, Jacob	FR	Sidwell Friends	1:08.63		3(2)	
12	SYED, Arman	SO	Sidwell Friends	1:09.21		3(3)	
	OGADA, Osewe	FR	Sidwell Friends	DQ		1	

**#10 Girls 300m Hurdles**

Pl	Name	Yr	Team	Time	Note	Pts
1	BOREK, Naomi	SO	Georgetown Day	54.29		5
2	SOLOMON, Alexandra	FR	Georgetown Day	55.04		3
3	BENYOUCEF, Shiraz	SO	Georgetown Day	57.38		1
4	SACHS, Rachel	FR	Georgetown Day	57.47		
5	COYNE, Layla	SO	Georgetown Day	1:00.09		

**#11 Boys 300m Hurdles**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	GUINNESS, Jack	JR	St Albans For Boys	42.61		1(1)	5
2	YARBOROUGH, Julian	SR	Sidwell Friends	43.07		1(2)	3
3	BOREK, Milo	SR	Georgetown Day	44.13	44.121	1(3)	1
4	TATE, Ashok	SR	Georgetown Day	44.13	44.124	2(1)	
5	CAILLAT, Franz	SO	St Albans For Boys	44.26		1(4)	
6	FREEMAN, Christian	SR	Georgetown Day	44.87		1(5)	
7	MILLS, Landon	JR	St Albans For Boys	47.42		2(2)	
8	SAVIN, Charlie	JR	St Albans For Boys	49.38		2(3)	
9	WAIZENEGGER, Gael	JR	St Albans For Boys	50.25		1(6)	

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**RESULTS****#12 Girls 800 Meters**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	PALMERINO, Lily	JR Sidwell Friends	2:33.37		2(1)	5
2	MASCOTT, Avery	FR National Cathedral f	2:40.12		2(2)	3
3	PRAKASH, Tara	SO Sidwell Friends	2:40.84		2(3)	1
4	KESSLER, Ellie	JR Georgetown Day	2:43.13		2(4)	
5	PURYEAR, Jane	SR National Cathedral f	2:46.11		2(5)	
6	NWOSU, Nnedi	SO Sidwell Friends	2:46.34		2(6)	
7	MOHAMADI, Maddie	SR Sidwell Friends	2:47.16		2(7)	
8	STACK, Mallory	JR Sidwell Friends	2:48.40		2(8)	
9	BENELLI, Margot	SO National Cathedral f	2:49.06		2(9)	
10	BOYLE, Sadie	SO Georgetown Day	2:49.66		2(10)	
11	OSCHERWITZ, Amelia	JR Georgetown Day	2:49.69		2(11)	
12	VAN METER, Marielle	SO Sidwell Friends	2:52.34		2(12)	
13	BLYDE, Alexandra	FR National Cathedral f	2:55.38		1(1)	
14	BENNETT, Emma	SR National Cathedral f	2:56.36		2(13)	
15	CHANDLER, Tabitha	SR National Cathedral f	3:01.24		1(2)	
16	STONE, Stella	FR Sidwell Friends	3:03.24		1(3)	
17	WANG, Julia	SO National Cathedral f	3:03.63		1(4)	
18	LEON, Abby	SR National Cathedral f	3:06.32		2(14)	
19	MOHAMADI, Caroline	FR Sidwell Friends	3:08.77		1(5)	
20	DREYHAUPT, Anna	SO Sidwell Friends	3:12.46		1(6)	
21	RAMZY, Noor	SR Georgetown Day	3:13.52		1(7)	
22	PURYEAR, Meredith	FR National Cathedral f	3:16.73		1(8)	
23	KUSHAN, Caroline	JR National Cathedral f	3:17.77		1(9)	
24	BOYD, Elizabeth	FR National Cathedral f	3:18.17		1(10)	
25	EVANS, Jane	FR National Cathedral f	3:20.49		1(11)	
26	MEYER, Finley	FR Georgetown Day	3:22.74		1(12)	
27	DOOLEY, Catherine	JR Georgetown Day	3:24.38		1(13)	
28	STENSLAND, Lina	SR Georgetown Day	3:26.53		1(14)	
	CAMPBELL, CoCo	FR Sidwell Friends	NT		2	
	GREEN, Gabi	SO Sidwell Friends	NT		2	

**#13 Boys 800 Meters**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	STRONG, William	SO St Albans For Boys	2:06.18		3(1)	5
2	QUINN, Liam	SO St Albans For Boys	2:07.45		3(2)	3
3	KAPLAN, Jack	SR St Albans For Boys	2:09.13		3(3)	1
4	RHEE, John	SR St Albans For Boys	2:09.81		3(4)	
5	HEIBER, DJ	SO St Albans For Boys	2:12.52		3(5)	
6	WOLIN, Ethan	SR Georgetown Day	2:13.39		3(6)	
7	KING, Myles	JR Sidwell Friends	2:14.14		3(7)	
8	CANTRELL, William	FR St Albans For Boys	2:16.56		3(8)	
9	MORVIS, Jacob	FR St Albans For Boys	2:17.88		3(9)	
10	ELIAS, George	JR St Albans For Boys	2:18.90		3(10)	
11	PALMORE, Charlie	FR St Albans For Boys	2:20.44		3(11)	
12	JOHNSON, Langston	SR Sidwell Friends	2:22.50		2(1)	
13	MOSOTI, Larry	FR St Albans For Boys	2:26.86		2(2)	

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**RESULTS****#13 Boys 800 Meters (cont'd)**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
14	BOUGHNER, Max	JR Georgetown Day	2:26.90		1(1)	
15	GUNJA, Adnan	FR St Albans For Boys	2:27.33		1(2)	
16	TWYFORD, Max	SR St Albans For Boys	2:27.89		3(12)	
17	KANNAN, Rishi	SR St Albans For Boys	2:28.64		2(3)	
18	BHATIA, Alex	SO Georgetown Day	2:28.92		1(3)	
19	DENNEY, James	SO St Albans For Boys	2:29.21		3(13)	
20	BROWN, Henry	SR St Albans For Boys	2:29.56		2(4)	
21	PORTER, Ewan	JR Georgetown Day	2:30.70		1(4)	
22	ACOSTA, Alex	SO St Albans For Boys	2:30.98		1(5)	
23	WEINBERGER, Laith	JR Georgetown Day	2:31.06		1(6)	
24	FUJIYAMA, Matthew	SR St Albans For Boys	2:31.19		2(5)	
25	STERN, Matthew	SO Georgetown Day	2:32.18		1(7)	
26	LOMBARDO, Holden	SR St Albans For Boys	2:32.41		2(6)	
27	MITRA, Shreyan	SR St Albans For Boys	2:33.13		2(7)	
28	SALEHIZADEH, Cameron	SR Georgetown Day	2:35.38		1(8)	
29	PANNER, William	FR Sidwell Friends	2:35.39		2(8)	
30	MEYER, Ben	SR Georgetown Day	2:36.40		1(9)	
31	ABBATE, Nico	FR Georgetown Day	2:36.58		1(10)	
32	LIU, Andrew	SO St Albans For Boys	2:38.74		2(9)	
33	WOLFE, Humphrey	FR St Albans For Boys	2:39.62		2(10)	
34	FUJIYAMA, Michael	SR St Albans For Boys	2:39.92		2(11)	
35	FROOMKIN, Max	JR Georgetown Day	2:43.68		1(11)	
36	FRAGALE, Henry	FR Georgetown Day	3:17.14		1(12)	

**#14 Girls 200 Meters**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	NWOKOYE, Amara	SR National Cathedral f	28.16		(NW) 1(1)	5
2	ROYSTER, Carden	SR National Cathedral f	28.75		(NW) 1(2)	3
3	WALKER, Sora	SO Georgetown Day	29.05		(NW) 2(1)	1
4	SMITH, Malia	SO National Cathedral f	29.06		(NW) 2(2)	
5	NASSIRY, Annica	SO Sidwell Friends	29.07		(NW) 1(3)	
6	HSU, Izzie	SO Georgetown Day	29.19		(NW) 2(3)	
7	VALBURNE, Sophie	SR Sidwell Friends	29.53		(NW) 1(4)	
8	ETCHU, Paris	SO National Cathedral f	29.65	29.645	(NW) 1(5)	
9	VAIDYA, Maina	FR Sidwell Friends	29.65	29.647	(NW) 2(4)	
10	FAWAZ, Lina	JR Georgetown Day	29.68		(NW) 3(1)	
11	NEWINGHAM, Jaya	SO Georgetown Day	29.71	29.701	(NW) 1(6)	
12	JOEMAH, Bendu	JR National Cathedral f	29.71	29.707	(NW) 2(5)	
13	SOUKOU, Eliane	FR Sidwell Friends	29.98		(NW) 3(2)	
14	RUSTGI, Seva	SO Georgetown Day	30.13		(NW) 4(1)	
15	MOORE-NICHOLSON, Madisyn	JR Georgetown Day	30.16		(NW) 3(3)	
16	D'ABREU-CARR, Camryn	SO National Cathedral f	31.89		(NW) 3(4)	
17	MCGINNIS, Anissa	JR Georgetown Day	32.95		(NW) 3(5)	
18	WARRING, Carolina	SR Sidwell Friends	34.48		(NW) 4(2)	
19	SHEKOYAN, Angela	FR National Cathedral f	35.36		(NW) 3(6)	

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**RESULTS****#15 Boys 200 Meters**

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	BABCOCK, Will	JR Georgetown Day	23.78		(NW) 1(1)	5
2	SMITH, Kovan	JR Georgetown Day	23.84		(NW) 2(1)	3
3	EMUWA, Kenechi	FR St Albans For Boys	24.34		(NW) 1(2)	1
4	EDDINGS, CJ	JR Sidwell Friends	24.55		(NW) 1(3)	
5	BADJI, Abe	JR Georgetown Day	25.03		(NW) 1(4)	
6	YARBOROUGH, Justin	FR Sidwell Friends	25.07		(NW) 2(2)	
7	NWOSU, Nnamdi	JR Sidwell Friends	25.66		(NW) 1(5)	
8	KOUKIOS, Robert	JR Georgetown Day	25.84		(NW) 2(3)	
9	MARTZ, Noah	SO Georgetown Day	26.01		(NW) 2(4)	
10	ZIA, Nate	FR Georgetown Day	26.18		(NW) 2(5)	
11	SYED, Arman	SO Sidwell Friends	27.68		(NW) 2(6)	
12	LOWENSTEIN, Samson	SO Georgetown Day	29.43		(NW) 1(6)	

**#16 Girls 4 x 400m Relay**

Pl	Team	Time	Note	Pts
1	Sidwell Friends (A)	4:47.34		5
2	Sidwell Friends (B)	4:56.44		

**#17 Boys 4 x 400m Relay**

Pl	Team	Time	Note	H(Pl)	Pts
1	Georgetown Day (A)	3:40.56		1(1)	5
2	St Albans For Boys (D)	3:45.55		1(2)	3
3	St Albans For Boys (B)	3:52.23		1(3)	
4	Georgetown Day (B)	3:52.58		1(4)	
5	St Albans For Boys (A)	3:54.67		1(5)	
6	Sidwell Friends (A)	4:03.39		1(6)	
7	St Albans For Boys (H)	4:05.06		2(1)	
8	St Albans For Boys (E)	4:05.49		2(2)	
9	St Albans For Boys (C)	4:06.36		1(7)	
10	Georgetown Day (C)	4:08.97		2(3)	
11	St Albans For Boys (F)	4:13.15		2(4)	
12	St Albans For Boys (G)	4:14.04		2(5)	
13	Sidwell Friends (D)	4:30.21		2(6)	
14	Sidwell Friends (B)	4:46.72		2(7)	

**#18 Boys 3200 Meters**

Pl	Name	Yr Team	Time	Note	Pts
1	COHEN, Luke	SR Georgetown Day	10:25.06		5
2	DESAI, Navin	JR Georgetown Day	10:34.10		3
3	OGADA, Thomas	JR Georgetown Day	10:34.26		1
4	KESSLER, Simon	FR Georgetown Day	10:51.63		
5	BENNETT, Andrew	FR Georgetown Day	11:07.21		
6	PENNIMAN, Mac	SO Georgetown Day	11:07.25		

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Host: St. Albans  
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## MEET OFFICIALS

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Timing:  
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# RESULTS

### #19 Boys High Jump

Pl	Name	Yr Team	Mark	4' 6"	4' 8"	4' 10"	5' 0"	5' 2"	5' 4"	5' 6"	5' 8"	5' 10"	Pts
1	FERGUS, Niall	SR St Albans For	5' 8"	P	P	O	O	O	XXO	XO	XXO	XXX	5
2	RAMAN, Shiv	SR Georgetown	5' 6"	P	P	P	O	O	O	O	XXX		2
2	WARD, Trevor	SO Sidwell Frien	5' 6"	O	O	O	O	O	O	O	XXX		2
4	CHERILUS, Christian	SO St Albans For	5' 6"	P	P	P	P	P	O	XO	XXX		
5	BAZEMORE, Nate	SR Georgetown	5' 4"	P	P	O	O	XO	XO	XXX			
6	WHITE, Burton	JR Sidwell Frien	5' 2"	O	O	O	O	O	XXX				
6	BALLINGER, Christopher	SR Sidwell Frien	5' 2"	O	O	O	O	O	XXX				
8	VOGELMAN, Ethan	SR St Albans For	5' 2"	P	P	XXO	XO	XXO	XX	XXX			
	GRIFFIN, Marion	SO St Albans For	NH										
	MILLS, Landon	JR St Albans For	NH										
	WARREN, Noah	SO Sidwell Frien	NH										

### #20 Girls High Jump

Pl	Name	Yr Team	Mark	3' 10"	4' 0"	4' 2"	4' 4"	4' 6"	Pts
1	RUSTGI, Seva	SO Georgetown	4' 4"	XO	XO	O	O	XXX	5
2	STENSLAND, Lina	SR Georgetown	4' 4"	O	O	O	XO	XXX	3
3	BENYOUCEF, Shiraz	SO Georgetown	4' 4"	O	XO	XXO	XXO	XXX	1

### #21 Boys Pole Vault

Pl	Name	Yr Team	Mark	6' 0"	6' 6"	7' 0"	7' 6"	8' 0"	9' 0"	10' 0"	10' 6"	11' 0"	Pts
1	SATHER, Cole	SO St Albans For	10' 6"	P	P	P	P	O	O	O	O	XXX	5
2	FLORANCE, Matthew	JR St Albans For	6' 6"	O	XO	XXX							3

### #22 Boys Long Jump

Pl	Name	Yr Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	GARY, Clayton	SO Sidwell Frien	21' 10"	(+0.0)	21' 10" (+0.0)	PASS					5
2	DORSEY, Nelson	JR St Albans For	19' 3"	(+0.0)	18' 11" (+0.0)	17' 4" (+0.0)	18' 3" (+0.0)	19' 3" (+0.0)			3
3	WESS, Sebastian	SO Sidwell Frien	18' 10"	(+0.0)	18' 10" (+0.0)	15' 9" (+0.0)	17' 1" (+0.0)	FOUL			1
4	COMBEST, Tiger	FR St Albans For	17' 8"	(+0.0)	17' 6" (+0.0)	17' 8" (+0.0)	FOUL	FOUL			
5	HARVEY, Jake	SR Sidwell Frien	17' 8"	(+0.0)	FOUL	FOUL	17' 8" (+0.0)	17' 4" (+0.0)			
6	ALLEN, Joshua	FR St Albans For	16' 8"	(+0.0)	16' 8" (+0.0)	FOUL	16' 6" (+0.0)	16' 8" (+0.0)			
7	ESPINOZA, Xixi	FR St Albans For	16' 4"	(+0.0)	FOUL	FOUL	FOUL	16' 4" (+0.0)			
8	JOHNSON, Theo	SR St Albans For	16' 1"	(+0.0)	16' 1" (+0.0)	15' 7" (+0.0)	14' 3" (+0.0)	15' 11" (+0.0)			
9	COBB, Zahir	FR St Albans For	16' 0"	(+0.0)	FOUL	16' 0" (+0.0)	FOUL	FOUL			
10	GARLAND, James	FR St Albans For	15' 11"	(+0.0)	15' 11" (+0.0)	15' 8" (+0.0)	FOUL	12' 2" (+0.0)			
11	PRESTON, Paulos	FR St Albans For	15' 4"	(+0.0)	FOUL	15' 4" (+0.0)	FOUL	FOUL			
12	PITTMAN, Nelson	FR St Albans For	14' 7"	(+0.0)	FOUL	14' 7" (+0.0)	FOUL	10' 8" (+0.0)			
	ADELEYE, David	SO St Albans For	NM		PASS						

### #23 Girls Long Jump

Pl	Name	Yr Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	GREGORY, Ava	SR Sidwell Frien	17' 3"	(+0.0)	16' 9" (+0.0)	16' 4" (+0.0)	16' 8" (+0.0)	17' 3" (+0.0)			5
2	TSAI, Nora	SO Sidwell Frien	15' 0"	(+0.0)	FOUL	FOUL	FOUL	15' 0" (+0.0)			3
3	SMITH, Malia	National Cath	14' 8"	(+0.0)	FOUL	13' 5" (+0.0)	14' 8" (+0.0)	FOUL			1
4	KRAMARENKO, Julie	JR National Cath	13' 10"	(+0.0)	12' 5" (+0.0)	13' 10" (+0.0)	FOUL	FOUL			



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**RESULTS****#23 Girls Long Jump (cont'd)**

Pl	Name	Yr Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
5	ETCHU, Paris	SO National Cath	12' 6"	(+0.0)	FOUL	12' 6" (+0.0)	12' 1" (+0.0)	PASS			
6	MEADES, Hattie	FR National Cath	10' 3"	(+0.0)	FOUL	FOUL	FOUL	10' 3" (+0.0)			
	WHITE, Danielle	SR National Cath	NM		PASS	PASS					
	GEZAHEGNE, Brhane	FR National Cath	NM		PASS	PASS					
	PALMERINO, Lily	JR Sidwell Frien	NM		PASS	PASS					

**#24 Boys Triple Jump**

Pl	Name	Yr Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	DORSEY, Nelson	JR St Albans For	40' 5"	(+0.0)	FOUL	38' 6" (+0.0)	39' 6" (+0.0)	40' 5" (+0.0)			5
2	JOHNSON, Theo	SR St Albans For	36' 10"	(+0.0)	36' 10" (+0.0)	36' 6" (+0.0)	FOUL	36' 0" (+0.0)			3
3	WESS, Sebastian	SO Sidwell Frien	36' 8"	(+0.0)	36' 0" (+0.0)	FOUL	33' 2" (+0.0)	36' 8" (+0.0)			1
4	WARREN, Noah	SO Sidwell Frien	34' 10"	(+0.0)	33' 6" (+0.0)	34' 9" (+0.0)	34' 2" (+0.0)	34' 10" (+0.0)			
	COMBEST, Tiger	FR St Albans For	NM		PASS	PASS					

**#25 Boys Shot Put**

Pl	Name	Yr Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	SOSNICK, Phillip	SR St Albans For	39' 10 <sup>3/4</sup>		39' 9 <sup>1/2</sup>	38' 8 <sup>1/2</sup>	39' 10 <sup>3/4</sup>	38' 8 <sup>1/2</sup>			5
2	GREENSPAN, Sam	JR Sidwell Frien	39' 10"		36' 1"	39' 10"	37' 0 <sup>1/2</sup>	39' 0 <sup>1/2</sup>			3
3	JIN, Merek	SO St Albans For	38' 0"		FOUL	33' 9"	38' 0"	37' 10"			1
4	SNOW, Max	JR Sidwell Frien	33' 10"		30' 7"	32' 1"	33' 10"	30' 9 <sup>1/4</sup>			
5	WILLARD, JT	SR St Albans For	32' 10"		30' 4 <sup>1/2</sup>	32' 10"	26' 6 <sup>1/2</sup>				
6	HUME, Sascha	SR St Albans For	32' 9 <sup>1/2</sup>		FOUL	32' 9 <sup>1/2</sup>	FOUL				
7	FATUKASI, Olakiite	SR Sidwell Frien	32' 0"		31' 4"	30' 6 <sup>1/4</sup>	31' 2 <sup>1/4</sup>	32' 0"			
8	SCHWINDEN, Lucas	FR Sidwell Frien	31' 11 <sup>1/2</sup>		29' 8 <sup>1/2</sup>	31' 10 <sup>1/2</sup>	30' 11"	31' 11 <sup>1/2</sup>			
9	DUNN, Landry	JR St Albans For	29' 8 <sup>1/2</sup>		28' 8"	28' 3"	29' 8 <sup>1/2</sup>	29' 0"			
10	JACK, Amari	SR St Albans For	28' 2"		25' 1"	25' 1"	28' 2"	28' 0 <sup>1/2</sup>			
11	SKINNER, Bobby	JR Sidwell Frien	27' 4"		23' 6"	23' 6"	27' 4"	22' 11"			
12	MARTZ, Noah	SO Georgetown	25' 6"		25' 0"	25' 6"	23' 6 <sup>1/2</sup>	FOUL			
13	MEYER, Ben	SR Georgetown	24' 3"		22' 6"	21' 6"	22' 8"	24' 3"			
14	SALEHIZADEH, Cameron	SR Georgetown	20' 11"		19' 5"	FOUL	20' 7 <sup>1/2</sup>	20' 11"			
15	MOORE, Jack	FR St Albans For	19' 8"		16' 2"	16' 11"	19' 8"	18' 7 <sup>1/4</sup>			
	MATSUMOTO, Victor	SO St Albans For	NM								
	QUARLES, Eli	SR St Albans For	NM								
	CHALK, Aidan	SR St Albans For	NM								
	SCOTT, John	JR Sidwell Frien	NM								

**#26 Girls Shot Put**

Pl	Name	Yr Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	SEQUAR, Annabelle	SO Sidwell Frien	24' 6 <sup>1/2</sup>		23' 3 <sup>1/2</sup>	23' 1 <sup>1/2</sup>	22' 9"	24' 6 <sup>1/2</sup>			5
2	GUAGENTI, Gabby	FR National Cath	23' 2"		23' 2"	22' 1 <sup>1/2</sup>	20' 7 <sup>1/2</sup>	22' 9"			3
3	MCREE, Kendall	JR National Cath	20' 5 <sup>1/2</sup>		20' 5 <sup>1/2</sup>	18' 0 <sup>1/2</sup>	FOUL	15' 1"			1
4	MEYER, Finley	FR Georgetown	20' 0"		19' 1"	18' 0"	18' 9 <sup>1/2</sup>	20' 0"			
5	FINDLER, Cosette	FR National Cath	19' 3"		18' 0 <sup>1/2</sup>	17' 4"	16' 1 <sup>1/2</sup>	19' 3"			
6	FREDRICK, Kacey	JR National Cath	18' 8"		17' 8"	15' 1 <sup>1/2</sup>	18' 8"	18' 4"			
7	FULTON, Tristan	FR Georgetown	18' 5"		17' 6"	15' 5"	16' 3"	18' 5"			
8	DOWHOWER, Eleanor	JR National Cath	17' 6"		17' 1"	17' 6"	16' 4 <sup>1/2</sup>	15' 1 <sup>1/2</sup>			

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St. Albans

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**MEET OFFICIALS****Meet Director:**

Ted Findler

**Timing:**

Windsor Running

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**RESULTS****#26 Girls Shot Put (cont'd)**

Pl	Name	Yr Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
9	MARSHALL, Caroline	JR National Cath	17' 4"	15' 6"	17' 3 <sup>1</sup> / <sub>2</sub> "	17' 4"	16' 1"			
10	COLBY, Elizabeth	JR National Cath	15' 2"	13' 0"	15' 2"	13' 5"	15' 2"			
	ROSS, Annalise	JR National Cath	NM	PASS	PASS	PASS	PASS			
	ROUTH, Miya	SO Sidwell Frien	NM	PASS	PASS	PASS	PASS			
	LU, Erica	JR Sidwell Frien	NM	PASS	PASS	PASS	PASS			

**#27 Boys Discus**

Pl	Name	Yr Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	JACK, Amari	SR St Albans For	98' 1 <sup>1</sup> / <sub>4</sub> "	98' 1 <sup>1</sup> / <sub>4</sub> "	FOUL	FOUL	72' 9"			5
2	SOSNICK, Phillip	SR St Albans For	97' 5"	97' 2 <sup>1</sup> / <sub>2</sub> "	97' 5"	85' 11"	FOUL			3
3	GREENSPAN, Sam	JR Sidwell Frien	95' 3"	82' 5 <sup>1</sup> / <sub>2</sub> "	FOUL	95' 3"	88' 6 <sup>1</sup> / <sub>2</sub> "			1
4	SCHWINDEN, Lucas	FR Sidwell Frien	91' 11 <sup>1</sup> / <sub>2</sub> "	81' 1"	71' 2 <sup>1</sup> / <sub>4</sub> "	91' 11 <sup>1</sup> / <sub>2</sub> "	FOUL			
5	JIN, Merek	SO St Albans For	89' 11"	89' 11"	86' 8 <sup>1</sup> / <sub>2</sub> "	FOUL	FOUL			
6	FATUKASI, Olakiite	SR Sidwell Frien	82' 3"	FOUL	63' 9 <sup>3</sup> / <sub>4</sub> "	82' 3"	71' 5 <sup>1</sup> / <sub>4</sub> "			
7	DUNN, Landry	JR St Albans For	81' 3 <sup>3</sup> / <sub>4</sub> "	79' 2"	81' 3 <sup>3</sup> / <sub>4</sub> "	FOUL	FOUL			
8	SNOW, Max	JR Sidwell Frien	79' 3 <sup>1</sup> / <sub>2</sub> "	FOUL	79' 3 <sup>1</sup> / <sub>2</sub> "	73' 3 <sup>1</sup> / <sub>2</sub> "	78' 3"			
9	SKINNER, Bobby	JR Sidwell Frien	72' 8"	72' 8"	65' 1 <sup>1</sup> / <sub>2</sub> "	67' 2 <sup>1</sup> / <sub>4</sub> "	63' 11 <sup>1</sup> / <sub>2</sub> "			
10	WILLARD, JT	SR St Albans For	61' 0 <sup>1</sup> / <sub>2</sub> "	61' 0 <sup>1</sup> / <sub>2</sub> "	FOUL	46' 9 <sup>1</sup> / <sub>2</sub> "	FOUL			
11	HUME, Sascha	SR St Albans For	60' 11"	60' 11"	53' 5"	FOUL	FOUL			
12	MARTZ, Noah	SO Georgetown	59' 5 <sup>1</sup> / <sub>4</sub> "	59' 5 <sup>1</sup> / <sub>4</sub> "	54' 11 <sup>1</sup> / <sub>2</sub> "	51' 11 <sup>1</sup> / <sub>2</sub> "	55' 5 <sup>3</sup> / <sub>4</sub> "			
13	MEYER, Ben	SR Georgetown	55' 11 <sup>1</sup> / <sub>2</sub> "	47' 0"	51' 2 <sup>1</sup> / <sub>4</sub> "	53' 1 <sup>1</sup> / <sub>2</sub> "	55' 11 <sup>1</sup> / <sub>2</sub> "			
14	SALEHIZADEH, Cameron	SR Georgetown	49' 0 <sup>1</sup> / <sub>2</sub> "	45' 3 <sup>1</sup> / <sub>2</sub> "	39' 8"	49' 0 <sup>1</sup> / <sub>2</sub> "	43' 6"			
15	MOORE, Jack	FR St Albans For	39' 9 <sup>1</sup> / <sub>2</sub> "	FOUL	39' 9 <sup>1</sup> / <sub>2</sub> "	39' 0"	FOUL			
	CHALK, Aidan	SR St Albans For	NM							
	QUARLES, Eli	SR St Albans For	NM							
	MATSUMOTO, Victor	SO St Albans For	NM							

**#28 Girls Discus**

Pl	Name	Yr Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	SEQUAR, Annabelle	SO Sidwell Frien	77' 9 <sup>1</sup> / <sub>2</sub> "	76' 6 <sup>1</sup> / <sub>2</sub> "	77' 9 <sup>1</sup> / <sub>2</sub> "	FOUL	77' 1"			5
2	FULTON, Tristan	FR Georgetown	55' 7 <sup>1</sup> / <sub>2</sub> "	51' 10"	44' 3"	55' 7 <sup>1</sup> / <sub>2</sub> "	44' 3"			3
3	FREDRICK, Kacey	JR National Cath	49' 4 <sup>1</sup> / <sub>2</sub> "	44' 3"	45' 7"	46' 1"	49' 4 <sup>1</sup> / <sub>2</sub> "			1
4	GUAGENTI, Gabby	FR National Cath	49' 0"	49' 0"	48' 5 <sup>1</sup> / <sub>2</sub> "	47' 6 <sup>1</sup> / <sub>2</sub> "	46' 0 <sup>1</sup> / <sub>2</sub> "			
5	MCREE, Kendall	JR National Cath	49' 0"	49' 0"	FOUL	FOUL	FOUL			
6	FINDLER, Cosette	FR National Cath	47' 2"	41' 2"	43' 1 <sup>1</sup> / <sub>2</sub> "	39' 5"	47' 2"			
7	MARSHALL, Caroline	JR National Cath	39' 5"	33' 10"	36' 5"	38' 11"	39' 5"			
8	DOWHOWER, Eleanor	JR National Cath	38' 9 <sup>1</sup> / <sub>2</sub> "	FOUL	36' 5"	FOUL	38' 9 <sup>1</sup> / <sub>2</sub> "			
9	COLBY, Elizabeth	JR National Cath	38' 6"	36' 4 <sup>1</sup> / <sub>2</sub> "	38' 6"	33' 7"	37' 4 <sup>1</sup> / <sub>2</sub> "			
10	MEYER, Finley	FR Georgetown	36' 8"	34' 10"	35' 1"	FOUL	36' 8"			
	ROSS, Annalise	JR National Cath	NM	PASS	PASS	PASS	PASS			
	ROUTH, Miya	SO Sidwell Frien	NM	PASS	PASS	PASS	PASS			
	LU, Erica	JR Sidwell Frien	NM	PASS	PASS	PASS	PASS			

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# RESULTS

### Boys Scores

Pl	Team	Code	Score
1	St Albans For Boys	SAFB	74
2	Georgetown Day	GDS	43
3	Sidwell Friends	SFS	24

### Girls Scores

Pl	Team	Code	Score
1	Sidwell Friends	SFS	46
2	National Cathedral for Girls	NCS	30
3	Georgetown Day	GDS	27