

**WCAC INVITATIONAL**

Fairfax, VA

Host: Elizabeth Seton

Saturday, February 25, 2023

**MEET OFFICIALS**

Meet Director:

Omar Wilkins

Timing:

Windsor Running

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

printed: 2/25/2023 9:41 PM

**RESULTS****#1 Girls 4 x 800m Relay**

Pl	Team	Time	Note	Pts
1	Bishop McNamara High School (A)	9:34.54		5
	1) HASAN, Layla SO 2:25.685 (2:25.685)	2) WIMBISH, Amber JR 4:52.948 (2:27.263)		
	3) MCDANIEL, Justice 9 7:13.646 (2:20.699)	4) MAIGNAN, Chloe JR 9:34.540 (2:20.895)		
2	St. John's College High School (A)	10:06.99		3
	1) MCILWAIN, Mia SR 2:24.498 (2:24.498)	2) DUNHAM, Nia SO 4:53.126 (2:28.628)		
	3) LABOR, Sara JR 7:36.126 (2:43.000)	4) MONROE, Sydney SO 10:06.985 (2:30.860)		
3	St. John's College High School (B)	10:42.26		
	1) KUZICHEV, Nina SO 2:31.111 (2:31.111)	2) HARPER, Sophia SO 5:17.277 (2:46.167)		
	3) IDLER, Sadie SR 8:07.312 (2:50.036)	4) LANG, Eva SO 10:42.256 (2:34.944)		

**#2 Boys 4 x 800m Relay**

Pl	Team	Time	Note	Pts
1	DeMatha Catholic High School (A)	8:22.25		5
	1) GROGAN, Daden SO 2:05.436 (2:05.436)	2) GRESHAM, Joshua JR 4:10.571 (2:05.135)		
	3) LOPEZ, Chase JR 6:12.199 (2:01.628)	4) BIRKS, Darien JR 8:22.248 (2:10.050)		
2	Bishop McNamara High School (A)	8:37.02		3
	1) NKANU, Kingston SO 2:08.361 (2:08.361)	2) WILLIAMS, Jamill JR 4:13.514 (2:05.153)		
	3) LAW-GABRIEL, Zackary SO 6:20.467 (2:06.953)	4) CHANYALEW, Kidus JR 8:37.017 (2:16.551)		
3	Bishop McNamara High School (B)	9:23.42		
	1) BLAIR, Kyle SO 2:14.739 (2:14.739)	2) JONES, Leonard SR 4:38.412 (2:23.673)		
	3) BARLEY, Colin 9 6:58.256 (2:19.845)	4) CRENSHAW, Jabari SR 9:23.412 (2:25.157)		
4	Gonzaga College High School (A)	9:29.49		1
	1) TEDDY, Fritz 9 2:17.224 (2:17.224)	2) BREWER, Jackson JR 4:39.698 (2:22.474)		
	3) BURTON, Preston JR 7:04.935 (2:25.237)	4) ALLEN, Peter SO 9:29.483 (2:24.549)		
5	Gonzaga College High School (B)	10:26.51		
	1) HILLENBRENNER, Luke 9 2:26.025 (2:26.025)	2) MADIGAN, Tyghe 9 4:55.968 (2:29.943)		
	3) VON STAUFFENBURG, Santiago JR 7:26.518 (2:30.551)	4) ROHDE, Brendan JR 10:26.504 (2:59.986)		
6	Archbishop Carroll High School (A)	10:43.77		
	1) CASTLEBERRY, Roy 9 2:28.082 (2:28.082)	2) DUTTON, Miles 9 4:51.406 (2:23.324)		
	3) WRIGHT, Kevin SO 7:33.529 (2:42.123)	4) POINTER, Mahlii JR 10:43.768 (3:10.240)		

**#3 Boys 60m Hurdles**

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**RESULTS****#3 Boys 60m Hurdles (cont'd)****Prelims**

Pl	Name	Yr	Team	Time	Note	H(Pl)
1	WATERMAN, Anthony	JR	DeMatha Catholic Hi	8.11	Q	2(1)
2	DUDLEY, Bryce	SR	Riverdale Baptist Sc	8.23	Q	1(1)
3	DEARIE, John	JR	Gonzaga College Hi	8.39	Q	3(1)
4	RICHARDSON, Roman	JR	St. John's College Hi	8.70	q	3(2)
5	WILLIAMS, Camren	JR	Archbishop Carroll H	9.06	q	2(2)
6	CECCHI-RIVAS, Marco	JR	Bishop Ireton	9.25	q	1(2)
7	HOGAN, Markeith	SR	Gonzaga College Hi	9.28	q	1(3)
8	MITCHELL, Matt	SO	St. John's College Hi	9.32	q	2(3)
9	SQUIRE, Matthias	SO	DeMatha Catholic Hi	9.38	q	1(4)
10	O'GILVIE, Glen	SO	DeMatha Catholic Hi	9.40	q	2(4)
11	HEINZE, Luke	SO	Paul VI Catholic	9.93	q	2(5)
12	WEITHER, Caleb	JR	DeMatha Catholic Hi	10.17	q	1(5)
13	MADDOX, Elijah	SO	Gonzaga College Hi	10.82		3(3)
14	DOWNEY, Logan	SO	Paul VI Catholic	11.14		1(6)
15	O'NEAL, Ishaan	SR	Gonzaga College Hi	11.27		3(4)
16	POCHICK, Caden	9	Paul VI Catholic	12.29		2(6)

**#4 Girls 60m Hurdles****Prelims**

Pl	Name	Yr	Team	Time	Note	H(Pl)
1	JOHNSON, Rhian	9	Riverdale Baptist Sc	9.44	Q	1(1)
2	CASTILLO, Isabella	JR	St. John's College Hi	9.54	Q	2(1)
3	RUTLAND, Alauna	SR	Paul VI Catholic	9.66	q	1(2)
4	WYNN, Nadia	SR	Bishop McNamara H	9.71	Q	3(1)
5	JAMES-GRIER, Anaya	JR	Bishop McNamara H	9.75	q	3(2)
6	LYTTLE, Brooklyn	9	Elizabeth Seton High	10.14	q	2(2)
7	MCMURRAY, Camryn	JR	St. John's College Hi	10.60	q	2(3)
8	HULSEY, Katherine	SO	St. John's College Hi	10.63	q	1(3)
9	JACKSON, Jade	9	Elizabeth Seton High	10.93	q	1(4)
10	CLARK, Makenzie	SO	Riverdale Baptist Sc	11.20	q	2(4)
11	JEWELL, Hannah	SO	Paul VI Catholic	11.42	q	3(3)
12	MUNSON, Sara	SR	Bishop Ireton	12.28	q 12.278	2(5)
13	BONIFACE, Mary	SO	Bishop O'Connell	12.28	12.280	1(5)
14	REBACK, Alexandra	SO	Paul VI Catholic	12.45		2(6)
15	REBACK, Elizabeth	SO	Paul VI Catholic	14.02		3(4)
16	HOGAN, Julia	JR	Paul VI Catholic	14.93		3(5)

**#5 Girls 60 Meters****Prelims**

Pl	Name	Yr	Team	Time	Note	H(Pl)
1	RAYMOND, Chayse	SR	Bishop O'Connell	7.79	Q	5(1)
2	KING, Lailah	SR	St. John's College Hi	7.84	Q	7(1)
3	BROWN, Alexis	9	St. John's College Hi	7.86	Q	8(1)
4	JOHNSON, Rhian	9	Riverdale Baptist Sc	7.91	Q	3(1)
5	HAYES-MOORE, Jalyn	JR	Bishop McNamara H	7.92	Q	4(1)

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**RESULTS****#5 Girls 60 Meters (cont'd)****Prelims**

Pl	Name	Yr	Team	Time	Note	H(Pl)
6	LYTTLE, Brooklyn	9	Elizabeth Seton High	7.93Q		1(1)
7	ANANI, Stella	JR	Archbishop Carroll H	7.95q		1(2)
8	JONES, Payton	SO	St. John's College Hi	7.98Q		6(1)
9	CROSS, Ni-Ann	SR	St. John's College Hi	7.99Q		2(1)
10	LUCAS, Marleigh	SO	St. John's College Hi	8.14q		2(2)
11	JOHNSON, Jazmyn	9	Bishop McNamara H	8.25q		2(3)
12	BOWLING, Taylor	SO	Archbishop Carroll H	8.27q		7(2)
13	PHILLIPS, Sydney	SO	Archbishop Carroll H	8.29		6(2)
14	GAYLES, Chloe	SO	Archbishop Carroll H	8.40		8(2)
15	RAMIREZ-CASTILLO, Sharlyn	JR	Riverdale Baptist Sc	8.43		6(3)
16	ANDERSON, Natalie	SR	Bishop O'Connell	8.57		2(4)
17	HABIB, Maya	SO	Paul VI Catholic	8.61		1(3)
18	ROUGH, Samantha	SR	Bishop O'Connell	8.65		3(2)
19	KONAN N'DA, Hannah	9	St. John's College Hi	8.68		8(3)
20	STEWART, Anya	SO	Archbishop Carroll H	8.70	8.696	4(2)
21	ESKRIDGE, Bless	JR	Bishop McNamara H	8.70	8.700	5(2)
22	MORA, Samaa	SO	St. John's College Hi	8.74	8.731	5(3)
23	AWOSEYE, Christiana	SR	Bishop McNamara H	8.74	8.736	3(3)
24	JENKINS, Laila	9	Bishop McNamara H	8.74	8.739	3(4)
25	SHEH, Liora	SO	St. John's College Hi	8.95		7(3)
26	FOUST, Kennedy	9	Elizabeth Seton High	9.01		3(5)
27	GREEN, Rylie	9	Bishop McNamara H	9.05		6(4)
28	SMITH, Selah	9	Elizabeth Seton High	9.10		1(4)
29	GIVENS, Naomi	9	Elizabeth Seton High	9.14		2(5)
30	HEALTH, Dasia		Bishop McNamara H	9.18		4(3)
31	COBB, Raya	SO	Bishop O'Connell	9.27		4(4)
32	TEACHEY, Serena	JR	Elizabeth Seton High	9.57		8(4)
33	SAMUELS, Nathalie	JR	Riverdale Baptist Sc	9.89		5(4)
34	NGUYEN, Cathy	SO	Bishop O'Connell	10.25		1(5)
35	DEE, Jenny	SO	Bishop Ireton	10.77		7(4)
36	HOLLAND, Simone	SO	Riverdale Baptist Sc	10.82		6(5)
	VIRGIL, Sanaa	SR	Elizabeth Seton High	7.99		2

**#6 Boys 60 Meters****Prelims**

Pl	Name	Yr	Team	Time	Note	H(Pl)
1	WINSTON, Kelvin	SO	Gonzaga College Hi	7.02q		11(1)
2	WILLIAMS, Sean	SR	St. John's College Hi	7.06q		9(1)
3	HAYER, Tariq	SO	St. John's College Hi	7.13q		1(1)
4	PRYOR, Isaiah	JR	Bishop McNamara H	7.14q		3(1)
5	WYATT, Brendon	SR	DeMatha Catholic Hi	7.15q	7.147	12(1)
6	WARMINGTON, Kyle	SO	Archbishop Carroll H	7.15q	7.148	8(1)
7	GREENE MILLER, Chad	SR	Bishop Ireton	7.17q	7.162	3(2)
8	DURU, Anikwe	JR	St. John's College Hi	7.17q	7.170	2(1)
9	GREGG, Asa	SR	St. John's College Hi	7.23q		2(2)

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**RESULTS****#6 Boys 60 Meters (cont'd)****Prelims**

<b>Pl</b>	<b>Name</b>	<b>Yr</b>	<b>Team</b>	<b>Time</b>	<b>Note</b>	<b>H(Pl)</b>
10	FAGBUYI, Elijah	SR	DeMatha Catholic Hi	7.24q	7.235	6(1)
11	ASHENAFI, Nassor	SO	Archbishop Carroll H	7.24q	7.238	6(2)
12	AKODU, Joshua	JR	DeMatha Catholic Hi	7.25q		8(2)
13	LOVETT, Dante	JR	DeMatha Catholic Hi	7.27		4(1)
14	MCGINNIS, Isaac	SR	DeMatha Catholic Hi	7.28	7.273	5(1)
15	PAYNE, Charles	SR	Bishop McNamara H	7.28	7.277	1(2)
16	MASSAQUOI, Prince	SR	DeMatha Catholic Hi	7.30		5(2)
17	REDDICK, Antonio	SO	DeMatha Catholic Hi	7.31		2(3)
18	REDFIELD, Connor	SR	Bishop O'Connell	7.33		7(1)
19	LEE, Deuce	SR	Gonzaga College Hi	7.36		7(2)
20	WILLIAMS, Reece	SO	St. John's College Hi	7.37		7(3)
21	BRAYMAN, Luke	SR	Bishop O'Connell	7.42		9(2)
22	ADAMS, Charle	SR	Paul VI Catholic	7.43		12(2)
23	DORSEY, Myles	SO	Bishop McNamara H	7.50		3(3)
24	SANDY, Zhabari	SR	St. John's College Hi	7.52		4(2)
25	PERRY, Adrian	SO	DeMatha Catholic Hi	7.53	7.524	2(4)
26	COLIO, Brady	9	Paul VI Catholic	7.53	7.529	2(5)
27	GLOVER, Rodney	9	Riverdale Baptist Sc	7.54		5(3)
28	ROBINSON, Wesley	SO	Bishop McNamara H	7.55		6(3)
29	TRIMBER, Connell	SR	Bishop Ireton	7.58		3(4)
30	SHARIATI, Neik	9	The Potomac School	7.61		11(2)
31	SPRIGGS, Mekhi	SR	Gonzaga College Hi	7.62		8(3)
32	IRACKS, Malik	9	Riverdale Baptist Sc	7.63		1(3)
33	FOREMAN, Ivan	SR	Bishop McNamara H	7.65		6(4)
34	BORNO, Christian	9	Gonzaga College Hi	7.66		6(5)
35	FORBES, Marvin	SR	Gonzaga College Hi	7.68		4(3)
36	BLAKE, Piersen	9	Bishop McNamara H	7.72	7.711	1(4)
37	JOHNSON, Frank	JR	Bishop O'Connell	7.72	7.716	10(1)
38	HILL, Ethan	SR	Paul VI Catholic	7.74		1(5)
39	KOY-SMITH, Gavin	9	Riverdale Baptist Sc	7.77		5(4)
40	ADALIKWU, Elijah	SO	DeMatha Catholic Hi	7.80		9(3)
41	JOHNSON, Antonio	SO	Archbishop Carroll H	7.82		12(3)
42	DELCHER, Evan	9	Gonzaga College Hi	7.86		10(2)
43	PRINGLE, Joshua	SO	Bishop Ireton	7.89		3(5)
44	BROWNE, Maxwell	9	DeMatha Catholic Hi	7.90	7.892	5(5)
45	MOSLEY, Avery	SO	Bishop O'Connell	7.90	7.894	11(3)
46	LEE, Ve	JR	The Potomac School	7.91		10(3)
47	WASHINGTON, Reese	9	Paul VI Catholic	7.93		9(4)
48	COLLIN, Luke	9	Bishop O'Connell	7.97	7.961	8(4)
49	GRAY, Malcolm	SR	Riverdale Baptist Sc	7.97	7.963	11(4)
50	NJUNKENG, Njembong-Roman	9	Riverdale Baptist Sc	7.97	7.967	9(5)
51	ALINO, Noah	SO	Paul VI Catholic	7.99		6(6)
52	RAMSEY, Corey	9	Archbishop Carroll H	8.03		10(4)
53	THOMAS, Dillon	SR	Paul VI Catholic	8.04		12(4)
54	HORSTMAN, Will	SR	Bishop O'Connell	8.06	8.052	12(5)

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Pl Name	Yr Team	Time	Note	H(Pl)
55 YATES, Nicholas	9 Gonzaga College Hi	8.06	8.053	5(6)
56 DAVIS, Nigel	Gonzaga College Hi	8.08		1(6)
57 HERRERA, Gabriel	SO Paul VI Catholic	8.14		7(4)
58 WALKER, Yashir	SO Bishop O'Connell	8.19		7(5)
59 WOLSTENHOLME, Kyle	SO Bishop O'Connell	8.33		8(5)
60 JACKSON, Ahmeen	SO Gonzaga College Hi	8.58		11(5)
61 ASHENAFI, Khafre	9 Archbishop Carroll H	8.76		2(6)
62 GEISLER, Jacob	9 Bishop O'Connell	8.85		4(4)
63 NEVILLE, Caleb	9 Bishop O'Connell	9.01		3(6)

**#7 Girls 1 Mile Run**

Pl Name	Yr Team	Time	Note	H(Pl)	Pts
1 ROGERS, Evelyn	JR Elizabeth Seton High	5:06.44		1(1)	5
38.80 (38.80)	37.96 (1:53.11)	38.92 (2:32.03)	38.37 (3:10.40)	38.72 (3:49.11)	
39.23 (4:28.34)	38.11 (5:06.44)				
2 KELLY, Vivian	SO Georgetown Visitatio	5:20.58		1(2)	3
39.16 (39.16)	38.83 (1:54.87)	40.76 (2:35.62)	41.97 (3:17.59)	42.57 (4:00.16)	
41.63 (4:41.79)	38.80 (5:20.58)				
3 WEITHMAN, Molly	JR Bishop O'Connell	5:20.83		1(3)	1
39.14 (39.14)	39.24 (1:55.82)	40.38 (2:36.20)	41.19 (3:17.38)	41.66 (3:59.04)	
40.80 (4:39.84)	41.00 (5:20.83)				
4 RICHARDS, Catherine	SO Paul VI Catholic	5:32.19		1(4)	
40.03 (40.03)	41.40 (2:01.82)	44.59 (2:46.41)	43.11 (3:29.51)	42.81 (4:12.32)	
40.81 (4:53.13)	39.07 (5:32.19)				
5 MCINTOSH, Lorelei	SO St. John's College Hi	5:36.41		1(5)	
40.55 (40.55)	42.74 (2:03.57)	43.95 (2:47.52)	43.39 (3:30.91)	43.54 (4:14.44)	
42.76 (4:57.20)	39.22 (5:36.41)				
6 PUGSLEY, Jenna	9 Paul VI Catholic	5:47.68		1(6)	
40.99 (40.99)	41.15 (2:01.38)	44.74 (2:46.11)	44.07 (3:30.18)	44.83 (4:15.00)	
47.56 (5:02.56)	45.13 (5:47.68)				
7 DAVIS, Antoinette	JR Bishop McNamara H	5:54.16		1(7)	
40.05 (40.05)	42.56 (2:03.60)	44.21 (2:47.80)	45.90 (3:33.70)	47.60 (4:21.30)	
47.64 (5:08.93)	45.24 (5:54.16)				
8 DZIEPAK, Kilian	SR Bishop O'Connell	5:58.50		1(8)	
44.14 (44.14)	45.53 (2:13.92)	45.64 (2:59.55)	45.84 (3:45.38)	46.08 (4:31.46)	
45.40 (5:16.86)	41.65 (5:58.50)				
9 TOWNSEND, Sydney	9 St. John's College Hi	6:35.75		2(1)	
45.55 (45.55)	49.74 (2:22.69)	50.13 (3:12.82)	51.05 (4:03.86)	52.00 (4:55.85)	
52.71 (5:48.56)	47.20 (6:35.75)				
10 MCKNIGHT, Azaria	SO Bishop McNamara H	6:55.15		2(2)	
43.70 (43.70)	49.48 (2:20.69)	52.77 (3:13.46)	52.89 (4:06.34)	56.56 (5:02.89)	
58.23 (6:01.12)	54.03 (6:55.15)				
11 ADKINS, Mckenzie	9 Riverdale Baptist Sc	7:14.61		2(3)	
47.62 (47.62)	52.89 (1:40.51)	52.38 (2:32.89)	56.52 (3:29.40)	1:03.00 (4:32.40)	1:02.93 (5:35.32)
55.51 (6:30.82)	43.79 (7:14.61)				

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**RESULTS****#7 Girls 1 Mile Run (cont'd)**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
12	KALETA, Reagan	9	Bishop Ireton	7:18.92		2(4)	
	51.87 (51.87)	50.32 (1:42.18)	50.27 (2:32.44)	55.41 (3:27.85)	57.23 (4:25.07)	58.92 (5:23.98)	
	1:00.80 (6:24.78)	54.14 (7:18.92)					
13	RENNOLDS, Sarah	SO	Paul VI Catholic	7:22.43		2(5)	
	50.07 (50.07)	53.06 (1:43.13)	55.01 (2:38.13)	58.12 (3:36.24)	1:00.37 (4:36.61)	1:01.88 (5:38.48)	
	55.73 (6:34.21)	48.22 (7:22.43)					
14	PRINCE, Saniya	SO	Riverdale Baptist Sc	7:25.39		2(6)	
	51.47 (51.47)	51.96 (1:43.43)	55.40 (2:38.83)	56.64 (3:35.46)	1:00.00 (4:35.46)	1:02.30 (5:37.75)	
	54.60 (6:32.35)	53.05 (7:25.39)					
15	ROHDE, Maggie	JR	Bishop O'Connell	8:03.99		2(7)	
	53.25 (53.25)	58.73 (1:51.98)	1:00.59 (2:52.57)	1:02.65 (3:55.21)	1:04.27 (4:59.47)	1:05.59 (6:05.06)	
	1:04.22 (7:09.28)	54.72 (8:03.99)					

**#8 Boys 1 Mile Run**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	SPEARS, Nathaniel	JR	Bishop McNamara H	4:28.93		1(1)	5
	34.39 (34.39)	32.69 (1:07.07)	33.53 (1:40.60)	34.40 (2:14.99)	33.92 (2:48.91)	34.37 (3:23.28)	
	33.26 (3:56.53)	32.40 (4:28.93)					
2	KEELS, Jayden	SR	DeMatha Catholic Hi	4:32.88		1(2)	3
	34.13 (34.13)	32.54 (1:06.66)	33.52 (1:40.17)	34.53 (2:14.70)	34.02 (2:48.72)	34.58 (3:23.30)	
	34.86 (3:58.15)	34.73 (4:32.88)					
3	MATHEWS, Alex	JR	The Potomac School	4:38.09		1(3)	1
	34.89 (34.89)	33.90 (1:08.78)	34.37 (1:43.15)	35.78 (2:18.92)	36.88 (2:55.79)	32.82 (3:28.61)	
	36.82 (4:05.43)	32.67 (4:38.09)					
4	FRISBY, Keenan	SO	St. John's College Hi	4:40.36		1(4)	
	35.53 (35.53)	33.86 (1:09.38)	33.66 (1:43.04)	34.72 (2:17.75)	34.33 (2:52.08)	37.43 (3:29.50)	
	36.70 (4:06.20)	34.16 (4:40.36)					
5	SARRO, Anthony	9	Gonzaga College Hi	4:41.70	4:41.696	1(5)	
	34.97 (34.97)	34.21 (1:09.17)	33.77 (1:42.94)	35.67 (2:18.60)	36.20 (2:54.80)	36.66 (3:31.45)	
	35.65 (4:07.09)	34.61 (4:41.70)					
6	MICKLE, Cameron	SO	Unattached	4:41.70	4:41.700	1(6)	
	35.05 (35.05)	33.21 (1:08.26)	33.99 (1:42.25)	34.45 (2:16.70)	34.04 (2:50.73)	37.61 (3:28.34)	
	37.33 (4:05.67)	36.04 (4:41.70)					
7	HIRKO, John	SO	Gonzaga College Hi	4:42.78		1(7)	
	35.14 (35.14)	34.27 (1:09.41)	34.26 (1:43.66)	35.18 (2:18.84)	36.66 (2:55.50)	36.71 (3:32.20)	
	36.78 (4:08.98)	33.81 (4:42.78)					
8	PODRATSKY, Matthew	SO	Gonzaga College Hi	4:43.37		1(8)	
	34.79 (34.79)	33.72 (1:08.50)	34.07 (1:42.57)	35.58 (2:18.15)	35.89 (2:54.03)	37.14 (3:31.16)	
	36.95 (4:08.11)	35.26 (4:43.37)					
9	SHAKUR, Sayid	JR	DeMatha Catholic Hi	4:44.27		1(9)	
	34.80 (34.80)	33.28 (1:08.07)	33.58 (1:41.65)	34.37 (2:16.02)	34.75 (2:50.76)	36.96 (3:27.72)	
	38.26 (4:05.97)	38.30 (4:44.27)					
10	FENN, Graham	JR	DeMatha Catholic Hi	4:47.44		1(10)	
	37.70 (37.70)	33.87 (1:11.56)	34.34 (1:45.89)	35.13 (2:21.01)	35.36 (2:56.37)	35.66 (3:32.03)	
	36.94 (4:08.96)	38.49 (4:47.44)					
11	ROCK, Caleb	9	St. John's College Hi	4:50.19		2(1)	

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**RESULTS****#8 Boys 1 Mile Run (cont'd)**

Pl	Name		Yr	Team	Time	Note	H(Pl)	Pts
	37.59 (37.59)	35.68 (1:13.26)		38.04 (1:51.29)	37.81 (2:29.10)	37.09 (3:06.18)	37.29 (3:43.46)	
	35.80 (4:19.26)	30.94 (4:50.19)						
12	BEALE, Logan			SO Paul VI Catholic	4:50.69		1(11)	
	35.28 (35.28)	33.78 (1:09.06)		34.33 (1:43.38)	36.35 (2:19.73)	36.79 (2:56.51)	36.94 (3:33.45)	
	38.01 (4:11.45)	39.24 (4:50.69)						
13	ZELDES, Max			JR The Potomac School	4:53.94		1(12)	
	35.58 (35.58)	34.20 (1:09.77)		34.18 (1:43.94)	35.97 (2:19.90)	37.50 (2:57.40)	37.88 (3:35.27)	
	39.72 (4:14.99)	38.96 (4:53.94)						
14	SOLOMON, Dean			SO Bishop McNamara H	4:55.11		1(13)	
	34.60 (34.60)	33.23 (1:07.83)		34.27 (1:42.09)	35.70 (2:17.79)	37.32 (2:55.10)	38.39 (3:33.48)	
	40.81 (4:14.28)	40.83 (4:55.11)						
15	PARSONS, Ian			SR DeMatha Catholic Hi	5:01.62		2(2)	
	34.70 (34.70)	35.75 (1:10.45)		36.94 (1:47.38)	39.14 (2:26.51)	38.89 (3:05.39)	38.70 (3:44.09)	
	40.17 (4:24.25)	37.37 (5:01.62)						
16	SHEA, Noah			9 St. John's College Hi	5:03.51		2(3)	
	38.53 (38.53)	37.52 (1:16.05)		39.44 (1:55.48)	39.89 (2:35.37)	39.15 (3:14.52)	39.52 (3:54.03)	
	36.78 (4:30.81)	32.71 (5:03.51)						
17	SWINGLE, Michael			SR Bishop O'Connell	5:08.11		2(4)	
	35.05 (35.05)	35.88 (1:10.93)		38.20 (1:49.12)	40.56 (2:29.68)	41.05 (3:10.72)	41.21 (3:51.93)	
	40.07 (4:32.00)	36.11 (5:08.11)						
18	WEETJENS, Elias			SO St. John's College Hi	5:09.02		2(5)	
	38.81 (38.81)	38.17 (1:16.97)		38.45 (1:55.42)	39.97 (2:35.38)	39.25 (3:14.62)	39.95 (3:54.57)	
	38.49 (4:33.06)	35.97 (5:09.02)						
19	KNIGHT, Cormac			9 St. John's College Hi	5:10.51		2(6)	
	37.96 (37.96)	37.42 (1:15.38)		39.94 (1:55.32)	39.90 (2:35.22)	39.06 (3:14.28)	40.10 (3:54.38)	
	37.44 (4:31.81)	38.70 (5:10.51)						
20	KULIK, Keller			9 St. John's College Hi	5:16.15		2(7)	
	38.30 (38.30)	39.31 (1:17.60)		40.12 (1:57.72)	40.26 (2:37.98)	40.34 (3:18.31)	40.13 (3:58.43)	
	39.93 (4:38.36)	37.80 (5:16.15)						
21	ROCK, Kai			9 Gonzaga College Hi	5:17.32		3(1)	
	35.70 (35.70)	36.46 (1:12.16)		42.14 (1:54.29)	42.41 (2:36.70)	39.94 (3:16.64)	43.38 (4:00.01)	
	40.03 (4:40.04)	37.28 (5:17.32)						
22	MICHEL, Hunter			JR Bishop Ireton	5:18.45		2(8)	
	39.55 (39.55)	39.01 (1:18.55)		39.92 (1:58.47)	40.71 (2:39.18)	41.19 (3:20.36)	40.34 (4:00.70)	
	40.47 (4:41.17)	37.29 (5:18.45)						
23	CUTLER, Abram			SR Gonzaga College Hi	5:25.58		3(2)	
	39.31 (39.31)	38.33 (1:17.64)		41.05 (1:58.68)	41.61 (2:40.29)	42.12 (3:22.41)	42.04 (4:04.45)	
	39.09 (4:43.53)	42.06 (5:25.58)						
24	KLANDERMAN, Reid			JR Bishop O'Connell	5:33.62		2(9)	
	38.24 (38.24)	37.42 (1:15.66)		40.01 (1:55.67)	40.66 (2:36.32)	41.62 (3:17.94)	43.91 (4:01.85)	
	45.96 (4:47.80)	45.82 (5:33.62)						
25	GRETSCHER, Nate			JR Gonzaga College Hi	5:33.87		3(3)	
	39.93 (39.93)	38.27 (1:18.20)		41.42 (1:59.61)	43.39 (2:42.99)	44.21 (3:27.20)	43.57 (4:10.77)	
	44.55 (4:55.31)	38.57 (5:33.87)						
26	BURNSIDE, Hayden			9 Gonzaga College Hi	5:36.99		3(4)	

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**RESULTS****#8 Boys 1 Mile Run (cont'd)**

Pl	Name		Yr	Team	Time	Note	H(Pl)	Pts
	40.14 (40.14)	38.67 (1:18.81)		41.62 (2:00.43)	43.31 (2:43.73)	44.09 (3:27.82)	44.87 (4:12.68)	
	45.52 (4:58.20)	38.79 (5:36.99)						
27	KRAMER, Finn			SO Gonzaga College Hi	5:37.73		3(5)	
	40.39 (40.39)	38.69 (1:19.08)		41.85 (2:00.92)	42.48 (2:43.39)	42.21 (3:25.60)	45.00 (4:10.59)	
	44.42 (4:55.01)	42.72 (5:37.73)						
28	KIERNAN, Vincent			SO Paul VI Catholic	5:47.82		3(6)	
	42.31 (42.31)	42.15 (1:24.45)		42.60 (2:07.05)	44.85 (2:51.89)	44.79 (3:36.68)	46.35 (4:23.03)	
	44.91 (5:07.94)	39.88 (5:47.82)						
29	WATKINS, Kalel			JR Riverdale Baptist Sc	5:57.38		3(7)	
	38.59 (38.59)	39.23 (1:17.82)		42.55 (2:00.36)	44.70 (2:45.06)	47.40 (3:32.46)	50.27 (4:22.73)	
	50.98 (5:13.70)	43.68 (5:57.38)						
30	AKIYAMA, Dylan			SR Paul VI Catholic	5:57.77		3(8)	
	40.21 (40.21)	40.36 (1:20.56)		44.00 (2:04.56)	47.96 (2:52.51)	45.48 (3:37.99)	47.10 (4:25.09)	
	47.77 (5:12.86)	44.92 (5:57.77)						
31	WRIGHT, Kevin			SO Archbishop Carroll H	5:58.61		2(10)	
	39.23 (39.23)	39.12 (1:18.34)		39.95 (1:58.29)	44.00 (2:42.29)	46.41 (3:28.70)	48.86 (4:17.55)	
	43.39 (5:00.94)	57.68 (5:58.61)						
32	THIEMAN, Anthony			JR Bishop O'Connell	6:05.59		3(9)	
	39.72 (39.72)	38.63 (1:18.35)		42.37 (2:00.71)	44.97 (2:45.68)	48.76 (3:34.44)	51.20 (4:25.64)	
	53.33 (5:18.96)	46.63 (6:05.59)						
33	MANETTO, Paul			9 Bishop O'Connell	6:07.40		3(10)	
	42.10 (42.10)	43.67 (1:25.76)		48.14 (2:13.90)	47.55 (3:01.45)	49.47 (3:50.92)	46.29 (4:37.21)	
	46.09 (5:23.30)	44.11 (6:07.40)						
34	POINTER, Mahlil			JR Archbishop Carroll H	6:12.05		2(11)	
	39.17 (39.17)	40.52 (1:19.68)		44.82 (2:04.50)	46.93 (2:51.42)	49.85 (3:41.26)	50.91 (4:32.17)	
	50.85 (5:23.02)	49.04 (6:12.05)						
35	WU, Tyler			SR Paul VI Catholic	6:52.04		3(11)	
	40.37 (40.37)	38.31 (1:18.68)		44.61 (2:03.28)	56.90 (3:00.18)	58.71 (3:58.89)	1:01.61 (5:00.49)	
	1:01.56 (6:02.05)	50.00 (6:52.04)						
	CASTLEBERRY, Roy			9 Archbishop Carroll H	NT		3	

**#4 Girls 60m Hurdles****Finals**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	CASTILLO, Isabella		JR St. John's College Hi	9.09		2(1)	5
2	JOHNSON, Rhian		9 Riverdale Baptist Sc	9.36		2(2)	3
3	RUTLAND, Alauna		SR Paul VI Catholic	9.61		2(3)	1
4	WYNN, Nadia		SR Bishop McNamara H	9.62		2(4)	
5	JAMES-GRIER, Anaya		JR Bishop McNamara H	9.67		2(5)	
6	LYTTLE, Brooklyn		9 Elizabeth Seton High	9.84		2(6)	
7	MCMURRAY, Camryn		JR St. John's College Hi	10.16		1(1)	
8	HULSEY, Katherine		SO St. John's College Hi	10.68		1(2)	
9	JACKSON, Jade		9 Elizabeth Seton High	10.84		1(3)	
10	CLARK, Makenzie		SO Riverdale Baptist Sc	11.19		1(4)	
11	JEWELL, Hannah		SO Paul VI Catholic	11.22		1(5)	
12	MUNSON, Sara		SR Bishop Ireton	12.21		1(6)	



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**RESULTS****#3 Boys 60m Hurdles****Finals**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	WATERMAN, Anthony	JR	DeMatha Catholic Hi	7.96		2(1)	5
2	DEARIE, John	JR	Gonzaga College Hi	8.24		2(2)	3
3	DUDLEY, Bryce	SR	Riverdale Baptist Sc	8.34		2(3)	1
4	RICHARDSON, Roman	JR	St. John's College Hi	8.85		2(4)	
5	HOGAN, Markeith	SR	Gonzaga College Hi	8.97		1(1)	
6	SQUIRE, Matthias	SO	DeMatha Catholic Hi	9.15		1(2)	
7	CECCHI-RIVAS, Marco	JR	Bishop Ireton	9.23		2(5)	
8	MITCHELL, Matt	SO	St. John's College Hi	9.34		1(3)	
9	WILLIAMS, Camren	JR	Archbishop Carroll H	9.63		2(6)	
10	HEINZE, Luke	SO	Paul VI Catholic	9.98		1(4)	
11	WEITHER, Caleb	JR	DeMatha Catholic Hi	10.18		1(5)	
12	O'GILVIE, Glen	SO	DeMatha Catholic Hi	10.27		1(6)	

**#5 Girls 60 Meters****Finals**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	RAYMOND, Chayse	SR	Bishop O'Connell	7.70		2(1)	5
2	BROWN, Alexis	9	St. John's College Hi	7.80		2(2)	3
3	KING, Lailah	SR	St. John's College Hi	7.86		2(3)	1
4	ANANI, Stella	JR	Archbishop Carroll H	7.88		1(1)	
5	CROSS, Ni-Ann	SR	St. John's College Hi	7.91		1(2)	
6	LYTTLE, Brooklyn	9	Elizabeth Seton High	7.92		2(4)	
7	JOHNSON, Rhian	9	Riverdale Baptist Sc	7.93		2(5)	
8	HAYES-MOORE, Jalyn	JR	Bishop McNamara H	7.95		2(6)	
9	LUCAS, Marleigh	SO	St. John's College Hi	8.11		1(3)	
10	JOHNSON, Jazmyn	9	Bishop McNamara H	8.25		1(4)	
	BOWLING, Taylor	SO	Archbishop Carroll H	DQ		1	

**#6 Boys 60 Meters****Finals**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	WINSTON, Kelvin	SO	Gonzaga College Hi	6.90		2(1)	5
2	WILLIAMS, Sean	SR	St. John's College Hi	6.94		2(2)	3
3	WYATT, Brendon	SR	DeMatha Catholic Hi	7.07		2(3)	1
4	PRYOR, Isaiah	JR	Bishop McNamara H	7.12		2(4)	
5	GREGG, Asa	SR	St. John's College Hi	7.13	7.121	1(1)	
6	HAYER, Tariq	SO	St. John's College Hi	7.13	7.128	2(5)	
7	WARMINGTON, Kyle	SO	Archbishop Carroll H	7.15		2(6)	
8	FAGBUYI, Elijah	SR	DeMatha Catholic Hi	7.17		1(2)	
9	ASHENAFI, Nassor	SO	Archbishop Carroll H	7.19		1(3)	
10	GREENE MILLER, Chad	SR	Bishop Ireton	7.21		1(4)	
11	AKODU, Joshua	JR	DeMatha Catholic Hi	7.27		1(5)	
12	DURU, Anikwe	JR	St. John's College Hi	7.28		1(6)	

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**RESULTS****#9 Girls 4 x 200m Relay**

Pl	Team	Time	Note	Pts
1	St. John's College High School (A)	1:48.37		5
	1) LABOR, Sara JR		2) MCILWAIN, Mia SR	
	3) LUCAS, Marleigh SO		4) CASTILLO, Isabella JR	
2	Bishop O'Connell (A)	1:53.29		3
	1) ROUGH, Samantha SR		2) ANDERSON, Natalie SR	
	3) SIODLARZ, Chantal SR		4) RAYMOND, Chayse SR	
3	Bishop McNamara High School (A)	1:59.01		1
	1) JOHNSON, Jazmyn 9		2) AWOSEYE, Christiana SR	
	3) RHONE, Gabrielle 9		4) ESKRIDGE, Bless JR	
4	Paul VI Catholic (A)	2:08.85		
	1) HABIB, Maya SO		2) HOGAN, Julia JR	
	3) REBACK, Alexandra SO		4) JEWELL, Hannah SO	

**#10 Boys 4 x 200m Relay**

Pl	Team	Time	Note	H(Pl)	Pts
1	Bishop McNamara High School (A)	1:31.57		1(1)	5
	1) PRYOR, Isaiah JR		2) STEED, Nicholas JR		
	3) SWEENEY, Wesley SR		4) PAYNE, Charles SR		
2	Gonzaga College High School (A)	1:31.95		1(2)	3
	1) WINSTON, Kelvin SO		2) LEE, Brendan SR		
	3) LEE, Deuce SR		4) FISHER, Lincoln SO		
3	DeMatha Catholic High School (A)	1:32.39		1(3)	1
	1) WATERMAN, Anthony JR		2) WYATT, Brendon SR		
	3) MCGINNIS, Isaac SR		4) LONG, James JR		
4	DeMatha Catholic High School (B)	1:35.67		2(1)	
	1) FAGBUYI, Elijah SR		2) DIXON, Myles 9		
	3) AKODU, Joshua JR		4) VIRGIL, Joshua 9		
5	Riverdale Baptist School (A)	1:35.74		1(4)	
	1) GLOVER, Rodney 9		2) THOMPSON, Prince 9		
	3) DUDLEY, Bryce SR		4) IRACKS, Malik 9		
6	Paul VI Catholic (A)	1:37.23		1(5)	
	1) HEINZE, Luke SO		2) COLIO, Brady 9		
	3) HILL, Ethan SR		4) GUEVARA, Elias SR		
7	Bishop O'Connell (A)	1:37.64		1(6)	
	1) BRAYMAN, Luke SR		2) JOHNSON, Frank JR		
	3) HORSTMAN, Will SR		4) REDFIELD, Connor SR		
8	Bishop Ireton (A)	1:39.06		2(2)	
	1) GREENE MILLER, Chad SR		2) TRIMBER, Connell SR		
	3) NTAMBWE, Stephen SO		4) O'REILLY, Will SR		
9	Gonzaga College High School (B)	1:43.02		2(3)	
	1) FRED, David SO		2) MCALLISTER III, Lonnie SO		
	3) FORBES, Marvin SR		4) TERRY, Derien 9		

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**RESULTS****#10 Boys 4 x 200m Relay (cont'd)**

Pl	Team	Time	Note	H(Pl)	Pts
10	Paul VI Catholic (B)	1:46.67		2(4)	
	1) DOWNEY, Logan SO				
	2) NATION, Brent SR				
	3) ALINO, Noah SO				
	4) HERRERA, Gabriel SO				

**#11 Girls 400 Meters**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	YOURISH, Cymia		SO St. John's College Hi	59.30		1(1)	5
2	HUCKSTEP, Sydney		SO Elizabeth Seton High	1:00.35		1(2)	3
3	ARMSTRONG, Jada		JR Elizabeth Seton High	1:00.74		2(1)	1
4	JOHNSON, Morgan		9 Elizabeth Seton High	1:01.03		2(2)	
5	GLASS, JaNiya		JR Elizabeth Seton High	1:02.12		1(3)	
6	OVERDECK, Tenley		JR The Potomac School	1:02.35		2(3)	
7	MONROE, Sydney		SO St. John's College Hi	1:02.88		2(4)	
8	M, Nah'La		9 Elizabeth Seton High	1:03.87		3(1)	
9	PRICE, Barrett		9 St. John's College Hi	1:04.68		4(1)	
10	KONAN N'DA, Hannah		9 St. John's College Hi	1:04.86		4(2)	
11	RAMIREZ-CASTILLO, Sharlyn		JR Riverdale Baptist Sc	1:05.73		2(5)	
12	COUNTS, Derrai		9 Bishop McNamara H	1:05.89		4(3)	
13	COLEMAN, Helena		SO Bishop Ireton	1:05.94		1(4)	
14	ANDERSON, Natalie		SR Bishop O'Connell	1:06.45		3(2)	
15	FOUST, Kennedy		9 Elizabeth Seton High	1:07.12		5(1)	
16	MORA, Samaa		SO St. John's College Hi	1:07.46		5(2)	
17	ANANI, Nora		9 Archbishop Carroll H	1:08.48		3(3)	
18	SIODLARZ, Chantal		SR Bishop O'Connell	1:08.55		4(4)	
19	TCHUENDEM, Brunelle		JR Bishop O'Connell	1:08.60		4(5)	
20	ZABOROWSKI, Laura		JR Elizabeth Seton High	1:09.16		4(6)	
21	CHO, Khiara		SR Bishop McNamara H	1:10.57		5(3)	
22	SMITH, Selah		9 Elizabeth Seton High	1:17.74		6(1)	
23	BOEHM, Christina		SR Bishop O'Connell	1:21.48		6(2)	
24	MCKOY, Julia		JR Archbishop Carroll H	1:21.96		3(4)	

**#12 Boys 400 Meters**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	LONG, James		JR DeMatha Catholic Hi	50.60		1(1)	5
2	TIMM, Calvin		SO Gonzaga College Hi	52.12		1(2)	3
3	AKABI-DURING, Franklyn		JR DeMatha Catholic Hi	52.33		1(3)	1
4	GEISER, Andy		SO Paul VI Catholic	52.53		2(1)	
5	ASHENAFI, Nassor		SO Archbishop Carroll H	52.63		1(4)	
6	JONES, Leonard		SR Bishop McNamara H	53.36		3(1)	
7	GIRARD, Joseph		SR Paul VI Catholic	53.99		3(2)	
8	ADAMS, Jason		SO Bishop McNamara H	54.64		2(2)	
9	THOMPSON, Prince		9 Riverdale Baptist Sc	54.76		6(1)	
10	MITCHELL, Matt		SO St. John's College Hi	55.04		4(1)	
11	CRENSHAW, Jabari		SR Bishop McNamara H	55.20		4(2)	
12	OWENS, Jalen		JR DeMatha Catholic Hi	55.68		3(3)	
13	BACKUS, Bryson		9 DeMatha Catholic Hi	55.72		3(4)	

**WCAC INVITATIONAL**

Fairfax, VA

Host: Elizabeth Seton

Saturday, February 25, 2023

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

Omar Wilkins

**Timing:**

Windsor Running

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

printed: 2/25/2023 9:41 PM

**RESULTS****#12 Boys 400 Meters (cont'd)**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
14	LEE, Ve	JR	The Potomac School	55.95		6(2)	
15	DEARIE, John	JR	Gonzaga College Hi	56.13		3(5)	
16	NKANU, Kingston	SO	Bishop McNamara H	56.26		2(3)	
17	CERON, Anthony	9	St. John's College Hi	56.80		7(1)	
18	MEKEBEB, Bemnet	JR	Bishop Ireton	57.06		4(3)	
19	BERNARD JR, Rahsaan	9	St. John's College Hi	57.35		7(2)	
20	CENTENO, Jacob-Paolo	JR	Gonzaga College Hi	57.63		8(1)	
21	ALVARADO-ROJAS, Anthony	SR	Bishop O'Connell	57.67		3(6)	
22	ROCK, Caleb	9	St. John's College Hi	57.85		7(3)	
23	MCLAUGHLIN, Myles	JR	Gonzaga College Hi	58.03		5(1)	
24	MONFISTON, Landon	SO	DeMatha Catholic Hi	58.23		5(2)	
25	COLLIN, Luke	9	Bishop O'Connell	58.33		5(3)	
26	WINDER, Jackson	JR	Gonzaga College Hi	58.69		6(3)	
27	BROCKINGTON, Davion	JR	Bishop McNamara H	58.79		7(4)	
28	LEWIS, Kellen	JR	DeMatha Catholic Hi	58.86		4(4)	
29	ARNOLD, Karil	9	St. John's College Hi	59.25		8(2)	
30	MADIGAN, Tyghe	9	Gonzaga College Hi	59.66		6(4)	
31	GRAHAM, Quinn	SR	Gonzaga College Hi	59.71		9(1)	
32	FARACI, Dominick	SR	Bishop Ireton	59.73		5(4)	
33	MCKNIGHT, Michael	SR	Gonzaga College Hi	59.89		9(2)	
34	KOY-SMITH, Gavin	9	Riverdale Baptist Sc	1:00.40		7(5)	
35	HILLENBRENNER, Luke	9	Gonzaga College Hi	1:00.52		6(5)	
36	BARKER, Sam	SO	Bishop Ireton	1:00.59		8(3)	
37	DELCHER, Evan	9	Gonzaga College Hi	1:00.67		9(3)	
38	WOLSTENHOLME, Kyle	SO	Bishop O'Connell	1:01.16		8(4)	
39	DURANT, Ajai	SO	DeMatha Catholic Hi	1:01.40		4(5)	
40	REID, Mikhel	SO	Bishop McNamara H	1:02.08		8(5)	
41	LOVELAND, Will	9	Bishop O'Connell	1:04.65		9(4)	
42	FIELDS, Amare	JR	Bishop McNamara H	1:07.08		8(6)	
43	GEISLER, Jacob	9	Bishop O'Connell	1:08.29		9(5)	
44	WALTERS, Chris	9	Bishop O'Connell	1:14.24		9(6)	
	PANKEY, Chase	SO	St. John's College Hi	DNF		2	

**#13 Girls 800 Meters**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	WIMBISH, Amber	JR	Bishop McNamara H	2:19.49		1(1)	5
	32.72 (32.72)	34.07 (1:06.78)	34.93 (1:41.71) 37.79 (2:19.49)				
2	BURKE, Zoe	SR	Oakcrest School	2:20.15		1(2)	3
	33.65 (33.65)	34.39 (1:08.03)	36.11 (1:44.14) 36.02 (2:20.15)				
3	KELLY, Vivian	SO	Georgetown Visitatio	2:26.32		1(3)	1
	34.97 (34.97)	36.17 (1:11.14)	37.26 (1:48.40) 37.93 (2:26.32)				
4	POPE, Amaris	9	Elizabeth Seton High	2:28.06		1(4)	
	33.45 (33.45)	36.16 (1:09.61)	40.65 (1:50.25) 37.82 (2:28.06)				
5	MAIGNAN, Chloe	JR	Bishop McNamara H	2:28.21		1(5)	
	35.34 (35.34)	36.83 (1:12.16)	38.89 (1:51.05) 37.17 (2:28.21)				
6	DE LA VEGA-RODRIGUEZ, Lilah	SR	Georgetown Visitatio	2:28.31		1(6)	

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

Pl	Name		Yr	Team	Time	Note	H(Pl)	Pts
		35.59 (35.59)			38.79 (1:51.30)			
		36.93 (1:12.51)			37.01 (2:28.31)			
7	ROBINSON, Kendall		JR	St. John's College Hi	2:34.17		1(7)	
		34.13 (34.13)			40.88 (1:52.29)			
		37.29 (1:11.41)			41.89 (2:34.17)			
8	RICHARDS, Catherine		SO	Paul VI Catholic	2:34.62		2(1)	
		38.76 (38.76)			39.07 (1:54.56)			
		36.74 (1:15.49)			40.07 (2:34.62)			
9	IDLER, Sadie		SR	St. John's College Hi	2:35.01		1(8)	
		36.70 (36.70)			40.46 (1:56.91)			
		39.75 (1:16.45)			38.10 (2:35.01)			
10	PUGSLEY, Jenna		9	Paul VI Catholic	2:36.11		1(9)	
		35.31 (35.31)			40.16 (1:51.85)			
		36.38 (1:11.69)			44.27 (2:36.11)			
11	COLEMAN, Helena		SO	Bishop Ireton	2:38.42		2(2)	
		2:38.42 (2:38.42)						
12	RAKOWITZ, Chloe		9	Paul VI Catholic	2:41.43		2(3)	
		40.65 (40.65)			40.61 (2:01.00)			
		39.75 (1:20.40)			40.44 (2:41.43)			
13	LANG, Eva		SO	St. John's College Hi	2:41.80		1(10)	
		36.86 (36.86)			41.90 (1:58.38)			
		39.62 (1:16.48)			43.42 (2:41.80)			
14	DOWNEY, Nisha		SO	Paul VI Catholic	2:43.32		2(4)	
		40.97 (40.97)			41.29 (2:01.23)			
		38.97 (1:19.94)			42.10 (2:43.32)			
15	HUDSON, Jenis		SO	Elizabeth Seton High	2:43.70		2(5)	
		2:43.70 (2:43.70)						
16	HARPER, Sophia		SO	St. John's College Hi	2:44.03		2(6)	
		40.64 (40.64)			41.97 (2:04.10)			
		41.50 (1:22.13)			39.93 (2:44.03)			
17	ROBINSON, Zola		JR	Bishop McNamara H	2:57.15		2(7)	
		1:22.32 (1:22.32)			50.18 (2:57.15)			
		44.66 (2:06.98)						
18	WOLSTENHOLME, Claire		JR	Bishop O'Connell	3:00.26		2(8)	
		42.05 (42.05)			48.40 (2:13.98)			
		43.54 (1:25.59)			46.28 (3:00.26)			
19	TOWNSEND, Sydney		9	St. John's College Hi	3:06.38		2(9)	
		42.32 (42.32)			49.03 (2:17.01)			
		45.66 (1:27.98)			49.38 (3:06.38)			
	ADKINS, Mckenzie		9	Riverdale Baptist Sc	DNF		2	

**#14 Boys 800 Meters**

Pl	Name		Yr	Team	Time	Note	H(Pl)	Pts
1	SPEARS, Nathaniel		JR	Bishop McNamara H	1:59.25		1(1)	5
		28.06 (28.06)			30.85 (1:28.30)			
		29.41 (57.46)			30.95 (1:59.25)			
2	FRISBY, Keenan		SO	St. John's College Hi	1:59.88		1(2)	3
		28.51 (28.51)			31.19 (1:28.33)			
		28.64 (57.14)			31.56 (1:59.88)			
3	MORROW, Brandon		9	Paul VI Catholic	2:01.05		1(3)	1
		26.55 (26.55)			32.01 (1:29.17)			
		30.62 (57.16)			31.88 (2:01.05)			
4	KEELS, Jayden		SR	DeMatha Catholic Hi	2:03.65		1(4)	
		28.37 (28.37)			1:04.75 (2:03.65)			
		30.55 (58.91)						
5	BOSTIC, Damill		JR	Archbishop Carroll H	2:05.38		1(5)	
		28.96 (28.96)			1:06.30 (2:05.38)			
		30.13 (59.09)						
6	LOPEZ, Chase		JR	DeMatha Catholic Hi	2:07.45		2(1)	
		31.81 (31.81)			34.18 (1:37.50)			
		31.53 (1:03.33)			29.95 (2:07.45)			
7	VILLAVER, Ethan		SR	Paul VI Catholic	2:07.60		2(2)	
		28.95 (28.95)			34.61 (1:35.65)			
		32.10 (1:01.04)			31.95 (2:07.60)			
8	SOLOMON, Dean		SO	Bishop McNamara H	2:07.91		1(6)	

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**RESULTS****#14 Boys 800 Meters (cont'd)**

Pl	Name	Time	Note	H(Pl)	Pts
	28.59 (28.59) 29.99 (58.58) 1:09.34 (2:07.91)				
9	LAW-GABRIEL, Zackary 59.25 (59.25) 1:09.13 (2:08.37)	SO Bishop McNamara H	2:08.37	1(7)	
10	GRESHAM, Joshua 29.05 (29.05) 1:39.46 (2:08.51)	JR DeMatha Catholic Hi	2:08.51	1(8)	
11	BIRKS, Darien 28.64 (28.64) 32.56 (1:01.20) 35.12 (1:36.32) 33.26 (2:09.57)	JR DeMatha Catholic Hi	2:09.57	2(3)	
12	DIXON, Myles 28.40 (28.40) 32.53 (1:00.92) 35.91 (1:36.83) 33.27 (2:10.09)	9 DeMatha Catholic Hi	2:10.09	2(4)	
13	GROGAN, Daden 28.88 (28.88) 30.72 (59.59) 1:12.14 (2:11.73)	SO DeMatha Catholic Hi	2:11.73	1(9)	
14	BLAKE, Kevin 29.39 (29.39) 33.03 (1:02.42) 35.59 (1:38.00) 34.85 (2:12.84)	JR DeMatha Catholic Hi	2:12.84	2(5)	
15	BROW, Matt 30.80 (30.80) 32.83 (1:03.63) 35.09 (1:38.72) 34.57 (2:13.28)	JR The Potomac School	2:13.28	2(6)	
16	CHANYALEW, Kidus 29.41 (29.41) 31.00 (1:00.41) 1:12.99 (2:13.39)	JR Bishop McNamara H	2:13.39	1(10)	
17	HIRKO, John 31.11 (31.11) 32.59 (1:03.69) 35.56 (1:39.25) 35.48 (2:14.73)	SO Gonzaga College Hi	2:14.73	2(7)	
18	MCCARTHY, Liam 32.40 (32.40) 34.19 (1:06.58) 36.89 (1:43.47) 35.87 (2:19.33)	SO Paul VI Catholic	2:19.33	2(8)	
19	BURTON, Preston 36.56 (36.56) 38.08 (1:14.64) 36.75 (1:51.39) 30.00 (2:21.39)	JR Gonzaga College Hi	2:21.39	3(1)	
20	BARLEY, Colin 30.64 (30.64) 33.79 (1:04.43) 39.62 (1:44.04) 37.85 (2:21.89)	9 Bishop McNamara H	2:21.89	2(9)	
21	KLANDERMAN, Reid 31.35 (31.35) 34.76 (1:06.10) 39.35 (1:45.45) 36.82 (2:22.26)	JR Bishop O'Connell	2:22.26	2(10)	
22	STEWARD, Robert 33.82 (33.82) 35.58 (1:09.40) 36.53 (1:45.93) 36.99 (2:22.91)	JR St. John's College Hi	2:22.91	4(1)	
23	ALLEN, Peter 35.50 (35.50) 35.61 (1:11.11) 36.81 (1:47.91) 35.21 (2:23.11)	SO Gonzaga College Hi	2:23.11	3(2)	
24	OWENS, Jalen 36.96 (36.96) 36.92 (1:13.87) 38.42 (1:52.29) 33.32 (2:25.60)	JR DeMatha Catholic Hi	2:25.60	3(3)	
25	HARRY, Tyler 35.79 (35.79) 35.73 (1:11.52) 37.77 (1:49.28) 36.91 (2:26.19)	SO Gonzaga College Hi	2:26.19	3(4)	
26	ROCK, Kai 35.93 (35.93) 36.41 (1:12.34) 38.09 (1:50.43) 36.17 (2:26.59)	9 Gonzaga College Hi	2:26.59	3(5)	
27	BREWER, Jackson 33.79 (33.79) 36.34 (1:10.13) 38.74 (1:48.86) 37.85 (2:26.71)	JR Gonzaga College Hi	2:26.71	3(6)	
28	BURNSIDE, Hayden 34.98 (34.98) 37.35 (1:12.33) 40.15 (1:52.47) 35.59 (2:28.06)	9 Gonzaga College Hi	2:28.06	4(2)	
29	CUTLER, Abram 33.50 (33.50) 38.04 (1:11.53) 40.63 (1:52.16) 36.83 (2:28.98)	SR Gonzaga College Hi	2:28.98	4(3)	
30	MICHEL, Hunter 36.76 (36.76) 38.33 (1:15.09) 38.09 (1:53.18) 35.98 (2:29.15)	JR Bishop Ireton	2:29.15	3(7)	
31	WATKINS, Kalel	JR Riverdale Baptist Sc	2:29.39	3(8)	

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**RESULTS****#14 Boys 800 Meters (cont'd)**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
	35.10 (35.10)	36.70 (1:11.79)	39.11 (1:50.90)	38.49 (2:29.39)			
32	HAMPTON, Braylon	9	Bishop McNamara H	2:35.81		4(4)	
	35.56 (35.56)	37.43 (1:12.99)	41.92 (1:54.91)	40.91 (2:35.81)			
33	AKIYAMA, Dylan	SR	Paul VI Catholic	2:36.43		4(5)	
	34.10 (34.10)	37.16 (1:11.25)	41.56 (1:52.81)	43.62 (2:36.43)			
34	YOUNG, Dominic	SR	Bishop Ireton	2:38.27		3(9)	
	36.22 (36.22)	39.65 (1:15.86)	41.47 (1:57.32)	40.96 (2:38.27)			
35	LOPEZ, Aidan	SO	DeMatha Catholic Hi	2:43.18		4(6)	
	38.15 (38.15)	42.51 (1:20.66)	45.94 (2:06.60)	36.59 (2:43.18)			
36	DAY, Michael	SO	Bishop O'Connell	2:59.88		4(7)	
	39.30 (39.30)	43.87 (1:23.16)	51.06 (2:14.21)	45.68 (2:59.88)			
	WILLIAMS, Jamill	JR	Bishop McNamara H	DNF		1	

**#15 Girls 200 Meters**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	HUCKSTEP, Sydney	SO	Elizabeth Seton High	25.53		1(1)	5
2	BROWN, Alexis	9	St. John's College Hi	25.57		1(2)	3
3	KING, Lailah	SR	St. John's College Hi	25.61		1(3)	1
4	RUTLAND, Alauna	SR	Paul VI Catholic	25.86		4(1)	
5	JOHNSON, Morgan	9	Elizabeth Seton High	25.89		1(4)	
6	YOURISH, Cymia	SO	St. John's College Hi	26.18		4(2)	
7	CASTILLO, Isabella	JR	St. John's College Hi	26.36		2(1)	
8	GLASS, JaNiya	JR	Elizabeth Seton High	26.57		1(5)	
9	LUCAS, Marleigh	SO	St. John's College Hi	26.82		2(2)	
10	RAMIREZ-CASTILLO, Sharlyn	JR	Riverdale Baptist Sc	26.85		2(3)	
11	HUSBANDS, Layla	SR	Archbishop Carroll H	26.95		3(1)	
12	ARMSTRONG, Jada	JR	Elizabeth Seton High	27.07		3(2)	
13	NEWMAN, Cailee	9	Riverdale Baptist Sc	27.20		3(3)	
14	JOHNSON, Rhian	9	Riverdale Baptist Sc	27.34		2(4)	
15	RAYMOND, Chayse	SR	Bishop O'Connell	27.54		1(6)	
16	JOHNSON, Jazmyn	9	Bishop McNamara H	27.57		5(1)	
17	DUNHAM, Nia	SO	St. John's College Hi	27.82		5(2)	
18	LITTLEJOHN, Morgan	SO	Riverdale Baptist Sc	27.87		3(4)	
19	BOWLING, Taylor	SO	Archbishop Carroll H	27.94		4(3)	
20	MONROE, Sydney	SO	St. John's College Hi	28.00		5(3)	
21	ANDERSON, Natalie	SR	Bishop O'Connell	28.16		5(4)	
22	PAGEDAS, Joanna	SR	St. John's College Hi	28.31	28.305	6(1)	
23	PHILLIPS, Sydney	SO	Archbishop Carroll H	28.31	28.307	5(5)	
24	GAYLES, Chloe	SO	Archbishop Carroll H	28.48		4(4)	
25	ROUGH, Samantha	SR	Bishop O'Connell	28.64		4(5)	
26	PRICE, Barrett	9	St. John's College Hi	28.75		6(2)	
27	MORA, Samaa	SO	St. John's College Hi	28.78		6(3)	
28	KONAN N'DA, Hannah	9	St. John's College Hi	29.34		7(1)	
29	SIODLARZ, Chantal	SR	Bishop O'Connell	30.19		6(4)	
30	JENKINS, Laila	9	Bishop McNamara H	30.53	30.523	7(2)	
31	GREEN, Rylie	9	Bishop McNamara H	30.53	30.524	8(1)	



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**RESULTS****#15 Girls 200 Meters (cont'd)**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
32	ZABOROWSKI, Laura	JR	Elizabeth Seton High	30.62		8(2)	
33	GIVENS, Naomi	9	Elizabeth Seton High	30.79		8(3)	
34	AWOSEYE, Christiana	SR	Bishop McNamara H	30.99		6(5)	
35	COBB, Raya	SO	Bishop O'Connell	31.16		8(4)	
36	TCHUENDEM, Brunelle	JR	Bishop O'Connell	31.19		7(3)	
37	SMITH, Selah	9	Elizabeth Seton High	31.24		8(5)	
38	SAMUELS, Nathalie	JR	Riverdale Baptist Sc	34.87		8(6)	

**#16 Boys 200 Meters**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	LONG, James	JR	DeMatha Catholic Hi	22.33		1(1)	5
2	WINSTON, Kelvin	SO	Gonzaga College Hi	22.65		1(2)	3
3	FAGBUYI, Elijah	SR	DeMatha Catholic Hi	22.76		1(3)	1
4	LOVETT, Dante	JR	DeMatha Catholic Hi	22.91		2(1)	
5	REDFIELD, Connor	SR	Bishop O'Connell	22.95		1(4)	
6	LEE, Brendan	SR	Gonzaga College Hi	22.96		3(1)	
7	PAYNE, Charles	SR	Bishop McNamara H	23.02		2(2)	
8	WILLIAMS, Camren	JR	Archbishop Carroll H	23.14		1(5)	
9	GREENE MILLER, Chad	SR	Bishop Ireton	23.23		3(2)	
10	NEWMAN, Andrew	SO	DeMatha Catholic Hi	23.73		4(1)	
11	BRAYMAN, Luke	SR	Bishop O'Connell	23.87		5(1)	
12	GLOVER, Rodney	9	Riverdale Baptist Sc	23.94		4(2)	
13	COLIO, Brady	9	Paul VI Catholic	24.02		5(2)	
14	NEWMAN, Brandon	SO	DeMatha Catholic Hi	24.11		6(1)	
15	LEE, Deuce	SR	Gonzaga College Hi	24.14		3(3)	
16	GREGG, Asa	SR	St. John's College Hi	24.22		2(3)	
17	BORNO, Christian	9	Gonzaga College Hi	24.35		6(2)	
18	HEINZE, Luke	SO	Paul VI Catholic	24.51		5(3)	
19	WILLIAMS, Austin	SO	DeMatha Catholic Hi	24.56		7(1)	
20	DORSEY, Myles	SO	Bishop McNamara H	24.57		3(4)	
21	MITCHELL, Matt	SO	St. John's College Hi	24.58		5(4)	
22	WILLIAMS, Reece	SO	St. John's College Hi	24.63		5(5)	
23	SANDY, Zhabari	SR	St. John's College Hi	24.86		6(3)	
24	O'REILLY, Will	SR	Bishop Ireton	25.00		6(4)	
25	PRINGLE, Joshua	SO	Bishop Ireton	25.12		9(1)	
26	IRACKS, Malik	9	Riverdale Baptist Sc	25.14		8(1)	
27	ROBINSON, Wesley	SO	Bishop McNamara H	25.19		10(1)	
28	JOHNSON, Frank	JR	Bishop O'Connell	25.23		7(2)	
29	ALVARADO-ROJAS, Anthony	SR	Bishop O'Connell	25.25		10(2)	
30	MOSLEY, Avery	SO	Bishop O'Connell	25.29		8(2)	
31	SPRIGGS, Mekhi	SR	Gonzaga College Hi	25.34		8(3)	
32	JOHNSON, Antonio	SO	Archbishop Carroll H	25.35		3(5)	
33	HORSTMAN, Will	SR	Bishop O'Connell	25.43		7(3)	
34	OWENS, Sean	JR	Bishop Ireton	25.49		7(4)	
35	COLLIN, Luke	9	Bishop O'Connell	25.50		10(3)	
36	FOREMAN, Ivan	SR	Bishop McNamara H	25.55		6(5)	



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**RESULTS****#16 Boys 200 Meters (cont'd)**

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
37	FORBES, Marvin	SR	Gonzaga College Hi	25.61		9(2)	
38	MADDOX, Elijah	SO	Gonzaga College Hi	25.75		11(1)	
39	REID, Maximillian	JR	DeMatha Catholic Hi	25.81		11(2)	
40	NTAMBWE, Stephen	SO	Bishop Ireton	25.82		7(5)	
41	GUEVARA, Elias	SR	Paul VI Catholic	25.98		10(4)	
42	BERNARD JR, Rahsaan	9	St. John's College Hi	25.99		11(3)	
43	NJUNKENG, Njembong-Roman	9	Riverdale Baptist Sc	26.03		9(3)	
44	CERON, Anthony	9	St. John's College Hi	26.31		10(5)	
45	RAMSEY, Corey	9	Archbishop Carroll H	26.37		3(6)	
46	WASHINGTON, Reese	9	Paul VI Catholic	26.46		12(1)	
47	FARACI, Dominick	SR	Bishop Ireton	26.53		11(4)	
48	MCKNIGHT, Michael	SR	Gonzaga College Hi	27.16		12(2)	
49	O'NEAL, Ishaan	SR	Gonzaga College Hi	27.25		8(4)	
50	BLAKE, Piersen	9	Bishop McNamara H	27.61		8(5)	
51	WALKER, Yashir	SO	Bishop O'Connell	27.62		13(1)	
52	ALINO, Noah	SO	Paul VI Catholic	27.65		9(4)	
53	ARNOLD, Karil	9	St. John's College Hi	27.80		11(5)	
54	RIVAS, Jaden	SO	Gonzaga College Hi	27.82		12(3)	
55	LOVELAND, Will	9	Bishop O'Connell	27.92		12(4)	
56	ODUOR, Eijaz	JR	Archbishop Carroll H	28.06		4(3)	
57	MADDOX, Dante	9	Gonzaga College Hi	28.65		13(2)	
58	ASHENAFI, Khafre	9	Archbishop Carroll H	28.77		13(3)	
59	ROCK, Connor	JR	Gonzaga College Hi	29.17		13(4)	
60	NEVILLE, Caleb	9	Bishop O'Connell	29.34		13(5)	
61	PRINGLE, Bryce	9	Gonzaga College Hi	30.95		12(5)	
62	WALTERS, Chris	9	Bishop O'Connell	32.33		12(6)	
63	MUOKA, Malachi	9	Bishop O'Connell	44.35		13(6)	

**#17 Girls 2 Mile Run**

Pl	Name	Yr	Team	Time	Note	Pts
1	ROGERS, Evelyn	JR	Elizabeth Seton High	10:56.46		5
	42.40 (42.40)	40.40 (1:22.79)	40.68 (2:03.46)	41.19 (2:44.65)	41.41 (3:26.05)	40.87 (4:06.92)
	41.11 (4:48.03)	41.01 (5:29.03)	40.99 (6:10.02)	41.11 (6:51.12)	41.27 (7:32.38)	41.46 (8:13.84)
	41.10 (8:54.94)	41.59 (9:36.52)	41.19 (10:17.71)	38.75 (10:56.46)		
2	WEITHMAN, Molly	JR	Bishop O'Connell	11:13.52		3
	42.49 (42.49)	40.39 (1:22.88)	40.69 (2:03.56)	41.27 (2:44.82)	41.38 (3:26.20)	40.94 (4:07.14)
	41.42 (4:48.55)	41.13 (5:29.68)	41.82 (6:11.49)	42.58 (6:54.06)	43.24 (7:37.30)	42.75 (8:20.05)
	43.38 (9:03.43)	44.29 (9:47.71)	43.66 (10:31.36)	42.16 (11:13.52)		
3	GOTZMAN, Caroline	SR	St. John's College Hi	12:22.94		1
	44.46 (44.46)	43.39 (1:27.85)	44.72 (2:12.56)	44.40 (2:56.95)	44.89 (3:41.83)	45.35 (4:27.18)
	45.96 (5:13.13)	46.32 (5:59.44)	47.14 (6:46.57)	47.41 (7:33.97)	47.88 (8:21.85)	47.70 (9:09.55)
	48.27 (9:57.82)	48.61 (10:46.42)	48.64 (11:35.06)	47.89 (12:22.94)		
4	KUZICHEV, Nina	SO	St. John's College Hi	12:54.85		
	47.88 (47.88)	47.89 (1:35.77)	48.80 (2:24.56)	48.13 (3:12.69)	47.92 (4:00.60)	46.96 (4:47.56)
	47.52 (5:35.07)	48.43 (6:23.50)	49.56 (7:13.06)	48.05 (8:01.11)	48.80 (8:49.90)	49.21 (9:39.11)
	49.95 (10:29.05)	49.30 (11:18.35)	49.84 (12:08.18)	46.67 (12:54.85)		

**WCAC INVITATIONAL**

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**RESULTS****#17 Girls 2 Mile Run (cont'd)**

Pl	Name	Yr Team		Time	Note	Pts
5	DZIEPAK, Kilian	SR Bishop O'Connell		13:19.72		
	50.55 (50.55)	49.70 (1:40.24)	49.36 (2:29.59)	49.73 (3:19.32)	49.13 (4:08.45)	49.54 (4:57.98)
	50.47 (5:48.45)	50.87 (6:39.31)	50.42 (7:29.72)	50.35 (8:20.06)	50.33 (9:10.39)	50.82 (10:01.21)
	51.69 (10:52.90)	50.34 (11:43.24)	49.82 (12:33.06)	46.67 (13:19.72)		

**#18 Boys 2 Mile Run**

Pl	Name	Yr Team		Time	Note	Pts
1	LENZINI, Anthony	SR Bishop O'Connell		10:16.26		5
	42.01 (42.01)	38.11 (1:20.12)	37.33 (1:57.44)	37.47 (2:34.91)	38.03 (3:12.94)	39.34 (3:52.28)
	38.81 (4:31.09)	39.08 (5:10.17)	39.26 (5:49.42)	39.58 (6:29.00)	39.79 (7:08.78)	39.76 (7:48.54)
	39.52 (8:28.06)	39.13 (9:07.19)	38.07 (9:45.25)	31.01 (10:16.26)		
2	SARRO, Anthony	9 Gonzaga College Hi		10:16.46		3
	41.58 (41.58)	38.74 (1:20.31)	37.68 (1:57.99)	37.54 (2:35.52)	37.85 (3:13.37)	39.30 (3:52.66)
	38.70 (4:31.36)	38.97 (5:10.33)	38.57 (5:48.89)	39.40 (6:28.29)	39.78 (7:08.07)	40.17 (7:48.24)
	39.38 (8:27.61)	39.43 (9:07.03)	38.13 (9:45.16)	31.30 (10:16.46)		
3	BUCKLEY, William	SO Gonzaga College Hi		10:17.67		1
	42.13 (42.13)	38.41 (1:20.54)	37.73 (1:58.26)	37.10 (2:35.36)	37.83 (3:13.19)	39.01 (3:52.20)
	38.88 (4:31.07)	38.99 (5:10.05)	39.42 (5:49.47)	39.42 (6:28.88)	39.46 (7:08.33)	40.26 (7:48.58)
	39.57 (8:28.15)	39.40 (9:07.54)	37.97 (9:45.51)	32.17 (10:17.67)		
4	BEALE, Logan	SO Paul VI Catholic		10:17.74		
	41.56 (41.56)	39.19 (1:20.75)	37.80 (1:58.54)	37.50 (2:36.04)	37.62 (3:13.66)	39.13 (3:52.78)
	38.79 (4:31.56)	38.91 (5:10.47)	38.94 (5:49.40)	39.82 (6:29.21)	39.92 (7:09.13)	39.60 (7:48.73)
	39.73 (8:28.46)	39.28 (9:07.73)	38.86 (9:46.58)	31.17 (10:17.74)		
5	THOMSON, Liam	SR Gonzaga College Hi		10:20.12		
	41.36 (41.36)	38.64 (1:20.00)	37.39 (1:57.39)	37.87 (2:35.25)	37.88 (3:13.13)	39.37 (3:52.50)
	38.90 (4:31.39)	38.41 (5:09.79)	39.27 (5:49.06)	39.89 (6:28.94)	39.92 (7:08.86)	39.99 (7:48.85)
	39.94 (8:28.78)	39.39 (9:08.16)	38.69 (9:46.85)	33.27 (10:20.12)		
6	FENN, Graham	JR DeMatha Catholic Hi		10:20.35		
	42.67 (42.67)	38.91 (1:21.58)	39.07 (2:00.64)	37.99 (2:38.63)	38.21 (3:16.83)	37.58 (3:54.41)
	37.96 (4:32.36)	37.64 (5:10.00)	39.13 (5:49.13)	39.58 (6:28.70)	39.85 (7:08.55)	39.74 (7:48.28)
	39.56 (8:27.84)	39.52 (9:07.36)	38.30 (9:45.65)	34.71 (10:20.35)		
7	SHAKUR, Sayid	JR DeMatha Catholic Hi		10:27.00		
	41.86 (41.86)	37.32 (1:19.17)	37.70 (1:56.86)	37.80 (2:34.66)	38.03 (3:12.69)	39.36 (3:52.05)
	38.81 (4:30.86)	38.96 (5:09.81)	39.05 (5:48.86)	39.77 (6:28.63)	39.60 (7:08.22)	40.22 (7:48.44)
	39.97 (8:28.41)	39.18 (9:07.59)	38.91 (9:46.49)	40.51 (10:27.00)		
8	BARNACLE, James	SR St. John's College Hi		10:39.13		
	40.54 (40.54)	37.91 (1:18.45)	38.32 (1:56.77)	37.87 (2:34.63)	37.93 (3:12.56)	39.32 (3:51.87)
	38.90 (4:30.77)	39.09 (5:09.85)	39.35 (5:49.19)	39.92 (6:29.10)	39.74 (7:08.84)	40.37 (7:49.20)
	40.52 (8:29.72)	42.97 (9:12.69)	43.90 (9:56.58)	42.55 (10:39.13)		
9	SHEA, Noah	9 St. John's College Hi		10:51.06		
	42.42 (42.42)	38.63 (1:21.05)	40.19 (2:01.23)	40.12 (2:41.35)	40.74 (3:22.08)	39.84 (4:01.92)
	39.91 (4:41.82)	39.69 (5:21.50)	40.09 (6:01.59)	42.64 (6:44.22)	43.08 (7:27.29)	42.24 (8:09.52)
	42.60 (8:52.12)	42.24 (9:34.36)	40.52 (10:14.88)	36.18 (10:51.06)		
10	BLAIR, Kyle	SO Bishop McNamara H		11:18.34		

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**RESULTS****#18 Boys 2 Mile Run (cont'd)**

Pl	Name	Yr	Team	Time	Note	Pts
	40.99 (40.99)	38.70 (1:19.69)	38.91 (1:58.59)	40.20 (2:38.79)	41.84 (3:20.62)	40.19 (4:00.81)
	40.30 (4:41.11)	40.33 (5:21.43)	40.67 (6:02.09)	47.21 (6:49.30)	47.32 (7:36.61)	44.86 (8:21.47)
	48.47 (9:09.94)	47.73 (9:57.66)	40.84 (10:38.49)	39.85 (11:18.34)		
11	CARTER, Malik		JR Bishop McNamara H	12:08.02		
	41.66 (41.66)	38.91 (1:20.56)	40.85 (2:01.40)	43.38 (2:44.78)	44.80 (3:29.58)	45.71 (4:15.29)
	45.38 (5:00.67)	46.94 (5:47.60)	45.47 (6:33.07)	48.45 (7:21.51)	48.80 (8:10.30)	48.11 (8:58.41)
	48.66 (9:47.07)	48.19 (10:35.26)	49.62 (11:24.88)	43.15 (12:08.02)		

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

Pl	Team	Time	Note	Pts
1	Bishop McNamara High School (A)	3:58.89		5
	1) HAYES-MOORE, Jalyn JR 1:00.741 (1:00.741)	2) MCDANIEL, Justice 9 1:59.331 (58.590)		
	3) MAIGNAN, Chloe JR 3:00.935 (1:01.604)	4) WIMBISH, Amber JR 3:58.882 (57.947)		
2	Elizabeth Seton High School (A)	4:15.21		3
	1) ARMSTRONG, Jada JR 1:03.153 (1:03.153)	2) POPE, Amaris 9 2:03.689 (1:00.536)		
	3) WILLS, Mikayla JR 3:07.554 (1:03.865)	4) M, Nah'La 9 4:15.203 (1:07.649)		
3	St. John's College High School (A)	4:20.35		1
	1) CROSS, Ni-Ann SR 1:06.731 (1:06.731)	2) KING, Lailah SR 2:11.097 (1:04.366)		
	3) YOURISH, Cymia SO 3:15.420 (1:04.323)	4) JONES, Payton SO 4:20.346 (1:04.926)		
4	Bishop McNamara High School (B)	4:20.48		
	1) HASAN, Layla SO 1:02.283 (1:02.283)	2) WYNN, Nadia SR 2:08.365 (1:06.082)		
	3) JAMES-GRIER, Anaya JR 3:13.218 (1:04.853)	4) COUNTS, Derrai 9 4:20.477 (1:07.259)		
5	Paul VI Catholic (A)	4:35.94		
	1) PUGSLEY, Jenna 9 1:11.329 (1:11.329)	2) RICHARDS, Catherine SO 2:18.331 (1:07.002)		
	3) RAKOWITZ, Chloe 9 3:27.404 (1:09.073)	4) DOWNEY, Nisha SO 4:35.931 (1:08.527)		
6	Bishop Ireton (A)	4:42.38		
	1) SCHULTZ, Regan 9 1:09.066 (1:09.066)	2) COLEMAN, Helena SO 2:25.105 (1:16.039)		
	3) MUNSON, Sara SR 3:37.801 (1:12.696)	4) ABEGG, Abigail SR 4:42.372 (1:04.571)		

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

Pl	Team	Time	Note	H(Pl)	Pts
1	DeMatha Catholic High School (A)	3:24.79		1(1)	5
	1) DIXON, Myles 9 51.015 (51.015)	2) LONG, James JR 1:42.464 (51.449)			
	3) GRESHAM, Joshua JR 2:33.855 (51.391)	4) WATERMAN, Anthony JR 3:24.786 (50.931)			

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**RESULTS****#20 Boys 4 x 400m Relay (cont'd)**

Pl	Team	Time	Note	H(Pl)	Pts
2	Bishop McNamara High School (A)	3:25.77		1(2)	3
	1) STEED, Nicholas JR 50.508 (50.508)	2) PRYOR, Isaiah JR 1:42.754 (52.246)			
	3) SWEENEY, Wesley SR 2:34.301 (51.547)	4) SPEARS, Nathaniel JR 3:25.761 (51.460)			
3	Paul VI Catholic (A)	3:39.91		1(3)	1
	1) GIRARD, Joseph SR 53.735 (53.735)	2) MORROW, Brandon 9 1:49.103 (55.368)			
	3) GEISER, Andy SO 2:44.736 (55.633)	4) VILLAVIER, Ethan SR 3:39.910 (55.174)			
4	DeMatha Catholic High School (B)	3:40.40		2(1)	
	1) AKABI-DURING, Franklyn JR 53.422 (53.422)	2) GROGAN, Daden SO 1:46.192 (52.770)			
	3) VIRGIL, Joshua 9 2:40.255 (54.063)	4) BLAKE, Kevin JR 3:40.397 (1:00.142)			
5	Gonzaga College High School (A)	3:44.26		1(4)	
	1) SCOTT, Michael SR 54.964 (54.964)	2) TERRY, JR., Samuel SO 1:52.816 (57.852)			
	3) CROWE, Colin SO 2:50.104 (57.288)	4) TIMM, Calvin SO 3:44.252 (54.148)			
6	Bishop McNamara High School (B)	3:49.27		2(2)	
	1) FOSTER, Jayden JR 54.484 (54.484)	2) ADAMS, Jason SO 1:48.111 (53.627)			
	3) NKANU, Kingston SO 2:43.295 (55.184)	4) WILLIAMS, Jamill JR 3:49.269 (1:05.974)			
7	St. John's College High School (B)	3:55.13		2(3)	
	1) GREGG, Asa SR 58.216 (58.216)	2) ARNOLD, Karil 9 1:58.212 (59.996)			
	3) JONES, Orion JR 2:58.277 (1:00.065)	4) ROCK, Caleb 9 3:55.122 (56.845)			
8	Bishop O'Connell (A)	4:07.32		1(5)	
	1) HORSTMAN, Will SR 1:00.288 (1:00.288)	2) WOLSTENHOLME, Kyle SO 2:06.586 (1:06.298)			
	3) COLLIN, Luke 9 3:05.076 (58.490)	4) MOSLEY, Avery SO 4:07.320 (1:02.244)			
9	Paul VI Catholic (B)	4:15.77		2(4)	
	1) CANALE, Justin SR 1:02.936 (1:02.936)	2) GREEN, Andrew JR 2:02.536 (59.600)			
	3) MCCARTHY, Liam SO 3:10.814 (1:08.278)	4) COLIO, Brady 9 4:15.770 (1:04.956)			
10	Gonzaga College High School (B)	4:19.84		2(5)	
	1) MCLAUGHLIN, Myles JR 58.926 (58.926)	2) RIVAS, Jaden SO 2:03.402 (1:04.476)			
	3) GONZALEZ, Francisco SO 3:10.270 (1:06.868)	4) ROCK, Connor JR 4:19.835 (1:09.565)			

**#21 Boys High Jump**

Pl	Name	Yr	Team	Mark	5' 4"	5' 6"	5' 8"	5' 10"	6' 0"	6' 2"	6' 4"	6' 6"	F(Pl)	Pts
1	DILLARD, Drew	JR	Archbishop C	6' 4"	PPP	PPP	PPP	PPP	PPP	XO	O	XXP	2(1)	5
2	BOYKIN, Grant	JR	St. John's Col	6' 2"	PPP	PPP	O	XO	O	O	XXX		2(2)	3
3	PAYNE, Charles	SR	Bishop McNa	5' 10"	PPP	XO	O	O	XXX				2(3)	1
4	HOGAN, Markeith	SR	Gonzaga Coll	5' 10"	PPP	O	XXO	O	XXX				2(4)	

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# WINDSORRUNNING

### OFFICIAL MEET REPORT

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## RESULTS

### #21 Boys High Jump (cont'd)

Pl	Name	Yr Team	Mark	4' 4"	4' 6"	4' 8"	4' 10"	5' 0"	Pts
5	GRAY, Malcolm	SR Riverdale Ba	5' 10"	PPP	PPP	XO	XO	XXP X	2(5)
6	OWENS, Sean	JR Bishop Ireton	5' 4"	O	XXX				1(1)
	KUNUTSOR, Jay	SO Paul VI CathoNH		XXX					1
	POCHICK, Caden	9 Paul VI CathoNH		XXX					1
	CENTENO, Jacob-Paolo	JR Gonzaga Coll NH		XXX					1
	SCOTT, Michael	SR Gonzaga Coll NH		PPP	XXX				2

### #22 Girls High Jump

Pl	Name	Yr Team	Mark	4' 4"	4' 6"	4' 8"	4' 10"	5' 0"	Pts
1	WYNN, Nadia	SR Bishop McNa	4' 10"	PPP	O	O	O	XXX	5
2	GREENE, Lindsay	SO Elizabeth Set	4' 10"	PPP	O	O	XO	XXX	2
2	RUTLAND, Alauna	SR Paul VI Catho	4' 10"	PPP	PPP	O	XO	XXX	2
4	VO, Alicia	SR Maryvale Pre	4' 10"	PPP	O	O	XXO	XXX	
4	JAMES-GRIER, Anaya	JR Bishop McNa	4' 10"	O	O	O	XXO	XXX	
6	CORLEY, Dylann	SO Archbishop C	4' 6"	O	XO	XXX			
6	CONKLIN, Taylor	SO Maryvale Pre	4' 6"	O	XO	XXX			
8	WARREN, AJ	SO Maryvale Pre	4' 6"	PPP	XXO	XXX			
	JACKSON, Jade	9 Elizabeth Set	NH	PPP	PPP	XXX			
	HULSEY, Katherine	SO St. John's Col	NH	PPP	PPP	XXX			
	STEWART, Anya	SO Archbishop C	NH	XXX					

### #23 Boys Long Jump

Pl	Name	Yr Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	WILLIAMS, Camren	JR Archbishop C	21' 4"	20' 8" (+0.0)	21' 3" (+0.0)	PASS	21' 4" (+0.0)	FOUL	FOUL	3(1)	5
2	GRAY, Malcolm	SR Riverdale Ba	20' 10 <sup>3</sup> / <sub>4</sub> "	20' 10 <sup>3</sup> / <sub>4</sub> "	19' 11"	19' 8 <sup>1</sup> / <sub>2</sub> "	20' 3 <sup>1</sup> / <sub>4</sub> "	20' 2 <sup>3</sup> / <sub>4</sub> "	FOUL	3(2)	3
3	DUDLEY, Bryce	SR Riverdale Ba	20' 3"	20' 1 <sup>3</sup> / <sub>4</sub> "	PASS	PASS	20' 3" (+0.0)	16' 8" (+0.0)	19' 6 <sup>3</sup> / <sub>4</sub> "	3(3)	1
4	POWELL, Michael	JR DeMatha Cat	20' 1 <sup>1</sup> / <sub>2</sub> "	18' 11 <sup>1</sup> / <sub>2</sub> "	20' 1 <sup>1</sup> / <sub>2</sub> "	19' 11 <sup>1</sup> / <sub>4</sub> "	FOUL	18' 5 <sup>3</sup> / <sub>4</sub> "	18' 6 <sup>3</sup> / <sub>4</sub> "	2(1)	
5	HANSFORD, Michael	SR DeMatha Cat	19' 11 <sup>1</sup> / <sub>2</sub> "	1' 7 <sup>1</sup> / <sub>2</sub> "	FOUL	19' 11 <sup>1</sup> / <sub>2</sub> "	FOUL	17' 2 <sup>1</sup> / <sub>2</sub> "	FOUL	3(4)	
6	FISHER, Lincoln	SO Gonzaga Coll	19' 10"	19' 10"	19' 5 <sup>1</sup> / <sub>4</sub> "	18' 5 <sup>1</sup> / <sub>2</sub> "	18' 1 <sup>1</sup> / <sub>4</sub> "	17' 4" (+0.0)		3(5)	
7	BAYLOR, Glenn	SO St. John's Col	19' 8 <sup>1</sup> / <sub>4</sub> "	18' 8 <sup>1</sup> / <sub>2</sub> "	18' 8 <sup>1</sup> / <sub>4</sub> "	19' 8 <sup>1</sup> / <sub>4</sub> "	19' 2 <sup>3</sup> / <sub>4</sub> "	18' 5" (+0.0)		2(2)	
8	NWAFOR, Nnaeto	SR DeMatha Cat	19' 5"	19' 5" (+0.0)	FOUL	FOUL	FOUL	17' 11 <sup>1</sup> / <sub>2</sub> "	18' 7 <sup>1</sup> / <sub>4</sub> "	2(3)	
9	FOSTER, Jayden	JR Bishop McNa	18' 9 <sup>1</sup> / <sub>2</sub> "	18' 6" (+0.0)	18' 9 <sup>1</sup> / <sub>2</sub> "	18' 6 <sup>1</sup> / <sub>4</sub> "	17' 7 <sup>1</sup> / <sub>2</sub> "	FOUL	18' 1" (+0.0)	3(6)	
10	VIRGIL, Joshua	9 DeMatha Cat	18' 6"	1' 3 <sup>1</sup> / <sub>2</sub> "	18' 6" (+0.0)	17' 6 <sup>1</sup> / <sub>2</sub> "				3(7)	
11	CENTENO, Jacob-Paolo	JR Gonzaga Coll	18' 3"	18' 3" (+0.0)	17' 10 <sup>1</sup> / <sub>2</sub> "	17' 6 <sup>1</sup> / <sub>2</sub> "				2(4)	
12	SCOTT, Michael	SR Gonzaga Coll	18' 2 <sup>1</sup> / <sub>2</sub> "	17' 2" (+0.0)	18' 2 <sup>1</sup> / <sub>2</sub> "	17' 11 <sup>1</sup> / <sub>2</sub> "				2(5)	
13	MCGINNIS, Isaac	SR DeMatha Cat	18' 2 <sup>1</sup> / <sub>2</sub> "	FOUL	FOUL	18' 2 <sup>1</sup> / <sub>2</sub> "				3(8)	
14	RICHARDSON, Roman	JR St. John's Col	17' 11 <sup>3</sup> / <sub>4</sub> "	FOUL	16' 5" (+0.0)	17' 11 <sup>3</sup> / <sub>4</sub> "				2(6)	
15	GLOVER, Rodney	9 Riverdale Ba	17' 10 <sup>3</sup> / <sub>4</sub> "	17' 6" (+0.0)	17' 10 <sup>3</sup> / <sub>4</sub> "	FOUL				1(1)	
16	O'REILLY, Will	SR Bishop Ireton	17' 10"	FOUL	FOUL	17' 10"				2(7)	
17	MANLEY, Michael	SO DeMatha Cat	17' 8 <sup>1</sup> / <sub>4</sub> "	17' 8 <sup>1</sup> / <sub>4</sub> "	16' 9 <sup>1</sup> / <sub>4</sub> "	16' 6 <sup>3</sup> / <sub>4</sub> "				2(8)	
18	WARLOCK, Clyde	JR DeMatha Cat	16' 10"	16' 1 <sup>3</sup> / <sub>4</sub> "	16' 10"	FOUL				1(2)	
19	WINDER, Jackson	JR Gonzaga Coll	16' 4"	15' 8" (+0.0)	FOUL	16' 4" (+0.0)				1(3)	
20	KOY-SMITH, Gavin	9 Riverdale Ba	16' 3 <sup>3</sup> / <sub>4</sub> "	FOUL	16' 3 <sup>3</sup> / <sub>4</sub> "	FOUL				1(4)	
21	MCKNIGHT, Michael	SR Gonzaga Coll	16' 3 <sup>1</sup> / <sub>4</sub> "	16' 3 <sup>1</sup> / <sub>4</sub> "	16' 1" (+0.0)	FOUL				1(5)	
22	DOWNEY, Logan	SO Paul VI Catho	15' 6"	15' 6" (+0.0)	FOUL	FOUL				1(6)	
23	HERRERA, Gabriel	SO Paul VI Catho	14' 11 <sup>1</sup> / <sub>4</sub> "	14' 11 <sup>1</sup> / <sub>4</sub> "	FOUL	FOUL				1(7)	
24	GRAHAM, Quinn	SR Gonzaga Coll	14' 9"	FOUL	14' 9" (+0.0)	FOUL				1(8)	

# WCAC INVITATIONAL

Fairfax, VA

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Saturday, February 25, 2023

## MEET OFFICIALS

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# RESULTS

## #23 Boys Long Jump (cont'd)

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F (Pl)	Pts
	TIMM, Calvin		SO Gonzaga Coll NM		FOUL	FOUL	FOUL				2	
	BARKER, Sam		SO Bishop Ireton NM								1	
	BORNO, Christian	9	Gonzaga Coll NM		FOUL	FOUL	FOUL				2	
	MACBRIDE, Alistair		SO Gonzaga Coll NM								1	
	HANDELSMAN, Robbie		SR Woodberry F NM								3	
	FERGUSON, Jaden		JR Woodberry F NM								3	

## #24 Girls Long Jump

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	LYTTLE, Brooklyn	9	Elizabeth Set	18' 4 1/4	16' 11 1/2	16' 7" (+0.0)	FOUL	17' 1" (+0.0)	18' 4 1/4	FOUL	5
2	CASTILLO, Isabella	JR	St. John's Col	17' 4 3/4	16' 8 3/4	16' 7" (+0.0)	FOUL	17' 0 1/4	17' 4 3/4	16' 7 3/4	3
3	BALOGUN, Simisola	JR	Archbishop C	16' 7"	FOUL	15' 9 1/2	FOUL	16' 6" (+0.0)	FOUL	16' 7" (+0.0)	1
4	HAYES-MOORE, Jalyn	JR	Bishop McNa	16' 6 1/4	16' 4 3/4	16' 6 1/4	FOUL	16' 5 1/4	FOUL	16' 4 3/4	
5	ANANI, Stella	JR	Archbishop C	16' 2 1/2	FOUL	15' 3 3/4	FOUL	FOUL	FOUL	16' 2 1/2	
6	HABIB, Maya	SO	Paul VI Catho	15' 7 1/4	15' 3" (+0.0)	15' 0 1/4	15' 1" (+0.0)	15' 7 1/4	15' 1" (+0.0)	FOUL	
7	ROUGH, Samantha	SR	Bishop O'Con	15' 3 1/2	FOUL	15' 3 1/2	FOUL	FOUL	FOUL	FOUL	
8	RASOOL, Jadah	SR	Archbishop C	15' 1"	15' 1" (+0.0)	FOUL	FOUL	15' 0" (+0.0)	FOUL	FOUL	
9	CLARK, Makenzie	SO	Riverdale Ba	15' 0"	PASS	FOUL	14' 4" (+0.0)	15' 0" (+0.0)	FOUL	FOUL	
10	JAMES-GRIER, Anaya	JR	Bishop McNa	14' 1"	FOUL	FOUL	14' 1" (+0.0)				
11	NEWMAN, Cailee	9	Riverdale Ba	13' 6 1/2	PASS	13' 6 1/2	FOUL				
	VIRGIL, Sanaa		SR Elizabeth Set NM								
	TORREN, Myers		JR Bishop Ireton NM								
	RUTLAND, Alauna		SR Paul VI Catho NM		FOUL	FOUL	FOUL				

## #28 Boys Triple Jump

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	HANSFORD, Michael	SR	DeMatha Cat	45' 8"	43' 7 1/2	43' 7" (+0.0)	43' 4 3/4	FOUL	44' 5 1/4	45' 8" (+0.0)	5
2	BOYKIN, Grant	JR	St. John's Col	45' 0 1/2	42' 10 3/4	42' 8 1/4	43' 0 1/2	43' 6 3/4	43' 7 1/4	45' 0 1/2	3
3	FISHER, Lincoln	SO	Gonzaga Coll	42' 4"	42' 4" (+0.0)	42' 1 1/4	41' 3 1/2	FOUL	40' 8 1/2	41' 5" (+0.0)	1
4	OSUALA, Benjamin	JR	St. John's Col	39' 11 3/4	FOUL	37' 9" (+0.0)	37' 11 1/2	38' 3 3/4	39' 11 3/4	37' 10 1/2	
5	MANLEY, Michael	SO	DeMatha Cat	38' 3 3/4	FOUL	36' 9 1/2	38' 3" (+0.0)	37' 6" (+0.0)	FOUL	38' 3 3/4	
6	RICHARDSON, Roman	JR	St. John's Col	37' 1 1/4	FOUL	FOUL	37' 1 1/4	36' 9" (+0.0)	FOUL	FOUL	
7	WALLACE, Justin	SO	Gonzaga Coll	35' 11"	35' 11"	32' 11 1/2	35' 10 1/4	34' 7 3/4	FOUL	33' 11 1/2	
8	TERRY, Derien	9	Gonzaga Coll	35' 4"	FOUL	32' 4 3/4	31' 9 1/4	30' 11 1/4	35' 4" (+0.0)	30' 10 1/2	
9	WARLOCK, Clyde	JR	DeMatha Cat	34' 6 3/4	FOUL	33' 3 1/4	34' 6 3/4	33' 8 1/2	FOUL	32' 11"	
	EWALD, Teddy		SO Gonzaga Coll NM								
	DOWNEY, Logan		SO Paul VI Catho NM								

## #25 Girls Triple Jump

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
1	MCMURRAY, Camryn	JR	St. John's Col	33' 11 3/4	33' 2 1/2	33' 2" (+0.0)	31' 9 3/4	32' 4 1/4	FOUL	33' 11 3/4	5
2	HUSBANDS, Layla	SR	Archbishop C	33' 3"	31' 11 1/2	30' 10 3/4	33' 3" (+0.0)	31' 6" (+0.0)	33' 1 1/2	32' 2 1/2	3
3	HABIB, Maya	SO	Paul VI Catho	33' 3"	30' 11"	31' 0 1/2	31' 6 1/2	30' 11 1/4	30' 9 1/4	33' 3" (+0.0)	1
4	VO, Alicia	SR	Maryvale Pre	32' 7 3/4	32' 6 1/4	32' 7 3/4	31' 7 1/2	31' 11 3/4	30' 5 1/2	31' 9" (+0.0)	
5	GREENE, Lindsay	SO	Elizabeth Set	31' 5 1/2	FOUL	31' 5 1/2	FOUL	FOUL	29' 9" (+0.0)	30' 1 3/4	
6	CONKLIN, Taylor	SO	Maryvale Pre	31' 4 1/2	30' 7 3/4	30' 7 1/2	31' 4 1/2	30' 9" (+0.0)	30' 10 3/4	FOUL	

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# RESULTS

## #25 Girls Triple Jump (cont'd)

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	Pts
7	WARREN, AJ		SO Maryvale Pre	30' 9 <sup>1</sup> / <sub>2</sub>	30' 9 <sup>1</sup> / <sub>2</sub>	30' 0 <sup>3</sup> / <sub>4</sub>	FOUL	FOUL	29' 8 <sup>3</sup> / <sub>4</sub>	FOUL	
8	DEBOLT, Kristin		JR Maryvale Pre	30' 3 <sup>3</sup> / <sub>4</sub>	28' 7 <sup>3</sup> / <sub>4</sub>	30' 2 <sup>3</sup> / <sub>4</sub>	FOUL	30' 3 <sup>3</sup> / <sub>4</sub>	FOUL	29' 3 <sup>3</sup> / <sub>4</sub>	
	VIRGIL, Sanaa		SR Elizabeth Set NM								

## #26 Boys Shot Put

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	BARLEY, Caleb		JR DeMatha Cat	51' 4"	46' 10 <sup>1</sup> / <sub>4</sub>	47' 5 <sup>1</sup> / <sub>4</sub>	FOUL	50' 8"	49' 3"	51' 4"	3(1)	5
2	HAYMAN, Jayden		JR Bishop McNa	45' 7 <sup>1</sup> / <sub>2</sub>	44' 7 <sup>1</sup> / <sub>2</sub>	40' 5"	40' 7 <sup>1</sup> / <sub>2</sub>	44' 0 <sup>1</sup> / <sub>2</sub>	42' 2 <sup>3</sup> / <sub>4</sub>	45' 7 <sup>1</sup> / <sub>2</sub>	3(2)	3
3	TYLER, Donovan		JR St. John's Col	44' 4 <sup>1</sup> / <sub>2</sub>	42' 11 <sup>1</sup> / <sub>4</sub>	44' 4 <sup>1</sup> / <sub>2</sub>	33' 7 <sup>1</sup> / <sub>4</sub>	44' 4 <sup>1</sup> / <sub>4</sub>	43' 2"	44' 0 <sup>1</sup> / <sub>4</sub>	3(3)	1
4	BROOKS, Jeremy		SR Archbishop C	42' 9"	42' 9"	40' 3 <sup>1</sup> / <sub>4</sub>	40' 2"	42' 0"	40' 3"	40' 8 <sup>1</sup> / <sub>2</sub>	3(4)	
5	OKORIE, Vincent		JR Archbishop C	41' 2 <sup>3</sup> / <sub>4</sub>	41' 2 <sup>3</sup> / <sub>4</sub>	FOUL	41' 0 <sup>1</sup> / <sub>2</sub>	FOUL	35' 10 <sup>3</sup> / <sub>4</sub>	38' 3"	3(5)	
6	SANDY, Zhabari		SR St. John's Col	40' 11 <sup>1</sup> / <sub>2</sub>	40' 11 <sup>1</sup> / <sub>2</sub>	39' 5 <sup>3</sup> / <sub>4</sub>	34' 5 <sup>1</sup> / <sub>4</sub>	37' 9 <sup>1</sup> / <sub>2</sub>	40' 1"	FOUL	3(6)	
7	ALLEN-SHORTER, Micah		SR Bishop McNa	40' 7 <sup>3</sup> / <sub>4</sub>	37' 9 <sup>1</sup> / <sub>2</sub>	36' 9 <sup>1</sup> / <sub>2</sub>	39' 5"	40' 7 <sup>3</sup> / <sub>4</sub>	38' 9"	38' 3 <sup>3</sup> / <sub>4</sub>	2(1)	
8	ERHUAGA, Gabriel		JR Archbishop C	39' 6"	39' 6"	35' 5 <sup>1</sup> / <sub>4</sub>	36' 4 <sup>1</sup> / <sub>2</sub>	36' 1"	37' 8 <sup>1</sup> / <sub>4</sub>	39' 3"	2(2)	
9	GASKINS, RJ		SR Gonzaga Coll	38' 3"	34' 11"	34' 11"	38' 3"				2(3)	
10	WALKER, Adrian		SR DeMatha Cat	37' 11 <sup>3</sup> / <sub>4</sub>	FOUL	37' 11 <sup>3</sup> / <sub>4</sub>	36' 11"				3(7)	
11	MCGHIE, Damian		SR Bishop Ireton	37' 8"	37' 8"	37' 3"	FOUL				2(4)	
12	SCOTT, Richard		SR Gonzaga Coll	37' 1 <sup>1</sup> / <sub>4</sub>	34' 11 <sup>1</sup> / <sub>4</sub>	36' 10 <sup>3</sup> / <sub>4</sub>	37' 1 <sup>1</sup> / <sub>4</sub>				3(8)	
13	CHRISTIAN, James		JR Riverdale Ba	35' 11 <sup>1</sup> / <sub>4</sub>	35' 11 <sup>1</sup> / <sub>4</sub>	FOUL	34' 1"				2(5)	
14	BROWN, Ethan		SR Gonzaga Coll	34' 7 <sup>1</sup> / <sub>4</sub>	34' 7 <sup>1</sup> / <sub>4</sub>	FOUL	FOUL				3(9)	
15	NOEL, John		SO Paul VI Catho	34' 7"	34' 4"	34' 7"	33' 9 <sup>3</sup> / <sub>4</sub>				2(6)	
16	STEWART, Robert		JR St. John's Col	34' 6 <sup>1</sup> / <sub>2</sub>	34' 3 <sup>1</sup> / <sub>2</sub>	FOUL	34' 6 <sup>1</sup> / <sub>2</sub>				1(1)	
17	SAVOY, Wallace		SR Bishop McNa	34' 2"	34' 2"	32' 3 <sup>3</sup> / <sub>4</sub>	34' 2"				1(2)	
18	YEARGIN, Zymir		SR Archbishop C	32' 3"	29' 6 <sup>1</sup> / <sub>4</sub>	32' 3"	FOUL				2(7)	
19	WALSH ROGAN, Michael		9 St. John's Col	32' 3"	28' 4 <sup>1</sup> / <sub>2</sub>	32' 3"	FOUL				2(12)	
20	THOMAS, Dillon		SR Paul VI Catho	32' 2 <sup>3</sup> / <sub>4</sub>	32' 2 <sup>3</sup> / <sub>4</sub>	FOUL	FOUL				1(3)	
21	WARREN, James		JR Bishop McNa	31' 5"	31' 5"	FOUL	FOUL				1(4)	
22	FOREMAN, Ivan		SR Bishop McNa	25' 5 <sup>1</sup> / <sub>4</sub>	25' 5 <sup>1</sup> / <sub>4</sub>	FOUL	FOUL				1(5)	
23	FRIEL, Gavin		9 Bishop O'Con	18' 11"	18' 11"	FOUL	FOUL				1(6)	
24	CALLAHAN, Jude		9 Bishop O'Con	16' 9 <sup>1</sup> / <sub>4</sub>	16' 9 <sup>1</sup> / <sub>4</sub>	FOUL	FOUL				1(7)	
	MUSICK, Garrett		JR Bishop O'Con NM								1	
	QUAILE, Johnny		SR Paul VI Catho NM								1	
	SHUBERT, Raymond		9 Riverdale Ba NM								1	
	HARDY, Joe		JR Bishop Ireton NM		FOUL	FOUL	FOUL				2	
	NGATTA, Matthew		SR Gonzaga Coll NM								2	
	ADAMS, Jordan		SR Archbishop C NM								2	
	FEDERMEIER, Henry		SO Paul VI Catho NM								2	
	BEAULIEU, Emile		JR Woodberry F NM								3	
	MUKAM, Armel		SR Woodberry F NM								3	
	LORA, Rodney		SR Woodberry F NM								3	

## #27 Girls Shot Put

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	DEBOLT, Kristin		JR Maryvale Pre	33' 7 <sup>1</sup> / <sub>4</sub>	31' 5 <sup>1</sup> / <sub>2</sub>	30' 7 <sup>1</sup> / <sub>2</sub>	30' 1 <sup>1</sup> / <sub>2</sub>	31' 10"	33' 7 <sup>1</sup> / <sub>4</sub>	32' 6"	2(1)	5
2	PHILLIPS, Sydney		SO Archbishop C	33' 5"	30' 11 <sup>3</sup> / <sub>4</sub>	29' 0"	33' 1 <sup>1</sup> / <sub>2</sub>	31' 1 <sup>1</sup> / <sub>2</sub>	31' 8 <sup>1</sup> / <sub>4</sub>	33' 5"	2(2)	3
3	SHEH, Liora		SO St. John's Col	31' 1 <sup>1</sup> / <sub>2</sub>	28' 5 <sup>1</sup> / <sub>2</sub>	26' 5 <sup>3</sup> / <sub>4</sub>	29' 0"	31' 1 <sup>1</sup> / <sub>2</sub>	30' 11"	30' 9"	2(3)	1



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**RESULTS****#27 Girls Shot Put (cont'd)**

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
4	NEWMAN, Cailee	9	Riverdale Ba	30' 6 <sup>1</sup> / <sub>2</sub> "	29' 4 <sup>1</sup> / <sub>2</sub> "	30' 5 <sup>1</sup> / <sub>2</sub> "	30' 4 <sup>3</sup> / <sub>4</sub> "	30' 6 <sup>1</sup> / <sub>2</sub> "	29' 4 <sup>1</sup> / <sub>4</sub> "	28' 7"	2(4)	
5	WILKERSON, Ashley	SO	Elizabeth Set	30' 3 <sup>1</sup> / <sub>4</sub> "	27' 0 <sup>1</sup> / <sub>4</sub> "	FOUL	28' 9 <sup>3</sup> / <sub>4</sub> "	29' 7"	30' 3 <sup>1</sup> / <sub>4</sub> "	29' 5"	2(5)	
6	OKOYE, Noel	9	Archbishop C	28' 0"	FOUL	FOUL	26' 3 <sup>1</sup> / <sub>2</sub> "	24' 9 <sup>1</sup> / <sub>2</sub> "	24' 8 <sup>1</sup> / <sub>4</sub> "	28' 0"	2(6)	
7	GILLESPIE, Gianni	SO	St. John's Col	27' 0 <sup>1</sup> / <sub>4</sub> "	27' 0 <sup>1</sup> / <sub>4</sub> "	25' 1 <sup>3</sup> / <sub>4</sub> "	24' 9 <sup>1</sup> / <sub>2</sub> "	24' 3 <sup>1</sup> / <sub>2</sub> "	24' 10"	23' 7 <sup>3</sup> / <sub>4</sub> "	2(7)	
8	HOLLAND, Simone	SO	Riverdale Ba	24' 11"	1' 11 <sup>1</sup> / <sub>2</sub> "	FOUL	24' 11"	FOUL	FOUL	22' 9 <sup>1</sup> / <sub>2</sub> "	1(1)	
9	WYNN, Nadia	SR	Bishop McNa	24' 8 <sup>1</sup> / <sub>4</sub> "	2' 0 <sup>1</sup> / <sub>2</sub> "	1' 10 <sup>1</sup> / <sub>2</sub> "	23' 9 <sup>3</sup> / <sub>4</sub> "	23' 7"	FOUL	24' 8 <sup>1</sup> / <sub>4</sub> "	1(2)	
10	TEACHEY, Serena	JR	Elizabeth Set	24' 4"	24' 4"	24' 0 <sup>1</sup> / <sub>4</sub> "	22' 3 <sup>1</sup> / <sub>2</sub> "				2(8)	
11	SCANLON, Delaney	SO	Bishop Ireton	24' 0 <sup>1</sup> / <sub>4</sub> "	23' 7 <sup>1</sup> / <sub>2</sub> "	23' 8 <sup>1</sup> / <sub>4</sub> "	24' 0 <sup>1</sup> / <sub>4</sub> "				2(9)	
12	BONIFACE, Mary	SO	Bishop O'Con	24' 0 <sup>1</sup> / <sub>4</sub> "	FOUL	23' 5 <sup>3</sup> / <sub>4</sub> "	24' 0 <sup>1</sup> / <sub>4</sub> "				2(11)	
13	KELPY, Katherine	9	Paul VI Catho	23' 10"	19' 4"	23' 10"	FOUL				1(3)	
14	PAYNE, Genevieve	9	Bishop O'Con	23' 8"	23' 8"	22' 7"	FOUL				1(4)	
15	MENEZES, Isabel	SR	Paul VI Catho	23' 0 <sup>1</sup> / <sub>2</sub> "	23' 0 <sup>1</sup> / <sub>2</sub> "	FOUL	22' 4 <sup>3</sup> / <sub>4</sub> "				2(11)	
16	ESKRIDGE, Bless	JR	Bishop McNa	22' 4"	20' 8"	FOUL	22' 4"				1(5)	
17	GREZAE, Sesen	SO	Elizabeth Set	19' 5"	19' 5"	FOUL	FOUL				1(6)	
18	BLIVEN, Ciara	9	Bishop O'Con	64' 7 <sup>3</sup> / <sub>4</sub> "	64' 7 <sup>3</sup> / <sub>4</sub> "	FOUL	FOUL				1(7)	
	THOMAS, Elissa	SO	Bishop O'Con	NM							1	
	BOLAND, Alexandria	SO	Paul VI Catho	NM							1	
	JONES, Trinity	SO	Paul VI Catho	NM							1	
	FEDERMEIER, Evelyn	SR	Paul VI Catho	NM							1	
	MYERS, Abby	SR	Maryvale Pre	NM							2	

**Boys Scores**

Pl	Team	Code	Score
1	DeMatha Catholic High School	DEMA	42
2	Bishop McNamara High School	BMN	25
3	Gonzaga College High School	GON	23
4	St. John's College High School	SJC	13
5	Archbishop Carroll High School (	ACHS	10
6	Riverdale Baptist School	RIBP	5
6	Bishop O'Connell	BOC	5
8	Paul VI Catholic	PVI	2
9	The Potomac School	POT	1

**Girls Scores**

Pl	Team	Code	Score
1	St. John's College High School	SJC	37
2	Elizabeth Seton High School	ESE	29
3	Bishop McNamara High School	BMN	21
4	Bishop O'Connell	BOC	12
5	Archbishop Carroll High School (	ACHS	7
6	Maryvale Prep School	MVP	5
7	Georgetown Visitation Preparator	GVIS	4
7	Paul VI Catholic	PVI	4
9	Oakcrest School	OAKC	3
9	Riverdale Baptist School	RIBP	3