

CHANTILLY CHARGERS- OUTDOOR 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 MTGilchrist@fcps.edu. 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 100m Dash

1	12.02 F Aiken, Alyssa	5/25/2000 Concorde District Outdoor Track Champs
2	12.10 F Dews, Jaiviah	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
2	12.35 F Manley, Genevieve	5/19/2010 Concorde District Outdoor Track Champs
3	12.39 F Idris, Amira	5/3/2008 Nike Spring Invitational
	12.44 F Nelson, Jasmine	5/5/2004 Centreville & Jefferson
	12.44 F Geldermann, Jennifer	4/17/2002 Thomas Jefferson/Westfield
5	12.50 F Leslie, Kathy	5/3/1986 TC Williams Invitational
6	12.54 F Labor-Koroma, Fatimah	4/17/2002 Thomas Jefferson/Westfield
7	12.3h F McClendon, Andrea	4/27/1985 Battleground Invitational
8	12.60 P Terry, Darianna	4/28/2007 Cassel's XBC Track Classic
9	12.63 F Geldermann, Jennifer	5/24/2003 Concorde District Outdoor Track Champs
	12.64 F Abisogun, Adeola	4/28/2004 Jefferson & Oakton
10	12.71 F Kanamine, Sara	5/26/2005 Northern Region Outdoor Track Champs
	12.74 F Brennan, Danielle	4/13/2016 Chantilly, Centreville & Robinson
11	12.5h F Johnson, Valerie	5/8/1981 Northern Region Outdoor Track Champs
12	12.6h F Brown, Carla	5/14/1992 Great Falls District Outdoor Track Champs
13	12.85 F Mitchell, Tiffany	5/19/2010 Concorde District Outdoor Track Champs
14	12.87 F Nelson, Jasmine	5/14/2005 TJ Penultimate Experience
15	12.7h F Giles, Bridgett	5/18/1994 Great Falls District Outdoor Track Champs
15	12.7h F Chambers, Angela	5/13/1995 Concorde District Outdoor Track Champs
15	12.7h S McMorrow, Erin	5/14/1998 Concorde District Outdoor Track Champs
	12.94 F Alderman, Haley	4/13/2016 Chantilly, Centreville & Robinson
18	12.95 F Alderman, Haley	4/18/2018 Concorde Meet- Part I
19	12.96 F Davenport, Kiera	5/15/2021 2021 Concorde Invitational
20	12.8h F Woodward, Krissy	4/20/1983 Chantilly vs. Fairfax
21	12.8h F Hill, Kisha	5/16/1991 Great Falls District Outdoor Track Champs
22	13:05 F Alderman, Haley	5/26/2016 2016 6A Northern Region Championships
23	13.10 F Wyrick, Chrissy	5/3/1986 TC Williams Invitational
24	13.13 F Cooper, Emera	5/16/2019 2019 Concorde District Spring Track Champs
25	13.14 P Buck, Laurel	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
	13.14 F Boehlert, Hannah	3/30/2016 Chantilly, Oakton & Westfield
	13.14 F Han, Alice	4/13/2016 Chantilly, Centreville & Robinson
26	13.17 F Brennan, Danielle	4/21/2017 2017 Lake Braddock Hall of Fame Invitational
27	13.20 P Pantophlet, Chloe	5/11/2013 2013 TJ Penultimate Experience

28	13.20 P	Ciccone, Alex	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
29	13.22 F	Powell, Lauren	4/27/2013	2013 Cassel's XBC Track Experience
30	13.0h F	Lightborn, Yvette	5/12/1988	Great Falls District Outdoor Track Champs
30	13.0h F	Patrick, Amy	4/20/1983	Chantilly vs. Fairfax
30	13.24 P	Han, Alice	5/28/2015	2015 6A Northern Region Championships
	13.24 F	Sisohor, Jahliya	3/30/2016	Chantilly, Oakton & Westfield
33	13.1h F	Marcy, Grace	5/2/1980	Northern District Outdoor Track Champs
33	13.1h F	Johnson, Laura	5/2/1980	Northern District Outdoor Track Champs

Women 100y Dash

1	11.5h F	Light, Carol	5/6/1978	Northern District Spring Track Champs
2	11.5h F	McClendon, Andrea	4/6/1985	Rotary Relays
3	11.9h F	Leslie, Kathy	4/6/1985	Rotary Relays

Women 200m Dash

1	23.94 F	Aiken, Alyssa	5/26/1999	Northern Region Outdoor Track Champs
2	25.0h P	Johnson, Valerie	5/14/1982	Virginia AAA State Outdoor Track Champs
3	25.54 F	Brown, Carla	5/2/1992	1992 TC Williams Invitational
	25.64 F	Idris, Amira	3/29/2008	Carolyn Legard Relays
4	25.68 F	Geldermann, Jennifer (REG CHAMP)	5/27/2004	Northern Region Spring Track Champs
5	25.70 P	McClendon, Andrea	5/24/1985	Northern Region Outdoor Track Champs
6	25.90 F	Idris, Amira	5/3/2008	Nike Spring Invitational
7	25.96 F	Abisogun, Adeola	5/26/2005	Northern Region Outdoor Track Champs
	25.96 F	Jeffries, Simone	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
	25.96 F	Dews, Jaiviah	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
	26.00 F	Reinhardt, Rachel	5/10/2013	2013 Southern Track Classic
10	26.12 P	Kaname, Sara	5/19/2004	Concorde District Spring Track Champs
11	26.20 F	Leslie, Kathy	5/17/1986	Northern Region Outdoor Track Champs
	26.30 F	Powell, Lauren	6/15/2013	2013 New Balance Outdoor Nationals
12	26.31 S	McMorrow, Erin	5/14/1998	Concorde District Outdoor Track Champs
13	26.32 P	Manley, Genevieve	5/27/2010	Northern Region Outdoor Track Champs
14	26.34 F	Nelson, Jasmine	5/5/2004	Centreville & Jefferson
	26.34 F	Bacon, Cecelia	5/12/2015	2015 Concorde Pre-District Jamboree
15	26.53 F	Bacon, Cecelia	4/15/2016	2016 Lake Braddock Hall of Fame Invitational
16	26.60 F	Brennan, Danielle	4/29/2017	2017 Cassel's XBC Track Experience
	26.60 F	Han, Alice	6/14/2018	2015 New Balance Outdoor Nationals
17	26.4h F	Johnson, Laura	5/1/1981	Northern District Outdoor Track Champs
18	26.72 P	Powell, Lauren	5/16/2013	Concorde District Spring Track Champs
	26.80 F	Carter-Ogden, Ruby	6/14/2018	2015 New Balance Outdoor Nationals
	26.84 F	Davidson, Colleen	4/9/2014	Chantilly, Robinson & Oakton
20	26.87 P	Binford, Lauren	5/19/2004	Concorde District Spring Track Champs
21	26.7h F	Lightborn, Yvette	5/12/1988	Great Falls Dist Outdoor Track Champs
22	26.7h F	Giles, Bridgett	5/18/1994	Great Falls Dist Outdoor Track Champs
23	26.94 P	Labor-Koroma, Fatimah	5/3/2001	Draper Invitational
24	26.98 F	Mitchell, Tiffany	5/19/2010	Concorde District Outdoor Track Champs
25	26.98 P	Davenport, Kiera	5/25/2021	2021 Concorde District Spring Track Champs
26	27.04 F	Bush, Kendra	5/16/2019	2019 Concorde District Spring Track Champs
25	27.11 P	Ullom, Nina	4/25/2009	2009 Cassel's XBC Track Experience
26	27.14 F	Hill, Kisha	5/8/1991	Chantilly & Madison
27	26.9h F	Lewis, Amy	5/17/1985	Potomac District Outdoor Track Champs
28	27.14 F	Ramich, Chloe	5/12/2015	2015 Concorde Pre-District Jamboree

29	27.20 F Reinhardt, Rachel	5/3/2013 On the Run Sports- Falcon Track Classic
	27.30 F Vu, Pauline	4/6/2013 2013 Legard Relays
30	27.1h F Purvis, Kathryn	5/18/1994 Great Falls District Outdoor Track Champs
31	27.39 F Davidson, Colleen	5/3/2014 NIKE Spring Invitational
31	27.39 F Ciccone, Alex	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
32	27.40 P Baird, Hilary	4/28/2007 Cassel's XBC Track Classic
33	27.40 P Han, Alice	5/21/2015 2015 Concorde Conference 5 Championships
34	27.44 F Pelegrin, Lisa	4/10/2002 South Lakes
35	27.2h F Johnson, Kisha	5/20/1993 Great Falls District Outdoor Track Champs
36	27.2h F Woodward, Krissy	5/9/1984 Potomac District Outdoor Track Champs
37	27.53 F Raheer, Kendall	5/3/2014 NIKE Spring Invitational
38	27.3h F Granger, Karen	5/8/1987 Potomac District Outdoor Track Champs
39	27.55 F Cooper, Emera	5/16/2019 2019 Concorde District Spring Track Champs
	27.63 F Soumahro, Jenay	3/30/2019 2019 Legard Relays
	27.64 F Alderman, Haley	3/29/2017 Chantilly, Oakton & Robinson
39	27.66 F Schuster, Sarah	4/30/2016 2016 Cassel's XBC Track Experience
40	27.73 F Alderman, Haley	5/10/2018 2018 =PR= Spring Track Festival
40	27.74 F Chambers, Angela	4/8/1995 1995 Journal Challenge
42	27.74 F Jones, Claire	5/4/2019 2019 NIKE Spring Invitational
43	27.75 F Carter-Ogden, Ruby	4/28/2018 2018 Cassel's XBC Track Experience
	27.80 F Reingold, Jessica	3/29/2008 Carolyn Legard Relays
41	27.83 P McClain, Camille	5/19/2016 2016 Concorde Conference 5 Spring Champs
42	27.84 F Jones, Kelly	5/8/1991 Chantilly & Madison
43	27.84 F Vu, Pauline	4/19/2013 Lake Braddock Hall of Fame Invitational
44	27.6h F Wyrick, Chrissy	5/17/1985 Potomac District Outdoor Track Champs
8	27.92 F Purvis, Kaitlyn	5/19/2021 Chantilly, Centreville & Oakton
	27.94 F Scott, Ashley	5/5/2004 Centreville & Jefferson
	27.94 F Donovan, Casey	4/9/2008 Centreville, Robinson & Herndon
45	27.97 F Filipek, Amanda	5/22/2014 Concorde Conference Championships
46	27.8h F Dayberry, Donna	5/9/1984 Potomac District Outdoor Track Champs
	28.04 F Carson, Morgan	4/15/2015 Chantilly, Oakton & Centreville

Women 400m Dash

=====		
1	53.45 F Aiken, Alyssa (State Rec)	6/4/1999 Virginia AAA State Outdoor Track Champs
2	56.81 F Brown, Carla	5/21/1992 Northern Region Outdoor Track Champs
	57.12 F Jeffries, Simone	5/25/2017 2017 6A Northern Region Spring Track Champs
3	57.3h F Johnson, Laura	5/10/1980 Northern Region Spring Track Champs
4	57.62 F Johnson, Kisha	5/27/1995 Virginia AAA State Outdoor Track Champs
	57.78 F Bacon, Cecelia	6/5/2015 2015 Virginia 6A Spring Track State Champs
5	58.16 F Jeffries, Simone	6/3/2016 2016 Virginia 6A State Spring Track Champs
6	58.68 F Schuster, Sarah	5/26/2016 2016 Northern Region 6A Spring Track Champs
7	58.34 F McMorrow, Erin	5/14/1998 Concorde District Outdoor Track Champw
8	58.51 F Abisogun, Adeola	4/30/2005 Dogwood Track Classic
	58.64 F Davidson, Colleen	5/29/2014 2014 Region 6A North Championships
9	58.91 F Re, Nicole	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
	59.09 F Cowne, Alexa	5/10/2013 2013 Southern Track Classic
10	59.13 F Bacon, Cecelia	4/15/2016 2016 Lake Braddock Hall of Fame Invitational
	59.34 F Carter-Ogden, Ruby	5/4/2019 2019 NIKE Spring Invitational
	59.50 F Brennan, Danielle	4/29/2017 2017 Cassel's XBC Track Experience
11	59.75 F Binford, Lauren	5/19/2004 Concorde District Spring Track Champs
12	59.78 F Maier, Rhonda	5/17/1986 Northern Region Outdoor Track Champs

13	59.79 F Davidson, Colleen 59.80 F <i>Raher, Kendall</i>	5/3/2014 NIKE Spring Invitational
14	1:00.45 F Raher, Kendall	5/29/2014 2014 Region 6A North Championships
15	1:00.50 F Cowne, Alexa	5/22/2014 2014 Concorde Conference 5 Champs
16	1:00.77 P Baird, Hilary 1:00.80 F <i>Reinhardt, Rachel</i> 1:00.80 F <i>Carter-Ogden, Nyla</i>	5/3/2013 On the Run Sports- Falcon Track Classic 5/16/2007 Concorde District Spring Track Champs 5/10/2013 2013 Southern Track Classic 4/20/2018 2018 Lake Braddock Hall of Fame Invitational
17	1:00.94 F Carter-Ogden, Ruby	5/16/2019 2019 Concorde District Spring Track Champs
18	1:00.9h F Miller, Carin 1:01.09 F <i>Finney, Kylie</i>	5/15/1997 Concorde District Outdoor Track Champs 5/25/2021 2021 Concorde District Spring Track Champs
19	1:01.17 F Davenport, Kiera	5/5/2021 Chantilly, Centreville & Madison
20	1:01.19 F Ullom, Nina 1:01.24 F <i>Barrett, Elizabeth</i> 1:01.44 F <i>Geldermann, Jennifer</i> 1:01.50 F <i>Lull, Samantha</i>	4/3/2009 Metro Run & Walk NoVA Invitational 4/4/2001 Oakton & Jefferson 5/5/2004 Centreville & Jefferson 6/15/2013 2013 New Balance Outdoor Nationals
21	1:01.51 F Barrett, Elizabeth 1:01.80 F <i>Irwin, Kelsey</i>	5/25/2001 Northern Region Spring Track Champs 5/28/2015 2015 6A Northern Region Championships
22	1:01.7h F Smith, Kathy	5/13/1996 Concorde District Outdoor Track Champs
23	1:01.96 F Carter-Ogden, Nyla 1:02.03 F <i>Purvis, Kaitlyn</i>	5/17/2018 2018 Concorde District Spring Track Champs 5/25/2021 2021 Concorde District Spring Track Champs
24	1:02.22 F Purvis, Kaitlyn	5/25/2021 2021 Concorde District Spring Track Champs
25	1:02.2h F Ganster, Debbie	5/9/1984 Potomac District Outdoor Track Champs
26	1:02.44 F Irwin, Kelsey	4/13/2016 Chantilly, Centreville & Robinson
27	1:02.50 F Dayberry, Donna 1:02.60 F <i>Filipek, Amanda</i>	5/7/1983 Northern District Outdoor Track Champs 5/9/2014 Southern Track Classic
28	1:02.61 F Lull, Samantha	5/3/2013 On the Run Sports- Falcon Track Classic
29	1:02.70 F LeFrancois, Danielle 1:02.70 F <i>Green, Meredith</i>	5/5/2012 Nike Spring Invitational 2012 5/04/2019 2019 NIKE Spring Invitational
30	1:02.71 F Labor-Koroma, Fatimah	4/13/2002 Scudieri Team Challenge
31	1:02.77 S Kanamine, Sara 1:02.70 F <i>Beard, Danielle</i> 1:02.90 F <i>Toole, Megan</i> 1:02.94 F <i>Brennan, Danielle</i> 1:03.00 F <i>Soumahro, Jenay</i>	5/14/2003 Concorde District Outdoor Track Champs 6/5/2015 2015 Virginia 6A Spring Track State Champs 5/19/2011 Concorde District Spring Track Championships 4/19/2017 Chantilly, Herndon & Oakton 4/13/2018 2018 =PR= NOVA Invitational
32	1:03.03 F Geldermann, Jennifer 1:03.24 F <i>Stoner, Katie</i>	4/20/2002 Allen Johnson Invitational 4/4/2001 Oakton & Jefferson
33	1:03.28 F Filipek, Amanda	4/11/2014 2014 Lake Braddock Hall of Fame Meet
34	1:03.29 P Reinhardt, Rachel	5/16/2013 Concorde District Spring Track Champs
35	1:03.1h F Granger, Karen	5/9/1986 Potomac District Outdoor Track Champs
36	1:03.56 P Monahan, Stephanie 1:03.62 F <i>Aronhime, Caroline</i>	5/19/2010 Concorde District Outdoor Track Champs 4/28/2018 2018 Cassel's XBC Track Experience
37	1:03.64 F Hally, Alexandra	5/6/2006 TC Williams Invitational
38	1:03.82 F Aronhime, Caroline	4/18/2018 Concorde Meet- Part I
39	1:03.84 F Wilcox, XXX	5/8/1991 Chantilly & Madison
40	1:03.84 F Nelson, Jasmine	4/1/2005 Metro Run & Walk NoVA Invitational
41	1:03.7h F Kaepfel, Tracy	5/7/1983 Northern District Outdoor Track Champs
42	1:03.95 F Soumahro, Jenay	4/18/2018 Concorde Meet- Part I
43	1:04.00 F Crabbe, Rowena	5/19/2000 2000 TJ Penultimate Experience

Note: The following time was run in a Polar Bear (outdoor) meet during the winter season.

****1:02.87** F *Bush, Kendra* SR 2/12/2021 2021 6A Northern Region D Winter Track Champs

Women 440y Dash

=====

1	1:02.5h	F Miller, Sharon	5/6/1978	1978 Northern Dist Spring Track Champs
---	---------	------------------	----------	--

Women 800m Run

=====

1	2:12.69	F Cowne, Alexa	6/15/2013	2013 New Balance Outdoor Nationals
2	2:13.70	F Colvin, Sarah	5/23/1986	Virginia AAA State Outdoor Champs
3	2:13.73	F Re, Nicole	6/1/2018	2018 Virginia 6A State Spring Track Champs
4	2:15.57	F Miller, Carin	6/7/2000	Virginia AAA State Outdoor Track Champs
5	2:16.43	F Colvin, Amy	5/2/1987	TC Williams Invitational
6	2:17.30	F Ward, Rachel	5/17/1990	Northern Region Outdoor Track Champs
	2:18.00	F Buell, Amanda	3/29/1996	1996 Carolyn Legard Relays
7	2:18.37	F Buell, Amanda	5/31/1996	Virginia AAA State Outdoor Track Champs
	2:19.86	F Grochowski, Rachel	5/19/2010	Concorde District Outdoor Track Champs 2010
	2:20.80	F Morris, Ana	5/6/2017	2017 NIKE Spring Invitational
8	2:21.43	F Carter-Ogden, Ruby	5/4/2019	2019 NIKE Spring Invitational
	2:21.50	F Winstead, Laura	5/20/1995	Northern Region Outdoor Track Champs
9	2:21.88	F Lull, Samantha	5/16/2013	Concorde District Spring Track Champs
10	2:21.92	F Hally, Alexandra	5/25/2006	Northern Region Championships
11	2:21.98	F Morris, Ana	5/18/2017	2017 Concorde Conf 5 Spring Track Champ
12	2:22.66	F Toole, Megan	5/29/2014	Region 6A North Championships
13	2:22.5h	F Smith, Kathy	5/15/1997	Concorde District Outdoor Track Champs
	2:23.20	F Hawvermale, Xaveria	5/29/2014	2014 Region 6A North Championships
	2:23.58	F Raher, Nora	6/15/2013	2013 New Balance Outdoor Nationals
14	2:23.36	F Hawvermale, Xaveria	5/3/2014	Nike Spring Invitational
15	2:23.45	F Carter-Ogden, Nyla	5/22/2019	2019 Northern Region Spring Track Champs
	2:23.60	F Lull, Hannah	5/23/2013	2013 Northern Region Spring Track Champs
16	2:23.64	P Chapman, Kelly	5/21/1998	Northern Region Outdoor Track Champs
	2:24.10	F Rhoads, Megan	5/19/2011	Concorde District Spring Track Championships
17	2:24.20	F Lull, Hannah	4/17/2015	2015 Lake Braddock Hall of Fame Invitational
18	2:24.29	F Raher, Nora	5/10/2014	TJ Penultimate Experience
19	2:24.29	F Grochowski, Rachel	5/1/2010	NIKE Spring Invitational 2010
20	2:24.63	F Schuster, Sarah	5/13/2016	2016 =PR= Spring Track Festival
21	2:24.8h	F Johnson, Laura	4/21/1982	Chantilly vs. Oakton & Lake Braddock
22	2:25.14	F DiValentin, Lia	4/19/2006	Herndon & Robinson
23	2:25.1h	F Winstead, Laura	5/13/1996	Concorde District Outdoor Track Champs
24	2:25.44	F Baird, Hilary	5/5/2007	Nike Spring Invitational
	2:25.60	F Sieder, Alexandra	5/19/2011	Concorde District Spring Track Championships
	2:25.60	F Knippler, Elizabeth	5/19/2010	Concorde District Outdoor Track Champs 2010
	2:25.50	F Wigle, Kayla	5/25/2017	2017 6A Northern Region Spring Track Champs
	2:25.70	F San, Bianca	5/29/2014	2014 Region 6A North Championships
	2:25.70	F Marlette, Jenna	5/19/2010	Concorde District Outdoor Track Champs 2010
	2:25.85	F App, Faith	5/19/2004	Concorde District Spring Track Champs 2004
25	2:26.07	F Sieder, Alexandra	5/12/2012	2012 TJ Penultimate Experience
26	2:26.08	F Williams, Tracy	5/25/2000	Concorde District Outdoor Track Champs
27	2:26.0h	F Guinn, Julie	4/26/1986	Battleground Invitational
	2:26.30	F Haug, Julia	5/25/2017	2017 6A Northern Region Spring Track Champs
28	2:26.39	F Raher, Kendall	5/10/2014	TJ Penultimate Experience
	2:26.50	F Chapman, Colleen	5/20/1995	Northern Region Outdoor Track Champs
	2:26.80	F Strub, Hannah	5/19/2010	Concorde District Outdoor Track Champs 2010
	2:26.80	F Murray, Christina	5/22/2014	2014 Concorde Conference Championships

29	2:27.05 F	Miller, Ava	5/25/2021	2021 Concorde District Spring Track Champs
	2:27.30 F	Shaw, Natalie	5/19/2004	Concorde District Spring Track Champs 2004
30	2:27.74 F	Murray, Christina	5/7/2014	Concorde Pre-District Jamboree
31	2:27.9h F	Montague, Karen	5/17/1985	Potomac District Outdoor Track Champs
32	2:28.04 F	San, Bianca	5/7/2014	Concorde Pre-District Jamboree
33	2:28.14 F	Witek, Kristin	5/5/2007	Nike Spring Invitational
34	2:28.18 F	Rodrigues, Julia	5/12/2021	Chantilly, Westfield & Madison
35	2:28.44 F	Marlette, Jenna	5/19/2010	Concorde District Outdoor Track Champs
36	2:28.73 F	Wigle, Kayla	5/10/2018	2018 =PR= Spring Track Festival
37	2:28.84 F	Yarger, Laurie	5/25/2000	Concorde District Outdoor Track Champs
	2:28.90 F	Wu, Elizabeth	5/22/2019	2019 Northern Region Spring Track Champs
38	2:29.04 F	Lull, Jaimie	5/4/2005	Chantilly, Oakton & Westfield
39	2:29.20 F	Kinsey, Elise	4/16/2010	Lake Braddock Hall of Fame Invitational
40	2:29.24 F	Eadie, Blair	5/25/2000	Concorde District Outdoor Track Champs
41	2:29.71 F	Wu, Elizabeth	4/5/2019	2019 =PR= NoVA Invitational
42	2:29.5h F	Meadows, Jennifer	5/12/1988	Great Falls District Outdoor Track Champs
43	2:29.94 F	Haug, Julia	5/10/2018	2018 =PR= Spring Track Festival
44	2:29.9h F	Abell, Kim	4/15/1984	Fauquier County Invitational
45	2:30.24 F	Strub, Hannah	5/9/2009	TJ Penultimate Experience 2009
	2:30.30 F	Mutchler, Natalie	5/18/2005	Concorde District Outdoor Championships
	2:30.49 F	Colella, Leandra	5/23/2013	2013 Northern Region Spring Track Champs

Women 1200m Run

1	3:52.48 F	Morris, Ana	6/16/2017	2017 New Balance Outdoor Nationals
2	3:58.80 F	Raher, Nora	4/6/2013	2013 Legard Relays
3	4:04.60 F	Wigle, Kayla	4/7/2017	2017 =PR= NOVA Invitational
4	4:08.50 F	Strub, Hannah	4/8/2011	=PR= NoVA Invitational
5	4:12.80 F	Carter-Ogden, Nyla	3/30/2019	2019 Carolyn Legard Relays
6	4:18.70 F	Lenski, Lauren	4/11/2008	Metro Run & Walk NoVA Invitational

Women 1500m Run

1	5:02.0h F	George, Julie	4/10/1982	Dogwood Track Classic
2	5:10.87 F	Shaw, Natalie	5/8/2004	Victor Cahoon Invitational
3	5:28.91 F	Welsh, Alyson	5/8/2004	Victor Cahoon Invitational

Women 1600m Run

1	4:49.89 F	Colvin, Amy	5/15/1987	Northern Region Outdoor Track Champs
2	4:50.50 F	Colvin, Sarah	5/15/1987	Northern Region Outdoor Track Champs
3	4:57.19 F	Cowne, Alexa	5/31/2013	Virginia AAA State Spring Track Champs
4	5:02.91 F	DiValentin, Lia	5/24/2007	Northern Region Outdoor Track Champs
5	5:08.77 F	Re, Nicole	4/29/2017	2017 Cassel's XBC Track Experience
6	5:09.1h F	George, Julie	5/14/1982	Virginia AAA State Outdoor Track Champs
7	5:11.23 F	Hawvermale, Xaveria	5/10/2014	2014 TJ Penultimate Experience
8	5:11.82 F	Raher, Nora	5/23/2013	Northern Region Spring Track Champs
9	5:13.0h F	Winstead, Laura	5/13/1996	Concorde District Outdoor Track Champs
10	5:14.68 F	Grochowski, Rachel	5/27/2010	Northern Region Outdoor Track Champs
11	5:15.35 F	Williams, Tracy	5/25/2000	Concorde District Outdoor Track Champs
12	5:15.2h F	Moore, Hollie	5/11/1989	Great Falls District Outdoor Track Champs
13	5:15.75 F	Buell, Amanda	6/18/1994	American Airlines NSSC T & F Champs

14	5:17.46	F	Lull, Samantha	4/27/2013	2013 Cassel's XBC Track Experience
15	5:17.74	F	Lull, Hannah	5/2/2015	2015 NIKE Spring Invitational
16	5:20.5h	F	Simcox, Laurel	5/13/1996	Concorde District Outdoor Track Champs
16	5:20.5h	F	Fahey, Aryn	5/16/1991	Great Falls District Outdoor Track Champs
18	5:21.60	F	Guinn, Julie	5/17/1986	Northern Region Outdoor Track Champs
19	5:21.5h	F	Watson, Kathy	5/11/1989	Great Falls District Outdoor Track Champs
20	5:22.00	F	Moretti, Kristen	5/14/2003	Concorde District Outdoor Track Champs
21	5:22.19	F	Rodrigues, Julia	5/25/2021	2021 Concorde District Spring Track Champs
22	5:22.69	F	Witek, Kristin	5/13/2005	Southern Track Classic, 2005
23	5:23.63	F	Toole, Megan	5/19/2011	Concorde District Spring Track Champs
24	5:23.65	F	Foley, Eileen	5/5/2007	Nike Spring Invitational
25	5:24.23	F	Murray, Christie	5/3/2014	NIKE Spring Invitational
26	5:24.35	F	Morris, Ana	5/11/2017	2017 Rams Spring Invitational
27	5:25.04	F	Yarger, Laurie	5/13/2000	2000 Allen Johnson Invitational
28	5:25.58	F	Wigle, Kayla	4/20/2018	2018 Lake Braddock Hall of Fame Invitational
29	5:25.59	F	Wu, Elizabeth	5/25/2021	2021 Concorde District Spring Track Champs
30	5:26.88	F	Carlson, Carolyn	5/12/2012	2012 TJ Penultimate Experience
31	5:27.19	F	Strub, Hannah	5/9/2009	TJ Penultimate Experience 2009
32	5:28.04	F	Trevino, Kristina	5/14/2003	Concorde District Outdoor Track Champs
33	5:28.95	F	Eadie, Blair	5/13/2000	2000 Allen Johnson Invitational
34	5:29.1h	F	Abell, Kim	5/9/1984	Potomac District Outdoor Track Champs
35	5:29.6h	F	Feck, Julie	3/25/1987	Wakefield & Jefferson
36	5:29.94	F	Sieder, Alexandra	5/2/2012	Concorde Pre-District Jamboree 2012
37	5:30.08	F	Miller, Ava	5/12/2021	Chantilly, Westfield & Madison

Women 3000m Run

1	10:17.70	F	Moore, Hollie	4/30/1987	Penn Relays
---	----------	---	---------------	-----------	-------------

Women 3200m Run

1	10:43.6h	F	Colvin, Amy	4/12/1986	Fauquier County Invitational
2	10:50.31	F	Hawvermale, Xaveria	5/29/2014	Region 6A North Championships
3	10:52.26	F	DiValentin, Lia	5/11/2007	SOUTHERN TRACK CLASSIC
4	10:54.5h	F	Colvin, Sarah	3/25/1987	Wakefield & Jefferson
5	10:59.83	F	Cowne, Alexa	4/19/2013	Lake Braddock Hall of Fame Invitational
6	11:00.10	F	Moore, Hollie	5/26/1989	Virginia AAA State Spring Track Champs
7	11:01.54	F	Simcox, Laurel	5/30/1997	Virginia AAA State Outdoor Track Champs
8	11:18.21	F	Yarger, Laurie	5/1/1999	TC Williams Invitational
9	11:19.71	F	Grochowski, Rachel	4/16/2010	Lake Braddock Hall of Fame Invitational
10	11:22.15	F	Murray, Christie	5/29/2014	Region 6A North Championships
11	11:25.23	F	Raher, Nora	4/27/2013	2013 Cassel's XBC Track Experience
12	11:25.86	F	Williams, Tracy	5/25/2001	Northern Region Outdoor Track Champs
13	11:27.28	F	Fahey, Aryn	5/1/1991	1991 TC Williams Invitational
14	11:31.52	F	Wigle, Kayla	5/17/2018	2018 Concorde District Spring Track Champs
15	11:32.0h	F	Watson, Kathy	5/11/1989	Great Falls District Outdoor Track Champs
16	11:33.74	F	Trevino, Kristina	4/26/2003	Dogwood Classic
17	11:37.62	F	Wu, Elizabeth	5/22/2019	2019 Northern Region Spring Track Champs
18	11:38.95	F	Carlson, Carolyn	5/24/2012	Northern Region Spring Track Champs
19	11:39.51	F	Shaw, Natalie	5/18/2005	Concorde District Outdoor Champs
20	11:42.7h	F	Feck, Julie	4/8/1987	Chantilly & Annandale
21	11:43.21	F	Re, Nicole	4/13/2018	2018 =PR= NOVA Invitational
22	11:43.66	F	Foley, Eileen	5/16/2007	Concorde District Spring Track Champs

23	11:45.5h	F George, Julie	5/7/1982	Northern Region Outdoor Track Champs
24	11:47.14	F Cason, Patricia	5/5/2012	Nike Spring Invitational 2012
25	11:48.4h	F Guinn, Julie	3/27/1986	Fairfax & Annandale
26	11:49.76	F Haug, Julia	5/17/2018	2018 Concorde District Spring Track Champs
27	11:52.0h	F Conlin, Jennifer	5/15/1997	Concorde District Outdoor Track Champs
28	11:52.39	F Barlow, Momiji	5/16/2019	2019 Concorde District Spring Track Champs
29	11:53.42	F Lull, Samantha	4/19/2013	Lake Braddock Hall of Fame Invitational
30	11:55.54	F Rodrigues, Julia	5/25/2021	2021 Concorde District Spring Track Champs
31	11:56.7h	F Gilbert, Paula	5/9/1986	Potomac District Outdoor Track Champs
32	11:57.78	F Lull, Hannah	5/3/2013	On the Run Sports- Falcon Track Classic
33	11:59.06	F Strub, Hannah	4/25/2009	2009 Cassel's XBC Track Experience
34	11:59.16	F Re, Nicole	4/8/2016	2016 =PR= NoVA Invitational
35	12:01.46	F Lenski, Lauren	4/26/2008	Cassel's XBC Track Experience
36	12:01.49	F Moretti, Rachel	5/16/2002	Concorde District Outdoor Champs
37	12:01.96	F Rhoads, Megan	5/19/2011	Concorde District Spring Track Champs

Women 1 Mile Run

1	5:04.90	F Cowne, Alexa	5/11/2012	Southern Track Classic 2012
2	5:15.76	F DiValentin, Lia	6/17/2006	Nike Outdoor National Championships
3	5:15.90	F Raheer, Nora	5/10/2013	2013 Southern Track Classic
4	5:17.59	F Buell, Amanda	6/18/1994	American Airlines NSSC T & F Champs
5	5:18.93	F Grochowski, Rachel	5/7/2010	Southern Track Classic 2010
6	5:42.71	F Trevino, Kristina	6/13/2003	Addidas Outdoor Track National Champs

Women 2 Mile Run

1	10:56.04	F DiValentin, Lia	5/11/2007	SOUTHERN TRACK CLASSIC
2	11:14.00	F Moore, Hollie	3/11/1989	1989 NSIC Indoor Track National Champs
3	11:58.08	F Hawvermale, Xaveria	5/10/2013	2013 Southern Track Classic
4	12:20.6h	F Gantt, Melanie	5/6/1978	Northern District Spring Track Champs

Women 100m Hurdles

1	14.81	F Nelson, Jasmine	5/26/2005	Northern Region Outdoor Track Champs
2	14.8h	F Johnson, Laura	5/8/1981	Northern Region Outdoor Track Champs
3	15.27	F Aiken, Alyssa	5/20/1999	Concorde District Outdoor Track Champs
4	15.59	P Soumahro, Jenay	5/16/2019	2019 Concorde District Spring Track Champs
5	15.71	F Boyd, Jamie	5/19/1988	Northern Region Outdoor Track Champs
6	15.6h	F Smith, Tina	5/13/1996	Concorde District Outdoor Track Champs
7	15.6h	F Stahl, Liane	5/14/1992	Great Falls District Outdoor Track Champs
8	15.90	P Smith, Peggie	5/1/1999	TC Williams Invitational
9	15.7h	F Ganster, Debbie	4/12/1986	Fauquier County Invitational
10	15.8h	F Dayberry, Terri	3/29/1983	Chantilly vs. Stuart
11	15.9h	F Bessette, Susan	4/26/1986	Battleground Invitational
12	16.31	F Hundley, Garmai	5/17/2012	Concorde District Spring Track Champs
13	16.3h	F Nance, Alicia	5/20/1993	Great Falls District Outdoor Track Champs
14	16.52	F Snyder, Jessica	5/19/2016	2016 Concorde Conference 5 Spring Champs
15	16.64	P Bell, Valerie	5/15/1987	Northern Region Outdoor Track Champs
	16.64	F Brennan, Danielle	4/20/2016	Chantilly, Robinson & Westfield
16	16.69	F Weinberg, Kim	5/14/2009	Concorde District Spring Track Champs

17	16.79 F Draine, Maria	4/21/2001	Allen Johnson Invitational
18	17.00 F Brennan, Danielle	4/22/2016	South County 10 Team Qualifier
19	17.13 F Chan, Teresa	5/7/2005	T.C. Williams Invitational
20	17.16 P Ren, Elizabeth	5/26/2016	2016 Northern Region 6A Spring Track Champs
21	17.24 P Eaton, Amaya	5/16/2019	2019 Concorde District Spring Track Champs
22	17.27 F Comerford, Tracy	5/1/2004	TC Williams Invitational, 2004
22	17.36 P Le, Johanna	4/17/2015	2015 Lake Braddock Hall of Fame Invitational
23	17.2h F Wickstrom, Heather	5/11/1989	Great Falls District Outdoor Track Champs
24	17.52 F Green, Meredith	5/19/2021	Chantilly, Centreville & Oakton
25	17.3h F Bunek, Terri	5/7/1983	Northern District Outdoor Track Champs
25	17.3h F Nguyen, Lan	5/20/1993	Great Falls District Outdoor Track Champs
25	17.54 F Barbero, Marissa	5/10/2018	2018 =PR= Spring Track Festival
28	17.65 F Crafton, Lauren	4/27/2013	Cassel's XBC Track Experience
29	17.72 F Minor, Abigail	5/22/2014	Concorde Conference Championships
30	17.74 F Holder, Erica	5/3/2001	Draper Invitational
	17.74 F Prueitt, Sharon	4/14/2004	Herndon & Centreville
30	17.5h F Williams, Loris	5/10/1990	Great Falls District Outdoor Track Champs
32	17.83 P Ivey, Krystin	5/14/1998	Concorde District Outdoor Track Champs
32	17.6h F Ewing, Trudi	5/9/1984	Potomac District Outdoor Track Champs
	17.84 F Alderman, Haley	4/13/2016	Chantilly, Centreville & Robinson
34	17.86 F Claunch, Valerie	5/3/2013	On the Run Sports- Falcon Track Classic
35	17.88 F Boatswain, Thea	4/16/2005	Scudieri Challenge
36	17.7h F Wickstrom, Diane	5/10/1990	Great Falls District Outdoor Track Champs
37	18.01 F Prueitt, Sharon	4/12/2003	Allen Johnson Invitational
38	18.03 P Boehlert, Hannah	5/19/2016	2016 Concorde Conference 5 Spring Champs
39	18.14 F Mitchual, Samantha	4/5/2008	Lake Braddock No Frills Invitational

Women 300m Hurdles

1	43.03 F Aiken, Alyssa	5/26/1999	Northern Region Outdoor Track Champs
2	45.24 F Davidson, Colleen	5/29/2014	2014 Region 6A North Championships
3	46.70 P Bessette, Susan	5/23/1986	Virginia AAA State Outdoor Champs
4	46.77 F Nelson, Jasmine	5/7/2005	T.C. Williams Invitational
5	47.6h F Nance, Alicia	5/20/1993	Great Falls District Outdoor Track Champs
6	48.29 F Brennan, Danielle	5/7/2016	2016 NIKE Spring Invitational
7	48.32 P Hundley, Garmai	5/23/2013	Northern Region Spring Track Champs
8	48.46 F Soumahro, Jenay	5/16/2019	2019 Concorde District Spring Track Champs
9	48.51 F Eaton, Amaya	5/23/2018	2018 Northern Region D Spring Track Champs
10	48.3h F Smith, Tina	5/15/1997	Concorde District Outdoor Track Champs
11	48.4h F Ganster, Debbie	5/9/1986	Potomac District Outdoor Track Champs
12	48.90 F Maier, Rhonda	4/11/1987	Fauquier County Invitational
13	48.94 F Snyder, Jessica	5/25/2017	2017 6A Northern Region Spring Track Champs
14	49.11 F Aronhime, Caroline	5/4/2019	2019 NIKE Spring Invitational
15	49.2h F Stahli, Liane	5/14/1992	Great Falls District Outdoor Track Champs
16	49.2h F Kinneberg, Sara	5/9/1986	Potomac District Outdoor Track Champs
17	49.48 F Ullom, Nina	5/9/2009	TJ Penultimate Experience 2009
18	49.3h F Dayberry, Donna	4/24/1984	Lady Saxons Invitational
19	49.3h F Wickstrom, Heather	5/12/1988	Great Falls District Outdoor Track Champs
20	49.79 P Claunch, Valerie	5/24/2012	Northern Region Spring Track Champs
21	49.85 F Irwin, Kelsey	5/19/2016	2016 Concorde Conference 5 Spring Champs
22	50.04 F Re, Nicole	5/3/2017	2017 Concorde Pre-District Jamboree
23	50.10 F Green, Meredith	5/25/2021	2021 Concorde District Spring Track Champs

24	50.16 F O'Donnell, Margaret	5/13/2016	2016 =PR= Spring Track Festival
25	50.26 P Comerford, Tracy	5/19/2004	Concorde District Spring Track Champs
26	50.30 P Chan, Teresa	5/18/2005	Concorde District Outdoor Champs
27	50.51 F Johnson, Kisha	4/8/1995	1995 Journal Challenge
28	50.64 P Gast, Katrine	5/16/2007	Concorde District Spring Track Champs
29	50.4h F Bell, Valerie	5/8/1987	Potomac District Outdoor Track Champs
30	50.69 F Olson, Paula	5/14/2003	Concorde District Outdoor Track Champs
31	50.7h F Boyd, Jamie	5/8/1987	Potomac District Outdoor Track Champs
32	50.82 F Nagai, Aria	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
33	50.94 F Chen, Yvonne	5/8/1991	Chantilly & Madison
34	51.11 F Prueitt, Sharon	4/12/2003	Allen Johnson Invitational
35	51.13 S Tarrant, Kelly	5/17/2006	Concorde District Outdoor Track Champs
36	51.24 F Draine, Maria	5/25/2000	Concorde District Outdoor Track Champs
37	51.31 F Barbero, Marissa	5/10/2018	2018 =PR= Spring Track Festival
38	51.33 P Vranas, Elizabeth	5/19/2010	Concorde District Outdoor Track Champs
39	51.58 F Weinberg, Kim	4/26/2008	Cassel's XBC Track Experience
40	51.68 F Crafton, Lauren	4/28/2012	2012 Cassel's XBC Track Experience
41	51.88 F Minor, Abigail	4/17/2015	2015 Lake Braddock Hall of Fame Invitational
42	51.91 P Calvert, Jessica	5/14/2009	Concorde District Spring Track Champs
43	51.94 F Jackson, XXX	5/8/1991	Chantilly & Madison
44	52.00 F Carter-Ogden, Ruby	4/29/2017	2017 Cassel's XBC Track Experience
45	52.01 F Filipek, Amanda	4/4/2014	2014 Northern Virginia Invitational
46	52.15 P Ingraham, Kathryn	5/19/2010	Concorde District Outdoor Track Champs
46	52.15 F Parkhomenko, Lelyzaveta	5/15/2021	2021 Concorde Invitational
48	52.19 P Ivey, Krystin	5/14/1998	Concorde District Outdoor Track Champs
49	52.59 F Ren, Elizabeth	4/10/2015	2015 =PR= Northern Virginia Invitational
50	52.69 F Dougherty, Kylie	5/25/2021	2021 Concorde District Spring Track Champs
51	52.74 F Le, Johanna	4/15/2015	Chantilly, Oakton & Centreville
52	52.81 F Boatswain, Thea	4/1/2005	Metro Run & Walk NoVA Invitational

Women High Jump

1	5-06.00 F Bunek, Terri	4/13/1985	Fauquier County Invitational
2	5-05.00 F Bacon, Cecelia	4/15/2016	2016 Lake Braddock Hall of Fame Invitational
3	5-03.00 F Smith, Kathy	5/13/1995	Concorde District Outdoor Track Champs
3	5-03.00 F Allamby, Josephine	5/23/2018	2018 Northern Region D Spring Track Champs
5	5-02.00 F Boehlert, Hannah	5/19/2016	2016 Concorde Conference 5 Spring Champs
6	5-01.00 F Hauser, Jeanette	5/14/1983	Northern Region Outdoor Track Champs
6	5-01.00 F Scarlett, Diana	1/1/1977	1977 Misc. Track Times
6	5-01.00 F McMorrow, Erin	5/15/1997	Concorde District Outdoor Track Champs
6	5-01.00 F Dougherty, Kylie	4/28/2021	Chantilly, Oakton & Westfield
10	5-00.00 F Ganster, Debbie	5/9/1986	Potomac District Outdoor Track Champs
10	5-00.00 F Aiken, Alyssa	5/20/1999	Concorde District Outdoor Track Champs
10	5-00.00 F Kline, Maria Theresa	4/23/1985	Chantilly vs. Annandale
13	4-10.00 F Hasselkus, Amy	5/9/1986	Potomac District Outdoor Track Champs
13	4-10.00 F Lull, Samantha	4/7/2010	Herndon & Westfield
13	4-10.00 F Powell, Lauren	4/6/2013	2013 Legard Relays
13	4-10.00 F Soukup, Leah	5/15/2008	Concorde District Track Championship
13	4-10.00 F Johnson, Kisha	4/8/1995	1995 Journal Challenge
13	4-10.00 F Jeffries, Simone	5/10/2014	2014 TJ Penultimate Experience
13	4-10.00 F Recto, Julia	4/1/2017	2017 Carolyn Legard Relays
13	4-10.00 F Alderman, Haley	3/29/2017	Chantilly, Oakton & Robinson

21	4-09.00	F O'Malley, Shannon	5/27/2004	Northern Region Spring Track Champs
21	4-09.00	F Prueitt, Sharon	5/27/2004	Northern Region Spring Track Champs
23	4-08.00	F Nance, Alicia	5/20/1993	Great Falls District Outdoor Track Champs
23	4-08.00	F Hundley, Garmai	5/12/2012	2012 TJ Penultimate Experience
23	4-08.00	F Draine, Monica	5/9/2001	Westfield
23	4-08.00	F Comerford, Tracy	4/1/2005	Metro Run & Walk NoVA Invitational
23	4-08.00	F Lasher, Angela	5/8/1987	Potomac District Outdoor Track Champs
23	4-08.00	F Smith, Tina	5/13/1996	Concorde District Outdoor Track Champs
23	4-08.00	F Griner, Stacy	5/10/1990	Great Falls District Outdoor Track Champs
23	4-08.00	F Blount, Kelsey	4/14/2010	Centreville & Robinson
23	4-08.00	F Lightborn, Yvette	5/12/1988	Great Falls District Outdoor Track Champs
23	4-08.00	F Kazuba, Nicole	4/6/2006	Herndon, Oakton, Westfield @ Chantilly
23	4-08.00	F Abisogun, Olabisi	4/7/2010	Herndon & Westfield
23	4-08.00	F O'Donnell, Margaret	5/10/2014	2014 TJ Penultimate Experience
23	4-08.00	F Re, Nicole	5/16/2019	2019 Concorde District Spring Track Champs
36	4-06.00	F Chiaramonte, Alicia	5/8/1991	Chantilly & Madison
36	4-06.00	F Salter, Nique	4/5/2000	Chantilly & Oakton
36	4-06.00	F Isom, Tiara	5/18/2005	Concorde District Outdoor Champs
36	4-06.00	F Kadolph, Leah	1/14/1994	Great Falls District Jump Meet
36	4-06.00	F Oputa, Anwulika	4/6/2005	Herndon & Centreville
36	4-06.00	F Ullom, Nina	5/3/2008	Nike Spring Invitational
36	4-06.00	F Manley, Kaitlyn	1/26/2008	TC Williams, Mt. Vernon, & Westfield
36	4-06.00	F Cowne, Mackenzie	5/11/2013	2013 TJ Penultimate Experience
36	4-06.00	F Reeves, Jessica	3/25/2014	2014 Purple Black & White Meet
36	4-06.00	F Florjancic, Grace	5/22/2014	Concorde Conference Championships
36	4-06.00	F Brennan, Danielle	5/4/2016	2016 Concorde Pre-District Jamboree
36	4-06.00	F Sisohor, Jahliya	3/15/2016	2016 Purple Black & White Meet
36	4-06.00	F Naghedi, Maryam	4/19/2017	Chantilly, Herndon & Oakton

Women Pole Vault

1	11-06.00	F Kazuba, Nicole	5/25/2006	Northern Region Championships
2	10-06.00	F Ullom, Nina	5/19/2011	Concorde District Spring Track Champs
3	9-09.00	F Weinberg, Kim	5/2/2009	Nike Spring Invitational
4	9-06.00	F Crafton, Lauren	3/19/2013	2013 Purple, Black & White Meet
4	9-06.00	F Salmons, Katrina	5/16/2002	Concorde District Outdoor Champs
6	9-00.00	F Claunch, Valerie	4/6/2013	2013 Legard Relays
6	9-00.00	F Schad, Rebecca	5/19/2004	Concorde District Spring Track Champs
6	9-00.00	F Withers, Jennifer	4/2/2008	Robinson & Westfield
6	9-00.00	F Tho, Cindy	3/29/2017	Chantilly, Oakton & Robinson
6	9-00.00	F Goudel, Lata	3/29/2017	Chantilly, Oakton & Robinson
11	8-06.00	F Franks, Megan	5/19/2000	2000 TJ Penultimate Experience
11	8-06.00	F Florjancic, Grace	4/29/2015	Chantilly, Oakton & Westfield
11	8-06.00	F Snyder, Jessica	5/25/2017	2017 6A Northern Region Spring Track Champs
11	8-06.00	F Nicholson, Mackenzie	5/5/2021	Chantilly, Centreville & Madison
11	8-06.00	F Green, Meredith	5/15/2021	2021 Concorde Invitational
16	8-03.00	F Aronhime, Caroline	5/22/2019	2019 Northern Region Spring Track Champs
17	8-00.00	F Cook, Mary Beth	3/29/2000	District Dual Meet#1
17	8-00.00	F Cohen, Jennifer	3/22/2011	2011 Purple, Black & White Meet
17	8-00.00	F Prem, Marissa	5/5/2021	Chantilly, Centreville & Madison
20	7-06.00	F Ahn, Elisha	4/29/2015	Chantilly, Oakton & Westfield
20	7-06.00	F Allamby, Josephine	4/5/2017	Chantilly, Robinson & Westfield
22	7-03.00	F Vassallo, Melanie	4/5/2008	Lake Braddock No Frills Invitational

23	7-02.00 F	Minor, Elizabeth	4/20/2016	Chantilly, Robinson & Westfield
24	7-00.00 F	Cook, Amber	5/9/2001	Westfield
24	7-00.00 F	Goldman, Shana	5/14/2003	Concorde District Outdoor Track Champs
24	7-00.00 F	Smith, Elizabeth	5/4/2005	Chantilly, Oakton & Westfield
27	6-06.00 F	Cox, Jordan	4/25/2007	Centreville, Herndon & Westfield
27	6-06.00 F	Dorough, Kristina	4/13/2005	Oakton & Jefferson
27	6-06.00 F	Trikakis, Hannah	5/5/2010	Concorde Pre-District Jamboree
27	6-06.00 F	Isom, Tiara	4/18/2007	Westfield, Oakton & Centreville
27	6-06.00 F	Naghedi, Maryam	4/5/2017	Chantilly, Robinson & Westfield
32	6-03.00 F	Gunn, Rachael	5/1/2019	Concorde District Mega-Meet Part I
32	6-03.00 F	Yoon, Sarah	5/1/2019	Concorde District Mega-Meet Part I
34	6-00.00 F	Thich, Katie	5/7/2011	TJHSST Penultimate Challenge 2011
34	6-00.00 F	Biggar, Cynthia	4/2/2014	Chantilly, Centreville & Westfield
34	6-00.00 F	Blount, Kelsey	3/24/2010	2010 Purple & White Meet
34	6-00.00 F	Lenski, Lauren	4/18/2007	Westfield, Oakton & Centreville
34	6-00.00 F	Montecino, Genessis	3/30/2016	Chantilly, Oakton & Westfield
39	5-06.00 F	Kaufman, Maya	5/5/2004	Centreville & Jefferson

Women Long Jump

1	18-06.50 F	Aiken, Alyssa	5/26/1999	Northern Region Outdoor Track Champs
2	18-02.75 F	Johnson, Kisha	4/8/1995	1995 Journal Challenge
3	17-02.00 F	Leslie, Kathy	4/3/1986	Rotary Relays
4	17-01.00 F	Terry, Darianna	5/10/2006	Centreville, Herndon, Fairfax
5	16-11.00 F	McMorrow, Erin	5/14/1998	Concorde District Outdoor Track Champs
6	16-10.00 F	Smith, Kathy	5/15/1997	Concorde District Outdoor Track Champs
7	16-09.00 F	Adams, Leanna	5/17/1986	Northern Region Outdoor Track Champs
8	16-07.50 F	Alderman, Haley	5/17/2018	2018 Concorde District Spring Track Champs
9	16-06.75 F	Idris, Amira	5/22/2008	Northern Region Outdoor Track Champs
10	16-06.25 F	Han, Alice	4/20/2018	2018 Lake Braddock Hall of Fame Invitational
11	16-05.75 F	Stahli, Liane	5/14/1992	Great Falls District Outdoor Track Champs
12	16-05.25 F	Cooper, Emera	5/16/2019	2019 Concorde District Spring Track Champs
13	16-04.75 F	Eaton, Amaya	5/16/2019	2019 Concorde District Spring Track Champs
14	16-03.25 F	Miller, Carin	5/15/1997	Concorde District Outdoor Track Champs
15	16-03.00 F	Kanamine, Sara	5/18/2005	Concorde District Outdoor Track Champs
16	16-01.75 F	Brennan, Danielle	4/21/2017	2017 Lake Braddock Hall of Fame Invitational
17	16-00.50 F	Pantophlet, Chloe	4/26/2014	2014 Cassel's XBC Track Experience
18	15-11.00 F	McClendon, Andrea	4/1/1985	Mount Vernon
19	15-10.00 F	Nguyen, Lan	5/14/1992	Great Falls District Outdoor Track Champs
19	15-10.00 F	Dayberry, Donna	3/31/1984	Chantilly vs. Annandale
21	15-09.50 F	Mitchell, Tiffany	4/30/2011	Cassel's XBC Track Experience 2011
22	15-07.00 F	Carter-Ogden, Ruby	5/10/2018	2018 =PR= Spring Track Festival
23	15-05.75 F	Smith, Peggie	5/20/1999	Concorde District Outdoor Track Champs
24	15-05.50 F	Lewis, Amy	5/17/1985	Potomac District Outdoor Track Champs
25	15-05.25 F	Boehlert, Hannah	4/25/2015	2015 Cassel's XBC Track Experience
26	15-04.75 F	Lightborn, Yvette	5/12/1988	Great Falls District Outdoor Track Champs
26	15-04.75 F	Davenport, Kiera	5/25/2021	2021 Concorde District Spring Track Champs
28	15-04.50 F	Crafton, Lauren	4/13/2012	2012 =PR= Northern Virginia Invitational
29	15-03.50 F	Abisogun, Adeola	4/6/2005	Herndon & Centreville
30	15-03.00 F	Kaepfel, Cindy	5/7/1983	Northern District Outdoor Track Champs
31	15-02.75 F	Ellison, Brenna	5/19/2011	Concorde District Spring Track Champs
32	15-02.25 F	Coleman, Carol	5/6/1978	Northern District Spring Track Champs
33	15-02.00 F	Barrett, Elizabeth	5/9/2001	Westfield

33	15-02.00 F	Dews, Jaiviah	4/1/2017	2017 Carolyn Legard Relays
35	15-01.25 F	Lindstrom, Melanie	5/14/1998	Concorde District Outdoor Track Champs
36	15-00.25 F	Deveau, Ciana	4/26/2014	2014 Cassel's XBC Track Experience
37	15-00.00 F	Allamby, Josephine	4/10/2019	Chantilly, Westfield & Oakton
38	14-11.25 F	Davidson, Colleen	4/26/2014	2014 Cassel's XBC Track Experience
39	14-11.00 F	Recto, Julia	4/21/2017	2017 Lake Braddock Hall of Fame Invitational

Women Triple Jump

1	39-00.00 F	Bacon, Cecelia	6/2/2017	2017 VA 6A State Outdoor Track Champs
2	38-09.00 F	Aiken, Alyssa	5/26/1999	Northern Region Outdoor Track Champs
3	37-00.75 F	Recto, Julia	5/25/2017	2017 6A Northern Region Spring Track Champs
4	36-06.25 F	Idris, Amira	5/22/2008	Northern Region Outdoor Track Champs
5	35-06.25 F	Mitchell, Tiffany	5/26/2011	Northern Region Spring Track Champs
6	35-04.00 F	Johnson, Kisha	5/20/1993	Great Falls District Outdoor Track Champs
7	35-01.25 F	Terry, Darianna	5/24/2007	Northern Region Outdoor Track Champs
8	34-10.50 F	Eaton, Amaya	5/16/2019	2019 Concorde District Spring Track Champs
8	34-09.00 F	Smith, Peggie	5/20/1999	Concorde District Outdoor Track Champs
10	33-10.00 F	Stahli, Liane	5/14/1992	Great Falls District Outdoor Track Champs
11	33-07.75 F	Adams, Leanna	4/26/1986	Battleground Invitational
12	33-03.00 F	Abisogun, Adeola	5/18/2005	Concorde District Outdoor Championships
13	33-02.50 F	Snyder, Jessica	4/30/2016	2016 Cassel's XBC Track Experience
14	33-02.00 F	Boehlert, Hannah	3/30/2016	Chantilly, Oakton & Westfield
15	33-00.75 F	Sowah, Mareshah	4/26/2014	2014 Cassel's XBC Track Experience
16	32-10.50 F	Nguyen, Lan	5/14/1992	Great Falls District Outdoor Track Champs
17	32-06.00 F	Allamby, Josephine	5/16/2019	2019 Concorde District Spring Track Champs
18	32-04.50 F	Bell, Valerie	5/12/1988	Great Falls District Outdoor Track Champs
19	32-04.50 F	Prueitt, Sharon	5/19/2004	Concorde District Spring Track Champs
20	32-03.75 F	Nguyen, Thuy	4/11/1987	Fauquier County Invitational
21	32-03.00 F	Claunch, Valerie	4/27/2013	2013 Cassel's XBC Track Experience
22	32-03.00 F	Pantophlet, Chloe	5/11/2013	2013 TJ Penultimate Experience
23	32-02.00 F	Lewis, Mhalia	5/12/1988	Great Falls District Outdoor Track Champs
24	31-11.00 F	Parkhomenko, Leyelyzaveta	5/25/2021	2021 Concorde District Spring Track Champs
25	31-10.25 F	Deveau, Ciana	4/26/2014	2014 Cassel's XBC Track Experience
26	31-10.25 F	Barrett, Elizabeth	5/16/2001	Concorde District Outdoor Track Champs
27	31-09.75 F	Davidson, Colleen	4/11/2014	2014 Lake Braddock Hall of Fame Meet
28	31-05.00 F	Labor-Koroma, Fatimah	5/4/2002	Saxon Classic 2002
29	31-02.00 F	Ren, Elizabeth	4/20/2016	Chantilly, Robinson & Westfield
30	31-01.00 F	Soukup, Leah	4/11/2008	Metro Run & Walk NoVA Invitational
31	31-01.00 F	NWI Barbero, Marissa	20 5/16/2019	2019 Concorde District Spring Track Champs
32	31-00.50 F	Comerford, Tracy	4/16/2005	Scudieri Team Challenge, 2005
33	30-06.00 F	Crafton, Lauren	4/27/2013	2013 Cassel's XBC Track Experience
34	30-05.50 F	Wilcox, XXX	5/8/1991	Chantilly & Madison
35	30-05.50 F	Ellison, Brenna	5/19/2011	Concorde District Spring Track Champs
36	30-05.00 F	Nagai, Aria	4/29/2017	2017 Cassel's XBC Track Experience
37	30-04.50 F	Kanamine, Sara	4/20/2005	Chantilly, Jefferson, Centreville
38	30-04.50 F	Wainwright, Sofia	4/5/2017	Chantilly, Robinson & Westfield
39	30-04.00 F	LeFrancois, Olivia	12/12/2015	2015 Ram Invite
40	30-04.00 F	Alderman, Haley	3/15/2016	2016 Purple Black & White Meet
41	30-02.50 F	Weinberg, Kim	5/9/2009	TJ Penultimate Experience 2009
42	30-01.25 F	Binford, Lauren	4/17/2004	Allen Johnson Invitational, 2004
43	30-01.00 F	Mitchual, Samantha	5/3/2008	Nike Spring Invitational
44	30-00.00 F	McClain, Camille	4/1/2017	2017 Carolyn Legard Relays

Women Shot Put

1	42-07.75 F Thomas, Lauren	5/6/1978 Northern District Spring Track Champs
2	39-08.50 F Chiaramonte, Alicia	5/1/1991 1991 TC Williams Invitational
3	38-02.50 F Igbokwe, Julianne	6/4/2016 2016 Virginia 6A State Spring Track Champs
4	35-10.75 F Aiken, Alyssa	5/20/1999 Concorde District Outdoor Track Champs
5	35-02.50 F Carlisle, Alexa	5/17/2018 2018 Concorde District Spring Track Champs
6	34-10.50 F Von Hoene, Melissa	5/26/2005 Northern Region Outdoor Track Champs
7	34-05.25 F Meier, Sarah	5/29/2009 Virginia AAA State Spring Track Champs
8	34-04.50 F Maier, Rhonda	4/12/1986 Fauquier County Invitational
9	34-00.50 F Johnson, Kisha	4/8/1995 1995 Journal Challenge
10	33-10.00 F Maye, Felicia	4/16/1983 Fauquier County Invitational
11	33-05.00 F Jancaitis, Jean	5/20/1993 Great Falls District Outdoor Track Champs
12	32-04.50 F Maheffey, Patty	5/8/1987 Potomac District Outdoor Track Champs
13	32-01.50 F Bunek, Terri	4/23/1985 Chantilly vs. Annandale
14	32-01.00 F Cooper, Emera	5/25/2021 2021 Concorde District Spring Track Champs
15	31-04.50 F Gosnell, Kelly	5/10/1990 Great Falls District Outdoor Track Champs
16	30-07.25 F Hundley, Garmai	5/3/2013 On the Run Sports- Falcon Track Classic
17	30-03.75 F Park, Morgan	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
18	30-01.00 F Hurt, Brianna	4/30/2003 Herndon and Centreville
19	29-11.00 F Rogers, Brianna	5/10/2018 2018 =PR= Spring Track Festival
20	29-06.00 F Clark, Sydney	5/5/2021 Chantilly, Centreville & Madison
21	29-04.00 F Sye, Leah	5/10/2007 Oakton, Herndon, Chantilly & Fairfax
22	29-00.50 F Lunson, Nancy	5/13/1996 Concorde District Outdoor Track Champs
23	29-00.00 F Saunders, Jane	4/11/2008 Metro Run & Walk NoVA Invitational
23	29-00.00 F Gautschi, Isabelle	4/17/2015 2015 Lake Braddock Hall of Fame Invitational
23	29-00.00 F Bumgardner, Alani	5/12/2021 Chantilly, Westfield & Madison
26	28-11.50 F Justice, Emily	5/3/2006 Oakton & Fairfax
27	28-08.00 F Miller, Heather	5/8/1991 Chantilly & Madison
28	28-06.50 F Rashid, Lyzan	4/6/2011 Herndon & Westfield
29	28-05.50 F Penman, April	4/2/2008 Robinson & Westfield
30	28-05.00 F Gogins, Candice	3/31/2004 Westfield & Oakton, 2004
31	27-11.75 F Gentry, Rachel	5/9/1986 Potomac District Outdoor Track Champs
32	27-08.00 F Dallis, Danielle	5/17/2000 District Dual Meet #4
33	27-06.00 F Fish, Sydney	5/8/2019 2019 Concorde District Mega-Meet Part II
34	26-07.50 F LaBar, Amelia	5/16/2019 2019 Concorde District Spring Track Champs
35	26-05.75 F Sewell, Nicolette	4/11/2014 2014 Lake Braddock Hall of Fame Meet
36	26-03.50 F Schuh, Robin	5/20/1999 Concorde District Outdoor Track Champs
37	26-02.00 F Ashby, Charlotte	5/8/2019 2019 Concorde District Mega-Meet Part II

Women Discus

1	121-10.00 F Maye, Felicia	5/16/1984 Northern Region Outdoor Track Champs
2	109-03.00 F Thomas, Lauren	5/12/1979 Northern Region Spring Track Champs
3	104-01.00 F Chiaramonte, Alicia	5/21/1992 Northern Region Outdoor Track Champs
4	102-06.00 F Sewell, Nicolette	5/22/2014 Concorde Conference Championships
4	102-06.00 F Igbokwe, Julianne	5/19/2016 2016 Concorde Conference 5 Spring Champs
6	100-08.00 F Adams, Leanna	4/12/1986 Fauquier County Invitational
7	100-05.00 F Maier, Rhonda	5/8/1987 Potomac District Outdoor Track Champs
8	96-11.00 F Wozniak, Kris	5/12/1988 Great Falls District Outdoor Track Champs
9	96-07.00 F Miller, Heather	4/17/1993 1993 Journal Challenge
10	93-10.75 F Von Hoene, Melissa	5/7/2005 T.C. Williams Invitational

11	92-08.00 F Park, Morgan	4/19/2017	Chantilly, Herndon & Oakton
12	91-08.00 F Gosnell, Kelly	5/10/1990	Great Falls District Outdoor Track Champs
13	89-06.00 F Dale, Michelle	5/10/1990	Great Falls District Outdoor Track Champs
14	87-10.00 F Bunek, Terri	5/17/1985	Potomac District Outdoor Track Champs
15	87-00.00 F Gautschi, Isabelle	5/4/2016	2016 Concorde Pre-District Jamboree
16	86-07.00 F Rashid, Lyzan	5/17/2012	Concorde District Spring Track Champs
17	86-01.50 F Park, XXX	4/20/1991	1991 Mount Vernon Twilight Classic
18	85-01.00 F Meier, Sarah	5/14/2009	Concorde District Spring Track Champs
19	84-08.00 F Aiken, Alyssa	5/20/1999	Concorde District Outdoor Track Champs
20	83-09.00 F Fish, Sydney	5/16/2019	2019 Concorde District Spring Track Champs
21	83-02.00 F Saunders, Jane	4/26/2008	Cassel's XBC Track Experience
22	82-01.00 F Tangaro, Silvia	3/20/2012	2012 Purple Black & White Meet
23	80-03.00 F D'Imperio, Lindsay	4/13/2018	2018 =PR= NOVA Invitational
24	80-06.50 F Labor-Koroma, Yankaday	3/31/2004	Westfield & Oakton, 2004
25	78-10.00 F Payne, Tiffany	4/28/2004	Jefferson & Oakton
25	78-10.00 F Bumgardner, Alani	5/16/2019	2019 Concorde District Spring Track Champs
27	77-08.00 F LaBar, Amelia	3/21/2019	2019 Purple & White Meet
28	77-00.00 F Mozeleski, Elise	5/3/2017	2017 Concorde Pre-District Jamboree
29	76-09.00 F Ashby, Charlotte	5/22/2019	2019 Northern Region Spring Track Champs
30	76-03.00 F Larch, Sarah	3/28/2007	Chantilly Inter-squad Scrimmage
30	76-03.00 F Robles-Solis, Abbie-Marie	5/25/2021	2021 Concorde District Spring Track Champs
32	74-01.00 F Ehlers, Hannah	5/10/2018	2018 =PR= Spring Track Festival
33	73-10.50 F Penman, April	5/3/2008	Nike Spring Invitational
34	73-09.50 F Hurt, Brianna	4/6/2005	Herndon & Centreville
35	72-06.00 F Lunson, Nancy	5/13/1996	Concorde District Outdoor Track Champs
36	71-08.00 F Takeddin, Leena	5/2/2015	2015 NIKE Spring Invitational
37	71-00.00 F Goyet, Isaure	4/15/2015	Chantilly, Oakton & Centreville
38	70-01.00 F Carlisle, Alexa	4/5/2017	Chantilly, Robinson & Westfield
39	70-00.00 F Rashid, Mastan	4/28/2018	2018 Cassel's XBC Track Experience

Men 100m Dash

1	10.5h F Hatcher, Bryant	4/26/1986	Battleground Invitational
2	10.83 P Davenport, Trosodas	5/25/2021	2021 Concorde District Spring Track Champs
	10.84 F Eastman, Cush	4/13/2016	Chantilly, Centreville & Robinson
	10.94 F Scopellite, Michael	4/13/2016	Chantilly, Centreville & Robinson
3	10.96 F Eastman, Cush	4/22/2016	South County 10 Team Qualifier
4	10.98 F Scopellite, Michael	4/22/2016	South County 10 Team Qualifier
	11.04 F Labor-Koroma, Mohamed	4/7/2010	Herndon & Westfield
	11.04 F Beyeah, Jimmy	4/20/2005	Chantilly, Jefferson, Centreville
5	10.8h F Singh, Amandeep	5/20/1993	Great Falls District Outdoor Track Champs
6	11.08 P Aldridge, Aaron	5/25/2021	2021 Concorde District Spring Track Champs
7	11.14 F Beyeah, Jimmy	5/26/2005	Northern Region Spring Track Champs
8	11.17 F Schmader, Gus	5/8/1999	TJ Penultimate Challenge
9	11.19 F Urrutia, Raymond	5/3/2008	Nike Spring Invitational
10	11.22 P West, Justin	5/23/2013	Northern Region Spring Track Champs
11	11.0h F Aleem, Karim	5/20/1993	Great Falls District Outdoor Track Champs
11	11.0h F Kohn, Mike	5/10/1990	Great Falls District Outdoor Track Champs
	11.24 F Nguyen, Vinh	4/13/2016	Chantilly, Centreville & Robinson
13	11.26 F Sturans, Andris	6/14/2014	New Balance Outdoor Nationals
14	11.28 F Luy, Justin	4/13/2018	2018 =PR= NOVA Invitational
15	11.30 F Robinson, Mark	4/29/2017	2017 Cassel's XBC Track Experience
16	11.34 F Wang, Eric	4/17/1999	Allen Johnson Invitational

16	11.1h F Martin, Jim	5/11/1989 Great Falls District Outdoor Track Champs
16	11.1h F Jue, Bhowah	5/13/1996 Concorde District Outdoor Track Champs
16	11.1h F Mattioli, Keith	5/7/1983 Northern District Outdoor Track Champs
16	11.34 P Terry, Alexander	5/24/2012 Northern Region Spring Track Champs
21	11.35 F Jeffries, Titus	5/7/2016 2016 NIKE Spring Invitational
22	11.38 S Salas, Efraem	5/15/2008 Concorde District Track Championship
	11.40 F Pereira, Conrad	6/16/2017 New Balance Outdoor Nationals
	11.44 F Comerford, Kevin	5/7/2003 Herndon
	11.44 F Carmichael, Daniel	4/13/2016 Chantilly, Centreville & Robinson
	11.44 F Zini, Caleb	4/20/2016 Chantilly, Robinson & Westfield
23	11.45 F Brown, Davonte	5/4/2019 2019 NIKE Spring Invitational
24	11.48 F Loh, Justin	4/30/2016 2016 Cassel's XBC Track Experience
25	11.49 F Swan, Kisasi	4/8/1995 1995 Journal Challenge
25	11.49 P Bonilla, Christopher	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
25	11.49 F Tsai, Eric	4/13/2018 2018 =PR= NOVA Invitational
28	11.3h F Paulson, Paul	5/2/1980 Northern District Outdoor Track Champs
	11.54 F Tran, Son	4/7/2010 Herndon & Westfield
	11.54 F Schnarrs, James	4/28/2004 Jefferson & Oakton
	11.54 F Morrad, Umar	4/13/2016 Chantilly, Centreville & Robinson
	11.54 F Bonilla, Christopher	4/20/2016 Chantilly, Robinson & Westfield
29	11.55 P Derrios, Michael	5/16/2013 Concorde District Track Championship
30	11.56 F Pereira, Conrad	5/13/2016 2016 =PR= Spring Track Festival
31	11.57 F Le, Namkhang	4/28/2018 2018 Cassel's XBC Track Experience
32	11.62 P Thapa, Abijaya	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
33	11.4h F Pearson, Marc	5/3/1984 Chantilly vs. Wakefield
33	11.4h F Matthews, Frank	5/18/1994 Great Falls District Outdoor Track Champs
	11.64 F Johnson, Jason	4/12/2000 Chantilly & Herndon
	11.64 F Ibrahim, Ali	4/20/2016 Chantilly, Robinson & Westfield
35	11.67 F Nguyen, Vinh	5/19/2015 2016 Concorde Conference 5 Championships
36	11.68 F Tran, Son	5/14/2009 Concorde District Track Championships
37	11.70 F Labor-Koroma, Mohamed	5/14/2011 Victor Cahoon Invitational
38	11.72 F Ibrahim, Ali	4/7/2017 2017 =PR= NOVA Invitational
39	11.73 P Harper, Matthew	5/16/2019 2019 Concorde District Spring Track Champs
40	11.74 F Morrad, Umar	4/22/2016 South County 10 Team Qualifier
40	11.5h F Tait, Marvin	5/13/1996 Concorde District Outdoor Track Champs
40	11.5h F Lord, Jamie	5/11/1989 Great Falls District Outdoor Track Champs
	11.74 F Thornton, Michael	4/2/2014 Chantilly, Centreville & Westfield
	11.74 F Ray, Dustin	4/14/2004 Herndon & Centreville
	11.74 F Highsmith, Jarel	5/2/2007 Chantilly, Oakton & Robinson
	11.74 F Naugles, Mikhail	4/10/2013 Robinson & Westfield
	11.74 F Naugles, Marcus	4/13/2016 Chantilly, Centreville & Robinson
	11.74 F Eastman, Christian	4/13/2016 Chantilly, Centreville & Robinson
43	11.75 F Norcini, Jake	5/14/2014 TJ Penultimate Experience
44	11.77 P Almodiel, Darren	5/21/2015 2015 Concorde Conference 5 Championships
45	11.80 F Eckert, Auston	5/3/2008 Nike Spring Invitational
46	11.81 F Pace, Torrian	5/3/2008 Nike Spring Invitational
47	11.83 P Thornton, Michael	5/19/2016 2016 Concorde Conference 5 Spring Champs
48	11.84 P Gildenhorn, Connor	5/25/2021 2021 Concorde District Spring Track Champs
	11.84 F Conroy, Diego	4/2/2014 Chantilly, Centreville & Westfield
	11.84 F Mitchell, Daniel	3/30/2016 Chantilly, Oakton & Westfield
	11.84 F Shepherd, Michael	4/5/2017 Chantilly, Robinson & Westfield
49	11.87 F Schnarrs, James	4/30/2005 Dogwood Invitational
50	11.91 F Mason, Adam	2/19/2018 2018 Spring Track Tryouts

	11.94 F Shorten, Quinn	4/13/2016 Chantilly, Centreville & Robinson
51	11.98 F St. Rose, Jarell	5/7/2016 2016 NIKE Spring Invitational
52	12.00 F Naugles, Marcus	4/17/2015 2015 Lake Braddock Hall of Fame Invitational

Men 100y Dash

1	10.2h F McFail, Lawrence	5/12/1975 Potomac District Outdoor District Champs
2	10.5h F Jackson, Robert	5/6/1978 Northern District Spring Track Champs

Men 200m Dash

1	22.11 F Davenport, Trosoadas	6/10/2021 2021 Northern Region Spring Track Champs
2	22.14 P West, Justin	5/23/2013 Northern Region Spring Track Champs
	22.0h Martin, Jim	1989 CHS Record Boards
	22.24 F Jeffries, Titus	4/15/2015 Chantilly, Oakton & Centreville
3	22.29 P Labor-Korama, Mohamed	5/26/2011 Northern Region Spring Track Champs
4	22.33 F Schmader, Gus	5/8/1999 TJ Penultimate Challenge
5	22.34 F Jeffries, Titus	5/26/2016 2016 Northern Region 6A Spring Track Champs
6	22.41 F Urrutia, Raymond	5/22/2008 Northern Region Outdoor Track Champs
7	22.44 F Scopellite, Michael	5/19/2016 2016 Concorde Conference 5 Spring Champs
7	22.2h F Martin, Jim	5/11/1989 Great Falls District Outdoor Track Champs
9	22.3h F Beno, Jeff	5/20/1993 Great Falls District Outdoor Track Champs
	22.50 F Robinson, Mark	6/16/2017 New Balance Outdoor Nationals
10	22.74 F Beyeah, Jimmy	4/12/2003 Allen Johnson Invitational
10	22.5h F Paulson, Paul	5/1/1981 Northern District Outdoor Track Champs
10	22.5h F Hatcher, Bryant	5/9/1986 Potomac District Outdoor Track Champs
13	22.75 P Eastman, Cush	5/26/2016 2016 Northern Region 6A Spring Track Champs
14	22.85 F Terry, Alexander	4/13/2012 2012 =PR= Northern Virginia Invitational
15	22.85 P McClintock, Peyton	4/26/2014 2014 Cassel's XBC Track Experience
	22.90 F Pereira, Conrad	6/20/2015 2015 New Balance Outdoor Nationals
16	22.7h F Jue, Bhowah	5/13/1996 Concorde District Outdoor Track Champs
16	22.7h F Forman, Tim	5/12/1988 Great Falls District Outdoor Track Champs
16	22.94 F Swan, Kisasi	4/8/1995 1995 Journal Challenge
16	22.94 F Luy, Justin	4/13/2018 2018 =PR= NOVA Invitational
20	22.95 F Aldridge, Aaron	5/15/2021 2021 Concorde Invitational
	23.00 F Sturans, Andris	6/15/2013 2013 New Balance Outdoor Nationals
21	23.01 F Robinson, Mark	4/29/2017 2017 Cassel's XBC Track Experience
22	23.03 F Mason, Adam	5/10/2018 2018 =PR= Spring Track Festival
23	23.04 F Singh, Amandeep	4/17/1993 1993 Journal Challenge
	23.04 F Ibrahim, Ali	5/12/2015 2015 Concorde Pre-District Jamboree
	23.04 F Pereira, Conrad	5/12/2015 2015 Concorde Pre-District Jamboree
24	23.09 F Sturans, Andris	4/26/2014 2014 Cassel's XBC Track Experience
25	23.17 P Schnarrs, James	5/18/2005 Concorde District Outdoor Champs
26	23.20 S Salas, Efraem	5/15/2008 Concorde District Track Championship
27	23.0h F Kohn, Mike	5/10/1990 Great Falls District Outdoor Track Champs
28	23.28 F Mitchell, Daniel	4/29/2017 2017 Cassel's XBC Track Experience
29	23.33 P Brown, Davonte	5/16/2019 2019 Concorde District Spring Track Champs
	23.34 F Peters, Vincent	5/8/1991 Chantilly & Madison
	23.34 F Mitchell, Daniel	3/30/2016 Chantilly, Oakton & Westfield
	23.34 F Carmichael, Daniel	4/13/2016 Chantilly, Centreville & Robinson
30	23.42 F Loh, Justin	5/13/2016 2016 =PR= Spring Track Festival
31	23.44 P Comerford, Kevin	5/14/2003 Concorde District Outdoor Track Champs
32	23.53 F DePalma, Timothy	5/5/2021 Chantilly, Centreville & Madison

	23.3h F Derrios, Michael	2/21/2012 2012 Spring Track Tryouts
	23.54 F Parrell, John	5/10/2006 Centreville, Herndon, Fairfax
34	23.3h F Kelly, Kevin	5/12/1988 Great Falls District Outdoor Track Champs
	23.54 F Thornton, Michael	4/20/2016 Chantilly, Robinson & Westfield
35	23.56 F Duran-Diaz, Jonathan	5/2/2018 Concorde Meet- Part II
36	23.57 F Pereira, Conrad	5/13/2016 2016 =PR= Spring Track Festival
37	23.59 F Edwards, Bryan	5/25/2000 Concorde District Outdoor Track Champs
	23.60 F Saben, Clark	4/17/2018 Carolyn Legard Relays
38	23.4h F Tait, Marvin	5/13/1996 Concorde District Outdoor Track Champs
39	23.4h F Teal, Chris	5/10/1990 Great Falls District Outdoor Track Champs
40	23.4h F Aleem, Karim	5/20/1993 Great Falls District Outdoor Track Champs
41	23.66 F McDuffy, Arthur	5/7/2011 TJHSST Penultimate Challenge 2011
42	23.68 F Ibrahim, Ali	4/8/2016 2016 =PR= NoVA Invitational
	23.70 F Boucher, Dylan	3/30/2019 Carolyn Legard Relays
	23.5h F Anderson, Todd	4/12/1984 Chantilly vs. Falls Church & Jefferson
	23.5h F Bradecamp, Mike	4/21/1982 Chantilly vs. Oakton & Lake Braddock
	23.74 F Johnson, Jason	4/5/2000 Chantilly & Oakton
	23.74 F Highsmith, Jarel	3/28/2007 Chantilly Inter-squad Scrimmage
43	23.75 F Saben, Clark	4/13/2018 2018 =PR= NOVA Invitational
44	23.76 F James, Maximus	5/5/2021 Chantilly, Centreville & Madison
45	23.77 F Azurin, Arthur	5/3/2013 On the Run Sports- Falcon Track Classic
46	23.80 F Tran, Son	4/17/2009 Lake Braddock Hall of Fame Invitational
	23.6h F Recto, Eason	11/18/2013 2013 Winter Track Tryouts
47	23.92 F Thornton, Michael	5/7/2016 2016 NIKE Spring Invitational
48	23.93 F Cooper, Stephen	4/13/2007 Metro Run & Walk Northern Virginia Inv.
	23.94 F Rasheed, Mustafa	4/7/2010 Herndon & Westfield
	23.7h F Roy, Corey	4/1/1987 Falls Church & Stuart
	23.94 F Almodiel, Jose Diego	4/13/2016 Chantilly, Centreville & Robinson
	23.70 F Cantrell, Kyle	3/29/2008 Carolyn Legard Relays
49	23.94 F Shepherd, Michael	5/3/2017 2017 Concorde Pre-District Jamboree
50	23.97 F Eckert, Auston	5/3/2008 Nike Spring Invitational
50	23.97 F Cantrell, Kyle	5/9/2009 TJ Penultimate Experience 2009
52	24.01 F Parrell, John	5/17/2006 Concorde District Championships
53	24.03 F Benson, Greg	5/4/2011 Concorde Pre-District Jamboree
54	24.06 F Highsmith, Jarel	4/22/2006 Allen Johnson Invitational
	24.14 F Ray, Dustin	5/5/2004 Centreville & Jefferson
	23.9h F Reyes, Carlos	2/21/2012 2012 Spring Track Tryouts
	24.14 F Derrios, Michael	3/28/2012 Centreville & Oakton
	24.14 F Naugles, Marcus	4/29/2015 Chantilly, Oakton & Westfield
	24.14 F St. Rose, Jarell	5/4/2016 2016 Concorde Pre-District Jamboree
55	24.15 F Sun, Curtis	5/2/2009 Nike Spring Invitational
56	24.16 F Naugles, Mikhail	5/11/2013 2013 TJ Penultimate Experience
57	24.20 F Norcini, Jake	4/10/2015 2015 =PR= Northern Virginia Invitational

Note: The following time was run in a Polar Bear (outdoor) meet during the winter season.

**	23.87 F Harper, Matthew	1/16/2021 Chantilly, Oakton & Westfield
**	24.04 F Fitzhugh, Samuel	1/16/2021 Chantilly, Oakton & Westfield

Men 300m Dash

=====

35.20 F Mitchell, Daniel

6/16/2017 New Balance Outdoor Nationals

Men 400m Dash

	47.86 F McGorty, Brandon	5/26/2016 2016 Northern Region 6A Spring Track Champs
1	48.39 F Labor-Koroma, Mohamed	6/3/2011 Virginia AAA State Track Championships
2	48.52 F McGorty, Brandon	5/26/2016 2016 Northern Region 6A Spring Track Champs
	48.67 F Jeffries, Titus	4/17/2015 2015 Lake Braddock Hall of Fame Invitational
3	48.89 F Jeffries, Titus	5/28/2015 2015 6A Northern Region Championships
4	49.46 F Roy, Corey	5/18/1989 Northern Region Outdoor Track Champs
5	49.64 F Swan, Kisasi	5/27/1995 Virginia AAA State Outdoor Track Champs
	49.70 F Sowah, Johanan	6/15/2013 2013 New Balance Outdoor National
6	49.8h F Beno, Jeff	5/20/1993 Great Falls District Outdoor Track Champs
	50.10 F West, Justin	4/10/2015 2015 =PR= Northern Virginia Invitational
	50.10 F Mitchell, Daniel	4/29/2017 2017 Cassel's XBC Track Experience
7	50.11 F Schmader, Gus	4/17/1999 Allen Johnson Invitational
	50.26 F Davenport, Trosoadas	5/25/2021 2021 Concorde District Spring Track Champs
8	50.54 F Kohn, Mike	5/17/1990 Northern Region Outdoor Track Champs
	50.59 F McGorty, Sean	4/27/2013 2013 Cassel's XBC Track Experience
	50.60 F Loh, Justin	6/3/2016 2016 Virginia 6A State Spring Track Champs
	50.70 F Daneshmand, Arvin	6/6/2014 2014 Virginia 6A State Spring Track Champs
	50.80 F Sturans, Andris	5/16/2013 2013 Concorde District Spring Track Champs
9	50.84 F Sowah, Johanan	5/11/2013 2013 TJ Penultimate Experience
10	51.06 F Sturans, Andris	5/16/2013 Concorde District Spring Track Champs
	51.06 F Mitchell, Daniel	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
	51.09 F James, Maximus	5/25/2021 2021 Concorde District Spring Track Champs
11	51.0h F Lannes, Mark	5/1/1981 Northern District Outdoor Track Champs
	51.30 F Scopellite, Michael	5/8/2015 2015 Southern Track Classic
12	51.35 F Parrell, John	3/31/2006 Metro Run & Walk NoVA Invitational
13	51.44 F James, Maximus	5/25/2021 2021 Concorde District Spring Track Champs
	51.50 F Pereira, Conrad	5/8/2015 2015 Southern Track Classic
14	51.50 F West, Justin	4/17/2015 2015 Lake Braddock Hall of Fame Invitational
15	51.3h F Anderson, Todd	4/26/1984 Chantilly vs. Fairfax
16	51.4h F Henderson, Herndon	4/12/1986 Fauquier County Invitational
17	51.5h F Peters, Vincent	5/16/1991 Great Falls District Outdoor Track Champs
	51.78 F Gonzalez, Nicholas	5/16/2019 2019 Concorde District Spring Track Champs
18	51.79 F DePalma, Timothy	5/15/2021 2021 Concorde Invitational
19	51.80 F Cooper, Stephen	5/12/2007 Penultimate Invite
	51.84 F Highsmith, Jarel	3/28/2007 Chantilly Inter-squad Scrimmage
	51.89 F McDuffy, Arthur	4/13/2012 2012 =PR= Northern Virginia Invitational
	51.90 F Mason, Adam	5/23/2018 2018 Northern Region D Spring Track Champs
20	51.98 F Terry, Alexander	4/13/2012 2012 =PR= Northern Virginia Invitational
21	52.02 F Gonzalez, Nicholas	5/22/2019 2019 Northern Region Spring Track Champs
	51.90 F Duran-Diaz, Jonathan	5/23/2018 2018 Northern Region D Spring Track Champs
22	52.05 F Edwards, Bryan	5/25/2000 Concorde District Outdoor Track Champs
23	52.09 F Duran-Diaz, Jonathan	5/10/2018 2018 =PR= Spring Track Festival
24	52.12 F Loh, Justin	4/22/2016 2016 South County 10 Team Elite Meet
25	51.9h F Perko, Doug	5/7/1983 Northern District Outdoor Track Champs
25	51.9h F Workman, Jeremy	5/8/1987 Potomac District Outdoor Track Champs
27	52.20 F Ploetz, Ben	5/16/1991 Great Falls District Outdoor Track Champs
	52.24 F Boucher, Dylan	5/16/2019 2019 Concorde District Spring Track Champs
28	52.1h F Bradecamp, Mike	4/1/1982 Chantilly vs. TC Williams
29	52.38 F Scopellite, Michael	4/8/2016 2016 =PR= NoVA Invitational
	52.38 F Terry, Alexander	5/12/2012 2012 TJ Penultimate Experience
30	52.2h F Augustine, Doug	5/13/1996 Concorde District Outdoor Track Champs

31	52.44 F Schnarrs, James	5/5/2004 Centreville & Jefferson
	52.44 F Pereira, Conrad	4/15/2015 Chantilly, Oakton & Centreville
	52.50 F Schnarrs, James	5/18/2005 Concorde District Outdoor Championships
32	52.55 F Highsmith, Jarel	4/13/2007 Metro Run & Walk NoVA Invitational
	52.60 F Miller, Logan	5/17/2012 2012 Concorde District Spring Track Champs
	52.63 F Azurin, Arthur	5/3/2013 2013 On the Run Sports- Falcon Track Classic
33	52.4h F Trammel, Ernie	5/17/1985 Potomac District Outdoor Track Champs
34	52.70 P Azurin, Arthur	5/16/2013 Concorde District Spring Track Champs
35	52.71 F Shepherd, Michael	5/18/2017 2017 Concorde Conf 5 Spring Track Champs
36	52.5h F Gornall, Bill	5/12/1988 Great Falls District Outdoor Track Champs
37	52.78 F Pereira, Conrad	4/8/2016 2016 =PR= NoVA Invitational
38	52.84 F McGorty, Ryan	5/12/2015 2015 Concorde Pre-District Jamboree
39	52.87 F Mason, Adam	4/20/2018 2018 Lake Braddock Hall of Fame Invitational
	52.91 F Cantrell, Kyle	5/2/2009 Nike Spring Invitational
40	52.94 P Cantrell, Kyle	5/14/2009 Concorde District Spring Track Champs
41	52.96 P Hubbard, Mark	5/18/2005 Concorde District Outdoor Champs
42	52.97 F Cumberbatch, Omar	4/29/2006 Cassel's XBC Charger Track Classic
	53.04 F Conroy, Diego	4/29/2015 Chantilly, Oakton & Westfield
	53.19 F Bever, Wilson	5/14/2009 Concorde District Spring Track Champs 2009
43	53.24 F Urrutia, Raymond	4/9/2008 Centreville, Robinson & Herndon
	53.40 F Nas, Andor	5/21/2015 2015 Concorde Conference 5 Championships
44	53.44 F Grant, Christopher	5/3/2000 District Dual Meet #2
44	53.2h F Teal, Chris	5/10/1990 Great Falls District Outdoor Track Champs
44	53.44 F Cumberbatch, Oswald	5/10/2007 Oakton, Herndon & Fairfax
	53.64 F Beyeah, Jimmy	3/31/2004 Westfield & Oakton, 2004
	53.70 F Ibrahim, Ali	4/7/2017 2017 =PR= NOVA Invitational
	53.70 F O'Reilly, Tyler	4/12/2019 2019 Lake Braddock Hall of Fame Invitational
45	53.74 F Siragusa, Brad	4/20/2005 Chantilly, Jefferson, Centreville
	53.80 F Holton, Michael	4/11/2008 Metro Run & Walk NoVA Invitational
47	53.81 F Davenport, Trossoadas	4/12/2019 2019 Lake Braddock Hall of Fame Invitational
48	53.84 F Yuan, Kalvin	5/12/2015 2015 Concorde Pre-District Jamboree
49	53.88 P Biskaduros, Eric	5/14/2003 Concorde District Outdoor Track Champs
450	53.91 F Beyeah, Jimmy	4/17/2004 Allen Johnson Invitational
	54.04 F Palmer, Eric	4/16/2008 Robinson, Fairfax & Oakton

Men 440y Dash

1	53.8h F Marcy, Steve	5/6/1978 Northern District Spring Track Champs
---	----------------------	--

Men 800m Run

1	1:48.58 F McGorty, Brandon	5/7/2016 2016 Dogwood Classic
	1:51.36 F McGorty, Sean	5/16/2013 2013 Concorde District Spring Track Champs
2	1:53.00 F McGorty, Sean	5/31/2013 Virginia AAA State Spring Track Champs
	1:54.08 F Miller, Logan	6/15/2013 2013 New Balance Outdoor Nationals
3	1:55.1h F Anderson, Todd	5/1/1984 TC Williams Invitational
	1:55.32 F Jeffries, Titus	6/20/2015 2015 New Balance Outdoor Nationals
4	1:55.57 P Patterson, David	5/23/1986 Virginia AAA State Outdoor Champs
	1:55.80 F McGorty, Ryan	6/5/2015 2015 Virginia 6A Spring Track State Champs
5	1:55.87 F Williams, Warren	5/20/1995 Northern Region Outdoor Track Champs
	1:55.92 F Foley, Christopher	5/27/2010 Northern Region Outdoor Track Champs 2010
6	1:56.18 F Siragusa, Brad	5/27/2004 Northern Region Spring Track Champs
7	1:57.4h F Soleau, Brandon	5/14/1992 Great Falls District Outdoor Track Champs

8	1:57.65 F McGorty, Ryan	4/17/2015	2015 Lake Braddock Hall of Fame Invitational
9	1:57.77 F Lauer, Zach	5/17/1990	Northern Region Outdoor Track Champs
10	1:58.41 F Foley, Christopher	4/24/2010	Cassel's XBC Track Experience 2010
11	1:58.45 F Sowah, Johanan	4/27/2013	2013 Cassel's XBC Track Experience
12	1:58.50 F Moore, Billy	5/1/1999	TC Williams Invitational
13	1:58.54 F Huff, Adam	5/1/2013	2013 Concorde Pre-District Jamboree
14	1:58.64 F Miller, Logan	5/1/2013	2013 Concorde Pre-District Jamboree
15	1:58.6h F Bradecamp, Mike	5/7/1982	Northern Region Outdoor Track Champs
15	1:58.6h F Bradecamp, Dennis	5/8/1987	Potomac District Outdoor Track Champs
17	1:58.8h F Harrell, Bryan	5/18/1994	Great Falls District Outdoor Track Champs
17	1:58.8h F D'Arcy, Jeff	4/11/1981	Chantilly vs. West Springfield
17	1:58.8h F Freeman, David	5/9/1986	Potomac District Outdoor Track Champs
	1:59.00 F Labor-Koroma, Mohamed	5/27/2010	Northern Region Outdoor Track Champs 2010
	1:59.60 F Lange, Dakota	5/22/2014	2014 Concorde Conference Championships
20	1:59.72 F Marlow, Patrick	5/22/2019	2019 Northern Region Spring Track Champs
	1:59.80 F Sturans, Andris	5/31/2013	2013 Virginia AAA State Spring Track Champs
21	1:59.94 F Parshall, Joshua	5/1/2013	2013 Concorde Pre-District Jamboree
22	2:00.0h F Roy, Corey	5/8/1987	Potomac District Outdoor Track Champs
	2:00.00 F Mitchell, Daniel	6/5/2015	2015 Virginia 6A Spring Track State Champs
23	2:00.49 F Cox, XB IV	5/26/2005	Northern Region Outdoor Track Champs
24	2:00.53 F Sturans, Andris	4/19/2013	Lake Braddock Hall of Fame Invitational
25	2:00.6h F Solometo, Patrick	5/16/1991	Great Falls District Outdoor Track Champs
26	2:00.8h F Baden, Mark	4/10/1982	Dogwood Track Classic
27	2:01.24 F Stahli, Brian	5/8/1991	Chantilly & Madison
28	2:01.36 F Jeffries, Titus	4/17/2015	2015 Lake Braddock Hall of Fame Invitational
	2:01.36 F Palmer, Eric	5/15/2008	2008 Concorde District Track Championship
	2:01.40 F Palmer, Douglas	5/19/2004	Concorde District Spring Track Champs 2004
29	2:01.72 F Mitchell, Daniel	4/17/2015	2015 Lake Braddock Hall of Fame Invitational
30	2:01.6h F Wolfe, John	5/2/1980	Northern District Outdoor Track Champs
31	2:01.9h F Orlandella, Hiroto	5/16/1991	Great Falls District Outdoor Track Champs
31	2:02.14 F Coffey, Ethan	4/28/2001	Judges Classic
33	2:02.2h F Horn, Jason	5/13/1996	Concorde District Outdoor Track Champs
34	2:02.48 F Smiley, Philip	5/16/2001	Concorde District Outdoor Track Champs
	2:02.50 F Cumpian, Matthew	5/27/2010	Northern Region Outdoor Track Champs 2010
35	2:02.54 F Colling, James	5/8/1991	Chantilly & Madison
	2:02.60 F Bever, Wilson	5/15/2008	2008 Concorde District Track Championship
36	2:02.74 P Gallagher, Pat	5/7/1983	Northern District Outdoor Track Champs
37	2:02.80 F Bever, Wilson	5/14/2009	Concorde District Spring Track Champs
38	2:02.88 F Cyr, Wyatt	5/4/2019	2019 NIKE Spring Invitational
39	2:03.05 F Lange, Dakota	4/26/2014	2014 Cassel's XBC Track Experience
40	2:03.23 F Hubbard, Mark	4/30/2005	Dogwood Track Classic, 2005
	2:03.26 F Sakallah, Faris	5/23/2013	2013 Northern Region Spring Track Champs
41	2:03.44 F Compton, Evan	5/7/2014	2014 Concorde Pre-District Jamboree
42	2:03.54 F Khan, Miraj	5/7/2014	2014 Concorde Pre-District Jamboree
43	2:03.64 F Sakallah, Faris	5/1/2013	2013 Concorde Pre-District Jamboree
43	2:03.64 F Holton, Michael	5/3/2008	Nike Spring Invitational
45	2:04.01 F Monson, James	5/8/2019	2019 Concorde District Mega-Meet Part II

Men 1200m Run

1	3:07.08 F	McGorty, Brandon	6/21/2015	New Balance Outdoor Track Nationals
2	3:10.60 F	McGorty, Ryan	4/10/2015	=PR= Northern Virginia Invitational
3	3:18.40 F	McGorty, Sean	6/17/2010	New Balance Outdoor Track Nationals

4	3:21.10 F	Palmer, Eric	4/11/2008	Metro Run & Walk NoVA Invitational
5	3:25.70 F	Monson, James	4/13/2018	2018 =PR= NOVA Invitational
6	3:28.60 F	Cumpian, Matthew	4/9/2010	=PR= Northern Virginia Invitational 2010
7	3:31.00 F	Khan, Miraj	4/6/2013	2013 Legard Relays
8	3:34.10 F	Reingold, Michael	4/12/2013	Northern Virginia Invitational 2013
9	3:34.90 F	Canavan, Connor	3/30/2019	2019 Carolyn Legard Relays
10	3:37.50 F	Perry, Andrew	4/5/2019	2019 =PR= NoVA Invitational
11	3:38.90 F	Shay, Harrison	4/7/2018	2018 Carolyn Legard Relays
12	3:42.00 F	Mufti, Waleed	3/29/2008	Carolyn Legard Relays
13	3:49.50 F	Applegate, Colton	4/1/2017	2017 Carolyn Legard Relays
14	4:02.60 F	Burcham, Austin	4/7/2017	2017 =PR= NOVA Invitational

Men 1500m Run

1	3:48.71 F	McGorty, Sean	4/25/2013	Penn Relays 2013
2	3:55.22 F	Post, Eric	4/25/1997	1997 Penn Relays
3	4:29.98 F	Sturans, Andris	6/15/2014	New Balance Outdoor Nationals
4	4:33.38 F	Sakallah, Faris	5/14/2011	Victor Cahoon Invitational 2011
5	4:47.41 F	Blackford, Sean	5/8/2004	Victor Cahoon Invitational

Men 1600m Run

1	4:03.05c F	McGorty, Sean	4/25/2013	Penn Relays 2013
2	4:07.14c F	McGorty, Brandon	7/2/2016	2016 NIKE Distance Elite Camp
3	4:12.73 F	Colling, James	6/3/1994	Virginia AAA State Outdoor Track Champs
4	4:12.81 F	Williams, Warren	5/27/1995	Virginia AAA State Outdoor Track Champs
5	4:14.74 F	Foley, Christopher	5/1/2010	NIKE Spring Invitational 2010
6	4:17.00 F	Siragusa, Brad	5/19/2004	Concorde District Spring Track Champs
7	4:17.70 F	McGorty, Ryan	5/28/2015	2015 6A Northern Region Championships
8	4:18.98 F	Post, Eric	5/22/1997	Northern Region Outdoor Track Champs
9	4:21.09 F	Lange, Dakota	5/29/2014	Region 6A North Championships
10	4:21.11 F	Moore, Billy	4/17/1999	Allen Johnson Invitational
11	4:21.77 F	Miller, Logan	5/31/2013	Virginia AAA State Spring Track Champs
12	4:23.5h F	Baden, Mark	5/7/1982	Northern Region Outdoor Track Champs
13	4:24.85 F	Coffey, Ethan	4/21/2001	Allen Johnson Invitational
	4:25.12c	Sakallah, Faris	6/15/2013	2013 New Balance Outdoor Nationals
14	4:25.86 F	Palmer, Eric	5/22/2008	Northern Region Outdoor Track Champs
15	4:27.68 F	Sakallah, Faris	5/4/2013	2013 NIKE Spring Invitational
16	4:27.84 F	Muckel, David	5/27/1993	Northern Region Outdoor Track Champs
17	4:27.8h F	Muniz, Lance	3/25/1987	Wakefield & Jefferson
18	4:28.34 F	Chapman, Colin	5/16/2001	Concorde District Outdoor Track Champs
19	4:32.3h F	Braden, Chris	5/17/1985	Potomac District Outdoor Track Champs
20	4:32.73 F	Amos, Tyler	5/10/2018	2018 =PR= Spring Track Festival
21	4:32.88 F	Malander, Peter	4/19/2013	Lake Braddock Hall of Fame Invitational
22	4:33.2h F	Harrell, Bryan	5/20/1993	Great Falls District Outdoor Track Champs
23	4:33.5h F	D'Arcy, Jeff	5/1/1981	Northern District Outdoor Track Champs
23	4:33.74 F	Marlow, Patrick	5/16/2019	2019 Concorde District Spring Track Champs
25	4:34.6h F	Stratford, Matt	5/13/1996	Concorde District Outdoor Track Champs
26	4:34.81 F	Puhek, Joshua	5/10/2018	2018 =PR= Spring Track Festival
27	4:34.85 F	Huff, Adam	4/12/2013	Northern Virginia Invitational 2013
28	4:34.96 F	Compton, Evan	5/21/2015	2015 Concorde Conference 5 Championships
29	4:35.73 F	Carlsen, Carl	5/19/2000	2000 TJ Penultimate Experience
30	4:35.78 F	Creeks, Raymond	5/25/2021	2021 Concorde District Spring Track Champs

31	4:36.0h	F Dillon, Mike	5/1/1976	Great Falls District Outdoor Track Champs
32	4:36.29	F Creeks, Brian	5/15/2021	2021 Concorde Invitational
33	4:36.37	F Parshall, Joshua	4/27/2013	2013 Cassel's XBC Track Experience
34	4:36.40	F Palmer, Douglas	5/1/2004	TC Williams Invitational, 2004
35	4:36.48	F Compton, Evan	4/26/2014	2014 Cassel's XBC Track Experience
36	4:36.65	F Jaynes, Adam	5/16/2019	2019 Concorde District Spring Track Champs
37	4:37.09	F Cumpian, Matthew	5/8/2010	TJ Penultimate Experience 2010
38	4:37.35	F Sowah, Johanan	4/12/2013	Northern Virginia Invitational 2013
39	4:37.55	F Bever, Wilson	5/2/2009	Nike Spring Invitational
40	4:38.74	F Khan, Miraj	5/3/2014	NIKE Spring Invitational
41	4:38.82	F Monson, James	4/20/2018	2018 Lake Braddock Hall of Fame Invitational
42	4:39.03	F Bever, Daniel	5/16/2007	Concorde District Spring Track Champs
43	4:39.21	F French, Benjamin	5/25/2021	2021 Concorde District Spring Track Champs
44	4:39.85	F Cox, XB IV	5/7/2005	T.C. Williams Invitational
45	4:39.96	F Allain, Thomas	5/6/2017	2017 NIKE Spring Invitational
46	4:40.0h	F Zoltek, Fabio	5/20/1993	Great Falls District Outdoor Track Champs

Men 1 Mile Run

1	4:04.47	F McGorty, Sean	4/25/2013	Penn Relays 2013 (MEET RECORD)
2	4:08.58	F McGorty, Brandon	7/2/2016	2016 NIKE Distance Elite Camp
3	4:24.08	F McGorty, Ryan	6/13/2014	New Balance Outdoor Nationals
	4:25.21	F Miller, Logan	6/15/2013	2013 New Balance Outdoor Nationals
	4:26.67	F Sakallah, Faris	6/15/2013	2013 New Balance Outdoor Nationals
4	4:30.37	F Siragusa, Brad	6/13/2003	Addidas Outdoor Track National Champs
5	4:38.40	F Muniz, Lance	4/3/1986	Rotary Relays

Men 3200m Run

1	8:42.56c	F McGorty, Sean	6/15/2013	2013 New Balance Outdoor Nationals
2	9:08.43	F Foley, Christopher	6/4/2010	Virginia AAA State Outdoor Track Champs
3	9:12.7h	F Post, Eric	5/30/1997	Virginia AAA State Outdoor Track Champs
4	9:17.21c	F Siragusa, Brad	5/13/2005	Southern Track Classic, 2005
5	9:18.50c	F McGorty, Ryan	5/8/2015	2015 Southern Track Classic
6	9:19.94	F Colling, James	4/16/1994	1994 Journal Challenge
7	9:23.21	F Williams, Warren	5/6/1995	1995 TC Williams Invitational
8	9:27.14c	F Lange, Dakota	5/9/2014	Southern Track Classic
9	9:29.19	F Sakallah, Faris	4/12/2013	Northern Virginia Invitational 2013
10	9:31.42	F McGorty, Brandon	4/8/2016	2016 =PR= NoVA Invitational
11	9:36.8h	F Muniz, Lance	5/9/1986	Potomac District Outdoor Track Champs
12	9:39.03	F Khan, Miraj	5/30/2014	Region 6A North Championships
13	9:41.94	F Huff, Adam	12/1/2012	Lake Braddock Polar Bear Meet
14	9:44.24	F Miller, Logan	5/26/2011	Northern Region Spring Track Champs
15	9:44.55	F Palmer, Eric	4/18/2008	Allen Johnson Invitational
16	9:44.68	F Coffey, Ethan	5/16/2001	Concorde District Outdoor Track Champs
17	9:45.06	F Parshall, Joshua	4/19/2013	Lake Braddock Hall of Fame Invitational
18	9:46.6h	F Boris, Dan	5/7/1982	Northern Region Outdoor Track Champs
19	9:48.05	F Amos, Tyler	5/23/2018	2018 Northern Region D Spring Track Champs
20	9:49.48	F Puhek, Joshua	5/23/2018	2018 Northern Region D Spring Track Champs
19	9:52.66	F Malander, Peter	5/17/2012	Concorde District Spring Track Champs
20	9:56.8h	F Muckel, David	5/14/1992	Great Falls District Outdoor Track Champs
21	9:57.0h	F Baden, Mark	4/21/1982	Chantilly vs. Oakton & Lake Braddock

22	9:58.26	F	Wigle, Christopher	5/26/2016	2016 Northern Region 6A Spring Track Champs
23	9:59.08	F	Cumpian, Matthew	4/16/2010	Lake Braddock Hall of Fame Invitational
24	10:00.94	F	Palmer, Douglas	4/24/2004	Dogwood Invitational, 2004
25	10:01.68	F	Creeks, Raymond	5/5/2021	Chantilly, Centreville & Madison
26	10:02.10	F	Creeks, Brian	5/19/2021	Chantilly, Centreville & Oakton
26	10:02.10	F	Compton, Evan	5/14/2014	2014 TJ Penultimate Experience
28	10:02.63	F	Marlow, Patrick	4/12/2019	2019 Lake Braddock Hall of Fame Invitational
29	10:05.34	P	Chapman, Colin	4/28/2001	Judges Classic
30	10:05.3h	F	Johnson, Michael	5/20/1993	Great Falls District Outdoor Track Champs
31	10:07.49	F	Monson, James	4/28/2018	2018 Cassel's XBC Track Experience
32	10:09.52	F	Allain, Thomas	4/21/2017	2017 Lake Braddock Hall of Fame Invitational
33	10:10.4h	F	Zoltek, Fabio	5/20/1993	Great Falls District Outdoor Track Champs
34	10:13.77	F	Jaynes, Adam	4/5/2019	2019 =PR= NoVA Invitational
35	10:15.30	F	Roberts, Patrick	5/2/2009	Nike Spring Invitational
36	10:18.79	F	Applegate, Colton	5/17/2018	2018 Concorde District Spring Track Champs
37	10:21.14	F	Green, Stephen	5/2/2001	Thomas Jefferson
38	10:21.22	F	Marotta, Nicholas	4/25/2015	2015 Cassel's XBC Track Experience
39	10:21.60	F	Sowah, Johanan	5/3/2013	On the Run Sports- Falcon Track Classic
40	10:21.8h	F	Moncrief, William	5/11/1989	Great Falls District Outdoor Track Champs
41	10:22.24	F	Bever, Daniel	5/12/2007	TJ Penultimate Experience
42	10:23.98	F	French, Benjamin	12/29/2020	Chantilly & Centreville
43	10:27.51	F	Cronin, Joey	5/19/2016	2016 Concorde Conference 5 Spring Champs
44	10:28.74	F	Robertson, Tristan	4/17/2015	2015 Lake Braddock Hall of Fame Invitational

Men 2 Mile Run

1	8:45.61	F	McGorty, Sean (Then VA RECORD)	6/15/2013	2013 New Balance Outdoor Nationals
2	9:12.75	F	Foley, Christopher	6/17/2010	New Balance Outdoor Track Nationals
3	9:21.76	F	McGorty, Ryan	5/8/2015	2015 Southern Track Classic
4	9:30.45	F	Lange, Dakota	5/9/2014	2014 Southern Track Classic
5	9:33.49	F	Sakallah, Faris	5/10/2013	2013 Southern Track Classic
6	10:17.26	F	Miller, Logan	5/10/2013	2013 Southern Track Classic

Men 3000m Run

1	8:10.81c	F	McGorty, Sean (en route)	6/15/2013	2013 New Balance Outdoor Nationals
2	8:27.67	F	Foley, Christopher	4/23/2010	Penn Relays
3	8:38.18	F	Colling, James	6/18/1994	American Airlines NSSC T & F Champs
4	9:10.4h	F	Boris, Dan	4/10/1982	Dogwood Track Classic

Men 110m Hurdles

1	14.7h	F	Smith, Azibo	5/13/1996	Concorde District Outdoor Track Champs
2	15.14	F	Ransom, Miles	5/24/2012	Northern Region Spring Track Champs
3	15.0h	F	Hudson, Greg	5/12/1988	Great Falls District Outdoor Track Champs
3	15.0h	F	Kemp, Scott	5/9/1986	Potomac District Outdoor Track Champs
3	15.0h	F	Henderson, Herndon	4/12/1986	Fauquier County Invitational
3	15.0h	F	Mattioli, Keith	5/7/1983	Northern District Outdoor Track Champs
7	15.31	F	Herrity, Robert	5/3/2008	Nike Spring Invitational
8	15.1h	F	Pearson, Marc	5/9/1984	Potomac District Outdoor Track Champs

9	15.39 F McClintock, Peyton	4/26/2014	2014 Cassel's XBC Track Experience
10	15.48 P Highsmith, Jarel	4/28/2007	Cassel's XBC Track Classic
11	15.3h F Hays, Pat	5/11/1989	Great Falls District Outdoor Track Champs
11	15.3h F Drake, Derek	5/20/1993	Great Falls District Outdoor Track Champs
11	15.54 F Snekcim, Nhoj	4/17/1993	1993 Journal Challenge
14	15.60 F Ploetz, Gifford	5/16/1991	Great Falls District Outdoor Track Champs
15	15.5h F Kemp, Brian	5/12/1988	Great Falls District Outdoor Track Champs
15	15.5h F Peterson, Jawan	5/10/1990	Great Falls District Outdoor Track Champs
15	15.5h F Martin, Jim	5/12/1988	Great Falls District Outdoor Track Champs
18	15.75 F Sturans, Andris	6/15/2014	New Balance Outdoor Nationals
19	15.77 P Eastman, Christian	5/26/2016	2016 Northern Region 6A Spring Track Champs
20	15.83 F Almodiel, Jose Diego	5/19/2016	2016 Concorde Conference 5 Spring Champs
21	15.86 F Pereira, Conrad	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
22	15.96 F Menzel, Chris	5/19/2010	Concorde District Outdoor Track Champs
23	16.14 P Cumberbatch, Oswald	5/16/2007	Concorde District Spring Track Champs
24	16.17 F Henderson, Chandler	4/26/2014	2014 Cassel's XBC Track Experience
25	16.19 F Nguyen, Eric	5/3/2013	On the Run Sports- Falcon Track Classic
26	16.1h F Thalman, Brandon	5/16/1991	Great Falls District Outdoor Track Champs
27	16.34 F O'Reilly, Tyler	5/1/2019	Concorde District Mega-Meet Part I
28	16.36 F Beyeah, Jimmy	4/30/2005	Dogwood Track Classic, 2005
29	16.42 F Daneshmand, Arvin	4/4/2014	2014 Northern Virginia Invitational
30	16.43 P Ibrahim, Ali	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
	16.54 F McWeeny, Ryan	4/7/2010	Herndon & Westfield
	16.64 F King, Steven	5/8/1991	Chantilly & Madison
31	16.64 F Scopellite, Michael	5/4/2016	2016 Concorde Pre-District Jamboree
32	16.72 P Fay, Thomas	5/26/2005	Nothern Region Outdoor Track Champs
33	16.73 P Boucher, Dylan	5/22/2019	2019 Northern Region Spring Track Champs
34	16.76 F McWeeny, Ryan	5/8/2010	TJ Penultimate Experience
35	16.83 F Fitzhugh, Samuel	5/25/2021	2021 Concorde District Spring Track Champs
36	16.87 F Raja, Nader	5/14/2003	Concorde District Outdoor Track Champs
37	16.88 F Sun, Wesley	5/3/2008	Nike Spring Invitational
38	16.92 F Tsai, Eric	4/28/2018	2018 Cassel's XBC Track Experience

Men 120y Hurdles

1	14.9h F Silberski, Marc	5/1/1976	Great Falls District Outdoor Track Champs
---	-------------------------	----------	---

Men 300m Hurdles

1	39.3h F Martin, Jim	5/11/1989	Great Falls District Outdoor Track Champs
2	39.60 P Comerford, Kevin	5/30/2003	Virginia AAA State Outdoor Track Champs
3	39.77 F Labor-Koroma, Mohamed	5/26/2011	Northern Region Spring Track Champs
	39.8h Franks, Jason	5/1998	(Unverified) Athlete Reported
4	40.02 P Highsmith, Jarel	5/16/2007	Concorde District Spring Track Champs
5	39.9h F Mattioli, Keith	5/7/1983	Northern District Outdoor Track Champs
6	40.17 F McClintock, Peyton	5/9/2014	Southern Track Classic
7	40.0h F Hudson, Greg	5/12/1988	Great Falls District Outdoor Track Champs
7	40.24 F Peterson, Jawan	5/17/1990	Northern Region Outdoor Track Champs
9	40.57 F Beyeah, Jimmy	4/30/2005	Dogwood Track Classic, 2005
10	40.60 F Hays, Pat	5/11/1989	Great Falls District Outdoor Track Champs
11	40.6h F Hatcher, Bryant	4/26/1986	Battleground Invitational
12	40.8h F Singh, Amandeep	5/20/1993	Great Falls District Outdoor Track Champs
13	41.08 S Cumberbatch, Oswald	5/17/2006	Concorde District Outdoor Track Champs

14	41.12 F	Scopellite, Michael	5/13/2016	2016 =PR= Spring Track Festival
15	41.17 F	Ibrahim, Ali	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
16	41.19 F	Herrity, Robert	5/3/2008	Nike Spring Invitational
17	41.1h F	King, Steven	5/16/1991	Great Falls District Outdoor Track Champs
18	41.40 P	Ransom, Miles	5/19/2011	Concorde District Spring Track Champs
19	41.41 P	McDuffy, Arthur	5/24/2012	Northern Region Spring Track Champs
20	41.54 F	Daneshmand, Arvin	4/4/2014	2014 Northern Virginia Invitational
21	41.57 F	Menzel, Chris	5/19/2010	Concorde District Outdoor Track Champs
22	41.62 F	Eastman, Christian	5/26/2016	2016 Northern Region 6A Spring Track Champs
23	41.64 F	Pereira, Conrad	4/30/2016	2016 Cassel's XBC Track Experience
24	41.4h F	Kemp, Scott	4/12/1986	Fauquier County Invitational
24	41.4h F	Drake, Derek	5/20/1993	Great Falls District Outdoor Track Champs
26	41.74 F	O'Reilly, Tyler	5/4/2019	2019 NIKE Spring Invitational
27	41.78 F	Smith, Azibo	4/8/1995	1995 Journal Challenge
28	41.81 F	Almodiel, Jose Diego	5/26/2016	2016 Northern Region 6A Spring Track Champs
29	41.91 F	Nguyen, Eric	4/19/2013	Lake Braddock Hall of Fame Invitational
30	41.98 F	Morrison, Michael	5/19/2004	Concorde District Spring Track Champs
31	41.99 F	Fitzhugh, Samuel	5/25/2021	2021 Concorde District Spring Track Champs
32	41.9h F	Ploetz, Gifford	5/16/1991	Great Falls District Outdoor Track Champs
33	42.27 F	Boucher, Dylan	4/5/2019	2019 =PR= NoVA Invitational
34	42.29 P	McWeeny, Ryan	5/14/2009	Concorde District Spring Track Champs
35	42.50 F	Henderson, Chandler	5/29/2014	Region 6A North Championships
36	42.52 F	Lauchengco, Dominic	5/18/2005	Concorde District Outdoor Champs
37	42.3h F	Snekcim, Nhoj	5/20/1993	Great Falls District Outdoor Track Champs
38	42.60 F	Westfall, Scott	5/11/1989	Great Falls District Outdoor Track Champs
39	42.4h F	Ritchey, Brad	5/10/1990	Great Falls District Outdoor Track Champs
40	42.74 F	Thalman, Brandon	4/20/1991	1991 Mount Vernon Twilight Classic
41	42.84 F	Raja, Nader	4/30/2003	Herndon and Centreville
42	43.00 F	Azurin, Arthur	4/27/2013	2013 Cassel's XBC Track Experience

Men 330y Hurdles

1	39.9h F	Silberski, Marc	5/1/1976	Great Falls District Outdoor Track Championsh
2	40.5h F	Shirley, Andy	5/6/1978	1978 Northern District Spring Track Champs

Men 1500m StplCh

1	4:55.0h F	Crawford, Scott	4/18/1981	GMU Invitational
---	-----------	-----------------	-----------	------------------

Men High Jump

1	6-05.00 F	McGorty, Brandon	12/12/2015	2015 Ram Invite
2	6-03.00 F	Teal, Chris	1990	CHS Record Board
3	6-02.00 F	Grant, Christopher	5/13/2000	2000 Allen Johnson Invitational
3	6-02.00 F	Labor-Koroma, Mohamed	5/13/2011	Southern Track Classic 2011
3	6-02.00 F	Casscone, Pete	5/21/1992	Northern Region Outdoor Track Champs
3	6-02.00 F	Pereira, Conrad	6/2/2017	2017 Virginia 6A State Spring Track Champs
7	6-01.00 F	Peterson, Jawan	5/5/1990	1990 TC Williams Invitational
8	6-00.00 F	Bowser, Brett	5/10/1990	Great Falls District Outdoor Track Champs
8	6-00.00 F	Snekcim, Nhoj	1/14/1994	Great Falls District Jump Meet
8	6-00.00 F	Kemp, Scott	4/12/1986	Fauquier County Invitational
11	5-10.00 F	McDuffy, Arthur	3/28/2012	Centreville & Oakton 2012
11	5-10.00 F	Wiegand, Jake	5/15/2008	Concorde District Track Championship

11	5-10.00	F Jones, Brian	1/14/1994	Great Falls District Jump Meet
11	5-10.00	F Sturans, Andris	4/10/2013	Robinson, Chantilly & Westfield
11	5-10.00	F Kemp, Brian	5/11/1989	Great Falls District Outdoor Track Champs
11	5-10.00	F Wroebe, Mike	5/13/1996	Concorde District Outdoor Track Champs
11	5-10.00	F Park, Sung Woo	5/2/2012	Concorde Pre-District Jamboree 2012
11	5-10.00	F Jamison, Josef	4/10/2013	Robinson & Westfield
11	5-10.00	F Ullom, Nicholas	5/12/2012	2012 TJ Penultimate Experience
11	5-10.00	F Ritchey, Brad	5/12/1988	Great Falls District Outdoor Track Champs
11	5-10.00	F Yantchook, Niles	5/20/1993	Northern Region Outdoor Track Champs
11	5-10.00	F Shepherd, Michael	4/5/2017	Chantilly, Robinson & Westfield
23	5-08.00	F Metcalf, Saul	5/11/1989	Great Falls District Outdoor Track Champs
23	5-08.00	F Ricks, James	5/14/2009	Concorde District Spring Track Champs
23	5-08.00	F Ransom, Miles	3/29/2011	Centreville & Oakton
23	5-08.00	F Highsmith, Jarel	4/25/2007	Centreville, Herndon & Westfield
23	5-08.00	F Cumberbatch, Oswald	4/13/2007	Metro Run & Walk Northern Virginia Inv.
23	5-08.00	F Lauchengco, Dominic	4/19/2006	Herndon & Robinson
23	5-08.00	F McWeeny, Ryan	5/5/2010	Concorde Pre-District Jamboree
23	5-08.00	F Drake, Derek	5/20/1993	Great Falls District Outdoor Track Champs
23	5-08.00	F Cumberbatch, Omar	4/19/2006	Herndon & Robinson
23	5-08.00	F Young, Jordan	5/5/2010	Concorde Pre-District Jamboree
23	5-08.00	F McCormick, John	5/17/1985	Potomac District Outdoor Track Champs
23	5-08.00	F Nas, Andor	4/29/2015	Chantilly, Oakton & Westfield
23	5-08.00	F Eastman, Cush	5/13/2016	2016 =PR= Spring Track Festival
23	5-08.00	F Eastman, Christian	3/15/2016	2016 Purple Black & White Meet
23	5-08.00	F James, Maximus	4/28/2021	Chantilly, Oakton & Westfield

Men Pole Vault

1	14-07.00	F Sun, Wesley	4/17/2009	Lake Braddock Hall of Fame Invitational
2	14-06.00	F Snekcim, Nhoj	5/20/1993	Great Falls District Outdoor Track Champs
3	14-01.00	F Ploetz, Gifford	4/27/1991	1991 Battleground Invitational
4	14-00.00	F Sun, Curtis	5/21/2009	Northern Region Spring Track Champs
4	14-00.00	F Peters, Vincent	5/31/1991	Virginia AAA State Spring Track Champs
4	14-00.00	F Almodiel, Jose Diego	6/4/2016	2016 Virginia 6A State Spring Track Champs
7	13-07.50	F Clark, Doug	5/17/1985	Potomac District Outdoor Track Champs
8	13-06.00	F Barry, Shawn	4/13/1991	1991 Stafford Relays
8	13-06.00	F Aleem, Karim	6/3/1994	Virginia AAA State Outdoor Track Champs
8	13-06.00	F Nguyen, Eric	4/6/2013	2013 Legard Relays
8	13-06.00	F Beno, Jeff	4/17/1993	1993 Journal Challenge
12	13-03.00	F Trikakis, Joshua	5/21/2009	Northern Region Spring Track Champs
13	13-00.00	F Cantrell, Kyle	5/2/2009	Nike Spring Invitational
13	13-00.00	F Menzel, Chris	5/27/2010	Northern Region Outdoor Track Champs
13	13-00.00	F Lauchengco, Dominic	5/27/2004	Northern Region Spring Track Champs
16	12-09.00	F Staszak, Andrew	5/13/2000	2000 Allen Johnson Invitational
17	12-06.00	F Kircher, Jay	4/21/2001	Allen Johnson Invitational
17	12-06.00	F Clark, Rob	4/26/1984	Chantilly vs. Fairfax
17	12-06.00	F Phimmassone, Anothep	3/26/1985	Chantilly vs. Fairfax
17	12-06.00	F Kemp, Scott	5/9/1986	Potomac District Outdoor Track Champs
17	12-06.00	F Sung, Alexander	5/12/2012	TJ Penultimate Experience
22	12-03.25	F Sturans, Andris	6/15/2014	New Balance Outdoor Nationals
23	12-03.00	F Clark, Will	5/16/1984	Northern Region Outdoor Track Champs
24	12-00.00	F Lewis, Tom	5/9/1986	Potomac District Outdoor Track Champs

24	12-00.00	F Nash, Bob	5/11/1989	Great Falls District Outdoor Track Champs
24	12-00.00	F Drake, Derek	5/20/1993	Great Falls District Outdoor Track Champs
27	11-06.00	F Kimmel, Paul	5/20/1999	Concorde District Outdoor Track Champs
27	11-06.00	F Davis, Ed	5/9/1986	Potomac District Outdoor Track Champs
27	11-06.00	F Ploetz, Ben	5/10/1990	Great Falls District Outdoor Track Champs
27	11-06.00	F Fitzhugh, Samuel	5/25/2021	2021 Concorde District Spring Track Champs
31	11-03.00	F Henderson, Chandler	5/22/2014	2014 Concorde Conference 5 Champs
32	11-00.00	F Nash, Brian	5/12/1988	Great Falls District Outdoor Track Champs
32	11-00.00	F Gallagher, Peter	4/7/2001	Seahawk Invitational
32	11-00.00	F Ransom, Miles	4/13/2012	2012 =PR= Northern Virginia Invitational
32	11-00.00	F Butkus, Chris	5/14/1992	Great Falls District Outdoor Track Champs
32	11-00.00	F Ransbotham, James	4/24/2002	Centreville/Oakton
32	11-00.00	F Kemp, Brian	5/11/1989	Great Falls District Outdoor Track Champs
32	11-00.00	F Hughes, Bryan	5/3/2000	District Dual Meet #2
32	11-00.00	F Tsai, Eric	4/20/2018	2018 Lake Braddock Hall of Fame Invitational

Men Long Jump

1	23-07.00	F Schmader, Gus	6/4/1999	Virginia AAA State Outdoor Track Champs
2	22-08.00	F McDuffy, Arthur	6/1/2012	2012 Virginia AAA Spring Track Champs
3	22-03.75	F Teal, Chris	5/25/1990	Virginia AAA State Spring Track Champs
4	22-01.00	F Aleem, Karim	4/17/1993	1993 Journal Challenge
5	21-10.00	F Mattioli, Keith	5/7/1983	Northern District Outdoor Track Champs
5	21-10.00	F Swan, Kisasi	4/8/1995	1995 Journal Challenge
7	21-09.50	F Smith, Azibo	5/20/1995	Northern Region Outdoor Track Champs
8	21-07.00	F Beyeah, Jimmy	5/26/2005	Nothern Region Outdoor Track Champs
9	21-03.75	F Wroebel, Mike	5/15/1997	Concorde District Outdoor Track Champs
10	21-02.50	F Schnarrs, James	5/18/2005	Concorde District Outdoor Champs
11	21-00.75	F Martin, Jim	5/12/1988	Great Falls District Outdoor Track Champs
12	20-10.75	F Almodiel, Darren	4/25/2015	2015 Cassel's XBC Track Experience
13	20-10.50	F Davenport, Trosoadas	5/25/2021	2021 Concorde District Spring Track Champs
14	20-09.50	F Hudson, Greg	5/12/1988	Great Falls District Outdoor Track Champs
15	20-08.50	F Highsmith, Jarel	5/6/2006	TC Williams Invitational
16	20-08.25	F Boyd, Altarius	5/14/1992	Great Falls District Outdoor Track Champs
17	20-08.00	F Chudasama, Shaan	4/29/2017	2017 Cassel's XBC Track Experience
18	20-07.75	F Beno, Jeff	5/14/1992	Great Falls District Outdoor Track Champs
19	20-07.00	F Shorten, Quinn	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
20	20-06.00	F Wang, Eric	5/20/1999	Concorde District Outdoor Track Champs
21	20-05.50	F Peterson, Jawan	5/10/1990	Great Falls District Outdoor Track Champs
22	20-04.75	F Sturans, Andris	4/26/2014	2014 Cassel's XBC Track Experience
23	20-04.50	F Trikakis, Joshua	4/25/2009	2009 Cassel's XBC Track Experience
24	20-04.25	F Eastman, Cush	5/19/2016	2016 Concorde Conference 5 Spring Champs
25	20-03.75	F Labor-Koroma, Mohamed	5/4/2011	Concorde Pre-District Jamboree
26	20-02.50	F West, Justin	4/27/2013	2013 Cassel's XBC Track Experience
27	20-01.25	F Henderson, Herndon	4/12/1986	Fauquier County Invitational
28	20-00.25	F Naugles, Mikhail	4/6/2013	2013 Legard Relays
29	19-11.50	F Morrad, Umar	3/15/2016	2016 Purple Black & White Meet
30	19-11.00	F Do, Cong	5/1/2010	NIKE Spring Invitational 2010
31	19-10.00	F Kemp, Scott	4/23/1986	Falls Church, Stuart & TJ
31	19-10.00	F Norcini, Jake	5/21/2015	2015 Concorde Conference 5 Championships
33	19-09.75	F Baker, Jeremy	5/13/1996	Concorde District Outdoor Track Champs
34	19-07.75	F Mazloum, Sean	5/19/2011	Concorde District Spring Track Champs
35	19-06.00	F King, Steven	5/16/1991	Great Falls District Outdoor Track Champs

36	19-05.50	F	Salas, Efraem	5/15/2008	2008 Concorde District Track Champs
37	19-05.50	F	Sewell, Donald	5/10/2006	Centreville, Herndon, Fairfax
38	19-04.00	F	Oputa, Emeka	5/5/2012	Nike Spring Invitational 2012
38	19-04.00	F	Fitzhugh, Samuel	5/25/2021	2021 Concorde District Spring Track Champs
40	19-03.75	F	Ziegenfuss, Steven	5/2/2001	Thomas Jefferson
41	19-03.50	F	Thornton, Michael	4/20/2016	Chantilly, Robinson & Westfield
42	19-03.25	F	Kemp, Brian	5/11/1989	Great Falls District Outdoor Track Champs
43	19-03.00	F	Russo, John	5/10/2006	Centreville, Herndon, Fairfax
44	19-02.25	F	Lee, Jinsuk	5/1/2013	2013 Concorde Pre-District Jamboree
45	19-02.25	F	Lauchengco, Dominic	3/31/2006	Metro Run & Walk NoVA Invitational
46	19-01.25	F	Panjshiri, Rostam	5/22/2014	Concorde Conference Championships
47	19-00.50	F	Pereira, Conrad	3/30/2016	Chantilly, Oakton & Westfield
48	18-11.50	F	Eastman, Christian	4/20/2016	Chantilly, Robinson & Westfield
49	18-10.25	F	Phan, Tobey	4/29/2017	2017 Cassel's XBC Track Experience

Men Triple Jump

1	47-04.25	F	McDuffy, Arthur	5/24/2012	Northern Region Spring Track Champs
2	45-06.50	F	Teal, Chris	5/17/1990	Northern Region Outdoor Track Champs
3	45-01.50	F	Smith, Azibo	5/20/1995	Northern Region Outdoor Track Champs
4	44-09.00	F	Swan, Kisasi	5/20/1995	Northern Region Outdoor Track Champs
5	44-08.50	F	Beno, Jeff	5/20/1993	Great Falls District Outdoor Track Champs
6	44-00.00	F	Boyd, Altarius	5/14/1992	Great Falls District Outdoor Track Champs
7	43-02.50	F	Shorten, Quinn	4/21/2017	2017 Lake Braddock Hall of Fame Invitational
8	42-11.25	F	Kemp, Brian	5/11/1989	Great Falls District Outdoor Track Champs
9	42-03.50	F	Drake, Derek	5/20/1993	Great Falls District Outdoor Track Champs
10	42-01.50	F	Fitzhugh, Samuel	5/25/2021	2021 Concorde District Spring Track Champs
11	42-00.00	F	Schmader, Gus	5/15/1997	Concorde District Outdoor Track Champs
12	41-05.50	F	Boyd, Roderick	5/10/1990	Great Falls District Outdoor Track Champs
13	41-03.00	F	Phan, Tobey	4/29/2017	2017 Cassel's XBC Track Experience
14	41-01.50	F	Trikakis, Joshua	5/14/2009	Concorde District Spring Track Champs
14	41-01.50	F	Kemp, Scott	4/15/1985	Chantilly, Falls Church & TJ
16	40-11.25	F	Naugles, Mikhail	5/11/2013	2013 TJ Penultimate Experience
17	40-10.50	F	Wroebel, Mike	3/29/1996	1996 Carolyn Legard Relays
18	40-08.00	F	Raja, Nader	4/20/2002	Allen Johnson Invitational 2002
19	40-06.25	F	Pereira, Conrad	4/13/2016	Chantilly, Centreville & Robinson
20	40-06.00	F	Herrity, Robert	5/16/2007	Concorde District Spring Track Champs
21	40-05.00	F	Oputa, Emeka	5/24/2012	Northern Region Spring Track Champs
22	40-04.75	F	Smith, Raeshawn	5/16/2013	Concorde District Spring Track Champs
23	40-03.00	F	Highsmith, Jarel	5/17/2006	Concorde District Outdoor Track Champs
24	40-02.00	F	Park, Sung Woo	5/17/2012	Concorde District Spring Track Champs
24	40-02.00	F	McCormick, John	5/17/1985	Potomac District Outdoor Track Champs
24	40-02.00	F	Almodiel, Jose Diego	5/21/2015	2015 Concorde Conference 5 Championships
27	40-00.75	F	Beyeah, Jimmy	5/19/2004	Concorde District Spring Track Champs
28	40-00.00	F	Brown, Davonte	3/30/2019	2019 Carolyn Legard Relays
29	39-10.50	F	Sun, Wesley	5/3/2008	Nike Spring Invitational
30	39-09.50	F	Almodiel, Darren	4/6/2013	2013 Legard Relays
31	39-08.50	F	Morrad, Umar	4/15/2016	2016 Lake Braddock Hall of Fame Invitational
32	39-07.50	F	Schnarrs, James	5/18/2005	Concorde District Outdoor Champs
33	39-07.00	F	Comerford, Kevin	4/13/2002	Scudieri Team Challenge
34	39-01.50	F	Russo, John	5/17/2006	Concorde District Outdoor Track Champs
35	39-00.00	F	Ziegenfuss, Steven	4/28/2001	Judges Classic
36	38-11.00	F	Panjshiri, Rostam	5/3/2014	2014 NIKE Spring Invitational

37	38-07.00	F	McWeeny, Ryan	4/21/2009	Chantilly, Oakton & Westfield
38	38-05.75	F	Lauchengco, Dominic	3/31/2006	Metro Run & Walk NoVA Invitational
39	38-04.00	F	King, Steven	5/8/1991	Chantilly & Madison
40	38-03.00	F	Cooper, Stephen	5/18/2005	Concorde District Outdoor Champs
41	38-01.25	F	Chudasama, Shaan	4/29/2017	2017 Cassel's XBC Track Experience

Men Shot Put

1	54-05.50	F	Dobson, Matthew	5/18/2005	Concorde District Outdoor Champs
2	51-09.50	F	Leslie, Larry	5/11/1989	Great Falls District Outdoor Track Champs
3	50-11.25	F	Leslie, Michael	5/20/1995	Northern Region Outdoor Track Champs
4	49-09.00	F	Harper, Mark	5/25/2017	2017 6A Northern Region Spring Track Champs
5	48-11.00	F	Lalley, John	5/8/1987	Potomac District Outdoor Track Champs
6	48-09.00	F	Ferguson, David	5/23/1991	Northern Region Outdoor Track Champs
7	48-06.25	F	Ngo, Tristian	6/5/2015	2015 Virginia 6A Spring Track State Champs
8	48-03.50	F	Sye, Gregory	5/26/2005	Nothern Region Outdoor Track Champs
9	47-05.00	F	Zarou, Weal	5/1/1979	Northern District Outdoor Track Champs
10	47-04.50	F	Paska, Jeffrey	5/29/2014	Region 6A North Championships
11	47-02.50	F	Sampson, Jordan	4/28/2001	Judges Classic
12	46-07.50	F	Dutton, Rico	5/19/2010	Concorde District Outdoor Track Champs
13	46-07.00	F	Koshlap, Brandon	4/13/1991	1991 Stafford Relays
14	46-01.50	F	Hajibadri, Hozey	5/13/2016	2016 =PR= Spring Track Festival
15	46-00.00	F	Croy, Matt	5/10/1990	Great Falls District Outdoor Track Champs
16	45-04.50	F	Childress, Derek	5/9/1986	Potomac District Outdoor Track Champs
17	45-02.50	F	Madaj, Jack	5/16/2019	2019 Concorde District Spring Track Champs
18	45-02.00	F	Rembold, Matt	5/25/2000	Concorde District Outdoor Track Champs
19	45-00.00	F	Posey, Matthew	5/11/2017	2017 Rams Spring Invitational
20	44-10.75	F	Bush, Ernest	5/11/1989	Great Falls District Outdoor Track Champs
21	44-10.00	F	Fox, Steve	5/25/2000	Concorde District Outdoor Track Champs
22	44-08.50	F	Roy, Corey	5/11/1989	Great Falls District Outdoor Track Champs
23	44-04.50	F	McGee, XXX	5/20/1993	Great Falls District Outdoor Track Champs
24	43-10.00	F	Wintrode, Jon	5/13/1996	Concorde District Outdoor Track Champs
25	43-07.00	F	Kirk, Aaron	4/8/1995	1995 Journal Challenge
26	43-06.00	F	Loving, John	5/10/1990	Great Falls District Outdoor Track Champs
27	43-01.00	F	Kohn, Nicholas	5/20/1993	Great Falls District Outdoor Track Champs
28	42-10.50	F	Lindjem, Erik	5/18/1994	Great Falls District Outdoor Track Champs
29	42-10.00	F	Rogers, Bryan	4/27/2019	2019 Cassel's XBC Track Experience
30	42-09.00	F	Galindo, Brandon	5/12/2012	2012 TJ Penultimate Experience
31	42-04.50	F	Clark, Jason	5/16/2019	2019 Concorde District Spring Track Champs
32	42-04.00	F	Annab, David	5/6/2006	TC Williams Invitational
33	42-02.00	F	Moron, Jose	5/16/2013	Concorde District Spring Track Champs
34	42-02.00	F	McClintock, Carson	5/5/2021	Chantilly, Centreville & Madison
35	42-00.00	F	Young, Jordan	5/8/2010	TJ Penultimate Experience 2010
36	41-11.25	F	Abisogun, Akinwunmi	5/22/2014	Concorde Conference 5 Championships
37	41-10.25	F	Kemavor, Aaron	5/12/2012	2012 TJ Penultimate Experience
38	41-08.50	F	Baughn, Wade	5/10/1990	Great Falls District Outdoor Track Champs
39	41-05.00	F	Westerman, Michael	5/14/2003	Concorde District Outdoor Track Champs
40	41-04.00	F	Davenport, Trosoadas	5/25/2021	2021 Concorde District Spring Track Champs
41	41-02.00	F	Romano, Robert	4/18/2007	Westfield, Oakton & Centreville
42	41-01.00	F	Carey, Raymond	5/13/1996	Concorde District Outdoor Track Champs
43	41-00.25	F	Patrick, Timothy	4/9/2008	Centreville, Robinson & Herndon
44	40-07.00	F	Tiemeni, Carlex	2/24/2020	2020 Spring Track Tryouts
45	40-05.25	F	Rogers, John	5/14/1992	Great Falls District Outdoor Track Champs

46	40-05.00 F	Booker, Zachary	5/17/2012	Concorde District Spring Track Champs
47	40-01.50 F	Eshleman, Michael	4/29/2015	Chantilly, Oakton & Westfield
48	40-00.00 F	Pereira, Conrad	3/15/2016	2016 Purple Black & White Meet

Men Discus

=====				
1	165-01.00 F	Dobson, Matthew	5/26/2005	Northern Region Outdoor Track Champs
2	154-08.00 F	Leslie, Larry	5/18/1989	Northern Region Outdoor Track Champs
3	150-10.00 F	Sampson, Jordan	4/28/2001	Judges Classic
4	149-06.00 F	Leslie, Michael	5/27/1995	Virginia AAA State Outdoor Track Champs
5	143-07.00 F	Bush, Ernest	5/11/1989	Great Falls District Outdoor Track Champs
6	142-04.50 F	Childress, Derek	5/9/1986	Potomac District Outdoor Track Champs
7	142-03.00 F	Ferguson, David	5/8/1991	Chantilly & Madison
8	141-07.00 F	Young, Jordan	6/4/2010	Virginia AAA State Outdoor Track Champs
9	140-03.00 F	Britt, XXX	5/23/1991	Northern Region Outdoor Track Champs
10	139-00.00 F	Croy, Matt	5/10/1990	Great Falls District Outdoor Track Champs
11	138-10.00 F	Kohn, Nicholas	4/17/1993	1993 Journal Challenge
12	136-08.00 F	Rembold, Matt	3/29/2000	District Dual Meet#1
13	136-06.00 F	Baughn, Gene	5/17/1990	Northern Region Outdoor Track Champs
14	136-02.50 F	Maynard, Steve	5/9/1986	Potomac District Outdoor Track Champs
15	134-05.00 F	Hally, Zach	5/16/2007	Concorde District Spring Track Champs
16	133-09.00 F	Morgantini, Matt	4/1/1987	Falls Church & Stuart
17	133-07.00 F	Thies, Carl	4/30/1982	Northern District Outdoor Track Champs
18	131-10.00 F	Wintrode, Jon	3/29/1996	1996 Carolyn Legard Relays
19	131-04.00 F	Fox, Steve	5/25/2000	Concorde District Outdoor Track Champs
20	127-05.00 F	Baughn, Wade	5/10/1990	Great Falls District Outdoor Track Champs
21	127-00.00 F	Mitchell, Nathan	4/21/2017	2017 Lake Braddock Hall of Fame Invitational
22	126-09.00 F	Paska, Jeffrey	4/11/2014	2014 Lake Braddock Hall of Fame Meet
23	126-05.00 F	Moron, Jose	5/16/2013	Concorde District Spring Track Champs
24	125-00.00 F	Pereira, Conrad	5/7/2016	2016 NIKE Spring Invitational
25	124-08.00 F	Harper, Mark	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
26	124-01.00 F	Galindo, Brandon	4/11/2012	Chantilly, Herndon & Westfield
27	123-11.00 F	Dutton, Rico	5/1/2010	NIKE Spring Invitational 2010
28	121-04.00 F	Loving, John	5/10/1990	Great Falls District Outdoor Track Champs
29	120-02.00 F	Booker, Zachary	5/17/2012	Concorde District Spring Track Champs
30	117-06.00 F	Patrick, Timothy	4/11/2008	Metro Run & Walk NoVA Invitational
31	117-02.00 F	Clark, Jason	5/16/2019	2019 Concorde District Spring Track Champs
32	116-10.00 F	Perez, Austin	4/2/2014	Chantilly, Centreville & Westfield
33	115-09.00 F	Lumicao, Carlo	5/23/2014	Concorde Conference 5 Championships
34	114-10.00 F	McClintock, Carson	5/25/2021	2021 Concorde District Spring Track Champs
35	113-04.00 F	Hajibadri, Hozey	5/7/2016	2016 NIKE Spring Invitational
36	112-04.00 F	Ngo, Tristian	4/29/2015	Chantilly, Oakton & Westfield
37	111-07.00 F	Rogers, Bryan	5/4/2019	2019 NIKE Spring Invitational
38	111-04.00 F	Eshleman, Matthew	5/3/2013	On the Run Sports- Falcon Track Classic
39	110-10.00 F	Morrad, Umar	4/8/2016	2016 =PR= NoVA Invitational

Men Javelin

=====				
1	118-01.00 F	Sturans, Andris	6/14/2014	New Balance Outdoor Nationals

Men Decathlon

=====				
1	5908 pts	Sturans, Andris	6/14/2014	New Balance Outdoor Nationals

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 4x100m Relay

1	48.51 F	A 'Chantilly'	6/2/2017	2017 Virginia 6A Spring Track State Champs
	1) Cecelia R. Bacon		2) Danielle N. Brennan	
	3) Julia M. Recto		4) Jaiviah D. Dews	
2	48.87 F	A 'Chantilly'	5/26/2005	Nothern Region Outdoor Track Championships 05
	1) Jasmine D. Nelson		2) Adeola O. Abisogun	
	3) Tracy M. Comerford		4) Sara M. Kanamine	
3	49.00 F	A 'Chantilly'	5/25/2017	2017 6A Northern Region Spring Track Champs
	1) Cecelia R. Bacon		2) Danielle N. Brennan	
	3) Jaiviah D. Dews		4) Julia M. Recto	
4	49.45 F	A 'Chantilly'	5/14/2005	Nike Victor Cahoon Invitational
	1) Jennifer M. Geldermann		2) Adeola O. Abisogun	
	3) Jasmine D. Nelson		4) Sara M. Kanamine	
5	49.50 F	A 'Chantilly'	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
	1) Alex R. Ciccone		2) Danielle N. Brennan	
	3) Jaiviah D. Dews		4) Julia M. Recto	
	49.76 F	A 'Chantilly'	6/3/2005	Virginia AAA State Outdoor Championship, 2005
	1) Jasmine D. Nelson		2) Adeola O. Abisogun	
	3) Tracy M. Comerford		4) Sara M. Kanamine	
6	49.77 F	A 'Chantilly'	5/19/2004	Concorde District Spring Track Champs 2004
	1) Jennifer M. Geldermann		2) Adeola O. Abisogun	
	3) Jasmine D. Nelson		4) Sara M. Kanamine	
7	49.83 F	A 'Chantilly'	5/19/2010	Concorde District Outdoor Track Champs 2010
	1) Tiffany M. Mitchell		2) Samantha G. Lull	
	3) Nina D. Ullom		4) Genevieve Manley	
	50.02 F	A 'Chantilly'	5/27/2004	Northern Region Spring Track Champs 2004
	1) Jennifer M. Geldermann		2) Adeola O. Abisogun	
	3) Jasmine D. Nelson		4) Sara M. Kanamine	
	50.02 F	A 'Chantilly'	5/27/2010	Northern Region Outdoor Track Champs 2010
	1) Tiffany M. Mitchell		2) Samantha G. Lull	
	3) Nina D. Ullom		4) Genevieve Manley	
8	50.03 F	A 'Chantilly'	4/24/2004	Dogwood Invitational, 2004
	1) Jennifer M. Geldermann		2) Adeola O. Abisogun	
	3) Ashley C. Scott		4) Sara M. Kanamine	

- 9 50.08 F A 'Chantilly'
1) Alice M. Han
2) Danielle N. Brennan
3) Simone A. Jeffries
4) Cecelia R. Bacon
5/6/2017 2017 NIKE Spring Invitational
- 50.17 F A 'Chantilly'
1) Tiffany M. Mitchell
2) Samantha G. Lull
3) Nina D. Ullom
4) Genevieve Manley
6/4/2010 Virginia AAA State Outdoor Track Champs 2010
- 10 50.24 F A 'Chantilly'
4/20/2005 Chantilly, Jefferson, Centreville
- 11 50.26 F A 'Chantilly'
1) Alice M. Han
2) Danielle N. Brennan
3) Chloe C. Ramich
4) Cecelia R. Bacon
5/28/2015 2015 6A Northern Region Championships
- 12 50.28 F A 'Chantilly'
1) Haley M. Alderman
2) Cecelia R. Bacon
3) Danielle N. Brennan
4) Sarah C. Schuster
5/26/2016 2016 Northern Region 6A Spring Track Champs
- 13 50.33 F A 'Chantilly'
1) Kathryn Purvis
2) Kathy Smith
3) Kelly Jones
4) Kisha Johnson
5/26/1994 Northern Region Outdoor Track Championships
- 14 50.34 F A 'Chantilly'
1) Tiffany M. Mitchell
2) Samantha G. Lull
3) Nina D. Ullom
4) Rachel K. Reinhardt
5/19/2011 Concorde District Spring Track Championships
- 15 50.49 F A 'Chantilly'
1) Claire M. Jones
2) Kayla J. Chang
3) Kendra G. Bush
4) Emera S. Cooper
5/22/2019 2019 Northern Region Spring Track Championships
- 16 50.50 F A 'Chantilly'
5/8/2004 Victor Cahoon Invitational
- 17 50.56 F A 'Chantilly'
1) Jessica L. Snyder
2) Danielle N. Brennan
3) Cecelia R. Bacon
4) Alice M. Han
4/29/2017 2017 Cassel's XBC Track Experience
- 18 50.59 F A 'Chantilly'
1) Jennifer M. Geldermann
2) Tracy M. Comerford
3) Jasmine D. Nelson
4) Sara M. Kanamine
6/4/2004 Virginia AAA State Track Champs 2004
- 19 50.61 F A 'Chantilly'
1) Amira Idris
2) Tyeisha Jarrett
3) Meera Abdul-Malek
4) Genevieve Manley
5/22/2008 Northern Region Outdoor Track Championships
- 50.69 F A 'Chantilly'
1) Tiffany M. Mitchell
2) Samantha G. Lull
3) Nina D. Ullom
4) Rachel K. Reinhardt
5/26/2011 Northern Region Spring Track Championships
- 20 50.72 F A 'Chantilly'
1) Alice M. Han
2) Haley M. Alderman
3) Hannah K. Boehlert
4) Danielle N. Brennan
4/30/2016 2016 Cassel's XBC Track Experience

21	50.74 F A 'Chantilly' 1) Alice M. Han 3) Chloe C. Ramich	5/21/2015 2015 Concorde Conference 5 Championships 2) Danielle N. Brennan 4) Colleen M. Davidson
22	50.76 F A 'Chantilly' 1) Chloe A. Pantophlet 3) Rachel K. Reinhardt	5/16/2013 2013 Concorde District Spring Track Champs 2) Amanda Filipek 4) Lauren A. Powell
22	50.76 F A 'Chantilly'	5/22/1997 Northern Region Outdoor Track Championship
24	50.80 F A 'Chantilly' 1) Laurel E. Buck 3) Julia M. Recto	4/21/2017 2017 Lake Braddock Hall of Fame Invitational 2) Danielle N. Brennan 4) Jaiviah D. Dews
25	50.81 F A 'Chantilly' 1) Tiffany M. Mitchell 3) Casey Donovan	5/21/2009 Northern Region Spring Track Champs 2009 2) Kim Weinberg 4) Genevieve Manley
	50.83 F A 'Chantilly' 1) Alice M. Han 3) Hannah K. Boehlert	5/13/2016 2016 =PR= Spring Track Festival 2) Haley M. Alderman 4) Danielle N. Brennan
26	50.87 F A 'Chantilly' 1) Alice M. Han 3) Simone A. Jeffries	5/7/2016 2016 NIKE Spring Invitational 2) Haley M. Alderman 4) Danielle N. Brennan
	50.87 F A 'Chantilly' 1) Tiffany M. Mitchell 3) Nina D. Ullom	5/1/2010 NIKE Spring Invitational 2010 2) Samantha G. Lull 4) Genevieve Manley
27	50.89 F A 'Chantilly' 1) Pauline C. Vu 3) Rachel K. Reinhardt	5/23/2013 2013 Northern Region Spring Track Champs 2) Chloe A. Pantophlet 4) Lauren A. Powell
28	50.91 F A 'Chantilly' 1) Cecelia R. Bacon 3) Simone A. Jeffries	4/1/2017 2017 Carolyn Legard Relays 2) Jaiviah D. Dews 4) Alice M. Han
	50.91 F A 'Chantilly' 1) Amira Idris 3) Meera Abdul-Malek	5/15/2008 2008 Concorde District Track Championship 2) Tyeisha Jarrett 4) Genevieve Manley
29	50.91 F A 'Chantilly' 1) Hannah K. Boehlert 3) Amanda Filipek	5/29/2014 2014 Region 6A North Championships 2) Simone A. Jeffries 4) Colleen M. Davidson
	50.92 F A 'Chantilly' 1) Kayla J. Chang 3) Claire M. Jones	5/16/2019 2019 Concorde District Spring Track Champs 2) Kendra G. Bush 4) Emera S. Cooper
30	50.93 F A 'Chantilly' 1) Lauren A. Powell 3) Pauline C. Vu	5/3/2013 2013 On the Run Sports- Falcon Track Classic 2) Chloe A. Pantophlet 4) Rachel K. Reinhardt

31	50.93 P A 'Chantilly' 1) Kim Weinberg 3) Casey Donovan	5/14/2009 Concorde District Spring Track Champs 2009 2) Tiffany M. Mitchell 4) Genevieve Manley
32	50.94 F A 'Chantilly' 1) Emera S. Cooper 3) Kayla J. Chang	5/15/2021 2021 Concorde Invitational 2) Kiera R. Davenport 4) Kylie T. Finney
33	51.00 F A 'Chantilly' 1) Amira Idris 3) Meera Abdul-Malek	4/26/2008 Cassel's XBC Track Experience 2) Jessica C. Reingold 4) Genevieve Manley
34	51.01 F A 'Chantilly' 1) Alice M. Han 3) Danielle N. Brennan	5/2/2015 2015 NIKE Spring Invitational 2) Chloe C. Ramich 4) Cecelia R. Bacon
35	51.04 F A 'Chantilly'	5/5/2004 Centreville & Jefferson
36	51.10 F A 'Chantilly' 1) Claire M. Jones 3) Meredith E. Green	5/4/2019 2019 NIKE Spring Invitational 2) Kendra G. Bush 4) Emera S. Cooper
	<i>51.11 F A 'Chantilly' 1) Kendra G. Bush 3) Claire M. Jones</i>	<i>4/12/2019 2019 Lake Braddock Hall of Fame Invitational 2) Kayla J. Chang 4) Emera S. Cooper</i>
37	51.15 F A 'Chantilly' 1) Danielle N. Brennan 3) Jessica L. Snyder	4/15/2016 2016 Lake Braddock Hall of Fame Invitational 2) Alice M. Han 4) Haley M. Alderman
	<i>51.17 F A 'Chantilly' 1) Jennifer M. Geldermann 3) Jasmine D. Nelson</i>	<i>4/1/2005 Metro Run & Walk Northern VA Invitational 2) Adeola O. Abisogun 4) Sara M. Kanamine</i>
38	51.19 F A 'Chantilly' 1) Kayla J. Chang 3) Kylie T. Finney	5/25/2021 2021 Concorde District Spring Track Champs 2) Kendra G. Bush 4) Emera S. Cooper
39	51.21 F A 'Chantilly' 1) Haley M. Alderman 3) Emera S. Cooper	5/5/2018 2018 NIKE Spring Invitational 2) Alice M. Han 4) Cecelia R. Bacon
40	51.23 F A 'Chantilly' 1) Claire M. Jones 3) Kendra G. Bush	5/1/2019 Concorde District Mega-Meet Part I 2) Jenay E. Soumahro 4) Emera S. Cooper
41	51.24 F A 'Chantilly' 1) Danielle N. Brennan 3) Julia M. Recto	4/19/2017 Chantilly, Herndon & Oakton 2) Jaiviah D. Dews 4)
42	51.25 F A 'Chantilly' 1) Amanda Filipek 3) Lauren A. Powell	5/11/2013 2013 TJ Penultimate Experience 2) Chloe A. Pantophlet 4) Rachel K. Reinhardt

43	51.27 F	A	'Chantilly'	5/19/2016	2016 Concorde Conference 5 Spring Champs
	1)		Alice M. Han	2)	Danielle E. Beard
	3)		Hannah K. Boehlert	4)	Haley M. Alderman

Women 4x110y Relay

1	50.9h F	A	'Chantilly'	5/6/1978	1978 Northern District Spring Track Champs
2	51.2h F	A	'Chantilly'	5/12/1978	1978 Northern Region Spring Track Champs
	1)		Grace Marcy	2)	Sanya Gourley
	3)		Beth Henderson	4)	Carol Light
3	53.3h F	A	'Chantilly'	5/2/1980	1980 Northern District Outdoor Track Champs
	1)		Kathy Henderson	2)	Valerie Johnson
	3)		Allene Mosher	4)	Grace Marcy

Women 4x200m Relay

1	1:46.8h F	A	'Chantilly'	5/10/1980	1980 Northern Region Spring Track Champs
	1)		Kathy Henderson	2)	Allene Mosher
	3)		Valerie Johnson	4)	Grace Marcy
2	1:50.5h F	A	'Chantilly'	5/14/1983	Northern Region Outdoor Track Championships
3	1:51.90 F	A	'Chantilly'	4/1/2017	2017 Carolyn Legard Relays
	1)		Camille M. McClain	2)	Alex R. Ciccone
	3)		Jaiviah D. Dews	4)	Danielle N. Brennan
	28.80		28.60		26.80
			27.70		
4	1:53.30 F	A	'Chantilly'	5/7/1983	Northern District Outdoor Track Championships
5	1:54.04 F	A	'Chantilly'	3/29/1996	1996 Carolyn Legard Relays
6	1:55.04 F	A	'Chantilly'	3/29/2008	Carolyn Legard Relays
	1)		Jessica C. Reingold	2)	Molly Placido
	3)		Meera Abdul-Malek	4)	Amira Idris
	29.00		31.40		29.00
			25.64		
7	1:57.02 F	A	'Chantilly'	4/6/2013	2013 Legard Relays
	1)		Shannon M. McKinney	2)	Lauren Crafton
	3)		Chloe A. Pantophlet	4)	Amanda Filipek
	29.50		28.80		30.30
			28.42		

Women 4x220y Relay

1	1:46.8h F	A	'Chantilly'	5/2/1980	1980 Northern District Outdoor Track Champs
	1)		Kathy Henderson	2)	Valerie Johnson
	3)		Allene Mosher	4)	Grace Marcy
2	1:47.80 F	A	'Chantilly'	5/6/1978	1978 Northern District Spring Track Champs
	1)		Grace Marcy	2)	Sanya Gourley
	3)		Beth Henderson	4)	Carol Light

Women 4x400m Relay

- 1 3:55.63 F A 'Chantilly' 6/17/2016 2016 New Balance Outdoor National Champs
1) Sarah C. Schuster 2) Nicole K. Re
3) Olivia C. LeFrancois 4) Simone A. Jeffries
58.90 59.85 58.63 58.25
- 2 3:58.52 F A 'Chantilly' 5/25/2017 2017 6A Northern Region Spring Track Champs
1) Cecelia R. Bacon 2) Danielle N. Brennan
3) Nicole K. Re 4) Simone A. Jeffries
1:01.50 1:00.70 59.20 57.12
- 3 3:59.60 F A 'Chantilly' 6/3/2016 2016 Virginia 6A State Spring Track Champs
1) Kelsey A. Irwin 2) Nicole K. Re
3) Sarah C. Schuster 4) Simone A. Jeffries
1:00.80 1:01.50 59.80 57.50
- 4 3:59.98 F A 'Chantilly' 5/13/2016 2016 =PR= Spring Track Festival
1) Kelsey A. Irwin 2) Simone A. Jeffries
3) Nicole K. Re 4) Sarah C. Schuster
1:02.40 59.70 59.30 58.58
- 5 4:00.75 F A 'Chantilly' 5/26/2005 Nothern Region Outdoor Track Championships 05
1) Jennifer M. Geldermann 2) Sara M. Kanamine
3) Jasmine D. Nelson 4) Adeola O. Abisogun
1:00.40 1:01.90 59.10 59.35
- 4:00.81 F A 'Chantilly' 5/19/2016 2016 Concorde Conference 5 Spring Champs
1) Kelsey A. Irwin 2) Nicole K. Re
3) Simone A. Jeffries 4) Sarah C. Schuster
1:02.20 1:00.60 59.50 58.51
- 4:01.44 F A 'Chantilly' 5/14/2005 Nike Victor Cahoon Invitational
1) Jennifer M. Geldermann 2) Sara M. Kanamine
3) Jasmine D. Nelson 4) Adeola O. Abisogun
- 6 4:01.59 F A 'Chantilly' 6/1/2018 2018 Virginia 6A State Spring Track Champs
1) Ruby A. Carter-Ogden 2) Nyla C. Carter-Ogden
3) Cecelia R. Bacon 4) Nicole K. Re
1:01.00 1:01.90 58.90 59.79
- 7 4:01.64 F A 'Chantilly' 5/29/2014 2014 Region 6A North Championships
1) Amanda Filipek 2) Simone A. Jeffries
3) Kendall L. Rahe 4) Colleen M. Davidson
1:02.90 1:00.30 59.80 58.64
- 8 4:02.49 F A 'Chantilly' 5/6/2017 2017 NIKE Spring Invitational
1) Nicole K. Re 2) Nyla C. Carter-Ogden
3) Danielle N. Brennan 4) Simone A. Jeffries
1:00.80 1:02.00 1:02.00 57.69

9	4:02.97 F A 'Chantilly' 1) Kelsey A. Irwin 3) Simone A. Jeffries 1:01.80 1:00.90 1:00.30 59.97	5/28/2015 2015 6A Northern Region Championships 2) Sarah C. Schuster 4) Cecelia R. Bacon
	4:03.29 F A 'Chantilly' 1) Ruby A. Carter-Ogden 3) Cecelia R. Bacon 1:01.10 1:03.20 59.60 59.39	5/23/2018 2018 Northern Region D Spring Track Champs 2) Nyla C. Carter-Ogden 4) Nicole K. Re
10	4:03.48 F A 'Chantilly' 1) Kelsey A. Irwin 3) Simone A. Jeffries 1:03.10 1:02.70 59.90 57.78	6/5/2015 2015 Virginia 6A Spring Track State Champs 2) Danielle E. Beard 4) Cecelia R. Bacon
	4:03.70 F A 'Chantilly' 1) Jennifer M. Geldermann 3) Jasmine D. Nelson	6/3/2005 Virginia AAA State Outdoor Championship, 2005 2) Sara M. Kanamine 4) Adeola O. Abisogun
11	4:04.07 F A 'Chantilly' 4:04.27 F A 'Chantilly' 1) Ruby A. Carter-Ogden 3) Cecelia R. Bacon 1:03.20 1:00.80 1:00.20 1:00.07	5/19/2000 2000 TJ Penultimate Experience 4/20/2018 2018 Lake Braddock Hall of Fame Invitational 2) Nyla C. Carter-Ogden 4) Nicole K. Re
12	4:04.29 F A 'Chantilly' 1) Samantha G. Lull 3) Kendall L. Rahe 1:01.90 1:00.80 1:02.50 59.09	5/10/2013 2013 Southern Track Classic 2) Rachel K. Reinhardt 4) Kendall Cowne
13	4:04.92 F A 'Chantilly' 1) Tracy M. Comerford 3) Lauren E. Binford	5/8/2004 Victor Cahoon Invitational 2) Jasmine D. Nelson 4) Adeola O. Abisogun
14	4:05.27 F A 'Chantilly' 1) Nicole K. Re 3) Danielle N. Brennan 1:00.60 1:03.40 59.50 1:01.77	4/29/2017 2017 Cassel's XBC Track Experience 2) Cecelia R. Bacon 4) Nyla C. Carter-Ogden
15	4:05.43 F A 'Chantilly' 4:05.73 F A 'Chantilly' 1) Amanda Filipek 3) Kendall L. Rahe 1:02.60 1:02.50 1:00.10 1:00.53	5/25/2000 Concorde District Outdoor Track Champs 5/9/2014 Southern Track Classic 2) Simone A. Jeffries 4) Colleen M. Davidson
	4:06.22 F A 'Chantilly' 1) Amanda Filipek 3) Kendall L. Rahe 1:03.10 1:01.20 1:01.00 1:00.92	6/6/2014 2014 Virginia 6A State Spring Track Champs 2) Simone A. Jeffries 4) Colleen M. Davidson

4:06.51 F A 'Chantilly' 1) Kelsey A. Irwin 3) Simone A. Jeffries 1:02.20 1:03.20 1:01.20 59.91	5/21/2015 2015 Concorde Conference 5 Championships 2) Sarah C. Schuster 4) Cecelia R. Bacon
16 4:06.62 F A 'Chantilly' 1) Cecelia R. Bacon 3) Danielle N. Brennan 1:03.20 1:02.80 1:00.20 1:00.42	6/2/2017 2017 Virginia 6A Spring Track State Champs 2) Nyla C. Carter-Ogden 4) Nicole K. Re
17 4:06.63 F A 'Chantilly' 1) Jennifer M. Geldermann 3) Jasmine D. Nelson 1:00.40 1:03.00 1:02.90 1:00.33	5/1/2004 TC Williams Invitational, 2004 2) Lauren E. Binford 4) Adeola O. Abisogun
18 4:06.81 F A 'Chantilly' 1) Danielle E. Beard 3) Cecelia R. Bacon 1:03.30 1:02.60 59.40 1:01.51	5/8/2015 2015 Southern Track Classic 2) Sarah C. Schuster 4) Simone A. Jeffries
4:04.27 F A 'Chantilly' 1) Ruby A. Carter-Ogden 3) Cecelia R. Bacon 1:03.20 1:00.80 1:00.20 1:00.07	4/20/2018 2018 Lake Braddock Hall of Fame Invitational 2) Nyla C. Carter-Ogden 4) Nicole K. Re
19 4:07.33 F A 'Chantilly' 1) Cecelia R. Bacon 3) Simone A. Jeffries 1:05.00 1:01.70 1:00.20 1:00.43	5/26/2016 2016 Northern Region 6A Spring Track Champs 2) Nicole K. Re 4) Sarah C. Schuster
20 4:07.65 F A 'Chantilly' 1) Nicole K. Re 3) Kelsey A. Irwin 1:01.50 1:04.30 1:01.10 1:00.75	4/15/2016 2016 Lake Braddock Hall of Fame Invitational 2) Ana E. Morris 4) Cecelia R. Bacon
21 4:07.68 F A 'Chantilly' 1) Danielle N. Brennan 3) Cecelia R. Bacon 1:01.80 1:04.40 1:02.00 59.48	5/18/2017 2017 Concorde Conf 5 Spring Track Champs 2) Nyla C. Carter-Ogden 4) Simone A. Jeffries
22 4:08.02 F A 'Chantilly' 1) Megan K. Toole 3) Kendall L. Rahe 1:04.90 1:02.10 1:01.40 59.62	5/22/2014 2014 Concorde Conference Championships 2) Simone A. Jeffries 4) Colleen M. Davidson
23 4:08.23 F A 'Chantilly'	5/2/1992 1992 TC Williams Invitational
24 4:09.00 F A 'Chantilly'	5/23/1991 Northern Region Outdoor Track Championships
25 4:08.8h F A 'Chantilly'	5/15/1997 Concorde District Outdoor Track Championships

26	4:09.40 F A 'Chantilly'	5/2/2015 2015 NIKE Spring Invitational
	1) Sarah C. Schuster	2) Danielle E. Beard
	3) Kelsey A. Irwin	4) Simone A. Jeffries
	1:02.50 1:02.90 1:03.20 1:00.80	
	<i>4:09.47 F A 'Chantilly'</i>	<i>5/7/2005 T.C. Williams Invitational</i>
	1) Jennifer M. Geldermann	2) Sara M. Kanamine
	3) Jasmine D. Nelson	4) Adeola O. Abisogun
	1:02.40 1:03.70 1:02.30 1:01.07	
27	4:10.06 F A 'Chantilly'	4/22/2016 2016 South County 10 Team Elite Meet
	1) Kelsey A. Irwin	2) Ana E. Morris
	3) Nicole K. Re	4) Sarah C. Schuster
	1:04.20 1:04.50 1:01.00 1:00.36	
28	4:10.32 F A 'Chantilly'	4/28/2018 2018 Cassel's XBC Track Experience
	1) Ruby A. Carter-Ogden	2) Jenay E. Soumahro
	3) Nyla C. Carter-Ogden	4) Caroline V. Aronhime
	1:01.40 1:03.10 1:02.20 1:03.62	
29	4:10.43 F A 'Chantilly'	5/17/2018 2018 Concorde District Spring Track Champs
	1) Ruby A. Carter-Ogden	2) Caroline V. Aronhime
	3) Cecelia R. Bacon	4) Nyla C. Carter-Ogden
	1:01.50 1:04.80 1:02.20 1:01.93	
30	4:10.43 F A 'Chantilly'	5/27/2004 Northern Region Spring Track Champs 2004
	1) Jennifer M. Geldermann	2) Ashley C. Scott
	3) Jasmine D. Nelson	4) Lauren E. Binford
	1:00.30 1:05.30 1:01.70 1:03.13	
31	4:10.4h F A 'Chantilly'	5/18/1994 Great Falls District Outdoor Track Champs
32	4:10.86 F A 'Chantilly'	5/16/2001 Concorde District Outdoor Track Championships
33	4:10.91 F A 'Chantilly'	4/27/2013 2013 Cassel's XBC Track Experience
	1) Samantha G. Lull	2) Rachel K. Reinhardt
	3) Kendall L. Rahe	4) Kendall Cowne
	1:02.30 1:03.90 1:04.60 1:00.11	
34	4:11.14 F A 'Chantilly'	5/4/2019 2019 NIKE Spring Invitational
	1) Kendra G. Bush	2) Meredith E. Green
	3) Jenay E. Soumahro	4) Ruby A. Carter-Ogden
	1:05.80 1:02.70 1:03.30 59.34	
35	4:11.25 F A 'Chantilly'	4/13/2018 2018 =PR= NOVA Invitational
	1) Nyla C. Carter-Ogden	2) Jenay E. Soumahro
	3) Ruby A. Carter-Ogden	4) Nicole K. Re
	1:02.80 1:03.00 1:03.20 1:02.25	
36	4:11.2h F A 'Chantilly'	5/16/1991 Great Falls District Outdoor Track Champs

37	4:11.57 F A 'Chantilly' 1) Danielle N. Brennan 3) Olivia C. LeFrancois 1:03.70 1:03.50 1:03.30 1:01.07	12/12/2015 2015 Ram Invite 2) Kelsey A. Irwin 4) Sarah C. Schuster
38	4:12.35 F A 'Chantilly' 1) Meredith E. Green 3) Kendra G. Bush 1:04.95 1:02.03 1:04.28 1:01.09	5/25/2021 2021 Concorde District Spring Track Champs 2) Kaitlyn A. Purvis 4) Kylie T. Finney
39	4:12.2h F A 'Chantilly'	5/9/1984 Potomac District Outdoor Track Championships
40	4:12.44 F A 'Chantilly'	4/4/1997 1997 Carolyn Legard Relays
41	4:12.94 F A 'Chantilly' 1) Adeola O. Abisogun 3) Jasmine D. Nelson 1:00.70 1:08.50 1:00.50 1:03.24	4/23/2005 Allen Johnson Invitational, 2005 2) Natalie R. Shaw 4) Sara M. Kanamine
	4:13.04 F A 'Chantilly' 1) Jennifer M. Geldermann 3) Sara M. Kanamine 1:05.10 1:03.80 1:04.30 59.84	3/31/2004 Westfield & Oakton, 2004 2) Jasmine D. Nelson 4) Adeola O. Abisogun
42	4:13.04 F A 'Chantilly' 1) Danielle M. LeFrancois 3) Samantha G. Lull 1:03.60 1:03.60 1:04.20 1:01.64	5/5/2012 Nike Spring Invitational 2012 2) Rachel K. Reinhardt 4) Kendall Cowne
43	4:13.13 F A 'Chantilly' 1) Kendall L. Rahe 3) Rachel K. Reinhardt 1:04.60 1:05.00 1:03.30 1:00.23	5/3/2013 2013 On the Run Sports- Falcon Track Classic 2) Lauren A. Powell 4) Kendall Cowne
44	4:13.71 F A 'Chantilly' 1) Amanda Filipek 3) Kendall L. Rahe 1:04.90 1:06.70 1:01.70 1:00.41	4/26/2014 2014 Cassel's XBC Track Experience 2) Jessica L. Reeves 4) Colleen M. Davidson
45	4:14.02 F A 'Chantilly' 1) Samantha G. Lull 3) Kendall L. Rahe 1:06.90 1:02.20 1:03.10 1:01.82	5/23/2013 2013 Northern Region Spring Track Champs 2) Rachel K. Reinhardt 4) Kendall Cowne
46	4:14.07 F A 'Chantilly' 1) Nyla C. Carter-Ogden 3) Cecelia R. Bacon 1:03.70 1:03.00 1:03.40 1:03.97	4/7/2018 2018 Carolyn Legard Relays 2) Ruby A. Carter-Ogden 4) Jenay E. Soumahro
	4:14.15 F A 'Chantilly' 1) Kelsey A. Irwin 3) Simone A. Jeffries 1:03.80 1:02.80 1:05.40 1:02.15	4/25/2015 2015 Cassel's XBC Track Experience 2) Sarah C. Schuster 4) Cecelia R. Bacon

47	4:14.1h F	A 'Chantilly'	5/17/1985	Potomac District Outdoor Track Championships
	1) Susan Bessette		2) Terri Bunek	
	3) Debbie Ganster		4) Rhonda Maier	
48	4:14.41 F	A 'Chantilly'	4/3/2004	Scudieri Team Challenge
49	4:14.4h F	A 'Chantilly'	5/13/1996	Concorde District Outdoor Track Championships
50	4:15.11 F	A 'Chantilly'	5/24/2012	2012 Northern Region Spring Track Champs
	1) Rachel K. Reinhardt		2) Nora E. Rahe	
	3) Samantha G. Lull		4) Danielle M. LeFrancois	
	1:03.30 1:05.10 1:03.10 1:03.61			

Women 4x440y Relay

=====

1	4:23.0h F	A 'Chantilly'	5/6/1978	1978 Northern District Spring Track Champs
2	4:30.60 F	A 'Chantilly'	5/2/1980	1980 Northern District Outdoor Track Champs

Women 4x800m Relay

=====

1	9:28.40 F	A 'Chantilly'	4/26/1986	Battleground Invitational
	1) Julie Guinn		2) Karen Montague	
	3) Amy Colvin		4) Sarah Colvin	
2	9:30.43 F	A 'Chantilly'	5/16/2013	2013 Concorde District Spring Track Champs
	1) Samantha G. Lull		2) Hannah R. Lull	
	3) Nora E. Rahe		4) Kendall Cowne	
	2:23.20 2:29.80 2:23.90 2:13.53			
3	9:31.90 F	A 'Chantilly'	5/20/1995	Northern Region Outdoor Track Champs
	1) Laura Winstead		2) Colleen Chapman	
	3) Kathy Smith		4) Amanda Buell	
	2:21.50 2:26.50 2:22.50 2:21.40			
	9:31.98 F	A 'Chantilly'	5/27/1995	Virginia AAA State Outdoor Track Champs
	1) Kathy Smith		2) Colleen Chapman	
	3) Laura Winstead		4) Amanda Buell	
	9:32.97 F	A 'Chantilly'	5/3/2013	2013 On the Run Sports- Falcon Track Classic
	1) Samantha G. Lull		2) Hannah R. Lull	
	3) Nora E. Rahe		4) Kendall Cowne	
	2:25.00 2:24.70 2:24.90 2:18.37			
4	9:33.96 F	A 'Chantilly'	5/17/2012	2012 Concorde District Spring Track Champs
	1) Nora E. Rahe		2) Alexandra N. Sieder	
	3) Samantha G. Lull		4) Kendall Cowne	
	2:25.60 2:25.70 2:25.00 2:17.66			

5	9:34.29 F A 'Chantilly' 1) Julia C. Haug 3) Kayla E. Wigle 2:26.30 2:27.20 2:25.50 2:15.29	5/25/2017 2017 6A Northern Region Spring Track Champs 2) Ruby A. Carter-Ogden 4) Nicole K. Re
6	9:36.25 F A 'Chantilly' 1) Julia C. Haug 3) Ana E. Morris 2:27.40 2:27.30 2:27.10 2:14.45	6/2/2017 2017 Virginia 6A Spring Track State Champs 2) Kayla E. Wigle 4) Nicole K. Re
	9:36.62 F A 'Chantilly' 1) Nora E. Raher 3) Samantha G. Lull 2:24.80 2:27.20 2:27.10 2:17.52	5/24/2012 2012 Northern Region Spring Track Champs 2) Alexandra N. Sieder 4) Kendall Cowne
7	9:37.73 F A 'Chantilly' 1) Sarah C. Schuster 3) Ana E. Morris 2:25.20 2:29.00 2:22.50 2:21.03	5/19/2016 2016 Concorde Conference 5 Spring Champs 2) Kelsey A. Irwin 4) Nicole K. Re
8	9:37.77 F A 'Chantilly' 1) Hannah G. Strub 3) Megan K. Toole 2:27.50 2:25.60 2:24.10 2:20.57	5/19/2011 Concorde District Spring Track Championships 2) Alexandra N. Sieder 4) Kendall Cowne
9	9:37.81 F A 'Chantilly' 1) Kathy Smith 3) Laura Winstead 2:23.50 2:32.50 2:23.50 2:18.31	5/23/1996 Northern Region Outdoor Track Championships 2) Colleen Chapman 4) Amanda Buell
10	9:37.96 F A 'Chantilly' 1) Hannah G. Strub 3) Elizabeth T. Knippler 2:26.80 2:25.70 2:25.60 2:19.86	5/19/2010 Concorde District Outdoor Track Champs 2010 2) Jenna Marlette 4) Rachel Grochowski
11	9:38.74 F A 'Chantilly' 1) Amanda Buell 3) Colleen Chapman 2:18.00 2:24.00 2:28.00 2:28.74	3/29/1996 1996 Carolyn Legard Relays 2) Kathy Smith 4) Laura Winstead
12	9:38.93 F A 'Chantilly' 1) Bianca S. San 3) Kendall L. Raher 2:25.80 2:23.20 2:26.50 2:23.43	6/6/2014 2014 Virginia 6A State Spring Track Champs 2) Xaveria J. Hawvermale 4) Megan K. Toole
13	9:39.12 F A 'Chantilly' 1) Bianca S. San 3) Xaveria J. Hawvermale 2:25.70 2:23.00 2:23.20 2:27.22	5/29/2014 2014 Region 6A North Championships 2) Megan K. Toole 4) Kendall L. Raher

9:39.51 F A 'Chantilly' 1) Kathy Smith 3) Laura Winstead 2:24.50 2:34.50 2:21.50 2:19.01	5/31/1996 Virginia AAA State Outdoor Track Championship 2) Colleen Chapman 4) Amanda Buell
14 9:39.94 F A 'Chantilly' 1) Hannah R. Lull 3) Samantha G. Lull 2:27.60 2:25.10 2:27.10 2:20.14	5/31/2013 2013 Virginia AAA State Spring Track Champs 2) Nora E. Rahe 4) Kendall Cowne
15 9:39.97 F A 'Chantilly'	5/22/1997 Northern Region Outdoor Track Championship
16 9:40.00 F A 'Chantilly'	5/30/1997 Virginia AAA State Outdoor Track Championship
17 9:40.86 F A 'Chantilly' 1) Christina E. Murray 3) Megan K. Toole 2:26.80 2:26.20 2:24.40 2:23.46	5/22/2014 2014 Concorde Conference Championships 2) Hannah R. Lull 4) Xaveria J. Hawvermale
18 9:41.21 F A 'Chantilly' 1) Julia C. Haug 3) Kayla E. Wigle 2:30.20 2:26.90 2:29.80 2:14.31	5/23/2018 2018 Northern Region D Spring Track Champs 2) Nyla C. Carter-Ogden 4) Nicole K. Re
19 9:41.27 F A 'Chantilly' 1) Kayla E. Wigle 3) Ana E. Morris 2:29.60 2:27.20 2:23.30 2:21.17	6/3/2016 2016 Virginia 6A State Spring Track Champs 2) Sarah C. Schuster 4) Nicole K. Re
20 9:41.33 F A 'Chantilly'	5/26/1994 Northern Region Outdoor Track Championships
9:41.69 F A 'Chantilly' 1) Julia C. Haug 3) Kayla E. Wigle 2:28.20 2:23.60 2:28.40 2:21.49	5/17/2018 2018 Concorde District Spring Track Champs 2) Nyla C. Carter-Ogden 4) Nicole K. Re
21 9:44.09 F A 'Chantilly' 1) Kayla E. Wigle 3) Ana E. Morris 2:31.20 2:33.90 2:20.80 2:18.19	5/6/2017 2017 NIKE Spring Invitational 2) Julia C. Haug 4) Nicole K. Re
22 9:45.60 F A 'Chantilly' 1) Alexandra N. Sieder 3) Nora E. Rahe 2:27.50 2:29.00 2:30.90 2:18.20	4/28/2012 2012 Cassel's XBC Track Experience 2) Samantha G. Lull 4) Kendall Cowne
23 9:47.17 F A 'Chantilly' 1) Julia C. Haug 3) Nyla C. Carter-Ogden 2:30.80 2:29.90 2:28.40 2:18.07	5/5/2018 2018 NIKE Spring Invitational 2) Ruby A. Carter-Ogden 4) Nicole K. Re

24	9:47.75 F A 'Chantilly' 1) Hannah G. Strub 3) Megan K. Toole 2:30.90 2:30.00 2:24.70 2:22.15	5/26/2011 Northern Region Spring Track Championships 2) Alexandra N. Sieder 4) Kendall Cowne
25	9:48.11 F A 'Chantilly'	5/25/2000 Concorde District Outdoor Track Champs
26	9:48.11 F A 'Chantilly'	5/13/2000 2000 Allen Johnson Invitational
27	9:48.77 F A 'Chantilly' 1) Elizabeth N. Wu 3) Nicole K. Re 2:29.49 2:26.53 2:31.09 2:21.66	5/16/2019 2019 Concorde District Spring Track Champs 2) Nyla C. Carter-Ogden 4) Ruby A. Carter-Ogden
28	9:49.77 F A 'Chantilly' 1) Elizabeth N. Wu 3) Nyla C. Carter-Ogden 2:28.90 2:30.80 2:26.30 2:23.77	5/22/2019 2019 Northern Region Spring Track Championships 2) Momiji A. Barlow 4) Ruby A. Carter-Ogden
	9:50.62 F A 'Chantilly' 1) Sarah C. Schuster 3) Ana E. Morris 2:28.20 2:30.90 2:25.90 2:25.62	4/30/2016 2016 Cassel's XBC Track Experience 2) Kelsey A. Irwin 4) Nicole K. Re
29	9:50.64 F A 'Chantilly' 1) Hannah G. Strub 3) Alexandra N. Sieder 2:27.30 2:28.10 2:32.40 2:22.84	5/13/2011 Southern Track Classic 2011 2) Megan K. Toole 4) Kendall Cowne
30	9:50.68 F A 'Chantilly' 1) Natalie B. Mutchler 3) Lia DiValentin 2:31.00 2:34.40 2:22.60 2:22.68	5/12/2006 Southern Track Classic 2) Kristin E. Witek 4) Alexandra M. Hally
31	9:52.04 F A 'Chantilly' 1) Bianca S. San 3) Xaveria J. Hawvermale 2:32.20 2:29.40 2:23.80 2:26.64	5/3/2014 2014 NIKE Spring Invitational 2) Hannah R. Lull 4) Nora E. Raheer
	9:52.47 F A 'Chantilly' 1) Natalie B. Mutchler 3) Lia DiValentin 2:30.10 2:30.10 2:27.80 2:24.47	5/17/2006 Concorde District Outdoor Track Championships 2) Kristin E. Witek 4) Alexandra M. Hally
32	9:52.50 F A 'Chantilly' 1) Julie Guinn 3) Sarah Colvin 9:55.58 F A 'Chantilly' 1) Kayla E. Wigle 3) Ana E. Morris 2:32.20 2:34.50 2:27.30 2:21.58	3/22/1986 Al Harringer Relays 2) Rhonda Maier 4) Amy Colvin 5/18/2017 2017 Concorde Conf 5 Spring Track Champs 2) Julia C. Haug 4) Nicole K. Re

- 33 9:55.6h F A 'Chantilly' 5/20/1993 Great Falls District Outdoor Track Champs
 9:57.77 F A 'Chantilly' 5/27/2010 Northern Region Outdoor Track Champs 2010
 1) Hannah G. Strub 2) Jenna Marlette
 3) Elizabeth T. Knippler 4) Rachel Grochowski
 2:31.60 2:31.90 2:32.80 2:21.47
- 34 9:57.89 F A 'Chantilly' 5/23/2013 2013 Northern Region Spring Track Champs
 1) Hannah R. Lull 2) Bianca S. San
 3) Xaveria J. Hawvermale 4) Leandra R. Colella
 2:23.60 2:30.10 2:33.70 2:30.49
- 35 9:58.05 F A 'Chantilly' 5/20/1999 Concorde District Outdoor Track Championships
- 36 9:59.80 F A 'Chantilly' 5/18/1989 Northern Region Outdoor Track Championships

Women 4x1600m Relay

- =====
- 1 22:02.59 F A 'Chantilly' 4/6/2013 2013 Legard Relays
 1) Samantha G. Lull 2) Xaveria J. Hawvermale
 3) Nora E. Raheer 4) Kendall Cowne
 5:32.80 5:36.40 5:28.60 5:24.79
- 2 22:24.04 F A 'Chantilly' 3/29/1996 1996 Carolyn Legard Relays
 1) Colleen Chapman 2) Amanda Buell
 3) Laurel Simcox 4) Laura Winstead
 5:41.50 5:16.50 5:46.50 5:39.54
- 3 22:50.24 F A 'Chantilly' 4/4/1997 1997 Carolyn Legard Relays
 1) Colleen Chapman 2)
 5:48.00 17:02.24
- 4 22:58.11 F A 'Chantilly' 4/7/2018 2018 Carolyn Legard Relays
 1) Kayla E. Wigle 2) Julia C. Haug
 3) Momiji A. Barlow 4) Nicole K. Re
 5:41.90 5:55.30 5:49.90 5:31.01
- 5 23:11.20 F A 'Chantilly' 4/1/2017 2017 Carolyn Legard Relays
 1) Kayla E. Wigle 2) Tatjana M. Farjadi
 3) Julia C. Haug 4) Ana E. Morris
 5:35.20 5:55.60 5:55.20 5:45.20
- 6 23:14.54 F A 'Chantilly' 3/30/2019 2019 Carolyn Legard Relays
 1) Momiji A. Barlow 2) Elizabeth N. Wu
 3) Ruby A. Carter-Ogden 4) Nicole K. Re
 5:44.10 5:42.20 5:59.40 5:48.84
- 7 24:19.64 F A 'Chantilly' 3/29/2008 Carolyn Legard Relays
 1) Lauren Lenski 2) Jenna Marlette
 3) Karen Spears 4) Lia DiValentin
 5:55.20 6:13.40 6:26.50 5:44.54

Women 800m Sprint Medley Relay

-
- | | | | | |
|---|-----------|------------------------|-----------|--|
| 1 | 1:52.86 F | A 'Chantilly' | 6/17/2016 | 2016 New Balance Outdoor National Champs |
| | | 1) Haley M. Alderman | | 2) Alice M. Han |
| | | 3) Sarah C. Schuster | | 4) Simone A. Jeffries |
| | 25.70 | 26.85 | 1:00.31 | |
| 2 | 1:54.22 F | A 'Chantilly' | 6/19/2015 | 2015 New Balance Outdoor National Champs |
| | | 1) Danielle N. Brennan | | 2) Danielle E. Beard |
| | | 3) Kelsey A. Irwin | | 4) Simone A. Jeffries |
| | 13.40 | 13.20 | 27.00 | 1:00.62 |

Women 1000m Sprint Medley Relay

-
- | | | | | |
|---|-----------|-------------------------|-----------|----------------------------|
| 1 | 2:29.61 F | A 'Chantilly' | 4/1/2017 | 2017 Carolyn Legard Relays |
| | | 1) Danielle N. Brennan | | 2) Camille M. McClain |
| | | 3) Nyla C. Carter-Ogden | | 4) Simone A. Jeffries |
| 2 | 2:32.68 F | A 'Chantilly' | 3/30/2019 | 2019 Carolyn Legard Relays |
| | | 1) Emera S. Cooper | | 2) Claire M. Jones |
| | | 3) Caroline V. Aronhime | | 4) Kendra G. Bush |
| | 12.60 | 34.70 | 40.20 | 1:05.18 |

Women 1600m Sprint Medley Relay

-
- | | | | | |
|---|-----------|-----------------------|-----------|------------------------------------|
| 1 | 4:08.74 F | A 'Chantilly' | 5/10/2013 | 2013 Southern Track Classic |
| | | 1) Lauren A. Powell | | 2) Rachel K. Reinhardt |
| | | 3) Samantha G. Lull | | 4) Kendall Cowne |
| | 26.90 | 26.00 | 1:02.70 | 2:13.14 |
| 2 | 4:10.83 F | A 'Chantilly' | 6/15/2018 | 2018 New Balance Outdoor Nationals |
| | | 1) Alice M. Han | | 2) Ruby A. Carter-Ogden |
| | | 3) Cecelia R. Bacon | | 4) Nicole K. Re |
| | 26.60 | 26.80 | 1:00.25 | 2:17.18 |
| 3 | 4:16.74 F | A 'Chantilly' | 3/29/1996 | 1996 Carolyn Legard Relays |
| | | 1) Kathy Smith | | 2) Kathryn Purvis |
| | | 3) Angela Chambers | | 4) Amanda Buell |
| 4 | 4:18.38 F | A 'Chantilly' | 6/15/2013 | 2013 New Balance Outdoor Nationals |
| | | 1) Lauren A. Powell | | 2) Rachel K. Reinhardt |
| | | 3) Samantha G. Lull | | 4) Nora E. Rahe |
| | 26.30 | 27.00 | 1:01.50 | 2:23.58 |
| 5 | 4:21.65 F | A 'Chantilly' | 4/6/2013 | 2013 Legard Relays |
| | | 1) Samantha G. Lull | | 2) Pauline C. Vu |
| | | 3) Lauren A. Powell | | 4) Kendall Cowne |
| | 1:03.60 | 27.30 | 27.60 | 2:23.15 |
| 6 | 4:25.34 F | A 'Chantilly' | 5/8/2015 | 2015 Southern Track Classic |
| | | 1) Alice M. Han | | 2) Cecelia R. Bacon |
| | | 3) Simone A. Jeffries | | 4) Sarah C. Schuster |
| | 27.20 | 26.40 | 1:01.40 | 2:30.34 |

- | | | |
|----|--|--|
| 7 | 4:27.64 F A 'Chantilly'
1) Adeola O. Abisogun
3) Jennifer M. Geldermann
1:02.10 26.60 25.70 2:33.24 | 4/30/2005 Dogwood Track Classic, 2005
2) Sara M. Kanamine
4) Faith C. App |
| 8 | 4:28.03 F A 'Chantilly'
1) Adeola O. Abisogun
3) Sara M. Kanamine
25.90 25.90 59.20 2:37.03 | 4/24/2004 Dogwood Invitational, 2004
2) Jennifer M. Geldermann
4) Alexandra M. Evans |
| 9 | 4:29.51 F A 'Chantilly'
1) Rachel K. Reinhardt
3) Tiffany M. Mitchell
1:07.90 27.30 28.00 2:26.31 | 5/4/2011 Concorde Pre-District Jamboree
2) Nina D. Ullom
4) Kendall Cowne |
| 10 | 4:31.01 F A 'Chantilly'
1) Danielle N. Brennan
3) Cecelia R. Bacon | 6/19/2015 2015 New Balance Outdoor National Champs
2) Chloe C. Ramich
4) Sarah C. Schuster |
| 11 | 4:35.81 F A 'Chantilly'
1) Adeola O. Abisogun
3) Fatimah Labor-Koroma
1:02.70 26.10 28.80 2:38.21 | 4/26/2003 Dogwood Classic
2) Jennifer M. Geldermann
4) Sharon E. Prueitt |
| 12 | 4:37.37 F A 'Chantilly'
1) Simone A. Jeffries
3) Cecelia R. Bacon
1:00.90 27.10 28.40 2:40.97 | 4/1/2017 2017 Carolyn Legard Relays
2) Danielle N. Brennan
4) Julia C. Haug |
| 13 | 4:58.01 F A 'Chantilly'
1) Claire M. Jones
3) Zoe K. Roby
31.40 29.10 1:13.60 2:43.91 | 4/7/2018 2018 Carolyn Legard Relays
2) Meredith E. Green
4) Elizabeth N. Wu |
| 14 | 5:12.17 F A 'Chantilly'
1) Leigh Siegfried
3) Casey Donovan
1:12.50 27.80 29.70 3:02.17 | 3/29/2008 Carolyn Legard Relays
2) Jessica C. Reingold
4) Erin Carroll |

Women 4000m Distance Medley Relay

- =====
- | | | |
|---|--|---|
| 1 | 12:24.2h F A 'Chantilly'
1) Rhonda Maier
3) Amy Colvin | 4/4/1987 1987 Al Harringer Relays
2) Julie Guinn
4) Sarah Colvin |
| 2 | 12:41.10 F A 'Chantilly'
1) Julie Guinn
3) Sarah Colvin | 3/22/1986 Al Harringer Relays
2) Rhonda Maier
4) Amy Colvin |
| 3 | 12:42.65 F A 'Chantilly'
1) Ana E. Morris
3) Kayla E. Wigle
3:52.48 59.57 2:27.91 5:22.69 | 6/16/2017 2017 New Balance Outdoor Nationals
2) Danielle N. Brennan
4) Nicole K. Re |

4	12:59.44 F A 'Chantilly' 3) 7:35.44 5:24.00	4/22/1995 1995 Stafford Relays 4) Laurel Simcox
5	13:01.40 F A 'Chantilly' 1) Kayla E. Wigle 3) Ana E. Morris 4:04.60 1:09.50 2:27.80 5:19.50	4/7/2017 2017 =PR= NOVA Invitational 2) Aria N. Nagai 4) Nicole K. Re
6	13:08.16 F A 'Chantilly' 1) Kristin E. Witek 3) Natalie R. Shaw 4:04.50 1:02.10 2:38.40 5:23.16	4/13/2007 Metro Run & Walk Northern Virginia Inv. 2) Hilary Baird 4) Lia DiValentin
7	13:18.64 F A 'Chantilly'	4/4/1997 1997 Carolyn Legard Relays
8	13:24.64 F A 'Chantilly' 1) Lia DiValentin 3) Natalie R. Shaw 3:53.60 1:03.20 2:33.90 5:53.94	4/8/2006 Scudieri Challenge 2) Alexandra M. Hally 4) Lauren Lenski
9	13:26.94 F A 'Chantilly' 1) Heather Knox 3) Joanne Hunsinger	4/13/1991 1991 Stafford Relays 2) Liane Stahli 4) Aryn Fahey
10	13:32.90 F A 'Chantilly' 1) Nora E. Raher 3) Leandra R. Colella 3:58.80 1:05.50 2:34.80 5:53.80	4/6/2013 2013 Legard Relays 2) Kendall L. Raher 4) Patricia J. Cason
11	13:34.54 F A 'Chantilly' 1) Lauren Lenski 3) Karen Spears 4:18.70 1:07.30 2:42.60 5:25.94	4/11/2008 Metro Run & Walk NoVA Invitational 2) Jenna Marlette 4) Lia DiValentin
12	13:38.50 F A 'Chantilly' 1) Karen Spears 3) Jordan K. Cox 4:15.50 1:07.30 2:44.80 5:30.90	4/29/2006 Cassel's XBC Charger Track Classic 2) Natalie B. Mutchler 4) Alexandra M. Hally
13	13:40.02 F A 'Chantilly' 1) Hannah G. Strub 3) Alexandra N. Sieder 4:08.50 1:06.20 2:36.00 5:49.32	4/8/2011 =PR= NoVA Invitational 2) Rachel K. Reinhardt 4) Megan E. Rhoads
14	13:44.70 F A 'Chantilly' 1) Alyson J. Welsh 3) Natalie B. Mutchler	4/16/2005 Scudieri Team Challenge, 2005 2) Kelly Tarrant 4) Alexandra M. Evans
15	14:06.88 F A 'Chantilly' 1) Kristin E. Witek 3) Natalie R. Shaw	4/1/2005 Metro Run & Walk Northern VA Invitational 2) Adeola O. Abisogun 4) Kristina D. Trevino

- | | | | | |
|----|---------------------------------|---------------------------|-------------------------|---|
| 16 | 14:18.52 F | A 'Chantilly' | 4/30/2005 | Dogwood Track Classic, 2005 |
| | 1) Kelly McCullough | | 2) Ashley C. Scott | |
| | 3) Jordan K. Cox | | 4) Eileen D. Foley | |
| | 4:23.60 1:06.50 2:45.40 6:03.02 | | | |
| 17 | 14:29.24 F | A 'Chantilly' | 4/24/2004 | Dogwood Invitational, 2004 |
| | 1) Natalie B. Mutchler | | 2) Amy E. Lutkus | |
| | 3) Faith C. App | | 4) Alyson J. Welsh | |
| | 4:40.40 1:12.80 2:32.30 6:03.74 | | | |
| 18 | 14:33.17 F | A 'Chantilly' | 3/31/2006 | Metro Run & Walk Northern VA Invitational |
| | 1) Sarah Nguyen | | 2) Jessica Stillwell | |
| | 3) Carly Aull | | 4) Katherine Gilbertson | |
| 19 | 14:35.58 F | A 'Chantilly' | 3/30/2019 | 2019 Carolyn Legard Relays |
| | 1) Nyla C. Carter-Ogden | 2) Meredith E. Green | | |
| | 3) Katie M. Jaynes | 4) Mackenzie L. Nicholson | | |
| | 4:12.80 1:08.40 2:56.80 6:17.58 | | | |
| 20 | 14:52.04 F | A 'Chantilly' | 3/31/2001 | Saxon Classic |
| | 1) Heather A. Burnham | 2) Elizabeth G. Barrett | | |
| | 3) Michelle E. Yarger | 4) Rachel L. Traverso | | |
| | 4:42.81 1:04.82 2:48.37 6:16.04 | | | |
| 21 | 15:25.20 F | B 'Chantilly' | 4/1/2005 | Metro Run & Walk Northern VA Invitational |
| | 1) Lauren Lenski | 2) Faith C. App | | |
| | 3) Katherine E. Linehan | 4) Jaimie Lull | | |

Women 4x100y Shuttle Hurdle Relay

- =====
- | | | | | |
|---|-----------|---------------|-----------|---------------------|
| 1 | 1:11.70 F | A 'Chantilly' | 3/22/1986 | Al Harringer Relays |
|---|-----------|---------------|-----------|---------------------|

Men 4x100m Relay

- =====
- | | | | | |
|---|--------------------------|---------------------------|-----------|---|
| 1 | 42.89 F | A 'Chantilly' | 6/3/2016 | 2016 Virginia 6A State Spring Track Champs |
| | 1) Cush B. Eastman | 2) Conrad L. Pereira | | |
| | 3) Michael A. Scopellite | 4) Titus M. Jeffries | | |
| 2 | 43.08 F | A 'Chantilly' | 6/17/2016 | 2016 New Balance Outdoor National Champs |
| | 1) Cush B. Eastman | 2) Jose Diego R. Almodiel | | |
| | 3) Conrad L. Pereira | 4) Michael A. Scopellite | | |
| 3 | 43.24 F | A 'Chantilly' | 5/8/2015 | 2015 Southern Track Classic |
| | 1) Ali M. Ibrahim | 2) Andor A. Nas | | |
| | 3) Justin B. West | 4) Titus M. Jeffries | | |
| 4 | 43.34 F | A 'Chantilly' | 5/27/1993 | Northern Region Outdoor Track Championships |
| | 1) Karim Aleem | 2) Ken Parham | | |
| | 3) Amandeep Singh | 4) Derek Drake | | |

- | | | |
|----|--|--|
| 5 | 43.42 F A 'Chantilly'
1) Darren T. Almodiel
3) Justin B. West | 5/2/2015 2015 NIKE Spring Invitational
2) Justin J. Loh
4) Titus M. Jeffries |
| | 43.44 F A 'Chantilly'
1) Karim Aleem
3) Amandeep Singh | 5/1/1993 1993 TC Williams Invitational
2) Ken Parham
4) Derek Drake |
| 6 | 43.48 F A 'Chantilly'
1) Darren T. Almodiel
3) Justin B. West | 4/25/2015 2015 Cassel's XBC Track Experience
2) Justin J. Loh
4) Titus M. Jeffries |
| 7 | 43.56 F A 'Chantilly'
1) Cush B. Eastman
3) Conrad L. Pereira | 5/26/2016 2016 Northern Region 6A Spring Track Champs
2) Ali M. Ibrahim
4) Michael A. Scopellite |
| 8 | 43.64 F A 'Chantilly'
1) Andris M. Sturans
3) Arvin Daneshmand | 5/29/2014 2014 Region 6A North Championships
2) Ali M. Ibrahim
4) Peyton J. McClintock |
| 9 | 43.73 F A 'Chantilly'
1) James E. Schnarrs
3) Stephen Cooper | 5/26/2005 Northern Region Outdoor Track Championships 05
2) Dustin A. Ray
4) Jimmy N. Beyeah |
| 10 | 43.81 F A 'Chantilly' | 5/23/1996 Northern Region Outdoor Track Championships |
| 11 | 43.87 F A 'Chantilly'
1) Eric B. Tsai
3) Tro Davenport | 5/23/2018 2018 Northern Region D Spring Track Champs
2) Adam B. Mason
4) Justin C. Luy |
| 12 | 43.87 F A 'Chantilly'
1) Connor Gildenhorn
3) Samuel T. Fitzhugh | 5/25/2021 2021 Concorde District Spring Track Champs
2) Max James
4) Aaron J. Aldridge |
| 13 | 43.89 F A 'Chantilly'
1) Tro Davenport
3) Max James | 5/15/2021 2021 Concorde Invitational
2) Aaron J. Aldridge
4) Kenta DePalma |
| 14 | 43.92 F A 'Chantilly'
1) Abijaya N. Thapa
3) Daniel S. Mitchell | 5/18/2017 2017 Concorde Conf 5 Spring Track Champs
2) Mark A. Robinson
4) Shaan N. Chudasama |
| 15 | 43.95 F A 'Chantilly'
1) Conrad L. Pereira
3) Mark A. Robinson | 4/29/2017 2017 Cassel's XBC Track Experience
2) Daniel S. Mitchell
4) Ali M. Ibrahim |
| | 43.97 F A 'Chantilly'
1) Andris M. Sturans
3) Arvin Daneshmand | 6/6/2014 2014 Virginia 6A State Spring Track Champs
2) Ali M. Ibrahim
4) Peyton J. McClintock |
| 16 | 44.02 F A 'Chantilly'
1) James E. Schnarrs
3) Stephen Cooper | 5/18/2005 Concorde District Outdoor Championships, 2005
2) Dustin A. Ray
4) Jimmy N. Beyeah |

17	44.09 P	A 'Chantilly'	4/22/2016	2016 South County 10 Team Elite Meet
		1) Christian D. Eastman		2) Cush B. Eastman
		3) Michael A. Scopellite		4) Ali M. Ibrahim
	44.09 F	A 'Chantilly'	5/3/2014	2014 NIKE Spring Invitational
		1) Andris M. Sturans		2) Ali M. Ibrahim
		3) Arvin Daneshmand		4) Peyton J. McClintock
18	44.20 F	A 'Chantilly'	5/28/2015	2015 6A Northern Region Championships
		1) Darren T. Almodiel		2) Andor A. Nas
		3) Ali M. Ibrahim		4) Justin B. West
19	44.25 F	A 'Chantilly'	5/11/2013	2013 TJ Penultimate Experience
		1) Raeshawn T. Smith		2) Key Derrios
		3) Mikhail R. Naugles		4) Justin B. West
20	44.29 F	A 'Chantilly'	5/21/2015	2015 Concorde Conference 5 Championships
		1) Ali M. Ibrahim		2) Andor A. Nas
		3) Conrad L. Pereira		4) Justin B. West
21	44.30 F	A 'Chantilly'	5/20/1995	Northern Region Outdoor Track Champs
22	44.38 F	A 'Chantilly'	4/18/2008	Allen Johnson Invitational
		1) Ej Salas		2) Auston Eckert
		3) Robert Herrity		4) Buggy Urrutia
23	44.42 F	A 'Chantilly'	5/14/2005	Nike Victor Cahoon Invitational
		1) James E. Schnarrs		2) Dustin A. Ray
		3) Thomas F. Fay		4) Stephen Cooper
24	44.45 F	A 'Chantilly'	4/30/2016	2016 Cassel's XBC Track Experience
		1) Michael A. Scopellite		2) Conrad L. Pereira
		3) Christian D. Eastman		4) Cush B. Eastman
25	44.54 F	A 'Chantilly'	4/29/2015	Chantilly, Oakton & Westfield
25	44.54 F	A 'Chantilly'	5/3/2017	2017 Concorde Pre-District Jamboree
		1) Justin C. Luy		2) Shaan N. Chudasama
		3) Mark A. Robinson		4) Daniel S. Mitchell
27	44.55 F	A 'Chantilly'	5/10/2018	2018 =PR= Spring Track Festival
		1) Eric B. Tsai		2) Davonte I. Brown
		3) Tro Davenport		4) Adam B. Mason
28	44.57 F	A 'Chantilly'	5/15/2008	2008 Concorde District Track Championship
		1) Ej Salas		2) Mohamed Labor-Koroma
		3) Robert Herrity		4) Buggy Urrutia
29	44.64 F	A 'Chantilly'	4/15/2015	Chantilly, Oakton & Centreville
		1) Conrad L. Pereira		2) Ali M. Ibrahim
		3) Michael A. Scopellite		4) Titus M. Jeffries

	44.64 F	A	'Chantilly'	6/5/2015	2015 Virginia 6A Spring Track State Champs
			1) Ali M. Ibrahim		2) Andor A. Nas
			3) Conrad L. Pereira		4) Justin B. West
30	44.4h F	A	'Chantilly'	5/12/1988	Great Falls District Outdoor Track Champs
31	44.4h F	A	'Chantilly'	5/18/1994	Great Falls District Outdoor Track Champs
32	44.66 F	A	'Chantilly'	5/12/2007	Penultimate Invite
			1) Omar Cumberbatch		2) Oswald Cumberbatch
			3) Buggy Urrutia		4) Jarel Highsmith
33	44.66 F	A	'Chantilly'	5/19/1988	Northern Region Outdoor Track Championships
34	44.74 F	B	'Chantilly'	4/16/2008	Robinson, Fairfax & Oakton
			1) Mohamed Labor-Koroma		2) Ej Salas
			3) Robert Herrity		4) Buggy Urrutia
35	44.80 F	A	'Chantilly'	4/5/2019	2019 =PR= NoVA Invitational
			1) Davonte I. Brown		2) Aaron J. Aldridge
			3) Tro Davenport		4) Matthew B. Harper
36	44.82 F	A	'Chantilly'	5/4/2019	2019 NIKE Spring Invitational
			1) Tro Davenport		2) Davonte I. Brown
			3) Nicholas S. Gonzalez		4) Tyler I. O'Reilly
37	44.86 F	A	'Chantilly'	5/19/2004	Concorde District Spring Track Champs 2004
			1) James E. Schnarrs		2) Dustin A. Ray
			3) Michael C. Morrison		4) Jimmy N. Beyeah
38	44.86 F	A	'Chantilly'	4/20/2018	2018 Lake Braddock Hall of Fame Invitational
			1) Eric B. Tsai		2) Davonte I. Brown
			3) Tro Davenport		4) Justin C. Luy
39	44.87 F	A	'Chantilly'	5/22/2019	2019 Northern Region Spring Track Championships
			1) Davonte I. Brown		2) Tyler I. O'Reilly
			3) Max James		4) Tro Davenport
40	44.88 F	A	'Chantilly'	5/3/2013	2013 On the Run Sports- Falcon Track Classic
			1) Raeshawn T. Smith		2) Peyton J. McClintock
			3) Mikhail R. Naugles		4) Justin B. West
40	44.88 F	A	'Chantilly'	5/24/2007	NORTHERN REGION T&F CHAMPIONSHIPS
			1) Jarel Highsmith		2) Stephen Cooper
			3) Omar Cumberbatch		4) Buggy Urrutia
42	44.89 F	A	'Chantilly'	4/13/2018	2018 =PR= NOVA Invitational
			1) Davonte I. Brown		2) Tro Davenport
			3) Adam B. Mason		4) Justin C. Luy
	44.91 F	A	'Chantilly'	4/26/2008	Cassel's XBC Track Experience
			1) Ej Salas		2) Mohamed Labor-Koroma
			3) Robert Herrity		4) Buggy Urrutia

- 44.91 F A 'Chantilly' 4/11/2008 Metro Run & Walk NoVA Invitational
 1) Ej Salas 2) Mohamed Labor-Koroma
 3) Robert Herrity 4) Buggy Urrutia
- 43 44.7h F A 'Chantilly' 5/11/1989 Great Falls District Outdoor Track Champs
- 44 44.97 F A 'Chantilly' 5/16/2019 2019 Concorde District Spring Track Champs
 1) Davonte I. Brown 2) Tyler I. O'Reilly
 3) Max James 4) Tro Davenport
- 45 45.00 F A 'Chantilly' 5/27/2004 Northern Region Spring Track Champs 2004
 1) James E. Schnarrs 2) Dustin A. Ray
 3) Michael C. Morrison 4) Jimmy N. Beyeah
- 46 45.00 F A 'Chantilly' 5/8/1987 Potomac District Outdoor Track Championships

Men 4x200m Relay

- =====
- 1 1:33.32 F A 'Chantilly' 4/1/2017 2017 Carolyn Legard Relays
 1) Conrad L. Pereira 2) Mark A. Robinson
 3) Justin C. Luy 4) Daniel S. Mitchell
 23.60 23.70 23.20 22.82
- 2 1:37.92 F A 'Chantilly' 4/6/2013 2013 Legard Relays
 1) Jake W. Norcini 2) Peyton J. McClintock
 3) Arvin Daneshmand 4) Chandler L. Henderson
 25.20 20.80 27.70 24.22
- 3 1:38.95 F A 'Chantilly' 3/29/2008 Carolyn Legard Relays
 1) Ej Salas 2) Kyle O. Cantrell
 3) Josh Trikakakis 4) Robert Herrity
 23.70 25.30 49.95
- 4 1:40.42 F A 'Chantilly' 4/26/2003 Dogwood Classic
 1) Babur B. Kohy 2) Michael C. Morrison
 3) Dustin A. Ray 4) Eric J. Biskaduros
 27.00 25.00 24.00 24.42

Men 4x220y Relay

- =====
- 1 1:33.30 F A 'Chantilly' 3/22/1986 Al Harringer Relays
- 2 1:36.34 F A 'Chantilly' 4/13/1991 1991 Stafford Relays
 1) Steven King 2) Vincent Peters
 3) Ben Ploetz 4) Jeff Beno

Men 4x400m Relay

- =====
- 1 3:19.36 F A 'Chantilly' 5/26/2016 2016 Northern Region 6A Spring Track Champs
 1) Michael A. Scopellite 2) Daniel S. Mitchell
 3) Titus M. Jeffries 4) Brandon F. McGorty
 51.50 51.10 48.90 47.86

2	3:20.55 F A 'Chantilly' 1) Justin B. West 3) Brandon F. McGorty 51.10 51.20 49.40 48.85	6/5/2015 2015 Virginia 6A Spring Track State Champs 2) Daniel S. Mitchell 4) Titus M. Jeffries
3	3:20.58 F A 'Chantilly' 1) Michael A. Scopellite 3) Brandon F. McGorty 51.50 51.00 48.10 49.98	4/30/2016 2016 Cassel's XBC Track Experience 2) Justin J. Loh 4) Titus M. Jeffries
4	3:20.72 F A 'Chantilly' 1) Justin J. Loh 3) Michael A. Scopellite 51.30 50.85 50.07 48.50	6/17/2016 2016 New Balance Outdoor National Champs 2) Daniel S. Mitchell 4) Titus M. Jeffries
5	3:20.90 F A 'Chantilly' 1) Michael A. Scopellite 3) Brandon F. McGorty 51.40 50.60 49.40 49.50	6/3/2016 2016 Virginia 6A State Spring Track Champs 2) Justin J. Loh 4) Titus M. Jeffries
6	3:21.53 F A 'Chantilly' 1) Conrad L. Pereira 3) Daniel S. Mitchell 51.50 50.80 51.30 47.93	5/13/2016 2016 =PR= Spring Track Festival 2) Justin J. Loh 4) Brandon F. McGorty
7	3:23.09 F A 'Chantilly' 1) Justin B. West 3) Conrad L. Pereira 50.60 51.70 51.70 49.09	5/28/2015 2015 6A Northern Region Championships 2) Daniel S. Mitchell 4) Titus M. Jeffries
8	3:23.40 F A 'Chantilly' 1) Conrad L. Pereira 3) Michael A. Scopellite 51.50 51.70 51.30 48.90	5/8/2015 2015 Southern Track Classic 2) Daniel S. Mitchell 4) Titus M. Jeffries
9	3:23.73 F A 'Chantilly' 1) Conrad L. Pereira 3) Daniel S. Mitchell 52.70 53.00 50.10 47.93	4/29/2017 2017 Cassel's XBC Track Experience 2) Jonathan A. Duran-Diaz 4) Brandon F. McGorty
10	3:24.26 F A 'Chantilly' 1) Andris M. Sturans 3) Arvin Daneshmand 50.80 52.50 50.70 50.26	6/6/2014 2014 Virginia 6A State Spring Track Champs 2) Titus M. Jeffries 4) Brandon F. McGorty
11	3:24.40 F A 'Chantilly' 1) Justin B. West 3) Johanan N. Sowah 50.20 52.20 51.10 50.90	5/10/2013 2013 Southern Track Classic 2) Andris M. Sturans 4) Sean P. McGorty

3:24.62 F A 'Chantilly' 1) Conrad L. Pereira 3) Daniel S. Mitchell 52.80 52.70 51.40 47.72	5/25/2017 2017 6A Northern Region Spring Track Champs 2) Jonathan A. Duran-Diaz 4) Brandon F. McGorty
3:24.77 F A 'Chantilly' 1) Conrad L. Pereira 3) Daniel S. Mitchell 51.80 52.30 50.30 50.37	6/2/2017 2017 Virginia 6A Spring Track State Champs 2) Jonathan A. Duran-Diaz 4) Brandon F. McGorty
12 3:25.00 P A 'Chantilly'	5/17/1986 Northern Region Outdoor Track Championships
13 3:25.67 F A 'Chantilly' 1) Andris M. Sturans 3) Arvin Daneshmand 51.00 52.00 51.40 51.27	5/29/2014 2014 Region 6A North Championships 2) Michael A. Scopellite 4) Titus M. Jeffries
14 3:26.36 F A 'Chantilly' 1) Daniel S. Mitchell 3) Conrad L. Pereira 52.90 51.60 52.50 49.36	5/2/2015 2015 NIKE Spring Invitational 2) Michael A. Scopellite 4) Titus M. Jeffries
15 3:26.40 F A 'Chantilly' 1) Andris M. Sturans 3) Titus M. Jeffries 52.00 52.80 51.50 50.10	5/22/2014 2014 Concorde Conference Championships 2) Michael A. Scopellite 4) Brandon F. McGorty
16 3:26.61 F A 'Chantilly'	5/16/1984 Northern Region Outdoor Track Championships
17 3:26.61 F A 'Chantilly'	5/15/1987 Northern Region Outdoor Track Championships
18 3:26.83 F A 'Chantilly' 1) Conrad L. Pereira 3) Daniel S. Mitchell 53.00 51.70 51.30 50.83	5/19/2016 2016 Concorde Conference 5 Spring Champs 2) Justin J. Loh 4) Titus M. Jeffries
19 3:26.89 F A 'Chantilly' 1) Andris M. Sturans 3) Justin B. West 53.10 51.30 51.90 50.59	4/27/2013 2013 Cassel's XBC Track Experience 2) Johanan N. Sowah 4) Sean P. McGorty
20 3:26.92 F A 'Chantilly' 1) Conrad L. Pereira 3) Daniel S. Mitchell 51.90 53.40 52.00 49.62	5/21/2015 2015 Concorde Conference 5 Championships 2) Andor A. Nas 4) Titus M. Jeffries
3:27.14 F A 'Chantilly' 1) Arvin Daneshmand 3) Andris M. Sturans 52.10 53.10 51.70 50.24	4/26/2014 2014 Cassel's XBC Track Experience 2) Titus M. Jeffries 4) Brandon F. McGorty

21	3:27.2h F	A 'Chantilly'	5/20/1993	Great Falls District Outdoor Track Champs
22	3:28.24 F	A 'Chantilly'	4/27/1991	1991 Battleground Invitational
23	3:28.27 F	A 'Chantilly'	4/17/2015	2015 Lake Braddock Hall of Fame Invitational
		1) Daniel S. Mitchell		2) Michael A. Scopellite
		3) Conrad L. Pereira		4) Titus M. Jeffries
	51.70	55.50	52.40	48.67
24	3:28.43 F	A 'Chantilly'	4/25/2015	2015 Cassel's XBC Track Experience
		1) Justin B. West		2) Daniel S. Mitchell
		3) Conrad L. Pereira		4) Titus M. Jeffries
	53.20	52.50	52.60	50.13
25	3:29.64 F	A 'Chantilly'	5/23/1991	Northern Region Outdoor Track Championships
26	3:28.66 F	A 'Chantilly'	5/25/2021	2021 Concorde District Spring Track Champs
		1) Brian T. Bippert	2) Kenta DePalma	
		3) Tro Davenport	4) Max James	
	54.21	53.10	50.26	51.09
27	3:29.78 F	A 'Chantilly'	5/18/2017	2017 Concorde Conf 5 Spring Track Champs
		1) Conrad L. Pereira		2) Jonathan A. Duran-Diaz
		3) Michael C. Shepherd		4) Daniel S. Mitchell
	52.10	53.90	53.00	50.78
28	3:29.83 F	A 'Chantilly'	4/19/2013	2013 Lake Braddock Hall of Fame Invitational
		1) James Azurin		2) Andris M. Sturans
		3) Justin B. West		4) Sean P. McGorty
	53.00	53.10	51.90	51.83
29	3:30.20 F	A 'Chantilly'	5/9/1986	Potomac District Outdoor Track Champs
30	3:30.22 F	A 'Chantilly'	4/7/2017	2017 =PR= NOVA Invitational
		1) Ali M. Ibrahim		2) Brandon F. McGorty
		3) Jonathan A. Duran-Diaz		4) Shaan N. Chudasama
	53.70	48.70	53.60	54.22
31	3:30.30 F	A 'Chantilly'	5/17/2012	2012 Concorde District Spring Track Champs
		1) Arthur I. McDuffy		2) Johanan N. Sowah
		3) Alexander D. Terry		4) Logan S. Miller
	52.90	52.30	52.50	52.60
32	3:30.37 F	A 'Chantilly'	5/25/2000	Concorde District Outdoor Track Champs
33	3:31.18 F	A 'Chantilly'	5/17/2006	Concorde District Outdoor Track Championships
		1) Jarel Highsmith		2) Stephen Cooper
		3) Omar Cumberbatch		4) John Parrell
	53.00	52.60	53.90	51.68
34	3:31.2h F	A 'Chantilly'	5/16/1991	Great Falls District Outdoor Track Champs

35	3:31.60 F A 'Chantilly'	5/5/2012 Nike Spring Invitational 2012
	1) Johanan N. Sowah	2) Arthur I. McDuffy
	3) Alexander D. Terry	4) Sean P. McGorty
	52.80 53.80 53.40 51.60	
36	3:31.98 F A 'Chantilly'	5/16/2013 2013 Concorde District Spring Track Champs
	1) Justin J. Loh	2) Logan S. Miller
	3) Andris M. Sturans	4) Johanan N. Sowah
	53.30 54.40 50.80 53.48	
37	3:32.07 F A 'Chantilly'	5/23/2013 2013 Northern Region Spring Track Champs
	1) Andris M. Sturans	2) Logan S. Miller
	3) Johanan N. Sowah	4) Justin B. West
	51.80 53.90 53.90 52.47	
38	3:32.22 F A 'Chantilly'	5/26/2005 Northern Region Outdoor Track Championships 05
	1) James E. Schnarrs	2) Stephen Cooper
	3) Dominic R. Lauchengco	4) Omar Cumberbatch
	51.70 52.30 54.00 54.22	
39	3:32.32 F A 'Chantilly'	4/13/2007 Metro Run & Walk Northern Virginia Inv.
	1) Jarel Highsmith	2) Stephen Cooper
	3) Andrey Hart	4) Oswald Cumberbatch
	52.80 52.50 54.40 52.62	
40	3:32.37 F A 'Chantilly'	4/21/2017 2017 Lake Braddock Hall of Fame Invitational
	1) Daniel S. Mitchell	2) Brandon F. McGorty
	3) Shaan N. Chudasama	4) Quinn M. Shorten
	52.80 48.90 54.70 55.97	
41	3:33.05 F A 'Chantilly'	5/18/2005 Concorde District Outdoor Championships, 2005
	1) James E. Schnarrs	2) Stephen Cooper
	3) Omar Cumberbatch	4) Mark C. Hubbard
	52.50 52.60 53.10 54.85	
42	3:32.9h F A 'Chantilly'	5/14/1992 Great Falls District Outdoor Track Champs
43	3:33.24 F A 'Chantilly'	4/30/2011 Cassel's XBC Track Experience 2011
	1) Miles A. Ransom	2) Andris M. Sturans
	3) Sean P. McGorty	4) Mohamed Labor-Koroma
	56.80 54.30 53.20 48.94	
44	3:33.53 F A 'Chantilly'	5/23/2018 2018 Northern Region D Spring Track Champs
	1) Tro Davenport	2) Patrick I. Marlow
	3) Adam B. Mason	4) Jonathan A. Duran-Diaz
	54.20 55.40 51.90 52.03	
45	3:33.5h F A 'Chantilly'	5/11/1989 Great Falls District Outdoor Track Champs
46	3:33.78 F A 'Chantilly'	4/29/2006 Cassel's XBC Charger Track Classic
	1) Jarel Highsmith	2) John Russo
	3) Omar Cumberbatch	4) John Parrell
	53.00 54.20 54.30 52.28	

47 3:33.94 F A 'Chantilly' 5/8/1991 Chantilly & Madison

48 3:34.62 F A 'Chantilly' 5/16/2019 2019 Concorde District Spring Track Champs
 1) Dylan N. Boucher 2) Wyatt A. Cyr
 3) Kenta DePalma 4) Nicholas S. Gonzalez
 52.24 56.41 54.19 51.78

49 3:35.28 F A 'Chantilly' 5/6/2006 TC Williams Invitational
 1) Jarel Highsmith 2) Christopher Scott
 3) Omar Cumberbatch 4) Stephen Cooper
 53.00 53.70 54.60 53.98

Men 4x440y Relay

=====

1 3:27.50 F A 'Chantilly' 5/2/1980 1980 Northern District Outdoor Track Champs
 1) Mark Lannes 2)

2 3:43.2h F A 'Chantilly' 5/6/1978 1978 Northern District Spring Track Champs

Men 4x800m Relay

=====

1 7:47.30 F A 'Chantilly' 5/31/2013 2013 Virginia AAA State Spring Track Champs
 1) Johanan N. Sowah 2) Andris M. Sturans
 3) Logan S. Miller 4) Sean P. McGorty
 1:59.20 1:59.80 1:56.00 1:52.30

2 7:48.08 F A 'Chantilly' 6/5/2015 2015 Virginia 6A Spring Track State Champs
 1) Titus M. Jeffries 2) Daniel S. Mitchell
 3) Ryan B. McGorty 4) Brandon F. McGorty
 1:58.30 2:00.00 1:55.80 1:53.98

7:54.17 F A 'Chantilly' 5/28/2015 2015 6A Northern Region Championships
 1) Daniel S. Mitchell 2) Titus M. Jeffries
 3) Ryan B. McGorty 4) Brandon F. McGorty
 2:01.90 2:00.90 1:56.50 1:54.87

3 7:55.46 F A 'Chantilly' 5/16/2013 2013 Concorde District Spring Track Champs
 1) Andris M. Sturans 2) Joshua J. Parshall
 3) Logan S. Miller 4) Sean P. McGorty
 2:02.60 2:03.60 1:57.90 1:51.36

4 7:56.67 F A 'Chantilly' 5/29/2014 2014 Region 6A North Championships
 1) Adam C. Huff 2) Dakota K. Lange
 3) Ryan B. McGorty 4) Brandon F. McGorty
 1:59.80 2:00.80 1:59.30 1:56.77

7:57.21 F A 'Chantilly' 6/6/2014 2014 Virginia 6A State Spring Track Champs
 1) Adam C. Huff 2) Dakota K. Lange
 3) Ryan B. McGorty 4) Brandon F. McGorty
 1:59.40 2:01.10 1:58.20 1:58.51

- 5 7:57.25 F A 'Chantilly' 4/27/2013 2013 Cassel's XBC Track Experience
 1) Andris M. Sturans 2) Adam C. Huff
 3) Logan S. Miller 4) Sean P. McGorty
 2:02.00 2:00.20 2:01.50 1:53.55
- 7:57.50 F A 'Chantilly' 5/22/2014 2014 Concorde Conference Championships
 1) Adam C. Huff 2) Dakota K. Lange
 3) Ryan B. McGorty 4) Brandon F. McGorty
 2:01.30 1:59.60 2:00.20 1:56.40
- 6 7:57.92 F A 'Chantilly' 5/27/2010 Northern Region Outdoor Track Champs 2010
 1) Mohamed Labor-Koroma 2) Matt Cumpian
 3) Sean P. McGorty 4) Christopher Foley
 1:59.00 2:02.50 2:00.50 1:55.92
- 8 7:58.78 F A 'Chantilly' 5/26/1994 Northern Region Outdoor Track Championships
 1) James Colling 2) Bryan Harrell
 3) Brian Jones 4) Jason Horn
- 8:01.34 F A 'Chantilly' 5/3/2014 2014 NIKE Spring Invitational
 1) Adam C. Huff 2) Ryan B. McGorty
 3) Dakota K. Lange 4) Brandon F. McGorty
 2:03.20 1:59.70 2:01.60 1:56.84
- 9 8:02.79 F A 'Chantilly' 5/17/2012 2012 Concorde District Spring Track Champs
 1) Faris Sakallah 2) Johanan N. Sowah
 3) Logan S. Miller 4) Sean P. McGorty
 2:05.60 2:01.60 1:59.80 1:55.79
- 10 8:04.36 F A 'Chantilly' 4/30/2016 2016 Cassel's XBC Track Experience
 1) Tyler L. Amos 2) Daniel S. Mitchell
 3) Titus M. Jeffries 4) Brandon F. McGorty
 2:07.00 2:04.80 1:59.70 1:52.86
- 11 8:04.64 F A 'Chantilly' 4/22/1993 1993 Penn Relays
- 12 8:05.14 F A 'Chantilly' 4/22/1995 1995 Stafford Relays
 1) Matthew Hedeem 2) Jason Horn
 3) Eric Post 4) Warren Williams
- 13 8:05.53 F A 'Chantilly' 5/23/1991 Northern Region Outdoor Track Championships
- 14 8:06.6h F A 'Chantilly' 5/20/1993 Great Falls District Outdoor Track Champs
 8:06.92 F A 'Chantilly' 5/19/2010 Concorde District Outdoor Track Champs 2010
 1) Matt Cumpian 2) Sean P. McGorty
 3) Mohamed Labor-Koroma 4) Christopher Foley
 2:05.90 2:00.70 2:02.40 1:57.92
- 15 8:06.97 F A 'Chantilly' 5/19/2016 2016 Concorde Conference 5 Spring Champs
 1) Justin J. Loh 2) Tyler L. Amos
 3) Daniel S. Mitchell 4) Brandon F. McGorty
 2:07.50 2:06.70 2:02.50 1:50.27

16	8:08.33 F	A	'Chantilly'	5/19/2004	Concorde District Spring Track Champs 2004
			1) Boone Cox		2) Mark C. Hubbard
			3) Dj Palmer		4) Brad A. Siragusa
	2:03.80	2:06.60	2:01.40	1:56.53	
17	8:08.46 F	A	'Chantilly'	5/23/1996	Northern Region Outdoor Track Championships
18	8:08.90 F	A	'Chantilly'	5/20/1995	Northern Region Outdoor Track Champs
19	8:09.00 F	A	'Chantilly'	5/31/1991	Virginia AAA State Spring Track Championships
20	8:11.06 F	A	'Chantilly'	5/15/2008	2008 Concorde District Track Championship
			1) Michael Holton		2) Wilson Bever
			3) Christopher Foley		4) Eric Palmer
	2:03.40	2:02.60	2:03.70	2:01.36	
21	8:11.45 F	A	'Chantilly'	5/27/2004	Northern Region Spring Track Champs 2004
			1) Boone Cox		2) Mark C. Hubbard
			3) Dj Palmer		4) Brad A. Siragusa
22	8:12.7h F	A	'Chantilly'	5/13/1996	Concorde District Outdoor Track Championships
			1) Jason Horn		2) Matthew Hedeem
			3) Dan Fortney		4) Eric Post
23	8:13.04 F	A	'Chantilly'	4/25/2015	2015 Cassel's XBC Track Experience
			1) Daniel S. Mitchell		2) Christopher J. Wigle
			3) Titus M. Jeffries		4) Ryan B. McGorty
	2:04.60	2:08.70	1:59.30	2:00.44	
24	8:13.11 F	A	'Chantilly'	5/27/1993	Northern Region Outdoor Track Championships
25	8:13.44 F	A	'Chantilly'	5/21/2015	2015 Concorde Conference 5 Championships
			1) Nicholas Marotta		2) Evan B. Compton
			3) Daniel S. Mitchell		4) Ryan B. McGorty
	2:07.50	2:04.50	2:03.90	1:57.54	
26	8:13.50 F	A	'Chantilly'	5/18/1989	Northern Region Outdoor Track Championships
27	8:13.7h F	A	'Chantilly'	5/11/1989	Great Falls District Outdoor Track Champs
28	8:14.34 F	A	'Chantilly'	5/7/1994	1994 TC Williams Invitational
29	8:14.67 F	A	'Chantilly'	5/14/2005	Nike Victor Cahoon Invitational
			1) Boone Cox		2) Babur B. Kohy
			3) Mark C. Hubbard		4) Brad A. Siragusa
30	8:16.11 F	A	'Chantilly'	4/29/2017	2017 Cassel's XBC Track Experience
			1) Daniel J. Weagraff		2) Karim Shoorbajee
			3) Tyler L. Amos		4) Brandon F. McGorty
	2:09.90	2:08.70	2:06.20	1:51.31	

- 31 8:16.26 F A 'Chantilly' 5/16/2019 2019 Concorde District Spring Track Champs
 1) Keoni Puhek 2) Wyatt A. Cyr
 3) Adam R. Jaynes 4) Patrick I. Marlow
 2:04.35 2:04.85 2:05.99 2:01.07
- 32 8:17.79 F A 'Chantilly' 5/22/2019 2019 Northern Region Spring Track Championships
 1) James M. Monson 2) Wyatt A. Cyr
 3) Connor W. Canavan 4) Patrick I. Marlow
 2:05.30 2:04.40 2:06.40 2:01.69
- 33 8:18.46 F A 'Chantilly' 5/23/2013 2013 Northern Region Spring Track Champs
 1) Joshua J. Parshall 2) Ryan B. McGorty
 3) Patrick P. Linehan 4) Faris Sakallah
 2:03.30 2:01.40 2:10.50 2:03.26
- 34 8:19.14 F A 'Chantilly' 4/17/1993 1993 Journal Challenge
- 8:19.90 F A 'Chantilly' 4/18/2008 Allen Johnson Invitational
 1) Michael Holton 2) Wilson Bever
 3) Christopher Foley 4) Eric Palmer
 2:04.30 2:05.30 2:07.40 2:02.90
- 33 8:20.4h F A 'Chantilly' 5/10/1990 Great Falls District Outdoor Track Champs

Men 800m Sprint Medley Relay

- =====
- 1 1:32.48 F A 'Chantilly' 6/17/2016 2016 New Balance Outdoor National Champs
 1) Cush B. Eastman 2) Conrad L. Pereira
 3) Michael A. Scopellite 4) Titus M. Jeffries
 11.00 10.50 22.28 48.70

Men 1600m Sprint Medley Relay

- =====
- 1 3:25.65 F A 'Chantilly' 6/19/2015 2015 New Balance Outdoor National Champs
 1) Conrad L. Pereira 2) Justin B. West
 3) Titus M. Jeffries 4) Brandon F. McGorty
 22.90 22.20 48.76 1:51.79
- 2 3:29.13 F A 'Chantilly' 5/10/2013 2013 Southern Track Classic
 1) Justin B. West 2) Andris M. Sturans
 3) Johanan N. Sowah 4) Sean P. McGorty
 22.20 23.10 50.80 1:53.03
- 3 3:29.38 F A 'Chantilly' 6/15/2013 2013 New Balance Outdoor Nationals
 1) Justin B. West 2) Andris M. Sturans
 3) Johanan N. Sowah 4) Logan S. Miller
 22.60 23.00 49.70 1:54.08
- 4 3:34.75 F A 'Chantilly' 5/4/2011 Concorde Pre-District Jamboree
 1) Mohamed Labor-Koroma 2) Arthur I. McDuffy
 3) Miles A. Ransom 4) Sean P. McGorty
 50.30 22.80 22.60 1:59.05

5	3:40.40 F	A 'Chantilly'	5/9/2008	Southern Track Classic
	1) Ej Salas		2) Buggy Urrutia	
	3) Mohamed Labor-Koroma		4) Eric Palmer	
	24.20	21.50	52.30	2:02.40
6	3:44.35 F	A 'Chantilly'	4/6/2013	2013 Legard Relays
	1) Andris M. Sturans		2) James Azurin	
	3) Justin B. West		4) Joshua J. Parshall	
	52.20	24.00	21.60	2:06.55
7	3:45.80 F	A 'Chantilly'	3/22/1986	Al Harringer Relays
	1) Herndon Henderson		2) Bryant Hatcher	
	3) Bob Hamilton		4) David Patterson	
8	3:49.54 F	A 'Chantilly'	3/29/1996	1996 Carolyn Legard Relays
9	3:49.99 F	A 'Chantilly'	4/30/2005	Dogwood Track Classic, 2005
	1) Stephen Cooper		2) James E. Schnarrs	
	3) Jimmy N. Beyeah		4) Babur B. Kohy	
	53.40	23.60	22.30	2:10.69
10	3:52.94 F	A 'Chantilly'	4/1/2017	2017 Carolyn Legard Relays
	1) Daniel S. Mitchell		2) Justin C. Luy	
	3) Conrad L. Pereira		4) Tyler L. Amos	
	52.20	24.00	24.50	2:12.24
11	3:55.07 F	A 'Chantilly'	4/24/2004	Dogwood Invitational, 2004
	1) Kyle T. Bollinger		2) James E. Schnarrs	
	3) W Anthony Travis		4) Mark C. Hubbard	
	56.00	24.10	23.90	2:11.07
12	3:56.03 F	A 'Chantilly'	4/26/2003	Dogwood Classic
	1) Nader S. Raja		2) Kevin J. Comerford	
	3) Jimmy N. Beyeah		4) Babur B. Kohy	
	54.60	23.60	22.80	2:15.03
13	3:56.57 F	A 'Chantilly'	4/7/2018	2018 Carolyn Legard Relays
	1) D.j T. Huynh	2) Tro Davenport		
	3) Clark L. Saben	4) Wyatt A. Cyr		
	25.40	23.10	55.80	2:12.27
14	4:03.42 F	A 'Chantilly'	3/30/2019	2019 Carolyn Legard Relays
	1) Kyle D. Beene	2) Jayden A. Crosby		
	3) Kenta DePalma	4) Louis H. Yang		
	26.10	25.10	57.70	2:14.52

Men 1000m Swedish Medley Relay

1	1:56.72 F	A 'Chantilly'	6/16/2017	2017 New Balance Outdoor Nationals
	1) Conrad L. Pereira		2) Mark A. Robinson	
	3) Daniel S. Mitchell		4) Brandon F. McGorty	
	11.40	22.50	35.20	47.62

2 2:00.89 F A 'Chantilly' 4/1/2017 2017 Carolyn Legard Relays
1) Mark A. Robinson 2) Conrad L. Pereira
3) Daniel S. Mitchell 4) Brandon F. McGorty
11.10 24.10 36.40 49.29

3 2:16.03 F A 'Chantilly' 3/30/2019 2019 Carolyn Legard Relays
1) Aaron J. Aldridge 2) Max James
3) Jayden A. Crosby 4) Andrew C. Uncles
11.90 26.80 37.00 1:00.33

Men 4000m Distance Medley Relay

=====

1 10:10.74 F A 'Chantilly' 6/19/2015 2015 New Balance Outdoor National Champs
1) Brandon F. McGorty 2) Daniel S. Mitchell
3) Titus M. Jeffries 4) Ryan B. McGorty
3:07.08 50.32 1:55.32 4:18.02

2 10:30.00 F A 'Chantilly' 6/17/2010 New Balance Outdoor Track Nationals
1) Sean P. McGorty 2) Mohamed Labor-Koroma
3) Matt Cumpian 4) Christopher Foley
3:18.40 48.70 2:05.60 4:17.30

3 10:34.05 F A 'Chantilly' 4/10/2015 2015 =PR= Northern Virginia Invitational
1) Ryan B. McGorty 2) Justin B. West
3) Christopher J. Wigle 4) Brandon F. McGorty
3:10.60 50.10 2:10.80 4:22.55

4 10:37.04 F A 'Chantilly' 4/22/1995 1995 Stafford Relays
1) Warren Williams 2) Dan Fortney
3) Jason Horn 4) Eric Post
6:10.04 4:27.00

5 10:58.44 F A 'Chantilly' 4/9/2010 =PR= Northern Virginia Invitational 2010
1) Matt Cumpian 2) Mustafa N. Rasheed
3) Sean P. McGorty 4) Christopher Foley
3:28.60 55.60 2:07.20 4:27.04

6 11:02.24 F A 'Chantilly' 4/4/1997 1997 Carolyn Legard Relays

7 11:04.86 F A 'Chantilly' 4/11/2008 Metro Run & Walk NoVA Invitational
1) Eric Palmer 2) Michael Holton
3) Wilson Bever 4) Christopher Foley
3:21.10 53.80 2:11.10 4:38.86

8 11:08.80 F A 'Chantilly' 4/13/2018 2018 =PR= NOVA Invitational
1) James M. Monson 2) Dylan N. Boucher
3) Patrick I. Marlow 4) Tyler L. Amos
3:25.70 55.00 2:07.30 4:40.80

9 11:11.58 F A 'Chantilly' 4/3/2009 Metro Run & Walk NoVA Invitational 2009
1) Matt Cumpian 2) Mohamed Labor-Koroma
3) Wilson Bever 4) Christopher Foley
3:33.70 52.20 2:09.10 4:36.58

10	11:17.63 F A 'Chantilly'	4/6/2013 2013 Legard Relays
	1) Miraj A. Khan	2) Johanan N. Sowah
	3) Andris M. Sturans	4) Peter T. Malander
	3:31.00 52.00 2:06.10 4:48.53	
11	11:23.84 F A 'Chantilly'	3/31/2001 Saxon Classic
	1) Ethan N. Coffey	2) Philip R. Smiley
	3) Stephen Green	4) Colin F. Chapman
	3:21.60 54.66 2:12.07 4:55.51	
12	11:30.75 F A 'Chantilly'	3/30/2019 2019 Carolyn Legard Relays
	1) Connor W. Canavan	2) Tro Davenport
	3) Kanav Bhardwaj	4) Adam R. Jaynes
	3:34.90 54.30 2:16.40 4:45.15	
13	11:30.84 F A 'Chantilly'	3/29/1996 1996 Carolyn Legard Relays
14	11:36.87 F A 'Chantilly'	4/12/2013 Northern Virginia Invitational 2013
	1) Michael A. Reingold	2) Justin J. Loh
	3) Nicholas Marotta	4) Andrew G. DeLeon
	3:34.10 54.70 2:13.90 4:54.17	
15	11:42.86 F A 'Chantilly'	4/13/2007 Metro Run & Walk Northern Virginia Inv.
	1) Christopher Foley	2) Michael Holton
	3) Peter Brueneman	4) Eric Palmer
	3:27.90 57.70 2:15.70 5:01.56	
16	11:44.14 F A 'Chantilly'	4/24/2004 Dogwood Invitational, 2004
	1) Sean M. Blackford	2) Kyle T. Bollinger
	3) Mark C. Hubbard	4) William R. Domedion
	3:40.60 54.60 2:14.10 4:54.84	
17	11:54.60 F A 'Chantilly'	4/29/2006 Cassel's XBC Charger Track Classic
	1) Christopher Palmer	2) Christopher Scott
	3) Michael Holton	4) Babur B. Kohy
	3:42.90 56.10 2:12.90 5:02.70	
18	11:54.91 F A 'Chantilly'	3/29/2008 Carolyn Legard Relays
	1) Waleed Mufti	2) Michael Holton
	3) Ethan Gramstad	4) Christopher Foley
	3:42.00 55.90 2:22.30 4:54.71	
19	11:56.20 F A 'Chantilly'	4/16/2005 Scudieri Team Challenge, 2005
20	11:59.45 F A 'Chantilly'	4/30/2005 Dogwood Track Classic, 2005
	1) Sean M. Blackford	2) Omar Cumberbatch
	3) Daniel A. Bever	4) Neil D. Salmons
	3:39.00 56.80 2:15.40 5:08.25	
21	12:00.48 F A 'Chantilly'	4/5/2019 2019 =PR= NoVA Invitational
	1) Andrew J. Perry	2) Max James
	3) Rohit S. Gupta	4) Louis H. Yang
	3:37.50 56.80 2:16.30 5:09.88	

22 12:07.27 F A 'Chantilly' 4/7/2018 2018 Carolyn Legard Relays
 1) Harrison G. Shay 2) Kyle D. Beene
 3) James M. Monson 4) Wyatt A. Cyr
 3:38.90 59.50 2:18.40 5:10.47

23 12:15.44 F A 'Chantilly' 3/31/2006 Metro Run & Walk Northern VA Invitational
 1) Mark Clelland 2) Dallas Bryant
 3) Michael Holton 4) Nicholas J. Romano

24 12:16.61 F A 'Chantilly' 4/1/2017 2017 Carolyn Legard Relays
 1) Colton T. Applegate 2) Jonathan A. Duran-Diaz
 3) Harrison G. Shay 4) Joshua E. Putney
 3:49.50 55.20 2:27.80 5:04.11

25 12:30.84 F A 'Chantilly' 4/8/2006 Scudieri Challenge
 1) Mark Clelland 2) John Russo
 3) Wilson Bever 4) Michael Holton
 3:49.50 56.90 2:25.00 5:19.44

26 12:42.82 F A 'Chantilly' 4/7/2017 2017 =PR= NOVA Invitational
 1) Austin D. Burcham 2) Adam B. Mason
 3) Rohit S. Gupta 4) Wyatt A. Cyr
 4:02.60 1:09.50 2:29.80 5:00.92

Men 4x1600m Relay

1 17:31.94 F A 'Chantilly' 6/15/2013 2013 New Balance Outdoor Nationals
 1) Faris Sakallah 2) Logan S. Miller
 3) Ryan B. McGorty 4) Sean P. McGorty
 4:25.12 4:23.68 4:30.67 4:12.47

2 18:53.94 F A 'Chantilly' 4/4/1997 1997 Carolyn Legard Relays

3 19:06.71 F A 'Chantilly' 4/6/2013 2013 Legard Relays
 1) Miraj A. Khan 2) Evan B. Compton
 3) Johanan N. Sowah 4) Joshua J. Parshall
 4:55.00 4:46.40 4:48.90 4:36.41

4 19:24.22 F A 'Chantilly' 4/1/2017 2017 Carolyn Legard Relays
 1) Tyler L. Amos 2) Thomas H. Sherrier
 3) Daniel J. Weagraff 4) Brandon F. McGorty
 4:56.20 5:00.80 4:58.40 4:28.82

5 19:40.22 F A 'Chantilly' 4/7/2018 2018 Carolyn Legard Relays
 1) Keoni Puhek 2) Patrick I. Marlow
 3) James M. Monson 4) Tyler L. Amos
 4:56.00 4:55.10 5:01.30 4:47.82

6 19:47.70 F A 'Chantilly' 3/30/2019 2019 Carolyn Legard Relays
 1) James M. Monson 2) Wyatt A. Cyr
 3) Keoni Puhek 4) Patrick I. Marlow
 4:59.70 5:00.70 4:54.80 4:52.50

7 19:54.34 F A 'Chantilly' 3/29/1996 1996 Carolyn Legard Relays

8 19:56.98 F A 'Chantilly' 3/29/2008 Carolyn Legard Relays
1) Eric Palmer 2) Peter Brueneman
3) Michael Holton 4) Waleed Mufti
4:51.60 5:07.20 4:59.20 4:58.98

Men 4x1 Mile Relay

=====

1 17:38.08 F A 'Chantilly' 6/15/2013 2013 New Balance Outdoor Nationals
1) Faris Sakallah 2) Logan S. Miller
3) Ryan B. McGorty 4) Sean P. McGorty
4:26.67 4:25.21 4:32.25 4:13.95

2 18:54.50 F A 'Chantilly' 3/22/1986 Al Harringer Relays
1) Chris Braden 2) David Freeman
3) Lance Muniz 4) Bill Cornell

Men 4x100y Shuttle Hurdle Relay

=====

1 1:03.50 F A 'Chantilly' 3/22/1986 Al Harringer Relays

Men 4x110y Shuttle Hurdle Relay

=====

1 1:06.94 F A 'Chantilly' 4/13/1991 1991 Stafford Relays
1) Steven King 2) Brandon Thalman
3) Ben Ploetz 4) Gifford Ploetz

Mixed Clydesdale 4x100m Relay

=====

1 54.02 F A 'Chantilly' 4/1/2017 2017 Carolyn Legard Relays
1) Morgan M. Park 2) Alexa G. Carlisle
3) Nathan D. Mitchell 4) Yousef Panjshiri

2 58.22 F A 'Chantilly' 4/6/2013 2013 Legard Relays
1) Garmai S. Hundley 2) Isabelle Z. Gautschi
3) Jose J. Moron 4) Axel M. Periera-Rodriguez