

2018 Cassel's XBC Track Experience - 4/28/2018

Results

Women 100 Meter Dash

XBC Meet: 11.84 M 4/26/2008 Olivia Ekpone, Wootton
 VA 6A State: 12.44 !
 VA 5A State: 12.63 *
 6A North Reg: 12.79 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Seetoo, Emma	9	Westfield	12.67	12.49 *	1	10
2 Jones, Inaya	12	Westfield	12.64	12.55 *	1	8
3 Wong, Angelique	12	Rockville HS	12.69	12.60 *	1	6
4 McCall, Trinity	10	Fairfax	12.79	12.62 *	2	4
5 Johnson, Jordan	12	Rock Ridge HS	12.81	12.68 @	2	2
6 Simmon, Kennedy		Rock Ridge HS	12.60	12.79 @	1	1
7 Wright, Jade	10	Rock Ridge HS	13.00	x12.88	3	
8 Thomas, Madison		Rock Ridge HS	13.04	x12.89	3	
9 Snell, Bria	11	Banneker High School	12.50	12.92	1	
10 Moore, Nina	10	Episcopal	12.97	12.95	2	
11 Brown, Kelsey	12	Battlefield	12.91	12.98	2	
12 Hart, Brianna	12	Fairfax	13.40	12.98	5	
13 Linville, Melody	10	Yorktown	12.74	13.00	2	
14 Robinson, Ariel	10	Eastern View High School	13.65	13.01	6	
15 Cummings, Malieka	12	W.T. Woodson	12.80	13.05	2	
16 Mullings, Juvinnadean	9	Oakton	13.87	13.07	8	
17 Kyle, Danejah	9	Quince Orchard High School	13.00	13.10	3	
18 Lobo, Ariela	11	Eastern View High School	13.29	13.19	4	
19 Chisolm, Chelsea	9	Patriot High School	13.24	13.20	4	
20 Knowles, Taylor	11	Stone Bridge	13.30	13.25	4	
21 Maurice, Hilary	10	Manassas Park	13.21	13.28	3	
22 Lee, Micah	10	Eastern View High School	13.30	x13.33	4	
23 Han, Alice	SR	Chantilly HS	13.45	13.34	5	
24 May, Acacia	SO	Edison High School	13.17	13.35	3	
25 Berliner, Isabella A	11	George C. Marshall	13.78	13.40	8	
26 Check, Isabella	10	Yorktown	13.74	13.40	7	
27 Cooper, Emera	FR	Chantilly HS	13.53	13.43	6	
28 Mackey, Danae	9	West Potomac	13.25	13.46	4	
29 Kimbrough, Taylor	11	Battlefield	13.68	13.47	7	
30 Wong, Atira	10	Rockville HS	13.69	13.48	7	
31 Bass, Yukorah	9	Riverside High School	13.42	13.50	5	
32 Baumgartner, Alexis	FR	Edison High School	13.40	13.52	5	
33 Hakklia, Julianna		Eastern View High School	13.70	x13.54	7	
34 Jones, Claire	SO	Chantilly HS	14.02	x13.56	8	
35 Hamilton, Khristen A	11	George C. Marshall	13.05	13.60	3	
36 Landy, Leeza	10	Walt Whitman High School	13.74	13.63	7	
37 Hunt, Hannah	10	Oakton	14.14	13.65	9	
38 Faour, Nadia	12	Potomac Falls	13.67	13.66	7	
39 Dubose, Aniya	12	Banneker High School	13.61	13.70	6	
40 Acosta, Catarina	9	West Springfield	14.26	13.71	10	
41 Farmer, Gabrielle	12	West Potomac	13.62	13.75	6	
42 Van Meter, Christina	11	West Springfield	14.07	13.77	9	
43 Dickson, Danielle	10	W.T. Woodson	14.14	13.78	9	
44 Crockett, Kelanie	12	Patriot High School	13.57	13.79	6	
45 Schourek, Candace	11	W.T. Woodson	13.60	x13.80	6	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women 100 Meter Dash)**

Name	Yr	School	Seed	Finals	H#	Points
46	Gunn, Sydney	10	Quince Orchard High School	13.30	13.86	4
47	Stoute, Alisha	9	Stone Bridge	13.90	13.88	8
48	Sanchez, Doraliz	9	Mount Vernon	14.19	13.91	9
49	Bush, Kendra	FR	Chantilly HS	14.05	x13.93	8
50	Ding, Tammy	9	Thomas Jefferson S&T	14.36	13.95	10
51	Kincaid, Sarah	11	Riverside High School	13.47	14.11	5
52	Yang, Mia	10	Thomas Jefferson S&T	15.03	14.27	11
53	Kamobaya, Valencia		Manassas Park	14.80	14.28	10
54	Morton, Lexi	12	Tuscarora High School (Va)	14.30	14.30	10
55	Josties, Jordan	11	Tuscarora High School (Va)	14.50	14.54	10
56	Reyes, Kaisly	9	Mount Vernon	15.66	14.56	11
57	Slater, Sophie	11	Walt Whitman High School	13.90	14.79	8
58	Schebish, Elizabeth	9	Centreville	15.29	14.94	11
59	Yadav, Pratistha	JR	Chantilly HS	14.88	x15.02	11
60	Kargbo, Fauzah	9	Annandale	15.37	15.62	11
61	Ellis, Faith	9	Centreville	16.43	15.85	11

Women 200 Meter Dash

XBC Meet: 24.42 M 4/26/2008 Olivia Ekpone, Thomas Wootton

VA 6A State: 25.55 !

VA 5A State: 25.68 *

6A North Reg: 26.24 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1	Lawson, Alexandra	11	Fairfax	25.15	25.07 !	1 10
2	Wong, Angelique	12	Rockville HS	26.11	25.34 !	1 8
3	McCall, Trinity	10	Fairfax	26.07	25.35 !	1 6
4	Johnson, Jordan	12	Rock Ridge HS	25.99	25.89 @	1 4
5	Demby, Justice	10	Patriot High School	26.30	26.17 @	2 2
6	Kiss, Nava	12	W.T. Woodson	26.54	26.17 @	2 1
7	Simmon, Kennedy		Rock Ridge HS	26.19	26.53	1
8	Walker, Fredericka	9	Westfield	27.36	26.67	3
9	Snell, Bria	11	Banneker High School	25.41	26.72	1
10	Linville, Melody	10	Yorktown	26.60	27.00	2
11	Thomas, Madison		Rock Ridge HS	27.70	x27.03	5
12	Maurice, Hilary	10	Manassas Park	27.36	27.08	3
13	Lee, Anabelle R	11	George C. Marshall	27.29	27.16	3
14	Leon Ledezma, Valentina	12	Mount Vernon	27.05	27.17	3
15	Wright, Jade	10	Rock Ridge HS	26.75	x27.26	2
16	May, Acacia	SO	Edison High School	27.60	27.51	4
17	Lobo, Ariela	11	Eastern View High School	27.77	27.55	5
18	Henry, Nazareth	12	Battlefield	27.63	27.66	4
19	Miranda, Jalicia	10	Eastern View High School	27.32	27.67	3
20	Deans, Jasmine	10	Stone Bridge	28.09	27.67	6
21	Mackey, Danae	9	West Potomac	28.40	27.70	7
22	Carter-Ogden, Ruby	SO	Chantilly HS	29.01	27.75	8
23	Berliner, Isabella A	11	George C. Marshall	28.58	27.83	7
24	Glenn, Kamryn	9	Patriot High School	28.06	27.86	6
25	Baumgartner, Alexis	FR	Edison High School	27.81	27.94	5
26	Marin, Addie	10	The Potomac School	28.09	27.97	6
27	Wong, Atira	10	Rockville HS	29.20	28.01	9

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women 200 Meter Dash)**

Name	Yr	School	Seed	Finals	H#	Points
28 Landy, Leeza	10	Walt Whitman High School	26.94	28.01	3	
29 Bethel, Anna	11	Stone Bridge	28.14	28.09	6	
30 Check, Isabella	10	Yorktown	28.14	28.16	6	
31 Carter-Ogden, Nyla	SO	Chantilly HS	28.84	28.24	7	
32 Frank, Maddie	11	Walt Whitman High School	27.51	28.33	4	
33 Schourek, Candace	11	W.T. Woodson	27.73	28.38	5	
34 Bass, Yukorah	9	Riverside High School	28.00	28.44	5	
35 Van Meter, Christina	11	West Springfield	28.81	28.48	7	
36 Sanchez, Doraliz	9	Mount Vernon	28.96	28.63	8	
37 Jones, Claire	SO	Chantilly HS	29.90	x28.63	10	
38 Cooper, Emera	FR	Chantilly HS		x28.69	11	
39 Bikim, Arianecain	9	Quince Orchard High School	27.70	28.70	4	
40 Bush, Kendra	FR	Chantilly HS	29.97	x28.74	10	
41 Hamilton, Kristen A	11	George C. Marshall		x28.83	2	
42 Stankich, Rachel	11	Manassas Park	29.76	29.06	9	
43 Yao Ahouefa, Siby	10	Riverside High School	28.20	29.10	6	
44 James, Christina	10	Westfield	27.71	29.17	5	
45 Kyle, Danejah	9	Quince Orchard High School	27.70	29.22	4	
46 Milian Guerrero, Janice	12	Annandale	28.88	29.23	8	
47 Aronhime, Caroline	SO	Chantilly HS	28.50	x29.23	7	
48 Forrester, Elizabeth	11	Centreville	29.12	29.28	8	
49 Acosta, Catarina	9	West Springfield	29.92	29.32	10	
50 Young, Alina	12	West Potomac	29.10	29.34	8	
51 Dubose, Aniya	12	Banneker High School	27.47	29.58	4	
52 Klevenhagen, Anna	10	Tuscarora High School (Va)	29.46	29.66	9	
53 Owusu, Josie	11	Potomac Falls	30.14	29.85	10	
54 Shea-Engratt, Nicole	11	Tuscarora High School (Va)	29.26	30.16	9	
55 Ding, Tammy	9	Thomas Jefferson S&T	30.61	30.23	10	
56 Weinreich, Tess	9	The Potomac School	31.58	30.66	11	
57 Cliff, Lindsey	9	Oakton	29.87	31.26	9	
58 Weissenbock, Elena-Marie	10	Oakton	29.26	31.29	9	
59 Kim, Angela	12	Annandale	30.00	31.86	10	
60 Ellis, Faith	9	Centreville	30.94	33.50	11	

Women 400 Meter Dash

XBC Meet: 57.59 M 4/28/2018 Catherine Hyman, The Potomac School

VA 6A State: 58.33 !

VA 5A State: 58.13 *

6A North Reg: 1:00.06 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Hyman, Catherine	10	The Potomac School	59.00	57.59 M	1	10
2 Bir, Grace E	10	George C. Marshall	58.20	58.50 @	1	8
3 Copeland, Kayla	12	Stone Bridge	59.68	59.06 @	1	6
4 Lawson, Alexandra	11	Fairfax	1:02.47	59.81 @	3	4
5 Walker, Fredericka	9	Westfield	1:00.02	1:00.09	2	2
6 Henry, Nazareth	12	Battlefield	1:02.10	1:00.80	3	1
7 Banks, Mackenzie	10	Stonewall Jackson (Manassas)	57.60	1:00.82	1	
8 Fitzsimon, Bridget	12	Paul VI Catholic	58.32	1:00.85	1	
9 Cummings, Malieka	12	W.T. Woodson	1:02.00	1:01.34	3	
10 McDonald, Breanna	11	Walt Whitman High School	1:00.00	1:01.80	2	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women 400 Meter Dash)**

Name	Yr	School	Seed	Finals	H#	Points
11 Hathaway, Paige	12	Episcopal	1:03.99	1:02.35	5	
12 Leon Ledezma, Valentina	12	Mount Vernon	1:03.02	1:02.82	4	
13 Rivera, Natasha	9	Battlefield	1:01.74	1:02.86	3	
14 Carter-Ogden, Ruby	SO	Chantilly HS	1:02.11	1:03.03	3	
15 Vazquez, Sierra	9	Battlefield	1:03.84	x1:03.22	4	
16 Carter-Ogden, Nyla	SO	Chantilly HS	1:02.07	1:03.77	3	
17 Simmons, Regan	9	Episcopal	1:04.00	1:03.77	5	
18 Henshaw, Madilyn	10	Yorktown	1:06.24	1:03.78	6	
19 Nyamekye, Jessica	9	Mount Vernon	1:06.64	1:04.28	7	
20 Khurana, Saachi	11	Oakton	1:03.48	1:04.32	4	
21 Smith, Siena	10	Walt Whitman High School	1:03.60	1:04.81	4	
22 Woodrum, Emma	9	J.E.B. Stuart	1:01.00	1:05.44	2	
23 Lazard, Kelsey	10	Annandale	1:05.13	1:05.50	6	
24 Smith, Brittany	12	Riverside High School	1:07.74	1:05.73	7	
25 Houston, Zaida	FR	Edison High School	1:07.43	1:05.94	7	
26 Fieser, Amelie	10	Riverside High School	1:07.70	1:05.96	7	
27 Dunaway, Corynne	9	Patriot High School	1:07.81	1:05.97	7	
28 Shea-Engratt, Lauren	10	Tuscarora High School (Va)	1:04.03	1:06.00	5	
29 Brennan, Olivia	12	W.T. Woodson	1:05.00	1:06.21	5	
30 Stankich, Rachel	11	Manassas Park	1:05.03	1:06.22	6	
31 ylagan, jillian	10	West Potomac	1:06.00	1:06.41	6	
32 Hogan, Beth	10	Paul VI Catholic	1:04.18	1:06.84	5	
33 Green, Meredith	FR	Chantilly HS	1:07.99	x1:07.41	8	
34 Forrester, Elizabeth	11	Centreville	1:05.99	1:07.44	6	
35 Snell, Bria	11	Banneker High School		1:07.69	9	
36 Lopez, Makayla	11	Annandale	1:01.00	1:08.68	2	
37 Boyd, Brynna	SO	Edison High School	1:09.36	1:09.29	8	
38 Latino, Gabby	9	Oakton	1:05.56	1:09.35	6	
39 Olia, Kaitlyn	9	Potomac Falls	1:10.76	1:09.84	9	
40 Walsh, Fiona	9	West Potomac	1:10.99	1:10.24	9	
41 Doherty, Kelly	9	Eastern View High School	1:11.55	1:10.84	9	
42 Kamobaya, Clare	10	Manassas Park	1:08.97	1:12.06	8	
43 Jean, Trinity	11	Quince Orchard High School	1:10.00	1:15.91	8	

Women 800 Meter Run

XBC Meet: 2:13.44 M 4/27/2013 Ellison Grove, Battlefield

VA 6A State: 2:16.64 !

VA 5A State: 2:20.74 *

6A North Reg: 2:20.27 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Eidson, Grace	12	W.T. Woodson	2:25.75	2:22.23	1	10
2 Schaefer, Ann Marie	11	W.T. Woodson	2:23.74	2:22.37	1	8
3 McDonald, Breanna	11	Walt Whitman High School		2:22.87	1	6
4 Bardach, Natalie M	11	George C. Marshall	2:24.88	2:23.12	1	4
5 Tran, Chloe	12	Fairfax	2:24.73	2:24.64	1	2
6 Burrell, Elizabeth	10	Patriot High School	2:27.44	2:26.49	1	1
7 Yentz, Hailey	9	Patriot High School	2:28.84	2:26.85	1	
8 Morris, Isabel	12	The Potomac School	2:30.47	2:28.65	2	
9 Cantrell, Jessica	11	Broadway	2:24.49	2:28.90	1	
10 Banks, Mackenzie	10	Stonewall Jackson (Manassas)	2:28.06	2:30.13	1	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women 800 Meter Run)**

Name	Yr	School	Seed	Finals	H#	Points
11 Muller, Suzie	10	Stone Bridge	2:21.84	2:30.14	1	
12 Jenkins, Riley	12	Westfield	2:27.47	2:30.83	1	
13 Russell, Katherine O	11	Tuscarora High School (Va)	2:32.50	2:31.93	2	
14 Wingate, Ashleigh	9	Battlefield	2:33.46	2:32.73	2	
15 Drojinsky, Nedezha	11	Annandale	2:31.80	2:34.16	2	
16 Blake, Courtland	11	Tuscarora High School (Va)	2:30.52	2:34.27	2	
17 Mogensen, Kelly	12	Potomac Falls	2:33.00	2:35.60	2	
18 Agostini, Kaitlyn	11	Stonewall Jackson (Manassas)	2:36.64	2:36.13	3	
19 Ferguson, Mackenzie	10	Quince Orchard High School	2:38.00	2:36.57	3	
20 Gibson, Megan		Tuscarora High School (Va)	2:32.00	x2:37.35	2	
21 Wu, Elizabeth	FR	Chantilly HS	2:40.00	2:37.95	3	
22 DuCharme, Naomi	12	W.T. Woodson	2:29.52	x2:39.30	2	
23 Zhang, Izzy	10	The Potomac School	2:38.00	2:39.35	3	
24 Sklaire, Elizabeth	10	Walt Whitman High School	2:28.87	2:39.63	1	
25 Murray, Gaby	10	Westfield	2:33.31	2:40.72	2	
26 Gay, Amelia	12	Potomac Falls	2:40.00	2:40.87	3	
27 Soyster-Heinz, Sloan	11	Fairfax	2:35.40	2:40.89	2	
28 Nyborg, Natalie	11	Quince Orchard High School	2:30.00	2:41.26	2	
29 Cao-Dao, Vivian	SO	Chantilly HS	2:45.35	2:42.69	4	
30 Ginger, Kenzie	10	Battlefield	2:37.15	2:42.75	3	
31 Anderson, Michaila	10	Riverside High School	2:30.76	2:42.79	2	
32 Mackey, Kirin	9	T.C. Williams High School	2:38.00	2:43.55	3	
33 Saadvandi, Tess	11	West Springfield	2:46.24	2:44.10	4	
34 James, Sophia	11	Riverside High School	2:30.25	2:44.12	2	
35 Nguyen, Cynthia	10	Annandale	2:43.04	2:44.56	4	
36 O'Cadiz, Emiko	10	J.E.B. Stuart	2:35.70	2:45.61	2	
37 Kennedy, Tatiana A	12	George C. Marshall	2:42.30	2:47.01	4	
38 Culver, Mattison	SO	Chantilly HS	2:40.00	x2:47.56	3	
39 Fonseca, Trisha	12	Mount Vernon	2:43.45	2:48.43	4	
40 Hutcheson, Larissa	11	Mount Vernon	2:39.00	2:48.52	3	
41 Doyle, Rachel	9	Stone Bridge	2:49.05	2:49.35	4	
42 Harrity, Jordan	9	Centreville	2:51.87	2:49.62	4	
43 Hogg, Isabel	12	West Springfield	2:42.24	2:50.39	3	
44 Carey, Elise	11	J.E.B. Stuart	2:39.86	2:51.18	3	
45 Tong, Margaret	9	Oakton	2:53.07	2:53.83	4	
46 Van Oort, Jersey	10	Manassas Park	2:56.91	2:56.18	4	
47 Karstetter, Kaily	12	Eastern View High School	2:58.37	3:05.74	4	
48 Klein, Erin	SO	Edison High School	2:37.40	3:06.41	3	
49 Ulmer, Madeline	10	T.C. Williams High School	3:05.00	3:18.91	4	

Women 1600 Meter Run

XBC Meet: 5:00.50 M 4/27/2013 Kendall Cowne, Chantilly HS

VA 6A State: 5:07.21 !

VA 5A State: 5:20.24 *

6A North Reg: 5:15.69 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Re, Nicole	JR	Chantilly HS	5:13.42	5:09.64 @	1	10
2 Holt, Ashley	12	George C. Marshall	5:14.29	5:15.26 @	1	8
3 Yentz, Lindsay	12	Patriot High School	5:06.02	5:16.58 *	1	6
4 Cantrell, Jessica	11	Broadway	5:17.58	5:17.70 *	1	4

2018 Cassel's XBC Track Experience - 4/28/2018

Results

Finals ... (Women 1600 Meter Run)

Name	Yr	School	Seed	Finals	H#	Points
5 Graves, Emily	10	Patriot High School	5:24.85	5:17.80 *	1	2
6 Oliver, Maddy	10	Trinity School at Meadow View	5:28.72	5:21.59	1	1
7 Sajonia, Isabelle	12	Quince Orchard High School	5:20.17	5:21.84	1	
8 Muller, Suzie	10	Stone Bridge	5:20.21	5:24.90	1	
9 Daniels, Sarah	SR	Lake Braddock	5:30.00	5:25.63	1	
10 Fowler, Paige	10	W.T. Woodson	5:41.00	5:34.12	2	
11 Henson Vendrell, Raphaella	12	Paul VI Catholic	5:37.45	5:35.87	2	
12 Szabos, Sydney	10	Thomas Jefferson S&T	5:23.55	5:36.93	1	
13 Willey, Jacqueline	12	W.T. Woodson	5:37.06	5:37.14	2	
14 Heaton, Helen	11	West Springfield	5:33.84	5:38.31	2	
15 Whitehouse, Catherine	11	Yorktown	5:35.24	5:38.90	2	
16 West, Katie	10	Tuscarora High School (Va)	5:31.95	5:39.43	1	
17 Seaward, Haley	11	West Springfield	5:34.24	5:39.69	2	
18 Luther, Kelsey	11	Stonewall Jackson (Manassas)	5:22.68	5:40.71	1	
19 Nyborg, Natalie	11	Quince Orchard High School	5:37.99	5:41.82	2	
20 Wu, Elizabeth	FR	Chantilly HS	5:43.35	5:44.19	2	
21 Sklaire, Elizabeth	10	Walt Whitman High School		5:44.34	1	
22 Tunador, Maya	10	Tuscarora High School (Va)	5:30.64	5:45.83	1	
23 O'Cadiz, Emiko	10	J.E.B. Stuart	5:37.15	5:48.17	2	
24 Landefeld, Savannah	12	Yorktown	6:01.36	5:48.19	4	
25 Gilyard, Kirstyn	11	Eastern View High School	5:35.43	5:48.30	2	
26 Graser, Claire	11	Battlefield	5:41.51	5:48.47	2	
27 Dickenson, Rachael	12	Westfield	5:39.14	5:49.58	2	
28 Dhue, Helen	11	Oakton	5:52.64	5:50.33	3	
29 Baxter-Gagen, Kayleigh	12	Fairfax	5:52.30	5:52.31	3	
30 Weinberg, Emmersen	10	Walt Whitman High School	5:44.15	5:52.91	2	
31 Jonathan, Justine	11	Fairfax	5:48.80	5:53.21	3	
32 Granberg, Abigail	9	Centreville	5:54.04	5:53.45	3	
33 Medearis, Eliza	10	T.C. Williams High School	5:50.00	5:55.51	3	
34 Koon, Caroline	12	Potomac Falls	6:00.00	6:01.71	3	
35 Mackey, Kirin	9	T.C. Williams High School	5:50.00	6:01.92	3	
36 Johnson, Sarah	10	Riverside High School	5:59.41	6:02.94	3	
37 Menchavez, Sarah	10	Riverside High School	5:56.49	6:05.00	3	
38 Culver, Mattison	SO	Chantilly HS	6:04.16	x6:05.40	4	
39 Smith, Windsor	10	The Potomac School	6:03.58	6:06.38	4	
40 Treadwell, Noelle	10	Stone Bridge	6:15.57	6:07.10	4	
41 Lee, Jessica	12	Centreville	6:11.89	6:07.57	4	
42 Phillips, Paige	JR	Edison High School	6:22.91	6:10.55	4	
43 Fagerstrom, Kerstin	10	Trinity School at Meadow View	6:00.17	6:10.63	3	
44 Schlechty, Abigail R	11	George C. Marshall	6:08.93	6:11.81	4	
45 Guerrero, Adrianna	JR	Edison High School	6:00.56	6:13.24	3	
46 Ginger, Kenzie	10	Battlefield	5:48.73	6:13.80	3	
47 Zydallis, Gaby	9	Potomac Falls	6:00.00	6:14.03	3	
48 Du, Michelle	10	Thomas Jefferson S&T	6:11.43	6:17.26	4	
49 Phillips, Nicole	10	Westfield	6:01.14	6:39.56	4	
50 Smith, Lindsey	JR	Edison High School	6:45.00	x7:00.32	4	
51 Eichenauer, Martha	11	The Potomac School	6:40.00	7:04.75	4	
52 Dejesus, Dayanette	12	Mount Vernon	7:49.00	7:08.07	4	
53 Kelley, Mikiah	10	Mount Vernon		7:27.35	4	

2018 Cassel's XBC Track Experience - 4/28/2018

Results

Women 3200 Meter Run

XBC Meet: 10:42.08 M 4/30/2016 Katherine Treanor, Georgetown Day

VA 6A State: 11:13.14 !

VA 5A State: 11:37.99 *

6A North Reg: 11:32.62 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Wolcott, Emma	12	Tuscarora High School (Va)	10:39.63	10:48.41 !	1	10
2 Hassebrock, Ava	11	Tuscarora High School (Va)	11:05.91	10:48.61 !	1	8
3 Yentz, Lindsay	12	Patriot High School	11:00.37	10:49.63 !	1	6
4 Graves, Emily	10	Patriot High School	11:20.49	11:08.95 !	1	4
5 Sajonia, Isabelle	12	Quince Orchard High School	11:43.26	11:24.30 @	1	2
6 Cromley, Lena	11	T.C. Williams High School	11:25.91	11:27.13 @	1	1
7 Pando, Naylle	11	W.T. Woodson	11:38.69	11:29.59 @	1	
8 Naughton-Rockwell, Tessa	11	T.C. Williams High School	11:43.84	11:36.77 *	1	
9 Wigle, Kayla	SR	Chantilly HS	11:46.08	11:40.10	1	
10 McKinstry, Camilla	9	Centreville	12:12.51	11:44.61	2	
11 Hunt, Emma		Tuscarora High School (Va)	11:53.00	x11:48.12	2	
12 Eidson, Grace	12	W.T. Woodson	11:56.60	11:55.40	2	
13 Manning, Nicole	12	The Potomac School	12:30.00	11:56.11	2	
14 Gould, Sarah		Tuscarora High School (Va)	11:36.00	x11:58.22	1	
15 Thurneysen, Ellie	10	Paul VI Catholic	11:41.40	12:00.41	1	
16 Lilyestrom, Margaret	11	Quince Orchard High School	12:22.00	12:07.61	2	
17 Szabos, Sydney	10	Thomas Jefferson S&T	11:39.77	12:09.70	1	
18 Haug, Julia	SR	Chantilly HS	12:06.00	12:11.07	2	
19 Hawkins, Anya	12	West Springfield	12:02.24	12:15.95	2	
20 Gilyard, Kirstyn	11	Eastern View High School	12:04.37	12:22.09	2	
21 Graser, Claire	11	Battlefield	12:05.27	12:34.22	2	
22 Covey, Margaret	12	Thomas Jefferson S&T	12:05.87	12:34.77	2	
23 Olia, Erin	11	Potomac Falls	11:50.17	12:39.42	2	
24 Brady, Shea	12	Potomac Falls	12:37.24	12:39.67	2	
25 Smythers, Lauren	9	Yorktown	13:03.02	12:39.95	3	
26 Phelps, Emma	11	Oakton	13:22.88	12:40.37	3	
27 Woodhouse, Rebecca	12	Oakton	12:25.09	12:50.68	2	
28 Thorpe, Madison	10	Battlefield	12:38.16	12:55.49	2	
29 Jarvie, Olivia	10	Riverside High School	12:40.22	12:55.60	3	
30 Fuller, Rachel	10	Riverside High School	12:40.00	13:04.35	3	
31 Lindahl, Erika	10	Westfield	12:39.71	13:07.44	2	
32 Duba, Summer	12	Westfield	12:57.01	13:18.31	3	
33 Griffen, Sonia	11	The Potomac School	13:32.92	13:33.18	3	
34 Tellen, Cierra	9	Centreville	14:42.29	13:34.83	3	
35 Craig, Allison	9	Yorktown	14:21.24	14:14.18	3	
36 Nolan, Eileen		George C. Marshall	13:40.00	14:27.05	3	
37 Buford, Lauren	10	J.E.B. Stuart	13:59.32	15:15.63	3	
--- Egerson, Ashley		Eastern View High School		DNF	3	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Women 100 Meter Hurdles**

XBC Meet: 15.10 M 4/28/2012 Meghan Jean-baptiste, Oakton
VA 6A State: 15.20 !
VA 5A State: 15.49 *
6A North Reg: 16.40 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Barnes, Natalie	11	Stone Bridge	14.97	15.32 *	1	10
2 Dirkse, Michelle G	12	George C. Marshall	16.17	15.77 @	1	8
3 Rice, Zoe	12	Stone Bridge	15.95	16.17 @	1	6
4 Brookman-Amisshah, Denise	11	Patriot High School	16.09	16.30 @	1	4
5 Lin, Ashley	12	Thomas Jefferson S&T	16.44	16.58	2	2
6 Moseley, Madison	11	Patriot High School	15.69	16.79	1	1
7 Jones, Kayla	11	Battlefield	16.45	16.81	2	
8 Cassata, Bridget	10	W.T. Woodson	16.73	16.89	2	
9 Soumahro, Jenay	SO	Chantilly HS	18.06	16.96	3	
10 Bochkova, Jacqueline	11	Fairfax	17.66	17.50	3	
11 Eby, Ashlyn	11	Paul VI Catholic	17.67	17.50	3	
12 Hunt, Hannah	10	Oakton	19.66	17.54	6	
13 Olsen, Katarina	9	Yorktown	17.98	17.67	3	
14 Barbero, Marissa	SO	Chantilly HS	18.00	17.76	3	
15 Peacock, Isis	11	W.T. Woodson	17.67	17.83	3	
16 Kjorness, Ashley	12	Mount Vernon	16.74	17.86	2	
17 Headley, Georgia	10	Walt Whitman High School	18.38	17.91	4	
18 Gardner, Kamoni	11	Battlefield	18.14	18.08	4	
19 Hougaard, Anna	9	Oakton	19.16	18.52	5	
20 Huynh, Nali	11	Thomas Jefferson S&T	18.36	18.60	4	
21 Slater, Sophie	11	Walt Whitman High School	18.34	18.66	4	
22 Lanser, Juliette	11	West Springfield	17.34	18.69	2	
23 Holz, Sarah	12	Potomac Falls	18.83	18.84	5	
24 Odom, Emma	12	Centreville	19.43	19.21	6	
25 DuBois, Rebecca	10	Paul VI Catholic	19.49	19.30	6	
26 Dear, Grace	10	Quince Orchard High School	18.50	19.54	4	
27 Kim, Taylor	12	Westfield	19.11	19.70	5	
28 Lagura, Hanna	12	Westfield	18.94	19.82	5	
29 Allache, Laetitia	10	J.E.B. Stuart	20.75	20.80	6	
30 Endersbee, Lauren	11	Riverside High School	18.92	20.98	5	
31 Ice, Madeline	10	George C. Marshall	21.88	21.00	7	
32 Walthall, Ashley	9	Mount Vernon		22.88	7	

Women 300 Meter Hurdles

XBC Meet: 45.14 M 4/28/2007 Jasmine Jones, Hayfield
VA 6A State: 45.75 !
VA 5A State: 47.13 *
6A North Reg: 48.50 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Lawson, Alexandra	11	Fairfax	45.44	45.88 *	1	10
2 Barnes, Natalie	11	Stone Bridge	46.33	46.19 *	1	8
3 Brookman-Amisshah, Denise	11	Patriot High School	48.48	48.46 @	1	6
4 Otete, Dhiambi	JR	Edison High School	48.91	49.13	2	4
5 Hart, Brianna	12	Fairfax	48.18	49.24	1	2

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women 300 Meter Hurdles)**

Name	Yr	School	Seed	Finals	H#	Points
6 Thomas, Alana	10	J.E.B. Stuart	48.55	49.94	1	1
7 Soumahro, Jenay	SO	Chantilly HS	49.97	50.16	2	
8 Tinsley, Ayonah	9	Westfield	50.22	50.19	2	
9 Ajibola, Stephanie	10	Westfield	50.81	50.40	3	
10 Dirkse, Michelle G	12	George C. Marshall	47.98	50.61	1	
11 Olsen, Katarina	9	Yorktown	49.76	50.72	2	
12 Keeling, Mackenzie	10	Stone Bridge	52.90	51.69	4	
13 Barbero, Marissa	SO	Chantilly HS	54.96	51.95	5	
14 Aronhime, Caroline	SO	Chantilly HS	53.43	x52.26	4	
15 Headley, Georgia	10	Walt Whitman High School	53.25	52.28	4	
16 Hutson, Danyale	12	W.T. Woodson	49.81	52.32	2	
17 Kjorness, Ashley	12	Mount Vernon	50.22	52.57	2	
18 Lanser, Juliette	11	West Springfield	50.68	52.67	3	
19 Dear, Grace	10	Quince Orchard High School	54.20	53.23	5	
20 Jones, Kayla	11	Battlefield	52.57	53.38	3	
21 Chan, Allison	11	West Potomac	52.48	53.44	3	
22 Hascall, Alex	10	West Potomac	53.48	53.90	4	
23 Gorsky, Danielle	10	Tuscarora High School (Va)	52.92	53.99	4	
24 Herzog, Hannah	11	Paul VI Catholic	52.44	54.19	3	
25 Slater, Sophie	11	Walt Whitman High School	53.89	54.23	5	
26 Huynh, Nali	11	Thomas Jefferson S&T	55.05	54.30	6	
27 Gardner, Kamoni	11	Battlefield	53.64	54.50	5	
28 Green, Meredith	FR	Chantilly HS	57.90	x54.80	7	
29 Johnson, Caroline	11	Tuscarora High School (Va)	54.91	54.92	5	
30 Allache, Laeticia	10	J.E.B. Stuart	53.70	55.26	5	
31 Unruh, Anna	11	W.T. Woodson	57.24	55.42	6	
32 Oskoui, Elizabeth	9	The Potomac School	55.48	55.46	6	
33 Hougaard, Anna	9	Oakton	58.12	55.58	7	
34 Harris, Trinity	10	Riverside High School	56.64	57.56	6	
35 Juliana, Passy		Riverside High School	58.54	58.00	7	
36 Ice, Madeline	10	George C. Marshall	56.39	58.99	6	
37 Olia, Kaitlyn	9	Potomac Falls	1:03.04	1:04.81	7	

Women 4x100 Meter Relay

XBC Meet: 49.27 M 4/29/2006 Brown, Woodard, Owens, Scott, Dunbar HS

DeAnna Brown, Eris Woodard, Virginia Owens, Marily

VA 6A State: 49.09 !

VA 5A State: 49.42 *

6A North Reg: 51.07 @

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Rock Ridge HS	A	50.20	49.47 @	1	10
1) Thomas, Madison	2) Johnson, Jordan 12	3) Wright, Jade 10	4) Simmon, Kennedy		
2 W.T. Woodson	A	50.82	50.64 @	1	8
1) Kiss, Nava 12	2) Silkowitz, Jesse	3) Schourek, Candace 11	4) Hutson, Danyale 12		
3 Eastern View High School	A	51.38	51.05 @	1	6
1) Robinson, Ariel 10	2) Lobo, Ariela 11	3) Miranda, Jاليا 10	4) Lee, Micah 10		
4 Battlefield	A	52.59	51.42	2	4
1) Brown, Kelsey 12	2) Kimbrough, Taylor 11	3) Henry, Nazareth 12	4) Jones, Kayla 11		
5 Edison High School	A	52.50	52.69	2	2
1) Baumgartner, Alexis FR	2) Otete, Dhiambi JR	3) Ogork, Alessa JR	4) May, Acacia SO		

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women 4x100 Meter Relay)**

Team	Relay	Seed	Finals	H#	Points
6 Riverside High School 1) Yao Ahouefa, Siby 10	A 2) Bass, Yukorah 9	53.65	53.61	2	1
7 Westfield 1) Allensworth, Lorena 11	A 2) Lavenhouse, Trinity 12	56.90	53.61	3	
8 Stone Bridge 1) Bethel, Anna 11	A 2) Stoute, Alisha 9	53.15	53.73	2	
9 Mount Vernon 1) Sanchez, Doraliz 9	A 2) Nyamekye, Jessica 9	55.43	53.80	3	
10 Annandale 1) Lopez, Makayla 11	A 2) Campbell, Kayla 10	53.06	53.82	2	
11 Walt Whitman High School 1) Frank, Maddie 11	A 2) Slater, Sophie 11	56.46	55.02	3	
12 Tuscarora High School (Va) 1) Morton, Lexi 12	A 2) Howorth, Sarah 12		55.86	3	
13 Potomac Falls 1) Faour, Nadia 12	A 2) Owusu, Josie 11	56.72	57.15	3	
14 Quince Orchard High School 1) Jean, Trinity 11	A 2) Kyle, Danejah 9	52.00	1:01.44	1	
--- Patriot High School 1) Brookman-Amisshah, Denise	A 2) Glenn, Kamryn 9	52.36	DQ	1	
			4) Demby, Justice 10		

Women 4x400 Meter Relay

XBC Meet: 4:04.54 M 4/28/2007 Northwest High School, Northwest
K Aherne, T Okusaga, K Porter, B Stinner

VA 6A State: 3:59.55 !

VA 5A State: 4:02.74 *

6A North Reg: 4:09.94 @

Team	Relay	Seed	Finals	Points
Finals				
1 Chantilly HS 1) Carter-Ogden, Ruby SO	A 2) Soumahro, Jenay SO	4:11.00	4:10.32	10
2 Battlefield 1) Wingate, Ashleigh 9	A 2) Vazquez, Sierra 9	4:42.89	4:10.64	8
3 W.T. Woodson 1) Greening, Allison 9	A 2) Gilligan, Tara 9	4:17.56	4:13.95	6
4 Walt Whitman High School 1) Smith, Siena 10	A 2) Frank, Maddie 11	4:23.80	4:16.58	4
5 Eastern View High School 1) Roberts, Samantha 10	A 2) Robinson, Aariel 10	4:31.90	4:22.50	2
6 Tuscarora High School (Va) 1) Shea-Engratt, Lauren 10	A 2) Johnson, Caroline 11	4:30.16	4:24.76	1
7 Patriot High School 1) Burrell, Elizabeth 10	A 2) Dunaway, Corynne 9	4:25.30	4:26.93	
8 Riverside High School 1) Fieser, Amelie 10	A 2) Smith, Brittany 12	4:39.54	4:35.54	
9 Mount Vernon 1) Fonseca, Trisha 12	A 2) Kjorness, Ashley 12	4:24.61	4:35.77	
			3) Leon Ledezma, Valentina 124) Hutcheson, Larissa 11	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Women 4x800 Meter Relay**

XBC Meet: 9:27.95 M 4/25/2015 Patriot, Patriot
C Garcia, R McArthur, S Biber, C Jones

VA 6A State: 9:33.83 !

VA 5A State: 9:49.63 *

6A North Reg: 9:53.77 @

Team	Relay	Seed	Finals	Points
Finals				
1 Tuscarora High School (Va)	A	10:27.41	10:05.41	10
1) Carrigan, Elizabeth 9	2) Wolcott, Emma 12	3) Tunador, Maya 10	4) Hassebrock, Ava 11	
2 Paul VI Catholic	A	9:59.81	10:19.56	8
	2) Hogan, Beth 10		4) Thurneysen, Ellie 10	
3 Fairfax	A	10:18.30	10:25.26	6
1) Soyster-Heinz, Sloan 11	2) Meade, Kate 11	3) Tran, Chloe 12	4) Baxter-Gagen, Kayleigh 12	
4 Walt Whitman High School	A	10:01.50	10:34.34	4
1) McDonald, Breanna 11	2) Sklaire, Elizabeth 10	3) Ashley, Shanthi 11	4) Widra, Nicole 9	
5 Edison High School	A	10:38.49	10:35.33	2
1) Klein, Erin SO	2) Guerrero, Alexis JR	3) Nasse, Abigail FR	4) Nelson, Olivia SO	
6 W.T. Woodson	A	10:15.00	10:42.69	1
1) Brennan, Olivia 12	2) Greening, Allison 9	3) Peterson, Josie 11	4) Weiss, Samantha 11	
7 Potomac Falls	A	10:39.78	10:45.56	
1) Olia, Erin 11	2) Brady, Shea 12	3) Means, Tyler 11	4) Mogensen, Kelly 12	
8 West Springfield	A	10:35.24	11:09.52	
1) Smith, Kyrsten 11	2) Pepper, Anna 9	3) Coleman, Taylor 9	4) Lermo, Leslie 12	
9 Riverside High School	A	10:45.93	11:19.83	
1) James, Sophia 11	2) Anderson, Michaila 10	3) Fuller, Rachel 10	4) Menchavez, Sarah 10	
10 Thomas Jefferson S&T	A	11:06.53	11:32.90	
1) Covey, Margaret 12	2) Xu, Hanna 11	3) Du, Michelle 10	4) Evanisko, Sophia 9	
11 Mount Vernon	A		11:40.80	
1) Fonseca, Trisha 12	2) Walthall, Ashley 9	3) Hutcheson, Larissa 11	4) Dejesus, Dayanette 12	
12 Westfield	A	10:37.13	11:54.18	
1) Hart, Jacqueline 12	2) Choi, Eunice 10	3) Duba, Summer 12	4) Lindahl, Erika 10	
13 T.C. Williams High School	A	12:04.01	12:07.59	
1) Keum, Corinna 9	2) Medearis, Eliza 10	3) Ulmer, Madeline 10	4) Jones, Kelly 10	

Women High Jump

XBC Meet: 5-08 M 4/26/2014 Nicie Grier-spratley, Thomas Ediso

VA 6A State: 5-02 !

VA 5A State: 5-00 *

6A North Reg: 4-10 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Bacon, Cecelia	SR	Chantilly HS	5-02.00	5-04.00 !	10
2 Allamby, Josephine	JR	Chantilly HS	5-02.00	5-02.00 !	8
3 Bikim, Arianecain	9	Quince Orchard High School	4-08.00	4-10.00 @	6
4 Azcarate, Lauren	12	J.E.B. Stuart	5-00.00	J4-10.00 @	4
5 Smith, Maeve	10	Quince Orchard High School	4-08.00	4-08.00	2
6 Tinsley, Ayonnah	9	Westfield	4-08.00	J4-08.00	.50
6 Higgins, Erin	12	Stone Bridge	5-00.00	J4-08.00	.50
8 Kohler Cristofoli, Sienna	11	Stone Bridge	5-00.00	J4-08.00	
9 Rahman, Katerina	11	W.T. Woodson	4-06.00	4-06.00	
--- Van Meter, Christina	11	West Springfield	4-06.00	NH	
--- Kashynski, Miranda	10	J.E.B. Stuart	4-08.00	NH	
--- Verma, Maya	12	J.E.B. Stuart	5-04.00	NH	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women High Jump)**

Name	Yr	School	Seed	Finals	Points
--- Johnson, Simien	11	George C. Marshall	4-08.00	NH	
--- Moseley, Madison	11	Patriot High School	4-06.00	NH	
--- Brady, Shea	12	Potomac Falls	4-06.00	NH	
--- Stankich, Rachel	11	Manassas Park	4-08.00	NH	
--- Smith, Ashley	9	West Springfield	4-06.00	NH	

Women Pole Vault

XBC Meet: 11-06 M 4/26/2008 Emma Dejarnette *, Atlee
 VA 6A State: 9-09 !
 VA 5A State: 9-00 *
 6A North Reg: 8-09 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 McKay, Mary	9	John Handley	11-00.00	11-00.00 !	10
2 Luteran, Rachel	10	James W. Robinson	9-03.00	9-00.00 *	8
3 Sangare, Mariama	10	T.C. Williams High School	9-03.00	J9-00.00 *	6
4 Smith, Orah	12	Oakton	9-06.00	8-06.00	4
5 Beilein, Savannah	11	Eastern View High School	8-00.00	8-00.00	2
6 Huckabee, Isabela	11	Thomas Jefferson S&T	8-09.00	J8-00.00	1
7 Hohenstein, Ellie	12	Annandale	8-09.00	7-06.00	
8 Ogork, Alessa	JR	Edison High School	7-09.00	J7-06.00	
9 Upright, Elizabeth	10	Oakton	7-00.00	7-00.00	
9 Mercer, Sara	10	Quince Orchard High School	7-03.00	7-00.00	
9 Phillips, Maddie	10	Eastern View High School	7-06.00	7-00.00	
9 Gonzales, Virginia	9	J.E.B. Stuart		7-00.00	
9 Grady, Alexis	10	John Handley	7-09.00	7-00.00	
9 Fall, Olivia	10	James W. Robinson	7-09.00	7-00.00	
--- Aronhime, Caroline	SO	Chantilly HS	7-06.00	NH	
--- Anderson, Lauren	12	Westfield	10-06.00	NH	
--- Chadwick, Mattilyn	11	Patriot High School	7-06.00	NH	
--- Baumgartner, Alexis	FR	Edison High School	8-00.00	NH	
--- Shupp, Allison	10	Thomas Jefferson S&T	6-06.00	NH	
--- Serafin, Piper	12	Westfield	7-00.00	NH	
--- Summers, Kathleen	11	Fairfax	8-06.00	NH	
--- Johnson, Casey	10	Patriot High School	6-06.00	NH	

Women Long Jump

XBC Meet: 18-10 M 4/26/2008 Alex Oliver, St. John's Colle
 VA 6A State: 17-05 !
 VA 5A State: 16-11 *
 6A North Reg: 16-02.25 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Rice, Zoe	12	Stone Bridge	16-03.50	17-03.25 *	4 10
2 Flake, Makenzie	11	Stone Bridge	16-00.00	16-08.50 @	4 8
3 Seetoo, Emma	9	Westfield	16-05.75	16-07.25 @	4 6
4 Brookman-Amisshah, Denise	11	Patriot High School	16-06.00	16-06.50 @	4 4
5 Brown, Kelsey	12	Battlefield	17-01.75	16-05.75 @	4 2
6 Han, Alice	SR	Chantilly HS	16-06.25	16-00.00	4 1
7 Kashynski, Miranda	10	J.E.B. Stuart		15-11.00	3
8 Campbell, Asher	12	Annandale	15-04.25	15-04.50	3

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women Long Jump)**

Name	Yr	School	Seed	Finals	Points
8 Snell, Bria	11	Banneker High School	16-07.00	15-04.50	4
10 McCall, Trinity	10	Fairfax	16-10.50	15-02.25	4
11 May, Acacia	SO	Edison High School	15-00.00	15-01.75	3
11 Miranda, Jalicia	10	Eastern View High School	15-06.00	15-01.75	3
13 Mackey, Danae	9	West Potomac	14-05.00	15-01.50	3
14 Turner, Jalah	12	Battlefield	16-11.50	14-07.75	4
15 Otete, Dhiambi	JR	Edison High School	15-05.50	14-07.25	3
16 Redding, Olivia	11	Oakton	14-09.00	14-07.00	3
17 Doherty, Kelly	9	Eastern View High School	14-03.00	14-03.25	2
18 Carter-Ogden, Ruby	SO	Chantilly HS	13-04.00	14-00.75	1
19 Leon Ledezma, Valentina	12	Mount Vernon	14-04.50	14-00.50	2
20 Odom, Emma	12	Centreville	14-02.75	13-10.75	2
21 Lee, Audrey	11	Tuscarora High School (Va)	13-11.75	13-10.50	2
21 Hascall, Alex	10	West Potomac	14-03.50	13-10.50	2
23 Allensworth, Lorena	11	Westfield	13-11.50	13-10.25	2
24 Soumahro, Jenay	SO	Chantilly HS	14-04.00	x13-09.75	2
25 Faucher, Lindsey	10	Quince Orchard High School	14-02.00	13-09.25	2
26 Nahas, Danya	11	W.T. Woodson	14-05.00	13-09.00	3
27 Jones, Kristen	12	Paul VI Catholic	15-02.25	13-06.50	3
28 Frank, Maddie	11	Walt Whitman High School	14-05.00	13-06.00	3
29 Smith, Maeve	10	Quince Orchard High School	13-08.50	13-01.50	1
30 Saran, Riya M	10	George C. Marshall	12-09.50	12-11.00	1
31 Brennan, Jillian	9	W.T. Woodson	14-05.00	12-10.75	3
32 Kisslinger, Gabrielle	10	Walt Whitman High School	13-00.50	12-08.75	1
33 Niamati, Meena	10	Riverside High School	13-11.00	12-08.50	2
34 Jessica, Hom		Riverside High School		12-07.50	2
35 Courtney, Jaylen	12	Herndon	13-11.00	12-00.50	1
36 Schmitz, Olivia	11	Oakton	12-04.75	11-06.00	1
37 Hicks, Sydney		Rock Ridge HS	14-01.00	11-01.50	2
38 Fagerstrom, Kerstin	10	Trinity School at Meadow View	10-10.50	10-11.00	1
39 Weinreich, Tess	9	The Potomac School	12-11.00	1-09.50	1
--- Howorth, Sarah	12	Tuscarora High School (Va)	13-07.00	FOUL	1

Women Triple Jump

XBC Meet: 37-00.50 M 4/28/2012 Amirah Al-Bayyinah, Tuscarora-VA

VA 6A State: 37-05.75 !

VA 5A State: 35-06 *

6A North Reg: 34-06.75 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Otete, Dhiambi	JR	Edison High School	36-02.50	36-10.75 *	3 10
2 Barnes, Natalie	11	Stone Bridge	35-11.50	35-07.50 *	3 8
3 Kashynski, Miranda	10	J.E.B. Stuart	32-05.00	33-11.00	3 6
4 Flake, Makenzie	11	Stone Bridge		33-05.00	3 4
5 Turner, Jalah	12	Battlefield	35-06.00	33-00.00	3 2
6 Maurice, Hilary	10	Manassas Park	34-06.00	J33-00.00	3 1
7 Babende, Tatiana	9	Battlefield	35-05.75	32-05.50	3
8 Doherty, Kelly	9	Eastern View High School	29-06.00	29-09.75	2
9 Howorth, Sarah	12	Tuscarora High School (Va)	30-00.00	29-05.00	2
10 Lavenhouse, Trinity	12	Westfield	29-00.50	29-03.00	2
11 Hart, Brianna	12	Fairfax	29-03.50	29-02.50	2

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women Triple Jump)**

Name	Yr	School	Seed	Finals	Points
12 Hicks, Sydney		Rock Ridge HS	29-01.25	28-11.00	2
13 Faucher, Lindsey	10	Quince Orchard High School	28-02.50	28-10.50	1
14 Jones, Claire	SO	Chantilly HS	27-03.75	28-10.00	1
15 Jessica, Hom		Riverside High School		28-08.50	1
16 Moseley, Madison	11	Patriot High School	30-00.00	28-05.50	2
17 Smith, Maeve	10	Quince Orchard High School	29-01.00	28-05.00	2
18 Han, Alice	SR	Chantilly HS	28-08.00	28-03.25	1
18 Gallard, Oivia	9	Paul VI Catholic	28-03.50	28-03.25	1
20 Nahas, Danya	11	W.T. Woodson	30-02.50	28-03.00	2
21 Niamati, Meena	10	Riverside High School	29-10.00	28-00.50	2
22 DuBois, Rebecca	10	Paul VI Catholic	29-02.00	27-11.50	2
23 Barbero, Marissa	SO	Chantilly HS	29-11.00	x27-11.00	2
24 Jackson, Ahmari	12	Westfield	27-02.00	27-10.00	1
25 Jamison, Taylor	11	West Potomac	28-07.00	27-05.25	1
26 Carter-Ogden, Ruby	SO	Chantilly HS	28-09.75	x27-03.25	1
27 Miranda, Jaliccia	10	Eastern View High School	29-00.00	26-09.00	1
--- Fagerstrom, Kerstin	10	Trinity School at Meadow View		ND	1

Women Shot Put

XBC Meet: 43-00.75 M 4/30/2016 Alexis Foreman, TC Williams

VA 6A State: 36-06.25 !

VA 5A State: 34-03 *

6A North Reg: 34-01 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Higgins, Erin	12	Stone Bridge		37-03.00 !	2 10
2 Stuart, Delaney E	11	George C. Marshall	34-03.75	35-09.50 *	4 8
3 Thrasher, Tayelor	12	Westfield	39-04.00	35-00.50 *	4 6
4 Schwartz, Caitlin	12	Annandale	33-07.50	32-06.25	4 4
5 Ford, Erika	12	W.T. Woodson	33-04.00	32-04.00	4 2
6 Carlisle, Alexa	SR	Chantilly HS	34-05.50	32-01.00	4 1
7 Curlee, Kyla	11	Fairfax	34-00.00	31-06.25	4
8 Fort, Brittany	9	Battlefield	32-01.50	31-01.25	4
9 Lin, Ashley	12	Thomas Jefferson S&T	31-06.50	30-06.75	4
10 Hines, Lauren	11	Stone Bridge	30-11.50	30-03.50	4
11 Griffin, Briana	10	Patriot High School	31-01.00	30-01.50	4
12 Mensah, Christabelle	10	Patriot High School	30-11.00	29-10.00	4
13 Collins, Cemara	9	Riverside High School	32-10.50	29-07.50	4
14 Arthur, Merom	9	Battlefield	30-01.00	29-06.00	3
15 Owusu, Josie	11	Potomac Falls	27-08.00	29-05.75	3
16 Edwards, Kailey	12	Centreville	29-01.00	29-04.00	3
17 Flake, Makenzie	11	Stone Bridge	26-01.00	x28-10.75	2
18 Malay, Shravani	11	Fairfax	30-00.00	28-00.00	3
19 Cottoms, Tykia	9	Eastern View High School	29-02.00	27-04.00	3
20 Kuo, Jodie	10	The Potomac School	28-00.00	27-03.50	3
21 Hull, Jaliyah	11	Eastern View High School	28-09.50	26-05.00	3
22 Collins, Nia	9	Annandale	28-04.50	26-04.75	3
23 Marillery, Cassandra	12	Paul VI Catholic	25-07.75	25-09.50	2
24 Salmans, Clara	9	West Springfield	28-06.00	25-08.50	3
25 Howell, Tianna	12	Mount Vernon	28-01.50	25-05.00	3
26 Powers, Julia	SR	Edison High School	27-00.50	25-04.50	2

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women Shot Put)**

Name	Yr	School	Seed	Finals	Points
27	Dieng, Aida	12 Westfield	25-04.50	25-04.25	2
28	Conteh, Sento	9 W.T. Woodson	23-00.00	24-08.00	1
29	Park, Sophia	12 Yorktown	26-01.75	24-05.50	2
30	Wan, Annaliese	11 George C. Marshall	25-01.25	24-05.00	1
31	Cooper, Emera	FR Chantilly HS	25-05.00	24-03.75	2
32	Rogers, Brianna	JR Chantilly HS	26-05.75	x23-11.00	2
33	Morse, Miriam	10 Thomas Jefferson S&T	25-06.50	23-10.00	2
34	Thomas, Cora	10 Paul VI Catholic		23-07.75	1
35	Schmitz, Audrey	11 Oakton	27-05.25	23-07.00	2
36	Perkins, Jaida	10 J.E.B. Stuart	27-02.50	23-03.00	2
37	Gamez, Angelic	12 Potomac Falls	24-07.00	22-11.00	1
38	Whelan, Maura	12 Tuscarora High School (Va)	25-11.00	22-08.75	2
39	Montes, Sophia	11 Oakton	22-03.00	22-03.00	1
40	Oliver, Maddy	10 Trinity School at Meadow View	22-07.50	22-01.50	1
41	Bray, Amira	11 Tuscarora High School (Va)	24-04.00	21-08.00	1
41	Woo, Amanda	11 Manassas Park	24-08.00	21-08.00	1
43	Headley, Georgia	10 Walt Whitman High School	21-11.00	20-05.50	1
44	Battan, Emily	11 Walt Whitman High School	21-05.00	19-05.50	1
45	Bishop, Zara	9 West Potomac	20-01.00	18-08.50	1
46	Efrem, Miira	10 The Potomac School	18-09.00	18-05.50	1
47	Acheampong, Stacy	9 West Potomac	18-10.00	16-10.25	1

Women Discus Throw

XBC Meet: 128-04 M 4/30/2016 Alexis Foreman, TC Williams

VA 6A State: 110-00 !

VA 5A State: 104-07 *

6A North Reg: 96-07 @

Name	Yr	School	Seed	Finals	Points
Finals					
1	Kuo, Jodie	10 The Potomac School	109-05	103-02 @	4 10
2	Lin, Ashley	12 Thomas Jefferson S&T		101-00 @	1 8
3	Park, Sophia	12 Yorktown	93-00	98-08 @	4 6
4	Griffin, Briana	10 Patriot High School	89-04	95-00	4 4
5	Schwartz, Caitlin	12 Annandale	93-07	93-09	4 2
6	Curlee, Kyla	11 Fairfax	89-08	92-07	4 1
7	Hull, Jaliyah	11 Eastern View High School	85-10	90-09	4
8	Lenderman, Kyra	11 Stone Bridge	91-06	89-04	1
9	Gary, Sophia	12 Yorktown	88-11	87-02	4
10	Whelan, Maura	12 Tuscarora High School (Va)	90-05	86-10	4
11	Cottoms, Tykia	9 Eastern View High School	84-06	84-09	3
12	Wan, Annaliese	11 George C. Marshall	97-08	84-07	4
13	Brown, Zaraya	9 Annandale	70-06	84-04	2
14	Thomas, Cora	10 Paul VI Catholic	80-04	84-00	3
15	Dieng, Aida	12 Westfield	72-01	82-01	2
16	Powers, Julia	SR Edison High School	83-07	79-06	3
17	Stuart, Delaney E	11 George C. Marshall	78-02	79-01	3
18	Hines, Lauren	11 Stone Bridge	82-00	78-04	3
19	Owusu, Josie	11 Potomac Falls	74-05	78-03	2
20	Wikiera, Amy	12 Battlefield	74-09	75-07	3
21	Arthur, Merom	9 Battlefield	73-09	72-07	2
22	Woo, Amanda	11 Manassas Park	75-08	71-08	3

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women Discus Throw)**

Name	Yr	School	Seed	Finals	Points
23 Rashid, Mastan	JR	Chantilly HS	66-07	70-00	2
24 Fish, Sydney	FR	Chantilly HS	63-05	69-02	1
25 Ehlers, Hannah	JR	Chantilly HS	68-07	x66-01	2
26 Lasota, Taya	10	The Potomac School	58-09.50	65-10	1
27 Lopez, Alexis	11	Patriot High School	70-04	64-08	2
28 Foerster, Keeley	9	Tuscarora High School (Va)	78-04	64-00	3
29 Perkins, Jaida	10	J.E.B. Stuart	61-10.50	63-07	1
30 Orlov, Katya	SO	Chantilly HS	60-03	x63-03	1
31 Gamez, Angelic	12	Potomac Falls	77-01	63-02	3
32 Edwards, Kailey	12	Centreville	72-09	62-05	2
33 Salmans, Clara	9	West Springfield	67-09	62-03	2
34 Battan, Emily	11	Walt Whitman High School	60-10	61-06	1
35 Nicholas, Tori	11	Oakton	58-01	61-05	1
36 Kuo, Megan	10	Fairfax	81-09	58-02	3
37 Mesri, Sarah	10	Quince Orchard High School	65-05	57-03	1
38 Howell, Tianna	12	Mount Vernon	75-02	54-07	3
39 Vargas, Andri	10	W.T. Woodson	56-04	54-01	1
40 Yoon, Grace	9	W.T. Woodson	54-00	52-03	1
41 Bishop, Zara	9	West Potomac	45-00	48-08	1
42 Butt, Mahmina	11	Mount Vernon	30-00	43-01	1
--- Nowell, Margaret	9	Walt Whitman High School	32-06	FOUL	1
--- Huckabee, Isabela	11	Thomas Jefferson S&T	78-08	FOUL	3

Women 1600 Meter Run Freshman

XBC Meet: 5:13.82 M 4/27/2013 Sara Friex, Westfield

VA 6A State: 5:07.21 !

VA 5A State: 5:20.24 *

6A North Reg: 5:15.69 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Lomis, Paige	9	W.T. Woodson	5:42.00	5:37.37	2	
2 Tinsley, Ayannah	9	Westfield	5:51.07	5:37.70	2	
3 Yentz, Hailey	9	Patriot High School	5:23.90	5:44.05	2	
4 Byars, Kelly	9	Stone Bridge	5:30.28	5:46.39	2	
5 Belogay, Izi	9	Potomac Falls	5:48.73	5:46.69	2	
6 McDaniel, Farah	9	Battlefield	5:41.59	5:47.41	2	
7 Silkowitz, Jesse		W.T. Woodson	6:06.32	5:47.45	2	
8 Carrigan, Elizabeth	9	Tuscarora High School (Va)	5:49.57	5:55.64	2	
9 Gibbons, Vivian	9	W.T. Woodson	5:50.10	x5:56.50	2	
10 Sullivan, Caroline A	9	George C. Marshall	6:06.96	5:58.18	1	
11 Bowers, Alexandra	9	Oakton	6:33.19	5:58.86	1	
12 Costello, Abigail		Tuscarora High School (Va)	6:02.00	5:59.81	2	
13 Aldrian, Emma	9	Tuscarora High School (Va)	6:02.31	x6:04.43	2	
14 Shaughnessy, Tenney	9	West Potomac	6:11.10	6:06.83	1	
15 Dunaway, Corynne	9	Patriot High School	5:50.10	6:08.03	2	
16 Yao, Helen	9	Oakton	6:28.98	6:11.30	1	
17 Miller, Chase	9	Battlefield	6:00.38	6:11.66	2	
18 Keum, Corinna	9	T.C. Williams High School	6:00.00	6:15.72	2	
19 DonTigny, Emilie	9	George C. Marshall	6:21.22	6:18.84	1	
20 Betancourth, Gaby	9	Centreville	6:35.72	6:27.31	1	
21 Evanisko, Sophia	9	Thomas Jefferson S&T	6:17.28	6:27.99	1	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Women 1600 Meter Run Freshman)**

Name	Yr	School	Seed	Finals	H#	Points
22 Partner, Courtney	9	Stone Bridge	6:22.96	6:28.60	1	
23 Modell, Sophia	9	Walt Whitman High School	6:49.50	6:33.70	1	
24 Armstrong, Evelyn	9	Centreville	6:56.37	6:49.11	1	
25 Goldstein, Keira	9	Fairfax	6:57.10	7:08.18	1	
26 Christopher, Dana	9	The Potomac School	7:28.40	7:11.48	1	
27 Widra, Nicole	9	Walt Whitman High School	7:03.40	7:15.56	1	

Men 100 Meter DashXBC Meet: **10.69 M** 4/28/2012 **Michael Thomas-Brown, Mount Vernon**VA 6A State: **11.26 !**VA 5A State: **11.28 ***6A North Reg: **11.38 @**

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Brown, RuQuan		Banneker High School	11.34	11.02 !	2	10
2 Allen, Robert	12	Potomac Falls	11.35	11.09 !	2	8
3 Hwang, Minyoung	12	Thomas Jefferson S&T	11.29	11.13 !	2	6
4 Simmonds, Doval	10	West Potomac	11.20	11.16 !	1	4
5 Kamara, Sam	11	Episcopal	11.10	11.17 !	1	2
6 Hinton, Saadiq	11	Westfield	11.37	11.28 *	2	1
7 Adeoti, Solomon	10	Walt Whitman High School	11.27	11.33 @	1	
8 Bailey, Alex	12	Tuscarora High School (Va)	11.47	11.35 @	3	
9 Summers, Cameron	11	DeMatha Catholic High School	11.50	11.37 @	3	
10 Reid, Jordyn	10	Mount Vernon	11.47	11.38 @	3	
11 Jones, Perris	12	Episcopal	11.26	11.41	1	
12 Logan, Josh	9	Eastern View High School	11.76	11.43	6	
13 Kang, Ian	12	Thomas Jefferson S&T	11.66	11.43	5	
14 Dennis, Izayah	12	Battlefield	11.75	11.46	6	
15 King, Ashton	9	Eastern View High School	11.89	11.48	9	
16 Hughes, Tanner M	11	George C. Marshall	11.55	11.48	4	
17 Luo, Oliver	12	W.T. Woodson	11.40	11.49	3	
18 Perry-Elem, Ta-Juan	10	Yorktown	11.94	11.49	10	
19 Beckett, Galen	10	Battlefield	11.73	11.49	6	
20 Abdelrahman, Mohamad	11	Herndon	11.68	11.50	5	
20 Proctor, Noah	11	Eastern View High School	11.80	x11.50	7	
22 Akines, Elijah	12	Westfield	11.34	11.51	2	
23 Landefeld, Porter	10	Yorktown	11.80	11.54	7	
24 Khan, Daarian	12	Tuscarora High School (Va)	11.55	11.54	3	
25 Moreno, Daniel	11	Manassas Park	11.64	11.57	4	
26 Le, Namkhang	SO	Chantilly HS	12.34	11.57	11	
27 Plummer, Miles		DeMatha Catholic High School	11.60	11.58	4	
28 Derwin II, Aaron	12	Quince Orchard High School	11.20	11.59	1	
29 Glover, Terrance	10	Patriot High School	11.65	11.60	5	
30 Hirani, Rohan	11	Oakton	11.64	11.65	4	
31 Lisenby, Bradley	9	West Potomac	11.88	11.66	9	
32 Danso, Daniel	10	Mount Vernon	12.70	11.69	11	
33 Caffo, Nick	12	Patriot High School	11.74	11.70	6	
34 Malito, Matt		Herndon	11.52	11.72	3	
35 Brown, Davonte	JR	Chantilly HS	11.70	11.74	5	
35 Alhalali, Ahmed	12	J.E.B. Stuart	11.87	11.74	9	
37 Smith, Damon	10	Gonzaga College High School	11.72	11.75	5	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 100 Meter Dash)**

	Name	Yr	School	Seed	Finals	H#	Points
38	Horton, Ben	12	Walt Whitman High School	11.84	11.75	8	
39	Stephenson, Brooks	10	West Springfield	11.69	11.76	5	
40	Harvey, Gavin	9	Stone Bridge	11.79	11.80	7	
41	Fronza, Justin	10	Gonzaga College High School		11.81	11	
42	Evans, Nathan	11	Centreville	11.73	11.82	6	
43	Mattison, Marshall	9	Stone Bridge	12.34	11.84	11	
44	Luo, Jiahao	12	George C. Marshall	11.77	11.88	7	
45	Jackson, Eric	11	The Potomac School	11.81	11.90	7	
46	Thomas, Aaron	9	Banneker High School	11.85	11.91	8	
47	Quansah, Albert	12	Annandale	11.87	11.91	8	
48	Tanzola, Robert	11	Riverside High School	11.92	11.93	9	
49	Farfan, Robert	JR	Edison High School	11.84	11.94	8	
50	Titus, Tuhafeni	SO	Edison High School	11.82	12.07	7	
51	Egbars, Presley	11	Centreville	12.17	12.10	10	
52	Lippy, Robert	11	Riverside High School	11.84	12.11	8	
53	Balot, Ryan	10	Paul VI Catholic	12.30	12.25	10	
54	Namay, Dj	10	Potomac Falls	12.04	12.25	10	
55	Newman, Nick	9	Manassas Park	12.24	12.74	10	
56	Sherman, Zach	10	Paul VI Catholic	13.63	12.86	12	
57	Becker, Edwin	9	Oakton	12.95	12.88	12	

Men 200 Meter Dash

XBC Meet: 21.86 M 4/30/2016 Trevor Stewart, South County

VA 6A State: 22.44 !

VA 5A State: 22.67 *

6A North Reg: 22.96 @

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	Casey, Aman	12	Battlefield	21.88	22.38 !	10	10
2	Ream, Patrick	11	Battlefield	22.54	22.47 *	10	8
3	Brown, RuQuan		Banneker High School	22.95	22.82 @	9	6
4	Barborek, Decker	12	Fairfax	22.86	22.88 @	10	4
5	Hatchett, Justin	12	Fairfax	22.87	22.96 @	9	2
6	Riddick, Bryson	11	Potomac Falls	22.66	23.05	10	1
7	Hwang, Minyoung	12	Thomas Jefferson S&T	23.12	23.13	9	
8	Summers, Cameron	11	DeMatha Catholic High School	23.00	23.16	9	
9	Bailey, Alex	12	Tuscarora High School (Va)	22.77	23.23	10	
10	Proctor, Noah	11	Eastern View High School	24.20	23.35	4	
11	Mason, Adam	SR	Chantilly HS	22.75	23.36	10	
12	King, Ashton	9	Eastern View High School	23.80	23.44	7	
13	Adeoti, Solomon	10	Walt Whitman High School	23.73	23.44	7	
14	Lopez, Phillip	11	W.T. Woodson	23.79	23.48	7	
15	Allen, Robert	12	Potomac Falls	23.10	23.53	9	
16	Landefeld, Porter	10	Yorktown	23.37	23.53	8	
17	Avalos, Kaegan	11	Rock Ridge HS	22.96	23.54	9	
18	Brooker, Kai	11	Mount Vernon	23.91	23.66	5	
19	Derwin II, Aaron	12	Quince Orchard High School		23.69	6	
20	Plummer, Miles		DeMatha Catholic High School	23.60	23.69	8	
21	Wooten, Josh	11	The Potomac School	23.88	23.74	6	
22	Alhalali, Ahmed	12	J.E.B. Stuart	24.34	23.79	4	
23	Horton, Ben	12	Walt Whitman High School	24.00	23.85	5	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 200 Meter Dash)**

Name	Yr	School	Seed	Finals	H#	Points
24 Brown, Davonte	JR	Chantilly HS	23.44	23.90	8	
25 Moreno, Daniel	11	Manassas Park	23.42	23.94	8	
26 Khan, Daarian	12	Tuscarora High School (Va)	23.90	24.04	6	
27 Blanc, Jaelyn	11	DeMatha Catholic High School	23.95	x24.07	5	
28 King, Chares	10	Riverside High School	23.92	24.08	5	
29 Anunay, Jabar	10	Centreville	23.84	24.09	6	
30 Logan, Josh	9	Eastern View High School	24.18	x24.10	4	
31 Farooqui, Fahad		Manassas Park		24.15	1	
32 Reid, Jordyn	10	Mount Vernon	23.67	24.20	8	
33 Wilson, Miles	12	The Potomac School	23.67	24.23	8	
34 Luo, Jiahao	12	George C. Marshall	23.87	24.26	6	
35 Quansah, Albert	12	Annandale	24.83	24.33	2	
36 Renwick, Tejan		Edison High School	24.65	24.36	3	
37 Davenport, Trosodas	FR	Chantilly HS	23.73	x24.37	7	
38 Smith, Damon	10	Gonzaga College High School	24.61	24.38	3	
39 Lauder milk, Jaylen	9	Rock Ridge HS	24.00	24.38	5	
40 Glover, Terrance	10	Patriot High School	24.04	24.46	4	
41 Tryon, Wilson W	10	George C. Marshall	24.97	24.53	2	
42 Ferdinand, Zachary	12	Westfield	24.61	24.55	3	
43 Fronda, Justin	10	Gonzaga College High School	25.36	24.62	1	
44 Thomas, Aaron	9	Banneker High School	24.72	24.67	3	
45 Laatour, Robert	9	Annandale	24.84	24.72	2	
46 Robinson, Queyan	10	Quince Orchard High School	24.50	24.75	3	
47 Hester, Markus	12	West Springfield	23.88	24.75	6	
48 Gaither, Jonathan	11	W.T. Woodson	24.73	24.83	3	
49 Mundie, sean	10	Riverside High School	24.76	24.84	2	
50 Charecky, Michael	10	West Springfield	24.34	24.88	4	
51 Gresham, Ian	9	Patriot High School	25.44	25.06	1	
52 Allen-Dean, Aidan		West Potomac	24.82	25.34	2	

Men 400 Meter Dash

XBC Meet:	47.76	M	4/30/2016	Trevor Stewart, South County
VA 6A State:	49.95	!		
VA 5A State:	50.44	*		
6A North Reg:	51.34	@		

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Barborek, Decker	12	Fairfax	49.26	49.63 !	1	10
2 Hatchett, Justin	12	Fairfax	49.63	49.65 !	1	8
3 Riddick, Bryson	11	Potomac Falls	50.16	49.99 *	1	6
4 Jackson, Dante	FR	Edison High School	49.60	50.67 @	1	4
5 Hastings, Zach		Battlefield	50.87	51.00 @	1	2
6 Avalos, Kaegan	11	Rock Ridge HS	50.98	51.13 @	1	1
7 Rucker, Austin	11	The Potomac School	51.07	51.34 @	2	
8 Harrison, Dazon	11	Annandale	51.00	51.54	2	
9 Kaplan, Garret	12	Tuscarora High School (Va)	51.39	51.60	2	
10 Britt, Joshua	11	West Springfield	52.04	51.66	3	
11 Yates, Thomas	11	Eastern View High School	51.41	51.82	3	
12 Lee, Donny	SO	Edison High School	52.66	51.83	3	
13 Waller, Kaden	9	Battlefield	52.56	52.01	3	
14 Sweeney, Noah	12	Herndon	51.24	52.12	2	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 400 Meter Dash)**

Name	Yr	School	Seed	Finals	H#	Points
15	Maravilla, Christian	11 Centreville	53.25	52.19	4	
16	Kellum, Angelo	12 Mount Vernon	52.34	52.40	3	
17	Gelin, Matthew	11 The Potomac School	51.08	52.77	2	
18	McCarthy, Sean	10 Battlefield	53.07	x52.83	4	
19	Duran-Diaz, Jonathan	SR Chantilly HS	52.92	52.84	4	
20	Dakessian, Brandon	SR Edison High School	53.51	x53.08	5	
21	Dixon, James	11 Episcopal	53.22	53.15	4	
22	Mason, Adam	SR Chantilly HS	52.87	53.51	4	
23	Snyder, Bryce	10 Westfield	54.42	53.56	7	
24	Ellington, Owen	9 Gonzaga College High School	53.89	53.57	6	
25	Mahajan, Vikrant	11 Thomas Jefferson S&T	53.33	53.60	5	
26	McClain, Paul	9 Centreville	54.63	53.77	8	
27	Manilli, John	12 Patriot High School	53.55	53.88	5	
28	Duble, Sean	9 W.T. Woodson	54.20	53.89	7	
29	Keeley, Sean	12 Yorktown	53.91	53.96	6	
30	Hardy, Clay	12 Patriot High School	53.26	54.01	5	
31	Holsomback, Karl	10 Potomac Falls	54.07	54.15	6	
32	Spartin, Will	12 Gonzaga College High School	53.62	54.27	6	
33	Aldiva, Nemmuel	11 Eastern View High School	54.08	54.50	7	
34	Yang, Joseph	9 W.T. Woodson	54.90	54.77	8	
35	Bollman, Samuel	10 Riverside High School	54.30	54.85	7	
36	Alchin, Michael	12 Yorktown	54.55	54.92	8	
37	Davies, Ethan	9 West Springfield	54.54	55.05	7	
38	Onwuamaegbu, Obi	11 Walt Whitman High School	55.57	55.51	9	
39	Summers, Cameron	11 DeMatha Catholic High School		55.58	12	
40	Wright, Darius	10 West Potomac	53.35	55.61	5	
41	Abouelfadl, Islam	10 Tuscarora High School (Va)	55.92	55.62	9	
42	Halterman-mitche, Noah	10 Herndon	53.00	55.65	4	
43	Malave, Sebastian	9 George C. Marshall		55.67	7	
44	Hamell, Damarcus	11 West Potomac	56.86	56.02	10	
45	Stewart, Enrico	11 Mount Vernon	53.70	56.08	6	
46	Davenport, Trosodas	FR Chantilly HS	55.36	x56.34	8	
47	Murray, Kenan	11 Oakton	54.64	56.45	8	
48	Forster, Mark	10 Paul VI Catholic	56.77	56.51	9	
49	Robinson, Queyan	10 Quince Orchard High School	54.00	56.62	6	
50	Kabamba, Exauce	11 Quince Orchard High School	56.40	56.73	9	
51	Bollman, Jakob	10 Riverside High School	57.04	56.81	10	
52	Nhouyvanisvong, Michael	11 Manassas Park	56.56	56.83	9	
53	Yu, Dalton	11 Walt Whitman High School	56.40	57.84	9	
54	Watts, Brady	12 George C. Marshall	59.58	58.08	11	
55	Cheng, Alexander	10 Stone Bridge	58.54	58.37	10	
56	Park, Nolan	9 Manassas Park	58.57	58.83	11	
57	Khan, Sheharyar	11 Westfield	55.32	59.21	8	
58	Fitzsimon, Kiernan	10 Paul VI Catholic	58.90	59.55	11	
59	Bigelow, Lance	9 DeMatha Catholic High School		1:01.20	12	
60	Maher, Josh	11 Trinity School at Meadow View	1:02.28	1:01.39	12	
---	Asumang, Kofi	12 Stone Bridge	53.40	FS	5	

2018 Cassel's XBC Track Experience - 4/28/2018

Results

Men 800 Meter Run

XBC Meet: 1:52.43 M 4/29/2017 Brandon McGorty, Chantilly HS

VA 6A State: 1:56.77 !

VA 5A State: 1:57.15 *

6A North Reg: 2:00.10 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Jones, Jacob	11	Fort Defiance	2:00.60	1:58.72 @	1	10
2 Dropik, Marcus	10	Fairfax	2:00.33	1:59.08 @	1	8
3 Shuttleworth, Bowen	10	Yorktown	2:00.20	1:59.69 @	1	6
4 Banerji, Lucas	10	Oakton	2:02.85	2:02.44	1	4
5 Baumgartner, Brandon	SR	Edison High School	2:03.06	2:04.36	1	2
6 Shaffer, Zachary	11	Battlefield	2:02.58	2:04.49	1	1
7 Lebahn, Sam	12	Westfield	2:03.60	2:04.68	1	
8 Posadas-Nava, Alejandro	10	W.T. Woodson	2:04.00	2:05.10	1	
9 Clancy, Sean	12	Thomas Jefferson S&T	2:04.89	2:06.10	2	
10 Sequino, Greyson	11	Riverside High School	2:04.19	2:06.49	1	
11 Trott, Curtrell	11	Fairfax	2:02.42	2:06.71	1	
12 Kassaye, Matthew	12	The Potomac School	2:07.95	2:07.02	2	
13 Adams, Joe	11	Westfield	2:04.81	2:07.88	2	
14 Gheta, Kian	12	Potomac Falls	2:06.73	2:08.10	2	
15 Mudge, Jared	12	Oakton	2:05.45	2:08.30	2	
16 McCarthy, Steven	10	Battlefield	2:08.26	2:08.83	2	
17 Polhamus, Miles	11	Patriot High School	2:09.54	2:09.10	2	
18 Khatri, Robin	10	Centreville	2:10.14	2:09.18	2	
19 Rumsfeld, Ben	11	Walt Whitman High School	2:15.20	2:09.19	3	
20 Coello, JC	10	Stone Bridge	2:10.09	2:10.17	2	
21 Leal, John	11	W.T. Woodson	2:12.20	2:11.18	3	
22 Mott, Aidan	12	Potomac Falls	2:02.69	2:12.02	1	
23 Anton, Tyler	9	Centreville	2:14.94	2:13.47	3	
24 Colucci, John	12	Gonzaga College High School	2:15.57	2:13.80	4	
25 Sporre, Christian	10	Riverside High School	2:08.00	2:13.84	2	
26 Yates, Thomas	11	Eastern View High School	2:03.74	2:13.97	1	
27 Begotka, Nick	12	Thomas Jefferson S&T	2:04.66	2:14.26	2	
28 Uhrin, Wesley	10	West Potomac	2:12.18	2:14.50	3	
29 Gulati, Sahil	11	Patriot High School	2:11.49	2:14.57	3	
30 Wonnacott, Taylor	10	Quince Orchard High School	2:12.00	2:14.59	3	
31 Nickelsburg, Justin	12	T.C. Williams High School	2:07.00	2:14.78	2	
32 Cleaver, Declan	10	The Potomac School	2:15.00	2:14.79	3	
33 Nesheim, Kristian	11	Stone Bridge	2:16.69	2:14.94	4	
34 Akbar, Elijah	9	Eastern View High School	2:14.16	2:15.13	3	
35 Bratt, Aaron	11	Walt Whitman High School	2:16.90	2:15.17	4	
36 Bailey, Will	12	West Springfield	2:11.24	2:16.36	3	
37 Libman, Justin	12	West Springfield	2:11.84	2:16.68	3	
38 Alvarez-Carcamo, Bryan	11	Mount Vernon	2:14.90	2:16.86	3	
39 McCartney, Stephen	10	Yorktown	2:15.68	2:16.92	4	
40 Yang, Louis	SO	Chantilly HS	2:16.72	2:17.22	4	
41 Abdinoor, Mohamud	10	J.E.B. Stuart	2:15.00	2:17.86	3	
42 Jaynes, Adam	SO	Chantilly HS	2:15.00	2:18.08	3	
43 Horstman, Matthew	12	Paul VI Catholic	2:17.24	2:19.60	4	
44 Buchsbaum, Noah	11	Quince Orchard High School	2:12.00	2:19.74	3	
45 Sweeney, Thomas P	10	George C. Marshall	2:22.01	2:19.81	4	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 800 Meter Run)**

Name	Yr	School	Seed	Finals	H#	Points
46 Judish, Max	12	Thomas Jefferson S&T	2:13.00	x2:20.51	3	
47 McCarthy, Damon	10	Paul VI Catholic	2:19.52	2:21.68	4	
48 Dabich, Benjamin C	10	George C. Marshall	2:19.14	2:22.06	4	
49 Keum, Marcus	11	T.C. Williams High School	2:26.96	2:23.07	4	
50 Snel, Christoffer	11	Mount Vernon	2:18.00	2:24.40	4	
51 Bile, Mohamed	10	Annandale	2:21.82	2:30.38	4	
52 Elam, Ryan	10	Manassas Park	2:33.07	2:42.65	4	
53 Reyes, Victor		Manassas Park	2:45.57	2:56.78	4	

Men 1600 Meter Run

XBC Meet: 4:19.05 M 4/30/2016 Fitsum Seyum, Tuscarora-VA

VA 6A State: 4:22.12 !

VA 5A State: 4:26.31 *

6A North Reg: 4:34.56 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Leech, Jack	11	W.T. Woodson	4:31.79	4:30.94 @	1	10
2 Joiner, Mason	12	Westfield	4:26.45	4:32.39 @	1	8
3 Makinen, William	12	West Potomac	4:28.31	4:34.13 @	1	6
4 Bryant, Avery	12	Tuscarora High School (Va)	4:28.43	4:37.35	1	4
5 Moses, Justin	12	Westfield	4:31.88	4:37.75	1	2
6 Robinson, Drew	12	Fairfax	4:38.30	4:38.46	2	1
7 LaCava, Mason	11	Stonewall Jackson (Manassas)	4:36.69	4:38.54	1	
8 Hamacher, Ryan	11	Patriot High School	4:37.64	4:38.86	2	
9 Johnson, Derek	12	Tuscarora High School (Va)	4:25.80	4:41.20	1	
10 Lebahn, Kyle	10	Westfield	4:33.31	x4:41.37	1	
11 Marlow, Patrick	JR	Chantilly HS	4:44.13	4:41.54	2	
12 Lozano, Chris	10	West Springfield	4:43.24	4:42.06	2	
13 Morales, Daniel	11	Oakton	4:37.84	4:42.36	2	
14 Groscup, Charles	12	Potomac Falls	4:39.31	4:42.57	2	
15 Khatri, Robin	10	Centreville	4:42.81	4:43.32	2	
16 Velikonja, Albert	10	Yorktown	4:47.02	4:44.02	3	
17 Thoms, Chris	12	Quince Orchard High School	4:28.85	4:45.61	1	
18 Fowle, Hunter	11	Mount Vernon	4:34.29	4:46.98	1	
19 Sreeram, Aravind	10	Thomas Jefferson S&T	4:48.14	4:47.73	3	
20 Pinkney, Kyle	JR	Edison High School		4:48.12	3	
21 Barr, Owen	10	West Potomac	4:55.31	4:49.62	3	
22 Jaynes, Adam	SO	Chantilly HS	4:52.68	4:49.62	3	
23 Stanley, Tucker	10	Thomas Jefferson S&T	4:58.52	4:49.79	4	
24 Hamacher, Jacob	10	Patriot High School	4:43.25	4:49.79	2	
25 Bratt, Aaron	11	Walt Whitman High School	4:33.02	4:49.86	1	
26 Stanley, Ethan	10	Thomas Jefferson S&T	4:59.25	x4:51.03	4	
27 Francese, Luke	10	Gonzaga College High School	4:49.33	4:52.18	3	
28 Cyr, Wyatt	JR	Chantilly HS	4:44.26	x4:52.39	2	
29 Moar, Colin	11	W.T. Woodson	4:47.06	4:52.66	3	
30 Tussey, Ernest	11	Stone Bridge	4:49.63	4:53.28	3	
31 Fella, Sammy	11	Tuscarora High School (Va)	4:37.00	x4:53.87	2	
32 Walsh, Collin	11	Stone Bridge	4:47.42	4:54.31	3	
33 Johnson, Greg	11	West Springfield	4:43.24	4:54.91	2	
34 Buchsbaum, Noah	11	Quince Orchard High School	5:02.00	4:56.22	4	
35 O'Such, Joseph	10	Riverside High School	5:03.47	4:56.78	4	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 1600 Meter Run)**

Name	Yr	School	Seed	Finals	H#	Points
36 Nickelsburg, Justin	12	T.C. Williams High School	4:55.00	4:56.92	3	
37 Shay, Harrison	SR	Chantilly HS	4:50.51	x4:57.02	3	
38 Yang, Louis	SO	Chantilly HS	5:01.94	x4:57.15	4	
39 Ganta, Akshay	SO	Chantilly HS	4:57.48	x4:57.80	4	
40 Eggert, Mitchell	10	Annandale	5:00.79	4:58.01	4	
41 Sriver, Justin	11	Patriot High School	4:37.07	x4:59.53	2	
42 Cabral, Isaac	11	Potomac Falls	4:59.87	5:00.09	4	
43 Broadbent, Jeffrey K	10	George C. Marshall	4:59.39	5:00.13	4	
44 Hadley, Cameron	SO	Chantilly HS	5:06.23	x5:00.50	4	
45 Murphy, Michael	11	Walt Whitman High School	4:51.47	5:00.59	3	
46 Barnes, Mason	10	Centreville	4:57.32	5:01.30	4	
47 LaRosa, Matthew	11	Eastern View High School	5:03.58	5:01.82	4	
48 Wallace, Liam	SO	Edison High School	5:07.37	5:02.97	5	
49 Canavan, Connor	JR	Chantilly HS	4:59.80	x5:03.22	4	
50 Polovchik, Timothy	JR	Edison High School	5:07.74	x5:03.31	5	
51 Sonnefeld, Garrett	SO	Edison High School	5:06.81	x5:03.68	5	
52 Bhardwaj, Kanav	JR	Chantilly HS	5:04.43	x5:04.22	4	
53 Thomas, Matthew	11	Riverside High School	4:59.00	5:04.59	4	
54 Perry, Andrew	SO	Chantilly HS	5:05.86	x5:05.28	4	
55 Tirrell, Jackson	10	Battlefield	4:55.71	5:05.41	3	
56 Abdelraof, Khalid	12	Oakton	4:43.97	5:05.46	2	
57 LeMasters, Bruce	JR	Chantilly HS	4:56.47	x5:07.25	3	
58 Applegate, Colton	SR	Chantilly HS	4:51.40	x5:08.53	3	
59 Nation, Ayden	9	Paul VI Catholic	5:29.66	5:13.01	5	
60 Keum, Marcus	11	T.C. Williams High School	5:08.00	5:14.19	5	
61 Michael, Tomas	12	Trinity School at Meadow View	4:54.52	5:16.16	3	
62 Alvarez, Elvis	9	Mount Vernon	5:28.00	5:17.29	5	
63 Haug, Joshua	SO	Chantilly HS	5:20.70	x5:27.22	5	
64 Smith, Matthew	11	Manassas Park	5:30.33	5:33.73	5	
65 Cruz, Michael	10	Manassas Park	5:41.19	5:43.66	5	
66 Kiernan, Patrick	9	Paul VI Catholic	6:14.12	6:10.29	5	
67 DeLaVile, Rafael	10	The Potomac School	6:35.00	6:29.45	5	

Men 3200 Meter Run

XBC Meet: 9:20.68 M 4/29/2006 Brad Siragusa, Chantilly HS

VA 6A State: 9:38.69 !

VA 5A State: 9:41.08 *

6A North Reg: 9:50.56 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Klapper, Dylan	12	Thomas Jefferson S&T	9:49.71	9:40.02 *	1	10
2 Sahl, Mikyas	10	Annandale	9:41.82	9:41.42 @	1	8
3 McElhennon, Gavin	10	Gonzaga College High School	9:46.62	9:44.00 @	1	6
4 Hamacher, Ryan	11	Patriot High School	9:45.31	9:45.73 @	1	4
5 Barron, David	10	Westfield	9:49.71	9:47.04 @	1	2
6 Weisel, Benjamin	12	West Potomac	9:56.76	9:48.28 @	1	1
7 Thoms, Chris	12	Quince Orchard High School	9:35.24	9:48.37 @	1	
8 Capuano, Cullen	10	Gonzaga College High School	9:57.16	9:49.96 @	1	
9 Fowlie, Hunter	11	Mount Vernon	9:48.00	9:50.15 @	1	
10 Amos, Tyler	SR	Chantilly HS	10:10.00	9:53.44	1	
11 Underwood, David	10	West Potomac	10:20.00	10:03.50	2	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 3200 Meter Run)**

Name	Yr	School	Seed	Finals	H#	Points
12 Bissoondhary, Emil	SR	Edison High School	10:12.00	10:03.72	2	
13 Monson, James	JR	Chantilly HS	10:05.00	10:07.49	1	
14 Puhek, Joshua	SO	Chantilly HS	10:06.00	x10:07.69	1	
15 Brown, Patrick	JR	Edison High School	10:12.00	10:10.35	2	
16 Murphy, Michael	11	Walt Whitman High School	10:27.70	10:10.56	2	
17 Hamacher, Jacob	10	Patriot High School	10:15.34	10:10.93	2	
18 Brodie, Tristan	10	Stone Bridge	10:08.88	10:12.69	1	
19 Simmons, Tre	10	Episcopal	10:23.32	10:12.95	2	
20 Hajdo, Peter	12	Stone Bridge	10:09.75	10:16.12	1	
21 Yared, Abbey	11	Annandale	10:08.76	10:16.65	1	
22 Murn, Christopher	SO	Edison High School	10:20.00	x10:17.39	2	
23 Church, Oliver F	12	George C. Marshall	10:25.60	10:18.43	2	
24 Wagner, Jack	10	Battlefield	10:14.52	10:19.67	2	
25 Todd, Nathan	11	Riverside High School	10:29.00	10:21.04	2	
26 Beckham, Andy		Gonzaga College High School	10:18.33	x10:25.28	2	
27 Callahan, Ethan	11	W.T. Woodson	10:25.00	10:26.52	2	
28 Hall, Cooper	10	Quince Orchard High School	10:34.32	10:26.75	3	
29 Gotschi, Tysen	11	Tuscarora High School (Va)	10:18.60	10:29.12	2	
30 Johnson, Robert	9	W.T. Woodson	10:33.10	10:29.32	3	
31 Serrano, Trevor	10	Centreville	10:31.35	10:31.00	3	
32 West, Jonathan	10	Thomas Jefferson S&T	10:30.39	10:32.97	2	
33 Rhodes, Daniel	12	Centreville	10:30.78	10:33.72	2	
34 Setash, Charlie	12	Westfield	10:30.88	10:33.73	2	
35 Belaye, Eyasu	9	T.C. Williams High School	10:10.00	10:33.87	1	
36 Athwal, Jasveer	10	Tuscarora High School (Va)	10:21.28	10:34.13	2	
37 Cheng, Benjamin	12	West Springfield	10:21.24	10:35.16	2	
38 Simaitis, Ethan	10	J.E.B. Stuart	10:03.03	10:35.32	1	
39 Cobb, Doug	11	The Potomac School	10:40.00	10:46.79	3	
40 Bencomo, Andres	12	Eastern View High School	11:02.06	10:49.70	3	
41 Mesfin, Matthewos	10	Oakton	10:44.56	10:50.58	3	
42 Whipp, Aidan	9	Oakton	10:40.32	10:54.07	3	
43 Mogensen, Scott	10	Potomac Falls	10:34.87	10:54.37	3	
44 Trautman, Cole	11	Riverside High School	10:53.00	10:59.76	3	
45 Parsons, Thomas	10	DeMatha Catholic High School	11:04.39	11:02.46	3	
46 Burke, Julian	11	Fairfax	11:27.09	11:03.86	3	
47 Ballesterio, Sebastian	9	T.C. Williams High School	10:45.00	11:06.60	3	
48 Ahalt, John	12	DeMatha Catholic High School	11:04.36	11:19.27	3	
49 Fedei, Ryan	10	Potomac Falls	11:06.26	11:25.50	3	
50 Harvey, Sebastian	10	The Potomac School	12:08.08	12:02.88	3	

Men 110 Meter Hurdles

XBC Meet: 14.29 M 4/26/2014 D'Ante Yarborough, Stone Bridge

VA 6A State: 15.12 !

VA 5A State: 15.55 *

6A North Reg: 15.95 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Pride, Tyler	11	Potomac Falls	14.59	14.53 !	1	10
2 Dean, Caleb	11	DeMatha Catholic High School	15.36	15.12 !	1	8
3 McNamara, Matthew	12	W.T. Woodson	15.20	15.17 *	1	6
4 Ajavon, Litchfield	11	Episcopal	16.20	15.26 *	2	4

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 110 Meter Hurdles)**

Name	Yr	School	Seed	Finals	H#	Points
5 Wilson, Marcus	10	Patriot High School	15.21	15.29 *	1	2
6 Branch, Joseph	12	West Springfield	15.44	15.60 @	1	1
7 Johnson, Dean	10	Herndon	15.86	15.94 @	2	
8 Harris, Belton	12	Riverside High School	15.31	15.98	1	
9 Taylor, Thai	12	Rock Ridge HS	15.90	16.13	2	
10 Fiorenza, Nicholas	11	Gonzaga College High School	16.38	16.42	2	
11 Hoffman, Sean	11	Battlefield	17.52	16.58	4	
12 Wright, Matthew	11	Paul VI Catholic	17.35	16.79	3	
13 Tsai, Eric	SR	Chantilly HS	17.04	16.92	3	
13 Carlisle, Geoffrey	10	Battlefield	16.78	16.92	2	
15 Gillmore, Austin R	12	George C. Marshall	16.66	16.92	2	
16 Gordon, Brad	10	West Springfield	17.24	17.31	3	
17 Bookbinder, Alexander	11	Yorktown	18.55	17.66	5	
18 Christofides, Andreas	11	Walt Whitman High School	17.64	17.75	4	
19 Heitman, Elijah	9	Centreville	18.78	17.81	6	
20 Bennett, Ryan	10	Riverside High School	17.64	17.90	4	
21 Aiello, Thomas	SR	Edison High School	17.27	17.94	3	
22 Stroh, Nathan	12	Thomas Jefferson S&T	17.99	17.98	5	
23 Barnes, Isaiah	11	W.T. Woodson	19.01	18.04	6	
24 Kutlug, Mehmet	11	Tuscarora High School (Va)	17.14	18.22	3	
25 Zameer, Muhammad	10	J.E.B. Stuart	17.67	18.24	4	
26 Thanigai, Athilesh	11	Thomas Jefferson S&T	17.87	18.34	5	
26 Koroma, Bakai	10	Centreville	18.76	18.34	6	
28 Washington, Marcus	11	Eastern View High School	18.63	18.37	6	
29 Martin, Malcolm	10	Quince Orchard High School	17.71	18.64	4	
30 Davis, Alexander	SO	Chantilly HS	18.92	18.90	6	
31 Malazo, Joseph		Chantilly HS	19.61	x18.98	7	
32 Boucher, Dylan	SO	Chantilly HS	19.53	x19.04	7	
33 Mohd, Aiman	9	George C. Marshall	19.30	19.06	7	
34 Knight, Justin	10	Yorktown	19.74	19.79	7	
35 Cole, James	9	Mount Vernon		20.25	8	
36 Fitzhugh, Samuel	FR	Chantilly HS	19.31	x20.27	7	
37 Sarvis, Cameron	11	Patriot High School	19.44	20.65	7	
38 Wiese, Ted	9	Walt Whitman High School		21.77	8	
39 Samuels, Pj	11	The Potomac School	21:00.00	22.77	8	
--- Kanaan, Mitchell	10	Westfield	17.27	DQ	3	

Men 300 Meter Hurdles

XBC Meet:	39.00	M	4/29/2017	Bryce McAlpine, Tuscarora- VA
VA 6A State:	39.86	!		
VA 5A State:	40.73	*		
6A North Reg:	41.53	@		

Name	Yr	School	Seed	Finals	H#	Points
1 Dean, Caleb	11	DeMatha Catholic High School	40.83	40.22 *	1	10
2 Athwal, Gurveer	11	Tuscarora High School (Va)	41.07	40.49 *	1	8
3 McNamara, Matthew	12	W.T. Woodson	41.68	40.90 @	1	6
4 Bostic, Calvin	12	Rock Ridge HS	42.00	42.92	1	4
5 Martin, Malcolm	10	Quince Orchard High School	42.74	42.96	2	2
6 Taylor, Thai	12	Rock Ridge HS	43.06	42.98	2	1
7 Carlisle, Geoffrey	10	Battlefield	43.72	43.21	3	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 300 Meter Hurdles)**

Name	Yr	School	Seed	Finals	H#	Points
8 Hoffman, Sean	11	Battlefield	43.57	43.26	3	
9 Branch, Joseph	12	West Springfield	42.08	43.52	2	
10 Gillmore, Austin R	12	George C. Marshall	42.43	43.66	2	
11 Wilson, Marcus	10	Patriot High School	41.45	44.05	1	
12 Mamere, Ryan	11	W.T. Woodson	44.18	44.37	4	
13 Tomlin, Elijah	11	Rock Ridge HS	43.09	x44.62	3	
14 Kutlug, Mehmet	11	Tuscarora High School (Va)	44.80	44.87	4	
15 Holsomback, Karl	10	Potomac Falls	43.42	44.96	3	
16 Tanzola, Robert	11	Riverside High School	42.18	45.13	2	
17 Aiello, Thomas	SR	Edison High School	43.97	45.32	3	
18 Boucher, Dylan	SO	Chantilly HS	44.86	45.65	4	
19 Fiorenza, Nicholas	11	Gonzaga College High School	44.44	45.67	4	
20 Christofides, Andreas	11	Walt Whitman High School	45.88	45.98	5	
21 Pennington, William	11	West Potomac	45.35	45.99	4	
22 Thanigai, Athilesh	11	Thomas Jefferson S&T	46.38	46.46	6	
23 Bookbinder, Alexander	11	Yorktown	47.64	46.70	7	
24 Turman, Miles	11	The Potomac School	48.38	46.90	7	
25 Sarvis, Cameron	11	Patriot High School	47.25	47.36	7	
26 Washington, Marcus	11	Eastern View High School	46.82	47.37	6	
27 Ferguson, Zachary	12	Riverside High School	46.90	47.50	6	
28 Davis, Alexander	SO	Chantilly HS	45.91	47.63	5	
29 McConaghie, Shane	12	Westfield	47.15	47.66	7	
30 Cole, James	9	Mount Vernon	49.00	48.01	8	
31 Sarnovsky, Adam	9	George C. Marshall	47.40	48.23	7	
32 Williams, Christian	SO	Edison High School	47.68	48.40	7	
33 Takyi, Ephraim	11	West Potomac	46.09	48.97	5	
34 Zameer, Muhammad	10	J.E.B. Stuart	49.03	49.00	8	
35 Cheng, Alexander	10	Stone Bridge	49.42	49.76	8	
36 Knight, Justin	10	Yorktown	48.64	50.11	8	
37 Delaville, Elliot	9	The Potomac School	54.00	54.06	8	

Men 4x100 Meter Relay

XBC Meet: 42.48 M 4/28/2018 Battlefield, Battlefield
A Casey, I Dennis, G Beckett, P Ream

VA 6A State: 43.32 !

VA 5A State: 43.34 *

6A North Reg: 44.62 @

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Battlefield	A	42.02	42.48 M	1	10
1) Casey, Aman 12	2) Dennis, Izayah 12	3) Beckett, Galen 10	4) Ream, Patrick 11		
2 Tuscarora High School (Va)	A	45.11	44.49 @	2	8
1) Molualisi, Blanco 12	2) Khan, Daarian 12	3) Kaplan, Garret 12	4) Bailey, Alex 12		
3 Eastern View High School	A	46.24	44.80	4	6
1) Logan, Josh 9	2) Proctor, Noah 11	3) Presley, Dashuan 9			
4 W.T. Woodson	A	47.00	44.91	4	4
1) Luo, Oliver 12	2) Gaither, Jonathan 11	3) Barnes, Isaiah 11	4) Lopez, Phillip 11		
5 Thomas Jefferson S&T	A	44.96	45.06	2	2
1) Hwang, Minyoung 12	2) Kang, Ian 12	3) Crotty, Matt 12	4) Ding, Frank 12		
6 Centreville	A	44.01	45.15	1	1
1) Evans, Nathan 11	2) Anunay, Jabar 10	3) Egbars, Presley 11	4) Kanu, Bassie 12		

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 4x100 Meter Relay)**

Team	Relay	Seed	Finals	H#	Points
7 Rock Ridge HS	A	44.90	45.23	2	
1) Laudermilk, Jaylen 9	2) Taylor, Thai 12	3) Bostic, Calvin 12	4) Avalos, Kaegan 11		
8 Riverside High School	A	45.81	45.42	4	
1) Lippy, Robert 11	2) King, Chares 10	3) Patrick, Roman 12	4) Tanzola, Robert 11		
9 Walt Whitman High School	A	46.04	45.47	4	
1) Adeoti, Solomon 10	2) Hedberg, Robert 12	3) Arulpragasam, Lucas 10	4) Horton, Ben 12		
10 George C. Marshall	A	47.52	45.48	5	
1) Nininger, Colin D 11	2) Hughes, Tanner M 11	3) Hernandez Jimenez, Wander	4) Luo, Jiahao 12		
11 Edison High School	A	44.80	45.78	1	
1) Jackson, Dante FR	2) Farfan, Robert JR	3) Lee, Donny SO	4) Titus, Tuhafeni SO		
11 Yorktown	A	47.04	45.78	4	
1) Alchin, Michael 12	2) Keeley, Sean 12	3) Landefeld, Porter 10	4) Perry-Elem, Ta-Juan 10		
13 Annandale	A	44.70	45.79	1	
1) Quansah, Albert 12	2) Lehaney, Maximus 10	3) Laatour, Robert 9	4) Harrison, Dazon 11		
14 Oakton	A	45.13	46.13	2	
1) Rivera, Nicholas 10	2) Hirani, Rohan 11	3) Mudge, Jared 12	4) Johnson-Parrotte, Micah 11		
15 Potomac Falls	A	44.91	46.61	2	
1) Namay, Dj 10	2) Namay, Dj 10	3) Hesson, Nick 12	4) Allen, Robert 12		
16 Manassas Park	A	45.17	47.24	3	
1) Moreno, Daniel 11	2) Park, Riley 11	3) Newman, Nick 9	4) Lindsey, Michael 11		
17 Paul VI Catholic	A	46.89	49.64	4	
1) Balot, Ryan 10	2) Sherman, Zach 10	3) Fitzsimon, Kiernan 10	4) Forster, Mark 10		
--- Episcopal	A	43.42	DNF	1	
1) Jones, Perris 12	2) Ajavon, Litchfield 11		4) Kamara, Sam 11		
--- Mount Vernon	A	45.33	DNF	3	
1) Brefo-Sarpong, Derick 10	2) Danso, Daniel 10	3) Brooker, Kai 11	4) Reid, Jordyn 10		
--- The Potomac School	A	45.50	DNF	3	
1) Jackson, Eric 11	2) Wilson, Miles 12	3) Wilson, Brian 12	4) Wooten, Josh 11		
--- Westfield	A	44.99	DQ	2	
1) Buckley, Casey 12	2) Hinton, Saadiq 11	3) Snyder, Bryce 10	4) Akines, Elijah 12		
--- Stone Bridge	A	50.22	DQ	5	
1) Asumang, Kofi 12	2) Harvey, Gavin 9	3) Mattison, Marshall 9	4) Talbott, Chase 11		

Men 4x400 Meter Relay

XBC Meet: **3:20.58 M** 4/30/2016 **Chantilly HS, Chantilly**
M Scopellite, J Loh, B McGorty, T Jeffries

VA 6A State: **3:24.08 !**

VA 5A State: **3:25.86 ***

6A North Reg: **3:30.80 @**

Team	Relay	Seed	Finals	H#	Points
1 Fairfax	A	3:21.00	3:23.84 !	1	10
1) Barborek, Decker 12	2) Hatchett, Justin 12	3) Dropik, Marcus 10	4) Saiyed, Zahir 11		
2 The Potomac School	A	3:28.00	3:25.76 *	1	8
1) Rucker, Austin 11	2) Thompson, Jamal 12	3) Wooten, Caleb 11	4) Gelin, Matthew 11		
3 Battlefield	A	3:34.08	3:32.10	1	6
1) McCarthy, Sean 10	2) Beckett, Galen 10	3) Wagner, Jack 10	4) Hastings, Zach		
4 Edison High School	A	3:24.57	3:34.92	1	4
1) Dakessian, Brandon SR	2) Lee, Donny SO	3) Titus, Tuhafeni SO	4) Jackson, Dante FR		
5 Eastern View High School	A	3:39.01	3:36.12	2	2
1) Cotter, Nate 12	2) Miller-Harris, Isaiah 11	3) Yates, Thomas 11	4) Tines, Jacob 12		
6 George C. Marshall	A	3:37.72	3:36.34	1	1
1) Brooke, James T 12	2) Kennedy, Sanchir T 11	3) Blackwell, William 10	4) Smith, Benjamin S. 11		

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 4x400 Meter Relay)**

Team	Relay	Seed	Finals	H#	Points
7 Westfield 1) Moses, Justin 12	A 2) Lebahn, Sam 12	3:44.57	3:37.54	2	
8 Tuscarora High School (Va) 1) Kaplan, Garret 12	A 2) Abouelfadl, Islam 10	3:36.02	3:38.08	1	
9 Thomas Jefferson S&T 1) Clancy, Sean 12	A 2) Han, Timothy 12	3:37.83	3:39.05	2	
10 Walt Whitman High School 1) Hedberg, Robert 12	A 2) Yu, Dalton 11	3:44.40	3:39.55	2	
11 Chantilly HS 1) Davis, Alexander SO	A 2) Boucher, Dylan SO	3:37.93	3:44.45	1	
12 Mount Vernon 1) Kellum, Angelo 12	A 2) Snel, Christoffer 11	3:47.55	3:45.37	2	
13 W.T. Woodson 1) Gaither, Jonathan 11	A 2) Lopez, Phillip 11	3:40.00	3:45.48	2	
14 West Springfield 1) Hester, Markus 12	A 2) Davies, Ethan 9	3:31.85	3:45.54	1	
15 Quince Orchard High School 1) Martin, Malcolm 10	A 2) Adjani-Aldrin, John Edward	3:40.00	3:49.51	2	
16 Riverside High School 1) Ferguson, Zachary 12	A 2) Sequino, Greyson 11	3:44.49	3:50.83	2	
17 Annandale 1) Barahona, Kevin 9	A 2) Han, Robin 10	3:57.00	4:07.30	2	
--- Gonzaga College High School 1) Spartin, Will 12	A 2) Giannini, David 11	3:36.76	DQ	1	

Men 4x800 Meter Relay

XBC Meet: 7:57.25 M 4/27/2013 Chantilly HS, Chantilly
A Huff, A Sturans, L Miller, S McGorty

VA 6A State: 8:07.22 !

VA 5A State: 8:05.45 *

6A North Reg: 8:19.82 @

Team	Relay	Seed	Finals	H#	Points
Finals 1 Tuscarora High School (Va) 1) Fellah, Sammy 11	A 2) Bryant, Avery 12	8:21.40	8:15.06 @	1	10
2 George C. Marshall 1) Quin, Connor N 12	A 2) Smith, Benjamin S. 11	8:16.45	8:21.10	1	8
3 Oakton 1) Johnson, Tripp 12	A 2) Sullivan, Scott 11	8:31.36	8:31.52	1	6
4 Walt Whitman High School 1) Yu, Dalton 11	A 2) Engels, Joshua 12	8:24.90	8:32.72	1	4
5 Gonzaga College High School 1) Colucci, John 12	A 2) Stackhouse, Marcus 11	8:30.63	8:32.86	1	2
6 Riverside High School 1) Sequino, Greyson 11	A 2) Thomas, Matthew 11	8:40.37	8:41.95	1	1
7 Patriot High School 1) Polhamus, Liam 10	A 2) Polhamus, Miles 11	8:11.62	8:45.20	1	
8 West Springfield 1) Steele, Josh 9	A 2) Neal, Criostoir 12	8:42.24	8:46.99	1	
9 Chantilly HS 1) Amos, Tyler SR	A 2) Puhek, Joshua SO	8:30.00	9:00.84	1	
10 W.T. Woodson 1) Brodniak, Hunter 10	A 2) Dempster, Cody 10	9:00.00	9:03.65	2	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men 4x800 Meter Relay)**

Team	Relay	Seed	Finals	H#	Points
11 Edison High School 1) Brown, Patrick JR	A 2) Pinkney, Kyle JR	8:40.00	9:08.87 4) Wallace, Liam SO	1	
12 Thomas Jefferson S&T 1) Tian, Dennis 10	A 2) Bumbary, Turner 10	8:45.38	9:11.29 4) Diperna, Leo 10	2	
13 J.E.B. Stuart 1) Simaitis, Ethan 10	A 2) Bessie, Bereket 9	9:00.00	9:12.04 4) Abdinoor, Mohamud 10	2	
14 Stone Bridge 1) Hughes, Jack 12	A 2) Disilvestre, Jackson 11	8:52.48	9:15.51 4) Cheng, Mitchell 9	2	
15 Eastern View High School 1) Miller-Harris, Isaiah 11	A 2) Bencomo, Andres 12	8:59.82	9:21.83 4) Akbar, Elijah 9	2	
16 Paul VI Catholic 1) Horstman, Matthew 12	A 2) McCarthy, Damon 10	9:05.90	9:21.98 4) Forster, Mark 10	2	
17 T.C. Williams High School 1) Nickelsburg, Justin 12	A 2) Ballestro, Sebastian 9	8:45.00	9:27.71 4) Belaye, Eyasu 9	1	
18 The Potomac School 1) Brooks, Hamilton 12	A 2) Zhang, Louis 10	9:41.37	9:33.60 4) Nayyar, Shaurya 9	2	
19 Mount Vernon 1) Snel, Christoffer 11	A 2) Alvarez, Elvis 9	9:49.00	9:42.65 4) Van Buren, Matthew 11	2	
20 Annandale 1) Bile, Mohamed 10	A 2) Nguyen, Nghia 12	9:04.08	9:44.12 4) DiPerna, Vincent 11	2	
21 Westfield 1) Diachenko, Max 12	A 2) Lacalle, David 12	8:59.00	9:45.64 4) Warrington, John 12	2	
22 Manassas Park 1) Smith, Matthew 11	A 2) Cruz, Michael 10	9:41.94	10:32.55 4) Elam, Ryan 10	2	

Men High JumpXBC Meet: **6-06 M 4/27/2013 Dorian Jenkins, Broad Run**VA 6A State: **6-02 !**VA 5A State: **6-00 ***6A North Reg: **5-10 @**

Name	Yr	School	Seed	Finals	Points
Finals					
1 Pride, Tyler	11	Potomac Falls	6-04.75	6-03.00 !	10
2 Park, Riley	11	Manassas Park	6-00.00	6-02.00 !	8
3 Dunkelberger, Wade	10	Stone Bridge	5-10.00	J6-02.00 !	6
4 Patrick, Roman	12	Riverside High School	5-10.00	5-10.00 @	4
5 Hull, Liam	10	W.T. Woodson	5-06.00	5-08.00	2
6 O'Meara, Kevin	12	West Potomac	5-10.00	J5-08.00	1
7 Post, Jordan	11	J.E.B. Stuart		5-06.00	
7 Woodley, Bizzet	12	Westfield	5-08.00	5-06.00	
7 Shamat, Mohammed	11	J.E.B. Stuart	5-06.00	5-06.00	
7 Lephart, Chris	11	Eastern View High School	5-06.00	5-06.00	
7 Jones, Cordale	12	Herndon		5-06.00	
--- Wilson, Marcus	10	Patriot High School	5-06.00	NH	
--- Hesson, Nick	12	Potomac Falls	5-04.00	NH	
--- Bliss, Aidan	JR	Chantilly HS	5-04.00	NH	
--- Lin, Aaron	FR	Chantilly HS	5-02.00	NH	
--- Brown, Davonte	JR	Chantilly HS	5-06.00	NH	
--- Fiorenza, Nicholas	11	Gonzaga College High School	5-00.00	NH	
--- Harrison, Dazon	11	Annandale	5-08.00	NH	
--- Sickels, Jordan	9	Battlefield		NH	
--- Burton, Joseph	10	Fairfax	5-06.00	NH	

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Men Pole Vault**

XBC Meet: 15-00 M 4/25/2015 Andrew Arlint, Battlefield
VA 6A State: 12-09 !
VA 5A State: 12-06 *
6A North Reg: 12-00 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Cherry, Ryan	11	Oakton	14-04.00	14-00.00 !	10
2 Walsh, Daniel	12	T.C. Williams High School	14-01.00	13-06.00 !	7
2 Barborek, Decker	12	Fairfax	15-00.00	13-06.00 !	7
4 Joia, Jonathan	12	T.C. Williams High School	13-09.00	13-00.00 !	4
5 Georges, Zachary	11	Westfield	12-00.00	12-06.00 *	2
6 Gebiso, Kalkidan	10	T.C. Williams High School	11-09.00	x12-00.00 @	
7 Gustafson, Harry	11	Oakton	11-06.00	11-06.00	.50
7 Armel, Jack	11	John Handley	12-00.00	11-06.00	.50
9 Tran, Alex	12	Herndon	10-06.00	11-00.00	
10 Han, Justin	10	Thomas Jefferson S&T	10-06.00	10-06.00	
11 Takanashi, Seita	12	J.E.B. Stuart	9-10.00	10-00.00	
11 Woodruff, Chancen	12	James W. Robinson	10-06.00	10-00.00	
11 Reed, Hunter	FR	James W. Robinson	9-06.00	10-00.00	
11 Brown, Gavin	12	Patriot High School	9-06.00	10-00.00	
11 Cotter, Nate	12	Eastern View High School	10-06.00	10-00.00	
16 Cordle, Aidan	12	Quince Orchard High School	10-04.00	9-06.00	
17 Gass, Garrett	9	W.T. Woodson	9-06.00	9-00.00	
17 Feliciano, Michael	12	Patriot High School	9-06.00	9-00.00	
17 Vilone, Maher	JR	Chantilly HS	9-00.00	9-00.00	
17 Burrer, Jack	10	W.T. Woodson	9-06.00	9-00.00	
21 Karstetter, Joseph	10	Eastern View High School	9-06.00	8-06.00	
--- Luy, Justin	SR	Chantilly HS	10-00.00	NH	
--- Clawson, Will	11	James W. Robinson	10-06.00	NH	
--- Buckley, Casey	12	Westfield	13-06.00	NH	
--- Tsai, Eric	SR	Chantilly HS	11-00.00	NH	
--- Wonnacott, Taylor	10	Quince Orchard High School	8-06.00	NH	

Men Long Jump

XBC Meet: 22-10 M 4/26/2014 Devon Burns, Westfield
VA 6A State: 21-11 !
VA 5A State: 20-09 *
6A North Reg: 20-06.75 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Britt, Joshua	11	West Springfield	19-11.00	20-05.00	4 10
2 Gibbs, Dominic	11	West Springfield	20-09.25	20-03.25	4 8
3 Christensen, Colin	12	Battlefield	21-07.50	20-02.75	4 6
4 Pride, Tyler	11	Potomac Falls	22-04.00	19-11.75	4 4
5 Alhalali, Ahmed	12	J.E.B. Stuart	18-06.00	19-08.00	3 2
6 Dennis, Izayah	12	Battlefield	21-08.25	19-07.00	4 1
7 Beckett, Galen	10	Battlefield	21-01.50	x19-05.75	4
8 Molualisi, Blanco	12	Tuscarora High School (Va)	18-11.50	19-05.50	3
9 Akines, Elijah	12	Westfield	19-11.50	19-02.00	4
10 Hinton, Saadiq	11	Westfield	18-11.25	19-00.00	3
11 Lisenby, Bradley	9	West Potomac	19-05.50	18-11.50	4

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men Long Jump)**

	Name	Yr	School	Seed	Finals	Points
12	Mevo, Alfred	11	Quince Orchard High School	17-04.25	18-10.75	2
13	Adeoti, Solomon	10	Walt Whitman High School	20-07.00	18-10.50	4
14	Taylor, Thai	12	Rock Ridge HS	20-03.00	18-10.00	4
15	Blanc, Jaelyn	11	DeMatha Catholic High School	20-08.00	18-06.50	4
16	Proctor, Noah	11	Eastern View High School	18-10.00	18-05.00	3
17	Derwin II, Aaron	12	Quince Orchard High School	19-03.00	18-03.75	3
18	Coleman, Ej	11	Herndon	19-04.50	18-03.00	3
19	Williams, Christian	SO	Edison High School	18-00.50	18-02.25	2
20	Luo, Oliver	12	W.T. Woodson	19-05.00	18-01.00	3
21	Moody, Miles	11	Riverside High School	19-03.00	17-10.00	3
22	Hesson, Nick	12	Potomac Falls	19-11.50	17-07.50	4
23	O'Meara, Kevin	12	West Potomac	19-00.00	17-06.25	3
24	Stewart, Enrico	11	Mount Vernon	17-04.25	17-06.00	2
25	Boxley, Charles	SO	Chantilly HS	17-06.00	17-04.50	2
26	Summers, Cameron	11	DeMatha Catholic High School	18-01.25	17-04.25	3
26	Bliss, Aidan	JR	Chantilly HS	17-02.50	17-04.25	2
28	Tolbert, Travien	10	Mount Vernon	17-01.00	17-02.25	2
29	Tomlin, Elijah	11	Rock Ridge HS	18-00.00	16-10.25	2
29	Davis, Alexander	SO	Chantilly HS	17-00.00	x16-10.25	1
31	Walcott, Jr., Alvin	12	George C. Marshall	18-07.00	16-10.00	3
31	Ellington, Owen	9	Gonzaga College High School	17-09.00	16-10.00	2
33	Laudermilk, Jaylen	9	Rock Ridge HS	17-03.50	x16-09.75	2
34	Fronda, Justin	10	Gonzaga College High School	19-04.25	16-08.50	3
35	Awuah, Samuel	11	Tuscarora High School (Va)	15-01.00	16-07.50	1
36	Stevens, Quinton	9	W.T. Woodson	17-09.50	16-06.00	2
37	Ricks, Tinwin	12	Herndon	19-00.00	16-05.00	3
38	Brown, Davonte	JR	Chantilly HS	17-05.50	x16-04.25	2
38	Fitzhugh, Samuel	FR	Chantilly HS	16-07.00	x16-04.25	1
40	Hughes, Tanner M	11	George C. Marshall	17-01.00	16-03.75	1
41	Xu, Adam	9	Oakton	16-05.75	15-09.00	1
42	Harper, Matthew	FR	Chantilly HS	17-03.50	x15-08.75	2
43	Cheng, Edward	12	Thomas Jefferson S&T	16-11.00	15-02.25	1
44	Tian, Frank	12	Thomas Jefferson S&T	16-08.00	15-01.75	1
45	Lehane, Maximus	10	Annandale	15-08.75	14-08.25	1
46	Knight, Justin	10	Yorktown	14-04.75	14-05.25	1
47	Davenport, Trosodas	FR	Chantilly HS	13-11.00	x14-05.00	1
48	Blanda, Christopher	9	Oakton	16-02.00	13-09.75	1
49	Carter, Joshua	10	Walt Whitman High School	16-00.00	13-08.00	1
---	Blevins, Michael	11	Eastern View High School	18-05.00	FOUL	3
---	Mattison, Marshall	9	Stone Bridge	14-11.00	FOUL	1
---	Jackson, Dante	FR	Edison High School	20-05.25	FOUL	4
---	King, Chares	10	Riverside High School	19-10.00	FOUL	4
---	Wilson, Brian	12	The Potomac School	16-02.00	FOUL	1

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Men Triple Jump**

XBC Meet: 47-07.25 M 4/30/2011 George Owino, Thomas Edison

VA 6A State: 44-02.75 !

VA 5A State: 42-09 *

6A North Reg: 42-00 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Agossou, Marc	11	Fairfax	44-01.00	41-02.75	3 10
2 Dean, Caleb	11	DeMatha Catholic High School	41-04.00	40-02.25	3 8
3 King, Chares	10	Riverside High School	40-04.50	39-08.75	3 6
4 Yates, Thomas	11	Eastern View High School	39-07.00	39-08.50	3 4
5 Molualisi, Blanco	12	Tuscarora High School (Va)	41-10.50	39-04.00	3 2
6 Christensen, Colin	12	Battlefield	41-08.00	39-03.50	3 1
7 Sickels, Jordan	9	Battlefield	39-06.00	38-11.50	3
8 Jones, William	11	W.T. Woodson	36-11.00	38-08.00	2
9 Patrick, Roman	12	Riverside High School	41-03.50	38-02.75	3
10 Tolbert, Travien	10	Mount Vernon	38-07.50	38-02.25	2
11 Post, Jordan	11	J.E.B. Stuart	36-04.50	38-02.00	1
12 Bostic, Calvin	12	Rock Ridge HS	41-07.00	38-01.50	3
13 Moody, Miles	11	Riverside High School	40-01.50	x37-09.00	3
14 Mevo, Alfred	11	Quince Orchard High School	38-06.00	37-06.00	2
15 Williams, Christian	SO	Edison High School	38-01.00	37-04.00	2
16 Renwick, Tejan		Edison High School		37-03.75	2
17 Proctor, Noah	11	Eastern View High School	38-04.00	37-02.25	2
18 Kassaye, Matthew	12	The Potomac School	38-10.00	37-01.00	2
19 Fronda, Justin	10	Gonzaga College High School	38-10.50	36-11.00	2
20 Woodley, Bizzet	12	Westfield	38-04.00	36-09.00	2
21 Coker, Anwar		Rock Ridge HS	37-00.00	36-06.00	2
22 Harvey, Gavin	9	Stone Bridge	37-02.00	36-04.50	2
23 Charecky, Michael	10	West Springfield	37-05.25	36-01.25	2
24 Le, Ian	12	Westfield	39-07.00	36-00.00	3
25 Hull, Liam	10	W.T. Woodson	37-05.00	35-11.50	2
26 Kode, Pranav	SO	Chantilly HS	36-01.50	35-10.00	1
27 McNabb, Gavin	10	George C. Marshall	35-09.00	35-09.00	1
28 Hesson, Nick	12	Potomac Falls	38-00.50	35-03.75	2
29 Brown, Davonte	JR	Chantilly HS	35-02.00	34-11.00	1
30 Laatour, Robert	9	Annandale	34-10.50	34-04.50	1
31 Shamat, Mohammed	11	J.E.B. Stuart	35-05.50	34-02.00	1
32 Fitzhugh, Samuel	FR	Chantilly HS	35-11.75	x34-00.00	1
33 Sengupta, Mayuk	10	George C. Marshall	30-01.00	33-05.50	1
34 Crutchfield, Gabriel	9	Oakton	33-10.00	32-07.00	1
35 Tian, Frank	12	Thomas Jefferson S&T	34-11.25	32-01.75	1
--- Knight, Justin	10	Yorktown	30-02.00	FOUL	1

Men Shot Put

XBC Meet: 55-05 M 4/29/2017 Michael Kluesner, JEB Stuart

VA 6A State: 49-00.75 !

VA 5A State: 48-01 *

6A North Reg: 45-05.75 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Smith, Derek	12	Patriot High School	45-10.50	44-00.00	4 10

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Finals ... (Men Shot Put)**

Name	Yr	School	Seed	Finals	Points
2 Kestyn, Bobby	11	Fairfax	41-06.25	43-03.75	4 8
3 Malsam, Jackson	11	Fairfax	42-00.00	41-01.50	4 6
4 Lipscomb, Miles	12	Potomac Falls	36-05.00	40-07.00	3 3
4 Kirby, Carrington	12	Battlefield	39-11.00	40-07.00	4 3
6 Lindsey, Michael	11	Manassas Park	40-03.00	40-02.00	4 1
7 Wells, Tyler	11	Eastern View High School	39-04.75	39-09.00	4
8 Chirchi, Nour	SO	Edison High School	39-10.00	39-04.50	4
9 Birge, Tyler	11	Patriot High School	42-01.00	39-02.75	4
10 Bowman, Jared	10	Riverside High School	41-01.50	39-01.50	4
11 Guerra, Rogelio	11	Centreville	44-04.00	39-00.00	4
12 Alexander-Goldsmith, Josh	10	Westfield	37-02.50	38-07.00	3
13 Madaj, Jack	JR	Chantilly HS	36-02.75	37-06.50	3
14 Lee, Daniel	SR	Edison High School	37-07.00	37-02.00	3
15 Krush, Christopher	12	Oakton	39-10.00	36-11.00	4
16 Clark, Jason	JR	Chantilly HS	39-01.00	36-07.00	4
16 Yates, Jordan	10	Eastern View High School	36-05.50	36-07.00	3
18 Titus, Zion	12	Quince Orchard High School	38-08.00	36-05.00	3
19 Blose, Daniel	11	Stone Bridge	36-07.25	36-01.00	3
20 Reyes, Jaime	11	Mount Vernon	35-01.00	35-04.50	2
21 Robinson, Michael	12	Battlefield	36-05.00	35-03.75	3
22 Malone, Anthony	11	West Potomac	36-06.50	35-00.75	3
23 Wirth, Coleman	11	J.E.B. Stuart	32-11.00	34-11.50	2
24 Thomas, Gavin	11	Centreville	43-08.00	34-05.50	4
25 Belkayat, Zak	10	Annandale	33-09.50	34-04.00	2
25 Brooke, James T	12	George C. Marshall	33-07.00	34-04.00	2
27 Caldwell, Bobby	12	Tuscarora High School (Va)	34-10.75	33-11.50	2
28 Hiep, Thomas	11	Oakton	36-03.00	33-10.50	3
29 Hesson, Nick	12	Potomac Falls	36-10.50	33-03.00	3
30 Ohene, Alex	11	Annandale	37-02.00	33-02.50	3
31 Palmer, Thadius	12	Westfield	35-02.50	32-08.00	2
32 Colon, Joey	12	The Potomac School	36-06.00	32-05.75	3
33 Williams, Joshua	9	Gonzaga College High School	35-08.25	32-05.00	2
34 Gerber, Jeffery	10	Thomas Jefferson S&T	36-01.50	32-03.75	2
35 Kowkabi, Cyrus J	12	George C. Marshall	31-09.00	32-02.50	1
36 Lee, Samuel	11	W.T. Woodson	32-09.00	32-02.25	1
37 Jones, Zach	12	Tuscarora High School (Va)		32-02.00	1
38 Kouevi, Cedric	12	Mount Vernon	33-05.00	31-07.00	2
39 Fuentes, Alfredo	10	West Potomac	30-05.00	31-03.00	1
40 Dereje, Phillip	12	The Potomac School	32-09.00	30-06.50	2
41 Clancy, Liam	12	Trinity School at Meadow View	31-11.00	30-01.50	1
42 Wiese, Ted	9	Walt Whitman High School	32-02.00	29-07.00	1
43 Mickum, Ben	11	Walt Whitman High School	29-01.00	26-09.00	1

Men Discus Throw

XBC Meet: 169-05 M 4/25/2009 Quintin Fortes, South Lakes

VA 6A State: 141-07 !

VA 5A State: 134-04 *

6A North Reg: 130-03 @

Name	Yr	School	Seed	Finals	Points
Finals					
1 Allen, Robert	12	Potomac Falls	143-01	151-09 !	4 10

2018 Cassel's XBC Track Experience - 4/28/2018

Results

Finals ... (Men Discus Throw)

Name	Yr	School	Seed	Finals	Points
2 Kirby, Carrington	12	Battlefield	140-05	150-03 !	4 8
3 Monroe, Bobby	12	Westfield	134-08	142-07 !	4 6
4 Smith, Derek	12	Patriot High School	116-08	139-11 *	4 4
5 Lee, Daniel	SR	Edison High School	138-04	133-00 @	4 2
6 Bowman, Jared	10	Riverside High School	142-01	132-02 @	4 1
7 Wilkins, Nathaniel	10	Fairfax	115-00	130-07 @	4
8 Colon, Joey	12	The Potomac School	130-00	120-06	4
9 Guerra, Rogelio	11	Centreville	113-02	114-06	4
10 Blose, Daniel	11	Stone Bridge	104-06	112-06	3
11 Toney, Jack	12	Oakton	111-11	111-06	4
12 Richlin, Alex	10	Oakton	121-03	110-09	4
13 Kestyn, Bobby	11	Fairfax	99-00	109-02	2
14 Canterbury, Noble	9	Patriot High School	110-08	105-09	3
15 Kouevi, Cedric	12	Mount Vernon	92-00	104-04	2
16 Foster, James	11	Stone Bridge	116-10	103-08	4
17 Blevins, Michael	11	Eastern View High School	101-10	101-04	3
18 Legum, Travis	11	W.T. Woodson	90-06	100-09	2
19 Girdhar, Aakash	SR	Chantilly HS	97-06	98-02	2
20 Robinson, Michael	12	Battlefield	107-01	97-11	3
21 Thomas, Gavin	11	Centreville	101-02	97-08	3
22 Thirkill, Noah	11	Trinity School at Meadow View	101-02	97-07	3
23 Brooke, James T	12	George C. Marshall	95-08	97-01	2
24 Knight, Jacob	12	Yorktown	107-03	96-06	3
25 Titus, Zion	12	Quince Orchard High School	102-09	94-11	3
26 Gerber, Jeffery	10	Thomas Jefferson S&T	85-10	94-05	1
27 Kim, Alex	10	Riverside High School	99-00	93-05	2
28 Mpanya, Ejiba	11	Potomac Falls	101-08	93-01	3
29 Turner, Jack	11	Tuscarora High School (Va)	93-08	92-00	2
30 Godin, David	11	Thomas Jefferson S&T	95-01	91-11	2
31 Jones, Jarett	11	The Potomac School	103-00	91-08	3
32 Chirchi, Nour	SO	Edison High School	105-00	91-05	3
33 Medina, Jackson	FR	Edison High School	95-04	x91-01	2
34 Graham, Sam	12	Paul VI Catholic	90-00	90-11	2
35 Rogers, Bryan	FR	Chantilly HS	88-04	90-06	1
36 Moreno, Denilson	SO	Chantilly HS	88-09	x89-04	1
37 Malone, Anthony	11	West Potomac	97-03	88-03	2
38 Wirth, Coleman	11	J.E.B. Stuart	67-01	87-03	1
39 Raymond, Kyle	12	Westfield	91-09	86-01	2
40 Reyes, Jaime	11	Mount Vernon	92-02	85-02	2
41 Hoernig, Micah	11	Trinity School at Meadow View	72-07	84-09	1
42 Belkayat, Zak	10	Annandale	85-08	83-03	1
43 Fuentes, Alfredo	10	West Potomac	84-07	82-07	1
44 Yates, Jordan	10	Eastern View High School	99-02	80-11	3
45 Williams, Joshua	9	Gonzaga College High School	89-09	80-10	2
46 Caldwell, Bobby	12	Tuscarora High School (Va)	85-05	80-09	1
47 Ohene, Alex	11	Annandale	90-00	78-03	2
48 Lindsey, Michael	11	Manassas Park	82-04	71-07	1
49 Mpalang, Andrew	9	W.T. Woodson	84-07	71-05	1
50 Adubi, Paul B	11	George C. Marshall	81-05	71-01	1
51 Wiese, Ted	9	Walt Whitman High School	67-01.50	70-09	1
52 Mickum, Ben	11	Walt Whitman High School	60-00	58-06	1

2018 Cassel's XBC Track Experience - 4/28/2018**Results****Men 1600 Meter Run Freshman**

XBC Meet: 4:33.91 M 4/24/2010 Sean McGorty, Chantilly HS

VA 6A State: 4:22.12 !

VA 5A State: 4:26.31 *

6A North Reg: 4:34.56 @

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Malave, Sebastian	9	George C. Marshall	4:44.22	4:43.08	3	
2 Hawkins, Luke	9	West Springfield	4:46.04	4:47.70	3	
3 Thomas, Wyatt	9	Centreville	5:03.76	4:50.41	3	
4 Ayoub, Mousa	9	Annandale	4:57.13	4:51.53	3	
5 French, Benjamin	FR	Chantilly HS	4:57.87	4:51.88	3	
6 Johnson, Robert	9	W.T. Woodson	4:50.80	4:52.81	3	
7 Donnelly, Patrick	9	Gonzaga College High School	4:59.97	4:53.51	3	
8 Woodhouse, Garrett	9	Oakton	4:58.56	4:54.70	3	
9 Damte, Eyosyas	8	T.C. Williams High School	5:00.00	5:00.99	3	
10 Schwab, Joseph	9	Patriot High School	5:15.44	5:03.24	2	
11 Penella, Miquel	9	Yorktown	5:19.84	5:04.00	2	
12 Chilukuri, Varun	9	Thomas Jefferson S&T	5:13.98	5:04.19	2	
13 Bessie, Bereket	9	J.E.B. Stuart	5:02.87	5:04.35	3	
14 Bhat, Ikhlalas	9	Thomas Jefferson S&T	5:14.82	5:04.37	2	
15 Lyon, Michael	9	West Potomac	5:01.00	5:04.58	3	
16 Talbot, Ricardo	9	Stone Bridge	5:00.10	5:06.25	3	
17 Moffitt, Brandon	9	Oakton	5:12.98	5:06.52	2	
18 Tussey, Kalen	9	Stone Bridge	5:04.51	5:08.19	3	
19 Kocherla, Teja	9	Thomas Jefferson S&T	5:18.00	x5:08.37	2	
20 Schulman, Sander	9	Walt Whitman High School	5:20.70	5:09.83	2	
21 Hover, William	9	West Springfield	5:01.24	5:10.91	3	
22 Brady, Shane	9	Battlefield	5:17.30	5:13.28	2	
23 Weisberg, Alexander	9	Patriot High School	5:23.24	5:13.81	2	
24 Buechter, Geoffrey	9	Fairfax	5:13.80	5:14.02	2	
25 Dubin, Benji	9	Quince Orchard High School	5:20.00	5:17.45	2	
26 Stevens, Lachlan	9	Yorktown	5:23.42	5:19.77	2	
27 O'Brien, Beck	9	Walt Whitman High School	5:22.10	5:20.71	2	
28 Indugula, Myan	9	Fairfax	5:27.40	5:20.78	1	
29 Lagendyk, Marco	9	George C. Marshall	5:14.47	5:21.94	2	
30 Torres, Daniel	9	Westfield	5:20.70	5:26.07	2	
31 Logan, Evan	9	Riverside High School	5:34.36	5:27.12	1	
32 Langhorne, Neal	9	Centreville	5:32.11	5:27.50	1	
33 Smith, Theodore	9	W.T. Woodson	5:27.20	5:29.42	1	
34 Doolin, John	9	Gonzaga College High School	5:41.93	5:30.29	1	
35 Liepzig, Thomas	9	Potomac Falls	5:34.57	5:31.02	1	
36 Stevason, Andrew	FR	Edison High School	5:43.00	5:35.13	1	
37 Bippert, Brian	FR	Chantilly HS	5:36.44	5:35.71	1	
38 Dresen, Jason	8	T.C. Williams High School	5:25.00	5:36.34	1	
39 Post, Tristan	9	J.E.B. Stuart	5:49.32	5:37.74	1	
40 Schmid, Spencer	9	George C. Marshall	5:33.28	x5:40.47	1	
41 Hernandez, Andrew	FR	Edison High School	5:43.00	5:41.63	1	
42 Mills, Kai	9	Mount Vernon	5:49.16	5:45.38	1	

Women - Combined Divisions - Team Rankings - 17 Events Scored

2018 Cassel's XBC Track Experience - 4/28/2018**Results**

1) Stone Bridge	70.5	2) Fairfax	45
3) Chantilly HS	40	3) Patriot High School	40
5) W.T. Woodson	36	5) George C. Marshall	36
7) Westfield	32.5	8) Tuscarora High School (VA)	29
9) The Potomac School	20	10) Edison High School	18
11) Rock Ridge HS	17	11) Battlefield	17
13) Walt Whitman High School	14	13) Rockville HS	14
15) Thomas Jefferson S&T	11	15) J.E.B. Stuart	11
17) Eastern View High School	10	17) Quince Orchard High School	10
17) John Handley	10	20) James W. Robinson	8
20) Paul VI Catholic	8	22) T.C. Williams High School	7
23) Annandale	6	23) Yorktown	6
25) Oakton	4	25) Broadway	4
27) Trinity School at Meadow View	1	27) Riverside High School	1
27) Manassas Park	1		

Men - Combined Divisions - Team Rankings - 17 Events Scored

1) Fairfax	74	2) Battlefield	56
3) Potomac Falls	52	4) Tuscarora High School (VA)	32
5) W.T. Woodson	28	6) DeMatha Catholic High School	26
7) Westfield	21	8) Oakton	20.5
9) Patriot High School	20	10) West Springfield	19
11) Thomas Jefferson S&T	18	12) Banneker High School	16
13) Riverside High School	12	13) Edison High School	12
13) Eastern View High School	12	13) West Potomac	12
17) T.C. Williams High School	11	18) Fort Defiance	10
19) George C. Marshall	9	19) Manassas Park	9
21) The Potomac School	8	21) Annandale	8
21) Gonzaga College High School	8	24) Rock Ridge HS	6
24) Yorktown	6	24) Stone Bridge	6
24) Episcopal	6	28) Walt Whitman High School	4
29) J.E.B. Stuart	2	29) Quince Orchard High School	2
31) Centreville	1	32) John Handley	0.5