

## CHANTILLY CHARGERS- INDOOR TRACK & FIELD

### ALL-TIME RECORDS

Note: These records are not considered to be exhaustive, rather they represent gathering of results from various electronic and print sources, plus notes collected from decades of coaches. Most have been verified from one source or another.

If you believe that you have a performance that should be listed, please contact Dr. Matt Gilchrist (Head Coach) at [MTGilchrst@aol.com](mailto:MTGilchrst@aol.com). Please provide him with: Name, Event, Performance, and ideally Date/Year and Meet achieved. This will assist in verifying mark for accuracy.

**Yellow**= Relay Split

**Red**= Questionable (Faster than PR FAT time) Parent Handtime (Dual/Tri Meet)

**Blue**= Still Active Athlete

**Purple**= Unverified Performance

#### Women 50m Dash

1	7.6h F	Johnson, Valerie	2/1/1980	1980 Northern District Indoor Track Champs
2	7.8h F	Mosher, Allene	2/1/1980	1980 Northern District Indoor Track Champs

#### Women 55m Dash

1	6.96 F	Aiken, Alyssa	2/22/2000	Northern Region Indoor Track Champs
2	7.30 F	Leslie, Kathy	1/3/1987	George Mason Invitational
3	7.36 P	Kaname, Sara	3/5/2004	Virginia AAA State Winter T& F Championships
4	7.44 F	Terry, Darianna	2/2/2007	Concorde Indoor District Championships 2007
5	7.45 F	Chambers, Angela	2/20/1996	Northern Region Indoor Track Championships
5	7.45 P	Dews, Jaiviah	1/26/2017	2017 Concorde Conference 5 Championships
7	7.48 F	Geldermann, Jennifer	2/6/2003	2003 Concorde District Championships
8	7.51 P	Idris, Amira	2/23/2008	Northern Region Indoor Track Championship
9	7.55 F	Giles, Bridgett	2/1/1997	Concorde District Indoor Track Champs
10	7.58 P	Alderman, Haley	2/1/2018	2018 Concorde Conference 5 Championships
11	7.60 F	Lightborn, Yvette	2/6/1988	Potomac District Indoor Track Championships
11	7.60 F	Han, Alice	2/5/2016	2016 Concorde Conference 5 Indoor Champs
13	7.61 P	Cooper, Emera	2/11/2019	2019 Northern Region D Indoor Track Championships
14	7.62 P	Mitchell, Tiffany	2/19/2011	Northern Region Indoor Track Championships
15	7.63 F	Buck, Laurel	2/1/2018	2018 Concorde Conference 5 Championships
16	7.65 P	Casey, Mary	2/6/2003	2003 Concorde District Championships
16	7.65 S	Cordova, Katie	2/9/1999	Concorde District Indoor Track Championships
18	7.73 P	Abisogun, Adeola	2/5/2004	Concorde District Track & Field Championships
	7.74 F	Bacon, Cecelia	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
19	7.5h F	Patrick, Amy	1/5/1985	George Mason Invitational
19	7.74 F	Vranas, Elizabeth	1/23/2010	Jefferson & GC Marshall
19	7.5h F	Johnson, Laura	2/3/1983	Potomac District Indoor Track Championships
19	7.74 F	Bacon, Cecelia	2/1/2018	2018 Concorde Conference 5 Championships
23	7.76 P	Weinberg, Kim	1/30/2009	Concorde District Indoor Track Champs 2009
24	7.80 P	Powell, Lauren	2/16/2013	2013 Northern Region Indoor Track Champs
25	7.80 F	Jarrett, Tyeisha	1/29/2010	Concorde District Indoor Track Championships
25	7.80 F	Jones, Claire	1/23/2019	2019 Concorde District Indoor Track Championships
27	7.83 P	Vu, Pauline	2/16/2013	2013 Northern Region Indoor Track Champs

28	7.6h F	Maier, Rhonda	1/25/1986	McLean, O'Connell & Jefferson
28	7.6h F	Woodward, Krissy	12/1/1983	Chantilly vs. Annandale & Fairfax
28	7.84 F	Purvis, Kathryn	12/11/1993	Walt Cormack Invitational
28	7.6h F	Perko, Cheryl	2/3/1983	Potomac District Indoor Track Championships
28	7.6h F	Johnson, Valerie	2/1/1981	Potomac District Indoor Track Championships
28	7.84 F	Boehlert, Hannah	12/6/2014	Chantilly, Hayfield, Madison & Marshall
28	7.84 F	Conroy, Miranda	1/6/2018	Chantilly, South County & TC Williams
35	7.85 F	Brennan, Danielle	1/13/2017	2017 Virginia Showcase
36	7.86 P	Labor-Koroma, Fatimah	2/6/2003	2003 Concorde District Championships
37	7.89 F	Reinhardt, Rachel	1/28/2011	Concorde District Indoor Track Championships
38	7.92 F	Isner, Melissa	2/1/1992	Great Falls District Indoor Track Champs
39	7.94 F	Magill, Jessica	12/18/2004	Centreville, Oakton, Jefferson, Langley
39	7.7h F	Maye, Felicia	1/21/1983	Pinnacle
39	7.94 F	Pantophlet, Chloe	12/6/2013	Chantilly, Oakton & Westfield
39	7.94 F	Isom, Tiara	1/15/2005	Annandale, Mount Vernon, McLean
39	7.94 F	Nance, Alicia	2/5/1994	Chantilly, Langley, Madison & Marshall
39	7.7h F	Marcy, Grace	2/1/1981	Potomac District Indoor Track Championships
39	7.94 F	Reingold, Jessica	12/12/2008	Centreville, Fairfax, Herndon
39	7.94 F	Oputa, Anwulika	1/25/2003	Wakefield, West Springfield, Edison, Stuart
39	7.94 F	Cheng, Julia	11/30/2018	Chantilly, Lake Braddock & Yorktown
46	8.01 F	Sieder, Jacquelyn	1/21/2011	Mid Area Track Classic

#### Women 60m Dash

1	8.24 F	Kanameine, Sara	1/27/2006	Virginia Tech Invitational 2006
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#### Women 200m Dash

1	25.34 F	Kanameine, Sara	3/5/2004	Virginia AAA State Winter T& F Championships
2	25.78 F	Brennan, Danielle	3/11/2016	2016 New Balance Indoor Track National Champs
3	26.00 F	Nelson, Jasmine	3/4/2005	Virginia AAA State Track Championships, 2005
3	26.00 F	Bacon, Cecelia	2/18/2016	2016 Northern Region 6A Indoor Champs
5	26.39 F	Jeffries, Simone	2/15/2017	2017 Region 6A North Indoor Track Champs
6	26.40 F	Geldermann, Jennifer	3/5/2004	Virginia AAA State Winter T& F Championships
7	26.50 F	Recto, Julia	1/13/2017	2017 Virginia Showcase
8	26.80 F	LeFrancois, Olivia	1/8/2016	2016 Suffolk Stars Invitational
9	26.80 F	Buck, Laurel	3/11/2016	2016 New Balance Indoor Track National Champs
10	26.87 F	Cooper, Emera	12/1/2018	2018 David Cannon Memorial Polar Bear Meet
11	26.90 F	Casey, Mary	3/5/2004	Virginia AAA State Winter T& F Championships
12	26.90 F	Conroy, Miranda	2/1/2018	2018 Concorde District Indoor Track Champs
13	27.08 F	Ullom, Nina	1/14/2011	Flames Invitational
14	27.10 F	Mitchell, Tiffany	2/19/2011	Northern Region Indoor Track Championships
14	27.10 F	Abisogun, Adeola	3/4/2005	Virginia AAA State Track Championships, 2005
16	27.13 F	Davidson, Colleen	1/10/2014	2014 Liberty Flames Invitational
17	27.20 F	Alderman, Haley	2/15/2017	2017 Region 6A North Indoor Track Champs
18	27.50 F	Han, Alice	2/5/2016	2016 Concorde Conference 5 Indoor Champs
18	27.50 F	Reinhardt, Rachel	2/19/2011	Northern Region Indoor Track Championships
18	27.50 F	Lull, Samantha	2/25/2011	Virginia AAA State Indoor Track Championships
18	27.50 F	Jones, Claire	2/11/2019	2019 Northern Region D Indoor Track Championships
22	27.60 F	Carter-Ogden, Nyla	2/24/2018	2018 Virginia 6A State Indoor Champs
23	27.65 F	Sieder, Jacquelyn	2/19/2011	Northern Region Indoor Track Championships

24	27.80 F	Vu, Pauline	1/26/2012	Concorde District Winter Track Champs 2012
24	27.80 F	Jones, Claire	1/11/2019	2019 Liberty Premier Invitational
26	27.88 F	Idris, Amira	1/5/2008	Southern Maryland Mega Meet
27	28.00 F	Daugherty, Katie	1/23/2015	2015 Concorde Conference 5 Indoor Champs
27	28.00 F	Deveau, Ciana	1/23/2014	2014 Concorde Conference 5 Indoor Champs
27	28.00 F	Reingold, Jessica	12/29/2007	Friends of Indoor Track Invitational
30	28.01 F	Dews, Jaiviah	1/13/2017	2017 Virginia Showcase
31	28.10 F	Bush, Kendra	1/20/2018	Chantilly, Lake Braddock & TC Williams
32	28.16 F	Barrett, Elizabeth	2/3/2001	Concorde District Championships
33	28.20 F	Minor, Abigail	1/19/2013	Fairfax, Chantilly & Madison
33	28.20 F	Sowah, Mareshah	1/23/2014	2014 Concorde Conference 5 Indoor Champs
35	28.27 F	Powell, Lauren	12/29/2012	2012 Friends of Indoor Track Invitational
36	28.30 F	Ramich, Chloe	1/9/2015	2014 Liberty Flames Invitational
37	28.31 F	Jarrett, Tyeisha	12/30/2009	Friends of Indoor Track Invitational 2009
38	28.33 F	Soumahro, Jenay	1/12/2018	2018 Liberty Premier Invitational
39	28.40 F	LeFrancois, Danielle	1/26/2012	Concorde District Winter Track Champs 2012
39	28.40 F	Beard, Danielle	12/21/2013	2013 =PR= Holiday Invitational
39	28.40 F	Eaton, Amaya	SR 1/12/2018	2018 Liberty Premier Invitational
42	28.44 F	James, Emily	1/23/2010	Jefferson & GC Marshall
43	28.50 F	Draine, Maria	2/3/2001	Concorde District Championships
43	28.50 F	Boehlert, Hannah	1/23/2014	2014 Concorde Conference 5 Indoor Champs
43	28.50 F	McClain, Camille	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
46	28.60 F	Carter-Ogden, Ruby	JR 12/23/2017	2017 =PR= Holiday Invitational
47	28.66 F	Reed, Taylor	1/14/2006	Montgomery Invitational
48	28.69 F	Irwin, Kelsey	12/22/2014	Winter Holiday Invitational
49	28.70 F	Roby, Zoe	SR 1/12/2018	2018 Liberty Premier Invitational
50	28.74 F	Aronhime, Caroline	JR 1/6/2018	Chantilly, South County, & TC Williams
51	28.80 F	Pantophlet, Chloe	12/14/2013	Chantilly, Edison & West Potomac
51	28.80 F	Kratt, Susannah	1/6/2017	Chantilly, Washington-Lee, Fairfax & Madison
51	28.90 F	Weinberg, Kim	12/20/2008	Metro Run & Walk Holiday Invitational
54	28.91 F	Raher, Kendall	12/21/2013	2013 =PR= Holiday Invitational

#### Women 300m Dash

1	38.30 F	Aiken, Alyssa	2/29/2000	Virginia AAA State Indoor Track Champs
2	41.86 F	Jeffries, Simone	1/13/2017	2017 Virginia Showcase
3	41.93 F	Kanamine, Sara	3/5/2004	Virginia AAA State Winter T& F Championships
4	41.7h F	Johnson, Laura	2/13/1982	Virginia AAA State Indoor Track Championships
5	42.05 F	Brown, Carla	2/18/1992	Northern Region Indoor Track Championships
6	42.09 F	Idris, Amira	2/29/2008	Virginia AAA State Indoor Track Championships
7	42.27 F	Bacon, Cecelia	2/15/2017	2017 Region 6A North Indoor Track Champs
8	42.42 F	Geldermann, Jennifer	1/31/2003	Microtel Invitational, 2003
9	42.83 F	LeFrancois, Olivia	1/13/2017	2017 Virginia Showcase
10	43.25 F	Ullom, Nina	1/21/2011	Mid Area Track Classic
11	43.1h F	Leslie, Kathy	2/7/1986	Potomac District Indoor Track Championships
12	43.41 F	Davidson, Colleen	1/23/2014	2014 Concorde Conference 5 Indoor Champs
12	43.41 F	Casey, Mary	1/31/2003	Microtel Invitational, 2003
14	43.42 F	Nelson, Jasmine	2/5/2004	Concorde District Track & Field Championships
15	43.54 F	Recto, Julia	1/13/2017	2017 Virginia Showcase
16	43.70 F	Cordova, Katie	1/29/1999	Super 8 Invitational
16	43.70 F	Buck, Laurel	1/26/2017	2017 Concorde Conference 5 Championships
18	43.6h F	Marcy, Grace	2/9/1980	1980 Northern Region Indoor Track Champs

19	44.10 F	Conroy, Miranda	1/12/2018	2018 Liberty Premier Invitational
20	44.24 F	Raher, Kendall	1/23/2014	2014 Concorde Conference 5 Indoor Champs
21	44.32 P	Terry, Darianna	2/2/2007	Concorde Indoor District Championships 2007
22	44.2h F	Dayberry, Donna	2/3/1984	Potomac District Indoor Track Championships
23	44.59 F	Carter-Ogden, Nyla	1/12/2018	2018 Liberty Premier Invitational
24	44.60 F	Giles, Bridgett	2/1/1997	Concorde District Indoor Track Champs
25	44.63 F	Barrett, Elizabeth	2/3/2001	Concorde District Championships
26	44.71 F	Nance, Alicia	2/1/1993	Great Falls District Indoor Track Champs
27	44.74 F	Sieder, Jacquelyn	1/23/2010	Jefferson & GC Marshall
28	44.5h F	Lightborn, Yvette	2/6/1988	Potomac District Indoor Track Championships
28	44.74 F	Colonna, Katie	12/3/2016	Chantilly, Annandale, Mt. Vernon, & WPotomac
30	44.76 F	Labor-Koroma, Fatimah	1/31/2003	Microtel Invitational, 2003
31	44.98 F	LeFrancois, Danielle	1/11/2013	2013 Flames Invitational
32	45.00 F	Perdue, Taylor	2/1/1992	Great Falls District Indoor Track Champs
32	45.00 F	McMorrow, Erin	2/1/1997	Concorde District Indoor Track Champs
34	44.8h F	Johnson, Valerie	2/1/1980	1980 Northern District Indoor Track Champs
35	45.05 F	James, Emily	1/29/2010	Concorde District Indoor Track Championships
36	44.9h F	Chambers, Angela	2/1/1996	Concorde District Indoor Track Champs
36	44.9h F	Maier, Rhonda	1/12/1985	Stuart, South Lakes & O'Connell
38	45.24 F	Powell, Lauren	1/31/2013	2013 Concorde District Indoor Track Champs
39	45.34 F	Schuster, Sarah	12/5/2015	Chantilly, Oakton, Hayfield & South County
39	45.1h F	Abdul-Malek, Meera	1/3/1987	South Lakes, Annandale & Herndon
41	45.2h F	Woodward, Krissy	2/9/1984	Northern Region Indoor Track Championships
42	45.63 F	Jones, Kelly	2/19/1994	Great Falls District Indoor Track Champs
43	45.64 F	Filipek, Amanda	1/23/2014	2014 Concorde Conference 5 Indoor Champs
44	45.69 F	Reingold, Jessica	1/30/2009	Concorde District Indoor Track Champs 2009
45	45.73 F	Brennan, Danielle	1/8/2016	2016 Suffolk Stars Invitational
46	45.77 F	Scott, Ashley	1/30/2004	Microtel Invitational 2004
47	45.90 F	Carter-Ogden, Ruby	12/23/2017	2018 =PR= Holiday Invitational
48	45.8h F	Ganster, Debbie	1/5/1985	George Mason Invitational
49	46.01 F	Ramich, Chloe	1/9/2015	2014 Liberty Flames Invitational
50	46.06 F	Mitchell, Tiffany	1/15/2010	Flames H.S. Invitational
51	46.17 F	Stahli, Liane	2/1/1991	Great Falls District Indoor Track Champs
52	46.18 F	Ahn, Gloria	1/13/2017	2017 Virginia Showcase

#### Women 400m Dash

1	56.20 F	Aiken, Alyssa	3/11/2000	NIKE Indoor Classic
2	58.30 F	Re, Nicole	3/9/2018	2018 New Balance Indoor National Champs
3	58.77 F	Bacon, Cecelia	3/9/2018	2018 New Balance Indoor National Champs
4	59.45 F	Jeffries, Simone	2/15/2017	2017 Region 6A North Indoor Track Champs
5	59.80 F	LeFrancois, Olivia	2/18/2016	2016 Northern Region 6A Indoor Champs
6	1:00.20 F	Abisogun, Adeola	2/26/2005	Northern Region Indoor Track Championship, 05
7	1:00.38 F	Davidson, Colleen	3/13/2015	New Balance Indoor Nationals
8	1:01.10 F	Carter-Ogden, Ruby	2/11/2019	2019 Northern Region D Indoor Track Championships
9	1:01.27 F	Nelson, Jasmine	2/26/2005	Northern Region Indoor Track Championship, 05
10	1:01.70 F	Raher, Kendall	2/12/2014	2014 6A Northern Region Indoor Championships
11	1:01.80 F	Buck, Laurel	2/15/2017	2017 Region 6A North Indoor Track Champs
12	1:01.90 F	Casey, Mary	1/27/2006	Virginia Tech Invitational 2006
13	1:02.00 F	Carter-Ogden, Nyla	2/1/2018	2018 Concorde District Indoor Track Champs
14	1:02.06 F	Cowne, Alexa	1/14/2011	Flames Invitational

15	1:02.08 F	Irwin, Kelsey	3/11/2016	2016 New Balance Indoor Track National Champs
16	1:02.40 F	Lull, Samantha	2/16/2013	2013 Northern Region Indoor Track Champs
17	1:02.50 F	Hally, Alexandra	1/27/2006	Virginia Tech Invitational 2006
18	1:03.20 F	Schuster, Sarah	2/5/2016	2016 Concorde Conference 5 Indoor Champs
18	1:03.20 F	Soumahro, Jenay	1/20/2018	Chantilly, Lake Braddock & TC Williams
20	1:03.30 F	Recto, Julia	1/26/2017	2017 Concorde Conference 5 Championships
21	1:03.34 F	Abisogun, Adeola	1/10/2004	Montgomery Invitational
22	1:03.50 F	Kanamine, Sara	1/27/2006	Virginia Tech Invitational 2006
23	1:03.60 F	Ullom, Nina	1/14/2011	Flames Invitational
24	1:03.80 F	Vranas, Jessica	2/26/2005	Northern Region Indoor Track Championship, 05
24	1:03.80 F	Morris, Ana	SO 1/23/2015	2015 Concorde Conference 5 Indoor Champs
26	1:03.90 F	Sieder, Jacquelyn	1/15/2010	Flames H.S. Invitational
27	1:04.00 F	Toole, Megan	1/28/2011	Concorde District Indoor Track Championships
28	1:04.10 F	Conroy, Miranda	SO 12/23/2017	2017 =PR= Holiday Invitational
29	1:04.30 F	Chan, Teresa	1/27/2006	Virginia Tech Invitational 2006
30	1:04.46 F	Ullom, Nina	1/9/2010	2009 Montgomery Invitational
31	1:04.50 F	LeFrancois, Danielle	2/16/2013	2013 Northern Region Indoor Track Champs
32	1:05.05 F	Raher, Nora	1/31/2013	2013 Concorde District Indoor Track Champs
33	1:05.20 F	Golden, Julia	2/19/2015	2015 Region 6A North Indoor Championships
34	1:05.22 F	Vranas, Jessica	1/10/2004	Montgomery Invitational
35	1:05.40 F	Powell, Lauren	1/31/2013	2013 Concorde District Indoor Track Champs
35	1:05.40 F	Oliveira, Sofia	1/10/2014	2014 Liberty Flames Invitational
37	1:05.60 F	Kinsey, Elise	1/29/2010	Concorde District Indoor Track Championships
38	1:05.90 F	Filipek, Amanda	2/12/2014	2014 6A Northern Region Indoor Championships
39	1:06.00 F	McPhereson, Desiree	2/3/2001	Concorde District Championships
39	1:06.00 F	Barrett, Elizabeth	2/3/2001	Concorde District Championships
41	1:06.30 F	Aronhime, Caroline	1/23/2019	2019 Concorde District Indoor Track Championships
42	1:06.40 F	Bush, Kendra	1/23/2019	2019 Concorde District Indoor Track Championships
42	1:06.40 F	Weinberg, Kim	1/30/2009	Concorde District Indoor Track Champs 2009
42	1:06.40 F	Nagai, Aria	12/26/2016	2016 =PR= Holiday Invitational
45	1:07.00 F	Ingraham, Kathryn	1/29/2010	Concorde District Indoor Track Championships
46	1:07.10 F	Cowne, Mackenzie	12/22/2014	Winter Holiday Invitational
47	1:07.30 F	Placido, Molly	1/30/2009	Concorde District Indoor Track Champs 2009
47	1:07.30 F	Grochowski, Rachel	1/3/2009	Southern Maryland Mega Meet 2009
47	1:07.30 F	O'Donnell, Margaret	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
50	1:07.50 F	Daugherty, Katie	1/9/2015	2014 Liberty Flames Invitational
51	1:07.60 F	Sieder, Alexandra	1/26/2012	Concorde District Winter Track Champs 2012
52	1:07.90 F	McClain, Camille	1/13/2017	2017 Virginia Showcase
53	1:08.00 F	Yarger, Michelle	1/29/2002	Metro Run & Walk Invitational
54	1:08.09 F	Gast, Katrine	1/12/2008	Montgomery Invitational 2008
55	1:08.10 F	DiValentin, Lia	1/5/2008	Southern Maryland Mega Meet
56	1:08.24 F	Lull, Hannah	12/14/2013	Chantilly, Edison & West Potomac
57	1:08.33 F	Tarrant, Kelly	1/13/2007	Montgomery Invitational 2007

#### Women 500m Dash

1	1:17.4h F	Johnson, Laura	2/13/1982	Virginia AAA State Indoor Track Championships
2	1:18.74 F	McMorrow, Erin	2/21/1998	Northern Region Indoor Track Championships
3	1:19.36 F	Re, Nicole	2/1/2018	2018 Concorde District Indoor Track Championships
4	1:19.83 F	Davidson, Colleen	2/19/2015	2015 Region 6A North Indoor Championships
5	1:19.85 F	Ward, Rachel	2/20/1989	Northern Region Indoor Track Championships
6	1:20.00 F	Vranas, Jessica	2/28/2004	Northern Regional Winter Track Championships

7	1:20.23 F	Carter-Ogden, Ruby	1/23/2019	2019 Concorde District Indoor Track Championships
8	1:20.52 F	LeFrancois, Olivia	1/26/2017	2017 Concorde Conference 5 Championships
9	1:20.6h F	Colvin, Amy	1/17/1987	Stuart, Annandale & Jefferson
10	1:21.13 F	Abisogun, Adeola	2/5/2004	Concorde District Track & Field Championships
11	1:21.25 F	Maier, Rhonda	2/14/1987	Northern Region Indoor Track Championships
12	1:21.66 F	Sieder, Jacquelyn	1/29/2010	Concorde District Indoor Track Championships
13	1:21.9h F	Dayberry, Donna	2/10/1983	Northern Region Indoor Track Championships
14	1:22.4h F	Smith, Kathy	2/1/1997	Concorde District Indoor Track Champs
15	1:22.74 F	Cowne, Alexa	1/8/2011	Robinson & Herndon
16	1:23.02 F	Bacon, Cecelia	12/26/2015	2015 FIT Invitational
17	1:23.08 F	Carter-Ogden, Nyla	2/1/2018	2018 Concorde District Indoor Track Championships
18	1:23.36 F	Schuster, Sarah	1/8/2016	2016 Suffolk Stars Invitational
19	1:23.73 F	Stahli, Liane	2/1/1992	Great Falls District Indoor Track Champs
20	1:23.8h F	Bessette, Susan	1/5/1985	George Mason Invitational
21	1:24.02 F	Irwin, Kelsey	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
22	1:23.9h F	Montague, Karen	1/12/1985	Stuart, South Lakes & O'Connell
23	1:24.28 F	Miller, Carin	2/9/1999	Concorde District Indoor Track Championships
24	1:24.34 F	Osterling, Carmen	2/19/1994	Great Falls District Indoor Track Champs
25	1:24.40 F	Guinn, Julie	2/14/1987	Northern Region Indoor Track Championships
26	1:24.48 F	LeFrancois, Danielle	1/26/2012	Concorde District Winter Track Champs 2012
27	1:24.79 F	Baird, Hilary	1/19/2007	Eastern HS Challenge 2007
28	1:24.86 F	Casey, Mary	2/4/2005	Concorde District Indoor Championships, 2005
29	1:25.04 F	Ullom, Nina	1/30/2009	Concorde District Indoor Track Champs 2009
30	1:25.22 F	Brown, Carla	2/1/1992	Great Falls District Indoor Track Champs
31	1:25.34 F	Raher, Kendall	2/16/2013	2013 Northern Region Indoor Track Champs
32	1:25.4h F	Granger, Karen	2/7/1986	Potomac District Indoor Track Championships
33	1:25.84 F	Lull, Samantha	1/28/2011	Concorde District Indoor Track Championships
34	1:25.91 F	Perdue, Taylor	2/1/1993	Great Falls District Indoor Track Champs
35	1:26.13 F	Daugherty, Katie	1/23/2015	2015 Concorde Conference 5 Indoor Champs
36	1:26.44 F	Jeffries, Simone	12/5/2015	Chantilly, Oakton, Hayfield & South County
37	1:26.64 F	Colonna, Katie	12/3/2016	Chantilly, Annandale, Mt. Vernon, & WPotomac
38	1:26.71 F	Soumahro, Jenay	12/17/2017	2017 =PR= Holiday Invitational
39	1:26.78 F	Chapman, Kelly	1/26/1998	Concorde District Indoor Track Championships
40	1:26.94 F	Prueitt, Sharon	1/30/2004	Microtel Invitational 2004
41	1:27.10 F	Yarger, Michelle	2/8/2002	Concorde District Indoor Track Championships
42	1:27.24 F	Smith, Tina	1/15/1994	Fork Union Invitational
43	1:27.42 F	Beard, Danielle	1/8/2016	2016 Suffolk Stars Invitational
44	1:27.46 F	Filipek, Amanda	1/10/2014	2014 Liberty Flames Invitational
45	1:27.54 F	Oliveira, Sofia	1/10/2014	2014 Liberty Flames Invitational
46	1:27.56 F	Williams, Tracy	2/8/2000	Concorde District Indoor Track Champs
47	1:27.90 F	Ingraham, Kathryn	1/26/2012	Concorde District Winter Track Champs 2012
48	1:28.24 F	Tarrant, Kelly	1/28/2005	W&L, O'Connell, Yorktown, Westfield
49	1:28.44 F	Cowne, Mackenzie	1/23/2015	2015 Concorde Conference 5 Indoor Champs
50	1:28.94 F	Aronhime, Caroline	1/20/2018	Chantilly, Lake Braddock & TC Williams

#### Women 800m Run

1	2:19.52 F	Cowne, Alexa	3/11/2011	New Balance Indoor Track National Champs
2	2:20.81 F	DiValentin, Lia	1/13/2007	Montgomery Invitational 2007
3	2:25.36 F	Miller, Carin	3/13/1999	1999 NIKE Indoor Classic
4	2:25.49 F	Grochowski, Rachel	1/10/2009	Montgomery Invitational 2009
5	2:28.65 F	Hally, Alexandra	1/13/2007	Montgomery Invitational 2007

6	2:28.86 F	Yarger, Laurie	3/13/1999	1999 NIKE Indoor Classic
7	2:33.54 F	Lutkus, Amy	1/8/2005	Montgomery Invitational, 2005
8	2:34.34 F	Ransbotham, Anna	1/11/2003	Montgomery Invitational
9	2:35.71 F	Sieder, Alexandra	1/7/2012	Montgomery Invitational 2012
10	2:37.16 F	Strub, Hannah	1/9/2010	2009 Montgomery Invitational
11	2:37.62 F	Mutchler, Natalie	1/14/2006	Montgomery Invitational
12	2:37.70 F	Evans, Alexandra	1/8/2005	Montgomery Invitational, 2005
13	2:43.92 F	Knippler, Elizabeth	1/9/2010	2009 Montgomery Invitational

#### Women 800m Run

1	2:14.11 F	Buell, Amanda	3/1/1996	Virginia AAA State Indoor Track Championships
2	2:15.69 F	Re, Nicole	1/26/2017	2018 Concorde District Indoor Track Champs
3	2:16.17 F	Cowne, Alexa	2/23/2013	2013 Virginia AAA State Indoor Track Champs
4	2:22.10 F	Carter-Ogden, Ruby	2/11/2019	2019 Northern Region D Indoor Track Championships
5	2:22.32 F	DiValentin, Lia	2/24/2007	VHSL - AAA 2007NORTHERN REGIONAL
6	2:23.00 F	Smith, Kathy	2/20/1997	Northern Region Indoor Track Championships
7	2:23.03 F	Lull, Hannah	1/23/2015	2015 Concorde Conference 5 Indoor Champs
8	2:23.06 F	Hally, Alexandra	2/2/2006	Concorde District Indoor Track Champs, 2006
9	2:23.10 F	Raher, Nora	2/16/2013	2013 Northern Region Indoor Track Champs
10	2:23.50 F	Winstead, Laura	3/1/1996	Virginia AAA State Indoor Track Championships
10	2:23.50 F	Morris, Ana	1/26/2017	2017 Concorde Conference 5 Championships
12	2:23.70 F	LeFrancois, Olivia	2/26/2016	2016 Virginia 6A State Indoor Championships
13	2:24.00 F	Toole, Megan	2/23/2013	2013 Virginia AAA State Indoor Track Champs
14	2:25.60 F	Baird, Hilary	2/24/2007	VHSL - AAA 2007NORTHERN REGIONAL
15	2:26.10 F	Lull, Samantha	2/23/2013	2013 Virginia AAA State Indoor Track Champs
16	2:26.80 F	Carter-Ogden, Nyla	2/22/2019	2019 Virginia 6A State Indoor Track Champs
17	2:27.00 F	Chapman, Colleen	2/20/1997	Northern Region Indoor Track Championships
18	2:27.60 F	Wigle, Kayla	1/26/2017	2017 Concorde Conference 5 Championships
19	2:28.00 F	Strub, Hannah	2/19/2011	Northern Region Indoor Track Championships
19	2:28.00 F	Schuster, Sarah	2/26/2016	2016 Virginia 6A State Indoor Championships
21	2:28.30 F	Sieder, Alexandra	2/18/2012	2012 Northern Region Indoor Track Champs
22	2:28.60 F	Mutchler, Natalie	1/27/2006	Virginia Tech Invitational 2006
23	2:28.65 F	Witek, Kristin	2/4/2005	Concorde District Indoor Championships, 2005
24	2:28.80 F	San, Bianca	2/12/2014	2014 6A Northern Region Indoor Championships
25	2:29.10 F	Shaw, Natalie	2/24/2007	VHSL - AAA 2007NORTHERN REGIONAL
26	2:29.20 F	Kinsey, Elise	1/29/2010	Concorde District Indoor Track Championships
27	2:30.70 F	Grochowski, Rachel	12/12/2008	Centreville, Fairfax, Herndon
28	2:30.90 F	Wu, Elizabeth	1/23/2019	2019 Concorde District Indoor Track Championships
29	2:31.50 F	Gamble, Julie	2/20/1995	Northern Region Indoor Track Championships
30	2:31.80 F	Murray, Christie	1/17/2014	Chantilly, Herndon & Fairfax
31	2:32.00 F	Conlin, Jennifer	2/20/1997	Northern Region Indoor Track Championships
32	2:32.20 F	Colella, Leandra	1/31/2013	2013 Concorde District Indoor Track Champs
33	2:32.30 F	Hawvermale, Xaveria	1/4/2014	Chantilly, Robinson, TC Williams & WT Woodson
34	2:32.90 F	Cowne, Mackenzie	2/19/2015	2015 Region 6A North Indoor Championships
35	2:33.00 F	Ransbotham, Anna	2/8/2002	Concorde District Indoor Track Championships
36	2:33.10 F	Rhoads, Megan	1/11/2013	2013 Flames Invitational
37	2:33.70 F	Lull, Jaimie	1/28/2005	Virginia Tech Invitational, 2005
37	2:33.70 F	Oliveira, Sofia	1/23/2014	2014 Concorde Conference 5 Indoor Champs
39	2:33.80 F	Barlow, Momiji	12/26/2018	2018 FIT Invitational
40	2:34.70 F	Evans, Alexandra	1/28/2005	Virginia Tech Invitational, 2005
41	2:35.50 F	Masters, Lisa	2/20/1995	Northern Region Indoor Track Championships
42	2:35.64 F	Williams, Tracy	2/3/2001	Concorde District Championships

43	2:36.00 F	Carlson, Carolyn	1/13/2012	2011 Liberty Flames Invitational
44	2:36.80 F	Knippler, Elizabeth	1/21/2011	Mid Area Track Classic
45	2:37.30 F	Eadie, Blair	2/3/2001	Concorde District Championships
46	2:37.40 F	Haug, Julia	12/28/2016	2016 FIT Invitational
47	2:37.50 F	Irwin, Kelsey	1/8/2016	2016 Suffolk Stars Invitational
47	2:37.50 F	Ullom, Nina	1/3/2009	Southern Maryland Mega Meet 2009
49	2:38.14 F	Mutchler, Ava	2/8/2002	Concorde District Indoor Track Championships
50	2:38.81 F	Reeves, Shannon	1/29/2010	Concorde District Indoor Track Championships
51	2:39.50 F	Daugherty, Katie	12/21/2013	2013 =PR= Holiday Invitational
52	2:39.70 F	Plummer, Natalie	1/21/2011	Mid Area Track Classic
52	2:39.70 F	Loh, Jennifer	1/29/2010	Concorde District Indoor Track Championships

**Women 1000m Run**

1	2:55.80 F	Colvin, Sarah	2/7/1987	Potomac District Indoor Track Championships
2	2:59.09 F	Cowne, Alexa	2/18/2012	2012 Northern Region Indoor Track Champs
3	2:59.15 F	Re, Nicole	2/1/2018	2018 Northern Region D Indoor Track Championships
4	3:00.69 F	Buell, Amanda	3/1/1996	Virginia AAA State Indoor Track Championships
5	3:00.86 F	Miller, Carin	2/29/2000	Virginia AAA State Indoor Track Champs
6	3:02.34 F	DiValentin, Lia	1/19/2007	Eastern HS Challenge 2007
7	3:03.49 F	Winstead, Laura	3/1/1997	Virginia AAA State Indoor Track Championships
8	3:04.6h F	Abell, Kim	1/12/1985	Stuart, South Lakes & O'Connell
9	3:05.58 F	Morris, Ana	2/15/2017	2017 Region 6A North Indoor Track Champs
10	3:05.90 F	Hally, Alexandra	2/25/2006	Northern Region Indoor Track Champs, 2006
11	3:07.54 F	Grochowski, Rachel	2/20/2010	Northern Region Indoor Track Championships
12	3:07.62 F	Raher, Nora	1/11/2013	2013 Flames Invitational
12	3:07.62 F	Carter-Ogden, Ruby	JR 12/22/2018	2018 =PR= Holiday Invitational
14	3:09.72 F	Moore, Hollie	2/6/1988	Potomac District Indoor Track Championships
15	3:10.20 F	Lull, Hannah	1/23/2014	2014 Concorde Conference 5 Indoor Champs
16	3:10.22 F	Yarger, Laurie	1/26/2001	Microtel Invitational
17	3:10.47 F	Williams, Tracy	2/24/2001	Northern Region Indoor Track Championships
18	3:10.8h F	Colvin, Amy	1/12/1985	Stuart, South Lakes & O'Connell
19	3:11.59 F	Lull, Samantha	1/11/2013	2013 Flames Invitational
20	3:12.15 F	Chapman, Kelly	2/27/1999	Northern Region Indoor Track Championships
21	3:13.0h F	Dayberry, Donna	12/15/1983	Chantilly vs. Oakton
22	3:13.59 F	Strub, Hannah	1/28/2011	Concorde District Indoor Track Championships
23	3:14.0h F	Wiles, Lisa	12/15/1983	Chantilly vs. Oakton
24	3:14.4h F	Montague, Karen	1/17/1987	Stuart, Annandale & Jefferson
25	3:15.00 F	Ward, Rachel	2/6/1988	Potomac District Indoor Track Championships
26	3:15.29 F	Melella, Mandy	2/1/1993	Great Falls District Indoor Track Champs
27	3:15.45 F	Witek, Kristin	1/19/2007	Eastern HS Challenge 2007
28	3:16.24 F	Fahey, Aryn	2/5/1994	Chantilly, Langley, Madison & Marshall
29	3:16.54 F	Gleason, Katie	1/31/2008	Concorde District Indoor Track Championships
30	3:16.69 F	Miller, Ava	1/23/2019	2019 Concorde District Indoor Track Championships
31	3:16.74 F	Hawvermale, Xaveria	1/4/2014	Chantilly, Robinson, TC Williams & WT Woodson
32	3:17.10 F	Wigle, Kayla	12/26/2016	2016 =PR= Holiday Invitational
33	3:17.11 F	Haug, Julia	2/1/2018	2018 Concorde District Indoor Track Championships
34	3:17.14 F	Toole, Megan	12/14/2013	Chantilly, Edison & West Potomac
35	3:18.22 F	Ransbotham, Anna	1/26/2001	Microtel Invitational
36	3:18.30 F	Sieder, Alexandra	1/13/2012	2011 Liberty Flames Invitational
37	3:18.56 F	Barlow, Momiji	12/26/2018	2018 FIT Invitational
38	3:19.09 F	San, Bianca	1/23/2014	2014 Concorde Conference 5 Indoor Champs



39	3:19.22 F	Kinsey, Elise	1/29/2010	Concorde District Indoor Track Championships
40	3:19.42 F	Gamble, Julie	2/19/1994	Great Falls District Indoor Track Champs
41	3:19.82 F	Chapman, Meredith	2/9/1999	Concorde District Indoor Track Championships

#### Women 1200m Run

1	3:58.00 F	Morris, Ana	1/21/2017	Last Track to Philly
2	4:06.40 F	Witek, Kristin	1/14/2006	Montgomery Invitational
3	4:08.20 F	Carlson, Carolyn	1/7/2012	Montgomery Invitational 2012
4	4:21.90 F	Box, Elizabeth	12/29/2006	Friends of Indoor Track Invitational
5	4:22.00 F	Mutchler, Ava	1/29/2002	Metro Run & Walk Invitational

#### Women 1600m Run

1	4:54.0h F	Colvin, Amy	2/7/1986	Potomac District Indoor Track Championships
2	4:58.72 F	Cowne, Alexa	3/8/2013	2013 New Balance Indoor National Champs
3	5:00.94 F	DiValentin, Lia	1/26/2007	Virginia Tech Invitational 2007
4	5:07.83 F	Buell, Amanda	2/20/1995	Northern Region Indoor Track Championships
5	5:09.33 F	Hawvermale, Xaveria	1/23/2014	2014 Concorde Conference 5 Indoor Champs
6	5:11.77 F	Raher, Nora	1/31/2013	2013 Concorde District Indoor Track Champs
7	5:12.60 F	Colvin, Sarah	1/4/1986	George Mason Invitational
8	5:13.53 F	Re, Nicole	1/23/2019	2019 Concorde District Indoor Track Championships
9	5:14.63 F	Moore, Hollie	2/1/1989	Great Falls District Indoor Track Champs
10	5:16.39 F	Grochowski, Rachel	2/20/2010	Northern Region Indoor Track Championships
11	5:16.41 F	Fahey, Aryn	2/1/1993	Great Falls District Indoor Track Champs
12	5:19.0h F	Guinn, Julie	12/8/1985	Stuart, Jefferson & Annandale
13	5:20.00 F	Watson, Kathy	2/1/1989	Great Falls District Indoor Track Champs
14	5:20.77 F	Morris, Ana	1/26/2017	2017 Concorde Conference 5 Championships
15	5:22.34 F	Yarger, Laurie	2/27/1999	Northern Region Indoor Track Championships
16	5:22.34 F	Lull, Hannah	12/28/2013	2013 Friends of Indoor Track Invitational
17	5:23.05 F	Trevino, Kristina	3/16/2003	NIKE Indoor National Championships
18	5:23.60 F	Feck, Julie	2/14/1987	Northern Region Indoor Track Championships
19	5:24.62 F	Williams, Tracy	3/2/2001	Virginia AAA State Indoor Track Championships
20	5:25.43 F	Winstead, Laura	2/20/1996	Northern Region Indoor Track Championships
21	5:25.61 F	Wigle, Kayla	1/26/2017	2017 Concorde Conference 5 Championships
22	5:25.7h F	George, Julie	1/7/1982	Chantilly vs. WT Woodson & TC Williams
23	5:26.04 F	Lull, Samantha	1/11/2013	2013 Flames Invitational
24	5:26.31 F	Baird, Hilary	1/19/2007	Eastern HS Challenge 2007
25	5:27.39 F	Foley, Eileen	1/19/2007	Eastern HS Challenge 2007
26	5:27.58 F	Witek, Kristin	1/13/2007	Montgomery Invitational 2007
27	5:28.31 F	Murray, Christie	1/10/2014	2014 Liberty Flames Invitational
28	5:28.84 F	Barlow, Momiji	1/23/2019	2019 Concorde District Indoor Track Championships
29	5:28.94 F	Moretti, Kristen	2/22/2003	Northern Region Track & Field Championship 03
30	5:29.29 F	Strub, Hannah	1/30/2009	Concorde District Indoor Track Champs 2009
31	5:29.40 F	Carlson, Carolyn	1/26/2012	Concorde District Winter Track Champs 2012
32	5:32.00 F	Toole, Megan	1/28/2011	Concorde District Indoor Track Championships
33	5:32.11 F	Rhoads, Megan	1/28/2011	Concorde District Indoor Track Championships
34	5:32.74 F	Wu, Elizabeth	1/11/2019	2019 Liberty Premier Invitational
35	5:33.23 F	Shaw, Natalie	2/2/2006	Concorde District Indoor Track Champs, 2006

36	5:33.34 F	Hunsinger, Joanne	2/1/1991	Great Falls District Indoor Track Champs
37	5:35.29 F	Simcox, Laurel	2/1/1997	Concorde District Indoor Track Champs
38	5:36.32 F	Mutchler, Ava	2/5/2004	Concorde District Track & Field Championships
39	5:36.99 F	Eadie, Blair	1/26/2001	Microtel Invitational
40	5:37.30 F	Black, Sheri	2/14/1987	Northern Region Indoor Track Championships
41	5:37.94 F	Sieder, Alexandra	1/11/2013	2013 Flames Invitational
42	5:39.46 F	Haug, Julia	1/21/2017	2017 Last Track to Philly

#### Women 3000m Run

1	10:46.50 F	Colvin, Amy	1/5/1985	Virginia Tech Invitational
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#### Women 3200m Run

1	10:39.49 F	DiValentin, Lia	3/10/2007	Nike Indoor National Championships
2	10:40.80 F	Colvin, Amy	2/15/1986	Northern Region Indoor Track Championships
3	10:55.5h F	Colvin, Sarah	1/10/1987	South Lakes Annandale & Yorktown
4	11:06.47 F	Hawvermale, Xaveria	1/23/2014	2014 Concorde Conference 5 Indoor Champs
5	11:09.04 F	Moore, Hollie	2/20/1989	Northern Region Indoor Track Championships
6	11:13.75 F	Simcox, Laurel	2/20/1997	Northern Region Indoor Track Championships
7	11:13.80 F	Watson, Kathy	2/20/1989	Northern Region Indoor Track Championships
8	11:17.85 F	Cowne, Alexa	12/29/2012	2012 Friends of Indoor Track Invitational
9	11:20.38 F	Raher, Nora	1/31/2013	2013 Concorde District Indoor Track Champs
10	11:27.55 F	Murray, Christie	1/10/2014	2014 Liberty Flames Invitational
11	11:27.69 F	Trevino, Kristina	2/28/2003	Virginia AAA Track & Field Championships 2003
12	11:39.45 F	Yarger, Laurie	2/24/2001	Northern Region Indoor Track Championships
13	11:40.92 F	Wigle, Kayla	1/13/2017	2017 Virginia Showcase
14	11:41.00 F	Fahey, Aryn	2/20/1993	Northern Region Indoor Track Championships
15	11:42.82 F	Foley, Eileen	1/26/2007	Virginia Tech Invitational 2007
16	11:42.87 F	Grochowski, Rachel	2/21/2009	Northern Region Indoor Track Champs 2009
17	11:44.59 F	Shaw, Natalie	2/26/2005	Northern Region Indoor Track Championship, 05
18	11:46.2h F	Guinn, Julie	1/25/1986	McLean, O'Connell & Jefferson
19	11:48.35 F	Carlson, Carolyn	1/13/2012	2011 Liberty Flames Invitational
20	11:48.60 F	Hunsinger, Joanne	2/16/1991	Northern Region Indoor Track Championships
21	11:49.37 F	Lull, Hannah	12/21/2013	2013 =PR= Holiday Invitational
22	11:50.44 F	Rhoads, Megan	1/31/2013	2013 Concorde District Indoor Track Champs
23	11:58.8h F	Conlin, Jennifer	2/1/1997	Concorde District Indoor Track Champs
24	12:00.60 F	Barlow, Momiji	1/11/2019	2019 Liberty Premier Invitational
25	12:01.75 F	Poole, Caroline	1/23/2019	2019 Concorde District Indoor Track Championships
26	12:02.01 F	Re, Nicole	12/22/2018	2018 =PR= Holiday Invitational
27	12:02.9h F	Abell, Kim	2/3/1984	Potomac District Indoor Track Championships
28	12:05.84 F	Cason, Patricia	1/26/2012	Concorde District Winter Track Champs 2012
29	12:06.21 F	Strub, Hannah	1/30/2009	Concorde District Indoor Track Champs 2009
30	12:07.21 F	Haug, Julia	2/15/2017	2017 Region 6A North Indoor Track Champs
31	12:08.72 F	Lull, Samantha	12/29/2012	2012 Friends of Indoor Track Invitational
32	12:08.74 F	Witek, Kristin	1/15/2005	Annandale, Mount Vernon, McLean
33	12:11.47 F	Lenz, Emma	1/23/2019	2019 Concorde District Indoor Track Championships
34	12:12.37 F	Lenski, Lauren	1/31/2008	Concorde District Indoor Track Championships
35	12:14.20 F	Gilbert, Paula	2/7/1986	Potomac District Indoor Track Championships
36	12:14.36 F	Moretti, Rachel	2/6/2003	2003 Concorde District Championships
37	12:14.88 F	Wu, Elizabeth	1/11/2019	2019 Liberty Premier Invitational
38	12:20.73 F	Knippler, Elizabeth	1/28/2011	Concorde District Indoor Track Championships

39	12:23.04 F	Buell, Amanda	1/29/1994	Virginia Tech Invitational
40	12:29.86 F	Mutchler, Ava	1/31/2003	Microtel Invitational, 2003
41	12:30.91 F	Toole, Megan	1/14/2011	Flames Invitational
42	12:37.24 F	Morris, Ana	1/4/2014	Chantilly, Robinson, TC Williams & WT Woodson
43	12:37.81 F	Rodrigues, Julia	12/22/2018	2018 =PR= Holiday Invitational

#### Women 5000m Run

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1	17:57.31 F	DiValentin, Lia	3/15/2008	NIKE Indoor National Track Championships
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#### Women 1 Mile Run

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1	5:00.46 F	Cowne, Alexa	3/8/2013	2013 New Balance Indoor National Champs
2	5:02.70 F	DiValentin, Lia	1/26/2007	Virginia Tech Invitational 2007
3	5:16.22 F	Colvin, Amy	3/16/1986	Pathmark National Scholastic Classic
4	5:24.43 F	Trevino, Kristina	3/16/2003	NIKE Indoor National Championships
5	5:28.95 F	Wigle, Kayla	1/21/2017	2017 Last Track to Philly
6	5:41.66 F	Baird, Hilary	3/10/2007	Nike Indoor National Championships
7	5:45.81 F	Moretti, Kristen	1/11/2003	Montgomery Invitational
8	5:48.54 F	Mutchler, Ava	1/10/2004	Montgomery Invitational

#### Women 2 Mile Run

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1	10:43.22 F	DiValentin, Lia	3/10/2007	Nike Indoor National Championships
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#### Women 55m Hurdles

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1	7.98 F	Aiken, Alyssa	2/22/2000	Northern Region Indoor Track Champs
2	8.61 F	Nelson, Jasmine	2/26/2005	Northern Region Indoor Track Championship, 05
3	8.4h F	Johnson, Laura	2/1/1981	Potomac District Indoor Track Championships
4	8.70 F	Soumahro, Jenay	1/23/2019	2019 Concorde District Indoor Track Championships
5	8.90 F	Bessette, Susan	2/15/1986	Northern Region Indoor Track Championships
6	9.00 F	Bell, Valerie	1/3/1987	Virginia Tech Invitational
7	9.06 F	Stahli, Liane	2/18/1992	Northern Region Indoor Track Championships
7	9.06 F	Snyder, Jessica	1/8/2016	2016 Suffolk Stars Invitational
9	9.07 F	Ganster, Debbie	1/12/1985	Stuart, South Lakes & O'Connell
10	9.10 F	Smith, Tina	2/1/1995	Concorde District Indoor Track Champs
11	9.22 F	Boyd, Jamie	2/12/1988	Northern Region Indoor Track Championships
12	9.0h F	Greer, Lisa	2/1/1981	Potomac District Indoor Track Championships
13	9.25 F	Nguyen, Lan	2/1/1993	Great Falls District Indoor Track Champs
14	9.29 F	Nance, Alicia	2/1/1993	Great Falls District Indoor Track Champs
15	9.34 S	Draine, Maria	2/24/2001	Northern Region Indoor Track Championships
16	9.35 P	Hundley, Garmai	2/16/2013	2013 Northern Region Indoor Track Champs
17	9.44 F	Chan, Teresa	1/20/2006	Westfield, Wakefield, Washington-Lee
	9.44 F	Barbero, Marissa	1/16/2018	Chantilly, South County & TC Williams
18	9.49 F	Brennan, Danielle	2/5/2016	2016 Concorde Conference 5 Indoor Champs
19	9.54 F	Prueitt, Sharon	1/17/2004	Annandale, Mount Vernon, Edison
20	9.55 P	Holt, Shawn	2/22/2003	Northern Region Track & Field Championship 03
21	9.62 P	Ren, Elizabeth	1/8/2016	2016 Suffolk Stars Invitational
22	9.64 F	Le, Johanna	1/23/2015	2015 Concorde Conference 5 Indoor Champs
23	9.68 P	Comerford, Tracy	2/4/2005	Concorde District Indoor Championships, 2005
23	9.68 F	Eaton, Amaya	1/23/2019	2019 Concorde District Indoor Track Championships

25	9.71 F	Weinberg, Kim	1/30/2009	Concorde District Indoor Track Champs 2009
26	9.5h F	Abdul-Malek, Meera	12/13/1985	Herndon, Stuart & Marshall
27	9.79 P	Barbero, Marissa	2/1/2018	2018 Concorde District Indoor Track Championships
28	9.84 P	Crafton, Lauren	1/26/2012	Concorde District Winter Track Champs 2012
29	9.86 F	Ivey, Krystin	1/29/1999	Super 8 Invitational
29	9.86 P	Manley, Kaitlyn	1/10/2009	Montgomery Invitational 2009
31	9.95 F	Chen, Yvonne	2/1/1992	Great Falls District Indoor Track Champs
32	10.00 F	Williams, Loris	2/1/1991	Great Falls District Indoor Track Champs
32	10.00 F	Zhou, Rebecca	1/26/2017	2017 Concorde Conference 5 Championships
34	9.8h F	Wickstrom, Heather	2/1/1989	Great Falls District Indoor Track Champs
34	10.04 F	Minor, Abigail	12/20/2014	Oakton, Chantilly, Edison, TC Williams
36	10.14 F	Chang, Amy	1/28/2005	W&L, O'Connell, Yorktown, Westfield
37	10.17 P	Wang, Lily	1/31/2008	Concorde District Indoor Track Championships
38	10.19 P	Claunch, Valerie	1/26/2012	Concorde District Winter Track Champs 2012

#### Women 60m Hurdles

1	8.81 S	Aiken, Alyssa	3/11/2000	NIKE Indoor Classic
2	10.34 F	Chan, Teresa	1/27/2006	Virginia Tech Invitational 2006

#### Women High Jump

1	5-05.00 F	Smith, Kathy	1/6/1996	George Mason Relays
1	5-05.00 F	Allamby, Josephine	12/22/2018	2018 =PR= Holiday Invitational
3	5-04.00 F	Bunek, Terri	2/23/1984	Virginia AAA State Indoor Track Championships
3	5-04.00 F	Bacon, Cecelia	1/20/2018	Chantilly, Lake Braddock & TC Williams
5	5-02.00 F	Ganster, Debbie	2/15/1986	Northern Region Indoor Track Championships
5	5-02.00 F	McMorrow, Erin	2/21/1998	Northern Region Indoor Track Championships
7	5-01.00 F	Prueitt, Sharon	1/17/2004	Annandale, Mount Vernon, Edison
7	5-01.00 F	Hauser, Jeanette	2/10/1983	Northern Region Indoor Track Championships
9	5-00.00 F	Boehlert, Hannah	1/10/2014	2014 Liberty Flames Invitational
9	5-00.00 F	Aiken, Alyssa	1/29/1999	Super 8 Invitational
11	4-11.00 F	Smith, Tina	2/1/1997	Concorde District Indoor Track Champs
12	4-10.25 F	Lull, Samantha	12/10/2010	Robinson & Wakefield
13	4-10.00 F	Abisogun, Olabisi	2/20/2010	Northern Region Indoor Track Championships
13	4-10.00 F	Johnson, Laura	1/28/1982	Potomac District Indoor Track Championships
13	4-10.00 F	Lightborn, Yvette	2/6/1988	Potomac District Indoor Track Championships
13	4-10.00 F	Recto, Julia	12/28/2016	2016 FIT Invitational
13	4-10.00 F	Jeffries, Simone	1/13/2017	2017 Virginia Showcase
13	4-10.00 F	Alderman, Haley	1/26/2017	2017 Concorde Conference 5 Championships
17	4-09.00 F	Cordova, Katie	1/16/1999	Chantilly, McLean & South Lakes
18	4-08.00 F	Hasselcus, Amy	2/7/1987	Potomac District Indoor Track Championships
18	4-08.00 F	Powell, Lauren	1/19/2013	Fairfax, Chantilly & Madison
18	4-08.00 F	Kazuba, Nicole	2/2/2006	Concorde District Indoor Track Champs, 2006
18	4-08.00 F	Soukup, Leah	1/31/2008	Concorde District Indoor Track Championships
18	4-08.00 F	Johnson, Kisha	2/1/1995	Concorde District Indoor Track Champs
18	4-08.00 F	O'Donnell, Margaret	12/14/2013	Chantilly, Edison & West Potomac
24	4-07.00 F	Buck, Laurel	1/6/2017	Chantilly, Washington-Lee, Fairfax & Madison
25	4-06.00 F	Vranas, Elizabeth	1/11/2008	Falls Church, Washington-Lee & West Springfield
25	4-06.00 F	Bell, Valerie	2/6/1988	Potomac District Indoor Track Championships
25	4-06.00 F	Cowne, Mackenzie	12/28/2013	2013 Friends of Indoor Track Invitational
25	4-06.00 F	Ullom, Nina	1/28/2011	Concorde District Indoor Track Championships

25	4-06.00 F	Chiaramonte, Alicia	2/1/1992	Great Falls District Indoor Track Champs
25	4-06.00 F	Kaur, Navneet	1/17/2003	Oakton, Herndon, Washington & Lee, 2003
25	4-06.00 F	Kline, Maria Theresa	1/26/1985	Potomac District Indoor Track Championships
25	4-06.00 F	Nance, Alicia	12/11/1993	Walt Cormack Invitational
25	4-06.00 F	Comerford, Tracy	2/5/2004	Concorde District Track & Field Championships
25	4-06.00 F	Dougherty, Kylie	11/30/2018	Chantilly, Lake Braddock, Yorktown

#### Women Pole Vault

1	11-00.00 F	Kazuba, Nicole	12/31/2005	Lake Braddock Pole Vault Summit
2	10-03.00 F	Crafton, Lauren	2/16/2013	2013 Northern Region Indoor Track Champs
3	10-00.00 F	Ullom, Nina	1/28/2011	Concorde District Indoor Track Championships
4	9-04.00 F	Weinberg, Kim	1/9/2009	Falls Church & West Springfield
5	9-03.00 F	Claunch, Valerie	2/16/2013	2013 Northern Region Indoor Track Champs
5	9-03.00 F	Salmons, Katrina	12/8/2001	West Springfield, T.C. Williams & Jefferson
7	8-06.00 F	Withers, Jennifer	12/31/2007	Lake Braddock Pole Vault Summit
7	8-06.00 F	Florjancic, Grace	12/22/2014	Winter Holiday Invitational
7	8-06.00 F	Goudel, Lata	1/13/2017	2017 Virginia Showcase
10	8-03.00 F	Schad, Rebecca	2/1/2003	Woodson, Herndon, Robinson, McLean
10	8-03.00 F	Tho, Cindy	1/26/2017	2017 Concorde Conference 5 Championships
12	8-00.00 F	Cohen, Jennifer	1/21/2011	Mid Area Track Classic
12	8-00.00 F	Snyder, Jessica	12/30/2015	2015 South County Pole Vault Summit
14	7-03.00 F	Plummer, Jacqueline	1/23/2014	2014 Concorde Conference 5 Indoor Champs
15	7-00.00 F	Vassallo, Melanie	12/31/2007	Lake Braddock Pole Vault Summit
15	7-00.00 F	Cook, Mary Beth	2/8/2000	Concorde District Indoor Track Champs
15	7-00.00 F	Allamby, Josephine	12/8/2017	Chantilly, Edison & Yorktown
15	7-00.00 F	Aronhime, Caroline	12/1/2017	Chantilly, Washington-Lee & Yorktown
19	6-06.00 F	Dorough, Kristina	1/28/2006	Oakton, Centreville, Westfield
19	6-06.00 F	Cox, Jordan	1/27/2007	Westfield, Centreville, & Oakton
19	6-06.00 F	Fogle, Claire	1/19/2013	Fairfax, Chantilly & Madison
19	6-06.00 F	Minor, Elizabeth	12/9/2016	Chantilly, Hayfield, Robinson & Westfield
23	6-00.00 F	Manley, Kaitlyn	12/9/2006	TC Williams, Westfield & West Potomac
23	6-00.00 F	Isom, Tiara	1/6/2007	Robinson, Centreville & Herndon
23	6-00.00 F	Franks, Megan	12/19/1998	1998 FIT Relays
23	6-00.00 F	Lenski, Lauren	12/9/2006	TC Williams, Westfield & West Potomac
23	6-00.00 F	Biggar, Cynthia	12/6/2014	Chantilly, Hayfield, Madison & Marshall
23	6-00.00 F	Posni, Lakshmi	1/17/2015	Hayfield, Chantilly, Madison, WT Woodson
23	6-00.00 F	Maddi, Pranitha	1/17/2015	Hayfield, Chantilly, Madison, WT Woodson
30	5-06.00 F	Alderman, Haley	JR 12/9/2016	Chantilly, Hayfield, Robinson & Westfield

#### Women Long Jump

1	18-01.00 F	Aiken, Alyssa	2/27/1999	Northern Region Indoor Track Championships
2	17-02.00 F	Johnson, Kisha	2/20/1995	Northern Region Indoor Track Championships
3	17-00.25 F	Alderman, Haley	2/12/2018	2018 Northern Region D Indoor Track Championships
4	16-10.50 F	Dews, Jaiviah	1/26/2017	2017 Concorde Conference 5 Championships
5	16-09.00 F	Terry, Darianna	2/24/2007	VHSL - AAA 2007NORTHERN REGIONAL
6	16-06.50 F	Brown, Kyra	12/13/1985	Herndon, Stuart & Marshall
7	16-05.50 F	Brennan, Danielle	1/13/2017	2017 Virginia Showcase
8	16-05.00 F	Idris, Amira	2/23/2008	Northern Region Indoor Track Championship

9	16-04.50 F	Kanamine, Sara	2/5/2004	Concorde District Track & Field Championships
9	16-04.50 F	Han, Alice	2/1/2018	2018 Concorde District Indoor Track Championships
11	16-02.50 F	Leslie, Kathy	2/15/1986	Northern Region Indoor Track Championships
12	16-02.25 F	Stahli, Liane	2/1/1991	Great Falls District Indoor Track Champs
13	16-01.75 F	Ullom, Nina	1/29/2010	Concorde District Indoor Track Championships
14	16-00.50 F	Recto, Julia	12/28/2016	2016 FIT Invitational
15	15-09.50 F	Dayberry, Donna	2/9/1984	Northern Region Indoor Track Championships
16	15-09.00 F	Perko, Cheryl	2/10/1983	Northern Region Indoor Track Championships
17	15-07.75 F	Marcy, Grace	2/9/1980	1980 Northern Region Indoor Track Champs
18	15-07.00 F	Purvis, Kathryn	1/6/1996	George Mason Relays
19	15-05.00 F	Nguyen, Lan	2/1/1992	Great Falls District Indoor Track Champs
20	15-05.00 F	Eaton, Amaya	12/15/2018	Chantilly, Annandale, Herndon & Robinson
21	15-04.25 F	Crafton, Lauren	1/11/2013	2013 Flames Invitational
22	15-03.25 F	Kaepfel, Cindy	2/10/1983	Northern Region Indoor Track Championships
22	15-03.25 F	Miller, Carin	12/20/1997	FIT Relays
24	15-03.00 F	Pantophlet, Chloe	1/23/2015	2015 Concorde Conference 5 Indoor Champs
25	15-02.50 F	Mitchell, Tiffany	1/28/2011	Concorde District Indoor Track Championships
26	15-02.25 F	Allamby, Josephine	1/23/2019	2019 Concorde District Indoor Track Championships
27	15-02.00 F	Smith, Kathy	2/1/1997	Concorde District Indoor Track Champs
28	15-02.00 F	Bacon, Cecelia	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
29	15-01.75 F	Reese, Renee	2/1/1991	Great Falls District Indoor Track Champs
30	15-01.25 F	Buck, Laurel	1/13/2017	2017 Virginia Showcase
31	15-01.00 F	Smith, Tina	2/1/1997	Concorde District Indoor Track Champs
32	15-00.50 F	Perdue, Taylor	2/1/1992	Great Falls District Indoor Track Champs
33	15-00.50 F	Chen, Yvonne	2/1/1992	Great Falls District Indoor Track Champs
34	14-11.75 F	Soumahro, Jenay	1/12/2018	2018 Liberty Premier Invitational
35	14-11.25 F	Snyder, Jessica	1/8/2016	2016 Suffolk Stars Invitational
36	14-10.00 F	Sieder, Jacquelyn	1/21/2011	Mid Area Track Classic
37	14-09.50 F	Casey, Mary	2/5/2004	Concorde District Track & Field Championships
38	14-09.25 F	Boehlert, Hannah	1/9/2015	2014 Liberty Flames Invitational
39	14-08.75 F	Young, Makini	2/1/1997	Concorde District Indoor Track Champs
40	14-08.00 F	Cordova, Katie	1/16/1999	Chantilly, McLean & South Lakes
40	14-08.00 F	Deveau, Ciana	1/23/2014	2014 Concorde Conference 5 Indoor Champs
42	14-07.75 F	McMorrow, Erin	1/26/1998	Concorde District Indoor Track Championships
43	14-07.25 F	Gentry, Rachel	2/3/1984	Potomac District Indoor Track Championships
44	14-06.75 F	Boehlert, Hannah	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
45	14-05.50 F	Ren, Elizabeth	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
46	14-04.75 F	Geldermann, Jennifer	1/25/2003	Wakefield, West Springfield, Edison, Stuart
47	14-04.50 F	Lightborn, Yvette	2/6/1988	Potomac District Indoor Track Championships
48	14-03.50 F	Wickstrom, Heather	2/6/1988	Potomac District Indoor Track Championships
49	14-01.00 F	Sowah, Mareshah	1/10/2014	2014 Liberty Flames Invitational
49	14-01.00 F	Steinberg, Shannon	2/8/2002	Concorde District Indoor Track Championships
51	14-00.25 F	Lee, Esther	1/19/2008	Fairfax, Herndon, Jefferson & Robinson
52	14-00.00 F	Davidson, Colleen	1/10/2014	2014 Liberty Flames Invitational
52	14-00.00 F	Cooper, Emera	12/15/2018	Chantilly, Annandale, Herndon & Robinson

#### Women Triple Jump

1	37-07.75 F	Bacon, Cecelia	2/23/2018	2018 Virginia 6A State Indoor Track Championships
2	36-05.50 F	Recto, Julia	12/26/2016	2016 =PR= Holiday Invitational
3	35-05.75 F	Idris, Amira	1/31/2008	Concorde District Indoor Track Championships
4	34-07.00 F	Eaton, Amaya	12/23/2017	2017 =PR= Holiday Invitational

5	34-09.50 F	Mitchell, Tiffany	1/28/2011	Concorde District Indoor Track Championships
6	34-07.75 F	Terry, Darianna	1/26/2007	Virginia Tech Invitational 2007
7	33-11.25 F	Stahli, Liane	2/1/1992	Great Falls District Indoor Track Champs
8	33-11.00 F	Sowah, Mareshah	1/23/2014	2014 Concorde Conference 5 Indoor Champs
9	33-01.75 F	Chen, Yvonne	2/1/1992	Great Falls District Indoor Track Champs
10	32-10.50 F	LeFrancois, Olivia	1/8/2016	2016 Suffolk Stars Invitational
11	32-10.25 F	Boehlert, Hannah	1/8/2016	2016 Suffolk Stars Invitational
12	32-11.00 F	Pantophlet, Chloe	1/23/2015	2015 Concorde Conference 5 Indoor Champs
13	32-07.25 F	Deveau, Ciana	1/23/2014	2014 Concorde Conference 5 Indoor Champs
14	32-06.50 F	Nguyen, Lan	2/1/1993	Great Falls District Indoor Track Champs
15	32-03.75 F	Abisogun, Adeola	2/4/2005	Concorde District Indoor Championships, 2005
16	32-03.25 F	Kaname, Sara	1/30/2004	Microtel Invitational 2004
17	32-02.00 F	Snyder, Jessica	2/5/2016	2016 Concorde Conference 5 Indoor Champs
18	32-00.00 F	Casey, Mary	2/25/2006	Northern Region Indoor Track Champs, 2006
19	31-10.50 F	Jancaitis, Jean	2/19/1994	Great Falls District Indoor Track Champs
20	31-10.00 F	Allamby, Josephine	1/23/2019	2019 Concorde District Indoor Track Championships
21	31-09.25 F	Crafton, Lauren	1/31/2013	2013 Concorde District Indoor Track Champs
22	31-08.75 F	Nance, Alicia	2/19/1994	Great Falls District Indoor Track Champs
23	31-05.25 F	Prueitt, Sharon	1/17/2004	Annandale, Mount Vernon, Edison
24	31-03.50 F	Ren, Elizabeth	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
25	31-02.00 F	Claunch, Valerie	1/31/2013	2013 Concorde District Indoor Track Champs
26	30-11.00 F	Nguyen, Thuy	2/6/1988	Potomac District Indoor Track Championships
27	30-08.00 F	Alderman, Haley	12/26/2015	2015 FIT Invitational
28	30-06.75 F	Kazuba, Nicole	2/2/2006	Concorde District Indoor Track Champs, 2006
29	30-05.00 F	Wainwright, Sofia	1/8/2016	2016 Suffolk Stars Invitational
30	30-04.50 F	Soukup, Leah	1/31/2008	Concorde District Indoor Track Championships
31	30-04.00 F	Bell, Valerie	2/6/1988	Potomac District Indoor Track Championships
32	30-03.00 F	Sieder, Jacquelyn	1/28/2011	Concorde District Indoor Track Championships
33	29-11.75 F	Mitchual, Samantha	1/31/2008	Concorde District Indoor Track Championships
34	29-11.00 F	Cowne, Mackenzie	1/23/2014	2014 Concorde Conference 5 Indoor Champs
35	29-11.00 F	Barbero, Marissa	1/6/2018	Chantilly, South County & TC Williams
36	29-09.50 F	Steinberg, Shannon	2/8/2002	Concorde District Indoor Track Championships
37	29-01.00 F	Pantophlet, Chloe	12/14/2013	Chantilly, Edison & West Potomac
38	29-00.50 F	Carter-Ogden, Ruby	1/12/2018	2018 Liberty Premier Invitational
39	28-07.75 F	Chang, Amy	2/4/2005	Concorde District Indoor Championships, 2005
40	28-04.75 F	James, Emily	12/20/2008	Metro Run & Walk Holiday Invitational
41	28-03.75 F	Johnson, Carolyn	1/8/2005	Lake Braddock, Langley, McLean, Edison
42	28-03.50 F	Boehlert, Hannah	1/4/2014	Chantilly, Robinson, TC Williams & WT Woodson
43	28-01.00 F	Witek, Kristin	2/5/2004	Concorde District Track & Field Championships
44	28-00.00 F	Oppenhiemer, Megan	1/25/2003	Wakefield, West Springfield, Edison, Stuart

#### Women Shot Put

1	39-03.00 F	Chiaramonte, Alicia	3/1/1992	Virginia AAA State Indoor Track Championships
2	37-01.00 F	Peterson, Stephanie	2/20/1993	Northern Region Indoor Track Championships
3	37-00.00 F	Igbokwe, Julianne	12/26/2015	2015 FIT Invitational
4	36-04.25 F	Meier, Sarah	12/30/2009	Friends of Indoor Track Invitational 2009
5	35-06.00 F	Aiken, Alyssa	2/9/1999	Concorde District Indoor Track Championships
6	34-07.50 F	Maheffey, Patty	2/12/1988	Northern Region Indoor Track Championships
7	34-06.50 F	Maye, Felicia	2/3/1983	Potomac District Indoor Track Championships
8	34-05.00 F	Jancaitis, Jean	2/26/1994	Northern Region Indoor Track Championships
9	33-06.50 F	Johnson, Kisha	2/20/1995	Northern Region Indoor Track Championships
9	33-03.00 F	Carlisle, Alexa	2/1/2018	2018 Concorde District Indoor Track Championships

11	32-11.25 F	Von Hoene, Melissa	1/8/2005	Montgomery Invitational, 2005
12	32-07.00 F	Maier, Rhonda	2/7/1986	Potomac District Indoor Track Championships
13	32-06.25 F	Carter, Shana	2/1/1993	Great Falls District Indoor Track Champs
14	31-11.75 F	Jeter, Jessica	2/4/2005	Concorde District Indoor Championships, 2005
15	31-01.75 F	Gosnell, Kelly	2/1/1990	Great Falls District Indoor Track Champs
16	30-03.25 F	Kinnier, Spencer	1/23/2019	2019 Concorde District Indoor Track Championships
17	29-05.00 F	Hundley, Garmai	1/31/2013	2013 Concorde District Indoor Track Champs
18	29-03.50 F	Hart, Angela	2/19/1994	Great Falls District Indoor Track Champs
19	29-00.00 F	Rashid, Lyzan	1/26/2012	Concorde District Winter Track Champs 2012
20	28-09.00 F	Cooper, Emera	12/15/2018	Chantilly, Annandale, Herndon & Robinson
21	28-08.25 F	Sye, Leah	12/29/2006	Friends of Indoor Track Invitational
22	27-08.00 F	Justice, Emily	1/6/2007	Robinson, Centreville & Herndon
23	27-04.25 F	Perri, Kelli	1/26/1985	Potomac District Indoor Track Championships
24	27-04.00 F	Gautschi, Isabelle	12/22/2014	Winter Holiday Invitational
25	27-03.75 F	Lunson, Nancy	12/11/1993	Walt Cormack Invitational
26	27-03.00 F	Whaley, Melinda	2/1/1989	Great Falls District Indoor Track Champs
27	27-00.00 F	LaBar, Amelia	12/15/2018	Chantilly, Annandale, Herndon & Robinson
28	26-08.75 F	Kerbuski, Bryanna	12/17/2011	=PR= Holiday Invitational
29	26-08.25 F	Singh, Ria	1/6/2017	Chantilly, Washington-Lee, Fairfax & Madison
30	26-05.00 F	Larch, Sarah	1/25/2008	St. Christopher's Invitational
31	26-04.75 F	Chapman, Taylor	1/23/2014	2014 Concorde Conference 5 Indoor Champs
31	26-04.75 F	Re, Victoria	12/26/2018	2018 FIT Invitational
33	26-01.00 F	Rubel, Katherine	2/5/1994	Chantilly, Langley, Madison & Marshall
34	25-11.00 F	Bernet, Courtney	1/28/2006	Oakton, Centreville, Westfield
35	25-10.50 F	Saunders, Jane	1/19/2008	Fairfax, Herndon, Jefferson & Robinson
36	25-08.00 F	Sallberg, Amy	1/9/2009	Falls Church & West Springfield
36	25-08.00 F	Bustillos, Brithany	1/18/2019	Chantilly, Wakefield & Yorktown
38	25-04.50 F	Verme, Katerina	12/11/2009	Centreville & Herndon
39	25-03.00 F	D'Imperio, Lindsay	2/1/2018	2018 Concorde District Indoor Track Championships
40	25-00.00 F	Takieddin, Leena	1/17/2015	Hayfield, Chantilly, Madison, WT Woodson

#### Women In Pentathlon

1	3481 F	Aiken, Alyssa	3/13/1999	1999 NIKE Indoor Classic
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#### Men 55m Dash

1	6.52 F	Singh, Amandeep	2/26/1994	Northern Region Indoor Track Championships
2	6.54 F	Aleem, Karim	12/11/1993	Walt Cormack Invitational
3	6.57 P	Recto, Eason	2/28/2014	2014 Virginia 6A State Indoor Championships
4	6.59 P	Urrutia, Raymond	1/13/2007	Montgomery Invitational 2007
4	6.59 F	Beyeah, Jimmy	12/29/2003	Friends of Indoor Track Invitational 2003
4	6.59 P	Schmader, Gus	2/27/1999	Northern Region Indoor Track Championships
7	6.61 F	Swan, Kisasi	2/20/1995	Northern Region Indoor Track Championships
8	6.61 F	Loh, Justin	2/5/2016	2016 Concorde Conference 5 Indoor Champs
9	6.63 P	West, Justin	2/12/2014	2014 6A Northern Region Indoor Championships
10	6.64 F	Carson, Aaron	1/19/2013	Fairfax, Chantilly & Madison
	6.64 F	Tsai, Eric	12/8/2017	Chantilly, Edison, Yorktown
11	6.67 F	Wang, Eric	2/27/1999	Northern Region Indoor Track Championships
12	6.71 P	Labor-Koroma, Mohamed	2/19/2011	Northern Region Indoor Track Championships
12	6.71 F	Almodiel, Darren	1/23/2015	2015 Concorde Conference 5 Indoor Champs
14	6.72 F	Kelly, Kevin	2/20/1989	Northern Region Indoor Track Championships
15	6.74 F	Cantrell, Kyle	1/24/2009	TC Williams, Mt. Vernon & Westfield



15	6.74 F	Salas, Efraem	2/21/2009	Northern Region Indoor Track Champs 2009
15	6.74 F	Luy, Justin	2/1/2018	Concorde District Indoor Track Championships
15	6.5h P	Hatcher, Bryant	1/5/1985	George Mason Invitational
19	6.75 F	Martin, Jim	2/20/1989	Northern Region Indoor Track Championships
20	6.76 F	Davenport, Trosoadas	1/11/2019	2019 Liberty Premier Invitational
21	6.77 F	Wynn, Edward	2/8/2000	Concorde District Indoor Track Champs
22	6.78 F	Schnarrs, James	2/5/2004	Concorde District Track & Field Championships
23	6.79 F	Forman, Tim	2/6/1988	Potomac District Indoor Track Championships
24	6.83 F	Tsai, Eric	2/1/2018	Concorde District Indoor Track Championships
25	6.84 F	Tran, Son	12/11/2009	Centreville & Herndon
25	6.6h F	Paulson, Paul	2/1/1980	1980 Northern District Indoor Track Champs
25	6.84 F	Pereira, Conrad	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
28	6.85 F	Fleming, Quintin	2/1/1991	Great Falls District Indoor Track Champs
29	6.86 F	Ibrahim, Ali	1/13/2017	2017 Virginia Showcase
30	6.87 F	Lord, Jamie	2/1/1989	Great Falls District Indoor Track Champs
31	6.88 P	Derrios, Michael	1/26/2012	Concorde District Winter Track Champs 2012
32	6.89 F	Henderson, Herndon	2/7/1987	Potomac District Indoor Track Championships
33	6.90 F	Norcini, Jake	12/22/2014	Winter Holiday Invitational
33	6.90 P	Nguyen, Vinh	2/18/2016	2016 Northern Region 6A Indoor Champs
35	6.90 F	Brown, Davonte	1/23/2019	2019 Concorde District Indoor Track Championships
36	6.91 P	Terry, Alexander	1/26/2012	Concorde District Winter Track Champs 2012
37	6.93 F	Covino, Kevin	1/31/2013	2013 Concorde District Indoor Track Champs
37	6.93 P	Bonilla, Christopher	1/26/2017	2017 Concorde Conference 5 Championships
39	6.94 F	Ross, Jontae	2/5/1994	Chantilly, Langley, Madison & Marshall
39	6.94 F	Mattioli, Keith	1/7/1983	George Mason Invitational
39	6.94 F	Solometo, Patrick	2/5/1994	Chantilly, Langley, Madison & Marshall
39	6.94 F	Lipsey, Shawn	2/27/1999	Northern Region Indoor Track Championships
39	6.94 F	Bouknight, DJ	1/26/1998	Concorde District Indoor Track Championships
39	6.94 F	Jacob, Michael	1/23/2010	Jefferson & GC Marshall
39	6.94 F	Ray, Dustin	1/17/2004	Annandale, Mount Vernon, Edison
39	6.94 F	Vilone, Maher	12/1/2017	Chantilly, Washington-Lee, Yorktown
47	6.96 F	Do, Cong	12/18/2010	=PR= Holiday Invitational
47	6.98 F	Parham, Ken	2/1/1992	Great Falls District Indoor Track Champ

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**Men 60m Dash**  
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1	7.58 F	Ray, Dustin	1/27/2006	Virginia Tech Invitational 2006
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**Men 60y Dash**  
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1	6.8h F	Robins, Tracy	2/3/1979	1979 Northern District Indoor Track Champs
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**Men 200m Dash**  
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1	21.88 F	West, Justin	3/14/2015	2015 New Balance Indoor Nationals
2	22.77 P	Labor-Koroma, Mohamed	3/11/2011	New Balance Indoor Track National Champs
3	22.10 F	Sturans, Andris	2/28/2014	2014 Virginia 6A State Indoor Championships
4	22.18 F	Jeffries, Titus	2/18/2016	2016 Northern Region 6A Indoor Champs
5	22.50 F	Cooper, Stephen	1/27/2006	Virginia Tech Invitational 2006
5	22.50 F	Loh, Justin	2/26/2016	2016 Virginia 6A State Indoor Championships

5	22.50 F	Scopellite, Michael	2/26/2016	2016 Virginia 6A State Indoor Championships
8	22.63 F	McClintock, Peyton	3/15/2014	2014 New Balance Indoor National Championship
9	22.69 F	Urrutia, Raymond	2/23/2008	Northern Region Indoor Track Championship
10	22.80 F	Recto, Eason	1/23/2014	2014 Concorde Conference 5 Indoor Champs
11	22.81 F	Robinson, Mark	1/11/2019	2019 Liberty Premier Invitational
12	22.90 F	Cantrell, Kyle	2/21/2009	Northern Region Indoor Track Champs 2009
12	22.90 F	Mitchell, Daniel	2/15/2017	2017 Region 6A North Indoor Track Champs
14	23.00 F	Almodiel, Darren	3/10/2015	2015 Virginia 6A State Indoor Championships
15	23.06 F	Ibrahim, Ali	1/13/2017	2017 Virginia Showcase
16	23.15 F	Beyeah, Jimmy	2/26/2005	Northern Region Indoor Track Championship, 05
17	23.30 F	Duran-Diaz, Jonathan	2/12/2018	2018 Northern Region 6 Indoor Track Champs
17	23.30 F	Mason, Adam	2/23/2018	2018 Virginia 6A State Indoor Track Championships
19	23.36 F	Salas, Efraem	1/10/2009	Montgomery Invitational 2009
19	23.40 F	Pereira, Conrad	2/18/2016	2016 Northern Region 6A Indoor Champs
21	23.44 F	Tully, Darren	2/28/2004	Northern Regional Winter Track Championships
22	23.48 F	Terry, Alexander	1/26/2012	Concorde District Winter Track Champs 2012
23	23.50 F	Nguyen, Vinh	12/12/2014	Washington-Lee, Annandale, Chantilly & Langley
23	23.50 F	Henry, Tyjuan	2/11/2019	2019 Northern Region D Indoor Track Championships
25	23.56 F	Whitman, Andrew	1/14/2006	Montgomery Invitational
26	23.58 F	Luy, Justin	2/23/2018	2018 Virginia 6A State Indoor Track Championships
27	23.60 F	Covino, Kevin	1/31/2013	2013 Concorde District Indoor Track Champs
28	23.64 F	Saben, Clark	1/23/2019	2019 Concorde District Indoor Track Championships
29	23.70 F	Menzel, Chris	1/29/2010	Concorde District Indoor Track Championships
30	23.74 F	McDuffy, Arthur	12/17/2011	=PR= Holiday Invitational
31	23.80 F	Norcini, Jake	12/20/2014	Oakton, Chantilly, Edison, TC Williams
31	23.80 F	Shepherd, Michael	1/13/2017	2017 Virginia Showcase
33	24.00 F	Almodiel, Jose Diego	12/26/2015	2015 FIT Invitational
34	24.10 F	Brown, Davonte	2/1/2018	2018 Concorde District Indoor Track Championships
34	24.10 F	Asghar, Saeed	2/1/2018	2018 Concorde District Indoor Track Championships
36	24.14 F	Carson, Aaron	1/4/2013	Washington-Lee, Chantilly, Annandale
37	24.20 F	Sun, Wesley	12/20/2008	Metro Run & Walk Holiday Invitational
37	24.20 F	Tran, Son	2/21/2009	Northern Region Indoor Track Champs 2009
37	24.20 F	Shorten, Quinn	12/26/2016	2016 =PR= Holiday Invitational
37	24.20 F	Tam, Andrew	1/12/2018	2018 Liberty Premier Invitational
41	24.26 F	Do, Cong	12/28/2010	Friends of Indoor Track Invitational
42	24.30 F	Reyes, Carlos	1/13/2012	2011 Liberty Flames Invitational
42	24.30 F	Azurin, Arthur	12/29/2012	2012 Friends of Indoor Track Invitational
42	24.30 F	Tsai, Eric	1/12/2018	2018 Liberty Premier Invitational
42	24.30 F	Brown, Davonte	1/23/2019	2019 Concorde District Indoor Track Championships
46	24.36 F	Nguyen, Eric	12/29/2012	2012 Friends of Indoor Track Invitational
47	24.40 F	Herrity, Robert	2/23/2008	Northern Region Indoor Track Championship
47	24.40 F	Derrios, Michael	1/13/2012	2011 Liberty Flames Invitational
47	24.40 F	Hyunh, DJ	1/12/2018	2018 Liberty Premier Invitational
50	24.40 F	Huynh, D.J	1/12/2018	2018 Liberty Premier Invitational
51	24.44 F	Daneshmand, Arvin	12/14/2013	Chantilly, Edison & West Potomac
52	24.50 F	Cumberbatch, Omar	1/14/2006	Montgomery Invitational
53	24.54 F	Naugles, Marcus	12/5/2015	Chantilly, Oakton, Hayfield & South County
54	24.58 F	McWeeny, Ryan	1/29/2010	Concorde District Indoor Track Championships
55	24.60 F	O'Reilly, Tyler	12/26/2018	2018 FIT Invitational
55	24.60 F	Pandal, Carlos	1/11/2019	2019 Liberty Premier Invitational
57	24.68 F	Rasheed, Mustafa	1/9/2010	2009 Montgomery Invitational
58	24.80 F	Oputa, Emeka	1/26/2012	Concorde District Winter Track Champs 2012
59	24.84 F	Morrad, Umar	12/20/2014	Oakton, Chantilly, Edison, TC Williams

60	24.90 F	Sun, Curtis	2/23/2008	Northern Region Indoor Track Championship
60	24.90 F	Ransom, Miles	12/17/2011	=PR= Holiday Invitational
62	24.94 F	Boucher, Dylan	1/18/2019	Chantilly, Wakefield & Yorktown
63	25.00 F	Conroy, Diego	12/20/2014	Oakton, Chantilly, Edison, TC Williams
63	25.00 F	Baumann, Kyle	2/28/2004	Northern Regional Winter Track Championships
63	25.00 F	Lewe, Aidan	12/22/2018	2018 =PR= Holiday Invitational

### Men 300m Dash

1	35.18 F	Labor-Koroma, Mohamed	2/25/2011	Virginia AAA State Indoor Track Championships
2	35.30 F	Schmader, Gus	3/5/1999	Virginia AAA State Indoor Track Championships
3	35.32 F	Jeffries, Titus	1/8/2016	2016 Suffolk Stars Invitational
4	35.73 F	Martin, Jim	3/1/1989	Virginia AAA State Indoor Track Championships
5	35.91 F	Swan, Kisasi	3/1/1995	Virginia AAA State Indoor Track Championships
6	36.04 F	West, Justin	1/10/2014	2014 Liberty Flames Invitational
7	36.07 F	Kohn, Mike	2/20/1990	Northern Region Indoor Track Championships
8	36.17 F	Urrutia, Raymond	2/29/2008	Virginia AAA State Indoor Track Championships
9	36.18 F	Scopellite, Michael	2/26/2016	2016 Virginia 6A State Indoor Championships
10	36.27 F	Beno, Jeff	2/1/1993	Great Falls District Indoor Track Champs
11	36.1h F	Henderson, Herndon	2/7/1986	Potomac District Indoor Track Championships
12	36.83 F	Robinson, Mark	1/11/2019	2019 Liberty Premier Invitational
13	36.98 F	McClintock, Peyton	1/23/2014	2014 Concorde Conference 5 Indoor Champs
14	37.13 F	Recto, Eason	1/23/2014	2014 Concorde Conference 5 Indoor Champs
15	37.13 F	Pereira, Conrad	2/5/2016	2016 Concorde Conference 5 Indoor Champs
16	36.9h F	Paulson, Paul	2/1/1980	1980 Northern District Indoor Track Champs
17	37.15 F	Singh, Amandeep	2/1/1993	Great Falls District Indoor Track Champs
18	37.19 F	Sturans, Andris	1/10/2014	2014 Liberty Flames Invitational
19	37.26 F	Daneshmand, Arvin	1/10/2014	2014 Liberty Flames Invitational
20	37.31 F	Loh, Justin	2/5/2016	2016 Concorde Conference 5 Indoor Champs
21	37.34 F	Solometo, Patrick	2/5/1994	Chantilly, Langley, Madison & Marshall
22	37.43 S	Parrell, John	2/2/2006	Concorde District Indoor Track Champs, 2006
23	37.48 F	Saben, Clark	1/11/2019	2019 Liberty Premier Invitational
24	37.49 P	Schnarrs, James	2/5/2004	Concorde District Track & Field Championships
25	37.50 F	Lannes, Mark	2/15/1981	Northern Region Indoor Track Championships
26	37.67 F	Terry, Alexander	1/26/2012	Concorde District Winter Track Champs 2012
27	37.74 F	Tam, Andrew	1/20/2018	Chantilly, Lake Braddock & TC Williams
28	37.75 F	Roy, Corey	2/6/1988	Potomac District Indoor Track Championships
29	37.76 F	Edwards, Bryan	2/8/2000	Concorde District Indoor Track Champs
30	37.79 F	Mitchell, Daniel	12/19/2015	2015 =PR= Holiday Invitational
31	37.80 F	Highsmith, Jarel	1/19/2007	Eastern HS Challenge 2007
32	37.83 F	Comerford, Kevin	1/31/2003	Microtel Invitational, 2003
33	37.92 F	Fleming, Quintin	2/1/1991	Great Falls District Indoor Track Champs
34	37.93 F	Salas, Efraem	1/3/2009	Southern Maryland Mega Meet 2009
35	37.7h F	Anderson, Todd	2/3/1984	Potomac District Indoor Track Championships
35	37.94 P	Cumberbatch, Omar	2/2/2007	Concorde Indoor District Championships 2007
37	37.96 F	Duran-Diaz, Jonathan	1/12/2018	2018 Liberty Premier Invitational
38	37.97 F	Azurin, Arthur	1/31/2013	2013 Concorde District Indoor Track Champs
39	38.04 P	Mattioli, Keith	2/3/1983	Potomac District Indoor Track Championships
40	38.13 F	Henderson, Chandler	1/10/2014	2014 Liberty Flames Invitational
41	38.15 F	Mason, Adam	1/12/2018	2018 Liberty Premier Invitational
42	38.16 F	McDuffy, Arthur	1/13/2012	2011 Liberty Flames Invitational
43	38.20 F	Shepherd, Michael	1/13/2017	2017 Virginia Showcase

### Men 400m Dash

1	48.86 F	Jeffries, Titus	3/11/2016	2016 New Balance Indoor Track National Champs
2	49.49 F	McGorty, Brandon	2/25/2017	2016 Concorde Conference 5 Indoor Champs
3	49.53 P	Labor-Koroma, Mohamed	3/11/2011	New Balance Indoor Track National Champs
	50.06 F	Jeffries, Titus	3/14/2015	2015 New Balance Indoor Nationals
4	51.45 F	Sturans, Andris	2/23/2013	2013 Virginia AAA State Indoor Track Champs
5	51.60 F	Scopellite, Michael	2/26/2016	2016 Virginia 6A State Indoor Championships
6	51.79 F	McGorty, Sean	2/16/2013	2013 Northern Region Indoor Track Champs
7	52.00 F	Loh, Justin	12/26/2015	2015 FIT Invitational
8	52.10 F	Highsmith, Jarel	1/27/2006	Virginia Tech Invitational 2006
9	52.10 F	Sowah, Johanan	2/23/2013	2013 Virginia AAA State Indoor Track Champs
10	52.20 F	West, Justin	2/16/2013	2013 Northern Region Indoor Track Champs
11	52.40 F	Daneshmand, Arvin	2/28/2014	2014 Virginia 6A State Indoor Championships
11	52.40 F	Mitchell, Daniel	2/15/2017	2017 Region 6A North Indoor Track Champs
	52.72 F	Highsmith, Jarel	1/13/2007	Montgomery Invitational 2007
13	52.80 F	McClintock, Peyton	1/10/2014	2014 Liberty Flames Invitational
14	52.90 F	McDuffy, Arthur	1/26/2012	Concorde District Winter Track Champs 2012
15	52.90 F	Miller, Logan	2/16/2013	2013 Northern Region Indoor Track Champs
16	53.10 F	Cumberbatch, Oswald	2/24/2007	VHSL - AAA 2007NORTHERN REGIONAL
17	53.14 F	Duran-Diaz, Jonathan	2/1/2018	2018 Concorde District Indoor Track Champs
18	53.20 F	Cantrell, Kyle	2/21/2009	Northern Region Indoor Track Champs 2009
18	53.20 F	Pereira, Conrad	2/26/2016	2016 Virginia 6A State Indoor Championships
18	53.20 F	Saben, Clark	2/11/2019	2019 Northern Region D Indoor Track Championships
21	53.30 F	Bever, Wilson	2/21/2009	Northern Region Indoor Track Champs 2009
21	53.30 F	Robinson, Mark	2/15/2017	2017 Region 6A North Indoor Track Champs
23	53.43 F	Tully, Darren	1/10/2004	Montgomery Invitational
24	53.50 F	Cumberbatch, Omar	2/24/2007	VHSL - AAA 2007NORTHERN REGIONAL
24	53.50 F	Ibrahim, Ali	2/15/2017	2017 Region 6A North Indoor Track Champs
26	53.60 F	Shepherd, Michael	1/13/2017	2017 Virginia Showcase
27	53.70 F	Asghar, Saeed	2/14/2018	2018 Northern Region D Indoor Track Champs
28	53.80 F	Cooper, Stephen	1/27/2006	Virginia Tech Invitational 2006
29	54.00 F	Azurin, Arthur	2/23/2013	2013 Virginia AAA State Indoor Track Champs
29	54.00 F	Davenport, Trosoadas	1/23/2019	2019 Concorde District Indoor Track Championships
31	54.10 F	Salas, Efraem	2/21/2009	Northern Region Indoor Track Champs 2009
31	54.10 F	Pandal, Carlos	2/11/2019	2019 Northern Region D Indoor Track Championships
33	54.20 F	Cyr, Wyatt	2/11/2019	2019 Northern Region D Indoor Track Championships
34	54.30 F	Mason, Adam	1/12/2018	2018 Liberty Premier Invitational
35	54.70 F	Parrell, John	1/27/2006	Virginia Tech Invitational 2006
36	54.80 F	Huff, Adam	12/29/2012	2012 Friends of Indoor Track Invitational
37	54.92 F	Ransom, Miles	1/26/2012	Concorde District Winter Track Champs 2012
38	55.10 F	Scott, Christopher	1/7/2006	Centreville, Robinson, Herndon
38	55.10 F	Pinto-Moreira, Jessy	1/26/2012	Concorde District Winter Track Champs 2012
40	55.30 F	Trikakis, Joshua	1/30/2009	Concorde District Indoor Track Champs 2009
41	55.59 F	Foley, Christopher	1/15/2010	Flames H.S. Invitational
	55.60 F	Cumberbatch, Omar	1/13/2007	Montgomery Invitational 2007
42	55.70 F	Henry, Tyjuan SR	1/11/2019	2019 Liberty Premier Invitational
	55.74 F	Parrell, John	1/14/2006	Montgomery Invitational
43	55.80 F	Csicsmann, Nicholas	1/11/2013	2013 Flames Invitational
43	55.80 F	McGorty, Ryan	12/28/2013	2013 Friends of Indoor Track Invitational
45	56.03 F	Hubbard, Mark	1/8/2005	Montgomery Invitational, 2005

### Men 500m Dash

1	1:04.33 F	McGorty, Brandon	1/7/2017	2017 Father Diamond Invitational
2	1:04.51 F	Labor-Koroma, Mohamed	2/25/2011	Virginia AAA State Indoor Track Championships
3	1:04.82 F	Jeffries, Titus	2/18/2016	2016 Northern Region 6A Indoor Champs
4	1:06.63 F	Sturans, Andris	2/16/2013	2013 Northern Region Indoor Track Champs
5	1:07.40 F	Roy, Corey	2/26/1988	Virigina AAA State Indoor Track Championships
6	1:07.50 F	Henderson, Herndon	2/22/1986	Virginia AAA State Indoor Track Championships
7	1:07.56 F	Beno, Jeff	2/1/1993	Great Falls District Indoor Track Champs
8	1:07.80 F	Lannes, Mark	2/15/1981	Northern Region Indoor Track Championships
9	1:08.29 F	Highsmith, Jarel	1/26/2007	Virginia Tech Invitational 2007
10	1:08.30 F	Sowah, Johanan	2/16/2013	2013 Northern Region Indoor Track Champs
11	1:08.2h F	Anderson, Todd	2/9/1984	Northern Region Indoor Track Championships
12	1:08.75 F	Peters, Vincent	2/16/1991	Northern Region Indoor Track Championships
13	1:09.13 F	Daneshmand, Arvin	1/10/2014	2014 Liberty Flames Invitational
14	1:09.0h F	Patterson, David	1/12/1985	Stuart, South Lakes & O'Connell
15	1:09.33 P	Tully, Darren	2/5/2004	Concorde District Track & Field Championships
16	1:09.36 F	Troyer, Tim	2/1/1990	Great Falls District Indoor Track Champs
16	1:09.36 F	Mitchell, Daniel	12/19/2015	2015 =PR= Holiday Invitational
18	1:09.43 F	Fleming, Quintin	2/1/1991	Great Falls District Indoor Track Champs
19	1:09.44 F	Pereira, Conrad	12/19/2015	2015 =PR= Holiday Invitational
20	1:09.72 F	Lauro, Matthew	2/8/2002	Concorde District Indoor Track Championships
21	1:09.79 F	Duran-Diaz, Jonathan	2/1/2018	2018 Concorde District Indoor Track Championships
22	1:10.60 F	Scopellite, Michael	1/23/2015	2015 Concorde Conference 5 Indoor Champs
23	1:10.64 F	Jones, Brian	2/5/1994	Chantilly, Langley, Madison & Marshall
24	1:10.64 F	Miller, Logan	1/19/2013	Fairfax, Chantilly & Madison
25	1:10.5h F	Carmosino, Gordon	2/1/1989	Great Falls District Indoor Track Champs
26	1:10.75 F	Hubbard, Mark	2/26/2005	Northern Region Indoor Track Championship, 05
27	1:10.86 F	Freeman, Kevin	2/1/1993	Great Falls District Indoor Track Champs
28	1:11.00 F	Horn, Jason	2/1/1995	Concorde District Indoor Track Champs
29	1:11.04 F	Loh, Justin	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
30	1:11.07 F	Cooper, Stephen	2/2/2006	Concorde District Indoor Track Champs, 2006
31	1:11.29 F	Raja, Nader	2/6/2003	2003 Concorde District Championships
32	1:11.33 F	Cantrell, Kyle	1/30/2009	Concorde District Indoor Track Champs 2009
33	1:11.34 F	Amaya, Gary	2/19/1994	Great Falls District Indoor Track Champs
34	1:11.58 F	Saben, Clark	2/1/2018	2018 Concorde District Indoor Track Championships
35	1:11.64 F	Atkinson, Chris	2/1/1992	Great Falls District Indoor Track Champs
36	1:11.74 F	Scott, Christopher	1/19/2007	Eastern HS Challenge 2007
37	1:11.77 F	Asghar, Saeed	2/1/2018	2018 Concorde District Indoor Track Championships
38	1:12.10 F	Melella, Thomas	2/1/1993	Great Falls District Indoor Track Champs
39	1:12.46 F	Holton, Michael	1/31/2008	Concorde District Indoor Track Championships
40	1:12.89 F	McClintock, Peyton	12/28/2013	2013 Friends of Indoor Track Invitational

### Men 800m Run

1	1:49.53 F	McGorty, Brandon	3/11/2016	2016 New Balance Indoor Track National Champs
	1:50.85 F	McGorty, Brandon**	1/07/2017	2017 Virginia Showcase (VA Indoor State Record)
2	1:55.50 F	Miller, Logan	2/23/2013	2013 Virginia AAA State Indoor Track Champs
3	1:55.59 F	McGorty, Sean	2/23/2013	2013 Virginia AAA State Indoor Track Champs
4	1:55.91 F	McGorty, Ryan	3/14/2015	2015 New Balance Indoor Nationals
5	1:56.86 F	Siragusa, Brad	2/26/2005	Northern Region Indoor Track Championship, 05

6	1:57.60 F	Foley, Christopher	2/20/2010	Northern Region Indoor Track Championships
7	1:58.00 F	Jeffries, Titus	3/10/2015	2015 Virginia 6A State Indoor Championships
8	1:59.22 F	Labor-Koroma, Mohamed	2/20/2010	Northern Region Indoor Track Championships
9	1:59.35 F	Mitchell, Daniel SR	2/14/2015	2015 Millrose Games
10	2:00.38 F	Marlow, Patrick	2/11/2019	2019 Northern Region D Indoor Track Championships
11	2:00.70 F	Sturans, Andris	2/23/2013	2013 Virginia AAA State Indoor Track Champs
12	2:01.20 F	Sowah, Johanan	2/23/2013	2013 Virginia AAA State Indoor Track Champs
13	2:01.32 F	Soleau, Brandon	3/15/1992	1992 National Scholastic T&F Championships
14	2:01.86 F	Moore, Billy	3/13/1999	1999 NIKE Indoor Classic
15	2:02.30 F	Huff, Adam	1/11/2013	2013 Flames Invitational
16	2:02.45 F	Palmer, Eric	3/15/2008	NIKE Indoor National Track Championships
	2:02.53 F	Siragusa, Brad	1/8/2005	Montgomery Invitational, 2005
17	2:02.60 F	Lange, Dakota	1/23/2014	2014 Concorde Conference 5 Indoor Champs
18	2:02.70 F	Cyr, Wyatt	1/23/2019	2019 Concorde District Indoor Track Championships
19	2:03.32 F	Palmer, Douglas	2/28/2004	Northern Regional Winter Track Championships
20	2:03.80 F	Parshall, Joshua	1/31/2013	2013 Concorde District Indoor Track Champs
21	2:03.87 F	Horn, Jason	12/27/1995	Diamond State Indoor Track Invitational
22	2:03.90 F	Cox, XB IV	1/28/2005	Virginia Tech Invitational, 2005
23	2:04.07 F	Compton, Evan	2/14/2015	2015 Millrose Games
24	2:04.40 F	Monson, James	2/11/2019	2019 Northern Region D Indoor Track Championships
25	2:04.60 F	Hubbard, Mark	2/26/2005	Northern Region Indoor Track Championship, 05
26	2:05.00 F	Sakallah, Faris	1/5/2013	2013 Southern Maryland Indoor Track Classic
27	2:05.13 F	Bever, Wilson	1/30/2009	Concorde District Indoor Track Champs 2009
28	2:05.20 F	Cumpian, Matthew	2/20/2010	Northern Region Indoor Track Championships
29	2:05.46 F	Amos, Tyler	2/12/2018	2018 Northern Region D Indoor Track Championships
30	2:05.80 F	Rolfe, Eric	2/26/2010	Virginia AAA State Indoor Track Championships
31	2:06.10 F	Khan, Miraj	2/16/2013	2013 Northern Region Indoor Track Champs
	2:06.23 F	Bever, Wilson	1/10/2009	Montgomery Invitational 2009
32	2:06.28 F	Palmer, Eric	1/25/2008	St. Christopher's Invitational
33	2:07.00 F	Box, Taylor	1/28/2005	Virginia Tech Invitational, 2005
33	2:07.00 F	Loh, Justin	12/26/2015	2015 FIT Invitational
35	2:07.30 F	Jaynes, Adam	2/11/2019	2019 Northern Region D Indoor Track Championships
36	2:08.80 F	Shay, Harrison	2/12/2018	2018 Northern Region D Indoor Track Championships
	2:08.95 F	Cox, XB IV	1/11/2003	Montgomery Invitational
37	2:09.50 F	Amare, Nako	2/12/2018	2018 Northern Region D Indoor Track Championships
38	2:09.70 F	Holton, Michael	1/25/2008	St. Christopher's Invitational
39	2:09.90 F	Allain, Thomas	1/26/2017	2017 Concorde Conference 5 Championships
40	2:10.00 F	Puhek, Joshua	12/15/2018	Chantilly, Annandale, Herndon & Robinson
41	2:10.70 F	Kohy, Babur	2/28/2004	Northern Regional Winter Track Championships
42	2:10.80 F	Cowett, Bryce	1/25/2008	St. Christopher's Invitational
42	2:10.80 F	Young, Cameron	2/19/2011	Northern Region Indoor Track Championships
44	2:10.90 F	Linehan, Patrick	2/16/2013	2013 Northern Region Indoor Track Champs
	2:10.92 F	Hubbard, Mark	1/8/2005	Montgomery Invitational, 2005
45	2:12.00 F	Yang, Louis	12/15/2018	Chantilly, Annandale, Herndon & Robinson
	2:12.09 F	Holton, Michael	1/13/2007	Montgomery Invitational 2007
	2:13.66 F	Huff, Adam	1/7/2012	Montgomery Invitational 2012
46	2:14.13 F	Wigle, Christopher	12/19/2015	2015 =PR= Holiday Invitational
47	2:15.70 F	Sherrier, Thomas	2/15/2017	2017 Region 6A North Indoor Track Champs
48	2:15.95 F	Mufti, Waleed	1/13/2007	Montgomery Invitational 2007
49	2:16.00 F	Bhardwaj, Kanav	12/26/2018	2018 FIT Invitational

### Men 1000m Run

1	2:24.13 F	McGorty, Brandon	2/11/2017	2017 Millrose Games
2	2:28.54 F	McGorty, Sean	2/16/2013	2013 Northern Region Indoor Track Champs
3	2:32.02 F	Siragusa, Brad	3/4/2005	Virginia AAA State Track Championships, 2005
3	2:32.53 F	Williams, Warren	3/1/1995	Virginia AAA State Indoor Track Championships
4	2:32.54 F	Miller, Logan	1/11/2013	2013 Flames Invitational
5	2:32.81 F	Foley, Christopher	1/15/2010	Flames H.S. Invitational
6	2:33.20 P	Patterson, David	1/4/1986	George Mason Invitational
7	2:33.62 F	Moore, Billy	2/27/1999	Northern Region Indoor Track Championships
8	2:35.07 F	Soleau, Brandon	3/1/1992	Virginia AAA State Indoor Track Championships
9	2:37.24 F	Gallagher, Pat	2/3/1983	Potomac District Indoor Track Championships
10	2:37.30 F	Palmer, Eric	2/23/2008	Northern Region Indoor Track Championship
11	2:38.44 F	Colling, James	2/5/1994	Chantilly, Langley, Madison & Marshall
12	2:38.59 F	Coffey, Ethan	2/24/2001	Northern Region Indoor Track Championships
13	2:38.74 F	Harrell, Bryan	2/19/1994	Great Falls District Indoor Track Champs
14	2:38.80 F	Bradecamp, Dennis	2/26/1988	Virigina AAA State Indoor Track Championships
15	2:38.98 F	Lange, Dakota	1/23/2014	2014 Concorde Conference 5 Indoor Champs
16	2:39.40 F	D'Arcy, Jeff	2/15/1981	Northern Region Indoor Track Championships
17	2:39.80 F	Cyr, Wyatt	2/11/2019	2019 Northern Region D Indoor Track Championships
18	2:39.88 F	Bever, Wilson	2/21/2009	Northern Region Indoor Track Champs 2009
19	2:40.18 F	Huff, Adam	1/11/2013	2013 Flames Invitational
20	2:40.81 F	Eadie, Robert	2/27/1999	Northern Region Indoor Track Championships
21	2:41.30 F	Chapman, Colin	1/26/2001	Microtel Invitational
22	2:41.1h F	Dudley, Louis	12/8/1983	Chantilly vs. Marshall
23	2:41.52 F	Cox, XB IV	1/28/2005	Virginia Tech Invitational, 2005
24	2:41.54 F	Palmer, Douglas	2/5/2004	Concorde District Track & Field Championships
25	2:41.69 F	Marlow, Patrick	2/11/2019	2019 Northern Region D Indoor Track Championships
26	2:41.71 F	Parshall, Joshua	1/11/2013	2013 Flames Invitational
27	2:42.07 F	McGorty, Ryan	1/11/2013	2013 Flames Invitational
28	2:42.30 F	Horn, Jason	2/1/1995	Concorde District Indoor Track Champs
29	2:42.34 F	Labor-Koroma, Mohamed	1/21/2011	Mid Area Track Classic
30	2:42.92 F	Amos, Tyler	1/26/2017	2017 Concorde Conference 5 Championships
31	2:43.14 F	Compton, Evan	1/9/2015	2014 Liberty Flames Invitational
32	2:43.39 F	Lauer, Zach	2/1/1990	Great Falls District Indoor Track Champs
33	2:44.36 F	Sowah, Johanan	1/11/2013	2013 Flames Invitational
34	2:44.3h F	Gaalaas, Eric	2/1/1989	Great Falls District Indoor Track Champs
35	2:44.97 F	Sakallah, Faris	1/5/2013	2013 Southern Maryland Indoor Track Classic
36	2:45.22 F	Monson, James	2/2/2018	2018 Concorde District Indoor Track Championships
37	2:45.1h F	Bickley, Chris	2/1/1996	Concorde District Indoor Track Champs

### Men 1200m Run

1	3:16.56 F	Lange, Dakota	SR	3/15/2014	2014 New Balance Indoor National Championship
2	3:27.70 F	Cumpian, Matthew		1/9/2010	2009 Montgomery Invitational
3	3:33.70 F	Bever, Wilson		1/10/2009	Montgomery Invitational 2009
4	3:36.70 F	Brueneman, Peter		1/14/2006	Montgomery Invitational
5	3:40.00 F	Cox, XB IV		1/29/2002	Metro Run & Walk Invitational
6	3:49.40 F	Harsh, David		12/29/2007	Friends of Indoor Track Invitational

### Men 1600m Run

<b>1</b>	<b>4:06.88c F</b>	<b>McGorty, Sean</b>	<b>3/8/2013</b>	<b>2013 New Balance Indoor National Champs</b>
	4:11.52 F	McGorty, Sean	1/31/2013	2013 Concorde District Indoor Track Champs
2	4:12.95 F	Post, Eric	2/20/1997	Northern Region Indoor Track Championships
3	4:13.31 F	McGorty, Brandon	2/25/2017	2017 Virginia 6A State Indoor Championships
4	4:15.48 F	Miller, Logan	2/24/2012	2012 Virginia AAA State Indoor Track Champs
5	4:15.57 F	Siragusa, Brad	3/12/2006	Nike Indoor Track National Championships
	<b>4:16.47 S</b>	<b>Colling, James</b>	<b>3/12/1994</b>	<b>1994 National Scholastic T&amp;F Championships</b>
6	4:18.15 F	Colling, James	2/20/1993	Northern Region Indoor Track Championships
7	4:20.33 F	Foley, Christopher	1/15/2010	Flames H.S. Invitational
8	4:20.99 F	McGorty, Ryan	2/28/2014	2014 Virginia 6A State Indoor Championships
9	4:24.41 F	Moore, Billy	1/29/1999	Super 8 Invitational
<b>10</b>	<b>4:26.05 F</b>	<b>Sakallah, Faris</b>	<b>3/8/2013</b>	<b>2013 New Balance Indoor National Champs</b>
11	4:26.70 F	D'Arcy, Jeff	2/15/1981	Northern Region Indoor Track Championships
	4:27.32 F	Sakallah, Faris	12/29/2012	2012 Friends of Indoor Track Invitational
12	4:27.84 F	Zoltek, Fabio	2/26/1994	Northern Region Indoor Track Championships
13	4:29.50 F	Parshall, Joshua	1/31/2013	2013 Concorde District Indoor Track Champs
14	4:31.41 F	Lange, Dakota	1/10/2014	2014 Liberty Flames Invitational
15	4:31.63 F	Muniz, Lance	2/6/1988	Potomac District Indoor Track Championships
16	4:31.4h F	Patterson, David	2/7/1986	Potomac District Indoor Track Championships
17	4:31.79 F	Palmer, Eric	1/25/2008	St. Christopher's Invitational
18	4:32.44 F	Moncrief, William	2/20/1990	Northern Region Indoor Track Championships
19	4:32.86 F	Compton, Evan	12/27/2014	2014 Friends of Indoor Track Invitational
20	4:32.99 F	Chapman, Colin	2/8/2002	Concorde District Indoor Track Championships
21	4:33.10 F	Williams, Warren	2/1/1995	Concorde District Indoor Track Champs
22	4:34.74 F	Huff, Adam	1/19/2013	Fairfax, Chantilly & Madison
23	4:35.13 F	Marlow, Patrick	1/23/2019	2019 Concorde District Indoor Track Championships
24	4:35.87 F	Puhek, Joshua	1/23/2019	2019 Concorde District Indoor Track Championships
25	4:36.31 F	Palmer, Douglas	1/30/2004	Microtel Invitational 2004
26	4:39.21 F	Khan, Miraj	1/11/2013	2013 Flames Invitational
27	4:39.1h F	Freeman, David	1/26/1985	Potomac District Indoor Track Championships
28	4:40.00 F	Allain, Thomas	2/15/2017	2017 Region 6A North Indoor Track Champs
29	4:40.01 F	Cyr, Wyatt	12/26/2018	2018 FIT Invitational
30	4:40.14 F	Amos, Tyler	1/12/2018	2018 Liberty Premier Invitational
31	4:40.24 F	Coffey, Ethan	12/1/2000	Centreville, Falls Church, & Washington & Lee
32	4:41.38 F	Bever, Wilson	1/16/2009	Eastern HS Challenge
33	4:42.17 F	Wigle, Christopher	1/9/2015	2014 Liberty Flames Invitational
34	4:42.49 F	Cox, XB IV	1/28/2005	Virginia Tech Invitational, 2005
35	4:43.09 F	Monson, James	1/21/2017	2017 Last Track to Philly
36	4:44.28 F	Jaynes, Adam	1/11/2019	2019 Liberty Premier Invitational
37	4:45.31 F	Cumpian, Matthew	1/29/2010	Concorde District Indoor Track Championships
38	4:45.5h F	Lauer, Zach	2/1/1989	Great Falls District Indoor Track Champs

### Men 1 Mile Run

<b>1</b>	<b>4:08.32 F</b>	<b>McGorty, Sean</b>	<b>3/8/2013</b>	<b>2013 New Balance Indoor National Champs</b>
	4:13.81 F	McGorty, Sean	3/11/2012	New Balance Indoor Track National Champs
2	4:17.06 F	Siragusa, Brad	3/12/2006	Nike Indoor Track National Championships
3	4:17.97 F	Colling, James	3/12/1994	1994 National Scholastic T&F Championships
4	4:23.62 F	Miller, Logan	3/11/2012	New Balance Indoor Track National Champs
<b>5</b>	<b>4:27.60 F</b>	<b>Sakallah, Faris</b>	<b>3/8/2013</b>	<b>2013 New Balance Indoor National Champs</b>
6	4:29.11 F	Moore, Billy	3/13/1999	1999 NIKE Indoor Classic



7	4:30.85 F	McGorty, Ryan	3/8/2013	2013 New Balance Indoor National Champs
8	4:32.48 F	McGorty, Brandon	3/15/2014	2014 New Balance Indoor National Championship
9	4:43.96 F	Foley, Christopher	3/10/2007	Nike Indoor National Championships
10	4:44.74 F	Monson, James	1/21/2017	2017 Last Track to Philly
11	5:01.18 F	Sherrier, Thomas	1/21/2017	2017 Last Track to Philly

#### Men 3200m Run

1	8:55.38 F	McGorty, Sean	1/31/2013	2013 Concorde District Indoor Track Champs
2	9:06.56 F	Foley, Christopher	3/12/2010	NIKE Indoor National Championships
3	9:13.12 F	Post, Eric	3/1/1997	Virginia AAA State Indoor Track Championships
4	9:28.13 F	Lange, Dakota	2/28/2014	2014 Virginia 6A State Indoor Championships
5	9:29.03 F	Miller, Logan	2/23/2013	2013 Virginia AAA State Indoor Track Champs
6	9:32.25 F	Colling, James	3/1/1994	Virginia AAA State Indoor Track Championships
7	9:33.02 F	Sakallah, Faris	2/23/2013	2013 Virginia AAA State Indoor Track Champs
8	9:37.63 F	McGorty, Ryan	2/16/2013	2013 Northern Region Indoor Track Champs
9	9:41.83 F	Siragusa, Brad	1/27/2006	Virginia Tech Invitational 2006
10	9:44.20 F	Coffey, Ethan	1/26/2001	Microtel Invitational
11	9:47.15 F	Muniz, Lance	2/12/1988	Northern Region Indoor Track Championships
12	9:55.98 F	Compton, Evan	12/22/2014	Winter Holiday Invitational
13	9:55.8h F	Hazzard, Steve	1/26/1985	Potomac District Indoor Track Championships
14	9:58.24 F	Chapman, Colin	2/3/2001	Concorde District Championships
15	9:59.96 F	Khan, Miraj	1/11/2013	2013 Flames Invitational
16	10:02.24 F	Zoltek, Fabio	2/19/1994	Great Falls District Indoor Track Champs
17	10:04.45 F	Puhek, Joshua	1/11/2019	2019 Liberty Premier Invitational
18	10:05.73 F	Palmer, Eric	12/29/2007	Friends of Indoor Track Invitational
19	10:05.88 F	Monson, James	1/12/2018	2018 Liberty Premier Invitational
20	10:06.73 F	Cumpian, Matthew	1/15/2010	Flames H.S. Invitational
21	10:07.54 F	Wigle, Christopher	12/19/2015	2015 =PR= Holiday Invitational
22	10:10.10 F	Palmer, Douglas	1/30/2004	Microtel Invitational 2004
23	10:14.0h F	Moore, Billy	2/1/1997	Concorde District Indoor Track Champs
24	10:16.00 F	Allain, Thomas	1/26/2017	2017 Concorde Conference 5 Championships
25	10:17.24 F	Johnson, Michael	1/22/1993	1993 Al Harringer Indoor Track Invitational
26	10:18.5h F	Moncrief, William	2/1/1989	Great Falls District Indoor Track Champs
27	10:22.35 F	Applegate, Colton	1/12/2018	2018 Liberty Premier Invitational
28	10:23.54 F	Marlow, Patrick	12/15/2018	Chantilly, Annandale, Herndon & Robinson
29	10:25.17 F	Jaynes, Adam	12/22/2018	2018 =PR= Holiday Invitational
30	10:26.4h F	Bartanowitz, Jim	2/3/1984	Potomac District Indoor Track Championships
31	10:27.14 F	Marotta, Nicholas	12/20/2014	Oakton, Chantilly, Edison, TC Williams
32	10:28.84 F	Carlsen, Carl	1/29/1999	Super 8 Invitational
33	10:29.54 F	Cyr, Wyatt	12/15/2018	Chantilly, Annandale, Herndon & Robinson
34	10:30.24 F	French, Benjamin	12/15/2018	Chantilly, Annandale, Herndon & Robinson
35	10:31.80 F	Colling, Ken	2/1/1992	Great Falls District Indoor Track Champs
36	10:32.74 F	Domedion, William	2/6/2003	2003 Concorde District Championships
37	10:34.18 F	Wigle, Christopher	12/21/2013	2013 =PR= Holiday Invitational
38	10:37.64 F	Harsh, David	12/12/2008	Centreville, Fairfax, Herndon
39	10:37.94 F	Walker, Tanner	1/10/2014	2014 Liberty Flames Invitational
40	10:38.50 F	DeLeon, Andrew	12/22/2012	2012 =PR= Holiday Invitational
41	10:38.84 F	Sherrier, Thomas	12/28/2016	2016 FIT Invitational
42	10:39.74 F	Cronin, Joey	1/10/2014	2014 Liberty Flames Invitational
43	10:40.20 F	Tucker, Samuel	1/15/2010	Flames H.S. Invitational
44	10:40.76 F	Raines, Andrew	1/9/2015	2014 Liberty Flames Invitational
45	10:40.7h F	Johnson, Bryant	2/1/1996	Concorde District Indoor Track Champs

46	10:41.28 F	Huff, Adam	12/17/2011 =PR= Holiday Invitational
47	10:41.48 F	Brueneman, Peter	12/27/2005 FIT Invitational
48	10:42.80 F	Box, Taylor	2/4/2005 Concorde District Indoor Championships, 2005
49	10:42.88 F	Mufti, Waleed	2/2/2007 Concorde Indoor District Championships 2007
50	10:43.49 F	Green, Stephen	2/9/1999 Concorde District Indoor Track Championships
51	10:44.24 F	McGorty, Brandon	12/14/2013 Chantilly, Edison & West Potomac
52	10:44.90 F	Parshall, Joshua	1/14/2011 Flames Invitational
53	10:45.06 F	Malander, Peter	1/14/2011 Flames Invitational

#### Men 2 Mile Run

1	9:02.02 F	McGorty, Sean	3/8/2013 2013 New Balance Indoor National Champs
2	9:09.75 F	Foley, Christopher	3/12/2010 NIKE Indoor National Championships

#### Men 55m Hurdles

1	7.64 F	Smith, Azibo	3/1/1996 Virginia AAA State Indoor Track Championships
2	7.70 F	Kemp, Scott	2/15/1986 Northern Region Indoor Track Championships
3	7.80 P	McClintock, Peyton	2/12/2014 2014 6A Northern Region Indoor Championships
4	7.87 P	Ransom, Miles	2/18/2012 2012 Northern Region Indoor Track Champs
5	7.96 F	Beyeah, Jimmy	2/26/2005 Northern Region Indoor Track Championship, 05
6	7.97 F	Henderson, Herndon	2/7/1987 Potomac District Indoor Track Championships
7	7.98 F	Snekcim, Nhoj	1/15/1994 Fork Union Invitational
8	7.99 F	Almodiel, Jose Diego	2/18/2016 2016 Northern Region 6A Indoor Champs
9	7.8h F	Mattioli, Keith	12/15/1982 Yorktown, O'Connell & Stuart
10	8.10 F	Drake, Derek	2/20/1993 Northern Region Indoor Track Championships
11	8.12 F	Herrity, Robert	1/31/2008 Concorde District Indoor Track Championships
12	8.14 P	Daneshmand, Arvin	2/12/2014 2014 6A Northern Region Indoor Championships
13	8.21 F	Kemp, Brian	2/20/1989 Northern Region Indoor Track Championships
14	8.22 P	Sun, Wesley	1/30/2009 Concorde District Indoor Track Champs 2009
15	8.28 F	Nguyen, Eric	1/31/2013 2013 Concorde District Indoor Track Champs
16	8.32 F	Ploetz, Gifford	2/1/1991 Great Falls District Indoor Track Champs
16	8.32 F	Schmader, Gus	2/9/1999 Concorde District Indoor Track Championships
16	8.32 F	Park, Sejin	1/8/2016 2016 Suffolk Stars Invitational
19	8.33 P	Henderson, Chandler	2/12/2014 2014 6A Northern Region Indoor Championships
19	8.33 P	Pereira, Conrad	2/15/2017 2017 Region 6A North Indoor Track Champs
21	8.1h F	Hays, Pat	2/1/1989 Great Falls District Indoor Track Champs
21	8.34 F	Tsai, Eric	2/1/2018 2018 Concorde District Indoor Track Championships
23	8.37 F	Wroebel, Mike	2/1/1997 Concorde District Indoor Track Champs
24	8.38 F	McWeeny, Ryan	1/29/2010 Concorde District Indoor Track Championships
25	8.40 F	Alley, Robert	2/1/1992 Great Falls District Indoor Track Champs
26	8.43 F	Menzel, Chris	1/9/2010 2009 Montgomery Invitational
27	8.44 F	Lauchengco, Dominic	12/11/2004 Oakton, Herndon, Stuart, Annandale
28	8.54 F	Reyes, Kevin	2/5/1994 Chantilly, Langley, Madison & Marshall
28	8.54 F	Cumberbatch, Oswald	2/2/2007 Concorde Indoor District Championships 2007
30	8.56 P	O'Reilly, Tyler	1/23/2019 2019 Concorde District Indoor Track Championships
31	8.58 F	Holland, Sean	2/3/2001 Concorde District Championships
31	8.58 P	Comerford, Kevin	2/6/2003 2003 Concorde District Championships
33	8.60 F	Martin, Jim	2/1/1989 Great Falls District Indoor Track Champs
34	8.61 P	Fay, Thomas	2/26/2005 Northern Region Indoor Track Championship, 05
35	8.64 F	Vuong, Michael	1/6/2007 Robinson, Centreville & Herndon
35	8.4h F	Westfall, Scott	2/1/1989 Great Falls District Indoor Track Champs
37	8.67 F	King, Steven	2/1/1991 Great Falls District Indoor Track Champs

38	8.5h F	Landrey, Bryan	1/28/1982	Potomac District Indoor Track Championships
39	8.84 F	Boucher, Dylan	1/18/2019	Chantilly, Wakefield & Yorktown
40	8.88 F	Lee, Wang Geun	2/5/2016	2016 Concorde Conference 5 Indoor Champs
41	8.90 P	Tarbell, Jackson	1/26/2012	Concorde District Winter Track Champs 2012
42	8.94 F	Sun, Curtis	1/27/2007	Westfield, Centreville, & Oakton

#### Men 60m Hurdles

1	10.56 F	Scott, Christopher	1/27/2006	Virginia Tech Invitational 2006
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#### Men 60y Hurdles

1	8.00 F	Conners, Mike	1/26/1978	1978 Northern District Indoor Track Champs
2	8.10 F	Schnecheck, Doug	1/26/1978	1978 Northern District Indoor Track Champs
3	8.2h F	Walker, Hal	2/1/1976	Great Falls District Indoor Track Champs
4	8.3h F	Shirley, Andy	2/1/1976	Great Falls District Indoor Track Champs

#### Men High Jump

1	6-04.25 F	Pereira, Conrad	12/5/2015	Chantilly, Oakton, Hayfield & South County
2	6-04.00 F	Labor-Koroma, Mohamed	2/19/2011	Northern Region Indoor Track Championships
2	6-04.00 F	McGorty, Brandon	12/6/2014	Chantilly, Hayfield, Madison & Marshall
4	6-03.00 F	Yantchook, Niles	12/17/1993	Great Falls District Jumperama
5	6-02.00 F	Kemp, Scott	2/8/1985	Northern Region Indoor Track Championships
6	6-01.00 F	Ransom, Miles	1/28/2011	Concorde District Indoor Track Championships
7	6-00.00 F	Mattioli, Keith	2/3/1983	Potomac District Indoor Track Championships
7	6-00.00 F	Metcalf, Saul	2/1/1989	Great Falls District Indoor Track Champs
9	5-10.00 F	Bowser, Brett	2/1/1990	Great Falls District Indoor Track Champs
9	5-10.00 F	Wroebel, Mike	2/20/1996	Northern Region Indoor Track Championships
9	5-10.00 F	Ritchey, Brad	2/1/1989	Great Falls District Indoor Track Champs
9	5-10.00 F	Bouknight, DJ	1/26/1998	Concorde District Indoor Track Championships
9	5-10.00 F	Kemp, Brian	2/1/1989	Great Falls District Indoor Track Champs
9	5-10.00 F	Sturans, Andris	1/10/2014	2014 Liberty Flames Invitational
9	5-10.00 F	Ullom, Nicholas	2/18/2012	2012 Northern Region Indoor Track Champs
9	5-10.00 F	Grant, Christopher	2/8/2000	Concorde District Indoor Track Champs
17	5-08.00 F	Almodiel, Darren	1/4/2014	Chantilly, Robinson, TC Williams & WT Woodson
17	5-08.00 F	Drake, Derek	2/1/1993	Great Falls District Indoor Track Champs
17	5-08.00 F	Cumberbatch, Oswald	2/2/2007	Concorde Indoor District Championships 2007
17	5-08.00 F	Snekcim, Nhoj	2/19/1994	Great Falls District Indoor Track Champs
17	5-08.00 F	Park, Sung Woo	2/16/2013	2013 Northern Region Indoor Track Champs
17	5-08.00 F	Cumberbatch, Omar	2/2/2006	Concorde District Indoor Track Champs, 2006
17	5-08.00 F	Siemer, John	2/1/1995	Concorde District Indoor Track Champs
17	5-08.00 F	Bliss, Aidan	2/1/2018	2018 Concorde District Indoor Track Champs
17	5-08.00 F	Brown, Davonte	2/12/2018	2018 Northern Region D Indoor Track Champs
26	5-06.00 F	Smith, Azibo	2/1/1996	Concorde District Indoor Track Champs
26	5-06.00 F	McWeeny, Ryan	1/29/2010	Concorde District Indoor Track Championships
26	5-06.00 F	Fitzpatrick, Kevin	1/26/1978	1978 Northern District Indoor Track Champs
26	5-06.00 F	Lauchengco, Dominic	2/4/2005	Concorde District Indoor Championships, 2005
26	5-06.00 F	Herrity, Robert	1/31/2008	Concorde District Indoor Track Championships
26	5-06.00 F	Baker, Greg	2/3/1979	1979 Northern District Indoor Track Champs
26	5-06.00 F	Cohen, Ethan	1/23/2015	2015 Concorde Conference 5 Indoor Champs
26	5-06.00 F	Naugles, Marcus	12/18/2015	Chantilly, Wakefield & Yorktown
26	5-06.00 F	Shepherd, Michael	12/16/2016	Chantilly, Edison WT Woodson & Stuart

### Men Pole Vault

1	15-00.00 F	Sun, Wesley	2/21/2009	Northern Region Indoor Track Champs 2009
2	14-06.00 F	Ploetz, Gifford	3/10/1991	1991 NSIC Indoor Track Championships
2	14-06.00 F	Snekcim, Nhoj	3/1/1993	Virginia AAA State Indoor Track Championships
4	14-03.25 F	Beno, Jeff	3/13/1993	1993 National Scholastics T&F Championships
5	14-00.00 F	Peters, Vincent	3/10/1991	1991 NSIC Indoor Track Championships
6	13-09.00 F	Nguyen, Eric	2/16/2013	2013 Northern Region Indoor Track Champs
6	13-09.00 F	Almodiel, Jose Diego	2/18/2016	2016 Northern Region 6A Indoor Champs
8	13-06.00 F	Lauchengco, Dominic	12/10/2005	Westfield, West Potomac, TC Williams
9	13-03.00 F	Kircher, Jay	1/26/2002	South Lakes, Madison, and Lee
10	13-00.00 F	Cantrell, Kyle	2/21/2009	Northern Region Indoor Track Champs 2009
10	13-00.00 F	Clark, Doug	2/9/1984	Northern Region Indoor Track Championships
10	13-00.00 F	Aleem, Karim	2/1/1993	Great Falls District Indoor Track Champs
13	12-08.00 F	Trikakis, Joshua	1/16/2009	Eastern HS Challenge
13	12-08.00 F	Sturans, Andris	12/28/2013	2013 Friends of Indoor Track Invitational
15	12-06.00 F	Menzel, Chris	1/29/2010	Concorde District Indoor Track Championships
15	12-06.00 F	Clark, Rob	2/9/1984	Northern Region Indoor Track Championships
15	12-06.00 F	Ransom, Miles	1/26/2012	Concorde District Winter Track Champs 2012
15	12-06.00 F	Phimmassone, Anothep	1/5/1985	George Mason Invitational
15	12-06.00 F	Lewis, Tom	2/7/1987	Potomac District Indoor Track Championships
15	12-06.00 F	Sun, Curtis	12/29/2007	Friends of Indoor Track Invitational
15	12-06.00 F	Smith, Azibo	2/1/1996	Concorde District Indoor Track Champs
15	12-06.00 F	Barry, Shawn	2/16/1991	Northern Region Indoor Track Championships
23	12-00.00 F	Holcomb, Robert	1/26/2002	South Lakes, Madison, and Lee
23	12-00.00 F	Ploetz, Ben	2/1/1991	Great Falls District Indoor Track Champs
23	12-00.00 F	Mattioli, Keith	2/3/1983	Potomac District Indoor Track Championships
26	11-09.00 F	Sung, Alexander	2/16/2013	2013 Northern Region Indoor Track Champs
27	11-06.00 F	Staszak, Andrew	1/30/1999	Chantilly, WT Woodson, Robinson
28	11-00.00 F	Gallagher, Peter	2/3/2001	Concorde District Championships
28	11-00.00 F	Drake, Derek	2/1/1993	Great Falls District Indoor Track Champs
28	11-00.00 F	Berry, Shawn	2/1/1991	Great Falls District Indoor Track Champs
28	11-00.00 F	Labor-Koroma, Mohamed	12/28/2010	Friends of Indoor Track Invitational
28	11-00.00 F	Tsai, Eric	2/1/2018	2018 Concorde District Indoor Track Championships
33	10-06.00 F	Burgoyne, Nick	12/20/1997	FIT Relays
33	10-06.00 F	Kemp, Brian	2/1/1989	Great Falls District Indoor Track Champs
33	10-06.00 F	Denis, Ed	2/6/1988	Potomac District Indoor Track Championships
33	10-06.00 F	Kemp, Scott	2/7/1986	Potomac District Indoor Track Championships
33	10-06.00 F	Wilkins, Todd	2/6/1988	Potomac District Indoor Track Championships
33	10-06.00 F	Scopellite, Michael	12/30/2015	2015 South County Pole Vault Summit

### Men Long Jump

1	22-05.00 F	Schmader, Gus	2/27/1999	Northern Region Indoor Track Championships
2	22-04.00 F	McDuffy, Arthur	12/17/2011	=PR= Holiday Invitational
3	21-11.25 F	Mattioli, Keith	2/10/1983	Northern Region Indoor Track Championships
4	21-07.00 F	Beyeah, Jimmy	2/26/2005	Northern Region Indoor Track Championship, 05
5	21-05.75 F	Almodiel, Darren	1/23/2015	2015 Concorde Conference 5 Indoor Champs
6	21-05.50 F	Smith, Azibo	1/6/1996	George Mason Relays
7	21-02.00 F	Fleming, Quintin	2/16/1991	Northern Region Indoor Track Championships
8	21-01.75 F	Swan, Kisasi	2/20/1995	Northern Region Indoor Track Championships
9	21-01.50 F	Hemstreet, Bruce	1/26/1985	Potomac District Indoor Track Championships
10	21-00.75 F	Solometo, Patrick	2/19/1994	Great Falls District Indoor Track Champs

11	20-09.75 F	Wroebel, Mike	2/20/1996	Northern Region Indoor Track Championships
11	20-09.75 F	Aleem, Karim	2/19/1994	Great Falls District Indoor Track Champs
13	20-09.50 F	Hudson, Greg	2/6/1988	Potomac District Indoor Track Championships
14	20-08.25 F	Beno, Jeff	2/1/1993	Great Falls District Indoor Track Champs
14	20-08.25 F	Shorten, Quinn	1/26/2017	2017 Concorde Conference 5 Championships
16	20-06.00 F	West, Justin	1/23/2014	2014 Concorde Conference 5 Indoor Champs
17	20-04.75 F	Kemp, Scott	2/7/1986	Potomac District Indoor Track Championships
18	20-03.00 F	Highsmith, Jarel	1/26/2007	Virginia Tech Invitational 2007
19	20-01.25 F	Salas, Efraem	1/10/2009	Montgomery Invitational 2009
20	20-00.75 F	Schnarrs, James	1/10/2004	Montgomery Invitational
21	20-00.25 F	Kelly, Kevin	2/1/1989	Great Falls District Indoor Track Champs
22	19-10.50 F	Do, Cong	2/19/2011	Northern Region Indoor Track Championships
22	19-10.50 F	Martin, Jim	2/1/1989	Great Falls District Indoor Track Champs
24	19-09.00 F	Sun, Wesley	1/30/2009	Concorde District Indoor Track Champs 2009
25	19-08.00 F	Labor-Koroma, Mohamed	1/28/2011	Concorde District Indoor Track Championships
25	19-08.00 F	Henderson, Herndon	2/7/1987	Potomac District Indoor Track Championships
27	19-07.50 F	Triakakis, Joshua	1/10/2009	Montgomery Invitational 2009
28	19-07.00 F	Herrity, Robert	1/31/2008	Concorde District Indoor Track Championships
29	19-06.75 F	Alley, Robert	2/1/1992	Great Falls District Indoor Track Champs
29	19-06.75 F	Oputa, Emeka	1/26/2012	Concorde District Winter Track Champs 2012
31	19-06.50 F	King, Steven	2/1/1991	Great Falls District Indoor Track Champs
32	19-06.00 F	Sturans, Andris	12/14/2013	Chantilly, Edison & West Potomac
33	19-05.50 F	Tomzczyk, Steve	1/26/1978	1978 Northern District Indoor Track Champs
34	19-05.25 F	Lauchengco, Dominic	2/2/2006	Concorde District Indoor Track Champs, 2006
35	19-05.00 F	Paulson, Paul	2/1/1980	1980 Northern District Indoor Track Champs
35	19-05.00 F	Pereira, Conrad	1/26/2017	2017 Concorde Conference 5 Championships
37	19-04.25 F	Carroll, John	2/1/1992	Great Falls District Indoor Track Champs
38	19-03.50 F	Boyd, Altarius	2/1/1992	Great Falls District Indoor Track Champs
39	19-03.00 F	Morrad, Umar	1/8/2016	2016 Suffolk Stars Invitational
40	19-02.00 F	Lee, Jinsuk	12/22/2012	2012 =PR= Holiday Invitational
41	19-00.00 F	Park, Sung Woo	12/29/2012	2012 Friends of Indoor Track Invitational

#### Men Triple Jump

1	46-03.25 F	McDuffy, Arthur	1/26/2012	Concorde District Winter Track Champs 2012
2	46-02.00 F	Schmader, Gus	1/29/1999	Super 8 Invitational
3	44-07.50 F	Smith, Azibo	3/1/1995	Virginia AAA State Indoor Track Championships
4	43-05.25 F	Boyd, Altarius	2/1/1992	Great Falls District Indoor Track Champs
5	43-03.25 F	Boyd, Roderick	2/20/1990	Northern Region Indoor Track Championships
6	43-02.75 F	Beno, Jeff	2/1/1992	Great Falls District Indoor Track Champs
7	42-11.00 F	Highsmith, Jarel	2/24/2007	VHSL - AAA 2007NORTHERN REGIONAL
8	42-10.25 F	Shorten, Quinn	1/26/2017	2017 Concorde Conference 5 Championships
9	42-09.75 F	Alley, Robert	2/1/1992	Great Falls District Indoor Track Champs
10	42-07.50 F	Hemstreet, Bruce	1/26/1985	Potomac District Indoor Track Championships
11	42-06.00 F	Almodiel, Darren	1/23/2015	2015 Concorde Conference 5 Indoor Champs
12	42-02.50 F	Kemp, Brian	2/1/1989	Great Falls District Indoor Track Champs
13	41-10.25 F	Park, Sung Woo	1/31/2013	2013 Concorde District Indoor Track Champs
14	41-09.25 F	Mattioli, Keith	1/28/1982	Potomac District Indoor Track Championships
15	41-07.00 F	Kemp, Scott	1/26/1985	Potomac District Indoor Track Championships
16	40-09.75 F	Sun, Wesley	1/30/2009	Concorde District Indoor Track Champs 2009
17	40-08.75 F	Oputa, Emeka	2/18/2012	2012 Northern Region Indoor Track Champs
18	40-06.75 F	Herrity, Robert	1/12/2008	Montgomery Invitational 2008
19	40-04.75 F	Brown, Davonte	2/11/2019	2019 Northern Region D Indoor Track Championships

20	40-01.00 F	Trikakis, Joshua	1/30/2009	Concorde District Indoor Track Champs 2009
21	40-00.50 F	Do, Cong	1/28/2011	Concorde District Indoor Track Championships
21	40-00.50 F	Phan, Tobey	1/26/2017	2017 Concorde Conference 5 Championships
23	39-11.75 F	Tait, Matt	1/26/1985	Potomac District Indoor Track Championships
24	39-11.75 F	Wroebel, Mike	2/1/1996	Concorde District Indoor Track Champs
25	39-09.25 F	Schnarrs, James	1/10/2004	Montgomery Invitational
26	39-08.25 F	Recto, Eason	1/31/2013	2013 Concorde District Indoor Track Champs
27	39-08.00 F	Beyeah, Jimmy	1/10/2004	Montgomery Invitational
28	39-05.00 F	Raja, Nader	2/6/2003	2003 Concorde District Championships
29	39-02.00 F	Johnson, Paul	1/15/2005	Annandale, Mount Vernon, McLean
30	39-01.75 F	Almodiel, Jose Diego	1/8/2016	2016 Suffolk Stars Invitational
31	39-00.25 F	Hays, Pat	2/6/1988	Potomac District Indoor Track Championships
32	38-07.00 F	Pereira, Conrad	12/9/2016	Chantilly, Hayfield, Robinson & Westfield
33	38-05.75 F	Baumann, Kyle	12/18/2004	Centreville, Oakton, Jefferson, Langley
34	38-04.00 F	Lauchengco, Dominic	1/7/2006	Centreville, Robinson, Herndon
35	38-03.00 F	Russo, John	1/6/2007	Robinson, Centreville & Herndon

#### Men Shot Put

1	52-11.50 F	Leslie, Larry	2/20/1989	Northern Region Indoor Track Championships
2	52-04.00 F	Leslie, Michael	3/1/1995	Virginia AAA State Indoor Track Championships
3	49-00.50 F	Harper, Mark	1/26/2017	2017 Concorde Conference 5 Championships
4	48-10.25 F	Paska, Jeffrey	1/23/2014	2014 Concorde Conference 5 Indoor Champs
5	46-10.50 F	Westerman, Michael	2/5/2004	Concorde District Track & Field Championships
6	46-02.00 F	Ferguson, David	2/16/1991	Northern Region Indoor Track Championships
7	44-08.00 F	Ngo, Tristian	2/19/2015	2015 Region 6A North Indoor Championships
8	44-07.00 F	Tiemeni, Carlex	2/11/2019	2019 Northern Region D Indoor Track Championships
9	44-05.00 F	Dobson, Matthew	12/20/2003	Centreville, Robinson, Oakton, Langley
10	44-03.50 F	Abisogun, Akinwunmi	1/23/2015	2015 Concorde Conference 5 Indoor Champs
11	43-11.75 F	Annab, David	1/20/2006	Westfield, Wakefield, Washington-Lee
12	43-09.25 F	Bush, Ernest	2/1/1989	Great Falls District Indoor Track Champs
13	43-08.75 F	Kohn, Nicholas	2/1/1993	Great Falls District Indoor Track Champs
14	43-08.50 F	Rembold, Matt	2/8/2000	Concorde District Indoor Track Champs
15	43-07.75 F	Romano, Robert	1/19/2007	Wakefield, Westfield, & Washington-Lee
16	43-00.50 F	Childress, Derek	2/7/1986	Potomac District Indoor Track Championships
17	42-08.00 F	Dutton, Rico	1/23/2010	Jefferson & GC Marshall
18	42-02.75 F	Moron, Jose	1/4/2013	Washington-Lee, Chantilly, Annandale
19	42-02.00 F	Galindo, Brandon	1/4/2013	Washington-Lee, Chantilly, Annandale
20	42-00.75 F	Sampson, Jordan	1/13/2001	Herndon, Langley, & W.T. Woodson
21	42-00.25 F	Booker, Zachary	1/26/2012	Concorde District Winter Track Champs 2012
22	41-08.50 F	Wintrode, Jon	12/15/1995	Chantilly, Herndon, O'Connell & WT Woodson
23	41-06.75 F	Patrick, Timothy	1/31/2008	Concorde District Indoor Track Championships
24	41-03.00 F	Young, Jordan	1/29/2010	Concorde District Indoor Track Championships
25	41-09.00 F	Morrad, Umar	1/8/2016	2016 Suffolk Stars Invitational
26	41-01.00 F	Rogers, Bryan	1/11/2019	2019 Liberty Premier Invitational
27	40-03.00 F	Clark, Jason	1/11/2019	2019 Liberty Premier Invitational
28	40-01.50 F	Carey, Raymond	12/15/1995	Chantilly, Herndon, O'Connell & WT Woodson
29	39-10.75 F	Appawu, Richard	2/2/2007	Concorde Indoor District Championships 2007
30	39-07.50 F	Howard, Grant	2/4/2005	Concorde District Indoor Championships, 2005
31	39-02.00 F	Kirk, Aaron	2/5/1994	Chantilly, Langley, Madison & Marshall
32	38-10.25 F	Pereira, Conrad	1/16/2016	Chantilly, GC Marshall, Annandale & Stuart
33	38-09.50 F	Cwikel, Matthew	12/28/2004	Friends of Indoor Track Invitational, 2004
34	38-00.75 F	Walker, Zachary	2/5/2004	Concorde District Track & Field Championships

# RELAYS

*Note: Any information that people may have pertaining to relay lineups, and/or especially splits would be greatly appreciated. Please forward to Dr. Gilchrist at MTGilchrst@aol.com.*

## Women 4x1 Mile Relay

=====

1	23:06.83	F	A	'Chantilly'	3/10/2007	Nike Indoor National Championships
				1) Lauren Lenski		2) Natalie R. Shaw
				3) Kristin E. Witek		4) Eileen D. Foley

5:49.90 5:55.70 5:43.90 5:37.33

## Women 4x200m Relay

=====

1	1:44.43	F	A	'Chantilly'	3/12/2005	NIKE Indoor National Track Championship, 2005
				1) Jennifer M. Geldermann		2) Adeola O. Abisogun
				3) Jasmine D. Nelson		4) Sara M. Kanamine

26.40 26.40 26.20 25.43

1:44.85	F	A	'Chantilly'	3/4/2005	Virginia AAA State Track Championships, 2005
				1) Jennifer M. Geldermann	2) Jasmine D. Nelson
				3) Adeola O. Abisogun	4) Sara M. Kanamine

26.40 26.00 27.10 25.35

1:46.10	F	A	'Chantilly'	2/4/2005	Concorde District Indoor Championships, 2005
				1) Jennifer M. Geldermann	2) Jasmine D. Nelson
				3) Adeola O. Abisogun	4) Sara M. Kanamine

2	1:46.13	F	A	'Chantilly'	3/5/2004	Virginia AAA State Winter T& F Championships
				1) Jennifer M. Geldermann		2) Jasmine D. Nelson
				3) Mary K. Casey		4) Sara M. Kanamine

26.40 27.50 26.90 25.34 .01

3	1:46.33	F	A	'Chantilly'	1/13/2017	2017 Virginia Showcase
				1) Laurel E. Buck		2) Danielle N. Brennan
				3) Cecelia R. Bacon		4) Simone A. Jeffries

1:46.79	F	A	'Chantilly'	1/30/2004	Microtel Invitational 2004
				1) Jennifer M. Geldermann	2) Jasmine D. Nelson
				3) Mary K. Casey	4) Sara M. Kanamine

26.84 26.90 27.00 26.05

4	1:46.84	F	A	'Chantilly'	12/26/2016	2016 =PR= Holiday Invitational
				1) Laurel E. Buck		2) Julia M. Recto
				3) Cecelia R. Bacon		4) Simone A. Jeffries

27.50 26.70 26.10 26.54

5	1:47.17	F	A	'Chantilly'	1/28/2005	Virginia Tech Invitational, 2005
				1) Adeola O. Abisogun		2) Jasmine D. Nelson
				3) Mary K. Casey		4) Sara M. Kanamine

1:47.18	F	A	'Chantilly'	2/5/2004	Concorde District Track & Field Championships
				1) Jennifer M. Geldermann	2) Jasmine D. Nelson
				3) Mary K. Casey	4) Sara M. Kanamine

1:47.26 F	A 'Chantilly'	2/24/2017	2017 Virginia 6A State Indoor Track Champs
1) Laurel E. Buck		2) Danielle N. Brennan	
3) Cecelia R. Bacon		4) Simone A. Jeffries	
27.20	27.20	26.00	26.86
7	1:47.95 F	A 'Chantilly'	1/12/2018
	1) Laurel E. Buck		2018 Liberty Premier Invitational
	3) Olivia C. LeFrancois	2) Haley M. Alderman	
27.30	27.50	26.80	26.35
8	1:47.99 F	A 'Chantilly'	2/15/2017
	1) Laurel E. Buck		2017 Region 6A North Indoor Track Champs
	3) Danielle N. Brennan	2) Haley M. Alderman	
27.00	27.20	27.40	26.39
	1:48.33 F	A 'Chantilly'	1/10/2004
	1) Jennifer M. Geldermann		Montgomery Invitational
	3) Mary K. Casey	2) Jasmine D. Nelson	
27.40	27.50	26.70	26.73
9	1:48.38 F	A 'Chantilly'	2/26/2005
	1) Mary K. Casey		Northern Region Indoor Track Championship, 05
	3) Adeola O. Abisogun	2) Jasmine D. Nelson	
28.00	26.70	27.20	26.48
	1:48.39 F	A 'Chantilly'	2/12/2018
	1) Laurel E. Buck		2018 Northern Region D Indoor Track Champs
	3) Olivia C. LeFrancois	2) Haley M. Alderman	
27.20	27.60	27.00	26.59
10	1:48.54 F	A 'Chantilly'	1/8/2016
	1) Danielle N. Brennan		2016 Suffolk Stars Invitational
	3) Olivia C. LeFrancois	2) Cecelia R. Bacon	
28.50	26.10	26.80	27.14
11	1:48.76 F	A 'Chantilly'	12/29/2003
	1) Jennifer M. Geldermann		Friends of Indoor Track Invitational 2003
	3) Adeola O. Abisogun	2) Jasmine D. Nelson	
27.30	27.00	28.00	26.46
12	1:49.03 F	A 'Chantilly'	1/26/2017
	1) Laurel E. Buck		2017 Concorde Conference 5 Championships
	3) Haley M. Alderman	2) Danielle N. Brennan	
27.20	26.90	27.90	27.03
13	1:49.10 F	A 'Chantilly'	2/23/2018
	1) Laurel E. Buck		2018 Virginia 6A State Indoor Track Champs
	3) Nyla C. Carter-Ogden	2) Haley M. Alderman	
27.30	27.20	27.60	27.00



14	1:49.12 F A 'Chantilly' 1) Jennifer M. Geldermann 3) Fatimah Labor-Koroma	1/31/2003 Microtel Invitational, 2003 2) Shawn M. Holt 4) Mary K. Casey
15	1:49.13 F A 'Chantilly' 1) Alice M. Han 3) Laurel E. Buck 27.50 27.80 27.40 26.43	2/5/2016 2016 Concorde Conference 5 Indoor Champs 2) Danielle N. Brennan 4) Simone A. Jeffries
16	1:49.43 F A 'Chantilly' 1) Jennifer M. Geldermann 3) Mary K. Casey	1/8/2005 Montgomery Invitational, 2005 2) Adeola O. Abisogun 4) Sara M. Kanamine
17	1:49.57 F A 'Chantilly' 1) Alice M. Han 3) Cecelia R. Bacon 28.20 26.90 27.30 27.17	12/26/2015 2015 FIT Invitational 2) Simone A. Jeffries 4) Laurel E. Buck
18	1:49.85 F A 'Chantilly' 1) Tiffany M. Mitchell 3) Rachel K. Reinhardt 27.10 27.60 27.50 27.65	2/19/2011 Northern Region Indoor Track Championships 2) Samantha G. Lull 4) Jacquelyn S. Sieder
19	1:49.90 F A 'Chantilly'	2/21/1998 Northern Region Indoor Track Championships
20	1:49.91 F A 'Chantilly' 1) Tina Smith 3) Carin Miller	3/1/1997 Virginia AAA State Indoor Track Championships 2) Erin McMorrow 4) Bridgett Giles
21	1:49.97 F A 'Chantilly' 1) Bridgett Giles 3) Carin Miller	2/20/1997 Northern Region Indoor Track Championships 2) Tina Smith 4) Katie Cordova
22	1:50.00 F A 'Chantilly' 1) Jennifer M. Geldermann 3) Adeola O. Abisogun 26.70 28.60 28.10 26.60	12/28/2004 Friends of Indoor Track Invitational, 2004 2) Jasmine D. Nelson 4) Sara M. Kanamine
23	1:50.07 F A 'Chantilly' 1) Jennifer M. Geldermann 3) Fatimah Labor-Koroma	2/6/2003 2003 Concorde District Championships 2) Shawn M. Holt 4) Mary K. Casey
24	1:50.08 F A 'Chantilly' 1) Tiffany M. Mitchell 3) Rachel K. Reinhardt 27.10 27.50 27.60 27.88	2/25/2011 Virginia AAA State Indoor Track Championships 2) Samantha G. Lull 4) Jacquelyn S. Sieder
25	1:50.10 F A 'Chantilly'	1/27/2006 Virginia Tech Invitational 2006
26	1:50.16 F A 'Chantilly' 1) Alice M. Han 3) Julia M. Recto 28.40 27.90 26.90 26.96	12/28/2016 2016 FIT Invitational 2) Haley M. Alderman 4) Laurel E. Buck

- 27 1:50.17 F A 'Chantilly' 12/23/2017 2017 =PR= Holiday Invitational  
 1) Haley M. Alderman 2) Miranda E. Conroy  
 3) Ruby A. Carter-Ogden 4) Cecelia R. Bacon  
 27.30 27.80 28.60 26.47
- 28 1:50.24 F A 'Chantilly' 2/26/1994 Northern Region Indoor Track Championships
- 29 1:50.0h F A 'Chantilly' 2/15/1986 Northern Region Indoor Track Championships
- 30 1:50.34 F A 'Chantilly' 2/23/2002 Northern Region Indoor Track Championships 02  
 1) Jennifer M. Geldermann 2) Shawn M. Holt  
 3) Michelle E. Yarger 4) Fatimah Labor-Koroma
- 30 1:50.34 F A 'Chantilly' 2/23/2002 Northern Region Indoor Track Championships 02  
 1) Jennifer M. Geldermann 2) Shawn M. Holt  
 3) Michelle E. Yarger 4) Fatimah Labor-Koroma
- 32 1:50.44 F A 'Chantilly' 1/4/1997 1997 Friends of Indoor Track Relays
- 33 1:50.47 F A 'Chantilly' 2/28/2004 Northern Regional Winter Track Championships  
 1) Jennifer M. Geldermann 2) Jasmine D. Nelson  
 3) Mary K. Casey 4) Sara M. Kanamine  
 26.80 27.00 30.90 25.77
- 34 1:50.50 F A 'Chantilly' 2/8/2002 Concorde District Indoor Track Championships  
 1) Jennifer M. Geldermann 2) Shawn M. Holt  
 3) Michelle E. Yarger 4) Fatimah Labor-Koroma
- 35 1:50.4h F A 'Chantilly' 2/1/1981 Potomac District Indoor Track Championships  
 1) Grace Marcy 2) Valerie Johnson  
 3) Lisa Greer 4) Laura Johnson

**Women 4x220y Relay**

- =====
- 1 1:53.2h F A 'Chantilly' 2/1/1980 1980 Northern District Indoor Track Champs  
 1) Grace Marcy 2) Valerie Johnson

**Women 4x400m Relay**

- =====
- 1 4:00.82 F A 'Chantilly' 3/9/2018 2018 New Balance Indoor National Champs  
 1) Nyla C. Carter-Ogden 2) Olivia C. LeFrancois  
 3) Cecelia R. Bacon 4) Nicole K. Re
- 2 4:01.60 F A 'Chantilly' 3/7/1998 Virginia AAA State Indoor Track Championships  
 1) Erin McMorrow 2) Kelly Chapman  
 3) Katie Cordova 4) Carin Miller
- 4:02.77 F A 'Chantilly' 2/23/2018 2018 Virginia 6A State Indoor Track Champs  
 1) Nyla C. Carter-Ogden 2) Olivia C. LeFrancois  
 3) Cecelia R. Bacon 4) Nicole K. Re  
 1:02.50 1:00.00 1:01.00 59.27

3 4:03.65 F A 'Chantilly' 1/29/1999 Super 8 Invitational

4 4:03.86 F A 'Chantilly' 1/13/2017 2017 Virginia Showcase  
1) Laurel E. Buck 2) Olivia C. LeFrancois  
3) Cecelia R. Bacon 4) Simone A. Jeffries  
1:02.20 1:01.10 1:00.90 59.66

5 4:03.89 F A 'Chantilly' 2/18/2016 2016 Northern Region 6A Indoor Champs  
1) Kelsey A. Irwin 2) Olivia C. LeFrancois  
3) Cecelia R. Bacon 4) Simone A. Jeffries  
1:03.50 59.80 1:00.40 1:00.19

6 4:04.00 F A 'Chantilly' 3/11/2016 2016 New Balance Indoor Track National Champs  
1) Laurel E. Buck 2) Kelsey A. Irwin  
3) Olivia C. LeFrancois 4) Cecelia R. Bacon  
1:01.81 1:02.08 1:00.02 1:00.09

4:04.13 F A 'Chantilly' 2/26/2016 2016 Virginia 6A State Indoor Championships  
1) Laurel E. Buck 2) Olivia C. LeFrancois  
3) Cecelia R. Bacon 4) Simone A. Jeffries  
1:02.40 1:00.30 1:00.30 1:01.13

7 4:04.30 F A 'Chantilly' 2/21/1998 Northern Region Indoor Track Championships  
1) Erin McMorrow 2) Kelly Chapman  
3) Katie Cordova 4) Carin Miller

8 4:05.38 F A 'Chantilly' 12/28/2016 2016 FIT Invitational  
1) Laurel E. Buck 2) Nicole K. Re  
3) Cecelia R. Bacon 4) Simone A. Jeffries  
1:02.20 1:02.90 1:00.20 1:00.08

4:05.57 F A 'Chantilly' 2/12/2018 2018 Northern Region D Indoor Track Champs  
1) Nyla C. Carter-Ogden 2) Olivia C. LeFrancois  
3) Cecelia R. Bacon 4) Nicole K. Re  
1:02.70 1:01.10 1:01.50 1:00.27

4:05.76 F A 'Chantilly' 1/12/2018 2018 Liberty Premier Invitational  
1) Olivia C. LeFrancois 2) Nyla C. Carter-Ogden  
3) Nicole K. Re 4) Cecelia R. Bacon  
1:01.40 1:03.00 1:00.60 1:00.76

4:05.95 F A 'Chantilly' 2/15/2017 2017 Region 6A North Indoor Track Champs  
1) Cecelia R. Bacon 2) Nicole K. Re  
3) Laurel E. Buck 4) Simone A. Jeffries  
1:03.70 1:01.00 1:01.80 59.45

9 4:06.57 F A 'Chantilly' 2/22/1986 Virginia AAA State Indoor Track Championships

10 4:07.14 F A 'Chantilly' 2/5/2016 2016 Concorde Conference 5 Indoor Champs  
1) Sarah C. Schuster 2) Cecelia R. Bacon  
3) Olivia C. LeFrancois 4) Simone A. Jeffries  
1:03.20 1:01.00 1:02.10 1:00.84

11	4:07.31 F	A 'Chantilly'	3/13/1999	1999 NIKE Indoor Classic
12	4:07.47 F	A 'Chantilly'	2/4/2005	Concorde District Indoor Championships, 2005
		1) Adeola O. Abisogun		2) Jessica A. Vranas
		3) Jasmine D. Nelson		4) Mary K. Casey
13	4:07.87 F	A 'Chantilly'	2/27/1999	Northern Region Indoor Track Championships
		1) Kelly Chapman		2) Katie Cordova
		3) Laurie M. Yarger		4) Carin Miller
14	4:08.39 F	A 'Chantilly'	2/24/2017	2017 Virginia 6A State Indoor Track Champs
		1) Olivia C. LeFrancois		2) Cecelia R. Bacon
		3) Nicole K. Re		4) Simone A. Jeffries
	1:00.70	1:00.80	1:05.50	1:01.39
15	4:08.4h F	A 'Chantilly'	2/15/1986	Northern Region Indoor Track Championships
16	4:08.97 F	A 'Chantilly'	2/26/2005	Northern Region Indoor Track Championship, 05
		1) Adeola O. Abisogun		2) Jessica A. Vranas
		3) Mary K. Casey		4) Jasmine D. Nelson
	1:00.20	1:03.80	1:03.70	1:01.27
17	4:09.84 F	A 'Chantilly'	3/11/2000	NIKE Indoor Classic
		1) Alyssa Aiken		2) Rowena C. Crabbe
		3) Tracy E. Williams		4) Carin Miller
18	4:09.91 F	A 'Chantilly'	1/28/2005	Virginia Tech Invitational, 2005
		1) Adeola O. Abisogun		2) Jessica A. Vranas
		3) Jasmine D. Nelson		4) Mary K. Casey
19	4:10.69 F	A 'Chantilly'	2/20/1997	Northern Region Indoor Track Championships
		1) Tina Smith		2) Carin Miller
		3) Kathy Smith		4) Erin McMorrow
20	4:10.74 F	A 'Chantilly'	12/18/1999	1999 Friends of Indoor Track Relays
21	4:10.75 F	A 'Chantilly'	1/8/2016	2016 Suffolk Stars Invitational
		1) Sarah C. Schuster		2) Kelsey A. Irwin
		3) Laurel E. Buck		4) Cecelia R. Bacon
	1:03.90	1:02.60	1:02.60	1:01.65
22	4:11.31 F	A 'Chantilly'	1/26/2017	2017 Concorde Conference 5 Championships
		1) Laurel E. Buck		2) Olivia C. LeFrancois
		3) Julia M. Recto		4) Cecelia R. Bacon
	1:03.80	1:02.60	1:03.30	1:01.61
23	4:11.38 F	A 'Chantilly'	2/19/2015	2015 Region 6A North Indoor Championships
		1) Julia L. Golden		2) Kelsey A. Irwin
		3) Cecelia R. Bacon		4) Colleen M. Davidson
	1:05.20	1:04.90	1:00.80	1:00.48

24	4:11.74 F A 'Chantilly'	1/20/2018 Chantilly, Lake Braddock & TC Williams
	1) Ruby A. Carter-Ogden	2) Nyla C. Carter-Ogden
	3) Jenay E. Soumahro	4) Nicole K. Re
	1:04.60 1:02.50 1:03.20 1:01.44	
25	4:11.80 F A 'Chantilly'	12/27/2017 2017 FIT Invitational
	1) Nyla C. Carter-Ogden	2) Ruby A. Carter-Ogden
	3) Nicole K. Re	4) Cecelia R. Bacon
	1:02.90 1:04.40 1:02.60 1:01.90	
26	4:12.19 F A 'Chantilly'	12/26/2016 2016 =PR= Holiday Invitational
	1) Nicole K. Re	2) Aria N. Nagai
	3) Cecelia R. Bacon	4) Simone A. Jeffries
	1:02.30 1:06.40 1:01.80 1:01.69	
27	4:12.20 F A 'Chantilly'	1/27/2006 Virginia Tech Invitational 2006
	1) Alexandra M. Hally	2) Teresa Chan
	3) Sara M. Kanamine	4) Mary K. Casey
	1:02.50 1:04.30 1:03.50 1:01.90	
28	4:12.34 F A 'Chantilly'	12/19/1998 1998 FIT Relays
29	4:13.08 F A 'Chantilly'	12/26/2015 2015 FIT Invitational
	1) Sarah C. Schuster	2) Ana E. Morris
	3) Laurel E. Buck	4) Simone A. Jeffries
	1:03.80 1:03.80 1:04.40 1:01.08	
30	4:13.25 F A 'Chantilly'	2/1/2018 2018 Concorde District Indoor Track Champs
	1) Nyla C. Carter-Ogden	2) Ruby A. Carter-Ogden
	3) Miranda E. Conroy	4) Olivia C. LeFrancois
	1:02.00 1:05.10 1:04.70 1:01.45	
31	4:14.15 F A 'Chantilly'	1/23/2015 2015 Concorde Conference 5 Indoor Champs
	1) Julia L. Golden	2) Ana E. Morris
	3) Kelsey A. Irwin	4) Cecelia R. Bacon
	1:05.50 1:03.80 1:03.80 1:01.05	
32	4:14.56 F A 'Chantilly'	2/5/2004 Concorde District Track & Field Championships
	1) Mary K. Casey	2) Ashley C. Scott
	3) Jessica A. Vranas	4) Adeola O. Abisogun
33	4:14.72 F A 'Chantilly'	12/23/2017 2017 =PR= Holiday Invitational
	1) Miranda E. Conroy	2) Ruby A. Carter-Ogden
	3) Cecelia R. Bacon	4) Nyla C. Carter-Ogden
	1:04.10 1:04.00 1:03.20 1:03.42	
34	4:14.78 F A 'Chantilly'	2/12/2014 2014 6A Northern Region Indoor Championships
	1) Sofia M. Oliveira	2) Amanda Filipek
	3) Kendall L. Raheer	4) Colleen M. Davidson
	1:05.50 1:05.90 1:01.70 1:01.68	

34	4:14.78 F	A 'Chantilly'	2/11/2019	2019 Northern Region D Indoor Track Championships
		1) Jenay E. Soumahro	2) Nyla C. Carter-Ogden	
		3) Ruby A. Carter-Ogden	4) Nicole K. Re	
	1:05.50	1:05.70	1:01.10	1:02.48
36	4:15.0h F	A 'Chantilly'	2/10/1983	Northern Region Indoor Track Championships
37	4:15.46 F	A 'Chantilly'	2/2/2006	Concorde District Indoor Track Champs, 2006
		1) Alexandra M. Hally	2) Teresa Chan	
		3) Sara M. Kanamine	4) Mary K. Casey	
38	4:15.54 F	A 'Chantilly'	1/6/2018	Chantilly, South County, & TC Williams
		1) Ruby A. Carter-Ogden	2) Nyla C. Carter-Ogden	
		3) Jenay E. Soumahro	4) Nicole K. Re	
39	4:16.10 F	A 'Chantilly'	2/1/1992	Great Falls District Indoor Track Champs
		1) Kelly Jones	2) Carmen Osterling	
		3) Taylor Perdue	4) Carla Brown	
40	4:16.41 F	A 'Chantilly'	12/19/2015	2015 =PR= Holiday Invitational
		1) Margaret T. O'Donnell	2) Olivia C. LeFrancois	
		3) Sarah C. Schuster	4) Cecelia R. Bacon	
	1:08.60	1:02.10	1:04.30	1:01.41
41	4:17.00 F	A 'Chantilly'	2/9/1999	Concorde District Indoor Track Championships
42	4:17.70 F	A 'Chantilly'	2/16/2013	2013 Northern Region Indoor Track Champs
		1) Lauren A. Powell	2) Kendall L. Raher	
		3) Danielle M. LeFrancois	4) Samantha G. Lull	
	1:06.20	1:04.60	1:04.50	1:02.40
43	4:17.96 F	A 'Chantilly'	1/14/2011	Flames Invitational
		1) Nina D. Ullom	2) Jacquelyn S. Sieder	
		3) Elise M. Kinsey	4) Kendall Cowne	
	1:03.60	1:05.30	1:07.00	1:02.06
44	4:18.24 F	A 'Chantilly'	1/23/2014	2014 Concorde Conference 5 Indoor Champs
		1) Amanda Filipek	2) Sofia M. Oliveira	
		3) Colleen M. Davidson	4) Kendall L. Raher	
	1:07.40	1:05.80	1:01.90	1:03.14
45	4:18.25 F	A 'Chantilly'	1/31/2013	2013 Concorde District Indoor Track Champs
		1) Lauren A. Powell	2) Samantha G. Lull	
		3) Kendall L. Raher	4) Nora E. Raher	
	1:05.40	1:03.10	1:04.70	1:05.05
46	4:18.50 F	A 'Chantilly'	1/8/2005	Montgomery Invitational, 2005
		1) Adeola O. Abisogun	2) Jasmine D. Nelson	
		3) Jennifer M. Geldermann	4) Mary K. Casey	

47 4:18.84 F A 'Chantilly' 1/19/2007 Eastern HS Challenge 2007  
1) Kristin E. Witek 2) Alexandra M. Hally  
3) Lia DiValentin 4) Hilary Baird  
1:06.80 1:05.60 1:01.80 1:04.64

48 4:19.75 F A 'Chantilly' 1/11/2019 2019 Liberty Premier Invitational  
1) Jenay E. Soumahro 2) Nyla C. Carter-Ogden  
3) Ruby A. Carter-Ogden 4) Nicole K. Re

49 4:20.10 F A 'Chantilly' 1/10/2014 2014 Liberty Flames Invitational  
1) Amanda Filipek 2) Sofia M. Oliveira  
3) Colleen M. Davidson 4) Kendall L. Rahe  
1:06.50 1:05.40 1:04.50 1:03.70

#### Women 4x440m Relay

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1 4:44.50 F A 'Chantilly' 2/1/1980 1980 Northern District Indoor Track Champs

#### Women 4x800m Relay

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1 9:30.27 F A 'Chantilly' 2/23/2013 2013 Virginia AAA State Indoor Track Champs  
1) Samantha G. Lull 2) Megan K. Toole  
3) Nora E. Rahe 4) Kendall Cowne  
2:26.10 2:24.00 2:24.00 2:16.17

2 9:32.61 F A 'Chantilly' 3/1/1996 Virginia AAA State Indoor Track Championships  
1) Kathy Smith 2) Colleen Chapman  
3) Laura Winstead 4) Amanda Buell  
2:26.50 2:28.50 2:23.50 2:14.11

3 9:33.45 F A 'Chantilly' 2/16/2013 2013 Northern Region Indoor Track Champs  
1) Samantha G. Lull 2) Megan K. Toole  
3) Nora E. Rahe 4) Kendall Cowne  
2:26.70 2:26.10 2:23.10 2:17.55

4 9:34.81 F A 'Chantilly' 1/26/2017 2017 Concorde Conference 5 Championships  
1) Kayla E. Wigle 2) Olivia C. LeFrancois  
3) Ana E. Morris 4) Nicole K. Re  
2:27.60 2:26.10 2:23.50 2:17.61

5 9:35.91 F A 'Chantilly' 3/16/1986 Pathmark National Scholastic Classic  
1) Rhonda Maier 2) Julie Guinn  
3) Amy Colvin 4) Sarah Colvin

6 9:40.19 F A 'Chantilly' 1/4/1986 George Mason Invitational  
1) Julie Guinn 2) Rhonda Maier  
3) Amy Colvin 4) Sarah Colvin

7 9:40.14 F A 'Chantilly' 2/24/2017 2017 Virginia 6A State Indoor Track Champs  
1) Kayla E. Wigle 2) Olivia C. LeFrancois  
3) Ana E. Morris 4) Nicole K. Re  
2:29.20 2:25.40 2:24.50 2:21.04

8 9:40.40 F A 'Chantilly' 2/26/2016 2016 Virginia 6A State Indoor Championships  
1) Sarah C. Schuster 2) Olivia C. LeFrancois  
3) Ana E. Morris 4) Nicole K. Re  
2:28.00 2:23.70 2:24.70 2:24.00

9 9:41.07 F A 'Chantilly' 2/18/2012 2012 Northern Region Indoor Track Champs  
1) Alexandra N. Sieder 2) Samantha G. Lull  
3) Nora E. Rahe 4) Kendall Cowne  
2:28.30 2:27.50 2:26.20 2:19.07

10 9:41.23 F A 'Chantilly' 2/27/1999 Northern Region Indoor Track Championships  
1) Kelly Chapman 2) Meredith Chapman  
3) Carin Miller 4) Laurie M. Yarger

11 9:42.35 F A 'Chantilly' 3/1/1997 Virginia AAA State Indoor Track Championships  
1) Kathy Smith 2) Jennifer Conlin  
3) Colleen Chapman 4) Laura Winstead  
2:28.00

12 9:44.64 F A 'Chantilly' 2/19/2011 Northern Region Indoor Track Championships  
1) Hannah G. Strub 2) Elise M. Kinsey  
3) Megan K. Toole 4) Kendall Cowne  
2:28.00 2:33.90 2:24.70 2:18.04

13 9:44.98 F A 'Chantilly' 1/27/2006 Virginia Tech Invitational 2006  
1) Kristin E. Witek 2) Natalie B. Mutchler  
3) Lia DiValentin 4) Alexandra M. Hally  
2:30.40 2:28.60 2:22.70 2:23.28

14 9:45.10 F A 'Chantilly' 2/11/2019 2019 Northern Region D Indoor Track Championships  
1) Nyla C. Carter-Ogden 2) Elizabeth N. Wu  
3) Ruby A. Carter-Ogden 4) Nicole K. Re  
2:32.40 2:33.10 2:22.10 2:17.50

15 9:45.70 F A 'Chantilly' 2/20/1997 Northern Region Indoor Track Championships  
1) Kathy Smith 2) Jennifer Conlin  
3) Colleen Chapman 4) Laura Winstead  
2:23.00 2:32.00 2:27.00 2:23.70

9:46.40 F A 'Chantilly' 1/23/2019 2019 Concorde District Indoor Track Championships  
1) Nyla C. Carter-Ogden 2) Elizabeth N. Wu  
3) Ruby A. Carter-Ogden 4) Nicole K. Re  
2:31.30 2:30.90 2:26.30 2:17.90

16 9:48.22 F A 'Chantilly' 2/24/2007 VHSL - AAA 2007NORTHERN REGIONAL  
1) Hilary Baird 2) Natalie R. Shaw  
3) Kristin E. Witek 4) Lia DiValentin  
2:25.60 2:29.10 2:31.20 2:22.32

9:48.29 F A 'Chantilly' 2/22/2019 2019 Virginia 6A State Indoor Track Championships  
1) Nyla C. Carter-Ogden 2) Elizabeth N. Wu  
3) Ruby A. Carter-Ogden 4) Nicole K. Re  
2:26.80 2:34.00 2:26.70 2:20.79



17	9:48.47 F	A 'Chantilly'	2/2/2007	Concorde Indoor District Championships 2007
		1) Natalie R. Shaw		2) Kristin E. Witek
		3) Hilary Baird		4) Lia DiValentin
	2:30.90	2:30.80	2:27.00	2:19.77
18	9:49.26 F	A 'Chantilly'	2/2/2006	Concorde District Indoor Track Champs, 2006
		1) Kristin E. Witek		2) Natalie B. Mutchler
		3) Lia DiValentin		4) Alexandra M. Hally
	2:31.10	2:31.10	2:24.00	2:23.06
19	9:49.37 F	A 'Chantilly'	2/18/2016	2016 Northern Region 6A Indoor Champs
		1) Sarah C. Schuster		2) Olivia C. LeFrancois
		3) Ana E. Morris		4) Nicole K. Re
	2:33.20	2:25.10	2:25.70	2:25.37
20	9:50.41 F	A 'Chantilly'	1/26/2012	Concorde District Winter Track Champs 2012
		1) Alexandra N. Sieder		2) Samantha G. Lull
		3) Nora E. Raher		4) Kendall Cowne
	2:29.30	2:30.70	2:30.80	2:19.61
21	9:50.62 F	A 'Chantilly'	1/26/2001	Microtel Invitational
		1) Anna M. Ransbotham		2) Blair E. Eadie
		3) Laurie M. Yarger		4) Tracy E. Williams
	2:31.00	2:28.00	2:24.00	2:27.62
22	9:50.68 F	A 'Chantilly'	3/3/2006	Virginia AAA State Indoor Track Champs, 2006
		1) Kristin E. Witek		2) Natalie B. Mutchler
		3) Lia DiValentin		4) Alexandra M. Hally
23	9:51.17 F	A 'Chantilly'	1/26/2007	Virginia Tech Invitational 2007
		1) Natalie R. Shaw		2) Kristin E. Witek
		3) Alexandra M. Hally		4) Lia DiValentin
	2:31.50	2:29.50	2:28.10	2:22.07
24	9:51.74 F	A 'Chantilly'	1/6/1996	George Mason Relays
25	9:52.02 F	A 'Chantilly'	2/9/1999	Concorde District Indoor Track Championships
26	9:52.23 F	A 'Chantilly'	2/25/2011	Virginia AAA State Indoor Track Championships
		1) Hannah G. Strub		2) Elise M. Kinsey
		3) Megan K. Toole		4) Kendall Cowne
	2:28.90	2:32.10	2:29.40	2:21.83
27	9:53.23 F	A 'Chantilly'	12/26/2018	2018 FIT Invitational
		1) Ruby A. Carter-Ogden		2) Momiji A. Barlow
		3) Nyla C. Carter-Ogden		4) Nicole K. Re
28	9:54.54 F	A 'Chantilly'	1/5/2013	2013 Southern Maryland Indoor Track Classic
		1) Alexandra N. Sieder		2) Samantha G. Lull
		3) Nora E. Raher		4) Kendall Cowne
	2:33.70	2:32.50	2:27.60	2:20.74

29 9:54.69 F A 'Chantilly' 2/1/2018 2018 Concorde District Indoor Track Champs  
1) Kayla E. Wigle 2) Ruby A. Carter-Ogden  
3) Olivia C. LeFrancois 4) Nicole K. Re  
2:33.30 2:33.70 2:32.00 2:15.69

30 9:54.98 F A 'Chantilly' 1/28/2011 Concorde District Indoor Track Championships  
1) Hannah G. Strub 2) Elise M. Kinsey  
3) Megan K. Toole 4) Kendall Cowne  
2:30.40 2:33.50 2:25.50 2:25.58

31 9:55.14 F A 'Chantilly' 12/19/1998 1998 FIT Relays

32 9:56.59 F A 'Chantilly' 2/5/2016 2016 Concorde Conference 5 Indoor Champs  
1) Sarah C. Schuster 2) Olivia C. LeFrancois  
3) Ana E. Morris 4) Nicole K. Re  
2:35.90 2:28.70 2:26.80 2:25.19

33 9:57.14 F A 'Chantilly' 1/4/1997 1997 Friends of Indoor Track Relays

34 9:57.40 F A 'Chantilly' 1/31/2013 2013 Concorde District Indoor Track Champs  
1) Hannah R. Lull 2) Leandra R. Colella  
3) Megan K. Toole 4) Samantha G. Lull  
2:30.20 2:32.20 2:28.00 2:27.00

35 9:57.6h F A 'Chantilly' 2/1/1996 Concorde District Indoor Track Champs  
1) Kathy Smith 2) Colleen Chapman  
3) Laura Winstead 4) Amanda Buell

9:58.62 F A 'Chantilly' 2/12/2018 2018 Northern Region D Indoor Track Champs  
1) Kayla E. Wigle 2) Ruby A. Carter-Ogden  
3) Olivia C. LeFrancois 4) Nicole K. Re  
2:32.70 2:31.20 2:31.00 2:23.72

36 9:59.21 F A 'Chantilly' 2/19/2015 2015 Region 6A North Indoor Championships  
1) Bianca S. San 2) Mackenzie L. Cowne  
3) Ana E. Morris 4) Hannah R. Lull  
2:31.00 2:32.90 2:29.50 2:25.81

37 10:00.24 F A 'Chantilly' 1/23/2014 2014 Concorde Conference 5 Indoor Champs  
1) Bianca S. San 2) Sofia M. Oliveira  
3) Ana E. Morris 4) Hannah R. Lull  
2:31.30 2:33.70 2:29.50 2:25.74

38 10:00.43 F A 'Chantilly' 2/12/2014 2014 6A Northern Region Indoor Championships  
1) Bianca S. San 2) Ana E. Morris  
3) Christie E. Murray 4) Hannah R. Lull  
2:28.80 2:31.30 2:32.80 2:27.53

39 10:00.60 F A 'Chantilly' 3/12/2006 Nike Indoor Track National Championships  
1) Natalie R. Shaw 2) Natalie B. Mutchler  
3) Lia DiValentin 4) Alexandra M. Hally  
2:32.30 2:34.00 2:30.00 2:24.30

40 10:00.63 F A 'Chantilly' 1/23/2015 2015 Concorde Conference 5 Indoor Champs  
1) Bianca S. San 2) Mackenzie L. Cowne  
3) Ana E. Morris 4) Hannah R. Lull  
2:32.10 2:34.80 2:30.70 2:23.03

**Women 1600m Sprint Medley Relay**

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1 4:19.47 F A 'Chantilly' 3/11/2016 2016 New Balance Indoor Track National Champs  
1) Laurel E. Buck 2) Danielle N. Brennan  
3) Cecelia R. Bacon 4) Ana E. Morris  
26.80 25.78 1:00.11 2:26.78

2 4:22.11 F A 'Chantilly' 3/12/2015 2015 New Balance Indoor Nationals  
1) Danielle N. Brennan 2) Cecelia R. Bacon  
3) Colleen M. Davidson 4) Hannah R. Lull  
27.86 28.14 1:00.38 2:25.73

3 4:53.40 F A 'Chantilly' 12/16/2002 George Mason Invitational, 2002  
1) Mary K. Casey 2) Jennifer M. Geldermann  
3) Fatimah Labor-Koroma 4) Kim E. Sorensen  
1:04.80 27.50 28.80 2:52.30

**Women 4000m Distance Medley Relay**

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1 12:23.8h F A 'Chantilly' 1/24/1987 Episcopal HS Invitational  
1) Hollie Moore 2) Rhonda Maier  
3) Sarah Colvin 4) Amy Colvin  
2:28.50 1:04.00 3:41.00 5:10:30

2 12:33.0h F A 'Chantilly' 1/25/1986 Episcopal HS Invitational  
1) Julie Guinn 2) Rhonda Maier  
3) Sarah Colvin 4) Amy Colvin  
2:28.50 1:04.00 3:41.00 5:10:30

3 12:49.04 F A 'Chantilly' 1/4/1997 1997 Friends of Indoor Track Relays

4 12:54.95 F A 'Chantilly' 3/10/2017 2017 New Balance Indoor Nationals  
1) Ana E. Morris 2) Cecelia Bacon  
3) Kayla Wigle 4) Nicole K. Re  
3:58.37 1:02.48 2:29.26 5:24.84

5 12:58.08 F A 'Chantilly' 1/21/2017 2017 Last Track to Philly  
1) Ana E. Morris 2) Julia M. Recto  
3) Olivia C. LeFrancois 4) Nicole K. Re  
3:57.30 1:02.70 2:27.90 5:30.18

6 13:06.05 F A 'Chantilly' 1/13/2007 Montgomery Invitational 2007  
1) Natalie R. Shaw 2) Alexandra M. Hally  
3) Kristin E. Witek 4) Lia DiValentin  
4:13.40 1:06.30 2:34.60 5:11.70 .05

7	13:06.94 F	A 'Chantilly'	3/12/1993	1994 National Scholastic T&F Championships
		1) Mandy Mellela		2) Taylor Perdue
		3) Carmen Osterling		4) Aryn Fahey
8	13:11.24 F	A 'Chantilly'	12/16/2000	Friends of Indoor Track Relays
		1) Laurie M. Yarger		2) Elizabeth G. Barrett
		3) Blair E. Eadie		4) Tracy E. Williams
	4:01.00	1:06.00	2:32.00	5:32.24
9	13:19.04 F	A 'Chantilly'	1/6/1996	George Mason Relays
10	13:43.63 F	A 'Chantilly'	1/7/2012	Montgomery Invitational 2012
		1) Carolyn R. Carlson		2) Alexandra N. Sieder
		3) Nora E. Rahe		4) Samantha G. Lull
	4:08.20	1:09.10	2:32.50	5:53.83
11	13:44.1h F	A 'Chantilly'	12/27/2005	FIT Invitational
		1) Elizabeth L. Box		2) Kelly Tarrant
		3) Jordan K. Cox		4) Lia DiValentin
12	13:51.24 F	A 'Chantilly'	12/15/2001	FIT Relays
		1) Rachel L. Moretti		2) Fatimah Labor-Koroma
		3) Kristen M. Moretti		4) Anna M. Ransbotham
	4:12.00	1:07.00	2:38.00	5:54.24
13	13:52.30 F	A 'Chantilly'	1/14/2006	Montgomery Invitational
		1) Kristin E. Witek		2) Alexandra M. Hally
		3) Eileen D. Foley		4) Lauren Lenski
	4:06.40	1:05.50	2:42.40	5:58.00
14	13:58.44 F	A 'Chantilly'	12/16/2002	George Mason Invitational, 2002
		1) Kristina D. Trevino		2) Ashley C. Scott
		3) Kelly M. Cecil		4) Anna M. Ransbotham
	4:09.40	1:10.20	2:48.10	5:50.74
15	14:04.14 F	A 'Chantilly'	1/29/2002	Metro Run & Walk Invitational
		1) Ava M. Mutchler		2) Michelle E. Yarger
		3) Anna M. Ransbotham		4) Kristen M. Moretti
	4:22.00	1:08.00	2:37.00	5:57.14
16	14:05.60 F	A 'Chantilly'	12/29/2006	Friends of Indoor Track Invitational
		1) Elizabeth L. Box		2) Erin Carroll
		3) Katie Gleason		4) Rachel Grochowski
	4:21.90	1:10.40	2:43.00	5:50.30
17	14:07.74 F	A 'Chantilly'	12/19/1998	1998 FIT Relays
18	14:19.54 F	A 'Chantilly'	12/21/2002	Friends of Indoor Track Relays, 2002
		1) Rachel L. Moretti		2) Kristen M. Moretti
		3) Anna M. Ransbotham		4) Ava M. Mutchler
	4:24.94	1:09.86	2:40.60	6:04.14

19 14:58.84 F A 'Chantilly' 12/28/2004 Friends of Indoor Track Invitational, 2004  
1) Natalie B. Mutchler 2) Teresa Chan  
3) Elaine R. Bussjaeger 4) Eileen D. Foley  
4:30.20 1:08.40 2:53.40 6:26.84

20 15:29.54 F A 'Chantilly' 12/29/2003 Friends of Indoor Track Invitational 2003  
1) Ashley C. Scott 2) Tracy M. Comerford  
3) Kristin E. Witek 4) Kelly M. Cecil  
4:44.70 1:12.90 2:56.10 6:35.84

#### Women 4x55m Shuttle Hurdle Relay

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1 39.86 F A 'Chantilly' 1/8/2016 2016 Suffolk Stars Invitational  
1) Elizabeth E. Ren 2) Hannah K. Boehlert  
3) Margaret T. O'Donnell 4) Jessica L. Snyder  
9.80 10.40 10.60 9.06

2 47.30 F A 'Chantilly' 12/16/2002 George Mason Invitational, 2002  
1) Shawn M. Holt 2) Sharon E. Prueitt  
3) Natalie B. Mutchler 4) Jennifer L. Holt  
10.90 10.90 13.00 12.50

#### Men 4x1 Mile Relay

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1 17:34.57 F A 'Chantilly' 3/8/2013 2013 New Balance Indoor National Champs  
1) Faris Sakallah 2) Ryan B. McGorty  
3) Logan S. Miller 4) Sean P. McGorty  
4:27.60 4:30.85 4:27.80 4:08.32  
**(VIRGINIA STATE RECORD)**

#### Men 4x200m Relay

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1 1:31.15 F A 'Chantilly' 3/11/2016 2016 New Balance Indoor Track National Champs  
1) Conrad L. Pereira 2) Mark A. Robinson  
3) Michael A. Scopellite 4) Titus M. Jeffries  
23.00 22.60 22.27 23.28

2 1:32.41 F A 'Chantilly' 2/28/2014 2014 Virginia 6A State Indoor Championships  
1) Eason E. Recto 2) Darren T. Almodiel  
3) Andris M. Sturans 4) Peyton J. McClintock  
23.80 23.20 22.10 23.31

3 1:32.46 F A 'Chantilly' 2/26/2016 2016 Virginia 6A State Indoor Championships  
1) Conrad L. Pereira 2) Justin J. Loh  
3) Michael A. Scopellite 4) Titus M. Jeffries  
24.80 22.50 22.50 22.66

4 1:32.67 F A 'Chantilly' 2/5/2016 2016 Concorde Conference 5 Indoor Champs  
1) Jose Diego R. Almodiel 2) Mark A. Robinson  
3) Justin J. Loh 4) Titus M. Jeffries  
24.40 23.30 22.60 22.37

5	1:32.68 F A 'Chantilly' 1) Conrad L. Pereira 3) Justin J. Loh 23.40 23.50 23.60 22.18	2/18/2016 2016 Northern Region 6A Indoor Champs 2) Mark A. Robinson 4) Titus M. Jeffries
7	1:32.70 F A 'Chantilly' 1) Eric Wang 3) Jason Johnson	3/5/1999 Virginia AAA State Indoor Track Championships 2) Sean Lipsey 4) Gus Schmader
8	1:33.44 F A 'Chantilly' 1) Eason E. Recto 3) Andris M. Sturans 23.30 24.30 23.20 22.64	12/28/2013 2013 Friends of Indoor Track Invitational 2) Darren T. Almodiel 4) Justin B. West
	<i>1:33.47 F A 'Chantilly' 1) Eason E. Recto 3) Andris M. Sturans 23.90 23.90 23.10 22.57</i>	<i>1/10/2014 2014 Liberty Flames Invitational 2) Darren T. Almodiel 4) Justin B. West</i>
9	1:33.51 F A 'Chantilly' 1) Trosoadas N. Davenport 3) Clark L. Saben 23.30 23.70 23.70 22.81	1/11/2019 2019 Liberty Premier Invitational 2) Tyjuan M. Henry 4) Mark A. Robinson
10	1:33.53 F A 'Chantilly' 1) Daniel S. Mitchell 3) Peyton J. McClintock 24.50 23.00 23.50 22.53	2/27/2015 2015 Virginia 6A Indoor Track Championships 2) Darren T. Almodiel 4) Justin B. West
11	1:33.55 F A 'Chantilly' 1) Michael A. Scopellite 3) Peyton J. McClintock 23.80 23.30 23.30 23.15	1/23/2015 2015 Concorde Conference 5 Indoor Champs 2) Darren T. Almodiel 4) Justin B. West
12	1:33.58 F A 'Chantilly'	2/27/1999 Northern Region Indoor Track Championships
12	1:33.58 F A 'Chantilly'	2/20/1989 Northern Region Indoor Track Championships
14	1:33.63 F A 'Chantilly'	3/13/1999 1999 NIKE Indoor Classic
15	1:33.70 F A 'Chantilly'	2/26/1994 Northern Region Indoor Track Championships
16	1:34.04 F A 'Chantilly'	2/20/1993 Northern Region Indoor Track Championships
17	1:34.65 F A 'Chantilly' 1) Omar Cumberbatch 3) Buggy Urrutia 23.80 24.20 23.30 23.35	1/26/2007 Virginia Tech Invitational 2007 2) John Russo 4) Jarel Highsmith
	<i>1:34.70 F A 'Chantilly' 1) Michael A. Scopellite 3) Peyton J. McClintock 23.90 23.40 24.00 23.40</i>	<i>2/19/2015 2015 Region 6A North Indoor Championships 2) Darren T. Almodiel 4) Justin B. West</i>

18	1:34.72 F A 'Chantilly'	12/26/2015 2015 FIT Invitational
	1) Jose Diego R. Almodiel	2) Mark A. Robinson
	3) Michael A. Scopellite	4) Conrad L. Pereira
	24.00 24.30 22.60 23.82	
19	1:34.76 F A 'Chantilly'	12/19/2015 2015 =PR= Holiday Invitational
	1) Jose Diego R. Almodiel	2) Mark A. Robinson
	3) Justin J. Loh	4) Michael A. Scopellite
	24.40 24.10 23.20 23.06	
20	1:34.79 F A 'Chantilly'	2/12/2018 2018 Northern Region D Indoor Track Champs
	1) Clark L. Saben	2) Adam B. Mason
	3) Jonathan A. Duran-Diaz	4) Justin C. Luy
	24.20 23.70 23.30 23.59	
21	1:34.84 F A 'Chantilly'	1/23/2019 2019 Concorde District Indoor Track Championships
	1) Trosoadas N. Davenport	2) Davonte I. Brown
	3) Tyjuan M. Henry	4) Clark L. Saben
	23.30 24.30 23.60 23.64	
22	1:34.87 F A 'Chantilly'	1/23/2014 2014 Concorde Conference 5 Indoor Champs
	1) Eason E. Recto	2) Nicholas Ullom
	3) Darren T. Almodiel	4) Justin B. West
	22.80 25.70 23.20 23.17	
	1:34.92 F A 'Chantilly'	2/12/2014 2014 6A Northern Region Indoor Championships
	1) Eason E. Recto	2) Darren T. Almodiel
	3) Andris M. Sturans	4) Justin B. West
	23.20 23.60 22.60 25.52	
	1:35.07 F A 'Chantilly'	2/22/2019 2019 Virginia 6A State Indoor Track Championships
	1) Davonte I. Brown	2) Tyjuan M. Henry
	3) Clark L. Saben	4) Trosoadas N. Davenport
	24.20 23.10 24.40 23.37	
23	1:35.08 F A 'Chantilly'	2/21/2009 Northern Region Indoor Track Champs 2009
	1) Josh Trikakakis	2) Son T. Tran
	3) Kyle O. Cantrell	4) Ej Salas
	24.50 24.20 22.90 23.48	
24	1:35.12 F A 'Chantilly'	1/26/2017 2017 Concorde Conference 5 Championships
	1) Ali M. Ibrahim	2) Mark A. Robinson
	3) Daniel S. Mitchell	4) Michael C. Shepherd
	23.60 23.30 24.10 24.12	
25	1:35.24 F A 'Chantilly'	12/19/1998 1998 FIT Relays
26	1:35.27 F A 'Chantilly'	2/5/2004 Concorde District Track & Field Championships
	1) James E. Schnarrs	2) Dustin A. Ray
	3) Kyle R. Baumann	4) Darren T. Tully

27	1:35.37 F A 'Chantilly'	1/28/2005 Virginia Tech Invitational, 2005
	1) Kyle R. Baumann	2) Paul R. Johnson
	3) Dustin A. Ray	4) Jimmy N. Beyeah
28	1:35.46 F A 'Chantilly'	12/27/2014 2014 Friends of Indoor Track Invitational
	1) Darren T. Almodiel	2) Michael A. Scopellite
	3) Justin J. Loh	4) Justin B. West
	24.30 23.60 23.90 23.66	
29	1:35.47 F A 'Chantilly'	2/25/2006 Northern Region Indoor Track Champs, 2006
	1) John Parrell	2) Omar Cumberbatch
	3) Dustin A. Ray	4) Andrew Whitman
30	1:35.48 F A 'Chantilly'	1/31/2008 Concorde District Indoor Track Championships
	1) Wesley Sun	2) Ej Salas
	3) Robert Herrity	4) Buggy Urrutia
	25.00 23.60 24.00 22.88	
31	1:35.53 F A 'Chantilly'	1/8/2016 2016 Suffolk Stars Invitational
	1) Justin J. Loh	2) Mark A. Robinson
	3) Michael A. Scopellite	4) Conrad L. Pereira
	23.10 24.00 23.50 24.93	
32	1:35.59 F A 'Chantilly'	1/30/2004 Microtel Invitational 2004
	1) James E. Schnarrs	2) Kyle R. Baumann
	3) Darren T. Tully	4) Jimmy N. Beyeah
	24.24 23.90 23.40 24.05	
33	1:35.59 F A 'Chantilly'	2/23/2008 Northern Region Indoor Track Championship
	1) Curtis Sun	2) Ej Salas
	3) Robert Herrity	4) Buggy Urrutia
	24.90 23.60 24.40 22.69	
34	1:35.69 F A 'Chantilly'	12/22/2014 Winter Holiday Invitational
	1) Darren T. Almodiel	2) Jake W. Norcini
	3) Titus M. Jeffries	4) Justin B. West
	24.20 24.70 23.40 23.39	
35	1:35.74 F A 'Chantilly'	12/18/1993 Chantilly, Langley, South Lakes & McLean
35	1:35.74 F A 'Chantilly'	1/29/1994 Virginia Tech Invitational
35	1:35.74 F A 'Chantilly'	1/4/2014 Chantilly, Robinson, TC Williams & WT Woodson
	1) Eason E. Recto	2) Peyton J. McClintock
	3) Andris M. Sturans	4) Justin B. West
	24.30 23.90 24.00 23.54	
38	1:35.77 F A 'Chantilly'	1/13/2007 Montgomery Invitational 2007
	1) Omar Cumberbatch	2) John Russo
	3) Buggy Urrutia	4) Jarel Highsmith
	24.00 24.10 24.00 23.67	



- 39 1:35.81 F A 'Chantilly' 1/9/2015 2014 Liberty Flames Invitational  
 1) Vinh Nguyen 2) Darren T. Almodiel  
 3) Peyton J. McClintock 4) Justin B. West  
 25.30 23.60 23.80 23.11
- 1:35.83 F A 'Chantilly' 2/2/2007 Concorde Indoor District Championships 2007  
 1) Omar Cumberbatch 2) John Russo  
 3) Bugsy Urrutia 4) Jarel Highsmith  
 23.70 24.30 23.80 24.03
- 40 1:35.88 F A 'Chantilly' 2/23/2018 2018 Virginia 6A State Indoor Track Champs  
 1) Clark L. Saben 2) Adam B. Mason  
 3) Saeed W. Asghar 4) Justin C. Luy  
 24.20 23.30 24.80 23.58
- 41 1:35.90 F A 'Chantilly' 2/12/1988 Northern Region Indoor Track Championships
- 42 1:36.01 F A 'Chantilly' 1/31/2003 Microtel Invitational, 2003  
 1) James E. Schnarrs 2) Kyle R. Baumann  
 3) Darren T. Tully 4) Kevin J. Comerford
- 43 1:36.06 F B 'Chantilly' 1/13/2017 2017 Virginia Showcase  
 1) Christopher O. Bonilla 2) Justin C. Luy  
 3) Vinh Q. Nguyen 4) Ali M. Ibrahim  
 24.90 23.70 24.40 23.06
- 44 1:36.17 F A 'Chantilly' 2/2/2006 Concorde District Indoor Track Champs, 2006  
 1) John Parrell 2) Omar Cumberbatch  
 3) Dustin A. Ray 4) Andrew Whitman
- 45 1:36.17 F A 'Chantilly' 1/3/2009 Southern Maryland Mega Meet 2009  
 1) Kyle O. Cantrell 2) Mohamed Labor-Koroma  
 3) Josh Trikakakis 4) Ej Salas  
 24.00 24.50 23.90 23.77
- 46 1:36.19 F A 'Chantilly' 2/16/1991 Northern Region Indoor Track Championships
- 47 1:36.24 F A 'Chantilly' 12/26/2018 2018 FIT Invitational  
 1) Tyjuan M. Henry 2) Tyler O'Reilly  
 3) Clark L. Saben 4) Trosodas N. Davenport

**Men 4x220y Relay**

- =====
- 1 1:34.7h F A 'Chantilly' 2/9/1980 1980 Northern Region Indoor Track Champs  
 1) Tracy Robins 2) Mark Lannes  
 3) Paul Paulson 4)
- 2 1:35.20 F A 'Chantilly' 2/1/1980 1980 Northern District Indoor Track Champs  
 1) Tracy Robins 2) Mark Lannes  
 3) Paul Paulson 4)

3 1:38.10 F A 'Chantilly' 2/3/1979 1979 Northern District Indoor Track Champs  
1) Tracy Robins 2) Scott Sakovich  
3) Greg Johnson 4) Paul Paulson

4 1:39.4h F A 'Chantilly' 2/1/1976 Great Falls District Indoor Track Champs

5 1:43.20 F A 'Chantilly' 1/26/1978 1978 Northern District Indoor Track Champs  
**Men 4x400m Relay**

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1 3:24.38 F A 'Chantilly' 2/26/2016 2016 Virginia 6A State Indoor Championships  
1) Conrad L. Pereira 2) Michael A. Scopellite  
3) Brandon F. McGorty 4) Titus M. Jeffries  
53.20 51.60 50.30 49.28

2 3:27.03 F A 'Chantilly' 2/18/2016 2016 Northern Region 6A Indoor Champs  
1) Michael A. Scopellite 2) Daniel S. Mitchell  
3) Brandon F. McGorty 4) Titus M. Jeffries  
53.60 53.00 50.20 50.23

3:27.76 F A 'Chantilly' 2/19/2015 2015 Region 6A North Indoor Championships  
1) Titus M. Jeffries 2) Michael A. Scopellite  
3) Daniel S. Mitchell 4) Brandon F. McGorty  
51.60 52.40 53.40 50.36

3:28.11 F A 'Chantilly' 12/19/2015 2015 =PR= Holiday Invitational  
1) Conrad L. Pereira 2) Michael A. Scopellite  
3) Brandon F. McGorty 4) Titus M. Jeffries  
53.40 54.10 50.10 50.51

3:28.17 F A 'Chantilly' 1/23/2015 2015 Concorde Conference 5 Indoor Champs  
1) Titus M. Jeffries 2) Michael A. Scopellite  
3) Daniel S. Mitchell 4) Brandon F. McGorty  
51.60 53.10 53.30 50.17

3 3:28.39 F A 'Chantilly' 2/16/2013 2013 Northern Region Indoor Track Champs  
1) Justin B. West 2) Logan S. Miller  
3) Andris M. Sturans 4) Sean P. McGorty  
52.20 52.90 51.50 51.79

4 3:28.68 F A 'Chantilly' 3/1/1995 Virginia AAA State Indoor Track Championships  
1) Kisasi Swan 2) John Siemer  
3) Warren Williams 4) Jason Horn

5 3:28.75 F A 'Chantilly' 12/22/2014 Winter Holiday Invitational  
1) Titus M. Jeffries 2) Daniel S. Mitchell  
3) Justin J. Loh 4) Brandon F. McGorty  
51.60 52.90 53.00 51.25

6 3:28.78 F A 'Chantilly' 2/28/2014 2014 Virginia 6A State Indoor Championships  
1) Peyton J. McClintock 2) Arvin Daneshmand  
3) Brandon F. McGorty 4) Andris M. Sturans  
52.90 52.40 51.90 51.58

3:28.96 F	A 'Chantilly'	1/9/2015	2014 Liberty Flames Invitational
	1) Titus M. Jeffries		2) Michael A. Scopellite
	3) Daniel S. Mitchell		4) Brandon F. McGorty
51.60	53.50	53.00	50.86
3:29.35 F	A 'Chantilly'	2/27/2015	2015 Virginia 6A Indoor Track Championships
	1) Daniel S. Mitchell		2) Titus M. Jeffries
	3) Justin J. Loh		4) Brandon F. McGorty
53.70	51.10	54.40	50.15
6 3:29.89 F	A 'Chantilly'	2/24/2017	2017 Virginia 6A State Indoor Track Champs
	1) Conrad L. Pereira		2) Mark A. Robinson
	3) Daniel S. Mitchell		4) Brandon F. McGorty
53.90	53.70	52.80	49.49
7 3:29.98 F	A 'Chantilly'	12/26/2015	2015 FIT Invitational
	1) Daniel S. Mitchell		2) Michael A. Scopellite
	3) Justin J. Loh		4) Brandon F. McGorty
54.00	53.70	52.00	50.28
8 3:30.06 F	A 'Chantilly'	1/26/2007	Virginia Tech Invitational 2007
	1) Omar Cumberbatch		2) Christopher Scott
	3) Stephen Cooper		4) Jarel Highsmith
53.50	52.20	52.50	51.86
9 3:30.20 F	A 'Chantilly'	2/5/2016	2016 Concorde Conference 5 Indoor Champs
	1) Conrad L. Pereira		2) Daniel S. Mitchell
	3) Michael A. Scopellite		4) Brandon F. McGorty
53.50	53.30	53.60	49.80
10 3:30.25 F	A 'Chantilly'	2/23/2013	2013 Virginia AAA State Indoor Track Champs
	1) Justin B. West		2) James Azurin
	3) Johanan N. Sowah		4) Andris M. Sturans
52.70	54.00	52.10	51.45
11 3:30.59 F	A 'Chantilly'	1/23/2014	2014 Concorde Conference 5 Indoor Champs
	1) Arvin Daneshmand		2) Peyton J. McClintock
	3) Andris M. Sturans		4) Brandon F. McGorty
53.30	52.90	51.90	52.49
12 3:30.61 F	A 'Chantilly'	1/29/1999	Super 8 Invitational
3:31.60 F	A 'Chantilly'	2/12/2014	2014 6A Northern Region Indoor Championships
	1) Arvin Daneshmand		2) Peyton J. McClintock
	3) Andris M. Sturans		4) Brandon F. McGorty
53.40	53.80	52.70	51.70
13 3:31.64 F	A 'Chantilly'	2/20/1995	Northern Region Indoor Track Championships
14 3:32.34 F	A 'Chantilly'	2/20/1990	Northern Region Indoor Track Championships

15	3:32.63 F	A 'Chantilly'	2/15/2017	2017 Region 6A North Indoor Track Champs
		1) Ali M. Ibrahim	2)	Mark A. Robinson
		3) Daniel S. Mitchell	4)	Conrad L. Pereira
	53.50	53.30	52.40	53.43
16	3:32.78 F	A 'Chantilly'	3/1/1991	Virginia AAA State Indoor Track Championships
17	3:32.98 F	A 'Chantilly'	1/26/2017	2017 Concorde Conference 5 Championships
		1) Conrad L. Pereira	2)	Michael C. Shepherd
		3) Brandon F. McGorty	4)	Daniel S. Mitchell
	54.50	55.10	50.60	52.78
18	3:33.00 F	A 'Chantilly'	2/21/2009	Northern Region Indoor Track Champs 2009
		1) Ej Salas	2)	Kyle O. Cantrell
		3) Wilson Bever	4)	Mohamed Labor-Koroma
	54.10	53.20	53.30	52.40
19	3:33.03 F	A 'Chantilly'	12/27/2014	2014 Friends of Indoor Track Invitational
		1) Justin B. West	2)	Justin J. Loh
		3) Daniel S. Mitchell	4)	Titus M. Jeffries
	54.60	52.50	53.00	52.93
20	3:33.20 F	A 'Chantilly'	2/16/1991	Northern Region Indoor Track Championships
21	3:33.61 F	A 'Chantilly'	2/24/2007	VHSL - AAA 2007NORTHERN REGIONAL
		1) Omar Cumberbatch	2)	Stephen Cooper
		3) Oswald Cumberbatch	4)	Jarel Highsmith
	53.50	54.50	53.10	52.51
22	3:33.74 F	A 'Chantilly'	2/5/1994	Chantilly, Langley, Madison & Marshall
23	3:33.87 F	A 'Chantilly'	1/8/2016	2016 Suffolk Stars Invitational
		1) Jose Diego R. Almodiel	2)	Justin J. Loh
		3) Conrad L. Pereira	4)	Brandon F. McGorty
	57.40	52.10	53.70	50.67
24	3:34.39 F	A 'Chantilly'	2/1/1993	Great Falls District Indoor Track Champs
		1) Thomas Melella	2)	Derek Drake
		3) Kevin W. Freeman	4)	Jeff Beno
25	3:34.54 F	A 'Chantilly'	12/19/1998	1998 FIT Relays
26	3:34.92 F	A 'Chantilly'	1/31/2013	2013 Concorde District Indoor Track Champs
		1) Justin B. West	2)	Nicholas B. Csicsmann
		3) Johanan N. Sowah	4)	Andris M. Sturans
	53.40	56.00	53.50	52.02
	3:35.01 F	A 'Chantilly'	12/21/2013	2013 =PR= Holiday Invitational
		1) Peyton J. McClintock	2)	Brandon F. McGorty
		3) Arvin Daneshmand	4)	Andris M. Sturans
	54.00	54.50	53.80	52.71

- 27 3:35.31 F A 'Chantilly' 1/27/2006 Virginia Tech Invitational 2006  
 1) John Parrell 2) Jarel Highsmith  
 3) Omar Cumberbatch 4) Stephen Cooper  
 54.70 52.10 54.50 53.80 .21
- 28 3:35.39 F A 'Chantilly' 1/30/2009 Concorde District Indoor Track Champs 2009  
 1) Josh Trikakis 2) Kyle O. Cantrell  
 3) Wilson Bever 4) Mohamed Labor-Koroma  
 55.30 53.50 54.50 52.09
- 3:35.62 F A 'Chantilly' 1/13/2007 Montgomery Invitational 2007  
 1) Omar Cumberbatch 2) Christopher Scott  
 3) Stephen Cooper 4) Jarel Highsmith  
 55.90 53.10 53.50 53.12
- 29 3:35.70 F A 'Chantilly' 2/11/2019 2019 Northern Region D Indoor Track Championships  
 1) Trosoadas N. Davenport 2) Carlos F. Pandal  
 3) Wyatt A. Cyr 4) Clark L. Saben  
 54.20 54.10 54.20 53.20
- 30 3:35.72 F A 'Chantilly' 2/2/2006 Concorde District Indoor Track Champs, 2006  
 1) John Parrell 2) Christopher Scott  
 3) Omar Cumberbatch 4) Stephen Cooper
- 3:36.04 F A 'Chantilly' 1/16/2009 Eastern HS Challenge  
 1) Ej Salas 2) Kyle O. Cantrell  
 3) Wilson Bever 4) Mohamed Labor-Koroma  
 55.10 53.90 55.40 51.64

**Men 4x440y Relay**

- =====
- 1 3:49.4h F A 'Chantilly' 2/1/1980 1980 Northern District Indoor Track Champs
- 2 3:50.60 F A 'Chantilly' 1/26/1978 1978 Northern District Indoor Track Champs
- 3 3:56.40 F A 'Chantilly' 2/3/1979 1979 Northern District Indoor Track Champs

**Men 4x800m Relay**

- =====
- 1 7:51.64 F A 'Chantilly' 2/14/2015 2015 Millrose Games  
 1) Evan B. Compton 2) Daniel S. Mitchell  
 3) Ryan B. McGorty 4) Brandon F. McGorty  
 2:04.07 1:59.35 1:57.34 1:50.88
- 2 7:52.99 F A 'Chantilly' 2/23/2013 2013 Virginia AAA State Indoor Track Champs  
 1) Johanan N. Sowah 2) Andris M. Sturans  
 3) Logan S. Miller 4) Sean P. McGorty  
 2:01.20 2:00.70 1:55.50 1:55.59
- 3 7:56.02 F A 'Chantilly' 3/09/2015 2015 Virginia 6A Indoor Track Championships  
 1) Titus M. Jeffries 2) Daniel S. Mitchell  
 3) Ryan B. McGorty 4) Brandon F. McGorty  
 1:58.00 2:04.90 1:57.40 1:55.72

8:00.17 F	A 'Chantilly'	1/23/2015	2015 Concorde Conference 5 Indoor Champs
1) Evan B. Compton		2) Daniel S. Mitchell	
3) Ryan B. McGorty		4) Brandon F. McGorty	
2:04.90 2:03.50 1:59.00 1:52.77			
4 8:02.91 F	A 'Chantilly'	1/11/2013	2013 Flames Invitational
1) Andris M. Sturans		2) Adam C. Huff	
3) Logan S. Miller		4) Sean P. McGorty	
2:04.90 2:02.30 1:59.90 1:55.81			
5 8:05.87 F	A 'Chantilly'	3/1/1995	Virginia AAA State Indoor Track Championships
1) Eric Post		2) Jason Horn	
3) Matthew Hedeem		4) Warren Williams	
6 8:05.94 F	A 'Chantilly'	3/1/1996	Virginia AAA State Indoor Track Championships
1) Matt Stratford		2) Jason Horn	
3) Matthew Hedeem		4) Eric Post	
7 8:08.02 F	A 'Chantilly'	2/20/2010	Northern Region Indoor Track Championships
1) Matt Cumpian		2) Eric Rolfe	
3) Christopher Foley		4) Mohamed Labor-Koroma	
2:05.20 2:06.00 1:57.60 1:59.22			
8 8:08.10 F	A 'Chantilly'	1/23/2014	2014 Concorde Conference 5 Indoor Champs
1) Adam C. Huff		2) Dakota K. Lange	
3) Ryan B. McGorty		4) Brandon F. McGorty	
2:05.00 2:02.60 2:00.90 1:59.60			
9 8:10.67 F	A 'Chantilly'	2/28/2014	2014 Virginia 6A State Indoor Championships
1) Evan B. Compton		2) Dakota K. Lange	
3) Ryan B. McGorty		4) Brandon F. McGorty	
2:06.10 2:04.20 2:00.00 2:00.37			
10 8:12.26 F	A 'Chantilly'	1/6/1996	George Mason Relays
11 8:12.90 F	A 'Chantilly'	2/20/1996	Northern Region Indoor Track Championships
12 8:14.76 F	A 'Chantilly'	2/26/2005	Northern Region Indoor Track Championship, 05
1) Boone Cox		2) Taylor R. Box	
3) Mark C. Hubbard		4) Brad A. Siragusa	
2:05.40 2:07.90 2:04.60 1:56.86			
8:14.90 F	A 'Chantilly'	1/28/2005	Virginia Tech Invitational, 2005
1) Boone Cox		2) Taylor R. Box	
3) Mark C. Hubbard		4) Brad A. Siragusa	
2:03.90 2:07.00 2:06.00 1:58.00			
13 8:15.08 F	A 'Chantilly'	2/11/2019	2019 Northern Region D Indoor Track Championships
1) James M. Monson		2) Wyatt A. Cyr	
3) Adam R. Jaynes		4) Patrick I. Marlow	
2:04.40 2:03.00 2:07.30 2:00.38			
14 8:16.45 F	A 'Chantilly'	12/27/1995	Diamond State Indoor Track Invitational

15	8:16.77 F	A 'Chantilly'	1/9/2015	2014 Liberty Flames Invitational
		1) Evan B. Compton		2) Christopher J. Wigle
		3) Ryan B. McGorty		4) Brandon F. McGorty
	2:04.20	2:12.40	2:02.60	1:57.57
16	8:18.07 F	A 'Chantilly'	2/1/1993	Great Falls District Indoor Track Champs
		1) Kevin W. Freeman		2) Bryan Harrell
		3) Vince Williams		4) James Colling
17	8:19.02 F	A 'Chantilly'	1/4/1986	George Mason Invitational
18	8:19.64 F	A 'Chantilly'	2/5/1994	Chantilly, Langley, Madison & Marshall
19	8:19.93 F	A 'Chantilly'	1/8/2016	2016 Suffolk Stars Invitational
		1) Justin J. Loh		2) Daniel S. Mitchell
		3) Titus M. Jeffries		4) Brandon F. McGorty
	2:08.70	2:13.60	2:01.10	1:56.53
	8:20.00 F	A 'Chantilly'	1/23/2019	2019 Concorde District Indoor Track Championships
		1) James M. Monson		2) Wyatt A. Cyr
		3) Adam R. Jaynes		4) Patrick I. Marlow
	2:05.80	2:02.70	2:09.20	2:02.30
20	8:20.40 F	A 'Chantilly'	1/5/2013	2013 Southern Maryland Indoor Track Classic
		1) Johanan N. Sowah		2) Andris M. Sturans
		3) Adam C. Huff		4) Faris Sakallah
	2:08.10	2:03.60	2:03.70	2:05.00
	8:20.43 F	A 'Chantilly'	2/22/2019	2019 Virginia 6A State Indoor Track Championships
		1) James M. Monson		2) Wyatt A. Cyr
		3) Adam R. Jaynes		4) Patrick I. Marlow
	2:06.00	2:04.80	2:07.00	2:02.63
21	8:20.64 F	A 'Chantilly'	1/21/2011	Mid Area Track Classic
		1) Logan S. Miller		2) Eric Rolfe
		3) Sean P. McGorty		4) Mohamed Labor-Koroma
	2:08.30	2:09.10	2:03.40	1:59.84
	8:20.93 F	A 'Chantilly'	2/4/2005	Concorde District Indoor Championships, 2005
		1) Boone Cox		2) Taylor R. Box
		3) Mark C. Hubbard		4) Brad A. Siragusa
	2:06.00	2:07.40	2:08.60	1:58.93
22	8:21.96 F	A 'Chantilly'	1/31/2013	2013 Concorde District Indoor Track Champs
		1) Johanan N. Sowah		2) Patrick P. Linehan
		3) Joshua J. Parshall		4) Andris M. Sturans
	2:03.70	2:11.60	2:03.80	2:02.86
23	8:21.96 F	A 'Chantilly'	1/10/2014	2014 Liberty Flames Invitational
		1) Dakota K. Lange		2) Ryan B. McGorty
		3) Brandon F. McGorty		4) Andris M. Sturans
	2:05.10	2:05.40	2:05.90	2:05.56

24	8:22.19 F	A 'Chantilly'	2/19/2015	2015 Region 6A North Indoor Championships
		1) Evan B. Compton		2) Christopher J. Wigle
		3) Daniel S. Mitchell		4) Brandon F. McGorty
	2:06.80	2:11.20	2:06.90	1:57.29
25	8:24.34 F	A 'Chantilly'	1/29/1994	Virginia Tech Invitational
26	8:25.34 F	A 'Chantilly'	12/19/1998	1998 FIT Relays
27	8:26.04 F	A 'Chantilly'	2/19/1994	Great Falls District Indoor Track Champs
	8:26.38 F	A 'Chantilly'	1/8/2005	Montgomery Invitational, 2005
		1) Boone Cox		2) Taylor R. Box
		3) Mark C. Hubbard		4) Brad A. Siragusa
	2:07.90	2:10.80	2:08.70	1:58.98
28	8:27.04 F	A 'Chantilly'	1/29/2010	Concorde District Indoor Track Championships
		1) Matt Cumpian		2) Trey Tucker
		3) Eric Rolfe		4) Mohamed Labor-Koroma
	2:06.60	2:12.50	2:08.00	1:59.94
29	8:27.14 F	A 'Chantilly'	1/4/2014	Chantilly, Robinson, TC Williams & WT Woodson
		1) Dakota K. Lange		2) Brandon F. McGorty
		3) Adam C. Huff		4) Ryan B. McGorty
	2:08.10	2:03.70	2:07.60	2:07.74
30	8:27.53 F	A 'Chantilly'	2/5/2004	Concorde District Track & Field Championships
		1) Boone Cox		2) Kc O'Malley
		3) Dj Palmer		4) Brad A. Siragusa
31	8:28.3h F	A 'Chantilly'	2/1/1996	Concorde District Indoor Track Champs
32	8:29.25 F	A 'Chantilly'	12/26/2015	2015 FIT Invitational
		1) Titus M. Jeffries		2) Michael A. Scopellite
		3) Justin J. Loh		4) Daniel S. Mitchell
	2:02.40	2:10.60	2:07.00	2:09.25
33	8:30.41 F	A 'Chantilly'	2/16/2013	2013 Northern Region Indoor Track Champs
		1) Johanan N. Sowah		2) Miraj A. Khan
		3) Patrick P. Linehan		4) Andrew G. DeLeon
	2:01.70	2:06.10	2:10.90	2:11.71
34	8:30.46 F	A 'Chantilly'	2/12/2018	2018 Northern Region D Indoor Track Champs
		1) Wyatt A. Cyr		2) Nako Amare
		3) Harrison G. Shay		4) Tyler L. Amos
	2:06.70	2:09.50	2:08.80	2:05.46
	8:30.84 F	A 'Chantilly'	1/17/2014	Chantilly, Herndon & Fairfax
		1) Ryan B. McGorty		2) Brandon F. McGorty
		3) Dakota K. Lange		4) Andris M. Sturans
	2:06.60	2:04.50	2:08.20	2:11.54



8:30.97 F A 'Chantilly' 12/28/2004 Friends of Indoor Track Invitational, 2004  
 1) Boone Cox 2) Babur B. Kohy  
 3) Mark C. Hubbard 4) Brad A. Siragusa  
 2:10.50 2:10.10 2:10.50 1:59.87

**Men 1600m Sprint Medley Relay**

- =====
- |   |           |                          |                                |   |
|---|-----------|--------------------------|--------------------------------|---|
| 1 | 3:24.02 F | A 'Chantilly'            | 3/11/2016                      | 2016 New Balance Indoor Track National Champs |
|   |           |                          | <b>(US NATIONAL HS RECORD)</b> |   |
|   |           | 1) Michael A. Scopellite | 2) Justin J. Loh               |   |
|   |           | 3) Titus M. Jeffries     | 4) Brandon F. McGorty          |   |
|   | 22.50     | 23.13                    | 48.86                          | 1:49.53                                       |
|   |           |                          |                                |   |
| 2 | 3:33.06 F | A 'Chantilly'            | 3/14/2015                      | 2015 New Balance Indoor National Championship |
|   |           | 1) Darren T. Almodiel    | 2) Justin B. West              |   |
|   |           | 3) Titus M. Jeffries     | 4) Ryan B. McGorty             |   |
|   | 25.32     | 21.88                    | 49.95                          | 1:55.91                                       |
|   |           |                          |                                |   |
| 3 | 3:34.88 F | A 'Chantilly'            | 3/13/1999                      | 1999 NIKE Indoor Classic                      |
|   |           | 1) Gus Schmader          | 2) Eric Wang                   |   |
|   |           | 3) Shawn Lipsey          | 4) Billy Moore                 |   |
|   |           |                          |                                |   |
| 4 | 3:37.69 F | A 'Chantilly'            | 3/15/2014                      | 2014 New Balance Indoor National Championship |
|   |           | 1) Eason E. Recto        | 2) Peyton J. McClintock        |   |
|   |           | 3) Brandon F. McGorty    | 4) Ryan B. McGorty             |   |
|   | 22.86     | 23.99                    | 51.17                          | 1:59.67                                       |
|   |           |                          |                                |   |
| 5 | 4:12.03 F | A 'Chantilly'            | 12/16/2002                     | George Mason Invitational, 2002               |
|   |           | 1) Kevin J. Comerford    | 2) Darren T. Tully             |   |
|   |           | 3) Kyle R. Baumann       | 4) Taylor R. Box               |   |
|   | 54.30     | 25.20                    | 25.50                          | 2:27.03                                       |

**Men 4000m Distance Medley Relay**

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- |   |            |                         |                       |   |
|---|------------|-------------------------|-----------------------|---|
| 1 | 10:32.07 F | A 'Chantilly'           | 3/15/2014             | 2014 New Balance Indoor National Championship |
|   |            | 1) Dakota K. Lange      | 2) Andris M. Sturans  |   |
|   |            | 3) Brandon F. McGorty   | 4) Ryan B. McGorty    |   |
|   | 3:16.56    | 52.22                   | 2:01.84               | 4:21.45                                       |
|   |            |                         |                       |   |
| 2 | 10:57.74 F | A 'Chantilly'           | 1/4/1997              | 1997 Friends of Indoor Track Relays           |
|   |            |                         |                       |   |
| 3 | 11:01.74 F | A 'Chantilly'           | 1/6/1996              | George Mason Relays                           |
|   |            |                         |                       |   |
| 4 | 11:03.24 F | A 'Chantilly'           | 12/16/2000            | Friends of Indoor Track Relays                |
|   |            | 1) Colin F. Chapman     | 2) Chad W. Poland     |   |
|   |            | 3) Matthew J. Lauro     | 4) Ethan N. Coffey    |   |
|   | 3:22.00    | 58.00                   | 2:06.00               | 4:37.24                                       |
|   |            |                         |                       |   |
| 5 | 11:07.37 F | A 'Chantilly'           | 1/9/2010              | 2009 Montgomery Invitational                  |
|   |            | 1) Matt Cumpian         | 2) Mustafa N. Rasheed |   |
|   |            | 3) Mohamed Labor-Koroma | 4) Christopher Foley  |   |
|   | 3:27.70    | 59.20                   | 2:12.60               | 4:27.87                                       |

6	11:10.84 F A 'Chantilly'	1/14/2006 Montgomery Invitational
	1) Peter Brueneman	2) Christopher Scott
	3) Eric Palmer	4) Brad A. Siragusa
	3:36.70 57.00 2:11.80 4:25.34	
7	11:17.82 F A 'Chantilly'	1/10/2009 Montgomery Invitational 2009
	1) Wilson Bever	2) Mohamed Labor-Koroma
	3) Matt Cumpian	4) Christopher Foley
	3:33.70 54.10 2:16.20 4:33.82	
8	11:32.60 F A 'Chantilly'	1/12/2008 Montgomery Invitational 2008
	1) Wilson Bever	2) Bryce Cowett
	3) Michael Holton	4) Eric Palmer
	3:35.20 58.30 2:15.60 4:43.50	
9	11:42.22 F A 'Chantilly'	1/11/2003 Montgomery Invitational
	1) William R. Domedion	2) Nader S. Raja
	3) Kc O'Malley	4) Dj Palmer
	3:36.00 54.90 2:16.50 4:54.82	
10	11:42.75 F A 'Chantilly'	1/13/2007 Montgomery Invitational 2007
	1) Daniel A. Bever	2) John Russo
	3) Michael Holton	4) Eric Palmer
	3:39.20 56.90 2:16.90 4:49.60 .15	
11	11:44.04 F A 'Chantilly'	12/15/2001 FIT Relays
	1) Ryan N. Korby	2) Jeremy P. Ray
	3) John A. Wissler	4) Matthew J. Lauro
	3:39.00 57.00 2:20.00 4:48.04	
12	11:59.70 F A 'Chantilly'	12/16/2002 George Mason Invitational, 2002
	1) William R. Domedion	2) Michael C. Morrison
	3) Dj Palmer	4) Boone Cox
	3:41.80 1:00.70 2:15.70 5:01.50	
13	12:07.04 F A 'Chantilly'	12/21/2002 Friends of Indoor Track Relays, 2002
	1) Boone Cox	2) Michael C. Morrison
	3) Dj Palmer	4) William R. Domedion
	3:37.30 1:01.20 2:17.50 2:26.44 2:44.60	
14	12:26.10 F A 'Chantilly'	12/29/2006 Friends of Indoor Track Invitational
	1) Wilson Bever	2) John Russo
	3) Ethan Gramstad	4) Waleed Mufti
15	12:26.64 F A 'Chantilly'	12/28/2004 Friends of Indoor Track Invitational, 2004
	1) Kc O'Malley	2) Stephen Cooper
	3) Eric Palmer	4) Nicholas J. Romano
	3:43.00 56.60 2:26.10 5:20.94	
16	12:32.24 F A 'Chantilly'	1/29/2002 Metro Run & Walk Invitational
	1) Boone Cox	2) Nader S. Raja
	3) Kaamil M. Khan	4) Steven J. Dregits
	3:40.00 57.00 2:25.00 5:30.24	

17 12:54.44 F A 'Chantilly' 12/29/2007 Friends of Indoor Track Invitational  
1) David Harsh 2) Curtis Sun  
3) Craig Lenski 4) Trey Tucker  
3:49.40 1:00.70 2:31.90 5:32.44

18 12:58.24 F A 'Chantilly' 12/29/2003 Friends of Indoor Track Invitational 2003  
1) Michael C. Morrison 2) Kyle T. Bollinger  
3) Kevin W. Freeman 4) Neil D. Salmons  
3:46.70 56.80 2:26.40 5:48.34

**Men 4x55m Shuttle Hurdle Relay**

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1 34.62 F A 'Chantilly' 1/8/2016 2016 Suffolk Stars Invitational  
1) Jose Diego R. Almodiel 2) Eric B. Tsai  
3) Wang Geun G. Lee 4) Sejin Park  
8.60 8.80 8.90 8.32

2 42.90 F A 'Chantilly' 12/16/2002 George Mason Invitational, 2002  
1) Kevin J. Comerford 2) Brandon J. Krogel  
3) Nader S. Raja 4) Matthew A. Sharpe  
10.20 10.70 11.20 10.80