

2023 HOLTON RELAY MEETBethesda, MD
Holton Arms School

Tuesday, March 21, 2023

**OFFICIAL MEET REPORT**

printed: 3/21/2023 6:11 PM

RESULTS**#12 Men's 4000m DMR**

Pl	Team	Time	Note
1	The Heights (A)	11:49.95	
	1) BURKE, Sean SO 3:32.107 (3:32.107)	2) LANHAM, Blake JR 4:26.839 (54.732)	
	3) CAHILL, Cregan JR 6:42.493 (2:15.654)	4) CONNOLLY, Patrick JR 11:49.945 (5:07.453)	

#13 Women's 4000m DMR

Pl	Team	Time	Note
1	Holton-Arms (A)	13:29.35	
	1) ATTIOGBE, Elise SO 4:15.099 (4:15.099)	2) KUREY, Marley SR 5:17.628 (1:02.530)	
	3) BERMAN, Gabi SO 7:56.685 (2:39.057)	4) MOORE, Ella JR 13:29.346 (5:32.661)	

#6 Women's 4 x 200m Relay

Pl	Team	Time	Note
1	Connelly School of the Holy (A)	2:04.52	
	1) LILLY, Kisa JR	2) COLLINS, Mary JR	
	3) BROWNE, Ainsley FR	4) ESQUENET, Eulalia SR	
2	Holton-Arms (A)	2:06.55	
	1) MAGID, Blair SR	2) CLARK, Mari SR	
	3) ROBINSON, Linda JR	4) CASPAR, Remy FR	
3	Sidwell Friends (A)	2:09.11	
	1) VAIDYA, Maina FR	2) WARRING, Carolina SR	
	3) SOUKOU, Eliane FR	4) NKOP, Comfort JR	
4	Holton-Arms (B)	2:18.80	
	1) ALMONTE, Lucia FR	2) FOUGH, Peyton FR	
	3) MEIERHOEFER, Audrey JR	4) MOGHISI, Armeeta JR	

#5 Men's 4 x 200m Relay

Pl	Team	Time	Note
1	Sidwell Friends (A)	1:48.17	
	1) BROWN, Chase SO	2) BURIK, Omar FR	
	3) CHAPMAN, Kaden FR	4) YARBOROUGH, Justin FR	
2	Sidwell Friends (B)	1:52.84	
	1) GORMAN, Andrew FR	2) GRAHAM, Connor FR	
	3) OSORIO-BUITRAGO, Jacob FR	4) GOSAL, Gobind FR	
3	The Heights (A)	2:02.92	
	1) MATTUS, Michael FR	2) CANNON, William FR	
	3) CHRISTEN, Jaydon SR	4) GEIGER, Christopher FR	

#10 Women's 4 x 800m Relay

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Pl	Team	Time	Note
1	Sidwell Friends (B)	10:49.90	
	1) PALMERINO, Lily JR 2:36.184 (2:36.184)	2) PRAKASH, Tara SO 5:10.116 (2:33.932)	
	3) MALTBY, Mila JR 8:04.458 (2:54.343)	4) LIMAO, Isabel SO 10:49.896 (2:45.439)	
2	Holton-Arms (B)	11:42.97	
	1) WEEMS, Lucy SR 2:46.406 (2:46.406)	2) GOLDSTEIN, Caroline SO 5:36.273 (2:49.867)	
	3) WESTERBERG, Grace JR 8:47.354 (3:11.082)	4) MCMANAMAN, Kate SR 11:42.966 (2:55.612)	
3	Holton-Arms (A)	11:43.50	
	1) BERMAN, Gabi SO 2:50.880 (2:50.880)	2) MOORE, Claudia JR 5:40.339 (2:49.459)	
	3) LIAN, Jessica SR 8:51.611 (3:11.272)	4) TAN, Natalie FR 11:43.491 (2:51.881)	
4	Sidwell Friends (A)	12:16.41	
	1) KELSO, Abby JR 2:48.371 (2:48.371)	2) VIRK, Astrid FR 5:51.355 (3:02.985)	
	3) ACRES, Audrey JR 8:59.864 (3:08.509)	4) STONE, Stella FR 12:16.405 (3:16.541)	
	Holton-Arms (C)	DNF	
	1) ATTIOGBE, Elise SO	2) RISSER, Sophie SR	
	3) COX, Alex FR	4) XIAO, Cathy SO	

#9 Men's 4 x 800m Relay

Pl	Team	Time	Note
1	The Heights (A)	9:17.09	
	1) BERRY, Jonathan SR 2:19.391 (2:19.391)	2) BEGLIS, Damien JR 4:38.176 (2:18.786)	
	3) DILLER, David SR 7:00.037 (2:21.861)	4) CONNOLLY, Patrick JR 9:17.084 (2:17.048)	
2	The Heights (C)	9:43.47	
	1) DIEDERICH, Joseph FR 2:19.373 (2:19.373)	2) MATTUS, Michael FR 4:58.074 (2:38.702)	
	3) VITZ, Isaac FR 7:28.793 (2:30.719)	4) CANNON, William FR 9:43.462 (2:14.670)	
3	Sidwell Friends (A)	9:47.47	
	1) BEAUDREAU, August SR 2:27.198 (2:27.198)	2) WALLACE, Sean SR 4:47.436 (2:20.239)	
	3) RAZAVI, Michael SR 7:15.557 (2:28.121)	4) SMITH, Teddy SR 9:47.461 (2:31.905)	
4	The Heights (B)	9:55.87	
	1) ROWAN, Finn JR 2:22.021 (2:22.021)	2) BAILEY, Andrew JR 5:02.344 (2:40.324)	
	3) CANNON, Andrew JR 7:35.852 (2:33.508)	4) VITZ, Simon JR 9:55.864 (2:20.013)	
5	Sidwell Friends (B)	10:20.89	
	1) SCHROPFER, Kai FR 2:27.640 (2:27.640)	2) PANNER, William FR 5:04.642 (2:37.002)	
	3) NGUYEN, Tyler FR 7:52.127 (2:47.486)	4) CHANDER, Milan SR 10:20.885 (2:28.758)	

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Pl	Team	Time	Note
1	Holton-Arms (A)	51.56	
	1) SIMPSON, Avery SR	2) NDU, Oma FR	
	3) HALL, Kamryn FR	4) KUREY, Marley SR	
2	Sidwell Friends (A)	59.14	
	1) VAIDYA, Maina FR	2) SOUKOU, Eliane FR	
	3) OCHIAI, Sophie FR	4) WARRING, Carolina SR	
3	Holton-Arms (B)	59.46	
	1) ADELEYE, Liz FR	2) MAGID, Blair SR	
	3) COHEN, Leela SO	4) MILLER, Ruby JR	
4	Holton-Arms (C)	1:03.77	
	1) ROGERS, Lily FR	2) BAIG, Salma SO	
	3) BURTON, Sophia JR	4) MARGOLIS, Kendall SR	

#3 Men's 4 x 100m Relay

Pl	Team	Time	Note
1	Sidwell Friends (A)	50.85	
	1) YARBOROUGH, Justin FR	2) CHAPMAN, Kaden FR	
	3) BURIK, Omar FR	4) GOSAL, Gobind FR	
2	Sidwell Friends (B)	54.48	
	1) BROWN, Chase SO	2) GRAHAM, Connor FR	
	3) OSORIO-BUITRAGO, Jacob FR	4) GORMAN, Andrew FR	

#2 Women's 1600 Meters

Pl	Name	Yr	Team	Time	Note
1	VEDANTAMBE, Anya		JR Sidwell Friends	5:50.80	
	1:31.42 (1:31.42)	1:28.99 (3:00.41)	1:28.26 (4:28.67)	1:22.14 (5:50.80)	
2	WEEMS, Lucy		SR Holton-Arms	6:09.72	
	1:31.54 (1:31.54)	1:34.78 (3:06.31)	1:35.67 (4:41.98)	1:27.74 (6:09.72)	
3	MOORE, Claudia		JR Holton-Arms	6:36.13	
	1:37.44 (1:37.44)	1:44.11 (3:21.54)	1:43.43 (5:04.97)	1:31.16 (6:36.13)	
4	TAN, Natalie		FR Holton-Arms	6:36.24	
	1:37.90 (1:37.90)	1:44.04 (3:21.94)	1:43.41 (5:05.34)	1:30.91 (6:36.24)	
5	RISSER, Sophie		SR Holton-Arms	6:36.44	
	1:37.42 (1:37.42)	1:44.11 (3:21.52)	1:43.49 (5:05.01)	1:31.44 (6:36.44)	
6	MCMANAMAN, Kate		SR Holton-Arms	6:40.90	
	1:38.02 (1:38.02)	1:43.97 (3:21.99)	1:43.47 (5:05.45)	1:35.45 (6:40.90)	
7	COX, Alex		FR Holton-Arms	6:59.34	
	1:40.79 (1:40.79)	1:47.82 (3:28.61)	1:49.42 (5:18.02)	1:41.32 (6:59.34)	
8	LIAN, Jessica		SR Holton-Arms	7:21.96	
	1:44.90 (1:44.90)	1:55.22 (3:40.12)	1:57.52 (5:37.63)	1:44.33 (7:21.96)	
9	WESTERBERG, Grace		JR Holton-Arms	7:25.46	
	1:43.41 (1:43.41)	1:51.85 (3:35.25)	1:58.88 (5:34.13)	1:51.34 (7:25.46)	
	GOLDSTEIN, Caroline		SO Holton-Arms	DNS	

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RESULTS**#1 Men's 1600 Meters**

Pl	Name	Yr	Team	Time	Note
1	COHEN, Sam		SR Landon	4:30.86	
	1:07.43 (1:07.43)	1:09.66 (2:17.08)	1:09.18 (3:26.25)	1:04.61 (4:30.86)	
2	CAHILL, Cregan		JR The Heights	4:35.84	
	1:06.30 (1:06.30)	1:10.83 (2:17.13)	1:09.52 (3:26.65)	1:09.19 (4:35.84)	
3	HAKIM-FLORIAN, Asim		SR Landon	4:36.60	
	1:07.68 (1:07.68)	1:09.76 (2:17.43)	1:09.81 (3:27.23)	1:09.37 (4:36.60)	
4	GARVEY, Jack		SO The Heights	4:38.62	
	1:07.70 (1:07.70)	1:10.20 (2:17.89)	1:09.82 (3:27.71)	1:10.92 (4:38.62)	
5	WEISSMAN, Easy		JR Sidwell Friends	4:40.17	
	1:07.92 (1:07.92)	1:09.56 (2:17.47)	1:10.78 (3:28.25)	1:11.92 (4:40.17)	
6	MCNIFF, Joseph		SO The Heights	5:09.83	
	1:10.22 (1:10.22)	1:19.04 (2:29.25)	1:21.62 (3:50.86)	1:18.98 (5:09.83)	
7	HOLDEN, Lucas		SR Sidwell Friends	5:25.68	
	1:13.35 (1:13.35)	1:23.04 (2:36.38)	1:27.06 (4:03.44)	1:22.24 (5:25.68)	
8	JOHNSON, Langston		SR Sidwell Friends	5:38.43	
	1:16.10 (1:16.10)	1:29.19 (2:45.28)	1:32.04 (4:17.31)	1:21.12 (5:38.43)	
9	KANE, Matthew		SO The Heights	5:42.17	
	1:20.63 (1:20.63)	1:32.78 (2:53.41)	1:28.38 (4:21.78)	1:20.39 (5:42.17)	
10	CHRETIEN, JL		FR Sidwell Friends	5:49.29	
	1:22.13 (1:22.13)	1:32.19 (2:54.32)	1:27.20 (4:21.51)	1:27.79 (5:49.29)	
11	BRHANE, Sened		FR Sidwell Friends	5:55.56	
	1:18.66 (1:18.66)	1:31.58 (2:50.23)	1:31.84 (4:22.06)	1:33.50 (5:55.56)	
12	JAIN, Isaac		FR Sidwell Friends	5:57.56	
	1:22.01 (1:22.01)	1:33.08 (2:55.08)	1:31.67 (4:26.74)	1:30.82 (5:57.56)	
	BEGLIS, Damien		JR The Heights	DNS	
	BAILEY, Andrew		JR The Heights	DNS	
	CREMERS, Joseph		FR The Heights	DNS	

#11 Women's 800m SMR

Pl	Team	Time	Note
1	Holton-Arms (A)	2:08.85	
	1) SIMPSON, Avery SR	2) NDU, Oma FR	
	3) CASPAR, Remy FR	4) CLARK, Mari SR	
2	Connelly School of the Holy (A)	2:15.79	
	1) WOODWARD, MacKenzie SO	2) LILLY, Kisa JR	
	3) ESQUENET, Eulalia SR	4) BROWNE, Ainsley FR	
3	Holton-Arms (C)	2:20.09	
	1) MAGUIRE, Olivia JR	2) BAIG, Salma SO	
	3) FLYNN, Sarah SR	4) XIAO, Cathy SO	
	Holton-Arms (B)	DNS	
	1) BURNETT, Naomi JR	2) GOLDSTEEN, Sami JR	
	3) CVIJETINOVIC, Lana FR	4) ORTIZ-CRUZ, Ximena FR	
	Sidwell Friends (A)	DNS	
	1) CHEN, Olivia SO	2) GLOVER, Samantha SO	
	3) NKOP, Comfort JR	4) OCHIAI, Sophie FR	

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Pl	Team	Time	Note
1	Holton-Arms (A)	4:16.12	
	1) KUREY, Marley SR 2:12.053 (2:12.053)	2) FREDERICK, Kendall JR 3:13.722 (1:01.669)	
	3) NDU, Oma FR 4:16.120 (1:02.399)	4) MOORE, Ella JR	
2	Connelly School of the Holy (A)	4:57.17	
	1) BROWNE, Ainsley FR 2:37.254 (2:37.254)	2) COLLINS, Mary JR 3:49.734 (1:12.481)	
	3) ESQUENET, Eulalia SR 4:57.167 (1:07.433)	4) LILLY, Kisa JR	
3	Holton-Arms (B)	5:09.30	
	1) ROSS, Sofia SR 2:32.018 (2:32.018)	2) MOGHISI, Armeeta JR 3:48.000 (1:15.982)	
	3) GOLDSTEEN, Sami JR 5:09.296 (1:21.296)	4) CVIJETINOVIC, Lana FR	
4	Holton-Arms (C)	5:32.79	
	1) ALMONTE, Lucia FR 2:52.394 (2:52.394)	2) FOUGH, Peyton FR 4:15.227 (1:22.834)	
	3) MEIERHOEFER, Audrey JR 5:32.782 (1:17.555)	4) MATHURA, Kali SR	

#7 Men's 4 x 400m Relay

Pl	Team	Time	Note
1	The Heights (C)	4:11.36	
	1) BEGLIS, Damien JR 2:03.413 (2:03.413)	2) MCNIFF, Joseph SO 3:14.629 (1:11.217)	
	3) CANNON, William FR 4:11.356 (56.727)	4) CAHILL, Cregan JR	
2	The Heights (A)	4:12.40	
	1) LANHAM, Blake JR 2:03.232 (2:03.232)	2) REHFELD, Aidan SR 3:09.635 (1:06.404)	
	3) COONEY, Thomas SO 4:12.394 (1:02.759)	4) WEELDREYER, Steven SR	
3	The Heights (B)	4:33.22	
	1) DIEDERICH, Joseph FR 2:17.556 (2:17.556)	2) JORGENSEN, Lucian FR 3:22.501 (1:04.946)	
	3) GARCIA, Julian SO 4:33.215 (1:10.714)	4) GEIGER, Christopher FR	

#15 Women's Long Jump

Pl	Name	Yr	Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	NI, Meredith		Holton-Arms	14' 4"	(NW)	12' 9"	14' 4"	12' 9"	12' 5"		
2	FREDERICK, Kendall		JR Holton-Arms	14' 3"	(NW)	14' 0"	14' 3"	13' 9"	13' 9"		
3	COHEN, Leela		SO Holton-Arms	14' 1 1/4"	(NW)	14' 1"	14' 1 1/4"	12' 7"	14' 1"		
4	MILLER, Ruby		JR Holton-Arms	13' 4"	(NW)	FOUL	12' 0"	12' 8"	13' 4"		
5	BURTON, Sophia		JR Holton-Arms	12' 4"	(NW)	12' 4"	11' 8"	FOUL	11' 4"		
	MARGOLIS, Kendall		SR Holton-Arms	NM							
	ADELEYE, Liz		FR Holton-Arms	NM							

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RESULTS**#14 Men's Long Jump**

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	COHEN, Vincent	FR	Sidwell Frien	16' 2"	(NW) 16' 1"	15' 8 ¹ / ₄	15' 9"	16' 2"		

#17 Women's Shot Put

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	SEQUAR, Annabelle	SO	Sidwell Frien	23' 11"	22' 6 ¹ / ₂	23' 3 ¹ / ₂	23' 7"	23' 11"		
2	LU, Erica	JR	Sidwell Frien	20' 10"	19' 7"	19' 2"	20' 10"	19' 9 ¹ / ₂		
3	MAGUIRE, Olivia	JR	Holton-Arms	17' 5"	16' 3"	17' 5"	15' 8"	15' 5 ¹ / ₂		
	VIRKAR, Sophia	SR	Holton-Arms	NM						
	ROUTH, Miya	SO	Sidwell Frien	NM						

#16 Men's Shot Put

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6
1	SCHWINDEN, Lucas	FR	Sidwell Frien	34' 6"	34' 6"	29' 10"	32' 11 ¹ / ₂	25' 2"		
2	MCGIFFIN, Michael	JR	The Heights	33' 0"	31' 2 ¹ / ₂	26' 3 ¹ / ₄	FOUL	33' 0"		
3	B EGLIS, Damien	JR	The Heights	29' 10 ¹ / ₂	27' 8 ¹ / ₄	29' 10 ¹ / ₂	27' 11 ¹ / ₄	26' 9 ¹ / ₂		
4	SCOTT, John	JR	Sidwell Frien	27' 1"	26' 6 ³ / ₄	27' 1"	25' 10"	26' 2"		
5	DIEDERICH, Nicholas	SR	The Heights	24' 0 ³ / ₄	22' 2 ¹ / ₂	24' 0 ³ / ₄	23' 10"	22' 3"		