

**20-21 National Distric Championship - 2/6/2021 to 2/8/2021**  
**Falls Church High School**  
**Performance List**

**Event 1 Girls Long Jump**

National: 16-09 1/29/2019 Miranda Kashynski, Justice

Comp#	Name	School	Seed Mark	Finals	Place
1	4 Baumgartner, Alexis	Edison High School	16-00.00	_____	_____
2	9 Dial, Julia	Edison High School	15-10.50	_____	_____
3	14 Haynes, Morgan	Edison High School	15-08.00	_____	_____
4	24 Federovich, Mia	Falls Church	12-10.00	_____	_____
5	30 Manise, Genevieve E	George C. Marshall	12-09.00	_____	_____
6	159 McCormick, Jessica	Falls Church	12-06.00	_____	_____
7	28 Lampros, Susanna	Justice	12-02.00	_____	_____
8	60 Walker, Damierah	Falls Church	11-10.00	_____	_____
9	59 Tran, Erin	Thomas Jeffe	11-09.00	_____	_____
10	190 Angar, Amanda	George C. Marshall	11-00.00	_____	_____
11	26 Ichwantoro, Simone	Wakefield Hi	9-07.00	_____	_____
12	35 Surabhi, Ashwitha	Thomas Jeffe	9-03.00	_____	_____
13	23 Edson, Dorothy	Wakefield Hi	8-05.00	_____	_____
14	191 Kim, Ellie	George C. Marshall	ND	_____	_____
15	32 Richard, Aurora	Thomas Jeffe	ND	_____	_____

**Event 2 Boys Long Jump**

National: 21-09 2/2/2018 Blaine Ashton, Robert E Lee

Comp#	Name	School	Seed Mark	Finals	Place
1	151 Heo, Justin	John R. Lewi	19-09.00	_____	_____
2	172 Lasanta Pena, Jean	Wakefield Hi	19-09.00	_____	_____
3	7 Clark, Jaden	Edison High School	18-05.00	_____	_____
4	18 Yaqubi, Arsalan	John R. Lewi	18-03.00	_____	_____
5	12 Edenhart, Seth	Edison High School	18-02.00	_____	_____
6	5 Cohen, Theodore	Justice	18-02.00	_____	_____
7	29 Dial, Jacob	Edison High School	17-08.00	_____	_____
8	174 Novak, Seth	Wakefield Hi	17-05.00	_____	_____
9	152 Patterson, Liam	Falls Church	16-11.00	_____	_____
10	169 Dao, An	Falls Church	16-08.00	_____	_____
11	15 Sattiraju, Charan	Thomas Jeffe	16-06.00	_____	_____
12	9 Kith, Zack	Falls Church	16-00.00	_____	_____
13	195 Van Zandt, Benjamin	Justice	15-11.00	_____	_____
14	41 Hilscher, David	Wakefield Hi	15-06.00	_____	_____
15	168 Balera, Rishik	Thomas Jeffe	14-06.00	_____	_____
16	16 Thomas II, Troy	John R. Lewi	14-04.50	_____	_____
17	197 Taranov, Alek C	George C. Marshall	13-00.00	_____	_____
18	14 Park, Ryan	Thomas Jeffe	11-08.00	_____	_____
19	11 Lin, David	George C. Marshall	11-01.00	_____	_____
20	198 Vaidya, Vedansh	George C. Marshall	10-02.00	_____	_____

**Event 3 Girls Triple Jump**

National: 37-07.75 1/29/2019 Dhiambi Otete, Thomas Ediso

Comp#	Name	School	Seed Mark	Finals	Place
1	26 Staples, Ava	Edison High School	32-08.00	_____	_____
2	9 Dial, Julia	Edison High School	32-03.50	_____	_____
3	16 Houston, Zaida	Edison High School	31-07.00	_____	_____
4	24 Federovich, Mia	Falls Church	28-05.00	_____	_____
5	26 Ichwantoro, Simone	Wakefield Hi	20-05.00	_____	_____

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**Event 4 Boys Triple Jump**

National: 48-06 2/2/2018 Chauncey Chambers, Robert E Lee

Comp#	Name	School	Seed Mark	Finals	Place
1	151 Heo, Justin	John R. Lewi	41-01.00	_____	_____
2	5 Cohen, Theodore	Justice	37-09.00	_____	_____
3	13 Fannell, Christian	Edison High School	35-11.00	_____	_____
4	169 Dao, An	Falls Church	35-08.00	_____	_____
5	12 Edenhart, Seth	Edison High School	35-06.75	_____	_____
6	23 Platre, Nikolas	Edison High School	35-00.75	_____	_____
7	194 Truong, David	Falls Church	34-02.00	_____	_____
8	9 Kith, Zack	Falls Church	33-04.00	_____	_____
9	196 Stevenson, John	Wakefield Hi	ND	_____	_____
10	15 Sattiraju, Charan	Thomas Jeffe	ND	_____	_____
11	195 Van Zandt, Benjamin	Justice	ND	_____	_____
12	41 Hilscher, David	Wakefield Hi	ND	_____	_____
13	168 Balera, Rishik	Thomas Jeffe	ND	_____	_____
14	14 Park, Ryan	Thomas Jeffe	ND	_____	_____
15	173 Mani, Frank	Wakefield Hi	ND	_____	_____

**Event 5 Girls High Jump**

National: 5-06 2/4/2014 Nicie Grier-Sprately, Thomas Edison

Comp#	Name	School	Seed Mark	Finals	Place
1	17 Jackson, Shannon	Edison High School	4-08.00	_____	_____
2	24 Federovich, Mia	Falls Church	4-06.00	_____	_____
3	51 Ford, Emma A	George C. Marshall	4-04.00	_____	_____
4	28 Adefris, Blaine	Edison High School	4-04.00	_____	_____
5	14 Haynes, Morgan	Edison High School	4-04.00	_____	_____
6	154 Breehey, Abigail	Falls Church	4-03.00	_____	_____
7	158 Maku, Grace	Falls Church	4-01.00	_____	_____
8	188 Papas, Maria	Justice	4-00.00	_____	_____
9	189 Veliz, Lenny	Wakefield Hi	4-00.00	_____	_____
10	26 Ichwantoro, Simone	Wakefield Hi	4-00.00	_____	_____
11	155 Carlson, Devyn	Wakefield Hi	4-00.00	_____	_____
12	56 Loayes Gonzalez, Marilin	John R. Lewi	NH	_____	_____
13	58 Topchy, Annika	Thomas Jeffe	NH	_____	_____

**Event 6 Boys High Jump**

National: 6-03 1/29/2020 Ian L Thompson, George C. Ma

Comp#	Name	School	Seed Mark	Finals	Place
1	193 Hatcher, Lukai	Wakefield Hi	6-01.00	_____	_____
2	150 Dockery, Tishere	Falls Church	5-06.00	_____	_____
3	195 Van Zandt, Benjamin	Justice	5-06.00	_____	_____
4	151 Heo, Justin	John R. Lewi	5-04.00	_____	_____
5	192 Grace, Ethan S	George C. Marshall	5-02.00	_____	_____
6	169 Dao, An	Falls Church	4-11.00	_____	_____
7	194 Truong, David	Falls Church	4-08.00	_____	_____
8	71 Cuddy, Thomas	Thomas Jeffe	NH	_____	_____
9	181 Witkop, Gabriel	Thomas Jeffe	NH	_____	_____
10	5 Benoit, Nicholas	Edison High School	NH	_____	_____
11	34 Elsana, Amer	Edison High School	NH	_____	_____
12	39 Diller, Justin	Wakefield Hi	NH	_____	_____
13	108 Toro, Ignacio	Thomas Jeffe	NH	_____	_____
14	180 Lyons, Levi	Wakefield Hi	NH	_____	_____

## 20-21 National Distric Championship - 2/6/2021 to 2/8/2021

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## Event 7 Girls Shot Put

National: 36-01 2/2/2018 Delaney Stuart, Marshall

Comp#	Name	School	Seed Mark	Finals	Place
1	211 Pounder, Sarah M	George C. Marshall	33-04.50	_____	_____
2	210 Marquez-Aguilar, Andrea	John R. Lewi	33-02.50	_____	_____
3	16 Houston, Zaida	Edison High School	33-01.00	_____	_____
4	206 Chambers, Rosalie	Thomas Jeffe	31-07.75	_____	_____
5	25 Sheppard, Jada	Edison High School	24-04.00	_____	_____
6	208 Kassem, Nour	John R. Lewi	22-10.00	_____	_____
7	34 Soto-Arze, Ayelen	Falls Church	22-00.25	_____	_____
8	209 Kim, Rae Young	George C. Marshall	20-10.50	_____	_____
9	183 Carey, Sylvan	Falls Church	20-05.00	_____	_____
10	159 McCormick, Jessica	Falls Church	20-00.50	_____	_____
11	212 Rutherford, Emily	Justice	19-09.00	_____	_____
12	10 Eberhardt, Reyna	Edison High School	18-11.00	_____	_____
13	189 Veliz, Lenny	Wakefield Hi	18-03.00	_____	_____
14	207 El-Hage, Nora B	George C. Marshall	17-04.50	_____	_____
15	27 Juarez, Edelin	Wakefield Hi	15-10.00	_____	_____
16	155 Carlson, Devyn	Wakefield Hi	ND	_____	_____

## Event 8 Boys Shot Put

National: 51-08 1/29/2020 Nour Chirchi, Thomas Ediso

Comp#	Name	School	Seed Mark	Finals	Place
1	18 Yaqubi, Arsalan	John R. Lewi	44-06.00	_____	_____
2	213 Florian-Grant, Josue	Wakefield Hi	38-01.00	_____	_____
3	196 Stevenson, John	Wakefield Hi	37-06.00	_____	_____
4	221 Palm, Brock C	George C. Marshall	37-04.50	_____	_____
5	219 Madden, William	Wakefield Hi	37-00.00	_____	_____
6	222 Piazza, Maksim	George C. Marshall	33-08.00	_____	_____
7	215 Katz, Benjamin N	George C. Marshall	31-08.50	_____	_____
8	218 Lyons, David	Thomas Jeffe	29-04.50	_____	_____
9	220 Oker, Arthur	Falls Church	28-06.00	_____	_____
10	13 Liu, Hugo	Falls Church	28-03.00	_____	_____
11	217 Le, Tien	Justice	26-00.00	_____	_____
12	223 Rising, Nicholas	Thomas Jeffe	25-03.00	_____	_____
13	36 Tecle, Abiel	Edison High School	23-09.00	_____	_____
14	216 Kelleher, Duncan	Falls Church	23-06.50	_____	_____
15	214 Gwon, Samuel	Thomas Jeffe	22-07.00	_____	_____
16	33 Elsana, Ghaith	Edison High School	22-06.00	_____	_____
17	34 Elsana, Amer	Edison High School	22-02.00	_____	_____

## Event 9 Girls Pole Vault

National: 10-06 1/29/2020 Alexis Baumgartner, Thomas Ediso

Comp#	Name	School	Seed Mark	Finals	Place
1	4 Baumgartner, Alexis	Edison High School	11-00.00	_____	_____
2	199 Chappell, Halla	Justice	8-00.00	_____	_____
3	165 Motta Santizo, Marianna	Wakefield Hi	NH	_____	_____
4	53 Kang, Yulee	Thomas Jeffe	NH	_____	_____
5	201 Semonsen, Serenna	Thomas Jeffe	NH	_____	_____
6	184 Quintanilla, Claudia	Wakefield Hi	NH	_____	_____
7	200 Fisher, Lauren	Thomas Jeffe	NH	_____	_____
8	20 Miranda, Isabelle	Edison High School	NH	_____	_____
9	91 Hanley, Courtney	Wakefield Hi	NH	_____	_____

## 20-21 National Distric Championship - 2/6/2021 to 2/8/2021

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Performance List**Event 10 Boys Pole Vault**

National: 12-00 2/3/2015 David Do, Jeb Stuart

Comp#	Name	School	Seed Mark	Finals	Place
1	203 Franco, Joshua	Justice	11-06.00	_____	_____
2	6 Das, Jo	Thomas Jeffe	11-00.00	_____	_____
3	149 Delgado, Justin	Wakefield Hi	10-06.00	_____	_____
4	202 Carmody, Chase	Falls Church	8-06.00	_____	_____
5	9 Kith, Zack	Falls Church	8-06.00	_____	_____
6	152 Patterson, Liam	Falls Church	8-00.00	_____	_____
7	171 Han, David	Thomas Jeffe	8-00.00	_____	_____
8	22 Pascual, Gabe	Edison High School	NH	_____	_____
9	205 Shrivastava, Savar	Thomas Jeffe	NH	_____	_____
10	12 Edenhart, Seth	Edison High School	NH	_____	_____
11	23 Platre, Nikolas	Edison High School	NH	_____	_____
12	204 Paulos, Naod	Wakefield Hi	NH	_____	_____

**Event 11 Girls 4x800 Meter Relay**National: 9:49.54 1/29/2019 George C. Marshall, George C. Ma  
E Epstein, S Smith, S Tedesco, N Bardach

Comp#	Team	Relay	Seed Time	Finals	Place
1	Wakefield High School	A	10:30.00	_____	_____
2	Falls Church	A	11:06.07	_____	_____
3	Thomas Jefferson S&T	A	11:21.00	_____	_____
4	George C. Marshall	A	11:53.40	_____	_____
5	Edison High School	A	12:00.77	_____	_____

**Event 12 Boys 4x800 Meter Relay**National: 8:15.07 1/29/2020 George C. Marshall, George C. Ma  
S Sanders, P Smith, S Oliver, S Malave

Comp#	Team	Relay	Seed Time	Finals	Place
1	George C. Marshall	A	8:57.50	_____	_____
2	Wakefield High School	A	9:03.90	_____	_____
3	Thomas Jefferson S&T	A	9:08.67	_____	_____
4	Falls Church	A	9:11.50	_____	_____
5	Edison High School	A	9:22.78	_____	_____
6	John R. Lewis High School	A	11:30.00	_____	_____

**Event 13 Girls 55 Meter Hurdles**

National: 8.59 2/2/2018 Jasmine Morgan, Thomas Edison

Comp#	Name	School	Seed Time	Finals	Place
1	58 Topchy, Annika	Thomas Jeffe	9.28	_____	_____
2	160 McNabb, Torri E	George C. Marshall	10.28	_____	_____
3	159 McCormick, Jessica	Falls Church	10.30	_____	_____
4	161 Tarutani, Avery L	George C. Marshall	10.82	_____	_____
5	16 Houston, Zaida	Edison High School	10.87	_____	_____
6	55 Korin, Mia	Justice	11.00	_____	_____
7	26 Staples, Ava	Edison High School	11.48	_____	_____
8	50 Donaghy, Oliva	Justice	11.48	_____	_____
9	49 Callender, Kylie	John R. Lewi	11.97	_____	_____
10	155 Carlson, Devyn	Wakefield Hi	12.18	_____	_____
11	157 Kertache, Lina	Wakefield Hi	12.21	_____	_____
12	57 Robles, Eliana	Wakefield Hi	12.28	_____	_____
13	156 Juraeva, Safinabonu	Justice	12.28	_____	_____
14	154 Breehey, Abigail	Falls Church	12.54	_____	_____

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## Event 13 ... (Girls 55 Meter Hurdles)

Comp#	Name	School	Seed Time	Finals	Place
15	158 Maku, Grace	Falls Church	14.10	_____	_____

## Event 14 Boys 55 Meter Hurdles

National: 7.70 2/9/2016 Charlie Guan, Thomas Jefferson

Comp#	Name	School	Seed Time	Finals	Place
1	153 Schappi, Christopher	Falls Church	8.28	_____	_____
2	150 Dockery, Tishere	Falls Church	8.35	_____	_____
3	151 Heo, Justin	John R. Lewi	8.76	_____	_____
4	149 Delgado, Justin	Wakefield Hi	8.87	_____	_____
5	80 Pena-Bandalo, Logan	Wakefield Hi	9.57	_____	_____
6	152 Patterson, Liam	Falls Church	10.18	_____	_____
7	34 Elsana, Amer	Edison High School	11.55	_____	_____
8	76 Klug, Aaron	Wakefield Hi	11.58	_____	_____
9	5 Benoit, Nicholas	Edison High School	11.59	_____	_____

## Event 15 Girls 55 Meter Dash

National: 7.43 2/3/2015 Miranda Grier-Spratley, Thomas Edison

Comp#	Name	School	Seed Time	Finals	Place
1	4 Baumgartner, Alexis	Edison High School	7.58	_____	_____
2	14 Haynes, Morgan	Edison High School	7.70	_____	_____
3	20 Miranda, Isabelle	Edison High School	7.79	_____	_____
4	25 Gardner, Allison	George C. Marshall	8.08	_____	_____
5	24 Federovich, Mia	Falls Church	8.23	_____	_____
6	29 Lu, Christina	Thomas Jeffe	8.28	_____	_____
7	30 Manise, Genevieve E	George C. Marshall	8.28	_____	_____
8	35 Surabhi, Ashwitha	Thomas Jeffe	8.48	_____	_____
9	23 Edson, Dorothy	Wakefield Hi	8.49	_____	_____
10	22 Curran, Veronica S	George C. Marshall	8.68	_____	_____
11	36 Woodrum, Emma	Justice	8.68	_____	_____
12	33 Schrage, Kyra	Justice	8.88	_____	_____
13	32 Richard, Aurora	Thomas Jeffe	8.88	_____	_____
14	26 Ichwantoro, Simone	Wakefield Hi	9.02	_____	_____
15	31 Nguyen, Sydney	Falls Church	9.15	_____	_____
16	28 Lampros, Susanna	Justice	9.18	_____	_____
17	20 Ayub, Sheza	John R. Lewi	9.43	_____	_____
18	27 Juarez, Edelin	Wakefield Hi	9.46	_____	_____
19	37 Zadran, Hafsa	John R. Lewi	10.04	_____	_____
20	34 Soto-Arze, Ayelen	Falls Church	10.08	_____	_____
21	19 Aquino, Sheila	John R. Lewi	10.42	_____	_____
22	21 Buttar, Simal	John R. Lewi	NT	_____	_____

## Event 16 Boys 55 Meter Dash

National: 6.60 2/2/2018 Blaine Ashton, Robert E Lee

Comp#	Name	School	Seed Time	Finals	Place
1	7 Clark, Jaden	Edison High School	6.65	_____	_____
2	13 Fannell, Christian	Edison High School	6.78	_____	_____
3	23 Platre, Nikolas	Edison High School	6.92	_____	_____
4	5 Cohen, Theodore	Justice	6.94	_____	_____
5	8 Harari, Jackson	Wakefield Hi	7.00	_____	_____
6	16 Thomas II, Troy	John R. Lewi	7.08	_____	_____
7	15 Sattiraju, Charan	Thomas Jeffe	7.11	_____	_____
8	6 Das, Jo	Thomas Jeffe	7.18	_____	_____

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## Event 16 ... (Boys 55 Meter Dash)

Comp#	Name	School	Seed Time	Finals	Place
9	2 Brock, Daniel	Justice	7.22	_____	_____
10	1 Alvarado, Carlos	Wakefield Hi	7.28	_____	_____
11	11 Lin, David	George C. Marshall	7.38	_____	_____
12	13 Liu, Hugo	Falls Church	7.38	_____	_____
13	9 Kith, Zack	Falls Church	7.40	_____	_____
14	18 Yaqubi, Arsalan	John R. Lewi	7.46	_____	_____
15	14 Park, Ryan	Thomas Jeffe	7.48	_____	_____
16	7 Elwannas, Nawfal	George C. Marshall	7.48	_____	_____
17	4 Chavez, Izaiah	Wakefield Hi	7.50	_____	_____
18	12 Lipscomb, Daylon	Justice	7.68	_____	_____
19	3 Caceres-Rosales, Albert	Falls Church	7.88	_____	_____
20	17 Yacob, Macbel	John R. Lewi	9.18	_____	_____
21	10 Lewis, Spencer D	George C. Marshall	NT	_____	_____

## Event 17 Girls 4x200 Meter Relay

National: 1:50.71 2/2/2018

George C Marshall, Marshall

A. Lee, M. Jones-Suggs, K. Hamilton, M. Dirkse

Comp#	Team	Relay	Seed Time	Finals	Place
1	Edison High School	A	1:48.60	_____	_____
2	George C. Marshall	A	1:54.21	_____	_____
3	Falls Church	A	1:58.11	_____	_____
4	Thomas Jefferson S&T	A	1:58.40	_____	_____
5	Wakefield High School	A	2:13.70	_____	_____
6	John R. Lewis High School	A	2:30.73	_____	_____

## Event 18 Boys 4x200 Meter Relay

National: 1:37.20 2/3/2015

Mount Vernon, Mount Vernon

C Heyward, D Quist, J McGrigg, J McGrigg

Comp#	Team	Relay	Seed Time	Finals	Place
1	Edison High School	A	1:34.53	_____	_____
2	Falls Church	A	1:36.40	_____	_____
3	Justice	A	1:37.10	_____	_____
4	George C. Marshall	A	1:39.20	_____	_____
5	Wakefield High School	A	1:39.73	_____	_____
6	Thomas Jefferson S&T	A	1:40.43	_____	_____
7	John R. Lewis High School	A	1:47.81	_____	_____

## Event 19 Girls 1600 Meter Run

National: 5:18.41 1/30/2019

Sophie E Tedesco, George C. Ma

Comp#	Name	School	Seed Time	Finals	Place
1	89 Gagermeier, Lauren	Falls Church	5:47.57	_____	_____
2	21 Nasse, Abigail	Edison High School	5:51.58	_____	_____
3	113 Heironimus, Haley	Falls Church	5:57.36	_____	_____
4	112 Harris, Julia	Wakefield Hi	5:59.18	_____	_____
5	90 Grant, Riley	Justice	6:02.28	_____	_____
6	111 DonTigny, Emilie	George C. Marshall	6:10.40	_____	_____
7	115 Sengupta, Sreeja	Thomas Jeffe	6:13.00	_____	_____
8	117 Wright, Kaia	Thomas Jeffe	6:14.00	_____	_____
9	110 Battista, Emma A	George C. Marshall	6:15.00	_____	_____
10	30 Cowen, Sam	Edison High School	6:27.39	_____	_____
11	116 Viskupic, Olivia R	George C. Marshall	6:36.00	_____	_____
12	114 Hopkins, Evelyn	John R. Lewi	6:50.00	_____	_____

## 20-21 National Distric Championship - 2/6/2021 to 2/8/2021

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Performance List**Event 20 Boys 1600 Meter Run**

National: 4:34.53 2/2/2018 Natnael Asmelash, Jeb Stuart

Comp#	Name	School	Seed Time	Finals	Place
1	131 Watson, Ryan	Justice	4:43.74	_____	_____
2	19 Lorenger, Michael	Edison High School	4:51.55	_____	_____
3	122 Klopson, Jack	Thomas Jeffe	5:11.81	_____	_____
4	130 Velleleth, Pranav	Thomas Jeffe	5:14.00	_____	_____
5	121 Hammoudi, Adam	Wakefield Hi	5:16.20	_____	_____
6	123 Lagendyk, Marco A	George C. Marshall	5:21.60	_____	_____
7	119 Grove, Oliver	Wakefield Hi	5:23.09	_____	_____
8	132 Wilder, Henry R	George C. Marshall	5:29.00	_____	_____
9	128 Schmid, Spencer T	George C. Marshall	5:29.93	_____	_____
10	129 Singer, Aidan	Thomas Jeffe	5:31.00	_____	_____
11	79 Najjar-Pope, Aiden	John R. Lewi	5:31.66	_____	_____
12	32 Olvis, Kyle	Edison High School	5:46.35	_____	_____
13	35 Larmoyeux, John	Edison High School	5:46.42	_____	_____
14	125 O'Hara, Keegan	Justice	5:46.48	_____	_____
15	118 Bodenstein, Braden	Wakefield Hi	5:51.10	_____	_____
16	126 Perez, James	Falls Church	6:01.38	_____	_____
17	127 Potter, Robert	Falls Church	6:10.13	_____	_____
18	124 Najjar, Zaire	John R. Lewi	6:23.50	_____	_____
19	120 Guzman, Daniel	John R. Lewi	7:43.00	_____	_____

**Event 21 Girls 500 Meter Dash**

National: 1:19.45 2/2/2018 Abigail Williams, Thomas Edison

Comp#	Name	School	Seed Time	Finals	Place
1	63 Epstein, Elizabeth	George C. Marshall	1:19.70	_____	_____
2	58 Topchy, Annika	Thomas Jeffe	1:21.20	_____	_____
3	68 Lee, Claire J	George C. Marshall	1:24.90	_____	_____
4	17 Jackson, Shannon	Edison High School	1:26.37	_____	_____
5	70 Spranger, Stephanie	Wakefield Hi	1:27.09	_____	_____
6	36 Woodrum, Emma	Justice	1:28.17	_____	_____
7	50 Donaghy, Oliva	Justice	1:30.80	_____	_____
8	69 Lewis, Hannah	Wakefield Hi	1:33.27	_____	_____
9	24 Scott, Mei-Lin	Edison High School	1:36.33	_____	_____
10	66 Hall, Marina	Wakefield Hi	1:39.58	_____	_____
11	67 Hitchcock, Kyla	Thomas Jeffe	1:40.80	_____	_____
12	61 Crone, Laura	George C. Marshall	1:41.60	_____	_____
13	64 Franklin, Christine	Thomas Jeffe	1:44.20	_____	_____
14	62 Dusad, Mihika	Thomas Jeffe	1:54.06	_____	_____
15	65 Hailemariam, Hlena	Falls Church	NT	_____	_____

**Event 22 Boys 500 Meter Dash**

National: 1:08.08 2/2/2018 Xavier Taylor, Wakefield

Comp#	Name	School	Seed Time	Finals	Place
1	82 Smith, Patrick A	George C. Marshall	1:07.40	_____	_____
2	11 Edenhart, Brennan	Edison High School	1:13.63	_____	_____
3	78 Moyar, Luke	Thomas Jeffe	1:14.40	_____	_____
4	5 Benoit, Nicholas	Edison High School	1:15.50	_____	_____
5	74 Graham, David	Falls Church	1:16.29	_____	_____
6	71 Cuddy, Thomas	Thomas Jeffe	1:16.80	_____	_____
7	73 Fatemi, Michael	Thomas Jeffe	1:17.72	_____	_____
8	72 Davila, Lucas	George C. Marshall	1:17.80	_____	_____

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## Event 22 ... (Boys 500 Meter Dash)

Comp#	Name	School	Seed Time	Finals	Place
9	80 Pena-Bandalo, Logan	Wakefield Hi	1:18.60	_____	_____
10	83 Sonn, Drew	Wakefield Hi	1:21.10	_____	_____
11	79 Najjar-Pope, Aiden	John R. Lewi	1:21.31	_____	_____
12	22 Pascual, Gabe	Edison High School	1:21.54	_____	_____
13	76 Klug, Aaron	Wakefield Hi	1:22.69	_____	_____
14	77 Lee, Curtis A	George C. Marshall	1:23.39	_____	_____
15	75 Hamid, Khalid	John R. Lewi	1:28.06	_____	_____
16	81 Shutov, Daniel	Falls Church	1:28.61	_____	_____

## Event 23 Girls 1000 Meter Run

National: 3:10.30 1/31/2020 Andrea Silva, Thomas Jeffe

Comp#	Name	School	Seed Time	Finals	Place
1	96 Williams, Irene	Thomas Jeffe	3:21.10	_____	_____
2	94 Stowers, Kareena	Wakefield Hi	3:23.00	_____	_____
3	89 Gagermeier, Lauren	Falls Church	3:23.50	_____	_____
4	91 Hanley, Courtney	Wakefield Hi	3:31.20	_____	_____
5	95 Sullivan, Caroline A	George C. Marshall	3:34.32	_____	_____
6	87 Decker, Sophia	Thomas Jeffe	3:35.20	_____	_____
7	90 Grant, Riley	Justice	3:36.80	_____	_____
8	84 Alonso, Kathryn L	George C. Marshall	3:50.80	_____	_____
9	31 Peters, Talya	Edison High School	3:53.68	_____	_____
10	28 Adefris, Blaine	Edison High School	3:55.00	_____	_____
11	86 Coe, Elizabeth	Wakefield Hi	3:55.70	_____	_____
12	88 Delwiche, Lauren	Thomas Jeffe	3:58.90	_____	_____
13	92 McCarthy, Sydney L	George C. Marshall	4:00.70	_____	_____
14	85 Caughey, Jillian	Justice	4:01.60	_____	_____
15	93 Schaal, Audrey	Falls Church	4:23.16	_____	_____

## Event 24 Boys 1000 Meter Run

National: 2:38.63 1/31/2020 Sebastian N Malave, George C. Ma

Comp#	Name	School	Seed Time	Finals	Place
1	105 Sanders, Sean	George C. Marshall	2:37.90	_____	_____
2	97 Abdu, Nadim	Wakefield Hi	2:41.80	_____	_____
3	103 Malave, Sebastian N	George C. Marshall	2:43.49	_____	_____
4	19 Lorenger, Michael	Edison High School	2:50.79	_____	_____
5	104 Ryan, Aleksander	Falls Church	2:53.47	_____	_____
6	27 Stivason, Andrew	Edison High School	2:57.11	_____	_____
7	99 Bhat, Ikhlaas	Thomas Jeffe	2:57.50	_____	_____
8	6 Callisaya Flores, Angel	Edison High School	2:58.53	_____	_____
9	102 Kumashiro, John Jack	Wakefield Hi	3:00.70	_____	_____
10	108 Toro, Ignacio	Thomas Jeffe	3:05.60	_____	_____
11	98 Bao, Myles	Thomas Jeffe	3:06.70	_____	_____
12	101 Hanzlik, Luke O	George C. Marshall	3:08.17	_____	_____
13	100 Haas, Joel	Falls Church	3:08.38	_____	_____
14	107 Scott, Julian	Falls Church	3:09.77	_____	_____
15	106 Schrock, Cody	Wakefield Hi	3:10.60	_____	_____
16	109 Watson, Elisha	Justice	3:12.60	_____	_____
17	75 Hamid, Khalid	John R. Lewi	3:43.50	_____	_____



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## Event 25 Girls 300 Meter Dash

National: 42.42 1/31/2020 Grace E Bir, George C. Ma

Comp#	Name	School	Seed Time	Finals	Place
1	58 Topchy, Annika	Thomas Jeffe	42.66	_____	_____
2	60 Walker, Damierah	Falls Church	43.27	_____	_____
3	9 Dial, Julia	Edison High School	45.18	_____	_____
4	52 Jones-Suggs, Makayla R	George C. Marshall	45.48	_____	_____
5	26 Staples, Ava	Edison High School	45.81	_____	_____
6	14 Haynes, Morgan	Edison High School	46.10	_____	_____
7	36 Woodrum, Emma	Justice	46.18	_____	_____
8	51 Ford, Emma A	George C. Marshall	46.58	_____	_____
9	25 Gardner, Allison	George C. Marshall	47.78	_____	_____
10	59 Tran, Erin	Thomas Jeffe	47.80	_____	_____
11	29 Lu, Christina	Thomas Jeffe	49.68	_____	_____
12	53 Kang, Yulee	Thomas Jeffe	49.78	_____	_____
13	55 Korin, Mia	Justice	49.88	_____	_____
14	50 Donaghy, Oliva	Justice	50.31	_____	_____
15	49 Callender, Kylie	John R. Lewi	52.78	_____	_____
16	23 Edson, Dorothy	Wakefield Hi	53.82	_____	_____
17	57 Robles, Eliana	Wakefield Hi	54.41	_____	_____
18	56 Loayes Gonzalez, Marilin	John R. Lewi	54.87	_____	_____
19	26 Ichwantoro, Simone	Wakefield Hi	55.88	_____	_____
20	54 Kearney, Dara	Falls Church	58.48	_____	_____
21	47 Bernardino, Karla	John R. Lewi	1:00.51	_____	_____
22	48 Bouyboud, Nora	Falls Church	1:04.17	_____	_____

## Event 26 Boys 300 Meter Dash

National: 37.15 1/31/2020 Donny Lee, Thomas Ediso

Comp#	Name	School	Seed Time	Finals	Place
1	7 Clark, Jaden	Edison High School	36.46	_____	_____
2	8 Dial, Alan	Edison High School	37.10	_____	_____
3	5 Cohen, Theodore	Justice	37.20	_____	_____
4	13 Fannell, Christian	Edison High School	37.67	_____	_____
5	6 Das, Jo	Thomas Jeffe	39.03	_____	_____
6	40 Harrington, Jason	George C. Marshall	39.18	_____	_____
7	46 Vasquez, Christian	Falls Church	40.18	_____	_____
8	43 Oliver, Alexander J	George C. Marshall	40.28	_____	_____
9	44 Sandall, Gavin	George C. Marshall	40.28	_____	_____
10	1 Alvarado, Carlos	Wakefield Hi	40.49	_____	_____
11	15 Sattiraju, Charan	Thomas Jeffe	40.68	_____	_____
12	45 Shan, Kevin	Thomas Jeffe	40.98	_____	_____
13	42 Medrano, Andy	Justice	41.22	_____	_____
14	16 Thomas II, Troy	John R. Lewi	42.58	_____	_____
15	9 Kith, Zack	Falls Church	42.70	_____	_____
16	38 Buford, Aidan	Justice	42.78	_____	_____
17	41 Hilscher, David	Wakefield Hi	43.00	_____	_____
18	18 Yaqubi, Arsalan	John R. Lewi	43.58	_____	_____
19	3 Caceres-Rosales, Albert	Falls Church	43.68	_____	_____
20	39 Diller, Justin	Wakefield Hi	45.28	_____	_____
21	17 Yacob, Macbel	John R. Lewi	51.25	_____	_____

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## Event 27 Girls 3200 Meter Run

National: 11:34.38 2/9/2016 Heather Holt, Marshall

Comp#	Name	School	Seed Time	Finals	Place
1	21 Nasse, Abigail	Edison High School	11:47.50	_____	_____
2	134 Breyault, Brianna	Wakefield Hi	12:54.32	_____	_____
3	113 Heironimus, Haley	Falls Church	13:07.20	_____	_____
4	135 Hirz, Rachel	Falls Church	14:01.67	_____	_____
5	30 Cowen, Sam	Edison High School	14:16.86	_____	_____
6	114 Hopkins, Evelyn	John R. Lewi	15:20.70	_____	_____
7	133 Blanton, Josephine	George C. Marshall	16:15.00	_____	_____
8	136 Turner, Audrey	George C. Marshall	NT	_____	_____

## Event 28 Boys 3200 Meter Run

National: 9:49.15 2/4/2014 Biruk Amare, Robert E Lee

Comp#	Name	School	Seed Time	Finals	Place
1	131 Watson, Ryan	Justice	10:06.60	_____	_____
2	15 Hernandez, Andrew	Edison High School	10:14.00	_____	_____
3	3 Alden, Mercer	Edison High School	10:39.46	_____	_____
4	145 Miracle, Maxwell	Falls Church	11:06.03	_____	_____
5	147 Salisbury, William	Falls Church	11:44.38	_____	_____
6	137 Choque Guzman, Victor	Wakefield Hi	11:49.00	_____	_____
7	142 Lee, Samuel H	George C. Marshall	11:50.80	_____	_____
8	143 McCarthy, Aidan	George C. Marshall	11:52.00	_____	_____
9	18 Kusata, Abdi	Edison High School	11:57.12	_____	_____
10	144 McInnis, Sean	Thomas Jeffe	12:00.80	_____	_____
11	138 Cruz, Brayon	Justice	12:03.90	_____	_____
12	148 Wang, Luke	Thomas Jeffe	12:09.50	_____	_____
13	141 Hecker, Jonathan	Wakefield Hi	12:18.50	_____	_____
14	146 Rudra, Nimesh	Thomas Jeffe	12:27.70	_____	_____
15	140 Glavin, Liam	Falls Church	12:46.32	_____	_____
16	139 Evans, Jack W	George C. Marshall	13:55.33	_____	_____

## Event 29 Girls 4x400 Meter Relay

National: 4:17.49 2/2/2018 Jeb Stuart, Stuart  
A. Thomas, J. Clark, E. Woodrum, M. Kashynski

Comp#	Team	Relay	Seed Time	Finals	Place
1	Edison High School	A	4:28.08	_____	_____
2	George C. Marshall	A	4:29.63	_____	_____
3	Wakefield High School	A	4:29.80	_____	_____
4	Falls Church	A	4:37.50	_____	_____
5	Thomas Jefferson S&T	A	5:17.10	_____	_____

## Event 30 Boys 4x400 Meter Relay

National: 3:36.00 2/2/2018 Wakefield, Wakefield  
L Delcore, I Mefford, J Moore, X Taylor

Comp#	Team	Relay	Seed Time	Finals	Place
1	George C. Marshall	A	3:34.30	_____	_____
2	Falls Church	A	3:35.40	_____	_____
3	Edison High School	A	3:48.56	_____	_____
4	Wakefield High School	A	3:52.10	_____	_____
5	Justice	A	3:57.80	_____	_____
6	Thomas Jefferson S&T	A	3:58.77	_____	_____