

**PREP @ LONDON**

Bethesda, MD

Landon

Host: Landon School

Saturday, May 1, 2021

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

Ryan Callahan

**Meet Referee:**

Addison Hunt

**Timing:**

Windsor Running

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

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**RESULTS****#4 Men's 100 Meters**

| Pl | Name               | Team            | Time       | H(Pl) | Pts |
|----|--------------------|-----------------|------------|-------|-----|
| 1  | STARKS, Kaleb      | Landon          | 12.02 (NW) | 1(1)  | 3   |
| 2  | TEWKSBURY, Jackson | Landon          | 12.32 (NW) | 4(1)  | 2   |
| 3  | OGUNLADE, Bayo     | Landon          | 12.35 (NW) | 1(2)  | 1   |
| 4  | SMITH, Emerson     | Georgetown Prep | 12.39 (NW) | 4(2)  |     |
| 5  | SWIFT, William     | Landon          | 12.47 (NW) | 2(1)  |     |
| 6  | ARCE, CJ           | Georgetown Prep | 12.52 (NW) | 3(1)  |     |
| 7  | EMERSON, Kevin     | Georgetown Prep | 12.61 (NW) | 1(3)  |     |
| 8  | LAVU, Avi          | Georgetown Prep | 12.72 (NW) | 1(4)  |     |
| 9  | OSMOND, Zac        | Landon          | 12.81 (NW) | 3(2)  |     |
| 10 | ROBINSON, Daniel   | Landon          | 12.86 (NW) | 2(2)  |     |
| 11 | UDEOGU, Nnamdi     | Georgetown Prep | 12.97 (NW) | 2(3)  |     |
| 12 | MARIAM, Yohannes   | Georgetown Prep | 13.04 (NW) | 1(5)  |     |
| 13 | ARCE, Jalen        | Georgetown Prep | 13.27 (NW) | 1(6)  |     |
| 14 | BANNEN, Nicholas   | Georgetown Prep | 13.45 (NW) | 1(7)  |     |
| 15 | MCGUIRE, Declan    | Georgetown Prep | 13.54 (NW) | 2(4)  |     |
| 16 | ZUSCIN, Rutger     | Landon          | 13.55 (NW) | 2(5)  |     |
| 17 | ELLIOT, Emmett     | Landon          | 13.65 (NW) | 3(3)  |     |
| 18 | FROEHNER, Diego    | Georgetown Prep | 13.90 (NW) | 3(4)  |     |
| 19 | ALLEN, Jojo        | Georgetown Prep | 13.95 (NW) | 2(6)  |     |
| 20 | CHIGBUE, Eli       | Georgetown Prep | 14.44 (NW) | 3(5)  |     |
|    | KNOX, Jackson      | Landon          | DNS        | 3     |     |
|    | WALLACE, Samuel    | Georgetown Prep | DNS        | 4     |     |
|    | SALIM, Ari         | Georgetown Prep | DNS        | 4     |     |

**SECTION RESULTS**

| Pl                    | Name             | Team            | Time              |
|-----------------------|------------------|-----------------|-------------------|
| <b>Section 1 of 4</b> |                  |                 | <b>Wind: (NW)</b> |
| 1                     | STARKS, Kaleb    | Landon          | 12.02             |
| 2                     | OGUNLADE, Bayo   | Landon          | 12.35             |
| 3                     | EMERSON, Kevin   | Georgetown Prep | 12.61             |
| 4                     | LAVU, Avi        | Georgetown Prep | 12.72             |
| 5                     | MARIAM, Yohannes | Georgetown Prep | 13.04             |
| 6                     | ARCE, Jalen      | Georgetown Prep | 13.27             |
| 7                     | BANNEN, Nicholas | Georgetown Prep | 13.45             |
| <b>Section 2 of 4</b> |                  |                 | <b>Wind: (NW)</b> |
| 1                     | SWIFT, William   | Landon          | 12.47             |
| 2                     | ROBINSON, Daniel | Landon          | 12.86             |
| 3                     | UDEOGU, Nnamdi   | Georgetown Prep | 12.97             |
| 4                     | MCGUIRE, Declan  | Georgetown Prep | 13.54             |
| 5                     | ZUSCIN, Rutger   | Landon          | 13.55             |
| 6                     | ALLEN, Jojo      | Georgetown Prep | 13.95             |
| <b>Section 3 of 4</b> |                  |                 | <b>Wind: (NW)</b> |
| 1                     | ARCE, CJ         | Georgetown Prep | 12.52             |
| 2                     | OSMOND, Zac      | Landon          | 12.81             |
| 3                     | ELLIOT, Emmett   | Landon          | 13.65             |
| 4                     | FROEHNER, Diego  | Georgetown Prep | 13.90             |

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**RESULTS****#4 Men's 100 Meters (cont'd)**

| PI                    | Name               | Team            | Time              |
|-----------------------|--------------------|-----------------|-------------------|
| 5                     | CHIGBUE, Eli       | Georgetown Prep | 14.44             |
|                       | KNOX, Jackson      | Landon          | DNS               |
| <b>Section 4 of 4</b> |                    |                 | <b>Wind: (NW)</b> |
| 1                     | TEWKSBURY, Jackson | Landon          | 12.32             |
| 2                     | SMITH, Emerson     | Georgetown Prep | 12.39             |
|                       | WALLACE, Samuel    | Georgetown Prep | DNS               |
|                       | SALIM, Ari         | Georgetown Prep | DNS               |

**#7 Men's 200 Meters**

| PI | Name               | Team            | Time       | H(PI) | Pts |
|----|--------------------|-----------------|------------|-------|-----|
| 1  | PALAZZO, Nick      | Georgetown Prep | 23.94 (NW) | 1(1)  | 3   |
| 2  | STARKS, Kaleb      | Landon          | 24.31 (NW) | 1(2)  | 2   |
| 3  | KNOX, Jackson      | Landon          | 24.63 (NW) | 1(3)  | 1   |
| 4  | TEWKSBURY, Jackson | Landon          | 25.41 (NW) | 4(1)  |     |
| 5  | ATAYI, Nathaniel   | Georgetown Prep | 25.43 (NW) | 1(4)  |     |
| 6  | OGUNLADE, Bayo     | Landon          | 25.49 (NW) | 2(1)  |     |
| 7  | ELLWOOD, Ben       | Landon          | 25.62 (NW) | 4(2)  |     |
| 8  | OSMOND, Zac        | Landon          | 25.67 (NW) | 1(5)  |     |
| 9  | WILLIAMS, Gavin    | Landon          | 26.09 (NW) | 2(2)  |     |
| 10 | EMERSON, Kevin     | Georgetown Prep | 26.14 (NW) | 4(3)  |     |
| 11 | LAVU, Avi          | Georgetown Prep | 26.49 (NW) | 2(3)  |     |
| 12 | SWIFT, William     | Landon          | 26.54 (NW) | 1(6)  |     |
| 13 | ROBINSON, Daniel   | Landon          | 26.79 (NW) | 2(4)  |     |
| 14 | MARIAM, Yohannes   | Georgetown Prep | 26.94 (NW) | 1(7)  |     |
| 15 | ZUSCIN, Rutger     | Landon          | 27.33 (NW) | 2(5)  |     |
| 16 | ARCE, CJ           | Georgetown Prep | 27.34 (NW) | 4(4)  |     |
| 17 | MCGUIRE, Declan    | Georgetown Prep | 27.61 (NW) | 2(6)  |     |
| 18 | ARCE, Jalen        | Georgetown Prep | 27.84 (NW) | 3(1)  |     |
| 19 | ALLEN, Jojo        | Georgetown Prep | 28.30 (NW) | 3(2)  |     |
| 20 | ELLIOT, Emmett     | Landon          | 28.32 (NW) | 3(3)  |     |
| 21 | BANNEN, Nicholas   | Georgetown Prep | 28.75 (NW) | 3(4)  |     |
| 22 | FROEHNER, Diego    | Georgetown Prep | 29.41 (NW) | 4(5)  |     |
| 23 | CHIGBUE, Eli       | Georgetown Prep | 29.66 (NW) | 3(5)  |     |
| 24 | MONCUR, James      | Landon          | 29.78 (NW) | 3(6)  |     |
| 25 | GAO, Tony          | Landon          | 30.61 (NW) | 4(6)  |     |
|    | SALIM, Ari         | Georgetown Prep | 26.14 (NW) | 4     |     |
|    | WALLACE, Samuel    | Georgetown Prep | DNS        | 4     |     |

**SECTION RESULTS**

| PI                    | Name             | Team            | Time              |
|-----------------------|------------------|-----------------|-------------------|
| <b>Section 1 of 4</b> |                  |                 | <b>Wind: (NW)</b> |
| 1                     | PALAZZO, Nick    | Georgetown Prep | 23.94             |
| 2                     | STARKS, Kaleb    | Landon          | 24.31             |
| 3                     | KNOX, Jackson    | Landon          | 24.63             |
| 4                     | ATAYI, Nathaniel | Georgetown Prep | 25.43             |
| 5                     | OSMOND, Zac      | Landon          | 25.67             |
| 6                     | SWIFT, William   | Landon          | 26.54             |

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**RESULTS****#7 Men's 200 Meters (cont'd)**

| Pl                    | Name               | Team            | Time              |
|-----------------------|--------------------|-----------------|-------------------|
| 7                     | MARIAM, Yohannes   | Georgetown Prep | 26.94             |
| <b>Section 2 of 4</b> |                    |                 | <b>Wind: (NW)</b> |
| 1                     | OGUNLADE, Bayo     | Landon          | 25.49             |
| 2                     | WILLIAMS, Gavin    | Landon          | 26.09             |
| 3                     | LAVU, Avi          | Georgetown Prep | 26.49             |
| 4                     | ROBINSON, Daniel   | Landon          | 26.79             |
| 5                     | ZUSCIN, Rutger     | Landon          | 27.33             |
| 6                     | MCGUIRE, Declan    | Georgetown Prep | 27.61             |
| <b>Section 3 of 4</b> |                    |                 | <b>Wind: (NW)</b> |
| 1                     | ARCE, Jalen        | Georgetown Prep | 27.84             |
| 2                     | ALLEN, Jojo        | Georgetown Prep | 28.30             |
| 3                     | ELLIOT, Emmett     | Landon          | 28.32             |
| 4                     | BANNEN, Nicholas   | Georgetown Prep | 28.75             |
| 5                     | CHIGBUE, Eli       | Georgetown Prep | 29.66             |
| 6                     | MONCUR, James      | Landon          | 29.78             |
| <b>Section 4 of 4</b> |                    |                 | <b>Wind: (NW)</b> |
|                       | SALIM, Ari         | Georgetown Prep | 26.14             |
| 1                     | TEWKSBURY, Jackson | Landon          | 25.41             |
| 2                     | ELLWOOD, Ben       | Landon          | 25.62             |
| 3                     | EMERSON, Kevin     | Georgetown Prep | 26.14             |
| 4                     | ARCE, CJ           | Georgetown Prep | 27.34             |
| 5                     | FROEHNER, Diego    | Georgetown Prep | 29.41             |
| 6                     | GAO, Tony          | Landon          | 30.61             |
|                       | WALLACE, Samuel    | Georgetown Prep | DNS               |

**#3 Men's 400 Meters**

| Pl | Name                 | Team            | Time    | H(Pl) | Pts |
|----|----------------------|-----------------|---------|-------|-----|
| 1  | PALAZZO, Nick        | Georgetown Prep | 53.82   | 1(1)  | 3   |
| 2  | MCMILLAN, Alex       | Georgetown Prep | 55.08   | 1(2)  | 2   |
| 3  | ATAYI, Nathaniel     | Georgetown Prep | 56.19   | 1(3)  | 1   |
| 4  | MCTAGUE, Palmer      | Landon          | 56.37   | 1(4)  |     |
| 5  | MACMILLAN, Alexander | Landon          | 58.29   | 1(5)  |     |
| 6  | MONCUR, James        | Landon          | 1:06.41 | 2(1)  |     |
| 7  | GAO, Tony            | Landon          | 1:14.16 | 2(2)  |     |
|    | COHEN, Samuel        | Landon          | DNS     | 1     |     |

**SECTION RESULTS**

| Pl                    | Name                 | Team            | Time    |
|-----------------------|----------------------|-----------------|---------|
| <b>Section 1 of 2</b> |                      |                 |         |
| 1                     | PALAZZO, Nick        | Georgetown Prep | 53.82   |
| 2                     | MCMILLAN, Alex       | Georgetown Prep | 55.08   |
| 3                     | ATAYI, Nathaniel     | Georgetown Prep | 56.19   |
| 4                     | MCTAGUE, Palmer      | Landon          | 56.37   |
| 5                     | MACMILLAN, Alexander | Landon          | 58.29   |
|                       | COHEN, Samuel        | Landon          | DNS     |
| <b>Section 2 of 2</b> |                      |                 |         |
| 1                     | MONCUR, James        | Landon          | 1:06.41 |

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**RESULTS****#3 Men's 400 Meters (cont'd)**

| Pl | Name      | Team   | Time    |
|----|-----------|--------|---------|
| 2  | GAO, Tony | Landon | 1:14.16 |

**#5 Men's 800 Meters**

| Pl | Name                | Team            | Time    | Pts |
|----|---------------------|-----------------|---------|-----|
| 1  | KALISH, Ari         | Landon          | 2:23.56 | 3   |
| 2  | KNESTOUT, Luke      | Georgetown Prep | 2:24.65 | 2   |
| 3  | MCNAMARA, Seamus    | Landon          | 2:29.21 | 1   |
| 4  | HAMILTON, Brannon   | Landon          | 2:53.41 |     |
| 5  | RISTU, Ethan        | Georgetown Prep | 2:54.45 |     |
| 6  | RAVITZ, Aaron       | Landon          | 3:04.40 |     |
| 7  | ALWAY ROZA, Nicolas | Landon          | 3:16.47 |     |

**#2 Men's 1600 Meters**

| Pl | Name                | Team            | Time    | Pts |
|----|---------------------|-----------------|---------|-----|
| 1  | RAZA, Joe           | Georgetown Prep | 4:48.90 | 3   |
| 2  | MANGINO, Jack       | Landon          | 4:49.36 | 2   |
| 3  | HAKIM-FLORIAN, Asim | Landon          | 4:58.43 | 1   |
| 4  | ATAYI, Daniel       | Georgetown Prep | 5:06.28 |     |
| 5  | MULLERY, Sean       | Georgetown Prep | 5:12.19 |     |
| 6  | MCNAMARA, Seamus    | Landon          | 5:27.23 |     |
| 7  | KALISH, Ari         | Landon          | 5:32.43 |     |
| 8  | HAMILTON, Brannon   | Landon          | 5:48.42 |     |
| 9  | ALWAY ROZA, Nicolas | Landon          | 6:45.44 |     |

**#8 Men's 3200 Meters**

| Pl | Name                | Team            | Time  | Pts |
|----|---------------------|-----------------|---|-----|
| 1  | HAKIM-FLORIAN, Asim | Landon          | 10:35.79  | 3   |
|    |                     |                 | 1:17.88 (1:17.88) 1:21.24 (2:39.12) 1:22.29 (4:01.40) 1:21.35 (5:22.74) 1:20.11 (6:42.85) 1:20.34 (8:03.18) |     |
|    |                     |                 | 2:32.62 (10:35.79)  |     |
| 2  | KAVANAGH, Teddy     | Georgetown Prep | 10:36.15  | 2   |
|    |                     |                 | 1:17.06 (1:17.06) (1:17.06) (1:17.06) 1:21.43 (2:38.49) 1:22.19 (4:00.68) 1:21.55 (5:22.22)                 |     |
|    |                     |                 | 1:20.10 (6:42.31)   |     |
| 3  | SINGER, Felipe      | Georgetown Prep | 11:41.91  | 1   |
|    |                     |                 | 1:20.16 (1:20.16) 1:25.93 (2:46.08) 1:27.15 (4:13.22) 1:30.10 (5:43.32) 1:31.27 (7:14.59) 1:29.97 (8:44.55) |     |
|    |                     |                 | 2:57.37 (11:41.91)  |     |
|    | MULLERY, Sean       | Georgetown Prep | DNF   |     |

**#1 Men's 4 x 100m Relay**

| Pl | Team                                      | Time  | Pts |
|----|---|-------|-----|
| 1  | Landon (A)                                | 51.09 | 3   |
|    | 1) TEWKSBURY, Jackson 2) OGUNLADE, Bayo   |       |     |
|    | 3) SWIFT, William 4) WILLIAMS, Gavin      |       |     |
| 2  | Landon (B)                                | 53.77 |     |
|    | 1) ELLIOT, Emmett 2) GAO, Tony            |       |     |
|    | 3) MACMILLAN, Alexander 4) ZUSCIN, Rutger |       |     |

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**RESULTS****#9 Men's 4 x 400m Relay**

| Pl | Team   | Time  | Pts          |
|----|--|---|--------------|
| 1  | Georgetown Prep (A)<br>1) RAZA, Joe<br>1:54.34 (1:54.34)<br>3) ATAYI, Nathaniel<br>3:43.96 (57.11) | 2) ATAYI, Daniel<br>2:46.85 (52.51)<br>4) PALAZZO, Nick   | 3:43.96<br>3 |
| 2  | Landon (A)<br>1) COHEN, Samuel<br>1:53.16 (1:53.16)<br>3) ELLWOOD, Ben<br>3:49.35 (56.26)          | 2) MCTAGUE, Palmer<br>2:53.10 (59.94)<br>4) KNOX, Jackson | 3:49.35      |
| 3  | Georgetown Prep (B)<br>1) EMERSON, Kevin<br>2:11.24 (2:11.24)<br>3) LAVU, Avi<br>4:26.34 (1:02.32) | 2) RISTU, Ethan<br>3:24.02 (1:12.78)<br>4) KNESTOUT, Luke | 4:26.34      |

**#10 Men's Long Jump**

| Pl | Name                 | Team   | Mark       |      | Rnd 1      | Rnd 2      | Rnd 3      | Rnd 4   | Rnd 5 | Rnd 6 | Pts |
|----|----------------------|--------|------------|------|------------|------------|------------|---------|-------|-------|-----|
| 1  | COHEN, Samuel        | Landon | 18' 1"     | (NW) | 18' 1"     | 16' 5"     | 16' 5"     | 17' 2"  |       |       | 3   |
| 2  | ELLWOOD, Ben         | Landon | 16' 8 1/2" | (NW) | 15' 2"     | 15' 1"     | 16' 8 1/2" | 15' 10" |       |       | 2   |
| 3  | MACMILLAN, Alexander | Landon | 16' 6 1/2" | (NW) | 16' 2 1/2" | 16' 4 1/2" | 16' 6 1/2" | 15' 7"  |       |       | 1   |
| 4  | OSMOND, Zac          | Landon | 15' 3"     | (NW) | 14' 1 1/2" | 15' 2"     | 15' 3"     |         |       |       |     |
| 5  | RAVITZ, Aaron        | Landon | 14' 10"    | (NW) | 14' 10"    | 11' 5"     | 13' 9"     | 14' 8"  |       |       |     |
| 6  | WILLIAMS, Gavin      | Landon | 13' 7"     | (NW) | 13' 4"     | 13' 7"     | 12' 0"     | 13' 6"  |       |       |     |
| 7  | ROBINSON, Daniel     | Landon | 12' 2"     | (NW) | 11' 0"     | 12' 1"     | 12' 2"     | 11' 0"  |       |       |     |
|    | MCTAGUE, Palmer      | Landon | NM         |      |            |            |            |         |       |       |     |
|    | JOHNSON, Deon        | Landon | NM         |      |            |            |            |         |       |       |     |

**#12 Men's Shot Put**

| Pl | Name                    | Team            | Mark        |  | Rnd 1       | Rnd 2       | Rnd 3      | Rnd 4       | Rnd 5       | Rnd 6       | Pts |
|----|-------------------------|-----------------|-------------|--|-------------|-------------|------------|-------------|-------------|-------------|-----|
| 1  | UDEOGU, Nnamdi          | Georgetown Prep | 38' 11"     |  | 38' 11"     | 31' 6"      | 37' 4"     | 33' 3"      | 38' 3 1/4"  | 37' 3"      | 3   |
| 2  | BARAHONA-LEVIN, Vincent | Landon          | 33' 6"      |  | 29' 11 1/2" | 30' 9"      | 33' 4 1/2" | 33' 6"      | 28' 6"      | 29' 9"      | 2   |
| 3  | SZOT, James             | Georgetown Prep | 30' 10 1/2" |  | 30' 0 1/4"  | 28' 11 1/2" | 28' 8 1/2" | 29' 6"      | 29' 8 1/2"  | 30' 10 1/2" | 1   |
| 4  | JOHNSON, Deon           | Landon          | 29' 0 1/2"  |  | 26' 6 1/2"  | 29' 0 1/2"  | 28' 1"     | 27' 11 1/2" | 26' 10 1/2" | 28' 10"     |     |
| 5  | WHITE, Brian            | Landon          | 27' 7"      |  | 27' 3"      | 27' 7"      | 24' 1"     | 27' 4"      | 26' 3 1/2"  | 24' 9 1/2"  |     |

**#11 Men's Discus**

| Pl | Name                    | Team            | Mark    |  | Rnd 1      | Rnd 2      | Rnd 3   | Rnd 4   | Rnd 5   | Rnd 6  | Pts |
|----|-------------------------|-----------------|---------|--|------------|------------|---------|---------|---------|--------|-----|
| 1  | UDEOGU, Nnamdi          | Georgetown Prep | 117' 2" |  | 113' 8"    | 103' 8"    | 110' 0" | 111' 6" | 117' 2" |        | 3   |
| 2  | SZOT, James             | Georgetown Prep | 74' 0"  |  | 73' 1"     | 73' 2"     | 71' 5"  | 72' 6"  | 74' 0"  |        | 2   |
| 3  | BARAHONA-LEVIN, Vincent | Landon          | 70' 4"  |  | 69' 10"    | 65' 8 1/2" | 59' 9"  | 70' 4"  | 70' 2"  | 69' 4" | 1   |
| 4  | JOHNSON, Deon           | Landon          | 66' 2"  |  | 62' 7 1/2" | 66' 2"     | 58' 3"  | 62' 5"  | 56' 8"  |        |     |
| 5  | WHITE, Brian            | Landon          | 58' 0"  |  | 53' 10"    | 50' 1"     | 55' 11" | 58' 0"  | 55' 3"  | 50' 8" |     |

**Men's Scores**

| Pl | Team            | Code | Score |
|----|-----------------|------|-------|
| 1  | Landon          | LNDN | 31    |
| 2  | Georgetown Prep | GEPR | 29    |