

## 2023 IAC / MAC Track and Field Championships - 5/11/2022 to 5/13/2023

The Bullis School  
Meet Program - Saturday**Event 15 Boys Long Jump MAC**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Syriani, Karl	Potomac (McL)	15-04.00
2	Cohen, Vincent	Sidwell Frie	16-02.00
3	Ihegihu, Caleb	Flint Hill	17-01.50
4	Wess, Sebastian	Sidwell Frie	18-10.00
5	Tate, Ashok	Georgetown D	19-08.00
6	Freeman, Christian	Georgetown D	19-11.00
7	Badji, Abe	Georgetown D	19-11.00
8	Jones, Cameron	St. Andrew's	20-07.25
9	Somwaru, Sammy (Samuel)	St. Andrew's	21-02.25
10	Gary, Clayton	Sidwell Frie	21-10.00

**Event 16 Boys Triple Jump IAC**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Alexander, Carlos	St Stephens	ND
2	Johnson, Theo	St Albans Fo	36-10.00
3	Emerson, Kevin	Georgetown P	37-04.00
4	Peterson, Jadden	Bullis	37-05.50
5	Taylor, Brandon	Bullis	39-09.00
6	Dorsey, Nelson	St Albans Fo	40-05.00
7	Williams, Javonte	Bullis	40-05.00
8	Turner, Mark	St Stephens	41-00.00
9	Nkrumah, Micah	St Albans Fo	41-02.50
10	Lavu, Avinash	Georgetown P	41-09.50
11	Shorter, Chris	St Stephens	42-10.00

**Event 17 Boys High Jump IAC**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Bryant, Blake	Bullis	NH
2	Drakes, Maine	Landon	5-00.00
3	Lee, Tristan	Georgetown P	5-00.00
4	Vogelman, Ethan	St Albans Fo	5-04.00
5	Zaid, Ubie	Landon	5-04.00
6	Phillips, Ross	Landon	5-04.00
7	Reynolds, Collin	Georgetown P	5-06.00
8	Alexander, Carlos	St Stephens	5-08.00
9	Tangelo, Chris	Bullis	5-08.00
10	Fergus, Niall	St Albans Fo	5-08.00
11	Stewart, RJ	Georgetown P	5-08.00
12	Jacobs, Riley	St Stephens	5-10.00
13	Cherilus, Christian	St Albans Fo	5-10.00
14	Taylor, Brandon	Bullis	5-10.00

**Event 18 Boys Shot Put MAC**

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Keneally, Aiden	St. Andrew's	23-07.00
2	Reichel, Rian	Maret	24-06.00
3	Meyer, Ben	Georgetown D	26-00.00
4	Goldstein, Peter	St. Andrew's	27-02.00
5	LaForce, Graham	Potomac (McL)	29-11.00
6	Christmas, Aiden	St. Andrew's	30-10.50
7	Schwinden, Lucas	Sidwell Frie	34-06.00
<b>Flight 2 of 2 Finals</b>			
1	Romine, Nathaniel	Georgetown D	34-08.50
2	Vataliya, Om	Flint Hill	35-04.25
3	Lampkin, Andrew	Maret	35-11.00
4	Snow, Max	Sidwell Frie	38-02.00
5	Harper, Matt	Flint Hill	38-04.00
6	Kovner, Zachary	Georgetown D	40-00.50
7	Smith, Anwaar	Flint Hill	40-03.00
8	Greenspan, Sam	Sidwell Frie	42-08.50

**Event 19 Boys Discus Throw IAC**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Franklin, Terae	Bullis	ND
2	Peterson, Jadden	Bullis	ND
3	Taylor, Brandon	Bullis	ND
4	Jantio, Christian	Georgetown P	70-05
5	Tian, Ken	Episcopal	73-02
6	Moore-Davis, Nicholas	St Stephens	82-02.75
7	Muwonge, Natheer	Episcopal	85-03
8	Hwang, Josh	Episcopal	92-03
9	Sosnik, Phillip	St Albans Fo	97-05
10	Hill, Justin	St Stephens	98-11
11	Jack, Amari	St Albans Fo	104-07
12	Robey, Jake	Georgetown P	107-09
13	Matteis, Milan	Landon	111-11
14	Chalk, Aidan	St Albans Fo	114-07
15	Udeogu, Nnamdi	Georgetown P	151-08

## 2023 IAC / MAC Track and Field Championships - 5/11/2022 to 5/13/2023

The Bullis School  
Meet Program - Saturday**Event 20 Boys 4x100 Meter Relay IAC**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Landon	A	45.06
	1) Kalish, Ari	2) Swift, William	
	3) Ogunlade, Bayo	4) Phillips, Reed	
2	Georgetown P	A	44.90
	1) Shields, Nate	2) Stoute, Andrew	
	3) Fendig, Thomas	4) Robey, Jake	
3	Bullis	A	42.30
	1) Lambert, Alex	2) Roberson, Julian	
	3) Long, Ethan	4) Wilson, Quincy	
4	Episcopal	A	44.06
	1) Ofori-Ansah, Judah	2) Abraham, Jason	
	3) Smith, Thomas	4) Igyan, Kofi	
5	St Albans Fo	A	44.96
	1) Pittman, Nelson	2) Emuwa, Kenechi	
	3) Caillat, Franz	4) Weaver, Kendall	
6	St Stephens	A	45.12
	1) Sandy, Myles	2) Bezuneh, Matthew	
	3) Shorter, Chris	4) Williams, Alex	

**Event 21 Boys 4x100 Meter Relay MAC**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Potomac (McL)	A	46.14
	1) Dais, Donovan	2) Sosnitsky, John Paul	
	3) Calkins, Stephen	4) Lee, Ve	
2	Sidwell Frie	A	44.26
	1) Eaton, Matt	2) Harvey, Jake	
	3) Hill, Langston	4) Nwosu, Nnamdi	
3	Flint Hill	A	43.77
	1) Parkes-Johnson, David	2) King, Andrew	
	3) Harris, Ty	4) Ihegihu, Caleb	
4	Georgetown D	A	44.10
	1) Romine, Nathaniel	2) Smith, Kovan	
	3) Kovner, Zachary	4) Mintzer, Nathaniel	
5	St. Andrew's	A	45.11
	1) Jones, Cameron	2) Voglmayr, Jesse	
	3) Coleman, John	4) Somwaru, Sammy (Samuel)	
6	Maret	A	50.58
	1) Alpuche, Eli	2) Johnston, Joey	
	3) Michel, Ethan	4) Oliveira-Munoz, Ricky	

**Event 22 Boys 1600 Meter Run IAC**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Attiogbe, Pierre	St Albans Fo	4:13.36
2	Hume, Sebi	St Albans Fo	4:17.56
3	Strong, William	St Albans Fo	4:19.94
4	Hakim-Florian, Asim	Landon	4:31.25
5	Crisp, Michael	Georgetown P	4:31.64
6	Moore, Wyatt	Episcopal	4:39.05
7	Knestout, Luke	Georgetown P	4:39.91
8	London, James	St Stephens	4:56.63
9	Abdisalan, Abdi	Episcopal	4:57.37
10	Conroy, Ewan	Bullis	5:09.24
11	Lever, Ian	Landon	5:19.35
12	McGhee Chavez, Luca	Episcopal	5:20.54
13	O'Connor, Bart	St Stephens	5:20.85
14	DeLeire, Cole	Georgetown P	5:29.82

**Event 23 Boys 1600 Meter Run MAC**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Matsatsa, Tinoda	St. Andrew's	4:11.95
2	Ortmans, Charlie	Potomac (McL)	4:19.69
3	Cohen, Luke	Georgetown D	4:35.72
4	Ogada, Thomas	Georgetown D	4:36.26
5	Weissman, Easy	Sidwell Frie	4:36.62
6	Mathews, Alex	Potomac (McL)	4:37.60
7	Dalva-Baird, Zach	Potomac (McL)	4:44.85
8	Bennett, Andrew	Georgetown D	4:49.00
9	Storper, Graham	St. Andrew's	4:55.16
10	Medlin, Parker	Sidwell Frie	5:01.07
11	Stephenson, Aidan	Flint Hill	5:02.02
12	Holden, Lucas	Sidwell Frie	5:09.46
13	Macauley, Henry	Maret	5:24.00
14	Wayne, Gregory	St. Andrew's	5:35.44

**Event 11 Boys 110 Meter Hurdles IAC**

Lane	Name	School	Prelims
<b>Section 1 of 1 Finals</b>			
1	Guinness, Jack	St Albans Fo	16.61
2	Waizenegger, Gael	St Albans Fo	16.34
3	Caillat, Franz	St Albans Fo	15.56
4	Shorter, Chris	St Stephens	15.92
5	Lambert, Alex	Bullis	16.59
6	Emerson, Kevin	Georgetown P	17.61

**Event 12 Boys 110 Meter Hurdles MAC**

Lane	Name	School	Prelims
<b>Section 1 of 1 Finals</b>			
1	Sheth, Kalin	Flint Hill	18.40
2	Borek, Milo	Georgetown D	16.39
3	Freeman, Christian	Georgetown D	16.08
4	Yarborough, Julian	Sidwell Frie	16.23
5	Tate, Ashok	Georgetown D	16.71
6	Wells, Jeffrey	Flint Hill	18.71

## 2023 IAC / MAC Track and Field Championships - 5/11/2022 to 5/13/2023

The Bullis School  
Meet Program - Saturday**Event 24 Boys 400 Meter Dash IAC**

Lane	Name	School	Seed Time
<b>Section 1 of 3 Finals</b>			
2	Turner, Mark	St Stephens	NT
3	Applegate, Reed	Episcopal	NT
4	Lee, Tristan	Georgetown P	NT
5	Williams, Alex	St Stephens	NT
<b>Section 2 of 3 Finals</b>			
1	Vogelman, Ethan	St Albans Fo	55.75
2	Adams, Jonah	St Stephens	54.89
3	Cherilus, Christian	St Albans Fo	52.85
4	Bastos, Nate	Episcopal	53.83
5	Robey, Jacob	Georgetown P	55.08
6	Cameron, Zack	Landon	NT
<b>Section 3 of 3 Finals</b>			
1	Franklin, Larry	Landon	52.57
2	Stephenson, Bryce	Bullis	51.13
3	Wilson, Quincy	Bullis	46.11
4	Pendarvis, Myles	Bullis	49.06
5	Fendig, Thomas	Georgetown P	52.52
6	Johnson, CJ	Episcopal	52.74

**Event 25 Boys 400 Meter Dash MAC**

Lane	Name	School	Seed Time
<b>Section 1 of 3 Finals</b>			
1	McNiff, Caleb	Flint Hill	1:00.86
2	Coleman, John	St. Andrew's	58.41
3	Christmas, Aiden	St. Andrew's	57.21
4	Johnston, Joey	Maret	58.35
5	Oliveira-Munoz, Ricky	Maret	58.79
6	Trimble, Matthew	Flint Hill	1:02.06
<b>Section 2 of 3 Finals</b>			
1	Yarborough, Justin	Sidwell Frie	56.30
2	Ogada, Osewe	Sidwell Frie	55.15
3	Lee, Emmet	Flint Hill	54.44
4	Wright, Isaac	Sidwell Frie	54.54
5	Brow, Matt	Potomac (McL)	56.04
6	Alpuche, Eli	Maret	56.81
<b>Section 3 of 3 Finals</b>			
1	Steinman, Andrew	St. Andrew's	53.97
2	Kovner, Zachary	Georgetown D	52.72
3	Griswold, Cole	Potomac (McL)	50.27
4	Smith, Kovan	Georgetown D	52.57
5	Badji, Abe	Georgetown D	53.06
6	Lee, Ve	Potomac (McL)	54.36

**Event 7 Boys 100 Meter Dash IAC**

Lane	Name	School	Prelims
<b>Section 1 of 1 Finals</b>			
1	Roberson, Julian	Bullis	11.13
2	Shields, Nate	Georgetown P	11.21
3	Igyan, Kofi	Episcopal	11.03
4	Phillips, Reed	Landon	11.10
5	Long, Ethan	Bullis	11.05
6	Lambert, Alex	Bullis	11.16

**Event 8 Boys 100 Meter Dash MAC**

Lane	Name	School	Prelims
<b>Section 1 of 1 Finals</b>			
1	Yarborough, Julian	Sidwell Frie	11.40
2	Harris, Ty	Flint Hill	11.30
3	King, Andrew	Flint Hill	11.00
4	Mintzer, Nathaniel	Georgetown D	11.04
5	Romine, Nathaniel	Georgetown D	11.34
6	Parkes-Johnson, David	Flint Hill	11.61

**Event 26 Boys 800 Meter Run IAC**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Attiogbe, Pierre	St Albans Fo	1:56.70
2	Cohen, Sam	Landon	1:56.88
3	Strong, William	St Albans Fo	1:57.69
4	Crisp, Michael	Georgetown P	1:58.09
5	Patry, Anderson	Episcopal	1:59.64
6	Quinn, Liam	St Albans Fo	2:01.28
7	Knestout, Luke	Georgetown P	2:05.45
8	Hamilton, Brannon	Landon	2:06.10
9	Siguenza, Eliseo	Episcopal	2:06.38
10	Walker, Matthew	St Stephens	2:13.97
11	Steren, Logan	Bullis	NT
12	Bakelar, Alek	Georgetown P	NT

**Event 27 Boys 800 Meter Run MAC**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Matsui, Robby	Sidwell Frie	2:19.82
2	Bertele, Graham	Sidwell Frie	2:22.21
3	Pomper, Charles	Maret	2:29.36
4	Macauley, Henry	Maret	2:30.01
5	Sandler, Samuael	St. Andrew's	2:47.18
<b>Section 2 of 2 Finals</b>			
1	Matsatsa, Tinoda	St. Andrew's	1:53.05
2	Bazemore, Nate	Georgetown D	1:59.26
3	Mathews, Alex	Potomac (McL)	2:03.67
4	Alfonso-Frank, Ollie	Georgetown D	2:05.05
5	Storper, Graham	St. Andrew's	2:06.92
6	Levine, Eli	Potomac (McL)	2:07.17
7	Hutchens, Charlie	Flint Hill	2:09.96
8	Penniman, Mac	Georgetown D	2:10.79
9	King, Myles	Sidwell Frie	2:11.36
10	Altschuler, Noah	Potomac (McL)	2:12.53

## 2023 IAC / MAC Track and Field Championships - 5/11/2022 to 5/13/2023

The Bullis School  
Meet Program - Saturday**Event 28 Boys 300 Meter Hurdles IAC**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
1	Shorter, Chris	St Stephens	NT
2	Figaro, Tawon	St Stephens	45.84
3	Emerson, Kevin	Georgetown P	43.38
4	Tangelo, Chris	Bullis	44.45
5	Ristu, Ethan	Georgetown P	48.83
6	Stephenson, Bryce	Bullis	NT
<b>Section 2 of 2 Finals</b>			
1	Guinness, Jack	St Albans Fo	42.13
2	Cruthirds, Bradley	St Stephens	41.27
3	Kalish, Ari	Landon	40.77
4	Lambert, Alex	Bullis	41.15
5	Caillat, Franz	St Albans Fo	41.34
6	Waizenegger, Gael	St Albans Fo	43.02

**Event 29 Boys 300 Meter Hurdles MAC**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Finals</b>			
2	Wells, Jeffrey	Flint Hill	48.46
3	Sheth, Kalin	Flint Hill	46.42
<b>Section 2 of 2 Finals</b>			
2	Lee, Emmet	Flint Hill	46.00
3	Borek, Milo	Georgetown D	42.95
4	Yarborough, Julian	Sidwell Frie	42.31
5	Freeman, Christian	Georgetown D	42.59
6	Tate, Ashok	Georgetown D	43.64

**Event 13 Boys 200 Meter Dash IAC**

Lane	Name	School	Prelims
<b>Section 1 of 1 Finals</b>			
1	Roberson, Julian	Bullis	22.80
2	Shields, Nate	Georgetown P	22.19
3	Wilson, Quincy	Bullis	21.81
4	Phillips, Reed	Landon	22.16
5	Long, Ethan	Bullis	22.23
6	Ofori-Ansah, Judah	Episcopal	23.10

**Event 14 Boys 200 Meter Dash MAC**

Lane	Name	School	Prelims
<b>Section 1 of 1 Finals</b>			
1	Harris, Ty	Flint Hill	23.16
2	Griswold, Cole	Potomac (McL)	22.66
3	King, Andrew	Flint Hill	22.40
4	Mintzer, Nathaniel	Georgetown D	22.52
5	Romine, Nathaniel	Georgetown D	22.97
6	Yarborough, Julian	Sidwell Frie	23.24

**Event 30 Boys 3200 Meter Run IAC**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Hume, Sebi	St Albans Fo	9:27.01
2	Hakim-Florian, Asim	Landon	9:51.17
3	Cohen, Sam	Landon	9:58.00
4	Thomas, Jack	St Albans Fo	10:08.39
5	Sullivan, Jack	Georgetown P	10:09.18
6	Wolfe, Laszlo	St Albans Fo	10:12.97
7	Kavanagh, Teddy	Georgetown P	10:14.17
8	O'Looney, Wren	Georgetown P	10:50.77
9	Alway Roza, Nicolas	Landon	12:02.65
10	Moore, Wyatt	Episcopal	NT
11	Abdisalan, Abdi	Episcopal	NT

**Event 31 Boys 3200 Meter Run MAC**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Ortmans, Charlie	Potomac (McL)	8:54.32
2	Minsky, Sasha	Potomac (McL)	9:41.28
3	Cohen, Luke	Georgetown D	10:09.72
4	Weissman, Easy	Sidwell Frie	10:22.85
5	Zeldes, Max	Potomac (McL)	10:26.38
6	Wolin, Ethan	Georgetown D	10:26.39
7	Desai, Navin	Georgetown D	10:29.20
8	Singh, Jaden	Sidwell Frie	10:33.48
9	Wallace, Sean	Sidwell Frie	11:25.48

**Event 32 Boys 4x400 Meter Relay IAC**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Landon	A	3:36.07
	1) Kalish, Ari	2) Franklin, Larry	
	3) Cameron, Zack	4) Cohen, Sam	
2	Episcopal	A	3:34.24
	1) Bastos, Nate	2) Johnson, CJ	
	3) Bullock, Tramayne	4) Patry, Anderson	
3	Bullis	A	3:14.12
	1) Long, Ethan	2) Pendarvis, Myles	
	3) Roberson, Julian	4) Stephenson, Bryce	
4	St Albans Fo	A	3:30.45
	1) Quinn, Liam	2) Caillat, Franz	
	3) Cherilus, Christian	4) Attiogbe, Pierre	
5	Georgetown P	A	3:35.37
	1) Robey, Jake	2) Crisp, Michael	
	3) Fendig, Thomas	4) Palazzo, Nick	
6	St Stephens	A	3:45.88
	1) Sandy, Myles	2) Bezuneh, Matthew	
	3) Adams, Jonah	4) London, James	

## 2023 IAC / MAC Track and Field Championships - 5/11/2022 to 5/13/2023

The Bullis School  
Meet Program - Saturday**Event 33 Boys 4x400 Meter Relay MAC**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Potomac (McL)	A	3:46.98
	1) Griswold, Cole	2) Levine, Eli	
	3) Mathews, Alex	4) Lee, Ve	
2	St. Andrew's	A	3:41.22
	1) Coleman, John	2) Jones, Cameron	
	3) Somwaru, Sammy (Samuel)	4) Matsatsa, Tinoda	
3	Georgetown D	A	3:27.87
	1) Bazemore, Nate	2) Ogada, Thomas	
	3) Smith, Kovan	4) Kovner, Zachary	
4	Sidwell Frie	A	3:32.88
	1) Ogada, Osewe	2) Wright, Isaac	
	3) Harvey, Jake	4) Yarborough, Justin	
5	Flint Hill	A	3:45.18
	1) King, Andrew	2) Lee, Emmet	
	3) Sheth, Kalin	4) Parkes-Johnson, David	
6	Maret	A	4:06.76
	1) Alpuche, Eli	2) Johnston, Joey	
	3) Oliveira-Munoz, Ricky	4) Pomper, Charles	