2017 Conference 5 Concorde Indoor Track Champ - 1/26/2017 to 1/28/2017

P.G. Sportsplex

Meet Program

Event 1 Girls Long Jump (16)

3 jumps, top 7 to finals

Centreville HS PROVIDES HELPERS

DIST REC: 18-09.75 1/26/2012 Carina Peter

6A State: 17-06

6A North Reg: 16-03.75

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 2 Finals					
1	601 Lorena Allensworth	10	Westfield	ND	
2	479 Rita Evans	10	Herndon	ND	
3	610 Michaela Gilbert	11	Westfield	11-06.00	
4	483 Sofiya Khan	11	Herndon	12-00.50	
5	580 Orah Smith	11	Oakton	13-05.00	
6	567 Jordan Fitzgerald	12	Oakton	14-06.00	
7	517 Kristin Belle	9	James W. Rob	14-07.00	
Flight 2 of 2 Finals					
1	394 Paige Travers	12	Centreville	14-09.50	
2	428 Jaiviah Dews	12	Chantilly	14-10.00	
3	424 Laurel Buck	11	Chantilly	15-01.25	
4	515 Claire Bailey	11	James W. Rob	15-05.50	
5	431 Alice Han	11	Chantilly	15-08.50	
6	438 Julia Recto	12	Chantilly	16-00.50	
7	419 Haley Alderman	11	Chantilly	16-03.00	
8	531 Saki Martin	11	James W. Rob	16-05.50	
9	423 Danielle Brennan	12	Chantilly	16-05.50	

Event 2 Boys Long Jump (14)

3 jumps, top 7 to finals

Oakton Provides Helpers

DIST REC: 22-02.75 2/2/2007 Brandon Davis

6A State: 21-07.50

6A North Reg: 20-07

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 2 Finals					
1	645 Marquise Murphy	12	Westfield	ND	
2	502 Tony Li	10	Herndon	ND	
3	396 Tariq Badie	12	Centreville	ND	
4	494 Alexander Bohnslav	12	Herndon	15-04.00	
5	596 Elias Lindsey	12	Oakton	16-09.00	
6	464 Tobey Phan	9	Chantilly	17-07.00	
Flight 2 of 2 Finals					
1	551 Matthew Ross	11	James W. Rob	18-00.25	
2	463 Conrad Pereira	12	Chantilly	18-05.00	
3	553 Scott Seiling	11	James W. Rob	18-07.00	
4	412 Junhan Lee	12	Centreville	19-01.00	
5	632 Darnell Gardner	12	Westfield	19-03.75	
6	470 Quinn Shorten	12	Chantilly	20-03.00	
7	555 Ben Steadley	10	James W. Rob	20-05.50	
8	398 Caden Billak	11	Centreville	20-07.50	

Event 3 Girls Triple Jump (11)

3 jumps, top 7 to finals

Centreville Provides Helpers

DIST REC: 39-01.75 2/15/1995 DESTYNE JONES

6A State: 36-04.25

6A North Reg: 33-08

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 1 Finals					
1	609 Rayna Easley	11	Westfield	ND	
2	483 Sofiya Khan	11	Herndon	26-10.00	
3	440 Jessica Snyder	12	Chantilly	31-05.75	
4	515 Claire Bailey	11	James W. Rob	31-06.75	
5	434 Olivia Lefrancois	11	Chantilly	31-08.00	
6	523 Victoria Chanthyasak-	12	James W. Rob	32-04.25	
7	394 Paige Travers	12	Centreville	32-06.00	
8	531 Saki Martin	11	James W. Rob	32-09.50	
9	528 Daeja Hopkins	10	James W. Rob	33-02.00	
10	421 Cecelia Bacon	11	Chantilly	36-04.25	
11	438 Julia Recto	12	Chantilly	36-05.50	

Event 4 Boys Triple Jump (12)

3 jumps, top 7 to finals

Oakton provides helpers

DIST REC: 46-03.25 2/2/2012 Arthur McDuffy

6A State: 44-02.25

6A North Reg: 42-04.25

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 1 Finals					
1	511 Cole Roberds	12	Herndon	ND	
2	634 James Goh	11	Westfield	35-03.50	
3	640 Ian Le	11	Westfield	36-02.00	
4	463 Conrad Pereira	12	Chantilly	38-07.00	
5	553 Scott Seiling	11	James W. Rob	38-08.00	
6	412 Junhan Lee	12	Centreville	39-05.00	
7	464 Tobey Phan	9	Chantilly	39-10.25	
8	398 Caden Billak	11	Centreville	41-05.50	
9	596 Elias Lindsey	12	Oakton	41-09.75	
10	555 Ben Steadley	10	James W. Rob	42-02.00	
11	470 Quinn Shorten	12	Chantilly	42-09.00	
12	501 Joe LaRosa	12	Herndon	42-10.50	

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Event 5 Girls High Jump (12)

Starting Height---4' 2" to 5'2" by 2" and 1" thereafter

Herndon Provides Helpers

DIST REC: 5-07 2/15/2002 BONNIE MEEKINS

6A State: 5-02

6A North Reg: 4-10

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 1 Finals					
1	479 Rita Evans	10	Herndon	NH	
2	517 Kristin Belle	9	James W. Rob	4-06.00	
3	424 Laurel Buck	11	Chantilly	4-07.00	
4	617 Nina Manser	10	Westfield	4-08.00	
5	419 Haley Alderman	11	Chantilly	4-09.00	
6	523 Victoria Chanthyasak-	12	James W. Rob	4-10.00	
7	433 Simone Jeffries	12	Chantilly	4-10.00	
8	528 Daeja Hopkins	10	James W. Rob	4-10.00	
9	438 Julia Recto	12	Chantilly	4-10.00	
10	420 Josephine Allamby	10	Chantilly	5-00.00	
11	421 Cecelia Bacon	11	Chantilly	5-02.00	
12	515 Claire Bailey	11	James W. Rob	5-04.00	

Event 6 Boys High Jump (7)

Opening height 5' 2" to 6'2" by 2" and 1" thereafter

Herndon Provides Helpers

DIST REC: 6-08 1/29/2011 Joey Muzzio

6A State: 6-02

6A North Reg: 5-10

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 1 Finals					
1	506 Hieu Nguyen	11	Herndon	5-00.00	
2	591 Ben Dang	11	Oakton	5-02.00	
3	468 Michael Shepherd	12	Chantilly	5-06.00	
4	463 Conrad Pereira	12	Chantilly	6-00.00	
5	396 Tariq Badie	12	Centreville	6-00.00	
6	632 Darnell Gardner	12	Westfield	6-02.00	
7	555 Ben Steadley	10	James W. Rob	6-04.00	

Event 7 Girls Shot Put (16)

3 throws, top 7 to finals

Westfield Provides Helpers

DIST REC: 42-05 1/23/2015 Maria Muzzio

6A State: 36-01.50

6A North Reg: 33-10.50

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 2 Finals					
1	475 Reagan Anderson	9	Herndon	18-05.50	
2	474 Erin Anderson	9	Herndon	18-06.00	
3	383 Yumi Baek	12	Centreville	22-08.00	
4	381 Jordan Abaunza	12	Centreville	23-00.00	
5	572 Savanna Lambkin	12	Oakton	23-00.50	
6	429 Lindsay D'Imperio	10	Chantilly	23-08.00	
7	425 Alexa Carlisle	11	Chantilly	25-08.25	
Flight 2 of 2 Finals					
1	569 Amaleia Karlo	10	Oakton	26-04.25	
2	439 Ria Singh	10	Chantilly	26-08.25	
3	532 Anna McGrath	11	James W. Rob	27-00.75	
4	566 Maddie Donnelly	11	Oakton	27-01.00	
5	388 Emma Looney	11	Centreville	28-08.00	
6	620 Jasmine Mitchell	12	Westfield	29-08.00	
7	615 Kaliann Lassiter	12	Westfield	30-03.75	
8	534 Corey Payne	12	James W. Rob	33-11.75	
9	622 Tayelor Thrasher	11	Westfield	37-09.00	

Event 8 Boys Shot Put (13)

3 throws, top 7 to finals

Westfield provides Helpers

DIST REC: 54-01.75 1/24/2014 Garrett Weatherbee

6A State: 48-02.50

6A North Reg: 45-03

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 1 Finals					
1	512 Charlie Suter	12	Herndon	ND	
2	414 John McGinnty	12	Centreville	34-06.50	
3	453 Hunter Horinko	12	Chantilly	34-06.75	
4	556 Brett Stevenson	10	James W. Rob	35-01.25	
5	471 Harry Tran	12	Chantilly	35-01.50	
6	492 Dodji Akouesson	12	Herndon	37-03.00	
7	554 Nathan Smith	10	James W. Rob	37-05.75	
8	629 Nauz Calhoun	12	Westfield	37-11.50	
9	647 Edward Quitugua	12	Westfield	42-01.50	
10	402 Thomas Clements	12	Centreville	42-02.00	
11	630 Aaron Daise	12	Westfield	42-03.25	
12	542 Noah Harris	12	James W. Rob	42-06.00	
13	452 Mark Harper	12	Chantilly	47-05.25	

Event 9 Girls Pole Vault (7)

Starting Height---6' 3" going 6" to 9'9" and 3" thereafter

PV COACHES ONLY IN SPECIFIED AREA

Chantilly provide helpers

DIST REC: 11-06 2/15/2000 CHARLOTTE LAROCHE

6A State: 9-00

6A North Reg: 8-03

Pos	Name	Yr	School	Seed Mark	
Flight 1 of 1 Finals					
1	561 Elizabeth Audtrish	12	Oakton	NH	
2	532 Anna McGrath	11	James W. Rob	7-03.00	
3	580 Orah Smith	11	Oakton	7-06.00	
4	440 Jessica Snyder	12	Chantilly	7-06.00	
5	442 Cindy Tho	12	Chantilly	8-00.00	
6	430 Lata Goudel	12	Chantilly	8-06.00	
7	603 Lauren Anderson	11	Westfield	9-06.00	

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Event 10 Boys Pole Vault (11)

Starting Height--8'6" going 6" to 12'0" and 3" thereafter

PV COACHES ONLY IN SPECIFIED AREA

Chantilly provide helpers

DIST REC: 15-01 2/15/2001 DAVID SULLIVAN

6A State: 12-06

6A North Reg: 11-06

Flight 1 of 1 Finals

Pos	Name	Yr	School	Seed Mark	
1	558 Chancen Woodruff	11	James W. Rob	NH	
2	461 Ryan Morris	11	Chantilly	8-00.00	
3	551 Matthew Ross	11	James W. Rob	8-00.00	
4	456 Justin Luy	11	Chantilly	8-06.00	
5	472 Eric Tsai	11	Chantilly	8-09.00	
6	513 Alex Tran	11	Herndon	9-00.00	
7	549 Gordon Robinson	12	James W. Rob	9-06.00	
8	637 Chase Johnson	11	Westfield	10-00.00	
9	588 Ryan Cherry	10	Oakton	11-00.00	
10	639 Miguel Justiniano	12	Westfield	11-06.00	
11	628 Casey Buckley	11	Westfield	12-06.00	

Event 11 Girls 4x800 Meter Relay (5)

DIST REC: 9:36.15 2/15/2006 WESTFIELD

Sevacho, Hartman, Potasinski, Bani

6A State: 9:39.32

6A North Reg: 9:52.16

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	James W. Rob	A	9:43.98	
	1) 518 Carmen Booher 10	2) 520 Emily Bryson 12		
	3) 524 Mary Grace Currey 11	4) 527 Erika Heupel 11		
2	Westfield	A	10:01.33	
	1) 611 Gillian Haderman 11	2) 621 Didi Pace 12		
	3) 612 Jacquelyn Hart 10	4) 605 Ameena Benselloum 12		
3	Chantilly	A	10:03.18	
	1) 444 Kayla Wigle 11	2) 434 Olivia Lefrancois 11		
	3) 435 Ana Morris 12	4) 437 Nicole Re 10		
4	Oakton	A	10:19.24	
	1) 563 Kira Buttrey 11	2) 568 Rachel Green 11		
	3) 573 Katya Lebert 9	4) 574 Julia Lopresti 10		
5	Herndon	A	10:28.55	
	1) 477 Olivia Duston 11	2) 490 Alba Samrhouni 11		
	3) 480 Mariela Jardon 11	4) 487 Sarah Przybysz 11		

Event 12 Boys 4x800 Meter Relay (5)

DIST REC: 8:00.17 1/23/2015 Chantilly

E Compton, D Mitchell, R McGorty, B McGorty

6A State: 8:13.70

6A North Reg: 8:25.40

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	James W. Rob	A	8:21.07	
	1) 537 Michael Altenburg 11	2) 539 Gavin Camby 12		
	3) 550 Devin Rohler 12	4) 557 Nick Toenshoff 12		
2	Chantilly	A	8:40.19	
	1) 446 Thomas Allain 12	2) 450 Wyatt Cyr 10		
	3) 460 James Monson 10	4) 447 Tyler Amos 11		
3	Herndon	A	8:43.90	
	1) 496 Matthew Gabbay 12	2) 514 Joseph Yerovi 9		
	3) 507 Kyle Nielsen 12	4) 499 Liban Hanfi 9		
4	Westfield	A	8:47.44	
	1) 624 Colin Afferton 12	2) 626 David Barron 9		
	3) 643 Joseph Lim 11	4) 649 Brett Shaffer 12		
5	Centreville	A	8:55.74	
	1) 400 Matthew Chorney 12	2) 397 William Baik 10		
	3) 416 Jakin Moon 12	4) 401 Alex Clark 10		

Event 13 Girls 55 Meter Hurdles (13)

DIST REC: 8.24 2/15/1998 NACCOLE GUINN

6A State: 8.58

6A North Reg: 9.27

Lane	Name	Yr	School	Seed Time	
Heat 1 of 2 Prelims					
2	390 Layla Mailoudi	12	Centreville	11.28	
3	519 Caroline Broderick	10	James W. Rob	10.54	
4	523 Victoria Chanthyasak-	12	James W. Rob	9.25	
5	440 Jessica Snyder	12	Chantilly	9.64	
6	478 Kirsten Ellis	12	Herndon	10.84	
7	602 Tracey Ampaw	10	Westfield	11.46	
Heat 2 of 2 Prelims					
1	618 Erin McCormick	12	Westfield	12.24	
2	562 Mason Bram	10	Oakton	10.90	
3	445 Rebecca Zhou	12	Chantilly	10.20	
4	515 Claire Bailey	11	James W. Rob	9.11	
5	423 Danielle Brennan	12	Chantilly	9.94	
6	608 Jillian Doherty	10	Westfield	10.88	
7	476 Diane Cruz	11	Herndon	11.49	

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Event 14 Boys 55 Meter Hurdles (15)

DIST REC: 7.50 2/15/1999 RICKY HARRIS
6A State: 7.92
6A North Reg: 8.15

Lane	Name	Yr	School	Seed Time	
Heat 1 of 2 Prelims					
1	512 Charlie Suter	12	Herndon	10.31	
2	547 Jameson O'Quinn	12	James W. Rob	9.75	
3	553 Scott Seiling	11	James W. Rob	9.20	
4	633 Michael Gary	12	Westfield	8.45	
5	412 Junhan Lee	12	Centreville	8.67	
6	455 Wang Geun Lee	12	Chantilly	9.29	
7	508 Brayton Pierce	12	Herndon	10.00	
8	417 Jordan Reiser	10	Centreville	10.43	
Heat 2 of 2 Prelims					
1	506 Hieu Nguyen	11	Herndon	10.22	
2	650 Liam Ulsh	10	Westfield	9.64	
3	463 Conrad Pereira	12	Chantilly	8.94	
4	623 Gabe Abbe	12	Westfield	8.37	
5	594 Kahfi Hidayat	11	Oakton	8.85	
6	472 Eric Tsai	11	Chantilly	9.49	
7	395 Paul Anderson	12	Centreville	10.04	

Event 15 Girls 55 Meter Dash (19)

DIST REC: 7.0h 2/15/1995 DESTYNE JONES
6A State: 7.29
6A North Reg: 7.44

Lane	Name	Yr	School	Seed Time	
Heat 1 of 3 Prelims					
2	391 Lia May	10	Centreville	8.24	
3	431 Alice Han	11	Chantilly	7.78	
4	564 Angie Cherikos	12	Oakton	7.61	
5	428 Jaiviah Dews	12	Chantilly	7.66	
6	481 Alyse Johnson	12	Herndon	7.90	
7	484 Lauren Lu	11	Herndon	8.41	
Heat 2 of 3 Prelims					
2	394 Paige Travers	12	Centreville	8.12	
3	419 Haley Alderman	11	Chantilly	7.75	
4	567 Jordan Fitzgerald	12	Oakton	7.33	
5	614 Inaya Jones	10	Westfield	7.67	
6	604 Olivia Beckner	11	Westfield	7.98	
7	521 Alison Carbaugh	10	James W. Rob	8.52	
Heat 3 of 3 Prelims					
1	522 Carolyn Carbaugh	10	James W. Rob	8.55	
2	523 Victoria Chanthyasak-	12	James W. Rob	8.09	
3	575 Nancy Massillon	10	Oakton	7.72	
4	616 Natalie Lott	12	Westfield	7.23	
5	576 Binta Nam	12	Oakton	7.71	
6	384 Eliza Futa	11	Centreville	8.05	
7	488 Kira Reed	9	Herndon	8.54	

Event 16 Boys 55 Meter Dash (18)

DIST REC: 6.42 2/15/2003 JOHN SCHENCK
6A State: 6.57
6A North Reg: 6.69

Lane	Name	Yr	School	Seed Time	
Heat 1 of 3 Prelims					
2	548 Terrence Pickron	10	James W. Rob	7.05	
3	462 Vinh Nguyen	11	Chantilly	6.95	
4	645 Marquise Murphy	12	Westfield	6.82	
5	454 Ali Ibrahim	12	Chantilly	6.86	
6	497 Ian Guevara	11	Herndon	6.95	
7	586 Joonas Castren	10	Oakton	7.08	
Heat 2 of 3 Prelims					
2	449 Christopher Bonilla	12	Chantilly	7.04	
3	405 Nathan Evans	10	Centreville	6.94	
4	399 Mark Brown	12	Centreville	6.81	
5	589 William Cherry	12	Oakton	6.90	
6	595 Yongbin Lee	11	Oakton	6.99	
7	560 Jonathan Yun	11	James W. Rob	7.18	
Heat 3 of 3 Prelims					
2	538 Sean Altenburg	9	James W. Rob	7.02	
3	510 Elliot Ray	11	Herndon	6.92	
4	646 Davian Powell	12	Westfield	6.47	
5	648 Alexander Shadkhoo	11	Westfield	6.90	
6	409 abdul Koroma	9	Centreville	7.02	
7	500 Cordale Jones	11	Herndon	7.24	

Event 17 Girls 4x200 Meter Relay (6)

3 turn stagger will be used

DIST REC: 1:46.10 2/10/2005 Chantilly
Geldermann, Nelson, Abisogun, Kanamine
6A State: 1:47.06
6A North Reg: 1:49.74

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	Centreville	A	1:52.83	
	1) 391 Lia May 10	2) 394 Paige Travers 12		
	3) 382 Ceara Badio 11	4) 384 Eliza Futa 11		
2	Oakton	A	1:48.20	
	1) 562 Mason Bram 10	2) 564 Angie Cherikos 12		
	3) 567 Jordan Fitzgerald 12	4) 575 Nancy Massillon 10		
3	Chantilly	A	1:46.33	
	1) 423 Danielle Brennan 12	2) 424 Laurel Buck 11		
	3) 421 Cecelia Bacon 11	4) 433 Simone Jeffries 12		
4	Westfield	A	1:47.07	
	1) 614 Inaya Jones 10	2) 604 Olivia Beckner 11		
	3) 619 Indira Miles 12	4) 616 Natalie Lott 12		
5	James W. Rob	A	1:51.27	
	1) 515 Claire Bailey 11	2) 521 Alison Carbaugh 10		
	3) 522 Carolyn Carbaugh 10	4) 523 Victoria Chanthyasak-W		
6	Herndon	A	1:55.65	
	1) 481 Alyse Johnson 12	2) 484 Lauren Lu 11		
	3) 486 Melanie Motta 11	4) 490 Alba Samrhouni 11		

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Event 18 Boys 4x200 Meter Relay (6)

3 turn stagger will be used

DIST REC: 1:32.60 2/15/2002 CENTREVILLE
6A State: 1:33.17
6A North Reg: 1:35.35

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	Herndon	A	1:38.08	
	1) 497 Ian Guevara 11	2) 502 Tony Li 10		
	3) 509 Eduardo Quinteros 12	4) 500 Cordale Jones 11		
2	Chantilly	A	1:36.06	
	1) 454 Ali Ibrahim 12	2) 468 Michael Shepherd 12		
	3) 459 Daniel Mitchell 12	4) 467 Mark Robinson 10		
3	Westfield	A	1:32.79	
	1) 645 Marquise Murphy 12	2) 632 Darnell Gardner 12		
	3) 636 Cameron Howard 12	4) 646 Davian Powell 12		
4	Oakton	A	1:34.21	
	1) 584 Nick Aime 12	2) 586 Joonas Castren 10		
	3) 589 William Cherry 12	4) 591 Ben Dang 11		
5	Centreville	A	1:36.53	
	1) 398 Caden Billak 11	2) 404 Deonte Edmonds 12		
	3) 409 abdul Koroma 9	4) 399 Mark Brown 12		
6	James W. Rob	A	1:38.35	
	1) 537 Michael Altenburg 11	2) 538 Sean Altenburg 9		
	3) 552 Matt Sebenick 10	4) 555 Ben Steadley 10		

Event 19 Girls 1600 Meter Run (11)

Last 4 to the outside alley at the start

DIST REC: 4:59.18 2/1/2013 Allie Klimkiewicz
6A State: 5:11.99
6A North Reg: 5:15.18

Lane	Name	Yr	School	Seed Time	
Section 1 of 1 Finals					
1	536 Seneca Willen	10	James W. Rob	5:15.59	
2	605 Ameena Benselloum	12	Westfield	5:15.65	
3	437 Nicole Re	10	Chantilly	5:23.74	
4	435 Ana Morris	12	Chantilly	5:24.38	
5	444 Kayla Wigle	11	Chantilly	5:27.04	
6	568 Rachel Green	11	Oakton	5:27.40	
7	526 Lia Hanus	12	James W. Rob	5:36.70	
8	582 Rebecca Woodhouse	11	Oakton	5:41.91	
9	527 Erika Heupel	11	James W. Rob	5:50.92	
10	485 Jardin Mariela	11	Herndon	5:53.05	
11	606 Ashley Bergen	10	Westfield	6:14.94	

Event 20 Boys 1600 Meter Run (17)

Last 4 to the outside alley at the start

DIST REC: 4:11.52 2/1/2013 Sean McGorty
6A State: 4:26.61
6A North Reg: 4:30.68

Lane	Name	Yr	School	Seed Time	
Section 1 of 2 Finals					
1	495 Noah Fenster	10	Herndon	5:00.51	
2	590 Ben Cullen	12	Oakton	5:02.26	
3	401 Alex Clark	10	Centreville	5:02.68	
4	638 Mason Joiner	11	Westfield	5:05.10	
5	514 Joseph Yerovi	9	Herndon	5:06.24	
6	592 Tor Davidson	9	Oakton	5:12.71	
7	641 Kyle Lebahn	9	Westfield	5:16.90	
Section 2 of 2 Finals					
1	458 Brandon McGorty	12	Chantilly	4:15.87	
2	406 Dan Horoho	12	Centreville	4:33.52	
3	539 Gavin Camby	12	James W. Rob	4:35.89	
4	557 Nick Toenshoff	12	James W. Rob	4:39.89	
5	460 James Monson	10	Chantilly	4:43.09	
6	446 Thomas Allain	12	Chantilly	4:43.93	
7	545 Nicholas Howell	11	James W. Rob	4:47.37	
8	499 Liban Hanfi	9	Herndon	4:52.83	
9	624 Colin Afferton	12	Westfield	4:53.51	
10	415 Ryan McIlwee	12	Centreville	4:59.37	

Event 21 Girls 500 Meter Dash (17)

2 turn stagger

DIST REC: 1:17.08 2/2/2012 Genamarie McCant
6A State: 1:17.68
6A North Reg: 1:19.87

Lane	Name	Yr	School	Seed Time	
Section 1 of 3 Finals					
1	389 Megan Lymburner	9	Centreville	1:35.57	
2	487 Sarah Przybysz	11	Herndon	1:31.37	
3	426 Nyla Carter-ogden	9	Chantilly	1:29.98	
4	482 Sarah Joyce	11	Herndon	1:30.24	
5	607 Jordyn Bingham	12	Westfield	1:34.84	
Section 2 of 3 Finals					
1	382 Ceara Badio	11	Centreville	1:28.97	
2	392 Himanvi Panidepu	12	Centreville	1:28.03	
3	611 Gillian Haderman	11	Westfield	1:26.37	
4	427 Ruby Carter-ogden	9	Chantilly	1:27.70	
5	579 Netra Sivanandan	11	Oakton	1:28.13	
6	574 Julia Lopresti	10	Oakton	1:29.96	
Section 3 of 3 Finals					
1	491 Katherine Stern	11	Herndon	1:23.72	
2	531 Saki Martin	11	James W. Rob	1:23.27	
3	525 Brooke Hagen	12	James W. Rob	1:20.37	
4	434 Olivia Lefrancois	11	Chantilly	1:21.50	
5	581 Bryanna Vasquez	11	Oakton	1:23.34	
6	529 Elli Kluegel	12	James W. Rob	1:26.09	

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Event 22 Boys 500 Meter Dash (16)

2 turn stagger

DIST REC: 1:05.36 2/1/2013 Nathan Kiley
6A State: 1:07.34
6A North Reg: 1:08.43

Lane	Name	Yr	School	Seed Time	
Section 1 of 3 Finals					
2	644 Justin Moses	10	Westfield	1:24.04	
3	498 Colin Hagerup	10	Herndon	1:19.33	
4	627 Jenson Bonilla	10	Westfield	1:24.04	
5	631 Max Diachenko	10	Westfield	1:24.54	
Section 2 of 3 Finals					
1	559 Dawson Woodruff	10	James W. Rob	1:17.35	
2	541 David Glass	12	James W. Rob	1:16.43	
3	451 Jonathan Duran-diaz	11	Chantilly	1:15.58	
4	504 Noah Mitchell	9	Herndon	1:16.32	
5	585 Lucas Banerji	9	Oakton	1:16.65	
6	418 Ben Stallard	10	Centreville	1:17.64	
Section 3 of 3 Finals					
1	448 Saeed Asghar	11	Chantilly	1:13.52	
2	584 Nick Aime	12	Oakton	1:11.14	
3	459 Daniel Mitchell	12	Chantilly	1:09.84	
4	398 Caden Billak	11	Centreville	1:10.48	
5	413 Christian Maravilla	10	Centreville	1:11.70	
6	540 Adam Chutuape	12	James W. Rob	1:13.84	

Event 23 Girls 1000 Meter Run (17)

Last 4 to the outside alley at the start

DIST REC: 2:58.06 2/3/2007 Kerry Hartman
6A State: 3:03.85
6A North Reg: 3:04.47

Lane	Name	Yr	School	Seed Time	
Section 1 of 2 Finals					
1	533 Marybeth Myers	12	James W. Rob	3:16.75	
2	573 Katya Lebert	9	Oakton	3:17.19	
3	432 Julia Haug	11	Chantilly	3:19.17	
4	612 Jacquelyn Hart	10	Westfield	3:31.90	
5	489 Lindsey Rogers	12	Herndon	3:36.95	
6	386 Jessica Lee	11	Centreville	4:10.57	
7	387 sophia Lee	10	Centreville	4:28.24	
8	393 Madison Reiser	9	Centreville	4:31.24	
Section 2 of 2 Finals					
1	605 Ameena Benselloum	12	Westfield	3:01.54	
2	525 Brooke Hagen	12	James W. Rob	3:04.86	
3	437 Nicole Re	10	Chantilly	3:05.80	
4	477 Olivia Duston	11	Herndon	3:06.04	
5	563 Kira Buttrey	11	Oakton	3:10.12	
6	435 Ana Morris	12	Chantilly	3:10.90	
7	577 Mandy Odom	11	Oakton	3:12.55	
8	621 Didi Pace	12	Westfield	3:15.29	
9	518 Carmen Booher	10	James W. Rob	3:15.90	

Event 24 Boys 1000 Meter Run (15)

Last 4 to the outside alley at the start

DIST REC: 2:29.05 2/2/2012 Michael McNamee
6A State: 2:35.51
6A North Reg: 2:38.29

Lane	Name	Yr	School	Seed Time	
Section 1 of 2 Finals					
1	593 Jonathan Guo	9	Oakton	2:56.75	
2	643 Joseph Lim	11	Westfield	2:57.37	
3	416 Jakin Moon	12	Centreville	3:00.29	
4	503 Nicholas Maurer	10	Herndon	3:00.97	
5	397 William Baik	10	Centreville	3:03.83	
6	626 David Barron	9	Westfield	3:04.14	
Section 2 of 2 Finals					
1	458 Brandon McGorty	12	Chantilly	2:26.87	
2	539 Gavin Camby	12	James W. Rob	2:39.08	
3	544 Charles Hogeboom	12	James W. Rob	2:40.72	
4	649 Brett Shaffer	12	Westfield	2:42.97	
5	550 Devin Rohler	12	James W. Rob	2:44.08	
6	447 Tyler Amos	11	Chantilly	2:47.59	
7	507 Kyle Nielsen	12	Herndon	2:50.64	
8	400 Matthew Chorney	12	Centreville	2:51.14	
9	450 Wyatt Cyr	10	Chantilly	2:56.15	

Event 25 Girls 300 Meter Dash (18)

lanes the entire way

DIST REC: 40.28 2/2/2012 Genamarie McCant
6A State: 41.28
6A North Reg: 42.49

Lane	Name	Yr	School	Seed Time	
Section 1 of 3 Finals					
1	385 Tori Hudspeth	9	Centreville	47.96	
2	384 Eliza Futa	11	Centreville	45.78	
3	575 Nancy Massillon	10	Oakton	45.24	
4	517 Kristin Belle	9	James W. Rob	45.32	
5	391 Lia May	10	Centreville	46.75	
6	521 Alison Carbaugh	10	James W. Rob	49.42	
Section 2 of 3 Finals					
1	576 Binta Nam	12	Oakton	45.13	
2	604 Olivia Beckner	11	Westfield	44.43	
3	424 Laurel Buck	11	Chantilly	43.84	
4	491 Katherine Stern	11	Herndon	44.04	
5	490 Alba Samrhouni	11	Herndon	44.89	
6	528 Daeja Hopkins	10	James W. Rob	45.24	
Section 3 of 3 Finals					
1	438 Julia Recto	12	Chantilly	43.54	
2	421 Cecelia Bacon	11	Chantilly	42.30	
3	616 Natalie Lott	12	Westfield	40.68	
4	433 Simone Jeffries	12	Chantilly	41.86	
5	567 Jordan Fitzgerald	12	Oakton	42.32	
6	614 Inaya Jones	10	Westfield	43.65	

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Event 26 Boys 300 Meter Dash (18)

lanes the entire way

DIST REC: 35.22 2/15/2002 DANIEL BAILEY
6A State: 36.01
6A North Reg: 36.85

Lane	Name	Yr	School	Seed Time	
Section 1 of 3 Finals					
1	553 Scott Seiling	11	James W. Rob	39.85	
2	509 Eduardo Quinteros	12	Herndon	39.57	
3	555 Ben Steadley	10	James W. Rob	39.24	
4	587 Marc Chavez	10	Oakton	39.32	
5	493 Cameron Bane	9	Herndon	39.75	
6	560 Jonathan Yun	11	James W. Rob	40.53	
Section 2 of 3 Finals					
1	404 Deonte Edmonds	12	Centreville	38.68	
2	648 Alexander Shadkhoo	11	Westfield	38.34	
3	589 William Cherry	12	Oakton	37.93	
4	468 Michael Shepherd	12	Chantilly	38.20	
5	457 Joseph Malazo	11	Chantilly	38.44	
6	500 Cordale Jones	11	Herndon	39.22	
Section 3 of 3 Finals					
1	463 Conrad Pereira	12	Chantilly	37.86	
2	636 Cameron Howard	12	Westfield	37.02	
3	398 Caden Billak	11	Centreville	36.50	
4	399 Mark Brown	12	Centreville	36.91	
5	646 Davian Powell	12	Westfield	37.27	
6	584 Nick Aime	12	Oakton	37.91	

Event 27 Girls 3200 Meter Run (10)

Last 4 to the outside alley at the start

DIST REC: 10:52.12 2/15/2008 LIA DIVALENTIN
6A State: 11:14.48
6A North Reg: 11:25.67

Lane	Name	Yr	School	Seed Time	
Section 1 of 1 Finals					
1	444 Kayla Wigle	11	Chantilly	11:40.92	
2	570 Gaby Katz	11	Oakton	11:48.14	
3	530 Maggie Larkin	12	James W. Rob	12:02.50	
4	535 Kathryn Smith	12	James W. Rob	12:06.85	
5	432 Julia Haug	11	Chantilly	12:09.20	
6	577 Mandy Odom	11	Oakton	12:11.92	
7	582 Rebecca Woodhouse	11	Oakton	12:12.06	
8	422 Momiji Barlow	9	Chantilly	12:49.01	
9	480 Mariela Jardon	11	Herndon	12:53.15	
10	524 Mary Grace Currey	11	James W. Rob	13:09.24	

Event 28 Boys 3200 Meter Run (16)

Last 4 to the outside alley at the start

DIST REC: 8:55.38 2/1/2013 Sean McGorty
6A State: 9:40.26
6A North Reg: 9:48.33

Lane	Name	Yr	School	Seed Time	
Section 1 of 1 Finals					
1	406 Dan Horoho	12	Centreville	9:40.72	
2	557 Nick Toenshoff	12	James W. Rob	9:56.37	
3	583 Khalid Abdelraof	11	Oakton	10:00.18	
4	446 Thomas Allain	12	Chantilly	10:04.34	
5	460 James Monson	10	Chantilly	10:09.07	
6	638 Mason Joiner	11	Westfield	10:09.46	
7	545 Nicholas Howell	11	James W. Rob	10:15.26	
8	599 Scott SuLLivan	10	Oakton	10:15.64	
9	642 Sam Lebahn	11	Westfield	10:20.89	
10	415 Ryan McIlwee	12	Centreville	10:23.79	
11	469 Thomas Sherrier	12	Chantilly	10:38.84	
12	543 Finn Hodge	9	James W. Rob	10:42.42	
13	600 Ethan WaLLs	10	Oakton	10:46.98	
14	499 Liban Hanfi	9	Herndon	11:05.39	
15	625 Steven Baca	11	Westfield	11:36.00	
16	410 Andrew Lee	11	Centreville	11:36.57	

Event 29 Girls 4x400 Meter Relay (6)

2 turn stagger will be used

DIST REC: 4:05.63 2/10/2005 Centreville
Demby, Collins, Finch, Tisinger
6A State: 4:06.04
6A North Reg: 4:12.65

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	Oakton	A	4:23.99	
	1) 563 Kira Buttrey 11	2) 565 Alanis Comiotto 11		
	3) 568 Rachel Green 11	4) 579 Netra Sivanandan 11		
2	James W. Rob	A	4:14.47	
	1) 515 Claire Bailey 11	2) 516 Sarah Beard 11		
	3) 517 Kristin Belle 9	4) 518 Carmen Booher 10		
3	Chantilly	A	4:03.86	
	1) 424 Laurel Buck 11	2) 434 Olivia Lefrancois 11		
	3) 421 Cecelia Bacon 11	4) 433 Simone Jeffries 12		
4	Herndon	A	4:11.27	
	1) 490 Alba Samrhouni 11	2) 491 Katherine Stern 11		
	3) 481 Alyse Johnson 12	4) 477 Olivia Duston 11		
5	Westfield	A	4:19.51	
	1) 606 Ashley Bergen 10	2) 607 Jordyn Bingham 12		
	3) 608 Jillian Doherty 10	4) 611 Gillian Haderman 11		
6	Centreville	A	4:35.23	
	1) 382 Ceara Badio 11	2) 385 Tori Hudspeth 9		
	3) 389 Megan Lymburner 9	4) 392 Himanvi Panidepu 12		

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Event 30 Boys 4x400 Meter Relay (6)

2 turn stagger will be used

DIST REC: 3:27.73 2/12/2003 WESTFIELD

6A State: 3:30.82

6A North Reg: 3:34.78

Lane	Team	Relay	Seed Time	
Section 1 of 1 Finals				
1	Westfield	A	3:54.45	_____
	1) 649 Brett Shaffer 12		2) 638 Mason Joiner 11	
	3) 633 Michael Gary 12		4) 636 Cameron Howard 12	
2	Centreville	A	3:45.52	_____
	1) 413 Christian Maravilla 10		2) 417 Jordan Reiser 10	
	3) 403 Marcello Cornado 10		4) 418 Ben Stallard 10	
3	Chantilly	A	3:37.13	_____
	1) 463 Conrad Pereira 12		2) 468 Michael Shepherd 12	
	3) 459 Daniel Mitchell 12		4) 458 Brandon McGorty 12	
4	James W. Rob	A	3:41.15	_____
	1) 538 Sean Altenburg 9		2) 546 Christian Jenkins 12	
	3) 553 Scott Seiling 11		4) 559 Dawson Woodruff 10	
5	Oakton	A	3:48.34	_____
	1) 586 Joonas Castren 10		2) 587 Marc Chavez 10	
	3) 595 Yongbin Lee 11		4) 596 Elias Lindsey 12	
6	Herndon	A	3:55.75	_____
	1) 493 Cameron Bane 9		2) 504 Noah Mitchell 9	
	3) 498 Colin Hagerup 10		4) 500 Cordale Jones 11	