

2022 IAC-MAC TRACK CHAMPIONSHIP

Potomac, MD

Bullis School

5/12/2022 - 5/14/2022

MEET OFFICIALS**Meet Director:**

Damian Walsh

Timing:

Windsor Running, LLC

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

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START LIST**#17 Boys 4 x 100m Relay (IAC)**

IAC Championship 42.98 Bullis 2019

Lane Team Time**Section 1 of 1**

1	Georgetown Prep (A)	A	46.07
	1) AMBROSE, Kian	2) MARSHALL, Trevon	
	3) SLEWION, Joel	4) PALAZZO, Nick	
	5) BENEICIO, Ruben	6) WALLACE, Simon	
2	St Stephens and St Agnes (A)	A	45.32
	1) SHORTER, Chris	2) ELLEHUUS, Magnus	
	3) WILLIAMS, Alex	4) WEIMAN, Theo	
3	Bullis (A)	A	41.00
	1) MAUNEY, Donovan	2) MCDUFFIE, Aidan	
	3) WALKER, Khari	4) THOMAS, Da'Yon	
4	Episcopal (A)	A	43.98
	1) IGYAN, Kofi	2) ANDERSON, Derrick	
	3) ABRAHAM, Jason	4) WILLIAMS, Joshua	
	5) BASTOS, Nate	6) JOHNSON, CJ	
5	St Albans For Boys (A)	A	45.55
	1) DORSEY, Nelson	2) WATSON, Chase	
	3) GLENN, Kevin	4) WEAVER, Kendall	
	5) NKRUAMAH, Micah	6)	
6	Landon (A)	A	46.90
	1) PHILLIPS, Reed	2) PHILLIPS, Carter	
	3) COLEMAN, Joseph	4) OGUNLADE, Bayo	

#18 Boys 4 x 100m Relay (MAC)

IAC Championship 42.98 Bullis 2019

Lane Team Time**Section 1 of 1**

1	St. Andrew's Episcopal (A)	A	48.85
	1) SCARBORO, Alex	2) SOMWARU, Sammy	
	3) CHRISTMAS, Aiden	4) SMALLS, Caden	
2	Sidwell Friends (A)	A	46.75
	1) YARBOROUGH, Julian	2) NWOSU, Nnamdi	
	3) HARVEY, Jake	4) BABCOCK, Jason	
	5) GREENSPAN, Sam	6)	
3	Georgetown Day (A)	A	45.03
	1) ROMINE, Nathaniel	2) KOVNER, Zachary	
	3) SMITH, Kovan	4) MINTZER, Nathaniel	
	5) BAAR, Malcom	6) CHEEKS, Malachi	
4	Flint Hill (A)	A	45.78
	1) TRIMBLE, Matthew	2) DUNN, Jack	
	3) SHETH, Kalin	4) LEE, Emmet	
	5) HUSSAIN, Ayden	6) HO, Billy	

#18 Boys 4 x 100m Relay (MAC) (cont'd)**Lane Team Time**

5	Potomac (McLean VA) (A)	A	47.15
	1) DAIS, Donovan	2) LAFORCE, Hudson	
	3) LEE, Victor	4) BUDD, Dashiell	
	5) GRISWOLD, Cole	6)	
6	Maret (A)	A	50.23
	1) MUNOZ, Nicos	2) JENKINS, Asante	
	3) REICHEL, Rian	4) JENKINS, Masai	
	5) POMPER, Charles	6)	

#9 Boys 1600 Meters (IAC)

IAC Championship 4:15.98 Tai Dinger 2013

Lane Name Team Time**Section 1 of 1**

1	CUMMINGS, Noah	St Stephens and St Agn	4:30.25
2	HUME, Sebi	St Albans For Boys	4:30.27
3	STRONG, William	St Albans For Boys	4:33.40
4	HAKIM-FLORIAN, Asim	Landon	4:42.70
5	MANGINO, Jack	Landon	4:43.54
6	RHEE, John	St Albans For Boys	4:50.00
7	KAVANAGH, Teddy	Georgetown Prep	4:52.32
8	WITMORE, Silas	St Stephens and St Agn	5:08.05
9	SINGER, Felipe	Georgetown Prep	5:10.10
10	DAGUE, Michael	St Stephens and St Agn	5:18.87

#10 Boys 1600 Meters (MAC)

IAC Championship 4:15.98 Tai Dinger 2013

Lane Name Team Time**Section 1 of 1**

1	ORTMANS, Charlie	Potomac (McLean VA)	4:11.25
2	MATSATSA, Tinoda	St. Andrew's Episcopal	4:18.45
3	OGADA, Thomas	Georgetown Day	4:47.30
4	ALFONSO-FRANK, Olli	Georgetown Day	4:50.29
5	DALVA-BAIRD, Zach	Potomac (McLean VA)	4:55.93
6	PENNIMAN, Mac	Georgetown Day	4:56.00
7	LACHMAN, Micah	Sidwell Friends	4:56.68
8	HOLDEN, Lucas	Sidwell Friends	4:59.12
9	AZIZ QUINTANA, Omer	Flint Hill	5:11.06
10	SHAH, Sajjan	Sidwell Friends	5:12.75
11	STORPER, Graham	St. Andrew's Episcopal	5:19.35

#14 Boys 110m Hurdles (IAC)

IAC Championship 13.78 Andre Turay 2019

Finals Lane Name Team Time**Section 1 of 1**

1	GUINNESS, Jack	St Albans For Boys	17.88
2	WALKER, Khari	Bullis	17.20

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START LIST**#14 Boys 110m Hurdles (IAC) (cont'd)****Finals**

Lane	Name	Team	Time
3	CAILLAT, Franz	St Albans For Boys	16.83
4	CRUTHIRDS, Bradley	St Stephens and St Agn	16.90
5	SHORTER, Chris	St Stephens and St Agn	17.32
6	JOHNSON, Deon	Landon	18.24

#13 Boys 110m Hurdles (MAC)

#	IAC Championship	Time	Team	Year
#	IAC Championship	13.78	Andre Turay	2019

Finals

Lane	Name	Team	Time
Section 1 of 1			
1	BOREK, Milo	Georgetown Day	20.48
2	HAAS, Julian	St. Andrew's Episcopal	19.32
3	YARBOROUGH, Julian	Sidwell Friends	17.06
4	FREEMAN, Christian	Georgetown Day	18.24
5	COYNE, Atticus	Georgetown Day	19.41
6	WHITE, Burton	Sidwell Friends	21.20

#5 Boys 400 Meters (IAC)

#	IAC Championship	Time	Team	Year
#	IAC Championship	48.50	David Saunders	1978

Lane	Name	Team	Time
Section 1 of 3			
1			
2	CUI, Donhee	Georgetown Prep	58.72
3	ELIAS, George	St Albans For Boys	56.35
4	MORE, Turner	St Stephens and St Agn	58.48
5			
6			
Section 2 of 3			
1			
2	JOHNSON, CJ	Episcopal	54.45
3	CAMERON, Zachary	Landon	54.09
4	BASTOS, Nate	Episcopal	54.23
5	MACMILLAN, Alexande	Landon	56.35
6			
Section 3 of 3			
1	STEPHENSON, Bryce	Bullis	53.57
2	WILLIAMS, Joshua	Episcopal	51.53
3	SCHROEDER, Luke	Bullis	48.60
4	PENDARVIS, Myles	Bullis	50.89
5	WALDMAN, Lucas	St Albans For Boys	53.05
6	MCGUIRE, Magnus	St Albans For Boys	53.73

#6 Boys 400 Meters (MAC)

#	IAC Championship	Time	Team	Year
#	IAC Championship	48.50	David Saunders	1978

Lane	Name	Team	Time
Section 1 of 3			
1			
2	HO, Billy	Flint Hill	1:03.35
3	LEE, Victor	Potomac (McLean VA)	59.82
4	JENKINS, Masai	Maret	1:00.13
5	REICHEL, Rian	Maret	1:04.60
6			
Section 2 of 3			
1	SHETH, Kalin	Flint Hill	58.29
2	ZANDAMELA, Lucas	St. Andrew's Episcopal	55.78
3	SOMWARU, Sammy	St. Andrew's Episcopal	55.11
4	WRIGHT, Isaac	Sidwell Friends	55.18
5	SCOTT, Cayton	St. Andrew's Episcopal	58.11
6	HUSSAIN, Ayden	Flint Hill	58.75
Section 3 of 3			
1	BADJI, Abe	Georgetown Day	54.48
2	BORJA, Lukas	Sidwell Friends	53.14
3	KOVNER, Zachary	Georgetown Day	51.73
4	GRISWOLD, Cole	Potomac (McLean VA)	52.47
5	ALAWODE, Kunle	Sidwell Friends	53.15
6	GREENE, Nico	Georgetown Day	54.69

#1 Boys 100 Meters (IAC)

#	IAC Championship	Time	Team	Year
#	IAC Championship	10.51	Eric Allen Jr.	2017

Finals

Lane	Name	Team	Time
Section 1 of 1			
1	ELLEHUUS, Magnus	St Stephens and St Agn	11.43
2	BRIDGES, Oliver	Bullis	11.36
3	MCDUFFIE, Aidan	Bullis	10.88
4	MAUNEY, Donovan	Bullis	11.08
5	ABRAHAM, Jason	Episcopal	11.30
6	PHILLIPS, Carter	Landon	11.46

#2 Boys 100 Meters (MAC)

#	IAC Championship	Time	Team	Year
#	IAC Championship	10.51	Eric Allen Jr.	2017

Finals

Lane	Name	Team	Time
Section 1 of 1			
1	CHEEKS, Malachi	Georgetown Day	11.73
2	SCARBORO, Alex	St. Andrew's Episcopal	11.65
3	YARBOROUGH, Julian	Sidwell Friends	11.48
4	MINTZER, Nathaniel	Georgetown Day	11.52
5	LAFORCE, Hudson	Potomac (McLean VA)	11.72
6	HARVEY, Jake	Sidwell Friends	11.74

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START LIST**#7 Boys 800 Meters (IAC)**

IAC Championship 1:53.60 Bob Clayton 1969

Lane Name	Team	Time
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Section 1 of 1

1	CUMMINGS, Noah	St Stephens and St Agn	1:57.35
2	STRONG, William	St Albans For Boys	1:59.77
3	RAZA, Joe	Georgetown Prep	2:02.96
4	COHEN, Samuel	Landon	2:03.53
5	KAPLAN, Jack	St Albans For Boys	2:04.59
6	CRISP, Michael	Georgetown Prep	2:04.87
7	URBINA, Aidan	St Albans For Boys	2:05.11
8	PATRY, Anderson	Episcopal	2:07.99
9	HAMILTON, Brannon	Landon	2:12.40
10	MANGINO, Jack	Landon	2:13.90
11	SIGUENZA, Eliseo	Episcopal	2:16.17
12	KNESTOUT, Luke	Georgetown Prep	NT

#8 Boys 800 Meters (MAC)

IAC Championship 1:53.60 Bob Clayton 1969

Lane Name	Team	Time
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Section 1 of 1

1	MATSATSA, Tinoda	St. Andrew's Episcopal	1:57.03
2	COOPER, Leo	Georgetown Day	1:59.64
3	BAZEMORE, Nate	Georgetown Day	2:07.60
4	MATHEWS, Alex	Potomac (McLean VA)	2:08.94
5	HERMAN, Arthur	Georgetown Day	2:09.73
6	MCGRATH, Flynn	Sidwell Friends	2:09.86
7	BROW, Matt	Potomac (McLean VA)	2:21.85
8	GARON, Max	Sidwell Friends	2:21.90
9	POMPER, Charles	Maret	2:27.62

#15 Boys 300m Hurdles (IAC)

IAC Championship 38.06 Andre Turay 2019

Lane Name	Team	Time
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Section 1 of 3

1			
2	BENECIO, Ruben	Georgetown Prep	NT
3	HAMILTON, Brannon	Landon	52.58
4	RISTU, Ethan	Georgetown Prep	NT
5			
6			

Section 2 of 3

1	SNEAD, Will	Episcopal	48.95
2	SHORTER, Chris	St Stephens and St Agn	46.60
3	STEPHENSON, Bryce	Bullis	44.00
4	FANG, Alan	St Albans For Boys	46.56
5	ATAYI, Nathaniel	Georgetown Prep	47.45
6			

Section 3 of 3**#15 Boys 300m Hurdles (IAC) (cont'd)**

Lane Name	Team	Time
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1	KALISH, Ari	Landon	42.64
2	CAILLAT, Franz	St Albans For Boys	42.43
3	SCHROEDER, Luke	Bullis	41.80
4	WALKER, Khari	Bullis	42.39
5	CRUTHIRDS, Bradley	St Stephens and St Agn	42.56
6	GUINNESS, Jack	St Albans For Boys	43.08

#16 Boys 300m Hurdles (MAC)

IAC Championship 38.06 Andre Turay 2019

Lane Name	Team	Time
-----------	------	------

Section 1 of 2

1			
2	HAAS, Julian	St. Andrew's Episcopal	45.88
3	OGADA, Thomas	Georgetown Day	45.19
4	FREEMAN, Christian	Georgetown Day	45.41
5			
6			

Section 2 of 2

1			
2	NOLDE, Kit	Sidwell Friends	44.46
3	BORJA, Lukas	Sidwell Friends	43.20
4	LEE, Emmet	Flint Hill	43.61
5	BOREK, Milo	Georgetown Day	44.57
6			

#3 Boys 200 Meters (IAC)

IAC Championship 21.71 Eric Allen Jr. 2017

Finals

Lane Name	Team	Time
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Section 1 of 1

1	ELLEHUUS, Magnus	St Stephens and St Agn	22.99
2	BRIDGES, Oliver	Bullis	22.64
3	MCDUFFIE, Aidan	Bullis	22.16
4	MAUNEY, Donovan	Bullis	22.58
5	ANDERSON, Derrick	Episcopal	22.66
6	MARSHALL, Trevon	Georgetown Prep	23.17

#4 Boys 200 Meters (MAC)

IAC Championship 21.71 Eric Allen Jr. 2017

Finals

Lane Name	Team	Time
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Section 1 of 1

1	SCARBORO, Alex	St. Andrew's Episcopal	23.94
2	KOVNER, Zachary	Georgetown Day	23.67
3	YARBOROUGH, Julian	Sidwell Friends	23.17
4	BORJA, Lukas	Sidwell Friends	23.49
5	GRISWOLD, Cole	Potomac (McLean VA)	23.76

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START LIST**#4 Boys 200 Meters (MAC) (cont'd)****Finals**

Lane	Name	Team	Time
6	BABCOCK, Jason	Sidwell Friends	24.30

#12 Boys 3200 Meters (IAC)

#	IAC Championship	9:23.00	Steven Duplinsky	2004

Lane	Name	Team	Time
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Section 1 of 1

1	HAKIM-FLORIAN, Asim	Landon	9:58.28
2	HUME, Sebi	St Albans For Boys	10:03.59
3	KUZICHEV, Venya	St Albans For Boys	10:20.51
4	SULLIVAN, Jack	Georgetown Prep	10:22.77
5	THOMAS, Jack	St Albans For Boys	10:26.81
6	KAVANAGH, Teddy	Georgetown Prep	10:49.63
7	O'LOONEY, Wren	Georgetown Prep	11:43.55

#11 Boys 3200 Meters (MAC)

#	IAC Championship	9:23.00	Steven Duplinsky	2004

Lane	Name	Team	Time
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Section 1 of 1

1	ORTMANS, Charlie	Potomac (McLean VA)	9:15.57
2	MATSATSA, Tinoda	St. Andrew's Episcopal	9:33.87
3	WOLIN, Ethan	Georgetown Day	10:10.09
4	BAAR, Charlie	Georgetown Day	10:14.59
5	COHEN, Luke	Georgetown Day	10:28.84
6	MCGRATH, Flynn	Sidwell Friends	10:39.81
7	LACHMAN, Micah	Sidwell Friends	10:40.49
8	ZELDES, Max	Potomac (McLean VA)	11:07.24
9	ZUBLER, Greg	Potomac (McLean VA)	11:30.57
10	SHAH, Sajjan	Sidwell Friends	11:33.71

#19 Boys 4 x 400m Relay (IAC)

#	IAC Championship	3:20.59	Georgetown Prep	2009

Lane	Team	Time
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Section 1 of 1

1	Landon (A)	A	3:42.90
	1) KALISH, Ari	2) CAMERON, Zachary	
	3) MANGINO, Jack	4) COHEN, Samuel	
2	Georgetown Prep (A)	A	3:34.41
	1) RAZA, Joe	2) CRISP, Michael	
	3) PALAZZO, Nick	4) ATAYI, Nathaniel	
	5) SLEWION, Joel	6) LAVU, Avi	
3	Bullis (A)	A	3:11.90
	1) MCDUFFIE, Aidan	2) LONG, Ethan	
	3) WALKER, Khari	4) SCHROEDER, Luke	
	5) BRIDGES, Oliver	6) THOMAS, Da'Yon	
	7) PENDARVIS, Myles	8)	

#19 Boys 4 x 400m Relay (IAC) (cont'd)

Lane	Team	Time
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4	Episcopal (A)	A	3:33.69
	1) BASTOS, Nate	2) WILLIAMS, Joshua	
	3) JOHNSON, CJ	4) PATRY, Anderson	
	5) ABRAHAM, Jason	6) ANDERSON, Derrick	
	7) SIGUENZA, Eliseo	8)	
5	St Stephens and St Agnes (A)	A	3:40.75
	1) CUMMINGS, Noah	2) CRUTHIRDS, Bradley	
	3) WILLIAMS, Alex	4) WITMORE, Silas	
	5) MORE, Turner	6)	
6	St Albans For Boys (A)	A	3:45.40
	1) MCGUIRE, Magnus	2) ELIAS, George	
	3) WALDMAN, Lucas	4) URBINA, Aidan	
	5) GUINNESS, Jack	6) FANG, Alan	
	7) STRONG, William	8) CHERILUS, Christian	

#20 Boys 4 x 400m Relay (MAC)

#	IAC Championship	3:20.59	Georgetown Prep	2009

Lane	Team	Time
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Section 1 of 1

1	Flint Hill (A)	A	4:09.41
	1) DUNN, Jack	2) HO, Billy	
	3) HUSSAIN, Ayden	4) SHETH, Kalin	
	5) LEE, Emmet	6)	
2	St. Andrew's Episcopal (A)	A	3:37.15
	1) SCOTT, Cayton	2) ZANDAMELA, Lucas	
	3) SOMWARU, Sammy	4) MATSATSA, Tinoda	
3	Sidwell Friends (A)	A	3:31.00
	1) NOLDE, Kit	2) BORJA, Lukas	
	3) WRIGHT, Isaac	4) GARY, Clayton	
	5) ALAWODE, Kunle	6) LACHMAN, Micah	
	7) MCGRATH, Flynn	8) HARVEY, Jake	
4	Georgetown Day (A)	A	3:31.97
	1) KOVNER, Zachary	2) BAAR, Malcom	
	3) CHEEKS, Malachi	4) COOPER, Leo	
	5) HERMAN, Arthur	6) BADJI, Abe	
5	Potomac (McLean VA) (A)	A	3:41.77
	1) GRISWOLD, Cole	2) LEE, Victor	
	3) BROW, Matt	4) MATHEWS, Alex	
	5) DAIS, Donovan	6)	
6			

#25 Boys Long Jump (MAC)

#	IAC Championship	24' 1"	Jordan Walker	2018

Lane	Name	Team	Mark
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Flight 1 of 1

1	SHETH, Kalin	Flint Hill	14' 5.50"
2	LEE, Emmet	Flint Hill	17' 4"

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Lane	Name	Team	Mark
3	TATE, Ashok	Georgetown Day	17' 5.50"
4	TRIMBLE, South	Sidwell Friends	17' 7"
5	DAIS, Donovan	Potomac (McLean VA)	17' 9"
6	SCOTT, Cayton	St. Andrew's Episcopal	18' 2"
7	SCARBORO, Alex	St. Andrew's Episcopal	18' 5.50"
8	HARVEY, Jake	Sidwell Friends	18' 8"
9	GREENE, Nico	Georgetown Day	18' 10"
10	SOMWARU, Sammy	St. Andrew's Episcopal	19' 4"
11	CHEEKS, Malachi	Georgetown Day	19' 11.50"
12	GARY, Clayton	Sidwell Friends	21' 6"

#27 Boys Triple Jump (IAC)

IAC Championship 48' 4" Amos Coleman 1979

Lane	Name	Team	Mark
Flight 1 of 1			
1	THOMAS, Da'Yon	Bullis	NM
2	PETERSON, JASON	Bullis	NM
3	MARTIN, Anthony	Bullis	NM
4	SAVAS, Emmanuel	Georgetown Prep	30' 11"
5	JOHNSON, Theo	St Albans For Boys	31' 7.50"
6	COHEN, Samuel	Landon	38' 0"
7	WILLIAMS, Gavin	Landon	38' 0.25"
8	SHORTER, Chris	St Stephens and St Agn	38' 5"
9	GLENN, Kevin	St Albans For Boys	38' 6"
10	LAVU, Avi	Georgetown Prep	38' 10.50"
11	NKRUMAH, Micah	St Albans For Boys	39' 3"
12	ANDERSON, Derrick	Episcopal	40' 5.50"

#24 Boys High Jump (IAC)

IAC Championship 6' 8" Ted Lewis 1979

Lane	Name	Team	Mark
Flight 1 of 1			
1	MARTIN, Anthony	Bullis	NM
2	AMBROSE, Kian	Georgetown Prep	NM
3	ANGWAFO, Adam	Bullis	NM
4	THOMAS, Da'Yon	Bullis	NM
5	WALLACE, Simon	Georgetown Prep	4' 10"
6	PHILLIPS, Carter	Landon	5' 0"
7	FREEMAN, Julien	St Stephens and St Agn	5' 0"
8	FERGUS, Niall	St Albans For Boys	5' 4"
9	JOHNSON, Deon	Landon	5' 6"
10	CHERILUS, Christian	St Albans For Boys	5' 6"
11	NKRUMAH, Micah	St Albans For Boys	5' 6"
12	WILLIAMS, Alex	St Stephens and St Agn	5' 8"
13	JOCK, Buom	Episcopal	5' 10"
14	MARSHALL, Trevon	Georgetown Prep	5' 10"

#29 Boys Shot Put (MAC)

IAC Championship 61' 2" Jonathan Ogden 1992

Lane	Name	Team	Mark
Flight 1 of 2			
1	REICHEL, Rian	Maret	22' 2.50"
2	POMPER, Charles	Maret	22' 11"
3	MEYER, Ben	Georgetown Day	25' 2"
4	ROMINE, Nathaniel	Georgetown Day	30' 10.75"
5	VATALIYA, Om	Flint Hill	31' 0.50"
6	SMALLS, Caden	St. Andrew's Episcopal	31' 1.50"
7	BUTLER, Jack	Potomac (McLean VA)	32' 0"
Flight 2 of 2			
1	PETERS, John	Potomac (McLean VA)	32' 10.50"
2	HARPER, Matt	Flint Hill	34' 3"
3	RUSSELL, Chris	Sidwell Friends	34' 3.50"
4	GREENSPAN, Sam	Sidwell Friends	34' 4"
5	KOVNER, Zachary	Georgetown Day	35' 0.50"
6	STEVENSON, David	St. Andrew's Episcopal	37' 0"
7	LAFORCE, Hudson	Potomac (McLean VA)	40' 10"
8	GARNETT, Aaron	Sidwell Friends	43' 8.25"

#32 Boys Discus (IAC)

IAC Championship 185' 6" Jonathan Ogden 1992

Lane	Name	Team	Mark
Flight 1 of 3			
1	FRANKLIN, Terae	Bullis	NM
2	DELIKOURAS, Philip	Bullis	NM
3	EVANS, Christian	Bullis	NM
4	WHITE, Brian	Landon	61' 2"
5	SUAREZ, Kike	Episcopal	70' 11"
Flight 2 of 3			
1	BUTLER, Nyrique	St Stephens and St Agn	71' 7"
2	WEIMAN, Theo	St Stephens and St Agn	80' 3"
3	SOSNICK, Phillip	St Albans For Boys	82' 1"
4	MARTIN, Alvin	Episcopal	83' 2"
5	FREEMAN, Julien	St Stephens and St Agn	83' 5"
6	DEMATATIS, Theodore	Landon	86' 2"
Flight 3 of 3			
1	ADEMOLA, Tolu	Georgetown Prep	90' 9"
2	QUARLES, Eli	St Albans For Boys	92' 1"
3	MATTEIS, Milan	Landon	99' 9"
4	CHALK, Aidan	St Albans For Boys	103' 3"
5	SZOT, James	Georgetown Prep	108' 4"
6	UDEOGU, Nnamdi	Georgetown Prep	145' 5"